

assisted living

BE INSPIRED

- CONNECT ● GROW
- CONTRIBUTE ● MOVE
- FEEL ● REFLECT

LOCATIONS

- ACADEMY LOUNGE: FIRST LEVEL — AL
- ACTIVITY ROOM — AR
- BUS TRIP — BT
- COMMUNITY ROOM — CR
- CONCIERGE DESK — CD
- GAME ROOM: FIFTH LEVEL — GR5
- GAME ROOM: FOURTH LEVEL — GR4
- GARDEN: FIFTH LEVEL — GRD 5
- GAZEBO: OUTDOORS — G
- HOSPITALITY ROOM: FIRST LEVEL — HR
- LIBRARY — LB
- LIVING ROOM — LR
- LOBBY — LBY
- MAIN DINING ROOM — MDR
- PATIO — PA
- POOL: GROUND LEVEL — PL
- PRIVATE DINING ROOM — PDR
- SKILLED NURSING COMMUNITY — SNC
- STUDIO (ARTS AND CRAFTS): FIRST LEVEL — ST
- TUMBLEWEED LOUNGE: GROUND LEVEL — TW

TRANSPORTATION SCHEDULE

MONDAY - FRIDAY
8:30 a.m. - 4 p.m.
See Concierge for Zoning Map

OFFICE HOURS

MONDAY - FRIDAY
8:30 a.m. - 5 p.m.

SENIOR LIFESTYLE

EMBRACE *life.*

EMBRACE *moments.*

EMBRACE *connection.*

www.SeniorLifestyle.com
Activities are subject to change

<p>8:30 ● Downtown Churches* BT 3</p> <p>10:00 ● Bible Study with Hal AR</p> <p>11:00 ● Poker with Peter AR</p> <p>1:00 ● Black Forrest Lutheran Church MDR</p> <p>1:30 ● Leisure Material Packets AR</p> <p>2:30 ● Sunday Matinee LR</p>	<p>9:30 ● Stretch & Strength: Bands AR 4</p> <p>10:15 ● Craft Corner: Holiday Door Decoration AR</p> <p>2:00 ● The Story Behind the Carols AR</p> <p>3:00 ● Bingo AR</p> <p>4:00 ● Game Time: "The Price Is Right" Toys AR</p>	<p>9:30 ● Balance Builders AR 5</p> <p>10:00 ● Pet Visits with Lilly LR</p> <p>11:00 ● Resident Dine Out: Saltgrass BT</p> <p>11:15 ● Circle of Prayer with Don Morton MDR</p> <p>12:00 ● Men's Lunch with Don Morton MDR</p> <p>2:00 ● Program Committee Meeting AR</p> <p>3:00 ● Card Sharks: Kings in the Corner LB</p> <p>6:00 ● Popcorn & A Movie LR</p> <p>6:30 ● Vocal Fusion</p>	<p>9:30 ● Chair Yoga AR 6</p> <p>10:30 ● Rita's Jewelry Class AR</p> <p>11:00 ● Bananagrams LB</p> <p>2:00 ● Singalong Christmas Carols AR</p> <p>3:00 ● Craft Corner with Bea: Candy Cane Christmas Tree AR</p> <p>6:00 ● Pick a Puzzle LR</p>	<p>9:30 ● Stretch & Strength: Weights AR 7</p> <p>10:15 ● Card Sharks: Kings in the Corner LB</p> <p>10:30 ● Popcorn & A Movie: "Pearl Harbor" AR</p> <p>1:00 ● Pearl Harbor Remembrance: The Call to Duty MDR</p> <p>2:00 ● Craft Corner with Bea: Candy Cane Christmas Tree AR</p> <p>4:00 ● Liberty Family Night AR</p>	<p>9:15 ● Joyride with SNC: Black Forrest BT 1</p> <p>9:30 ● Chair Volleyball/ Soccer AR</p> <p>10:30 ● Card Shark: Kings in the Corner AR</p> <p>11:00 ● Decorating Our Family Christmas Tree LR</p> <p>11:15 ● Catholic Communion: RM</p> <p>2:30 ● Birthday Happy Hour with Gus Meza MDR</p>
<p>8:30 ● Downtown Churches* BT 10</p> <p>9:30 ● Chair Soccer AR</p> <p>10:00 ● Bible Study with Hal AR</p> <p>10:30 ● Resident Chit Chat AR</p> <p>11:00 ● Poker with Peter AR</p> <p>1:30 ● Leisure Material Packets AR</p> <p>2:30 ● Sunday Matinee LR</p>	<p>9:15 ● Stretch & Strength: Bands AR 11</p> <p>9:45 ● Pikes Peak Library Stop: Book Check In/Out LR</p> <p>10:15 ● Pikes Peak Library Trivia LR</p> <p>11:30 ● Walking Club LR</p> <p>3:00 ● Bingo AR</p> <p>6:30 ● Diane Thomas Christmas Concert</p>	<p>HANUKKAH STARTS AT SUNSET 12</p> <p>9:30 ● Balance Builders AR</p> <p>10:00 ● Pet Visits with Lilly LR</p> <p>11:00 ● Liberty Scavenger Hunt: Looking for Frosty! AR</p> <p>2:00 ● Craft Corner with Bea: Ornaments AR</p> <p>3:00 ● Card Sharks: Kings in the Corner LB</p> <p>6:00 ● Popcorn & A Movie LR</p>	<p>9:30 ● Chair Yoga AR 13</p> <p>11:00 ● Bananagrams LB</p> <p>12:00 ● Women's Lunch with Danielle MDR</p> <p>2:00 ● Elfie Selfie AR</p> <p>3:00 ● Craft Corner with Bea: Ornaments AR</p> <p>6:00 ● Pick a Puzzle LR</p>	<p>9:30 ● Stretch & Strength: Weights AR 14</p> <p>10:15 ● Card Sharks: Kings in the Corner LB</p> <p>11:00 ● Blood Pressure Clinic</p> <p>11:00 ● Resident Outing: Chapel Hills Mall BT</p> <p>2:00 ● Elfish Improv AR</p> <p>5:30 ● A Christmas Surprise From the Cub Scouts! MDR</p>	<p>9:30 ● Chair Volleyball/ Soccer AR 15</p> <p>10:45 ● Bunco AR</p> <p>11:00 ● Read & Write: Holiday Poetry AR</p> <p>11:15 ● Catholic Communion: RM</p> <p>2:30 ● Happy Hour: George Sisneros MDR</p>
<p>8:30 ● Downtown Churches* BT 17</p> <p>10:00 ● Bible Study with Hal AR</p> <p>11:00 ● Poker with Peter AR</p> <p>1:30 ● Leisure Material Packets AR</p> <p>2:30 ● Sunday Matinee LR</p>	<p>9:30 ● Stretch & Strength: Bands AR 18</p> <p>10:30 ● The Candy Cane Game AR</p> <p>11:15 ● Craft Corner: Popsicle Stick Reindeer AR</p> <p>2:00 ● Wine and a Good Time: Painting a Winter Night AR</p> <p>3:00 ● Bingo AR</p>	<p>9:30 ● Balance Builders AR 19</p> <p>10:00 ● Pet Visits with Lilly LR</p> <p>11:15 ● Circle of Prayer with Don Morton MDR</p> <p>12:00 ● Lunch and Chit Chat with Don Morton MDR</p> <p>3:00 ● Card Sharks: Kings in the Corner LB</p> <p>6:00 ● Popcorn & A Movie LR</p> <p>6:30 ● Acapella America the Beautiful Chorus</p>	<p>9:30 ● Chair Yoga AR 20</p> <p>11:00 ● Bananagrams LB</p> <p>3:30 ● Bingo AR</p> <p>6:00 ● Pick a Puzzle LR</p> <p>6:30 ● Resident Outing: Christmas Lights at the Broadmoor BT</p>	<p>WINTER BEGINS 21</p> <p>9:30 ● Stretch & Strength: Weights AR</p> <p>10:15 ● Card Sharks: Kings in the Corner LB</p> <p>11:15 ● Resident Council with Lisa</p> <p>2:30 ● Ice Cream Social MDR</p> <p>3:30 ● Fancy Nails AR</p>	<p>9:30 ● Chair Volleyball/ Soccer AR 22</p> <p>10:45 ● Bunco AR</p> <p>11:00 ● Craft Corner: Kis Smas Trees AR</p> <p>11:15 ● Catholic Communion: RM</p> <p>2:30 ● Have a Holly, Jolly Christmas! with Bud Kreuzer MDR</p>
<p>CHRISTMAS EVE 24</p> <p>8:30 ● Downtown Churches* BT</p> <p>9:30 ● Chair Soccer AR</p> <p>10:00 ● Bible Study with Hal AR</p> <p>10:30 ● Resident Chit Chat AR</p> <p>11:00 ● Poker with Peter AR</p> <p>1:30 ● Leisure Material Packets AR</p> <p>2:30 ● Sunday Matinee LR</p>	<p>CHRISTMAS 25</p> <p>9:15 ● Stretch & Strength AR</p> <p>9:45 ● Pikes Peak Library Stop: Book Check In/Out LR</p> <p>10:15 ● Pikes Peak Library Trivia LR</p> <p>11:30 ● Walking Club AR</p> <p>3:00 ● Bingo AR</p> <p>4:00 ● Game Time: Name 5 AR</p>	<p>9:30 ● Balance Builders AR 26</p> <p>10:00 ● Pet Visits with Lilly LR</p> <p>10:00 ● Brunch with Bobby Jackson MDR</p> <p>3:00 ● Card Sharks: Kings in the Corner LB</p> <p>6:00 ● Popcorn & A Movie LR</p>	<p>9:30 ● Chair Yoga AR 27</p> <p>11:00 ● Bananagrams LB</p> <p>2:20 ● Craft Corner: Water Bottle Flowers AR</p> <p>3:30 ● Bingo AR</p> <p>6:00 ● Pick a Puzzle LR</p>	<p>9:30 ● Stretch & Strength: Weights AR 28</p> <p>10:15 ● Card Sharks: Kings in the Corner LB</p> <p>11:15 ● Liberty Workshop: 2018 New Year's Resolutions AR</p> <p>2:00 ● Game Time: Name 5 AR</p> <p>3:00 ● Bean Bag Toss AR</p>	<p>9:30 ● Chair Volleyball/ Soccer AR 29</p> <p>10:45 ● Bunco AR</p> <p>11:00 ● December Spelling Bee! AR</p> <p>11:15 ● Catholic Communion: RM</p> <p>2:00 ● New Year's Singalong AR</p>
<p>NEW YEAR'S EVE 31</p> <p>8:30 ● Downtown Churches* BT</p> <p>10:00 ● Bible Study with Hal AR</p> <p>11:00 ● Poker with Peter AR</p> <p>12:15 ● Apostolic Christian Church: Hymns MDR</p> <p>1:30 ● Leisure Material Packets AR</p> <p>2:30 ● Sunday Matinee LR</p>					

"Each day offers a reason to celebrate. Find it and experience true bliss."
—Amy Leigh Mercree

EVENT RECAP

thank you!

Our month of gratitude gave us so much to be grateful for.

We shopped 'til we dropped ... okay, let's rephrase that! We shopped until we were ready for a nap at the Union Shopping Center, where we bought items that will prepare us for the holiday season.

We had Craft Corners that took us back to our school days with Pilgrim and Indian hats to wear for Thanksgiving and for a good little chuckle.

We joined together Thanksgiving morning to watch the Macy's Thanksgiving Day parade.

Thank you to our wonderful staff and volunteers at Liberty Heights for the incredible Veterans Day ceremonies that helped us honor all our loved residents who have served our country.



To all the wonderful residents,

Thank you all for contributing to our lives and to our community. Each and every one of you is such a blessing to us here at Liberty Heights. You make an impact all people you come in contact with. Continue to be the incredible residents you are because we are so thankful for you all!

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION,
RESPECT, TEAMWORK

This Month's HEART Hero:
GIOVANNI DUMAGUIN

Giovanni has been working at Liberty Heights for over four years as a Memory Care Attendant/QMAP. Giovanni has a heart of gold with our Memory Care residents. He frequently takes time to get to know them and how they are doing, along with going above and beyond when it comes to resident care. Giovanni is very patient, kind and also gets to know the little things about each one of our residents, which speaks volumes when it comes to person-centered care. The residents miss Giovanni when he is not here and they look forward to when they get to see him again. Giovanni has made a lasting impression not only with our residents, but also with our Memory Care families. One of our families recently said that Giovanni is very caring and encouraging to her mom, and that it is very heartwarming for them to see and hear. They stated that Giovanni is a gem. We are very glad to have Giovanni be a part of our Memory Care team here at Liberty Heights. Congratulations, Giovanni!



MANAGEMENT TEAM

Tammy Minuhin, *Executive Director*

Barbara Della Rossa, *Director of Resident Programs*

Lois Phillips, *Business Office Manager*

Jeanine Hamilton, *Director of Sales & Marketing*

Michele Stahl, *Dining Services Director*

Mary Lang, *Dining Room Manager*

Josh Mahon, *Director of Plant Operations*

Lisa DeLong, *Assisted Living Director*

Barbara Della Rossa, *Transportation Director*

Cindy Brice, *Human Resource Director*

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YOUR
BRAIN
solution

