





## independent living

### BE INSPIRED

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

### LOCATIONS

- ACADEMY LOUNGE:  
FIRST LEVEL — AL
- ASSISTED LIVING — AST
- BUS TRIP — BT
- COLUMBINE DINING ROOM:  
SECOND LEVEL — DR
- CONCIERGE DESK:  
GROUND LEVEL — CD
- CONFERENCE ROOM:  
GROUND LEVEL — CR
- DOG PARK — DP
- FITNESS CENTER:  
FIRST LEVEL — FC
- 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
- LIBRARY: FIRST LEVEL — LB
- LOBBY — LBY
- 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.



**BRAIN HEALTH  
UNIVERSITY**  
LOGO INDICATES  
A BHU COURSE DAY

www.SeniorLifestyle.com  
Activities are subject to change

		<p><b>FITNESS CENTER: OPEN 24 HOURS   FC</b> <b>3</b></p> <ul style="list-style-type: none"> <li>8:30 ● Downtown Churches*   BT</li> <li>9:30 ● In House Church Service: Holy Trinity   HR</li> <li>10:00 ● Brain Health University (BHU) Packets   CD</li> <li>11:00 ● Broncos vs. Dolphins   HR</li> <li>2:00 ● Scrabble   AL</li> <li>2:30 ● Sunday Matinee on Ch. 17</li> <li>2:30 ● Hand &amp; Foot   TW</li> <li>4:00 ● Hand &amp; Foot   TW</li> </ul>	<p><b>Stretch and Strength: Weights   AL</b> <b>4</b></p> <ul style="list-style-type: none"> <li>9:00 ● Pool Game: Eight Ball   GR5</li> <li>9:30 ● Water Aerobics   PL</li> <li>10:30 ● UNO Card Game   AL</li> <li>1:00 ● Tai Chi for Seniors   AL</li> <li>1:30 ● <b>Crafting with Rita: Making Jewelry</b>   ST</li> <li>2:00 ● Flying Needles   HR</li> <li>2:00 ● Giant Crossword Puzzle   AL</li> <li>6:30 ● Mexican Train   AL</li> </ul>	<p><b>Coffee Chat: Programming   AL</b> <b>5</b></p> <ul style="list-style-type: none"> <li>10:00 ● Bean Bag Baseball!   AL</li> <li>10:00 ● Circle of Prayer   HR</li> <li>12:30 ● Academy Blvd. Shopping Trip   BT</li> <li>2:00 ● Whole Body Fitness   AL</li> <li>2:00 ● Book Club   LB</li> <li>2:30 ● Coffee, Cookies &amp; Conversation   TW</li> <li>3:00 ● Rummikub   AL</li> <li>6:30 ● <b>Vocal Fusion Performance</b>   AL</li> </ul>	<p><b>Healthy Foot Clinic (8:30 a.m.-3 p.m.)   ST</b> <b>6</b></p> <ul style="list-style-type: none"> <li>9:00 ● Stretch and Strength: Bands   AL</li> <li>9:30 ● Water Aerobics   PL</li> <li>1:30 ● Poker Game   GR4</li> <li>2:30 ● Coffee, Cookies &amp; Conversation   TW</li> <li>3:00 ● Food &amp; Dining Committee Meeting   CR</li> <li>6:00 ● Sertoma Christmas Party   AL</li> <li>6:30 ● Mexican Train   AL</li> </ul>	<p><b>Balance Builders   AL</b> <b>7</b></p> <ul style="list-style-type: none"> <li>9:45 ● <b>Weekly Legend: Audrey Hepburn</b>   HR</li> <li>1:30 ● <b>AFA All Stop*</b>   BT</li> <li>2:00 ● Pool Game: Eight Ball   GR5</li> <li>2:00 ● Gentle Yoga   AL</li> <li>2:30 ● Coffee, Cookies &amp; Conversation   TW</li> </ul>	<p><b>Advanced Stretch and Strength   AL</b> <b>8</b></p> <ul style="list-style-type: none"> <li>9:00 ● <b>Jackson Creek Shopping</b>   BT</li> <li>10:00 ● Rosary/ Communion   HR</li> <li>11:00 ● Chair Tai Chi   AL</li> <li>4:00 ● <b>Happy Hour with Desperate Measures</b>   AL</li> </ul>	<p><b>FITNESS CENTER: OPEN 24 HOURS   FC</b> <b>9</b></p> <ul style="list-style-type: none"> <li>9:00 ● Bible Study   AL</li> <li>10:00 ● Brain Health University (BHU) Packets   CD</li> <li>10:15 ● Bingo   AL</li> <li>1:00 ● Shanghai   TW</li> </ul>
		<p><b>FITNESS CENTER: OPEN 24 HOURS   FC</b> <b>10</b></p> <ul style="list-style-type: none"> <li>8:30 ● Downtown Churches*   BT</li> <li>10:00 ● Brain Health University (BHU) Packets   CD</li> <li>2:00 ● Scrabble   AL</li> <li>2:00 ● Broncos vs. Jets   HR</li> <li>2:30 ● Sunday Matinee on Ch. 17</li> <li>2:30 ● Hand &amp; Foot   TW</li> <li>4:00 ● Hand &amp; Foot   TW</li> </ul>	<p><b>Stretch and Strength: Weights   AL</b> <b>11</b></p> <ul style="list-style-type: none"> <li>9:00 ● Pool Game: Eight Ball   GR5</li> <li>9:30 ● Water Aerobics   PL</li> <li>9:45 ● Pikes Peak Library Stop: Book Check In/Check Out   AST</li> <li>10:30 ● Yahtzee   AL</li> <li>11:30 ● <b>Ladies' Lunch Bunch: Pizzeria Rustica</b>   BT</li> <li>1:00 ● Tai Chi for Seniors   AL</li> <li>2:00 ● Flying Needles   HR</li> <li>2:00 ● "Jeopardy" With Stephanie   AL</li> <li>6:30 ● Mexican Train   AL</li> <li>6:30 ● Holiday Concert with Dianne Thomas   AL</li> </ul>	<p><b>HANUKKAH STARTS AT SUNSET</b> <b>12</b></p> <ul style="list-style-type: none"> <li>8:00 ● Men's Breakfast with Don Morton   PDR</li> <li>9:00 ● Coffee Chat with Tammy Minuhin   AL</li> <li>10:00 ● Bean Bag Baseball!   AL</li> <li>10:00 ● Circle of Prayer   HR</li> <li>10:00 ● Briargate at Promenade Shopping   BT</li> <li>2:00 ● Whole Body Fitness   AL</li> <li>2:30 ● Rummikub   AL</li> <li>2:30 ● Coffee, Cookies &amp; Conversation   TW</li> <li>3:30 ● Hot Toddy Tuesday   AL</li> <li>4:30 ● Dine Out: Edelweiss   BT</li> </ul>	<p><b>Stretch and Strength: Bands   AL</b> <b>13</b></p> <ul style="list-style-type: none"> <li>9:30 ● Water Aerobics   PL</li> <li>11:30 ● Sertoma   AL</li> <li>1:30 ● Poker Game   GR4</li> <li>2:00 ● <b>Crafting with Stephanie: Cookie Decorating!</b>   ST</li> <li>2:30 ● <b>Meet and Greet</b>   TW</li> <li>6:30 ● Mexican Train   AL</li> </ul>	<p><b>Balance Builders   AL</b> <b>14</b></p> <ul style="list-style-type: none"> <li>10:00 ● <b>Blood Pressure Clinic</b>   AL</li> <li>1:30 ● <b>AFA Quick Trip</b>   BT</li> <li>2:00 ● Pool Game: Eight Ball   GR5</li> <li>2:00 ● Resident Council Meeting   CR</li> <li>2:00 ● Gentle Yoga   AL</li> <li>2:30 ● Coffee, Cookies &amp; Conversation   TW</li> <li>6:30 ● Broncos vs. Colts   HR</li> </ul>	<p><b>Advanced Stretch and Strength   AL</b> <b>15</b></p> <ul style="list-style-type: none"> <li>10:00 ● Catholic Mass   HR</li> <li>11:00 ● Chair Tai Chi   AL</li> <li>1:30 ● <b>Jackson Creek Shopping</b>   BT</li> <li>2:00 ● <b>REAF Gift Distribution (2-4 p.m.)</b>   TW</li> <li>4:00 ● <b>Seasonal Cocktail Happy Hour: George Sisneros</b>   AL</li> </ul>	<p><b>FITNESS CENTER: OPEN 24 HOURS   FC</b> <b>16</b></p> <ul style="list-style-type: none"> <li>9:00 ● Bible Study   AL</li> <li>10:00 ● Brain Health University (BHU) Packets   CD</li> <li>10:00 ● <b>Rita's Jewelry (10 a.m.-2 p.m.)</b>   AL</li> <li>10:15 ● Bingo   AL</li> <li>1:00 ● Shanghai   TW</li> <li>7:00 ● Saturday Night at the Movies on Ch. 17</li> </ul>
<p><b>CHRISTMAS EVE</b> <b>24</b></p> <p><b>FITNESS CENTER: OPEN 24 HOURS   FC</b></p> <ul style="list-style-type: none"> <li>8:30 ● Downtown Churches*   BT</li> <li>10:00 ● Brain Health University (BHU) Packets   CD</li> <li>11:00 ● Broncos vs. Redskins   HR</li> <li>2:00 ● Scrabble   AL</li> <li>2:30 ● Sunday Matinee on Ch. 17</li> <li>2:30 ● Hand &amp; Foot   TW</li> <li>4:00 ● Hand &amp; Foot   TW</li> </ul>	<p><b>CHRISTMAS</b> <b>25</b></p> <ul style="list-style-type: none"> <li>7:30 ● Continental Breakfast (7:30-9 a.m.)   DR</li> <li>9:00 ● Pool Game: Eight Ball   GR5</li> <li>11:00 ● Christmas Buffet (11am-2pm) Reservations Requested   DR</li> <li>6:30 ● Mexican Train   AL</li> <li>6:30 ● Holiday Movie   HR</li> </ul>	<p><b>Bean Bag Baseball!   AL</b> <b>26</b></p> <ul style="list-style-type: none"> <li>10:00 ● Circle of Prayer   HR</li> <li>2:00 ● Whole Body Fitness   AL</li> <li>2:00 ● Coffee Chat with Josh &amp; Building/Grounds Committee   HR</li> <li>2:30 ● Rummikub   AL</li> <li>2:30 ● Coffee, Cookies &amp; Conversation   TW</li> </ul>	<p><b>Healthy Foot Clinic (8:30 a.m.-3 p.m.)   ST</b> <b>20</b></p> <ul style="list-style-type: none"> <li>9:00 ● Stretch and Strength: Bands   AL</li> <li>9:30 ● Water Aerobics   PL</li> <li>1:30 ● Poker Game   GR4</li> <li>2:30 ● Coffee, Cookies &amp; Conversation   TW</li> <li>6:30 ● Mexican Train   AL</li> </ul>	<p><b>WINTER BEGINS</b> <b>21</b></p> <ul style="list-style-type: none"> <li>9:00 ● Balance Builders   AL</li> <li>9:45 ● Weekly Legend: Dick Van Dyke   HR</li> <li>1:30 ● <b>AFA All Stop*</b>   BT</li> <li>2:00 ● Pool Game: Eight Ball   GR5</li> <li>2:00 ● Gentle Yoga   AL</li> <li>2:30 ● Coffee, Cookies &amp; Conversation   TW</li> <li>6:00 ● <b>Christmas Lights Tour</b>   BT</li> <li>6:30 ● <b>Movie Night In: "Grumpy Old Men"</b>   HR</li> </ul>	<p><b>Advanced Stretch and Strength   AL</b> <b>22</b></p> <ul style="list-style-type: none"> <li>9:00 ● <b>Jackson Creek Shopping</b>   BT</li> <li>10:00 ● Rosary/ Communion   HR</li> <li>11:00 ● Chair Tai Chi   AL</li> <li>4:00 ● <b>Ugly Christmas Sweater Happy Hour: Bud Kreuzer</b>   AL</li> </ul>	<p><b>FITNESS CENTER: OPEN 24 HOURS   FC</b> <b>23</b></p> <ul style="list-style-type: none"> <li>9:00 ● Bible Study   AL</li> <li>10:00 ● Brain Health University (BHU) Packets   CD</li> <li>10:15 ● Bingo   AL</li> <li>1:00 ● Shanghai   TW</li> </ul>		
<p><b>NEW YEAR'S EVE</b> <b>31</b></p> <p><b>FITNESS CENTER: OPEN 24 HOURS   FC</b></p> <ul style="list-style-type: none"> <li>8:30 ● Downtown Churches*   BT</li> <li>10:00 ● Brain Health University (BHU) Packets   CD</li> <li>2:00 ● Scrabble   AL</li> <li>2:30 ● Sunday Matinee on Ch. 17</li> <li>2:30 ● Broncos vs. Chiefs   HR</li> <li>2:30 ● Hand &amp; Foot   TW</li> <li>4:00 ● Hand &amp; Foot   TW</li> </ul>			<p><b>Stretch and Strength: Bands   AL</b> <b>27</b></p> <ul style="list-style-type: none"> <li>9:00 ● Water Aerobics   PL</li> <li>1:30 ● <b>Thrift Shopping: Goodwill</b>   BT</li> <li>2:00 ● <b>Crafting with Stephanie: Winter Paint &amp; Sip</b>   ST</li> <li>2:30 ● Coffee, Cookies &amp; Conversation   TW</li> <li>6:30 ● Mexican Train   AL</li> </ul>	<p><b>Balance Builders   AL</b> <b>28</b></p> <ul style="list-style-type: none"> <li>2:00 ● Pool Game: Eight Ball   GR5</li> <li>2:00 ● Gentle Yoga   AL</li> <li>2:30 ● Coffee, Cookies &amp; Conversation   TW</li> <li>3:00 ● Ice Cream Social   AL</li> <li>6:30 ● <b>Henderson Family Concert</b>   AL</li> </ul>	<p><b>Advanced Stretch and Strength   AL</b> <b>29</b></p> <ul style="list-style-type: none"> <li>9:00 ● <b>Jackson Creek Shopping</b>   BT</li> <li>10:00 ● Rosary/ Communion   HR</li> <li>11:00 ● Chair Tai Chi   AL</li> <li>3:30 ● Resident Quilt Show   AL</li> </ul>	<p><b>FITNESS CENTER: OPEN 24 HOURS   FC</b> <b>30</b></p> <ul style="list-style-type: none"> <li>9:00 ● Bible Study   AL</li> <li>10:00 ● Brain Health University (BHU) Packets   CD</li> <li>10:15 ● Bingo   AL</li> <li>1:00 ● Shanghai   TW</li> <li>6:00 ● <b>New Year's Dance with George Sisneros</b>   AL</li> </ul>		

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



## EVENT RECAP

# november was a time to be grateful

November was such a great month here at Liberty Heights to take a close look at all that we have to be grateful for!

We really took the time to celebrate and honor all of our veterans and their loved ones. We had a community wide pinning ceremony, a trip to the local high school for their veterans' tribute, and a special happy hour with a Veterans Day focused presentation. We also wanted to show our thanks to those still serving today by making thank you cards to be sent to our current active duty members. Close to 50 cards are being sent from Liberty Heights!

Because we can never say it enough, thank you to all who have served this great country. We are so appreciative of you each and every day.



Honoring veteran, Robert Masonheimer

## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,  
APPRECIATION, RESPECT, TEAMWORK

GIOVANNI has been working at Liberty Heights for over four years as a Memory Care Attendant/QMAP (Qualified Medication Administration Personnel). Giovanni has a heart of gold with our Memory Care residents, frequently taking the 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*

Lia Miller, *Dining Room Manager*

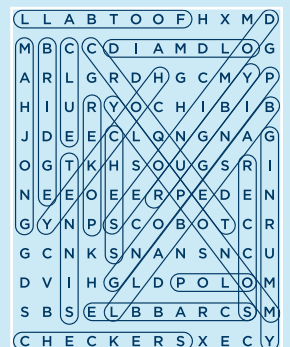
Josh Mahon, *Director of Plant Operations*

Barbara Della Rossa, *Transportation Director*

Cindy Brice, *Human Resource Director*

Mark Painter, *Executive Chef*

TRAIN  
YOUR  
BRAIN  
*solution*



SENIOR LIFESTYLE  
FAMILY-OWNED COMMUNITIES

