

Be Inspired

JOIN US THIS MONTH FOR
*happy
 new year
 residents,
 staff, family,
 and friends!*

2019 is here and your Programming Department is so enthusiastic for the New Year. Our hope is for a year filled with deeper laughs, fuller hearts, healthier minds and bodies, closer friendships, and immeasurably more joy.

We are starting off the year by bringing back a couple of past favorite programs. Tai Chi with Kris is coming back on Mondays at 1 p.m. in The Academy Lounge. Coffee, Cookies, and Conversation is returning to Tuesdays and Thursdays at 2:30 p.m. in The Tumbleweed Lounge.

You are all invited to join us on Thursday, Jan. 31, for our Winter Dance. Dress to impress and come enjoy an evening of delicious hors d'oeuvres, fancy cocktails, and dance music.

Also, don't miss our first Bunco Tournament of the year, Hot Toddy Tuesday, "Jeopardy!," Bean Bag Baseball, Ice Cream Social, and of course, all the Happy Hours!



THIS MONTH'S *silver star*

LIBERTY HEIGHTS RESIDENT COUNCIL

To start off the New Year, we wanted to spotlight a group of some of our most dedicated residents, our Resident Council. These residents hold monthly meetings to discuss what is going on in our community, represent their fellow residents at large, and assist throughout the different departments, working directly with management. If you have any questions about Liberty Heights, chances are one of these individuals can either answer your question or point you in the right direction of someone who can.

So, a big thank-you to our Resident Council as we begin a new year!

CHAIR: Dick Witzig

VICE CHAIR: Roland Hintgen

TREASURER: Lowell Bohn

SECRETARY: Al Thomas

ART COORDINATOR: Marj Price

HOSPITALITY: Lois Maston

FOOD AND DINING: Elaine Jarvis

PROGRAMS: Maureen Alhouse

REAF: Dottie Scott

MEMBER AT LARGE:
Phyllis Witzig

CONSULTANT: Ken Johnson



TRAIN YOUR
 BRAIN
*sudoku
 solution
 on back*

		3		5			
	2				7	3	9
5				2	6		4
3				1			
	5	8				6	1
				8			7
	1		4	3			5
9		7	8				2
				7			6

independent living

BE INSPIRED

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

LOCATIONS

- ACADEMY LOUNGE: FIRST LEVEL — AL
- ASSISTED LIVING — AST
- BUS TRIP — BT
- CHANNEL 17 — Ch.17
- COLUMBINE DINING ROOM: SECOND LEVEL — DR
- COMMON AREA — CA
- COMMUNITY ROOM — CR
- 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
- MAIN DINING ROOM — MDR
- NEIGHBORHOODS — NH
- 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



BRAIN HEALTH UNIVERSITY LOGO INDICATES A BHU COURSE DAY

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.	
FITNESS CENTER: OPEN 24 HOURS FC 6 9:30 ● In-House Church Service AL 10:00 ● Brain Health University (BHU) Packets CD 2:00 ● Scrabble LB 2:30 ● Sunday Matinee on Ch. 17 2:30 ● Hand & Foot TW 4:00 ● Hand & Foot TW		NEW YEAR'S DAY 1 9:00 ● Coffee Chat: Programming AL 9:30 ● Water Aerobics PL 10:00 ● Circle of Prayer HR 2:00 ● Book Club LB 3:00 ● Ice Cream Social AL	
FITNESS CENTER: OPEN 24 HOURS FC 13 10:00 ● Brain Health University (BHU) Packets CD 2:00 ● Scrabble LB 2:30 ● Sunday Matinee on Ch. 17 2:30 ● Hand & Foot TW 4:00 ● Hand & Foot TW		8:00 ● Men's Breakfast with Don Morton PDR 8 9:00 ● Coffee Chat with Tammy Minuhin AL 9:30 ● Water Aerobics PL 10:00 ● Circle of Prayer HR 2:00 ● Whole Body Fitness AL	
FITNESS CENTER: OPEN 24 HOURS FC 20 10:00 ● Brain Health University (BHU) Packets CD 2:00 ● Scrabble LB 2:30 ● Sunday Matinee on Ch. 17 2:30 ● Hand & Foot TW 4:00 ● Hand & Foot TW		MARTIN LUTHER KING JR. DAY 21 9:00 ● Stretch and Strength: Weights AL 9:00 ● Pool Game: Eight Ball GR5 10:00 ● Rummikub AL 1:00 ● Tai Chi with Kris AL 2:00 ● Giant Crossword Puzzle AL 2:00 ● Flying Needles, Knitting, Crocheting, & Quilting HR 6:30 ● Mexican Train AL	
FITNESS CENTER: OPEN 24 HOURS FC 27 10:00 ● Brain Health University (BHU) Packets CD 2:00 ● Scrabble LB 2:30 ● Sunday Matinee on Ch. 17 2:30 ● Hand & Foot TW 4:00 ● Hand & Foot TW		9:30 ● Water Aerobics PL 29 10:00 ● Circle of Prayer HR 2:00 ● Whole Body Fitness AL 2:30 ● Coffee, Cookies, & Conversation TW 3:00 ● Team Trivia AL	
		9:00 ● Stretch and Strength: Weights AL 7 9:00 ● Pool Game: Eight Ball GR5 10:00 ● Rummikub AL 1:00 ● Tai Chi with Kris AL 2:00 ● "Jeopardy!" AL 2:00 ● Flying Needles, Knitting, Crocheting, & Quilting HR 6:30 ● Mexican Train AL	
		9:30 ● Water Aerobics PL 15 10:00 ● Circle of Prayer HR 11:30 ● Ladies Lunch: Biaggi's BT 2:00 ● Whole Body Fitness AL 2:00 ● Chit-Chat with Josh CR 2:30 ● Coffee, Cookies, & Conversation TW	
		9:00 ● Stretch and Strength: Bands AL 9 10:30 ● Table Games with Stephanie: UNO TW 1:30 ● Poker Game GR4 2:00 ● Food & Dining Committee Meeting CR 2:30 ● Meet and Greet TW 3:00 ● Wii Bowling HR 6:30 ● Mexican Train AL	
		8:30 ● Healthy Foot Clinic (8:30am-3pm) Sign Up Required ST 16 9:00 ● Stretch and Strength: Bands AL 10:30 ● Table Games with Stephanie: Sequence TW 11:30 ● Sertoma AL 1:00 ● Afternoon In-House Movie HR 1:30 ● Poker Game GR4 3:00 ● Wii Bowling HR 6:30 ● Mexican Train AL	
		8:00 ● Coffee Chat with Sarah AL 22 9:30 ● Water Aerobics PL 10:00 ● Circle of Prayer HR 2:00 ● Whole Body Fitness AL 2:30 ● Coffee, Cookies, & Conversation TW 3:00 ● Hot Toddy Tuesday AL 3:30 ● Free Chair Massages with Linda AL 4:30 ● Dine Out: Mackenzie's Chop Steakhouse BT	
		9:00 ● Stretch and Strength: Bands AL 23 10:30 ● Table Games: Rummikub TW 1:30 ● Poker Game GR4 1:30 ● ARC Shopping Trip BT 3:00 ● Wii Bowling HR 6:30 ● Mexican Train AL	
		9:00 ● Balance Builders AL 10 9:30 ● Water Aerobics PL 10:00 ● Blood Pressure Clinic AL 1:00 ● Smithsonian Channel's "Aerial America" HR 2:00 ● Gentle Yoga ST 2:00 ● Pool Game: Eight Ball GR5 2:00 ● Resident Council Meeting CR	
		9:00 ● Stretch and Strength: Weights AL 11 9:30 ● Water Aerobics PL 10:00 ● Rosary/Communion HR 1:30 ● Jackson Creek Shopping BT 1:30 ● TED Talks HR 4:00 ● Happy Hour: Brian Usher AL	
		9:00 ● Balance Builders AL 17 9:30 ● Water Aerobics PL 9:40 ● Legends: Gene Autry HR 1:00 ● Smithsonian Channel's "Aerial America" HR 1:30 ● Hospitality Committee Meeting CR 2:00 ● Gentle Yoga ST 2:00 ● Pool Game: Eight Ball GR5 2:30 ● Coffee, Cookies, & Conversation TW	
		9:00 ● Stretch and Strength: Weights AL 18 9:00 ● Jackson Creek Shopping BT 9:30 ● Water Aerobics PL 10:00 ● Catholic Mass HR 1:30 ● TED Talks HR 4:00 ● Happy Hour: George Sisneros AL	
		9:00 ● Balance Builders AL 24 9:30 ● Water Aerobics PL 1:00 ● Smithsonian Channel's "Aerial America" HR 2:00 ● Gentle Yoga ST 2:00 ● Pool Game: Eight Ball GR5 2:30 ● Coffee, Cookies, & Conversation TW	
		9:00 ● Stretch and Strength: Weights AL 25 9:00 ● AFA Shopping Trip BT 9:30 ● Water Aerobics PL 10:00 ● Rosary/Communion HR 1:30 ● Jackson Creek Shopping BT 1:30 ● TED Talks HR 4:00 ● Happy Hour: George Whitesell AL	
		9:00 ● Stretch and Strength: Bands AL 30 9:30 ● Comcast Help with Deb HR 10:30 ● Table Games with Stephanie: Yahtzee TW 12:00 ● To the Movies: TBD BT 1:30 ● Poker Game GR4 3:00 ● Wii Bowling HR 6:30 ● Mexican Train AL	
		9:00 ● Balance Builders AL 31 9:30 ● Water Aerobics PL 9:40 ● Legends: Charlton Heston HR 1:00 ● Smithsonian Channel's "Aerial America" HR 2:00 ● Gentle Yoga ST 2:00 ● Pool Game: Eight Ball GR5 2:30 ● Coffee, Cookies, & Conversation TW 4:00 ● Winter Dance (4-6:30 p.m.) AL	
		● FITNESS CENTER: OPEN 24 HOURS FC 5 9:00 ● Bible Study AL 10:00 ● Brain Health University (BHU) Packets CD 10:15 ● Bingo AL 1:00 ● Shanghai TW 7:00 ● Saturday Night at the Movies on Ch. 17	
		● FITNESS CENTER: OPEN 24 HOURS FC 12 9:00 ● Bible Study AL 10:00 ● Brain Health University (BHU) Packets CD 10:15 ● Bingo AL 1:00 ● Shanghai TW	
		● FITNESS CENTER: OPEN 24 HOURS FC 19 9:00 ● Bible Study AL 10:00 ● Brain Health University (BHU) Packets CD 10:15 ● Bingo AL 1:00 ● Shanghai TW 7:00 ● Saturday Night at the Movies on Ch. 17	
		● FITNESS CENTER: OPEN 24 HOURS FC 26 9:00 ● Bible Study AL 10:00 ● Brain Health University (BHU) Packets CD 10:15 ● Bingo AL 1:00 ● Shanghai TW 6:00 ● COS Philharmonic: The Music of Swan Lake BT	



EVENT RECAP

ladies' lunch bunch

December was full of holiday cheer and tradition here at Liberty Heights!

One tradition was a trip to The Broadmoor to see all their holiday decorations. A Colorado Springs treasure, The Broadmoor always goes above and beyond during the holidays. Our Ladies' Lunch Bunch enjoyed a meal at La Tavernne and a quick tour to see the giant gingerbread house.



Ladies, make sure to check the calendar to see where we are going to lunch this month and sign up!



THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

Our Heart Hero for the month of January is the ENTIRE STAFF of Liberty Heights! We are so proud of the entire team that it only made sense to acknowledge everyone as we begin a new year. All employees, please give yourself a pat on the back for all the hard work and dedication that you have shown. Keep up the good work!



Residents! Do you know a Senior Lifestyle employee with HEART?

- Embraces and exemplifies Senior Lifestyle's Core Values of Hospitality, Excellence, Appreciation, Respect and Teamwork
- Lives the Senior Lifestyle Mission by brightening and enriching the lives of those we serve
- Is a role model for other team members
- Shows genuine interest in the lives of our residents and employees
- Demonstrates a true "Heart of Caring" both professionally and personally

Make sure to vote for who you think exemplifies these traits every month!

IT'S OUR PLEASURE TO SERVE YOU ...

word from your executive director

WELCOME NEW YEAR 2019!

"Your success and happiness lies in you. Resolve to keep happy and your joy and you shall form an invincible host against difficulties." This quote is from Helen Keller, who we all know overcame great obstacles in life. As we welcome in the New Year, focusing on the joy in everyday life will bring positive returns your way:

From the joy of hearing a songbird,
the sun shining on a cold snowy day,
the wondrous mountains outside our door,
the families who care for us,
the laughter with friends,
the fun conversation while enjoying a good meal,
the smile from a stranger,
the kind person who lends a hand,
the book enjoyed by the window,
and the reflections on travels past (or new ones to come),
Make each day joyful for you and yours!

MANAGEMENT TEAM

Tammy Minuhin, *Executive Director*
Natalie Schaefer, *Director of Resident Programs*
Lois Phillips, *Business Office Manager*
Jeanine Hamilton, *Director of Sales & Marketing*
Sarah Montoya-Ortega, *Dining Services Director*
Amanda Scott McGee, *Director of Nursing Wellness*
Jeanette Hollenbeck, *Dining Room Manager*
Josh Mahon, *Director of Plant Operations*
Gladis Darlington, *Health and Wellness Director*
Cindy Brice, *Human Resource Director*
Ethan Chraft, *Executive Chef*

TRAIN
YOUR
BRAIN
solution



7	4	3	9	5	8	1	6	2
8	2	6	1	4	7	3	5	9
5	9	1	3	2	6	7	4	8
3	7	9	6	1	2	5	8	4
2	5	8	7	9	4	6	1	3
1	6	4	5	8	3	2	9	7
6	1	2	4	3	9	8	7	5
9	3	7	8	6	5	4	2	1
4	8	5	2	7	1	9	3	6

SENIOR
LIFESTYLE
your *life*, your *style*