

## Shining Star



Lovemore is a very dedicated employee who is a leader in the community. He enjoys spending time with the residents. Lovemore's positivity and up-beat personality radiates everywhere. He is a great addition to the team in the short time he has been with us at Heritage Point. He takes a lot of pride in his work and his passion for helping others shines through. Thank you, Lovemore, for always bringing a smile to our faces and being a bright shining star!

**Lovemore Kalanzi**

**Certified Nursing Assistant**

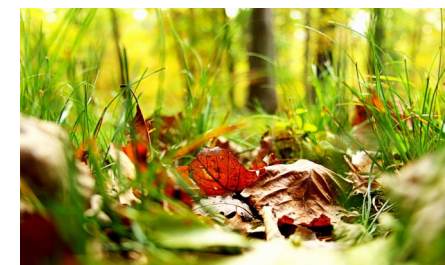
**Three months with the community**

## SEPTEMBER BIRTHDAYS

9/14- Phil D.

9/28- Charles G.

9/30- Alex G.



What's Going On In

# September

2019

## Glamour Shots

*A day of glamour and beauty provided by Deb Potis. Everyone will get the chance to channel their inner model and receive a glamour headshot. Photos will begin at 2:00pm. Join us in highlighting your loved one's inner beauty.*

### Team Members

Executive Director.....Roger Garmendia  
 Business Office Manager.....Tessa Pauls  
 Health Services Director.....Diana Velazquez  
 Comm. Devel. Director.....Kurt Arkangel  
 Life Enrichment Director..Kathleen McCallie  
 Life Enrichment Assistants.....  
 .....Jessica Logan, Kaylee Hargreaves  
 Concierge Team..Lynn Minier, Jenna Kepner  
 Maintenance Director.....Ed Slovinski

### Important Phone Numbers

Office.....574-247-7400  
 Roger Garmendia.....574-261-5080  
 Kurt Arkangel.....574-274-1560  
 Diana Velazquez.....574-309-6648  
 Payton.....574-341-0864

### Meal Times

Breakfast.....8:00 a.m. - 10:00 a.m.  
 Lunch.....11:30 a.m. - 1:00 p.m.  
 Dinner.....4:30 p.m. - 6:00 p.m.  
 Hydration & Snackivity.....10:30, 2:30, 6:30  
 Leisure Dining.....9:00 a.m. - 11:30 a.m.

#### ALWAYS AVAILABLE MENU

Cheeseburger & Fries  
 Hot Ham and Cheese Sandwich & Chips  
 BLT & Chips  
 Chicken Nuggets & Fries  
 Salad w/ French or Ranch Dressing  
 Ham Sandwich & Chips  
 Turkey Sandwich & Chips

Please notify the kitchen staff 24 hours in advance if you plan to join your loved one(s) for a meal.

#### Beauty Shop

Wednesdays & Thursdays.....10:00a.m.-4:30p.m.

### Family Education Night

Topic: Successful Communication  
 Speaker: Always Best Care Senior Services  
 Date: September 18th  
 Time: 5:30-6:30 PM



Everyone is welcome! Please R.S.V.P with concierge.

Dinner will be provided

## Special Events

9/5 Final Harvest Concert | 10:30  
 9/5 Glamour Shots by Deb Potis | 2:00  
 9/12 Swing Sisters | 2:00  
 9/13 Fortune Cookie Friday | 2:00  
 9/23 Reins of Life Mini Horse Visit | 2:00  
 9/24 J. Jay Brook Entertainment | 10:15  
 9/28 Gloria B. Entertainment | 2:30  
 9/29 Pet Therapy with Tikaa | 1:30

## Outings

9/10 Hall of Heroes Museum | 2:00  
 9/25 Elkhart Museum of American Art | 2:00



# SEPTEMBER

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

<p>10:30 Daily Devotion LR</p> <p>11:00 Catholic Mass LR</p> <p>1:30 Afternoon Stroll CY</p> <p>2:00 Gardening CY</p> <p>2:30 Chair Yoga CY</p> <p>3:00 Creative Arts AR*</p> <p>4:00 Sensory Stimulation AR</p> <p>6:00 Movie CL</p>	<p><b>1</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 "What's My Job?" Game CD*</p> <p>11:30 Chair Yoga CD*</p> <p>1:30 Past Professions LR*</p> <p>2:00 Superman Ice Cream DR*</p> <p>3:00 Animal Bingo DR*</p> <p>3:30 Imagination Vacation DR*</p> <p>4:00 Just Joking Around LR</p>	<p><b>2</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 Sing-Along CD*</p> <p>11:30 Walking Club BY</p> <p>1:30 Pet Therapy w/ Moses</p> <p>2:00 Apple Monkey Bread DR</p> <p>3:00 Bean Bag Toss DR*</p> <p>3:30 Ad Lib Game DR*</p> <p>4:00 Tinkering Time AR</p>	<p><b>3</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 School Days Reminiscing CD*</p> <p>1:30 Edgar's Worship Service CL</p> <p>2:00 Culture Presentation DR</p> <p>2:30 Chair Aerobics DR*</p> <p>3:00 Creative Arts DR*</p> <p>4:00 Manicures AR*</p> <p>6:15 Movie CL</p>	<p><b>4</b></p> <p>10:30 Final Harvest DR</p> <p>1:30 Facts About Space CL*</p> <p>2:00 Glamour Shots w/ Deb Potis AR</p> <p>2:30 Outburst! CY</p> <p>3:00 Cornhole CY</p> <p>4:00 Finish the Saying CY</p> <p>6:15 Movie</p>	<p><b>5</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 Name Game Trivia CD*</p> <p>11:30 Walking Club BY</p> <p>1:30 Pictionary CL*</p> <p>2:00 Fun Friday Treat! DR*</p> <p>2:30 Painting Class DR*</p> <p>3:30 Tinkering Time AR</p> <p>4:00 Card Games AR</p>	<p><b>6</b></p> <p>10:30 Hot Tea Day CD*</p> <p>11:00 Daily Gratitude CD*</p> <p>1:30 Random Science Facts CL*</p> <p>2:00 Balloon Bounce CD*</p> <p>2:30 Meditation Mandalas CL*</p> <p>3:00 Hand Spa/Manicures CL*</p> <p>6:15 Movie CL</p>
<p>8</p> <p>10:30 Daily Devotion LR</p> <p>11:00 Catholic Mass LR</p> <p>1:30 Afternoon Stroll CY</p> <p>2:00 Gardening CY</p> <p>2:30 Chair Yoga CY</p> <p>3:00 Creative Arts AR*</p> <p>4:00 Sensory Stimulation AR</p> <p>6:00 Movie CL</p>	<p><b>8</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 YOU be the Judge CD*</p> <p>11:30 Chair Yoga CD*</p> <p>1:30 Pet Therapy w/ Moses</p> <p>2:00 Self Esteem Game DR</p> <p>3:00 Animal Bingo DR*</p> <p>3:30 Imagination Vacation DR*</p> <p>4:00 Just Joking Around LR</p>	<p><b>9</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 Sing-Along CD*</p> <p>11:30 Walking Club BY</p> <p>1:30 Daily Chronicle CL*</p> <p>2:00 Hall of Heroes BT</p> <p>3:30 Bean Bag Toss DR*</p> <p>4:00 Tinkering Time AR</p> <p>6:15 Movie</p>	<p><b>10</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 Nursery Rhyme Trivia CD*</p> <p>1:30 Edgar's Worship Service CL</p> <p>2:00 Culture Presentation DR</p> <p>2:30 Chair Aerobics DR*</p> <p>3:00 Creative Arts DR*</p> <p>4:00 Manicures AR*</p> <p>6:15 Movie CL</p>	<p><b>11</b></p> <p>10:30 Hydration Station CD*</p> <p>11:00 Hymns w/ Barb &amp; Don CL*</p> <p>1:30 Daily Gratitude CL*</p> <p>2:00 Swing Sisters DR</p> <p>3:00 Cardio Drumming DR*</p> <p>3:30 Family Feud DR*</p> <p>4:00 Finish the Saying CY</p> <p>6:15 Movie CL</p>	<p><b>12</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 Superstition Discussion CD*</p> <p>11:30 Walking Club BY</p> <p>1:30 Pictionary CL*</p> <p>2:00 Fortune Cookie Friday</p> <p>2:30 Painting Class DR*</p> <p>3:30 Tinkering Time AR</p> <p>4:00 Card Games AR</p>	<p><b>13</b></p> <p>10:30 Hot Tea Day CD*</p> <p>11:00 Random Science Facts CD</p> <p>1:30 101 Moments of Hope CL*</p> <p>2:00 Balloon Tennis CD*</p> <p>2:30 Meditation Mandalas CL*</p> <p>3:00 Hand Spa/ Manicures CL*</p> <p>6:15 Movie CL</p>
<p>15</p> <p>10:30 Daily Devotion LR</p> <p>11:00 Catholic Mass LR</p> <p>1:30 Afternoon Stroll CY</p> <p>2:00 Gardening CY</p> <p>2:30 Chair Yoga CY</p> <p>3:00 Creative Arts AR*</p> <p>4:00 Sensory Stimulation AR</p> <p>6:00 Movie CL</p>	<p><b>15</b></p> <p>10:30 Coffee &amp; Convo CY</p> <p>11:00 Chair Exercises CY</p> <p>1:30 Facts About Indiana CY</p> <p>2:00 Mexican Food Tasting DR*</p> <p>3:00 Animal Bingo DR*</p> <p>3:30 Imagination Vacation DR*</p> <p>4:00 Just Joking Around LR</p> <p>6:15 Movie CL</p>	<p><b>16</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 Sing-Along CD*</p> <p>11:30 Walking Club BY</p> <p>1:30 Pet Therapy w/ Moses</p> <p>2:00 Baked Cream Cheese Rolls DR</p> <p>3:00 S'mores DR</p> <p>3:30 Parachute Fun DR*</p> <p>4:00 Tinkering Time AR</p>	<p><b>17</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 Name Game Trivia CD*</p> <p>1:30 Edgar's Worship Service CL</p> <p>2:00 Culture Presentation DR</p> <p>2:30 Chair Swimming DR*</p> <p>3:00 Creative Arts DR*</p> <p>4:00 Manicures AR*</p> <p>6:15 Movie CL</p>	<p><b>18</b></p> <p>10:30 Hydration Station CD*</p> <p>11:00 Hymns w/ Barb &amp; Don CL*</p> <p>1:30 Animal Facts CL*</p> <p>2:00 Move &amp; Music DR*</p> <p>2:30 Outburst! CY</p> <p>3:00 Trash Can Slam CY</p> <p>4:00 Pirate Facts (Talk like a Pirate Day)</p> <p>6:15 Movie CL</p>	<p><b>19</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 Would You Rather? CD*</p> <p>11:30 Walking Club BY</p> <p>1:30 Daily Gratitude CY</p> <p>2:00 Fun Fridays Treat DR*</p> <p>2:30 Painting Class DR*</p> <p>3:30 Tinkering Time AR</p> <p>4:00 Flip 10 AR</p>	<p><b>20</b></p> <p>10:30 Hot Tea Day CD*</p> <p>11:00 M&amp;M Game! CD*</p> <p>1:30 Chkn Soup for the Soul CL*</p> <p>2:00 Balloon Bounce CD*</p> <p>2:30 Meditation Mandalas CL*</p> <p>3:30 Hand Spa/Manicures CL*</p> <p>6:15 Movie CL</p>
<p>22</p> <p>10:30 Daily Devotion LR</p> <p>11:00 Catholic Mass LR</p> <p>1:30 Afternoon Stroll CY</p> <p>2:00 Gardening CY</p> <p>2:30 Chair Yoga CY</p> <p>3:00 Creative Arts CY</p> <p>4:00 Sensory Stimulation AR</p> <p>6:15 Movie CL</p>	<p><b>22</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 Chair Driving CD*</p> <p>2:00 Reins of Life Visit w/ Bandit</p> <p>2:30 Pet Therapy w/ Bandit CY</p> <p>3:00 Activities w/ Reins of Life CY</p> <p>3:30 Apple Cider Tasting DR</p> <p>4:00 Imagination Vacation LR</p> <p>6:15 Movie CL</p>	<p><b>23</b></p> <p>10:15 J. Jay Brook CD</p> <p>11:00 Shopping Discussion CD*</p> <p>11:30 Walking Club BY</p> <p>1:30 Daily Chronicle CL*</p> <p>2:00 Resident Council DR*</p> <p>3:00 Noodle Ball DR*</p> <p>3:30 Ad Lib Game DR*</p> <p>4:00 Tinkering Time AR</p>	<p><b>24</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 Food Duos CD*</p> <p>1:30 Edgar's Worship Service CY</p> <p>2:00 Birthday Bash! DR*</p> <p>3:00 Creative Arts DR</p> <p>4:00 Manicures AR*</p> <p>6:15 Movie CL</p>	<p><b>25</b></p> <p>10:30 Hydration Station CD*</p> <p>11:00 Hymns w/ Barb &amp; Don CL*</p> <p>1:30 Rhyme Time CL*</p> <p>2:00 American Art Museum BT</p> <p>3:30 Family Feud DR*</p> <p>4:00 Finish the Saying CY</p> <p>6:15 Movie CL</p>	<p><b>26</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 Trivia Time CD*</p> <p>11:30 Walking Club BY</p> <p>1:30 Pictionary DR*</p> <p>2:00 Fun Friday Treat DR*</p> <p>2:30 Painting Class DR</p> <p>3:30 Tinkering Time AR</p> <p>4:00 Flip 10 AR</p>	<p><b>27</b></p> <p>10:30 Hot Tea Day CD*</p> <p>11:00 Seated Aerobics CD*</p> <p>11:30 Words to Live By CD*</p> <p>1:30 Animal Facts CL*</p> <p>2:00 Balloon Exercise CL*</p> <p>2:30 Gloria B. CD</p> <p>3:30 Hand Spa/Manicures CL*</p> <p>6:15 Movie CL</p>
<p>29</p> <p>10:30 Daily Devotion LR</p> <p>11:00 Catholic Mass LR</p> <p>1:30 Pet Therapy w/ Tikaa CY</p> <p>2:00 Gardening CY</p> <p>2:30 Chair Yoga CY</p> <p>3:00 Creative Arts AR*</p> <p>4:00 Sensory Stimulation AR</p> <p>6:00 Movie CL</p>	<p><b>29</b></p> <p>10:30 Coffee &amp; Convo CD*</p> <p>11:00 Chair Swimming CD*</p> <p>1:30 Daily Chronicle CL*</p> <p>2:00 Fall Tree Painting DR</p> <p>3:00 Animal Bingo DR*</p> <p>3:30 Imagination Vacation DR*</p> <p>4:00 Just Joking Around LR</p> <p>6:15 Movie</p>	<p> <b>Find us on facebook.</b></p>		<p><u>Life Enrichment Director:</u></p> <p>Kathleen.McCallie@sunshineret.com</p> <p><u>Life Enrichment Assistants:</u></p> <p>Jessica and Kaylee</p>	<p>*All activities will be held in the Courtyard this month if the weather is nice!</p>	<p>  <b>HERITAGE POINT</b>  ASSISTED LIVING &amp; MEMORY CARE  1215 Trinity Place  Mishawaka, IN 46545  (574) 247-7400</p>