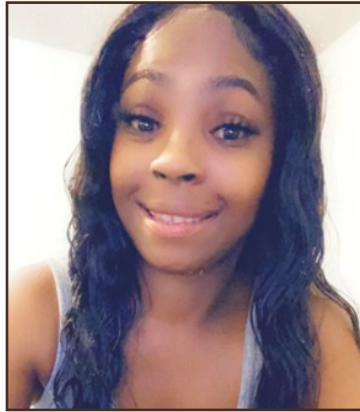


Shining Star



Hello ! I am Cavalisha. I was born in Texas and moved to Colorado with my mom and sisters when I was 7 years old. I have a 10 year old son. I am not a morning person but I love breakfast! I also can't get enough soda! I have been passing meds for 9 years. I love a challenge and have a heart of gold!

Cavalisha

QMAP
1 Year

MAY BIRTHDAYS

Residents:

- 5/8- Eric L.
- 5/16- Elaine J.
- 5/19- Rudy H.
- 5/20- Bill N

Celebrities:

- 6 - Sigmund Freud
- 12 - George Carlin
- 13 - Stevie Wonder
- 14 - George Lucas
- 26 - John Wayne
- 29 - John F. Kennedy



What's Going On In

May

2023



Team Members

Executive Director.....Audra Piccini
 Memory Care Director.....Niki Gabayan
 Business Office Manager.....Trevor Renken
 Community Development Director.....
April Dietrich
 Executive Chef.....George Jackson
 Life Enrichment Director.....Valerie King
 Maintenance Director.....Tony Lopez
 Concierge Team.....Diane K. and Miriam D.

Important Phone Numbers

Office.....303-690-0700
 Fax.....303-690-4141
 Audra Piccini Cell.....719-493-2202
 April Dietrich Cell.....720-810-4219
 Sonjia Giles (Stylist).....720-840-8091



Meal Times

Breakfast.....7:30 a.m. - 9:00 a.m.
 Lunch.....11:30 a.m. - 1:30 p.m.
 Dinner.....4:30 p.m. - 6:00 p.m.
 Hydration & Snacktivity.....10:30, 2:30, 7:30

Movie Showings Everyday in Theater

Mondays.....Musicals
 Tuesdays.....Travel Documentaries
 Wednesdays.....Westerns
 Thursdays.....Thrillers
 Fridays.....Flashbacks: 50's & Older
 Saturdays.....Satire
 Sundays.....TV Series: I Love Lucy

Executive Director's Note:

As we leave April and move into May, I am always excited to see the renewal of life unfold. Green grass, trees budding and blooming, flowers popping up make me realize Spring is a time for beauty and peace. I enjoy watching the seasons change from cold and snowy to warmer with more sunshine. Be sure to take some time to enjoy the springtime and all it has to offer!

- Audra Piccini

Special Events

- 5/1- No Pants Day- Pajama Day
- 5/3- New Residents Social
- 5/8- National Have a Coke Day
- 5/13- National Apple Pie Day
- 5/14- Mother's Day
- 5/15- Peace Officer's Appreciation Day
- 5/21- International Tea Day
- 5/23- Town Hall
- 5/25- National "Wine" Day
- 5/29- Memorial Day
- 5/31- May Birthday Party

MAY

GENERAL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>BELLEVUE HEIGHTS ASSISTED LIVING & MEMORY CARE</p> <p>14500 East Bellevue Ave Aurora, Colorado 80015</p>	<p>No Pants Day- PJ Day 1</p> <p>9:45 Morning Movers-PP </p> <p>10:30 Daily Chronicle-PP</p> <p>11:00 Categories-PP</p> <p>1:00 Fashion Thru The Years-LR</p> <p>2:00 Movie & Popcorn-LR</p> <p>5:30 Visit From Deacon Carl-PP</p>	<p>2</p> <p>9:45 Morning Walking Club-B</p> <p>10:00 Vital Clinic-SS</p> <p>10:30 Daily Chronicle-AR</p> <p>11:00 Hangman-PP</p> <p>1:00 Creative Wellness-AR</p> <p>3:30 Baseball- AR</p> <p>5:15 Satire Movie- LR</p>	<p>Welcome New Residents! 3</p> <p>9:45 Upper Body Workout-AR</p> <p>10:30 Music With Pat-DR</p> <p>1:00 BINGO- PP</p> <p>2:30 New Resident Social HH-L</p> <p>5:15 Western Movie- LR</p> 	<p>4</p> <p>9:30 Exercise With Props-PP</p> <p>10:00 Daily Chronicles-AR</p> <p>11:00 What Am I?- AR</p> <p>1:30 Sing-A-Long</p> <p>3:00 Documentary-AR</p> <p>5:15 Sing Along Movie-AR</p>	<p>5</p> <p>9:30 NYMBL- AR</p> <p>9:45 Morning Movers- AR</p> <p>10:30 Daily Chronicle-PP</p> <p>11:00 Trivia-AR</p> <p>1:00- BINGO- PP</p> <p>3:00 Putt Putt- L</p> <p>5:15 Hallmark Channel Movie- LR</p>	<p>6</p> <p>9:30 Stretch It Out-AR</p> <p>10:30 Daily Chronicle-AR</p> <p>11:00 Name That Tune-AR</p> <p>1:30 Pastor Campbell-DR</p> <p>3:00 KUR-PLUNK- L</p> <p>6:30 Lawrence Welk Show -LR</p>
<p>7</p> <p>9:30 Spiritual Eldercare - AR</p> <p>10:15 Daily Chronicles-AR</p> <p>10:45 Let's Get Moving-AR</p> <p>1:00 Baking Club-DR</p> <p>3:00 Balloon Ball- L</p> <p>6:30 Wheel Of Fortune- LR</p>	<p>Have A Coke Day! 8</p> <p>9:45 Morning Movers-PP</p> <p>10:30 Daily Chronicle-PP</p> <p>11:00 Categories-PP</p> <p>1:00 Beauty Bar- AR</p> <p>2:00 Soda Social w/ Dave- DR</p> <p>3:00 Indoor Kickball- O</p> <p>5:30 Visit From Deacon Carl-PP</p>	<p>9</p> <p>9:45 Morning Walking Club-B</p> <p>10:30 Daily Chronicle-AR</p> <p>11:00 Hangman-PP</p> <p>1:00 Travel Tuesday!-SS</p> <p>3:30 Curious Dragonfly! SS</p> <p>5:15 Satire Movie- LR</p>	<p>10</p> <p>9:45 Upper Body Workout-AR</p> <p>10:30 Music With Pat-DR</p> <p>1:00 BINGO- PP</p> <p>3:00 Bowling Club w/ HH- DR</p> <p>5:15 Western Movie- LR</p>	<p>11</p> <p>9:30 Exercise With Props-PP</p> <p>10:00 Daily Chronicles-AR</p> <p>11:00 What Am I?- AR</p> <p>1:30 Sing-A-Long</p> <p>3:00 Documentary-AR</p> <p>5:15 Sing Along Movie-AR</p>	<p>12</p> <p>9:30 NYMBL- AR</p> <p>9:45 Morning Movers- AR</p> <p>10:30 Daily Chronicle-PP</p> <p>11:00 Trivia-AR</p> <p>1:30 Calvin-"The Hat Man"- DR</p> <p>3:00 Putt Putt- L</p> <p>5:15 Hallmark Channel Movie- LR</p>	<p>Apple Pie Day 13</p> <p>9:30 Stretch It Out-AR</p> <p>10:30 Daily Chronicle-AR</p> <p>11:00 Name That Tune-AR</p> <p>1:00 Baking Club! DR</p> <p>3:00 KUR-PLUNK- L</p> <p>6:30 Lawrence Welk Show -LR</p>
<p>Mother's Day 14</p> <p>9:30 Spiritual Eldercare - AR</p> <p>10:15 Daily Chronicles-AR</p> <p>10:45 Let's Get Moving-AR</p> <p>1:00 Baking Club- DR</p> <p>2:00 Mother's Day Social- L</p> <p>6:30 Wheel Of Fortune- LR</p>	<p>Law Enforcement Day 15</p> <p>9:45 Morning Movers-PP</p> <p>10:30 Law Enforcement Social-</p> <p>11:00 Categories-PP</p> <p>1:00 Baking Club- AR</p> <p>3:00 Indoor Kickball- O</p> <p>5:30 Visit From Deacon Carl-PP</p> 	<p>16</p> <p>9:45 Morning Walking Club-B</p> <p>10:30 Daily Chronicle-AR</p> <p>11:00 Hangman-PP</p> <p>1:00 Creative Wellness-AR</p> <p>3:00 Baseball- AR</p> <p>5:15 Satire Movie- LR</p>	<p> 17</p> <p>9:45 Upper Body Workout-AR</p> <p>10:30 Music With Pat-DR</p> <p>1:00 BINGO- PP</p> <p>3:00 Bowling Club W/ HH- L</p> <p>5:15 Western Movie- LR</p>	<p>18</p> <p>9:30 Exercise With Props-PP</p> <p>10:00 Daily Chronicles-AR</p> <p>11:00 What Am I?- AR</p> <p>1:30 Sing-A-Long</p> <p>3:00 Documentary-AR</p> <p>5:15 Sing Along Movie-AR</p>	<p>19</p> <p>9:30 NYMBL- AR</p> <p>9:45 Morning Movers- AR</p> <p>10:30 Daily Chronicle-PP</p> <p>11:00 Trivia-AR</p> <p>1:30 BINGO- PP</p> <p>3:00 Putt Putt- L</p> <p>5:15 Hallmark Channel Movie- LR</p>	<p>20</p> <p>9:30 Stretch It Out-AR</p> <p>10:30 Daily Chronicle-AR</p> <p>11:00 Name That Tune-AR</p> <p>1:30 Graduatin Social!- SS</p> <p>3:00 KUR-PLUNK- L</p> <p>6:30 Lawrence Welk Show -LR</p>
<p>International Tea Day 21</p> <p>9:30 Spiritual Eldercare - AR</p> <p>10:15 Daily Chronicles-AR</p> <p>10:45 Let's Get Moving-AR</p> <p>1:30- Tea Party!-DR</p> <p>3:00 Balloon Ball- L</p> <p>6:30 Wheel Of Fortune- LR</p>	<p>22</p> <p>9:45 Morning Movers-PP</p> <p>10:30 Daily Chronicle-PP</p> <p>11:00 Categories-PP</p> <p>1:00 Beauty Bar- AR</p> <p>3:00 Indoor Kickball- O</p> <p>5:30 Visit From Deacon Carl-PP</p>	<p>23</p> <p>9:45 Morning Walking Club-B</p> <p>10:30 Daily Chronicle-AR</p> <p>11:00 Hangman-PP</p> <p>1:30 Sensory With Meghan-SS</p> <p>3:00 Baseball AR</p> <p>5:15 Satire Movie- LR</p>	<p>Birthday Social 24</p> <p>9:45 Upper Body Workout-AR</p> <p>10:30 Music With Pat-DR</p> <p>1:00 BINGO- PP</p> <p>2:30 Birthday Social HH- LR</p> <p>5:15 Western Movie- LR</p>	<p>National "Wine" Day 25</p> <p>9:30 Exercise With Props-PP</p> <p>10:00 Daily Chronicles-AR</p> <p>11:00 What Am I?- AR</p> <p>1:00 Karaoke</p> <p>2:30 "Happy" Hour Trivia -AR</p> <p>5:15 Sing Along Movie-AR</p>	<p>26</p> <p>9:30 NYMBL- AR</p> <p>9:45 Morning Movers- AR</p> <p>10:30 Daily Chronicle-PP</p> <p>11:00 Trivia-AR</p> <p>1:00- Creative Wellness- PP</p> <p>3:00 Putt Putt- L</p> <p>5:15 Hallmark Channel Movie-</p>	<p>27</p> <p>9:30 Stretch It Out-AR</p> <p>10:30 Daily Chronicle-AR</p> <p>11:00 Name That Tune-AR</p> <p>1:00 BINGO-AR</p> <p>3:00 KUR-PLUNK- L</p> <p>6:30 Lawrence Welk Show -LR</p>
<p>28</p> <p>9:30 Spiritual Eldercare - AR</p> <p>10:15 Daily Chronicles-AR</p> <p>10:45 Let's Get Moving-AR</p> <p>1:00 Baking Club-DR</p> <p>3:00 Balloon Ball- L</p> <p>6:30 Wheel Of Fortune- LR</p>	<p>Memorial Day  29</p> <p>9:45 Morning Movers-PP</p> <p>10:30 Daily Chronicle-PP</p> <p>11:30 Memorial Day BBQ-PP</p> <p>1:00 Memorial Day Facts- AR</p> <p>3:00 Indoor Kickball- O</p> <p>5:30 Visit From Deacon Carl-PP</p>	<p>30</p> <p>9:45 Morning Walking Club-B</p> <p>10:30 Daily Chronicle-AR</p> <p>11:00 Hangman-PP</p> <p>1:00 Creative Wellness-AR</p> <p>2:00 Ray Posch- DR</p> <p>4:00 Baseball- AR</p> <p>5:15 Satire Movie- LR</p>	<p> 31</p> <p>9:45 Upper Body Workout-AR</p> <p>10:30 Music With Pat-DR</p> <p>1:00 BINGO - PP</p> <p>2:30 Bowling Club W/HH- L</p> <p>5:15 Western Movie- LR</p>	<p>Life Enrichment Director: Valerie King 217ledmc@sunshineret.com</p> <p>Activity Assistant Michael Patrick</p>	<p><u>Room Key</u></p> <p>AR- Activity Room</p> <p>DR- Dining Room</p> <p>LR- Living Room</p> <p>PL- Pikes Peak Living</p> <p>PP Pikes Peak Dining</p> <p>CY- Courtyard</p> <p>L- Lobby</p> <p>SS- Sensory Spa</p> <p>B- Through-out Building</p>	<p>Like us on Facebook: BellevueHeightsRet.com</p>

MAY

SENSORY SPA

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



BELLEVUE HEIGHTS
ASSISTED LIVING & MEMORY CARE

14500 East Bellevue Ave
Aurora, Colorado 80015
303-690-0700

No Pants Day- PJ Day **1**

9:45 Morning Movers-PP
10:30 Daily Chronicle-PP
11:00 Categories-PP
1:00 **Fashion Thru The Years**-LR
2:00 **Movie & Popcorn**-LR
5:30 Visit From Deacon Carl-PP

2

9:45 Morning Walking Club-B
10:00 Vital Clinic-SS
10:30 Daily Chronicle-AR
11:00 Hangman-PP
1:00 Creative Wellness-AR
3:30 Baseball- AR
5:15 Satire Movie- LR

Welcome New Residents! **3**

9:45 Upper Body Workout-AR
10:30 **Music With Pat**-DR
1:00 BINGO- PP
2:30 **New Resident Social** HH-L
5:15 Western Movie- LR

4

9:30 Exercise With Props-PP
10:00 Daily Chronicles-AR
11:00 What Am I?- AR
1:30 Sing-A-Long
3:00 Documentary-AR
5:15 Sing Along Movie-AR

5

9:30 NYMBL- AR
9:45 Morning Movers- AR
10:30 Daily Chronicle-PP
11:00 Trivia-AR
1:00- BINGO- PP
3:00 Putt Putt- L
5:15 Hallmark Channel Movie- LR

6

9:30 Stretch It Out-AR
10:30 Daily Chronicle-AR
11:00 Name That Tune-AR
1:30 Pastor Campbell-DR
3:00 Saturday Senses- L
6:30 Lawrence Welk Show -LR

7

Have A Coke Day! **8**

9:45 Morning Movers-PP
10:30 Daily Chronicle-PP
11:00 Categories-PP
1:00 Beauty Bar- AR
2:00 **Soda Social w/ Dave**- DR
3:00 Flower Therapy
5:30 Visit From Deacon Carl-PP

9

9:45 Morning Walking Club-B
10:30 Daily Chronicle-AR
11:00 Hangman-PP
1:00 Travel Tuesday!-SS
3:30 **Curious Dragonfly!** SS
5:15 White Board Games-AR

10

9:45 Upper Body Workout-AR
10:30 **Music With Pat**-DR
1:00 BINGO- PP
3:00 Bowling Club w/ HH- DR
5:15 Color Me Crazy-AR

11

9:30 Exercise With Props-PP
10:00 Daily Chronicles-AR
11:00 What Am I?- AR
1:30 Sing-A-Long
3:00 Documentary-AR
5:15 Sing Along-AR

12

9:30 NYMBL- AR
9:45 Morning Movers- AR
10:30 Daily Chronicle-PP
11:00 Trivia-AR
1:30 **Calvin "The Hat Man"**-DR
3:00 Putt Putt- L
5:15 Hallmark Channel Movie-

Apple Pie Day **13**

9:30 Stretch It Out-AR
10:30 Daily Chronicle-AR
11:00 Name That Tune-AR
1:00 **Baking Club!** DR
3:00 KUR-PLUNK- L
6:30 Lawrence Welk Show -LR

14

Law Enforcement Day **15**

9:45 Morning Movers-PP
10:30 **Law Enforcement Social**-
11:00 Categories-PP
1:00 Baking Club- AR
3:00 Flower Therapy- O
5:30 Visit From Deacon Carl-PP

16

9:45 Morning Walking Club-B
10:30 Daily Chronicle-AR
11:00 Hangman-PP
1:00 Creative Wellness-AR
3:00 Baseball- AR
5:15 White Board Games-AR

17

9:45 Upper Body Workout-AR
10:30 **Music With Pat**-DR
1:00 BINGO- PP
3:00 Bowling Club W/ HH- L
5:15 Color Me Crazy-AR

18

9:30 Exercise With Props-PP
10:00 Daily Chronicles-AR
11:00 What Am I?- AR
1:30 Sing-A-Long
3:00 Documentary-AR
5:15 Sing Along-AR

19

9:30 NYMBL- AR
9:45 Morning Movers- AR
10:30 Daily Chronicle-PP
11:00 Trivia-AR
1:30 BINGO- PP
3:00 Putt Putt- L
5:15 Hallmark Channel Movie- LR

20

9:30 Stretch It Out-AR
10:30 Daily Chronicle-AR
11:00 Name That Tune-AR
1:30 Soothing Tunes-SS
3:00 KUR-PLUNK- L
6:30 Lawrence Welk Show -LR

21

International Tea Day **22**

9:45 Morning Movers-PP
10:30 Daily Chronicle-PP
11:00 Categories-PP
1:00 **Beauty Bar**- AR
3:00 Flower Therapy- O
5:30 Visit From Deacon Carl-PP

23

9:45 Morning Walking Club-B
10:30 Daily Chronicle-AR
11:00 Hangman-PP
1:30 **Sensory With Meghan**-SS
3:00 Baseball AR
5:15 White Board Games-AR

24

Birthday Social

9:45 Upper Body Workout-AR
10:30 **Music With Pat**-DR
1:00 BINGO- PP
2:30 **Birthday Social** HH- LR
5:15 Color Me Crazy-AR

25

National "Wine" Day

9:30 Exercise With Props-PP
10:00 Daily Chronicles-AR
11:00 What Am I?- AR
1:00 Karaoke
2:30 **"Happy" Hour Trivia** -AR
5:15 Sing Along-AR

26

9:30 NYMBL- AR
9:45 Morning Movers- AR
10:30 Daily Chronicle-PP
11:00 Trivia-AR
1:00- Creative Wellness- PP
3:00 Putt Putt- L
5:15 Hallmark Channel Movie- LR

27

9:30 Stretch It Out-AR
10:30 Daily Chronicle-AR
11:00 Name That Tune-AR
1:00 Soothing Tunes- SS
3:00 KUR-PLUNK- L
6:30 Lawrence Welk Show -LR

28

Memorial Day **29**

9:45 Morning Movers-PP
10:30 Daily Chronicle-PP
11:30 **Memorial Day BBQ**-PP
1:00 **Memorial Day Facts**- AR
3:00 Flower Therapy- O
5:30 Visit From Deacon Carl-PP

30

9:45 Morning Walking Club-B
10:30 Daily Chronicle-AR
11:00 Hangman-PP
1:00 Creative Wellness-AR
2:00 **Ray Posch**- DR
4:00 Baseball- AR
5:15 Satire Movie- LR

31

9:45 Upper Body Workout-AR
10:30 **Music With Pat**-DR
1:00 BINGO - PP
2:30 Bowling Club W/HH- L
5:15 Western Movie- LR

Life Enrichment Director:
Valerie King
217ledmc@sunshineret.com

Activities Assistant:
Michael Patrick

Room Key
AR- Activity Room
DR- Dining Room
LR- Living Room
PL- Pikes Peak Living
PP Pikes Peak Dining
CY- Courtyard
L- Lobby
SS- Sensory Spa
B- Through-out Building

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