

The Gardens greetings & St. Elizabeth stories.

Featured Meetings and Activities

IL Resident Meeting
Mon. Apr. 7th - 1 PM
Auditorium

AL Resident Meeting & Chef Chat
Tues. Apr. 22nd - 1:30 PM
Day Room

AL Activities Planning Meeting:
Tues. Apr. 22nd - 2 PM
Day Room

Easter Egg Decorating
Sat., Apr. 5th 2:00 PM
Auditorium

Lecture on AI (Artificial Intelligence)
Tues. Apr. 8th – 3 PM
Auditorium

Coffee & Chat w/ Deacon Phil
Wed., Apr. 16th - 11:30 AM
Lizzie's Dining Room

Science Ed. w/ Trina
Tues. Apr. 22nd - 1:00 PM
Auditorium

April Birthday Party
Fri. Apr. 25th 1:30 PM
Auditorium

Boutique Clothing Shop
Apr. 30th
11:30 AM - 1:30 PM
Auditorium

Spring Safety: Enjoy the Season Safely!

Spring is a wonderful time of year, but it's important for for us all to be aware of potential safety concerns. Let's enjoy the season to the fullest while staying safe and healthy.

- **Prevent Falls:** Warmer weather encourages outdoor activities, but be mindful of uneven surfaces and potential tripping hazards. Wear sturdy shoes and consider using a walking aid if needed.
- **Allergy Awareness:** Spring allergies can be particularly bothersome. Stay indoors on high pollen days, keep windows closed, and talk to your doctor about allergy relief options.
- **Sun Protection:** Protect your skin from the sun's harmful rays. Wear sunscreen with an SPF of 30 or higher, even on cloudy days. Wear a hat and sunglasses for added protection.
- **Stay Hydrated:** As temperatures rise, it's crucial to stay hydrated. Drink plenty of water throughout the day, especially when engaging in outdoor activities.
- **Pace Yourself:** Don't overexert yourself when gardening or engaging in other outdoor activities. Take frequent breaks and listen to your body.
- **Wear Appropriate Clothing:** Dress in layers to adjust to changing temperatures.
- **Stay Aware of Your Surroundings:** Be mindful of traffic, uneven surfaces, and other potential hazards.
- **Buddy Up:** Consider walking or gardening with a friend or family member.
- **Let Someone Know Your Plans:** Before heading out, let someone know where you're going and when you expect to be back.

Enjoy the fresh air and sunshine, but remember to prioritize your safety!

Monthly Reflection by Chaplain Aram

I love this blessing by the late Celtic writer, John O'Donohue. May we embrace and live into this blessing.

EASTER BLESSING,

by John O'Donohue (from Dawn Mass Reflections at Corcomroe Abbey)



Corcomroe Abbey, County Clare, Ireland,
Photo: Copywrite Ann Cahill

"On this Easter morning, let us look again at the lives we have been so generously given and let us let fall away the useless baggage that we carry -- old pains, old habits, old ways of seeing and feeling -- and let us have the courage to begin again. Life is very short, and we are no sooner here than it is time to depart again, and we should use to the full the time that we still have.

We don't realize all the good we can do. A kind, encouraging word or helping hand can bring many a person through dark valleys in their lives. We weren't put here to make money or to acquire status or reputation. We were sent here to search for the light of Easter in our hearts, and when we find it we are meant to give it away generously.

May the spirit and light of this Easter morning and the special spirit and light of this abbey at Corcomroe bless us all, watch over us and protect us on our journey, open us from the darkness into the light of peace and hope and transfiguration."

Where In The World?



Let's test your landmark knowledge!

Identify the location shown in the image to the left.

The first person to call the Marketing office (303.964.2018) with the correct answer wins a prize! If there is no answer, be sure to leave a message! The first to either directly speak to or leave a message with the answer will be the winner.

The winner will be announced via Alexa Announcements as well as in the May newsletter!

The winner of the March "Where In The World?" landmark game was Dorothy Tighe with the answer of Stonehenge. Congrats Dorothy!



Important Community Announcements

Planned Elevator Shutdown.... or Preparation for Holy Week?

I (Aram) was thinking how this planned elevator shutdown for maintenance (on Tuesday, April 15 from 12:30 - 3:30) falls right during Holy Week. We planned this months ago, but maybe the date chosen was providential. Perhaps those who observe the Easter Season might use it as a "preparation" for the solemn and sacred journey of the Triduum of services on Holy Thursday, Good Friday, and Easter Saturday Vigil. Think of it perhaps as a 3 hour "silent retreat". I will have some handouts printed out which you can use for this, for reflection. I will put them on the little table near the large statue right outside the Chapel, on Monday April 14.

Independent Living Laundry Room Concerns: Unfortunately, issues with all the washers were full with nobody down in the laundry room doing laundry as become a concern. Unfortunately, this has been happening often. When you sign up for a laundry time, you must either remain in the laundry room, or do something to remind yourself to return when the cycle is finished. You CANNOT leave laundry in the machines. We are now telling residents who have properly reserved a spot that if a washer is full and unattended, to go ahead and pull out the laundry and leave it on top of the machine or in a basket. We will be discussing with Resident Council the possibility of locking the laundry room and checking out keys to those who have an appointment to do their laundry.

Important Sunday Brunch Clarifications: In March, we had many guests who showed up for Sunday Brunch who had not signed up. **Please know that we only have limited space for guests, as we want to ensure that residents have space and are served first and foremost.** Each resident may reserve up to 4 guests, until we reach 20 guests total, which is the maximum number of guests we can accommodate. The signup sheet is at the Front Desk. There are two important things to know going forward:

- 1. If guests do not have reservations, and the signup is full, they will be turned away.**
 - 2. Effective immediately, until further notice, guests MUST purchase a meal ticket for the buffet (and all meals at the Gardens) at the front desk using a credit card. They can no longer "charge it" to the resident's apartment/account. Thank you for your understanding.**
-

New GSE Neighbors

Barbara Jorgensen

JoAnn Boers

Lorraine Keller

Elizabeth Miller

Eleanor Weil

Featured Services

GSE Security

720-614-4373
6:00 PM to 6:30 AM

Therapy Services

Legacy Healthcare
Services Physical,
Occupational and
Speech Therapy
Services.
Call 303-964-2112

Concierge Care Services

Family Tree In-Home
Care
Call 303-791-3155

Hearing Aid Clinic

Monthly visit.
Sign-up at Activity
Desk

Dermatologist Visits

Monthly visit.
Sign-up at Activity
Desk

Optometrist Clinic

Monthly visit.
Sign-up at Activity
Desk

Foot Care Clinic

Please sign-up with
the Front Desk.

Religious Services Spiritual Life Reminders by Chaplain Aram

Mass Schedule

Mon., Tues., Thurs. & Fri.

10:00 AM

Sat. 4:00 PM

Sun. 10:00 AM

LOCATION: Chapel

Confession

First full week of each month - Monday, Tuesday, Friday & Saturday after Mass.

Sacrament of the Anointing of the Sick:

Upon Request

Divine Mercy Chaplet & Rosary

30 Minutes prior to each Mass
LOCATION: Chapel

Adoration

Fridays - 1 PM to 4 PM

Interdenominational Worship Service

Wed. 10:30 AM
LOCATION: Chapel

Scripture Study

Independent Living:

Every Tuesday
2:15 PM

14th Floor Skyview Pub

Assisted Living:

Every Thursday
11:00 AM
Day Room

Catholic TV

Programming:

EWTN - Channel 233
Daily Mass at 6 AM,
10AM, 5 PM & 10 PM

Protestant TV

Programing:

Channel 230

Special Lenten Talk by Deacon Phil: "Eucharistic Miracles."

Wednesday, April 9 from 6:00 - 7:00 PM in the Auditorium.

Holy Week Services:

Holy Thursday Mass: 4:00 PM followed by Adoration of the Eucharist from 5:00 – 8:00 PM. We'll have signups for Adoration for 30 minute increments (*There is no morning Mass that day)

Good Friday Stations of the Cross: 12:30 PM; Good Friday Service: 3:00 PM (*There is no morning Mass that day)

Holy Saturday Easter Vigil Mass: 4:00 PM

Easter Sunday Mass: 10:00 AM

**due to music and service preparations we will not have Rosary prior to these Holy Week services*

Monday Afternoon Video Series: Mondays from 3:00 – 4:00 PM in the Auditorium. We are continuing the series, The Chosen. Our residents have loved this series; if you haven't experienced it, check it out! We are now Season 4. Season 5 will be coming out in theaters soon; then we'll be able to get it here.

In-Person Scripture Study Discussion: IL residents meet at 2:15 PM in the Pub on the 14th floor (*no study on March 4). Assisted Living residents meet on Thursdays at 11:00 AM in the Day Room.

Movie Night with Chaplain Aram: Monday, April 30 at 6:00 PM. Aram will be showing the movie, Coco (2017), which won an Academy Award for Best Animated Feature Film in 2018. We're showing this in anticipation of Cinco de Mayo the following week. Coco is the story of a 12 year old boy named Miguel who is accidentally transported to the Land of the Dead, where he seeks the help of his deceased musician great-great-grandfather to return him to his family, and reverse their ban on music. The film is 1 hr, 45 minutes long. [Note: I was once interviewed as part of a review of this film by Michelle Boorstein, religion writer of the Washington Post. I'll have it available at the movie showing.]

Visitation: if you would like a visit for prayer, encouragement, pastoral counsel, or a Home Blessing, please call me at ext. 2355. Also, I am available to discuss/create a funeral plan with you (it's never too early!)



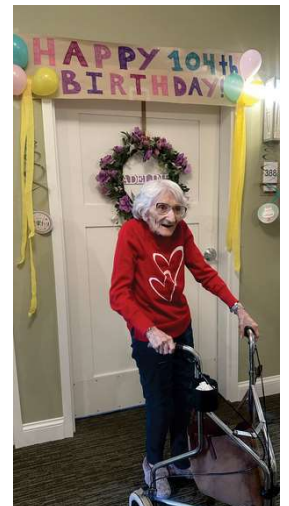
April Birthdays

Happy Birthday!

Apr. 3rd Danilo Djukic - Dining
Apr. 5th Vi Templeton
Apr. 6th Suzanne Mollica
Apr. 6th Barbara Luscomb
Apr. 7th Aries Gallegos - Healthcare/ Security
Apr. 8th Charles Holck
Apr. 8th Daniel Lopez - Security
Apr. 9th Lola Garcia
Apr. 9th Stella Apodaca - Dining
Apr. 10th Carmen Schneider
Apr. 11th Donovan Salcedo - Healthcare
Apr. 12th Susan Hendricks - Healthcare
Apr. 12th Camilo Jurado - Dining

Apr. 13th Aram Haroutunian - Chaplain
Apr. 14th Karen Meggett
Apr. 15th Mary Blish
Apr. 15th Jerry Nix
Apr. 15th Phillip Cervantes - Dining
Apr. 20th Norene Scannell
Apr. 22nd Lois Heusinkveld
Apr. 23rd Mary Pat Olesky
Apr. 25th Herminia Sanches
Apr. 26th Coni Wactor
Apr. 26th Margaret Clapham
Apr. 29th Madison Feola - Marketing

Fun Photos from March





Spring Word Search



BLOSSOM

BLOOM

FLOWERS

RAIN

SHOWERS

EASTER

SPRING BREAK

GRASS

HATCH

BIRDS

SUNSHINE

SEASON

MARCH

APRIL

MAY

N L M O R D Y S M B M O O L B

N I A R M E L E S E E A W O G

U O Y E L O S E A S O N M S S

L M L I O D N E K L A Y R P H

H C T A H I N G Q L D B R K U

U T P E H O O D I O O I F C L

Y T I S R E T R M D N T R E U

V W N A O E P J T G N E D X V

E U G R N A D M B R A Y A T E

S L M E U B G R T A S O U P A

R E F G L C E B T S I R G A S

B A L Y B A E N O S R E H R T

Y A O I K D O O H R E H O H E

U Y W E M S H O W E R S E D R

C H E F A M C L Y O G D R E S

X L R O V Z R C O J B R I N O

F I S E A R A K S L E I O E L

B L O S S O M C B J W B M O B