

The Gardens greetings & St. Elizabeth stories.

Featured Meetings and Activities

IL Resident Meeting

Mon. Jan. 6th - 1PM
Auditorium

AL Resident Meeting

Tues. Jan. 28th - 1:30 PM
Day Room

AL Activities

Planning Meeting:

Tues. Jan. 28th - 2 PM
Day Room

New Resident Welcome

Tues. Jan. 7th - 3:30 PM
Lizzy's Dining Room

Law Enforcement Appreciation -

Visit with Denver PD

Thurs. Jan. 9th - 3:00 PM
Auditorium

Stock Show Trip - Dancing Horses

Thurs. Jan. 7 PM

Please Sign Up In Lobby
Bus leave at 6:15 PM

Science Talk with Trina

Tues. Jan. 28th - 1:00 PM
Auditorium

January Birthday Party with Marquis Karaoke

Fri. Jan. 28th - 1:00 PM
Auditorium

New Year, New You: Setting Achievable Goals for Seniors

The new year often brings a sense of renewal and the desire to set goals. While ambitious resolutions are tempting, for seniors, focusing on achievable and enjoyable goals is key to a fulfilling year. Forget drastic overhauls; let's focus on small, manageable steps that add up to improvements in well-being.

Start Small, Think Big: Instead of aiming for a complete lifestyle change, choose one or two areas to focus on. Perhaps it's improving your flexibility with gentle daily stretches, reading a book a month, or connecting with loved ones more regularly. Small, consistent efforts lead to significant progress over time.

Focus on What Matters Most: What truly brings you joy and fulfillment? Is it spending time in nature, learning a new skill, volunteering, or simply enjoying quiet moments? Align your goals with your values and passions. This makes the process more enjoyable and sustainable.

Prioritize Your Health: This doesn't necessarily mean intense workouts. Consider gentle exercises like walking, or chair yoga. Focus on maintaining a balanced diet, staying hydrated, and getting enough sleep. Regular check-ups with your doctor are also crucial.

Embrace Social Connection: Staying connected with friends, family, and your community is vital for mental and emotional well-being. Schedule regular phone calls, plan social outings, or join a club or group.

Celebrate Your Successes: Acknowledge and celebrate every milestone, no matter how small. This positive reinforcement keeps you motivated and encourages you to continue striving towards your goals.

Don't Be Afraid to Adjust: Life happens. If your goals become overwhelming or unrealistic, don't hesitate to adjust them. Flexibility is key to long-term success.

This year, let's focus on creating a fulfilling and enjoyable experience, one small step at a time. Happy New Year!

Monthly Reflection by Chaplain Aram: The Art of Companionship

When I was transitioning from being a pastor to being a chaplain, I had to complete several units of “CPE” – Clinical Pastoral Education. I did this for a year and a half at St Anthony’s Hospital. Among many other things I learned, one of the primary things they address is one’s tendency, when in intense, difficult situations, to either “fix or flee.” For example, when sitting with someone who just lost a loved one, or who is experiencing a deep personal struggle, the urge is often to try to “fix” the person with advice, or to want to flee – feeling we are inadequate for what they need. What I had to learn was what is needed most in such situations is my presence – in the simplest, deepest sense of the word. The following words from the great writer Ernest Hemmingway captures this beautifully. As we journey into the New Year, and you find yourself sitting with people who are experiencing pain, loss or grief, may we offer our presence as the greatest gift we can give:

“In our darkest moments, we don’t need solutions or advice. What we yearn for is simply human connection—a quiet presence, a gentle touch. These small gestures are the anchors that hold us steady when life feels like too much. Please don’t try to fix me. Don’t take on my pain or push away my shadows. Just sit beside me as I work through my own inner storms. Be the steady hand I can reach for as I find my way. My pain is mine to carry, my battles mine to face. But your presence reminds me I’m not alone in this vast, sometimes frightening world. It’s a quiet reminder that I am worthy of love, even when I feel broken. So, in those dark hours when I lose my way, will you just be here? Not as a rescuer, but as a companion. Hold my hand until the dawn arrives, helping me remember my strength. Your silent support is the most precious gift you can give. It’s a love that helps me remember who I am, even when I forget.”

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 (303.964.3803) 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 February newsletter!

Good luck and have fun!

Riddles and Brain Teasers

1. I have cities, but no houses; forests, but no trees; and water, but no fish. What am I?
2. What has an eye, but cannot see?
3. What has to be broken before you can use it?
4. What is full of holes but still holds water?
5. What has one head, one foot, and four legs?
6. What is always in front of you but can't be seen?
7. What has no voice, but can still tell you stories?
8. What is always coming, but never arrives?
9. What has one neck, but no head?
10. I am tall when I am young, and I am short when I am old. What am I?
11. What is greater than God, more evil than the devil, the poor have it, the rich need it, and if you eat it, you'll die?
12. What has no beginning, end, or middle?

9. A bottle
10. A candle
11. Nothing
12. A doughnut/ring

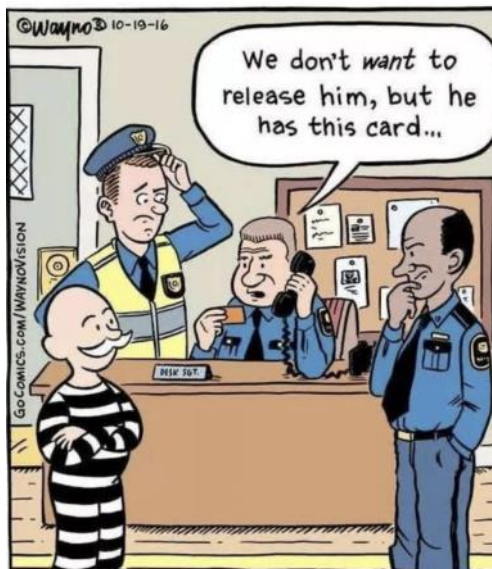
5. A bed
6. The future
7. A book
8. Tomorrow

1. A map
2. A needle
3. An egg
4. A sponge

Funnies From Betsy

It turns out the answer to my problems wasn't at the bottom of this pint of ice cream, but the important thing is that I tried.

I can't decide if people who wear pajamas in public have given up on life or are living it to the fullest.



WEBSITE: We use cookies to improve performance.

ME: Same.

New GSE Neighbors

Mary Beth Raichart
Lorraine Novotny
Dick Campbell
Carolyn Lisle

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

Mass Schedule

Mon., Tues., Thurs. & Fri.
10:00 AM

Sat. 4:00 PM

Sun. 10:00 AM

LOCATION: Chapel

Divine Mercy

Chaplet & Rosary

Mon., Wed., Fri. - 3 PM

Sun. - 9:30 AM

LOCATION: Chapel

Interdenominational Service

Wed. 10:30 AM

LOCATION: Chapel

Centering (Silent) Prayer

Thurs. 1:30 PM - 2:00 PM

LOCATION: Chapel

Televised Mass

Channel 12

Sunday - 6:30 AM

Catholic Programming:

EWTN - Channel 233

Protestant Programming:

TBN - Channel 230 & 236

Scripture Study

Independent Living:

Every Tuesday

2:15PM

14th Floor Skyview Pub

Assisted Living:

Every Thursday

11:00 AM

Day Room

Spiritual Life Reminders - by Chaplain Aram

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 in Season 2.

In-Person Scripture Study Discussion: IL residents meet at 2:15 PM in the Pub on the 14th floor. Assisted Living residents meet on Thursdays at 11:00 AM in the Day Room.

Our Seminarians, Dan Igoe, James Berg, and Manny Hinojosa, will be away the entire month of January on their "poverty immersion." Each of them doesn't know where they'll be going until the day of departure, when they're given a bus or plane ticket, \$20, and cannot take their cell phone. They are typically assigned to places like homeless shelters, soup kitchens, or something similar. It is a time of trust in God and deepening spiritual formation. Please be in prayer for them!

Special Presentation by Chaplain Aram – Wednesday, January 8 at 3 PM: The Legacy of the Sisters of Charity, Cincinnati: A Brief History and Interview. Aram will give a brief history of the Sisters, followed by a 30 minute interview with some of the sisters that Aram did with others this summer. This is the same order that Sr Jackie Leech and Sr Nancy Hoffman belong to. We have a rich legacy!

Movie Night with Chaplain Aram: Monday, January 27 at 6:00 PM. Aram will be showing the amazing documentary film, Free Solo (2018). This film documents one of the most stunning achievements in climbing: Alex Honnold attempts his lifelong dream, scaling the 3200 foot El Capitan in Yosemite National Park, without ropes or safety gear! That they were even able to film this, as it happened, was itself a miraculous achievement.

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!)



JANUARY

Birthdays

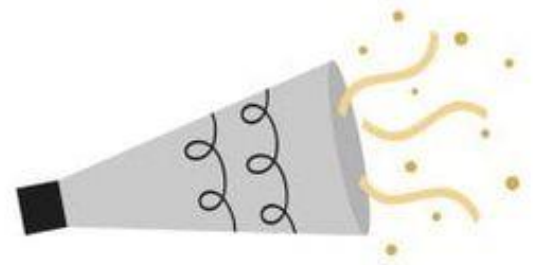
Happy Birthday!

Jan. 1st	Pat Plank	Jan. 19th	Belinda Henley - Healthcare
Jan. 1st	Shaterra Busby - IL Resident Services	Jan. 20th	Shekinah Bafukila - Healthcare
Jan. 3rd	Karen Koppelman	Jan. 20th	Tatiana Gonzales - Healthcare
Jan. 4th	William Colvard	Jan. 25th	Marion Bartscherer
Jan. 9th	Julietta Orozco - Housekeeping	Jan. 25th	Margaret Ahrens
Jan. 10th	Yuliya Matusevich - Healthcare	Jan. 26th	Carlos Moreno - Dining
Jan. 13th	Doris Reinartsen	Jan. 27th	Elizabeth Hauck
Jan. 13th	Catherine Linda Kratzer - Healthcare	Jan. 29th	Sharon Stuart
Jan. 17th	Ashley Barajas - Healthcare	Jan. 29th	Bilal Feroz - Housekeeping
Jan. 18th	Joey Wall		

Fun Photos from December



HAPPY NEW YEAR!



W I H V V A X R N R Z G O A L S A Z Y F
 G R B K G Z T Y Z I Z Z J Q C O M P X B
 M D M B T B K T P X N S L T K C X X W T
 M I Q C R A E Y W E N O Z J K S K R N H
 L P D M V X P N Z J L O V Z V Y D Z Q G
 G P E X A X K O Q N C O U N T D O W N I
 F V Z N D S S M B P C Y W V F T W F B N
 T R S P S P A R K L E R S H Q T O J A D
 P J O L B Y V M S Y L N N N R C A F L I
 Y L P E N S K R O W E R I F Z N Y C L M
 X J K E B D P P G W B K N J U G J W O J
 W I S C F S F L D B R G P A J E X A O K
 Q S C A O W D J R M A W R T J H Q H N C
 F R Q K J N W P A R T Y P O P P E R S O
 K E P A U J F G X M I Z X R T S X K Q L
 V E N R I Y E E B G O Q Y I U P H K Y C
 Y H I S I R E O T J N O I T U L O S E R
 Q C S H A P P Y G T B O U V C D L R Z G
 R M Q G Q X Y B N O I S E M A K E R G F
 N A E N K V K T Y F H R R A Y R Y I A V

Countdown
 Confetti
 Midnight
 Balloons

Celebration
 Fireworks
 January
 Happy



New Year
 Clock
 Cheers
 Goals

Party Poppers
 Noisemaker
 Resolution
 Sparklers

