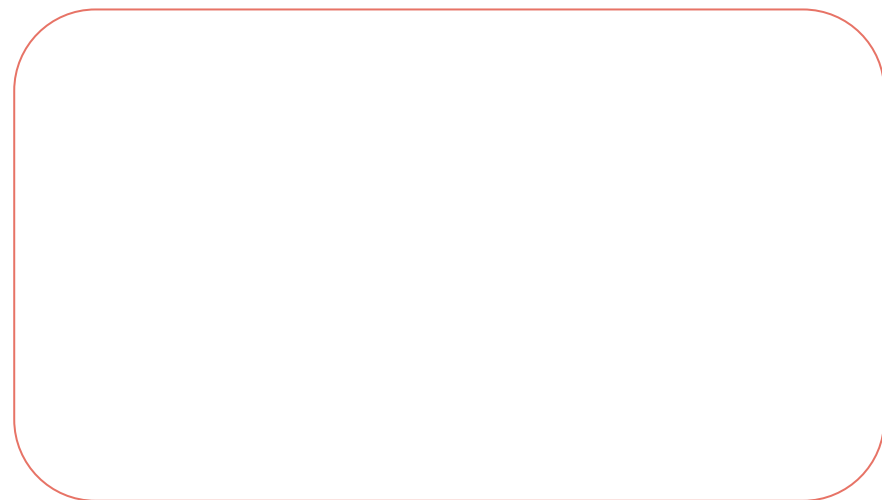




2000 S. Blackhawk Street  
Aurora, CO 80014

STAMP  
HERE



**Administrative Team:**  
303-997-2929

Lee Carlson  
Executive Director

Meredith Brady  
Community Relations Director

Linda Sloan  
Wellness Director

Andrea Nichols  
Business Office Director

Carl Briggs  
Dining Services Director

Vincenzo Indolini  
Maintenance Director

Angie Rogers  
Life Enrichment Director

**Our mission is to create and sustain comfortable,  
caring environments for those who depend on**



# The Sunflower Times

New Dawn Memory Care Newsletter



**Peachy Keen! Reach for a Peach this National Peach Month!**

2 A Look into Senior Citizen's Day  
3 Resident & Staff Spotlight  
4/5 Activities Calendar

6 Birthdays, Highlights, Social Media  
7 Photos, Summer Sentiments  
8 Mission, Team

August 2019



# Celebrating National Seniors' Day!

For the past 31 years, August 21st has been National Senior Citizens' Day in the United States and we hope you'll join us in observing it!

It was back in 1988 that then President Ronald Reagan set in motion the day to annually highlight seniors' achievements, and bring awareness and assistance to their needs. He stated: "We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older, places in which older people can participate to the fullest and can find the **encouragement, acceptance, assistance, and services** they need to continue to lead lives of independence and dignity. [...] For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and heartfelt salute."

We are proud to celebrate and thank our seniors for their contributions to society. As part of observing such a day, read on for seniors reaching golden-year goals, hobby ideas, and a few helpful online resources.

## Success Can Come at Any Age

Seniors most certainly prove one can reach for the stars at an older age. A few examples: Laura Ingalls Wilder wrote the "Little House" series between the ages of 65 and 76. Gladys Burrill completed the Honolulu Marathon at age 92. Peter Mark Roget of "Roget's Thesaurus of English Words and Phrases" did not start the book until age 69. Painter Grandma Moses was 78 when she gained fame for her works. Julia Child was 50



when she released her first cookbook. And Colonel Sanders didn't come into great success with KFC until age 62. These are encouraging examples for all of us goal-chasers. Stick to your goals no matter how small you think they are, and feel the pride that comes from taking the journey.

## Hobbies to Consider Trying Out

**Cooking:** Share and make recipes in groups.

**Golf:** Whether for fun or competition!

**Painting:** Acrylics, watercolors, or oils

**Poetry:** Spoken or written, alone or for friends

## 3 Resources Seniors May Find Helpful:

- **U.S. Department of Treasury Tax Counseling for Seniors:** <https://www.benefits.gov/benefit/722>
- **Social Security Administration Social Security Retirement Benefits:** <https://www.ssa.gov/benefits/retirement>
- **Corp. of National & Community Service Retired and Senior Volunteer Program:** <https://www.nationalservice.gov/serve>

## Special Moments

### Fancy Hat Day



### Tending to the Gardens

### National Daquiri Day

## What is the very best thing about summer?

"Bare Feet!" - Nancy

"Soaking up the sunshine" - Charlotte

"Seeing All the Flowers" - Judith

"Kids Outside Playing" - John

"Sitting outside watching the bunnies" - Mildred

"Free Time To Relax" - Donald



# August Highlights

August is Catfish Month, Eye Exam Month, Family Fun Month, Golf Month, Peaches Month, and Sandwich Month!

- Aug. 1: Raspberry Cream Pie Day
- Aug. 2: Ice Cream Sandwich Day
- Aug. 3: Disc Golf Day; Mustard Day
- Aug. 4: Friendship Day; Choc. Chip Cookie Day
- Aug. 5: Oyster Day
- Aug. 6: Root Beer Float Day; Wiggle Toes Day
- Aug. 7: Lighthouse Day; Purple Heart Day
- Aug. 8: Frozen Custard Day
- Aug. 9: Book Lover’s Day; Rice Pudding Day
- Aug. 10: Bowling Day; S’mores Day
- Aug. 11: Son and Daughter Day
- Aug. 12: Julianne Fry Day; Middle Child Day
- Aug. 13: Left-Handers Day
- Aug. 14: Creamsicle Day
- Aug. 15: Relaxation Day; Lemon Meringue Day
- Aug. 16: Tell a Joke Day
- Aug. 17: Black Cat Day; Thrift Shop Day; Bee Day
- Aug. 18: Fajita Day; Ice Cream Pie Day
- Aug. 19: Aviation Day; Intl. Bow Day
- Aug. 20: Radio Day; Pecan Pie Day
- Aug. 21: Senior Citizens Day; Spumoni Day
- Aug. 22: Pecan Torte Day; Tooth Fairy Day
- Aug. 23: Sponge Cake Day



- Aug. 24: Peach Pie Day; Waffle Day
- Aug. 25: Banana Split Day; Park Service Founders Day
- Aug. 26: Dog Day; Cherry Popsicle Day
- Aug. 27: Pots de Crème Day; Just Because Day
- Aug. 28: Bow Tie Day; Cherry Turnovers Day
- Aug. 29: Chop Suey Day
- Aug. 30: College Colors Day; Marshmallows Day
- Aug. 31: Trail Mix Day

## Follow us on Social Media:

- Facebook.com/NewDawnAurora
- Blog.radiantseniorliving.com
- Radiantsriving on Instagram
- Radiantvoices on Instagram
- RadiantSrLiving on Twitter
- Pinterest.com/radiantsriving
- Radiant Senior Living on YouTube



**Happy Birthday to all those who celebrate their special day during the month of August!**

**Troy F. August 1**

**Virginia S. August 9**

## Resident Spotlight!

**Suzanne “Sue” B.**

Sue is our newest resident. She was born in a small town in Indiana, has lived all around, both in and out of the U.S. but She settled here in Denver in 2010. Sue loves the outdoors, gardening, puzzles and talking to others. When talking to Sue, she said “ I love warm beverages and sweets.” Sue is excited to join us for culinary corner, old episodes of Shirley Temple and accompanying us for activities outside of the community. Welcome to New Dawn, Sue!



## Staff Spotlight!



**Juan Flores**

Juan is our new Maintenance Director. He has been working in construction, carpentry and maintenance for over 14 years. He has worked his way up in his field, perfecting his skills through continued hands on learning; he says “maintenance and generally fixing things comes natural to me.” He has already proved to be such an asset to our community in making sure we keep our residents safe and our building above state standard.

Juan lives in Aurora, Colorado, with his two sons. When Juan is not hard at work here at New Dawn, he enjoys spending time with his sons at the park, riding bikes, working on his cars and he is an avid Broncos fan!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 Tend to Gardens 10:30 Morning Workout 11:00 IN2L Traveling 1:30 Brain Games 2:30 Culinary Corner 3:00 Puzzles 4:00 IN2L Trivia Time 6:00 Radio Shows IN2L	2 9:30 Good News Network 10:00 Noodle Calisthenics 11:00 My Story IN2L 1:30 Men’s Group 2:30 Snack and Chat 3:00 Balloon Volley Ball 4:00 Women’s Group 6:00 Resident’s Choice	3 9:30 Tend To Gardens 10:30 Movers and Shakers 11:00 BINGO 1:30 Famous Artists IN2L 2:00 Tea/Coffee Hour 3:00 Reading Group 4:00 Dance Party IN2L 6:00 Movie Night
4 9:30 Current Events 10:00 Church with IN2L 11:00 Old Hymns 1:30 After Lunch Stretch 2:30 Snack Social 3:30 Brain Teasers 4:00 Patio Chat 6:00 Soft Music Therapy	5 9:30 Morning Workout 10:30 Sing-A-Long IN2L 11:00 Puzzles 1:30 Reminisce with IN2L 2:00 Refreshment Hour 3:00 Sensory Boxes 4:00 Correspondence 6:00 After Dinner Stroll	6 9:30 Chair Exercises 10:00 Tend to Gardens 10:30 Finish That Line 1:30 Music Therapy 2:00 Color With Tunes 3:00 Afternoon Yoga 4:00 Aromatherapy 6:00 Old Time Shows IN2L	7 9:30 Stretch it Out 10:00 Coffee Chat 10:30 Farm Facts 1:30 History of Farming 2:30 Farm Fresh Recipes 3:00 TED Talk Farm Life 4:00 Table Games 6:00 Comedy on IN2L	8 9:30 Tend to Gardens 10:30 Morning Workout 11:00 IN2L Traveling 1:30 Brain Games 2:30 Culinary Corner 3:00 Puzzles 4:00 IN2L Trivia Time 6:00 Radio Shows IN2L	9 9:30 Good News Network 10:00 Noodle Calisthenics 11:00 My Story IN2L 1:30 Men’s Group 2:30 Snack and Chat 3:00 Indoor Bowling 4:00 Women’s Group 6:00 Resident’s Choice	10 9:30 Tend To Gardens 10:30 Movers and Shakers 11:00 BINGO 1:30 Actors of the Past IN2L 2:00 Tea/Coffee Hour 3:00 Reading Group 4:00 Dance Party IN2L 6:00 Movie Night
11 9:30 Current Events 10:00 Church with IN2L 11:00 New Age Hymns 1:30 After Lunch Stretch 2:30 Snack Social 3:30 Brain Teasers 4:00 Patio Chat 6:00 Soft Music Therapy	12 9:30 Morning Workout 10:30 Karaoke IN2L 11:00 Word Puzzles 1:30 Reminisce with IN2L 2:00 Refreshment Hour 3:00 Sensory Boxes 4:00 Correspondence 6:00 After Dinner Stroll	13 9:30 Chair Exercises 10:00 Tend to Gardens 10:30 Price Is Right 1:30 Music Therapy 2:00 Color With Tunes 3:00 Afternoon Yoga 4:00 Aromatherapy 6:00 Old Time Shows IN2L	14 9:30 Stretch it Out 10:00 Coffee Chat 10:30 Denver Zoo Visiting 1:30 Favorite Animals 2:30 Animal Kingdoms 3:00 TED Talk on Animals 4:00 Card Games 6:00 Comedy on IN2L	15 9:30 Tend to Gardens 10:30 Morning Workout 11:00 IN2L Traveling 1:30 Brain Games 2:30 Culinary Corner 3:00 Puzzles 4:00 IN2L Trivia Time 6:00 Radio Shows IN2L	16 9:30 Good News Network 10:00 Noodle Calisthenics 11:00 My Story IN2L 1:30 Men’s Group 2:30 Snack and Chat 3:00 Bean Bag Toss 4:00 Women’s Group 6:00 Resident’s Choice	17 9:30 Tend To Gardens 10:30 Movers and Shakers 11:00 BINGO 1:30 Classic Cars IN2L 2:00 Tea/Coffee Hour 3:00 Reading Group 4:00 Dance Party IN2L 6:00 Movie Night
18 9:30 Current Events 10:00 Church with IN2L 11:00 Gospel Hymns 1:30 After Lunch Stretch 2:30 Snack Social 3:30 Brain Teasers 4:00 Patio Chat 6:00 Soft Music Therapy	19 9:30 Morning Workout 10:30 Sing with Susie IN2L 11:00 Puzzles 1:30 Reminisce with IN2L 2:00 Refreshment Hour 3:00 Sensory Boxes 4:00 Correspondence 6:00 After Dinner Stroll	20 9:30 Chair Exercises 10:00 Tend to Gardens 10:30 Family Feud 1:30 Let’s Dance! 2:00 Color With Music 3:00 Afternoon Yoga 4:00 Aromatherapy 6:00 Old Time Shows IN2L	21 9:30 Stretch It Out 10:00 Coffee Chat 10:30 IN2L Jungle Travel 1:30 Jungle Crafts 2:30 Movie: Jungle Book 4:00 TED Talk on the Jungle 4:30 Table Games 6:00 Comedy on IN2L	22 9:30 Tend to Gardens 10:30 Morning Workout 11:00 Outing to Movies 1:30 Brain Games 2:30 Culinary Corner 3:00 Puzzles 4:00 IN2L Trivia Time 6:00 Radio Shows IN2L	23 9:30 Good News Network 10:00 Noodle Calisthenics 11:00 My Story IN2L 1:30 Men’s Group 2:30 Snack and Chat 3:00 Musical Balloon Toss 4:00 Women’s Group 6:00 Resident’s Choice	24 9:30 Tend To Gardens 10:30 Movers and Shakers 11:00 BINGO 1:30 Name that Price IN2L 2:00 Special Outdoor Event 3:00 Reading Group 4:00 Dance Party IN2L 6:00 Movie Night
25 9:30 Current Events 10:00 Church with IN2L 11:00 Traditional Hymns 1:30 After Lunch Stretch 2:30 Snack Social 3:30 Brain Teasers 4:00 Patio Chat 6:00 Soft Music Therapy	26 9:30 Morning Workout 10:30 Sing-A-Long IN2L 11:00 Word Puzzles 1:30 Reminisce with IN2L 2:00 Refreshment Hour 3:00 Sensory Boxes 4:00 Correspondence 6:00 After Dinner Stroll	27 9:30 Chair Exercises 10:00 Tend to Gardens 10:30 Millionaire 1:30 Music Therapy 2:00 Color With Music 3:00 Afternoon Yoga 4:00 Aromatherapy 6:00 Old Time Shows IN2L	28 9:30 Stretch It Out 10:00 Coffee Chat 10:30 IN2L Rainforests 1:30 Paint the Rainforest 2:30 Share our Paintings 3:00 TED Talk Rainforests 4:00 Card Games 6:00 Comedy on IN2L	29 9:30 Tend to Gardens 10:30 Morning Workout 11:00 IN2L Traveling 12:00 Picnic at Cherry Creek 2:30 Culinary Corner 3:00 Puzzles 4:00 IN2L Trivia Time 6:00 Radio Shows IN2L	30 9:30 Good News Network 10:00 Noodle Calisthenics 11:00 My Story IN2L 1:30 Men’s Group 2:30 Snack and Chat 3:00 Indoor Bowling 4:00 Women’s Group 6:00 Resident’s Choice	31 9:30 Tend To Gardens 10:30 Movers and Shakers 11:00 BINGO 1:30 Food We Grew Up On 2:00 Tea/Coffee Hour 3:00 Reading Group 4:00 Dance Party IN2L 6:00 Movie Night



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 Good News Network 10:00 Noodle Calisthenics 11:00 My Story IN2L 1:30 Culinary Corner 2:00 Snack Social 3:00 Aromatherapy 4:00 Outdoor Stroll 6:00 Sensory Boxes	2 9:30 Movers and Shakers 1030 Reading Group 11:00 Guess the Price IN2L 1:30 Arts and Crafts 2:30 Snack and Hydrate 3:30 Afternoon Yoga 4:00 Memories (Pets) 6:00 Soft Music Therapy	3 9:30 Tend to the Gardens 10:30 Stretch and Condition 11:00 Puzzles 1:30 Brain Teasers 2:00 Refreshment Hour 3:00 Patio Chat 4:00 Karaoke with IN2L 6:00 Movie Night
4 9:30 Good News Network 10:00 Church with IN2L 11:00 Old Hymns 1:30 Group Games 2:30 Tea and Coffee Hour 3:30 Walk and Roll Exercise 4:00 Exploring with IN2L 6:00 Resident’s Choice	5 9:30 Chair Exercise 10:00 Neil Armstrong IN2L 11:00 Space Trivia 1:30 Reminisce with IN2L 2:30 Sing-A-Long IN2L 3:00 Sensory Bins 4:00 Balloon Toss 6:00 Radio Shows IN2L	6 9:30 Stretch it Out 10:00 Finish That Song 11:00 Coloring to Tunes 1:30 Manicures 2:00 Snack and Hydrate 3:00 Dance Party 4:00 Classic Cars IN2L 6:00 Comedy Hour IN2L	7 9:30 Chair Exercise 10:00 Coffee Chat 11:00 Travel with IN2L 1:30 Favorite Vacations 2:30 Sweet Treats 3:00 Rainforest on IN2L 4:00 TED Talk Rainforests 6:00 Old Sitcoms IN2L	8 9:30 Good News Network 10:00 Noodle Calisthenics 11:00 My Story IN2L 1:30 Culinary Corner 2:00 Snack Social 3:00 Aromatherapy 4:00 Outdoor Stroll 6:00 Sensory Boxes	9 9:30 Movers and Shakers 1030 Reading Group 11:00 The Price Is Right 1:30 Arts and Crafts 2:30 Snack and Hydrate 3:30 Afternoon Yoga 4:00 Memories (Pets) 6:00 Soft Music Therapy	10 9:30 Tend to the Gardens 10:30 Stretch and Condition 11:00 Puzzles 1:30 Brain Teasers 2:00 Refreshment Hour 3:00 Patio Chat 4:00 Karaoke with IN2L 6:00 Movie Night
11 9:30 Good News Network 10:00 Church with IN2L 11:00 New Age Hymns 1:30 Group Games 2:30 Tea and Coffee Hour 3:30 Walk and Roll Exercise 4:00 Exploring with IN2L 6:00 Resident’s Choice	12 9:30 Chair Exercise 10:00 Vinyl Records IN2L 11:00 Brain Teasers 1:30 Reminisce with IN2L 2:30 Sing-A-Long IN2L 3:00 Sensory Bins 4:00 Balloon Volley Ball 6:00 Radio Shows IN2L	13 9:30 Stretch it Out 10:00 Finish That Rhyme 11:00 Coloring to Tunes 1:30 Manicures 2:00 Snack and Hydrate 3:00 Dance Party 4:00 Famous Recipes IN2L 6:00 Comedy Hour IN2L	14 9:30 Chair Exercises 10:00 Coffee Chat 10:30 Denver Zoo Visit 1:30 Favorite Animals 2:30 Sweet Treats 3:00 Zoo Animals on IN2L 4:00 TED Talk on the Zoo 6:00 Old Sitcoms IN2L	15 9:30 Good News Network 10:00 Noodle Calisthenics 11:00 My Story IN2L 1:30 Culinary Corner 2:00 Snack Social 3:00 Aromatherapy 4:00 Outdoor Stroll 6:00 Sensory Boxes	16 9:30 Movers and Shakers 1030 Reading Group 11:00 Family Feud IN2L 1:30 Arts and Crafts 2:30 Snack and Hydrate 3:30 Afternoon Yoga 4:00 Memories (Pets) 6:00 Soft Music Therapy	17 9:30 Tend to the Gardens 10:30 Stretch and Condition 11:00 Puzzles 1:30 Brain Teasers 2:00 Refreshment Hour 3:00 Patio Chat 4:00 Karaoke with IN2L 6:00 Movie Night
18 9:30 Good News Network 10:00 Church with IN2L 11:00 Traditional Hymns 1:30 Group Games 2:30 Tea and Coffee Hour 3:30 Walk and Roll Exercise 4:00 Exploring with IN2L 6:00 Resident’s Choice	19 9:30 Chair Exercise 10:00 Aviation Day 11:00 What’s In the Bag? 1:30 Reminisce with IN2L 2:30 Sing-A-Long IN2L 3:00 Sensory Bins 4:00 Bean Bag Toss 6:00 Radio Shows IN2L	20 9:30 Stretch it Out 10:30 Finish That Saying 11:30 Coloring to Tunes 1:30 Let’s Dance! 2:30 Snack and Hydrate 3:00 Dance Party 4:00 60’s Actors IN2L 6:00 Comedy Hour IN2L	21 9:30 Chair Exercise 10:00 Coffee Chat 11:00 Travel with IN2L 1:30 Movie: Jungle Book 2:30 Sweet Treats 3:00 The Jungle on IN2L 4:00 TED Talk Jungles 6:00 Old Sitcoms IN2L	22 9:30 Good News Network 10:00 Noodle Calisthenics 11:00 My Story IN2L 1:30 Culinary Corner 2:00 Snack Social 3:00 Aromatherapy 4:00 Outdoor Stroll 6:00 Sensory Boxes	23 9:30 Movers and Shakers 1030 Reading Group 11:00 Millionaire IN2L 1:30 Arts and Crafts 2:30 Snack and Hydrate 3:30 Afternoon Yoga 4:00 Memories (Pets) 6:00 Soft Music Therapy	24 9:30 Tend to the Gardens 10:30 Stretch and Condition 11:00 Puzzles 1:30 Brain Teasers 2:00 Special Outdoor Event 3:00 Patio Chat 4:00 Karaoke with IN2L 6:00 Movie Night
25 9:30 Good News Network 10:00 Church with IN2L 11:00 Gospel Hymns 1:30 Group Games 2:30 Tea and Coffee Hour 3:30 Walk and Roll Exercise 4:00 Exploring with IN2L 6:00 Resident’s Choice	26 9:30 Chair Exercise 10:00 Women’s Equality 11:00 Puzzles 1:30 Reminisce with IN2L 2:30 Sing-A-Long IN2L 3:00 Sensory Bins 4:00 Balloon Toss 6:00 Radio Shows IN2L	27 9:30 Stretch it Out 10:00 Finish That Song 11:00 Coloring to Tunes 1:30 Manicures 2:00 Snack and Hydrate 3:00 Dance Party 4:00 Athletes of the Past 6:00 Comedy Hour IN2L	28 9:30 Chair Exercise 10:00 Coffee Chat 11:00 Travel with IN2L 1:30 Favorite Leisure 2:30 Sweet Treats 3:00 Ocean Life on IN2L 4:00 TED Talk Oceans 6:00 Old Sitcoms IN2L	29 9:30 Good News Network 10:00 Noodle Calisthenics 11:00 My Story IN2L 1:30 Culinary Corner 2:00 Snack Social 3:00 Aromatherapy 4:00 Outdoor Stroll 6:00 Sensory Boxes	30 9:30 Movers and Shakers 1030 Reading Group 11:00 Guess Who? IN2L 1:30 Arts and Crafts 2:30 Snack and Hydrate 3:30 Afternoon Yoga 4:00 Memories (Pets) 6:00 Soft Music Therapy	31 9:30 Tend to the Gardens 10:30 Stretch and Condition 11:00 Puzzles 1:30 Brain Teasers 2:00 Refreshment Hour 3:00 Patio Chat 4:00 Karaoke with IN2L 6:00 Movie Night