



LEGACY HOUSE

Southern Hills

9750 W Sunset Road • Las Vegas, NV 89148 • (702) 242-1990



Director's Corner

The Resident Council has been up and functioning for the past few months. We are excited that the attendance has been steadily increasing. It is very important to us that the programs and services we provide are evaluated on a continual basis. It is the very best quality assurance we can utilize to keep abreast of what needs to occur at Legacy House of Southern Hills on a daily basis.

Lots of family-oriented holidays will be happening over the next few months. We do hope that you will mark your calendars to be a participant in as many as your time will allow.

A good portion of the residents who moved into our community over the past few months, will be reevaluated over the next 30 days. As many of you know, there may have been changes regarding care and we want to meet with and discuss these changes. I look forward to speaking with you all.



May 2019



Mother's Day Celebration

Moms, it's your day to shine! Join us for our Mother's Day Brunch from 10:am-12:00PM Please R.S.V.P at the front desk no later then May 8th.

Thank You!

Just Doing Her Job?

In addition to the demanding duties of motherhood, our moms worked second jobs as homemakers, accountants, teachers, scientists, writers, artists, chefs and more. If an award were to be given for Best Mother Ever, millions of women would be recognized because each mother excels in her own way. However, every last one would probably decline the award, saying that she was glad to do whatever she could to give her children the world. The team at our community would like to thank our mothers for their hard work and devotion. We hope your Mother's Day holds all the happiness (and rest) that you deserve!

Health & Wellness

One-on-One Meetings

The nurse will be contacting you and your family to schedule a one-on-one meeting to review the resident's care plan. If you have questions about the appointment, please contact the charge nurse or the office.

Nailed It!

Wearing nail polish is more than just a fashion statement. Whether painting your nails at home or receiving a manicure from someone else, the process itself is often relaxing, and the results are satisfying. Psychiatrists say taking time to pamper your nails and admiring them afterward can increase self-esteem and reduce anxiety.

Call Button Reminder

Your call button is designed to alert nurses and staff that you need assistance. If you are unsure how to use your call button or suspect it is not working, please ask a staff member to test it for you.



1st Annual Spring BBQ and Easter Egg Hunt!

The weather was amazing and the turn out was fabulous and everyone had a great time especially the children. Be sure to check out our facebook page to see pictures of the wonderful event. Thank You everyone for making this a huge success.



Happy Birthday

May Birthdays

Marti Jenkins 6th
Mary Dinardi 10th

Happy Birthday!

Make a wish and blow out the candles! To all our neighbors celebrating birthdays this month, we offer best wishes.

May Flower

Lily of the Valley is the birth flower for May. The fragrant flower symbolizes sweetness, humility and happiness.

America's Favorite Flavors

Scooped in a dish, on a cone or in a sundae, ice cream is often a crowd-pleaser no matter how it's served or topped. According to a survey of ice cream retailers across the U.S., the top-selling flavors of this cool and creamy treat are vanilla, chocolate, cookies and cream, mint chocolate chip and chocolate chip cookie dough.





Remember and Honor

This Memorial Day, we remember all the brave men and women who gave their lives for our country. Our heartfelt thanks goes out to them and to all of our community's veterans for their service. In honor of our veterans and families join us for our **1st Annual Memorial Day BBQ** 11:30AM-1:00PM. Please RSVP at front desk by May 22nd so we can plan the festivities. Thank You!

Stamp Out Hunger

The largest one-day food drive in the U.S. takes place the second Saturday in May, when mail carriers collect nonperishable food donations from residents on their routes. The items are then distributed to local food banks. More than 1 billion pounds of food has been collected since the annual Letter Carriers' Stamp Out Hunger Food Drive began in 1993. Lets see as a community how we can contribute to this worthy cause. We will have a donation box set up in the lobby for residents, families and staff to help with this worthy cause. Let's help fight hunger.

Derby Day

Walk, trot or gallop to our Kentucky Derby party! Join us as we celebrate this annual American sporting event with traditional Derby food and a track-side seat to the race day action by way of our big-screen TV. Watch for your invitation.

Make Your Own Luck

Would you like to increase the odds of something good happening in your life? Good luck is more likely to strike if you step out of your comfort zone and are receptive to fresh opportunities. Experts say that being open to new activities, people and places can help create more positive experiences.



Fun Cooking with Barbara

Mass & Communion w/Holy Spirit Sundays @ 10:45AM
All Denominations Service w/Bill & Helen Aikins Sundays @ 2:00PM
Movies Daily @ 1:30PM & 6:00PM
Bingo Daily @ 4:00PM
Fitness w/Valerie Tuesday @ 9:30AM
Resident Council Second Tuesday @ 2:00PM

Tuesday May 7th Happy Hour w/Dawn @ 3:00PM
Wednesday May 8th Sunshine Club w/Dee @ 4:00PM
Thursday May 9th Happy Tea Time w/Louise @ 3:00PM
Friday May 10th Painting w/Eduardo @ 10:30AM
Friday May 10th Mothers Day Tribute w/Stephanie @ 2:00PM
Monday May 13th Happy Hour with Winston @ 3:00PM & Monthly Birthdays
Tuesday May 14th Happy Hour Brenda Hebert @ 3:00PM
Thursday May 16th Dance Aerobics w/Joshua @ 10:00AM
Friday May 17th Happy Hour w/Craig Canter @ 3:00PM
Sunday May 19th Hollywood Light Play @ 2:00PM
Thursday May 23rd AARP Classes w/Bob @ 8:45AM
Thursday May 23rd Happy Hour w/Doug Roll @ 3:00PM
Friday May 24th Cooking Class w/Barbara @ 2:00PM
Tuesday May 28th Happy Hour w/Bobby @ 3:00PM
Wednesday May 29th Monthly Wellness @ 2:00PM



CELEBRATING MOMS EVERYWHERE

HAPPY MOTHER'S DAY

Legacy House of Southern Hills Administration

Executive Director-Barbara Gottlieb

barbarag@wslm.biz

Marketing Director-Kellie Ricci

kellier@wslm.biz

Assisted Living Manager/Memory Care

Kimberly Whyte-kimberlyw@wslm.biz

Resident Care Coordinator-Amber Jackson

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Activity Director-Dee Foster

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Administrative Assistant-Ericka Mattson

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Dining Director-Cindy Herko

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Housekeeping Supervisor-Fariba Irani


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Maintenance Director-John Campo

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Happy Mother's Day</p>			<p>1</p> <p>9:30 Balance & Strength Class 10:30 Shopping Trader Joe's & Macy's Lunch Out 10:30 Timeless Trivia 1:30 Afternoon Matinee 3:00 Bunco with Burnette 4:00 Regular Bingo 6:00 After-Dinner Movie</p>	<p>2</p> <p>9:30 Chair Exercise 10:30 No-Bake Dessert 1:00 Hand Massages by Eva 1:30 Afternoon Matinee 2:00 Jewelry Making 3:00 Happy Hour & Karaoke 4:00 Bingo 6:00 After-Dinner Movie</p>	<p>3</p> <p>9:30 Tone Up Exercise Class 10:00 Cherry Blossoms @ Bellagio 11:30 Lunch Cafe Gelato in Bellagio 1:30 Afternoon Matinee 3:00 Current Events with Dee 4:00 Double Bingo 6:00 After-Dinner Movie</p>	<p>4</p> <p>9:30 Simply Stretch Class 11:30 Kentucky Derby Party 1:30 Afternoon Matinee 3:00 Games in Game Room 4:00 Freestyle Bingo 6:00 After-Dinner Movie</p>
<p>5</p> <p>9:30 Morning Exercise 10:45 Mass w/ Holy Spirit Church 11:30 Cinco de Mayo Luncheon 1:30 Afternoon Matinee 2:00 Services with Pastor Aikins 4:00 Afternoon Bingo 6:00 After-Dinner Movie</p>	<p>6</p> <p>9:30 Fun with Fitness Class 10:30 Sentimental Reflections 1:30 Painting with Diane 1:30 Afternoon Matinee 3:00 The Fabulous '50s Part #1 4:00 Double Bingo 6:00 After-Dinner Movie</p>	<p>7</p> <p>9:30 Fitness with Valerie 10:30 Patriotic Craft 1:30 Afternoon Matinee 2:00 Make Table Centerpieces 3:00 Happy Hour w/ Dawn 4:00 Freestyle Bingo 6:00 After-Dinner Movie</p>	<p>8</p> <p>9:30 Balance & Strength Class 10:30 Walmart, 99 Cent & Errands 1:30 Afternoon Matinee 2:00 Timeless Trivia 3:00 Bunco with Burnette 4:00 Sunshine Club 6:00 After-Dinner Movie</p>	<p>9</p> <p>9:30 Chair Exercise 10:30 Mother's Day Trivia 1:30 Afternoon Matinee 2:00 No-Bake Dessert 3:00 Tea Tasting with Louise 4:00 Bingo 6:00 After-Dinner Movie</p>	<p>10</p> <p>9:30 Tone Up Exercise Class 10:30 Painting Class /Eduardo 11:30 Luncheon to Flaming Fajitas 1:30 Afternoon Matinee 2:00 Mother's Tribute Stephanie 4:00 Double Bingo 6:00 After-Dinner Movie</p>	<p>11</p> <p>9:30 Simply Stretch Class 10:30 Color Me Calm 1:30 Afternoon Matinee 3:00 Games in Game Room 4:00 Freestyle Bingo 6:00 After-Dinner Movie</p>
<p>12</p> <p>Happy Mother's Day 9:30 Morning Exercise 10:00 Mother's Day Brunch 10:45 Mass w/ Holy Spirit Church 1:30 Afternoon Matinee 2:00 Services with Pastor Aikins 4:00 Afternoon Bingo 6:00 After-Dinner Movie</p>	<p>13</p> <p>9:30 Fun with Fitness Class 10:30 The Fabulous '60s Part #1 1:30 Painting with Diane 3:00 Music with Winston & Celebrate May Birthdays 4:00 Double Bingo 6:00 After-Dinner Movie</p>	<p>14</p> <p>9:30 Fitness with Valerie 10:30 Wii Bowling 1:30 Afternoon Matinee 2:00 Resident Council Meeting 3:00 Happy Hour with Brenda 4:00 Freestyle Bingo 6:00 After-Dinner Movie</p>	<p>15</p> <p>9:30 Balance & Strength Class 10:30 Shopping & Errands 1:30 Afternoon Matinee 3:00 Bunco with Burnette 4:00 Regular Bingo 6:00 After-Dinner Movie</p>	<p>16</p> <p>10:00 Dance Aerobics with Joshua 1:30 Afternoon Matinee 2:00 No-Bake Dessert 3:00 Happy Hour w/ Susan Stein 4:00 Bingo 6:00 After-Dinner Movie</p>	<p>17</p> <p>9:30 Tone Up Exercise Class 11:30 Luncheon to Lazy Dog 1:30 Afternoon Matinee 3:00 Entertainment with Craig 4:00 Double Bingo 6:00 After-Dinner Movie</p>	<p>18</p> <p>9:30 Simply Stretch Class 10:30 Color Me Calm 1:30 Afternoon Matinee 3:00 Games in Game Room 4:00 Freestyle Bingo 6:00 After-Dinner Movie</p>
<p>19</p> <p>9:30 Morning Exercise 10:45 Mass w/ Holy Spirit Church 1:30 Outing to Starbright Theatre 1:30 Afternoon Matinee 2:00 Services with Pastor Aikins 4:00 Afternoon Bingo 6:00 After-Dinner Movie</p>	<p>20</p> <p>9:30 Fun with Fitness Class 10:30 Timeless Trivia 1:30 Painting with Diane 1:30 Afternoon Matinee 3:00 Make Memorial Day Wreaths 4:00 Double Bingo 6:00 After-Dinner Movie</p>	<p>21</p> <p>9:30 Fitness with Valerie 10:30 Unlock the Memories 1:30 Afternoon Matinee 2:00 Dear Abby Discussions 3:00 Happy Hour & Karaoke 4:00 Freestyle Bingo 6:00 After-Dinner Movie</p>	<p>22</p> <p>9:30 Balance & Strength Class 10:30 Shopping to Walmart 1:30 Afternoon Matinee 3:00 Bunco with Burnette 4:00 Regular Bingo 6:00 After-Dinner Movie</p>	<p>23</p> <p>8:45 AARP Class with Bob 9:30 Chair Exercise 10:30 Yahtzee with Dee 1:30 Afternoon Matinee 2:00 No-Bake Dessert 3:00 Happy Hour with Doug Roll 4:00 Bingo 6:00 After-Dinner Movie</p>	<p>24</p> <p>9:30 Tone Up Exercise Class 10:30 Current Events with Dee 1:30 Afternoon Matinee 2:00 Cooking with Barbara 4:00 Double Bingo 6:00 After-Dinner Movie</p>	<p>25</p> <p>9:30 Simply Stretch Class 10:30 Color Me Calm 1:30 Afternoon Matinee 3:00 Games in Game Room 4:00 Freestyle Bingo 6:00 After-Dinner Movie</p>
<p>26</p> <p>9:30 Morning Exercise 10:45 Mass w/ Holy Spirit Church 1:30 Afternoon Matinee 2:00 Services with Pastor Aikins 4:00 Afternoon Bingo 6:00 After-Dinner Movie</p>	<p>27</p> <p>Memorial Day 9:30 Fun with Fitness Class 10:30 Unlock the Memories 11:30 Memorial Day BBQ 1:30 Afternoon Matinee 3:00 Sentimental Sing Along 4:00 Double Bingo 6:00 After-Dinner Movie</p>	<p>28</p> <p>9:30 Fitness with Valerie 10:30 Baking Brownies 1:30 Afternoon Matinee 2:00 Jewelry Making 3:00 Happy Hour with Bobby 4:00 Freestyle Bingo 6:00 After-Dinner Movie</p>	<p>29</p> <p>9:30 Balance & Strength Class 10:30 Shopping & Errands 1:30 Afternoon Matinee 2:00 Wellness Weights & Vitals 3:00 Bunco with Burnette 4:00 Regular Bingo 6:00 After-Dinner Movie</p>	<p>30</p> <p>9:30 Chair Exercise 10:30 Unlock the Memories 1:30 Afternoon Matinee 2:00 No-Bake Dessert 3:00 Happy Hour with Jerry 4:00 Bingo 6:00 After-Dinner Movie</p>	<p>31</p> <p>9:30 Tone Up Exercise Class 11:30 Lunch to Texas Roadhouse 1:30 Afternoon Matinee 3:00 Current Events with Dee 4:00 Double Bingo 6:00 After-Dinner Movie</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Current Events 10:00 Senior Size Exercise 10:30 Sing Along Favorites 1:00 One Long Word 2:00 Memory Game 3:00 Snack & Color Hour 4:00 Afternoon Bingo 6:00 Oldies Movies Wednesday	2 9:30 Current Events 10:00 Simply Stretch Class 10:30 Color Me Calm 1:00 Hand Massages by Eva 2:00 Creative Crafts 3:00 Snack & Social Hour 4:00 Afternoon Bingo 6:00 Comedy Movies Thursday	3 9:30 Current Events 10:00 Fun Fitness Class 10:30 Matching Pairs 1:00 One Long Word 2:00 No Bake Dessert 3:00 Snack & Sing Along 4:00 Afternoon Bingo 6:00 Family Friday Movies	4 9:30 Current Events 10:00 Move to the Beat Exercise 10:30 Short Story 1:00 One Long Word 2:00 Sentimental Reflections 3:00 Snack & Senses Smells 4:00 Afternoon Bingo 6:00 Saturday Sitcom Movies
5 9:30 Current Events /Exercise 10:30 Color Me Calm 10:45 Mass with Holy Spirit 2:00 Services with Pastor Aikins 3:00 Snack & Sing Along 4:00 Short Stories 6:00 Sunday Evening Movie	6 9:30 Current Events 10:00 Music & Motion Exercise 10:30 Art Stamping 1:00 One Long Word 2:00 No Bake Dessert 3:00 Snack & Reminiscing 4:00 Bingo 6:00 Monday Night Musicals	7 9:30 Current Events 10:00 Chair Dancing Class 10:30 Baking Cookies 1:00 One Long Word 2:00 Bingo 3:00 Happy Hour w/ Dawn 4:00 Remember When 6:00 Movie Tuesday	8 9:30 Current Events 10:00 Senior Size Exercise 10:30 Target Toss 1:00 One Long Word 2:00 Armchair Travel 3:00 Snack & Color Hour 4:00 Afternoon Bingo 6:00 Oldies Movies Wednesday	9 9:30 Current Events 10:00 Simply Stretch Class 10:30 What Am I? 1:00 One Long Word 2:00 The Fabulous '50s Part #1 3:00 Snack & Social Hour 4:00 Afternoon Bingo 6:00 Comedy Movies Thursday	10 9:30 Current Events 10:00 Fun Fitness Class 10:30 Painting Class /Eduardo 1:00 One Long Word 2:00 Mothers Tribute with Stephanie 3:00 No Bake Dessert 4:00 Afternoon Bingo 6:00 Family Friday Movies	11 9:30 Current Events 10:00 Move to the Beat Exercise 10:30 Memory Game 1:00 One Long Word 2:00 I Love Lucy Hour 3:00 Snack & Senses Smells 4:00 Afternoon Bingo 6:00 Saturday Sitcom Movies
12 9:30 Current Events /Exercise 10:00 Mother's Day Brunch 10:30 Color Me Calm 10:45 Mass with Holy Spirit 2:00 Services with Pastor Aikins 3:00 Snack & Sing Along 4:00 Short Stories 6:00 Sunday Evening Movie	13 9:30 Current Events 10:00 Music & Motion Exercise 10:30 Sand Art 1:00 One Long Word 2:00 Timeless Trivia 3:00 Music Winston Monthly Birthdays 4:00 Bingo 6:00 Monday Night Musicals	14 9:30 Current Events 10:00 Chair Dancing Class 10:30 Baking Brownies 1:00 One Long Word 2:00 Bingo 3:00 Happy Hour w/ Brenda 4:00 Remember When 6:00 Movie Tuesday	15 9:30 Current Events 10:00 Senior Size Exercise 10:30 Beach Ball Parachute Toss 1:00 One Long Word 2:00 Remember When 3:00 Snack & Color Hour 4:00 Afternoon Bingo 6:00 Oldies Movies Wednesday	16 9:30 Current Events 10:00 Simply Stretch Class 10:30 Music Therapy w/ Kayla 1:00 One Long Word 2:00 The Fabulous '60s Part #1 3:00 Happy Hour w/ Susan Stein 4:00 Afternoon Bingo 6:00 Comedy Movies Thursday	17 9:30 Current Events 10:00 Fun Fitness Class 10:30 Timeless Trivia 1:00 One Long Word 2:00 No Bake Dessert 3:00 Snack & Puzzle Hour 4:00 Afternoon Bingo 6:00 Family Friday Movies	18 9:30 Current Events 10:00 Move to the Beat Exercise 10:30 Which Goes First 11:30 Car Show & Entertainment 1:00 One Long Word 3:00 Snack & Senses Smells 4:00 Afternoon Bingo 6:00 Saturday Sitcom Movies
19 9:30 Current Events /Exercise 10:30 Color Me Calm 10:45 Mass with Holy Spirit 2:00 Services with Pastor Aikins 3:00 Snack & Sing Along 4:00 Short Stories 6:00 Sunday Evening Movie	20 9:30 Current Events 10:00 Music & Motion Exercise 10:30 Button Art 1:00 One Long Word 2:00 Timeless Trivia 3:00 Ice Cream Social w/ Sherry 4:00 Bingo 6:00 Monday Night Musicals	21 9:30 Current Events 10:00 Chair Dancing Class 10:30 Baking Cupcakes 1:00 One Long Word 2:00 Bingo 3:00 Happy Hour & Karaoke 4:00 Remember When 6:00 Movie Tuesday	22 9:30 Current Events 10:00 Senior Size Exercise 10:30 Armchair Travel 1:00 One Long Word 2:00 Painting Cherubs 3:00 Snack & Color Hour 4:00 Afternoon Bingo 6:00 Oldies Movies Wednesday	23 9:30 Current Events 10:00 Simply Stretch Class 10:30 Puzzle Making 1:00 One Long Word 2:00 History of Taffy Day 3:00 Happy Hour with Doug Roll 4:00 Afternoon Bingo 6:00 Comedy Movies Thursday	24 9:30 Current Events 10:00 Fun Fitness Class 10:30 Creative Crafts 1:00 One Long Word 2:00 Cooking with Barbara 4:00 Afternoon Bingo 6:00 Family Friday Movies	25 9:30 Current Events 10:00 Move to the Beat Exercise 10:30 No Sew Pillows 1:00 One Long Word 2:00 Make Chocolate Pops 3:00 Snack & Senses Smells 4:00 Afternoon Bingo 6:00 Saturday Sitcom Movies
26 9:30 Current Events /Exercise 10:30 Color Me Calm 10:45 Mass with Holy Spirit 2:00 Services with Pastor Aikins 3:00 Snack & Sing Along 4:00 Short Stories 6:00 Sunday Evening Movie	27 Memorial Day 9:30 Current Events 10:00 Music & Motion Exercise 10:30 Collage Art 11:30 Memorial Day BBQ 1:00 One Long Word 3:00 Snack & Social Hour 4:00 Bingo 6:00 Monday Night Musicals	28 9:30 Current Events 10:00 Chair Dancing Class 10:30 Baking Banana Bread 1:00 One Long Word 2:00 Bingo 3:00 Happy Hour w/ Bobby 4:00 Remember When 6:00 Movie Tuesday	29 9:30 Current Events 10:00 Senior Size Exercise 10:30 Reminiscing 1:00 One Long Word 2:00 Wellness Weights & Vitals 3:00 Snack & Color Hour 4:00 Afternoon Bingo 6:00 Oldies Movies Wednesday	30 9:30 Current Events 10:00 Simply Stretch Class 10:30 Science for Seniors 1:00 One Long Word 2:00 Unlock the Memories 3:00 Happy Hour with Jerry 4:00 Afternoon Bingo 6:00 Comedy Movies Thursday	31 9:30 Current Events 10:00 Fun Fitness Class 10:30 Shapes & Colors 1:00 One Long Word 2:00 No Bake Dessert 3:00 Snack & Trivia Hour 4:00 Afternoon Bingo 6:00 Family Friday Movies	