

Legacy Ridge



October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Mass 10:30 am Exercise 11:00am T-Zone 11 00 am Broncos @ Chicago 11:30 am Lunch 12:30 pm—3: 00 pm T-Zone and Stim Stations 3:00 pm Armchair Travel—TR 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie International Music Day	2 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—4: 00 pm T-Zone and Stim Stations 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Cookie Day	3 Today: Audiology Clinic 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm T-Zone/Stim Stations 1:30 pm Music/Art Appreciation 2:00 pm Stim Stations and One-on-Ones 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Animal Day	4 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—1:30 pm various T-Zone and Stim Stations 1:30 pm Hawkquest 3:00 pm Root Beer Floats 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie Butterfly/Hummingbird Day	5 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 1:00 pm Empower Me Group Exercise 3:00 pm Happy Hour 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Be Nice Day	6 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—T-Zone 1:30 pm Joyride 1:30 pm Stim Stations & One on One's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Poetry Day	7 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—3: 00 pm T-Zone and Stim Stations 3:00 pm Bingo 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie World Smile Day
8 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Mass 10:30 am Exercise 11:00 am T-Zone 11:30 am Lunch 12:30 pm—3: 00 pm T-Zone and Stim Stations 2:25 pm am Broncos vs NY Jets 3:00 pm Armchair Travel—TR 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie World Octopus Day	9 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm T-Zone 1:30 pm Classical Pianist Entertainer 2:30 pm Stim Stations 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Game/Chess Day	10 Today: Flu/Vaccine Clinic 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm T-Zone/Stim Stations 1:30 pm Music/Art Appreciation 2:00 pm Stim Stations and One-on-Ones 3: 00 Roy Willey Music 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Dessert Day	11 Today: Foot Clinic 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—1:30 pm T-Zone and Stim Stations 3:00 pm Root Beer Floats 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Dinosaur/Fossil Day	12 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 1:00 pm Empower Me Group Exercise 3:00 pm Happy Hour 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie World Singing Day	13 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—T-Zone 1:30 pm Joyride 1:30 pm Stim Stations & One on One's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Word/Dictionary Day	14 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—3: 00 pm T-Zone and Stim Stations 3:00 pm Bingo 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Pasta Day

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15 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Mass 10:30 am Exercise 11:00 am T-Zone 11:30 am Lunch 12:30 pm—3:00 pm T-Zone and Stim Stations 3:00 pm Armchair Travel—TR 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie Alaska Day	16 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—1:30 pm T-Zone 1:30 Singer/Entertainer 2:30 pm Stim Stations 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	17 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—1:30 pm T-Zone 1:30 pm Chris Wells 2:30 pm Stim Stations and One-on-Ones 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Apple Day	18 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30—3:00 pm Various T Zone 3:00 pm Root Beer Floats 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Make a Difference Day	19 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am T-Zone 11:30 am Lunch 1:00 pm Empower Me Group Exercise 3:00 pm Happy Hour 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Nut Day	20 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—T-Zone 1:30 pm Joyride 1:30 pm Stim Stations & One on One’s 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie International Artists Day	21 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—3: 00 pm various T-Zone and Stim Stations 3:00 pm Bingo 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Pumpkin Day
22 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Mass 10:30 am Exercise 11:00 T-Zone 11:30 am Lunch 12:30 pm—3:00 pm T-Zone and Stim Stations 2:25 pm Broncos vs Green Bay 3:00 pm Armchair Travel—TR 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	23 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—4: 00 pm various T-Zone and Stim Stations 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Oatmeal Day	24 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm Stim Stations 1:30 pm Art/Music Appreciation 2:30 pm Stim Stations and One-on-Ones 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Candy Corn Day	25 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—3: 00 pm various T-Zone and Stim Stations 3:00 pm Root Beer Floats 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Cupcake Day	26 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 1:00 pm Empower Me Group Exercise 1:30 pm T-Zone /Stim Stations 3:00 pm Happy Hour 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National “I Love Yarn” Day	27 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—T-Zone 1:30 pm Joyride 1:30 pm Stim Stations & One on One’s 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Pretzel Day	28 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—3: 00 pm various T-Zone and Stim Stations 3:00 pm Bingo 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Architecture Day
29 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Mass 10:30 am Exercise 11:00 T-Zone 11:30 am Lunch 12:30 pm—3:00 pm T-Zone and Stim Stations 2;25 pm Broncos vs KC 3:00 pm Armchair Travel—TR 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	30 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm—1:30 pm T-Zone and Stim Stations 2:30 pm Stim Stations 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie National Reptile Day	31 Today: Halloween 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 12:30 pm –1:30 Stim Stations/T-Zone 1;30 PM Music/Art Appreciation 2:00 pm Rummage Wagon 3:00 pm Stim Stations/T-Zones 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	Annabel S. Oct. 5 Nicole O. Oct.9 Evelyn W. Oct. 14 Frankey L. Oct. 16 Viola F. Oct. 18 Sonja H. Oct. 28 Edna G. Oct. 31 	T—Zone is our nickname for Thrive Zone. T-Zone is a group activity that stimulates mind, body, and spirit. Our activity assistants will use their vast knowledge of our residents to select appropriate and stimulating daily T-Zone Activities.	Stimulation Stations are meaningful activity stations using the Montessori approach: finding individual strengths, supporting those strengths, and building on those strengths. All activities and times are subject to change based on our residents’ needs.	Please see the daily Supplemental T-Zone and Stim Station schedule that is posted on the Activities Board.