Legacy Ridge



October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
L Today:	2 Today:	3 Today: Audiology Clinic	4 Today:	5 Today:	6 Today:	7 Today:
7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast
9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Ch
10:00 am Mass	10:00 am Exercise	10:00 am Exercise	10:00 am Exercise	10:00 am Exercise	10:00 am Exercise	10:00 am Exercise
LO:30 am Exercise	10:30 am T-Zone	10:30 am T-Zone	10:30 am T-Zone	10:30 am T-Zone	10:30 am T-Zone	10:30 am T-Zone
l1:00am T-Zone	11:30 am Lunch	11:30 am Lunch	11:30 am Lunch	11:30 am Lunch	11:30 am Lunch	11:30 am Lunch
11 00 am Broncos @ Chicago	12:30 pm—4: 00 pm	12:30 pm T-Zone/Stim Stations	12:30 pm—1:30 pm various	1:00 pm Empower Me	12:30 pm—T-Zone	12:30 pm—3: 00 pm
L1:30 am Lunch	T-Zone and Stim Stations	1:30 pm Music/Art Appreciation	T-Zone and Stim Stations	Group Exercise	1:30 pm Joyride	T-Zone and Stim Stations
12:30 pm—3: 00 pm	4:30 pm Dinner	2:00 pm Stim Stations and	1:30 pm Hawkquest	3:00 pm Happy Hour	1:30 pm Stim Stations &	3:00 pm Bingo
Γ-Zone and Stim Stations	5:30 pm Meditation	One-on-Ones	3:00 pm Root Beer Floats	4:30 pm Dinner	One on One's	4:30 pm Dinner
3:00 pm Armchair Travel—TR	6:00 pm Movie	4:30 pm Dinner	4:30 pm Dinner	5:30 pm Meditation	4:30 pm Dinner	5:30 pm Meditation
1:30 pm Dinner		5:30 pm Meditation	5:30 pm Meditation	6:00 pm Movie	5:30 pm Meditation	6:00 pm Movie
5:30 pm Meditation		6:00 pm Movie	6:00 pm Movie		6:00 pm Movie	
5:00 pm Movie						
nternational Music Day	National Cookie Day	National Animal Day	Butterfly/Hummingbird Day	National Be Nice Day	National Poetry Day	World Smile Day
B Today:	9 Today:	10 Today: Flu/Vaccine Clinic	11 Today: Foot Clinic	12 Today:	13 Today:	14 Today:
7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast
9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/C
L0:00 am Mass	10:00 am Exercise	10:00 am Exercise	10:00 am Exercise	10:00 am Exercise	10:00 am Exercise	10:00 am Exercise
LO:30 am Exercise	10:30 am T-Zone	10:30 am T-Zone	10:30 am T-Zone	10:30 am T-Zone	10:30 am T-Zone	10:30 am T-Zone
l1:00 am T-Zone	11:30 am Lunch	11:30 am Lunch	11:30 am Lunch	11:30 am Lunch	11:30 am Lunch	11:30 am Lunch
.1:30 am Lunch	12:30 pm T-Zone	12:30 pm T-Zone/Stim Stations	12:30 pm—1:30 pm	1:00 pm Empower Me	12:30 pm—T-Zone	12:30 pm—3: 00 pm
12:30 pm—3: 00 pm	1:30 pm Classical Pianist	1:30 pm Music/Art Appreciation	T-Zone and Stim Stations	Group Exercise	1:30 pm Joyride	T-Zone and Stim Stations
T-Zone and Stim Stations	Entertainer	2:00 pm Stim Stations and	3:00 pm Root Beer Floats	3:00 pm Happy Hour	1:30 pm Stim Stations &	3:00 pm Bingo
2:25 pm am Broncos vs NY Jets	2:30 pm Stim Stations	One-on-Ones	4:30 pm Dinner	4:30 pm Dinner	One on One's	4:30 pm Dinner
3:00 pm Armchair Travel—TR	4:30 pm Dinner	3: 00 Roy Willey Music	5:30 pm Meditation	5:30 pm Meditation	4:30 pm Dinner	5:30 pm Meditation
1:30 pm Dinner	5:30 pm Meditation	4:30 pm Dinner	6:00 pm Movie	6:00 pm Movie	5:30 pm Meditation	6:00 pm Movie
::30 pm Meditation	6:00 pm Movie	5:30 pm Meditation			6:00 pm Movie	
5:00 pm Movie		6:00 pm Movie				
Vorld Octopus Day	National Game/Chess Day	National Dessert Day	National Dinosaur/Fossil Day	World Singing Day	National Word/Dictionary Day	National Pasta Day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
15 Today:	16 Today:	17 Today:	18 Today:	19 Today:	20 Today:	21 Today:
7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast
9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat
10:00 am Mass	10:00 am Exercise	10:00 am Exercise	10:00 am Exercise	10:00 am T-Zone	10:00 am Exercise	10:00 am Exercise
10:30 am Exercise	10:30 am T-Zone	10:30 am T-Zone	10:30 am T-Zone	11:30 am Lunch	10:30 am T-Zone	10:30 am T-Zone
11:00 am T-Zone	11:30 am Lunch	11:30 am Lunch	11:30 am Lunch	1:00 pm Empower Me Group	11:30 am Lunch	11:30 am Lunch
11:30 am Lunch	12:30 pm—1:30 pm T-Zone	12:30 pm — 1:30 pm T-Zone	12:30—3:00 pm Various T Zone	Exercise	12:30 pm—T-Zone	12:30 pm—3: 00 pm various
12:30 pm—3:00 pm	1:30 Singer/Entertainer	1:30 pm Chris Wells	3:00 pm Root Beer Floats	3:00 pm Happy Hour	1:30 pm Joyride	T-Zone and Stim Stations
T-Zone and Stim Stations	2:30 pm Stim Stations	2:30 pm Stim Stations and	4:30 pm Dinner	4:30 pm Dinner	1:30 pm Stim Stations &	3:00 pm Bingo
3:00 pm Armchair Travel—TR	4:30 pm Dinner	One-on-Ones	5:30 pm Meditation	5:30 pm Meditation	One on One's	4:30 pm Dinner
4:30 pm Dinner	5:30 pm Meditation	4:30 pm Dinner	6:00 pm Movie	6:00 pm Movie	4:30 pm Dinner	5:30 pm Meditation
5:30 pm Meditation	6:00 pm Movie	5:30 pm Meditation	National Make a Difference Day	· ·	5:30 pm Meditation	6:00 pm Movie
6:00 pm Movie		6:00 pm Movie	,	National Nut Day	6:00 pm Movie	<u> </u>
Alaska Day		National Apple Day		,	International Artists Day	National Pumpkin Day
,		, ,			,	, ,
22 Today:	23 Today:	24 Today:	25 Today:	26 Today:	27 Today:	28 Today:
7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast
9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat
10:00 am Mass	10:00 am Exercise	10:00 am Exercise	10:00 am Exercise	10:00 am Exercise	10:00 am Exercise	10:00 am Exercise
10:30 am Exercise	10:30 am T-Zone	10:30 am T-Zone	10:30 am T-Zone	10:30 am T-Zone	10:30 am T-Zone	10:30 am T-Zone
11:00 T-Zone	11:30 am Lunch	11:30 am Lunch	11:30 am Lunch	11:30 am Lunch	11:30 am Lunch	11:30 am Lunch
11:30 am Lunch	12:30 pm—4: 00 pm various	12:30 pm Stim Stations	12:30 pm—3: 00 pm various	1:00 pm Empower Me Group	12:30 pm—T-Zone	12:30 pm—3: 00 pm various
12:30 pm—3:00 pm	T-Zone and Stim Stations	1:30 pm Art/Music Appreciation	T-Zone and Stim Stations	Exercise	1:30 pm Joyride	T-Zone and Stim Stations
T-Zone and Stim Stations	4:30 pm Dinner	2:30 pm Stim Stations	3:00 pm Root Beer Floats	1:30 pm T-Zone /Stim Stations	1:30 pm Stim Stations &	3:00 pm Bingo
2:25 pm Broncos vs Green Bay	5:30 pm Meditation	and One-on-Ones	4:30 pm Dinner	3:00 pm Happy Hour	One on One's	4:30 pm Dinner
3:00 pm Armchair Travel—TR	6:00 pm Movie	4:30 pm Dinner	5:30 pm Meditation	4:30 pm Dinner	4:30 pm Dinner	5:30 pm Meditation
4:30 pm Dinner		5:30 pm Meditation	6:00 pm Movie	5:30 pm Meditation	5:30 pm Meditation	6:00 pm Movie
5:30 pm Meditation		6:00 pm Movie		6:00 pm Movie	6:00 pm Movie	
6:00 pm Movie	National Oatmeal Day	National Candy Corn Day	National Cupcake Day	National "I Love Yarn" Day	National Pretzel Day	National Architecture Day
29 Today:	30 Today:	31 Today: Halloween	Annabel S. Oct. 5	T—Zone is our nickname for	Stimulation Stations are	Please see the daily
7:30 am Breakfast	7:30 am Breakfast	7:30 am Breakfast	Nicole O. Oct.9	Thrive Zone. T-Zone is a group	meaningful activity stations	Supplemental T-Zone and
9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat	9:30 am Daily Chronicle/Chat		activity that stimulates mind,	using the Montessori approach:	Stim Station schedule
10:00 am Mass	10:00 am Exercise	10:00 am Exercise	Evelyn W. Oct. 14	body, and spirit. Our activity	finding individual strengths, sup-	that is posted on the
10:30 am Exercise	10:30 am T-Zone	10:30 am T-Zone	Frankey L. Oct. 16	assistants will use their vast	porting those strengths, and	
11:00 T-Zone	11:30 am Lunch	11:30 am Lunch	Viola F. Oct. 18	knowledge of our residents to	building on those strengths.	Activities Board.
11:30 am Lunch	12:30 pm—1:30 pm	12:30 pm −1:30 Stim		select appropriate and		
12:30 pm—3:00 pm	T-Zone and Stim Stations	Stations/T-Zone	Sonja H. Oct. 28	stimulating daily T-Zone		
T-Zone and Stim Stations	2:30 pm Stim Stations	1;30 PM Music/Art Appreciation	Edna G. Oct. 31	Activities.	All activities and times are	
2;25 pm Broncos vs KC	4:30 pm Dinner	2:00 pm Rummage Wagon	HAPPY		subject to change based on	
3:00 pm Armchair Travel—TR	5:30 pm Meditation	3:00 pm Stim Stations/T-Zones			our residents' needs.	
4:30 pm Dinner	6:00 pm Movie	4:30 pm Dinner	BIRTHPAN		Jan residents fields.	
5:30 pm Meditation	National Reptile Day	5:30 pm Meditation	04046			