

Assisted Living

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Please note CHAL plans our activities to align with Teepa Snow's philosophy of "filling the day with meaning". We believe both our staff and residents benefit from engaging in the four categories of meaningful activities to help them feel healthy, happy, purposeful and valued.</p> <p><i>* All activities are subject to change based on the needs/wants of our residents or performances running over.</i></p>	<p>Red = Productivity & Purpose</p> <p>Purple = Leisure & Fun</p> <p>Green = Self-Care (Mind/Body/Spirit) to include Art (AT), Movement (MOT), Music (MT) & Animal Assisted Therapy (AAT)</p> <p>Blue = Rest & Restoration</p>	<p>*November Birthdays*</p> <p>Casmira L.: 11/17 Mary H.: 11/17 Simone P.: 11/21 Cordie G.: 11/25</p>			<p>1 All Saint's Day</p> <p>9a- Daily Chronical 10a- Zumba with Sarah! (MT) 11a- Romeo Club 11a- Chuck the Duck 1:30p- Friendly Feud 2:15p- Leaf Wreath (AT) 3p- Music Trivia (MUT) 5:30p- Daily Riddle 6p- Movie: Quartet & Popcorn ***Resident Request***</p>	<p>2</p> <p>9a- Daily Chronical 10a- Move & Stretch (MT) 11a- Brain Games 1:30p- College Football 1:30- Sing Along w/Rorie (MUT) 2:15- This Day in History w/Rorie: Howard Hughes's "Spruce Goose" files 3p- Happy Hour Bingo 5:30p- Daily Riddle 6p- Movie: La La Land</p>
<p>3 Daylight Saving Time Ends</p> <p>9a- Daily Chronical 9a- Catholic Mass 10a- Move & Stretch (MT) 11a- Protestant Service 11a- Broncos vs. Raiders 11a- Super Sunday Showdown - Carmel Apple Dip 1:30p- Basketball Pong 2:15p- Time Change Discussion 3p- Blanket Making 5:30p- Daily Riddle 6p- Movie: The Notebook</p>	<p>4</p> <p>9a- Daily Chronical 10a- Exercise w/Empower Me (MT) 10:45a- Axe Throwing 1:30p- Joy Ride: City Park 1:30p- Walking Club (MOT) 2p- Cupcake decorating 3:15p- Current News w/Rorie 5:30p- Daily Riddle 6p- Movie: The Terminal 6:15p- Buccaneers vs. Chiefs</p>	<p>5 Love Your Red Hair Day & Election Day</p> <p>9a- Daily Chronical 10a- Move & Stretch (MT) 11a- History of Election Day 1:30p- Music Appreciation w/Rorie (AT): Artist - Georgia O'Keefe 2:15p- November Birthdays' Party 3:15p- Sing Along w/Rorie (MUT) 5:30p- Daily Riddle 6p- Movie: The Prince & Me</p>	<p>6 Nachos Day</p> <p>9a- Daily Chronical 10a- Move & Stretch (MT) 11a- Outing: Longhorn Steakhouse 1:30p- Nachos Making with Sarah 2:15p- Armchair Travel: Eastern State Penitentiary 3:15p- Mix and Mingle: Sparkling Apple Cider 5:30p- Daily Riddle 6p- Movie: The Karate Kid</p>	<p>7</p> <p>9a- Daily Chronical 10a- Exercise- Yoga (MT) 11a- Basketball Pong 1p- Book Club 1:30p- Oreo Turkey Cookies (AT) 2:15- Dancing Popcorn 3p- Happy Hour- Deb Scheer 5:30p- Daily Riddle 6p- Movie: Three Men & a Baby 6:15- Bengals vs. Ravens</p>	<p>8 Tongue Twister Day</p> <p>9a- Daily Chronical 10a- Zumba with Sarah! (MT) 11a- Romeo Club 11a- Tongue Twister Classics 1:30p- Turkey Leaf Luminaries (AT) 2:15p- Cookie & Card Decorating with Cash (AT & AAT) 3p- Grab & Go! 5:30p- Daily Riddle 6p- Movie: Zookeeper</p>	<p>9</p> <p>9a- Daily Chronical 10a- Move & Stretch (MT) 11a- Inquiring Minds 1:30p- College Football 1:30p- Sing Along w/Rorie (MUT) 2:15- Brain Games 3p- Happy Hour Bingo 5:30p- Daily Riddle 6p- Movie: A Man Called Otto</p>

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10 9a- Daily Chronical 9a—Catholic Mass 10a- Move & Stretch (MT) 11a—Protestant Service 11a- Super Sunday Showdown - Pizza Crescent Rolls 11a—Broncos vs. Chiefs 1.30p—Aromatherapy Sachets (AT) 2:30p—Blanket Making 5:30p- Daily Riddle 6p- Movie: 101 Dalmatians	11 Veterans Day & Sundae Day 9a- Daily Chronical 10a- Exercise w/Empower Me (MT) 11a—Pumpkin Putt Putt 1:30p- Joy Ride: Freedom Memorial 1:30p—Walking Club (MOT) 2:30p—Licks Food Truck—Ice Cream! 3:15p—Current News w/Rorie 5:30p- Daily Riddle 6p- Movie: The Glass Onion	12 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- Laughter as Medicine 1p—The History of Cherry Hills Assisted Living with Rorie 2:15p—Roy Wiley (MUT) 3:30p—Sing Along w/Rorie (MUT) 5:30p- Daily Riddle 6p- Movie: Enola Holmes	13 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- Outing: Papadeaux 11a—Cornhole 1:30p—Soap Making 2:15p- Armchair Travel: Ohio State Reformatory 3:15p- Mix and Mingle: Cranberry Orange Sangria 5:30p- Daily Riddle 6p- Movie: Greater	14 Pickle Day 9a- Daily Chronical 10a- Exercise: Yoga (MT) 10:30a—Challah 1:30p—Button Pumpkins (AT) 2:15p—Button Golf (AT) 3p- Happy Hour—Rick Iracki 5:30p- Daily Riddle 6p- Movie: The Wedding Planner 6:15p- Commanders vs. Eagles	15 9a- Daily Chronical 10a- Zumba with Sarah! (MT) 10:30a—Shabbat 11a- Romeo Club—Breckenridge Brewery 11a—Pumpkin Tic-Tac-Toe 1:30p—Hungry Hippos 2:30p—Nutella Toast Pies 3:15p—Community Connect (Carol S. and Pat L.) 5:30p- Daily Riddle 6p- Movie: Greater & Popcorn	16 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- Music Trivia (MUT) 1:30p- This Day in History: OK enters the Union 2:15—Sing Along with Rorie (MUT) 3p- Happy Hour Bingo 5:30p- Daily Riddle 6p- Movie: Paul Blart: Mall Cop
17 9a- Daily Chronical 9a—Catholic Mass 10a- Move & Stretch (MT) 11a—Protestant Service 11am—Terracotta Turkey (MUT) 1:30p- Super Sunday Showdown: Jalapeno Poppers 2p—Broncos vs. Falcons 3p—Blanket Making 5:30p- Daily Riddle 6p- Movie: Hello Dolly & Popcorn	18 Mickey Mouse's Birthday 9a- Daily Chronical 10a- Exercise w/Empower Me (MT) 11a—Mickey & Friends Bowling 1:30p- Joy Ride: Castle Pines 1:30p—Walking Club (MOT) 2:30p—Mickey Mouse Cookies 3:15p—Current News w/Rorie 5:30p- Daily Riddle 6p- Movie: My Big Fat Greek Wedding 2	19 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- Music Trivia (MUT) 1:30p—Storytelling with Chris Wells 2:30p- Music Appreciation w/Rorie—George Girschwin (MUT) 3:15—Sing Along w/Rorie (MUT) 5:30p- Daily Riddle 6p- Movie: White Fang	20 Peanut Butter Fudge Day 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- Outing: Cherry Cricket 11a—Basketball Pong 1:30p—Make your own fudge 2:15p- Armchair Travel: WY Territorial Prison 3:15p- Mix and Mingle: Slow Cooker Hot Cocoa 5:30p- Daily Riddle 6p- Movie: Two Weeks Notice	21 Stuffing Day 9a- Daily Chronical 10a- Exercise: Yoga (MT) 11a- Pumpkin Pong 1:30p- Chef Chat- Gershwin 2:15p—Holiday Card Making w/Hollyn (AT) 3p- Happy Hour- Steve Smith 5:30p- Daily Riddle 6p- Movie: The Wedding Planner 6:15p- Steelers vs. Browns	22 9a- Daily Chronical 10a- Zumba with Sarah! (MT) 11a- Romeo Club—Wings Over the Rockies 11a—The Skittles Rainbow 1:30p- Popcorn Balls 3p- Grab & Go! 3p—Holiday Body Scrubs 5:30p- Daily Riddle 6p- Movie: The Never Ending Story & Popcorn	23 National Espresso Day 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- College Football 11a—Drum Circle (MUT) 1:30p- Inquiring Minds 2:15- Sing Along with Rorie (MUT) 3p—Happy Hour Bingo 5:30p- Daily Riddle 6p- Movie: Old Yeller
24 9a- Daily Chronical 9a—Catholic Mass 10a- Move & Stretch (MT) 11a—Protestant Service 11a—DIY Foot Soaks 1:30p—Super Sunday Showdown- Sliders 2:05p- Broncos vs. Browns 3p—Blanket Making 5:30p- Daily Riddle 6p— Movie: Jumanji & Popcorn	25 National Parfait Day 9a- Daily Chronical 10a- Exercise w/Empower Me (MT) 11a—Turkey Steam 1:30p- Joy Ride: The Manor House Ken Caryl 1:30p—Walking Club 2:15p—Pumpkin Pie Parfaits 3:15p—Current News w/Rorie 5:30p- Daily Riddle 6p- Movie: Jersey Girl	26 9a- Daily Chronical 10a- Move & Stretch (MT) 11a—Mountain Man 11a—Gratitude Bingo 1:30p—Sing Along (MUT) 2p- Art Appreciation w/Rorie: Churches Around the World 3p- Resident Council 5:30p- Daily Riddle 6p- Movie: The Long Game	27 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- Outing: Perfect Landing 11a—Stuff the Turkey 1:30p—Bath Bombs 2:15p- Armchair Travel: Alcatraz 3:15: Mix and Mingle: Hot Buttered Rum 5:30p- Daily Riddle 6p- Movie: Jungle Cruise	28 Thanksgiving 9a- Daily Chronical 9a—Thanksgiving Day Parade 10a- Exercise—Yoga (MT) 10:30a: NFL Football 11 a—Chuck the Duck 1p—Aromatherapy Shower Melts 3p- A Charlie Brown Thanksgiving 5:30p- Daily Riddle 6p- Movie: The Blind Side	29 Black Friday 9a- Daily Chronical 10a—Zumba with Sarah! (MT) 11a—Romeo Club 11a—Ice Cream in a Bag 1:30p—Mason Jar Cookie Gifts 3p—Glass & Acrylic Holiday Art (AT) 4p—Black Friday Football 5:30p- Daily Riddle 6p— Movie: The Princess Bride & Popcorn	30 9a- Daily Chronical 10a- Move & Stretch (MT) 11a—Music Trivia (MUT) 1:30p- This Day in History: 1st Issue of "Life" is Published 2:15—Sing Along with Rorie (MUT) 3p—Happy Hour Bingo 5:30p- Daily Riddle 6p- Movie: Family Switch