

# Essentials

# 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><b>Red =</b> Productivity &amp; Purpose</p> <p><b>Purple =</b> Leisure &amp; Fun</p> <p><b>Green =</b> Self-Care (Mind/Body/Spirit) to include Art (AT), Movement (MOT), Music (MT) &amp; Animal Assisted Therapy (AAT)</p> <p><b>Blue =</b> Rest &amp; Restoration</p>	<p><b>*November Birthdays*</b></p> <p>Casmira L.: 11/17 Mary H.: 11/17 Simone P.: 11/21 Cordie G.: 11/25</p>			<p><b>1 All Saint's Day</b></p> <p>9a- Daily Chronical 10a- Zumba with Sarah! (MT) 11a- Romeo Club 11a- Chuck the Duck 1:30p- Leaf Wreath (AT) 2:15p- Friendly Feud 3p- Music Trivia (MUT) 5:30p- Daily Riddle 6p- Movie: Quartet &amp; Popcorn ***Resident Request***</p>	<p><b>2</b></p> <p>9a- Daily Chronical 10a- Move &amp; Stretch (MT) 11a- Brain Games 1:30p- College Football 1:30p- Sing Along w/Rorie (MUT) 2:15p- 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><b>3 Daylight Saving Time Ends</b></p> <p>9a- Daily Chronical 9a- Catholic Mass 10a- Move &amp; 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 3:15p- Walk Outside (LR) 5:30p- Daily Riddle 6p- Movie: The Notebook</p>	<p><b>4</b></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><b>5 Love Your Red Hair Day &amp; Election Day</b></p> <p>9a- Daily Chronical 10a- Move &amp; Stretch (MT) 11a- History of Election Day 1p- Lizzy Lupino (LR) 2:15p- November Birthdays' Party 3:15p- Sing Along w/Rorie (MUT) 5:30p- Daily Riddle 6p- Movie: The Prince &amp; Me</p>	<p><b>6 Nachos Day</b></p> <p>9a- Daily Chronical 10a- Move &amp; Stretch (MT) 11a- Outing: Longhorn Steakhouse 1:30p- Nachos Making with Sarah 2:15p- Armchair Travel- Sage: Eastern State Penitentiary 3:15p- Mix and Mingle: Sparkling Apple Cider 5:30p- Daily Riddle 6p- Movie: The Karate Kid</p>	<p><b>7</b></p> <p>9a- Daily Chronical 10a- Exercise- Yoga (MT) 11a- Basketball Pong 1p- Book Club 1:30p- Oreo Turkey Cookies (AT) 2p- Cash &amp; Cookies (AAT) 3p- Happy Hour- Deb Scheer 5:30p- Daily Riddle 6p- Movie: Three Men &amp; a Baby 6:15- Bengals vs. Ravens</p>	<p><b>8 Tongue Twister Day</b></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 &amp; Card Decorating with Cash (AT &amp; AAT) 3p- Grab &amp; Go! 5:30p- Daily Riddle 6p- Movie: Zookeeper</p>	<p><b>9</b></p> <p>9a- Daily Chronical 10a- Move &amp; Stretch (MT) 11a- Inquiring Minds 1p- Flower Arranging (LR) 1:30p- College Football 1:30p- Sing Along w/Rorie (MUT) 2:15p- Make/Taste Pumpkin Pie in a Cup (LR) 3p- Happy Hour Bingo 5:30p- Daily Riddle 6p- Movie: A Man Called Otto</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>10</b> 9a- Daily Chronical 9a—Catholic Mass 10a- Move & Stretch (MT) 11a—Protestant Service 11a- <b>Super Sunday Showdown - Pizza Crescent Rolls</b> 11a- <b>Broncos vs. Chiefs</b> 1.15p- <b>Armchair Travel (LR)</b> 2:30p- <b>Blanket Making</b> 5:30p- Daily Riddle 6p- <b>Movie: 101 Dalmatians (live action) &amp; Popcorn</b>	<b>11 Veterans Day &amp; Sundae Day</b> 9a- Daily Chronical 10a- Exercise w/Empower Me (MT) 11a- <b>Pumpkin Putt Putt</b> 1:30p- <b>Joy Ride: Freedom Memorial</b> 1:30p- <b>Walking Club (MOT)</b> 2:30p- <b>Licks Food Truck— Ice Cream!</b> 3:15p- <b>Current News w/Rorie</b> 5:30p- Daily Riddle 6p- <b>Movie: The Glass Onion</b>	<b>12</b> 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- <b>Laughter as Medicine</b> 1:00- <b>Mark Paulson (LR)</b> 2:15p- <b>Roy Wiley (MUT)</b> 3:30p- <b>Sing Along w/Rorie (MUT)</b> 5:30p- Daily Riddle 6p- <b>Movie: Enola Holmes</b>	<b>13</b> 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- <b>Outing: Papadeaux</b> 11a- <b>Soap Making</b> 1:30p- Cornhole 2:15p- <b>Armchair Travel w/Sage: Ohio State Reformatory</b> 3p- <b>Mix and Mingle: Cranberry Orange Sangria</b> 5:30p- Daily Riddle 6p- <b>Movie: Greater</b>	<b>14 Pickle Day</b> 9a- Daily Chronical 10a- Exercise: Yoga (MT) 10:30a- <b>Challah</b> 1:30p- <b>Button Pumpkins (AT)</b> 2:15p- <b>Button Golf (AT)</b> 3p- <b>Happy Hour- Rick Iracki</b> 5:30p- Daily Riddle 6p- <b>Movie: The Wedding Planner</b> 6:15p- <b>Commanders vs. Eagles</b>	<b>15</b> 9a- Daily Chronical 10a- Zumba with Sarah! (MT) 10:30a- Shabbat 11a- <b>Romeo Club- Breckenridge Brewery</b> 11a- <b>Pumpkin Tic-Tac-Toe</b> 1:15- <b>Jewelry Making</b> 2:30p- <b>Muffin Making (LR)</b> 3:15p- <b>Community Connect (Carol S. and Pat L.)</b> 5:30p- Daily Riddle 6p- <b>Movie: Greater &amp; Popcorn</b>	<b>16</b> 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- <b>Music Trivia (MUT)</b> 1:15p- <b>Flower Arranging (LR)(AT)</b> 2:15p- <b>Sing Along with Rorie (MUT)</b> 3p- <b>Happy Hour Bingo</b> 5:30p- Daily Riddle 6p- <b>Movie: Paul Blart: Mall Cop</b>
<b>17</b> 9a- Daily Chronical 9a—Catholic Mass 10a- Move & Stretch (MT) 11a—Protestant Service 11am-Terracotta Turkey (MUT) 1:30p- <b>Super Sunday Showdown: Jalapeno Poppers</b> 2:15p- <b>Dancing Popcorn (LR)</b> 3p- <b>Blanket Making</b> 5:30p- Daily Riddle 6p- <b>Movie: Hello Dolly &amp; Popcorn</b>	<b>18 Mickey Mouse's Birthday</b> 9a- Daily Chronical 10a- Exercise w/Empower Me (MT) 11a- <b>Mickey &amp; Friends Bowling</b> 1:30p- <b>Joy Ride: Castle Pines</b> 1:30p- <b>Walking Club (MOT)</b> 2p- <b>Walk w/Cash @ DeKoevend (LR)(MOT)</b> 3:15p- <b>Current News w/Rorie</b> 5:30p- Daily Riddle 6p- <b>Movie: My Big Fat Greek Wedding 2</b>	<b>19</b> 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- <b>Music Trivia (MUT)</b> 1:30p- <b>Storytelling with Chris Wells</b> 2:30p- <b>Music Appreciation w/Rorie—George Girschwin (MUT)</b> 3:15- <b>Sing Along w/Rorie (MUT)</b> 5:30p- Daily Riddle 6p- <b>Movie: White Fang</b>	<b>20 Peanut Butter Fudge Day</b> 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- <b>Outing: Cherry Cricket</b> 11a- <b>Basketball Pong</b> 1:30p- Terracotta Turkeys (LR) 2:15p- <b>Armchair Travel w/Sage: WY Territorial Prison</b> 3:15p- <b>Mix and Mingle: Slow Cooker Hot Cocoa</b> 5:30p- Daily Riddle 6p- <b>Movie: Two Weeks Notice</b>	<b>21 Stuffing Day</b> 9a- Daily Chronical 10a- Exercise: Yoga (MT) 11a- <b>Pumpkin Pong</b> 1:30p- <b>Chef Chat- Gershwin</b> 2:15p- <b>Holiday Card Making w/Hollyn (AT)</b> 3p- <b>Happy Hour- Steve Smith</b> 5:30p- Daily Riddle 6p- <b>Movie: The Wedding Planner</b> 6:15p- <b>Steelers vs. Browns</b>	<b>22</b> 9a- Daily Chronical 10a- Zumba with Sarah! (MT) 11a- <b>Romeo Club- Wings Over the Rockies</b> 11a- <b>The Skittles Rainbow</b> 1:30p- <b>Popcorn Balls</b> 3p- <b>Grab &amp; Go!</b> 3p- <b>Holiday Body Scrubs</b> 5:30p- Daily Riddle 6p- <b>Movie: The Never Ending Story &amp; Popcorn</b>	<b>23 National Espresso Day</b> 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- <b>College Football</b> 11a- <b>Drum Circle (MUT)</b> 1:15p- <b>Flower Arranging (LR)(AT)</b> 2:15p- <b>Sing Along with Rorie (MUT)</b> 3p- <b>Happy Hour Bingo</b> 5:30p- Daily Riddle 6p- <b>Movie: Old Yeller</b>
<b>24</b> 9a- Daily Chronical 9a—Catholic Mass 10a- Move & Stretch (MT) 11a—Protestant Service 11a- <b>DIY Foot Soaks</b> 1:30p- <b>Super Sunday Showdown- Sliders</b> 2:30p- <b>Pumpkin Pie Parfait (LR)</b> 3p- <b>Blanket Making</b> 5:30p- Daily Riddle 6p- <b>Movie: Jumanji &amp; Popcorn</b>	<b>25 National Parfait Day</b> 9a- Daily Chronical 10a- <b>Exercise w/Empower Me (MT)</b> 11a- <b>Turkey Steam</b> 1:30p- <b>Joy Ride: The Manor House Ken Caryl</b> 1:30p- <b>Walking Club</b> 2:15p- <b>Pumpkin Pie Parfaits</b> 3:15p- <b>Current News w/Rorie</b> 5:30p- Daily Riddle 6p- <b>Movie: Jersey Girl</b>	<b>26</b> 9a- Daily Chronical 10a- <b>Yoga with Martha (LR)</b> 11a- <b>Mountain Man</b> 11a- <b>Gratitude Bingo</b> 1:15p- <b>Walk w/Cash (LR)</b> 2p- <b>Art Appreciation w/Rorie: Churches Around the World</b> 3p- <b>Resident Council</b> 5:30p- Daily Riddle 6p- <b>Movie: The Long Game</b>	<b>27</b> 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- <b>Outing: Perfect Landing</b> 11a- <b>Stuff the Turkey</b> 1:15p- <b>Pizza Making</b> 2:15p- <b>Armchair Travel w/Sage: Alcatraz</b> 3:15: <b>Mix and Mingle: Hot Buttered Rum</b> 5:30p- Daily Riddle 6p- <b>Movie: Jungle Cruise</b>	<b>28 Thanksgiving</b> 9a- Daily Chronical 9a- <b>Thanksgiving Day Parade</b> 10a- Exercise—Yoga (MT) 10:30a: <b>NFL Football</b> 11 a- <b>Chuck the Duck</b> 1p- <b>Aromatherapy Shower Melts</b> 3p- <b>A Charlie Brown Thanksgiving</b> 5:30p- Daily Riddle 6p- <b>Movie: The Blind Side</b>	<b>29 Black Friday</b> 9a- Daily Chronical 10a—Zumba with Sarah! (MT) 11a- <b>Romeo Club</b> 11a- <b>Ice Cream in a Bag</b> 1:30p- <b>Mason Jar Cookie Gifts</b> 3p- <b>Glass &amp; Acrylic Holiday Art (AT)</b> 4p- <b>Black Friday Football</b> 5:30p- Daily Riddle 6p- <b>Movie: The Princess Bride &amp; Popcorn</b>	<b>30</b> 9a- Daily Chronical 10a- Move & Stretch (MT) 11a- <b>Music Trivia (MUT)</b> 1:15p- <b>Flower Arranging (LR)(AT)</b> 2:15p- <b>Sing Along with Rorie (MUT)</b> 3p- <b>Happy Hour Bingo</b> 5:30p- Daily Riddle 6p- <b>Movie: Family Switch</b>