

# Legacy Ridge

# 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>* All activities are subject to change based on the needs/wants of our residents.</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><u>*November Birthdays*</u></p> <p>Casmira L.: 11/17 Mary H.: 11/17 Simone P.: 11/21 Cordie G.: 11/25</p>			<p><b>1 National Family Stories Day</b></p> <p>9- Daily Chronicle/Chat 9:45- Stretch &amp; Strength (MOT) 10:30- Tunes Through Time 11:15a- Oshibori 1- Joyride 2- Creative Expressions 2:30- <b>Oreo Turkey Cookies (AT)</b> 3:15- <b>Chuck the Duck</b> 4:15- Oshibori 5:30- Visual Tranquility 6- Now Showing: <i>The Wizard of Oz and Popcorn</i></p>	<p><b>2</b></p> <p>9- Daily Chronicle/Chat 9:45- Stretch &amp; Strength (MOT) 10:30- Tunes Through Time 11:15a- Oshibori 1:15- <b>Flower Arranging</b> 2:15- <b>Silhouette Pictures (AT)</b> 3- <b>Happy Hour Bingo</b> 4:15- Oshibori 5:30- Reminiscing 6- Now Showing: <i>Casablanca</i></p>
<p><b>3 Daylight Savings Time Ends</b></p> <p>9- Catholic Mass 9:15- Daily Chronicle/Chat 9:45- Stretch &amp; Strength (MOT) 10:30- Tunes Through Time (MT) 11:15- Oshibori 1- <b>Armchair Travel</b> 2:15- <b>Thanksgiving Wreath (AT)</b> 3:15- <b>Walk Outside (MT)</b> 4:15- Oshibori 5:30- Restful Relaxation 6- Now Showing: <i>Zoo Keeper &amp; Popcorn</i></p>	<p><b>4</b></p> <p>9- Daily Chronicle/Chat 9:45- Stretch &amp; Strength (MOT) 10:30- Tunes Through Time 11:15- Oshibori 1:15- <b>Photographic Story Telling</b> 2:30- <b>Hand Turkeys (AT)</b> 3:15- <b>Pumpkin Pong (MT)</b> 4:15- Oshibori 5:30- Visual Tranquility 6- Now Showing: <i>Inside the Mind of a Dog</i></p>	<p><b>5 Love Your Red Hair &amp; Election Day</b></p> <p>9- Daily Chronicle/Chat 9:45- Stretch &amp; Strength (MOT) 10:30- Tunes Through Time 11:15a- Oshibori 1:00- <b>Lizzy Luppino</b> 2- <b>November Birthdays' Party</b> 3:15- <b>White Board Word Game</b> 4:15- Oshibori 5:30- Reminiscing 6- Now Showing: <i>Jungle Cruise</i></p>	<p><b>6 Nachos Day</b></p> <p>9- Daily Chronicle/Chat 9:45- Stretch &amp; Strength (MOT) 10:30- <b>Sing Along (MT)</b> 11:15- Oshibori 1:15- <b>Let's Find Out!</b> 2- <b>Fun w/instruments (MT)</b> 3- <b>Mix and Mingle- Sparkling Apple Cider</b> 4:15- Oshibori 5:30- Restful Relaxation 6- Now Showing: <i>Flubber</i></p>	<p><b>7</b></p> <p>9- Daily Chronicle/Chat 9:45- Stretch &amp; Strength (MOT) 10:30- Tunes Through Time 11:15- Oshibori 1:15- <b>Tie Dye Pumpkins (AT)</b> 2- <b>Cash &amp; Cookies (AAT)</b> 3- <b>Happy Hour/Deb Scheer</b> 4- Oshibori 5:30- Visual Tranquility 6- Now Showing: <i>Hello Dolly</i></p>	<p><b>8 Tongue Twister Day</b></p> <p>9- Daily Chronicle/Chat 9:45- Stretch &amp; Strength (MOT) 10:30- Tunes Through Time 11:15- Oshibori 1- <b>Joyride</b> 1- Creative Expressions 2:30- <b>Ice Cream in a Bag</b> 3:15- <b>Drum Circle (MT)</b> 4:15- Oshibori 5:30- Reminiscing 6- Now Showing: <i>Gone With the Wind &amp; Popcorn</i></p>	<p><b>9</b></p> <p>9- Daily Chronicle/Chat 9:45- Stretch &amp; Strength (MOT) 10:30- Tunes Through Time 11:15- Oshibori 1:15- <b>Flower Arranging</b> 2:15- <b>Make/Taste Pumpkin Pie In A Cup</b> 3- <b>Happy Hour Bingo</b> 4:15- Oshibori 5:30- Restful Relaxation 6- Now Showing: <i>West Side Story</i></p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>10 Forget Me Not Day</b> 9– Catholic Mass 9:15- Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1:15- <b>Arm Chair Travel</b> 2:30– <b>Marble Painting (AT)</b> 3:15– <b>Music Trivia (MT)</b> 4:15– Oshibori 5:30– Visual Tranquility 6– <b>Movie: La La Land</b>	<b>11 Ice Cream Sundae Day</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1:15– <b>Licks Ice Cream Truck</b> 2:30– <b>Kindness Notes Craft (AT)</b> 3:15– <b>Roll a Turkey</b> 4:15– Oshibori 5:30– Reminiscing (Candy) 6– <b>Movie: Field of Dreams</b>	<b>12</b> 9:15– Daily Chronicle/Chat 9:45– Yoga w/Martha (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1:00– <b>Mark Paulson</b> 2:30- <b>Make and Taste: Cupcakes</b> 3:15– <b>I am Thankful For....</b> 4:15– Oshibori 5:30– Restful Relaxation 6– <b>Movie: Mother of the Bride</b>	<b>13 World Kindness Day</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– <b>Drum Circle (MT)</b> 11:15– Oshibori 1:15- <b>Let's Find Out!</b> 2:30– <b>Sing Along (MT)</b> 3- <b>Mix and Mingle: Cranberry Orange Sangria</b> 4:15– Oshibori 5:30– Visual Tranquility 6– <b>Now Showing: Family Switch</b>	<b>14 Pickle Day</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1:15– <b>Jewelry Making</b> 2- <b>Cash &amp; Cookies (AAT)</b> 3– <b>Happy Hour/Rick Iracki</b> 4:15- Oshibori 5:30– Reminiscing (School) 6– <b>Movie: The Karate Kid</b>	<b>15</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1- <b>Joyride</b> 1– Creative Expressions (AT) 2:30– <b>Muffin Making</b> 3:15- <b>The Skittles Rainbow</b> 4:15- Oshibori 5:30– Restful Relaxation 6– <b>Movie: Gigi &amp; Popcorn</b>	<b>16 Button Day</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1:15– <b>Flower Arranging</b> 2:15– <b>Button Pumpkins (AT)</b> 3– <b>Happy Hour Bingo</b> 4:15– Oshibori 5:30– Visual Tranquility 6– <b>Movie: Citizen Kane</b>
<b>17</b> 9– Catholic Mass 9:15- Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1:15- <b>Arm Chair Travel</b> 2:15– <b>Dancing Popcorn</b> 3– <b>Oreo Turkey Cookies (AT)</b> 4:15– Oshibori 5:30– Reminiscing 6– <b>Now Showing: Cinderella &amp; Popcorn</b>	<b>18 Mickey Mouse Birthday</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1:15– <b>Who am I Disney Edition</b> 2– <b>Walk w/Cash @ DeKoevend</b> 3:15– <b>Rotation Station (MOT)</b> 4:15– Oshibori 5:30– Restful Relaxation 6– <b>Now Showing: 101 Dalmatians (live action)</b>	<b>19</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1:15 - <b>High Tea Hats Craft (AT)</b> 2:15– High Tea Party and Tunes 3:30- <b>Axe Throwing (outside)</b> 4:15– Oshibori 5:30– Visual Tranquility 6– <b>Now Showing: Homeward Bound</b>	<b>20 Peanut Butter &amp; Fudge Day</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– <b>Sing Along (MT)</b> 11:15– Oshibori 1:15– <b>Let's Find Out!</b> 2:30– <b>Fun w/Instruments (MUT)</b> 3– <b>Mix and Mingle: Slow Cooker Hot Cocoa</b> 4:15– Oshibori 5:30– Reminiscing 6– <b>Now Showing: Smart House</b>	<b>21 Stuffing Day</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1:15- <b>Pumpkin Putt Putt (MOT)</b> 1:30p- <b>Chef Chat- Gershwin</b> 2– <b>Cash &amp; Cookies (AAT)</b> 3– <b>Happy Hour/Jim Kurty</b> 4:15– Oshibori 5:30– Restful Relaxation 6– <b>Now Showing: Father of the Bride</b>	<b>22</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1– <b>Joyride</b> 1– Creative Expressions 2:30– <b>Terra-cotta Turkeys (AT)</b> 3:15– <b>Pumpkin Tic-Tac-Toe</b> 4:15– Oshibori 5:30– Visual Tranquility 6– <b>Now Showing: Singin' in the Rain &amp; Popcorn</b>	<b>23</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1:15– <b>Flower Arranging</b> 2:30– <b>Jack O Lantern Tin Can Toss (MOT)</b> 3– <b>Happy Hour Bingo</b> 4:15– Oshibori 5:30-Reminiscing 6– <b>Now Showing: Breakfast at Tiffany's</b>
<b>24</b> 9– Catholic Mass 9:15- Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1:15- <b>Arm Chair Travel</b> 2:30– <b>Pumpkin Pie Parfait</b> 3:15– <b>Music Trivia (MT)</b> 4:15– Oshibori 5:30– Restful Relaxation 6– <b>Now Showing: The Parent Trap &amp; Popcorn</b>	<b>25 National Parfait Day</b> 9:15- Daily Chronicle/Chat 10a– <b>Yoga with Martha (MOT)</b> 11:15– Oshibori 1:15– <b>Tunes Through Time</b> 2– <b>Penny Pinching</b> 2:30– <b>Cash &amp; Cookies</b> 3:15– <b>Drum Circle (MT)</b> 4:15– Oshibori 5:30– Visual Tranquility 6– <b>Now Showing: Enola Holmes</b>	<b>26</b> 9:15– Daily Chronicle/Chat 9:45- Yoga w/Martha (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1:15- <b>Walk w/Cash at DeKoevend Park!</b> 2– <b>Brownie Bake Off</b> 3:15- <b>Vegetable Stamping (AT)</b> 4:15– Oshibori 5:30– Reminiscing 6– <b>Now Showing: Lady &amp; the Tramp (Live Action)</b>	<b>27</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– <b>Sing Along (MT)</b> 11:15– Oshibori 1:15– <b>Let's Find Out!</b> 2:30– <b>Drum Circle (MUT)</b> 3– <b>Mix and Mingle: Hot Buttered Rum</b> 4:15– Oshibori 5:30– Restful Relaxation 6– <b>Now Showing: The Swiss Family Robinson</b>	<b>28 Thanksgiving</b> 9– <b>Thanksgiving Day Parade</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1:15– <b>The Skittles Rainbow (AT)</b> 2- <b>A Charlie Brown Thanksgiving</b> 4:15– Oshibori 5:30– Visual Tranquility 6– <b>Now Showing: Home Alone</b>	<b>29 Black Friday</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1– <b>Joyride</b> 1– Creative Expressions 2:30– <b>Drum Circle (MT)</b> 3:15- <b>Water Paints (AT)</b> 4:15– Oshibori 5:30– Reminiscing 6– <b>Now Showing: Sound of Music &amp; Popcorn</b>	<b>30</b> 9:15– Daily Chronicle/Chat 9:45- Stretch & Strength (MOT) 10:30– Tunes Through Time 11:15– Oshibori 1:15– <b>Flower Arranging (AT)</b> 2:15- <b>Walk Outside (MOT)</b> 3– <b>Happy Hour Bingo</b> 4:15– Oshibori 5:30– Visual Tranquility 6– <b>Now Showing: The Great Gatsby</b>