

Assisted Living

December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9- Daily Chronical 9—Catholic Mass 10- Move & Stretch (MOT) 11—Protestant Service 11- Neurobics: Tongue Twisters 1:30: Tree Decorating & Holiday Tunes (AT & MT) 3-4: I Want a Dog for Christmas, Charlie Brown 5:30- Daily Riddle 6- Documentary: Age of Champions & Popcorn	2 9- Daily Chronical 10- Exercise w/Empower Me (MOT) 11- Neurobics: State Plates 1:30- Joy Ride: City Park 2- Creative Expressions (AT) 3:15- Current News w/Rorie 5:30- Daily Riddle 6- Movie: Chariots of Fire 6:15- Broncos vs. Browns	3 National Let's Hug Day 9- Daily Chronical 10- Move & Stretch (MOT) 11- Neurobics: Who, What, Where 1:30- Tree Decorating & Holiday Tunes (AT &MT) 2:30- Let's Find Out! The History of the Christmas Tree 3:30- Axe Throwing (MOT) 5:30- Daily Riddle 6- Movie: Love Actually	4 9- Daily Chronical 10- Move & Stretch (MOT) 11- Neurobics: Family Feud 11- Outing: LongHorn Steakhouse 1:30- Indoor Snowball Fight! 2:15- Armchair Travel: Holidays Around the World-Sweden 3:15- Mix and Mingle 5:30- Daily Riddle 6- Movie: The Bucket List	5 9- Daily Chronical 10- Exercise- Yoga (MOT) 11- Neurobics: Mad Libs 1- Book Club 1:30- Hot Cocoa Bar & Holiday Tunes (MT) 2:15- Hungry Hippo (MT) 3- Happy Hour – Deb Scheer 5:30- Daily Riddle 6- Movie: The Family Man 6:15- Packers vs. Lions	6 9- Daily Chronical 10- Zumba! (MOT) 11- Romeo Club Pizza Party 11- Neurobics: Guess 10! 1:30- You Be the Judge! 2:15- Ornament Trees (AT) 3:15- Community Connect—Carol & Pat 6- Rick Iracki Holiday Performance	7 9- Daily Chronical 10- Move & Stretch (MOT) 11- Neurobics: Left, Right, Center 1:30- Sing Along w/Rorie (MUT) 2:15- Bingo 3p- Happy Hour: Student Performance Saturday 5:30- Daily Riddle 6- Broadway Night: Cats & Popcorn
8 9- Daily Chronical 9—Catholic Mass 10- Move & Stretch (MOT) 11—Protestant Service 11- Neurobics: Hangman 1:30- Choose Your Own Adventure 2:15- Popsicle Stick Snowflakes (AT) 3- Chuck the Duck (MT) 5:30- Daily Riddle 6- Documentary: My Heroes Were Cowboys (Robin)	9 9- Daily Chronical 10- Exercise w/Empower Me (MOT) 11- Neurobics: Jeopardy 1:30- Joy Ride: Highlands Ranch 2- Elf Races (MT) 3:15- Current News w/Rorie 5:30- Daily Riddle 6- Movie: Top Gun 6:15- Cincinnati vs. Dallas	10 National Lager Day 9- Daily Chronical 10- Move & Stretch (MOT) 11- Neurobics: Wheel of Fortune 1:30- Bean Bag Twister 2- Let's Find Out—Famous Classical Christmas Composers 3- December B-day Party w/ Janet Joe on piano & caroling 5:30- Daily Riddle 6- Movie: Something's Gotta Give	11 9- Daily Chronical 10- Move & Stretch (MOT) 11- Neurobics: Roll Until You Can't 11- Outing: Zig Zag Burger 1:30- Holiday Card Making (AT) 2:15- Armchair Travel: Holidays Around the World-Japan 3:15- Mix and Mingle: Jack Ward—Fiddle 5:30- Daily Riddle 6- Movie: City Slickers	12 9- Daily Chronical 10- Exercise- Yoga (MOT) 11- Neurobics: Cranium Crunch 1:30- Cozy Up w/Cash Holiday Photos 3- Happy Hour – Rick Iracki 5:30- Daily Riddle 6- Movie: Mistletoe & Menorahs 6:15- Los Angeles vs. San Francisco	13 National Cocoa Day CHAL Holiday Party!! 9- Daily Chronical 10- Move & Stretch (MOT) 11- Neurobics: Twister Trivia 11- Romeo Club 1:30- Cranium Crunch 4-7- CHAL Holiday Party!!	14 9- Daily Chronical 10- Move & Stretch (MOT) 11- Neurobics: The Price is Right 1:30- Sing Along w/Rorie (MUT) 2:15- Bingo 3p- Happy Hour 5:30- Daily Riddle 6- Broadway Night: A Christmas Carol & Popcorn

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>15</p> <p>9- Daily Chronical</p> <p>9—Catholic Mass</p> <p>10- Move & Stretch (MOT)</p> <p>11—Protestant Service</p> <p>11— Neurobics: Tongue Twisters</p> <p>1.30— Creative Expressions (AT)</p> <p>2:25— Broncos vs. Colts</p> <p>3— Puzzles Aplenty!</p> <p>5:30- Daily Riddle</p> <p>6— Documentary: Medal of Honor & Popcorn</p>	<p>16</p> <p>9- Daily Chronical</p> <p>10- Empower Me (MOT)</p> <p>11— Neurobics: State Plates</p> <p>1— Mountain Man</p> <p>1:30- Joy Ride: Centennial Airport</p> <p>2— Button Wreaths (AT)</p> <p>3:15— Current News w/Rorie</p> <p>5— Christmas in Color Joy Ride</p> <p>5:30- Daily Riddle</p> <p>6- Hitched for the Holidays</p> <p>6:15— Chicago vs. Minnesota</p>	<p>17 Wright Brother’s Day</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch (MOT)</p> <p>11— Neurobics: Who, What, Where</p> <p>1:30— Story Telling w/Chris Wells: Route 66</p> <p>3— Handbells & Holiday Happiness w/Rorie (MT)</p> <p>5:30- Daily Riddle</p> <p>6- Movie: The Wright Brothers & the Evolution of Aviation</p>	<p>18</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch (MOT)</p> <p>11— Neurobics: Family Feud</p> <p>11- Outing: Bone Fish Grill</p> <p>1— Aspen Academy Students- Holiday Performance</p> <p>2:30— Wii Bowling (MOT)</p> <p>3- Mix and Mingle: Barbara Dawson—Piano</p> <p>5:30p- Daily Riddle</p> <p>6- Movie: Scrooged</p>	<p>19</p> <p>9- Daily Chronical</p> <p>10- Exercise: Yoga (MOT)</p> <p>10:30— Challah</p> <p>11- Neurobics: Mad Libs</p> <p>1:30- Chef Chat- Gershwin</p> <p>2:15— Holiday Cookie Decorating (AT)</p> <p>3- Happy Hour— Jim Curty</p> <p>5:30- Daily Riddle</p> <p>6- Movie: National Lampoon’s Christmas Vacation</p> <p>6:15— Broncos vs. Chargers</p>	<p>20 National Go Caroling Day</p> <p>9- Daily Chronical</p> <p>10- Zumba (MOT)</p> <p>10:30— Shabbat</p> <p>11- Neurobics: Guess 10!</p> <p>11- Romeo Club—Subs!</p> <p>1:30— Armchair Travel: Holidays Around the World—Isreal</p> <p>2:30— Christmas Carols & Eggnog (MT)</p> <p>3:15— Community Connect</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Grumpy Old Men</p>	<p>21</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch (MOT)</p> <p>11— Neurobics: Left, Right, Center</p> <p>1:30— Sing Along w/Rorie (MT)</p> <p>2:15— Bingo</p> <p>3p- Happy Hour</p> <p>5:30— Daily Riddle</p> <p>6- Broadway Night: The Nutcracker & Popcorn</p>
<p>22</p> <p>9- Daily Chronical</p> <p>9—Catholic Mass</p> <p>10- Move & Stretch (MOT)</p> <p>11—Protestant Service</p> <p>11— Neurobics: Hangman</p> <p>1:30— Snow Globe Making (AT)</p> <p>2:15— Wii Tennis (MOT)</p> <p>3— Cranium Challenge</p> <p>5:30- Daily Riddle</p> <p>6— Documentary: Christmas with Walt Disney & Popcorn</p>	<p>23</p> <p>9- Daily Chronical</p> <p>10- Empower Me (MOT)</p> <p>10:30— Arapahoe Library</p> <p>11— Neurobics: Jeopardy</p> <p>1:30— Tappin w/Santa Holiday Performance!</p> <p>3:15— Current News w/Rorie</p> <p>5— Christmas in Color Joy Ride</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Eight Gifts of Hanukkah</p> <p>6:15— New Orleans v Green Bay</p>	<p>24 National Eggnog Day</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch (MOT)</p> <p>11- Neurobics: Wheel of Fortune</p> <p>1:30— Joy Ride—Downtown Littleton</p> <p>3— Holiday Celebration w/John Crabtree!! (MT)</p> <p>5:30- Daily Riddle</p> <p>6- Movie: White Christmas</p>	<p>25 Christmas</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch (MOT)</p> <p>11- Neurobics: Roll Until You Can’t</p> <p>11— Holiday Lunch</p> <p>1:30— Movie Matinee: It’s a Wonderful Life</p> <p>3:30— Movie Matinee: Miracle on 34th Street</p> <p>6— Movie: The Polar Express</p> <p>Hanukkah Begins</p>	<p>26 Thank You Note Day</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch (MOT)</p> <p>11- Neurobics: Cranium Crunch</p> <p>1:30— Thank You Card Making</p> <p>2:15— Indoor Snowball Fight</p> <p>3- Happy Hour— Steve Smith</p> <p>5:30- Daily Riddle</p> <p>6- Movie: The Intern</p> <p>6:15— Seahawks vs. Bears</p>	<p>27</p> <p>9- Daily Chronical</p> <p>10- Zumba! (MOT)</p> <p>11— Neurobics: Twister Trivia</p> <p>11- Romeo Club</p> <p>1:30- Giant Crossword</p> <p>2:15- Friday Series: The Crown</p> <p>3:15- Grab & Go!</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Ocean’s Eleven</p>	<p>28 Call a Friend Day</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch (MOT)</p> <p>11- Neurobics: The Price is Right</p> <p>1:30— Sing Along w/Rorie (MT)</p> <p>2:15— Bingo</p> <p>3p- Happy Hour</p> <p>5:30— Daily Riddle</p> <p>6- Broadway Night: The Great Gatsby & Popcorn</p>
<p>29 Broncos vs. Bengals TBD</p> <p>9- Daily Chronical</p> <p>9—Catholic Mass</p> <p>10- Move & Stretch (MOT)</p> <p>11—Protestant Service</p> <p>11— Neurobics: Tongue Twisters</p> <p>1:30— Super Sunday Showdown</p> <p>2:05— Wii Golf (MT)</p> <p>3— Blanket Making</p> <p>5:30- Daily Riddle</p> <p>6- Documentary: ReMastered Tricky Dick & The Man in Black</p>	<p>30 National Bacon Day</p> <p>9- Daily Chronical</p> <p>10- Empower Me (MOT)</p> <p>11— Neurobics: Jeopardy</p> <p>1:30- Joy Ride Downtown Denver</p> <p>2— New Year’s Eve Wishing Tree Craft (AT)</p> <p>3:15— Current News w/Rorie</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Of Mice and Men</p> <p>6:15— Detroit vs. San Francisco</p>	<p>31 New Year’s Eve</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch (MOT)</p> <p>11— Neurobics: Gratitude Bingo</p> <p>1:30— Art Appreciation (AT)</p> <p>2— Let’s Find Out! All About Hannukah</p> <p>3— 4-New Year’s Eve Happy Hour - Gregg Green performing!</p> <p>6— Movie: Mermaids</p>	 <p>New “Office Hours” for Cash Monday, Wednesday & Friday</p>	 <p>Ralph Cohen—1st Linda Minter-Wright—5th Mona Mundy—5th Gina Bryant—18th Kathleen Piehl—19th</p>	<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>Neurobics = Brain Exercises</p>