

Essentials

December 2024

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

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— Puzzles Aplenty!</p> <p>2:25— Broncos vs. Colts</p> <p>3— Creative Expressions (AT)</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-Exercise 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— Let’s Find Out! The World’s Best Choirs</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>3:15- 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 with Sarah! (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 (MUT)</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 (MUT)</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— Wii Tennis (MOT)</p> <p>2:05— Snow Globe Making</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-Exercise 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— Indoor Snowball Fight</p> <p>2:15— Thank You Card Making</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 with Sarah! (MOT)</p> <p>11— Neurobics: Twister Trivia</p> <p>11- Romeo Club</p> <p>1:30- Holiday Hangman</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 (MUT)</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 <i>Broncos vs. Bengals TBD</i></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—Blanket Making (AT)</p> <p>3— Wii Golf (MOT)</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-Exercise 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 (MT)</p> <p>11— Neurobics: Gratitude Bingo</p> <p>1:30— Creative Expressions (AT)</p> <p>2— Let’s Find Out! All About Hannukah</p> <p>3- Resident Council</p> <p>5:30- Daily Riddle</p> <p>6- New Year’s Eve Party & Entertainment</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>