


Legacy Ridge

December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>9- Catholic Mass</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Armchair Travel</p> <p>2- Holiday Placemats & Tablecloth! (AT)</p> <p>3- Movin & Groovin w/Instruments!! (MOT)</p> <p>4:15- Oshibori</p> <p>5:30- Restful Relaxation</p> <p>6- Musical: Mama Mia</p>	<p>2</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1:15- Bean bag Twister (MOT)</p> <p>2- Tree Decorating! (AT)</p> <p>3- Holiday Tunes (MT)</p> <p>4:15- Oshibori</p> <p>5:30- Visual Tranquility</p> <p>6- Nature Documentary: March of the Penguins</p>	<p>3 National Let's Hug Day</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1:15- Snowman & Reindeer Art (AT)</p> <p>2- Slap Balloon (MOT)</p> <p>3:15- Holiday Bingo</p> <p>4:15- Oshibori</p> <p>5:30- Reminiscing</p> <p>6- Movie: Top Gun</p>	<p>4</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1:15- Keep Current w/Rorie!</p> <p>2- Singing Seasonal Songs w/Janet Joe on piano</p> <p>3- Mix and Mingle</p> <p>4:15- Oshibori</p> <p>5:30- Restful Relaxation</p> <p>6- Musical: On the Town</p>	<p>5</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1:15- Ping Pong Holiday Ornaments (AT)</p> <p>2- Hot Cocoa Bar, Holiday Art & Tunes!</p> <p>3- Happy Hour/Deb Scheer</p> <p>4:15- Oshibori</p> <p>5:30- Visual Tranquility</p> <p>6- Movie: Annie</p>	<p>6</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Joyride</p> <p>2- Creative Expressions</p> <p>2:30- Holiday Decorations (AT)</p> <p>3:15- Chair Volleyball (MOT)</p> <p>4:15- Oshibori</p> <p>5:30- Visual Tranquility</p> <p>6- Rick Iracki Holiday Performance</p> <p>6- Nature Documentary: Dolphin Reef</p>	<p>7</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Holiday Cookie Decorating</p> <p>1:45- Hallway Hockey (MOT)</p> <p>2:30- Holiday Hangman</p> <p>3- Happy Hour Bingo—Student Performance Saturday (cello & piano music)</p> <p>4:15- Oshibori</p> <p>5:30- Reminiscing</p> <p>6- Movie: Love Bug</p>
<p>8</p> <p>9- Catholic Mass</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Armchair Travel</p> <p>1:45- Button Wreaths (AT)</p> <p>2:30- Holiday Sing Along (MT)</p> <p>3- Chuck the Duck (MOT)</p> <p>4:15- Oshibori</p> <p>5:30- Restful Relaxation</p> <p>6- Musical: South Pacific</p>	<p>9</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Popsicle Stick Snowflakes (AT)</p> <p>1:45- No Bake Holiday Treats</p> <p>2:30- Cozy Up w/Cash Holiday Photos & Holiday Tunes</p> <p>3:30- Cranium Crunch</p> <p>4:15- Oshibori</p> <p>5:30- Visual Tranquility</p> <p>6- Nature Documentary: The Elephant Whisperers</p>	<p>10 National Lager Day</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Yoga w/Martha (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1:00- Lizzy Luppino</p> <p>2:15- Holiday Card Making (AT)</p> <p>3- Elf Races (MOT)</p> <p>3:30- The Joy Box w/Rorie!</p> <p>4:15- Oshibori</p> <p>5:30- Reminiscing</p> <p>6- Movie: Fried Green Tomatoes</p>	<p>11</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1:15- Keep Current w/Rorie!</p> <p>2- Let's Toast the Season— Holiday Party with Janet Joe on the piano, caroling and snacks!</p> <p>3- Mix and Mingle— Jack Ward (Fiddle)</p> <p>4:15- Oshibori</p> <p>5:30- Restful Relaxation</p> <p>6- Musical: Brigadoon</p>	<p>12</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1:30-2:30- Mark Paulson (MT)</p> <p>3- Happy Hour- Jonathan Sherrill</p> <p>3- Puzzles Aplenty</p> <p>4:15- Oshibori</p> <p>5:30- Visual Tranquility</p> <p>6- Movie: Sing</p>	<p>13 National Cocoa Day CHAL Holiday Party!!!</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Joyride</p> <p>2- Creative Expressions (AT)</p> <p>2:30- Chair Soccer (MOT)</p> <p>3:15- Let's Build a Snowman (AT)</p> <p>4:15- Oshibori</p> <p>4-7- CHAL Holiday Party</p> <p>6- Nature Documentary: Kangaroo Valley</p>	<p>14</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Holiday Sing Along w/Rorie</p> <p>1:45- Flower Arranging (AT)</p> <p>2:30- Holiday Gross Motor Boardgame (MOT)</p> <p>3- Happy Hour Bingo</p> <p>4:15- Oshibori</p> <p>5:30- Restful Relaxation</p> <p>6- Movie: Grumpy Old Men</p>

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<p>15</p> <p>9- Catholic Mass</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Armchair Travel</p> <p>1:45- Jingle Bell Ornaments (AT)</p> <p>2:30- Holiday Trivia</p> <p>3:15- Balloon Tennis (MOT)</p> <p>4:15- Oshibori</p> <p>5:30- Restful Relaxation</p> <p>6- Musical: Paint Your Wagon</p>	<p>16</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Reindeer Ornaments (AT)</p> <p>2- Christmas Carols & Egnog</p> <p>3:15- Guess 10</p> <p>4:15- Oshibori</p> <p>5:30- Visual Tranquility</p> <p>6- Nature Documentary: The Biggest Little Farm</p>	<p>17</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1:30- Story Telling w/Chris Wells: Route 66—The Main Street of America</p> <p>2- Creative Expressions (AT)</p> <p>3- Bean Bag Twister (MOT)</p> <p>4:15- Oshibori</p> <p>5:30- Restful Relaxation</p> <p>6- Movie: Driving Miss Daisy</p>	<p>18</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Keep Current w/Rorie!</p> <p>2- Piano & Singing—Janet Joe</p> <p>3- Mix and Mingle: Barbara Dawson Performing (Piano)</p> <p>4:15- Oshibori</p> <p>5:30- Visual Tranquility</p> <p>6- Musical: White Christmas</p>	<p>19</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Terracotta Pot</p> <p>Gingerbread Houses (AT)</p> <p>2- Musical Guest—TBD</p> <p>3- Happy Hour- Jim Curty</p> <p>4:15- Oshibori</p> <p>5:30- Reminiscing</p> <p>6- Movie: Live Action Little Mermaid</p>	<p>20</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Joyride</p> <p>1- Creative Expressions (AT)</p> <p>2:30- Axe Throwing (MOT)</p> <p>3:15- Soothing Sounds (MT)</p> <p>4:15- Oshibori</p> <p>5:30- Restful Relaxation</p> <p>6- Nature Documentary: Dancing With the Birds</p>	<p>21</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Flower Arranging (AT)</p> <p>1:45- Cider & Singing! (MT)</p> <p>2:30- Indoor Snowball Fight</p> <p>3- Happy Hour Bingo</p> <p>4:15- Oshibori</p> <p>5:30- Visual Tranquility</p> <p>6- Movie: The Million Dollar Duck</p>
<p>22</p> <p>9- Catholic Mass</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Armchair Travel</p> <p>1:45- Beach Ball Volleyball</p> <p>2:30- Cookie Decorating (AT)</p> <p>3:15- Hungry Hippo (MOT)</p> <p>4:15- Oshibori</p> <p>5:30- Restful Relaxation</p> <p>6- Musical: On the Town</p>	<p>23</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1:30-2:30- David Harrower (MT)</p> <p>2:45- Gingerbread Decorating</p> <p>3:30- Handbell Happiness (MT)</p> <p>4:15- Oshibori</p> <p>5:30- Visual Tranquility</p> <p>6- Nature Documentary: Zoo Babies</p>	<p>24 National Egnog Day</p> <p>9:15- Tunes Through Time (MT)</p> <p>9:45- Stretch & Strength (MOT)</p> <p>10:30-Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Holiday Card Making (AT)</p> <p>1:45- I Want a Dog for Christmas, Charlie Brown</p> <p>3- Holiday Celebration w/John Crabtree!! (MT)</p> <p>4:15- Oshibori</p> <p>5:30- Visual Tranquility</p> <p>6- Movie: Laurel & Hardy</p>	<p>25 Christmas</p> <p>9:15- Tunes Through Time</p> <p>9:45- Stretch & Strength (MOT)</p> <p>10:30-Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Christmas Colors! (AT)</p> <p>1:45- Sing Along!</p> <p>2:30- Movie Matinee: It's a Wonderful World</p> <p>4:15- Oshibori</p> <p>5:30- Reminiscing</p> <p>6- Musical: Dolly Parton's Christmas on the Square</p>	<p>26</p> <p>9:15- Tunes Through Time</p> <p>9:45- Stretch & Strength (MOT)</p> <p>10:30-Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Water Color Bookmarks</p> <p>1:45- Holiday Snowball Bowling (MOT)</p> <p>2:30- 50's Dance Party! (MT)</p> <p>3- Happy Hour- Steve Smith</p> <p>4:15- Oshibori</p> <p>5:30- Restful Relaxation</p> <p>6- Movie: Newsies</p>	<p>27</p> <p>9:15- Tunes Through Time</p> <p>9:45- Stretch & Strength (MOT)</p> <p>10:30-Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Joyride</p> <p>1- Creative Expressions (AT)</p> <p>2:30- Balloon Tennis (MOT)</p> <p>3:15- Musical Memories (MT)</p> <p>4:15- Oshibori</p> <p>5:30- Visual Tranquility</p> <p>6- Nature Documentary: Backyard Wilderness</p>	<p>28 Call a Friend Day</p> <p>9:15- Tunes Through Time</p> <p>9:45- Stretch & Strength (MOT)</p> <p>10:30-Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Flower Arranging (AT)</p> <p>1:45- Movin and Groovin w/Instruments!! (MT)</p> <p>2:30- Guess 10!</p> <p>3- Happy Hour Bingo</p> <p>4:15- Oshibori</p> <p>5:30- Reminiscing</p> <p>6- Movie: Live Action Dumbo</p>
<p>29</p> <p>9- Catholic Mass</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Armchair Travel</p> <p>1:45- Animal Art! (AT)</p> <p>2:30- Ball in a Bucket (MOT)</p> <p>3:15- Stamp Collages (AT)</p> <p>4:15- Oshibori</p> <p>5:30- Restful Relaxation</p> <p>6- Musical: Yankee Doodle</p>	<p>30 National Bacon Day</p> <p>9:15- Tunes Through Time (MT)</p> <p>10- Stretch & Strength (MOT)</p> <p>10:30- Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Wishing Tree Art (AT)</p> <p>2- Football Toss (MOT)</p> <p>2:45- Puzzles Aplenty</p> <p>3:30- Sing Along! (MT)</p> <p>4:15- Oshibori</p> <p>5:30- Visual Tranquility</p> <p>6- Nature Documentary: Wonders of Nature</p>	<p>31 New Year's Eve</p> <p>9:15- Tunes Through Time</p> <p>9:45- Stretch & Strength (MOT)</p> <p>10:30-Daily Chronicle/Neurobics</p> <p>11:15- Oshibori</p> <p>1- Walking Tour</p> <p>1:45- New Year's Eve Treats</p> <p>3- New Year's Eve Party—Gregg Green performing!</p> <p>4:15- Oshibori</p> <p>5:30- Reminiscing</p> <p>6- Movie: Homeward Bound</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>* All activities are subject to change based on the needs/wants of our residents.</p>	<p>30</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>