


Assisted Living

January 2025

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>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>	 <p>Happy Birthday!!</p> <p>Carol G.—January 6th Phyllis K.—January 8th Rickie C.—January 13th Sylvia H.—January 22nd</p>	<p>1 New Year's Day National Bloody Mary Day</p> <p>9- Daily Chronical 10- Move & Stretch (MOT) 11- Neurobics: Family Feud 1:30- Calendar Creations 2:15- Arrow Game 3:15- Mix and Mingle: Bloody Mary Bar 5:30- Daily Riddle 6- Movie: The Peanut Butter Falcon</p>	<p>2</p> <p>9:15- Tea, Biscuits & Good News 10- Move & Stretch 11- Neurobics: Mad Libs 1- Book Club 1:30- Giant Crossword 2:15- Snowball Fight! 3- Happy Hour- John Crabtree! 5:30- Daily Riddle 6- Movie: Mowgli—Legend of the Jungle</p>	<p>3</p> <p>9- Daily Chronical 10- Zumba! 11- Romeo Club Lunch 11- Neurobics: Guess 10! 1:30- 2025 Activity Meeting 2:15- Friday Series: The Crown 3:15- Grab & Go! 5:30- Daily Riddle 6- Movie: Starsky & Hutch</p>	<p>4 National Trivia Day</p> <p>9- Daily Chronical 10- Move & Stretch 11- Neurobics: Music Trivia 1:30- Blanket Making 2:15- Sing Along w/Rorie 3- Happy Hour Bingo 5:30- Daily Riddle 6- Broadway Night: Les Miserables in Concert & Popcorn</p>
<p>5</p> <p>9- Daily Chronical 9- Catholic Mass 10- Move & Stretch 11- Protestant Service 11- Neurobics: Hangman 11- NFL Games Week 18 1:30- Choose Your Own Adventure 2:15- Suncatchers 3- Twister Trivia 5:30- Daily Riddle 6- Documentary: Return of the King: Elvis Presley</p>	<p>6 National Cuddle Up Day</p> <p>**Shopping Trips**</p> <p>9- Daily Chronical 10- Exercise w/Empower Me 11- Neurobics: Jeopardy 1:30- Joy Ride: A Look Around Lakewood 2- Aromatherapy Playdough 3:15- Current News w/Rorie 5:30- Daily Riddle 6- Movie: Maid in Manhattan</p>	<p>7</p> <p>9- Daily Chronical 10- Move & Stretch 11- Neurobics: Wheel of Fortune 1:30- Zuma's Rescue Ranch Presentation/Q&A 2:30- Music Appreciation—Andrea Bocelli & the Three Tenors 3- January Birthday Party—Janet Joe on Piano 5:30- Daily Riddle 6- Movie: The Book Club</p>	<p>8</p> <p>9- Daily Chronical 10- Move & Stretch 11- Neurobics: Roll Until You Can't 11- Outing: 2 Penguins Tap & Grill 1:30- Ceramics Art Class w/Vanessa 2:15- Armchair Travel: Iceland 3:15- Mix and Mingle: Afternoon Mimosas & Jack Ward on Fiddle 5:30- Daily Riddle 6- Movie: Mr. & Mrs. Smith</p>	<p>9</p> <p>9:15- Tea, Biscuits & Good News 10- Exercise- Yoga 11- Neurobics: Cranium Crunch 1:30- Chef Chat- Gershwin 2:15- Puzzles Aplenty! 3- Happy Hour – Rick Iracki 5:30- Daily Riddle 6- Movie: Queen Bees</p>	<p>10 Fast of Tevet 10</p> <p>9- Daily Chronical 10- Move & Stretch 11- Neurobics: Twister Trivia 11- Romeo Club Lunch 1:30- Community Connect—Mel & Lou 2:15- Friday Series: The Crown 3- Sip & Paint 5:30- Daily Riddle 6- Movie: Good Will Hunting</p>	<p>11</p> <p>9- Daily Chronical 10- Move & Stretch 11- Neurobics: The Price is Right 1- Creative Expressions 2:15- Sing Along w/Rorie 2:30- NFL Playoffs 3- Happy Hour Bingo 5:30- Daily Riddle 6- Broadway Night: Oklahoma & Popcorn 6- NFL Playoffs</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12 9- Daily Chronical 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11- Neurobics: Tongue 1:30- Creative Expressions 2:15- Music Trivia 2:30- NFL Playoffs 3- Axe Throwing 5:30- Daily Riddle 6- Documentary: Apollo 13 Survival & Popcorn	13 <i>** Shopping Trips**</i> 9- Daily Chronical 10:30- Arapahoe Library 10- Exercise w/Empower Me 11- Neurobics: State Plates 1- Mountain Man 1:30- Joy Ride: Denver University 2- Stained Glass Art 3:15- Current News w/Rorie 5:30- Daily Riddle 6- Movie: Grumpier Old Men 6:15- NFL Playoffs	14 9- Daily Chronical 10- Move & Stretch 11- Neurobics: Who, What, Where 1:30- Teaching Kitchen with Gershwin 2:15- Art Appreciation—The Most Beautiful Churches & Temples Around the World 3- Card Club: Blackjack 5:30- Daily Riddle 6- Movie: Me Before You	15 Martin Luther King's B-day 9- Daily Chronical 10- Move & Stretch (MOT) 11- Neurobics: Family Feud 11- Outing: Black Eyed Pea 1:30- Armchair Travel: Singapore 2:15- Build Your Own: Fruit Pizza 3- Mix and Mingle: Margaritas & Mocktails & Jack Ward 5:30p- Daily Riddle 6- Movie: The Rosa Parks Story	16 9:15- Tea, Biscuits & Good News 10- Exercise: Yoga 10:30- Challah 11- Neurobics: Mad Libs 1:30- Resident Council 2:15- Watercolor Bookmarks 3- Happy Hour- Joyce Karchere, Singer 5:30- Daily Riddle 6- Movie: The Notebook	17 9- Daily Chronical 10- Zumba 10:30- Shabbat 11- Neurobics: Guess 10! 11- Romeo Club- Pizza Party 1:30- Blanket Making 2:15- Friday Series: The Crown 3:15- Grab & Go! 5:30- Daily Riddle 6- Movie: Cinderella Man	18 9- Daily Chronical 10- Move & Stretch 11- Neurobics: Left, Right, 1:30- Puzzles Aplenty! 2:15- Sing Along w/Rorie 2:30- NFL Playoffs 3- Happy Hour Bingo 5:30- Daily Riddle 6- Broadway Night: 42nd Street & Popcorn 6:15- NFL Playoffs
19 9- Daily Chronical 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11- Neurobics: Hangman 1- NFL Playoffs 1:30- Card Making 3- Cranium Challenge 4:30- NFL Playoffs 5:30- Daily Riddle 6- Documentary: Becoming & Popcorn	20 Martin Luther King Day <i>** Shopping Trips**</i> 9- Daily Chronical 10- Exercise w/Empower Me 11- Neurobics: MLK Trivia 1:30- Joy Ride: Sedalia/Jesuit Retreat House 2- National Civil Rights Museum Tour (Virtual) 3:15- Current News w/Rorie 5:30- Daily Riddle 6- Movie: Selma	21 9- Daily Chronical 10- Move & Stretch 11- Neurobics: Wheel of Fortune 11- Mountain Man 12- Tuesday Toes: Pedicure Outing 1:30- Story Telling with Chris Wells 3- Music Appreciation—The Compositions of Leonard Bernstein 5:30- Daily Riddle 6- Movie: The Butler	22 9- Daily Chronical 10- Move & Stretch 11- Neurobics: Family Feud 11- Outing: Lazy Dog 1:30- Conversation Cubes 2- Armchair Travel: Fiji 3- Mix and Mingle: Apple Pie in a Cup 5:30p- Daily Riddle 6- Movie: The Six Triple Eight	23 National Pie Day 9:15- Tea, Biscuits & Good News 10- Move & Stretch 11- Neurobics: Cranium Crunch 1:30- Terracota Pot Painting 2:15- Pie Tasting 3- Happy Hour- Steve Smith 5:30- Daily Riddle 6- Movie: Dog Gone	24 National Compliment Day 9- Daily Chronical 10- Zumba! 11- Neurobics: Twister Trivia 11- Romeo Club 1:30- Community Connect- Bonnie & Diane 2:15- Friday Series: The Crown 3:15- Sip & Paint (MT) 5:30- Daily Riddle 6- Movie: The Long Game	25 9- Daily Chronical 10- Move & Stretch 11- Neurobics: The Price is Right 1:30- Creative Expressions 2:15- Sing Along w/Rorie 3- Happy Hour Bingo 5:30- Daily Riddle 6- Broadway Night: Bye Bye Birdie & Popcorn
26 9- Daily Chronical 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11- Neurobics: Tongue Twisters 1:30- Blanket Making 2:15- Chuck the Duck 3- NFL Playoffs 5:30- Daily Riddle 6- Documentary: The Mystery of Marilyn Monroe & Popcorn	27 <i>** Shopping Trips**</i> 9- Daily Chronical 10- Exercise w/Empower Me 10:30- Arapahoe Library 11- Neurobics: Guess 10! 1:30- Joy Ride: Red Rocks 2- Heart Watercolor Canvases 3:15- Current News w/Rorie 5:30- Daily Riddle 6- Movie: Rescued By Ruby	28 National Lego Day 9- Daily Chronical 10- Move & Stretch 11- Neurobics: Gratitude Bingo 1:30- Rock Garden Painting 2:15- Art Appreciation—Famous Impressionistic Artists 3- Card Club: Blackjack 5:30- Daily Riddle 6- Movie: The Pursuit of Happyness	29 National Puzzle Day 9- Daily Chronical 10- Move & Stretch 11- Neurobics: Family Feud 11- Outing: Red Lobster 1:30- Bowling! 2:15: Jewelry Making 3- Mix and Mingle: Shirley Temple Party Punch 5:30p- Daily Riddle 6- Movie: Baby Boom	30 9:15- Tea, Biscuits & Good News 10- Move & Stretch 11- Neurobics: Cranium Crunch 1- Zuma's Ranch Art Class Outing 2:15- Making an Impact 3- Happy Hour- Performer 5:30- Daily Riddle	31 National Hot Chocolate Day 9- Daily Chronical 10- Zumba! 11- Neurobics: Twister Trivia 11- Romeo Club—Snarf's 1:30- Hot Chocolate Bar 2:15- Friday Series: The Crown 3:15- Grab & Go! 5:30- Daily Riddle 6- Movie: The Hill	