


# Essentials

# 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><b>Red = Productivity &amp; Purpose</b></p> <p><b>Purple = Leisure &amp; Fun</b></p> <p><b>Green = Self-Care (Mind/Body/Spirit) to include Art (AT), Movement (MOT), Music (MT) &amp; Animal Assisted Therapy (AAT)</b></p> <p><b>Blue = Rest &amp; Restoration</b></p> <p><b>Neurobics = Brain Exercises</b></p>	 <p><b>Happy Birthday!!</b></p> <p>Carol G.—January 6th Phyllis K.—January 8th Rickie C.—January 13th Sylvia H.—January 22nd</p>	<p><b>1 New Year's Day</b> <b>National Bloody Mary Day</b></p> <p>9- <b>Daily Chronical</b> 10- <b>Move &amp; Stretch (MOT)</b> 11- <b>Discussion: New Beginnings</b> 1:15- <b>Keep Current w/Rorie (LR)</b> 2- <b>Janet Joe on Piano (LR)</b> 3:15- <b>Mix and Mingle: Bloody Mary Bar</b> 5:30- <b>Daily Riddle</b> 6- <b>Movie: The Peanut Butter Falcon</b></p>	<p><b>2</b></p> <p>9:15- <b>Tea, Biscuits &amp; Good News</b> 10- <b>Move &amp; Stretch</b> 11- <b>Neurobics: Mad Libs</b> 1- <b>Book Club</b> 1:30- <b>Snowball Fight!</b> 2:15- <b>Giant Crossword</b> 3- <b>Happy Hour- John Crabtree!</b> 5:30- <b>Daily Riddle</b> 6- <b>Movie: Mowgli—Legend of the Jungle</b></p>	<p><b>3</b></p> <p>9- <b>Daily Chronical</b> 10- <b>Zumba!</b> 11- <b>Romeo Club Lunch</b> 11- <b>Discussion: 2025 Goals</b> 1:30- <b>2025 Activity Meeting</b> 2:15- <b>Jewelry Making</b> 3:15- <b>Grab &amp; Go!</b> 5:30- <b>Daily Riddle</b> 6- <b>Movie: Starsky &amp; Hutch</b></p>	<p><b>4 National Trivia Day</b></p> <p>9- <b>Daily Chronical</b> 10- <b>Move &amp; Stretch</b> 11- <b>Neurobics: Music Trivia</b> 1- <b>Flower Arranging (LR)</b> 2:15- <b>Sing Along!</b> 3- <b>Happy Hour Bingo</b> 5:30- <b>Daily Riddle</b> 6- <b>Broadway Night: Les Miserables in Concert &amp; Popcorn</b></p>
<p><b>5</b></p> <p>9- <b>Daily Chronical</b> 9- <b>Catholic Mass</b> 10- <b>Move &amp; Stretch</b> 11- <b>Protestant Service</b> 11- <b>Neurobics: Hangman</b> 11- <b>NFL Games Week 18</b> 1:30- <b>Suncatchers</b> 2:15- <b>Choose Your Own Adventure</b> 3- <b>Twister Trivia</b> 5:30- <b>Daily Riddle</b> 6- <b>Documentary: Return of the King: Elvis Presley</b></p>	<p><b>6 National Cuddle Up Day</b></p> <p>8:30-11:30- <b>Shopping Trips</b> 9- <b>Daily Chronical</b> 10- <b>Exercise w/Empower Me</b> 11- <b>Neurobics: Jeopardy</b> 11:30- <b>Lunch w/Rorie</b> 1:30- <b>Joy Ride: A Look Around Lakewood</b> 2- <b>Puzzles Aplenty!</b> 3:15- <b>Current News w/Rorie</b> 5:30- <b>Daily Riddle</b> 6- <b>Movie: Maid in Manhattan</b></p>	<p><b>7</b></p> <p>9- <b>Daily Chronical</b> 10- <b>Move &amp; Stretch</b> 11- <b>Discussion: Gratitude</b> 1:30- <b>Zuma's Rescue Ranch Presentation/Q&amp;A</b> 2:30- <b>Music Appreciation—Andrea Bocelli &amp; the Three Tenors</b> 3- <b>January Birthday Party—Janet Joe on Piano</b> 5:30- <b>Daily Riddle</b> 6- <b>Movie: The Book Club</b></p>	<p><b>8</b></p> <p>9- <b>Daily Chronical</b> 10- <b>Move &amp; Stretch</b> 11- <b>Neurobics: Roll Until You Can't</b> 11- <b>Outing: 2 Penguins Tap &amp; Grill</b> 1:30- <b>Ceramics Art Class w/Vanessa</b> 2:15- <b>Armchair Travel: Iceland</b> 3:15- <b>Mix and Mingle: Afternoon Mimosas &amp; Jack Ward on Fiddle</b> 5:30- <b>Daily Riddle</b> 6- <b>Movie: Mr. &amp; Mrs. Smith</b></p>	<p><b>9</b></p> <p>9:15- <b>Tea, Biscuits &amp; Good News</b> 10- <b>Exercise- Yoga</b> 11- <b>Neurobics: Cranium Crunch</b> 1:30- <b>Chef Chat- Gershwin</b> 2:15- <b>Aromatherapy Playdough</b> 3- <b>Happy Hour – Rick Iracki</b> 5:30- <b>Daily Riddle</b> 6- <b>Movie: Queen Bees</b></p>	<p><b>10 Fast of Tevet 10</b></p> <p>9- <b>Daily Chronical</b> 10- <b>Move &amp; Stretch</b> 11- <b>Discussion: Community</b> 11- <b>Romeo Club Lunch</b> 1:30- <b>Community Connect—Mel &amp; Lou</b> 2:15- <b>Sip &amp; Paint</b> 3- <b>Essentials Friday Series</b> 5:30- <b>Daily Riddle</b> 6- <b>Movie: Good Will Hunting</b></p>	<p><b>11</b></p> <p>9- <b>Daily Chronical</b> 10- <b>Move &amp; Stretch</b> 11- <b>Neurobics: The Price is Right</b> 1- <b>Flower Arranging (LR)</b> 2:15- <b>Sing Along!</b> 2:30- <b>NFL Playoffs</b> 3- <b>Happy Hour Bingo</b> 5:30- <b>Daily Riddle</b> 6- <b>Broadway Night: Oklahoma &amp; Popcorn</b> 6- <b>NFL Playoffs</b></p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>12</b> 9- Daily Chronical 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11— Discussion: Self Care 1.30— Creative Expressions 2:30— Paint Spinning (LR) 2:30— NFL Playoffs 3— Axe Throwing 5:30- Daily Riddle 6— <b>Documentary:</b> Apollo 13 Survival & Popcorn	<b>13 <i>**Shopping Trips**</i></b> 9- Daily Chronical 10- Exercise w/Empower Me 10:30— Arapahoe Library 11— Neurobics: State Plates 11:30: Lunch w/Rorie 1— Mountain Man 1:30— <b>Joy Ride: Denver Univ.</b> 2— Watercolor Bookmarks 3:15— <b>Current News w/Rorie</b> 5:30- Daily Riddle 6— <b>Movie:</b> Grumpier Old Men 6:15— NFL Playoffs	<b>14</b> 9- Daily Chronical 10- Move & Stretch 11— Discussion: Fave Foods 1:30— <b>Teaching Kitchen with Gershwin</b> 2:15— Art Appreciation—The Most Beautiful Churches & Temples Around the World 3— <b>Card Club: Blackjack</b> 5:30- Daily Riddle 6- <b>Movie:</b> Me Before You	<b>15 Martin Luther King's B-day</b> 9- Daily Chronical 10- Move & Stretch (MOT) 11— Neurobics: Family Feud 11- <b>Outing: Black Eyed Pea</b> 1:30— Armchair Travel: Singapore 2:15— Build Your Own: Fruit Pizza 3- <b>Mix and Mingle: Margaritas &amp; Mocktails &amp; Jack Ward</b> 5:30p- Daily Riddle 6- <b>Movie:</b> The Rosa Parks Story	<b>16</b> 9:15— Tea, Biscuits & Good News 10- Exercise: Yoga 10:30— <b>Challah</b> 11- Neurobics: Mad Libs 1:30- Essentials Outing— Perfect Pets 2:15— <b>Resident Council</b> 3- <b>Happy Hour— Joyce Karchere, Singer</b> 5:30- Daily Riddle 6- <b>Movie:</b> The Notebook	<b>17</b> 9- Daily Chronical 10- Zumba 10:30— <b>Shabbat</b> 11- Discussion: Weekend Fun 11- <b>Romeo Club— Pizza Party</b> 1:30— Essentials Friday Series 2:15— Blanket Making 3:15— <b>Grab &amp; Go!</b> 5:30- Daily Riddle 6- <b>Movie:</b> Cinderella Man	<b>18</b> 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Left, Right, 1— Flower Arranging (LR) 2:15— Sing Along! 2:30— NFL Playoffs 3— <b>Happy Hour Bingo</b> 5:30— Daily Riddle 6- <b>Broadway Night:</b> 42nd Street & Popcorn 6:15— NFL Playoffs
<b>19</b> 9- Daily Chronical 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11— Neurobics: Hangman 1— NFL Playoffs 1:30— Card Making 3— Handprint Canvas Art (LR) 4:30— NFL Playoffs 5:30- Daily Riddle 6— <b>Documentary:</b> Becoming & Popcorn	<b>20 Martin Luther King Day</b> <i>**Shopping Trips**</i> 9- Daily Chronical 10— Exercise w/Empower Me 11— Discussion: MLK Day 11:30: Lunch w/Rorie 1:30— <b>Joy Ride: Sedalia/Jesuit Retreat House</b> 2— National Civil Rights Museum Tour (Virtual) 3:15— <b>Current News w/Rorie</b> 5:30- Daily Riddle 6- <b>Movie:</b> Selma	<b>21</b> 9- Daily Chronical 10- Move & Stretch 11- Neurobics: Wheel of Fortune 11— Mountain Man 12— <b>Tuesday Toes: Pedicure Outing</b> 1:30— <b>Story Telling with Chris Wells</b> 3— Music Appreciation— The Compositions of Leonard Bernstein 5:30- Daily Riddle 6- <b>Movie:</b> The Butler	<b>22</b> 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Family Feud 11- <b>Outing: Lazy Dog</b> 1:15— Keep Current w/Rorie! (LR) 2— Janet Joe on Piano (LR) 3- <b>Mix and Mingle: Apple Pie in a Cup</b> 5:30p- Daily Riddle 6- <b>Movie:</b> The Six Triple Eight	<b>23 National Pie Day</b> 9:15— Tea, Biscuits & Good News 10- Move & Stretch 11- Neurobics: Cranium Crunch 1:30— David Harrower (LR) 2:15— Pie Tasting 3- <b>Happy Hour— Steve Smith</b> 5:30- Daily Riddle 6- <b>Movie:</b> Dog Gone	<b>24 National Compliment Day</b> 9- Daily Chronical 10- Zumba! 11— Discussion: Friendships 11- <b>Romeo Club</b> 1:30- <b>Community Connect— Bonnie &amp; Diane</b> 2:15- <b>Sip &amp; Paint</b> 3:15— Essentials Friday Series 5:30- Daily Riddle 6- <b>Movie:</b> The Long Game	<b>25</b> 9- Daily Chronical 10- Move & Stretch 11- Neurobics: The Price is Right 1— Flower Arranging (LR) 2:15— Sing Along! 3- <b>Happy Hour Bingo</b> 5:30— Daily Riddle 6- <b>Broadway Night:</b> Bye Bye Birdie & Popcorn
<b>26</b> 9- Daily Chronical 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11— Discussion: Pets 1:30— Blanket Making 2:30— Tover Labs (LR) 3— NFL Playoffs 5:30- Daily Riddle 6- <b>Documentary:</b> The Mystery of Marilyn Monroe & Popcorn	<b>27 <i>**Shopping Trips**</i></b> 9- Daily Chronical 10- Exercise w/Empower Me 10:30— Arapahoe Library 11— Neurobics: Guess 10! 11:30: Lunch w/Rorie 1— Mark Paulson (LR) 1:30— <b>Joy Ride: Red Rocks</b> 2— Rock Garden Painting 3:15— <b>Current News w/Rorie</b> 5:30- Daily Riddle 6- <b>Movie:</b> Rescued By Ruby	<b>28 National Lego Day</b> 9- Daily Chronical 10- Move & Stretch 11— Discussion: Horses 1:30— Heart Watercolor Canvases 2:15— Art Appreciation— Famous Impressionistic Artists 3— <b>Card Club: Blackjack</b> 5:30— Daily Riddle 6— <b>Movie:</b> The Pursuit of Happyness	<b>29 National Puzzle Day</b> 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Family Feud 11- <b>Outing: Red Lobster</b> 1:15— Keep Current w/ Rorie! 2:15: Singing with Ken W. (LR) 3- <b>Mix and Mingle: Shirley Temple Party Punch</b> 5:30p- Daily Riddle 6- <b>Movie:</b> Baby Boom	<b>30</b> 9:15— Tea, Biscuits & Good News 10- Move & Stretch 11- Neurobics: Cranium Crunch 1— <b>Zuma's Ranch Art Class Outing</b> 2:15— <b>Making an Impact</b> 3- <b>Happy Hour— Performer</b> 5:30- Daily Riddle 6- <b>Movie:</b> What About Bob?	<b>31 National Hot Chocolate Day</b> 9- Daily Chronical 10- Zumba! 11— Discussion: Traditions 11- <b>Romeo Club—Snarf's</b> 1:30- <b>Hot Chocolate Bar</b> 2:15- Friday Series: The Crown 3:15- <b>Grab &amp; Go!</b> 5:30- Daily Riddle 6- <b>Movie:</b> The Hill	