


Legacy Ridge

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, Movement, Music & Animal Assisted Therapy</p> <p>Blue = Rest & Restoration</p> <p>Neurobics = Brain Exercises</p> <p>Tover Labs = Tovertafel Games (click on link). "Purposeful Play" designed to improve the lives of individuals living w/dementia.</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>9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics</p> <p>11:15– Oshibori 12:30— Family Feud 1:15- Keep Current w/Rorie!</p> <p>2- Janet Joe on Piano 3- Mix & Mingle: Virgin Bloody Mary Bar 4- Oshibori 5:30– Restful Relaxation 6– Musical: 42nd Street</p>	<p>2</p> <p>9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics</p> <p>11:15– Oshibori 12:30– Mad Libs 1:15– Calendar Colors 2– Tover Labs 3– Happy Hour w/John Crabtree 4– Oshibori 5:30– Visual Tranquility 6– Movie: Gone With the Wind</p>	<p>3</p> <p>9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics</p> <p>11:15– Oshibori 12:30– Guess 10! 1– Joyride 1:30- Creative Expressions 2:30- Musical Shakers/Rain Makers 3:15- Chair Volleyball 4– Oshibori 5:30– Visual Tranquility 6– Nature Documentary</p>	<p>4 National Trivia Day</p> <p>9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics</p> <p>11:15– Oshibori 12:30– Music Trivia 1– Flower Arranging 1:45– Tover Labs 2:30– Hallway Hockey 3– Happy Hour Bingo 4– Oshibori 5:30– Reminiscing 6– Movie: Westside Story</p>
<p>5</p> <p>9- Catholic Mass 9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics</p> <p>11:15– Oshibori 12:30- Hangman 1:15– Armchair Travel 2:30– Tover Labs 3:15– Chuck the Duck 4– Oshibori 5:30– Restful Relaxation 6– Musical: Peter Pan</p>	<p>6 National Cuddle Up Day</p> <p>9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics</p> <p>11:15– Oshibori 12:30- Roll Until You Can't! 1:15– Sun Catchers 2:30– Chair Soccer 3:15- Cranium Crunch 4– Oshibori 5:30– Visual Tranquility 6– Nature Documentary</p>	<p>7</p> <p>9:15– Tunes Through Time 10- Yoga w/Martha 10:30- Daily Chronicle/ Neurobics</p> <p>11:15– Oshibori 12:30– Wheel of Fortune 1:00– Lizzy Luppino 1:30- Zuma's Rescue Ranch Presentation/Q&A 2:15– Tover Labs 3:15- Starfish Button Art 4– Oshibori 5:30– Reminiscing 6– Movie: Casablanca</p>	<p>8</p> <p>9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics</p> <p>11:15– Oshibori 12:30– Cranium Crunch 1:15– Keep Current w/Rorie! 2- Musical Memories 3– Mix & Mingle– Afternoon Mimosa Mocktails & Jack Ward on Fiddle 4– Oshibori 5:30– Restful Relaxation 6– Musical: Show Boat</p>	<p>9</p> <p>9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics</p> <p>11:15– Oshibori 12:30– Twister Trivia 1:30-2:30– Mark Paulson 3– Happy Hour- Jonathan Sherrill 3– Creative Expressions 4– Oshibori 5:30– Visual Tranquility 6– Movie: The Best Years of Our Lives</p>	<p>10 Fast of Tevet 10</p> <p>9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics</p> <p>11:15– Oshibori 12:30– Guess 10! 1– Joyride 2– Creative Expressions (AT) 2:30– Snow Globes 3:15– Sensory Sounds 4– Oshibori 5:30– Visual Tranquility 6– Nature Documentary</p>	<p>11</p> <p>9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics</p> <p>11:15– Oshibori 12:30– Go Fish! 1- Flower Arranging 1:45- Tover Labs 2:30– Terracotta Pot Painting 3– Happy Hour Bingo 4– Oshibori 5:30- Restful Relaxation 6– Movie: Benji</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12 9- Catholic Mass 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- State Plates 1:15- Armchair Travel 2:30- Paint Spinning 3:15- Balloon Tennis 4- Oshibori 5:30- Restful Relaxation 6- Musical: Cats	13 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Tongue Twisters 1:15- Mason Jar Centerpieces 2:30- Axe Throwing 3:15- Tover Labs 4- Oshibori 5:30- Visual Tranquility 6- Nature Documentary	14 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Who, What, Where 1:15- Marble Paint Art 2:30- Bean Bag Twister 3:15- Tover Labs 4- Oshibori 5:30- Restful Relaxation 6- Movie: The Star	15 Martin Luther King's B-day 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Music Trivia 1:15- Keep Current w/Rorie! 2:30- Musical Memories 3- Mix & Mingle: Margaritas & Mocktails & Jack Ward 4- Oshibori 5:30- Visual Tranquility 6- Musical: Singin' In the Rain	16 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Mad Libs 1:15- Sensory Art w/Vanessa Hayes 2- Tover Labs 3- Happy Hour- Joyce Karchere, Singer 4- Oshibori 5:30- Reminiscing 6- Movie: South Pacific	17 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Guess 10! 1- Joyride 1- Creative Expressions 2:30- Axe Throwing 3:15- Soothing Sounds 4- Oshibori 5:30- Restful Relaxation 6- Nature Documentary	18 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Cranium Crunch 1- Flower Arranging 1:45- Balloon Volleyball 2:30- Fruit Pizza Making 3- Happy Hour Bingo 4- Oshibori 5:30- Visual Tranquility 6- Movie: The Band Wagon
19 9- Catholic Mass 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- The Price is Right 1- Armchair Travel 1:45- Colorful Quotes 2:30- Beach Ball Volleyball 3:15- Handprint Canvas Art 4- Oshibori 5:30- Restful Relaxation 6- Musical: Gypsy	20 Martin Luther King Day 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Roll Until You Can't 1:15- Glass Painting 2:30- Walk About 3:15- Tover Labs 4- Oshibori 5:30- Visual Tranquility 6- Nature Documentary	21 9:15- Tunes Through Time 9:45- Yoga w/Martha 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Go Fish! 1- Lizzy Lupino 1:30- Story Telling w/Chris Wells 2:15- Creative Expressions 3- Sensory Sounds 4- Oshibori 5:30- Restful Relaxation 6- Movie: Sabrina	22 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Music Trivia 1:15- Keep Current w/Rorie! 2- Janet Joe on Piano 3- Mix & Mingle: Apple Pie in a Cup 4- Oshibori 5:30- Reminiscing 6- Musical: Oklahoma	23 National Pie Day 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Tover Labs 1:30- David Harrower 2:30- Puzzles Aplenty 3- Happy Hour- Steve Smith 4- Oshibori 5:30- Restful Relaxation 6- Movie: Roman Holiday	24 National Compliment Day 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Yahtzee! 1- Joyride 1- Creative Expressions 2:30- Aromatherapy Playdough 3:15- Bean Bag Twister 4- Oshibori 5:30- Visual Tranquility 6- Nature Documentary	25 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Scrabble 1- Flower Arranging 1:45- Chuck the Duck 2:30- Tover Labs 3- Happy Hour Bingo 4- Oshibori 5:30- Reminiscing 6- Movie: Sabrina
26 9- Catholic Mass 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Who, What, Where 1- Armchair Travel 1:45- Balloon Tennis 2:30- Tover Labs 3:15- Stamp Collages 4- Oshibori 5:30- Restful Relaxation 6- Musical: Bye Bye Birdie	27 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Twister Trivia 1- Mark Paulson 2:15- Football Toss 3- Puzzles Aplenty 4- Oshibori 5:30- Visual Tranquility 6- Nature Documentary	28 National Lego Day 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Hangman 1- Watercolor Bookmarks 1- Jewelry Making 1:45- Tover Labs 3- Lego Creations 4- Oshibori 5:30- Restful Relaxation 6- Movie: My Blue Heaven	29 National Puzzle Day 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Music Trivia 1:15- Keep Current w/Rorie 2- Singing w/Ken W. 3- Mix & Mingle: Shirley Temple Party Punch 4- Oshibori 5:30- Reminiscing 6- Musical: Carousel	30 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Family Feud 1- Zuma's Ranch Art Class Outing 2- Tover Labs 3- Happy Hour w/Deb Shear 4- Oshibori 5:30- Restful Relaxation 6- Movie: The Secret Life of Pets	31 National Hot Chocolate Day 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Guess 10! 1- Joyride 1- Creative Expressions 2:30- Hot Chocolate Bar 3:15- Bowling! 4- Oshibori 5:30- Visual Tranquility 6- Nature Documentary	