


Assisted Living

February 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| <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>Mary Beth M. - February 4th Liz M.- February 12th Carol S. - February 17th Diane C. - February 18th Marty B. - February 18th Pidgeon H. - February 20th Barbara S. - February 22nd</p> | <p>Please Note</p> <p>Our theme this month is “Acts of Love” with weekly activities centered around giving back. We’ll also be focusing on heart health as it’s American Heart month.</p> <p><u>Post It Love</u> <u>Zuma’s Rescue Ranch</u> <u>Wish of a Lifetime</u> <u>Colorado Senior Board Game Championship</u></p> | | | <p>1 Acts of Service Saturday National Singing Day! Senior Bowl</p> <p>9- Daily Chronical 10- Move & Stretch 11- Neurobics: Music Trivia 1:30- Post It Love project & Heart Garland for LR 2:15- Card Competitions 3- Happy Hour Bingo 5:30- Daily Riddle 6- Broadway Night: Music Man & Popcorn</p> |
| <p>2 Groundhog Day Pro Bowl Games</p> <p>6:30-Groundhog Day Live Stream 9- Daily Chronical 9- Catholic Mass 10- Move & Stretch 11- Protestant Service 11- History of Groundhog Day 1:30- Musical Documentary: Buddy Holly 2:15- Game Time - Uno! (CSBGC game) 3 - Art w/Tony 3- 6 - Pro Bowl Game Party! 5:30- Daily Riddle 6- Movie: Groundhog Day</p> | <p>3</p> <p>**Shopping Trips**</p> <p>9- Daily Chronical 10- Exercise w/Empower Me 11- Neurobics: Jeopardy 11- Mountain Man 1:30- Joy Ride: Auraria Campus 2:15 - Heart Wreaths 3:15- Current News w/Rorie 5:30- Daily Riddle 6- Movie: Remember the Titans & Popcorn</p> | <p>4 Rosa Park’s Day</p> <p>9- Daily Chronical 10- Move & Stretch 11- Neurobics: Wheel of Fortune 1:30- Colorado Senior Board Game Championship 2:30- Music Appreciation - the Life & Music of Leonard Bernstein 3- Card Club: Blackjack 5:30- Daily Riddle 6- Movie: The Green Book</p> | <p>5</p> <p>9- Daily Chronical 10- Move & Stretch 11- Neurobics: Roll Until You Can’t 11- Lunch Outing: Perfect Landing 1:30- Armchair Travel: Korea 2:15- Canvas Composition w/Tony 3:15- Mix and Mingle: Cran-Raspberry Spritzer 5:30- Daily Riddle 6- Movie: The Blind Side & Popcorn</p> | <p>6</p> <p>9:15- Tea, Biscuits & Good News 10- Exercise- Yoga 11- Neurobics: Cranium Crunch 1:30 - Card Making for Service Men 2:15- Games Galore! 3- Happy Hour – John Crabtree 5:30- Daily Riddle 6- Movie: The Secret Life of Walter Mitty</p> | <p>7 National Wear Red Day!</p> <p>9- Daily Chronical 10- Move & Stretch 11- American Heart Health Month Discussion 11- Romeo Club Lunch - Chick-Fil-A 1:30- Community Connect— Gail & Bill 2:15- Friday Series: The Crown 3- Sip & Paint 5:30- Daily Riddle 6- Movie: 21!</p> | <p>8 Acts of Service Saturday</p> <p>9- Daily Chronical 10- Move & Stretch 11- Neurobics: The Price is Right 1- Zuma’s Rescue Ranch Candy Egg project 2:15- Card Competitions 3- Happy Hour Bingo 5:30- Daily Riddle 6- Broadway Night: Mama Mia & Popcorn</p> |

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| <p>9 SUPER BOWL SUNDAY!!</p> <p>9- Daily Chronical</p> <p>9—Catholic Mass</p> <p>10- Move & Stretch</p> <p>11—Protestant Service</p> <p>11— Neurobics: Tongue</p> <p>1.30— Super Bowl History Trivia</p> <p>2:15 - Superbowl BINGO!</p> <p>3 - Super Bowl Happy Hour</p> <p>4:30 - Super Bowl Party!</p> <p><i>*No Movie due to Super Bowl</i></p> | <p>10 ** Shopping Trips**</p> <p>9- Daily Chronical</p> <p>10:30— Arapahoe Library</p> <p>10- Exercise w/Empower Me</p> <p>11— Neurobics: State Plates</p> <p>1— Mountain Man</p> <p>1:30- Joy Ride: What's New on Sheridan Blvd.</p> <p>2 - Filled With Love - Mason Jar Craft</p> <p>3:15— Current News w/Rorie</p> <p>5:30- Daily Riddle</p> <p>6— Movie: Anchorman</p> | <p>11</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11— Neurobics: Who, What, Where</p> <p>1:30— Valentine Cork Hearts</p> <p>2— Art Appreciation - Art of Romantic Painters</p> <p>3— February Birthday Party— Janet Joe on Piano</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Sweet Home Alabama</p> | <p>12</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch (MOT)</p> <p>11— Neurobics: Family Feud</p> <p>11— Lunch Outing: Maggiano's</p> <p>1:30— Armchair Travel: Japan</p> <p>2:15— Canvas Composition w/Tony</p> <p>3- Mix and Mingle: Cupid's Floats & Barbara Dawson on piano</p> <p>5:30p- Daily Riddle</p> <p>6- Movie: What About Bob & Popcorn</p> | <p>13 International Friend's Day</p> <p>9:15— Tea, Biscuits & Good News</p> <p>10- Exercise: Yoga</p> <p>10:30— Challah</p> <p>11- Neurobics: Mad Libs</p> <p>1:30- The Best of Lucy & Ethel!</p> <p>2:15— Celebration of Friendship</p> <p>3- Happy Hour— Rick Iraki</p> <p>5:30- Daily Riddle</p> <p>6- Movie: My Cousin Vinny</p> | <p>14 Valentine's Day</p> <p>9- Daily Chronical</p> <p>10- Zumba</p> <p>10:30— Shabbat</p> <p>11- Neurobics: Guess 10!</p> <p>11- Romeo Club Lunch</p> <p>12—ROMEO Club Movie— 30 Seconds Over Tokyo</p> <p>1:30— Cookie decorating</p> <p>2:15— Friday Series: The Crown</p> <p>3:15— Grab & Go!</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Maverick</p> | <p>15 Acts of Service Saturday</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11— Neurobics: Left, Right,</p> <p>1:30— Wish of a Lifetime Project</p> <p>2:15 - Card Competitions</p> <p>3- Happy Hour Bingo</p> <p>5:30— Daily Riddle</p> <p>6- Broadway Night: The Greatest Showman & Popcorn</p> |
| <p>16</p> <p>9- Daily Chronical</p> <p>9—Catholic Mass</p> <p>10- Move & Stretch</p> <p>11—Protestant Service</p> <p>11— Neurobics: Hangman</p> <p>1:30 - Musical Documentary: Dean Martin</p> <p>2:15 - Game Time - Checkers! (CSBGC game)</p> <p>3— Artistic Expressions w/Tony</p> <p>5:30- Daily Riddle</p> <p>6— Documentary: Elizabeth Taylor: The Lost Tapes</p> | <p>17 President's Day</p> <p>Random Acts of Kindness Day</p> <p>** Shopping Trips**</p> <p>9- Daily Chronical</p> <p>10— Exercise w/Empower Me</p> <p>11— Neurobics: MLK Trivia</p> <p>1:30— Joy Ride: Tour of DTC</p> <p>2— Artistic Expressions</p> <p>3:15— Current News w/Rorie</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Kindness is Contagious</p> | <p>18</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11- Neurobics: Wheel of Fortune</p> <p>12— Tuesday Toes: Pedicure Outing</p> <p>1:30— Story Telling with Chris Wells</p> <p>3— Music Appreciation - The Life & Music of George Gershwin</p> <p>3 - Card Club: Blackjack</p> <p>5:30- Daily Riddle</p> <p>6- Movie: When Harry Met Sally</p> | <p>19</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11— Neurobics: Family Feud</p> <p>11— Lunch Outing: Olive Garden</p> <p>1:30- Special Performance Colorado Senior America Showcase!!</p> <p>3- Mix and Mingle: Pink Velvet Fizz</p> <p>5:30p- Daily Riddle</p> <p>6- Movie: Wonder & Popcorn</p> | <p>20 World Day of Social Justice</p> <p>9:15— Tea, Biscuits & Good News</p> <p>10- Move & Stretch</p> <p>11- Neurobics: Cranium Crunch</p> <p>11— ROMEO Lunch Club Outing - J.D's Bait Shop</p> <p>1:30— Chef Chat w/Gershwin!</p> <p>2:15— Hungry Hippos</p> <p>3- Happy Hour— Steve Smith</p> <p>5:30- Daily Riddle</p> <p>6- Movie: The Fabelmans</p> | <p>21</p> <p>9- Daily Chronical</p> <p>10- Zumba!</p> <p>11— Neurobics: Twister Trivia</p> <p>11- Romeo Club Lunch</p> <p>1:30- Community Connect— Barb & J.O.</p> <p>2:15- Friday Series: The Crown</p> <p>3:15— Sip & Paint</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Ocean's 11</p> | <p>22 Acts of Service Saturday</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11- Neurobics: The Price is Right</p> <p>1:30— Special Secret Giving Back Project</p> <p>3— Happy Hour Bingo</p> <p>5:30— Daily Riddle</p> <p>6- Broadway Night: West Side Story & Popcorn</p> |
| <p>23</p> <p>9—Catholic Mass</p> <p>10- Move & Stretch</p> <p>11—Protestant Service</p> <p>11— Neurobics: Tongue Twisters</p> <p>1:30— Musical Documentary: Ray Charles</p> <p>2:15— Game Time - Yahtzee! (CSBGC game)</p> <p>3— Artistic Expressions w/Tony</p> <p>5:30- Daily Riddle</p> <p>6- Documentary: Apollo 13</p> | <p>24 Tortilla Chip Day</p> <p>** Shopping Trips**</p> <p>9- Daily Chronical</p> <p>10- Exercise w/Empower Me</p> <p>10:30— Arapahoe Library</p> <p>11— Neurobics: Guess 10!</p> <p>1:30- Joy Ride: Take Me Home, County Line Road</p> <p>2— Artistic Expressions</p> <p>3:15— Current News w/Rorie</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Queen Bees</p> | <p>25</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11— Neurobics: Gratitude Bingo</p> <p>1:30— Zuma Rescue Ranch Ponies Visit</p> <p>2:30— Art Appreciation— the Life & Music of George Gershwin</p> <p>3— Card Club: Blackjack</p> <p>5:30— Daily Riddle</p> <p>6— Movie: Me Before You & Popcorn</p> | <p>26</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11— Neurobics: Family Feud</p> <p>11- Lunch Outing: Big Daddy's</p> <p>1:30- Armchair Travel: Finland</p> <p>2:15 - Canvas Composition w/Tony</p> <p>3- Mix and Mingle: Cranberry Orange Cocktail</p> <p>5:30p- Daily Riddle</p> <p>6- Movie: Ordinary Angels& Popcorn</p> | <p>27</p> <p>9:15— Tea, Biscuits & Good News</p> <p>10- Move & Stretch</p> <p>11- Neurobics: Cranium Crunch</p> <p>1:30— Teaching Kitchen w/ Gershwin!</p> <p>3- Happy Hour - Joyce Karchere singing!</p> <p>5:30- Daily Riddle</p> <p>6- Movie: It's Complicated</p> | <p>28 Ramadon Starts</p> <p>9- Daily Chronical</p> <p>10- Zumba!</p> <p>11— Neurobics: Twister Trivia</p> <p>11- Romeo Club Lunch - Beer Tasting</p> <p>1:30- Cupcake Creations</p> <p>2:15- Friday Series: The Crown</p> <p>3:15- Grab & Go!</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Croupier</p> | |