


# Essentials

# February 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>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><b>Please Note</b></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><a href="#">Post It Love</a></u> <u><a href="#">Zuma’s Rescue Ranch</a></u> <u><a href="#">Wish of a Lifetime</a></u> <u><a href="#">Colorado Senior Board Game Championship</a></u></p>			<p><b>1 Acts of Service Saturday National Singing Day! Senior Bowl</b></p> <p>9- <b>Daily Chronical</b> 10- <b>Move &amp; Stretch</b> 11- <b>Neurobics: Music Trivia</b> 1:30- <b>Post It Love project &amp; Heart Garland for LR</b> 2:15- <b>Card Competitions</b> 3- <b>Happy Hour Bingo</b> 5:30- <b>Daily Riddle</b> 6- <b>Broadway Night: Music Man &amp; Popcorn</b></p>
<p><b>2 Groundhog Day Pro Bowl Games</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> 1:30- <b>Musical Documentary: Buddy Holly</b> 2:15- <b>Game Time - Uno! (CSBGC game)</b> 3 - <b>Artistic Expressions w/Tony</b> 3- 6 - <b>Pro Bowl Game Party!</b> 5:30- <b>Daily Riddle</b> 6- <b>Movie: Groundhog Day</b></p>	<p><b>3</b> <b>**Shopping Trips**</b></p> <p>9- <b>Daily Chronical</b> 10- <b>Exercise w/Empower Me</b> 11- <b>Discussion: Giving Back</b> 11- <b>Mountain Man</b> 1 - <b>Heart Wreaths (LR)</b> 1:30- <b>Joy Ride: Auraria Campus</b> 2:30 - <b>Everybody Loves Grace Book 1 (LR)</b> 3:15- <b>Current News w/Rorie</b> 5:30- <b>Daily Riddle</b> 6- <b>Movie: Remember the</b></p>	<p><b>4 Rosa Park’s Day</b></p> <p>9- <b>Daily Chronical</b> 10- <b>Move &amp; Stretch</b> 11- <b>Neurobics: Wheel of Fortune</b> 1:30- <b>Colorado Senior Board Game Championship</b> 2:30- <b>Music Appreciation - the Life &amp; Music of Leonard Bernstein</b> 3- <b>Card Club: Blackjack</b> 5:30- <b>Daily Riddle</b> 6- <b>Movie: The Green Book</b></p>	<p><b>5</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>Lunch Outing: Perfect Landing</b> 1:15- <b>Keep Current with Rorie (LR)</b> 2:15- <b>Canvas Composition w/Tony</b> 3:15- <b>Mix and Mingle: Cran-Raspberry Spritzer</b> 5:30- <b>Daily Riddle</b> 6- <b>Movie: The Blind Side</b></p>	<p><b>6</b></p> <p>9:15- <b>Tea, Biscuits &amp; Good News</b> 10- <b>Exercise- Yoga</b> 11- <b>Discussion: Heart Health</b> 1:30 - <b>Card Making for Service Men</b> 2 - <b>Putt Putt Golf (LR)</b> 3- <b>Happy Hour – John Crabtree</b> 5:30- <b>Daily Riddle</b> 6- <b>Movie: The Secret Life of Walter Mitty</b></p>	<p><b>7 National Wear Red Day!</b></p> <p>9- <b>Daily Chronical</b> 10- <b>Move &amp; Stretch</b> 11- <b>Neurobics: Twister Trivia</b> 11- <b>Romeo Club Lunch - Chick-Fil-A</b> 1:30- <b>Community Connect— Gail &amp; Bill</b> 2:15- <b>Friday Series: The Crown</b> 3- <b>Sip &amp; Paint</b> 5:30- <b>Daily Riddle</b> 6- <b>Movie: 21!</b></p>	<p><b>8 Acts of Service Saturday</b></p> <p>9- <b>Daily Chronical</b> 10- <b>Move &amp; Stretch</b> 11- <b>Discussion: Holiday Traditions</b> 1- <b>Zuma’s Rescue Ranch Candy Egg project</b> 1:15 - <b>Flower Arranging (LR)</b> 2:30 - <b>Axe Throwing (LR)</b> 3- <b>Happy Hour Bingo</b> 5:30- <b>Daily Riddle</b> 6- <b>Broadway Night: Mama Mia &amp; Popcorn</b></p>

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<p><b>9 SUPER BOWL SUNDAY!!</b></p> <p>9- Daily Chronical  9—Catholic Mass  10- Move &amp; Stretch  11—Protestant Service  11— <b>Discussion: Inspiration</b>  1.30— Super Bowl History Trivia  2:15 - <b>Superbowl BINGO!</b>  3 - Super Bowl Happy Hour  4:30 - <b>Super Bowl Party!</b>  <i>* No Movie Due to Super Bowl</i></p>	<p><b>10 ** Shopping Trips**</b></p> <p>9- Daily Chronical  10:30— Arapahoe Library  10- Exercise w/Empower Me  11— Neurobics: State Plates  1— Mountain Man  1:30- <b>Joy Ride: What's New on Sheridan Blvd.</b>  2 - Filled With Love - Mason Jar Craft  3:15— <b>Current News w/Rorie</b>  5:30- Daily Riddle  6— <b>Movie:</b> Anchorman</p>	<p><b>11</b></p> <p>9- Daily Chronical  10- Move &amp; Stretch  11— Neurobics: Who, What, Where  1:30— Valentine Cork Hearts  2— Art Appreciation - Art of Romantic Painters  3— <b>February Birthday Party— Janet Joe on Piano</b>  5:30- Daily Riddle  6- <b>Movie:</b> Sweet Home Alabama</p>	<p><b>12</b></p> <p>9- Daily Chronical  10- Move &amp; Stretch (MOT)  11— <b>Discussion: Bucket Lists</b>  11— <b>Lunch Outing: Maggiano's</b>  1:15 - Keep Current w/Rorie (LR)  2:15— <b>Canvas Composition w/Tony</b>  3- <b>Mix and Mingle: Cupid's Floats &amp; Barbara Dawson on piano</b>  5:30p- Daily Riddle  6- <b>Movie:</b> What About Bob &amp; Popcorn</p>	<p><b>13 International Friend's Day</b></p> <p>9:15— Tea, Biscuits &amp; Good News  10- Exercise: Yoga  10:30— <b>Challah</b>  11— <b>Essentials Lunch Outing</b>  1:30- The Best of Lucy &amp; Ethel!  2:30 - Conversation Catch (LR)  3- <b>Happy Hour— Rick Iraki</b>  5:30- Daily Riddle  6- <b>Movie:</b> My Cousin Vinny</p>	<p><b>14 Valentine's Day</b></p> <p>9- Daily Chronical  10- Zumba  10:30— <b>Shabbat</b>  11- Neurobics: Guess 10!  11- <b>Romeo Club Lunch</b>  <b>12—Romeo Club Movie— 30 Seconds Over Tokyo</b>  1:30— <b>Cookie decorating</b>  2:15— <b>Friday Series: The Crown</b>  3:15— <b>Grab &amp; Go!</b>  3:45 - Read Aloud (LR)  5:30- Daily Riddle  6- <b>Movie:</b> Maverick</p>	<p><b>15 Acts of Service Saturday</b></p> <p>9- Daily Chronical  10- Move &amp; Stretch  11— <b>Discussion: Hopes &amp; Dreams</b>  1:30— <b>Wish of a Lifetime Project</b>  2:30 - Glass Painting (LR)  3- <b>Happy Hour Bingo</b>  5:30— Daily Riddle  6- <b>Broadway Night: The Greatest Showman &amp; Popcorn</b></p>
<p><b>16</b></p> <p>9- Daily Chronical  9—Catholic Mass  10- Move &amp; Stretch  11—Protestant Service  11—<b>Discussion: Weekly Rituals</b>  1:30 - Musical Documentary: Dean Martin  2:30 - Ice Cream Sundae Bar (LR)  5:30- Daily Riddle  6— <b>Documentary:</b> Elizabeth Taylor: The Lost Tapes</p>	<p><b>17 President's Day</b>  <b>Random Acts of Kindness Day</b>  <b>** Shopping Trips**</b></p> <p>9- Daily Chronical  10— Exercise w/Empower Me  11— Neurobics: MLK Trivia  1:15 - Jewelry Making (LR)  1:30— <b>Joy Ride: Tour of DTC</b>  2:30 - Bean Bag Twister (LR)  3:15— <b>Current News w/Rorie</b>  5:30- Daily Riddle  6- <b>Movie:</b> Kindness is Courageous</p>	<p><b>18</b></p> <p>9- Daily Chronical  10- Move &amp; Stretch  11- Neurobics: Wheel of Fortune  12— <b>Tuesday Toes: Pedicure Outing</b>  1:30— <b>Story Telling with Chris Wells</b>  3— Button Art (LR)  3 - <b>Card Club: Blackjack</b>  5:30- Daily Riddle  6- <b>Movie:</b> When Harry Met Sally</p>	<p><b>19</b></p> <p>9- Daily Chronical  10- Move &amp; Stretch  11— <b>Discussion: Hobbies</b>  11— <b>Lunch Outing: Olive Garden</b>  1 - <b>Sensory Art Class w/Vanessa Hayes (LR)</b>  1:30- <b>Special Performance Colorado Senior America Showcase!!</b>  3- <b>Mix and Mingle: Pink Velvet Fizz</b>  5:30p- Daily Riddle  6- <b>Movie:</b> Wonder &amp; Popcorn</p>	<p><b>20 World Day of Social Justice</b></p> <p>9:15— Tea, Biscuits &amp; Good News  10- Move &amp; Stretch  11- Neurobics: Cranium Crunch  1—Canvas Compositions (LR)  1:30— <b>Chef Chat w/Gershwin!</b>  2:15— Hungry Hippos  3- <b>Happy Hour— Steve Smith</b>  5:30- Daily Riddle  6- <b>Movie:</b> The Fabelmans</p>	<p><b>21</b></p> <p>9- Daily Chronical  10- Zumba!  11— <b>Discussion: Service</b>  11- <b>Romeo Club Lunch - Beer Tasting</b>  1:30- <b>Community Connect— Barb &amp; J.O.</b>  2:15- <b>Friday Series: The Crown</b>  3:15— <b>Sip &amp; Paint</b>  3:45 - Read Aloud  5:30- Daily Riddle  6- <b>Movie:</b> Ocean's 11</p>	<p><b>22 Acts of Service Saturday</b></p> <p>9- Daily Chronical  10- Move &amp; Stretch  11- Neurobics: The Price is Right  1 - Flower Arranging (LR)  1:30— <b>Special Secret Giving Back Project</b>  2:30 - Chair Soccer (LR)  3— <b>Happy Hour Bingo</b>  5:30— Daily Riddle  6- <b>Broadway Night: West Side Story &amp; Popcorn</b></p>
<p><b>23</b></p> <p>9—Catholic Mass  10- Move &amp; Stretch  11—Protestant Service  11 - <b>Discussion: Music</b>  1:30— Musical Documentary: Ray Charles  2:15— <b>Game Time - Yahtzee! (CSBGC game)</b>  3— Artistic Expressions w/Tony  5:30- Daily Riddle  6- <b>Documentary:</b> Apollo 13</p>	<p><b>24 Tortilla Chip Day</b>  <b>** Shopping Trips**</b></p> <p>9- Daily Chronical  10- Exercise w/Empower Me  10:30— Arapahoe Library  11— Neurobics: Guess 10!  1—Music: David Harrower (LR)  1:30- <b>Joy Ride: Take Me Home, County Line Road</b>  2:15 - Laughter Yoga (LR)  3:15— <b>Current News w/Rorie</b>  5:30- Daily Riddle  6- <b>Movie:</b> Queen Bees &amp; Popcorn</p>	<p><b>25</b></p> <p>9- Daily Chronical  10- Move &amp; Stretch  11— Neurobics: Gratitude Bingo  1 - Music w/Mark Paulson (LR)  1:30— <b>Zuma Rescue Ranch Ponies Visit</b>  2:30— Art Appreciation— the Life &amp; Music of George Gershwin  3— <b>Card Club: Blackjack</b>  5:30— Daily Riddle  6— <b>Movie:</b> Me Before You</p>	<p><b>26</b></p> <p>9- Daily Chronical  10- Move &amp; Stretch  11— <b>Discussion: Cooking</b>  11- <b>Lunch Outing: Big Daddy's</b>  1:15 - Keep Current w/Rorie (LR)  2:15 - <b>Canvas Composition w/Tony</b>  3- <b>Mix and Mingle: Cranberry Orange Cocktail</b>  5:30p- Daily Riddle  6- <b>Movie:</b> Ordinary Angels &amp; Popcorn</p>	<p><b>27</b></p> <p>9:15— Tea, Biscuits &amp; Good News  10- Move &amp; Stretch  11- Neurobics: Cranium Crunch  1:30— <b>Teaching Kitchen w/ Gershwin!</b>  3- <b>Happy Hour - Joyce Karchere singing!</b>  5:30- Daily Riddle  6- <b>Movie:</b> It's Complicated</p>	<p><b>28 Ramadon Starts</b></p> <p>9- Daily Chronical  10- Zumba!  11— Neurobics: Twister Trivia  11- <b>Romeo Club Lunch</b>  1 - Joyride (LR)  1:30- Cupcake Creations  2:15- <b>Friday Series: The Crown</b>  3:15- <b>Grab &amp; Go!</b>  3:45—Read Aloud (LR)  5:30- Daily Riddle  6- <b>Movie:</b> Croupier</p>	