


Legacy Ridge

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>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>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>Post It Love Zuma's Rescue Ranch Dumb Friends League Colorado Senior Board Game Championship</p>			<p>1 National Singing Day!</p> <p>9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics 11:15- Oshibori 12:30- Music Trivia 1- Flower Arranging 1:45 - Post It Love project & Heart Garland 2:30 - Bean Bag Twister 3- Happy Hour Bingo 3 - Artistic Expressions 4- Oshibori 5:30- Reminiscing 6- Movie: Westside Story</p>
<p>2 Groundhog Day</p> <p>6:30 - Ground Hog Day Live Stream 9- Catholic Mass 9:15- Tunes Through Time 10- Stretch & Strength 10:30- History of Ground Hog Day 11:15- Oshibori 12:30- Hangman 1:15- Armchair Travel 2:30- Bowling! 3:15- Watercolors 4- Oshibori 5:30- Restful Relaxation 6- Movie: Groundhog Day</p>	<p>3</p> <p>9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics 11:15- Oshibori 12:30- Roll Until You Can't! 1- Heart Wreaths 2- Everybody Loves Grace: Book 1 2:45 - Cornhole 3:15- Laughter Yoga 4- Oshibori 5:30- Visual Tranquility 6- Nature Documentary</p>	<p>4</p> <p>9:15- Tunes Through Time 10- Yoga w/Martha 10:30- Daily Chronicle/ Neurobics 11:15- Oshibori 12:30- Wheel of Fortune 1:00- Sensory Art Class w/Vanessa Hayes 2:15- Chuck the Duck 3 - Lego Creations 4- Oshibori 5:30- Reminiscing 6- Movie: Casablanca</p>	<p>5</p> <p>9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics 11:15- Oshibori 12:30- Cranium Crunch 1:15- Keep Current w/ Rorie! 2- Musical Memories 3- Mix & Mingle: Cran-Raspberry Spritzer 3 - Games Galore 4- Oshibori 5:30- Restful Relaxation 6- Musical: Show Boat</p>	<p>6</p> <p>9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics 11:15- Oshibori 12:30- Twister Trivia 1- Canvas Compositions 1:45- Putt Putt Golf 2:30 - Conversation Catch 3- Happy Hour: John Crabtree 3- Creative Expressions 4- Oshibori 5:30- Visual Tranquility 6- Movie: Inside the Mind of a Dog</p>	<p>7 National Wear Red Day!</p> <p>9:15- Tunes Through Time 10- Stretch & Strength 10:30- American Heart Health Month Discussion 11:15- Oshibori 12:30- Guess 10! 1- Joyride 2- Creative Expressions 2:30 - Beach Ball Volleyball 3- Card Making 3:45 - Read Aloud 4- Oshibori 5:30- Visual Tranquility 6- Nature Documentary</p>	<p>8</p> <p>9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics 11:15- Oshibori 12:30- Go Fish! 1- Flower Arranging 1:45- Zuma's Rescue Ranch Candy Eggs Project 2:30- Axe Throwing 3- Happy Hour Bingo 4- Oshibori 5:30- Restful Relaxation 6- Movie: The Adventures of Milo and Otis</p>

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9 SUPER BOWL SUNDAY! 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- Super Bowl BINGO! 2:45 -Football Bean Bag Pass 3:15—SB Pre Party & Apps 4- Oshibori 4:30 - Super Bowl Party 6 - TBD (based on length of SB)	10 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Tongue Twisters 1:15- Valentine Cork Hearts 2- Hallway Hockey 2:45- Bingo! 3:15—Read Aloud 4- Oshibori 5:30- Visual Tranquility 6- Nature Documentary	11 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Who, What, Where 1:15- Filled With Love - Mason Jar Craft 2- Bowling! 2:45 - Musical Trivia Game 3:15- Games Galore 4- Oshibori 5:30- Restful Relaxation 6- Movie: Sabrina	12 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—Sing Along 3- Mix & Mingle: Cupid’s Floats & Barbara Dawson on piano 4- Oshibori 5:30- Visual Tranquility 6- Musical: Singin’ In the Rain	13 International Friend’s Day 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Friendship Discussion 11:15- Oshibori 12:30- Mad Libs 1 - Canvas Compositions w/Tony 1:45- Cornhole 2:30 - Conversation Catch 3- Happy Hour- Rick Iraki 4- Oshibori 5:30- Reminiscing 6- Movie: South Pacific	14 Valentine’s Day 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- Cookie Decorating 3:15- Chuck the Duck 3:45 - Read Aloud 4- Oshibori 5:30- Restful Relaxation 6- Nature Documentary	15 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- Special Secret Giving Back Project 2:30- Laughter Yoga 3- Happy Hour Bingo 4- Oshibori 5:30- Visual Tranquility 6- Movie: The Band Wagon
16 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- Balloon Tennis 2:30- Ice Cream Sundae Bar 3:15- Watercolors 4- Oshibori 5:30- Restful Relaxation 6- Musical: The Music Man	17 President’s Day Random Acts of Kindness 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- Jewelry Making 2- Bean Bag Twister 2:45 - Guess 10! 3:15- Musical Memories 4- Oshibori 5:30- Visual Tranquility 6- Nature Documentary	18 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 - Root Beer Floats 2:45- Button Art 3:30—Axe Throwing 4- Oshibori 5:30- Restful Relaxation 6- Movie: That Darn Cat	19 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30-Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Music Trivia 1- Sensory Art Class w/Vanessa Hayes 1:30 - Colorado Senior America Showcase (AL) 2:30 - Sing Along 3- Mix & Mingle: Pink Velvet Fizz 4- Oshibori 5:30- Reminiscing 6- Musical: Oklahoma	20 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30-Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Guess 10! 1- Canvas Compositions w/Tony 1:45- Giant Jenga 2:30 - Conversation Catch 3- Happy Hour- Steve Smith 3 - Games Galore 4- Oshibori 5:30- Restful Relaxation 6- Movie: Homeward Bound	21 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- Build Your Own Fruit Pizza 3:15- Putt Putt Golf 3:45 - Read Aloud 4- Oshibori 5:30- Visual Tranquility 6- Nature Documentary	22 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- Dumb Friends League Blankets 2:30- Chair Soccer 3- Happy Hour Bingo 4- Oshibori 5:30- Reminiscing 6- Movie: Sound of Music
23 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- Beach Ball Volleyball 2:30- Card Making 3:15- Bingo! 4- Oshibori 5:30- Restful Relaxation 6- Musical: Bye Bye Birdie	24 Tortilla Chip Day 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Twister Trivia 1- Song Circle w/David Harrower 2:15- Laughter Yoga 3- Watercolors 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- Hangman 1- 2- Music w/Mark Paulson 2 - Zuma’s Rescue Ranch Ponies Visit 3- Cornhole 4- Oshibori 5:30- Restful Relaxation 6- Movie: The Secret Life of Pets	26 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- Dance Party & Joy Box 3- Mix & Mingle: Cranberry Orange Cocktail 4- Oshibori 5:30- Reminiscing 6- Musical: Mary Poppins	27 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30-Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Family Feud 1- Canvas Compositions w/Tony 1:45- Cornhole 2:30 - Conversation Catch 3- Happy Hour w/Deb Shear 4- Oshibori 5:30- Restful Relaxation 6- Movie: The Secret Life of Pets	28 Ramadon Starts 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- Cupcake Creations 3:15- Hallway Hockey 3:45 - Read Aloud 4- Oshibori 5:30- Visual Tranquility 6- Nature Documentary	