


# Assisted Living

# March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>30 Last Day of Ramadan</b></p> <p>9- <b>Daily Chronical</b></p> <p>9—Catholic Mass</p> <p>10- Move &amp; Stretch</p> <p>11—Protestant Service</p> <p>11— <b>Neurobics:Tongue Twisters</b></p> <p>1:30— <b>Musical Documentary: Elvis - That's the Way It Is</b></p> <p>2:15— <b>Game Time - Scattergories!</b></p> <p>3 - Artistic Expressions w/Tony</p> <p>5:30— <b>Daily Riddle</b></p> <p>6— <b>Doc: Older Than Ireland</b></p>		<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/</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>Patty L. – March 2nd            Marguerite V. - March 2nd            Jim T. - March 3rd            John P. - March 11th            Jenny M. - March 13th            Meredith W. - March 23rd            Dennis P. - March 25th</p>		<p><b>1 World Music Therapy Day</b></p> <p>9- <b>Daily Chronical</b></p> <p>10- Move &amp; Stretch</p> <p>11— <b>Neurobics: Music Trivia</b></p> <p>1:30 - <b>Acts of Service Saturday!</b></p> <p>3- <b>Happy Hour Bingo</b></p> <p>5:30— <b>Daily Riddle</b></p> <p>6- <b>Broadway Night &amp; Popcorn</b></p>
<p><b>2</b></p> <p>9- <b>Daily Chronical</b></p> <p>9—Catholic Mass</p> <p>10- Move &amp; Stretch</p> <p>11—Protestant Service</p> <p>11— <b>Neurobics:Tongue Twisters</b></p> <p>1:30— <b>Musical Documentary: Amazing Grace—Aretha Franklin</b></p> <p>2:15— <b>Game Time - UNO!</b></p> <p>3 - Artistic Expressions w/Tony</p> <p>5:30— <b>Daily Riddle</b></p> <p>6— <b>Documentary: The Space Race</b></p>	<p><b>3</b></p> <p>9- <b>Daily Chronical</b></p> <p>10- <b>Exercise w/Empower Me</b></p> <p>11- <b>Neurobics: Wheel of Fortune</b></p> <p>1:30- <b>Joy Ride: Sloan's Lake</b></p> <p>2 - Artistic Expressions</p> <p>3—<b>News Currents w/Rorie</b></p> <p>5:30— <b>Daily Riddle</b></p> <p>6- <b>Movie: Miss Congeniality &amp; Popcorn</b></p>	<p><b>4 Mardi Gras</b></p> <p>9- <b>Daily Chronical</b></p> <p>10- Move &amp; Stretch</p> <p>11— <b>Neurobics: Jeopardy</b></p> <p>1:30— <b>Music Appreciation w/Rorie - New Orleans Jazz</b></p> <p>2— <b>Card Club: Blackjack</b></p> <p>3 - <b>Meet &amp; Greet: New Resident Happy Hour</b></p> <p>4 - <b>Mardi Gras Dinner!</b></p> <p>5:30— <b>Daily Riddle</b></p> <p>6- <b>Movie: Love &amp; Gelato</b></p>	<p><b>5 Ash Wednesday</b></p> <p>9- <b>Daily Chronical</b></p> <p>10- Move &amp; Stretch</p> <p>11- <b>Neurobics: Roll Until You Can't</b></p> <p>11— <b>Lunch Outing: Postino's</b></p> <p>1:30 - <b>Armchair Travel: Italy</b></p> <p>2:15- <b>Canvas Composition w/Tony</b></p> <p>3 - <b>Mix &amp; Mingle/Sage's Going Away Party</b></p> <p>5:30— <b>Daily Riddle</b></p> <p>6- <b>Movie: Irish Wish &amp; Popcorn</b></p>	<p><b>6</b></p> <p>9 - <b>Daily Chronical</b></p> <p>10— Move &amp; Stretch (Martha out of town)</p> <p>11- <b>Neurobics: Cranium Crunch</b></p> <p>1:15 - Tea, Biscuits &amp; Good News!</p> <p>1:30 - <b>Book Club</b></p> <p>2 – <b>Resident Council</b></p> <p>3- <b>Happy Hour – John Crabtree</b></p> <p>5:30— <b>Daily Riddle</b></p> <p>6- <b>Movie: Heart of Champions</b></p>	<p><b>7 Employee Appreciation Day!!!</b></p> <p>9- <b>Daily Chronical</b></p> <p>10- Move &amp; Stretch</p> <p>11 - <b>Neurobics: Twister Trivia</b></p> <p>11— <b>Romeo Club Lunch</b></p> <p>1:30— <b>Community Connect: Activities Staff</b></p> <p>2:15— <b>Friday Series: The Crown</b></p> <p>3— <b>Sip &amp; Paint</b></p> <p>5:30— <b>Daily Riddle</b></p> <p>6—<b>Movie: An Affair to Remember</b></p>	<p><b>8 International Women's Day</b></p> <p>9- <b>Daily Chronical</b></p> <p>10- Move &amp; Stretch</p> <p>11- <b>Neurobics: The Price is Right</b></p> <p>1:30 - <b>Acts of Service Saturday!</b></p> <p>3— <b>Happy Hour Bingo</b></p> <p>5:30— <b>Daily Riddle</b></p> <p>6- <b>Broadway Night: Into the Woods &amp; Popcorn</b></p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>9 Daylight Savings Time Starts</b> 9- Daily Chronical 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11— Neurobics:Tongue Twisters 1.30 - <b>Musical Doc: Don't Look Back - Bob Dylan</b> 2:15 - <b>Game Time - Connect 4!</b> 3 - Artistic Expressions w/Tony 5:30 - Daily Riddle 6 - <b>Documentary: Becoming Katharine Graham</b>	<b>10 National Hug Your Dog Day</b> 9- Daily Chronical 10:30— Arapahoe Library 10- <b>Exercise w/Empower Me</b> 10:30— <b>Arapahoe Library</b> 11 - <b>Mountain Man</b> 11— Neurobics: State Plates 1:30- <b>Joy Ride: Loretto Heights</b> 2 - Artistic Expressions 3:15— <b>Current News w/Rorie</b> 5:30- Daily Riddle 6— <b>Movie: Thelma &amp; Popcorn</b>	<b>11</b> 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Who, What, Where 1:30— <b>Art Appreciation w/Rorie</b> 2 - Card Club: Blackjack 3— <b>March Birthday Party— Janet Joe on Piano</b> 5:30- Daily Riddle 6- <b>Movie: 50 First Dates</b>	<b>12</b> 9- Daily Chronical 10- Move & Stretch (MOT) 11— Neurobics: Family Feud 11— <b>Lunch Outing: Bone Fish Grill</b> 1:30— <b>Armchair Travel: Ireland</b> 2:15— <b>Canvas Composition w/Tony</b> 3- <b>Mix &amp; Mingle: Green Beer &amp; Irish Whiskey!</b> 5:30p- Daily Riddle 6- <b>Movie: Poms &amp; Popcorn</b>	<b>13 National Popcorn Lover's Day</b> 9 - Daily Chronical 10— <b>Yoga w/Martha</b> 11- Neurobics: Mad Libs 1:15- Tea, Biscuits & Good News 1:30— <b>Boo Boo Bunnies w/Mindy - Easter Decor</b> 3- <b>Happy Hour— Rick Iraki</b> 5:30- Daily Riddle 6- <b>Movie: Unbroken</b>	<b>14 Pi Day</b> 9- Daily Chronical 10- Move & Stretch 11- Neurobics: Guess 10! 11- <b>Romeo Club Lunch—Big Bill's New York Pizza</b> 1:30— <b>Irish Proverbs: Complete the Phrase!</b> 2:15— Friday Series: The Crown 3— <b>Grab &amp; Go!</b> 5:30- Daily Riddle 6- <b>Movie: The Forge</b>	<b>15</b> 9- Daily Chronical 9:30 - <b>St. Patrick's Day Parade!</b> 10- Move & Stretch 11— Neurobics: Left, Right 1:30 - <b>Acts of Service Saturday!</b> 3— <b>St. Patrick's Day Bingo</b> 5:30— Daily Riddle 6- <b>Broadway Night: The Newsies &amp; Popcorn</b>
<b>16</b> 9- Daily Chronical 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11— Neurobics: Hangman 1:30 - <b>Musical Doc: George Harrison - Living in the Material World</b> 2:15 - <b>Game Time - Checkers!</b> 3— Artistic Expressions w/Tony 5:30- Daily Riddle 6— <b>Documentary: 30 for 30 - Four Falls of Buffalo</b>	<b>17 St. Patrick's Day</b> 9- Daily Chronical 9:30 - <b>Bagpipes: w/Michael Lancaster</b> 10— <b>Exercise w/Empower Me</b> 11—Neurobics: St. P's Day Trivia 1:30— <b>Joy Ride: Red Rocks</b> 2— Artistic Expressions 3:15— <b>Current News w/Rorie</b> 5:30- Daily Riddle 6- <b>Movie: Leap Year &amp; Popcorn</b>	<b>18</b> 9- Daily Chronical 10- Move & Stretch 11- Neurobics: Wheel of Fortune 12— Tuesday Toes: Pedicure Outing 1:30— <b>Story Telling with Chris Wells</b> 2- Card Club: Blackjack 3 - <b>Meet &amp; Greet: New Resident Happy Hour</b> 5:30- Daily Riddle 6- <b>Movie: The Best Exotic Marigold Hotel</b>	<b>19 National Let's Laugh Day</b> 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Top Jokes 11— <b>Lunch Outing: Black Eyed Pea</b> 1:30 - <b>Armchair Travel: England</b> 2:15- <b>Canvas Composition w/Tony</b> 3- <b>Mix &amp; Mingle: Virgin Sunset</b> 5:30p- Daily Riddle 6- <b>Movie: Young at Heart &amp; Popcorn</b>	<b>20 First Day of Spring</b> 9— Daily Chronical 10— <b>Yoga w/Martha</b> 11- Neurobics: Cranium Crunch 11— <b>ROMEO Lunch Club Outing - Dave &amp; Busters</b> 1:30— <b>Chef Chat w/Gershwin!</b> 2:15— Tea, Biscuits & Good News 3- <b>Happy Hour— Steve Smith</b> 5:30- Daily Riddle 6- <b>Movie: The Bucket List</b>	<b>21 World Poetry Day</b> 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Poetry Classics 1:30- <b>Community Connect: Lois &amp; Patty</b> 2:15- Friday Series: The Crown 3— <b>Sip &amp; Paint</b> 5:30- Daily Riddle 6- <b>Movie: Wicked</b>	<b>22</b> 9- Daily Chronical 10- Move & Stretch 11- Neurobics: The Price is Right 1:30— <b>Acts of Service Saturday!</b> 3— <b>Happy Hour Bingo</b> 5:30— Daily Riddle 6- <b>Broadway Night: Sunday In the Park with George &amp; Popcorn</b>
<b>23</b> 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11— Neurobics: Tongue Twisters 1:30— <b>Musical Doc: Soul Power - James Brown</b> 2:15— <b>Game Time: Dominoes!</b> 3— Artistic Expressions w/Tony 5:30- Daily Riddle 6- <b>Doc: Return to Space</b>	<b>24 National Cocktail Day</b> 9- Daily Chronical 10- <b>Exercise w/Empower Me</b> 10:30— <b>Arapahoe Library</b> 11— Neurobics: Cranium Crunch 1:30- <b>Joy Ride: City Park</b> 2— Artistic Expressions 3:15— <b>Current News w/Rorie</b> 5:30- Daily Riddle 6- <b>Movie: The Life List &amp; Popcorn</b>	<b>25</b> 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Gratitude Bingo 1:30— <b>Art Appreciation w/Rorie</b> 2— Card Club: Blackjack 3 - <b>Indoor Gardening: Strawberries</b> 5:30— Daily Riddle 6— <b>Movie: The Best Exotic Marigold Hotel II</b>	<b>26</b> 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Family Feud 11- <b>Lunch Outing: Cherry Cricket</b> 1:30- <b>Armchair Travel: Japan</b> 2:15 - <b>Canvas Composition w/Tony</b> 3- <b>Mix &amp; Mingle: Shirley Temples</b> 5:30p- Daily Riddle 6- <b>Movie: Lion &amp; Popcorn</b>	<b>27</b> 9 - Daily Chronical 10— <b>Yoga w/Martha</b> 10:30 - <b>Challah</b> 11- Neurobics: Guess 10! 1:15 - Tea, Biscuits & Good News! :30— <b>Teaching Kitchen w/Gershwin!</b> 3- <b>Happy Hour - Joyce Karchere singing!</b> 5:30- Daily Riddle 6- <b>Movie: Rescued by Ruby</b>	<b>28</b> 9- Daily Chronical 10- Move & Stretch 10:30 - <b>Shabbat</b> 11— Neurobics: Twister Trivia 11- <b>Romeo Club Lunch</b> 1:30 - <b>Putt Putt Golf</b> 2:15- Friday Series: The Crown 3- <b>Grab &amp; Go!</b> 5:30- Daily Riddle 6- <b>Movie: '83</b>	<b>29</b> 9- Daily Chronical 10- Move & Stretch 11- Neurobics: Music Trivia 1:30— <b>Acts of Service Saturday!</b> 3— <b>Happy Hour Bingo</b> 5:30— Daily Riddle 6- <b>Broadway Night: Billy Elliot &amp; Popcorn</b>