


Essentials

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>30 Last Day of Ramadan 9- Daily Chronical 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11— Neurobics:Tongue Twisters 1:30— Musical Documentary: Elvis - That's the Way It Is 2:15— Artistic Expressions w/ Tony 3 - Game Time - Scattergories! 5:30— Daily Riddle 6— Doc: Older Than Ireland</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>Red = Productivity & Purpose Purple = Leisure & Fun Green = Self- Care (Mind/ Body/Spirit) to include Art (AT), Movement (MOT), Music (MT) & Animal Assisted Therapy (AAT) Blue = Rest & Restoration Neurobics = Brain Exercises</p>	 <p>Happy Birthday!!</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>1 World Music Therapy Day 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Music Trivia 1:15- Flower Arranging (LR) 130 - Acts of Service Saturday! 3- Happy Hour Bingo 5:30— Daily Riddle 6- Broadway Night & Popcorn</p>
<p>2 9- Daily Chronical 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11— Neurobics:Tongue Twisters 1:30— Musical Documentary: Amazing Grace—Aretha Franklin 2:15— Game Time - UNO! 3 - Artistic Expressions w/Tony 5:30— Daily Riddle 6— Documentary: The Space Race</p>	<p>3 9- Daily Chronical 10- Exercise w/Empower Me 11- Discussion: Favorite Travel Destinations 1:30- Joy Ride: Sloan's Lake 2 - Artistic Expressions 3—News Currents w/Rorie 5:30— Daily Riddle 6- Movie: Miss Congeniality & Popcorn</p>	<p>4 Mardi Gras 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Jeopardy 1:30— Music Appreciation w/Rorie - New Orleans Jazz 2— Card Club: Blackjack 3 - Meet & Greet: New Resident Happy Hour 4 - Mardi Gras Dinner! 5:30— Daily Riddle 6- Movie: Love & Gelato</p>	<p>5 Ash Wednesday 9- Daily Chronical 10- Move & Stretch 11- Neurobics: Roll Until You Can't 11— Lunch Outing: Postino's 1:30 - Keep Current w/Rorie (LR) 2:15- Canvas Composition w/Tony 3 - Mix & Mingle/Sage's Going Away Party! 5:30— Daily Riddle 6- Movie: Irish Wish & Popcorn</p>	<p>6 9 - Daily Chronical 10— Move & Stretch (Martha out of town) 11- Discussion: Gratitude 1:15 - Tea, Biscuits & Good News! 1:30 - Book Club 2 – Resident Council 3- Happy Hour – John Crabtree 5:30— Daily Riddle 6- Movie: Heart of Champions</p>	<p>7 Employee Appreciation Day!!! 9- Daily Chronical 10- Move & Stretch 11 - Neurobics: Twister Trivia 11— Essentials Lunch Club 1:30— Community Connect: Activities Staff 2:15— Friday Series: The Crown 3— Sip & Paint 5:30— Daily Riddle 6—Movie: An Affair to Remember</p>	<p>8 International Women's Day 9- Daily Chronical 10- Move & Stretch 11— Discussion: Women's Rights 1:15- Flower Arranging (LR) 1:30 - Acts of Service Sat! 3— Happy Hour Bingo 5:30— Daily Riddle 6- Broadway Night: Into the Woods & Popcorn</p>

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9 Daylight Savings Time Starts 9- Daily Chronical 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11— Neurobics:Tongue Twisters 1.30 - Musical Doc: Don't Look Back - Bob Dylan 2:15 - Artistic Expressions w/ Tony 3 - Game Time - Connect 4! 5:30 - Daily Riddle 6 - Documentary: Becoming	10 National Hug Your Dog Day 9- Daily Chronical 10:30— Arapahoe Library 10- Exercise w/Empower Me 10:30— Arapahoe Library 11 - Mountain Man 11— Discussion: Our Dogs 1:30- Joy Ride: Loretto Heights 2 - Artistic Expressions 3:15— Current News w/Rorie 5:30- Daily Riddle 6— Movie: Thelma & Popcorn	11 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Who, What, Where 1:30— Art Appreciation w/Rorie 2 - Card Club: Blackjack 3— March Birthday Party— Janet Joe on Piano 5:30- Daily Riddle 6- Movie: 50 First Dates	12 9- Daily Chronical 10- Move & Stretch (MOT) 11— Neurobics: Family Feud 11— Lunch Outing: Bone Fish Grill 1:30— Keep Current w/Rorie LR 2:15— Canvas Composition w/Tony 3- Mix & Mingle: Green Beer & Irish Whiskey! 5:30p- Daily Riddle 6- Movie: Poms & Popcorn	13 National Popcorn Lover's Day 9 - Daily Chronical 10— Yoga w/Martha 11— Discussion: Our Favorite Things 1:15- Tea, Biscuits & Good News 1:30— Boo Boo Bunnies w/ Mindy - Easter Decor 3- Happy Hour— Rick Iraki 5:30- Daily Riddle 6- Movie: Unbroken	14 Pi Day 9- Daily Chronical 10- Move & Stretch 11- Neurobics: Guess 10! 11— Essentials Lunch Club 1:30— Irish Proverbs: Complete the Phrase! 2:15— Friday Series: The Crown 3— Grab & Go! 5:30- Daily Riddle 6- Movie: The Forge	15 9- Daily Chronical 9:30 - St. Patrick's Day Parade! 10- Move & Stretch 11— Discussion: Luck 1:15- Flower Arranging (LR) 1:30 - Acts of Service Sat! 3— St. Patrick's Day Bingo 5:30— Daily Riddle 6- Broadway Night: The Newsies & Popcorn
16 9- Daily Chronical 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11— Discussion: Musical Faves 1:30 - Musical Doc: George Harrison - Living in the Material World 2:15 - Artistic Expressions w/ Tony 3— Game Time - Checkers! 5:30- Daily Riddle 6— Documentary: 30 for 30 -	17 St. Patrick's Day 9- Daily Chronical 9:30 - Bagpipes: w/Michael Lancaster 10— Exercise w/Empower Me 11—Neurobics: St. P's Day Trivia 1:30— Joy Ride: Red Rocks 2— Artistic Expressions 3:15— Current News w/Rorie 5:30- Daily Riddle 6- Movie: Leap Year & Popcorn	18 9- Daily Chronical 10- Move & Stretch 11- Neurobics: Wheel of Fortune 12— Tuesday Toes: Pedicure Outing 1:30— Story Telling with Chris Wells 2- Card Club: Blackjack 3 - Meet & Greet: New Resident Happy Hour 5:30- Daily Riddle 6- Movie: The Best Exotic Marigold Hotel	19 National Let's Laugh Day 9- Daily Chronical 10- Move & Stretch 11— Discussion: What Makes Us Laugh 11— Lunch Outing: Chili's 1:30 - Keep Current w/Rorie LR 2:15- Canvas Composition w/Tony 3- Mix & Mingle: Virgin Sunset 5:30p- Daily Riddle 6- Movie: Young at Heart & Popcorn	20 First Day of Spring 9— Daily Chronical 10— Yoga w/Martha 11- Neurobics: Cranium Crunch 1:30— Spark Outing! (LTAC) 2:15— Tea, Biscuits & Good News 3- Happy Hour— Steve Smith 5:30- Daily Riddle 6- Movie: The Bucket List	21 World Poetry Day 9- Daily Chronical 10- Move & Stretch 11— Discussion: Poetry Classics 11— Essentials Lunch Club 1:30- Community Connect: Lois & Patty 2:15- Friday Series: The Crown 3— Sip & Paint 5:30- Daily Riddle 6- Movie: Wicked	22 9- Daily Chronical 10- Move & Stretch 11- Neurobics: The Price is Right 1:15- Flower Arranging (LR) 1:30— Acts of Service Sat! 3— Happy Hour Bingo 5:30— Daily Riddle 6- Broadway Night: Sunday In the Park with George & Popcorn
23 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11— Neurobics: Tongue Twisters 1:30— Musical Doc: Soul Power - James Brown 2:15— Artistic Expressions w/ Tony 3— Game Time: Dominoes! 5:30- Daily Riddle 6- Doc: Return to Space	24 National Cocktail Day 9- Daily Chronical 10- Exercise w/Empower Me 10:30— Arapahoe Library 11— Discussion Wisdom 1:30- Joy Ride: City Park 2— Artistic Expressions 3:15— Current News w/Rorie 5:30- Daily Riddle 6- Movie: The Life List & Popcorn	25 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Gratitude Bingo 1 - Mark Paulson (LR) 2— Card Club: Blackjack 3 - Indoor Gardening: Strawberries 5:30— Daily Riddle 6— Movie: The Best Exotic Marigold Hotel II	26 9- Daily Chronical 10- Move & Stretch 11— Discussion: Childhood Memories 11- Lunch Outing: Cherry Cricket 1:30- Keep Current w/Rorie LR 2:15 - Canvas Composition w/Tony 3- Mix & Mingle: Shirley Temples 5:30p- Daily Riddle 6- Movie: Lion & Popcorn	27 9 - Daily Chronical 10— Yoga w/Martha 10:30 - Challah 11- Neurobics: Guess 10! 1:15 - Tea, Biscuits & Good News! :30— Teaching Kitchen w/ Gershwin! 3- Happy Hour - Joyce Karchere singing! 5:30- Daily Riddle 6- Movie: Rescued by Ruby	28 9- Daily Chronical 10- Move & Stretch 10:30 - Shabbat 11— Discussion: Healthy Choices 11— Essentials Lunch Club 1:30 - Putt Putt Golf 2:15- Friday Series: The Crown 3- Grab & Go! 5:30- Daily Riddle 6- Movie: '83	29 9- Daily Chronical 10- Move & Stretch 11- Neurobics: Music Trivia 1:15- Flower Arranging (LR) 1:30— Acts of Service Sat! 3— Happy Hour Bingo 5:30— Daily Riddle 6- Broadway Night: Billy Elliot & Popcorn