


Legacy Ridge

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>30 Last Day of Ramadan</p> <p>9- Catholic Mass 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics 11:15- Oshibori 12:30- Hangman 1- Armchair Travel 1:45 - Walking Club 2:30- Ice Cream Sundaes 3:15- Canvas Creations 4- Oshibori 5- Sensory Sunset 5:30- Musical:</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/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>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</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 - Walking Club 2:30 - Bean Bag Twister 3- Happy Hour Bingo 3 - Artistic Expressions 4- Oshibori 5- Sensory Sunset 5:30- Movie:</p>
<p>2</p> <p>9- Catholic Mass 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics 11:15- Oshibori 12:30- Guess 10! 1- Armchair Travel 1:45- Walking Club 2:30- Watercolor Art 3:15 - Animal Bingo 4- Oshibori 5- Sensory Sunset 5:30- Musical: Mary Poppins</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- Putt Putt Golf 1:45- Acts of Service: Zuma's Rescue Ranch Egg Stuffing 2:30 - Walk About 3:15- Laughter Yoga 4- Oshibori 5 - Sensory Sunset 5:30- Nature Documentary</p>	<p>4 Mardi Gras</p> <p>9:15- Tunes Through Time 10- Yoga w/Martha 10:30- Daily Chronicle/ Discussion: Favorite Holidays & Traditions 11:15- Oshibori 12:30- Wheel of Fortune 1:00- Sensory Art Class w/Vanessa Hayes 2:15- Chuck the Duck 3 - Meet & Greet: New Resident Happy Hour 4- Oshibori 5- Sensory Sunset 5:30- Movie: Honeymoon in Vegas</p>	<p>5 Ash Wednesday</p> <p>9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics 11:15- Oshibori 12:30- Twister Trivia 1- Keep Current w/Rorie! 1:45 - Sing Along 2:30- Musical Memories 3 - Mix & Mingle/Sage's Going Away Party 3 - Games Galore 4- Oshibori 5- Sensory Sunset 5:30- Musical: Meet Me In St. Louis</p>	<p>6</p> <p>9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Neurobics 11:15- Oshibori 12:30- Cranium Crunch 1- Canvas Compositions 1:45- Cornhole 2:30 - Conversation Catch 3- Happy Hour: John Crabtree 3- Creative Expressions 4- Oshibori 5- Sensory Sunset 5:30- Movie: The Princess Bride</p>	<p>7 Employee Appreciation Day</p> <p>9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/ Discussion: Gratitude 11:15- Oshibori 12:30- Hangman 1- Joyride 2- Creative Expressions 2:30 - Balloon Volleyball 3- Rainbow Mason Jars 3:45 - Read Aloud 4- Oshibori 5 - Sensory Sunset 5:30- Nature Documentary</p>	<p>8 International Women's Day</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- Paper Shamrocks 2:30- Axe Throwing 3- Happy Hour Bingo 4- Oshibori 5- Sensory Sunset 5:30- Movie: Driving Miss Daisy</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9 Daylight Savings Time Starts 9- Catholic Mass 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Guess 10! 1- Armchair Travel 1:45 - Walking Club 2:30 -Ice Cream Sundaes 3:15 - Irish Proverbs: Complete the Phrase! 4- Oshibori 5- Sensory Sunset 5:30- Musical: Mama Mia!	10 National Hug Your Dog Day 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Tongue Twisters 1:15- Jewelry Making 2- Bowling! 2:45- Zuma's Rescue Ranch Eggs 3:15- Read Aloud 4- Oshibori 5 - Sensory Sunset 5:30- 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- Apple Shamrock Stamping 2- Hallway Hockey 2:45 - St. Patty's Tic Tac Toe 3:30- Musical Trivia Game 4- Oshibori 5-Sensory Sunset 5:30- Movie: Fried Green Tomatoes	12 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Music Memories 1:15- Keep Current w/Rorie! 2- Sing Along 3- Mix & Mingle: Green Beer & Irish Whiskey! 4- Oshibori 5- Sensory Sunset 5:30- Musical: Top Hat	13 National Popcorn Lover'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-Sensory Sunset 5:30- Movie: I Love Lucy	14 Pi Day 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- State Plates 1- Joyride 1- Creative Expressions 2:30- Fun with Food! 3:15- Balloon Volleyball 3:45 - Read Aloud 4- Oshibori 5 - Sensory Sunset 5:30- Nature Documentary	15 9:15- Tunes Through Time 9:30 - St. Patrick's Day Parade! 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Cranium Crunch 1- Flower Arranging 1:45- Walking Club 2:30- Laughter Yoga 3- Happy Hour Bingo 4- Oshibori 5-Sensory Sunset 5:30- Movie: Bonanza
16 9- Catholic Mass 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Roll Until You Can't 1- Armchair Travel 1:45- Walking Club 2:30- Watercolor Art 3:15- St. P's Day Trivia & Games 4- Oshibori 5- Sensory Sunset 5:30- Musical: Fiddler on the Roof	17 St. Patrick's Day 9:15- Tunes Through Time 9:30 - Bagpipes: w/Michael Lancaster 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- St. Patrick's Day Trivia 1- Boo Boo Bunny's w/Mindy 2:15 - Octograpes 3:15- Read Aloud 4- Oshibori 5 - Sensory Sunset 5:30- Nature Documentary	18 9:15- Tunes Through Time 9:45- Yoga w/Martha 10:30-Daily Chronicle/Neurobics 11:15- Oshibori 12- Tuesday Toes: Pedicure Outing 12:30- Go Fish! 1:30- Story Telling w/Chris W. 2:15- Axe Throwing 3 - Meet & Greet: New Resident Happy Hour 4- Oshibori 5-Sensory Sunset 5:30- Movie: Grumpy Old Men	19 National Let's Laugh Day 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 2:15 - Sing Along 3- Mix & Mingle: Virgin Sunsets 4- Oshibori 5- Sensory Sunset 5:30- Musical: An American in Paris	20 First Day of Spring 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30-Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Scrabble 1- SPARK Outing! (LTAC) 1:45- Artistic Expressions 2:30 - Conversation Catch 3- Happy Hour- Steve Smith 3 - Games Galore 4- Oshibori 5-Sensory Sunset 5:30- Movie: The Pajama Game	21 World Poetry Day 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- Painting with Purpose 3:15- Putt Putt Golf 3:45 - Read Aloud 4- Oshibori 5 - Sensory Sunset 5:30- Nature Documentary	22 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30-Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Guess 10! 1- Flower Arranging 1:30- Chair Soccer 2:15- Egg Dying 3- Happy Hour Bingo 4- Oshibori 5:30- Reminiscing 6- Movie: The Carol Burnett Show
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- Walking Club 2:30- Ice Cream Sundaes 3:15- Marble Paint Art 4- Oshibori 5- Sensory Sunset 5:30- Musical: Annie	24 National Cocktail Day 9:15- Tunes Through Time 10- Stretch & Strength 10:30- Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Hangman 1- Song Circle w/David Harrower 2:15- Ants on a Log 3- Sock Bunnies 4- Oshibori 5 - Sensory Sunset 5:30- Nature Documentary	25 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30-Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Twister Trivia 1- Music w/Mark Paulson 2:15 - Walking Club 3- Indoor Gardening: Strawberries 4- Oshibori 5-Sensory Sunset 5:30- Movie: Cheaper by the Dozen	26 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30-Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Musical Memories 1:15- Keep Current w/Rorie 2- Joy Box 3-Mix & Mingle: Shirley Temples & Barbara Dawson on Piano 4- Oshibori 5- Sensory Sunset 5:30- Musical: Chicago	27 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- Cornhole 2:30 - Conversation Catch 3- Happy Hour w/Deb Shear 4- Oshibori 5-Sensory Sunset 5:30- Movie: Camelot	28 9:15- Tunes Through Time 9:45- Stretch & Strength 10:30-Daily Chronicle/Neurobics 11:15- Oshibori 12:30- Family Feud 1- Joyride 1- Creative Expressions 2:30- Fridge Magnet Making 3:15- Chuck the Duck 3:45 - Read Aloud 4- Oshibori 5 - Sensory Sunset 5:30- Nature Documentary	