

Essentials

April 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><i>* All activities are subject to change based on the needs/wants of our residents.</i></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>1 April Fools Day</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11- Discussion: Best Jokes!</p> <p>1 - April Fool’s Trivia (LR)</p> <p>1:30- Art Appreciation w/ Rorie—The Life & Works of Salvador Dali</p> <p>3 - Try Your Luck! Blackjack, Roulette, Connect Four Wheel, Sorry and more!</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Jailhouse Rock</p>	<p>2 National Walking Day</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11- Discussion: Hiking</p> <p>11- Lunch Outing: Big Bill’s Pizza</p> <p>1 - Art w/Vanessa Hayes (LR)</p> <p>1:30 - Armchair Travel: The Most Scenic Walks in the World</p> <p>2:30- Mix & Mingle: Mimosa Bar</p> <p>3:30 - Sing Along</p> <p>5:30- Daily Riddle</p> <p>6- Movie: The Three Amigos</p>	<p>3 World Party Day!</p> <p>9 - Daily Chronical</p> <p>10- Yoga w/Martha</p> <p>11- Discussion: Worldly Celebrations</p> <p>1:15 - Book Club w/Hollyn</p> <p>1:45 - Walking Club (LR)</p> <p>3- Happy Hour – John Crabtree</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Once Upon a Time In the West</p>	<p>4 Rockies Opening Day!</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11 - Neurobics: Twister Trivia</p> <p>11- Romeo Club Lunch</p> <p>1:30- Community Connect: Larry & Joyce (TR)</p> <p>2:10 - Rockies Home Opener</p> <p>3- Sip & Paint w/Tony</p> <p>5:30- Daily Riddle</p> <p>6- Movie: From Russia with Love</p>	<p>5</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11- Neurobics: Music Trivia</p> <p>1 - Flower Arranging</p> <p>1:30 - Service Saturday</p> <p>2:30 - Sing Along</p> <p>3 - Happy Hour Bingo</p> <p>5:30- Daily Riddle</p> <p>6- Broadway Night: Guys & Dolls & Popcorn</p>
<p>6</p> <p>9- Daily Chronical</p> <p>9- Catholic Mass</p> <p>10- Move & Stretch</p> <p>11- Protestant Service</p> <p>11- Neurobics: Riddle Me Not</p> <p>1:30- Musical Documentary: Frank Sinatra All or Nothing</p> <p>2:15-4: CHAL GameDay Putt Putt, Axe Throwing, Corn Hole, Dominoes, Yahtzee, Scrabble, Blackjack</p> <p>2:30 - “Ice Cream Sundays” (LR)</p> <p>5:30- Daily Riddle</p> <p>6- Documentary: How to Live Forever</p>	<p>7 World Health Day</p> <p>9- Daily Chronical</p> <p>10- Exercise w/Empower Me</p> <p>11- Discussion: Daily Healthy Habits</p> <p>11 - Mountain Man!</p> <p>1-2:45- Joy Ride: Littleton Crabapple Route</p> <p>1:45 - Bird Feeder Painting (LR)</p> <p>3- News Currents w/Rorie</p> <p>5:30- Daily Riddle</p> <p>6- Movie: The Easter Bunny is Coming to Town & Popcorn</p>	<p>8</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11- Neurobics: Roll Until You Can’t</p> <p>1:30- The History of CHAL & Interview w/Greg Wrench</p> <p>2:30 - This Day in History (LR)</p> <p>3 - April Birthday’s Party w/ Ryden Fredericks!!</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Dances With Wolves</p>	<p>9 Winston Churchill Day</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11- Neurobics: Guess 10!</p> <p>11- Lunch Outing: Postino’s</p> <p>1:30 - Walking Club!</p> <p>1:30- Armchair Travel: Blenheim Palace</p> <p>2:30 - Mix & Mingle: Peach Bellini’s</p> <p>3:30 - Sing Along</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Churchill’s First World War & Popcorn</p>	<p>10 National Hug Your Dog Day</p> <p>9 - Daily Chronical</p> <p>10- Yoga w/Martha</p> <p>11- Discussion: Childhood Pets</p> <p>1:30 - Grab & Go!</p> <p>3- Happy Hour – Rick Iraki</p> <p>5:30- Daily Riddle</p> <p>6- Movie: Arthur the King</p>	<p>11 National Pet Day</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11 - Neurobics: Twister Trivia</p> <p>11- Romeo Club Lunch</p> <p>1:30- Friday Series: Man on the Inside</p> <p>2:30 – Coffee Table Foosball</p> <p>3- Sip & Paint w/Tony</p> <p>5:30- Daily Riddle</p> <p>6- Movie: The African Queen</p>	<p>12</p> <p>9- Daily Chronical</p> <p>10- Move & Stretch</p> <p>11- Discussion: Easter Traditions</p> <p>1 - Flower Arranging</p> <p>1:30 - Service Saturday</p> <p>2:30- Sing Along</p> <p>3 - Happy Hour Bingo</p> <p>5:30- Daily Riddle</p> <p>6- Broadway Night: The King & I & Popcorn</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>13 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11— Neurobics:Tongue Twisters 1 - Musical Doc: Winding Stream— the Carters & Cashes 2:30 - “Ice Cream Sundays” 3:15 - Dye Easter Eggs 5:30 - Daily Riddle 6 - Documentary: Nothing Like a Dame</p>	<p>14 National Gardening Day 9- Daily Chronical 10- Exercise w/Empower Me 10:30— Arapahoe Library 11— Discussion: Gardening 1:30 - Ritz Tappers! 3—News Currents w/Rorie 5:30- Daily Riddle 6— Movie: The Secret Garden & Popcorn</p>	<p>15 Tax Day 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Who, What, Where 1:30— Story Telling with Chris Wells 3— Try Your Luck! Blackjack, Roulette, Connect Four Wheel, Sorry and more! 5:30- Daily Riddle 6- Movie: Blue Hawaii</p>	<p>16 Wear PJ’s to Work Day 9- Daily Chronical 10- Move & Stretch (MOT) 11— Discussion: PJ Days 11— 1: Lunch Outing & Joy Ride: Le Peep and Blue Heron Park 1 - Art w/Vanessa Hayes (LR) 1:30 - Armchair Travel: Jerusalem 2:30— Mix & Mingle: Cookies & Milk 5:30p- Daily Riddle 6- Movie: The Pajama Game & Popcorn</p>	<p>17 9 - Daily Chronical 10— Yoga w/Martha 11- Neurobics: Left, Center, Right 1:30— Chef Chat w/Gershwin 2 - Grab & Go! 3- Happy Hour – Deb Scheer 5:30- Daily Riddle 6- Movie: Every Which Way but Loose</p>	<p>18 Good Friday 9- Daily Chronical 10- Move & Stretch 11- Discussion: Community 11- Romeo Club Lunch 1:30— Friday Series: The Man on the Inside 2:15— Community Connect— Marcy & Marty (TR) 3— Sip & Paint w/Tony 5:30- Daily Riddle 6- Movie: Risen</p>	<p>19 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Mad Libs 1 - Flower Arranging 1:30 - Service Saturday! 2:30 - Sing Along 3— Happy Hour Bingo! 5:30— Daily Riddle 6- Broadway Night: Show Boat & Popcorn</p>
<p>20 Easter Sunday 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11— Guess the Jelly Beans in the Jar! 1—Easter Egg Dying 2—4: CHAL Easter GameDay Putt Putt, Bunny Ear Toss, Corn Hole, Easter Egg Hunt 5:30- Daily Riddle 6— Documentary: Easter Parade (1948 Musical)</p>	<p>21 9- Daily Chronical 10— Exercise w/Empower Me 11—Neurobics: Riddle Me This 1—2:45 - Joy Ride: South Platte Park & Carson Nature Center 1:45 - Gone Gardening! (LR) 3— News Currents w/Rorie 3—Walking Club (LR) 5:30- Daily Riddle 6- Movie: Clue & Popcorn</p>	<p>22 Earth Day 9- Daily Chronical 10- Move & Stretch 11— Discussion: Recycling 12— Tuesday Toes: Pedicure Outing 1 - Music w/Mark Paulson (LR) 2:45— Putt Putt & Bowling! 3 - Card Club: Blackjack 5:30- Daily Riddle 6- Movie: Dr. No</p>	<p>23 World Book Day 9- Daily Chronical 10- Move & Stretch 11— Discussion: Favorite Book 11— Lunch Outing: Littleton Brewing Company 1:30 - Walking Club! 1:30 - Armchair Travel: 8 Legendary Ancient Libraries 2:30- Mix & Mingle: Margaritas 3:30 - Sing Along 5:30p- Daily Riddle 6- Movie: It’s a Mad, Mad, Mad, Mad World & Popcorn</p>	<p>24 9— Daily Chronical 10— Yoga w/Martha 11- Neurobics: Cranium Crunch 11 - Essentials Lunch Outing 1:30— Teaching Kitchen w/ Gershwin 2:15— Let’s Get Gardening! 3- Happy Hour— Ryden Fredericks 5:30- Daily Riddle 6- Movie: Cocoon</p>	<p>25 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Poetry Classics 11 - ROMEO Lunch Club 1:30— Friday Series: The Man on the Inside 2:15— Gone Gardening! 3— Sip & Paint w/Tony 5:30- Daily Riddle 6- Movie: Young Frankenstein</p>	<p>26 National Pretzel Day 9- Daily Chronical 10- Move & Stretch 11— Discussion: Favorite Snacks 1 - Flower Arranging 1:30— Service Saturday 2:30 - Sing Along 3— Happy Hour Bingo! 5:30— Daily Riddle 6- Broadway Night: Girl Crazy & Popcorn</p>
<p>27 9—Catholic Mass 10- Move & Stretch 11—Protestant Service 11— Neurobics: Cranium Crunch 1:30— Musical Doc: The Beach Boys - An American Band 2:30 - “Ice Cream Sundays” 5:30- Daily Riddle 6- Documentary: Becoming Hitchcock—The Legacy of Blackmail</p>	<p>28 9- Daily Chronical 10- Exercise w/Empower Me 10:30— Arapahoe Library 11— Discussion: Musicians 1 - Song Circle w/David H. (LR) 1-2:45 -Joy Ride: Hudson Gardens 3— Current News w/Rorie 5:30- Daily Riddle 6- Movie: Calendar Girls & Popcorn</p>	<p>29 9- Daily Chronical 10- Move & Stretch 11— Neurobics: Gratitude Bingo 1— Art Appreciation w/Rorie: The Life & Works of Leonardo da Vinci 2:15 — New Resident Meet & Greet 3:15 - Day of Dance (LR) 5:30— Daily Riddle 6— Movie: Waking Ned Devine</p>	<p>30 International Jazz Day 9- Daily Chronical 10- Move & Stretch 11—Discussion: Jazz Players 11— Outing: Angelo’s Taverna 1 - Wind Chimes (LR) 1:45 - Indoor Fishing (LR) 2:30 - Mix & Mingle: Mojitos 3:30 - Sing Along 5:30- Daily Riddle 6- Movie: Hidden Figures & Popcorn</p>	 <p>April Birthday’s Lois T. - April 1st Jim C. - April 2nd Sharon L. - April 3rd Dee K. - April 3rd Alberta B. - April 13th Mary N. - April 16th Earl J. - April 17th Carolyn A. - April 19th Iris D. - April 24th</p>		