


Legacy Ridge

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>* 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>Yellow = Brain Exercises</p>	<p>1 April Fool's Day!</p> <p>9:15- Tunes Through Time 10- Yoga w/Martha 10:30- Daily Chronicle 11:15- Oshibori 12:30- Neurobics 1- April Fools Trivia 1:45- Chair Volleyball 2:30- This Day in History Conv 3:15 - Give Me a Name Game 4- Oshibori 5-Sensory Sunset 5:30- Movie: Wallace and Gromet</p>	<p>2 National Walking Day</p> <p>9:15- Tunes Through Time 10- Stretch and Strength 10:30- Daily Chronicle 11:15- Oshibori 12:30- Neurobics 1- Art w/Vanessa Hayes 1:45- Read-a-Loud 2:30- Mix & Mingle: Mimosa Bar (AL) 3:15 - Music Appreciation 4- Oshibori 5-Sensory Sunset 5:30- Movie: Mary Poppins</p>	<p>3 World Party Day</p> <p>9:15- Tunes Through Time 10- Stretch and Strength 10:30- Daily Chronicle 11:15- Oshibori 12:30- Neurobics 1- Balloon Volleyball 1:45- Walking Club 2:30- Canvas Composition w/Tony 3 - Happy Hour - John Crabtree (AL) 4- Oshibori 5-Sensory Sunset 5:30- Movie: Annie (Netflix)</p>	<p>4 Rockies Opening Day!</p> <p>9:15- Tunes Through Time 10- Stretch and Strength 10:30- Daily Chronicle 11:15- Oshibori 12:30- Neurobics 1- Joyride (1pm-3pm) 1:45- Read-a-loud 2:10 - Rockies Home Opener 3 - Spring Coloring 4- Oshibori 5-Sensory Sunset 5:30- Nature Documentary</p>	<p>5</p> <p>9:15- Tunes Through Time 10- Stretch and Strength 10:30- Daily Chronicle 11:15- Oshibori 12:30- Neurobics 1- Flower Arranging 1:45- Chair Soccer 2:30- Guess 10! 3 - Happy Hour Bingo (AL) 4- Oshibori 5-Sensory Sunset 5:30- Movie: Fried Green Tomatoes</p>
<p>6</p> <p>9- Catholic Mass 10- Stretch and Strength 10:30- Daily Chronicle 11:15- Oshibori 12:30- Neurobics 1- Armchair Travel 1:45- Salt Painting 2:30- Ice Cream "Sundays" 3:15 - Easter Ring Toss 4- Oshibori 5-Sensory Sunset 5:30- Musical: Winnie & Pooh: Springtime with Roo (Disney+)</p>	<p>7 World Health Day</p> <p>9:15- Tunes Through Time 10- Stretch and Strength 10:30- Daily Chronicle 11:15- Oshibori 12:30- Neurobics 1- Roll Until You Can't 1:45- Bird Feeder Painting 2:30- Daily Trivia 3:15 - Relaxation/Stretching 4- Oshibori 5-Sensory Sunset 5:30- Nature Documentary</p>	<p>8</p> <p>9:15- Tunes Through Time 10- Stretch and Strength 10:30- Daily Chronicle 11:15- Oshibori 12:30- Neurobics 1- Zoo Animal Facts 1:45- Axe Throwing 2:30- This Day in History Conv 3 - April Birthdays' Party w/Ryden Fredericks (AL) 4- Oshibori 5-Sensory Sunset 5:30- Movie: Cheaper By The Dozen</p>	<p>9</p> <p>9:15- Tunes Through Time 10- Stretch and Strength 10:30- Daily Chronicle 11:15- Oshibori 12:30- Neurobics 1- Spring Table Cloth Coloring 1:45- Balloon Volleyball 2:30- Mix & Mingle: Peach Bellini's (AL) 3:15 - Music Appreciation 4- Oshibori 5-Sensory Sunset 5:30- Movie: I Love Lucy</p>	<p>10 National Hug Your Dog Day</p> <p>9:15- Tunes Through Time 10- Stretch and Strength 10:30- Daily Chronicle 11:15- Oshibori 12:30- Neurobics 1- Dice Bowling 1:45- Walking Club 2:30- Canvas Composition w/Tony 3 - Happy Hour - Rick Iraki (AL) 4- Oshibori 5-Sensory Sunset 5:30- Movie: Peter Rabbit (NetFlix)</p>	<p>11 National Pet Day</p> <p>9:15- Tunes Through Time 10- Stretch and Strength 10:30- Daily Chronicle 11:15- Oshibori 12:30- Neurobics 1- Joyride (1pm-3pm) 1:45- Read-a-Loud 3 - Pot Painting 4- Oshibori 5-Sensory Sunset 5:30- Nature Documentary</p>	<p>12</p> <p>9:15- Tunes Through Time 10- Stretch and Strength 10:30- Daily Chronicle 11:15- Oshibori 12:30- Neurobics 1- Flower Arranging 1:45- Roll until you Can't 2:30- Read-a-Loud 3 - Happy Hour Bingo (AL) 4- Oshibori 5-Sensory Sunset 5:30- Movie: Inside the Mind of a Dog (Netflix)</p>

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13 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Armchair Travel 1:45– Bunny Ring Toss 2:30– Ice Cream “Sundays” 3:15 - Dye Easter Eggs 4– Oshibori 5–Sensory Sunset 5:30– Musical: Here Comes Peter Cottontail (YouTube)	14 National Gardening Day 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Balloon Volleyball 1:30– Ritz Tappers (AL) 2:30– Daily Trivia: National Parks 3:15 - Gone Gardening! 4– Oshibori 5–Sensory Sunset 5:30– Nature Documentary	15 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Creative Expressions 1:45– Story Telling w/Chris Wells (AL) 2:30– This Day in History Conv 3:15 - Watercolor Bookmarks 4– Oshibori 5–Sensory Sunset 5:30– Movie: The Carol Burnett	16 Wear PJ’s to Work Day 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Art w/Vanessa Hayes 2:30– Bunny Ring Toss 3:15 - Music Appreciation 4– Oshibori 5–Sensory Sunset 5:30– Movie: The Pajama Game	17 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Balloon Volleyball 1:45– Walking Club 2:30– Canvas Composition w/Tony 3 - Happy Hour - Deb Scheer 4– Oshibori 5–Sensory Sunset 5:30– Movie: Grumpy Old Men	18 Good Friday 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Joyride (1pm-3pm) 1:45– Read-a-Loud 3 - UNESCO Presentation 4– Oshibori 5–Sensory Sunset 5:30– Nature Documentary	19 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Flower Arranging 1:45– Service Project 2:30– Guess 10 3 - Happy Hour Bingo (AL) 4– Oshibori 5–Sensory Sunset 5:30– Movie: 13 Going on 30
20 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Armchair Tavel 1:45– Read-a-Loud Easter 2:30– Ice Cream “Sundays” 3:15 - Easter Egg Hunt 4– Oshibori 5–Sensory Sunset 5:30– Musical: Easter Parade (Prime)	21 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Bowling 1:45-Gone Gardening! 2:30– Daly Trivia 3 - Walking Club 4– Oshibori 5–Sensory Sunset 5:30– Nature Documentary	22 Earth Day 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Music w/Mark Paulson (MC) 2– Earth Day Facts 2:30– This Day in History Conv 3:15 - Chair Volleyball 4– Oshibori 5–Sensory Sunset 5:30– Movie: Around the World in 80 days	23 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Chalk/Bubbles 1:45– Flower Pot Decorating 2:30– Rock Painting 3:15 - Music Appreciation 4– Oshibori 5–Sensory Sunset 5:30– Movie: Camelot	24 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Jenga 1:45– Walking Club 2:30– Canvas Composition w/Tony 3 - Happy Hour - Ryden Fredericks 4– Oshibori 5–Sensory Sunset 5:30– Movie: I Love Lucy	25 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Joyride (1pm-3pm) 1:45– Read-a-Loud 3 - Guess 10 4– Oshibori 5–Sensory Sunset 5:30– Nature Documentary	26 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Flower Arranging 1:45– Balloon Volleyball 2:30– Guess 10 3 - Happy Hour Bingo (AL) 4– Oshibori 5–Sensory Sunset 5:30– Movie: The Garfield Movie
27 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Armchair Travel 1:45– Chalk/Bubbles 2:30– Ice Cream “Sundays” 3:15 - Sun Catchers 4– Oshibori 5–Sensory Sunset 5:30– Musical: The Sound of Music (Disney+)	28 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Song Circle with David 1:45– Corn Hole 2:30– Daily Trivia 3:15 - Relaxation Stretching 4– Oshibori 5–Sensory Sunset 5:30– Nature Documentary	29 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– This Day in History Conv 1:45- Puzzles Galore 2:30– Adventure with Amanda 3:15 - Day of Dance 4– Oshibori 5–Sensory Sunset 5:30– Movie: An American In Paris	30 International Jazz Day 9:15– Tunes Through Time 10– Stretch and Strength 10:30- Daily Chronicle 11:15– Oshibori 12:30– Neurobics 1– Wind Chimes 1:45– Indoor Fishing 2:30– Read-a-Loud Picnic (Snack Outside) 3:15 - Music Appreciation 4– Oshibori 5–Sensory Sunset 5:30– Movie: Chicago	 <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>		