

# Assisted Living

# May 2025

| Sun                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Mon                                                                                                                                                                                                                                                                                                                                                                                                                                               | Tue                                                                                                                                                                                                                                                                                                                                                                                                                                | Wed                                                                                                                                                                                                                                                                                                                                                                                   | Thu                                                                                                                                                                                                                                                                                                                                                                                           | Fri                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Sat                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <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><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, Movement, Music &amp; Animal Assisted Therapy</b></p> <p><b>Blue = Rest &amp; Restoration</b></p> <p><b>Yellow = Cognitive (BIS)</b></p>                                                                                                                                                     |  <p><b>May Birthdays!</b></p> <p>Jan S.— May 1st<br/>Barbara T.—May 2nd<br/>Duane B.—May 3rd<br/>Ellen S.—May 21st<br/>Donna H.—May 22nd<br/>Holly Z.—May 24th<br/>Daphne J.—May 25th</p>                                                                                                                                                        | <p>** Please note Tuesday Toes requires prepayment. To coordinate a payment, please contact Leon at: <a href="mailto:Transportation@assistedlivingcherryhills.com">Transportation@assistedlivingcherryhills.com</a></p>                                                                                                                                                               | <p><b>1 May Day!</b></p> <p>9:30-Daily News Update (BIS)</p> <p>10– <b>Yoga w/Martha</b></p> <p>11- <b>May Day: History, Meaning and Traditions</b></p> <p>1 - <b>Book Club</b> (Atrium)</p> <p>1:45- Flower Arrangements &amp; May Day baskets for Friends (BIS)</p> <p>3- <b>Happy Hour – John Crabtree</b></p> <p>5:30– <b>Daily Riddle</b></p> <p>6- <b>Movie:</b> The Beatles - Help</p> | <p><b>2 National Space Day</b></p> <p>9:30- <b>Daily News Update (BIS)</b></p> <p>10- <b>Move &amp; Stretch</b></p> <p>11 - <b>Space Facts</b></p> <p>11– <b>ROMEO Club Lunch w/ Tony &amp; Leon</b></p> <p>1:30–<b>Syd the Science Kid: Galaxy Jars (BIS)</b></p> <p>2:15 - <b>Community Connect: Alberta &amp; Jim Tait (TR)</b></p> <p>3– <b>Sip &amp; Paint w/Tony: Moonlit Stars (BIS)</b></p> <p>5:30– <b>Daily Riddle</b></p> <p>6–<b>Movie:</b> RocketMan &amp; Popcorn</p> | <p><b>3 Kentucky Derby Day</b></p> <p>9:30- <b>Daily News Update (BIS)</b></p> <p>10- <b>Move &amp; Stretch</b></p> <p>11– <b>Kentucky Derby History</b></p> <p>1– <b>Acts of Service Saturday:</b> Thank you cards for National Nurses Day</p> <p>2- <b>Mint Julep Making (BIS)</b></p> <p>3- <b>Kentucky Derby Bingo</b></p> <p>5– The Kentucky Derby Live</p> <p>5:30– <b>Daily Riddle</b></p> <p>6- <b>Movie:</b> Run for the Roses</p> |
| <p><b>4</b></p> <p>9- <b>Catholic Mass (TR)</b></p> <p>9:30- <b>Daily News Update (BIS)</b></p> <p>10- <b>Move &amp; Stretch</b></p> <p>11- <b>Protestant Service (TR)</b></p> <p>11– <b>Wheel of Fortune</b></p> <p>1– <b>Concert:</b> John Denver Live in Sydney 1977 (TR)</p> <p>2:15- <b>Outdoor Axe Throwing &amp; Bowling! (Terrace)</b></p> <p>3- <b>Cinco de Mayo Art w/Tony</b></p> <p>5:30– <b>Daily Riddle</b></p> <p>6– <b>Documentary:</b> Won’t You Be My Neighbor</p> | <p><b>5 Cinco de Mayo</b></p> <p>9:30- <b>Daily News Update (BIS)</b></p> <p>10- <b>Exercise w/Empower Me</b></p> <p>11- <b>Cinco de Mayo Trivia</b></p> <p>11- <b>Mountain Man!</b></p> <p>1- <b>Joyride:</b> Chatfield State Park (load at 1, leave at 1:15)</p> <p>2:30– A Taste of Cinco de Mayo (BIS)</p> <p>3:15– The Life &amp; Work of Frida Kahlo (BIS)</p> <p>5:30– <b>Daily Riddle</b></p> <p>6- <b>Movie:</b> Frida &amp; Popcorn</p> | <p><b>6 National Nurses Day</b></p> <p>9:30– <b>Daily News Update (BIS)</b></p> <p>10- <b>Move &amp; Stretch</b></p> <p>11– <b>Appreciating our CHAL Nurses: All about Adam &amp; Jenn</b></p> <p>1– <b>Trike Ride on the Highline Canal!!</b></p> <p>1:30– <b>Creative Expressions</b></p> <p>3– <b>Music Appreciation w/ Rorie:</b> Carlos Santana</p> <p>5:30– <b>Daily Riddle</b></p> <p>6- <b>Movie:</b> Miss Evers’ Boys</p> | <p><b>7</b></p> <p>9:30- <b>Daily News Update (BIS)</b></p> <p>10- <b>Move &amp; Stretch</b></p> <p>11- <b>Guess 10!</b></p> <p>11– <b>Lunch Outing:</b> Los Dos Portillos (LOB)</p> <p>1:30– Giant Jenga (Terrace)</p> <p>2:15 - <b>Grab &amp; Go!</b></p> <p>3- <b>Mix &amp; Mingle:</b> Palomas!</p> <p>5:30– <b>Daily Riddle</b></p> <p>6- <b>Movie:</b> Selena &amp; Popcorn</p> | <p><b>8</b></p> <p>9:30- <b>Daily News Update (BIS)</b></p> <p>10– <b>Yoga w/Martha</b></p> <p>11- <b>Cranium Crunch</b></p> <p>1 - <b>How I Learned About God from my Dog</b> w/author Evie Butcher</p> <p>2– <b>Grab &amp; Go</b></p> <p>3- <b>Happy Hour:</b> Rick Iraki</p> <p>5:30– <b>Daily Riddle</b></p> <p>6- <b>Movie:</b> The Gods Must Be Crazy</p>                               | <p><b>9</b></p> <p>9:30- <b>Daily News Update (BIS)</b></p> <p>10- <b>Move &amp; Stretch</b></p> <p>11 - <b>Twister Trivia</b></p> <p>11– <b>ROMEO Club Lunch w/ Tony &amp; Leon</b></p> <p>1:30– <b>Syd the Science Kid: Can Crush</b></p> <p>2:15 – <b>Croquet (Courtyard)</b></p> <p>3– <b>Sip &amp; Paint w/Tony</b></p> <p>5:30– <b>Daily Riddle</b></p> <p>6–<b>Movie:</b> The Money Pit &amp; Popcorn</p>                                                                    | <p><b>10 National Mini Golf Day</b></p> <p>9:30-Daily News Update (BIS)</p> <p>10- <b>Move &amp; Stretch</b></p> <p>11– <b>History’s Most Famous Golfers</b></p> <p>1- <b>Acts of Service Saturday:</b> Hope House Mother’s Day Cards (BIS)</p> <p>2– <b>Mini Golf! (Courtyard)</b></p> <p>3- <b>Happy Hour Bingo</b></p> <p>5:30– <b>Daily Riddle</b></p> <p>6- <b>Broadway Night:</b> Cats on Broadway</p>                                |

| Sun                                                                                                                                                                                                                                                                                                                                                | Mon                                                                                                                                                                                                                                                                                                                                                                                                  | Tue                                                                                                                                                                                                                                                                                                                                                               | Wed                                                                                                                                                                                                                                                                                                                                         | Thu                                                                                                                                                                                                                                                                                         | Fri                                                                                                                                                                                                                                                                                                                                                                  | Sat                                                                                                                                                                                                                                                                                              |
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| <b>11 Mother's Day!</b><br>9—Catholic Mass<br>9:30 - Daily News Update (BIS)<br>10- Move & Stretch<br>11- Protestant Service<br>11 - 2: <b>CHAL Mother's Day Brunch!</b><br>2:15—Outdoor Lawn Bowling (Courtyard)<br>3—Rowin & Martin's Laugh In<br>5:30 - Daily Riddle<br>6 - <b>Documentary:</b> Don't Let Age Fool You   Seniors, a Documentary | <b>12</b><br>9:30- Daily News Update (BIS)<br>10- <b>Exercise w/Empower Me</b><br>10:30—**Arapahoe Library**<br>11—Classic Books Trivia<br>1- <b>Joy Ride:</b> Cherry Creek State Park ( <i>load at 1, leave at 1:15</i> )<br>1:30-Walking Club! ( <i>be in lobby by 1:30</i> )<br>3- <b>News Currents w/Rorie</b><br>5:30- Daily Riddle<br>6— <b>Movie:</b> The Wackiest Ship in the Navy & Popcorn | <b>13</b><br>9:30- Daily News Update (BIS)<br>10- Move & Stretch<br>11—Who, What, Where<br>1:30— <b>Music Appreciation w/Rorie:</b> Sergio Mendes<br>3— <b>May Birthdays Celebration</b> w/Janet Joe on the piano<br>5:30- Daily Riddle<br>6- <b>Movie:</b> It Happened One Night                                                                                 | <b>14</b><br>9:30- Daily News Update (BIS)<br>10- Move & Stretch (MOT)<br>11—Family Feud<br>11—1: <b>Lunch Outing:</b> Bella Italia<br>1:30 - May Merriment with Mindy & Mary Ann<br>3— <b>Mix &amp; Mingle:</b> Blue Hawaiian Rum Punch w/ Barbara Dawson on piano<br>5:30- Daily Riddle<br>6- <b>Movie:</b> Crossroads & Popcorn          | <b>15</b><br>9:30 - Daily News Update (BIS)<br>10— <b>Yoga w/Martha</b><br>11- Left, Center, Right<br>1 - <b>Armchair Travel:</b><br>2— <b>Rocky Mountain Goat visit!</b> (Courtyard)<br>3- <b>Happy Hour – Deb Scheer</b><br>5:30- Daily Riddle<br>6- <b>Movie:</b> Breakfast at Tiffany's | <b>16 National Mimosa Day</b><br><b>17</b><br>9:30- Daily News Update (BIS)<br>10- Move & Stretch<br>11- Guess 10!<br>11- Romeo Lunch Club w/Tony & Leon<br>1:30 – <b>Syd the Science Kid:</b> How Many Drops<br>2:15 – <b>Community Connect:</b> Marty & Virginia<br>3— <b>Sip &amp; Paint w/Tony</b><br>5:30- Daily Riddle<br>6- <b>Movie:</b> Born Free & Popcorn | <b>17</b><br>9:30- Daily News Update (BIS)<br>10- Move & Stretch<br>11—Mad Libs<br>1 - <b>Acts of Service Saturday:</b> Hope House Colorado<br>2:15 - 50's Music Sing Along<br>3— <b>Happy Hour Bingo!</b><br>5:30—Daily Riddle<br>6- <b>Broadway Night:</b> Chicago (1996 Revival) & Popcorn    |
| <b>18</b><br>9—Catholic Mass<br>9:30—Daily News Update (BIS)<br>10- Move & Stretch<br>11—Protestant Service<br>11—Tongue Twisters<br>1- <b>Concert:</b> Frank Sinatra Spectacular - The Rat Pack Live<br>2:15—Axe Throwing<br>3—The Wonder of Watercolors w/Tony<br>5:30- Daily Riddle<br>6— <b>Doc:</b> Young@Heart                               | <b>19</b><br>9:30- Daily News Update (BIS)<br>10— <b>Exercise w/Empower Me</b><br>11—Riddle Me This<br>1- <b>Joy Ride:</b> Bear Creek Lake Park ( <i>load at 1, leave at 1:15</i> )<br>1:30—Walking Club! ( <i>be in lobby by 1:30</i> )<br>2 - Modern Marvels (TR)<br>3— <b>News Currents w/Rorie</b><br>5:30- Daily Riddle<br>6- <b>Movie:</b> Tombstone & Popcorn                                 | <b>20</b><br>9:30- Daily News Update (BIS)<br>10- Move & Stretch<br>11- Statistics of Rescue Animals<br>12— <b>Tuesday Toes:</b> Mani/Pedi Outing at Tip to Toe Nails **<br>1:30— <b>Story Telling with Chris Wells</b><br>2:45—Putt Putt & Bowling!<br>3— <b>JULIET</b> Charcuterie Club (Terrace)<br>5:30- Daily Riddle<br>6- <b>Movie:</b> The Nutty Professor | <b>21</b><br>9:30- Daily News Update (BIS)<br>10- Move & Stretch<br>11—Dad Jokes<br>1— <b>Cheeseman Park and Liks Ice Cream Outing</b><br>1:30 - <b>Armchair Travel:</b> Belize<br>3- <b>Mix &amp; Mingle:</b> Pineapple Upside Down Mimosas w/ Barbara Dawson on Piano<br>5:30p- Daily Riddle<br>6- <b>Movie:</b> The Book Thief & Popcorn | <b>22</b><br>9:30—Daily News Update (BIS)<br>10— <b>Yoga w/Martha</b><br>11- Sports Trivia<br>1:30— <b>Chef Chat w/Gershwin</b><br>2:15—Gardening (Courtyard)<br>3- <b>Happy Hour— Ryden Fredericks</b><br>5:30- Daily Riddle<br>6- <b>Movie:</b> The Hound of the Baskervilles             | <b>23</b><br>9:30- Daily News Update (BIS)<br>10- Move & Stretch<br>11—Lucky Moments<br>11 - <b>ROMEO Lunch Club w/ Tony &amp; Leon</b><br>1:30— <b>Zuma's Rescue Ranch Mini Horse Visit</b> (Courtyard)<br>2:15: <b>Foosball &amp; Air Hockey</b><br>3 - <b>Sip &amp; Paint w/Tony</b><br>5:30- Daily Riddle<br>6- <b>Movie:</b> Wolfman & Popcorn Popcorn          | <b>24</b><br>9:30- Daily News Update (BIS)<br>10- Move & Stretch<br>11- The Price is Right<br>1— <b>Acts of Service Saturday:</b> Zuma's Rescue Ranch<br>2:15—Patriotic Music Sing Along<br>3— <b>Happy Hour Bingo!</b><br>5:30—Daily Riddle<br>6- <b>Broadway Night:</b> The King & I & Popcorn |
| <b>25 National Wine Day</b><br>9- Catholic Mass<br>9:30—Daily News Update (BIS)<br>10- Move & Stretch<br>11- Protestant Service<br>11—Cranium Crunch<br>1— <b>Concert:</b> Dean Martin Live in London<br>2:15—Croquet (Courtyard)<br>3—Wine Tasting (Terrace)<br>5:30- Daily Riddle<br>6- <b>Doc:</b> The Truffle Hunters                          | <b>26 Memorial Day</b><br>9:30- Daily News Update (BIS)<br>10- <b>Exercise w/Empower Me</b><br>11—Honoring our Military<br>1- <b>Joy Ride:</b> Mother Cabrini ( <i>load at 1, leave at 1:15</i> )<br>1:30—Walking Club! ( <i>be in lobby by 1:30</i> )<br>2 - Modern Marvels (TR)<br>3— <b>Current News w/Rorie</b><br>5:30- Daily Riddle<br>6- <b>Movie:</b> Cannonball Run & Popcorn               | <b>27</b><br>9:30- Daily News Update (BIS)<br>10- Move & Stretch<br>11—Gratitude Bingo<br>1:30— <b>The Architects and Architecture of Mexico w/Rorie</b><br>3 – <b>New Resident Meet &amp; Greet!</b><br>5:30—Daily Riddle<br>6— <b>Movie:</b> In Like Flynn                                                                                                      | <b>28</b><br>9:30- Daily News Update (BIS)<br>10- Move & Stretch<br>11—Tongue Twister<br>11— <b>Lunch &amp; Movie Outing:</b> Mission Impossible<br>1:30- <b>Armchair Travel:</b> The Philippines<br>3 - <b>Mix &amp; Mingle:</b> Sparkling Spiked Peach Lemonade<br>5:30- Daily Riddle<br>6- <b>Movie:</b> Murder's Row & Popcorn          | <b>29</b><br>9:30—Daily News Update (BIS)<br>10— <b>Yoga w/Martha</b><br>11- Cheesy Jokes<br>1:30— <b>Teaching Kitchen w/ Gershwin!</b><br>3- <b>Happy Hour— Joyce Karchere</b><br>5:30- Daily Riddle<br>6- <b>Movie:</b> Gentlemen Prefer Blondes                                          | <b>30</b><br>9:30- Daily News Update (BIS)<br>10- Move & Stretch<br>11—Music Trivia<br>11 - <b>ROMEO Lunch Club w/ Tony &amp; Leon</b><br>1:30— <b>Kona Ice Truck: Kona's Arctic Blasts!</b><br>2:30: <b>Community Connect:</b> Bobby & Daphne<br>3 - <b>Sip &amp; Paint w/Tony</b><br>6- <b>Movie:</b> All Hands on Deck & Popcorn                                  | <b>31</b><br>9:30- Daily News Update (BIS)<br>10- Move & Stretch<br>11- Family Feud<br>1— <b>Acts of Service Saturday:</b> Nourish (formerly Meals on Wheels)<br>2:15—60's Sing Along<br>3— <b>Happy Hour Bingo!</b><br>5:30—Daily Riddle<br>6- <b>Broadway Night:</b> Funny Girl & Popcorn      |