

Essentials

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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. <i>* All activities are subject to change based on the needs/wants of our residents.</i>	Red = Productivity & Purpose Purple = Leisure & Fun Green = Self– Care (Mind/ Body/Spirit) to include Art, Movement, Music & Animal Assisted Therapy Blue = Rest & Restoration Yellow = Cognitive (BIS)	 May Birthdays! Jan S.— May 1st Barbara T.—May 2nd Duane B.—May 3rd Ellen S.—May 21st Donna H.—May 22nd Holly Z.—May 24th Daphne J.—May 25th	** Please note Tuesday Toes requires prepayment. To coordinate a payment, please contact Leon at: Transportation@assistedlivingcherryhills.com	1 May Day! 9:30-Daily News Update (BIS) 10– Yoga w/Martha 11- May Day: History, Meaning and Traditions 1 - Book Club (Atrium) 1:45- Flower Arrangements & May Day baskets for Friends (BIS) 3- Happy Hour – John Crabtree 5:30– Daily Riddle 6- Movie: The Beatles - Help	2 National Space Day 9:30- Daily News Update (BIS) 10- Swallow Hill Musical Memories Outing 11– ROMEO Club Lunch w/ Tony & Leon 1:30–Syd the Science Kid: Galaxy Jars (BIS) 2:15 - Community Connect: Alberta & Jim Tait (TR) 3– Sip & Paint w/Tony: Moonlit Stars (BIS) 5:30– Daily Riddle 6–Movie: RocketMan & Popcorn	3 Kentucky Derby Day 9:30- Daily News Update (BIS) 10- Move & Stretch 11– Kentucky Derby History 12:30– Music Trivia (LR) 1– Flower Arranging (LR) 2- Mint Julep Making (BIS) 3- Kentucky Derby Bingo 5– The Kentucky Derby Live 5:30– Daily Riddle 6- Movie: Run for the Roses
4 9- Catholic Mass (TR) 9:30- Daily News Update (BIS) 10- Move & Stretch 11- Protestant Service (TR) 11– Wheel of Fortune 1– Concert: John Denver Live in Sydney 1977 (TR) 2:30– Ice Cream Sundae Sundays (LR) 3- Cinco de Mayo Art w/Tony 5:30– Daily Riddle 6– Documentary: Won’t You Be My Neighbor	5 Cinco de Mayo 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 11- Coffee, Donuts & Discussion 11- Mountain Man! 1- Joyride: Chatfield State Park (<i>load at 1, leave at 1:15</i>) 2:30– A Taste of Cinco de Mayo (BIS) 3:15– The Life & Work of Frida Kahlo (BIS) 5:30– Daily Riddle 6- Movie: Frida & Popcorn	6 National Nurses Day 9:30– Daily News Update (BIS) 10- Move & Stretch 11– Appreciating our CHAL Nurses: All about Adam & Jenn 1– Trike Ride on the Highline Canal!! 2:15– Cookie Decorating (LR) 3– Music Appreciation w/Rorie: Carlos Santana 5:30– Daily Riddle 6- Movie: Miss Evers’ Boys	7 9:30- Daily News Update (BIS) 10- Move & Stretch 11- Guess 10! 11– Lunch Outing: Los Dos Portillos (LOB) 12:30– Sensory Art Class w/Vanessa Hayes (LR) 1:45– Giant Jenga (Terrace) 2:15– Grab & Go 3- Mix & Mingle: Polomas 5:30– Daily Riddle 6- Movie: Selena & Popcorn	8 9:30- Daily News Update (BIS) 10– Yoga w/Martha 11- Cranium Crunch 1 - How I Learned About God from my Dog w/author Evie Butcher 2– Grab & Go 3- Happy Hour: Rick Iraki 5:30– Daily Riddle 6- Movie: The Gods Must Be Crazy	9 9:30- Daily News Update (BIS) 10- Move & Stretch 10:45: Figures of Speech 11– ROMEO Club Lunch w/ Tony & Leon 1:30– Syd the Science Kid: Can Crush 2:15 – Croquet (Courtyard) 3– Sip & Paint w/Tony 5:30– Daily Riddle 6–Movie: The Money Pit & Popcorn	10 National Mini Golf Day 9:30-Daily News Update (BIS) 10- Move & Stretch 11– History’s Most Famous Golfers 1:15- Flower Arranging (LR) 2– Mini Golf! (Courtyard) 3- Happy Hour Bingo 5:30– Daily Riddle 6- Broadway Night: Cats on Broadway

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