

Essentials

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9- Catholic Mass (TR) 9:30- Daily News Update (BIS) 10- Move & Stretch 11- Protestant Service (TR) 11- Price is Right 1- Concert: Dolly Parton: A Musical Tribute (TR) 2:15- Ice Cream Sundaes (LR) 3- Origami w/Tony 5:30- Our Daily Roses & Buds 6- Documentary: Inside the Mind of a Dog	2 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 10- Essentials Resident One-On-One Time 11- Syd the Science Kid 11- Mountain Man! 1-3- Joyride: Daniel's Park 2- Let's Make It! 3- News Currents w/Rorie! 5:30- Our Daily Roses & Buds 6- Movie: Fly Me to the Moon	3 Love Conquers All Day 9:30- Daily News Update (BIS) 10- Move & Stretch 11- Famous Love Stories 11:30- Juliet Club Lunch w/ Rorie & Hollyn 1:30- Music Appreciation w/Rorie 3- Garden Paper Pot Flowers 4- Essentials Resident's Dinner 5:30- Our Daily Roses & Buds 6- Movie: Ocean's 13	4 Cash's Birthday! 9:30- Daily News Update (BIS) 10- Move & Stretch 11- Family Feud 1:30- Armchair Travel: Antarctica 2:15 - Adventures in the Activities Room w/Rorie 3- Mix, Mingle, Music & Cash's Birthday Party! 5:30- Our Daily Roses & Buds 6- Movie: All Hands on Deck & Popcorn	5 9:30- Daily News Update (BIS) 10- Yoga w/Martha 10- Essentials Resident One-On-One Time 11- Music Trivia 11:30-12:30- BBQ Lunch (LR) 1 - Book Club (Atrium) 1:30- Grab & Go! 3- Happy Hour – John Crabtree 5:30- Our Daily Roses & Buds 6- Movie: The Mask of Zorro	6 National Donut Day 9:30- Daily News Update (BIS) 10- Move & Stretch 11 - Donuts & Dad Jokes 11- BBQ FRIDAY!!! 11:30- Romeo Lunch Club w/ Tony & Leon 1:30- Walking Club 1:30- Gardening Club 3- Sip & Paint w/Tony 5:30- Our Daily Roses & Buds 6- Movie: Meet Joe Black & Popcorn	7 9:30- Daily News Update (BIS) 10- Move & Stretch 11- Wheel of Fortune 1- Acts of Service Saturday: Toys for God's Kid's Cars (BIS) 2- Adventures in the Activities Room w/Rorie 3- Happy Hour Bingo 5:30- Our Daily Roses & Buds 6- Broadway Night: There's No Business Like Show
8 9- Catholic Mass (TR) 9:30- Daily News Update (BIS) 10- Move & Stretch 11- Protestant Service (TR) 11- Tales by Tony 1- Concert: Monterey Pop (TR) 2:15- Ice Cream Sundae (LR) 3- Watercolor Art w/Tony 5:30- Our Daily Roses & Buds 6- Documentary: Won't You Be My Neighbor	9 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 10- Essentials Resident One-On-One Time 11- Syd the Science Kid 1-3- Joyride: Chatfield State Park 1-2: **Arapahoe Library** 2- Let's Make It! 3- News Currents w/Rorie! 5:30- Our Daily Roses & Buds 6- Movie: M*A*S*H & Popcorn	10 National Black Cow Day 9:30- Daily News Update (BIS) 10- Move & Stretch 11- Cranium Crunch 11:30- Juliet Club Lunch w/ Rorie & Hollyn 1:30- Art Appreciation w/Rorie 3- June Birthdays Celebration: Root beer floats and Janet Joe on the piano 4- Essential's Resident's Dinner 5:30- Our Daily Roses & Buds 6- Movie: Grapes of Wrath	11 9:30- Daily News Update (BIS) 10- Move & Stretch 11- Mad Libs 11- Lunch Outing: Birdcall 1:30- Armchair Travel: Portugal 2- Adventures in the Activities Room with Rorie 3- Mix, Mingle & Music w/Barbara Dawson 5:30- Our Daily Roses & Buds 6- Movie: Some Like it Hot & Popcorn	12 9:30- Daily News Update (BIS) 10- Yoga w/Martha 10- Essentials Resident One-On-One Time 11- Tongue Twisters 11:30-12:30- BBQ Lunch (LR) 1:30- Resident Council 2:15- Watermelon Coasters 3- Happy Hour: Rick Iraki 5:30- Our Daily Roses & Buds 6- Movie: All the President's Men	13 National Weed Your Garden Day 9:30- Daily News Update (BIS) 10- Move & Stretch 11 - Life's Weeds Discussion 11- BBQ FRIDAY!! 11:30- Romeo Lunch Club w/ Tony & Leon 1:30- Walking Club 1:30- Gardening Club 3- Sip & Paint w/Tony 5:30- Our Daily Roses & Buds 6- Movie: Tootsie & Popcorn	14 9:30- Daily News Update (BIS) 10- Move & Stretch 11- This Day in History 1- Acts of Service Saturday: Care Packages for the Homeless (BIS) 2- Adventures in the Activities Room w/Rorie 3- Happy Hour Bingo 5:30- Our Daily Roses & Buds 6- Broadway Night: Gypsy

Sun	Mon	Tue	Wed	Thu	Fri	Sat
15 Father’s Day! 9—Catholic Mass 9:30 - Daily News Update (BIS) 10- Move & Stretch 11- Protestant Service 11-1: FATHER’S DAY BBQ! 1— Concert: Music By John Williams 2:15— Ice Cream Sundaes (LR) 3— Sea Glass Bird Art w/Tony 5:30 - Our Daily Roses & Buds 6 - Documentary: Honeyland	16 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 10— Essentials Resident One-On-One Time 11— Syd the Science Kid 1— 3- Joy Ride: Roxborough State Park 2— Let’s Make It! 3— News Currents w/Rorie! 5:30- Our Daily Roses & Buds 6— Movie: High Noon & Popcorn	17 9:30- Daily News Update (BIS) 10- Move & Stretch 11— Who, What, Where 11:30—Juliet Club Lunch w/ Rorie & Hollyn 1:30— Music Appreciation w/Rorie 3— Outdoor Games Galore 4— Essentials Resident’s Dinner 5:30- Our Daily Roses & Buds 6- Movie: A Night at the Opera	18 National Go Fishing Day 9:30- Daily News Update (BIS) 10- Move & Stretch (MOT) 11— Family Feud 11-1- Lunch Outing: Poppies 1:30- Outdoor Pool Fishing 3— Essentials Ice Cream Outing: Bonnie Brae 5:30- Our Daily Roses & Buds 6- Movie: Platoon & Popcorn	19 National Popcorn Day 9:30 - Daily News Update (BIS) 10— Yoga w/Martha 10— Essentials Resident One-On-One Time 11- Left, Center, Right 11:30-12:30- BBQ Lunch (LR) 1:30— Grab & Go 2:15— Popcorn ball making 3- Happy Hour: Deb Scheer 5:30- Our Daily Roses & Buds 6- Movie: Easy Rider	20 9:30- Daily News Update (BIS) 10- Move & Stretch 11- Guess 10! 11— BBQ FRIDAY!!! 11:30- Romeo Lunch Club w/ Tony & Leon 1:30— Flower Bracelet (LR) 1:30— Gardening Club 3— Sip & Paint w/Tony 5:30- Our Daily Roses & Buds 6- Movie: The Best Years of Our Life & Popcorn	21 World Music Day 9:30- Daily News Update (BIS) 10- Move & Stretch 11— Music Trivia 1 - Acts of Service Saturday: Blanket Making 2— Adventures in the Activities Room w/Rorie 3— Happy Hour Bingo! 5:30— Our Daily Roses & Buds 6- Broadway Night: Gentle-men Prefer Blondes & Popcorn
22 9—Catholic Mass 9:30— Daily News Update (BIS) 10- Move & Stretch 11—Protestant Service 11— Tongue Twisters 1- Concert: The Beatles— A Hard Day’s Night 2:15— Ice Cream Sundaes (LR) 3— Watercolor Art w/Tony 5:30- Our Daily Roses & Buds 6— Documentary: All That Breathes	23 9:30- Daily News Update (BIS) 10— Exercise w/Empower Me 10— Essentials Resident One-On-One Time 11— Syd the Science Kid 1-3- Joy Ride: Alamo Placita Park 1:30— Music w/David Harrower 1-2: **Arapahoe Library** 3— News Currents w/Rorie! 5:30- Our Daily Roses & Buds 6- Movie: Shane & Popcorn	24 9:30- Daily News Update (BIS) 10- Move & Stretch 11- Poetry Classics 11:30—Juliet Club Lunch w/ Rorie & Hollyn 1— Music w/Mark Paulson 1:30— Story Telling with Chris Wells 3— Putt Putt & Outdoor Bowling! 4— Essentials Resident’s Dinner 5:30- Our Daily Roses & Buds 6- Movie: Do the Right Thing	25 9:30- Daily News Update (BIS) 10- Move & Stretch 11— Riddle Me This 11–1- Lunch Outing: Big Bill’s New York Pizza 1:30 - Armchair Travel: Switzerland 3- Mix, Mingle & Music w/ Barbara Dawson & Flutist 5:30- Our Daily Roses & Buds 6- Movie: Blade Runner & Popcorn	26 9:30— Daily News Update (BIS) 10— Yoga w/Martha 10— Essentials Resident One-On-One Time 11- Sports Trivia 11:30-12:30- BBQ Lunch (LR) 1:30— Chef Chat w/Gershwin 2— Community Connection 3- Happy Hour: Ryden Frederick 5:30- Our Daily Roses & Buds 6- Movie: The Last Picture Show	27 9:30- Daily News Update (BIS) 10- Move & Stretch 11— Roll Until You Can’t 11— BBQ FRIDAY!!! 11:30- Romeo Lunch Club w/ Tony & Leon 1:30- Walking Club 1:30— Gardening Club 3— Sip & Paint w/Tony 5:30- Our Daily Roses & Buds 6- Movie: Rear Window & Popcorn	28 9:30- Daily News Update (BIS) 10- Move & Stretch 11- The Price is Right 1— Acts of Service Saturday: Post it Love— Handwritten Notes Encouragement for Kids 2— Adventures in the Activities Room w/Rorie 3— Happy Hour Bingo! 5:30— Our Daily Roses & Buds 6- Broadway Night: When My Baby Smiles At Me & Popcorn
29 9- Catholic Mass 9:30— Daily News Update (BIS) 10- Move & Stretch 11- Protestant Service 11— Cranium Crunch 1— Concert: Fantasia 2:15— Ice Cream Sundaes (LR) 3— Adventures in Tie Die w/Tony 5:30- Our Daily Roses & Buds 6- Documentary: Time	30 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 11— Syd the Science Kid 1-3- Joy Ride: Confluence Park 2 - Let’s Make It! 3— News Currents w/Rorie! 5:30- Our Daily Roses & Buds 6- Movie: Intolerance & Popcorn	31 9:30- Daily News Update (BIS) 10- Move & Stretch 11— Gratitude Bingo 11:30—Juliet Club Lunch w/ Rorie & Hollyn 1:30— Art Appreciation w/Rorie 3 — New Resident Meet & Greet! 4— Essentials Resident’s Dinner 5:30— Our Daily Roses & Buds 6— Movie: A Street Car Named	Please note the Walking and Gardening Club will meet at 1:30 depending on the current weather condition. Please check with the activities boards or with the Activities Department for updated information.	 June Birthdays! Elise K.—June 1st Linda C.—June 3 rd Rosemary G.—June 8 th Bonnie D.—June 10 th Pat L.—June 12 th Jim O.—June 12 th Shirley S.—June 24 th Lou P.—June 29 th	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)