

Assisted Living

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 9- Catholic Mass (TR) 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11- Rebus Puzzles (BIS) 1-Concert: Simon & Garfunkel, The Concert in Central Park - 1981 (TR) 2:15- Axe Throwing (BIS) 3- Loteria Fiesta Bingo! (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Arthur	HAPPY BIRTHDAY! Alla P. - August 4th Jeanine A. - August 6th Mel K. - August 12th Betty B. - August 15th Tina G. - August 16th Sally Jo T. - August 17th Dr. Carlos O. - August 19th Joan M. - August 28th	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. * All activities are subject to change based on the needs/wants of our residents.	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)		1 International Beer Day/ Colorado Day 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11 - Discussion: Favorite Things About Living in Colorado (BIS) 11- BBQ FRIDAY!! 11:30 - ROMEO Lunch Club 1:30- Friday Series: Planet Earth (TR) 2:15- Target Practice (BIS or TER) 3- Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Walk the Line & Popcorn	2 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Gratitude Board (BIS) 1:30- Acts of Service Saturday - Bags for Homeless (BIS) 2:15- Abbott & Costello (TR) 3- Happy Hour Bingo (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Ferris Bueller’s Day Off
3 National Friendship Day 9- Catholic Mass (TR) 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11- Rebus Puzzles (BIS) 1-Concert: Carpenters in Concert at the New London Theatre- 1976 (TR) 2:15- Bocce Ball (BIS) 3- Watercolor Art w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: West Side Story	4 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 11- Week at a Glance (BIS) 1:30- Joyride: The Lariat Loop Trail 2- Let’s Talk Speaking Game (BIS) 3- News Currents w/Rorie! (Upstairs Short Hall) 5:30- Daily Wrap Up (BIS) 6- Movie: Annie Hall & Popcorn	5 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Word Games (BIS) 11:30- Juliet Club Lunch w/ Rorie & Hollyn (DR) 1:30- Armchair Travel: Wonders of the Netherlands (TR) 2:15- Playtime with Puppies! (BIS) 3- Banana Sushi (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: City Slickers	6 Foot Clinic 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Trivia w/Tony (BIS) 11- Lunch Outing: Prost Biergarten 1:30- Art Appreciation w/ Rorie (TR) 2:15- Axe Throwing (BIS) 3- Mix, Mingle & Music with Barbara Dawson on piano w/Flutist (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Trivia Winner Movie Pic & Popcorn	7 Purple Heart Day 9:30- Daily News Update (BIS) 10- Yoga w/Martha (GYM) 11- Discussion: Purple Heart Day (BIS) 1:30- Grab & Go (BIS) 2:15- Cornhole (BIS or TER) 3- Happy Hour: John Crabtree (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Casablanca	8 CHAL LUAU!! 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11 - Tongue Twisters (BIS) 11- BBQ FRIDAY!! 11:30- Romeo Lunch Club 1:30- Friday Series: Planet Earth (TR) 2:15- Putt Putt Golf (BIS or TER) 3- Sip & Paint w/Tony (BIS) 4- CHAL LUAU PARTY!! 6- Movie: Grease & Popcorn	9 9:30-Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Gratitude Board (BIS) 1:30- Acts of Service Saturday - Cards for Kids (BIS) 2:15- Andy Griffith Show (TR) 3- Happy Hour Bingo (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: As Good As It Gets

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10 9—Catholic Mass (TR) 9:30 - Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11—Rebus Puzzles (BIS) 1— Concert: Neil Diamond Live at the Aquarian Theatre 1988 (TR) 2:15—Indoor Putt-Putt (BIS) 3— Loteria Fiesta Bingo! (BIS) 5:30 - Daily Wrap Up (BIS) 6 - Movie: South Pacific	11 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 11— Mountain Man! (BIS) 11—Week at a Glance (BIS) 11:30- Arapahoe Library (BIS) 1:30- Joy Ride: The Old West Loop 2—Games Galore! (BIS) 3— News Currents w/Rorie! (Upstairs Short Hall) 5:30- Daily Wrap Up (BIS) 6— Movie: The Great Outdoors & Popcorn	12 Perseid Meteor Shower 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Discussion: Perseid Meteor Shower (BIS) 1:30— Music Appreciation w/Rorie (TR) 3- August Birthdays’ Celebration w/Janet Joe on the piano (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Nonnas	13 Perseid Meteor Shower 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Trivia w/Tony (BIS) 11 - Lunch Outing: Bird Call 1:30- Armchair Travel: Wonders of the Gulf of California (TR) 2:15—Rodgers & Hammerstein Sing Along (BIS) 3— Happy Hour Trivia (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Trivia Winner Movie Pic & Popcorn	14 9:30 - Daily News Update (BIS) 10— Yoga w/Martha (GYM) 11- Word Games (BIS) 11- Wings Over the Rockies & lunch outing 1:30— Shuffleboard! (BIS) 2:15—Watercolor Designs (BIS) 3- Happy Hour: Rick Iracki 5:30- Daily Wrap Up (BIS) 6- Movie: The Second Time Around	15 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Mad Libs (BIS) 11— BBQ FRIDAY!!! 11:30- Romeo Lunch Club 1:30- Friday Series: Planet Earth (TR) 2:15- Granny Pants Ball Game (BIS or TER) 3— Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Footloose & Popcorn	16 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Gratitude Board (BIS) 1:30 - Acts of Service Saturday - Pen Pals Project (BIS) 2:15—The Dick Van Dyke Show (TR) 3— Happy Hour Bingo! (BIS) 5:30—Daily Wrap Up (BIS) 6— Movie: On Golden Pond
17 9—Catholic Mass (TR) 9:30—Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Protestant Service (TR) 11—Rebus Puzzles (BIS) 1- Concert: Johnny Cash’s America Live at the Kennedy Center - 1982 (TR) 2:15—Target Practice (BIS) 3— Watercolor Art w/Tony 5:30- Daily Wrap Up (BIS) 6— Movie: The Bucket List	18 9:30- Daily News Update (BIS) 10— Exercise w/Empower Me 11—Week at a Glance (BIS) 1:30- Joy Ride: Clear Creek Canyon 2—Axe Throwing (BIS) 3— News Currents w/Rorie! (Upstairs Short Hall) 5:30- Daily Wrap Up (BIS) 6- Movie: Chariots of Fire & Popcorn	19 National Aviation Day 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Word Games (BIS) 11:30— Juliet Club Lunch w/ Rorie & Hollyn 1:30— Story Telling with Chris Wells! (TR) 2:30—Crafting with Mindy & Marianne 3:15—Wheel of Fortune (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Top Gun	20 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Trivia w/Tony (BIS) 11- Lunch Outing: NoNo’s Cafe 1:30 - Armchair Travel: The Wonders of Sardegna (TR) 2:15—Indoor Bowling (BIS) 3- Mix, Mingle & Music with Barbara Dawson 5:30- Daily Wrap Up (BIS) 6- Movie: Trivia Winner Movie Pic & Popcorn	21 Happy Senior Citizen’s Day! 9:30—Daily News Update (BIS) 10— Yoga w/Martha (GYM) 11- Discussion: Perks of Being a Senior Citizen (BIS) 1:30— Chef Chat w/Gershwin (BIS) 2:15— Ice Cream Sundae Social! (TER) 3- Happy Hour: Deb Scheer 5:30- Daily Wrap Up (BIS) 6- Movie: Overboard	22 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Hangman (BIS) 11— BBQ FRIDAY!!! 11:30- Romeo Lunch Club: Sub Sandwiches (PDR) 1:30- Friday Series: Planet Earth (TR) 2:15—Bocce Ball (TER) 3— Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: 9 to 5 & Popcorn	23 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Gratitude Board (BIS) 1:30— Acts of Service Saturday - Toys for God’s Kid’s Cars (BIS) 2:15—The Mary Tyler Moore Show (TR) 3— Happy Hour Bingo! (BIS) 5:30—Daily Wrap Up (BIS) 6- Movie: Million Dollar Baby
24 9- Catholic Mass (TR) 9:30—Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11—Rebus Puzzles (BIS) 1— Concert: John Denver Live in Lake Biwa, Japan— 1984 (TR) 2:15—Indoor Bowling (BIS) 3— Loteria Fiesta Bingo! (BIS) 5:30- Daily Wrap Up (BIS) 6— Movie: The Odd Couple	25 Women’s Equality Day 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 11—Week at a Glance/ Women’s Equality (BIS) 11:30- Arapahoe Library (BIS) 2 - Chasing a Dream for CO: Enos Mills (Centennial YMCA) 3— News Currents w/Rorie! (Upstairs Short Hall) 5:30- Daily Wrap Up (BIS) 6- Movie: Redwood Highway & Popcorn	26 National Dog Day 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Discussion: Our Favorite Dogs-National Dog Day (BIS) 1:30 - Joy Ride: The Back Road to Boulder 3 — Art Appreciation w/ Rorie (TR) 5:30—Daily Wrap Up (BIS) 6— Movie: The Life List	27 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Trivia w/Tony (BIS) 11— Lunch Outing: The Olive Garden 1:30 - Armchair Travel: The Wonders of Ontario (TR) 2:15—The Great American Songbook Sing Along (BIS) 3- Happy Hour Trivia (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Trivia Winner Movie Pic & Popcorn	28 9:30—Daily News Update (BIS) 10— Yoga w/Martha (GYM) 11- Tic-Tac-Toe (BIS) 1:30— Grab & Go (BIS) 2:15—This Day in History (BIS) 3- Happy Hour: Ryden Fredericks 5:30- Daily Wrap Up (BIS) 6- Movie: Get Low— A True Tall Tale	29 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Tongue Twisters (BIS) 11— BBQ FRIDAY!!! 11:30- Romeo Lunch Club 1:30- Friday Series: Planet Earth (TR) 2:15- Granny Pants Ball Game (BIS or TER) 3— Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: The Natural & Popcorn	30 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Gratitude Board (BIS) 1:30— Acts of Service Saturday - Care Packages for those in need (BIS) 2:15—Rowan & Martin’s Laugh In (TR) 3— Happy Hour Bingo! (BIS) 5:30—Daily Wrap Up (BIS) 6- Movie: Going in Style