

Assisted Living

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 July Birthdays! Margie L. - July 3rd Sibyl P. - July 6th Andrea W. - July 11th Sharon W. - July 20th		1 National US Postage Stamp Day 9:30– Daily News Update (BIS) 10- Move & Stretch (GYM) 11– US Postage Stamp Price Trivia (BIS) 1:30– Music Appreciation w/ Rorie (TR) 3– Postage Stamp Collage (BIS) 5:30- Daily Roses & Buds (BIS) 6- Movie: Lucky Me	2 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Pictionary (BIS) 1:30– Armchair Travel: Virtual Museum Tour of the Smithsonian (TR) 2:15– Firework Salt Art Paintings (BIS) 3– Happy Hour Trivia (BIS) 5:30- Daily Roses & Buds (BIS) 6- Movie: Casablanca & Popcorn	3 9:30- Daily News Update (BIS) 10– Yoga w/Martha (GYM) 11– This Day in History (BIS) 1 - Book Club (Atrium) 1:30– Grab & Go! (BIS) 2:15- Patriotic Popsicle Making (BIS) 3- Happy Hour: John Crabtree (BIS) 5:30- Daily Roses & Buds (BIS) 6- Movie: Wizard of Oz	4 Fourth of July!! 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11 - Patriotic Trivia (BIS) 11– 4TH OF JULY BBQ!! 11-1– Patriotic Tunes w/Dennis Young 1:30– Friday Series: The History of Comedy (TR) 3– Sip & Paint w/Tony (BIS) 5:30- Daily Roses & Buds (BIS) 6- Movie: 1776	5 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Last Letter First (BIS) 1:30– Acts of Service Saturday (BIS) 2– Mysteries at the Museum (TR) 3– Happy Hour Bingo (BIS) 5:30- Daily Roses & Buds (BIS) 6– Movie: In Her Place
6 9- Catholic Mass (TR) 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11– Tic-Tac-Toe (BIS) 1–Concert: Return of the King - The Fall & Rise of Elvis Presley (TR) 2:15– Bocce Ball (TBD) 3– Sip & Paint w/Tony (BIS) 5:30- Daily Roses & Buds (BIS) 6– Movie: Rear Window	7 World Chocolate Day 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 11- Favorite Chocolate Treats (BIS) 1:30- Joyride: Deer Creek Canyon Park 2–Let’s Make It (w/Chocolate)! (BIS) 3– News Currents w/Rorie! (Upstairs Short Hall) 5:30- Daily Roses & Buds (BIS) 6- Movie: Audrey & Popcorn	8 9:30– Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Hangman (BIS) 11:30– Juliet Club Lunch w/ Rorie & Hollyn (DR) 1:30– Art Appreciation w/ Rorie (TR) 3– July Birthdays’ Celebration: w/Janet Joe on the piano (BIS) 5:30- Daily Roses & Buds (BIS) 6- Movie: Uncle Buck	9 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Boggle Grid (BIS) 11– Lunch Outing: Poppies 1:30- Armchair Travel: The Netherlands (TR) 2:15– Water Balloon Darts (TER) 3– Mix, Mingle & Music with Barbara Dawson on piano w/Flutist (BIS) 5:30- Daily Roses & Buds (BIS) 6- Movie: Benji & Popcorn	10 9:30- Daily News Update (BIS) 10– Yoga w/Martha (GYM) 11- Scrambled Words (BIS) 1:30– Tie Die with Leon (BIS) 2:15– Christmas in July Snowball Fight! (TER) 3- Happy Hour: Hassan Safieddine (CHAL Musician) (BIS) 5:30- Daily Roses & Buds (BIS) 6- Movie: The Man Who Knew Too Much	11 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11 - Riddle Me This (BIS) 11– BBQ FRIDAY!! 11:30- Romeo Lunch Club w/ Tony & Leon 1:30– Friday Series: The History of Comedy (TR) 3– Sip & Paint w/Tony (BIS) 5:30- Daily Roses & Buds (BIS) 6- Movie: Sister Act & Popcorn	12 9:30-Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Word Association (BIS) 1:30- Acts of Service Saturday (BIS) 2– Expedition Unknown (TR) 3- Happy Hour Bingo (BIS) 5:30- Daily Roses & Buds (BIS) 6– Movie: Mama Mia!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
13 9—Catholic Mass (TR) 9:30 - Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11- Family Feud (BIS) 1—Concert: BeeGees— One Night Only (TR) 2:15— Putt Putt Golf (TBD) 3— Sip & Paint w/Tony (BIS) 5:30 - Daily Roses & Buds (BIS) 6 - Movie: 80 for Brady	14 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 11— Mountain Man! (BIS) 11— Jeopardy (BIS) 11:30- Arapahoe Library (BIS) 1:30- Joy Ride: Castlewood Canyon State Park 2— Let’s Make It! (BIS) 3— News Currents w/Rorie! (Upstairs Short Hall) 5:30- Daily Roses & Buds (BIS) 6— Movie: Strike Up the Band & Popcorn	15 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Hangman (BIS) 1:30— Story Telling with Chris Wells! (TR) 3— Word Searches & Crosswords (BIS) 5:30- Daily Roses & Buds (BIS) 6- Movie: The Princess Bride	16 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Homophones (BIS) 11-1- Lunch Outing: Culvers 1:30- Armchair Travel: New Zealand (TR) 2:15— Seated Croquet (TBD) 3— Happy Hour Trivia (BIS) 5:30- Daily Roses & Buds (BIS) 6- Movie: Wrath of the Titans	17 9:30 - Daily News Update (BIS) 10— Yoga w/Martha (GYM) 11- Left, Center, Right (BIS) 1:30— Grab & Go (BIS) 2:15— Guess 10: U.S. States (BIS) 3- Happy Hour: Deb Scheer 5:30- Daily Roses & Buds (BIS) 6- Movie: Flight of the Navigator	18 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Word Wheels (BIS) 11— BBQ FRIDAY!!! 11:30- Romeo Lunch Club w/ Tony & Leon 1:30- Friday Series: The History of Comedy (TR) 3— Sip & Paint w/Tony (BIS) 5:30- Daily Roses & Buds (BIS) 6- Movie: Sister Act 2 & Popcorn	19 National Football Day 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Football Trivia (BIS) 1:30 - Acts of Service Saturday (BIS) 2— Mysteries at the Museum (TR) 3— Happy Hour Bingo! (BIS) 5:30— Daily Roses & Buds (BIS) 6— Movie: The Quilters
20 National Moon Day 9—Catholic Mass (TR) 9:30— Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Protestant Service (TR) 11— Suction Cup Ball (BIS) 1- Concert: Airplay—The Rise and Fall of Rock Radio (TR) 2:15— Indoor Bowling (BIS) 3— Acrylic Moon Art (BIS) 5:30- Daily Roses & Buds (BIS) 6— Movie: Family Plot	21 9:30- Daily News Update (BIS) 10— Exercise w/Empower Me 11— Wheel of Fortune (BIS) 1:30- Joy Ride: Cherry Creek State Park 2— Let’s Make It! (BIS) 3— News Currents w/Rorie! (Upstairs Short Hall) 5:30- Daily Roses & Buds (BIS) 6- Movie: Our Souls at Night & Popcorn	22 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Poetry Classics (BIS) 11:30— Juliet Club Lunch w/ Rorie & Hollyn 1:30— Crafting with Mindy (BIS) 2:30- Music Appreciation w/Rorie (TR) 3:30— Balloon Volleyball (BIS) 5:30- Daily Roses & Buds (BIS) 6- Movie: Elephant Whisperers	23 National Gorgeous Grandma Day 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Grandma Memories (BIS) 11- Lunch Outing: First Watch 1:30 - Visit with the Mayor of Centennial— Stephanie Piko (TR) 3- Mix, Mingle & Music with Barbara Dawson 5:30- Daily Roses & Buds (BIS) 6- Movie: UnBroken & Popcorn	24 National Tell An Old Joke Day 9:30— Daily News Update (BIS) 10— Yoga w/Martha (GYM) 11- Classic Jokes w/Tony (BIS) 1:30— Chef Chat w/Gershwin (BIS) 2:15— Coaster Painting (BIS) 3- Happy Hour: Ryden Fredericks 5:30- Daily Roses & Buds (BIS) 6- Movie: Rooster Cogburn	25 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Roll Until You Can’t (BIS) 11— BBQ FRIDAY!!! 11:30- Romeo Lunch Club w/ Tony & Leon 1:30— Friday Series: The History of Comedy (TR) 3— Sip & Paint w/Tony (BIS) 5:30- Daily Roses & Buds (BIS) 6- Movie: Hitchcock & Popcorn	26 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- The Price is Right (BIS) 1:30— Acts of Service Saturday (BIS) 2— Expedition Unknown (TR) 3— Happy Hour Bingo! 5:30— Daily Roses & Buds (BIS) 6- Movie: The Sea Hawk & Popcorn
27 9- Catholic Mass (TR) 9:30— Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11— Guess 10 (BIS) 1— Concert: The All Star Orchestra (TR) 2:15— Croquet (Courtyard) 3— Painting w/Watercolors (BIS) 5:30- Daily Roses & Buds (BIS)	28 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 11— Chuck the Duck (BIS) 11:30- Arapahoe Library (BIS) 1:30 - Joy Ride: Red Rocks 2 - Let’s Make It! (BIS) 3— News Currents w/Rorie! (Upstairs Short Hall) 5:30- Daily Roses & Buds (BIS) 6- Movie: Sherlock Holmes & Popcorn	29 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Pictionary (BIS) 1:30— Art Appreciation w/Rorie (TR) 3 — New Resident Meet & Greet! (BIS) 5:30— Daily Roses & Buds (BIS) 6— Movie: The Rocketeer	30 Share a Hug Day 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Riddle Me This (BIS) 11—Lunch Outing: Bad Daddy’s Burger Bar 1:30 - Armchair Travel: Chile (TR) 2:15— Popsicle Party! (TER) 3- Happy Hour Trivia (BIS) 5:30- Daily Roses & Buds (BIS) 6- Movie: K-9 & Popcorn	31 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: Steve Smith 5:30- Daily Roses & Buds (BIS) 6- Movie: In the Good Old Summertime	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)