

Essentials

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 July Birthdays! Margie L. - July 3 rd Sibyl P. - July 6 th Andrea W. - July 11 th Sharon W. - July 20 th		1 National US Postage Stamp Day 9:30– Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Postage Stamp Price Trivia (BIS) 1:30– Music Appreciation w/ Rorie (TR) 3– Postage Stamp Collage (BIS) 4- Essential’s Resident’s Dinner 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) 4:30– Essential’s Resident’s Dinner 5:30- Daily Roses & Buds (BIS) 6- Movie: Casablanca & Popcorn	3 9:30- Daily News Update (BIS) 10– Yoga w/Martha (GYM) 10– Essentials Resident One-On-One Time 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)	4 Happy 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– Flower Arranging (LR) 1:30– Acts of Service Saturday (BIS) 2– Adventures in the Activities Room w/Rorie 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– Ice Cream Sundae Sundays (LR) 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 10- Essentials Resident One-On-One Time 11- Favorite Chocolate Treats (BIS) 1:30- Joyride: Deer Creek Canyon Park 2–Let’s Make It (w/Chocolate)! 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) 4- Essential’s Resident’s Dinner 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 and flutist (BIS) 4:30– Essential’s Resident’s Dinner 5:30- Daily Roses & Buds (BIS) 6- Movie: Benji & Popcorn	10 9:30- Daily News Update (BIS) 10– Yoga w/Martha (GYM) 10– Essentials Resident One-On-One Time 11- Scrambled Words (BIS) 11- BBQ LUNCH & DANCE PARTY!! (LR) 1:30– Tie Die with Leon (BIS) 2:15– Christmas in July Snowball Fight! (TER) 3- Happy Hour: Hassan Safieddine (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) 10– Swallow Hill Musical Memories Outing 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	12 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Word Association (BIS) 1– Flower Arranging (LR) 1:30- Acts of Service Saturday (BIS) 2– Adventures in the Activities Room w/Rorie 3- Happy Hour Bingo 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— Ice Cream Sundae Sundays (LR) 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 10— Essential’s Resident’s One on One’s 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! 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) 4- Essential’s Resident’s Dinner 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 5:30- Daily Roses & Buds (BIS) 6- Movie: Wrath of the Titans & Popcorn	17 9:30 - Daily News Update (BIS) 10— Yoga w/Martha (GYM) 10— Essential’s Resident’s One on One’s 11- Left, Center, Right (BIS) 11-BBQ LUNCH & DANCE PARTY!! (LR) 1:30— Grab & Go (BIS) 2- Sensory Art in Parts (LR) 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— Flower Arranging (LR) 1:30 - Acts of Service Saturday (BIS) 2— Adventures in the Activities Room w/Rorie 2— Mysteries the Museum (TR) 3— Happy Hour Bingo! (BIS) 5:30— Daily Roses & Buds (BIS)
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— Ice Cream Sundae Sundays (LR) 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 10— Essential’s Resident’s One on One’s 11— Wheel of Fortune (BIS) 1:30- Joy Ride: Cherry Creek State Park 1:30 Music w/David Harrower 2— Let’s Make It! (BIS) 3— News Currents w/Rorie! 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— Music w/Mark Paulson (LR) 1:30— Crafting with Mindy (BIS) 2:30- Music Appreciation w/Rorie (TR) 3:30— Balloon Volleyball (BIS) 4- Essential’s Resident’s Pizza Party! (PDR) 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 & Flutist 5:30- Daily Roses & Buds (BIS) 6- Movie: UnBroken & Popcorn	24 Tell An Old Joke Day 9:30— Daily News Update (BIS) 10— Yoga w/Martha (GYM) 10— Essential’s Resident’s One on One’s 11-BBQ LUNCH & DANCE PARTY!! (LR) 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— Flower Arranging (LR) 1:30— Acts of Service Saturday (BIS) 2— Expedition Unknown (TR) 3— Happy Hour Bingo! (BIS) 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— Ice Cream Sundae Sundays (LR) 3— Painting w/Watercolors (BIS) 5:30- Daily Roses & Buds (BIS) 6— Movie: Daddy Daycare	28 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 10— Essential’s Resident’s One on One’s 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 3 — New Resident Meet & Greet! (BIS) 4- Essential’s Resident’s Dinner 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) 10— Essential’s Resident’s One on One’s 11- Tic-Tac-Toe (BIS) 11-BBQ LUNCH & DANCE PARTY!! (LR) 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	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.	