

Essentials

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- Ice Cream Sundae Sunday (LR) 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- Flower Arranging (LR) 1:30- Acts of Service Saturday - Bags for Homeless (BIS) 2- Essentials Residents One-on-One Time 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- Root Beer Floats (LR) 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 10- Essentials Residents One-on-One Time 11- Week at a Glance (BIS) 1:30- Joyride: The Lariat Loop Trail 2- Putt Putt Golf (LR) 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 12:30- Sensory Art Class w/Vanessa Hayes 1:30- Art Appreciation w/ Rorie (TR) 3- Mix, Mingle & Music with Barbara Dawson on piano w/Flutist (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Trivia Winner Movie Pick & Popcorn	7 Purple Heart Day 9:30- Daily News Update (BIS) 10- Yoga w/Martha (GYM) 11- Discussion: Purple Heart Day (BIS) 11- BBQ Lunch & Dance Party! (LR) 1:30- Watercolor Art (LR) 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- Flower Arranging (LR) 1:30- Acts of Service Saturday - Cards for Kids (BIS) 2- Essentials Residents One-on-One Time 2:15- Andy Griffith Show (TR) 3- Happy Hour Bingo (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: As Good As It Gets

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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—Ice Cream Sundae Sunday (LR) 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 10- Essentials Resident One-on-One Time 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! 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—Crafting with Mindy (BIS) 1:30- Music w/Kali P. (LR) 2:30— Music Appreciation w/Rorie (TR) 3— August Birthdays’ Celebration: w/Janet Joe on the piano (BIS) 4- Essential’s Resident’s Dinner 5:30- Daily Wrap Up (BIS) 6- Movie: Field of Dreams	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 Pick & Popcorn	14 9:30 - Daily News Update (BIS) 10— Yoga w/Martha (GYM) 11- Word Games (BIS) 11- BBQ Lunch & Dance Party (LR) 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- Flower Arranging (LR) 1:30 - Acts of Service Saturday - Pen Pals Project (BIS) 2 - Essentials Resident One-on-One Time 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—Root Beer Floats (LR) 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 10— Essentials Resident One-on-One Time 11—Week at a Glance (BIS) 1:30- Joy Ride: Clear Creek Canyon 1:30- Music w/David Harrower (LR) 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 (BIS) 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 12:30- Sensory Art Class w/ Vanessa Hayes (LR) 1:30 - Armchair Travel: The Wonders of Sardegna (TR) 3- Mix, Mingle & Music with Barbara Dawson 5:30- Daily Wrap Up (BIS) 6- Movie: Trivia Winner Movie Pick & 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) 11- BBQ Lunch & Dance Party (LR) 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- Flower Arranging (LR) 1:30— Acts of Service Saturday - Toys for God’s Kid’s Cars (BIS) 2 - Essentials Resident One-on-One Time 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—Ice Cream Sundae Sunday (LR) 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 10— Essentials Resident One-One Time 11:30- Arapahoe Library (BIS) 1:30 - Joy Ride: The Back Road to Boulder 2 - Mindful Masterpieces (BIS) 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— Art Appreciation w/Rorie (TR) 3 — New Resident Meet & Greet! (BIS) 4- Essential’s Resident’s Dinner 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 Pick & Popcorn	28 9:30—Daily News Update (BIS) 10— Yoga w/Martha (GYM) 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: 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- Flower Arranging (LR) 1:30—Acts of Service Saturday -Care Packages 2 - Essentials Resident One-on-One Time 2:15—Rowan & Martin’s Laugh In (TR) 3— Happy Hour Bingo! (BIS) 5:30—Daily Wrap Up (BIS) 6- Movie: Going in Style