

Legacy Ridge

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 9:15– Tunes Through Time 10– Stretch & Strength 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Whiteboard Pictionary 1– Postage Stamp Collage 2– Balloon Volleyball 3– Red, White & Blue Cookie Decorating 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: 42nd Street	2 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30- Daylight Discussions 10:45–Group Read Aloud/ Neurobics 11:15– Oshibori 12:30-Target Practice! 1:15- Patriotic Popsicle Making 2– Read Aloud Outside 3 - Happy Hour Trivia (BIS) 3– Puzzles Aplenty 4– Oshibori 5– Sensory Sunset 5:30– Movie: Benji	3 9:15– Melody Making! 10- Stretch & Strength 10:30– Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Outdoor Pool Fishing 1:15– Conversation Catch 2– Watercolor Art w/Tony 3– Happy Hour: John Crabtree (BIS) 4– Oshibori 5– Sensory Sunset 5:30– Movie: Westside Story	4 Fourth of July!! 9:15– Daylight Discussions 10- Stretch & Strength 10:30– Daylight Discussions 10:45– Oshibori 11– 4TH OF JULY BBQ!! 11-1– Patriotic Tunes w/ Dennis Young (BIS) 1-3- Joyride: Daniel’s Park 2– Creative Expressions 3– Hot Balloon (Potato) 3:45 - Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: Peter Pan (musical)	5 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30– Daylight Discussions 10:45– Last Letter First 11:15– Oshibori 12:30– Christmas in July Snowball Fight 1– Flower Arranging 2– Firework Salt Art Paintings 3– Happy Hour Bingo (BIS) 3 - Artistic Expressions 4– Oshibori 5– Sensory Sunset 5:30– Movie: The Best Years of Our Lives
6 9- Catholic Mass 9:15– Melody Making 10- Stretch & Strength 10:30– Daylight Discussions 10:45–Whiteboard Word Dash 11:15– Oshibori 12:30- Guess 10! 1– Armchair Travel: The Netherlands 2:15– Ice Cream Sundae Sundays 3– Target Practice 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30- Movie: Casablanca	7 World Chocolate Day 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Scented Markers Creative Coloring 1– Let’s Make It: Chocolate Creations 1:45- Bean Bag Twister 2:45– Music & Manicure s Monday 3:15– Storytelling 4– Oshibori 5– Sensory Sunset 5:30– Movie: Show Boat	8 9:15– Tunes Through Time 10– Yoga with Martha 10:30- Daylight Discussions 10:45– Wheel of Fortune 11:15– Oshibori 12:30– Figures of Speech 1– Outside Circle Soccer 1:45– Magnet Making! 2:30: Read Aloud 3– July Birthdays’ Celebration w/Janet Joe on the piano (BIS) 3– Creative Expressions 4– Oshibori 5– Sensory Sunset 5:30– Movie: Gone With the Wind	9 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Chuck the Duck! 1–3 Joyride: Chatfield State Park 2– Creative Expressions 3– Mix, Mingle & Music with Barbara Dawson on piano & Flutist (BIS) 3 - Games Galore 4– Oshibori 5– Sensory Sunset 5:30– Movie: Oklahoma	10 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:30-12:30: BBQ LUNCH & DANCE PARTY!! 12:30– Seated Bocce Ball 1:15– Who, What, Where 2 - Tie Die Creations w/Leon! 3– Happy Hour: Hassan Safieddine (CHAL Musician) (BIS) 3– Creative Expressions 4– Oshibori 5– Sensory Sunset 5:30– Movie: Guys & Dolls	11 9:15– Daylight Discussions 10– Swallow Hill Musical Memories Outing!! 10:30– Stretch & Strength 10:45–Oshibori 1– Stretch & Strength 1:30– Whip Cream Sensory Art 2:15– Watermelon Shapes 3– Hallway Hockey 3:45 - Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: South Pacific	12 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Left, Right, Center 11:15– Oshibori 12:30– 50’s Sing-a-Long 1- Flower Arranging 1:45– Cornhole 2:15– Read Aloud 3– Happy Hour Bingo (BIS) 4– Oshibori 5– Sensory Sunset 5:30– Movie: Carousel

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13 9- Catholic Mass 9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Guess 10: Disney Edition 11:15– Oshibori 12:30- Hangman 1- Armchair Travel: New Zealand 2:15– Ice Cream Sundae Sundays 3– Outdoor Pool Fishing 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: Sound of Music	14 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Go Fish! 1:15– Let’s Make It: Fingerpaint Coasters 2– Hot Balloon (Potato) 3– Music & Manicures Monday! 3:45—Read Aloud 4– Oshibori 5– Sensory Sunset	15 9:15– Tunes Through Time 10– Stretch & Strength 10:30- Daylight Discussions 10:45– Figures of Speech 11:15– Oshibori 12:30– Who, What, Where 1:30– Story Telling w/Chris Wells 2:30– Cookie Decorating 3:15– Connect Four! 3:45—Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: Mary Poppins	16 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Musical Moments 1– Sensory Art Class w/Vanessa Hayes 2– Balloon Volleyball 3– Happy Hour Trivia (BIS) 4– Oshibori 5– Sensory Sunset	17 9:15– Melody Making 10- Stretch & Strength 10:30– Daylight Discussions 10:45– Axe Throwing 11:15– Oshibori 11:30-12:30: BBQ LUNCH & DANCE PARTY!! 12:30– Christmas in July Snowball Fight! 1:15– Conversation Catch 2– Sensory Painting in Parts 3– Happy Hour: Deb Scheer 4- Oshibori 5– Sensory Sunset 5:30– Movie: Love Bug	18 9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Mad Libs 1-3- Joy Ride: Castlewood Canyon State Park 2– Creative Expressions 3:15- Outdoor Lawn Bowling 3:45 - Read Aloud 4- Oshibori 5– Sensory Sunset 5:30– Movie: On the Town	19 National Football Day 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Chuck the Duck 11:15– Oshibori 12:30– Cranium Crunch 1- Flower Arranging 1:45– Popsicle Making 2:30– Sing Along Dance Party 3– Happy Hour Bingo (BIS) 4– Oshibori 5– Sensory Sunset 5:30– Movie: Mama Mia
20 National Moon Day 9- Catholic Mass 9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Wheel of Fortune! 11:15– Oshibori 12:30- Target Practice 1- Armchair Travel: Nantucket 2:15– Ice Cream Sundae Sundays 3– Beach Ball Volleyball 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: Brigadoon	21 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Connect Four! 1:30– Music w/David Harrower 2:45 -Music & Manicures Monday! 3:45- Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: Laurel & Hardy	22 9:15– Tunes Through Time 10– Yoga with Martha 10:30–Daylight Discussions 10:45– Guess 10: Foods Around the World 11:15– Oshibori 12:30– The Price is Right 1– Music w/Mark Paulson 2:15: Ants on a Log 3– Chair Soccer 3:45—Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: Yankee Doodle	23 Gorgeous Grandma Day 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30–Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Simon Says 1– Salt Paintings 1:45- Funny Stories Read Aloud 2:15– Pool Noodle Hockey 3– Mix, Mingle & Music with Barbara Dawson on piano (BIS) 4– Oshibori 5– Sensory Sunset 5:30– Movie: Driving Miss Daisy	24 National Tell An Old Joke Day 9:15– Melody Making 10- Stretch & Strength 10:30–Daylight Discussions 10:45– Balloon Volleyball 11:15– Oshibori 11:30-12:30: BBQ LUNCH & DANCE PARTY!! 12:30– Outdoor Lawn Bowling 1:15– Conversation Catch 1:45– Sip & Paint w/Tony: Lemons & Limeade 3- Happy Hour: Ryden Fredericks 4– Oshibori 5– Sensory Sunset 5:30– Movie: Newsies	25 9:15– Tunes Through Time 10- Stretch & Strength 10:30–Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Yahtzee! 1–3: Joyride: Cherry Creek State Park 2– Creative Expressions 3:15 - Outside Balloon Volleyball 3:45- Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: That Darn Cat	26 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30–Daylight Discussions 10:45– Let’s Chat Convo Cards 11:15– Oshibori 12:30– Scrabble 1– Flower Arranging 1:45– Salt Art 2:30– Outdoor Lawn Bowling 3– Happy Hour Bingo (BIS) 4– Oshibori 5- Sensory Sunset 5:30– Movie: Sabrina
27 9- Catholic Mass 9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Figures of Speech 11:15- Oshibori 12:30– Musical Memories 1- Armchair Travel: Spain 2:15– Ice Cream Sundae Sundays 3– Outdoor Pool Fishing 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30- Musical: The Adventures of Milo and Otis	28 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Wheel of Fortune 1– Let’s Make: Rice CrispyTreats 1:45-Mindful Breathing Bracelets 2:30– Music & Manicures Monday! 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: Father of the Bride	29 9:15– Tunes Through Time 10– Stretch & Strength 10:30–Daylight Discussions 10:45– Guess 10: Animal Planet 11:15– Oshibori 12:30– Hangman 1– Watercolor Bookmarks 1:45– Slap Balloon 2:30—Read Aloud 3– New Resident Meet & Greet! (BIS) 4– Oshibori 5– Sensory Sunset 5:30– Movie: Breakfast at Tiffany’s	30 Share a Hug Day 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30–Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Chuck the Duck 1– Sensory Art Class w/Vanessa 2:15 - Funny Stories Read Aloud 3– Happy Hour Trivia (BIS) 4– Oshibori 5– Sensory Sunset 5:30– Movie: My Fair Lady	31 9:15– Melody Making 10- Stretch & Strength 10:30–Daylight Discussions 10:45– Hangman 11:15– Oshibori 11:30-12:30: BBQ LUNCH!! 12:30– Football Toss 1:15– Conversation Catch 1:45– Fingerpaint Sensory Art 3- Happy Hour: Steve Smith (BIS) 4– Oshibori 5– Sensory Sunset 5:30– Movie: Meet Me in St. Louis	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 Neurobics= Brain Exercises Sensory Sunset= Aromatherapy Experience