

Legacy Ridge

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 9- Catholic Mass 9:15- Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45-Whiteboard Word Dash 11:15- Oshibori 12:30- I Remember That! 1- Armchair Travel: The Wonders of the Netherlands 2:15- Ice Cream Sundae Sunday 3- Target Practice! 3:45- Read Aloud 4- Oshibori 5- Sensory Sunset 5:30- Movie: Guys & Dolls	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 Sensory Sunset= Aromatherapy Experience		1 Colorado Day! 9:15- Daylight Discussions 10- Swallow Hill Musical Memories Outing 12:30- Storytelling 1- Stretch & Strength 1:30 - Marble Paint Art 2:15- Peanut Butter Banana Toast 3- Outdoor Pool Fishing 3:45 - Read Aloud 4- Oshibori 5- Sensory Sunset 5:30- Movie: Gone With the Wind	2 9:15- Sing Along w/Elder Song 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Hangman 11:15- Oshibori 12:30- Read Aloud 1- Flower Arranging 1:45- Slap Balloon 2:30- Guess 10: Disney Edition 3- Happy Hour Bingo (BIS) 3 - Artistic Expressions 4- Oshibori 5- Sensory Sunset 5:30- Movie: West Side Story
3 National Friendship Day 9- Catholic Mass 9:15- Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Wheel of Fortune 11:15- Oshibori 12:30- I Remember That! 1- Armchair Travel: The Wonders of the Gulf of CA 2:15- Root Beer Floats 3- Chair Volleyball 3:45- Read Aloud 4- Oshibori 5- Sensory Sunset 5:30- Movie: Casablanca	4 9:15- Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Reminiscing: Favorite Foods, Smells, Likes & Dislikes 11:15- Oshibori 12:30- Storytelling 1- Dog visit w/Evie 1:30- Putt Putt Golf 2:15- Musical Bingo 3- Fork Painting 3:30- Manicure Monday 4- Oshibori 5- Sensory Sunset 5:30- Movie: Singin’ In the Rain	5 9:15- Tunes Through Time 10- Yoga with Martha 10:30- Daylight Discussions 10:45- Group Read Aloud/ Neurobics 11:15- Oshibori 12:30- I Remember That! 1:15- Playtime with Puppies! 2- Bean Bag Twister 3- Decorating Water Bottles 4- Oshibori 5- Sensory Sunset 5:30- Movie: The Great Gatsby	6 Foot Clinic 9:15- Sing Along w/Elder Song 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Reminiscing: Family and traditions as a child 11:15- Oshibori 12:30- Read Aloud 1- Sensory Art Class w/ Vanessa 2:15- Indoor Bowling 3- Mix, Mingle & Music with Barbara Dawson on piano 3 - Games Galore 4- Oshibori 5- Sensory Sunset 5:30- Movie: The Music Man	7 Purple Heart Day 9:15- Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Group Read Aloud/ Neurobics 11:30- BBQ LUNCH & DANCE PARTY!! 12:30- Conversation Catch 1:15- Watercolor Art 2 - Bocce Ball 3- Happy Hour: John Crabtree 3- Creative Expressions 4- Oshibori 5- Sensory Sunset 5:30- Movie: The Sound of Music	8 CHAL LUAU!! 9:15- Daylight Discussions 10:30- 12: Neighborhood Memory Café: Magic Show - Koelbel Library 11:15- Oshibori 1 - Stretch & Strength 1:30 - Chuck the Duck 2- Cupcake Decorating 3- Mindful Masterpieces 3:45 - Read Aloud 4- Oshibori 4- CHAL LUAU!! 5:30- Movie: Show Boat	9 9:15- Sing Along w/Elder Song 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Left, Right, Center 11:15- Oshibori 12:30- Read Aloud 1- Flower Arranging 1:45- Chair Soccer 2:30- State Capitals 3- Happy Hour Bingo (BIS) 4- Oshibori 5- Sensory Sunset 5:30- Movie: The Best Years of Our Lives

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10 9- Catholic Mass 9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Jeopardy 11:15– Oshibori 12:30- I Remember That! 1- Armchair Travel: The Wonders of Sardegna 2:15– Ice Cream Sundae Sunday 3– Indoor Bowling 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: South Pacific	11 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Reminiscing: Childhood Memories 11:15– Oshibori 12:30- Storytelling 1:15– Salt Art 2- Penny Pass Game 3– Music & Manicures Monday! 3:45—Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: Grumpy Old Men	12 Perseid Meteor Shower 9:15– Tunes Through Time 10– Stretch & Strength 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Crafting with Mindy! 1:30– Music w/Kali P. 3- August Birthdays’ Celebration w/Janet Joe (BIS) 3:45—Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: The Band Wagon	13 Perseid Meteor Shower 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Reminiscing: First Job 11:15– Oshibori 12:30- Read Aloud 1- Musical Bingo 1:45– Decorating Picture Frames 3– Happy Hour Trivia 4– Oshibori 5– Sensory Sunset 5:30– Movie: Oklahoma	14 9:15– Melody Making 10- Stretch & Strength 10:30– Daylight Discussions 10:45- Group Read Aloud/ Neurobics 11:15– Oshibori 11:30- BBQ LUNCH & DANCE PARTY!! 12:30– Conversation Catch 1:15– Canvas Creations 2– Bocce Ball 3– Happy Hour: Deb Scheer 4- Oshibori 5– Sensory Sunset 5:30– Movie: Bye Bye Birdie	15 9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Reminiscing: Favorite Hobbies 11:15– Oshibori 12:30– Storytelling 1-3- Joy Ride: The Old West Loop 2– Creative Expressions 3:15- Cookie Decorating 3:45 - Read Aloud 4- Oshibori 5– Sensory Sunset 5:30– Movie: Carousel	16 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Cranium Crunch 11:15– Oshibori 12:30- Read Aloud 1- Flower Arranging 1:45– Seated Soccer 2:30– Hangman 3– Happy Hour Bingo 4– Oshibori 5– Sensory Sunset 5:30– Movie: My Blue Heaven
17 9- Catholic Mass 9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Guess 10! 11:15– Oshibori 12:30- I Remember That! 1- Armchair Travel: The Wonders of Ontario 2:15– Root Beer Floats 3– Beach Ball Volleyball 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: On Golden Pond	18 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Reminiscing: Pets & Animals 11:15– Oshibori 12:30– Storytelling 1 - Mindful Masterpieces 1:45– Banana Sushi 3 - Manicure Monday! 3:45- Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: I Love Lucy: The Movie	19 National Aviation Day 9:15– Tunes Through Time 10- Stretch & Strength 10:30–Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– I Remember That! 1– Music w/Mark Paulson 2:15– Chair Soccer 3– Flower Making 3:45—Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: An American in Paris	20 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30–Daylight Discussions 10:45- Reminiscing: Favorite Music and Concerts 11:15– Oshibori 12:30- Read Aloud 1– Sensory Art Class w/Vanessa 1:45- Funny Stories Read Aloud 2:15– Cornhole 3– Mix, Mingle & Music with Barbara Dawson on piano 4– Oshibori 5– Sensory Sunset 5:30– Movie: Chicago	21 Senior Citizen’s Day 9:15– Melody Making 10- Stretch & Strength 10:30–Daylight Discussions 10:45- Group Read Aloud/ Neurobics 11:15– Oshibori 11:30- BBQ LUNCH & DANCE PARTY!! 12:30- Conversation Catch 1:15– Watercolor Art 2– Granny Pants Ball Game 3- Happy Hour: Ryden Fredericks 4– Oshibori 5– Sensory Sunset 5:30– Movie: The Pajama Game	22 9:15– Tunes Through Time 10- Stretch & Strength 10:30 - Guess 10! 11:15– Oshibori 12:30– Storytelling 1–3: Joyride: Clear Creek Canyon 2– Creative Expressions 3:15 - Pizza Making 3:45- Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: The Odd Couple	23 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30–Daylight Discussions 10:45- Go Fish! 11:15– Oshibori 12:30- Read Aloud 1– Flower Arranging 1:45- Chuck the Duck 2:30– Guess 10: Foods of the World 3– Happy Hour Bingo 4– Oshibori 5- Sensory Sunset 5:30– Movie: Driving Miss Daisy
24 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– Bean Art 1- Armchair Travel: The Wonders of Puerto Rico 2:15– Ice Cream Sundae Sunday 3– Outdoor Pool Fishing 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30- Movie: Calamity Jane	25 Women’s Equality Day 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Reminiscing: Favorite Foods, Smells, Likes & Dislikes 11:15– Oshibori 12:30– Storytelling 1- Picture Bingo 1:45– Slap Balloon 2:30– Manicure Monday! 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: Paint Your Wagon	26 National Dog Day 9:15– Tunes Through Time 10- Yoga with Martha 10:30–Daylight Discussions 10:45- Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– I Remember That! 1– Watercolors 2– Indoor Bowling 3– New Resident Meet & Greet! 4– Oshibori 5– Sensory Sunset 5:30– Movie: The Pink Panther	27 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30–Daylight Discussions 10:45- Reminiscing: Vacations & Travel Destinations 11:15– Oshibori 12:30– Read Aloud 1– Flower Making 2:15 - Chair Soccer 3– Happy Hour Trivia 4– Oshibori 5– Sensory Sunset 5:30– Movie: It’s a Mad, Mad, Mad, Mad World	28 9:15– Melody Making 10- Stretch & Strength 10:30–Daylight Discussions 10:45- Group Read Aloud/ Neurobics 11:15– Oshibori 11:30- BBQ LUNCH & DANCE PARTY!! 12:30– Conversation Catch 1:15– Fingerpaint Sensory Art 2– Football Toss 3- Happy Hour: Ryden Fredericks 4– Oshibori 5– Sensory Sunset 5:30– Movie: My Fair Lady	29 9:15– Tunes Through Time 10- Stretch & Strength 10:30 - Daylight Discussions 10:45– This Day in History 11:15– Oshibori 12:30– Storytelling 1–3: Joyride: The Back Road to Boulder 2– Creative Expressions 3:15 - Popsicle Party 3:45- Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: The Court Jester	30 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30–Daylight Discussions 10:45- Go Fish! 11:15– Oshibori 12:30- Read Aloud 1– Flower Arranging 1:45- Chuck the Duck 2:30– Guess 10: Animal Planet 3– Happy Hour Bingo 4– Oshibori 5- Sensory Sunset 5:30– Movie: Father Goose