

Legacy Ridge

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Remember When 11:15– Oshibori 11:30 - Labor Day BBQ! 12:30– Storytelling 1– Cork Paintings 1:45 - Chair Volleyball 2:15– Animal Bingo 3– Chuck the Duck 3:30- Manicure Monday! 4– Oshibori 5– Sensory Sunset 5:30– Movie: The Rookie	2 9:15– Tunes Through Time 10– Yoga with Martha 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Guess 10: Foods Around the World 1:15– Paint Your Heart Out 2- Bean Bag Twister 3– Let’s Make! Graham Cracker Sandwiches on the patio 4– Oshibori 5– Sensory Sunset 5:30– Movie: The Parent	3 US Bowling League Day 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Remember When 11:15– Oshibori 12:30- Read Aloud 1– Autumn Centerpieces 1:45-Indoor Bowling 2:15 - Hangman 3– Happy Hour Trivia 3 - Creative Expressions 4– Oshibori 5– Sensory Sunset 5:30– Movie: Newsies	4 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Conversation Catch 1:15– Watercolor Art 2 - Loteria Fiesta Bingo! 3– Happy Hour: John Crabtree (BIS) 3– Games Galore 4– Oshibori 5– Sensory Sunset 5:30– Movie: Oklahoma	5 9:15– Daylight Discussions 10– Swallow Hill Musical Memories Outing 12:30– Storytelling 1– Stretch & Strength 1:30 - Whiteboard Word Games 2:15– Let’s Make It! Build Your Own Fruit Pizza 3– Bocce Ball 3:45 - Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: The Sound of Music	6 National Tailgating Day 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30– Daylight Discussions 10:45- Left, Right, Center 11:15– Oshibori 12:30– Flower Arranging 1– Acts of Service: Nourish Meals on Wheels Coloring Messages 1:45– Slap Balloon 2:15– Comedy Club: Rowan & Martin’s Laugh-In 3– Ukelele Performance (BIS) 3 - Artistic Expressions 4– Oshibori 5– Sensory Sunset 5:30– Movie: Rescued by Ruby
7 National Grandparents Day 9- Catholic Mass 9:15– Melody Making 10- Stretch & Strength 10:30– Daylight Discussions 10:45– Who, What, Where 11:15– Oshibori 12:30– Guess 10: Disney! 1– Armchair Travel: The Wonders of South Africa 2 - Broncos vs. Titans! 2:15– Root Beer Floats 3– Bocce Ball 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30- Movie: Benji	8 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Remember When 11:15– Oshibori 12:30– Storytelling 1– Guess 10: Professions 1:30- Pool Noodle Hockey 2:15– Musical Bingo 3– Donuts and Discussion 3:30- Manicure Monday! 4– Oshibori 5– Sensory Sunset 5:30– Movie: Fantasia	9 9:15– Tunes Through Time 10– Stretch & Strength 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Guess 10: Animal Planet 1:15– Jewelry Making 2– Hot Potato! 2:30 - Whiteboard Word Games 3:15 - Fingerpaint Sensory Art 4– Oshibori 5– Sensory Sunset 5:30– Movie: Cheaper by the Dozen	10 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Remember When 11:15– Oshibori 12:30- Read Aloud 1- Sensory Art Class w/ Vanessa 2:15 - Chair Soccer 3– Mix, Mingle & Music with Barbara Dawson on piano 3 - Creative Expressions 4– Oshibori 5– Sensory Sunset 5:30– Movie: Hello Dolly	11 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15- Oshibori 12:30– Let’s Chat Cards 1:15– Watercolor Art 2 - Loteria Fiesta Bingo! 3– Happy Hour: Ryden Fredericks (BIS) 3– Games Galore 4– Oshibori 5– Sensory Sunset 5:30– Movie: An American in Paris	12 National Hug & High 5 Day 9:15– Tunes Thru Time 10– Stretch & Strength 10:30- Daylight Discussions 10:45 - Storytelling 11:15– Oshibori 12:30 - Whiteboard Word Games 1-3 - Joyride: Cherry Creek State Park 2– Creative Expressions 3:15 - Let’s Make It! Breakfast Sushi Snack 3:45 - Read Aloud 4– Oshibori 5:30– Movie: That Darn Cat	13 X 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Hangman 11:15– Oshibori 12:30- Flower Arranging 1– Acts of Service: Card Creations for Nourish Meals on Wheels 1:45- Chair Soccer 2:15– Comedy Club: The Jack Benny Program 3– Happy Hour Bingo (BIS) 4– Oshibori 5– Sensory Sunset 5:30– Movie: Singin’ in the Rain 6– Student Concert w/Ryden Fredericks (BIS)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
14 9- Catholic Mass 9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Jeopardy 11:15– Oshibori 12:30– Guess 10: Professions! 1- Armchair Travel: The Wonders of Montana 2:05 - Broncos vs. Colts! 2:15– Ice Cream Sundae Sunday 3– Football Toss 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: Yankee Doodle	15 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45- Reminiscing: Childhood Memories 11:15– Oshibori 12:30– Storytelling 1– Music w/Ryden Fredericks 2:15- Crafting w/Mindy & Mary Ann 3– Manicure Monday! 3:45—Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: The Music Man	16 9:15– Tunes Through Time 10– Yoga with Martha 10:30- Daylight Discussions 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Go Fish! 1:15 - Bocce Ball 2 – Edible Crafts! 3- September Birthdays’ w/Janet Joe on the piano 3:45—Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: Carousel	17 Podiatrist 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- Sensory Necklaces 1:45 - Donuts & Discussion 2:15 - Chair Soccer 3– Happy Hour Trivia (BIS) 3 - Creative Expressions 4– Oshibori 5– Sensory Sunset 5:30– Movie: Sandlot	18 9:15– Melody Making 10- Stretch & Strength 10:30– Daylight Discussions 10:45- Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Conversation Catch 1:15– Canvas Creations 2– Loteria Fiesta Bingo! 3– Happy Hour: Rick Iraki (BIS) 3 - Games Galore 4- Oshibori 5– Sensory Sunset 5:30– Movie: La La Land	19 Walk to End Alzheimer’s! 9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Storytelling 11:15– Oshibori 12:30– Whiteboard Word Games 1– Walk to End Alzheimer’s! 2– 3:30 - Joy Ride: Chatfield State Park 2– Mindful Masterpieces 3:45 - Read Aloud 4- Oshibori 5– Sensory Sunset 5:30– Movie: The Long Game	20 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Cranium Crunch 11:15– Oshibori 12:30- Flower Arranging 1- Acts of Service: Meals on Wheels Coloring Messages 1:45 - Beanbag Twister 2:15 - Comedy Club: The Carol Burnett Show 3– Happy Hour Bingo (BIS) 4– Oshibori 5– Sensory Sunset 5:30– Movie: Westside Story
21 9- Catholic Mass 9:15– Tunes Through Time 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Guess 10! 11:15– Oshibori 12:30- Guess 10: States of America 1- Armchair Travel: The Wonders of Alberta 2:05 - Broncos vs. Chargers! 2:15– Root Beer Floats 3– Chair Soccer 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: Blue Hawaii	22 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Remember When! 11:15– Oshibori 12:30– Storytelling 1 - Mindful Masterpieces 1:45– Jewelry Making 2:30 - Bean Bag Twister 3 - Manicure Monday! 3:45- Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: That Darn Cat	23 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– Tea Time & Art on the Patio 3:45—Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: Casablanca	24 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30–Daylight Discussions 10:45– Remember When! 11:15– Oshibori 12:30- Read Aloud 1– Sensory Art Class w/Vanessa 2:15– Coin Tap Chair Dance 3– Mix, Mingle & Music with Barbara Dawson on piano (BIS) 3 - Creative Expressions 4– Oshibori 5– Sensory Sunset 5:30– Movie: Guys & Dolls	25 9:15– Melody Making 10- Stretch & Strength 10:30–Daylight Discussions 10:45- Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– CHAL Picnic in the Park at deKoevend 1:30– Let’s Chat Cards 2– Loteria Fiesta Bingo! 3- Happy Hour: Ryden Fredericks 3 - Games Galore 4– Oshibori 5– Sensory Sunset 5:30– Movie: Pollyanna	26 9:15– Tunes Through Time 10- Stretch & Strength 10:30 - Daylight Discussions 10:45 - Storytelling 11:15– Oshibori 12:30– Hungry Hippo Game 1–3- Joyride: Lookout Mountain 2– Mindful Masterpieces 3:15 - Let’s Make It! Popcorn Balls 3:45- Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: Show Boat	27 National Day of Forgiveness 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:30–Daylight Discussions 10:45- Go Fish! 11:15– Oshibori 12:30- Flower Arranging 1– Acts of Service: Cars for Toys for God’s Kids 1:45– Hallway Hockey 2:15– Comedy Club: I Love Lucy 3– Happy Hour Bingo (BIS) 4– Oshibori 5- Sensory Sunset 5:30– Movie: We Bought a Zoo
28 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 Most Amazing Places in Colorado 2:15– Ice Cream Sundae Sunday 3– Outdoor Pool Fishing 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30- Movie: 42nd Street	29 9:15– Melody Making 10- Stretch & Strength 10:30- Daylight Discussions 10:45– Remember When! 11:15– Oshibori 12:30– Storytelling 1- Picture Bingo 1:45– Slap Balloon 2:30– Manicure Monday! 3 - Edible Crafts! 3:45– Read Aloud 4– Oshibori 5– Sensory Sunset 5:30– Movie: My Fair Lady 6:15 - Broncos vs. Bengals!	30 National Love People Day 9:15– Tunes Through Time 10- Yoga with Martha 10:30–Daylight Discussions 10:45- Group Read Aloud 11:15– Oshibori 12:30– I Remember That! 1– Watercolors 2– Indoor Bowling 3– New Resident Meet & Greet! 4– Oshibori 5– Sensory Sunset 5– Student Concert with Ryden Fredericks (DR) 5:30– Movie: Enchanted		HAPPY BIRTHDAY! Barbara G. - September 24th Jim V. - September 30th	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