

Essentials

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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. <i>* All activities are subject to change based on the needs/wants of our residents.</i>	Red = Productivity & Purpose Purple = Leisure & Fun Green = Self– Care (Mind/ Body/Spirit) to include Art, Movement, Music & Animal Assisted Therapy Blue = Rest & Restoration Orange = Cognitive (BIS)	HAPPY BIRTHDAY! Larry P. - October 2nd Glen S. - October 8th Marty R. - October 18th	1 Yom Kippur (Evening Of) 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Trivia w/Tony (BIS) 12:45– Outing: Trishaw Rides at Hudson Gardens (*requires sign up) 2:15– Guess 10! 3– Loteria Fiesta Bingo w/ Tony! (TR) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	2 Yom Kippur 9:30- Daily News Update (BIS) 10– Yoga (GYM) 10 - Essentials One-On-One Time 11- Discussion: Fall Colors (BIS) 1:30– Grab & Go (BIS) 2 - Book Club w/Hollyn (TR) 2:15– Axe Throwing (BIS) 3- Happy Hour: John Crabtree (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: The Penguin	3 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11 - Discussion: Let’s Chat Cards (BIS) 11:30 - ROMEO Lunch Club 1:30– Friday Comedy Club: The Bob Newhart Show (TR) 2:15 - Frisbee Golf (BIS or TER) 3– Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Sherlock Holmes & Popcorn 6 - Chiefs vs. Chargers	4 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Gratitude Board (BIS) 1:30– Acts of Service Saturday - Random Acts of Kindness Foundation Cards 2:15– Essentials Residents One-On-One Time 3– Happy Hour Bingo! (BIS) 5:30- Daily Wrap Up (BIS) 6– Movie: The Founder
5 World Teacher’s Day 9- Catholic Mass (TR) 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11 - Broncos vs. Eagles! (BIS) 1:30– Football Fiesta & Food (BIS) 2:15 - Cotton Candy (LR) 3– Loteria Fiesta Bingo w/Tony! (BIS) 5:30- Daily Wrap Up (BIS) 6– Movie: Beetlejuice & Popcorn	6 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 10 - Essentials One-On-One Time 11- Week at a Glance (BIS) 11– Mountain Man! (BIS) 1:30- Joyride: Castlewood Canyon State Park 2– Edible Crafts w/Kari: Cotton Candy (BIS) 3– News Currents w/Rorie! 5:30- Daily Wrap Up (BIS) 6- Movie: Night at the Museum 6:15– Chiefs vs. Jaguars	7 9:30–Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Discussion: Health & Wellness (BIS) 1:30– Health & Wellness w/Erin Brock: Sleep & Brain Health (TR) 2:30– Frisbee Golf (BIS) 3– Spiked Apple Cider and Carmel Apples (BIS) 4 - Essential’s Resident’s Dinner 5:30- Daily Wrap Up (BIS) 6- Movie: National Treasure	8 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Trivia w/Tony (BIS) 11:15– Lunch Outing: Perfect Landing (*requires sign up) 1– Sensory Art w/Vanessa Hayes (LR) 3– Mix, Mingle & Music with Barbara Dawson (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	9 9:30- Daily News Update (BIS) 10– Yoga (GYM) 10 - Essentials One-On-One Time 11- Discussion: Our Favorite Teachers & Why (BIS) 1:30– Pumpkin Dip n’ Paint (BIS) 2:15– Frisbee Golf (BIS) 3- Happy Hour: Rick Iraki (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Office Space	10 9:30- Daily News Update (BIS) 10– Move & Stretch (GYM) 11- Word Games (BIS) 11:30 - ROMEO Lunch Club: McDonalds! 1:30– Friday Comedy Club: I Dream of Jeannie (BIS) 2:15– Indoor Bowling (BIS) 3– Pour Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Jumanji & Popcorn	11 9:30-Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Gratitude Board (BIS) 1:30- Acts of Service Saturday - Brown Paper Bag Snack it Forward Packages for Nourish Meals on Wheels 2:15– Essentials Residents One-On-One Time 3- Happy Hour Bingo! (BIS) 5:30- Daily Wrap Up (BIS) 6– Movie: Ender’s Game

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12 7:30 - Broncos vs. Jets! (BIS) 9—Catholic Mass (TR) 9:30 - Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11— Rebus Puzzles (BIS) 1:30— Football Fiesta & Food (BIS) 2:15—Root Beer Floats! (LR) 3— Loteria Fiesta Bingo! (BIS) 5:30 - Daily Wrap Up (BIS) 6 - Movie: Just Getting Started & Popcorn	13 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 10 - Essentials One-On-One Time 11- Week at a Glance (BIS) 11:30- Arapahoe Library 1- Music w/Ryden Fredericks 1:30- Joy Ride: The History of Colfax 2—Edible Crafts w/Kari 3— News Currents w/Rorie! 5:30- Daily Wrap Up (BIS) 6— Movie: Grease	14 Podiatrist 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Discussion: Columbus Day (BIS) 11:30— Juliet Club Lunch (DR) 1:30— The History of CHAL w/Rorie (TR) 3- October Birthdays' Celebration! (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Paul Blart Mall Cop	15 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Trivia w/Tony (BIS) 11 - Outing: Denver Botanic Gardens Chatfield Farms & Lunch (<i>* requires sign up</i>) 1:30 - Armchair Travel: The Wonders of Everest (TR) 3— Happy Hour Trivia (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	16 9:30 - Daily News Update (BIS) 10— Yoga (GYM) 10— Essentials One-On-One Time 11- Word Games (BIS) 1:30 - Holiday Crafts with Mindy & Mary Ann (BIS) 2:15 - Grab & Go (BIS) 3- Happy Hour: Deb Scheer (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Big Business	17 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Mad Libs (BIS) 11:30- Romeo Lunch Club 1:30- Friday Comedy Club: The Lucy Show (TR) 2:15—Frisbee Golf (BIS) 3— Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Three Men & a Baby & Popcorn	18 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Gratitude Board (BIS) 1:30 - Acts of Service Saturday - Blanket Making (BIS) 2:15— Essentials Resident's One-On-One Time 3— Happy Hour Bingo! (BIS) 5:30—Daily Wrap Up (BIS) 6— Movie: Cool Runnings
19 9—Catholic Mass (TR) 9:30— Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Protestant Service (TR) 11— Rebus Puzzles (BIS) 1:30- Football Fiesta & Food 2:05- Broncos vs. Giants! 2:15 -Pumpkin Pie Pudding (LR) 3— Games Galore (BIS) 5:30- Daily Wrap Up (BIS) 6— Movie: Nightmare Before Christmas & Popcorn	20 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 10 - Essentials One-On-One Time 11- Week at a Glance (BIS) 1:30- Joy Ride: Rocky Mountain Arsenal 2—Edible Crafts w/Kari: Cotton Candy (BIS) 3— News Currents w/Rorie! 5:30- Daily Wrap Up (BIS) 6- Movie: Thelma	21 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Discussion: Fav Halloween Costumes as a Kid (BIS) 1:30— Story Telling with Chris Wells! (TR) 2:45—Pumpkin Puzzle Collage 3:30— Halloween Word Search 4 - Essential's Resident's Dinner 5:30- Daily Wrap Up (BIS) 6- Movie: The Hundred Foot Journey	22 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Trivia w/Tony (BIS) 11:30 - Lunch Outing: Maggiano's (<i>*requires sign up</i>) 1—Sensory Art w/Vanessa Hayes (LR) 3- Mix, Mingle & Music with Barbara Dawson (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	23 9:30— Daily News Update 10— Yoga (GYM) 10— Essentials One-On-One Time 11- Word Games (BIS) 1:30— Armchair Travel: The Wonders of the US (TR) 2:15—Ghost Suckers & Mummy Candles (BIS) 3- Happy Hour: Ryden Fredericks (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Dracula	24 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Hangman (BIS) 11:30- Romeo Lunch Club 1:30— Loteria Fiesta Bingo (BIS) 2:30— Friday Comedy: Father Knows Best (TR) 3— Pour Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Hocus Pocus & Popcorn	25 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Gratitude Board (BIS) 1:30— Acts of Service Saturday - Brown Paper Bag Snack it Forward Packages for Nourish Meals on Wheels 2:15— Essentials Resident's One-On-One Time 3— Happy Hour Bingo! (BIS) 5:30—Daily Wrap Up (BIS) 6- Movie: Big
26 9- Catholic Mass (TR) 9:30— Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11— Rebus Puzzles (BIS) 1:30— Football Fiesta & Food 2:15 - Broncos vs. Cowboys! 2:15 - Ice Cream Sundae (LR) 3 - Halloween Hangman (BIS) 5:30- Daily Wrap Up (BIS) 6— Movie: Haunted Mansion & Popcorn	27 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 10 - Essentials One-On-One 11- Week at a Glance (BIS) 11:30- Arapahoe Library 1:30 - Joy Ride: Daniels Park 2 - Edible Crafts w/Kari: Ghost Twinkies (BIS) 3— News Currents w/Rorie! 5:30- Daily Wrap Up (BIS) 6 - Movie: The Magic of Bell Isle	28 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Word Games (BIS) 11:30— Juliet Club Lunch 1 - Music w/Mark Paulson (LR) 1:30 - Music Appreciation w/ Rorie (TR) 3 — New Resident Meet & Greet (BIS) 5:30—Daily Wrap Up (BIS) 6— Movie: Little Women	29 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Trivia w/Tony (BIS) 11:30 - Movie Outing: Movie TBD at Regal SouthGlenn (<i>*requires sign up</i>) 1:30 - Armchair Travel: The Wonders of Normandy (TR) 3- Happy Hour Trivia (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	30 9:30— Daily News Update 10— Yoga (GYM) 10— Essentials One-On-One 11- Word Games (BIS) 1:30—Pumpkin Paper Lanterns (BIS) 2:15— Grab & Go (BIS) 3- Happy Hour: Ryden Fredericks (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Tim Burton's Corpse Bride	31 Halloween 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11— Candy Corn Guessing Game 11:30- Romeo Lunch Club 1:30— Loteria Fiesta Bingo (BIS) 2:15—4- Halloween Happy Hour & Party Games (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Ghostbusters & Popcorn	