

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 Sensory Sunset= Aromatherapy Experience		1 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:45- Daylight Discussions 11:15– Oshibori 12:30- Read Aloud 1– Autumn Centerpieces 1:45-Indoor Bowling 2:15 - Hangman 3– Mexican Bingo Happy Hour! (BIS) 3 - Creative Expressions 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Matilda & Popcorn	2 9:15– Melody Making 10- Stretch & Strength 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Conversation Catch 1:15– Canvas Art 2 - Bocce Ball 3– Happy Hour: John Crabtree (BIS) 3– Games Galore 4:15-Oshibori 5– Sensory Sunset 5:30–Movie: We Bought a Zoo & Popcorn	3 9:15– Tunes Thru Time 10– Stretch & Strength 10:45 - Daylight Discussions 11:15 - Oshibori 12:30 - Guess 10: Disney! 1– Stretch & Strength 1-3 - Joy Ride: Castlewood Canyon State Park 3:15– Let’s Make It: Rice Krispy Treats 3:45 - Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Think Like a Dog & Popcorn	4 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:45- Left, Right, Center 11:15– Oshibori 12:30– Flower Arranging 1– Acts of Service: Random Acts of Kindness Foundation Cards 1:45– Slap Balloon 2:15– Comedy Club: The Bob Newhart Show 3– Happy Hour Bingo (BIS) 3 - Artistic Expressions 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Nanny McPhee
5 9- Catholic Mass 9:15– Melody Making 10- Stretch & Strength 10:45– Daylight Discussions 11 - Broncos vs. Eagles! 11:15– Oshibori 12:30– Guess 10: Disney! 1– Cute Plush Pumpkins TP Roll Craft 2:15– Cotton Candy Making 3– Bocce Ball 3:45– Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30- Movie: The Little Rascals	6 9:15– Melody Making 10- Stretch & Strength 10:45– Remember When 11:15– Oshibori 12:30– Storytelling 1– Whiteboard Word Games 1:45- News Currents w/Rorie 2:15– Mummy Candle Craft 3– Donuts and Discussion 3:30- Manicure Monday! 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: The Parent Trap	7 9:15– Tunes Through Time 10– Stretch & Strength 10:45- Daylight Discussions 11:15– Oshibori 12:30– Guess 10: Animal Planet 1:15– Hot Potato (Balloon)! 2– Travel Read Aloud 2:30 - Whiteboard Word Games 3- Fall Party: Apple Cider & Carmel Apples (BIS) 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Peter Pan & Wendy	8 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:45- Daylight Discussions 11:15– Oshibori 12:30- Read Aloud 1- Sensory Art Class w/ Vanessa 2:15 - Chair Soccer 3 - Creative Expressions 3– Happy Hour Trivia (BIS) 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: The Rookie & Popcorn	9 9:15– Melody Making 10- Stretch & Strength 10:45– Group Read Aloud/ Neurobics 11:15- Oshibori 12:30– Let’s Chat Cards 1-3– Joy Ride: The History of Colfax 3– Happy Hour: Rick Iraki (BIS) 3– Games Galore 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Around the World in 80 Days	10 9:15– Tunes Thru Time 10– Stretch & Strength 10:45 - Storytelling 11:15– Oshibori 12:30- Guess 10! World Foods 1:15- Armchair Travel: The Wonders of Nova Scotia 2– Chair Soccer 3 - Let’s Make It! Smares 3:45 - Read Aloud 4:15-Oshibori 5:30– Movie: Newsies & Popcorn	11 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:45 - Daylight Discussions 11:15– Oshibori 12:30- Flower Arranging 1– Acts of Service: Color Brown Paper Bag Snack it Forward Packages for Nourish Meals on Wheels 1:45- Bean Bag Twister 2:15– Comedy Club: I Dream of Jeannie 3– Happy Hour Bingo (BIS) 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Enchanted

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12 7:30 - Broncos vs. Jets! 9- Catholic Mass 9:15– Tunes Through Time 10- Stretch & Strength 10:45- Daylight Discussions 11:15– Oshibori 12:30– Guess 10: Professions! 1- Armchair Travel: Everest 2:15– Root Beer Floats! 3– Football Toss 3:45– Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: The Greatest Showman	13 9:15– Melody Making 10- Stretch & Strength 10:45- Daylight Discussions 11:15– Oshibori 12:30– Music w/Ryden Fredericks 1:45 - News Currents w/Rorie 2:30– Indoor Bowling 3:15–Manicure Monday! 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Bedtime Stories	14 Podiatrist 9:15– Tunes Through Time 10– Yoga with Martha 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Go Fish! 1:15 - Bocce Ball 2 – Around the Globe Read Aloud & Learn 3– October Birthday’s (BIS) 3:45—Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Carousel	15 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:45- Daylight Discussions 11:15– Oshibori 12:30- Read Aloud 1– Pumpkin Paper Lanterns 1:45 - Donuts & Discussion 2:15 - Chair Soccer 3– Mix, Mingle & Music with Barbara Dawson (BIS) 3 - Creative Expressions 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: You Again	16 9:15– Melody Making 10- Stretch & Strength 10:45- Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Conversation Catch 1:15– Canvas Creations 2– Loteria Fiesta Bingo! 3– Happy Hour:Deb Scheer (BIS) 3 - Games Galore 4:15- Oshibori 5– Sensory Sunset 5:30– Movie: The Kid	17 9:15– Tunes Through Time 10- Stretch & Strength 10:45– Storytelling 11:15– Oshibori 12:30– Whiteboard Games 1– 3 - Joy Ride: Rocky Mountain Arsenal 2– Mindful Masterpieces 3:15 - Edible Crafts! 3:45 - Read Aloud 4:15- Oshibori 5– Sensory Sunset 5:30– Movie: Freaky Friday	18 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:45- Daylight Discussions 11:15– Oshibori 12:30- Flower Arranging 1- Acts of Service: Blanket Making 1:45 - Beanbag Twister 2:15 - Comedy Club: The Lucy Show 3– Happy Hour Bingo (BIS) 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Pollyanna
19 9- Catholic Mass 9:15– Tunes Through Time 10- Stretch & Strength 10:45– Daylight Discussions 11:15– Oshibori 12:30- Guess 10! Disney 1- Armchair Travel: The US 2:05 - Broncos vs. Giants! 2:15– Pumpkin Pie Pudding! 3– Outdoor Pool Fishing 3:45– Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Mary Poppins	20 9:15– Melody Making 10- Stretch & Strength 10:45- Daylight Discussions 11:15– Oshibori 12:30– Guess 10! US States 1 - Mindful Masterpieces 1:45– News Currents w/Rorie 2:30 - Fabric Pumpkin Art 3:15 - Manicure Monday! 3:45- Read Aloud 4:15– Oshibori 5– Sensory Sunset 5:30– Movie: La La Land	21 9:15– Tunes Through Time 10- Stretch & Strength 10:45– Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– I Remember That! 1– Music w/Mark Paulson 1:30- Story Telling w/Chris Wells (TR) 3– Beach Ball Volleyball 3:45—Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Sound of Music	22 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:45– Remember When! 11:15– Oshibori 12:30- Read Aloud 1– Sensory Art Class w/ Vanessa 2:15– Pool Noodle Hockey 3– Happy Hour Trivia (BIS) 3 - Creative Expressions 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Rescued by Ruby & Popcorn	23 9:15– Melody Making 10- Stretch & Strength 10:45– Daylight Discussions 11:15– Oshibori 12:30– Cornhole 1:30– Let’s Chat Cards 2– Pour Paint w/Tony 3- Happy Hour: Ryden Fredericks 3 - Games Galore 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: The Great Gatsby	24 9:15– Tunes Through Time 10- Stretch & Strength 10:45 - Storytelling 11:15– Oshibori 12:30– Chair soccer 1–3- Joyride: Daniels Park 2– Mindful Masterpieces 3:15 - Let’s Make It! Ghost Suckers 3:45- Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: The Pink Panther & Popcorn	25 9:15– Sing Along w/Elder Song 10- Stretch & Strength 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: Father Knows Best 3– Happy Hour Bingo (BIS) 4:15-Oshibori 5- Sensory Sunset 5:30– Movie: The Odd Couple
26 9- Catholic Mass 9:15– Tunes Through Time 10- Stretch & Strength 10:45– Daylight Discussions 11:15- Oshibori 12:30– Pumpkin Button Art 1- Armchair Travel: Normandy 2:15– Broncos vs. Cowboys! 2:15– Ice Cream Sundae Sunday 3– Chair Soccer 3:45– Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30- Movie: Paint Your Wagon	27 9:15– Melody Making 10- Stretch & Strength 10:45– Remember When! 11:15– Oshibori 12:30– Storytelling 1– Manicure Monday! 1:45– News Currents w/Rorie 2:30 - Pumpkin Puzzle Collage Art 3:30– Read Aloud 4:15– Oshibori 5– Sensory Sunset 5:30– Movie: Calamity Jane	28 9:15– Tunes Through Time 10- Yoga with Martha 10:45–Daylight Discussions 11:15– Oshibori 12:30– I Remember That! 1– Around the Globe Read Aloud & Learn 1:45– Indoor Bowling 3– New Resident Meet & Greet! (BIS) 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Father Goose	29 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:45– Remember When! 11:15– Oshibori 12:30- Read Aloud 1– Sensory Art Class w/ Vanessa 2:15– Axe Throwing 3– Mix, Mingle & Music with Barbara Dawson (BIS) 3 - Creative Expressions 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: The Court Jester	30 9:15– Melody Making 10- Stretch & Strength 10:45- Group Read Aloud/ Neurobics 11:15– Oshibori 12:30– Putt Putt Golf 1:15– Let’s Chat Cards 2– Loteria Fiesta Bingo! 3- Happy Hour: Ryden Fredericks 3 - Games Galore 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Chicago	31 9:15– Tunes Through Time 10- Stretch & Strength 10:45 - Daylight Discussions 11:15– Oshibori 12:30– Cornhole 1–2:30- Joyride: Halloween Joyride! 2– Mindful Masterpieces 3:15 - Let’s Make It! Mummy Twinkies 3:45- Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Driving Miss Daisy	