

Legacy Ridge

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 9—Catholic Service 9:15—Melody Making 10—Stretch & Strength 10:45—Daily News Update! 11:15—Oshibori 12:30—Guess 10: Countries 1—Painted Pumpkin Mason Jars 2:15—Cotton Candy Making 3—Slap Balloon 3:45—Read Aloud 4:15—Oshibori 5—Sensory Sunset 5:30—Movie: Hello Dolly 6:20—Broncos vs. Commanders		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 Orange= Cognitive Sensory Sunset= Aromatherapy Experience	HAPPY BIRTHDAY! Joyce L.—November 6th Mary Frances H.—Nov. 17th Casmira L.—Nov. 17th Simone P.—Nov. 21st		1 Dia De Los Muertos 9:15— Sing Along w/Elder Song 10- Stretch & Strength 10:45— Daily News Update! 12:30— Flower Arranging 1— Halloween Piano Recital (BIS) 1:45— Socializing w/Students (BIS) 2:15— Comedy Club: Mr. Ed 3— Happy Hour Bingo (BIS) 3 - Artistic Expressions 4:15-Oshibori 5— Sensory Sunset 5:30— Movie: Guys & Dolls
2 Daylight Savings Time 9—Catholic Service 9:15—Melody Making 10—Stretch & Strength 10:45—Daily News Update! 11—Broncos vs. Texans! 11:15—Oshibori 12:30—Guess 10: World Foods! 1—Candy Corn Painted Rocks 2:15— Smores! 3— Chair Soccer 3:45— Read Aloud 4:15-Oshibori 5— Sensory Sunset 5:30- Movie: That Darn Cat	3 9:15— Melody Making 10- Stretch & Strength 10:45— Scattergories 11:15— Oshibori 12:30— Whiteboard Word Games 1— Bean Bag Twister 1:45- News Currents w/Rorie 2:15— Coffee Filter Leaves 3— Donuts & Discussion 3:30- Manicure Monday! 4:15-Oshibori 5— Sensory Sunset 5:30— Movie: Fantasia	4 9:15— Tunes Through Time 10— Stretch & Strength 10:45- Daily News Update! 11:15— Oshibori 12:30— Guess 10: Food Around the World 1:15— Chair Soccer 2— Around the Globe with Amanda: Poland 3— Hot Cocoa & Gratitude Chains 4:15-Oshibori 5— Sensory Sunset 5:30— Movie: Sandlot	5 9:15— Sing Along w/Elder Song 10- Stretch & Strength w/ Rorie 10:45— Daily News Update! 11:15— Oshibori 12:30- Read Aloud 1- Sensory Art Class w/ Vanessa 2:15 - Chair Soccer 3 - Happy Hour Trivia (BIS) 3— Creative Expressions 4:15-Oshibori 5— Sensory Sunset 5:30— Movie: Casablanca & Popcorn	6 Joyce L.’s Birthday! 9:15— Melody Making 10- Stretch & Strength 10:45— White Board Word Games 11:15- Oshibori 12:30— Bocce Ball 1— Creative Pursuits w/Tony! 2— Loteria Fiesta Bingo 3— Happy Hour: John Crabtree (BIS) 3— Games Galore 4:15-Oshibori 5— Sensory Sunset 5:30— Movie: My Fair Lady	7 9:15— Tunes Thru Time 10— Stretch & Strength 10:45 - Storytelling 11:15— Oshibori 12:30- Guess 10: Disney! 1:15–3:15- Joyride: Roxborough State Park 2— Games Galore 3 - Let’s Make It! Caramel Dipped Apples 3:45 - Read Aloud 4:15-Oshibori 5:30— Movie: We Bought a Zoo & Popcorn	8 9:15— Sing Along w/Elder Song 10- Stretch & Strength 10:45 - Gratitude Board 11:15— Oshibori 12:30- Flower Arranging 1— Chair Yoga 1:45- Chalk Pastel Turkey Craft 2:15— Comedy Club: Dennis the Menace 3— Happy Hour Bingo (BIS) 4:15-Oshibori 5— Sensory Sunset 5:30— Movie: Blue Hawaii

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9 9- Catholic Service 9:15– Tunes Through Time 10- Stretch & Strength 10:45- Daily News Update! 11:15– Oshibori 12:30– Bocce Ball 1- Armchair Travel: Wonders of Jamaica 2:15– Root Beer Floats! 3– Mistletoe Moisturizer 3:45– Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Oklahoma	10 9:15– Melody Making 10- Stretch & Strength 10:45- Daily News Update! 11:15– Oshibori 12:30– Afternoon Yoga Stretch 1:45 - News Currents w/Rorie 2:30– Chuck the Duck 3:15–Manicure Monday! 3:45 - Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: The Adventures of Milo & Otis	11 Veteran’s Day & Podiatrist 9:15– Tunes Through Time 10– Yoga with Emelia 10:45– Giant Tic Tac Toe 11:15– Oshibori 12:30– Go Fish! 1:15 - Bocce Ball 2 – Around the Globe with Amanda: NM Light Show 3– November Birthdays’ Party w/Janet Joe on Piano 3:45—Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Mary Poppins	12 9:15– Sing Along w/Elder Song 10- Stretch & Strength w/Rorie 10:45- Daily News Update! 11:15– Oshibori 12:30- Read Aloud 1– Autumn Tree Q-Tip Painting 2 - Animal Assisted Therapy w/ Dr. Z 2:15 - Chair Soccer 3– Mix, Mingle & Music 3 - Creative Expressions 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Matilda the Musical & Popcorn	13 9:15– Melody Making 10- Stretch & Strength 10:45- Conversation Catch 11:15– Oshibori 12:30– Bocce Ball 1:15– Canvas Creations w/Tony 2– Loteria Fiesta Bingo! 3– Happy Hour: Ryden Fredericks (BIS) 3 - Games Galore 4:15- Oshibori 5– Sensory Sunset 5:30– Movie: Mrs. Doubtfire	14 9:15– Tunes Through Time 10- Stretch & Strength 10:45– Storytelling 11:15– Oshibori 12:30– Whiteboard Games 1:15– 3:15- Joyride: Chatfield State Park 2– Mindful Masterpieces 3:15- Let’s Make It! Fruit Sushi 3:45 - Read Aloud 4:15- Oshibori 5– Sensory Sunset 5:30– Movie: The Long Game & Popcorn	15 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:45- Daily News Update! 11:15– Oshibori 12:30- Flower Arranging 1- Chair Yoga 1:45 - Thankful Thanksgiving Wall Hanging 2:15 - Comedy Club: Green Acres 3– Happy Hour Bingo (BIS) 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Yankee Doodle
16 9- Catholic Service 9:15– Tunes Through Time 10- Stretch & Strength 10:45– Daily News Update! 11:15– Oshibori 12:30- Football Toss 1- Look Whoo’s Thankful Craft 2:15– Ice Cream Sundae Sunday! 2:25 - Broncos vs. Chiefs! 3:45– Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: South Pacific	17 Mary Frances & Casmira’s Birthday! 9:15– Melody Making 10- Stretch & Strength 10:45- Daily News Update! 11:15– Oshibori 12:30– Music w/ Ryden Fredericks 1:45– News Currents w/Rorie 2:30 - Axe Throwing 3:15 - Manicure Monday! 3:45- Read Aloud 4:15– Oshibori 5– Sensory Sunset 5:30– Movie: Bye Bye Birdie	18 9:15– Tunes Through Time 10– Yoga with Emelia 10:45– Mad Libs! 11:15– Oshibori 12:30– Hot Potato (Balloon) 1– Pinecone Place Holders 1:30- Story Telling w/Chris Wells (TR) 3– Around the Globe with Amanda: Berlin 3:45—Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: The Sound of Music	19 9:15– Sing Along w/Elder Song 10- Stretch & Strength w/Rorie 10:45– Gratitude Board 11:15– Oshibori 12:30- Read Aloud 1– Sensory Art Class w/ Vanessa 2:15 - Bocce Ball 3– Mix, Mingle & Music with Barbara Dawson (BIS) 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Father of the Bride & Popcorn	20 9:15– Melody Making 10- Stretch & Strength 10:45– Daily News Update! 11:15– Oshibori 12:30– Cornhole 1– Let’s Chat Cards 1:30 - Ice Cream Sunday Social & Family Forum w/Guest Speaker Vanessa Hayes 3- Happy Hour: Rick Iracki 3 - Games Galore 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Inside the Mind	21 Simone P.’s Birthday! 9:15– Tunes Through Time 10- Stretch & Strength 10:45 - Guess 10: Animals! 11:15– Oshibori 12:30– Chair soccer 1:15–3:15- Joyride: Cherry Creek State Park 2– Mindful Masterpieces 3:15 - Let’s Make It! Apples & Peanut Butter 3:45- Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Pollyanna & PC	22 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: Blanket Making 1:45– Bean Bag Twister 2:15– Comedy Club: The Honeymooners 3– Happy Hour Bingo (BIS) 4:15-Oshibori 5- Sensory Sunset 5:30– Movie: Enchanted
23 9- Catholic Service 9:15– Tunes Through Time 10- Stretch & Strength 10:45– Daily News Update! 11:15- Oshibori 12:30– Chair Soccer 1:15- Armchair Travel: Wonders of the Ionian Sea 2:15– Malted Milk Shake Making 3– Pipe Cleaner Ornaments 3:45– Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Night at the Museum	24 9:15– Melody Making 10- Stretch & Strength 10:45– Giant Tic Tac Toe 11:15– Oshibori 12:30– Indoor Bowling 1– Guess 10: Disney! 1:45– News Currents w/Rorie 2:30 - Painted Rock Turkeys 3:15 - Manicure Monday! 3:45– Read Aloud 4:15– Oshibori 5– Sensory Sunset 5:30– Movie: The Secret Life of Pets	25 9:15– Tunes Through Time 10- Yoga with Emelia 10:45–Daily News Update! 11:15– Oshibori 12:30– I Remember That! 1– Music w/ Mark Paulson 1:45– Chair Soccer 3– Around the Globe with Amanda: Futurium Museum 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Meet Me in St. Louis	26 9:15– Sing Along w/Elder Song 10- Stretch & Strength w/Rorie 10:45–White Board Word Games 11:15– Oshibori 12:30- Read Aloud 1– Button Pumpkin Shadow Box 2:15– Bocce Ball 3– Happy Hour w/Ryden Fredericks (BIS) 3 - Creative Expressions 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Support Your Local Sheriff & Popcorn	27 Thanksgiving! 9:15– Thanksgiving Day Parade 10- Stretch & Strength 10:45- Neurobics 11:15– Oshibori 12:30– Putt Putt Golf 1:15– Gratitude Cards 2– Loteria Fiesta Bingo! 3-A Charlie Brown Thanksgiving 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: Rescued by Ruby	28 9:15– Tunes Through Time 10- Stretch & Strength 10:45 - Daily News Update! 11:15– Oshibori 12:30– Cornhole 1:15–3:15- Joyride: Red Rocks 2– Mindful Masterpieces 3:15 - Let’s Make It! Shaved Ice & Snow Cones 3:45- Read Aloud 4:15-Oshibori 5– Sensory Sunset 5:30– Movie: 42nd Street & Popcorn	29 9:15– Sing Along w/Elder Song 10- Stretch & Strength 10:45– Daily News Update! 11:15– Oshibori 12:30- Flower Arranging 1– Movin & Groovin w/ Instruments 1:45– Scattergories 2:15– Comedy Club: My Favorite Martian 3– Happy Hour Bingo (BIS) 4:15-Oshibori 5- Sensory Sunset 5:30– Movie: Homeward Bound