

Assisted Living

December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
HAPPY BIRTHDAY! Ralph C. — Dec.1st Marcie W. — Dec. 4th Mona M. — Dec. 5th Gail S. — Dec. 16th Donna M. — Dec. 27th Sam J. — Dec. 29th	1 Dr. Ralph’s Birthday! 9:30- Daily News Update (BIS) 9:30-11:30: Health Wellness Clinic (BIS) 10- Exercise w/Empower Me 11- Week at a Glance (BIS) 1:15- Joyride: Daniel’s Park (Meet by front desk) 2– Decorate Trees & Holiday Music (Meet in BIS) 3– News Currents w/Rorie! (Upstairs short hall) 5:30- Daily Wrap Up (BIS) 6- Movie: Summer Camp	2 9:30–Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Guess 10: Animal Planet! 1:30– Decorate Trees & Holiday Music (Meet in BIS) 2:30– Kari & Kellee Gluhwein Talk & Taste (BIS) 3 - Resident Recognition Revelry w/Rorie: Brigitte M. & Jenny M. (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: The God Father II	3 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Trivia w/Tony (BIS) 11– Lunch Outing: Bagel Deli (<i>*requires sign up by end of day prior</i>) 1:30–Giant Connect Four (BIS) 2 - Loteria Fiesta Bingo! (BIS) 3– Happy Hour Trivia & Hot Cocoa Bar (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	4 Marcie W.’s Birthday! 9:30- Daily News Update (BIS) 10– Yoga with Martha (GYM) 11- Newton Middle School Advanced Choir Performance 1:30– Ginger Bread Garland w/ Mindy & Mary Ann (BIS) 2:15– Cornhole (BIS) 3- Happy Hour: John Crabtree (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Back to the Future	5 Mona M.’s Birthday! 9:30- Daily News Update (BIS) 10– Move & Stretch (GYM) 11- Hangman (BIS) 11:30 - ROMEO Lunch Club 1:30– Crafts w/Kari: Clay Christmas Trees (BIS) 2:15- Let’s Make It: Pumpkin Pie Pudding! (BIS) 3– Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Sound of Music & Popcorn	6 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Discussion: Ideas & Suggestions for CHAL Activities & Movies (BIS) 1:30- Acts of Gratitude Saturday: Holiday Cards for CHAL Family (Residents, Friends & Staff) (BIS) 2:15– Saturday Comedy Club: My Three Sons (TR) 3– Happy Hour Bingo! (BIS) 5:30- Daily Wrap Up (BIS) 6– Movie: My Fair Lady
7 9- Catholic Service (TR) 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11–Rebus Puzzles 1:30– Trivia w/Tony (BIS) 2:05– Broncos vs. Raiders! 3– Football Fiesta & Food (BIS) 5:30- Daily Wrap Up (BIS) 6– Movie: Sabrina (1954) & Popcorn	8 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 11 - Mountain Man 11- Week at a Glance (BIS) 1:30- Ritz Tappers Holiday Performance (Atrium) 2:15– Crafts w/Hollyn: Nutcrackers Ornaments for CHAL Resident Tree! 3– News Currents w/Rorie! (Upstairs short hall) 5 - Christmas in Color Joy Ride (Meet by front desk) 5:30- Daily Wrap Up (BIS) 6- Movie: 80 For Brady	9 9:30–Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Let’s Chat Cards 11:30 - Juliet Club 1:30– Jubilee Handbell Performance (BIS) 2– Glass Ornaments for CHAL Resident Tree! 3 - December Birthdays’ Celebration & Caroling w/Janet Joe (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Hook	10 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Trivia w/Tony (BIS) 11– Lunch Outing: Old Chicago (<i>*requires sign up by end of day prior</i>) 1:30– Guess 10: Legendary Landmarks! (BIS) 2 - Loteria Fiesta Bingo! 3– Mix, Mingle & Music w/ Barbara Dawson (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	11 9:30- Daily News Update (BIS) 10– Yoga with Martha (GYM) 11- Discussion: Favorite Holiday Movies (BIS) 1:30– Grab & Go (BIS) 2:15– Giant Crossword Puzzle (BIS) 3- Happy Hour: Ryden Fredericks (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: The Blind Side	12 CHAL HOLIDAY PARTY!!! 9:30- Daily News Update (BIS) 10– Move & Stretch (GYM) 11- Hopkins Elementary Student Christmas Carol Performance (BIS or DR) 11:30 - ROMEO Lunch Club 1:30– Trivia w/Tony (BIS) 4–7: CHAL HOLIDAY PARTY Denver Dolls Performing! 	13 9:30-Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Ways to Give Back (BIS) 1:30- Acts of Service Saturday: Dog Biscuits for Hope for Paws (BIS) 2:15– Saturday Comedy Club: Maude (TR) 3- Happy Hour Bingo! (BIS) 5:30- Daily Wrap Up (BIS) 6– Movie: Patch Adams

Sun	Mon	Tue	Wed	Thu	Fri	Sat
14 Beginning of Hannukah Eve 9– Catholic Service (TR) 9:30 - Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 1:30 - Doggy Visit w/Zirkel! 1:30– Creative Pursuits w/ Tony (BIS) 2:25– Broncos vs. Packers! 3– Football Fiesta & Food (BIS) 5:30 - Daily Wrap Up (BIS) 6 - Movie: Karate Kid (1984) & Popcorn	15 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 11– Week at a Glance (BIS) 1:30– Crafts w/Hollyn: Waterless Snow Globes (BIS) 2:15– Indoor Bowling! (BIS) 3– News Currents w/Rorie! (Upstairs Short Hall) 5 - Leon’s Tour of Lights! (Meet by front desk) 5:30- Daily Wrap Up (BIS) 6– Movie: Caddyshack	16 Gail S.’s Birthday! Podiatrist 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Discussion: Favorite Christmas Songs (BIS) 1:30 - Chris Wells (TR) 2:30 - Indoor Snowball Fight! (BIS) 3– Happy Hour Trivia (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: It’s A Wonderful Life	17 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Trivia w/Tony (BIS) 11 - Lunch Outing: Chili’s <i>(*requires sign up by end of the day prior)</i> 1:30 - Giant Jenga (TR) 2 - Loteria Fiesta Bingo! (BIS) 3– Mix, Mingle & Music w/Barbara Dawson (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	18 9:30 - Daily News Update (BIS) 10– Yoga w/Martha (GYM) 11- Word Games (BIS) 1 - Kent Denver Choir & Piano Performance (BIS) 1:30 - Jingle Bell Wood Bead Garland (BIS) 2:15 - Holiday Cookie Decorating (BIS) 3- Happy Hour: Rick Iracki 5:30- Daily Wrap Up (BIS) 6- Movie: The Polar Express	19 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Word in a Word (BIS) 11:30- Romeo Lunch Club 1:30– Armchair Travel: The North Pole 2:15– Edible Crafts w/Kari: Gingerbread Houses (BIS) 3– Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: The Holiday & Popcorn	20 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Gratitude Board (BIS) 1:30 - Acts of Service Saturday: Snack it Forward for Nourish Meals on Wheels (BIS) 2:15– Saturday Comedy Club: Mork and Mindy (TR) 3– Happy Hour Bingo! (BIS) 5:30– Daily Wrap Up (BIS) 6– Movie: Jingle all the Way
21 9—Catholic Service (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) 2:05— Broncos vs. Jaguars 3– Games Galore! (BIS) 5:30- Daily Wrap Up (BIS) 6– Movie: National Lampoon’s Christmas Vacation & Popcorn	22 End of Hannukah (Eve) 9:30- Daily News Update (BIS) 10– Exercise w/Empower Me 11– Week at a Glance (BIS) 11– Arapahoe Library 1:15- Joy Ride: Chatfield State Park 2– Crafts w/Hollyn: Mason Jar Christmas Lanterns (BIS) 3– News Currents w/Rorie! 5:30- Daily Wrap Up (BIS) 6- Movie: Elf 6 - Ryden F.’s Students Holiday Performance (BIS)	23 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Discussion: Favorite Holiday Food (BIS) 11:30— Juliet Club Lunch (DR) 1:30– Andre Bocelli: A Bocelli Family Christmas (TR) 2:15– Let’s Make it: Smores! 3– Resident Recognition Revelry w/Rorie: Carol S. & Mel K. (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: White Christmas	24 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Trivia w/Tony (BIS) 11 - Lunch Outing: Culver’s <i>(*requires sign up by end of the day prior)</i> 1:30 -Foosball & Air Hockey (BIS) 2- Loteria Fiesta Bingo! (BIS) 3- Happy Hour Trivia (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	25 Christmas 9:30– Daily News Update (BIS) 10– Move & Stretch (GYM) 11- Word Games (BIS) 11-1: Holiday Luncheon 1– Cowboys vs. Commanders 1:30 - Movie Matinee: A Christmas Story (TR) 3 - Lions vs. Vikings (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Miracle on 34th Street 6:15— Broncos vs. Chiefs	26 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Hangman (BIS) 11:30- Romeo Lunch Club 1:30– Armchair Travel: The Wonders of Maine (TR) 2:15- Edible Crafts w/Kari: Peppermint Milkshakes (BIS) 3 - Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: The Princess Bride & Popcorn	27 Donna M.’S Birthday! 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Gratitude Board (BIS) 1:30– Acts of Service Saturday: Blanket Making for Children’s Hospital 2:15– Bingo! (BIS) 3– Happy Hour: Ryden Fredericks (BIS) 5:30– Daily Wrap Up (BIS) 6- Movie: Field of Dreams
28 9- Catholic Service (TR) 9:30– Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11– Rebus Puzzles (BIS) 1:30– John Denver Holiday Special (1975) (TR) 2:15 - Games Galore! (BIS) 3 - Creative Pursuits w/ Tony! (BIS) 5:30- Daily Wrap Up (BIS) 6– Movie: Foot Loose (1984) & Popcorn	29 Sam’s J.’s Birthday! 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 11– Week at a Glance (BIS) 1:15 - Joy Ride: Ridge Gate & Lone Tree 2 - Crafts w/ Hollyn: Paper Bag Stars (BIS) 3– News Currents w/Rorie! (Upstairs Short Hall) 5:30- Daily Wrap Up (BIS) 6 - Movie: Short Circuit	30 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Word Games (BIS) 11:30— Juliet Club Lunch 1:30 - Snowman Sock Dolls (BIS) 2:15 - Let’s Make It: Cotton Candy! 3 – New Resident Meet & Greet (BIS) 5:30– Daily Wrap Up (BIS) 6– Movie: Adventures of Babysitting (1987)	31 New Year’s Eve 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11– Trivia w/Tony (BIS) 11 - Lunch Outing: Red Robin <i>(*requires sign up by the end of the day prior)</i> 1:30 - Giant Jenga (BIS) 2 - Loteria Fiesta Bingo! (BIS) 3- Happy Hour Trivia (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn			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>