

Legacy Ridge

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>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.</p> <p><i>* All activities are subject to change based on the needs/ wants of our residents.</i></p>			<p>HAPPY BIRTHDAY!</p> <p>Phyllis K. : Jan. 8th</p> <p>Rickie C. : Jan. 13th</p> <p>Sylvia H. : Jan. 22nd</p>	<p>1 National Bloody Mary Day</p> <p>9:15: Melody Making</p> <p>10: Exercise w/Empower Me</p> <p>10:45: Neurobics: White Board Word Games</p> <p>11:15: Oshibori</p> <p>12:30: Wildlife Wind Downs</p> <p>1: Bingo!</p> <p>2: Virgin Bloody Mary Making & New Years Fun!</p> <p>3: Happy Hour: Deb Scheer</p> <p>3: Games Galore</p> <p>4:15: Oshibori</p> <p>5: Sensory Sunset</p> <p>5:30: Movie: Sleepless in Seattle</p>	<p>2</p> <p>9:15: Tunes Thru Time</p> <p>10: Stretch & Strength</p> <p>10:45: Guess 10: Animals!</p> <p>11:15: Oshibori</p> <p>12:30: Destination Daydreams</p> <p>1:15 - 3: Joyride: Ridge Gate & Lone Tree</p> <p>2: Creative Expressions</p> <p>3: Edible Crafts: Fruit Kabobs</p> <p>3:45: Chair Volleyball</p> <p>4:15: Oshibori</p> <p>5:30: Movie: Singin’ in the Rain & Popcorn</p>	<p>3</p> <p>9:15: Sing Along w/Elder Song</p> <p>10: Chair Yoga w/Hollyn</p> <p>10:45: Neurobics: Scattegories</p> <p>11:15: Oshibori</p> <p>12:30: Gene Levitt Fantasy Island Series</p> <p>1: Flower Arranging w/Rorie</p> <p>1:45: Drum Circle</p> <p>2:15: Meditation Coloring</p> <p>3: Happy Hour Bingo! (BIS)</p> <p>3 : Games Galore</p> <p>4:15: Oshibori</p> <p>5: Sensory Sunset</p> <p>5:30: Movie: South Pacific</p>
<p>4</p> <p>9: Catholic Service</p> <p>9:15: Melody Making</p> <p>10: Stretch & Strength</p> <p>10:45: Daily News Update!</p> <p>11:15: Oshibori</p> <p>12:30: Vintage Sitcom Vault</p> <p>1: Foam Art Nook Fun</p> <p>1:45: Slap Balloon</p> <p>2:25: Broncos vs. Chargers!</p> <p>3: Football Fiesta & Food</p> <p>3:45: Animal Trivia Book</p> <p>4:15: Oshibori</p> <p>5: Sensory Sunset</p> <p>5:30: Movie: Carousel</p>	<p>5</p> <p>9:15: Melody Making</p> <p>10: Stretch & Strength</p> <p>10:45: Neurobics: Pictionary</p> <p>11:15: Oshibori</p> <p>12:30: Window Shopping the World</p> <p>1 - Bocce Ball</p> <p>1:45: News Currents w/Rorie</p> <p>2:30: Edible Crafts w/Karie: Cotton Candy</p> <p>3:15: 50’s Sing Along</p> <p>4:15: Oshibori</p> <p>5: Sensory Sunset</p> <p>5:30: Movie: The Best Years</p>	<p>6</p> <p>9:15: Tunes Through Time</p> <p>10: Neurobics: Hangman</p> <p>10:30: Yoga with Emilia!</p> <p>11:15: Oshibori</p> <p>12:30: Concerts & Classics</p> <p>1: Snowflake Salt Painting</p> <p>1:45: Giant Connect 4</p> <p>2:30: Acts of Service Bag Decorating: Meals on Wheels</p> <p>3:15: 40 Most Beautiful Animals in the World</p> <p>4:15: Oshibori</p> <p>5: Sensory Sunset</p> <p>5:30: Movie: The Princess Bride</p>	<p>7</p> <p>9:15: Sing Along w/Elder Song</p> <p>10: Stretch & Strength w/Rorie</p> <p>10:45: Daily News Update!</p> <p>11:15: Oshibori</p> <p>12:30: Wildlife Wind Downs</p> <p>1: Vanessa Hayes Sensory Art</p> <p>2:15: Chair Soccer</p> <p>3 : Happy Hour Trivia (BIS)</p> <p>3: Creative Expressions</p> <p>4:15: Oshibori</p> <p>5: Sensory Sunset</p> <p>5:30: Movie: Driving Miss Daisy & Popcorn</p>	<p>8 Phyllis K.’s Birthday!</p> <p>9:15: Melody Making</p> <p>10: Exercise w/Empower Me</p> <p>10:45: Neurobics: White Board Word Games</p> <p>11:15: Oshibori</p> <p>12:30: Destination Daydream</p> <p>1: Creative Pursuits w/Tony: Clay Art!</p> <p>2: Bingo!</p> <p>3: Happy Hour: Ryden Fredericks (BIS)</p> <p>3: Games Galore</p> <p>4:15: Oshibori</p> <p>5: Sensory Sunset</p> <p>5:30: Movie: Honeymoon in Vegas</p>	<p>9</p> <p>9:15: Tunes Thru Time</p> <p>10: Stretch & Strength</p> <p>10:45: Neurobics: Famous People from the Past Trivia</p> <p>11:15: Oshibori</p> <p>12:30: Legends & Lives</p> <p>1:15 -3: Joyride: Red Rocks</p> <p>2: Creative Arts</p> <p>3: Edible Crafts: Candy Sushi</p> <p>3:45: Lost in the Pages of Peru w/Amanda</p> <p>4:15: Oshibori</p> <p>5: Sensory Sunset</p> <p>5:30: Movie: Mary Poppins</p>	<p>10</p> <p>9:15: Sing Along w/Elder Song</p> <p>10: Chair Yoga w/Hollyn</p> <p>10:45: Gratitude Board</p> <p>11:15: Oshibori</p> <p>12:30: Gene Levitt Fantasy Island Series</p> <p>1: Flower Arranging w/Rorie</p> <p>1:45: Slap Balloon</p> <p>2:15: Wax Paper Art</p> <p>3: Happy Hour Bingo (BIS)</p> <p>4:15: Oshibori</p> <p>5: Sensory Sunset</p> <p>5:30: Movie: Meet Me in St. Louis</p>

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11 9: Catholic Service 9:15: Tunes Through Time 10: Stretch & Strength 10:45: Daily News Update! 11:15: Oshibori 12:30: Vintage Sitcom Vault 1: Snowman Socks 1:45: Bocce Ball 2:25: NFL Playoffs Fiesta & Food 3: Football Toss 3:45: Natural Wonders Trivia 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: My Cousin Vinny	12 9:15: Melody Making 10: Stretch & Strength 10:45: Daily News Update! 11:15: Oshibori 12:30: Wildlife Wind Downs 1: Music: Ryden Fredericks 1:45 : News Currents w/Rorie 2:30: Paint Swirl Mosaics 3:15: 60’s Sing Along 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: What About Bob?	13 Rickie C.’s Birthday! 9:15: Tunes Through Time 10: White Board Word Games 10:30: Yoga with Emelia 10:45: Giant Tic Tac Toe 11:15: Oshibori 12:30: Concerts & Classics 1:00: Mason Jar Lid Snowman 2: Chair Volleyball 3: January Birthday’s Piano Party (BIS) 4: Drum Circle 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Oklahoma	14 9:15: Sing Along w/Elder Song 10: Stretch & Strength w/Rorie 10:45: Daily News Update! 11:15: Oshibori 12:30: Destination Day Dream 1: Jewelry Making 1:45: Chair Soccer 2:30: Meditation Coloring 3: Mix, Mingle & Music w/ Barbara Dawson (BIS) 3: Games Galore 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Sabrina & Popcorn	15 9:15: Melody Making 10: Exercise w/Empower Me 10:45: Conversation Catch 11:15: Oshibori 12:30: Legends & Lives 1: Indoor Bowling 1:45: Bingo! 3: Happy Hour: Steve Smith (BIS) 3: Creative Expressions 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: South Pacific	16 9:15: Tunes Through Time 10: Stretch & Strength 10:45: Neurobics: Guess 10 11:15: Oshibori 12:30: Window Shopping the World 1:15 - 3: Joyride: Cherry Creek State Park 2: Mindful Masterpieces 3:15: Cookie Decorating 3:45 : Drum Circle 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Bye Bye Birdie	17 9:15: Sing Along w/Elder Song 10: Stretch & Strength 10:45: Daily News Update! 11:15: Oshibori 12:30: Gene Levitt Fantasy Island Series 1: Flower Arranging w/Rorie 1:45: Chair Yoga 2:30: Chuck the Duck 3: Happy Hour Bingo (BIS) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Flubber
18 9: Catholic Service 9:15: Tunes Through Time 10: Stretch & Strength 10:45: Neurobics: Hangman 11:15: Oshibori 12:30: Vintage Sitcom Vault 1: Beach Ball Volleyball 2: Doggy Visit with Zirkel 2:30: NFL Football Playoffs! 2:15: Ice Cream Sundae Sunday 3:30: 50’s Sing Along w/Kari 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Gypsy	19 Martin Luther King Jr. Day 9:15: Melody Making 10: Stretch & Strength 10:45: Daily News Update! 11:15: Oshibori 12:30: Destination Daydream 1:45: News Currents w/Rorie 2:30: Edible Crafts w/Kari: Candy and Cereal Necklaces 3:15: Bocce Ball 3:45: Famous Musical Sing Along 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Show Boat	20 9:15: Tunes Through Time 10: Neurobics: Let’s Chat Cards 10:30: Yoga with Emelia 10:45: Neurobics: Mad Libs! 11:15: Oshibori 12:30: Legends & Lives 1: Hot Potato (Balloon) 1:30: Chris Wells: Spain (BIS) 1:45: Winter Scarf Wreaths 3:45: Music Sing Along 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Westside Story	21 9:15: Sing Along w/Elder Song 10: Stretch & Strength w/Rorie 10:45: Daily News Update! 11:15: Oshibori 12:30: Concerts & Classics 1: Vanessa Hayes Sensory Art 2:15: Chair Soccer 3: Happy Hour Trivia (BIS) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: 42nd Street & Popcorn	22 Sylvia H’s Birthday 9:15: Melody Making 10: Exercise w/Empower Me 10:45: Daily News Update! 11:15: Oshibori 12:30: Wildlife Wind Downs 1:15-3: Joyride: Chatfield State Park 3: Happy Hour: Ryden Fredericks (BIS) 3 : Canvas Creations 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: That Darn Cat!	23 9:15: Tunes Through Time 10: Stretch & Strength 10:45: Neurobics: Guess 10! 11:15: Oshibori 12:30: Window Shopping the World 1– Movie Matinee Theater Excursion: The Computer Wore Tennis Shoes 1:30: Mindful Masterpieces 2:45: Edible Crafts: Fruit Pizza 3:30: Drum Circle 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Sleepless in Seattle	24 9:15: Sing Along w/Elder Song 10: Chair Yoga w/Hollyn 10:45: Daily News Update! 11:15: Oshibori 12:30: Gene Levitt Fantasy Island Series 1: Flower Arranging w/Rorie 1:45: Hot Potato (Balloon) 2:15: Chair Soccer 3: Happy Hour Bingo (BIS) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Wizard of Oz
25 9: Catholic Service 9:15: Tunes Through Time 10: Stretch & Strength 10:45: White Board Word Games 11:15: Oshibori 12:30: Vintage Sitcom Vault 1: Bunco with Iesha & Kari 2: Chair Soccer 2:45: Malted Milk Shakes 3:15: Popsicle Stick Snowflakes 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: The Parent Trap	26 9:15: Melody Making 10: Stretch & Strength 10:45: Who, What, Where? 11:15: Oshibori 12:30: Window Shopping the World 1: Winter Water Painting 1:45: News Currents w/Rorie 2:30: Edible Paintings 3:15: Classic Country Sing Along 3:45: Manicure Monday! 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Jungle Cruise	27 9:15: Tunes Through Time 10: Neurobics: Go Fish! 10:30: Yoga with Emelia 11:15: Oshibori 12:30: Concerts & Classics 1: Music w/Mark Paulson 1:45: Chair Soccer 2:15: Beaded Pipe Cleaner Snowflakes 3: Snow Dough Creations 3:45: Connect 4 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: My Blue Heaven	28 9:15: Sing Along w/Elder Song 10: Stretch & Strength w/Rorie 10:45: Daily News Update! 11:15: Oshibori 12:30: Legends & Lives 1: Snowy Tree Finger Painting 1:45: Chair Soccer 2:30: Let’s Chat Cards! 3: Mix, Mingle & Music with Barbara Dawson (BIS) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: The Mark of Zorro & Popcorn	29 9:15: Melody Making 10: Exercise w/Empower Me 10:45: Daily News Update! 11:15: Oshibori 12:30: Wildlife Wind Downs 1: Jenga Playoffs 2: Bingo! 3: Happy Hour: Joyce Karchere (BIS) 3: Canvas Creations 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: The Swiss Family Robinson	30 9:15: Tunes Through Time 10: Stretch & Strength 10:45 : Guess 10: 11:15: Oshibori 12:30: Destination Daydream 1:15 - 3: Joyride: Daniel’s Park 2: Mindful Masterpieces 3:15: Edible Craft: Cookie Sand Art 3:45: Drum Circle 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Field of Dreams & Popcorn	31 9:15: Sing Along w/Elder Song 10: Chair Yoga w/Hollyn 10:45: Daily News Update! 11:15: Oshibori 12:30: Gene Levitt Fantasy Island Series 1: Flower Arranging w/Rorie 1:45: Bean Bag Twister 2:15: Snowman Stress Balls 3: Happy Hour Bingo (BIS) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: La La Land