

# 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><b>HAPPY BIRTHDAY!</b></p> <p>Phyllis K. : Jan. 8th Rickie C. : Jan. 13th Sylvia H. : Jan. 22nd</p>	<p><b>1</b> National Bloody Mary Day 9:15: Melody Making <b>10: Exercise w/Empower Me</b> 10:45: Neurobics: White Board Word Games 11:15: Oshibori 12:30: Wildlife Wind Downs 1: Bingo! 2: Virgin Bloody Mary Making &amp; New Years Fun! <b>3: Happy Hour:</b> Deb Scheer 3: Games Galore 4:15: Oshibori 5: Sensory Sunset <b>5:30: Movie:</b> Sleepless in Seattle</p>	<p><b>2</b> 9:15: Tunes Thru Time 10: Stretch &amp; Strength 10:45: Guess 10: Animals! 11:15: Oshibori 12:30: Destination Daydreams 1:15 - 3: <b>Joyride:</b> Ridge Gate &amp; Lone Tree 2: Creative Expressions <b>3: Edible Crafts:</b> Fruit Kabobs 3:45: Chair Volleyball 4:15: Oshibori <b>5:30: Movie:</b> Singin' in the Rain &amp; Popcorn</p>	<p><b>3</b> 9:15: Sing Along w/Elder Song 10: <b>Chair Yoga w/Hollyn</b> 10:45: Neurobics: Scatgeories 11:15: Oshibori 12:30: Gene Levitt Fantasy Island Series 1: Flower Arranging w/Rorie 1:45: Drum Circle 2:15: Meditation Coloring <b>3: Happy Hour Bingo! (BIS)</b> 3 : Games Galore 4:15: Oshibori 5: Sensory Sunset <b>5:30: Movie:</b> South Pacific</p>
<p><b>4</b> 9: Catholic Service 9:15: Melody Making 10: Stretch &amp; Strength 10:45: Daily News Update! 11:15: Oshibori 12:30: Vintage Sitcom Vault 1: Foam Art Nook Fun 1:45: Slap Balloon <b>2:25: Broncos vs. Chargers!</b> 3: Football Fiesta &amp; Food 3:45: Animal Trivia Book 4:15: Oshibori 5: Sensory Sunset <b>5:30: Movie:</b> Carousel</p>	<p><b>5</b> 9:15: Melody Making 10: Stretch &amp; Strength 10:45: Neurobics: Pictionary 11:15: Oshibori 12:30: Window Shopping the World 1 - Bocce Ball 1:45: <b>News Currents w/ Rorie</b> 2:30: <b>Edible Crafts w/Karie:</b> 3:15: 40 Most Beautiful Animals in the World Cotton Candy 3:15: 50's Sing Along 4:15: Oshibori 5: Sensory Sunset <b>5:30: Movie:</b> The Best Years</p>	<p><b>6</b> 9:15: Tunes Through Time 10: Neurobics: Hangman <b>10:30: Yoga with Emilia!</b> 11:15: Oshibori 12:30: Concerts &amp; Classics 1: Snowflake Salt Painting 1:45: Giant Connect 4 2:30: <b>Acts of Service Bag Decorating:</b> Meals on Wheels 3:15: 40 Most Beautiful Animals in the World Cotton Candy 3:15: 50's Sing Along 4:15: Oshibori 5: Sensory Sunset <b>5:30: Movie:</b> The Princess Bride</p>	<p><b>7</b> 9:15: Sing Along w/Elder Song 10: Stretch &amp; Strength w/ Rorie 10:45: Daily News Update! 11:15: Oshibori 12:30: Wildlife Wind Downs 1: Creative Pursuits w/Tony: Clay Art! 2: Bingo! 3 : <b>Happy Hour Trivia (BIS)</b> 3: Creative Expressions 4:15: Oshibori 5: Sensory Sunset <b>5:30: Movie:</b> Driving Miss Daisy &amp; Popcorn</p>	<p><b>8</b> <b>Phyllis K.'s Birthday!</b> 9:15: Melody Making <b>10: Exercise w/Empower Me</b> 10:45: Neurobics: White Board Word Games 11:15: Oshibori 12:30: Destination Daydream 1: Creative Pursuits w/Tony: Clay Art! 2: Bingo! 3 : <b>Happy Hour:</b> Ryden Fredericks (BIS) 3: Games Galore 4:15: Oshibori 5: Sensory Sunset <b>5:30: Movie:</b> Honeymoon in Vegas</p>	<p><b>9</b> 9:15: Tunes Thru Time 10: Stretch &amp; Strength 10:45: Neurobics: Famous People from the Past Trivia 11:15: Oshibori 12:30: Destination Daydream 1:20: Legends &amp; Lives 1:15 - 3: <b>Joyride:</b> Red Rocks 2: Creative Arts <b>3: Edible Crafts:</b> Candy Sushi 3:45: <b>Lost in the Pages of Peru w/Amanda</b> 4:15: Oshibori 5: Sensory Sunset <b>5:30: Movie:</b> Mary Poppins</p>	<p><b>10</b> 9:15: Sing Along w/Elder Song 10: <b>Chair Yoga w/Hollyn</b> 10:45: Neurobics: Scatgeories 11:15: Oshibori 12:30: Gene Levitt Fantasy Island Series 1: Flower Arranging w/Rorie 1:45: Drum Circle 2:15: Meditation Coloring <b>3: Happy Hour Bingo (BIS)</b> 3 : Games Galore 4:15: Oshibori 5: Sensory Sunset <b>5:30: Movie:</b> Meet Me in St. Louis</p>

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