

Legacy Ridge

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Helen C's Birthday! 9: Catholic Service 9:30: Tunes Through Time 10: Exercise & Energize 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The Amazing World of Young Animals! 1: Slap Balloon 1:45: Heart Frame Painting & Heart Button Art 2:30: Edible Craft: Cotton Candy 3:15: A Trip Down Memory Lane: Vintage Cars 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Show Boat	2 Groundhog Day! 9:30: Melody Making 10: Exercise & Energize 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: New Life Under the Sea 1 - Beach Ball Volleyball 1:45: Singing & Swaying w/Rorie 2:30: Crafts w/Kari: Decorate Bags for Nourish Meals on Wheels & Hope for Paws CO 3:15: Twister Trivia w/Tunes 3:45: Finish the Expression! 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Groundhog Day	3 9:30: Tunes Through Time 10:45: Neurobics & Daily Chronicle Discussion 10:30: Yoga & Breathwork w/ Emmy 11:15: Oshibori 12:30: Relax & Reset: 1950 Songs and Trivia 1: Bocce Ball 1:45: Foam Art w/lesha 2:30: Drum Circle & Musical Instruments 3: New Resident Meet & Greet 3:Fidget Board & Connect4 (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: The Adventures of Milo and Otis	4 9:30: Sing Along w/Elder Song 10: Movement & Music w/Rorie 11:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: Surviving Grand Teton 1: Putt Putt Golf 1: Vanessa Hayes Sensory Art 2:15: Chair Soccer 3: Olympic Highlights & Happy Hour (BIS) 3: Creative Expressions (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Driving Miss Daisy & Popcorn	5 9:30: Melody Making 10: Exercise w/Empower Me 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: 50's & 60's Live Performances 1: Putt Putt Golf 1:45: Loteria Bingo 2:30: Conversation Catch 3: Happy Hour: Mark Paulson (BIS) 3: Games Galore (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Honeymoon in Vegas	6 Joy D.'s Birthday! 9:30: Tunes Thru Time 10: Exercise & Energize 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The Winter Olympics 1: Flower Arranging w/Rorie 1:45: Drum Circle 2:15: Meditation Coloring 2:45: Student Violin Performance (BIS) 3: Happy Hour Bingo! (BIS) 3: Games Galore (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: The Princess Bride	7 9:30: Sing Along w/Elder Song 10: Chair Yoga w/Hollyn 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The Winter Olympics 1: Flower Arranging w/Rorie 1:45: Drum Circle 2:15: Meditation Coloring 2:45: Student Violin Performance (BIS) 3: Happy Hour Bingo! (BIS) 3: Games Galore (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: The Princess Bride
8 SUPER BOWL LX! 9: Catholic Service 9:30: Melody Making 10: Exercise & Energize 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The Winter Olympics 1: Superbowl Football Toss 1:45: Perfection & Jenga 2:30: Watercolor Bookmarks 3:15: Olympic Ring Chain Craft 4:15: Oshibori 4:30: Super Bowl Sunday LX Party! 5: Sensory Sunset	9 9:30: Melody Making 10: Exercise & Energize 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The Winter Olympics 1 - Music with Ryden Fredericks 2:15: News Currents w/ Rorie 3: Edible Crafts w/Kari: Valentines Cookie Decorating 3:30: Winter Olympic Hangman 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Mary Poppins	10 9:30: Tunes Through Time 10:45: Neurobics & Daily Chronicle Discussion 10:30: Yoga & Breathwork w/Emmy! 11:15: Oshibori 12:30: Relax & Reset: The Winter Olympics 1: Indoor Bowling 1:45: Squishy Snowmen Sens Art 2:30: Go Fish! 3: February Birthday Party w/Janet Joe on the Piano (BIS) 3: Games Galore (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Inside the Mind of a Dog	11 9:30: Sing Along w/Elder Song 10: Movement & Music w/Rorie 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The Winter Olympics 1: Pool Noodle Hockey 1:45: Kari's Science Corner: Growing Rainbows 2:30: Music Trivia 3: Mix & Mingle w/Barbara Dawson (BIS) 3: Creative Expressions (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Oklahoma & Popcorn	12 Liz M.'s Birthday! 9:30: Melody Making 10: Exercise w/Empower Me 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The Winter Olympics 1: Bocce Ball 1:30: Conversation Catch 2: Loteria Bingo! 3: Happy Hour: Ryden Fredericks (BIS) 3: Games Galore (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Meet Me in St. Louis	13 9:30: Tunes Thru Time 10: Exercise & Energize 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The Winter Olympics 1:15 - 3: Joyride: Daniel's Park 3: Creative Expressions (AR) 3: Edible Crafts: Chocolate Dipped Strawberries 3:30: Frank Sinatra Sing Along 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Remember the Titans	14 Valentine's Day! 9:30: Sing Along w/Elder Song 10: Chair Yoga w/Hollyn 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The Winter Olympics 1: Flower Arranging w/Rorie 1:45: Q-Tip Heart Painting 2:15: Slap Balloon 3: Happy Hour Bingo (BIS) 3: Fidget Boards & Games (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Fried Green Tomatoes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
15 9: Catholic Service 9:30: Tunes Through Time 10: Exercise & Energize 10:45: Neurobics & Daily Chronicle 11:15: Oshibori 12:30: Relax & Reset: The W.O. 1: Olympic Ring Toss 1:45: Nourish Coloring Pages 2:30: Olympic Ring Cupcake Making 3: Cornhole 3:30: Conversation Catch 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Guys and Dolls	16 President's Day 9:30: Melody Making 10: Exercise & Energize 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The W.O. 1: Slap Balloon 1:45: Singing & Swaying w/Rorie 2:30: Paint Swirl Mosaics 3:15: Hangman 3:45: 60's Sing Along 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Annie	17 Carol S.'s Birthday! 9:30: Tunes Through Time 10:45: Neurobics & Daily Chronicle Discussion 10:30: Yoga and Breathwork w/Emmy 11:15: Oshibori 12:30: Relax & Reset: The W.O. 1: Vanessa Hayes Sensory Art 1:00: Chair Volleyball 1:45: Foam Art w/lesha 3: Music w/Joyce Karchere (BIS) 4: Fidget Boards & Games (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Mama Mia	18 Diane C., Jim F. & Marty B.'s Birthday! 9:30: Sing Along w/Elder Song 10: Movement & Music w/Rorie 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The W.O. 1: Indoor Bowling 2: Chair Soccer 2:30: Kari's Science Corner 3: Mix, Mingle & Music w/Barbara Dawson (BIS) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Camelot & Popcorn	19 9:30: Melody Making 10: Exercise w/Empower Me 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The W.O. 1:45: Loteria Bingo! 2:30: Conversation Catch 3: Happy Hour: Steve Smith (BIS) 3: Creative Expressions (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Bonanza	20 National Love Your Pet Day! 9:30: Tunes Through Time 10: Exercise & Energize 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The W.O. 1:15 - 3: Joyride: Chatfield State Park 2: Mindful Coloring (AR) 3:15: Gold Medal Milkshakes! 3:45 : Slap Balloon 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Rescued by Ruby & Popcorn	21 9:30: Sing Along w/Elder Song 10: Exercise & Energize 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The W.O. 1: Flower Arranging w/Rorie 1:45: Chair Yoga 2:30: Mindful Coloring 3: Happy Hour Bingo (BIS) 3: Creative Expressions (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Top Hat
22 Barbara S.'s Birthday! 9: Catholic Service 9:30: Tunes Through Time 10: Exercise & Energize 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The W.O. 1: Indoor Hall Hockey 2:15: Ice Cream Sundae Sunday 3: Johnny Cash Sing Along 3:30: Go Fish! 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Chicago 6: The W.O. Closing Ceremony	23 9:30: Melody Making 10: Exercise & Energize 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The Life of a Zebra 1:45: News Currents w/Rorie 2:30: Bocce Ball 3:15: Edible Crafts w/Kari: Smores 3:45: Sound of Music Sing Along 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Around the World in 80 Days	24 9:30: Tunes Through Time 10: Neurobics: Let's Chat Cards 10:30: Yoga and Breathwork w/Emmy 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: The Best of the Winter Olympics 1: Music w/Mark Paulson 2: Hot Potato (Balloon) 2:45: Igloo Making w/lesha 3:30: Finish the Expression 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Blue Hawaii	25 9:30: Sing Along w/Elder Song 10: Movement & Music w/Rorie 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: Concerts & Classics 1: Slap Balloon 1:45: Kari's Science Corner 2:30: Cranium Crunch 3: Mix & Mingle w/Barbara Dawson (BIS) 3: Fidget Boards & Checkers (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Fiddler on the Roof	26 9:30: Melody Making 10: Exercise w/Empower Me 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: Camels 1: Cornhole 1:45: Loteria Bingo 2:30: Conversation Catch 3: Happy Hour: Ryden Fredericks (BIS) 3: Games Galore (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Grumpy Old Men	27 9:30: Tunes Through Time 10: Exercise & Energize 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Rest: Egypt 1:15 - 3: Joyride: Red Rocks 2: Mindfulness Masterpieces (AR) 3:15: Edible Crafts: Fruit Pizza 3:45: Sing Along 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: An American in Paris & Popcorn	28 9:30: Sing Along w/Elder Song 10: Chair Yoga w/Hollyn 10:45: Neurobics & Daily Chronicle Discussion 11:15: Oshibori 12:30: Relax & Reset: Dennis the Menace 1: Flower Arranging w/Rorie 1:45: Butterfly Painting 2:15: Hot Potato (Balloon) 3: Happy Hour Bingo (BIS) 3: Puzzle Party (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: The Pajama Game
HAPPY BIRTHDAY! Helen C. — Feb. 1st Joy D. — Feb 6th Liz M. — Feb 12th Carol S. — Feb. 17th Diane C. — Feb. 18th Jim F.—Feb. 18th Marty B. — Feb. 18th Barbara S. — Feb. 22nd	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>					