

Essentials

May 2026

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|--|---|
| <p>31</p> <p>9: Catholic Service (TR) 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Neurobics: Word in a Word (BIS) 11: Protestant Service (TR) 1: Essential's Group Time 1:30: Living Room Live: Barbra—the Music, the Mem'ries, the Magic! (TR) 2:15: Chair Basketball (BIS) 3:00: Happy Hour Trivia! (TR) 5: Pow-Wow & Popcorn (BIS) 6: Movie: The Rookie (TR)</p> | <p><u>Location Acronyms</u></p> <p><i>BIS = Bistro</i> <i>CK = Community Kitchen</i> <i>CY = Courtyard</i> <i>PDR = Private Dining Room</i> <i>TER = Terrace</i> <i>TR = Theater</i> <i>USH = Upstairs Short Hall</i></p> | <p>HAPPY BIRTHDAY!!!</p> <p>Jan S. – May 1st Duane B. - May 3rd Brigitte M. - May 9th Bruce C. - May 14th Donna H.S. - May 22nd Holly Z. - May 24th Daphne J. - May 25th</p> | <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: work (purpose), leisure, self-care and rest & restoration, 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>1 May Day & Jan S.'s Birthday! 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Triva w/Tony (BIS) 11:30: ROMEO Lunch Club 1:30: Cultural Adventures: China (TR) 2: Cultural Cuisine w/Kari & Iesha: Dumplings & Plum Wine (BIS) 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Musical: Maytime (1937) (TR)</p> | <p>2 Kentucky Derby! 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Neurobics: Derby Trivia 1: Anne Breeden's Student Piano Recital (BIS) 2: Essential's Group Time 3: Happy Hour Bingo! (BIS) 5:30: Relax & Reflect (BIS) 6: Comedy Classic: Derby Day (1952)(TR)</p> |
| <p>3 Duane B.'s Birthday!</p> <p>9: Catholic Service (TR) 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Neurobics: Hangman (BIS) 11: Protestant Service (TR) 1: Essential's Group Time 1:30: Living Room Live: EPIC - Elvis Presley (TR) 2:15: Cornhole (BIS) 2:30: Cocktails & Keys: Student Piano Recital w/Cindy Click (TR) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Swiss Family Robinson (1960)(TR)</p> | <p>4</p> <p>9:30: Coffee & the Chronicle 10: Exercise w/Empower Me 11: Week at a Glance (BIS) 1: Joyride: Alamo Placita Park (*load at 1, leave at 1:15) 1:30: Walking Club (Meet in LOB) 2:15: Brain Busters w/Hollyn (TER or BIS) 3: News Currents w/Rorie! (Upstairs Short Hall) 5:30: Relax & Reflect (BIS) 6: Movie: Judy (2019)(TR)</p> | <p>5 Cinco de Mayo!</p> <p>9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Discussion: Cinco de Mayo History (BIS) 11:30: Juliet Club 1:30: Music Appreciation: Famous Latin Artists 2: Essential's Group Time 2:15: Taco Piñata Party! (BIS) 3: Cinco de Mayo Celebration w/Live Music! (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: Three Amigos (1986) (TR)</p> | <p>6</p> <p>9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Riddles w/Tony 11: Lunch Outing: Los Dos Partillos (<i>requires sign up by prior eve</i>) (LOB) 1:30: Walking Club w/Rorie (LOB) 1:30: Loteria Fiesta Bingo (BIS) 2:15: Introduction to Aging Well w/Rorie (CY) 3: Happy Hour Trivia! (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Resident Pick (TR)</p> | <p>7</p> <p>9:30: Coffee & the Chronicle 10: Chair Yoga w/Hollyn (GYM) 11: Neurobics: Wheel of Fortune (BIS) 1:30: Trike Riding at deKoevend Park! (*meet in LOB) 2:15: Indoor Gardening w/Hollyn: Tomatoes (BIS) 3: Happy Hour: Musical Performance w/Deb Scheer 5:30: Relax & Reflect (BIS) 6: Movie: All the President's Men (TR)</p> | <p>8</p> <p>9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Trivia w/Tony (BIS) 11:30: ROMEO Lunch Club 1:30: Cultural Adventures: Brazil (TR) 2:15: Cultural Cuisine w/Kari & Iesha: Brigadeiro's & Batidas (BIS) 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Comedy Classic: The Producers (1967)(TR)</p> | <p>9 Mother's Day Brunch & Brigitte M.'s Birthday!</p> <p>9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11 - 2: CHAL Mother's Day Brunch!! 1:30: Walking Club w/Rorie (Meet in LOB) 2: Bible Study w/Tony (CK) 2: Acts of Service Saturday 2: Essential's Group Time 3: Happy Hour Bingo! (BIS) 5:30: Relax & Reflect (BIS) 6: Musical: My Fair Lady (1964)(TR)</p> |

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|--|---|---|--|---|--|--|
| <p>10 Mother's Day! 9: Catholic Service (TR) 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Protestant Service (TR) 11: Neurobics: Hangman 1: Essential's Group Time 1:30: Baking Club w/Kari & Ilesha (BIS or CK) 2:15: Putt Putt Golf (TER) 3: Cocktails & Keys w/Phoeny Li on Harp (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Little Women (TR)</p> | <p>11 National Nurses Week 9:30: Coffee & the Chronicle 10: Exercise w/Empower Me 11: Week at a Glance (BIS) 11:30: Arapahoe Library 1: Joyride: Roxborough State Park (*load at 1, leave at 1:15) 1:30: Walking Club (Meet in LOB) 2:15: Brain Busters w/Hollyn (BIS) 3: News Currents w/Rorie! (USH) 5:30: Relax & Reflect (BIS) 6: Movie: The Great Waldo Pepper (1975)(TR)</p> | <p>12 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Discussion: Oversea Travels 1:30: Art Appreciation w/Rorie 2: Essential's Outing! 3: May Birthdays Celebration w/Janet Joe on piano (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: The Young Black Stallion (2003)(TR)</p> | <p>13 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Riddles w/Tony (BIS) 11: Lunch Outing: Bone Fish Grill (*requires sign up) 1:30: Walking Club w/Rorie 2: Loteria Fiesta Bingo! (BIS) 2: Ageing Well w/Rorie: the Power of Thought (CY) 3: Mix & Mingle with Barbara Dawson on Piano (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Resident Pick (TR)</p> | <p>14 Bruce C.'s Birthday! 9:30: Coffee & the Chronicle 10: Chair Yoga w/Hollyn (GYM) 11: Neurobics: White Board Word Games (BIS) 1:30: Grab & Go (BIS) 2:15: Indoor Gardening w/Hollyn: Herbs (BIS) 3: Happy Hour: Musical Performance w/Ryden F (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: On Golden Pond (1981)(TR)</p> | <p>15 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Triva w/Tony (BIS) 11:30: ROMEO Lunch Club 1:30: Cultural Adventures: Norway (TR) 2:15: Cultural Cuisine w/Kari & Ilesha: Norwegian Meatballs & Cider (BIS) 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Comedy Classic: Abbott & Costello in Hollywood (1945)</p> | <p>16 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Neurobics: Mad Libs (BIS) 12:30: Bible Study w/Tony 1:30: Acts of Service Saturday 1:30: Walking Club w/Rorie (Meet in Lobby) 2: Essential's Group Time 2:30—4: Happy Hour Bingo! (BIS) 5:30: Relax & Reflect (BIS) 6: Musical: The King and I (1956)(TR)</p> |
| <p>17 9: Catholic Service (TR) 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Protestant Service (TR) 11: Match the Phrase (BIS) 1: Essential's Group Time 1:30: Living Room Live: Andrea Bocelli – Desert Sky 2:15: Cornhole (BIS) 3: Cocktails & Keys w/Colorado Music Institute (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Goodbye. My Fancy.</p> | <p>18 9:30: Coffee & the Chronicle 10: Exercise w/Empower Me 11: Week at a Glance (BIS) 1: Joy Ride: Bear Creek Lake (*load at 1, leave at 1:15) 1:30: Walking Club (meet in LOB) 2: Book Club w/Beth (TR) 2:15: Brain Busters w/Hollyn (BIS) 3: News Currents w/Rorie! (USH) 5:30: Relax & Reflect (BIS) 6: Movie: Summertime (TR)</p> | <p>19 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Discussion: Grade School Memories (BIS) 11:30: Juliet Club (DR) 1:30: Chris Wells Travel Presentation! (TR) 2: Essential's Group Time 3: CHAL New Resident Meet & Greet! (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: Marie Antoinette (2006)(TR)</p> | <p>20 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Riddles w/Tony (BIS) 11: Lunch Outing: Olive Garden (*requires sign up) 1:30: Walking Club w/Rorie 1:30: Loteria Fiesta Bingo! (BIS) 2: Ageing Well w/Rorie: the Power of Food & Exercise (CY) 3: Happy Hour Trivia! (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Resident Pick (TR)</p> | <p>21 9:30: Coffee & the Chronicle 10: Yoga w/Martha (GYM) 11: Neurobics: Mad Libs (BIS) 1:30: Chef Chat w/Gershwin (BIS) 2:15: Essential's Outing! 3: Happy Hour: Musical Performance w/Steve S. (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: Remarkably Bright Creatures w/Sally Field (TR)</p> | <p>22 Donna H.S.'s Birthday! 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Triva w/Tony (BIS) 11:30: ROMEO Lunch Club 1:30: Cultural Adventures: Turkey (TR) 2:15: Cultural Cuisine w/Kari & Ilesha: Turkish Gozleme & Cay Tea (BIS) 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Comedy Classic: Dirty Rotten Scoundrels (1988)(TR)</p> | <p>23 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Neurobics: White Board Word Games (BIS) 12:30: Bible Study w/Tony (PDR) 1:30: Acts of Service Saturday 1:30: Walking Club w/Rorie (Meet in Lobby) 2: Essential's Group Time 2:30—4: Happy Hour Bingo! (BIS) 5:30: Relax & Reflect (BIS) 6: Musical: Annie (1982)(TR)</p> |
| <p>24 Holly Z.'s Birthday! 9: Catholic Service (TR) 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Protestant Service (TR) 11: Neurobics: Cryptograms 1: Essential's Group Time 1:30: Baking Club w/Kari & Ilesha (BIS) 2:15: Chair Baseball (BIS) 3: Cocktails & Keys w/Cindy Click on Piano (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: The Working Man (1933)(TR)</p> | <p>25 Memorial Day & Daphne's 99th Birthday! 9:30: Coffee & the Chronicle 10: Exercise w/Empower Me 11: Week at a Glance (BIS) 11: Memorial Day BBQ!! 1: Joy Ride: Confluence Park (*load at 1, leave at 1:15) 1:30: Walking Club (meet in LOB) 2:15: Brain Busters w/Hollyn (BIS) 3: News Currents w/Rorie! (USH) 5:30: Relax & Reflect (BIS) 6: Movie: Honor Flight - One Last Mission (TR)</p> | <p>26 Podiatrist 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Discussion: Favorite jobs growing up (BIS) 1: Essential's Outing! 1:30: Music Appreciation w/Rorie (TR) 2:15: Grab & Go (BIS) 3: Common Connections: Getting to Know Your Neighbors! (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: Casablanca (1942)(TR)</p> | <p>27 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Riddles w/Tony (BIS) 11: Lunch Outing: Perfect Landing (*requires sign up) 1:30: Walking Club w/Rorie 1:30: Loteria Fiesta Bingo! (BIS) 2: Ageing Well w/Rorie: the Power of Music (CY) 3: Mix, Mingle & Music with Barbara Dawson on piano (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Resident Pick (TR)</p> | <p>28 9:30: Coffee & the Chronicle 10: Yoga w/Martha (GYM) 11: Neurobics: Mad Libs (BIS) 1:30: Teaching Kitchen w/Gershwin! (BIS) 2:15: Indoor Gardening w/Hollyn: Peppers (BIS) 3: Happy Hour: Musical Performance w/Ryden F (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: The Wizard of Oz (1939)(TR)</p> | <p>29 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Triva w/Tony (BIS) 11:30: ROMEO Lunch Club 1:30: Trishaws at Hudson Gardens! (*meet in LOB at 1 pm—sign up required!) 2: Armchair Travel: Israel (TR) 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Comedy Classic: Harold & Maude (1971)(TR)</p> | <p>30 9:30: Coffee & the Chronicle 10: Exercise & Energize (GYM) 11: Neurobics: White Board Word Games (BIS) 12:30: Bible Study w/Tony 1:30: Acts of Service Saturday 1:30: Walking Club w/Rorie (Meet in Lobby) 2: Essential's Group Time 2:30—4: Happy Hour Bingo! 5:30: Relax & Reflect (BIS) 6: Musical: Carousel (1956)(TR)</p> |