

Legacy Ridge

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 9:30: Catholic Service 10: Exercise & Energize 10:30: Let's Chat! 11:15: Oshibori 12:30: 50's Singalong 1: Pool Noodle Hockey 1:45: Acts of Service: Nourish Coloring Pages 2:15: Popsicle Party! (CY) 3: Happy Hour Trivia! (BIS) 3:15: Fidget Boards & Creative Expressions (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Audrey	<u>Location Acronyms</u> <i>Act = Activities Room</i> <i>BIS = Bistro</i> <i>CK = Community Kitchen</i> <i>CY = Courtyard</i> <i>DR = Dining Room</i> <i>PDR = Private Dining Room</i> <i>TER = Terrace</i> <i>TR = Theater</i> <i>USH = Upstairs Short Hall</i>	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>	HAPPY BIRTHDAY!!! 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	1 May Day & Jan S.'s Birthday! 9:30: Daily News! 10: Swallow Hill Musical Memories Outing! 11:15: Oshibori 11:30: ROMEO Lunch Club 12:30: Expd Unknown S5 E15 1: Exercise & Energize 1:30: Whiteboard Word Games 2: Cultural Cuisine: Dumplings & Sugar Plum Wine (TR) 3: Slap Balloon 3:30: The Beatles Sing Along 4:15: Oshibori 5:30: Movie: The Wizard of Oz	2 Kentucky Derby! 9:30: Sing Along w/Elder Song 10: Chair Zumba w/Hollyn 10:45: Golden Memories 11:15: Oshibori 12:30: The Golden Girls 1: Student Piano Recital (BIS) 1:30: Flower Arranging w/Rorie! 2:15: The Kentucky Derby Live & Mint Juleps (BIS) 3: Happy Hour Bingo! (BIS) 3: Games Galore (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Paddington 2	
3 Duane B.'s Birthday! 9:30: Catholic Service 10: Exercise & Energize 10:30: Let's Chat! 11:15: Oshibori 12:30: 60's Singalong 1: Slap Balloon 1:45: Ice Cream Sunday Sundaes (CY) 2:30: Cocktails & Keys: Student Piano Recital! (BIS) 3:30: Conversation Catch with Keith! 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: The Magic of Belle Isle	4 9:30: Melody Making 10: Exercise & Energize 10:45: Guess 10: US Cities! 11:15: Oshibori 12:30: The Wonders of this World 1:00: Axe Throwing 1:45: Musical Memories w/Rorie 2:30: Edible Crafts: Cotton Candy 3:15: Animal Foam Art 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Rescued by Ruby	5 Cinco de Mayo! 9:30: Tunes Through Time 10: Golden Memories 10:30: Yoga & Breathwork w/Emmy! 11:15: Oshibori 12:30: The French Chef 1: Walking Club! 1:45: Taco Piñata Party! 2:15: Gem Sticker Art 3: Cinco de Mayo Celebration with Live Music! (BIS) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Inside the Mind of a Dog	6 9:30: Sing Along w/Elder Song 10: Movin' & Groovin' w/Rorie 10:45: The White Board Daily 11:15: Oshibori 12:30: Frank Sinatra Live in Concert 1: Vanessa Hayes Sensory Art 1:45: Kari's Science Corner 2:15: Cranium Crunch 3: Happy Hour Trivia! (BIS) 3: Creative Expressions (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Inside the Mind of a Cat	7 9:30: Melody Making 10: Exercise w/Empower Me 10:45: White Board Word Games 11:15: Oshibori 12:30: National Geographic 1: Walking Club! (CY) 1:45: Sip & Paint w/Tony 2:30: Conversation Catch 3: Happy Hour: Live Music w/Deb Sheer (BIS) 3: Games Galore (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: The Great Waldo Pepper	8 9:30: Tunes Thru Time 10: Exercise & Energize 10:45: Daily Chronicle Discussion 11:15: Oshibori 11:30: ROMEO Lunch Club 12:30: Expd Unknown: S8 Ep1 1:15 -3: Joyride: Alamo Placita Park 2: Creative Expression (AR) 3: Edible Crafts: Dipped Strawberries 3:30: Hot Potato 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Summertime	9 Mother's Day Brunch & Brigitte M.'s Birthday! 9:30: Sing Along w/Elder Song 10: Chair Zumba w/Hollyn 10:45: Golden Memories 11:15: Oshibori 11-2: CHAL Mother's Day Brunch!! 12:30: I Love Lucy 1: Balloon Volleyball 1:30: Flower Arranging w/Rorie! 2:15: Gardening Club: Herbs 3: Happy Hour Bingo (BIS) 3: Fidget Boards & Games (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Wonka

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>10 Mother's Day 9:30: Catholic Service 10: Exercise & Energize 10:30: Let's Chat! 10:45: Tunes Thru Time 11:15: Oshibori 12:30: 50's Sing Along 1: Cornhole 1:45: Finish the Expression! 2:15: Root Beer Floats Outside 3: Cocktails & Keys w/Phoeny Li on Harp (BIS) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: The Long Game</p>	<p>11 National Nurses Week 9:30: Melody Making 10: Exercise & Energize 10:45: Guess 10: Animals 11:15: Oshibori 12:30: The Wonders of this World 1: Music w/Ryden Fredericks! 1:45: News Currents w/Rorie 2:30: Edible Craft: Smores 3:15: Acts of Service: Decorate Nourish Bags 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: My Big Fat Greek Wedding 2</p>	<p>12 9:30: Tunes Through Time 10: News of the Day! 10:30: Yoga w/Emmy! 11:15: Oshibori 12:30: French Chef 1:00: Outdoor Baseball 1:30: Stepping Stone Art Outside 2:15: Puzzles Galore 3:00: May Birthdays Celebration with Janet Joe on Piano (BIS) 3:45: Conversation Catch 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Paddington in Peru</p>	<p>13 9:30: Sing Along w/Elder Song 10: Movin & Groovin w/Rorie 10:45: The White Board Daily 11:15: Oshibori 12:30: Elvis Presley in Concert 1: Walking Club! 1:45: "I Remember That" Game 2:15: Kari's Science Corner 3: Mix, Mingle, & Music with Barbara Dawson on piano (BIS) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Turner & Hooch</p>	<p>14 Bruce C.'s Birthday! 9:30: Melody Making 10: Exercise w/Empower Me 10:45: White Board Word Games 11:15: Oshibori 12:30: National Geographic 1: Walking Club! 1:45: Loteria Bingo! 2:30: Conversation Catch 3: Happy Hour: Performance w/Ryden Fredericks (BIS) 3: Creative Expressions (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Willow</p>	<p>15 9:30: Tunes Through Time 10: Exercise & Energize 10:45: Daily Chronicle Discussion 11:15: Oshibori 11:30: ROMEO Lunch Club 12:30: Expd Unknown: S12 E5 1:15-3: Joyride: Roxborough Park 2: Mindful Coloring (AR) 3:15: Edible Craft: Veggie Cups 3:45: Finish the Expression! 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Matilda</p>	<p>16 9:30: Sing Along w/Elder Song 10: Chair Zumba w/Hollyn 10:45: Golden Memories 11:15: Oshibori 12:30: Father Knows Best 1: Outdoor Chair Basketball 1:30: Flower Arranging w/Rorie 2:15: Outside Dance Party w/Cotton Candy & Tunes 3: Happy Hour Bingo (BIS) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Nine Lives</p>
<p>17 9:30: Catholic Service 10: Exercise & Energize 10:30: Let's Chat! 10:45: Tunes Thru Time 11:15: Oshibori 12:30: 60's Sing Along 1: Tetherball 1:45: Sea Creature Foam Art 2:15: Ice Cream Sunday Sundaes 3: Cocktails & Keys w/Colorado Music Institute (BIS) 3:15: Creative Expressions (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Ghostbusters</p>	<p>18 9:30: Melody Making 10: Exercise & Energize 10:45: Guess 10: Food from Around the World 11:15: Oshibori 12:30: Manicures with Renee 1: Bean Bag Tic Tac Toe 1:45: Musical Memories w/Rorie 2:30: Acts of Service: Nourish Coloring Pages 3:15: Mary Poppins Sing Along 3:45: Slap Balloon 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Carousel</p>	<p>19 9:30: Tunes Through Time 10: News of the Day! 10:30: Yoga and Breathwork w/Emmy! 11:15: Oshibori 12:30: The French Chef 1: Courtyard T-Ball 1:45: Outdoor Art: Wood Hearts 2:30: Finish the Expressions 3: CHAL New Resident Meet & Greet (BIS) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: That Darn Cat</p>	<p>20 9:30: Sing Along w/Elder Song 10: Moovin & Groovin w/Rorie 10:45: The White Board Daily 11:15: Oshibori 12:30: Bob Dylan Live in Concert 1: Vanessa Hayes Sensory Art 2:15: Kari's Science Corner 3: Happy Hour Trivia! (BIS) 3: Fidget Boards & Checkers (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: The Strongest Man in the World</p>	<p>21 9:30: Melody Making 10: Exercise w/Empower Me 10:45: White Board Word Games 11:15: Oshibori 12:30: National Geographic 1: Walking Club! 1:45: Sip & Paint w/Tony 2:30: Conversation Catch 3: Happy Hour: Performance w/Steve Smith (BIS) 3: Games Galore (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: The Parent Trap</p>	<p>22 Donna H.S.'s Birthday! x 9:30: Tunes Through Time 10: Exercise & Energize 10:45: Daily Chronicle Discussion 11:15: Oshibori 11:30: ROMEO Lunch Club 12:30: Expd Unknown S16E3 1:15-3: Joyride: Bear Creek Lake 2: Mindfulness Masterpiece (AR) 3:15: Edible Craft: Flower Pots 3:45: John Denver Sing Along 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: I Married a Witch</p>	<p>23 9:30: Sing Along w/Elder Song 10: Chair Zumba w/Hollyn 10:45: Golden Memories 11:15: Oshibori 12:30: Dennis the Menace 1: Twister Bean Bag Toss 1:30: Flower Arranging w/Rorie 2:15: Gardening Club: Peppers 3: Happy Hour Bingo (BIS) 3: Puzzle Party (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Casablanca</p>
<p>24 Holly Z.'s Birthday! 9:30: Catholic Service 10: Exercise & Energize 10:30: Let's Chat! 10:45: Tunes Thru Time 11:15: Oshibori 12:30: 50's Sing Along 1: Axe Throwing 1:45: Outdoor Art: Sun Catchers 2:15: Root Beer Floats 3: Cocktails & Keys w/Cindy Click on Piano (BIS) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Race</p>	<p>25 Memorial Day & Daphne J.'s 99th Birthday! 9:30: Melody Making 10: Exercise & Energize 10:45: Guess 10: Land Marks 11:15: Oshibori 11:30: Memorial Day BBQ!! 12:30: The Wonders of this World 1:45: Musical Memories w/Rorie 2:30: Indoor Bowling 3:15: Sound of Music Sing Along 3:45: Figures of Speech 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Paul Blart Mall Cop 2</p>	<p>26 9:30: Tunes Through Time 10: News of the Day! 10:30: Yoga w/Emmy! 11:15: Oshibori 12:30: The French Chef 1: Music with Mark Paulson 2:15: Courtyard Baseball 3:00: Common Connections: Getting to Know Your Neighbors! (BIS) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: The Absent-Minded Professor</p>	<p>27 9:30: Sing Along w/Elder Song 10: Moovin & Groovin w/Rorie 10:45: The White Board Daily 11:15: Oshibori 12:30: John Denver in Concert 1: Walking Club! 1:45: Kari's Science Corner 2:15: 3: Mix, Mingle, & Music with Barbara Dawson on piano (BIS) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Million Dollar Duck</p>	<p>28 9:30: Melody Making 10: Exercise w/Empower Me 10:45: White Board Word Games 11:15: Oshibori 12:30: National Geographic 1: 1:45: Loteria Bingo! 2:30: Conversation Catch 3: Happy Hour: Performance w/Ryden Fredericks (BIS) 3: Games Galore (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Mary Poppins</p>	<p>29 9:30: Tunes Through Time 10: Exercise & Energize 10:45: Daily Chr 11:15: Oshibori 11:30: ROMEO Lunch Club 12:30: Expd Unknown: S1 E4 1:15-3: Joyride: Confluence Park 2: Mindfulness Masterpiece (AR) 3:15: Edible Craft: Eat the Rainbow Fruit Plate 3:45: Frank Sinatra Sing Along 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: Judy</p>	<p>30 9:30: Sing Along w/Elder Song 10: Chair Zumba w/Hollyn 10:45: Golden Memories 11:15: Oshibori 12:30: The Donna Reed Show 1: Ring Toss 1:30: Flower Arranging w/Rorie 2:15: Gardening Club: Squash 3: Happy Hour Bingo (BIS) 3: Puzzle Party (AR) 4:15: Oshibori 5: Sensory Sunset 5:30: Movie: The Working Man</p>