

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025



Elk Run Assisted Living
31383 Frost Way
Evergreen, CO 80439 303.679.8777

**HAPPY
NEW YEAR!!**

10:30 Chair Exercise
11:00 Daily Chronicle &
New Year's
Resolutions
2:00 Sing Along

New Year's Day

10:00 **Catholic
Communion**
10:30 Chair Exercise
11:00 Daily Chronicle &
Word Games
2:00 Jeopardy
3:00 Rick Steves'
Documentary Portugal

10:30 Chair Exercise
11:00 Daily Chronicle &
Word Games
2:00 Jeopardy



10:30 Chair Exercise
11:00 Daily Chronicle &
Trivia
2:00 Games or Crafts in the
Activity Room
To Be Determined

10:00 Visits with Pimento
10:30 Chair Exercise
11:00 Daily Chronicle &
Word Games
**1:30 Piano Music with
Jonathan**
2:00 Crochet or knit with
Anne Marie
**3:00 Church Service with
Aspen Ridge Church**

10:00 The Rosary
10:30 Chair Exercise
11:00 Daily Chronicle &
Trivia
2:00 Jeopardy
3:00 Who, What,
Where, When

10:15 Daily Chronicle and
Chats with Sharlene
10:30 Chair Exercise with
Sharlene
11:00 Brain Teasers
2:00 Arm Chair Travel:
French Polynesia

10:30 Chair Exercise
11:00 Chronicle &
Complete the Phrase
2:00 Mountain Momma's
Meeting
3:00 Ladder Ball

**10:00 Catholic
Communion**
10:30 Chair Exercise
11:00 The Daily Chronicle &
Chat
2:00 Elk Run Rascals
Meeting
2:00 Ladies Jeopardy

10:30 Chair Exercise
11:00 The Daily Chronicle
& Chats
2:00 Jeopardy
3:00 Name That Tune

10:30 Chair Exercise
11:00 Daily Chronicle & Trivia
2:00 Ladder Ball
3:00 Board Games

10:00 Visits with Pimento
10:30 Chair Exercise
11:00 Word Games
**1:30 Piano Music with
Jonathan**
2:00 Crochet or Knit
With Anne Marie
**3:00 Bible Study with
Michelle**

10:30 Chair Exercise
11:00 Chronicle & Chats
2:00 Jeopardy
3:30 Who, What, Where,
When



9:30 Walk Club
**10:00 Dining Meeting
With Nick**
10:30 Chair Exercise with
Sharlene
11:00 Brain Teasers
1:30 Learn to Read Music
2:00 Complete the Lyric
3:30 Documentarv

**9:30 Standing Exercise
Group**
10:30 Chair Exercise
11:00 The Daily Chronicle &
Trivia
2:00 Family Feud
5:15 Wednesday Night
Movie; To Be
Determined

9:30 Walking Club
**10:00 Catholic
Communion**
10:30 Chair Exercise
11:00 The Daily Chronicle
& Complete the Song
2:00 Bingo & Brews

9:30 Standing Exercise
10:30 Chair Exercise
11:00 Brain Teasers
2:00 Jeopardy
3:00 Karaoke

10:30 Chair Exercise
11:00 The Daily Chronicle
& Tongue Twisters
2:00 Funny You Tube Clips
**3:15 Entertainment with
Laurie Dameron**

10:00 Visits with Pimento
10:30 Chair Exercise
11:00 Word Games
**1:30 Piano Music with
Jonathan**
2:00 Crochet or Knit with
Anne Marie
**3:00 Bible Study with
Michelle**

Activity Professionals Week

10:00 The Rosary
10:30 Chair Exercise
11:00 The Daily Chronicle
& Trivia
2:00 Remember
Martin Luther King
3:00 "I Have A Dream"
(youtube)

Martin Luther King Jr. Day

9:30 Walking Club
10:00 Resident Council
1:30 Learn to Read Music
2:00 Complete the Phrase
3:00 Funny Afternoon
Movie Clips

**9:30 Standing Exercise
Group**
10:30 Chair Exercise
11:00 The Daily Chronicle &
Brain Teasers
**1:30 Walmart Outing
(weather permitting –
please sign up at Front
Desk)**

9:30 Walking Club
**10:00 Catholic
Communion**
10:30 Chair Exercise
11:00 The Daily Chronicle &
Hang Man
2:00 Bingo & Brews

**9:30 Standing Exercise
Group**
10:30 Chair Exercise
11:00 The Daily Chronicle &
Brain Teasers
2:00 Paint & Sip
With Miguel

10:30 Chair Exercise
11:00 The Daily Chronicle
& Cranium Crunches
2:00 Food Project
3:30 **??????**

10:00 Visits with Pimento
10:30 Chair Exercise
11:00 Word Games
**1:30 Piano Music with
Jonathan**
2:00 Crochet or Knit with
Anne Marie
**3:00 Bible Study with
Michelle**

Australia Day (Observed)

10:30 Chair Exercise
11:00 The Daily Chronicle
& Begins with ____
2:00 Discussion Group
Topics to be Requested
3:00 Cowboy Poetry

9:30 Walking Club
10:30 Chair Exercise
11:00 The Daily Chronicle
& Rhymes
1:30 Learn to Read Music
2:30 Visits with the
Mad Hatter

**9:30 Standing Exercise
Group**
10:30 Chair Exercise
11:00 The Daily Chronicle
& Word Games
2:00 Celebrate
Chinese New Year

Chinese New Year (Year of the Snake)

9:30 Walking Club
**10:00 Catholic
Communion**
10:30 Chair Exercise
11:00 The Daily Chronicle
**2:00 Happy Hour
/Bday Party
Entertainment with
Harry Olsson**

**9:30 Standing Exercise
Group**
10:30 Chair Exercise
11:00 The Daily Chronicle &
States & Capitols
2:00 Jeopardy
3:00 Karaoke

*****Changes and Updates will be reflected on the daily participation sheet*****