

# Essentials





# January

# 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 New Year's Day!</b> 7:00am Mummers Parade- Bis 9:00am Breakfast 9:00am Rose Bowl Parade- TR 10:00am Group Exercise- Gym 11:00am Craft: Rose Bowls- A&C 12:00pm Lunch 1:30pm Bingo- A&C 1:30pm Wii Bowling- TR 3:00pm New Year Traditions around the world- A&C 5:00pm Dinner 6:00pm Viewer's Choice TV- TR	2 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Fire Side Chat- Hall 222 11:00am Puzzle Time- Atrium 12:00pm Lunch 1:00pm Bus Outing: IMAX "Panda 3D" at the Denver Museum of Nature and Science 1:30pm Hands and Nails- A&C 3:30pm Root Beer Floats- Bis 5:00pm Dinner 6:00pm Viewer's Choice TV- TR	3 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Bible Study- PDR 11:00am Resident Council Meeting- TR 12:00pm Lunch 1:30pm Craft: Snowy Trees- A&C 3:30pm Monthly Resident Birthday Celebration and Happy Hour with Mary Mitchell- Bis 5:00pm Dinner 6:00pm Bingo- A&C	4 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Crosswords- TR 12:00pm Lunch 1:30pm Ukulele Performance-TR 1:30pm Daily Chronicle- A&C 2:30pm Desserts with Rose- Bis 3:30pm Armchair Travel- TR 5:00pm Dinner 6:00pm Movie Night- TR	5 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Scrapbook the Week- A&C 12:00pm Lunch 1:30pm Game: SORRY! - A&C 3:30pm Beer and Bingo *free bingo*- Bis 5:00pm Dinner 6:00pm Movie Night- TR
6 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Chair Yoga- Gym 10:30-11:00am- Catholic Communion- TR 11:00am Reminiscing: The Good Housewives Guide- BIS 12:00pm Lunch 1:30pm Replay Matinee- TR 1:30pm Bingo- A&C 3:00pm Baking Club: Short Bread Cookies- CK 5:00pm Dinner 6:00pm Movie Night- TR	7 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Water Colors with Liz- A&C 11:00am Word search- TR 12:00pm Lunch 1:30pm Replay Matinee- TR 1:30pm Joy Ride- BUS 1:30pm A Walk through the Park- LOB 3:30pm News Currents- TR 5:00pm Dinner 6:00pm Viewer's Choice TV- TR	8 Elvis Day 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Elvis Trivia- A&C 12:00pm Lunch 1:30pm Bingo- A&C 1:30pm Elvis Documentary- TR 3:00pm Peanut Butter and Banana Social- A&C 5:00pm Dinner 6:00pm Viewer's Choice TV- TR	9 Foot Clinic 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Lunch Outing: Famous Dave's BBQ- BUS 11:00am New Year's Pictionary- Bis 12:00pm Lunch 1:30pm Hands and Nails- A&C 2:30pm Fire Side Chat- Hall 222 3:30pm Gloomy Day Smoothies- Bis 5:00pm Dinner 6:00pm Viewer's Choice TV- TR	10 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 10:30am Chef Chat- PDR 11:00am Bible Study- PDR 11:00am Kids Say the Darndest Things- TR 12:00pm Lunch 1:00pm Drawing with Julie- A&C 3:30pm Happy Hour with Hal and Evelyn - Bis 5:00pm Dinner 6:00pm Bingo- A&C	11 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Weird but True- Lib 12:00pm Lunch 1:30pm Knitting Club- LV 1:30pm Daily Chronicle- A&C 2:30pm Desserts with Rose- Bis 3:30pm Armchair Travel- TR 5:00pm Dinner 6:00pm Movie Night- TR	12 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Scrapbook the Week- A&C 12:00pm Lunch 1:30pm Game: Joe Name It- A&C 3:30pm Beer and Bingo *free bingo*- Bis 5:00pm Dinner 6:00pm Movie Night- TR
13 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Chair Yoga- Gym 10:30-11:00am- Catholic Communion- TR 11:00am Reminiscing: Coming of Age Celebrations- BIS 12:00pm Lunch 1:30pm Replay Matinee- TR 1:30pm Bingo- A&C 3:00pm Game: Family AncestREE- A&C 5:00pm Dinner 6:00pm Movie Night- TR	14 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Puzzles- Atrium 12:00pm Lunch 1:30pm Replay Matinee- TR 1:30pm Joy Ride- BUS 1:30pm Tic Tac Toss- BIS 3:30pm News Currents- TR 5:00pm Dinner 6:00pm Viewer's Choice TV- TR	15 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Winter Sun Catcher 12:00pm Lunch 1:30pm Bingo- A&C 1:30pm Wii Bowling- TR 3:00pm Hands and Nails- A&C 5:00pm Dinner 6:00pm Viewer's Choice TV- TR	16 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 10:00 Joy Ride- BUS 12:00pm Lunch 1:30pm Water Colors with Liz- LR 2:30pm Fire Side Chat- Hall 222 3:30pm Shirly Temples - Bis 5:00pm Dinner 6:00pm Viewer's Choice TV- TR	17 Ear Clinic 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Bible Study- PDR 11:00am Activities Meeting- A&C 12:00pm Lunch 1:30pm Craft: Winter Owls- A&C 3:30pm Happy Hour with Gino- Bis 6:00pm Dinner 6:00pm Bingo- A&C	18 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 10:00am Bus Outing: Black American West Museum 11:00am Crosswords- TR 12:00pm Lunch 1:30pm Daily Chronicle- A&C 2:30pm Desserts with Rose- Bis 3:30pm Armchair Travel- TR 5:00pm Dinner 6:00pm Movie Night- TR	19 National Popcorn Day 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Scrapbook the Week- A&C 12:00pm Lunch 1:30pm Dancing Popcorn Science- A&C 3:30pm Beer and Bingo *free bingo*- Bis 5:00pm Dinner 6:00pm Movie Night- TR



<p>20</p> <p>9:00am Breakfast  9:00am Coffee Chat- Bis  10:00am Chair Yoga- Gym  10:30-11:00am- Catholic Communion- TR  11:00am Reminiscing: Winter Activities- BIS  12:00pm Lunch  1:30pm Replay Matinee- TR  1:30pm Bingo- A&amp;C  3:00pm Sip and Paint (Hot Chocolate)- A&amp;C  5:00pm Dinner  6:00pm Movie Night- TR</p>	<p>21 <b>Martin Luther King Jr. Day</b></p> <p>9:00am Breakfast  9:00am Coffee Chat- Bis  10:00am Group Exercise- Gym  11:00am Martin Luther King Jr. Trivia- A&amp;C  12:00pm Lunch  1:30pm Replay Matinee- TR  <b>1:30pm Joy Ride- BUS</b>  1:30pm Bowling- BIS  3:30pm News Currents- TR  5:00pm Dinner  6:00pm Viewer's Choice</p> 	<p>22</p> <p>9:00am Breakfast  9:00am Coffee Chat- Bis  10:00am Group Exercise- Gym  11:00am Hibernation Facts- Lib  12:00pm Lunch  1:30pm Bingo- A&amp;C  1:30pm Diane Lane in "Secretariat"-TR  3:00pm Curious Dragonfly Newsletter- A&amp;C  5:00pm Dinner  6:00pm Viewer's Choice TV- TR</p>	<p>23</p> <p>9:00am Breakfast  9:00am Coffee Chat- Bis  10:00am Group Exercise- Gym  <b>11:00am Lunch Outing: Las Delicias- BUS*</b>  11:00am Bean Bag Twister- TR  12:00pm Lunch  1:30pm Hands and Nails- A&amp;C  2:30pm Fire Side Chat- Hall 222  3:30pm Raspberry Fizzlers- Bis  5:00pm Dinner  6:00pm Viewer's Choice TV- TR</p>	<p>24</p> <p>9:00am Breakfast  9:00am Coffee Chat- Bis  10:00am Group Exercise- Gym  11:00am Bible Study- PDR  11:00am Hospitality Meeting- Bis  12:00pm Lunch  1:30pm Crafts: Snowflake Prints- A&amp;C  3:30pm Happy Hour- Bis  5:00pm Dinner  6:00pm Bingo- A&amp;C</p>	<p>25</p> <p>9:00am Breakfast  9:00am Coffee Chat- Bis  10:00am Group Exercise- Gym  11:00am Weird but True  12:00pm Lunch  1:30pm Daily Chronicle  2:00pm Curious Dragonfly-Titanic Part 3- TR  2:30pm Desserts with Rose- Bis  3:30pm Armchair Travel- TR  5:00pm Dinner  6:00pm Movie Night- TR</p>	<p>26</p> <p>9:00am Breakfast  9:00am Coffee Chat- Bis  10:00am Group Exercise- Gym  11:00am Scrapbook the Week- A&amp;C  12:00pm Lunch  1:30pm Game: Bounce Off- A&amp;C  3:30pm Beer and Bingo  *free bingo*- Bis  5:00pm Dinner  6:00pm Movie Night- TR</p>																		
<p>27</p> <p>9:00am Breakfast  9:00am Coffee Chat- Bis  10:00am Chair Yoga- Gym  10:30-11:00am- Catholic Communion- TR  11:00am Reminiscing: Kids doing the Opposite- BIS  12:00pm Lunch  1:30pm Replay Matinee- TR  1:30pm Bingo- A&amp;C  3:00pm Find the Gummy bears- A&amp;C  5:00pm Dinner  6:00pm Movie Night- TR</p>	<p>28</p> <p>9:00am Breakfast  9:00am Coffee Chat- Bis  10:00am Group Exercise- Gym  11:00am Puzzles- Atrium  12:00pm Lunch  1:30pm Replay Matinee- TR  <b>1:30pm Joy Ride- BUS</b>  1:30pm Snowball Toss- BIS  3:30pm News Currents- TR  5:00pm Dinner  6:00pm Viewer's Choice TV- TR</p>	<p>29</p> <p>9:00am Breakfast  9:00am Coffee Chat- Bis  10:00am Group Exercise- Gym  11:00am Wheel of Fortune- A&amp;C  12:00pm Lunch  1:30pm Bingo- A&amp;C  1:30pm Wii Bowling -TR  3:00pm Steven and Dawn perform Oklahoma- TR  5:00pm Dinner  6:00pm Viewer's Choice TV- TR</p>	<p>30</p> <p>9:00am Breakfast  9:00am Coffee Chat- Bis  10:00am Group Exercise- Gym  <b>10:00am Joy Ride to Colorado Spring's Garden of the Gods- BUS</b>  11:00am Guess That Singer- TR  12:00pm Lunch  1:30pm Hands and Nails- A&amp;C  2:30pm Fire Side Chat- Hall 222  3:30pm Root Beer Floats- Bis  5:00pm Dinner  6:00pm Viewer's Choice TV- TR</p>	<p>31</p> <p>9:00am Breakfast  9:00am Coffee Chat- Bis  10:00am Group Exercise- Gym  11:00am Bible Study- PDR  11:00am Comedy Hour- TR  11:00am Movie Club- TR  12:00pm Lunch  1:30pm Crafts: Yarn Letters- A&amp;C  3:30pm Happy Hour with Don D'Angelo - Bis  5:00pm Dinner  6:00pm Bingo- A&amp;C</p>	<p><b>Happy Birthday!!</b></p> <table border="0"> <tr><td><b>Wilma R.</b></td><td><b>Jan 01</b></td></tr> <tr><td><b>Liz O</b></td><td><b>Jan 06</b></td></tr> <tr><td><b>Bill S.</b></td><td><b>Jan 11</b></td></tr> <tr><td><b>Betty H.</b></td><td><b>Jan 11</b></td></tr> <tr><td><b>Alyce U.</b></td><td><b>Jan 13</b></td></tr> <tr><td><b>Belinda H.</b></td><td><b>Jan 17</b></td></tr> <tr><td><b>Margie S.</b></td><td><b>Jan 19</b></td></tr> <tr><td><b>Alan B.</b></td><td><b>Jan 30</b></td></tr> <tr><td><b>Mary E.</b></td><td><b>Jan 31</b></td></tr> </table> 	<b>Wilma R.</b>	<b>Jan 01</b>	<b>Liz O</b>	<b>Jan 06</b>	<b>Bill S.</b>	<b>Jan 11</b>	<b>Betty H.</b>	<b>Jan 11</b>	<b>Alyce U.</b>	<b>Jan 13</b>	<b>Belinda H.</b>	<b>Jan 17</b>	<b>Margie S.</b>	<b>Jan 19</b>	<b>Alan B.</b>	<b>Jan 30</b>	<b>Mary E.</b>	<b>Jan 31</b>	
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