



# Essentials



# October

# 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday! Imogene B 10/14 Helen A 10/24 Wanda B. 10/28</p> <p><i>*Activities/Locations Subject to Change</i></p>				1	2	3
<p>4</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise - GYM/TR 11:00am Wheel of Fortune- BIS 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR/BIS 1:45pm In – Suite Snack 3:00pm Travelogue- A&amp;C 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR/BIS</p>	<p>5</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/ TR 11:00AM Giant Crossword- BIS 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR 1:45pm In – Suite Snack 3:00pm News Currents – TR 4:30pm Dinner Delivered to Suite 6:00pm Comedy Monday – TR</p>	<p>6 <b>Oktoberfest</b></p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Word Breakdown- BIS 11:30am Lunch Delivered to Suite 1:15pm Movie Matinee – TR/BIS 1:30pm Oktoberfest Happy Hour – Dining Room 3:00pm Painting- A&amp;C 4:30pm Dinner Delivered to Suite 6:00pm Action Movie Tuesday – TR</p>	<p>7</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise - GYM/ TR 11:00am Cranium Crunches- BIS 11:30am Lunch In -Suite <b>11:30am Take out Lunch: "Cherry Crest" *Order with Activities* – In Suite</b> 1:15pm Movie Matinee - TR 1:45pm Root Beer Floats – In Suite 3:00pm Creative Expressions- A&amp;C 4:30pm Dinner Delivered to Suite 6:00pm Documentary Wednesday – TR/BIS</p>	<p>8</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Resident Council- DR 11:30am Lunch Delivered to Suite 1:15pm Call the Midwife – TR/BIS 1:30pm Happy Hour – In Suite 3:00pm Family Feud- BIS 4:30pm Dinner Delivered to Suite 6:00pm Broadway Thursday – TR/BIS</p>	<p>9</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am This Day in History- BIS 11:30am Lunch Delivered to Suite 1:15pm Wildlife Documentary – TR/BIS 1:45pm In – Suite Snack 3:00pm Stricker Craft- A&amp;C 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>	<p>10</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR/BIS 1:30pm Happy Hour- In Suite 3:00pm Creative Expressions- A&amp;C 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>

<p>11</p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise - GYM/TR</p> <p>11:00am Hymn Sing A Long- TR</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Replay Matinee – TR/BIS</p> <p>1:45pm In – Suite Snack</p> <p>3:00pm Movies and Stars- A&amp;C</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:15pm Movie Night – TR/BIS</p>	<p>12</p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/ TR</p> <p>11:00AM Giant Crossword- BIS</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Replay Matinee – TR</p> <p>1:45pm In – Suite Snack</p> <p>3:00pm News Currents – TR</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:00pm Comedy Monday – TR</p>	<p>13</p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/TR</p> <p>11:00am Word Breakdown- BIS</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Movie Matinee – TR/BIS</p> <p>1:30pm In Suite Happy Hour</p> <p>3:00pm Painting- A&amp;C</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:00pm Action Movie Tuesday – TR</p>	<p>14 <b>Foot Clinic- Sign up at Front Desk</b></p> <p>7:30am Breakfast in Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise - GYM/ TR</p> <p>11:00am Cranium Crunches- BIS</p> <p>11:30am Lunch in Suite</p> <p><b>11:30am Take out Lunch: "Five Guys" *Order with Activities* – In Suite</b></p> <p>1:15pm Movie Matinee - TR</p> <p>1:45pm Root Beer Floats – In Suite</p> <p>3:00pm Creative Expressions- A&amp;C</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:00pm Documentary Wednesday – TR/BIS</p>	<p>15</p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/TR</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Call the Midwife – TR/BIS</p> <p>1:30pm Happy Hour – In Suite</p> <p>3:00pm Free Bingo- DR</p> <p>3:00pm Family Feud- BIS</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:00pm Broadway Thursday – TR/BIS</p>	<p>16</p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/TR</p> <p>11:00am This Day in History- BIS</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Wildlife Documentary – TR/BIS</p> <p>1:45pm In – Suite Snack</p> <p>3:00pm Stricker Craft- A&amp;C</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:15pm Movie Night – TR</p>	<p>17</p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/TR</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Replay Matinee – TR/BIS</p> <p>1:30pm Happy Hour- In Suite</p> <p>3:00pm Creative Expressions- A&amp;C</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:15pm Movie Night – TR</p>
<p>18 <b>Broncos Game</b></p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise - GYM/TR</p> <p>11:00am Wheel of Fortune- BIS</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Replay Matinee – TR/BIS</p> <p>2:00pm Broncos Tailgate- TR/BIS</p> <p>3:00pm Plants and Animals- A&amp;C</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:15pm Movie Night – TR/BIS</p> 	<p>19</p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/ TR</p> <p>11:00AM Giant Crossword- BIS</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Replay Matinee – TR</p> <p>1:45pm In – Suite Snack</p> <p>3:00pm News Currents – TR</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:00pm Comedy Monday – TR</p>	<p>20 <b>Ear Clinic- Sign up at Front Desk</b></p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/TR</p> <p>11:00am Word Breakdown- BIS</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Movie Matinee – TR/BIS</p> <p>1:30pm In Suite Happy Hour</p> <p>3:00pm Painting- A&amp;C</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:00pm Action Movie Tuesday – TR</p>	<p>21</p> <p>7:30am Breakfast in Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise - GYM/ TR</p> <p>11:00am Cranium Crunches- BIS</p> <p>11:30am Lunch in Suite</p> <p><b>11:30am Take out Lunch: "Olive Garden" *Order with Activities* – In Suite</b></p> <p>1:15pm Movie Matinee - TR</p> <p>1:45pm Root Beer Floats – In Suite</p> <p>3:00pm Creative Expressions- A&amp;C</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:00pm Documentary Wednesday – TR/BIS</p>	<p>22</p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/TR</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Call the Midwife – TR/BIS</p> <p>1:30pm Happy Hour – In Suite</p> <p>3:00pm Free Bingo- DR</p> <p>3:00pm Family Feud- BIS</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:00pm Broadway Thursday – TR/BIS</p>	<p>23</p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/TR</p> <p>11:00am This Day in History- BIS</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Wildlife Documentary – TR/BIS</p> <p>1:45pm In – Suite Snack</p> <p>3:00pm Stricker Craft- A&amp;C</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:15pm Movie Night – TR</p>	<p>24 <b>Untied Nations Day</b></p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/TR</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Replay Matinee – TR/BIS</p> <p>1:30pm Happy Hour- In Suite</p> <p>3:00pm Creative Expressions- A&amp;C</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:15pm Movie Night – TR</p> 
<p>25 <b>Broncos Gar...</b></p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise - GYM/TR</p> <p>11:00am Wheel of Fortune- BIS</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Replay Matinee – TR/BIS</p> <p>2:00pm Broncos Tailgate- TR/BIS</p> <p>3:00pm Who, What, When- A&amp;C</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:15pm Movie Night – TR/BIS</p> 	<p>26</p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/ TR</p> <p>11:00AM Giant Crossword- BIS</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Replay Matinee – TR</p> <p>1:45pm In – Suite Snack</p> <p>3:00pm News Currents – TR</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:00pm Comedy Monday – TR</p>	<p>27</p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/TR</p> <p>11:00am Word Breakdown- BIS</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Movie Matinee – TR/BIS</p> <p>1:30pm In Suite Happy Hour</p> <p>3:00pm Painting- A&amp;C</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:00pm Action Movie Tuesday – TR</p>	<p>28</p> <p>7:30am Breakfast in Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise - GYM/ TR</p> <p>11:00am Cranium Crunches- BIS</p> <p>11:30am Lunch In -Suite</p> <p><b>11:30am Take out Lunch: "Outback" *Order with Activities* – In Suite</b></p> <p>1:15pm Movie Matinee - TR</p> <p>1:45pm Root Beer Floats – In Suite</p> <p>3:00pm Creative Expressions- A&amp;C</p> <p>4:30pm Dinner in Suite</p> <p>6:00pm Documentary Wednesday – TR/BIS</p>	<p>29</p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/TR</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Call the Midwife – TR/BIS</p> <p>1:30pm Happy Hour – In Suite</p> <p>3:00pm Free Bingo- DR</p> <p>3:00pm Family Feud- BIS</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:00pm Broadway Thursday – TR/BIS</p>	<p>30</p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/TR</p> <p>11:00am This Day in History- BIS</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Wildlife Documentary – TR/BIS</p> <p>1:45pm In – Suite Snack</p> <p>3:00pm Stricker Craft- A&amp;C</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:15pm Movie Night – TR</p>	<p>31 <b>Halloween</b></p> <p>7:30am Breakfast Delivered to Suite</p> <p>9:00am Coffee Chat – In Suite</p> <p>10:00am Group Exercise – GYM/TR</p> <p>11:30am Lunch Delivered to Suite</p> <p>1:15pm Replay Matinee – TR/BIS</p> <p>1:30pm Happy Hour- In Suite</p> <p>3:00pm Creative Expressions- A&amp;C</p> <p>4:30pm Dinner Delivered to Suite</p> <p>6:15pm Movie Night – TR</p>

