




Essentials



November

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Daylight Savings- Fall Back</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 1:00pm Travelogue- TR 1:45pm In – Suite Snack 2:05pm Broncos Tailgate Party! - TR/BIS 3:00pm Afternoon – You- Call- It 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR/BIS</p> 	<p>2</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 1:00pm Bible Study- PDR 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>3 Election Day</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 In Suite Happy Hour 3:00pm Family Feud- A&C 4:30pm Dinner Delivered to Suite 6:00pm Action Movie Tuesday – TR</p> 	<p>4</p> <p>7:30am Breakfast in Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise - GYM/ TR 11:00am Cranium Crunches- BIS 11:30am Lunch In -Suite 11:30am Take out Lunch: "Rolling Stone BBQ" *Order with Activities* – In Suite 1:15pm Movie Matinee - TR 1:45pm Root Beer Floats – In Suite 3:00pm Free Bingo- A&C 4:30pm Dinner in Suite 6:00pm Documentary Wednesday – 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 Hands and Nails 11:30am Lunch Delivered to Suite 1:15pm Call the Midwife – TR/BIS 1:30pm Happy Hour – In Suite 3:00pm Free Bingo- DR 3:00pm Family Feud- BIS 4:30pm Dinner Delivered to Suite 6:00pm Broadway Thursday – TR/BIS</p>	<p>6</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 Afternoon – You- Call- It 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – 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 Mid- Morning Stroll 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR/BIS 1:30pm Happy Hour- In Suite 3:00pm Free Bingo- BIS 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</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 Broncos Games- TR/BIS 11:00am Wheel of Fortune- A&C 11:30am Lunch Delivered to Suite 1:00pm Travelogue- A&C 1:45pm In – Suite Snack 3:00pm Who, What, When- A&C 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – 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 Giant Crossword- BIS 11:30am Lunch Delivered to Suite 1:00pm Bible Study- PDR 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>10</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 In Suite Happy Hour 3:00pm Family Feud- A&C 4:30pm Dinner Delivered to Suite 6:00pm Action Movie Tuesday – TR</p>	<p>11 Veterans Day/ Foot Clinic</p> <p>7:30am Breakfast in Suite 9:00am Foot Clinic- SPA 9:00am Coffee Chat – In Suite 10:00am Group Exercise - GYM/ TR 11:00am Cranium Crunches- BIS 11:30am Lunch In -Suite 11:30am Take out Lunch: "Kneaders Bakery" *Order with Activities* – In Suite 1:15pm Movie Matinee - TR 1:45pm Root Beer Floats – In Suite 3:00pm Free Bingo- A&C 4:30pm Dinner in Suite 6:00pm Documentary Wednesday – TR/BIS</p> 	<p>12</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Hands and Nails 11:30am Lunch Delivered to Suite 1:15pm Call the Midwife – TR/BIS 1:30pm Happy Hour – In Suite 3:00pm Free Bingo- DR 3:00pm Family Feud- BIS 4:30pm Dinner Delivered to Suite 6:00pm Broadway Thursday – TR/BIS</p>	<p>13</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 Afternoon – You- Call- It 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>	<p>14</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Mid- Morning Stroll 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR/BIS 1:30pm Happy Hour- In Suite 3:00pm Free Bingo- BIS 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>

<p>15 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 1:45pm In – Suite Snack 2:05pm Broncos Tailgate Party! - TR/BIS 3:00pm Afternoon – You- Call- It 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR/BIS</p>	<p>16 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 1:00pm Bible Study- PDR 1:15pm Replay Matinee – TR 1:45pm In – Suite Snack 3:00pm News Currents – TR 4:30pm Dinner Delivered to Suite</p>	<p>17 Ear Clinic 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 In Suite Happy Hour 3:00pm Family Feud- A&C 4:30pm Dinner Delivered to Suite 6:00pm Action Movie Tuesday – TR</p>	<p>18 7:30am Breakfast in Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise - GYM/ TR 11:00am Cranium Crunches- BIS 11:30am Lunch In -Suite 11:30am Take out Lunch: "El Senor Sol" *Order with Activities* – In Suite 1:15pm Movie Matinee - TR 1:45pm Root Beer Floats – In Suite 3:00pm Free Bingo- A&C 4:30pm Dinner in Suite 6:00pm Documentary Wednesday – TR/BIS</p>	<p>19 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Hands and Nails 11:30am Lunch Delivered to Suite 1:15pm Call the Midwife – TR/BIS 1:30pm Happy Hour – In Suite 3:00pm Free Bingo- DR 3:00pm Family Feud- BIS 4:30pm Dinner – In Suite</p>	<p>20 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 Afternoon – You- Call- It 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>	<p>21 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Mid- Morning Stroll 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR/BIS 1:30pm Happy Hour- In Suite 3:00pm Free Bingo- BIS 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>
<p>22 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 1:00pm Movies and Stars- TR 1:45pm In – Suite Snack 2:05pm Broncos Tailgate Party! - TR/BIS 3:00pm Afternoon – You- Call- It 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR/BIS</p>	<p>23 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 1:00pm Bible Study- PDR 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>24 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 In Suite Happy Hour 3:00pm Family Feud- A&C 4:30pm Dinner Delivered to Suite 6:00pm Action Movie Tuesday – TR</p>	<p>25 7:30am Breakfast in Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise - GYM/ TR 11:00am Cranium Crunches- BIS 11:30am Lunch In -Suite 11:30am Take out Lunch: "Arby's" *Order with Activities* – In Suite 1:15pm Movie Matinee - TR 1:45pm Root Beer Floats – In Suite 3:00pm Free Bingo- A&C 4:30pm Dinner in Suite 6:00pm Documentary Wednesday – TR/BIS</p>	<p>26 Happy Thanksgiving 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Hands and Nails 11:30am Lunch Delivered to Suite 1:15pm Call the Midwife – TR/BIS 1:30pm Happy Hour – In Suite 3:00pm Free Bingo- DR 3:00pm Family Feud- BIS 4:30pm Dinner Delivered to Suite</p>	<p>27 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 Afternoon – You- Call- It= A&C 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>	<p>28 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Mid- Morning Stroll 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR/BIS 1:30pm Happy Hour- In Suite 3:00pm Free Bingo- BIS 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>
<p>29 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 1:00pm Trivia-TR 1:45pm In – Suite Snack 2:05pm Broncos Tailgate Party! - TR/BIS 3:00pm Afternoon – You- Call- It- A&C 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR/BIS</p>	<p>30 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 1:00pm Bible Study- PDR 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>November Birthdays! Job B 11/03 Jack F. 11/06 Mary Frances H. 11/17 Clella H. 11/18 Pam 11/20 Pat T. 11/24 Sylvia W. 11/24 Alberta T. 11/24</p>				