


Essentials



September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p>Happy Birthday To:</p> <p>Bob W. Sept 6 Lynda S. Sept 11 Barbara G. Sept 24 David B. Sept 27 Zamova S. Sept 29</p>		<p>1 COVID Protocol</p> <p>Morning: Coffee Cart with stimulating handouts to be completed individually or assistance during 1:1</p> <p>Afternoon: snack and beverage cart. Happy Hour with adult beverages 3 days per week</p> <p>1:1: exercise and visits based on staff availability throughout day</p> <p>World Letter Writing Day</p>	<p>2 COVID Protocol</p> <p>Morning: Coffee Cart with stimulating handouts to be completed individually or assistance during 1:1</p> <p>Afternoon: snack and beverage cart. Happy Hour with adult beverages 3 days per week</p> <p>1:1: exercise and visits based on staff availability throughout day</p> <p>Victory over Japan (VJ) Day</p>	<p>3 Dermatology</p> <p>COVID Protocol</p> <p>Morning: Coffee Cart with stimulating handouts to be completed individually or assistance during 1:1</p> <p>Afternoon: snack and beverage cart. Happy Hour with adult beverages 3 days per week</p> <p>1:1: exercise and visits based on staff availability throughout day</p> <p>College Colors Day</p>	<p>4 COVID Protocol</p> <p>Morning: Coffee Cart with stimulating handouts to be completed individually or assistance during 1:1</p> <p>Afternoon: snack and beverage cart. Happy Hour with adult beverages 3 days per week</p> <p>1:1: exercise and visits based on staff availability throughout day</p> <p>Wildlife Day</p>
<p>5 COVID Protocol</p> <p>Morning: Coffee Cart with stimulating handouts to be completed individually or assistance during 1:1</p> <p>Afternoon: snack and beverage cart. Happy Hour with adult beverages 3 days per week</p> <p>1:1: exercise and visits based on staff availability throughout day</p> <p>Cheese Pizza Day</p>	<p>6 COVID Protocol</p> <p>Morning: Coffee Cart with stimulating handouts to be completed individually or assistance during 1:1</p> <p>Afternoon: snack and beverage cart. Happy Hour with adult beverages 3 days per week</p> <p>1:1: exercise and visits based on staff availability throughout day</p> <p>Labor Day</p>	<p>7 COVID Protocol is OVER!!</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am What Am I?—AR</p> <p>11:30 am ROMEO—Men's Lunch—DR</p> <p>1:00 pm Walking Club—LOB</p> <p>2:00 pm Apple Stamp Napkin—BIS</p> <p>3:00 pm Art Appreciation: Grandma Moses—TR</p> <p>6:15 pm Movie—TR</p> <p>Grandma Moses Day</p>	<p>8 Foot Clinic</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00 am Group Exercise—GYM</p> <p>11:00 am School Days—AR</p> <p>1:00 pm Vehicle Vault—LOB</p> <p>1:00 pm Walking Club—LOB</p> <p>2:00 pm What's Missing? - BIS</p> <p>3:00 pm Root Beer Floats—BIS</p> <p>6:15 pm Movie—TR</p> <p>Ampersand Day</p>	<p>9</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Coloring—BIS</p> <p>1:00 pm Walking Club—LOB</p> <p>1:00 am Build a Bear Workshop—LOB</p> <p>2:00 pm State Plates—TR</p> <p>3:00 pm Happy Hour with Mindy Sterling—BIS</p> <p>6:15 pm Movie—TR</p> <p>Teddy Bear Day</p>	<p>10</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Polish w Purpose</p> <p>1:00 pm Walking Club—LOB</p> <p>2:00 pm Watercolor w Meredith—AR</p> <p>3:00 pm News Currents —TR</p> <p>6:15 pm Movie—TR</p> <p>TV Dinner Day</p>	<p>11</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Twister Trivia—BIS</p> <p>1:00 pm Walking Club—LOB</p> <p>1:30 pm Mindful Movement</p> <p>2:00 pm Butterfly Heart Craft AR</p> <p>3:00 pm Happy Hour Bingo—BIS</p> <p>6:15 pm Movie—TR</p> <p>Make Your Bed Day</p> <p>National Day of Service and</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12 9:00 am Coffee Chat—BIS 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 10:00 am Grandparents Video—TR 11:00 am Family Tree Craft—AR 1:00 pm Walking Club—LOB 2:25 pm Denver Broncos v. NY Giants game and tailgate—BIS 2:30 pm Armchair Travel: NH—TR 6:15 pm Movie—TR Grandparents Day	13 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Coin Hit Game—AR 1:00 pm Walking Club—LOB 2:00 pm Joy Ride—LOB 2:00 pm Cooking Demo—BIS 3:00 pm Bald Eagle Nature—TR 6:15 pm Movie—TR Bald is Beautiful Day	14 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 11:00 am Cat Visit—Courtyard 11:30 am ROMEO—Men’s Lunch—DR 1:00 pm Walking Club—LOB 1:00 am Nature Bus—Outside 2:00 pm Golden Girls Coloring 3:00 pm Dance Appreciation—TR 6:15 pm Movie—TR Cream Filled Donut Day	15 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:45 am Patzi’s Pizza—LOB 1:00 pm Walking Club—LOB 2:00 pm Word Game Wed—BIS 3:00 pm Root Beer Floats—BIS 6:15 pm Movie—TR Double Cheeseburger Day	16 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am You Be the Judge/AR 1:00 pm Walking Club—LOB 2:00 pm Cardboard Rooster/AR 3:00 pm Happy Hour w Gary Michaels—BIS 6:15 pm Movie—TR Guacamole Day	17 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am Target—LOB 11:00 am Polish w/a Purpose 1:00 pm Walking Club—LOB 2:00 pm Watercolor w Meredith—AR 3:00 pm News Currents—TR 6:15 pm Movie—TR Apple Dumpling Day	18 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Twister Trivia—AR 1:00 pm Walking Club—LOB 1:30 pm Mindful Movement 2:00 pm Card Making—AR 3:00 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR Dance Day
19 9:00 am Coffee Chat—BIS 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 11:00 am Catholic Communion 11:00 am Denver Broncos v Jacksonville—TR 1:15 pm Walking Club—LOB 2:30 pm Armchair Travel: MA—TR 3:00 pm Family Feud—AR 6:15 pm Movie—TR Butterscotch Pudding Day	20 Dr. Andrew Benson Eye Dr 9:00am Coffee Chat—Bistro 10:00am Group Exercise—GYM 11:00 am Pasta Cactus—AR 1:00 pm Walking Club—LOB 1:00 pm Arap Library—LOB 2:00 pm Joy Ride—LOB 2:00 pm Cooking Demo—BIS 3:00 pm Emmy Award Nom—AR 6:15 pm Movie—TR Pepperoni Pizza Day	21 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Piano w/Roberta—LR 11:30 am ROMEO—Men’s Lunch—DR 1:00 pm Walking Club—LOB 2:00 pm Resident Counsel—TR 3:00 pm All About CHAL —TR 6:15 pm Movie—TR Pecan Cookie Day	22 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Glass Coloring—AR 1:00 pm Walking Club—LOB 1:00 pm American Museum of Western Art—LOB 2:00 pm 3:00 pm Root Beer Floats—BIS 6:15 Movie—TR Ice Cream Cone Day	23 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 ASL Lesson—AR 1:00 pm Walking Club—LOB 2:00 pm 3:00 pm Happy Hour w Chris Cheslin—BIS 6:15 pm Movie—TR Great American Pot Pie Day	24 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am Walmart—LOB 11:00 am Polish w/a Purpose 1:00 pm Walking Club—LOB 2:00 pm Watercolor w Meredith—AR 3:00 pm News Currents—TR 6:15 pm Movie—TR Cherries Jubilee Day	25 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Twister Trivia—AR 1:00 pm Walking Club—LOB 1:30 pm Mindful Movement 3:00 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR Quesadilla Day
26 9:00 am Coffee Chat—BIS 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 11:00 am Block Patterns—BIS 1:15 pm Walking Club—LOB 1:15 pm Movie Matinee—TR 2:05 pm Denver Broncos v NY Jets—BIS 2:30 pm Armchair Travel: RI—TR 6:15 pm Movie—TR Pancake Day	27 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 11:00 am Board Games—BIS 1:00 pm Walking Club—LOB 1:00 pm Arap Library—LOB 2:00 pm Joy Ride—LOB 2:00 pm Cooking Demo—BIS 2:30 pm Book Group—TR 3:00 pm Hershey’s Trivia—AR 6:15 pm Movie—TR Chocolate Milk Day	28 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Acts of Kindness—BIS 11:30 am ROMEO—Men’s Lunch—DR 1:00 pm Walking Club—LOB 2:00 pm Sing Circle—BIS w/ Roy Willey 3:00 pm Music Appreciation TR 6:15 pm Movie—TR Good Neighbor Day	29 CHAL FLU CLINIC 9 am-4 pm 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Word Games—BIS 1:00 pm Walking Club—LOB 1:00 pm Littleton Museum—LOB 2:00 pm Coffee Filter Craft—AR 3:00 pm Root Beer Floats—BIS 6:15 Movie—TR Coffee Day	30 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Cranium Crunch—BIS 1:00 pm Walking Club—LOB 2:00 pm Bubble Gum Blowing 3:00 pm Happy Hour w Jim Kurty—BIS 6:15 pm Movie—TR Chewing Gum Day	