




Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p>Happy Birthday to:</p> <ul style="list-style-type: none"> Ruth C. Jan 10 Betty H. Jan 11 Dave K. Jan 12 Alyce U. Jan 13 Belinda H. Jan 17 		<p>This month help CHAL 'Spread the Love' by donating new or gently used bras. Yes, you read that right! We are collecting bras for "Free the Girls", a 501(c)(3) non-profit organization devoted to coming alongside sex trafficking survivors with a path to true freedom: economic freedom, restored health, education and an opportunity for a different, hopeful future.</p>	<p>Please help make a difference by placing new or gently used bras in the large, brown container in the CHAL vestibule. If you would prefer to donate money please visit www.freethegirls.org for more donation information. Donations accepted through January 31.</p> 		<p>1 NEW YEARS DAY</p> <ul style="list-style-type: none"> 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Memory Games—BIS 1:30 Science Saturday—BIS 3:00 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR
<p>2</p> <ul style="list-style-type: none"> 9:00 am Coffee Chat—BIS 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 11:00 am Word Games—BIS 2:05 pm Denver Broncos at LA Chargers—BIS 2:30 pm Armchair Travel—TR 6:15 pm Movie—TR <p>Cream Puff Day</p>	<p>3</p> <ul style="list-style-type: none"> 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am King Soopers—LOB 11:00 am Memory Game—BIS 1:45 pm Joy Ride—LOB 3:00 pm News Currents—PDR 6:15 pm Movie—TR <p>Chocolate Covered Cherry Day</p>	<p>4</p> <ul style="list-style-type: none"> 9:00 am Coffee Chat—BIS 10:00am Group Exercise w/ Mike—GYM 11:00 am Christmas Tree Undecorating—Australia 2:00 pm Paint w/Peggy—AR 3:00 pm Music/Art Appreciation—TR 6:15 pm Movie—TR <p>Spaghetti Day</p>	<p>5</p> <ul style="list-style-type: none"> 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 11:00 am Pappadeaux's Lunch Outing—LOB 11:00 am Christmas Tree Undecorating—Brazil 1:00 pm Movie Matinee—TR 3:00 pm Root Beer Floats in LR 6:15 pm Movie—TR <p>Whipped Cream Day</p>	<p>6</p> <ul style="list-style-type: none"> 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Christmas Tree Undecorating—Asia 1:00 pm Christmas Tree Undecorating—Nordic 3:00 pm Happy Hour with Mindy Sterling—BIS 6:15 pm Movie—TR <p>Shortbread Day</p>	<p>7 Dermatology</p> <ul style="list-style-type: none"> 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am Target—LOB 11:00 am Christmas Tree Undecorating—Italy 2:00 pm Watercolor with Meredith—AR 3:00 pm Memory Games—BIS 6:15 pm Movie—TR <p>Bobblehead Day</p>	<p>8</p> <ul style="list-style-type: none"> 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Stock Show Week—BIS 1:30 pm Science Saturday—BIS 3:00 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR <p>Stock Show Opens Elvis' Birthday</p>

Cherry Hills



January 22

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>9</p> <p>9:00 am Coffee Chat—BIS 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 11:00 am Folkloric Dancers—TR 2:25 pm Denver Broncos v Kansas City Chiefs w/tailgate—BIS 2:30 pm Armchair Travel—TR 6:15 pm Movie—TR</p> <p>Law Enforcement Appreciation Day</p>	<p>10</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am King Soopers—LOB 10:30 am Arapahoe Library—BIS 1:15 pm Joy Ride—LOB 2:00 pm Cinch Pro Rodeo—TR 3:00 pm News Currents—TR 6:15 pm Movie—TR</p> <p>Bittersweet Chocolate Day</p>	<p>11</p> <p>9:00 am Coffee Chat—BIS 10:00 am Group Exercise w/Mike 11:00 am Free The Girls 2:00 pm Roy Willey—TR 3:00 pm Music/Art Appreciation—TR 6:15 pm Movie—TR</p> <p>Human Trafficking Awareness Day</p>	<p>12 Foot Clinic</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Stock Show Sheep Shearing—TR 1:00 pm Butterfly Pavilion Outing 2:00 pm Steer Roping—BIS 3:00 pm Root Beer —BIS 6:15 pm Movie—TR</p> <p>Pharmacist Day</p>	<p>13</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Stock Show Word Games—BIS 1:00 pm Memory—BIS 3:00 pm Happy Hour w Rick Iracki—BIS 6:15 pm Movie—TR</p> <p>Korean American Day</p>	<p>14</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am Walmart—LOB 11:00 am Stock Show Mutton Busting—TR 2:00 pm Watercolor with Meredith—AR 3:00 pm Coloring in the Bistro 6:15 pm Movie—TR</p> <p>Ratification Day</p>	<p>15</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Horseshoe Competition—BIS 2:00 pm Science Saturday—BIS 3:00 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR</p> <p>Hat Day</p>
<p>16</p> <p>9:00 am Coffee Chat—BIS 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 11:00 am Ports of Call—BIS 2:30 pm Cruise Week Kick-Off/ Armchair Travel —TR 6:15 pm Movie—TR</p> <p>Religious Freedom Day</p>	<p>17 Dr. Andrew Benson Eye Dr</p> <p>9:00am Coffee Chat—Bistro 10:00am Group Exercise—GYM 10:00 am King Soopers—LOB 11:00 am Betty White Trivia—BIS 1:15 pm Joy Ride—LOB 1:30 pm Cruise Week Ocean Jello Treat—BIS 3:00 pm News Currents—PDR 6:15 pm Golden Girls Marathon</p> <p>Betty White 100 Birthday</p>	<p>18</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise w/Mike 10:30 am Mayor Piko—TR 11:00 am Lighthouse Craft—AR 1:00 pm Cruise Week: Chris Wells—TR 3:00 pm Resident Counsel—TR 6:15 pm Movie—TR</p> <p>Thesaurus Day</p>	<p>19</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am The French Press Lunch Outing—LOB 1:00 pm Virgin Islands Trivia—BIS 2:00 pm Cruise Week Snorkel w Sea Turtles—TR 3:00 pm Root Beer Floats—BIS 6:15 Movie—TR</p> <p>Popcorn Day</p>	<p>20</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Jamaica Trivia—BIS 1:30 pm Cruise Craft—AR 3:00 pm Cruise Week Happy Hour w/The Dalton Gang—BIS 6:15 pm Movie—TR</p> <p>Cheese Lover's Day</p>	<p>21</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am Target 11:00 am Cayman Islands Trivia—BIS 2:00 pm Watercolor with Meredith—AR 3:00 pm Cruise Week Sea Shells—BIS 6:15 pm Movie—TR</p> <p>Granola Bar Day</p>	<p>22</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Key West Trivia—BIS 2:00 pm Natural Grocery Body Care Workshop—BIS 3:15 pm Cruise Week Happy Hour Bingo—BIS 6:15 pm Movie—TR</p> <p>Blonde Brownie Day</p>
<p>23/30</p> <p>9:00 am Coffee Chat—BIS 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 11:00 am Word Games—BIS 1:00 pm Movie Matinee—TR 2:30 pm Armchair Travel —TR 6:15 pm Movie—TR</p> <p>Pie Day/Croissant Day</p>	<p>24/31</p> <p>9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 10:00 am King Soopers—LOB 10:30 am Arapahoe Library—LOB 1:15 pm Joy Ride—LOB 2:30 pm Book Group—TR 3:00 pm News Currents—PDR 6:15 pm Movie—TR</p> <p>Peanut Butter Day/Hot Choc Day</p>	<p>25</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise w/ Mike—GYM 11:00 am Snow Globe Photos 2:00 pm Snow Globes—AR 3:00 pm Music/Art Appreciation—TR 6:15 pm Movie—TR</p> <p>Irish Coffee Day</p>	<p>26</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 1:00 pm Buffalo Bill's Memorial Museum Outing—LOB 2:00 pm Memory Game—BIS 3:00 pm Root Beer Floats—BIS 6:15 Movie—TR</p> <p>Peanut Brittle Day</p>	<p>27</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Word Games—BIS 1:30 pm Chocolate Cupcake Decorating—BIS 3:00 pm Happy Hour w/ Joyce Karchere—BIS 6:15 pm Movie—TR</p> <p>Chocolate Cake Day</p>	<p>28</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am Walmart—LOB 11:00 am Word Games—BIS 2:00 pm Watercolor with Meredith—AR 3:00 pm You Be The Judge—BIS 6:15 pm Movie—TR</p> <p>Blueberry Pancake Day</p>	<p>29</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am January Craft—BIS 1:30 pm Science Saturday—BIS 3:00 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR</p> <p>Puzzle Day</p>