




Essentials

January

2022

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 go to www.freethegirls.org for more donation information. Donations accepted through January 31.</p> 		<p>1 NEW YEARS DAY 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am New Year's Around the World—AR 1:30 Science Saturday—BIS 3:00 pm Happy Hour Bingo—BIS 5:00 pm Cranium Crunches—BIS 6:15 pm Movie—TR</p>
<p>2 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: West Virginia—TR 6:15 pm Movie—TR</p> <p>Cream Puff Day</p>	<p>3 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am January Monthly Gazette—AR 11:00 am Memory Game—BIS 1:45 pm Joy Ride—LOB 3:00 pm Tasty Treats—BIS 6:15 pm Movie—TR</p> <p>Chocolate Covered Cherry Day</p>	<p>4 9:00 am Coffee Chat—BIS 10:00am Group Exercise w/ Mike—GYM 11:00 am Undecorating—Atrium 2:00 pm Paint w/Peggy—AR 3:00 pm Music/Art Appreciation—TR 5:00 pm Cranium Crunch—BIS 6:15 pm Movie—TR</p> <p>Spaghetti Day</p>	<p>5 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 11:00 am Pappadeaux's Lunch Outing—LOB 11:00 am Undecorating—Library 1:00 pm DIY Birdfeeders—AR 3:00 pm Root Beer Floats in LR 6:15 pm Movie—TR</p> <p>Whipped Cream Day</p>	<p>6 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Christmas Tree Dining Rm/Bistro 1:30 pm Stimulation Stations—AR 3:00 pm Happy Hour with Mindy Sterling—BIS 5:00 pm Wheel of Fortune—BIS 6:15 pm Movie—TR</p> <p>Shortbread Day</p>	<p>7 Dermatology 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am Target—LOB 11:00 am Undecorate Front Desk 2:00 pm Watercolor with Meredith—AR 3:30 pm News Currents—TR 6:15 pm Movie—TR</p> <p>Bobblehead Day</p>	<p>8 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Stock Show Week—BIS 1:30 pm Elvis Trivia—AR 3:00 pm Elvis Happy Hour Bingo—BIS 5:00 pm Cranium Crunches—BIS 6:15 pm Movie—TR</p> <p>Stock Show Opens Elvis' Birthday</p>

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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: KY—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 10:30 am Arapahoe Library—BIS 11:00 am How Chocolate is Made—TR 1:15 pm Joy Ride—LOB 2:00 pm Cinch Pro Rodeo—TR 3:00 pm Tasty Treats—BIS 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 or color—TR/AR 2:00 pm Steer Roping—BIS 3:00 pm Root Beer Floats —BIS 5:00 pm Cranium Crunches—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 Mural Clean Up 1:00 pm Krispy Kreme Outing 3:00 pm Happy Hour w Rick Iracki—BIS 5:00 pm Word Games—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 11:00 am Stock Show Mutton Busting—TR 2:00 pm Watercolor with Meredith—AR 3:30 pm News Currents—TR 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 5:00 pm Cranium Crunches—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 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 Puzzles—GL 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 3:00 pm Fish Viewing—LR 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 Stimulation Stations—AR 1:30 pm Cruise Craft Seashells—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 11:00 am Cayman Islands Trivia—BIS 2:00 pm Watercolor with Meredith—AR 3:30 pm News Currents—TR 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 5:00 pm Cranium Crunches—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: TN —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 10:30 am Arapahoe Library— LOB 1:15 pm Joy Ride—LOB 1:30 pm Coloring—AR 2:30 pm Book Group—TR 3:00 pm Tasty Treats—BIS 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 11:00 am Stim Station—AR 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 Cranium Crunch—AR 1:30 pm Chocolate Cupcake Decorating—BIS 3:00 pm Happy Hour w/ Joyce Karchere—BIS 5:00 pm Word Games—AR 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 11:00 am Word Games—BIS 2:00 pm Watercolor with Meredith—AR 3:30 pm News Currents—TR 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 5:00 pm Cranium Crunches—BIS 6:15 pm Movie—TR</p> <p>Puzzle Day</p>