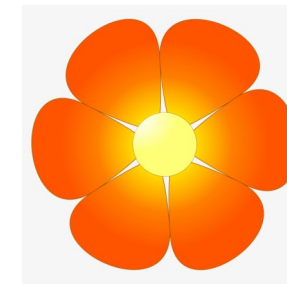



Essentials



June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p>Mary K. June 1 Linda C. June 3 Lucy D. June 3 Jane C. June 8 Bonnie D. June 10 Pat L. June 12 Louise F. June 25</p>		<p>1 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 11:00 am Word Games—BIS 1:00 pm Movie Matinee—TR 1:15 pm Garden Center—LOB 1:30 pm Essentially Yours - AR 2:00 pm Lovely Hands—AR 3:00 pm Root Beer Floats 6:15 pm Movie: —TR</p> <p>*weather permitting National Nail Polish Day</p>	<p>2 9:00 am Coffee Chat—BIS 10:00am Group Exercise: Yoga w Martha—GYM 11:00 am Mad Libs—BIS 1:30 pm Essentially Yours: Andy's Custard—LOB 3:00 pm Happy Hour with Tatum Kline—BIS 6:15 pm Movie—TR</p> <p>*weather permitting National Rocky Road Day</p>	<p>3 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am Walgreens—LOB 11:00 am Word Games—BIS 1:00 pm Series Friday—TR 1:30 pm Joy Ride—LOB 2:00 pm Essentially Yours: Open Art Studio—AR 3:00 pm You Be the Judge—BIS 6:15 pm Movie—TR</p> <p>*weather permitting National Doughnut Day</p>	<p>4 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Memory Games—BIS 1:30 *Walking Club—LOB 1:30 pm Essentially Yours—AR 2:00 pm Let's Find Out—BIS 3:00 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR</p> <p>*weather permitting National Cheese Day</p>
<p>5 9:00 am Coffee Chat—BIS 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:00 pm Documentary: <i>Chasing Rivers Part 1 and 2</i>—TR 1:30 pm *Walking Club—LOB 2:30 pm Armchair Travel—TR 6:15 pm Movie—TR</p> <p>*weather permitting National Gingerbread Day</p>	<p>6 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am King Soopers—LOB 10:30 am Arapahoe Library 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:30 pm Essentially Yours: Drive-In Movie—TR 3:00 pm News Currents—PDR 6:15 pm Movie—TR</p> <p>*weather permitting Drive-In Movie Day</p>	<p>7 AUDIOLOGY CLINIC 9:00 am Coffee Chat—BIS 10:00am Group Exercise w/ Mike—GYM 10:45 am Garden Club—CY 11:00 am Cranium Crunch—BIS 1:30 pm Essentially Yours—AR 2:00 pm Art/Craft—AR 3:00 pm History of CHAL—TR 6:15 pm Movie—TR</p> <p>*weather permitting Nat'l Chocolate Ice Cream Day</p>	<p>8 FOOT CLINIC 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 10:45 am Garden Club—CY 11:00 am Maggiano's Lunch Outing—LOB 11:00 am Word Games—BIS 1:00 pm Movie Matinee—TR 1:30 pm Essentially Yours—AR 3:00 pm Root Beer Floats 6:15 pm Movie—TR</p> <p>*weather permitting Nat'l Best Friends Day</p>	<p>9 9:00 am Coffee Chat—BIS 10:00am Group Exercise: Yoga w Martha—GYM 10:45 am Garden Club—CY 11:00 am Mad Libs—BIS 1:30 pm Chef Chat—BIS 1:30 pm Essentially Yours: Bundt Cakes—AR 3:00 pm Happy Hour with Chris Hall—BIS 6:30 pm Movie—TR</p> <p>*weather permitting Nat'l Strawberry/Rhubarb Pie</p>	<p>10 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am Target—LOB 10:45 am Garden Club—CY 11:00 am Jokes—BIS 1:00 pm Series Friday—TR 1:30 pm Joy Ride—LOB 2:00 pm Essentially Yours: Open Art Studio—AR 6:15 pm Movie—TR</p> <p>*weather permitting Nat'l Iced Tea Day</p>	<p>11 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:45 am Garden Club—CY 11:00 am Cranium Crunch—BIS 1:30 pm Essentially Yours: Horse Racing —BIS 3:00 pm Happy Hour Bingo—BIS 4:45 pm Belmont Stakes Post Time—TR 6:15 pm Movie—TR</p> <p>*weather permitting Nat'l German Choc Cake Day</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>12</p> <p>9:00 am Coffee Chat—BIS 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 10:45 am Garden Club—CY 11:00 am Brain Games—BIS 1:00 pm Docu: <i>Yellowstone</i>—TR 1:30 pm *Walking Club—LOB 2:30 pm Armchair Travel—TR 6:15 pm Movie—TR *weather permitting Nat'l Peanut Butter Cookie Day</p>	<p>13</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am King Soopers—LOB 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:15 pm Joy Ride—LOB 1:30 pm Essentially Yours—AR 2:00 pm Let's Make It! - AK 3:00 pm News Currents—TR 6:15 pm Movie—TR Nat'l Weed Your Garden Day</p>	<p>14 FLAG DAY</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise w/Mike 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:00 pm Flag Day Trivia—BIS 1:30 pm Essentially Yours: Roy Willey Music 3:00 pm Music/Art Appreciation—TR 6:15 pm Movie—TR</p>	<p>15</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:45 am Garden Club—CY 11:00 am Word Games—BIS 11:00 am Rosie's Diner Lunch Outing—LOB 1:00 pm Biography—TR 1:30 pm Essentially Yours—AR 3:00 pm Root Beer Floats—BIS 6:15 pm Movie—TR Nature Photography Day</p>	<p>16</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise, Chair Yoga w/ Martha—GYM 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:30 pm Essentially Yours: Glacier Ice Cream—LOB 3:00 pm Happy Hour w Jeff Dallet—BIS 6:15 pm Movie —TR National Fudge Day</p>	<p>17</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am Walgreens—LOB 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:00 pm Series Friday—TR 1:30 pm Joy Ride—LOB 2:00 pm Essentially Yours: Open Art Studio—AR 6:15 pm Movie—TR Nat'l Apple Strudel Day</p>	<p>18</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:45 am Garden Club—CY 11:00 am Go Fish Cards—BIS 1:30 pm Essentially Yours—AR 2:00 pm Let's Find Out—BIS 3:00 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR Nat'l Go Fishing Day</p>
<p>19 FATHER'S DAY</p> <p>9:00 am Coffee Chat—BIS 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:00 pm Docu: <i>Survival of the Weirdest</i>—TR 1:30 pm *Walking Club—LOB 2:30 pm Armchair Travel —TR 6:15 pm Movie—TR</p>	<p>20</p> <p>9:00am Coffee Chat—Bistro 10:00am Group Exercise—GYM 10:00 am King Soopers—LOB 10:30 am Arapahoe Library 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:15 pm Joy Ride—LOB 2:00 pm Essentially Yours: Let's Make It—BIS 3:00 pm News Currents—PDR 6:15 pm Movie—TR</p>	<p>21 FIRST DAY OF SUMMER!</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise w/Mike 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:00 pm Essentially Yours: Chris Wells, Australia 3:00 pm Resident Counsel—TR 6:15 pm Movie—TR</p>	<p>22</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:45 am Garden Club—CY 11 am Dozens Lunch Out—LOB 1:00 pm Biography—TR 1:00-3:00 pm Mini Mall—LOB 1:30 pm Essentially Yours—AR 3:00 pm Root Beer Floats—BIS 6:15 pm Movie—TR National Onion Rings Day</p>	<p>23</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:45 am Garden Club—CY 11:00 am Cranium Crunch 1:30 pm Essentially Yours: Cupcake Outing—AR 3:00 pm Happy Hour w/ Scott Hackler—BIS 6:30pm Movie —TR National Pink Day</p>	<p>24</p> <p>9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 10:00 am Target—LOB 10:45 am Garden Club—CY 11:00 am Handbells—BIS 1:00 pm Series Friday—TR 1:30 pm Joy Ride—LOB 2:00 pm Essentially Yours: Open Art Studio—AR 3:00 pm Word Games—BIS 6:15 pm Movie—TR</p>	<p>25</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:30 pm Essentially Yours—AR 2:00 pm Let's Find Out—BIS 3:15 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR Nat'l Strawberry Parfait Day</p>
<p>26</p> <p>9:00 am Coffee Chat—BIS 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:00 pm Docu: <i>Secrets of the Great Wall</i> —TR 1:30 pm *Walking Club—LOB 2:30 pm Armchair Travel —TR 6:00 pm Movie—TR *weather permitting Nat'l Chocolate Pudding Day</p>	<p>27</p> <p>9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 10:00 am King Soopers—LOB 10:45 am Garden Club—CY 11:00 am Paint Sunglasses—AR 1:30 pm Essentially Yours: Trishaw Rides—CY 2:30 pm Book Group—TR 3:00 pm News Currents—PDR 6:15 pm Movie—TR Nat'l Sunglasses Day</p>	<p>28</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise w/ Mike—GYM 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:00 pm Paul Bunyan Trivia—BIS 1:30 pm Essentially Yours—AR 3:00 pm Music/Art Appreciation—TR 6:15 pm Movie—TR National Paul Bunyan Day</p>	<p>29</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:00 pm Biography—TR 1:15 pm Littleton Museum—LOB 1:30 pm Essentially Yours—AR 3:00 pm Root Beer Floats—BIS 6:15 pm Movie—TR National Waffle Iron Day</p>	<p>30</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise, Chair Yoga w/ Martha—GYM 10:45 am Garden Club—CY 11:00 am Social Media Activity 1:30 pm Essentially Yours: Jamba Juice—AR 3:00 pm Happy Hour w/ Dan Karns—BIS 6:30pm Movie —TR Social Media Day</p>		