

Essentials




August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Walking Group will meet at 1:30 pm depending on current weather conditions. Please check the activity boards or with Activities Dept for updated information.</p> <p>All Activities Subject to Change</p>	<p>1 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 Essentially Yours: Joy Ride—LOB 1:30 pm Walking Club—LOB 2:30 pm Let's Make It—BIS 3:00 pm News Currents—PDR 6:15 pm Movie—TR</p> <p>National Raspberry Pie Day</p>	<p>2 Vaccination Clinic & AUDIOLOGY CLINIC 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 1:30 pm Essentially Yours—AR 2:00 pm Art/Craft—AR 3:00 pm Art/Music Apprec—TR 3:30 pm Sing Out! - TR 6:15 pm Movie—TR</p> <p>National Ice Cream Sandwich</p>	<p>3 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 10:45 am Garden Club—CY 11:00 am Capital Tea Outing 11:00 am Butterfly Garden—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>National Watermelon Day</p>	<p>4 9:00 am Coffee Chat—BIS 10:00am Group Exercise: 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:30 pm Essentially Yours: Freddie's Outing—LOB 1:30 pm Brain Games—BIS 3:00 pm Happy Hour with —BIS 6:30 pm Movie—TR</p> <p>Nat'l Chocolate Chip Day</p>	<p>5 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 2:00 pm Essentially Yours: Open Art Studio or Watercolor w Meredith—AR 3:00 pm Paul Harvey Stories—BIS 6:15 pm Movie—TR</p> <p>Nat'l Water Balloon Day</p>	<p>6 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Memory Games—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</p> <p>Nat'l Mustard Day</p>
<p>7 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>Lighthouse Keepers</i>—TR 3:00 pm Armchair Travel—TR 6:15 pm Movie—TR</p> <p>National Lighthouse Day</p>	<p>8 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am King Soopers—LOB 10:30am Arapahoe Library/LOB 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:15 pm Essentially Yours: Joy Ride—LOB 2:30 pm Let's Make It—BIS 3:00 pm News Currents—PDR 6:15 pm Movie—TR</p> <p>Nat'l Frozen Custard Day</p>	<p>9 9:00 am Coffee Chat—BIS 10:00am Group Exercise w/ Mike—GYM 10:45 am Garden Club—CY 11:00 am Butterfly Garden—BIS 2:00 pm Essentially Yours: Roy Willey Music—AR 3:00 pm Art/Music Apprec—TR 3:30 pm Sing Out! - TR 6:15 pm Movie—TR</p> <p>National Rice Pudding Day</p>	<p>10 FOOT CLINIC 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 10:45 am Garden Club—CY 11:00 am Word Games—BIS 11:00 am Bon Ami Outing 1:00 pm Movie Matinee—TR 1:30 pm Essentially Yours—AR 2:00 pm Toys 4 God's Kids —AR 3:00 pm Root Beer Floats 6:15 pm Movie—TR</p> <p>National S'more Day</p>	<p>11 9:00 am Coffee Chat—BIS 10:00am Group Exercise: Yoga w Martha—GYM 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:30 pm Essentially Yours: Sea Quest Outing—LOB 1:30 pm Brain Games—BIS 3:00 pm Happy Hour with —BIS 6:30 pm Movie—TR</p> <p>National Raspberry Bombe Day</p>	<p>12 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 Word Games—BIS 1:00 pm Series Friday—TR 2:00 pm Essentially Yours: Open Art Studio or Watercolor w Meredith—AR 6:15 pm Movie—TR</p> <p>National Julienne Fries Day</p>	<p>13 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 Corn Hole—BIS 1:30 pm Essentially Yours—AR 3:00 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR</p> <p>National Bowling Day</p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>14</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>John Denver, Country Boy</i> 3:00 pm Armchair Travel—TR 6:15 pm Movie—TR</p> <p>National Creamsicle Day</p>	<p>15</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am King Soopers—LOB 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</p> <p>Nat'l Lemon Meringue Pie Day</p>	<p>16</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise w/Mike 11:00 am Word Games—BIS 1:30 pm Essentially Yours: Chris Wells, <i>Beautiful Colorado, 146 Years Young</i>—TR 3:00 pm Music/Art Appreciation—TR 3:30 pm Sing Out! - TR 6:15 pm Movie—TR</p> <p>Nat'l Rum Day</p>	<p>17</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 <i>American Harmony</i>—TR 1:30 pm Vehicle Vault Outing 1:30 pm Essentially Yours—AR 3:00 pm Root Beer Floats—BIS 6:15 pm Movie—TR</p> <p>Nat'l Massachusetts Day</p>	<p>18</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: Chef Chat—BIS 3:00 pm Happy Hour w Dan McClerren—BIS 6:15 pm Movie —TR</p> <p>Nat'l Fajita Day</p>	<p>19</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 2:00 pm Essentially Yours: Open Art Studio or Watercolor w Meredith—AR 6:15 pm Movie—TR</p> <p>Nat'l Potato Day</p>	<p>20</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 3:00 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR</p> <p>World Honey Bee Day</p>
<p>21</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 Essentially Yours: <i>Elvis: From Beginning to End</i>—TR 3:00 pm Armchair Travel —TR 6:15 pm Movie—TR</p> <p>Nat'l Senior Citizens Day</p>	<p>22</p> <p>9:00am Coffee Chat—Bistro 10:00am Group Exercise—GYM 10:00 am King Soopers—LOB 10:30 am Arapahoe Library 11:00 am Word Games—BIS 1:15 pm Essentially Yours: Joy Ride—LOB 2:00 pm Let's Make It—BIS 3:00 pm News Currents—PDR 6:15 pm Movie—TR</p> <p>Nat'l Tooth Fairy Day</p>	<p>23</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 1:30 pm Essentially Yours—AR 3:30 pm Resident Counsel—TR 4:00 pm Sing Out! 6:15 pm Movie—TR</p> <p>Nat'l Sponge Cake Day</p>	<p>24</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 1:00 pm Biography—TR 1:30 pm Essentially Yours—AR 1:30 pm Museum of Mines Outing—LOB 3:00 pm Root Beer Floats—BIS 6:15 pm Movie—TR</p> <p>Nat'l Peach Pie Day</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 Cranium Crunch 1:00 pm Art 1:30 pm Essentially Yours: Bundt Cakes Outing—LOB 3:00 pm Happy Hour w/ —BIS 6:30pm Movie —TR</p> <p>Nat'l Banana Split Day</p>	<p>26</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 2:00 pm Essentially Yours: Open Art Studio or Watercolor w Meredith—AR 3:00 pm Word Games—BIS 6:15 pm Movie—TR</p>	<p>27</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 2:00 pm Essentially Yours: Uke Jammers—BIS 3:15 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR</p> <p>Nat'l Cherry Popsicle Day</p>
<p>28</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 Essentially Yours: <i>Dolly Parton: Queen of Country</i>/TR 3:00 pm Armchair Travel —TR 6:00 pm Movie—TR</p> <p>Nat'l Cherry Pie Turnover Day</p>	<p>29</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 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:30 pm Essentially Yours: SS Tappers—GL 2:00 pm Book Group—TR 3:00 pm News Currents—PDR 6:15 pm Movie—TR</p> <p>Nat'l Lemon Juice Day</p>	<p>30</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 11:00 am Mountain Man 2:00 pm Essentially Yours: Wine & Cheese—DR 3:00 pm Music/Art Appreciation—TR 3:30 pm Sing Out! - TR 6:15 pm Movie—TR</p>	<p>31</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 Black Eye Pea Outing 1:00 pm Biography—TR 1:30 pm Essentially Yours—AR 3:00 pm Root Beer Floats—BIS 6:15 pm Movie—TR</p> <p>Nat'l South Carolina Day</p>			<p>Joan T Aug 2 Lee L Aug 7 Betty M Aug 9 Ted C Aug 10 Hubert B Aug 11 Edna W Aug 11 Mel K Aug 12 Betty B Aug 15 Kathy B Aug 19 Marion M Aug 27 Bev C Aug 29</p>

