

Essentials




September 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>Happy Birthday:</p> <p>Don C. Sept 2 Ruthann M. Sept 12 Chuck S. Sept 14 Barb G. Sept 24 Jeff H. Sept 24 Fran C. Sept 27 Zamova S. Sept 29 Gloria F. Sept 29</p> 			<p>1 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: Crumble Cookies Outing—LOB 1:30 pm Brain Games—BIS 3:00 pm Happy Hour—BIS 6:30 pm Movie—TR</p> <p>Nat'l Burnt End Day</p>	<p>2 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 College Colors Day</p>	<p>3 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Memory Games—BIS 1:30 pm Essentially Yours: Sing Out! - TR 2:00 pm Let's Find Out—BIS 3:00 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR</p> <p>Nat'l US Bowling League Day</p>
<p>4 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: Documentary: <i>Free Solo</i>—TR 1:30 pm Walking Club—LOB 3:00 pm Armchair Travel—TR 6:15 pm Movie—TR</p> <p>National Wildlife Day</p>	<p>5 LABOR DAY 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 1:30 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 Cheese Pizza Day</p>	<p>6 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: Art—AR 3:00 pm Art/Music Apprec—TR 3:30 pm Sing Out! - TR 6:15 pm Movie—TR</p> <p>National Coffee Ice Cream Day</p>	<p>7 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 10:45 am Garden Club—CY 11:00 am Word Games—BIS 1:00 pm Movie Matinee—TR 1:30 pm School of Mines Museum—LOB 2:00 pm Essentially Yours: Toys 4 God's Kids —AR 3:00 pm Root Beer Floats 6:15 pm Movie—TR</p> <p>National Beer Lover's Day</p>	<p>8 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: Build A Bear—LOB 1:30 pm Brain Games—BIS 3:00 pm Happy Hour —BIS 6:30 pm Movie—TR</p> <p>National Ampersand Day</p>	<p>9 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 11:00 am ROMEO—DR 1:00 pm Series Friday—TR 1:30 pm Walking Club—LOB 2:00 pm Essentially Yours: Open Art Studio or Watercolor w Meredith—AR 6:15 pm Movie—TR</p> <p>National Teddy Bear Day</p>	<p>10 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: Sing Out! - TR 3:00 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR</p> <p>National TV Dinner Day</p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>11</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: Docu: Life, Animated—TR 3:00 pm Armchair Travel—TR 6:15 pm Movie—TR</p> <p>National Grandparents Day</p>	<p>12</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 1:30 pm Essentially Yours: Joy Ride—LOB 2:00 pm Let's Make It! - AK 3:00 pm News Currents—TR 6:15 pm Broncos v Seahawks/BIS</p> <p>Nat'l Chocolate Milkshake Day</p>	<p>13</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise w/Mike 11:00 am Word Games—BIS 2:00 pm Essentially Yours: Roy Wiley Music 3:00 pm Music/Art Appreciation—TR 3:30 pm Sing Out! - TR 6:15 pm Movie—TR</p> <p>Nat'l Bald is Beautiful Day</p>	<p>14 FOOT CLINIC</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 Essentially Yours: Mini CHAL Classic—LOB 1:30 pm Walking Club—LOB 3:00 pm Root Beer Floats—BIS 6:15 pm Movie—TR</p>  <p>Nat'l Double Cheeseburger Day</p>	<p>15</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 —BIS 6:15 pm Movie —TR</p> <p>Nat'l Double Cheeseburger Day</p>	<p>16</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am Walgreens—LOB 11:00 am ROMEO—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 6:15 pm Movie—TR</p> <p>Nat'l Guacamole Day</p>	<p>17</p> <p>9:00 am Walk to End Alzheimer's—Denver City Park 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Word Games—BIS 1:30 pm Essentially Yours: Sing Out! - TR 2:00 pm Let's Find Out—BIS 3:00 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR</p> <p>Nat'l Apple Dumpling Day</p>
<p>18</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 Essentially Yours: Docu: Lucy and Desi—TR 2:15 pm Broncos v Texans—BIS 3:00 pm Armchair Travel —TR 6:15 pm Movie—TR</p> <p>Air Force Birthday</p>	<p>19</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 1:30 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 Butterscotch Pudding Day</p>	<p>20</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, Nat'l Parks 3:30 pm Resident Council—TR 4:00 pm Sing Out! - TR 6:15 pm Movie—TR</p> <p>Nat'l Fried Rice Day</p>	<p>21 MINI-MALL 1:00-3:00 pm</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am The Whiskey Biscuit Lunch Outing—LOB 11:00 am Word Games—BIS 1:00 pm Biography—TR 2:00 pm Essentially Yours: Toys for God's Kids—AR 3:00 pm Root Beer Floats—BIS 6:15 pm Movie—TR</p> <p>Nat'l Chai Day</p>	<p>22</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 Cranium Crunch 1:30 pm Essentially Yours: Arts on Fire Outing—LOB 3:00 pm Happy Hour—BIS 6:30pm Movie —TR</p> <p>Nat'l Ice Cream Cone Day</p>	<p>23</p> <p>9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 11:00 am ROMEO—DR 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>Nat'l Sign Language Day</p>	<p>24</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: Sing Out! - TR 2:00 pm Let's Find Out—BIS 3:15 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR</p>
<p>25</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 Essentially Yours: Docu: Honeyland—TR 1:30 pm Walking Club—LOB 3:00 pm Armchair Travel —TR 6:20 pm Broncos v 49ers—BIS</p> <p>Nat'l Quesadilla Day</p>	<p>26</p> <p>9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 10:00 am King Soopers—LOB 11:00 am Word Games—BIS 1:30 pm Essentially Yours: Joyride—BIS 2:00 pm Book Group—TR 2:30 pm Let's Make It—BIS 3:00 pm News Currents—PDR 6:15 pm Movie—TR</p> <p>Nat'l Johnny Appleseed Day</p>	<p>27</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise w/ Mike—GYM 11:00 am Word Games—BIS 11:00 am Mountain Man 1:00 pm Essentially Yours: Art/Craft—AR 2:00 pm Music/Art Appreciation 3:30 pm Sing Out! - TR 6:15 pm Movie—TR</p> <p>Nat'l Chocolate Milk Day</p>	<p>28</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 Olive Garden Lunch Outing—LOB 1:00 pm Biography—TR 1:30 pm Essentially Yours: 3:00 pm Root Beer Floats—BIS 6:15 pm Movie—TR</p> <p>Nat'l North Carolina Day</p>	<p>29</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 Cranium Crunch 1:30 pm Essentially Yours: Cold Stone Creamery —LOB 3:00 pm Happy Hour—BIS 6:30pm Movie —TR</p> <p>Nat'l Coffee Day</p>	<p>30</p> <p>9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 10:00 am Target—LOB 11:00 am ROMEO—DR 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>Nat'l Chewing Gum Day</p>	