


Essentials




November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Tom H Nov 2 Mary Frances Nov 17 Casmira L. Nov 17 Alberta T. Nov 24 Sylvia W. Nov 24</p>		<p>1 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Word Games—BIS 1:30 pm Walking Club—LOB 2:00 pm Essentially Yours: Art/ Music Appreciation—AR 3:30 pm Sing Out! - TR 6:15 pm Movie—TR</p> <p>National Cinnamon Day</p>	<p>2 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 10:30 am Walker Clinic—GYM 11:00 am Word Games—BIS 12:30 am Leave MOVIE Outing: <i>Ticket to Paradise</i>—LOB 1:30 pm Essentially Yours: Biography—TR 3:00 pm Ice Cream Sundaes/BIS 6:15 pm Movie</p> <p>National Deviled Egg Day</p>	<p>3 9:00 am Coffee Chat—BIS 10:00am Group Exercise: Yoga w Martha—GYM 11:00 am Word Games—BIS 1:30 pm Brain Games—BIS 1:30 pm Essentially Yours: Starbucks Outing—AR 3:00 pm Happy Hour —BIS 6:15 pm Movie—TR</p> <p>National Sandwich Day</p>	<p>4 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Word Games—BIS 11:30 am ROMEO Lunch—DR 1:00 pm Series Friday—TR 1:30 pm Walking Club—LOB 2:00 pm Essentially Yours: Open Art Studio: Watercolor w Meredith—AR 6:15 pm Movie—TR</p> <p>National Candy Day</p>	<p>5 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Memory Games—BIS 1:30 pm Walking Club—LOB 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>National Love Your Red Hair Day</p>
<p>6 9:00 am Coffee Chat—BIS 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 11:00 am Word Games—BIS 1:00pm Essentially Yours: Docu: <i>Schumacher</i>—TR 1:30 pm Walking Club—LOB 3:00 pm Armchair Travel—TR 6:15 pm Movie—TR</p> <p>Broncos have a bye this week</p> <p>National Nachos Day</p>	<p>7 9:00 am Coffee Chat—BIS 10:00am Balance Class w/ Mike—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 2:30 pm Let's Make It—BIS 3:00 pm News Currents 6:15 pm Movie—TR</p> <p>National Bittersweet Choc. Day</p>	<p>8 AUDIOLOGY CLINIC 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Word Games—BIS 1:30 pm Walking Club—LOB 2:00 pm Essentially Yours: Roy Wiley, Music—BIS 3:30 pm Sing Out! - TR 6:15 pm Movie—TR</p> <p>National Cappuccino Day</p>	<p>9 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 11:00 am Word Games—BIS 11:00 am The Perfect Landing Lunch Outing—LOB 1:30 pm Essentially Yours—AR 3:00 pm Root Beer Floats—BIS 6:15 pm Movie</p> <p>National Louisiana Day</p>	<p>10 9:00 am Coffee Chat—BIS 10:00am Group Exercise: Yoga w Martha—GYM 11:00 am Word Games—BIS 1:30 pm Essentially Yours: Peets Coffee Outing 1:30 pm Brain Games—BIS 3:00 pm Happy Hour —BIS 6:15 pm Movie—TR</p> <p>National Vanilla Cupcake Day</p>	<p>11 VETERAN'S DAY 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Word Games—BIS 11:30 am ROMEO Lunch—DR 1:00 pm Series Friday—TR 1:30 pm Walking Club—LOB 2:00 pm Essentially Yours: Open Art Studio: Watercolor w Meredith—AR 6:15 pm Movie—TR</p> <p>National Sundae Day</p>	<p>12 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Cranium Crunch—BIS 1:30 pm Essentially Yours: Sing Out! - TR 1:30 pm Walking Club—LOB 3:00 pm Happy Hour Bingo—BIS 6:15 pm Movie—TR</p> <p>National French Dip Day</p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>13</p> <p>9:00 am Coffee Chat—BIS</p> <p>9:00 am Catholic Mass—TR</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Denver Broncos v Tennessee Titans—BIS</p> <p>1:00 pm Essentially Yours: <i>Docu: The Witches of the Orient</i>—TR</p> <p>3:00 pm Armchair Travel—TR</p> <p>6:15 pm Movie—TR</p> <p>World Kindness Day</p>	<p>14</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Balance Class—GYM</p> <p>10:00 am King Soopers—LOB</p> <p>11:00 am Word Games—BIS</p> <p>1:30 pm Essentially Yours: Joy Ride—LOB</p> <p>2:00 pm Let's Make It! - AK</p> <p>3:00 pm News Currents</p> <p>6:15 pm Movie—TR</p> <p>National Pickle Day</p>	<p>15</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Word Games—BIS</p> <p>1:30pm Essentially Yours: Chris Wells, Incredible National Monuments/TR</p> <p>3:00 pm Music/Art Appreciation—TR</p> <p>3:30 pm Sing Out! - TR</p> <p>6:15 pm Movie—TR</p> <p>Nat'l Raison Bran Cereal Day</p>	<p>16 FOOT CLINIC</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Word Games—BIS</p> <p>11:00 am Pappadeaux Lunch</p> <p>1:00 pm ROMEO Movie Matinee: <i>True Grit</i> —TR</p> <p>1:30 pm Essentially Yours—AR</p> <p>3:00 pm Root Beer Floats—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Fast Food Day</p>	<p>17</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise, Chair Yoga w/ Martha—GYM</p> <p>11:00 am Word Games—BIS</p> <p>1:30 pm Essentially Yours: Chef Chat—BIS</p> <p>3:00 pm Happy Hour —BIS</p> <p>6:15 pm Movie —TR</p> <p>National Home Bread Day</p>	<p>18</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Word Games—BIS</p> <p>11:30 am ROMEO Lunch—DR</p> <p>1:00 pm Series Friday—TR</p> <p>2:00 pm Essentially Yours: Open Art Studio: Watercolor w Meredith—AR</p> <p>6:15 pm Movie—TR</p> <p>Mickey Mouse Birthday</p>	<p>19</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Word Games—BIS</p> <p>1:30 pm Essentially Yours: Sing Out! - TR</p> <p>2:00 pm Let's Find Out—BIS</p> <p>3:00 pm Happy Hour Bingo—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Play Monopoly Day</p>
<p>20</p> <p>9:00 am Coffee Chat—BIS</p> <p>9:00 am Catholic Mass—TR</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Word Games—BIS</p> <p>1:00 pm <i>The Pilgrims</i>—TR</p> <p>2:05 pm Denver Broncos v Las Vegas Raiders—BIS</p> <p>3:00 pm Armchair Travel —TR</p> <p>6:15 pm Movie—TR</p> <p>National Peanut Butter Fudge Day</p>	<p>21</p> <p>9:00am Coffee Chat—Bistro</p> <p>10:00am Balance Class—GYM</p> <p>10:00 am King Soopers—LOB</p> <p>10:30 am Arapahoe Library</p> <p>11:00 am Word Games—BIS</p> <p>1:30 pm Essentially Yours: Joy Ride—LOB</p> <p>2:00 pm Let's Make It—BIS</p> <p>3:00 pm News Currents</p> <p>6:15 pm Movie—TR</p> <p>Nat'l Gingerbread Cookie Day</p>	<p>22 FLAVORS OF FALL 4-7 PM</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Word Games—BIS</p> <p>1:30 pm Essentially Yours: Art—AR</p> <p>4:00 pm Flavors of Fall—stations throughout building</p> <p>6:15 pm Movie—TR</p> <p>National Cranberry Relish Day</p>	<p>23</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Word Games—BIS</p> <p>1:00 pm Biography—TR</p> <p>1:30 pm Essentially Yours: Red Rocks Joy Ride/LOB</p> <p>3:00 pm Happy Hour—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Eat a Cranberry Day</p>	<p>24 THANKSGIVING DAY!</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise</p> <p>11:00 am Word Games</p> <p>11:00 am Thanksgiving Lunch</p> <p>1:00 pm Movie Matinee: <i>Grumpy Old Men</i>—TR</p> <p>3:00 pm BINGO—BIS</p> <p>6:30pm Movie —TR</p> 	<p>25</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00 am Group Exercise—GYM</p> <p>10:00 am Target—LOB</p> <p>11:00 am Handbells—BIS</p> <p>11:30 am ROMEO Lunch—DR</p> <p>1:00 pm Series Friday—TR</p> <p>1:30 pm Walking Club—LOB</p> <p>2:00 pm Essentially Yours: Open Art Studio: Watercolor w Meredith—AR</p> <p>6:15 pm Movie—TR</p> <p>National Small Business Day</p>	<p>26</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Word Games—BIS</p> <p>1:00 pm Essentially Yours: Tree Decorating Begins</p> <p>1:30 pm Sing Out! - TR</p> <p>3:15 pm Happy Hour Bingo—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Small Business Day</p>
<p>27</p> <p>9:00 am Coffee Chat—BIS</p> <p>9:00 am Catholic Mass—TR</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Denver Broncos v Carolina Panthers—BIS</p> <p>1:00 pm Docu: <i>Docu: Playing with Sharks</i>—TR</p> <p>2:00 pm Tree Decorating</p> <p>3:00 pm Armchair Travel —TR</p> <p>6:15 pm Movie—TR</p> <p>Nat'l Bavarian Cream Pie Day</p>	<p>28</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00 am Balance Class—GYM</p> <p>10:00 am King Soopers—LOB</p> <p>11:00 am Tree Decorating</p> <p>1:30 pm Essentially Yours: Joyride—BIS</p> <p>2:00 pm Book Group—TR</p> <p>2:30 pm Let's Make It—BIS</p> <p>3:00 pm News Currents</p> <p>6:15 pm Movie—TR</p> <p>National French Toast Day</p>	<p>29</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Tree Decorating</p> <p>2:00 pm Essentially Yours: Music/Art Appreciation</p> <p>3:00 pm Resident Council—TR</p> <p>3:30 pm Sing Out! - TR</p> <p>6:15 pm Movie—TR</p> <p>National Day of Giving</p>	<p>30</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Tree Decorating</p> <p>11:00 am The French Press Lunch</p> <p>Outing—LOB</p> <p>1:00 pm Essentially Yours: ROMEO Movie Matinee: <i>Hacksaw Ridge</i></p> <p>3:00 pm Root Beer Floats—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Mousse Day</p>	