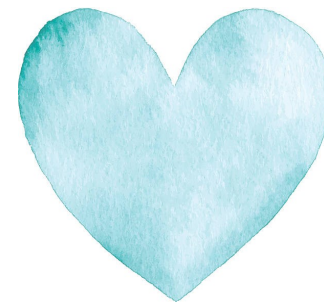


Essentials



May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Colorado spring weather is finally here. This means it can be 70 degrees one day and a blizzard the next.</p> <p>We will walk outdoors at approx. 1:30 pm when temps are minimum 50 degrees and the wind is light.</p> <p>Please dress accordingly and let Activities Staff know of your interest.</p>	<p>1</p> <p>9:00 am Coffee Chat—BIS 10:00am Balance Class 10:00 am King Soopers—LOB 11:00 am Group Games—BIS 1:30 pm Joyride—LOB 2:30 pm Essentially Yours: Let's Make It—BIS 3:00 pm News Currents 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>National Mother Goose Day</p>	<p>2 AUDIOLOGY CLINIC</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 11:00 am Mountain Man—LOB 2:00 pm Essentially Yours: Music/Art Appreciation—TR 3:00 pm Sing Out! - TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>National Truffle Day</p>	<p>3 MINI MALL 1:00—3:00 pm</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 11:00 am Casa Calienta Lunch Outing—LOB 1:00 pm Movie Matinee: <i>Butch Cassidy and the Sundance Kid</i> —TR 1:30 pm Essentially Yours: Art 3:00 pm Root Beer Floats—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>Nat'l Chocolate Custard Day</p>	<p>4</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise: Yoga w Martha—GYM 11:00 am Group Games—BIS 1:30 pm Essentially Yours: Andy's Custard Outing—AR 3:00 pm Happy Hour—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>National Orange Juice Day</p>	<p>5 CINCO de MAYO</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 1:30 pm Series Friday—TR 2:00 pm Essentially Yours: Science w Sage: DIY Bouncy Balls—BIS 4:00 pm—7:00 pm Cinco de Mayo Special Dinner 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p>  <p>National Beverage Day</p>	<p>6</p> <p>9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 11:00 am Group Games—TR 1:30 pm Essentially Yours: Derby Races—TR 3:00 pm Happy Hour Bingo—BIS 4:25 pm Kentucky Derby—TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie: <i>Seabiscuit</i>—TR</p> <p>National Beverage Day</p>
<p>7</p> <p>9:00 am Coffee Chat—BIS 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 11:00 am Protestant Service/TR 11:00 am Group Games—BIS 1:00 pm Docu: <i>Birders: The Central Park Effect</i>—TR 1:30 pm Essentially Yours: Baking w/Legacy Ridge 3:00 pm Arm Chair Travel to Ireland—TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>National Leg of Lamb Day</p>	<p>8</p> <p>9:00 am Coffee Chat—BIS 10:00am Balance Class 10:00 am King Soopers—LOB 10:30am Arapahoe Library/LOB 11:00 am Group Games—BIS 1:30 pm Joyride—LOB 2:30 pm Essentially Yours: Let's Make It—BIS 3:00 pm New Currents 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>National Have a Coke Day</p>	<p>9</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 1:30 pm Essentially Yours: Colorado Birds! - TR 3:00 pm Sing Out! - TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>Nati'l Butterscotch Brownie Day</p>	<p>10 FOOT CLINIC</p> <p>9:00 am Coffee Chat—BIS 10:00 am Group Exercise/GYM 11:00 am Group Games—BIS 11:00 am Penguins Tap Lunch Outing—LOB 1:30 pm Essentially Yours Board Games—BIS 3:00pm Root Beer Floats—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>National Shrimp Day</p>	<p>11</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise: Yoga w Martha—GYM 11:00 am Group Games—BIS 1:30 pm Essentially Yours: Line Dancing—GL 3:00 pm Happy Hour—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>Nat'l Eat What You Want Day</p>	<p>12</p> <p>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am Target—LOB 11:00 am Group Games—BIS 1:30 pm Series Friday—TR 2:00 pm Essentially Yours: Science w Sage: Taste Buds—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>National Train Day</p>	<p>13</p> <p>9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 11:00 am Group Games—BIS 1:30 pm Essentially Yours: Apple Pie Baking—BIS 3:00 pm Happy Hour Bingo—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Broadway Night: <i>Carousel</i>—TR</p> <p>National Apple Pie Day</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>14 MOTHER'S DAY</p> <p>9:00 am Catholic Mass—TR</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Group Games—BIS</p> <p>11:00 am Protestant Service/TR</p> <p>11:00 am—2:00 pm</p> <p>Mother's Day Brunch—DR</p> <p>1:00 pm Movie: <i>Little Women</i>—TR</p> <p>3:00 pm Armchair Travel: Iceland—TR</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p>	<p>15</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Balance Class—GYM</p> <p>11:00 am Group Games—BIS</p> <p>1:30 pm Joyride—LOB</p> <p>2:00 pm Essentially Yours: Let's Make It! - BIS</p> <p>3:00 pm News Currents</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Chocolate Chip Day</p>	<p>16</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Group Games—BIS</p> <p>2:00 pm Essentially Yours: Roy Wiley, Music—BIS</p> <p>3:30 pm Sing Out!—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Sea Monkey Day</p>	<p>17</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Group Games—BIS</p> <p>2:00 pm Essentially Yours: Resident's Spring Fling—DR</p> <p>3:00 pm Trivia—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Cherry Cobbler Day</p>	<p>18</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise, Chair Yoga w/ Martha—GYM</p> <p>11:00 am Group Games—BIS</p> <p>1:30 pm Group Art—AR</p> <p>1:30 pm Essentially Yours: Crumble Cookie Outing—LOB</p> <p>3:00 pm Happy Hour —BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>Endangered Species Day</p>	<p>19</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Group Games—BIS</p> <p>1:00 pm Series Friday—TR</p> <p>2:00 pm Essentially Yours: Science w Sage: Inflate Balloon—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Devil's Food Cake Day</p>	<p>20</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Group Games—BIS</p> <p>1:30 pm Activities Potpourri/BIS</p> <p>3:00 pm Essentially Yours: Happy Hour Bingo—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Broadway Night: <i>Gypsy</i> —TR</p> <p>National Strawberry Day</p>
<p>21</p> <p>9:00 am Catholic Mass—TR</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Protestant Service/TR</p> <p>11:00 am Group Games—BIS</p> <p>1:00 pm Docu: <i>Surviving Paradise: A Family Tale</i>—TR</p> <p>1:30 pm Group Games—TR</p> <p>3:00 pm Armchair Travel to Greenland—TR</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p>	<p>22</p> <p>9:00am Coffee Chat—Bistro</p> <p>10:00am Balance Class—GYM</p> <p>10:30am Arapahoe Library/LOB</p> <p>11:00 am Group Games—BIS</p> <p>1:30 pm Joyride—LOB</p> <p>2:30 pm Essentially Yours: Let's Make It—BIS</p> <p>3:00 pm News Currents</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>Nati'l Vanilla Pudding Day</p>	<p>23</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Group Games—BIS</p> <p>1:00 pm Essentially Yours: Chris Wells—TR</p> <p>3:00 pm Sing Out!—TR</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Taffy Day</p>	<p>24</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Group Games—BIS</p> <p>11:00 am *Essentially Yours: Garden Center Outing/LOB</p> <p>1:30 pm Biography—TR</p> <p>3:00 pm Root Beer Floats—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>*Eat a late breakfast</p> <p>National Scavenger Hunt Day</p>	<p>25</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise, Chair Yoga w/ Martha—GYM</p> <p>11:00 am Group Games—BIS</p> <p>1:30 pm Essentially Yours Bundt Shoppe Outing/LOB</p> <p>2:00 pm Outdoor Planting—CY</p> <p>3:00 pm Happy Hour—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Wine Day</p>	<p>26</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 Group Games—BIS</p> <p>1:00 pm Series Friday—TR</p> <p>2:00 pm Essentially Yours: Science w Sage DIY Eco-System—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>Nati'l Blueberry Cheesecake Day</p>	<p>27</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Group Games—BIS</p> <p>1:30 pm Activities Potpourri/BIS</p> <p>3:00 pm Essentially Yours: Happy Hour Bingo—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Broadway Night: <i>Wuthering Heights</i>—TR</p> <p>Senior Health & Fitness Day</p>
<p>28</p> <p>9:00 am Catholic Mass—TR</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Protestant Service/TR</p> <p>11:00 am Group Games—BIS</p> <p>1:00 pm Docu: <i>Puff Wonders of the Reef</i>—TR</p> <p>1:30 pm Essentially Yours: Group Games—BIS</p> <p>3:00 pm Armchair Travel, Road Trip Across America: Colorado/TR</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p>	<p>29 MEMORIAL DAY</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00 am Balance Class—GYM</p> <p>11:00 am Group Games—BIS</p> <p>11:00 am—1:00 pm</p> <p>Resident's Memorial Day BBQ</p> <p>1:30 pm Joyride—BIS</p> <p>2:30 pm Essentially Yours: Let's Make It—BIS</p> <p>3:00 pm News Currents</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p>	<p>30</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Group Games—BIS</p> <p>2:00 pm Essentially Yours: Art/Music Appreciation</p> <p>3:00 pm Sing Out!—TR</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Mint Julep Day</p>	<p>31</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Group Games—BIS</p> <p>11:00 am Bonefish Lunch Outing—LOB</p> <p>1:00 pm Essentially Yours: Movie Matinee: Coal Miner's Daughter—TR</p> <p>3:00 pm Root Beer Floats—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Macaroon Day</p>	<p>Happy Birthday to:</p> <p>Jan S. May 1</p> <p>Duane B. May 3</p> <p>Louis C. May 6</p> <p>Shirley S. May 9</p> <p>Jane A. May 13</p> <p>Frank P. May 20</p> <p>Daphne J. May 25</p> 		