


Essentials



October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>1</div> <div>9:00 am Coffee Chat—BIS 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 11:00am Group Games—BIS 11:00 am Protestant Service/TR 11:00 am Broncos v. Bears—BIS 1:30 pm <i>Mysteries at the Museum</i> —TR 3:00 pm Arm Chair Travel—TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</div> <div>International Music Day</div>	<div>2</div> <div>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am Walg/Trader Joe’s—LOB 10:30am Arapahoe Library/LOB 11:00 am Group Games—BIS 1:30 pm Joyride—LOB 1:30 Brain Teasers—BIS 2:30 pm Group Games—BIS 3:00 pm News Currents 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</div>	<div>3 AUDIOLOGY CLINIC</div> <div>9:00 am Coffee Chat—BIS 10:00am Balance Class—GYM 11:00 am Mountain Man—LOB 11:00 am Group Games—BIS 11:00 am Mountain Man—LOB 1:30 pm Art/Music Appreciation—TR 3:00 pm Sing Out! - TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</div> <div>National Animal Day</div>	<div>4</div> <div>9:00 am Coffee Chat—BIS 10:00 am Group Exercise/GYM 11:00 am Group Games—BIS 11:00 am Lunch Outing—LOB 1:30 pm Hawkquest —Atrium 3:00pm Root Beer Floats—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</div> <div>Butterfly/Hummingbird Day</div>	<div>5</div> <div>9:00 am Coffee Chat—BIS 10:00am Group Exercise: Yoga w Martha—GYM 11:00 am Group Games—BIS 1:30 pm Compliment Cards-BIS 1:30pm Essentially Yours—Nothing But Cake-LOB 3:00 pm Happy Hour—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</div>	<div>6</div> <div>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 11:00 am ROMEO—DR 1:30 pm Biography—TR 2:00 pm Science w Sage—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</div> <div>National Poetry Day</div>	<div>7</div> <div>9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 11:00 am Group Games—TR 1:30 pm Activities Potpourri—TR 3:00 pm Happy Hour Bingo—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Broadway Night:—TR</div> <div>World Smile Day</div>
<div>8</div> <div>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 1:30pm <i>Mysteries at the Museum</i> —TR 2:25 pm Broncos v NY Jets—BIS 3:00 pm Arm Chair Travel—TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</div> <div>World Octopus Day</div>	<div>9</div> <div>9:00 am Coffee Chat—BIS 10:00am Exercise Class—GYM 10:00 am Walg/Trader Joe’s—LOB 11:00 am Group Games—BIS 1:30 pm Joyride—LOB 1:30 Classical Pianist-BIS 2:30 pm Group Games—BIS 3:00 pm News Currents 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</div>	<div>10 FLU/VACCINE CLINIC</div> <div>9:00 am Coffee Chat—BIS 10:00am Balance Class—GYM 11:00 am Group Games—BIS 1:30 Music/Art Appreciation-TR 2:00 pm Roy Willey Music-BIS* 3:00 pm Sing Out! - TR* 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</div> <div>National Dessert Day</div>	<div>11 FOOT CLINIC</div> <div>9:00 am Coffee Chat—BIS 10:00 am Group Exercise/GYM 11:00 am Group Games—BIS 1:30 pm Dinosaur Documentary —TR 3:00pm Root Beer Floats—BIS 4:00pm Dinner Outing—LOB 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</div> <div>National Dinosaur/Fossil Day</div>	<div>12</div> <div>9:00 am Coffee Chat—BIS 10:00am Group Exercise: Yoga w Martha—GYM 11:00 am Group Games—BIS 1:30pm Essentially Yours-SeaQuest-LOB 3:00 pm Happy Hour—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR 6:15 pm Broncos v Kansas City</div> <div>World Singing Day</div>	<div>13</div> <div>9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 10:00 am Walg/Trader Joe’s—LOB 11:00 am Group Games—BIS 11:00 am ROMEO—DR 1:30 pm Biography—TR 2:00 pm Science w Sage-BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</div> <div>National Word/Dictionary Day</div>	<div>14</div> <div>9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 11:00 am Group Games—BIS 1:30 pm Activities Potpourri/BIS 3:00 pm Happy Hour Bingo—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Broadway Night:—TR</div> <div>National Pasta Day</div>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
15 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 11:00 am Protestant Service/TR 11:00 am Group Games 1:00 pm <i>Mysteries at Museum</i> /TR 3:00 pm Arm Chair Travel—TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie— TR Alaska Day	16 9:00 am Coffee Chat—BIS 10:00am Balance Class—GYM 10:30am Arapahoe Library/LOB 11:00 am Group Games—BIS 1:30 pm Joyride—LOB 1:30 pm Singer/Entertainer BIS 3:00 pm News Currents 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Friends Day	17 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 1:30 pm Chris Wells—TR 3:30 pm Sing Out!—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Apple Day	18 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 12:30 pm Depart Trishaw Outing 1:30 pm Depart Trishaw Outing 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Make a Difference Day	19 9:00 am Coffee Chat—BIS 10:00am Group Exercise, Chair Yoga w/ Martha—GYM 11:00 am Group Games—BIS 1:30pm Chef Chat/Activities Discussion—TR 1:30pm Essentially Yours Starbucks-LOB 2:00 pm Pin the Tail on the Peanut—BIS 3:00 pm Happy Hour —BIS	20 9:00 am Coffee Chat—BIS 10:00am Group Exercise— 11:00 am ROMEO: Olive Garden- Lunch Outing—LOB 11:00 am Group Games—BIS 1:00 pm Biography—TR 2:00 pm Science w Sage—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR International Artists Day	21 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 1:30 pm Activities Potpourri/BIS 3:00 pm Happy Hour Bingo—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Broadway Night: -TR National Pumpkin Day
22 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 <i>Mysteries at the Museum</i> —TR 2:25 pm Broncos v Green Bay/BIS 3:00 pm Arm Chair Travel —TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Chocolate Day	23 9:00am Coffee Chat—Bistro 10:00am Balance Class—GYM 11:00 am Group Games—BIS 1:30 pm Joyride—LOB 1:30 Book Club—PDR 2:00 pm Group Games—BIS 3:00 pm News Currents 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Oatmeal Day National Day	24 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 1:30 Music/Art Appreciation-TR 3:00 pm Sing Out!—TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Candy Corn Day	25 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 11:00 am Lunch Outing—LOB 1:30 pm Biography—TR 3:00 pm Root Beer Floats—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Cupcake Day	26 9:00 am Coffee Chat—BIS 10:00am Group Exercise, Chair Yoga w/ Martha—GYM 11:00 am Group Games—BIS 1:30pm Essentially Yours Yogurtland-LOB 3:00 pm Happy Hour—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National “I Love Yarn” Day	27 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 10:00 am Walg/Trader Joe’s—LOB 11:00 am Group Games—BIS 11:00 am ROMEO—DR 1:00 pm Biography—TR 2:00 pm Science w/Sage—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Pretzel Day	28 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 1:30 pm Activities Potpourri/BIS 3:00 pm Happy Hour Bingo—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Broadway Night: —TR National Architecture Day
29 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 11:00 am Protestant Service/TR 1:00 pm <i>Mysteries at the Museum</i> —TR 2:25 pm Broncos v Kansas City/BIS 3:00 pm Arm Chair Travel—TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Fruit Day	30 9:00 am Coffee Chat—BIS 10:00 am Balance Class—GYM 11:00 am Group Games—BIS 1:30 pm Joyride—BIS 2:00 pm Group Games—AR 2:00 pm Book Club—TR 3:00 pm News Currents 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Reptile Day	31 HALLOWEEN! 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 11:00 am Mountain Man—LOB 1:30 pm Art/Music Appreciation—TR 3:00 pm Resident Council—TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Color Orange Day	<div></div> <div>Annabel S. Oct. 5 Nicole O. Oct. 9 Evelyn W. Oct. 14 Frankey L. Oct. 16 Viola F. Oct. 18 Sonja H. Oct. 28 Edna G. Oct. 31</div>	All activities and times are Subject to change based on Our residents’ needs.		