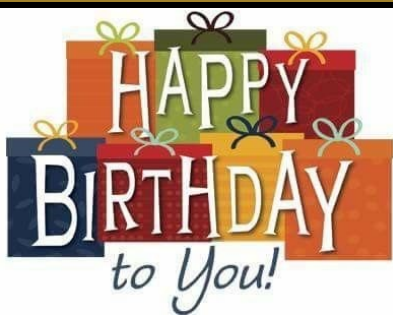


Essentials



November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Mary Frances H. Nov 17 Casmira L. Nov 17 Simone P. Nov 21 Elaine S. Nov 22</p>			<p>1 9:00 am Coffee Chat—BIS 10:00 am Group Exercise/GYM 11:00 am Essentially Yours Group Game—AR 11:00 am Lunch Outing: Rock Bottom—LOB 1:30 pm What is Dia De Los Muertos? - BIS 3:00pm Root Beer Floats—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>Dia De Los Muertos</p>	<p>2 9:00 am Coffee Chat—BIS 10:00am Group Exercise: Yoga w Martha—GYM 11:00 am Essentially Yours Group Game—AR 1:30 pm Art w/Peggy—AR 3:00 pm Happy Hour —BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>National Be Nice Day</p>	<p>3 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Essentially Yours Group Game—AR 11:30 am ROMEO—DR 1:30 pm Wizard of Oz Trivia—BIS 3:00 pm Science w/ Sage—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie: <i>The Wizard of OZ</i>—TR</p> <p>Wizard of OZ Anniversary</p>	<p>4 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 11:00 am Essentially Yours Group Game—AR 1:30 pm Sage Advice—BIS 3:00 pm Happy Hour Bingo—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Broadway Night: <i>Hairspray</i>—TR</p> <p>National Chili Day</p>
<p>5 Daylight Savings Time Ends 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 Essentially Yours Group Game—AR 1:30 pm Documentary: <i>The Code Breaker</i>—TR 3:00 pm Arm Chair Travel—TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>Football Day (Broncos Bye</p>	<p>6 9:00 am Coffee Chat—BIS 10:00am Balance Class—GYM 10:30am Arapahoe Library/LOB 11:00 am Essentially Yours Group Game—AR 1:30 pm Joyride—LOB 2:00 pm Book Club—TR 3:00 pm News Currents 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>Color the World Orange Day</p>	<p>7 Audiology 9:00 am Coffee Chat—BIS 10:00am Balance Class—GYM 11:00 am Essentially Yours Group Game—AR 2:00 pm Music Appreciation Live Entertainment—BIS 3:00 pm Trivia—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>National Dessert Day</p>	<p>8 Foot Clinic 9:00 am Coffee Chat—BIS 10:00 am Group Exercise/GYM 11:00 am Essentially Yours Group Game—AR 11:00 am Lunch Outing: Pint Brothers—LOB 1:30 pm Classical Pianist Gio—BIS 3:00pm Root Beer Floats—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>World Pianist Day</p>	<p>9 9:00 am Coffee Chat—BIS 10:00am Group Exercise: Yoga w Martha—GYM 11:00 am Essentially Yours Group Game—AR 1:30 pm Dance Class—Atrium 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</p> <p>Nuts about Peanut Butter Day</p>	<p>10 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Essentially Yours Group Game—AR 11:30 am ROMEO—DR 1:30 pm Biography—TR 1:30 pm Cupcake Decorating/BIS 3:00 pm Science w/Sage—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR</p> <p>National Vanilla Cupcake Day</p>	<p>11 Veterans Day 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 11:00 am Essentially Yours Group Game—AR 1:30 pm Celebrating CHAL Vets 3:00 pm Happy Hour Bingo—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Broadway Night: <i>Anything Goes</i>—TR</p>

Essentials

November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>12</p> <p>9:00 am Catholic Mass—TR</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Essentially Yours</p> <p>Group Game—AR</p> <p>11:00 am Protestant Service/TR</p> <p>11:00 am Cranium Crunch—BIS</p> <p>1:30 pm Documentary: <i>The Dustbowl</i>—TR</p> <p>3:00 pm Arm Chair Travel—TR</p> <p>6:15 pm Movie— TR</p> <p>National French Dip Day</p>	<p>13</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00 am Balance Class—GYM</p> <p>11:00 am Essentially Yours</p> <p>Group Game—AR</p> <p>1:30 pm Joyride—LOB</p> <p>3:00 pm News Currents</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Broncos v Buffalo—BIS</p> <p>6:15 pm Movie—TR</p> <p>Where in the World Day</p>	<p>14</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Essentially Yours</p> <p>Group Game—AR</p> <p>1:30 pm Roy Wiley—BIS</p> <p>3:00 pm States Game—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Family PJ Day</p>	<p>15</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Essentially Yours</p> <p>Group Game—AR</p> <p>1:30 pm Sage Advice—BIS</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>I Love to Write Day</p>	<p>16</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise, Chair Yoga w/ Martha—GYM</p> <p>11:00 am Essentially Yours</p> <p>Group Game—AR</p> <p>1:30pm Chef Chat—TR</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 Nut Day</p>	<p>17</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00 am Group Exercise—</p> <p>11:00 am ROMEO—DR</p> <p>11:00 am Essentially Yours</p> <p>Group Game—AR</p> <p>1:30 pm Biography—TR</p> <p>3:00 pm Science w/ Sage—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Homemade 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 Essentially Yours</p> <p>Group Game—AR</p> <p>1:30 pm Activities Potpourri/BIS</p> <p>3:00 pm Happy Hour Bingo—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Broadway Night: <i>Billy Elliot Live</i>—TR</p> <p>Apple Cider Day</p>
<p>19</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 Essentially Yours</p> <p>Group Game—AR</p> <p>1:30 pm Documentary: <i>Empire of the Air</i>—TR</p> <p>3:00 pm Arm Chair Travel —TR</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>6:20 pm Broncos v Minnesota/BIS</p>	<p>20</p> <p>9:00 am Coffee Chat—Bistro</p> <p>10:00 am Balance Class—GYM</p> <p>10:30 am Arapahoe Library/LOB</p> <p>11:00 am Book Club—TR</p> <p>1:30 pm Joyride—LOB</p> <p>2:00 pm Cranium Crunch—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>Memorabilia Monday</p>	<p>21</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Essentially Yours</p> <p>Group Game—AR</p> <p>1:30 pm Chris Wells: Beauty and Majesty of America—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>World Hello Day</p>	<p>22</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Essentially Yours</p> <p>Group Game—AR</p> <p>1:30 pm Biography—TR</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 Jukebox Day</p>	<p>23 THANKSGIVING</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Thanksgiving Lunch</p> <p>1:30 pm Movie Matinee: <i>Walk. Ride. Rodeo</i>—TR</p> <p>3:15 pm Movie Matinee: <i>An Old Fashioned Thanksgiving</i>—TR</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p>	<p>24</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00 am Group Exercise—GYM</p> <p>11:00 am Essentially Yours</p> <p>Group Game—AR</p> <p>11:30 am ROMEO—DR</p> <p>1:30 pm Biography—TR</p> <p>3:00 pm Science w/Sage—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie: <i>Butch Cassidy and the Sundance Kid</i>—TR</p> <p>Scot Joplin Birthday</p>	<p>25</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Essentially Yours</p> <p>Group Game—AR</p> <p>1:30 pm Activities Potpourri/BIS</p> <p>3:00 pm Happy Hour Bingo—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Broadway Night: <i>Harvey</i>—TR</p> <p>National Parfait Day</p>
<p>26</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 Essentially Yours</p> <p>Group Game—AR</p> <p>1:30 pm Documentary: <i>The Farthest: NASA's Voyager</i>/TR</p> <p>2:05 pm Broncos v. Cleveland</p> <p>3:00 pm Arm Chair Travel—TR</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>Alice in Wonderland Day</p>	<p>27</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00 am Balance Class—GYM</p> <p>11:00 am Essentially Yours</p> <p>Group Game—AR</p> <p>1:30 pm Joyride—BIS</p> <p>1:30 pm Tree Decorating</p> <p>2:00 pm Book Club—TR</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>November Full Moon</p>	<p>28</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Essentially Yours</p> <p>Group Game—AR</p> <p>1:30 pm Tree Decorating</p> <p>2:00 pm Art/Music Appreciation—TR</p> <p>3:00 pm Resident Council—TR</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>Giving Tuesday</p>	<p>29</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Essentially Yours</p> <p>Group Game—AR</p> <p>1:30 pm <i>Square Dance Caller</i>/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 Square Dance Day</p> <p>National Color Orange Day</p>	<p>30</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00 am Group Exercise, Chair Yoga w/ Martha —GYM</p> <p>11:00 am Essentially Yours</p> <p>Group Game—AR</p> <p>1:30 pm Tree Decorating</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 Mason Jar Day</p>	<p>All activities and times are Subject to change based on Our residents' needs.</p>	