

Essentials



January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 NEW YEARS</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00 am Balance Class—GYM</p> <p>11:00 am Cranium Crunch—BIS</p> <p>1:30 pm Essentially Yours: Joyride—LOB</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>World Day of Peace</p>	<p>2 Audiology</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Balance Class—GYM</p> <p>11:00 am Essentially Yours—AR</p> <p>11:15 am Depart for Movie: <i>Boys in the Boat</i>—LOB</p> <p>2:00 pm Music/Art Appreciation—TR</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>Please eat a large late breakfast if going on Movie Outing.</p> <p>National Cream Puff Day</p>	<p>3 Foot Clinic</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00 am Group Exercise/GYM</p> <p>11:00 am Cranium Crunch—BIS</p> <p>1:30 pm Essentially Yours: Game Show Game: <i>Team Family Feud</i>—BIS</p> <p>3:00pm Root Beer Floats—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>Nat’l Choc Covered Cherry Day</p>	<p>4</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise: Yoga w Martha—GYM</p> <p>11:00 am Cranium Crunch—BIS</p> <p>1:30 pm Essentially Yours: Game Show Game: <i>Concentration</i>—BIS</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 Spaghetti Day</p>	<p>5</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Essentially Yours—AR</p> <p>11:30 am ROMEO—DR</p> <p>1:30 pm Series Friday: <i>Call the Midwife</i>—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 Bird Day</p>	<p>6</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00 am Group Exercise—GYM</p> <p>11:00 am Cranium Crunch—BIS</p> <p>1:30 pm Essentially Yours: Game Show Game: <i>Name That Tune</i>—LR</p> <p>3:15 pm Happy Hour Bingo—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Broadway Night: <i>2 Pianos, 4 Hands</i>—TR</p> <p>National Technology Day</p>
<p>7</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 Protestant Service/TR</p> <p>11:00 am Cranium Crunch—BIS</p> <p>1:30pm Essentially Yours: <i>Docu: The Game Show Show, Episode 1</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>TBD Broncos v. Raiders—BIS</p> <p>National Bobblehead Day</p>	<p>8</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Balance Class—GYM</p> <p>10:30am Arapahoe Library/LOB</p> <p>11:00 am Cranium Crunch—BIS</p> <p>1:30 pm Essentially Yours: Joyride—LOB</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>World Typing Day</p>	<p>9</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Balance Class—GYM</p> <p>11:00 am Cranium Crunch—BIS</p> <p>2:00 pm Essentially Yours: Roy Wiley—BIS</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 Apricot Day</p>	<p>10</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00 am Group Exercise/GYM</p> <p>11:00 am Cranium Crunch—BIS</p> <p>1:30 pm Essentially Yours: Game Show Game: <i>Beat the Clock</i>—BIS</p> <p>3:00pm Root Beer Floats—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Bittersweet Choc. Day</p>	<p>11</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise: Yoga w Martha—GYM</p> <p>11:00 am Cranium Crunch—BIS</p> <p>1:30 pm Essentially Yours: Game Show Game: <i>The Price is Right</i>—BIS</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 Milk Day</p>	<p>12</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00am Group Exercise—GYM</p> <p>11:00 am Essentially Yours—AR</p> <p>11:30 am ROMEO—DR</p> <p>1:30 pm Series Friday: <i>Call the Midwife</i>—TR</p> <p>3:00 pm Potpourri w/ Sage—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Movie—TR</p> <p>National Curried Chicken Day</p>	<p>13</p> <p>9:00 am Coffee Chat—BIS</p> <p>10:00 am Group Exercise—GYM</p> <p>11:00 am Cranium Crunch—BIS</p> <p>1:30 pm Essentially Yours: Game Show Game: <i>Win, Lose, or Draw</i>—BIS</p> <p>3:15 pm Happy Hour Bingo—BIS</p> <p>5:30 pm Daily Wrap Up—BIS</p> <p>6:15 pm Broadway Night: <i>Liza with a “Z”</i>—TR</p> <p>National Peach Melba Day</p>

Sun	MonTueWedThuFri					Sat
14 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 Cranium Crunch—BIS 1:30 pm Docu: <i>The Game Show Show, Episode 2</i> —TR 3:00 pm Arm Chair Travel—TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie— TR National Ratification Day	15 9:00 am Coffee Chat—BIS 10:00 am Balance Class—GYM 11:00 am Cranium Crunch—BIS 1:30 pm Essentially Yours: Joyride—LOB 3:00 pm News Currents 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Bagel Day	16 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Cranium Crunch—BIS 1:30 pm Essentially Yours: Chris Wells—BIS 3:00 pm Sing Out! - BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Fig Newton Day	17 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Cranium Crunch—BIS 1:30 pm Essentially Yours: Game Show Game: <i>Password</i> —BIS 3:00 pm Root Beer Floats—LR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR Betty White’s Birthday	18 9:00 am Coffee Chat—BIS 10:00am Group Exercise, Chair Yoga w/ Martha—GYM 11:00 am Cranium Crunch—BIS 1:30pm Essentially Yours: Game Show Game: <i>Tic, Tac, Dough</i> —TR 3:00 pm Happy Hour —BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Thesaurus Day	19 9:00 am Coffee Chat—BIS 10:00 am Group Exercise— 11:00 am ROMEO—DR 11:00 am Essentially Yours—AR 1:30 pm Series Friday: Call the Midwife—TR 3:00 pm Science w/ Sage—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Popcorn Day	20 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 1:30 pm Essentially Yours: Game Show Game: <i>Let’s Make a Deal</i> —BIS 3:15 pm Happy Hour Bingo—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Broadway Night: <i>American Theater Wing Centennial Concert</i> —TR Nat’l Cheese Lover’s Day
21 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 11:00 am Protestant Service/TR 11:00 am Cranium Crunch—BIS 1:30pm Essentially Yours: Docu: <i>The Game Show Show</i> —TR 3:00 pm Arm Chair Travel —TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Granola Bar Day	22 9:00 am Coffee Chat—Bistro 10:00 am Balance Class—GYM 10:30 am Arapahoe Library/LOB 11:00 am Cranium Crunch—BIS 1:30 pm Essentially Yours: Joyride—LOB 3:00 pm News Currents 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Polka Dot Day	23 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Essentially Yours—AR 11:00 am Mountain Man—LOB 1:30 Music/Art Appreciation/TR 3:00 pm Sing OUT!—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—BIS National Pie Day	24 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Cranium Crunch—BIS 1:30 pm Essentially Yours: Game Show Game: <i>To Tell the Truth</i> —BIS 3:00 pm Root Beer Floats—LR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Peanut Butter Day	25 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Cranium Crunch/BIS 1:30 pm Essentially Yours: Game Show Game: <i>\$64,000 Question</i> —BIS 3:00 pm Happy Hour—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Irish Coffee Day	26 9:00 am Coffee Chat—BIS 10:00 am Group Exercise—GYM 11:00 am Essentially Yours—AR 11:30 am ROMEO—DR 1:30 pm Friday Series: Call the Midwife—TR 3:00 pm Potpourri w/ Sage—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie —TR National Green Juice Day	27 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Cranium Crunch—BIS 1:30 pm Game Show Game: <i>\$10,000 Pyramid</i> —BIS 3:15 pm Happy Hour Bingo—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Broadway Night: <i>Judy Collins: A Love Letter to Stephen Sondheim</i> —TR
28 9:00 am Catholic Mass—TR 10:00am Group Exercise—GYM 11:00 am Protestant Service/TR 11:00 am Cranium Crunch—BIS 1:30 pm Essentially Yours: Docu: <i>Game Show Show, Episode 4</i> — TR 3:00 pm Arm Chair Travel—TR 6:15 pm Movie—TR National Blueberry Pancake Day	29 9:00 am Coffee Chat—BIS 10:00 am Exercise Class—GYM 11:00 am Cranium Crunch—BIS 1:30 pm Essentially Yours: Joyride—LOB 3:00 pm News Currents 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Corn Chip Day	30 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Cranium Crunch—BIS 1:30 pm Essentially Yours: Teaching Kitchen—BIS 3:00 pm Resident Council—TR 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Croissant Day	31 9:00 am Coffee Chat—BIS 10:00am Group Exercise—GYM 11:00 am Cranium Crunch—BIS 1:30 pm Essentially Yours: Game Show Game: <i>Lingo</i> —BIS 3:00 pm Hot Chocolate Bar—BIS 5:30 pm Daily Wrap Up—BIS 6:15 pm Movie—TR National Hot Chocolate Day	<div><div></div><div>Happy Birthday!</div></div> <div><div>Colleen W.</div><div>Carol G.</div><div>Phyllis K.</div><div>Ruth C.</div><div>Alyce U.</div><div>Rickie C.</div><div>Sylvia H.</div><div>Jan 5</div><div>Jan 6</div><div>Jan 8</div><div>Jan 10</div><div>Jan 13</div><div>Jan 13</div><div>Jan 22</div></div>		Please Note: All activities and times are subject to change based on our residents’ needs.