Essentials

April 2024

2 Audiology 9:00 am Coffee Chat- 10:00am Group Exercity 11:00 am Group Games 2:00 pm Essentially Y Music/Art Apprect 3:00 pm Trivia—BIS 5:30 pm Daily Wrap U 6:00 pm Movie—TR	10:00 am Group Exercisenes—BIS 11:00 am Group Games 11:00 am Cherry Cricke Lunch Outing 1:30 pm Essentially You	se/GYM s—BIS Yoga w Martha—G et— 11:00 am Group Games—B g—LOB 1:30 pm Essentially Yours: Baking with Sage— AR 3:00 pm Happy Hour—BIS ts—BIS 5:30 pm Daily Wrap Up—B	11:30 am ROMEO—DR 1:30 pm Series Friday: Springtime Stories—TR 3:00 pm Essentially Yours:	9:00 am Coffee Chat—DR 10:00 am Group Exercise—GYM 11:00 am Group Games—BIS 1:30 pm TED Talks and Conversation—TR 3:00 pm Essentially Yours: Happy Hour Bingo—BIS 5:30 pm Daily Wrap Up—BIS
10:00am Group Exercise oahoe Library/LOB oup Games—BIS ontially Yours: Ride — LOB os Currents of Wrap Up—BIS 10:00am Group Exercise 11:00 am Group Games 2:00 pm Essentially Y Music/Art Apprect 3:00 pm Trivia—BIS 5:30 pm Daily Wrap U 6:00 pm Movie—TR	10:00 am Group Exercisenes—BIS 11:00 am Group Games 11:00 am Cherry Cricke Lunch Outing 1:30 pm Essentially You Gardening — A 3:00pm Root Beer Float	se/GYM s—BIS tet— g—LOB urs: AR 3:00 pm Happy Hour—BIS ts—BIS 10:00am Group Exercise: Yoga w Martha—C 11:00 am Group Games—B 1:30 pm Essentially Yours: Baking with Sage— 3:00 pm Happy Hour—BIS 5:30 pm Daily Wrap Up—B	10:00am Group Exercise—GYM 11:00 am Group Games—BIS 11:30 am ROMEO—DR 1:30 pm Series Friday: Springtime Stories—TR 3:00 pm Essentially Yours:	10:00 am Group Exercise—GYM 11:00 am Group Games—BIS 1:30 pm TED Talks and Conversation—TR 3:00 pm Essentially Yours: Happy Hour Bingo—BIS
2:00 pm Essentially Y Music/Art Apprec 3:00 pm Trivia—BIS 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR	nes—BIS /ours: ciation—TR 11:00 am Group Games 11:00 am Cherry Cricke Lunch Outing 1:30 pm Essentially You Gardening — A 3:00pm Root Beer Float	Yoga w Martha—Cet— 11:00 am Group Games—Beta 1:30 pm Essentially Yours: Baking with Sage— 3:00 pm Happy Hour—BIS ts—BIS 5:30 pm Daily Wrap Up—B	11:00 am Group Games—BIS 11:30 am ROMEO—DR 1:30 pm Series Friday: Springtime Stories—TR 3:00 pm Essentially Yours:	11:00 am Group Games—BIS 1:30 pm TED Talks and Conversation—TR 3:00 pm Essentially Yours: Happy Hour Bingo—BIS
2:00 pm Essentially Y ntially Yours: Ride — LOB 3:00 pm Trivia—BIS 5:30 pm Daily Wrap U Wrap Up—BIS 6:00 pm Movie—TR	11:00 am Cherry Cricket Ciation—TR Lunch Outing 1:30 pm Essentially You Up—BIS Gardening — A 3:00pm Root Beer Float	et— 11:00 am Group Games—B g —LOB 1:30 pm Essentially Yours: Baking with Sage — AR 3:00 pm Happy Hour —BIS ts—BIS 5:30 pm Daily Wrap Up—B	11:30 am ROMEO—DR 1:30 pm Series Friday: Springtime Stories—TR 3:00 pm Essentially Yours:	1:30 pm TED Talks and Conversation—TR 3:00 pm Essentially Yours: Happy Hour Bingo—BIS
ntially Yours: Ride — LOB s Currents Wasic/Art Appred 3:00 pm Trivia—BIS 5:30 pm Daily Wrap U 6:00 pm Movie—TR	Lunch Outing 1:30 pm Essentially You Up—BIS Gardening — A 3:00pm Root Beer Float	g —LOB 1:30 pm Essentially Yours: urs: Baking with Sage — AR 3:00 pm Happy Hour —BIS ts—BIS 5:30 pm Daily Wrap Up—B	1:30 pm Series Friday: Springtime Stories—TR 3:00 pm Essentially Yours:	Conversation—TR 3:00 pm Essentially Yours: Happy Hour Bingo—BIS
Ride — LOB 3:00 pm Trivia—BIS 5:30 pm Daily Wrap U Wrap Up—BIS 6:00 pm Movie—TR	1:30 pm Essentially You Up—BIS Gardening — A 3:00pm Root Beer Float	Baking with Sage – 3:00 pm Happy Hour —BIS ts—BIS 5:30 pm Daily Wrap Up—B	Springtime Stories—TR 3:00 pm Essentially Yours:	3:00 pm Essentially Yours: Happy Hour Bingo—BIS
5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR	Up—BIS Gardening — A 3:00pm Root Beer Float	3:00 pm Happy Hour —BIS ts—BIS 5:30 pm Daily Wrap Up—B	3:00 pm Essentially Yours:	Happy Hour Bingo—BIS
Wrap Up—BIS 6:00 pm Movie—TR	3:00pm Root Beer Float	ts—BIS 5:30 pm Daily Wrap Up—B		
	'	' ' '	S Science w/ Sage—BIS	5:30 pm Daily Wrap Un—BIS
ie—TR	5:30 pm Daily Wrap Up			P T. T. TOP OP DIO
		ייים איסיים וווא ססיים וווע	5:30 pm Daily Wrap Up—BIS	6:00 pm Broadway Night:
	6:00 pm Movie—TR		6:00 pm Movie—TR	Lady Windermere's Fan—TR
Foolery Day National Ferret Day	Nat'l Chocolate Mousse	e Day National Vitamin C Day	National Nebraska Day	National Carmel Popcorn Day
9	10	11	12	13
ee Chat—DR 9:00 am Coffee Chat-			9:00 am Coffee Chat—DR	9:00 am Coffee Chat—DR
up Exercise—GYM 10:00am Exercise Cla			10:00am Group Exercise—GYM	10:00 am Group Exercise—GYM
pup Games—BIS 11:00 am Group Gam				11:00 am Group Games—BIS
ntially Yours: 2:00 pm Essentially Y			•	·
Ride— LOB Roy Wiley—	-TR Lunch Outing	g—LOB 1:30 pm Essentially Yours:	1:30 pm Series Friday:	Conversation—TR
s Currents 3:15 pm Tea and Alm			LOB Springtime Stories—TR	3:00 pm Essentially Yours:
Wrap Up—BIS Cookies in the After	rnoon—BIS Gardening—Al	.R 3:00 pm Happy Hour —BIS	3:00 pm Essentially Yours:	Happy Hour Bingo—BIS
ie—TR 5:30 pm Daily Wrap U	Up—BIS 3:00pm Root Beer Float	ts—BIS 5:30 pm Daily Wrap Up—B	S Potpourri w/ Sage—BIS	5:30 pm Daily Wrap Up—BIS
	5:30 pm Daily Wrap Up	o—BIS 6:00 pm Movie—TR	5:30 pm Daily Wrap Up—BIS	6:00 pm Broadway Night:
6:00 pm Movie—TR	6:00 pm Movie—TR		6:00 pm Movie—TR	Old Hats—TR
		6:00 pm Movie—TR 5:30 pm Daily Wrap Up	6:00 pm Movie—TR 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR	6:00 pm Movie—TR 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR 5:30 pm Daily Wrap Up—BIS

					•	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
14	15	16	17	18	19	20
9:00 am Catholic Mass—TR	9:00 am Coffee Chat — DR	9:00 am Coffee Chat—DR	13 9:00 am Coffee Chat—DR	9:00 am Coffee Chat—DR	9:00 am Coffee Chat — DR	9:00 am Coffee Chat—DR
10:00am Group Exercise—GYM	10:00 am Group Exercise—GYM	10:00am Group Exercise—GYM	10:00am Group Exercise—GYM	10:00am Group Exercise, Chair	10:00 am Group Exercise—	10:00am Group Exercise—GYM
11:00 am Group Games—BIS	10:30 am Arapahoe Library—LIB	11:00 am Group Games—BIS	11:00 am Group Games—BIS	Yoga w/ Martha—GYM	11:00 am ROMEO—Lunch Outing	11:00 am Group Games—BIS
11:00 am Protestant Service/TR	11:00 am Group Games—BIS	1:30 pm Essentially Yours:	11:00 am Bonefish	11:00 am Group Games—BIS	11:00 am Group Games—BIS	1:30 pm TED Talks and
11:00 am Cranium Crunch—BIS	1:30 pm Essentially Yours:	Chris Wells—TR	Lunch Outing—LOB	1:30pm Chef Chat/Activities	1:30 pm Series Friday:	Conversation —BIS
2:00pm Choir Performance -TR	Joy Ride — LOB	3:00 pm Slap Balloon—BIS	1:30 pm Essentially Yours:	Roundtable	The Life of the Forest —TR	3:15 pm Happy Hour Bingo—BIS
3:00 pm Arm Chair Travel—TR	3:00 pm News Currents	5:00 pm Daily Wrap Up—BIS	Gardening —AR	3:00 pm Essentially Yours:	3:00 pm Science w/Sage—BIS	5:30 pm Daily Wrap Up—BIS
5:30 pm Daily Wrap Up—BIS	5:30 pm Daily Wrap Up—BIS	6:00 pm Movie—TR	3:00 pm Root Beer Floats—LR	Happy Hour —BIS	5:30 pm Daily Wrap Up— BIS	6:00 pm Broadway Night: -TR
6:00 pm Movie— TR	6:00 pm Movie—TR		5:30 pm Daily Wrap Up—BIS	5:30 pm Daily Wrap Up—BIS	6:00 pm Movie—TR	Riverdance Live From Beijing
			6:00 pm Movie—TR	6:00 pm Movie–TR		
National Dolphin Day	Titanic Remembrance Day	National Orchid Day	National Haiku Day	National Exercise Day	National North Dakota Day	Pineapple Upside Cake Day
21 9:00 am Catholic Mass—TR	22 PASSOVER BEGINS	23	24	25	26	27
10:00am Group Exercise—GYM	9:00 am Coffee Chat—DR	9:00 am Coffee Chat—DR	9:00 am Coffee Chat—DR	9:00 am Coffee Chat—DR	9:00 am Coffee Chat—DR	9:00 am Coffee Chat—DR
11:00 am Protestant Service/TR	10:00 am Group Exercise—GYM	10:00am Group Exercise—GYM	10:00am Group Exercise—GYM	10:00am Group Exercise—GYM	10:00 am Group Exercise—GYM	10:00am Group Exercise—GYM
11:00 am Cranium Crunch—BIS	11:00 am Group Games—BIS	11:00 am Group Games—BIS	11:00 am Group Games—BIS	11:00 am Group Games—BIS	11:00 am Group Games—BIS	11:00 am Group Games—BIS
1:30pm Docu: How It's Made-TR	1:30 pm Essentially Yours:	1:30pm Music/Art	11:00 am Rock Bottom	1:30 pm Documentary: History	11:30 am ROMEO—DR	1:30 pm Documentary:
3:00 pm Essentially Yours:	Joy Ride—LOB	Appreciation—LOB	Lunch Outing—LOB	of the Telephone—LOB	2:00 pm Handbell Concert—GL	First Ladies—TR
Arm Chair Travel —TR	3:00 pm News Currents	3:00 pm Essentially Yours:	1:30 pm Essentially Yours:	3:00 pm Essentially Yours:	3:00 pm Essentially Yours:	3:00 pm Essentially Yours:
5:30 pm Daily Wrap Up—BIS	5:30 pm Daily Wrap Up—BIS	Rubber Duckie Races—BIS	Gardening—AR	Happy Hour—BIS	Potpourri w/ Sage—BIS	Happy Hour Bingo—BIS
6:00 pm Movie—TR	6:00 pm Movie—TR	5:30 pm Daily Wrap Up—BIS	3:00 pm Root Beer Floats—LR	5:30 pm Daily Wrap Up—BIS	5:30 pm Daily Wrap Up—BIS	5:30 pm Daily Wrap Up—BIS
		6:00 pm Movie—BIS	5:30 pm Daily Wrap Up—BIS	6:00 pm Movie—TR	6:00 pm Movie —TR	6:00 pm Broadway Night: <i>Irving</i>
			6:00 pm Movie—TR			Berlin's Holiday Inn —TR
Chocolate Covered Cashews Day	National Jelly Bean Day	National Picnic Day	National Bucket List Day	World Poetry Day	National Audubon Day	National First Ladies Day
28	29	30 PASSOVER ENDS				
9:00 am Catholic Mass—TR	9:00 am Coffee Chat—DR	9:00 am Coffee Chat—DR				
10:00am Group Exercise—GYM	10:00 am Group Exercise—GYM	10:00am Group Exercise—GYM				
11:00 am Protestant Service/TR	11:00 am Group Games—BIS	11:00 am Group Games—BIS				
11:00 am Cranium Crunch—BIS	1:30 pm Essentially Yours:	1:30 pm Essentially Yours:				
1:30 pm Documentary:	Joy Ride—TR	Music/Art Appreciation: —TR				
Marianne Moore, poetess—TR	2:00 pm Book Club—TR	3:00 pm Resident Council– TR				
3:00 pm Arm Chair Travel—TR	3:00 pm News Currents	5:30 pm Daily Wrap Up—BIS				
5:30 pm Daily Wrap Up—BIS	5:30 pm Daily Wrap Up—BIS	6:00 pm Movie—TR				
6:00 pm Movie—TR	6:00 pm Movie—TR					
Nat'l Great Poetry Reading Day	National Shrimp Scampi Day	National Raisin Day				
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 Documentary: Marianne Moore, poetess—TR 3:00 pm Arm Chair Travel—TR 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR	29 9:00 am Coffee Chat—DR 10:00 am Group Exercise—GYM 11:00 am Group Games—BIS 1:30 pm Essentially Yours:	6:00 pm Movie—BIS National Picnic Day 30 PASSOVER ENDS 9:00 am Coffee Chat—DR 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 1:30 pm Essentially Yours: Music/Art Appreciation: —TR 3:00 pm Resident Council—TR 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR	5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR National Bucket List Day	6:00 pm Movie—TR	6:00 pm Movie —TR	6:00 pm Broadway Ni Berlin's Holiday Inn