

Essentials

April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>James C April 2 Earl J April 17 James B April 20</p> <p>Please Note: All activities and times are subject to change based on our residents' needs.</p>	<p>1</p> <p>9:00 am Coffee Chat— DR 10:00am Group Exercise—GYM 10:30am Arapahoe Library/LOB 11:00 am Group Games—BIS 1:30 pm Essentially Yours: Joy Ride — LOB 3:00 pm News Currents 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR</p> <p>National Tom Foolery Day</p>	<p>2 Audiology</p> <p>9:00 am Coffee Chat—DR 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 2:00 pm Essentially Yours: Music/Art Appreciation—TR 3:00 pm Trivia—BIS 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR</p> <p>National Ferret Day</p>	<p>3 Foot Clinic</p> <p>9:00 am Coffee Chat— DR 10:00 am Group Exercise/GYM 11:00 am Group Games—BIS 11:00 am Cherry Cricket— Lunch Outing —LOB 1:30 pm Essentially Yours: Gardening — AR 3:00pm Root Beer Floats—BIS 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR</p> <p>Nat'l Chocolate Mousse Day</p>	<p>4</p> <p>9:00 am Coffee Chat—DR 10:00am Group Exercise: Yoga w Martha—GYM 11:00 am Group Games—BIS 1:30 pm Essentially Yours: Baking with Sage — AK 3:00 pm Happy Hour —BIS 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR</p> <p>National Vitamin C Day</p>	<p>5</p> <p>9:00 am Coffee Chat—DR 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: Science w/ Sage—BIS 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR</p> <p>National Nebraska Day</p>	<p>6</p> <p>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 6:00 pm Broadway Night: <i>Lady Windermere's Fan</i>—TR</p> <p>National Carmel Popcorn Day</p>
<p>7</p> <p>9:00 am Coffee Chat— DR 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: Beer Tasting— BIS 3:00 pm Arm Chair Travel—TR 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR</p> <p>National Beer Day</p>	<p>8</p> <p>9:00 am Coffee Chat—DR 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 1:30 pm Essentially Yours: Joy Ride— LOB 3:00 pm News Currents 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR</p> <p>National Empanada Day</p>	<p>9</p> <p>9:00 am Coffee Chat—DR 10:00am Exercise Class—GYM 11:00 am Group Games—BIS 2:00 pm Essentially Yours: Roy Wiley—TR 3:15 pm Tea and Almond Cookies in the Afternoon—BIS 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR</p> <p>National Almond Cookie Day</p>	<p>10</p> <p>9:00 am Coffee Chat— DR 10:00 am Group Exercise -GYM 11:00 am Group Games—BIS 11:00 am Perfect Landing— Lunch Outing—LOB 1:30 pm Essentially Yours: Gardening—AR 3:00pm Root Beer Floats—BIS 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR</p> <p>National Farm Animal Day</p>	<p>11</p> <p>9:00 am Coffee Chat— DR 10:00am Group Exercise: Yoga w Martha—GYM 11:00 am Group Games—BIS 1:30 pm Essentially Yours: Outing: Perfect Pets —LOB 3:00 pm Happy Hour —BIS 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR</p> <p>Nat'l Barbershop Quartet Day</p>	<p>12</p> <p>9:00 am Coffee Chat—DR 10:00am Group Exercise—GYM 11:00 am Group Games—BIS 11:30 am ROMEO/Build Day—DR 1:30 pm Series Friday: Springtime Stories—TR 3:00 pm Essentially Yours: Potpourri w/ Sage—BIS 5:30 pm Daily Wrap Up—BIS 6:00 pm Movie—TR</p> <p>National Grilled Cheese Day</p>	<p>13</p> <p>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 6:00 pm Broadway Night: <i>Old Hats</i>—TR</p> <p>National Thomas Jefferson Day</p>

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