

Essentials

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Audiology 9a- Daily Chronical 10a- Moving and Stretching 11a- Mountain Man 11a- Patchwork Pumpkin 1p- Making Caramel Apple Slices 2:15p- Art Appreciation- John Fielder- Rorie 3:15p- Baseball Toss 5:30p- Daily Riddle 6p- Movie: The Rookie	2 National Smarties Day Pediatricist 9a- Daily Chronical 10a- Moving and Stretching 11a- Outing: Lazy Dog 11a- Country Match Game 1p: Autumn Tree Painting 2:15- Armchair Travel: Stanley Hotel: Colorado- Sage 3:15p- Mix and Mingle—Apple Cider Punch 5:30p- Daily Riddle 6p- Movie: Around the Word In 80 Days & Popcorn	3 9a- Daily Chronical 10a- Exercise- Yoga 11a- Reminiscing - Vintage Photos 1:15p- Clay Scents Ables- LR 2p- Clone of a Cracker Jack 3p- Happy Hour- Deb Schear 5:30p- Daily Riddle 6p- Movie: We Bought a Zoo 6:15p- Buccaneers vs Falcons	4 National Smile Day 9a- Daily Chronical 10a- Moving and Stretching 11a- Romeo Club 11a- Friendly Feud 1p- Creative Expressions with Color- LR 2p- Chuck the Duck 3p- Jokes and Laughs 5:30p- Daily Riddle 6p- Movie: Mrs. Doubtfire & Popcorn	5 9a- Daily Chronical 10a- Moving and Stretching 11a- This Day in History Harry Truman- 1st Pres. Speech on TV 12:30- Flower Arranging- LR 1:30p- Lets Learn the Monster Mash 2:30p- Monster Mash Munch 3p- Happy Hour Bingo 5:30p- Daily Riddle
6 9a- Daily Chronical 10a- Moving and Stretching 11a- Football Cornhole 1p- Football Field Dip 2p- Make and Taste Pretzel Rods- LR 2:05p- Bronco's vs Raiders 3p- Sip and Paint- Owl Painting- Sarah 5:30p- Daily Riddle 6p- Movie: Alice in Wonderland & Popcorn	7 9a- Daily Chronical 10a- Exercise w/ Empower Me 10:30a- Arapahoe Library 11a- Halloween Jeopardy 1p- Roll a Jack-O-Lantern 1:30p- Joy Ride 2:15p- Halloween Popcorn Balls 3:15p- News Currents- Rorie 5:30p- Daily Riddle 6p- Movie: The Big Green 6:15p- Saints vs Chiefs	8 9a- Daily Chronical 10a- Moving and Stretching 11a- Candy Match 1p- Lizzy Luppin - LR 2p- Music Appreciation- Leonard Bernstien- Rorie 3:15p- Make Candy Corn Gelatin Cups 5:30p- Daily Riddle 6p- Movie: Tick, Tick...Boom	9 9a- Daily Chronical 10a- Moving and Stretching 11a- Outing: South Suburban Bar & Grill 11a- Mysterious Events Around the World 1:15p- Minute to win it- Apple Stacking 2:15p- Armchair Travel: Edinburgh Castle/Scotland- Sage 3:15p- Mix and Mingle- Candy Corn Gelatin Cups 5:30p- Daily Riddle 6p- Movie: BeetleJuice	10 9a- Daily Chronical 10a- Exercise- Yoga 11a- Way to use Mantras and affirmations 1p- Easy Chocolate Dirt Pie Cups 2p- Pony Bead Pumpkins 3p- Happy Hour- Jim Ehrlich 5:30P- Daily Riddle 6p- Movie: The Parent Trap & Popcorn 615p- 49ers vs Seahawks	11 9a- Daily Chronical 10a- Moving and Stretching 11a- Bounce and Score 11a- Romeo Club 1p- Boogy Ooogy Dance Class 2p- Grab & Go Inventory - Sage 3p- Grab & Go 3p- Lighthouse Ghost Stories 5:30p- Daily Riddle 6p- Movie: Newsies & Popcorn	12 Scarecrow Saturday Yom Kippur 9a- Daily Chronical 10a- Moving and Stretching 11a- Scarecrow Folklore 12:30p- Flower Arranging 1:30p- Candy Corn Scarecrows 2p- This Day in History- Columbus reaches the "New Word" 3p- Happy Hour Bingo 5:30p- Daily Riddle 6p- Movie: Wonder

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>13</p> <p>9a- Daily Chronical 10a- Moving and Stretching 11a– Roll Until You Can’t 1p- Frankenworms Experiment 2p- Table Hockey 2:05p- Bronco’s vs Chargers 3:15p– M&M Feeling Game– LR 5:30p- Daily Riddle 6p– Movie: Honey I Shrunk the Kids & Popcorn</p>	<p>14 National Desert Day</p> <p>9a- Daily Chronical 10a- Exercise w/Empower Me 11a- Exploding Pumpkin Science Experiment 1p- Famous Witches Trivia 1:30p- Joy Ride 2:30p– Drum Circle– LR 3:15p– Spiced Cider– Make and Sip– LR 5:30p- Daily Riddle 6p– Movie: Jumanji</p>	<p>15 I Love Lucy Day</p> <p>9a- Daily Chronical 10a- Moving and Stretching 11a- Famous: “I love Lucy” phrases 1:30p- Chris Wells 2:15p—Art Appreciation: Dale Chihuly- Rorie 3:15p- The Mummy Game 5:30p- Daily Riddle 6p– Movie: Fancy Pants</p>	<p>16</p> <p>9a- Daily Chronical 10a- Moving and Stretching 11a- Outing: NY Deli 11a- What in the Word? 1p- Jewelry- Sarah 2:15p- Armchair Travel: Forbidden City/China-Sage 3:15p- Mix and Mingle– Hocus Pocus Potion Float 5:30p- Daily Riddle 6p– Movie: The Little Rascals &</p>	<p>17 Sukkot</p> <p>9a- Daily Chronical 10a- Exercise: Yoga 10:30a- Coffee Filter Bat 1:30p– Monster Bowling 2:15p– What is Sukkot 3p- Happy Hour- Jim Kurty 5:30p- Daily Riddle 6p– Movie: Hocus Pocus 6:15p– Bronco’s vs Saints</p>	<p>18</p> <p>9a- Daily Chronical 10a- Moving and Stretching 11a- Romeo Club 11a- Hungry Hippo 1p- Paint Pouring Activity 2p- Classic Films Hangman 3p- Mummy Twinkies Pops 5:30p- Daily Riddle 6p– Movie: Hocus Pocus 2 & Popcorn</p>	<p>19</p> <p>9a- Daily Chronical 10a- Moving and Stretching 11a- This Day in History: Americans Defeat the British at Yorktown 1p- Vampire Cookies 2p- Vampire Facts 3p- Happy Hour Bingo 5:30p- Daily Riddle 6p- Movie: Angels in the Outfield</p>
<p>20</p> <p>9a- Daily Chronical 10a- Moving and Stretching 11am- Clone of a Cracker Jack 11 -Bronco’s vs Buccaneers 1p- Paper Mache Lanterns 2p- Break the Code- Sport 3p- Pick Me Up 5:30p- Daily Riddle 6p –Movie: Night at the Museum & Popcorn</p>	<p>21 Pumpkin Cheesecake Day</p> <p>9a- Daily Chronical 10a- Exercise w/Empower Me 10:30-Arapahoe Library 11p- Coffee Mug Painting 1:30p- Joy Ride 2:15p- No Bake Pumpkin Cheesecake 3:15p- News Currents-Rorie 5:30p- Daily Riddle 6p– Movie: Holes 6:15- Ravens vs Buccaneers</p>	<p>22 Horror Movie Day</p> <p>9a- Daily Chronical 10a- Moving and Stretching 11a- Alfred Hitchcock Trivia 1:30p– Mark Paulson– LR 2:30p– Balloon Tennis– LR 3:15p- Modge Podge Pumpkins 5:30p- Daily Riddle 6p– Movie: Think Like a Dog</p>	<p>23</p> <p>9a- Daily Chronical 10a -Moving and Stretching 11a -Outing: Black Eye Pea 11a- Basketball Pong Game 1p- Slime- Sarah 2:15- Armchair Travel: Fairmont Banff Springs Hotel/ Canada- Sage 3:15p- Mix and Mingle– Jack O’Lantern Floats 5:30p- Daily Riddle 6p– Movie: Flubber & Popcorn</p>	<p>24</p> <p>9a- Daily Chronical 10a- Exercise: Yoga 11a- Apple Stamping 1:30p- Chef Chat- Gershwin 2p- Pumpkin Dart 3p- Happy Hour- Steve Smith 5:30p- Daily Riddle 6p– Movie: Big 615p–Vikings vs Rams</p>	<p>25</p> <p>9a- Daily Chronical 10a- Moving and Stretching 11a- Romeo Club 11a- Axe Throwing 1p- Spider Web Suncatchers 2p– Grab & Go Inventory– Sage 3p- Grab & Go 3p- Help your Neighbor Card & Dice Game 5:30p- Daily Riddle 6p– Movie: Cruella & Popcorn</p>	<p>26</p> <p>9a- Daily Chronical 10a- Moving and Stretching 11a- This Day in History: Shootout at the O.K. Corral 1:30p– Family Feud 2:45p- Trick or Treat Street 5:30p- Daily Riddle 6p– Movie: Into the Woods</p>
<p>27</p> <p>9a- Daily Chronical 10a- Moving and Stretching 11a- Guess the Halloween Candy 1p- Ghost Craft 2:25p- Bronco’s vs Panthers 3p- Halloween Mystery Box 5:30p- Daily Riddle 6p– Movie: The Game Plan & Popcorn</p>	<p>28</p> <p>9a- Daily Chronical 10a- Exercise w/Empower Me 11a- Ghost Suckers 1p– Spiderweb Watercolor Art 1:30p- Joy Ride 2:15p- Spider Web Pizza 3:15p- News Currents—Rorie 5:30p- Daily Riddle 6p– Movie: Freaky Friday 6:15p- Giants vs Steelers</p>	<p>29</p> <p>9a- Daily Chronical 10a- Moving and Stretching 11a- Truth and Scare 1:30p- Flying Ghost Experiment 2:15p- Art Appreciation: Italian Art and Architecture-Rorie 3:00p- Resident Council 5:30p- Daily Riddle 6p– Movie: Nanny Mcphee</p>	<p>30</p> <p>9a- Daily Chronical 10a- Moving and Stretching 11a- Outing: Olive Garden 11a- Candy Corn Toss 1:30p– Balloon Badminton 2:45p- Armchair Travel : Valley of the kings- Sage 3:30p- Drink up Witches: Hot Cocoa Social 5:30p- Daily Riddle 6p– Matilda & Popcorn</p>	<p>31 Halloween</p> <p>9a- Daily Chronical 10a—Exercise—Yoga 11a- Pumpkin Putt Putt 1p- Teaching Kitchen- Gershwin 2p- Yarn Pumpkins 3p- Happy Hour- Steve Smith 5:30p- Daily Riddle 6p– Movie: Haunted Mansion 615p -Texans vs Jets</p>	<p>Legend: Green = Outing Blue = Presenter Orange = Bronco Games</p>	<p>Every Sunday there will be 9am Catholic Mass and a 11am Protestant Service televised in the theater</p> <p>Please Note: All activities are subject to change based on the needs/wants of our residents.</p>