

Essentials

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 10- Essentials One-On-One Time 11- Week at a Glance (BIS) 11- Labor Day BBQ!! 1:30- Joyride: Mother Cabrini Shrine 2- Crafting w/Kari (BIS) 3- News Currents w/Rorie! (Upstairs Short Hall) 5:30- Daily Wrap Up (BIS) 6- Movie: Grease & Popcorn	2 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Word Games (BIS) 11:30- Juliet Club Lunch w/ Rorie & Hollyn (DR) 1:30- Armchair Travel: The Most Amazing Places in Colorado (TR) 2:30- Cornhole (BIS or TER) 3:15- Games Galore (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: What About Bob?	3 US Bowling League Day 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Trivia w/Tony (BIS) 11- Lunch Outing: Bonefish Grill 1:30- Music Appreciation w/ Rorie (TR) 2:15- Indoor Bowling (BIS) 3- Happy Hour Trivia (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	4 9:30- Daily News Update (BIS) 10- Yoga (GYM) 11- Discussion: Giving Back (BIS) 1:30- God's Eyes Craft w/ Leon & Hollyn (BIS) 2:15- Resident Council (TR) 3- Happy Hour: John Crabtree (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Barb and Star Go to Vista Del Mar 6:20 - Cowboys vs. Eagles	5 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11 - Discussion: Let's Chat Cards (BIS) 11:30 - ROMEO Lunch Club 1:30- Friday Comedy Club: Rowan & Martin's Laugh-In (TR) 2:15 - Frisbee Golf (BIS or TER) 3- Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Moonstruck	6 National Tailgating Day 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Gratitude Board (BIS) 1:30- Acts of Service Saturday - Assemble care packages for those in need 2- Essentials Residents One-On-One Time 3- Ukelele Performance (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Coming to America
7 National Grandparents Day 9- Catholic Mass (TR) 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11- Rebus Puzzles (BIS) 1-Concert: Tony Bennett Live in London 2007 (TR) 2 - Broncos vs. Titans! (BIS) 2:15- Root Beer Floats (LR) 3- Loteria Fiesta Bingo! (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: The Devil Wears Prada	8 9:30- Daily News Update (BIS) 10 - Essentials One-On-One Time 10- Exercise w/Empower Me 11- Week at a Glance (BIS) 11- Mountain Man! (BIS) 11:30- Arapahoe Library (BIS) 1:30- Joyride: Cherry Creek State Park 2- Crafting w/Kari (BIS) 3- News Currents w/Rorie! (Upstairs Short Hall) 5:30- Daily Wrap Up (BIS) 6- Movie: The Birdcage & Popcorn 6:15-Vikings vs. Bears	9 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Discussion: Let's Chat Cards (BIS) 1:30- Art Appreciation w/ Rorie (TR) 2:30- Frisbee Golf (BIS) 3 - Paint Your Heart Out (BIS) 4 - Essential's Resident's Dinner 5:30- Daily Wrap Up (BIS) 6- Movie: The First Wives Club	10 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Trivia w/Tony (BIS) 11:15- Outing: Garden of the Gods & Lunch at Black Bear Diner 1 - Sensory Art w/Vanessa Hayes (LR) 2:15- 50's Sing Along w/Rorie 3- Mix, Mingle & Music with Barbara Dawson (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	11 9:30- Daily News Update (BIS) 10- Yoga (GYM) 11- Discussion: Let's Chat Cards (BIS) 1 - Essentials Ice Cream Outing 2:15- Grab & Go (BIS) 3- Happy Hour: Ryden Fredericks (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Book Club 6:15 - Commanders vs. Packers	12 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Word Games (BIS) 11:30 - ROMEO Lunch Club 1:30- Friday Comedy Club: The Jack Benny Program (BIS) 2:15-Putt Putt Golf (BIS) 3- Pour Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: The Princess Bride	13 9:30-Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Gratitude Board (BIS) 1:30- Acts of Service Saturday - Cheerful Coloring Messages for Nourish Meals on Wheels 2 - Essentials Residents One-On-One Time 3- Happy Hour Bingo (BIS) 5:30- Daily Wrap Up (BIS) 6-Student Concert w/ Ryden Fredericks 6- Movie: Young at Heart

Sun	Mon	Tue	Wed	Thu	Fri	Sat
14 9—Catholic Mass (TR) 9:30 - Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11—Rebus Puzzles (BIS) 1—Concert: Neil Diamond Greatest Hits Live 1988 (TR) 2:05 - Broncos vs. Colts! (BIS) 2:15—Ice Cream Sundae Sunday! (LR) 3—Loteria Fiesta Bingo! (BIS) 5:30 - Daily Wrap Up (BIS) 6 - Movie: Groundhog Day	15 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 10 - Essentials One-On-One Time 11—Week at a Glance (BIS) 1 - Music w/Ryden Fredericks (LR) 1:30- Joy Ride: Chatfield State Park 3—News Currents w/Rorie! 5:30- Daily Wrap Up (BIS) 6—Movie: Going in Style & Popcorn 8 - Chargers vs. Raiders	16 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Discussion: Let’s Chat Cards (BIS) 11:30—Juliet Club Lunch w/Rorie & Hollyn (DR) 1:30—Armchair Travel: The Most Amazing Places in Montana (TR) 3- September Birthdays’ w/Janet Joe on the piano 5:30- Daily Wrap Up (BIS) 6- Movie: The Pursuit of Happiness	17 Podiatrist Visit 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Trivia w/Tony (BIS) 11 - Lunch Outing: Chili’s Bar & Grill 1:30- Music Appreciation w/Rorie (TR) 2:30—60’s & 70’s Sing Along (BIS) 3—Happy Hour Trivia (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	18 9:30 - Daily News Update (BIS) 10—Yoga (GYM) 11- Word Games (BIS) 1:30 - Health & Wellness w/Erin Brock: Bone Health & Arthritis (TR) 2:15 - Grab & Go (BIS) 3- Happy Hour: Deb Scheer (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: A Man Called Ove 6:15 - Dolphins vs. Bills	19 Walk to End Alzheimer’s 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Mad Libs (BIS) 11:30- Romeo Lunch Club 1—Walk to End Alzheimer’s 2- Friday Comedy Club: The Carol Burnett Show (TR) 3—Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Monster-in-Law & Popcorn	20 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Gratitude Board (BIS) 1:30 - Acts of Service Saturday Cheerful Card Creations for Nourish Meals on Wheels - (BIS) 2 - Essentials One-On-One Time 3—Happy Hour Bingo! (BIS) 5:30—Daily Wrap Up (BIS) 6—Movie: Thelma & Popcorn
21 9—Catholic Mass (TR) 9:30—Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Protestant Service (TR) 11—Rebus Puzzles (BIS) 1- Concert: The Temptations - Live in Concert (TR) 2- Broncos vs. Chargers! (BIS) 2:15—Root Beer Floats (LR) 3—Loteria Fiesta Bingo! (BIS) 5:30- Daily Wrap Up (BIS) 6—Movie: Jersey Boys	22 9:30- Daily News Update (BIS) 10—Exercise w/Empower Me 10 - Essentials One-On-One Time 11—Week at a Glance (BIS) 11:30- Arapahoe Library (BIS) 1:30- Joy Ride: Lookout Mtn 2—Crafting w/Kari (BIS) 3—News Currents w/Rorie! (Upstairs Short Hall) 5:30- Daily Wrap Up (BIS) 6- Movie: Mamma Mia & Popcorn 6:15—Lions vs. Ravens (BIS)	23 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Discussion: Let’s Chat Cards (BIS) 1 -Music with Mark Paulson (LR) 1:30—Story Telling with Chris Wells! (TR) 2:45—Fall Decorations (BIS) 3:15—Games Galore (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Something’s Gotta	24 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Trivia w/Tony (BIS) 11:30 - Movie Outing: Downtown Abbey: The Final Chapter (Regal SouthGlenn) 1 - Sensory Art w/Vanessa Hayes (LR) 3- Mix, Mingle & Music with Barbara Dawson (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	25 9:30—Daily News Update (BIS) 10—Yoga (GYM) 11- Word Games (BIS) 12:30—CHAL Picnic in the Park at deKoevend! 2 - Loteria Fiesta Bingo! (LR) 3- Happy Hour: Ryden Fredericks (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Saving Mr. Banks 6:15—Seahawks vs. Cardinals	26 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Hangman (BIS) 11:30- Romeo Lunch Club 1:30- Friday Comedy: I Love Lucy (TR) 2:15—Bocce Ball (BIS or TER) 3—Reverse Tie Dye w/Tony & Leon (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Rudy & Popcorn	27 National Day of Forgiveness 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Gratitude Board (BIS) 1:30—Acts of Service Saturday Assemble care packages for those in need - (BIS) 2 - Essentials One-On-One Time 3—Happy Hour Bingo! (BIS) 5:30—Daily Wrap Up (BIS) 6- Movie: The Best Exotic Marigold Hotel & Popcorn
28 9- Catholic Mass (TR) 9:30—Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11—Rebus Puzzles (BIS) 1—Concert: Elvis Presley - Aloha from Hawaii (TR) 2:15 - Ice Cream Sundae Sunday! (LR) 3 - Loteria Fiesta Bingo! (BIS) 5:30- Daily Wrap Up (BIS) 6—Movie: Last Vegas	29 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 10 - Essentials One-On-One Time 11—Week at a Glance (BIS) 1:30- Joy Ride: Golden 2 - Crafting w/Kari (BIS) 3—News Currents w/Rorie! (Upstairs Short Hall) 5:30- Daily Wrap Up (BIS) 6 - Movie: The Last Laugh & Popcorn 6:15 - Broncos vs. Bengals!	30 National Love People Day 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Word Games (BIS) 11:30—Juliet Club Lunch w/Rorie & Hollyn 1:30 - Armchair Travel: Wonders of Italy (TR) 3 — New Resident Meet & Greet (BIS) 5—Student Concert with Ryden Fredericks (DR) 5:30—Daily Wrap Up (BIS) 6—Movie: A Dog’s Purpose		HAPPY BIRTHDAY! Barbara G. - September 24th Jim V. - September 30th	Please note CHAL plans our activities to align with Teepa Snow’s philosophy of “filling the day with meaning”. We believe both our staff and residents benefit from engaging in the four categories of meaningful activities to help them feel healthy, happy, purposeful and valued. * All activities are subject to change based on the needs/wants of our residents.	Red = Productivity & Purpose Purple = Leisure & Fun Green = Self– Care (Mind/Body/ Spirit) to include Art, Movement, Music & Animal Assisted Therapy Blue = Rest & Restoration Yellow = Cognitive (BIS)