

Essential's

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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. <i>* All activities are subject to change based on the needs/wants of our residents.</i>			HAPPY BIRTHDAY! Phyllis K. — Jan. 8th Rickie C. — Jan. 13th Sylvia H. — Jan. 22nd	1 National Bloody Mary Day! 9:30: Coffee, Chit Chat & Cheer 10: Move & Stretch (GYM) 11: Neurobics: New Year's Eve Traditions of Past & Present 1:30: Grab & Go! (BIS) 2:15: Essential's Residents Group Time 2:30: Bloody Mary Making w/ Hollyn & Iesha (BIS) 3: Happy Hour: Deb Scheer 4: Essential's Residents Dinner 5:30: Daily Download (BIS) 6: Movie: A League of Their Own	2 9:30: Coffee, Chit Chat, Cheer 10: Move & Stretch (GYM) 11: Activities Update (BIS) 11:30: ROMEO Lunch Club 1:30: Cultural Adventures: Japan (TR) 2:15: Cultural Cuisine w/ Kari & Iesha: Japanese Eats & Treats (BIS) 2:15: Essential's Residents Group Time 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: About Schmidt	3 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Move & Stretch (GYM) 11: Neurobics: White Board Word Games (BIS) 1:30: Acts of Service Sat: Nourish Snack Packs (BIS) 2:15: Gene Levitt Fantasy Island Series (TR) 2:15: Essential's Resident Group Time 3: Happy Hour Bingo! (BIS) 5:30: Daily Download (BIS) 6: Movie: On Golden Pond
4 9: Catholic Service (TR) 9:30: Daily News Update (BIS) 10: Move & Stretch (GYM) 11: Protestant Service (TR) 11: Rebus Puzzles (BIS) 1:30: Football Fiesta & Food (BIS) 1:30: Essential's Residents Group Time 2:25: Broncos vs. Chargers! 3: Games Galore (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Return of the King Elvis Presley Documentary	5 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Exercise w/Empower Me 11: Week at a Glance (BIS) 1:15: Joyride: Red Rocks <i>(*On a first come basis/in order of arrival)</i> 2:15: Edible Crafts w/Hollyn: Pumpkin Pie Pudding (BIS) 3: News Currents w/Rorie! (Upstairs short hall) 5:30: Daily Download (BIS) 6: Movie: A Few Good Men	6 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Move & Stretch (GYM) 11: Essential's Residents Group Time 1:30: Amanda's Global Getaways: France 2:15: Hollyn's Brain Buster's Trivia Challenge: 60's Movies (BIS) 3: Resident Recognition Revelry w/Rorie: Donna H. (BIS) 5:30: Daily Download (BIS) 6: Movie: The Book Club	7 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Move & Stretch (GYM) 11: Mad Libs w/Tony (BIS) 11: Lunch Outing: 3 Margaritas <i>(*requires sign up by the end of the day prior)</i> 1:30: Music Appreciation w/Rorie 2: Loteria Fiesta Bingo! 3: Happy Hour Trivia 5: Pow-Wow & Popcorn (BIS) 6: Movie: The Blind Side	8 Phyllis K.'s Birthday! 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Yoga with Martha (GYM) 11: Neurobics: Dog Trivia w/ Iesha (BIS) 1:30: Giant Connect 4 (BIS) 2:15: Cactus Pot Art w/Mindy & Mary Ann 2:15: Essential's Residents Group Time 3: Happy Hour: Ryden Fredericks (BIS) 4: Essential's Residents Dinner 5:30: Daily Download (BIS) 6: Movie: Queen Bees	9 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Move & Stretch (GYM) 11: Hangman (BIS) 11:30: ROMEO Lunch Club 1:30: Cultural Adventures: 50 Villages in Italy 2:15: Cultural Cuisine w/Kari & Iesha: Italian Eats & Treats 2:15: Essential's Residents Group Time 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Oklahoma	10 NFL Wild Card Rounds! 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Move & Stretch (GYM) 11: Neurobics: White Board Word Games (BIS) 1:30: Acts of Service Sat: Hope for Paws Treat Bags (BIS) 2:15: Gene Levitt Fantasy Island Series (TR) 2:15: Essential's Residents Group Time 3: Happy Hour Bingo! (BIS) 5:30: Daily Download (BIS) 6: Movie: Les Miserables in Concert

Sun	Mon	Tue	Wed	Thu	Fri	Sat
11 NFL Wild Card Rounds! 9: Catholic Service (TR) 9:30: Coffee, Chit Chat Cheer 10: Move & Stretch (GYM) 11: Protestant Service (TR) 11: Rebus Puzzles (BIS) 1:30: Football Fiesta & Food (BIS) 1:30: Essential’s Residents Group Time 2:30: NFL Wild Card Football! 3: Games Galore (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Groundhog Day	12 9:30: Coffee, Chit Chat & Cheer 10: Exercise w/Empower Me 11: Mountain Man 11: Week at a Glance (BIS) 11:30: Arapahoe Library 1: Music with Ryden Fredericks (LR) 1:15: Joyride: Cherry Creek Park 2:15: Edible Crafts w/Hollyn: Smores (BIS) 3: News Currents w/Rorie! 5:30: Daily Download (BIS) 6: Movie: Grumpy Old Men	13 Rickie C.’s Birthday! 9:30: Coffee, Chit Chat & Cheer 10: Move & Stretch (GYM) 11: Essential’s Residents Group Time 11:30: Juliet Club (DR) 1:30: Amanda’s Global Getaways: London 2:15: Hollyn’s Brain Buster’s Trivia Challenge: 50’s Music 3: January Birthday Celebrations! (BIS) 5:30: Daily Download (BIS) 6: Movie: Dog Gone	14 9:30: Coffee, Chit Chat & Cheer 10: Move & Stretch (GYM) 11: Riddles w/Tony (BIS) 11: Lunch Outing: Red Robins <i>(*requires sign up by the end of the day prior)</i> 1:30: Art Appreciation w/Rorie 2: Loteria Fiesta Bingo! (BIS) 3: Mix, Mingle & Music with Barbara Dawson (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Resident Movie Pick	15 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Yoga w/Martha (GYM) 11: Neurobics: Guess 10 (BIS) 1:30: Resident Council (TR) 2:15: Wheel of Fortune (BIS) 2:15: Essential’s Residents Group Time 3: Happy Hour: Steve Smith 5:30: Daily Download (BIS) 6: Movie: Grumpier Old	16 9:30: Coffee, Chit Chat & Cheer 10: Move & Stretch (GYM) 11: Word in a Word (BIS) 11:30: Romeo Lunch Club 1:30: Cultural Adventures: Interesting Cities in Mexico 1:30: Essential’s Residents Group Time 2:15: Cultural Cuisine w/Kari & Iesha: Mexican Eats & Treats 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: The Notebook	17 NFL Divisional Rounds! 9:30: Coffee, Chit Chat & Cheer 10: Move & Stretch (GYM) 11: Discussion: Community Service Ideas & Giving Back (BIS) 1:30: Acts of Service Saturday: Nourish Snack Packs for MOW 2:15: Gene Levitt Fantasy Island Series (TR) 2:15: Essential’s Residents Group Time 3: Happy Hour Bingo! (BIS) 5:30: Daily Download (BIS) 6: Movie: Bye Bye Birdie
18 NFL Divisional Rounds! 9: Catholic Service (TR) 9:30: Coffee & Chit Chat 10: Move & Stretch (GYM) 11: Protestant Service (TR) 11: Rebus Puzzles (BIS) 1:30: Dog Visit w/Zirkel (BIS) 1:30: Essential's Residents GT 2: Football Fiesta & Food! 2:30: NFL Divisional Rounds Football Game (BIS) 3:15: Games Galore (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: The Mystery of Marilyn Monroe	19 Martin Luther King Jr. Day 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Exercise w/Empower Me 11: Week at a Glance (BIS) 1:15: Joy Ride: Chatfield State Park <i>(*On a first come basis/in order of arrival)</i> 2: Book Club w/Beth (TR) 3: News Currents w/Rorie! (Upstairs Short Hall) 5:30: Daily Download (BIS) 6: Movie: Selma (BIS)	20 9:30: Coffee, Chit Chat & Cheer 10: Move & Stretch (GYM) 11: Essential’s Residents Group Time 1:30: Chris Wells: Spain & Walking in El Camino de Santiago 2:15: Mindfulness Coloring (BIS) 3: New Resident Meet & Greet (BIS) 5:30: Daily Download (BIS) 6: Movie: The Rosa Parks Story	21 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Move & Stretch (GYM) 11: Mad Libs w/Tony (BIS) 11: Lunch Outing: Gunther Toody’s <i>(*requires sign up by end of the day prior)</i> 1:30: Music Appreciation w/Rorie (BIS) 2: Loteria Fiesta Bingo! (BIS) 3: Happy Hour Trivia (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Resident Movie Pick	22 Sylvia H’s Birthday 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Yoga w/Martha (GYM) 11: Word Games (BIS) 1:30: Chef Chat w/Gershwin! 2:15: Slap Balloon (BIS) 2:15: Essential’s Residents Group Time 3: Happy Hour: Ryden Fredericks (BIS) 5:30: Daily Download (BIS) 6: Movie: Rescued by Ruby	23 9:30: Coffee, Chit Chat & Cheer 10: Move & Stretch (GYM) 11: Hangman (BIS) 11:30: Romeo Lunch Club 1:30: Cultural Adventures: Vietnam 1:30: Essential’s Residents Group Time 2:15: Cultural Cuisine w/Kari & Iesha: Vietnamese Eats & Treats 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: The Princess Bride	24 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Move & Stretch (GYM) 11: Gratitude Board (BIS) 1:30: Acts of Service Saturday: Nourish Snack Packs (BIS) 2:15: Gene Levitt Fantasy Island Series (TR) 2:15: Essential’s Resident Group Time 3: Happy Hour Bingo! (BIS) 5:30: Daily Download (BIS) 6: Movie: 42nd Street
25 NFL Conf. Championships! 9: Catholic Service (TR) 9:30: Coffee, Chit Chat Cheer 10: Move & Stretch (GYM) 11: Protestant Service (TR) 11: Rebus Puzzles (BIS) 1:30: NFL Playoff Party (BIS) 1:30: Essential’s Residents Group Time 2:15: Games Galore! (BIS) 3: Creative Pursuits w/Tony! (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Elizabeth Taylor: The Lost Tapes	26 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Exercise w/Empower Me 11: Week at a Glance (BIS) 11:30: Arapahoe Library 1:15: Joy Ride: Daniel’s Park <i>(*On a first come basis/in order of arrival)</i> 2: Edible Crafts w/Hollyn: Cotton Candy (BIS) 3: News Currents w/Rorie! (Upstairs Short Hall) 5:30: Daily Download (BIS) 6: Movie: What About Bob?	27 9:30: Coffee, Chit Chat & Cheer 10: Move & Stretch (GYM) 11: Essential’s Residents Group Time 11:30: Juliet Club (DR) 1: Music with Mark Paulson (LR) 1:30: Ms. CO Senior America Showcase Performance (BIS) 2:15: Word Search Frenzy (BIS) 3: Resident Recognition Revelry w/Rorie: Joyce L. (BIS) 5:30: Daily Download (BIS) 6: Movie: My Cousin Vinny	28 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Move & Stretch (GYM) 11: Riddles w/Tony (BIS) 11: Lunch Outing: Olive Garden <i>(*requires sign up by the end of the day prior)</i> 1:30: Art Appreciation w/Rorie (BIS) 2: Loteria Fiesta Bingo! (BIS) 3: Mix, Mingle & Music with Barbara Dawson (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Resident Movie Pick	29 9:30: Coffee, Chit Chat & Cheer (BIS) 10: Yoga w/Martha (GYM) 11: Word Games (BIS) 1:30: Teaching Kitchen w/Gershwin! (BIS) 2:15: Essential’s Residents Group Time 2:30: Grab & Go 3: Happy Hour: Joyce Karchere (BIS) 5:30: Daily Download (BIS) 6: Movie: The Greatest Showman	30 9:30: Coffee, Chit Chat & Cheer 10: Move & Stretch (GYM) 11: Hangman (BIS) 11:30: Romeo Lunch Club 1:30: Cultural Adventures: Germany 1:30: Essential’s Residents Group Time 2:15: Cultural Cuisine w/Kari & Iesha: German Eats & Treats 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Starsky & Hutch	31 9:30: Coffee, Chit Chat & Cheer 10: Move & Stretch (GYM) 11: Discussion: Favorite Games as a Kid 1:30: Acts of Service Saturday: Rooted & Flow (a Mutual Aid Food Program) Meal Pack (BIS) 2:15: Gene Levitt Fantasy Island Series (TR) 2:15: Essential’s Residents Group Time 3: Happy Hour Bingo! (BIS) 5:30: Daily Download (BIS) 6: Movie: Remember the Titans