

Essentials

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Helen C.'s Birthday! 9: Catholic Service (TR) 9:30: Coffee & the Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Protestant Service (TR) 11: Rebus Puzzles (BIS) 1:30: Football Documentary: ELWAY (TR) 2:15: Edible Crafts w/Kari - Cotton Candy (BIS) 3: Games Galore - Perfection & Jenga (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Topper (1937)	2 Groundhog Day! 9:30: Coffee & the Daily Chronicle (BIS) 10: Exercise w/Empower Me 11: Week at a Glance (BIS) 1:15: Joyride: Cherry Creek State Park <i>(*on a first come basis/in order of arrival)</i> 2:15: Valentine Cork Hearts w/Hollyn (BIS) 3: News Currents w/Rorie! (Upstairs short hall) 5:30: Relax & Reflect (BIS) 6: Movie: Groundhog Day	3 9:30: Coffee & the Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 10:30: Yoga w/Emmy (LR) 1:30: Art Appreciation w/Rorie: Pablo Picasso (TR) 2:15: History of the Olympics Trivia (BIS) 2:15: Essentials Residents Group Time 3: New Resident Meet & Greet (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: Airport 6: Pro Bowl Football (BIS)	4 9:30: Coffee & the Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Discussion: Iconic Olympic Athletes 11: Lunch Outing: Denny's <i>(requires sign up by prior eve)</i> 1:30: Trivia w/Tony (BIS) 2: Loteria Fiesta Bingo! (BIS) 3: Top Olympic Highlights & Happy Hour (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Resident Pick	5 9:30: Coffee & the Daily Chronicle (BIS) 10: Yoga with Martha (GYM) 11: Neurobics: Name That Medalist (BIS) 11: Winter Olympics: Curling 1:30: Chasing Gold: Milan Cortina 2026 Episode 1 (TR) 3: Happy Hour: Mark Paulson (BIS) 4: Essentials Residents Group Dinner (DR) 5:30: Relax & Reflect (BIS) 6: Movie: The Nutty Professor	6 Joy D.'s Birthday! 9:30: Coffee & the Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Olympics: Women's Figure Skating (BIS) 11:30: ROMEO Lunch Club 1:30: Cultural Adventures: Greek Culture 2:15: Cultural Cuisine w/Kari & Iesha: Gyros (BIS) 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Comedy Classic: Some Like It Hot (1959)	7 9:30: Coffee & the Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Neurobics: Superbowl Trivia (BIS) 1:30: Chasing Gold: Milan Cortina 2026 Episode 2 (TR) 2:15: Essential's Residents Group Time 2:45: Student Violin Performance (BIS) 3: Happy Hour Bingo! (BIS) 5:30: Relax & Reflect (BIS) 6: Musical: Guys & Dolls
8 SUPER BOWL LX!! 9: Catholic Service (TR) 9:30: Coffee & the Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Protestant Service (TR) 11: Rebus Puzzles (BIS) 11:30: WO: Figure Skating 1:30: Essential's Residents Group Time 2:15: Football Toss (BIS) 3:00: Super Bowl Pre Game Party (BIS) 4:30: Super Bowl Sunday LX 5: Pow-Wow & Popcorn (BIS) 6: Movie: Remember the Titans	9 9:30: Coffee & the Daily Chronicle (BIS) 10: Exercise w/Empower Me 11: Week at a Glance (BIS) 11: Mountain Man 11:30: Arapahoe Library 1: Music with Ryden Fredericks (LR) 1:15: Joyride: Daniel's Park 1:30: Essentials Residents Group Time 2:15: Edible Crafts w/Hollyn: Gold Medal Milk Shakes (BIS) 3: News Currents w/Rorie! (Upstairs short hall) 5:30: Relax & Reflect (BIS) 6: Movie: Born Free	10 9:30: Coffee & the Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 10:30: Yoga w/Emmy (LR) 11: Finish the Expression Cards 11:30: Juliet Club 1:30: Dog visit with Sugar Plum 2:00: Rooted w/Hollyn - Grow Spider Plants for Brent's Place <i>(Acts of Kindness)</i> 2:15: Essential's Residents Group Time 3: February Birthdays Party w/Janet Joe on piano (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: The Jazz Singer	11 9:30: Coffee & the Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Mad Libs w/Tony (BIS) 11: WO: Curling (BIS) 11: Lunch Outing: Arby's <i>(requires sign up by prior eve)</i> 1:The History of the National Senior Olympics and 2025 Recap (TR) 2: Loteria Fiesta Bingo! (BIS) 3: Mix & Mingle w/Barbara Dawson (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Resident Pick	12 Liz M.'s Birthday! 9:30: Coffee & the Daily Chronicle (BIS) 10: Yoga with Martha (GYM) 11: Winter Olympics Hangman (BIS) 1: WO: Men's Ice Hockey (BIS) 1:30: Grab & Go (BIS) 2: Loteria Bingo! (LR) 2:15: Essentials Residents Group Time 3: Happy Hour: Ryden Fredericks (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: 9 to 5	13 9:30: Coffee & the Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: WO: Figure Skating 11: Trivia: Places in Canada 11:30: ROMEO Lunch Club 1:30: Cultural Adventures: Canadian Culture 2:15: Cultural Cuisine w/Kari & Iesha: Canadian Sweet Treats (BIS) 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Comedy Show: The Pink Panther (1963)	14 Valentine's Day! 9:30: Coffee & the Daily Chronicle (BIS) 10: Exercise & Energize 11: Dad Jokes w/Tony (BIS) 11: WO: Men's Ski Jumping 1:30: Olympic Rings Chain Making for LR (BIS) 1:30: Chasing Gold: Milan Cortina 2026 Episode 3 (TR) 2:15: Valentine's Cookie Decorating (BIS) 3: Happy Hour Bingo! (BIS) 5:30: Relax & Reflect (BIS) 6: Musical: There's No Business like Show Business

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15 9: Catholic Service (TR) 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Protestant Service (TR) 1:30: Chasing Gold: Milan Cortina 2026 Episode 3 (TR) 2:15: Olympic Ring Cupcake Making (BIS) 3: Olympics Happy Hour with Golden Medal Spritz’s (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Bottle Shock	16 President’s Day 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise w/Empower Me 11:30: Arapahoe Library 11: Week at a Glance (BIS) 1:15: Joyride: Chatfield State Park (<i>*on a first come basis</i>) 1:30: Essentials Residents GT 2:15: Edible Crafts w/Hollyn: Chocolate Marshmallow Barbells 3: News Currents w/Rorie! (USH) 5:30: Relax & Reflect (BIS) 6: Movie: I Like Flynn	17 Carol S.’s Birthday! 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 10:30: Yoga w/Emmy (LR) 11: Neurobics: Guess 10 1:30: Chris Wells (TR) 2:30: Axe Throwing (BIS) 2:30: Essentials Residents Group Time 3: Music w/Joyce Karchere (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: Woman’s World	18 Diane C., Jim F. & Marty B.’s Birthday 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Riddles w/Tony (BIS) 11: Lunch Outing: Taziki’s Mediterranean Café 1:15: Chasing Gold Milan Cortina 2026 Episode 5 (TR) 2: Loteria Fiesta Bingo! (BIS) 3: Trivia w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Resident Movie Pick	19 9:30: Coffee & The Daily Chronicle (BIS) 10: Yoga w/Martha (GYM) 11: Neurobics: Mad Libs (BIS) 1:30: Chef Chat w/Gershwin (BIS) 2:15: Olympic Ring Toss (BIS) 3: Happy Hour: Steve Smith (BIS) 4: Essentials Residents Group Dinner (DR) 5:30: Relax & Reflect (BIS) 6: Movie: Miracle	20 National Love Your Pet Day! 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Word in a Word (BIS) 11:30: Romeo Lunch Club 1:30: Cultural Adventures: Indian Culture 2:15: Cultural Cuisine w/Kari & Iesha: Coconut Curry Chicken 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Dr. No (1962)	21 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Neurobics: Hangman (BIS) 1: Flower Arranging w/Rorie (LR) 1:30: Acts of Service: Doggy bags for Hope for Paws Colorado (BIS) 2:15: Chasing Gold Milan Cortina Episode 6 (TR) 3: Happy Hour Bingo! (BIS) 5:30: Relax & Reflect (BIS) 6: Musical: Dream Girls
22 Barbara S.’s Birthday! 9: Catholic Service (TR) 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Protestant Service (TR) 1:30: Chasing Gold Milan Cortina Final Episode (TR) 2:15: Ice Cream Sundaes (LR) 3: The best of Milan Cortina Wrap Up Happy Hour (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Documentary: Sinatra All or Nothing 6 pm: WO Closing Ceremony	23 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise w/Empower Me 11: Week at a Glance (BIS) 11:30: Arapahoe Library 1:15: Joy Ride: Red Rocks (<i>*on a first come basis</i>) 1:30: Essentials Residents GT 2:15: Edible Crafts w/Hollyn: Smares! 3: News Currents w/Rorie! 5:30: Relax & Reflect (BIS) 6: Movie: It Happened One Night	24 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 10:30: Yoga w/Emmy (11:30: Juliet Club (DR) 1: Music w/Mark Paulson (LR) 1:30: Rooted w/Hollyn - Plant Spider Plants for Brent’s Place 2:15: Card Club (BIS) 3: Resident Recognition & Revelry: Helen C. (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: Boys in the Boat	25 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Riddles w/Tony (BIS) 11: Lunch Outing: The Original Pancake House (<i>*requires sign up by prior eve</i>) 1:15: Cultural Connections 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	26 9:30: Coffee & The Daily Chronicle (BIS) 10: Yoga w/Martha (GYM) 11: Word Games (BIS) 11: Essentials Residents Lunch Outing: Bad Daddy’s Burger Bar 1:30: Teaching Kitchen w/Gershwin! (BIS) 2:15: Grab & Go (BIS) 3: Happy Hour: Ryden Fredericks (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: Chariots of Fire	27 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Hangman (BIS) 11:30: Romeo Lunch Club: Burger King 1:30: Cultural Adventures: England (TR) 2:15: Cultural Cuisine w/Kari & Iesha: English Comfort Food (w/Daphne) 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Moonstruck	28 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Discussion: Volunteer Work (BIS) 1: Flower Arranging w/Rorie (LR) 1:30: Acts of Service Saturday: Nourish Meals on Wheels Snack Pack (BIS) 2: Touched by an Angel (TR) 3: Happy Hour Bingo! (BIS) 5:30: Relax & Reflect (BIS) 6: Musical: The King and I
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!!! Helen C. — Feb. 1st Joy D. — Feb. 6th Liz M. — Feb. 12th Carol S. — Feb. 17th Diane C. — Feb. 18th Jim F.—Feb. 18th Marty B. — Feb. 18th Barbara S. — Feb. 22nd				