

Essentials

March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 9: Catholic Service (TR) 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Protestant Service (TR) 11: Rebus Puzzles (BIS) 1: Essential's Group Time (AR) 1:30: Musical Documentary: Elvis - That's the Way it Is (TR) 2:15: Pool Noodle Hockey 3: Mix, Mingle & Musical Trivia (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Poms (TR)</p>	<p>2 Patty L. & Marguerite V.'s Birthday! 9:30: Coffee & the Daily Chronicle (BIS) 10: Exercise w/Empower Me 11: Week at a Glance (BIS) 1:15: Joyride w/Gershwin! (*on a first come basis) 2:15: Edible Snacks w/Hollyn (BIS) 3: News Currents w/Rorie! (Upstairs short hall) 5:30: Relax & Reflect (BIS) 6: Movie: Thelma (TR)</p>	<p>3 Jim T.'s Birthday! 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Neurobics: Word in a Word (BIS) 1:15: Art Appreciation w/Rorie: Irish Artists (TR) 2: Essential's Group Time (AR) 2:30: Croquet (BIS) 3: New Resident Meet & Greet (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: Once (TR)</p>	<p>4 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Discussion: Lucky Moments Memories w/Rorie (BIS) 11: Lunch Outing: Village Inn (requires sign up by prior eve) 1:30: Cultural Connections with Rorie (BIS) 2: Loteria Fiesta Bingo! (BIS) 3: Trivia with Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Resident Pick (TR)</p>	<p>5 9:30: Coffee & The Daily Chronicle (BIS) 10: Yoga with Martha (GYM) 11: Neurobics: Classic Irish Phrases (BIS) 1: Essential's Outing! (L-TBD) 1:30: Indoor Gardening w/Hollyn - Growing Luck: Four Leaf Clovers (BIS) 2:15: Let's Play Yahtzee! (BIS) 3: Happy Hour: Deb Scheer (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: Oh God! (TR)</p>	<p>6 Employee Appreciation Day! 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Neurobics: Wheel of Fortune (BIS) 11:30: ROMEO Lunch Club 1:30: Cultural Adventures: South Korea (BIS) 2: Cultural Cuisine w/Kari & Ilesha: Korean Bibimbap (BIS) 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Comedy Classic: The Cheap Detective (TR)</p>	<p>7 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Neurobics: Irish Riddles w/Tony (BIS) 12:30: Bible Study (PDR) 1:30: Acts of Service Saturday (BIS) 2: Essential's Group Time (AR) 3: Happy Hour Bingo! (BIS) 5:30: Relax & Reflect (BIS) 6: Musical: Into the Woods (TR)</p>
<p>8 Daylight Saving Time Starts! International Women's Day! 9: Catholic Service (TR) 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Protestant Service (TR) 11: Rebus Puzzles (BIS) 1: Essential's Group Time (AR) 1:30: Documentary: The Last Repair Shop (TR) 2:15: Balloon Volleyball (BIS) 3:00: Mix, Mingle & Musical Trivia (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: The Quiet Man (TR)</p>	<p>9 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise w/Empower Me 11: Week at a Glance (BIS) 11:30: Arapahoe Library 1: Music w/Ryden Fredericks (LR) 1:15: Joyride: Mother Cabrini Shrine (*on a first come basis) 2:15: Edible Snacks w/Hollyn (BIS) 3: News Currents w/Rorie! (Upstairs Short Hall) 5:30: Relax & Reflect (BIS) 6: Movie: The Life List (TR)</p>	<p>10 Harriet Tubman Day! 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Discussion: Harriet Tubman (BIS) 11: Essential's Lunch Outing (L-TBD) 11:30: Juliet Club (DR) 1:30: Music Appreciation w/Rorie: Famous Crooners of the 50's & 60's (TR) 2:15: Putt Putt Golf (BIS) 3: All the Comfort of Home — Comedy Play by Drama in Progress (TBD Atrium or BIS) 5:30: Relax & Reflect (BIS) 6: Movie: Road to Singapore</p>	<p>11 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Mad Libs w/Tony (BIS) 11: Lunch Outing: Lazy Dog (requires sign up by prior eve) 1:30: Cultural Connections with Rorie (BIS) 2: Loteria Fiesta Bingo! (BIS) 3: Mix & Mingle w/Barbara Dawson (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Resident Pick (TR)</p>	<p>12 9:30: Coffee & The Daily Chronicle (BIS) 10: Yoga with Martha (GYM) 11: Neurobics: St. Patrick's Day Family Feud (BIS) 1:30: Grab & Go (BIS) 2:15: Pool Noodle Hockey (BIS) 3: Happy Hour: Ryden Fredericks (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: Night at the Museum (TR)</p>	<p>13 Jenny M.'s Birthday! 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Neurobics: St. Patrick's Day Word Search (BIS) 11:30: ROMEO Lunch Club 1:30: Cultural Adventures: Ireland 2:15: Cultural Cuisine w/Kari & Ilesha: Irish Boiled Bacon & Cabbage (BIS) 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Comedy Classic: It's A Mad, Mad, Mad, Mad World (TR)</p>	<p>14 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Neurobics: Irish Jokes with Tony (BIS) 12:30: Bible Study (PDR) 1:30: Acts of Service Saturday (BIS) 2: Essential's Group Time (AR) 3: Happy Hour Irish Bingo! (BIS) 5:30: Relax & Reflect (BIS) 6: Musical: Newsies (TR)</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>15 9: Catholic Service (TR) 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Protestant Service (TR) 1: Essential's Group Time (AR) 1:30: Documentary: Older Than Ireland (TR) 2:15: Cornhole (BIS) 3: Cindy Klick on the Piano (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Belfast (TR)</p>	<p>16 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise w/Empower Me 11: Week at a Glance (BIS) 1:15: Joyride: Sloan's Lake (*on a first come basis) 1:30: Essentials Group Time (AR) 2: Book Club w/Beth (TR) 2:15: Edible Crafts w/Hollyn (BIS) 3: News Currents w/Rorie! (USH) 5:30: Relax & Reflect (BIS) 6: Movie: Sing Street (TR)</p>	<p>17 St. Patrick's Day! 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: St. Patrick's Day Trivia 12:30: Joyce Karchere - Irish Tunes (BIS) 1:30: Chris Wells (TR) 3: Lucky Charm Bash: Irish Cookie Decorating, Green Beer & Shenanigans (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: Walking Ned Devine (TR)</p>	<p>18 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Neurobics: Riddles w/Tony 11: Lunch Outing: Applebee's (*requires sign up by prior eve) 1:15: Cultural Connections w/Rorie (BIS) 2: Loteria Fiesta Bingo! (BIS) 3: Trivia w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Resident Pick (TR)</p>	<p>19 9:30: Coffee & The Daily Chronicle (BIS) 10: Yoga w/Martha (GYM) 11: Neurobics: Hangman 1: Essential's Outing! (L-TBD) 1:30: Chef Chat w/Gershwin (BIS) 2:15: Indoor Gardening w/Hollyn: Four Leaf Clovers & Herbs (BIS) 3: Happy Hour: Steve Smith 5:30: Relax & Reflect (BIS) 6: Movie: At War with the</p>	<p>20 9:30: Coffee & The Chronicle 10: Exercise & Energize (GYM) 11: Finish the Expression (BIS) 11:30: ROMEO Lunch Club 1:30: Cultural Adventures: Hawaii (TR) 2: Cultural Cuisine w/Kari & Ilesha: Spam Musubi w/Special Guest Chef Tony (BIS) 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: The Paleface (TR)</p>	<p>21 National Poetry Day 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Neurobics: Interesting Poetry w/Tony (BIS) 12:30: Bible Study (PDR) 1:30: Acts of Service Saturday 2: Essential's Group Time (AR) 3: Happy Hour Bingo! (BIS) 5:30: Relax & Reflect (BIS) 6: Musical: Sunday in the Park w/George (TR)</p>
<p>22 9: Catholic Service (TR) 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Protestant Service (TR) 1: Essential's Group Time (AR) 1:30: Musical Documentary: Amazing Grace: Aretha Franklin 2:15: Koosh Ball Basketball 3: Mix, Mingle & Musical Trivia (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Topper (1937) (TR)</p>	<p>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: Glimpses of Golden (*on a first come basis) 2:15: Edible Crafts w/Melia (BIS) 3: News Currents w/Rorie! (Upstairs Short Hall) 5:30: Relax & Reflect (BIS) 6: Movie: Rock-A-Bye Baby (TR)</p>	<p>24 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Discussion: National Medal of Honor Day (BIS) 11:30: Juliet Club (DR) 1:30: Music Appreciation w/Rorie: the 70's! (TR) 2:15: Essential's Group Time (AR) 3: March Birthdays Party Celebration w/Janet Joe (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: The Mark of Zorro</p>	<p>25 National Medal of Honor Day/Dennis P.'s Birthday! 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Riddles w/Tony (BIS) 11: Lunch Outing: Chili's (*requires sign up by prior eve) 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 Pick (TR)</p>	<p>26 9:30: Coffee & The Daily Chronicle (BIS) 10: Yoga w/Martha (GYM) 11: White Board Word Games (BIS) 11: Essential's Lunch Outing! (L-TBD) 1:30: Teaching Kitchen w/Gershwin! (BIS) 2:30: Grab & Go (BIS) 3: Happy Hour: Ryden Fredericks (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: What a Way to Go!</p>	<p>27 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Hangman (BIS) 11:30: ROMEO Lunch Club 1:30: Cultural Adventures: South Africa (TR) 2: Cultural Cuisine w/Kari & Ilesha: South African Dessert w/Special Guest Chef Gershwin (BIS) 3: Sip & Paint w/Tony (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Jailhouse Rock (TR)</p>	<p>28 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Neurobics: Jokes w/Tony (BIS) 12:30: Bible Study (PDR) 1:30: Acts of Service Saturday (BIS) 2: Essential's Group Time (AR) 3: Happy Hour Bingo! (BIS) 5:30: Relax & Reflect (BIS) 6: Musical: Singin' in the Rain (TR)</p>
<p>29 Palm Sunday! 9: Catholic Service (TR) 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Protestant Service (TR) 1: Essential's Group Time (AR) 1:30: Documentary: Sunday Best: The Untold Story of Ed Sullivan (TR) 2:15: Indoor Chair Bowling 3: Cindy Klick on the Piano (BIS) 5: Pow-Wow & Popcorn (BIS) 6: Movie: Road to Bali (TR)</p>	<p>30 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise w/Empower Me 11: Week at a Glance (BIS) 1:15: Joy Ride: Cherry Creek State Park (*on a first come basis) 2:15: Edible Crafts w/Hollyn (BIS) 3: News Currents w/Rorie! (Upstairs Short Hall) 5:30: Relax & Reflect (BIS) 6: Movie: There's No Business Like Show Business (TR)</p>	<p>31 9:30: Coffee & The Daily Chronicle (BIS) 10: Exercise & Energize (GYM) 11: Neurobics: Mad Libs (BIS) 1: Music w/Mark Paulson (LR) 1:30: Rooted w/Hollyn - Indoor Herbs, Fruits & Veggies (BIS) 2:15: Card Club (BIS) 3: Resident Recognition & Revelry w/Rorie: Larry P. (BIS) 5:30: Relax & Reflect (BIS) 6: Movie: Mary Poppins (TR)</p>			<p>HAPPY BIRTHDAY!!! Patty L. — March 2nd Marguerite V. — March 2nd Jim T. — March 3rd Jenny M. — March 13th Dennis P. — March 25th</p>	<p>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.</p>