

October 2024



Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Strength & Conditioning (FC) 9:30 Manicures with Rachel (2AC) 9:30 Men's Coffee Crew & Meeting (GCS) 10:00 Balance Exercise (FC) 10:30 Fall Leaf Peeping Drive (B) 10:45 Assisted Living Fitness (2AC) 1:30 Advisory Committee (GCS) 2:00 Armchair Travel: Art of Prehistoric Europe (CR) 3:15 Musical Baseball (2AC)	2 9:00 Resident Computer Counselor (Lby) 10:00 Koelbel Library (Lib) 10:00 Nails by Missy 10-3 (AN) 10:30 Cooking with Joanna- Pumpkin Pudding Cookies (CRA) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 1:30 Tech Talk w/ Ben- Social Media Security (CR) 2:00 Stretch and Flex (FC) 3:00 Perennial Presents: Medicare 101 (CR) 3:30 Wine'd Down Wednesday Social (Lby) 7:00 Night Owl Bingo (Lby)	3 9:00 Strength & Conditioning (FC) 10:00 Balance Exercise (FC) 10:00 Nails by Missy 10-3 (AN) 10:30 Resident Welcomers (Lib) 10:45 Assisted Living Fitness (2AC) 1:00 Cribbage (3AC) 2:00 Fiddlin' Fran (Lby) 3:15 Autumn Word Game (2AC) 3:30 Intro to Pen Pal Program (CRA) 6:30 Canasta (Lib)	4 9:00 Vaccine Clinic (CR) 10:30 Friday Bingo with Rachel (2AC) 10:30 Choir Practice (CR) 1:00 Bridge (3AC) 1:00 Balance Exercise (FC) 1:30 Chris Wells Presents- "Arizona Ghost Towns -Tales of the Old West" (CR) 3:30 Go to "Bat" (2AC)	5 8:00 Activity Packets (AN) 10:00 Movin' in the Morning (2AC) 10:15 Rummikub (3AC) 10:30 Virtual Tour- Copenhagen (2AC) 1:30 Bingo! (CRA) 3:15 Wii Games with Rachel (FC)
	6 10:30 Sunday Worship with Chaplain Kendall (CR) 1:00 Hangman Challenge with Joanna (2AC) 1:00 Bridge (3AC) 2:00 EVITA - Sunday Movie (CR) 3:30 Crafting Corner- Cork-y Apples (GCS)	7 9:30 Parkinson's Yoga (FC) 10:30 Noodle Ball (Lby) 11:00 Dollar Store Shopping (B) 1:00 Pinochle (CRA) 1:00 Balance Exercise with Joanna (FC) 3:00 Rosary/Communion (GCS) 3:30 IN2L Trivia (2AC) 6:30 Canasta (Lib)	8 9:30 Men's Coffee Crew (GCS) 9:30 Manicures with Rachel (2AC) 10:30 Fall Leaf Peeping Drive (B) 1:15 Armchair Travel: Lisbon & Algarve (CR) 2:15 Resident Council (CR) 3:15 Volleyball (Lby) 3:30 October IQ (2AC)	9 9:00 Resident Computer Counselor (Lby) 9:45 Andrea Bocelli Special Movie (CR) 10:00 Nails by Missy 10-3 (AN) 1:00 Balance Exercise with Joanna (FC) 2:00 Baked with Love Scrabble (2AC) 3:00 AL Neighborhood Meeting (CR) 3:30 Wine'd Down Wednesday 6:00 Karaoke Sing A Long (CR) 7:00 Night Owl Bingo (Lby)	10 10:00 Food Forum (CR) 10:00 Nails by Missy 10-3 (AN) 10:45 Japan's Wild North-Hokkaido (CR) 1:00 Cribbage (3AC) 2:00 Music with Jonnie (Lby) 3:15 Bases Loaded with Laughs (2AC) 6:30 Canasta (Lib)	11 10:30 Toys for God's Kids (GCS) 10:30 Friday Bingo with Rachel (2AC) 1:00 Bridge (3AC) 1:00 Choir Practice (CR) 1:00 Balance Exercise with Rachel (FC) 2:15 Tap Dancing with Rachel (FC) 3:30 Jeopardy Trivia (CR)
13 10:30 Sunday Worship with Chaplain Robert (CR) 1:00 Family Feud with Joanna (2AC)	14 9:30 Parkinson's Yoga (FC) 10:30 Noodle Ball (Lby) 11:00 Men's Lunch Outing to Poppies (B)	15 9:00 Strength & Conditioning (FC) 9:30 Men's Coffee Crew (GCS) 9:30 Manicures with Rachel	16 9:00 Resident Computer Counselor (Lby) 9:45 Bible Study (CR) 10:00 Koelbel Library (Lib)	17 9:00 Strength & Conditioning (FC) 10:00 Balance Exercise (FC) 10:00 Nails by Missy 10-3 (AN)	18 10:30 Friday Bingo with Rachel (2AC) 1:00 Bridge (3AC) 1:00 Balance Exercise (FC)	19 8:00 Activity Packets (AN) 10:00 Movin' in the Morning (2AC) 10:15 Rummikub (3AC)

Bold activity = Sign up mandatory

FC = Fitness Center, 2AC = 2nd Floor AL Alcove, GCS = Grand Central Station, B = Bus, CR = Community Room, Lby = Lobby, Lib = Library, AN = All Neighborhoods, CRA = Community Room Alcove, 3AC = 3rd Floor AL Alcove, DR = Dining Room, LER = Life Enrichment Room, HC = Health Clinic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 Bridge (3AC) 2:00 Swing Kids- Sunday Movie (CR) 3:30 Crafting Corner- Spooky Snow Globe (GCS)	1:00 Balance Exercise (FC) 1:00 Pinochle (CRA) 1:30 MoveMor (FC) 2:00 Active Minds- Colorado Ballet 2024 (CR) 2:00 Stretch and Flex (FC) 3:00 Rosary/Communion (GCS) 3:30 IN2L Trivia (2AC) 6:30 Canasta (Lib)	(2AC) 9:30 Trishaw Bikes (AN) 10:00 Balance Exercise (FC) 10:45 Assisted Living Fitness (2AC) 2:00 Armchair Travel: Ancient Roman Art (CR) 3:15 Volleyball (Lby) 3:30 Whacky Wordies (2AC)	10:00 Nails by Missy 10-3 (AN) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 1:30 Tech Talk w/Ben- Electronic Grocery Ordering (CR) 2:00 Stretch and Flex (FC) 3:15 Grand Slam Shuffle (2AC) 7:00 Night Owl Bingo (Lby)	10:30 Fireside Chat (CR) 10:45 Assisted Living Fitness (2AC) 12:00 Birthday Luncheon (DR) 1:00 Cribbage (3AC) 2:00 Music with Mindy (Lby) 3:15 Name that Country Artist (2AC) 6:30 Canasta (Lib)	1:00 Choir Practice (CR) 2:30 Friday Trivia (CR) 3:30 Concentration Puzzles (2AC)	10:30 Virtual Tour- Singapore (2AC) 1:30 Bingo! (CRA) 3:15 Windowsill Herb Gardening (LER)
20	21	22	23	24	25	26
10:30 Sunday Worship with Chaplain Cheryl (CR) 1:00 Hangman Challenge with Joanna (2AC) 1:00 Bridge (3AC) 2:30 Quartet- Sunday Movie (CR) 3:30 Crafting Corner- Ee- restible Web (GCS)	9:30 Parkinson's Yoga (FC) 10:00 Stroke Awareness by Rhythms (CR) 10:30 Noodle Ball (Lby) 1:00 Balance Exercise (FC) 1:00 Pinochle (CRA) 1:30 MoveMor (FC) 1:30 Resident Sharing (CR) 2:00 Mobility City Equipment Repairs (Lby) 2:00 Stretch and Flex (FC) 3:00 Rosary/Communion (GCS) 3:30 IN2L Trivia (2AC) 6:30 Canasta (Lib)	9:00 Strength & Conditioning (FC) 9:30 Men's Coffee Crew (GCS) 9:30 Manicures with Rachel (2AC) 10:00 Balance Exercise (FC) 10:30 Cooking with Joanna- Bumps on a Log (CRA) 10:45 Assisted Living Fitness (2AC) 1:30 Catholic Mass (CR) 2:15 Armchair Travel: Germany's Fascist Story (CR) 3:15 Perfect 10 Game (2AC) 3:30 Halloween Trivia (CR)	9:00 Resident Computer Counselor (Lby) 9:45 Bible Study (CR) 10:00 Nails by Missy 10-3 (AN) 11:00 Give Unto Others (CRA) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 2:30 Men VS Ladies Games (CR) 3:30 Wine'd Down Wednesday 7:00 Night Owl Bingo (Lby)	9:00 Strength & Conditioning (FC) 10:00 Balance Exercise (FC) 10:00 Nails by Missy 10-3 (AN) 10:00 New Resident Orientation (CRA) 10:45 Assisted Living Fitness (2AC) 1:00 Cribbage (3AC) 2:00 Music with Bonnie (Lby) 2:00 Birthday Social (Lby) 3:15 Believable or Batty? Game (2AC) 6:30 Canasta (Lib)	10:30 Friday Bingo with Rachel (2AC) 1:00 Bridge (3AC) 1:00 Balance Exercise (FC) 1:00 Choir Practice (CR) 2:15 Tap Dancing with Rachel (FC) 3:30 GREAT Categories Word Game (2AC)	8:00 Activity Packets (AN) 10:00 Movin' in the Morning (2AC) 10:15 Rummikub (3AC) 10:30 Virtual Tour- London (2AC) 1:00 Saturday Movie- Top Gun (1986) (CR) 1:30 Bingo! (CRA) 3:15 Wii Games with Rachel (FC)
27	28	29	30	31 HALLOWEEN		
10:30 Sunday Worship with Chaplain Brian (CR) 1:00 Family Feud with Joanna (2AC) 1:00 Bridge (3AC) 2:30 Hocus Pocus- Sunday Movie (CR) 3:30 Crafting Corner- Clothespin Bats (GCS)	9:30 Parkinson's Yoga (FC) 10:30 Noodle Ball (Lby) 1:00 Balance Exercise (FC) 1:00 Pinochle (CRA) 1:30 MoveMor (FC) 2:00 Active Minds- Salem Witches (CR) 2:00 Stretch and Flex (FC) 3:00 Rosary/Communion (GCS) 3:30 IN2L Trivia (2AC) 6:30 Canasta (Lib)	9:00 Strength & Conditioning (FC) 9:30 Men's Coffee Crew (GCS) 9:30 Manicures with Rachel (2AC) 10:00 Balance Exercise (FC) 10:00 Eye Care Clinic (HC) 10:45 Assisted Living Fitness 11:00 Ladies Lunch Outing- Poppies (B) 2:15 Armchair Travel: Art of Ancient Greece (CR) 3:15 10 Clue What Is It? (2AC)	9:00 Resident Computer Counselor (Lby) 9:45 Bible Study (CR) 10:00 Nails by Missy 10-3 (AN) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 3:15 Bats & Baseball Trivia- Going Batty (2AC) 3:30 Wine'd Down Wednesday 6:00 Spooky Sing A Long (CR) 7:00 Night Owl Bingo (Lby)	9:00 Strength & Conditioning (FC) 10:00 Balance Exercise (FC) 10:00 Nails by Missy 10-3 (AN) 10:30 Secrets and Mysteries of Bats (CR) 10:45 Assisted Living Fitness (2AC) 1:00 Cribbage (3AC) 1:30 October Word Scramble (2AC) 3:00 Halloween Party! (Lby) 6:30 Canasta (Lib)		

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