

October 2024



Main Suites

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:45 Sit and be Fit (US) 10:30 Gardening with Jen (US) 1:00 Feeding the Fish 2:00 Welcome Team (US) 3:00 Music with Larry O 6:00 Night Owl Bingo (US)	2 9:45 Noodle Exercise (US) 10:30 Bats: Trudy & the Bat House (US) 1:00 Feeding the Fish 2:00 Bible Study with Chaplain Brian (US) 3:30 Corn Hole (CY)	3 9:45 Mindful Movement Exercise (US) 10:30 Bingo (US) 1:00 Feeding the Fish 1:00 Drive to see Fall Colors (B) 2:00 Travels with Rick Steves (US) 3:00 Music with Chuck (EG)	4 10:00 Rosary (no communion) (US) 10:30 Only Murders in the Building Series (US) 1:00 Feeding the Fish 1:30 Chair Dancing (US) 2:00 Chats with Chaplain Brian (US) 3:15 Chris Wells Presentation (US)	5 9:30 Theraband Exercises (US) 10:00 Inside the Mind of a Dog (US) 1:00 Feeding the Fish 1:30 Halloween Decorating (LER) 3:30 Saturday Bingo (US)
6	7	8	9	10	11	12
10:30 Sunday Donuts and Coffee (US) 11:00 Worship Services (US) 1:00 Feeding the Fish 2:00 Halloween Decorating (LER) 2:00 Broncos Game~CBS (PLR) 2:00 Poker (US) 3:30 Word Teasers: American Road Trip (CY)	9:45 Monday Stretch (US) 10:30 Dominoes (US) 1:00 Feeding the Fish 1:30 Trivia on IN2L Computer (US) 3:30 Volleyball (US)	9:45 Sit and be Fit (US) 10:30 Gardening with Jen (US) 1:00 Feeding the Fish 1:30 Colorado Trivia (PLR) 3:00 Octoberfest with Jonnie (US) 6:00 Night Owl Bingo (US)	9:45 Brain Teasers: Riddles (US) 10:30 Resident Council (US) 1:00 Feeding the Fish 1:30 Letter Writing to the Kids! (US) 2:00 Bible Study with Chaplain Brian (US) 3:00 Noodle Ball (US) 5:00 Dinner & Movie: Sound of Music (US)	9:45 Mindful Movement Exercise (US) 9:45 Dog Visits: Benji and Marlene (AA) 10:30 Who Am I? (US) 1:00 Feeding the Fish 2:00 Travels with Rick Steves (US) 3:00 Music with Chuck (EG) 3:30 Bingo (US)	10:00 Rosary/Communion (US) 10:30 Only Murders in the Building Show (US) 1:00 Feeding the Fish 1:30 Chair Dancing (US) 2:00 Chats with Chaplain Brian (US) 3:30 Bowling (US)	9:30 Theraband Exercises (US) 10:00 Unknown: Cosmic Time Machine (US) 1:00 Feeding the Fish 1:30 Tom and Friends (US) 1:30 Hand Massages (PLR) 3:30 Saturday Bingo (US)
13	14	15	16	17	18	19
10:30 Sunday Donuts and Coffee (US) 11:00 Worship Services (US) 1:00 Feeding the Fish 2:00 Broncos Game~CBS (PLR) 2:30 "Sense" -ational Carmel Apples: Remembering, Tasting & Learning! (US) 3:30 Corn Hole! (US)	9:45 Monday Stretch (US) 10:30 Craft: Beading (US) 10:45 Dog Visits with Keni (AA) 1:00 Feeding the Fish 1:30 Puzzling Puzzles (PLR) 3:30 What Am I? (US)	9:30 Tri-Shaw Rides Outside 1:00 Feeding the Fish 1:30 Calendar Creators (US) 3:30 Volleyball (US) 6:00 Night Owl Bingo (US)	9:45 Noodle Exercise (US) 10:30 Let's Talk Food (US) 11:30 Men's Lunch Bunch (US) 1:00 Feeding the Fish 2:00 Bible Study with Chaplain Brian (US) 3:30 Craft: Felt Pumpkins (US)	9:45 Mindful Movement Exercise (US) 10:30 Bingo (US) 1:00 Feeding the Fish 2:00 Courtyard Social (CY) 3:00 Music with Chuck (EG) 3:30 The Original Coloradans: Southern Ute Tribe (US) 7:15 Broncos Game ~ Prime Video (AA)	10:30 Catholic Mass and Communion (US) 11:00 Only Murders in the Building Show (US) 1:00 Feeding the Fish 1:30 Chair Dancing (US) 2:00 Chats with Chaplain Brian (US) 3:00 Music with Fran	9:30 Theraband Exercises (US) 10:00 Unknown: Cave of Bones (US) 1:00 Feeding the Fish 1:30 Hand Massages (PLR) 3:30 Saturday Bingo (US)
20	21	22	23	24	25	26
10:30 Sunday Donuts and Coffee (US) 11:00 Worship Services (US) 1:00 Feeding the Fish 2:00 Travel Video: Going to Borneo 2:00 Poker (US) 3:30 Volleyball (US)	9:45 Monday Stretch (US) 10:30 Dominoes (US) 1:00 Feeding the Fish 2:00 Fresh Flower Arranging (US) 3:00 The History of Corn with hot corn bread! (US)	9:45 Sit and be Fit (US) 10:30 Gardening with Jen (US) 1:00 Feeding the Fish 1:30 White Board Games (PLR) 3:00 October Celebration: Music with Bonnie (US) 6:00 Night Owl Bingo (US)	9:45 Noodle Exercise (US) 10:30 Give Unto Others: Pumpkin good-bags (US) 1:00 Feeding the Fish 2:00 Bible Study with Chaplain Brian (US) 2:30 Ladies High Tea (US) 5:00 Dinner & Movie: Stagecoach (US)	9:45 Dog Visit: Benji and Marlene (AA) 9:45 Mindful Movement Exercise (US) 10:30 Bingo (US) 1:00 Feeding the Fish 1:00 Outing: Hudson Garden's Jack O Lantern Walk (B) 2:00 Travels with Rick Steves (US) 3:00 Music with Chuck (EG)	10:00 Rosary/Communion (US) 10:30 Only Murders in the Building Show (US) 1:00 Feeding the Fish 1:30 Chair Dancing (US) 2:00 Chats with Chaplain Brian (US) 3:30 Indoor Snowball Fight (US)	9:30 Theraband Exercises (US) 10:00 Night on Earth Episode 1: Moonlit Plains (US) 1:00 Feeding the Fish 1:30 Hand Massages (PLR) 3:30 Saturday Bingo (US)
27	28	29	30	31 HALLOWEEN	Happy Birthday	
10:30 Sunday Donuts and Coffee (US) 11:00 Worship Services (US) 1:00 Feeding the Fish 2:00 Poker (US) 2:15 Broncos Game~CBS (PLR) 3:30 Brain Exercises (US)	9:45 Monday Stretch (US) 10:30 Origami Ghosts & Pumpkins (US) 1:00 Feeding the Fish 2:30 IN2L Computer Group Game (US) 3:30 Volleyball (US)	9:45 Sit and be Fit (US) 10:30 Gardening with Jen (US) 1:00 Feeding the Fish 1:30 Carving Jack O Lanterns (US) 3:00 Music with Ethan 6:00 Night Owl Bingo (US)	9:45 Noodle Exercise (US) 10:30 The History of Knock-Knock Jokes (US) 1:00 Feeding the Fish 2:00 Bible Study with Chaplain Brian (US) 3:30 Watercolor Webs! (LER)	9:45 Mindful Movement Exercise (US) 10:30 Bingo (US) 1:00 Feeding the Fish 2:00 Halloween Mini Golf (US) 3:00 Music with Chuck (EG) 3:00 Halloween Party (US)	Elizabeth F 10/7 Joan C 10/11 Virginia Y 10/19 George H 10/20 Jim M 10/26	

Activities are subject to change

US = Union Station, CY = Courtyard, B = Bus, EG = Evergreen, LER = Life Enrichment Room, PLR = Ponderosa Living Room, AA = Apt to Apt

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