

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**April 2021**

**Room Key**  
**CR - Community Room**  
**TH - Theater**  
**Bis - Bistro**  
**DR - Dining Room**  
**Sky - Sky**



**1 Rockies Opening Day!**  
 10:00 AM- Up & At Em', CR  
 11:00 AM - Mind Aerobics, CR  
 1:30 PM - Dime Bingo - CR  
**12:00 PM - Rockies Opening Day party in the Bistro**  
 3:00 PM - Fireside Chat, Sky

**2 (Wear your Name Badge)**  
 10:00 AM - Up & At Em' - CR  
 10:45 AM - NymbI - TH  
 11:00 AM - Ball Balance class - Gym  
 1:00 PM - Shoulder strength & mobility - Gym  
**NEW** 1:30 PM - Dance Movement, CR  
**NEW** 2:00 PM - Stretch class, CR  
 2:00 PM - Rummikub & Scrabble, CR  
**4:00 PM - Cocktail Happy Hour with Gio on the piano, Bis**  
 5:00 PM - Sabbath Services, TH

**3**  
**NEW!** 10:00 AM - Chair Yoga -CR  
 2:30 PM - **Movie Matinee: The Blind Side, TH**

**4 (Happy Easter)**  
 10:00 & 11:00 AM - **Easter Brunch, please remember to sign-up at front desk, DR**  
 10:30 AM - Mindfulness Meditation group with Dr. Bill Dubin, Sky  
 1:30 PM - Hand & Foot card game, Sky Lounge

**5**  
 10:00 AM - Up & At Em' - CR  
 10:45 AM- NymbI - TH  
 11:00 AM - Ball Balance class - Gym  
**1:30 PM- The Amazing Canadian Rockies "Banff & Jasper National Parks", TH**  
 3:00 PM - Monday Memo, CR

**6**  
 10:00 AM- Up & At Em - CR  
 11:00 AM - Ball Balance class - Gym  
 11:00 AM - Catholic Holy Communion service, TH  
**11:00 AM - Indoor walking group**  
 1:15 PM - 15-min. stretch with Terri - CR  
**2:00 PM - Resident Meet & Greet in the Bistro**  
**3:00 PM - "Good Health Adds Life To Yours" health talk with Gifty, TH**

**7 (National Beer Day)**  
 10:00 AM- Up & At Em' - CR  
**NEW** - Bible Study, GR  
 10:45 AM - NymbI - TH  
**11:30 AM - Outing: Dry Dock Brewery - sign-up required**  
 1:00 PM - Shoulder strength & mobility - Gym  
 3:00 PM - Balance with Brian, CR

**8**  
 10:00 AM - Up & At Em', CR  
 11:00 AM - Mind Aerobics, CR  
 1:30 PM - Dime Bingo - CR  
 3:00 PM - Fireside Chat, Sky

**9 (Wear your Name Badge)**  
 10:00 AM - Up & At Em' - CR  
 10:45 AM - NymbI - TH  
 1:00 PM - Shoulder strength & mobility - Gym  
**1:30 PM - Denver History Tours "Denver Parks", TH**  
**NEW** 1:30 PM - Dance Movement, CR  
**NEW** 2:00 PM - Stretch class, CR  
 2:00 PM - Rummikub & Scrabble, CR  
 4:00 PM - Cocktail Happy Hour, Bis  
 5:00 PM - Sabbath Services, TH

**10**  
**NEW!** 10:00 AM - Chair Yoga - CR  
 2:30 PM - **Movie Matinee: Midway, TH**

**11**  
 10:30 AM - Mindfulness Meditation group with Dr. Bill Dubin, Sky  
 1:30 PM- Hand & Foot card game

**12**  
 10:00 AM- Up & At Em' - CR  
 10:45 AM - NymbI - TH  
 11:00 AM- Ball Balance class - Gym  
 2:00 PM - Rocky Mountain National Park "An Awe Inspiring Gift" with Chris Wells, TH  
 3:00 PM - Monday Memo, CR

**13**  
 10:00 AM - Up & At Em - CR  
 11:00 AM- Ball Balance class - Gym  
 11:00 AM - Catholic Holy Communion service, TH  
**11:00 AM - Indoor walking group**  
 1:15 PM - 15-min. stretch with Terri - CR  
**2:00 PM - Resident Meet & Greet in the Bistro**  
**NEW** 3:00 PM - Tech Talk, TH

**14**  
 10:00 AM - Up & At Em' - CR  
 10:30 AM - Bible Study, GR  
 10:45 AM - NymbI - TH  
**12:00 PM - Men's Group Lunch with guest speaker Scott Perry in the Sky Lounge**  
 1:00 PM - Shoulder strength & mobility - Gym  
 3:00 PM - Balance with Brian, CR

**15**  
 10:00 AM - Up & At Em', CR  
 11:00 AM - Mind Aerobics, CR  
 1:30 PM - Dime Bingo, CR  
**3:00 PM - Town Hall, TH/ CR sign-up required**

**16(Wear your Name Badge)**  
 10:00 AM - Up & At Em' - CR  
 10:45 AM - NymbI - TH  
 11:00 AM - Ball Balance class - Gym  
 1:00 PM - Shoulder strength & mobility - Gym  
**NEW** 1:30 PM - Dance Movement, CR  
**NEW** 2:00 PM - Stretch class, CR  
 2:00 PM - Rummikub & Scrabble, CR  
**4:00 PM - Cocktail Happy Hour with Ron Kientz playing the piano, Bis**  
 5:00 PM - Sabbath Services, TH

**17**  
**NEW!** 10:00 AM - Chair Yoga - CR  
 2:30 PM - **Movie Matinee: I Can Only Imagine, TH**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**April 2021**

<p><b>18</b> 10:30 AM - Mindfulness Meditation group with Dr. Bill Dubin, Sky 1:30 PM - Hand &amp; Foot card game</p>	<p><b>19</b> 10:00 AM - Up &amp; At Em' - CR 10:45 AM - Nymbbl - TH 11:00 AM - Ball Balance class - Gym 11:30 AM - Out to lunch: Sierra restaurant, Sign-up Required 2:30 PM - Resident Meet &amp; Greet in the Bistro</p>	<p><b>20</b> 10:00 AM - Up &amp; At Em - CR 11:00 AM - Ball Balance class - Gym 11:00 AM - Catholic Holy Communion service, TH 11:00 AM- Indoor walking group 1:15 - 15-min. stretch with Terri - CR 2:30 PM - Monthly Birthday Celebration, Bistro 3:00 PM- Tech Talk, TH</p>	<p><b>21</b> 10:00 AM - Up &amp; At Em' - CR 10:30 AM- Bible Study, GR 10:45 AM - Nymbbl, TH 1:00 PM - Shoulder strength &amp; mobility - Gym 1:30 PM - Glacier National Park "Crown of the Continent", TH 3:00 PM - Balance class, CR</p>	<p><b>22 (Earth Day)</b> 10:00 AM - Up &amp; At Em', CR 11:00 AM - Mind Aerobics, CR 11:00 AM - Ball Balance class - Gym 11:00 AM- Mind Aerobics, CR 1:30 PM- Bingo, CR 3:00 PM - Fireside Chat, Sky</p>	<p><b>23 (Wear your Name Badge)</b> 10:00 AM - Up &amp; At Em' - CR 10:45 AM - Nymbbl - TH 11:00 AM - Ball Balance class - Gym 1:00 PM - Shoulder strength &amp; mobility - Gym 2:00 PM - Meet &amp; Greet with our ED Elizabeth, CR 2:00 PM - Rummikub &amp; Scrabble, GR 4:00 PM - Cocktail Hour in the Bistro</p>	<p><b>24</b> 10:00 AM - Chair Yoga - CR 2:00 PM- Movie Matinee: The Sound of Music, TH</p>
<p><b>25</b> 10:30 AM - Mindfulness Meditation group with Dr. Bill Dubin, Sky 1:30 PM - Hand &amp; Foot card game</p>	<p><b>26 (National Pretzel Day)</b> 10:00 AM- Up &amp; At Em' - CR 10:45 AM- Nymbbl - TH 11:00 AM - Ball Balance class - Gym 2:00 PM- Active Minds - "Erie Canal", TH 3:00 PM - Monday Afternoon Memo - Bis</p>	<p><b>27</b> 10:00 AM- Up &amp; At Em - CR 11:00 AM - Catholic Holy Communion service, TH 11:00 AM - Ball Balance class - Gym 11:00 AM - Indoor walking group 1:15 PM - 15-min. stretch with Terri - CR 2:00 PM - Culinary Chat, TH/CR 3:00 PM- Tech Talk, TH</p>	<p><b>28</b> 10:00 AM - Up &amp; At Em' - CR 10:30 AM - Bible Study, GR 10:45 AM - Nymbbl - TH 12:00 PM - Men's Group Lunch in the Sky Lounge 1:00 PM - Shoulder strength &amp; mobility - Gym 3:00 PM - Balance with Brian, CR</p>	<p><b>29</b> 10:00 AM - Up &amp; At Em', CR 11:00 AM - Mind Aerobic, CR 11:00 AM - Ball Balance class - Gym 11:00 AM - Mind Aerobics, CR 1:30 PM - Dime Bingo, CR 3:00 PM - Fireside Chat, Sky</p>	<p><b>30 (Wear your Name Badge)</b> 10:00 AM- Up &amp; At Em' - CR 10:45 AM - Nymbbl - TH 11:00 AM - Ball Balance class - Gym 1:00 PM - Shoulder strength &amp; mobility - Gym 2:00 PM - Rummikub &amp; Scrabble, CR 2:00 PM - The Life and Art of Norman Rockwell with Kathleen Arnold, TH 4:00 PM - Cocktail Hour in the Bistro with Entertainment</p>	

