




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 All Saints' Day</b> <b>Daylight Savings Fall Back</b> 10:00 Catholic Mass (R) KCDO-TV (Channel 3) 1:00 Walking Partners (E) Keep moving!	<b>2 All Souls' Day</b> 9:00 Meditation w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) (sign up for one Exercise class) 11:00 Turn in Ballot to (P) Concierge by Noon and we will take to Ballot Box for you! 1:00 Aquacise by Appointment 2:00 Aquacise by Appointment 3:00 Aquacise by Appointment	<b>3 Election Day</b> 10:00 Bored Board– Lobby Stop by and grab something to work on in your apartment (C/A) 2:00 Courtyard Strolls (E)	<b>4</b> <b>6:35 &amp; 6:45 King Soopers</b> <b>Sign up in the outing book (O)</b> 9:00 Tai Chi w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) (sign up for one Exercise class)	<b>5</b> 12:00 Family Visits (12-4) (P) *must be scheduled* *call concierge to schedule* *Max 2 guests* *No one under 18 years* *Must wear Masks* *No Eating or Drinking* <u>Visits subject to change based on Covid precautions today</u>	<b>6 National Nachos Day</b> 11:30 Keystone's Got Talent Luncheon begins (S) 12:30 Judging for KGT Acts *Sign up in the outing book* *please allow others to sign up weeks following* (S/A/M) Note: No Aquacise Today	<b>7</b> 10:00 Walking Partners (E) Grab a friend and keep moving 1:00 Bored Board– Lobby Choose something to do on your own! (C/A) 2:00 Christian Worship Hour (Channel 20) (R) 2:00 Coloring Club (A)
<b>8</b> 10:00 Catholic Mass (R) KCDO-TV (Channel 3) 11:00 <b>Broncos @ Falcons</b> 2:00 Walking Partners (E) Keep moving!	<b>9 TRAVEL to MEXICO</b> (Wear your Red/White/Green) 9:00 Meditation w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) (sign up for one Exercise class) 11:00 AR reserved (11-6pm) 1:00 Aquacise by Appointment 2:00 Aquacise by Appointment 3:00 Aquacise by Appointment	<b>10 Marine Corps B-day</b> Since we are in Mexico... <b>9:00 OnSite Dermatology</b> <b>10:45 Speak Spanish To Me (C)</b> <b>1:15 Mexican Bingo (C/S)</b> <b>"Loteria"</b> <b>2:15 Mexican Bingo (C/S)</b> <b>"Loteria"</b> <b>(sign up for one bingo time)</b>	<b>11 Veteran's Day</b> <b>THANK YOU to all those who served! You are appreciated!</b> <b>6:35 &amp; 6:45 King Soopers</b> <b>Sign up in the outing book (O)</b> 9:00 Tai Chi w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) (sign up for one Exercise class) <b>2:00 Dining Committee (S/C)</b> <b>(Virtual– Info in dailies)</b>	<b>12</b> 11:00 AR reserved (11-6pm) 12:00 Family Visits (12-4) (P) *must be scheduled* *Max 2 guests* *No one under 18 years* *Must wear Masks* *No Eating or Drinking* <u>Visits subject to change based on Covid precautions today</u>	<b>13</b> 9:30 Aquacise by Appointment 11:30 Keystone's Got Talent Luncheon begins (S) 12:30 Judging for KGT Acts *Sign up in the outing book* *please allow others to sign up weeks following* (S/A/M) 2:00 Aquacise by Appointment 3:00 Aquacise by Appointment	<b>14 World Diabetes Day</b> 10:00 Walking Partners (E) Grab a friend and keep moving 1:00 Bored Board– Lobby Choose something to do on your own! (C/A) 2:00 Christian Worship Hour (Channel 20) (R) 2:00 Coloring Club (A)
<b>15 I Love to Write Day</b> 10:00 Catholic Mass (R) KCDO-TV (Channel 3) 1100 Walking Partners (E) Keep moving! 1:00 Write a note to your Loved one (P) 2:05 <b>Broncos @ Raiders</b>	<b>16</b> <b>8:30 VNA Foot Care</b> 9:00 Meditation w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) (sign up for one Exercise class) 1:00 Virtual Active Minds "London: Biography of a City" 1:00 Aquacise by Appointment 2:00 Aquacise by Appointment 3:00 Aquacise by Appointment	<b>17</b> <b>5:45 Walmart SR. Shopping (O)</b> <b>(their Sr. times are 6am-7am)</b> <b>Must have min. 5 participants</b> 9:30 Cash Bingo (C/S) *.50 cents per card* 10:30 Cash Bingo (C/S) *.50 cents per card* 12:30 Happy Hour Cart (S) We will come door to door	<b>18 Mickey Mouse Day</b> <b>6:35 &amp; 6:45 King Soopers</b> <b>Sign up in the outing book (O)</b> 9:00 Tai Chi w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) (sign up for one Exercise class) <b>1:30 Book Club w/ Karen (C)</b>	<b>19 Gettysburg Address Day</b> 10:00 Getting to Know You (S) 1st Floor Residents 11:00 Getting to Know You (S) 2nd Floor Residents 1:00 Getting to Know You (S) 3rd Floor Residents	<b>20 Keystone's Got Talent Finale</b> 9:30 Aquacise by Appointment 11:30 Keystone's Got Talent Luncheon begins (S) 12:30 Judging for KGT Acts *Sign up in the outing book* *please allow others to sign up weeks following* (S/A/M) 2:00 Aquacise by Appointment 3:00 Aquacise by Appointment	<b>21</b> 10:00 Walking Partners (E) Grab a friend and keep moving 12:00 Family Visits (12-4) (P) <u>Visits subject to change based on Covid precautions today</u> 2:00 Christian Worship Hour (Channel 20) (R) 2:00 Coloring Club (A)
<b>22 Thanksgiving Brunch</b> 10:00 Catholic Mass (R) KCDO-TV (Channel 3) 11:00 Brunch 1st Seating (S) 12:00 Brunch 2nd Seating (S) 1:00 Brunch 3rd Seating (S) (sign up at the front desk for a seating– Residents Only) 2:05 <b>Broncos vs. Chargers</b>	<b>23 Travel to Russia</b> 9:00 Meditation w/ Karen (E) <b>10:30 Town Hall Meeting (S/C)</b> <b>(Virtual– info on your dailies)</b> 1:00 Aquacise by Appointment 2:00 Aquacise by Appointment 3:00 Aquacise by Appointment	<b>24</b> 10:00 Scenic Drive Outing (O) 12:30 Happy Hour Stop (S) 1st Floor Residents 1:00 Happy Hour Stop (S) 2nd Floor Residents 1:30 Happy Hour Stop (S) 3rd Floor Residents *We will have white Russians today! Since we are in Russia*	<b>25 International Hat Day</b> <b>Wear a Hat!</b> <b>6:35 &amp; 6:45 King Soopers</b> <b>Sign up in the outing book (O)</b> 9:00 Tai Chi w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) (sign up for one Exercise class)	<b>26 HAPPY THANKSGIVING</b> 10:00 Walking Partners (E) 1:30 Afternoon Movie (S) 3:30 Thanksgiving Word (C) Search– stop by the front desk *Door Decorating Contest begins next week* *Judging takes place 12/4*	<b>27 Black Friday</b> 9:00 Aquacise by Appointment 10:00 Aquacise by Appointment 11:00 Aquacise by Appointment 1:00 Help to Order Black (P) Friday Deals online (1pm - 2:30pm)	<b>28</b> 10:00 Walking Partners (E) Grab a friend and keep moving 1:00 Bored Board– Lobby Choose something to do on your own! (C/A) 2:00 Christian Worship Hour (Channel 20) (R) 2:00 Coloring Club (A)
<b>29 Electronic Greetings Day</b> 10:00 Catholic Mass (R) KCDO-TV (Channel 3) 1100 Walking Partners (E) Keep moving! 2:05 <b>Broncos vs. Saints</b>	<b>30 Blue Beanie Day</b> 9:00 Meditation w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (D) (sign up for one Exercise class) 1:00 Aquacise by Appointment 2:00 Aquacise by Appointment 3:00 Aquacise by Appointment	Daisy Marshall Life Enrichment Director 11180 Irving Dr. Westminster, CO 80031 <a href="mailto:ddarnell@keystonesenior.com">ddarnell@keystonesenior.com</a> <a href="http://www.keystonesenior.com">www.keystonesenior.com</a>		<b>KEY to Programs:</b> <b>(S)= Spiritual</b> <b>(O)= Outing</b> <b>(E)= Exercise</b> <b>(A)= Art</b> <b>(M)= Music</b> <b>(R)= Religious</b> <b>(C)= Cognitive Skills</b> <b>(P)= Meaningful Purpose</b>	<b>☆ Calendar Subject to Change &amp; COVID Precautions ☆</b>	<b>PLEASE NOTE-</b> <b>*All programs limited to 10 participants.</b> <b>* You must sign up for an activity to ensure we don't have too many at once.</b>



## Passport to Fun

This month we are  
traveling to

**Mexico!!!**

We will have some fun  
programs— watch your  
dailies!

## Happy Birthday November

6th Jo H.  
6th Mary M.  
15th Rob W.  
16th Rose A.  
23rd Shirley S.  
24th Rita F.  
30th Laurie H.



# Keystone Place News

## Thanksgiving Resident Brunch (Residents Only)

Sunday,  
November 22nd

11:00, 12:00 & 1:00

Sign up at the front  
desk for one seating

\*limit 20 residents  
per seating\*

## ANNOUNCEMENT

### Program Announcement

\*All programs in house  
are limited to 10  
Participants.

\*Sign up sheets will be  
in the outing book for  
programs such as  
Exercise, Bingo and  
others.

\*some programs contin-  
ue to be by appointment  
only!

We want to continue to  
keep our community  
safe and healthy!

## Keystone's Got Talent

Friday, November

6th, 13th & 20th.

Sign up in the  
outing book.  
\*please choose one  
date\*

Max 10  
participants

11:30am– luncheon  
&  
12:30am– watch  
And judge the  
show!

*We may not be able to  
have a huge Veteran's  
Celebration this year,  
but we do want to tell  
you how special you  
are!!! To All Veterans:  
Thank you for your  
service!!!*



## OnSite Dermatology

November 10th @ 9:00am

To schedule an  
appointment, sign up at the front desk  
By appointment Only

## VNA Foot Care

November 16th  
at 8:30 am– 1 pm

By Appointment Only- to Signup Call  
(303) 744-6363

## Curbside Hearing Aid Checks

To Be Announced on Dailies  
The usual date lands on Thanksgiving!  
No Appointment Necessary

## Virtual Active Minds presents: "London: Biography of a City" Monday, November 16th @ 1:00 pm.

Join Active minds as we tell the story of one of the world's greatest cities. From the Roman to the Anglo-Saxons, the Norman Conquest, and more, we will tell the story of London right up to the present day. Along the way, we'll visit some of London's most colorful characters and notable places, including the Tower of London, where Elizabeth I was held before becoming queen. Come float with us down the river Thames for a front row seat. It's the next best thing to being there!

Visit [www.activeminds.com](http://www.activeminds.com) for more information

For additional questions or comments, please contact Daisy at 303-465-5600  
Or by e-mail: [dmarshall@keystonesenior.com](mailto:dmarshall@keystonesenior.com) · Like us on facebook!

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