

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2022



Independent Living

Happy New Year's!

1:00 Hand & Foot(S/C)AR  
2:00 Christian Worship CH 20  
2:00 Color Me Club (A)Pub

New Year's Day

|   |  |  |   |  |   |   |
|---|--|--|---|--|---|---|
| <p><b>2</b></p> <p>10:00 St. Mark Communion<br/>10:00 Catholic Mass CH233<br/>1:00 Walking Partners (E)L<br/>4:00 German Speaking Club P<br/>6:30 Mexican Train (S/C)AR</p>                                     | <p><b>3</b></p> <p>10:00 Chair Yoga (E)AR<br/>10:45 Blackjack (S/C)AR<br/>1:00 Wii Bowling (E/S)AR<br/><b>2:00 Resident Aquacise(E)PL</b><br/>2:00 Bridge (S/C)AR</p>  | <p><b>4</b></p> <p>8:45 King Soopers &amp; Safeway<br/>9:30 King Soopers &amp; Safeway<br/>10:00 Exercise (E)AR<br/><b>11:00 Hudak on Hollywood AR</b><br/>1:30 Cash Bingo (S/C)AR<br/><b>3:00 Happy Hour (M)AR</b><br/>6:30 Residents Choice (S/C)T</p>   | <p><b>5</b></p> <p><b>10:00 Blood Pressure Clinic-L</b><br/>10:00 Chair Yoga (E)AR<br/>10:30 Mah Jongg (S/C)Pub<br/>11:00 Meditation (P)T<br/>1:00 Scat Card Game (S/C)AR<br/>2:00 Exercise (E)AR<br/>6:30 Hand &amp; Foot (S/C)AR</p>            | <p><b>6</b></p> <p>10:30 Wii Bowling (E/S)AR<br/><b>11:00 College Hill Library (O)</b><br/>1:00 Scat Card Game (S/C)P<br/><b>1:00 Better Balance (E)AR</b><br/><b>3:00 Resident Happy Hour</b><br/>Hosted in the Pub<br/>6:30 Bridge (S/C)AR</p>   | <p><b>7</b></p> <p>10:00 Aquacise (E)Pool<br/>10:30 Scat Card Game (S/C)AR<br/><b>11:00 Olive Garden (O) Lobby</b><br/>1:00 Skip Bo Card (S/C)AR<br/><b>2:00 Strength w/ ONR(E)AR</b><br/>1:30 Maj Jongg (S/C)Pub<br/>6:30 Resident Bingo (S/C)AR</p> | <p><b>8</b></p> <p>9:30 Coffee &amp; Donuts (F) Pub<br/>1:00 Hand &amp; Foot(S/C)AR<br/>2:00 Christian Worship CH 20<br/>2:00 Color Me Club (A)Pub</p>  |
| <p><b>9</b></p> <p>10:00 St. Mark Communion<br/>10:00 Catholic Mass CH233<br/>1:00 Walking Partners (E)L<br/>4:00 German Speaking Club P<br/>6:30 Mexican Train (S/C)AR</p>                                     | <p><b>10</b></p> <p>10:00 Chair Yoga (E)AR<br/>10:45 Blackjack (S/C)AR<br/>1:00 Wii Bowling (E/S)AR<br/>2:00 Aquacise (E)Pool<br/>2:00 Bridge (S/C)AR</p>  | <p><b>11</b></p> <p>8:45 Wal Mart &amp; Sprouts (O)<br/>9:30 Wal Mart &amp; Sprouts (O)<br/>10:00 Exercise (E)AR<br/>10:45 Exercise (E)AR<br/>1:30 Cash Bingo (S/C)AR<br/><b>3:00 Happy Hour (M)AR</b><br/>6:30 Residents Choice (S/C)T</p>  | <p><b>12</b></p> <p><b>11:30 Ladies Luncheon AR</b><br/>1:00 Scat Card Game (S/C)AR<br/>2:00 Exercise (E)AR<br/><b>2:30 Chef Chat (L)AR</b><br/>6:30 Hand &amp; Foot (S/C)AR</p>  | <p><b>13</b></p> <p>10:30 Wii Bowling (E/S)AR<br/>1:00 Scat Card Game(S/C)P<br/><b>1:00 Better Balance (E)AR</b><br/><b>3:00 Resident Happy Hour</b><br/>Hosted in the Pub<br/>6:30 Bridge (S/C)AR</p>   | <p><b>14</b></p> <p>10:00 Aquacise (E)Pool<br/>10:30 Scat Card Game (S/C)AR<br/><b>11:00 Truly Asia (O) Lobby</b><br/>1:00 Skip Bo Card (S/C)AR<br/>1:30 Maj Jongg (S/C)Pub<br/><b>2:00 Strength w/ ONR(E)AR</b><br/>6:30 Resident Bingo (S/C)AR</p>  | <p><b>15</b></p> <p>9:30 Coffee &amp; Donuts (F) Pub<br/>1:00 Hand &amp; Foot(S/C)AR<br/>2:00 Christian Worship CH 20<br/>2:00 Color Me Club (A)Pub</p> |
| <p><b>16</b></p> <p>10:00 St. Mark Communion<br/>10:00 Catholic Mass CH233<br/>1:00 Walking Partners (E)L<br/>4:00 German Speaking Club P<br/>6:30 Mexican Train (S/C)AR</p>                                    | <p><b>17</b></p> <p><b>8:45 VNA Foot Care Clinic AL</b><br/><b>10:30 Resident Assembly AR</b><br/><b>1:00 Active Minds (L/C)AR</b><br/><b>King Tut</b><br/>2:00 Aquacise (E)Pool<br/>2:00 Bridge (S/C)AR</p> <p>Martin Luther King Jr. Day</p> | <p><b>18</b></p> <p>8:45 King Soopers &amp; Safeway<br/>9:30 King Soopers &amp; Safeway<br/>10:00 Exercise (E)AR<br/><b>10:30 Urinary &amp; Incontinence Management ProgramAR</b><br/>1:30 Cash Bingo (S/C)AR<br/><b>3:00 Happy Hour (M)AR</b><br/>6:30 Residents Choice (S/C)T</p>  | <p><b>19</b></p> <p>10:00 Chair Yoga (E)AR<br/>10:30 Mah Jongg (S/C)Pub<br/>11:00 Meditation (P)T<br/>1:00 Scat Card Game (S/C)AR<br/><b>2:00 Fraud Prevention(L/C)AR</b><br/><b>3:00 Book Club (S/C)Pub</b><br/>6:30 Hand &amp; Foot (S/C)AR</p> | <p><b>20</b></p> <p>9:30 Zumba (E)AR<br/>10:30 Wii Bowling (E/S)AR<br/>1:00 Scat Card Game (S/C)P<br/><b>1:00 Better Balance (E)AR</b><br/><b>2:00 Chef Demonstration AR</b><br/><b>3:00 Resident Happy Hour</b><br/>Hosted in the Pub<br/>6:30 Bridge (S/C)AR</p>   | <p><b>21</b></p> <p>10:00 Aquacise (E)Pool<br/>10:30 Scat Card Game (S/C)AR<br/><b>11:00 Red Robin (O) Lobby</b><br/>1:00 Skip Bo Card (S/C)AR<br/>1:30 Maj Jongg (S/C)Pub<br/><b>2:00 Strength w/ ONR(E)AR</b><br/>6:30 Resident Bingo (S/C)AR</p>   | <p><b>22</b></p> <p>9:30 Coffee &amp; Donuts (F) Pub<br/>1:00 Hand &amp; Foot(S/C)AR<br/>2:00 Christian Worship CH 20<br/>2:00 Color Me Club (A)Pub</p> |
| <p><b>23</b></p> <p>10:00 St. Mark Communion<br/>10:00 Catholic Mass CH233<br/>1:00 Walking Partners (E)L<br/>4:00 German Speaking Club P<br/>6:30 Mexican Train (S/C)AR</p> <p>Activity Professionals Week</p> | <p><b>24</b></p> <p><b>10:30 Town Hall Meeting AR</b><br/>1:00 Wii Bowling (E/S)AR<br/>2:00 Aquacise (E)Pool<br/>2:00 Bridge (S/C)AR</p>   | <p><b>25</b></p> <p>8:45 Target &amp; Dollar Tree (O)<br/>9:30 Target &amp; Dollar Tree (O)<br/>10:00 Exercise (E)AR<br/>10:45 Exercise (E)AR<br/>1:30 Prize Bingo (S/C)AR<br/><b>3:00 Happy Hour (M)AR</b><br/>6:30 Residents Choice (S/C)T</p>   | <p><b>26</b></p> <p>10:00 Chair Yoga (E)AR<br/>10:30 Mah Jongg (S/C)Pub<br/>11:00 Meditation (P)T<br/>1:00 Scat Card Game (S/C)AR<br/>2:00 Exercise (E)AR<br/>6:30 Hand &amp; Foot (S/C)AR</p> <p>Australia Day (observed)</p>                    | <p><b>27</b></p> <p><b>9:00 Hearing Aid Clinic L</b><br/>9:30 Zumba (E)AR<br/>10:30 Wii Bowling (E/S)AR<br/><b>11:00 College Hill Library (O)</b><br/>1:00 Scat Card Game (S/C)P<br/><b>1:00 Better Balance (E)AR</b><br/><b>2:00 Line Dancing (E)AR</b><br/><b>3:00 Resident Happy Hour P</b><br/>6:30 Bridge (S/C)AR</p> | <p><b>28</b></p> <p>10:00 Aquacise (E)Pool<br/>10:30 Scat Card Game (S/C)AR<br/><b>11:00 McDonalds (O) Lobby</b><br/>1:00 Skip Bo Card (S/C)AR<br/>1:30 Maj Jongg (S/C)Pub<br/><b>2:00 Strength w/ ONR(E)AR</b><br/>6:30 Resident Bingo (S/C)AR</p>   | <p><b>29</b></p> <p>9:30 Coffee &amp; Donuts (F) Pub<br/>1:00 Hand &amp; Foot(S/C)AR<br/>2:00 Christian Worship CH 20<br/>2:00 Color Me Club (A)Pub</p> |
| <p><b>30</b></p> <p>10:00 St. Mark Communion<br/>10:00 Catholic Mass CH233<br/>1:00 Walking Partners (E)L<br/>4:00 German Speaking Club P<br/>6:30 Mexican Train (S/C)AR</p>                                    | <p><b>31</b></p> <p>10:00 Chair Yoga (E)AR<br/>10:45 Blackjack (S/C)AR<br/>1:00 Wii Bowling (E/S)AR<br/>2:00 Aquacise (E)Pool<br/>2:00 Bridge (S/C)AR</p>  | <p><b>Key to Programs</b><br/>(S) Social<br/>(O) Outing<br/>(E) Exercise<br/>(A) Art<br/>(M) Music<br/>(R) Religious<br/>(C) Cognitive<br/>(L) Lecture</p> <p><b>Key to Rooms</b><br/>AR- Activity Room (3<sup>rd</sup> Floor)<br/>PL-Parlor (Lobby)<br/>T-Theater (3<sup>rd</sup> Floor)<br/>L-Library (2<sup>nd</sup> Floor)<br/>CR-Courtyard<br/>AL-Assisted Living Bldg.<br/>IL-Independent Living Bldg.</p> |   | <p><b>Karen Boyles</b><br/>Life Enrichment Director<br/>11150 Irving Drive<br/>Westminster, CO 80031<br/><a href="mailto:kboyles@keystonesenior.com">kboyles@keystonesenior.com</a></p>  |   |   |