


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																								
<h1>November 2023</h1> <h2>Mountain View Building</h2>			<p>9:30 Seated Cardio (E)AR <b>1</b> 10:00 Blood Pressure Clinic-3FL 10:00 Chair Yoga-AR 10:30 Mah Jongg Club(S/C)P 10:45 Meditation (C)T 11:00 Living In Transition(S)L 1:00 Scat Card Game(S/C)AR 1:00 Aquacise (E)Pool 6:30 Hand &amp; Foot (S/C)AR 6:30 Cards &amp; Games (S/C)P</p>	<p>9:30 Zumba (E)AR <b>2</b> 10:30 Wii Games (E)AR 10:30 Blackjack(S/C)AR 10:30 Scat Card Game (S/C)AR 1:00 Better Balance (E)AR 1:30 Chair Dancing (E)AR 2:15 Weights (E)AR 3:00 Resident Happy Hour(S)P 6:30 Bridge (S/C)AR</p>	<p>9:00 Aquacise (E)Pool <b>3</b> 10:30 Seated Cardio (E)AR 10:30 Scat Card Game(S/C)AR 11:00 Trader Joes (O )L 1:00 Skip Bo &amp; LVSB (S/C)AR 2:30 Dan Hudak: Hollywood Presidents AR 2:30 Maj Jongg Club(S/C)P 6:30 Resident Bingo(S/C)AR</p>	<p>9:30 Coffee &amp; Donuts (F)P <b>4</b> 10:00 Audio Book Cb AL Library 1:00 Hand &amp; Foot (S/C)AR 1:00 Create n' Chat Club-Par 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)AR</p>																								
<p>8:30 Catholic Mass (R)CH2 <b>5</b> 9:00 Catholic Mass (R)CH3 10:00 Catholic Mass (R)CH233 1:00 Communion (R)TST 2:00 Low Vision Skip Bo(C)AR 2:00 Scat Card Game(S/C)AR 4:00 Cards or Bingo(S/C)AR</p>	<p>9:30 Seated Cardio (E)AR <b>6</b> 10:00 Chair Yoga (E)AR 10:45 Meditation (C)Theater 11:30 Walker Clinic AR 1:00 Wii Bowling Club (E)AR 1:00 Aquacise (E)Pool 2:00 Bunco (S/C)AR 2:00 Bridge (S/C)Pub 3:15 Maj Jongg (S/C)Pub 6:30 Mexican Train (S/C)AR</p>	<p><i>Massage Therapist on Campus</i> <b>7</b> 8:45 King Soopers &amp; Safeway 9:30 King Soopers &amp; Safeway 10:45 Weights (E)AR 1:30 Cash Bingo (S/C)AR 3:00 Happy Hour ♪ (M)AR 3:00 Touching Lives (R)TSAR 6:30 Residents Choice(M)</p>	<p>9:30 Seated Cardio (E)AR <b>8</b> 10:00 Chair Yoga-AR 10:30 Mah Jongg (S/C)P 10:45 Meditation (C)T 1:00 Scat Card Game(S/C)AR 1:00 Aquacise (E)Pool 2:30 Music in The Summit AR 6:30 Hand &amp; Foot (S/C)AR 6:30 Cards &amp; Games (S/C)P</p>	<p>9:30 Zumba (E)AR <b>9</b> 10:30 Wii Games (E)AR 10:30 Blackjack(S/C)AR 10:30 Scat Card Game (S/C)AR 1:00 Better Balance (E)AR 1:30 Weights (E)AR 3:00 Resident Happy Hour(S)P 6:30 Bridge (S/C)AR</p>	<p>9:00 Aquacise (E)Pool <b>10</b> 10:00 Corn Hole(E)CY 10:30 Seated Cardio (E)AR 10:30 Scat Card Game(S/C)AR 11:00 Dos Los Potrillos (O)L 1:00 Skip Bo &amp; LVSB (S/C)AR 2:00 Veterans Tribute (M)TS 2:30 Maj Jongg Club(S/C)P 6:30 Resident Bingo(S/C)AR</p>	<p>9:30 Coffee &amp; Donuts (F)P <b>11</b> 10:00 Audio Book Cb AL Library 1:00 Hand &amp; Foot (S/C)AR 1:00 Create n' Chat Club-Par 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)AR</p> <p style="text-align: center;">Veterans Day Remembrance Day (Canada)</p>																								
<p>8:30 Catholic Mass (R)CH2 <b>12</b> 9:00 Catholic Mass (R)CH3 10:00 Catholic Mass (R)CH233 1:00 Communion (R)TST 2:00 Low Vision Skip Bo(C)AR 2:00 Scat Card Game(S/C)AR 4:00 Cards or Bingo(S/C)AR</p> <p style="text-align: center;">Diwali (Hindi)</p>	<p>9:30 Seated Cardio (E)AR <b>13</b> 10:00 Chair Yoga (E)AR 10:30 Blood Pressure Clinic Walk in welcome-TSAR 10:45 Meditation (C)Theater 1:00 Active Minds- Mayans AR 1:00 Aquacise (E)Pool 2:00 Bunco (S/C)AR 2:00 Bridge(S/C)Pub 3:15 Maj Jongg (S/C)Pub</p>	<p>8:45 Wal Mart &amp; Sprouts(O) <b>14</b> 9:30 Wal Mart &amp; Sprouts(O) 10:45 Weights (E)AR 1:30 Cash Bingo (S/C)AR 3:00 Happy Hour ♪ (M)AR 3:00 Touching Lives (R)TSAR 6:30 Residents Choice(M)T</p>	<p>9:30 Seated Cardio (E)AR <b>15</b> 10:00 Chair Yoga-AR 10:30 Mah Jongg (S/C)P 10:45 Meditation (C)T 1:00 Hearing Clinic-TSL 1:00 Scat Card Game(S/C)AR 1:00 Aquacise (E)Pool 6:30 Hand &amp; Foot (S/C)AR 6:30 Cards &amp; Games (S/C)P</p>	<p>9:30 Zumba (E)AR <b>16</b> 10:30 Wii Games (E)AR 10:30 Blackjack(S/C)AR 10:30 Scat Card Game (S/C)AR 1:00 Better Balance (E)AR 1:30 Chair Dancing (E) AR 1:30 CH Book Mobile AR 2:30 Chef Chat-Dining Room 3:00 Resident Happy Hour(S)P 6:30 Bridge (S/C)AR</p>	<p>9:00 Aquacise (E)Pool <b>17</b> 10:00 Corn Hole(E)CY 10:30 Seated Cardio (E)AR 10:30 Scat Card Game(S/C)AR 11:00 Black Eyed Pea (O)L 1:00 Sunflower Song (M)AR w/ Mindy Anderson 2:30 Maj Jongg Club(S/C)P 6:30 Resident Bingo(S/C)AR</p>	<p>9:30 Coffee &amp; Donuts (F)P <b>18</b> 10:00 Audio Book Cb AL Library 1:00 Hand &amp; Foot (S/C)AR 1:00 Create n' Chat Club-Par 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)AR</p>																								
<p><b>Fall Brunch</b> <b>19</b> 8:30 Catholic Mass (R)CH2 9:00 Catholic Mass (R)CH3 10:00 Catholic Mass (R)CH233 10:30 1<sup>st</sup> brunch seating 12:30 2<sup>nd</sup> brunch seating 1:00 Communion (R)TST 2:00 Low Vision Skip Bo(C)AR 2:05 Minnesota @Denver 4:00 Cards or Bingo (S/C)AR</p>	<p>8:45 VNA Foot Clinic-TSAR <b>20</b> 10:30 Resident Assembly-AR 1:00 Active Minds- AR The history of Coffee 2:00 Hearing Presentation Boost your health with better hearing. Q &amp; A 2:00 Bridge (S/C)Pub 3:15 Maj Jongg Club(S/C) Pub 6:30 Mexican Train (S/C)AR</p>	<p><i>Massage Therapist on Campus</i> <b>21</b> 8:45 King Soopers &amp; Safeway 9:30 King Soopers &amp; Safeway 1:30 Cash Bingo (S/C)AR 3:00 Happy Hour ♪ (M)AR 3:00 Touching Lives (R)TSAR 6:30 Residents Choice(M)</p>	<p>9:30 Seated Cardio (E)AR <b>22</b> 10:00 Chair Yoga-AR 10:30 Mah Jongg (S/C)P 10:45 Meditation (C)T 1:00 Scat Card Game(S/C)AR 1:00 Aquacise (E)Pool 6:30 Hand &amp; Foot (S/C)AR 6:30 Cards &amp; Games (S/C)P</p>			<p>9:00 Resident Run Aquacise <b>24</b> 10:00 Corn Hole(E)CY 10:30 Seated Cardio (E)AR 10:30 Scat Card Game(S/C)AR 11:00 Golden Corral (O)L 1:00 Skip Bo &amp; LVSB (S/C)AR 2:30 Maj Jongg Club(S/C)P 6:30 Resident Bingo(S/C)AR</p>	<p>9:30 Coffee &amp; Donuts (F)P <b>25</b> 10:00 Audio Book Cb AL Library 1:00 Hand &amp; Foot (S/C)AR 1:00 Create n' Chat Club-Par 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)AR</p>																							
<p>8:30 Catholic Mass (R)CH2 <b>26</b> 9:00 Catholic Mass (R)CH3 10:00 Catholic Mass (R)CH233 1:00 Communion (R)TST 2:00 Low Vision Skip Bo(C)AR 2:05 Cleveland @ Denver 2:00 Scat Card Game(S/C)AR 4:00 Cards or Bingo(S)AR</p>	<p>10:30 Town Hall-AR <b>27</b> 1:00 Wii Bowling Club (E)AR 1:00 Aquacise (E)Pool 2:00 Bunco (S/C)AR 2:00 Bridge (S/C)Pub 3:15 Maj Jongg (S/C) Pub 6:30 Mexican Train (S/C)AR</p>	<p>8:45 Target &amp; Dollar Tree(O) <b>28</b> 9:30 Target &amp; Dollar Tree(O) 1:00 Parkinson's Support Group(S) TST 1:30 Prize Bingo (S/C)AR 3:00 Happy Hour ♪ (M)AR 3:00 Touching Lives (R)TSAR 6:30 Residents Choice(M)T</p>	<p>9:30 Seated Cardio (E)AR <b>29</b> 10:00 Chair Yoga-AR 10:30 Mah Jongg (S/C)P 10:45 Meditation (C)T 1:00 Scat Card Game(S/C)AR 1:00 Aquacise (E)Pool 6:30 Hand &amp; Foot (S/C)AR 6:30 Cards &amp; Games (S/C)P</p>	<p><i>On Site Dermatology On Campus</i> <b>30</b> 9:30 Zumba (E)AR 9:30 Family Hearing Clinic-L 10:30 Wii Games (E)AR 10:30 Blackjack(S/C)AR 10:30 Scat Card Game (S/C)AR 1:00 Better Balance (E)AR 1:30 Chair Dancing (E)AR 2:15 Weights(E)AR 3:00 Resident Happy Hour(S)P 6:30 Bridge (S/C)AR</p>	<p><b>Key to Programs &amp; Rooms</b></p> <table border="0"> <tr> <td>(S) Social</td> <td>AR- Activity Room</td> <td>MV-Mountain View Building</td> </tr> <tr> <td>(O) Outing</td> <td>PL-Parlor (Lobby)</td> <td>DR-Dining Room</td> </tr> <tr> <td>(E) Exercise</td> <td>T-Theater(3rd floor)</td> <td>PT GR-Putting Green</td> </tr> <tr> <td>(A) Art</td> <td>L-Library(2nd floor)</td> <td>CY-Courtyard</td> </tr> <tr> <td>(M) Music</td> <td>P-Pub(2<sup>nd</sup> floor)</td> <td>RR-Resident Run</td> </tr> <tr> <td>(R) Religious</td> <td>LY-Lobby</td> <td></td> </tr> <tr> <td>(C) Cognitive</td> <td>TS-The Summit Building</td> <td></td> </tr> <tr> <td>(L) Lecture</td> <td></td> <td></td> </tr> </table>		(S) Social	AR- Activity Room	MV-Mountain View Building	(O) Outing	PL-Parlor (Lobby)	DR-Dining Room	(E) Exercise	T-Theater(3rd floor)	PT GR-Putting Green	(A) Art	L-Library(2nd floor)	CY-Courtyard	(M) Music	P-Pub(2 <sup>nd</sup> floor)	RR-Resident Run	(R) Religious	LY-Lobby		(C) Cognitive	TS-The Summit Building		(L) Lecture		
(S) Social	AR- Activity Room	MV-Mountain View Building																												
(O) Outing	PL-Parlor (Lobby)	DR-Dining Room																												
(E) Exercise	T-Theater(3rd floor)	PT GR-Putting Green																												
(A) Art	L-Library(2nd floor)	CY-Courtyard																												
(M) Music	P-Pub(2 <sup>nd</sup> floor)	RR-Resident Run																												
(R) Religious	LY-Lobby																													
(C) Cognitive	TS-The Summit Building																													
(L) Lecture																														