

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|--|--|--|--|---|
|   |   | <b>1</b><br>9:00 King Soopers & Safeway<br>9:30 King Soopers & Safeway<br>10:45 Weights (E)AR<br>1:00 Office Hours w/ the ED-PI<br>1:00 Scat Card Game(S/C)AR<br>1:00 Bridge (S/C)Pub<br>3:00 Happy Hour ♪ (M)AR<br>3:00 Touching Lives (R)TSAR<br>6:30 Residents Choice(M)T   | <b>2</b><br>9:30 Seated Cardio (E)AR<br>10:00 Chair Yoga (E)AR<br>10:30 Mah Jongg (S/C)P<br>10:45 Meditation (C)T<br>1:00 Aquacise (E)Pool<br>1:30 Cash Bingo (S/C)AR<br>6:30 Hand & Foot (S/C)AR<br><br><small>Rosh Hashanah Begins</small> | <b>3</b><br>10:30 Wii Games (S/C)AR<br>10:30 Scat Card Game (S/C)P<br>1:00 Better Balance (E)AR<br>1:30 Crafty Corner (A)AR<br>3:00 Resident Happy Hour(S)P  | <b>4</b><br>9:00 Aquacise (E)Pool<br>10:30 Scat Card Game (S/C)P*<br>11:00 Smokin Dave's BBQ (O)L<br>1:00 Skip Bo & LV SB(S/C)AR<br>2:30 Maj Jongg Club(S/C)P<br>6:00 Resident Bingo(S/C)AR  | <b>5</b><br>9:30 Coffee & Donuts (S)P<br>1:00 Hand & Foot (S/C)AR<br>1:00 Create n'Chat Club(A)Par<br>2:00 Christian Worship Ch.20<br>2:00 Color Me Club (A)Pub                                       |
| <b>6</b><br>8:30 Catholic Mass (R)CH2<br>9:00 Catholic Mass (R)CH3<br>10:00 Catholic Mass (R)CH233<br>10:30 Eucharist (R)TST<br>2:00 Low Vision Skip Bo(C)AR<br>2:00 Scat Card Game(S/C)AR<br>4:00 Cards (S/C)AR  | <b>7</b><br>9:00 Kaiser Booster Clinic -L<br>10:00 Blood Pressure Clinic-3rd<br>11:30 Walker Clinic-AR<br>1:00 Wii Bowling (E)AR<br>1:00 Aquacise (E)Pool<br>2:00 LCR Dice Game (S/C)AR<br>6:30 Mexican Train (S/C)AR   | <b>8</b><br>9:00 Target & Dollar Tree (O)L<br>9:30 Target & Dollar Tree (O)L<br>1:00 CH Book Mobile-AR<br>1:00 Bridge (S/C)Pub<br>1:00 Scat Card Game(S/C)AR<br>3:00 Happy Hour ♪ (M)AR<br>3:00 Touching Lives (R)TSAR<br>6:00 CH Author Talk (O)L<br>6:30 Residents Choice(M) | <b>9</b><br>9:30 Seated Cardio (E)AR<br>10:00 Chair Yoga (E)AR<br>10:30 Mah Jongg (S/C)P<br>10:45 Meditation (C)T<br>1:00 Aquacise (E)Pool<br>1:30 Cash Bingo (S/C)AR<br>6:30 Hand & Foot (S/C)AR  | <b>10</b><br>10:30 Wii Games (S/C)AR<br>10:30 Blackjack Bunch(S/C)AR<br>10:30 Scat Card Game (S/C)P<br>1:00 Better Balance (E)AR<br>1:30 Crafty Corner (A)AR<br>3:00 Resident Happy Hour(S)P   | <b>11</b><br>9:00 Aquacise (E)Pool<br>9:30 Seated Cardio (E)AR<br>10:00 Chair Yoga (E)AR<br>10:30 Scat Card Game (S/C)P*<br>10:45 Meditation (C)T<br>11:00 Rooster's (O)L<br>1:00 Skip Bo & LV SB(S/C)AR<br>2:30 Daniel on the Piano(M)AR<br>2:30 Maj Jongg Club(S/C)P<br>6:00 Resident Bingo(S/C)AR<br><br><small>Yom Kippur Begins</small>                       | <b>12</b><br>9:30 Coffee & Donuts (S)P<br>1:00 Hand & Foot (S/C)AR<br>1:00 Create n'Chat Club(A)Par<br>2:00 Christian Worship Ch.20<br>2:00 Color Me Club (A)Pub                                      |
| <b>13</b><br>8:30 Catholic Mass (R)CH2<br>9:00 Catholic Mass (R)CH3<br>10:00 Catholic Mass (R)CH233<br>10:30 Eucharist (R)TST<br>2:00 Low Vision Skip Bo(C)AR<br>2:00 Scat Card Game(S/C)AR<br>4:00 Cards (S/C)AR | <b>14</b><br>9:30 Seated Cardio (E)AR<br>10:00 Chair Yoga (E)AR<br>10:45 Meditation (C)T<br>1:00 Wii Bowling (E)AR<br>1:00 Aquacise (E)Pool<br>2:00 LCR Dice Game (S/C)AR<br>6:30 Mexican Train (S/C)AR<br><br><small>Thanksgiving Day (Canada)<br/>Indigenous Peoples' Day<br/>Columbus Day (US)</small> | <b>15</b><br>9:00 King Soopers & Safeway<br>9:30 King Soopers & Safeway<br>10:45 Weights (E)AR<br>1:00 Office Hours w/ the ED-PI<br>1:00 Bridge (S/C)Pub<br>1:00 Scat Card Game(S/C)AR<br>3:00 Happy Hour ♪ (M)AR<br>3:00 Touching Lives (R)TSAR<br>6:30 Residents Choice(M)T  | <b>16</b><br>9:30 Seated Cardio (E)AR<br>10:00 Chair Yoga (E)AR<br>10:30 Mah Jongg (S/C)P<br>10:45 Meditation (C)T<br>1:00 Aquacise (E)Pool<br>1:30 Cash Bingo (S/C)AR<br>6:30 Hand & Foot (S/C)AR<br><br><small>Sukkot Begins</small>       | <b>17</b><br>9:30 Zumba (E)AR<br>10:30 Wii Games (S/C)AR<br>10:30 Blackjack Bunch(S/C)AR<br>10:30 Scat Card Game (S/C)P<br>1:00 Better Balance (E)AR<br>1:30 Crafty Corner (A)AR<br>2:30 Chef Chat (C)DR<br>3:00 Resident Happy Hour(S)P<br>6:30 Chicken Foot (S/C)AR  | <b>18</b><br>9:00 Aquacise (E)Pool<br>9:30 Seated Cardio (E)AR<br>10:00 Chair Yoga (E)AR<br>10:00 Georgetown (O)L<br>10:30 Scat Card Game (S/C)P*<br>10:45 Meditation (C)T<br>1:00 Skip Bo & LV SB(S/C)AR<br>1:30 The History of Picaso-AR<br>2:30 Maj Jongg Club(S/C)P<br>6:00 Resident Bingo(S/C)AR  | <b>19</b><br>9:30 Coffee & Donuts (S)P<br>1:00 Hand & Foot (S/C)AR<br>1:00 Create n'Chat Club(A)Par<br>2:00 Christian Worship Ch.20<br>2:00 Color Me Club (A)Pub<br>2:00 Concert in the Activity Room |
| <b>20</b><br>8:30 Catholic Mass (R)CH2<br>9:00 Catholic Mass (R)CH3<br>10:00 Catholic Mass (R)CH233<br>10:30 Eucharist (R)TST<br>2:00 Low Vision Skip Bo(C)AR<br>2:00 Scat Card Game(S/C)AR<br>4:00 Cards (S/C)AR | <b>21</b><br>8:45 VNA Foot Clinic-TSAR<br>10:30 Resident Assembly-AR<br>10:30 Blood Pressure Clinic-TS<br>1:00 Active Minds presents North Korea-AR<br>1:00 RR Aquacise (E)Pool<br>2:00 LCR Dice Game (S/C)AR<br>6:30 Mexican Train (S/C) AR  | <b>22</b><br>9:00 Walmart & Sprouts (O)<br>9:30 Walmart & Sprouts (O)L<br>10:45 Weights (E)AR<br>1:00 Bridge (S/C)Pub<br>1:00 Scat Card Game(S/C)AR<br>3:00 Happy Hour ♪ (M)AR<br>3:00 Touching Lives (R)TSAR<br>6:30 Residents Choice(M)T                                     | <b>23</b><br>9:30 Seated Cardio (E)AR<br>10:00 Chair Yoga (E)AR<br>10:30 Mah Jongg (S/C)P<br>10:45 Meditation (C)T<br>1:00 RR Aquacise (E)Pool<br>1:30 Cash Bingo (S/C)AR<br>6:30 Hand & Foot (S/C)AR  | <b>24</b><br>9:00 Family Hearing Clinic-L<br>9:30 Zumba (E)AR<br>10:30 Wii Games (S/C)AR<br>10:30 Blackjack Bunch(S/C)AR<br>10:30 Scat Card Game (S/C)P<br>1:00 Better Balance (E)AR<br>1:30 Crafty Corner (S/C)AR<br>3:00 Resident Happy Hour(S)P<br>6:30 Chicken Foot (S/C)AR<br><br><small>Simchat Torah Begins</small> | <b>25</b><br>9:00 RR Aquacise (E)Pool<br>9:00 Donation Station-AR<br>9:30 Seated Cardio (E)AR<br>10:00 Chair Yoga (E)AR<br>10:30 Scat Card Game (S/C)P*<br>10:45 Meditation (C)T<br>11:00 Panera Bread (O)L<br>1:00 Skip Bo & LV SB(S/C)AR<br>2:30 Maj Jongg Club(S/C)P<br>6:00 Resident Bingo(S/C)AR  | <b>26</b><br>9:30 Coffee & Donuts (S)P<br>1:00 Hand & Foot (S/C)AR<br>1:00 Create n'Chat Club(A)Par<br>2:00 Christian Worship Ch.20<br>2:00 Color Me Club (A)Pub                                      |
| <b>27</b><br>8:30 Catholic Mass (R)CH2<br>9:00 Catholic Mass (R)CH3<br>10:00 Catholic Mass (R)CH233<br>10:30 Eucharist (R)TST<br>2:00 Low Vision Skip Bo(C)AR<br>2:00 Scat Card Game(S/C)AR<br>4:00 Cards (S/C)AR | <b>28</b><br>10:30 Town Hall-AR<br>1:00 Wii Bowling (E)AR<br>1:00 Aquacise (E)Pool<br>2:00 LCR Dice Game (S/C)AR<br>6:30 Mexican Train (S/C)AR  | <b>29</b><br>9:00 King Soopers & Safeway<br>9:30 King Soopers & Safeway<br>10:45 Weights (E)AR<br>1:00 Scat Card Game(S/C)AR<br>1:00 Bridge (S/C)Pub<br>3:00 Happy Hour ♪ (M)AR<br>3:00 Touching Lives (R)TSAR<br>6:30 Residents Choice(M)T                                    | <b>30</b><br>9:30 Seated Cardio (E)AR<br>10:00 Chair Yoga (E)AR<br>10:30 Mah Jongg (S/C)P<br>10:45 Meditation (C)T<br>1:00 Aquacise (E)Pool<br>1:30 Prize Bingo (S/C)AR<br>6:30 Hand & Foot (S/C)AR<br>6:30 Cards & Games (S/C)P             | <b>31</b><br>9:30 Zumba (E)AR<br>10:30 Wii Games (S/C)AR<br>10:30 Blackjack Bunch(S/C)AR<br>10:30 Scat Card Game (S/C)P<br>1:00 Better Balance (E)AR<br>1:30 Crafty Corner (S/C)AR<br>2:00 Halloween Concert(M)SAR<br>3:00 Resident Happy Hour(S)P<br>6:30 Chicken Foot (S/C)AR<br><br><small>Halloween</small>            | <b>Key to Programs &amp; Rooms</b><br>(S) Social AR- Activity Room<br>(O) Outing MV-Mountain View Building<br>(E) Exercise PL-Parlor (Lobby)<br>(A) Art DR-Dining Room<br>(M) Music T-Theater(3rd floor)<br>(R) Religious L-Library (2nd Floor)<br>(C)Cognitive LB- Lobby<br>(L) Lecture S-Salon (2nd Floor)<br>(P) Presentation SAR-Summit Activity Room<br>P-Pub |   |