

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key to Programs & Rooms (S) Social AR- Activity Room (O) Outing MV-Mountain View (E) Exercise Building (A) Art PL-Parlor (Lobby) (M) Music DR-Dining Room (R) Religious T-Theater(3rd floor) (C) Cognitive L-Library (L) Lecture LB- Lobby (P) Presentation (V) Vendor-Service	1 9:00 Kroger/Kings Booster Clinic-L 9:00 EPM Blood Pressure Clinic (V)AR 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:45 Meditation (C)T 11:00 Walker Clinic (V)L 1:00 Aquacise (E)P 1:00 Wii Bowling Game (E)AR 2:00 Bible Study (R)P 2:30 LCR Dice Game (S/C)AR 6:30 Fast Track Game (S/C)P	2 9:00 King Soopers/Safeway (O)L 9:30 King Soopers/Safeway (O)L 10:00 Thera Bands Exercise (E)AR 10:30 Weights Exercise (E)AR 1:00 Bridge Card Game(S/C)P 1:00 Scat Card Game (S/C)AR 3:00 Happy Hour w/Live Music (M)AR 3:00 Touching Lives (R)TSAR 6:30 Up & Down the River Game(S/C)P 6:30 Residents Choice (P)T	3 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:00 Mah Jongg Game (S/C)P 10:45 Meditation (C)T 1:00 Family Hearing Clinic (V)TSL 1:00 Aquacise (E)P 1:30 Cash Bingo Game (S/C)AR 6:30 Hand & Foot Card Game(S/C)AR	4 9:30 Weights Exercise (E)AR 10:30 Wii Games Exercise (S/C)AR 10:45 Blackjack Bunch Cards (S/C)AR 1:00 Better Balance Exercise(E)AR 1:30 Crafty Corner Arts (A)AR 2:00 Scat Card Game (S/C)AR 3:00 Resident Happy Hour(S)P 6:30 Mexican Train Dominoes (S/C)P	5 9:00 Aquacise (E)P 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:30 Scat Card Game (S/C)P 10:45 Meditation (C)T 11:30 5280 Burger Restaurant (O)L 1:00 Skip Bo Card Game (S/C)AR 2:00 REIKI Presentation (P)AR 2:00 Maj Jongg Game (S/C)P 6:30 Resident Bingo Game (S/C)AR	6 9:30 Coffee & Donuts (S)AR 12:30 Hand & Foot (S/C)AR 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)P 2:15 Residents Choice (P)T 6:30 Up & Down the River Game(S/C)AR
7 8:30 Catholic Mass (R)CH2 9:00 Catholic Mass (R)CH3 10:00 Catholic Mass (R)CH233 10:30 Eucharist (R)TST 2:00 Skip Bo(S/C)AR 2:00 Scat Card Game(C)AR 4:00 Cards (S/C)AR	8 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:45 Meditation (C)T 11:00 The Secret to Thrive after 55 Program in the Activity Room 1:00 Aquacise (E)P 1:00 Wii Bowling Game (E)AR 2:00 Bible Study (R)P 2:30 LCR Dice Game (S/C)AR 6:30 Fast Track Game (S/C)P	9 9:00 Walmart & Sprouts (O)L 9:30 Walmart & Sprouts (O)L 10:00 Thera Bands Exercise (E)AR 10:30 Weights Exercise (E)AR 1:00 CH Book Mobile Library (V)P 1:00 Bridge (S/C)P 1:00 Scat Card Game (S/C)AR 3:00 Happy Hour w/Live Music(M)AR 3:00 Touching Lives (R)TSAR 6:30 Up & Down the River Game(S/C)P 6:30 Residents Choice (P)T	10 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:00 Mah Jongg Game (S/C)P 10:45 Meditation (C)T 1:00 Aquacise (E)P 1:30 Cash Bingo Game (S/C)AR 6:30 Hand & Foot Card Game(S/C)AR	11 9:30 Weights Exercise (E)AR 10:30 Wii Games Exercise (S/C)AR 10:45 Blackjack Bunch Cards (S/C)AR 1:00 Better Balance Exercise(E)AR 1:30 Crafty Corner Arts (A)AR 2:00 Scat Card Game (S/C)AR 3:00 Resident Happy Hour(S)P 6:30 Mexican Train Dominoes (S/C)P	12 9:00 RR Aquacise (E)P 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:30 Scat Card Game (S/C)P 10:45 Meditation (C)T 11:30 Parry's Pizza Restaurant (O)L 1:00 Skip Bo Card Game (S/C)AR 2:00 Maj Jongg Game (S/C)P 2:30 Daniel Performing (M)AR 6:30 Resident Bingo Game (S/C)AR	13 9:30 Coffee & Donuts (S)AR 12:30 Hand & Foot (S/C)AR 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)P 2:15 Residents Choice (P)T 6:30 Up & Down the River Game(S/C)AR
14 8:30 Catholic Mass (R)CH2 9:00 Catholic Mass (R)CH3 10:00 Catholic Mass (R)CH233 10:30 Eucharist (R)TST 2:00 Skip Bo(S/C)AR 2:00 Scat Card Game(C)AR 4:00 Cards (S/C)AR Flag Day (U.S.)	15 10:30 Resident Assembly (M)AR 1:00 Active Minds Presents Greenland (P)AR 1:00 Aquacise (E)P 1:00 Wii Bowling Game (E)AR 2:00 Bible Study (R)P 2:30 LCR Dice Game (S/C)AR 6:30 Fast Track Game (S/C)P	16 9:00 King Soopers/Safeway (O)L 9:30 King Soopers/Safeway (O)L 10:00 Thera Band Exercise (E)AR 10:30 Weights Exercise (E)AR 1:00 Bridge Card Game (S/C)P 1:00 Scat Card Game (S/C)AR 3:00 Touching Lives (R)TSAR 3:00 Happy Hour w/Live Music (M)AR 6:30 Up & Down the River Game(S/C)P 6:30 Residents Choice (P)T	17 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:00 Mah Jongg Game (S/C)P 10:45 Meditation (C)T 11:30 Father's Day Luncheon in the Pub 1:00 Aquacise (E)P 1:30 Cash Bingo Game (S/C)AR 6:30 Hand & Foot Card Game(S/C)AR	18 9:30 Weights Exercise (E)AR 10:00 REIKI SESSIONS until 4pm(V)L 10:30 Wii Games Exercise (S/C)AR 10:45 Blackjack Bunch Cards (S/C)AR 1:00 Better Balance Exercise(E)AR 1:30 Crafty Corner Arts (A)AR 2:00 Scat Card Game (S/C)AR 2:30 Chef Chat Meeting (L)DR 3:00 Resident Happy Hour(S)P 6:30 Mexican Train Dominoes (S/C)P	19 9:15 Georgetown Loop RR (O)L 9:00 Aquacise (E)P 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:00 Mah Jongg Game (S/C)P 10:30 Scat Card Game (S/C)P 10:45 Meditation (C)T 1:00 Calendar Review (M)PUB 1:00 Skip Bo Card Game (S/C)AR 2:00 This is YOUR life (S)AR 2:00 Maj Jongg Game (S/C)P 6:30 Resident Bingo Game (S/C)AR Juneteenth	20 9:30 Coffee & Donuts (S)AR 12:30 Hand & Foot (S/C)AR 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)P 2:15 Residents Choice (P)T 6:30 Up & Down the River Game(S/C)AR
21 8:30 Catholic Mass (R)CH2 9:00 Catholic Mass (R)CH3 10:00 Catholic Mass (R)CH233 10:30 Eucharist (R)TST 2:00 Skip Bo(S/C)AR 2:00 Scat Card Game(C)AR 4:00 Cards (S/C)AR Father's Day Summer Begins	22 10:30 Town Hall (M)AR 1:00 Aquacise (E)P 2:00 The 4 th of July Presented by Historic Denver Molly Brown House Museum (L) In the Activity Room 2:00 Bible Study (R)P 3:00 *LCR Dice Game (S/C)AR 6:30 Fast Track Game (S/C)P	23 9:00 Target & Dollar Tree 9:30 Target & Dollar Tree (O)L 9:30 Advanced Foot Care Clinic-TSS 10:00 Thera Bands (E)AR 10:30 Weights Exercise (E)AR 1:00 Parkinson's Support (M/S)TST 1:00 Bridge Card Game (S/C)Pub 1:00 Scat Cards (S/C)AR 3:00 Touching Lives (R)TSAR 3:00 Happy Hour w/Live Music (M)AR 6:30 Up & Down the River Game(S/C)P 6:30 Residents Choice(P)T	24 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:00 Mah Jongg Game (S/C)P 10:45 Meditation (C)T 1:00 Aquacise (E)P 1:30 PRIZE Bingo Game (S/C)AR 6:30 Hand & Foot Card Game(S/C)AR	25 9:30 Weights Exercise (E)AR 10:30 Wii Games Exercise (S/C)AR 10:45 Blackjack Bunch Cards (S/C)AR 1:00 Better Balance Exercise(E)AR 1:30 Crafty Corner Arts (A)AR 2:00 Scat Card Game (S/C)AR 3:00 Resident Happy Hour(S)P 6:30 Mexican Train Dominoes (S/C)P	26 9:00 Donation Station AR 9:00 RR Aquacise (E)P 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:30 Scat Card Game (S/C)P 11:30 Ted's Montana Grill Eatery (O)L 1:00 Skip Bo Card Game (S/C)AR 2:00 Maj Jongg Game (S/C) 6:30 Resident Bingo Game (S/C)AR	27 9:30 Coffee & Donuts (S)AR 12:30 Hand & Foot (S/C)AR 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)P 2:15 Residents Choice (P)T 6:30 Up & Down the River Game(S/C)AR
28 8:30 Catholic Mass (R)CH2 9:00 Catholic Mass (R)CH3 10:00 Catholic Mass (R)CH233 10:30 Eucharist (R)TST 2:00 Skip Bo(S/C)AR 2:00 Scat Card Game(C)AR 4:00 Cards (S/C)AR	29 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:45 Meditation (C)T 1:00 Aquacise (E)P 1:00 Wii Bowling Game (E)AR 2:00 Bible Study (R)P 2:30 LCR Dice Game (S/C)AR 6:30 Fast Track Game (S/C)P	30 9:00 King Soopers/Safeway (O)L 9:30 King Soopers/Safeway (O)L 10:00 Thera Band Exercise (E)AR 10:30 Weights Exercise (E)AR 1:00 Bridge Card Game (S/C)P 1:00 Scat Card Game (S/C)AR 3:00 Touching Lives (R)TSAR 3:00 Happy Hour w/Live Music (M)AR 6:30 Up & Down the River Game(S/C)P 6:30 Residents Choice (P)T	June 2026 The Mountain View Building 			