

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 Mountain View Building				9:30 Hand Weight Exercise (E)AR 10:30 Wii Games Exercise (S/C)AR 10:45 Blackjack Bunch Cards (S/C)AR 1:00 Family Hearing Clinic (V)TSL 1:00 Better Balance Exercise(E)AR 1:30 Crafty Corner Arts (A)AR 2:00 Sock Hop in the Courtyard until 4:00. Snacks are served 2:00 Scat Card Game (S/C)AR 3:00 Resident Happy Hour(S)P 6:30 Mexican Train Dominoes (S/C)P 1	9:00 Aquacise (E)Pool 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 Black Eyed Pea (O)L 1:00 Skip Bo Card Game (S/C)AR 2:00 Maj Jongg Game (S/C)P 6:30 Resident Bingo Game (S/C)AR 2	9:30 Coffee & Donuts (S)AR 11:00 Hand Weight Exercise (E)TSAR 12:30 Hand & Foot (S/C)AR 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)LB 6:30 Up & Down the River Game(S/C)AR 3
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 4	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 10:30 Book Club Meeting (S/C)Lib 10:45 Meditation (C)T 11:00 Walker Clinic (V)L 1:00 Aquacise (E)Pool 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 5	Enable Dental on Campus 9:00 King Soopers/Safeway (O)L 9:30 King Soopers/Safeway (O)L 10:00 Thera Bands Exercise (E)AR 10:30 Hand Weight 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 6	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)Pool 1:30 Cash Bingo Game (S/C)AR 6:30 Hand & Foot Card Game(S/C)AR 7	9:30 Hand Weight 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 Trader Joe's (O)L 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 8	OnSite Dermatology 9:00 Aquacise (E)Pool 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 Golden Corral (O)L 1:00 Skip Bo Card Game (S/C)AR 2:00 Maj Jongg Game (S/C)P 6:30 Resident Bingo Game (S/C)AR 9	9:30 Coffee & Donuts (S)AR 11:00 Hand Weight Exercise (E)TSAR 12:30 Hand & Foot (S/C)AR 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)LB 6:30 Up & Down the River Game(S/C)AR 10
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 11	9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:45 Meditation (C)T 1:00 Aquacise (E)Pool 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 12	9:00 Target & Dollar Tree (O)L 9:30 Target & Dollar Tree (O)L 10:30 Mark Boykins Musical Performance in the Activity Room 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 13	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)Pool 1:30 Cash Bingo Game (S/C)AR 6:30 Hand & Foot Card Game(S/C)AR 14	9:30 Hand Weight 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 2:30 Chef Chat Meeting (L)DR 3:00 Resident Happy Hour(S)P 6:30 Mexican Train Dominoes (S/C)P 15	9:00 Aquacise (E)Pool 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 The NEW Anythink Nature Library and cafe (O)L 1:00 Calendar Review (S/C)P 1:00 Skip Bo Card Game (S/C)AR 2:00 Maj Jongg Game (S/C)P 6:30 Resident Bingo Game (S/C)AR 16	9:30 Coffee & Donuts (S)AR 11:00 Hand Weight Exercise (E)TSAR 12:30 Hand & Foot (S/C)AR 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)LB 6:30 Up & Down the River Game(S/C)AR 17
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 18	10:30 Resident Assembly (M)AR 1:00 Active Minds Presents Pompeii (P)AR 1:00 Aquacise (E)Pool 1:00 Wii Bowling Game (E)AR 2:00 Bible Study (R)P 2:30 Aquacise (E)P 2:30 LCR Dice Game (S/C)AR 6:30 Fast Track Game (S/C)P 19	9:00 King Soopers/Safeway (O)L 9:30 King Soopers/Safeway (O)L 10:00 Thera Band Exercise (E)AR 10:30 Hand Weight 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 20	9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:00 Mah Jongg Game (S/C)P 10:00 Reiki Sessions until 4:00 (V)T 10:30 Financial Fraud & scams Presented by First Interstate Bank In the Activity Room 1:00 Aquacise (E)Pool 6:30 Hand & Foot Card Game(S/C)AR 21	9:30 Hand Weight 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 22	9:00 Aquacise (E)Pool 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 PF Cheng's (O)L 1:00 Skip Bo Card Game (S/C)AR 2:00 Heartlanders (M)TSAR 2:00 Maj Jongg Game (S/C)P 6:30 Resident Bingo Game (S/C)AR 23	9:30 Coffee & Donuts (S)AR 11:00 Hand Weight Exercise (E)TSAR 12:30 Hand & Foot (S/C)AR 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)LB 6:30 Up & Down the River Game(S/C)AR 24
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 25	10:30 Town Hall (M)AR 1:00 Aquacise (E)Pool 2:00 Bible Study (R)P 2:30 LCR Dice Game (S/C)AR 6:30 Fast Track Game (S/C)P 26	9:00 Walmart & Sprouts (O)L 9:30 Walmart & Sprouts (O)L 9:30 Advanced Foot Care Clinic-TSS 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 P 6:30 Residents Choice (P)T 27	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)Pool 1:30 PRIZE Bingo Game (S/C)AR 6:30 Hand & Foot Card Game(S/C)AR 28	9:30 Hand Weight 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 1:00 Better Balance Exercise(E)AR 1:30 Crafty Corner Arts (A)AR 3:00 Resident Happy Hour(S)P 6:30 Mexican Train Dominoes (S/C)P 29	9:00 Donation Station AR 9:00 Aquacise (E)Pool 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:30 Scat Card Game (S/C)P 11:30 Flat Iron Mall/Food Court (O)L 2:00 Maj Jongg Game (S/C)P 3:00 Costume Halloween Party With prizes! (M)AR 6:30 Resident Bingo Game (S/C)AR 30	9:30 Coffee & Donuts (S)AR 11:00 Hand Weight Exercise (E)TSAR 12:30 Hand & Foot (S/C)AR 2:00 Christian Worship Ch. 2:00 Halloween Party with Harris &B Harris in The Summit AR 2:00 Color Me Club (A)LB 6:30 Up & Down the River Game(S/C)AR 31