

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2023

Independent Living

		<p>10:30 Cardio with Kelly- CH 1:00 Bottle Sand Art- CH 2:00 Series: All Creatures Great & Small- TR 3:00 Knitting Group- VG</p>	<p>10:00 Exercise with Maynette- CH *12:00 Canvas Swirl Painting- CH 1:15 Community Chat- CH 1:00 Sequence W/ Erin *3:00 Popcorn Tasting- CH*</p>	<p>10:30 Tai Chi with Eric- CH *11:30 Out to Lunch: HuHot* 3:00 Pinochle- Bistro *4:00 Vodka Watermelon- CH* 6:30 Movie Night: Pride & Prejudice- TR</p>	<p>10:00 Exercise with Maynette- CH 11:00 VAB Walking Group 11:15 Film Discussion- Zoom 1:00 Active Minds: Louie Armstrong- TR 4:00 Happy Hour- CH</p>	<p>10:00 Coffee and Donuts- VG 10:00 Beginners Bridge Group- 2nd FLR 11:00 & 11:30 Tech Time with Beto- CH 3:00 Documentary: Great Greek Myths- TR</p>
<p>6 Sunday Brunch Dine in @ 11:30 Pick Up @ 1:00</p>	<p>7 10:00 Exercise with Maynette- CH 11:30 Monday Meditation- Zoom 1:00 How to Read A Movie W/ Arlene- TR 3:00 Mexican Train- CH</p>	<p>8 10:30 Cardio with Kelly- CH 11:15 Connected Living Training- CH 1:00- 3:00 Ems Ice Cream Truck- Outside CH 3:00 Knitting Group- VG *4:00 Out to Dinner: Cheesecake Factory*</p>	<p>9 10:00 Exercise with Maynette- CH *12:00 Taste of Italy/ Documentary- CH* *1:00 Cards for Kindness- 2nd FLR* 2:00 VAB BOOK Group- DR *3:00 Water Balloon Toss- IL BBQ Area*</p>	<p>10 10:30 Tai Chi with Eric- CH *1:00 Snow Cone Social- IL Patio* 2:00 Shared Journeys- DR 3:00 Pinochle- Bistro 6:30 Movie Night: Interstellar- TR</p>	<p>11 10:00 Exercise with Maynette- CH 11:00 VAB Walking Group 11:15 Film Discussion- Zoom 12:00 King Soopers Outing 4:00 Happy Hour- CH *6:00 Carnation Festival: Zoppe Family Circus*</p>	<p>12 10:00 Aces of Bridge Club- VG 1:00 Tai Chi with Eric- CH 3:00 Documentary : Great Greek Myths- TR *3:30 Coke Floats- CH*</p>
<p>13 Sunday Brunch Dine in @ 11:30 Pick Up @ 1:00</p>	<p>14 10:00 Exercise with Maynette- CH *11:00 Flower Arranging- CH* 11:30 Monday Meditation- Zoom *12:00 Clubhouse Creamsicles- CH* 1:00 How to Read A Movie W/ Arlene- TR *3:00 Tie Die Shirts- CH*</p>	<p>15 10:30 Cardio with Kelly- CH *11:00 Forney Museum of Transportation* 11:15 Connected Living Training- CH 3:00 Knitting Group- VG</p>	<p>16 10:00 Exercise with Maynette- CH *12:00 Nancho Bar- CH* *1:30 Phyllip Roger Roy: My Son the Waiter @ LCC* *5:00 Tippy Cornhole- Bocce Courts*</p>	<p>17 10:30 Tai Chi with Eric- CH *12:00 Taste of India/ Documentary- CH* 1:00-3:00 Hearing Aid Clinic- TR 3:00 Pinochle- Bistro *4:00 BINGO- VG 6:30 Movie Night: What Happened to Monday- TR</p>	<p>18 10:00 Video Exercise- CH 11:00 VAB Walking Group 11:15 Film Discussion- Zoom 1:00 Active Minds: Artificial Intelligence- TR 4:00 Happy Hour- CH</p>	<p>19 10:00 Coffee and Donuts- VG 10:00 Beginners Bridge Group- 2nd FLR 11:00 & 11:30 Tech Time with Beto- CH *2:00 Spiked Lemonade Social- CH* 3:00 Documentary: Great Greek Myths- TR</p>
<p>20 Sunday Brunch Dine in @ 11:30 Pick Up @ 1:00</p>	<p>21 10:00 Exercise with Maynette- CH 11:30 Monday Meditation- Zoom 1:00 How to Read A Movie W/ Arlene- TR *2:00 Senior Citizen Appreciation Day- VG* *5:00 Bocce W/ Phil- Bocce Court*</p>	<p>22 10:30 Cardio with Kelly- CH 11:15 Connected Living Training- CH 2:00 Series: All Creatures Great & Small- TR 3:00 Knitting Group- VG</p>	<p>23 10:00 Exercise with Maynette- CH *12:00 Seashell Wreaths- CH* *2:00 Culinary Chat- CH* *3:30 Wine Down Wednesday W/ Alan Vail- VG*</p>	<p>24 10:30 Tai Chi with Eric- CH 1:30 Chris Wells: Beautiful Colorado 147 Years Young- TR 3:00 Pinochle- Bistro *4:00 Wine Tasting W/ Don McKenzie- CH* 6:30 Movie Night: Sully- TR</p>	<p>25 10:00 Exercise with Maynette- CH 11:00 VAB Walking Group 11:15 Film Discussion- Zoom 12:00 King Soopers Outing 4:00 Happy Hour- CH</p>	<p>26 10:00 Aces of Bridge Club- VG 1:00 Tai Chi with Eric- CH 3:00 Documentary : Great Greek Myths- TR</p>
<p>27 Sunday Brunch Dine in @ 11:30 Pick Up @ 1:00</p>	<p>28 10:00 Exercise with Maynette- CH *11:00 Flower Arranging- CH* 11:30 Monday Meditation- Zoom 1:00 How to Read A Movie W/ Arlene- TR *3:00 Trip to Dairy Queen*</p>	<p>29 *8:30 Lakewood Peaches Softball Game @ Addenbrooke 10:30 Cardio with Kelly- CH 11:15 Connected Living Training- CH 3:00 Knitting Group- VG *3:30 August Birthday Celebration- VG*</p>	<p>30 10:00 Exercise with Maynette- CH *12:00 Hops Drops Music & Beer Festival in Evergreen* 1:00 Documentary: Drain the Oceans- TR 3:00 Scrabble- CH</p>	<p>31 10:30 Tai Chi with Eric- CH *12:00 Picnic in the Park: O'Kane* 3:00 Pinochle- Bistro 6:30 Movie Night: The Godfather- TR</p>		

ALL ACTIVITIES AND SUBJECT TO CHANGE DUE TO WEATHER, COVID-19, CANCELLATIONS/ LOW SIGN UPS ETC.