

## APRIL

INDEPENDENT LIVING

WED

2024



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SUN	MON	TUE	WED	THU	FRI	SAI
	10:00 Exercise with Maynette- CH 11:00 Pinochle- Bistro 11:30 Monday Meditation Zoom 12:00 Activities Discussion- CH 4:00 Sangria Social- CH	10:30 Workout with Tyler- CH 11:00 Home Massages w/ Laura Mendez 11:00 Resident Lunch Buffet VG 3:00 Knitting Group VG	<ul> <li>10:00 Exercise with Maynette- CH</li> <li>1:00 Lost Treasures of Denver Presentation w/ Micheal Vincent- TR</li> <li>2:30 Iced Tea Tasting- CH</li> <li>4:00 BINGO- VG</li> </ul>	9:00 Morning Smoothies-CH 10:30 Tai Chi with Eric CH 11:30 Out to Lunch: Yard House 2:45 Prime IV Hydration & Wellness- CH	10:00 Exercise with Maynette- CH 11:15 Film Discussion- Zoom 12:30 King Soopers Outing 4:00 Happy Hour- CH 7:00 The Music Man @ LCC	10:00 Coffee and Donuts- VG  1:00 Tai Chi with Eric- CH  2:00 Documentary: Our Great National Parks- TR
Sunday Brunch Dine in @ 11:30 Pick Up or Delivery @ 1:30	10:00 Exercise with Maynette- CH 11:00 Flower Arranging-CH 11:00 Pinochle- Bistro 11:30 Monday Meditation Zoom 2:00 Outing: Little Man's Ice Cream	10:30 Workout with Tyler- CH 11:30 Resident Lunch Buffet VG 1:30 Dementia Caregiver Support Group- DR 3:00 Knitting Group VG 4:00 Resident Antique's Show and Tell- CH	10:00 Exercise with Maynette- CH 11:30 Culinary Chat-CH 1:00 Baked Potato Social- CH 2:00 VAB Book Group- TR 3:00 Rose Wine Tasting W/ Don McKenzie- VG	10:30 Tai Chi with Eric CH 1:00 Benefits of Physical Therapy w/ Tyler Thorton- CH 2:00 Shared Journeys- DR 4:00 Spring Pour Painting- CH 7:00 Lakewood Symphony	10:00 Exercise with Maynette- CH 11:15 Film Discussion- Zoom 12:30 Nutrition & Wellness w/ Jordan Lawrence- CH 1:00 Active Minds: Contemporary American Music-TR 4:00 Happy Hour- CH	10:00 Aces of Bridge Club- VG 2:00 Documentary: Our Great National Parks- TR
Sunday Brunch Dine in @ 11:30 Pick Up or Delivery @ 1:30	10:00 Exercise with Maynette- CH 11:00 Pinochle- Bistro 11:30 Monday Meditation Zoom 3:00 Caipirinha's Cocktails w/ Diego- CH 4:30 Out to Dinner: Rodizio Grille	<ul> <li>10:30 Workout with Tyler- CH</li> <li>11:30 Resident Lunch Buffet VG</li> <li>2:00 Dementia Educational Class w/ Amelia S CH</li> <li>3:00 Knitting Group VG Evening CH AL</li> </ul>	<ul> <li>10:00 Exercise with Maynette- CH</li> <li>12:00 Taste of Vietnam Documentary- TR</li> <li>2:00 Community Chat- CH</li> <li>3:30 Wine Down Wednesday- VG</li> </ul>	<ul> <li>9:00 Morning Coffee and Chat- CH</li> <li>10:30 Tai Chi with Eric CH</li> <li>12:00 Strawberries and Cream Parfaits- CH</li> <li>1:00 Hearing Aid Clinic- TR</li> <li>2:00 VAB Casino NightCH/VG</li> </ul>	10:00 Exercise with Maynette- CH 11:15 Film Discussion- Zoom 12:30 King Soopers Outing 1:00 Active Minds: Vietnam TR 3:30 Childrens Choir Performance- CH 4:00 Happy Hour Employee Banner Signing- CH	10:00 Coffee and Donuts- VG  1:00 Tai Chi with Eric- CH  2:00 Documentary: Our Great National Parks- TR
Sunday Brunch Dine in @ 11:30 Pick Up or Delivery @ 1:30	10:00 Exercise with Maynette- CH 11:00 Flower Arranging-CH 11:00 Pinochle- Bistro 11:30 Monday Meditation Zoom 3:30 April Birthday Celebration- VG	<ul> <li>10:30 Workout with Tyler- CH</li> <li>11:30 Resident Lunch Buffet VG</li> <li>3:00 Knitting Group VG Evening CH AL</li> <li>6:30 Movie &amp; Wine Night: The Notebook- CH</li> </ul>	10:00 Exercise with Maynette- CH  12:30 Lumonics Light & Sound Gallery Tour/ Performance  2:00 Series: Word War 11: From the Frontlines- TR  5:00 Stuffed Peppers- CH	10:30 Tai Chi with Eric CH 11:00 Women's Lunch: Little India 3:00 Rick Steves': Luther and the Reformation- CH 5:00 Bocce w/ Phil Bocce Courts	10:00 Exercise with Maynette- CH 11:00 Spring Market-Lobby/ CH 11:15 Film Discussion- Zoom 1:00 Pretzel Bites Social- VG 4:00 Happy Hour- CH	<ul> <li>10:00 Aces of Bridge Club- VG</li> <li>12:00 Charcuterie Board &amp; Wine- CH</li> <li>2:00 Documentary: Our Great National Parks- TR</li> </ul>
Sunday Brunch Dine in @ 11:30 Pick Up or Delivery @ 1:30	10:00 Exercise with Maynette- CH 11:00 Pinochle- Bistro 12:00 Picnic in the Park: Addenbrooke 4:00 BINGO- VG	<ul> <li>10:30 Workout with Tyler- CH</li> <li>11:30 Resident Lunch Buffet VG</li> <li>3:00 Knitting Group VG Evening CH AL</li> <li>4:00 Men's Dinner: The Keg Steakhouse &amp; Bar</li> </ul>				
	ALL ACTIVITIES ARE SUBJECT TO CHANGE DUE TO WEATHER, COVID-19, CANCELLATIONS/ LOW SIGN UPS, RESERVATION ISSUES ETC.					