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## J U L Y INDEPENDNENT LIVING

2024

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SUN	MON	TUE	WED	THU	FRI	SAT	
30	11:00 Pinochle- Bistro 11:00 Flower Arranging- CH 11:30 Monday Meditation Zoom 1:00 Activities Discussion- CH	<ul> <li>10:30 Workout with Tyler- CH</li> <li>11:30 Resident Lunch Buffet- VG</li> <li>2:30 Knitting Group-VG</li> <li>3:30 Sing Along Social with Marquis Mitchell- VG</li> <li>6:30 Movie: Grease-TR</li> </ul>	10:00 Exercise with Maynette- CH 12:00 Macaroon Tasting- CH 1:30 Torch Making for Senior Olympics- CH 2:30 Frozen Strawberry Margaritas- CH 3:00 Decorating Cornhole: Resident Handprints- CH	10:30 Tai Chi with Eric CH 12:00 Fourth of July BBQ Bash- East End 1:00 Water Balloon Toss - East End 1:00 Cornhole & Big Jenga Games- East End	9:00 Blueberry Smoothies-VG 10:00 Exercise with Maynette- CH 11:15 Film Discussion- Zoom 12:30 King Soopers Shopping Trip 4:00 Happy Hour- CH	10:00 Coffee and Donuts-VG 1:00 Josephine Hadad Celebration of Life- CH/VG 2:00 Documentary: Animal-TR	
Sunday Brunch Dine in @ 11:30 Pick up and Delivery @ 1:30 2:00 Documentry: Undiscovered Vistas-TR 3:15 Ted Talk and Chat- TR	10:00 Exercise with Maynette- CH 11:00 Pinochle- Bistro 11:00 Flower Arranging- CH 11:30 Monday Meditation Zoom 12:00 Taste of The Netherlands/ Documentary- CH 1:00 How to Read a Movie w/Arlene- TR 3:30 Mixology Class with Kristina- CH 5:00 Out to Dinner: The Crawling Crab	<ul> <li>10:30 Workout with Tyler- CH</li> <li>11:30 Resident Lunch Buffet- VG</li> <li>1:00 Em's Ice Cream Truck</li> <li>1:30 Dementia Caregiver Support Group</li> <li>3:00 Knitting Group-VG</li> <li>5:00 Olympic Opening Ceramony Dinner-VG</li> <li>6:30 Movie: Grease 2-TR</li> </ul>	9:00 Senior Olympics @ Hilltop 10:00 Exercise with Maynette- CH 2:00 VAB Book Group- TR 3:30 Chardonnay Wine Tasting from Around the World w/ Don McKenzie VG	<ul> <li>10:30 Tai Chi with Eric CH</li> <li>1:00 Skyscrapers of Denver Presentation: Michael Vincent- TR</li> <li>2:00 Shared Journey's Discussion Group- DR</li> <li>4:00 BINGO &amp; Dinner- VG</li> </ul>	10:00 Exercise with Maynette- CH 11:15 Film Discussion- Zoom 12:00 Nacho Bar- CH 1:00 Active Minds: Linda Ronstadt- TR 4:00 Happy Hour - CH	10:00 Aces of Bridge Group- VG 1:00 Tai Chi with Eric- CH 2:00 Documentary: Animal- TR	
Sunday Brunch Dine in @ 11:30 Pick up and Delivery @ 1:30 2:00 Documentry: Undiscovered Vistas-TR	8:30 Out to Breakfast: First Watch 10:00 Stretch with Rick- CH 11:00 Pinochle- Bistro 11:00 Flower Arranging- CH 11:30 Monday Meditation Zoom 1:00 How to Read a Movie w/Arlene- TR 4:00 Alfonzo and Enva Duet Concert- CH	<ul> <li>9:00 World Coffee Tasting: 16 Colombia- CH</li> <li>10:30 Workout with Tyler- CH</li> <li>11:30 Resident Lunch Buffet- VG</li> <li>2:00 Knitting Group-VG</li> <li>3:00 Afternoon Tea at the Opera 3rd Fl</li> <li>6:30 Movie: My Big Fat Greek Wedding-TR</li> </ul>	10:00 Stretch with Rick- CH 12:00 Documentary: 100 Humans- TR 2:00 Ice Cream Social- CH 4:00 Watercolor Leaf Hand Fans- CH  ERIN OFF	10:30 Tai Chi with Eric CH 12:00 Heather's Shepards Pie- CH 1:00 Hearing Aid Clinic-TR 4:00 Mexican Popsicles- CH  ERIN OFF	9:00 Hot Tea and Chat-VG 10:00 Exercise Video- Zoom 11:15 Film Discussion- Zoom 12:30 King Soopers Outing 4:00 Happy Hour- CH  ERIN OFF	20 10:00 Coffee and Donuts- VG 2:00 Documentary: Animal- TR	
Sunday Brunch Dine in @ 11:30 Pick up and Delivery @ 1:30 2:00 Documentry: Undiscovered Vistas-TR 3:15 Ted Talk and Chat- TR	10:00 Stretch with Rick-CH 22 11:00 Pinochle- Bistro 11:00 Flower Arranging- CH 11:30 Monday Meditation Zoom 11:30 Cocktail Umbrella Wreaths- CH 1:00 How to Read a Movie w/Arlene- TR 4:30 Celena Perry Farewell ft. Mary's Blueberry Crumble- CH	10:30 Workout with Tyler- CH 11:00 Out to Lunch: Pizza Pasta Villa 11:30 Resident Lunch Buffet- VG 3:00 Knitting Group-VG 4:00 Burbon Peach Iced Tea- CH 6:30 Movie: Jumanji-TR	10:00 Stretch with Rick- CH 11:00 Picnic in the Park: Bear Creek 2:00 Legacy Writing Café with Zach Perelman-CH 4:00 BINGO & Dinner-VG	10:00 Buffalo Bill Museum and Grave 10:30 Tai Chi with Eric CH 1:30 Chris Wells: Paris & the Wonders of France - TR 5:00 Men's Dinner: Abrusci's Frie and Vine	10:00 Exercise Video- Zoom 11:15 Film Discussion- Zoom 1:00 Active Minds: The Origins of WW1- TR 4:00 Happy Hour- CH	10:00 Aces of Bridge Group- VG 1:00 Tai Chi with Eric- CH 2:00 Documentary- Animal- TR	
Sunday Brunch Dine in @ 11:30 Pick up and Delivery @ 1:30 2:00 Documentry: Undiscovered Vistas-TR	11:00 Pinochle- Bistro 11:00 Flower Arranging- CH 11:30 Monday Meditation Zoom	10:30 Workout with Tyler- CH 11:30 Resident Lunch Buffet- VG 2:00 Culinary Chat- CH 3:00 Knitting Group-VG 6:30 Movie: It Could Happen to You- TR	10:00 Stretch with Rick- CH 11:00 Women's Lunch: TStreet 2:00 VAB Community Chat- CH 3:30 Wine Down Wednesday: Steve Smith- VG	1	2	3	
ALL ACTIVITIES ARE SUBJECT TO: CHANGE DUE TO WEATHER, COVID-19, CANCELLATIONS/ LOW SIGN UPS, RESERVATION ISSUES ETC.							