



August 2026

The Flats

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						10:00 Coffee and Donuts (VG) 1:30 Saturday Matinee: Classics (TR)
2	3	4	5	6	7	8
10:00 Mile Hi Church Service (TR) 11:30 Sunday Brunch	10:00 Exercise with Maynette (CH) 10:30 Pinochle Card Game (B) 3:00 Cheers & Cheerful Tunes (CH)	10:30 Workout with Tyler (CH) 11:30 Resident Lunch Buffet (VG) 11:30 Outing: Cheesecake Factory 4:00 Popsicles on the Patio 6:30 Movie: Before You Say "I Do" (TR)	10:00 Exercise with Maynette (CH) 1:00 Catholic Communion Service and Rosery 1:30 Curious Dragon Fly (TR) 2:00 Bible Study with Andrew (LER)	10:00 Chair Yoga/ Seated Exercise with Kim (CH) 11:15 Film Discussion - Zoom 1:30 Mahjongg Group (CH) 3:00 Rummikube Group (B) 5:00 Outing: View House Dinner and Music	10:00 Exercise with Maynette (CH) 11:00 Flower Girl Group (CH) 4:00 Happy Hour (CH)	10:00 Aces of Bridge Club (VG) 12:15 Rick Bailey Celebration of Life 1:30 Saturday Matinee: Classics (TR)
9 🎂	10 🎂	11	12	13	14	15 🎂
10:00 Mile Hi Church Service (TR) 11:30 Sunday Brunch	10:00 Exercise with Maynette (CH) 10:30 Pinochle Card Game (B) 12:30 Erin Brock Nutrient Health Coach (TR) 3:00 Cheers & Cheerful Tunes (CH)	10:30 Workout with Tyler (CH) 11:30 Resident Lunch Buffet (VG) 1:00 Em's Ice Cream 4:00 Outing: T Street 6:30 Movie: Four Good Days (TR)	10:00 Exercise with Maynette (CH) 1:00 Catholic Communion Service and Rosery 2:00 Bible Study with Andrew (LER) 2:00 VAB Book Group (TR) 4:00 Wine Down Wednesday (VG)	10:00 Chair Yoga/ Seated Exercise with Kim (CH) 11:15 Film Discussion - Zoom 1:30 Mahjongg Group (CH) 2:00 Shared Journeys Discussion Group (DR) 3:00 Rummikube Group (B)	10:00 Exercise with Maynette (CH) 11:00 Flower Girl Group (CH) 12:30 King Soopers Shopping Trip 1:30 Active Minds (TR) 4:00 Happy Hour (CH)	10:00 Coffee and Donuts (VG) 1:30 Saturday Matinee: Classics (TR)

VG = Village Grill (DINING ROOM), TR = Theater Room (2ND FLR), CH = Clubhouse, B = Bistro, LER = Life Enrichment Room, DR = Discovery Room (NEXT TO BISTRO)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:00 Mile Hi Church Service (TR) 11:30 Sunday Brunch	17 10:00 Exercise with Maynette (CH) 10:30 Pinochle Card Game (B) 3:00 Cheers & Cheerful Tunes (CH)	18 10:30 Workout with Tyler (CH) 11:30 Resident Lunch Buffet (VG) 1:00 Outing: Denver Nature and Science Museum 6:30 Movie: Guys and Dolls (TR)	19 9:15 Outing: Starbucks 10:00 Exercise with Maynette (CH) 11:00 Home Massages with Laura 1:00 Catholic Communion Service and Rosery 2:00 Bible Study with Andrew (LER)	20 10:00 Chair Yoga/ Seated Exercise with Kim (CH) 11:15 Film Discussion - Zoom 1:00 Hearing Aid Clinic (CH) 1:30 Mahjongg Group (CH) 3:00 Rummikube Group (B)	21 🎂 10:00 Exercise with Maynette (CH) 11:00 Flower Girl Group (CH) 1:30 Active Minds (TR) 4:00 Happy Hour (CH)	22 10:00 Aces of Bridge Club (VG) 1:30 Saturday Matinee: Classics (TR)
23 10:00 Mile Hi Church Service (TR) 11:30 Sunday Brunch	24 10:00 Exercise with Maynette (CH) 10:30 Pinochle Card Game (B) 3:00 Cheers & Cheerful Tunes (CH)	25 10:30 Workout with Tyler (CH) 11:30 Resident Lunch Buffet (VG) 4:00 Outing: Yard House 6:30 Movie: Set it Up (TR)	26 10:00 Exercise with Maynette (CH) 1:00 Catholic Communion Service and Rosery 1:00 Support and Grief Group (DR) 2:00 Bible Study with Andrew (LER) 2:00 Community Chat (CH) 4:00 Wine Down Wednesday (VG)	27 10:00 Chair Yoga/ Seated Exercise with Kim (CH) 11:15 Film Discussion - Zoom 1:30 Mahjongg Group (CH) 3:00 Rummikube Group (B)	28 🎂 10:00 Exercise with Maynette (CH) 11:00 Flower Girl Group (CH) 12:30 King Soopers Shopping Trip 4:00 Happy Hour (CH)	29 10:00 Coffee and Donuts (VG) 1:30 Saturday Matinee: Classics (TR)
30 10:00 Mile Hi Church Service (TR) 11:30 Sunday Brunch	31 10:00 Exercise with Maynette (CH) 10:30 Pinochle Card Game (B) 3:00 Cheers & Cheerful Tunes (CH)	Happy Birthday 🎂				
		Aug 09 Denis Spelman	Aug 10 George Twining & Wim Sherman	Aug 15 Iris McGruddy & Roy Richardson	Aug 21 Jim Bailey	Aug 28 Donald Anderson

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