



July 2026

The Flats

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 🍰
			10:00 Exercise with Maynette (CH) 1:00 Catholic Communion Service and Rosery 1:30 Curious Dragon Fly Presentation (TR) 2:00 Bible Study with Andrew (LER) 3:00 Chat with Diego (CH) 6:30 Movie: Four Weddings and a Funeral (TR)	10:00 Chair Yoga/ Seated Exercise with Kim (CH) 11:15 Film Discussion - Zoom 3:00 Rummikube Group (B) 4:00 Popsicles on the Patio 6:30 Movie: The Karate Kid (TR)	10:00 Exercise with Maynette (CH) 11:00 Flower Girl Group (CH) 11:00 King Soopers Shopping Trip 11:30 July 4th BBQ (VG) 4:00 Happy Hour (CH) 6:30 Movie: Rocky (TR)	10:00 Coffee and Donuts (VG) 1:30 Saturday Matinee: Classics (TR)
5	6 🍰	7	8	9 🍰	10	11
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 Lunch Outing: Maggiano's 1:00 Travel Tuesday: Cuba (TR) 3:00 Ice Cream Sundae Social (CH)	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) 1:30 Active Minds Presents (TR) 4:00 Happy Hour (CH)	10:00 Aces of Bridge Club (VG) 1:30 Saturday Matinee: Classics (TR)
12	13	14	15 🍰	16 🍰	17	18 🍰
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)	9:30 Breakfast Outing: Sunrise Sunset 10:30 Workout with Tyler (CH) 11:30 Resident Lunch Buffet (VG) 1:00 Travel Tuesday: South Ireland (TR) 1:00 Em's Ice Cream Truck 3:00 Nachos and Margaritas (CH) 4:00 Corn Hole	10:00 Exercise with Maynette (CH) 1:00 Catholic Communion Service and Rosery 2:00 Bible Study with Andrew (LER) 2:00 Apple Turnover Social (CH)	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) 4:00 Tasting with Diego (CH)	10:00 Exercise with Maynette (CH) 11:00 Flower Girl Group (CH) 12:30 King Soopers Shopping Trip 1:30 Active Minds Presents (TR) 4:00 Happy Hour (CH)	10:00 Coffee and Donuts (VG) 1:30 Saturday Matinee: Classics (TR)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 10:00 Mile Hi Church Service (TR) 11:30 Sunday Brunch	20 🍰 10:00 Exercise with Maynette (CH) 10:30 Pinochle Card Game (B) 3:00 Cheers & Cheerful Tunes (CH) 4:00 Pizza Social (VG) 5:00 Bingo with Maynette (VG)	21 🍰 10:30 Workout with Tyler (CH) 11:30 Resident Lunch Buffet (VG) 1:00 Travel Tuesday: South East England (TR) 3:30 Dinner Outing with Diego: Old 121 Brew House	22 10:00 Exercise with Maynette (CH) 1:00 Catholic Communion Service and Rosery 1:00 Grief and Loss Support Group (DR) 2:00 Bible Study with Andrew (LER) 3:00 Tasting with Diego (CH)	23 🍰 10:00 Chair Yoga/ Seated Exercise with Kim (CH) 11:15 Film Discussion - Zoom 1:30 Mahjongg Group (CH) 1:30 Chris Wells Presents: National Monuments (TR) 2:00 Cooking Demo with Dustin (CH) 3:00 Rummikube Group (B)	24 11:00 Flower Girl Group (CH) 4:00 Happy Hour (CH) 5:30 Frank Sinatra and Louie Armstrong Tribute	25 10:00 Aces of Bridge Club (VG) 1:30 Saturday Matinee: Classics (TR)
26 🍰 10:00 Mile Hi Church Service (TR) 11:30 Sunday Brunch	27 🍰 10:00 Exercise with Maynette (CH) 10:30 Pinochle Card Game (B) 3:00 Cheers & Cheerful Tunes (CH)	28 9:30 Yogurt Parfaits (CH) 10:30 Workout with Tyler (CH) 11:00 Lunch Outing: Mission BBQ 11:30 Resident Lunch Buffet (VG) 1:00 Travel Tuesday: Milan and Lake Como (TR) 3:00 Trivia with Angelina (CH)	29 10:00 Exercise with Maynette (CH) 1:00 Catholic Communion Service and Rosery 2:00 Bible Study with Andrew (LER) 2:00 Community Chat (CH) 4:00 Wine Down Wednesday (VG)	30 10:00 Chair Yoga/ Seated Exercise with Kim (CH) 11:15 Film Discussion - Zoom 1:30 Mahjongg Group (CH) 3:00 Rummikube Group (B)	31 🍰 10:00 Exercise with Maynette (CH) 11:00 Flower Girl Group (CH) 4:00 Happy Hour (CH)	Happy Birthday 🍰 Jul 04 DeWayne Hughes & Kay Miller Jul 06 Doris Martinez Jul 09 Bill Anderson & Philip Cummings Jul 15 Elizabeth Hughes Jul 16 George Wood Jul 18 Jan Beckett Jul 20 Marlene Kortekaas Jul 21 Ric Reed Jul 23 Thomas Bollow II Jul 26 Laurie Druyor & Terry Galpin-Plattner Jul 27 Gretchen Manning Jul 31 Judith Dowling

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