

October 2026
The Flats

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				9:00 Senior Olympics at Hilltop Reserve 10:00 Chair Yoga/ Seated Exercise with Kim (CH) 11:15 Film Discussion - Zoom 3:00 Rummikube Group (B)	10:00 Exercise with Maynette (CH) 11:00 Flower Girl Group (CH) 1:30 Travels with Toni: Bavaria Germany (TR) 4:00 Happy Hour (CH) 5:30 Frank Sinatra and Louie Armstrong Tribute	10:00 Coffee and Donuts (CH) 1:30 Saturday Matinee: Practical Magic (TR)
4	5	6	7 🍰	8 🍰	9	10
10:00 Mile Hi Church Service (TR) 11:30 Sunday Brunch	10:00 Exercise with Maynette (CH) 10:30 Pinochle Card Game (B) 11:00 Out to Lunch: Pepper Asian Bistro 3:00 Afternoon Monday Music (CH)	10:30 Workout with Tyler (CH) 11:00 Colorado Traveling Market (Lobby) 11:30 Resident Lunch Buffet (VG) 1:30 Mahjongg Group (CH) 4:00 Hot Toddy Social (B) 6:30 Movie Night: 9-5 (TR)	10:00 Exercise with Maynette (CH) 1:00 Catholic Communion Service and Rosery 1:30 Curious Dragonfly Presentation: Leafy Clues: Solving Natures Leafy Lineup (TR) 2:00 Bible Dialogue and Community with Jerry (LER) 3:30 Wine Down Wednesday: Deva Yoder (VG)	10:00 Chair Yoga/ Seated Exercise with Kim (CH) 11:15 Film Discussion - Zoom 2:00 Shared Journeys Discussion Group (DR) 3:00 Rummikube Group (B) 3:00 Outing to Aspen Peak Cellars	10:00 Exercise with Maynette (CH) 11:00 Flower Girl Group (CH) 1:00 Active Minds Presentation: Billy Joel (TR) 4:00 Happy Hour (CH)	10:00 Aces of Bridge Club (VG) 1:30 Saturday Matinee: Ghost Busters (TR)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 10:00 Mile Hi Church Service (TR) 11:30 Sunday Brunch	12 10:00 Vaccination Clinic (CH) 10:00 Exercise with Maynette (VG) 10:00-12:00 Flu & Covid Vaccination Clinic (CH) 10:30 Pinochle Card Game (B) 3:00 Afternoon Monday Music (CH)	13 <i>10:00 King Soopers Shopping Trip</i> 10:30 Workout with Tyler (CH) 11:30 Resident Lunch Buffet (VG) 1:00 Ems Ice Cream Truck (Main Entrance) 1:30 Mahjongg Group (CH) <i>4:00 Out to Dinner: Black Haus Tavern</i> 6:30 Movie Night: Georgia Rule (TR)	14 10:00 Exercise with Maynette (CH) <i>11:00 Dinosaur Ridge Bus Tour</i> 1:00 Catholic Communion Service and Rosery 2:00 VAB Book Group (TR) 2:00 Bible Dialogue and Community with Jerry (LER) 4:00 Coffee & Pumpkin Pie Social (CH)	15 9:00 Cinnamon Rolls and Coffee (CH) 10:00 Chair Yoga/ Seated Exercise with Kim (CH) 11:15 Film Discussion - Zoom 1:00 Hearing Aid Clinic (CH) 3:00 Rummikube Group (B) 4:00 Resident Show and Tell (CH)	16 🍰 10:00 Exercise with Maynette (CH) 11:00 Flower Girl Group (CH) 1:00 Active Minds Presentation: CO Ballot Explained (TR) 4:00 Happy Hour (CH)	17 10:00 Coffee and Donuts (CH) 1:30 Saturday Matinee: Halloween Town(TR)
18 10:00 Mile Hi Church Service (TR) 11:30 Sunday Brunch	19 🍰 10:00 Exercise with Maynette (CH) 10:30 Pinochle Card Game (B) 12:00 Erin Brock Nutritionist: Cancer (CH) 3:00 Afternoon Monday Music (CH) <i>4:00 Men's Dinner: Chart House</i>	20 🍰 10:30 Workout with Tyler (CH) <i>11:00 Outing to Georgetown Loop Railroad</i> 11:30 Resident Lunch Buffet (VG) 1:30 Mahjongg Group (CH) 6:30 Movie Night: Family Switch (TR)	21 10:00 Exercise with Maynette (CH) 10:00 Home Massages with Laura- APT 1:00 Catholic Communion Service and Rosery 2:00 Bible Dialogue and Community with Jerry (LER) 4:00 October Birthday Celebration (CH)	22 10:00 Chair Yoga/ Seated Exercise with Kim (CH) 11:15 Film Discussion – Zoom 1:30 Chris Wells Presentation: CO Ghost Towns, Stampede to Timberline (TR) 3:00 Rummikube Group (B) 4:00 Cornhole on the Patio (IL Patio)	23 8:30 Burrito Buggy Delivery (Byers Ave) 10:00 Exercise with Maynette (CH) 11:00 Flower Girl Group (CH) 4:00 Happy Hour (CH)	24 10:00 Aces of Bridge Club (VG) 1:30 Saturday Matinee: Hocus Pocus (TR)

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25 🍰	26	27	28	29	30 🍰	31
10:00 Mile Hi Church Service (TR) 11:30 Sunday Brunch	10:00 Exercise with Maynette (CH) 10:30 Pinochle Card Game (B) 12:00 France Snack Tasting/ Documentary (CH) 3:00 Afternoon Monday Music (CH) 4:00 BINGO & Dinner (VG)	10:00 <i>King Soopers Shopping Trip</i> 10:30 Workout with Tyler (CH) 11:30 Resident Lunch Buffet (VG) 11:30 <i>Women's Lunch: Lakehouse Kitchen & Tavern</i> 1:30 Mahjongg Group (CH) 3:00 Dia de los Murtos Explained with Monica (CH) 6:30 Cocktails and Trivia (CH) 6:30 Movie Night: Beetlejuice (TR)	10:00 Exercise with Maynette (CH) 1:00 Catholic Communion Service and Rosery 1:00 Grief Support Group with Optimal (DR) 2:00 Community Chat (CH) 2:00 Bible Dialogue and Community with Jerry (LER) 3:00 New Resident Happy Hour (CH)	10:00 Chair Yoga/ Seated Exercise with Kim (CH) 11:15 Film Discussion – Zoom 1:00 Documentary: History of Halloween (TR) 2:00-4:00 VAB Haunted House Halloween Celebration (Main Entrance) 3:00 Rummikube Group (B)	10:00 Exercise with Maynette (CH) 11:00 Flower Girl Group (CH) 1:00 Build Your Own Baked Potato Bar (CH) 4:00 Halloween Costume Happy Hour (CH)	10:00 Coffee and Donuts (CH) 1:30 Saturday Matinee: The Adams Family (TR) 2:30 Carmel Apple Whiskey Social (CH)

Happy Birthday 🍰						
Oct 07 Stephen McChrystal	Oct 08 Bruce Heath	Oct 16 Bob Strand	Oct 19 Paul Wells	Oct 20 Loretta Roberts	Oct 25 Pat Iyer	Oct 30 Etta Strand

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