

**SEPTEMBER 2022**

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**Meeting Places**

- FH** Fellowship Hall
- Ch22** Channel 22
- PC** The Pines Cafe
- FC** Fitness Center
- FC22** Fitness Center/Ch 22
- AS** Art Studio
- IYP** In Your Apartment
- PCP** The Pines Cafe Patio
- OUT** Outing
- WL3** 3rd Fl Willows Lounge
- TV** Television
- TC** Town Center
- PR** Primrose Living Room
- C** Courtyard

						<b>01</b>		<b>02</b>	
						10:00 Presentation: Coping with Loss (Finishing Well Series) <b>FH</b> 10:00 General Exercise with Jackie <b>FC22</b> 10:30 Yoga with Jackie <b>FC22</b> 01:00 Coloring & Conversation Group <b>AS</b> 01:00 Wii Bowling <b>FC</b> 02:30 Virtual Lecture: Can We Ever Control Health Care Costs? <b>FH</b> 06:00 Musical Rehearsals <b>FH</b>		09:30 Tech Support / Caremerge Help <b>IYP</b> 09:30 General Exercise with Carolina <b>FC22</b> 10:00 Cardio with Carolina <b>FC22</b> 10:40 Tai Chi/ Balance with Carolina <b>FC22</b> 01:00 "Eye Spy" Low Vision Support Group <b>FH</b> 03:00 Hymn Sing <b>FH</b> 06:30 Reel Fans Movie: Hopscotch <b>FH</b>	01:00 Musical Rehearsals <b>FH</b> 02:00 Virtual Fitness (Seated) <b>Ch22</b> 02:30 Virtual Fitness (Standing) <b>Ch22</b> 03:00 TED Talk: How Schools Can Nurture Every Student's Genius <b>Ch22</b> 07:00 Clermont Park at Dark <b>PCP</b>
	<b>04</b>	<b>Labor Day 05</b>		<b>06</b>		<b>07</b>		<b>08</b>	
09:45 Sunday Worship <b>FH</b>	09:30 General Exercise with Carolina <b>FC22</b> 09:45 Catholic Mass <b>FH</b> 10:00 Cardio with Carolina <b>FC22</b> 10:40 Healthy Back with Carolina <b>FC22</b> 06:00 Musical Rehearsals <b>FH</b> 06:30 Monday Night Movie: Shall We Dance? <b>Ch22</b>	09:00 Men's Fellowship (Guest Speaker Ron) <b>PC</b> 10:00 Building & Grounds Committee <b>WL3</b> 10:00 Cranium Crunches <b>AS</b> 10:00 New Resident & Directors Meeting <b>FH</b> 11:00 Lunch Outing to Old Capitol Grill in Golden <b>OUT</b> 01:30 Redwood Health Topic: Eye Health Nutrition <b>FH</b>	09:30 General Exercise with Carolina <b>FC22</b> 10:00 Neighborhood Meeting - Aspens 1st Floor <b>FH</b> 10:00 Group Dance with Carolina <b>FC22</b> 11:30 Beginner Spanish Language Class <b>AS</b> 03:00 Dramatic Script Reading with Jan: "Excerpts from Heidi by Johanna Spry" <b>FC</b> 06:30 Mid-Week Music: The Music <b>Ch22</b>	10:00 Finishing Well Form Assistance <b>FH</b> 10:00 General Exercise with Jackie <b>FC22</b> 10:30 Yoga with Jackie <b>FC22</b> 01:00 Coloring & Conversation Group <b>AS</b> 01:00 Wii Bowling <b>FC</b> 03:00 Active Minds: Greece <b>FH</b> 06:00 Musical Rehearsals <b>FH</b>	09:30 Tech Support / Caremerge Help <b>IYP</b> 09:30 General Exercise with Carolina <b>FC22</b> 10:00 Everyday Ethics: Conversation on Current Events <b>FH</b> 10:00 Cardio with Carolina <b>FC22</b> 10:40 Tai Chi/ Balance with Carolina <b>FC22</b> 02:00 Superfoods Presentation: Mushrooms <b>FH</b> 03:00 Friday Chapel <b>FH</b>	01:00 Musical Rehearsals <b>FH</b> 02:00 Virtual Fitness (Seated) <b>Ch22</b> 02:30 Virtual Fitness (Standing) <b>Ch22</b> 03:00 TED Talk: A New Understanding of Human History and the Roots of Inequality <b>Ch22</b>			
	<b>11</b>	<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>	
09:45 Sunday Worship <b>FH</b>	09:30 General Exercise with Carolina <b>FC22</b> 10:00 CP Women's Group (Abbe D on the Alaskan Aborigines) <b>FH</b> 10:00 Cardio with Carolina <b>FC22</b> 10:40 Healthy Back with Carolina <b>FC22</b> 06:00 Musical Rehearsals <b>FH</b> 06:15 BRONCOS vs SEAHAWKS (ESPN) <b>TV</b> 06:30 Monday Night Movie <b>Ch22</b>	10:00 Cranium Crunches <b>AS</b> 10:00 General Exercise with Jackie <b>FC22</b> 10:30 Yoga with Jackie <b>FC22</b> 11:30 Denver Public Library Bookmobile <b>TC</b> 12:45 Art Class With Julie <b>AS</b> 01:00 CP Bake Sale for the Alzheimer's Association <b>FH</b> 01:00 Wii Bowling <b>FC</b> 06:30 Bingo! <b>FH</b>	09:30 Men's Bible Study <b>FH</b> 09:30 General Exercise with Carolina <b>FC22</b> 10:00 Group Dance with Carolina <b>FC22</b> 10:30 Active Minds Poetry <b>PR</b> 10:40 Healthy Back with Carolina <b>FC22</b> 11:30 Beginner Spanish Language Class <b>AS</b> 01:15 Knitting for a Kause <b>WL3</b> 06:30 Mid-Week Music <b>Ch22</b>	All Day Wear Purple for the Alzheimer's Association <b>TC</b> 10:00 CP Community Walk to End Alzheimer's <b>TC</b> 10:00 General Exercise with Jackie <b>FC22</b> 10:30 Yoga with Jackie <b>FC22</b> 01:00 Coloring & Conversation Group <b>AS</b> 01:00 Wii Bowling <b>FC</b> 02:30 Virtual Lecture: George Gershwin (A Musical Life) <b>FH</b>	09:30 Tech Support / Caremerge Help <b>IYP</b> 09:30 General Exercise with Carolina <b>FC22</b> 10:00 Everyday Ethics: Conversation on Current Events <b>FH</b> 10:00 Cardio with Carolina <b>FC22</b> 10:40 Tai Chi/ Balance with Carolina <b>FC22</b> 01:30 Life Enrichment Calendar Planning <b>FH</b> 03:00 Friday Chapel <b>FH</b>	08:15 Outing to Denver Walk to End Alzheimer's <b>OUT</b> 01:00 Musical Rehearsals <b>FH</b> 02:00 Virtual Fitness (Seated) <b>Ch22</b> 02:30 Virtual Fitness (Standing) <b>Ch22</b> 03:00 TED Talk <b>Ch22</b>			
	<b>18</b>	<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>	
09:45 Sunday Worship <b>FH</b> 02:30 BRONCOS vs TEXANS (CBS) <b>TV</b>	09:30 General Exercise with Carolina <b>FC22</b> 10:00 Classical Music with Rich: Violin <b>FH</b> 10:00 Cardio with Carolina <b>FC22</b> 10:40 Healthy Back with Carolina <b>FC22</b> 03:00 Birthday Party <b>FH</b> 06:00 Musical Rehearsals <b>FH</b> 06:30 Monday Night Movie <b>Ch22</b>	09:45 Outing to Blackhawk for Lunch & Slots <b>OUT</b> 10:00 Cranium Crunches <b>AS</b> 10:00 General Exercise with Jackie <b>FC22</b> 10:30 Yoga with Jackie <b>FC22</b> 12:45 Art Class With Julie <b>AS</b> 01:00 Wii Bowling <b>FC</b>	09:30 Men's Bible Study <b>FH</b> 09:30 General Exercise with Carolina <b>FC22</b> 11:30 Beginner Spanish Language Class <b>AS</b> 01:00 Natural Grocers Presentation: Apple Cider Vinegar & What's the Fermented Fuss? <b>Ch22</b> 03:00 Dramatic Script Reading with Jan: Bring a Favorite Poem, Essay, or Anything You'd Like <b>FH</b>	10:00 Presentation: "The Power of Positivity & Ageing Happily" <b>FH</b> 10:00 General Exercise with Jackie <b>FC22</b> 10:30 Yoga with Jackie <b>FC22</b> 01:00 Coloring & Conversation Group <b>AS</b> 01:00 Wii Bowling <b>FC</b> 03:00 Active Minds: Cryptocurrency <b>FH</b> 06:00 Musical Rehearsals <b>FH</b>	09:30 Tech Support / Caremerge Help <b>IYP</b> 09:30 General Exercise with Carolina <b>FC22</b> 10:00 Everyday Ethics: Conversation on Current Events <b>FH</b> 10:00 Cardio with Carolina <b>FC22</b> 10:40 Tai Chi/ Balance with Carolina <b>FC22</b> 01:30 "Come Again" Low Hearing Group <b>FH</b> 03:00 Friday Chapel <b>FH</b>	10:30 Music with Lamont <b>FH</b> 01:00 Englewood Arts Concert: Lara St. John (violin) & Martin Kennedy (piano) <b>OUT</b> 02:00 Virtual Fitness (Seated) <b>Ch22</b> 02:30 Virtual Fitness (Standing) <b>Ch22</b> 03:00 TED Talk <b>Ch22</b>			
	<b>25</b>	<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>	
<b>Night of Rosh Hashanah</b> 09:45 Sunday Worship <b>FH</b> 06:20 BRONCOS vs 49rs (NBC) <b>TV</b>	<b>Rosh Hashanah</b> 09:30 Fall Colors Drive #1 <b>OUT</b> 09:30 General Exercise with Carolina <b>FC22</b> 10:00 CP Women's Group <b>FH</b> 10:00 Cardio with Carolina <b>FC22</b> 10:40 Healthy Back with Carolina <b>FC22</b> 01:30 Fall Colors Drive #2 <b>OUT</b> 06:00 Musical Rehearsals <b>FH</b> 06:30 Monday Night Movie <b>Ch22</b>	<b>Rosh Hashanah</b> 10:00 Cranium Crunches <b>AS</b> 10:00 General Exercise with Jackie <b>FC22</b> 10:30 Yoga with Jackie <b>FC22</b> 11:30 Denver Public Library Bookmobile <b>TC</b> 12:45 Art Class With Julie <b>AS</b> 01:00 Wii Bowling <b>FC</b> 02:30 CP High Tea (Sign Up) <b>FH</b> 06:30 Bingo! <b>FH</b>	<b>Rosh Hashanah</b> 09:30 Men's Bible Study <b>FH</b> 09:30 General Exercise with Carolina <b>FC22</b> 10:00 Group Dance with Carolina <b>FC22</b> 10:40 Healthy Back with Carolina <b>FC22</b> 11:30 Beginner Spanish Language Class <b>AS</b> 01:00 Wellness Talk with Trina: Knitting for a Kause <b>FH</b> 01:15 Knitting for a Kause <b>WL3</b> 02:00 Happy Hour <b>C</b> 03:00 Listening & Learning with Don <b>FH</b>	10:00 General Exercise with Jackie <b>FC22</b> 10:30 Presentation: First Aid Basics with Beverly <b>FH</b> 10:30 Yoga with Jackie <b>FC22</b> 01:00 Coloring & Conversation Group <b>AS</b> 01:00 Wii Bowling <b>FC</b> 02:30 Virtual Lecture: 2030-How Today's Biggest Trends Will Reshape the Future of Everything <b>FH</b>	09:30 Tech Support / Caremerge Help <b>IYP</b> 09:30 General Exercise with Carolina <b>FC22</b> 10:00 Everyday Ethics: Conversation on Current Events <b>FH</b> 10:00 Cardio with Carolina <b>FC22</b> 10:40 Tai Chi/ Balance with Carolina <b>FC22</b> 03:00 Friday Chapel <b>FH</b> 06:30 Reel Fans Movie <b>FH</b>				