

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

Primrose & Goldenrod Neighborhoods

			<p>1</p> <p>9:00 Garden Care (GR & PR) 9:00 Exercise: Hand Weights (PR) 10:30 SingFit Music (GR)</p> <p>1:00 Chaplain Chats (PR) 1:45 Eldergrow Gardening (PR) 3:00 National Geographic: Animals Up Close Episode 1 (GR)</p>	<p>2</p> <p>9:00 Garden Care (GR & PR) 9:30 Chair Yoga (PR) 10:15 Out to Rocky Mountain Arsenal and Lunch (S/U)</p> <p>2:30 Relaxation Hour: Calming Music with Hand Massages (GR) 3:00 Resident Council (PR)</p>	<p>3</p> <p>9:00 Garden Care (GR & PR) 9:30 Strength Training: MoveMor Boards (PR) 10:30 Bingo! (GR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 2:15 Dominoes (GR) 3:00 Ginger Pear Snap Cocktail Happy Hour (GR)</p>	<p>4</p> <p>9:00 Garden Care (GR & PR) 9:30 Coffee and Chats (GR) 10:30 Fitness with Lisa (GR)</p> <p>2:15 Saturday Matinee: My Favorite Martian (GR)</p>
<p>5</p> <p>9:00 Garden Care (GR & PR) 9:45 Sunday Worship (FH)</p>	<p>6</p> <p>9:45 Catholic Mass (FH)</p> <p>2:00 Seniors 88 Concert (FH)</p>	<p>7</p> <p>9:00 Garden Care (GR & PR) 9:30 Stretch and Strengthen (PR) 10:00 Terry's Time! (PR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 3:00 Decoupage Treasure Box (AS)</p>	<p>8</p> <p>9:00 Garden Care (GR & PR)</p> <p>10:30 Active Minds Poetry (PR)</p> <p>1:00 Chaplain Chats (PR) 2:00 Cooking with the Chef (PR) 2:45 Music Therapy with Katie (GR)</p> <p><u>Trinkets & Treasures 9am-3pm</u></p>	<p>9</p> <p>9:00 Garden Care (GR & PR) 9:15 Fitness with Lisa (PR) 10:30 Peanut Butter Cookie Bake (PR)</p> <p>12:30 Joy Ride (S/U) 3:00 Peanut Butter Day: Shakes and Trivia (GR)</p>	<p>10</p> <p>9:00 Garden Care (GR & PR) 9:30 Strength Training: MoveMor Boards (PR) 10:30 Bingo! (GR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 2:15 Dominoes (GR) 3:00 Pomegranate & Orange Vodka Cocktail Happy Hour (GR)</p>	<p>11</p> <p>9:00 Garden Care (GR & PR) 9:30 Coffee and Chats (GR) 10:30 Exercise with Octaband (GR)</p> <p>2:00 Charlie Brown Special: The Mayflower Voyagers (GR) 3:00 Veterans Day Tribute (FH)</p> <p>Veterans Day Remembrance Day (Canada)</p>
<p>12</p> <p>9:00 Garden Care (GR & PR) 9:45 Sunday Worship (FH)</p> <p>Diwali (Hindi)</p>		<p>13</p> <p>9:00 Garden Care (GR & PR) 9:30 Tai Chi with Don (PR) 10:30 Old Time Hymn Sing with Dory (GR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 2:00 Music with Josh! (PR) 3:00 National Geographic: Animals Up Close Episode 2 (GR)</p>	<p>14</p> <p>9:00 Garden Care (GR & PR) 9:30 Exercise: Hand Weights (PR) 10:30 SingFit Music (GR)</p> <p>1:00 Chaplain Chats (PR) 1:45 Eldergrow Gardening (PR) 3:00 National Geographic: Animals Up Close Episode 3 (GR)</p>	<p>15</p> <p>9:00 Garden Care (GR & PR) 9:30 Chair Yoga (PR) 11:00 Fast Food Day: Luch at Freddy's Frozen Custard & Steakburgers (S/U)</p> <p>2:30 Relaxation Hour: Calming Music with Hand Massages (GR) 3:00 Candy Apple Slices (GR)</p>	<p>16</p> <p>9:00 Garden Care (GR & PR) 9:30 Strength Training: MoveMor Boards (PR) 10:30 Bingo! (GR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 2:15 Dominoes (GR) 3:00 Happy Hour with the Denver Uke Jammers (2CR)</p>	<p>17</p> <p>9:00 Garden Care (GR & PR) 9:30 Coffee and Chats (GR) 10:30 Fitness with Lisa (GR)</p> <p>2:15 Saturday Matinee: The Odd Life of Tomothy Green (GR)</p>
<p>19</p> <p>9:00 Garden Care (GR & PR) 9:45 Sunday Worship (FH)</p>	<p>20</p> <p>3:00 Birthday Party (FH)</p>	<p>21</p> <p>9:00 Garden Care (GR & PR) 9:30 Stretch and Strengthen (PR) 10:30 SingFit Music (GR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 2:00 Clermont Park Chili Cook-Off (FH)</p>	<p>22</p> <p>9:00 Garden Care (GR & PR) 9:30 Exercise with the Balls (PR) 10:30 Presentation: Cornel Scott Hoffman on His Military Service (FH)</p> <p>1:00 Chaplain Chats (PR) 2:00 Cooking with the Chef (PR) 2:45 Music Therapy with Katie (GR)</p>	<p>23</p> <p>9:00 Garden Care (GR & PR) 7-10:00 Macy's Thanksgiving Day Parade Ch. 9 (PR)</p> <p>Thanksgiving Day (US)</p>		<p>24</p> <p>9:00 Garden Care (GR & PR) 9:30 Coffee and Chats (GR) 10:30 Music with Lamont (FH)</p> <p>2:15 Saturday Matinee: West Side Story (GR)</p>
<p>26</p> <p>9:00 Garden Care (GR & PR) 9:45 Sunday Worship (FH)</p>	<p>27</p> <p>2:00 Autumn Art Gallery Opening</p>	<p>28</p> <p>9:00 Garden Care (GR & PR) 9:30 Tai Chi with Don (PR) 10:30 Old Time Hymn Sing with Dory (GR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 2:00 Natures Educator's: Super Snakes (FH) 3:00 Learn a New Game! (GR)</p>	<p>29</p> <p>9:00 Garden Care (GR & PR) 9:30 Exercise: Hand Weights (PR) 10:30 SingFit Music (GR)</p> <p>1:00 Chaplain Chats (PR) 1:45 Making Apple Cinnamon Bread (PR) 3:00 Apple Cider & Bourbon Autumn Sangria Happy Hour (GR)</p>	<p>30</p> <p>9:00 Garden Care (GR & PR) 9:30 Chair Yoga (PR) 11:00 Lunch at Yanni's (S/U)</p> <p>2:30 Relaxation Hour: Calming Music with Hand Massages (GR) 3:00 Music with Don Vickers (PR)</p>	<p>Happy Birthday:</p> <p>10th Donna P. 10th Chris W.</p>	