SUNDAY

RIDGE & SUMMIT NEIGHBORHOOD **ACTIVITY CALENDAR**



THE RIDGE

PINEHURST · SENIOR LIVING

MONDAY TUESDAY WEDNESDAY THURSDAY

- 9:00am Chair Yoga (CR)
- 9:00am Merry Muffin Mixer Social (TPB)
- 10:00am Aqualates (CR)
- 10:00am POWER Over Parkinson's Fitness Class (CR)
- 10:00am Silver Singers **Baritone Practice** (PCMR)
- 11:00am Pilates Sit & Stand Fitness Class (CR)
- 11:30am Couture Chez Vous Boutique (LB)
- 11:30am Outing: Regal Cinema - Wicked Part 2 (Wicked: For Good) (LB)
- 12:00pm Daily Check in
- 12:45pm Duplicate Bridge (RCR)
- 12:45pm Party Bridge (RCR)
- 1:00pm American Mahjong - Siamese Style (PMVR)
- 1:00pm Strength & Fitness (CR)
- 2:00pm Men's Group Bocce Ball (CY)
- 2:00pm Step & Balance (CR)
- 2:30pm Humongous Words (RGR)
- 3:00pm Silver Singers Alto Practice (RCR)
- 4:00pm TV Series: When Calls the Heart (S4, E3) (RC)
- 7:00pm TV Series: The Avengers (S4, E2) (RC)

- 1 9:00am Chairs, Bands & Balls (CR)
- 10:00am Pool Fitness (CR)
- 10:00am TED Talk Tuesday: Stop Telling Single People to Get Married (RC)
- 11:00am Cardio w/ Weights (CR)
- 11:15am Mobile Watch Company (LB)
- 12:00pm Daily Check in
- 12:30pm Chess (RGR)
- 1:00pm Ceramics Class: Glazing (PAS)
- 1:00pm Cribbage (AGB) • 1:00pm Step & Balance (CR)
- 2:00pm Co-Ed Bocce Ball (CY)
- 2:00pm Live Speaker: ARTiculating Art w/ Wendy Alder - Making an Impression: Impressionism (RCR)
- 2:00pm Walking Through Grief w/ Pastor Mark (PCMR)
- 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR)
- 3:00pm Documentary: The American Revolution (5 of 6) (RC)
- 8:00pm TV Series: Monk (S2, E11) (RC)

- 2 9:00am POWER Over Parkinson's Fitness Class (CR)
 - 10:00am Silver Singers Rehearsal (PCMR)
- 10:00am Stock Market Discussion Group (LC) • 10:00am Stretch &
- Flexibility Class (CR) • 11:00am Men's Fitness
- (CR) 11:15am LifeLoop Help
- Desk (LC) • 11:15am Rosary Prayer Group (RCR)
- 12:00pm Daily Check in • 12:45pm Duplicate Bridge (RCR)
- 12:45pm Party Bridge (RCR)
- 1:00pm American Mahjong (PMVR)
- 1:00pm Chair Yoga (CR) • 1:00pm Pool Fitness (CR)
- 2:00pm Bible Study (PCMR)
- 2:00pm Pilates Sit & Stand Fitness Class (CR)
- 2:00pm Resistance River Training (CR)
- 3:30pm New Resident Social (RCR)
- 3:45pm Colorado Academy Brownie Troop: Cookie Decorating Party (PGR)
- 4:00pm Event Planning Meeting (LC)
- 4:00pm TV Series: The West Wing (S2, E14) (RC)
- 6:30pm Live Music: The Strum Along Band (RCR)
- 8:00pm TV Series: Suits (S3, E14) (RC)

- 3 10:00am Pool Core & Balance (CR)
- 10:00am Silver Singers Sopranos Practice (PCMR)
- 11:00am Bingo (LC)
- 11:00am Resistance River Training (CR)
- 11:00am Walking Group (LB)
- 12:00pm Daily Check in
- 1:00pm Band Fitness Class (CR)
- 1:00pm Documentary: The American
- Revolution (6 of 6) (RC) • 2:00pm Balance Fitness Class (CR)
- 2:00pm National Cookie Day Social (AGB)
- 2:00pm Open Art Studio (PAS)
- 3:00pm Resident Council Meeting (RCR)
- 3:00pm The Stitchers (TPB)
- 4:15pm Outing: Denver Botanic Gardens -Blossoms of Light (LB)
- 5:50pm Poker Club (PGR)
- 6:30pm Live Performance: Ballroom Heat - Dance & Variety Show (RCR)
- 7:00pm TV Series: Yellowstone (S5, E1) (RC)

- 4 9:00am Bible Study (LC)
 - 9:00am Pickleball Open Court (RCR)

FRIDAY

- 10:00am Resistance River Training (CR)
- 11:00am Men's Book Club - First Meeting (LC)
- 11:00am Pool Fitness (CR) ■ 12:00pm Daily Check in
- 12:45pm Duplicate Bridge (RCR)
- 12:45pm Party Bridge (RCR)
- 1:00pm Cardio w/ Weights (CR)
- 1:00pm Cribbage (AGB)
- 2:00pm Women's Group Bocce Ball (CY)
- 3:00pm Irish Coffee Happy Hour (AGB)
- 3:00pm Men's Fitness (CR)
- 3:00pm Movie: 12 Angry Men (RC)
- 4:15pm Outing: 240 S. Union Restaurant (LB) • 5:00pm Welcome
- 7:00pm Movie: 12 Angry Men (RC)

Shabbat w/ Paula (TPB)

- 5 9:00am Pickleball Open Court (RCR)
 - 10:00am Pool Core & Balance (CR)
 - 10:30am Outing: King Soopers (LB)

Front Desk: 720-316-5226

SATURDAY

- 11:00am Resistance River Training (CR)
- 12:00pm Daily Check in • 12:30pm American
- Mahjong (RCR) 12:30pm Open Art Studio (RAS)
- 1:00pm Ball & Band Fitness (CR)
- 2:00pm Mexican Train (RGR)
- 3:00pm Movie: Sabrina (RC)
- 3:00pm Stretch & Flexibility Class (CR)
- 7:00pm Movie: Sabrina (RC)

HAPPY BIRTHDAY

Tay D. - 5th Carol B. - 7th Carol S. - 8th Ianet S. - 8th Barbara E. - 9th John B. - 9th Jim B. - 10th Patty S. - 12th Jeanne N. - 13th DJ J. - 15th Dick M. - 15th Chuck B. - 16th Andy P. - 17th Bev B. - 17th John P. - 18th John P. - 18th Renate H. - 20th Bob F. - 21st Chris J. - 23rd Gary P. - 23rd

LOCATION KEY

Tom W. - 23rd

Sharon F. - 25th

Tack P. - 27th

Mary L. - 28th

Elaine T. - 30th

Marjorie S. - 31st

AlpenGlow Bar = AGB Board Room (IL) = BR

Club Ridge = CR Courtyard = CY

Learning Center (IL) = LC Lobby = LB

PanoVista (IL) = PV Peaks (AL) Community Room = PCMR

Peaks (AL) Creative Art Studio = PAS Peaks (AL) Mountain View Room =

PMVR Peaks (AL) Private Dining Room = PPDR

Peaks (AL) Sunrise Room = PSR Ridge Cinema = RC Ridge Community Room = RCR Ridge Creative Art Studio = RAS Ridge Game Room = RGR

Skywood (IL) = SW

The Point Bistro (IL) = TPB

- Inspirational Intellectual
- Physical
- Social



THE RIDGE

PINEHURST · SENIOR LIVING

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY **FRIDAY**

- 8:30am Sunday Worship at First Pres. Live Stream (PC)
- 9:30am Outing: Catholic Service (LB)
- 10:00am Our Father Lutheran Church Live Stream (RC)
- 10:00am Pool Fitness (CR)
- 12:00pm Daily Check in
- 1:00pm Cardio w/ Weights (CR)
- 1:00pm Outing: King Soopers (LB)
- 1:00pm Root Beer Float Social (G&GB)
- 1:30pm SCRABBLE! (AGB)
- 2:00pm Non-Denominati onal Church Service (RC
- 2:05pm Broncos vs Raiders Potluck (SW)
- 3:00pm Balance Class (CR)
- 3:00pm Movie: The Way We Were (RC)
- 7:00pm Movie: The Way We Were (RC)

- 7 9:00am Chair Yoga (CR)
 - 10:00am Aqualates (CR)
 - 10:00am POWER Over Parkinson's Fitness Class (CR)
 - 10:00am Silver Singers **Baritone Practice** (PCMR)
- 10:30am Dining Reservation Class (Full Count) (LC)
- 11:00am Pilates Sit & Stand Fitness Class (CR)
- 12:00pm Daily Check in
- 12:45pm Duplicate Bridge (RCR)
- 12:45pm Party Bridge (RCR)
- 1:00pm American Mahjong - Siamese Style (PMVR)
- 1:00pm Strength & Fitness (CR)
- 2:00pm Men's Group Bocce Ball (CY)
- 2:00pm National Chocolate Brownie Day (AGB)
- 2:00pm Step & Balance (CR)
- 2:30pm Humongous Words (RGR)
- 3:00pm Silver Singers Alto Practice (RCR)
- 4:00pm TV Series: When Calls the Heart (S4, E4) (RC)
- 7:00pm TV Series: The Avengers (S4, E3) (RC)

- 8 9:00am Chairs, Bands & Balls (CR)
 - 10:00am Holiday Bazaar (LB)
 - 10:00am Mobile Watch Company (LB) • 10:00am Pool Fitness (CR)
 - 10:00am TED Talk Tuesday: Why Broken Hearts Hurt — and What Heals Them (RC)
- 11:00am Cardio w/ Weights (CR)
- 12:00pm Daily Check in
- 12:30pm Chess (RGR) • 1:00pm Cribbage (AGB)
- 1:00pm Documentary: World War II: Up Close and Personal (1 & 2 of 24) (RC)
- 1:00pm Step & Balance (CR)
- 2:00pm Co-Ed Bocce Ball (CY)
- 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR)
- 3:00pm Live Speaker: Active Minds - Toys (RCR)
- 4:00pm Catholic Communion Service w/ Deacon Don (RC)
- 4:00pm Dementia Support Group (PCMR)
- 4:00pm Outing: Denver Zoo Lights (LB)
- 8:00pm TV Series: Monk (S2, E13) (RC)

- 9 9:00am POWER Over Parkinson's Fitness Class (CR)
 - 10:00am Silver Singers Rehearsal (PCMR)
- 10:00am Stretch & Flexibility Class (CR)
- 11:00am Men's Fitness (CR)
- 11:15am LifeLoop Help Desk (LC)
- 11:15am Rosary Prayer Group (RCR)
- 12:00pm Daily Check in • 12:45pm Duplicate Bridge
- (RCR) • 12:45pm Party Bridge (RCR)
- 1:00pm American Mahjong (PMVR)
- 1:00pm Chair Yoga (CR)
- 1:00pm Pool Fitness (CR) • 2:00pm Bible Study
- (PCMR)
- 2:00pm Pilates Sit & Stand Fitness Class (CR) • 2:00pm Resistance River
- Training (CR) • 2:00pm Sip and Paint w/
- Jeanne (RAS) • 4:00pm TV Series: The
- West Wing (S2, E15) (RC) • 4:30pm Outing: Red Rocks - Christmas in
- Color (LB) • 6:30pm Live Music: Bob Harris (RCR)
- 8:00pm TV Series: Suits (S3, E15) (RC)

- **10** 10:00am Pool Core & Balance (CR)
 - 10:00am Silver Singers Sopranos Practice (PCMR)
 - 11:00am Golden Age Tech Support (LB)
 - 11:00am Resistance River Training (CR)
 - 11:00am Walking Group (LB)
 - 12:00pm Daily Check in • 1:00pm Band Fitness
 - Class (CR)
 - 1:00pm Bingo (LC)
 - 2:00pm Balance Fitness Class (CR)
 - 2:00pm Documentary: World War II: Up Close and Personal (3 & 4 of 24) (RC)
 - 2:00pm Open Art Studio (PAS)
 - 3:00pm The Stitchers (TPB)
 - 7:00pm TV Series: Yellowstone (S5, E2) (RC)

- 11 AD Door Decorating Contest Begins!
 - 9:00am Bible Study (LC) 9:00am Pickleball Open
 - Court (RCR) ● 10:00am Resistance River
 - Training (CR) • 11:00am Pool Fitness (CR)
 - 12:00pm Daily Check in
 - 12:45pm Duplicate Bridge (RCR)
 - 12:45pm Party Bridge (RCR)
 - 1:00pm Cardio w/ Weights (CR)
 - 1:00pm Cribbage (AGB) • 2:00pm Women's Group
 - Bocce Ball (CY) 3:00pm Men's Fitness
 - (CR) • 3:00pm Movie: Meet Me in St. Louis (RC)
 - 3:00pm Poinsettia Happy Hour (AGB)
 - 5:00pm Welcome Shabbat w/ Paula (TPB)
 - 7:00pm Movie: Meet Me in St. Louis (RC)

12 9:00am Pickleball Open Court (RCR)

Front Desk: 720-316-5226

SATURDAY

13

- 10:00am Pool Core & Balance (CR)
- 10:30am Outing: Trader Joe's (LB)
- 11:00am Resistance River Training (CR)
- 12:00pm Daily Check in
- 12:30pm American Mahjong (PV)
- 12:30pm Open Art Studio (RAS)
- 1:00pm Ball & Band Fitness (CR)
- 2:00pm Mexican Train (RGR)
- 3:00pm Movie: Begin Again (RC) • 3:00pm Stretch &
- Flexibility Class (CR)
- 7:00pm Movie: Begin Again (RC)

HAPPY BIRTHDAY

Tay D. - 5th Carol B. - 7th Carol S. - 8th Ianet S. - 8th Barbara E. - 9th John B. - 9th Jim B. - 10th Patty S. - 12th Jeanne N. - 13th DJ J. - 15th Dick M. - 15th Chuck B. - 16th Andy P. - 17th Bev B. - 17th John P. - 18th John P. - 18th Renate H. - 20th Bob F. - 21st Chris J. - 23rd Gary P. - 23rd Tom W. - 23rd Sharon F. - 25th Tack P. - 27th Mary L. - 28th

LOCATION KEY

Elaine T. - 30th

Marjorie S. - 31st

AlpenGlow Bar = AGB Board Room (IL) = BR Club Ridge = CR

Courtyard = CY

Learning Center (IL) = LC Lobby = LB

PanoVista (IL) = PV Peaks (AL) Community Room = PCMR

Peaks (AL) Creative Art Studio = PAS Peaks (AL) Mountain View Room =

PMVR Peaks (AL) Private Dining Room = PPDR

Peaks (AL) Sunrise Room = PSR Ridge Cinema = RC Ridge Community Room = RCR Ridge Creative Art Studio = RAS

Ridge Game Room = RGR Skywood (IL) = SW

The Point Bistro (IL) = TPB

- Inspirational Intellectual
- Physical Social

SATURDAY THE RID

PINEHURST · SENIOR LIVING

HAPPY BIRTHDAY

Tay D. - 5th

Carol B. - 7th

Carol S. - 8th

Ianet S. - 8th

Barbara E. - 9th

John B. - 9th

Jim B. - 10th

Patty S. - 12th

Jeanne N. - 13th

DJ J. - 15th

Dick M. - 15th

Chuck B. - 16th

Andy P. - 17th

Bev B. - 17th

John P. - 18th

John P. - 18th

Renate H. - 20th

Bob F. - 21st

Chris J. - 23rd

Gary P. - 23rd

Tom W. - 23rd

Sharon F. - 25th

Tack P. - 27th

Mary L. - 28th

Elaine T. - 30th

Marjorie S. - 31st

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

- AD 12 days of Holiday Spirit: Christmas Vacation Day
- AD Hanukkah Begins
- 9:30am Outing: Catholic Service (LB)
- 10:00am Our Father Lutheran Church Live Stream (RC)
- 10:00am Pool Fitness (CR)
- 12:00pm Daily Check in
- 12:30pm Outing: A Christmas Carol (Musical at DCPA) (LB)
- 1:00pm Cardio w/ Weights (CR)
- 1:00pm Live Music: Colorado Academy Holiday Musical Performance (RCR)
- 1:00pm Root Beer Float Social (G&GB)
- 1:30pm SCRABBLE! (AGB)
- 2:00pm Non-Denominati onal Church Service (RC R)
- 2:15pm Broncos vs Packers Watch Party (SW)
- 3:00pm Balance Class (CR)
- 3:00pm Movie: A Big Bold Beautify Journey (RC)
- 4:00pm Bingo w/ Eve (LC)
- 7:00pm Movie: A Big Beautify Journey (RC)

- AD 12 days of Holiday Spirit: Grinch Day
 - 9:00am Chair Yoga (CR)
 - 9:00am Merry Muffin Mixer Social (TPB)
 - 10:00am Aqualates (CR)
 - 10:00am POWER Over Parkinson's Fitness Class (CR)
 - 10:00am Silver Singers Baritone Practice (PCMR)
 - 11:00am Pilates Sit & Stand Fitness Class (CR)
 - 12:00pm Daily Check in12:45pm Duplicate Bridge (RCR)
 - 12:45pm Party Bridge (RCR)
 - 1:00pm American
 Mahjong Siamese Style
 (PMVR)
 - 1:00pm Strength & Fitness (CR)
 - 2:00pm Men's Group Bocce Ball (CY)
 - 2:00pm Step & Balance (CR)
 - 2:30pm Humongous Words (RGR)
 - 3:00pm Silver Singers
 Alto Practice (RCR)
 - 4:00pm TV Series: When Calls the Heart (S4, E5) (RC)
 - 7:00pm TV Series: The Avengers (S4, E4) (RC)

- AD 12 days of Holiday Spirit: Plaid & Glad Day
 - 9:00am Chairs, Bands & Balls (CR)
 - 10:00am Pool Fitness (CR)
 - 10:00am TED Talk
 Tuesday: 3 Steps to Turn
 Everyday Get-Togethers
 into Transformative
 Gatherings (RC)
 - 10:30am Confessionals (LC)
 - 11:00am Cardio w/ Weights (CR)
 - 11:00am Catholic Communion Mass w/ Fr. Anthony Phan (RCR)
 - 11:15am Mobile Watch Company (LB)
 - 12:00pm Daily Check in
 - 12:30pm Chess (RGR)1:00pm Ceramics Class:
 - Hand Building (PAS)

 1:00pm Cribbage (AGB)
 - 1:00pm Documentary:
 World War II: Up Close
 and Personal (5 & 6 of 24)
 (RC)
 - 1:00pm Step & Balance (CR)
 - 2:00pm Co-Ed Bocce Ball (CY)
 - 2:00pm Walking Through Grief w/ Pastor Mark (PCMR)
 - 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR)
 - 3:00pm Live Speaker: The Worst Movies Ever Made w/ Dan Hudak (RCR)
 - 7:00pm Boy Scouts Troop 554: Holiday Activity Night (RCR)
 - 8:00pm TV Series: Monk (S2, E14) (RC)

- AD 12 days of Holiday Spirit: Cozy & Dozy Day
 - 9:00am POWER Over Parkinson's Fitness Class (CR)
 - 10:00am Silver Singers Rehearsal (RCR)
 - 10:00am Stock Market Discussion Group (LC)
 - 10:00am Stretch & Flexibility Class (CR)
 - 11:00am Men's Fitness (CR)
- 11:15am Hospitality Committee (SW)
- 11:15am LifeLoop Help Desk (LC)11:15am Rosary Prayer
- Group (RC)
- 12:00pm Daily Check in
- 12:00pm Live Music: Coreen Wells (LB)
- 12:45pm Duplicate Bridge (LC)
- 12:45pm Party Bridge (LC)
- 1:00pm American Mahjong (PMVR)
- 1:00pm Chair Yoga (CR)
- 1:00pm Pool Fitness (CR)2:00pm Bible Study
- (PCMR)
- 2:00pm Pilates Sit & Stand Fitness Class (CR)
- 2:00pm Resistance River Training (CR)
- 3:00pm Hanukkah Celebration (RCR)
- 4:00pm TV Series: The West Wing (S2, E16) (RC)
- 6:30pm Live Music: Joyce Karchere (RCR)8:00pm TV Series: Suits
- (S3, E16) (RC)

- AD 12 days of Holiday Spirit: Ugly Sweater Day
 - 9:45am EXERAI Fall Prevention (RCR)
 - 10:00am Pool Core & Balance (CR)
 - 11:00am Live Speaker: When Is It Time? Understanding Higher Levels of Care (RCR)
 - 11:00am Resistance River Training (CR)
 - 11:00am Walking Group (LB)
 - 12:00pm Daily Check in
 12:00pm Outing:
 Cherokee Ranch Castle
 Tea & Tour with Holiday
 Decor (LB)
 - 12:30pm December Birthday Bash (AGB)
 - 12:30pm Live Music: Studio 8 Trio (AGB)
 - 1:00pm Band Fitness Class (CR)
 - 1:00pm Bingo (LC)
 - 2:00pm Balance Fitness Class (CR)
 - 2:00pm Documentary: World War II: Up Close and Personal (7 & 8 of 24) (RC)
 - 2:00pm Open Art Studio (PAS)
 - 3:00pm The Stitchers (TPB)
 - 5:50pm Poker Club (PGR)
 - 6:15pm Silver Singers Performance Warm Up (LC)
 - 7:00pm Silver Singers Choir Concert - Peace & Joy (RCR)
 - 7:00pm TV Series: Yellowstone (S5, E3) (RC)

- AD 12 Days of Holiday Spirit: Sock Shock Day
 - 9:00am Bible Study (LC)
 - 9:00am Pickleball Open Court (RCR)
 - 10:00am Book Club Group 1 (PV)
 - 10:00am Resistance River Training (CR)
 - 11:00am Book Club Group 2 (LC)
 - 11:00am Pool Fitness (CR)
 - 12:00pm Daily Check in12:45pm Duplicate Bridge
 - (RCR)

 12:45pm Duplicate Bridge

 12:45pm Party Bridge
 - (RCR) ● 1:00pm Cardio w/
 - Weights (CR)

 1:00pm Cribbage (AGB)
 - 2:00pm Women's Group Bocce Ball (CY)
 - 3:00pm Men's Fitness (CR)
 - 3:00pm Movie: Holiday Inn (RC)
 - 3:00pm Spiked Egg Nog Happy Hour (AGB)4:30pm Outing: Red
 - Rocks Christmas in Color (LB) • 5:00pm Welcome Shabbat w/ Paula (TPB)
 - 7:00pm Movie: Holiday Inn (RC)

AD 12 days of Holiday Spirit: Snow & Glow Day

Front Desk: 720-316-5226

- 9:00am Pickleball Open Court (RCR)
- 10:00am Pool Core & Balance (CR)
- 10:30am Outing: King Soopers (LB)11:00am Resistance River
- Training (CR)

 12:00pm Daily Check in
- 12:30pm American Mahjong (PV)
- 12:30pm Open Art Studio (RAS)
- 1:00pm Ball & Band Fitness (CR)
- 1:00pm Todd & Eric's Hot Chocolate Bar (LB)
- 2:00pm Mexican Train (RGR)2:15pm Silver Singers

Performance Warm Up

- (LC)
 3:00pm Movie: The
 Bucket List (RC)
- 3:00pm Silver Singers Choir Concert - Peace & Joy (RCR)
- 3:00pm Stretch & Flexibility Class (CR)
- 7:00pm Movie: The Bucket List (RC)

LOCATION KEY

Board Room (IL) = BR Club Ridge = CR Courtyard = CY Learning Center (IL) = LC Lobby = LB

AlpenGlow Bar = AGB

PanoVista (IL) = PV
Peaks (AL) Community Room = PCMR
Peaks (AL) Creative Art Studio = PAS
Peaks (AL) Mountain View Room =

PMVR Peaks (AL) Private Dining Room = PPDR

Peaks (AL) Sunrise Room = PSR Ridge Cinema = RC Ridge Community Room = RCR Ridge Creative Art Studio = RAS Ridge Game Room = RGR Skywood (IL) = SW

The Point Bistro (IL) = TPB

- Inspirational
 Intellectual
- Physical
- Social

THE RIDGE

PINEHURST · SENIOR LIVING

SUNDAY MONDAY TUESDAY SATURDAY WEDNESDAY THURSDAY **FRIDAY**

- AD 12 Days of Holiday Spirit: Reindeer & Cheer Day
- 9:30am Outing: Catholic Service (LB)
- 10:00am Our Father Lutheran Church Live Stream (RC)
- 10:00am Pool Fitness (CR)
- 12:00pm Daily Check in
- 1:00pm Cardio w/ Weights (CR)
- 1:00pm Root Beer Float Social (G&GB)
- 1:30pm SCRABBLE! (AGB)
- 1:45pm Broncos vs Jaguars Watch Party (SW)
- 2:00pm Non-Denominati onal Church Service (RC
- 3:00pm Balance Class (CR)
- 3:00pm Movie: Happiness for Beginners
- 6:30pm Live Music: The Backcreek Boys, A Christmas A Cappella Celebration (RCR)
- 7:00pm Movie: Happiness for Beginners

- 21 AD 12 days of Holiday Spirit: Snowman & Showman Day
 - AD Hanukkah Ends
 - 9:00am Chair Yoga (CR)
 - 10:00am Aqualates (CR)
 - 10:00am POWER Over Parkinson's Fitness Class (CR)
 - 10:00am Silver Singers **Baritone Practice** (PCMR)
 - 10:30am Dining Reservation Class (Full Count) (LC)
 - 11:00am Pilates Sit & Stand Fitness Class (CR)
 - 12:00pm Daily Check in • 12:45pm Duplicate Bridge
 - (RCR) 12:45pm Party Bridge
 - (RCR)
 - 1:00pm American Mahjong - Siamese Style (PMVR)
 - 1:00pm Strength & Fitness (CR)
 - 2:00pm Men's Group Bocce Ball (CY)
 - 2:00pm Step & Balance (CR)
 - 2:30pm Humongous Words (RGR)
 - 3:00pm Silver Singers Alto Practice (RCR)
 - 4:00pm TV Series: When Calls the Heart (S4, E6)
 - 6:30pm Live Music: The 2 **Judys - A Christmas** Piano Performance (RCR)
 - 7:00pm TV Series: The Avengers (S4, E5) (RC)

- 22 AD 12 days of Holiday Spirit: Candy Cane Couture
 - 9:00am Chairs, Bands & Balls (CR)
 - 10:00am Pool Fitness (CR)
 - 10:00am TED Talk Tuesday: The Art of Reading Minds (RC)
 - 11:00am Cardio w/ Weights (CR)
 - 11:15am Mobile Watch Company (LB)
 - 12:00pm Daily Check in • 12:30pm Chess (RGR)
 - 1:00pm Cribbage (AGB)
 - 1:00pm Documentary: World War II: Up Close and Personal (9 & 10 of 24) (RC)
 - 1:00pm Step & Balance (CR)
 - 2:00pm Co-Ed Bocce Ball (CY)
 - 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR)
 - 3:00pm Live Speaker: Active Minds - Pompeii (RCR)
 - 8:00pm TV Series: Monk (S2, E15) (RC)

- 23 AD 12 days of Holiday Spirit: Vest & Best Day
 - 9:00am POWER Over Parkinson's Fitness Class (CR)
- 10:00am Silver Singers Rehearsal (PCMR)
- 10:00am Stretch & Flexibility Class (CR)
- 11:00am Men's Fitness (CR)
- 11:15am LifeLoop Help Desk (LC)
- 11:15am Rosary Prayer Group (RCR)
- 12:00pm Daily Check in • 12:45pm Duplicate Bridge (RCR)
- 12:45pm Party Bridge (RCR)
- 1:00pm American Mahjong (PMVR) 1:00pm Chair Yoga (CR)
- 1:00pm Pool Fitness (CR)
- 2:00pm Bible Study (PCMR)
- 2:00pm Pilates Sit & Stand Fitness Class (CR)
- 2:00pm Resistance River Training (CR)
- 4:00pm TV Series: The West Wing (S2, E17) (RC)
- 6:30pm Live Music: Catherine "Cat on the Keys" Paz (RCR)
- 8:00pm TV Series: Suits (S4, E1) (RC)

- 24 AD 12 days of Holiday Spirit: Dress to **Impress**
- AD Christmas Day • 10:00am Pool Core & Balance (CR)
 - 10:00am Silver Singers Sopranos Practice (PCMR)
 - 11:00am Christmas Day Buffet (B)
 - 11:00am Resistance River Training (CR)
 - 11:00am Walking Group (LB)
 - 11:30am Live Music: Steve Lockwood (LB)
 - 12:00pm Daily Check in • 1:00pm Band Fitness
 - Class (CR) • 1:00pm Bingo (LC)
 - 2:00pm Balance Fitness Class (CR)
 - 2:00pm Documentary: World War II: Up Close and Personal (11 & 12 of
 - 24) (RC) • 2:00pm Open Art Studio (PAS)
 - 3:00pm The Stitchers (TPB)
 - 6:15pm Broncos vs Chiefs Potluck (SW)
 - 7:00pm TV Series: Yellowstone (S5, E4) (RC)

- 25 9:00am Bible Study (LC)
 - 9:00am Pickleball Open Court (RCR)
 - 10:00am Resistance River Training (CR)
 - 11:00am Pool Fitness (CR) ■ 12:00pm Daily Check in
 - 12:45pm Duplicate Bridge (RCR)
 - 12:45pm Party Bridge (RCR)
 - 1:00pm Cardio w/ Weights (CR)
 - 1:00pm Cribbage (AGB)
 - 2:00pm Women's Group Bocce Ball (CY)
 - 3:00pm Live Music: Front Range Band (AGB) • 3:00pm Men's Fitness
 - (CR) ● 3:00pm Movie: White
 - Christmas (RC) ● 3:00pm Welcome Wagon Happy Hour (AGB)
 - 5:00pm Welcome Shabbat w/ Paula (TPB)
 - 7:00pm Movie: White Christmas (RC)

- 26 9:00am Pickleball Open Court (RCR)
 - 10:00am Pool Core & Balance (CR)

Front Desk: 720-316-5226

● 10:30am Outing: Trader Joe's (LB)

27

- 11:00am Resistance River Training (CR)
- 12:00pm Daily Check in • 12:30pm American
- Mahjong (RCR) • 12:30pm Open Art Studio
- (RAS) • 1:00pm Ball & Band
- Fitness (CR) • 2:00pm Mexican Train
- (RGR) • 3:00pm Movie: Still Mine (RC)
- 3:00pm Stretch & Flexibility Class (CR)
- 7:00pm Movie: Still Mine (RC)

HAPPY BIRTHDAY

Tay D. - 5th Carol B. - 7th Carol S. - 8th Ianet S. - 8th Barbara E. - 9th John B. - 9th Jim B. - 10th Patty S. - 12th Jeanne N. - 13th DJ J. - 15th Dick M. - 15th Chuck B. - 16th Andy P. - 17th Bev B. - 17th

Renate H. - 20th Bob F. - 21st

Chris J. - 23rd Gary P. - 23rd

John P. - 18th

John P. - 18th

Tom W. - 23rd Sharon F. - 25th

Tack P. - 27th Mary L. - 28th Elaine T. - 30th

Marjorie S. - 31st

LOCATION KEY

Peaks (AL) Private Dining Room =

Peaks (AL) Sunrise Room = PSR

Ridge Community Room = RCR

Ridge Creative Art Studio = RAS

Ridge Game Room = RGR

The Point Bistro (IL) = TPB

AlpenGlow Bar = AGB Board Room (IL) = BR Club Ridge = CR Courtyard = CY Learning Center (IL) = LC Lobby = LB PanoVista (IL) = PV Peaks (AL) Community Room = PCMR Peaks (AL) Creative Art Studio = PAS Peaks (AL) Mountain View Room = PMVR

Ridge Cinema = RC

Skywood (IL) = SW

PPDR

- Inspirational Intellectual
- Social
- Physical



THE RIDGE

PINEHURST · SENIOR LIVING

SUNDAY **THURSDAY FRIDAY** SATURDAY MONDAY **TUESDAY** WEDNESDAY

31

- AD Door Decorating Contest Ends!
- 9:30am Outing: Catholic Service (LB)
- 10:00am Our Father Lutheran Church Live Stream (RC)
- 10:00am Pool Fitness (CR) 12:00pm Daily Check in
- 1:00pm Cardio w/
- Weights (CR) • 1:00pm Outing: Trader Joe's (LB)
- 1:00pm Root Beer Float Social (G&GB)
- 1:30pm SCRABBLE! (AGB)
- 2:00pm Non-Denominati onal Church Service (RC
- 3:00pm Balance Class (CR)

● 3:00pm Movie: The

- Roses (RC) 4:00pm Bingo w/ Eve (LC)
- 6:30pm Live Music: Sawver's Classical Quartet (RCR)
- 7:00pm Movie: The Roses (RC)

- 28 9:00am Chair Yoga (CR)
 - 10:00am Aqualates (CR)
 - 10:00am POWER Over Parkinson's Fitness Class (CR)
 - 10:00am Silver Singers **Baritone Practice** (PCMR)
 - 11:00am Pilates Sit & Stand Fitness Class (CR)
 - 12:00pm Daily Check in
 - 12:45pm Duplicate Bridge (RCR)
 - 12:45pm Party Bridge (RCR)
 - 1:00pm American Mahjong - Siamese Style (PMVR)
 - 1:00pm Strength & Fitness (CR)
 - 2:00pm Men's Group Bocce Ball (CY)
 - 2:00pm Step & Balance (CR)
 - 2:30pm Humongous Words (RGR)
 - 3:00pm Silver Singers Alto Practice (RCR)
 - 4:00pm TV Series: When Calls the Heart (S4, E7)
 - 7:00pm TV Series: The Avengers (S4, E6) (RC)

- 29 9:00am Chairs, Bands & Balls (CR)
 - 10:00am Outing: Men's Group - First Watch (LB)
 - 10:00am Pool Fitness (CR)
 - 10:00am TED Talk Tuesday: Thoughts on Humanity, Fame and Love (RC)
 - 11:00am Cardio w/ Weights (CR)
 - 11:15am Mobile Watch Company (LB)
 - 12:00pm Daily Check in
 - 12:30pm Chess (RGR) • 1:00pm Cribbage (AGB)
 - 1:00pm Step & Balance (CR)
 - 2:00pm Co-Ed Bocce Ball (CY)
 - 2:00pm Documentary: World War II: Up Close and Personal (13 & 14 of 24) (RC)
 - 2:00pm Walking Through Grief w/ Pastor Mark (PCMR)
 - 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR)
- 8:00pm TV Series: Monk (S2, E16) (RC)

- 30 9:00am POWER Over Parkinson's Fitness Class (CR)
 - 10:00am Silver Singers Rehearsal (PCMR)
- 10:00am Stock Market Discussion Group (LC)
- 10:00am Stretch & Flexibility Class (CR)
- 11:00am Men's Fitness (CR)
- 11:15am LifeLoop Help Desk (LC)
- 11:15am Rosary Prayer Group (RCR)
- 11:30am Happy NOON Year Celebration (AGB)
- 12:00pm Daily Check in
- 12:00pm Live Music: The Hoagies (AGB)
- 12:45pm Duplicate Bridge (RCR)
- 12:45pm Party Bridge (RCR)
- 1:00pm American Mahiong (PMVR)
- 1:00pm Chair Yoga (CR)
- 1:00pm Pool Fitness (CR)
- 2:00pm Bible Study (PCMR)
- 2:00pm Pilates Sit & Stand Fitness Class (CR)
- 2:00pm Resistance River Training (CR)
- 4:00pm TV Series: The West Wing (S2, E18) (RC)
- 6:30pm Live Music: ShacKurty Duo (RCR)
- 8:00pm TV Series: Suits (S4, E2) (RC)

Dining Venues

Front Desk: 720-316-5226

The Beacon: Monday-Saturday 7am-10am 11am-3pm 4pm-7pm Sunday Brunch 8am-11am 11am-2pm

The Point Bistro: Tuesday, Thursday, Saturday 7:30am-10:30am

> Skywood: Sunday 5pm-8pm

Palisade: Monday-Sunday 7am-9:30am 11am-2pm 4pm-6pm

This calendar is subject to change. To stay up to date, please visit LifeLoop or contact a Community Life Associate. If you intend on attending an activity, please REGISTER on LifeLoop.

ACTIVITY TYPES

- Inspirational Intellectual
- Physical Social

HAPPY BIRTHDAY

Tay D. - 5th Carol B. - 7th Carol S. - 8th Ianet S. - 8th Barbara E. - 9th John B. - 9th Jim B. - 10th Patty S. - 12th Jeanne N. - 13th DJ J. - 15th Dick M. - 15th Chuck B. - 16th Andy P. - 17th Bev B. - 17th John P. - 18th John P. - 18th Renate H. - 20th Bob F. - 21st Chris J. - 23rd Gary P. - 23rd Tom W. - 23rd Sharon F. - 25th Tack P. - 27th Mary L. - 28th Elaine T. - 30th Marjorie S. - 31st

LOCATION KEY

Board Room (IL) = BR Club Ridge = CR Courtyard = CY Learning Center (IL) = LC Lobby = LB PanoVista (IL) = PV Peaks (AL) Community Room = PCMR Peaks (AL) Creative Art Studio = PAS Peaks (AL) Mountain View Room =

AlpenGlow Bar = AGB

PMVR Peaks (AL) Private Dining Room =

PPDR Peaks (AL) Sunrise Room = PSR Ridge Cinema = RC Ridge Community Room = RCR Ridge Creative Art Studio = RAS Ridge Game Room = RGR Skywood (IL) = SW

The Point Bistro (IL) = TPB