



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> <li>● 8:30am Sunday Worship at First Pres. Live Stream (PC)</li> <li>● 9:00am Outing: Catholic Service TRIP #1 (LB)</li> <li>● 9:30am Outing: Catholic Service TRIP #2 (LB)</li> <li>● 10:00am Our Father Lutheran Church Live Stream (RC)</li> <li>● 10:00am Peaceful Pacers Walking Group (G&amp;GB)</li> <li>● 10:00am Pool Fitness (CR)</li> <li>● 1:00pm Cardio w/ Weights (CR)</li> <li>● 1:00pm Root Beer Float Social (G&amp;GB)</li> <li>● 2:00pm Non-Denominational Church Service (RC R)</li> <li>● 2:00pm Stretch &amp; Flexibility Class (PER)</li> <li>● 2:30pm Word Games (PGR)</li> <li>● 3:00pm Movie: Bugonia (PC)</li> <li>● 6:30pm Movie: Bugonia (PC)</li> </ul>	<ul style="list-style-type: none"> <li>● AD Read Across America/Dr. Seuss Day (LB)</li> <li>● 9:00am Chair Yoga (CR)</li> <li>● 9:00am Outing: Duffeyroll Bakery Cafe (LB)</li> <li>● 9:30am Resident Council Meeting (PCMR)</li> <li>● 10:00am Aqualates (CR)</li> <li>● 10:00am Card Bingo (PGR)</li> <li>● 10:00am POWER Over Parkinson's Fitness Class (CR)</li> <li>● 10:00am Silver Singers Baritone Practice (PCMR)</li> <li>● 11:00am LifeLoop Help Desk (PGR)</li> <li>● 12:45pm Duplicate Bridge (RCR)</li> <li>● 12:45pm Party Bridge (RCR)</li> <li>● 1:00pm American Mahjong - Siamese Style (PMVR)</li> <li>● 1:15pm Bingo (PGR)</li> <li>● 2:00pm Chair Yoga (PER)</li> <li>● 2:00pm Men's Group Bocce Ball (weather permitting) (CY)</li> <li>● 2:30pm Rummikub (PGR)</li> <li>● 3:00pm Silver Singers Alto Practice (RCR)</li> <li>● 3:30pm Mexican Train (PGR)</li> <li>● 4:00pm Ping Pong Open Table (CR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am Chairs, Bands &amp; Balls (CR)</li> <li>● 9:00am Mindfulness Meditation (PC)</li> <li>● 9:45am TED Talk</li> <li>● Tuesday: Increase Your Self-awareness with one Simple Fix (PGR)</li> <li>● 10:00am Pool Fitness (CR)</li> <li>● 11:15am Mobile Watch Company (LB)</li> <li>● 12:30pm Chess (RGR)</li> <li>● 1:00pm Ceramics Class: Open Studio (PAS)</li> <li>● 1:00pm Cribbage (AGB)</li> <li>● 1:30pm Buzzed Bingo (PGR)</li> <li>● 2:00pm Co-Ed Bocce Ball (weather permitting) (CY)</li> <li>● 2:00pm Live Speaker: ARTiculating Art w/ Wendy Alder - Mythology (RCR)</li> <li>● 2:00pm Strength &amp; Stretch (PER)</li> <li>● 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR)</li> <li>● 3:00pm Humongous Words (PGR)</li> <li>● 3:00pm TV Show: Cheers (S1 E1) (PC)</li> <li>● 4:00pm Open Card Games (PGR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am POWER Over Parkinson's Fitness Class (CR)</li> <li>● 10:00am Craft: Shamrock Welcome Sign (PAS)</li> <li>● 10:00am Golden Age Tech Support (LB)</li> <li>● 10:00am Silver Singers Rehearsal (PCMR)</li> <li>● 11:00am Men's Fitness (CR)</li> <li>● 11:00am Step &amp; Balance (PER)</li> <li>● 11:15am Rosary Prayer Group (LC)</li> <li>● 12:45pm Duplicate Bridge (LC)</li> <li>● 12:45pm Party Bridge (LC)</li> <li>● 1:00pm American Mahjong (PMVR)</li> <li>● 1:00pm Chair Yoga (CR)</li> <li>● 1:00pm Ice Cream Social (G&amp;GB)</li> <li>● 1:00pm Pool Fitness (CR)</li> <li>● 2:00pm Bible Study (PCMR)</li> <li>● 2:00pm Resident Pick Movie- Ice Age America (PC)</li> <li>● 2:00pm Resistance River Training (CR)</li> <li>● 2:00pm Trivia (G&amp;GB)</li> <li>● 3:00pm Band Class (PER)</li> <li>● 3:30pm Mexican Train (PGR)</li> <li>● 6:30pm Live Music: Marco &amp; Marie (RCR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30am Coffee &amp; Donut Social (G&amp;GB)</li> <li>● 10:00am Interactive Crossword (G&amp;GB)</li> <li>● 10:00am Pool Core &amp; Balance (CR)</li> <li>● 10:00am Silver Singers Sopranos Practice (PCMR)</li> <li>● 11:00am Resistance River Training (CR)</li> <li>● 11:00am Silver Spatulas Cooking Experience (LC)</li> <li>● 12:30pm Hand &amp; Foot Game (PMVR)</li> <li>● 1:00pm Flower Arrangements (PAS)</li> <li>● 1:00pm Outing: Horizon of Khufu - A Journey in Ancient Egypt (LB)</li> <li>● 1:00pm Sound Bath: Wellness-Focus (RCR)</li> <li>● 2:00pm Open Art Studio (PAS)</li> <li>● 3:00pm Balance Class (PER)</li> <li>● 3:00pm Documentary: Planet Earth III- Coasts (PC)</li> <li>● 3:00pm The Stitchers (TPB)</li> <li>● 3:15pm Brain Games (PGR)</li> <li>● 4:00pm Ping Pong Open Table (CR)</li> <li>● 5:50pm Poker Club (PGR)</li> <li>● 6:00pm TV Show: Cheers (S1 E2) (PC)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am Bible Study (LC)</li> <li>● 9:00am Pickleball Open Court (RCR)</li> <li>● 10:00am Catholic Apologetics Group (LC)</li> <li>● 10:00am Resistance River Training (CR)</li> <li>● 11:00am Pool Fitness (CR)</li> <li>● 12:45pm Duplicate Bridge (RCR)</li> <li>● 12:45pm Party Bridge (RCR)</li> <li>● 1:00pm Cribbage (AGB)</li> <li>● 1:30pm Bingo (PGR)</li> <li>● 2:00pm Strength &amp; Cardio (PER)</li> <li>● 2:00pm Women's Group Bocce Ball (weather permitting) (CY)</li> <li>● 3:00pm Aviation Happy Hour (AGB)</li> <li>● 3:00pm Men's Fitness (CR)</li> <li>● 5:00pm Welcome Shabbat w/ Paula (TPB)</li> <li>● 6:30pm Movie: The Man From Snowy River (PC)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am Pickleball Open Court (RCR)</li> <li>● 10:00am Pool Core &amp; Balance (CR)</li> <li>● 11:00am Resistance River Training (CR)</li> <li>● 1:30pm Bingo (PGR)</li> <li>● 2:00pm Ball &amp; Band Fitness (PER)</li> <li>● 2:30pm Arm Chair Travel- Ireland and Nothern Ireland (PC)</li> <li>● 3:00pm Movie: Ella McKay (PC)</li> <li>● 6:30pm Movie: Ella McKay (PC)</li> </ul>

### HAPPY BIRTHDAY

- Diane R. - 3rd
- Dave A. - 4th
- Wayne M. - 8th
- Bob S. - 13th
- Barb H. - 14th
- George Anne B. - 16th
- Clint P. - 19th
- F.J. C. - 21st
- Wan C. - 26th
- Don E. - 29th

### ACTIVITY TYPES

- Inspirational
- Intellectual
- Physical
- Social

### LOCATION KEY

**2nd Floor Location Key**  
 AlpenGlow Bar = AGB  
 Board Room = BR  
 Courtyard = CY  
 Grab & Go Bistro (AL) = G&GB  
 Learning Center (IL) = LC  
 Lobby = LB  
 Palisade (AL) Dining Room = PDR  
 PanoVista (IL) = PV  
 Peaks (AL) Cinema = PC  
 Peaks (AL) Community Room = PCMR  
 Peaks (AL) Creative Art Studio = PAS  
 Peaks (AL) Game Room = PGR  
 Peaks (AL) Private Dining Room = PPDR  
 Ridge Cinema (IL) = RC  
 Ridge Community Room (IL) = RCR  
 Ridge Game Room (IL) = RGR  
 Wellness Center = WC

**3rd Floor Location Key**  
 Peaks (AL) Sunrise Room = PSR  
 Peaks (AL) Exercise Room = PER

**4th Floor Location Key**  
 Peaks (AL) Mountain View Room = PMVR

**Summit Building Key**  
 Skywood (IL) = SW  
 The Point Bistro (IL) = TPB



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>8</b></p> <ul style="list-style-type: none"> <li>● AD Daylight Savings Time</li> <li>● 8:30am Sunday Worship at First Pres. Live Stream (PC)</li> <li>● 9:30am Outing: Catholic Service (LB)</li> <li>● 10:00am Our Father Lutheran Church Live Stream (RC)</li> <li>● 10:00am Peaceful Pacers Walking Group (G&amp;GB)</li> <li>● 10:00am Pool Fitness (CR)</li> <li>● 1:00pm Cardio w/ Weights (CR)</li> <li>● 1:00pm Root Beer Float Social (G&amp;GB)</li> <li>● 2:00pm Non-Denominational Church Service (RC R)</li> <li>● 2:00pm Stretch &amp; Flexibility Class (PER)</li> <li>● 2:30pm Word Games (PGR)</li> <li>● 3:00pm Movie: F1 -The Movie (PC)</li> <li>● 4:00pm Bingo w/ Eve (LC)</li> <li>● 4:00pm Outing: Denver Restaurant Week - 801 Chophouse (LB)</li> <li>● 6:30pm Movie: F1 -The Movie (PC)</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>● 9:00am Chair Yoga (CR)</li> <li>● 9:00am Summit Scone Social (TPB)</li> <li>● 10:00am Aqualates (CR)</li> <li>● 10:00am Card Bingo (PGR)</li> <li>● 10:00am POWER Over Parkinson's Fitness Class (CR)</li> <li>● 10:00am Silver Singers Baritone Practice (PCMR)</li> <li>● 11:00am LifeLoop Help Desk (PGR)</li> <li>● 12:45pm Duplicate Bridge (RCR)</li> <li>● 12:45pm Party Bridge (RCR)</li> <li>● 1:00pm American Mahjong - Siamese Style (PMVR)</li> <li>● 1:15pm Bingo (PGR)</li> <li>● 2:00pm Chair Yoga (PER)</li> <li>● 2:00pm Men's Group Bocce Ball (weather permitting) (CY)</li> <li>● 2:30pm Rummikub (PGR)</li> <li>● 3:00pm Silver Singers Alto Practice (RCR)</li> <li>● 3:30pm Catholic Communion Service w/ Deacon Don (RC)</li> <li>● 3:30pm Mexican Train (PGR)</li> <li>● 4:00pm Outing: Denver Restaurant Week - Nonna's Italian Bistro (LB)</li> <li>● 4:00pm Ping Pong Open Table (CR)</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>● 8:00am National Pancake Day (RCR)</li> <li>● 9:00am Chairs, Bands &amp; Balls (CR)</li> <li>● 9:00am Mindfulness Meditation (PC)</li> <li>● 9:45am TED Talk Tuesday: Why Having Fun is the Secret to a Healthier Life (PGR)</li> <li>● 10:00am Pool Fitness (CR)</li> <li>● 10:30am Brain Games (PGR)</li> <li>● 11:15am Mobile Watch Company (LB)</li> <li>● 12:30pm Chess (RGR)</li> <li>● 1:00pm Cribbage (AGB)</li> <li>● 1:30pm Buzzed Bingo (PGR)</li> <li>● 2:00pm Co-Ed Bocce Ball (weather permitting) (CY)</li> <li>● 2:00pm Strength &amp; Stretch (PER)</li> <li>● 2:00pm Walking Through Grief w/ Pastor Mark (PCMR)</li> <li>● 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR)</li> <li>● 3:00pm Humongous Words (PGR)</li> <li>● 3:00pm Live Speaker: Active Minds - Women of Denver History (RCR)</li> <li>● 3:00pm TV Show: Cheers (S1 E3) (PC)</li> <li>● 4:00pm Dementia Support Group (PCMR)</li> <li>● 4:00pm Open Card Games (PGR)</li> <li>● 4:15pm Outing: Denver Restaurant Week - Bistro 36 (LB)</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>● 9:00am POWER Over Parkinson's Fitness Class (CR)</li> <li>● 10:00am Craft: Lucky Notes for Our Neighbors (PAS)</li> <li>● 10:00am Silver Singers Rehearsal (PCMR)</li> <li>● 11:00am Men's Fitness (CR)</li> <li>● 11:00am Step &amp; Balance (PER)</li> <li>● 11:15am Rosary Prayer Group (RCR)</li> <li>● 12:45pm Duplicate Bridge (RCR)</li> <li>● 12:45pm Party Bridge (RCR)</li> <li>● 1:00pm American Mahjong (PMVR)</li> <li>● 1:00pm Chair Yoga (CR)</li> <li>● 1:00pm Ice Cream Social (G&amp;GB)</li> <li>● 1:00pm Pool Fitness (CR)</li> <li>● 2:00pm Bible Study (PCMR)</li> <li>● 2:00pm Resident Pick Movie (PC)</li> <li>● 2:00pm Resistance River Training (CR)</li> <li>● 2:00pm Trivia (G&amp;GB)</li> <li>● 3:00pm Band Class (PER)</li> <li>● 3:30pm Mexican Train (PGR)</li> <li>● 6:30pm Live Music: Alan Vail (RCR)</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>● 10:00am Event Planning Meeting (PGR)</li> <li>● 10:00am Outing: Men's Group - Le Peep (LB)</li> <li>● 10:00am Pool Core &amp; Balance (CR)</li> <li>● 10:00am Silver Singers Sopranos Practice (PCMR)</li> <li>● 11:00am Interactive Crossword (G&amp;GB)</li> <li>● 11:00am Resistance River Training (CR)</li> <li>● 11:00am Silver Spatulas Cooking Experience (LC)</li> <li>● 12:30pm Hand &amp; Foot Game (PMVR)</li> <li>● 1:00pm Flower Arrangements (PAS)</li> <li>● 1:00pm Sound Bath: Wellness-Focus (RCR)</li> <li>● 2:00pm Open Art Studio (PAS)</li> <li>● 2:30pm Let's Talk Food: Beets (G&amp;GB)</li> <li>● 3:00pm Balance Class (PER)</li> <li>● 3:00pm Documentary: Planet Earth III- Oceans (PC)</li> <li>● 3:00pm The Stitchers (TPB)</li> <li>● 3:15pm Brain Games (PGR)</li> <li>● 4:00pm Outing: Denver Restaurant Week - Blue Island Oyster Bar &amp; Seafood (LB)</li> <li>● 4:00pm Ping Pong Open Table (CR)</li> <li>● 6:00pm TV Show: Cheers (S1 E4) (PC)</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>● 9:00am Bible Study (LC)</li> <li>● 9:00am Pickleball Open Court (RCR)</li> <li>● 10:00am Catholic Apologetics Group (LC)</li> <li>● 10:00am Resistance River Training (CR)</li> <li>● 11:00am Pool Fitness (CR)</li> <li>● 12:45pm Duplicate Bridge (LC)</li> <li>● 12:45pm Party Bridge (LC)</li> <li>● 1:00pm Cribbage (AGB)</li> <li>● 1:30pm Bingo (PGR)</li> <li>● 2:00pm Strength &amp; Cardio (PER)</li> <li>● 2:00pm Women's Group Bocce Ball (weather permitting) (CY)</li> <li>● 3:00pm Friday the 13th Black Cat Fever Party (RCR)</li> <li>● 3:00pm Live Music: DJ Hugo Laverde (RCR)</li> <li>● 3:00pm Men's Fitness (CR)</li> <li>● 5:00pm Welcome Shabbat w/ Paula (TPB)</li> <li>● 6:30pm Movie: The Quiet Man (PC)</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>● 9:00am Pickleball Open Court (RCR)</li> <li>● 10:00am Pool Core &amp; Balance (CR)</li> <li>● 11:00am Resistance River Training (CR)</li> <li>● 1:30pm Bingo (PGR)</li> <li>● 2:00pm Ball &amp; Band Fitness (PER)</li> <li>● 2:30pm Arm Chair Travel- Ireland and Northern Ireland (PC)</li> <li>● 3:00pm Movie: Schindler's List (PC)</li> <li>● 6:30pm Movie: Schindler's List (PC)</li> </ul>

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### ACTIVITY TYPES

- Inspirational
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### LOCATION KEY

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>15</b></p> <ul style="list-style-type: none"> <li>8:30am Sunday Worship at First Pres. Live Stream (PC)</li> <li>9:00am Outing: Catholic Service TRIP #1 (LB)</li> <li>9:30am Outing: Catholic Service TRIP #2 (LB)</li> <li>10:00am Our Father Lutheran Church Live Stream (RC)</li> <li>10:00am Peaceful Pacers Walking Group (G&amp;GB)</li> <li>10:00am Pool Fitness (CR)</li> <li>12:00pm Live Speaker: African Safari w/ Dave and Carolyn Gregory (RC)</li> <li>1:00pm Cardio w/ Weights (CR)</li> <li>1:00pm Root Beer Float Social (G&amp;GB)</li> <li>2:00pm Live Music: The Two Judys - Celtic Piano Performance (LB)</li> <li>2:00pm Non-Denominational Church Service (RC)</li> <li>2:00pm Stretch &amp; Flexibility Class (PER)</li> <li>3:00pm Movie: Frankenstein (PC)</li> <li>6:30pm Movie: Frankenstein (PC)</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>9:00am Chair Yoga (CR)</li> <li>10:00am Aqualates (CR)</li> <li>10:00am Card Bingo (PGR)</li> <li>10:00am POWER Over Parkinson's Fitness Class (CR)</li> <li>10:00am Silver Singers Baritone Practice (PCMR)</li> <li>11:00am LifeLoop Help Desk (PGR)</li> <li>11:30am Couture Chez Vous Boutique (LB)</li> <li>12:45pm Duplicate Bridge (RCR)</li> <li>12:45pm Party Bridge (RCR)</li> <li>1:00pm American Mahjong - Siamese Style (PMVR)</li> <li>1:15pm Bingo (PGR)</li> <li>2:00pm Chair Yoga (PER)</li> <li>2:00pm Men's Group Bocce Ball (weather permitting) (CY)</li> <li>2:30pm Rummikub (PGR)</li> <li>3:30pm Mexican Train (PGR)</li> <li>4:00pm Ping Pong Open Table (CR)</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>9:00am Chairs, Bands &amp; Balls (CR)</li> <li>9:00am Mindfulness Meditation (PC)</li> <li>9:45am TED Talk</li> <li>Tuesday: How Symbols and Brands Shape our Humanity (PGR)</li> <li>10:00am Pool Fitness (CR)</li> <li>10:30am Confessionals (LC)</li> <li>11:00am Catholic Communion Mass w/ Fr. Anthony Phan (RCR)</li> <li>11:15am Mobile Watch Company (LB)</li> <li>12:00pm Live Music: Coreen Wells (LB)</li> <li>12:30pm Chess (RGR)</li> <li>12:45pm Buzzed Bingo (PGR)</li> <li>1:00pm Cribbage (AGB)</li> <li>2:00pm Annual St. Patrick's Day Pub Crawl (SW)</li> <li>2:00pm Co-Ed Bocce Ball (weather permitting) (CY)</li> <li>2:00pm Strength &amp; Stretch (PER)</li> <li>2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR)</li> <li>3:00pm Humongous Words (PGR)</li> <li>3:00pm TV Show: Cheers (S1 E5) (PC)</li> <li>4:00pm Open Card Games (PGR)</li> <li>6:30pm Live Music: The Two Judys - St. Patrick's Performance (RCR)</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>9:00am POWER Over Parkinson's Fitness Class (CR)</li> <li>10:00am Craft: Spring Tree (PAS)</li> <li>10:00am Golden Age Tech Support (LB)</li> <li>10:00am Silver Singers Rehearsal (PCMR)</li> <li>11:00am Men's Fitness (CR)</li> <li>11:00am Step &amp; Balance (PER)</li> <li>11:15am Rosary Prayer Group (RCR)</li> <li>12:45pm Duplicate Bridge (RCR)</li> <li>12:45pm Party Bridge (RCR)</li> <li>1:00pm American Mahjong (PMVR)</li> <li>1:00pm Chair Yoga (CR)</li> <li>1:00pm Ice Cream Social (G&amp;GB)</li> <li>1:00pm Pool Fitness (CR)</li> <li>2:00pm Bible Study (PCMR)</li> <li>2:00pm Resident Pick Movie (PC)</li> <li>2:00pm Resistance River Training (CR)</li> <li>2:00pm Trivia (G&amp;GB)</li> <li>3:00pm Band Class (PER)</li> <li>3:30pm Mexican Train (PGR)</li> <li>6:30pm Live Music: Scott Hackler (RCR)</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>9:30am Coffee &amp; Donut Social (G&amp;GB)</li> <li>9:45am EXERAI - Fall Prevention (RCR)</li> <li>10:00am Interactive Crossword (G&amp;GB)</li> <li>10:00am Pool Core &amp; Balance (CR)</li> <li>10:00am Silver Singers Sopranos Practice (PCMR)</li> <li>11:00am Live Speaker: FTS presents Brain &amp; Body Activity Carousel (RCR)</li> <li>11:00am Resistance River Training (CR)</li> <li>11:00am Silver Spatulas Cooking Experience (PCMR)</li> <li>12:30pm Hand &amp; Foot Game (PMVR)</li> <li>1:00pm Flower Arrangements (PAS)</li> <li>1:00pm Outing: Phantom of the Opera (Musical) (LB)</li> <li>1:00pm Sound Bath: Wellness-Focus (RCR)</li> <li>2:00pm Open Art Studio (PAS)</li> <li>3:00pm Balance Class (PER)</li> <li>3:00pm Documentary: Planet Earth III- Deserts and Grasslands (PC)</li> <li>3:00pm The Stitchers (TPB)</li> <li>3:15pm Brain Games (PGR)</li> <li>4:00pm Ping Pong Open Table (CR)</li> <li>5:50pm Poker Club (PGR)</li> <li>6:00pm TV Show: Cheers (S1 E6) (PC)</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>9:00am Bible Study (LC)</li> <li>9:00am Pickleball Open Court (RCR)</li> <li>10:00am Catholic Apologetics Group (LC)</li> <li>10:00am Resistance River Training (CR)</li> <li>11:00am Pool Fitness (CR)</li> <li>12:45pm Duplicate Bridge (RCR)</li> <li>12:45pm Party Bridge (RCR)</li> <li>1:00pm Cribbage (AGB)</li> <li>1:30pm Bingo (PGR)</li> <li>2:00pm Strength &amp; Cardio (PER)</li> <li>2:00pm Women's Group Bocce Ball (weather permitting) (CY)</li> <li>3:00pm Cucumber Basil Martini Happy Hour (AGB)</li> <li>3:00pm Men's Fitness (CR)</li> <li>5:00pm Welcome Shabbat w/ Paula (TPB)</li> <li>6:30pm Movie: Annie Get Your Gun (PC)</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>9:00am Pickleball Open Court (RCR)</li> <li>10:00am Pool Core &amp; Balance (CR)</li> <li>11:00am Resistance River Training (CR)</li> <li>1:30pm Bingo (PGR)</li> <li>2:00pm Ball &amp; Band Fitness (PER)</li> <li>2:30pm Arm Chair Travel- Colorado Experience (PC)</li> <li>3:00pm Movie: Michael (PC)</li> <li>6:30pm Movie: Michael (PC)</li> </ul>

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**3rd Floor Location Key**  
 Peaks (AL) Sunrise Room = PSR  
 Peaks (AL) Exercise Room = PER

**4th Floor Location Key**  
 Peaks (AL) Mountain View Room = PMVR

**Summit Building Key**  
 Skywood (IL) = SW  
 The Point Bistro (IL) = TPB



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>22</b></p> <ul style="list-style-type: none"> <li>8:30am Sunday Worship at First Pres. Live Stream (PC)</li> <li>9:30am Outing: Catholic Service (LB)</li> <li>10:00am Our Father Lutheran Church Live Stream (RC)</li> <li>10:00am Peaceful Pacers Walking Group (G&amp;GB)</li> <li>10:00am Pool Fitness (CR)</li> <li>1:00pm Cardio w/ Weights (CR)</li> <li>1:00pm Root Beer Float Social (G&amp;GB)</li> <li>2:00pm Non-Denominational Church Service (RC R)</li> <li>2:00pm Stretch &amp; Flexibility Class (PER)</li> <li>2:30pm Word Games (PGR)</li> <li>3:00pm Movie: Hamnet (PC)</li> <li>4:00pm Bingo w/ Eve (LC)</li> <li>6:30pm Movie: Hamnet (PC)</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>9:00am Chair Yoga (CR)</li> <li>9:00am Summit Scone Social (TPB)</li> <li>10:00am Aqualates (CR)</li> <li>10:00am Card Bingo (PGR)</li> <li>10:00am POWER Over Parkinson's Fitness Class (CR)</li> <li>10:00am Silver Singers Baritone Practice (PCMR)</li> <li>11:00am LifeLoop Help Desk (PGR)</li> <li>12:45pm Duplicate Bridge (LC)</li> <li>12:45pm Party Bridge (LC)</li> <li>1:00pm American Mahjong - Siamese Style (PMVR)</li> <li>1:00pm Bingo Bonanza (RCR)</li> <li>2:00pm Chair Yoga (PER)</li> <li>2:00pm Men's Group Bocce Ball (weather permitting) (CY)</li> <li>2:30pm Rummikub (PGR)</li> <li>2:30pm Town Hall (PCMR)</li> <li>3:30pm Mexican Train (PGR)</li> <li>4:00pm Ping Pong Open Table (CR)</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>9:00am Chairs, Bands &amp; Balls (CR)</li> <li>9:00am Mindfulness Meditation (PC)</li> <li>9:45am TED Talk Tuesday: Why Some People Are More Altruistic Than Others (PGR)</li> <li>10:00am Pool Fitness (CR)</li> <li>10:30am Brain Games (PGR)</li> <li>11:15am Mobile Watch Company (LB)</li> <li>12:30pm Chess (RGR)</li> <li>1:00pm Cribbage (AGB)</li> <li>1:30pm Buzzed Bingo (PGR)</li> <li>2:00pm Co-Ed Bocce Ball (weather permitting) (CY)</li> <li>2:00pm Strength &amp; Stretch (PER)</li> <li>2:00pm Walking Through Grief w/ Pastor Mark (PCMR)</li> <li>2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR)</li> <li>3:00pm Humongous Words (PGR)</li> <li>3:00pm Live Speaker: Active Minds - Thailand (RCR)</li> <li>3:00pm TV Show: Cheers (S1 E7) (PC)</li> <li>4:00pm Open Card Games (PGR)</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>9:00am POWER Over Parkinson's Fitness Class (CR)</li> <li>10:00am Craft: Bird House Ornament Decor (PAS)</li> <li>10:00am Silver Singers Rehearsal (PCMR)</li> <li>11:00am Men's Fitness (CR)</li> <li>11:00am Step &amp; Balance (PER)</li> <li>11:15am Rosary Prayer Group (RCR)</li> <li>12:45pm Duplicate Bridge (LC)</li> <li>12:45pm Party Bridge (LC)</li> <li>1:00pm American Mahjong (PMVR)</li> <li>1:00pm Chair Yoga (CR)</li> <li>1:00pm Ice Cream Social (G&amp;GB)</li> <li>1:00pm Pool Fitness (CR)</li> <li>2:00pm Bible Study (PCMR)</li> <li>2:00pm Resident Pick Movie (PC)</li> <li>2:00pm Resistance River Training (CR)</li> <li>2:00pm Trivia (G&amp;GB)</li> <li>3:00pm Band Class (PER)</li> <li>3:30pm Mexican Train (PGR)</li> <li>3:30pm New Resident Social (RCR)</li> <li>6:30pm Live Music: Young Heart Trio (RCR)</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>10:00am Interactive Crossword (G&amp;GB)</li> <li>10:00am Pool Core &amp; Balance (CR)</li> <li>10:00am Silver Singers Sopranos Practice (PCMR)</li> <li>11:00am Resistance River Training (CR)</li> <li>11:00am Silver Spatulas Cooking Experience (LC)</li> <li>12:30pm Hand &amp; Foot Game (PMVR)</li> <li>12:30pm Live Music: Cow Jazz Trio (AGB)</li> <li>12:30pm March Birthday Bash (AGB)</li> <li>1:00pm Flower Arrangements (PAS)</li> <li>1:00pm Sound Bath: Wellness-Focus (RCR)</li> <li>2:00pm Open Art Studio (PAS)</li> <li>3:00pm Balance Class (PER)</li> <li>3:00pm Documentary: Planet Earth III- Fresh Water (PC)</li> <li>3:00pm The Stitchers (TPB)</li> <li>3:15pm Brain Games (PGR)</li> <li>4:00pm Ping Pong Open Table (CR)</li> <li>6:00pm TV Show: Cheers (S1 E8) (PC)</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>9:00am Bible Study (LC)</li> <li>9:00am Pickleball Open Court (RCR)</li> <li>10:00am Catholic Apologetics Group (LC)</li> <li>10:00am Resistance River Training (CR)</li> <li>11:00am Pool Fitness (CR)</li> <li>12:45pm Duplicate Bridge (RCR)</li> <li>12:45pm Party Bridge (RCR)</li> <li>1:00pm Cribbage (AGB)</li> <li>1:00pm Parkinson's Support Group (LC)</li> <li>1:30pm Bingo (PGR)</li> <li>2:00pm Strength &amp; Cardio (PER)</li> <li>2:00pm Women's Group Bocce Ball (weather permitting) (CY)</li> <li>3:00pm Live Music: Bob's Y'er Uncle (AGB)</li> <li>3:00pm Men's Fitness (CR)</li> <li>3:00pm Welcome Wagon Happy Hour (AGB)</li> <li>5:00pm Welcome Shabbat w/ Paula (TPB)</li> <li>6:30pm Movie: Damn Yankees (PC)</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>9:00am Pickleball Open Court (RCR)</li> <li>10:00am Pool Core &amp; Balance (CR)</li> <li>11:00am Resistance River Training (CR)</li> <li>1:30pm Bingo (PGR)</li> <li>2:00pm Ball &amp; Band Fitness (PER)</li> <li>2:30pm Arm Chair Travel- Colorado Experience (PC)</li> <li>3:00pm Movie: City Slickers (PC)</li> <li>6:30pm Movie: City Slickers (PC)</li> </ul>

### HAPPY BIRTHDAY

- Diane R. - 3rd
- Dave A. - 4th
- Wayne M. - 8th
- Bob S. - 13th
- Barb H. - 14th
- George Anne B. - 16th
- Clint P. - 19th
- F.J. C. - 21st
- Wan C. - 26th
- Don E. - 29th

### ACTIVITY TYPES

- Inspirational
- Intellectual
- Physical
- Social

### LOCATION KEY

**2nd Floor Location Key**  
 AlpenGlow Bar = AGB  
 Board Room = BR  
 Courtyard = CY  
 Grab & Go Bistro (AL) = G&GB  
 Learning Center (IL) = LC  
 Lobby = LB  
 Palisade (AL) Dining Room = PDR  
 PanoVista (IL) = PV  
 Peaks (AL) Cinema = PC  
 Peaks (AL) Community Room = PCMR  
 Peaks (AL) Creative Art Studio = PAS  
 Peaks (AL) Game Room = PGR  
 Peaks (AL) Private Dining Room = PPDR  
 Ridge Cinema (IL) = RC  
 Ridge Community Room (IL) = RCR  
 Ridge Game Room (IL) = RGR  
 Wellness Center = WC

**3rd Floor Location Key**  
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 Peaks (AL) Exercise Room = PER

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>29</b></p> <ul style="list-style-type: none"> <li>● 8:30am Sunday Worship at First Pres. Live Stream (PC)</li> <li>● 9:00am Outing: Catholic Service TRIP #1 (LB)</li> <li>● 9:30am Outing: Catholic Service TRIP #2 (LB)</li> <li>● 10:00am Our Father Lutheran Church Live Stream (RC)</li> <li>● 10:00am Peaceful Pacers Walking Group (G&amp;GB)</li> <li>● 10:00am Pool Fitness (CR)</li> <li>● 1:00pm Cardio w/ Weights (CR)</li> <li>● 1:00pm Root Beer Float Social (G&amp;GB)</li> <li>● 2:00pm Non-Denominational Church Service (RC R)</li> <li>● 2:00pm Stretch &amp; Flexibility Class (PER)</li> <li>● 2:30pm Word Games (PGR)</li> <li>● 3:00pm Movie: Marty Supreme (PC)</li> <li>● 6:30pm Movie: Marty Supreme (PC)</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>● 9:00am Chair Yoga (CR)</li> <li>● 10:00am Aqualates (CR)</li> <li>● 10:00am Card Bingo (PGR)</li> <li>● 10:00am POWER Over Parkinson's Fitness Class (CR)</li> <li>● 10:00am Silver Singers Baritone Practice (PCMR)</li> <li>● 11:00am LifeLoop Help Desk (PGR)</li> <li>● 12:45pm Duplicate Bridge (RCR)</li> <li>● 12:45pm Party Bridge (RCR)</li> <li>● 1:00pm American Mahjong - Siamese Style (PMVR)</li> <li>● 1:15pm Bingo (PGR)</li> <li>● 2:00pm Chair Yoga (PER)</li> <li>● 2:00pm Men's Group Bocce Ball (weather permitting) (CY)</li> <li>● 2:30pm Rummikub (PGR)</li> <li>● 3:30pm Mexican Train (PGR)</li> <li>● 4:00pm Ping Pong Open Table (CR)</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>● 9:00am Bagel Bash (AGB)</li> <li>● 9:00am Chairs, Bands &amp; Balls (CR)</li> <li>● 9:00am Mindfulness Meditation (PC)</li> <li>● 9:45am TED Talk Tuesday: Compassion and the True Meaning of Empathy (PGR)</li> <li>● 10:00am Pool Fitness (CR)</li> <li>● 11:15am Mobile Watch Company (LB)</li> <li>● 12:30pm Chess (RGR)</li> <li>● 1:00pm Ceramics Class: Hand Building (PAS)</li> <li>● 1:00pm Cribbage (AGB)</li> <li>● 1:30pm Buzzed Bingo (PGR)</li> <li>● 2:00pm Co-Ed Bocce Ball (weather permitting) (CY)</li> <li>● 2:00pm Strength &amp; Stretch (PER)</li> <li>● 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR)</li> <li>● 3:00pm Humongous Words (PGR)</li> <li>● 3:00pm TV Show: Cheers (S1 E9) (PC)</li> <li>● 4:00pm Open Card Games (PGR)</li> </ul>				

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**Dining Venues**

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

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

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

Skywood:  
 Sunday  
 5pm-8pm

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. If you need assistance, ask a Community Life Associate or Concierge.