



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

- 1**
- 8:30am Sunday Worship at First Pres. Live Stream (PC)
 - 9:00am Outing: Catholic Service TRIP #1 (LB)
 - 9:30am Outing: Catholic Service TRIP #2 (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-Denominational Church Service (RC)
 - 3:00pm Balance Class (CR)
 - 3:00pm Movie: Bugonia (RC)
 - 7:00pm Movie: Bugonia (RC)

- 2**
- AD Read Across America/Dr. Seuss Day (LB)
 - 9:00am Chair Yoga (CR)
 - 9:00am Outing: Duffeyroll Bakery Cafe (LB)
 - 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 (weather permitting) (CY)
 - 2:00pm Step & Balance (CR)
 - 2:30pm Humongous Words (RGR)
 - 3:00pm Silver Singers Alto Practice (RCR)
 - 4:00pm Ping Pong Open Table (CR)
 - 4:00pm TV Series: When Calls the Heart (S5, E5) (RC)
 - 7:00pm TV Series: The Avengers (S4, E15) (RC)

- 3**
- 9:00am Chairs, Bands & Balls (CR)
 - 10:00am Pool Fitness (CR)
 - 10:00am TED Talk Tuesday: The Pressure that Makes Olympians Perform Worse (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: Open Studio (PAS)
 - 1:00pm Cribbage (AGB)
 - 1:00pm Step & Balance (CR)
 - 2:00pm Co-Ed Bocce Ball (weather permitting) (CY)
 - 2:00pm Live Speaker: ARTiculating Art w/ Wendy Alder - Mythology (RCR)
 - 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR)
 - 3:00pm Documentary: The Nineties (1 of 7) (RC)
 - 8:00pm TV Series: Monk (S3, E9) (RC)

- 4**
- 9:00am POWER Over Parkinson's Fitness Class (CR)
 - 10:00am Golden Age Tech Support (LB)
 - 10:00am LifeLoop Help Desk (LC)
 - 10:00am Silver Singers Rehearsal (PCMR)
 - 10:00am Stretch & Flexibility Class (CR)
 - 11:00am Medici TV: Daniel Barenboim, Itzhak Perlman, and Yo-Yo Ma in an all-Beethoven concert (RC)
 - 11:00am Men's Fitness (CR)
 - 11:15am Rosary Prayer Group (LC)
 - 12:00pm Daily Check in
 - 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)
 - 4:00pm Event Planning Meeting (LC)
 - 4:00pm TV Series: The West Wing (S3, E6) (RC)
 - 6:30pm Live Music: Marco & Marie (RCR)

- 5**
- 10:00am Pool Core & Balance (CR)
 - 10:00am Silver Singers Sopranos Practice (PCMR)
 - 11:00am Men's Book Club (PV)
 - 11:00am Resistance River Training (CR)
 - 11:00am Silver Spatulas Cooking Experience (LC)
 - 12:00pm Daily Check in
 - 1:00pm Band Fitness Class (CR)
 - 1:00pm Outing: Horizon of Khufu - A Journey in Ancient Egypt (LB)
 - 1:00pm Sound Bath: Wellness-Focus (RCR)
 - 1:30pm Bingo (LC)
 - 2:00pm Balance Fitness Class (CR)
 - 2:00pm Open Art Studio (PAS)
 - 3:00pm Resident Council Meeting (RCR)
 - 3:00pm The Stitchers (TPB)
 - 4:00pm Documentary: The Nineties (2 of 7) (RC)
 - 4:00pm Ping Pong Open Table (CR)
 - 5:50pm Poker Club (PGR)
 - 7:00pm TV Series: Yellowstone (S5, E14) (RC)

- 6**
- 9:00am Bible Study (LC)
 - 9:00am Pickleball Open Court (RCR)
 - 10:00am Catholic Apologetics Group (LC)
 - 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 (weather permitting) (CY)
 - 3:00pm Aviation Happy Hour (AGB)
 - 3:00pm Men's Fitness (CR)
 - 3:00pm Movie: The Man From Snowy River (RC)
 - 5:00pm Welcome Shabbat w/ Paula (TPB)
 - 7:00pm Movie: The Man From Snowy River (RC)

- 7**
- 9:00am Pickleball Open Court (RCR)
 - 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 (RCR)
 - 12:30pm Open Art Studio (RAS)
 - 1:00pm Ball & Band Fitness (CR)
 - 2:00pm Mexican Train (RGR)
 - 3:00pm Movie: Ella McKay (RC)
 - 3:00pm Stretch & Flexibility Class (CR)
 - 7:00pm Movie: Ella McKay (RC)

- ### HAPPY BIRTHDAY
- Patsy R. - 1st
 - Curt M. - 2nd
 - Ernest B. - 3rd
 - LaVella S. - 4th
 - Paddy M. - 4th
 - Loyd H. - 5th
 - Linda H. - 8th
 - Liz K. - 9th
 - Bill M. - 11th
 - Deb T. - 12th
 - Pat M. - 16th
 - Howard F. - 17th
 - Pamela R. - 17th
 - Joan K. - 18th
 - Tim P. - 18th
 - Mary Jane K. - 19th
 - Suzanne K. - 19th
 - Dennis W. - 20th
 - Mike E. - 21st
 - Eve S. - 23rd
 - Keith H. - 24th
 - Ron H. - 26th
 - Wendy C. - 28th
 - Lois G. - 29th
 - Ron L. - 31st

- ### ACTIVITY TYPES
- Inspirational
 - Intellectual
 - Physical
 - Social

- ### LOCATION KEY
- 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
 - Wine Room = (WR)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> ● 8:00am AD Daylight Savings Time ● 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 Root Beer Float Social (G&GB) ● 1:30pm SCRABBLE! (AGB) ● 2:00pm Non-Denominational Church Service (RC R) ● 3:00pm Balance Class (CR) ● 3:00pm Movie: F1 - The Movie (RC) ● 4:00pm Bingo w/ Eve (LC) ● 4:00pm Outing: Denver Restaurant Week - 801 Chophouse (LB) ● 7:00pm Movie: F1 - The Movie (RC) 	<ul style="list-style-type: none"> ● 9:00am Chair Yoga (CR) ● 9:00am Summit Scone 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 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 (weather permitting) (CY) ● 2:00pm Step & Balance (CR) ● 2:30pm Humongous Words (RGR) ● 3:00pm Silver Singers Alto Practice (RCR) ● 3:30pm Catholic Communion Service w/ Deacon Don (RC) ● 4:00pm Outing: Denver Restaurant Week - Nonna's Italian Bistro (LB) ● 4:00pm Ping Pong Open Table (CR) ● 4:00pm TV Series: When Calls the Heart (S5, E6) (RC) ● 7:00pm TV Series: The Avengers (S4, E16) (RC) 	<ul style="list-style-type: none"> ● 8:00am National Pancake Day (RCR) ● 9:00am Chairs, Bands & Balls (CR) ● 10:00am Pool Fitness (CR) ● 10:00am TED Talk Tuesday: The Power of Introverts (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 (weather permitting) (CY) ● 2:00pm Documentary: The Nineties (3 of 7) (RC) ● 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: Active Minds - Women of Denver History (RCR) ● 4:00pm Dementia Support Group (PCMR) ● 4:15pm Outing: Denver Restaurant Week - Bistro 36 (LB) ● 8:00pm TV Series: Monk (S3, E10) (RC) 	<ul style="list-style-type: none"> ● 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 Great Decisions: Debating America's Global Role: America First versus Liberal Internationalism (RCR) ● 2:00pm Pilates Sit & Stand Fitness Class (CR) ● 2:00pm Resistance River Training (CR) ● 4:00pm TV Series: The West Wing (S3, E7) (RC) ● 6:30pm Live Music: Alan Vail (RCR) 	<ul style="list-style-type: none"> ● 10:00am Outing: Men's Group - Le Peep (LB) ● 10:00am Pool Core & Balance (CR) ● 10:00am Silver Singers Sopranos Practice (PCMR) ● 11:00am Resistance River Training (CR) ● 11:00am Silver Spatulas Cooking Experience (LC) ● 12:00pm Daily Check in ● 1:00pm Band Fitness Class (CR) ● 1:00pm Sound Bath: Wellness-Focus (RCR) ● 1:30pm Bingo (LC) ● 2:00pm Balance Fitness Class (CR) ● 2:00pm Open Art Studio (PAS) ● 3:00pm Documentary: The Nineties (4 of 7) (RC) ● 3:00pm The Stitchers (TPB) ● 4:00pm Outing: Denver Restaurant Week - Blue Island Oyster Bar & Seafood (LB) ● 4:00pm Ping Pong Open Table (CR) ● 7:00pm TV Series: Virgin River (S7, E1) (RC) 	<ul style="list-style-type: none"> ● 9:00am Bible Study (LC) ● 9:00am Pickleball Open Court (RCR) ● 10:00am Catholic Apologetics Group (LC) ● 10:00am Resistance River Training (CR) ● 11:00am Pool Fitness (CR) ● 12:00pm Daily Check in ● 12:45pm Duplicate Bridge (LC) ● 12:45pm Party Bridge (LC) ● 1:00pm Cardio w/ Weights (CR) ● 1:00pm Cribbage (AGB) ● 2:00pm Women's Group Bocce Ball (weather permitting) (CY) ● 3:00pm Friday the 13th Black Cat Fever Party (RCR) ● 3:00pm Live Music: DJ Hugo Laverde (RCR) ● 3:00pm Men's Fitness (CR) ● 3:00pm Movie: The Quiet Man (RC) ● 5:00pm Welcome Shabbat w/ Paula (TPB) ● 7:00pm Movie: The Quiet Man (RC) 	<ul style="list-style-type: none"> ● 9:00am Pickleball Open Court (RCR) ● 10:00am Pool Core & Balance (CR) ● 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: Schindler's List (RC) ● 3:00pm Stretch & Flexibility Class (CR) ● 7:00pm Movie: Schindler's List (RC)

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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

- 15**
- 8:30am Sunday Worship at First Pres. Live Stream (PC)
 - 9:00am Outing: Catholic Service TRIP #1 (LB)
 - 9:30am Outing: Catholic Service TRIP #2 (LB)
 - 10:00am Our Father Lutheran Church Live Stream (RC)
 - 10:00am Pool Fitness (CR)
 - 12:00pm Daily Check in
 - 12:00pm Live Speaker: African Safari w/ Dave and Carolyn Gregory (RC)
 - 12:45pm Outing: Littleman Icecream Company Tour (LB)
 - 1:00pm Cardio w/ Weights (CR)
 - 1:00pm Root Beer Float Social (G&GB)
 - 1:30pm SCRABBLE! (AGB)
 - 2:00pm Live Music: The Two Judys - Celtic Piano Performance (LB)
 - 2:00pm Non-Denominational Church Service (RC)
 - 3:00pm Balance Class (CR)
 - 3:00pm Movie: Frankenstein (RC)
 - 7:00pm Movie: Frankenstein (RC)

- 16**
- 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)
 - 11:30am Couture Chez Vous Boutique (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 (weather permitting) (CY)
 - 2:00pm Step & Balance (CR)
 - 2:30pm Humongous Words (RGR)
 - 4:00pm Ping Pong Open Table (CR)
 - 4:00pm TV Series: When Calls the Heart (S5, E7) (RC)
 - 7:00pm TV Series: The Avengers (S4, E17) (RC)

- 17**
- 9:00am Chairs, Bands & Balls (CR)
 - 10:00am Pool Fitness (CR)
 - 10:00am TED Talk Tuesday: How to Let Go of Being a "Good" Person — and Become a Better Person (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
 - 12:00pm Live Music: Coreen Wells (LB)
 - 12:30pm Chess (RGR)
 - 1:00pm Cribbage (AGB)
 - 1:00pm Step & Balance (CR)
 - 2:00pm Annual St. Patrick's Day Pub Crawl (SW)
 - 2:00pm Co-Ed Bocce Ball (weather permitting) (CY)
 - 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR)
 - 4:00pm Documentary: The Nineties (5 of 7) (RC)
 - 6:30pm Live Music: The Two Judys - St. Patrick's Performance (RCR)
 - 8:00pm TV Series: Monk (S3, E11) (RC)

- 18**
- 9:00am POWER Over Parkinson's Fitness Class (CR)
 - 10:00am Golden Age Tech Support (LB)
 - 10:00am Silver Singers Rehearsal (PCMR)
 - 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 (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 (S3, E8) (RC)
 - 6:30pm Live Music: Scott Hackler (RCR)

- 19**
- 9:45am EXERAI - Fall Prevention (RCR)
 - 10:00am Pool Core & Balance (CR)
 - 10:00am Silver Singers Sopranos Practice (PCMR)
 - 11:00am Live Speaker: FTS presents Brain & Body Activity Carousel (RCR)
 - 11:00am Resistance River Training (CR)
 - 11:00am Silver Spatulas Cooking Experience (PCMR)
 - 12:00pm Daily Check in
 - 1:00pm Band Fitness Class (CR)
 - 1:00pm Outing: Phantom of the Opera (Musical) (LB)
 - 1:00pm Sound Bath: Wellness-Focus (RCR)
 - 1:30pm Bingo (LC)
 - 2:00pm Balance Fitness Class (CR)
 - 2:00pm Open Art Studio (PAS)
 - 3:00pm Documentary: The Nineties (6 of 7) (RC)
 - 3:00pm The Stitchers (TPB)
 - 4:00pm Ping Pong Open Table (CR)
 - 5:50pm Poker Club (PGR)
 - 7:00pm TV Series: Virgin River (S.7, E.2) (RC)

- 20**
- 9:00am Bible Study (LC)
 - 9:00am Pickleball Open Court (RCR)
 - 10:00am Catholic Apologetics Group (LC)
 - 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 (weather permitting) (CY)
 - 3:00pm Cucumber Basil Martini Happy Hour (AGB)
 - 3:00pm Men's Fitness (CR)
 - 3:00pm Movie: Annie Get Your Gun (RC)
 - 5:00pm Welcome Shabbat w/ Paula (TPB)
 - 7:00pm Movie: Annie Get Your Gun (RC)

- 21**
- 9:00am Pickleball Open Court (RCR)
 - 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 (RCR)
 - 1:00pm Ball & Band Fitness (CR)
 - 2:00pm Mexican Train (RGR)
 - 3:00pm Movie: Michael (RC)
 - 3:00pm Stretch & Flexibility Class (CR)
 - 7:00pm Movie: Michael (RC)

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- ### ACTIVITY TYPES
- Inspirational
 - Intellectual
 - Physical
 - Social

- ### LOCATION KEY
- 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
 - Wine Room = (WR)



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

- 22**
- 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 Root Beer Float Social (G&GB)
 - 1:30pm SCRABBLE! (AGB)
 - 2:00pm Non-Denominational Church Service (RC)
 - 3:00pm Balance Class (CR)
 - 3:00pm Movie: Hamnet (RC)
 - 4:00pm Bingo w/ Eve (LC)
 - 7:00pm Movie: Hamnet (RC)

- 23**
- 9:00am Chair Yoga (CR)
 - 9:00am Summit Scone 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 in
 - 12:45pm Duplicate Bridge (LC)
 - 12:45pm Party Bridge (LC)
 - 1:00pm American Mahjong - Siamese Style (PMVR)
 - 1:00pm Bingo Bonanza (RCR)
 - 1:00pm Strength & Fitness (CR)
 - 2:00pm Men's Group Bocce Ball (weather permitting) (CY)
 - 2:00pm Step & Balance (CR)
 - 2:30pm Humongous Words (RGR)
 - 4:00pm Ping Pong Open Table (CR)
 - 4:00pm TV Series: When Calls the Heart (S5, E8) (RC)
 - 7:00pm TV Series: The Avengers (S4, E18) (RC)

- 24**
- 9:00am Chairs, Bands & Balls (CR)
 - 10:00am Pool Fitness (CR)
 - 10:00am TED Talk
 - Tuesday: Even Healthy Couples Fight — The Difference is How (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 (weather permitting) (CY)
 - 2:00pm Documentary: The Nineties (7 of 7) (RC)
 - 2:00pm Walking Through Grief w/ Pastor Mark (PCMR)
 - 2:30pm Let's Talk Food: Beets (WR)
 - 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR)
 - 3:00pm Live Speaker: Active Minds - Thailand (RCR)
 - 8:00pm TV Series: Monk (S3, E12) (RC)

- 25**
- 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 (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)
 - 2:00pm Sip and Paint w/ Jeanne (RAS)
 - 3:30pm New Resident Social (RCR)
 - 4:00pm TV Series: The West Wing (S3, E9) (RC)
 - 6:30pm Live Music: Young Heart Trio (RCR)

- 26**
- 10:00am Pool Core & Balance (CR)
 - 10:00am Silver Singers Sopranos Practice (PCMR)
 - 10:00am Town Hall (RCR)
 - 11:00am Resistance River Training (CR)
 - 11:00am Silver Spatulas Cooking Experience (LC)
 - 12:00pm Daily Check in
 - 12:30pm Live Music: Cow Jazz Trio (AGB)
 - 12:30pm March Birthday Bash (AGB)
 - 1:00pm Band Fitness Class (CR)
 - 1:00pm Medici TV: Bizet's Carmen (RC)
 - 1:00pm Sound Bath: Wellness-Focus (RCR)
 - 1:30pm Bingo (LC)
 - 2:00pm Balance Fitness Class (CR)
 - 2:00pm Open Art Studio (PAS)
 - 3:00pm The Stitchers (TPB)
 - 4:00pm Ping Pong Open Table (CR)
 - 7:00pm TV Series: Virgin River (S7, E3) (RC)

- 27**
- 9:00am Bible Study (LC)
 - 9:00am Pickleball Open Court (RCR)
 - 10:00am Book Club Group 1 (PV)
 - 10:00am Catholic Apologetics Group (LC)
 - 10:00am Resistance River Training (CR)
 - 11:00am Book Club Group 2 (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)
 - 1:00pm Parkinson's Support Group (LC)
 - 2:00pm Women's Group Bocce Ball (weather permitting) (CY)
 - 3:00pm Live Music: Bob's Y'er Uncle (AGB)
 - 3:00pm Men's Fitness (CR)
 - 3:00pm Movie: Damn Yankees (RC)
 - 3:00pm Welcome Wagon Happy Hour (AGB)
 - 5:00pm Welcome Shabbat w/ Paula (TPB)
 - 7:00pm Movie: Damn Yankees (RC)

- 28**
- 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 (RCR)
 - 12:30pm Open Art Studio (RAS)
 - 1:00pm Ball & Band Fitness (CR)
 - 2:00pm Mexican Train (RGR)
 - 3:00pm Movie: City Slickers (RC)
 - 3:00pm Stretch & Flexibility Class (CR)
 - 7:00pm Movie: City Slickers (RC)

- ### HAPPY BIRTHDAY
- Patsy R. - 1st
 - Curt M. - 2nd
 - Ernest B. - 3rd
 - LaVella S. - 4th
 - Paddy M. - 4th
 - Loyd H. - 5th
 - Linda H. - 8th
 - Liz K. - 9th
 - Bill M. - 11th
 - Deb T. - 12th
 - Pat M. - 16th
 - Howard F. - 17th
 - Pamela R. - 17th
 - Joan K. - 18th
 - Tim P. - 18th
 - Mary Jane K. - 19th
 - Suzanne K. - 19th
 - Dennis W. - 20th
 - Mike E. - 21st
 - Eve S. - 23rd
 - Keith H. - 24th
 - Ron H. - 26th
 - Wendy C. - 28th
 - Lois G. - 29th
 - Ron L. - 31st

- ### ACTIVITY TYPES
- Inspirational
 - Intellectual
 - Physical
 - Social

- ### LOCATION KEY
- 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
 - Wine Room = (WR)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>● 8:30am Sunday Worship at First Pres. Live Stream (PC)</p> <p>● 9:00am Outing: Catholic Service TRIP #1 (LB)</p> <p>● 9:30am Outing: Catholic Service TRIP #2 (LB)</p> <p>● 10:00am Our Father Lutheran Church Live Stream (RC)</p> <p>● 10:00am Pool Fitness (CR)</p> <p>● 12:00pm Daily Check in</p> <p>● 1:00pm Cardio w/ Weights (CR)</p> <p>● 1:00pm Outing: King Soopers (LB)</p> <p>● 1:00pm Root Beer Float Social (G&GB)</p> <p>● 1:30pm SCRABBLE! (AGB)</p> <p>● 2:00pm Non-Denominational Church Service (RC)</p> <p>● 3:00pm Balance Class (CR)</p> <p>● 3:00pm Movie: Marty Supreme (RC)</p> <p>● 7:00pm Movie: Marty Supreme (RC)</p>	<p>● 9:00am Chair Yoga (CR) 30</p> <p>● 10:00am Aqualates (CR)</p> <p>● 10:00am POWER Over Parkinson's Fitness Class (CR)</p> <p>● 10:00am Silver Singers Baritone Practice (PCMR)</p> <p>● 10:30am Dining Reservation Class (Full Count) (LC)</p> <p>● 11:00am Pilates Sit & Stand Fitness Class (CR)</p> <p>● 12:00pm Daily Check in</p> <p>● 12:45pm Duplicate Bridge (RCR)</p> <p>● 12:45pm Party Bridge (RCR)</p> <p>● 1:00pm American Mahjong - Siamese Style (PMVR)</p> <p>● 1:00pm Strength & Fitness (CR)</p> <p>● 2:00pm Men's Group Bocce Ball (weather permitting) (CY)</p> <p>● 2:00pm Step & Balance (CR)</p> <p>● 2:30pm Humongous Words (RGR)</p> <p>● 4:00pm Ping Pong Open Table (CR)</p> <p>● 4:00pm TV Series: When Calls the Heart (S5, E9) (RC)</p> <p>● 7:00pm TV Series: The Avengers (S4, E19) (RC)</p>	<p>● 9:00am Bagel Bash (AGB) 31</p> <p>● 9:00am Chairs, Bands & Balls (CR)</p> <p>● 10:00am Pool Fitness (CR)</p> <p>● 10:00am TED Talk Tuesday: You Don't Actually Know What Your Future Self Wants (RC)</p> <p>● 11:00am Cardio w/ Weights (CR)</p> <p>● 11:15am Mobile Watch Company (LB)</p> <p>● 12:00pm Daily Check in</p> <p>● 12:30pm Chess (RGR)</p> <p>● 1:00pm Ceramics Class: Hand Building (PAS)</p> <p>● 1:00pm Cribbage (AGB)</p> <p>● 1:00pm Step & Balance (CR)</p> <p>● 2:00pm Co-Ed Bocce Ball (weather permitting) (CY)</p> <p>● 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR)</p> <p>● 8:00pm TV Series: Monk (S3, E13) (RC)</p>				

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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.