



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00am Chairs, Bands & Balls (CR) 9:00am Mindfulness Meditation (PC) 10:00am Co-Ed Bocce Ball (CY) 10:00am Pool Fitness (CR) 11:15am Mobile Watch Company (LB) 12:30pm Chess (RGR) 1:00pm Cribbage (AGB) 1:30pm Buzzed Bingo (PGR) 2:00pm Live Speaker: ARTiculating Art w/ Wendy Alder - BFFs (RCR) 2:00pm Strength & Stretch (PER) 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR) 3:00pm Boggle Word Games (PGR) 3:00pm TV Show: Cheers (PC) 4:00pm Open Card Games (PGR)	9:00am POWER Over Parkinson's Fitness Class (CR) 10:00am Craft: Door Decor for Football Fans (PAS) 10:00am Silver Singers Rehearsal (PCMR) 11:00am Men's Fitness (CR) 11:00am Step & Balance (PER) 11:15am Rosary Prayer Group (RCR) 12:45pm Duplicate Bridge (RCR) 12:45pm Party Bridge (RCR) 1:00pm American Mahjong (PMVR) 1:00pm Chair Yoga (CR) 1:00pm Ice Cream Social (G&GB) 1:00pm Pool Fitness (CR) 1:30pm Trivia (G&GB) 2:00pm Bible Study (PCMR) 2:00pm Resident Pick Movie (PC) 2:00pm Resistance River Training (CR) 3:00pm Band Class (PER) 3:30pm Mexican Train (PGR) 6:30pm Live Music: Molly Kaufman (RCR)	9:30am Coffee & Donut Social (G&GB) 10:00am Pool Core & Balance (CR) 10:00am Silver Singers Sopranos Practice (PCMR) 11:00am Resistance River Training (CR) 11:30am National Pizza Day Pizza Party (RCR) 12:30pm Hand & Foot Game (PMVR) 1:00pm Flower Arrangements (PAS) 1:00pm Sound Bath: Wellness-Focus (PC) 2:00pm Open Art Studio (PAS) 3:00pm Balance Class (PER) 3:00pm Documentary: Unearthed-Draining the Bermuda Triangle (PC) 3:00pm The Stitchers (TPB) 4:00pm Ping Pong Open Table (CR) 5:50pm Poker Club (PGR) 7:00pm Bonfires & Beers (CY)	9:00am LifeLoop Help Desk (PGR) 9:00am Pickleball Open Court (CY) 10:00am Card Bingo (PGR) 10:00am Catholic Apologetics Group (LC) 10:00am Resistance River Training (CR) 10:00am Women's Group Bocce Ball (CY) 11:00am Pool Fitness (CR) 12:45pm Duplicate Bridge (RCR) 12:45pm Party Bridge (RCR) 1:00pm Cribbage (AGB) 1:30pm Bingo (PGR) 2:00pm Strength & Cardio (PER) 2:30pm TV Show: Cheers (PC) 3:00pm Apple Burbon Lemonade Happy Hour (AGB) 3:00pm Men's Fitness (CR) 3:00pm Snow Cone Social (CY) 3:30pm Live Music: Howard Fisher (G&GB) 5:00pm Welcome Shabbat w/ Paula (TPB) 6:30pm Movie: The Music Man (PC)	9:00am Peaceful Pacers Walking Group (LB) 9:00am Pickleball Open Court (CY) 10:00am Pool Core & Balance (CR) 11:00am Resistance River Training (CR) 1:30pm Bingo (PGR) 2:00pm Ball & Band Fitness (PER) 3:00pm Movie: La La Land (PC) 6:30pm Movie: La La Land (PC)

HAPPY BIRTHDAY

Marli A. - 1st
Ethel L. - 5th
Kathleen S. - 13th
Aase B. - 14th
Marty R. - 17th
Treva H. - 18th
Ross A. - 24th
Helen R. - 25th

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
Wine Room = WR

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
6 ● 8:30am Sunday Worship at First Pres. Live Stream (PC) ● 10:00am Our Father Lutheran Church Live Stream (RC) ● 10:00am Pool Fitness (CR) ● 11:30am Outing: Rockies vs Cardinals (LB) ● 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) ● 2:00pm Stretch & Flexibility Class (PER) ● 3:00pm Movie: The Big Short (PC) ● 4:00pm Bingo w/ Eve (LC) ● 6:30pm Movie: The Big Short (PC)	7 ● 9:00am Chair Yoga (CR) ● 9:30am Resident Council Meeting (PCMR) ● 10:00am Men's Group Bocce Ball (CY) ● 10:00am POWER Over Parkinson's Fitness Class (CR) ● 10:00am Silver Singers Baritone Practice (PCMR) ● 10:00am Tai Chi on Land & Water (CR) ● 11:30am Labor Day BBQ Party (CY) ● 11:30am Live Music: MicroGrass Trio (CY) ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm American Mahjong - Siamese Style (PMVR) ● 1:00pm Ceramics Class: Hand Building (PAS) ● 1:15pm Bingo (PGR) ● 2:00pm Chair Yoga (PER) ● 3:00pm Silver Singers Alto Practice (PCMR) ● 3:30pm Live Music: Howard Fisher (G&GB) ● 3:30pm Mexican Train (PGR) ● 4:00pm Ping Pong Open Table (CR)	8 ● 9:00am Chairs, Bands & Balls (CR) ● 9:00am Mindfulness Meditation (PC) ● 10:00am Co-Ed Bocce Ball (CY) ● 10:00am Outing: Men's Breakfast at Danny Ray's (LB) ● 10:00am Pool Fitness (CR) ● 10:30am Brain Games (PGR) ● 11:15am Mobile Watch Company (LB) ● 12:30pm Chess (RGR) ● 1:00pm Cribbage (AGB) ● 1:30pm Buzzed Bingo (PGR) ● 2:00pm Strength & Stretch (PER) ● 2:00pm Walking Through Grief w/ Pastor Mark (PPDR) ● 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR) ● 3:00pm Boggle Word Games (PGR) ● 3:00pm Catholic Communion Service w/ Deacon Don (RC) ● 3:00pm Live Speaker: Active Minds - History of Broadway (RCR) ● 3:00pm TV Show: Cheers (PC) ● 4:00pm Dementia Support Group (PCMR) ● 4:00pm Open Card Games (PGR)	9 ● 9:00am POWER Over Parkinson's Fitness Class (CR) ● 10:00am Craft: Fall Bookmark (PAS) ● 10:00am Golden Age Tech Support (LB) ● 10:00am Silver Singers Rehearsal (RCR) ● 11:00am Men's Fitness (CR) ● 11:00am Step & Balance (PER) ● 11:15am Rosary Prayer Group (RC) ● 12:45pm Duplicate Bridge (LC) ● 12:45pm Party Bridge (LC) ● 1:00pm American Mahjong (PMVR) ● 1:00pm Chair Yoga (CR) ● 1:00pm Ice Cream Social (G&GB) ● 1:00pm Pool Fitness (CR) ● 1:30pm Trivia (G&GB) ● 2:00pm Bible Study (PCMR) ● 2:00pm Resident Pick Movie (PC) ● 2:00pm Resistance River Training (CR) ● 3:00pm Band Class (PER) ● 3:00pm Beer Garden Party (TPB) ● 3:00pm Live Music: Sweet Peas Trio (TPB) ● 3:30pm Mexican Train (PGR) ● 4:15pm Outing: Smokin Fins (LB) ● 6:30pm Live Music: Larry O'Connor (RCR)	10 ● 10:00am Mythology with Moriah (PAS) ● 10:00am Pool Core & Balance (CR) ● 10:00am Silver Singers Sopranos Practice (PCMR) ● 11:00am Resistance River Training (CR) ● 12:30pm Hand & Foot Game (PMVR) ● 1:00pm Flower Arrangements (PAS) ● 1:00pm Sound Bath: Wellness-Focus (PC) ● 2:00pm Open Art Studio (PAS) ● 3:00pm Balance Class (PER) ● 3:00pm Documentary: Unearthed-Secrets of the Black Pyramid (PC) ● 3:00pm The Stitchers (TPB) ● 4:00pm Ping Pong Open Table (CR) ● 6:15pm Silver Singers Warm Up/Green Room (LC) ● 7:00pm Live Performance: Silver Singers Presents "American Nostalgia" (RCR)	11 ● 9:00am LifeLoop Help Desk (PGR) ● 9:00am Pickleball Open Court (CY) ● 10:00am Card Bingo (PGR) ● 10:00am Catholic Apologetics Group (LC) ● 10:00am Resistance River Training (CR) ● 10:00am Women's Group Bocce Ball (CY) ● 11:00am Pool Fitness (CR) ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm Cribbage (AGB) ● 1:30pm Bingo (PGR) ● 2:00pm Strength & Cardio (PER) ● 2:30pm TV Show: Cheers (PC) ● 3:00pm Men's Fitness (CR) ● 3:00pm Mojito Happy Hour (AGB) ● 3:00pm Snow Cone Social (CY) ● 3:30pm Live Music: Howard Fisher (G&GB) ● 5:00pm Welcome Shabbat w/ Paula (TPB) ● 6:30pm Movie: The Court Jester (PC)	12 ● 9:00am Peaceful Pacers Walking Group (LB) ● 9:00am Pickleball Open Court (CY) ● 10:00am Pool Core & Balance (CR) ● 11:00am Resistance River Training (CR) ● 1:30pm Bingo (PGR) ● 2:00pm Ball & Band Fitness (PER) ● 2:15pm Silver Singers Warm Up/Green Room (LC) ● 3:00pm Live Performance: Silver Singers Presents "American Nostalgia" (RCR) ● 3:00pm Movie: Crazy Stupid Love (PC) ● 6:30pm Movie: Crazy Stupid Love (PC)

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Aase B. - 14th
Marty R. - 17th
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Ross A. - 24th
Helen R. - 25th

ACTIVITY TYPES

- Inspirational
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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
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
● 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) ● 11:30am Grandparents Day (CY) ● 12:00pm Balloon Twister: Zane King (CY) ● 12:00pm Caricature Artist: Brad Jackson (CY) ● 12:00pm Live Music: Young Heart Trio (CY) ● 1:00pm Cardio w/ Weights (CR) ● 1:30pm SCRABBLE! (AGB) ● 2:00pm Non-Denominational Church Service (RC R) ● 2:00pm Stretch & Flexibility Class (PER) ● 3:00pm Movie: Blitz (PC) ● 6:30pm Movie: Blitz (PC)	● 9:00am Chair Yoga (CR) ● 9:00am Summit Morning Muffin Mixer (TPB) ● 10:00am Men's Group Bocce Ball (CY) ● 10:00am POWER Over Parkinson's Fitness Class (CR) ● 10:00am Silver Singers Baritone Practice (PCMR) ● 10:00am Tai Chi on Land & Water (CR) ● 11:00am AL Hospitality Committee (G&GB) ● 11:30am Couture Chez Vous Boutique (LB) ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm American Mahjong - Siamese Style (PMVR) ● 1:15pm Bingo (PGR) ● 2:00pm Chair Yoga (PER) ● 3:00pm Silver Singers Alto Practice (PCMR) ● 3:30pm Live Music: Howard Fisher (G&GB) ● 3:30pm Mexican Train (PGR) ● 4:00pm Ping Pong Open Table (CR)	● 9:00am Chairs, Bands & Balls (CR) ● 9:00am Mindfulness Meditation (PC) ● 10:00am Co-Ed Bocce Ball (CY) ● 10:00am Pool Fitness (CR) ● 11:15am Mobile Watch Company (LB) ● 12:00pm Live Music: Coreen Wells (LB) ● 12:30pm Chess (RGR) ● 1:00pm Cribbage (AGB) ● 1:30pm Buzzed Bingo (PGR) ● 2:00pm Strength & Stretch (PER) ● 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR) ● 3:00pm Boggle Word Games (PGR) ● 3:00pm Rosh Hashanah Celebration (RCR) ● 3:00pm TV Show: Cheers (PC) ● 3:30pm Let's Talk Superfood of the Month: Seasonal Vegetables (WR) ● 4:00pm Open Card Games (PGR)	● 9:00am POWER Over Parkinson's Fitness Class (CR) ● 10:00am Craft: Galaxy Jars (PAS) ● 10:00am Silver Singers Rehearsal (PCMR) ● 11:00am Men's Fitness (CR) ● 11:00am Step & Balance (PER) ● 11:15am Rosary Prayer Group (RCR) ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm American Mahjong (PMVR) ● 1:00pm Chair Yoga (CR) ● 1:00pm Ice Cream Social (G&GB) ● 1:00pm Pool Fitness (CR) ● 1:30pm Trivia (G&GB) ● 2:00pm Bible Study (PCMR) ● 2:00pm International Candy & Chocolate Tasting Day (AGB) ● 2:00pm Resident Pick Movie (PC) ● 2:00pm Resistance River Training (CR) ● 3:00pm Band Class (PER) ● 3:30pm Mexican Train (PGR) ● 6:30pm Live Music: Alan Vail (RCR)	● 9:30am Coffee & Donut Social (G&GB) ● 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 "Open Enrollment Coming" (RCR) ● 11:00am Resistance River Training (CR) ● 12:30pm Hand & Foot Game (PMVR) ● 1:00pm Flower Arrangements (PAS) ● 1:00pm Sound Bath: Wellness-Focus (PC) ● 2:00pm Open Art Studio (PAS) ● 3:00pm Balance Class (PER) ● 3:00pm Documentary: Unearthed-Curse of the Hindenberg (PC) ● 3:00pm The Stitchers (TPB) ● 4:00pm Ping Pong Open Table (CR) ● 5:50pm Poker Club (PGR) ● 7:00pm Bonfires & Beers (CY)	● AD National First Love Day (LB) ● 9:00am LifeLoop Help Desk (PGR) ● 9:00am Pickleball Open Court (CY) ● 10:00am Card Bingo (PGR) ● 10:00am Catholic Apologetics Group (LC) ● 10:00am Resistance River Training (CR) ● 10:00am Women's Group Bocce Ball (CY) ● 11:00am Pool Fitness (CR) ● 12:15pm Outing: Wings Over the Rockies Air & Space Museum (LB) ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm Cribbage (AGB) ● 1:30pm Bingo (PGR) ● 2:00pm Strength & Cardio (PER) ● 2:30pm TV Show: Cheers (PC) ● 3:00pm Fall Sangria Happy Hour (AGB) ● 3:00pm Men's Fitness (CR) ● 3:00pm Snow Cone Social (CY) ● 3:30pm Live Music: Howard Fisher (G&GB) ● 5:00pm Welcome Shabbat w/ Paula (TPB) ● 6:30pm Movie: The Ghost and Mister Chicken (PC)	● 9:00am Peaceful Pacers Walking Group (LB) ● 9:00am Pickleball Open Court (CY) ● 10:00am Pool Core & Balance (CR) ● 11:00am Resistance River Training (CR) ● 1:30pm Bingo (PGR) ● 2:00pm Ball & Band Fitness (PER) ● 3:00pm Movie: The Notebook (PC) ● 6:30pm Movie: The Notebook (PC)

HAPPY BIRTHDAY

Marli A. - 1st
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- Inspirational
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Peaks (AL) Cinema = PC
Peaks (AL) Community Room = PCMR
Peaks (AL) Creative Art Studio = PAS
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Ridge Cinema (IL) = RC
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THE RIDGE

PINEHURST • SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 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) 1:00pm Cardio w/ Weights (CR) 1:00pm Root Beer Float Social (G&GB) 1:30pm SCRABBLE! (AGB) 2:00pm Non-Denominati onal Church Service (RC R) 2:00pm Stretch & Flexibility Class (PER) 3:00pm Movie: Detachment (PC) 4:00pm Bingo w/ Eve (LC) 6:30pm Movie: Detachment (PC)	21 9:00am Chair Yoga (CR) 10:00am Memory March: A Walk to End Alzheimer's (LB) 10:00am Men's Group Bocce Ball (CY) 10:00am POWER Over Parkinson's Fitness Class (CR) 10:00am Silver Singers Baritone Practice (PCMR) 10:00am Tai Chi on Land & Water (CR) 10:15am Live Music: Alpine Rose Trio (CY) 12:45pm Duplicate Bridge (RCR) 12:45pm Party Bridge (RCR) 1:00pm American Mahjong - Siamese Style (PMVR) 1:15pm Bingo (PGR) 2:00pm Chair Yoga (PER) 3:00pm Silver Singers Alto Practice (PCMR) 3:30pm Live Music: Howard Fisher (G&GB) 3:30pm Mexican Train (PGR) 4:00pm Ping Pong Open Table (CR)	22 9:00am Chairs, Bands & Balls (CR) 9:00am Mindfulness Meditation (PC) 10:00am Co-Ed Bocce Ball (CY) 10:00am Pool Fitness (CR) 10:00am Voter Registration Help Desk (LB) 10:30am Brain Games (PGR) 10:30am Catholic Communion Service w/ Deacon Don (RCR) 11:15am Mobile Watch Company (LB) 12:30pm Chess (RGR) 1:00pm Ceramics Class: Glazing (PAS) 1:00pm Cribbage (AGB) 1:30pm Buzzed Bingo (PGR) 2:00pm National Key Lime Pie Day (AGB) 2:00pm Strength & Stretch (PER) 2:00pm Walking Through Grief w/ Pastor Mark (PPDR) 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR) 3:00pm Boggle Word Games (PGR) 3:00pm Live Speaker: Active Minds - O Canada! (RCR) 3:00pm TV Show: Cheers (PC) 4:00pm Open Card Games (PGR)	23 9:00am POWER Over Parkinson's Fitness Class (CR) 10:00am Craft: Fall Wreath making (PAS) 10:00am Golden Age Tech Support (LB) 10:00am Pinehurst Market (LB) 10:00am Silver Singers Rehearsal (PCMR) 11:00am Men's Fitness (CR) 11:00am Step & Balance (PER) 11:15am Rosary Prayer Group (RCR) 12:45pm Duplicate Bridge (RCR) 12:45pm Party Bridge (RCR) 1:00pm American Mahjong (PMVR) 1:00pm Chair Yoga (CR) 1:00pm Ice Cream Social (G&GB) 1:00pm Pool Fitness (CR) 1:30pm Trivia (G&GB) 2:00pm Bible Study (PCMR) 2:00pm Resident Pick Movie (PC) 2:00pm Resistance River Training (CR) 3:00pm Band Class (PER) 3:30pm Mexican Train (PGR) 6:30pm Live Music: Mark Paulson (RCR)	24 10:00am Pool Core & Balance (CR) 10:00am Silver Singers Sopranos Practice (PCMR) 11:00am Resistance River Training (CR) 12:30pm Hand & Foot Game (PMVR) 1:00pm Bingo BONANZA (RCR) 1:00pm Flower Arrangements (PAS) 1:00pm Sound Bath: Wellness-Focus (PC) 2:00pm Open Art Studio (PAS) 3:00pm Balance Class (PER) 3:00pm Documentary: Unearthed-Twin Towers: The Hidden Secrets (PC) 3:00pm The Stitchers (TPB) 4:00pm Ping Pong Open Table (CR) 4:15pm Outing: Couples Night Out - Perfect Landing Restaurant (LB)	25 9:00am Pickleball Open Court (CY) 10:00am Catholic Apologetics Group (LC) 10:00am Resistance River Training (CR) 10:00am Women's Group Bocce Ball (CY) 11:00am Pool Fitness (CR) 12:15pm Outing: Buffalo Bill Museum and Grave (LB) 12:45pm Duplicate Bridge (RCR) 12:45pm Party Bridge (RCR) 1:00pm Cribbage (AGB) 1:00pm Parkinson's Support Group (LC) 1:30pm Bingo (PGR) 2:00pm Strength & Cardio (PER) 2:30pm TV Show: Cheers (PC) 3:00pm Live Music: Steerdust (AGB) 3:00pm Men's Fitness (CR) 3:00pm Welcome Wagon Happy Hour (AGB) 3:30pm Live Music: Howard Fisher (G&GB) 5:00pm Welcome Shabbat w/ Paula (TPB) 6:30pm Movie: The Thrill of it All (PC)	26 9:00am Peaceful Pacers Walking Group (LB) 9:00am Pickleball Open Court (CY) 10:00am Pool Core & Balance (CR) 11:00am Resistance River Training (CR) 1:30pm Bingo (PGR) 2:00pm Ball & Band Fitness (PER) 3:00pm Movie: Remember the Titans (PC) 6:30pm Movie: Remember the Titans (PC)

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The Point Bistro (IL) = TPB



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
● 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) ● 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) ● 2:00pm Stretch & Flexibility Class (PER) ● 3:00pm Movie: Unbroken (PC) ● 6:30pm Movie: Unbroken (PC)	● 9:00am Chair Yoga (CR) ● 9:00am Summit Morning Muffin Mixer (TPB) ● 10:00am Men's Group Bocce Ball (CY) ● 10:00am POWER Over Parkinson's Fitness Class (CR) ● 10:00am Silver Singers Baritone Practice (PCMR) ● 10:00am Tai Chi on Land & Water (CR) ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm American Mahjong - Siamese Style (PMVR) ● 1:15pm Bingo (PGR) ● 2:00pm Chair Yoga (PER) ● 3:15pm Silver Singers Alto Practice (PCMR) ● 3:30pm Live Music: Howard Fisher (G&GB) ● 3:30pm Mexican Train (PGR) ● 4:00pm Ping Pong Open Table (CR)	● 9:00am Chairs, Bands & Balls (CR) ● 9:00am Mindfulness Meditation (PC) ● 10:00am Co-Ed Bocce Ball (CY) ● 10:00am Pool Fitness (CR) ● 11:15am Mobile Watch Company (LB) ● 12:15pm Outing: Colorado History Center (LB) ● 12:30pm Chess (RGR) ● 12:30pm Live Music: Studio 8 Trio (AGB) ● 12:30pm September Birthday Bash (AGB) ● 1:00pm Cribbage (AGB) ● 1:00pm Jewelry & Lanyard Making Class (PAS) ● 1:30pm Buzzed Bingo (PGR) ● 2:00pm Strength & Stretch (PER) ● 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR) ● 3:00pm Boggle Word Games (PGR) ● 3:00pm TV Show: Cheers (PC) ● 4:00pm Open Card Games (PGR)	● 9:00am POWER Over Parkinson's Fitness Class (CR) ● 10:00am Craft: Woodland Animal Decor (PAS) ● 10:00am Silver Singers Rehearsal (PCMR) ● 11:00am Men's Fitness (CR) ● 11:00am Step & Balance (PER) ● 11:15am Rosary Prayer Group (RCR) ● 12:45pm Duplicate Bridge (LC) ● 12:45pm Party Bridge (LC) ● 1:00pm American Mahjong (PMVR) ● 1:00pm Chair Yoga (CR) ● 1:00pm Ice Cream Social (G&GB) ● 1:00pm Pool Fitness (CR) ● 1:30pm Trivia (G&GB) ● 2:00pm Bible Study (PCMR) ● 2:00pm Resident Pick Movie (PC) ● 2:00pm Resistance River Training (CR) ● 3:00pm Band Class (PER) ● 3:30pm Live Music: Mandolin Ranch Trio (RCR) ● 3:30pm Mexican Train (PGR) ● 3:30pm New Resident Social (RCR)			

HAPPY BIRTHDAY

Marli A. - 1st
Ethel L. - 5th
Kathleen S. - 13th
Aase B. - 14th
Marty R. - 17th
Treva H. - 18th
Ross A. - 24th
Helen R. - 25th

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
Wine Room = WR

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

Dining Venues

The Beacon:
Monday-Saturday
7am-10am
11am-3pm
4pm-6:30pm
Sunday
8am-1:30pm

The Point Bistro:
Monday-Friday
8:00am-2:30pm

Skywood:
Sunday
5pm-7pm

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