




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Palisade Cleaners Pickup & Delivery Monday & Thursday around 10AM</p>  <p>Alpine Bank 1st & 3rd Wed. 9:30 - 10:00am 2nd Flr. Library</p>	<p>THE DAILY SENTINEL Listen To A Reading of Grand Junction's Local News Paper</p> <p>Sunday - Friday 1:00—2:00pm IN THE MOVIE ROOM</p>	<p>Commons Errand Shuttle Gets you wherever you want or need to be & back for <u>only \$10!</u></p> <p>Schedule your destination(s) w/ Front Desk at least 24-hours in advanced</p> <p>4th Friday of the Month Shuttle begins at 12:45pm</p> 	<p>The Commons Store</p>  <p>Open 4 to 4:30pm Daily In The Commons Cafe</p>		<p>1</p> <p>9:15 Balance For Life WR 10:00 Open Art w/ Tim & Tiff CC 11:00 Functionally Fit WR 1:00 Shop at the Mesa Mall FD <i>Sign up at the front desk</i></p> <p>1:00 Poker Group BR 1:00 GJ Sentinel Reading MR 2:30 FNTS: Knitting & Crochet FD <i>Meet at the front desk</i></p> <p>5:30 Musical Entertainment DR Youth Piano Recital</p>	<p>2 Groundhog Day</p> <p>10:00 Balance For Life WR 1:00 Documentary Movie MR 1:00 Card Club w/ Megan LB 2:00 Bunco* CC 3:30 Musical Entertainment ML Youth Piano Recital</p> <p>*Weekend Puzzle near Mailboxes</p>
<p>3 Super Bowl Sunday</p> <p>9:30 Episcopal Communion PD 10:00 Catholic Liturgy LB 10:40 Nondenominational Worship Service GR 1:00 GJ Sentinel Reading MR 4:30 Super Bowl Party! GR NE Patriots vs. LA Rams 2:00 Classic Movie MR 6:00 Classic Movie MR</p>	<p>4</p> <p>9:15 Balance For Life WR 9:30 Shop Walmart FD 11:00 Functionally Fit WR 1:00 GJ Sentinel Reading MR 2:00 Bingo GR 3:30 Afternoon Chit Chat* CC 6:00 Bunco CC</p>	<p>5</p> <p>9:15 Balance For Life WR 10:00 Seated Tai Chi For Arthritis WR 10:30 Sing Along BR 1:00 Activity Council Meeting PDR 1:00 Bridge Group* 2nd Floor 1:00 GJ Sentinel Reading MR 1:30 GJ Community Center GR Presentation and Q&A 2:00 Movie & Popcorn MR 3:30 Something Sweet & Trivia: CC Cream Cheese Bites</p>	<p>6</p> <p>9:15 Balance For Life WR 10:00 Fitness Machine Tutorial CC 11:00 Functionally Fit WR 1:00 Cookies & Conversation! GR GJ Fire Department - Fall Prevention 1:00 GJ Sentinel Reading MR 2:00 Bible Study MR 3:30 Wheel of Fortune CC 6:00 Classic Movie: MR Only Angels Have Wings</p>	<p>7</p> <p>9:15 Balance For Life WR 10:00 Seated Yoga WR 11:00 Lunch at Bamboo City FD <i>Sign up at the front desk</i></p> <p>1:00 Color & Chat* CC 1:00 GJ Sentinel Reading MR 2:00 Bingo GR 2:00 Culinary Corner CC 6:30 After Dinner Chit Chat* CC</p>	<p>8</p> <p>9:15 Balance For Life WR 10:00 Open Art w/ Tim & Tiff CC 11:00 Functionally Fit WR 1:00 Poker Group BR 2:30 FNTS: Knitting & Crochet FD <i>Meet at the front desk</i></p> <p>3:00 Book Club Discussion LB A Gentleman in Moscow 5:30 Musical Entertainment ML "Phil Christino" - Jazz</p>	<p>9</p> <p>10:00 Balance For Life WR 1:00 Documentary Movie MR 1:00 Book Mark Making w/ Megan GR 2:00 Bunco* CC 7:30 Valentine's Dance DR <i>Purchase Tickets at Front Desk</i></p> <p>*Weekend Puzzle near Mailboxes</p>
<p>10</p> <p>9:30 Episcopal Communion PD 10:00 Catholic Liturgy LB 10:40 Nondenominational Worship Service GR 2:00 Classic Movie MR 6:00 Classic Movie MR</p>	<p>11</p> <p>9:15 Balance For Life WR 9:30 Shop Walmart FD 11:00 Functionally Fit WR 2:00 Bingo GR 3:30 Afternoon Chit Chat* CC 6:00 Bunco CC</p>	<p>12</p> <p>9:15 Balance For Life WR 10:00 Seated Tai Chi For Arthritis WR 10:30 Cribbage Card Game BR 1:00 Bridge Group* 2nd Floor 2:00 Movie & Popcorn MR</p>	<p>13</p> <p>9:15 Balance For Life WR 11:00 Functionally Fit WR 1:00 Cookies & Conversation! CC 2:00 Bible Study MR 3:30 Musical Entertainment DR "Thomasina Russel" 5:45 Jeopardy w/ Megan GR 6:00 Classic Movie: MR Around The World in 80 Days</p>	<p>14 Valentines Day</p> <p>9:15 Balance For Life WR 10:00 Seated Yoga WR 1:00 Color & Chat* CC 1:00 Bowling at Freeway Bowl FD <i>Sign up at the front desk</i></p> <p>2:00 Bingo GR 3:30 Rootbeer Floats & Chocolate Fondue Social CC 6:30 After Dinner Chit Chat* CC</p>	<p>15 National Care Givers Day</p> <p>9:15 Balance For Life WR 10:00 Open Art w/ Tim & Tiff CC 10:00 Prepare Staff Gifts CC 11:00 Functionally Fit WR 1:00 Shop at the Mesa Mall FD <i>Sign up at the front desk</i></p> <p>1:00 Poker Group BR 2:30 FNTS: Knitting & Crochet FD <i>Meet at the front desk</i></p>	<p>16</p> <p>10:00 Balance For Life WR 1:00 Soap Making W/ Megan CC 1:00 Documentary Movie MR 2:00 Bunco* CC</p> <p>*Weekend Puzzle near Mailboxes</p>
<p>17</p> <p>9:30 Episcopal Communion PD 10:00 Catholic Liturgy LB 10:40 Nondenominational Worship Service GR 2:00 Classic Movie MR 6:00 Classic Movie MR</p>	<p>18 Presidents' Day</p> <p>9:15 Balance For Life WR 9:30 Shop Walmart FD 11:00 Functionally Fit WR 2:00 Bingo GR 3:30 Afternoon Chit Chat* CC 6:00 Bunco CC</p>	<p>19</p> <p>9:15 Balance For Life WR 10:00 Seated Tai Chi For Arthritis WR 10:30 Sing Along BR 1:00 Bridge Group* 2nd Floor 2:00 Movie & Popcorn MR 3:30 Something Sweet & Trivia: CC Soda Floats</p>	<p>20</p> <p>9:15 Balance For Life WR 10:00 Fitness Machine Tutorial CC 11:00 Functionally Fit WR 1:30 Resident Council Meeting GR 3:30 Wheel of Fortune CC 5:45 Games w/ RYS CC 6:00 Classic Movie: MR Follow The Fleet</p>	<p>21</p> <p>9:15 Balance For Life WR 10:00 Seated Yoga WR 11:00 Lunch at Spoons Bistro FD <i>Sign up at the front desk</i></p> <p>1:00 Color & Chat* CC 2:00 Bingo GR 2:00 Culinary Corner CC 3:30 Musical Entertainment ML "Aurora Livingston" 6:30 After Dinner Chit Chat* CC</p>	<p>22</p> <p>9:15 Balance For Life WR 10:00 Open Art w/ Tim & Tiff CC 10:00 Walker Wheelchair Repair LB 11:00 Functionally Fit WR 12:45 Commons Errand Shuttle FD 1:00 Poker Group BR 2:30 New Resident Welcoming! GR 2:30 FNTS: Knitting & Crochet FD <i>Meet at the front desk</i></p> <p>5:00 Musical Entertainment DR "Arthur Houle" - Piano</p>	<p>23</p> <p>10:00 Balance For Life WR 1:00 Documentary Movie MR 1:00 Murder Mystery Party GR 2:00 Bunco* CC</p> <p>*Weekend Puzzle near Mailboxes</p>
<p>24</p> <p>9:30 Episcopal Communion PD 10:00 Catholic Liturgy LB 10:40 Nondenominational Worship Service GR 2:00 Classic Movie MR 6:00 Classic Movie MR</p>	<p>25</p> <p>9:15 Balance For Life WR 9:30 City Market FD 10:00 AAA Hearing Aid Repair CC 11:00 Functionally Fit WR 2:00 Bingo GR 3:30 Afternoon Chit Chat* CC 6:00 Bunco CC</p>	<p>26</p> <p>9:15 Balance For Life WR 10:00 Seated Tai Chi For Arthritis WR 10:30 Cribbage Card Game BR 1:00 Bridge Group* 2nd Floor 2:00 Movie & Popcorn MR</p>	<p>27</p> <p>9:15 Balance For Life WR 11:00 Functionally Fit WR 1:00 Cookies & Conversation! CC Marilyn Richardson - Senior Rights 2:00 Bible Study MR 3:30 Monthly Cocktail Party with Musical Entertainment DR "Homestead Rhythms" 5:45 Jeopardy w/ Megan GR 6:00 Classic Movie: MR The Graduate</p>	<p>28</p> <p>9:15 Balance For Life WR 10:00 Seated Yoga WR 12:00 Monthly Birthday Cake DR 1:00 Color & Chat* CC 1:00 Visit the Art Museum FD <i>Sign up at the front desk</i></p> <p>2:00 Bingo GR 2:00 Culinary Corner CC 6:30 After Dinner Chit Chat* CC</p>	<p>Activities marked with a * are run by residents</p> <p>Please Note: All activities are subject to change!</p>	

Friendly Reminders

- Bible Study** - The 1st, 2nd & 4th Wednesday at 2:00 pm in the Movie Room.
Bingo - Mondays & Thursdays at 2:00 pm in the Garden Room
Bridge Group - Meets every Tuesday at 1:00 pm by the north elevator area on the second floor. All abilities are welcome.
Bunco - Every Monday at 6:00pm & Saturday at 2:00pm in the Commons Café.
Card Club— Every 2nd Saturday at 1:00pm in Garden
Caregiver Support Group - 3rd Friday of month. Commons Café at 1:00
Color & Chat-Every Thursday at 1:00pm in the Commons café.
Movies - Classic mysteries, westerns & comedies Sundays at 2:00 & 6:00 pm and Tuesdays at 2:00pm in Movie Room. Documentaries Saturdays at 1:00pm
Music - Live music in the Dining Room every other Wednesday at 3:30pm
Open Art w/Tim & Tiff - Fridays at 10:00am in Commons Café.
Poker Group - Meets every Friday at 1:00 pm in the Billiards Room
Sing Along - Every 1st & 3rd, sometimes 5th Tuesday at 10:30am in the Billiards Rm.
Tai Chi - Tuesday In the Wellness Room at 10:00 am
Yoga - Thursday In the Wellness Room at 10:00 am

Changes To Your Routine:

- **Cribbage Card Game** has replaced Wii Bowling on 2nd and 4th Tuesday of the month at 10:30am in the 3rd Floor Billiards Room
- **The Fountains** invited us to join them in their **Knitting & Crocheting!** Meet at the **Front Desk** on **Fridays** at **2:30pm** if interested.
- **Need help with the Fitness Machines?** Every 1st and 3rd Wednesday from 10am to 10:30am come and learn how to use the equipment in **Wellness Lane!**
 - **Culinary Corner** has been added to our Calendar for every Thursday at 2pm in the Commons Cafe

Save The Date !

Super Bowl 53 Party
New England Patriots vs. LA Rams
Sunday, February 3rd at 4:30pm in the Garden Room

Activity Council Meeting
Tuesday, February 5th at 1:00pm in the Private Dining Room

Grand Junction Community Center Campaign: Presentation & Q&A
Tuesday, February 5th at 1:30pm in the Garden Room

Wheel Of Fortune
Wednesday, February 6th & 20th at 3:30pm in the Commons Cafe

Valentine's Day Dance
Purchase Tickets at Front Desk
Saturday, February 9th at 7:30pm in Dining Room

Resident Council Meeting
Wednesday, February 20th at 1:30pm in the Garden Room
Remember to Wear Your Nametag

New Resident Welcoming!
Friday, February 22nd at 2:30pm in the Garden Room

February Outings

Reserve your seat by signing up at the front desk
Thursday, February 7th – Lunch at Bamboo City
Thursday, February 14th – Bowling at Freeway Bowl
Thursday, February 21st – Spoons Bistro
Thursday, February 28th – Out To the Art Museum

Grand Mesa Medical Supply
L.L.C.

4th Friday of the Month
10:00am
Library Room on 2nd Floor
Walker & Wheelchair Maintenance



Alpine Bank

1st & 3rd Wednesdays 9:30 - 10:00am
Library Room on Second Floor



Palisade Cleaners

Pickup & Delivery
Monday & Thursday around 10AM