

Room Key:

BR—Billiards Room 3rd Floor
 CC—Commons Café 1st Floor
 DR—Dining Room 1st Floor
 FD—Front Door 1st Floor

GR—Garden Room 1st Floor
 LB—Library 2nd Floor
 ML—Main Lobby 1st Floor
 MR—Movie Room 2nd Floor

SP—South Patio 1st Floor
 WR—Wellness Room 2nd Fl.
GREEN - New Activity/Event
BLUE - Musical Performance

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|---|--|--|--|--|--|
| <p>Activities marked with a * are run by residents</p> | <p>1</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>2</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 2:00 Movie & Popcorn MR</p> | <p>3</p> <p>9:15 Balance For Life WR 10:00 Fitness Machine Tutorial WR 10:00 Card Bingo* CC 10:30 Kitchen Tour w/ Chris White DR <u>Sign up at the front desk</u> 11:00 Functionally Fit WR 1:00 Cookies & Conversation! CC Guests: Bookcliff Baptist Middle School 1:00 GJ Sentinel Reading MR 2:00 Bible Study MR 3:30 Wheel of Fortune CC 6:00 Classic Movie: Gigi MR</p> | <p>4</p> <p>9:15 Balance For Life WR 10:00 Seated Yoga WR 10:00 Food Committee Meeting PDR Lunch at ZOUP FD <u>Sign up at the front desk</u> 1:00 Color & Chat* CC 1:00 Friends of Bill W* LB 1:00 GJ Sentinel Reading MR 2:00 Bingo GR 6:30 After Dinner Chit Chat* CC</p> | <p>5</p> <p>9:15 Balance For Life WR 10:00 Open Coloring CC <u>Hosted By: Tim, Tiff, & Rich</u> 11:00 Functionally Fit WR 1:00 Shop at the Mesa Mall FD <u>Sign up at the front desk</u> 1:00 Poker Group BR 1:00 GJ Sentinel Reading MR 3:00 Knitting & Crochet CC</p> | <p>6</p> <p>10:00 Balance For Life WR 1:00 Documentary Movie MR 2:00 Bunco* CC *Weekend Puzzle near Mailboxes</p> | |
| | <p>7</p> <p>9:30 Episcopal Communion PD 10:00 Catholic Liturgy LB 10:40 Nondenominational Worship Service GR 1:00 GJ Sentinel Reading MR 2:00 Classic Movie MR 6:00 Classic Movie MR</p> | <p>8</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>9</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 1:00 GJ Sentinel Reading MR 2:00 Movie & Popcorn MR 3:30 Something Sweet & Trivia CC</p> | <p>10</p> <p>9:15 Balance For Life WR 10:00 Card Bingo* CC 11:00 Functionally Fit WR 1:00 Cookies & Conversation! CC 1:00 GJ Sentinel Reading MR 2:00 Bible Study MR 3:30 Musical Entertainment DR "Ron Koss" 5:45 Jeopardy w/ Megan GR 6:00 Classic Western: MR The Scalphunters</p> | <p>11</p> <p>9:15 Balance For Life WR 9:30 Visit Ute Indian Museum FD & Picnic at Baldrige Park <u>Sign up at the front desk</u> 10:00 Seated Yoga WR 1:00 Color & Chat* CC 1:00 Friends of Bill W* LB 1:00 GJ Sentinel Reading MR 2:00 Bingo GR 3:00 Patio Group SP 6:30 After Dinner Chit Chat* CC</p> | <p>12</p> <p>9:15 Balance For Life WR 10:00 Open Coloring CC <u>Hosted By: Tim, Tiff, & Rich</u> 11:00 Functionally Fit WR 1:00 Poker Group BR 2:30 FNTS: Knitting & Crochet FD <u>Meet at the front desk</u> 3:00 Book Club Discussion LB Fahrenheit 451 5:30 Musical Entertainment ML "Phil Christino" - Jazz</p> | <p>13</p> <p>10:00 Balance For Life WR 1:00 GR 1:00 Documentary Movie MR 2:00 Bunco* CC 5:00 Musical Entertainment DR "Arthur Houle" - Piano *Weekend Puzzle near Mailboxes</p> |
| | <p>14</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>15</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>16</p> <p>8:30 & Beacon Fest Shuttle FD 12:30 Sign up at the front desk 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</p> | <p>17</p> <p>Try the fitness machines in Wellness Lane 10:00 Card Bingo* CC 1:30 Resident Council Meeting GR 3:30 Wheel of Fortune CC 5:45 Jeopardy w/ Megan GR 6:00 Classic Movie: MR The Glen Miller Story</p> | <p>18</p> <p>9:15 Balance For Life WR 10:00 HELP! Fill Easter Eggs CC 10:00 Seated Yoga WR 11:00 Lunch at Zhang Garden FD <u>Sign up at the front desk</u> 12:00 Monthly Birthday Cake DR 1:00 Color & Chat* CC 1:00 Friends of Bill W* LB 2:00 Bingo GR 6:30 After Dinner Chit Chat* CC</p> | <p>19 Easter Egg Hunt</p> <p>9:15 Balance For Life WR 10:00 Open Coloring CC <u>Hosted By: Tim, Tiff, & Rich</u> 11:00 Functionally Fit WR 1:00 Shop at the Mesa Mall FD <u>Sign up at the front desk</u> 1:00 Poker Group BR 3:00 Knitting & Crochet CC 4:30 Easter Egg Hunt SP</p> | <p>20</p> <p>10:00 Balance For Life WR 1:00 Documentary Movie MR 1:00 GR 2:00 Bunco* CC *Weekend Puzzle near Mailboxes</p> |
| | <p>21 Easter Sunday</p> <p>9:30 Episcopal Communion PD 10:00 Catholic Liturgy LB 10:40 Nondenominational Worship Service GR 2:00 Classic Movie MR 2:00 Games w/ RYS CC 6:00 Classic Movie MR</p> | <p>22 Earth 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>23</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 3:30 Something Sweet & Trivia CC</p> | <p>24 Henrietta Hay Day Fitness Assessments in the Wellness Room from 9am - 2pm 10:00 Card Bingo* CC 1:00 Cookies & Conversation! CC 2:00 Bible Study MR 3:30 Monthly Cocktail Party with Musical Entertainment DR "Huey Plumleigh" 5:45 Jeopardy w/ Megan GR 6:00 Classic Western: MR The Sons of Katie Elder</p> | <p>25</p> <p>9:15 Balance For Life WR 10:00 Seated Yoga WR 1:00 Botanical Gardens FD <u>Sign up at the front desk</u> 1:00 Color & Chat* CC 1:00 Friends of Bill W* LB 2:00 Bingo GR 3:00 FAC: Patio Group SP 6:30 After Dinner Chit Chat* CC</p> | <p>26</p> <p>9:15 Balance For Life WR 10:00 Open Coloring CC <u>Hosted By: Tim, Tiff, & Rich</u> 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 <u>Meet at the front desk</u></p> | <p>27</p> <p>10:00 Balance For Life WR 1:00 Documentary Movie MR 1:00 GR 2:00 Bunco* CC *Weekend Puzzle near Mailboxes</p> |
| <p>28</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>29</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>30</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</p> | <p>Palisade Cleaners Pickup & Delivery Monday & Thursday 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 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> Schedule your destination(s) w/ Front Desk <u>at least 24-hours in advanced</u> 4th Friday of the Month Shuttle begins at 12:45pm</p> | <p>The Commons Store Open 4 to 4:30pm Daily In The Commons Cafe</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:

- Join the **Patio Group** in the South Patio on the 2nd and 4th Tuesday of April at 3:00pm!
- **Card Bingo** has been added to **Wednesdays** at 10:00am in the **Commons Café!**
- We will be **cancelling Fitness Classes** on **April 17th** and **24th** due to Fitness Assessments. Try the fitness machines in Wellness Lane.
- We will now be holding **FAC (Family Afternoon Club) activities**, where we can invite our families to join us for activities that afternoon!

Save The Date !

Activity Council Meeting
Tuesday, April 2nd at 1:00pm in the Private Dining Room

Kitchen Tour w/ Chris White
Sign-up at the Front Desk
Wednesday, April 3rd at 10:30am in the Dining Room

Quarterly Fitness Assessments
Sign-up for a time slot at the Front Desk
Wednesday, April 24th in the Wellness Room

Help Fill Easter Eggs!
Thursday, April 18th at 1:00pm in the Main Lobby
The Commons will provide the candy!

Resident Council Meeting
Wednesday, April 17th at 1:30pm in the Garden Room
Remember to Wear Your Nametag

New Resident Welcoming!
Friday, April 26th at 2:30pm in the Garden Room

April Outings

Reserve your seat by signing up at the front desk
Thursday, April 4th – Lunch at Zoup
Thursday, April 14th – Ute Indian Museum & Picnic
Thursday, April 21st – Lunch at Zhang Garden
Thursday, April 28th – Botanical Gardens

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