


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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|---|---|---|---|--|---|--|---|
| 1 9:30 Episcopal Communion PD 10:00 Catholic Liturgy MR 1:00 GJ Sentinel Reading MR 2:00 Classic Movie MR 2:00 Nondenominational Worship Service GR By: Bookcliff Baptist Church 6:00 Classic Movie MR | 2 LABOR DAY 9:00 Something Sweet & Trivia CC 9:15 Balance For Life WR 11:10 Functionally Fit WR 3:30 Afternoon Chit Chat* CC 6:00 Bunco* CC 6:00 GJ Rockies Game FD <i>Sign up at the front desk</i> | 3 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 1:00 GJ Sentinel Reading MR 1:15 Picture Show \$6 Movie FD <i>Sign up at the front desk</i> 2:00 Movie & Popcorn MR 3:30 Craft with Dharma CC | 4 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 6:00 Classic Movie MR | 5 9:15 Balance For Life WR 10:00 Seated Yoga WR 10:00 Friends of Bill W* LB 10:30 Food Committee PDR 1:00 Color & Chat* CC 2:00 Bingo GR 4:00 Musical Entertainment DR "Donna Fullerton" 6:30 After Dinner Chit Chat* | 6 9:15 Balance For Life WR 10:00 Open Coloring* CC Hosted By: Tim, Tiff, & Rich 11:00 Functionally Fit WR 1:00 Poker Group * BR 1:00 Shop at the Mesa Mall FD <i>Sign up at the front desk</i> 2:00 Presentation by MCPL GR "Finding Your Next Good Read" 3:00 Knitting and Crochet LB | 7 10:00 Balance For Life WR 1:00 Documentary Movie MR 2:00 Bunco* CC *Weekend Puzzle near Mailboxes | |
| 8 9:30 Episcopal Communion PD 10:00 Catholic Liturgy MR 10:40 Nondenominational Worship Group* GR 2:00 Classic Movie MR 6:00 Classic Movie MR | 9 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 3:30 Afternoon Chit Chat* CC 6:00 Bunco* CC | 10 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 Musical Entertainment DR "Huey Plumliegh" | 11 Alzheimer's Craft Sale ML 9:15 Balance For Life WR 10:00 Card Bingo* CC 11:00 Functionally Fit WR 12:00 Paparazzi Jewelry ML 1:30 Activities Forum CC 2:00 Bible Study MR 3:30 Wheel of Fortune CC 6:00 Classic Movie MR | 12 9:15 Balance For Life WR 10:00 Seated Yoga WR 10:00 Friends of Bill W* LB 10:45 Lunch at Namaste FD 1:00 Color & Chat* CC 2:00 Bingo GR 6:30 After Dinner Chit Chat* CC | 13 9:15 Balance For Life WR 10:00 Open Coloring* CC Hosted By: Tim, Tiff, & Rich 11:00 Functionally Fit WR 1:00 Poker Group BR 1:30 Intergeneration Program GR at Eureka! Math and Science Center 2:45 FNTS: Knitting & Crochet FD <i>Meet at the front desk</i> 3:00 Book Club Discussion LB | 14 10:00 Balance For Life WR 1:00 Documentary Movie MR 2:00 Bunco* CC 5:00 Musical Entertainment DR "Arthur Houle" *Weekend Puzzle near Mailboxes | |
| 15 9:30 Episcopal Communion PD 10:00 Catholic Liturgy MR 1:00 GJ Sentinel Reading MR 2:00 Classic Movie MR 2:00 Nondenominational Worship Service GR By: Bookcliff Baptist Church 6:00 Classic Movie MR | 16 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 3:30 Afternoon Chit Chat* CC 6:00 Bunco* CC | 17 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 "Your Life Your Legacy" GR <i>End of Life Planning</i> | 18 9:15 Balance For Life WR 10:00 Card Bingo* CC 11:00 Functionally Fit WR 1:30 Resident Council Meeting GR 3:00 Painting Class 1st Floor 6:00 Classic Movie: MR | 19 Birthday Celebration 9:15 Balance For Life WR 10:00 Seated Yoga WR 10:00 Friends of Bill W* LB 12:00 Musical Entertainment DR "Johnny O' Rourke" 1:00 Color & Chat* CC 1:00 Funky Junk Craft Store FD 2:00 Bingo GR 6:30 After Dinner Chit Chat* CC | 20 9:15 Balance For Life WR 10:00 Open Coloring CC Hosted By: Tim, Tiff, & Rich 11:00 Functionally Fit WR 1:00 Shop at the Mesa Mall FD <i>Sign up at the front desk</i> 1:00 Poker Group* BR 3:00 Knitting and Crochet LB | 21 10:00 Balance For Life WR 1:00 Documentary Movie MR 2:00 Bunco* CC *Weekend Puzzle near Mailboxes | |
| 22 SPIRIT WEEK 9:30 Episcopal Communion PD 10:00 Catholic Liturgy MR 10:40 Nondenominational Worship Group* GR 2:00 Classic Movie MR 6:00 Classic Movie MR | 23 SUPER HERO DAY 9:15 Balance For Life WR 9:30 Shop Walmart 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 <i>First Day of Autumn</i> | 24 SILVER & GOLD DAY 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 3:00 Musical Entertainment DR "Almost There" | 25 POLKA DOT DAY 9:15 Balance For Life WR 10:00 Card Bingo* CC 11:00 Functionally Fit WR 1:00 Cookies & Conversation! CC 2:00 Bible Study MR 3:30 Monthly Cocktail Party with Musical Entertainment DR "Phil Cristino" 6:00 Classic Movie MR | 26 GAME SHOW DAY 9:15 Balance For Life WR 10:00 Seated Yoga WR 10:00 Friends of Bill W* LB 10:30 Scenic Drive and Picnic on the Mesa FD <i>Sign up at the front desk</i> 1:00 Color & Chat* CC 2:00 Bingo GR 6:30 After Dinner Chit Chat* CC | 27 PURPLE DAY 9:15 Balance For Life WR 10:00 Open Coloring* CC Hosted By: Tim, Tiff, & Rich 10:00 Walker Wheelchair Repair LB 11:00 Functionally Fit WR 12:45 Commons Errand Shuttle FD 1:00 Poker Group BR 12:30 Intergeneration Program FD with Eureka! Math and Science Center 2:30 New Resident Welcoming GR | 28 10:00 Balance For Life WR 1:00 Documentary Movie MR 2:00 Bunco* CC *Weekend Puzzle near Mailboxes | |
| 29 9:30 Episcopal Communion PD 10:00 Catholic Liturgy MR 1:00 GJ Sentinel Reading MR 2:00 Classic Movie MR 2:00 Nondenominational Worship Service GR By: Bookcliff Baptist Church 6:00 Classic Movie MR | 30 9:15 Balance For Life WR 9:30 Shop City Market FD 11:00 Functionally Fit WR 2:00 Bingo GR 3:30 Afternoon Chit Chat* CC 6:00 Bunco* CC | <p style="text-align: center;">Please Note: All activities are subject to change!</p> | | <p style="text-align: center;">Activities marked with a * are run by residents</p> | | <div style="border: 2px solid blue; padding: 5px;"> <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 at least 24 hours in advanced 4th Friday of the Month Shuttle begins at 12:45pm</p> </div> | <p style="text-align: center;">Palisade Cleaners Pickup & Delivery Monday & Thursday</p>  <p style="text-align: center;">Alpine Bank 1st & 3rd Wed. 9:30 - 10:00am</p> |

Save the date !

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.
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 or comedies Sundays at 2:00 & 6:00 pm and Tuesdays at 2:00pm in Movie Room. Documentaries Saturdays at 1:00pm
Music - Live music once a week—check the calendar for specific dates, times and locations
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:

Mesa County Public Library is doing a presentation on Friday September 6th at 2pm in the Garden Room—*"How to Find Your Next Good Read"*. Bring your tablet or laptop (if you have one) and you library card!

We are starting a *new program* with Eureka! Math and Science Center! Two Fridays a month we will be interacting with the kids in their day camp program to do a science based activity. The *second Friday of the month, the 13th* they will come to us and on the *4th Friday of the month, the 27th* we will go to their facility!

Colleen will be here Wednesday, September 18th at 3pm in the first *floor multipurpose room* teaching a painting class. If it is well attended we will have another one next month!

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



Palisade Cleaners
Pickup & Delivery
Monday & Thursday around 10AM

Activities Forum

Wednesday, September 11th at 1:30pm in Commons Café

Resident Council Meeting

Wednesday, September 18th at 1:30pm in the Garden Room
Remember to Wear Your Nametag

AAA Hearing Aid Repair

Monday, September 23rd at 10:00am in the Commons Cafe

New Resident Welcoming!

Friday, September 27th at 2:30pm in the Garden Room

September Outings

Our last trip to see the Grand Junction Rockies is on September 2nd at 6pm. *Please sign up at the front desk!*

Tuesday September 3rd, Picture Show \$6 movie departing at 1:15pm Movie TBD. *Please sign up at the front desk!*

Thursday, September 12th we will have lunch at Namaste. Enjoy some delicious Indian Cuisine. We are departing at 10:45am. *Please sign up at the front desk!*

Thursday September 19th we will be visiting a new local business called Funky Junk. You can make a craft with the items they have in their store for a variety of prices. We will be departing at 1pm. *Please sign up at the front desk!*

Thursday September 26th, we will be taking a scenic drive over the Grand Mesa to take in the fabulous fall foliage. We will have picnic lunch on the mesa so bring a jacket and be prepared for the cooler temperatures at the higher elevation. We will be departing at 10:30am. *Please sign up at the front desk!*

Grand Mesa Medical Supply
L.L.C.

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

THE DAILY
SENTINEL
Listen To A Reading of Grand
Junction's Local News Paper

Sunday - Friday
1:00—2:00pm
IN THE MOVIE ROOM