



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
CC— Main Lobby 1st Floor

MR— Movie Room 2nd Floor
SP— South Patio 1st Floor
WR— Wellness Room 2nd Flr.
CC— Multipurpose Room 1st Floor

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Please Note: All activities are subject to change!</p> 			<p>1 9:00 Balance For Life WR 10:00 Functionally Fit WR</p>	<p>2 9:00 Balance For Life WR 10:00 Morning Stretch WR 10:00 Food Committee GR 4:00 Store Open CC</p>	<p>3 9:00 Balance For Life WR 10:00 Functionally Fit WR 1:00 Color & Chat* CC 1:00 Poker Group* BR 3:00 Knitting & Crochet LB</p>	<p>4 10:00 Balance For Life WR 10:00 Mexican Train* CC 2:00 Bunco* CC</p> <p>*Weekend Puzzle near Mailboxes</p>
	<p>5 1:30 Catholic Mass LB 2:00 Nondenominational Worship Service GR</p>	<p>6 9:00 Balance For Life WR 10:00 Functionally Fit WR 2:00 Bingo GR 3:30 Afternoon Chit-Chat* CC 6:00 Bunco* CC 6:45 Musical Entertainment Outside Carolers</p>	<p>7 9:00 Balance For Life WR 10:00 Morning Stretch WR 2:00 Card Bingo MPR</p>	<p>8 9:00 Balance For Life WR 10:00 Functionally Fit WR 1:30 Culinary Corner CC</p>	<p>9 9:00 Balance For Life WR 9:30 Men's Coffee & Chat* CC 10:00 Morning Stretch WR 4:00 Store Open CC</p>	<p>10 9:00 Balance For Life WR 10:00 Functionally Fit WR 1:00 Color & Chat* CC 1:00 Poker Group* BR 1:30 Shop Walmart FD <i>Sign up at the front desk</i> 3:00 Knitting & Crochet LB 3:00 Musical Entertainment DR <i>"Betty playing Piano"</i></p>
<p>12 10:40 Nondenominational Worship Group GR 2:00 Art & Soul GR</p>	<p>13 9:00 Balance For Life WR 10:00 Functionally Fit WR 2:00 Bingo GR 3:30 Afternoon Chit-Chat* CC 6:00 Bunco* CC</p>	<p>14 9:00 Balance For Life WR 9:45 AAA Hearing CC 10:00 Morning Stretch WR 2:00 Card Bingo MPR</p>	<p>15 9:00 Balance For Life WR 10:00 Functionally Fit WR 1:30 Culinary Corner CC</p>	<p>16 9:00 Balance For Life WR 10:00 Morning Stretch WR 12:00 Musical Entertainment "Pickin' Peggy" 4:00 Store Open CC</p>	<p>17 9:00 Balance For Life WR 10:00 Functionally Fit WR 1:00 Color & Chat* CC 1:00 Poker Group* BR 3:00 Knitting & Crochet LB</p>	<p>18 10:00 Balance For Life WR 10:00 Mexican Train* CC 2:00 Bunco* CC</p> <p>*Weekend Puzzle near Mailboxes</p>
<p>19 1:30 Catholic Mass LB 2:00 Nondenominational Worship Service GR 2:00 Classic Movie MR 6:00 Classic Movie MR</p>	<p>20 9:00 Balance For Life WR 10:00 Functionally Fit WR 2:00 Bingo MPR 3:30 Afternoon Chit-Chat* CC 6:00 Bunco* CC</p>	<p>21 First Day of Winter 9:00 Balance For Life WR 10:00 Morning Stretch WR 1:30 Matinee Movie MR 2:00 Card Bingo MPR 2:30 Seated Dance Class GR 6:00 Musical Entertainment DR <i>"Trombone Trio"</i></p>	<p>22 9:00 Balance For Life WR 10:00 Functionally Fit WR 1:30 Culinary Corner CC 2:00 Bible Study MR 3:00 Cookies & Conversation! MPR 6:00 Classic Movie MR</p>	<p>23 9:00 Balance For Life WR 9:30 Men's Coffee & Chat* CC 10:00 Morning Stretch WR 2:00 Bingo GR 4:00 Store Open CC</p>	<p>24 Christmas Eve 9:00 Balance For Life WR 10:00 Functionally Fit WR 1:00 Color & Chat* CC 1:00 Poker Group* BR 3:00 Knitting & Crochet LB</p>	<p>25 Christmas</p> <p>Activities to Be Announced</p>  <p>*Weekend Puzzle near Mailboxes</p>
<p>26 10:40 Nondenominational Worship Group GR 2:00 Art & Soul GR</p>	<p>27 9:00 Balance For Life WR 10:00 Functionally Fit WR 2:00 Bingo GR 3:30 Afternoon Chit-Chat* CC 6:00 Bunco* CC</p>	<p>28 9:00 Balance For Life WR 10:00 Morning Stretch WR 2:00 Card Bingo MPR</p>	<p>29 9:00 Balance For Life WR 10:00 Functionally Fit WR 1:30 Culinary Corner CC</p>	<p>30 9:00 Balance For Life WR 10:00 Morning Stretch WR 4:00 Store Open CC</p>	<p>31 New Year's Eve 9:00 Balance For Life WR 10:00 Functionally Fit WR 1:00 Poker Group* BR 4:30 New Years Eve Party DR</p>	<p>Activities marked with an * are run by residents</p>

Friendly Reminders

Bingo - Mondays at 2:00pm in the Garden Room.

Culinary Corner - On the second, fourth, & fifth Wednesday at 1:30pm in the Commons Café. Come and make a tasty recipe. Donate a recipe that you miss making!

Trade in your Chips! - Every Thursday from 4:00pm - 4:30pm in the Commons Café. Bring your chips and punch cards and trade them in for goodies!

Please Note: Because of the unprecedented times that we are currently living in, these events may be cancelled at any time. Thank you for understanding.

Changes To Your Routine:

NEW Men's Coffee & Chat will happen every other *Thursday* at 9:30am in the Commons Café. Join us on **October 7th & 21st**.

Art & Soul class with River will be moved to every other *Sunday* at 2:00pm in the Garden Room.

Seated Dance Class will be on the **Tuesday December 21st** at 2:30pm in the Garden Room. Everyone is welcome to join!

Book Club Discussion will resume in January.

Grand Mesa Medical can come to the lobby to pick up items to be repaired. ***Please call them to schedule an appointment.***

We will have musical entertainment on Tuesday December 21st in the dining Room during dinner service at 6:00pm. We will have a Trombone Trio in playing some holiday music.

Join us for **Pickin' Peggy** in the Dining Room on **Thursday December 16th** at **12:00pm!** Peggy is a crowd favorite and we are glad to have her back in the building to play some music for us!

Save The Date!

Resident Council Meeting

Will resume next month.

AAA Hearing Air Repair

Commons Café on **Tuesday December 14th** at 9:45am.

Food Committee

Thursday December 2nd at 10:00am in the Garden Room

Upcoming Events!

Please Note: Because of the unprecedented times that we are currently living in, these events may be cancelled at any time. Thank you for understanding.

Valley Bible Church will be walking around the *outside of the building* caroling on **Monday December 6th** around 6:45pm. *Open your window to hear them!*

Join us on **New Years Eve** during *dinner service* to ring in the new year! We will have count down with a ball drop and a champagne toast!

Walmart Shopping, Friday November 12th. Be in the lobby at 1:30pm.

There will not be City Market Shopping this month. Please plan on going next month. We apologize for any inconvenience. Please see the front desk to fill out a personal shopping list for items that you need sooner.

Space is limited. Please sign up at the front desk.

In order to participate in these outings, it is required that a face covering is worn the entire time.