

OCTOBER 2024

GR—Garden Room 1st Floor FD—Front Door 1st Floor ML—Main Lobby 1st Floor CC—Commons Café 1st Floor MR—Movie Room 2nd Floor LB—Library 2nd Floor DR—Dining Room 1st Floor SP—South Patio 1st Floor WR—Wellness Room 2nd Floor
PR—Piano Room 1st Floor
BR— Billiards Room 3rd Floor
PDR—Private Dining Room 1st Floor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PURPLE—Outings front desk! BLUE – Entertainn GREEN - New/ RE RED - Important ac calendar!	TURNING Activity	9:00 Balance For Life WR 10:00 Bridge* BR 10:00 Corn Hole SP 10:30 Music Thru the Ages PDR 1:00 DOCUMENTARY GR The American Scream 1:00 Poker Group* BR 2:00 Pay-to-Play Card Bingo CC	9:00 Balance For Life WR 9:00 Errand Shuttle FD 9:30 Beginner Bridge* LB 10:00 Mindfulness Group MR 10:30 Sing-A-Long GR 11:00 Functionally Fit WR 1:30 Bible Study MR 2:00 Bet-Free Card Bingo CC 4:00 C-Mart Store Open CC	9:00 Balance For Life WR 9:30 Beginner Bridge* LB 10:00 Food Committee CC 10:00 Corn Hole SP 10:30 Color & Chat* CC 1:00 Color Drive FD 2:00 Bingo GR 6:30 Pool Game * BR	9:00 Balance For Life WR 9:30 Beginner Bridge* LB 10:00 Open Games* CC 10:00 Elder Law Series MR 11:00 Functionally Fit WR 1:00 Poker Group* BR 1:30 Culinary Corner CC 2:00 Matinee Movie MR 4:00 C-Mart Store Open CC	9:00 Walk 2 End Alzheimer's FD 10:00 Balance For Life WR 10:30 Mexican Train Dominos BR 1:00 Free-to-Play BINGO GR 2:00 Matinee Movie MR 2:30 Open Games* CC *Weekend Puzzle near Mailboxes
9:30 Catholic Liturgy LB 10:00 Sunday Creations CC 2:00 Nondenominational Worship Group GR 3:00 Games* BR	9:00 Balance For Life WR 10:00 Getting Crafty CC 10:00 Bridge* BR 11:00 Functionally Fit WR 2:00 Bingo GR	9:00 Balance For Life WR 9:30 AAA Hearing CC 10:00 Crafts with Gail CC 10:00 Bridge* BR 10:00 Corn Hole SP 10:30 Music Thru the Ages PDR 1:00 Poker Group* BR 2:00 Pay-to-Play Card Bingo CC	9:00 Balance For Life WR 9:30 Beginner Bridge* LB 10:30 Sing-A-Long GR 11:00 Functionally Fit WR 1:30 Bible Study MR 1:30 Michaels/Hobby Lobby FD 2:00 Bet-Free Card Bingo CC 4:00 C-Mart Store Open CC	8:15 Starvin' Arvin's Breakfast FD 9:00 Balance For Life WR 9:30 Beginner Bridge* LB 10:00 Corn Hole SP 10:30 Color & Chat* CC 11:30 Huey Performs DR 12:00 Birthday Luncheon DR 2:00 Bingo GR 6:30 Pool Game * BR	9:00 Balance For Life WR 9:30 Beginner Bridge* LB 10:00 Open Games* CC 10:00 Elder Law Series MR 11:00 Functionally Fit WR 1:00 Poker Group* BR 1:30 Culinary Corner CC 1:30 Walmart Shopping FD 2:00 Matinee Movie MR 4:00 C-Mart Store Open CC	10:00 Balance For Life WR 10:30 Mexican Train Dominos BR 1:00 Free-to-Play BINGO GR 2:00 Matinee Movie MR 2:30 Open Games* CC *Weekend Puzzle near Mailboxes
9:30 Catholic Liturgy LB 10:00 Sunday Creations CC 2:00 Nondenominational Worship Group GR 3:00 Games* BR	9:00 Balance For Life WR 10:00 Getting Crafty CC 10:00 Bridge* BR 11:00 Functionally Fit WR 1:30 Conversation Corner CC Communication with Insurance and Medical Care 2:00 Bingo GR	9:00 Balance For Life WR 10:00 Bridge* BR 10:00 Corn Hole SP 10:30 Music Thru the Ages PDR 1:00 Poker Group* BR 2:00 Pay-to-Play Card Bingo CC	9:00 Balance For Life WR 9:15 Mesa County Library FD 9:30 Beginner Bridge* LB 10:00 Mindfulness Group MR 11:00 Functionally Fit WR 1:30 Resident Council Meeting GR 1:30 Bible Study MR 2:00 Bet-Free Card Bingo CC 4:00 C-Mart Store Open CC	9:00 Balance For Life WR 9:30 Beginner Bridge* LB 10:00 Corn Hole SP 10:30 Color & Chat* CC 11:00 Activities Meeting CC 1:30 Cribbage Game* BR 2:00 Bingo GR 6:30 Pool Game * BR	9:00 Balance For Life WR 9:30 Beginner Bridge* LB 10:00 Open Games CC 11:00 Functionally Fit WR 1:00 Poker Group* BR 1:30 Culinary Corner CC 2:00 Matinee Movie MR 3:00 Book Club Discussion GR 4:00 C-Mart Store Open CC	10:00 Balance For Life WR 10:30 Mexican Train Dominos BR 1:00 Free-to-Play BINGO GR 2:00 Matinee Movie MR 2:30 Open Games* CC *Weekend Puzzle near Mailboxes
9:30 Catholic Liturgy LB 10:00 Sunday Creations CC 2:00 Nondenominational Worship Group GR 3:00 Games* BR	9:00 Balance For Life WR 10:00 Getting Crafty CC 10:00 Bridge* BR 11:00 Functionally Fit WR 2:00 Bingo GR	9:00 Balance For Life WR 10:00 Bridge* BR 10:00 Corn Hole SP 10:30 Music Thru the Ages PDR 1:00 Poker Group* BR 2:00 Pay-to-Play Card Bingo CC	9:00 Balance For Life WR 9:30 Beginner Bridge* LB 11:00 Functionally Fit WR 1:00 Free-to-Play BINGO GR 1:00 ARC Shopping FD 1:30 Bible Study MR 4:00 C-Mart Store Open CC	9:00 Balance For Life WR 9:30 Beginner Bridge* LB 10:00 Corn Hole SP 10:30 Color & Chat* CC 10:30 Olive Garden Lunch FD 2:00 Bingo GR 6:30 Pool Game * BR	9:00 Balance For Life WR 9:30 Beginner Bridge* LB 10:00 Open Games* CC 11:00 Functionally Fit WR 1:00 Poker Group* BR 1:30 Culinary Corner CC 1:30 City Market Shopping FD 2:00 Matinee Movie MR 4:00 C-Mart Store Open CC	10:00 Balance For Life WR 10:30 Mexican Train Dominos BR 1:00 Free-to-Play BINGO GR 2:00 Matinee Movie MR 2:30 Open Games* CC *Weekend Puzzle near Mailboxes
9:30 Catholic Liturgy LB 10:00 Sunday Creations CC 2:00 Nondenominational Worship Group GR 3:00 Girl Scout Trunk or Trea South Patio & Dining Room	9:00 Balance For Life WR 10:00 Getting Crafty CC 10:00 Bridge* BR 11:00 Functionally Fit WR 2:00 Bingo GR	9:00 Balance For Life WR 10:00 Bridge* BR 10:00 Corn Hole SP 10:30 Music Thru the Ages PDR 1:00 Poker Group* BR 2:00 Pay-to-Play Card Bingo CC	9:00 Balance For Life WR 9:30 Beginner Bridge* LB 10:00 Mindfulness Group MR 11:00 Functionally Fit WR 1:30 Bible Study MR 1:30 Errand Shuttle FD 3:00 Cocktail Party DR	Happy Halloween! 31 8:15 Spoons Breakfast FD 9:00 Balance For Life WR 9:30 Beginner Bridge* LB 10:00 Corn Hole SP 10:30 Color & Chat* CC 2:00 Bingo GR 4:30 Trick or Treat Street—Lobby 6:30 Pool Game * BR	 Elder Law Series Fridays at 10:00AM Grandparent Visitation Renter's Rights: Housing Law Update 	Activities indicated with an asterisk* are resident led. Staff will prepare supplies for these activities, but will not be staying for it's dura-

Friendly Reminders

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

*Play a quarter per Bingo card OR play for candy

<u>Free-to-Play BINGO</u> - Saturdays and <u>Wednesday 10/23</u> this month at 1:00pm in the Garden Room. No quarters needed—win some snacks!

Culinary Corner - Every Friday at 1:30pm in the Commons Café. Come and make a tasty recipe. Donate a recipe that you miss making!

Bible Study- Join Mr. Branaman in the **Movie Room** on Wednesdays at 1:30pm for bible study.

Movie Matinee - Friday & Saturday afternoon at 2:00pm, join us in the Movie Room for a different movie each week!

Trade in your Chips! - Every *Wednesday and Friday* (not the last Wednesday of the month) from 4:00pm - 4:30pm in the Commons Café. Bring your chips and punch cards and trade them in for goodies!

Errand Shuttle - 10/2 at **9AM**—10/30 at **1:30PM**. Sign up at the Front Desk to get onto the list—**A \$10 fee will be added to your monthly bill per shuttle use.**

Changes To Your Routine:

Book Club Discussion—Friday, October 18th at 3:00PM.

In the Garden Room

Cocktail Party—Wednesday, October 30th at 3:00PM. *In the Dining Room*

Girl Scouts Trunk or Treat—Sunday, October 27th—3PM-5PM. South Patio & Dining Room

Trick or Treat Street—Thursday, October 31st—4:30PM-6PM.

1st Floor Lobby & Dining Room

Please watch for flyers in elevators and bulletin boards for special events!

Save The Date!

Food Committee

Thursday, October at 10:00AM in the Commons Café.

Activities Meeting

Thursday, October 17th at 11:00AM in the Commons Café.

Mindfulness Group

Wednesdays, October 2nd, 16th, & 30th at 10:00AM in the Movie Room. A space designed for you to learn about mindfulness & discover ways to integrate it into your life.

Resident Council Meeting

Wednesday, October 16th at 1:30PM in the Garden Room Wear your name tag to earn an activity chip!

Upcoming Outings!

Errand Shuttle—Wednesday, October 2nd. Be in the lobby at 9AM.

Color Drive—Thursday, October 3rd. Be in the lobby at 1PM.

Walk 2 End Alzheimer's—Saturday, October 5th. Be in the lobby at 9AM.

Michaels/Hobby Lobby—Wednesday, October 9th. Be in the lobby at 1:30PM.

Starvin' Arvin's Breakfast—Thursday, October 10th. Be in the lobby at 8:15AM.

Walmart Shopping—Friday, October 11th. Be in the lobby at 1:30PM.

Mesa County Library—Wednesday, October 16th. Be in the lobby at 9:15AM.

ARC Shopping—Wednesday, October 23rd. Be in the lobby at 9:15AM.

Olive Garden Lunch—Thursday, October 24th. Be in the lobby at 10:30AM.

City Market Shopping—Friday, October 25th. Be in the lobby at 1:30PM.

Errand Shuttle—Wednesday, October 30th. Be in the lobby at 1:30PM

Spoons Breakfast—Thursday, October 31st. Be in the lobby at 8:15AM.

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