

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Room Location Codes

- B - Bistro
- LG - Lounge
- P - Parlor
- LB - Library
- T - Theater

<p>9:15 Full Body Fitness (LG) 6</p> <p>10:00 Non-Denominational Bible Study (LG)</p> <p>11:00 Believe It or Not It's in the News: The Odd and the Strange (LB)</p> <p>1:30 Refresh with Gentle Stretching & Breathing (LB)</p> <p>2:00 ApplewoodU: The Geology of America's National Parks (T)</p> <p>3:00 Jeopardy! (T)</p> <p>6:00 At the Movies: The Mighty Ducks (T)</p>	<p>9:15 Full Body Fitness (LG) 7</p> <p>10:00 Non-Denominational Bible Study (LG)</p> <p>11:00 Believe It or Not It's in the News: The Odd and the Strange (LB)</p> <p>1:30 Refresh with Gentle Stretching & Breathing (LB)</p> <p>2:00 ApplewoodU: The Geology of America's National Parks (T)</p> <p>3:00 Jeopardy! (T)</p> <p>6:00 At the Movies: The Mighty Ducks (T)</p>	<p>9:15 Classic Cardio Workout (Lounge) 1</p> <p>10:00 Guided Meditation; T (T)</p> <p>10:00 Massage & Paraffin Dips for Relaxation (LB)</p> <p>10:30 Ladies Sewing Circle and Chat (LG)</p> <p>11:00 Bunko in the Bistro (B)</p> <p>1:30 Low Impact Aerobics (LB)</p> <p>2:00 Linked Senior: Jesse Owens and Jackie Robinson (T)</p> <p>3:00 Happy Hour (B)</p> <p>3:30 Discussion Tables (B)</p> <p>6:00 Concert Series: Rekha Ohal; LB (LB)</p>	<p>Outing to Lakewood Heritage Center (OUT) 2</p> <p>9:15 Working Out With Weights (LG)</p> <p>10:00 Refresh with Meditation (T)</p> <p>10:30 Fall Prevention (T)</p> <p>11:30 Linked Senior Trivia: The World Series (T)</p> <p>1:30 Tai Chi & Meditation (WS)</p> <p>2:30 Book Club (LB)</p> <p>3:30 ApplewoodU (T)</p> <p>6:00 Two Card Family Bingo (LG)</p>	<p>3</p> <p>9:15 Classic Cardio Workout (LG)</p> <p>10:00 Pranayama Meditation (T)</p> <p>10:45 Food for Thought Meeting (LB)</p> <p>1:30 Chair Zumba (LB)</p> <p>2:00 Rummikub (B)</p> <p>3:00 Active Minds Lecture Series: Zimbabwe (LG)</p> <p>6:00 Sports Classics: Brian's Song (T)</p>	<p>4</p> <p>Classic Car Show at Applewood Place</p> <p>9:00 AM Shopping</p> <p>9:30 Resistance Training (LG)</p> <p>10:00 DuoLingo Spanish Practice (T)</p> <p>10:30 Two Card Family Bingo (LG)</p> <p>1:00 Scenic Drive (OUT)</p> <p>1:15 Route 66 Walking Club (L)</p> <p>2:00 Brain Builders: Giant Crossword (LB)</p> <p>3:00 Oktoberfest Happy Hour (B)</p> <p>6:00 At the Movies: Secretariat (T)</p>	<p>5</p> <p>9:30 Exercise Essentials (LG)</p> <p>10:00 Mindfulness-Based Stress Reduction (T)</p> <p>10:30 Art Workshop: Papier-mâché Masks (LG)</p> <p>1:30 Chair Zumba (LB)</p> <p>2:15 Linked Senior: the Colors of Fall in New England (T)</p> <p>3:00 Ice Cream Sundae Bar (B)</p> <p>3:30 What's in a Word? (B)</p> <p>6:00 Colorado Connection: My Side of the Mountain-The Jill Kidmont Story (T)</p>
<p>13</p> <p>Denver School of the Arts Orchestra (OUT)</p> <p>9:15 Non-Denominational Services (LB)</p> <p>10:30 Science Sunday (B)</p> <p>1:00 Exercise Essentials (LB)</p> <p>1:30 Wii Fitness Challenge (T)</p> <p>2:15 Sunday Bingo (LG)</p> <p>3:15 Centerpiece Creations (B)</p> <p>6:00 The Pride of the Yankees (T)</p>	<p>14</p> <p>9:15 Full Body Fitness (LG)</p> <p>10:00 Non-Denominational Bible Study (LG)</p> <p>11:00 Local and Regional News Update (LB)</p> <p>1:30 Refresh with Gentle Stretching & Breathing (LB)</p> <p>2:00 ApplewoodU: Geology of America's National Parks</p> <p>3:00 Jeopardy! (T)</p> <p>6:00 At the Movies: Angels in the Outfield (T)</p>	<p>15</p> <p>9:15 Aerobic Exercise (Lounge)</p> <p>10:00 Guided Meditation: (T)</p> <p>10:15 Ladies Sewing Circle and Chat (LG)</p> <p>10:30 Bunko in the Bistro (B)</p> <p>1:30 Classic Cardio Workout (LB)</p> <p>2:00 Linked Senior: The Great Jack Dempsey (T)</p> <p>3:00 Happy Hour (B)</p> <p>3:30 Discussion Tables (B)</p> <p>6:00 Community Lecture Series: Haunted Colorado (LG)</p>	<p>16</p> <p>Gems and Minerals at Denver Museum of Nature and Science (OUT)</p> <p>9:15 Working Out With Weights (LG)</p> <p>10:00 Theralink Day (Lounge)</p> <p>10:30 Theralink Educational Program: Staving off Depression in the Darkening Days of Autumn (T)</p> <p>1:30 Tai Chi & Meditation (WS)</p> <p>2:30 Book Club (LB)</p> <p>3:00 Art Workshop: Cubism 101 (B)</p> <p>6:00 Two Card Family Bingo (LG)</p>	<p>17</p> <p>9:15 Classic Cardio Workout (LG)</p> <p>10:45 Resident Town Hall Council (LB)</p> <p>1:30 Chair Zumba (LB)</p> <p>2:00 Scrabble Challenge (B)</p> <p>3:00 Book Club (LB)</p> <p>6:00 Bring It On! Broncos vs Chiefs (T)</p>	<p>18</p> <p>9:30 Exercise Essentials (LG)</p> <p>10:00 Meditation for Life (T)</p> <p>10:30 Art Workshop: Logo Design (LG)</p> <p>1:30 Chair Zumba (LB)</p> <p>2:00 Singing with Selena (LB)</p> <p>2:45 Ice Cream Sundae Bar (B)</p> <p>3:30 What's in a Word? (B)</p> <p>6:00 Theatre Experience: Hocus Pocus (T)</p>	<p>19</p> <p>9:30 Exercise Essentials (LG)</p> <p>10:00 Mindfulness-Based Stress Reduction (T)</p> <p>10:30 Art Workshop: Outdoor Impressionist Sketches (LG)</p> <p>12:30 Chair Zumba (LB)</p> <p>1:30 Oldies Singalong (LB)</p> <p>2:45 Ice Cream Sundae Bar (B)</p> <p>3:00 What's in a Word? (B)</p> <p>3:00 Grandparents Club Family Celebration (LB)</p> <p>6:00 Theatre Experience: Rudy (T)</p>
<p>20</p> <p>9:15 Non-Denominational Church Service (LB)</p> <p>10:30 Rummikub Sunday (B)</p> <p>1:00 Exercise Essentials (LB)</p> <p>1:30 Wii Challenge (T)</p> <p>2:15 Sunday Bingo (LG)</p> <p>3:15 Centerpiece Creations (B)</p> <p>6:00 Bend it Like Beckham (T)</p>	<p>21</p> <p>9:15 Full Body Fitness (LG)</p> <p>10:00 Non-Denominational Bible Study (LG)</p> <p>11:00 Topical News (LB)</p> <p>1:30 Refresh with Gentle Stretching & Breathing (LB)</p> <p>2:00 9 Winter Olympians from Colorado (T)</p> <p>3:00 Jeopardy! (T)</p> <p>6:00 At the Movies: Babe (T)</p>	<p>22</p> <p>9:15 Aerobic Workout (LG)</p> <p>10:00 Guided Meditation: (T)</p> <p>10:15 Ladies Sewing Circle and Chat (LG)</p> <p>10:30 Bunko in the Bistro (B)</p> <p>1:30 Classic Cardio Workout (LB)</p> <p>2:00 Spooky Spiders: A Hands on Science Lecture</p> <p>3:00 Happy Hour (B)</p> <p>3:30 Discussion Tables (B)</p> <p>6:00 Concert Series: Joe Diamo (LB)</p>	<p>23</p> <p>Ladies' Lunch (OUT)</p> <p>9:15 Working Out With Weights (LG)</p> <p>10:00 Refresh through Meditation (T)</p> <p>10:30 Bronco History (LG)</p> <p>1:30 Tai Chi & Meditation (WS)</p> <p>2:30 Board Games (B)</p> <p>2:30 Book Club (LB)</p> <p>3:30 Linked Senior: The Great Babe Ruth (T)</p> <p>6:00 Two Card Family Bingo (LG)</p>	<p>24</p> <p>9:15 Classic Cardio Workout (LG)</p> <p>10:00 DuoLingo: Spanish Practice (T)</p> <p>10:45 TEDTalk and Discussion: How Augmented Reality Will Change Sports (T)</p> <p>1:30 Chair Zumba (LB)</p> <p>2:00 ApplewoodU: Mayan Myths</p> <p>3:00 Book Club (LB)</p> <p>3:00 Brain Builders: Advanced Jeopardy (T)</p> <p>6:00 Theatre Experience: Bad News Bears (T)</p>	<p>25</p> <p>9:00 AM Shopping</p> <p>9:30 Resistance Training (LG)</p> <p>10:30 Two Card Family Bingo (LG)</p> <p>1:00 Scenic Drive (OUT)</p> <p>1:15 Route 66 Walking Club (L)</p> <p>2:00 Brain Builders: Giant Crossword (LB)</p> <p>3:00 Musical Happy Hour with JR Austin (B)</p> <p>6:00 Classic Movie Night: Rocky (T)</p>	<p>26</p> <p>9:30 Exercise Essentials (LG)</p> <p>10:00 Meditation for Life (T)</p> <p>10:30 Art Workshop: Logo Design (LG)</p> <p>1:30 Chair Zumba (LB)</p> <p>2:00 Singing with Selena (LB)</p> <p>2:45 Ice Cream Sundae Bar (B)</p> <p>3:30 What's in a Word? (B)</p> <p>6:00 Theatre Experience: Hocus Pocus (T)</p>
<p>27</p> <p>9:15 Non-Denominational Church Service (LB)</p> <p>10:30 Stories and Reminiscing (B)</p> <p>1:00 Exercise Essentials (LB)</p> <p>1:30 Wii Sports Tournament (T)</p> <p>2:15 Sunday Bingo (LG)</p> <p>3:15 Centerpiece Creations (B)</p> <p>6:00 The Sixth Sense (T)</p>	<p>28</p> <p>9:15 Aerobic Monday Moves (LG)</p> <p>10:00 Non-Denominational Bible Study (LG)</p> <p>11:00 News of New Discoveries (LB)</p> <p>1:30 Refresh with Gentle Stretching & Breathing (LB)</p> <p>2:00 ApplewoodU: The Geology of America's National Parks</p> <p>3:00 Jeopardy! (T)</p> <p>6:00 Arsenic and Old Lace (T)</p>	<p>29</p> <p>9:15 Full Body Fitness (Lounge)</p> <p>10:00 Guided Meditation: T (T)</p> <p>10:15 Ladies Sewing Circle and Chat (LG)</p> <p>10:30 Bunko in the Bistro (B)</p> <p>1:30 Classic Cardio Workout (LB)</p> <p>2:00 Lecture Series: Curious Dragonfly</p> <p>3:00 Happy Hour (B)</p> <p>3:30 Discussion Tables (B)</p> <p>6:00 Concert Series: The Hot Spell Duo (LB)</p>	<p>30</p> <p>Outing to Blackhawk Casino (OUT)</p> <p>9:15 Working Out With Weights (LG)</p> <p>10:00 History of Halloween (T)</p> <p>10:30 Rummikub (B)</p> <p>1:30 Tai Chi & Meditation (WS)</p> <p>2:30 Linked Senior Shuffle Scuffle: Sports (T)</p> <p>2:30 Book Club (LB)</p> <p>3:30 Memories of Halloween Past (LG)</p> <p>6:00 Two Card Family Bingo (LG)</p>	<p>31</p> <p>9:15 Classic Cardio Workout (LG)</p> <p>10:00 Risk Challenge (B)</p> <p>10:30 Red Hat Meeting and Luncheon (LB)</p> <p>1:30 Chair Zumba (LB)</p> <p>2:30 The Headless Horseman (T)</p> <p>3:00 Trick or Treat Street (B)</p> <p>6:00 Something Wicked This Way Comes (T)</p>	<p>Quote of the Month</p> <p>Sports teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose - it teaches you about life.</p> <p>- Billie Jean King</p>	