

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Chapel & Communion (C) <sup>1</sup>	7:00 LABOR DAY <sup>2</sup> 10:15 Blood Pressure Check (HH)   Until 11:30am	7:00 John Matthew - Country Solo Artist (HH) <sup>3</sup>	10:45 Verdes Cannabis on Coors <sup>4</sup>	11:00 Bible Study (C) <sup>5</sup> 1:00 Catholic Communion (C) 3:00 Second Time Around Donation Day-Apt. 4103 3-4pm 7:00 Movie (PR)	10:45 Smith's <sup>6</sup> 4:00 Happy Hour   Snacks by Residents (HH)	2:00 Movie (PR) <sup>7</sup>
11:00 Chapel & Communion (C) <sup>8</sup>	10:15 Blood Pressure Check (HH)   Until 11:30am <sup>9</sup> 10:45 Albertson's 2:00 Second Time Around Sale!-Apt. 4103 2-3pm	3:00 OASIS-Meditation: A Transforming Practice in a Turbulent Time (HH) <sup>10</sup>	9:00 La Fonda Art & History Tour/Lunch at Plaza Cafe <sup>11</sup>	11:00 Bible Study (C) <sup>12</sup> 1:00 Catholic Communion (C) 7:00 Movie (PR)	10:45 Smith's <sup>13</sup> 11:30 Oktoberfest w/Die Polka Schlingel (HH) 1:30 Residents' Association Meeting (HH) 4:00 Happy Hour   Snacks by Residents 	2:00 Classical Pianist, Charles McDaniel (HH) <sup>14</sup> 2:00 Movie (PR)
11:00 Chapel & Communion (C) <sup>15</sup>	10:15 Blood Pressure Check (HH)   Until 11:30am <sup>16</sup> 10:45 Albertson's	2:00 End of Life Options w/ Phyllis Bergman & Jan Wilson (HH) <sup>17</sup> 7:00 Robert Lah & Chamber Jazz (HH)	10:00 Resident & Employee Craft Fair (HH) <sup>18</sup> 1:30 Book Club (PR) 2:00 Second Time Around Sale!-Apt. 4103 2-3pm	11:00 Bible Study (C) <sup>19</sup> 1:00 Catholic Communion (C) 2:30 NiRR Chorus w/Walter High (Homemade Cookies) (HH) 7:00 Movie (PR)	10:45 Trader Joe's <sup>20</sup> 4:00 Happy Hour   Snacks by Residents (HH)	2:00 Movie (PR) <sup>21</sup>
11:00 Chapel & Communion (C) <sup>22</sup>	10:15 Blood Pressure Check (HH)   Until 11:30am <sup>23</sup> 10:45 Albertson's	5:00 Enjoy an evening out at Indigo Crow <sup>24</sup>	9:30 Picnic at Fenton Lake State Park Jemez <sup>25</sup>	11:00 Bible Study (C) <sup>26</sup> 1:00 Catholic Communion (C) 2:00 Cooking Demo w/ Chef, Bruce Jones (HH) 2:00 Loma Colorado Library: Librarian Visit (L) 7:00 Movie (PR)	10:45 Smith's <sup>27</sup> 1:00 Hearing Aid Cleaning & Checking w/Michael MacDonald (HH) 4:00 Happy Hour   Snacks by NiRRs (HH)	2:00 Movie (PR) <sup>28</sup>
11:00 Chapel & Communion (C) <sup>29</sup>	10:15 Blood Pressure Check (HH)   Until 11:30am <sup>30</sup> 10:45 Albertson's	<i>September 2024</i>				LOCATION LEGEND Chapel = C Haverland Hall = HH Powell Room = PR Ponderosa Patio = PP Lobby = L

**REVISED**

# RESIDENT LED ACTIVITIES

Monday	10:30am	Stitchers Club	PR
Monday	1:00pm	Bridge	PR
Tuesday	1:00pm	Dictionary	PR
Tuesday	7:00pm	Board Games	PR
Thursday	1:30pm	Mah Jong	PR
Saturday	10:00-10:30am	Line Dancing	PR
Saturday	7:00pm	Rummikub	PR
Sunday	1:00pm	Cribbage	PR
Thursday	2:30pm	Spanish w/Dede	
	2nd Floor	N. sitting area	

## MOVIES IN POWELL ROOM Thursdays 7pm & Saturdays 2pm

9/5 & 9/7	Shenandoah (NR)	1H 45M
9/12 & 9/14	October Sky (PG)	1H 48M
9/19 & 9/21	Thelma (PG-13)	1H 38M
9/26 & 9/28	The Notebook (PG-13)	2H 3M

1st & 3rd	Wednesday	11:00am	Menu Chat	PR
2nd	Friday	1:30pm	Resident Association	HH
1st & 3rd	Friday	4:00pm	Resident Happy Hour	HH
2nd & 4th	Friday	4:00pm	NiRR Happy Hour	PR
5th	Friday	4:00pm	Resident Happy Hour	PR

# FITNESS CLASS SCHEDULE

MON	TUE	WED	THU	FRI
9:10am-9:55am Water Fitness (Pool)	9:15am - 9:55am Stretch & Strength (Fitness Center)	9:10am-9:55am Water Fitness (Pool)	9:15am - 9:55am Stretch & Strength (Fitness Center)	9:10am-9:55am Water Fitness (Pool)
10:00am - 10:55am Balance! (Fitness Center)	10:10am - 10:40am Chair Pilates (Fitness Center)	10:10am - 10:55am Balance! (Fitness Center)	10:10am - 10:40am Chair Pilates (Fitness Center)	10:010am - 10:55am Balance! (Fitness Center)
11:00am - 11:45am Walking Group (Lobby Meet)	10:50am-11:20am Assisted Balance (Fitness Center)	1100am - 11:45am Walking Group (Lobby Meet)	10:50am-11:20am Assisted Balance (Fitness Center)	11:00am - 11:45am Walking Group (Lobby Meet)
1:30pm - 2:15pm Circuit Class (Fitness Center)		1:30pm - 2:15pm Circuit Class (Fitness Center)		1:30pm - 2:15pm Circuit Class (Fitness Center)

\*Class times/events subject to change.  
Contact Jen at ext. 4145 for any questions or comments.