

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			International Music Day 8:30 am Twist & Bend Seated Dance & Exercise (FC) 8:30 am- 12:00 pm Shopping trip (Any store)**(BUS) 10:00 am Welcome Committee Meeting (LI) 10:00 am 9 Ball in the Bistro (BI) 10:30 am History of Music Documentary (HR) 10:45 am Women's Bible Study (AR) 2:00 pm Activities Meeting (HR) 3:00 pm Hand & Foot card game (MR) 4:00 pm Walking Club (Weather permitting) 1	8:30 am Exercise with Paxxon (FC) 10:00am- noon Craft Corner (AR) 11:00 am Jeopardy (HR) 1:00 pm The Chosen Season 5 (HR) 3:00 pm B-I-N-G-O with Right at Home (DR) 6:15 pm Thursday Night NFL Football (BI/HR) 2	8:30 am Exercise with Paxxon (FC) 10:30 am Venetucci Pumpkin Farm \$\$ (BUS)** 10:30 am Coffee Talk with Chef Melissa (HR) 1:00 pm MOVIE Love, Fall, and Order (2019) (HR) 1:30 pm Go Team Therapy Dogs (LI) 4:00 pm Oktoberfest Party/Happy Hour - With George Sisneros (BI) 3	10:00 am 9 Ball in the Bistro (BI) 1:30 pm Warm Hearts Knitting and Crochet (LI) 2:00 pm Cards/Games *resident led (BI) 2:00 pm Art Class with Amanda (AR) 4
Religious Services Transportation Available 5	8:30 am Exercise with Paxxon (FC) 9:00-10:00 am Hearing Aid Cleaning by HearingLife (HR) 10:00 am Exercise Equipment Tutorial with Paxxon (FC) 1:00 pm MOVIE Rocky (1976) (HR) 2:30-4:30 pm Mah Jongg (AR) 3:00 pm B-I-N-G-O (DR) 4:00 pm Bunco (LI) 6:15 pm Monday Night Football (BI/HR) 6	8:30 am Exercise with Paxxon (FC) 10:00 am Grief Support Group (AR) 10:45 am Colorado Experience- Documentary (HR) 2:00 pm Group Trivia (HR) 3:00 pm October Birthday Party- Everyone Welcome! (BI) 3:30 pm Eyemart Express services (HR) 7:00 pm Movie Night (Resident Choice) (HR) 7	8:30 am- 2:00 pm Healthy Foot Care Clinic ** (HR) 8:30 am- 12:00 pm Shopping trip (Any store)**(BUS) 9:30 am Zumba with Delaney (FC) 10:00 am 9 Ball in the Bistro (BI) 10:45 am Women's Bible Study (AR) 2:00 pm Town Hall Meeting/Foodie Meeting (HR) 3:00 pm Hand & Foot card game (MR) 4:00 pm Walking Club (Weather permitting) 8	8:30 am Exercise with Paxxon (FC) 10:00 am Catholic Communion (AL-T) 10:00 am Learn to play different card games (MR) 11:00 am Jeopardy (HR) 1:00 pm The Chosen Season 5 (HR) 3:00 pm B-I-N-G-O with Flagship Health (DR) 6:15 pm Thursday Night NFL Football (BI/HR) 9	8:30 am Exercise with Paxxon (FC) 1:00 pm MOVIE Only The Brave (2017) (HR) 1:30 pm Colorado Springs Senior Center Trip (BUS)** 4:00 pm Happy Hour Appetizers & Drinks- With Tony Zain (BI) 10	10:00 am 9 Ball in the Bistro (BI) 1:30 pm Warm Hearts Knitting and Crochet (AR) 2:00 pm Cards/Games *resident led (BI) 11
Religious Services Transportation Available 12	8:30 am Exercise with Paxxon (FC) 10:00 am Blood Pressure Clinic- Optimal/Paxxon (HR) 1:00 pm MOVIE No Way Out (1987) (HR) 2:30-4:30 pm Mah Jongg (AR) 3:00 pm B-I-N-G-O (DR) 4:00 pm Bunco (LI) 6:15 pm Monday Night Football (BI/HR) 13	8:30 am Exercise with Paxxon (FC) 10:00 am Grief Support Group (AR) 10:45 am Colorado Experience- Documentary (HR) 2:00 pm Book Club (AR) 2:00 pm Group Trivia (HR) 3:00 pm Social Hour serving pumpkin dessert (BI) 7:00 pm Movie Night (Resident Choice) (HR) 14	8:30 am Twist & Bend Seated Dance & Exercise (FC) 8:30 am- 12:00 pm Shopping trip (Any Store)**(BUS) 10:00 am 9 Ball in the Bistro (BI) 1:30 pm Fall Prevention Talk by Paxxon (HR) 2:30 pm Hand & Foot card game (MR) 4:00 pm Walking Club (Weather permitting) 15	8:30 am Exercise with Paxxon (FC) 10:00am- noon Craft Corner (AR) 11:00 am Jeopardy (HR) 3:00 pm B-I-N-G-O (DR) 6:15 pm Thursday Night NFL Football (BI/HR) 16	8:30 am Exercise with Paxxon (FC) 10:30 am Coffee Talk with Chef Melissa (HR) 1:00 pm MOVIE The Intern (2015) (HR) 1:30 pm Michael Garman Museum/ Old Colorado City \$\$ (BUS)** 4:00 pm Happy Hour Appetizers & Drinks- With Charlie Katz (BI) 17	10:00 am 9 Ball in the Bistro (BI) 1:30 pm Warm Hearts Knitting and Crochet (AR) 2:00 pm Cards/Games *resident led (BI) 18
Religious Services Transportation Available 19	8:30 am Exercise with Paxxon (FC) 10:30 am Kaiser Permanente Medicare Benefits Review (HR) 1:00 pm MOVIE CS Lewis: The Most Reluctant Convert (2022) (HR) 2:30-4:30 pm Mah Jongg (AR) 3:00 pm B-I-N-G-O (DR) 4:00 pm Bunco (LI) 6:15 pm Monday Night Football (BI/HR) 20	8:30 am Exercise with Paxxon (FC) 10:00 am Grief Support Group (AR) 10:30 am PPLD Library Stop (LO) 10:45 am Colorado Experience- Documentary (HR) 2:00 pm Group Trivia (HR) 3:00 pm Social Hour serving apples & caramel dip (BI) 7:00 pm Movie Night (Resident Choice) (HR) 21	8:30 am- 12:00 pm Shopping trip (Any Store)**(BUS) 9:30 am Zumba with Delaney (FC) 10:00 am 9 Ball in the Bistro (BI) 10:45 am Women's Bible Study (AR) 2:00 pm Hand & Foot card game (BI) 3:00 pm Story Creations Dog Show- Spooky Tales (HR) 22	8:30 am Exercise with Paxxon (FC) 10:00 am Catholic Communion (AL-T) 10:00 am Learn to play different card games (MR) 11:00 am Jeopardy (HR) 3:00 pm B-I-N-G-O (DR) 6:15 pm Thursday Night NFL Football (BI/HR) 23	8:30 am Exercise with Paxxon (FC) 10:30 am Coffee Talk with Chef Melissa (HR) 11:00 am Lunch Bunch Fuji Bistro (Asian Cuisine) \$\$ (BUS)** 1:00 pm MOVIE Wicked (2024) (HR) 4:00 pm Happy Hour Appetizers & Drinks-With Lone Wolf (BI) 24	10:00 am 9 Ball in the Bistro (BI) 1:30 pm Warm Hearts Knitting and Crochet (AR) 2:00 pm Cards/Games *resident led (BI) 25
Religious Services Transportation Available 26	8:30 am Exercise with Paxxon (FC) 1:00 pm MOVIE Just Getting Started (2017) (HR) 2:30-4:30 pm Mah Jongg (AR) 3:00 pm B-I-N-G-O (DR) 4:00 pm Bunco (LI) 6:15 pm Monday Night Football (BI/HR) 27	8:30 am Exercise with Paxxon (FC) 10:00 am Grief Support Group (AR) 10:45 am Colorado Experience- Documentary (HR) 2:00 pm Book Club (AR) 2:00 pm Group Trivia (HR) 3:00 pm New Resident Social- Everyone Welcome! Serving Apple/Pumpkin muffins (BI) 7:00 pm Movie Night (Resident Choice) (HR) 28	8:30 am- 12:00 pm Shopping trip (Any Store)**(BUS) 10:00 am 9 Ball in the Bistro (BI) 10:45 am Women's Bible Study (AR) 1:30 pm Talk by Colorado ENT (HR) 3:00 pm Hand & Foot card game (MR) 4:00 pm Walking Club (Weather permitting) 29	8:30 am Exercise with Paxxon (FC) 11:00 am Jeopardy (HR) 2:00 pm Travel to Brazil Documentary (HR) 3:00 pm BIG B-I-N-G-O (DR) 4:00 pm Taste of Brazil Chef Demo (HR) 6:15 pm Thursday Night NFL Football (BI/HR) 30	8:30 am Exercise with Paxxon (FC) 10:00 am Melody Living Fall Decorations Walk (look at decorations on apartment doors) 2:00 pm Halloween Costume Parade (Residents, pets, & Staff) (BI) 4:30-6:30 pm Halloween Event for Children-Trick or Treating, arts & crafts (1st floor)** 31	

STC - All activities subject to change due to weather, etc.

**Must Sign up

\$\$Resident pays for their own

HR: Harmony Room MR: Melody Room LI: Library CY: Courtyard BI: Bistro DR: Main Dining Room AR: Art Room PA: Bistro Patio BUS: Bus LO: Lobby FC: Fitness Center PDR: Private Dining AL-Assisted Living