



JULY

INDEPENDENT LIVING

2024

HILLTOP RESERVE

SUN

MON

TUE

WED

THU

FRI

SAT

	8:45 Walking Club (ML) 1 10:00 Strength and Conditioning(FC) 1:00 CANASTA (GR) 1:00 Balance (FC) 1:00 STORE OPEN 1:30 ACTIVE MINDS Lecture (TH)	9:00 Pancakes with Kelly 10:00 Twist and Bend (FC) 2 11:00 Water Aerobics 11:00 King Soopers Trip (ML) 12:30 Boxing Fitness Class 1:00 STORE OPEN 1:30 Bridge Club (GR) 1:30 Crossword Puzzle (solved as a group) (TH) 6:00 Maj Jong (private) (GR)	10:00 Strength and Conditioning (FC) 3 11:00 Tai Chi (FC) 1:00 Balance (FC) 3:00 General Store is OPEN! 3:00 Bible Study (Christian) 3:00 What's Happening at Hilltop? (TH)	10:00 Strength and Conditioning (FC) 4 1:00 General Store is OPEN 2:30 Water Walking 3:00 Dime Bingo 4:00 BBQ in Courtyard 7:00 MOVIE - TBD (TH)	9:00 Courtyard Walk w Kelly 5 10:00 Strength and Conditioning (courtyard) 11:30 Canasta 1:00 Olympic sign and craft making with Kelly 1:00 General Store is OPEN 1:30 Come and Sing! (BDR)	10:30 Tai Chi (FC) 6 1:00 Maj Jong (private) 1:00 Betsy Schwarm Classical Music Lecture (TH) 7:00 MOVIE - TBD (TH)
9:30 Catholic Communion Service 7 10:30 Sunday Brunch(BDR) 2:00 NEW- Sunday Bridge (GR) 4:30 Hilltop Women Meet! (GR)	8:45 Walking Club (ML) 8 10:00 Strength and Conditioning(FC) 1:00 CANASTA (GR) 1:00 Balance (FC) 1:00 STORE OPEN 1:30 ACTIVE MINDS POETRY EXPLORATIONS (PDR) 6:45 Travels w Chris Wells (TH)	10:00 Twist and Bend (FC) 9 11:00 Water Aerobics 11:00 King Soopers Trip (ML) 12:30 Boxing Fitness Class 1:00 STORE OPEN 2:00 Mountain Man Nuts & Fruit Co.Truck at Hilltop (ML) 5:00 Opening Ceremony Dinner Senior Olympics 6:00 Maj Jong (private) (GR)	9:00 SENIOR OLYMPICS 10 11:00 Tai Chi (FC) 3:00 General Store is OPEN! 3:00 Bible Study (Christian)	10:00 Strength and Conditioning (FC) 11 1:00 Trip to COSTCO (sign up) (ML) 1:00 General Store is OPEN 1:30 Poker 2:30 Water Walking 3:00 Dime Bingo 3:00 Men's Group Meeting 4:00 BBQ in Courtyard 7:00 MOVIE - TBD (TH)	9:00 Courtyard Walk w Kelly 12 10:00 Strength and Conditioning (FC) 11:30 Canasta 12:00 Root Beer Floats with Kelly 1:00 General Store is OPEN 1:30 Come and Sing! (BDR) 2:30 Shabbat Services 4:00 Happy Hour(ML)	10:30 Tai Chi (FC) 13 1:00 Maj Jong (private) 7:00 MOVIE - TBD (TH)
9:30 Catholic Communion Service 14 10:30 Sunday Brunch(BDR) 2:00 NEW- Sunday Bridge (GR)	8:45 Walking Club (ML) 15 10:00 Strength and Conditioning (FC) 1:00 Balance (FC) 1:00 CANASTA (GR) 1:00 STORE OPEN 1:30 ACTIVE MINDS Lecture (TH)	9:30 Blackhawk (Monarch Casino) (ML) 16 10:00 Twist and Bend (FC) 11:00 King Soopers Trip (ML) 11:00 Water Aerobics 12:30 Boxing Fitness Class 1:00 STORE OPEN 1:30 Bridge Club (GR) 6:00 Maj Jong (private) (GR)	10:00 Strength and Conditioning (FC) 17 11:00 Tai Chi (FC) 1:00 Balance (FC) 3:00 General Store is OPEN! 3:00 Bible Study (Christian) 4:00 Dinner Outing- The Fort	10:00 Strength and Conditioning (FC) 18 1:00 Trip to TARGET (sign up) (ML) 1:00 General Store is OPEN 2:30 Water Walking 3:00 Dime Bingo 4:00 BBQ in Courtyard 7:00 MOVIE - TBD (TH)	9:00 Courtyard Walk w Kelly 19 10:00 Strength and Conditioning (FC) 11:30 Canasta 1:00 General Store is OPEN 1:30 Come and Sing! (BDR) 2:30 Shabbat Services 4:00 Happy Hour(ML)	10:30 Tai Chi (FC) 20 1:00 Maj Jong (private) 1:00 Betsy Schwarm Classical Music Lecture (TH) 2:00 Crafts with Suzie 7:00 MOVIE - TBD (TH)
9:30 Catholic Communion Service 21 10:30 Sunday Brunch(BDR) 2:00 NEW- Sunday Bridge (GR) 4:30 Hilltop Women Meet! (GR)	8:45 Walking Club (ML) 22 10:00 Strength and Conditioning (FC) 11:00 Lunch Outing -Postino 1:00 Balance (FC) 1:00 CANASTA (GR) 1:00 STORE OPEN 3:00 BOOKCLUB	10:00 Twist and Bend (FC) 23 11:00 Water Aerobics 11:00 King Soopers Trip (ML) 12:30 Boxing Fitness Class 1:00 STORE OPEN 1:30 Bridge Club (GR) 1:30 MONTH Birthday Party! (ML) 2:30 Creative Hour with Kelly 6:00 Maj Jong (private) (GR)	10:00 Strength and Conditioning (FC) 24 11:00 Tai Chi (FC) 1:00 Balance (FC) 2:00 Outing: North County Town Hall (TH) 3:00 General Store is OPEN! 3:00 Bible Study (Christian) 3:00 What's Happening at Hilltop? (TH)	10:00 Strength and Conditioning (FC) 25 1:00 General Store is OPEN 1:00 Trip to Trader Joes (sign up ML) 1:30 Poker 2:30 Water Walking 3:00 Dime Bingo 4:00 BBQ in Courtyard 7:00 MOVIE - TBD (TH)	9:00 Courtyard Walk w Kelly 26 10:00 Strength and Conditioning (FC) 11:30 Canasta 1:00 General Store is OPEN 1:30 Come and Sing! (BDR) 2:30 Shabbat Services 4:00 Happy Hour (ML)	10:30 Tai Chi (FC) 27 12:00 BUNCO Potluck (GR) 1:00 Maj Jong (private) 5:30 Music Under the Stars 7:00 MOVIE - TBD (TH)
9:30 Catholic Communion Service 28 10:30 Sunday Brunch(BDR) 2:00 NEW- Sunday Bridge (GR)	8:45 Walking Club (ML) 29 9:30 Scenic Drive and lunch in Evergreen 10:00 Strength and Conditioning (FC) 1:00 CANASTA (GR) 1:00 Balance (FC) 3:00 STORE OPEN	10:00 Twist and Bend (FC) 30 11:00 Water Aerobics 11:00 King Soopers Trip (ML) 12:30 Boxing Fitness Class 1:00 STORE OPEN 1:30 Bridge Club (GR) 1:30 Curious Dragonfly Lecture 3:00 Ambassador Meeting 6:00 Maj Jong (private) (GR)	10:00 Strength and Conditioning (FC) 31 10:50 Tour of Wings Over the Rockies 11:00 Tai Chi (FC) 1:00 Balance (FC) 3:00 General Store is OPEN! 3:00 Bible Study (Christian) 3:00 What's Happening at Hilltop? (TH)			

HAPPY BIRTHDAY
Jul 04 Baldy Ranson
Jul 09 Nancy Morgan
Jul 11 Ilene Bergsmann
Jul 16 Daniel Muhonen (89)

Jul 20 Roberta Kabel
Jul 23 Lois Haas & Renee Duman
Jul 24 Carol Shockley-Kadlubak
Jul 28 Jackie Madden

Bold activity = Sign up mandatory

Please sign up w/Kelly for all outings ahead of time.

All outings are subject to inclement weather.

TH = Theater
ML = Main Lobby
3rd FL AR = Activity Room
BDR = Bayuad Dining Room
2nd FL AS = Art Studio