



# OCTOBER 2024



## HILLTOP RESERVE

### INDEPENDENT LIVING

#### SUN

#### MON

#### TUE

#### WED

#### THU

#### FRI

#### SAT

<p><b>HAPPY BIRTHDAY</b></p> <p>Oct 04 Jan Friedland</p> <p>Oct 05 Bridget Baird</p> <p>Oct 08 Shirley Powders</p> <p>Oct 16 Barbara Raizen</p> <p>Oct 20 Georgia Grey</p>	<p>Oct 21 Ann Perry</p> <p>Oct 22 Arlene Moss &amp; Sara Zimmerman</p> <p>Oct 25 Esther Bartholic</p> <p>Oct 28 Ralph Silversmith</p>	<p>9:00 AM Strength and Conditioning with Anya (FC) <b>1</b></p> <p>10:00 AM Twist and Bend (FC)</p> <p>11:00 AM <b>King Soopers Trip (ML)</b></p> <p>11:00 AM Water Aerobics</p> <p>12:30 PM Boxing Fitness Class</p> <p>1:00 PM STORE OPEN</p> <p>1:30 PM Bridge Club (GR)</p> <p>6:00 PM Maj Jong (private)</p> <p>7:00 PM "Movie- The Wedding Planner</p>	<p>10:00 AM Strength and Conditioning (FC) <b>2</b></p> <p>11:00 AM Tai Chi (FC)</p> <p>1:00 PM Balance (FC)</p> <p>3:00 PM Bible Study (Christian)</p> <p>3:00 PM What's Happening at Hilltop?</p> <p>3:30 PM <b>Rosh Hashanah- Apples and Honey (Bistro)</b></p>	<p>9:00 AM Strength and Conditioning with Anya (FC) <b>3</b></p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>10:30 AM NEW: Scrabble (GR)</p> <p>11:00 AM Water Aerobics with Anya (FC)</p> <p>1:00 PM <b>Trip to COSTCO (sign up) (ML)</b></p> <p>3:00 PM Dime Bingo</p> <p>7:00 PM Movie- TBD (TH)</p> <p>7:00 PM <b>Movie in the Courtyard- You've Got Mail</b></p>	<p>9:00 AM Courtyard Walk <b>4</b></p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>1:00 PM General Store is OPEN</p> <p>1:00 PM Balance (FC)</p> <p>1:30 PM Come and Sing! (TH)</p> <p>2:30 PM Shabbat Services (PDR)</p> <p>4:00 PM Happy Hour (ML)</p>	<p><b>5</b></p> <p>10:30 Tai Chi (FC)</p> <p>1:00 Maj Jong (private)</p> <p>1:00 Betsy Schwarm - Classical Music Lecture- Viva Verde! (TH)</p>
<p>9:30 AM Catholic Communion Service <b>6</b></p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>2:00 PM NEW- Sunday Bridge (GR)</p> <p>2:05 PM Broncos v Las Vegas Raiders (TH)</p> <p>4:30 PM Hilltop Women Meet! (GR)</p>	<p>8:45 AM Walking Club (ML) <b>7</b></p> <p>10:00 AM Strength and Conditioning</p> <p>10:30 PM Lunch Outing- Blue Pan Pizza (SIGN UP)</p> <p>11:00 AM Water Aerobics with Anya (FC)</p> <p>1:00 PM CANASTA (GR)</p> <p>1:00 PM Balance (FC)</p> <p>1:30 PM ACTIVE MINDS Lecture (TH)</p> <p>5:30 PM Monday Night Football- BISTRO</p>	<p>9:00 AM Strength and Conditioning with Anya (FC) <b>8</b></p> <p>10:00 AM Twist and Bend (FC)</p> <p>11:00 AM <b>King Soopers Trip (ML)</b></p> <p>11:00 AM Water Aerobics</p> <p>12:30 PM Boxing Fitness Class</p> <p>1:30 PM Bridge Club (GR)</p> <p>2:00 PM Mountain Man Nuts &amp; Fruit Co.Truck at Hilltop (ML)</p> <p>4:00 PM <b>FALL FESTIVAL (Courtyard)</b></p>	<p>10:00 AM Strength and Conditioning (FC) <b>9</b></p> <p>11:00 AM Tai Chi (FC)</p> <p>1:00 PM General Store is OPEN!</p> <p>1:00 PM Balance (FC)</p> <p>3:00 PM Scott Perry- NFL History Lecture (TH)</p> <p><del>3:00 PM Bible Study (Christian)</del></p>	<p>9:00 AM Strength and Conditioning with Anya (FC) <b>10</b></p> <p>9:00 AM <b>Day Trip to Estes Park (SIGN UP)</b></p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>10:30 AM NEW: Scrabble (GR)</p> <p>11:00 AM Water Aerobics with Anya (FC)</p> <p>1:00 PM General Store is OPEN</p> <p>3:00 PM Dime Bingo</p> <p>3:00 PM Men's Group Meeting</p> <p>7:00 PM Movie- White House Down</p>	<p>9:00 AM Courtyard Walk <b>11</b></p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>1:00 PM General Store is OPEN</p> <p>1:00 PM Balance (FC)</p> <p>1:30 PM Come and Sing! (TH)</p> <p>2:30 PM Shabbat Services (PDR)</p> <p>4:00 PM Happy Hour (ML)</p>	<p><b>12</b></p> <p>10:30 AM Tai Chi (FC)</p> <p>1:00 PM Maj Jong (private)</p> <p>5:00 PM <b>Yom Kippor 'Break-the-Fast' - Bistro</b></p> <p>7:00 PM Movie- The Wedding Planner</p>
<p>9:30 AM Catholic Communion Service <b>13</b></p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>2:00 PM NEW- Sunday Bridge (GR)</p> <p>2:05 PM Broncos v Los Angeles Chargers (TH)</p>	<p>8:45 AM Walking Club (ML) <b>14</b></p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>11:00 AM Water Aerobics with Anya (FC)</p> <p>11:00 AM <b>Trip to Nick's Garden Center/ Pumpkin Patch (SIGN UP)</b></p> <p>1:00 PM CANASTA (GR)</p> <p>1:00 PM Balance (FC)</p> <p>3:00 PM Active Minds - POETRY EXPLORATIONS (PDR)</p> <p>5:30 PM Monday Night Football- BISTRO</p> <p>6:45 PM <b>Travels w Chris Wells (TH)</b></p>	<p>9:00 AM Strength and Conditioning with Anya (FC) <b>15</b></p> <p>10:00 AM Twist and Bend (FC)</p> <p>11:00 AM <b>King Soopers Trip (ML)</b></p> <p>11:00 AM Water Aerobics</p> <p>12:30 PM Boxing Fitness Class</p> <p>1:00 PM STORE OPEN</p> <p>1:30 PM Bridge Club (GR)</p> <p>3:00 PM <b>Performance in Lobby- Christopher (ML)</b></p> <p>6:00 PM Maj Jong (private)</p> <p>7:00 PM Movie- Still Alice (TH)</p>	<p>9:30 AM <b>Outing-Pottery Mug Making Class (SIGN UP) \$</b> <b>16</b></p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>11:00 AM Tai Chi (FC)</p> <p>1:00 PM Balance (FC)</p> <p>1:30 PM Trivia (TH)</p> <p>3:00 PM Bible Study (Christian)</p> <p>3:00 PM What's Happening at Hilltop? (TH)</p>	<p>9:00 AM Strength and Conditioning with Anya (FC) <b>17</b></p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>10:30 AM NEW: Scrabble (GR)</p> <p>11:00 AM Water Aerobics with Anya (FC)</p> <p>1:00 PM <b>Pumpkins and Petals Craft- SIGN UP</b></p> <p>3:00 PM Dime Bingo</p> <p>6:15 PM Broncos v New Orleans Saints</p>	<p>9:00 AM Courtyard Walk <b>18</b></p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>1:00 PM General Store is OPEN</p> <p>1:00 PM Balance (FC)</p> <p>1:30 PM Come and Sing! (TH)</p> <p>2:30 PM Shabbat Services (PDR)</p> <p>4:00 PM Happy Hour (ML)</p>	<p><b>19</b></p> <p>10:30 Tai Chi (FC)</p> <p>1:00 Maj Jong (private)</p> <p>1:00 Betsy Schwarm - Classical Music Lecture- Ghosts and Goblins (TH)</p> <p>7:00 My Octopus Teacher</p>
<p>9:30 AM Catholic Communion Service <b>20</b></p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>2:00 PM NEW- Sunday Bridge (GR)</p> <p>4:30 PM Hilltop Women Meet! (GR)</p>	<p>8:45 AM Walking Club (ML) <b>21</b></p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>10:30 AM <b>Olive and Finch- Lunch Outing (Sign Up)</b></p> <p>11:00 AM Water Aerobics with Anya (FC)</p> <p>1:00 PM CANASTA (GR)</p> <p>1:00 PM STORE OPEN</p> <p>1:00 PM Balance (FC)</p> <p>1:30 PM ACTIVE MINDS Lecture (TH)</p> <p>5:30 PM Monday Night Football- BISTRO</p>	<p>9:00 AM Strength and Conditioning with Anya (FC) <b>22</b></p> <p>10:00 AM Twist and Bend (FC)</p> <p>11:00 AM <b>King Soopers Trip (ML)</b></p> <p>11:00 AM Water Aerobics</p> <p>12:30 PM Boxing Fitness Class</p> <p>1:30 PM Bridge Club (GR)</p> <p>3:00 PM <b>Michael Friedman- Jazz Duo</b></p> <p>6:00 PM Maj Jong (private)</p> <p>7:00 PM "Movie- Mr and Mrs Smith</p>	<p>10:00 AM Strength and Conditioning (FC) <b>23</b></p> <p>11:00 AM Tai Chi (FC)</p> <p>1:00 PM General Store is OPEN!</p> <p>1:00 PM Balance (FC)</p> <p>1:30 PM Trivia (TH)</p> <p>2:00 PM Town Hall (TH)</p> <p>3:00 PM Bible Study (Christian)</p> <p>3:00 PM <b>Flower Arranging with Kelly SIGN UP</b></p>	<p>9:00 AM Strength and Conditioning with Anya (FC) <b>24</b></p> <p>9:30 AM <b>Forney Museum of Transportation (SIGN UP) (ML)</b></p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>10:30 AM NEW: Scrabble (GR)</p> <p>11:00 AM Water Aerobics with Anya</p> <p>1:00 PM <b>Trip to TARGET (sign up)</b></p> <p>3:00 PM Dime Bingo</p> <p>7:00 PM Movie-London Has Fallen</p>	<p>9:00 AM Courtyard Walk w Kelly <b>25</b></p> <p>10:00 AM Strength and Conditioning</p> <p>1:00 PM Balance (FC)</p> <p>1:00 PM <b>Apple Cider Floats- Courtyard</b></p> <p>1:30 PM Come and Sing! (TH)</p> <p>2:30 PM Shabbat Services (PDR)</p> <p>4:00 PM Happy Hour (ML)</p>	<p><b>26</b></p> <p>10:30 Tai Chi (FC)</p> <p>1:00 Maj Jong (private)</p> <p>3:00 Crafts with Suzie</p> <p>7:00 Movie- Our Planet II</p>
<p>9:30 AM Catholic Communion Service <b>27</b></p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>2:00 PM NEW- Sunday Bridge (GR)</p> <p>2:25 PM Broncos v Carolina Panthers (TH)</p>	<p>8:45 AM Walking Club (ML) <b>28</b></p> <p>10:00 AM Strength and Conditioning</p> <p>11:00 AM Water Aerobics with Anya</p> <p>1:00 PM CANASTA (GR)</p> <p>1:00 PM Balance (FC)</p> <p>3:00 PM BOOKCLUB</p> <p>4:30 PM <b>Dinner Outing- East Cafe (sign up)</b></p> <p>5:30 PM Monday Night Football- BISTRO</p>	<p>9:00 AM Strength and Conditioning with Anya (FC) <b>29</b></p> <p>10:00 AM Twist and Bend (FC)</p> <p>11:00 AM <b>King Soopers Trip (ML)</b></p> <p>11:00 AM Water Aerobics</p> <p>12:30 PM Boxing Fitness Class</p> <p>1:30 PM Bridge Club (GR)</p> <p>1:30 PM <b>MONTH Birthday Party! (ML)</b></p> <p>3:00 PM Book Club- The Splendid and the Vile</p> <p>6:00 PM Maj Jong (private)</p>	<p>10:00 AM Strength and Conditioning <b>30</b></p> <p>11:00 AM Tai Chi (FC)</p> <p>1:00 PM Balance (FC)</p> <p>1:30 PM Trivia (TH)</p> <p>3:00 PM Bible Study (Christian)</p> <p>3:00 PM What's Happening at Hilltop? (TH)</p> <p>3:30 PM Health Lecture with Anya</p>	<p>9:00 AM Strength and Conditioning with Anya (FC) <b>31</b></p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>10:30 AM NEW: Scrabble (GR)</p> <p>11:00 AM Water Aerobics with Anya</p> <p>3:00 PM Dime Bingo</p> <p>7:00 PM Movie- Murder Mystery (TH)</p>	<p><b>GENERAL STORE</b> <b>2nd Floor</b> <b>Open: Monday-Friday</b> <b>1-3pm</b></p>	<p><b>ML</b> = Main Lobby <b>FC</b> = Fitness Center <b>PDR</b> = Private Dining Room <b>TH</b> = Theater <b>GR</b> = Game Room <b>AK</b> = Activity Kitchen</p>