



SEPTEMBER 2024

INDEPENDENT LIVING

HILLTOP RESERVE
SUN MON

TUE

WED

THU

FRI

SAT

<p>9:30 AM Catholic Communion Service 1</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) 2</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>11:00 AM Water aerobics (FC)</p> <p>1:00 PM CANASTA (GR)</p> <p>1:00 PM Balance (FC)</p> <p>5:30 PM Monday Night Football-BISTRO</p>	<p>9:00 AM Strength and Conditioning with Anya (FC) 3</p> <p>9:00 AM Pancake breakfast</p> <p>10:00 AM Twist and Bend (FC)</p> <p>11:00 AM King Soopers Trip (ML)</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>6:00 PM Maj Jong (private)</p> <p>7:00 PM "History of Jazz"- Ken Burns</p>	<p>10:00 AM Strength and Conditioning 4</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 Bible Study (Christian)</p> <p>3:00 PM What's Happening at Hilltop? (TH)</p> <p>3:30PM Creative Hour w Kelly</p>	<p>9:00 AM Strength and Conditioning with Anya (FC) 5</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>10:30 AM NEW: Scrabble (GR)</p> <p>11:00 AM Water aerobics (FC)</p> <p>1:00 PM General Store is OPEN</p> <p>3:00 PM Dime Bingo</p> <p>7:00 PM Movie- TBD (TH)</p>	<p>9:00 AM Courtyard Walk w Kelly 6</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</p> <p>4:00 PM Happy Hour (ML)</p> <p>5:00 PM Luau</p>	<p>10:30 AM Tai Chi (FC) 7</p> <p>1:00 PM Maj Jong (private)</p> <p>1:00 PM Betsy Schwarm - Classical Music Lecture (TH)</p> <p>7:00 PM Movie- TBD (TH)</p>
<p>9:30 AM Catholic Communion Service 8</p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>2:00 PM NEW- Sunday Bridge (GR)</p> <p>2:05 PM Broncos v Seattle Seahawks (TH)</p> <p>4:30 PM- Lecture with Dr. Kosmicki- Prosac Revolution (TH)</p>	<p>8:45 AM Walking Club (ML) 9</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>11:00 AM Water aerobics (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>3:00 PM Active Minds - POETRY EXPLORATIONS (PDR)</p> <p>5:30 PM Monday Night Football Bistro</p> <p>6:45 PM Travels w Chris Wells (TH)</p>	<p>9:00 AM Strength and Conditioning with Anya (FC) 10</p> <p>10:00 AM Twist and Bend (FC)</p> <p>11:00 AM King Soopers Trip (ML)</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 & Fruit Co.Truck at Hilltop (ML)</p> <p>6:00 PM Maj Jong (private)</p> <p>7:00 PM "History of Jazz"- Ken Burns</p>	<p>9:30AM Clyfford Still Museum 11</p> <p>10:00 AM Strength and Conditioning (FC)</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 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) 12</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>10:30 AM NEW: Scrabble (GR)</p> <p>11:00 AM Water aerobics (FC)</p> <p>1:00 PM Trip to COSTCO (sign up) (ML)</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- TBD (TH)</p>	<p>9:00 AM Courtyard Walk w Kelly 13</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</p> <p>4:00 PM Happy Hour (ML)</p>	<p>10:30 AM Tai Chi (FC) 14</p> <p>1:00 PM Maj Jong (private)</p> <p>7:00 PM Movie- TBD (TH)</p>
<p>9:30 AM Catholic Communion Service 15</p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>2:00 PM NEW- Sunday Bridge (GR)</p> <p>2:25 PM Broncos v Pittsburgh Steelers (TH)</p> <p>4:30 PM Hilltop Women Meet! (GR)</p>	<p>8:45 AM Walking Club (ML) 16</p> <p>9:00 AM Trip to Top Golf (ML)</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>11:00 AM Water aerobics (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</p> <p>5:30 PM Monday Night Football Bistro</p>	<p>9:00 AM Strength and Conditioning 17</p> <p>10:00 AM Twist and Bend (FC)</p> <p>11:00 AM King Soopers Trip (ML)</p> <p>11:00 AM Water Aerobics</p> <p>12:30 PM Boxing Fitness Class</p> <p>1:30 PM MONTH Birthday Party! (ML)</p> <p>1:30 PM Bridge Club (GR)</p> <p>4:00 PM Dinner Outing - Cucina Bella SIGN UP</p> <p>6:00 PM Maj Jong (private)</p> <p>7:00 PM "History of Jazz"- Ken Burns</p>	<p>10:00 AM Strength and Conditioning (FC) 18</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 Bible Study (Christian)</p> <p>3:00 PM What's Happening at Hilltop? (TH)</p> <p>3:00 PM Leonard Barret Performance- Nat King Cole</p>	<p>9:00 AM Strength and Conditioning with Anya (FC) 19</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>10:30 AM NEW: Scrabble (GR)</p> <p>11:00 AM Water aerobics(FC)</p> <p>11:00 AM Picnic in Wash Park! SIGN UP</p> <p>1:00 PM Trip to TARGET (sign up) (ML)</p> <p>1:00 PM General Store is OPEN</p> <p>3:00 PM Dime Bingo</p> <p>7:00 PM Movie- TBD (TH)</p>	<p>9:00 AM Courtyard Walk w Kelly 20</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</p> <p>4:00 PM Happy Hour (ML)</p>	<p>10:30 AM Tai Chi (FC) 21</p> <p>1:00 PM Maj Jong (private)</p> <p>1:00 PM Betsy Schwarm - Classical Music Lecture (TH)</p> <p>7:00 PM Movie- TBD (TH)</p>
<p>9:30 AM Catholic Communion Service 22</p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>11:00 AM Broncos v Tampa Bay Buccaneers (TH)</p> <p>1:00PM- Sing-a-long with Joyce (ML)</p> <p>2:00 PM NEW- Sunday Bridge (GR)</p>	<p>9:30 AM Scenic Drive over Guanella Pass (ML) 23</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>11:00 AM Water aerobics (FC)</p> <p>1:00 PM CANASTA (GR)</p> <p>1:00 PM STORE OPEN</p> <p>1:00 PM Balance (FC)</p> <p>3:00 PM BOOKCLUB</p> <p>5:30 PM Monday Night Football- Bistro</p>	<p>9:00 AM Strength and Conditioning with Anya (FC) 24</p> <p>10:00 AM Twist and Bend (FC)</p> <p>11:00 AM King Soopers Trip (ML)</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 Ambassador Meeting</p> <p>6:00 PM Maj Jong (private)</p> <p>7:00 PM "History of Jazz"- Ken Burns</p>	<p>10:00 AM Strength and Conditioning (FC) 25</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? (TH)</p> <p>3:30 PM Why Movement matters - The Science of Staying Active with Anya (TH)</p>	<p>9:00 AM Strength and Conditioning with Anya (FC) 26</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>11AM Picnic in Wash Park</p> <p>10:30 AM NEW: Scrabble (GR)</p> <p>11:00 AM Water aerobics (FC)</p> <p>3:00 PM Dime Bingo</p> <p>7:00 PM Movie- TBD (TH)</p>	<p>9:00 AM Courtyard Walk w Kelly 27</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</p> <p>4:00 PM Happy Hour (ML)</p>	<p>10:30 AM Tai Chi (FC) 28</p> <p>12:00 PM BUNCO Potluck (GR)</p> <p>1:00 PM Maj Jong (private)</p> <p>7:00 PM Movie- TBD (TH)</p>
<p>9:30 AM Catholic Communion Service 29</p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>11:00 AM Broncos v New York Jets (TH)</p> <p>2:00 PM NEW- Sunday Bridge (GR)</p>	<p>8:45 AM Walking Club (ML) 30</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>11:00 AM Water aerobics (FC)</p> <p>1:00 PM CANASTA (GR)</p> <p>1:00 PM STORE OPEN</p> <p>1:00 PM Balance (FC)</p> <p>3:00 PM- Pumpkin Spice Latte Class (Bistro)</p>			<p>Sep 05 Anne Farrell</p> <p>Sep 15 Francisco Rios</p> <p>Sep 22 Bob Kreis & Susan Valas</p> <p>Sep 24 Judy Gardenswartz</p> <p>Sep 27 Joanne Pogue</p> 	<p>GENERAL STORE 2nd Floor Open: Monday-Friday 1-3pm</p>	<p>ML = Main Lobby FC = Fitness Center PDR = Private Dining Room TH = Theater 3rd FL AR = Activity Room GR = Game Room AK = Activity Kitchen</p>