



# NOVEMBER 2024

INDEPENDENT LIVING

## HILLTOP RESERVE

SUN

MON

TUE

WED

THU

FRI

SAT

<p><b>HAPPY BIRTHDAY</b></p> <p>Nov 04 Moses Hailpern</p> <p>Nov 09 Matt Landry</p>	<p>Nov 13 Jackie Frazin</p> <p>Nov 18 Claudine Miquel</p> <p>Nov 22 Rosie Kark</p>	<p><b>GENERAL STORE</b></p> <p><b>2nd Floor</b></p> <p><b>Open: Monday-Friday</b></p> <p><b>1-3pm</b></p>			<p>9:00 AM Courtyard Walk</p> <p>10:00 AM Strength and Conditioning</p> <p>1:00 PM Balance (FC)</p> <p>1:30 PM Come and Sing! (TH)</p> <p>2:00 PM <b>Cornhole Competition</b> (courtyard) followed with <b>BEER and PIZZA in the Bistro!</b></p> <p>2:30 PM Shabbat Services (3rd AL)</p>	<p>9:30 AM Strength and Conditioning with Anya</p> <p>10:30 AM Tai Chi (FC)</p> <p>1:00 PM Maj Jong (private)</p> <p>1:00 PM Betsy Schwarm - Classical Music Lecture (TH)</p> <p>2:00 PM Balance with Anya</p> <p>7:00 PM Movie- TBD (TH)</p>
<p>9:30 AM Catholic Communion</p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>11:00 AM Broncos v Baltimore Ravens (TH)</p> <p>2:00 PM Sunday Bridge</p> <p>2:00 PM BINGO</p> <p>3:00 PM Resident Social</p> <p>Bistro</p> <p>4:30 PM Hilltop Women Meet!</p> <p>5:30 PM <b>S'mores in Courtyard</b></p>	<p>8:45 AM Walking Club (ML)</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>1:00 PM CANASTA (GR)</p> <p>1:00 PM Balance (FC)</p> <p>1:30 PM ACTIVE MINDS Lecture- Turbulent Waters: Conflict in the South China Sea</p> <p>2:30 PM <b>Painting with Kelly- SIGN UP</b></p>	<p>9:00 AM Strength and Conditioning with Anya (FC)</p> <p>9:00 AM <b>Pumpkin Pancakes</b></p> <p>10:00 AM Twist and Bend (FC)</p> <p>11:00 AM <b>King Soopers Trip</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>7:00 PM Movie</p>	<p>10:00 AM Strength and Conditioning (FC)</p> <p>10:30 AM <b>Trip to Paris Baguette- SIGN UP</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? (TH)</p>	<p>9:00 AM Strength and Conditioning with Anya (FC)</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>10:30 AM NEW: Scrabble (GR)</p> <p>11:00 AM Water Walking with Anya (FC)</p> <p>1:00 PM <b>Trip to COSTCO</b></p> <p>7:00 PM Movie- TBD (TH)</p>	<p>9:00 AM Courtyard Walk</p> <p>10:00 AM Strength and Conditioning</p> <p>1:30 PM Come and Sing! (TH)</p> <p>2:30 PM Shabbat Services (3rd FL AR)</p> <p>4:00 PM Happy Hour (ML)</p>	<p>10:30 AM Tai Chi (FC)</p> <p>1:00 PM Maj Jong (private)</p> <p>7:00 PM Movie- TBD (TH)</p>
<p><b>with Kelly</b></p> <p>9:30 AM Catholic Communion Service</p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>11:00 AM Broncos v Kansas City Chiefs (TH)</p> <p>2:00 PM Sunday Bridge (GR)</p> <p>2:00 PM BINGO</p> <p>3:00 PM Resident Social</p>	<p>8:45 AM Walking Club (ML)</p> <p>9:00 AM <b>Veterans Day Breakfast</b></p> <p>10:00 AM Strength and Conditioning (FC)</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>6:45 PM Travels w Chris Wells</p>	<p>9:00 AM <b>Trip to Park Meadows Mall- SIGN UP</b></p> <p>10:00 AM Twist and Bend (FC)</p> <p>11:00 AM <b>King Soopers Trip</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>7:00 PM Movie</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>2:00 PM <b>Hot Chocolate Bar (Bistro)</b></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)</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>10:30 AM NEW: Scrabble (GR)</p> <p>11:00 AM Water Walking with Anya (FC)</p> <p>3:00 PM Men's Group Meeting</p> <p>6:45 PM <b>Jazz Orchestra- Newman Center SIGN UP</b></p>	<p>9:00 AM Courtyard Walk</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>1:00 PM Balance (FC)</p> <p>1:30 PM Come and Sing! (TH)</p> <p>2:30 PM Shabbat Services (3rd FL AR)</p> <p>4:00 PM Happy Hour (ML)</p>	<p>10:30 AM Tai Chi (FC)</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</p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>2:00 PM Sunday Bridge (GR)</p> <p>2:05 PM Broncos v Atlanta Falcons (TH)</p> <p>2:00 PM BINGO</p> <p>3:00 PM Resident Social Bistro</p> <p>4:30 PM Hilltop Women Meet!</p>	<p>8:45 AM Walking Club (ML)</p> <p>10:00 AM Strength and Conditioning (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>4:30 PM <b>YaYa's Dinner Outing- SIGN UP</b></p>	<p>9:00 AM Strength Class</p> <p>10:00 AM Twist and Bend (FC)</p> <p>11:00 AM <b>King Soopers Trip</b></p> <p>11:00 AM Water Aerobics</p> <p>12:30 PM Boxing Fitness Class</p> <p>1:30 PM Birthday Party! (ML)</p> <p>1:30 PM Bridge Club (GR)</p> <p>3:00 PM <b>Make your own mini apple pie with Kelly- SIGN UP</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>3:00 PM Bible Study (Christian)</p> <p>3:00 PM What's Happening at Hilltop? (TH)</p> <p>4:30 PM <b>Dinner Outing East Cafe- SIGN UP</b></p>	<p>9:00 AM Strength and Conditioning with Anya (FC)</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>10:00 AM <b>Trip to TARGET</b></p> <p>10:30 AM NEW: Scrabble (GR)</p> <p>11:00 AM Water Walking</p> <p>3:00 PM <b>Shooting Turkeys Game! (FC)</b></p>	<p>9:00 AM Courtyard Walk</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>1:00 PM Balance (FC)</p> <p>1:30 PM Come and Sing! (TH)</p> <p>2:30 PM Shabbat Services (3rd FL AR)</p> <p>4:00 PM Happy Hour (ML)</p>	<p>10:00 AM <b>Cinnamon Rolls and Coffee with Kelly</b></p> <p>10:30 AM Tai Chi (FC)</p> <p>12:00 PM BUNCO Potluck (GR)</p> <p>1:00 PM Maj Jong (private)</p> <p>1:00 PM <b>Make your own Holiday Wreath or Swag with Kelly and Suzie! SIGN UP</b></p> <p>7:00 PM Movie- TBD (TH)</p>
<p>9:30 AM Catholic Communion Service</p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>2:00 PM Sunday Bridge (GR)</p> <p>2:05 PM Broncos v Las Vegas Raiders (TH)</p> <p>2:00 PM BINGO</p> <p>3:00 PM Resident Social Bistro</p>	<p>8:45 AM Walking Club (ML)</p> <p>10:00 AM Strength and Conditioning (FC)</p> <p>1:00 PM CANASTA (GR)</p> <p>1:00 PM Balance (FC)</p> <p>3:00 PM BOOKCLUB</p>	<p>9:00 AM Strength and Conditioning with Anya (FC)</p> <p>10:00 AM Twist and Bend (FC)</p> <p>11:00 AM <b>King Soopers Trip</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 Curious Dragonfly</p> <p>7:00 PM Movie</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>2:30 PM <b>Lecture with Anya</b></p> <p>3:00 PM Bible Study (Christian)</p>	<p>9:30 AM Strength and Conditioning with Anya (FC)</p> <p>10:30 AM NEW: Scrabble (GR)</p> <p>11:00 AM <b>Thanksgiving Day Brunch- Make Reservation in CUBIGO</b></p> <p>7:00 PM Movie- TBD (TH)</p>	<p>10:00 AM Strength and Conditioning (FC)</p> <p>1:00 PM Balance (FC)</p> <p>1:30 PM Come and Sing! (TH)</p> <p>2:00 PM <b>Pie and Cider- Bistro</b></p> <p>2:30 PM Shabbat Services (3rd FL AR)</p>	<p>10:30 AM Tai Chi (FC)</p> <p>1:00 PM Maj Jong (private)</p> <p>7:00 PM Movie- TBD (TH)</p>