



JANUARY 2025

INDEPENDENT LIVING

HILLTOP RESERVE

SUN

MON

TUE

WED

THU

FRI

SAT



<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>	<p>HAPPY BIRTHDAY Jan 01 Robert Morgan Jan 02 Ken Gilbreath Jan 05 J.P. Miquel Jan 26 Beverly White Jan 28 Ken Fox Jan 29 Dorothy Lindahl</p>		<p>10:00 AM Strength and Conditioning (FC) 11:00 AM Tai Chi (FC) 1:00 PM Balance (FC) 3:00 PM Bible Study (Christian) 3:00 PM What's Happening at Hilltop? (TH)</p>	<p>9:00 AM Strength 10:00 AM Strength and Conditioning (FC) 10:30 AM NEW: Scrabble (GR) 11:00 AM Water Aerobics 3:00 PM Christopher Conroy Performance (ML) 7:00 PM Movie- TBD (TH)</p>	<p>10:00 AM Strength and Conditioning (FC) 1:00 PM General Store is OPEN 1:00 PM Balance (FC) 1:30 PM Come and Sing! (TH) 2:30 PM Shabbat Services (3rd FL) 4:00 PM Happy Hour (ML)</p>	<p>10:30 AM Tai Chi (FC) 1:00 PM Maj Jong (private) 1:00 PM Betsy Schwarm - Classical Music Lecture (TH) 7:00 PM Movie- TBD (TH)</p>
<p>9:30 AM Catholic Communion Service 10:30 AM Sunday Brunch (BDR) 2:00 PM NEW- Sunday Bridge (GR) 4:30 PM Hilltop Women Meet! (GR)</p>	<p>10:00 AM Strength and Conditioning (FC) 1:00 PM CANASTA (GR) 1:00 PM Balance (FC) 1:30 PM ACTIVE MINDS Lecture 2:30 PM Make a Starburst Mirror with Kelly- Sign up</p>	<p>10:00 AM Boxing Fitness Class 11:00 AM King Soopers Trip (ML) 11:00 AM Water Aerobics 1:00 PM STORE OPEN 1:30 PM Bridge Club (GR) 6:00 PM Maj Jong (private)</p>	<p>10:00 AM Strength and Conditioning (FC) 10:30 AM Brunch Outing- Le French 11:00 AM Tai Chi (FC) 1:00 PM General Store is OPEN! 1:00 PM Balance (FC) 3:00 PM Bible Study (Christian) 3:00 PM What's Happening at Hilltop? (TH)</p>	<p>9:00 AM Strength 10:00 AM Strength and Conditioning (FC) 10:30 AM NEW: Scrabble (GR) 11:00 AM Water Aerobics with Anya (FC) 12:00 PM Trip to COSTCO 3:00 PM Men's Group Meeting 7:00 PM Movie- TBD (TH)</p>	<p>10:00 AM Strength and Conditioning (FC) 1:00 PM General Store is OPEN 1:00 PM Balance (FC) 1:30 PM Come and Sing! (TH) 2:30 PM Shabbat Services (3rd FL AR) 4:00 PM Happy Hour (ML)</p>	<p>10:30 AM Tai Chi (FC) 1:00 PM Maj Jong (private) 7:00 PM Movie- TBD (TH)</p>
<p>9:30 AM Catholic Communion Service 10:30 AM Sunday Brunch (BDR) 2:00 PM NEW- Sunday Bridge (GR)</p>	<p>9:30 AM Nature and Science Museum 10:00 AM Strength and Conditioning (FC) 1:00 PM CANASTA (GR) 1:00 PM Balance (FC) 3:00 PM Active Minds - POETRY EXPLORATIONS (PDR) 6:45 PM Travels w Chris Wells</p>	<p>10:00 AM Boxing Fitness Class 11:00 AM King Soopers Trip (ML) 11:00 AM Water Aerobics 1:00 PM STORE OPEN 1:30 PM Bridge Club (GR) 3:00 PM Michael Friedman-Jazz Duo (ML) 6:00 PM Maj Jong (private)</p>	<p>10:00 AM Strength and Conditioning (FC) 11:00 AM Tai Chi (FC) 1:00 PM General Store is OPEN! 1:00 PM Balance (FC) 3:00 PM Bible Study (Christian) 3:00 PM What's Happening at Hilltop? (TH)</p>	<p>9:00 AM Strength 10:00 AM Strength and Conditioning (FC) 10:30 AM NEW: Scrabble (GR) 11:00 AM Water Aerobics 1:00 PM Trip to TARGET 5:00 PM Western Night!</p>	<p>10:00 AM Strength and Conditioning (FC) 1:00 PM General Store is OPEN 1:00 PM Balance (FC) 1:30 PM Come and Sing! (TH) 2:30 PM Shabbat Services (3rd FL AR) 4:00 PM Happy Hour (ML)</p>	<p>10:30 AM Tai Chi (FC) 1:00 PM Maj Jong (private) 1:00 PM Betsy Schwarm - Classical Music Lecture (TH) 7:00 PM Movie- TBD (TH)</p>
<p>9:30 AM Catholic Communion Service 10:30 AM Sunday Brunch (BDR) 2:00 PM NEW- Sunday Bridge (GR) 4:30 PM Hilltop Women Meet! (GR)</p>	<p>10:00 AM Strength and Conditioning (FC) 1:00 PM CANASTA (GR) 1:00 PM STORE OPEN 1:00 PM Balance (FC) 1:30 PM ACTIVE MINDS Lecture (TH)</p>	<p>9:00 AM Pancake Breakfast with Kelly 10:00 AM Boxing Fitness Class 11:00 AM King Soopers Trip 11:00 AM Water Aerobics 1:30 PM MONTH Birthday Party! (ML) 1:30 PM Bridge Club (GR) 6:00 PM Maj Jong (private)</p>	<p>10:00 AM Strength and Conditioning (FC) 11:00 AM Tai Chi (FC) 12:00 PM Babe's Tea Room 1:00 PM General Store is OPEN! 1:00 PM Balance (FC) 3:00 PM Bible Study (Christian) 3:00 PM What's Happening at Hilltop? (TH)</p>	<p>9:00 AM Strength 10:00 AM Strength and Conditioning (FC) 10:30 AM NEW: Scrabble (GR) 11:00 AM Water Aerobics with Anya (FC) 1:00 PM General Store is OPEN</p>	<p>10:00 AM Strength and Conditioning (FC) 1:00 PM General Store is OPEN 1:00 PM Balance (FC) 1:30 PM Come and Sing! (TH) 2:30 PM Shabbat Services (3rd FL AR) 4:00 PM Happy Hour (ML)</p>	<p>10:30 AM Tai Chi (FC) 12:00 PM BUNCO Potluck (GR) 1:00 PM Maj Jong (private) 7:00 PM Movie- TBD (TH)</p>
<p>9:30 AM Catholic Communion Service 10:30 AM Sunday Brunch (BDR) 2:00 PM NEW- Sunday Bridge (GR)</p>	<p>10:00 AM Strength and Conditioning (FC) 1:00 PM CANASTA (GR) 1:00 PM STORE OPEN 1:00 PM Balance (FC) 1:30 PM Make Paper Lanterns with Kelly 3:00 PM BOOKCLUB 3:00 PM Hudak on Hollywood: Best Picture Oscar</p>	<p>10:00 AM Boxing Fitness Class 11:00 AM King Soopers Trip 11:00 AM Water Aerobics 1:30 PM Bridge Club (GR) 3:00 PM Ambassador Meeting 3:00 PM Anya Health Lecture (TH) 6:00 PM Maj Jong (private)</p>	<p>10:00 AM Strength and Conditioning (FC) 11:00 AM Tai Chi (FC) 1:00 PM General Store is OPEN! 1:00 PM Balance (FC) 3:00 PM Bible Study (Christian) 5:00 PM Chinese New Year Dinner Celebration!</p>	<p>9:00 AM Strength 10:00 AM Strength and Conditioning (FC) 10:30 AM NEW: Scrabble (GR) 11:00 AM Water Aerobics 1:00 PM General Store is OPEN 7:00 PM Movie- TBD (TH)</p>	<p>10:00 AM Strength and Conditioning (FC) 1:00 PM General Store is OPEN 1:00 PM Balance (FC) 1:30 PM Come and Sing! (TH) 2:30 PM Shabbat Services 4:00 PM Happy Hour (ML)</p>	<p>GENERAL STORE 2nd Floor Open: Monday-Friday 1-3pm</p>