



# MARCH 2025

INDEPENDENT LIVING



## HILLTOP RESERVE

SUN

MON

TUE

WED

THU

FRI

SAT

<p><b>HAPPY BIRTHDAY</b></p> <p><b>Mar 10</b> Steve Corman <b>Mar 14</b> Ellen Haxthausen</p>	<p><b>Mar 17</b> Leslie Wilson <b>Mar 23</b> Kathy Mervich <b>Mar 25</b> Joyce Hesketh</p>	<p><b>Mar 28</b> Carol Garrett <b>Mar 29</b> Alice Silver <b>Mar 31</b> Abby Polger</p>				<p><b>10:30 AM</b> Tai Chi (FC) <b>1</b> <b>1:00 PM</b> Maj Jong (private) <b>1:00 PM</b> Betsy Schwarm - Classical Music Lecture (TH) <b>2:00 PM</b> Rummikub (GR) <b>7:00 PM</b> Movie- TBD (TH)</p>
<p><b>9:30 AM</b> Catholic Communion Service <b>2</b> <b>10:30 AM</b> Sunday Brunch (BDR) <b>2:00 PM</b> Sunday Bridge (GR) <b>4:30 PM</b> Hilltop Women Meet! (GR)</p>	<p><b>10:00 AM</b> Strength and Conditioning (FC) <b>3</b> <b>1:00 PM</b> CANASTA (GR) <b>1:00 PM</b> STORE OPEN <b>1:00 PM</b> Balance (FC) <b>1:30 PM</b> ACTIVE MINDS Lecture <b>2:45 PM</b> Stretch with Anya</p>	<p><b>9:00 AM</b> Pancakes with Kelly <b>4</b> <b>10:00 AM</b> Boxing Fitness Class <b>11:00 AM</b> King Soopers Trip <b>11:00 AM</b> Water Aerobics <b>1:30 PM</b> Bridge Club (GR) <b>1:30 PM</b> Art Class w Kelly <b>6:00 PM</b> Maj Jong (private)</p>	<p><b>10:00 AM</b> Strength and Conditioning (FC) <b>5</b> <b>11:00 AM</b> Tai Chi (FC) <b>1:00 PM</b> Balance (FC) <b>2:00 PM</b> PBS- Colorado Experience <b>2:45 PM</b> Stretch with Anya <b>6:45 PM</b> Outing: Lamont Symphony Orchestra</p>	<p><b>9:00 AM</b> Strength <b>6</b> <b>10:00 AM</b> Strength and Conditioning (FC) <b>10:30 AM</b> Protein smoothies <b>10:30 AM</b> Scrabble (GR) <b>11:00 AM</b> Water Aerobics <b>1:00 PM</b> Trip to TARGET <b>7:00 PM</b> Movie</p>	<p><b>9:00 AM</b> Advanced Circuit Training Sign Up with Anya <b>7</b> <b>10:00 AM</b> Strength and Conditioning <b>1:00 PM</b> Balance (FC) <b>1:30 PM</b> Come and Sing! (TH) <b>2:30 PM</b> Shabbat Services (3rd FL) <b>2:45 PM</b> Stretch with Anya <b>3:00 PM</b> Happy Hour (ML)</p>	<p><b>10:00 AM</b> International Women's Day Breakfast (GR) <b>8</b> <b>10:30 AM</b> Tai Chi (FC) <b>1:00 PM</b> Maj Jong (private) <b>2:00 PM</b> Rummikub (GR) <b>7:00 PM</b> Movie- TBD (TH)</p>
<p><b>9:30 AM</b> Catholic Communion Service <b>9</b> <b>10:30 AM</b> Sunday Brunch (BDR) <b>2:00 PM</b> Sunday Bridge (GR)</p>	<p><b>9:30 AM</b> Senior Fitness Test <b>10</b> <b>1:00 PM</b> CANASTA (GR) <b>1:00 PM</b> Balance (FC) <b>2:45 PM</b> Stretch with Anya <b>3:00 PM</b> Active Minds - POETRY EXPLORATIONS (PDR) <b>6:45 PM</b> Travels w Chris Wells</p>	<p><b>10:00 AM</b> Boxing Fitness Class <b>11</b> <b>11:00 AM</b> King Soopers Trip <b>11:00 AM</b> Water Aerobics <b>11:00 AM</b> Emily Griffith School Tour Outing <b>1:30 PM</b> Bridge Club (GR) <b>2:00 PM</b> Mountain Man Nuts &amp; Fruit Co.Truck at Hilltop (ML)</p>	<p><b>10:00 AM</b> Strength and Conditioning (FC) <b>12</b> <b>11:00 AM</b> Tai Chi (FC) <b>1:00 PM</b> Balance (FC) <b>2:00 PM</b> PBS- Colorado Exp. <b>2:45 PM</b> Stretch with Anya <b>3:00 PM</b> Charcuterie Cups and Wine (GR)</p>	<p><b>9:00 AM</b> Strength <b>13</b> <b>10:00 AM</b> S &amp; C Fitness <b>10:30 AM</b> Protein smoothies <b>10:30 AM</b> Scrabble (GR) <b>11:00 AM</b> Water Aerobics <b>1:00 PM</b> Remembrance <b>3:00 PM</b> Men's Group Meeting</p>	<p><b>9:00 AM</b> Advanced Circuit Training <b>14</b> <b>10:00 AM</b> Strength and Conditioning <b>1:00 PM</b> Balance (FC) <b>1:30 PM</b> Come and Sing! (TH) <b>2:00 PM</b> PBS Concert: Shamrock Tenors (TH) <b>2:30 PM</b> Shabbat Services (3rd FL) <b>2:45 PM</b> Stretch with Anya</p>	<p><b>9:30 AM</b> Strength and Conditioning (FC) <b>15</b> <b>10:30 AM</b> Tai Chi (FC) <b>1:00 PM</b> Maj Jong (private) <b>1:00 PM</b> Betsy Schwarm - Classical Music Lecture (TH) <b>2:00 PM</b> Rummikub (GR) <b>2:00 PM</b> Stretch w Anya (FC)</p>
<p><b>9:30 AM</b> Catholic Communion <b>16</b> <b>10:00 AM</b> Strength and Conditioning (FC) <b>10:30 AM</b> Sunday Brunch (BDR) <b>1:00 PM</b> Balance <b>2:00 PM</b> Sunday Bridge (GR) <b>4:30 PM</b> Hilltop Women Meet!</p>	<p><b>10:00 AM</b> Strength and Conditioning (FC) <b>17</b> <b>1:00 PM</b> CANASTA (GR) <b>1:00 PM</b> Balance (FC) <b>1:30 PM</b> ACTIVE MINDS Lecture <b>2:45 PM</b> Stretch with Anya <b>3:00 PM</b> St. Patrick's Day Celebration!</p>	<p><b>9:30 AM</b> Santiago Burritos w Kelly (GR) <b>18</b> <b>10:00 AM</b> Boxing Fitness Class <b>11:00 AM</b> King Soopers Trip <b>11:00 AM</b> Water Aerobics <b>1:30 PM</b> Bridge Club (GR) <b>1:30 PM</b> Art Class w Kelly (GR)</p>	<p><b>10:00 AM</b> Strength and Conditioning (FC) <b>19</b> <b>11:00 AM</b> Tai Chi (FC) <b>1:00 PM</b> Balance (FC) <b>2:00 PM</b> PBS- Colorado Experience <b>2:45 PM</b> Stretch with Anya <b>3:00 PM</b> Christopher Conroy Performance (ML)</p>	<p><b>10:00 AM</b> Strength and Conditioning (FC) <b>20</b> <b>10:30 AM</b> Protein smoothies <b>10:30 AM</b> Scrabble (GR) <b>11:00 AM</b> Water Aerobics <b>11:00 AM</b> Make your own Apron (GM) <b>1:00 PM</b> Trip to COSTCO</p>	<p><b>9:00 AM</b> Advanced Circuit Training <b>21</b> <b>10:00 AM</b> Strength and Conditioning <b>1:00 PM</b> Balance (FC) <b>1:30 PM</b> Come and Sing! (TH) <b>2:30 PM</b> Shabbat Services (3rd FL) <b>2:45 PM</b> Stretch with Anya <b>3:00 PM</b> Happy Hour (ML)</p>	<p><b>10:30 AM</b> Tai Chi (FC) <b>22</b> <b>12:00 PM</b> BUNCO Potluck (GR) <b>1:00 PM</b> Maj Jong (private) <b>2:00 PM</b> Rummikub (GR) <b>7:00 PM</b> Movie- TBD (TH)</p>
<p><b>9:30 AM</b> Catholic Communion Service <b>23</b> <b>10:30 AM</b> Sunday Brunch (BDR) <b>1:30 PM</b> Piano Recital in lobby (ML) <b>2:00 PM</b> Sunday Bridge (GR)</p>	<p><b>10:00 AM</b> Strength and Conditioning (FC) <b>24</b> <b>1:00 PM</b> CANASTA (GR) <b>1:00 PM</b> Balance (FC) <b>2:45 PM</b> Stretch with Anya <b>3:00 PM</b> BOOKCLUB <b>4:30 PM</b> Outing: Little Ollies</p>	<p><b>10:00 AM</b> Boxing Fitness Class <b>25</b> <b>11:00 AM</b> King Soopers Trip <b>11:00 AM</b> Water Aerobics <b>1:30 PM</b> Bridge Club (GR) <b>1:30 PM</b> MONTH Birthday Party! (ML) <b>3:00 PM</b> Michael Friedman Jazz Duo (ML)</p>	<p><b>10:00 AM</b> Strength and Conditioning (FC) <b>26</b> <b>11:00 AM</b> Tai Chi (FC) <b>1:00 PM</b> Balance (FC) <b>1:00 PM</b> Make Brookies w Kelly <b>2:00 PM</b> PBS- Colorado Experience: <b>2:45 PM</b> Stretch with Anya</p>	<p><b>10:00 AM</b> Strength and Conditioning (FC) <b>27</b> <b>10:30 AM</b> Protein smoothies <b>10:30 AM</b> Scrabble (GR) <b>11:00 AM</b> Water Aerobics <b>5:00 PM</b> Hilltop Academy Awards Event</p>	<p><b>9:00 AM</b> Advanced Circuit Training <b>28</b> <b>10:00 AM</b> Strength and Conditioning <b>1:00 PM</b> Balance (FC) <b>1:30 PM</b> Come and Sing! (TH) <b>2:00 PM</b> Ice Cream Social <b>2:30 PM</b> Shabbat Services (3rd FL) <b>2:45 PM</b> Stretch with Anya</p>	<p><b>9:30 AM</b> Strength and Conditioning <b>29</b> <b>10:30 AM</b> Tai Chi (FC) <b>1:00 PM</b> Maj Jong (private) <b>2:00 PM</b> Rummikub (GR) <b>2:00 PM</b> Resident Social (GR) <b>7:00 PM</b> Movie- TBD (TH)</p>
<p><b>9:30 AM</b> Catholic Communion Service <b>30</b> <b>10:00 AM</b> Strength and Conditioning <b>10:30 AM</b> Sunday Brunch (BDR) <b>10:45 AM</b> Stretch w Anya <b>2:00 PM</b> Sunday Bridge (GR)</p>	<p><b>10:00 AM</b> Strength and Conditioning (FC) <b>31</b> <b>1:00 PM</b> CANASTA (GR) <b>1:00 PM</b> STORE OPEN <b>1:00 PM</b> Balance (FC) <b>2:45 PM</b> Stretch with Anya <b>3:30 PM</b> Anya's Health Lecture</p>				<p>ML = Main Lobby FC = Fitness Center PDR = Private Dining Room TH = Theater 3rd FL AR = Activity Room BDR = Bayuad Dining Room GR = Game Room AK = Activity Kitchen</p>	<p><b>GENERAL STORE</b> <b>2nd Floor</b> <b>Open: Monday-Friday</b> <b>1-3pm</b></p>