



# MAY 2025

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<p><b>HAPPY BIRTHDAY</b></p> <p>May 11th- Sheila Corman</p> <p>May 17th- Doris Gilbreath</p> <p>May 29th- Marion Felson</p>		<p><b>PLEASE SIGN UP FOR ALL ACTIVITES ON CUBIGO!</b></p> <p><b>(PHONE, COMPUTER, OR CONCIERGE!)</b></p>		<p>9:00 AM Strength and Conditioning</p> <p>10:00 AM Strength and Conditioning</p> <p>10:30 AM Protein smoothies with Kelly and Anya</p> <p>10:30 AM Scrabble (GR)</p> <p>11:00 AM Water Aerobics with Anya</p> <p>1:00 PM Trip to TARGET (sign up)</p>	<p>10:00 AM Strength and Conditioning (FC)</p> <p>1:00 PM General Store is OPEN</p> <p>1:30 PM Come and Sing! (TH)</p> <p>2:30 PM Shabbat Services (AR) (3rd FL AR)</p> <p>3:00 PM Happy Hour</p>	<p>10:30 AM Tai Chi (FC)</p> <p>1:00 PM Betsy Schwarm - Classical Music Lecture (1st FL TH) (TH)</p> <p>2:00 PM Rummikub (GR)</p> <p>4:30 PM Kentucky Derby Watch Party! (TH)</p>
<p>9:30 AM Catholic Communion Service (TH)</p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>2:00 PM Sunday Bridge (GR)</p> <p>4:30 PM Hilltop Women Meet! (GR)</p>	<p>10:00 AM Strength and Conditioning (FC)</p> <p>12:00 PM Cinco De Mayo- Tacos and Margaritas- SIGN UP</p> <p>1:00 PM CANASTA (GR)</p> <p>1:30 PM ACTIVE MINDS Lecture (TH)</p> <p>2:00 PM Balance (FC)</p> <p>2:30 PM Bingo</p> <p>2:45 PM Stretch with Anya</p>	<p>10:00 AM Boxing Fitness Class</p> <p>11:00 AM King Soopers Trip (ML)</p> <p>11:00 AM Water Aerobics</p> <p>1:00 PM STORE OPEN</p> <p>1:30 PM Bridge Club (GR)</p> <p>3:00 PM Rick Steves Travel</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 Art Class w Kelly</p> <p>2:00 PM PBS- Colorado Experience:</p>	<p>10:00 AM Strength and Conditioning</p> <p>10:30 AM Protein smoothies with Kelly and Anya</p> <p>10:30 AM Scrabble (GR)</p> <p>11:00 AM Men's Group Lunch Outing- The Perfect Landing</p>	<p>10:00 AM Strength and Conditioning (FC)</p> <p>1:00 PM General Store is OPEN</p> <p>1:30 PM Come and Sing! (TH)</p> <p>2:00 PM Hummus and Veggie Cups</p> <p>2:30 PM Shabbat Services (AR) (3rd FL AR)</p>	<p>10:30 AM Tai Chi (FC)</p> <p>2:00 PM Rummikub (GR)</p> <p>7:00 PM Movie</p>
<p>9:30 AM Catholic Communion Service (TH)</p> <p>10:30 AM Mothers Day Tea</p> <p>2:00 PM Sunday Bridge (GR)</p>	<p>10:00 AM Strength and Conditioning</p> <p>1:00 PM CANASTA (GR)</p> <p>1:30 PM High Point Creamery</p> <p>2:00 PM Balance (FC)</p> <p>2:30 PM Bingo</p> <p>2:45 PM Stretch with Anya</p> <p>3:00 PM Active Minds - POETRY</p> <p>6:45 PM Travels w Chris Wells (TH)</p>	<p>9:00 AM Pancake Breakfast</p> <p>10:00 AM Boxing Fitness Class</p> <p>11:00 AM King Soopers Trip (ML)</p> <p>11:00 AM Water Aerobics</p> <p>1:30 PM Bridge Club (GR)</p> <p>2:00 PM Mountain Man Nuts (ML)</p> <p>2:00 PM Drawing with Jill</p> <p>3:00 PM Rick Steves Travel Show</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>2:00 PM PBS- Colorado Experience:</p> <p>2:00 PM Balance (FC)</p> <p>2:45 PM Stretch with Anya</p> <p>4:00 PM Prosecco by the Fire Pit</p>	<p>9:00 AM Strength and Conditioning</p> <p>10:00 AM Strength and Conditioning</p> <p>10:30 AM Protein smoothies</p> <p>10:30 AM Scrabble (GR)</p> <p>11:00 AM Water Aerobics with Anya</p> <p>1:00 PM Trip to COSTCO (sign up) (ML)</p>	<p>9:00 AM Advanced Circuit Training- Sign Up with Anya</p> <p>10:00 AM Strength and Conditioning</p> <p>1:30 PM Come and Sing! (TH)</p> <p>2:00 PM Balance (FC)</p> <p>2:30 PM Shabbat Services (AR) (3rd FL AR)</p> <p>2:45 PM Stretch with Anya</p> <p>3:00 PM Happy Hour</p>	<p>10:30 AM Tai Chi (FC)</p> <p>1:00 PM Betsy Schwarm - Classical Music Lecture (1st FL TH) (TH)</p> <p>2:00 PM Rummikub (GR)</p> <p>2:00 PM Resident Social</p> <p>7:00 PM Movie</p>
<p>9:30 AM Catholic Communion Service (TH)</p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>2:00 PM Sunday Bridge (GR)</p> <p>4:30 PM Hilltop Women Meet! (GR)</p>	<p>9:00 AM Blackhawk Outing</p> <p>10:00 AM Strength and Conditioning</p> <p>1:00 PM CANASTA (GR)</p> <p>1:30 PM ACTIVE MINDS Lecture (TH)</p> <p>2:00 PM Balance (FC)</p> <p>2:30 PM Bingo</p> <p>3:00 PM BOOKCLUB</p>	<p>10:00 AM Boxing Fitness Class</p> <p>11:00 AM King Soopers Trip (ML)</p> <p>11:00 AM Water Aerobics</p> <p>1:00 PM STORE OPEN</p> <p>1:30 PM MONTH Birthday Party!</p> <p>1:30 PM Bridge Club (GR)</p> <p>3:00 PM Michael Friedman- Jazz Duo (ML)</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>2:00 PM PBS- Colorado Experience:</p> <p>2:00 PM Balance (FC)</p> <p>2:45 PM Stretch with Anya</p> <p>3:30 PM Make Your Own Pizza w Kelly</p>	<p>9:00 AM Strength and Conditioning with Anya (FC)</p> <p>9:30 AM Botanical Gardens Outing</p> <p>10:00 AM Strength and Conditioning</p> <p>10:30 AM Protein smoothies with Kelly and Anya</p> <p>10:30 AM Scrabble (GR)</p> <p>11:00 AM Water Aerobics with Anya</p>	<p>9:00 AM Advanced Circuit Training- Sign Up with Anya</p> <p>10:00 AM Strength and Conditioning</p> <p>1:00 PM General Store is OPEN</p> <p>1:30 PM Come and Sing! (TH)</p> <p>2:00 PM Balance (FC)</p> <p>2:30 PM Shabbat Services (AR) (3rd FL AR)</p> <p>2:45 PM Stretch with Anya</p>	<p>10:30 AM Tai Chi (FC)</p> <p>12:00 PM BUNCO Potluck (GR)</p> <p>2:00 PM Rummikub (GR)</p> <p>7:00 PM Movie</p>
<p>9:30 AM Catholic Communion Service (TH)</p> <p>10:30 AM Sunday Brunch (BDR)</p> <p>2:00 PM Sunday Bridge (GR)</p>	<p>10:00 AM Strength and Conditioning (FC)</p> <p>11:30 AM Memorial Day BBQ</p> <p>1:00 PM CANASTA (GR)</p> <p>2:00 PM Balance (FC)</p> <p>2:30 PM Bingo</p> <p>2:45 PM Stretch with Anya</p>	<p>10:00 AM Boxing Fitness Class</p> <p>11:00 AM King Soopers Trip (ML)</p> <p>11:00 AM Water Aerobics</p> <p>1:30 PM Bridge Club (GR)</p> <p>2:00 PM Drawing with Jill</p> <p>3:00 PM Ambassador Meeting</p> <p>3:00 PM Rick Steves Travel Show</p>	<p>10:00 AM Strength and Conditioning (FC)</p> <p>10:45 AM Topgolf Outing</p> <p>11:00 AM Tai Chi (FC)</p> <p>1:00 PM General Store is OPEN!</p> <p>2:00 PM PBS- Colorado Experience:</p> <p>2:00 PM Balance (FC)</p> <p>2:45 PM Stretch with Anya</p>	<p>9:00 AM Strength and Conditioning with Anya (FC)</p> <p>10:00 AM Strength and Conditioning</p> <p>10:30 AM Protein smoothies</p> <p>10:30 AM Scrabble (GR)</p> <p>11:00 AM Water Aerobics with Anya</p>	<p>9:00 AM Advanced Circuit Training- Sign Up with Anya</p> <p>10:00 AM Strength and Conditioning</p> <p>1:30 PM Come and Sing! (TH)</p> <p>2:00 PM Balance (FC)</p> <p>2:30 PM Shabbat Services (AR) (3rd FL AR)</p> <p>2:45 PM Stretch with Anya</p>	<p>10:30 AM Tai Chi (FC)</p> <p>2:00 PM Rummikub (GR)</p> <p>7:00 PM Movie</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>ML = Main Lobby</p> <p>FC = Fitness Center</p> <p>PDR = Private Dining Room</p> <p>TH = Theater</p> <p>3rd FL AR = Activity Room</p> <p>BDR = Bayuad Dining Room</p> <p>GR = Game Room</p> <p>AK = Activity Kitchen</p>