

# February 2026

## Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>9:00</b> Catholic Communion Service (TH) <b>10:30</b> Sunday Brunch (BDR) <b>2:00</b> Sunday Bridge (GR) <b>4:30</b> Hilltop Women Meet! (GR)	<b>2</b> <b>10:00</b> Strength and Conditioning (FC) <b>11:45</b> Outing: Hobby Lobby (ML) <b>1:00</b> CANASTA (GR) <b>1:00</b> STORE OPEN <b>1:30</b> ACTIVE MINDS Lecture (TH) <b>2:00</b> Balance (FC)	<b>3</b> 🎂 <b>9:00</b> Boxing Fitness Class <b>11:00</b> Water Aerobics <b>11:00</b> King Soopers Trip (ML) <b>1:00</b> STORE OPEN <b>1:30</b> Bridge Club (GR) <b>3:00</b> PBS: Nature Series (TH)	<b>4</b> <b>10:00</b> Strength and Conditioning (FC) <b>11:00</b> Tai Chi (FC) <b>1:00</b> General Store is OPEN! <b>1:00</b> New Meditation Class w Dottie (GR) <b>2:00</b> PBS- Colorado Experience: <b>2:00</b> Balance (FC) <b>4:15</b> Dinner Outing: Fire- The ART Hotel (ML)	<b>5</b> <b>9:00</b> Advanced Strength Class w Bret (FC) <b>10:00</b> Strength and Conditioning (FC) <b>10:30</b> Scrabble (GR) <b>10:30</b> Protein smoothies with Kelly <b>11:00</b> Water Aerobics (FC) <b>1:00</b> General Store is OPEN <b>1:00</b> Trip to COSTCO (sign up) (ML) <b>1:30</b> Come and Sing! (TH)	<b>6</b> <b>9:00</b> Advanced Circuit Training- Sign up w Kelly <b>10:00</b> Strength and Conditioning (FC) <b>12:00</b> Opening Ceremony: Winter Olympic Watch Party (TH) <b>1:00</b> General Store is OPEN <b>2:00</b> Balance (FC) <b>2:00</b> Bingo w Martha (GR) <b>2:30</b> Shabbat Services (AR) (3rd FL AR) <b>3:00</b> Lemon Drop Martinis w Kelly (ML)	<b>7</b> <b>10:30</b> Tai Chi (FC) <b>1:00</b> Betsy Schwarm - Classical Music Lecture (1st FL TH) (TH) <b>2:00</b> Rummikub (GR) <b>7:00</b> Movie (TH)
<b>8</b> 🎂 <b>9:00</b> Catholic Communion Service (TH) <b>10:30</b> Sunday Brunch (BDR) <b>2:00</b> Sunday Bridge (GR) <b>4:30</b> Superbowl Watch Party (TH)	<b>9</b> <b>10:00</b> Strength and Conditioning (FC) <b>11:45</b> Art Class: Making Hand Cream and Body Scrub <b>1:00</b> CANASTA (GR) <b>1:00</b> STORE OPEN <b>1:00</b> Monarch House Volunteer: Mosaic Heart Placemats <b>2:00</b> Balance (FC) <b>3:00</b> Active Minds - POETRY EXPLORATIONS (PDR) <b>6:45</b> Travels w Chris Wells (TH)	<b>10</b> <b>9:00</b> Boxing Fitness Class <b>11:00</b> Water Aerobics <b>11:00</b> King Soopers Trip (ML) <b>1:00</b> STORE OPEN <b>1:30</b> Bridge Club (GR) <b>2:00</b> Mountain Man Nuts & Fruit Co.Truck at Hilltop (ML) <b>3:00</b> PBS: Nature Series (TH)	<b>11</b> <b>10:00</b> Strength and Conditioning (FC) <b>11:00</b> Tai Chi (FC) <b>1:00</b> General Store is OPEN! <b>1:00</b> New Meditation Class w Dottie (GR) <b>2:00</b> PBS- Colorado Experience: <b>2:00</b> Galentine's Party- LADIES Only! (GR)	<b>12</b> <b>9:00</b> Advanced Strength Class w Bret (FC) <b>10:00</b> Strength and Conditioning (FC) <b>10:30</b> Scrabble (GR) <b>10:30</b> Protein smoothies with Kelly <b>11:00</b> Water Aerobics (FC) <b>1:00</b> General Store is OPEN <b>1:30</b> Come and Sing! (TH) <b>2:30</b> Malentine's Day- MEN only! (GR)	<b>13</b> 🎂 <b>9:00</b> Advanced Circuit Training- Sign up w Kelly <b>10:00</b> Strength and Conditioning (FC) <b>1:00</b> General Store is OPEN <b>1:00</b> Monarch House Volunteer: Delivering roses! <b>2:00</b> Balance (FC) <b>2:00</b> Bingo w Martha (GR) <b>2:30</b> Shabbat Services (AR) (3rd FL AR) <b>3:00</b> Chocolate Strawberry Martini w Kelly (ML)	<b>14</b> <b>10:30</b> Tai Chi (FC) <b>2:00</b> Rummikub (GR) <b>5:00</b> Valentine's Day Dinner! <b>7:00</b> Movie (TH)

BDR = Bayuad Dining Room, GR = Game Room, FC = Fitness Center, ML = Main Lobby, TH = Theater, 3rd FL AR = Activity Room, PDR = Private Dining Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>15</b> <b>9:00</b> Catholic Communion Service (TH) <b>10:30</b> Sunday Brunch (BDR) <b>2:00</b> Sunday Bridge (GR) <b>4:30</b> Hilltop Women Meet! (GR)	<b>16</b> 🎂 <b>10:00</b> Strength and Conditioning (FC) <b>11:45</b> Art Class: Chinese Paper Lantern Making <b>1:00</b> CANASTA (GR) <b>1:00</b> STORE OPEN <b>1:30</b> ACTIVE MINDS Lecture (TH) <b>2:00</b> Balance (FC)	<b>17</b> 🎂 <b>9:00</b> Boxing Fitness Class <b>10:00</b> Donuts for Dottie's Birthday! (ML) <b>11:00</b> Water Aerobics <b>11:00</b> King Soopers Trip (ML) <b>1:00</b> STORE OPEN <b>1:30</b> Bridge Club (GR) <b>3:00</b> PBS: Nature Series (TH) <b>4:30</b> Dinner Outing: BaekGa (Korean Cuisine) (ML)	<b>18</b> <b>10:00</b> Strength and Conditioning (FC) <b>11:00</b> Tai Chi (FC) <b>1:00</b> General Store is OPEN! <b>1:00</b> New Meditation Class w Dottie (GR) <b>2:00</b> PBS- Colorado Experience: <b>2:00</b> Balance (FC)	<b>19</b> <b>9:00</b> Advanced Strength Class w Bret (FC) <b>10:00</b> Strength and Conditioning (FC) <b>10:30</b> Scrabble (GR) <b>10:30</b> Protein smoothies with Kelly <b>11:00</b> Water Aerobics (FC) <b>1:00</b> General Store is OPEN <b>1:30</b> Come and Sing! (TH) <b>3:00</b> Townhall (TH) <b>4:10</b> Chinese New Year Dinner! (choose time slot under table reservation)	<b>20</b> <b>9:00</b> Advanced Circuit Training- Sign up w Kelly <b>10:00</b> Strength and Conditioning (FC) <b>1:00</b> General Store is OPEN <b>2:00</b> Balance (FC) <b>2:00</b> Bingo w Martha (GR) <b>2:30</b> Shabbat Services (AR) (3rd FL AR)	<b>21</b> 🎂 <b>10:30</b> Tai Chi (FC) <b>1:00</b> Betsy Schwarm - Classical Music Lecture (1st FL TH) (TH) <b>2:00</b> Rummikub (GR) <b>7:00</b> Movie (TH)
<b>22</b> 🎂 <b>9:00</b> Catholic Communion Service (TH) <b>10:30</b> Sunday Brunch (BDR) <b>2:00</b> Sunday Bridge (GR) <b>4:00</b> Happy Hour and Live Music	<b>23</b> <b>10:00</b> Strength and Conditioning (FC) <b>1:00</b> CANASTA (GR) <b>1:00</b> STORE OPEN <b>2:00</b> Balance (FC) <b>3:00</b> BOOKCLUB <b>6:45</b> Outing: Lamont Jazz Orchestra (ML)	<b>24</b> <b>9:00</b> Boxing Fitness Class <b>9:00</b> Pancakes w Kelly <b>11:00</b> Water Aerobics <b>11:00</b> King Soopers Trip (ML) <b>1:00</b> STORE OPEN <b>1:00</b> MONTH Birthday Party! (ML) <b>1:30</b> Bridge Club (GR) <del><b>3:00</b> Ambassador Meeting</del> <b>3:00</b> PBS: Nature Series (TH)	<b>25</b> <b>10:00</b> Strength and Conditioning (FC) <b>11:00</b> Tai Chi (FC) <b>11:00</b> Lunch Outing: Ming's Dynasty (ML) <b>1:00</b> General Store is OPEN! <b>1:00</b> New Meditation Class w Dottie (GR) <b>2:00</b> PBS- Colorado Experience: <b>2:00</b> Balance (FC) <b>3:00</b> Concert: Christopher Conroy (ML)	<b>26</b> <b>9:00</b> Advanced Strength Class w Bret (FC) <b>10:00</b> Strength and Conditioning (FC) <b>10:30</b> Scrabble (GR) <b>10:30</b> Protein smoothies with Kelly <b>11:00</b> Water Aerobics (FC) <b>1:00</b> General Store is OPEN <b>1:00</b> Trip to TARGET (ML) <b>1:30</b> Come and Sing! (TH) <b>7:00</b> Travel Night- Brazilian Edition! (ML)	<b>27</b> <b>9:00</b> Advanced Circuit Training- Sign up w Kelly <b>10:00</b> Strength and Conditioning (FC) <b>1:00</b> General Store is OPEN <b>2:00</b> Balance (FC) <b>2:00</b> Bingo w Martha (GR) <b>2:30</b> Shabbat Services (AR) (3rd FL AR)	<b>28</b> <b>10:00</b> Donuts and Coffee w Kelly (ML) <b>10:30</b> Tai Chi (FC) <b>12:00</b> BUNCO Potluck (GR) <b>2:00</b> Rummikub (GR) <b>7:00</b> Movie (TH)
<b>Happy Birthday</b> 🎂						
<b>Feb 03</b> Eloise Rubin	<b>Feb 08</b> Don Strickland	<b>Feb 13</b> Don Hollenbeck & Jill Williams	<b>Feb 16</b> Arnie Idelberg	<b>Feb 17</b> Dorothy Neuman	<b>Feb 21</b> Ned Heitz	<b>Feb 22</b> William Cureton

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