

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sydney MacIntosh Assisted Living Life Enrichment Director 303-285-5453 smacintosh@hilltopreserve.com						1
						10:00 AM Morning Walk in the Courtyard 10:30 AM Donuts & Discussion (AR) (3rd FL AR) 11:00 AM What's in a Word (3rd FL AR) 11:00 AM Group Games (3rd FL AR) 1:00 PM Betsy Schwarm - Classical Music Lecture (1st FL TH) (TH) 2:00 PM Color Me Calm (2nd FL AS) 3:00 PM Movie Matinee 3:30 PM 1:1 Connections 5:30 PM Music Under the Stars - RSVP Required
2	3	4	5 🎂 <i>Happy B-Day Mary!</i>	6	7	8 🎂 <i>Happy B-Day Mark!</i>
10:00 AM Morning Walk in the Courtyard 10:30 AM Stretch & Movement Exercise 1:45 PM Refreshments on the Patio: Classic Lemonade 3:00 PM Movie Matinee: Documentary 3:30 PM 1:1 Connections	9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Mobility Exercise 1:00 PM STORE OPEN 1:30 PM Bingo (3rd FL AR) 2:30 PM Music with Kiemel 3:30 PM Evening Yoga (FC)	9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 1:30 PM Midweek Matinee 2:30 PM Flower Arrangements (2nd FL AS) 3:30 PM Evening Meditation (FC)	9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Mobility Exercise 11:45 AM Men's Luncheon - SIGN UP (3rd FL AR) 1:00 PM Resident Council 1:00 PM STORE OPEN 2:15 PM Multi-Genre TRIVIA 3:00 PM Group Bible Study w/ Pastor Les (3rd FL AR) 3:30 PM Evening Yoga (FC)	9:15 AM Catholic Communion Service (TH) 9:30 AM Morning Connect (3rd FL AR) 10:30 AM Yoga and Tai Chi w/ Taya 1:00 PM STORE OPEN 1:30 PM Come and Sing! (TH) 2:30 PM Lecture 3:30 PM Evening Meditation (FC)	9:30 AM Morning Connect (3rd FL AR) 10:30 AM VITALS CLINIC (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 1:30 PM Smart Device Seminar (3rd FL AR) 2:30 PM Shabbat Services (AR) 3:30 PM Happy Hour with Live Entertainment! (BDR)	10:00 AM Morning Walk in the Courtyard 10:30 AM Donuts & Discussion (3rd FL AR) 11:00 AM Group Games (3rd FL AR) 2:00 PM Color Me Calm (2nd FL AS) 3:00 PM Movie Matinee 3:30 PM 1:1 Connections

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
10:00 AM Morning Walk in the Courtyard 10:30 AM Stretch & Movement Exercise 1:00 PM Lecture - (?) (TH) 1:45 PM Refreshments on the Patio: Arnold Palmers 3:00 PM Movie Matinee: Documentary 3:30 PM 1:1 Connections 6:00 PM Christian Church Service	9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Mobility Exercise 1:00 PM STORE OPEN 1:30 PM Bingo (3rd FL AR) 2:15 PM Painting with Teresa (2nd FL AS) 3:30 PM Evening Yoga (FC)	9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 1:30 PM Midweek Matinee 1:45 PM Shopping Trip to Target - SIGN UP (ML) 2:00 PM Mountain Man Nuts & Fruit Co.Truck at Hilltop (ML) (ML) 3:30 PM Evening Meditation (FC)	9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Mobility Exercise 1:00 PM STORE OPEN 2:15 PM Multi-Genre TRIVIA 3:00 PM Learning Sign Language with Les Gwin 3:30 PM Evening Yoga (FC)	9:15 AM Catholic Communion Service (TH) 9:30 AM Morning Connect (3rd FL AR) 10:30 AM Yoga and Tai Chi w/ Taya 11:30 AM Lunch Outing to: NOMI Thai - SIGN UP (ML) 1:00 PM STORE OPEN 1:30 PM Come and Sing! (TH) 2:30 PM More S'Mores Social (3rd FL AR) 3:30 PM Evening Meditation (FC)	9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 1:30 PM Star of the Month: Robert Redford 2:30 PM Shabbat Services (AR) (3rd FL AR) 3:30 PM Happy Hour with Live Entertainment! (BDR)	10:00 AM Morning Walk in the Courtyard 10:30 AM Donuts & Discussion (3rd FL AR) 11:00 AM Group Games (3rd FL AR) 1:00 PM Betsy Schwarm - Classical Music Lecture (1st FL TH) (TH) 2:00 PM Color Me Calm (2nd FL AS) 3:00 PM Movie Matinee 3:30 PM 1:1 Connections
16	17	18	19	20	21 🎂 <i>Happy B-Day Don!</i>	22
10:00 AM Morning Walk in the Courtyard 10:30 AM Stretch & Movement Exercise 1:45 PM Refreshments on the Patio: Mini Margaritas 3:00 PM Movie Matinee: Documentary 3:30 PM 1:1 Connections	9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Mobility Exercise 1:00 PM STORE OPEN 1:30 PM ACTIVE MINDS Lecture (TH) 1:30 PM Bingo (3rd FL AR) 2:30 PM Music with Kiemel 3:30 PM Evening Yoga (FC)	9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 1:30 PM Midweek Matinee (2nd FL AS) 2:30 PM Jewelry Making Class 3:30 PM Evening Meditation (FC) 4:00 PM Dementia Support Group	9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Mobility Exercise 11:45 AM Women's Luncheon - SIGN UP (3rd FL AR) 1:00 PM STORE OPEN 2:15 PM Multi-Genre TRIVIA 3:00 PM Group Bible Study w/ Pastor Les (3rd FL AR) 3:30 PM Evening Yoga (FC)	9:15 AM Catholic Communion Service (TH) 9:30 AM Morning Connect (3rd FL AR) 10:30 AM Yoga and Tai Chi w/ Taya 1:00 PM STORE OPEN 1:30 PM Come and Sing! (TH) 2:30 PM Garden Club: Air Plant Workshop - SIGN UP (3rd FL AR) 3:30 PM Evening Meditation (FC)	9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 1:30 PM Travelogue: Exploring the Everglades 2:30 PM Shabbat Services (AR) (3rd FL AR) 3:30 PM Happy Hour with Live Entertainment! (BDR)	10:00 AM Morning Walk in the Courtyard 10:30 AM Donuts & Discussion (3rd FL AR) 11:00 AM Group Games (3rd FL AR) 2:00 PM Color Me Calm (2nd FL AS) 3:00 PM Movie Matinee 3:30 PM 1:1 Connections

3rd FL AR = Activity Room, TH = Theater, 2nd FL AS = Art Studio, FC = Fitness Center, BDR = Bayuad Dining Room, ML = Main Lobby

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 10:00 AM Morning Walk in the Courtyard 10:30 AM Stretch & Movement Exercise 1:00 PM Lecture - (?) (TH) 3:00 PM Movie Matinee: Documentary 6:00 PM Christian Church Service	24 9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Mobility Exercise 1:00 PM STORE OPEN 1:30 PM Bingo (3rd FL AR) 2:15 PM "Purple Art" Art Class - SIGN UP (2nd FL AS) 3:30 PM Evening Yoga (FC)	25 9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 1:30 PM Midweek Matinee 1:45 PM Shopping Trip to King Soopers - SIGN UP (ML) 3:30 PM Evening Meditation (FC)	26 9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Mobility Exercise 1:00 PM STORE OPEN 2:00 PM Sunshine and Citrus Soiree: Birthday Party! (3rd FL AR) 3:00 PM Learning Sign Language with Les Gwin 3:30 PM Evening Yoga (FC)	27 9:15 AM Catholic Communion Service (TH) 9:30 AM Morning Connect (3rd FL AR) 10:30 AM Yoga and Tai Chi w/ Taya 1:00 PM STORE OPEN 1:30 PM Come and Sing! (TH) 2:30 PM Cookie Confections (3rd FL AR) 3:30 PM Evening Meditation (FC)	28 9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 1:30 PM Food for Thought: Lemonade with a Twist 2:30 PM Shabbat Services (AR) (3rd FL AR) 3:30 PM Happy Hour with Live Entertainment! (BDR)	29 10:00 AM Morning Walk in the Courtyard 10:30 AM Donuts & Discussion (3rd FL AR) 11:00 AM Group Games (3rd FL AR) 2:00 PM Color Me Calm (2nd FL AS) 3:00 PM Movie Matinee 3:30 PM 1:1 Connections
30 🎂 <i>Happy B-Day Helaine!</i>	31	Happy Birthday 🎂				
10:00 AM Morning Walk in the Courtyard 10:30 AM Stretch & Movement Exercise 1:45 PM Refreshments on the Patio: Hibiscus Iced Tea 3:00 PM Movie Matinee: Documentary 3:30 PM 1:1 Connections	9:30 AM Morning Connect (3rd FL AR) 10:45 AM Morning Mobility Exercise 1:00 PM STORE OPEN 1:30 PM Bingo (3rd FL AR) 2:15 PM Craftworks: Hand Fan - SIGN UP (2nd FL AS) 3:30 PM Evening Yoga (FC)	Aug 05 Mary Miller	Aug 08 Mark Bristol	Aug 21 Don Hanson	Aug 30 Helaine Hayutin	

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