



July 2026

Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 🍰 HAPPY B-DAY TOM!	2	3	4
	Sydney MacIntosh AL Life Enrichment Director 303-285-5453		9:30 AM Coffee & Current Events (3rd FL AR) 10:45 AM Morning Mobility Exercise 1:00 PM Resident Council 1:00 PM STORE OPEN 2:00 PM Colonial Days 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 Walk in Courtyard (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 Craftworks: 4th of July Decor - SIGN UP (2nd FL AS) 3:30 PM Evening Meditation (FC)	9:30 AM Coffee & Current Events (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 Art Appreciation: John Trumbull's "Declaration of Independence" 2:30 PM Shabbat Services (AR) (3rd FL AR) 3:30 PM 4th of July Happy Hour with Live Entertainment!	10:00 AM Donuts & Discussion (AR) (3rd FL AR) 11:00 AM What's in a Word (3rd FL AR) 1:00 PM Betsy Schwarm - Classical Music Lecture (1st FL TH) (TH) 1:30 PM Mid-Day Walk 2:00 PM Color Me Calm (2nd FL AS) 3:00 PM Movie Matinee 4:00 PM Pops on the Patio (BDR)
5	6	7	8 🍰 HAPPY B-DAY RON!	9	10	11
10:00 AM Morning Connect (3rd FL AR) 10:30 AM Stretch & Movement Exercise 1:30 PM Mid-Day Walk in Courtyard 3:00 PM Movie Matinee: Documentary 4:00 PM 1:1 Connections	9:30 AM Coffee & Current Events (3rd FL AR) 10:45 AM Morning Mobility Exercise 1:00 PM STORE OPEN 1:00 PM Bingo (3rd FL AR) 2:30 PM Music with Kiemel 3:30 PM Evening Yoga (FC)	9:30 AM Morning Walk in Courtyard (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 1:30 PM Midweek Matinee 1:45 PM Trip to: History Colorado Center - "Moments That Made Us" Exhibit - SIGN UP (ML)	9:30 AM Coffee & Current Events (3rd FL AR) 10:45 AM Morning Mobility Exercise 1:00 PM STORE OPEN 1:00 PM Parkinson's Support Group 1:30 PM Flag Trivia (3rd FL AR) 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 Walk in Courtyard (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 Ice Cream Sundae Bar (3rd FL AR) 3:30 PM Evening Meditation	9:30 AM Men's Morning Connect (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 1:30 PM Travelogue: Oahu Hawaii 2:30 PM Shabbat Services (AR) (3rd FL AR) 3:30 PM Happy Hour with Live Entertainment! (BDR)	10:00 AM Donuts & Discussion (AR) (3rd FL AR) 11:00 AM Trivia (3rd FL AR) 1:30 PM Mid-Day Walk 2:00 PM Color Me Calm (2nd FL AS) 3:00 PM Movie Matinee 4:00 PM 1:1 Connections

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 10:00 AM Morning Connect (3rd FL AR) 10:30 AM Stretch & Movement Exercise 1:00 PM Lecture - (?) (TH) 1:30 PM Mid-Day Walk in Courtyard 2:00 PM United Shapes of America Game 3:00 PM Movie Matinee: Documentary 4:00 PM 1:1 Connections	13 9:30 AM Coffee & Current Events (3rd FL AR) 10:45 AM Morning Mobility Exercise 1:00 PM STORE OPEN 1:00 PM Bingo (3rd FL AR) 2:30 PM Art with Teresa: Button Flag (3rd FL AR) 3:30 PM Evening Yoga (FC)	14 9:30 AM Morning Walk in Courtyard (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 1:30 PM Midweek Matinee 2:00 PM Mountain Man Nuts & Fruit Co.Truck at Hilltop (ML) (ML) 3:00 PM Summer Mocktails (3rd FL AR) 3:30 PM Evening Meditation	15 9:30 AM Coffee & Current Events (3rd FL AR) 10:45 AM Morning Mobility Exercise 11:15 AM Lunch Outing at Rosie's Diner - SIGN UP (ML) 1:00 PM STORE OPEN 1:30 PM Multi-Genre TRIVIA 3:00 PM Learning Sign Language with Les Gwin 3:30 PM Evening Yoga (FC)	16 9:15 AM Catholic Communion Service (TH) 9:30 AM Morning Walk in Courtyard (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 Craftworks: Christmas in July Door Gnome - SIGN UP (2nd FL AS) 3:30 PM Evening Meditation	17 9:30 AM Coffee & Current Events (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 1:30 PM Star of the Month: Sylvester Stallone 2:30 PM Shabbat Services (AR) (3rd FL AR) 3:30 PM Happy Hour with Live Entertainment! (BDR)	18 10:00 AM Donuts & Discussion (AR) (3rd FL AR) 11:00 AM What's in a Word (3rd FL AR) 1:00 PM Betsy Schwarm - Classical Music Lecture (1st FL TH) (TH) 1:30 PM Mid-Day Walk 2:00 PM Color Me Calm (2nd FL AS) 3:00 PM Movie Matinee 4:00 PM 1:1 Connections
19 10:00 AM Morning Connect (3rd FL AR) 10:30 AM Stretch & Movement Exercise 1:30 PM Mid-Day Walk in Courtyard 2:00 PM Cookie Confections (3rd FL AR) 3:00 PM Movie Matinee: Documentary 4:00 PM 1:1 Connections	20 9:30 AM Coffee & Current Events (3rd FL AR) 10:45 AM Morning Mobility Exercise 1:00 PM STORE OPEN 1:00 PM Bingo (3rd FL AR) 1:30 PM ACTIVE MINDS Lecture (TH) 2:30 PM Music with Kiemel 3:30 PM Evening Yoga (FC)	21 9:30 AM Morning Walk in Courtyard (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 1:30 PM Midweek Matinee 2:30 PM Book Club and Lemonade (3rd FL AR) 3:30 PM Evening Meditation (FC) 4:00 PM Dementia Support Group	22 9:30 AM Coffee & Current Events (3rd FL AR) 10:45 AM Morning Mobility Exercise 11:15 AM Lunch Outing at China Beijing - SIGN UP (ML) 1:00 PM STORE OPEN 1:30 PM Multi-Genre TRIVIA 3:00 PM Group Bible Study w/ Pastor Les (3rd FL AR) 3:30 PM Evening Yoga (FC)	23 9:15 AM Catholic Communion Service (TH) 9:30 AM Morning Walk in Courtyard (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 (3rd FL AR) 3:30 PM Evening Meditation (FC)	24 9:30 AM Women's Morning Connect (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 1:30 PM Food for Thought: Colonial Cooking 2:30 PM Shabbat Services (AR) (3rd FL AR) 3:30 PM Happy Hour with Live Entertainment! (BDR)	25 10:00 AM Donuts & Discussion (AR) (3rd FL AR) 11:00 AM Trivia (3rd FL AR) 1:30 PM Mid-Day Walk 2:00 PM Color Me Calm (2nd FL AS) 3:00 PM Movie Matinee 4:00 PM 1:1 Connections
26 10:00 AM Morning Connect (3rd FL AR) 10:30 AM Stretch & Movement Exercise 1:00 PM Lecture - (?) (TH) 1:30 PM Mid-Day Walk in Courtyard 2:00 PM Brain Games (3rd FL AR) 3:00 PM Movie Matinee: Documentary 4:00 PM 1:1 Connections	27 🎂 <i>HAPPY B-DAY BOB!</i> 9:30 AM Coffee & Current Events (3rd FL AR) 10:45 AM Morning Mobility Exercise 1:00 PM STORE OPEN 1:00 PM Bingo (3rd FL AR) 2:30 PM Painting with Teresa 3:30 PM Evening Yoga (FC)	28 9:30 AM Morning Walk in Courtyard (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)	29 9:30 AM Coffee & Current Events (3rd FL AR) 10:45 AM Morning Mobility Exercise 1:00 PM STORE OPEN 1:30 PM July Trivia 2:30 PM July Birthday Party! (3rd FL AR) 3:30 PM Evening Yoga (FC)	30 9:15 AM Catholic Communion Service (TH) 9:30 AM Morning Walk in Courtyard (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 Trip to Bonnie Brae Ice Cream - SIGN UP (ML) 4:00 PM Evening Meditation (FC)	31 9:30 AM Coffee & Current Events (3rd FL AR) 10:45 AM Morning Strength Exercise 1:00 PM STORE OPEN 2:00 PM Patriotic Cookie Decorating (3rd FL AR) 3:00 PM County Fair Games (BDR)	Happy Birthday 🎂 Jul 01 Thomas Makovsky Jul 08 Ron Smith Jul 27 Bob Beck

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