



July 2026

Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2	3	4
			9:00 Balance Class w Christian (5 people max) 10:00 Strength and Conditioning (FC) 10:15 Mahjong Lessons w Eloise (GR) 11:00 King Soopers Trip (ML) 1:00 General Store is OPEN! 1:00 Meditation Class w Dottie (GR) 2:00 PBS- Colorado Experience: 2:00 Balance (FC) 3:00 Learning Sign Language with Les Gwin	9:00 Advanced Strength Class w Bret (FC) 9:15 Catholic Communion Service (TH) 10:00 Strength and Conditioning (FC) 10:30 Scrabble (GR) 10:30 Protein smoothies with Kelly 11:00 Water Aerobics (FC) 12:00 Hot Dogs and Spritz in Courtyard 1:00 General Store is OPEN 1:30 Come and Sing! (TH) 3:00 Concert: Christopher Conroy (ML)	9:00 Stretch Class w Christian (FC) 10:00 Strength and Conditioning (FC) 1:00 General Store is OPEN 1:00 Bingo w Martha (GR) 2:00 Balance (FC) 2:30 Shabbat Services (AR) (3rd FL AR)	8:30 4th of July Breakfast 8:30-11am 1:00 Betsy Schwarm - Classical Music Lecture (1st FL TH) (TH) 2:00 Rummikub (GR) 7:00 Movie (TH)
5	6	7	8 	9	10	11 
10:30 Sunday Brunch (BDR) 2:00 Sunday Bridge (GR) 4:30 Hilltop Women Meet! (GR)	9:00 Advanced Fitness w Christian (7 people max) (FC) 10:00 Strength and Conditioning (FC) 11:00 Art Class: Flower Pinwheels 1:00 CANASTA (GR) 1:00 STORE OPEN 2:00 Balance (FC) 2:00 Lecture: Robot Ryan (TH)	9:00 Boxing Fitness Class 11:00 Water Aerobics 11:00 King Soopers Trip (ML) 1:00 STORE OPEN 1:30 Bridge Club (GR) 1:30 ACTIVE MINDS Lecture- Declaration of independence (TH) 3:00 PBS: Nature Series (TH)	9:00 Balance Class w Christian (5 people max) 9:00 Trishaw Ride through Hudson Gardens 10:00 Strength and Conditioning (FC) 10:15 Mahjong Lessons w Eloise (GR) 1:00 General Store is OPEN! 1:00 Meditation Class w Dottie (GR) 1:00 Parkinson's Support Group 2:00 PBS- Colorado Experience: 2:00 Balance (FC) 3:00 Group Bible Study w/ Pastor Les (3rd FL AR) 3:30 Bartender Kelly Cocktails (ML)	9:00 Advanced Strength Class w Bret (FC) 9:15 Catholic Communion Service (TH) 10:00 Strength and Conditioning (FC) 10:30 Scrabble (GR) 10:30 Protein smoothies with Kelly 11:00 Water Aerobics (FC) 12:30 Trip to COSTCO (sign up) (ML) 1:00 General Store is OPEN 1:30 Come and Sing! (TH) 3:00 Town Hall Meeting (TH)	9:00 Stretch Class w Christian (FC) 10:00 Strength and Conditioning (FC) 1:00 General Store is OPEN 1:00 Bingo w Martha (GR) 2:00 Balance (FC) 2:30 Shabbat Services (AR) (3rd FL AR)	2:00 Rummikub (GR) 7:00 Movie (TH)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 10:30 Sunday Brunch (BDR) 2:00 Sunday Bridge (GR) 4:00 Happy Hour w Live Music	13 9:00 Advanced Fitness w Christian (7 people max) (FC) 10:00 Strength and Conditioning (FC) 1:00 CANASTA (GR) 1:00 STORE OPEN 2:00 Balance (FC) 2:00 Bonnie Brae Ice Cream Outing (ML) 3:00 Active Minds - POETRY EXPLORATIONS (PDR) 6:45 Travels w Chris Wells (TH)	14 9:00 Boxing Fitness Class 11:00 Water Aerobics 11:00 King Soopers Trip (ML) 1:00 STORE OPEN 1:30 Bridge Club (GR) 2:00 Mountain Man Nuts & Fruit Co.Truck at Hilltop (ML) (ML) 3:00 PBS: Nature Series (TH) 4:00 Dinner Outing: Culinary Dropout (ML)	15 🍰 9:00 Balance Class w Christian (5 people max) 10:00 Strength and Conditioning (FC) 10:00 Day Outing to Golden (ML) 10:15 Mahjong Lessons w Eloise (GR) 1:00 General Store is OPEN! 1:00 Meditation Class w Dottie (GR) 2:00 PBS- Colorado Experience: 2:00 Balance (FC) 3:00 Learning Sign Language with Les Gwin	16 🍰 9:00 Advanced Strength Class w Bret (FC) 9:15 Catholic Communion Service (TH) 10:00 Strength and Conditioning (FC) 10:30 Scrabble (GR) 10:30 Protein smoothies with Kelly 11:00 Water Aerobics (FC) 1:00 General Store is OPEN 1:30 Come and Sing! (TH) 3:30 Bartender Kelly Cocktail (ML)	17 9:00 Stretch Class w Christian (FC) 10:00 Strength and Conditioning (FC) 1:00 General Store is OPEN 1:00 Bingo w Martha (GR) 2:00 Balance (FC) 2:30 Shabbat Services (AR) (3rd FL AR)	18 10:30 AARP Speaker: Understanding Your CO Ballot (TH) 1:00 Betsy Schwarm - Classical Music Lecture (1st FL TH) (TH) 2:00 Rummikub (GR) 7:00 Movie (TH)
19 10:30 Sunday Brunch (BDR) 2:00 Sunday Bridge (GR) 4:30 Hilltop Women Meet! (GR)	20 9:00 Advanced Fitness w Christian (7 people max) (FC) 10:00 Strength and Conditioning (FC) 1:00 CANASTA (GR) 1:00 STORE OPEN 1:30 ACTIVE MINDS Lecture- Internment of Japanese Americans (TH) 2:00 Balance (FC) 4:15 Dinner Outing: El Five (ML)	21 9:00 Boxing Fitness Class 9:00 Pancakes w Kelly 11:00 Water Aerobics 11:00 King Soopers Trip (ML) 11:45 Purple Art Class 1:00 STORE OPEN 1:00 Wendy Adler Art Lecture (TH) 1:30 Bridge Club (GR) 3:00 PBS: Nature Series (TH)	22 8:00 Day Outing: Estes Park and RMNP (ML) 9:00 Balance Class w Christian (5 people max) 10:00 Strength and Conditioning (FC) 10:15 Mahjong Lessons w Eloise (GR) 1:00 General Store is OPEN! 1:00 Meditation Class w Dottie (GR) 2:00 PBS- Colorado Experience: 2:00 Balance (FC) 3:00 Group Bible Study w/ Pastor Les (3rd FL AR)	23 🍰 9:00 Advanced Strength Class w Bret (FC) 9:15 Catholic Communion Service (TH) 10:00 Strength and Conditioning (FC) 10:30 Scrabble (GR) 10:30 Protein smoothies with Kelly 11:00 Water Aerobics (FC) 1:00 General Store is OPEN 1:00 Trip to TARGET (sign up) (ML) 1:30 Come and Sing! (TH) 3:30 Bartender Kelly Cocktails (ML)	24 9:00 Stretch Class w Christian (FC) 10:00 Strength and Conditioning (FC) 1:00 General Store is OPEN 1:00 Bingo w Martha (GR) 2:00 Balance (FC) 2:30 Shabbat Services (AR) (3rd FL AR)	25 🍰 12:00 BUNCO Potluck (GR) 2:00 Rummikub (GR) 7:00 Movie (TH)
26 🍰 10:30 Sunday Brunch (BDR) 2:00 Sunday Bridge (GR)	27 9:00 Advanced Fitness w Christian (7 people max) (FC) 10:00 Strength and Conditioning (FC) 1:00 CANASTA (GR) 1:00 STORE OPEN 2:00 Balance (FC) 2:00 Rootbeer Floats (ML) 3:00 BOOKCLUB	28 🍰 9:00 Boxing Fitness Class 9:00 Outing: Denver Mint Tour (ML) 11:00 Water Aerobics 11:00 King Soopers Trip (ML) 1:00 STORE OPEN 1:30 Bridge Club (GR) 1:30 MONTH Birthday Party! (ML) 3:00 Ambassador Meeting 3:00 PBS: Nature Series (TH)	29 9:00 Balance Class w Christian (5 people max) 10:00 Strength and Conditioning (FC) 10:15 Mahjong Lessons w Eloise (GR) 1:00 General Store is OPEN! 1:00 Meditation Class w Dottie (GR) 2:00 PBS- Colorado Experience: 2:00 Balance (FC) 2:30 Beach Themed Party in Courtyard	30 9:00 Advanced Strength Class w Bret (FC) 9:15 Catholic Communion Service (TH) 10:00 Strength and Conditioning (FC) 10:30 Scrabble (GR) 10:30 Protein smoothies with Kelly 11:00 Water Aerobics (FC) 1:00 General Store is OPEN 1:30 Come and Sing! (TH) 7:00 Travel Night: Ireland (ML)	31 9:00 Stretch Class w Christian (FC) 10:00 Strength and Conditioning (FC) 1:00 General Store is OPEN 1:00 Bingo w Martha (GR) 2:00 Balance (FC) 2:00 Piano Concert by Lindy Gold (ML)	Happy Birthday 🍰 Jul 01 Mimi Keefer, Thomas Makovsky & Wei Shih Jul 08 Ron Smith Jul 11 Ilene Bergsmann Jul 15 Judy Bostedt Jul 16 Ahouva Sicker & Daniel Muhonen Jul 23 Lois Haas, Mary Cytrynbaum & Renee Duman Jul 25 Bill Bigley Jul 26 Steve Ingraham Jul 28 Doris Meyers & Jackie Madden

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