

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						1:00 Betsy Schwarm - Classical Music Lecture (1st FL TH) (TH) 2:00 Rummikub (GR) 5:30 Music Under the Stars 7:00 Movie (TH)
2	3	4	5	6	7	8
10:30 Sunday Brunch (BDR) 2:00 Sunday Bridge (GR) 2:30 Movie: 4:30 Hilltop Women Meet! (GR)	9:00 Advanced Fitness w Christian (7 people max) (FC) 10:00 Strength and Conditioning (FC) 10:30 Cubigo Picture Day w Donuts! (ML) 11:40 Movie Outing- Odyssey (ML) 1:00 CANASTA (GR) 1:00 STORE OPEN 2:00 Balance (FC)	9:00 Boxing Fitness Class 9:00 Outing: Chatfield Farms (ML) 9:45 Water Aerobics 11:00 Water Aerobics 11:45 Purple Art Class 1:00 STORE OPEN 1:30 Bridge Club (GR) 1:30 King Soopers Trip (ML) 1:30 ACTIVE MINDS Lecture- Women of Denver History (TH) 3:00 PBS: Nature Series (TH) 3:30 Cocktails w Kelly (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)	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)	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) 3:00 Concert in Lobby (ML) 7:00 Movie (TH)
9	10	11	12	13	14	15
10:30 Sunday Brunch (BDR) 2:00 Sunday Bridge (GR) 2:30 Movie: 6:00 Christian Church Service	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 Men's Group Meeting 3:00 Active Minds - POETRY EXPLORATIONS (PDR) 6:45 Travels w Chris Wells (TH)	9:00 Boxing Fitness Class 9:45 Water Aerobics 11:00 Water Aerobics 11:00 King Soopers Trip (ML) 1:00 STORE OPEN 1:00 Ice Cream Social w Atlee Home Health (ML) 1:30 Bridge Club (GR) 2:00 Mountain Man Nuts & Fruit Co.Truck at Hilltop (ML) (ML) 3:00 Concert in Lobby (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) 1:00 Parkinson's Support Group 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) 1:00 General Store is OPEN	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)	1:00 Betsy Schwarm - Classical Music Lecture (1st FL TH) (TH) 2:00 Rummikub (GR) 7:00 Movie (TH)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:30 Sunday Brunch (BDR) 2:00 Sunday Bridge (GR) 2:30 Movie: 4:00 Happy Hour w Live Music 5:00 Hilltop Women Meet! (GR)	17 8:00 Day Outing: Estes Park and RMNP (ML) 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- The History of Colorado (TH) 2:00 Balance (FC)	18 9:00 Boxing Fitness Class 9:00 Pancakes w Kelly 9:45 Water Aerobics 11:00 Water Aerobics 11:00 King Soopers Trip (ML) 11:00 Painting w Rob 12:00 Art Lecture w Wendy Adler (TH) 1:00 STORE OPEN 1:30 Bridge Club (GR) 3:00 PBS: Nature Series (TH) 4:15 Dinner Outing: Linger (ML)	19 9:00 Balance Class w Christian (5 people max) 10:00 Strength and Conditioning (FC) 10:15 Mahjong Lessons w Eloise (GR) 11:15 Trip to COSTCO (sign up) (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 Group Bible Study w/ Pastor Les (3rd FL AR) 3:00 Cocktails w Kelly (ML)	20 8:30 Outing: Cheyanne Mountain Zoo (active outdoor walking) (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) 1:00 General Store is OPEN 3:00 Townhall (TH)	21 🍰 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)	22 12:00 BUNCO Potluck (GR) 2:00 Rummikub (GR) 7:00 Movie (TH)
23 10:30 Sunday Brunch (BDR) 11:00 Tie Dye Shirts w Kelly 2:00 Sunday Bridge (GR) 2:30 Movie: 6:00 Christian Church Service	24 9:00 Advanced Fitness w Christian (7 people max) (FC) 10:00 Strength and Conditioning (FC) 1:00 CANASTA (GR) 1:00 STORE OPEN 1:00 Trip to TARGET (sign up) (ML) 2:00 Balance (FC) 3:00 Concert in Lobby (ML)	25 8:45 Outing: Peaches Softball Game (ML) 9:00 Boxing Fitness Class 9:45 Water Aerobics 11:00 Water Aerobics 1:00 STORE OPEN 1:30 Bridge Club (GR) 1:30 MONTH Birthday Party! (ML) 2:00 King Soopers Trip (ML) 3:00 Ambassador Meeting 3:00 PBS: Nature Series (TH)	26 9:00 Balance Class w Christian (5 people max) 9:30 Outing: Copper Door Coffee Roaster and Walk at Crestmoor Park (ML) 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 Learning Sign Language with Les Gwin 3:30 Cocktails w Kelly (ML)	27 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 4:30 WOODSTOCK EVENT	28 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)	29 2:00 Rummikub (GR) 7:00 Movie (TH)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	Happy Birthday 🎂				
10:30 Sunday Brunch (BDR) 2:00 Sunday Bridge (GR) 2:30 Movie:	9:00 Advanced Fitness w Christian (7 people max) (FC) 9:45 Outing: Denver Art Museum (ML) 10:00 Strength and Conditioning (FC) 1:00 CANASTA (GR) 1:00 STORE OPEN 2:00 Balance (FC) 4:15 Dinner Outing: The Fort (ML)	Aug 21 Alice Perlmutter				

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