

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 🍰	3
				9:00 Advanced Strength w Bret (FC) 10:30 Scrabble (GR) 11:00 Water Aerobics (FC) 11:30 Trip to COSTCO (ML) 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)	1:00 Betsy Schwarm - Classical Music Lecture (Ground FL TH) (TH) 2:00 Rummikub (GR) 7:00 Movie (TH)
4 🍰	5	6	7	8 🍰	9 🍰	10
9:15 Catholic Communion Service (TH) 10:30 Sunday Brunch (BDR) 2:00 Sunday Bridge (GR) 2:25 Broncos vs. 49ers (TH) 4:30 Hilltop Women Meet! (GR)	9:00 Advanced Fitness w Christian (7 people max) (FC) 9:30 Outing: Woodgrain Bagel (ML) 10:00 Strength and Conditioning (FC) 1:00 CANASTA (GR) 1:00 STORE OPEN 2:00 Balance (FC) 5:00 Opening Ceremony Hilltop Olympics Dinner	9:00 Boxing Fitness Class 10:00 SENIOR OLYMPICS- only sign up if you are participating in the games! 1:00 STORE OPEN 1:30 Bridge Club (GR) 3:00 PBS: Nature Series (TH)	9:00 Balance Class w Christian (5 people max) 9:50 Outing: Hammonds Candy Tour (ML) 10:00 Strength and Conditioning (FC) 10:00 NEW Mahjong beginner class (GR) 1:00 General Store is OPEN! 1:00 Meditation Class w Dottie (GR) 2:00 PBS- Colorado Experience: 2:00 Balance (FC)	9:00 Advanced Strength Class w Bret (FC) 10:00 Strength and Conditioning (FC) 10:30 Scrabble (GR) 10:30 Protein smoothies with Kelly 11:00 Water Aerobics (FC) 11:00 Trip to TARGET (sign up) (ML) 1:00 General Store is OPEN 1:30 Come and Sing! (TH) 3:00 Colorado Hebrew Chorale Concert (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)	10:00 Art Show in Lobby (between 10am-1pm) (ML) 2:00 Rummikub (GR) 7:00 Movie (TH)
11	12	13	14	15	16 🍰	17
9:15 Catholic Communion Service (TH) 10:30 Sunday Brunch (BDR) 2:00 Sunday Bridge (GR) 2:05 Broncos vs. Chargers (TH)	9:00 Advanced Fitness w Christian (7 people max) (FC) 10:00 Strength and Conditioning (FC) 11:00 League of Women Voters Ballot issues- Denver and State (TH) 1:00 CANASTA (GR) 1:00 STORE OPEN 2:00 Balance (FC) 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 1:30 Bridge Club (GR) 2:00 Mountain Man Nuts & Fruit Co.Truck at Hilltop (ML) (ML) 2:30 Rootbeer Floats (ML) 3:00 PBS: Nature Series (TH)	9:00 Balance Class w Christian (5 people max) 10:00 Strength and Conditioning (FC) 10:00 Mahjong Class (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 Concert in Lobby (ML)	9:00 Advanced Strength Class w Bret (FC) 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) 3:00 Cocktails w Kelly- Pear & Prosecco Margarita 6:15 Broncos vs. Seahawks (TH)	9:00 Stretch Class w Christian (FC) 10:00 Strength and Conditioning (FC) 10:45 Dog Park in Courtyard w PupCups 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 (Ground FL TH) (TH) 2:00 Rummikub (GR) 3:00 Concert in Lobby (ML) 7:00 Movie (TH)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20 🍰	21 🍰	22 🍰	23	24
9:15 Catholic Communion Service (TH) 10:30 Sunday Brunch (BDR) 2:00 Sunday Bridge (GR) 3:00 S'mores w Kelly 4:30 Hilltop Women Meet! (GR) 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 1:30 ACTIVE MINDS Lecture- Colorado Ballot 2026 (TH) 2:00 Balance (FC) 4:00 Dinner Outing: Blanco Cocina & Cantina (ML)	9:00 Boxing Fitness Class 9:30 Outing: Nick's Garden Center (ML) 9:45 Water Aerobics 10:30 Coat Drive in lobby (ML) 11:00 Water Aerobics 11:30 King Soopers Trip (ML) 1:00 Art Lecture w Wendy Adler: 1:30 Bridge Club (GR) 3:00 Concert: Christopher Conroy (TH)	9:00 Balance Class w Christian (5 people max) 10:00 Strength and Conditioning (FC) 10:00 Mahjong Class (GR) 10:30 Coat Drive in lobby (ML) 11:00 Pumpkin Flower Arrangement Class 1:00 General Store is OPEN! 1:00 Meditation Class w Dottie (GR) 2:00 PBS- Colorado Experience: 2:00 Balance (FC) 5:45 Glow at the Gardens- Denver Botanic Gardens (ML)	9:00 Advanced Strength Class w Bret (FC) 10:00 Strength and Conditioning (FC) 10:30 Scrabble (GR) 10:30 Protein smoothies with Kelly 10:30 Coat Drive in lobby (ML) 11:00 Water Aerobics (FC) 1:00 General Store is OPEN 1:30 Come and Sing! (TH) 5:00 Fall Festival followed by Movie in Courtyard	9:00 Stretch Class w Christian (FC) 10:00 Strength and Conditioning (FC) 10:30 Coat Drive in lobby (ML) 1:00 General Store is OPEN 1:00 Bingo w Martha (GR) 2:00 Balance (FC) 2:30 Shabbat Services (AR) (3rd FL AR)	12:00 BUNCO Potluck (GR) 2:00 Rummikub (GR) 2:30 S'mores w Kelly 7:00 Movie (TH)
25 🍰	26	27	28 🍰	29 🍰	30	31
9:15 Catholic Communion Service (TH) 10:30 Sunday Brunch (BDR) 2:00 Sunday Bridge (GR) 2:05 Broncos vs. Cardinals (TH)	9:00 Advanced Fitness w Christian (7 people max) (FC) 10:00 Strength and Conditioning (FC) 11:00 Vitals Clinic in Bistro 1:00 CANASTA (GR) 1:00 STORE OPEN 2:00 Balance (FC) 7:00 Game Night- Family Feud (ML)	9:00 Boxing Fitness Class 9:00 Pancake Breakfast w Kelly 9:45 Water Aerobics 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) 2:00 Outing: World Market (ML) 3:00 PBS: Nature Series (TH) 7:00 Piano Recital (ML)	9:00 Balance Class w Christian (5 people max) 10:00 Strength and Conditioning (FC) 10:00 Mahjong Class (GR) 11:00 Paper Mache Pumpkin Craft 1:00 General Store is OPEN! 1:00 Meditation Class w Dottie (GR) 2:00 PBS- Colorado Experience: 2:00 Balance (FC)	9:00 Advanced Strength Class w Bret (FC) 10:00 Strength and Conditioning (FC) 10:30 Scrabble (GR) 10:30 Protein smoothies with Kelly 11:00 Water Aerobics (FC) 11:00 Men's Lunch Outing: The Perfect Landing (ML) 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) 4:00 Halloween Happy Hour and Costume Contest (ML)	2:00 Rummikub (GR) 7:00 Movie (TH)

Happy Birthday 🍰						
Oct 02 Nancy Dwyer Oct 04 Jan Friedland	Oct 08 Shirley Powders Oct 09 Bridget Baird	Oct 16 Barbara Raizen Oct 20 Georgia Grey	Oct 21 Ann Perry Oct 22 Arlene Moss & Sara Zimmerman	Oct 25 Esther Bartholic Oct 28 Ralph Silversmith	Oct 29 Richard Smith	

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