

SUN		MON		TUE		WED		THUR		FRI		SAT								
		<b>Labor Day</b> 9:00 AM Daily Chronicles and Schedule 10:00 AM Morning Exercise (AL AR) 10:35 AM Sign Language with Tony (Activities Room) 10:45 AM Shopping Outing to Safeway (Bus) 11:00 AM Rosary Prayer Circle (AL AR) 1:30 PM Monday Crafternoon (Activities Room) 3:30 PM Bingo! (AL AR) 6:00 PM TV's bingeworthy favorites (LR/AL)	1	9:00 AM Daily Chronicles and Schedule 9:30 AM Catholic Communion (private DR) 10:00 AM Exercise with Carol! (AL AR) 10:35 AM Sign Language with Tony (Activities Room) 1:30 PM Men's Group (AL/AR) 1:30 PM Music with Alan Vail (DR/AL) 3:00 PM Bridge Club (DR/AL) 3:30 PM Card Games/ Board Games (AL/AR) 5:30 PM Evening Documentary (Living Room)		2	<b>Happy Birthday Vicki Wildfong</b> 9:00 AM Daily Chronicles and Schedule 10:00 AM Manicures (LR/AL) 10:45 AM Exercise with Carol! (AL AR) 11:15 AM Lunch Outing (Bus) 2:00 PM History of the Broncos and the NFL presentation 3:30 PM Toss Across (AL/AR)		3	9:00 AM Daily Chronicles and Schedule 9:00 AM Trishaw Rides (Lobby) 10:00 AM Morning Exercise! (Activities Room) 10:35 AM Sign Language with Tony (Activities Room) 1:30 PM Golfing (DR/AL) 3:30 PM Culinary Creations (AL/AR) 6:00 PM TV's bingeworthy favorites (LR/AL)		4	9:00 AM Daily Chronicles and Schedule 10:00 AM Garden Care (Patio Garden) 10:30 AM Scenic Friday Drive (Bus) 10:45 AM Exercise with Carol (Activities Room) <b>1:30 PM Piano with Bill (LR/ AL)</b> 2:30 PM Happy Hour (Lobby)		5	<b>Grandparent Day Celebration</b> 9:00 AM Daily Chronicles and Schedule 10:00 AM Saturday Morning Exercise! <b>11:30 AM Grandparent's Day Carnival (DR/ Patio)</b> 3:30 PM BINGO! (AL/AR)		6		
<b>Grandparent's Day</b> 9:00 AM Daily Chronicles and Schedule 9:00 AM Peaks Points Pantry (Front Desk) 9:15 AM Sacred Heart of Mary Church Outing (Bus) 9:45 AM Worship Service (Living Room) 10:45 AM Sunday Morning Exercise! (AR) 1:00 PM Peaks Points Pantry (Lobby) <b>2:00 PM Music with Rolan and Dean (DR/AL)</b> 3:30 PM Armchair Travel to Africa (AL/LR)		7	9:00 AM Daily Chronicles and Schedule 10:00 AM Morning Exercise (AL AR) 10:35 AM Sign Language with Tony (Activities Room) 10:45 AM Shopping Outing to Dollar Tree (Bus) 11:00 AM Rosary Prayer Circle (AL AR) 1:30 PM Monday Crafternoon (Activities Room) 3:30 PM Bingo! (AL AR) 6:00 PM TV's bingeworthy favorites (LR/AL)		8	<b>Safari Day</b> 9:00 AM Daily Chronicles and Schedule 9:30 AM Catholic Communion (private DR) 10:00 AM Exercise with Carol! (AL AR) 10:35 AM Sign Language with Tony (Activities Room) 1:30 PM Men's Group (AL/AR) 3:00 PM Bridge Club (DR/AL) 3:30 PM Card Games/ Board Games (AL/AR) 5:30 PM Evening Documentary (Living Room)		9	9:00 AM Daily Chronicles and Schedule 10:00 AM Manicures (LR/ AL) 10:45 AM Exercise with Carol! (AL AR) <b>11:15 AM Denver Zoo Outing (Bus)</b> 1:30 PM Movie and Popcorn! (LR/AL) 2:30 PM Food for Thought with Rowan (AL/AR) 3:30 PM Blackjack with Susan (AL/AR)		10	9:00 AM Daily Chronicles and Schedule 9:00 AM Trishaw Rides (Lobby) 10:00 AM Morning Exercise! (Activities Room) <b>10:30 AM Visit with Goats! (AR)</b> 10:35 AM Sign Language with Tony (Activities Room) 11:00 AM Pop-up Library (LR/AL) <b>2:00 PM Music with Dan on Guitar (DR/AL)</b> 3:30 PM Culinary Creations (AL/AR) 6:00 PM TV's bingeworthy favorites (LR/AL)		11	9:00 AM Daily Chronicles and Schedule 10:00 AM Garden Care (Patio Garden) 10:30 AM Scenic Friday Drive (Bus) 10:45 AM Exercise with Carol (Activities Room) <b>1:30 PM Piano with Bill (LR/ AL)</b> 2:30 PM Safari Happy Hour (Lobby)		12	9:00 AM Daily Chronicles and Schedule 10:00 AM Saturday Morning Exercise! <b>1:30 PM Haystack Mountain Bluegrass Band (DR/AL)</b> <b>2:30 PM Presentation on Macular Degeneration (AL/AR)</b> 3:30 PM BINGO! (AL/AR)		13
<b>Happy Birthday Bob Warren</b> 9:00 AM Daily Chronicles and Schedule 9:00 AM Peaks Points Pantry (Front Desk) 9:15 AM Sacred Heart of Mary Church Outing (Bus) 9:45 AM Worship Service (Living Room) 10:45 AM Sunday Morning Exercise! (AR) 1:00 PM Peaks Points Pantry (Lobby) 1:30 PM Scott on Piano (DR/AL) 2:30 PM Baking Club! (AL/AR) 3:30 PM Drinks, treats and Brain Games on the Patio (Patio)		14	9:00 AM Daily Chronicles and Schedule 10:00 AM Morning Exercise (AL AR) 10:35 AM Sign Language with Tony (Activities Room) 10:45 AM Shopping Outing to Walmart (Bus) 11:00 AM Rosary Prayer Circle (AL AR) 1:30 PM Monday Crafternoon (Activities Room) 3:30 PM Bingo! (AL AR) 6:00 PM TV's bingeworthy favorites (LR/AL)		15	9:00 AM Daily Chronicles and Schedule 9:30 AM Catholic Communion (private DR) 10:00 AM Exercise with Carol! (AL AR) 10:35 AM Sign Language with Tony (Activities Room) 1:30 PM Men's Group (AL/AR) 3:00 PM Bridge Club (DR/AL) 3:30 PM Card Games/ Board Games (AL/ AR) 5:30 PM Evening Documentary (Living Room)		16	9:00 AM Daily Chronicles and Schedule 10:00 AM Manicures (LR/ AL) 10:45 AM Exercise with Carol! (AL AR) 11:15 AM Lunch Outing (Bus) 1:30 PM Movie and Popcorn! (LR/ AL) 2:30 PM Wellness Fair (AL/AR) 3:30 PM Activity Council (AL/AR)		17	9:00 AM Daily Chronicles and Schedule 9:00 AM Trishaw Rides (Lobby) 10:00 AM Morning Exercise! (Activities Room) 10:35 AM Sign Language with Tony (Activities Room) <b>2:00 PM Fiddlin' Fran (DR/AL)</b> 2:30 PM Resident Council (AL/AR) 3:30 PM Culinary Creations (AL/AR) 6:00 PM TV's bingeworthy favorites (LR/ AL)		18	9:00 AM Daily Chronicles and Schedule 10:00 AM Garden Care (Patio Garden) 10:30 AM Scenic Friday Drive (Bus) 10:45 AM Exercise with Carol (Activities Room) <b>1:30 PM Piano with Bill (LR/ AL)</b> 2:30 PM Happy Hour (Lobby)		19	9:00 AM Daily Chronicles and Schedule 10:00 AM Saturday Morning Exercise! 1:30 PM Afternoon Movie (LR/AL) 3:30 PM BINGO! (AL/AR)		20
9:00 AM Daily Chronicles and Schedule 9:00 AM Peaks Points Pantry (Front Desk) 9:15 AM Sacred Heart of Mary Church Outing (Bus) 9:45 AM Worship Service (Living Room) 10:45 AM Sunday Morning Exercise! (AR) 1:00 PM Peaks Points Pantry (Lobby) 2:30 PM Baking Club! (AL/AR) 3:30 PM Drinks, treats and Brain Games on the Patio (Patio)		21	<b>Rosh Hashanah</b> 9:00 AM Daily Chronicles and Schedule 10:00 AM Morning Exercise (AL AR) 10:35 AM Sign Language with Tony (Activities Room) 10:45 AM Shopping Outing to King Soopers (Bus) 11:00 AM Rosary Prayer Circle (AL AR) 1:30 PM Monday Crafternoon (Activities Room) 3:30 PM Bingo! (AL AR) 6:00 PM TV's bingeworthy favorites (LR/AL)		22	9:00 AM Daily Chronicles and Schedule 9:30 AM Catholic Communion (private DR) 10:00 AM Exercise with Carol! (AL AR) 10:35 AM Sign Language with Tony (Activities Room) 1:30 PM Beth on Violin (DR/AL) 3:00 PM Bridge Club (DR/AL) 3:30 PM Card Games/ Board Games (AL/ AR) 5:30 PM Evening Documentary (Living Room)		23	<b>Rosh Hashanah Ends</b> 9:00 AM Daily Chronicles and Schedule 10:00 AM Manicures (LR/ AL) 10:45 AM Exercise with Carol! (AL AR) 11:15 AM Lunch Outing (Bus) 2:00 PM Rosh Hashanah Celebration (AL/LR) 3:30 PM Wii Bowling (AL/AR)		24	9:00 AM Daily Chronicles and Schedule 9:00 AM Trishaw Rides (Lobby) 9:30 AM Vitals with Optimal Health (Exercise room) 9:30 AM Hearing Clinic (Discovery Rm) 10:00 AM Morning Exercise! (Activities Room) 10:35 AM Sign Language with Tony (Activities Room) 11:00 AM Pop-up Library (LR/AL) <b>1:30 PM Tony on Piano (DR/AL)</b> 3:30 PM Culinary Creations (AL/AR) 6:00 PM TV's bingeworthy favorites (LR/AL)		25	9:00 AM Daily Chronicles and Schedule 10:00 AM Garden Care (Patio Garden) 10:30 AM Scenic Friday Drive (Bus) 10:45 AM Exercise with Carol (Activities Room) <b>1:30 PM Piano with Bill (LR/ AL)</b> 2:30 PM Happy Hour (Lobby)		26	9:00 AM Daily Chronicles and Schedule 10:00 AM Saturday Morning Exercise! 1:30 PM Afternoon Movie (LR/AL) 3:30 PM BINGO! (AL/AR)		27
9:00 AM Daily Chronicles and Schedule 9:00 AM Peaks Points Pantry (Front Desk) 9:15 AM Sacred Heart of Mary Church Outing (Bus) 9:45 AM Worship Service (Living Room) 10:45 AM Sunday Morning Exercise! (AR) 1:00 PM Peaks Points Pantry (Lobby) 2:30 PM Baking Club! (AL/AR) 3:30 PM Drinks, treats and Brain Games on the Patio (Patio)		28	9:00 AM Daily Chronicles and Schedule 10:00 AM Morning Exercise (AL AR) 10:35 AM Sign Language with Tony (Activities Room) 10:45 AM Shopping Outing to Kohls (Bus) 11:00 AM Rosary Prayer Circle (AL AR) 1:30 PM Monday Crafternoon (Activities Room) 3:30 PM Bingo! (AL AR) 6:00 PM TV's bingeworthy favorites (LR/ AL)		29	9:00 AM Daily Chronicles and Schedule 9:30 AM Catholic Communion (private DR) 10:00 AM Exercise with Carol! (AL AR) 10:35 AM Sign Language with Tony (Activities Room) 1:30 PM Men's Group (AL/AR) 3:00 PM Bridge Club (DR/AL) 3:30 PM Card Games/ Board Games (AL/ AR) 5:30 PM Evening Documentary (Living Room)		30												

# September 2025

## Assisted Living





SUN		MON		TUE		WED		THUR		FRI		SAT	
		<b>Labor Day</b> 7:30 Breakfast (DR) 10:00 Chair Exercise (AR) 10:45 Labor Day Thank-You Cards 11:30 Lunch (DR) <b>2:30 Crafting Corner with Hilda: Mary Had a Little Lamb Craft.</b> 3:30 Documentary; Labor day 5:00 Dinner (DR) 6:30 Relaxing Music after dinner (AR)	<b>1</b>	<b>Happy Birthday Theresa Munzell!</b> 7:30 Breakfast (DR) 9:30 Good Morning Chit Chats with coffee (AR) <b>10:00 Catholic Rosary with Communion (AR)</b> <b>10:45 Morning Exercise with Carol (AR)</b> 11:30 Lunch (DR) <b>1:30 Music with Alan Vail (AL/DR)</b> 3:00 Ladder Ball (AR) 5:00 Dinner (DR) 6:30 Afternoon walks (AR)	<b>2</b>	7:30 Breakfast (DR) 9:30 Daily Chronicles (AR) <b>10:00 Morning Exercise with Carol (AR)</b> <b>10:30 Sensory Station with Megan (DR)</b> 11:30 Lunch Outing with AL 1:30 Senior Sing Alone with Susan (AR) 2:30 Expressive Design with Blanca and Hilda (AR) 3:30 Reminiscing (AR) 5:00 Dinner (DR) 6:30 Chit Chat out in the Patio (Patio)	<b>3</b>	7:30 Breakfast (DR) 9:30 Daily Chronicles (AR) 10:00 Kick Ball with Susan (AR) 10:45 Jeopardy (AR) 11:30 Lunch (DR) <b>1:00 Rosary Prayer Circle (AR)</b> 2:30 Balloon ball (AR) 5:00 Dinner (DR) 6:30 Reminiscing outside in the patio (Patio)	<b>4</b>	7:30 Breakfast (DR) 9:30 Meditation with Hand massage (AR) <b>10:00 Morning Exercise with Carol (AR)</b> <b>10:45 Friday Scenic Drive (Bus)</b> 11:30 Lunch (DR) <b>1:30 Piano with Bill (AR)</b> 2:30 Snacktivities : drinks, snack and music (AR) 3:30 Bowling (AR) 5:00 Dinner (DR) 6:30 Friday night Film (LR)	<b>5</b>	7:30 Breakfast (DR) 9:45 Saturday Morning Chair Exercise (AR) 10:45 Morning Bingo (LR) 11:30 Lunch (DR) 2:30 Puzzle builders 3:30 Coloring hour and relax music (AR) 5:00 Dinner (DR) 6:30 American Funniest Home Videos (LR)	<b>6</b>
7:30 Breakfast (DR) 9:45 Morning Brain Exercise (AR) 10:45 Reminiscing :Grandparents Day (AR) 11:30 Lunch (DR) <b>2:00 Church Service with Carol (LR)</b> 3:00 Play Outside Day: Cornhole in the patio (Patio) 5:00 Dinner (DR) 6:30 Jokes and Riddles (AR)	<b>7</b>	7:30 Breakfast (DR) 10:00 Chair Exercise (AR) 10:45 Aromatherapy hand massages (AR) 11:30 Lunch (DR) 2:30 Manicures (AR) 3:30 Afternoon Bingo (AR) 5:00 Dinner (DR) 6:30 Relaxing Music after dinner (AR)	<b>8</b>	7:30 Breakfast (DR) 9:30 Good Morning Chit Chats with coffee (AR) <b>10:00 Catholic Rosary with Communion (AR)</b> <b>10:45 Morning Exercise with Carol (AR)</b> 11:30 Lunch (DR) <b>2:00 Music with Josh (AR)</b> 3:30 Parachute circle 5:00 Dinner (DR) 6:30 Afternoon walks (AR)	<b>9</b>	7:30 Breakfast (DR) 9:30 Daily Chronicles (AR) <b>10:00 Morning Exercise with Carol (AR)</b> 10:45 Whiteboard Games (AR) 11:30 Lunch Outing with AL 1:30 Senior Sing Alone with Susan (AR) 2:00 Bean ball toss (AR) 3:00 Safari Hour (AR) 5:00 Dinner (DR) 6:30 Chit Chat out in the Patio (Patio)	<b>10</b>	7:30 Breakfast (DR) 9:30 Daily Chronicles (AR) 10:00 Kick Ball with Susan (AR) 10:45 Have you Ever? (AR) 11:30 Lunch (DR) <b>1:00 Rosary Prayer Circle (AR)</b> <b>1:30 Music with Dan (AL/LR)</b> 2:30 9-11 Remembrance (AR) 5:00 Dinner (DR) 6:30 Reminiscing outside in the patio (Patio)	<b>11</b>	7:30 Breakfast (DR) 9:30 Meditation with Hand massage (AR) <b>10:00 Morning Exercise with Carol (AR)</b> <b>10:45 Friday Scenic Drive (Bus)</b> 11:30 Lunch (DR) <b>1:30 Piano with Bill (AR)</b> 2:30 Snacktivities : drinks, snack and music (AR) 3:30 Bowling (AR) 5:00 Dinner (DR) 6:30 Friday night Film (LR)	<b>12</b>	7:30 Breakfast (DR) 9:45 Saturday Morning Chair Exercise (AR) 10:45 Morning Bingo (LR) 11:30 Lunch (DR) 2:30 Puzzle builders 3:30 Coloring hour and relax music (AR) 5:00 Dinner (DR) 6:30 American Funniest Home Videos (LR)	<b>13</b>
7:30 Breakfast (DR) 9:45 Morning Brain Exercise (AR) 10:45 Activity Kits 11:30 Lunch (DR) <b>1:30 Music with Scott (AL/LR)</b> <b>2:00 Church Service with Carol (LR)</b> 3:00 Pictionary (AR) 5:00 Dinner (DR) 6:30 Jokes and Riddles (AR)	<b>14</b>	7:30 Breakfast (DR) 10:00 Chair Exercise (AR) 10:45 Aromatherapy hand massages (AR) 11:30 Lunch (DR) 2:30 Balloon Noodle Valleyball (AR) 3:30 Afternoon Coffee and cookies (AR) 5:00 Dinner (DR) 6:30 Relaxing Music after dinner (AR)	<b>15</b>	<b>Mexican Independence Day</b> 7:30 Breakfast (DR) 9:30 Good Morning Chit Chats with coffee (AR) <b>10:00 Catholic Rosary with Communion (AR)</b> <b>10:45 Morning Exercise with Carol (AR)</b> 11:30 Lunch (DR) <b>2:30 Mexican Independence Party (AR)</b> 5:00 Dinner (DR) 6:30 Afternoon walks (AR)	<b>16</b>	<b>Happy Birthday Joe Goggin!</b> 7:30 Breakfast (DR) 9:30 Daily Chronicles (AR) <b>10:00 Morning Exercise with Carol (AR)</b> <b>10:30 Sensory Station with Megan (AR)</b> 11:30 Lunch Outing with AL 1:30 Senior Sing Alone with Susan (AR) 2:30 Junk drawer detective 3:30 Sorting kits (AR) 5:00 Dinner (DR) 6:30 Chit Chat out in the Patio (Patio)	<b>17</b>	7:30 Breakfast (DR) 9:30 Daily Chronicles (AR) 10:00 Kick Ball with Susan (AR) 11:30 Lunch (DR) <b>1:00 Rosary Prayer Circle (AR)</b> <b>2:00 Music with Fran (AL/LR)</b> 5:00 Dinner (DR) 6:30 Reminiscing outside in the patio (Patio)	<b>18</b>	7:30 Breakfast (DR) 9:30 Meditation with Hand massage (AR) <b>10:00 Morning Exercise with Carol (AR)</b> <b>10:45 Friday Scenic Drive (Bus)</b> 11:30 Lunch (DR) <b>1:30 Piano with Bill (AR)</b> 2:30 Snacktivities : drinks, snack and music (AR) 3:30 Bowling (AR) 5:00 Dinner (DR) 6:30 Friday night Film (LR)	<b>19</b>	7:30 Breakfast (DR) 9:45 Saturday Morning Chair Exercise (AR) 10:45 Morning Bingo (LR) 11:30 Lunch (DR) 2:30 Puzzle builders 3:30 Coloring hour and relax music (AR) 5:00 Dinner (DR) 6:30 American Funniest Home Videos (LR)	<b>20</b>
7:30 Breakfast (DR) 9:45 Morning Brain Exercise (AR) 10:45 Word within a word 11:30 Lunch (DR) <b>2:00 Church Service with Carol (LR)</b> 3:00 Activity Kits (AR) 5:00 Dinner (DR) 6:30 Jokes and Riddles (AR)	<b>21</b>	7:30 Breakfast (DR) 10:00 Chair Exercise (AR) 10:45 Aromatherapy hand massages (AR) 11:30 Lunch (DR) 2:30 Parachute circle (AR) 3:30 Afternoon Bingo (AR) 5:00 Dinner (DR) 6:30 Relaxing Music after dinner (AR)	<b>22</b>	7:30 Breakfast (DR) 9:30 Good Morning Chit Chats with coffee (AR) <b>10:00 Catholic Rosary with Communion (AR)</b> <b>10:45 Morning Exercise with Carol (AR)</b> 11:30 Lunch (DR) <b>1:30 Music with Beth (AL/LR)</b> 2:00 Activities with Stacy (AR) 3:00 Bowling 5:00 Dinner (DR) 6:30 Afternoon walks (AR)	<b>23</b>	7:30 Breakfast (DR) 9:30 Daily Chronicles (AR) <b>10:00 Morning Exercise with Carol (AR)</b> 10:45 Games (AR) 11:30 Lunch Outing with AL 1:30 Senior Sing Alone with Susan (AR) 2:00 Instrument Circle (AR) 3:30 Clowning around with Susan (AR) 5:00 Dinner (DR) 6:30 Chit Chat out in the Patio (Patio)	<b>24</b>	7:30 Breakfast (DR) 9:30 Daily Chronicles (AR) 10:00 Kick Ball with Susan (AR) 10:45 Finish the phrase (AR) 11:30 Lunch (DR) <b>1:00 Rosary Prayer Circle (AR)</b> <b>1:30 Music with Roland (AL/LR)</b> 2:30 Activities with Michelle (AR) 3:30 Arm chair travel: France 5:00 Dinner (DR) 6:30 Reminiscing outside in the patio (Patio)	<b>25</b>	7:30 Breakfast (DR) 9:30 Meditation with Hand massage (AR) <b>10:00 Morning Exercise with Carol (AR)</b> <b>10:45 Friday Scenic Drive (Bus)</b> 11:30 Lunch (DR) <b>1:30 Piano with Bill (AR)</b> 2:30 Snacktivities : drinks, snack and music (AR) 3:30 Bowling (AR) 5:00 Dinner (DR) 6:30 Friday night Film (LR)	<b>26</b>	7:30 Breakfast (DR) 9:45 Saturday Morning Chair Exercise (AR) 10:45 Morning Bingo (LR) 11:30 Lunch (DR) 2:30 Puzzle builders 3:30 Coloring hour and relax music (AR) 5:00 Dinner (DR) 6:30 American Funniest Home Videos (LR)	<b>27</b>
7:30 Breakfast (DR) 9:45 Morning Brain Exercise (AR) 11:30 Lunch (DR) <b>2:00 Church Service with Carol (LR)</b> 3:00 Ladder Ball (AR) 5:00 Dinner (DR) 6:30 Jokes and Riddles (AR)	<b>28</b>	7:30 Breakfast (DR) 10:00 Chair Exercise (AR) 10:45 Aromatherapy hand massages (AR) 11:30 Lunch (DR) 2:30 Manicures (AR) 3:30 Puzzle Builders (AR) 5:00 Dinner (DR) 6:30 Relaxing Music after dinner (AR)	<b>29</b>	7:30 Breakfast (DR) 9:30 Good Morning Chit Chats with coffee (AR) <b>10:00 Catholic Rosary with Communion (AR)</b> <b>10:45 Morning Exercise with Carol (AR)</b> 11:30 Lunch (DR) 2:30 Beach ball toss (AR) 3:30 Dance Party 5:00 Dinner (DR) 6:30 Afternoon walks (AR)	<b>30</b>							<b>Location Key</b> Activity Room-AR Dining Room-DR Living Room-LR Assisted Living Room-AL/LR Assited Dining Room-AL/DR Outside-Bus	

