



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Be Adventurous</b></p> <p><b>Be Challenged</b></p> <p><b>Be Connected</b></p> <p><b>Be Family</b></p> <p><b>Be Inspired</b></p> <p><b>Be Social</b></p> <p><b>Be Well</b></p>	<p><b>Location Keys</b></p> <p>Activity Room AR</p> <p>Chapel/Library CH/L</p> <p>Dining Room DR</p> <p>Exercise Room E</p> <p>Lobby LOB</p> <p>Mesa Store MS</p> <p>Outing BUS</p> <p>Outside OUT</p> <p>Third Floor T</p>		<p><b>Bus Transportation for Medical Appointments</b></p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:30 Ambassador Meeting [E]</p> <p>12:30 Dress In Blue Day [DR]</p> <p>2:30 Guess that Tune with the Player Piano [E]</p> <p>4:30 Crossword Puzzles [E]</p> <p>6:30 Bingo [AR]</p>	<p><b>1</b></p> <p>9:30 Exercise: Cardio [E]</p> <p>10:30 Finger Weaving [AR]</p> <p>12:30 Dining Room Trivia [DR]</p> <p>2:00 Bean Bag Baseball with Caprock Kids [E]</p> <p>4:00 Happy Hour with Twirp [LOB]</p> <p>4:30 Sodoku Puzzles [AR]</p> <p>6:30 Bunco [AR]</p> <p>6:30 Movie Night: Mary Poppins Returns [E]</p>	<p><b>2</b></p> <p>9:30 Exercise: Stretching [E]</p> <p>10:00 Scrabble [AR]</p> <p>10:30 Coffee &amp; Doughnuts [AR]</p> <p>12:30 Name Tag &amp; Great Call Alerts [DR]</p> <p>2:30 Mexican Train Dominoes [AR]</p> <p>4:30 Riddles [AR]</p> <p>6:30 Rummikub [AR]</p>
<p><b>4</b></p> <p>10:00 Walking Club [OUT]</p> <p>12:00 Who, What, When, Where [AR]</p> <p>2:00 Phase 10 [AR]</p> <p>3:00 Root Beer Floats [AR]</p> <p>4:00 Nondenominational Church Service [CH/L]</p> <p>4:30 Kings in the Corner [AR]</p> <p>6:30 Uno Card Game [AR]</p>	<p><b>5</b></p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:00 Pinochle [T]</p> <p>12:00 Picture Find [AR]</p> <p>2:00 Bible Study [CH/L]</p> <p>2:30 Who am I? Guessing Game [AR]</p> <p>4:30 Aggravation Game [AR]</p> <p>6:30 Bingo [AR]</p>	<p><b>6</b></p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:30 Knitting &amp; Crocheting for the VA and St. Mary's [AR]</p> <p>12:00 Lunch at Kannah Creek [BUS]</p> <p>12:00 Word Searches [AR]</p> <p>2:00 Blackjack Lessons with First Light [AR]</p> <p>2:00 Mountain Man Candy [LOB]</p> <p>3:00 Mexican Train Dominoes [AR]</p> <p>4:30 "Roll and Draw a Garden" [AR]</p> <p>6:30 Rummikub [AR]</p>	<p><b>7</b></p> <p><b>Bus Transportation for Shopping</b></p> <p>9:20 Catholic Communion [CH/L]</p> <p>9:30 Exercise: Strengthening [E]</p> <p>11:30 Wii Bowling League [E]</p> <p>12:30 Friendship Lunch [DR]</p> <p>1:30 Mesa Store [MS]</p> <p>2:00 Community Meeting and Path to Wellness Awards [LOB]</p> <p>3:00 Bridge Club [AR]</p> <p>4:30 Current Events Club [AR]</p> <p>6:00 Bluegrass Jam [AR]</p>	<p><b>8</b></p> <p><b>Bus Transportation for Medical Appointments</b></p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:30 Chat with Jackie and doughnuts! [AR]</p> <p>12:30 Wear Floral Print [DR]</p> <p>2:00 Talk with First Light: Eyecare [AR]</p> <p>2:30 Grand Mesa Medical [AR]</p> <p>4:30 Crossword Puzzles [E]</p> <p>6:30 Bingo [AR]</p>	<p><b>9</b></p> <p><b>Corn Shucking</b></p> <p>9:30 Exercise: Cardio [E]</p> <p>10:30 Paper Crafting [AR]</p> <p>12:30 Dining Room Trivia [DR]</p> <p>2:00 Bean Bag Baseball with Caprock Kids [E]</p> <p>3:00 Food for Thought with Chef Travis [AR]</p> <p>4:00 Happy Hour with Tea for Two and Corn Shucking Party [LOB]</p> <p>4:30 Sodoku Puzzles [AR]</p> <p>6:30 Movie Night: Benji [E]</p>	<p><b>10</b></p> <p>9:30 Exercise: Stretching [E]</p> <p>10:00 Scrabble [AR]</p> <p>10:30 Coffee &amp; Doughnuts [AR]</p> <p>12:30 Name Tag &amp; Great Call Alerts [DR]</p> <p>2:30 Vibrant Life Planning Meeting [AR]</p> <p>4:30 Phase 10 [AR]</p> <p>6:30 Rummikub [AR]</p>
<p><b>11</b></p> <p>10:00 Walking Club [OUT]</p> <p>12:00 Puzzle Time [AR]</p> <p>2:30 Who, What, When, Where [AR]</p> <p>3:00 Ice Cream Social [AR]</p> <p>4:00 Nondenominational Church Service [CH/L]</p> <p>4:30 What am I? Guessing Game [AR]</p> <p>6:30 Uno Card Game [AR]</p>	<p><b>12</b></p> <p><b>Back to School Drive</b></p> <p>9:00 Foot C's [CH/L]</p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:00 Pinochle [T]</p> <p>12:00 Picture Find [AR]</p> <p>2:00 Avon Representative [LOB]</p> <p>2:00 Bible Study [CH/L]</p> <p>2:30 Pokeno [AR]</p> <p>4:30 Name the Movie [AR]</p> <p>6:30 Bingo [AR]</p>	<p><b>13</b></p> <p><b>Trip to the Movies</b></p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:30 Knitting &amp; Crocheting for the VA and St. Mary's [AR]</p> <p>12:00 Word Searches [AR]</p> <p>2:00 Blackjack Lessons with First Light [AR]</p> <p>3:00 Mexican Train Dominoes [AR]</p> <p>4:30 Kings in the Corner [AR]</p> <p>6:30 Card Club [AR]</p>	<p><b>14</b></p> <p><b>Bus Transportation for Shopping</b></p> <p>9:20 Catholic Communion [CH/L]</p> <p>9:30 Exercise: Strengthening [E]</p> <p>11:00 Learn how to Play Blackjack [E]</p> <p>12:30 Friendship Lunch [DR]</p> <p>1:30 Mesa Store [MS]</p> <p>2:00 Kindred Vital Checks [AR]</p> <p>3:00 Bridge Club [AR]</p> <p>4:30 Current Events Club [AR]</p> <p>6:30 Skip-Bo [AR]</p>	<p><b>15</b></p> <p><b>Bus Transportation for Medical Appointments Car Show</b></p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:15 Ambassador Meeting [E]</p> <p>12:30 Hat Day [DR]</p> <p>2:30 Auction [LOB]</p> <p>4:30 Crossword Puzzles [E]</p> <p>6:30 Bingo [AR]</p>	<p><b>16</b></p> <p><b>Palisade Peach Fest</b></p> <p>9:30 Exercise: Cardio [E]</p> <p>10:30 Nail Painting [AR]</p> <p>12:30 Dining Room Trivia [DR]</p> <p>2:00 Bean Bag Baseball with Caprock Kids [E]</p> <p>4:00 Happy Hour with Houle [LOB]</p> <p>4:30 Sodoku Puzzles [AR]</p> <p>6:30 Movie Night: Gremlins [E]</p>	<p><b>17</b></p> <p>9:30 Exercise: Stretching [E]</p> <p>10:00 Scrabble [AR]</p> <p>10:30 Coffee &amp; Doughnuts [AR]</p> <p>12:30 Name Tag &amp; Great Call Alerts [DR]</p> <p>2:30 Mexican Train Dominoes [AR]</p> <p>4:30 Easy Chair Yoga Poses [AR]</p> <p>6:30 Rummikub [AR]</p>
<p><b>18</b></p> <p>10:00 Walking Club [OUT]</p> <p>12:00 Who, What, When, Where [AR]</p> <p>2:00 Finish the Nursery Rhyme [AR]</p> <p>3:00 Root Beer Floats [AR]</p> <p>4:00 Nondenominational Church Service [CH/L]</p> <p>4:30 Born in the '50s Game [AR]</p> <p>6:30 Uno Card Game [AR]</p>	<p><b>19</b></p> <p><b>Caring Transitions</b></p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:00 Pinochle [T]</p> <p>12:00 Picture Find [AR]</p> <p>2:00 Bible Study [CH/L]</p> <p>2:30 Pokeno [AR]</p> <p>4:30 What show am I? Guessing Game [AR]</p> <p>6:30 Bingo [AR]</p>	<p><b>20</b></p> <p>8:30 Breakfast at Berna B's [BUS]</p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:30 Knitting &amp; Crocheting for the VA and St. Mary's [AR]</p> <p>12:00 Word Searches [AR]</p> <p>2:00 Blackjack Lessons with First Light [AR]</p> <p>2:30 Mountain Man Candy [LOB]</p> <p>3:00 Mexican Train Dominoes [AR]</p> <p>4:30 Essential Oils [CH/L]</p> <p>6:30 Rummikub [AR]</p>	<p><b>21</b></p> <p><b>Bus Transportation for Shopping National Senior Citizen's Day</b></p> <p>9:20 Catholic Communion [CH/L]</p> <p>9:30 Exercise: Strengthening [E]</p> <p>12:30 Ambassadors/New Residents Luncheon [DR]</p> <p>12:30 Friendship Lunch [DR]</p> <p>1:30 AAA Hearing [AR]</p> <p>1:30 Mesa Store [MS]</p> <p>3:00 Bridge Club [E]</p> <p>3:00 St. Mary's Seminar: Stroke Program [AR]</p> <p>4:30 Current Events Club [AR]</p> <p>6:30 Skip-Bo [AR]</p>	<p><b>22</b></p> <p><b>Bus Transportation for Medical Appointments</b></p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:30 Stories out of a hat [E]</p> <p>12:30 Dress In Stripes Day [DR]</p> <p>2:00 Talk with First Light: Oral Health [AR]</p> <p>2:30 Grand Mesa Medical Walker Checks [AR]</p> <p>4:30 Crossword Puzzles [E]</p> <p>6:30 Bingo [AR]</p>	<p><b>23</b></p> <p>9:30 Exercise: Cardio [E]</p> <p>10:30 Rock Painting [AR]</p> <p>12:30 Dining Room Trivia [DR]</p> <p>2:00 Bean Bag Baseball with Caprock Kids [E]</p> <p>4:00 Happy Hour with Hugh [LOB]</p> <p>4:30 Card Game-Kings In the Corner [AR]</p> <p>6:30 Movie Night: 42 [E]</p>	<p><b>24</b></p> <p>9:30 Exercise: Stretching [E]</p> <p>10:00 Scrabble [AR]</p> <p>10:30 Coffee &amp; Doughnuts [AR]</p> <p>12:30 Name Tag &amp; Great Call Alerts [DR]</p> <p>2:30 Phase 10 [AR]</p> <p>4:30 Sodoku Puzzles [AR]</p> <p>6:30 Mexican Train Dominoes [AR]</p>
<p><b>25</b></p> <p>10:00 Walking Club [OUT]</p> <p>12:00 Puzzle Time [AR]</p> <p>2:00 Who, What, When, Where [AR]</p> <p>3:00 Ice Cream Social [AR]</p> <p>4:00 Nondenominational Church Service [CH/L]</p> <p>4:30 Uno [AR]</p> <p>6:30 Card Club [AR]</p>	<p><b>26</b></p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:00 Pinochle [T]</p> <p>12:00 Picture Find [AR]</p> <p>2:00 Bible Study [CH/L]</p> <p>2:30 Pokeno [AR]</p> <p>4:30 Aggravation Game [AR]</p> <p>6:30 Bingo [AR]</p>	<p><b>27</b></p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:00 Knitting &amp; Crocheting for the VA and St. Mary's [AR]</p> <p>10:30 Mini Golf Outing [AR]</p> <p>12:00 Word Searches [AR]</p> <p>2:00 Blackjack Lessons with First Light [AR]</p> <p>3:00 August Birthday Party [AR]</p> <p>4:30 Relaxation Podcasts [AR]</p> <p>6:30 Rummikub [AR]</p>	<p><b>28</b></p> <p><b>Bus Transportation for Shopping</b></p> <p>9:20 Catholic Communion [CH/L]</p> <p>9:30 Exercise: Strengthening [E]</p> <p>11:00 Wii Bowling League [E]</p> <p>12:30 Friendship Lunch [DR]</p> <p>1:30 Mesa Store [MS]</p> <p>3:00 Book Club [CH/L]</p> <p>3:00 Bridge Club [AR]</p> <p>4:30 Current Events Club [AR]</p> <p>6:30 Skip-Bo [AR]</p>	<p><b>29</b></p> <p><b>Bus Transportation for Medical Appointments</b></p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:30 Creative Coloring [AR]</p> <p>12:30 Dress In Dots Day [DR]</p> <p>2:30 Silly YouTube Video Viewing Party [AR]</p> <p>4:30 Crossword Puzzles [E]</p> <p>6:30 Bingo [AR]</p>	<p><b>30</b></p> <p>9:30 Exercise: Cardio [E]</p> <p>10:30 Painting Flower Pots [AR]</p> <p>12:30 Dining Room Trivia [DR]</p> <p>2:00 Bean Bag Baseball with Caprock Kids [E]</p> <p>4:00 Happy Hour [AR]</p> <p>4:30 Sodoku Puzzles [AR]</p> <p>6:30 Movie Night: Miracle [E]</p>	<p><b>31</b></p> <p>9:30 Exercise: Stretching [E]</p> <p>10:00 Scrabble [AR]</p> <p>10:30 Coffee &amp; Doughnuts [AR]</p> <p>12:30 Name Tag &amp; Great Call Alerts [DR]</p> <p>2:30 Mexican Train Dominoes [AR]</p> <p>4:30 Phase 10 [AR]</p> <p>6:30 Rummikub [AR]</p>