


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																		
 <p>601 Horizon Place Grand Junction, CO 81506 970-241-0772</p>		<p>9:30  Exercise: Sit and Be Fit [E] <b>1</b></p> <p>10:00  Knitting &amp; Crocheting for the VA and St. Mary's [AR]</p> <p>10:00  Scenic Drive over the Monument [BUS]</p> <p>12:00  Word Searches [AR]</p> <p>2:00  Creative Coloring [AR]</p> <p>2:30  Mountain Man Candy [LOB]</p> <p>3:00  Mexican Train Dominoes [AR]</p> <p>6:30  Kings In the Corner [AR]</p>	<p><b>2</b> Bus Transportation for Shopping</p> <p>9:20  Catholic Communion [CH/L]</p> <p>9:30  Yoga [E]</p> <p>10:30  Skip-Bo [AR]</p> <p>12:30  Friendship Lunch [DR]</p> <p>1:30  Mesa Store [MS]</p> <p>2:00  Flu Shot Clinic [AR]</p> <p>3:00  \$5 Jewelry Sale [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>3</b> Bus Transportation for Medical Appointments</p> <p>9:30  Exercise: Sit and Be Fit [E]</p> <p>10:30  Ambassador Meeting [E]</p> <p>10:30  Rummikub [AR]</p> <p>12:30  Hat Day [DR]</p> <p>2:30  Resident Council Meeting [AR]</p> <p>4:30  Crossword Puzzles [E]</p> <p>6:30  Bingo [AR]</p>	<p><b>4</b></p> <p>9:30  Exercise: Cardio [E]</p> <p>10:30  Spider Pop Craft [AR]</p> <p>12:30  Dining Room Trivia [DR]</p> <p>12:30  This is your Life: Ray Green [DR]</p> <p>2:00  Bean Bag Baseball with Caprock Kids [E]</p> <p>4:00  Happy Hour with Twirp [AR]</p> <p>4:30  Sudoku Puzzles [AR]</p> <p>6:30  Bunco [E]</p>	<p><b>5</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>																		
	<p><b>6</b></p> <p>10:00  Walking Club [OUT]</p> <p>12:00  Who, What, When, Where [AR]</p> <p>1:05  Chargers v Broncos [E]</p> <p>2:00  Uno Card Game [AR]</p> <p>3:00  Root Beer Floats [AR]</p> <p>4:00  Nondenominational Church Service [CH/L]</p> <p>6:00  Puzzle Time [AR]</p>	<p><b>7</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  Avon Representative [LOB]</p> <p>2:00  Bible Study [CH/L]</p> <p>4:30  Aggravation Game [AR]</p> <p>6:30  Bingo [AR]</p>	<p><b>8</b> Dottie's Clothing</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>12:00  Word Searches [AR]</p> <p>12:30  Lunch at the Ale House [BUS]</p> <p>2:00  Creative Coloring [AR]</p> <p>3:00  Mexican Train Dominoes [AR]</p> <p>4:30  Essential Oils: Allergies [AR]</p> <p>6:30  Kings In the Corner [AR]</p>	<p><b>9</b> Bus Transportation for Shopping</p> <p>9:20  Catholic Communion [CH/L]</p> <p>9:30  Exercise: Strengthening [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>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>10</b> Bus Transportation for Medical Appointments</p> <p>9:30  Exercise: Sit and Be Fit [E]</p> <p>10:30  Chat with Jackie [AR]</p> <p>10:30  Rummikub [AR]</p> <p>12:30  Crazy Socks Day [DR]</p> <p>2:00  Tammy's Talk: Driving Safety [LOB]</p> <p>2:30  Grand Mesa Medical [AR]</p> <p>4:30  Crossword Puzzles [E]</p> <p>6:30  Bingo [AR]</p>	<p><b>11</b></p> <p>9:30  Exercise: Cardio [E]</p> <p>10:30  Halloween Rock Painting [AR]</p> <p>12:30  Dining Room Trivia [DR]</p> <p>2:00  Bean Bag Baseball with Caprock Kids [E]</p> <p>2:00  Food for Thought with Chef Travis [AR]</p> <p>4:00  Happy Hour with Rosewood and Ivory [AR]</p> <p>4:30  Sudoku Puzzles [AR]</p> <p>6:30  Movie Night: Lincoln [E]</p>	<p><b>12</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>2:00  Chat with Hope [AR]</p> <p>2:30  Mexican Train Dominoes [AR]</p> <p>4:30  Kings in the Corner [AR]</p> <p>6:30  Rummikub [AR]</p>																	
	<p><b>13</b></p> <p>10:00  Walking Club [OUT]</p> <p>12:00  Who, What, When, Where [AR]</p> <p>2:25  Broncos v Titans [E]</p> <p>2:30  Card Game [AR]</p> <p>3:00  Ice Cream Social [AR]</p> <p>4:00  Nondenominational Church Service [CH/L]</p> <p>4:30  Puzzle Time [AR]</p> <p>6:30  Uno Card Game [AR]</p>	<p><b>14</b> Columbus Day</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>10:30  Aggravation Game [AR]</p> <p>12:00  Picture Find [AR]</p> <p>2:00  Bible Study [CH/L]</p> <p>4:30  Pokeno [AR]</p> <p>6:30  Bingo [AR]</p>	<p><b>15</b> Trip to the Movies</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>12:00  Word Searches [AR]</p> <p>2:00  Creative Coloring [AR]</p> <p>2:30  Mountain Man Candy [LOB]</p> <p>3:00  Mexican Train Dominoes [AR]</p> <p>4:30  Deep Breathing [CH/L]</p> <p>6:30  Kings In the Corner [AR]</p>	<p><b>16</b> Bus Transportation for Shopping</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 [AR]</p> <p>3:00  St. Mary's Seminar: Chest Pain [AR]</p> <p>6:30  Current Events Club [AR]</p>	<p><b>17</b> Bus Transportation for Medical Appointments</p> <p>9:30  Exercise: Sit and Be Fit [E]</p> <p>10:30  Ambassador Meeting [E]</p> <p>10:30  Rummikub [AR]</p> <p>12:30  Sunglasses Day [DR]</p> <p>2:00  Auction [LOB]</p> <p>3:00  Skip-Bo [AR]</p> <p>4:30  Crossword Puzzles [E]</p> <p>6:20  Broncos v Chiefs [E]</p> <p>6:30  Bingo [AR]</p>	<p><b>18</b></p> <p>9:30  Exercise: Cardio [E]</p> <p>10:30  Scrapbooking [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: Player Piano [AR]</p> <p>4:30  Sudoku Puzzles [AR]</p> <p>6:30  Movie Night: Cat on a Hot Tin Roof [E]</p>	<p><b>19</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>2:00  Gold Key Club [AR]</p> <p>2:30  Mexican Train Dominoes [AR]</p> <p>4:30  Phase 10 [AR]</p> <p>6:30  Rummikub [AR]</p>																	
	<p><b>20</b></p> <p>10:00  Walking Club [OUT]</p> <p>12:00  Who, What, When, Where [AR]</p> <p>2:00  Skip-Bo [AR]</p> <p>3:00  Root Beer Floats [AR]</p> <p>4:00  Nondenominational Church Service [CH/L]</p> <p>6:30  Uno Card Game [AR]</p>	<p><b>21</b> Caring Transitions</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  Aggravation Game [AR]</p> <p>4:30  Pokeno [AR]</p> <p>6:30  Bingo [AR]</p>	<p><b>22</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  Eureka! Science Museum [BUS]</p> <p>12:00  Word Searches [AR]</p> <p>2:00  Creative Coloring [AR]</p> <p>3:00  Mexican Train Dominoes [AR]</p> <p>4:30  Essential Oils: Relaxation [CH/L]</p> <p>6:30  Kings In the Corner [AR]</p>	<p><b>23</b> Bus Transportation for Shopping</p> <p>9:20  Catholic Communion [CH/L]</p> <p>9:30  Exercise: Strengthening [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  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>24</b> Bus Transportation for Medical Appointments</p> <p>9:30  Exercise: Sit and Be Fit [E]</p> <p>10:30  Creative Coloring [AR]</p> <p>10:30  Rummikub [AR]</p> <p>12:30  Dress In Team Colors [DR]</p> <p>2:00  Tammy's Talk: Breast Cancer [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>25</b></p> <p>9:30  Exercise: Cardio [E]</p> <p>10:30  Scary Spiders Craft [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 [AR]</p> <p>4:30  Sudoku Puzzles [AR]</p> <p>6:30  Movie Night: Groundhog Day [E]</p>	<p><b>26</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>																	
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Activity Room	AR																							
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