

Calendar of Events | September 2010

Arvada Meridian Retirement Community

9555 W. 59th Avenue, Arvada, CO 80004 Tel# 303-425-1900



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			8:00 Breakfast 9:00 Podiatrist 10:15 ForeverFit Tai Chi 11:00 ForeverFit:Seatercise 1:00 Pinochle 1:00 Bridge 1:00 Knitting Group 2:00 Protestant Services 3:30 Bank Trip 3:30 Catholic Services 3:30 Catholic Mass 3:45 Rosary 6:30 Active Minds	1 9:00 Eagle Express Post Office 10:00 ForeverFit Powerful People 11:00 Mind Aerobics 1:00 Bridge 1:00 Hand & Foot 2:00 Bingo (Aspen RM) 3:00 Walker Clinic 4:30 Late Diner's Social (Aspen RM) 5:00 Late Diner's Social	2 9:00 ForeverFit Yoga w/Dennie 10:15 Bookmobile 10:15 ForeverFit Tai Chi 11:00 ForeverFit:Seatercise 1:00 Hand & Foot 3:00 Wii Bowling 6:30 Sing-a-long w/Ronny Holiday	3 9:00 ForeverFit Yoga w/Dennie 10:15 ForeverFit Tai Chi 11:00 ForeverFit:Seatercise 1:00 Hand & Foot 3:00 Wii Bowling 6:30 Sing-a-long w/Ronny Holiday	4 9:00 Acrylic Painting (Aspen RM) 1:00 Tripoley 1:00 Hand & Foot 1:00 DBL Pinochle 2:00 Saturday Movie Matinee 6:00 Saturday Night Movie 6:30 Bingo
10:30 Church Service 11:30 Sunday brunch 1:30 Scenic Drive 5:00 Soup & Salad 6:00 Armchair Traveler	5 Labor Day 10:00 ForeverFit: Yoga 11:00 ForeverFit: Seatercise 11:30 Labor Day Buffet 1:00 Canasta 6:30 Classic Movie Night 6:30 Game Night	6 9:00 Acrylic Painting (Aspen RM) 9:00 Nail Care w/Tina 10:00 ForeverFit Powerful People 11:00 Trivia Teasers 1:00 Wii Bowling League 1:00 Bridge 1:00 Hearts 1:30 Strong for Life 2:00 Bingo (Aspen RM) 2:45 Sunflower Market/Vitamin Cottage 3:00 Texas Hold 'EM 6:30 Dick Simon	7 10:15 ForeverFit Tai Chi 11:00 ForeverFit:Seatercise 11:00 Aging Gratefully 1:00 Pinochle 1:00 Bible Study 1:00 Bridge 1:00 Knitting Group 3:30 Bank Trip 3:30 Catholic Services 3:45 Rosary 5:00 Chef's Table 6:30 Gino DiQuinzio	8 Rosh Hashanah 10:00 Gamble in Blackhawk 10:00 ForeverFit Powerful People 11:00 Mind Aerobics 1:00 Bridge 1:00 Poker 1:00 Hand & Foot 2:00 Rat Pack 2:00 King Soopers 2:00 Bingo (Aspen RM) 4:30 Late Diner's Social (Aspen RM)	9 9:00 ForeverFit Yoga w/Dennie 10:15 ForeverFit Tai Chi 11:00 ForeverFit:Seatercise 1:00 Hand & Foot 6:00 Friday Night at the Movies 6:45 Arvada Center: "Sunset Boulevard"	10 9:00 Acrylic Painting (Aspen RM) 10:00 Stampin Up 1:00 Tripoley 1:00 Hand & Foot 1:00 DBL Pinochle 2:00 Saturday Movie Matinee 6:00 Saturday Night Movie 6:30 Bingo	
10:30 Church Service 11:00 NFL Broncos vs. Jaguars 11:30 Sunday brunch 1:30 Scenic Drive 5:00 Soup & Salad 6:00 Armchair Traveler	12 8:00 ForeverFit Aquacise 9:00 Update & Coffee Social 10:00 ForeverFit Yoga 11:00 ForeverFit Seatercise 1:00 Pool Brush-up 1:00 Canasta 1:30 Blood Pressure Clinic 2:00 King Soopers Groceries 3:00 Wii Bowling 6:30 Fireside Chat w/Page 6:30 Classic Movie Night 6:30 Game Night	13 9:00 Acrylic Painting (Aspen RM) 10:00 ForeverFit Powerful People 11:00 Trivia Teasers 1:00 Wii Bowling League 1:00 Bridge 1:00 Hearts 1:30 Strong for Life 2:00 Bingo (Aspen RM) 2:30 Music w/Lori (Aspen RM) 3:00 Texas Hold 'EM 6:30 Wayne Scantland Band	14 10:15 ForeverFit Tai Chi 11:00 ForeverFit:Seatercise 11:00 Leadership Advisory Council 1:00 Pinochle 1:00 Bridge 1:00 Knitting Group 3:30 Bank Trip 3:30 Catholic Services 3:45 Rosary 5:00 Greek Themed Dinner 6:30 Active Minds	15 10:00 ForeverFit Powerful People 10:00 New Resident Orientation 11:00 Mind Aerobics 1:00 Bridge 1:00 Poker 1:00 Hand & Foot 2:00 Bingo (Aspen RM) 3:00 Bookclub 4:30 Late Diner's Social (Aspen RM) 5:00 Late Diner's Social	16 9:00 ForeverFit Yoga w/Dennie 9:30 Ambassador Committee Meeting 10:15 Bookmobile 10:15 ForeverFit Tai Chi 11:00 Lunch at Pete's Greek Town Cafe 11:00 ForeverFit:Seatercise 1:00 Hand & Foot 1:30 Big Brain Shoes Computer Class 2:00 Self-Care for Chronic Pain 3:00 Wii Bowling 6:00 Friday Night at the Movies	17 Yom Kippur 9:00 Acrylic Painting (Aspen RM) 10:00 Stampin Up 1:00 Tripoley 1:00 Hand & Foot 1:00 DBL Pinochle 2:00 Saturday Movie Matinee 6:00 Saturday Night Movie 6:30 Bingo	
10:30 Church Service 11:30 Champagne Brunch 1:30 Scenic Drive 2:05 NFL Broncos vs. Seahawks 5:00 Soup & Salad 6:00 Armchair Traveler	19 8:00 ForeverFit Aquacise 9:00 Update & Coffee Social 10:00 ForeverFit Yoga 11:00 ForeverFit Seatercise 1:00 Canasta 2:00 King Soopers Groceries 3:00 Wii Bowling 6:30 Classic Movie Night 6:30 Game Night	20 9:00 Acrylic Painting (Aspen RM) 10:00 ForeverFit Powerful People 11:00 Trivia Teasers 1:00 Wii Bowling League 1:00 Bridge 1:00 Hearts 1:30 Strong for Life 2:00 Bingo (Aspen RM) 2:45 Sunflower Market/Vitamin Cottage 3:00 Texas Hold 'EM 5:00 Veterans Meeting Veterans	21 10:15 ForeverFit Tai Chi 11:00 ForeverFit:Seatercise 1:00 Pinochle 1:00 Bible Study 1:00 Bridge 1:00 Knitting Group 3:30 Bank Trip 3:30 Catholic Services 3:45 Rosary 6:30 Active Minds: Music Appreciation	22 10:00 ForeverFit Powerful People 11:00 Mind Aerobics 1:00 Bridge 1:00 LiveWell! Educational Series 1:00 Poker 1:00 Hand & Foot 2:00 Bingo (Aspen RM) 4:30 Late Diner's Social (Aspen RM) 5:00 Late Diner's Social	23 9:00 ForeverFit Yoga w/Dennie 10:00 Malls & Markets 10:15 ForeverFit Tai Chi 11:00 Mountain Man 11:00 ForeverFit:Seatercise 1:00 My Life Story 1:00 Hand & Foot 1:15 Pampering w/Mary Kay 3:00 Wii Bowling 6:00 Friday Night at the Movies	24 9:00 Acrylic Painting (Aspen RM) 10:00 Stampin Up 1:00 Tripoley 1:00 Hand & Foot 1:00 DBL Pinochle 2:00 Saturday Movie Matinee 6:00 Saturday Night Movie 6:30 Bingo	
10:30 Church Service 11:30 Sunday brunch 1:30 Scenic Drive 2:15 Broncos vs. Colts 5:00 Soup & Salad 6:00 Armchair Traveler	26 8:00 ForeverFit Aquacise 9:00 Update & Coffee Social 10:00 ForeverFit Yoga 10:20 Eagle Express Post Office 11:00 ForeverFit Seatercise 1:00 Pool Tournament 1:00 Canasta 1:30 Blood Pressure Clinic 2:00 King Soopers Groceries 3:00 Wii Bowling 6:30 Classic Movie Night 6:30 Game Night	27 9:00 Acrylic Painting (Aspen RM) 10:00 ForeverFit Powerful People 11:00 Trivia Teasers 1:00 Wii Bowling League 1:00 Bridge 1:00 Hearts 1:30 Strong for Life 2:00 Bingo (Aspen RM) 3:00 Texas Hold 'EM 5:00 Candlelight Birthday Dinner 6:30 Gary Sattazahan	28 10:15 ForeverFit Tai Chi 11:00 ForeverFit:Seatercise 1:00 Pinochle 1:00 Bridge 1:00 Knitting Group 2:00 New Resident Welcome 3:30 Bank Trip 3:30 Catholic Services 3:45 Rosary 4:30 Dinner Out @ Mimi's Cafe	29 10:00 ForeverFit Powerful People 11:00 Mind Aerobics 1:00 Bridge 1:00 LiveWell! Educational Series: CHF 1:00 Poker 1:00 Hand & Foot 2:00 Bingo (Aspen RM) 4:30 Late Diner's Social (Aspen RM) 5:00 Late Diner's Social	30 9:00 ForeverFit Yoga w/Dennie 10:00 Malls & Markets 10:15 ForeverFit Tai Chi 11:00 Mountain Man 11:00 ForeverFit:Seatercise 1:00 My Life Story 1:00 Hand & Foot 1:15 Pampering w/Mary Kay 3:00 Wii Bowling 6:00 Friday Night at the Movies		