

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ROOM KEY AR - Activity Room DR - Dining Room L - Library LR - Living Room MR - Mesa Room PDR - Private Dining Room T - Theater			8:30 Women's Breakfast *RSVP (DR) 9:00 Heart & Sole Foot Care Clinic (MR) 1 10:00 ForeverFit Yoga (AR) 11:15 Balance Class (AR) 1:00 Van Trip to King Soopers Grocery Store 2:00 Current Events Discussion Group (L) 3:00 Chicken Foot (AR) 4:00 Rosh Hashanah Celebration (MR) 5:00 Evening Picnic at the Carousel of Happiness in Nederland, CO *RSVP	9:30 Individual Computer Sessions*RSVP 2 10:00 ForeverFit Stretch and Flex Exercise (AR) 11:00 Mind Aerobics (AR) 12:00 Newspaper Pick-up Day 1:00 Book Club Meeting (L) 2:00 My Life Story Program *RSVP (MR) 3:00 Social Committee Meeting (AR) 4:30 Meridian Concert Trio (LR) 7:00 Game Night (AR)	10:00 Coffee Hour (DR) 3 11:15 Strong for Life (AR) 1:00 Painting Class (AR) 3:30 Leadership Forum (MR) 5:00 Cocktail Party (DR) 7:00 Movie: "Practical Magic" (T)	10:00 ForeverFit Yoga (AR) 4 1:00 Bridge (AR) 2:00 Matinee: "Practical Magic" (T) 4:30 Documentary Series: "Ken Burns: The National Parks" (T) 7:00 Bingo (AR)
11:00 Sunday Brunch (DR) 5 5:30 Soup and Salad Bar (DR) 7:00 Movie: "The Song of Sparrows" (T)	No Van Service Today Labor Day 6 10:30 Knit & Crochet Social Hour (LR) 11:30 Labor Day BBQ *RSVP (DR) 1:00 Bridge (AR) 3:00 Library Committee Meeting (L) 5:00 Labor Day Box Dinner Pick-up *RSVP (Reception Desk)	10:00 ForeverFit Strength Training (AR) 7 10:00 Van Trip to Table Mesa Center 11:00 ForeverFit Easy Does It Exercise (AR) 11:30 Van Trip: Gambling at Black hawk or Central City *RSVP 2:00 Blood Pressure Clinic (MR) 7:00 Movie: "Leonard Bernstein's Young Person's Concert Series (T)	8:30 Out to Breakfast to Chautauqua Dining Hall *RSVP (Boulder) 8 10:00 ForeverFit Yoga (AR) 11:15 Balance Class (AR) 1:00 Van Trip to King Soopers Grocery Store 2:00 Current Events Discussion Group (L) 3:00 Chicken Foot (AR) 5:30 Candlelight and Wine Dinner *RSVP (DR) 7:00 Music: Variety Piano with Todd Hossman (LR)	Rosh Hashanah 9 10:00 ForeverFit Stretch and Flex Exercise (AR) 11:00 Mind Aerobics (AR) 12:00 Newspaper Pick-up Day 2:00 Presentation: Important "Changes to Colorado Living Wills and Power of Attorney" with Attorney, Linda Sommers (AR) 7:00 Game Night (AR)	10:00 Coffee Hour (DR) 10 10:30 Art Committee Meeting (MR) 10:30 Sing-a-Long Committee Meeting (L) 11:15 Strong for Life (AR) 1:00 Painting Class (AR) 4:00 Resident Appreciation Party (DR) 7:00 Movie: "Young at Heart" (T)	10:00 ForeverFit Yoga (AR) 11 1:00 Bridge (AR) 2:00 Matinee: "Young at Heart" (T) 4:30 Documentary Series: "Ken Burns: The National Parks" (T) 7:00 Bingo (AR)
Grandparents Day 12 11:00 Sunday Brunch (DR) 1:30 Meridian Chapel (MR) 5:30 Soup and Salad Bar (DR) 7:00 Movie: "Invictus" (T)	9:00 Hearing Aid Clinic*RSVP (L) 13 9:00 ForeverFit Walking Group 10:30 Knit & Crochet Social Hour (LR) 11:00 NIA with Laurien (AR) 1:00 Bridge (AR) 2:30 Fun Facts Trivia (T) 4:30 Men's Social Hour *RSVP (AR)	10:00 ForeverFit Strength Training (AR) 14 10:00 Van Trip to Table Mesa Center 11:00 ForeverFit Easy Does It Exercise (AR) 12:30 Vets Meeting Vets BBQ (Courtyard) 2:00 Van Trip: Metal Trench Art of World War I and II at the Longmont Museum & Cultural Center *RSVP 4:00 Sing-a-Long (AR)	8:30 Men's Breakfast *RSVP (DR) 15 9:00 Heart & Sole Foot Care Clinic (MR) 10:00 Fire Alarm Test 10:00 ForeverFit Yoga (AR) 11:00 Out to Lunch to the Country Buffet *RSVP (Longmont) 11:15 Balance Class (AR) 1:00 Van Trip to King Soopers Grocery Store 2:00 Current Events Discussion Group (L) 3:00 Chicken Foot (AR) 3:30 Scenic Drive *RSVP (Colorado)	9:30 Individual Computer Sessions*RSVP 16 10:00 ForeverFit Stretch and Flex Exercise (AR) 11:00 Mind Aerobics (AR) 12:00 Newspaper Pick-up Day 1:00 Round Table with Marcia *RSVP (PDR) 1:00 Cards with Carol (AR) 2:00 My Life Story Program *RSVP (MR) 3:00 Meridian Council Meeting (MR) 4:30 1st Floor Residents Party *RSVP (AR) 7:00 Game Night (AR)	10:00 Coffee Hour (DR) 17 10:00 2010 Health and Fun Fair 11:15 Strong for Life (AR) 1:00 Painting Class (AR) 5:00 Cocktail Party (DR) 7:00 Movie: "Sherlock Holmes" (T)	Yom Kippur 18 10:00 ForeverFit Yoga (AR) 1:00 Bridge (AR) 2:00 Documentary Series: "Life" (T) 7:00 Matinee: "Sherlock Holmes" (T) 7:00 Bingo (AR)
11:00 Sunday Brunch (DR) 19 5:30 Soup and Salad Bar (DR) 7:00 Movie: "An Education" (T)	9:00 ForeverFit Walking Group 20 10:30 Knit & Crochet Social Hour (LR) 11:00 NIA with Laurien (AR) 1:00 Bridge (AR) 2:00 Blood Pressure Clinic (MR) 2:30 Fun Facts Trivia (T) 4:30 Women's Social Hour *RSVP (AR) 7:00 Monday Night Movie: "My Big Fat Greek Wedding" (T)	10:00 ForeverFit Strength Training (AR) 21 10:00 Van Trip to Table Mesa Center 11:00 ForeverFit Easy Does It Exercise (AR) 12:30 Van Trip: Tour of the Denver Mint *RSVP 7:00 CU Faculty Concert: Baritone, Patrick Mason and Others *RSVP (CU Boulder)	10:00 ForeverFit Yoga (AR) 22 11:15 Balance Class (AR) 1:00 Van Trip to King Soopers Grocery Store 2:00 Current Events Discussion Group (L) 3:00 Chicken Foot (AR) 5:30 Birthday Night Dinner *RSVP (DR) 7:00 Music: Piano and Vocals with Sunday at Vic's (LR)	10:00 ForeverFit Stretch and Flex Exercise (AR) 23 11:00 Mind Aerobics (AR) 12:00 Newspaper Pick-up Day 2:00 My Life Story Program *RSVP (MR) 3:00 All Residents Quarterly Meeting (AR) 7:00 Game Night (AR)	10:00 Coffee Hour (DR) 24 11:00 New Resident Orientation (T) 11:00 Catholic Mass (MR) 11:15 Strong for Life (AR) 1:00 Painting Class (AR) 1:30 Dining Committee Meeting (L) 5:00 New Residents Welcome Party (AR) 7:00 Movie: "Old Dogs" (T)	10:00 ForeverFit Yoga (AR) 25 1:00 Bridge (AR) 2:00 Matinee: "Old Dogs" (T) 2:00 Documentary Series: "Life" (T) 7:00 Bingo (AR)
11:00 Champagne Brunch (DR) 26 1:30 Meridian Chapel (MR) 5:30 Soup and Salad Bar (DR) 7:00 Movie: Alec Guinness' "Kind Hearts and Coronets" (T)	9:00 ForeverFit Walking Group 27 10:30 Knit & Crochet Social Hour (LR) 11:00 NIA with Laurien (AR) 1:00 Bridge (AR) 2:30 Fun Facts Trivia (T) 4:30 Couple's Social Hour *RSVP (AR)	10:00 ForeverFit Strength Training (AR) 28 10:00 Van Trip to Table Mesa Center 11:00 Van Trip: Tour of the New Barnes & Noble Store *RSVP (Boulder, CO) 11:00 ForeverFit Easy Does It Exercise (AR) 7:00 Presentation: "The Stresses Involved with Aging and how to handle it" with Stress Manager, Velina Lujan (AR)	10:00 ForeverFit Yoga (AR) 29 11:15 Balance Class (AR) 1:00 Van Trip to King Soopers Grocery Store 2:00 Current Events Discussion Group (L) 3:00 Chicken Foot (AR) 4:30 Toga Party and Greek Dinner *RSVP (DR)	10:00 ForeverFit Stretch and Flex Exercise (AR) 30 11:00 Mind Aerobics (AR) 12:00 Newspaper Pick-up Day 2:00 My Life Story Program *RSVP (MR) 3:00 Self Care For Chronic Pain Monthly Class (L) 4:00 Hospitality Committee Meeting (L) 5:00 Out to dinner to The Outback *RSVP 7:00 Game Night (AR)		