

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* Led by Live w/ Fulfillment LEM</p> <p>ABS Aspen Big Screen            ACB Aspen Coffee Bistro            AFP Aspen Fire Place            AGA Aspen Garden Area            AGR Aspen Great Room            AKA Aspen Kitchen Area            ALN Aspen Library/Nook            BSA Buffalo Sitting Area            DTD Door To Door            FCB Flagstaff Coffee Bistro            FDA Front Desk Area            FDR Flagstaff Dining Room            FGA Flagstaff Garden Area            FLR Flagstaff Living Room            FPA Front Patio Area            KSA Kinder Sitting Area            LWF Live With Fulfillment            OUT Outing            RLR Reminiscence Living Room            TBA To Be Announced</p>			<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>1</b></p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 SingFit® (AFP)</p> <p>1:15 Bingo! (AGR)</p> <p>2:15 Laughter Yoga (AGR)</p> <p>3:00 Chef's Choice Social (AGR)</p> <p>3:30 Live Music W/ Chuck Fisher (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>2</b></p> <p>9:15 News Currents (AGR)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 Peanut Butter Club (AKA)</p> <p>1:00 Target (OUT)</p> <p>3:00 Sandwich Social (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>3</b></p> <p>9:15 Uplifting Ideas (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 SingFit® (AFP)</p> <p>1:15 Fun Games (FLR)</p> <p>2:00 Meet Me at MOMA Painting Class (AGR)</p> <p>2:15 Active Fun w/ Nick (FLR)</p> <p>3:00 <b>Happy Hour Social (AGR)</b></p> <p>3:30 Live Music W/ Jeanie (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>4</b></p> <p>9:15 Try Not To Laugh (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 Book Club w/ Wanda (AGR)</p> <p>1:15 Bingo! (AGR)</p> <p>2:15 Flowers (FLR)</p> <p>2:45 Build a Word (FLR)</p> <p>3:00 Wine &amp; Cheese Social (FLR)</p> <p>3:30 Jigsaw Puzzle (LWF)</p>
<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>5</b></p> <p>9:30 Exercise Essentials (AGR)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:30 <b>Songs &amp; Scriptures (RLR)</b></p> <p>1:15 Therapeutic Coloring (AGR)</p> <p>2:00 Documentary Series (ABS)</p> <p>3:00 Sunday Social (AGR)</p> <p>3:30 Seventies Sing Along (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>6</b></p> <p>9:15 Colorado Matters (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 SingFit® (AFP)</p> <p>1:15 Bingo! (AGR)</p> <p>2:15 Bowling for Dollars! (AGR)</p> <p>3:00 Chips and Dip Social (AGR)</p> <p>3:30 Arts &amp; Crafts (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>7</b></p> <p>9:15 This Week In Music History (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 <b>Catholic Rosary (KSA)</b></p> <p>1:15 CupCake Decorating Demonstration (AKA)</p> <p>2:00 Big Screen Crosswords (LWF)</p> <p>2:45 Live w/ Anticipation (ABS)</p> <p>3:00 <b>Birthday Social (AGR)</b></p> <p>3:30 <b>Who Am I? (AGR)</b></p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>8</b></p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 SingFit® (AFP)</p> <p>11:00 <b>Dining Meeting (FDR)</b></p> <p>1:15 Bingo! (AGR)</p> <p>2:15 Laughter Yoga w./ Brian (AGR)</p> <p>3:00 Chef's Choice Social (AGR)</p> <p>3:30 Live Music W/ Natalie (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>9</b></p> <p>9:15 News Currents (AGR)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 Peanut Butter Club (AKA)</p> <p>1:00 Walmart (OUT)</p> <p>3:00 Sandwich Social (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>10</b></p> <p>9:15 Uplifting Ideas (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 SingFit® (AFP)</p> <p>1:15 Fun Games (FLR)</p> <p>2:00 Meet Me at MOMA Painting Class (AGR)</p> <p>2:15 Active Fun w/ Nick (FLR)</p> <p>3:00 <b>Happy Hour Social (AGR)</b></p> <p>3:30 Hit the Jackpot! (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>11</b></p> <p>9:15 Try Not To Laugh (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 Book Club w/ Wanda (AGR)</p> <p>1:15 BINGO (AGR)</p> <p>1:15 Bingo! (AGR)</p> <p>2:15 Flowers (FLR)</p> <p>2:45 Build a Word (FLR)</p> <p>3:00 Wine &amp; Cheese Social (FLR)</p> <p>3:30 Jigsaw Puzzle (LWF)</p>
<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>12</b></p> <p>9:30 Exercise Essentials (AGR)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:30 <b>Worship w/ Carol (AGR)</b></p> <p>1:15 Therapeutic Coloring (AGR)</p> <p>2:00 Documentary Series (ABS)</p> <p>3:00 Sunday Social (AGR)</p> <p>3:30 Seventies Sing Along (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>13</b></p> <p>9:15 Colorado Matters (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 SingFit® (AFP)</p> <p>1:15 Bingo! (AGR)</p> <p>2:15 Bowling for Dollars! (AGR)</p> <p>3:00 Chips and Dip Social (AGR)</p> <p>3:30 Arts &amp; Crafts (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>14</b></p> <p>9:15 This Week In Music History (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 <b>Catholic Rosary (KSA)</b></p> <p>1:15 Texas Cooking Demonstration (AKA)</p> <p>2:00 Big Screen Crosswords (LWF)</p> <p>2:45 Live w/ Anticipation (ABS)</p> <p>3:00 <b>Social: Starting the New Year Off Big in Texas (AGR)</b></p> <p>3:30 <b>Fun In The Lone Star State (AGR)</b></p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>15</b></p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 SingFit® (AFP)</p> <p>1:15 Bingo! (AGR)</p> <p>2:15 Laughter Yoga w./ Brian (AGR)</p> <p>3:00 Chef's Choice Social (AGR)</p> <p>3:30 Live Music W/ Mark (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>16</b></p> <p>9:15 News Currents (AGR)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 Peanut Butter Club (AKA)</p> <p>1:00 Target (OUT)</p> <p>3:00 Sandwich Social (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>17</b></p> <p>9:15 Uplifting Ideas (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 SingFit® (AFP)</p> <p>1:15 Fun Games (FLR)</p> <p>2:00 Meet Me at MOMA Painting Class (AGR)</p> <p>2:15 Active Fun w/ Nick (FLR)</p> <p>3:00 <b>Happy Hour Social (AGR)</b></p> <p>3:30 Hit the Jackpot! (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>18</b></p> <p>9:15 Try Not To Laugh (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 Book Club w/ Wanda (AGR)</p> <p>1:15 Bingo! (AGR)</p> <p>2:15 Flowers (FLR)</p> <p>2:45 Build a Word (FLR)</p> <p>3:00 Wine &amp; Cheese Social (FLR)</p> <p>3:30 Jigsaw Puzzle (LWF)</p>
<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>19</b></p> <p>9:30 Exercise Essentials (AGR)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:30 <b>Songs &amp; Scriptures (RLR)</b></p> <p>1:15 Therapeutic Coloring (AGR)</p> <p>2:00 Documentary Series (ABS)</p> <p>3:00 Sunday Social (AGR)</p> <p>3:30 Seventies Sing Along (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>20</b></p> <p>9:15 Colorado Matters (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 SingFit® (AFP)</p> <p>1:15 Bingo! (AGR)</p> <p>2:15 Bowling for Dollars! (AGR)</p> <p>3:00 Chips and Dip Social (AGR)</p> <p>3:30 Arts &amp; Crafts (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>21</b></p> <p>9:15 This Week In Music History (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 <b>Catholic Rosary (KSA)</b></p> <p>1:15 Texas Cooking Demonstration (AKA)</p> <p>2:00 Big Screen Crosswords (LWF)</p> <p>2:45 Live w/ Anticipation (ABS)</p> <p>3:00 <b>Social: Starting the New Year Off Big in Texas (AGR)</b></p> <p>3:30 <b>Fun In The Lone Star State (AGR)</b></p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>22</b></p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 SingFit® (AFP)</p> <p>1:15 Bingo! (AGR)</p> <p>2:15 Laughter Yoga w./ Brian (AGR)</p> <p>3:00 Chef's Choice Social (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>23</b></p> <p>9:15 News Currents (AGR)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 Peanut Butter Club (AKA)</p> <p>1:00 Walmart (OUT)</p> <p>3:00 <b>Resident Council (AGR)</b></p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>24</b></p> <p>9:15 Uplifting Ideas (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 SingFit® (AFP)</p> <p>1:15 Fun Games (FLR)</p> <p>2:00 Meet Me at MOMA Painting Class (AGR)</p> <p>2:15 Active Fun w/ Nick (FLR)</p> <p>3:00 <b>Happy Hour Social (AGR)</b></p> <p>3:30 Hit the Jackpot! (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>25</b></p> <p>9:15 Try Not To Laugh (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 Book Club w/ Wanda (AGR)</p> <p>1:15 Bingo! (AGR)</p> <p>2:15 Flowers (FLR)</p> <p>2:45 Build a Word (FLR)</p> <p>3:00 Wine &amp; Cheese Social (FLR)</p> <p>3:30 Jigsaw Puzzle (LWF)</p>
<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>26</b></p> <p>9:30 Exercise Essentials (AGR)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:30 <b>Worship w/ Carol (AGR)</b></p> <p>1:15 Therapeutic Coloring (AGR)</p> <p>2:00 Documentary Series (ABS)</p> <p>3:00 Sunday Social (AGR)</p> <p>3:30 Seventies Sing Along (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>27</b></p> <p>9:15 Colorado Matters (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 SingFit® (AFP)</p> <p>1:15 Bingo! (AGR)</p> <p>2:15 Bowling for Dollars! (AGR)</p> <p>3:00 Chips and Dip Social (AGR)</p> <p>3:30 Arts &amp; Crafts (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>28</b></p> <p>9:15 This Week In Music History (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 <b>Catholic Mass w/ Priest (AGR)</b></p> <p>1:15 Texas Cooking Demonstration (AKA)</p> <p>2:00 Big Screen Crosswords (LWF)</p> <p>2:45 Live w/ Anticipation (ABS)</p> <p>3:00 <b>Social: Starting the New Year Off Big in Texas (AGR)</b></p> <p>3:30 <b>Fun In The Lone Star State (AGR)</b></p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>29</b></p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 SingFit® (AFP)</p> <p>1:15 Bingo! (AGR)</p> <p>2:15 Laughter Yoga w./ Brian (AGR)</p> <p>3:00 Chef's Choice Social (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>30</b></p> <p>9:15 News Currents (AGR)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 Peanut Butter Club (AKA)</p> <p>3:00 Sandwich Social (AGR)</p> <p>3:30 Live Music W/ Josh (AGR)</p>	<p>9:00 Chronicles, Calendars, &amp; Coffee (AGR) <b>31</b></p> <p>9:15 Uplifting Ideas (LWF)</p> <p>10:00 Winter Go4Life® Walking Club (AGR)</p> <p>10:15 Exercise Essentials (AGR)</p> <p>11:00 SingFit® (AFP)</p> <p>1:15 Fun Games (FLR)</p> <p>2:00 Meet Me at MOMA Painting Class (AGR)</p> <p>2:15 Active Fun w/ Nick (FLR)</p> <p>3:00 <b>Happy Hour Social (AGR)</b></p> <p>3:30 Hit the Jackpot! (AGR)</p>	

**JANUARY 2020**  
 Live with Fulfillment  
 Sunrise of Boulder  
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LIVE WITH PURPOSE

