

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
CY Courtyard DR Dining Room FP Front Porch GS Garden Station K Kitchen LR Living Room LT Long Tables O Outing PR Parlor R Reminiscence RRR&R Room SC Shay Center Th Theater TV TV Room		<b>Flu Shot Clinic and Happy Birthday Marcy B.</b> 9:30 Coffee talk (LR) 9:30 Catholic Service (Th) 10:00 In Good Taste (K) 11:00 SingFit® (LR) 1:30 Shadow Box Craft Club (LT) 2:30 Go4Life® Walking Club 3:30 Hand Spa (LT) 4:00 Word Games (LR) 6:00 Meditation (LR)	<b>1</b> 9:30 Coffee talk with Classical Music 10:00 In Good Taste (K) 11:00 NewsCurrents Sr. (LR) 12:00 Lunch Outing (O) 2:30 Go4Life® Walking Club 3:00 Wine Down Wednesday Social (DR) 4:00 Music in Motion (LR) 6:00 Clean & Tidy Club (LR)	<b>2</b> <b>Happy Birthday Alicia K.</b> 9:30 Coffee talk (LR) 10:00 In Good Taste (K) 11:00 SingFit® (LR) 1:30 Worship and Praise Club (LR) 2:00 Live Piano Music by Dr. Welsh (LR) 2:30 Go4Life® Walking Club 3:15 Letters Home (LT) 4:00 Exercise Essentials (LR) 6:00 Meditation (LR)	<b>3</b> 9:30 Coffee talk with Classical Music 10:00 In Good Taste (K) 11:00 Go4Life® Exercise (LR) 1:30 Community Service: "Meals on Wheels" (LT) 2:30 Go4Life® Walking Club 3:00 Live Music by Bobbie Belle (LR) 4:00 Centerpiece Creations (LT) 6:00 Clean & Tidy Club (LR)	<b>4</b> 9:30 Coffee talk (LR) 10:00 In Good Taste (K) 10:30 Denver Tours (O) 11:00 SingFit® (LR) 1:30 Needles and Threads Club (LT) 2:30 Go4Life® Walking Club 3:00 Stretch and Flex (LR) 6:00 Clean & Tidy Club (LR)							
9:30 Coffee talk (LR) 10:00 In Good Taste (K) 11:00 Gardening Club (CY) 1:30 Poker Club (LT) 2:05 Bronco Tailgaters (LR) 2:30 Go4Life® Walking Club 3:00 Cocktails with Carol (LT) 4:00 Exercise Essentials (LR) 6:00 Meditation (LR)	<b>6</b>	9:30 Coffee talk with Classical Music 10:15 SingFit® (LR) 11:00 In Good Taste (K) 2:30 Go4Life® Walking Club 3:00 Ocean Life Social (LR) 4:00 Exercise Essentials (LR) 6:00 Clean & Tidy Club (LR)	<b>7</b>	9:30 Coffee talk (LR) 9:30 Catholic Service (Th) 10:00 In Good Taste (K) 11:00 SingFit® (LR) 1:30 Shadow Box Craft Club (LT) 2:30 Go4Life® Walking Club 3:30 Hand Spa (LT) 4:00 Word Games (LR) 6:00 Meditation (LR)	<b>8</b>	<b>Happy Birthday Don S.</b> 9:30 Coffee talk with Classical Music 10:00 In Good Taste (K) 11:00 NewsCurrents Sr. (LR) 12:00 Lunch Outing (O) 2:30 Go4Life® Walking Club 3:00 Wine Down Wednesday Social (DR) 4:00 Music in Motion (LR) 6:00 Clean & Tidy Club (LR)	<b>9</b>	<b>Happy Birthday Shirley C.</b> 9:30 Coffee talk (LR) 10:00 In Good Taste (K) 11:00 SingFit® (LR) 1:30 Worship and Praise Club (LR) 2:00 Live Piano Music by Dr. Welsh (LR) 2:30 Go4Life® Walking Club 3:15 Letters Home (LT) 4:00 Exercise Essentials (LR) 6:00 Meditation (LR)	<b>10</b>	9:30 Coffee talk with Classical Music 10:00 In Good Taste (K) 11:00 Go4Life® Exercise (LR) 1:30 Community Service: "Meals on Wheels" (LT) 2:30 Go4Life® Walking Club 3:00 Live Music by Cat on Keys (LR) 3:00 Chair Dance with Pattie (SC) 4:00 Centerpiece Creations (LT) 6:00 Clean & Tidy Club (LR)	<b>11</b>	9:30 Coffee talk (LR) 10:00 In Good Taste (K) 10:30 Denver Tours (O) 11:00 SingFit® (LR) 1:30 Needles and Threads Club (LT) 2:30 Go4Life® Walking Club 3:00 Stretch and Flex (LR) 6:00 Clean & Tidy Club (LR)	<b>12</b>
<b>Full Moon</b> 9:30 Coffee talk (LR) 10:00 In Good Taste (K) 11:00 Gardening Club (CY) 1:30 Poker Club (LT) 2:25 Bronco Tailgaters (LR) 2:30 Go4Life® Walking Club 3:00 Cocktails with Carol (LT) 4:00 Exercise Essentials (LR) 6:00 Meditation (LR)	<b>13</b>	9:30 Coffee talk with Classical Music 10:15 SingFit® (LR) 11:00 In Good Taste (K) 2:30 Go4Life® Walking Club 3:00 Ocean Life Social (LR) 4:00 Exercise Essentials (LR) 6:00 Clean & Tidy Club (LR)	<b>14</b>	9:30 Coffee talk (LR) 9:30 Catholic Service (Th) 10:00 In Good Taste (K) 11:00 SingFit® (LR) 1:30 Shadow Box Craft Club (LT) 2:30 Go4Life® Walking Club 3:30 Hand Spa (LT) 4:00 Word Games (LR) 6:00 Meditation (LR)	<b>15</b>	9:30 Coffee talk with Classical Music 10:00 In Good Taste (K) 11:00 NewsCurrents Sr. (LR) 12:00 Lunch Outing (O) 2:30 Go4Life® Walking Club 3:00 Wine Down Wednesday Social (DR) 4:00 Music in Motion (LR) 6:00 Clean & Tidy Club (LR)	<b>16</b>	9:30 Coffee talk (LR) 9:30 Coffee talk (LR) 10:00 In Good Taste (K) 11:00 SingFit® (LR) 1:30 Worship and Praise Club (LR) 2:00 Live Piano Music by Dr. Welsh (LR) 2:30 Go4Life® Walking Club 3:15 Letters Home (LT) 4:00 Exercise Essentials (LR) 6:20 Bronco Tailgaters (LR)	<b>17</b>	9:30 Coffee talk with Classical Music 10:00 In Good Taste (K) 11:00 Go4Life® Exercise (LR) 1:30 Community Service: "Meals on Wheels" (LT) 2:30 Go4Life® Walking Club 3:00 Chair Dance with Pattie (LR) 3:00 Life Long Learning with Kathleen (Th) 4:00 Centerpiece Creations (LT) 6:00 Clean & Tidy Club (LR)	<b>18</b>	9:30 Coffee talk (LR) 10:00 In Good Taste (K) 10:30 Denver Tours (O) 11:00 SingFit® (LR) 1:30 Needles and Threads Club (LT) 2:30 Go4Life® Walking Club 3:00 Stretch and Flex (LR) 6:00 Clean & Tidy Club (LR)	<b>19</b>
9:30 Coffee talk (LR) 10:00 In Good Taste (K) 11:00 Gardening Club (CY) 1:30 Poker Club (LT) 2:30 Go4Life® Walking Club 3:00 Cocktails with Carol (LT) 4:00 Exercise Essentials (LR) 6:00 Meditation (LR)	<b>20</b>	9:30 Coffee talk with Classical Music 10:15 SingFit® (LR) 11:00 In Good Taste (K) 2:30 Go4Life® Walking Club 3:00 Ocean Life Social (LR) 4:00 Exercise Essentials (LR) 6:00 Clean & Tidy Club (LR)	<b>21</b>	9:30 Coffee talk (LR) 9:30 Catholic Service (Th) 10:00 In Good Taste (K) 11:00 SingFit® (LR) 1:30 Shadow Box Craft Club (LT) 2:30 Go4Life® Walking Club 3:30 Hand Spa (LT) 4:00 Word Games (LR) 6:00 Meditation (LR)	<b>22</b>	<b>Flu Shot Clinic and Happy Birthday Dee B.</b> 9:30 Coffee talk with Classical Music 10:00 In Good Taste (K) 11:00 NewsCurrents Sr. (LR) 12:00 Lunch Outing (O) 2:30 Go4Life® Walking Club 3:00 Wine Down Wednesday Social (DR) 4:00 Music in Motion (LR) 6:00 Clean & Tidy Club (LR)	<b>23</b>	9:30 Coffee talk (LR) 10:00 In Good Taste (K) 11:00 SingFit® (LR) 1:30 Worship and Praise Club (LR) 2:00 Live Piano Music by Dr. Welsh (LR) 2:30 Go4Life® Walking Club 3:15 Letters Home (LT) 4:00 Exercise Essentials (LR) 6:00 Meditation (LR)	<b>24</b>	9:30 Coffee talk with Classical Music 10:00 In Good Taste (K) 11:00 Go4Life® Exercise (LR) 1:30 Community Service: "Meals on Wheels" (LT) 2:30 Go4Life® Walking Club 3:00 Live Theatrical Performance by TNT (Th) 4:00 Centerpiece Creations (LT) 6:00 Clean & Tidy Club (LR)	<b>25</b>	9:30 Coffee talk (LR) 10:00 In Good Taste (K) 10:30 Denver Tours (O) 11:00 SingFit® (LR) 1:30 Needles and Threads Club (LT) 2:30 Go4Life® Walking Club 3:00 Stretch and Flex (LR) 6:00 Clean & Tidy Club (LR)	<b>26</b>
9:30 Coffee talk (LR) 10:00 In Good Taste (K) 11:00 Gardening Club (CY) 1:30 Poker Club (LT) 2:25 Bronco Tailgaters 2:30 Go4Life® Walking Club 3:00 Cocktails with Carol (LT) 4:00 Exercise Essentials (LR) 6:00 Meditation (LR)	<b>27</b>	<b>Happy Birthday Patricia B.</b> 9:30 Coffee talk with Classical Music 10:15 SingFit® (LR) 11:00 In Good Taste (K) 2:30 Go4Life® Walking Club 3:00 Ocean Life Social (LR) 4:00 Exercise Essentials (LR) 6:00 Clean & Tidy Club (LR)	<b>28</b>	9:30 Coffee talk (LR) 9:30 Catholic Service (Th) 10:00 In Good Taste (K) 11:00 SingFit® (LR) 1:30 Shadow Box Craft Club (LT) 2:30 Go4Life® Walking Club 3:30 Hand Spa (LT) 4:00 Word Games (LR) 6:00 Meditation (LR)	<b>29</b>	<b>Happy Birthday Joyce H.</b> 9:30 Coffee talk with Classical Music 10:00 In Good Taste (K) 11:00 NewsCurrents Sr. (LR) 12:00 Lunch Outing (O) 2:30 Go4Life® Walking Club 3:00 Wine Down Wednesday Social (DR) 4:00 Music in Motion (LR) 6:00 Clean & Tidy Club (LR)	<b>30</b>	<b>Halloween</b> 9:30 Coffee talk (LR) 10:00 In Good Taste (K) 11:00 SingFit® (LR) 1:30 Worship and Praise Club (LR) 2:00 Live Piano Music by Dr. Welsh (LR) 2:30 Go4Life® Walking Club 3:15 Letters Home (LT) 4:00 Exercise Essentials (LR) 6:00 Meditation (LR)	<b>31</b>				

**OCTOBER 2019**  
**Reminiscence**  
 Sunrise at Pinehurst  
 5195 West Quincy Avenue, Denver,  
 CO 80236; 303-984-1431

**LIVE WITH PURPOSE**

