



- Physical/Body
- Spiritual Wellness
- Social Wellness
- Intellectual/Cognitive
- Emotional Wellness
- Health & Wellness
- ♥ Meet in Lobby
- ✓ Sign Up: Transportation Book
- ★ Monthly Themed Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<p style="text-align: right;">3</p> <ul style="list-style-type: none"> <li>9:30 <span style="color: orange;">■</span> Balloon Volleyball</li> <li>10:05 <span style="color: green;">■</span> Transport to Church ✓</li> <li>10:30 <span style="color: yellow;">■</span> BINGO</li> <li>1:15 <span style="color: blue;">■</span> Who Am I?</li> <li>2:00 <span style="color: cyan;">■</span> Ladies' Chat</li> <li>2:30 <span style="color: cyan;">■</span> Drama Club</li> <li>3:00 <span style="color: green;">■</span> Calm Coloring</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">4</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>11:20 <span style="color: orange;">■</span> Movement with Maddie</li> <li>1:00 <span style="color: green;">■</span> Women's Bible Study (MR)</li> <li>1:30 <span style="color: yellow;">■</span> Cranium Crunch</li> <li>2:00 <span style="color: blue;">■</span> Meditation with Maddie</li> <li>2:30 <span style="color: blue;">■</span> Card/ Dice Games</li> <li>3:30 <span style="color: yellow;">■</span> Poetry Corner</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">5</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>9:15 <span style="color: orange;">■</span> Walking Club</li> <li>10:30 <span style="color: blue;">■</span> Walmart/Sam's Club ✓</li> <li>11:00 <span style="color: green;">■</span> Daily Devotional</li> <li>1:30 <span style="color: yellow;">■</span> Cranium Crunch</li> <li>1:45 <span style="color: blue;">■</span> Sewing Circle and Chat (Lobby) ♥</li> <li>2:00 <span style="color: orange;">■</span> Team Sports</li> <li>3:20 <span style="color: blue;">■</span> Happy Hour</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">6</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>10:00 <span style="color: blue;">■</span> Mobile Library</li> <li>11:20 <span style="color: orange;">■</span> Stretching and Mobility</li> <li>1:30 <span style="color: yellow;">■</span> Table Games with Staff</li> <li>2:30 <span style="color: blue;">■</span> Painting</li> <li>3:30 <span style="color: orange;">■</span> Workout Wednesday (IL B) ♥</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">7</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>9:00 <span style="color: orange;">■</span> Seated Fitness</li> <li>9:30 <span style="color: green;">■</span> Communion and Fellowship</li> <li>10:30 <span style="color: blue;">■</span> King Soopers/Safeway ✓</li> <li>11:00 <span style="color: blue;">■</span> Fran Chat</li> <li>2:00 <span style="color: orange;">■</span> Team Sports</li> <li>3:00 <span style="color: blue;">■</span> Movie &amp; Popcorn</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">8</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>11:20 <span style="color: orange;">■</span> Movement with Maddie</li> <li>1:30 <span style="color: green;">■</span> Beginners' Sign Language Class (IL MR)</li> <li>1:30 <span style="color: yellow;">■</span> Cranium Crunch</li> <li>3:00 <span style="color: blue;">■</span> Team Sports</li> <li>3:30 <span style="color: yellow;">■</span> Kings Corners Cards</li> <li>4:00 <span style="color: cyan;">■</span> Nail Salon</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">9</p> <ul style="list-style-type: none"> <li>10:00 <span style="color: green;">■</span> Men's Bible Study (IL)</li> <li>10:30 <span style="color: yellow;">■</span> BINGO</li> <li>11:30 <span style="color: yellow;">■</span> Brain Games</li> <li>11:30 <span style="color: cyan;">■</span> Men's Chat</li> <li>2:00 <span style="color: blue;">■</span> Dominoes with Friends</li> <li>4:00 <span style="color: orange;">■</span> Palisades Outdoor Stroll</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>
<p style="text-align: right;">10</p> <ul style="list-style-type: none"> <li>9:30 <span style="color: orange;">■</span> Balloon Volleyball</li> <li>10:05 <span style="color: green;">■</span> Transport to Church ✓</li> <li>10:30 <span style="color: yellow;">■</span> BINGO</li> <li>1:15 <span style="color: blue;">■</span> Who Am I?</li> <li>2:00 <span style="color: cyan;">■</span> Ladies' Chat</li> <li>2:30 <span style="color: cyan;">■</span> Drama Club</li> <li>3:00 <span style="color: green;">■</span> Calm Coloring</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">11</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>11:20 <span style="color: orange;">■</span> Movement with Maddie</li> <li>1:00 <span style="color: green;">■</span> Women's Bible Study (MR)</li> <li>1:30 <span style="color: yellow;">■</span> Cranium Crunch</li> <li>2:00 <span style="color: blue;">■</span> Meditation with Maddie</li> <li>2:30 <span style="color: blue;">■</span> Card/ Dice Games</li> <li>3:30 <span style="color: yellow;">■</span> Fountain of Youth Chair Travel ★</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">12</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>9:15 <span style="color: orange;">■</span> Walking Club</li> <li>10:30 <span style="color: green;">■</span> Hymn Sing with Gordon</li> <li>11:00 <span style="color: green;">■</span> Daily Devotional</li> <li>1:30 <span style="color: yellow;">■</span> Cranium Crunch</li> <li>1:45 <span style="color: blue;">■</span> Sewing Circle and Chat (Lobby) ♥</li> <li>2:00 <span style="color: orange;">■</span> Team Sports</li> <li>3:20 <span style="color: blue;">■</span> Happy Hour</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">13</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>9:45 <span style="color: cyan;">■</span> Movie</li> <li>10:30 <span style="color: blue;">■</span> Penrose Heritage Museum ✓</li> <li>11:20 <span style="color: orange;">■</span> Stretching and Mobility</li> <li>1:30 <span style="color: yellow;">■</span> Table Games with Staff</li> <li>2:30 <span style="color: blue;">■</span> Chef Chat</li> <li>3:30 <span style="color: orange;">■</span> Workout Wednesday (IL B) ♥</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">14</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>9:00 <span style="color: orange;">■</span> Seated Fitness</li> <li>9:30 <span style="color: green;">■</span> Communion and Fellowship</li> <li>10:30 <span style="color: blue;">■</span> King Soopers/Safeway ✓</li> <li>11:00 <span style="color: blue;">■</span> Activities Committee- All Welcome</li> <li>2:00 <span style="color: orange;">■</span> Team Sports</li> <li>3:00 <span style="color: blue;">■</span> Movie &amp; Popcorn</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">15</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>11:20 <span style="color: orange;">■</span> Movement with Maddie</li> <li>1:30 <span style="color: green;">■</span> Beginners' Sign Language Class (IL MR)</li> <li>1:30 <span style="color: yellow;">■</span> Cranium Crunch</li> <li>3:00 <span style="color: blue;">■</span> Team Sports</li> <li>3:30 <span style="color: yellow;">■</span> Kings Corners Cards</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">16</p> <ul style="list-style-type: none"> <li>10:00 <span style="color: green;">■</span> Men's Bible Study (IL)</li> <li>10:30 <span style="color: yellow;">■</span> BINGO</li> <li>11:30 <span style="color: yellow;">■</span> Brain Games</li> <li>11:30 <span style="color: cyan;">■</span> Men's Chat</li> <li>2:00 <span style="color: blue;">■</span> Dominoes with Friends</li> <li>4:00 <span style="color: orange;">■</span> Palisades Outdoor Stroll</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>
<p style="text-align: right;">17</p> <ul style="list-style-type: none"> <li>9:30 <span style="color: orange;">■</span> Balloon Volleyball</li> <li>10:05 <span style="color: green;">■</span> Transport to Church ✓</li> <li>10:30 <span style="color: yellow;">■</span> BINGO</li> <li>1:15 <span style="color: blue;">■</span> Who Am I?</li> <li>2:00 <span style="color: cyan;">■</span> Ladies' Chat</li> <li>2:30 <span style="color: cyan;">■</span> Drama Club</li> <li>3:00 <span style="color: green;">■</span> Calm Coloring</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">18</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>10:00 <span style="color: cyan;">■</span> Resident Council</li> <li>11:20 <span style="color: orange;">■</span> Movement with Maddie</li> <li>1:00 <span style="color: green;">■</span> Women's Bible Study (MR)</li> <li>1:30 <span style="color: yellow;">■</span> Cranium Crunch</li> <li>2:00 <span style="color: blue;">■</span> Meditation with Maddie</li> <li>2:30 <span style="color: blue;">■</span> Card/ Dice Games</li> <li>3:30 <span style="color: yellow;">■</span> Poetry Corner</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">19</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>9:15 <span style="color: orange;">■</span> Walking Club</li> <li>10:30 <span style="color: cyan;">■</span> Hobby Lobby ✓</li> <li>11:00 <span style="color: green;">■</span> Daily Devotional</li> <li>1:30 <span style="color: yellow;">■</span> Cranium Crunch</li> <li>1:45 <span style="color: blue;">■</span> Sewing Circle and Chat (Lobby) ♥</li> <li>2:00 <span style="color: orange;">■</span> Team Sports</li> <li>3:00 <span style="color: cyan;">■</span> New Resident Welcome</li> <li>3:20 <span style="color: blue;">■</span> Happy Hour</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">20</p> <p style="text-align: center;"><b>IN2L Day</b></p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>10:00 <span style="color: blue;">■</span> Mobile Library</li> <li>10:45 <span style="color: yellow;">■</span> Fill in the Lines</li> <li>11:20 <span style="color: orange;">■</span> Stretching and Mobility</li> <li>1:30 <span style="color: yellow;">■</span> Table Games with Staff</li> <li>2:30 <span style="color: blue;">■</span> Painting</li> <li>3:30 <span style="color: orange;">■</span> Workout Wednesday (IL B) ♥</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">21</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>9:00 <span style="color: orange;">■</span> Seated Fitness</li> <li>9:30 <span style="color: green;">■</span> Communion and Fellowship</li> <li>10:30 <span style="color: blue;">■</span> King Soopers/Safeway ✓</li> <li>2:00 <span style="color: orange;">■</span> Team Sports</li> <li>3:00 <span style="color: blue;">■</span> Ladies' Tea</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">22</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>11:20 <span style="color: orange;">■</span> Movement with Maddie</li> <li>1:30 <span style="color: green;">■</span> Beginners' Sign Language Class (IL MR)</li> <li>1:30 <span style="color: yellow;">■</span> Cranium Crunch</li> <li>3:00 <span style="color: blue;">■</span> Team Sports</li> <li>3:30 <span style="color: yellow;">■</span> Kings Corners Cards</li> <li>4:00 <span style="color: cyan;">■</span> Nail Salon</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">23</p> <ul style="list-style-type: none"> <li>10:00 <span style="color: green;">■</span> Men's Bible Study (IL)</li> <li>10:30 <span style="color: yellow;">■</span> BINGO</li> <li>11:30 <span style="color: yellow;">■</span> Brain Games</li> <li>11:30 <span style="color: cyan;">■</span> Men's Chat</li> <li>2:00 <span style="color: blue;">■</span> Dominoes with Friends</li> <li>4:00 <span style="color: orange;">■</span> Palisades Outdoor Stroll</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>
<p style="text-align: right;">24</p> <ul style="list-style-type: none"> <li>9:30 <span style="color: orange;">■</span> Balloon Volleyball</li> <li>10:05 <span style="color: green;">■</span> Transport to Church ✓</li> <li>10:30 <span style="color: yellow;">■</span> BINGO</li> <li>1:15 <span style="color: blue;">■</span> Who Am I?</li> <li>2:00 <span style="color: cyan;">■</span> Ladies' Chat</li> <li>2:30 <span style="color: cyan;">■</span> Drama Club</li> <li>3:00 <span style="color: green;">■</span> Calm Coloring</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">25</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>11:20 <span style="color: orange;">■</span> Movement with Maddie</li> <li>1:00 <span style="color: green;">■</span> Women's Bible Study (MR)</li> <li>1:30 <span style="color: yellow;">■</span> Cranium Crunch</li> <li>2:00 <span style="color: blue;">■</span> Meditation with Maddie</li> <li>2:30 <span style="color: blue;">■</span> Card/ Dice Games</li> <li>3:30 <span style="color: yellow;">■</span> Fountain of Youth Chair Travel ★</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">26</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>9:15 <span style="color: orange;">■</span> Walking Club</li> <li>10:30 <span style="color: green;">■</span> Hymn Sing with Gordon</li> <li>11:00 <span style="color: green;">■</span> Daily Devotional</li> <li>1:30 <span style="color: yellow;">■</span> Cranium Crunch</li> <li>1:45 <span style="color: blue;">■</span> Sewing Circle and Chat (Lobby) ♥</li> <li>2:00 <span style="color: orange;">■</span> Team Sports</li> <li>3:20 <span style="color: blue;">■</span> Happy Hour</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">27</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>9:45 <span style="color: cyan;">■</span> Movie</li> <li>11:20 <span style="color: orange;">■</span> Stretching and Mobility</li> <li>1:30 <span style="color: yellow;">■</span> Table Games with Staff</li> <li>2:30 <span style="color: blue;">■</span> Painting</li> <li>3:30 <span style="color: orange;">■</span> Workout Wednesday (IL B) ♥</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">28</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>9:00 <span style="color: orange;">■</span> Seated Fitness</li> <li>9:30 <span style="color: green;">■</span> Communion and Fellowship</li> <li>10:30 <span style="color: blue;">■</span> King Soopers/Safeway ✓</li> <li>2:00 <span style="color: orange;">■</span> Team Sports</li> <li>3:00 <span style="color: blue;">■</span> Movie &amp; Popcorn</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">29</p> <ul style="list-style-type: none"> <li>8:30 <span style="color: blue;">■</span> Morning News</li> <li>11:20 <span style="color: orange;">■</span> Movement with Maddie</li> <li>1:30 <span style="color: yellow;">■</span> April Birthday Bash</li> <li>1:30 <span style="color: green;">■</span> Beginners' Sign Language Class (IL MR)</li> <li>3:00 <span style="color: blue;">■</span> Team Sports</li> <li>3:30 <span style="color: yellow;">■</span> Kings Corners Cards</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>	<p style="text-align: right;">30</p> <ul style="list-style-type: none"> <li>10:00 <span style="color: green;">■</span> Men's Bible Study (IL)</li> <li>10:30 <span style="color: yellow;">■</span> BINGO</li> <li>11:30 <span style="color: yellow;">■</span> Brain Games</li> <li>11:30 <span style="color: cyan;">■</span> Men's Chat</li> <li>2:00 <span style="color: blue;">■</span> Dominoes with Friends</li> <li>4:00 <span style="color: orange;">■</span> Palisades Outdoor Stroll</li> <li>4:30 <span style="color: cyan;">■</span> Before Dinner Chat</li> <li>6:00 <span style="color: blue;">■</span> Open Games with Friends</li> </ul>