




MAY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>Living Well MIND • BODY • SPIRIT</p>	<p>LOCATION KEY:</p> <p>3rd FLOOR</p> <p>FC - Fitness Center DC – Dad Clark Bar MRD - Mt. Rosa Dining PDR - Private Dining</p>	<p>5th FLOOR</p> <p>LB - Lobby BC - Business Center CN - Centennial Room CR - Card Room LR - Living Room LRP - Living Room Patio</p>	<p>5th FLOOR Continued</p> <p>CF - Conference Room GR - Game Room LI - Library AS - Art Studio WC - Wellness Center</p>	<p>ENTRIES/OUTSIDE</p> <p>FFP - Front Flag Pole EE - Employee Entrance CO - Commons</p>	<p>CALENDAR KEY:</p> <p>* Sign Up by calling the activity registration line ** Registered participants only \$ Paid Event On-Site Events Off-Site Events Change/Notices</p>
<p>Activities Registration Line</p> <p>720-348-7826</p> <p>Fitness Videos * Tune in to Channel 1981 Monday – Saturday 9:00 am & 10:00 am</p> <p><small>*see Christine, Fitness Coordinator, for details</small></p>	<p>CULINARY CORNER MONDAYS Private Dining Room 10:00 am</p> 	<p>GROCERY SHUTTLE to KING SOOPERS</p> <p>Tuesdays & Thursdays 10:00 am - 11:00 am</p> <p>Vi bus will leave and pick up every hour on the hour. Sign up in the binder in the cubby area!</p>		<p>1 8:00 Mat Pilates (CN) 9:00 Total Fitness (CN) 9:00 Golf at HRCC * 10:00 Bridge Lessons (CR) 10:00 Restorative Yoga (CN) 10:15 Water Walking (Pool) 11:00 Fitness 101 (CN) 1:00 Mah-Jongg (CR) 2:00 Art Class: Playing with Paint (AS) 2:00 Vi Lecture: Mind Gym Neurofeedback for Brain Health (CN)</p>	<p>2 9:00 Movement for Balance (CN) 10:00 Dance Exercise (CN) 10:00 Arthritis Aqua (Pool) 11:00 Tai Chi for Everyone (CN) 11:00 Timely Topics (CR) 1:00 Acrylic Adventure - Starry Night * \$ (AS) 1:00 Hand & Foot Canasta (CR) 2:00 Tech Team - Community App (CN) 4:30 First Friday Cocktail Hour - Ron Kientz (CN)</p>	<p>3 8:45 Men's Bocce (CO) 10:00 Euchre Card Game (CR) 10:00 Women's Bocce (CO) 1:00 Organized Bridge * (CR) 2:00 PBS Docuseries: Unveiled: Joyce Tenneson & The Heroine's Journey (CN) 6:30 Glowing Wild at Denver Zoo * \$ (LB)</p>
<p>4 8:40 Shuttle to St. Andrew Church (LB) 1:30 Tech Help (CF) 2:00 Mexican Train Dominoes (CR) 2:00 Hand & Foot Canasta (CR)</p>	<p>5 9:00 Balance (CN) 10:00 Gentle Yoga (CN) 10:00 Aqua Aerobics (Pool) 11:00 Cardio (CN) 1:00 Canasta (CR) 1:30 Balance & Strength 101 (CN) 2:00 The Paint Box Guild of Littleton Juried Art Exhibit * (LB) 2:00 Vi Matinee Movie - Hello Dolly (CN)</p>	<p>6 9:00 Stretch & Strength (CN) 9:00 Meditation (CR) 10:00 Total Fitness (CN) 11:00 Fitness 101 (CN) 1:00 Mah-Jongg (CR) 1:30 OLLI - Undaunted Courage: Lewis & Clark * ** (CR) 3:00 Shall We Dance (CN) 7:00 Poker (CR)</p>	<p>7 9:00 Balance (CN) 10:00 Stretch & Senior Interval Training (CN) 11:00 Fitness 101 (CN) 1:00 Canasta (CR) 1:00 Walk & Talk * (LB) 2:00 DC Sheriff Outreach with Ryan Falkner (CN) 6:15 A Gentleman's Guide to Murder * \$ (LB) 7:00 Hand & Foot Canasta (CR)</p>	<p>8 8:00 Mat Pilates (CN) 9:00 Total Fitness (CN) 9:00 Golf at HRCC * 10:00 Bridge Lessons (CR) 10:00 Restorative Yoga (CN) 10:15 Water Walking (Pool) 11:00 Fitness 101 (CN) 1:00 Mah-Jongg (CR) 2:00 Active Minds: Lebanon (CN) 2:00 Open Art Studio (AS)</p>	<p>9 9:00 Movement for Balance (CN) 10:00 Dance Exercise (CN) 10:00 No Arthritis Aqua (Pool) 10:00 Denver Audubon Nature Center Walk * (LB) 11:00 Tai Chi for Everyone (CN) 11:00 Timely Topics (CR) 1:00 Hand & Foot Canasta (CR) 2:00 Vi Concert: St. Andrew Handbell Choir(CN) 7:00 Lone Tree Symphony Orchestra: Rocco & Rhythms * \$ (LB)</p>	<p>10 8:45 Men's Bocce (CO) 10:00 Euchre Card Game (CR) 10:00 Women's Bocce (CO) 1:00 Organized Bridge * (CR) 2:00 PBS Docuseries: Laura Ingalls Wilder: Prairie to Page (CN)</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11 8:40 Shuttle to St. Andrew Church (LB) 11:45 Rockies v. Padres Baseball Game * \$ (LB) 2:00 Mexican Train Dominoes (CR) 2:00 Hand & Foot Canasta (CR)</p>	<p>12 9:00 Balance (CN) 10:00 Gentle Yoga (CN) 10:00 Aqua Aerobics (Pool) 11:00 Cardio (CN) 1:00 Canasta (CR) 1:30 Balance & Strength 101 (CN) 3:00 Coffee & Conversation (LR)</p>	<p>13 9:00 Stretch & Strength (CN) 9:00 Meditation (CR) 10:00 Total Fitness (CN) 11:00 Fitness 101 (CN) 1:00 Mah-Jongg (CR) 1:30 OLLI - Undaunted Courage: Lewis & Clark * ** (CR) 2:00 Vi Lecture - Art Appreciation with Wendy Adler: Theme & Variations (CN) 7:00 Poker (CR)</p>	<p>14 8:00 Men's Coffee (GR) 9:00 Balance (CN) 10:00 Stretch & Senior Interval Training (CN) 11:00 Fitness 101 (CN) 1:00 Canasta (CR) 1:00 Walk & Talk * (LB) 1:30 Trader Joe's (LB) 2:00 Wellness Talk (CN) 6:45 Miro Quartet & Steven Banks, Saxophone * \$ (LB) 7:00 Hand & Foot Canasta (CR)</p>	<p>15 8:00 Mat Pilates (CN) 9:00 Total Fitness (CN) 9:00 Golf at HRCC * 10:00 Bridge Lessons (CR) 10:00 Restorative Yoga (CN) 10:15 Water Walking (Pool) 11:00 Fitness 101 (CN) 1:00 Mah-Jongg (CR) 2:00 Art Class: Playing with Paint (AS) 2:00 Vi Lecture: All About the Care Center (CN)</p>	<p>16 9:00 Movement for Balance (CN) 10:00 Dance Exercise (CN) 10:00 Arthritis Aqua (Pool) 11:00 Tai Chi for Everyone (CN) 11:00 Timely Topics (CR) 1:00 Hand & Foot Canasta (CR) 2:00 Masterpieces of Int'l Film: Good Will Hunting (CN) 6:30 California Dreaming with Cherry Creek Chorale * \$ (LB)</p>	<p>17 8:45 Men's Bocce (CO) 10:00 Euchre Card Game (CR) 10:00 Women's Bocce (CO) 1:00 Organized Bridge * (CR) 2:00 PBS Docuseries: Twyla Moves (CN)</p>
<p>18 8:40 Shuttle to St. Andrew Church (LB) 11:45 CSO Beethoven & Brahms * \$ (LB) 1:30 Tech Help (CF) 2:00 Mexican Train Dominoes (CR) 2:00 Hand & Foot Canasta (CR)</p>	<p>19 9:00 Balance (CN) 10:00 Gentle Yoga (CN) 10:00 Aqua Aerobics (Pool) 11:00 Cardio (CN) 11:00 Out to Lunch - The Lake House Kitchen and Tavern * (LB) 1:00 Canasta (CR) 1:30 Balance & Strength 101 (CN)</p>	<p>20 9:00 Stretch & Strength (CN) 9:00 Meditation (CR) 10:00 Total Fitness (CN) 11:00 Fitness 101 (CN) 1:00 Mah-Jongg (GR) 1:00 Learn to Play Mah Jongg * \$ (GR) 1:30 OLLI - Undaunted Courage: Lewis & Clark * ** (CR) 2:00 Vi Continental Passport Tasting Menu (MRD) 3:30 Nuts and Bolts (CN) 7:00 Poker (CR)</p>	<p>21 8:00 Mac in the Morning (CF) 9:00 Balance (CN) 10:00 Stretch & Senior Interval Training (CN) 11:00 Fitness 101 (CN) 1:00 Canasta (CR) 1:00 Walk & Talk * (LB) 1:00 Great Decisions * ** (CN) 3:00 Write On (CR) 7:00 Hand & Foot Canasta (CR) 7:00 Vi Concert: Henry and Reinhardt Cabaret Duo (CN)</p>	<p>22 8:00 Mat Pilates (CN) 9:00 Total Fitness (CN) 9:00 Golf at HRCC * 10:00 Bridge Lessons (CR) 10:00 Restorative Yoga (CN) 10:15 Water Walking (Pool) 11:00 Fitness 101 (CN) 1:00 Mah-Jongg (CR) 1:00 Mah-Jongg Practice for Beginners (CR) 2:00 F&B Open Forum (CN) 2:00 Open Art Studio (AS)</p>	<p>23 9:00 Movement for Balance (CN) 10:00 Dance Exercise (CN) 10:00 Arthritis Aqua (Pool) 11:00 Tai Chi for Everyone (CN) 11:00 Timely Topics (CR) 1:00 Hand & Foot Canasta (CR) 1:30 Grief Support Group 3:30 New Resident Welcome Celebration (CN)</p>	<p>24 8:45 Men's Bocce (CO) 10:00 Euchre Card Game (CR) 10:00 Women's Bocce (CO) 1:00 Organized Bridge * (CR) 2:00 PBS Docuseries: Agatha Christie's England (CN)</p>
<p>25 8:40 Shuttle to St. Andrew Church (LB) 2:00 Mexican Train Dominoes (CR) 2:00 Hand & Foot Canasta (CR)</p>	<p>26 9:00 Balance (CN) 10:00 Gentle Yoga (CN) 10:00 Aqua Aerobics (Pool) 11:00 Cardio (CN) 1:00 Canasta (CR) 1:30 Balance & Strength 101 (CN) 3:00 Coffee & Conversation (LR)</p>	<p>27 9:00 Stretch & Strength (CN) 9:00 Meditation (CR) 10:00 Total Fitness (CN) 11:00 Fitness 101 (CN) 1:00 Mah-Jongg (CR) 2:00 May Birthday Celebration (PDR) 3:00 Lifestyle Listens (CN) 7:00 Poker (CR)</p>	<p>28 8:00 Mac in the Morning (CF) 9:00 Balance (CN) 10:00 Stretch & Senior Interval Training (CN) 11:00 Fitness 101 (CN) 1:00 Canasta (CR) 1:00 Walk & Talk * (LB) 2:00 Town Hall (CN) 7:00 Hand & Foot Canasta (CR) 7:00 Lamont Symphony Orchestra * \$ (LB)</p>	<p>29 8:00 Mat Pilates (CN) 9:00 Total Fitness (CN) 9:00 Golf at HRCC * 10:00 Bridge Lessons (CR) 10:00 Restorative Yoga (CN) 10:15 Water Walking (Pool) 11:00 Fitness 101 (CN) 1:00 Mah-Jongg (CR) 2:00 Open Art Studio (AS) 2:00 Bingo (CN)</p>	<p>30 9:00 Movement for Balance (CN) 10:00 Dance Exercise (CN) 10:00 Arthritis Aqua (Pool) 11:00 Tai Chi for Everyone (CN) 11:00 Timely Topics (CR) 1:00 Hand & Foot Canasta (CR) 1:30 Andy's Frozen Custard * (LB)</p>	<p>31 8:45 Men's Bocce (CO) 10:00 Euchre Card Game (CR) 10:00 Women's Bocce (CO) 1:00 Organized Bridge * (CR) 2:00 PBS Docuseries: Harriet Tubman - Visions of Freedom (CN)</p>