

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>660 Old Laramie Trail Lafayette, CO 80026 303-440-6050</p>	<p><b>Location Keys</b></p> <p>AL Activity Room AL Exercise Room AL Living Room Activity Room Hallway Bistro Dining Room Living Room MC Activity Room MC Living Room Private Dining Room</p> <p>AL/AR AL/EXERC AL/Living Room AR/Hall B DR LR MC AR MC LR PDR</p>		<p> Be Adventurous  Be Challenged  Be Connected  Be Family  Be Inspired  Be Social  Be Well</p>			<p>7:30  Breakfast [DR] <b>1</b> 10:00  Age Fit: Osteo Stretch and Strength Exercise [AL/AR] 11:00  Flex Your Brain [AL/AR] 11:30  Lunch [DR] 1:30  Poker with Brad! [B] 3:00  Afternoon Bingo [MC AR] 3:00  Cookies &amp; Conversation [B] 4:30  Dinner [DR]</p>
<p><b>2</b> <b>Groundhog Day</b> 7:30  Breakfast [DR] 9:00  Guess Who Clue #1 [AL/AR] 9:30  Yoga Exercise Video [AL/AR] 10:00  Groundhog Day Movie! [AL/AR] 11:30  Lunch [DR] 1:00  Independent Crosswords and Word Searches 2:00  Groundhog Day Cupcake Decorating! [AL/AR] 3:00  Cookies &amp; Conversation [B] 3:30  Super Bowl Tailgate Party! [MC AR] 4:30  Dinner [DR] 4:30  Super Bowl Viewing (Fox TV) [AL/Living Room]</p>	<p><b>3</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #2 [AL/AR] 10:00  Age Fit: Osteo Stretch &amp; Strength Exercise [AL/AR] 10:45  Shopping Outing: King Soopers 11:30  Lunch [DR] 1:00  Travel Hour [AL/AR] 2:00  Ladies Tea Hour [PDR] 3:00  Cookies &amp; Conversation [B] 3:00  Musical Entertainment by Josh [MC LR] 4:30  Dinner [DR] 5:30  Pick a Game with Misty! [AL/AR]</p>	<p><b>4</b> <b>Rides to Doctor Appointments</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #3 [AL/AR] 10:00  Muscles in Motion [AL/EXERC] 10:30  Sing-A-Long with Tamara and Elisa [MC LR] 11:30  Lunch [DR] 1:30  Canvas and Coffee [AL/AR] 2:00  Pet Therapy Visits 3:00  Cookies &amp; Conversation [B] 3:00  Then and Now: Fashion 1950's vs 2020 [AL/AR] 4:30  Dinner [DR] 5:30  Word within a Word [AL/AR]</p>	<p><b>5</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #4 [AL/AR] 10:00  Chair Chi with Kali [AL/AR] 10:30  Black History Month Documentary [AL/AR] 11:30  Lunch [DR] 1:00  Outing to Visit Steve Miller 3:00  Cookies &amp; Conversation [B] 3:30  Bible Study [PDR] 4:30  Dinner [DR]</p>	<p><b>6</b> <b>Rides to Doctor Appointments</b> 7:30  Breakfast [DR] 9:45  Guess Who Revealed [AL/AR] 10:00  Fitness in Motion [AL/EXERC] 10:30  Musical Performance: Young Heart Band [MC LR] 11:00  Bayada Wellness Clinic [AL/EXERC] 11:15  Catholic Service with Communion [AL/AR] 11:30  Lunch [DR] 1:00  Raffle Drawing! [AL/AR] 2:00  Cranium Crunches [AL/AR] 2:00  Food For Thought with Chef Tony [AL/AR] 3:00  Bingo! [AL/AR] 3:00  Cookies &amp; Conversation [B] 4:30  Dinner [DR] 5:30  Riddle me this [AL/AR]</p>	<p><b>7</b> 7:30  Breakfast [DR] 9:00  Catholic Rosary [MC AR] 10:00  Be Fit Exercise! [AL/AR] 10:45  Bubble Gum Challenge- Happy Bubble Gum Day! [AL/AR] 11:30  Lunch [DR] 1:30  Worship Service with Chaplain Elisa [MC AR] 3:00  Happy Hour [LR] 4:30  Dinner [DR] 5:30  Hangman Challenge [AL/AR]</p>	<p><b>8</b> 7:30  Breakfast [DR] 10:00  Volunteer Musician Dan Bradfield! [MC LR] 11:30  Lunch [DR] 1:00  Age Fit: Osteo Stretch and Strength Exercise [AL/AR] 1:30  Poker with Brad! [B] 3:00  Afternoon Bingo [MC AR] 3:00  Cookies &amp; Conversation [B] 4:30  Dinner [DR] 5:30  Twister with a Twist [AL/AR]</p>
<p><b>9</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #1 [AL/AR] 10:00  Yoga Exercise Video [AL/AR] 11:15  Hand Massages and Aromatherapy Meditation [AL/AR] 11:30  Lunch [DR] 1:30  Musical Entertainment by Caleb and Eliha [MC LR] 2:30  Karaoke! [AL/AR] 3:00  Cookies &amp; Conversation [B] 3:30  Valentine Crafting Corner with Misty [AL/AR] 4:30  Dinner [DR] 5:30  Sunday Night Movie and Popcorn! [AL/AR]</p>	<p><b>10</b> <b>HAPPY BIRTHDAY VIRGINIA MAGGIO!</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #2 [AL/AR] 10:00  Age Fit: Osteo Stretch &amp; Strength Exercise [AL/AR] 10:45  Shopping Outing: Walmart 11:30  Lunch [DR] 1:00  Travel Hour [AL/AR] 2:00  Men's Club [AL/AR] 3:00  Cookies &amp; Conversation [B] 4:30  Dinner [DR] 5:30  Pick a Game with Misty! [AL/AR]</p>	<p><b>11</b> <b>Rides to Doctor Appointments</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #3 [AL/AR] 10:00  Muscles in Motion [AL/EXERC] 10:45  This Day in History [AL/AR] 11:30  Lunch [DR] 1:00  Taste Testers Club- Chocolate Truffles! [AL/AR] 2:00  Pet Therapy Visits 3:00  Cookies &amp; Conversation [B] 3:00  Musical Performance by Scott Buckley [MC LR] 4:30  Dinner [DR] 5:30  Fact or Fiction? [AL/Living Room]</p>	<p><b>12</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #4 [AL/AR] 10:00  Chair Chi with Kali [AL/AR] 11:00  Lafayette Public Library Visit 11:30  Lunch [DR] 1:00  Scrabble/ Pick a Board game [AL/AR] 2:30  Happy Birthday Lincoln Craft! [AL/AR] 3:00  Cookies &amp; Conversation [B] 3:30  Bible Study [PDR] 4:30  Dinner [DR]</p>	<p><b>13</b> <b>Rides to Doctor Appointments</b> 7:30  Breakfast [DR] 9:45  Guess Who Revealed [AL/AR] 10:00  Fitness in Motion [AL/EXERC] 10:30  Boulder County Elections [AL/AR] 11:00  Good morning, Good News with coffee! [AL/AR] 11:15  Catholic Service with Communion [AL/AR] 11:30  Lunch [DR] 1:00  Romances to Remember [AL/AR] 2:00  Valentine Card Making [AL/AR] 3:00  Cookies &amp; Conversation [B] 3:30  Valentines Bingo! [AL/AR] 4:30  Dinner [DR] 5:30  Uno Card Game [AL/AR]</p>	<p><b>14</b> <b>Valentine's Day</b> 7:30  Breakfast [DR] 9:00  Catholic Rosary [MC AR] 10:00  Be Fit Exercise! [AL/AR] 11:00  Valentines Flower Arranging [AL/AR] 11:30  Lunch [DR] 1:30  Worship Service with Chaplain Elisa [MC AR] 3:00  Happy Hour/ Love is in the Air Trivia [LR] 3:45  Pet Therapy with Watson [AL/AR] 4:30  Culinary Keepsakes Presents: Valentines Day Dinner [DR]</p>	<p><b>15</b> 7:30  Breakfast [DR] 10:00  Age Fit: Osteo Stretch and Strength Exercise [AL/AR] 11:00  Yarn crafting: Birds! [AL/AR] 11:30  Lunch [DR] 1:30  Poker with Brad! [B] 3:00  Afternoon Bingo [MC AR] 3:00  Cookies &amp; Conversation [B] 4:30  Dinner [DR]</p>
<p><b>16</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #1 [AL/AR] 10:00  Yoga Exercise Video [AL/AR] 11:15  Hand Massages and Aromatherapy Meditation [AL/AR] 11:30  Lunch [DR] 1:00  Independent Crosswords and Word Searches 2:00  Bacci Ball Challenge! [AR/Hall] 3:00  Cookies &amp; Conversation [B] 3:00  Wii Bowling [AL/AR] 4:30  Dinner [DR] 5:30  Sunday Night Movie and Popcorn! [AL/AR]</p>	<p><b>17</b> <b>Presidents' Day</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #2 [AL/AR] 10:00  Age Fit: Osteo Stretch &amp; Strength Exercise [AL/AR] 10:45  Shopping Outing: King Soopers 11:30  Lunch [DR] 1:00  Travel Hour to the White House! [AL/AR] 2:00  President's Day Trivia and Facts [AL/AR] 3:00  Cookies &amp; Conversation [B] 3:00  Musical Entertainment by Josh [MC LR] 4:00  Afternoon Meditation [AL/AR] 4:30  Dinner [DR] 5:30  Pick a Game with Misty! [AL/AR]</p>	<p><b>18</b> <b>HAPPY BIRTHDAY LYNN JENSEN!</b> <b>Rides to Doctor Appointments</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #3 [AL/AR] 10:00  Muscles in Motion [AL/EXERC] 10:30  Dr. Harrison Seminar on: Is Toxicity the Cause of Your Symptoms? [AL/AR] 11:30  Lunch [DR] 1:00  The Write Word Game: African American History [AL/AR] 2:00  Pet Therapy Visits 2:00  Wood Art 3:00  Cookies &amp; Conversation [B] 3:00  February Birthday Bash [MC AR] 4:30  Dinner [DR] 5:30  Word within a Word [AL/AR]</p>	<p><b>19</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #4 [AL/AR] 10:00  Chair Chi with Kali [AL/AR] 11:00  Lunch Outing to French Restaurant: Mateo 11:30  Lunch [DR] 1:00  Independent Crosswords and Word Searches [AL/AR] 2:00  Resident Council [AL/AR] 3:00  Cookies &amp; Conversation [B] 3:30  Bible Study [PDR] 4:30  Dinner [DR]</p>	<p><b>20</b> <b>HAPPY BIRTHDAY JEAN NEWMAN!</b> <b>Rides to Doctor Appointments</b> 7:30  Breakfast [DR] 9:45  Guess Who Revealed [AL/AR] 10:00  Fitness in Motion [AL/EXERC] 10:00  My Life Story: Share your Memories [AL/AR] 11:00  Catholic Service with Communion [AL/AR] 11:30  Lunch [DR] 1:30  Cherry Pie Day! [AL/AR] 3:00  Bingo! [AL/AR] 3:00  Cookies &amp; Conversation [B] 4:30  Dinner [DR] 6:00  Generations Family Council [AL/AR]</p>	<p><b>21</b> 7:30  Breakfast [DR] 9:00  Catholic Rosary [MC AR] 10:00  Be Fit Exercise! [AL/AR] 10:45  Word within a Word [AL/AR] 11:30  Lunch [DR] 1:30  Worship Service with Chaplain Elisa [MC AR] 3:00  Happy Hour with Allen 4:30  Dinner [DR] 5:30  Hangman Challenge [AL/AR]</p>	<p><b>22</b> 7:30  Breakfast [DR] 10:00  Age Fit: Osteo Stretch and Strength Exercise [AL/AR] 11:00  Flex Your Brain [AL/AR] 11:30  Lunch [DR] 1:30  Poker with Brad! [B] 3:00  Afternoon Bingo [MC AR] 3:00  Cookies &amp; Conversation [B] 4:30  Dinner [DR] 5:30  Kerplunk Game [AL/AR]</p>
<p><b>23</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #1 [AL/AR] 10:00  Yoga Exercise Video [AL/AR] 11:15  Hand Massages and Aromatherapy Meditation [AL/AR] 11:30  Lunch [DR] 1:00  Independent Card Games 2:00  Karaoke! [AL/AR] 3:00  Cookies &amp; Conversation [B] 3:30  Crafting Corner with Misty [AL/AR] 4:30  Dinner [DR] 5:30  Sunday Night Movie and Popcorn! [AL/AR]</p>	<p><b>24</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #2 [AL/AR] 10:00  Age Fit: Osteo Stretch &amp; Strength Exercise [AL/AR] 10:45  Shopping Outing: Walmart 11:30  Lunch [DR] 1:00  Travel Hour [AL/AR] 2:00  Air Brush Pen art! [AL/AR] 3:00  Cookies &amp; Conversation [B] 3:00  Musical Performance by Dino Cuneo [AL/Living Room] 4:30  Dinner [DR] 5:30  Pick a Game with Misty! [AL/AR]</p>	<p><b>25</b> <b>Rides to Doctor Appointments</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #3 [AL/AR] 10:00  Muscles in Motion [AL/EXERC] 10:30  Montessori School Student Visit: Celebrating Fat Tuesday!! [AL/AR] 11:30  Lunch [DR] 1:00  Mardi Gras/ Fat Tuesday Trivia and Facts [AL/AR] 2:00  Laughter Club [AL/AR] 2:00  Pet Therapy Visits 3:00  Cookies &amp; Conversation [B] 3:15  Yahtzee! [AL/AR] 4:30  Dinner [DR] 5:30  Fact or Fiction? [AL/Living Room]</p>	<p><b>26</b> 7:30  Breakfast [DR] 9:45  Guess Who Clue #4 [AL/AR] 10:00  Chair Chi with Kali [AL/AR] 10:00  Outing to Denver Art Museum 11:30  Lunch [DR] 1:30  Afternoon Documentary [AL/AR] 3:00  Alzheimer's Association presentation: Understanding and Responding to Dementia-Related Behavior [AL/AR] 3:00  Cookies &amp; Conversation [B] 3:30  Bible Study [PDR] 4:30  Dinner [DR]</p>	<p><b>27</b> <b>Rides to Doctor Appointments</b> 7:30  Breakfast [DR] 9:45  Guess Who Revealed [AL/AR] 10:00  Fitness in Motion [AL/EXERC] 10:30  Good morning, Good News with coffee! [AL/AR] 11:15  Catholic Service with Communion [AL/AR] 11:30  Lunch [DR] 1:30  Coloring Poster! [AL/AR] 2:00  Family Hearing Clinic [PDR] 3:00  Cookies &amp; Conversation [B] 3:00  Musical Entertainment by Joe Diamo [AL/Living Room] 4:30  Dinner [DR] 5:30  This is to That [AL/AR]</p>	<p><b>28</b> 7:30  Breakfast [DR] 9:00  Catholic Rosary [MC AR] 9:30  Be Fit Exercise! [AL/AR] 10:00  Boulder District Attorney's Scam/ Fraud/ Census Talk [AL/AR] 11:30  Lunch [DR] 1:30  Worship Service with Chaplain Elisa [MC AR] 3:00  Happy Hour [LR] 3:45  Pet Therapy with Watson [AL/AR] 4:30  Dinner [DR] 5:30  Black History Month Trivia [AL/AR]</p>	<p><b>29</b> 7:30  Breakfast [DR] 10:00  Age Fit: Osteo Stretch and Strength Exercise [AL/AR] 11:00  Flower Arranging Club [AL/AR] 11:30  Lunch [DR] 1:30  Poker with Brad! [B] 3:00  Afternoon Bingo [MC AR] 3:00  Cookies &amp; Conversation [B] 4:30  Dinner [DR] 5:30  Kings in the Corner</p>