

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

660 Old Laramie Trail
Lafayette, CO 80026
303-440-6050

Location Keys
AL Activity Room AL/AR
AL Living Room AL/Living Room
Dining Room DR
Great Room GR
Living Room LR
MC Activity Room MC AR
MC Living Room MC LR

- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

<p>2</p> <p>Groundhog Day</p> <p>8:30 Breakfast [DR] 9:15 Morning Meditation 10:15 Stretch and Strength Chair Exercise with Misty [MC AR] 10:45 Fact or fiction? [MC AR] 11:30 Lunch [DR] 12:30 Music and Memory 1:00 Expressive Design- Ground Hog Day- Cupcake Decorating! [MC AR] 2:00 Ground Hog Day Movie 3:30 Super Bowl Tailgate Party! [MC AR] 4:30 Dinner [DR] 4:30 Super Bowl LIV Viewing on FOX 5:30 Tongue Twisters [LR]</p>	<p>3</p> <p>8:30 Breakfast [DR] 9:15 What's in the Bag? 10:00 All about Fitness Exercise [MC AR] 10:30 Sing-A- Long! 11:30 Lunch [DR] 12:30 Music and Memory 1:00 Book Creations with Gen-Narrations Creative Story Telling [MC AR] 2:00 Funny Videos 3:00 Musical Entertainment by Josh! [MC LR] 4:30 Dinner [DR] 5:30 Famous Duos [MC LR]</p>	<p>4</p> <p>8:30 Breakfast [DR] 9:15 Move It or Lose It Exercise [MC AR] 10:30 Sing-A-Long with Tamara and Elisa [MC AR] 11:30 Lunch [DR] 12:30 Music and Memory 1:00 Hand Massages and Aromatherapy 2:00 Pet Therapy Visits 2:30 Arts and Crafts with Tam! [MC AR] 3:30 Culinary Creations [MC AR] 4:30 Dinner [DR] 6:00 Finish that Phrase [GR]</p>	<p>5</p> <p>8:30 Breakfast [DR] 9:15 Guess Who? 10:00 Never Stop Exploring Outing 11:30 Lunch [DR] 12:30 Music and Memory 1:30 Indoor Sports: Balloon Volleyball [MC AR] 2:15 Book Creations with Gen- Narrations Creative Storytelling [MC AR] 3:00 Bible Study: Reading and Discussion [MC AR] 4:00 Poets Corner [MC AR] 4:30 Dinner [DR] 6:00 Fun Facts</p>	<p>6</p> <p>HAPPY BIRTHDAY DORIS TERNES!</p> <p>8:30 Breakfast [DR] 9:15 Move It or Lose It Exercise 10:30 Musical Performance: Young Heart Band [MC LR] 11:15 Catholic Service with Communion 11:30 Lunch [DR] 12:30 Music and Memory 1:00 Chicken Soup for the Soul Story Time [MC AR] 2:00 Culinary Creations [MC AR] 3:30 Expressive Design [MC LR] 4:30 Dinner [DR] 6:00 Jokes and Riddles [GR]</p>	<p>7</p> <p>8:30 Breakfast [DR] 9:00 Catholic Rosary [MC AR] 9:15 Book Creations with Gen-Narrations Creative Storytelling [MC AR] 10:30 Active & Awesome Seniors 11:30 Lunch [DR] 12:30 Music and Memory 1:30 Worship Service with Chaplain Elisa [MC AR] 3:00 Karaoke! [GR] 4:30 Dinner [DR] 6:00 Friday Night Film [GR]</p>	<p>1</p> <p>8:30 Breakfast [DR] 9:15 Hangman 10:00 GIVING BACK- BROOMFIELD FISH Oatmeal DROP OFF 11:30 Lunch [DR] 12:30 Music and Memory 1:00 Afternoon Exercise! [MC AR] 2:00 Culinary Creations [MC AR] 3:00 Afternoon Bingo! [MC AR] 4:30 Dinner [DR] 6:00 Oldies But Goodies Music [GR]</p>
<p>9</p> <p>8:30 Breakfast [DR] 9:15 Morning Meditation 10:15 Stretch and Strength Chair Exercise with Misty [MC AR] 10:45 Fact or fiction? [MC AR] 11:30 Lunch [DR] 12:30 Music and Memory 1:30 Musical Entertainment by Caleb and Eliha [MC AR] 2:45 Hand Massages and Aromatherapy [MC AR] 3:15 Movie- Grumpier Old Men 4:30 Dinner [DR] 5:30 Tongue Twisters [LR]</p>	<p>10</p> <p>8:30 Breakfast [DR] 9:15 Raise the Curtain [MC AR] 10:00 All about Fitness Exercise [MC AR] 10:30 Sing-A- Long! 11:30 Lunch [DR] 12:30 Music and Memory 1:00 Book Creations with Gen-Narrations Creative Story Telling [MC AR] 3:00 The Logo Game [MC AR] 4:30 Dinner [DR] 5:30 Famous Duos [MC LR]</p>	<p>11</p> <p>8:30 Breakfast [DR] 9:15 Move It or Lose It Exercise [MC AR] 10:15 Expressive Designs! [MC AR] 11:30 Lunch [DR] 12:30 Music and Memory 1:00 This Day in History [MC AR] 2:00 Culinary Creations [MC AR] 2:00 Pet Therapy Visits 3:00 Musical Performance by Scott Buckley [MC LR] 4:30 Dinner [DR] 6:00 Finish that Phrase [GR]</p>	<p>12</p> <p>HAPPY BIRTHDAY STUART RUBINE!</p> <p>8:30 Breakfast [DR] 9:15 Guess Who? 10:00 Healthy Hearts Exercise Class 10:30 Morning Meditation 11:30 Lunch [DR] 12:30 Music and Memory 1:30 Indoor Sports: Ball Toss Arm Strengthening [MC AR] 2:15 Book Creations with Gen- Narrations Creative Storytelling [MC AR] 3:00 Bible Study: Reading and Discussion [MC AR] 4:30 Dinner [DR] 6:00 Fun Facts</p>	<p>13</p> <p>8:30 Breakfast [DR] 9:15 Move It or Lose It Exercise 10:15 Expressive Design- Valentine Cards! [MC LR] 11:15 Catholic Service with Communion 11:30 Lunch [DR] 12:30 Music and Memory 1:00 Valentines Bingo [MC AR] 2:00 Culinary Creations [MC AR] 3:00 Matching Game [MC AR] 4:30 Dinner [DR] 6:00 Jokes and Riddles [GR]</p>	<p>14</p> <p>Valentine's Day</p> <p>8:30 Breakfast [DR] 9:00 Catholic Rosary [MC AR] 9:15 Book Creations with Gen-Narrations Creative Storytelling [MC AR] 10:30 Active & Awesome Seniors 11:30 Lunch [DR] 12:30 Music and Memory 1:30 Worship Service with Chaplain Elisa [MC AR] 3:00 Karaoke! [GR] 3:45 Pet Therapy with Watson [MC LR] 4:30 Culinary Keepsakes Presents: Valentines Day Dinner [DR]</p>	<p>8</p> <p>HAPPY BIRTHDAY ELLIE COPLEY!</p> <p>8:30 Breakfast [DR] 9:15 Things That Go Together 10:00 Volunteer Musician Dan Bradfield! [MC LR] 11:30 Lunch [DR] 12:30 Music and Memory 1:00 Movin' and Groovin' [MC AR] 2:00 Culinary Creations [MC AR] 3:00 Afternoon Bingo! [MC AR] 4:30 Dinner [DR] 6:00 Oldies But Goodies Music [GR]</p>
<p>16</p> <p>8:30 Breakfast [DR] 9:15 Morning Meditation 10:15 Stretch and Strength Chair Exercise with Misty [MC AR] 10:45 Fact or fiction? [MC AR] 11:30 Lunch [DR] 12:30 Music and Memory 1:00 Expressive Design- Flower Arranging [MC AR] 3:00 Memories in the Making: Watercolor Painting [MC AR] 4:30 Dinner [DR] 5:30 Tongue Twisters [LR]</p>	<p>17</p> <p>Presidents' Day</p> <p>8:30 Breakfast [DR] 9:15 What's in the Bag? 10:00 All about Fitness Exercise [MC AR] 10:30 Sing-A- Long! 11:30 Lunch [DR] 12:30 Music and Memory 1:00 Book Creations with Gen-Narrations Creative Story Telling [MC AR] 3:00 Musical Entertainment by Josh! [MC LR] 4:30 Dinner [DR] 5:30 Famous Duos [MC LR]</p>	<p>18</p> <p>8:30 Breakfast [DR] 9:15 Move It or Lose It Exercise [MC AR] 10:15 Expressive Designs! [MC AR] 11:30 Lunch [DR] 12:30 Music and Memory 1:00 This Day in History [MC AR] 2:00 Pet Therapy Visits 2:00 White Board Hangman 3:00 February Birthday Bash [MC AR] 4:30 Dinner [DR] 6:00 Finish that Phrase [GR]</p>	<p>19</p> <p>HAPPY BIRTHDAY DEELDA WATSON!</p> <p>8:30 Breakfast [DR] 9:15 Guess Who? 10:00 Healthy Hearts Exercise Class 10:30 Morning Meditation 11:30 Lunch [DR] 12:30 Music and Memory 1:30 Indoor Sports: Kick a Goal! [MC AR] 2:15 Book Creations with Gen- Narrations Creative Storytelling [MC AR] 3:00 Bible Study: Reading and Discussion [MC AR] 4:00 Poets Corner [MC AR] 4:30 Dinner [DR] 6:00 Fun Facts</p>	<p>20</p> <p>8:30 Breakfast [DR] 9:15 Move It or Lose It Exercise 10:15 Expressive Design [MC LR] 11:15 Catholic Service with Communion 11:30 Lunch [DR] 12:30 Music and Memory 1:00 Twister with a Twist [MC AR] 2:00 Culinary Creations [MC AR] 3:30 Tangram Puzzles [MC AR] 4:30 Dinner [DR] 6:00 Family Council [AL/AR] 6:00 Jokes and Riddles [GR]</p>	<p>21</p> <p>8:30 Breakfast [DR] 9:00 Catholic Rosary [MC AR] 9:15 Book Creations with Gen-Narrations Creative Storytelling [MC AR] 10:30 Active & Awesome Seniors 11:30 Lunch [DR] 12:30 Music and Memory 1:30 Worship Service with Chaplain Elisa [MC AR] 3:00 Karaoke! [GR] 4:30 Dinner [DR] 6:00 Friday Night Film [GR]</p>	<p>15</p> <p>8:30 Breakfast [DR] 9:15 Hangman 9:45 Claire's Starbucks Outing 10:00 Centaurus High School Percussion Group 11:30 Lunch [DR] 12:30 Music and Memory 1:00 Afternoon Exercise! [MC AR] 2:00 Culinary Creations [MC AR] 3:00 Afternoon Bingo! [MC AR] 4:30 Dinner [DR] 6:00 Oldies But Goodies Music [GR]</p>
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