


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>1</b></p> <p>Daylight Saving Time Begins</p> <p>8:30 Breakfast [DR]</p> <p>9:30 Weekly Horoscope Reading</p> <p>10:30 Stretch and Strength Chair Exercise with Misty [MC AR]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:30 YouTube Worship Service with Chaplain Elisa [MC AR]</p> <p>2:05 <b>Broncos VS Chargers Football Game (CBS) [MC LR]</b></p> <p>2:15 Fact or fiction? [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Jeopardy [LR]</p>	<p><b>2</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Word within a Word</p> <p>10:00 GoSeniorFitness Morning Chair Exercise [MC AR]</p> <p>10:45 Monday Morning Mindfulness [MC AR]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 Book Creations with Gen-Narrations Creative Story Telling [MC AR]</p> <p>2:00 Hot Chocolate Social [MC AR]</p> <p>3:00 Memories in the Making: Watercolor Painting [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Name 5 Game [MC LR]</p>	<p><b>3</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Move It or Lose It Exercise [MC AR]</p> <p>10:15 <b>Election Day Craft [MC AR]</b></p> <p>11:00 Ginger Puppy Visits</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 Indoor Sports: Kick the ball [MC AR]</p> <p>2:00 Culinary Creations- Election Day Cookie Voting [AL/AR]</p> <p>3:00 <b>Hair Makeovers! [MC AR]</b></p> <p>4:30 Dinner [DR]</p> <p>5:30 Finish that Phrase [GR]</p>	<p><b>4</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 iPad Word Games</p> <p>10:00 Healthy Hearts Exercise Class</p> <p>10:30 <b>Good Morning, Good News! [MC AR]</b></p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 Bocce Ball Tournament</p> <p>2:15 Book Creations with Gen- Narrations Creative Storytelling [MC AR]</p> <p>3:00 Music Favorites- Who is your favorite musician? [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Laughing Hour [GR]</p>	<p><b>5</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Move It or Lose It Exercise</p> <p>10:15 Morning Walk Around the Community (Social Distancing Recommended) [MC AR]</p> <p>11:30 Morning Meditation [CY]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 Ooo La La Manicures! [MC AR]</p> <p>2:30 Culinary Creations [MC AR]</p> <p>3:30 Giant Bowling! [MC LR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Current Events!</p>	<p><b>6</b></p> <p>8:30 Breakfast [DR]</p> <p>10:00 Book Creations with Gen-Narrations Creative Storytelling [MC AR]</p> <p>10:30 Active &amp; Awesome Seniors</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:30 Expressive Design [MC AR]</p> <p>3:00 Ladder Ball [MC AR]</p> <p>4:00 Poets Corner [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>6:30 Friday Night Projector Film [GR]</p>	<p><b>7</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Hangman</p> <p>10:30 Movin' and Groovin' Exercise!</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 After Lunch Walk Outside! (Weather permitting)</p> <p>2:00 iPad Word Games/ Trivia! [MC AR]</p> <p>3:00 <b>Parachute Fun! [MC AR]</b></p> <p>4:30 Dinner [DR]</p> <p>5:30 Oldies but Goodies Music! [GR]</p>	
<p><b>8</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Alphabet Name Game</p> <p>10:30 Stretch and Strength Chair Exercise with Misty [MC AR]</p> <p>11:00 <b>Broncos VS Falcons Football Game (CBS) [MC LR]</b></p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:30 YouTube Worship Service with Chaplain Elisa [MC AR]</p> <p>2:30 Sunday Hot Chocolate Cart! [AL/AR]</p> <p>3:00 Scattergories [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Jeopardy [LR]</p>	<p><b>9</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Raise the Curtain [MC AR]</p> <p>10:00 GoSeniorFitness Morning Chair Exercise [MC AR]</p> <p>10:45 Monday Morning Mindfulness [MC AR]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 Book Creations with Gen-Narrations Creative Story Telling [MC AR]</p> <p>2:00 Happy Hour &amp; Trivia</p> <p>3:00 Memories in the Making: Watercolor Painting [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Name 5 Game [MC LR]</p>	<p><b>10</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Move It or Lose It Exercise [MC AR]</p> <p>10:15 Expressive Designs! [MC AR]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 Letter Square White Board Game [MC AR]</p> <p>2:00 Culinary Creations [MC AR]</p> <p>3:00 <b>Ooo La La Manicures! [MC AR]</b></p> <p>4:30 Dinner [DR]</p> <p>5:30 Finish that Phrase [GR]</p>	<p><b>11</b></p> <p><b>Veterans Day</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 iPad Word Games</p> <p>10:00 Healthy Hearts Exercise Class</p> <p>10:30 <b>Happy Veterans Day! [MC AR]</b></p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:15 Book Creations with Gen- Narrations Creative Storytelling [MC AR]</p> <p>2:30 <b>Veterans Day Thank You Celebration! [MC AR]</b></p> <p>3:30 Mad Libs [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Laughing Hour [GR]</p>	<p><b>12</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Move It or Lose It Exercise</p> <p>10:15 Morning Walk Around the Community (Social Distancing Recommended) [MC AR]</p> <p>10:45 Morning Meditation [CY]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:30 Put Put Golf! [MC AR]</p> <p>2:00 Culinary Creations [MC AR]</p> <p>3:00 Hangman Challenge [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Current Events!</p>	<p><b>13</b></p> <p>8:30 Breakfast [DR]</p> <p>10:00 Book Creations with Gen-Narrations Creative Storytelling [MC AR]</p> <p>10:30 Active &amp; Awesome Seniors</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:30 Expressive Design [MC AR]</p> <p>3:00 Small Group Bible Study [MC AR]</p> <p>4:00 Poets Corner [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>6:30 Friday Night Projector Film [GR]</p>	<p><b>14</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Things That Go Together</p> <p>10:00 Hymns Sing-A-Long!</p> <p>10:30 Movin' and Groovin' Exercise!</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>2:00 iPad Word Games/ Trivia! [MC AR]</p> <p>2:30 Afternoon Bingo! [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Oldies but Goodies Music! [GR]</p>	
<p><b>15</b></p> <p>8:30 Breakfast [DR]</p> <p>9:30 Morning Meditation</p> <p>10:30 Stretch and Strength Chair Exercise with Misty [MC AR]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:30 <b>Broncos Tailgate Party! [MC AR]</b></p> <p>2:05 <b>Broncos VS Raiders Football Game (CBS) [MC LR]</b></p> <p>3:00 YouTube Worship Service with Chaplain Elisa [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Jeopardy [LR]</p>	<p><b>16</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Word within a Word</p> <p>10:00 GoSeniorFitness Morning Chair Exercise [MC AR]</p> <p>10:45 Monday Morning Mindfulness [MC AR]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 Book Creations with Gen-Narrations Creative Story Telling [MC AR]</p> <p>2:00 Hot Chocolate Social [MC AR]</p> <p>3:00 Memories in the Making: Watercolor Painting [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Name 5 Game [MC LR]</p>	<p><b>17</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Move It or Lose It Exercise [MC AR]</p> <p>10:15 Expressive Designs! [MC AR]</p> <p>11:00 Ginger Puppy Visits</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 <b>Recorded Musical Entertainment by Josh! [MC LR]</b></p> <p>2:00 Culinary Creations [MC AR]</p> <p>3:00 <b>Ooo La La Manicures! [MC AR]</b></p> <p>4:30 Dinner [DR]</p> <p>5:30 Finish that Phrase [GR]</p>	<p><b>18</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 iPad Word Games</p> <p>10:00 Healthy Hearts Exercise Class</p> <p>10:30 <b>Good Morning, Good News! [MC AR]</b></p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 Ladder Ball [MC AR]</p> <p>2:15 Book Creations with Gen- Narrations Creative Storytelling [MC AR]</p> <p>3:30 <b>Turkey Baster Relay [MC AR]</b></p> <p>4:30 Dinner [DR]</p> <p>5:30 Laughing Hour [GR]</p>	<p><b>19</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Move It or Lose It Exercise</p> <p>10:15 Morning Walk Around the Community (Social Distancing Recommended) [MC AR]</p> <p>10:45 Morning Meditation [CY]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 Ooo La La Manicures! [MC AR]</p> <p>2:00 Culinary Creations- Peanut Butter Lover's Month! [MC AR]</p> <p>3:00 Family Hearing Clinic [PDR]</p> <p>3:00 <b>Laughter Club on Zoom! [MC AR]</b></p> <p>4:30 Dinner [DR]</p> <p>5:30 Current Events!</p>	<p><b>20</b></p> <p>8:30 Breakfast [DR]</p> <p>10:00 Book Creations with Gen-Narrations Creative Storytelling [MC AR]</p> <p>10:30 Active &amp; Awesome Seniors</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:30 Expressive Design [MC AR]</p> <p>3:00 <b>Gratitude Garland! [MC AR]</b></p> <p>4:00 Poets Corner [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>6:30 Friday Night Projector Film [GR]</p>	<p><b>21</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Hangman</p> <p>10:30 Movin' and Groovin' Exercise!</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 After Lunch Walk Outside! (Weather permitting)</p> <p>2:00 iPad Word Games/ Trivia! [MC AR]</p> <p>3:00 Indoor Sports: Balloon Noodle Volleyball [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Oldies but Goodies Music! [GR]</p>	
<p><b>22</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Alphabet Name Game</p> <p>10:30 Stretch and Strength Chair Exercise with Misty [MC AR]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:30 YouTube Worship Service with Chaplain Elisa [MC AR]</p> <p>2:05 <b>Broncos VS Dolphins Football Game (CBS) [MC LR]</b></p> <p>2:30 November Birthday Bash! [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Jeopardy [LR]</p>	<p><b>23</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Raise the Curtain [MC AR]</p> <p>10:00 GoSeniorFitness Morning Chair Exercise [MC AR]</p> <p>10:45 Monday Morning Mindfulness [MC AR]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 Book Creations with Gen-Narrations Creative Story Telling [MC AR]</p> <p>2:30 Memories in the Making: Watercolor Painting [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Name 5 Game [MC LR]</p>	<p><b>24</b></p> <p><b>HAPPY BIRTHDAY INA!</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Move It or Lose It Exercise [MC AR]</p> <p>10:15 Expressive Designs! [MC AR]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 Culinary Creations- Pumpkin Pie! [MC AR]</p> <p>2:00 Happy Hour &amp; Trivia [MC LR]</p> <p>3:30 <b>Ooo La La Manicures! [MC AR]</b></p> <p>4:30 Dinner [DR]</p> <p>5:30 Finish that Phrase [GR]</p>	<p><b>25</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 iPad Word Games</p> <p>10:00 Healthy Hearts Exercise Class</p> <p>10:30 <b>Good Morning, Good News! [MC AR]</b></p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 Thanksgiving Cards [MC AR]</p> <p>2:15 Book Creations with Gen- Narrations Creative Storytelling [MC AR]</p> <p>3:00 Thanksgiving Bingo! [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Laughing Hour [GR]</p>	<p><b>26</b></p> <p><b>Happy Thanksgiving!</b></p> <p><b>Schedule FaceTime, Skype and Zoom Family Visits (Via Email!)</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Move It or Lose It Exercise</p> <p>10:00 Morning Movie! Planes, Trains, Automobiles [MC AR]</p> <p>10:45 Morning Meditation [CY]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:30 Thanksgiving Trivia and Facts [MC AR]</p> <p>2:00 <b>Turkey Pinecones! [MC AR]</b></p> <p>4:30 Dinner [DR]</p> <p>5:30 Current Events!</p>	<p><b>27</b></p> <p>8:30 Breakfast [DR]</p> <p>10:00 Book Creations with Gen-Narrations Creative Storytelling [MC AR]</p> <p>10:30 Active &amp; Awesome Seniors</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:30 Expressive Design [MC AR]</p> <p>3:00 <b>Black Friday Magazine Window Shopping [MC AR]</b></p> <p>4:00 Poets Corner [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>6:30 Friday Night Projector Film [GR]</p>	<p><b>28</b></p> <p><b>HAPPY BIRTHDAY JOHN AND FLOYD!</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Things That Go Together</p> <p>10:00 Hymns Sing-A-Long!</p> <p>10:30 Movin' and Groovin' Exercise!</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>2:00 iPad Word Games/ Trivia! [MC AR]</p> <p>3:00 Indoor Sports: Balloon Noodle Volleyball [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Oldies but Goodies Music! [GR]</p>	
<p><b>29</b></p> <p>8:30 Breakfast [DR]</p> <p>9:30 Morning Meditation</p> <p>10:30 Stretch and Strength Chair Exercise with Misty [MC AR]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:30 YouTube Worship Service with Chaplain Elisa [MC AR]</p> <p>2:05 <b>Broncos VS Saints Football Game (FOX) [MC LR]</b></p> <p>3:00 Pictionary [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Jeopardy [LR]</p>	<p><b>30</b></p> <p>8:30 Breakfast [DR]</p> <p>9:15 Word within a Word</p> <p>10:00 GoSeniorFitness Morning Chair Exercise [MC AR]</p> <p>10:45 Monday Morning Mindfulness [MC AR]</p> <p>11:30 Lunch [DR]</p> <p>12:30 Music and Memory</p> <p>1:00 Book Creations with Gen-Narrations Creative Story Telling [MC AR]</p> <p>2:00 <b>Recorded Musical Entertainment by Josh! [MC LR]</b></p> <p>3:00 Memories in the Making: Watercolor Painting [MC AR]</p> <p>4:30 Dinner [DR]</p> <p>5:30 Broomfield FISH Donation Drop Off [MC LR]</p>	<div style="text-align: center;">  <p><b>660 Old Laramie Trail</b> <b>Lafayette, CO 80026</b> <b>303-440-6050</b></p> </div>				<p><b>Location Keys</b></p> <p>AL Activity Room AL/AR</p> <p>Courtyard CY</p> <p>Dining Room DR</p> <p>Great Room GR</p> <p>Living Room LR</p> <p>MC Activity Room MC AR</p> <p>MC Living Room MC LR</p> <p>Private Dining Room PDR</p>	<p><b>Be Challenged</b></p> <p><b>Be Connected</b></p> <p><b>Be Family</b></p> <p><b>Be Inspired</b></p> <p><b>Be Social</b></p> <p><b>Be Well</b></p>