

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|---|--|--|---|---|---|--|
| 9:00 Catholic Mass Video 10:00 Hand Massages 10:30 Music with Rebecca 3:00 Sunday Movie Club 3:30 Vespers-HCC 4:30 Vespers Worship | Labor Day 10:30 Current Events w/ Charlie 12:00 Labor Day Live Music! 2:30 Pet Visits 3:00 ElderGrow Garden | 9:30 Exercise with Danielle 10:30 Hot Topics w/ Bob Ritzen - 'Groucho Marx' 2:30 Bible Study/HCC 3:30 Photo Shoot Party | 9:30 RevUp & Relax w/ Molly 10:30 TED Talk w/ Wendi & Wendy 11:00 Q's Worth Considering Discussion 4:00 Chapungu Marimba Concert! 4:10 Djembe Drumming / IL 4:30 Flower Mart 6:00 Guitar Music w/ Rebecca / HCC 6:30 Wednesday Night Movie Club | 9:30 Exercise with Danielle 10:30 Music with Leah 12:00 Lunch with Brune 2:30 TRIP - Nat'l Fine Art Show w/ Afternoon Tea | 9:30 Cardio n Strength 11:00 Pet Visits 3:00 Live Music / HCC 3:00 Exercise 1:1 w/ Danielle | 10:30 Shabbat Service 10:30 Golden Girls and Coffee 3:00 Nail Care |
| 9:00 Catholic Mass Video 10:00 Hand Massages 3:00 Sunday Movie Club 3:30 Vespers-HCC 4:30 Vespers Worship | 9:30 Cardio n Strength 10:30 Current Events w/ Charlie 10:30 Janet Streater on Piano 1:00 Jewish Movie Series 2:30 Pet Visits 3:00 Person of the Week 3:00 Exercise 1:1 w/ Danielle | 9:30 Exercise with Danielle 2:30 Bible Study/HCC 3:30 Presenting: Mary Oliver - Poet | 9:30 RevUp & Relax w/ Molly 11:00 Q's Worth Considering Discussion 4:30 Flower Mart 6:30 Wednesday Night Movie Club | 9:30 Exercise with Danielle 10:30 Karaoke with Jeanie Ash 12:00 Lunch with Brune 3:00 Happy Birthday HillTop Hour! | 9:30 Cardio n Strength 10:30 Resident Council 11:00 Pet Visits 3:00 Live Music / HCC 3:00 Exercise 1:1 w/ Danielle | 10:30 Golden Girls and Coffee 3:00 Nail Care |
| 9:00 Catholic Mass Video 10:00 Hand Massages 10:30 Music with Rebecca 3:00 Sunday Movie Club 3:30 Vespers-HCC 4:30 Vespers Worship | 9:30 Cardio n Strength 10:30 Dennis Donigan's One-Man Band 10:30 Current Events w/ Charlie 11:45 Ladies Lunch with Kelsey 2:00 Super Food Presentation! 2:30 Pet Visits 3:00 Person of the Week 3:00 Exercise 1:1 w/ Danielle 7:30 CU "Wonder Women" Presentation | 9:30 Exercise with Danielle 9:30 Tuesdays with Tim 11:00 TRIP - Los Chicos Malos Concert 2:30 Bible Study/HCC | 9:30 Mass with Father Cliff / HCC 9:30 RevUp & Relax w/ Molly 11:00 Q's Worth Considering Discussion 4:10 Djembe Drumming / IL 4:30 Flower Mart 6:30 Wednesday Night Movie Club | 9:30 Exercise with Danielle 10:30 Music with Leah 12:00 Lunch with Brune 2:30 Hymn Sing with Bob Ritzen 3:00 Ladies' Tea | 9:30 Cardio n Strength 10:30 Frasier's Death Cafe 11:00 Pet Visits 3:00 Live Music / HCC 3:00 Exercise 1:1 w/ Danielle | 8:00 Happy Birthday Russell! 10:30 Golden Girls and Coffee 3:00 Nail Care |
| 9:00 Catholic Mass Video 10:00 Hand Massages 3:00 Sunday Movie Club 3:30 Vespers-HCC 4:30 Vespers Worship | 9:30 Cardio n Strength 10:30 Gary Sattazahn - Digital Trumpet 10:30 Current Events w/ Charlie 2:30 Pet Visits 3:00 ElderGrow Garden 3:00 Exercise 1:1 w/ Danielle | 9:30 Acting Up! Band 10:30 Exercise with Joe 2:30 Bible Study/HCC 3:00 Eyes on Art 'Monet' | 9:30 RevUp & Relax w/ Molly 11:00 Q's Worth Considering Discussion 4:30 Flower Mart 6:30 Wednesday Night Movie Club 7:30 Sustainability Series | 9:30 Exercise with Danielle 11:45 Men's Lunch w/ Bob Ritzen 12:00 Lunch with Brune | 9:30 Cardio n Strength 11:00 Pet Visits 3:00 Live Music / HCC 3:00 Exercise 1:1 w/ Danielle | 10:30 Shabbat Service 10:30 Golden Girls and Coffee 2:30 Saturday Opera 3:00 Nail Care |
| Rosh Hashanah Begins at Sundown 9:00 Catholic Mass Video 10:00 Hand Massages 3:00 Sunday Movie Club 3:30 Vespers-HCC 4:30 Vespers Worship | 9:30 Cardio n Strength 10:30 Current Events w/ Charlie 2:30 Pet Visits 3:00 Oktoberfest Celebration and Beer Tasting 3:00 Exercise 1:1 w/ Danielle | | <i>Dining Reservations</i> (requested for resident families) Please call 720 979 1163 | Activites subject to change without notice. Not all activities are listed. | | |

September 2019
Assisted Living Classic

