

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday Donna H December 7th Sally G December 11th Willie J. December 12th Joan O. December 13th Virginia K. December 15th Jan R. December 15th Dave H. December 19th	Eat a Red Apple Day 1 9 am Exercise (H) 11am Strengthening/Weights(H) 2 pm Read Out Loud (H) 3 pm Christmas Craft - Chain rings (D)	2 9 am Exercise (H) 11 am Yoga/Stretching (H) 1:30 Manicures w. Leigh (D) 2 pm Sew, Knit & Crochet (H) 3:30 Mexican Train Dominoes (D)	3 9 am Exercise (H) 9:30 am Arvada Sq Shopping 10 am Communion (H) 1:30 Shopping - Wads Loop 6:30 PM Bingo with Kellie (D) Decorating for the holidays - all areas	4 9 am Exercise (H) 10 am Men's Group (FH) Decorating for the holidays - all areas 4:30 pm 24th Street Singers - Golden High School (L)	5 9 am Exercise (H) 10 am finishing up decorating 2 pm Bingo (DR) 6 pm Evening Movie (TH) "White Christmas"	6 9 am Piano Sing-along (L) 9:30 Coffee & Chat (FH) ☕ 11 am Exercise (H) 2pm Travelogue - Christmas in Mexico (TH) 3:30 Wii Bowling (FH)
7 Independent activities 2:05 pm Bronco vs Raiders (Channel 4)	8 9 am Exercise (H) 11am Strengthening/Weights(H) 1:15 Menu Chat (D) 2 pm Read out Loud (H) 3:30 pm Christmas Hangman (D)	9 9 am Exercise (H) 11 am Yoga/Stretching (H) 12:15 Bookmobile (H) 1:30 Arvada Sq Shopping 2 pm Craft with Dana (D) 3:30 Mexican Train Dominoes (D)	10 9 am Exercise (H) 10 am Communion (H) 1:15 Watercolor painting (D) 1:30 pm Shopping - Wads Loop 2 - 3:30 Photos with Grinch and Santa (H) 6:30 PM Bingo with Juliette (DR)	11 9 am Exercise 10 am Who, What, Where? (TH) 11 am Yoga/Stretching (H) 2pm Music w. Aaron (L) 3:30 pm Mexican Train Dominoes (D)	12 9 am Dance Exercise (H) 10 am Cranium Crunch Puzzle Handout 11 am Strengthening (H) 2:30 Cinnamon Rolls with EmpowerMe (L) 6 pm Evening Movie (TH) "A Christmas Carol"	13 9 am Piano Sing-along (L) 9:30 Coffee & Chat (FH) ☕ 11 AM Exercise (H) 2 pm Bingo (DR) 3:30 Wii Bowling (FH)
14 Independent activities 2:25 pm Bronco vs Packers (Channel 4) Hanukkah Begins	15 Wear Red and Green 9 am Exercise (H) 11am Strengthening/Weights(H) 2 pm Guitar w. Josh (L) 3 pm Decorate Gingerbread Houses (D)	16 Christmas Crazy Hair 9 am Exercise (H) 9:30 Arvada Sq Shopping 11 am Yoga/Stretching (H) 1:30 Arvada Sq. Shopping 1:30 Manicures w. Leigh (D) 2 pm Book Club Reviews (H) 3:30 Sew, Knit & Crochet (D)	17 Wear your Ugly Sweater 9 am Exercise (H) 9:30 Shopping - Wads Loop 10 am Communion (H) 1:15 Watercolor painting (D) 6pm Light Outing	18 Dress Like Elves 9 am Exercise (H) 10 am Christmas Mad Libs (L) 10 am Men's Group (FH) 11 am Decorate Christmas cookies (L) 2pm Snow Globes (L) 3:30 pm Hot Cocoa Bar (L)	19 PJ's Day 9 am Dance Exercise (H) 10 am Cranium Crunch Puzzle Handout 11 am Strengthening (H) 2 pm Bingo (DR) 3:15 Merry Happy Hour (L) 6 pm Evening Movie (TH) "A Christmas Story"	20 9 am Piano Sing-along (L) 9:30 Coffee & Chat (FH) ☕ 11 AM Exercise (H) 2 pm Side B Band music (L) 3:30 Wii Bowling (FH)
21 Independent activities 2:05 pm Bronco vs Jaguars (Channel 4) 3 pm Children's Vocal Recital (L) Winter Begins	22 9 am Exercise (H) 11am Strengthening/Weights(H) 2 pm Christmas Games - Cup N Plate, and bow pick up. (L) 3:30 Read out Loud (H)	23 9 am Exercise (H) 9:30 Arvada Sq Shopping 11 am Yoga/Stretching (H) 12:15 Bookmobile (H) 1- 4 pm Festivus Social (FH) 1:30 Arvada Sq Shopping 2 pm Sew, Knit & Crochet (H)	24 Christmas Eve Wear Christmas Eve PJ's 9 am Exercise (H) 10 am Shopping - Wads Loop 10 am Communion (H) 2 pm Cup of Christmas Tea Story and Treats (DR)	25 Merry Christmas 9 am Exercise (H) 10 am Who, What, Where? (TH) 6:15 pm Broncos Vs Chiefs (Amazon or Channel 7)	26 9 am Exercise (H) 10 am Cranium Crunch Puzzle handout 11 am Strengthening (H) 2 pm Bingo (DR) 3:15 PM Happy Hour (L) 6 pm Evening Movie (TH) "It's a Wonderful Life" Boxing Day (Canada)	27 9 am Piano Sing-along (L) 9:30 Coffee & Chat (FH) ☕ 10:30 Games with Juliette (D) 11 AM Exercise (H) 2 pm Crossword Puzzle (D) 3:30 Wii Bowling (FH)
28 Independent activities 2 pm Resident Choice Movie	29 9 am Exercise (H) 11am Strengthening/Weights (H) 2 pm Read out Loud (H) 3:30 pm Jeopardy (TH)	30 9 am Exercise (H) 9:30 am Arvada Sq Shopping 11 am Yoga/Stretching (H) 2 pm Sew, Knit & Crochet (H) 3:30 New Years Resolutions (D)	31 New Years Eve 9 am Exercise (H) 9:30 Shopping - Wads Loop 10 am Communion (H) 1:30 Shopping - Wads Loop 2 pm New year's Party - music with Edee 6:30 PM New Years Eve Bingo with Juliette	December 2025 		