


December 2009

Independent Living

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*Toenail Clinic on the 7th from 9-11 a.m.</p> <p>*Night Owl Food Drive now through 12/10</p>	<p>SALON DAYS Tuesday w/ Kathy Friday w/ Sherry</p> <p>SC = Senior Center CC = CO College FAC = Fine Arts Center MAT = Manitou Art Theater MS = Manitou Springs</p>	<p>1 9 a.m. Balance & Mobility 10 a.m. BP Clinic 10 a.m. Learn to Meditate @ SC 10:30-12 p.m. Senior Group 1 p.m. Vitamin D for Health SC 1:30-3:30 p.m. Billiards, Chess and Bridge 2:30 p.m. Aqua Moves 4:30 p.m. Wine with Toby 7 p.m. Visiting Writer Series @ CC</p>	<p>2 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 1:30 BINGO! 2-4 p.m. Open Gym 10-2 p.m. Holiday Prep-Party 3:45 p.m. Velvet Hills Chorus Sings</p>	<p>3 9 a.m. Balance & Mobility 10 a.m. Communion 10 a.m. Aqua Moves 10:45 Tai Chi with Martin TBD Matinee Movie 6 p.m. "Story of Stuff" @ CC</p>	<p>4 9 a.m. Line Dancing @ SC 10 a.m. Bible Study 12:30-1:45 King Soopers 2-4 p.m. Open Gym 5:30 p.m. JoAnne Plays Dinner IL</p>	<p>5 9:30 AARP Safe Driving Class 2 p.m. Wii 2 p.m. Sharon on Flute 4 p.m. Parade of Lights 7:30 p.m. Youth Symphony</p>
<p>6 <u>Weekly Church Services</u> 8:20 a.m. First Pres 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's 2 p.m. Christmas Survival Guide @ FAC 7:30 p.m. African Ensemble CC</p>	<p>7 [PEARL HARBOR DAY] 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 2 p.m. 4th Grade Buddies SING! 2-4 p.m. Open Gym 6:30 - 8:30 Dancing @ SC 7 p.m. Café Curds & Games</p>	<p>8 9 a.m. Balance & Mobility 9:30 Memory Loss Tips @ SC 10 a.m. December Dances w/ Suellen 10 a.m. BP Clinic 10 a.m. Learn to Meditate @ SC 10:30-12 p.m. Senior Group 11:30 World Affairs Luncheon 1:30-3:30 p.m. Billiards, Chess and Bridge 2-3:30 p.m. Palisades Aging Panel 2:30 p.m. Aqua Moves 7:30 p.m. Chamber Orchestra @ CC</p>	<p>9 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 12:15 p.m. Music @ Midday @ CC 1:30 BINGO! 2-4 p.m. Open Gym 2:30 p.m. Don on Accordion 4 p.m. Brain Chat with Brian</p>	<p>10 [HUMAN RIGHTS DAY] 9 a.m. Balance & Mobility 10 a.m. Communion 10 a.m. Aqua Moves 10:45 Tai Chi with Martin 11 a.m. Park Meadows Mall 7 p.m. Visiting Writer Series CC</p>	<p>11 [HANUKKAH BEGINS] 9 a.m. Line Dancing @ SC 10 a.m. Bible Study 12:30-1:45 Whole Foods/Lunch 1:30 p.m. Flute Concert 2:30 p.m. Palmer Choir @ the P 2-4 p.m. Open Gym 5:15 p.m. Song Spinners Dinner Show</p>	<p>12 12 p.m. Christmas Parade in MS 2 p.m. Wii</p>
<p>13 <u>Weekly Church Services</u> 8:20 a.m. First Pres 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's 2 p.m. Youth Symphony 3 p.m. CC Chamber Chorus 6 p.m. Christmas Joy @ PP Ctr.</p>	<p>14 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 3:30 p.m. Activity Update 2-4 p.m. Open Gym 6:30 - 8:30 Dancing @ SC 7 p.m. Café Cards & Games</p>	<p>15 [BILL OF RIGHTS DAY] 9 a.m. Balance & Mobility 10 a.m. December Dances w/ Suellen 10 a.m. BP Clinic 10:30-12 p.m. Senior Group 1:30-3:30 p.m. Billiards, Chess and Bridge 2 p.m. Free Day @ the FAC 2:30 p.m. Aqua Moves 5 p.m. Holiday Lights Tour</p>	<p>16 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 1:30 BINGO! 2-4 p.m. Open Gym 2:30 p.m. JoAnne on Harp 6:45 p.m. Young Girls Choir</p>	<p>17 9 a.m. Balance & Mobility 10 a.m. Communion 10 a.m. Aqua Moves 10:45 Tai Chi with Martin TBD Matinee Movie 5 p.m. Dinner Out</p>	<p>18 9 a.m. Line Dancing @ SC 10 a.m. Bible Study 12:30-1:45 Safeway 2-4 p.m. Open Gym 2:30 December B-Day Party 5:30 p.m. David Plays Dinner IL 8 p.m. Christmas Classics</p>	<p>19 [HANUKKAH ENDS] 11 a.m. The Met "Les Contes d'Hoffmann" 2 p.m. Wii 7:30 'Brude' @ Pikes Peak Center</p>
<p>20 <u>Weekly Church Services</u> 8:20 a.m. First Pres 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's 3 p.m. \$10 White Elephant Party IL 4 p.m. "Irma Vep" @ UCCS 4:30 p.m. Caroling Visitors 5-9 p.m. Big Band Sunday Party</p>	<p>21 [WINTER SOLSTICE] 9 a.m. Computer Basics 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 & 2-4 p.m. Open Gym 3 p.m. UCCS Lecture Series 6:30 - 8:30 Dancing @ SC 7 p.m. Café Cards & Games 7 p.m. Mary Lights of Christmas</p>	<p>22 9 a.m. Balance & Mobility 10 a.m. BP Clinic 10:30-12 p.m. Senior Group 1 p.m. Medicaid Myths @ SC 1:30-3:30 p.m. Billiards, Chess and Bridge 2:30 p.m. Aqua Moves</p>	<p>23 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 1:30 BINGO! 2:00 p.m. Schwartz Kids Sing! 2-4 p.m. Open Gym</p>	<p>24 [CHRISTMAS EVE] 9 a.m. Balance & Mobility 10 a.m. Communion 10 a.m. Aqua Moves 6 p.m. Santa @ the Clock MS</p>	<p>25 [CHRISTMAS DAY]</p>	<p>26 [KWANZAA BEGINS] 2 p.m. Wii</p>
<p>27 <u>Weekly Church Services</u> 8:20 a.m. First Pres 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's 12:30 p.m. David Plays Brunch IL</p>	<p>28 9 a.m. Computer Basics 10 a.m. Group Fitness 10:30 a.m. Senior Social 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 2-4 p.m. Open Gym 3:30 p.m. Next Month Activity Update 6:30 - 8:30 Dancing @ SC 7 p.m. Café Cards & Games</p>	<p>29 9 a.m. Balance & Mobility 10 a.m. BP Clinic 10:30-12 p.m. Senior Group 1:30-3:30 p.m. Billiards, Chess and Bridge 2:30 p.m. Aqua Moves</p>	<p>30 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 1:30 BINGO! 2-4 p.m. Open Gym 7 p.m. NIGHT OWLS</p>	<p>31 [NEW YEARS EVE] 9 a.m. Balance & Mobility 10 a.m. Communion 10 a.m. Aqua Moves 10:45 Tai Chi with Martin 8 p.m. Pikes Peak Philharmonic</p>	 <p>THE PALISADES <i>At Broadmoor Park</i> Premier Senior Living</p>	