


January 2010

Independent Living

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	
<p><u>AWC Clinic Schedule</u> Monday from 8 a.m. to noon Wednesday from 8 a.m. to noon Thursday from 8 a.m. to noon Call 3255 for an appointment Walk-Ins Welcome!</p>	<p><u>Abbreviations</u> SC = Senior Center CC = CO College FAC = Fine Arts Center MAT = Manitou Art Theater MS = Manitou Springs PPC = Pikes Peak Center</p>	<p><u>SALON DAYS</u> Tuesday w/ Kathy Friday w/ Sherry</p>	<p><u>MANICURE/PEDICURE</u> DAYS Wednesdays w/ Kelly</p>	<p><u>MASSAGE DAYS</u> Thursday w/ Colleen</p>	<p>1 TBD Matinee Movie 12:30-1:45 King Soopers 2 p.m. Gordon's Piano & Song 2-4 p.m. Open Gym</p>	<p>2 9:30 AARP Safe Driving Class 11:30 Lunch Out 2 p.m. Wii</p>	
<p>3 <u>Weekly Church Services</u> 8:20 a.m. First Pres 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's</p>	<p>4 Bemis School Registration Begins 10 a.m. Group Fitness 10:30 Bible Study 11 a.m. "Let's Get Started" 11-12 & 2-4 Open Gym 3:30 p.m. Activity Update 7 p.m. Café Cards & Games</p>	<p>5 10 a.m. BP Clinic 10 a.m. "Let's Dance Again in 10" 1:30-3:30 p.m. Billiards, Chess and Bridge 2:30 p.m. Aqua Moves 4:30 p.m. Wine with Toby</p>	<p>6 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 2-4 p.m. Open Gym 6-8 p.m. <i>Big Picture</i> Discussion</p>	<p>7 10 a.m. Communion 10 a.m. Aqua Moves 11 a.m. Yoga/Flexibility 1:30 BINGO! 5 p.m. Dinner Out</p>	<p>8 12:30-1:45 Whole Foods/Lunch 2-4 p.m. Open Gym 2-4 p.m. Int'l Piano Competition 5:30 David Plays Dinner 7-10 p.m. PPJSS 25th Anniv. Concert</p>	<p>9 10 a.m. Great Fruitcake Toss MS 11 a.m. <i>The Met</i> or Movie Day 1-10 p.m. PPJSS 25th Anniv. Concert 2-4 p.m. Int'l Piano Competition 2 p.m. Wii 7:00 p.m. Cirque de Swing PPC</p>	
<p>10 <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. "Simple Truth" Comedy Play at the Palisades</p>	<p>11 10 a.m. Group Fitness 10:30 Bible Study 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 2 p.m. 4th Grade Buddies! 2-4 p.m. Open Gym 7 p.m. Café Cards & Games</p>	<p>12 10 a.m. BP Clinic 10 a.m. "Let's Dance Again in 10" 1:30-3:30 p.m. Billiards, Chess and Bridge 2:30 p.m. Aqua Moves</p>	<p>13 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 11:30 World Affairs Luncheon 2-4 p.m. Open Gym 6-8 p.m. <i>Big Picture</i> Discussion Group</p>	<p>14 10 a.m. Communion 10 a.m. Aqua Moves 11 a.m. Yoga/Flexibility 1:30 BINGO! 2:30 Chef Chat with Ivan</p>	<p>15 11 a.m. Nurse Chat "Fatigue" TBD Matinee Movie 12:30-1:45 Safeway 2-4 p.m. Open Gym 3:30 p.m. Gordon's Piano & Song</p>	<p>16 10:00 Rampart H.S. Hockey Team Demo @ the Palisades 11 a.m. <i>The Met</i> or Lunch Out 2 p.m. Wii 2 p.m. Vice-Admiral Truly Talks</p>	
<p>17 <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. Big Band Sunday</p>	<p>18 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 & 2-4 p.m. Open Gym 2:30 p.m. Barry Moore Sing! 3 p.m. UOCS Lecture Series 3:30 p.m. Activity Update 5 p.m. Rampart vs. Cheyenne Mountain 7 p.m. Café Cards & Games</p>	<p>19 9:15 a.m. Men's Breakfast 10 a.m. BP Clinic 1:30-3:30 p.m. Billiards, Chess and Bridge 2 p.m. Free Day @ the FAC 2:30 p.m. Aqua Moves</p>	<p>20 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 1:30 Wild Bill & President Roosevelt 2-4 p.m. Open Gym 6-8 p.m. <i>Big Picture</i> Discussion</p>	<p>21 9:15 a.m. Women's Breakfast 10 a.m. Communion 10 a.m. Aqua Moves 11 a.m. Yoga/Flexibility 1:30 Danielle Speaks "Vertigo" 3 p.m. BINGO! 5 p.m. Dinner Out</p>	<p>22 2-4 p.m. Open Gym 3:30 Traci Talks "Independence" 4:30 p.m. Meet Your Neighbor</p>	<p>23 TBD Matinee Movie 2 p.m. Wii 7 p.m. Mad for Clara @ PPC</p>	
<p>24 <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</p>	<p>25 10 a.m. Group Fitness 10:30 Bible Study 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 2-4 p.m. Open Gym 2:30 Barry Moore Piano and Song! 3:30 p.m. Next Activity Update 7 p.m. Café Cards & Games</p>	<p>26 10 a.m. BP Clinic 10 a.m. "Let's Dance Again in 10" 12:30 Cooking with Kirkland 1:30-3:30 p.m. Billiards, Chess and Bridge 2:30 p.m. Aqua Moves 7:30 USAFA Band @ CC</p>	<p>27 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 & 2-4 p.m. Open Gym 6 p.m. Interfaith Concert @ CC 6-8 p.m. <i>Big Picture</i> Discussion Group 7-9 p.m. Night Owls</p>	<p>28 10 a.m. Communion 10 a.m. Aqua Moves 11 a.m. Yoga/Flexibility 1:30 BINGO! 7 p.m. Big Band Concert at the Palisades</p>	<p>29 2-4 p.m. Open Gym 2:30 January B-Day Party 3:30 Traci Talks "Independence" 6 p.m. Scottish Concert @ CC</p>	<p>30 10 a.m. Park Meadows Mall 2 p.m. Wii 2 p.m. Dr. Grinspoon on Space 7 p.m. Raise the Roof Boychoir</p>	
<p>31 <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. Violin Concert @ CC 4 p.m. <i>12 Angry Men</i> UCCS</p>			 <p>THE PALISADES <i>At Broadmoor Park</i> Premier Senior Living</p>				