

# July 2010

## Independent Living

Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat



### THE PALISADES *At Broadmoor Park* Premier Senior Living

#### Abbreviations

SC = Senior Center  
CC = CO College  
FAC = Fine Arts Center  
MAT = Manitou Art Theater  
MS = Manitou Springs  
PPC = Pikes Peak Center  
UCCS = Univ. of CO @ COS  
GOG = Garden of the Gods

				<p><b>1</b> 8-12 a.m. IL BP &amp; O<sub>2</sub> Check 9 a.m. Gardening with Chris 10 a.m. Communion 10 a.m. Aqua Moves 11 a.m. Tai Chi 2:15 p.m. BINGO! <b>4:30 p.m. Dinner Out! (Outback)</b></p>	<p><b>2 Resident &amp; Employee 4th of July BBQ Celebration! 11 a.m. - 1 p.m.</b> 1:00-4:30 Open Gym <b>1:45-2:30 p.m. Safeway</b> 7 p.m. World Music Series CC</p>	<p><b>3</b> 7-1:30 p.m. Farmer's Market OCC 10 - 6 p.m. Buffalo BBQ</p>
<p><b>4 [INDEPENDENCE DAY]</b> <b>Weekly Church Services</b> 8:20 a.m. First Pres 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's</p>	<p><b>5</b> 9:30 a.m. Book Mobile 10 a.m. Group Fitness 10 a.m. Bible Study 10-3 p.m. Farmer's Market (Acacia) 11 a.m. "Let's Get Started" 1:00-4:30 Open Gym 7 p.m. Café Cards &amp; Games 7 p.m. Manitou Music Series MS</p>	<p><b>6</b> 11 a.m. Tai Chi 1:30-3:30 p.m. Pool, Chess and Board Games 2:30 p.m. Aqua Moves 6 p.m. Manitou Lawn Music MS 6:30 p.m. Singer Songwriter Concert P</p>	<p><b>7</b> 8-12 a.m. IL BP &amp; O<sub>2</sub> Check 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 1:00-4:30 Open Gym 3 p.m. Farm &amp; Art Mkt. (ATB) 4 p.m. Brain Chat w/ Dr. Yochim 7:30 p.m. Dance <i>Informance</i> CC</p>	<p><b>8</b> 8-12 a.m. IL BP &amp; O<sub>2</sub> Check 9 a.m. Gardening with Chris 10 a.m. Communion 10 a.m. Aqua Moves 11 a.m. Tai Chi 2:15 p.m. BINGO! 7 p.m. Manitou Music Series MS</p>	<p><b>9</b> TBD Ft. Carson Golf Course 1:00-4:30 Open Gym 1:30-3 p.m. "Wild" Bill Cody SC <b>2-3:00 pm King Soopers</b> 5:30 p.m. David through Dinner</p>	<p><b>10</b> 7-1:30 p.m. Farmer's Market OCC <b>11:30 a.m. Lunch Out - Olive Branch</b> 7 p.m. Manitou Music Series MS 7:30 p.m. Dance Festival CC</p>
<p><b>11 Weekly Church Services</b> 8:20 a.m. First Pres 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's 5 p.m. Ben Cantu Concert CC 7:30 p.m. Dance Festival CC</p>	<p><b>12</b> 10 a.m. Group Fitness 10 a.m. Bible Study 11 a.m. "Let's Get Started" <b>12-1 p.m. Farmer's Market (Acacia)</b> 1:00-4:30 Open Gym <b>5:30-8 p.m. Ice Cream Social MS</b> 7 p.m. Café Cards &amp; Games</p>	<p><b>13</b> 11 a.m. Tai Chi 12 p.m. Activity Update w/ Nathan 12 p.m. Picnic on the Patio SC 1:30-3:30 p.m. Pool, Chess and Board Games 2:30 p.m. Aqua Moves 6 p.m. Manitou Lawn Music MS</p>	<p><b>14</b> 8-12 a.m. IL BP &amp; O<sub>2</sub> Check 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 1:00-4:30 Open Gym 3 p.m. Farm &amp; Art Mkt. (ATB) 4:30-5 p.m. Wine with Toby 7:30 p.m. Young Dancers CC</p>	<p><b>15</b> 8-12 a.m. IL BP &amp; O<sub>2</sub> Check 9 a.m. Gardening with Chris 10 a.m. Communion 10 a.m. Aqua Moves 11 a.m. Tai Chi 2:15 p.m. BINGO! <b>4:30 p.m. Dinner Out! (the Warehouse)</b></p>	<p><b>16</b> 1:00-4:30 Open Gym <b>1:30 - 2:15 p.m. Safeway</b> 4:30 p.m. Meet Your Neighbor</p>	<p><b>17</b> 7-1:30 p.m. Farmer's Market OCC 10:30 a.m. Got Pics!? 3 p.m. Blues Under the Bridge 7-9 p.m. Hawaiian Luau Dance with the Dixie Duezers</p>
<p><b>18 Weekly Church Services</b> 8:20 a.m. First Pres 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's 5 p.m. Inspirational Song CC</p>	<p><b>19</b> 9-3 p.m. Wilkerson Picnic 9:30 a.m. Book Mobile 10 a.m. Group Fitness 10 a.m. Bible Study 10-3 p.m. Farmer's Market (Acacia) 11 a.m. "Let's Get Started" 1:00-4:30 Open Gym 7 p.m. Café Cards &amp; Games 7 p.m. Manitou Music Series MS</p>	<p><b>20</b> 9:15 a.m. Men's Breakfast 11 a.m. Tai Chi 1:30-3:30 p.m. Pool, Chess and Board Games 2:30 p.m. Aqua Moves 6 p.m. Manitou Lawn Music MS</p>	<p><b>21</b> 8-12 a.m. IL BP &amp; O<sub>2</sub> Check 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 1:00-4:30 Open Gym 3 p.m. Farm &amp; Art Mkt. (ATB) 3:30 p.m. Wine with Sam! 6:30 p.m. The MET "Turandot"</p>	<p><b>22</b> 8-12 a.m. IL BP &amp; O<sub>2</sub> Check 9:15 a.m. Women's Breakfast 10 a.m. Gardening with Chris 10 a.m. Communion 10 a.m. Aqua Moves 11 a.m. Tai Chi 2:15 p.m. BINGO! 7 p.m. Manitou Music Series MS</p>	<p><b>23</b> TBD Valley-Hi Golf Course 10 a.m. Dementia Care SC <b>12-1:45 p.m. Super Target</b> 1:00-4:30 Open Gym 1:30 p.m. Maria Jones Sings! SC</p>	<p><b>24</b> 7-1:30 p.m. Farmer's Market OCC 8:30-5:30 p.m. Fiddler's on the River <b>11:30 a.m. Lunch Out - IHOP</b></p>
<p><b>25 Weekly Church Services</b> 8:20 a.m. First Pres 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's</p>	<p><b>26</b> 10 a.m. Group Fitness 10 a.m. Bible Study 10-3 p.m. Farmer's Market (Acacia) 11 a.m. "Let's Get Started" 1:00-4:30 Open Gym 7 p.m. Café Cards &amp; Games 7 p.m. Manitou Music Series MS</p>	<p><b>27</b> 11 a.m. Tai Chi 12 p.m. Activity Update w/ Nathan 1:30-3:30 p.m. Pool, Chess and Board Games 2:30 p.m. Aqua Moves 6 p.m. Manitou Lawn Music MS</p>	<p><b>28</b> 8-12 a.m. IL BP &amp; O<sub>2</sub> Check 9-6 p.m. "All Shook Up" 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 1:00-4:30 Open Gym 3 p.m. Farm &amp; Art Mkt. (ATB)</p>	<p><b>29</b> 8-12 a.m. IL BP &amp; O<sub>2</sub> Check 9 a.m. Gardening with Chris 10 a.m. Communion 10 a.m. Aqua Moves 11 a.m. Tai Chi 1:45 p.m. Chef Chat with Ivan 2:15 p.m. BINGO! <b>4:30 p.m. Dinner Out! (Macaroni Grill)</b></p>	<p><b>30</b> <b>12:30-1:45 p.m. Safeway</b> 1:00-4:30 Open Gym 2:30 p.m. July B-Day Party 3:30 p.m. Skip Sings and Plays</p>	<p><b>31</b> 7-1:30 p.m. Farmer's Market OCC <b>10 a.m. Cheyenne Mtn. Zoo/Picnic</b></p>