


| Sun | Mon | Tue | Wed | Thu | Fri | Sat | | |
|--|--|---|---|---|---|---|--|--|
| <p>Abbreviations</p> <p>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> | <p>AWC CLINIC HOURS</p> <p>Monday - 8a.m. - Noon Wednesday - 8a.m. - Noon Thursday - 8a.m. - Noon</p> | <p>1 11 a.m. Tai Chi 12 p.m. Activity Update 1:30-3:30 p.m. Pool, Chess and Board Games 2:30 p.m. Aqua Moves 6 p.m. Movie Night FAC 6 p.m. Manitou Lawn Music MS</p> | <p>2 8-12 a.m. IL BP & O₂ Check 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 & 2-5 p.m. Open Gym 2 p.m. Sterling House Folk Band</p> | <p>3 8-12 a.m. IL BP & O₂ Check 9 a.m. Gardening with Chris 10 a.m. Communion 10 a.m. Aqua Moves 11 a.m. Tai Chi 12 p.m. Sack Lunch Serenade 2:15 p.m. BINGO! 4:30 p.m. Dinner Out! (Olive Garden)</p> | <p>4 12:30-1:45 pm King Soopers 2-5 p.m. Open Gym 5:30 David through Dinner 7 p.m. Young Composers CC</p> | <p>5 9 a.m. Self-Defense Class 9:30 a.m. AARP Safe Driving Class TBD Matinee Movie 12 p.m. Manitou Wine Fest MS 2 p.m. Gallery Chat FAC 7 p.m. Cultural India FAC</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 3 p.m. Children's Chorale PPC</p> | <p>7 9:30 a.m. Book Mobile 10 a.m. Group Fitness 10 a.m. Bible Study 11 a.m. "Let's Get Started" 11-12 & 2-5 a.m. Open Gym 7 p.m. Café Cards & Games 7 p.m. Manitou Music Series MS</p> | <p>8 11 a.m. Tai Chi 1:30-3:30 p.m. Pool, Chess and Board Games 2 p.m. Skip Sings 2:30 p.m. Aqua Moves 6 p.m. Manitou Lawn Music MS</p> | <p>9 8-12 a.m. IL BP & O₂ Check 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 & 2-5 p.m. Open Gym 2 p.m. Coffee Klatch or Joy Ride 4:30-5 p.m. Wine with Toby</p> | <p>10 8-12 a.m. IL BP & O₂ 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! 6 p.m. Movie Night @ CC 7:30 p.m. Summer Concert Series CC</p> | <p>11 8-3:30 p.m. Alzheimer Workshop 9-2 p.m. Senior Expo TBD Ft. Carson Golf Course 1:00-1:45 p.m. Safeway 2-5 p.m. Open Gym 5:15 p.m. Song Spinners IL Dining</p> | <p>12 Showcase of Retirement Homes Noon to 5:00 p.m. 9-2 p.m. Senior Expo 11:30 a.m. Lunch Out (Mimi's) 8 p.m. Dave Valentin UCCS</p> | | |
| <p>13 Showcase of Retirement Homes Noon to 5:00 p.m. <u>Weekly Church Services</u> 8:20 a.m. First Pres 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's 11:30 David thru Brunch 3 pm. Summer Concert Series CC</p> | <p>14 10 a.m. Group Fitness 10 a.m. Bible Study 10:30 a.m. Monday Morning Movie 11 a.m. "Let's Get Started" 11-12 & 2-5 a.m. Open Gym 12:15 p.m. Music @ Midday CC 7 p.m. Café Cards & Games 7 p.m. World Music Concert CC</p> | <p>15 11 a.m. Tai Chi 12 p.m. Activity Update 1:30-3:30 p.m. Pool, Chess and Board Games 2:30 p.m. Aqua Moves 5:30 p.m. <i>Musixspa</i> Concert 6 p.m. Manitou Lawn Music MS 7:30 p.m. Summer Music Fest CC</p> | <p>16 8-12 a.m. IL BP & O₂ Check 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 & 2-5 p.m. Open Gym 12:15 p.m. Music @ Midday CC</p> | <p>17 8-12 a.m. IL BP & O₂ Check 9 a.m. Gardening with Chris 10 a.m. Communion 10 a.m. Aqua Moves 11 a.m. Summer Music Fest CC 11 a.m. Tai Chi 2:15 p.m. BINGO! 4:30 p.m. Dinner Out! (Chopsticks)</p> | <p>18 12:15 p.m. Music @ Midday CC 1:30-3 p.m. Super Target 2-5 p.m. Open Gym 3:30 p.m. Transition & Loss 4:30 p.m. Meet Your Neighbor</p> | <p>19 10 a.m. Senior Center Open House 11 a.m. Junteenth Celebration CC 2 p.m. Summer Music Fest CC TBD Matinee Movie</p> | | |
| <p>20 [FATHER'S DAY] <u>Weekly Church Services</u> 8:20 a.m. First Pres 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's 11:30-2 p.m. Roger Strums 12 p.m. Sharon on Flute</p> | <p>21 9:30 a.m. Book Mobile 10 a.m. Group Fitness 10 a.m. Bible Study 11 a.m. "Let's Get Started" 11-12 & 2-5 a.m. Open Gym 12:15 p.m. Music @ Midday CC 7 p.m. Café Cards & Games 7 p.m. Manitou Music Series MS</p> | <p>22 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 7:30 p.m. Summer Music Fest CC</p> | <p>23 8-12 a.m. IL BP & O₂ Check 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 & 2-5 p.m. Open Gym 12:15 p.m. Music @ Midday CC 2 p.m. Coffee Klatch or Joy Ride</p> | <p>24 8-12 a.m. IL BP & O₂ Check 9 a.m. S.A.F.E. Conference 9:15 a.m. Women's Breakfast 10 a.m. Communion 10 a.m. Aqua Moves 10:15 a.m. Gardening with Chris 11 a.m. Tai Chi 1:45 p.m. Chef Chat with Ivan 2:15 p.m. BINGO!</p> | <p>25 TBD Peterson Golf Course 12:15 p.m. Music @ Midday CC 12:30-1:45 p.m. Safeway 2-5 p.m. Open Gym 2:30 p.m. June B-Day Party 3:30 p.m. Betty Jo on Piano</p> | <p>26 10 a.m. Vintage Car Show MS 11:30 a.m. Lunch Out (O.T.B.) 2 p.m. Summer Music Fest CC 6 p.m. Summer Music Fest CC</p> | | |
| <p>27 <u>Weekly Church Services</u> 8:20 a.m. First Pres 9:30 a.m. Pikes Peak Hill Climb MS 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's 3 p.m. Summer Music Fest CC</p> | <p>28 10 a.m. Group Fitness 10 a.m. Bible Study 10:30 a.m. Senior Social 11 a.m. "Let's Get Started" 11-12 & 2-5 a.m. Open Gym 3 p.m. Floral Design w/ Ms. Wear 7 p.m. Café Cards & Games 7 p.m. Manitou Music Series MS</p> | <p>29 11 a.m. Tai Chi 12 p.m. Next Month Activity Update 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. Movie Night @ CC</p> | <p>30 8-12 a.m. IL BP & O₂ Check 9:30 a.m. Newcomer Orientation 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 & 2-5 p.m. Open Gym 2 p.m. Sterling House Folk Band</p> |  | | | <p>THE PALISADES <i>At Broadmoor Park</i> Premier Senior Living</p> | |