


<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
<p>1 <u>Weekly Church Services</u> 8:20 a.m. First Pres 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's 2:30 Philharmonic Concert 7 p.m. Pikes Peak Wind Sym-phony</p>	<p>2 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 6:30 - 8:30 Dancing @ SC 7 p.m. Café Cards & Games 7 p.m. CC Lecture "Where's the Beef!?"</p>	<p>3 9 a.m. Balance & Mobility 10 a.m. BP Clinic 10 a.m. Senior Center Orientation 1:30-3:30 p.m. Billiards, Chess and Bridge 2:30 p.m. Aqua Moves 3 p.m. Danielle Spivey Speaks 4:30 p.m. Wine with Toby 7 p.m. CC Reading w/ Kay Ryan</p>	<p>4 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 12:15 CC's Music @ Midday 1:30 BINGO! 2-4 p.m. Open Gym 7:30 CC Woodwind Concert</p>	<p>5 9 a.m. Balance & Mobility 10 a.m. Communion 10 a.m. Aqua Moves 10:45 a.m. Tai Chi w/ Martin 12 p.m. Book It! 12 p.m. Multiple Sclerosis Lecture TBD Matinee Movie 2:30 p.m. The Servant Singers 5 p.m. Dinner Out on the Town 7:30 CC Faculty Recital</p>	<p>6 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. Cello Through Dinner 7 p.m. Ornamental Penmanship</p>	<p>7 9:30 AARP Safe Driving Class 10 a.m. Veterans Day Parade 11 a.m. The Met: "Turandot" 2 p.m. Wii</p>
<p>8 <u>Weekly Church Services</u> 8:20 a.m. First Pres 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's 2:30 Simpich Showcase</p>	<p>9 9 a.m. Computer Basics 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 1:45 p.m. 4th Grade Buddies 2-4 p.m. Open Gym 3:30 p.m. Activity Update 6:30 - 8:30 Dancing @ SC 7 p.m. Café Cards & Games</p>	<p>10 9 a.m. Balance & Mobility 10 a.m. BP Clinic 10 a.m. Ballroom Dancing 10:30-12 p.m. Senior Group 11 a.m. Park Meadows Mall 1:30-3:30 p.m. Billiards, Chess and Bridge 2:30 p.m. Aqua Moves</p>	<p>11 [VETERANS DAY] 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 Don on Accordion 6 p.m. FAC Discussion Group</p>	<p>12 9 a.m. Balance & Mobility 10 a.m. Communion 10 a.m. Aqua Moves 10:45 a.m. Tai Chi w/ Martin 11:30 World Affairs Luncheon 12:25 UCCS Lecture on Aging Service 7 p.m. CC Reading w/ Bonnie</p>	<p>13 9 a.m. Line Dancing @ SC 9:30 UCCS Lecture "Anatomy of Conflict" 10 a.m. Bible Study 12:30-1:45 Whole Foods/Lunch Out 2 p.m. Rita's Jewelry & Raffle 2-4 p.m. Open Gym 7 p.m. Outlook & Opportunities</p>	<p>14 1:30 The Joy of Afternoon Tea 2 p.m. Wii 2 p.m. Schwartz Kids Sing 7:30 CC Play "Nine"</p>
<p>15 <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. CC Flamenco Vivo</p>	<p>16 9 a.m. Computer Basics 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 2-4 p.m. Open Gym 3:30 p.m. UCCS Lecture Series 6:30 - 8:30 Dancing @ SC 7 p.m. Café Cards & Games</p>	<p>17 9 a.m. Balance & Mobility 10 a.m. BP Clinic 10 a.m. Ballroom Dancing 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</p>	<p>18 10 a.m. Group Fitness 11 a.m. "Let's Get Started" 11-12 p.m. Open Gym 1:30 BINGO! 2:30 Fred on Guitar 2-4 p.m. Open Gym</p>	<p>19 9 a.m. Balance & Mobility 10 a.m. Communion 10 a.m. Aqua Moves 10 a.m. Future Planning 10:45 a.m. Tai Chi w/ Martin TBD Matinee Movie 2 p.m. Menu Discussion w/ Ivan 6-7 p.m. David Plays Dinner</p>	<p>20 9 a.m. Line Dancing @ SC 10 a.m. Bible Study 11 a.m. Nurse Chat 12:30-1:45 Safeway 1 p.m. "Ask an Attorney" 2-4 p.m. Open Gym 4 p.m. Meet Your Neighbor 7:30 10 Tenors @ USAFA</p>	<p>21 9 a.m. CC Documentary Film 2 p.m. Wii 2 p.m. Laurie on Cello 5:30 Holiday Dinner Dance</p>
<p>22 <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. "The Accident" @ MAT</p>	<p>23 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 2:30 Skip Plays Piano 3:30 p.m. Activity Update 6:30 - 8:30 Dancing @ SC 7 p.m. Café Cards & Games</p>	<p>24 9 a.m. Balance & Mobility 10 a.m. BP Clinic 10:30-12 p.m. Senior Group 12:30 CC Sugar Exhibit 1:30-3:30 p.m. Billiards, Chess and Bridge 2:30 p.m. Aqua Moves 4 p.m. Brain Chat w/ Dr. Qualls</p>	<p>25 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 Harmonica Happiness 7 p.m. NIGHT OWLS</p>	<p>26 [THANKSGIVING] 10 a.m. Communion 11:30 a.m. Thanksgiving Day Brunch</p>	<p>27 9 a.m. Line Dancing @ SC 10 a.m. Bible Study 12-1:15 Lunch Out 2-4 p.m. Open Gym 2:30 November B-Day Party</p>	<p>28 2 p.m. Wii 2:30 "The Nutcracker" 5:30 Christmas Tree Lighting in MS</p>
<p>29 <u>Weekly Church Services</u> 8:20 a.m. First Pres 10 a.m. Broadmoor Comm 10:30 a.m. St. Paul's 12:30-1:30 David Plays Brunch</p>	<p>30 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>November is: Peanut Butter Lovers Month Aviation History Month Epilepsy Awareness Month</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>THE PALISADES <i>At Broadmoor Park</i> Premier Senior Living</p>	