

SUNDAY

MONDAY

TUESDAY

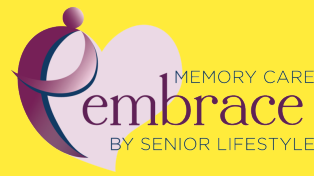
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Pine Trails at Castle Rock  
864 Barranca Drive  
Castle Rock Co. 80104  
720.708.4475



**essence**  
ASSISTED LIVING

- |  |          |   |          |
|--|----------|---|----------|
| <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>11:00 ● Games and Such: November quick draw [AR]</p> <p>11:30 ● Quizzards: Who and What am I [AR]</p> <p>11:30 ● Restaurant/trip option</p> <p>1:00 ● ART CLUB: Water coloring [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Live and Learn seminar [AR]</p> | <p>1</p> | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>1:00 ● Bible Study with Larry and Turning Point Church [MC AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Drama Club: More then expected [AR]</p> <p>3:00 ● Movie</p> | <p>2</p> |
|--|----------|---|----------|

**"It is not happy people who are thankful, it is thankful people who are happy."**  
— Unknown

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

- |  |           |   |           |   |           |  |           |  |           |  |           |   |           |
|--|-----------|---|-----------|---|-----------|--|-----------|--|-----------|--|-----------|---|-----------|
| <p><b>Daylight Saving Time Begins</b></p> <p>8:45 ● Inspirations Box available at front desk - AL [AR]</p> <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:00 ● Games and such [AR]</p> <p>9:30 ● Sunday morning movie [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Afternoon Sports: Party Hardy Time [AR]</p> <p>3:30 ● Games and such [AR]</p> | <p>3</p>  | <p>8:45 ● Inspirations box available at front desk [AR]</p> <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:00 ● Monday morning movie [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>1:00 ● Monday Afternoon movie [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Let's nail this!</p> <p>3:30 ● Games and such [AR]</p>                         | <p>4</p>  | <p><b>Election Day</b></p> <p>8:45 ● Catholic Communion and Rosary St. Francis [AR]</p> <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:30 ● Sit and be fit - Yoga [AR]</p> <p>11:00 ● Games and Such: Family Feud [AR]</p> <p>11:30 ● Reading Club: Star of the month [DR-AL]</p> <p>1:00 ● Comedy Club: Making and breaking habbits [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Concert: Tudi Peaks [AR]</p> <p>3:00 ● Movie: [AR]</p>                    | <p>5</p>  | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>11:00 ● Games and Such: Soccer [AR]</p> <p>11:30 ● Quizzards: Word Search [DR-AL]</p> <p>1:00 ● Bingo after meeting [AR]</p> <p>1:00 ● Fireside Chat [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Trip</p> <p>3:30 ● Movie</p>                          | <p>6</p>  | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Ceramics [AR]</p> <p>11:00 ● Games and Such: Wishbone toss [AR]</p> <p>11:30 ● Reading Club: Breaking bread for coats [DR-AL]</p> <p>1:00 ● Memory Lane: Remembering flying songs &amp; opportunities to express gratitude [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Concert: Dawn and Steve [AR]</p> | <p>7</p>  | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>11:00 ● Games and Such: Uno [AR]</p> <p>11:30 ● Quizzards: You be the detective [AR]</p> <p>11:30 ● Restaurant/trip option</p> <p>1:00 ● Craft club: Gratitude tree centerpiece [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Live and Learn seminar [AR]</p> <p>3:00 ● Happy Hour [AR]</p>              | <p>8</p>  | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>1:00 ● Bible Study with Larry and Turning Point Church [MC AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>3:00 ● Movie</p> | <p>9</p>  |
| <p>8:45 ● Inspirations Box available at front desk - AL [AR]</p> <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:00 ● Games and such [AR]</p> <p>9:30 ● Sunday morning movie [AR]</p> <p>1:00 ● LIBERTY CHOIR [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Afternoon Sports: Party Hardy Time [AR]</p> <p>3:30 ● Games and such [AR]</p>          | <p>10</p> | <p><b>Veterans Day</b></p> <p>8:45 ● Inspirations box available at front desk [AR]</p> <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:00 ● Monday morning movie [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>— ● Monday afternoon movie [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Let's nail this!</p> <p>3:30 ● Games and such [AR]</p> | <p>11</p> | <p>8:45 ● Catholic Communion and Rosary St. Francis [AR]</p> <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:30 ● Sit and be fit - Yoga [AR]</p> <p>11:00 ● Games and Such: Balloon toss [AR]</p> <p>11:30 ● Reading Club: A Veterans Day discussion [AR]</p> <p>1:00 ● Key Club: Veterans Day Program [AR]</p> <p>1:00 ● Key Club: Veterans Day Program [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Concert: Skip Moore [AR]</p> <p>3:00 ● Movie: [AR]</p> | <p>12</p> | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>11:00 ● Games and Such: Apples to apples [AR]</p> <p>11:30 ● Quizzards Club: Concentration Puzzles [AR]</p> <p>1:00 ● Bingo after meeting [AR]</p> <p>1:00 ● Resident Council [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Trip</p> <p>3:30 ● Movie</p> | <p>13</p> | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>10:30 ● SIT AND BE FIT - AL [AR]</p> <p>11:00 ● Games and Such: Baseball [AR]</p> <p>11:30 ● Reading Club: [AR]</p> <p>1:00 ● Aroma Touch [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Choir practice with Gordon Johnson [MC AR]</p> <p>3:00 ● Cooking Club [AR]</p>         | <p>14</p> | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>11:00 ● Games and Such: Volley ball [AR]</p> <p>11:30 ● Quizzards Club: Name that tune [AR]</p> <p>11:30 ● Restaurant/trip option</p> <p>1:00 ● ART CLUB: Wrap and write pen/painted feather [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Live and Learn seminar [AR]</p> <p>3:00 ● Happy Hour [AR]</p> | <p>15</p> | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>1:00 ● Bible Study with Larry and Turning Point Church [MC AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>3:00 ● Movie</p> | <p>16</p> |

**THEME:  
BREAKING BREAD FOR OTHERS**

- |  |           |  |           |  |           |   |           |   |           |   |           |   |           |
|--|-----------|--|-----------|--|-----------|---|-----------|---|-----------|---|-----------|---|-----------|
| <p>8:45 ● Inspirations Box available at front desk - AL [AR]</p> <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:00 ● Games and such [AR]</p> <p>9:00 ● Sunday morning movie [AR]</p> <p>1:00 ● Church of Christ service [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Afternoon Sports: Party Hardy Time [AR]</p> <p>3:30 ● Games and such [AR]</p> | <p>17</p> | <p>8:45 ● Inspirations box available at front desk [AR]</p> <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:00 ● Monday morning movie [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>— ● Monday afternoon movie [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Let's nail this!</p> <p>3:30 ● Games and such [AR]</p> | <p>18</p> | <p>8:45 ● Catholic Communion and Rosary St. Francis [AR]</p> <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:30 ● Sit and be fit - Yoga [AR]</p> <p>11:00 ● Games and Such: Table tennis [AR]</p> <p>11:30 ● Reading Club: Adelaide, Dear Adelaide [DR-AL]</p> <p>1:00 ● Comedy Club: Turkey Ticklers/Humor in Mugs [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Concert: John Still PA TRACKS [AR]</p> <p>2:00 ● ICE CREAM SOCIAL [AR]</p> <p>3:00 ● Movie: [AR]</p> | <p>19</p> | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:00 ● Deacons and Donuts fellowship [DR-AL]</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>11:00 ● Games and Such: Blind checkers [AR]</p> <p>11:30 ● Quizzards Club: Word search [AR]</p> <p>1:00 ● Activities meeting [AR]</p> <p>1:00 ● Bingo after meeting [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Trip</p> <p>3:30 ● Movie</p>                  | <p>20</p> | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>11:00 ● Games and Such: Stack em up [AR]</p> <p>11:30 ● Reading Club: To granddaughters house we go [DR-AL]</p> <p>1:30 ● Memory Lane: Remembering trips to the bakery and doing things for others [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Concert: MJ Vogel [AR]</p> | <p>21</p> | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>11:00 ● Games and Such: Big puzzle day [AR]</p> <p>11:30 ● Quizzards: Can you see the big picture? [AR]</p> <p>11:30 ● Restaurant/trip option</p> <p>1:00 ● Craft Club: Pie me to your door [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Live and Learn seminar [AR]</p> <p>3:00 ● Happy Hour [AR]</p> | <p>22</p> | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>1:00 ● Bible Study with Larry and Turning Point Church [MC AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Men's Club: All about airplanes [MC AR]</p> <p>3:00 ● Movie</p> | <p>23</p> |
| <p>8:45 ● Inspirations Box available at front desk - AL [AR]</p> <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:00 ● Games and such [AR]</p> <p>9:00 ● Sunday morning movie [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Afternoon Sports: Party Hardy Time [AR]</p> <p>3:30 ● Games and such [AR]</p>   | <p>24</p> | <p>8:45 ● Inspirations box available at front desk [AR]</p> <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:00 ● Monday morning movie [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>— ● Monday afternoon movie [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Let's nail this!</p> <p>3:30 ● Games and such [AR]</p> | <p>25</p> | <p>8:45 ● Catholic Communion and Rosary St. Francis [AR]</p> <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Concert: Elizabeth and Chet [MC AR]</p> <p>11:30 ● Reading Club: A wild turkey tale [AR]</p> <p>1:00 ● Comedy Club [AR]</p> <p>1:30 ● COMEDY CLUB [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:30 ● Sit and be fit - Yoga [AR]</p> <p>3:00 ● Movie: [AR]</p>   | <p>26</p> | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>11:00 ● Games and Such: Truth or Turkey Trivia [AR]</p> <p>11:00 ● Games and Such: Truth or turkey trivia [MC AR]</p> <p>11:30 ● Quizzards Club: Word search [AR]</p> <p>12:30 ● Chef's Corner [DR-AL]</p> <p>1:00 ● Bingo after meeting [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:15 ● Trip</p> <p>3:30 ● Movie</p> | <p>27</p> | <p><b>Thanksgiving</b></p> <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● THANKSGIVING SERVICE WITH LOIS BROOKS [AR]</p> <p>— ● Trivia: Jeopardy [AR]</p> <p>1:30 ● WELCOME COMMITTEE [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Thanksgiving parades/bowl games/movies [AR]</p>   | <p>28</p> | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>11:00 ● Games and Such: Dodge baloon [C]</p> <p>11:30 ● Quizzards: November IQ [AR]</p> <p>11:30 ● Restaurant/trip option</p> <p>1:00 ● Art Club: Funny Mug [AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Live and Learn seminar [AR]</p> <p>3:00 ● Happy Hour [AR]</p>                                 | <p>29</p> | <p>9:00 ● Coffee, Café and Chat open in the foyer</p> <p>9:30 ● Spiritual Inspirations daily - AL [AR]</p> <p>10:00 ● Sit and be fit [AR]</p> <p>1:00 ● Bible Study with Larry and Turning Point Church [MC AR]</p> <p>1:45 ● Afternoon Snacks [DR]</p> <p>2:00 ● Concert: Mitch Urban [AR]</p> <p>3:00 ● Movie</p>               | <p>30</p> |

**GRATITUDE:  
\* COME WHAT MAY AND LOVE IT!  
\* RECOGNIZE THE GOODNESS IN OTHERS**