December 2022 Assisted Living Lifestyle & Leisure



| Assisted Living Lifestyle & Leisure | | | | | | with OGC19 |
|--|--|--|--|---|---|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Northglenn Heights Assisted Living & Memory Care Community | | AE Artistic Expression CC Community Connections LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support | Location KeysActivity RoomARChapelCDining RoomDRLibraryLTV LoungeTVL | 3:30 Poker Play [AR] 5:45 Bible Study [TVL] | 10:30 PE Total Body Fitness [C] 11:30 Perrys Pizzaria 1:30 AE Crafts Christmas Decorating [AR] 3:00 Happy Hour | 1:30 III Bingo Resident [AR] 3:00 SS New Life Christian Center Church Service [C] |
| 10:30 III Broncos Tailgate vs Ravens [TVL] 10:30 SS Catholic Service [C] 3:00 Christmas Decorating | 3:00 III Bingo Resident ran [AR] | 5 10:30 SS Catholic Service [C] 10:30 PE Joint Stretching [L] 11:00 SS Coffee Recovery Group [L] 12:45 Dollar Tree Outing 2:00 Cookies and Cocoa 3:00 Cards Blackjack [AR] | 9:00 King Soopers Pickup Only 8-9AM on 120th 10:30 PE Exercise-Chair Yoga-[C] 1:00 Walmart Wednesday 3:30 CC Bingo [AR] | 10:30 PE Stretching [C] 11:15 LL Lunch Outing Black Eyed Pea 3:30 LP Poker Play [AR] 5:45 SS Bible Study [TVL] | 10:30 PE Total Body Fitness [C] 3:00 II Happy Hour [DR] 5:30 Outing Christmas Show Augustine Church | 1:30 III Bingo Resident [AR] 2:00 CC Christmas Caroling Brownie Troop 3:00 SS New Life Christian Center Church Service [C] |
| 10:30 SS Catholic Service [C] 3:00 LL Bonus Bingo [AR] 6:00 LL Broncos Tailgate vs Chiefs [TVL] | 3:00 III Bingo Resident Ran [AR] | 2 10:30 Figure 10:30 Stretching [C] 11:00 Stretching [C] 11:00 Stretching [C] 11:00 Stretching [C] 12:45 Dollar Tree Outing 2:00 Cookies and Cocoa 3:30 AE Crafts [AR] | 9:00 King Soopers Pickup Only 8-9AM on 120th 10:30 Resident Council 1:00 Walmart Wednesday 3:30 Bingo [AR] | 10:30 PE Stretching [C] 1:00 AE Sing A Long [TVL] 3:30 LP Poker Play [AR] 5:45 SS Bible Study [TVL] | 10:00 Fitness [C] 1:30 Cards Blackjack [AR] 3:00 Happy Hour [DR] | 1:30 III Bingo Resident [AR] 3:00 SS New Life Christian Center Church Service [C] |
| 10:30 SS Catholic Service [C] 2:00 III Broncos Tailgate vs Cardinals [TVL] | 10:00 Casino Trip 3:00 Bingo [AR] | 10:30 Joint Stretching [C] 11:00 SS Coffee Recovery Group [L] 12:45 Dollar Tree Outing 2:00 Cookies and Cocoa 5:30 Christmas Lights Trip | 9:00 King Soopers Pickup Only 8-9AM on 120th 10:30 Exercise-Chair Yoga-[C] 1:00 Walmart 3:30 Bingo [AR] 5:30 Christmas Lights Trip | 10:30 PE Stretching [C] 11:15 LL Lunch Outing Hibachi 3:30 LL Poker Play [AR] 5:45 SS Bible Study [TVL] | 10:30 PE Total Body Fitness [C] 1:00 Cards Blackjack [AR] 3:00 Happy Hour [DR] 6:00 SS Christmas Service Non Denom [C] | Christmas Eve 1:30 III Bingo Resident [AR] 3:00 SS New Life Christian Center Church Service [C] |
| Christmas Day 10:30 SS Catholic Service [C] 2:30 LL Broncos vs Rams Viewing Only [TVL] | 3:00 Bingo Resident Ran [AR] | 10:30 De Joint Stretching [C] 11:00 SS Coffee Recovery Group [L] 12:45 Dollar Tree Outing 2:00 Cookies and Cocoa 3:30 Blackjack [AR] | 9:00 King Soopers Pickup Only 8-9AM on 120th 10:30 Exercise-Chair Yoga-[C] 1:00 Walmart Wednesday 3:30 Bingo [AR] | 10:30 PE Stretching [C] 11:30 LL Lunch Outing Cheddars 3:30 LL Poker Play [AR] 5:45 SS Bible Study [TVL] | 10:30 PE Total Body Fitness [C] 3:00 Happy Hour New Years Edition [DR] | New Year's Eve 1:30 III Bingo Resident [AR] 3:00 SS New Life Christian Center Church Service [C] |