



# Meadows Events

## January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Additional Info
<b>HAPPY BIRTHDAY!</b> 1/10—Gail B. 1/12—Harriet M. 1/22—Jon P. 1/23—Shirley B. 1/24—Wilbur S. 1/28—Gloria R.	MLR—Meadows Living Room ALR—Alpine Living Room TDR—Timbers Dining Room TH—Cortez Theater FEL—Fellowship Hall CEN—Centennials TC—Town Center		<b>1 Happy New Year's</b> 9:45 Walking/Wheeling Club 10:30 Flower Arranging 1:30 Book Club 2:30 Sensory Outings 3:00 Hand Massages with Judy (MLR)	<b>2</b> 10:00 Game Time 10:30 Garden Time 1:00 Exercise 2:00 Sing Along 3:30 Dog Therapy Visits with Megan 6:00 Documentary	<b>3</b> 10:00 Catholic Communion (FEL) 10:00 Music with Dan (TDR) 11:00 Stretch n' Flex 1:00 Travel Tour 3:30 Afternoon Art	<b>4</b> 9:30 On This Day with Sasha with Donuts! 10:30 Choice Time: Puzzles, Coloring and Brain Games 2:00 Positive News	<p>Check your daily schedule for Channel 1981 movies, music, lectures and humor, all curated for Holly Creek!</p> <p><b>SUITES LIFE ENRICHMENT:</b> For questions or suggestions, please contact: Life Enrichment Coordinator Patrick Shelton at 720-266-5892</p> <p><b>COLOR KEY:</b>  <b>Important Meetings</b>  <b>Special Presentations</b>  <b>Refreshing Excursions</b>  <b>Awesome Entertainment</b>  <b>Documentary/Movie</b>  <b>Highlighted Program</b></p> <p><b>Seated Stretching (CH. 1981)</b></p> <ul style="list-style-type: none"> <li>Sun, Tues, Thurs at 5:00pm</li> </ul> <p><b>Meditation (CH. 1981)</b></p> <ul style="list-style-type: none"> <li>Mon, Wed, Fri, Sat at 5:00pm</li> </ul> <p><b>Wanderings (CH. 1981)</b></p> <ul style="list-style-type: none"> <li>Tuesday at 10:00am</li> <li>Friday at 10:00am (Encore)</li> </ul> <p><b>Community Updates (CH. 1981)</b></p> <ul style="list-style-type: none"> <li>Monday at 10:00am</li> </ul> <p><b>Entertainment (Theater)</b></p> <ul style="list-style-type: none"> <li>Sunday Movie at 1:00pm &amp; 6:00pm</li> <li>Monday Musical at 7:00pm</li> <li>Tuesday Classic at 7:00pm</li> <li>Wednesday TV Series at 7:00pm</li> <li>Thursday Movie at 7:00pm</li> <li>Saturday Movie at 7:00pm</li> </ul> <p>Unscheduled activities not included on the calendar are snacks, walks, friendly visits, and other personalized</p>
<b>5</b> 9:30 Chapel with Jake (FEL) 9:45 Together Time 11:30 Hymns (CH. 1981) 1:00 Choice Time: Puzzles, Coloring and Brain Games 3:00 Game Time 4:00 Community Life Presents (CEN)	<b>6</b> 10:30 Exercise 2:00 First Music Monday (FEL) 2:30 Brain Games 6:00 Musical Movie	<b>7</b> 9:30 Dog Therapy Visits with Benji 10:00 Morning Stretch 11:00 Music Therapy with San (MLR) 2:00 Cooking with Holly 3:00 Violin Music with Renee (MLR) 6:00 Classic Movie	<b>8</b> 9:45 Walking/Wheeling Club 10:30 Flower Arranging 12:00 Pizza Party 1:30 Book Club 2:30 Sensory Outings 3:00 Hand Massages	<b>9</b> 10:00 Game Time 2:00 Sing Along 1:00 Exercise 3:00 Suites Happy Hour (ALR) 3:30 Dog Therapy Visits with Megan 6:00 Documentary	<b>10</b> 10:00 Catholic Communion (FEL) 10:00 Music with Molly (MLR) 11:00 Stretch n' Flex 11:00 Walker/Scooter Tune up (TC) 1:00 Travel Tour 3:30 Afternoon Art	<b>11</b> 9:30 On This Day with Sasha with Donuts! 10:30 Choice Time: Puzzles, Coloring and Brain Games 1:00 John Ehrhardt Celebration of Life (CEN) 2:00 Music with Joyce (MLR)	
<b>12</b> 9:30 Chapel with Cindy (FEL) 9:45 Together Time 11:30 Hymns (CH. 1981) 3:00 Game Time 4:00 Cottager Concert Committee Presents (FEL)	<b>13</b> 10:30 Exercise 2:30 What's in the Bag? 3:30 Music with Shirley (MLR) 6:00 Musical Movie	<b>14</b> 9:30 Dog Therapy Visits with Benji 10:00 Music Therapy 1:1 with San 10:30 Storytelling with Wes Couthen (MLR) 2:00 Music with Steve (TDR) 6:00 Classic Movie	<b>15</b> 9:45 Walking/Wheeling Club 10:30 Flower Arranging 1:30 Book Club 2:30 Sensory Outings 3:00 Hand Massages with Judy (MLR)	<b>16</b> 10:00 Game Time 10:30 Garden Time 1:00 Exercise 2:00 Sing Along 3:30 Dog Therapy Visits with Megan 6:00 Documentary	<b>17</b> 10:00 Catholic Communion (FEL) 11:00 Stretch n' Flex 1:00 Travel Tour 1:30 Louisa May Alcott and Little Women (FEL) 3:30 Afternoon Art	<b>18</b> 9:30 On This Day with Sasha with Donuts! 10:30 Choice Time: Puzzles, Coloring and Brain Games 2:00 Positive News	
<b>19</b> 9:30 Chapel with Brian (FEL) 9:45 Together Time 11:30 Hymns (CH. 1981) 1:00 Choice Time: Puzzles, Coloring and Brain Games 3:00 Game Time	<b>20</b> 10:30 Exercise 1:30 Dog Therapy Visits with Charlotte 2:30 What Do I See? 6:00 Musical Movie	<b>21</b> 9:30 Dog Therapy Visits with Benji 10:00 Morning Stretch 11:00 Music Therapy with San (MLR) 2:00 Puzzles 3:00 Music with Mark (TDR) 6:00 Classic Movie	<b>22</b> 9:45 Walking/Wheeling Club 10:30 Flower Arranging 1:30 Book Club 2:30 Sensory Outings 3:00 Hand Massages	<b>23</b> 10:00 Game Time 11:00 Sing-a-Long 1:00 Exercise 2:00 Birthday Bash (ALR) 3:30 Dog Therapy Visits with Megan 6:00 Documentary	<b>24</b> 10:30 Chris Wells Presentation (ALR) 11:00 Stretch n' Flex 11:00 Catholic Mass (FEL) 1:00 Travel Tour 3:30 Afternoon Art	<b>25</b> 9:30 On This Day with Sasha with Donuts! 10:30 Choice Time: Puzzles, Coloring and Brain Games 2:00 Music with Joyce (MLR)	
<b>26</b> 9:30 Chapel with Cheryl (FEL) 9:45 Together Time 11:30 Hymns (CH. 1981) 1:00 Choice Time: Puzzles, Coloring and Brain Games 3:00 Game Time	<b>27</b> 10:30 Exercise 1:00 Curious Dragonfly (ALR) 1:30 Dog Therapy Visits with Charlotte 2:30 20 questions 3:30 Music with Shirley (MLR) 6:00 Musical Movie	<b>28</b> 9:30 Dog Therapy Visits with Benji 10:00 Morning Stretch 3:00 Storytelling with Spellbinders (MLR) 6:00 Classic Movie	<b>29</b> 9:45 Walking/Wheeling Club 10:30 Flower Arranging 1:30 Book Club 2:30 Sensory Outings 3:00 Hand Massages with Judy (MLR)	<b>30</b> 10:00 Game Time 11:00 Sing-a-Long 1:00 Exercise 1:30 Alzheimer's Association Conversation (FEL) 3:30 Dog Therapy Visits with Megan 6:00 Documentary	<b>31</b> 10:00 Catholic Communion (FEL) 11:00 Stretch n' Flex 1:00 Travel Tour 3:30 Afternoon Art		

Calendar events and times are subject to change. Please check your Daily Schedule for current information!