

**ROOM KEY**

CW—Companion Wing 1st Floor  
FD—Front Door 1st Floor

PP—Piper's Place 2nd Floor  
DR—Dining Room 1st Floor  
ML—Main Lobby 1st Floor

WR—Wellness Room 1st Floor  
JL—Juniper Lounge 2nd Fl.  
AR—Activity Room 2nd Floor

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Please Note: All activities are subject to change!</b>	<b>1</b> 9:00 Wal-Mart Shopping FD 9:00 Balance for Life AR 10:00 Sing-a-Long CW 1:30 Chicken Foot Dominos CW 2:30 Culinary Corner WR 6:30 Movie JL "Arsenic and Old Lace"	<b>2</b> 9:00 Shop Albertson's FD 9:00 Tai Chi Class AR 10:30-11:00 Alpine Bank ML 1:00 Functionally Fit 2:30 Entertainment JL "Jim Rowland"	<b>3</b> 9:00 Foot C's WR 9:00 Balance for Life AR 10:00 Bingo AR 1-3:30 Art Center (\$3.50 admission) FD <i>Sign-up In The Lobby</i> 2:00 Crazy 8's PP	<b>4</b> 9:00 Balance for Life AR 10:00 Scrabble* PP 10:30 Bible Study* AR 1:10 Unescorted Shopping FD 1:00 Functionally Fit AR 2:30 Stitch and Chat* PP	<b>5</b> 9:15-10:15 Bingo AR 10:30-11:15 Crazy Eights PP 2:30 Movie— <i>Documentary</i> "War Planes of WW II" JL
<b>6</b> 9:00 Catholic Communion WR 9:30 Nondenominational Worship Service JL	<b>7</b> 9:00 Balance for Life AR 10:00 Bingo AR 1:00 Functionally Fit AR 1:30 Pinochle Group PP 2:30 Crafts Group PP	<b>8</b> 9:00 Wal-Mart Shopping FD 9:00 Balance for Life AR 10:00 Sing-a-Long CW 1:30 Chicken Foot Dominos CW 2:30 Wii Bowling JL 6:30 Movie JL "Is Anybody There"	<b>9</b> 9:00 Tai Chi Class AR 10:30-11:00 Alpine Bank ML 1:00 All Resident Council Meeting JL 2:30 Entertainment JL "Mike Gazdak-Accordion"	<b>10</b> 9:00 Balance for Life AR 10:00 Bingo AR 1-3:30 Ice Cream at Enstroms FD <i>-Sign up in the Lobby</i> 2:00 <i>Movie &amp; Popcorn</i> JL	<b>11</b> 9:00 Balance for Life AR 10:00 Scrabble* PP 10:30 Bible Study* AR 1:00 Functionally Fit AR 1:10 Unescorted Shopping FD 2:30 Stitch and Chat* PP 5:00 Arthur Houle JL	<b>12</b> 9:15-10:15 Bingo AR 10:30-11:15 Crazy Eights PP 2:30 Movie— <i>Documentary</i> "Panama Canal" JL
 <b>13</b> 9:00 Catholic Communion WR 9:30 Nondenominational Worship Service JL	<b>14</b> 9:00 Balance for Life AR 10:00 Bingo AR 1:00 Functionally Fit AR 1:30 Pinochle Group PP 2:30 Crafts Group PP	<b>15</b> 9:00 Wal-Mart Shopping FD 9:00 Balance for Life AR 10:00 Sing-a-Long CW 1:30 Chicken Foot Dominos CW 2:30 AAA Hearing WR 2:30 Wii Bowling JL 6:30 Movie JL "The Man With One Red Shoe"	<b>16</b> 9:00 Tai Chi Class AR 10:30-11:00 Alpine Bank ML 1:00 Functionally Fit AR 2:30 Entertainment JL "Ron Koss-Guitar"	<b>17</b> 9:00 Balance for Life AR 10:00 Bingo AR 9:15-3 Lunch at Zaks (BBQ) in Hotchkiss FD <i>Sign up in Lobby</i> 2:00 Potpourri	<b>18</b> 9:00 Balance for Life AR 10:00 Scrabble* PP 10:30 Bible Study* AR 1:00 Functionally Fit AR 2:30 Stitch and Chat* PP	<b>19</b> 9:15-10:00 Bingo AR 10:30-11:15 Crazy Eights PP 2:30 Movie— <i>Documentary</i> "San Francisco's Great Quake" JL
<b>20</b> 9:00 Catholic Communion WR 9:30 Nondenominational Worship Service JL	<b>21</b> 9:00 Balance for Life AR 10:00 Bingo AR 1:00 Functionally Fit AR 1:30 Pinochle Group PP 2:30 Crafts Group PP	<b>22</b> 9:00 Wal-Mart Shopping FD 9:00 Balance for Life AR 10-3 Clothing Solutions Here 10:00 Sing-a-Long CW 1:30 Chicken Ft. Dominos CW 2:30 Wii Bowling JL 6:30 Movie JL "Every Which Way But Loose"	<b>23</b> 9:00 Tai Chi Class AR 10:30-11:00 Alpine Bank ML 1:00 Functionally Fit AR 2:30 Cocktail Party & Entertainment JL "Pickin' Peggy Malone"	<b>24</b> 9:00 Balance for Life AR 10:00 Bingo AR 1-3:30 Drive the Monument FD <i>-Sign-up in the Lobby</i> 2:00 Potpourri PP	<b>25</b> 9:00 Balance for Life AR 10:00 Scrabble* PP 10:30 Bible Study* AR 1:10 Unescorted Shopping FD 2:30 Stitch and Chat* PP	<b>26</b> 9:15-10:15 Bingo AR 10:30-11:15 Crazy Eights PP 2:30 Movie— <i>Documentary</i> "Vanishing of the Bees" JL
<b>27</b> 9:00 Catholic Communion WR 9:30 Nondenominational Worship Service JL	 <b>Memorial Day</b> All Activities Cancelled	<b>29</b> 9:00 Shop City Market FD 9:00 Balance for Life AR 10:00 Sing-a-Long CW 1:30 Chicken Ft. Dominos CW 2:30 Wii Bowling JL 6:30 Movie JL "My Favorite Spy"	<b>30</b> 9:00 Tai Chi Class AR 10:30-11:00 Alpine Bank ML 1:00 Functionally Fit AR 2:30 Birthday Party & Entertainment JL "Dick Caldwell-Saxophone"	<b>31</b> 9:00 Balance for Life AR 10:00 Bingo AR 9:30-3:30 Rifle Falls Picnic FD <i>-Sign-up in the Lobby</i>	<p><b>Palisade Cleaners-Pickup &amp; Delivery Mon. &amp; Thurs. about 10AM. 464-5942 for Pick-up.</b></p> <p><b>All Activities Marked With A * Are Run By Residents.</b></p>	
						<p><b>Becca's Beauty Shop</b> <b>Phone: 250-6146</b> <b>Hours: Wednesday, Thursday &amp; Friday</b> <b>Cuts, Colors, Permanents</b> <b>Manicures &amp; Pedicures</b></p>

Save the date:

\*Tuesday, May 1: Culinary Corner, 2:30 WR  
\*Thursday, May 3: Foot C's, 9:00 WR

\*Wednesday, May 9: All Resident Council  
Meeting, 1:00 JL

\*Tuesday, May 15: AAA Hearing, 2:30 WR  
\*Tuesday, May 22: Clothing Solutions,  
10-3 Lobby

Thursday Outings

May 3-Art Center (\$3.50 admission fee)1-3:30  
May 10 - Drive & Ice Cream at Enstroms 1-3:30  
May 17- Lunch at Zaks BBQ in Hotchkiss 9:15-3:00  
May 24 - Drive the Monument 1-3:30  
May 31-Rifle Falls Picnic 9:30-3:30

\*Seating is very limited, so sign up early!

Would you like to have more  
confidence in your step?  
Would you like to be a bit  
more sure of yourself and  
your balance?

Please attend our Tai Chi  
Classes now offered every  
Wednesday morning at 9 am

in the second floor activities  
room.