

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2026



1
 9:00 SIT & BE FIT
 10:00 TRADER JOE'S/
 H-MART
 1:00 FRAUD PREVENTION
 2:45 BINGO

All Fools' Day
 Passover Begins



2
 8:45 REC CENTER
 TRANSPORT
 9:00 SIT & BE FIT
 10:30 CREATIVE & GROW
 CLASS W/KIM
 1:00 BETTER BALANCE
 1:30 CATHOLIC
 COMMUNION
 2:45 BINGO

3
 9:00 SIT & BE FIT
 10:00 SAFEWAY
 1:00 SINGFIT
 3:00 RESIDENT EASTER
 EGG HUNT
 3:30 MOCHA THERAPY
 DOG
 4:00 HAPPY HOUR WITH
 RICK & CHARLIE



4
 9:00 SIT & BE FIT
 9:30 PRAY THE ROSARY
 10:00 DOCUMENTARIES
 1:00 JOYFUL STRINGS
 2:00 COOKIES
 2:45 BINGO

5



Easter Sunday

6
 8:45 REC CENTER
 TRANSPORT
 9:00 SIT & BE FIT
 11:00 LUNCH OUTING: OLIVE
 GARDEN
 1:30 BETTER BALANCE
 2:00 MEET & GREET TESS
 JOHNSON AN AMERICAN
 MOGUL SKIER

7
 9:00-11:00 PODIATRY
 9:00 SIT & BE FIT
 10:00 JEFF-CO MOBILE
 LIBRARY
 1:30 DRUMMING EXERCISE
 2:45 BINGO

8
 9:00 SIT & BE FIT
 10:00 HOBBY LOBBY
 11:30 MOUNTAIN MAN
 12:30 LIFE ADVICE TO A
 GOLDEN HIGH SCHOOL
 STUDENT
 3:00 APRIL BIRTHDAYS WITH
 RICK W.

9
 8:45 REC CENTER
 TRANSPORT
 9:00 SIT & BE FIT
 11:00 MEN'S LUNCH
 1:00 BETTER BALANCE
 1:30 CATHOLIC
 COMMUNION
 2:45 BINGO

10
 9:00 SIT & BE FIT
 10:00 KING SOOPERS
 3:30 MOCHA THERAPY
 DOG
 4:00 HAPPY HOUR WITH
 ETHAN HALL

11
 9:00 SIT & BE FIT
 9:30 PRAY THE ROSARY
 10:00 DOCUMENTARIES
 1:00 TECHNOLOGY TIME
 2:00 COOKIES
 2:45 BINGO

12
 9:00 LUTHERAN CHURCH
 TRANSPORT
 10:00 SIT & BE FIT
 1:00 SCENIC DRIVE:
 COAL CREEK CANYON
 2:30 ROOT BEER FLOATS

13
 8:45 REC CENTER
 TRANSPORT
 9:00 SIT & BE FIT
 11:00 LUNCH OUTING:
 HEAVEN DRAGON
 1:30 BETTER BALANCE
 2:45 BINGO

14
 9:00 SIT & BE FIT
 9:30 SUMMIT
 ORTHOPEDICS
 10:00 GOLDEN GIRLS CLUB
 1:30 DRUMMING EXERCISE
 1:30 COFFEE, COOKIES &
 CONVERSATIONS
 2:45 BINGO

15
 9:00 SIT & BE FIT
 10:00 DOLLAR TREE
 1:00 CHAIR ZUMBA
 1:30 FOOD COMMITTEE
 MEETING
 2:45 BINGO

16
 8:45 REC CENTER
 TRANSPORT
 9:00 SIT & BE FIT
 1:00 BETTER BALANCE
 1:30 CATHOLIC
 COMMUNION
 2:00 ACTIVE MINDS: IRAN

17
 9:00 SIT & BE FIT
 10:00 SAFEWAY
 10:00 BOOK CLUB
 2:00 - 3:30 4TH ANNUAL
 MEADOWS PROM
 3:30 MOCHA THERAPY
 DOG
 4:00 HAPPY HOUR WITH
 PRESTIGE

18
 9:00 SIT & BE FIT
 9:30 PRAY THE ROSARY
 10:00 DOCUMENTARIES
 1:00 TECHNOLOGY TIME
 2:00 COOKIES
 2:45 BINGO

19
 9:00 LUTHERAN CHURCH
 TRANSPORT
 10:00 SIT & BE FIT
 1:00 SCENIC DRIVE: RED
 ROCKS PARK AND
 AMPHITHEATER
 2:30 HOT FUDGE SUNDAE

20
 8:45 REC CENTER
 TRANSPORT
 9:00 SIT & BE FIT
 11:00 LUNCH OUTING:
 BONOS ITALIAN
 1:30 BETTER BALANCE
 2:45 BINGO

21
 9:00 SIT & BE FIT
 10:00 JEFF-CO LIBRARY
 10:00 BLOOD PRESSURE
 CLINIC
 1:30 DRUMMING EXERCISE
 2:45 BINGO

22
 9:00 SIT & BE FIT
 9:00 ACCESS MOBILE
 DENTAL
 10:00 WAL * MART
 11:30 MOUNTAIN MAN
 1:00 CHAIR ZUMBA
 2:45 BINGO

Earth Day
 Administrative Professionals Day

23
 8:45 REC CENTER
 TRANSPORT
 9:00 SIT & BE FIT
 10:00 - 4:00 HEARING CLINIC
 11:00-1:30 CHEZ VOUS
 BOUTIQUE
 1:00 BETTER BALANCE
 1:30 CATHOLIC COMMUNION
 2:45 BINGO

24
 9:00 SIT & BE FIT
 10:00 KING SOOPERS
 3:30 MOCHA THERAPY
 DOG
 4:00 HAPPY HOUR WITH
 LARRY O'CONNOR

Arbor Day

25
 9:00 SIT & BE FIT
 9:30 PRAY THE ROSARY
 10:00 DOCUMENTARIES
 1:00 TECHNOLOGY TIME
 2:00 COOKIES
 2:45 BINGO

26
 9:00 LUTHERAN CHURCH
 TRANSPORT
 10:00 SIT & BE FIT
 1:00 SCENIC DRIVE: INDIAN
 HILLS
 2:30 ICE CREAM BARS

27
 8:45 REC CENTER
 TRANSPORT
 9:00 SIT & BE FIT
 10:00 AL RESIDENT
 MEETING
 11:00 LUNCH OUTING: RIB
 CITY
 1:30 BETTER BALANCE
 2:45 BINGO

28
 9:00 SIT & BE FIT
 10:00 HEALTH &
 WELLNESS WITH ERIN
 1:30 DRUMMING EXERCISE
 2:45 BINGO

29
 9:00 SIT & BE FIT
 8:00 SNOOZE: AN AM
 EATERY
 10:00 DENVER WEST
 1:00 CHAIR ZUMBA
 2:45 BINGO

30
 8:45 REC CENTER
 TRANSPORT
 9:00 SIT & BE FIT
 10:00 IL RESIDENT
 MEETING
 1:00 BETTER BALANCE
 1:30 CATHOLIC
 COMMUNION
 2:45 BINGO

Cody Room - GREEN
 Table Mountain Room - RED
 Private Dining Room - ORANGE
 Main Lobby - BLACK
 Bistro - BLUE
 Chapel - PURPLE
 Meadows - PINK



CALENDAR IS SUBJECT TO CHANGE *ALL OUTINGS ARE WEATHER PERMITTING* *RESIDENTS MUST SIGN UP FOR ALL OUTINGS* *MOVIE SHOWTIMES: 1:30PM & 6:00PM DAILY*