DECEMBER 2022 ASPYRE

ACT - 1st Floor, AL Activity Room STU - 2nd Floor, 5280 Studio LNG1 - 1st Floor, Lounge THR - 1st Floor, Summit Theater

CSL - 3rd Floor, Creekside Lounge **AAR** - Aspyre Activity Room PDR - 3rd Floor, Private Dining Room

SIG - 3rd Floor, RM Signature Room ADR - Aspyre Dining Room ALR - Aspyre Living Room ACY - Aspyre Courtyard **DEP1 -** Depart, 1st Floor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Emotional Food Spiritual Intellectual Music Physical 				10a ★ Out for Coffee DEP111030a ● Revive & Relax ADR1045a ● Daily Chronicle ADR1p ● Watercolor Painting AAR2p ● All About Animals AAR230p ● Build Your Own Parfait ADR330p ● Current Events AAR4p ● Sing- Along ALR530p ● Movie Night ALR	9aChair Exercise ALR2945aDaily Chronicle ADR1030aRehydrate & Refresh ADR1045aGuitar Music ALR1pGroup Games AAR2pWorld Travels ALR230pAfternoon Social ADR3pAfternoon Music ALR4pSing- Along ALR530pMovie Night ALR	10a ★ Dance Therapy ALR31030a ● Tidbit & Talk ADR1045a ● Daily Chronicle ADR1p ● Nail Care ADR2p ● Travels with Paula ALR230p ● Midday Social ADR3p ★ Afternoon Music ALR4p ● Sing- Along ALR530p ● Movie Night ALR
10aMileHi Service ALR41030aTidbit & Talk ADR11a11aBroncos Game11aDaily Chronicle ADR1pMidday Stretch DEP12pBrain Games ALR230pCharcuterie & Wine ADR330pPhysical Game ALR4pSing- Along ALR530pMovie Night ALR	10aChair Yoga AAR51030aRevive & Relax ADR1045aDaily Chronicle ADR130pArts & Crafts AAR230pWinter Social ADR3pCranium Crunch AAR330pBible Study AAR4pViolin Music ALR530pMovie Night ALR	10a ★ Exercise w/ EmpowerME ALR61030a ● Rehydrate & Refresh ADR1045a ● Daily Chronicle ADR1045a ● Daily Chronicle ADR1p ● Tai Chi AAR2p ● Creative Coloring ADR230p ● Afternoon Social ADR3p ★ Travels with Chris ALR4p ● Sing- Along ALR530p ● Movie Night ALR	10aChair Exercise ALR71030aTidbit & Talk ADR1045aDaily Chronicle ADR120pDJDS Visits ADR230pAfternoon Social ADR3p3D Virtual Reality ALR330pMusical Moments AAR4pSing- Along ALR530pMovie Night ALR	10a Stay Fit Exercise ALR 8 1030a Revive & Relax ADR 1045a 1045a Daily Chronicle ADR 11a ★ Catholic Communion 1p Watercolor Painting AAR 130p ★ Hammonds Candies DEP1 2p 2g All About Animals AAR 230p Build Your Own Parfait ADR 330p Current Events AAR 4p Sing- Along ALR	9aChair Exercise ALR9945aDaily Chronicle ADR1030aRehydrate & Refresh ADR1045aGuitar Music ALR1pGroup Games AAR2pWorld Travels ALR230pAfternoon Social ADR330pBalloon Volleyball ALR4pSing- Along ALR530pMovie Night ALR	10a ★ Dance Therapy ALR101045a ● Tidbit & Talk ADR11a11a ● Daily Chronicle ADR1p ● Nail Care ADR2p ● Travels with Paula ALR230p ● Midday Social ADR3p ★ Afternoon Music ALR4p ● Sing- Along ALR530p ● Movie Night ALR
10aMileHi Service ALR111030aTidbit & Talk ADR11a11aDaily Chronicle ADR1pMidday Stretch DEP12pBrain Games ALR230pCharcuterie & Wine ADR3pChoir Music CSL4pSing- Along ALR530pMovie Night ALR	10aChair Yoga AAR121030aRevive & Relax ADR1045aDaily Chronicle ADR1045aDaily Chronicle ADR230pWinter Social ADR3pCranium Crunch AAR330pBible Study AAR330pPet Visit ALR4pViolin Music ALR530pMovie Night ALR	10a ★ Exercise w/ EmpowerME ALR131030a ● Rehydrate & Refresh ADR1045a ● Daily Chronicle ADR1045a ● Daily Chronicle ADR1p ● Tai Chi AAR2p ★ Bus Ride DEP12p ● Creative Coloring ADR230p ● Afternoon Social ADR330p ● Brain Games ALR4p ● Sing- Along ALR530p ● Movie Night ALR	10aChair Exercise ALR141030aTidbit & Talk ADR1045aDaily Chronicle ADR130p Games ALR230p ★ High Tea Party ADR330pMusical Moments AAR4pSing- Along ALR530pMovie Night ALR	10aStay Fit Exercise ALR151030aRevive & Relax ADR1045aDaily Chronicle ADR1045aDaily Chronicle ADR11a ★ Catholic Communion1pWatercolor Painting AAR2p ★ Nature Center DEP1230pBuild Your Own Parfait ADR330pCurrent Events AAR4pSing- Along ALR530pMovie Night ALR	9a ● Chair Exercise ALR16945a ● Daily Chronicle ADR1015a ★ Rummage Wagon ALR1045a ● Rehydrate & Refresh ADR11a Guitar Music ALR1p ● Group Games AAR2p ● World Travels ALR230p ● Afternoon Social ADR330p ● Balloon Volleyball ALR4p ● Sing- Along ALR	10aStay Fit Exercise ALR171030aTidbit & Talk ADR1045aDaily Chronicle ADR1045aDaily Chronicle ADR1pNail Care ADR2pTravels with Paula ALR230pMidday Social ADR3p< ★ Afternoon Music ALR
10aMileHi Service ALR181030aTidbit & Talk ADR11a11aDaily Chronicle ADR1pMidday Stretch DEP12pBrain Games ALR205pBroncos Game ALR230pCharcuterie & Wine ADR330pPhysical Game ALR4pSing- Along ALR430pHanukkah Service THR	10aChair Yoga ALR191030aRevive & Relax ADR1045aDaily Chronicle ADR1045aDaily Chronicle ADR1p Science Lecture ALR230pWinter Social ADR3p Afternoon Music CSL3p Cranium Crunch AAR330pBible Study AAR4pViolin Music ALR430pMenorah Lighting ALR	10a ★ Exercise w/ EmpowerME ALR201030a ● Rehydrate & Refresh ADR1045a ● Daily Chronicle ADR1045a ● Daily Chronicle ADR1p ● Tai Chi AAR2p ● Creative Coloring ADR230p ● Afternoon Social ADR330p ● Brain Games ALR4p ● Sing- Along ALR430p ● Menorah Lighting ALR5p ★ Holiday Lights DEP1	10aChair Exercise ALR211030aTidbit & Talk ADR1045aDaily Chronicle ADR130pDecorate Cookies ADR3p3D Virtual Reality ALR330pMusical Moments AAR4pSing- Along ALR430pMenorah Lighting ALR530pMovie Night ALR	10aStay Fit Exercise ALR221030aRevive & Relax ADR231045aDaily Chronicle ADR11a ★ Catholic Communion11a ★ Catholic Communion11a ★ Out to Lunch DEP11pWatercolor Painting AAR230p ★ Holiday Party! ADR330pCurrent Events AAR4pSing- Along ALR430pMenorah Lighting ALR		10aStay Fit Exercise ALR241030aTidbit & Talk ADR11a11aDaily Chronicle ADR1pNail Care ADR2pTravels with Paula ALR230pMidday Social ADR330pTrivia ALR4pSing- Along ALR430pMenorah Lighting ALR530pMovie Night ALR
10aMileHi Service ALR251030aTidbit & Talk ADR11aDaily Chronicle ADR11aDaily Chronicle ADR1pMidday Stretch DEP12pBrain Games ALR2pSeasonal Trivia ALR230pBroncos Game ALR330pPhysical Game ALR4pSing- Along ALR430pMenorah Lighting ALR	10aChair Yoga ALR261030aRevive & Relax ADR1045aDaily Chronicle ADR1045aDaily Chronicle ADR1pChair Yoga AAR230pWinter Social ADR3pCranium Crunch AAR330pBible Study AAR330pPet Visit ALR4pViolin Music ALR430pMenorah Lighting ALR	10a ★ Exercise w/ EmpowerME ALR271030a ● Rehydrate & Refresh ADR1045a ● Daily Chronicle ADR1045a ● Daily Chronicle ADR1p ● Tai Chi AAR2p ★ Bus Ride DEP12p ● Creative Coloring ADR230p ● Afternoon Social ADR330p ● Brain Games ALR4p ● Sing- Along ALR530p ● Movie Night ALR	10a Chair Exercise ALR 1030a Tidbit & Talk ADR 1045a Daily Chronicle ADR 130p Tasty Table ADR 3p 3D Virtual Reality ALR 330p Musical Moments AAR 4p Sing- Along ALR 530p Movie Night ALR	10aStay Fit Exercise ALR291030aRevive & Relax ADR291045aDaily Chronicle ADR11a★ Catholic Communion1pWatercolor Painting AAR2pAll About Animals AAR230p★ Resident BDay Party ADR330pCurrent Events AAR4pSing- Along ALR530pMovie Night ALR	9aChair Exercise ALR30945aDaily Chronicle ADR1030aRehydrate & Refresh ADR1045aGuitar Music ALR1pGroup Games AAR2pWorld Travels ALR230pAfternoon Social ADR330pBalloon Volleyball ALR4pSing- Along ALR530pMovie Night ALR	10a ★ Dance Therapy ALR311045a ● Daily Chronicle ADR1045a ● Tidbit & Talk ADR1p ● Nail Care ADR2p ● 2022 Highlights AAR3p ★ NYE Party! ALR530p ● Movie Night ALR

MODENA CHERRY CREEK

BY SOLERA SENIOR LIVING