

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Birthdays</b> 5/1 - Lana K.- SPWD 5/3 - Carl D - CTTG 5/5 - Alma H - SPWD 5/6 - Donna H - SPWD 5/7 - Ruth R.-SPWD 5/16 - Bill T -SPWD 5/23 - Ann T - FTNS 5/23 - Sandra S.- SPWD 5/29 - Judy O - FTNS</p>			<p><b>1 May Day</b></p> <p>FL 8:00 Community Cafe MZ 9:15 Total Fitness MZ 10:00 Brain Games 10:30 King Soopers (64th &amp; Ward) BR 12:30 Hand &amp; Foot - RL FL 1:15 Pet Therapy - Diana's Dogs FL 1:30 Walking Club FL 2:00 Creative Club- Cinco de Derby Hats BR 5:30 Kings in the Corner - RL FL 6:30 Giggle Hour-RL</p>	<p><b>2</b></p> <p>FL 8:00 Sunrise Café AR 9:15 Total Fitness AR 10:00 Music Therapy w/ Meridith FL 12:30 Sit-N-Stitch - RL AR 1:00 Chair Yoga with Nuala AR 2:00 Bingo AR 3:15 Beanbag Baseball FL 6:30 Giggle Hour-RL</p>	<p><b>3</b></p> <p>FL 8:00 Community Cafe AR 9:15 Total Fitness AR 10:00 Walking Club RL MZ 12:30 Quiddler - RL AR 2:30 Cinco De Derby Happy Hour - Entertainment BR 5:30 Bridge - RL FL 6:30 Giggle Hour-RL</p>	<p><b>4</b></p> <p><b>Activity Packet</b> MZ 2:00 Creative Club - Watercolors &amp; Music - RL FL 2:40 Ethan Hall on Piano @ "Spwd" CH 3:30 Movie - The Best Exotic Marigold Hotel</p>
<p><b>5 Cinco de Mayo</b></p> <p>CH 10:00 Activity Packet Worship Service Springwood Chapel FL 12:15 Hymn Sing - RL</p>	<p><b>6</b></p> <p>FL 8:00 Community Cafe AR 9:15 Total Fitness AR 10:00 Tea and Technology w/ Nuala AR 2:00 Moving to Music AR 3:15 Bingo BR 5:30 Hand and Foot-RL</p>	<p><b>7</b></p> <p>FL 8:00 Community Cafe AR 9:15 Total Fitness CH 10:00 Communion &amp; Rosary AR 10:00 Game Time- Jumbo Puzzle Race 10:20 Walgreens &amp; Dollar Tree FL 12:00 MM Nuts and Candy AR 1:30 Walking Cub BR 2:00 MC - Beer &amp; Billiards AR 3:00 Active Minds presents- Hawaii FL 6:30 Giggle Hour-RL</p>	<p><b>8</b></p> <p>FL 8:00 Community Cafe AR 9:15 Total Fitness- RL 9:45 Outing- Senior Connection 10:30 King Soopers (64th &amp; Ward) BR 12:30 Hand &amp; Foot - RL FL 3:40 Malakai on Piano BR 5:30 Kings in the Corner - RL FL 6:30 Giggle Hour-RL</p>	<p><b>9</b></p> <p>FL 8:00 Sunrise Café AR 9:15 Total Fitness- RL FL 10:30 Pet Therapy- Jaimie's Horses 11:30 Colorado Rockies vs SF Giants FL 12:30 Sit-N-Stitch - RL AR 1:00 Chair Yoga with Gina AR 2:00 Bingo-RL FL 6:30 Giggle Hour-RL</p>	<p><b>10</b></p> <p>FL 8:00 Community Cafe AR 9:15 Total Fitness AR 10:00 Picnic Walking Club @ Meadowlark Park 11:30 Lunch Outing- Wish Bone MZ 12:30 Quiddler - RL AR 2:30 Happy Hour w/ Entertainment BR 5:30 Bridge - RL FL 6:30 Giggle Hour-RL</p>	<p><b>11</b></p> <p><b>Activity Packet</b> MZ 2:00 Creative Club - Watercolors &amp; Music - RL CH 3:30 Movie - News of the World</p>
<p><b>12 Mother's Day</b></p> <p>CH 10:00 Activity Packet Worship Service Springwood Chapel FL 12:15 Hymn Sing - RL</p>	<p><b>13</b></p> <p>FL 8:00 Community Cafe AR 9:15 Total Fitness AR 10:00 Life Long Learners- Drive In's AR 2:00 Moving to Music AR 3:00 The Curious Dragonfly- Hindenburg pt. 2 4:45 Elks Spaghetti Dinner BR 5:30 Hand and Foot-RL</p>	<p><b>14</b></p> <p>FL 8:00 Community Cafe AR 9:15 Total Fitness CH 10:00 Communion &amp; Rosary AR 10:00 Game Time- Musical Ball 10:00 Walmart AR 1:30 Walking Cub BR 2:00 MC - Beer &amp; Billiards AR 3:00 Physical Therapy Exercise w/ Jennifer FL 6:30 Giggle Hour-RL</p>	<p><b>15</b></p> <p>FL 8:00 Community Cafe AR 9:00 Healthy Living Talk w/ Jennifer- Brain Health AR 10:00 Total Fitness 10:30 King Soopers (64th &amp; Ward) BR 12:30 Hand &amp; Foot - RL FL 1:15 Pet Therapy - Diana's Dogs FL 1:30 Cooking Class- homemade ice cream AR 3:00 Bingo BR 5:30 Kings in the Corner - RL FL 6:30 Giggle Hour-RL</p>	<p><b>16</b></p> <p>FL 8:00 Sunrise Café AR 9:15 Total Fitness 10:00 Scenic Drive FL 12:30 Sit-N-Stitch - RL AR 1:00 Chair Yoga with Gina AR 2:00 Cooking Demo w/ Chef Chris AR 3:15 Beanbag Baseball FL 6:30 Giggle Hour-RL</p>	<p><b>17</b></p> <p>FL 8:00 Community Cafe AR 9:15 Total Fitness AR 10:00 Walk Club MZ 12:30 Quiddler - RL AR 2:30 New Resident Meet &amp; Greet BR 5:30 Bridge - RL FL 6:30 Giggle Hour-RL</p>	<p><b>18 Armed Forces Day</b></p> <p><b>Activity Packet</b> MZ 2:00 Creative Club - Watercolors &amp; Music - RL CH 3:30 Movie - Shakespeare in Love</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>19</b></p> <p><b>Activity Packet</b></p> <p><b>CH</b> 10:00 Worship Service Springwood Chapel</p> <p><b>FL</b> 12:15 Hymn Sing - RL</p>	<p><b>20</b></p> <p><b>FL</b> 8:00 Community Cafe</p> <p><b>AR</b> 9:15 Total Fitness</p> <p><b>AR</b> 10:00 Resident Meeting/Calendar review</p> <p><b>11:30 Lunch Outing- Red Lobster</b></p> <p><b>AR</b> 2:00 Moving to Music</p> <p><b>AR</b> 3:15 Bingo</p> <p><b>BR</b> 5:30 Hand and Foot-RL</p>	<p><b>21</b></p> <p><b>FL</b> 8:00 Community Cafe</p> <p><b>AR</b> 9:15 Total Fitness</p> <p><b>CH</b> 10:00 Communion &amp; Rosary</p> <p><b>AR</b> 10:00 Game Time- Jumbo Puzzle Race</p> <p><b>AR</b> 10:50 <b>Outing- Olde Town Arvada</b></p> <p><b>FL</b> 12:00 <b>MM Nuts and Candy</b></p> <p><b>AR</b> 1:30 Walking Cub-RL</p> <p><b>BR</b> 2:00 MC - Beer &amp; Billiards</p> <p><b>AR</b> 3:00 <b>Physical Therapy Exercise w/ Jennifer</b></p> <p><b>FL</b> 6:30 Giggle Hour-RL</p>	<p><b>22</b></p> <p><b>FL</b> 8:00 Community Cafe</p> <p><b>AR</b> 9:15 Total Fitness</p> <p><b>AR</b> 10:00 Brain Games</p> <p><b>10:30 King Soopers (64th &amp; Ward)</b></p> <p><b>BR</b> 12:30 Hand &amp; Foot - RL</p> <p><b>FL</b> 1:30 Cooking Class - Italian Pasta Salad</p> <p><b>FL</b> 3:00 <b>Music Memories w/ Coreen</b></p> <p><b>BR</b> 5:30 Kings in the Corner - RL</p> <p><b>FL</b> 6:30 Giggle Hour-RL</p>	<p><b>23</b></p> <p><b>FL</b> 8:00 Sunrise Café</p> <p><b>AR</b> 9:15 Total Fitness</p> <p><b>10:00 Blackhawk</b></p> <p><b>AR</b> 10:00 Brain Games</p> <p><b>FL</b> 12:30 Sit-N-Stitch - RL</p> <p><b>AR</b> 1:00 <b>Chair Yoga with Nuala</b></p> <p><b>AR</b> 2:00 Bingo</p> <p><b>AR</b> 3:15 Beanbag Baseball</p> <p><b>FL</b> 6:30 Giggle Hour-RL</p>	<p><b>24</b></p> <p><b>FL</b> 8:00 Community Cafe</p> <p><b>AR</b> 9:15 Total Fitness</p> <p><b>AR</b> 10:00 Active Minds Presents: Carol King</p> <p><b>MZ</b> 12:30 Quiddler - RL</p> <p><b>AR</b> 2:30 <b>Happy Travels- Nepal</b></p> <p><b>BR</b> 5:30 Bridge - RL</p> <p><b>FL</b> 6:30 Giggle Hour-RL</p>	<p><b>25</b></p> <p><b>Activity Packet</b></p> <p><b>MZ</b> 2:00 Creative Club - Watercolors &amp; Music - RL</p> <p><b>CH</b> 3:30 <b>Movie - 127 Hours</b></p>
<p><b>26</b></p> <p><b>Activity Packet</b></p> <p><b>CH</b> 10:00 Worship Service Springwood Chapel</p> <p><b>FL</b> 12:15 Hymn Sing - RL</p>	<p><b>27</b> <b>Memorial Day</b></p> <p><b>FL</b> 8:00 Community Cafe</p> <p><b>AR</b> 9:15 Total Fitness</p> <p><b>AR</b> 10:00 Life Long Learners- Memorial Day</p> <p><b>C</b> 2:00 <b>Memorial Day Social w/ Tom Yook</b></p> <p><b>BR</b> 5:30 Hand and Foot-RL</p>	<p><b>28</b></p> <p><b>FL</b> 8:00 Community Cafe</p> <p><b>AR</b> 9:15 Total Fitness</p> <p><b>9:30 Trader Joe's - Littleton</b></p> <p><b>CH</b> 10:00 Communion &amp; Rosary</p> <p><b>AR</b> 1:30 Game Time- Jumbo Prize Toss</p> <p><b>BR</b> 2:00 MC - Beer &amp; Billiards</p> <p><b>TV</b> 2:15 Book Club</p> <p><b>AR</b> 3:00 <b>Physical Therapy Exercise w/ Jennifer</b></p> <p><b>FL</b> 6:30 Giggle Hour-RL</p>	<p><b>29</b></p> <p><b>FL</b> 8:00 Community Cafe</p> <p><b>AR</b> 9:15 Total Fitness</p> <p><b>AR</b> 10:00 Brain Games</p> <p><b>10:30 King Soopers (64th &amp; Ward)</b></p> <p><b>BR</b> 12:30 Hand &amp; Foot - RL</p> <p><b>FL</b> 1:30 Dried Flower Art</p> <p><b>BR</b> 5:30 Kings in the Corner - RL</p> <p><b>FL</b> 6:30 Giggle Hour-RL</p>	<p><b>30</b></p> <p><b>FL</b> 8:00 Sunrise Café</p> <p><b>AR</b> 9:15 Total Fitness</p> <p><b>AR</b> 10:00 Brain Games</p> <p><b>FL</b> 12:30 Sit-N-Stitch - RL</p> <p><b>AR</b> 1:00 <b>Chair Yoga with Nuala</b></p> <p><b>AR</b> 2:00 Bingo</p> <p><b>AR</b> 3:15 Beanbag Baseball</p> <p><b>4:20 Dinner Outing- Black Eyed Peas</b></p> <p><b>FL</b> 6:30 Giggle Hour-RL</p>	<p><b>31</b></p> <p><b>FL</b> 8:00 Community Cafe</p> <p><b>AR</b> 9:15 Total Fitness</p> <p><b>AR</b> 10:00 Walking Club- Springwood</p> <p><b>MZ</b> 12:30 Quiddler - RL</p> <p><b>2:00 May Birthday Celebration</b></p> <p><b>BR</b> 5:30 Bridge - RL</p> <p><b>FL</b> 6:30 Giggle Hour-RL</p>	

Please sign up for shopping and outings at the Springwood Front Desk.