





Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>All activities marked with a * are run by residents</p>	<p>Massage & Movement Therapy Alena Klein</p>  <p>By appointment Please call Alena at 256-0223</p>	<p>1 9:00 Shop Walmart FD 1:00 Bridge Group* 2nd Floor 1:00 Poker Group* BR 2:00 Movie "Amelia"</p>	<p>2 9:00 Shop Albertsons FD 10:00 Alpine Bank LB 10:00 Seated Tai Chi For Arthritis FR 10:30 Commons Kickers FR 10:30 Walking Group* FD 11:00 Functionally Fit FR 1:00 Wii Golf or Tennis CC 3:30 Musical Entertainment DR <i>"Dick Caldwell" Saxophone</i></p>	<p>3 10:00 Balance For Life FR 10:30 Commons Kickers FR 10:30 Chicken Foot Dominos* CC 1:00 - 3:30 Visit The Art Center FD <i>Sign up in the Main Lobby</i> 2:00 Bingo GR</p>	<p>4 10:00 Balance For Life FR 10:30 Commons Kickers FR 10:30 Walking Group* FD 11:00 Functionally Fit FR 1:00 Poker Group* BR 1:00 Unescorted Shopping FD</p>	<p>5 1:00 Rummy* CC 2:00 Documentary Movie MR <i>"Aliens of The Deep"</i></p>	
	<p>6 9:30 Episcopal Communion CC 10:00 Catholic Liturgy LB 10:40 Nondenominational Worship Service GR</p>	<p>7 10:00 Balance For Life FR 10:00 Inspirational Workshop GR 10:30 Commons Kickers FR 10:30 Walking Group* FD 11:00 Functionally Fit FR 1:00 Wii Bowling MR 2:00 Bingo GR</p>	<p>8 9:00 Shop Walmart FD 1:00 Bridge Group* 2nd Floor 1:00 Poker Group* BR 2:00 Movie "Uncross The Stars"</p>	<p>9 10:00 Alpine Bank LB 10:00 Seated Tai Chi For Arthritis FR 10:30 Commons Kickers FR 10:30 Walking Group* FD 11:00 Functionally Fit FR 1:00 Wii Sports CC 3:30 Musical Entertainment DR <i>"Homestead Rythmys" Traditional Favorites</i></p>	<p>10 8:00 Foot C's Pedicures FR 10:30 Chicken Foot Dominos* CC 1:00 - 3:30 Scenic drive & ice cream <i>Sign up in the Main Lobby</i> 2:00 Bingo GR</p>	<p>11 10:00 Balance For Life FR 10:30 Commons Kickers FR 10:30 Walking Group* FD 11:00 Functionally Fit FR 1:00 Poker Group* BR 1:00 Unescorted Shopping FD</p>	<p>12 1:00 Rummy* CC 2:00 Documentary Movie MR <i>"IMAX-Galapagos"</i></p>
	<p>13 MOTHERS DAY 9:30 Episcopal Communion CC 10:00 Catholic Liturgy LB 10:40 Nondenominational Worship Service GR</p>	<p>14 10:00 Balance For Life FR 10:30 Commons Kickers FR 10:30 Walking Group* FD 11:00 Functionally Fit FR 1:00 Wii Bowling MR 2:00 Bingo GR</p>	<p>15 9:00 Shop Walmart FD 10:00 Balance For Life FR 10:30 Sing Along ML 1:00 Bridge Group* 2nd Floor 1:00 Poker Group* BR 2:00 Movie "Peggy Sue Got Married" 2:30 Cookie Time! CC</p>	<p>16 10:00 Alpine Bank LB 10:00 Seated Tai Chi For Arthritis FR 10:30 Commons Kickers FR 10:30 Walking Group* FD 11:00 Functionally Fit FR 1:00 Wii Sports CC 2:00 Resident Council Meeting GR <i>All residents are encouraged to attend</i> 3:30 Musical Entertainment DR <i>Pickin Peggy Malone - Guitar</i></p>	<p>17 9:30 - 3:00 Zak's BBQ in Hotchkiss <i>Sign up in the Main Lobby</i> 10:00 Balance For Life FR 10:30 Commons Kickers FR 10:30 Chicken Foot Dominos* CC 2:00 Bingo GR</p>	<p>18 10:00 Balance For Life FR 10:30 Commons Kickers FR 10:30 Walking Group* FD 11:00 Functionally Fit FR 1:00 Poker Group* BR</p>	<p>19 1:00 Rummy* CC 2:00 Documentary Movie MR <i>"Hidden Hawaii"</i></p>
	<p>20 9:30 Episcopal Communion CC 10:00 Catholic Liturgy LB 10:40 Nondenominational Worship Service GR</p>	<p>21 10:00 Clothing Solutions ML 10:00 AAA Hearing CC 10:00 Balance For Life FR 10:30 Commons Kickers FR 10:30 Walking Group* FD 11:00 Functionally Fit FR 1:00 Wii Bowling MR 2:00 Bingo GR</p>	<p>22 9:00 Shop Walmart FD 10:00 Balance For Life FR 10:30 Sing Along ML 1:00 Bridge Group* 2nd Floor 1:00 Poker Group* BR 2:00 Movie "Secret At Arrow Lake"</p>	<p>23 10:00 Alpine Bank LB 10:00 Seated Tai Chi For Arthritis FR 10:30 Commons Kickers FR 10:30 Walking Group* FD 11:00 Functionally Fit FR 1:00 Wii Sports CC 3:30 Resident Cocktail Party Musical Entertainment DR <i>Ron Koss - Guitar</i></p>	<p>24 10:00 Balance For Life FR 10:30 Commons Kickers FR 10:30 Chicken Foot Dominos* CC 1:00 - 3:30 Drive National Monument <i>Sign up in the Main Lobby</i> 2:00 Bingo GR</p>	<p>25 10:00 Balance For Life FR 10:30 Commons Kickers FR 10:30 Walking Group* FD 11:00 Functionally Fit FR 1:00 Poker Group* BR 1:00 Unescorted Shopping FD</p>	<p>26 1:00 Rummy* CC 2:00 Documentary Movie MR <i>"IMAX - The Alps"</i></p>
	<p>27 9:30 Episcopal Communion CC 10:00 Catholic Liturgy LB 10:40 Nondenominational Worship Service GR</p>	<p>28 MEMORIAL DAY</p> 	<p>29 9:00 Shop City Market FD 10:00 Balance For Life FR 10:30 Sing Along ML 1:00 Bridge Group* 2nd Floor 1:00 Poker Group* BR 2:00 Movie "Love Begins"</p>	<p>30 10:00 Alpine Bank LB 10:00 Seated Tai Chi For Arthritis FR 10:30 Commons Kickers FR 10:30 Walking Group* FD 11:00 Functionally Fit FR 1:00 Wii Sports CC 3:30 Musical Entertainment DR <i>Jim Rowland - Country Singer</i></p>	<p>31 9:30 - 3:30 Picnic at Rifle Gap <i>Sign up in the Main Lobby</i> 10:00 Balance For Life FR 10:30 Commons Kickers FR 10:30 Chicken Foot Dominos* CC 2:00 Bingo GR</p>	<p> Alpine Bank Wednesdays 10 - 10:30am <u>Library Room on Second Floor</u></p> <p>Palisade Cleaners Pickup & Delivery Monday & Thursday around 10AM</p> 	<p>Please Note: All activities are subject to change!</p>

Thursday Outings

May 3rd - Visit the Art Center

May 10th - Scenic drive around the orchards
and stop at Enstrom's for ice cream

May 17th - Lunch at Zak's BBQ in Hotchkiss

May 24th - Drive the National Monument

May 31st - Picnic at Rifle Gap

Changes to May calendar!

Unescorted Shopping - Will return to the normal schedule. We will go on the 1st, 2nd and 4th Fridays of the month. No unescorted shopping on the 3rd Friday.

Balance For Life - There will be no 10am fitness class on Tuesday May 1st, Tuesday May 8th and Thursday May 10th

Sing Along - There will be no sing along offered on Tuesday May 1st, Tuesday May 8th

Wii Sports - Wii sports will only be offered on Mondays and Wednesdays

Important Meeting!

Resident Council –May 16th 2:00 pm in the Garden Room

Friendly Reminders

AAA Hearing will be here to adjust or repair your hearing aids on Monday May 21st at 10 am in the Commons Café.

Save the date !

Alpine Hospice Educational Grief Workshop

May 2nd 1:00 pm in the Garden Room

“Living With A Purpose” Inspirational Workshop

May 7th 10:00 am in the Garden Room

Local author Bette Laughrun will be here to lift you up and help you realize the a fantastic future lies ahead for you.

“Cookie Time!” Presented by

Hospice and Palliative Care of Western Colorado

May 15th 2:30 pm - in the Commons Café

Enjoy hot chocolate chip cookies and warm friendship!

Clothing Solutions

May 21st 10 am - 3 pm in the Main Lobby

Resident Cocktail Party

May 23th 3:30 pm in the Dining Room

Ron Koss will entertain!

Would you like to start feeling better?

Consider coming to the fitness classes offered Monday through Friday here at The Commons. At 10 am in the fitness room you can start down the road to feeling great all the time! You just have to make the effort to get to the fitness room by 10 am and Steve will help you do the rest. If 10 am is not a good time, how about 11 am? It's up to you! Make the effort to get to a fitness class. You'll be glad you did!!