CLERMONT PARK A Life Plan Community	ī							
APRIL 2024	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Center/Ch1982 WL3 3rd Fl Willows Lounge GLCR Garden Level Community Room PC The Pines Cafe FC Fitness Center AS Art Studio OUT Outing IYP In Your Apartment WL4 4th Fl Willows Lounge TC Town Center PR Primrose Living Room AN All Neighborhoods C Courtyard		9:45 Catholic Mass 10:00 Crazy Stitch Alterations with Karol BR 10:00 Women's Bible Study WL3 10:00 Cardio with Carolina FC1982 10:40 Healthy Back with Carolina FC1982 1:00 Knitting for a Kause WL3 2:00 Live "Radio" Performance Auditions (The Story of Ruth)	9:00 Men's Fellowship 9:00 Sharing Silence: Prayer/Med Group 9:30 Fitness with Lisa (9:30a, 10a, & 10:30a) 10:00 Cranium Crunches	9:00 Tech Support 9:30 Men's Bible Study 9:30 General Exercise with Carolina 10:00 Building & Grounds Resident Committee AS OUT AS FC FH 3:00 Dramatic Script Reading with Jan: Two Tales from Jeffery Archer 6:30 Live "Radio" Performance Rehearsal #1	IYP WL4 FC1982 AS 10:30a Art with Jake and Tara! 1:00 Coloring & Conversation Group 1:00 Wii Bowling 2:30 NEW - Mental Brakes Presentation: "Women of Colorado" 4:00 Clermont Singers Practice	9:30 General Exercise with Carolina 10:00 Cardio with Carolina 10:40 Tai Chi/ Balance with Carolina 1:00 "Eye Spy" Low Vision Support Group 2:00 Rockies Opening Day Watch Party 3:00 Friday Chapel: Glenn Paauw FH 6:30 Reel Fans Movie: O Brother Where Art Thou	9:30 Clermont Meditation Walking T Group 1:00 NEW - Ping Pong in the Fitness F Center 2:30 Never On Sunday Choir F	D6 TC FC FH GLCR
	9:45 Sunday Worship with Rev. Kendall FH 10:45 Fellowship/Coffee after Church TC	9:30 General Exercise with Carolina 10:00 CP Women's Group: The Whimsical Paintings of Marion 10:00 Cardio with Carolina 10:40 Healthy Back with Carolina 11:30 Eclipse Livestream Watch Party	12:00 Remembrance Room 9:00 Sharing Silence: Prayer/Med Group 9:30 Fitness with Lisa (9:30a, 10a, & 10:30a) 9:45 Outing to the Ronald McDonald House of Aurora (& McDonald's!) 10:00 Cranium Crunches 11:30 Denver Public Library Bookmobile 12:45 Art Class With Julie	12:00 Remembrance Room 9:00 Tech Support 9:30 Men's Bible Study FC 9:30 General Exercise with Carolina 10:00 Group Dance with Carolina 10:15 Active Minds Poetry 10:40 Healthy Back with Carolina AS 11:30 Beginner Spanish Language Class 1:30 Game Time: Trivial Pursuit with Wine FH 3:00 Listening & Learning with Don 6:30 Live "Radio" Performance	1CR IYP WL4 10:30a) Fitness with Lisa (9:30a, 10a, & 10:30a) FC1982 PR FC1982 AS 1:00 Active Minds: The American West	12:00 Remembrance Room 9:30 General Exercise with Carolina 10:00 Cardio with Carolina 10:40 Tai Chi/ Balance with Carolina 1:30 Introduction to Cubigo (Clermont Park Community Technology) 3:00 Hymn Sing FH FH FH FH	12:00 Remembrance Room 1 9:30 Clermont Meditation Walking T	13 1CR TC FH FC GLCR
	12:00 Remembrance Room 9:45 Sunday Worship with Chap Jim 10:45 Fellowship/Coffee after Church	9:30 General Exercise with Carolina FC1982 10:00 Crazy Stitch Alterations with Karol BR 10:00 Women's Bible Study WL3 10:00 Cardio with Carolina FC1982 10:40 Healthy Back with Carolina 1:00 Knitting for a Kause WL3 1:00 Pets & Pals - Pet Committee GLCR	1:00 Let's Talk Food! 1:00 Wii Bowling	9:00 Tech Support 9:30 Men's Bible Study 9:30 General Exercise with Carolina 10:00 Group Dance with Carolina 10:40 Healthy Back with Carolina 11:30 Beginner Spanish Language Class 1:00 Natural Grocers Presentation: Kick Sugar Cravings 1:30 Conversation on Community Faith/Spirituality: Your Church AN 3:00 Live "Radio" Performance Rehearsal #3 (with microphones)	IYP WL4 FC1982 FC1982 FC1982 AS PC1982 AS Pitness with Lisa (9:30a, 10a, & 10:30a) Pitness with Lisa (9:30a, & 10:30a) Pitness with Lisa (9	9:30 General Exercise with Carolina 10:00 Cardio with Carolina 10:30 Cubigo App Help 10:40 Tai Chi/ Balance with Carolina 1:30 Life Enrichment Calendar Planning 3:00 Friday Chapel: Pastor Eugene 6:30 Reel Fans Movie: Guys & Dolls 10:10 FC198 FC1	9:30 Clermont Meditation Walking T Group 1:00 NEW - Ping Pong in the Fitness F Center	20 TC FC GLCR
	9:45 Sunday Worship with Chap Brian FH 10:45 Fellowship/Coffee after Church TC	10:00 CP Women's Group: The Redwood Clinic by Denise 10:00 Cardio with Carolina 10:40 Healthy Back with Carolina 1:30 Redwood Clinic Presentation: Supplements FH	All Day Dress Like a Favorite Historical Figure 9:00 Sharing Silence: Prayer/Med Group 9:30 Fitness with Lisa (9:30a, 10a, & 10:30a) 10:00 Cranium Crunches 11:30 Derver Public Library Bookmobile	9:00 Tech Support 9:30 Men's Bible Study 9:30 General Exercise with Carolina 10:00 Group Dance with Carolina 10:40 Healthy Back with Carolina 11:30 Beginner Spanish Language Class 1:00 Wellness Talk with Trina: Intro to Occupational Therapy Month AS 2:30 Game Time: Trivial Pursuit with	IYP WL4 FC1982 FC1982 FC1982 AS FH FH 9:30 Episcopal Eucharist Service 9:30 Fitness with Lisa (9:30a, 10a, & 10:30a) 10:30 NEW - Great Courses: The Surprising Lives of Christian Saints #2 1:00 Coloring & Conversation Group 1:00 Wii Bowling 3:00 Active Minds: The History of Horses & Horse Racing	9:30 General Exercise with Carolina 10:00 Cardio with Carolina 10:30 Cubigo App Help 10:40 Tai Chi/ Balance with Carolina 1:30 "Come Again" Low Hearing Group 3:00 Hymn Sing 6:30 Reel Fans Movie: Moonstruck FH	9:30 Clermont Meditation Walking Group 10:30 Music with Lamont F 1:00 NEW - Ping Pong in the Fitness Center 2:30 Poetry Discussion & Creative Workshop	27 TC FH FC FH GLCR
	9:45 Sunday Worship with Rev. Cheryl FH 10:45 Fellowship/Coffee after Church TC	10:00 Superfoods Presentation with Nutritionist Kendall: Mushrooms 10:00 Cardio with Carolina FC1982	9:00 Sharing Silence: Prayer/Med Group 9:30 Fitness with Lisa (9:30a, 10a, & 10:30a) 10:00 Outing to Highline Canal (near Dekoevend Park) with Picnic Lunch 10:00 Cranium Crunches 12:45 Art Class With Julie 1:00 Wii Bowling	GLCR FC OUT AS AS FC FC FH				