HighPointe
ASSISTED LIVING & MEMORY CARE

6383 East Girard Place, Denver, CO 80222
303-756-4567
HighPointeAssistedLiving.com

NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- Be Connected - Be Expressive - Be Healthy - Be Inspired - Be Involved - Be Social - Be Spiritual RL - Resident Led Programs V - Virtual Programming	**1** 10:00 Functional Fitness by Body Worx MC 10:30 **Grocery Shopping: Walmart ^*L** 11:00 What is the Day of The Dead? Discussion Topic BI 2:15 Making Sugar Skulls CR 3:00 Our Alter: Bring Photos of your Loved Ones GP 7:00 Docuseries: American Experience TH	**2** Election Day 9:45 Chair Yoga MC 10:30 Ladder Ball BI 2:00 **Live Music: Randy Martin R** 3:30 Discussion Topic: Election Day BI 6:00 Docuseries: Homicide Hunter TH	**3** 10:00 **Wings Over The Rockies Museum *L** 2:00 Chair Aerobics CR 3:00 Meet the Chef SL 7:00 Binge Watchers: Seinfeld TH	**4** 9:20 Catholic Communion SL 10:00 Legacy Strength Training CR 2:00 DIY Poppy Pins For Our Veterans CR 3:30 Happy Hour - Classic Hot Toddy BI/GP RL 6:30 Kinect Bowling GP	**5** 9:30 Stretch and Balance with Legacy MC 9:45 Donuts and Discussions: National Donut Day BI 2:00 Shabbat Service PDR 3:00 Bingo SL 7:00 Movie and Popcorn - Elvis Blue Hawaii TH	**6** RL 9:30 Walking Club L 10:00 Native People of America by The Smithsonian TH 10:30 Green Thumbs Gardening Club: Painting Pots CR 2:00 Cranium Crunches BI RL 3:00 Rummikub BI 7:00 Movie and Popcorn - Grease TH
7 Daylight Saving Ends V 9:30 Saint Mary's Catholic Mass TH V 10:30 New City Christian Church Service TH 11:00 Broncos Vs Dallas TH 1:30 Indoor Volleyball MC RL 3:30 Kinect Bowling GP	**8** 10:00 Functional Fitness by Body Worx MC 10:45 Mimosas and Manicures SL 2:00 From Showers to Sleep: Science Hacks for Your Everyday Life by Scishow TH 3:00 Root Beer Floats and Trivia SL 7:00 Docuseries: American Experience TH	**9** 9:45 Chair Yoga MC 10:00 Fireside Chat with Lebana BI 2:00 **Live Music: Warren Floyd R** 3:30 Discussion Topic: The Daylight Savings Debate BI 6:00 Docuseries: Homicide Hunter TH	**10** 10:00 **Mystery Tour and Lunch *L** 2:00 Chair Aerobics CR 3:00 Prose Pros Poetry Club LB 7:00 Binge Watchers: Seinfeld TH	**11** Veterans Day 8:45 Veterans Breakfast *BI 9:20 Catholic Communion SL 10:00 Legacy Strength Training CR 3:30 Happy Hour - Apple Cider Mimosas BI/GP RL 6:30 Kinect Bowling GP 7:00 Evening Movie: Hacksaw Ridge TH	**12** 9:30 Stretch and Balance with Legacy MC 9:45 Cookies Coffee & Conversations BI 3:00 Bingo SL 7:00 Movie and Popcorn - Terminator TH	**13** RL 9:30 Walking Club L 10:00 Native People of America by The Smithsonian TH 10:30 Green Thumbs Gardening Club: Planting Succulents CR 2:00 Cranium Crunches BI RL 3:00 Rummikub BI 7:00 Movie and Popcorn - Terminator 2 Judgement Day TH
14 V 9:30 Saint Mary's Catholic Mass TH V 10:30 New City Christian Church Service TH 1:30 Indoor Volleyball MC 2:25 Broncos VS Philadelphia TH RL 3:30 Kinect Bowling GP	**15** 10:00 Functional Fitness by Body Worx MC 10:30 **Grocery Shopping: Target ^*L** 2:15 Cocktails and Canvas - Abstract Acrylic Artwork CR 3:30 Penny Ante MC 7:00 Docuseries: American Experience TH	**16** 9:45 Chair Yoga MC 10:30 Ladder Ball BI 2:00 **Live Music: Chris Hall R** 3:30 Team Trivia SL 6:00 Docuseries: Homicide Hunter TH	**17** 10:00 **Museo De Las Americas Museum *L** 11:00 Weird Human Attributes by Scishow TH 2:00 Chair Aerobics CR 3:00 Prose Pros Poetry Club LB 7:00 Binge Watchers: Seinfeld TH	**18** 9:20 Catholic Communion SL 10:00 Legacy Strength Training CR 2:00 Fall Luminaries Craft CR 3:30 Happy Hour - Mud Slides BI/GP RL 6:30 Kinect Bowling GP	**19** 9:30 Stretch and Balance with Legacy MC 9:45 Cookies Coffee & Conversation BI 2:00 Shabbat Service PDR 3:00 Bingo SL 7:00 Movie and Popcorn - Driving Miss Daisy TH	**20** RL 9:30 Walking Club L 10:00 Native People of America by The Smithsonian TH 10:30 Pottery Class: DIY Planters CR 2:00 Cranium Crunches BI RL 3:00 Rummikub BI 7:00 Movie and Popcorn - True Grit TH

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 V **9:30** Saint Mary's Catholic Mass TH V **10:30** New City Christian Church Service TH **1:30** Indoor Volleyball MC RL **3:30** Kinect Bowling GP	**22** **10:00** Functional Fitness by Body Worx MC **2:30** Chef On Display with Oscar: Cheesecake CR **3:30** Left Right Center MC **7:00** Docuseries: American Experience TH	**23** **9:45** Chair Yoga MC **10:30** Corn Hole GP **2:00** **Live Music: Jeff King R** **3:30** Discussion Topic: The First Thanksgiving BI **6:00** Docuseries: Homicide Hunter TH	**24** **11:00** Ted Talk: Native American Culture - Language: the Key to Everything TH **2:00** Chair Aerobics CR **3:00** Prose Pros Poetry Club LB **7:00** Binge Watchers: Seinfeld TH	**25** Thanksgiving **9:20** Catholic Communion SL **10:00** Legacy Strength Training CR **11:30** Thanksgiving Feast R **3:30** Happy Hour - Carmel Apple Mule BI/GP RL **6:30** Kinect Bowling GP	**26** Black Friday **9:30** Stretch and Balance with Legacy MC **9:45** Cookies Coffee & Conversations BI **3:00** Bingo SL **7:00** Movie and Popcorn - Dances with Wolves TH	**27** RL **9:30** Walking Club L **10:00** Native People of America by The Smithsonian TH **10:30** Pottery Class: Glazing Our Planters CR **2:00** Cranium Crunches BI RL **3:00** Rummikub BI **7:00** Movie and Popcorn - Runaway Bride TH
28 Hanukkah Begins V **9:30** Saint Mary's Catholic Mass TH V **10:30** New City Christian Church Service TH **1:00** Indoor Volleyball MC **2:05** Broncos VS The LA Chargers TH RL **3:30** Kinect Bowling GP	**29** **9:30** Discussion Topic: What's a Menorah? With Jelly Donuts and Potato Latkes BI **10:00** Functional Fitness by Body Worx MC **10:30** **Grocery Shopping: King Soopers ^*L** **3:30** Tin Can Alley **7:00** Docuseries: American Experience TH	**30** **9:45** Chair Yoga MC **10:30** Ladder Ball BI **2:00** **Live Music: Jim Kurty R** **6:00** Docuseries: Homicide Hunter TH	Location Key BI = Bistro CR = Community Room SL = Sky Lounge LI = Library TH = Theater L = Lobby GP = Grand Parlor GH= Greenhouse WC= Wellness Center R = Restaurant MC = Second Floor	PLEASE FOLLOW ALL SOCIAL DISTANCING GUIDELINES AND MAINTAIN 6FT DISTANCE FROM OTHER RESIDENTS AT ALL TIMES.		

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Memory Care

- Be Connected
- Be Expressive
- Be Healthy
- Be Inspired
- Be Involved
- Be Social
- Be Spiritual
- RL - Resident Led Programs
- V - Virtual Programming

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **9:00** Morning Meet & Greet **9:30** Peace of Mind Morning Meditation R **10:00** Functional Fitness by Body Worx MC **10:30** Dia De Los Muertos Cultural History **1:30** Paper Plate Sugar Skulls **3:00** Churro Popcorn Party Mix **5:30** Home Fires Series FR	**2** Election Day **9:00** Morning Funnies **9:45** Chair Yoga MC **1:00** Colorist Art Therapy-Dia De Los Muertos LL **1:30** Fast Sling **2:00** **Live Music: Randy Martin R** **3:30** Rummikub **5:30** Coco FR	**3** **9:00** Stretching our Vocal Cords **9:30** Senior Strong Exercise MC **10:30** Book Club: Big Girl by Danielle Steel **1:00** Sock Turkey Decorations **1:30** Cornhole FR **3:30** The Price is Right **5:30** America's Funniest Home Videos FR	**4** **9:00** This Day in History **9:30** Gentle Chair Yoga **10:30** Dancing Corn Science Project **1:00** DIY Harvest Corn Decor **3:00** Happy Hour **3:30** Gratitude Pumpkin **5:30** Documentary: Animal Babies: First Year on Earth	**5** **9:00** Morning Meet & Greet **9:30** Show and Share **9:30** Stretch and Balance with Legacy MC **1:00** Current Events **1:30** Ladder Ball FR **2:00** Shabbat Service PDR **3:00** Bingo SL **3:30** Puzzled Minds **5:30** Movie and Popcorn: The Wedding Planner FR	**6** **9:00** Chicken Soup for the Soul **9:30** Morning Stroll Around the Community **11:00** Name That Kroon FR **1:30** Mexican Train Dominos LL **3:00** Rummikub BI **5:30** Movie and Popcorn: The Wedding Planner FR
7 Daylight Saving Ends **9:00** Classic Hymns FR **9:30** Saint Mary's Catholic Mass TH **10:30** New City Christian Church Service TH **11:00** Broncos Vs. Cowboys TH **1:30** Indoor Volleyball MC **3:30** High or Low SR	**8** **9:00** Morning Meet & Greet **10:00** Functional Fitness by Body Worx MC **10:30** Popsicle Stick Skyscrapers LL **1:00** Left Right Center LL **1:30** Crack The Code LL **3:00** Why Do Leaves Change Color? Science Project R **5:30** Documentary: How it Works FR	**9** **9:00** Morning Funnies **9:45** Chair Yoga MC **10:30** Autumn Tree Q-tip Painting **1:00** Penny Ante **1:30** Fast Sling **2:00** **Live Music: Warren Floyd R** **3:30** Ladder Ball **5:30** The Amazing Race FR	**10** **9:00** Stretching our Vocal Cords **9:30** Senior Strong Exercise MC **10:30** Book Club: Big Girl by Danielle Steel **1:00** Zentangle Art Meditation **3:00** Rummikub **3:30** Kinect Bowling FR **5:30** America's Funniest Home Videos FR	**11** Veterans Day **9:00** This Day in History-Veterans Day **9:30** Gentle Chair Yoga **10:30** Thank You Cards for Veterans in Community **1:00** Paper Lapel Poppies **3:00** Happy Hour **3:30** Veterans Day Word Search **5:30** Movie and Popcorn: Hacksaw Ridge	**12** **9:00** Morning Meet & Greet **9:30** Show and Share **9:30** Stretch and Balance with Legacy MC **1:00** Current Events **3:00** Bingo SL **3:30** Puzzled Minds **5:30** Movie and Popcorn: The Wedding Planner FR	**13** **9:00** Chicken Soup for the Soul **9:30** Morning Stroll Around the Community **3:00** Rummikub BI **5:30** Movie and Popcorn: The Wedding Planner FR
14 **9:00** Classic Hymns FR **9:30** Saint Mary's Catholic Mass TH **10:30** New City Christian Church Service TH **1:00** Cranium Crunches SR **1:30** Indoor Volleyball MC **2:25** Broncos Vs. Eagles	**15** **9:00** Morning Meet & Greet **9:30** Peace of Mind Morning Meditation R **10:00** Functional Fitness by Body Worx MC **10:30** Customized Water Bottles **1:00** Kinect Bowling **3:00** Cookies Coffee and Conversation LL **3:30** Penny Ante MC **5:30** Home Fires Series FR	**16** **9:00** Morning Funnies **9:45** Chair Yoga MC **10:30** Coffee Filter Turkeys **1:00** Cornhole **2:00** **Live Music: Chris Hall R** **3:30** Cranium Crunches-Stateography **5:30** The Amazing Race FR	**17** **9:00** Stretching our Vocal Cords **9:30** Senior Strong Exercise MC **10:30** Book Club: Big Girl by Danielle Steel **1:00** Zentangle Art Meditation **1:30** Ladder Ball FR **3:00** UNO! **3:30** Kinect Bowling FR **5:30** America's Funniest Home Videos FR	**18** **9:00** This Day in History **9:30** Gentle Chair Yoga **10:30** Current Events **1:00** Rummikub **3:00** Happy Hour **3:30** Card Sharks Rummy Club **5:30** Documentary: Animal Babies: First Year on Earth	**19** **9:00** Morning Meet & Greet **9:30** Show and Share **9:30** Stretch and Balance with Legacy MC **1:00** Current Events **1:30** Ladder Ball FR **2:00** Shabbat Service PDR **3:00** Bingo SL **3:30** Puzzled Minds **5:30** Movie and Popcorn: The Wedding Planner FR	**20** **9:00** Chicken Soup for the Soul **9:30** Morning Stroll Around the Community **11:00** Name That Kroon FR **1:30** Mexican Train Dominos LL **3:00** Rummikub BI **5:30** Movie and Popcorn: The Wedding Planner FR

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 **9:00** Classic Hymns FR **9:30** Saint Mary's Catholic Mass TH **10:30** New City Christian Church Service TH **1:00** Cranium Crunches SR **1:30** Indoor Volleyball MC **3:30** High or Low SR	**22** **9:00** Morning Meet & Greet **9:30** Peace of Mind Morning Meditation R **10:00** Functional Fitness by Body Worx MC **10:30** Make Thanksgiving Snack Bags **1:30** Thanksgiving The Price is Right **2:30** Chef On Display with Oscar: Cheesecake CR **3:00** Turkey snacks and Thanksgiving Facts **3:30** Left Right Center MC	**23** **9:00** Morning Funnies **9:45** Chair Yoga MC **1:00** Punt, Pass, Play-Football Toss **2:00** **Live Music: Jeff King R** **3:00** Shake Your Tailfeathers **5:30** The Amazing Race FR	**24** **9:30** Senior Strong Exercise MC **10:30** Book Club: Big Girl by Danielle Steel **10:30** Turkey Hunting **1:00** Thanksgiving Charades **3:30** Thanksgiving Bingo	**25** Thanksgiving **9:00** Thanksgiving Facts and Funnies **9:30** Gentle Chair Yoga **1:00** Stuff The Turkey Game **3:00** Happy Hour **3:00** Thanksgiving Trivia **3:30** Roll a Turkey Dice Game **5:30** Charlie Brown Thanksgiving **5:30** Documentary: Animal Babies: First Year on Earth	**26** Black Friday **9:00** Morning Meet & Greet **9:30** Show and Share **9:30** Stretch and Balance with Legacy MC **1:00** Current Events **3:00** Bingo SL **3:30** Puzzled Minds **5:30** Movie and Popcorn: The Wedding Planner FR	**27** **9:00** Chicken Soup for the Soul **9:30** Morning Stroll Around the Community **3:00** Rummikub BI **5:30** Movie and Popcorn: The Wedding Planner FR
28 Hanukkah Begins **9:00** Classic Hymns FR **9:30** Saint Mary's Catholic Mass TH **10:30** New City Christian Church Service TH **1:00** Indoor Volleyball MC **2:05** Broncos Vs. Chargers	**29** **9:00** Morning Meet & Greet **9:30** Peace of Mind Morning Meditation R **10:00** Functional Fitness by Body Worx MC **10:00** What is Hanukah? **10:30** Colorist Art Therapy LL **3:00** Cookies Coffee and Conversation LL **3:30** Tin Can Alley **5:30** Home Fires Series FR	**30** **9:00** Morning Funnies **9:45** Chair Yoga MC **10:30** Giving Tuesday Service Project **1:00** Minute to Win It **1:30** Fast Sling **2:00** **Live Music: Jim Kurty R** **3:30** Trivia **5:30** The Amazing Race FR	MEDICAL TRANSPORTATION: Transportation is available on Tuesday and Thursday for essential doctor appointments.	Location Key FR = Family Room LL = Loft Lounge SR = Sunroom P = Patio BI = Bistro CR = Community Room SL = Sky Lounge LI = Library TH = Theater L = Lobby GP = Grand Parlor GH= Greenhouse WC= Wellness Center		

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