

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> ■ - Be Connected ■ - Be Expressive ■ - Be Healthy ■ - Be Inspired ■ - Be Involved ■ - Be Social ■ - Be Spiritual RL - Resident Led Programs VI - Virtual and In Person 	<p>1</p> <p>8:45 *King Soopers FP</p> <p>9:30 *Walmart FP</p> <p>■ 10:30 Resistance Band Exercise CR</p> <p>■ 1:00 Tell Us About Yourself Meet-Up CR</p> <p>■ 2:15 Mindfit Class CR</p> <p>■ 6:00 Feature Film: Quartet TH</p>	<p>2 Election Day</p> <p>■ 9:30 Strengthening Exercise CR</p> <p>■ 10:30 Art Apprentice: Ceramics CR</p> <p>■ 1:30 Travels with Rick Steves: Siena and Assisi TH</p> <p>■ 3:00 Bingo CR</p> <p>■ 6:00 Feature Film: Freedom Writers TH</p>	<p>3</p> <p>9:30 Care Kits for CASA Kids: Info & First Meeting CR</p> <p>■ 10:30 Exercise with Legacy CR</p> <p>■ 1:00 *Shopping Outing: Park Meadows Mall FP</p> <p>3:00 Food Committee Meeting R</p> <p>■ 6:00 Feature Film: An Unfinished Life TH</p>	<p>4</p> <p>■ 9:30 Barre Exercise CR</p> <p>■ 10:00 Library Tech Tutoring Meet-and-Greet SL</p> <p>■ 10:30 Bingo CR</p> <p>■ 1:00 *Stepping On Wellness Class CR</p> <p>■ 2:30 Live Music with Warren Floyd NB</p> <p>■ 6:00 Feature Film: The Starling TH</p>	<p>5</p> <p>10:00 Community Meeting R</p> <p>■ 10:30 Chair Dance Class CR</p> <p>■ 1:30 Creative Needles FP</p> <p>■ 2:00 Feature Film: Hairspray TH</p> <p>■ 3:00 *Mixology Class: Making the Perfect Old Fashioned CR</p> <p>■ 6:00 Feature Film: Hairspray TH</p>	<p>6</p> <p>VI 9:30 Ave Maria Virtual Catholic Service TH</p> <p>RL 10:30 Community Games: Bridge SL</p> <p>■ 2:30 "The War" Documentary: Ep. 1 TH</p> <p>■ 6:00 Feature Film: Same Kind of Different as Me TH</p>
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<p>14</p> <p>VI 9:00 Virtual Church Service CR</p> <p>■ 10:30 Aerial America: Kentucky TH</p> <p>■ 11:00 *Lunch Outing: Chili's FP</p> <p>■ 1:30 *Lone Tree Library Outing FP</p> <p>■ 2:00 Feature Film: Letters to Juliet TH</p> <p>■ 6:00 Feature Film: Letters to Juliet TH</p>	<p>15</p> <p>8:45 *King Soopers FP</p> <p>9:30 *Walmart FP</p> <p>■ 10:30 Cardio Exercise CR</p> <p>■ 1:00 Ukulele Sing-Along CR</p> <p>■ 2:15 Mindfit Class CR</p> <p>■ 3:00 Chris Wells Presents: Beauty of America CR</p> <p>■ 6:00 Feature Film: Quigley Down Under TH</p>	<p>16</p> <p>■ 9:30 Strengthening Exercise CR</p> <p>■ 10:30 Art Apprentice: Acrylic Pour Coasters CR</p> <p>1:30 New Resident Orientation TH</p> <p>■ 3:00 Bingo CR</p> <p>■ 6:00 Feature Film: Hunt for the Wilder People TH</p>	<p>17</p> <p>■ 9:00 *Black Hawk Casino Outing FP</p> <p>■ 9:30 Care Kits for CASA Kids: Donation Collection CR</p> <p>■ 10:30 Exercise with Legacy CR</p> <p>■ 2:00 November Birthday Celebration CR</p> <p>■ 6:00 Feature Film: The Life Ahead TH</p>	<p>18</p> <p>■ 9:30 Pound Drumming Exercise CR</p> <p>■ 10:30 Bingo CR</p> <p>■ 1:30 Travels with Rick Steves: Amsterdam TH</p> <p>■ 2:30 Live Music with Chris Cheslin NB</p> <p>■ 6:00 Feature Film: Ophelia TH</p>	<p>19</p> <p>■ 10:30 Chair Dance Class CR</p> <p>■ 1:00 Library Tech Tutoring CR</p> <p>■ 1:30 Creative Needles FP</p> <p>■ 2:00 Feature Film: Roman Holiday TH</p> <p>■ 3:00 *Mixology Class: Marvelous Margaritas SB</p> <p>■ 6:00 Feature Film: Roman Holiday TH</p>	<p>20</p> <p>VI 9:30 Ave Maria Virtual Catholic Service TH</p> <p>RL 10:30 Community Games: Bridge SL</p> <p>■ 2:30 "The War" Documentary: Ep. 3 TH</p> <p>■ 6:00 Feature Film: Faith, Hope, & Love TH</p>



10001 S. Oswego Street, Parker, CO 80134
 303-790-1910
 LincolnMeadowsSeniorLiving.com

NOVEMBER 2021

Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21</p> <p>VI 9:00 Virtual Church Service CR</p> <p>10:30 Aerial America: Utah TH</p> <p>1:30 *Scenic Drive & Dunkin Donuts FP</p> <p>2:00 Feature Film: I Am Sam TH</p> <p>6:00 Feature Film: I Am Sam TH</p>	<p>22</p> <p>8:45 *Safeway FP</p> <p>9:30 *Target FP</p> <p>10:30 Tai Chi Exercise CR</p> <p>1:00 Hymns with Gordon CR</p> <p>2:15 Mindfit Class CR</p> <p>3:00 Activity Committee Meeting SL</p> <p>6:00 Feature Film: The Last Laugh TH</p>	<p>23</p> <p>9:30 Strengthening Exercise CR</p> <p>10:30 Calligraphy & Card Making CR</p> <p>2:00 Active Minds Presentation: John F. Kennedy CR</p> <p>3:30 Bingo CR</p> <p>6:00 Feature Film: Roped TH</p>	<p>24</p> <p>9:30 Care Kits for CASA Kids: Donation Delivery FP</p> <p>10:30 Exercise with Legacy CR</p> <p>1:00 *Lone Tree Brewing Company Outing FP</p> <p>3:00 Dolly Parton: Here I Am Documentary TH</p> <p>6:00 Feature Film: Ferris Bueller's Day Off</p>	<p>25 Thanksgiving</p> <p>9:30 Macy's Thanksgiving Day Parade & Pastries SB</p> <p>10:30 Pilates Exercise CR</p> <p>11:30 Thanksgiving Feast R</p> <p>1:30 Travels with Rick Steves: Prague and the Czech Republic TH</p> <p>6:00 Feature Film: Little Women TH</p>	<p>26 Black Friday</p> <p>9:30 Native American Heritage Day: History & Discussion TH</p> <p>10:30 Chair Dance Class CR</p> <p>1:30 Creative Needles FP</p> <p>2:30 Live Music with Michael Billings NB</p> <p>6:00 Feature Film: Home Again TH</p>	<p>27</p> <p>VI 9:30 Ave Maria Virtual Catholic Service TH</p> <p>RL 10:30 Community Games: Bridge SL</p> <p>2:30 "The War" Documentary: Ep. 4 TH</p> <p>6:00 Feature Film: Bennett's War TH</p>
<p>28 Hanukkah Begins</p> <p>VI 9:00 Virtual Church Service CR</p> <p>10:30 Aerial America: The Dakotas TH</p> <p>11:00 *Lunch Outing: Red Robin FP</p> <p>1:30 *Lone Tree Library Outing FP</p> <p>2:00 Feature Film: Thoroughly Modern Millie TH</p> <p>6:00 Feature Film: Thoroughly Modern Millie TH</p>	<p>29</p> <p>8:45 *King Soopers FP</p> <p>9:30 *Walmart FP</p> <p>10:30 Resistance Band Exercise CR</p> <p>2:15 Mindfit Class CR</p> <p>3:00 Hanukkah History & Traditions TH</p> <p>6:00 Feature Film: Enola Holmes TH</p>	<p>30</p> <p>9:30 Strengthening Exercise CR</p> <p>10:30 Holiday Gift Wrapping CR</p> <p>1:30 Travels with Rick Steves: Dublin TH</p> <p>3:00 Bingo CR</p> <p>6:00 Feature Film: The Holiday TH</p>		<p>Room Key: CR: Community Room TH: Theatre SL: Sky Lounge SB: South Bistro (ILBI) NB: North Bistro (ALBI) AR: Art Room FP: Front Parlor CY: Courtyard R: Restaurant LI: Library</p>	<p>Tuesdays and Thursdays are our medical transportation days. Please coordinate your doctor appointments with the front desk at least 48 hours in advance.</p>	<p>*For activities marked with an asterisk, please sign up on the sheets outside of the Activities office.</p>

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7 Daylight Saving Ends 9:30 Exercise: Resistance Bands 10:00 Hymn Sing-Along 11:00 Brain Games 2:00 Sports & Snacks Social Hour 3:00 Let's Travel: Siena and Assisi 4:00 Yoga Stretch Relaxation 6:00 Game Show TV	8 9:30 Exercise: Total Body Strength 10:00 Aerial America: Kentucky 11:00 Board Games: Uno 2:00 50s Sing-Along 3:00 BINGO! 4:00 Word Games & Puzzles 6:00 Musical Movie	9 9:30 What's Happening: This Day in History 10:00 Exercise: Stretches 10:30 BananaGrams Game 11:00 Garden Walk 1:30 Activate Your Senses: Textured Turkey Mosaic Art 2:30 Snacks and Facts: Model Railroads 3:00 Courtyard Games: Tri-Toss 6:00 Classic TV Sitcoms	10 9:30 What's Happening: This Day in History 10:00 Exercise: Chair Dancing 10:30 Wheel of Fortune 11:00 Garden Walk 1:45 Crafting with Friends: Wood Block Turkey 3:00 Virtual Tour: the Mississippi River 4:00 Yahtzee! 6:00 Classic TV Comedies	11 Veterans Day 9:30 What's Happening: This Day in History 10:00 Exercise: Balance & Strength 10:30 Word Puzzles 11:00 Short Stories: Grace Kelly 1:45 Virtual Bowling Game 2:30 Happy Hour Concert 4:00 Amazing Service Animals 6:00 TV Game Shows	12 9:30 What's Happening: This Day in History 10:00 Exercise: Toning Legs 10:30 Yahtzee! 11:15 Garden Walk 1:45 Best of the Carol Burnett Show 2:00 OUTING: Vehicle Vault Museum 3:00 Let's Travel: Southern USA 6:00 Classic TV Dramas	13 9:30 What's Happening: This Day in History 10:00 Chair Zumba 10:30 BINGO! 1:45 Sing Along: Patriotic Songs 2:30 Art Expression: Painting Like Monet 3:30 Dice Games: Shut the Box 6:00 Movie Special: Gone with the Wind
14 9:30 Exercise: Seated Pilates 10:00 Hymn Sing-Along 11:00 Brain Games 2:00 Sports & Snacks Social Hour 3:00 Let's Travel: Cinque Terre 4:00 Yoga Stretch Relaxation 6:00 Game Show TV	15 9:30 Exercise: Chair Cardio 10:00 Aerial America: Utah 11:00 Board Games: Yahtzee 2:00 Elvis Sing-Along 3:00 BINGO! 4:00 Word Games & Puzzles 6:00 Musical Movie	16 9:30 What's Happening: This Day in History 10:00 Exercise: Stretches 10:30 Trivia Challenge 11:00 Garden Walk 1:30 Activate Your Senses: Homemade Granola Bars 2:30 Snacks and Facts: Claude Monet 3:00 Courtyard Games: Ladder Ball 6:00 Classic TV Sitcoms	17 9:30 What's Happening: This Day in History 10:00 Exercise: Chair Dancing 10:30 Noodle Ball 11:00 UNO! Card Game 1:45 Crafting with Friends: Ceramic Pumpkins 3:00 Virtual Tour: Disneyland 3:30 Wheel Of Fortune 6:00 Classic TV Comedies	18 9:30 What's Happening: This Day in History 10:00 Exercise: Balance & Strength 10:30 Word Puzzles 11:00 Short Stories: Mickey Mouse 1:45 Virtual Bowling Game 2:30 Happy Hour Concert 4:00 History of Classic Cartoons 6:00 TV Game Shows	19 9:30 What's Happening: This Day in History 10:00 Exercise: Toning Arms 10:30 Word Puzzles 11:15 OUTING: Freddie's Burger's 1:45 UNO! 3:00 Let's Travel: Coast of France 6:00 Classic TV Dramas	20 9:30 What's Happening: This Day in History 10:00 Chair Yoga 10:30 BINGO! 1:45 Sing Along: Disney Classics 2:30 Art Expression: Disney Art 3:30 Dice Games: Two Dice Bingo 6:00 Movie Special: Disney's Live Action Beauty and the Beast

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28 Hanukkah Begins 9:30 Exercise: Seated Pilates 10:00 Hymn Sing-Along 11:00 Brain Games 2:00 Sports & Snacks Social Hour 3:00 Let's Travel: Prague 4:00 Yoga Stretch Relaxation 6:00 Game Show TV	29 9:30 Exercise: Chair Cardio 10:00 Aerial America: California 11:00 Board Games: Yahtzee 2:00 Instrument Shake-Along 3:00 BINGO! 4:00 Word Games & Puzzles 6:00 Musical Movie	30 9:30 What's Happening: This Day in History 10:00 Exercise: Stretches 10:30 Trivia Challenge 11:00 Garden Walk 1:30 Activate Your Senses: Making Hand Warmers 2:30 Snacks and Facts: Mark Twain 3:00 Courtyard Games: Ladder Ball 6:00 Classic TV Sitcoms				

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