

6021 S. Liverpool Street, Centennial, CO 80016 720-870-9007 PeakviewAssistedLiving.com

MAY 2021

Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- Be Connected - Be Expressive - Be Healthy - Be Inspired - Be Involved - Be Social - Be Spiritual - Virtual and In Person	CR-Community Room SL-Sky Lounge GP-Grand Parlor B-Bistro DR-Dining Room TH-Theater BP- Back Patio					1 May Day 10:00 Circuit Training (CR) 10:30 Learn and Pick your Kentucky Derby Horse (CR) 1:00 Feature Matinee: "Secretariat" (TH) 3:00 Sit and Knit Meet-Up (3:30 Kentucky Derby Social (B)
10:00 Virtual Spiritual Studies & Morning Treats (SL) 1:30 Peakview Pottery Painting (CR) 2:30 The Stories That Make Us Meet-Up (CR) 3:30 Bookworm Meet-Up (Little Women) (B)	10:00 Power Boxing Exercise (CR) 10:30 The Social Construction of Gender (CR) 1:30 Fishbowl Social Game (CR) VI 2:00 Virtual Library Presentation: "Mexican History" (TH) 3:00 Residents Council (CR) 6:00 Feature Film: "Bird Cage" (TH)	10:00 Better Balance W/Legacy (CR) 10:30 Legacy Health Talk: Arthritis Awareness (CR) 1:15 "Untamed" By Glennon Doyle Book Club (SL) 2:30 Upcycled Plastic Bags Jewelry Making (CR) 6:00 Feature Film: "Where'd You Go Bernadette" (TH)	5 Cinco de Mayo 10:00 Latin Dance with Mamie (CR) 10:30 Historical Roots of Cinco de Mayo (CR) 1:15 Curious Dragonfly:"Enchanted Butterflies" Part 1 (SL) 2:30 5 on 5 Bowling Tournament (CR) 6:00 Feature Film: "Three Amigos" (TH)	10:00 Body Worx (CR) 10:30 Hershey's Chocolate Factory Virtual Tour (CR) 1:15 Candy Surprise Bingo (CR) 2:30 Death By Chocolate Happy Hour & Flamenco Guitar Performance (B & GP) 6:00 Feature Film:"Chocolat" (TH)	10:00 Virtual Yoga Movement with Dee (CR) 10:30 Cost of a Postage Stamp Through the Years (CR) 1:30 "Hand-Up Bags" Service Project Presentation (SL) 2:30 Succulent Jars for A Cause (CR) 6:00 Feature Film: "You Got Mail" (TH)	10:00 Circuit Training (CR) 10:30 Planting Seeds for Our Garden (CR) 1:15 Matinee: "Steel Magnolias" (TH) 3:00 Sit-And-Knit Meet-Up (B)
Mother's Day 10:00 Virtual Spiritual Studies & Morning Treats (SL) 1:30 Pastries and "MamaMosas" Social (B) 1:30 Peakview Pottery Painting (CR) 2:30 "Once Upon a Time": Virtual Ballet Performance (TH) 3:30 Bookworm Meet-Up (Little Women) (B)	10:00 Decades Dance Exercise (CR) 10:30 Gender 101: "The Genderbread Person" (CR) 1:15 Creative Writing Master Class with Margaret Atwood (CR) 2:30 The Stories That Make Us Writing Group (CR) 6:00 Feature Film: "Step Mom" (TH)	10:00 Better Balance with Legacy (CR) 10:30 Top 10 Iconic Fred Astaire Dance Scenes (CR) 1:15 "Untamed" By Glennon Doyle Book Club (SL) 2:30 From Trash To Treasure: Fashion Project (CR) 6:00 Feature Film: "Funny Face" (CR)	10:00 Sit and Get Fit (CR) 10:30 Butterfly Mosaic Stepping Stones (CR) 1:15 Curious Dragonfly: "Enchanted Butterflies" Part 2 (SL) 2:30 Strike For Stroke Bowling Tournament (CR) 6:00 Movie: "Robin Hood Men in Tights" (TH)	10:00 Virtual Zumba (CR) 10:30 Remembering Your Alma Mater (CR) 1:15 School Subject Bingo (CR) 2:30 Senior Class Reunion Happy Hour & Rock & Roll Show (CR) 6:00 Feature Film: "Ferris Bueller's Day Off" (TH)	10:00 Sit and Get Fit CR 10:30 Universal Yums: Netherlands (CR) 1:30 "Nailed It" Spring Cupcake Decorating Challenge (CR) 2:30 Virtual Visit to the Butterfly Pavilion (SL) 6:00 Feature Film: "The Blind Side" TH	10:00 Circuit Training (CR) 10:30 Armed Forces Day Facts (CR) 1:15 Feature Matinee: "Max (TH) 3:00 Sit-And-Knit Meet-Up (B)



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 10:00 Virtual Spiritual Studies & Morning Treats (SL) 1:30 Peakview Pottery Painting (CR) 2:30 The Stories That Make Us Meet-Up (CR) 3:30 Bookworm Meet-Up (Little Women) (B) 	10:00 Power Boxing Exercise (CR) 10:30 Cornhole Team Challenge (BP) 1:30 "Not Another Second": Stories of LGBTQ+ Seniors (SL) 2:30 Master Class- Fashion Design with Marc Jacobs (SL) 6:00 Documentary: "A Secret Love" (TH)	10:00 Better Balance W/Legacy (CR) 10:30 Coloring Club with Girl Scouts (CR) 1:00 Arapahoe Library Virtual Book Talks (TH) 2:30 From Trash to Treasure: Fashion Project (CR) 6:00 Feature Film: "October Sky" (TH)	10:00 Motown Dance with Mamie (CR) 10:30 Kool Aid Pickles Science Experiment (CR) 1:15 Explore Architecture With Resident Joe I. (SL) 2:30 Strike For Stroke Bowling Tournament (CR) 6:00 Feature Film: "Honey I Shrunk the Kids" (TH)	10:00 Body Worx (CR) 10:30 Norman Rockwell Virtual Gallery (CR) 1:15 Build A Tower Bingo (CR) 2:30 Edible Engineering Happy Hour & Comedian Dan Roberts (CR) 6:00 Feature Film: From Joe's Collection "Major Payne" (TH)	 10:00 Virtual Yoga Movement with Dee CR 10:30 The Best of Humphrey Bogart CR 1:30 Master Class- Creative Writing with Margaret Atwood 2:30 The Stories That Make Us- Writing Group 6:00 Feature Film: "Once Upon A Time in Hollywood" TH 	10:00 Circuit Training (CR 10:30 Karaoke and Mimos (CR) 1:30 Matinee: "The Big Sleep" (TH) 3:00 Sit-And-Knit Meet-U (B)
 10:00 Virtual Spiritual Studies & Morning Treats (SL) 1:30 Peakview Pottery Painting (CR) 2:30 The Stories That Make Us Meet-Up (CR) 3:30 Bookworm Meet-Up (Little Women) (B) 	10:00 Decades Dance Exercise (CR) 10:30 Croquet on the Lawn (BP) 1:30 Bottle Cap Flowers Art (CR) 2:30 What Does LGBTQIA+ Stand For? (SL) 6:00 Feature Film: "Too Wong Foo" (TH)	10:00 Better Balance W/Legacy (CR) 10:30 Eyedropper Daisies Art (CR) 1:15 "Untamed" By Glennon Doyle Book Club (SL) 2:30 From Trash to Treasure: Fashion Project (CR) 6:00 Feature Film: "The Devil Wears Prada" (TH)	10:00 Sit and Get Fit (CR) 10:30 Kool Aid Pickle Taste Test (CR) 1:15 Curious Dragonfly:"Enchanted Butterflies" Part 3 (SL) 2:30 Strike For Stroke Bowling Tournament (CR) 6:00 Feature Film: "127 Hours" (TH)	10:00 Virtual Zumba (CR) 10:30 Rainbow Celery Science Experiment (CR) 1:15 Bingo with Grandkids (CR) 2:30 Fruit Pizza "Friendzy" Happy Hour (B & GP) 6:00 Feature Film: Joes Choice "Jersey Boys" (TH)	10:00 Sit and Get Fit (CR) 10:30 Virtual Tour: Colorado Wildflowers (CR) 2:30 Master Class- Gardening with Ron Finley (CR) 2:30 Spring Planting Party (BP) 6:00 Feature Film: "Moonrise Kingdom" (TH)	10:00 Circuit Training (CF 10:30 Scaling Mtn. Everes (CR) 1:15 Matinee: "Hope Gar (TH) 3:00 Sit-And-Knit Meet-L (B)
 10:00 Virtual Spiritual Studies & Morning Treats (SL) 1:30 Peakview Pottery Painting (CR) 2:30 The Stories That Make Us Meet-Up (CR) 3:30 Bookworm Meet-Up (Little Women) (B) 	 31 Memorial Day 10:00 Power Boxing Exercise (CR) 10:30 All Your Tech Questions Answered (CR) 1:30 National Memorial Day Concert (SL) 2:30 Paint and Sip: Memorial Day Poppies (CR) 6:00 Feature Film: "Men of Honor" (TH) 					



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9:30 Virtual Spiritual Studies and Morning Treats 11:00 On This Day: Interesting Facts 1:30 MIY Spring Flower Garland 2:30 Bookworm Club-"The Get Away Girls" 3:30 Sunday Matinee: "Finding Ohana"	10:30 Dancing to the Oldies: Low Impact Fitness 11:00 The Oddest Thing I Ever Ate-Discussion 1:30 Bowlmates: Team Bowling Tournament 2:30 Weird Food: Taste Test; Strawberries, Sour Cream & Brown Sugar 3:30 Bizarre Foods/Andrew Zimmerman	10:30 Virtual Indoor Walking Workout 11:00 Noodle Ball Team Challenge 1:15 Scenic Drive: DTC & Freddy's 2:30 MIY: Craft Stick Dolls 3:00 Remembering When I Had My First Child- Journaling	5 Cinco de Mayo 10:30 Chair Tap Dance with Mamie 11:00 Did You Know?- Battle of Puebla VI 1:15 Curious Dragonfly:"Enchanted Butterflies" Part 1 (SL) 2:30 Sombrero Hat Centerpieces- MIY 3:30 Chips/Salsa and Margaritas Social	10:30 Better Balance with Legacy 11:00 Things We need to Know About Russell Stover Candy Co. 1:30 Russell Stover vs Whitman's- Taste Test 2:30 Death by Chocolate Happy Hour & Flamenco Guitar Performance 6:00 Movie Night: "Willy Wonka & The Choc. Factory"	10:30 Power Boxing Workout 11:00 Succulent Jars for A Cause 1:30 Upcycled Cereal Box Post Cards 2:30 Things you Find At the Post office Game 6:00 Friday Flick & Popcorn "You Got Mail"	10:00 Virtual Chair Barre Class 11:15 Catch Up On Current Events 1:30 Mother's Day Yarn Flowers 2:30 25 Famous Mothers in History 3:30 Saturday Sitcom: "I Love Lucy" 3:30 Saturday Sitcom: "Mr. ED"
9:30 Virtual Spiritual Studies and Morning Treats 11:00 On This Day: Interesting Facts 1:30 "You Are My Cup of Tea": Mother's Day Social 2:30 "Once Upon A Time"-Virtual Ballet Performance	10:30 Virtual Silver Sneakers 11:00 Parachute Games 1:30 Bowlmates: Team Bowling Tournament 2:30 Weird Food Taste Test: Salt and Pepper Apples 3:30 Series: "Crazy Delicious"-Banana BBQ	10:30 Whole Body Workout 11:00 Wacky Wordies 1:15 Scenic Drive: Farmland in Parker & Culvers 2:30 Butterfly Squirt Gun Painting 3:30 Remembering When I Had My First Child- Journaling	10:30 30 Minute Zumba 11:00 Seniors Rock: DrumBalls and Bells VI 1:15 Curious Dragonfly: "Enchanted Butterflies" Part 2 (SL) 2:30 MIY Magazine Paperclip Necklaces 3:30 Upcycled Newspaper Butterflies	10:30 Better Balance with Legacy 11:00 Speedy Recall 1:30 Sand Art in a Bottle 2:30 Senior Class Reunion Happy Hour & Rock & Roll Show (CR) 2:30 Things Found In Your Highschool Locker A-Z 6:00 Movie Night: "Ferris Bueler's Day Off"	10:30 Dance Party Workout 11:00 Neighborhood Karaoke 1:15 Make Your Own Chocolate Chip Trail Mix 2:30 From Trash to Treasure Jewelry Project 6:00 Friday Flick & Popcorn "Chocolat"	 10:00 Virtual Chair Barre Class 11:15 Catch Up On Current Events 1:30 Military Songs: Sing-A Long 2:30 Armed Forces Word Search 3:30 Saturday Sitcom: "MASH"



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 9:30 Virtual Spiritual Studies and Morning Treats 11:00 On This Day: Interesting Facts 1:30 MIY- Rustic Vases 2:30 Bookworm Club-"The Get Away Girls" 	10:30 Virtual Silver Sneakers 11:00 Riddle Me This 1:30 Bowlmates: Team Bowling Tournament 2:30 Weird Food: Taste test: PB and Onion Sandwich 3:30 "Bizarre Foods" with Andrew Zimmerman	10:30 Senior Fitness By Tona 11:00 Head Shoulders Knees and Cones! 1:15 Scenic Drive: Neighborhood Landscape & BK 2:30 Embroidery Club 3:30 Remembering When I Had My First Child- Journaling	10:30 Chair Tap Dance with Mamie 11:00 DingBats-Word Games 1:30 Growing Our Own Butterfly Pavilion 2:30 MIY Pride Parade PinWheels	10:30 Better Balance with Legacy 11:00 B-ball Hoops Challenge 1:30 Paint and Sip: Colorado Mountains 2:30 Edible Engineering Happy Hour & Comedian Dan Roberts (CR) 3:30 Engineering 3 C's Competition: Clothespins, Clips & Craft Sticks!	10:30 Power Boxing Workout 11:00 What is Gender? 1:30 Putt Putt Golf In the Courtyard 2:30 Roll A Hole Dice Golf 6:00 Friday Flick "Caddyshack" & Popcorn	10:00 Virtual Chair Barre Class 11:15 Catch Up On Curren Events 1:30 History of Finger Prii 2:30 Fingerprint Flower A Project 3:30 Saturday Sitcom: "I Love Lucy"
 9:30 Virtual Spiritual Studies and Morning Treats 11:00 On This Day: Interesting Facts 1:30 Penny Poker 2:30 Bookworm Club-"The Get Away Girls" 	10:30 Virtual Silver Sneakers 11:00 Would You Rather? 1:30 Bowlmates: Team Bowling Tournament 2:30 Weird Food: Taste Test:Pickles and Oreos 3:30 "Crazy Delicious"- Birthday Blowout	10:30 Whole Body Chair Workout 11:00 Wackie Wordies 1:15 Scenic Drive: Cherry Creek Res. & Dunkin Donuts 2:30 The History of Tap Dance 3:30 Remembering When I Had My First Child-Journaling 6:00 Movie Night: "The Little Colonel/Shirley Temple"	10:30 30 Minute Zumba 11:00 Parachute Games 1:15 Curious Dragonfly:"Enchanted Butterflies" Part 3 (SL) 1:30 From Trash to Treasure: Jewelry Project 2:30 Flower Moon Art	10:30 Better Balance with Legacy 11:00 Noodle Ball Team Challenge 1:30 Flowers in a Pot Project 2:30 Fruit Pizza "Friendzy" Happy Hour (B & GP) 3:30 Pride Parade Around the World	10:30 Dance Party Workout 11:00 Backyard Flowers of Colorado Virtual Tour 1:30 Name That Flower Trivia 2:30 Spring Planting Party 6:00 Friday Flick " The Devil Wears Prada" & Popcorn	10:00 Virtual Chair Barre Class 11:15 Catch Up On Curren Events 1:30 From Trash to Treasure Jewelry Project 2:30 Examples of Upcycle Architecture 3:30 Saturday Sitcom: "Beverly Hillbillies"
 9:30 Virtual Spiritual Studies and Morning Treats 11:00 On This Day: Interesting Facts 1:30 Yarn Wrapped Memorial Poppies 2:30 Bookworm Club-"The Get Away Girls" 	10:30 Virtual Silver Sneakers 11:00 National Memorial Day Concert 1:30 Bowlmates: Team Bowling Tournament 2:30 Weird Food: Taste Test:Frosted Flakes with cheese 3:30 "Bizarre Foods" with Andrew Zimmerman	•				