







Activity Calendar March 2019

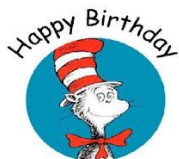
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(A)- Activity Rm (C)- Club Rm (D)- Dining Rm (L)- Lobby (O)- Outing.</p> <p>All Activities are Subject to Change. Signup Sheets for Outings are at the Front Desk.</p> <p>Snacks are available at the Front Desk 2-3pm</p>						
3 10:30 Coffee and Chit Chat (C) 11:15 Butterfly Craft (A) 2:00 Mt. Zion Church Non-Denominational (C) 3:15 Word Extensions (A)	4 Nia 10a.m. – 12p.m. Stepping On Workshop (C) 10:30 Exercise - Nia (A) 11:15 Music Enrichment (A) 2:00 Bingo (D) 3:30 Walkng Club (L) 6:00 Movie – Frances Assisi (C)	5Mardi Gras! 10:30 Exercise (A) 11:15 King Cake – Fat Tuesday Party (C) 2:00 Shopping – Dollar Store(O) 6:00 Movie – Red Skelton Bloopers (C)	6 10:30 Exercise (A) 11:15 Java Groove (O) 2:00 Laurie D. Music (C) 3:15 Learn to Play Mexican Train (C) 6:00 Movie – I Confess (C)	7 10:00 Catholic Communion (C) 10:30 Exercise (A) 11:15 Hang man (A) 2:00 Bingo (D) 3:15 Manicures – 1st floor (A) 6:00 Movie – Bush's Brain (C)	8 10:30 Exercise –Gym Guyz (A) 11:15 Crosswords (A) 2:00 Scenic Drive (O) 3:30 Happy Hour & Shuffle Board (C) 6:00 Movie – A River Runs Through It (C)	9 10:30 Manicures (A) 2:00 Active Games – Balloon Tennis (A) 3:30 Root Beer Floats (A)
10 10:30 Coffee and Chit Chat (C) 11:15 Nerf Shooting Range (A) 2:00 Seed Starting (A) 3:15 Hang Man (A)	11 10a.m. – 12p.m. Stepping On Workshop (C) 10:00 Casino (O) 11:15 Music Enrichment (A) 2:00 Bingo (D) 3:30 Walking Club (L) 6:00 Movie – Bridge to Terabithia (C)	12 10:15 Evergreen Art Gallery – Photo Exhibit (O) 11:15 Beauty Hour (A) 2:00 Cosi Fan Tutte – Opera(C) 3:15 Surprise Craft! (A) 6:00 Movie – Forrest Gump (C)	13 9-11:00 Foot Clinic (A) 10:30 On Your Feet Exercise(C) 11:15 Word Extensions (A) 2:00 Canvas and Cocktails (A) 3:30 Play Mexican Train (C) 6:00 Movie – Fame (C)	14Pi Day! 10:00 Catholic Communion (C) 10:30 Exercise (A) 11:15 Hangman (A) 2:00 Bingo (D) 3:15 Manicures – 2nd floor (A) 6:00 Movie–Intolerable Cruelty(C)	15The Ides of March 10:30 Exercise –Gym Guyz (A) 11:15 Blue Grass Musician (C) 2:00 Olive Branch Crowns (A) 3:30 Happy Hour/Toga Party(C) 6:00 Movie – Gunga Din (C)	16 10:30 Manicures (A) 2:00 SRC Scenic Drive (O) 3:30 Library Linda – Stem Cell Research (A)
17St. Patty's Day  10:30 Coffee and Chit Chat with Irish Coffee (C) 2:00 Mt. Zion Church Non-Denominational (C) 3:15 Word Extensions	18 Nia 10a.m. – 12p.m. Stepping On Workshop (C) 10:30 Exercise – Nia (A) 11:15 Music Enrichment (A) 2:00 Bingo (D) 3:30 Music Therapy (C) 6:00 Movie–For A Few Dollars(C)	19 10:30 Exercise (A) 11:15 Crosswords (A) 2:00 Men's Billiard Outing (O) 3:15 Walking Club (L) 6:00 Movie–Master & Commander The Far Side Of The World (C) 	20Spring Begins!  10:00 Resident Council Meeting(D) 11:15 Cat Room (O) 2:00 Aspen The Fairy (C) 3:30 Daniel The Piano Player(C) 6:00 Movie – Hidden Figures(C)	21 10:00 Catholic Communion (C) 10:30 Exercise (A) 11:15 Surprise Craft (A) 3:00 Rosary Prayer (C) 3:15 Manicures – 3rd floor (A) 6:00 Movie – Bringing Down The House (C)	22 10:30 Exercise –Gym Guyz(A) 11:15 Hang Man (A) 2:00 Errands Run (O) 3:30 Suzanne Tune/Happy Hour (C) 6:00 Movie–Ocean's Eleven (C)	23Natnl Puppy Day! 10:30 Manicures (A) 2:00 Walking Water Experiment (A) 3:30 Active Games – Basketball (A)
24 10:30 Coffee and Chit Chat (C) 11:15 Smarty Pants (C) 2:00 Spelling Bee (A) 3:15 Knitting and Crocheting Club (C)	25 10a.m. – 12p.m. Stepping On Workshop (C) 10:30 Exercise (A) 11:15 Music Enrichment (A) 2:00 Bingo (D) 3:30 Walking Club (L) 6:00 Movie – March Of The Penguins (C)	26 10:00 Denver Curling (O) 2:00 Wally (C) 3:15 Word Extension (A) 6:00 Movie – Star Trek (C) 	27 10:30 Exercise (A) 11:15 Beauty Hour (A) 2:00 Shopping – ECHO (O) 3:15 Hump Day Happy Hour/Karaoke (C) 6:00 Movie–Almost Famous (C)	28Opening Day  10:00 Catholic Communion (C) 10:30 Exercise (A) 11:15 Hang Man (A) 2:00 Bingo (D) 3:15 Manicures – 1st floor (A) 6:00 Movie –Chitty Chitty Bang Bang (C)	29 10:30 Exercise (A) 11:15 Crosswords (A) 2:00 March Birthdays (C) 3:30 We Raise Our Glasses To You! (C) 6:00 Movie – Footloose (C)	30 10:30 Manicures (A) 2:00 SRC Scenic Drive (O) 3:30 Active Games – Bowling(A)

The Elk Run Preview

Volume 1 Issue 2
March 2019

Lucky Us!

This month we are in luck!
So many great things are
headed our way:



Dr. Seuss

Saturday, March 2nd

Dr. Seuss Birthday Party!

2:00 -3:15 p.m.

In the Club Rm



Monday, March 11th

Casino Outing

10:00 a.m. – 1 p.m.



Tuesday, March 12th

Cosi Fan Tutte

2:00 – 3:00 p.m.

In the Club Room



Tuesday, March 26th

Tour of Denver Curling Center

10:00 a.m.-12:00 p.m. Outing

Club Room Events

Saturday, March 2nd 2:00 p.m.

Join us in the **Club Room** for cake and games celebrating Dr. Seuss! You may see some zany characters that you recognize...

Wednesday, March 6th 3:15

Learn to play the fun and easy domino game, Mexican Train, in the **Club Room!**

Tuesday, March 12th, 2:00 p.m.

The opera is coming to the Elk Run **Club Room**! Come learn about the Mozart opera, Cosi Fan Tutte and hear some beautiful singers!

Friday March 15th 11:15 a.m.

Let's get down with some Blue Grass jams in the **Club Room**!

Friday, March 15th, 3:30 p.m.

Beware the Ides of March...or play it safe at a Toga Party Happy Hour in the **Club Room**.

Friday, March 29th, 3:30 p.m.

Raise a glass and toast our fantastic caregivers at this appreciation Happy Hour!

Other Events

Monday, March 4th and March 18th, 10:30-11a.m.

Robin will return for Nia exercise! If you didn't try it last month, Nia is a fun and playful exercise that enhances body movement. **Activity Room**

Wednesday, March 20th, 10:00 a.m.

Please join us in the **Dining Room** for our monthly Resident Council Meeting. This is your chance to voice your questions, concerns, complaints, or compliments.

Wednesday, March 13, 9:00-11:00 a.m.

Foot Clinic in the **activities room**. A free service offered by Mount Evans volunteers. Donations of \$20 are suggested. Sign up at the front desk.

Something New

Every Monday March 4th – April 7th

Stepping On Workshop in the **Club Room** will be every Monday from 10-noon, this month! Hear from a different speaker every week on various tactics for fall prevention.



Bingo location change

Due to crowding, Bingo will now be held in the **Dining Room**.

Coffee and Chit Chat location change

Because the **Club Room** is just so darn cozy, we've moved Coffee and Chit Chat.

Walking Club

Usually on Mondays, we'll meet in the lobby. Where we walk will be a surprise! All paces welcome!

March Excursions

Remember to sign in at the front desk for outings!

\$-indicates outings that you need to bring money on.

Friday March 1st

2:00 p.m. Wal Mart - \$

Tuesday March 5th

2:00 p.m. Dollar Store - \$

Come and check out the new dollar store in Conifer!

Wednesday March 6th

11:15 a.m. Java Groove - \$

Friday March 8th

2:00 p.m. Scenic Drive

Monday, March 11th

10:00 a.m. Casino - \$

Tuesday, March 12th

Evergreen Art Gallery - Photo Exhibit

Saturday March 16th

2:00 p.m. Scenic Drive

Tuesday, March 19th

2:00 p.m. Men's Billiard Outing - \$

Come shoot pool and have a beer at Cactus Jacks!



Wednesday, March 20th

11:15 a.m. Cat Room

Friday, March 22nd

2:00 p.m. Errands Run - \$

The Errands Run will stop at Safeway, Evergreen Library, King Soopers, Natural Grocers, and Wal-Mart. Take as long as you need as long as the van returns to Elk Run by 4:30 p.m.

Tuesday, March 26th

2:00 p.m. Denver Curling Center

Wednesday, March 27th

2:00 p.m. ECHO Shopping - \$

Saturday, March 30th

Scenic Drive



Welcome New Residents!

Carlos Hawley

Fred Escobar

Claire Cambell

Rosie Serafino

BettieWalden



March Birthdays

Jane Miller – March 1st

Bobbie Anderson – March 21st