

SUN

MON

TUES

WED

THURS

FRI

SAT

Balfour's Independent Living Communities

The Lodge at Balfour
The Residences at Balfour
The Cottages at Balfour
The Manse at Balfour

www.BalfourCare.com

<p>5 8:00 Christ Baptist Church, CT 2:30 Scrabble, RLR 4:30 The World's Greatest Painters DVD series, RG 4:30 Super Bowl Party, CT 6:00 Sunday Night Movie, AG 6:00 Movie Musical Night, RLR</p>	<p>6 8:45 Cardio & Muscular Strength, CT 9:15 "Loosen Up!", Springs Spa 9:45 Strength & Range of Motion, CT 10:00 Family Hearing, AR 11:00 Acrylic Painting Class, AR 12:30 Blood Pressure Check, NCR 1:00 Mah Jongg, TBA 12:45 Celestial Seasonings & Leaning Tree Museum** 2:00 Pinochle, AG 2:30 Needle Craft, LLI 7:00 Movie Night, MGR</p>	<p>7 9:30 Water Aerobics, PL 9:45 Strength & Range of Motion, OS 11:15 Improving Your Balance: Lvl 2, CT 1:00 Bridge Foursomes, RLR 1:00 Grocery Shopping (Ldg p/u) 1:15 Grocery Shopping (Res p/u) 2:00 Arthritis Foundation Exercise Program, OS (<i>this week only</i>) 2:30 The Lodge Resident Council, CT 4:00 The Cathedral DVD series, AG 4:00 Beginning Spanish Conversation Class, CT 7:30 Seasons of Change Slide Show, CT</p>	<p>8 8:45 Cardio & Muscular Strength, CT 9:45 Strength & Range of Motion, CT 10:45 Open Mindfulness Meditation, CT 11:15 General Errands 12:30 Shopping at Best Buy & DSW** 2:00 Fun & Wellness Drumming #1, CT 2:30 The Residences Resident Council, RLI 3:00 Fun & Wellness Drumming #2, CT 7:00 Movie Night, CT 7:00 BINGO, RLR</p>	<p>9 9:15 "Loosen Up!", Springs Spa 9:30 Water Aerobics, PL 9:45 Strength & Range of Motion, OS 11:15 Improving Your Balance: Lvl 1, OS 12:30 Blood Pressure Check, RLI 1:00 Bridge Club, AG 1:00 Grocery Shopping (Ldg p/u) 1:15 Grocery Shopping (Res p/u) 4:00 Happy Hour, LLR & RLR 7:00 Movie Night, MGR</p>	<p>10 9:45 Strength & Range of Motion, CT 9:40 Catholic Mass at BRC 11:00 Line Dancing, CT 12:30 Creative Corner with Joy**, AR 1:00 Tai Chi for Arthritis & Seniors, OS 1:00 Ellen Helberg Computer Class (Attachments/Advanced Skill), BC 2:00 Ellen Helberg Computer Class (Internet/Email), BC 2:00 Arthritis Foundation Exercise Program, CT 3:00 Parkinson's Support Group, AG 3:00 High Tea, LLR & RLR 7:00 Piano Social w/Stewart Simon, LLR</p>	<p>11 9:30 Wii Bowling, CT 10:30 Walking Club: Louisville Park** 11:00 A History of Ancient Egypt DVD series, AG 1:00 Partners Bridge, AG 1:30 Scrabble, RLR 2:00 Scrapbooking with Sharry, AR 3:00 Blackjack with Rolf**, RLR 4:00 Travel Club Movie, CT</p>
<p>12 10:00 Boulder Valley Christian Church, CT 2:00 Piano Sing Along, CT 2:30 Scrabble, RLR 4:00 Social Realities of the American Civil War, RLI 4:30 The World's Greatest Painters DVD series, RG 6:00 Sunday night Movie, AG</p>	<p>13 8:45 Cardio & Muscular Strength, CT 9:15 "Loosen Up!", Springs Spa 9:45 Strength & Range of Motion, CT 11:00 Active Minds presentation, CT 12:30 Blood Pressure Check, NCR 1:00 Hearing Solutions, NCR 1:00 Mah Jongg, TBA 2:00 Pinochle, AG 2:30 Hearing Solutions, RLI 2:30 Watercolor Painting Class, AR 2:30 Needle Craft, LLI 7:00 Boulder Timberliners, CT 7:00 Movie Night, MGR</p>	<p>14 Happy Valentine's Day  8:30 Men's Breakfast Club**, AG 9:30 Water Aerobics, PL 9:45 Strength & Range of Motion, OS 11:15 Improving Your Balance: Lvl 2, CT 1:00 Private Computer Training**, BC 1:00 Bridge Foursomes, RLR 1:00 Grocery Shopping (Ldg p/u) 1:15 Grocery Shopping (Res p/u) 2:00 Arthritis Foundation Exercise Program, CT 3:00 Valentine's Day Ice Cream Social, RLR 4:00 Spanish Conversation Club, LLI 4:00 The Cathedral DVD series, AG</p>	<p>15 8:45 Cardio & Muscular Strength, CT 9:45 Strength & Range of Motion, CT 10:45 Open Mindfulness Meditation, CT 11:15 General Errands 12:30 Shopping at Kohls** 2:00 Fun & Wellness Drumming #1, AG 3:00 Fun & Wellness Drumming #2, AG 3:30 Hearing Loss & Brain Fitness, CT 7:00 Movie Night, CT 7:00 BINGO, RLR</p>	<p>16 9:15 "Loosen Up!", Springs Spa 9:30 Water Aerobics, PL 9:45 Strength & Range of Motion, OS 10:00 Discovery of Classical Composers throughout History, AG 11:15 Improving Your Balance: Lvl 1, OS 12:30 Blood Pressure Check, RLI 1:00 Bridge Club, AG 1:00 Grocery Shopping (Ldg p/u) 1:15 Grocery Shopping (Res p/u) 4:00 Happy Hour, LLR & RLR 7:00 Movie Night, MGR</p>	<p>17 9:30 Red Rocks & Lookout Rd w/Rolf** 9:45 Strength & Range of Motion, CT 10:10 Catholic Communion, AG 11:00 Line Dancing, CT 1:00 Tai Chi for Arthritis & Seniors, OS 1:00 Ellen Helberg Computer Class (Attachments/Advanced Skill), BC 2:00 Ellen Helberg Computer Class (Internet/Email), BC 2:00 Arthritis Foundation Exercise Program, CT 3:00 High Tea, LLR & RLR</p>	<p>18 9:30 Wii Bowling, CT 9:30 Shabbat, AR 11:00 A History of Ancient Egypt DVD series, AG 1:00 Partners Bridge, AG 1:30 Scrabble, RLR 4:00 Travel Club Movie, CT 4:00 Travel Club, AG 7:00 Movie Musical Night, CT 7:00 Film Discussion Club, LLR</p>
<p>19 12:45 CU Presents: Spring Swing Jazz Concert** 2:30 Scrabble, RLR 2:45 Eternal Savior Lutheran, AG 3:00 Texas Hold 'Em Tournament**, MGR 4:30 The World's Greatest Painters DVD series, RG 6:00 Sunday night Movie, AG 6:00 Movie Musical Night, RLR</p>	<p>20 8:45 Cardio & Muscular Strength, CT 9:15 "Loosen Up!", Springs Spa 9:45 Strength & Range of Motion, CT 10:00 Family Hearing, RLI 11:00 Acrylic Painting Class, AR 12:30 Blood Pressure Check, NCR 1:00 Mah Jongg, TBA 2:00 Pinochle, AG 2:30 Needle Craft, LLI 5:00 Gals' Night Out** Via Toscana 7:00 Movie Night, MGR</p>	<p>21 9:30 Water Aerobics, PL 9:45 Strength & Range of Motion, OS 11:15 Improving Your Balance: Lvl 2, CT 1:00 Bridge Foursomes, RLR 1:00 Grocery Shopping (Ldg p/u) 1:15 Grocery Shopping (Res p/u) 2:00 Arthritis Foundation Exercise Program, CT 4:00 The Cathedral DVD series, AG 4:00 Beginning Spanish Conversation Class, CT 7:00 Storytelling with Dan, RLI</p>	<p>22 8:45 Cardio & Muscular Strength, CT 9:45 Strength & Range of Motion, CT 10:45 Open Mindfulness Meditation, CT 11:15 General Errands 12:30 Shopping at Wal-Mart** 2:00 Fun & Wellness Drumming #1, CT 3:00 Fun & Wellness Drumming #2, CT 3:15 Fresh Floral Arranging with Joy**, AR 5:00 Men's Pub Night Out** Bloom 7:00 Movie Night, CT 7:00 BINGO, RLR</p>	<p>23 9:15 "Loosen Up!", Springs Spa 9:30 Water Aerobics, PL 9:45 Strength & Range of Motion, OS 11:15 Improving Your Balance: Lvl 1, OS 12:30 Blood Pressure Check, RLI 1:00 Bridge Club, AG 1:00 Grocery Shopping (Ldg p/u) 1:15 Grocery Shopping (Res p/u) 4:00 Happy Hour, LLR & RLR 7:00 Movie Night, MGR</p>	<p>24 9:15 Catholic Communion at BRC 9:45 Strength & Range of Motion, CT 11:00 Line Dancing, CT 1:00 Tai Chi for Arthritis & Seniors, OS 1:00 Low Vision Support Group, LLI 1:00 Ellen Helberg Computer Class (Attachments/Advanced Skill), BC 2:00 Ellen Helberg Computer Class (Internet/Email), BC 2:00 Arthritis Foundation Exercise Program, CT 3:00 High Tea, LLR & RLR 7:00 Parlando Presents: Sam Welsh, CT</p>	<p>25 9:30 Wii Bowling, CT 11:00 A History of Ancient Egypt DVD series, AG 1:00 Partners Bridge, AG 1:30 Scrabble, RLR 4:00 Travel Club Movie, CT 6:15 Ars Nova Singers at St. John in Boulder**</p>
<p>26 2:30 Scrabble, RLR 2:45 Rocky Mountain Christian, AG 3:00 Texas Hold 'Em Tournament**, CT 4:00 Social Realities of the American Civil War, RLI 4:30 The World's Greatest Painters DVD series, RG 6:00 Sunday night Movie, AG 7:00 Poetry with Rolf, RLI</p>	<p>27 8:45 Cardio & Muscular Strength, CT 9:15 "Loosen Up!", Springs Spa 9:45 Strength & Range of Motion, CT 10:15 Active Minds in Boulder** 12:30 Blood Pressure Check, NCR 1:00 Hearing Solutions, NCR 1:00 Mah Jongg, TBA 2:00 Pinochle, AG 2:30 Hearing Solutions, RLI 2:30 Watercolor Painting Class, AR 2:30 Needle Craft, LLI 4:00 Book Club, RLI 7:00 Movie Night, MGR</p>	<p>28 9:00 Denver Museum of Nature & Science** 9:30 Water Aerobics, PL 9:45 Strength & Range of Motion, OS 11:15 Improving Your Balance: Lvl 2, CT 1:00 Bridge Foursomes, RLR 1:00 Grocery Shopping (Ldg p/u) 1:15 Grocery Shopping (Res p/u) 2:00 Arthritis Foundation Exercise Program, CT 3:00 Creative Card Class**, AR 4:00 Spanish Conversation Club, LLI 4:00 The Cathedral DVD series, AG 4:00 Wine Tasting, CT 7:00 Storytelling with Dan, LLI</p>	<p>29 8:45 Cardio & Muscular Strength, CT 9:45 Strength & Range of Motion, CT 10:45 Open Mindfulness Meditation, CT 11:15 General Errands 12:30 Lunch and a Movie ** 7:00 Movie Night, CT 7:30 BINGO, RLR</p>			