

Monday

Tuesday

Wednesday

Thursday

Friday



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| <p>8:00 Coffee & Chat 9:00 Guess Who 9:30 Full Body Work-Out 10:00 Soapmaking 12:00 Explore United Kingdom 1:00 Daniel Roberts LOL 2:30 Tasty Treats 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Coffee & Chat 9:00 Yahtzee 9:30 Balance Building Work-Out 10:15 BINGO Bash 11:00 Jeopardy 12:30 Big Ben History 1:30 Greeting Card Workshop 2:30 Tasty Treats 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Coffee & Chat 9:00 Sewing with Mitzi 9:30 Salsa Cardio Work-Out 10:00 Reading from Chicken Soup 12:30 Christmas Angel Craft 1:30 December Birthday Party 2:30 Christmas Treats 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Coffee & Chat 9:00 Monopoly 9:30 Full Body Stretching Session 10:00 Candlemaking 11:30 Captain's Dinner 12:30 BINGO Bonanza 1:30 Aerial Tour of the United Kingdom 2:30 Tasty Treats 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Coffee & Chat 9:00 Meditation 10:00 Family Feud 12:30 Healing Hands 1:30 Chuck Fisher Performs 2:00 5 Card Stud Poker 2:30 Happy Hour 3:00 Let's Walk- Wellness Walkers</p> |
| <p>8:00 Coffee & Chat 9:00 Guess Who 9:30 Full Body Work-Out 10:15 Jeopardy 11:30 Movie "The Christmas Carol" 2:00 Gingerbread House Creations 2:30 What Am I? 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Coffee & Chat 9:00 Yahtzee 9:30 Balance Building Work-Out 10:15 BINGO Bash 12:00 Ladderball 1:00 Greeting Card Workshop 2:00 Tasty Treats 2:30 Hot Coco Social 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Coffee & Chat 9:00 Sewing with Mitzi 9:30 Dance Cardio Work-Out 10:00 Toboggan Craft 12:00 BINGO Bash 1:30 Greg Green Performs 2:30 Tasty Treats 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Coffee & Chat 9:00 Monopoly 9:30 Full Body Stretching Session 10:00 Cookie in a Jar Craft 12:30 BINGO Bonanza 1:30 Christmas Treats 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Hero's Breakfast 9:00 Animal Creations 9:30 Meditation 10:00 Scrabble 11:30 Paint by Numbers 12:00 Gingerbread House Judging 12:30 Movie "Miracle on 34th Street" 2:30 Happy Hour 3:00 Let's Walk- Wellness Walkers</p> |
| <p>8:00 Coffee & Chat 9:00 Guess Who 9:30 Full Body Work-Out 10:15 Jeopardy 12:00 Cookies with Santa 1:00 Movie "How the Grinch Stole Christmas" 2:30 Tasty Christmas Treats 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Coffee & Chat 9:00 Yahtzee 9:30 Balance Building Work-Out 10:15 BINGO Bash 12:00 Topple the King Pool Tournament 1:00 Visual Art Exploration 2:00 Tasty Treats 2:30 Topple The King Pool Tournament Awards 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Coffee & Chat 9:00 Sewing with Mitzi 9:30 Dance Cardio Work-Out 12:00 Christmas Casino</p> | <p>8:00 Coffee & Chat 9:00 Monopoly 9:30 Full Body Stretching Session 10:00 Hangman 10:30 Ugly Sweater Contest 12:30 Movie "It's a Wonderful Life" 1:30 Scrabble 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Coffee & Chat 9:00 Animal Creations 9:30 Meditation 10:00 Christmas Caroling 12:00 Christmas Dinner 1:30 Healing Hands 2:30 Happy Hour 3:00 Let's Walk- Wellness Walkers</p> |
| <p>8:00 Coffee & Chat 9:00 Guess Who 9:30 Full Body Work-Out 10:15 Jeopardy 12:00 Kawanzaa Celebration 2:00 Blackjack 2:30 What Am I? 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Coffee & Chat 9:00 Yahtzee 9:30 Balance Building Work-Out 10:15 BINGO Bash 12:00 New Year New You 1:00 Visual Art Exploration 2:00 Tasty Treats 2:30 Wacky Socks Contest 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Coffee & Chat 9:00 Sewing with Mitzi 9:30 Dance Cardio Work-Out 10:00 Oreo Truffle Treats 12:00 Movie: "Bullet Train" 1:30 Reading from Chicken Soup 2:30 Tasty Treats 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Coffee & Chat 9:00 Monopoly 9:30 Full Body Stretching Session 10:00 12:30 BINGO Bonanza 1:30 Bath Bomb Craft 3:00 Let's Walk- Wellness Walkers</p> | <p>8:00 Coffee & Chat 9:00 Animal Creations 9:30 Meditation 10:00 Scrabble 11:30 Diamond Painting 12:00 New Years Resolutions 12:30 Healing Hands 1:30 New Years Countdown with Jeff King 3:00 Let's Walk- Wellness Walkers</p> |

Please note calendar subject to change due to attendance/interest. | 1200 Abilene Street, Unit C Aurora, CO 80012 | 303-200-5050 | www.livewellcoloradoads.com