

January 2024 Solana Lakewood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Keys</p> <p>Carpool CP Club Room CR Creative Arts Room CAR Great Room GR Living Room LR Meet in Lobby LB Sky Lounge SL Theater T Yoga Room YR</p>	<p>New Year's Day 1</p> <p>11:00 Card Games [GR] 1:00 Bridge [GR] 6:30 Game Night Bring Your Own Game [GR]</p>	<p>2</p> <p>8:30 Breakfast, News & Friends [GR] 9:30 Good Morning Sunshine Walking Group [LB] 10-12 Open Art Studio [CAR] 11:00 Hudak on Hollywood: Outrageous Oscar Moments [T] 12:30 Private Event [T] 3:00 Stretch & Balance [YR] 3:30 Charity Music Bingo [GR] 5:00 Solana Singers [GR] 7:00 Mahjong & Card Games [GR] 7:00 Men's Poker [CR]</p>	<p>3</p> <p>10:00 Cardio Fit [YR] 10:00 Fundamentals of Drawing [CAR] 11:00 Secrets of Denali National Park [T] 11:00 Stretch & Balance [YR] 1-2 Introduction to Scrapbooking & Mixed Media [CAR] 1:00 Pinochle [GR] 2:00 Curiosity Stream Documentary: The Untold Story of the Vatican [T] 6:30 Ladies Poker [CR]</p>	<p>4</p> <p>10:00 Low-Impact Strength [YR] 11:00 Card Games [GR] 11-2 Massage Therapy with Sharon RSVP with Sadie [T] 11:00 Stretch & Balance [YR] 12-1 Loom-Knitting [GR] 1:00 Tai Chi [YR] 2-4 Open Art Studio [CAR] 3:00 Dartball [YR] 3:00 Introduction to Collette Travel [T] 4:00 Solana Bar Trivia [GR] 5:00 Curiosity Stream Documentary: Top Science Stories of 2023 [T] 6:30 Game Night [GR]</p>	<p>5</p> <p>8:30 Cardio [YR] 8:30 Donut Breakfast Sponsored by Lien [GR] 11:00 Curiosity Stream Documentary: The Mystery of the Giant Birds [T] 11:00 Watercolor [CAR] 11:30 Solana TikTok Club [LR] 3:00 Stretch & Balance [YR] 3:30 Hand & Foot [GR] 4:00 Movie & Popcorn: The Burial [T] 7:00 Coed Poker [CR]</p>	<p>6</p> <p>9:30 Good Morning Sunshine Walking Group [LB] 11:00 Pound Fitness [YR] 1:00 Crochet & Knit Club [SL] 4:00 Winter Film Festival: Butch Cassidy and the Sundance Kid (1969) [T] 6:30 Game Night [GR]</p>
<p>10:15 Catholic Communion Services Our Lady of Fatima RSVP Required [SL] 10:30 Church Service Steamboat Christian Center [T] 2:00 Mahjong [GR] 6:30 Game Night [GR]</p>	<p>8</p> <p>10:00 30-Minute Chair Yoga [YR] 10:00 Solana Writers [SL] 11:00 Card Games [GR] 11:00 Curiosity Stream Documentary: The Birth of Rock [T] 12:30 Cardio [YR] 1:00 Bridge [GR] 4-5 Happy Hour [GR] 4-6 The King of Rock n' Roll Birthday Bash [GR] 6:30 Game Night Bring Your Own Game [GR]</p>	<p>9</p> <p>8:30 Breakfast, News & Friends [GR] 9:30 Good Morning Sunshine Walking Group [LB] 10-12 Open Art Studio [CAR] 11:30 One Day U: Norman Rockwell: Painting America's Stories [T] 12:30 One Day U Discussion Group [T] 1:00 Hot Topics Discussion Group [SL] 1:30 Tech Tuesday: Smart Home Technology for Aging in Place [T] 3:00 Armchair Traveler through History: Unsung Black Heroes & Heroines [GR] 3:00 Stretch & Balance [YR] 5:00 Solana Singers [GR] 5:30 Seasoned Swine BBQ Truck \$ 7:00 Mahjong & Card Games [GR] 7:00 Men's Poker [CR]</p>	<p>10</p> <p>10:00 Cardio Fit [YR] 11:00 Curiosity Stream Documentary: T-Rex [T] 11:00 Stretch & Balance [YR] 1:00 Pinochle [GR] 2-5 Tote Douceur Candy \$ 2:30 Social Hour [GR] 3-4 Active Minds Presents: Cowboys [GR] 6:30 Ladies Poker [CR]</p>	<p>11</p> <p>10:00 Low-Impact Strength [YR] 11:00 Card Games [GR] 11-2 Massage Therapy with Sharon RSVP with Sadie [T] 11:00 Stretch & Balance [YR] 12-1 Loom-Knitting [GR] 1:00 Tai Chi [YR] 2-4 Open Art Studio [CAR] 3:00 Dartball [YR] 4:00 Rolling Italian Food Truck \$ 4:00 Solana Bar Trivia [GR] 5:00 Curiosity Stream Documentary: China's Hidden Monkeys [T] 6:30 Game Night [GR]</p>	<p>12</p> <p>8:30 Bagel Breakfast Sponsored by Lien [GR] 8:30 Cardio [YR] 11:00 Curiosity Stream Documentary: AI Tipping Point [T] 11:30 Solana TikTok Club [LR] 3:00 Non-Fiction Book Club [SL] 3:00 Stretch & Balance [YR] 3:30 Hand & Foot [GR] 4:00 Movie & Popcorn: The Company You Keep [T] 4:00 Taco Bar & Margaritas \$10 RSVP Mandatory [GR] 7:00 Coed Poker [CR]</p>	<p>13</p> <p>9:30 Good Morning Sunshine Walking Group [LB] 10:00 Acrylic Painting [CAR] 11:00 Pound Fitness [YR] 1:00 Crochet & Knit Club [SL] 6:30 Game Night [GR]</p>
<p>10:15 Catholic Communion Services Our Lady of Fatima RSVP Required [SL] 10:30 Church Service Steamboat Christian Center [T] 2:00 Mahjong [GR] 6:30 Game Night [GR]</p>	<p>15</p> <p>Martin Luther King, Jr. Day</p> <p>10:00 30-Minute Chair Yoga [YR] 11:00 Card Games [GR] 11:00 Curiosity Stream Documentary: Martin Luther King, Jr. [T] 12:30 Cardio [YR] 1:00 Bridge [GR] 4:00 Charity Bingo [GR] 5:30 Solana Dinner Club \$: Yard House [CP] 6-9 Private Event [LR] 6:30 Game Night Bring Your Own Game [GR]</p>	<p>16</p> <p>8:30 Breakfast, News & Friends [GR] 9:30 Good Morning Sunshine Walking Group [LB] 10-12 Open Art Studio [CAR] 11:00 Classical Musical Insights w/ Betsy Schwarm: Sleigh Rides & Snowstorms [T] 3:00 Story Songs: Colorado and The West [LR] 3:00 Stretch & Balance [YR] 5-7 Fanwich Food Truck \$ 5:00 Solana Singers [GR] 7:00 Mahjong & Card Games [GR] 7:00 Men's Poker [CR]</p>	<p>17</p> <p>10:00 Cardio Fit [YR] 11:00 Curiosity Stream Documentary: Stephen Hawking's Favorite Places [T] 11:00 Stretch & Balance [YR] 1:00 Pinochle [GR] 2:00 Curiosity Stream Documentary: Beyond the Spotlight: Kristen Bell [T] 3:00 Winter Wreath & Wine \$15 RSVP Mandatory [CAR] 6:30 Ladies Poker [CR]</p>	<p>18</p> <p>10:00 Low-Impact Strength [YR] 11:00 Card Games [GR] 11-2 Massage Therapy with Sharon RSVP with Sadie [T] 11:00 Stretch & Balance [YR] 12-1 Loom-Knitting [GR] 1:00 Tai Chi [YR] 2-4 Open Art Studio [CAR] 3:00 Dartball [YR] 4:00 Solana Bar Trivia [GR] 5:00 Curiosity Stream Documentary: When Shark Meets Croc [T] 6:30 Game Night [GR]</p>	<p>19</p> <p>8:30 French Toast Friday [GR] 11:00 Curiosity Stream Documentary: Cecil: The Legacy of a King [T] 11-2 Solana Quilters [CAR] 11:30 Solana TikTok Club [LR] 3:00 Book Club [SL] 3:00 Stretch & Balance [YR] 3:30 Hand & Foot [GR] 4:00 Happy Hour [GR] 5:00 Live Entertainment: Dan Yoder [GR] 7:00 Coed Poker [CR]</p>	<p>20</p> <p>9:30 Good Morning Sunshine Walking Group [LB] 1:00 Crochet & Knit Club [SL] 4:00 Winter Film Festival: The Sting (1973) [T] 6:30 Game Night [GR]</p>

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<p>10:15 Catholic Communion Services Our Lady of Fatima RSVP Required [SL]</p> <p>10:30 Church Service Steamboat Christian Center [T]</p> <p>2:00 Mahjong [GR]</p> <p>6:30 Game Night [GR]</p> <p style="text-align: right;">21</p>	<p>10:00 30-Minute Chair Yoga [YR]</p> <p>11:00 Card Games [GR]</p> <p>11:00 Curiosity Stream Documentary: Ningaloo Nyinggulu [T]</p> <p>12:30 Cardio [YR]</p> <p>1:00 Bridge [GR]</p> <p>3:00 Resident Council Meeting [LR]</p> <p>4:00 Charity Bingo [GR]</p> <p>6:30 Game Night Bring Your Own Game [GR]</p> <p style="text-align: right;">22</p>	<p>8:30 Breakfast, News & Friends [GR]</p> <p>9:30 Good Morning Sunshine Walking Group [LB]</p> <p>10-12 Open Art Studio [CAR]</p> <p>11:30 One Day U: Jackie Kennedy: Her Life, Image, and Legacy [T]</p> <p>12:30 One Day U Discussion Group [T]</p> <p>2:00 Scrabble Club [CR]</p> <p>3:00 Stretch & Balance [YR]</p> <p>5:00 Solana Singers [GR]</p> <p>7:00 Mahjong & Card Games [GR]</p> <p>7:00 Men's Poker [CR]</p> <p style="text-align: right;">23</p>	<p>10:00 Cardio Fit [YR]</p> <p>11-2 Private Event [T]</p> <p>11:00 Stretch & Balance [YR]</p> <p>11:00 The Lunch Bunch & Trivia \$8: Soup & Salad Bar RSVP Mandatory [GR]</p> <p>1:00 Pinochle [GR]</p> <p>2:00 Curiosity Stream Documentary: Did All the Dinosaurs Die in One Day? [T]</p> <p>6:30 Ladies Poker [CR]</p> <p style="text-align: right;">24</p>	<p>10:00 Low-Impact Strength [YR]</p> <p>11:00 Card Games [GR]</p> <p>11-2 Massage Therapy with Sharon RSVP with Sadie [T]</p> <p>11:00 Stretch & Balance [YR]</p> <p>12-1 Loom-Knitting [GR]</p> <p>1:00 Tai Chi [YR]</p> <p>2-4 Open Art Studio [CAR]</p> <p>3:00 Dartball [YR]</p> <p>4:00 Rolling Italian Food Truck \$</p> <p>4:00 Solana Bar Trivia [GR]</p> <p>5:00 Curiosity Stream Documentary: Magical Fjords [T]</p> <p>6:30 Game Night [GR]</p> <p style="text-align: right;">25</p>	<p>8:30 Flapjack Friday [GR]</p> <p>11:00 Circle of Support [SL]</p> <p>11:30 Solana TikTok Club [LR]</p> <p>3:00 Stretch & Balance [YR]</p> <p>3:30 Hand & Foot [GR]</p> <p>4:00 Movie & Popcorn: The Quiet Man [T]</p> <p>7:00 Coed Poker [CR]</p> <p style="text-align: right;">26</p>	<p>9:30 Good Morning Sunshine Walking Group [LB]</p> <p>10:00 Acrylic Painting [CAR]</p> <p>1:00 Crochet & Knit Club [SL]</p> <p>6:30 Game Night [GR]</p> <p style="text-align: right;">27</p>	
<p>10:15 Catholic Communion Services Our Lady of Fatima RSVP Required [SL]</p> <p>10:30 Church Service Steamboat Christian Center [T]</p> <p>2:00 Mahjong [GR]</p> <p>6:30 Game Night [GR]</p> <p style="text-align: right;">28</p>	<p>10:00 30-Minute Chair Yoga [YR]</p> <p>11:00 Card Games [GR]</p> <p>11:00 Curiosity Stream Documentary: Stephen Hawking's Favorite Places [T]</p> <p>12:30 Cardio [YR]</p> <p>1:00 Bridge [GR]</p> <p>2:00 Chair Dance [YR]</p> <p>3:00 Line Dancing [YR]</p> <p>4:00 Charity Bingo [GR]</p> <p>6:30 Game Night Bring Your Own Game [GR]</p> <p style="text-align: right;">29</p>	<p>8:30 January Birthday Brunch [GR]</p> <p>9:30 Good Morning Sunshine Walking Group [LB]</p> <p>9:30 Mile High Senior Eye Care: Eye Exams Sign Up at Front Desk [CR]</p> <p>9:30 Weight & Bands [YR]</p> <p>10-12 Open Art Studio [CAR]</p> <p>10:00 Panel of Pros One Medical Senior [GR]</p> <p>11:30 One Day U: Charles Lindbergh: The Complicated Story of an Infamous Life [T]</p> <p>12:30 One Day U Discussion Group [T]</p> <p>3:00 Stretch & Balance [YR]</p> <p>5:00 Solana Singers [GR]</p> <p>7:00 Mahjong & Card Games [GR]</p> <p>7:00 Men's Poker [CR]</p> <p style="text-align: right;">30</p>	<p>10:00 Cardio Fit [YR]</p> <p>11:00 Stretch & Balance [YR]</p> <p>11:00 The Lunch Bunch & Trivia \$5: Grilled Cheese & Tomato Soup RSVP Mandatory [GR]</p> <p>1:00 Pinochle [GR]</p> <p>4:00 Hot Cocoa Bar Happy Hour sponsored by Seniors Helping Seniors [GR]</p> <p>6:30 Ladies Poker [CR]</p> <p style="text-align: right;">31</p>	<p>5 to Thrive</p> <p>Live Life Live Confidently Live in Motion Live & Learn Live Connected</p>			