

CLERMONT

P A R K

A Life Plan Community

We have two
Assisted Living Neighborhoods:
Goldenrod and **Primrose**.

On the following pages, you will find a
calendar for each of those neighborhoods.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2019 Goldenrod Neighborhood			1 9:00 Culinary Cultivation (GR) 9:30 Exercise with Balls (PR) 10:30 SingFit Music (GR) 12:45 Ten Healing Properties of Dill 1:15 Men's Group: Cards and Beer with Joe (PR) 2:00 Cooking with the Chef (PR) 3:00 Resident Council (PR) 6:00 Music and Meditations (GR) May Day	2 9:00 Culinary Cultivation (GR) 9:30 Morning Yoga (PR) 10:30 Showstopper's Fabulous 40's Spring Concert (FH) 12:45 Making Dill Pickle Vodka (GR) 1:30 Chaplain Chats (GR) 2:00 Food Committee (PR) 3:15 Music Therapy with Esther 6:00 Our Favorite TV Shows: The Golden Girls (GR)	3 8:00 Out to Dunkin Donuts (S/U) 9:00 Culinary Cultivation (GR) 9:30 Move-Mor Fitness (PR) 10:30 SingFit Music (GR) 12:30 Patio Clean-up (GR & PR) 1:30 "Fearless" with Chaplain Mike 2:00 Garden Meditation Day 3:00 Beergaritas on the Patio (GR) 6:00 Friday Oscar Night (PR)	4 8:45 Churro Cupcake Bake (GR) 9:00 Culinary Cultivation (GR) 9:30 Coffee Chats (GR) 10:30 Balance with Jackie (GR) 11:00 Weekly Craft Prep (GR) 12:30 Saturday Sip and Spin (GR) 1:00 Bingo with Prizes (GR) 2:15 Saturday Matinee: Star Wars (GR)
5 8:30 Culinary Cultivation (GR) 9:30 Sunday Worship (FH) 10:30 Art with Alyssa: Mini Piñatas (AS) 12:45 Ask Alexa! (PR) 1:30 Relaxation Hour: Manicures 2:15 Woman's Group: Puzzles and Ponderings (PR) 3:00 Afternoon Exercise (GR) 6:00 Sunday Funday Movie (GR) Cinco de Mayo	6 9:00 Culinary Cultivation (GR) 9:30 Drums Alive! (PR) 9:45 Catholic Mass (1CR) 10:30 SingFit Music (GR) 12:45 Bingo! (GR) 2:00 Celebrate Cinco De Mayo MP 3:00 Parsley, Sage, Oregano OH My! (GR Dining) 3:30 Toys for God's Kids (2CR) 6:00 Fireside Stories (GR) National Herb Week Begins Ramadan	7 9:00 Culinary Cultivation (GR) 9:30 Flexibility with Sarah (GR) 10:00 Tuesday Worship (GR) 10:45 Fresh Flower Arrangements 12:45 Walking Club (meet in PR) 1:30 Eldergrow Gardening (GR) 2:00 Bakers Corner: Milky Way Brownies (GR) 3:00 Happy Birthday Clermont Park (MP) 6:00 Monopoly (GR)	8 9:00 Culinary Cultivation (GR) 9:30 Exercise: Hand Weights (PR) 10:00 The Zoo at Clermont Park (FH) 10:30 SingFit Music (GR) 12:45 A Visit to the Smithsonian Museum (GR) 1:15 Men's Group w/ Joe (PR) 2:00 Reader's Digest w/Bev (PR) 3:00 Music with Mary Ham (GR) 7:00 All Community Prayer (FH)	9 9:00 Culinary Cultivation (GR) 9:00 Tea in the Burbs (S/U) 9:30 Morning Yoga (PR) 10:30 Bingo! (GR) 12:45 Flowers in Art Day (GR) 1:30 Chaplain Chats (GR) 2:00 Relaxation Hour: Calming Music with Hand Massages (GR) 3:00 Memorial Day Poppy Pin Craft (AS) 6:00 Our Favorite TV Shows: I Love Lucy! (GR)	10 9:00 Culinary Cultivation (GR) 9:30 Exercise with Batons (PR) 10:30 SingFit Music (GR) 12:45 Fresh Rosemary Dill Hand Soap (AS) 1:30 "Fearless" with Chaplain Mike 3:00 Root Beer Day: Not Your Father's Root Beer Float Happy Hour (GR) 6:00 Friday Oscar Night (PR)	11 8:45 Pineapple Dump Cake (GR) 9:00 Culinary Cultivation (GR) 9:30 Coffee Chats (GR) 10:30 Saturday Morning Fitness 11:00 Weekly Craft Prep (GR) 12:30 Saturday Sip and Spin 1:00 Bingo with Prizes (GR) 2:15 Saturday Matinee: Seabiscuit (GR)
12 8:30 Culinary Cultivation (GR) 9:30 Sunday Worship (FH) 10:30 Art with Alyssa: Mother's Day Tea Cup Planters (AS) 12:45 Mother's Day Tea and Cookies (GR & PR) 1:15 Write a Mother's Day Limerick (GR) 2:15 Wii Games (GR) 3:00 Afternoon Exercise (GR) 6:00 Sunday Funday Movie (GR) Mother's Day	13 9:00 Culinary Cultivation (GR) 9:30 Drums Alive! (PR) 10:30 SingFit Music (GR) 12:45 Pokeno (GR) 1:00 Upcycled Garden Deco (AS) 2:15 Scrabble with Boyd (GR) 3:00 Games on the Patio (GR) 6:00 Fireside Stories (GR)	14 9:00 Culinary Cultivation (GR) 9:30 Flexibility with Sarah (GR) 10:00 Tuesday Worship (GR) 10:45 Fresh Flower Arrangements 12:45 Walking Club (meet in PR) 1:30 Making Cucumber Dill Salad 3:00 Inspiring Stories (PR) 6:00 Where in the World? Game (GR)	15 9:00 Culinary Cultivation (GR) 9:45 Exercise with the Balls (PR) 10:30 SingFit Music (GR) 12:45 Relaxing on the Patio (GR & PR) 1:15 Beer & Bowling w/Joe! (PR) 2:00 All Community Meeting (FH) 3:15 Cooking with the Chef (PR) 6:00 Music and Meditations (GR)	16 9:00 Culinary Cultivation (GR) 9:30 Morning Yoga (PR) 10:30 Bingo! (GR) 12:45 Health Talk: Importance of Staying Hydrated (PR) 1:30 Chaplain Chats (GR) 2:00 Relaxation Hour: Calming Music with Hand Massages (GR) 3:00 LOL YouTube Videos (GR) 6:00 Our Favorite TV Shows: The Andy Griffith Show (GR)	17 9:00 Culinary Cultivation (GR) 9:30 Move-Mor Fitness (PR)) 10:30 SingFit Music (GR) 12:45 Pizza Party Day (1CR) 1:30 "Fearless" with Chaplain Mike 2:15 Dominoes with Friends (GR) 3:00 Friday Flick: Hidden Figures (GR) 6:00 Friday Oscar Night (PR)	18 8:45 Wild Berry Muffin Bake (GR) 9:00 Culinary Cultivation (GR) 9:30 Coffee Chats (GR) 10:30 Balance with Jackie (GR) 11:00 Weekly Craft Prep (GR) 12:30 Saturday Sip and Spin 1:00 Saturday Matinee: Mary Poppins (GR) 3:00 Classical Flute with Andrew (PR) Armed Forces Day
19 8:30 Culinary Cultivation (GR) 9:30 Sunday Worship (FH) 10:30 Fun with Alyssa (AS) 12:45 Ask Alexa! (GR) 1:30 Relaxation Hour: Manicures 2:15 Woman's Group: Puzzles and Ponderings (PR) 3:00 Afternoon Exercise (GR) 6:00 Sunday Funday Movie (GR)	20 9:00 Culinary Cultivation (GR) 9:30 Morning Fitness (PR) 10:30 SingFit Music (GR) 12:45 Bingo! (GR) 1:15 All About Victoria Day (GR) 2:15 Scrabble with Boyd (GR) 2:45 Walking to the Market Place 3:00 Community Birthday Party 6:00 Fireside Stories (GR) Victoria Day (Canada)	21 9:00 Culinary Cultivation (GR) 9:30 Flexibility with Sarah (GR) 10:00 Tuesday Worship (GR) 10:45 Planting Day! (GR & PR) 12:45 Walking Club (meet in PR) 1:30 Eldergrow Gardening (GR) 2:00 Music with Josh (PR) 3:00 Inspiring Stories (PR) 6:00 Bowling! (GR)	22 9:00 Culinary Cultivation (GR) 9:30 Exercise: Hand Weights (PR) 10:30 SingFit Music (GR) 12:45 Upcycled Garden Deco (AS) 1:15 Men's Group: Sports Talk and Beer with Joe (PR) 3:00 Music with Mary Ham (GR) 6:00 Music and Meditations (GR)	23 9:00 Culinary Cultivation (GR) 9:30 Morning Yoga (PR) 10:00 Heaven's Calling Choir (FH) 10:30 Memories in the Making (AS) 1:30 Chaplain Chats (GR) 2:00 Relaxation Hour: Calming Music with Hand Massages (GR) 3:00 Rosemary Dill Foot Soak and a Pickled Bloody Mary (GR) 6:00 Our Favorite TV Shows: The Carol Burnett Show (GR)	24 9:00 Culinary Cultivation (GR) 9:30 Exercise with Batons (PR)) 10:30 SingFit Music (GR) 12:30 Joy Ride (S/U) 1:30 "Fearless" with Chaplain Mike 2:15 Dominoes with Friends (GR) 3:00 Frozen Strawberry Margaritas (GR) 6:00 Friday Oscar Night (PR)	25 8:45 Blueberry Oatmeal Crumble 9:00 Culinary Cultivation (GR) 9:30 Coffee Chats (GR) 10:30 Saturday Morning Fitness 11:00 Weekly Craft Prep (GR) 12:30 Saturday Sip and Spin 1:00 Bingo with Prizes (GR) 2:15 Saturday Matinee: The Return of Mary Poppins (GR)
26 8:30 Culinary Cultivation (GR) 9:30 Sunday Worship (FH) 10:30 Art with Alyssa: Glow in the Dark Mandala Rocks (AS) 12:45 Virtual Reality (GR) 2:15 Wii Games (GR) 3:00 Afternoon Exercise (GR) 6:00 Sunday Funday Movie (GR)	27 9:00 Culinary Cultivation (GR) 9:30 Morning Fitness (GR) 10:30 SingFit Music (GR) 12:45 Pokeno (GR) 1:00 Upcycled Garden Deco (AS) 2:15 Scrabble with Boyd (GR) 3:00 Memorial Day Service (FH) 6:00 Fireside Stories (GR) Memorial Day	28 9:00 Culinary Cultivation (GR) 9:30 Flexibility Class (GR) 10:00 Tuesday Worship (GR) 10:45 Fresh Flower Arrangements 12:45 First Water Balloon Toss of the Season! (GR Patio) 1:45 Homemade Salsa (PR) 3:00 Inspiring Stories (PR) 6:00 Nightcap on the Patio (GR & PR)	29 9:00 Culinary Cultivation (GR) 9:45 Exercise with the Balls (PR) 10:30 SingFit Music (GR) 12:45 Making Homemade Pickles 1:15 Darts and Drinks with Joe 2:00 Music with Joe Diamo (FH) 3:15 Sip and Script, Calligraphy with Kim (AS) 6:00 Music and Meditations (GR)	30 9:00 Culinary Cultivation (GR) 9:30 Morning Yoga (PR) 10:30 Bingo! (GR) 11:00 Out to the Rockies Game! (S/U) 2:00 Relaxation Hour: Calming Music with Hand Massages (GR) 3:30 Visit to Perdu for Lola (GR) 6:00 Our Favorite TV Shows: The Andy Griffith Show (GR)	31 9:00 Culinary Cultivation (GR) 9:30 Move-Mor Fitness (PR)) 10:30 SingFit Music (GR) 11:00 Poppies Lunch Outing S/U 12:45 IN2L Trivia (GR) 1:30 "Fearless" with Chaplain Mike 2:15 Dominoes with Friends (GR) 3:00 Dill Pickle Martini Happy Hour (GR) 6:00 Friday Oscar Night (PR)	Happy Birthday: Ruth B. 3rd Gretl C. 3rd Pat St. 15th Carm S. 27th
Clermont Park Life Plan Community 2479 S. Clermont St, Denver CO 80222			All events, classes and programs are subject to change according to the residents direction, interest and needs.			

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May 2019 Primrose Neighborhood			1 9:00 Culinary Cultivation (GR) 9:30 Exercise with Balls (PR) 10:30 SingFit Music (GR) 12:45 Ten Healing Properties of Dill 1:15 Men's Group: Cards and Beer with Joe (PR) 2:00 Cooking with the Chef (PR) 3:00 Resident Council (PR) 6:00 Music and Meditations (GR)	2 9:00 Culinary Cultivation (GR) 9:30 Morning Yoga (PR) 10:30 Showstopper's Fabulous 40's Spring Concert (FH) 12:45 Making Dill Pickle Vodka (GR) 1:30 Chaplain Chats (GR) 2:00 Food Committee (PR) 3:15 Music Therapy with Esther 6:00 Our Favorite TV Shows: The Golden Girls (GR)	3 8:00 Out to Dunkin Donuts (S/U) 9:00 Culinary Cultivation (GR) 9:30 Move-Mor Fitness (PR) 10:30 SingFit Music (GR) 12:30 Patio Clean-up (GR & PR) 1:30 "Fearless" with Chaplain Mike 2:00 Garden Meditation Day 3:00 Beergaritas on the Patio (GR) 6:00 Friday Oscar Night (PR)	4 8:45 Churro Cupcake Bake (GR) 9:00 Culinary Cultivation (GR) 9:30 Coffee Chats (GR) 10:30 Balance with Jackie (GR) 11:00 Weekly Craft Prep (GR) 12:30 Saturday Sip and Spin (GR) 1:00 Bingo with Prizes (GR) 2:15 Saturday Matinee: Star Wars (GR)
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