

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Birthdays 5/1 - Lana K. - SPWD 5/3 - Carl D - CTTG 5/5 - Alma H - SPWD 5/6 - Donna H - SPWD 5/23 - Ann T - FTNS 5/29 - Judy O - FTNS</p>	<p>All activities listed on Saturdays and Sundays will be located at Springwood. Please come over and join us!</p>		<p>1 May Day CL 8:30 Doughnuts with Dutton CL 9:00 King Sooper (64th & Ward) CL 10:00 Total Fitness CL 1:00 Blackjack</p>	<p>2 FL 8:00 Sunrise Café CL 2:00 Yoga w/ Gina</p>	<p>3 CL 8:00 Coffee Hour CL 10:00 Total Fitness CL 1:00 Trivia CL 3:00 Happy Hour CL 6:00 Feature Film</p>	<p>4 Activity Packet M 2:00 Creative Club - Watercolors & Music - RL FL 2:40 Ethan Hall on Piano @ "Spwd" CL 3:30 Movie - The Best Exotic Marigold Hotel</p>
<p>5 Cinco de Mayo Activity Packet CL 10:00 Worship Service Springwood Chapel FL 12:15 Hymn Sing - RL</p>	<p>6 CL 8:00 Coffee Hour CL 10:00 Total Fitness CL 1:00 Bag Toss CL 3:00 Select Rehab Fitness w/ Jennifer CL 6:30 Quiddler</p>	<p>7 CL 10:00 Communion & Rosary *at Spwd* CL 10:00 Walgreens & Dollar Tree FL 12:00 MM Nuts and Candy CL 1:00 Bingo CL 3:00 Active Minds-Hawaii @ "Spwd" CL 3:00 Sip & Paint</p>	<p>8 CL 8:30 Fountains Coffee Club CL 9:00 King Sooper (64th & Ward) CL 9:35 Outing- Senior Connection CL 10:00 Total Fitness CL 1:00 Blackjack</p>	<p>9 FL 8:00 Sunrise Café CL 11:00 Pet Therapy- Jaimie's Horses (out front) CL 11:20 Colorado Yankees vs. SF Giants CL 2:00 Yoga w/ Gina CL 3:15 Bible Study</p>	<p>10 CL 8:00 Coffee Hour CL 10:00 Total Fitness CL 11:15 Lunch Outing- Wish Bone CL 1:00 Trivia CL 3:00 Happy Hour with East Cottages - Entertainment CL 6:00 Feature Film</p>	<p>11 Activity Packet M 2:00 Creative Club - Watercolors & Music - RL CL 3:30 Movie - News of the World</p>
<p>12 Mother's Day Activity Packet CL 10:00 Worship Service Springwood Chapel FL 12:15 Hymn Sing - RL</p>	<p>13 CL 8:00 Coffee Hour CL 10:00 Total Fitness CL 1:00 Bag Toss CL 3:00 Select Rehab Fitness w/ Jennifer CL 4:45 Elks Spaghetti Dinner CL 6:30 Quiddler</p>	<p>14 CL 10:00 Communion & Rosary *at Spwd* CL 1:00 Bingo CL 2:30 Sip & Paint w/ Jessica</p>	<p>15 CL 8:30 Fountains Coffee Club CL 9:00 King Sooper (64th & Ward) CL 10:00 Total Fitness CL 1:00 Blackjack</p>	<p>16 FL 8:00 Sunrise Café CL 2:00 Cooking Demo w/ Chef Chris "at SPWD" CL 2:00 Yoga w/ Gina</p>	<p>17 CL 8:00 Coffee Hour CL 10:00 Total Fitness CL 1:00 Trivia CL 3:00 Happy Hour CL 6:00 Feature Film</p>	<p>18 Armed Forces Day Activity Packet M 2:00 Creative Club - Watercolors & Music - RL CL 2:40 Ethan Hall on Piano @ "Spwd" CL 3:30 Movie - Shakespeare in Love</p>

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19 Activity Packet CI 10:00 Worship Service Springwood Chapel FL 12:15 Hymn Sing - RL	20 CI 8:00 Coffee Hour CI 10:00 Total Fitness CI 11:00 Fountains Book Club 11:15 Lunch Outing- Red Lobster CI 1:00 Bag Toss CI 3:00 Select Rehab Fitness w/ Jennifer CI 6:30 Quiddler	21 CI 10:00 Communion & Rosary *at Spwd* 10:30 Outing- Olde Town Arvada FL 12:00 MM Nuts and Candy CI 1:00 Bingo CI 3:00 Sip & Paint	22 CI 8:30 Fountains Coffee Club 9:00 King Sooper (64th & Ward) CI 10:00 Total Fitness CI 1:00 Blackjack 3:00 Music Memories w/ Coreen @"Spwd"	23 FL 8:00 Sunrise Café 9:40 Blackhawk CI 2:00 Yoga w/ Gina CI 3:15 Bible Study	24 CI 8:00 Coffee Hour CI 10:00 Total Fitness 10:30 Active Minds- Carole King @ "Spwd" CI 1:00 Trivia CI 3:00 Happy Travels- Nepal CI 6:00 Feature Film	25 Activity Packet M 2:00 Creative Club - Watercolors & Music - RL CI 3:30 Movie - 127 Hours
26 Activity Packet CI 10:00 Worship Service Springwood Chapel FL 12:15 Hymn Sing - RL	27 Memorial Day CI 8:00 Coffee Hour CI 10:00 Total Fitness CI 1:00 Bag Toss CI 3:00 Select Rehab Fitness w/ Jennifer CI 6:30 Quiddler	28 9:15 Trader Joes' - Littleton CI 10:00 Communion & Rosary *at Spwd* CI 1:00 Bingo CI 3:00 Sip & Paint	29 CI 8:30 Fountains Coffee Club 9:00 King Sooper (64th & Ward) CI 10:00 Total Fitness CI 1:00 Blackjack	30 FL 8:00 Sunrise Café CI 2:00 Yoga w/ Gina 4:10 Dinner Outing- Black Eyed Peas	31 CI 8:00 Coffee Hour CI 10:00 Total Fitness CI 1:00 Trivia 2:00 May Birthday Celebration CI 6:00 Feature Film	

Please sign-up for outings and shopping at the Springwood Front Desk.