

SUN	MON	TUE	WED	THUR	FRI	SAT
	<b>31</b> <b>ROOM KEY</b> LAR - Lodge Art Room LAG - Lodge Aspen Grill LCT - Lodge Chautauqua Theater LFR - Lodge Fitness Room LLR - Lodge Living Room LPA - Lodge Pool Area RLI - Residences Library	RLR - Residences Living Room ROS - Residences Ouray Studio RSS - Residences Spring Spa			8:45 Strength & Range of Motion (LCT) 9:45 Seated Strength & Range of Motion (LCT) 1:15 Tai Chi for Balance (All Levels) (LCT)	<b>1</b> 9:00 Wii Bowling (LAG) 9:30 Water Aerobics (LPA) 10:00 Wii Bowling (LAG)
<b>3</b> 8:45 Strength & Range of Motion (LCT) 9:45 Seated Strength & Range of Motion (LCT) 11:30 Blood Pressure Check (ROS) 11:45 Blood Pressure Check (LAR) <b>4:00 Harp &amp; Meditation (LLR)</b> 4:00 Supervised Fit Room (LFR)	<b>4</b> 9:00 Wii Bowling (LAG) 9:15 Supervised Fitness Room (LFR) 9:30 Water Aerobics (LPA) <b>10:00 Wii Bowling for Beginners (LAG)</b> <b>10:30 Neighborhood Walk with Sonia (ROS)</b> 11:00 Tai Chi for Balance (All Levels) (LCT)	<b>5</b> 8:45 Strength & Range of Motion (LCT) <b>9:30 New! Strength &amp; Range of Motion (ROS)</b> 9:45 Seated Strength & Range of Motion (LCT) 10:00 Supervised Fitness Room (LFR)	<b>6</b> 10:00 Water Aerobics (LPA) 11:00 Fit Room Circuit Class (LFR) 11:00 Tai Chi for Balance (All Levels) (LCT)	<b>7</b> 8:45 Strength & Range of Motion (LCT) 9:45 Seated Strength & Range of Motion (LCT) 1:00 Cancelled: Tai Chi ( )	<b>8</b> 9:00 Wii Bowling (LAG) 9:30 Water Aerobics (LPA) 10:00 Wii Bowling (LAG)	<b>9</b>
<b>10</b> 8:45 Strength & Range of Motion (LCT) 9:45 Seated Strength & Range of Motion (LCT) 11:30 Blood Pressure Check (ROS) 11:45 Blood Pressure Check (LAR) <b>3:00 Dr. Gitchell, Front Range Eye Center (RLR)</b> <b>4:00 Harp &amp; Meditation (LLR)</b> 4:00 Supervised Fit Room (LFR)	<b>11</b> 9:00 Wii Bowling (LAG) 9:15 Supervised Fitness Room (LFR) 9:30 Water Aerobics (LPA) <b>10:00 Wii Bowling for Beginners (LAG)</b> <b>10:30 Neighborhood Walk with Sonia (ROS)</b> 11:00 Tai Chi for Balance (All Levels) (LCT)	<b>12</b> 8:45 Strength & Range of Motion (LCT) <b>9:30 New! Strength &amp; Range of Motion (ROS)</b> 9:45 Seated Strength & Range of Motion (LCT) 10:00 Supervised Fitness Room (LFR) 11:00 Tai Chi for Balance Class (LCT) 3:30 Chair Yoga with Kisa (ROS)	<b>13</b> 10:00 Water Aerobics (LPA) 11:00 Fit Room Circuit Class (LFR) 11:00 Tai Chi for Balance (All Levels) (LCT)	<b>14</b> 8:45 Strength & Range of Motion (LCT) 9:45 Seated Strength & Range of Motion (LCT) 1:15 Tai Chi for Balance (All Levels) (LCT)	<b>15</b> 9:00 Wii Bowling (LAG) 9:30 Water Aerobics (LPA) 10:00 Wii Bowling (LAG)	<b>16</b>
<b>4:00 New! Supervised Fitness Room (LFR)</b>	<b>17</b> 8:45 Strength & Range of Motion (LCT) 9:00 Massage by Appointment (RSS) 9:45 Seated Strength & Range of Motion (LCT) 10:00 Family Hearing (RLI) <b>1:15 Stretching with Elizabeth (ROS)</b> <b>4:00 Harp &amp; Meditation (LLR)</b>	<b>18</b> 9:00 Wii Bowling (LAG) 9:15 Supervised Fitness Room (LFR) 9:30 Water Aerobics (LPA) <b>10:00 Wii Bowling for Beginners (LAG)</b> <b>10:30 Neighborhood Walk with Sonia (ROS)</b> 11:00 Tai Chi for Balance (All Levels) (LCT) 1:00 Massage by Appointment (RSS)	<b>19</b> 8:45 Strength & Range of Motion (LCT) <b>9:30 New! Strength &amp; Range of Motion (ROS)</b> 9:45 Seated Strength & Range of Motion (LCT) 10:00 Supervised Fitness Room (LFR) 3:30 Chair Yoga with Kisa (ROS)	<b>20</b> 10:00 Water Aerobics (LPA) 11:00 Fit Room Circuit Class (LFR) 11:00 Tai Chi for Balance (All Levels) (LCT)	<b>21</b> 8:45 Strength & Range of Motion (LCT) 9:45 Seated Strength & Range of Motion (LCT) 1:15 Tai Chi for Balance (All Levels) (LCT)	<b>22</b> 9:00 Wii Bowling (LAG) 9:30 Water Aerobics (LPA) 10:00 Wii Bowling (LAG)
<b>24</b> 8:45 Strength & Range of Motion (LCT) 9:00 Massage by Appointment (RSS) 9:45 Seated Strength & Range of Motion (LCT) 11:30 Blood Pressure Check (ROS) 11:45 Blood Pressure Check (LAR) <b>4:00 Harp &amp; Meditation (LLR)</b> 4:00 Supervised Fit Room (LFR)	<b>25</b> 9:00 Wii Bowling (LAG) 9:15 Supervised Fitness Room (LFR) 9:30 Water Aerobics (LPA) <b>10:30 Neighborhood Walk with Sonia (ROS)</b> 11:00 Tai Chi for Balance (All Levels) (LCT) 1:00 Massage by Appointment (RSS)	<b>26</b> 8:45 Strength & Range of Motion (LCT) <b>9:30 New! Strength &amp; Range of Motion (ROS)</b> 9:45 Seated Strength & Range of Motion (LCT) 10:00 Supervised Fitness Room (LFR) 3:30 Chair Yoga with Kisa (ROS)	<b>27</b> <b>9:00 Boulder Parks &amp; Rec Senior Hike** ( )</b> 10:00 Water Aerobics (LPA) 11:00 Fit Room Circuit Class (LFR) 11:00 Tai Chi for Balance (All Levels) (LCT) <b>2:00 Eating for Energy class** (LAR)</b>	<b>28</b> 8:45 Strength & Range of Motion (LCT) 9:45 Seated Strength & Range of Motion (LCT) 1:15 Tai Chi for Balance (All Levels) (LCT)	<b>29</b> 9:00 Wii Bowling (LAG) 9:30 Water Aerobics (LPA) 10:00 Wii Bowling (LAG)	<b>30</b>

# March 2019

Wellness  
1331 Hecla Dr. Louisville

**BALFOUR**<sup>®</sup>  
★ ★ SENIOR LIVING ★ ★