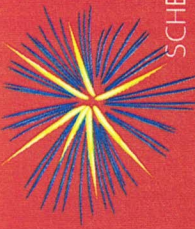


# July 2023



Regular Trips & Events: Daily Shopping, Movie -7/4, Swimming @ Parker Rec-7/10, 7/13, 7/20, 7/31, Picnic in the Park-7/7, Denver Botanic Gardens-7/5, Casino-7/26, Idaho Springs-7/12, BINGO for \$\$\$-7/21 & 7/25

DAILY: Breakfast 10am, Snack 12pm, Lunch 2pm  
Independent Activities: TV, Wii Fit, Pool Table, Movies, Games, Puzzles, Music, Computers, Adult Coloring, Conversation, Walking

SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>ALPINE CLOSED!!!</b> 3 	<b>\$7 Movie</b> 4 <b>Shopping, Movie Tavern</b> Independent Activities, Recreation Therapy-Exercise, Tai Chi, Karaoke, Board Games	<b>Denver Botanic Gardens</b> 5 <b>Shopping</b> Independent Activities, Recreation Therapy-Exercise, Fitness Games	<b>Shopping, WI-Bowling</b> 6 Independent Activities, Recreation Therapy-Exercise, Tai Chi, Jewelry Crafts	<b>Picnic CHERRY CREEK STATE PARK</b> 7 <b>EVERYONE ATTENDS!</b> 
<b>\$8-Parker Rec Center</b> 10 <b>Shopping, Swimming-\$8</b> Independent Activities, Recreation Therapy-Exercise, Ceramic Crafts	<b>Shopping</b> 11 Independent Activities, Recreation Therapy-Exercise, Tai Chi, Wii Bowling Tournament	<b>\$20- IDAHOE SPRINGS</b> 12 <b>Shopping, Swimming-\$20</b> Independent Activities, Recreation Therapy-Exercise, Chair-Salsa	<b>Shopping</b> 13 Independent Activities, Recreation Therapy-Exercise, Tai Chi, Ping-Pong Tournament	<b>Shopping</b> 14 Independent Activities, Recreation Therapy-Exercise, Socks Animal Crafts
<b>Shopping</b> 17 Independent Activities, Recreation Therapy-Exercise, Book Reading/Discussion	<b>Shopping</b> 18 Independent Activities, Recreation Therapy-Exercise, Tai Chi	<b>Therapy Pig Visit</b> 19 <b>Shopping</b> Independent Activities, Recreation Therapy-Exercise, Paper Crafts	<b>\$8-Parker Rec Center</b> 20 <b>Shopping, Swimming-\$8</b> Independent Activities, Recreation Therapy-Exercise, Tai Chi, Cards/Monopoly	<b>BINGO for \$\$\$</b> 21 <b>Shopping</b> Independent Activities, Recreation Therapy-Exercise, Chair-Salsa
<b>Shopping</b> 24 Independent Activities, Recreation Therapy-Exercise	<b>BINGO for \$\$\$</b> 25 <b>Shopping</b> Independent Activities, Recreation Therapy-Exercise, Tai Chi	<b>CASINO</b> 26 <b>Shopping</b> Independent Activities, Recreation Therapy-Exercise, Karaoke	<b>Shopping</b> 27 Independent Activities, Recreation Therapy-Exercise, Tai Chi, Magazine Scavenger Hunt	<b>BIRTHDAY PARTY!!!!</b> 28 <b>Shopping</b> Independent Activities, Recreation Therapy-Exercise
<b>\$8-Parker Rec Center</b> 31 <b>Shopping, Swimming - \$8</b> Independent Activities, Recreation Therapy-Exercise				

1985 S. Havana St, Aurora 80014 (303)755-8002



**ALPINE ADULT DAY CARE**  
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