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Opening Day Roster Taking Shape

By Thomas Harding @harding_at_mlb

March 5, 2019

Scottsdale, Ariz. — We did it at the start of Spring Training and we're doing it again in the middle of camp: predicting the Rockies' Opening Day roster. Only there is a little twist.

Nothing has changed from our pre-camp predictions, for two reasons:

- There have been no injuries that threaten anyone's availability. The Rockies are knocking on the sturdy wood of their palace at Salt River Fields at Talking Stick over that one.
- There are places where a player is turning heads, but all of those situations involve a veteran with a track record.

Catcher (2): Chris Iannetta, Tony Wolters

What has changed: Tom Murphy is off to a solid offensive start, has a deep Minor League history with the starting pitching staff and has some thunder in his bat. He's also out of Minor League options, which means he would have to be exposed to waivers to be sent down. With Iannetta turning 36 in April and Wolters with options, Murphy could win regular duty, stick as a backup, or deal with the uncertainty of waivers.

First base (2): Daniel Murphy, Mark Reynolds

What has changed: Pat Valaika has three Cactus League home runs and is showing signs of the stroke that he used to become the National League's most accomplished rookie pinch-hitter in 2017. Valaika also plays all four infield positions and can give a credible game in the outfield. Reynolds, a non-roster invitee, has started slowly, but he has deep experience, is a viable starter should an injury occur, and will devote the latter part of the spring to testing his pinch-hit routine.

Second base (2): Ryan McMahon, Garrett Hampson

What has changed: This duo has made the Rockies breathe easier about replacing longtime star DJ LeMahieu, who signed with the Yankees as a free agent. The left-handed-hitting McMahon and right-handed-hitting Hampson have played well at the plate and in the field, and manager Bud Black is keeping them fresh at other positions — McMahon at first and third, Hampson at second base, third, shortstop and center field. If they hold up, starts could come based on the hot hand or matchups, but either would be useful off the bench.

Third base (1): Nolan Arenado

What has changed: Eight years and \$260 million, thanks to a new contract. McMahon or Hampson could move there should Arenado ever need a day off.

Shortstop (1): Trevor Story

What has changed: With LeMahieu gone, Story has to replace his leadership and toughness, as well as learn — and teach — the younger second basemen. A key at the position is Brendan Rodgers, the team's No. 1 prospect, according to MLB Pipeline. Rodgers isn't having the knock-'em-dead spring that would give him starts at second base, but he's an important figure. Story has been the player the Rockies could least afford to lose because of his defense, but Rodgers has all the tools and needs to be ready if something were to happen.

Left field (1): David Dahl

He is embracing what the Rockies have envisioned all along, which is the expectation of replacing Carlos González as a consistent run producer.



Rockies Excursion April 24

(Continued on back.)

Opening Day Roster Taking Shape (Continued)

Center field (2): Ian Desmond, Raimel Tapia

What has changed: Desmond has made a full transition from first base and left field last year to center. Tapia, turning in better at-bats in situations that he'll likely see during the regular season, could be used to rest Desmond, as well as the corner outfielders.

Right field (1): Charlie Blackmon

What has changed: The Rockies decided to move Blackmon out of center field in hopes of preserving his legs and getting power and production.

Starting pitchers (5): LHP Kyle Freeland, RHP German Márquez, LHP Tyler Anderson, RHP Jon Gray, RHP Chad Bettis

What has changed: Antonio Senzatela arrived ready to pitch, with a 2.25 ERA in his first two Cactus League outings. Bettis carried a 9.00 through two starts into Monday's game against the Brewers. But keep in mind, Bettis in past springs often skipped the early portion to work on his delivery, so tinkering early is nothing new. Bettis is adding a slider this year. It's possible that Senzatela could push Bettis to the bullpen, but that could create a crowded situation.

Bullpen: RHP Wade Davis, RHP Scott Oberg, RHP Seunghwan Oh, LHP Jake McGee, RHP Bryan Shaw, LHP Mike Dunn, LHP Chris Rusin, Senzatela

What has changed: This was the earlier prediction, but the guy to watch is Carlos Estévez, who appears healthy – with high velocity – after not appearing in the Majors last season because of oblique and right elbow injuries. Estevez is out of Minor League options, so that will make for an interesting decision. Right-hander DJ Johnson is turning heads with his early work, and Yency Almonte and lefty Harrison Musgrave will be factors.

Thomas Harding has covered the Rockies since 2000, and for MLB.com since 2002. Follow him on Twitter @harding_at_mlb and like his Facebook page.

Crunchy Carrots

Famous for their crunch and their bright orange color, carrots are one of the most popular produce picks.

Wild carrots grew in Asia at least 3,000 years ago, but they weren't the vegetable we know today. In hues of purple, green, yellow and white, they were tough and bitter, and used mainly for medicinal purposes. Edible orange carrots are thought to have been developed by the Dutch in the 1600s. European settlers brought carrot seeds to Colonial America for cultivating.

Carrots are a root vegetable, and because they grow underground, they absorb nutrients from the soil. Along with fiber and vitamin C, carrots are packed with beta carotene, an antioxidant that the body converts into vitamin A, needed for healthy eyes, skin and immunity. The natural sugar content in carrots provides a subtle sweet flavor to dishes, even desserts such as carrot cake.

Although carrots come in many colors and sizes, baby-cut carrots make up nearly 70 percent of carrot sales. Developed in 1986, these snack staples are simply full-grown carrots that have been cut and peeled into 2-inch pieces.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p>9:15 Strengthen & Move, BR 1</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Mexican Train Dominoes, PB</p> <p>10:30 Bible Study, AK</p> <p>11:15 BLOOD PRESSURE CHECKS, LH</p> <p>11:15 Balloon Volleyball, BR</p> <p>2:00 Just for Fun Bingo, PB</p> <p>3:20 Texas Hold 'Em, AK</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Fusion Fit & Balance, BR 2</p> <p>11:00 TED Talk Tuesday, TH</p> <p>1:00 Contract Bridge, PB</p> <p>3:00 Men's Coffee, OG</p> <p>3:00 Ladies' Afternoon Tea, MR</p> <p>4:00 Line Dancing, PF</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Strengthen & Move, BR 3</p> <p>10:00 Aqua Fitness, PF</p> <p>10:15 Excursion Global Village Museum: Russian Retrospective, FD</p> <p>1:30 Bingo, .25, OG</p> <p>2:00 Euchre: Resident Led, OG</p> <p>3:00 Technology Help, PB</p> <p>3:00 Furry Friend Visit: Cubby, LR</p> <p>4:00 Flower Arrangement, AK</p> <p>6:00 Cribbage: Resident Led, PB</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Fusion Fit & Balance, BR 4</p> <p>10:00 Update: Recycling in Larimer County, TH</p> <p>11:00 BOOK CLUB, PB</p> <p>12:30 Thursday Matinee, TH</p> <p>1:00 Shopping: Quilters Dream, FD</p> <p>2:00 Hearts, OG</p> <p>2:30 Ping-Pong, PF</p> <p>2:30 Singalong, CH</p> <p>4:00 Line Dancing, PF</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Strengthen & Move, BR 5</p> <p>9:30 Current Events Discussion Group, PB</p> <p>10:00 Aqua Fitness, PF</p> <p>10:30 Knitting & Crochet, Den</p> <p>2:00 Skip-Bo, OG</p> <p>4:30 Happy Hour: Eddie Kendrick, BR</p> <p>7:00 Movie Night, TH</p>	<p>10:00 Beginners Tai Chi, PF 6</p> <p>11:15 Balloon Volleyball, BR</p> <p>12:00 Lunch Outing, FD</p> <p>1:30 Bingo, .50, OG</p> <p>3:00 Lecture Series, TH</p> <p>3:15 Blackjack, OG</p> <p>7:00 Movie Night, TH</p>	
<p>10:30 Sunday Family Brunch, MR 7</p> <p>10:30 Live Church Services with Timberline, TH</p> <p>1:00 Transportation Round Table Discussion, OG</p> <p>2:15 Dealer's Choice Poker, OG</p> <p>3:00 Lecture Series, TH</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Strengthen & Move, BR 8</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Mexican Train Dominoes, PB</p> <p>10:30 Bible Study, AK</p> <p>11:15 BLOOD PRESSURE CHECKS, LH</p> <p>11:15 Balloon Volleyball, BR</p> <p>1:00 Beginners' Watercolor Class, AK</p> <p>2:00 Just for Fun Bingo, PB</p> <p>3:20 Texas Hold 'Em, AK</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Fusion Fit & Balance, BR 9</p> <p>10:30 Archery with Erica, FD</p> <p>11:00 TED Talk Tuesday, TH</p> <p>1:00 Duplicate Bridge, PB</p> <p>3:00 Men's Coffee, OG</p> <p>3:00 Ladies' Afternoon Tea, MR</p> <p>4:00 Line Dancing, PF</p> <p>5:00 Isaac at the Piano, LR</p> <p>7:00 Movie Night, TH</p>	<p>8:30 Excursion: Black Hawk Colorado, FD 10</p> <p>9:15 Strengthen & Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>12:30 Music with Scott Jensen, LR</p> <p>1:30 Bingo, .25, OG</p> <p>2:00 Euchre: Resident Led, OG</p> <p>3:00 Technology Help, PB</p> <p>4:00 Wine & Cheese Social, OG</p> <p>6:00 Cribbage: Resident Led, PB</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Fusion Fit & Balance, BR 11</p> <p>10:00 Premier Jewelry, AK</p> <p>10:30 Book Club, PB</p> <p>11:00 Catholic Communion Service, CH</p> <p>12:30 Thursday Matinee, TH</p> <p>1:00 Shopping Outings, FD</p> <p>2:00 Hearts, OG</p> <p>2:30 Ping-Pong, PF</p> <p>2:30 Singalong, CH</p> <p>4:00 Line Dancing, PF</p> <p>4:00 New Member Reception, LR</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Strengthen & Move, BR 12</p> <p>10:00 Aqua Fitness, PF</p> <p>10:30 Knitting & Crochet, Den</p> <p>11:15 Healthy Cooking Made Friendly, AK</p> <p>1:00 Craft Class, AK</p> <p>2:00 Skip-Bo, OG</p> <p>4:30 Happy Hour: Davis & Maverick, BR</p> <p>7:00 Movie Night, TH</p>	<p>10:00 Beginners Tai Chi, PF 13</p> <p>11:15 Balloon Volleyball, BR</p> <p>1:30 Bingo, .50, OG</p> <p>3:00 Lecture Series, TH</p> <p>3:15 Blackjack, OG</p> <p>7:00 Movie Night, TH</p>	
<p>PALM SUNDAY 14</p> <p>10:30 Sunday Family Brunch, MR</p> <p>10:30 Live Church Services with Timberline, TH</p> <p>1:00 Transportation Round Table Discussion, OB</p> <p>2:15 Dealer's Choice Poker, OG</p> <p>3:00 Lecture Series, TH</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Strengthen & Move, BR 15</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Mexican Train Dominoes, PB</p> <p>10:30 Bible Study, AK</p> <p>11:15 BLOOD PRESSURE CHECKS, LH</p> <p>11:15 Balloon Volleyball, BR</p> <p>2:00 Just for Fun Bingo, PB</p> <p>3:20 Texas Hold 'Em, AK</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Fusion Fit & Balance, BR 16</p> <p>11:00 TED Talk Tuesday, TH</p> <p>12:00 Piano with Steve Ambrose, LR</p> <p>1:00 Contract Bridge, PB</p> <p>3:00 Men's Coffee, OG</p> <p>3:00 Ladies' Afternoon Tea, MR</p> <p>4:00 Line Dancing, PF</p> <p>5:00 Make Mine a Mackenzie Special: Enchanted Forest, MR</p> <p>7:00 Movie Night, TH</p>	<p>8:00 Excursion: Air Route Traffic Control Center, FD 17</p> <p>9:15 Strengthen & Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>1:30 Bingo, .25, OG</p> <p>2:00 Euchre: Resident Led, OG</p> <p>3:00 Technology Help, PB</p> <p>4:00 Flower Arrangement, AK</p> <p>6:00 Cribbage: Resident Led, PB</p> <p>7:00 Movie Night, TH</p>	<p>9:00 COMPLIMENTARY HEARING SCREENINGS, AK 18</p> <p>9:15 Fusion Fit & Balance, BR</p> <p>10:30 Book Club, PB</p> <p>11:30 Piano with Tim McLemore, LR</p> <p>12:30 Thursday Matinee, TH</p> <p>2:00 Hearts, OG</p> <p>2:30 Ping-Pong, PF</p> <p>2:30 Singalong, CH</p> <p>4:00 Line Dancing, PF</p> <p>4:30 Passover Sedera, PB</p> <p>7:00 Movie Night, TH</p>	<p>GOOD FRIDAY 19</p> <p>PASSOVER BEGINS AT SUNSET</p> <p>9:15 Strengthen & Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>10:30 Knitting & Crochet, Den</p> <p>11:30 Birthday Celebration, BR</p> <p>1:00 "Ask a Nurse!," PB</p> <p>2:00 Skip-Bo, OG</p> <p>4:30 Happy Hour: Joshua Brookstein, MR</p> <p>7:00 Movie Night, TH</p>	<p>10:00 Beginners Tai Chi, PF 20</p> <p>11:15 Balloon Volleyball, BR</p> <p>11:30 Violin Duet, LR</p> <p>12:00 Lunch Outing, FD</p> <p>1:30 Bingo, .50, OG</p> <p>3:00 Lecture Series, TH</p> <p>3:15 Blackjack, OG</p> <p>7:00 Movie Night, TH</p>	
<p>EASTER SUNDAY 21</p> <p>10:30 Live Church Services with Timberline, TH</p> <p>10:30 Easter Brunch, MR</p> <p>11:30 Mary Ellen Holmes, Harpist, LR</p> <p>1:00 Easter Family Craft, AK</p> <p>1:30 Children's Egg Hunt, PC</p> <p>2:15 Dealer's Choice Poker, OG</p> <p>3:00 Lecture Series, TH</p> <p>7:00 Movie Night, TH</p>	<p>EARTH DAY 22</p> <p>9:15 Strengthen & Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Mexican Train Dominoes, PB</p> <p>10:30 Bible Study, AK</p> <p>11:15 BLOOD PRESSURE CHECKS, LH</p> <p>11:15 Balloon Volleyball, BR</p> <p>2:00 Just for Fun Bingo, PB</p> <p>3:20 Texas Hold 'Em, AK</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Fusion Fit & Balance, BR 23</p> <p>10:00 Optimal Clinic, PF</p> <p>11:00 TED Talk Tuesday, TH</p> <p>1:00 Duplicate Bridge, PB</p> <p>3:00 Men's Coffee, OG</p> <p>3:00 Ladies' Afternoon Tea, MR</p> <p>4:00 Line Dancing, PF</p> <p>5:00 Isaac at the Piano, LR</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Strengthen & Move, BR 24</p> <p>10:00 Aqua Fitness, PF</p> <p>11:00 Excursion: Rockies Baseball Game, FD</p> <p>1:30 Bingo, .25, OG</p> <p>2:00 Euchre: Resident Led, OG</p> <p>3:00 Technology Help, PB</p> <p>4:00 Off the Clock with John, OG</p> <p>6:00 Cribbage: Resident Led, PB</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Fusion Fit & Balance, BR 25</p> <p>10:30 Book Club, PB</p> <p>11:00 Catholic Communion Service, CH</p> <p>12:30 Thursday Matinee, TH</p> <p>1:00 Shopping Outings, FD</p> <p>2:00 Hearts, OG</p> <p>2:30 Ping-Pong, PF</p> <p>2:30 Singalong, CH</p> <p>4:00 Line Dancing, PF</p> <p>4:00 Symphony, TH</p> <p>7:00 Movie Night, TH</p>	<p><i>Dr. Collins with on Site Dermatology</i> 26</p> <p>9:15 Strengthen & Move, BR</p> <p>9:30 Golfing with Troy, FD</p> <p>10:00 Water Volleyball, PF</p> <p>10:30 Knitting & Crochet, Den</p> <p>11:15 Healthy Cooking Made Friendly, AK</p> <p>2:00 Skip-Bo, OG</p> <p>4:30 Happy Hour: Mary Jo & Cecilia, BR</p> <p>7:00 Movie Night, TH</p>	<p>10:00 Beginners Tai Chi, PF 27</p> <p>11:15 Balloon Volleyball, BR</p> <p>1:30 Bingo, .50, OG</p> <p>3:00 Lecture Series, TH</p> <p>3:15 Blackjack, OG</p> <p>4:00 VIOLIN RECITAL, LR</p> <p>7:00 Movie Night, TH</p>	
<p>10:30 Sunday Family Brunch, MR 28</p> <p>10:30 Live Church Services with Timberline, TH</p> <p>2:15 Dealer's Choice Poker, OG</p> <p>3:00 Lecture Series, TH</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Strengthen & Move, BR 29</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Mexican Train Dominoes, PB</p> <p>10:30 Bible Study, AK</p> <p>11:15 BLOOD PRESSURE CHECKS, LH</p> <p>11:15 Balloon Volleyball, BR</p> <p>11:30 Piano with Dave Dillon, LR</p> <p>2:00 Town Hall Meeting, MR</p> <p>3:20 Texas Hold 'Em, AK</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Fusion Fit & Balance, BR 30</p> <p>11:00 Ted Talk Live: CSU Sustainability Program, TH</p> <p>1:00 Contract Bridge, PB</p> <p>3:00 Men's Coffee, OG</p> <p>3:00 Ladies' Afternoon Tea, MR</p> <p>4:00 Line Dancing, PF</p> <p>7:00 Movie Night, TH</p>	<p>Transportation</p> <p>Monday, First Monday ONLY at 10 a.m.: Walgreens/Dollar Store</p> <p>Monday, 2 p.m.: Super Target/Library</p> <p>Thursday, 10:30 a.m.: Safeway Grocery</p> <p>Thursday, 10 a.m.: King Soopers Grocery</p> <p>Sunday, 9 a.m.: Various Churches</p> <p>Sunday, 1:30 p.m.: King Soopers Grocery</p> <p>Sunday, 2 p.m.: Safeway Grocery</p>			<p>Locations</p> <p>Activity Kitchen, AK</p> <p>Ballroom, BR</p> <p>Chapel, CH</p> <p>Den, Den</p> <p>Front Desk, FD</p> <p>Legacy Healthcare (Third Floor), LH</p> <p>Living Room, LR</p> <p>Mason's Restaurant, MR</p> <p>Memory Care Courtyard, MC</p> <p>Old Grout Pub, OG</p> <p>Pioneer Bistro, PB</p> <p>Pool Courtyard, PC</p> <p>PrimeFit, PF</p> <p>Private Dining Room, PDR</p> <p>The Lodge, Lodge</p> <p>Theater, TH</p>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>8:00 ● National Geographic & Coffee 1</p> <p>9:00 ● Air Force Melody Stretch</p> <p>10:00 ● Scenics Pressed Flowers</p> <p>11:00 ● Paddle Ball</p> <p>1:00 ● Washington DC Crossword</p> <p>2:00 ● Garden Walk</p> <p>3:00 ● Airplane Puzzle</p> <p>3:30 ● Did You Hear That?</p> <p>4:00 ● Music with Melanie</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Food Network Magazine & Coffee 2</p> <p>9:00 ● Mambo Stretch</p> <p>10:00 ● Dyeing for Pasta</p> <p>10:30 ● Football</p> <p>1:30 ● Excursion: Gregory Allicar Museum</p> <p>2:00 ● Italian Sport Cars</p> <p>3:00 ● Basil Hand Massage</p> <p>4:00 ● Poker</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Remember the '90s 3</p> <p>9:00 ● Macarena Move</p> <p>10:00 ● Suet Feeder</p> <p>10:30 ● Eldergrow</p> <p>11:30 ● Movie Star Matchup</p> <p>1:00 ● Name That Tune</p> <p>2:00 ● Balloon Volleyball</p> <p>3:00 ● Poetry Slam</p> <p>3:30 ● Furry Friend Visit: Cubby</p> <p>4:00 ● Sorting Can</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● The New Yorker & Tea 4</p> <p>9:00 ● Jazz Stretch</p> <p>10:00 ● Flower Arrangement</p> <p>10:30 ● Memory Cafe</p> <p>1:00 ● What's in the Bag?</p> <p>2:15 ● Workout with Melissa *</p> <p>3:00 ● House Chores</p> <p>4:00 ● Sandlewood Bingo</p> <p>6:00 ● Movie Time PF</p>	<p>8:00 ● Powder Magazine & Coffee 5</p> <p>9:00 ● Aurora Borealis Stretch</p> <p>10:00 ● Salt Painted Snowflakes</p> <p>11:15 ● Scott Jensen</p> <p>1:30 ● Scenic Drive: Terry Lake</p> <p>2:00 ● Ski Packing</p> <p>2:30 ● Winter Wonderland Crossword</p> <p>3:00 ● Happy Hour</p> <p>4:00 ● Table Setting</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Coffee&Conversation 6</p> <p>9:00 ● Sunshine Stretch</p> <p>10:00 ● Stencil Craft</p> <p>11:00 ● Balloon Bop</p> <p>1:00 ● Lemon Manicure</p> <p>2:00 ● Golf in a Bottle</p> <p>3:00 ● Setting the Table</p> <p>4:00 ● Cards Anyone?</p> <p>6:00 ● Movie: The in Laws</p>
<p>8:00 ● California News & Coffee 7</p> <p>9:00 ● Orange Sky Stretch</p> <p>9:30 ● Hymns with Elaine</p> <p>10:30 ● Sunday Church Service</p> <p>11:00 ● I'm Stuck on You</p> <p>1:00 ● Poetry Reading</p> <p>2:00 ● Napkin Folding</p> <p>3:00 ● California in a Bag</p> <p>4:00 ● Bingo</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Businesses & Coffee 8</p> <p>9:00 ● Iz Stretch</p> <p>10:00 ● Hot Chocolate by the Fireplace</p> <p>11:00 ● Scuba Crossword</p> <p>1:00 ● Paddle Ball</p> <p>2:00 ● Farm Animal Roundup</p> <p>2:30 ● Bakers Bunch</p> <p>3:00 ● Saltwater Fish Puzzle</p> <p>4:00 ● World Languages</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● International News & Tea 9</p> <p>9:00 ● Flamenco Stretch</p> <p>10:00 ● Thread the Noodle</p> <p>11:00 ● Football</p> <p>11:30 ● Mayan Temple</p> <p>1:30 ● Documentary: Quest for the Lost City</p> <p>2:00 ● Mayan Jaguar Mask</p> <p>3:00 ● Cinnamon Hand Massage</p> <p>4:00 ● Cards Anyone?</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Remember 2000 10</p> <p>9:00 ● No Problems Stretch</p> <p>10:00 ● Tie Dye Filters</p> <p>11:00 ● Famous Movie Themes</p> <p>11:30 ● Turn of the Century Fads</p> <p>1:30 ● Singalong with Kendra</p> <p>2:30 ● Balloon Volleyball</p> <p>3:00 ● Modern Poetry</p> <p>4:00 ● Table Sort</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● PC Magazine & Tea 11</p> <p>9:00 ● Start Me Up Stretch</p> <p>10:00 ● Ocean Sensory Bag</p> <p>11:00 ● Sports Puzzle</p> <p>11:30 ● Napkin Folding</p> <p>1:00 ● What's in the Bag?</p> <p>2:00 ● Short Crust Pastry</p> <p>3:00 ● House Chores</p> <p>4:00 ● Peppermint Bingo</p> <p>6:00 ● Movie: The Great Escape</p>	<p>8:00 ● Summer Olympics & Coffee 12</p> <p>9:00 ● Summer Stretch</p> <p>10:00 ● Sponge Flower Garden</p> <p>11:15 ● Scott Jensen</p> <p>1:30 ● Scenic Drive: Boyd Lake</p> <p>2:00 ● Pool Packing</p> <p>2:30 ● Slide Puzzles</p> <p>3:00 ● Happy Hour</p> <p>4:00 ● Table Setting</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● State Park News & Coffee 13</p> <p>9:00 ● Journey Stretch</p> <p>10:00 ● Sourdough Breadsticks</p> <p>11:00 ● Balloon Bop</p> <p>1:00 ● Vanilla Manicure</p> <p>2:00 ● Ocean Bottles</p> <p>3:00 ● Setting the Table</p> <p>4:00 ● Crazy 8's</p> <p>6:00 ● The Natural</p>
<p>PALM SUNDAY 14</p> <p>8:00 ● Health News & Coffee Good?</p> <p>9:00 ● Rocky Mountain Stretch</p> <p>9:30 ● Hymns</p> <p>10:30 ● Sunday Church Service</p> <p>10:30 ● Watercolor with Katie</p> <p>1:00 ● Poetry Reading</p> <p>2:00 ● Napkin Folding</p> <p>3:00 ● Avalanche in a Bag</p> <p>4:00 ● Lily Bingo</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Coffee & Scouting Stories 15</p> <p>9:00 ● Oklahoma Stretch</p> <p>10:00 ● Turtle Time</p> <p>11:00 ● Camping in Words</p> <p>1:00 ● Paddle Ball</p> <p>2:00 ● S'mores on the Patio</p> <p>3:00 ● Fabric Vase</p> <p>4:00 ● Music with Mo</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Geography of Poland & Coffee 16</p> <p>9:00 ● Lipinski Stretch</p> <p>10:00 ● Pysanky Easter Egg Decoration</p> <p>11:00 ● Football</p> <p>11:00 ● Steve Ambrose on Piano</p> <p>11:30 ● Polish Attire</p> <p>1:30 ● Excursion: Greenhouse</p> <p>2:00 ● Animals of Poland</p> <p>3:00 ● Dill Hand Massage</p> <p>3:30 ● Color Sort</p> <p>4:00 ● Cards Anyone?</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Time Magazine & Tea 17</p> <p>9:00 ● Jazz Stretch</p> <p>10:00 ● Light Art</p> <p>10:30 ● Eldergrow</p> <p>11:30 ● Laughing Basket</p> <p>1:00 ● Tribute Songs</p> <p>2:00 ● Balloon Volleyball</p> <p>3:00 ● Today's Poetry</p> <p>4:00 ● Sort the Royalty</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Coffee! & Newspaper 18</p> <p>9:00 ● Buffett Stretch</p> <p>10:00 ● Flower Arrangement</p> <p>10:30 ● Memory Cafe</p> <p>11:30 ● Campfire Songs</p> <p>1:00 ● What's in the Bag?</p> <p>1:00 ● RESIDENT COUNCIL</p> <p>2:15 ● Workout with Melissa *</p> <p>3:00 ● House Chores</p> <p>4:00 ● Pine Bingo</p> <p>6:00 ● Movie Time PF</p>	<p>GOOD FRIDAY 19</p> <p>PASSOVER BEGINS AT SUNSET</p> <p>8:00 ● Coffee&Conversation</p> <p>9:00 ● Autumn Stretch in NY</p> <p>10:00 ● Q Tip Tree</p> <p>11:15 ● Scott Jensen</p> <p>1:00 ● Scenic Drive: Bellview</p> <p>2:00 ● Find Fall</p> <p>2:30 ● Autumn Puzzler</p> <p>3:00 ● Happy Hour</p> <p>4:00 ● Table Setting</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Coffee & Art About Town 20</p> <p>9:00 ● Denver Stretch</p> <p>10:00 ● Texas Stencil</p> <p>10:30 ● Children's Performance</p> <p>11:00 ● Balloon Bop</p> <p>1:00 ● Rose Manicure</p> <p>2:00 ● Occupation Bottles</p> <p>3:00 ● Setting the Table</p> <p>4:00 ● Cards Anyone?</p> <p>6:00 ● Movie Time</p>
<p>EASTER SUNDAY 21</p> <p>8:00 ● Easter Traditions Around the World</p> <p>9:00 ● Stretch with Bach</p> <p>9:30 ● Hymns</p> <p>10:30 ● Sunday Church Service</p> <p>11:00 ● I'm Stuck on You</p> <p>11:30 ● Harp in Living Room</p> <p>1:00 ● Easter Poetry</p> <p>1:30 ● Egg Hunt</p> <p>2:30 ● Bunny Hop</p> <p>4:00 ● Watermelon Bingo</p> <p>6:00 ● Movie Time</p>	<p>EARTH DAY 22</p> <p>8:00 ● Conservation News & Tea</p> <p>9:00 ● Stretch in the Bluegrass</p> <p>10:00 ● Root Beer at the Pool Table</p> <p>11:00 ● Sending Words</p> <p>1:00 ● Wii Bowling</p> <p>2:00 ● Colortouch</p> <p>2:30 ● Bakers Bunch</p> <p>3:00 ● Locked Up Tight</p> <p>4:00 ● Cash Singalong</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Wildlife & Coffee 23</p> <p>9:00 ● Native Drum Stretch</p> <p>10:00 ● Fall Fabric Garland</p> <p>11:00 ● Football</p> <p>11:30 ● Pottery</p> <p>1:30 ● Docudrama: I Will Fight No More Forever</p> <p>2:30 ● Color Your World</p> <p>3:00 ● Sage Hand Massage</p> <p>3:30 ● Remember Turquoise</p> <p>4:00 ● Cards Anyone?</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Coffee & Reminisce 24</p> <p>9:00 ● Stretch on Blueberry Hill</p> <p>10:00 ● Fidget Tool Fix</p> <p>11:00 ● Quick Fire Quiz</p> <p>1:00 ● Name That Tune</p> <p>2:00 ● Balloon Volleyball</p> <p>3:00 ● Reminisce Story Line</p> <p>4:00 ● Whisk the Time Away</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Coffee & The Paper 25</p> <p>9:00 ● Strauss Stretch</p> <p>10:00 ● Recycled Garden Art</p> <p>11:00 ● Horsing Around</p> <p>11:30 ● Napkin Folding</p> <p>1:00 ● What's in the Bag?</p> <p>2:00 ● Waffle Cones</p> <p>3:00 ● House Chores</p> <p>4:00 ● Peppermint Bingo</p> <p>6:00 ● Movie: National Velvet</p>	<p>8:00 ● Gardening & Tea 26</p> <p>9:00 ● Spring Stretch Out</p> <p>10:00 ● Painting with Bubbles</p> <p>11:15 ● Scott Jensen</p> <p>1:30 ● Scenic Drive: Carter Lake</p> <p>2:00 ● Spring Weather Patterns</p> <p>2:30 ● Spring Babies</p> <p>3:00 ● Happy Hour</p> <p>4:00 ● Table Setting</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Decaf & Entertainment News 27</p> <p>9:00 ● Nat King Cole Stretch</p> <p>10:00 ● Abstract Stencil</p> <p>11:00 ● Balloon Bop</p> <p>1:00 ● Frankincense Hand Manicure</p> <p>2:00 ● Golf Sense</p> <p>3:00 ● Setting the Table</p> <p>4:00 ● Cards Anyone?</p> <p>6:00 ● Movie Time</p>
<p>8:00 ● Oceans of Coffee 28</p> <p>9:00 ● Put on Your Blue Suede Shoes</p> <p>9:30 ● Hymns</p> <p>10:30 ● Sunday Church Service</p> <p>10:30 ● Watercolor with Katie</p> <p>1:00 ● April Poems</p> <p>2:00 ● Napkin Folding</p> <p>3:00 ● Slimed</p> <p>4:00 ● Breathe Bingo</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Coffee & Turkey 29</p> <p>9:00 ● Turkish Stretch</p> <p>10:00 ● Lemonade by the Pool</p> <p>11:00 ● Air Force Crossword</p> <p>1:00 ● Paddle Ball</p> <p>2:00 ● Evil Eye Pillow</p> <p>3:00 ● Flags</p> <p>4:00 ● Movie Magic</p> <p>6:00 ● Movie: Co Co</p>	<p>8:00 ● Denver Zoo & Coffee 30</p> <p>9:00 ● Safari Reach & Stretch</p> <p>10:00 ● Spirit Drums</p> <p>11:00 ● Football</p> <p>11:30 ● Amazing Africa</p> <p>1:30 ● Docudrama: Cool Runnings</p> <p>2:00 ● Mapping Africa</p> <p>2:30 ● Hieroglyphs</p> <p>3:00 ● Vanilla Hand Massage</p> <p>3:30 ● Egyptian Symbolology</p> <p>4:00 ● Cards Anyone?</p> <p>6:00 ● Movie Time</p>				<p>Birthdays</p> <p>Wink Carline, 12th</p> <p>Neil Collender, 12th</p>
 <p>opal key</p> <ul style="list-style-type: none"> Physical Social Experiential Emotional & Spiritual Creative & Artistic Therapeutic Sensory 						