

livfun

Mackenzie Place
FORT COLLINS

JUNE 2019 • SOAK UP THE SUNSHINE



'Berry' Healthy Fruits

Juicy berries are a refreshing summer treat. Their water content and nutrients make them a healthy snack, and their sweet taste adds a burst of flavor to salads, smoothies and desserts. Enjoy these berries that are ripe for the eating:

Strawberries – This summer staple often tops surveys as America's favorite berry and is one of the most-consumed fruits in the U.S. Packed with vitamin C and a good source of fiber, the red, heart-shaped fruit may help protect the heart by lowering blood pressure and reducing cholesterol.

Blueberries – Plump, round blueberries have a high concentration of antioxidants, earning their status as a super food. Research suggests compounds in these berries can boost brain health and help prevent heart disease and diabetes.

Raspberries – At 8 grams per cup, raspberries are one of the fruits highest in fiber. Red varieties are the most popular and have a slightly tart taste. There are also varieties in black, purple and yellow.

Blackberries – Their deep, glossy color is a good indicator of their nutritional content. Blackberries are loaded with disease-fighting antioxidants, manganese and vitamins C and K.



Berry Delightful

A Lot of Hoopla

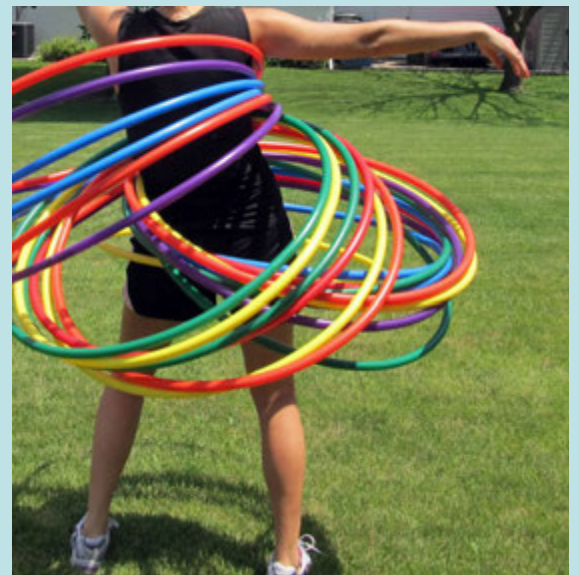
In the late 1950s, a circular piece of plastic became the object of a fad that captivated the country. What was it? The Hula-Hoop!

The idea for it was not new. Since ancient times, people have used dried grapevines and reeds to construct hoops, which they twirled around their waists, rolled along the ground with sticks, and tossed to each other in games of catch. Native Americans used hoops to practice hunting skills and to perform storytelling dances.

Skip ahead to the 20th century, when gym classes in Australia had schoolchildren spinning bamboo hoops around their waists for exercise. That caught the attention of American toy company Wham-O, which then designed a brightly colored plastic version, priced at \$1.98. It called the toy the Hula-Hoop, using a name that had been around because of hooping's resemblance to the Hawaiian hula dance.

Wham-O passed out free hoops and gave playground demonstrations, sparking a Hula-Hoop craze in 1958. Kids and adults swiveled the hoops on their hips, necks and limbs. In just four months, 25 million Hula-Hoops were sold.

Many people still hula-hoop for fun and exercise, and classes and competitions are held all over the world.



Foods That Help Protect Your Skin

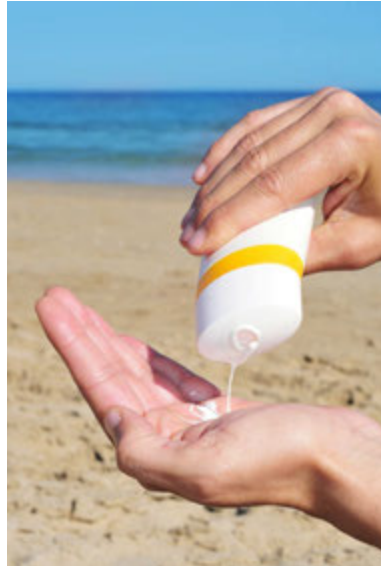
Along with using sunscreen, research suggests that what you eat can also play a role in preventing sun damage. Include these foods in your diet for a dose of added protection.

Watermelon and tomatoes – The red color of these fruits comes from lycopene, an antioxidant that promotes healthy skin and can shield against the sun's harmful ultraviolet rays. Cooked tomatoes offer the most lycopene.

Cantaloupe and carrots – These orange fruits and vegetables have high levels of beta carotene, which may help boost the skin's ability to defend against sunburn.

Vitamin C-rich foods – Peppers, papaya, kiwifruit, broccoli, strawberries and oranges are packed with vitamin C, good for fighting free radicals. Exposure to the sun's radiation can cause these molecules to form and damage cells in the body.

Salmon and tuna – Fish rich in omega-3 fatty acids have been shown to guard against sunburn and skin changes that can lead to cancer. Mackerel and sardines are also good sources of omega-3s.



Washboard Rhythms

Simple and reliable, washboards were once a fixture in many homes. But this cleaning tool does double duty as a music instrument.

For most, washboards were a necessity for doing laundry up until the 1950s. The standard washboard has a grooved metal cleaning surface set inside a wooden frame. Standing the board inside a basin of soapy water, one would scrub clothes clean.

Some also put the boards to work as percussion instruments, often using thimbles, spoons and other accessories to strum and tap the ribbed metal to produce a raspy, clickety-clack sound. Jug bands, which were popular in the 1920s, and Cajun, zydeco and folk groups have incorporated washboard rhythms into their music.

The demand for washboards began to trickle with the use of affordable electric washing machines. Today, the Columbus Washboard Company, located in Logan, Ohio, is the only remaining washboard manufacturer in the U.S. Customers buy the boards for functional and decorative use, but about 40% are purchased for making music.

Every June since 2000, Logan hosts the Washboard Music Festival, where people can soak up the sounds of bands and performers who feature the laundry day mainstay as a musical instrument.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="text-align: center;"> <h3>Transportation</h3> <p>Monday, First Monday ONLY at 10 a.m.: Walgreens/Dollar Store Monday, 2 p.m.: Super Target/Library Thursday, 10 a.m.: King Soopers Grocery</p> </div> <div style="text-align: right;"> <p>Thursday, 10:30 a.m.: Safeway Grocery Sunday, 9 a.m.: Various Churches Sunday, 1:30 p.m.: King Soopers Grocery Sunday, 2 p.m.: Safeway Grocery</p> </div>						<p>10:00 Beginners' Tai Chi, PF ¹ 11:15 Balloon Volleyball, BR 12:00 Lunch Outing, FD 1:30 Bingo, .50, OG 3:00 Lecture Series, TH 3:15 Blackjack, OG 7:00 Movie Night, TH</p>
<p>10:30 Sunday Family Brunch, MR ² 10:30 Live Church Services with Timberline, TH 2:15 Dealer's Choice Poker, OG 3:00 Lecture Series, TH 7:00 Movie Night, TH</p>	<p>9:15 Strengthen & Move, BR ³ 10:00 Aqua Fitness, PF 10:00 Mexican Train Dominoes, PB 10:30 Bible Study, AK 11:15 BLOOD PRESSURE CHECKS, LH 11:15 Balloon Volleyball, BR 2:00 Just for Fun Bingo, PB 3:00 Yoga Class, BR 3:20 Texas Hold 'Em, AK 7:00 Movie Night, TH</p>	<p>9:15 Fusion Fit & Balance, BR ⁴ 10:00 Technology Help, PB 11:00 TED Talk Tuesday, TH 12:00 Steve Ambrose at Piano, LR 1:00 Contract Bridge, PB 3:00 Men's Coffee, OG 3:00 Ladies' Afternoon Tea, MR 4:00 Line Dancing, PF 7:00 Movie Night, TH</p>	<p>8:30 Excursion: Iris Farm, FD ⁵ 9:15 Strengthen & Move, BR 10:00 Aqua Fitness, PF 1:30 Bingo, .25, OG 2:00 Euchre: Resident Led, OG 3:00 Furry Friend: Cubby, LR 4:00 Flower Arrangement, AK 6:00 Cribbage: Resident Led, PB 7:00 Movie Night, TH</p>	<p>9:15 Fusion Fit & Balance, BR ⁶ 11:00 Book Club, PB 11:00 Mary Kay Boutique, AK 12:30 Thursday Matinee, TH 1:00 Shopping: Quilters Corner, FD 2:00 Hearts, OG 2:30 Ping-Pong, PF 2:30 Singalong, CH 4:00 Line Dancing, PF 7:00 Movie Night, TH</p>	<p>8:15 MacKenzie Trail Walkers, FD ⁷ 9:15 Strengthen & Move, BR 9:30 Current Events, PB 10:00 Aqua Fitness, PF 10:30 Knitting & Crochet, Den 2:00 Skip-Bo, PB 4:30 Happy Hour: Hanna Brown, BR 7:00 Movie Night, TH</p>	<p>10:00 Beginners' Tai Chi, PF ⁸ 11:15 Balloon Volleyball, BR 1:30 Bingo, .50, OG 3:00 Lecture Series, TH 3:15 Blackjack, OG 7:00 Movie Night, TH</p>
<p>10:30 Sunday Family Brunch, MR ⁹ 10:30 Live Church Services with Timberline, TH 2:15 Dealer's Choice Poker, OG 3:00 Lecture Series, TH 7:00 Movie Night, TH</p>	<p>9:15 Strengthen & Move, BR ¹⁰ 10:00 Aqua Fitness, PF 10:00 Mexican Train Dominoes, PB 10:30 Bible Study, AK 11:15 BLOOD PRESSURE CHECKS, LH 11:15 Balloon Volleyball, BR 1:00 Beginners Watercolor Class, AK 2:00 Just for Fun Bingo, PB 3:00 Yoga Class, BR 3:20 Texas Hold 'Em, AK 7:00 Movie Night, TH</p>	<p>9:15 Fusion Fit & Balance, BR ¹¹ 10:30 Archery with Erica, FD 11:00 TED Talk Tuesday, TH 1:00 Duplicate Bridge, PB 3:00 Men's Coffee, OG 3:00 Ladies' Afternoon Tea, MR 4:00 Line Dancing, PF 7:00 Movie Night, TH</p>	<p>9:15 Strengthen & Move, BR ¹² 10:00 Aqua Fitness, PF 10:15 Excursion: Washing Machine Museum, FD 12:00 New Resident Lunch with GM, PDR 12:30 Music with Scott Jensen, LR 1:30 Bingo, .25, OG 2:00 Euchre: Resident Led, OG 4:00 Wine & Cheese Social, OG 6:00 Cribbage: Resident Led, PB 7:00 Movie Night, TH</p>	<p>9:15 Fusion Fit & Balance, BR ¹³ 11:00 Catholic Communion Service, CH 11:00 Book Club, PB 12:30 Thursday Matinee, TH 1:00 Shopping: Walmart, FD 2:00 Hearts, OG 2:30 Ping-Pong, PF 2:30 Singalong, CH 4:00 Line Dancing, PF 7:00 Movie Night, TH</p>	<p>FLAG DAY ¹⁴ 8:15 MacKenzie Trail Walkers, FD 9:15 Strengthen & Move, BR 9:30 Father's Day Cinnamon Roll Social, OG 10:00 Aqua Fitness, PF 10:30 Knitting & Crochet, Den 11:15 Presentation:Healthy Cooking Made Friendly, AK 2:00 Skip-Bo, PB 4:30 Father's Day Happy Hour: Big Twang Theory, BR 7:00 Movie Night, TH</p>	<p>10:00 Beginners' Tai Chi, PF ¹⁵ 11:15 Balloon Volleyball, BR 12:00 Lunch Outing, FD 1:30 Bingo, .50, OG 3:00 Lecture Series, TH 3:15 Blackjack, OG 7:00 Movie Night, TH</p>
<p>FATHER'S DAY ¹⁶ 10:30 Sunday Family Brunch, MR 10:30 Live Church Services with Timberline, TH 1:00 Father's Day Rockies Game, TH 2:15 Dealer's Choice Poker, OG 7:00 Movie Night, TH</p>	<p>9:15 Strengthen & Move, BR ¹⁷ 10:00 Aqua Fitness, PF 10:00 Mexican Train Dominoes, PB 10:30 Bible Study, AK 11:15 BLOOD PRESSURE CHECKS, LH 11:15 Balloon Volleyball, BR 2:00 Just for Fun Bingo, PB 3:00 Yoga Class, BR 3:20 Texas Hold 'Em, AK 7:00 Movie Night, TH</p>	<p>9:15 Fusion Fit & Balance, BR ¹⁸ 10:00 Technology Help, PB 11:00 TED Talk Tuesday, TH 1:00 Contract Bridge, PB 3:00 Men's Coffee, OG 3:00 Ladies' Afternoon Tea, MR 4:00 Line Dancing, PF 5:00 Mackenzie Special, MR 7:00 Movie Night, TH</p>	<p>8:30 Excursion: Blackhawk Ameristar Casino, FD ¹⁹ 9:15 Strengthen & Move, BR 10:00 Aqua Fitness, PF 1:30 Bingo, .25, OG 2:00 Euchre: Resident Led, OG 4:00 Flower Arrangement, AK 6:00 Cribbage: Resident Led, PB 7:00 Movie Night, TH</p>	<p>9:00 COMPLIMENTARY HEARING SCREENINGS, AK ²⁰ 9:15 Fusion Fit & Balance, BR 11:00 Book Club, PB 11:00 Couture Chez Vous Boutique, BR 12:30 Thursday Matinee, TH 1:00 Shopping: Lucky's Market, FD 2:00 Hearts, OG 2:30 Ping-Pong, PF 2:30 Singalong, CH 4:00 Line Dancing, PF 7:00 Movie Night, TH</p>	<p>SUMMER BEGINS ²¹ 8:15 MacKenzie Trail Walkers, FD 9:15 Strengthen & Move, BR 9:30 Golfing with Troy, FD 10:00 Aqua Fitness, PF 10:30 Knitting & Crochet, Den 11:30 Birthday Celebration, BR 1:00 "Ask a Nurse!", PB 2:00 Skip-Bo, PB 4:30 Happy Hour: Colleen Crossen & Mark Sloniker, BR 7:00 Movie Night, TH</p>	<p>10:00 Beginners' Tai Chi, PF ²² 11:15 Balloon Volleyball, BR 1:30 Bingo, .50, OG 3:00 Lecture Series, TH 3:15 Blackjack, OG 7:00 Movie Night, TH</p>
<p>10:30 Sunday Family Brunch, MR ²³ 10:30 Live Church Services with Timberline, TH 2:15 Dealer's Choice Poker, OG 3:00 Lecture Series, TH 7:00 Movie Night, TH</p>	<p>9:15 Strengthen & Move, BR ²⁴ 10:00 Aqua Fitness, PF 10:00 Mexican Train Dominoes, PB 10:30 Bible Study, AK 11:15 BLOOD PRESSURE CHECKS, LH 11:15 Balloon Volleyball, BR 12:00 Dave Dillon on Piano, LR 2:00 Town Hall Meeting, MR 3:00 Yoga Class, BR 3:20 Texas Hold 'Em, AK 7:00 Movie Night, TH</p>	<p>9:15 Fusion Fit & Balance, BR ²⁵ 11:00 TED Talk Tuesday, TH 1:00 Duplicate Bridge, PB 3:00 Men's Coffee, OG 3:00 Ladies' Afternoon Tea, MR 4:00 Line Dancing, PF 5:00 Isaac at the Piano, LR 7:00 Movie Night, TH</p>	<p>9:15 Strengthen & Move, BR ²⁶ 10:00 Aqua Fitness, PF 1:00 Shopping: Bed Bath & Beyond, FD 1:30 Bingo, .25, OG 2:00 Euchre: Resident Led, OG 4:00 Off the Clock with John, OG 4:00 Symphony, TH 6:00 Cribbage: Resident Led, PB 7:00 Movie Night, TH</p>	<p>8:45 Excursion: Haystack Mountain Goat Dairy, FD ²⁷ 9:15 Fusion Fit & Balance, BR 11:00 Catholic Communion Service, CH 11:00 Book Club, PB 12:30 Thursday Matinee, TH 2:00 Hearts, OG 2:30 Ping-Pong, PF 2:30 Singalong, CH 4:00 Line Dancing, PF 7:00 Movie Night, TH</p>	<p>8:15 MacKenzie Trail Walkers, FD ²⁸ 9:15 Strengthen & Move, BR 10:00 Water Volleyball, PF 10:30 Knitting & Crochet, Den 11:15 Presentation:Healthy Cooking Made Friendly, AK 1:00 Craft Class, AK 2:00 Skip-Bo, PB 4:30 Happy Hour: Elizabeth Bond, BR 7:00 Movie Night, TH</p>	<p>10:00 Beginners' Tai Chi, PF ²⁹ 11:15 Balloon Volleyball, BR 1:30 Bingo, .50, OG 3:00 Lecture Series, TH 3:15 Blackjack, OG 7:00 Movie Night, TH</p>
<p>10:30 Sunday Family Brunch, MR ³⁰ 10:30 Live Church Services with Timberline, TH 2:15 Dealer's Choice Poker, OG 3:00 Lecture Series, TH 7:00 Movie Night, TH</p>	<p>Locations Activity Kitchen, AK Ballroom, BR Chapel, CH Den, Den Front Desk, FD Legacy Healthcare (Third Floor), LH</p>	<p>Living Room, LR Mason's Restaurant, MR Memory Care Courtyard, MC Old Grout Pub, OG Pioneer Bistro, PB Pool Courtyard, PC PrimeFit, PF</p>	<p>Private Dining Room, PDR The Lodge, Lodge Theater, TH</p>			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthday Gerry Worrell, 6th						8:00 ● Agriculture News 9:00 ● Meditation Stretch 10:00 ● Stencil Craft 11:00 ● Balloon Bop 1:00 ● Manicure 2:00 ● Farm in a Bottle 3:00 ● Setting the Table 4:00 ● Cards 6:00 ● Movie: Footloose
8:00 ● Local News 9:00 ● Don't Worry Be Happy Stretch 9:30 ● Hymns with Elaine 10:00 ● Sunday Church Service 11:00 ● Drawing 1:00 ● Poetry Reading 2:00 ● What Is Purple? 3:00 ● Napkin Folding 4:00 ● Bingo 6:00 ● Movie: Cold Mountain	8:00 ● State Park News 9:00 ● U2 Stretch 10:00 ● Paddleball 11:00 ● California Crossword 1:00 ● Memory Care Garden Planting Day 3:00 ● Sock Sort 4:00 ● Music with Melanie 6:00 ● Movie: Mamma Mia	8:00 ● Vacation Reminisce 9:00 ● Hula Stretch 10:00 ● Cupcake Lei 11:00 ● Steve Ambrose 1:30 ● Outing: Animal Farm 2:00 ● Fish Puzzles 3:00 ● Hand Massage 4:00 ● Cards 6:00 ● Movie: 50 First Dates	8:00 ● Coffee & Conversation 9:00 ● Guitar Stretch 10:00 ● Reese's Pieces Experiment 10:30 ● Eldergrow 11:30 ● Grab Bag 1:00 ● Balloon Volleyball 2:00 ● Movie: Rainman & Popcorn 4:00 ● Money Sort 4:30 ● Poetry	8:00 ● '50s Reminisce 9:00 ● Buddy Holly Stretch 10:00 ● Flower Arrangement 10:30 ● Memory Cafe 11:30 ● Paddleball 1:00 ● Bowling Search & Find 2:15 ● Workout with Melissa* 3:00 ● House Chores 4:00 ● Bingo 6:00 ● Movie: Back to the Future PF	8:00 ● Summer Festivals 9:00 ● Medieval Stretch 10:00 ● Thumbprint Fish 11:15 ● Scott Jensen 1:30 ● Scenic Drive: Devil's Backbone 2:00 ● Napkin Folding 3:00 ● Castle Crossword 4:00 ● Happy Hour 6:00 ● Movie: Brave	8:00 ● World News 9:00 ● Bach Stretch 10:00 ● Stencil Craft 11:00 ● Balloon Bop 1:00 ● Manicure 2:00 ● Office Supply Search 3:00 ● Setting the Table 4:00 ● Cards 6:00 ● Movie: 9 to 5
8:00 ● Local News 9:00 ● Beach Boy Stretch 9:30 ● Hymns 10:00 ● Sunday Church Service 10:30 ● Watercolor with Katie 1:00 ● Poetry Reading 2:00 ● Experience Orange 3:00 ● Napkin Folding 4:00 ● Bingo 6:00 ● Movie: Our Souls at Night	8:00 ● Medical News 9:00 ● Mozart Stretch 10:00 ● Walk: Community Marathon 11:00 ● Horsing Around Crossword 1:00 ● Paddleball 2:00 ● Bakers Bunch 3:00 ● High Hopes Singers 4:00 ● Suit Sort 6:00 ● Movie: National Velvet	8:00 ● Computer News 9:00 ● John Denver Stretch 10:00 ● Dog Blanket 11:00 ● Football 1:30 ● Outing: Spring Creek Gardens 2:00 ● Basketball Puzzles 3:00 ● Hand Massage 4:00 ● Cards 6:00 ● Movie: Maverick	8:00 ● Financial News 9:00 ● Big Band Stretch 10:00 ● Outdoor Rubbings 11:00 ● Grab Bag 1:30 ● Kendra Singalong 3:00 ● Balloon Volleyball 4:00 ● Color Sort 6:00 ● Movie Time	8:00 ● Tea Time 9:00 ● Lone Ranger Stretch 10:00 ● Tie Dye Socks 11:00 ● Paddleball 11:30 ● Catholic Communion Service 1:00 ● Horse Races 2:00 ● Bakers Bunch 3:00 ● Household Chores 4:00 ● Bingo 6:00 ● Movie: Secretariat PF	FLAG DAY 8:00 ● Coffee Cruises 9:00 ● Sports Stretch 10:00 ● Father's Day Cinnamon Rolls 11:15 ● Scott Jensen 1:30 ● Scenic Drive: Masonville 2:00 ● Tie Match 3:00 ● Father's Day Crossword 4:00 ● Happy Hour 6:00 ● Movie: Father's Day	8:00 ● Entertainment News 9:00 ● Armstrong Stretch 10:00 ● Stencil Craft 11:00 ● Balloon Bop 1:00 ● Manicure 2:00 ● Army Sense 3:00 ● Setting the Table 4:00 ● Cards 6:00 ● Movie: Hopscotch
FATHER'S DAY 8:00 ● Local News 9:00 ● Money Stretch 9:30 ● Hymns 10:00 ● Sunday Church Service 11:00 ● Drawing 1:00 ● Poetry Reading 2:00 ● Sensing Greenery 3:00 ● Napkin Folding 4:00 ● Bingo 6:00 ● Movie: Fried Green Tomatoes	8:00 ● Education News 9:00 ● Rocky Warm Up 10:00 ● Walk: Outside 11:00 ● Rocky Mountain Crossword 1:00 ● Paddleball 2:00 ● Parrot Mates 3:00 ● Music with Mo 4:00 ● Brain Games 6:00 ● Movie Time	8:00 ● Government News 9:00 ● Patriotic Stretch 10:00 ● Balloon Sculpture 11:00 ● Football 1:30 ● Outing: Heritage Courtyard 2:00 ● Puzzles: Founding Fathers 3:00 ● Hand Massage 4:00 ● Cards 6:00 ● Movie: The Patriot	8:00 ● New Advances in Science 9:00 ● Sinatra Stretch 10:00 ● Smash Painting 10:30 ● Eldergrow 11:30 ● Grab Bag 1:00 ● Balloon Volleyball 2:00 ● Movie: Quiet Man & Popcorn 4:00 ● Writers Sort 4:30 ● Poetry	8:00 ● Ocean News 9:00 ● Cuban Dance Stretch 10:00 ● Flower Arrangement 10:30 ● Memory Cafe 11:30 ● Paddleball 1:00 ● RESIDENT COUNCIL 1:30 ● Letter Search 2:15 ● Workout with Melissa* 3:00 ● House Chores 4:00 ● Bingo 6:00 ● Movie: West Side Story PF	SUMMER BEGINS 8:00 ● Fishing Stories 9:00 ● Danny Boy Stretch 10:00 ● Florida Canvas 11:15 ● Scott Jensen 1:30 ● Scenic Drive: Carter Lake 2:00 ● Napkin Folding 3:00 ● Irish Catholic Crossword 4:00 ● Happy Hour 6:00 ● Movie: Caddyshack	8:00 ● Beatles Trivia 9:00 ● Mama's & Papa's Stretch 10:00 ● Stencil Craft 11:00 ● Balloon Bop 1:00 ● Manicure 2:00 ● Locks 3:00 ● Setting the Table 4:00 ● Cards 6:00 ● Movie: Forrest Gump
8:00 ● Local News 9:00 ● Gilly Stretch 9:30 ● Hymns 10:00 ● Sunday Church Service 10:30 ● Watercolor with Katie 1:00 ● Poetry Reading 2:00 ● Feel Alaska 3:00 ● Napkin Folding 4:00 ● Bingo 6:00 ● Movie: Sleepless in Seattle	8:00 ● State Park News 9:00 ● Vivaldi Stretch 10:00 ● Walk: Shoot Pool in Pub 11:00 ● Train Crossword 1:00 ● Paddleball 2:00 ● Bakers Bunch 3:00 ● Quilting Match 4:00 ● Sound ID 6:00 ● Movie Time	8:00 ● Agriculture News 9:00 ● Islandic Folk Stretch 10:00 ● Family Crest 11:00 ● Football 1:30 ● Outing: CSU Flower Garden 2:00 ● Puzzle: Scandinavian 3:00 ● Hand Massage 4:00 ● Cards 6:00 ● Movie Time	8:00 ● Computer News 9:00 ● Beethoven Stretch 11:00 ● Grab Bag 1:00 ● Balloon Volleyball 2:00 ● Movie: Greatest Showman & Popcorn 4:00 ● Thread the Noodle 4:30 ● Poetry	8:00 ● Medical News 9:00 ● Yoga 10:00 ● Sand Mandala 11:00 ● Paddleball 11:30 ● Catholic Communion Service 1:00 ● Mount Evans Search 2:00 ● Bakers Bunch 3:00 ● Household Chores 4:00 ● Bingo 6:00 ● Movie Time	8:00 ● Wedding Day Memories 9:00 ● George Jones Stretch 10:00 ● Western Scene 11:15 ● Scott Jensen 1:30 ● Scenic Drive: Red Feather 2:00 ● Napkin Folding 3:00 ● Crossword: American Food 4:00 ● Happy Hour 6:00 ● Movie: A Dog's Way Home	8:00 ● Travel News 9:00 ● African Drum Stretch 10:00 ● Stencil Craft 11:00 ● Balloon Bop 1:00 ● Manicure 2:00 ● Money Sense 3:00 ● Setting the Table 4:00 ● Cards 6:00 ● Movie: African Queen
8:00 ● Local News 9:00 ● Sunshine Stretch 9:30 ● Hymns 10:00 ● Sunday Church Service 11:00 ● Drawing 1:00 ● Poetry Reading 2:00 ● Slime Bags 3:00 ● Napkin Folding 4:00 ● Bingo 6:00 ● Movie: 3 Men & A Baby	<div style="border: 1px solid black; padding: 5px;"> <p>opal key</p> <ul style="list-style-type: none"> ● Physical ● Social ● Experiential ● Emotional & Spiritual ● Creative & Artistic ● Therapeutic ● Sensory </div>					