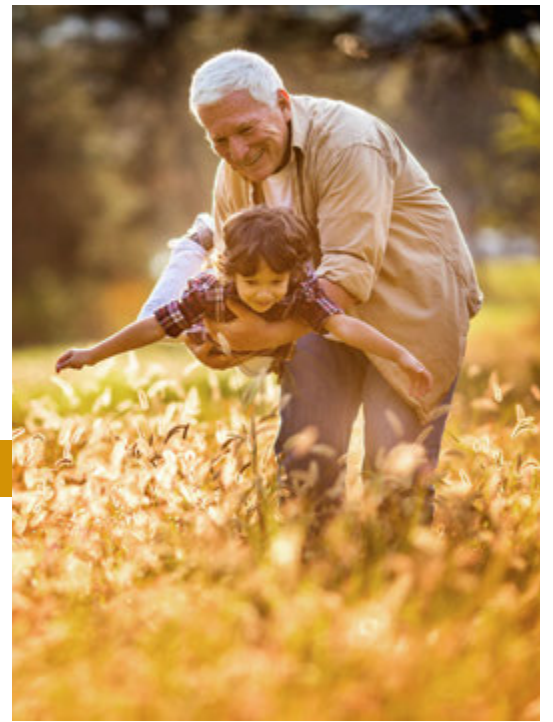


# livfun

Mackenzie Place  
FORT COLLINS

SEPTEMBER 2019 • FALL INTO FUN



## Hiking to Idyllic

Robert S. Harms was born on Oct. 21, 1927, in Kansas City, Mo. Being of German and English descent, his last name could have been spelled “Harmes” (as was customary in England) but his ancestors chose the Germanic spelling “Harms” due to the heavier German lineage of his family. His father and mother settled 14 miles north of Chicago’s downtown district, in Wilmette, Ill., a village in New Trier Township, bordering Lake Michigan. He grew up in a house designed and built by his father, an advertising man for Pabst Brewing Company, near the shores of Lake Michigan where he and his brother passed beautiful Illinois days. Bob was a member of Phi Beta Kappa and completed college with mostly A’s. One year, he had the highest grades in his department at Northwestern University. He and his wife raised three children, Steve, Bruce and Carl. His retirement has been spent hiking the mountains he loves.

Bob’s parents, Marvin and Mary, put an emphasis on education. Both graduated from Kansas University with bachelor’s degrees (Rock Chalk Jayhawk!). They encouraged the boys to excel at school and pursue their personal interests. His father played forward under basketball great Phog Allen, who today is memorialized by Allen Fieldhouse. But the family’s real passion was baseball. Bob’s father

was an ardent Cubs fan and Bill, Bob’s brother, played baseball in Pensacola, Fla., for the Navy with Ted Williams. Bob’s mother was an aspiring journalist before their first-born son stole her heart, and Bob came along six years later, completing the young family. Bob is very proud of Bill who graduated from Stanford and flew a Hellcat in WWII.

After Bob’s birth, the Harms moved their brood to Wilmette, Ill. There, both boys flourished and kept busy doing boyhood things, sports, family vacations, tree climbing, fishing, boating and riding bicycles around the neighborhood until mom called them in for dinner. In high school, Bob played piano in a small dance band with five or six friends. As dancing became more popular, he found himself playing in a 14-piece big band for dances at Ft. Sheridan and Great Lakes. Two health scares during his 11th year disrupted this idyllic childhood. Once, leaving him in the very capable hands of his grandma, Bob’s parents were enjoying a trip to the Rose Bowl. Unexpectedly, on New Year’s Eve, Bob was admitted to the hospital for an emergency appendectomy, cutting his parents’ getaway short (no pun intended). Another time on a business trip with his parents, driving to Miami from Chicago via New Orleans, Bob fell drastically ill with strep throat. Before penicillin,

strep throat was treated with sulfa pills and rest. It was days until he felt well enough to leave the hotel room. He and his mother stayed in Pensacola while his father had to continue on to Miami to attend business meetings, then returned.

Bob was a straight A student at New Trier High School. He was considered a “good kid” and mostly kept his nose clean. But there was one incident; a blowout bash at his house that involved the high school football team, who had just won the state title, and the celebratory chaos that always follows such a victory. He was grateful to spend this happy, carefree time with his classmates, since half of the seniors were drafted that year and the other half were not. After high school, he attended Cornell University. On a blind date during his sophomore year, he met a lovely lady named Doris who attended Northwestern on scholarship. He was smitten and transferred to Northwestern the next year. They graduated together, Bob as a philosophy major and Doris as a math major. They wrote their own marriage vows for a touching ceremony on June 14, 1948. Their first house was purchased for

*(Continued on back)*

## Honey and Health

Honey, the sweet, golden nectar produced by bees, has been treasured for thousands of years not only for its taste, but also its healing properties.

**Antioxidants:** Honey is full of these powerful compounds that help protect the body's cells from damage and have been linked to a reduced risk of heart attack, stroke and some types of cancer. Dark varieties of honey, such as the kind made from buckwheat flowers, have the highest antioxidant levels.

**Antibacterial properties:** Ancient Egyptians used honey's antibacterial power to heal wounds and burns, and modern-day health professionals sometimes use medical-grade honey as a wound treatment. Honey's antiseptic qualities and ability to promote healing make it a popular ingredient in skin care products. Honey is also used in hair care products to soothe various scalp conditions.

**Anti-inflammatory effects:** There's a reason why honey is often touted as a remedy for a sore throat or a cough. Multiple studies have shown honey to be a better cough suppressant than several over-the-counter medicines because of its anti-inflammatory properties. Honey's soothing effect may also provide relief from acid reflux symptoms.

It's important to remember that honey is still sugar and can affect blood sugar levels. Talk to your health care provider about consuming honey.



MacKenzie  
Place

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4750 Pleasant Oak Drive  
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## Hiking to Idyllic (Continued)

\$18,500 and was built in 1888. Being a terrible handyman, they instead filled it with love and for 38 years, raised three sons in Wilmette. Bob started his career in advertising at Marshall Field and Company. Starting in 1953, he worked for several Chicago newspapers in the promotions department and retired from the Chicago Tribune in 1983.

Bob and Doris discovered their love of hiking early in their marriage. Most of their family trips were taken to breathtaking Aspen, Colo., when it was still a reasonable place to stay in a mountain cottage. Since retiring, they have traveled to see the grandchildren and to hike. Some favorite spots are the San Juan Mountains, specifically Ouray, Silverton and Lake City; the Sawtooth Mountains in Idaho; Montana, Washington state and Utah. Bob recommends a beautiful trail on Independence Pass which runs along the Roaring Fork River and ends at the river source, Independence Lake. It sounds ideal.

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"someday"  
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**TRAVEL BY LEISURE CARE**  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p>10:30 Sunday Family Brunch, MR</p> <p>10:30 Live Church Services with Timberline, TH</p> <p>2:00 Dealer's Choice Poker, OG</p> <p>3:00 Lecture Series, TH</p> <p>7:00 Movie Night, TH</p>	<p><b>2</b></p> <p><b>LABOR DAY</b></p> <p>9:15 Strengthen &amp; Move, BR</p> <p>9:30 Iced Coffees &amp; Donuts, OG</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Mexican Train Dominoes, PB</p> <p>10:30 Bible Study, AK</p> <p>11:00 Presentation: How Not to Cook, TH</p> <p>11:15 BLOOD PRESSURE CHECKS, LR</p> <p>2:00 Just for Fun Bingo, PB</p> <p>3:00 Yoga Class, BR</p> <p>3:20 Texas Hold 'Em, AK</p> <p>7:00 Movie Night, TH</p>	<p><b>3</b></p> <p>9:15 Fusion Fit &amp; Balance, BR</p> <p>10:00 Technology Help, PB</p> <p>10:00 Meditation, BR</p> <p>10:30 Archery with Erica, FD</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><b>4</b></p> <p>8:45 Excursion: Shambhala Mountain Center, FD</p> <p>9:15 Strengthen &amp; Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Jewelry Making with Kristina, AK</p> <p>1:30 Bingo, .25, OG</p> <p>2:00 Euchre: Resident Led, OG</p> <p>3:00 Furry Friend: 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><b>5</b></p> <p>9:15 Fusion Fit &amp; Balance, BR</p> <p>11:00 Book Club, PB</p> <p>11:00 Bossy Bladder Presentation, AK</p> <p>12:30 Thursday Matinee, TH</p> <p>1:00 Memory Cafe, PB</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><b>6</b></p> <p>8:15 MacKenzie Trail Walkers, FD</p> <p>9:15 Strengthen &amp; Move, BR</p> <p>9:30 Current Events, PB</p> <p>10:00 Aqua Fitness, PF</p> <p>10:30 Knitting &amp; Crochet, Den</p> <p>2:00 Skip-Bo, PB</p> <p>4:30 Happy Hour: Fiddlin' Bill, BR</p> <p>7:00 Movie Night, TH</p>	<p><b>7</b></p> <p>10:00 Beginners' Tai Chi, PF</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><b>8</b></p> <p>10:30 Sunday Family Brunch, MR</p> <p>10:30 Live Church Services with Timberline, TH</p> <p>2:00 Dealer's Choice Poker, OG</p> <p>3:00 Lecture Series, TH</p> <p>7:00 Movie Night, TH</p>	<p><b>9</b></p> <p>9:15 Strengthen &amp; 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, LR</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>3:00 Yoga Class, BR</p> <p>3:20 Texas Hold 'Em, AK</p> <p>7:00 Movie Night, TH</p>	<p><b>10</b></p> <p>9:15 Fusion Fit &amp; Balance, BR</p> <p>10:00 Meditation, BR</p> <p>11:00 TED Talk Tuesday, TH</p> <p>12:30 Music with Keilani, LR</p> <p>1:00 Duplicate Bridge, PB</p> <p>3:00 Ladies' Afternoon Tea, MR</p> <p>3:00 Men's Coffee, OG</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><b>11</b></p> <p><b>PATRIOT DAY</b></p> <p>9:15 Strengthen &amp; Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>1:00 Shopping: Walmart, FD</p> <p>1:30 Bingo, .25, OG</p> <p>2:00 Euchre: Resident Led, OG</p> <p>4:00 Wine &amp; Cheese Social, OG</p> <p>6:00 Cribbage: Resident Led, PB</p> <p>7:00 Movie Night, TH</p>	<p><b>12</b></p> <p>9:15 Fusion Fit &amp; Balance, BR</p> <p>10:30 Excursion: Colo. Rockies Game, FD</p> <p>11:00 Book Club, PB</p> <p>11:00 Catholic Communion Service, CH</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>7:00 Movie Night, TH</p>	<p><b>13</b></p> <p>8:15 MacKenzie Trail Walkers, FD</p> <p>9:15 Strengthen &amp; Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>10:30 Knitting &amp; Crochet, Den</p> <p>2:00 Skip-Bo, PB</p> <p>3:00 Memory Care Carnival, MC</p> <p>4:30 Happy Hour: Brian David Collins, BR</p> <p>7:00 Movie Night, TH</p>	<p><b>14</b></p> <p>10:00 Beginners' Tai Chi, PF</p> <p>11:00 Alzheimer's Car Show</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><b>15</b></p> <p>10:30 Sunday Family Brunch, MR</p> <p>10:30 Live Church Services with Timberline, TH</p> <p>2:00 Dealer's Choice Poker, OG</p> <p>3:00 Lecture Series, TH</p> <p>7:00 Movie Night, TH</p>	<p><b>16</b></p> <p>9:15 Strengthen &amp; 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, LR</p> <p>11:15 Balloon Volleyball, BR</p> <p>2:00 Just for Fun Bingo, PB</p> <p>3:00 Yoga Class, BR</p> <p>3:20 Texas Hold 'Em, AK</p> <p>7:00 Movie Night, TH</p>	<p><b>17</b></p> <p>9:15 Fusion Fit &amp; Balance, BR</p> <p>10:00 Technology Help, PB</p> <p>10:00 Meditation, BR</p> <p>11:00 TED Talk Tuesday, TH</p> <p>1:00 Contract Bridge, PB</p> <p>3:00 Ladies' Afternoon Tea, AK</p> <p>3:00 Men's Coffee, OG</p> <p>4:00 Line Dancing, PF</p> <p>5:00 Mackenzie Special, MR</p> <p>7:00 Movie Night, TH</p>	<p><b>18</b></p> <p>9:00 Excursion: CU Heritage Center, FD</p> <p>9:15 Strengthen &amp; 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>4:00 Flower Arrangement, AK</p> <p>4:00 New Member Reception, LR</p> <p>6:00 Cribbage: Resident Led, PB</p> <p>7:00 Movie Night, TH</p>	<p><b>19</b></p> <p>9:00 COMPLIMENTARY HEARING SCREENINGS, AK</p> <p>9:15 Fusion Fit &amp; Balance, BR</p> <p>11:00 Book Club, PB</p> <p>11:00 Mary Kay Boutique, AK</p> <p>12:30 Thursday Matinee, TH</p> <p>1:00 Shopping: Stitches Quilt &amp; Sew, FD</p> <p>2:00 Vet Van, 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><b>20</b></p> <p>8:15 MacKenzie Trail Walkers, FD</p> <p>9:15 Strengthen &amp; Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>10:30 Knitting &amp; Crochet, Den</p> <p>11:30 Birthday Celebration, BR</p> <p>1:00 "Ask a Nurse!," PB</p> <p>2:00 Skip-Bo, PB</p> <p>4:30 Happy Hour: Davis &amp; Maverick, BR</p> <p>7:00 Movie Night, TH</p>	<p><b>21</b></p> <p>8:00 Alzheimer's Walk, FD</p> <p>10:00 Beginners' Tai Chi, PF</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><b>22</b></p> <p>10:30 Sunday Family Brunch, MR</p> <p>10:30 Live Church Services with Timberline, TH</p> <p>2:00 Dealer's Choice Poker, OG</p> <p>3:00 Lecture Series, TH</p> <p>7:00 Movie Night, TH</p>	<p><b>23</b></p> <p><b>AUTUMN BEGINS</b></p> <p>9:15 Strengthen &amp; 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, LR</p> <p>11:15 Balloon Volleyball, BR</p> <p>2:00 Just for Fun Bingo, PB</p> <p>3:00 Yoga Class, BR</p> <p>3:20 Texas Hold 'Em, AK</p> <p>7:00 Movie Night, TH</p>	<p><b>24</b></p> <p><b>ON-SITE DERMATOLOGY</b></p> <p>9:15 Fusion Fit &amp; Balance, BR</p> <p>10:00 Meditation, BR</p> <p>11:00 TED Talk Tuesday, TH</p> <p>1:00 Duplicate Bridge, PB</p> <p>3:00 Ladies' Afternoon Tea, MR</p> <p>3:00 Men's Coffee, OG</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><b>25</b></p> <p>8:00 Excursion: Wild Animal Sanctuary, FD</p> <p>9:15 Strengthen &amp; 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>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><b>26</b></p> <p>9:15 Fusion Fit &amp; Balance, BR</p> <p>11:00 Book Club, PB</p> <p>11:00 Catholic Communion Service, CH</p> <p>12:30 Thursday Matinee, TH</p> <p>1:00 Shopping: JCPenney, 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><b>27</b></p> <p>8:15 MacKenzie Trail Walkers, FD</p> <p>9:15 Strengthen &amp; Move, BR</p> <p>9:30 Golfing with Troy, FD</p> <p>10:00 Water Volleyball, PF</p> <p>10:30 Knitting &amp; Crochet, Den</p> <p>1:00 Craft Class, AK</p> <p>2:00 Skip-Bo, PB</p> <p>4:30 Happy Hour: Josh Brookstein, BR</p> <p>7:00 Movie Night, TH</p>	<p><b>28</b></p> <p>10:00 Beginners' Tai Chi, PF</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><b>29</b></p> <p><b>ROSH HASHANAH BEGINS AT SUNSET</b></p> <p>10:30 Sunday Family Brunch, MR</p> <p>10:30 Live Church Services with Timberline, TH</p> <p>2:00 Dealer's Choice Poker, OG</p> <p>3:00 Lecture Series, TH</p> <p>7:00 Movie Night, TH</p>	<p><b>30</b></p> <p>9:15 Strengthen &amp; 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, LR</p> <p>11:15 Balloon Volleyball, BR</p> <p>2:00 Town Hall Meeting, MR</p> <p>3:00 Yoga Class, BR</p> <p>3:20 Texas Hold 'Em, AK</p> <p>7:00 Movie Night, TH</p>	<p><b>Locations</b></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 (3rd 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>				
<p><b>Transportation</b></p> <p><b>Monday, First Monday ONLY at 10 a.m.:</b> Walgreens/Dollar Store</p> <p><b>Monday, 2 p.m.:</b> Super Target/Library</p> <p><b>Thursday, 10:30 a.m.:</b> Safeway Grocery</p> <p><b>Thursday, 10 a.m.:</b> King Soopers Grocery</p> <p><b>Sunday, 1:30 p.m.:</b> King Soopers Grocery</p> <p><b>Sunday, 9 a.m.:</b> Various Churches</p> <p><b>Sunday, 2 p.m.:</b> Safeway Grocery</p>						



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:00 ● Current Events &amp; Coffee <b>1</b></p> <p>9:00 ● Don't Worry, Be Happy Stretch</p> <p>9:30 ● Hymns</p> <p>10:00 ● Sunday Church Service</p> <p>11:00 ● Drawing</p> <p>1:00 ● Poetry Reading</p> <p>2:00 ● Colors of Purple</p> <p>3:00 ● Napkin Folding</p> <p>4:00 ● Bingo</p> <p>6:00 ● Movie Time</p>	<p><b>LABOR DAY</b> <b>2</b></p> <p>8:00 ● Tea &amp; Local Music</p> <p>9:00 ● Johann Strauss Stretch</p> <p>10:00 ● Walk: Pool &amp; Lemonade</p> <p>11:00 ● Sweet Treat Crossword</p> <p>1:00 ● Paddleball</p> <p>2:00 ● Slap Deck</p> <p><b>3:00 ● Music with Melanie</b></p> <p>4:00 ● Sock Sort</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Best Vacation &amp; Coffee <b>3</b></p> <p>9:00 ● Hula Stretch</p> <p>10:00 ● Cupcake Lei</p> <p>11:00 ● Football</p> <p><b>1:30 ● Outing: Spring Creek Gardens</b></p> <p>2:00 ● Flower Puzzle</p> <p>3:00 ● Hand Massage</p> <p>4:00 ● Cards</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Coffee &amp; Conservation <b>4</b></p> <p>9:00 ● Volleyball</p> <p>10:00 ● Fuzzy Drawing</p> <p><b>10:30 ● Eldergrow</b></p> <p>11:30 ● Grab Bag</p> <p>1:30 ● Movie: "Donovan's Reef" &amp; Popcorn</p> <p><b>3:30 ● Furry Friend Visit: Cubby</b></p> <p><b>4:00 ● Legacy Exercise</b></p>	<p>8:00 ● Cars Update <b>5</b></p> <p>9:00 ● Buddy Holly Stretch</p> <p>10:00 ● Flower Arrangement</p> <p><b>10:30 ● Memory Cafe</b></p> <p>11:30 ● Paddleball</p> <p>1:00 ● Household Chores</p> <p>2:15 ● Workout with Melissa *</p> <p>3:00 ● Bowling Word Search</p> <p>4:00 ● Bingo</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● News in Fishing <b>6</b></p> <p>9:00 ● Irish Music Stretch</p> <p>10:00 ● Florida Palm Art</p> <p><b>1:30 ● Scenic Drive: Devil's Backbone</b></p> <p>2:00 ● Napkin Folding</p> <p>3:00 ● Florida Crossword</p> <p><b>4:00 ● Happy Hour: Scott Jensen</b></p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Nutrition News <b>7</b></p> <p>9:00 ● Bach Stretch</p> <p>10:00 ● Stencil Craft</p> <p>11:00 ● Balloon Bop</p> <p>1:00 ● Manicure</p> <p>2:00 ● Farm Animal Find</p> <p>3:00 ● Setting the Table</p> <p>4:00 ● Cards</p> <p>6:00 ● Movie Time</p>
<p>8:00 ● Current Events &amp; Coffee <b>8</b></p> <p>9:00 ● Beach Boys Stretch</p> <p>9:30 ● Hymns</p> <p>10:00 ● Sunday Church Service</p> <p><b>10:30 ● Watercolor with Katie</b></p> <p>1:00 ● Poetry Reading</p> <p>2:00 ● Experience Orange</p> <p>3:00 ● Napkin Folding</p> <p>4:00 ● Bingo</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Time Magazine &amp; Tea <b>9</b></p> <p>9:00 ● Country Music</p> <p>10:00 ● Building Walk</p> <p>11:00 ● House Maintenance Crossword</p> <p>1:00 ● Paddleball</p> <p>2:00 ● Bakers Bunch</p> <p><b>3:00 ● High Hopes Singers</b></p> <p>4:00 ● Deck Match</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Computer Trivia &amp; Coffee <b>10</b></p> <p>9:00 ● Billy Joel Stretch</p> <p>10:00 ● Salt Paint</p> <p>11:00 ● Football</p> <p><b>1:30 ● Outing: Foothills Mall</b></p> <p>2:00 ● Sports Puzzles</p> <p>3:00 ● Hand Massage</p> <p>4:00 ● Cards</p> <p>6:00 ● Movie Time</p>	<p><b>PATRIOT DAY</b> <b>11</b></p> <p>8:00 ● Psychology &amp; Coffee</p> <p>9:00 ● Volleyball</p> <p>10:00 ● Cat Toys &amp; Treats</p> <p>11:00 ● Grab Bag</p> <p>1:30 ● Classic TV: "I Love Lucy" &amp; Popcorn</p> <p><b>2:45 ● Kendra Singalong</b></p> <p><b>4:00 ● Legacy Exercise</b></p>	<p>8:00 ● Tea Time <b>12</b></p> <p>9:00 ● Happy Trails Stretch</p> <p>10:00 ● Tie-Dye</p> <p>11:00 ● Paddleball</p> <p>11:30 ● Catholic Communion Service</p> <p>1:00 ● Household Chores</p> <p>2:00 ● Bakers Bunch</p> <p>3:00 ● Horses Search</p> <p>4:00 ● Bingo</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● News of Local Events <b>13</b></p> <p>9:00 ● Carnival Music Stretch</p> <p><b>10:00 ● Scenic Drive: Horsetooth Reservoir</b></p> <p>10:30 ● Thread the Noodle</p> <p>2:00 ● Napkin Folding</p> <p><b>3:00 ● OPAL Carnival</b></p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Entertainment News <b>14</b></p> <p>9:00 ● Louis Armstrong Stretch</p> <p>10:00 ● Stencil Craft</p> <p>11:00 ● Balloon Bop</p> <p><b>11:30 ● Car Show</b></p> <p>1:00 ● Manicure</p> <p>2:00 ● Find the Army Men</p> <p>3:00 ● Setting the Table</p> <p>4:00 ● Cards</p> <p>6:00 ● Movie Time</p>
<p>8:00 ● Current Events &amp; Coffee <b>15</b></p> <p>9:00 ● Eddie Money Stretch</p> <p>9:30 ● Hymns</p> <p>10:00 ● Sunday Church Service</p> <p>11:00 ● Drawing</p> <p>1:00 ● Poetry Reading</p> <p>2:00 ● Pine Senses</p> <p>3:00 ● Napkin Folding</p> <p>4:00 ● Bingo</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Tea &amp; Electric or Gas Autos? <b>16</b></p> <p>9:00 ● Rolling Stones Stretch</p> <p>10:00 ● Walk: Iced Coffee in the Pub</p> <p>11:00 ● Rocky Mountain Crossword</p> <p>1:00 ● Paddleball</p> <p>2:00 ● Sports</p> <p><b>3:00 ● Music with Mo</b></p> <p>4:00 ● Money Sort</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Government Trivia &amp; Coffee <b>17</b></p> <p>9:00 ● Patriotic Stretch</p> <p>10:00 ● Balloon Sculpture</p> <p>11:00 ● Football</p> <p><b>1:30 ● Outing: Library</b></p> <p>2:00 ● Founding Fathers Puzzles</p> <p>3:00 ● Hand Massage</p> <p>4:00 ● Cards</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Coffee &amp; Fashion <b>18</b></p> <p>9:00 ● Volleyball</p> <p>10:00 ● Smash Painting</p> <p><b>10:30 ● Eldergrow</b></p> <p>11:30 ● Grab Bag</p> <p>1:30 ● Movie: "7 Brides for 7 Brothers" &amp; Popcorn</p> <p><b>4:00 ● Legacy Exercise</b></p>	<p>8:00 ● Ocean Update <b>19</b></p> <p>9:00 ● Cuban Stretch</p> <p>10:00 ● Flower Arrangement</p> <p><b>10:30 ● Memory Cafe</b></p> <p>11:30 ● Paddleball</p> <p>1:00 ● RESIDENT COUNCIL</p> <p>2:15 ● Workout with Melissa *</p> <p>3:00 ● Letters</p> <p>4:00 ● Bingo</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● News of Summer <b>20</b></p> <p>9:00 ● George Jones Stretch</p> <p>10:00 ● Western Canvas</p> <p><b>1:30 ● Scenic Drive: Carter Lake</b></p> <p>2:00 ● Napkin Folding</p> <p>3:00 ● American Food Crossword</p> <p><b>4:00 ● Happy Hour: Scott Jensen</b></p> <p>6:00 ● Movie Time</p>	<p><b>● Walk to End Alzheimer's</b> <b>21</b></p> <p>8:00 ● Fundraising News</p> <p>9:00 ● Beatles Stretch</p> <p>10:00 ● Stencil Craft</p> <p>11:00 ● Balloon Bop</p> <p>1:00 ● Manicure</p> <p>2:00 ● Symbolic Walk</p> <p>3:00 ● Setting the Table</p> <p>4:00 ● Cards</p> <p>6:00 ● Movie Time</p>
<p>8:00 ● Current Events &amp; Coffee <b>22</b></p> <p>9:00 ● Mickey Gilley Stretch</p> <p>9:30 ● Hymns</p> <p>10:00 ● Sunday Church Service</p> <p><b>10:30 ● Watercolor with Katie</b></p> <p>1:00 ● Poetry Reading</p> <p>2:00 ● Blue Stuff</p> <p>3:00 ● Napkin Folding</p> <p>4:00 ● Bingo</p> <p>6:00 ● Movie Time</p>	<p><b>AUTUMN BEGINS</b> <b>23</b></p> <p>8:00 ● Tea &amp; State Parks</p> <p>9:00 ● Beach Boys Stretch</p> <p>10:00 ● Walk: Campfire &amp; S'mores</p> <p>11:00 ● Horses Crossword</p> <p>1:00 ● Paddleball</p> <p>2:00 ● Bakers Bunch</p> <p>3:00 ● Tubes &amp; Fluff</p> <p><b>4:00 ● Ukulele</b></p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Agriculture &amp; Coffee <b>24</b></p> <p>9:00 ● Folk Music Stretch</p> <p>10:00 ● Collage</p> <p>11:00 ● Football</p> <p><b>1:30 ● Outing: Coffee Shop</b></p> <p>2:00 ● Scandinavian Art Puzzles</p> <p>3:00 ● Hand Massage</p> <p>4:00 ● Cards</p> <p>6:00 ● Movie Time</p>	<p><b>25</b></p> <p>8:00 ● Coffee &amp; Science</p> <p>9:00 ● Volleyball</p> <p>10:00 ● Balloon Watercolor</p> <p>11:00 ● Grab Bag</p> <p>1:30 ● Movie: "Back to the Future" &amp; Popcorn</p> <p><b>4:00 ● Legacy Exercise</b></p>	<p>8:00 ● Medical Update <b>26</b></p> <p>9:00 ● Yoga Stretch</p> <p>10:00 ● Dot Painting</p> <p>11:00 ● Paddleball</p> <p>11:30 ● Catholic Communion Service</p> <p>1:00 ● Household Chores</p> <p>2:00 ● Bakers Bunch</p> <p>3:00 ● Bendy Man</p> <p>4:00 ● Bingo</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● News in Art <b>27</b></p> <p>9:00 ● John Denver Stretch</p> <p>10:00 ● Monkey Art</p> <p><b>11:00 ● Singin' With Elaine</b></p> <p><b>1:30 ● Scenic Drive: Red Feather</b></p> <p>2:00 ● Napkin Folding</p> <p>3:00 ● Post Office Crossword</p> <p>4:00 ● Happy Hour</p> <p>6:00 ● Movie Time</p>	<p><b>28</b></p> <p>8:00 ● Wedding &amp; Children Memories</p> <p>9:00 ● Sailing Stretch</p> <p>10:00 ● Stencil Craft</p> <p>11:00 ● Balloon Bop</p> <p>1:00 ● Manicure</p> <p>2:00 ● Sea Search</p> <p>3:00 ● Setting the Table</p> <p>4:00 ● Cards</p> <p>6:00 ● Movie Time</p>
<p><b>ROSH HASHANAH BEGINS AT SUNSET</b> <b>29</b></p> <p>8:00 ● Current Events &amp; Coffee</p> <p>9:00 ● Sunshine Stretch</p> <p>9:30 ● Hymns</p> <p>10:00 ● Sunday Church Service</p> <p>11:00 ● Drawing</p> <p>1:00 ● Poetry Reading</p> <p>2:00 ● Mellow Yellow</p> <p>3:00 ● Napkin Folding</p> <p>4:00 ● Bingo</p> <p>6:00 ● Movie Time</p>	<p><b>30</b></p> <p>8:00 ● Tea &amp; Tech</p> <p>9:00 ● '50s Rock Stretch</p> <p>10:00 ● Walk: Around the Block</p> <p>11:00 ● Colorado Crossword</p> <p>1:00 ● Paddleball</p> <p>2:00 ● Bakers Bunch</p> <p>3:00 ● Matching Paint</p> <p>4:00 ● Bubbles on the Patio</p> <p>6:00 ● Movie Time</p>	<div data-bbox="931 1674 1212 1984"> <p><b>opal key</b></p> <ul style="list-style-type: none"> <li>● Physical</li> <li>● Social</li> <li>● Experiential</li> <li>● Emotional &amp; Spiritual</li> <li>● Creative &amp; Artistic</li> <li>● Therapeutic</li> <li>● Sensory</li> </ul> </div> 