# September 2018
# Doak Walker House

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| CASEY'S POND<br>DISTINCTIVE SENIOR LIVING<br>STEAMBOAT SPRINGS, COLORADO | **Location Key**<br>CL Community Life Room<br>GR Great Room<br>B Bistro<br>CAC Creative Arts Center<br>BP Back Porch<br>G Grove<br>*Activities are located in the Doak, unless otherwise marked. | **Daily/Weekly**<br>Calendar Changes, Pet Visits<br>Spontaneous Activities,<br>Mail Delivery & Reading,<br>Leisure materials, 1:1 Visits | | | | 1<br>9:00 Creekside Aviary<br>10:00 Graceful Aging Talk with Family Nurse Practitioner Liz Kirt (CL)<br>10:30 Mountainside Coffee and Coloring<br>Letter Delivery & Reading<br>1:30 Poker (G) |
| 2<br>Morning Communion<br>10:00 Mountainside Dance & Movement<br>12:30 Bridge w/ vol Tanna (B)<br>1:30 Casey's Pond First Baptist Service (CL) | 3<br>Neighborhood Morning<br>Meet-ups and News<br>1:45 Mountainside Keno<br>Happy LABOR DAY | 4<br>Neighborhood Morning News<br>10:00 Mountainside Bingo<br>11:30 Family BBQ<br>With Music by Todd Musselman(BP)<br>Letter Delivery & Reading | Neighborhood Morning<br>Meet-ups and News<br>10:30 Men's Pondside Patio Social<br>1:30 Scrabble (B)<br>1:30 Pondside Pinochle with volunteer Roger<br>Letter Delivery & Reading<br>3:45 Mountainside Birthday Social with GrandKids 5 | 6<br>Neighborhood Morning<br>Meet-ups and News<br>10:00 Mountainside Pathways<br>10:30 Pet Visits with Katie<br>10:45 Grandparent's Day Activities w/ GrandKids (CL)<br>1:30 Mountainside Crosswords<br>Letter Delivery & Reading<br>Afternoon Pet Visits w/ Ryder | 7<br>Doak Salon Visits $<br>Neighborhood Morning News<br>9:30 Creekside Sing-a-long<br>1:30 Mountainside Poker<br>Letter Delivery & Reading<br>3:30 Pondside Afternoon Music with Gerry on Guitar | 8<br>10:30 Pondside Gentle Seated Yoga<br>Letter Delivery & Reading<br>1:30 Poker (G) |
| 9<br>Morning Communion<br>10:00 Mountainside Dance & Movement<br>12:30 Bridge w/ vol Tanna (B)<br>1:30 Casey's Pond Christian Center(SCC)Service (CL)<br>2:25 Broncos vs Seahawks on FOX | Neighborhood Morning 10<br>Meet-ups and News<br>10:30 Tread of Pioneers Book Club (G)<br>10:30 Watercolor Workshop (CAC)<br>12:00 Creekside Lunch w/ GKs<br>1:45 Mountainside Keno<br>Letter Delivery & Reading<br>2:45 Healing Hands<br>4:00 Restorative Exercise<br>6:00 Fishing Club or Pool | 11<br>Neighborhood Morning News<br>10:00 Mountainside Bingo<br>Morning Walks Outside<br>1:30 Dumont Lake Trip<br>Letter Delivery & Reading<br>Afternoon Connections and Pet Visits with Ryder | Neighborhood Morning 12<br>Meet-ups and News<br>10:30 Mountainside Food Forum with Morrison<br>Morning Cleaning House<br>1:30 Scrabble (B)<br>3:00 Neighborhood Ice Cream Cart<br>4:15 Restorative Exercise | 13<br>Neighborhood Morning<br>Meet-ups and News<br>10:30 Resident Council-Mntside<br>10:30 Pet Visits with Katie<br>1:30 Mountainside Crosswords<br>Letter Delivery & Reading<br>2:15 Monthly Wellness Talk with Nutritionist Amber (CL)<br>3:00 Arm Chair Travel (CL) | 14<br>Doak Salon Visits $<br>Neighborhood Morning News<br>9:45 MIM Art Program (CAC)<br>1:30 Mountainside Poker<br>Letter Delivery & Reading<br>2:15 Sun Social (BP)<br>3:30 Mountainside Music with Broadband | 15<br>9:00 Creekside Aviary<br>10:30 Creekside Connections<br>Letter Delivery & Reading<br>1:30 Poker (G) |
| 16<br>Morning Communion<br>10:00 Mountainside Dance & Movement<br>12:30 Bridge w/ vol Tanna (B)<br>1:00 Casey's Pond United Methodist Service (CL)<br>2:25 Broncos vs Raiders on CBS | Neighborhood Morning 17<br>Meet-ups and News<br>10:30 Craft Workshop (CAC)<br>11:30 Picnic Lunch Trip w/ GKs<br>1:45 Mountainside Keno<br>Letter Delivery & Reading<br>4:00 Restorative Exercise<br>6:00 Fishing Club or Pool | 18<br>Neighborhood Morning News<br>10:00 Mountainside Bingo<br>Morning Walks Outside<br>1:30 Scenic Drive<br>Letter Delivery & Reading<br>Afternoon Connections and Pet Visits with Ryder | Neighborhood Morning 19<br>Meet-ups and News<br>10:30 Scrabble (B)<br>1:30 Pondside Pinochle w/ Roger<br>1:30 Laughter Yoga (CL)<br>Letter Delivery & Reading<br>3:00 Pondside Music with Gerry on Guitar<br>4:15 Restorative Exercise | Neighborhood Morning News 20<br>10:00 Mountainside Pathways<br>10:30 October Calendar Chat and "Let's Talk"<br>10:30 Pet Visits with Katie<br>1:30 Mountainside Crosswords<br>Letter Delivery & Reading<br>2:30 Mindful Movement and Meditation with Val (CL) | Doak Salon Visits $ 21<br>Neighborhood Morning News<br>10:00 Creekside Sing-a-long<br>1:30 Mountainside Poker<br>2:00 Open House with Tony Buettner from Blue Zones(GR)<br>Letter Delivery & Reading<br>3:30 Pondside Afternoon Music with John Fisher | 22<br>10:30 Mountainside Fall Trivia<br>Letter Delivery & Reading<br>1:30 Poker (G) |
| 23/30<br>Morning Communion<br>10:00 Mountainside Dance & Movement<br>11:00 Broncos at Ravens on CBS<br>12:30 Bridge w/ vol Tanna (B)<br>1:00 CP Episcopal Service (CL)<br>1st Day of Autumn (23rd) Fall | Neighborhood Morning 24<br>Meet-ups and News<br>10:30 Watercolor Workshop(CAC)<br>12:00 Creekside Lunch w/ GKs<br>1:45 Mountainside Keno<br>Letter Delivery & Reading<br>2:45 Healing Hands<br>4:00 Restorative Exercise<br>6:00 Fishing Club or Pool | 25<br>Neighborhood Morning News<br>10:00 Mountainside Bingo<br>Morning Walks Outside<br>Letter Delivery & Reading<br>Afternoon Connections and Pet Visits with Ryder<br>3:30 Mntside Flower Arranging for our Neighbors | 26<br>Neighborhood Morning<br>Meet-ups and News<br>10:30 Hospitality Cart<br>1:30 Ladies Trip to the Haymaker Patio<br>Letter Delivery & Reading<br>3:45 Balloon Toss with GrandKids (CL) | 27<br>Neighborhood Morning News<br>10:00 Mountainside Pathways<br>10:30 Cowboy Coffee (B)<br>1:00 Blue Zone Baking (CAC)<br>1:30 Mountainside Crosswords<br>Letter Delivery & Reading<br>3:00 Poetry Club (CL) | 28<br>Doak Salon Visits $<br>Neighborhood Morning News<br>9:45 MIM Art Program (CAC)<br>1:30 Mountainside Poker<br>Letter Delivery & Reading<br>3:30 Creekside Afternoon Music with Barb | 29<br>9:00 Creekside Aviary<br>10:30 Mountainside Craft<br>Letter Delivery & Reading<br>1:30 Poker (G) |

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