



NOVEMBER 2018
CLERMONT PARK ADULT DAY CENTER
This is YOUR Club styled YOUR way!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Ongoing Activities
*Outings are in GREEN These include outings in the greater community as well as up in the main building at Clermont Park.	Offered in a Club setting, activity options are directed by Club Members. We welcome requests and suggestions for activities and outings. Let Courtney or Tiffany know if there are things you would like to do or places you would like to go!		<i>Please like us on Facebook to see photos of the club's culture and life enrichment!</i> 	1 8:00 Coffee Chat/Chronicle 9:00 Change the First Letter 10:00 Resource Fair 11: Chaplain Mike 12:00 Thankful Pumpkin 1:30 Meditation 2:00 Dominoes 3:00 Happy Hour 4:00 Games	2 8:00 Coffee Chat/Chronicle 9:00 Holly Creek Holiday Bazar 12:00 Thankful Pumpkin 2:00 Riddle Jumble 2:30 Cornhole 3:00 Aroma therapy and hand massage 4:00 Games	3	EXERCISE CLASSES Wellness Walking Group (2ndFW) Tuesday 9:30am Wii Bowling (FC) Tuesday and Thursday 1pm Strength Class (FC) Monday & Wednesday 10:05am Healthy Back (FC) Monday 10:40am Exercise with Carolina (FC) Wednesday 9:30am Balance (FC) Wednesday 11:15am Fitness Center— If you are interested in using the Fitness Center, let Courtney or Tiffany know SPIRITUAL SERVICES Bible Study (FH) Monday 10:00am Catholic Communion (CR1st) Mon 9:45am *If you desire to meet with a Chaplain or another clergy of another faith, let Courtney or Tiffany know and we can make arrangements for you CARDS & GAMES Refresher Bridge (3rd FL) Monday 1:00pm Billards/Pool— Anytime by request in main building Bocce Ball (4455 S. Harvard) Thursday 4pm Uno, Monopoly, Farkle, Rummy, Black Jack, Poker— Any games you'd like by request. MISCELLANEOUS Sign Language (AS) Monday 1:00 pm Peaceful Hour (FH) Monday 9:00am Events Planning Committee for Clermont Park (FH) Tuesday 10/2/18 at 11am Keepers Committee—Employee Retention (CR 1st) 4th Wednesday of the Month (10/24) Boutique Shopping — Anytime by request Clermont Market— Anytime by request Salon—Let Courtney or Tiffany know and we can make an appointment for you Library — Anytime by request ARTS Art Gallery— Anytime by request Art Room Access Anytime— Various art supplies are always at the ready. Let Courtney or Tiffany know if there are any art supplies you would like and we can get them for you.
4	5 8:00 Coffee Chat/Chronicle 9:00 Great Hot Balloon Race 10:00 Bowling Dice 11:30 Exercise 12:00 Thankful Pumpkin 1:30 Meditation 2:00 Peanut Butter Cookie Baking 3:00 Name That Tune 4:00 Games	6 ELECTION DAY 8:00 Coffee Chat/Chronicle 9:30 Chaplain Rebecca 10:30 Group Jigsaw 12:00 Thankful Pumpkin 1:00 Black Jack 2:00 Art Gallery & shopping 3:00 Snow Film featuring Jean B's husband! (FH) 4:00 Games	7 8:00 Coffee Chat/Chronicle 9:00 Wacky Words 10:00 Birthday Baking 11:30 Exercise 12:00 Thankful Pumpkin 1:30 Lita on the Piano 2:30 Birthday Party for Helen 3:00 Bar Soap Making (AS) 4:00 Games	8 8:00 Coffee Chat/Chronicle 9:00 Black Jack 9:30 December Calendar Planning 11:00 Fellowship with Juli 12:00 Thankful Pumpkin 2:00 Active Minds: WW! The Great War (FH) 3:00 Happy Hour 4:00 Games	9 8:00 Coffee Chat/Chronicle 9:00 Nina Visits 10:00 Name Fiv e 11:30 Exercise 12:00 Thankful Pumpkin 1:30 Bowling 2:00 Homemade Potpourri 4:00 Games	10	
11 	12 VETERAN'S DAY OBSERVED 8:00 Coffee Chat/Chronicle 9:00 Birthday Baking 10:30 Veterans Day Program (FH) 12:00 Thankful Pumpkin 2:00 Pet Therapy with Honey 3:00 Birthday Party for Glen 4:00 Games	13 8:00 Coffee Chat/Chronicle 9:30 Chaplain Rebecca 10:30 Group Jigsaw 11:00 Birthday Baking 12:00 Thankful Pumpkin 12:30 Colorado Sports Hall of Fame 3pm Thanksgiving Service (FH) 4:00 Games	14 8:00 Coffee Chat/Chronicle 9:00 Which Word Doesn't Belong? 10:00 ADS Ted Talks 11:30 Exercise 12:00 Thankful Pumpkin 2:00 Memories in the Making with Tom 3:00 Aroma therapy and hand massage	15 8:00 Coffee Chat/Chronicle 10:30 Active Minds: Cuba: Past Present & Future (FH) 11:00 Fellowship with Mike 12:00 Thankful Pumpkin 2:00 TED Talk : Nature, beauty. Gratitude. (FH) 3:00 Happy Hour 4:00 Games	16 8:00 Coffee Chat/Chronicle 9:00 Five Clue 10:00 11:30 Exercise 12:00 Thankful Pumpkin 1:30 Meditation 2:00 Adopt A Soldier Letters 3:00 Chocolate Chip Cookie Baking 4:00 Games	17	
18	19 8:00 Coffee Chat/Chronicle 9:00 In the kitchen 10:00 Erma Bombeck Readings 11:30 Exercise 12:00 Thankful Pumpkin 1:30 Village Inn for Pie and Coffee 4:00 Games	20 8:00 Coffee Chat/Chronicle 9:30 Chaplain Rebecca 10:30 Group Jigsaw 11:30 Exercise 12:00 Thankful Pumpkin 1:30 Trivia 2:00 Nina Visits 3:30 Games	21 8:00 Coffee Chat/Chronicle 9:00 Leaf Category 10:00 ADS Ted Talks 11:30 Exercise 12:00 Thankful Pumpkin 2:00 Memories in the Making with Tom 3:00 History of Thanksgiving (History Channel) 4:00 Games	22 CLOSED HAPPY THANKSGIVING! 	23 CLOSED Black Friday Enjoy your shopping! 	24	
25	26 8:00 Coffee Chat/Chronicle 9:00 Denver Cat Compaany 12:30Thankful Pumpkin 2:00 Pet Therapy with Honey 3:00 Fireside Chat 4:00 Games	27 8:00 Coffee Chat/Chronicle 9:30 Chaplain Rebecca 10:30 Curious Dragonfly: Forensic Fingerprints class 12:00 Thankful Pumpkin 1:30 Exercise 2:00 Group Jigsaw 3:00 Bluberry Cream Cheese muffin Baking 4:00 Games	28 8:00 Coffee Chat/Chronicle 9:00 Missing the Last Letter 10:00 Would You Rather 11:30 Exercise 12:00 Thankful Pumpkin 1:30pm Lita on the Piano 3:00 Christmas Letter from ADS 4:00 Games	29 8:00 Coffee Chat/Chronicle 9:00 Reader's Digest 10:00 Cribbage 11:00 Fellowship with Mike 12:00 Thankful Pumpkin 1:30 Exercise 2:00 Cookie Baking 3:00 Happy Hour 4:00 Games	30 8:00 Coffee Chat/Chronicle 9:00 Checkers 11:15 TED Talk: Happiness and Gratefulness (FH) 12:00 Thankful Pumpkin 1:30 Exercise 2:00 Gin Rummy 3:00 Banana Bread Muffin Baking 4:00 Games	Locations: CR 1st: Community Room 1st floor AS: Art Studio FH: Fellowship Hall 3rd FL: 3rd Floor Lounge 2nd FW: 2nd Floor Willows FC: Fitness Center	

NEW CLUB MEMBERS

Please give a warm welcome to new Club members Don S. and Timothy B., who are joining us in November. We're happy to have you with us!

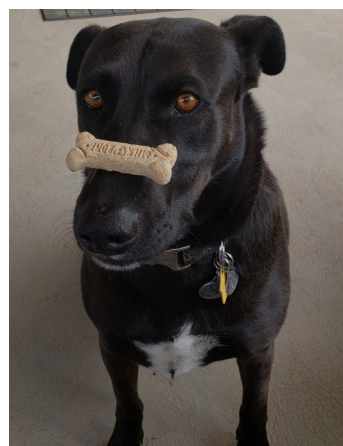
HAPPY BIRTHDAY

Helen 11/7

Glen 11/13

NEW VOLUNTEER

Say hello to our newest volunteer! By Club Member request due to her popularity on Halloween Nina Todd will be volunteering here at the Club twice a month!



CLUB NEWS

2018 Flu Shots: As a reminder, it is the beginning of flu season. Please make arrangements to get your flu shot as soon as you can and let us know when you've had it. Thanks!

Time Change Reminder: Don't forget to change your clocks on **Saturday, November 3rd** before you go to bed.

Holiday Schedules: Please let us know if you will be joining us on December 24th and December 31st. These are both half days and there will be a snack provided, but there will be no lunch served. We can be reached at 720-974-3780 or 720-974-3781.

Our Holiday schedule is as follows:

November 22nd: CLOSED

November 23rd: CLOSED

December 24th: 8am - 12pm

December 25th: CLOSED

December 31st: 8am - 12pm

January 1st: CLOSED

Adopt A Soldier: We have signed up to adopt a Soldier at <http://adoptaussoldier.org/> and we will be writing letters and sending care packages. If you have a friend or loved one who is a Soldier and they would like letters and care packages, let Courtney or Tiffany know and we can add them to our Adopt A Soldier care package group. To all of those who have served, and who are serving now, we appreciate your service!

MEET YOUR CLUB LEADERS!



Courtney Todd, Adult Day Coordinator I was introduced to recreational therapy at a young age when my dad's answer to after school care was volunteer service. I started at the Retired Seniors Volunteer Program (RSVP) helping in the Boulder office when I was 9. Then added a dance class for adults with intellectual and developmental disabilities through Boulder Parks and Recreation's EXPAND Program. I loved it and stayed there assisting with programs through high school. I went to college in California at Grossmont College and they cancelled the recreational therapy program so I returned to Colorado, became a CNA to pay my way through school, and studied Human Services in Non Profit Management and Organization at Metro State. After two decades I returned to Metro to continue my Recreation studies with a double emphasis in Recreational Therapy and Recreation Management and in 2019 I will be returning to school complete a dual degree in Healthcare Administration and an MBA. I have worked in a wide variety of settings with a wide range of populations from children in preschool to hospice. I have held positions from direct care to Executive Director and everything in between. I am so grateful to have found my home here at Christian Living Communities and I am looking forward to sharing this journey with the people that we serve.



Tiffany Barahona, Life Enrichment Associate. Here I help lead and develop exciting new programming aimed to keep active minds, bodies, and spirits. I have been in Health care since 2014 after getting both my Nursing Assistant and Medical Assistant Certifications. Shortly after entering the field as a CNA, I was given the opportunity to work as a Life Enrichment Associate for a different community. I fell completely in love with my new career, where I had the privilege to grow and strengthen the bonds I had with my elders. This brought me closer to their families and loved ones as well, and in turn provided me with opportunities to help out in their lives in and outside our Community. I took great pleasure and pride in providing exciting programming with new spins on some of the things they already loved in order to grow them to be more inclusive and something they could cherish. I am looking forward to meeting new people at our Adult Day Center and share a path that will surely be filled with many new adventures and memories to cherish.

