

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	ONGOING ACTIVITIES
<p>30 Dec. Continued</p> <p>9:15 Chapel (FEL) 3:00 Movie & Popcorn (TH)</p>	<p>31 Happy New Year!! 5:00-7:00 A Toast to Paris New Year's Eve Celebration with the Molly Kaufmann Trio (CEN)</p>	<p>Schryver Lab Services visits our community every Tuesday and Thursday from 8-9:30 am in the medical office by the Vistas. No appointment is necessary, BUT you must have orders from your provider prior to going to the clinic.</p>	<p>ART-Durango Room ALR-Alpine Living Room BIS- Bistro CEN-Centennials FEL-Fellowship Hall LIB-Library MM-Molly's Mercantile</p>	<p>SIL-Silverton Gallery SG-Suites Garden TC-Town Center TLR-Timbers Living Room TH-Theatre TS-Timbers Salon WC-Wellness Center</p>	<ul style="list-style-type: none"> In House Special Events, Concerts, & Speakers Excursions Requiring Sign-up Suites Special Events Onsite Provider Visits Documentaries/Videos 	<p>1 10:30 Beading and Bracelets with Jan Kershner (ART) *\$5/bracelet 3:00 Classical Guitar with Lorian Bartel (ALR) 3:00 Saturday Documentary: The Last Waltz (TH)</p>	<p>EXERCISE CLASSES</p> <p>Personal Training (FC) Mon, Wed, Fri 7:30 am Life Moves (WC) Mon, Wed, Fri 8:00, 9:00 & 10:00 am Balance Class (WC) Tues & Thu 12:15 pm Strength & Conditioning (WC) Tues & Thu 3:00 pm Chair Yoga (WC) Thursdays 9:00 am</p> <p>SPIRITUAL SERVICES</p> <p>Bible Study (SIL) Tuesday 3:30 pm Spiritual Video Series (FEL) Wed 3:30 pm Catholic Mass (TH) 2nd Friday 10:00 am Catholic Communion (TH) Fri 10:00 am Chapel (FEL) Sunday 9:15 am</p> <p>SOCIAL TIME</p> <p>Morning Chat Group (BIS) Mon, Wed & Fri 10:00 am TGIF Social Hour w/entertainment (TC) 3rd Friday 4:00 pm (with exceptions) Morning Social (BIS) Sat & Sun 10:15 am</p> <p>CARDS & GAMES</p> <p>Pickleball (WC) Tuesday 9:00 am Cribbage (SIL) Tuesday 7:00 pm Party Bridge (SIL) Wednesday 1:00 pm Scattergories (ART) 1st/3rd Thu 11:00 am Rummikub (SIL) Thursday 7:00 pm Hand and Foot (ART) Friday 7:00 pm Scrabble (SIL) Saturday 1:00 pm</p> <p>MISCELLANEOUS</p> <p>Movie & Popcorn (TH) Sunday 3:00 pm Sunday Community Concert (FEL) 3rd Sunday 6:00 pm (with exceptions) iPhone & iPads 101 (ART) Mon 10:00 am Brain Boosters (WC) Monday 1:30 pm Monday Musical (TH) Monday 7:00 pm Coupon Clippers (ART) Tues 8:30 am Tuesday Classic Film (TH) Tues 7:00 pm 10 on 10 with Patrick (TH) Thu 10:00 am Thursday Night Movie (TH) Thu 7:00 pm</p> <p>ARTS</p> <p>Needles & Threads (SIL) Tuesday 1:00 pm Knit Wits (ART) 4th Saturday 10:00 am Holly Creek Bell Ringers (FEL) Thursday 10:00 am Duets Piano Practice (FEL) Fridays 2:00 pm Artists Studio-Intermediate (ART) Mondays 1:00 pm Artists Studio-Beginner (ART) Fridays 1:00 pm</p>
<p>2 9:15 Chapel (FEL) 11:45 Colorado Symphony Orchestra Presents: All Beethoven at Boettcher 1:00-3:00 Tech Workshop with Ruby (TC) 3:00 Movie & Popcorn (TH)</p>	<p>3 10:30 World Religions: <i>Reformation</i> (FEL) 1:00 Pinochle (SIL) 1:00 Celebration of Life for Rosemary Angelos (FEL) 2:00 Building, Grounds & Safety Committee (SIL) 2:30 Brain Boosters (WC) 3:00 Low Vision Group (SIL) 7:30 Patchwork Singers (FEL)</p>	<p>4 10:30 Advent Spiritual Video Series (ALR) 10:30 Jubilee Handbell Ensemble Christmas Concert (FEL) 1:30 Wild Alaska: Spring (TH)</p>	<p>5 1:30 Fake or Fortune: Lowry (TH) 3:30 Not A Silent Night Spiritual Video Series (FEL)</p>	<p>6 9:00 Chair Yoga (WC) 9:00 Chaplain's Holiday Open House (ALR) 10:00 10 on 10 with Patrick: <i>Top Ten Darwin Awards</i> (TH) 11:00 Scattergories (ART) 1:00 Life Enrichment Planning Hour (SIL) 2:30 Thursday Thesians Present: A Christmas Carol (FEL)</p>	<p>7 6:00-9:00 Associate Holiday Appreciation Breakfast (CEN) 11:00 Secrets for A Powerful Memory: Keeping Your Whole Brain in Peak Condition (TH) 1:00 Park Meadows Shopping Center 1:00 Low Hearing Group (FEL) 3:00 Jim Burghardt's 100th Birthday Celebration (FEL)</p>	<p>8 10:00 Dual Star Academy of Dance Presents: The Nutcracker (FEL) 3:00 Saturday Documentary: Immigrant Prison Crisis (TH) 6:30 Colorado Symphony Orchestra Presents: A Classic Christmas at Boettcher</p>	
<p>9 9:15 Chapel (FEL) 3:00 Movie & Popcorn (TH) 6:00 The Celtic Friends Irish Christmas (FEL)</p>	<p>10 10:15 Travels with Toni: Sounds of the Season (TLR) 10:30 Wired Word (FEL) 1:00 Pinochle (SIL) 1:30 Brain Boosters (WC) 1:30 Travels with Toni: Christmas Adventures in Norway (ALR) 3:00 World Issues: Chicago: Biography of a City (FEL)</p>	<p>11 10:00 Bookmobile (LIB) 10:30 Advent Spiritual Video Series (ALR) 10:30 Walnut Hills Elementary School Christmas Concert (FEL) 11:00 St. Gabriel's Worship Service (TH) 1:30 Dawn & Steve Broadway Show: White Christmas (FEL) 7:30 Parker Evangelical Bell Ringers Concert (FEL)</p>	<p>12 11:00 Fake or Fortune: Renoir (TH) 12:30 White Christmas at the Buell Theater 1:30 Music Appreciation with Marc Shulgold: Baroque Holiday Music (FEL) 3:30 Not A Silent Night Spiritual Video Series (FEL)</p>	<p>13 9:00 Chair Yoga (WC) 10:00 10 on 10 with Patrick: <i>Top Ten 21st Century Artists</i> (TH) 11:00 Dry Creek Elementary School Christmas Concert (FEL) 11:00 Successful Aging Committee (ART) 1:00 Card Making (ART) 2:00 Card Making (ART)</p>	<p>14 10:00 Duplicate Bridge (CEN) 11:00 Secrets for A Powerful Memory: Human Memory is Reconstruction, Not Replay (TH) 1:00 Sheldon Jewelry Clinic (TC) 2:00 Curious Dragonfly Lifelong Learning: Fossils, Part II (ALR) 4:00 TGIF with Molly Kaufmann (TC)</p>	<p>15 3:00 Saturday Documentary: Kedi (TH)</p>	
<p>16 9:15 Chapel (FEL) 1:00-3:00 Tech Workshop with Ruby (TC) 3:00 Movie & Popcorn (TH) 3:00 Denver Violin Studio Christmas Concert (FEL) 6:00 Community Life Concert Series Featuring the Dickens Carolers (FEL)</p>	<p>17 10:30 World Religions: <i>Christianity: The History of Christmas</i> (FEL) 1:00 Pinochle (SIL) 1:30 Brain Boosters (WC) 3:00 Holly Creek Bell Ringers Christmas Concert (FEL)</p>	<p>18 8:00 Men's Breakfast (FEL) 10:30 Advent Spiritual Video Series (ALR) 11:00 Denver Libraries & Book Stores with Kevin Snow (FEL) 1:00 Wild Alaska: Summer (TH) 2:00 Town Hall Meeting (FEL)</p>	<p>19 9:00 Pedicure Clinic (TS) 9:00 Hearing Clinic (ART) 11:00 Fake or Fortune: A Mystery Old Master (TH) 3:30 Green Team Meeting (ART) 3:30 Not A Silent Night Spiritual Video Series (FEL) 6:00 Colorado Symphony Orchestra Presents: Holiday Brass at Boettcher</p>	<p>20 9:00 Chair Yoga (WC) 10:00 10 on 10 with Patrick: <i>Best Christmas Toys</i> (TH) 11:30-1:00 Holly Creek Annual Christmas Tea (CEN) 3:30 The Longest Night Chapel Service with Jim and Carol (FEL)</p>	<p>21 11:00 Scattergories (ART) 1:30 The Christmas Story Told Through Works of Art with Art Historian Cynthia Peer (FEL) 2:00 Nature's Educators Present: Super Snakes (ALR)</p>	<p>22 10:00 Knit Wits (ART) 3:00 Saturday Documentary: Running From Crazy (TH)</p>	
<p>23 9:15 Chapel (FEL) 3:00 Movie & Popcorn (TH)</p>	<p>24 10:30 Wired Word (FEL) 1:00 Pinochle (SIL) 1:00 Wild Alaska: Winter (TH) 3:00 Christmas Eve Lessons and Carols with the Kok Family (FEL)</p>	<p>25 Merry Christmas!! 11:00-2:00 Christmas Day Family Dining (CEN)* 3:00 After Dinner Family Movie: The Muppet Christmas Carol (TH)</p>	<p>26 11:00 Fake or Fortune: Churchill and Munnings (TH) 1:30 Walt: The Man Behind the Myth (TH) 3:30 Not A Silent Night Spiritual Video Series (TH)</p>	<p>27 9:00 Chair Yoga (WC) 9:00 Glasses Adjustment Clinic (TC) 10:00 10 on 10 with Patrick: <i>Most Bizarre New Year's Eve Celebrations</i> (TH) 1:30 Creative Crafting with Sarah Nagy: Tassel Knob Pulls (ART) 3:00 World Issues: Holiday Traditions & Customs (FEL) 5:00 Annual Holiday Lights Tour</p>	<p>28 10:00 Duplicate Bridge (SIL) 10:00 Catholic Mass (TH) 1:00 Treasures from the Wreck of the Unbelievable (TH)</p>	<p>29 3:00 Saturday Documentary: Seeing Allred (TH)</p> <p style="text-align: right;">Continued at top</p>	

EVENT DESCRIPTIONS

Tue, December 11: Dawn & Steve Broadway Show: *White Christmas*, 1:30 pm, FEL

The story of two showbiz buddies putting on a show in a picturesque Vermont inn, and finding their perfect mates in the bargain. Dawn and Steve Lehman bring their special brand of musical recreation with props, costumes and all your favorite songs "Count Your Blessings Instead of Sheep," "Happy Holiday," "Sisters," "Blue Skies," and the unforgettable title song.

Wed, December 12: Music Appreciation with Mark Shulgold: *Baroque Holiday Music*, 1:30 pm, FEL

The music of the holidays comes in many varieties, but there is nothing quite like the glorious choral and instrumental music of the Baroque Era. Bach and Vivaldi alternate blazing trumpets and full-throated choruses with quiet moments of reverence. The Paris composers bring a gentle warmth and charm to the music of the season. And, of course, there's the timeless joy of Handel's Messiah. Join Active Minds as we sample them all.

Fri, December 14: Curious Dragonfly Lifelong Learning: *Fossils, Part II*, 2:00 pm, ALR

Join Trina for the second half of this immersive presentation as we go back in time millions of years! Hold fossils of animals that walked, crawled and swam the earth that are millions of years old. Learn how fossils are formed and the amazing things that must happen for a fossil to survive millions of years. Impress your family and friends with your own Fossil story when you're finished!

Tue, December 18: Men's Breakfast, 8:00 am, FEL

This month we welcome the Honorable Judge Elizabeth Weishaupl of the 18th Judicial District Court in Centennial, Colorado. She was initially appointed to this position in 2008. Early in her career she served as a legal clerk for the Honorable Judge Howard Kirshbaum. Hear her speak about serving Colorado and its citizens in the judicial system in Arapahoe County. Breakfast is provided so an RSVP is **required** by signing up at the concierge desk **NO LATER THAN** Sunday, December 16! Ladies, please join us for the program at 8:30 am.

Tue, December 18: *Denver Libraries and Book Stores*, 11:00 am, FEL

This wonderful presentation looks at the written word, and the buildings that have been built to house them, sell them, promote them and disseminate them. With public libraries, historic book stores and used-book sellers, we'll see something of everything. Presented by Denver History Tours, we will highlight some of the history and architecture as well. Come check out Denver's temples to the book and maybe find the tome of your life!

Thu, December 20: *The Longest Night Chapel Service with Jim Kok*, 3:30 pm, FEL

December poses a unique challenge: How are we supposed to celebrate "the most wonderful time of the year" when the year itself may have been godawful? The halls may be decked, the cookies baked, Christmas music loud, but it feels impossible this year to fully tune out our own private sorrows and losses. For many of us, the season feels like nothing more than the welcome end to a sad and scary slog. The idea of the Longest Night Service is to acknowledge the darkness, and let it be dark. But when darkness falls and feels like it will never lift, it's worth gathering together for an hour or so around the light that gives hope in the darkness.

Fri, December 21: *Nature's Educators: Super Snakes*, 2:00 pm, ALR

Snakes are amazing creatures which many people fear. During this presentation, discover the ways to identify which snakes are venomous, learn what snakes eat, find out where they live, and how they find their prey. Visit with a variety of snakes from Nature's Educators and even have the chance to touch them! Who knows, you may overcome your fear of these legless reptiles by the end of the program! 3-6 of our beautiful snakes will be visiting based on length.

Fri, December 21: *The Christmas Story Told Through Works of Art*, 1:30 pm, FEL

From the moment the Angel Gabriel announces to Mary that she is to be with child, God's son, and he is to be named Jesus, through the months following that great announcement, Mary's visit to her cousin Elizabeth, the census in Bethlehem, the birth of Jesus, the visits of the Magi and shepherds to see the baby, there are many beautiful, wonderful works of art that represent the entire story of the birth of Christ, "The Christmas Story."

Thu, December 27: *World Issues: Holiday Traditions and Customs*, 3:00 pm, FEL

Why do we have Christmas trees? Or for that matter holiday lights, eggnog, holly or mistletoe. Join Active Minds we seek to explain the origins of a wide variety of holiday traditions and customs. Our focus will be mostly upon secular winter holiday traditions, many of which are associated with the winter solstice.

EVENT DESCRIPTIONS

Starting Tue, December 4: *Advent Spiritual Video Series*, 10:30 am, ALR

What's the big deal about the baby in the manger? Who was he? What does his birth have to do with me? Max Lucado loves talking about these Christmas questions, and discovering the heart shaping promises that come from the Christmas story. Long after the guests have left and the carolers have gone home and the lights have come down, these wonderful promises of Christmas endure. Join Chaplain Carol for her new series: *Because of Bethlehem: Love is Born, Hope is Here* with Max Lucado.

Starting Tue, December 4: *Wild Alaska*, 1:30 pm, TH (see calendar for other dates throughout the month)

Alaska is a place that is known for its harsh beauty. Glaciers give way to winding coils of rivers and streams that feed into pristine lakes. Winters in the Arctic Circle can be harsh and unforgiving, but the summer brings with it some very surprising heat waves. The landscape is harsh, but it is home to an incredible range of wildlife. The series explores the seasons -- spring, summer, and winter -- and the way that they force the wildlife to adapt and thrive. Such animals to be seen are polar bears taking their first steps on the new ice of the season, a sea otter mother and its baby, and grizzly bears rushing to gorge themselves to fatten up.

Starting Wed, December 5, *Fake or Fortune*, 1:30 pm, TH

Journalist Fiona Bruce teams up with art dealer Philip Mould -- dubbed "the art detective" -- to investigate remarkable stories beneath the surface of paintings. From Paris and Amsterdam to Cape Town, the banks of the Nile, and New York, the team employs old-fashioned detective skills and the latest forensic testing to reveal compelling tales of lost masterpieces, forgers and Nazi-looted art.

Starting Wed, December 5: *Not A Silent Night Spiritual Video Series*, 3:30 pm, FEL

As Mary learned, God doesn't promise a perfect, peaceful life or a silent, holy night. Life doesn't go according to our plans. Sometimes it's hard and painful and scary. Yet, in the messiness of life, God is at work, bringing blessing out of pain. That's the message of Christmas.

Thu, December 6: *Thursday Thespians Present: A Christmas Carol*, 2:30 pm, FEL

Join the tale as it begins on a "cold, bleak, biting" Christmas Eve exactly seven years after the death of Ebenezer Scrooge's business partner Jacob Marley. Scrooge has no place in his life for kindness, compassion, charity or benevolence. He hates Christmas, calling it "humbug," refuses his nephew Fred's dinner invitation, and rudely turns away two gentlemen who seek a donation from him to provide a Christmas dinner for the poor. Can Scrooge be saved from his uncharitable, inhospitable ways? Only time will tell.

Fri, December 7: *Jim Burghardt's 100th Birthday Celebration*, 3:00 pm, FEL

Join the Volunteer Advisory Team as well as other members of the community as we celebrate our newly minted resident Centenarian, Jim Burghardt. Come and have some light refreshments and conversation to honor a century of achievement and memories of one of our own.

Mon, December 10: *Travels with Toni: Sounds of the Season*, 10:15 am, TLR

As the days of December march forward, we hear them frequently -- in pageants, programs, on TV and on the radio. Wherever we hear them we find ourselves singing along! The sounds of the songs of Christmas are the golden threads of the Season's festive tapestry that actually turn on the Christmas spirit in our hearts!

Mon, December 10: *Travels with Toni: Christmas Adventures in Norway*, 1:30 pm, ALR

Christmas in Norway is based on Christian traditions, with elements of old pagan traditions and Jewish Hannukah. And new traditions are added every year. Of course, there are as many ways to celebrate Christmas in Norway as there are people, but join Toni for an introduction to some traditions and activities that most Norwegians are likely to be familiar with.

Mon, December 10: *World Issues: Chicago: Biography of a City*, 3:00 pm, FEL

Join Active Minds for the story of the Windy City. We will begin with the French explorers, missionaries, fur traders and Native Americans that inhabited the region in the early 1800s. We will cover the Great Chicago Fire and how it impacted the development of the city. And as we bring things all the way up to the present, we'll cover the politics, crime, food, culture, and architecture of the "City of Broad Shoulders." It's the next best thing to being there!



MASTERPIECE... YOUR LIFE'S BEST WORK!

What Happens When Engineers Think Too Much About Christmas?

1. No known species of reindeer can fly. But there are 300,000 species of living organisms yet to be classified, and while most of these are insects and germs, this does not completely rule out flying reindeer, which only Santa has seen.
2. There are 2 billion children (under 18) in the world. But since Santa doesn't appear to handle Muslim, Hindu, Buddhist, and Jewish children, that reduces the work load to 15% of the total - 378 million or so. At an average rate of 3.5 children per household, that's 91.8 million homes. One presumes there's at least one good child in each.
3. Santa has 31 hours of Christmas to work with thanks to time zones and the rotation of the earth, assuming he travels east to west. This works out to 822.6 visits per second. This is to say that for each Christian household with good children, Santa has 1/1000th of a second to park, hop out of the sleigh, jump down the chimney, fill the stockings, distribute the remaining gifts under the tree, eat the snacks, get back up the chimney, get back in the sleigh, and move on to the next house. Assuming that each of these 91.8 million homes are distributed evenly (which we know to be false but for the sake of these calculations we will accept) we are now talking about .78 miles per household, a total trip of 75 1/2 million miles, not counting bathroom stops. This means that Santa's sleigh is traveling at 650 miles per second, 3000 times the speed of sound. For comparison, the fastest man made vehicle, the Ulysses space probe moves at a poky 27.4 MPS; the average reindeer runs at 15 MPH.

Continued on page 8



MASTERPIECE... YOUR LIFE'S BEST WORK!

Continued from page 3

4. The sleigh's payload adds another interesting element. Assuming that each child gets nothing more than a medium sized LEGO set (2 pounds), the sleigh is carrying 321,300 tons not counting Santa, who is inexorably described as overweight. On land, conventional reindeer can pull no more than 300 pounds. Even granting that "flying reindeer" (see point one) could pull TEN TIMES the usual amount, we can not do the job with 8 or even 9, we need 214,000 reindeer. This increases the weight, not even counting the sleigh, to 353,430 tons. Again for comparison this is 4 times the weight of the Queen Elizabeth 2.
5. 353,000 tons traveling at 650 miles per second creates enormous air resistance. This will heat the reindeer in the same manner as a spacecraft re-entering the earth's atmosphere. The lead pair of reindeer will absorb 14.2 QUINTILLION joules of energy. Per second. Each. In short, they will burst into flame almost instantaneously, exposing the next pair of reindeer, and creating deafening sonic booms in their wake. The entire team will be vaporized within 4.26 thousands of a second. Santa, meanwhile, will be subjected to centrifugal forces 17,500.06 times the force of gravity. A 300 pound Santa would be pinned to the back of his sleigh by 4,315,015 pounds of force.
6. Conclusion: There was a Santa, but he's dead now.

Merry Christmas from Patrick the Grinch



EXCURSIONS

Sunday, December 2nd (HA)

**Colorado Symphony Orchestra Presents:
All Beethoven t Boettcher Concert Hall**
Depart at 11:45 am. Tickets: \$32.
Tickets purchased. Waitlist Available.
Exertion Level: 2

Saturday, December 8th (HA)

**Colorado Symphony Orchestra Presents:
A Classic Christmas at Boettcher Concert Hall**
Depart at 6:30 pm. Tickets: \$32.
Tickets purchased. Waitlist Available.
Exertion Level: 2

Wednesday, December 12th (HA)

White Christmas at the Buell Theater
Depart at 12:30 pm. Tickets: \$28.
Sign up is full. Waitlist Available.
Exertion Level: 2

Sunday, December 16th (HA)

**Christ Church Presents:
A Kantorei Christmas**
Depart at 2:15 pm. Tickets: \$20.
Sign-up now through Friday, November 30
Exertion Level: 1

Wednesday, December 19th (HA)

**Colorado Symphony Orchestra Presents:
Holiday Brass at Boettcher Concert Hall**
Depart at 6:00 pm. Tickets: \$32.
Sign up is full. Waitlist available.
Exertion Level: 2

Thursday, December 27th (HA)

Annual Holiday Lights Tour
Depart at 5:00 pm. FREE EVENT.
Sign up is full. Waitlist Available.
Exertion Level: 1

UPCOMING EXCURSIONS

Excursion Sign Up Procedures:

1. Sign up for excursions right away to guarantee a spot by calling 720-266-5666. You must dial ALL 10 digits.
2. Spots are filled as calls are received. All those who call the reservation line will receive a Grand Care message notifying you to check the Excursion Reservation Binder in order to determine whether you are confirmed or on the waitlist.
3. Check the 'Excursion Reservations' Binder located in the library often to check specific details and waitlist information.

Sunday, January 12th, 2019

Colorado Symphony Orchestra Presents: A Tribute to Arthur Fiedler and the Boston Pops at Boettcher Concert Hall
By popular demand, our fantastic tribute to Arthur Fiedler and the Boston pops returns with a fresh and fun evening featuring the ever-animated Christopher Dragon on the podium to provide an animated performance in honor of Arthur Fiedler! Colorado Symphony bassists Steve Metcalf and Nick Recuber take the stage in Giovanni Bottesini's duet, Passione Amorosa, clarinetist Abby Raymond performs William Bolcom's Little Suite of Four Dances, and there is even more music!
Depart: 6:45 pm, Tickets: \$32. Exertion Level: 2.
Sign-up will begin when the Excursion Flyer is released.

Friday, January 18th, 2019

National Geographic Live: My Wild Life with Bertie Gregory at Lone Tree Arts Center
Photographer Bertie Gregory specializes in intimate shots of animals in their natural environment, whether that's a frigid Vancouver beach or the streets of London. From up-close footage of a leopard stalking through Mumbai to evocative portraits of Vancouver's elusive coastal wolf, he has mastered the art of capturing what binds animal and human together. Oh, and he's only 23.
Depart: 9:15 pm, Tickets: \$20. Exertion Level: 1.
Sign-up will begin when the Excursion Flyer is released.

Sunday, January 20th, 2019

She Loves Me at Lakewood Cultural Center
An intimate and touching show, featuring music by Jerry Bock and Sheldon Harnick (Fiddler on the Roof) and book by Joe Masteroff (Cabaret), *She Loves Me* was nominated for five Tony Awards in 1964. Considered by many to be the most charming musical ever written, *She Loves Me* is a warm romantic comedy with an endearing innocence and a touch of old-world elegance.
Depart: 12:45 pm, Tickets: \$36. Exertion Level: 2.
Sign-up will begin when the Excursion Flyer is released.

SHINE ON THERAPY

Avoid Chronic Disease With Regular Physical Activity

Most Americans don't move enough despite proven benefits, such as reduced risk of cancer and chronic diseases, and improved bone health, cognitive function, weight control, and overall quality of life.

The second edition of the *Physical Activity Guidelines for Americans*, reports that approximately 80% of US adults and adolescents are insufficiently active. As a result, many Americans currently have or are likely to experience chronic diseases, including heart disease, diabetes, obesity, and depression.

The good news is that regular physical activity can prevent and improve many chronic conditions. America, it's time to get moving!

How Much Physical Activity Should I Do?

According to the guidelines, the following is recommended:

1. **Preschool-aged children** (ages 3 through 5 years) should be physically active at least for 3 hours, if not more. Adult caregivers should encourage active play that includes a variety of activity types and limits sitting-around time, such as screen time.
2. **Children and adolescents** (ages 6 through 17 years) need at least 60 minutes or more of activity a day. This includes activities to strengthen bones, build muscles, and get the heart beating faster.
3. **Adults** should do at least 150 minutes of moderate-intensity aerobic activity a week, and at least 2 days for muscle-strengthening activities. Adding more time provides further benefits.
4. **Older adults (ages 65 and older)** should do at least 150 minutes of aerobic activity a week and include muscle-strengthening activities 2 days a week. You should also add components, such as balance training as well. If you have limitations due to preexisting conditions, consult with a health care provider and be as physically active as your abilities allow.
5. **Pregnant and postpartum women** who were physically active before pregnancy can continue these activities during pregnancy and in the postpartum period, but they should consult their health care provider about any necessary adjustments.
6. **Adults with chronic health conditions and disabilities**, who are able, should do at least 150 minutes of moderate-intensity activity a week. You should consult with a health care provider about the types and amounts that are appropriate for you.

How a Physical Therapist Can Help

Physical therapists are movement experts who optimize quality of life through prescribed exercise, hands-on care, and patient education.

After making a diagnosis, physical therapists create personalized treatment plans that help their patients improve mobility, manage pain and other chronic conditions, recover from injury, and prevent future injury and chronic disease.

Physical therapists empower people to be active participants in their own treatment, and they work collaboratively with other health professionals to ensure patients receive comprehensive care.

Reference: https://www.moveforwardpt.com/Resources/Detail/avoid-chronic-disease-with-regular-physical-activi?fbclid=IwAR2kpAannWgn3HpXI2kk0emTL0YyOonEHd_sE-ptW4SrAvS_WrRDI4tu6k

BIRTHDAYS COMMUNITY NEWS

Joan Bailey
 Doris Roos
 Ruth Kroon
 Sondra Willis
 Hans Neville
 Jim Burghardt
 Gordon Scheer
 Mo Kreutz
 Margaret Mueller
 Jim Englehorn
 Eloise Conley
 Lynne Bousman
 Sally Lund
 Mary Polak
 Bill Vobach
 Dinny Huber
 Karen Ramsey
 Keith Burnham
 Beth Hjort
 Audrey Eggert



Holiday tips from the Green team

Buy less, give thoughtfully as a contribution in honor of someone, shop online, use LED lights, use an artificial tree, reuse/recycle after the holidays and be sure to dispose of live trees properly.

Sunday, Dec 31: A Toast to Paris New Year's Eve Celebration

Join us for New Year's Eve in Paris! We will ring in the new year with the Molly Kaufmann Trio, a wonderful and lively group that will tickle your ears while you enjoy a delicious dining experience highlighting classic French cuisine and wine. The evening will begin with appetizers, pre-dinner cocktails and music in the Town Center at 5 pm. Dinner will follow promptly at 5:30 pm so everyone can enjoy the music and ambiance. Just before 7:00 pm we top off the evening with a champagne toast and round of Auld Lang Sine! Separate invitations will be provided on December 7 with instructions for how to make reservations as well as menu offerings and cost. Make this a night to remember and wear your best cocktail attire; sparkly dresses and suits/tuxedos are strongly encouraged!

Community Life Concert Series Featuring the Dicken Carolers

The Original Dickens Carolers was started in 1986 by energetic musical theatre performers at Larimer Square. Inspired by their love of entertaining, they focused on interaction, music and humor to create a professional performance style that continues to charm Colorado and national audiences. With the continuous addition of new songs over the years, they strive to present fresh offerings while delivering the familiar and traditional favorites with consistent quality. Join Gov'nr, Sebastian, Pip and Felicity in Victorian-era costumes with a song repertoire beautifully blended in four-part harmony including children's favorites, standards and traditional carols on Sunday, December 20 at 6:00 pm, FEL.

Thu, December 20: Holly Creek Annual Christmas Tea

The Holly Creek Christmas Tea is a fantastic tradition! Come, relax and enjoy time with friends and family during the season to celebrate. Treats will include a delicious assortment of hot teas, tea sandwiches, scones with clotted cream and pastries. Don't forget to wear your favorite holiday sweater in honor of the occasion! Luncheon and Tea cost \$13. Reservations are required by Friday, December 14 so be sure to visit the reservations podium to speak with a manager to make yours! We hope to see you Thursday, December 20 from 11:30-1:00 pm in Centennials.

Thu, December 20: The Longest Night Chapel Service

December poses a unique challenge: How are we supposed to celebrate "the most wonderful time of the year" when the year itself may have been godawful? The halls may be decked, the cookies baked, Christmas music loud, but it feels impossible this year to fully tune out our own private sorrows and losses. The idea of the Longest Night Service is to acknowledge the darkness, and let it be dark. But when darkness falls and feels like it will never lift, it's worth gathering together for an hour or so around the light that gives hope in the darkness. Thursday, December 20 at 3:30 pm in Fellowship Hall.

DECEMBER MOVIES

* SUBJECT TO CHANGE *

CONSULT CH. 22 FOR UPDATES

Sunday, December 2—with popcorn

Dog Days, 1 hrs, 53 min, PG

In this ensemble comedy, dogs are not only man's best friend, they're his best matchmaker as a disparate group of Los Angelenos -- including a mom, an athlete turned TV host and a barista -- connects through their canine companions. Starring Nina Dobrev & Vanessa Hudgens.

Thursday, December 6

Blackkkklansman, 2 hr, 15 min, R

In the early 1970s, Ron Stallworth becomes the first African-American detective in the Colorado Springs Police Department. Determined to make a difference, he bravely sets out on a dangerous mission: infiltrate and expose the Ku Klux Klan. He recruits a seasoned colleague, Flip Zimmerman, into the undercover investigation. Together, they team up to take down the extremist organization aiming to garner mainstream appeal. Starring John David Washington & Adam Driver.

Sunday, December 9—with popcorn

I'll See You in My Dreams, 1 hr, 35 min, PG-13

With her well-ordered life thrown out of balance by the death of her beloved canine companion, aging widow Carol Petersen -- who hasn't dated in 20 years -- unexpectedly finds herself involved with two very different men. Starring Blythe Danner & Sam Elliot.

Thursday, December 13

Christopher Robin, 1 hr, 44 min, PG

Long after growing up in the Hundred Acre Wood with his devoted friend Winnie the Pooh, an older and more somber Christopher Robin returns to his youthful playground and looks to his furry companion for help in restoring his imagination. Starring Ewan MacGregor & Haley Atwell.

Sunday, December 16—with popcorn

God Bless the Broken Road, 1 hr, 53 min, PG

This faith-based drama centers on a young mother widowed by war, whose belief in God is put to the test as she struggles to raise her 9-year-old daughter and save the family home from foreclosure. Starring Lindsay Pulsipher & Mackenzie Moss.

Thursday, December 20

A Beautiful Mind, 2 hrs, 14 min, PG-13

Inspired by the Pulitzer Prize-nominated book of the same name, this Oscar-winning drama charts the life and work of famed economist John Forbes Nash Jr., a brilliant man plagued by the anguish of mental illness. Starring Russell Crowe & Jennifer Connelly.

Thursday, December 23

The Christmas Chronicles, 1 hr, 44 min, PG-13

Siblings Kate and Teddy Pierce hatch a scheme to capture Santa Claus on Christmas Eve. When the plan goes awry, the kids join forces with a somewhat jolly Saint Nick and his loyal elves to save the holiday before it's too late. Starring Kurt Russell & Darby Camp.

Thursday, December 27

Unbroken, 2 hrs, 17 min, PG-13

This inspiring tale of survival is based on the real-life experiences of Louis Zamperini, an American pilot held by the Japanese during World War II. After his plane crashes into the Pacific Ocean, Zamperini spends 47 days adrift before his capture. Starring Garrett Hedlund & Domhnall Gleeson.

Sunday, December 30—with popcorn--**Unbroken: Path to Redemption**, 1 hr, 38 min, PG-13

Olympian and World War II veteran Louis Zamperini's story continues in this sequel that picks up after the war when the ex-soldier -- suffering from post-traumatic stress disorder -- attends a Billy Graham crusade and finds solace in Jesus Christ. Starring Caleb Hunt & Merritt Patterson.