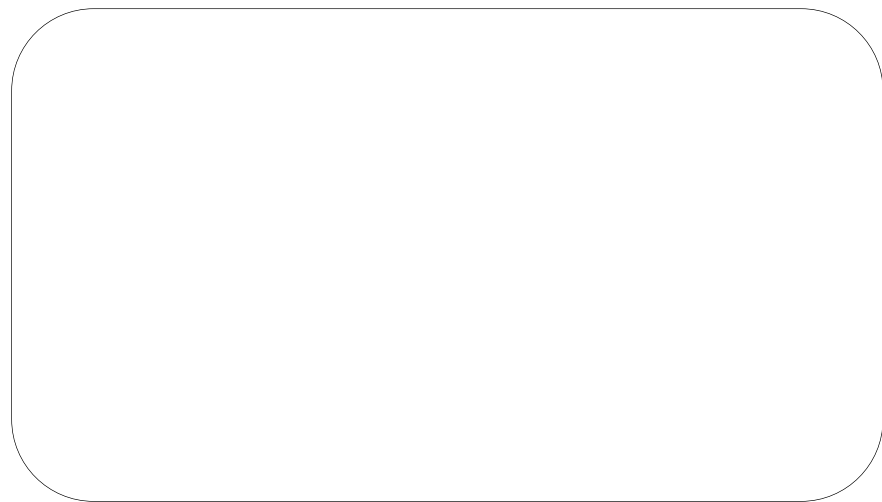




4185 Briargate Parkway
Colorado Springs, CO 80920

STAMP
HERE



Administrative Team: 719-352-3069

Executive Director: Nancy Britton

Community Relations Director: Amber Trucke

Wellness Director: Chara Proctor

Business Office Director: Autumn Miller

Dining Services Dir.: Stephanie Eddins

Maintenance Director: Richard Lee

Life Enrichment Director: Kathleen Griffin



**Our mission is to create and sustain
comfortable, caring environments
for those who depend on us.**

News from New Dawn

Monthly Newsletter



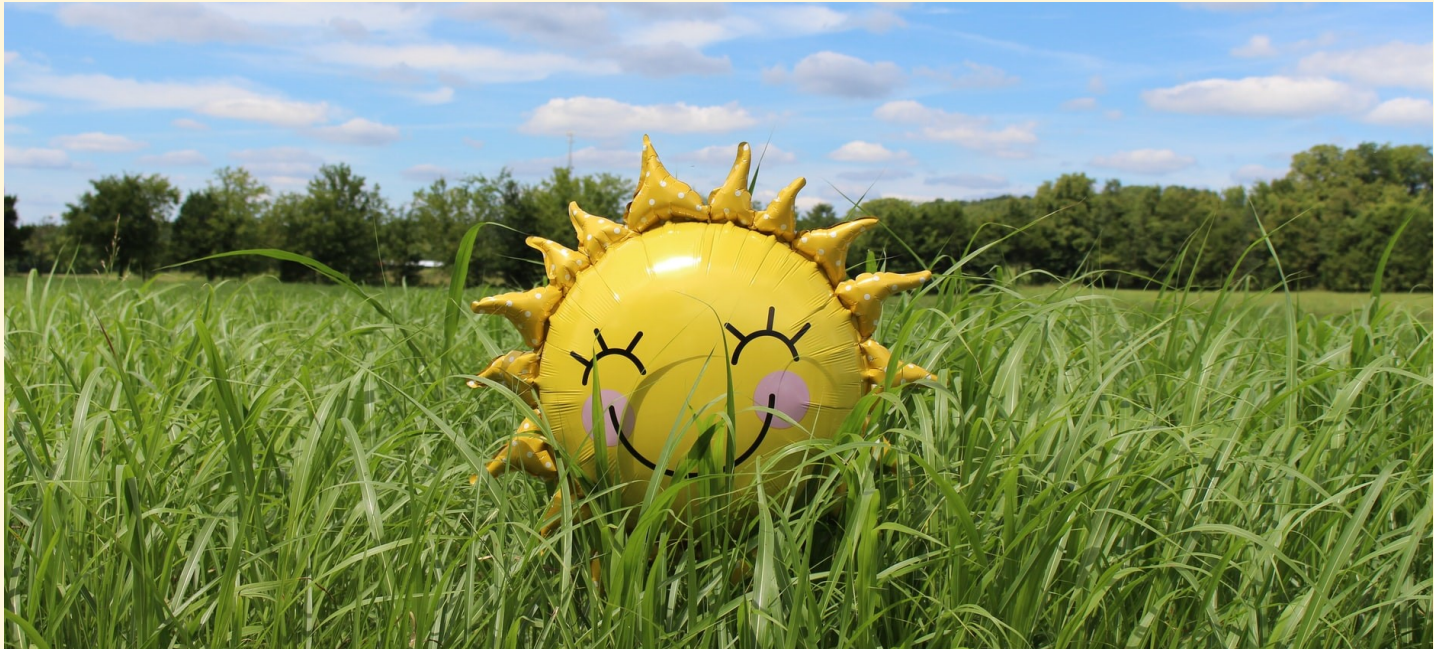
Aug. 6th is Root Beer Float Day!

August 2020

2 Here Comes the Sun!
3 Team & Resident Spotlight
4-5 Activities Calendar

6 Highlights, Notes, Seniors Day
7 Special Moments & Birthdays
8 Mission & Team

Here Comes the Sun! Summertime Sun Safety Tips



These summer days, we want to head right outside for some fun outdoors. But before doing so, check out these tips about how to protect yourself and loved ones while out having fun! Note: This is not medical advice, and all should consult with their doctors about their personal sun safety guidelines.

Before heading outside, consider where and when you're going out. In the cooling shade, like under trees or umbrellas, is the best place to be if outside between the hours of 10 am and 4 pm during summer. Reflective surfaces like snow, sand, water, or concrete are areas in which to be extra careful of the sun's rays. UV rays are also quite strong at high altitudes.

Make sure to check the heat index. For those wondering, the heat index measures how hot it *feels* when relative humidity factors into actual air temperature. For example, if air is 96°F and relative humidity is 65%, it may feel like 121°F! Yikes! Heat

index can be checked online at [weather.gov](https://www.weather.gov) or even on OSHA's Heat Safety App!

Dress for the weather. If you're headed outside during sunny summer days, wear protective clothing. Long-sleeved loose shirts, pants, wide-brimmed hats, and UV-blocking sunglasses are all a good idea. Make sure to apply a broad spectrum sunscreen at least 15 minutes before going outside - even if it's cloudy. An SPF of 15 or higher is recommended by the CDC, with reapplication every 2 hours, and after swimming, sweating, or drying off.

Have fun out there, enjoy the sun, and be sun safe while doing it!

Did You Know?
Some actively seek out sun exposure to increase Vitamin D, but the National Council on Skin Cancer Protection recommends obtaining Vitamin D through food and supplements rather than UV rays.

Special Moments



Alesia: Aug. 5
Jaelyn: Aug. 21
Dixie: Aug. 27
Judy: Aug. 29

August 2020 Highlights

August is Sandwich Month, Wellness Month, Family Fun Month, and Golf Month!

- | | |
|---|--|
| 01 Disc Golf Day; Mustard Day | 21 Seniors Day!; Spumoni Day |
| 02 Friendship Day; Ice Cream Sandwich Day | 22 Tooth Fairy Day; Pecan Torte Day |
| 03 Watermelon Day | 23 Sponge Cake Day |
| 04 Chocolate Chip Cookie Day | 24 Peach Pie Day; Waffle Day |
| 05 Oyster Day | 25 Banana Split Day; Park Service Day |
| 06 Root Beer Float Day; Wiggle Toes Day | 26 Dog Day; Cherry Popsicle Day |
| 07 Lighthouse Day; Water Balloon Day | 27 Pots de Crème Day; Just Because Day |
| 08 Frozen Custard Day; Bowling Day | 28 Bow Tie Day; Red Wine Day |
| 09 Rice Pudding Day; Book Lovers Day | 29 Chop Suey Day |
| 10 S'mores Day; Lazy Day | 30 Toasted Marshmallow Day; Beach Day |
| 11 Raspberry Bombe Day; Son Daughter Day | 31 Trail Mix Day |
| 12 Julienne Fries Day; Vinyl Record Day | |
| 13 Prosecco Day; Left Handers Day | |
| 14 Creamsicle Day | |
| 15 Leathercraft Day; Lemon Meringue Day | |
| 16 Tell a Joke Day | |
| 17 Black Cat Appreciation Day; Thrift Day | |
| 18 Fajita Day; Ice Cream Pie Day | |
| 19 Aviation Day; Soft Ice Cream Day | |
| 20 Radio Day; Chocolate Pecan Pie Day | |

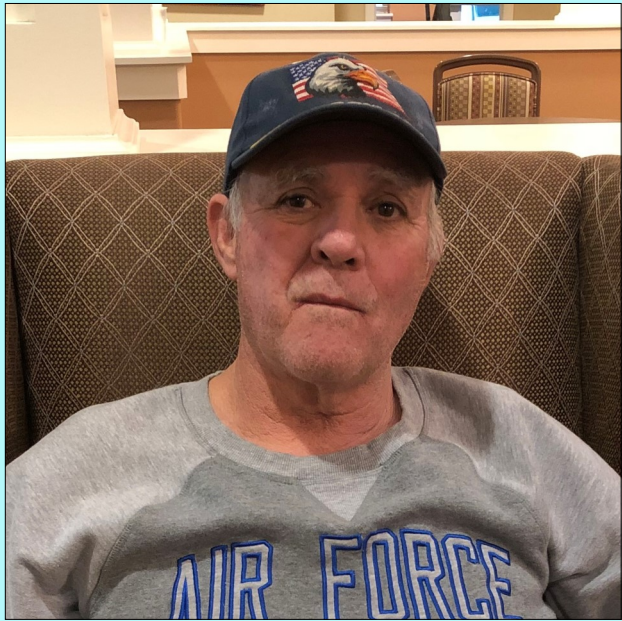


A note regarding Coronavirus:

Safety and comfort of our residents and staff is our number one priority during the Coronavirus cases that have happened nationwide. We will continue to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All of our activities are subject to cancellation. To read a full list of measures taken, and our current visitor policy, please visit our website: www.newdawncoloradosprings.com



August 21st is National Seniors Day! It has been observed since 1988 when then President Regan made it a holiday in part to share appreciation for older adults' accomplishments and services. Get involved by connecting with and thanking senior loved ones!



Our resident spotlight shines on: Jim

Jim is a U.S. Air Force retired colonel and dedicated much of his life to the military and serving our country.

He has three kids and enjoys taking walks and playing cornhole.

Welcome to New Dawn, Jim!
We're so glad to have you here!

Our staff spotlight shines on: Jaqui

Jaqui is originally from Guatemala. She was adopted when she was 8 and has lived in the Springs since she came to the US. She loves to hang out with friends and family. She also loves to cook, go to the movies, and just have fun. She was a police officer, but that was not her calling. She is hoping health care is where life takes her for a career. She loves working here for the residents!

Thank you, Jaqui, for all you do here at New Dawn!



AUGUST 2020

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2 (Aug 1st in last box) Coloring Book Day 9:30 Morning Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 How it's Made video	3 National Watermelon Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Bingo 11:00 iN2L Exercise 1:30 Manicures 2:00 Snack Attack 2:30 Golf 3:30 Afternoon Stroll 6:00 Movie Night	4 National Chocolate Chip Cookie Day 9:30 Yoga 10:00 Morning Munch 10:30 Baking Party: Chocolate Chip Cookies 11:30 Ted-Ed: Baking 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Watercolor MIM 4:00 Classic TV and 1:1s	5 Work Like a Dog Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Exercise 1:30 Men's Group 2:00 Snack Attack 2:30 Coffee Filter Pens Craft 3:30 Flower Arranging 4:00 Dog Competition Video	6 Wiggle Your Toes Day 9:30 Entertainment by Ginger Clark 10:00 Morning Munch 10:30 iN2L Trivia 11:30 iN2L Exercise 2:00 Snack Attack 2:30 iN2L Games 3:30 Afternoon Stroll 4:00 Cooking Video	7 National Lighthouse Day 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Gardening 11:00 iN2L Exercise 1:30 Story Time 2:00 Snack Attack 2:30 Lighthouse Craft 3:30 Game Show TV	8 National Clown Day 9:30 Chair Exercise 10:00 Morning Munch 10:30 Laundry Folding 11:00 iN2L Games 1:30 Take a Stroll 2:00 Popcorn 2:30 Movie and Spa 3:30 Clown Craft
9 Book Lovers Day 9:30 Morning Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 Nature video	10 National S'mores Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Bingo 11:00 iN2L Exercise 1:30 Manicures 2:00 Snack Attack 2:30 Bowling 3:30 Afternoon Stroll 6:00 Movie Night	11 Son and Daughter Day 9:30 Yoga 10:00 Morning Munch 10:30 iN2L Games 11:30 Ted-Ed video 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Watercolor MIM 4:00 Classic TV and 1:1s	12 World Elephant Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Bobby Jackson Music 11:00 Remember When 1:30 Men's Group 2:00 Snack Attack 2:30 Yarn Elephants Craft 4:00 Life of Elephants Video	13 Left Handers Day 9:30 iN2L Music 10:00 Morning Munch 10:30 iN2L Trivia 11:30 iN2L Exercise 2:00 Snack Attack 2:30 iN2L Games 3:30 Afternoon Stroll 4:00 Cooking Video	14 National Creamsicle Day 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Baking Party: Orange Creamsicle Cookies 11:00 iN2L Exercise 1:30 Story Time 2:00 Snack Attack 2:30 Yarn Craft 3:30 Music Show TV	15 Relaxation Day 9:30 Chair Exercise 10:00 Morning Munch 10:30 Laundry Folding 11:00 iN2L Games 1:30 Take a Stroll 2:00 Ice Cream Sundae 2:30 Movie and Spa 4:00 iN2L Music
16 National Tell a Joke Day 9:30 Morning Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 Live music video	17 National Thrift Shop Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Bingo 11:00 iN2L Exercise 1:30 Manicures 2:00 Snack Attack 2:30 Balloon Volleyball 3:30 Afternoon Stroll 6:00 Movie Night	18 World Daffodil Day 9:30 Yoga 10:00 Morning Munch 10:30 iN2L Games 11:30 Ted-Ed Video 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Watercolor MIM 4:00 Classic TV and 1:1s	19 National Potato Day Armchair Travels to Ireland 9:30 Ball Toss 10:00 Morning Munch 10:30 Baking Party: Irish Soda Bread 11:30 Ireland Trivia 1:30 Ireland Travel Video 2:00 Snack Attack 2:30 Flower Arranging 4:00 Ireland Video	20 National Radio Day 9:30 iN2L Music 10:00 Morning Munch 10:30 iN2L Trivia 11:30 iN2L Exercise 2:00 Snack Attack 2:30 iN2L Games 3:30 Afternoon Stroll 4:00 Cooking Video	21 Senior Citizen's Day 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Gardening 11:00 iN2L Exercise 1:30 Story Time 2:00 Snack Attack 2:30 Coffee Filter Summer Wreath Craft 3:30 Game Show TV	22 Be an Angel Day 9:30 Chair Exercise 10:00 Morning Munch 10:30 Laundry Folding 11:00 iN2L Games 1:30 Take a Stroll 2:00 Root Beer Float 2:30 Movie and Spa 4:00 iN2L Music
23 Ride the Wind Day 9:30 Morning Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 How it's Made video	24 Vesuvius Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Bingo 11:00 iN2L Exercise 1:30 Manicures 2:00 Snack Attack 2:30 Tossing Game 3:30 Afternoon Stroll 6:00 Movie Night	25 National Banana Split Day 9:30 Yoga 10:00 Morning Munch 10:30 Baking Party: Banana Split Dessert 11:30 Ted-Ed Video 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Watercolor MIM 4:00 Classic TV and 1:1s	26 Women's Equality Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Exercise 1:30 Men's Group 2:00 Snack Attack 2:30 Flower Arranging 3:30 iN2L Travel	27 Just Because Day 9:30 iN2L Music 10:00 Morning Munch 10:30 iN2L Trivia 11:30 iN2L Exercise 2:00 Snack Attack 2:30 Group Canvas Painting 3:30 Afternoon Stroll 4:00 Cooking Video	28 Race Your Mouse Day 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Gardening 11:00 iN2L Exercise 1:30 Story Time 2:00 Snack Attack 2:30 Get Crafty 3:30 Music Show TV	29 International Bacon Day 9:30 Chair Exercise 10:00 Morning Munch 10:30 Laundry Folding 11:00 iN2L Games 1:30 Take a Stroll 2:00 Popsicles 2:30 Movie and Spa 4:00 iN2L Music
30 Frankenstein Day 9:30 Morning Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 Travel Video	31 National Trail Mix Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Bingo 11:00 iN2L Exercise 1:30 Manicures 2:00 Snack Attack 2:30 Active Game 3:30 Afternoon Stroll 6:00 Movie Night	All activities subject to change per mandated health guidelines.	 AUGUST	 Senior Citizen's Day!	 Banana Split Day	Aug. 1st Colorado Day 9:30 Chair Exercise 10:00 Morning Munch 10:30 Laundry Folding 11:00 Colorado Trivia 1:30 Take a Stroll 2:00 Ice Cream Sandwich 2:30 Movie and Spa 4:00 iN2L Music

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9 Book Lovers Day 9:30 Morning Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 Nature video	10 National S'mores Day 9:30 Remember When 10:00 Morning Munch 10:30 Bingo 11:00 iN2L Exercise 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Bowling 3:30 Manicures 6:00 Movie Night	11 Son and Daughter Day 9:30 Yoga 10:00 Morning Munch 10:30 iN2L Games 11:30 Ted-Ed video 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Watercolor MIM 4:00 Classic TV and 1:1s	12 World Elephant Day 9:30 Remember When 10:00 Morning Munch 10:30 Bobby Jackson Music 11:00 Remember When 1:30 Men's Group 2:00 Snack Attack 2:30 Yarn Elephants Craft 4:00 Life of Elephants Video	13 Left Handers Day 9:30 iN2L Music 10:00 Morning Munch 10:30 iN2L Trivia 11:30 iN2L Exercise 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 iN2L Games 3:30 Cooking Video	14 National Creamsicle Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Baking Party: Orange Creamsicle Cookies 11:00 iN2L Exercise 1:30 Story Time 2:00 Snack Attack 2:30 Yarn Craft 3:30 Music Show TV	15 Relaxation Day 9:30 Chair Exercise 10:00 Morning Munch 10:30 Laundry Folding 11:00 iN2L Games 1:30 Take a Stroll 2:00 Ice Cream Sundae 2:30 Movie and Spa 4:00 iN2L Music
16 National Tell a Joke Day 9:30 Morning Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 Live music video	17 National Thrift Shop Day 9:30 Remember When 10:00 Morning Munch 10:30 Bingo 11:00 iN2L Exercise 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Balloon Volleyball 3:30 Manicures 6:00 Movie Night	18 World Daffodil Day 9:30 Yoga 10:00 Morning Munch 10:30 iN2L Games 11:30 Ted-Ed Video 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Watercolor MIM 4:00 Classic TV and 1:1s	19 National Potato Day Armchair Travels to Ireland 9:30 Remember When 10:00 Morning Munch 10:30 Baking Party: Irish Soda Bread 11:30 Ireland Trivia 1:30 Ireland Travel Video 2:00 Snack Attack 2:30 Flower Arranging 4:00 Ireland Video	20 National Radio Day 9:30 iN2L Music 10:00 Morning Munch 10:30 iN2L Trivia 11:30 iN2L Exercise 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 iN2L Games 3:30 Cooking Video	21 Senior Citizen's Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Gardening 11:00 iN2L Exercise 1:30 Story Time 2:00 Snack Attack 2:30 Coffee Filter Summer Wreath Craft 3:30 Game Show TV	22 Be an Angel Day 9:30 Chair Exercise 10:00 Morning Munch 10:30 Laundry Folding 11:00 iN2L Games 1:30 Take a Stroll 2:00 Root Beer Float 2:30 Movie and Spa 4:00 iN2L Music
23 Ride the Wind Day 9:30 Morning Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 How it's Made video	24 Vesuvius Day 9:30 Remember When 10:00 Morning Munch 10:30 Bingo 11:00 iN2L Exercise 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Tossing Game 3:30 Manicures 6:00 Movie Night	25 National Banana Split Day 9:30 Yoga 10:00 Morning Munch 10:30 Baking Party: Banana Split Dessert 11:30 Ted-Ed Video 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Watercolor MIM 4:00 Classic TV and 1:1s	26 Women's Equality Day 9:30 Remember When 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Exercise 1:30 Men's Group 2:00 Snack Attack 2:30 Flower Arranging 3:30 iN2L Travel	27 Just Because Day 9:30 iN2L Music 10:00 Morning Munch 10:30 iN2L Trivia 11:30 iN2L Exercise 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Group Canvas Painting 3:30 Cooking Video	28 Race Your Mouse Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Gardening 11:00 iN2L Exercise 1:30 Story Time 2:00 Snack Attack 2:30 Get Crafty 3:30 Music Show TV	29 International Bacon Day 9:30 Chair Exercise 10:00 Morning Munch 10:30 Laundry Folding 11:00 iN2L Games 1:30 Take a Stroll 2:00 Popsicles 2:30 Movie and Spa 4:00 iN2L Music
30 Frankenstein Day 9:30 Morning Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 Travel Video	31 National Trail Mix Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Bingo 11:00 iN2L Exercise 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Active Game 3:30 Manicures 6:00 Movie Night	All activities subject to change per mandated health guidelines.	 AUGUST		 Banana Split Day	Aug. 1st Colorado Day 9:30 Chair Exercise 10:00 Morning Munch 10:30 Laundry Folding 11:00 Colorado Trivia 1:30 Take a Stroll 2:00 Ice Cream Sandwich 2:30 Movie and Spa 4:00 iN2L Music

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<p>9 Book Lovers Day 9:30 Morning Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 Nature video</p>	<p>10 National S'mores Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Bingo 11:00 iN2L Exercise 1:30 Manicures 2:00 Snack Attack 2:30 Bowling 3:30 Afternoon Stroll 6:00 Movie Night</p>	<p>11 Son and Daughter Day 9:30 Yoga 10:00 Morning Munch 10:30 iN2L Games 11:30 Ted-Ed video 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Watercolor MIM 4:00 Classic TV and 1:1s</p>	<p>12 World Elephant Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Bobby Jackson Music 11:00 Remember When 1:30 Men's Group 2:00 Snack Attack 2:30 Yarn Elephants Craft 4:00 Life of Elephants Video</p>	<p>13 Left Handers Day 9:30 iN2L Music 10:00 Morning Munch 10:30 iN2L Trivia 11:30 Standing Exercise 2:00 Snack Attack 2:30 iN2L Games 3:30 Afternoon Stroll 4:00 Cooking Video</p>	<p>14 National Creamsicle Day 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Baking Party: Orange Creamsicle Cookies 11:00 iN2L Exercise 1:30 Story Time 2:00 Snack Attack 2:30 Yarn Craft 3:30 Music Show TV</p>	<p>15 Relaxation Day 9:30 Chair Exercise 10:00 Morning Munch 10:30 Laundry Folding 11:00 iN2L Games 1:30 Take a Stroll 2:00 Ice Cream Sundae 2:30 Movie and Spa 4:00 iN2L Music</p>
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<p>23 Ride the Wind Day 9:30 Morning Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 How it's Made video</p>	<p>24 Vesuvius Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Bingo 11:00 iN2L Exercise 1:30 Manicures 2:00 Snack Attack 2:30 Tossing Game 3:30 Afternoon Stroll 6:00 Movie Night</p>	<p>25 National Banana Split Day 9:30 Yoga 10:00 Morning Munch 10:30 Baking Party: Banana Split Dessert 11:30 Ted-Ed Video 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Watercolor MIM 4:00 Classic TV and 1:1s</p>	<p>26 Women's Equality Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Remember When 11:00 Standing Exercise 1:30 Men's Group 2:00 Snack Attack 2:30 Flower Arranging 3:30 iN2L Travel</p>	<p>27 Just Because Day 9:30 iN2L Music 10:00 Morning Munch 10:30 iN2L Trivia 11:30 iN2L Exercise 2:00 Snack Attack 2:30 Group Canvas Painting 3:30 Afternoon Stroll 4:00 Cooking Video</p>	<p>28 Race Your Mouse Day 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Gardening 11:00 iN2L Exercise 1:30 Story Time 2:00 Snack Attack 2:30 Get Crafty 3:30 Music Show TV</p>	<p>29 International Bacon Day 9:30 Chair Exercise 10:00 Morning Munch 10:30 Laundry Folding 11:00 iN2L Games 1:30 Take a Stroll 2:00 Popsicles 2:30 Movie and Spa 4:00 iN2L Music</p>
<p>30 Frankenstein Day 9:30 Morning Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 Travel Video</p>	<p>31 National Trail Mix Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Bingo 11:00 iN2L Exercise 1:30 Manicures 2:00 Snack Attack 2:30 Active Game 3:30 Afternoon Stroll 6:00 Movie Night</p>	<p>All activities subject to change per mandated health guidelines.</p>				<p>Aug. 1st Colorado Day 9:30 Chair Exercise 10:00 Morning Munch 10:30 Laundry Folding 11:00 Colorado Trivia 1:30 Take a Stroll 2:00 Ice Cream Sandwich 2:30 Movie and Spa 4:00 iN2L Music</p>