



SEPTEMBER 2019 RESIDENTIAL LIVING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	ONGOING ACTIVITIES
1 9:15 Chapel (FEL) 3:00 Movie & Popcorn (TH)	2 NO WORLD RELIGIONS 10:30 <i>God in America: A New Adam</i> (TH) 11:00-1:30 Labor Day Brunch (CEN) **GRILL CLOSED 12:30 Pinochle (BIS) 3:00 Low Vision Group (SIL) 3:30 Labor Day Musical Celebration with Gary Sattazhan (FEL)	3 8:30 Denver Botanic Gardens 10:00 Bookmobile (LIB) 10:00 Cottage Ladies Coffee Social (SIL) 10:30 Spiritual Video Series (ALR) 1:30 <i>God in America: A New Eden</i> (TH)	4 11:00 <i>City in the Sky: Departure</i> (TH) 1:30 <i>God in America: A Nation Reborn</i> (TH) 2:00 Sacred Sound Concert with Jim Lanpheer (TLR) 3:30 Lessons From the Leadership Summit Spiritual Video Series (FEL)	5 9:00 Yoga with Maire (WC) 10:00 10 on 10 with Patrick: <i>Ten Ugliest Animals</i> (TH) 11:00 Scattergories (ART) 1:00 Card Making (ART) 2:00 Life Enrichment Planning Hour (SIL) 2:30 Card Making (ART)	6 11:00 <i>The Learning Brain: How Stress and Emotion Affect Learning</i> (TH) 1:00 Park Meadows Shopping Center 1:30 Holly Creek's Got Talent Community Talent Show (FEL)	7 NO YOGA TODAY 9:30 Yoga with Maire (WC) 10:30 <i>Beading and Bracelets with Jan Kershner</i> (ART) *\$5/bracelet 3:00 Saturday Documentary: <i>Amazing Grace</i> (TH) 3:00 Classical Guitar with Lorian Bartle (ALR)	<u>EXERCISE CLASSES</u> 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 Water Aerobics (P) Tues & Thu 2:00 pm Strength & Conditioning (WC) Tues & Thu 3:00 pm Chair Yoga (WC) Thu 9:00 am, Sat 9:30 am <u>SPIRITUAL SERVICES</u> Bible Study (SIL) Tuesday 3:30 pm Spiritual Video Series (FEL) Wed 3:30 pm Catholic Mass (TH) 4th Friday 2:00 pm Catholic Communion (TH) Fri 10:00 am Chapel (FEL) Sunday 9:15 am <u>SOCIAL TIME</u> Donut Wednesdays (BIS) Wed 10:00 am TGIF Social Hour w/entertainment (TC) 3rd Friday 4:00 pm (with exceptions) Low Hearing Group (FEL) 1st Friday 3 pm Morning Social (BIS) Sunday 10:15 am <u>CARDS & GAMES</u> Pickleball (WC) Tuesday 9:00 am Cribbage (SIL) Tuesday 7:00 pm Party Bridge (SIL) Wednesday 1:00 pm Mexican Train (SIL) Wednesday 7:00 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 <u>MISCELLANEOUS</u> Movie & Popcorn (TH) Sunday 3:00 pm Sunday Community Concert (FEL) Check calendar for date 6:00 pm 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 9:30 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 <u>ARTS</u> 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
8 9:15 Chapel (FEL) 3:00 Movie & Popcorn (TH)	9 10:00 <i>Travels with Toni: Lewis and Clark Expedition</i> (TLR) 10:30 World Religions: <i>Seventh Day Adventists</i> (FEL) 12:30 Pinochle (ART) 1:30 Brain Boosters (WC) 3:00 World Issues: <i>Saudi Arabia</i> (FEL)	10 10:30 Spiritual Video Series (ALR) 11:00 St. Gabriel's Worship Service (TH) 1:00 Spiritual Life Committee (ART) 1:30 Tek FUNDamentals: Technology Landscape (FEL)	11 11:00 <i>City in the Sky: Airborne</i> (TH) 1:30 <i>Poetry Explorations with John Henderson</i> (FEL) 2:30 <i>Suites Sensory Garden Harvest Party</i> 3:30 Lessons From the Leadership Summit Spiritual Video Series (FEL)	12 9:00 Yoga with Maire (WC) 10:00 10 on 10 with Patrick: <i>Ten Best 2018 Hubble Images</i> (TH) 11:00 Successful Aging Committee (ART) 11:00 Colorado Rockies VS. St. Louis Cardinals at Coors Field 1:30 <i>Fortunes in Ft. Collins With Denver History Tours</i> (FEL) 2:30 Thursday Thespians Planning Meeting (SIL) 4:00-5:30 Pan-Hellenic Mixer (FEL)	13 10:00 Duplicate Bridge (CEN) 11:00 <i>The Learning Brain: How Sleep Affects Learning</i> (TH) 2:00 <i>Curious Dragonfly Life-long Learning: Electricity</i> (ALR) 3:00 <i>God in America: A New Light</i> (TH)	14 9:30 Yoga with Maire (WC) 3:00 Saturday Documentary: <i>Biggest Little Farm</i> (TH)	
15 9:15 Chapel (FEL) 12:45 Colorado Symphony Orchestra Presents: <i>Rick Steves' Europe: A Symphonic Journey at Boettcher Hall</i> 3:00 Movie & Popcorn (TH)	16 10:30 Wired Word (FEL) 12:30 Pinochle (SIL) 1:30 Brain Boosters (WC) 2:00 Building, Grounds & Safety Committee (SIL) 3:00 Holly Creek Pianists Piano Concert (FEL)	17 8:00 Men's Breakfast (FEL) 10:00 Bookmobile (LIB) 10:30 Spiritual Video Series (ALR) 1:30 Tek FUNDamentals: Communication & Lifestyle Applications (FEL) 2:00 Town Hall Meeting (FEL) 2:00 Jim & Kent Sing a long (TDR)	18 11:00 <i>City in the Sky: Arrival</i> (TH) 2:00 Focus on Food All Community Meeting (FEL) 3:30 Green Team Meeting (ART) 3:30 Lessons From the Leadership Summit Spiritual Video Series (FEL)	19 9:00 Yoga with Maire (WC) 10:00 10 on 10 with Patrick: <i>Top Ten Creepiest Places on Earth</i> (TH) 11:00 Scattergories (ART) 12:30 Miss Saigon at Buell Theater 1:30 <i>Disrupting Ageism and Ableism: A Discussion with Jill Vitale-Aussem</i> (CEN) 3:00 Book Club (SIL)	20 10:30 Duplicate Bridge Open House (SIL) 11:00 <i>The Learning Brain: How Aging Affects Learning</i> (TH) 1:00 Sheldon Jewelry Clinic (TC) 1:30 Nature's Educators Present: <i>Interesting Invertebrates</i> (ALR) 4:00 TGIF with Miri Familia Guitar Trio (TC)	21 9:30 Yoga with Maire (WC) 2:00 Cottager Sponsored Concert Featuring: Ivy Street Ensemble (FEL) 4:00 Saturday Documentary: <i>American Experience: Walt Whitman</i> (TH)	
22 9:15 Chapel (FEL) 3:00 Movie & Popcorn (TH)	23 10:30 World Religions: <i>Christian Science</i> (FEL) 12:30 Pinochle (SIL) 1:30 Brain Boosters (WC) 2:00 <i>London and Paris, A Travelogue with Julie</i> (ALR) 3:00 World Issues: <i>London: Biography of A City</i> (FEL) 3:00 Volunteer Advisory Committee (SIL)	24 10:30 Spiritual Video Series (ALR) 11:00 Writers Circle (SIL) 1:00 Hospitality Committee (ART) 2:00 <i>Prague and Budapest: A Family Roots Journey with J.P. Marosy</i> (FEL)	25 11:00 <i>God in America: Soul of A Nation</i> (TH) 1:00-3:00 Quiet Waters Retreat 2nd Anniversary Open House (SIL) 1:30 <i>Balance and Stability with Infinity Rehab</i> (FEL) 3:30 Lessons From the Leadership Summit Spiritual Video Series (FEL) 5:00 Dinner at Cherry Crest	26 9:00 Yoga with Maire (WC) 10:00 10 on 10 with Patrick: <i>Ten Things You Didn't Know Your Smart Phone Could Do</i> (TH) 1:30 Creative Crafting with Sarah (ART) 2:30 Thursday Thespians Present: <i>A Trio of O. Henry Plays</i> (FEL)	27 9:15 National Geographic Live: <i>From Summit to Sea</i> at LTAC 10:00 Catholic Mass (TH) 10:00 Duplicate Bridge (CEN) 11:00 <i>The Learning Brain: Dyslexia and Other Learning Disabilities</i> (TH) 1:30 <i>Tour of the Planets with Dr. Jerry Galloway</i> (ALR)	28 9:30 Yoga with Maire (WC) 10:00 Knit Wits (ART) 3:00 Saturday Documentary: <i>Morning Light</i> (TH) 6:15 Colorado Symphony Orchestra Presents: <i>Rhapsody & Rhythm: The Gershwin Concert Experience</i> at Boettcher Hall	
29 9:15 Chapel (FEL) 3:00 Movie & Popcorn (TH) 6:00 Community Life Sponsored Concert Featuring: The Hazel Miller Quartet (FEL)	30 10:00 Denver Parks Fall Leaves Bus Tour and Lunch with Denver History Tours 10:30 Wired Word (FEL) 12:30 Pinochle (SIL) 1:30 Brain Boosters (WC) 3:00 <i>God in America: Of God and Caesar</i> (TH)				<u>Onsite Provider Visits</u> <ul style="list-style-type: none"> Hearing Clinic, 9 am Wednesday, September 4 & 18 Foot Clinic, 9 am Wednesday, September 18 Colorado Dermatology Clinic 2- 4 pm, Mon, Sept 23, Glasses Clinic, 9:30 am, Thursday, September 26 	<ul style="list-style-type: none"> In House Special Events, Concerts, & Speakers Excursions Requiring Sign-up Suites Special Events Documentaries/Videos 	

Calendar events are subject to change. See Ch. 22 daily for up-to-date information. Items in purple are excursions and require sign-up by calling the Excursion Reservation Line at 720-266-5666.

EVENT DESCRIPTIONS

Tue, September 17: Tek FUNdamentals: Communication & Lifestyle Applications, 10:30 am, FEL

Ever get the feeling that technology is evolving too quickly and you would like a chance to catch up? Join GroovyTek for a TekFun workshop which will provide you an overview and understanding of various ways to use technology to communicate with others next door and across the globe. The workshop will also explore various lifestyle oriented applications so you can take control of your relationship with technology and start to use technology to improve your day to day life.

Thu, September 19: Disrupting Ageism and Ableism: A Discussion with Jill-Vitale -Aussem, 1:30 pm, CEN

Ageism is one of the last socially acceptable prejudices in our society. It has a significant impact on healthcare costs, longevity and quality of life and is at the root of many of the challenges we face in life plan communities. Whether we realize it or not, ageism affects each of us and the way that we view ourselves and interact with others. In this session, we'll dig into ageism (and age related ableism), learn ways to change our own mindsets, and identify opportunities to create a vibrant and inclusive culture. Join Jill Vitale-Aussem, daughter of Dave & Marge Vitale as well as the CEO of Eden Alternatives, as we explore these important topics.

Thu, September 19: Book Club, 3:00 pm, SIL

Our September book will be *Midnight at the Bright Ideas Bookstore* by author Matthew Sullivan. Lydia Smith lives her life hiding in plain sight. A clerk at the Bright Ideas bookstore, she keeps a meticulously crafted existence among her beloved books, eccentric colleagues, and the BookFrogs—the lost and lonely regulars who spend every day marauding the store's overwhelmed shelves. When one of her favorite BookFrogs commits suicide, his favorite store clerk must unravel the puzzle he left behind. Resident, Jean Hoerl, will be leading our discussion.

Fri, September 20: Nature's Educators: Interesting Invertebrates, 1:30 pm, ALR

Animals with no backbone are incredible in how they survive! Representing about 95% of all animal species, invertebrates include everything from spiders, worms and snails to mollusks, starfish and lobsters. As always, you will have the chance to meet several animal ambassadors during this talk.

Mon, September 23: World Issues: London: Biography of A City, 3:00 pm, FEL

Join Active Minds as we tell the story of one of the world's greatest cities. From the Romans to the Anglo-Saxons, the Norman Conquest, and more, we will tell the story of London right up to the present day. Along the way, we'll visit some of London's most colorful characters and notable places, including the Tower of London, where Elizabeth I was held before becoming queen. Come float with us down the river Thames for a front row seat.

Tue, September 24: Prague and Budapest: A Family Roots Journey with J.P. Marosy, 2:00 pm, ALR

Join Executive Director, J.P. Marosy, for photos and stories of his 2018 trip to Europe, where he spent an eye-opening two weeks connecting more deeply with their destination through their family stories. Interested in his genealogical roots, J.P. and his wife Donna, visited sites that marked a turning point in their family histories. With help from a travel agent, they ventured to Eastern Europe on a journey of family discovery.

Wed, September 25: Balance and Stability with Infinity Rehab, 1:30 pm, FEL

We all are aware that falls are the number one cause of injury for the older adults. What can we do to combat this and make our lives safer and maintain an independent quality of life? We can improve balance and stability just like strengthening a muscle. The more we work on our balance the safer and more stable we become. Come join our physical therapy team this month as we talk about balance and stability and what we can do to help you.

Thu, September 26: Thursday Thespians Present: A Trio of O. Henry Plays, 2:30 pm, FEL

In September the thespians will perform three great plays by American Playwright, O. Henry including *The Princess and the Puma*, *A Retrieved Reformation* and *The Badge of Policeman O'Roon*. Who shot Ol' Bill the Puma? Will Jimmie Valentine crack another safe? Which Policeman O'Roon (Wait? There are two?) will end up with the Scottish Lady Ardsley? Join the thespians and all will be revealed!

Fri, September 27, A Tour of the Planets with Dr. Jerry Galloway, 1:30 pm, ALR

Start with the Sun and work your way outward to the furthest reaches of the solar system. This provides a nice look at each planet and even a special segment looking at why Pluto is no longer a planet.

EVENT DESCRIPTIONS

Starting Mon, September 2, God in America, 10:30 am, TH (see calendar for other dates/times)

This six-hour series examines how religious dissidents helped shape the American concept of religious liberty and the controversial evolution of that ideal in the nation's courts and political arena; how religious freedom and waves of new immigrants and religious revivals fueled competition in the religious marketplace; how movements for social reform—from abolition to civil rights—galvanized men and women to put their faith into political action; and how religious faith influenced conflicts from the American Revolution to the Cold War.

Starting Wed, September 4: City in the Sky, 11:00 am, TH (continues each Wednesday at 11 am)

This three-part series from PBS and BBC goes behind the scenes of the aviation industry to uncover the global networks and logistics that allow daily air travel to continue around the world. From the world's coldest airport (Yakutsk, Russia) to the most dangerous (in the Himalayas), the series visits remote places such as the world's largest luggage storage facility. American sites include Hartsfield-Jackson Atlanta International Airport, MedAire, Inc. in Phoenix, Seattle's Boeing facility and the Bangor International Airport in Maine.

Mon, September 9: Toni's Traveling Table: Lew is and Clark Expedition, 10:00 am, TLR

Sent by President Jefferson to find the fabled Northwest Passage, Lewis and Clark led the most courageous and important expedition in American history. It was the United States' first exploration of the West and one of the nation's most enduring adventures. Journey with Toni across a breath-taking landscape for an experience that explores the history -- and the promise -- of America.

Mon, September 9: World Issues: Saudi Arabia, 3:00 pm, FEL

With over 20% of the world's proven oil reserves, Saudi Arabia continues to be important to the global economy. Join Active Minds as we tell the story of this complex nation. We will cover Saudi history, the recent generational transition of power in the Saudi Royal family, and the complicated role played by the Wahhabi school of Sunni Islamic thought in the country and the region.

Tue, September 10: Tek FUNdamentals: Understanding the Technology Landscape, 1:30 pm, FEL

Ever get the feeling that technology is evolving too quickly and you would like the chance to catch up? Join GroovyTek for a TekFun workshop which will provide you an overview and understanding of the current technology landscape. Gain insight into the four main players in the arena of personal technology (Google, Microsoft, Apple & Amazon). Understand who makes what devices, which devices work well together and more while also getting a handle of where you fit into the landscape.

Wed, September 11: Poetry Explorations with John Henderson, 1:30 pm, FEL

Join us for a discussion seminar on the fascinating world of poetry. We will experience the unfolding of multiple meanings in poetry and examine poems from multiple perspectives, including that of the poet and their historical context. We will also discuss interpretations as well as poetic style.

Thu, September 12: Fortunes in Ft. Collins with Denver History Tours, 1:30 pm, FEL

Ranked one of the best places to live in the United States more than once, Fort Collins has a rich history and much more to offer than its beautiful campus. From its thoroughly walkable Old Town to the fantastic view of the city from the drive along Horsetooth Reservoir, we'll explore this beautiful city at the northern end of the Front Range. Join Kevin for a trek north and back through time to this not-so-hidden gem on the Cache La Poudre.

Fri, September 13: Curious Dragonfly Lifelong Learning: Electricity, 2:00 pm, ALR

In this class you will learn about electricity and static electricity. You will learn about how static electricity is created what is causing the zap that you feel. This class includes hand-on experiments the residents will get to discover all the different things you can do with static electricity. You will also get to see demonstrations with the Van De Graaff generator, an electrostatic machine that creates high level static.

Tue, September 17: Men's Breakfast, 8:00 am, FEL

This month we welcome Beth Pratt-Sitaula, PhD, author and principle investigator in geologic-tectonics-geomorphology of the Nepal Himalayas. She changed from research to writing school age children's books about EARTH SCOPE science and geo-hazards of the Pacific Northwest, i.e.; earthquakes, tsunamis and volcanoes. She is the daughter of residents Bill and Sally Pratt. Join us to learn more about her many varied career successes. Breakfast is provided so an RSVP is **required** by signing up at the concierge desk **NO LATER THAN** Sunday, September 15! Ladies, please join us for the program at 8:30 am.



MASTERPIECE... YOUR LIFE'S BEST WORK!

Ageism

Dr. Robert Butler, often considered the father of gerontology, coined the word “ageism” and explained its dangers: “Old people are categorized as senile, rigid in thought and manner, old-fashioned in morality and skills....Ageism allows the younger generations to see older people as different from themselves; thus they subtly cease to identify with their elders as human beings.”

In recent years, we have made inroads in fighting many negative and unfair discriminatory practices against racism, sexism, sexual preferences, religious freedom and gender identity. But ageism is one “ism” that hasn’t changed much.

How can you help stamp out ageism?

1. Acknowledge the problem. Ageism is so pervasive, you sometimes barely notice it. For instance, even well-meaning individuals, organizations and marketing campaigns refer to people over 50 or 65 as “old folks,” “golden oldies” or “silver seniors.” These terms can be demeaning for older adults who don’t want their age alone to define them.
2. Recognize that one size doesn’t fit all. To categorize all older adults as a homogenous group is ludicrous. A 65-year-old isn’t the same as an 85-year-old. They have different needs, interests, values and characteristics. Additionally, as people age, they get more, not less, diverse in terms of health, vitality, productivity and interests.
3. Encourage mentorship and reverse mentorship to build bridges across the generations. Older adults have accumulated years of skills, talents, wisdom and cultural heritage and knowledge. These need to be passed onto younger adults inside the workplace and beyond. At the same time, younger adults are savvy about the latest technologies, trends and pop culture events—things that older adults often want to know more about to stay connected with mainstream society. The generations need to interact, get to know each other, and discover what they appreciate about each other, in formal and informal settings.
4. Embrace age diversity. The “multiplier effect” has been well-documented and proven: diverse groups improve team performance. We apply this to race and gender to make the case for more diversity. Let’s add age diversity to that vision.
5. Be a role model. If you’re over 50, 60, 70, or even 80, don’t let outdated stereotypes of older adults stop you from pursuing your dreams, reinventing yourself, and contributing to your community or the world. Show the world the new image of aging.

CREEKSIDE CHAT WITH J.P. MAROSY



Holly Creek Community “Vision” Session September 19: Be there!

Dr. Robert Butler, a physician, gerontologist, and the first director of the National Institute on Aging, coined the term “ageism” in 1969.

Ageism is stereotyping and discrimination against individuals or groups on the basis of their age. Dr. Butler defined ageism as a combination of three connected elements:

1. Prejudicial attitudes towards older people, old age, and the aging process
2. Discriminatory practices against older people
3. Institutional practices and policies that perpetuate stereotypes about older people

“What does ageism have to do with our community?” you may ask.

Because ageism is a pervasive force in American culture, we must take it into account as we formulate our vision for the Holly Creek community. Whether we’re aware of it or not, we all internalize self-limiting, ageist beliefs about ourselves and our own aging based on the messages and images with which we are bombarded every day. Examples include advertising for “anti-aging” skin creams, dietary supplements, and other “remedies,” reinforcing the false notion that aging itself is a disease. And greeting card racks at every grocery store are chock full of birthday cards reinforcing ageist stereotypes.

Increased awareness is the first step toward eliminating unconscious, inaccurate stereotypes of all kinds. And awareness is central to our draft vision statement: “Holly Creek is a community that lives in harmony, connection and awareness.”

I’m delighted to announce that at 1:30 pm on Thursday, September 19, we will convene in Centennials dining room for an historic meeting of all residents and staff associates for a Holly Creek Vision Session we have titled: *Disrupting Ageism and Ableism*. This presentation will feature an interactive keynote speech by Jill Vitale-Aussem, CEO of the world-wide Eden Alternative movement, an international non-profit dedicated to creating quality of life for elders and their care partners, wherever they live. Closer to home she is also the daughter of residents Dave & Marge Vitale! I can’t think of a better person to help us recognize and dismantle self-limiting notions about aging. Don’t miss it! Be sure to encourage your neighbors and friends to join you! I look forward to seeing you there.

Executive Director, John Paul Marosy

EXCURSIONS

Tuesday, September 3rd (HA)

Denver Botanic Gardens at York Street
Depart at 8:30 am. Tickets: FREE.
Sign up now through Friday, August 30th.
Exertion Level: 2-3

Thursday, September 12th (HA)

Colorado Rockies vs. St. Louis Cardinals
Depart at 11 am. Tickets: \$11.
Sign up now through Tuesday, August 27th.
Exertion Level: 2-3

Sunday, September 15th (HA)

Colorado Symphony Orchestra Presents:
Rick Steves' Europe: A Symphonic Journey
Depart at 12:45 pm. Tickets: \$33.
Sign up now through Tuesday, August 27th.
Exertion Level: 1-2

Thursday, September 19th (HA)

Miss Saigon at Buell Theater
Depart at 12:30 pm. Tickets: \$35.
Tickets purchased. Waitlist available.
Exertion Level: 1-2

Wednesday, September 25th (HA)

Dinner at Cherry Crest
Depart at 5 pm. Bring \$ for dinner.
Sign up is full. Waitlist available.
Exertion Level: 1

Friday, September 27th (HA)

National Geographic Live: From Summit to Sea
At Lone Tree Arts Center
Depart at 9:15 am. Tickets: \$20.
Sign up now through Wednesday, September 4th.
Exertion Level: 1

Saturday, September 28th (HA)

Colorado Symphony Orchestra presents:
Rhapsody & Rhythm: The Gershwin Concert
Experience at Boettcher Hall
Depart at 6:15pm. Tickets: \$33.
Sign up now through Wednesday, September 11th.
Exertion Level: 1-2

Monday, September 30th (HA)

Denver Parks Fall Leaves Bus Tour
And lunch with Denver History Tours
Depart at 10 am. Tickets: \$10, bring \$ for lunch.
Sign up is full. Waitlist available.

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.

Saturday, October 5, 2019

9 to 5, The Musical at Parker Arts Center
Based on the seminal 1980 hit movie and set in the late 1970s, this hilarious story of friendship and revenge in the Rolodex era is outrageous, thought provoking and even a little romantic. Three unlikely friends take control of their office and learn there is nothing they can't do, even in a man's world. **NOTE: This musical contains strong adult language and themes.**
Depart: 1pm, Tickets: \$30. Exertion Level: 1-2.
Sign-up will begin when the October flyer is released.

Sunday, October 13th:

Cabaret at Littleton Town Hall Arts Center
In Berlin, during the 1930s, the sexy and decadent Kit Kat Klub hosted a cabaret full of colorful singers & dancers. An aspiring writer enters into the bohemian lifestyle of he Cabaret denizens, who appear unaware of the rise of the Nazi Party outside their doors, and how their lives would change forever. **NOTE: This musical contains mature content and violence.**
Depart: 1:15 pm, Tickets: \$41. Exertion Level: 1-2.
Sign-up will begin when the October flyer is released.

Sunday, October 27th:

Blue Man Group at Buell Theater
Blue Man Group performances are euphoric celebrations of human connection through art, music, comedy and non-verbal communication. At Blue Man Group, you'll rock, laugh and party. As three bald and blue men explore our world, together we'll discover music, comedy and surprises at every turn. By the end of this spectacular journey, you'll be saying "I don't even know what just happened but I LOVED it!"
Depart: 12:45 pm, Tickets: \$75 (Mezzanine). ADA seats ARE available. Exertion Level: 1-2.
Sign-up will begin when the October flyer is released.

SHINE ON THERAPY

Physical Therapy for Falls Prevention

About one third of people over the age of 65 and almost half of people over the age of 80 will fall at least once this year. And falling once doubles your chances of falling again.

Falls are responsible for 95 percent of hip injuries, which can be particularly debilitating to older adults.

Physical therapists can help you reduce your risk of falling by:

- Assessing your risk of falling
- Helping you make your home as safe as possible
- Educating you about the medical risk factors linked to falls
- Designing individualized exercises and balance training
- Working with other health care professionals and community services to create programs for people who want to reduce their risk of falling

Even if a fall does not result in an injury, it can result in a fear of falling, which may cause someone to cut back on their daily activities. And when someone is less active, they become weaker and more susceptible for more falls.

For further information about how physical therapy can support your balance and stability, we encourage you to attend our monthly presentation. This month we will be focusing specifically on how you can decrease your fall risk and better stay upright with the support of our talented physical therapy team! Scheduled for Wednesday, September 25 at 1:30 pm in Fellowship Hall.

COMMUNITY NEWS

The Holly Creek Green Team Needs You!

Watch Channel 22 for important updates from the Green Team.

Redwood Health Partners Clinic Now Serving Holly Creek Residents!

Redwood Health Partners is a new practice, comprised of primary care physician Dr. Eric Gomer, MD and nurse practitioner Jane Moore, NP and it is conveniently located right in the community! Redwood works with you and the rest of your healthcare team to provide you with the resources you need quickly and conveniently. Redwood is happy to be offered as another option for healthcare. Currently appointments can be made on Tuesdays from 1:30-4:30 pm by calling Isabel Godoy, our new Medical Concierge, at 720-266-5603 or stop by and introduce yourself!

Holly Creek's Got Talent on Friday, September 6 at 1:30 pm, FEL

Calling all residents and associates! We are seeking all types of talent such as musical, spiritual, athletic or perhaps a clever skit, a funny joke or two, poetry or other creative gifts! Share your special abilities alone or with a group! Contact April Henderson at ext. #5894 to register. Deadline is Tue, September 3.

Cottagers Sponsored Concert, Saturday, September 21 at 2:00 pm

Ivy Street Ensemble is comprised of three Colorado Symphony Musicians, Cathy Peterson, Erik Peterson and Phillip Stevens. Having played together since 2001, they delight audiences across the country with a variety of music ranging from classical standards to commissioned new compositions by cutting edge composers. Nationally recognized for their talent and finesse, this trio breathes life into every piece in a repertoire specializing in chamber music that spans centuries and continents. With just a flute, violin, and viola, Ivy Street Ensemble is fully armed to conquer any space in need of beautiful music. The cash bar opens at 1:15 pm and light bar snacks will be available on the tables. Concert will take place in Fellowship Hall.

Dermatology Clinic with Dr. Alkousakis, Mon, Sept 23, 2:00-4:00 pm

Colorado Center for Dermatology & Skin Surgery offers comprehensive care for skin health and can address many common complaints. Join Board-certified dermatologist and fellowship-trained dermatologic surgeon Dr. Theo Alkousakis as we continue our partnership with his practice. Call the clinic office at 303-761-0906 to schedule a time to see Dr. Alkousakis during his visit with us. Appointments are available on Monday, September 23 from 2:00-4:00 pm in the Clinic.

Join us for the September birthday dinner hosted by Dining Services, on Tuesday, September 10 from 5-7 pm.
Please RSVP at the host stand!



Community Life Concert Series: Sunday, September 29 at 6:00 pm Featuring The Hazel Miller Quartet!

Hazel Miller is not just a great singer, "she is a force of nature!" quotes the Denver Post. Her voice has been called "stunning, moving and powerful." Hazel has been a sought-after performer in Colorado for over three decades. Whether she is singing blues, jazz, pop, or Gospel, her voice charges the songs with a primal dose of genuine soul. Join Hazel and her 4-piece band for an unforgettable evening of beautiful and soulful rhythm.

SEPTEMBER MOVIES

** SUBJECT TO CHANGE **
CONSULT CH. 22 FOR UPDATES

Sunday, September 1- with popcorn
Jumanji: Welcome to the Jungle, 1 hr, 59 min, PG-13
Four teenagers in detention discover an old video game console with a game they've never heard of. When they decide to play, they are immediately sucked into the jungle world of Jumanji in the bodies of their avatars. They'll have to complete the adventure of their lives filled with fun, thrills and danger or be stuck in the game forever!
Starring Dwayne Johnson & Kevin Hart.

Thursday, September 5
Going in Style, 1 hr, 36 min, PG-13
Cheated out of their pensions, three elderly friends decide to extract justice from the system by robbing a bank and then heading for Las Vegas. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail.
Starring Morgan Freeman & Michael Caine.

Sunday, September 8- with popcorn
The 100-Foot Journey, 2 hrs, 2 mins, PG
Relocating from India to a quiet village in the south of France, chef Hassan Kadam and his family open a restaurant called Maison Mumbai. But when their business starts to thrive, a competing restaurateur launches a war between the eateries.
Starring Helen Mirren & Om Puri.

Thursday, September 12 (**content and language advisory**)
Sideways of New York, 1 hr, 47 mins, R
In this wry ensemble comedy, six self-absorbed New Yorkers - including a philandering dentist, a recently dumped TV producer and a divorced schoolteacher - become entangled in a series of circular romantic relationships. Starring Edward Burns & Heather Graham.

Sunday, September 15- with popcorn
Woman in Gold, 1 hr, 49 mins, PG-13
Six decades after World War II, Jewish octogenarian Maria Altmann begins a quest to reclaim the artwork confiscated from her family by the Nazis - including a famed Gustav Klimt masterpiece. Starring Helen Mirren & Ryan Reynolds.

Thursday, September 19 (**content and language advisory**)
Hotel Mumbai, 2 hrs, 4 mins, R
In this fact-based drama, a wave of terrorist attacks across Mumbai causes many people to seek refuge in the Taj Mahal Palace Hotel. Unfortunately for them - and the guests and employees - the terrorists are waiting and take them hostage. Starring Armie Hammer & Dev Patel.

Sunday, September 22 - with popcorn
A Dog's Journey, 1 hr, 48 min, PG
In this sequel to the 2017 hit "A Dog's Purpose," devoted canine Buddy finds himself being reincarnated again, this time as a pooch who's adopted by a teenage girl with a penchant for getting into trouble. Starring Dennis Quaid & Josh Gad.

Thursday, September 26
Mr. Mom, 1 hr, 31 mins, PG
After Jack is informed that his job has been furloughed, his wife goes to work at an advertising agency. Their three young kids are left with Jack, who must get accustomed to vacuuming, soap operas, school drop-offs, grocery stores and flirty moms. Starring Teri Garr & Michael Keaton.

Sunday, September 29, **Rocketman**, 2 hrs, 1 mins, R (**content and language advisory**)
This one-of-a-kind musical biopic embarks on the spectacular journey of Elton John in his rise to fame. With incredible performances of Elton's most beloved songs, discover how a small-town boy became one of the most iconic figures in rock & roll. Starring Taron Egerton & Jamie Bell.