

livfun

The Carillon at Boulder Creek

JUNE 2018 • GOOD OL' SUMMERTIME

This Month

The month of June holds Father's Day and the Summer Solstice. With that in mind, some of the activities planned include:

Outings:

- Ajoya Dispensary Tour
- Fort Collins Trolley Tour
- Sonflower Ranch Tour
- Cave of the Winds Tour
- Bear Lake, Rocky Mountain National Park
- Jewish Community Center Tour
- Walker Ranch Tour
- CSU Arboretum Tour
- Carelli's Restaurant
- Shakespeare Festival/Richard III
- CMF/Opening Night

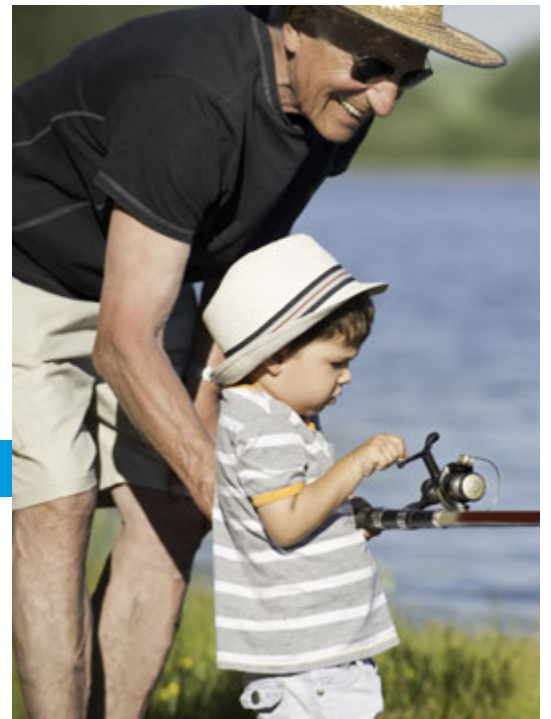
Events:

- Joe DiAmo Concert
- Dick Simon Magic Show
- Joy Myers Concert
- Father's Day BBQ/Kevin DeMiranda
- Autumn Pepper Concert
- Summer Solstice Party

Speakers:

- Hans Helmuth, "Growing Up Amish"
- John Hoskins, "Ukraine: From Kiev to Odessa"
- Chris Wells, "Exploring China: The Great Wall, the Forbidden City & More"
- Sue Pankonin, "Contrasting Cultures: Living Life from Saudi Arabia to Hong Kong"

And so much more! Hope to see you there.



All Eyes on the World Cup

Soccer fans around the globe are gearing up to watch the sport's biggest event, the FIFA World Cup. The monthlong tournament kicks off in Russia on June 14, with the championship game on July 15. The World Cup takes place every four years. Qualifying games are held in the three years prior to determine which teams play in the finals. Out of more than 200 FIFA teams, only 32 make it to the World Cup – 31 qualifiers plus the host country's team, which automatically earns a spot. This year, 64 elimination matches will be played in 11 Russian cities, with Moscow hosting the tournament's first and final games. Due to soccer's global popularity, the World Cup is one of the most widely viewed sporting events. More than 3 billion people tune in for the games. Since the World Cup was first held in 1930, Brazil has the most championship wins, with five titles. Germany is the current defending champion, having won the 2014 tournament.

Picture Gallery



Koby & Mimi



Jane



Trinity Methodist Tour



Superstition Party

(Photos continued on back.)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Transportation Monday, 9 a.m.-5 p.m.: Anywhere in Boulder Tuesday, 9 a.m.-5 p.m.: Anywhere in Boulder Wednesday, 9 a.m.-5 p.m.: Activity Day, One Vehicle Available Thursday, 9 a.m.-5 p.m.: Louisville and Lafayette Friday, 9 a.m.-5 p.m.: Activity Day, One Vehicle Available Sunday, 8 a.m.-12 p.m.: Church Transportation</p>	<p>Locations Flat Iron Pub, Pub Atrium, AT Billiards Room, B Brookfield's Restaurant, BR Creekside Bistro, CB</p>	<p>Birthdays Gloria M., 1st Richard W., 2nd Mary H., 4th Theresa B., 5th Ingrid B., 5th John H., 5th Irma L., 7th</p>	<p>Gym, G Off-Site, OS Pool, P The Chautauqua, TCH The Theater, TT</p>	<p>Catherine P., 20th Madeline H., 21st Marvin S., 24th Evelyn C., 26th Jack R., 29th Lee T., 30th</p>	<p>9:00 Aerobic Endurance, G * 10:00 Strength & Stretch, G * 10:00 Ajoya Dispensary Tour, OS 11:00 Current Events Colloquium, AT 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Postural Alignment, G * 1:00 Cinema Screen, TT 3:00 Glamour Shots, B 7:15 Cinema Screen, TT</p>	<p>10:00 Silent Meditation, TT 10:45 W.O.W., TT 1:00 Cinema Screen, TT 1:30 Quarter Card Bingo, AT 3:00 Hand & Foot Card Game, TCH 7:15 Cinema Screen, TT</p>
<p>3 1:00 Cinema Screen, TT 1:00 Game Gala, Pub 4:00 Joe Di Amo Concert, AT 7:15 Cinema Screen, TT</p>	<p>4 9:00 Strength & Endurance, G * 10:00 Strength & Stretch, G * 11:00 Meeting of the Minds, AT 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Cinema Screen, TT 1:00 Postural Alignment, G * 1:00 Carillon Singalong, AT 2:00 Ball Game, G * 2:15 French, AT 3:00 Pinochle, B 4:00 Suds & Buds, Pub 4:00 Sippin' Sisters, CB 6:00 Duplicate Bridge, AT 7:15 Cinema Screen, TT</p>	<p>5 8:00 Nature Walk, OS * 9:30 Aqua Fitness, G * 10:15 Beg. Core, G * 11:00 Beg. NymbL, G * 12:00 Lunch with Dream Makers, CB 12:00 NymbL Balance, G * 1:00 Art with Mary, TCH 1:00 Cinema Screen, TT 2:00 Chef Chat, Pub 2:00 Strength & Stretch, G * 3:00 Hans Helmuth, "Growing Up Amish," AT 7:15 Cinema Screen, TT</p>	<p>6 9:00 Strength & Endurance, G * 10:00 Strength & Stretch, G * 10:00 Fort Collins Trolley, OS 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Cinema Screen, TT 1:00 Postural Alignment, G * 2:00 Party Bridge, Pub 2:00 Play Readers, AT 3:00 Happy Hookers, CB 4:00 In Vino Veritas, Pub 7:15 Cinema Screen, TT</p>	<p>7 9:00 Mat Pilates, G * 10:00 Yoga & Relaxation, G * 10:30 "Wheel of Fortune," CB 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Cinema Screen, TT 1:00 Mah-Jongg, TCH 1:00 Aqua Fitness, G * 3:00 Time w/Trudy, AT 4:00 Happy Hour/Abby Dreher, CB 7:15 Cinema Screen, TT</p>	<p>8 9:00 Aerobic Endurance, G * 10:00 Strength & Stretch, G * 10:00 Sonflower Ranch, OS 11:00 Current Events Colloquium, AT 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Postural Alignment, G * 1:00 Cinema Screen, TT 2:00 Hearing Loss & Dementia, G * 7:15 Cinema Screen, TT</p>	<p>9 10:00 Silent Meditation, TT 1:00 Cinema Screen, TT 1:30 Quarter Card Bingo, AT 3:00 Hand & Foot Card Game, TCH 3:30 Birthday Party, AT 7:15 Cinema Screen, TT</p>
<p>10 1:00 Cinema Screen, TT 1:00 Game Gala, Pub 4:00 Dick Simon Magic Show, AT 7:15 Cinema Screen, TT</p>	<p>11 9:00 Strength & Endurance, G * 10:00 Strength & Stretch, G * 10:30 Active Minds, "Wine," OS 11:00 Meeting of the Minds, AT 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Postural Alignment, G * 1:00 Low Vision, AT 2:00 Ball Game, G * 2:15 French, AT 3:00 "Dehydration & UTIs," G * 4:00 Suds & Buds, Pub 4:00 Sippin' Sisters, CB</p>	<p>12 8:00 Nature Walk, OS * 9:00 Hearing Aid Clinic, TCH 9:30 Aqua Fitness, G * 10:15 Beg. Core, G * 11:00 Beg. NymbL, G * 12:00 Lunch with Dream Makers, CB 12:00 NymbL Balance, G * 1:00 Cinema Screen, TT 1:00 Bookworms, TCH 1:30 Bookworms, TCH 2:00 Strength & Stretch, G * 3:00 John Hoskins, "Ukraine: From Kiev to Odessa," AT</p>	<p>13 9:00 Strength & Endurance, G * 10:00 Strength & Stretch, G * 10:00 Movie Trip, OS 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Cinema Screen, TT 1:00 Postural Alignment, G * 2:00 Party Bridge, Pub 2:00 Play Readers, AT 3:00 Happy Hookers, CB 7:15 Cinema Screen, TT</p>	<p>14 FLAG DAY 9:00 Mat Pilates, G * 10:00 Yoga & Relaxation, G * 10:30 "Wheel of Fortune," CB 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Cinema Screen, TT 1:00 Mah-Jongg, TCH 1:00 Aqua Fitness, G * 2:00 "The Twilight Zone," AT 4:00 Happy Hour/Susan Clark, AT 7:15 Cinema Screen, TT</p>	<p>15 9:00 Aerobic Endurance, G * 9:30 Cave of the Winds, OS 10:00 Strength & Stretch, G * 11:00 Current Events Colloquium, AT 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Postural Alignment, G * 1:00 Cinema Screen, TT 7:15 Cinema Screen, TT</p>	<p>16 10:00 Silent Meditation, TT 10:45 W.O.W., TT 1:00 Cinema Screen, TT 1:30 Quarter Card Bingo, AT 3:00 Hand & Foot Card Game, TCH 7:15 Cinema Screen, TT</p>
<p>FATHER'S DAY 17 11:30 Father's Day BBQ/ Kevin De Miranda, BR 1:00 Cinema Screen, TT 1:00 Game Gala, Pub 4:00 Joy Myers Concert, AT 7:15 Cinema Screen, TT</p>	<p>18 9:00 Strength & Endurance, G * 10:00 Strength & Stretch, G * 11:00 Meeting of the Minds, AT 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Cinema Screen, TT 1:00 Postural Alignment, G * 1:00 Carillon Singalong, AT 2:00 Ball Game, G * 2:15 French, AT 3:00 Pinochle, B 4:00 Suds & Buds, Pub 4:00 Sippin' Sisters, CB 6:00 Duplicate Bridge, AT 7:15 Cinema Screen, TT</p>	<p>19 8:00 Nature Walk, OS * 9:30 Aqua Fitness, G * 10:15 Beg. Core, G * 11:00 Beg. NymbL, G * 12:00 Lunch with Dream Makers, CB 12:00 NymbL Balance, G * 1:00 Art with Mary, TCH 2:00 Tea Party, Pub 2:00 Strength & Stretch, G * 3:00 Chris Wells, "Exploring China," AT</p>	<p>20 9:00 Strength & Endurance, G * 10:00 Strength & Stretch, G * 10:00 Bear Lake, OS 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Cinema Screen, TT 1:00 Postural Alignment, G * 2:00 Party Bridge, Pub 2:00 Play Readers, AT 3:00 Happy Hookers, CB 4:00 In Vino Veritas, Pub 7:15 Cinema Screen, TT</p>	<p>21 SUMMER BEGINS 9:00 Mat Pilates, G * 10:00 Yoga & Relaxation, G * 10:30 "Wheel of Fortune," CB 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Cinema Screen, TT 1:00 Mah-Jongg, TCH 1:00 Aqua Fitness, G * 3:00 GM's Monthly Meeting with Residents, AT 4:00 Summer Solstice Party/ David Potter Band, CB 7:15 Cinema Screen, TT</p>	<p>22 9:00 Aerobic Endurance, G * 10:00 Strength & Stretch, G * 10:00 Boulder JCC Tour, OS 11:00 Current Events Colloquium, AT 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Postural Alignment, G * 1:00 Cinema Screen, TT 7:15 Cinema Screen, TT</p>	<p>23 10:00 Silent Meditation, TT 1:00 Cinema Screen, TT 1:30 Quarter Card Bingo, AT 3:00 Hand & Foot Card Game, TCH 6:45 Richard 111, OS 7:15 Cinema Screen, TT</p>
<p>24 1:00 Cinema Screen, TT 1:00 Game Gala, Pub 4:00 Autumn Pepper Concert, AT 7:15 Cinema Screen, TT</p>	<p>25 9:00 Strength & Endurance, G * 10:00 Strength & Stretch, G * 11:00 Meeting of the Minds, AT 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Card Making, TCH 1:00 Postural Alignment, G * 2:00 Ball Game, G * 2:15 French, AT 3:00 Pinochle, B 3:00 Res. Council's Mtg with Res., AT 4:00 Suds & Buds, Pub 4:00 Sippin' Sisters, CB 6:00 Duplicate Bridge, AT</p>	<p>26 8:00 Nature Walk, OS * 9:30 Aqua Fitness, G * 10:15 Beg. Core, G * 11:00 Beg. NymbL, G * 11:30 Singalong/Dream Makers, CB 12:00 Lunch with Dream Makers, CB 12:00 NymbL Balance, G * 1:00 Art with Mary, TCH 1:00 Cinema Screen, TT 2:00 Strength & Stretch, G * 3:00 Sue Pankonin, "Contrasting Cultures," AT 7:15 Cinema Screen, TT</p>	<p>27 9:00 Strength & Endurance, G * 10:00 Strength & Stretch, G * 10:00 Walker Ranch, OS 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Cinema Screen, TT 1:00 Postural Alignment, G * 2:00 Party Bridge, Pub 2:00 Play Readers, AT 3:00 Happy Hookers, CB 5:00 Carelli's Restaurant, OS 7:15 Cinema Screen, TT</p>	<p>28 9:00 Mat Pilates, G * 10:00 Yoga & Relaxation, G * 10:30 "Wheel of Fortune," AT 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Cinema Screen, TT 1:00 Mah-Jongg, TCH 1:00 Aqua Fitness, G * 2:00 Short & Sweet, AT 4:00 Happy Hour/Mihelich & Rosario, CB 6:45 CMF/Opening Night, OS 7:15 Cinema Screen, TT</p>	<p>29 9:00 Aerobic Endurance, G * 10:00 Strength & Stretch, G * 10:00 CSU Arboretum, OS 11:00 Current Events Colloquium, AT 11:00 Beg. NymbL, G * 12:00 NymbL Balance, G * 1:00 Postural Alignment, G * 1:00 Cinema Screen, TT 7:15 Cinema Screen, TT</p>	<p>30 10:00 Silent Meditation, TT 1:00 Cinema Screen, TT 1:30 Quarter Card Bingo, AT 3:00 Hand & Foot Card Game, TCH 7:15 Cinema Screen, TT</p>

Picture Gallery (Continued)



Artists at Work



Joan



Sippin' Sisters



Suds & Buds



Fused Glass Art Workshop



Cure Organic Farm Tour



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Essential Exercise Types

Exercising regularly provides an abundance of health benefits, and varying activities is the key when it comes to physical fitness. Here are four types of exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

Endurance: Also called cardiovascular or aerobic exercise, these activities target the heart, lungs and circulatory system by increasing your heart rate and breathing. Walking, dancing and swimming are examples of endurance exercises.

Strength: Muscle mass often declines with age, and strength training builds it back. This type of exercise makes you stronger, relieves joint pain and improves balance. Common forms of strength training include lifting weights, using resistance bands and doing arm curls and leg lifts.

Balance: Maintaining good balance is essential to preventing falls. Balance exercises often focus on the lower body. Tai chi, standing on one foot, and walking heel to toe in a straight line can improve balance.

Flexibility: Movements that stretch your muscles help you stay flexible and limber, making it easier to perform everyday activities, such as bending to tie your shoes. Stretching exercises and yoga improve flexibility.

A Little Comic Relief

"If con is the opposite of pro, then isn't Congress the opposite of progress?" – John Stewart

"Does it disturb anyone else that 'The Los Angeles Angels' baseball team translates directly to 'The The Angels Angels'?" – Neil DeGrasse Tyson

"Whoever named it necking is a poor judge of anatomy." – Groucho Marx

"We need a 12-step program for compulsive talkers. We could call it On Anon Anon." – Paula Poundstone

"I have left orders to be awakened at any time in case of a national emergency – even if I'm in a Cabinet meeting." – Ronald Reagan

"Everything is changing. People are taking their comedians seriously and their politicians as a joke." – Will Rogers

"I don't know whether it's the finest public housing in America or the crown jewel of the federal prison system." – Bill Clinton, on life in the White House

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