



December Wellness News

“Santa’s Wellness Workshop” on Tuesday, December 11th from 11:00 a.m.-2:00 p.m. in Classroom B

Join Frasier’s Wellness Department Elves as they help you get ready for the holidays by wrapping presents, addressing holiday cards, assembling bows and ribbons on your packages, etc... No charge. Just show up with your packages and cards, and we will do the rest! The Wellness Elves will be available to help make your holiday preparations a little easier for you!

“Monthly Wellness Hike to Golden Ponds” on Wednesday, December 12th, Leave FC at 9 a.m. and return by 12 p.m.

Join us for a magnificent hike which features gorgeous views of Longs Peak and the Front Range and offers 94 acres with 56 acres of water surface in four different ponds along the trails. Lots of wildlife can be seen, especially great blue herons and cormorants. Be sure to bring along the following items: water, hat, sunscreen, hiking poles, and snacks. *Sign up for the hike through the ballot system and then later at the front desk.

Monthly Wellness Movie and Discussion: “Mission Blue”, 2014, 1 hour 30 minutes: on Monday, December 17th at 1:00 p.m. in the Assembly Room-4th

Floor. Documentary about legendary oceanographer, marine biologist, environmentalist and National Geographic Explorer-in-Residence Sylvia Earle, and her campaign to create a global network of protected marine sanctuaries.

**The Wellness Center will be Closed December 24th, 25th, 31st and January 1st. There will be no staff or classes these days. However you are welcome to use the facility and pool with a fob and enjoy resident led classes.