



## RiverPointe

303-797-0600

Senior Community of Littleton

5225 South Prince Street, Littleton, Colorado 80123

[www.RiverPointeSeniorLiving.com](http://www.RiverPointeSeniorLiving.com)



## RiverPointe Happenings! – May 2008

Please **RSVP** for any of the RiverPointe Happenings! Below are just a limited number of items that our RiverPointe Residents get to enjoy. For a full listing of what our community has to offer for our residents, please call our Marketing Department at 303-797-0600.

**Contact Donna Macauley @303-797-0600 for more information or to RSVP**

### Active Minds – Tibet - Date: Wednesday, May 14<sup>th</sup> 3:00-4:00 p.m.

With average elevation higher than the tallest peaks of Colorado, Tibet has been called the “Roof of the World”. Join us as we explore the history and controversy that surrounds this unique region. China claims that Tibet has been part of China for centuries, while Tibet maintains that China illegally invaded the independent country in 1949. We will cover the role of the Dalai Lama and the views of China and international community as we seek to understand the situation there. **RSVP required.**

### Book Review - Date: Wednesday, May 14<sup>th</sup> 7:00 p.m.

Come here Pat Kenning open up the person and writings of Denver columnist, Gene Amole. **RSVP required.**

### T'ai Chi Fitness Class - Dates: Tuesdays, 10:15-11:15 a.m.

Tai Chi incorporates slow, steady movements, rhythmic breathing and meditation. It has been found to relax the body's response to stress which tends to increase as people age. It also increases the flow of blood and oxygen to the brain. It is gentle on stiff joints and increases body awareness as well as immune system. **RSVP required.**

### Gentle Chair Yoga - Dates: Wednesdays, 9:55-10:30 a.m.

### Life Line Screening at RiverPointe, Wednesday, May 21, 2008 2:30-4:00

By appointment only call 1-800-324-1851. Tests for Carotid Artery Blockage, Abdominal Aortic Aneurysm, Peripheral Arterial Disease and Osteoporosis. Cost: Package price \$139 or \$49 per test.

### *Travel with Riverpointe ...*

### Canon City Escape - Date: June 14<sup>th</sup> or July 26<sup>th</sup>

Come and enjoy the “best views of the Royal Gorge” from the safety of the mini train at Buckskin Joe's Western Town attraction-relive the exploits of the Wild West where many a western moves have been made! Enjoy a delicious lunch before continuing with our tour of the Colorado Territorial Prison Museum. Cost: \$79 per person

### Estes Park, Stanley Hotel, Rocky Mountain National Park Tour - Date: July 12, 2008

Come and join us for this delightful day that includes a tour of the Stanley Hotel, lunch and shopping in Estes Park. Cost is \$69 per person and includes lunch, all admissions, tips, taxes, snacks and water along the way.

### Cumbres & Toltec Railway with Santa Fe & Taos - Dates: July 22-24

Enjoy the Scenic train ride to Chama New Mexico, sightseeing in Santa Fe and Taos, a visit to the home of Georgia O'Keeffe. Hosted by a professional tour captain, with Queenslander Tours. Cost: \$589 per person. Call the RiverPointe Marketing Dept. for more information.

### Mount Rushmore with the Black Hills - Dates: October 27-30

Join your hosts as we head for the hills-The Black Hills of South Dakota. Soak in the beauty of Mount Rushmore and enjoy ample time including the moving patriotic music and night illumination show! Call the RiverPointe Marketing Dept. for more information.

### *Mark your calendar ...*

### Concert in the Park: June 2008 - Date: Wednesday June 25<sup>th</sup>

Featuring the John Williams Orchestra. Enjoy a beautiful evening in our spacious “backyard” as the great sounds of the John Williams orchestra, resonates in the air. **RSVP beginning early June.**

### Swing Dance: Summer 2008 - Date: Tuesday August 12 6:00-9:00

Featuring the Dean Bushnell Orchestra. Meet Rick Crandall from KEZW, Visit our western town under the big top. Food and drink available for purchase. **Free to the Community, No reservation required**

