

Event Worksheet  
Wellness Retreat—Body, Mind, Spirit  
August 17-21, 2014  
Rocky Mountain Village  
Empire, CO

Day/ Time	Event	Location	Presenter	Supplies	Equipment
Mon 8-18 8:00 a.m.	Breakfast	Main dining hall	Margaret with help from ?	*Bingo cards— attendees (is this in add'n to Sun. eve Bingo or is this B'day thing?? *list of attendees *name slips *prizes *pens or pencils *individual schedules for the day (with lunch seating assignments) *colored dots	*Sound System and Mic  *Breakfast served family style
9:00—10:15 a.m.	General session— Mind	Genessee Hall	Dwight Duncan		*Sound system and Mic *wireless mic Tables and chairs for 60 people facing the stage
10:30—11:30 a.m.	Adaptive Yoga	Homebuilders Lower Level conference room	Jessica Press Lunch with Rotary-gluten free		About 20 chairs moved to periphery
	Pain	Homebuilders Lobby	Dr. Fred Maynard		
	Exercise Evals & Protocols	Genessee Hall	DeeAnn Vink and PT grad students		10 chairs in circle in each of the 4 corners
12:00 noon	Lunch	Main Dining hall	Wheat Ridge Rotary guests		Lunch served family style
1:00-3:15 p.m.	Zip Line--\$25	Climbing Tower	Zip Line		Zip line set up
	Tie Dye Activity	Craft cottage	Kathy Maynard	Tie Dye kits T-shirts	Do any camp personnel have to be

				Tote bags	present? *Crafts cottage open
	Adaptive Athletics	Homebuilders Porch	Physical Therapists		
	Fatigue	Genessee Hall	Dr. Fred Maynard		20 chairs in circle
	Reflexology	Homebuilders Lobby	Miriam Hoffman		
	Bracing	Homebuilders lower level	John Callan <b>Lunch</b>		20 chairs –we can arrange
3:30—5:30	End of Life Decisions	Genessee Hall	Dr. George Ho, Jr. 9950 East 28 <sup>th</sup> Place Denver, CO 80238 720-379-8687 <a href="mailto:hogeorge@yahoo.com">hogeorge@yahoo.com</a> <b>Dinner</b> <b>Mileage—George Ho, Jr. 51.3 x 2=102.6 miles</b>	Power Point set up	*Lap top *Projector *Screen
	Bracing	Homebuilders Lobby	John Callan		
	Mobility Devices	Main Building Lobby and into parking lot	Rich Kistler, assistive technology professional, Numotion	Mobility devices	Laptop** Projector** Screen**
	Caregiver issues & concerns	Homebuilders Lower Level	Peggy Spaulding, Colo Dept of Human Services 1575 Sherman St. 10 <sup>th</sup> Floor Denver 80203 303-895-7954	Power Point set up	*Lap top *Projector *Screen
	Wellness & Stress Management	Homebuilders Porch	Jessica Press		
6:00-7:00 p.m.	Dinner	Main dining hall	Marny	Sign up sheets for Tuesday	*Dinner served family style *Sound system and mic
7:30 p.m.	Movie— <u>Warm Springs</u> Movie— <u>The Sessions</u>	Genessee Hall & Homebuilders Lower Level			*2 TVs with DVD players-one at each location

