

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

Day/ Time	Event	Location	Presenter	Supplies	Equipment
Tues 8-19 8:00 a.m.	Breakfast	Main dining hall	Marny Margaret	*Distribute individual schedules *prizes (what is this?) *colored dots	*Sound System and Mic *Breakfast served family style
9:00—10:15 a.m.	General session— Body	Genessee Hall	Dr. Fred Maynard		*Sound system and Mic *Wireless mic *Tables and chairs for 60 facing stage and room for wheel chairs between
10:30—11:30 a.m.	Mini-Hike	Selected trail	Michele Ostrander— Audubon Society 3401 Columbine St. Denver 80205 303-995-0571 mostrander21@gmail.com Lunch Donation to: Audubon Society of Greater Denver 9308 South Wadsworth Bld. Littleton, CO 80128 303-973-9530	*Bird feeders *Binoculars *Trail map	Map of camp—will be in their notebooks
	Pool Therapy	Warm water pool	Kristin Manzo, RPT		Lifeguard
	Exercise Evals & Protocols	Genessee Hall	DeeAnn Vink and PT grad students		10 chairs in circle in each of 4 corners
11:30 noon	Lunch	Main Dining hall			Bus at 12:30—Pick up from dining hall
1:00-3:15 p.m.	Georgetown Loop RR		1:35 tour—4		

			wheelchairs—Tour 1hr. 15 min Final head count and final payment—3 days before. Susan Edge 303-569-0133		
	Tie-Dyeing	Craft cottage	Kathy Maynard	Tie Dye supplies	* *Use of crafts cottage
	Breathing	Homebuilders Lobby	Gerry Makey		
	Seating	Genessee Hall	PTs		10 chairs with room between in circle
	Ask a Physical Therapist	Homebuilders Porch	DeeAnn Vink RPT		
3:30—5:30	Brain Fitness	Genessee Hall	Sandy Stolar 535 E Oak Hill Drive Castle Rock, CO 80108 720-244-6427 sandystolar@mho.com	Power Point	*Lap top *Projector *Screen
	Pain	Main Lodge computer room	Dr. Fred Maynard		
	Breathing	Main Lodge lobby	Gerry Makey		
	What I Learned at the PHI Conference	Homebuilders Lower Level	Sandy Abbott		
	Ask a Physical Therapist	Homebuilders Porch	DeeAnn Vink		
	Reflexology	Homebuilders Lobby	Miriam Hoffman		
6:00-7:00 p.m.	BBQ	Location?	Marny	Sign up sheets for Tuesday	*Sound system and mic *Location?
7:30 p.m.	Sing-A-Long		Who? Not “The Who”		