

From: Active Minds [mailto:zane@activeminds.com]
Sent: Thursday, March 19, 2015 9:04 AM
To: zane@activeminds.com
Subject: Active Minds Upcoming Events! (Greater Denver metro area)



Active Minds Upcoming Events

Below are events for the next month or so.

Also, be sure to check out the following:
(details in right column):

[March 26 - Seniors in Transition](#)

[April 2 - Heart Health Seminar](#)

Please check out our other sponsor information on the right for additional activities and opportunities you may be interested in.

Upcoming Events:

Thursday, March 19, 2015, 2:00-3:00 pm

Turkey

Emerging from World War I as a shrunken version of the Ottoman Empire, Turkey plays a pivotal role in the world. A strong U.S. ally during the Cold War, Turkey is now one of the world's largest Muslim democracies. Join Active Minds as we explore Turkey's past and current challenges, including its struggles with its Kurdish minority and its role in the rise of the terrorist organization calling itself ISIS. This event is sponsored by [Springbrooke](#), [MorningStar at Dayton Place](#), and [Juniper Village at Aurora](#).

Location: [Windsor Gardens](#), 597 S Clinton St, Denver, CO 80247... [map](#)

Cost: Free

RSVP: Not required

Sponsored Links:

Please thank our sponsors with your support.

[Seniors in Transition](#)

Thinking about downsizing, moving, or just need some help? Come learn the "Art of Downsizing" and how to manage the move process with ease.

When: Thurs, Mar 26, 11 am-1 pm

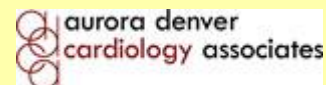
Where: [Meridian Westland](#), 10695 W 17th Ave, Lakewood, CO 80215...[map](#)

Cost: Free. Lunch provided.

RSVP: Jamie/Marie at 303-232-7100

Misc: Click [here](#) for event flier

www.brookdale.com



[Heart Health Seminar](#)

Join Aurora Denver Cardiology Associates cardiologist Dr. Samuel Rougas for a FREE program on ways to minimize the risk of heart disease and learn how new diet guidelines may affect you.

When: Thurs, April 2, 6-8 pm

Where: Café at Rocky Mountain Hospital for Children, 2001 N High St, Denver, CO 80205...[map](#)

RSVP: 877-752-2737 (ask for class registration) or [click here](#) to register.

www.adccardiology.com

Thursday, March 19, 2015, 2:30-3:30 pm

The Civil War: Causes & Effects

As we commemorate the 150 year anniversary of the end of the Civil War, join Active Minds for a look at what caused the war and how our country was changed as a result. This program will not attempt to cover the military conflict in any significant detail, but rather will focus on what preceded and followed it.

Location: [Atria Inn at Lakewood](#), 555 S Pierce St, Lakewood, CO 80226... [map](#)

Cost: Free

RSVP: 303-742-4800

Monday, March 23, 2015, 2:30-3:30 pm

Songs from World War II

It's a sad but inevitable fact that war has always inspired great music. Long ago, a military victory would lead to a celebratory composition (Beethoven penned such works). World War II was no exception, leading to the creation of profound classical works by Aaron Copland, Benjamin Britten and others - as well as numerous pop songs by the likes of Spike Jones, Vera Lynn and, of course, the Andrews Sisters. In this Active Minds program, we'll sample music that honored and, yes, had a little fun with, that traumatic, unforgettable period in world history.

Location: [Springbrooke](#), 6800 Leetsdale Dr, Denver, CO 80224... [map](#)

Cost: Free

RSVP: Springbrooke: 303-331-9963

Tuesday, March 24, 2015, 1:30-2:30 pm

Global Pandemics

Concern over the global spread of diseases such as Ebola, Swine Flu, AIDS, and others has increased dramatically. Join Active Minds as we seek to understand the current threats by examining both the science of how diseases spread as well as the history of pandemics.

Location: [The Inn at Greenwood Village](#), 5565 S Yosemite St, Greenwood Village, CO 80111... [map](#)

Cost: Free

RSVP: 303-327-7340 (Limited seating. Call for



[Hip Pain Seminar](#)

Join leading orthopedic surgeon Dr. Steven Morgan of Mountain Orthopedic Trauma Surgeons for a FREE seminar to discuss hip pain issues, facts, and options.

When: Wed, April 8, 6-8 pm

Where: [Swedish Medical Center](#)
501 E Hampden Ave, Englewood, CO 80113...[map](#)

RSVP: 866-7-SWEDISH (ask for class registration) or click link below.
[motusswedish.com](#)



[History Colorado Classes!](#)

The new [History Colorado Center](#) offers a wide variety of educational programs for adults of all ages. [Click here](#) to view a list of classes. For info on this fall's **trip to France**, [click here](#) to register.

Registration: Call 303-866-2394 and mention Active Minds to get special discount pricing.

[www.historycolorado.org](#)



[Garden Plaza of Aurora](#)

Experience the retirement of your dreams. Garden Plaza of Aurora offers the best in Independent Living and Assisted Living on a full Continuum-of-Care Campus, where residents enjoy exceptional services and amenities with the peace of mind that all future care needs can be provided. Call: 303-750-0820

[www.gardenplazaaurora.com](#)

[Moving & Downsizing](#)

Let the experts with Great Living in Colorado help you with your

availability.)

Tuesday, March 24, 2015, 5:00-6:00 pm

Malcolm X

As we mark 50 years since the death of Malcolm X this past February, join Active Minds for a review of the life and legacy of this controversial civil rights leader. To his admirers he was a courageous advocate for the rights of blacks, but his detractors accused him of preaching racism and violence. We will examine how Malcolm X's efforts impacted history and how his ideas continue to influence our society today.

Location: [Tattered Cover](#), 2526 E Colfax, Denver, CO 80206... [map](#)

Cost: Free

Info: 303-322-7727

***** Member Only Event *****

Wednesday, March 25, 6:30-8:30 pm

ISIS

Known variously as ISIS, ISIL, or the Islamic State, this extremist Sunni Muslim organization has horrified the world with its brutal acts of terror.

Born of the political chaos of the wars in Iraq and Syria, ISIS has gained territory in that region in their pursuit to reassert the caliphate, or Islamic State. Join Active Minds Co-Founder **John**

Henderson as we trace the rise of this group and seek to understand the challenge this represents to the region and the world. This event is sponsored by [Home Care Assistance](#) and [Brookdale University Park](#).

Location: Near I-25 & Colorado Blvd. Members will be provided with exact location when they RSVP.

Cost: Free for Active Minds members. For membership information, [click here](#).

RSVP: info@activeminds.com or 303-320-7652.

Thursday, March 26, 2015, 6:45-7:45 pm

The Kurds

The Kurds are an ethnic group of approximately 30 million with origins in a part of the Middle East that has been surrounded by the historic powers of the

downsizing and moving concerns. Call 720-833-8542 for a free consultation.

www.greatlivingincolorado.com

[Olinger Mortuaries & Cemeteries](#)

Discuss funeral preplanning arrangements with an expert who can help design a plan that is right for you. [Leslie Thomas: 303-445-4112](#)



[Denver Public Library](#)

Access the world of information through Denver's 25 branch libraries. Come in and browse or request books online and have them delivered to the branch library closest to you.

www.denverlibrary.org

[Springwood Retirement Community](#)

has the lifestyle to fit your needs. Our 15 acre campus offers beautiful maintenance free cottages, active adult apartments, independent living, assisted living and secure memory care. Visit our campus at 6550 Yank Way in Arvada. Call: 303-424-6550

www.springwoodretirement.com



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www.9HealthFair.org

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www.activeminds.com

region. Today, the traditional lands of the Kurds are divided into parts of Iran, Iraq, Syria, and Turkey. As a minority in each of these countries, the Kurds have long sought their own sovereign nation or at least more autonomy, with mixed results. As some of these nations have become increasingly unstable, many Kurds see an opportunity for greater control over their own destiny. Join Active Minds as we explore this complicated dynamic and seek to understand the Kurdish people and their struggle. This program is brought to you by the [Stapleton Master Community Association](#).

Location: [Sam Gary Library](#), 2961 Roslyn St, Denver, CO 80238... [map](#)

Cost: Free

RSVP: Not required

Resources:

[Click here](#) to become an Active Minds member

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Regards,



Active Minds

Zane Robertson

www.activeminds.com

303-320-7652



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Try it FREE today.

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