




# AUGUST

MONDAY		TUESDAY		WEDNESDAY	
<p><b>1</b></p> <p>9:00 AM Reflexology</p> <p>9:15 AM Bridge</p> <p>1:00 PM Garden Club Meeting</p> <p>1:00 PM Afternoon of Games</p>	<p><b>2</b></p> <p>8:30 AM <b>Casino Trip - Lady Luck</b></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p>10:00 AM Book Club Meeting</p> <p>11:30 AM VOA Lunch - <i>Beef hot dog, corn, slaw</i></p> <p>1:00 PM Bingo for Fun</p>	<p>9:00 AM Visiting Nurses</p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p><b>3</b></p> <p><b>10:00 AM Softball games &amp; cookout</b></p> <p>1:00 PM Crochet &amp; Knit</p> <p>1:00 PM Afternoon of Games</p> <p><b>1:00 PM Polish Poker</b></p> <p> <b>Egg &amp; I</b> 7:00 AM - 2:30 PM</p>			
<p><b>8</b> <b>9</b> <b>10</b></p> <p><b>Senior Center Closed</b></p> <p><b>Rec Center Closed for Maintenance</b></p>					
<p><b>15</b></p> <p>9:00 AM Reflexology</p> <p>9:15 AM Bridge</p> <p>12:00 PM Preventing Diabetes Class</p> <p>1:00 PM Activity Committee</p> <p>1:00 PM Afternoon of Games</p>	<p><b>16</b></p> <p>9:30 AM Sit and Be Fit Class</p> <p><b>11:15 PM Out to Lunch - \$ La Dolce Vita, Castle Pines</b></p> <p>11:30AM VOA Lunch/Let's Celebrate <i>Honey BBQ chicken</i></p> <p>1:00 PM Marathon Bridge</p> <p>1:00 PM Low Vision Support Group</p> <p>1:30 PM Creative Writing Group</p>	<p>9:00 AM Visiting Nurses</p> <p><b>9:00 AM Craft Show Workshop - sword/wand painting</b></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p>1:00 PM Crochet &amp; Knit</p> <p>1:00 PM Afternoon of Games</p> <p><b>1:00 PM Bunco</b></p>			
<p><b>22</b></p> <p>9:00 AM Reflexology</p> <p>9:15 AM Bridge</p> <p>1:00 PM Afternoon of Games</p> <p><b>4:45 PM Out to Dinner - \$\$ Las Fajitas, Castle Pines</b></p>	<p><b>23</b></p> <p>9:00 AM Chair Massage</p> <p><b>9:15 AM Trolley Trip - CR History &amp; lunch at Augustine Grill</b></p> <p>9:30 AM Sit and Be Fit Class</p> <p><b>10:30AM Newcomer "Meet and Greet"</b></p> <p>11:30 AM VOA Lunch <i>Meatball marinara hoagie</i></p> <p>1:00 PM Bingo for Fun (white elephant)</p>	<p>9:30 AM Sit &amp; Be Fit Class</p> <p><b>24</b></p> <p>10-11:30 BP Spot - no appt.</p> <p>10-11:30 Shopping Extravaganza - ticket ordering</p> <p><b>10:00 AM Legal Presentation - "Wills &amp; Trusts"</b></p> <p><b>11:30 AM Lunch and Learn</b></p> <p>1:15 PM Afternoon of Games</p> <p>1:00 PM Crochet &amp; Knit</p>			
<p><b>29</b></p> <p>9:00 AM Reflexology</p> <p>9:15 AM Bridge</p> <p><b>9:30 AM TRIP - Tour of Philip S. Miller Park &amp; the MAC</b></p> <p>1:00 PM Afternoon of Games</p>	<p><b>30</b></p> <p>9:30 AM Sit and Be Fit Class</p> <p><b>9:45 AM Shopping Trip - \$ Manitou Springs with lunch at Rudy's</b></p> <p>11:30AM VOA Lunch <i>Cold fried chicken, potato salad</i></p>	<p><b>31</b></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p>1:00 PM Crochet &amp; Knit</p> <p>1:00 PM Afternoon of Games</p> <p><b>4:45 PM Out to Dinner - \$\$ Seasons 52, Lone Tree</b></p>			

# 2016



THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>9:00 AM Chair Massage</p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p><b>4</b></p> <p><b>10:00AM Slammers Bingo</b></p> <p>10-11:30 Shopping Extravaganza - ticket ordering</p> <p><b>10:30 AM TRIP - Organ Concert with lunch in Colorado Springs</b></p> <p>11:30AM VOA Lunch- Orange salmon</p> <p>1:00 PM Trivia Group</p> <p><b>2:00 PM Senior Art Class</b></p>	<p>9:00 AM Financial Services</p> <p>10:00 AM Current Events</p> <p><b>5</b></p> <p><b>11:00 AM Trip - Arapahoe Park Horses</b></p> <p>11:30AM VOA Lunch - Sweet &amp; sour pork lo mein</p> <p>1:00 PM Games/Pinochle</p> <p>1:00 PM Crochet &amp; Knit</p> <p>1:00 PM Board Meeting</p> <p>1:00 PM Remembering our Veterans</p>	<p><b>6/7</b></p>
<p><b>11</b></p>	<p><b>12</b></p>	<p><b>13/14</b></p>
<h2>Senior Center Closed Rec Center Closed for Maintenance</h2>		
<p><b>8:30 AM Hike - Palmer Lake</b></p> <p>9:00 AM Chair Massage</p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p><b>18</b></p> <p><b>10:00 AM Slammers Bingo</b></p> <p>11:30 AM VOA Lunch – Oven fried pork</p> <p><b>12:45 PM Movie &amp; popcorn - "Miracles from Heaven"</b></p> <p>1:00 PM Trivia Group</p> <p><b>2:00 PM Senior Art Class</b></p>	<p>9:00 AM Financial Services</p> <p>9-10 Ticket ordering</p> <p>Shopping Extravaganza</p> <p><b>19</b></p> <p><b>10:00 AM Mystery Trip</b></p> <p>10:00 AM Current Events Discussion</p> <p>10:15 AM Hearing Clinic</p> <p>11:30AM VOA Lunch - Tortilla soup, taco salad</p> <p>1:00 PM Games &amp; Crochet/Knit</p>	<p><b>20/21</b></p>
<p><b>9:00 AM Slammers Br/Bingo</b></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p><b>25</b></p> <p>11:30AM VOA Lunch - Chicken breast, couscous</p> <p>12:15 PM Douglas County Human Services (no appts needed)</p> <p>1:00 PM Duplicate Bridge</p> <p><b>1:00 PM Active Minds-Refugee Crisis</b></p> <p>2:00 PM Trivia Group</p>	<p>9:00 AM Financial Services</p> <p>10:00AM Current Events</p> <p><b>26</b></p> <p>11:30AM VOA Lunch – Steak salad, pasta salad</p> <p>1:00 PM Games/Pinochle</p> <p>1:00 PM Crochet &amp; Knit</p> <p><b>September Activities Sign-Up begins at 8:30 AM</b></p>	<p><b>27/28</b></p> <p><b>SATURDAY</b> <b>NASCAR Races at Colorado Motor Sports Park</b> Leave at 4:30 PM \$</p>
<p><b>DOLLAR SIGN LEGEND</b></p> <p>The dollar signs on the calendar represent the average price of the entrée at the restaurant when you will be paying for a meal there.</p> <p>\$ = Under \$15    \$\$ = \$16-\$35 \$\$\$ = \$36-\$50</p> <p><b>This does NOT represent the Activity Fee you pay at sign-up</b></p>	<p style="text-align: center;"><b>CANCELLATION POLICY</b></p> <p>If you sign up for an activity and find you are unable to participate, let the front desk know as soon as possible. No credits are issued for cancellations made the <u>day of</u> or <u>the day before</u> an activity. If you cancel before the deadline, notify the Senior Center during business hours of 8:30am-4:30pm Monday-Friday, and we will issue you a credit. We do not refund ticketed events. Credits expire after one year.</p>	