

# JUNE

MONDAY

TUESDAY

WEDNESDAY

## CANCELLATION POLICY

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 day of or the day before 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.

9:00 AM Reflexology

6

9:15 AM Bridge

**10:45 AM Out to Lunch-Roxborough "Arrowhead Golf Club" \$**

1:00 PM Afternoon of Games

1:00 PM Garden Club Meeting

9:30 AM Sit & Be Fit Class

7

10:00 AM Book Club Meeting

11:30 AM VOA Lunch -  
*Honey BBQ chicken, cornbread*

1:00 PM Bingo for Fun

9:00 AM Visiting Nurses

9:30 AM Sit & Be Fit Class

**11:00 AM INFORMATION MEETING - Usher Volunteers for Amphitheater Concerts**

1:00 PM Crochet & Knit

1:00 PM Afternoon of Games

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9:30 AM Sit & Be Fit Class

**9:30 AM Part II - Genealogy Workshop**

1:00 PM Crochet & Knit

**1:00 PM Polish Poker**

1:00 PM Afternoon of Games

8

 **PEGASUS**  
6:30 am - 2:00 pm

9:00 AM Reflexology

13

9:15 AM Bridge

12:00 PM Preventing Diabetes Class

1:00 PM Afternoon of Games

**8:30 AM Casino Trip - The Isle Casino**

14

9:00 AM Chair Massage

9:30 AM Sit and Be Fit Class

11:30AM VOA Lunch  
*Meatball marinara sub*

**1:00 PM Baby Shower for Denver Health Newborns in Need**

1:30 PM Creative Writing Group

9:00 AM Visiting Nurses

**9:00 AM Craft Class - Greeting Cards**

9:30 AM Sit & Be Fit Class

**12:00 PM "Salads" Potluck Lunch**

1:00 PM Afternoon of Games

1:00 PM Crochet & Knit

**1:00 PM Bunco**

15

9:00 AM Reflexology

20

9:15 AM Bridge

1:00 PM Activity Committee

1:00 PM Afternoon of Games

9:30 AM Sit and Be Fit Class

21

**10:00 AM SHOPPING TRIP - Pacific Ocean Marketplace**

11:30 AM VOA Lunch/Let's Celebrate  
*Cold fried chicken, potato salad*

1:00 PM Marathon Bridge

1:00 PM Low Vision Support Group

9:30 AM Sit & Be Fit Class

10-11:30 BP Spot - no appt.

**9:45 AM TRIP - Tour of Douglas County Election Headquarters**

**10:00 AM Legal Presentation - "10 Ways to Avoid Probate & Reasons Why Not to Use Them"**

1:00 PM Crochet & Knit

1:15 PM Afternoon of Games

22

9:00 AM Reflexology

27

9:15 AM Bridge

**10:00 AM TRIP - McAllister House Tour & Tea Luncheon**

1:00 PM Afternoon of Games

9:30 AM Sit and Be Fit Class

28

**10:15 AM CONCERT/LUNCH "When Swing was King" Benny Goodman Music Boulder Dinner Theatre**

**10:30AM Newcomer "Meet and Greet"**

11:30AM VOA Lunch  
*Beef hot dog, cole slaw, corn*

1:00 PM Bingo for Fun (White Elephant)

*No Sit & Be Fit Today*

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**9:00 AM AWARD PRESENTATION "Business of the Month" By the Chamber of Commerce**

**11:30 AM Lunch & Learn**

1:00 PM Crochet & Knit

1:15 PM Afternoon of Games

# 2016

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>9:00 AM Chair Massage <span style="float: right; background-color: #4a4a9a; color: white; padding: 2px 5px; font-weight: bold;">2</span></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p><b>10:00AM Slammers Bingo</b></p> <p>11:30AM VOA Lunch - <i>Teriyaki beef, lo mein noodles</i></p> <p><b>2:00 PM Senior Art Class</b></p> <p><b>4:30 PM Out to Dinner - \$\$</b> <i>"Ali Baba Grill" in Denver</i></p>	<p>9:00 AM Reflexology <span style="float: right; background-color: #4a4a9a; color: white; padding: 2px 5px; font-weight: bold;">3</span></p> <p>9:00 AM Financial Services</p> <p>10:00 AM Current Events Discussion</p> <p>11:30AM VOA Lunch - <i>Chicken Italian sausage, penne</i></p> <p>1:00 PM Games/Trivia/Pinochle</p> <p>1:00 PM Crochet &amp; Knit</p> <p>1:00 PM <i>Remembering our Veterans</i></p>	<div style="background-color: #4a4a9a; color: white; padding: 5px; font-weight: bold; font-size: 1.2em;">4/5</div> <p><b><u>SATURDAY</u></b> <b><i>Arapahoe Park Horse Races</i></b> Leave at 11:00 AM \$</p>
<p><b>9:00 AM Slammers Br/Bingo</b> <span style="float: right; background-color: #4a4a9a; color: white; padding: 2px 5px; font-weight: bold;">9</span></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p>10-11:30 BP Spot - no appt. needed</p> <p>11:30 AM VOA Lunch - <i>Hot Italian beef sandwich</i></p> <p><b>12:45 PM Movie &amp; Popcorn -</b> <i>"The Choice"</i> <b>by Nicholas Sparks</b></p>	<p>9:00 AM Reflexology <span style="float: right; background-color: #4a4a9a; color: white; padding: 2px 5px; font-weight: bold;">10</span></p> <p>9:00 AM Financial Services</p> <p><b>9:15 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-<i>Taco salad &amp; soup</i></p> <p>1:00 PM Games/Trivia/Pinochle</p> <p>1:00 PM Crochet &amp; Knit</p>	<div style="background-color: #4a4a9a; color: white; padding: 5px; font-weight: bold; font-size: 1.2em;">11/12</div> <p><b><u>SATURDAY</u></b> <b><u>Ducky Derby</u></b> Festival Park 11:00-5:00 Race at 3:00 PM No transportation or group event, we just encourage you to go</p>
<p>9:00 AM Chair Massage <span style="float: right; background-color: #4a4a9a; color: white; padding: 2px 5px; font-weight: bold;">16</span></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p><b>10:00 AM Slammers Bingo</b></p> <p>11:30AM VOA Lunch - <i>Chicken fried steak, gravy</i></p> <p><b>2:00 PM Senior Art Class</b></p> <p><b>4:00-7:00 PM 45th Anniversary</b> <b>Open House Celebration</b> <b>RSVP Deadline June 9</b></p>	<p><b>8:30 AM Hike-Dawson Butte</b> <span style="float: right; background-color: #4a4a9a; color: white; padding: 2px 5px; font-weight: bold;">17</span></p> <p>9:00 AM Reflexology</p> <p>9:00 AM Financial Services</p> <p>10:00 AM Current Events Discussion</p> <p>11:30AM VOA Lunch - <i>Steak salad</i></p> <p>1:00 PM Board Meeting</p> <p>1:00 PM Games/Trivia/Pinochle</p> <p>1:00 PM Crochet &amp; Knit</p> <p><i>Deadline for Cripple Creek trip sign-up</i></p>	<div style="background-color: #4a4a9a; color: white; padding: 5px; font-weight: bold; font-size: 1.2em;">18/19</div> <p><b><u>Sunday</u></b></p> <div style="text-align: right;">  </div>
<p><b>9:00 AM Slammers Br/Bingo</b> <span style="float: right; background-color: #4a4a9a; color: white; padding: 2px 5px; font-weight: bold;">23</span></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p>11:30 AM VOA Lunch - <i>Chicken salad, fruit, bread</i></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 NEW-Active Minds Program</b> <b>"The Supreme Court"</b></p>	<p>9:00 AM Reflexology <span style="float: right; background-color: #4a4a9a; color: white; padding: 2px 5px; font-weight: bold;">24</span></p> <p>9:00 AM Financial Services</p> <p>10:00AM Current Events</p> <p>11:30AM VOA Lunch - <i>Mahi Mahi</i></p> <p>1:00 PM Games/Trivia/Pinochle</p> <p>1:00 PM Crochet &amp; Knit</p> <div style="background-color: #4a4a9a; color: white; padding: 5px; text-align: center; font-weight: bold; margin-top: 10px;">                 July Activities Sign-Up begins at 8:30 AM             </div>	<div style="background-color: #4a4a9a; color: white; padding: 5px; font-weight: bold; font-size: 1.2em;">25/26</div> <p><b><u>SATURDAY</u></b> Trip to the 40th Anniversary of <b><u>Colorado Renaissance Festival</u></b> Leave at 9:45 AM \$</p>
<p>9:30 AM Sit &amp; Be Fit Class <span style="float: right; background-color: #4a4a9a; color: white; padding: 2px 5px; font-weight: bold;">30</span></p> <p><b>10:00AM Slammers Bingo</b></p> <p><b>11:00 AM Out to Lunch - Centennial</b> <b>"The Viewhouse" \$</b></p> <p>11:30AM VOA Lunch - <i>Mushroom &amp; swiss burger</i></p> <p>1:00 PM Duplicate Bridge (make-up for past snow day)</p>		<div style="background-color: #4a4a9a; color: white; padding: 5px; font-weight: bold; font-size: 1.2em;">DOLLAR SIGN LEGEND</div> <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 style="text-align: center;">\$ = Under \$15    \$\$ = \$16-\$35 \$\$\$ = \$36-\$50</p> <p style="text-align: center; font-weight: bold;">This does NOT represent the Activity Fee you pay at sign-up</p>