

# OCTOBER

**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.

## DOLLAR SIGN LEGEND

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.

\$ = Under \$15    \$\$ = \$16-\$35  
 \$\$\$ = \$36-\$50

This does NOT represent the Activity Fee you pay at sign-up

9:15 AM Bridge **5**  
 9:30 AM Tennis  
**9:30 AM Trip - Santa Fe Quarry Tour & Lunch at Duke's \$**  
**12:00 PM Preventing Diabetes #4**  
 1:00 PM Afternoon of Games



9:00 AM Indoor Pickleball **6**  
 9:30 AM Sit and Be Fit Class  
 10:00 AM Book Club Mtg.  
**10:00 AM Balloon Animal Class**  
 11:30 AM VOA Lunch -  
*Chicken parmesan & pasta*  
 1:00 PM Bingo for Fun  
**4:45 PM Special Evening Mystery Trip**

9:00 AM Visiting Nurses **7**  
 9:30 AM Sit & Be Fit Class  
**12-1 PM Flu Shot Clinic**  
 1:00 PM Crochet & Knit  
 1:00 PM Afternoon of Games  
**4:30 PM Out to Dinner - Littleton \$\$\$ Sakura Japanese Hibachi**

9:15 AM Bridge **12**  
 9:30 AM Tennis  
**10:45 AM Out to Lunch - in Littleton "Smokin Fins" \$-\$\$**  
**11:45 AM Belly Dancing Class**  
**12:00 PM Preventing Diabetes #5**  
 1:00 PM Afternoon of Games  
 1:00 PM Garden Club Meeting

**8:30 AM Casino Trip "Saratoga" in Blackhawk** **13**  
 9:00 AM Indoor Pickleball  
 9:30 AM Sit and Be Fit Class  
 10:00 AM Creative Writing  
 11:30AM VOA Lunch  
*Beef pasta florentine*

9:30 AM Sit & Be Fit Class **14**  
**10:00 AM Legal Presentation—"Wills & Trusts"**  
**11:30 AM Lunch and Learn**  
 1:00 PM Crochet & Knit  
 1:15 PM Afternoon of Games  
**1:15 PM Polish Poker**

9:15 AM Bridge **19**  
 9:30 AM Tennis  
**9:45 AM TROLLEY TRIP \$ Brunch at B&B Café & Lowell Ranch hayride**  
**12:00 PM Preventing Diabetes #6**  
 1:00 PM Afternoon of Games  
 2:00 PM Activity Committee Meeting

9:00 AM Indoor Pickleball **20**  
 9:30 AM Sit and Be Fit Class  
**10:00 AM SHOPPING TRIP - Saver's in Highlands Ranch**  
 11:30AM VOA Lunch/Let's Celebrate  
*Chicken enchilada bake*  
**1:00 PM Low Vision Support Group**  
 1:15 PM Marathon Bridge


9:00 AM Visiting Nurses **21**  
 9:30 AM Sit & Be Fit Class  
**12:00PM Monthly Potluck - "Favorite Comfort Foods"**  
 1:00 PM Crochet & Knit  
 1:00 PM Afternoon of Games

9:15 AM Bridge **26**  
 9:30 AM Tennis  
**9:15 AM TRIP - Lone Tree Arts National Geographic Live - "Exploring the Red Planet"**  
**11:45 AM Belly Dancing Class**  
**12:00 PM Preventing Diabetes #7**  
 1:00 PM Afternoon of Games

9:00 AM Indoor Pickleball **27**  
 9:30 AM Sit and Be Fit Class  
**10:30AM Monthly Newcomer "Meet and Greet"**  
 11:30AM VOA Lunch  
*Fish Veracruz, cilantro lime rice*  
 1:00 PM Bingo - White Elephant

9:30 AM Sit & Be Fit Class **28**  
 10-11:30 BP Spot - no appt. needed  
**10:45 AM Out to Lunch - \$ "Assignments" Restaurant**  
 1:00 PM Crochet & Knit  
 1:00 PM Afternoon of Games  
**1:00 PM Bunco**

# 2015

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>9:30 AM Sit &amp; Be Fit Class <span style="float: right; border: 1px solid black; padding: 2px 5px; font-weight: bold;">1</span></p> <p><b>9:30 AM Matter of Balance Class #4</b></p> <p><b>10:00AM Slammers Bingo</b></p> <p>11:30AM VOA Lunch - <i>BBQ pulled pork on bun</i></p> <p><b>1:00 PM SENIOR SEMINAR -</b> <b>“Identity Theft &amp; Cyber Crimes”</b></p> <p><b>2:00 PM Senior Art Class</b></p>	<p>9:00 AM Indoor Pickleball <span style="float: right; border: 1px solid black; padding: 2px 5px; font-weight: bold;">2</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>Stuffed green pepper, veggies</i></p> <p>1:00 PM Games &amp; Trivia</p> <p>1:00 PM Remembering our Veterans</p>	<div style="text-align: right; border: 1px solid black; padding: 2px 5px; font-weight: bold; width: fit-content; margin: 0 auto;">3/4</div> <p><b>SUNDAY</b> <i>Balistreri Vineyard Annual Harvest Party with wine tasting &amp; pig roast Leaving at 11:15 AM</i></p>
<p>9:00 AM Chair Massage</p> <p><b>9:00 AM Slammers Br/Bingo</b> <span style="float: right; border: 1px solid black; padding: 2px 5px; font-weight: bold;">8</span></p> <p><b>9:30 AM Craft Class -</b> <b>“Snowman Kits”</b></p> <p><b>9:30 AM Matter of Balance Class #5</b></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>Baked ravioli, meat sauce</i></p> <p><b>12:45 PM MOVIE - “Woman in Gold”</b></p>	<p>9:00 AM Indoor Pickleball</p> <p>9:00 AM Reflexology <span style="float: right; border: 1px solid black; padding: 2px 5px; font-weight: bold;">9</span></p> <p>9:00 AM Financial Services</p> <p><b>9:30 AM TRIP - Bus Tour</b> <b>Castlewood Canyon State Park</b></p> <p>10:00 AM Current Events Discussion</p> <p>10:15 AM Hearing Clinic</p> <p>11:30AM VOA Lunch - <i>Chicken cassoulet, spinach</i></p> <p>1:00 PM Games &amp; Trivia</p>	<div style="text-align: right; border: 1px solid black; padding: 2px 5px; font-weight: bold; width: fit-content; margin: 0 auto;">10/11</div>
<p><b>9:30 AM Craft Class -</b> <b>“Snowman Kits”</b> <span style="float: right; border: 1px solid black; padding: 2px 5px; font-weight: bold;">15</span></p> <p><b>9:30 AM Matter of Balance Class #6</b></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p><b>10:00 AM Slammers Bingo</b></p> <p>11:30 AM VOA Lunch - <i>Baked catfish, sweet potato</i></p> <p><b>2:00 PM Senior Art Class</b></p>	<p>9:00 AM Indoor Pickleball <span style="float: right; border: 1px solid black; padding: 2px 5px; font-weight: bold;">16</span></p> <p>9:00 AM Reflexology</p> <p>9:00 AM Financial Services</p> <p>10:00AM Current Events</p> <p><b>10:00 AM Balloon Animal Class</b></p> <p>11:30AM VOA Lunch <i>Roast pork, potatoes, gravy</i></p> <p>1:00 PM Games &amp; Trivia</p> <p>1:00 PM Board Meeting</p>	<div style="text-align: right; border: 1px solid black; padding: 2px 5px; font-weight: bold; width: fit-content; margin: 0 auto;">17/18</div>
<p>9:00 AM Chair Massage</p> <p><b>9:00 AM Slammers Br/Bingo</b> <span style="float: right; border: 1px solid black; padding: 2px 5px; font-weight: bold;">22</span></p> <p><b>9:30 AM Matter of Balance Class #7</b></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p>11:30 AM VOA Lunch - <i>Sauerbraten style beef</i></p> <p>12:15 PM Douglas County Human Services (no appts needed)</p> <p>1:15 PM Duplicate Bridge</p> <p><b>4:15 PM Out to Dinner - “Edelweiss”</b></p>	<p>9:00 AM Indoor Pickleball <span style="float: right; border: 1px solid black; padding: 2px 5px; font-weight: bold;">23</span></p> <p>9:00 AM Reflexology</p> <p>9:00 AM Financial Services</p> <p>10:00AM Current Events Discussion</p> <p>11:30AM VOA Lunch - <i>Lemon pepper fish, dill sauce</i></p> <p>1:00 PM Games &amp; Trivia</p>	<div style="text-align: right; border: 1px solid black; padding: 2px 5px; font-weight: bold; width: fit-content; margin: 0 auto;">24/25</div> <p><b>SATURDAY</b> <b>“Honor &amp; Strength” Patriotic Concert honoring Veterans</b> Parker PACE Center Leaving at 6:45 PM Concert at 7:30 PM</p>
<div style="text-align: right; border: 1px solid black; padding: 2px 5px; font-weight: bold; width: fit-content; margin: 0 auto;">29</div> <p><b>9:30 AM Matter of Balance Class #8</b></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p><b>10:00 AM Slammers Bingo</b></p> <p>11:30 AM VOA Lunch - <i>Black bean chili dog on bun</i></p> <p><b>1:00 PM SPECIAL PRESENTATION</b> <b>“Earth Wind &amp; Fire” by</b> <b>Historic Douglas County</b></p>	<p>9:00 AM Indoor Pickleball</p> <p>9:00 AM Reflexology <span style="float: right; border: 1px solid black; padding: 2px 5px; font-weight: bold;">30</span></p> <p>9:00 AM Financial Services</p> <p>10:00AM Current Events Discussion</p> <p>11:30AM VOA Lunch - <i>Thai beef noodle salad, soup</i></p> <p><b>12:45 PM Halloween Party</b></p> <p>1:00 PM Games &amp; Trivia</p> <div style="text-align: center; background-color: #8b4513; color: white; padding: 5px; margin-top: 10px;"> <b>November Activities Sign-Up begins at 8:30 AM</b> </div>	<div style="text-align: right; border: 1px solid black; padding: 2px 5px; font-weight: bold; width: fit-content; margin: 0 auto;">31/1</div> <div style="text-align: center; margin-top: 20px;">  </div>