



OCTOBER




MONDAY

TUESDAY

WEDNESDAY

9:00 AM Reflexology **3**
 9:15 AM Bridge
10am-1pm Voter Registration & Updating Registrations Walk-in/No appointments
 1:00 PM Afternoon of Games
 1:00 PM Garden Club Meeting
4:30 PM (Added trip from Sept) Out to Dinner-"The Fort"

9:30 AM Sit & Be Fit Class **4**
 10:00 AM Book Club Meeting
 11:30 AM VOA Lunch -
Roast chicken, sweet potato
 1:00 PM Bingo for Fun

9:00 AM Visiting Nurses **5**
 9:30 AM Sit & Be Fit Class
11:15 AM Out to Lunch - \$\$ Duke's Steakhouse
 11:30-12:30 Flu Shot Clinic
 1:00 PM Crochet & Knit
 1:00 PM Afternoon of Games
 1:00 PM Matter of Balance Class #4
 **Duke's Steakhouse 11:00 AM - 9:00 PM**

9:00 AM Reflexology **10**
 9:15 AM Bridge
 1:00 PM Afternoon of Games
4:15 PM Out to Dinner - Colo. Spr. "Edelweiss" \$\$

8:30 AM Casino Trip - Monarch 11
 9:00 AM Chair Massage
 9:30 AM Sit and Be Fit Class
 11:30AM VOA Lunch
Roast pork, baked potato
 1:30 PM Creative Writing Group

9:30 AM Sit & Be Fit Class **12**
11:30 AM Lunch and Learn
 1:00 PM Matter of Balance Class #5
 1:00 PM Crochet & Knit
 1:15 PM Afternoon of Games
1:15 PM Bunco

9:00 AM Reflexology **17**
 9:15 AM Bridge
 1:00 PM Afternoon of Games
 1:00 PM Activity Committee

9:30 AM Sit and Be Fit Class **18**
 11:00 AM Technology for Low Vision
11:15 AM Out to Lunch - \$ Perry Park Country Club
 11:30AM VOA Lunch/Let's Celebrate
Meatloaf, roasted potatoes
 1:00 PM Marathon Bridge
 1:00 PM Low Vision Support Group

9:00 AM Visiting Nurses **19**
 9:30 AM Sit & Be Fit Class
 1:00 PM Crochet & Knit
 1:00 PM Afternoon of Games
1:00 PM Polish Poker
 1:00 PM Matter of Balance Class #6

9:15 AM Bridge **24**
 1:00 PM Afternoon of Games

9:30 AM Sit and Be Fit Class **25**
10:15 AM Out to Lunch - Denver's Famous Casa Bonita
10:30AM Newcomer "Meet and Greet"
 11:30 AM VOA Lunch-
Chicken parmesan with penne
 1:00 PM Bingo for Fun (white elephant)

9:30 AM Sit & Be Fit Class **26**
 10-11:30 BP Spot - no appt.
10:00 AM Legal Presentation - "Providing for your Grandchildren"
10:15 AM Trip - \$ Tour of Lifetime Candles
 1:00 PM Crochet & Knit
 1:00 PM Matter of Balance Class #7
 1:00 PM Afternoon of Games

Deadline to turn in ANY donations for the Craft Show (except for baked goods)

"TRICK OR TREAT" HALLOWEEN FUN
 Wear a costume - get a prize & have your picture taken anytime today **31**

9:15 AM Bridge
 1:00 PM Afternoon of Games

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

2016

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>9:00 AM Chair Massage</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10:00AM Slammers Bingo</p> <p>11:30AM VOA Lunch– <i>BBQ pulled pork sandwich</i></p> <p>1:00 PM Trivia Group</p> <p>2:00 PM Senior Art Class</p> <div style="text-align: right; background-color: #FF8C00; color: white; padding: 2px; width: 40px; margin: 0 auto;">6</div>	<p>9:00 AM Reflexology</p> <p>9:00 AM Financial Services</p> <p>10:00 AM Current Events</p> <p>11:30AM VOA Lunch - <i>Beef fettucine florentine</i></p> <p>1:00 PM Games/Pinochle</p> <p>1:00 PM Crochet & Knit</p> <div style="text-align: right; background-color: #FF8C00; color: white; padding: 2px; width: 40px; margin: 0 auto;">7</div>	<div style="text-align: right; background-color: #FF8C00; color: white; padding: 2px; width: 40px; margin: 0 auto;">8/9</div> <p style="color: #FF8C00; text-decoration: underline;">SATURDAY</p> <p><i>Denver's Sweet Adelines Skyline Chorus</i> Dress Rehearsal for Sweet Adelines International Competition <i>Lone Tree Arts Center</i> <i>Leaving at 12:45 PM</i> <i>1:30 PM show</i></p>
<p>9:00 AM Slammers Br/Bingo</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10-11:30 BP Spot - no appt. needed</p> <p>11:30AM VOA Lunch - <i>Sauerbraten style beef</i></p> <p>12:45 PM Movie & popcorn - "Max"</p> <p>1:00 PM Trivia Group</p> <div style="text-align: right; background-color: #FF8C00; color: white; padding: 2px; width: 40px; margin: 0 auto;">13</div>	<p>9:00 AM Financial Services</p> <p>8:00 AM Mystery Trip \$</p> <p>10:00 AM Current Events Discussion</p> <p>10:15 AM Hearing Clinic</p> <p>11:30AM VOA Lunch - <i>Lemon pepper fish & sauce</i></p> <p>1:00 PM Games/Pinochle</p> <p>1:00 PM Crochet/Knit</p> <div style="text-align: right; background-color: #FF8C00; color: white; padding: 2px; width: 40px; margin: 0 auto;">14</div>	<div style="text-align: right; background-color: #FF8C00; color: white; padding: 2px; width: 40px; margin: 0 auto;">15/16</div> <div style="background-color: #FFD700; padding: 5px; margin-top: 10px;"> <p><i>Sunday, October 16</i> <i>Branson Trip Departs at 8:00 AM</i> <i>(returning Saturday, October 22)</i></p> </div>
<p>9:00 AM Chair Massage</p> <p>9:30 AM Sit & Be Fit Class</p> <p>9:45 AM Shopping Trip - Parker \$ Salvation Army & Goodwill</p> <p>10:00 AM Slammers Bingo</p> <p>11:30 AM VOA Lunch – <i>Ravioli with meat sauce</i></p> <p>1:00 PM Trivia Group</p> <p>2:00 PM Senior Art Class</p> <div style="text-align: right; background-color: #FF8C00; color: white; padding: 2px; width: 40px; margin: 0 auto;">20</div>	<p>9:00 AM Reflexology</p> <p>9:00 AM Financial Services</p> <p>10:00 AM Current Events Discussion</p> <p>11:30 AM VOA Lunch - <i>Chicken salad sandwich, soup</i></p> <p>1:00 PM Games/Pinochle</p> <p>1:00 PM Crochet/Knit</p> <p>1:00 PM Board Meeting</p> <div style="text-align: right; background-color: #FF8C00; color: white; padding: 2px; width: 40px; margin: 0 auto;">21</div>	<div style="text-align: right; background-color: #FF8C00; color: white; padding: 2px; width: 40px; margin: 0 auto;">22/23</div> <p style="color: #FF8C00; text-decoration: underline;">SATURDAY</p> <p><i>Schweiger Ranch Tour & Lunch at Hacienda Colorado</i> Leaving at 9:30 AM \$</p> <div style="background-color: #FFD700; padding: 5px; margin-top: 10px;"> <p><i>Saturday, October 22</i> <i>Branson Trip returns</i></p> </div>
<p>9:00 AM Slammers Br/Bingo</p> <p>9:30 AM Sit & Be Fit Class</p> <p>11:30AM VOA Lunch - <i>Black bean chili dog</i></p> <p>12:15 PM Douglas County Human Services (no appts needed)</p> <p>1:00 PM Duplicate Bridge</p> <p>1:00 PM Active Minds -"CO Election"</p> <div style="text-align: right; background-color: #FF8C00; color: white; padding: 2px; width: 40px; margin: 0 auto;">27</div>	<p>9:00 AM Financial Services</p> <p>10:00AM Current Events</p> <p>11:30AM VOA Lunch – <i>Stuffed green pepper</i></p> <p>1:00 PM Games/Pinochle</p> <p>1:00 PM Crochet & Knit</p> <div style="text-align: right; background-color: #FF8C00; color: white; padding: 2px; width: 40px; margin: 0 auto;">28</div> <div style="background-color: #FF8C00; color: white; padding: 5px; margin-top: 10px; text-align: center;"> <p>November Activities Sign-Up begins at 8:30 AM</p> </div>	<div style="text-align: right; background-color: #FF8C00; color: white; padding: 2px; width: 40px; margin: 0 auto;">29/30</div>
<div style="border: 1px solid black; background-color: #FF8C00; color: white; padding: 10px;"> <p style="text-align: center; font-weight: bold; margin: 0;">CANCELLATION POLICY</p> <p style="margin: 0;">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> </div>		