



SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

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

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.



5

9:15 AM **ADDED Trolley Trip to accommodate wait list**

6

- 9:30 AM Sit & Be Fit Class
- 10:00 AM Book Club Meeting
- 10:30-12 Shopping Extravaganza
Ticket Ordering
- 11:30 AM VOA Lunch -
Lemon pepper fish, rice
- 1:00 PM Bingo for Fun

9:00 AM Visiting Nurses

7

- 9:30 AM Sit & Be Fit Class
- 9:30 AM **Trip - Arvada \$ Cussler Car Museum**
- 1:00 PM Crochet & Knit
- 1:00 PM Afternoon of Games

Bowling league starts today

12

- 9:00 AM Reflexology
- 9:15 AM Bridge
- 12:00-1:30 Shopping Extravaganza
Ticket Ordering
- 1:00 PM Afternoon of Games
- 4:30 PM **Out to Dinner - Aurora \$\$ "Joe's Crab Shack"**

8:00 AM **Casino Trip - Annual day trip to Cripple Creek**

13

- 9:00 AM Chair Massage
- 9:30 AM Sit and Be Fit Class
- 11:30AM VOA Lunch
Honey curry chicken, rice
- 1:30 PM Creative Writing Group

9:30 AM Sit & Be Fit Class

14

- 12:45 PM **Trip - Lone Tree "A Taste of Argentine Tango"**
- 1:00 PM Crochet & Knit
- 1:00 PM Afternoon of Games
- 1:00 PM **Bunco**
- 1:00 PM Matter of Balance Class #1

 **Guadalajara 11:00 AM - Close**

19

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

8:00 AM **Trip - Georgetown Loop Railroad \$**

20

- 9:00 AM Chair Massage
- 9:30 AM Sit and Be Fit Class
- 11:00 AM Technology for Low Vision
- 11:30AM VOA Lunch/*Let's Celebrate Chicken parmesan, pasta*
- 1:00 PM Marathon Bridge
- 1:00 PM Low Vision Support Group

9:00 AM Visiting Nurses

21

- 9:30 AM **Craft Workshop - Flower Headbands**
- 9:30 AM Sit & Be Fit Class
- 11:00 AM **Out to Lunch-"No No's" \$**
- 1:00 PM Crochet & Knit
- 1:00 PM Afternoon of Games
- 1:00 PM **Polish Poker**
- 1:00 PM Matter of Balance Class #2

26

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

9:30 AM Sit and Be Fit Class

27

- 9:15 AM **Bucket List Trip - "Special Senior Ziplining in Castle Rock"**
- 10:30AM **Newcomer "Meet and Greet"**
- 11:30 AM VOA Lunch- *Mahi Mahi, rice*
- 1:00 PM Bingo for Fun
- 1:00 PM **Branson Trip Participant Meeting (in Studio Room)**


9:30 AM Sit & Be Fit Class

28

- 10-11:30 BP Spot - no appt. needed
- 11:30 AM **Lunch and Learn**
- 1:00 PM Crochet & Knit
- 1:00 PM Matter of Balance Class #3
- 1:15 PM Afternoon of Games

2016



THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>9:30 AM Sit & Be Fit Class</p> <p>10:00AM Slammers Bingo 1</p> <p>11:30AM VOA Lunch– <i>BBQ chicken on bun</i></p> <p>1:00 PM Trivia Group</p> <p>2:00 PM Senior Art Class</p> <p>Golf Tournament at Air Force Academy</p>	<p>9:00 AM Reflexology 2</p> <p>9:00 AM Financial Services</p> <p>10:00 AM Current Events</p> <p>11:30AM VOA Lunch - <i>Beef pasta Florentine fettucine</i></p> <p>1:00 PM Games/Pinochle</p> <p>1:00 PM Crochet & Knit</p> <p>1:00 PM <i>Remembering our Veterans</i></p>	<p>3/4</p>
<p>9:00 AM Chair Massage</p> <p>9:00 AM Slammers Br/Bingo 8</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10-11:30 BP Spot - no appt. needed</p> <p>11:00 AM Out to Lunch - Lone Tree "Fox and Hound" \$</p> <p>11:30AM VOA Lunch - <i>Hot beef sub, potato chips</i></p> <p>1:00 PM Trivia Group</p>	<p>8:30 AM AARP Driver Safety 9</p> <p>9:00 AM Reflexology</p> <p>9:00 AM Financial Services</p> <p>10:00 AM Current Events Discussion</p> <p>10:15 AM Hearing Clinic</p> <p>11:30AM VOA Lunch - <i>Roast pork, baked potato</i></p> <p>1:00 PM Games/Pinochle</p> <p>1:00 PM Crochet/Knit</p>	<p>10/11</p> <p>SATURDAY & SUNDAY: Artfest in Castle Rock <i>Sat: 9:00-6:00 Sun: 10:00-5:00</i> <i>No transportation from the Center</i></p> <p><i>Grandparents Day on Sunday</i></p>
<p>8:30 AM Hike - \$ Red Rock Canyon & Rosie's Diner 15</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10:00 AM Slammers Bingo</p> <p>11:30 AM VOA Lunch – <i>Chicken breast, chili sauce</i></p> <p>1:00 PM Trivia Group</p> <p>2:00 PM Senior Art Class</p>	<p>9:00 AM Reflexology 16</p> <p>9:00 AM Financial Services</p> <p>9:30 AM TRIP - Bus Tour of Castlewood Canyon</p> <p>10:00 AM Current Events Discussion</p> <p>11:30AM VOA Lunch - <i>Chicken salad sandwich</i></p> <p>1:00 PM Games & Crochet/Knit</p> <p>1:00 PM Board Meeting</p>	<p>17/18</p> <p>SATURDAY Fundraiser Shopping Extravaganza Castle Rock Outlet Mall 10:00 AM - 6:00 PM</p> 
<p>9:00 AM Chair Massage</p> <p>9:00 AM Slammers Br/Bingo 22</p> <p>9:30 AM Sit & Be Fit Class</p> <p>11:30AM VOA Lunch - <i>Braised beef</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-"NASA & Space"</p> <p>2:00 PM Trivia Group</p>	<p>9:00 AM Reflexology 23</p> <p>9:00 AM Financial Services</p> <p>10:00AM Current Events</p> <p>10:00 AM Shopping Trip - \$ Savers/Goodwill with lunch</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>	<p>24/25</p>
<p>9:00 AM Craft Workshop - Wreaths 29</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10:00 AM Slammers Bingo</p> <p>11:30 AM VOA Lunch – <i>Beef stew, sweet potato</i></p> <p>12:45 PM Movie & popcorn - "My Big Fat Greek Wedding 2"</p> <p>1:00 PM Trivia Group</p> <p>4:15 PM Out to Dinner - The Fort \$\$\$</p>	<p>9:00 AM Reflexology 30</p> <p>9:00 AM Financial Services</p> <p>10:00AM Current Events</p> <p>11:30AM VOA Lunch – <i>Thai chicken noodle salad</i></p> <p>1:00 PM Games/Pinochle</p> <p>1:00 PM Crochet & Knit</p> <p>October Activities Sign-Up begins at 8:30 AM</p>	