



JULY



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.

Office is closed today

4



9:30 AM Sit & Be Fit Class **5**
10:00 AM Book Club Meeting
11:30 AM VOA Lunch - with "Pink Champagne" to entertain at 12:15
Beef patty melt, coleslaw
1:00 PM Bingo for Fun

9:00 AM **Learn a Craft - Cross Stitch #1** **6**
9:00 AM Visiting Nurses
9:30 AM Sit & Be Fit Class
10:00-12:00 National Jewish Pulmonary Testing
1:00 PM Crochet & Knit
1:00 PM Afternoon of Games
4:30 Out to Dinner-Bonefish Grill \$\$

Cripple Creek Trip - 9:30 AM

9:00 AM Reflexology **11**
9:15 AM Bridge
11:00 AM Out to Lunch - Monument Columbine Gardens Chinese \$
12:00 PM Preventing Diabetes Class
1:00 PM Garden Club Meeting
1:00 PM Afternoon of Games
1-2:30 PM Waiver submissions for raft trips

8:30 AM Casino Trip - The Lodge **12**
9:00 AM Chair Massage
9:30 AM Sit and Be Fit Class
11:30AM VOA Lunch
Honey BBQ chicken, cornbread
1:30 PM Creative Writing Group

9:30 AM Sit & Be Fit Class **13**
1:00 PM Crochet & Knit
1:00 PM Polish Poker
1:00 PM Afternoon of Games

Dining to Donate **Rose's Bella Cucina**
11:00 AM - 9:00 PM

18
9:00 AM Reflexology
9:15 AM Bridge
1:00 PM Activity Committee
1:00 PM Afternoon of Games

8:45 AM Multi-Generational Trip - Robot Revolution & IMAX Denver Nature & Science **19**
9:30 AM Sit and Be Fit Class
11:30 AM VOA Lunch/Let's Celebrate
Meatball marinara sub, potatoes
1:00 PM Marathon Bridge
1:00 PM Low Vision Support Group

9:00 AM Visiting Nurses **20**
9:00 AM Learn to Craft Cross Stitch #2
9:30 AM Sit & Be Fit Class
10:00 AM Bowling League Meeting
12:00 PM Potluck Lunch
1:00 PM Afternoon of Games
1:00 PM Crochet & Knit
1:00 PM Bunco

25
9:00 AM Reflexology
9:15 AM Bridge
10:45 AM SPECIAL EVENT - Lillis Foundation Funded Sky Sox Baseball Game
1:00 PM Afternoon of Games

26
9:30 AM Sit and Be Fit Class
10:30AM Newcomer "Meet and Greet"
11:30AM VOA Lunch
Cold fried chiecken, slaw, roll
1:00 PM Bingo for Fun
4:30 PM Out to Dinner - Parker \$\$ The Gnarly Root Restaurant

8:00 AM Bucket List Trip #2 - Raft Float Trip **27**
9:30 AM Sit & Be Fit Class
10-11:30 BP Spot - no appt.
10:00 AM Legal Presentation - "Traditional Will vs. Living Will"
1:00 PM Crochet & Knit
1:15 PM Afternoon of Games



2016



THURSDAY

FRIDAY

SATURDAY/SUNDAY

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

<p>9:00 AM Chair Massage</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10:00AM Slammers Bingo</p> <p>10:30 AM Craft Show Workshop - "Flower Headbands"</p> <p>11:30AM VOA Lunch- <i>Beef bourgignon</i></p> <p>1:00 PM Trivia Group</p> <p>2:00 PM Senior Art Class</p>	<p>9:00 AM Financial Services</p> <p>10:00 AM Current Events Discussion</p> <p>11:30AM VOA Lunch - <i>Sweet and sour pork, lo mein</i></p> <p>1:00 PM Games/Pinochle</p> <p>1:00 PM Crochet & Knit</p>	<p>1</p> <p>2/3</p>
<p>7</p> <p>9:00 AM Financial Services</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10:00 AM Current Events</p> <p>10:15 AM Hearing Clinic</p> <p>11:30AM VOA Lunch- <i>Chicken sausage, penne pasta</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>9:00 AM Financial Services</p> <p>10:00 AM Current Events</p> <p>10:15 AM Hearing Clinic</p> <p>11:30AM VOA Lunch- <i>Chicken sausage, penne pasta</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>8</p> <p>9/10</p>
<p>Cripple Creek Trip - Returns 4:00 PM Friday 7/8</p>		
<p>8:30 AM Hike- Castlewood Canyon</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>11:30 AM VOA Lunch with presentation <i>"Get Colorado Fresh" - Country pork rib, rice pilaf</i></p> <p>1:00 PM Trivia Group</p>	<p>9:00 AM Financial Services</p> <p>9:30 AM Bucket List Trip #1 - Whitewater Rafting Trip</p> <p>10:00 AM Current Events Discussion</p> <p>11:30AM VOA Lunch - <i>Tortilla soup, taco salad</i></p> <p>1:00 PM Games/Pinochle</p> <p>1:00 PM Crochet & Knit</p>	<p>14</p> <p>15</p> <p>16/17</p> <p><u>SUNDAY</u> "Footloose" Boulder Dinner Theatre Leave at 10:15 AM Lunch at noon</p>
<p>9:00 AM Chair Massage</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10:00 AM Slammers Bingo</p> <p>11:30AM VOA Lunch - <i>Sausage & veggie egg strata</i></p> <p>12:45 PM Movie & popcorn - "The Lady in the Van"</p> <p>1:00 PM Trivia Group</p> <p>2:00 PM Senior Art Class</p>	<p>9:00 AM Financial Services</p> <p>10:00AM Current Events</p> <p>11:00 AM Out to Lunch - \$ "Las Brisas" Greenwood Vlg.</p> <p>11:30AM VOA Lunch - <i>Steak salad, pasta salad</i></p> <p>1:00 PM Games/Pinochle</p> <p>1:00 PM Crochet & Knit</p>	<p>21</p> <p>22</p> <p>23/24</p>
<p>9:00 AM Slammers Br/Bingo</p> <p>9:30 AM Sit & Be Fit Class</p> <p>11:30 AM VOA Lunch - <i>BBQ beef brisket, baked beans</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 Program "Yemen"</p> <p>2:00 PM Trivia Group</p>	<p>9:00 AM Financial Services</p> <p>10:00AM Current Events</p> <p>11:30AM VOA Lunch - <i>Mahi mahi, orzo salad</i></p> <p>1:00 PM Games/Pinochle</p> <p>1:00 PM Crochet & Knit</p> <p>28</p> <p>29</p> <p>30/31</p> <p><u>SATURDAY</u> Arapahoe Park Horse Races Leave at 11:00 AM \$</p>	<p>28</p> <p>29</p> <p>30/31</p>

August Activities Sign-Up begins at 8:30 AM