

JULY

MONDAY	TUESDAY	WEDNESDAY
<p>9:00 AM Reflexology 3</p> <p>9:15 AM Monday Bridge</p> <p>11:00 AM Tai Chi For Arthritis Class (July-August session)</p> <p>11:30-1:30 Picture ID Session</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Garden Club Meeting</p>	 <p>4</p>	<p>7:45-9:45 Picture ID Session 5</p> <p>8:30 AM Casino Trip - Isle</p> <p>9:00 AM Visiting Nurses</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10:00-12:00 National Jewish FREE Pulmonary Testing</p> <p>1:00 PM Crochet & Knit</p> <p>1:00 PM Afternoon of Games</p> <p>Cripple Creek Trip - 9:30 AM</p>
<p>9:00 AM Reflexology 10</p> <p>9:15 AM Monday Bridge</p> <p>10:45 AM Out to Lunch-Trip #1 "Arrowhead Golf Club" \$</p> <p>11:00 AM Tai Chi For Arthritis Class (July-August session)</p> <p>11:30-1:30 Picture ID Session</p> <p>1:00 PM Afternoon of Games</p>	<p>9:30 AM Sit & Be Fit Class 11</p> <p>9:30-11:30 Picture ID Session</p> <p>10:00 AM "Meet and Greet"</p> <p>11:30 AM VOA Lunch - Honey BBQ chicken</p> <p>1:30 PM Creative Writing Group</p>	<p>9:30 AM Sit & Be Fit Class 12</p> <p>10:30 AM Activities Trip Planning Mtg.</p> <p>1:00 PM Activities Restaurant Mtg.</p> <p>1:00 PM Crochet & Knit</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Bunco</p> <p> Rose's Bella Cucina 11:00 AM - 9:00 PM</p>
<p>9:00 AM Reflexology 17</p> <p>9:15 AM Monday Bridge</p> <p>11:00 AM Tai Chi For Arthritis Class (July-August session)</p> <p>1:00 PM Afternoon of Games</p> <p>2:30-4:30 Picture ID Session</p> <p>4:45 PM Out to Dinner - Parker "Café Monet" \$\$</p>	<p>9:30 AM Sit & Be Fit Class 18</p> <p>11:00 AM Low Vision Tech.</p> <p>11:00-1:00 Picture ID Session</p> <p>11:30 AM VOA Lunch/Let's Celebrate Meatball marinara sub</p> <p>1:00 PM Low Vision Support Group</p> <p>1:00 PM Marathon Bridge</p> <p>1:00 PM Craft Show Workshop - various projects</p>	<p>9:00 AM Visiting Nurses 19</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10:15 AM Trip - Lunch at Cinzetti's & New Belgium Brewery Tour in Fort Collins</p> <p>1:00 PM Polish Poker</p> <p>1:00 PM Crochet & Knit</p> <p>1:00 PM Afternoon of Games</p> <p><i>Deadline to sign up for a scholarship</i></p>
<p>9:00 AM Reflexology 24</p> <p>9:15 AM Monday Bridge</p> <p>10:45 AM Out to Lunch- Trip #2 "Arrowhead Golf Club" \$</p> <p>11:00 AM Tai Chi For Arthritis Class (July-August session)</p> <p>1:00 PM Afternoon of Games</p>	<p>6:15 AM Bucket List Trip - Rafting Brown's Canyon \$ 25</p> <p>9:00 AM Chair Massage "\$10 Tuesdays"</p> <p>9:30 AM Sit and Be Fit Class</p> <p>11:30 AM VOA Lunch- Fried chicken, potato salad</p> <p>1:00 PM Bingo for Fun</p>	<p>9:30 AM Sit & Be Fit Class 26</p> <p>10-11:30 BP Spot - walk in</p> <p>10:00 AM Legal Presentation - "Wills & Trusts"</p> <p>11:15 AM Lunch & Learn NEW TIME</p> <p>1:00 PM Crochet & Knit</p> <p>1:00 PM Afternoon of Games</p>
<p>9:00 AM Reflexology 31</p> <p>9:15 AM Monday Bridge</p> <p>10:00 AM Craft Show Workshop - "Rosettes"</p> <p>11:00 AM Tai Chi For Arthritis Class (July-August session)</p> <p>1:00 PM Afternoon of Games</p>	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>CANCELLATION POLICY</p> <p>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 or the day before</u> an activity. If you cancel before the deadline, notify the Senior Center during business hours of 8:30 AM-4:30 PM Monday-Friday, and we will issue you a credit. We do not refund ticketed events. Credits expire after one year.</p> </div>	

2017

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>9:00 AM Chair Massage 6</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10:00 AM Slammers Bingo</p> <p>11:30AM VOA Lunch - <i>Mushroom swiss burger</i></p> <p>1:00 PM Trivia Group</p> <p>2:00 PM SeniorzArt Class</p> <p>Cripple Creek Trip - Returns 4:00 PM Friday 7/7</p>	<p>9:00 AM Financial Services 7</p> <p>10:00 AM Current Events Discussion</p> <p>11:30AM VOA Lunch - <i>Pork rib</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Crochet & Knit</p> <p>1:00 PM <i>Remembering our Veterans</i></p>	<p>8/9</p>
<p>8:30 AM HIKE - Castlewood Canyon 13</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>Roast beef, mashed potatoes</i></p> <p>1:00 PM Duplicate Bridge</p> <p>1:00 PM Trivia Group</p>	<p>9:00 AM Financial Services 14</p> <p>10:00 AM Current Events</p> <p>10:00 AM Trip - "Denver Mob Tour" #1 with lunch at Gaetano's \$\$</p> <p>10:15 AM Hearing Clinic</p> <p>11:30 AM VOA Lunch-<i>chili baked potato</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Crochet/Knit</p>	<p>15/16</p> <p>SUNDAY JULY 16 THEATER TRIP <i>"Joseph & the Amazing Technicolor Dreamcoat"</i> Boulder Dinner Theatre Leaving at 10:15 AM</p>
<p>9:00 AM Chair Massage 20</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10:00 AM Slammers Bingo</p> <p>11:30 AM VOA Lunch - <i>Pork rib, fried rice, peas</i></p> <p>12:45 PM Movie and Popcorn - "Hidden Figures"</p> <p>1:00 PM Trivia Group</p> <p>2:00 PM SeniorzArt Class</p>	<p>9:00 AM Financial Services 21</p> <p>10:00 AM Trip - "Denver Mob Tour" #2 with lunch at Gaetano's \$\$</p> <p>10:00 AM Current Events Discussion</p> <p>11:30 AM VOA Lunch - <i>Steak salad</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Crochet/Knit</p>	<p>22/23</p> <p>SATURDAY JULY 22 TRIP <i>Arapahoe Park Horse Races</i> Leaving at 11:00 AM \$</p>
<p>9:00 AM Slammers Br/Bingo 27</p> <p>9:30 AM Sit & Be Fit Class</p> <p>11:30 AM VOA Lunch - <i>Lasagna</i></p> <p>12:00-3:00 Picture ID Session</p> <p>12:15 PM <i>Douglas County Human Services (no appts needed)</i></p> <p>1:00 PM Active Minds - "Spain"</p> <p>2:00 PM Trivia Group</p> <p>4:30 PM Out to Dinner - Littleton "Rib City" \$\$</p>	<p>8:15-10:15 Picture ID Session 28</p> <p>9:00 AM Financial Services</p> <p>10:00 AM Current Events</p> <p>11:30AM VOA Lunch - <i>Baked haddock</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Crochet & Knit</p> <p>August Activities Sign-Up begins at 8:30 AM</p>	<p>29/30</p>
		<p>DOLLAR SIGN LEGEND</p> <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>\$ = Under \$15 \$\$ = \$16-\$35 \$\$\$ = \$36-\$50</p> <p>This does NOT represent the Activity Fee you pay at sign-up</p>