



MAY



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.

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9:00 AM Softball Games
 9:15 AM Bridge
 9:30 AM Tennis
 1:00 PM Afternoon of Games

5

7:30 AM Golf League
 9:30 AM Sit and Be Fit Class
 10:00 AM Book Club Mtg.
 11:30 AM VOA Lunch -
Corn chowder, cobb salad
 1:00 PM Bingo for Fun

6

9:00 AM Softball Games
 9:00 AM Visiting Nurses
9:00 AM SHORT TRIP - Whole Foods
 9:30 AM Sit & Be Fit Class
10:00 AM LONG TRIP - Whole Foods
 1:00 PM Crochet & Knit
 1:00 PM Afternoon of Games

Fundraiser at Whole Foods, Highlands Ranch

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9:00 AM Softball Games
 9:15 AM Bridge
 9:30 AM Tennis
11:45 AM Lunch & Learn-Panorama
"Adapting & Adjusting to Vision Loss"
 1:00 PM Afternoon of Games
 1:00 PM Garden Club Meeting

12

7:30 AM Golf League
8:30 AM Casino Trip -
The renovated "Canyon"
 9:30 AM Sit and Be Fit Class
 10:00AM Creative Writing
 11:30AM VOA Lunch
Italian sausage, spaghetti
12:45 PM Legal Presentation
"Revocable Living Trusts"

13

9:00 AM Softball Games
 9:30 AM Sit & Be Fit Class
12:45PM CONCERT -
"Jazz in the Afternoon"
 1:00 PM Crochet & Knit
 1:00 PM Afternoon of Games
1:00 PM Polish Poker

Dining to Donate Egg & I Breakfast/Lunch Fundraiser

18

9:00 AM Softball Games
 9:15 AM Bridge
 9:30 AM Tennis
10:15 AM TRIP - Tour & free lunch
Wind Crest Senior Living
 1:00 PM Afternoon of Games
 1:00 PM Activities Committee Mtg

19

7:30 AM Golf League
8:45 AM TRIP - Colo Springs
National Museum of WW II Aviation
9:00 AM Medicare ABCD Seminar by Kaiser
 9:30 AM Sit and Be Fit Class
 11:30AM VOA Lunch/Let's Celebrate
Salisbury steak, potatoes
1:00 PM NEW Low Vision Support Gr.
 1:15 PM Marathon Bridge

20

9:00 AM Softball Games
 9:00 AM Visiting Nurses
 9:30 AM Sit & Be Fit Class
12:00PM Italiano "Delizioso" Potluck
 1:00 PM Crochet & Knit
 1:00 PM Afternoon of Games



26

7:30 AM Golf League
 9:30 AM Sit and Be Fit Class
10:30AM Monthly Newcomer "Meet and Greet"
 11:30AM VOA Lunch
Brunswick stew, cornbread
 1:00 PM Bingo for Fun

27

8:30 AM "National Senior Health & Fitness Day Walk"
 9:00 AM Softball Games
 9:30 AM Sit & Be Fit Class
10:00AM TRIP - softball & cookout
 1:00 PM Crochet & Knit
 1:00 PM Afternoon of Games
1:00 PM Bunco
4:45 PM Out to Dinner - Park Mead. LongHorn Steakhouse \$\$



2015



THURSDAY

FRIDAY

SATURDAY/SUNDAY

DOLLAR SIGN LEGEND

The dollar signs on the calendar represent the average price of just the entrée at the restaurant when you will be paying for a meal on your own.

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

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

8:45 AM TRIP - Douglas Cty. Seniors' Council Mtg. **7**
 9:00 AM Pickleball Clinic
 9:00 AM Chair Massage
 9:30 AM Sit & Be Fit Class
10:00AM Slammers Bingo
 11:30AM VOA Lunch -
Chicken cordon bleu
12:45 PM Movie - "Unbroken"
2:00 PM Senior Art Class

9:00 AM Pickleball Clinic
9:00 AM Slammers Br/Bingo **14**
 10-11:30 BP Spot - no appt. needed
 9:30 AM Sit & Be Fit Class
 11:30 AM VOA Lunch -
Meatloaf, mashed potatoes
1:00 PM "Newborns in Need" Baby Shower for Denver Health
4:45 PM Out to Dinner - Park Mead. The Mellow Mushroom \$

9:00 AM Learn to Play Pickleball Clinic **21**
 9:00 AM Chair Massage
9:15 AM TRIP - Union Station & 16th Street Mall
 9:30 AM Sit & Be Fit Class
10:00 AM Slammers Bingo
 11:30 AM VOA Lunch -
Cheeseburger, potato salad
2:00 PM Senior Art Class

9:00 AM Learn to Play Pickleball Clinic **28**
9:00 AM Slammers Brunch & Bingo \$
 9:30 AM Sit & Be Fit Class
10:00 AM SPECIAL PRESENTATION "Home Safety with a Hero"
 11:30 AM VOA Lunch -
Catfish almandine, sweet pot.
 1:15 PM Duplicate Bridge

9:00 AM Reflexology **1**
 9:00 AM Financial Services
9:30 AM TRIP - Senior Resource & Health Fair with free lunch by the Salvation Army
 10:00 AM Current Events Discussion
 11:30AM VOA Lunch -
Stuffed peppers, corn on cob
 1:00 PM Games & Trivia

8:30 AM AARP Driver Safety **8**
 9:00 AM Reflexology
 9:00 AM Financial Services
 10:00 AM Current Events Discussion
 10:15 AM Hearing Clinic
10:45 AM Out to Lunch - Denver \$ Blue Bonnet Cafe
 11:30AM VOA Lunch -
BBQ turkey meatball sub
 1:00 PM Games & Trivia

8:30 AM HIKE - "Gateway Mesa/Mitchell Gulch" **15**
 9:00 AM Reflexology
 9:00 AM Financial Services
 10:00AM Current Events Discussion
 11:30AM VOA Lunch & **NEW** serenade
Chicken Caesar salad
 1:00 PM Games & Trivia
1:00 PM Board Meeting

9:00 AM Financial Services **22**
 9:00 AM Reflexology
 10:00AM Current Events Discussion
10:45 AM Out to Lunch - Centennial The Perfect Landing \$
 11:30AM VOA Lunch -
Spinach lasagna, salad, pie
 1:00 PM Games & Trivia

9:00 AM Financial Services **29**
 9:00 AM Reflexology **30**
 10:00AM Current Events Discussion
 11:30AM VOA Lunch -
Chili con carne, cauliflower
 1:00 PM Games & Trivia

June Activities Sign-Up begins at 8:30 AM

2/3

9/10



16/17

SATURDAY MAY DANCE
 7:00-9:00 PM
 Panorama Hall

SUNDAY THEATER "Defending the Caveman"
 Denver Center - Galleria Theater
 Leaving at 12:45 PM

23/24

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