

MAY

MONDAY

TUESDAY

WEDNESDAY

9:00 AM Reflexology **1**
 9:15 AM Open Bridge
11:00 AM Tai Chi for Arthritis I Class
(8 session class in May & June)
 12:30 PM Matter of Balance #6
 1:00 PM Afternoon of Games
 1:00 PM Garden Club Meeting

9:30 AM TRIP - Denver \$ **2**
"Vikings: Beyond the Legend"
Museum of Nature & Science
 9:30 AM Sit & Be Fit Class
 10:00 AM Book Club Meeting
 11:30 AM VOA Lunch -
Minestrone soup, sloppy joe
 1:00 PM Bingo for Fun

8:30 AM **Casino Trip -**
Monarch Casino **3**
 9:00 AM Visiting Nurses
 9:30 AM Sit & Be Fit Class
 1:00 PM Crochet & Knit
 1:00 PM Afternoon of Games

9:00 AM Reflexology **8**
 9:15 AM Open Bridge
10:00 AM Craft Show Workshop -
"Rosettes"
11:00 AM Tai Chi for Arthritis I Class
(8 session class in May & June)
 12:30 PM Matter of Balance #7
 1:00 PM Afternoon of Games

9:00 AM TRIP - Boulder \$\$ **9**
"Banjo Billy Bus Tour"
 9:30 AM Sit and Be Fit Class
10:00 AM "Meet and Greet"
 11:30 AM VOA Lunch -
Chicken, confetti rice
 1:30 PM Creative Writing Group

9:30 AM Sit & Be Fit Class **10**
 1:00 PM Crochet & Knit
 1:00 PM Afternoon of Games
1:00 PM Bunco

 **The Egg and I**
7:00 AM - 2:30 PM

9:00 AM Reflexology **15**
 9:15 AM Open Bridge
11:00 AM Tai Chi for Arthritis I Class
(8 session class in May & June)
11:00 AM Out to Lunch - \$
"Benedict's"
 12:30 PM Matter of Balance #8
 1:00 PM Afternoon of Games

9:30 AM Sit and Be Fit Class **16**
 11:00 AM Technology for Low Vision
 11:30 AM VOA Lunch/Let's Celebrate
Macaroni & cheese
 1:00 PM Low Vision Support Group
 1:00 PM Marathon Bridge

9:00 AM Visiting Nurses **17**
 9:30 AM Sit & Be Fit Class
9:30 AM SHOW - Lone Tree Arts
"Search for Life Beyond Earth"
 10:30 AM Activities Trip Planning Mtg.
1:00 PM Polish Poker
 1:00 PM Crochet & Knit
 1:00 PM Afternoon of Games
 1:00 PM Activities Restaurant Mtg.

9:00 AM Reflexology **22**
 9:15 AM Open Bridge
11:00 AM Tai Chi for Arthritis I Class
(8 session class in May & June)
 1:00 PM Afternoon of Games

9:00 AM Chair Massage **23**
"\$10 Tuesdays"
 9:30 AM Sit and Be Fit Class
 11:30 AM VOA Lunch -
Italian sausage bean stew
 1:00 PM Bingo for Fun
4:30 PM Out to Dinner - Denver \$\$\$
"Buckhorn Exchange"



9:30 AM Sit & Be Fit Class **24**
 10-11:30 BP Spot - walk in
10:00 AM Legal Presentation -
"Providing for Your Grandchildren"
11:30 AM Lunch and Learn
 1:00 PM Crochet & Knit
 1:15 PM Afternoon of Games



9:30 AM Sit and Be Fit Class **30**
11:00 AM Out to Lunch - Centennial
"Cheddars" \$
 11:30 AM VOA Lunch -
Brunswick stew, greens

9:00 AM TRIP - Tour of **31**
Douglas County Sheriff
K-9 Training Facility
 9:30 AM Sit & Be Fit Class
 1:00 PM Crochet & Knit
 1:00 PM Afternoon of Games

2017

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<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>Pork carnitas, fiesta rice</i></p> <p>1:00 PM Trivia Group</p> <p>2:00 PM SeniorzArt Class</p> <p>4:45 PM Out to Dinner - Lone Tree "Cheesecake Factory" \$\$</p>	<p>8:30 AM HIKE - Gateway Mesa/Mitchell Gulch</p> <p>9:00 AM Financial Services</p> <p>10:00 AM Current Events Discussion</p> <p>11:30AM VOA Lunch - <i>Meatloaf</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>SUNDAY, MAY 7 THEATER TRIP</p> <p>John Grisham's thriller "A Time to Kill"</p> <p>Vintage Theater in Aurora Leaving at 1:15 PM Show at 2:30 PM</p> <p>Ducky Derby Sales Saturday & Sunday at Pegasus</p>
<p>9:00 AM Slammers Br/Bingo</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10-11:30 BP Spot - walk in</p> <p>11:30 AM VOA Lunch - <i>Chicken cordon bleu</i></p> <p>12:45 PM Movie and Popcorn - "Rules Don't Apply"</p> <p>1:00 PM Trivia Group</p>	<p>8:30 AM AARP Driver Class</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>11:30 AM VOA Lunch - <i>cheese ravioli</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Crochet/Knit</p> <p>1:00 PM Board Meeting</p>	<p>Ducky Derby Sales Saturday at King Soopers</p>  <p>Mothers Day</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>11:30 AM VOA Lunch - <i>Caribbean chicken, sweet pot.</i></p> <p>1:00 PM Duplicate Bridge</p> <p>1:00 PM Trivia Group</p> <p>2:00 PM SeniorzArt Class</p>	<p>9:00 AM Financial Services</p> <p>10:00 AM Current Events Discussion</p> <p><i>No VOA Lunch today</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Crochet/Knit</p> <p>1:00 PM Volunteer Appreciation Hawaiian Luau Luncheon</p> 	<p>Ducky Derby Sales Saturday & Sunday at Pegasus</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>cheeseburger</i></p> <p>12:15 PM Douglas County Human Services (no appts needed)</p> <p>1:00 PM Active Minds - "The Soviet Union after the Collapse"</p> <p>2:00 PM Trivia Group</p>	<p>9:00 AM Reflexology</p> <p>9:00 AM Financial Services</p> <p>10:00 AM Current Events Discussion</p> <p>11:30AM VOA Lunch - <i>Egg salad</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Crochet & Knit</p> <p>June Activities Sign-Up begins at 8:30 AM</p>	<p>Ducky Derby Sales Saturday & Sunday at Pegasus</p>
<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</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>		<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>