




# NOVEMBER



MONDAY	TUESDAY	WEDNESDAY
9:15 AM Bridge <b>2</b> 9:30 AM Tennis <b>12:00 PM Preventing Diabetes #8</b> 1:00 PM Afternoon of Games	9:00 AM Indoor Pickleball <b>3</b> 9:30 AM Sit and Be Fit Class 10:00 AM Book Club Mtg. <b>10-12 Sign up for Cripple Creek Trip</b> 11:30 AM VOA Lunch - <i>Pork chow mein, noodles</i> <b>12:30 PM Matter of Balance Class #1</b> 1:00 PM Bingo for Fun	9:00 AM Visiting Nurses <b>4</b> 9:30 AM Sit & Be Fit Class <b>12-1 PM Flu Shot Clinic</b> 1:00 PM Crochet & Knit 1:00 PM Afternoon of Games  <b>Angie's</b> <b>11:00AM-8:30PM</b>
<i>Craft Room CLOSED this week for sorting, pricing &amp; getting ready for the November 7th Craft Show</i>		
9:15 AM Bridge <b>9</b> 9:30 AM Tennis <b>12:00 PM Preventing Diabetes #9</b> 1:00 PM Afternoon of Games	<b>8:30 AM Casino Trip</b> <b>Monarch in Blackhawk</b> <b>10</b> 9:00 AM Indoor Pickleball 9:30 AM Sit and Be Fit Class 10:00 AM Creative Writing 11:30AM VOA Lunch <i>Chicken parmesan, penne</i> <b>12:30 PM Matter of Balance Class #2</b> <b>12:45 PM SPECIAL PRESENTATION</b> <b>Disaster Preparation</b>	9:30 AM Sit & Be Fit Class <b>11</b> <b>11:30 AM Lunch and Learn</b> 1:00 PM Crochet & Knit 1:15 PM Afternoon of Games <b>1:15 PM Polish Poker</b>
9:15 AM Bridge <small>Senior Center early voting begins</small> <b>16</b> 9:30 AM Tennis <b>10:00 AM FREE Trip - Quincy Place Independent Living Retirement Community</b> <b>12:00 PM Preventing Diabetes #10</b> 1:00 PM Afternoon of Games 1:00 PM Activity Committee Meeting	9:00 AM Indoor Pickleball <b>17</b> 9:30 AM Sit and Be Fit Class <b>9:15 AM Trip - Polish Pottery Outlet \$</b> 11:30AM VOA Lunch/Let's Celebrate <i>Meatloaf, roast potatoes, gravy</i> <b>12:30 PM Matter of Balance Class #3</b> <b>1:00 PM Low Vision Support Group</b> 1:15 PM Marathon Bridge <small>Early voting</small>	9:00 AM Visiting Nurses <b>18</b> 9:30 AM Sit & Be Fit Class <b>10:00 AM Volunteer Meeting - RSVP Orientation</b> 10:30-12 BP Spot - no appt. needed <b>12:15 PM Thanksgiving Feast Potluck Luncheon</b> 1:00 PM Crochet & Knit <small>Early voting</small> 1:00 PM Afternoon of Games
9:15 AM Bridge <b>23</b> 9:30 AM Tennis <b>11:00 AM Out to Lunch - \$ "Sweet Tomatoes"</b> <b>12:00 PM Preventing Diabetes #11</b> 1:00 PM Afternoon of Games	9:00 AM Indoor Pickleball <b>24</b> 9:30 AM Sit and Be Fit Class <b>10:30AM Monthly Newcomer "Meet and Greet"</b> 11:30AM VOA Lunch <i>Chicken salad sandwich, soup</i> 1:00 PM Bingo for Fun	<b>25</b> 9:30 AM Sit & Be Fit Class 1:00 PM Afternoon of Games
9:15 AM Bridge <b>30</b> 9:30 AM Tennis <b>9:45 AM SHOPPING TRIP</b> <b>Park Meadows Mall</b> <b>12:00 PM Preventing Diabetes #12</b> 1:00 PM Afternoon of Games	Note that a few of our regular activities will be taking a break for the holiday season but will be back on the schedule in 2016: <ul style="list-style-type: none"> <li>• Bunco</li> <li>• Legal Presentation</li> <li>• Belly Dancing Classes</li> </ul> A few others will be off just the weeks around the holidays, so check the calendar carefully	<b>DOLLAR SIGN LEGEND</b> 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 <b>This does NOT represent the Activity Fee you pay at sign-up</b>



# 2015



## THURSDAY

## FRIDAY

## SATURDAY/SUNDAY

9:00 AM Chair Massage **5**  
 9:30 AM Sit & Be Fit Class  
**10:00AM Slammers Bingo**  
 10-11:30 BP Spot - no appt. needed  
 11:30AM VOA Lunch -  
*Hamburger, baked beans*  
**12:45 PM SENIOR INPUT MEETING -**  
**2030 Comprehensive**  
**Master Plan for Castle Rock**  
**2:00 PM Senior Art Class**

**Craft Show Set-Up Day** **6**  
 9:00 AM Indoor Pickleball  
 9:00 AM Reflexology  
 9:00 AM Financial Services  
 10:00 AM Current Events Discussion  
 11:30AM VOA Lunch -  
*Stuffed green pepper,*  
 1:00 PM Games & Trivia  
 1:00 PM Remembering our Veterans

**7/8**

23<sup>RD</sup> ANNUAL  
**Craft Show**  
*Benefiting the Castle Rock Senior Center*

Saturday, November 7th, 2015  
 9 a.m. to 4 p.m.  
 Douglas County Events Center

**9:00 AM Slammers Br/Bingo** **12**  
 9:30 AM Sit & Be Fit Class  
 11:30 AM VOA Lunch -  
*Chicken fried steak, gravy*  
**1:00 PM SPECIAL PRESENTATION -**  
**"Medicare & You 2016"**  
**4:45 PM Out to Dinner - \$\$**  
*Pappadeaux Seafood Kitchen*

**8:30 AM AARP Safe Driving**  
**Class** **13**  
 9:00 AM Indoor Pickleball  
 9:00 AM Reflexology  
 9:00 AM Financial Services  
 10:00 AM Current Events Discussion  
 10:15 AM Hearing Clinic  
 11:30AM VOA Lunch -  
*Chicken cassoulet, spinach*  
 1:00 PM Games & Trivia

**14/15**

**SUNDAY**  
**Vienna Boys Choir Concert**  
 Parker PACE Center  
 Leaving at 1:00 PM  
 Concert at 2:00 PM

9:00 AM Chair Massage **19**  
 9:30 AM Sit & Be Fit Class  
**10:00 AM Slammers Bingo**  
**12:00PM VOA Lunch-Panorama Hall**  
**Special Thanksgiving Dinner**  
*Roast turkey, stuffing, pumpkin pie*  
 12:30 PM Douglas County Human  
 Services (no appts needed)  
 1:15 PM Duplicate Bridge Early voting  
**2:00 PM Senior Art Class**

9:00 AM Indoor Pickleball **20**  
 9:00 AM Reflexology  
 9:00 AM Financial Services Early voting  
 10:00AM Current Events  
 11:30AM VOA Lunch  
*Pork chop, parmesan potatoes*  
 1:00 PM Games & Trivia  
**1:00 PM Annual Meeting & Election**  
**December Activities**  
**Sign-Up begins at 8:30 AM**

**21/22**

**SATURDAY**  
**Starlighting Ceremony in**  
**Castle Rock**  
 Activities 2:00-7:00 PM  
 Starlighting at 5:00 PM  
 No transportation from the Center or  
 trip from the Center - but we hope you  
 come out to this Town event

**26** **27**

**CENTER CLOSED**  
*Happy Thanksgiving to everyone*

**28/29**

### 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.

### Remember

Our trips leave at the posted time - please arrive at least 15 minutes early as it takes time to load our buses

