



# OCTOBER



## MONDAY

## TUESDAY

## WEDNESDAY

<p>9:00 AM Reflexology <b>2</b></p> <p>9:15 AM Monday Bridge</p> <p>10:00 AM Tai Chi for Arthritis II Class</p> <p>11:00 AM Tai Chi For Arthritis I Class</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM "Spice Girls" Meeting (Craft Show preparation)</p>	<p>9:30 AM Sit &amp; Be Fit Class <b>3</b></p> <p><b>10:00 AM Craft Show Wkshp - Wreath making</b></p> <p>10:00 AM Book Club Meeting</p> <p><b>11:00 AM Out to Lunch - Greece \$ "Yanni's Restaurant"</b></p> <p>11:30 AM VOA Lunch - Caribbean roast chicken</p> <p><b>12:30 PM Matter of Balance Class #4</b></p> <p>1:00 PM Bingo for Fun</p>	<p>9:00 AM Visiting Nurses <b>4</b></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p><b>11:00 AM NEW - Drama Workshop Free introductory session</b></p> <p>12:30-1:30 Flu Shot Clinic</p> <p>1:00 PM Crochet &amp; Knit</p> <p>1:00 PM Afternoon of Games</p>
<p>9:00 AM Reflexology <b>9</b></p> <p>9:15 AM Monday Bridge</p> <p><b>10:00 AM Craft Show Workshop</b></p> <p>10:00 AM Tai Chi for Arthritis II Class</p> <p>11:00 AM Tai Chi For Arthritis I Class</p> <p>1:00 PM Afternoon of Games</p>	<p><b>8:30 AM Casino Trip - Lady Luck Casino 10</b></p> <p>9:30 AM Sit and Be Fit Class</p> <p><b>10:00 AM "Meet and Greet"</b></p> <p><b>10:00 AM Trolley Trip - Fall Harvest at CALF - Multi-generational Trip</b></p> <p>11:30 AM VOA Lunch - Lemon fish</p> <p><b>12:30 PM Matter of Balance Class #5</b></p> <p>1:30 PM Creative Writing Group</p>	<p>9:30 AM Sit &amp; Be Fit Class <b>11</b></p> <p>1:00 PM Crochet &amp; Knit</p> <p>1:00 PM Afternoon of Games</p> <p><b>1:00 PM Bunco</b></p> <div data-bbox="1063 819 1534 892" style="border: 1px solid black; padding: 5px; text-align: center;"> <p><small>Dining to Donate</small> <b>Angie's Restaurant</b> <b>11:00am-8:30pm</b></p> </div>
<p>9:00 AM Reflexology <b>16</b></p> <p>9:15 AM Monday Bridge</p> <p><b>10:00 AM Craft Show Workshop</b></p> <p>10:00 AM Tai Chi for Arthritis II Class</p> <p>11:00 AM Tai Chi For Arthritis I Class</p> <p>1:00 PM Afternoon of Games</p>	<p><b>9:30 AM Trip - Tour of Cherokee Castle 17</b></p> <p>9:30 AM Sit and Be Fit Class</p> <p>11:30 AM VOA Lunch/Let's Celebrate Pork chow mein &amp; noodles</p> <p><b>12:30 PM Matter of Balance Class #6</b></p> <p>1:00 PM Marathon Bridge</p> <p>1:00 PM Low Vision Support Group</p>	<p>9:00 AM Visiting Nurses <b>18</b></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p>10:30 AM Activities Meeting</p> <p>1:00 PM Crochet &amp; Knit</p> <p>1:00 PM Afternoon of Games</p> <p><b>1:00 PM Polish Poker</b></p> <p><b>4:45 PM Out to Dinner - Japan \$\$ Miyama of Colorado</b></p>
<p>9:00 AM Reflexology <b>23</b></p> <p>9:15 AM Monday Bridge</p> <p><b>9:30 AM Additional Trip - Rueter Hess Reservoir Tour #3</b></p> <p>10:00 AM Tai Chi for Arthritis II Class</p> <p>11:00 AM Tai Chi For Arthritis I Class</p> <p>1:00 PM Afternoon of Games</p> <p style="text-align: center;"><i>Craft Room closed this week</i></p>	<p>9:00 AM Chair Massage <b>"\$10 Tuesdays" 24</b></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p><b>11:00 AM Out to Lunch - Italy \$ Portofino Pizza &amp; Pasta</b></p> <p>11:30 AM VOA Lunch - Honey curry chicken &amp; rice</p> <p><b>12:30 PM Matter of Balance Class #7</b></p> <p>1:00 PM Bingo for Fun-white elephant</p>	<p>9:30 AM Sit &amp; Be Fit Class <b>25</b></p> <p>10-11:30 BP Spot - walk in</p> <p><b>10:00 AM Legal Presentation - "Powers of Attorney"</b></p> <p><b>11:15 AM Lunch and Learn</b></p> <p>1:00 PM Crochet &amp; Knit</p> <p>1:00 PM Afternoon of Games</p>
<p>9:00 AM Reflexology <b>30</b></p> <p>9:15 AM Monday Bridge</p> <p><i>No Tai Chi today</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM "Spice Girls" Meeting (Craft Show preparation)</p> <p style="text-align: center;"><i>Craft Room closed this week</i></p>	<p>9:30 AM Sit &amp; Be Fit Class <b>31</b></p> <p>11:30 AM VOA Lunch - Thai chicken salad &amp; soup</p> <p><b>12:30 PM Matter of Balance Class #8</b></p> <p><b>1:00 PM Halloween Costume Party</b></p> <div data-bbox="714 1879 925 1963" style="text-align: center;"> </div>	<p><b>DOLLAR SIGN LEGEND</b></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 style="text-align: center;">\$ = Under \$15    \$\$ = \$16-\$35 \$\$\$ = \$36-\$50</p> <p style="text-align: center;"><b>This does NOT represent the Activity Fee you pay at sign-up</b></p>



# 2017



## THURSDAY

## FRIDAY

## SATURDAY/SUNDAY

9:00 AM Chair Massage  
 9:30 AM Sit & Be Fit Class **5**  
**9:30 AM Trip - Seniors' Council Mtg.**  
**"The Changing World of Medicare"**  
**10:00 AM Slammers Bingo**  
 11:30AM VOA Lunch - *Pork loin*  
 1:00 PM Trivia Group  
**2:00 PM SeniorzArt Class**  
**4:00 PM Out to Dinner - Germany \$\$**  
**Edelweiss in Colo. Springs**

**9:00 AM Mystery Trip \$** **6**  
 9:00 AM Financial Services  
 10:00 AM Current Events Discussion  
 11:30AM VOA Lunch -  
*Beef pasta florentine, fettuccine*  
 1:00 PM Afternoon of Games  
 1:00 PM Crochet & Knit  
 1:00 PM *Remembering our Veterans*

**7/8**

**9:00 AM Slammers Br/Bingo**  
 9:30 AM Sit & Be Fit Class **12**  
 10-11:30 BP Spot - walk in  
 11:30 AM VOA Lunch -  
*Beef on a pretzel bun*  
 1:00 PM Trivia Group  
**12:45 PM Movie and Popcorn -**  
**"Beauty and the Beast"**

9:00 AM Financial Services  
 10:00 AM Current Events **13**  
 10:15 AM Hearing Clinic  
 11:30 AM VOA Lunch -  
*Baked potato & pulled pork*  
 1:00 PM Afternoon of Games  
 1:00 PM Crochet/Knit  
**1:00 PM Theater Trip -**  
**"South Pacific" at Parker PACE**

**14/15**

9:00 AM Chair Massage  
 9:30 AM Sit & Be Fit Class **19**  
**10:00 AM Slammers Bingo**  
 11:30AM VOA Lunch -  
*Tuna avocado tostada, salad*  
**12:30 PM Special Presentation -**  
**"Identity Theft Protection"**  
 1:00 PM Trivia Group  
**2:00 PM SeniorzArt Class**

9:00 AM Financial Services **20**  
 10:00 AM Current Events Discussion  
 11:30 AM VOA Lunch -  
*Chicken salad sandwich*  
 1:00 PM Afternoon of Games  
 1:00 PM Crochet/Knit  
 1:00 PM Board Meeting

**21/22**

**9:00 AM Slammers Br/Bingo** **26**  
 9:30 AM Sit & Be Fit Class  
 11:30 AM VOA Lunch -  
*Chili dog, squash, salad*  
**12:15 PM Douglas County Human**  
**Services (no appts needed)**  
**1:00 PM Active Minds -**  
**"Monsters and Legends"**  
 1:00 PM Duplicate Bridge  
 2:00 PM Trivia Group

9:00 AM Financial Services  
 10:00 AM Current Events **27**  
**11:00 AM Trolley Trip - \$**  
**Hauntings in Castle Rock**  
 11:30AM VOA Lunch - *Stuffed pepper*  
 1:00 PM Afternoon of Games  
 1:00 PM Crochet & Knit

**28/29**

**November Activities Sign-Up**  
**begins at 8:30 AM**

**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.