

SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

CANCELLATION AND REFUND 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 for ticketed events - these activities are marked ** on pages 12, 13 & 19.** Credits expire after one year.



The Center is CLOSED

4

9:30 AM Sit & Be Fit Class
 10:00 AM Book Club Meeting
 11:30 AM VOA Lunch -
Lemon pepper fish, rice
 1:00 PM Bingo for Fun
4:15 PM Out to Dinner - Brazil \$\$
"Tucanos Brazilian Grill"
Colorado Springs

5

9:00 AM Visiting Nurses
9:30 AM Trip - Rueter Hess
Reservoir Tour & Lunch #1
 9:30 AM Sit & Be Fit Class
12:30 PM Trip - Rueter Hess
Reservoir Tour & Dinner #2
 1:00 PM Crochet & Knit
 1:00 PM Afternoon of Games

6

Dining to Donate
Duke's Steakhouse
11:00 AM - 9:00 PM

9:00 AM Reflexology
 9:15 AM Monday Bridge
11:00 AM Out to Lunch - Middle East
"Ali Baba Grill" \$
 1:00 PM Afternoon of Games
 1:00 PM Volunteer Driver Meeting

11

8:00 AM Special Casino Trip
Cripple Creek
 9:30 AM Sit and Be Fit Class
10:00 AM "Meet and Greet"
 11:30 AM VOA Lunch -
Pork chow mein, noodles
12:30-2:30 Matter of Balance Class #1
 1:30 PM Creative Writing Group

12

17th Annual Co-Ed "Fall Swing" Golf Tournament
 Benefitting Castle Rock Senior Activity Center
17th Annual Golf Tournament
at Bear Dance
 9:30 AM Sit & Be Fit Class
 1:00 PM Crochet & Knit
 1:00 PM Afternoon of Games
1:00 PM Bunco

13

8:30 AM Hike - Colo. Spr. \$
Red Rock Canyon with lunch at Rosie's
 9:00 AM Reflexology
 9:15 AM Monday Bridge
 1:00 PM Afternoon of Games

18

9:30 AM Sit and Be Fit Class
 11:30 AM VOA Lunch & Let's Celebrate Party
Honey curry chicken, rice
12:30 PM Special Presentation -
"Behind the Scenes at the Cherokee Castle"
12:30-2:30 Matter of Balance Class #2
 1:00 PM Low Vision Support Group
 1:00 PM Marathon Bridge

19

9:00 AM Visiting Nurses
 9:30 AM Sit & Be Fit Class
 10:30 AM Activities Trip Planning Mtg.
 1:00 PM Activities Restaurant Mtg
1:00 PM Polish Poker
 1:00 PM Crochet & Knit
 1:00 PM Afternoon of Games
4:30 PM Out to Dinner - France \$\$
"Mimi's Café"

20

9:00 AM Reflexology
 9:15 AM Monday Bridge
10:00 AM NEW -
Tai Chi for Arthritis II
11:00 AM Tai Chi for Arthritis I Class
(Fall session begins)
11:00 AM Out to Lunch - England \$
"Bull and Bush"
 1:00 PM Afternoon of Games

25


6:30 AM Bucket List Trip -
"Mountain Jeep Tour"
 9:00 AM Chair Massage
"\$10 Tuesdays"
 9:30 AM Sit and Be Fit Class
 11:30 AM VOA Lunch-
Tai chicken noodle salad, soup
12:30-2:30 Matter of Balance Class #3
 1:00 PM Bingo for Fun

26

9:30 AM Volunteer Driver Meeting
 9:30 AM Sit & Be Fit Class
 10-11:30 BP Spot - walk in
10:00 AM Legal Presentation -
"What is Probate?"
11:15 AM Lunch and Learn
 1:00 PM Crochet & Knit
 1:00 PM Afternoon of Games

27

2017

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>DOLLAR SIGN LEGEND 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</p> <p>This does NOT represent the Activity Fee you pay at sign-up</p>	<p>9:00 AM Reflexology 1</p> <p>9:00 AM Financial Services</p> <p>10:00 AM Current Events Discussion</p> <p>10:00 AM Denver Mob Tour #7 with lunch at Gaetano's \$\$</p> <p>11:30AM VOA Lunch - <i>Beef pasta Florentine</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Crochet & Knit</p>	<p>2/3</p>
<p>9:00 AM Chair Massage</p> <p>9:30 AM Trip - Littleton "Colorado Journey Mini Golf" & Pizza 7</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10:00 AM Slammers Bingo</p> <p>11:30AM VOA Lunch - <i>BBQ chicken on a bun</i></p> <p>1:00 PM Trivia Group</p> <p>2:00 PM SeniorzArt Class</p>	<p>8:30 AM AARP Driver Safety 8</p> <p>9:00 AM Financial Services</p> <p>10:00 AM Current Events</p> <p>10:15 AM Hearing Clinic</p> <p>11:30 AM VOA Lunch - <i>Baked potato, pulled pork</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Crochet/Knit</p>	<p>9/10</p> <p>SATURDAY & SUNDAY: Artfest in Castle Rock <i>Sat: 9:00-6:00 Sun: 10:00-5:00</i> <i>No transportation from the Center</i></p> <p><i>National Grandparents Day on Sunday</i></p>
<p>9:00 AM Slammers Br/Bingo 14</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>Hot beef hoagie, potato chips</i></p> <p>1:00 PM Trivia Group</p> <p>12:45 PM Movie and Popcorn - "Fences"</p>	<p>9:00 AM Financial Services 15</p> <p>10:00 AM Current Events Discussion</p> <p>11:30 AM VOA Lunch - <i>Chicken salad sandwich</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>16/17</p> <p>Saturday, September 16 Shopping Extravaganza at the Outlets in Castle Rock <i>Registration 10-noon</i></p> 
<p>7:00 AM Trip - Colorado Wolf & Wildlife Center in Divide 21</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>Chicken scampi, spaghetti</i></p> <p>1:00 PM Trivia Group</p> <p>2:00 PM SeniorzArt Class</p>	<p>9:00 AM Financial Services 22</p> <p>10:00 AM Current Events Discussion</p> <p>11:30 AM VOA Lunch - <i>Stuffed green pepper</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Crochet/Knit</p>	<p>23/24</p>
<p>9:00 AM Slammers Br/Bingo 28</p> <p>9:30 AM Sit & Be Fit Class</p> <p>11:30 AM VOA Lunch - <i>Braised beef</i></p> <p>12:15 PM Douglas County Human Services (no appts needed)</p> <p>1:00 PM Active Minds - "Vietnam"</p> <p>1:00 PM Duplicate Bridge</p> <p>2:00 PM Trivia Group</p>	<p>9:00 AM Financial Services 29</p> <p>10:00 AM Current Events</p> <p>11:30AM VOA Lunch - <i>Fish Veracruz, rice</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Crochet & Knit</p> <p>October Activities Sign-Up begins at 8:30 AM</p>	<p>30/1</p>