Here we are already at the last month of summer. Here’s hoping that you are enjoying the summer months, heat and all. We’ve got some great activities planned for August, including a new program we are calling “Discovery Hour.” We know that not everyone can go on trips, so we’ve decided to bring some of the “trip experiences” here to the Center, so even more people can enjoy them. We’ll hold Discovery Hour programs quarterly, and they will be subsidized by grant funds, to keep the cost reasonable for our participants. The first one is August 31st where live raptors will be brought in by Nature’s Educators, for a hands-on look at these beautiful birds. We hope you will sign up and take advantage of this.

We are also hard at work planning lots of activities for fall, which will include trolley tours, a trip to the Wolf Sanctuary, Matter of Balance classes and much more. Plus, we are getting ready for our biggest event of the year, the 25th Anniversary of our Craft Show Extraordinaire on November 4th. Every month you’ll have the opportunity to make crafts at our Craft Show Workshops, and in August we’re having two classes to learn to make balloon animals. Our “ballooners” have more fun than anyone at the Craft Show, and also at Castle Rock’s ArtFest in September - if you want to see if you can master this skill, come check out one of the classes.

The new Castle Rock senior pickleball program has really taken off. Sign up for the next session (see page 16) or check out our fall bowling league. ~ Debbi

You Have the Chance to Nominate People as a:

Lifetime Member

-Or-

Honorary Member

Members are encouraged to nominate outstanding individuals for one of two special membership designations.

**Lifetime Members** are those members who have dedicated a great deal of personal energy and time to the mission of the Castle Rock Senior Activity Center, serving on the Board of Directors or leading supporting activities. This is a permanent designation.

**Honorary Members** are non-members of the Center, and the designation is usually reserved for government officials or others who have provided ongoing support of the Center. Their status will be reviewed annually.

Nominations for candidates to be considered for either of these classifications will be accepted annually from July 1 through August 31. They will be reviewed and voted upon by the Executive Board, with the presentations of honorary and lifetime memberships made at the Annual Meeting in November.

Nomination forms are available at the front desk or on the website. Forms should be turned into Debbi Haynie.
THANK YOU TO OUR JUNE

Mike Rutkowski
Shannon Rutt
Joseph Ruys
Sue Ryerson
Rod Sanders
Susan Santamaria-Fenton
Mark Santy
Kenneth Schader
Mark Schoebel
Shirley Schoebel
Vivien Semryck
Terry Shadwick
Renate Shafer
Ida Shapiro
Judy Smith
Phil Smith
Rich Smoski
Patsy Soro
Cay Stender
Debbie Stender
Phyllis Tumey
Phyllis Valdez
Marilyn Walker
Bob Watts
Jim Weglarz
Bev Wells
Steve Wheeler
Al Wonstolen
Lyn Wonstolen
Earl Wood

Charlotte Adair
Larry Adams
Jason Anderson
Laurie Armstrong
Jack Asbridge
Marilyn Asbridge
Joe Asbridge
Bob Barber
Diane Barrie
Michael Basey
Rhonda Basey
Garth Beeroman
John Bell
Nancy Bendure
Richard Bennett
Shirley Bird
Jean Brock
Tom Brown
Sadie Bush
David Bybee
Susan Bybee
Ruth Calderon
Pat Caluori
Joanne Carr
Fran Cason
Gail Cooper
Dawn Corbell
Pat Cossey
EJ Crumrine
Michelle Daniel
Connie Dawson
Judy Deagle
Ida DeChellis
Jim Decker
Sharon Decker
Jean DiBartolomeo
Paul Donahue
Bob Dunn
Sara Dunn
Esther Durkin
Genie Dykstra
Christie Einspahr
Judy Ellis
Dorothy Everett
Dale Ferg
Anna Marie Ferrant
Sherry Fogleman
Bridget Folan
Beverly Frindt
Bernard Funk
Don Furnish
Jim Gantner
Evelyn Garbo
Neomi Garcia
Arlene Gardow
Joan Goldberg
Gene Gray
Sandy Guidry
Dottie Gunner
Karen Hackard
Larry Hamilton
Roe Hanson
Michael Hartberger
Jon Hendricks
Sandy Hendricks
Emma Marie Herman
Sandi Hier
Charles Holverstott
Cherie Holverstott
Mary Hudson
Maggie Janick
Constance Johnson
Jim Johnson
Lorraine Johnson
Wes Johnson
Inge Jones
Shirley Jost
Jim Kirby
Donna Kime
Kiwanis Club of CR
Nancy Knol
Donna Koenig
Kathy Lacey
Sher LaDue
Mary Ann Lenz
Vicky Levin
Lisa Litteken
Steve Lockwood
Darlene Lohr
Ted Lohr
Carl Longhofer
Pam Luyten
Judy Marko
Joan Marshall
Glenda Martinez
Janet Mattheis
Steve Mauri
Cristina Mauri
Kathleen McConaghy
Dave Meyer
Thelma Minney
Wendy Monteith
Shari Morrison
Diane Mowery
Carol Murino
Bill Ott
Chris Paladino
Jim Paladino
Pat Passamani
Chuck Pauley
Steve Pritchard
Rick Pugh
Kathy Pullen
Betty Radvich
Ree Jay Renner-Marx
Nancy Ringel
Doris Rollins
Bob Rossi
Rotary Club of CR
Roz Rubino

You Have Contacts We Don't Have! Use Them to Improve Our Silent Auction

We will have a large silent auction at the November 4th Craft Show. It's been successful but we want to take it to the next level with irresistible items. Some of the most popular are sports memorabilia or tickets, cultural attractions, or travel packages. With 1000 members, surely some of you have contacts who, for the right cause - YOU and your Senior Center - would donate game tickets, a resort weekend, airfare, something signed by a sports figure, theater tickets, or other items. Your networking will help the Center immensely. See Juli for help or ideas.

SHOPPING EXTRAVAGANZA
We need at least 5 volunteers to help at the Shopping Extravaganza event on Saturday, September 16th. It’s a 3-hour shift and all volunteers receive a free ticket. There will be a mandatory training sometime in August (even if you've volunteered before).

LIBRARIAN
Kathy McConaghy, our current librarian, is moving to Wisconsin. The librarian is responsible for our lending library and the book sale at the craft show, with a team of volunteers. A full job description is available.

See Juli Asbridge if you are interested in either of these
August Volunteers: Knit & Crochet Group

This month, we are highlighting a group of volunteers, our Knit and Crochet crafters, for they all are deserving of Volunteer of the Month. This diverse group meets twice a week, and when they are in the building, you know it! The room fills with lively conversation and laughter, as they share their life journeys with one another while working on beautiful knit and crochet pieces. One characteristic this group is known for is their welcoming personalities. We often have newcomers visiting the Center; when tours are given on days this group meets, they always welcome people in to show their talents and invite them to join for their next meeting. They also have been very gracious to help people revamp their skills or learn how to knit and crochet if they are new to the craft.

The women create items such as hats, scarves, blankets, baby sets and lap blankets, all of which are sold at our annual Craft Show. They also make baby items for the Baby Shower the Center hosts for Denver Health. Collectively, they put in approximately 3800 hours crafting in 2016! While they spend time at home making many items, they enjoy meeting at the Center twice a week to craft. Problem solving, sharing their joys and troubles and having fun are all reasons they love to be a part of this group.

The individuals in this group have come from far away states like New York, Michigan, Virginia, Massachusetts, Florida, and Washington D.C., but also Colorado. They all learned their crafting skills at different times in their lives, but many started as young girls. One member explained she was taught to be kept out of trouble! The group has a common interest in crafting, but have come from varying work backgrounds such as ranching (she cared for 51 acres), seamstress (designed costumes for Star Wars!), administrator, business owner, teacher, book keeping/accounting, homemaking, artist, factory work and voice music teaching. Many members have been volunteering for quite some time and not just for the CRSAC. Monica Swartwood has been honored by Mayo Clinic for giving over 6000 volunteer hours making and donating her beautiful Swarovski crystal jewelry. Ida DeChellis, who has been a volunteer for over 35 years, has given over 12,000 hours to different organizations in her lifetime. Honoring a large group makes it hard to highlight each member’s personal achievements but we appreciate all the time and hard work these ladies dedicate to help our Center. If you are ever in on a Wednesday or Friday afternoon, stop by the Columbine room and thank our wonderful Knit and Crochet Volunteers.

~ The Staff
**ROAD TO WELLNESS**

### Hearing Screening Clinic

**By Joanne LaPorta of Accent on Hearing**

**Friday, August 11**

**Beginning at 10:15 AM**

A FREE hearing screening is offered once a month & includes cleaning/checking all types of hearing aids as well as ear wax removal. Please sign up in advance at the front desk.

### Chair Massage

**By Cheryl Eastburn, Massage Therapist**

**Thursdays, August 3 & 24**

**“$10 Tuesdays” on August 8**

**Beginning at 9:00 AM**

$12 for members for 20 minutes

Please call the front desk to schedule your massage appointment. Remember, massage is good for you. It can increase circulation, relax your tense muscles, and ease pain.

### Reflexology

**By Irene Baertsch, Reflexologist**

**Mondays, August 7, 21 & 28**

**Beginning at 9:00 AM**

$15 for members for 30 minutes

Please call the front desk to schedule, limited to one per week. By applying pressure to specific points on your hands or feet, pain or stress on other areas of the body can be alleviated.

### Foot Clinics

**Medical Foot Care provided by RNs**

**Wednesday, August 2**

**Monday, August 21**

**Beginning at 9:00 AM**

Cost is $35 and this is a benefit of some Kaiser plans - call VNA at 303-698-6496 prior to first appt. Don’t let the fee keep you from taking care of your feet as there is some assistance available for low income members. Call the front desk to schedule.

### FREE blood pressure checks by an RN

**Date:** Wed, August 23

**10:00-11:30 AM**

**No appointment needed**

**Provided by:** Castle Rock Assisted Living

### Road Trip

**By Colleen Morton, R.N.**

Wellness Coordinator
Castle Rock Senior Center

**On the Road Again**

**Road Trip** - this can mean something as short as a day trip or as long as a several week trip. When my husband was small, his parents stuck the three kids in the back of their station wagon, and they drove across the country, stopping at motels with swimming pools. This was the 50’s when seatbelts were just an idea yet, so the kids could lay in the back and play games while the miles moved by at 50 some miles per hour.

Fast forward to 2017 - we are currently driving between Denver and Wisconsin to pick-up some family heirlooms that I have stored at a few cousins’ homes. The speed is way more than 50 and our seatbelts are our friends to help us come home alive. We are driving a cargo van that has these comfy captain seats, and we are sitting up high so can see forever on the plains across the breadbasket states. The van is a little bumpy, but we didn’t realize how bad it was until we stopped the first time in Julesburg. It appears that the seats absorbed the jarring pretty well - until we tried to get out and walk. Oh my gosh! Did our legs still work? How many bones do we have in our bodies? I honestly think we felt every one of them! For the rest of our trip, we stopped every two hours to stretch and walk. We even stopped at an outdoor mall one night and walked all along the streets. We drank bottles of water, which, of course, meant frequent bathroom breaks, but that was just fine.

I share my example because many of you will be taking one or more day road trips, or even longer ones. When possible, stop at least every two hours and get out and walk, even if it’s just around the car a few times. Stretch at the waist and reach for the sky. When you are sitting and riding, stretch your feet and point your toes, and flex your thigh muscles. This will help the blood flow in your legs. If your physician has recommended you wear support stockings, this is not the time to ignore that suggestion, as they will help reduce or eliminate swelling in your ankles from the extended sitting. And drink water; it just makes you feel perky and will keep you from getting dehydrated. The summer sun comes right in the car and you can get dehydrated quickly.

Happy Trails for the summer! We made it home - 2300 miles in 6 days, including a couple great days of visiting relatives!

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### Chair Massage, Reflexology and BP Spot are located in the Aspen Room
**Fundraising Activities**

**Dining to Donate MOD Pizza**

Fundraiser for the Castle Rock Senior Activity Center as easy as going out to dinner at Castle Rock's best new pizza place. Custom artisan style "build your own" pizzas and salads. 30+ toppings all at one price depending on size of pizza.

Tuesday, August 8
4:00-8:00 PM ONLY

4989 Factory Shops Blvd, Castle Rock
Just west of Meadows Pkwy before the Outlets
720-816-4500

Senior Center Member Incentive:
Write your name here
Each flyer turned in will be entered into a drawing to receive a gift certificate.

---

**Outlet Extraception Extravaganza**

12th Annual Shopping Extravaganza
Sat, Sept 16, 2017
Registration: 10 am – Noon

New this year - ticket holders must register in person for their charity of choice to receive a $20 donation per ticket - and at least 75 ticket holders must register for the charity to be in the running for additional funds the top two organizations receive.

+$30 Ticket Includes:
- Catered Lunch
- Dessert Bar
- Live music
- Discounts at stores
- Giveaways

Each ticket holder receives 1 prize drawing ticket - & the chance to buy more.

*Over $80,000 in prizes!*

Please select the Castle Rock Senior Center as your charity of choice when purchasing tickets.

Purchase paper tickets in advance at the Senior Center or call the Center at 303-688-9498. You can also purchase them online at outletsatcastlerock.com - click links for events, shop-ex, buy tickets.

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**Stretch Your Dollars**

July 1 - September 30
Make a donation today and The Center receives a matching contribution.

Your donation always matters, but how would you like to double what you - or your friends or family members - give? For the third year in a row, an anonymous donor has committed up to $5,000 in matching funds for donations made between July 1 through September 30 in the "Loving the Second Half Fund Challenge." That means the Center could potentially receive $15,000, but it will only happen if people know about it and respond to the invitation to give from their hearts. Please give and ask others to give on your behalf. Thank you.

Make checks payable to the Castle Rock Senior Activity Center 2333 Woodlands Blvd.
Castle Rock, CO 80104
or call to donate by credit card.
Make a notation of "Loving the Second Half Fund."
For Information: Larry Adams 303.660.1857

Lisette Clemons will present a program on the Arlington Ladies. She is a member of the Arlington Ladies, which is a group of volunteers that attend services at Arlington National Cemetery to ensure that no soldier, sailor, airman, or coast guardsman is buried alone. The ladies are an official part of the funeral service, representing the military services’ chiefs of staff.

Friday, August 4 - at 1:00 PM

Take me out to the ballgame & hot dog cookout
Wednesday, August 9 - bus leaves at 10:00 AM

Two of our softball teams, The Rockers and The Rockies are playing against each other at Metzler Park. Head over to cheer on the teams and stay for a cookout. We’ll supply the lunch and the bus from the Center. Please sign up ahead.

We are kicking-off a new program this month, which will be run quarterly. We know that not everyone is able to go on trips, so we’re going to bring some unique experiences to YOU here at the Center during “Discovery Hour.” Many of these will be hands-on or interactive in some way, and all of them will introduce you to something new. You may see live animals, get introduced to a new area of the country or to someone’s unique skill, or get a behind-the-scenes look at how something is made. We’re subsidizing the costs with grant funding, but will charge a nominal fee. You’ll always need to sign-up in advance, as seating will be limited. We hope you’ll come, and look for the next one in November.

Discovery Hour:
"Raptors" - 4 live raptors by Nature's Educators
Thursday, August 31 at 1:00 PM
(Limited to the first 40 who sign up)
Trip to Boulder  Monday, August 7  8:45 AM
Celestial Seasonings Tea Company Tour with lunch (on your own) and Leanin’ Tree Museum of Western Art and visit to their gift shop

Arapahoe Horse Racing
Friday, August 11 - 11:00 AM
This will be the last horse race of the summer, so join us if you haven’t before. We’re going on a Friday when the crowds won’t be as big. Post time is 1:00 PM and we stay for all the races, returning to Castle Rock sometime between 5:00-6:00 PM. Grandstand or air conditioned table seating is available (different fees) and food can be purchased.

Shopping Trip
Streets at SouthGlenn Mall
Tuesday, August 29 at 10:15 AM
Denver natives will remember the rundown Southglenn Mall, which was torn down and redeveloped into a stunning outdoor mall, perfect for a summer outing. In fact, it’s so pretty there, you may not even go in a store, but will just walk and enjoy the flowers and a lunch at one of the many restaurants. Sears and Macy’s are the anchor stores, with Whole Foods & H&M also worth the visit. We will board at 2:00 PM to return.

Information Meeting
For potential election judges. Paid positions are available for the November general elections. 10:00 AM Thurs., Aug 31 at the Senior Center

Balloon Classes with Gene
Wednesday, August 2 - 10:00 AM
Monday, August 21 - 10:00 AM
This is the most fun you’ll ever have!

Lunch & Learn
Wednesday, August 23 at 11:15 AM
Sign up ahead as attendance is limited
“Elder Abuse Reporting”
By: Martin-Worley, 18th Judicial District
Great lunch, presentation & prizes. Activity Fee is the same even if you bring lunch.

If you are a Johnny Cash fan, don’t miss going to see his story in “Ring of Fire” at the Vintage Theatre on Sunday, August 6th. Deadline to sign up is Friday, July 28th.
### August Calendar

#### Monday
- **8:45 AM** Trip - Boulder $ Celestial Seasonings & Leaning Tree
- **9:00 AM** Reflexology
- **9:15 AM** Monday Bridge
- **10:00 AM** Balloon Animal Class
- **11:00 AM** Tai Chi For Arthritis Class (July-August session)
- **1:00 PM** Afternoon of Games
- **1:00 PM** Garden Club Meeting

#### Tuesday
- **9:30 AM** Sit & Be Fit Class
- **10:00 AM** Book Club Meeting
- **10:00 AM** Denver Mob Tour #5 with lunch at Gaetano’s $$
- **11:30 AM** VOA Lunch - Beef patty, gravy, mashed
- **1:00 PM** Bingo for Fun

#### Wednesday
- **8:30 AM** Casino Trip - The Lodge
- **9:00 AM** Visiting Nurses
- **9:30 AM** Sit & Be Fit Class
- **10:00 AM** Balloon Animal Class
- **1:00 PM** Crochet & Knit
- **1:00 PM** Afternoon of Games

#### Thursday
- **9:00 AM** Chair Massage
- **9:30 AM** Sit and Be Fit Class
- **10:00 AM** “Meet and Greet”
- **11:30 AM** VOA Lunch-Chicken Teriyaki
- **1:30 PM** Creative Writing Group

#### Friday
- **9:00 AM** Mod Pizza 4:00-8:00 PM

#### Senior Center Closed
Rec Center Closed for Maintenance

#### Senior Citizen’s Day

### Dollar Sign Legend
- $ = Under $15
- $$ = $16-$35
- $$$ = $36-$50

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

### 2017

**THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:00 AM</td>
<td>Chair Massage</td>
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<tr>
<td>9:30 AM</td>
<td>Sit &amp; Be Fit Class</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Out to Brunch - Greenwd Vlg. - Original Pancake House $</td>
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<tr>
<td>10:00 AM</td>
<td>Slammers Bingo</td>
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<tr>
<td>11:30 AM</td>
<td>VOA Lunch - Mac &amp; Beef</td>
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<tr>
<td>1:00 PM</td>
<td>Duplicate Bridge (make-up)</td>
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<tr>
<td>1:00 PM</td>
<td>Trivia Group</td>
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<tr>
<td>2:00 PM</td>
<td>SeniorzArt Class</td>
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**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:30 AM</td>
<td>Mystery Trip $</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Financial Services</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Current Events Discussion</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>VOA Lunch - Turkey breast</td>
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<tr>
<td>1:00 PM</td>
<td>Afternoon of Games</td>
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<tr>
<td>1:00 PM</td>
<td>Crochet &amp; Knit</td>
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<tr>
<td>1:00 PM</td>
<td>Remembering our Veterans</td>
</tr>
</tbody>
</table>

**SATURDAY/SUNDAY**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>5/6</td>
<td>Theatre Trip “Ring of Fire”</td>
</tr>
<tr>
<td>12/13</td>
<td>VOA Lunch - Pollock nuggets</td>
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<tr>
<td>19/20</td>
<td>VOA Lunch - Steak patty</td>
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### September Activities Sign-Up begins at 8:30 AM

**THURSDAY**

<table>
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<tbody>
<tr>
<td>9:00 AM</td>
<td>Chair Massage</td>
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<tr>
<td>9:30 AM</td>
<td>Slammers Bingo</td>
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<tr>
<td>9:30 AM</td>
<td>Sit &amp; Be Fit Class</td>
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<tr>
<td>11:30 AM</td>
<td>VOA Lunch - Steak patty</td>
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<tr>
<td>12:15 PM</td>
<td>Douglas County Human Services (no appts needed)</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Active Minds - “Big Apple”</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Duplicate Bridge</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Trivia Group</td>
</tr>
<tr>
<td>4:45 PM</td>
<td>Out to Dinner - “Hacienda” $</td>
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**FRIDAY**

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<tr>
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<tbody>
<tr>
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<tr>
<td>10:00 AM</td>
<td>Current Events</td>
</tr>
<tr>
<td>10:15 AM</td>
<td>Hearing Clinic</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Trip - Arapahoe Park Horses</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>VOA Lunch - Pollock nuggets</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Afternoon of Games</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Crochet/Knit</td>
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<tr>
<td>1:00 PM</td>
<td>Board Meeting</td>
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**SUNDAY AUGUST 6**

**THEATER TRIP**

“Ring of Fire”

Vintage Theatre

Leaving at 1:15 PM

**Senior Center Closed**

Closed for Maintenance

<table>
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<tr>
<td>9:30 AM</td>
<td>Sit &amp; Be Fit Class</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>VOA Lunch - Western omelet</td>
</tr>
<tr>
<td>12:15 PM</td>
<td>Douglas County Human Services (no appts needed)</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Duplicate Bridge</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Trivia Group</td>
</tr>
<tr>
<td>4:45 PM</td>
<td>Out to Dinner - “Hacienda” $</td>
</tr>
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**FRIDAY**

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<td>10:00 AM</td>
<td>Current Events</td>
</tr>
<tr>
<td>11:30AM</td>
<td>VOA Lunch - Thai ginger chicken patty</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Afternoon of Games</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Crochet &amp; Knit</td>
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</table>

**SUNDAY AUGUST 6**

**THEATER TRIP**

“Ring of Fire”

Vintage Theatre

Leaving at 1:15 PM
DIETING OPPORTUNITIES

VOA LUNCHES - Tuesday, Thursday & Friday at 11:30 AM
The Volunteers of America host an on-site lunch at our Center, a nutritious hot meal for a suggested donation of $2.50. No advanced sign-up required. Let’s Celebrate party will be on Aug. 22 to honor those with birthdays or special days.

OUT TO BRUNCH — “Original Pancake House”
Thursday, August 3 9:30 AM $7 ($13 non-members)
This trip was rescheduled from a snowed-out March date - everyone needs to sign up again, as credits were issued. Not only does The Original Pancake House make their famous buttermilk pancakes for what they describe as “the fluffiest pancakes around,” but they also specialize in German Dutch baby pancakes and Belgian waffles. Plus, there are all kinds of eggs, and standards like biscuits and gravy. We haven’t gone here before, so don’t miss it. Activity Fee doesn’t include the cost of your individual brunch.

Out to Dinner

Mod Pizza - Fundraiser
Tuesday, August 8 4:00-8:00 PM ONLY
Made to order, with whatever toppings you desire at one price, Mod Pizza offers the best in artisan pizzas, and we are pleased to add them to our Dining to Donate program. Take the flyer on page 6, pick one up at the Center or print from our website, and go to eat there or take it to go for dinner only. Order whatever you want, give the cashier the flyer when you pay for your pizza, and a portion of your bill will be donated back to the Senior Center.

OUT TO DINNER — Hacienda Colorado, Lone Tree
Thursday, August 24 4:45 PM $5 ($11 non-members)
Join us for dinner at one of our favorites, Hacienda Colorado, which is known for adding a Rocky Mountain twist to Mexican specialties for something completely new, which they call “Mountain Mex.” You’ll choose from a variety like original fish tacos with mahi-mahi, enchiladas, chimichangas or Front Range Fajitas. Activity Fee does not include the cost of your individual dinner.

TRIPS & EXCURSIONS

BRUNCH & BINGO OR JUST BINGO at Slammers Bingo Hall
Every Thursday Morning $8 ($14 non-members)
This is a place for the more “high-stakes” bingo where big wins are possible and the atmosphere is electric. We head up to the bingo hall in Lakewood every week, leaving at 9:00 AM or 10:00 AM, depending on whether we stop for brunch. Bingo costs and food purchases are not included in Activity Fee.

TRIP - Denver Mob Tour #5 & lunch at Gaetano’s
Tuesday, August 1 10:00 AM $20 ($26 non-members)
We knew these tours would be popular, so we added more trips to accommodate the waitlist. You can be added to the waitlist if you contact the front desk, as we will add additional trips in the fall. Each trip is just one of our buses, as the tour guide gets on our vehicle to conduct the Mob Tour.

CASINO TRIP - The Lodge in Blackhawk
Wednesday, August 2 3:30 AM $10 ($16 non-members)
Casino trips are the highlight of the month for many of our members. Remember that you need to sign up on Sign-Up Day so we know how many buses. We will leave Black Hawk at 3:00 PM, arriving in Castle Rock about 4:00 PM.

MYSTERY TRIP
Friday, August 4 8:00 AM $11 ($17 non-members)
Get ready to kick up some dust with Mary Jo and Juli as you go on their Mystery Trip adventure. There will be some walking with areas to rest. You may want to bring a hat and be sure to wear sunscreen, as part of the time will be spent outdoors. After the morning events, we will head to a different location for lunch. The Activity Fee does not include the cost of your individual lunch. We can accommodate 45 people. We will be returning to the Center about 3:00 PM.

THEATER - “Ring of Fire” - Vintage Theatre
Sunday, August 6 1:15 PM $34 ($40 non-members) Deadline to sign up: Friday, July 28.
This hit Broadway musical is a tribute to country music legend Johnny Cash. His iconic songs stir together a unique musical journey of darkness and faith, struggle and success, love and redemption, and home and family. This revealing and exhilarating musical revue features more than two dozen songs made famous by “The Man in Black” including Folsom Prison Blues, I Walk the Line, A Boy Named Sue, and Ring of Fire. We enjoy the intimacy of the Vintage Theatre in Aurora and the quality of the shows they produce. We will be purchasing the tickets on July 28th for everyone who signs up. The show starts at 2:30 PM and we should be back to the Center before 5:30 PM.

TRIP - Celestial Seasonings & Leanin’ Tree Museum
Monday, August 7 8:45 AM $10 ($16 non-members)
Join us for a day in beautiful Boulder. Our first stop is a 45-minute walking tour of Celestial Seasonings tea company, with a visit to the gift shop afterwards. We will eat lunch as a group on-site at the Celestial Café (grilled foods, sandwiches, salads). We will then visit The Leanin’ Tree Museum of Western Art, with an outdoor sculpture garden. You’ll be treated to seeing 250 paintings depicting western U.S. scenery and history, along with 150 bronze sculptures. They are taking out the western art on Aug at 731st, so this will be the last time you’ll be able to experience this. Their gift shop features western art and greeting cards. This trip requires a lot of walking and standing. We can accommodate up to 45 people. We will not be returning until nearly 5:00 PM.

TRIP - Softball Games and Cookout
Wednesday, August 9 10:00 AM No Activity Fee
Two of our softball teams - The Rockers & the Rockies - will be playing each other at Metzler Park. We need to cheer them on, so we’re taking a bus over (or you can meet us there) and then will host a cookout with hot dogs and fixings. What sounds better than hot dogs and baseball on a beautiful summer day? Sign up in advance so we know how many to plan for.

HIKE - Palmer Lake Reservoir
Thursday, August 10 8:30 AM $6 ($12 non-members)
If you’re up for some elevation gain to get your heart pumping, join us for a 3-mile round-trip hike to this beautiful reservoir. This is a difficult hike, as you’ll be out in the elements, hiking up a jeep road with elevation gain to get to the lake, returning on the same road. Dress for whatever the weather. Please bring along a sack lunch and plenty of water, along with a hat and walking sticks.

TRIP - Horse Racing at Arapahoe Park
Friday, August 11 11:00 AM $7 ($13 non-members)
This will be the last horse racing trip of the year, as the track only operates in the summer. The Activity Fee only covers transportation. You’re on your own to pay the $1 senior general admission and the $10 clubhouse admission if you want to sit inside at a table, along with any betting (cash only) or food you choose to buy. Races start at 1:00 PM and it’s over between 4:30-5:00 PM.

TRIP - Sky Sox Night Baseball Game in the Springs with BBQ
Tuesday, August 22 4:30 PM Deadline to sign up: Aug. 7 $35 ($41 non-members) - includes dinner
You may not know the teams, nor the players, but there is something so fun about minor league professional baseball, and nothing beats a summer night under the lights. We’re heading to Colorado Springs, home of the Sky Sox Baseball Team, where we’ll have reserved seating on the picnic terrace, along with an all-you-can-eat BBQ dinner including pulled pork, fried chicken, hamburgers, hot dogs and all the fixings. Plus, it’s $2 beer night (which you can purchase if you desire, but all soda is free). We will enter at a side gate and take the elevator up to the picnic terrace. Our seats will be on the level closest to the ring of fire, so this will be the last time you’ll be able to experience this. Their gift shop features western art and greeting cards. This trip requires a lot of walking and standing. We can accommodate up to 45 people. We will not be returning until nearly 5:00 PM.

SHOPPING TRIP - Streets at SouthGlenn Mall
Tuesday, August 29 10:15 AM $6 ($12 non-members)
A south Denver favorite place to visit, you’ll love the ambiance at this outdoor mall. Many restaurants will delight you for lunch, perhaps even eating outdoors. Anchor stores Sears and Macy’s are favorites, as is the Whole Foods Market and H&M. The buses will board to return at 2:00 PM, so anyone in our
or coast guardsman is buried alone. The ladies are an official part of the funeral services at Arlington National Cemetery to ensure that no soldier, sailor, airman, or any purchases you make. There will be a lot of walking and standing on this trip of so much history of the wild west. We should be back in Castle Rock between 3:00 – 4:00 p.m. Limited to 30 people.

**ONE DAY EVENTS/HAPPENINGS**

**BOOK CLUB MEETING**
Tuesday, August 1 10:00 AM  No Activity Fee
Come listen to what others are reading to get some ideas for books you might want to read. You are welcome to share books and authors you enjoy.

**REMEMBERING OUR VETERANS**
Friday, August 4 1:00 PM  No Activity Fee
Lisette Clemons will present a program on the Arlington Ladies. She is a member of the Arlington Ladies, which is a group of volunteers that attend services at Arlington National Cemetery to ensure that no soldier, sailor, airman, or coast guardsman is buried alone. The ladies are an official part of the funeral service, representing the military services’ chiefs of staff.

**GARDEN CLUB MEETING**
Monday, August 7 at 1:00 PM  No Activity Fee
If you’d like to be a part of the garden club, you are welcome to come to their monthly meetings. No experience is necessary; just a willing heart.

**MONTHLY NEWCOMER “MEET AND GREET”**
Tuesday, August 8 10:00 AM  No Activity Fee
Every month we have an informal session for new or prospective members.

**CREATIVE WRITING GROUP**
Tuesday, August 8 1:30 PM  No Activity Fee
This group is open to all who are interested in writing. You can share your writing, get feedback if desired, and learn about the craft of writing.

**CRAFT SHOW WORKSHOP**
Wednesday, August 9 9:30 AM  No Activity Fee
Sandy Hendricks will be leading this group, which will be painting hangers for a craft project and dowels for bubble wands. All supplies will be provided. Please join us to help get items ready for our upcoming Craft Show.

**BUNCO**
Wednesday, August 9 1:00 PM  $3 ($9 non-members)
Roll the dice and try for cash prizes - we even give a prize for low score. Because Bunco is played in tables of 4, we are limited to 20 people.

**MOVIE & POPCORN - “A Dog’s Purpose”**
Thursday, August 10 12:45 PM  $2 ($2 non-members)
This is a tear-jerker, as all animal movies are. In it, a devoted dog (voice of Josh Gad) discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan. As the boy grows older and comes to a crossroad, the dog teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan. As the boy grows older and comes to a crossroad, the dog...
President Ronald Reagan proclaimed the first national Senior Citizens Day in 1988. It is always celebrated on August 21st, which is a Monday this year. While the holiday hasn’t caught on by the greeting card companies, we can sure promote it and make sure families honor seniors on that day. Let them know if you need to, so that you “get your day.” Reagan said, “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude by making sure our communities are places they can find the encouragement, acceptance, assistance and services they need to continue to lead lives of independence and dignity.”

The Castle Rock Rotary Club is selling boxes of the famous and delicious Colorado Palisade peaches for $37 a box. As a service to our members, and to help out the Rotary, we will take orders here at the front desk, cash or check only, and payment is due at the time of the order. The deadline for ordering the peaches is Tuesday, August 8th. Please note that the boxes of peaches will need to be picked up at Medved in Castle Rock from 11:00am-12:00 noon on Saturday, August 26th. They will not be able to hold the boxes for you, so before ordering, make sure that you, or someone you designate, can pick them up. If you’ve never had a Palisade peach, you haven’t lived!!! Order some today.
**SPORTS ROCK**

**Bowling Information & Sign-Up Meeting**

10:00 AM  
Monday,  
August 28

All current players & those interested should attend

**NEW SENIOR PICKLEBALL**

by the  
Town of Castle Rock

SIGN UP FOR SESSION 2 OF THE TOWN’S NEW 50+ PICKLEBALL

LOCATION: Founder’s Park

TIME: 8:00-10:30 AM

DAYS: Mon./Wed. - Interm/Adv  
Tues./Thurs. - Beginner/Rec.  
Fri. are open play for registrants

DATES: Session 2: July 31-Sept. 7

COST: $30 for resident, $30 for non-resident, $20 for senior Center member.

INSTRUCTION IS PROVIDED

Register for these programs at the Rec Center front desk or online under the “Athletics tab.” Here’s the link: https://reccart.crgov.com/?pc=a6b754eb-618a-4bc2-b5ae-6044185cfcdd#srchhead

**Senior Center Recreational Play** - Mondays at 6:00-7:30 PM.  
This is informal - we have reserved court time for our members to come and play with others. Our “Pickleball Ambassadors,” Jim and Connie Johnson, will be out there to facilitate, but please know that no instruction will take place.

**Softball**

The Rockers and Rockies play each other - woohoo - on Wed. August 9th. We’re having a cookout after the game. Please join us. Sign up is on the regular Sign-Up Sheet.

**SPORTS TEAMS CONTACTS**

Tennis (Men, Women & Doubles)  
Open

Softball Teams - Wes Johnson 303-978-9733  
and Preston Shepherd 720-436-2121

Golf Leagues (9 & 18 Hole) - Don Marshall 720-273-3482 or Jim Weglarz 303-688-3280/303-507-1429

Pickleball - Connie Johnson 816-630-4419

Hiking Club - Phyllis Tumey 303-688-5610

Bowling - Kay Wolfe 512-970-8085

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**AROUND TOWN**

**Farmer’s Market**

Saturdays July 8 - September 30  
8:00am-12:00pm - 3rd & Wilcox

Vegetables, fruits, pastas, honey, jam, beef, wine, flowers, baked goods and other seasonal selections

There is a Senior Class (55+) in the Open Division of the Douglas County Fair competition. You can enter baked goods, quilts, photography, fine arts, ceramics, crafts, canned good and needle crafts. Many of our members have won ribbons. Entries are to be turned in Sunday, July 30th from 12:00-4:00 pm. More information & schedules available at: www.douglascountyfairandrodeo.com

**FAIR & RODEO**

A BIGGER BRAND OF FUN!

Saturday, July 29  10:00 a.m. – 11:00 p.m.  
Thursday, August 3  2:00 p.m. - 11:00 p.m.  
Friday, August 4  12:00 p.m. - 11:30 p.m.  
Saturday, August 5  10:30 a.m. - 11:30 p.m.  
Sunday, August 6  7:30 a.m. - 6:00 p.m.

So much to see and do, from livestock to exhibits and rodeos/entertainment, plus, fair food can’t be missed!  
$6 admission Aug 4 and Aug 5  
All other days are free grounds admission.  
Douglas County Fairgrounds  
at the corner of Plum Creek and Perry

Get your Douglas County Schools  
"Gold Card" and get in FREE

School starts in August so it’s almost time for some great high school football games. If you are 60 or older, you can go to all the athletic events and performing arts shows at any district school for FREE - this includes football games and those incredibly popular high school musicals. All you need is a “Gold Card” and you get those at the Douglas County School District Administration Building on Wilcox at the switchboard (showing proof of age and residency). The card can then get you and a guest (also a senior) in with no charge. What a great benefit!
As many of you know, I have been on medical leave after a major abdominal surgery following a 2 month illness. I cannot begin to express my gratitude to so many of you for the flowers, gifts, cards, prayers, calls & visits during this difficult time. It truly feels special to receive a card & know people were thinking of me. I am humbled and touched by your love. Thanks so much.

- Deb Santy
Interesting Volunteer Facts For the Past Year

- Nearly 26,000 volunteer hours were tallied in 2016. That equates to more than a dozen full time employees we would have to hire if we didn’t have YOU, our volunteers!
- Our dedicated shuttle drivers drove for 8515 hours last year, providing 12,661 rides.
- Crafters devoted 4400 hours making all the crafts we sell at the Craft Show.
- More than 702 volunteer hours were recorded on just one day last year, the day of the Craft Show.
- VOA Lunch volunteers served 3929 hot meals on site.
- Meals on Wheels drivers delivered 1600 boxes to homebound seniors in the County, equaling 8000 meals.

Thank you to each person who volunteers. We couldn’t do what we do without you. We were thrilled to honor you at our Luau Volunteer Appreciation luncheon as well as every day.

~ Juli Asbridge and Your Staff
## ROCKIN’ ACTIVITY SIGN-UP SHEET

### August 2017

Fill out this form in its entirety. Write an X in left column and the cost or N/C in the right column for each activity you wish to attend.

<table>
<thead>
<tr>
<th>X IF COMING</th>
<th>DATE</th>
<th>ACTIVITY</th>
<th>TIME</th>
<th>ACTIVITY FEE MEMBER</th>
<th>ACTIVITY FEE NON-MEMBER</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Wed. Aug 2</td>
<td>Casino Trip - <em>The Lodge</em></td>
<td>8:30 AM</td>
<td>$10</td>
<td>$16</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wed. Aug 2</td>
<td>Balloon Animal Class</td>
<td>10:00 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Thur. Aug 3</td>
<td>Slammers Bingo</td>
<td>10:00 AM</td>
<td>$8</td>
<td>$14</td>
<td></td>
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<tr>
<td></td>
<td>Thur. Aug 3</td>
<td>SeniorzArt Class</td>
<td>2:00 PM</td>
<td>$6</td>
<td>$12</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fri. Aug 4</td>
<td>Mystery Trip</td>
<td>8:00 AM</td>
<td>$11</td>
<td>$17</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mon. Aug 7</td>
<td>Trip - Celestial Seasonings &amp; more</td>
<td>8:45 AM</td>
<td>$10</td>
<td>$16</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tues. Aug 8</td>
<td><em>Monthly Newcomer Meet &amp; Greet</em></td>
<td>10:00 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
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<tr>
<td></td>
<td>Wed. Aug 9</td>
<td>Craft Show Workshop</td>
<td>9:30 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wed. Aug 9</td>
<td>Softball Game &amp; Cookout</td>
<td>10:00 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
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<tr>
<td></td>
<td>Wed. Aug 9</td>
<td>Bunco</td>
<td>1:00 PM</td>
<td>$3</td>
<td>$9</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wed. Aug 9</td>
<td>Out to Dinner- Trappers Chop House</td>
<td>4:45 PM</td>
<td>$5</td>
<td>$11</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Thur. Aug 10</td>
<td>Hike - <em>Palmer Lake Reservoir</em></td>
<td>8:30 AM</td>
<td>$6</td>
<td>$12</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Thur. Aug 10</td>
<td>Slammers Brunch &amp; Bingo</td>
<td>9:00 AM</td>
<td>$8</td>
<td>$14</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Thur. Aug 10</td>
<td>Movie - <em>A Dog’s Purpose</em></td>
<td>12:45 PM</td>
<td>$2</td>
<td>$2</td>
<td></td>
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<tr>
<td></td>
<td>Fri. Aug 11</td>
<td>Trip - Arapahoe Park Horse Races</td>
<td>11:00 AM</td>
<td>$7</td>
<td>$13</td>
<td></td>
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### Senior Center Closed August 14-18

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY</th>
<th>TIME</th>
<th>ACTIVITY FEE MEMBER</th>
<th>ACTIVITY FEE NON-MEMBER</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. Aug 21</td>
<td>Balloon Animal Class</td>
<td>10:00 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Tues. Aug 22</td>
<td>Trip - <em>Sky Sox Baseball Game</em></td>
<td>4:30 PM</td>
<td>$35**</td>
<td>$41**</td>
<td>Deadline 8/7</td>
</tr>
<tr>
<td>Wed. Aug 23</td>
<td><em>Lunch and Learn</em></td>
<td>11:15 AM</td>
<td>$5</td>
<td>$11</td>
<td></td>
</tr>
<tr>
<td>Thur. Aug 24</td>
<td>Slammers Brunch &amp; Bingo</td>
<td>9:00 AM</td>
<td>$8</td>
<td>$14</td>
<td></td>
</tr>
<tr>
<td>Thur. Aug 24</td>
<td>Active Minds - <em>Big Apple</em></td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Thurs. Aug 24</td>
<td>Out to Dinner - <em>Hacienda Colorado</em></td>
<td>4:45 PM</td>
<td>$5</td>
<td>$11</td>
<td></td>
</tr>
<tr>
<td>Tues. Aug 29</td>
<td>Shopping Trip-Streets at Southglenn</td>
<td>10:15 AM</td>
<td>$6</td>
<td>$12</td>
<td></td>
</tr>
<tr>
<td>Wed. Aug 30</td>
<td>Trip - <em>Ghost Town/Pioneer Museums</em></td>
<td>8:45 AM</td>
<td>$14</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>Wed. Aug 30</td>
<td><em>Polish Poker</em></td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
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<tr>
<td>Thur. Aug 31</td>
<td>Slammers Bingo</td>
<td>10:00 AM</td>
<td>$8</td>
<td>$14</td>
<td></td>
</tr>
<tr>
<td>Thurs. Aug 31</td>
<td>Information Mtg - <em>Election Judges</em></td>
<td>10:00 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Thurs. Aug 31</td>
<td><em>NEW - Discovery Hour - “Raptors”</em></td>
<td>1:00 PM</td>
<td>$3</td>
<td>$9</td>
<td></td>
</tr>
</tbody>
</table>

### OFFICE USE ONLY WHEN PAID

Total Fees $______ — Certificate $______ = $______ Rung into Register

HOW PAID  □ Cash  □ Check  □ Charge

Processed by ____________________ Date ___________ Time________

Total Activity Fees $______

** Ticketed event: no refunds

□ Will-Pay by ________ (date)
Activity Sign Up
For August is Friday, July 28

"Summertime... and the living is easy"