

JUNE

MONDAY	TUESDAY	WEDNESDAY			
8:30 AM Coffee/Moo Mags 8:30 AM Haircuts \$ 9:30 AM Laughter Yoga 9:30 AM Bridge 10:00 AM Tennis 12:00 PM Tres Jolie Teahouse \$\$ 12:30 PM Pinochle 1:00 PM Mah Jongg & Games 1:30 PM Investment Club	4	8:30 AM Coffee/Moo Mags 9:30 AM Sit and Be Fit Class 12:00 PM Civitan - Panorama Hall 12:00 PM VOA Lunch - <i>Roast Beef/potatoes</i> 1:30 PM Line Dancing \$ 7:00 PM Quilt Club <i>Eat at Applebee's on Tuesdays and the Senior Center gets a donation!</i>	5	8:30 AM Coffee/Moo Mags 9:00 AM Visiting Nurses \$ 9:00 AM Castle Rockies HomeGame 9:30 AM Sit & Be Fit Class 9:30 AM Chair Massage \$ (by appt) 10:00 AM Computer Lab 11:00 AM Out to lunch - "Vincenza" \$ 1:00 PM Crochet & Knit	6
8:30 AM Coffee/Moo Mags 9:30 AM Laughter Yoga 9:30 AM Bridge 10:00 AM Tennis 12:30 PM Pinochle 1:00 PM Mah Jongg & Games	11	8:00 AM Casino Trip - "Bull Durham" \$ 8:30 AM Coffee/Moo Mags 9:30 AM Sit and Be Fit Class 9:30 AM Chair Massage \$ (by appt) 10:00 AM Computer Lab 12:00 PM VOA Lunch - <i>Tuna Salad</i> 1:30 PM Line Dancing \$	12	8:30 AM Coffee/Moo Mags 9:30 AM Sit & Be Fit Class 1:00 PM Crochet & Knit 1:00 PM Polish Poker \$ (sign up ahead)	13
8:30 AM Coffee/Moo Mags 9:30 AM Laughter Yoga 9:30 AM Bridge 10:00 AM Tennis 12:30 PM Pinochle 1:00 PM Mah Jongg & Games 5:00 PM Colorado Crush Football - \$\$	18	8:30 AM Coffee/Moo Mags 9:30 AM Sit and Be Fit Class 12:00 PM Civitan - Park Cleanup! 12:00 PM VOA Lunch - <i>Swiss Steak</i> 1:00 PM Marathon Bridge \$ 1:30 PM Line Dancing \$	19	8:30 AM Coffee/Moo Mags 9:00 AM Visiting Nurses \$ 9:30 AM Sit & Be Fit Class 9:30 AM Chair Massage \$ (by appt) 10:00 AM Computer Lab 12:00 PM Lunch & Learn \$ 1:00 PM Crochet & Knit	20
8:30 AM Coffee/Moo Mags 9:30 AM Laughter Yoga 9:30 AM Bridge 10:00 AM Tennis 12:30 PM Pinochle 1:00 PM Mah Jongg & Games	25	8:30 AM Coffee/Moo Mags 9:30 AM Sit and Be Fit Class 9:30 AM Chair Massage \$ (by appt) 10:00 AM Computer Lab 12:00 PM VOA Lunch - <i>Soup/Taco Salad</i> 1:30 PM Line Dancing \$ 4:30 PM Out to Dinner - "The Inn at Palmer Divide" \$\$	26	8:30 AM Coffee/Moo Mags 9:30 AM Sit & Be Fit Class 1:00 PM Crochet & Knit 1:00 PM Bunco \$ (sign up ahead)	27

2007

THURSDAY	FRIDAY	SATURDAY
	9:00 AM Financial Services 9:00 AM Sewing Group 9:30 AM Laughter Yoga 12:00 PM Volunteer Appreciation Luncheon! 1:00 PM Pinochle, cribbage, games	1 <div style="float: right; border: 1px solid black; padding: 2px;">2/3</div> Sunday "Menopause - the Musical" \$\$ <i>Leave Center at 12 noon</i> Sunday - Square Dancing 1:00 PM \$ Fitness Studio at Rec Center
8:30 AM Coffee/Moo Mags 9:30 AM Sit & Be Fit Class 10:00 AM Tennis 10:30 AM Bingo \$ 12:00 PM VOA Lunch - <i>Teriyaki Chicken and Rice</i>	7 <div style="float: right; border: 1px solid black; padding: 2px;">8</div> 9:00 AM Financial Services 9:00 AM Sewing Group 9:30 AM Laughter Yoga 10:00 AM Hearing Screening Clinic 12:00 PM BBQ Cookoff \$ 1:00 PM Craft Club 1:00 PM Pinochle, cribbage, games 4:00 PM BOARD MEETING	8 <div style="float: right; border: 1px solid black; padding: 2px;">9/10</div> Saturday 6 to 9:30 PM Senior Center Dinner/Dance \$ Sunday - Square Dancing 1:00 PM \$ Fitness Studio at Rec Center
8:30 AM Coffee/Moo Mags 9:30 AM Sit & Be Fit Class 9:30 AM Brunch & Bingo \$ 10:00 AM Tennis 12:00 PM VOA Lunch - <i>Pork Chops</i> 1:00 PM <i>AARP Meeting - Panorama Hall</i>	14 <div style="float: right; border: 1px solid black; padding: 2px;">15</div> 9:00 AM Financial Services 9:00 AM Sewing Group 9:30 AM Laughter Yoga 10:00 AM Magical Mystery Trip \$ 1:00 PM Pinochle, cribbage, games	15 <div style="float: right; border: 1px solid black; padding: 2px;">16/17</div> Saturday Ms. Senior Colorado Pageant \$ <i>Lakewood Cultural Center</i> <i>Leave Senior Center at 12:00 noon</i> <i>Good luck to Beverly Wells!</i> NO SQUARE DANCING SUNDAY
8:30 AM Coffee/Moo Mags 9:30 AM Sit & Be Fit Class 10:00 AM Tennis 10:30 AM Bingo \$ 12:00 PM VOA Lunch - <i>Hot Dog/Baked Beans</i>	21 <div style="float: right; border: 1px solid black; padding: 2px;">22</div> 9:00 PM Financial Services 9:00 AM Sewing Group 9:30 AM Laughter Yoga 1:00 PM Pinochle, cribbage, games 1:00 PM Craft Club 4:00 PM Pizza & Movie \$	22 <div style="float: right; border: 1px solid black; padding: 2px;">23/24</div> Saturday Mile High Flea Market \$ <i>Leave Center at 8:00 AM</i> Sunday Garden Tours \$\$ <i>Leave Center at 9:30 AM</i> Sunday - Square Dancing 1:00 PM \$ Fitness Studio at Rec Center
8:30 AM Coffee/Moo Mags 9:30 AM Sit & Be Fit Class 10:00 AM Tennis 10:30 AM Bingo \$ 12:00 PM VOA Lunch - <i>Salisbury Steak</i> 7:00 PM Quilt Club	28 <div style="float: right; border: 1px solid black; padding: 2px;">29</div> 9:00 AM Sewing Group 9:30 AM Laughter Yoga 12:00 PM Estate Planning Luncheon 1:00 PM Pinochle, cribbage, games 1:00 PM Craft Club	29 <div style="float: right; border: 1px solid black; padding: 2px;">30/1</div> NO SQUARE DANCING SUNDAY

WHAT'S NEW THIS MONTH (also noted on the calendar)

DINING

VOA LUNCHES – This is one of the best deals around at just \$2.50 suggested donation. Where else can you enjoy a hot, nutritious lunch in a warm, friendly environment and have it served to you by Arlene & her wonderful crew of volunteers? Such a deal!

VOLUNTEER APPRECIATION LUNCHEON

June 1 12:00 Noon No charge

Finally! This special lunch is to honor our volunteers. We're pretty sure we won't have snow in June. Please sign up ahead so we'll have plenty of food.

OUT TO TEA – “Tres Jolie”

June 4 12:00 Noon \$4 (\$5 non-members)

Tres Joie Tea & Champagne Lounge is in Littleton and features some of the best tearoom delicacies around that are said to look “too good to eat!” You'll also enjoy the eclectic décor with purple chandeliers and a melon-colored sofa.

OUT TO LUNCH – “Vincenza”

June 6 11:00 AM \$5 (\$7 non-members) Italian

Everything is authentic Italian-American here, from the fresh-baked semolina bread to the loudly squabbling employees in the kitchen! This Wheat Ridge restaurant is all about affordable fare in simple, generous portions.

BBQ COOKOFF

June 8 12:00 Noon \$3 (\$4 non-members)

Show off your cooking skills and maybe win a prize! BBQ Beef, BBQ Pork, BBQ Chicken. We're looking for the type of BBQ in sauce that is served on buns. The Center will provide the buns. Fee gets you in to compete or judge. Please have entries there by 11:30 AM.

LUNCH & LEARN

June 20 12:00 Noon \$4 (\$5 non-members)

Dr. Janet Kerin, a local chiropractor specializing in sports medicine, will be here to talk to us about mobility. We'll feature a healthy salad bar with lots of delicious choices!

PIZZA & MOVIE

June 22 4:00 PM \$4 (\$5 non members)

We'll start the evening off with hot, fresh pizza in a variety of choices. Then we'll kick back and watch the hilarious “Grumpier Old Men” together.

OUT TO DINNER – “The Inn at Palmer Divide”

June 26 4:30 PM \$5 (\$7 non-members)

You'll enjoy world-class food and beautiful views at the MoZaic Restaurant in this gorgeous setting near Colorado Springs.

ESTATE PLANNING LUNCHEON

June 29 12:00 Noon No charge

Paul Donahue is hosting this informative lunch and presentation. There will be a guest speaker.

TRIPS & EXCURSIONS

“MENOPAUSE – THE MUSICAL”

Sunday, June 3 12:00 Noon \$44 (\$46 non-members)

It's back by popular demand! If you didn't see this hilarious musical the first time it was in Denver (or even if you did!) make plans to come with us.

BINGO

June 7, 21, & 28 10:30 AM \$5 (\$7 non-members)

We travel north to “Slammers” bingo hall for a relaxing time playing one of our favorite games of chance. Lunch is available on-site.

CASINO TRIP

June 12 8:00 AM \$10 (\$13 non-members)

We'll travel to Bull Durham Casino in Black Hawk. Sit back and enjoy the ride as we travel in style in our tour bus. (Repairs have been made so we're hoping for a smooth trip).

BRUNCH & BINGO

June 14 9:30 AM \$5 (\$7 non-members)

On this trip to “Slammers” Bingo Hall, we'll stop on the way and have brunch together at one of our favorite haunts.

MAGICAL MYSTERY TRIP

June 15 10:00 AM \$5 (\$7 non-members)

Looking for adventure? Something new & different? Climb on board for our first mystery trip. You'll learn the destination as we leave the Center. The trip will include lunch out and at least one adventure, returning by 4 PM. Total cost will be less than \$20 and we promise nothing strenuous. Casual & comfortable attire is in order.

MS. SENIOR COLORADO PAGEANT

June 16 12:00 Noon \$15 (\$17 non-members)

Our very own Beverly Wells is competing for the title of Ms. Senior Colorado 2007. Please let Sandy know if you would like to purchase a ticket to go and support Bev.

WHAT'S NEW THIS MONTH (also noted on the calendar)

TRIPS & EXCURSIONS continued

COLORADO CRUSH FOOTBALL

June 18 5:00 PM \$28 (\$30 non-members)

Let's go have a ball at "Seniors Appreciation Night" as the Crush take on the AFL defending champs, the Chicago Rush.

MILE HIGH FLEA MARKET

Saturday, June 23 8:00 AM \$6 (\$8 non-members)

Come with us to the outdoor flea market in Commerce City where you should be able to find just about anything you're looking for. Wear your walking shoes for this daylight adventure. We'll eat there.

GARDEN TOUR

Sunday, June 24 9:30 AM \$18 (\$20 non-members)

We'll be in "our own backyard" as we visit gardens in Castle Rock & Castle Pines. Your ticket gives you access to 6 private gardens with creative and unique ideas for outdoor living.

HAPPENINGS

LAUGHTER YOGA

Every Monday & Friday 9:30 AM FREE!

Laughter Yoga is sweeping the country, and the world! This healthy exercise proves that laughter really is the best medicine! Class is held in Panorama Hall.

FINANCIAL SERVICES

June 1, 8, 15 & 22 9:00 AM No Charge

Special LUNCH on the 29th

Paul Donahue of Edward Jones is here every Friday to answer questions you have related to your finances. You won't want to miss the "Estate Planning" luncheon on the 29th of the month. We're expecting a crowd, so please sign up in advance.

SQUARE DANCING

Sundays, June 3, 10 & 24 1:00 PM Pay at Time

Bob Riggs hosts this class on Sunday afternoons in the Fitness Studio of the Rec Center. Fee is \$20 for 4 weeks if paid in advance or \$6 per session. Senior Center members receive an additional 25% discount if paid in advance - only \$15 for 4 weeks!

LINE DANCING

June 5, 12, 19 & 26 1:30 PM \$2 (\$3 non-members)

Please sign up for the whole month in advance so that Raquel can plan her sessions. If you haven't tried Line Dancing, it's a whole lot of fun and great exercise, too. Come join the class!

CHAIR MASSAGE - by appointment

June 6, 12, 20 & 28 9:30 AM Reduced Fee!

Due to a wellness grant we have been awarded, we are offering chair massage for just \$5 for 15 minutes! Please sign up ahead.

HAPPENINGS continued

HEARING SCREENING CLINIC

June 8 10:00 AM No charge

Local audiologist, Joanne LaPorta of Accent on Hearing will be here to conduct screening tests. This FREE hearing assessment clinic is offered once a month. Please sign up in advance.

DINNER & DANCE - "Taste of the Tropics"

Saturday, June 9 6-9:30 PM \$12 (\$15 non-members)

You'll be treated to a delicious dinner prepared by Darlene Dennison. Then you'll dance to the music of the talented Cliff Spratt and be entertained by Hawaiian dancers.

POLISH POKER

June 13 1:00 PM \$.50 (\$1 non-members)

Spend the afternoon playing this fun card game. You don't have to know how to play - we can teach you in minutes. Please sign up so we'll know how many tables to set up.

MARATHON BRIDGE

June 19 1:00 PM

Roberta Moore is hosting this monthly event for our bridge players. All tables are full at this time. Call Roberta at 303.688.3621 if you have questions.

BUNCO

June 27 1:00 PM \$3.50 (\$4.50 non-members)

Join this cheerful group of gamers as they roll the dice and maybe win a prize! Sign up ahead, as this game requires tables of 4.

What's coming in July...

- Western BBQ
- Boulder Trip
- Dinner at Buckhorn Exchange
- "Taffetas" a musical
- Farmers Markets are back
 .and so much more