

MORE ROCKIN' HAPPENINGS

Coming Attractions

"Slow Dance with a Hot Pickup"

Boulder Dinner Theater
Sunday, October 23



"Fiddler on the Roof"

Air Force Academy
Sunday, December 4



Softball Season Update Car Pool to Last Game!

With the season nearing the end, our teams are in great shape! Rockers are 17 wins and 1 loss and Rockies are 9 wins and 9 losses. Our teams truly rock!

Home games are played at the Metzler Ranch fields in Castle Rock on Wednesday mornings around 9 a.m. We'll meet at the Center at 8:45 a.m. to car pool to the last game of the season on August 3rd. You may want to bring your folding chairs and sunscreen for this event.

Home Games Schedule

Castle Rockers – Coach Wes Johnson
Castle Rockies – Coach Preston Shepherd

July 13 & August 3

COME ON OUT AND ROOT FOR OUR TEAMS!



Pie Bake Off!

*Do you have an old family recipe
or a new creation?*

*Think you have the Best Pie?
Show us your Stuff!*

If you can't bake, we will still need you!
Be one of our judges and taste all the pies.



Prizes will be awarded!

Friday, August 26th, 2010

Showdown will begin at 11:00 a.m.
All pies must be here by 10:00 a.m.

Spectators can buy a slice of pie for \$1 after the judging.

Be sure to sign up!

Fundraiser & Senior Center Benefit

Hear all about it: 10-20 savings cards!

Let me tell you how to hang onto a little bit more of your money...

- ◆ Each card retails for only \$20, making it an excellent value.
- ◆ The card is accepted by hundreds of vendors, with more added all the time. If you have a really favorite vendor you may be allowed to use it there all 40 times!
- ◆ More companies mean more saving opportunities for cardholders.
- ◆ The card can be used 40 times before it expires. There is no fixed expiration date.
- ◆ You can register your card and receive emails with the latest vendor list.
- ◆ Using the card is very simple. Just present it at time of purchase to receive your 10-20% discount.
- ◆ You can purchase these cards at the front desk at the Center.



Seniors will receive a 10% discount
on any service every Wednesday at

"About Hair"

Call Mitzi at 303.688.3501
to schedule an appointment.

Babies In Need Baby Shower September 13, 1:00 PM

Articles must be new!

| | | |
|--------------------|------------|----------|
| Baby Towels | Blankets | Socks |
| Receiving Blankets | Nightgowns | Sweaters |
| Diapers | Lotions | Oil |
| Soap (Dreft/Ivory) | Booties | Onesies |







One-on-One Computer Instruction at the Senior Center:

Call Kevin at 303.997.6936 or
Edith Williams at 303.888.5355

AUGUST

| MONDAY | TUESDAY | WEDNESDAY |
|--|--|---|
| <p>9:15 AM Bridge 9:30 AM Laughter Yoga 9:30 AM Tennis 1:30 PM Afternoon of Games</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">1</div> | <p>9:30 AM Sit and Be Fit Class 10:00 AM Garden Club Meeting 11:45 AM VOA Lunch— Tortilla Soup & Taco Salad 12:00 PM Civitan 1:00 PM Reflexology \$ 2:00 PM Bingo for Fun</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">2</div> | <p>8:45 AM CRSC Softball Game (See Ad on Page 7) 9:30 AM Sit & Be Fit Class 1:00 PM Visiting Nurses \$ 1:00 PM Canasta 1:00 PM Crochet & Knit</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">3</div> |
| <p>9:00 AM Visiting Nurses \$ 9:15 AM Bridge 9:30 AM Tennis 12:30 PM Monster Salad \$ 1:30 PM Afternoon of Games</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">8</div> | <div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p>9 10</p> <p>CR REC CENTER AND SENIOR CENTER CLOSED AUGUST 9—12</p> </div> | |
| <p>9:15 AM Bridge 9:30 AM Tennis 9:30 AM Laughter Yoga 1:00 PM Afternoon of Games 4:45 PM Out to Dinner— TGIF \$\$</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">15</div> | <p>8:30 AM Casino Trip— Fitzgeralds 9:30 AM Sit and Be Fit Class 11:45 AM VOA Lunch— Swiss Shroomburger & Potatoes 12:00 PM Civitan</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">16</div> | <p>9:00 AM Visiting Nurses \$ 9:30 AM Sit & Be Fit Class 12:30 PM Monthly Potluck \$ 1:45 PM Presentation— Revocable Living Trusts 2:00 PM Crochet & Knit 2:00 PM Canasta</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">17</div> |
| <p>8:30 AM Hike— Castlegate Canyon State Park \$ 9:15 AM Bridge 9:30 AM Tennis 1:00 PM Afternoon of Games</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">22</div> | <p>9:30 AM Sit and Be Fit Class 10:45 AM Out to Lunch— Rib City \$\$ 11:45 AM VOA Lunch— Pork Chop & Potato Salad</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">23</div> | <p>9:00 AM Chair Massage \$ 9:30 AM Sit & Be Fit Class 11:30 AM Lunch & Learn 1:00 PM Polish Poker (sign up ahead) 1:00 PM Canasta 1:00 PM Crochet & Knit</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">24</div> |
| <p>1:30 PM Activities Meeting</p> | | |
| <p>8:45 AM Tour— Stanley Hotel Ghost Tour & Lunch 9:15 AM Bridge 9:30 AM Tennis 1:00 PM Afternoon of Games</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">29</div> | <p>9:30 AM Sit and Be Fit Class 11:45 AM VOA Lunch— Swiss Steak & Baked Potato 2:00 PM Bingo for Fun— White Elephant</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">30</div> | <p>9:30 AM Sit & Be Fit Class 1:00 PM Bunco \$ (sign up ahead) 1:00 PM Canasta 1:00 PM Crochet & Knit 5:00 PM Dinner & Show— Flying "W" Ranch \$\$</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">31</div> |

2011

| THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|---|--|---|
| <p>9:00 AM Chair Massage \$ 4 9:30 AM Sit & Be Fit Class 9:30 AM Tennis 10:30 AM Bingo \$ 11:45 AM VOA Lunch— Peachy Coconut Chicken 2:00 PM “SeniorzArt” Class \$ 3:30 PM Trip— Douglas County Fair</p> | <p>9:00 AM Financial Services 5 9:00 AM Reflexology \$ 9:00 AM Arts & Crafts Class 11:00 AM Out to Lunch— Mozaic \$\$ 1:00 PM “V” for Veterans & Victory Group 1:00 PM Afternoon of Games 6:00 PM Tennis Doubles</p> | <p style="text-align: right;">6/7</p> <p style="text-align: center;">Sunday ~ Square Dancing! 1 PM \$</p> |
| 11 | 12 | <p> Saturday Horseracing at Arapahoe Park \$ <i>Leave at 11:30 AM</i></p> <p>Sunday “Cats” Boulder Dinner Theater \$\$\$ <i>Leave at 10 AM</i></p> <p style="text-align: right;">13/14</p> <p style="text-align: right;"></p> <p style="text-align: center;">Sunday ~ Square Dancing! 1 PM \$</p> |
| FOR ANNUAL MAINTENANCE & REPAIR | | |
| <p>9:30 AM Sit & Be Fit Class 18 9:30 AM Tennis 10:30 AM Bingo \$ 11:45 AM VOA Lunch— BBQ Pork Ribs & Ranch Beans 1:00 PM Afternoon Movie & Popcorn \$ 2:00 PM “SeniorzArt” Class \$</p> | <p>9:00 AM Financial Services 19 9:30 AM Magical Mystery Trip \$\$ 9:00 AM Reflexology \$ 9:00 AM Sewing & Crafts 1:00 PM Afternoon of Games 6:00 PM Tennis Doubles</p> <p style="text-align: center;">8:30 AM—12:30 PM AARP Driver Safety Class \$</p> | <p style="text-align: right;">20/21</p> <p style="text-align: center;">Sunday ~ Square Dancing! 1 PM \$</p> |
| <p>9:30 AM Sit & Be Fit Class 25 9:30 AM Tennis 9:30 AM Brunch & Bingo \$ 11:45 AM VOA Lunch & Presentation— Oven Fried Chicken & Potatoes <i>(See Ad on Page 13)</i></p> | <p>9:00 AM Financial Services 26 9:00 AM Sewing & Crafts 1:00 PM Board Meeting 1:00 PM Afternoon of Games 6:00 PM Tennis Doubles</p> <p style="text-align: center;"> 2nd Annual Pie Bake Off at 10 AM!</p> <p style="text-align: center;">September Activities Sign Up</p> | <p style="text-align: right;">27/28</p> <p style="text-align: center;"> From one family to another.</p> <p style="text-align: center;">Sunday Out to Dinner “Gaetano’s” \$\$ <i>Downtown Denver</i> <i>Leave at 3:30 PM</i></p> <p style="text-align: center;">Sunday ~ Square Dancing! 1 PM \$</p> |
| <p>** CANCELLATIONS **</p> <p>Remember, if you become ill or cannot participate in an activity you have paid for, please let us know as soon as possible.</p> <p style="text-align: center;"><i>Unfortunately, same-day cancellations cannot be refunded.</i></p> | <p>Restaurant/Event Price Legend</p> <p>\$ = Under \$15 <i>When you see these symbols you will</i> \$\$ = \$16—\$35 <i>know the price range. For more specific</i> \$\$\$ = \$36—\$50 <i>information, call the front desk.</i></p> <p>If you are planning to drive yourself to an off-site event or restaurant, please let us know as we often have reservations for a certain number.</p> | |

WHAT'S NEW THIS MONTH



PLEASE READ BEFORE PARTICIPATING IN ANY SENIOR CENTER EVENT!

◆ On site food activities require planning and preparation well in advance of the event. As such, we ask for everyone to sign up at least 48 hours in advance.

◆ For all trips & excursions in which you utilize the Senior Center Transportation, there are two items that you must possess in order to participate. We will be randomly checking for these two items, so always have them with you. The two items are 1) File of Life and 2) either a valid drivers license or a valid state issued picture ID. We appreciate your cooperation.

◆ If you are attending an off-site event, please arrive 15 minutes before the scheduled departure time so we can load the shuttles. PLEASE DO NOT park in the handicapped spaces if you are to be gone all day to an off-site event. Other members need access to the spaces during the day. Your consideration is appreciated.

◆ The transportation amounts shown are "suggested donations". We depend on your help to support our transportation service.

DINING OPPORTUNITIES



VOA LUNCHES

Every Tuesday & Thursday at 11:45 AM

The Volunteers of America host an on-site lunch at our Center twice each week. This is a balanced & nutritious meal for a suggested donation of \$2.50. Wow! What a deal!

OUT TO LUNCH—"MoZaic"

Friday, August 5 11:00 AM \$7 (\$10 non-members)

MoZaic offers a fine dining experience while turning your dining pleasure into casual elegance without pretention. Gourmet lunches are artfully presented and you'll marvel at the view out their windows. Located in Palmer Lake, fee is for transportation only.

MONSTER SALAD

Monday, August 8 12:30 PM Plus an item. \$2 (\$4 non-members)

The Monster Salad continues to be a big hit! Bring lettuce, spinach or your favorite salad bar ingredient. Please have everything washed, chopped and ready to serve. We'll have a special sign-up sheet at the front desk.

OUT TO DINNER—"TGIF"

Monday, August 15 4:45 PM \$5 (\$8 non-members)

T.G.I. Friday's, the first American casual dining chain, is a dining experience that has become the favorite pastime of millions since 1965. Look for unsurpassed menu selections of food prepared to perfection and served in a lively, engaging atmosphere. This TGIF is located in Lonetree and fee is for transportation.

MONTHLY POTLUCK

Wednesday, August 17 12:30 PM Bring a dish or pay \$5 (\$8 non-members)

Good friends and delicious homemade food mark this monthly potluck! Bring a dish to share and enjoy the special flavor sensations created by our cooks. A-L please bring a salad or dessert. M-Z please bring a main dish or casserole. Day of event charge is \$7 for members and \$10 for non-members.

OUT TO LUNCH – "Rib City"

Tuesday, August 23 10:45 AM \$6 (\$9 non-members)

Ummmmm good! All meats are slow cooked to perfection in wood-burning smokers. Select from Award Winning Imported Baby Back Ribs along with a variety of delicious mouth watering selections. Meats can be topped off with one of four secret recipe signature barbecue sauces. Rib City is located in Littleton. Fee is for transportation.

OUT TO DINNER – "Gaetano's"

Sunday, August 28 3:30 PM \$8 (\$11 non-members)

Sit back and enjoy the rich history of Denver's most colorful and notorious family. Although the criminal element is gone, the tradition of fine Italian food continues. Take a look around as you enjoy your meal: The dining room looks as it did twenty years when the Smaldone empire reigned. Fee is for transportation.

TRIPS & EXCURSIONS



BRUNCH & BINGO OR JUST BINGO

Every Thursday Morning \$7 (\$10 non-members)

If we're just going to play Bingo, we leave at 10:30 AM. If it's a Brunch & Bingo day, we leave at 9:30 AM and stop on the way for a mid-morning meal. Join us as we head to Slammers Bingo Hall in Lakewood! Fee is for transportation.

DOUGLAS COUNTY FAIR TRIP

Thursday, August 4 3:30 PM \$1 (\$2 non-members)

Join in on the fun! Quilts and Senior Citizen exhibits will be on display at the Events Center starting at 4:00 PM.

HORSERACING AT ARAPAHOE PARK

Saturday, August 13 11:30 AM \$6 (\$9 non-members)

We're off to the races this month at Arapahoe Park located in Aurora. Come to the track and try your luck or just enjoy the exciting atmosphere. Fee is for transportation.

BOULDER DINNER THEATER— "Cats"

Sunday, August 14 10:00 AM \$57 (\$61 non-members)

Based on the universally popular poetry of T.S. Eliot, CATS tells the story of the annual gathering of Jellicle cats at which time one special cat is selected to ascend to the Heaviside layer. A true musical theater phenomenon, CATS ran at Wintergaden Theater on Broadway for over eighteen years! Fee includes show, meal, beverage, gratuity and transportation

CASINO TRIP— "Fitzgeralds"

Tuesday, August 16 8:30 AM \$10 (\$14 non-members)

Luck may be with you as you venture to Fitzgerald's Casino located in Black Hawk. Enjoy a variety of games or just come along for the ride and explore this historical area on your own. Fee is for transportation.

MAGICAL MYSTERY TRIP

Friday, August 19 9:30 AM \$16 (\$20 non-members)

Join us on this fascinating Mystery Trip of no small scale! We will be enjoying a local Colorado treat along with some light shopping. Walking is involved but you can rest along the way. Please bring a light coat for the shopping portion of the trip; we will otherwise be indoors. Lunch will have a southern charm ambience and fee is for trip and transportation only. (Lunch is on your own.)

HIKE— Castlegate Canyon State Park

Monday, August 22 8:30 AM \$2 (\$4 non-members)

Strap up those hiking boots! Located just south of Franktown, nature lovers will enjoy the environmental diversity of several hiking trails. ranging from mild to moderate. Fee is for transportation only.

CENTER CLOSED AUGUST 9-12

FLYING W RANCH

Wednesday, August 31 5:00 PM \$8 (\$11 non-members)

Hitch up your britches and come join us for an authentic chuckwagon supper and entertaining western stage show by the "Flying W Wranglers" at this famous dude ranch in Colorado Springs. Fee is for transportation only. Dinner and show will cost \$20-27, depending on what you choose to eat. Yee Haw and Cowboy Up!

STANLEY HOTEL GHOST TOUR and LUNCH

Monday, August 29 8:45 AM \$25 (\$29 non-members)

It's not just the breathtaking view from Estes Park's Stanley Hotel that sends shivers down your spine. The legendary ghosts rumored to wander the halls and haunt the rooms of this stately lodging also manage to give visitor a chill or two. Plan to eat lunch at the hotel's luxurious Cascade Restaurant. Fee is for tour ticket and transportation only.

HAPPENINGS



AFTERNOON GAMES

Every Monday & Friday 1:00 PM No Charge

Drop in for a lively afternoon of fun and games including Pinochle, Mah Jong, Mexican Train and Canasta.

SIT & BE FIT CLASS

Every Tuesday, Wednesday & Thursday 9:30 AM No Charge

We have some great Sit & Be Fit videos! This exercise class focuses on maintaining muscle strength and flexibility.

CROCHET & KNIT

Every Wednesday 1:00 PM (2:00 PM on the 17th) No Charge

Bring your own project or we'll "hook" you up with one. If you want to learn how to knit or crochet, our ladies will teach you!

CANASTA

Every Wednesday 1:00 PM (2:00 PM on the 17th) No Charge

Come join us for this lively card game. If you don't know how to play, we'll teach you.

FINANCIAL SERVICES

Most Every Friday 9:00 AM No Charge

Topics range from annuities to tax-free Income. For a free review of your portfolio or any of your other investments and to review your long-term goals, please call Paul Donahue of Edward Jones at (303-688-4220).

BINGO FOR FUN

August 2 & 30 2:00 PM No Charge

Al will be here to entertain us with his clever bingo calling. Everyone has fun and it's only a nickel a card! We'll play for those wonderful "White Elephants" on the 28th. You must bring a gift to this event.

SENIORZART CLASSES

August 4 & 18 2:00 PM \$3 per class (\$5 non-members)

By popular demand, we are continuing the art classes through the summer. You can attend all three classes or pick and choose the individual classes you wish to attend. No art experience or talent is needed and you will complete a project each week. "Art is fun and it's good for you, too!"

V FOR VETERANS & VICTORY GROUP

August 5 1:00 PM No Charge

Research your own topic and tell us what you found. This is hoped to be the first of an ongoing activity where our entire group benefits from the research of its members who delve into relevant topics and discuss their findings at our meetings. The topic need not be of a military nature or occur during a U.S. conflict.

LUNCH & LEARN

August 24 11:30 AM \$5 (\$8 non-members)

Join us for an interesting program related to "File of Life and Senior Safety Concerns" presented by your Castle Rock Fire & Rescue. Please sign up in advance at the front desk for this activity.

POLISH POKER

August 24 1:00 PM No Charge

No special skills are needed for this afternoon of laughs. Please sign up in advance. Be sure and bring some pennies.

AFTERNOON MOVIE "Butch Cassidy and the Sundance Kid"

August 18 1:00 PM \$2 (\$4 non-members)

Legendary outlaws Butch Cassidy (Paul Newman) and the Sundance Kid (Robert Redford) display their gifts for perfect comedic timing and charisma as they pull off heist after heist in this Academy Award winning film. Fee includes movie and popcorn.

SEWING & CRAFTS

August 19 & 26 9:00 AM

If you enjoy sewing, knitting, crocheting or crafts in general, you'll find this fun-filled group a great fit. You can bring your own special project or we can help you get started on one! **See information on the Arts & Crafts Studio Classes on Page 13 of this newsletter.**

LAUGHTER YOGA

August 1 & 15 9:30 AM No Charge

What better way to stimulate your immune system and reduce stress! This healthy class makes you feel good inside and out!

PRESENTATION— "Revocable Living Trusts?"

August 17 1:45 PM No Charge

Should I have a revocable living trust? Will it help me avoid probate? What are the advantages to having a revocable living trust? These and many other questions will be topics of discussion with Estate Planning Attorney, Darrell Gubbels, and our legal advisor, Jaime Stewart, both of Gubbels Law Office.

BUNCO

August 31 1:00 PM \$3 (\$5 non-members)

Roll the dice and try for winnings! Please sign up in advance as this game needs tables of four. Fee is for cash prizes.

SERVICES



VISITING NURSES FOOT CLINIC (by appointment)

August 3 1:00 PM, 8 & 17 9:00 AM \$25 fee paid to Nurse

Call in or sign up at the front desk to schedule your appointment. Colleen and her associates will take good care of your feet.

FOOT REFLEXOLOGY (by appointment)

August 2 1:00 PM, 5 & 19 9:00 AM \$10 for 30 minutes paid to Therapist

Sign up at the Front Desk to reap the benefits of reflexology under the capable hands of Irene Baertsch. A special grant makes this service available at a very affordable rate. Thirty minute sessions are available. Call early to schedule your appointment!

CHAIR MASSAGE (by appointment)

August 4 & 24 9:00 AM \$10 for 20 minutes paid to Therapist

Sign up to have those tense muscles relaxed by Marquita's expert hands. A special grant makes this service available at a very affordable rate. These appointments fill up fast. Call early to schedule yours.

HEARING SCREENING CLINIC (by appointment)

Not offered in August

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