

ROCKIN' HAPPENINGS

19TH ANNUAL *Craft Fair*

Benefiting the Castle Rock Senior Center
& the Douglas-Elbert Task Force Food Bank

Saturday, November 5, 2011

9 a.m. to 4 p.m.

Douglas County Events Center

(Fairgrounds in Castle Rock)

Many, Many Crafters,
Artisans & Vendors
from across our Beautiful State

Handcrafted Gifts
Wood, Glass, Jewelry, Fashion
Fabric, Ceramic, Florals, Pottery
Candles, Soaps, Pet Supplies
and Much More...

- Baked & Canned Goods,
Packaged Food & Spices
- Silent Auction
- Quilt Raffle
- Door Prizes
- Concessions

Call
303.688.9498

**SHOP EARLY
FOR CHRISTMAS!**

Free to
the Public

Craft Fair Information

Last year more than 1200 volunteer hours were recorded just the week of the event, which is the biggest fundraiser the Center holds each year. That doesn't include the countless hours volunteered by people at home baking or by our crafters during the months leading up to the event. Everyone's support is needed to make this a success.

Invite your friends

Sign up to bake

Sign up to volunteer

Buy quilt tickets

Come check it out

Donate items

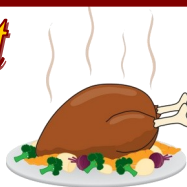
SPECIAL PRESENTATIONS

- **Energy Savers Workshop**
Thursday November 10th - 1:00 PM
Save energy and money. Find out how to save 1/3 on your electric bill. Learn how to make low cost and easy changes in how you use energy. Create a personal plan that fits your lifestyle. Learn about low-income utility assistance, appliance rebates, and tax credits. Get a free compact fluorescent light bulb.
- **Medicare Part D Changes for 2012**
Wednesday November 2nd - 10:00 AM
Spots are limited — sign up today
Representatives from Health Passport will give an overview of the 2012 changes regarding the prescription drug benefit. Bring a list of your medications for one-on-one meetings afterwards.
- **Common Scams that Target Seniors**
Tuesday November 8th - 1:00 PM
Mason Finks, the Director of Consumer Protection at the District Attorney's Office, will discuss ways to protect yourself from fraud or abuse of various kinds. Learn ways so you are never taken advantage of.



Thanksgiving Feast Potluck

Wednesday, November 16th



The Center will supply the turkeys and our members will bring their traditional holiday favorite dishes (or just pay a small amount and come enjoy). What a meal this will be. Make sure to sign up in advance. Don't miss it!!!



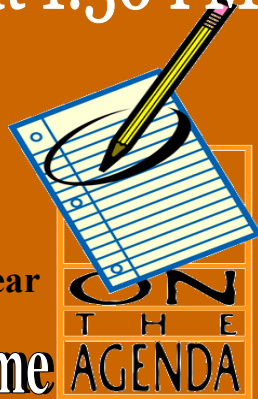
Annual Membership Meeting

November 9th at 1:30 PM

- Presentation of 2012 Budget
- Center Statistics
- Annual Report

Note: no elections this year

All members welcome



Vienna Boys Choir Concert

Friday, November 11th

At the new PACE Center in Parker
Leaving at 6:15pm (7:30 PM Curtain)

Entertaining audiences worldwide since 1498 (yes the Middle Ages), one of 4 international touring groups of boys ages 10-14 is coming to Parker for just 1 night. They will perform medieval to contemporary music.

What is the Kirkland Museum?
Check it out on November 15th



Shh! Be a Secret Santa

It's once again time for being a Secret Santa to someone at the Center. There's nothing more fun than secretly giving to others - followed closely by trying to guess who is leaving gifts for YOU!! Here's how it works: Fill out the form below and turn it in to the front desk. We will draw Secret Santa names on Monday, November 28th and will call and let you know who you have. Every week by Friday (starting December 2nd) drop off a wrapped gift with your person's name clearly labeled. Gifts should be under \$5 or homemade. You will bring 4 gifts - one by December 2, 9, 16 and the last one to the Holiday Potluck on December 19th when we will reveal the Secret Santas. It's great fun and a wonderful way to spread holiday cheer and get to know each other. Plus, you'll also get 4 gifts - don't forget to pick up yours each week.



Name _____

Hobbies _____

Favorite Color _____

Favorite Goodies _____

Favorite Beverage _____

Visit IKEA



Tuesday
November 22
9:30 AM

Get your walking shoes on and go see what all the hoopla is about at the new IKEA store in Centennial. Browse the multi-floor facility at your leisure and stop for the famous Swedish Meatballs (and other foods) at the food court (on your own). This is a huge store and lots of walking is involved.





NOVEMBER



MONDAY

TUESDAY

WEDNESDAY

** CANCELLATIONS **

Ticketed Events

The Senior Center often purchases tickets in advance for special events. For this reason your payment for ticketed events cannot be refunded. If you find you cannot attend such an event, you will be responsible for finding someone to use your ticket.

Check at the front desk to see if there is a waiting list.

9:00 AM Tennis
9:15 AM Bridge
9:30 AM Bowling

**10:45 AM Out to Lunch -
Cherry Crest Seafood \$**

1:00 PM Afternoon of Games

7

9:30 AM Sit and Be Fit Class

11:45 AM VOA Lunch -
*French Dip Sandwich & French
Onion Soup*

12:00 PM Civitan

1:00 PM Reflexology \$

1:30 PM Bingo for Fun

1

9:00 AM Visiting Nurses \$

9:30 AM Sit & Be Fit Class

**10:00 AM Presentation — 2012
Medicare Part D Changes**

1:00 PM Canasta

1:00 PM Crochet & Knit

1:00 PM Polish Poker (sign up ahead)

2

9:00 AM Tennis
9:15 AM Bridge
9:30 AM Bowling

**10:45 AM Out to Lunch -
Cherry Crest Seafood \$**

1:00 PM Afternoon of Games

7

**8:30 AM Casino Trip -
Fortune Valley in
Central City**

9:30 AM Sit and Be Fit Class

11:45 AM VOA Lunch - *Baked Pork Chop
with Gravy and cheesy potatoes*

**1:00 PM Presentation —
Common Scams that Target
Seniors**

8

9:30 AM Sit & Be Fit Class

11:30 AM Lunch & Learn \$

1:00 PM Canasta

1:00 PM Crochet & Knit

**1:30 PM ANNUAL
MEETING**

9

9:00 AM Tennis
9:15 AM Bridge
9:30 AM Bowling
1:00 PM Afternoon of Games

14

**9:30 AM Tour & Lunch -
Kirkland Museum
Group will pick lunch spot**

9:30 AM Sit and Be Fit Class

11:45 AM VOA Lunch—
*Meatloaf with gravy & mashed
potatoes*

12:00 PM Civitan

1:30 PM Marathon Bridge

15

9:00 AM Chair Massage

9:00 AM Visiting Nurses \$

9:30 AM Sit & Be Fit Class

**12:30 PM Monthly Potluck \$
"Thanksgiving Feast"**

1:00 PM Canasta

1:00 PM Crochet & Knit

**1:45 PM Legal Presentation -
Wills and Trusts**

16

9:00 AM Tennis
9:15 AM Bridge
9:30 AM Bowling

12:30 PM Simply Soup \$

1:30 PM Afternoon of Games

21

**9:30 AM Trip -
IKEA store**

9:30 AM Sit and Be Fit Class

11:45 AM VOA Lunch—
*Tuna Salad Wrap with Greek
Lemon Chicken Soup*

22

9:30 AM Sit & Be Fit Class

1:00 PM Crochet & Knit

**1:00 PM Bunco \$
(sign up ahead)**

1:00 PM Canasta

23

1:30 PM Activities Meeting

9:00 AM Tennis
9:15 AM Bridge
9:30 AM Bowling
1:00 PM Afternoon of Games

28

Draw Names for Secret Santa

December Activities Sign Up

9:30 AM Sit and Be Fit Class

11:45 AM VOA Lunch—
*Hot roast beef sandwich, gravy
and whipped potatoes*

1:30 PM Bingo for fun

29

9:30 AM Sit & Be Fit Class

**10:30 AM Out to Lunch -
Smashburger \$**

1:00 PM Canasta

1:00 PM Crochet & Knit

30



2011



THURSDAY

FRIDAY

SATURDAY/SUNDAY

9:00 AM Visiting Nurses \$ **3**
 9:00 AM Chair Massage
 9:00 AM Tennis
 9:30 AM Sit & Be Fit Class
 10:00 AM Bingo \$
 11:45 AM VOA Lunch -
CO Avalanche Day - Hamburgers
 1:00 PM Afternoon Movie - "Wild Hogs" \$
 2:00 PM "SeniorzArt" Class \$

9:00 AM Reflexology \$ **4**
 9:00 AM Financial Services
 9:00 AM Arts and Crafts
 1:00 PM Afternoon of Games
 4:00 PM Tennis Doubles
1:00 PM "V" for Veterans & Victory Group

5/6
Saturday
Craft Fair Fundraiser
 9-4 at Douglas Country Events Center
Don't forget to turn back clocks before going to bed
 Sunday ~ Square Dancing! 1 PM \$

9:00 AM Tennis **10**
 9:00 AM Brunch & Bingo \$
 9:30 AM Sit & Be Fit Class
 11:45 AM VOA Lunch -
Veterans Remembrance - Chicken Fried Steak with gravy and potatoes
 12:30 PM AARP Meeting
1:00 PM Special Presentation - How To Save Energy Workshop

Veteran's Day — Thank a Vet **11**
 9:00 AM Financial Services
 9:00 AM Arts and Crafts
 10:15 AM Hearing Clinic
 1:00 PM Afternoon of Games
1:00 PM Brown Bag Session - Review of medicines (sign up in advance)
 4:00 PM Tennis Doubles
6:15 PM Vienna Boys Choir Concert at PACE in Parker \$\$\$

12/13
 Sunday ~ Square Dancing! 1 PM \$

9:30 AM Sit & Be Fit Class **17**
 9:00 AM Tennis
 10:00 AM Bingo \$
 11:45 AM VOA Lunch -
Thanksgiving Dinner - Roast Turkey with gravy, stuffing and fixings
1:30 PM Duplicate Bridge
 2:00 PM "SeniorzArt" Class \$

9:00 AM Reflexology \$ **18**
 9:00 AM Financial Services
 9:00 AM Arts and Crafts
 10:15 AM Hearing Clinic
 1:00 PM Afternoon of Games
 4:00 PM Tennis Doubles
5:00 PM Out to Dinner - \$ Guadalajara no transportation provided

19/20
 Sunday ~ Square Dancing! 1 PM \$

24
Happy Thanksgiving

25

Center Closed

26/27
 Sunday ~ Square Dancing! 1 PM \$

Restaurant/Event Price Legend

\$ = Under \$15 *When you see these symbols you will know the price range. For more specific information, call the front desk.*
 \$\$ = \$16—\$35
 \$\$\$ = \$36—\$50

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.

** CANCELLATIONS **

Remember, if you become ill or cannot participate in an activity you have paid for, please let us know as soon as possible.

Unfortunately, same-day cancellations cannot be refunded.

WHAT'S NEW THIS MONTH

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 —“Cherry Crest Seafood” in Littleton
Monday, November 7 10:45 AM \$6 (\$9 non-members)**

From saltwater exotics to freshwater favorites, Cherry Crest has one of the freshest and most varied seafood selections in Denver. A favorite of seafood lovers, the ambiance is pleasantly casual and intimate. Fee is for transportation.

POTLUCK - Thanksgiving Feast

Wednesday, Nov 16 12:30 PM Bring a dish or pay \$5 (\$8 non-members)

The staff will be cooking the turkey and members will bring their favorite family dishes to share for this anticipated annual event. Please sign up for what dish you'll contribute. Day of event charge is \$7 for members and \$10 for non-members.

OUT TO DINNER —“Guadalajara” in Castle Rock

Friday, November 18 5:00 PM -- No transportation or charge

We will meet at one of members' perennial favorite spots for great Mexican cuisine in a fun atmosphere. Whatever your fancy, from enchiladas to chimichangas, you'll find them here. No transportation provided, just meet there at 150 W. Wolfensberger Road. Don't forget to sign up so we know how many for the reservation.

SIMPLY SOUP

Monday, November 21 12:30 PM \$5 (\$7 non-members)

Enjoy delicious bowls of homemade soup along with breads and desserts at our Simply Soup event. We need cooks as well as soup lovers, so please let us know if you can help! \$8 if pay on day of event.

OUT TO LUNCH —“Smashburger” on Broadway

Wednesday, November 30 10:30 AM \$6 (\$9 non-members)

Just when everyone is sick of turkey leftovers...it's time for handcrafted burgers which are smashed, seared and seasoned to order with artisan buns and flavorful sauces. These are second only to the Smashfries. It will be your new favorite place for burgers. Fee is for transportation.

TRIPS & EXCURSIONS



BRUNCH & BINGO OR JUST BINGO at Slammers Bingo Hall

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

NOTE NEW TIMES: If we're just going to play Bingo, we leave at 10:00 AM. If it's a Brunch & Bingo day, we leave at 9:00 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.

CASINO TRIP - “Fortune Valley” in Central City

Tuesday, November 8 8:30 AM \$10 (\$13 non-members)

Time to take a chance to make your fortune at Fortune Valley for our monthly trip to this casino in November. Fee is for transportation.

CONCERT — “Vienna Boys Choir” at new PACE Center in Parker

Friday, November 11 6:15 PM \$43.50 (\$46.50 non-members)

Be among the first to see this beautiful new facility opening late October. The world-famous Vienna Boys Choir will only be in the area for one night, so this is a “not to miss” event. The concert begins at 7:30 PM. Fee is for ticket and transportation.

**TOUR & LUNCH — Kirkland Museum of Fine & Decorative Art
Tuesday, November 15 9:30 AM \$13 (\$16 non-members)**

About 700 works of art by 170 artists are on display, and will be explained on our guided tour. Seating is available in each room and there is an elevator. The group will stop for lunch (on your own) on the way back to the Center. Fee is for transportation and tour ticket.

TRIP — IKEA Store in Centennial

Tuesday, November 22 9:30 AM \$5 (\$8 non-members)

IKEA is much more than a furniture store — it's an experience. Known for its reasonably priced Swedish furnishings and elaborate displays, this multi-level store requires a map to get around. Be prepared for a lot of walking. The restaurant and food court are famous for the Swedish Meatballs, so make sure to stop there for lunch (on your own). We will tour the store at your leisure — calling all “hikers” to join us. Fee is for transportation.

HAPPENINGS



AFTERNOON GAMES

Every Monday & Friday 1:00 OR 1:30 (see calendar) 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 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 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).

ARTS & CRAFTS (No classes in Nov, just time to do your own)

Fridays November 4, 11 and 18 at 9:00 AM

If you enjoy sewing, knitting, crocheting or crafts in general, you'll find this fun-filled group a great fit. No classes, just bring your crafts along.

BINGO FOR FUN

November 1 and 29 1:30 PM No Charge

Bingo is great entertainment for everyone, and it's only a nickel a card! Come and enjoy the antics of our new bingo callers.

SENIORZART CLASSES

November 3 and 17 2:00 PM \$3 per class (\$5 non-members)

COUNT YOUR BLESSINGS

No art experience or talent is needed for these fun and relaxing creative programs. You will complete a project each class.

PRESENTATION — *Changes to Medicare Part D for 2012*

Wednesday, November 2 10:00 AM No Charge

Representatives from Health Passport will give an overview of the 2012 Medicare changes regarding the prescription drug benefit. Bring a list of your medications for one-on-one meetings afterwards.

POLISH POKER

Wednesday, November 2 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. **(NOTE: Different Wednesday than usual)**

AFTERNOON MOVIE - “Wild Hogs”

Thursday, November 3 1:00 PM \$2 (\$4 non-members)

Tim Allen, John Travolta, Martin Lawrence and William H. Macy star in this comedy about four middle-age friends going on a cross-country motorcycle adventure. A lot can happen on the road to nowhere, including hilarious misadventures and screwball situations. Fee includes movie and popcorn.

V FOR VETERANS & VICTORY GROUP

Friday, November 4 1:00 PM No Charge

Veterans, and all who believe in those who have served our country, are welcome to be a part of this group. This month a nurse who was a commissioned officer in the United States Army, Patty Ehline, and served during the Vietnam War, will share her experiences during that conflict. The group is also working on a World War II presentation for local schools.

SPECIAL EVENT — CRAFT FAIR

Saturday, November 5 9:00 AM - 4:00 PM

Douglas County Events Center

Bake, volunteer or just come over and get a head start on Christmas shopping at this huge fundraiser for the Center. The quilt will be raffled at 3:00 PM. Tell your friends, neighbors and family to come check it out.

PRESENTATION — “Scams that Target Seniors”

Tuesday, November 8 1:00 PM No Charge

There are those who take advantage of seniors — don't be fooled by things that sound too good to be true. Mason Finks, the Director of Consumer Protection at the District Attorney's office, will let you know how to protect yourself from a variety of these scams.

LUNCH & LEARN

Wednesday, November 9 11:30 AM \$5 (\$8 non-members)

After a healthy lunch, physical therapists will present a program called “Jump Start Your Day.” Come and learn some easy stretches to start your day and to get all your body parts working!

SPECIAL EVENT — ANNUAL MEETING

Wednesday, November 9 1:30 PM

All members are invited to come and hear a presentation of the 2012 budget and plans for the Castle Rock Senior Center. There is no election this year but it's still important to understand the business side of the organization.

PRESENTATION — “How to Save Energy Workshop”

Thursday, November 10 1:00 PM No Charge

Saving money on your energy bills is not only good for your bank account, it's good for the environment. Come see easy and low-cost ways to save energy at this informative presentation.

PRESENTATION — “Wills and Trusts”

Wednesday, November 16 1:45 PM No Charge

Why do I need a will? Should I have a living trust instead? What if I die without either? Will my property go to the state? How can I avoid death taxes? These and many other questions will be topics of discussion with our legal advisor, Jaime Stewart, of Gubbels Law Office.

BUNCO

Wednesday, November 23 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



BROWN BAG SESSION (by appointment)

Friday, November 11 1:00 PM No Charge

Sign up for a twenty minute session with a pharmacology doctorate student and professor to go over all your prescription and over-the-counter medications. Don't miss this opportunity. Spots will fill fast. Call the front desk.

VISITING NURSES FOOT CLINIC (by appointment)

November 2, 3 and 16 at 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)

Nov 1 1:00 PM, Nov 4 & 18 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)

November 3 and 16 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)

November 11 10:15 AM

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.

PLEASE READ BEFORE SIGNING UP FOR ACTIVITIES

◆ 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.