

# DECEMBER

MONDAY

TUESDAY

WEDNESDAY

## Restaurant/Event Price Legend

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

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.

9:00 AM Chair Massage \$  
**9:00 AM Visiting Nurses \$**  
 9:30 AM Sit & Be Fit Class  
 1:00 PM Canasta  
 1:00 PM Crochet & Knit

1

8:30 AM Bowling  
 9:15 AM Bridge  
 9:30 AM Laughter Yoga  
 1:00 PM Afternoon of Games  
 1:30 PM Investment Club

6

9:30 AM Sit and Be Fit Class  
**9:00 AM Tour—**  
     *Rosemount Museum \$\$*  
**12:00 PM Civitan Meeting**  
 12:00 PM VOA Lunch—  
     *Beef Stew & Green Peas*  
 2:00 PM Bingo for Fun

7

9:30 AM Sit & Be Fit Class  
**1:00 PM Polish Poker**  
     *(sign up ahead)*  
 1:00 PM Canasta  
 1:00 PM Crochet & Knit

8

8:30 AM Bowling  
 9:15 AM Bridge  
**12:30 PM "Spud" Bar—**  
     *& The Heart Strings \$*  
 2:00 PM Afternoon of Games

13

9:30 AM Sit and Be Fit Class  
**11:30 AM IREA—**  
     **Holiday Luncheon**  
 12:00 PM VOA Lunch—  
     *Italian Sausage & Ziti*  
**1:30 PM Medicare 2011 Update**  
     **and Health Care Reform**  
 6:00 PM Catholic Charities  
     Kinship Program

14

**9:00 AM Visiting Nurses \$**  
 9:30 AM Sit & Be Fit Class  
 1:00 PM Canasta  
 1:00 PM Crochet & Knit  
**3:00 PM Tour of Lights \$**

15

8:30 AM Bowling  
 9:15 AM Bridge  
**12:00 PM Holiday Potluck \$**  
     *Reveal Secret Santa!*  
     *Bring Gift #4*  
 1:30 PM Afternoon of Games

20



9:30 AM Sit and Be Fit Class  
 12:00 PM VOA Lunch—  
     *Creole Chicken & Rice*  
**1:30 PM Marathon Bridge**

21

9:30 AM Sit & Be Fit Class  
 1:00 PM Canasta  
**1:00 PM Bunco \$ (sign up ahead)**

22

### 1:30 PM Activities Meeting

9:15 AM Bridge  
 1:00 PM Afternoon of Games

27

No Bowling Today!

9:30 AM Sit and Be Fit Class  
 12:00 PM VOA Lunch—  
     *Chicken Chow Mein*  
 2:00 PM Bingo for Fun—  
     White Elephant

28

9:30 AM Sit & Be Fit Class  
 1:00 PM Canasta  
 1:00 PM Crochet & Knit

29

January Activities Sign up

# 2010

## THURSDAY

9:30 AM Sit & Be Fit Class

10:30 AM Bingo \$

12:00 PM VOA Lunch—  
Chicken & Potato Kugel

**1:00 PM Presentation by Author—  
Staci McCormack**

2:00 PM "SeniorzArt" Class \$

**2**

## FRIDAY

9:00 AM Financial Services

**9:00 AM Trip—  
Magical Mystery Trip \$\$**

9:00 AM Sewing & Crafts

1:00 PM Afternoon of Games

**1:00 PM "V" for Veterans & Victory  
WWII Group**

*Secret Santa! Gift #1* 

**3**

## SATURDAY/SUNDAY

*Saturday*

**Lions Club**

**50th Anniversary**

**Holiday Dinner at 5:00 PM**

*Sunday*

**Holiday Fashion Show \$**

**Castle Rock Senior Center**

**Panorama Room at 2:30 PM**

**4/5**



9:30 AM Sit & Be Fit Class

9:30 AM Brunch & Bingo \$

12:00 PM VOA Lunch—  
Roast Beef & Potatoes

12:30 PM AARP Meeting

**1:00 PM Afternoon Movie & Popcorn \$**

2:00 PM "SeniorzArt" Class \$

**9**

9:00 AM Financial Services

9:00 AM Sewing & Crafts

**10:00 AM Shopping Trip—  
Park Meadows Mall \$**

10:00 AM Hearing Clinic

1:00 PM Afternoon of Games

**2:00 PM Board Meeting**

*Secret Santa! Gift #2* 

**10**



**11/12**

*Sunday*

**Town Hall Arts Center**

**"White Christmas" \$\$\$**

*Leave at 12:30 PM*

9:00 AM Chair Massage \$

9:30 AM Sit & Be Fit Class

10:30 AM Bingo \$

12:00 PM VOA Lunch—  
Bakes Ham & Sweet Potatoes  
~ Christmas Celebration ~

**1:30 PM Duplicate Bridge**

2:00 PM "SeniorzArt" Class \$

**16**

9:00 AM Financial Services

9:00 AM Sewing & Crafts

1:00 PM Afternoon of Games

**10:30 AM Out to Lunch—  
Pete's Central One \$\$**

*Secret Santa! Gift #3* 

**17**



**18/19**

*Saturday*

**Christmas & New Year's Ball \$**

**Castle Rock Senior Center**

**Panorama Room at 6:30 PM**



**23**



**24**



**25/26**

*Saturday*

**CHRISTMAS DAY**

*"Warmest Holiday Wishes"*

~ Christmas Vacation ~

9:30 AM Sit & Be Fit Class

10:30 AM Bingo \$

12:00 PM VOA Lunch—  
Oven Fried Chicken & Greens

**30**



**31**

*"Happy New Year's Eve"*

**\*\* 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



## 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 LUNCHESES

#### Every Tuesday & Thursday at Noon

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!

### LIONS CLUB 50<sup>TH</sup> ANNIVERSARY CHRISTMAS DINNER

#### Saturday, December 4 5:00 PM No Charge

Once again, the Lion's Club will cook and serve a fantastic holiday meal with all the trimmings! Come and enjoy an evening of food and fellowship in Panorama Hall. Please sign up in advance. We'll try to provide a shuttle, so let us know if you need a ride.

### "SPUD" BAR & "THE HEART STRINGS"

#### December 13 12:30 PM \$6 (\$9 non-members)

This is an event you won't want to miss! Come on down for a fun-filled holiday luncheon! We supply the potatoes and entertainment. . . you supply the toppings! Entertainment is by the "Heartstrings", a lively women's ensemble that combines music and fun in a way that will touch your heart. They will unveil their comedic version of Charles Dickens' "A Christmas Carol" and will include toe-tapping renditions of popular Christmas songs.

### IREA HOLIDAY LUNCHEON

#### December 14 11:30 AM No Charge

Intermountain Rural Electric Association is once again hosting their annual luncheon for us at the Douglas County Events Center. Please sign up in advance for this event. We need to provide the number of participants ahead of time so please sign up at the front desk. If you need transportation, please be sure to schedule a ride.

### OUT TO LUNCH – "Pete's Central One"

#### December 17 10:30 AM \$8 (\$11 non-members)

Enjoy the taste of great food! Pete's Central One serves some of the most authentic Greek food in the Denver area. This restaurant is located in downtown Denver and fee is for transportation only.

### HOLIDAY POTLUCK and Secret Santa Reveal

#### December 20 12:00 PM Bring a dish or pay \$5 (\$8 non-members)

Bring your favorite holiday dish to complement the main dish. Secret Santas will also be revealed so please bring you last gift!

## 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.

### MAGICAL MYSTERY TRIP

#### December 3 9:00 AM \$30 (\$37 non-members)

*Come Along on this Holiday Inspired Trip* and get in the mood for the Holiday Season. There will be walking involved with elevators for level changes, but this trip will be well worth the effort. The fee for this trip will include our destination, lunch and some Holiday Spirits.

### ROSEMOUNT MUSEUM TOUR

#### Tuesday, December 7 9:00 AM \$17 (\$21 non-members)

Let the journey to Pueblo begin! Rosemount Museum, "Colorado's Crown Jewel", was selected for a showing on the A&E cable network's nationally televised presentation of *America's Castles*. Built in 1893, this 37 room mansion was home to the John A. and Margaret Thatcher family. In fact, the Rosemount Museum was named after Mrs. Thatcher's favorite flower. We'll have lunch at the Carriage House and the fee includes ticket and transportation only.

### SHOPPING TRIP— Park Meadows

#### December 10 10:00 AM \$5 (\$8 non-members)

This is a wonderful opportunity to enjoy lunch and shop for all those special gifts as you enjoy the festive Christmas decorations at the Mall. We'll return to the Center around 2:30 PM. Fee is for transportation.

### TOWN HALL ARTS CENTER—"White Christmas"

#### Sunday, December 12 12:30 PM \$42 (\$46 non-members)

This is the beloved and timeless story of a couple of WWII veterans who have a successful song-and-dance act. The story unfolds as they happen to follow a duo of beautiful singing sisters on the way to their Christmas show at a Vermont lodge. The lodge just happens to be owned by their former army commander! The Music and Lyrics of Irving Berlin will round out this lovely holiday production. We'll travel to the Town Hall Arts Center in Littleton for this presentation and the fee is for ticket and transportation.

### TOUR OF LIGHTS

#### December 15 3:00 PM \$10 (\$14 non-members)

Relive the spirit of the Christmas season as you enjoy some of the best local holiday light displays. Your tour will take you to Chatfield, downtown Denver and Windsor Gardens. We'll also stop at "Sweet Tomatoes" for dinner. Fee is for transportation.

# WHAT'S NEW THIS MONTH

## HAPPENINGS



### BOWLING LEAGUE

**Every Monday Morning at 8:30 AM \$6 (\$9 non-members)**

We'll continue the bowling season with a strike (or more!) as we enjoy the fun and exercise bowling offers. If you're interested in joining the bowling league, call Paul at 303.660.9860. **Note that there is no bowling on December 27<sup>th</sup>.** Fee is for transportation.

### AFTERNOON GAMES

**Every Monday & Friday (See Calendar for Time Change) No Charge**

Drop in to play a variety of games including Pinochle, Mah Jong, Mexican Train and Canasta.

### SIT & BE FIT CLASS

**Every Tuesday, Wednesday and Thursday 9:30 AM No Charge**

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

### KNITTING & CROCHETING

**Every Wednesday (Except December 22) 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.

### CRAFT CLASS

**Every Friday 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!

### FINANCIAL SERVICES

**Most Every Friday 9:00 AM**

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 with Edward Jones (303-688-4220).

### VISITING NURSES FOOT CLINIC

**December 1 & 15 9:00 AM 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.

### LOCAL AUTHOR PRESENTATION

**December 2, 1:00 PM No Charge**

Staci McCormack, local author of "*Mingled Blessing*", will share her motivation and passion for the story behind our Castle Rock star. Join Staci and her book's character, Grandpapa, as they recount the history of the making of our star.

### CHAIR MASSAGE (by appointment)

**December 1 & 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 to schedule yours!

### SENIORZART CLASSES

**December 2, 9, & 16 2:00 PM \$3 per class (\$5 non-members)**

By popular demand, we are continuing the art classes into the Fall and Winter. 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!"

### HOLIDAY FASHION SHOW

**Sunday, December 5 2:30 PM \$6 (\$8 Non-members)**

**Day of \$8 (\$10 Non-members)**

Our very own models will once again showcase the latest holiday attire from Coldwater Creek. This lovely event will be the perfect outing for friends and family during the holiday season! Holiday refreshments will be included.

### LAUGHTER YOGA

**December 6 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!

### BINGO FOR FUN

**December 7 & 28 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! On December 28<sup>th</sup> we'll play for those wonderful "White Elephants". You must bring a gift for this event!

### POLISH POKER

**December 8 1:00 PM No Charge**

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

### AFTERNOON MOVIE

**December 9 1:00 PM \$2 (\$4 non-members) Genre: Music**

**"Bing Crosby's White Christmas USO All Star Show"** This is sure to be a HIT! Let's travel back in time as we listen to Bing Crosby singing "White Christmas" in this vintage, star-studded holiday special produced by the USO and shown overseas to lift the spirits of American servicemen and women. Hollywood's best and brightest (such as Bob Hope, Jimmy Stewart and Milton Berle) cut it up for laughs. Other vocalists contribute spirited songs including Louis Armstrong performing "When the Saints Go Marching In".

### MEDICARE 2011 Update and Health Care Reform Presentation

**December 14 1:30 PM No Charge**

Come one, come all to the Center to receive the latest update on 2011 Part "D" and Health Care Reform. The speaker will be William B. Kistler, Project Director of Health Passport, Centura Health.

### CHRISTMAS & NEW YEAR'S BALL

**December 18 6:30 PM \$10 (\$14 non-members)**

Experience the joy of the holiday season as you dance to the music of Tom Yook! Semi-formal and formal attire are appropriate. Refreshments and dessert will be served.

### BUNCO

**December 22 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!