

# JANUARY

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.**

## \*\* 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.*

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

**3**

9:30 AM Sit and Be Fit Class  
 12:00 PM Civitan  
 12:00 PM VOA Lunch—  
*Hot Turkey Sandwich*  
 2:00 PM Bingo for Fun

**4**

**9:00 AM Visiting Nurses \$**  
 9:00 AM Chair Massage \$  
 9:30 AM Sit & Be Fit Class  
**11:15 AM Out to Lunch—  
 Dukes Steakhouse \$**  
 1:00 PM Canasta  
 1:00 PM Crochet & Knit

**5**

8:30 AM Bowling  
 9:15 AM Bridge  
**12:00 PM Simply Soup \$**  
 1:00 PM Afternoon of Games

**10**

**8:30 AM Casino Trip—  
 Lady Luck \$**  
 9:30 AM Sit and Be Fit Class  
 12:00 PM VOA Lunch—  
*Catfish & Cheesy Potatoes*  
**1:00 PM Guardian and  
 Conservator Presentation**  
 6:00 PM *Catholic Charities  
 Kinship Program*

**11**

**9:15 AM History Tour—  
 Brown Palace Hotel \$\$**  
 9:30 AM Sit & Be Fit Class  
 1:00 PM Canasta  
 1:00 PM Crochet & Knit

**12**

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

**17**

9:30 AM Sit and Be Fit Class  
 12:00 PM Civitan  
 12:00 PM VOA Lunch—  
*Chicken & Rosemary Potatoes*  
**1:30 PM Marathon Bridge**  
**5:00 PM Out to Dinner—  
 La Dolce Vita \$\$**

**18**

**9:00 AM Visiting Nurses \$**  
 9:30 AM Sit & Be Fit Class  
**12:00 PM Monthly Potluck \$**  
 1:00 PM Canasta  
 1:00 PM Crochet & Knit  
**1:00 PM Polish Poker  
 (sign up ahead)**

**19**

## 1:30 PM Activities Meeting

8:30 AM Bowling  
 9:15 AM Bridge  
 1:00 PM Afternoon  
 of Games

**24/31**

8:30 AM Bowling  
 9:15 AM Bridge  
 1:00 PM Afternoon  
 of Games


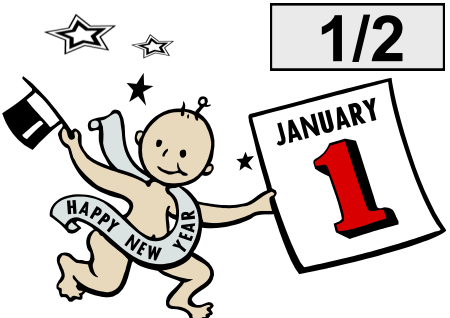
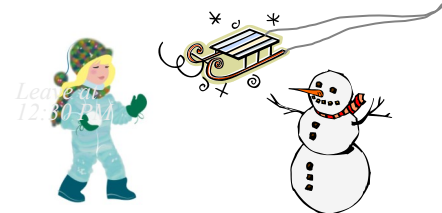


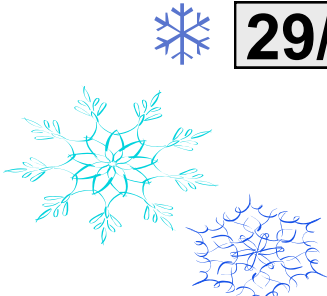
9:30 AM Sit and Be Fit Class  
 12:00 PM VOA Lunch—  
*Salisbury Steak & Veggies*  
**1:00 PM Presentation by Author—  
 Carol Denker**  
 2:00 PM Bingo for Fun

**25**

9:30 AM Sit & Be Fit Class  
**11:30 AM Lunch & Learn \$**  
 1:30 PM Canasta  
 1:00 PM Crochet & Knit  
**1:30 PM Bunco \$ (sign up ahead)**

**26**

# 2011

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p><b>** CANCELLATIONS **</b> <b>Ticketed Events</b></p> <p>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.</p> <p><i>Check at the front desk to see if there is a waiting list.</i></p>	 <p><i>"Happy New Year's Eve"</i></p>	 <p><b>1/2</b></p>
<p>9:30 AM Sit &amp; Be Fit Class <b>6</b></p> <p>10:30 AM Bingo \$</p> <p>12:00 PM VOA Lunch— <i>Pork Chop &amp; Black-Eyed Peas</i></p> <p><b>1:00 PM Zoo on the Move</b></p> <p>2:00 PM "SeniorzArt" Class \$</p>	<p>9:00 AM Financial Services <b>7</b></p> <p>9:00 AM Sewing &amp; Crafts</p> <p>1:00 PM Afternoon of Games</p> <p><b>1:00 PM "V" for Veterans &amp; Victory WWII Group</b></p>	<p><b>8/9</b></p> 
<p>9:30 AM Sit &amp; Be Fit Class <b>13</b></p> <p>9:30 AM Brunch &amp; Bingo \$</p> <p>12:00 PM VOA Lunch— <i>Chicken &amp; Sweet Potato</i></p> <p>12:30 PM AARP Meeting</p> <p><b>1:00 PM Afternoon Movie &amp; Popcorn</b></p> <p>2:00 PM "SeniorzArt" Class \$</p>	<p>9:00 AM Financial Services <b>14</b></p> <p>9:00 AM Sewing &amp; Crafts</p> <p>10:00 AM Hearing Clinic</p> <p>1:00 PM Afternoon of Games</p>	<p><b>15/16</b></p>  <p><i>Sunday</i></p> <p><b>Vintage Theater</b> <i>"Bedroom Farce" \$\$</i> <i>Leave at 1:15 PM</i></p>
<p>9:00 AM Chair Massage \$ <b>20</b></p> <p>9:30 AM Sit &amp; Be Fit Class</p> <p>10:30 AM Bingo \$</p> <p>12:00 PM VOA Lunch— <i>BBQ Pork Rib, Corn &amp; Greens</i></p> <p>12:30 PM AARP Meeting</p> <p>2:00 PM "SeniorzArt" Class \$</p>	<p>9:00 AM Financial Services <b>21</b></p> <p>9:00 AM Sewing &amp; Crafts</p> <p>1:00 PM Afternoon of Games</p> <p><b>2:00 PM Board Meeting</b></p>	<p><b>22/23</b></p> 
<p>9:30 AM Sit &amp; Be Fit Class <b>27</b></p> <p>9:30 AM Brunch &amp; Bingo \$</p> <p><b>11:00 AM Out to Lunch—</b> <i>White Chocolate Grill \$\$</i></p> <p>12:00 PM VOA Lunch— <i>Oriental Pepper Chicken</i></p> <p><b>1:30 PM Duplicate Bridge</b></p>	<p>9:00 AM Financial Services <b>28</b></p> <p>9:00 AM Sewing &amp; Crafts</p> <p>1:00 PM Afternoon of Games</p> <p><b>February Activities Sign up</b></p>	<p><b>29/30</b></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 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!

### OUT TO LUNCH—"Duke's Steakhouse"

#### **Wednesday, January 5 11:15 AM \$3 (\$5 non-members)**

Come one, come all to Duke's new location in Castle Pines! Duke's menu prominently features steak and prime rib as well as seafood and salads. Sirloin burgers are ground in-house for fresh taste and excellent quality. Locally ranchered bison will round out the 'specials'! Fee is for transportation.

### SIMPLY SOUP

#### **January 10 12:00 PM \$5 (\$8 non-members)**

Enjoy delicious bowls of homemade soup along with breads and desserts at our monthly Simply Soup event. We need cooks as well as soup lovers so please let us know if you can help! See you there!

### OUT TO DINNER—"La Dolce Vita"

#### **Tuesday, January 18 5:00 PM \$3 (\$5 non-members)**

You're sure to find "The Sweet Life" at La Dolce Vita where you will enjoy first-rate Italian food, atmosphere and service. Start with the antipasti menu and move on to something decadent like Lobster Ravioli. The house special, *Veal La Dolce Vita*, tops off veal with crabmeat, artichokes, and asparagus. . .yummmmm. La Dolce Vita is located in Castle Pines and fee is for transportation.

### MONTHLY POTLUCK

#### **January 19 12:00 PM Bring a dish or pay \$5 (\$8 non-members)**

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

### OUT TO LUNCH—"White Chocolate Grill"

#### **Thursday, January 27 11:00 AM \$5 (\$8 non-members)**

The White Chocolate Grill is a contemporary American restaurant located at The Vista in the Park Meadows Shopping Center. You'll find classic American fare made from scratch using only the highest quality ingredients. A selection of house-made white chocolate and other desserts will complement your meal. Note that the design of the restaurant reflects a Frank Lloyd Wright atmosphere. Fee is for transportation.

## TRIPS & EXCURSIONS



### BOWLING LEAGUE

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

We'll continue the bowling season as we enjoy the fun and exercise bowling offers. If you're interested in joining the bowling league, call Paul at 303.660.9860. Fee is for transportation.

### 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.

### CASINO TRIP—"Lady Luck"

#### **Tuesday, January 11 8:30 AM \$10 (\$14 non-members)**

"Lady Luck" may just possibly be on your side this month as we travel to one of Black Hawk's most popular casinos. Try your luck at the various games or just come along for the ride and explore this historical area on your own. Fee is for transportation.

### HISTORY TOUR—Brown Palace Hotel

#### **Wednesday, January 12 9:15 AM \$18 (\$21 non-members)**

This seventy-five minute guided historical tour will recount interesting anecdotes about the history of Denver's Brown Palace Hotel. We have been told that the Christmas decorations will still be in place. (A nice bonus!) Upon completion of the tour we'll travel to La Central for lunch where we'll enjoy French cuisine. Fee includes ticket and transportation.

### VINTAGE THEATER—"Bedroom Farce"

#### **Sunday, January 16 1:15 PM \$23 (\$29 non-members)**

"Bedroom Farce" is a play that contains a melee of events touched with certain philandering characters, all occurring within similar moments of one another. Clever uses of time and space make this a very intricate and sophisticated comedy. Relationships among young couples deteriorate and rebuild as a deeper meaning within the play is revealed. Although the play may seem to lead to heartbreak, it substitutes the hard truths of certain relationships into relationships that may have a chance at survival after all!

# WHAT'S NEW THIS MONTH

## HAPPENINGS



### 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 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. Canasta will start at 1:30 PM on January 26.

### 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 at (303-688-4220).

### LAUGHTER YOGA

**January 3 & 17 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

**January 4 & 25 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!

### VISITING NURSES FOOT CLINIC

**January 5 & 19 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.

### CHAIR MASSAGE (by appointment)

**January 5 & 20 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!

### ZOO ON THE MOVE

**January 6 1:00 PM No Charge**

Once again we'll have the opportunity to experience wildlife close up and personal by having Cheyenne Mountain's Zoo on the Move come to our Center. Come, enjoy and get inspired by the natural world! This presentation will take place in the Center's great room.

### SENIORZART CLASSES

**January 6, 13, & 20 2:00 PM \$3 per class (\$5 non-members)**

By popular demand, we are continuing the art classes into the 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!"

### GUARDIAN & CONSERVATOR PRESENTATION

**January 11 1:00 PM No Charge**

This informative presentation will be hosted by our legal advisor, Jaime Stewart, an attorney with Gubbels Law Office. She will discuss the difference between a guardian and a conservator. You will also learn various ways to avoid costly court proceedings and to have a guardian or conservator appointed such as with powers of attorney and revocable living trusts.

### POLISH POKER

**January 19 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

**January 13 1:00 PM \$2 (\$4 non-members)**

**"Bridges of Madison County"** This romantic drama starring Meryl Streep and Clint Eastwood has become a film classic. A compelling story evolves as a virile stranger materializes in the kitchen of a quiet housewife and takes her into his arms. "This kind of certainty comes once in a lifetime". Be prepared to be touched. We'll supply the Kleenex if needed!

### LOCAL AUTHOR PRESENTATION

**January 25, 1:00 PM No Charge**

Local author, Carol Denker, will present wonderful stories of love and hope from her book, *"Autumn Romance: Stories and Portraits of Love after 50"*. Carol has a Masters Degree in Psychology and a second Masters in Education. She was editor-in-chief of The Spirit Newspaper in Philadelphia and is now a resident of Denver. The presentation will follow our scheduled VOA luncheon.

### BUNCO

**January 26 1:30 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!

