

JUNE

MONDAY	TUESDAY	WEDNESDAY
<p>8:30 AM Coffee/Moo Mags 1</p> <p>9:30 AM Laughter Yoga</p> <p>9:30 AM Bridge</p> <p>10:00 AM Trip to JC's Greenhouse—Elizabeth \$</p> <p>10:00 AM Tennis</p> <p>1:00 PM Afternoon of Games</p> <p>1:30 PM Investment Club</p>	<p>8:30 AM Coffee/Moo Mags 2</p> <p>9:30 AM Sit and Be Fit Class</p> <p>12:00 PM VOA Lunch— <i>BBQ Chicken & Potato</i></p> <p>12:00 PM Civitan</p> <p>2:00 PM Bingo for Fun</p> <p>7:00 PM Quilt Club</p>	<p>8:00 AM Salute to Seniors \$ 3</p> <p>8:30 AM Coffee/Moo Mags</p> <p>9:00 AM Visiting Nurses \$</p> <p>9:30 AM Sit & Be Fit Class</p> <p>1:00 PM Canasta</p> <p>1:00 PM Crochet & Knit</p>
<p>8:30 AM Coffee/Moo Mags 8</p> <p>9:30 AM Laughter Yoga</p> <p>9:30 AM Bridge</p> <p>10:00 AM Tennis</p> <p>12:00 PM Monster Salad \$</p> <p>1:00 PM Afternoon of Games</p>	<p>8:30 AM Casino Trip—“The Canyon” \$ 9</p> <p>8:30 AM Coffee/Moo Mags</p> <p>9:30 AM Sit and Be Fit Class</p> <p>12:00 PM VOA Lunch— <i>Turkey w/Stuffing</i></p> <p>6:00 PM Catholic Charities Kinship Program</p>	<p>8:30 AM Coffee/Moo Mags 10</p> <p>9:30 AM Sit & Be Fit Class</p> <p>11:30 AM Lunch & Learn \$</p> <p>1:00 PM Canasta</p> <p>1:00 PM Crochet & Knit</p> <p>1:30 PM Polish Poker \$ (sign up ahead)</p> <p>4:30 PM Out to Dinner—“Luigi’s” \$\$</p>
<p>8:30 AM Coffee/Moo Mags 15</p> <p>9:30 AM Laughter Yoga</p> <p>9:30 AM Bridge</p> <p>10:00 AM Tennis</p> <p>10:30 AM Out to Lunch—“The Broadmoor” \$\$</p> <p>1:00 PM Afternoon of Games</p>	<p>8:30 AM Coffee/Moo Mags 16</p> <p>9:30 AM Sit and Be Fit Class</p> <p>12:00 PM VOA Lunch— <i>Burrito & Rice</i></p> <p>5:00 PM Civitan—Centennial Park</p>	<p>8:30 AM Coffee/Moo Mags 17</p> <p>9:00 AM Visiting Nurses \$</p> <p>9:00 AM Chair Massage \$</p> <p>9:30 AM Sit & Be Fit Class</p> <p>12:00 PM Monthly Potluck \$</p> <p>1:00 PM “Purchasing Prescription Drugs—Cost Effectively”</p> <p>1:00 PM Canasta</p> <p>1:00 PM Crochet & Knit</p>
<p>8:30 AM Coffee/Moo Mags 22</p> <p>9:30 AM Laughter Yoga</p> <p>9:30 AM Bridge</p> <p>10:00 AM Tennis</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Activities Meeting</p>	<p>8:30 AM Coffee/Moo Mags 23</p> <p>9:30 AM Sit and Be Fit Class</p> <p>12:00 PM VOA Lunch— <i>Soup & Tuna Wrap</i></p> <p>2:00 PM Bingo for Fun “White Elephant!”</p> <p>6:30 PM Medicare & You—Nuts & Bolts</p>	<p>8:30 AM Coffee/Moo Mags 24</p> <p>9:30 AM Sit & Be Fit Class</p> <p>1:00 PM Canasta</p> <p>1:00 PM Crochet & Knit</p> <p>1:00 PM Bunco \$ (sign up ahead)</p>
<p>8:30 AM Coffee/Moo Mags 29</p> <p>9:30 AM Laughter Yoga</p> <p>9:30 AM Bridge</p> <p>10:00 AM Tennis</p> <p>1:00 PM Afternoon of Games</p>	<p>8:30 AM Coffee/Moo Mags 30</p> <p>9:00 AM Chair Massage \$</p> <p>9:30 AM Sit and Be Fit Class</p> <p>9:30 AM Tour Capitol Bldg \$</p> <p>12:00 PM VOA Lunch— <i>Meatball & Baked Potato</i></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><i>Unfortunately, same-day cancellations cannot be refunded.</i></p>

2009

THURSDAY

FRIDAY

SATURDAY/SUNDAY

8:30 AM Coffee/Moo Mags
 9:00 AM Chair Massage \$
 9:30 AM Sit & Be Fit Class
 10:00 AM Tennis
 10:30 AM Bingo \$
 12:00 PM VOA Lunch—
Teriyaki Beef w/Rice

4

9:00 AM Sewing Group
 / Craft Club
 9:30 AM Laughter Yoga
11:00 AM Out to Lunch—
“Alexander’s” \$
 1:00 PM Afternoon of Games

5



6/7

Saturday
 Horseracing
 at Arapahoe Park \$
Leave SC at 11:30 AM

Sunday ~ **Square Dancing** ~ 1 PM \$

8:00 AM Hike—Red Rock Canyon, Manitou Springs \$
 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—
Salisbury Steak & Potatoes

11

9:00 AM Sewing Group
 / Craft Club
 9:30 AM Laughter Yoga
10:00 AM Magical Mystery Trip \$\$
 10:00 AM Hearing Clinic
 1:00 PM Afternoon of Games

12

Saturday
 CIVITAN
 YARD SALE
 8 AM—12 NOON
Library Parking Lot

13/14

Sunday
 “Oklahoma” \$\$\$
Leave SC at 12:30 PM

Sunday ~ **Square Dancing** ~ 1 PM \$

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—
Pork Chop & Potatoes

18

9:00 AM Financial Services
 9:00 AM Sewing Group
 / Craft Club
 9:30 AM Laughter Yoga
 1:00 PM Afternoon of Games
1:00 PM Board Meeting

19



20/21

Saturday
 Greek Festival \$
Leave SC at 11:00 AM

Happy Father's Day!

Sunday ~ **Square Dancing** ~ 1 PM \$

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—
Hot Dog & Baked Beans
4:30 PM Out to Dinner—
“August Moon Asian Grill” \$\$

25

9:00 AM Sewing Group
 / Craft Club
 9:30 AM Laughter Yoga
 1:00 PM Afternoon of Games
4:00 PM Singles Only Event \$

26

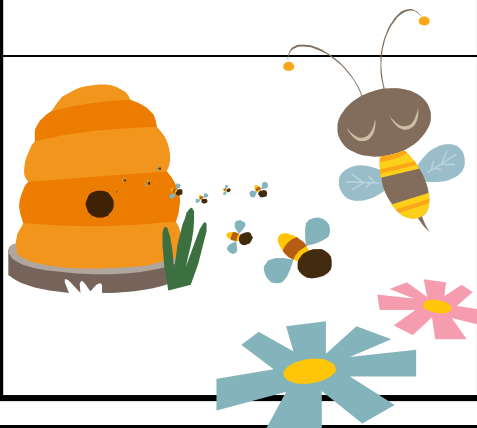
Sunday
 “The Lettermen”
 Concert at
 Hudson Gardens \$\$
Lv SC at 4:30 PM

27/28



Sunday ~ **Square Dancing** ~ 1 PM \$

July Activities Sign up



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.

WHAT'S NEW THIS MONTH

PLEASE READ THIS IMPORTANT INFORMATION 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 – "Alexander's"

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

Featuring a contemporary American menu from cheeseburgers to prime rib, this Englewood restaurant is known for good food. Fee is for transp.

"MONSTER SALAD"

June 8 12:00 PM \$2 (\$3 non-members)

Now that the weather is warmer, bring an item to contribute to a great big salad bar! We have a list of suggested items and a special sign-up form in the front office. Participants will pay a small fee to cover the cost of plates, napkins, beverages, etc.

LUNCH & LEARN

June 10 11:30 AM \$5 (\$7 non-members)

Let's kick off summer with a healthy topic – walking! Medical experts all agree that this is a great exercise. Our speaker is a local Physical Therapist who will have a special gift for class attendees.

OUT TO DINNER – "Luigi's"

June 10 4:30 PM \$5 (\$7 non-members)

At this family owned Italian restaurant in Centennial you'll find everything from pizza & spaghetti to more elaborate European dishes. Fee is for transportation.

OUT TO LUNCH – "The Broadmoor"

June 15 10:30 AM \$7 (\$9 non-members)

This world-class facility in Colorado Springs is a feast for the eyes as well as the palate. On the way home we'll drive through the Garden of the Gods. Fee is for transportation.

MONTHLY POTLUCK

June 17 12:00 PM Bring a dish or pay \$5 (\$7 non-members)
Our theme for the month is "Luau" so we'll provide the ham. Those with last names beginning with A-L please bring a salad or side dish. Those beginning with L-Z bring a dessert to share.

OUT TO DINNER – "August Moon Asian Grill"

June 25 4:30 PM \$4 (\$5 non-members)

If you like Asian food, you're sure to like this restaurant in Parker. Fee is for transportation.

TRIPS & EXCURSIONS



BRUNCH & BINGO OR JUST BINGO

Every Thursday morning \$7 (\$9 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.

JC'S GREENHOUSE TRIP

June 1 10:00 AM \$4 (\$5 non-members)

We'll head out to a wonderful greenhouse east of Elizabeth to load up on summer annuals to fill your pots and planters. You can also buy tomato and pepper plants. The selection is great and the prices are reasonable. Fee is for transportation.

SALUTE TO SENIORS

June 3 8:00 AM \$8 (\$10 non-members)

Entertainer Shirley Jones is the main attraction at this annual event. We'll transport the group to the light rail station at Lincoln, and ride to the Convention Center. Fee includes transportation to the light rail station & event ticket. You'll pay the light rail fee – approximately \$4, and buy your lunch.

HORSERACING AT ARAPAHOE PARK

Saturday June 7 11:30 AM \$5 (\$7 non-members)

Our members always look forward to this time of year and our trips to the races! Come and try your luck or just enjoy the atmosphere at this exciting event. Fee is for transportation.

CASINO TRIP – "Canyon Casino"

June 9 8:30 AM \$10 (\$13 non-members)

Sit back and enjoy the trip to Blackhawk. The Canyon Casino is where we'll "land", but you can visit a variety of gaming houses while you're there. Fee is for transportation.

HIKE – Red Rock Canyon

June 11 8:00 AM \$7 (\$9 non-members)

This month's hike is in Manitou Springs. Phyllis promises good weather & great scenery. Fee is for transportation.

MAGICAL MYSTERY TRIP

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

You won't know where you're going until you board the bus, but Terry's trips are always an excellent adventure! Fee is for transportation.

WHAT'S NEW THIS MONTH

"OKLAHOMA"

Sunday June 14 12:30 PM \$36 (\$38 non-members)

This lively musical about fun, love and romance in the lives of families living in the Oklahoma territory at the turn of the century will delight all! Fee includes ticket & transportation.

GREEK FESTIVAL

Saturday June 20 11:00 AM \$7 (\$9 non-members)

This annual event held at Assumption Greek Orthodox Church in Denver celebrates everything Greek – from music & dancing to food & shopping. Fee is for transportation. *Note: If enough people sign up we may take two vans to allow some to stay longer.

"THE LETTERMEN" CONCERT

Sunday June 28 4:30 PM \$30 (\$32 non-members)

Come and enjoy the smooth sounds of this group from the 60's and 70's. The concert is outside at Hudson Gardens. Bring a lawn chair & your supper. Don't forget a warm jacket or blanket, as it can be cool. Fee includes ticket and transportation.

HAPPENINGS



LAUGHTER YOGA

Every Monday & Friday 9:30 AM No Charge

This healthy class makes you feel good inside and out!

AFTERNOON GAMES

Every Monday & Friday 1:00 PM No Charge

Drop in to play Pinochle, Mah Jong, Mexican Train or Canasta.

SIT & BE FIT CLASS

Every Tuesday, Wednesday and Thursday 9:30 AM NO CHARGE

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

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.

CROCHET & KNITTING

Every Wednesday 1:00 PM No Charge

Join our ladies for a fun, learning experience. Sheila Vella is our crochet expert, and Theresa Wells shares her knitting skills. Bring your current project or we'll get you started on one!

LINE DANCING

Cancelled for June, July & August

SEWING & CRAFT GROUP

Every Friday 9:00 AM No Charge

Maggie and her crew need your help! They are gearing up for two Craft Fairs this fall. If you can sew or quilt or just like to craft, please join this industrious group!

FINANCIAL SERVICES

Friday June 19 only 9:00 AM

Paul Donahue, our expert advisor, will be traveling for most of June. 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).

BINGO FOR FUN

June 2 & 23 2:00 PM No Charge

Al Martin will entertain us with his clever calling as we enjoy an afternoon of one of our favorite games. And it's only a nickel a card! **On the 23rd, your ticket to play is a "White Elephant" gift. Everyone must bring at least one!**

VISITING NURSES CLINIC

June 3 & 17 9:00 AM Fee paid to Nurse

Call in or sign up at the front desk to schedule your appointment. Your toes won't get painted, but your feet will feel better! See page 5 for details.

CHAIR MASSAGE (by appointment)

June 4, 17 & 30 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! We've scheduled three days this month, as these appointments fill up fast. Call to schedule yours!

POLISH POKER

June 10 1:30 PM \$1 (\$2 non-members)

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

"PURCHASING PRESCRIPTION DRUGS – COST EFFECTIVELY"

June 17 1:00 PM No Charge

Paying too much for your prescriptions? Maybe this seminar will help. Conducted by Kathy Barr, Certified Senior Advisor, you'll learn ways to save \$\$ and more.

BUNCO

June 24 1:00 PM \$4 (\$5 non-members)

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

SINGLES ONLY EVENT

June 26 4:00 PM \$3 (\$4 non-members)

Weather permitting we'll be meeting for supper at a local park. We'll play some games and have a fun summer evening. We'll bring chicken and you potluck the rest of the meal. Sign up and we'll call you with the location!

