



JUNE

MONDAY	TUESDAY	WEDNESDAY
<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>	<p>** CANCELLATIONS **</p> <p>Ticketed Events</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>9:00 AM Visiting Nurses \$</p> <p>9:30 AM Sit & Be Fit Class</p> <p>10:45 AM Out to Lunch— Western Trails Steakhouse \$\$</p> <p>1:00 PM Canasta</p> <p>1:00 PM Crochet & Knit</p>
<p>9:15 AM Bridge</p> <p>9:30 AM Tennis</p> <p>9:30 AM Laughter Yoga</p> <p>12:30 PM Monster Salad \$</p> <p>1:00 PM Afternoon of Games</p>	<p>9:30 AM Sit and Be Fit Class</p> <p>10:00 AM Garden Club Meeting</p> <p>11:45 AM VOA Lunch— <i>Veal Parmesan & Broccoli</i></p> <p>12:00 PM Civitan</p> <p>2:00 PM Bingo for Fun</p>	<p>9:30 AM Sit & Be Fit Class</p> <p>1:00 PM Polish Poker (sign up ahead)</p> <p>1:00 PM Canasta</p> <p>1:00 PM Crochet & Knit</p> <p>4:30 PM Out to Dinner— The Perfect Landing \$\$</p>
<p>9:15 AM Bridge</p> <p>9:30 AM Magical Mystery Trip \$\$</p> <p>9:30 AM Tennis</p> <p>1:00 PM Afternoon of Games</p>	<p>8:30 AM Casino Trip— Fitzgeralds \$</p> <p>9:30 AM Sit and Be Fit Class</p> <p>11:45 AM VOA Lunch— <i>Roast Pork & Potatoes</i></p>	<p>9:00 AM Visiting Nurses \$</p> <p>9:30 AM Sit & Be Fit Class</p> <p>12:30 PM Monthly Potluck \$</p> <p>1:30 PM Crochet & Knit</p> <p>1:45 PM Presentation— Revocable Living Trusts</p> <p>2:00 PM Canasta</p>
<p>8:30 AM Hike— Dawson Butte \$</p> <p>9:15 AM Bridge</p> <p>9:30 AM Tennis</p> <p>9:30 AM Laughter Yoga</p> <p>1:00 PM Afternoon of Games</p>	<p>9:30 AM Sit and Be Fit Class</p> <p>10:00 AM Tour— Outlets of Castle Rock</p> <p>11:45 AM VOA Lunch— <i>Honey BBQ Chicken & Potatoes</i></p> <p>12:00 PM Civitan</p>	<p>9:30 AM Sit & Be Fit Class</p> <p>11:00 AM Lunch & Learn \$</p> <p>1:30 PM Canasta</p> <p>1:30 PM Crochet & Knit</p>
1:30 PM Activities Meeting		
<p>9:15 AM Bridge</p> <p>9:30 AM Tennis</p> <p>1:00 PM Afternoon of Games</p> <p>4:15 PM Out to Dinner— Tarbell's \$\$</p>	<p>9:30 AM Sit and Be Fit Class</p> <p>11:45 AM VOA Lunch— <i>Swedish Meatball & Peas</i></p> <p>2:00 PM Bingo for Fun— White Elephant</p>	<p>9:00 AM Chair Massage \$</p> <p>9:00 AM Trip— Butterfly Pavilion</p> <p>9:30 AM Sit & Be Fit Class</p> <p>1:00 PM Bunco \$ (sign up ahead)</p> <p>1:00 PM Canasta</p> <p>1:00 PM Crochet & Knit</p>

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THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>9:30 AM Sit & Be Fit Class 9:30 AM Tennis 10:30 AM Bingo \$ 11:45 AM VOA Lunch— Teriyaki Beef & Fried Rice 2:00 PM "SeniorzArt" Class \$</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">2</div>	<p>9:00 AM Financial Services 9:00 AM Reflexology \$ 9:00 AM Arts & Crafts Class 1:00 PM "V" for Veterans & Victory Group 1:00 PM Afternoon of Games 6:00 PM Tennis Doubles</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">3</div>	<div style="text-align: center;">  <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-top: 10px;">4/5</div> <i>Sunday</i> <i>Summer Garden Fashion Show \$</i> Castle Rock Senior Center Panorama Room at 2:30 PM </div> <div style="text-align: center; border: 1px solid black; padding: 2px; margin-top: 5px;">Sunday ~ Square Dancing! 1 PM \$</div>
<p>9:30 AM Sit & Be Fit Class 9:30 AM Tennis 9:30 AM Brunch & Bingo \$ 11:45 AM VOA Lunch— <i>Salisbury Steak & Veggies</i> 12:30 PM AARP Meeting 1:00 PM Afternoon Movie & Popcorn \$ 2:00 PM "SeniorzArt" Class \$</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">9</div>	<p>8:30 AM AARP Driver Class 9:00 AM Financial Services 9:00 AM Arts & Crafts Class 10:00 AM Hearing Clinic 1:00 PM Afternoon of Games 6:00 PM Tennis Doubles</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">10</div>	<div style="text-align: center; border: 1px solid black; padding: 10px; width: 100%;">11/12</div> <div style="text-align: center; border: 1px solid black; padding: 2px; margin-top: 5px;">Sunday ~ Square Dancing! 1 PM \$</div>
<p>9:00 AM Chair Massage \$ 9:30 AM Sit & Be Fit Class 9:30 AM Tennis 10:30 AM Bingo \$ 11:45 AM VOA Lunch— <i>Chicken Fried Steak & Potatoes</i> 2:00 PM "SeniorzArt" Class \$</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">16</div>	<p>9:00 AM Financial Services 9:00 AM Reflexology \$ 9:00 AM Sewing & Crafts 1:00 PM Afternoon of Games 1:00 PM Board Meeting 6:00 PM Tennis Doubles</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">17</div>	<div style="text-align: center;">  <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-top: 10px;">18/19</div> <i>Saturday</i> Horseracing at Arapahoe Park \$ <i>Leave at 11:30 AM</i> </div> <div style="text-align: center; border: 1px solid black; padding: 2px; margin-top: 5px;">Sunday ~ Square Dancing! 1 PM \$</div>
<p>9:30 AM Sit & Be Fit Class 9:30 AM Tennis 9:30 AM Brunch & Bingo \$ 11:00 AM Out to Lunch— No No's Café \$\$ 11:45 AM VOA Lunch— <i>Hot Dog & Baked Beans</i></p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">23</div>	<p>9:00 AM Financial Services 9:00 AM Sewing & Crafts 1:00 PM Afternoon of Games 6:00 PM Tennis Doubles</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">24</div>	<div style="text-align: center; border: 1px solid black; padding: 10px; width: 100%;">25/26</div> <div style="text-align: center; border: 1px solid black; padding: 2px; margin-top: 5px;">Sunday ~ Square Dancing! 1 PM \$</div>
<p>9:30 AM Sit & Be Fit Class 9:30 AM Tennis 10:30 AM Bingo \$ 11:45 AM VOA Lunch— <i>Cheeseburger & Corn o the Cob</i></p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: 40px; float: right;">30</div>	<p>July Activities Sign Up</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—"Western Trails Steakhouse"

Wednesday, June 1 10:45 AM \$5 (\$8 non-members)

Located east of Elizabeth off Hwy 86 on the west side of Kiowa, this steakhouse is well worth the trip. Steaks are tender and the marinade adds succulent flavor. Enjoy the salad bar along with all the extra fixings for a tasty baked potato to complete your meal. Fee is for transportation.

MONSTER SALAD

Monday, June 6 12:30 PM \$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—"The Perfect Landing"

Wednesday, June 8 4:30 PM \$5 (\$8 non-members)

Yes, this could very well be the perfect place to land for a more contemporary meal that is sure to please. A \$12 dinner special includes the entrée, potato, and a vegetable to top off the menu. A piano bar will add to your dining pleasure. Yes, you can order from the menu if you prefer. Stairs are involved and *no* elevators are available. Located at the Centennial Airport, fee is for transportation only.

MONTHLY POTLUCK

Wednesday, June 15 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 – "No No's Café"

Thursday, June 23 11:00 AM \$5 (\$8 non-members)

This new home style Littleton restaurant boasts old family specialties. From New Orleans favorites to blackened catfish or pork chops, you're sure to find dishes that resound with Cajun and Southern simplicity. Fee is for transportation.

OUT TO DINNER—"Tarbell's"

Monday, June 27 4:15 PM \$5 (\$8 non-members)

Tarbell's is located in SouthGlenn Mall and is the home of the Five Napkin Burger — a burger with two burgers oozing velvety meat juice from a toasty challah bun! If that doesn't tempt you, consider American classics including pot roast and macaroni and cheese. Enjoy creative food meditations on their new American cuisine offering fusions of flavors combining East and West. Tarbell's is owned by the former *Iron Chef American* winner, Mark Tarbell. 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.

MAGICAL MYSTERY TRIP

Monday, June 13 9:30 AM \$12 (\$14 non-members)

Get your motors running for this novel mystery trip. This trip will be indoors with walking and there will be places to sit along the way. Guys won't want to miss this event, but gals will love it, too. After our first destination we will travel to eat lunch at a restaurant offering a European cuisine. Lunch will be at your own cost (under \$10.00) Fee is for ticket and transportation.

CASINO TRIP— "Fitzgeralds"

Tuesday, June 14 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.

HORSERACING AT ARAPAHOE PARK

Saturday, June 18 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.

HIKE – Dawson Butte

Monday, June 20 8:30 AM \$2 (\$4 non-members)

This five mile loop trail travels through mostly forested areas with open meadows and great Front Range Mountain views. You're apt to see some wildlife since elk, coyote and mountain lions claim this area as home. Bring your camera for some great photo opportunities. Fee is for transportation.

TOUR – Outlets of Castle Rock

Tuesday, June 21 10:00 AM No Charge

You'll receive the red carpet treatment on this special tour of the Outlets of Castle Rock. Goodie bags will contain promotional items, special coupons and samples from a variety of stores. A savings card with additional discounts and special offers at participating stores will also be available along with \$5 Gift Cards from the Outlets at Castle Rock. Bottled water will be distributed to keep you refreshed and hydrated. You will be shuttled from the Senior Center for this FREE event.

WHAT'S NEW THIS MONTH

TRIP – Butterfly Pavilion

Wednesday, June 29 9:00 AM \$14 (\$18 non-members)

Prepare to explore a tropical rainforest where over 1200 free flying butterflies flutter around you at any given moment. What a very special Center to visit! The Butterfly Pavilion is located in Westminster and fee is for ticket and transportation.

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.

KNITTING & CROCHETING

Every Wednesday 1:00 PM (1:30 PM on the 15th & 22nd) 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 (1:30 PM on the 15th & 22nd) 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).

SENIORZART CLASSES

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

By popular demand, we are continuing the art classes into 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

June 3 1:00 PM No Charge

A guest speaker from Veterans' Services will present, "I Owe You", a discussion of benefits and services available to veterans. Family and loved ones may find this to be of interest. We will also have "More Memory Time" — a continuation of remembrances of war time experiences. Please join us and bring your memories to share in this discussion.

LAUGHTER YOGA

June 6 & 20 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

June 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! We'll play for those wonderful "White Elephants" on the 28th. You must bring a gift to this event.

POLISH POKER

June 8 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 "The Bucket List"

June 9 1:00 PM \$2 (\$4 non-members) Genre: Tearjerker . . . perhaps.

A corporate mogul (Jack Nicholson) and a mechanic (Morgan Freeman) wind up in the same hospital room. The two men bust out of the cancer ward with a plan to experience life to the fullest before they kick the bucket. The events that follow are definitely worth the trip!

REVOCABLE LIVING TRUSTS PRESENTATION

June 15 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.

SEWING & CRAFTS

June 17 & 24 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.**

LUNCH & LEARN

June 22 11:00 AM \$5 (\$8 non-members)

Join us for an interesting, informative presentation on "Basic First Aid for Seniors". See the bottom of page five for details.

BUNCO

June 29 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)

June 1 & 15 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)

June 3 & 17 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 between 9am and 12pm. Call early to schedule your appointment!

HEARING SCREENING CLINIC (by appointment)

June 10 10:00 AM No Charge

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.

CHAIR MASSAGE (by appointment)

June 16 & 29 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.