

MORE ROCKIN' HAPPENINGS

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Monthly Potluck
"Stacky Upy" Lunch to celebrate
The Asian Chongyang Festival
October 5th - 12:30 PM

The Chongyang Festival celebrates longevity and honors seniors in China, many of them climbing mountains to celebrate — we'll enjoy our mountain vistas as we feast on Chonghang cake, chrysanthemum "wine" and our lunch "stacked up" on top of rice. Sign up for this unique event hosted by Mae Smith and Judy Nash. Brush up your chopstick skills.

Fall is in the air
 And that means it's time for the 19th Annual
Craft Fair/Bake Sale
Fundraiser

November 5th from 9 AM to 4 PM
at Douglas County Events Center

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. And that doesn't include the countless hours put in 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.

Donate to the Silent Auction
 Use any contacts you have to see if you can obtain sports memorabilia, restaurant or travel gift cards, sporting event tickets, collectibles, theater or movie tickets or other unusual items. You never know what you might get until you ask.

Sign up to volunteer
 Volunteers are needed in so many roles for set-up, running the event and teardown on Friday and Saturday. Stop at the Sign Up Stand and be a part of the biggest event of the year.

it's SHOWTIME!

"Slow Dance with a Hot Pickup"
 Boulder Dinner Theater
 Sunday, October 23

Vienna Boys Choir
 The new Parker PACE Center
 Friday, November 11th

"Fiddler on the Roof"
 Air Force Academy
 Sunday, December 4

"A Funny Thing Happened on the Way to the Forum"
 Littleton Town Hall Arts Center in January


"Drowsy Chaperone"
 Boulder Dinner Theater in February

"Brigadoon"
 Littleton Town Hall Arts Center in March

"SeniorzArt" Classes
Thursdays October 6 and 20 at 2 PM

 Art is fun and good for you, too!
 You will learn something new each week.

\$3 per class
(\$5 non-members)

 **One-on-One**
Computer Instruction
 at the Senior Center:

Call Kevin at 303.997.6936 or
 Edith Williams at 303.888.5355



OCTOBER

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 **

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.

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

3

9:30 AM Sit and Be Fit Class
10:00 AM Tour & Lunch
Colorado Coffee
Merchants & Cracker Barrel
 11:45 AM VOA Lunch—
Chicken a la King
 12:00 PM Civitan
 1:00 PM **Reflexology \$**
 1:30 PM Bingo for Fun
6:00 PM Accident & Medical Emer-
gency workshop—Parker

4

9:00 AM Visiting Nurses \$
 9:30 AM Sit & Be Fit Class
12:30 PM Monthly Potluck \$
“Stacky Upy” Luncheon
“Chongyang Festival”
 1:00 PM Canasta (in back room today)
 1:00 PM Crochet & Knit
2:00 PM NEW MEMBER
ORIENTATION

5

9:15 AM Bridge
 9:30 AM Tennis
 9:30 AM Bowling
 1:00 PM Afternoon of Games
4:30 PM Out to Dinner—
Flagstaff House, Boulder \$\$\$

10

8:30 AM Casino Trip—
Lady Luck
 9:30 AM Sit and Be Fit Class
 11:45 AM VOA Lunch—
BBQ beef brisket with
cheesy potatoes
1:30 PM Arts & Crafts Class

11

8:00 AM—2:00 PM Zimmer
Mobile Learning Center Bus
 9:30 AM Sit & Be Fit Class
11:30 AM Lunch & Learn \$
1:30 PM Polish Poker (sign up ahead)
 1:00 PM Canasta
 1:00 PM Crochet & Knit

12



FLU SHOTS ~ SENIOR CENTER
 9 - 11 AM

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

17

9:30 AM Sit and Be Fit Class
11:00 AM OTL—
Champps Americana \$
 11:45 AM VOA Lunch—
Salisbury Steak with Brown Gravy
 12:00 PM Civitan
1:30 PM Marathon Bridge

18

9:00 AM Visiting Nurses \$
9:00 AM Chair Massage
 9:30 AM Sit & Be Fit Class
 1:00 PM Crochet & Knit
1:45 PM Presentation—
Guardian and Conservator
 1:00 PM Canasta

19

1:30 PM Activities Meeting

9:15 AM Bridge
 9:30 AM Tennis
 9:30 AM Bowling
12:30 PM TRIP—VOA Headquarters
 1:00 PM Afternoon of Games

24

9:30 AM Sit and Be Fit Class
 11:45 AM VOA Lunch—
Macaroni and cheese
 1:30 PM Bingo for fun—
 White Elephant

25

9:30 AM Sit & Be Fit Class
1:00 PM Bunco \$
(sign up ahead)
 1:00 PM Canasta
 1:00 PM Crochet & Knit
5:00 PM Out to Dinner —
Castle An Asian Bistro \$\$


26

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

31



2011

THURSDAY	FRIDAY	SATURDAY/SUNDAY
	<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>	<div style="border: 1px solid black; padding: 5px; text-align: center; font-size: 24px; font-weight: bold;">1/2</div> <p style="text-align: center;">Sunday ~ Square Dancing! 1 PM \$</p>
<p>9:00 AM Chair Massage</p> <p>9:30 AM Sit & Be Fit Class</p> <p>9:30 AM Tennis</p> <p>10:30 AM Bingo \$</p> <p>11:00 AM Visiting Nurses \$</p> <p>11:45 AM VOA Lunch— <i>Italian Heritage Day—Lasagna</i></p> <p>2:00 PM “SeniorzArt” Class \$</p> <p>6:00 PM Harvest Dinner— First United</p> <div style="border: 1px solid black; padding: 2px; font-weight: bold; font-size: 24px; float: right;">6</div> <p>12 Noon — 4:30 PM AARP Driver Safety Class \$ CRSC Volunteer Drivers 1/2 price</p>	<p>9:00 AM Reflexology \$</p> <p>9:00 AM Financial Services</p> <p>9:00 AM Arts & Crafts Class</p> <p>11:00 AM OTL— Rio Grande Mexican Restaurant \$</p> <p>1:00 PM “V” for Veterans & Victory Group</p> <p>1:00 PM Afternoon of Games</p> <p>6:00 PM Tennis Doubles</p> <div style="border: 1px solid black; padding: 2px; font-weight: bold; font-size: 24px; float: right;">7</div>	<div style="border: 1px solid black; padding: 5px; text-align: center; font-size: 24px; font-weight: bold;">8/9</div> <p style="text-align: center;"><i>Sunday</i> Pancake Breakfast Fundraiser Applebee’s Restaurant</p> <p style="text-align: center;">Sunday ~ Square Dancing! 1 PM \$</p>
<p>9:30 AM Sit & Be Fit Class</p> <p>9:30 AM Tennis</p> <p>10:30 AM Bingo \$</p> <p>11:45 AM VOA Lunch— <i>Eastern European Heritage Day — Hungarian Goulash and noodles</i></p> <p>12:30 PM AARP Meeting</p> <p>1:00 PM Afternoon Movie & Popcorn \$</p> <p>1:30 PM Arts & Crafts Class</p> <div style="border: 1px solid black; padding: 2px; font-weight: bold; font-size: 24px; float: right;">13</div>	<p>9:00 AM Financial Services</p> <p>9:00 AM Magical Mystery Trip \$</p> <p>10:15 AM Hearing Clinic</p> <p>1:00 PM Afternoon of Games</p> <p>6:00 PM Tennis Doubles</p> <div style="border: 1px solid black; padding: 2px; font-weight: bold; font-size: 24px; float: right;">14</div>	<div style="border: 1px solid black; padding: 5px; text-align: center; font-size: 24px; font-weight: bold;">15/16</div> <p style="text-align: center;">Sunday ~ Square Dancing! 1 PM \$</p>
<p>9:00 AM Trip to Denver Zoo “free day”</p> <p>9:30 AM Sit & Be Fit Class</p> <p>9:30 AM Tennis</p> <p>9:30 AM Brunch & Bingo \$</p> <p>11:45 AM VOA Lunch— <i>German Heritage Day — Jagerschnitzel (pork patty) with gravy</i></p> <p>2:00 PM “SeniorzArt” Class \$</p> <div style="border: 1px solid black; padding: 2px; font-weight: bold; font-size: 24px; float: right;">20</div>	<p>9:00 AM Reflexology \$</p> <p>9:00 AM Financial Services</p> <p>9:00 AM Arts & Crafts Class</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Board Meeting</p> <p>6:00 PM Tennis Doubles</p> <div style="border: 1px solid black; padding: 2px; font-weight: bold; font-size: 24px; float: right;">21</div>	<div style="border: 1px solid black; padding: 5px; text-align: center; font-size: 24px; font-weight: bold;">22/23</div> <p style="text-align: center;"><i>Sunday</i> “Slow Dance with a Hot Pick-up” Boulder Dinner Theatre Leave 10:15 AM</p> <p style="text-align: center;">Sunday ~ Square Dancing! 1 PM \$</p>
<p>9:30 AM Sit & Be Fit Class</p> <p>9:30 AM Tennis</p> <p>10:30 AM Bingo \$</p> <p>11:45 AM VOA Lunch— <i>Halloween fun — Roast Pork & gravy</i></p> <p>1:30 PM Duplicate Bridge</p> <div style="border: 1px solid black; padding: 2px; font-weight: bold; font-size: 24px; float: right;">27</div>	<p>9:00 AM Financial Services</p> <p>9:00 AM Arts & Crafts Class</p> <p>1:00 PM Afternoon of Games</p> <p>6:00 PM Tennis Doubles</p> <div style="border: 1px solid black; padding: 2px; font-weight: bold; font-size: 24px; float: right;">28</div> <p style="text-align: center;">November Activities Sign Up</p>	<div style="border: 1px solid black; padding: 5px; text-align: center; font-size: 24px; font-weight: bold;">29/30</div>

WHAT'S NEW THIS MONTH

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.

DINING OPPORTUNITIES



VOA LUNCHESES

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!

POTLUCK - Stacky Upy & Chongyang Festival Luncheon

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

Mae Smith and Judy Nash are hostesses as we celebrate the Chinese Chongyang Festival with Chongyang cake, chrysanthemum wine and a lunch you'll stack on top of cooked rice, including creamed chicken and Asian fixings. Please sign up for what "stacky upy" item you'll contribute. Day of event charge is \$7 for members and \$10 for non-members.

OUT TO LUNCH — "Rio Grande Mexican"

Friday, October 7 11:00 AM \$5 (\$8 non-members)

The Rio was built to provide that little bit of sanctuary — any time you need it — and they promise the best enchiladas, fajitas, quesadillas and other Mexican specialties this side of the Rio Grande River. Located in Lone Tree, fee is for transportation only.

OUT TO DINNER — "Flagstaff House" in Boulder

Monday, October 10 4:30 PM \$10 (\$13 non-members)

Built into a mountainside in 1929, this unparalleled dining experience includes wildlife and gorgeous Boulder views. Named as one of the 50 best restaurants in the United States by Open Table, Flagstaff's French and American cuisine changes daily, so you know you'll have the freshest ingredients, along with impeccable service. Fee is for transportation.

SIMPLY SOUP

Monday, October 17 12:30 PM \$5 (\$7 non-members)

It's time for our cold weather favorite again. 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! See you there. \$8 if pay on day of event.

OUT TO LUNCH — "Champps Americana"

Tuesday, Oct 18 11:00 AM \$5 (\$8 non-members)

Not your typical sports bar, Champps features lunches expertly prepared in an open kitchen where you can watch the action.

Specialties include huge burgers made fresh by hand, crisp salads piled high, rotisserie roasted turkey and chicken, and falling off the bone ribs. Fee is for transportation to Park Meadows only.

OUT TO DINNER — "Castle An Asian Bistro and Sushi"

Wednesday Oct 26 5:00 PM \$4 (\$7 non-members)

Located in Castle Pines North, Castle An is known for traditional Asian dinners, along with sushi, tempura and Japanese and Thai specialties. 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.

TOUR & LUNCH — Colorado Coffee Merchants and Cracker Barrel

Tuesday, October 4 10:00 AM \$8 (\$11 non-members)

Learn about the coffee roasting process during the tour of this Colorado Springs facility which roasts only the finest beans in small batches, with sampling to follow. The 1 hour tour will be followed by lunch at Cracker Barrel, famous for home-style country cooking. Fee is for transportation only.

CASINO TRIP - "Lady Luck" in Black Hawk

Tuesday, October 11 8:30 AM \$10 (\$13 non-members)

Once again "Lady Luck" may just possibly be on your side as you 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.

MAGICAL MYSTERY TRIP

Friday October 14 9:00 AM \$15 (\$18 non-members)

You will want to hop on the bus for this fun trip in October. There will be nothing bitter about it. However you will need ID for this trip. You never know when you might get carded. Fee is for Transportation only — Lunch will be on your own (Around \$10.00).

TRIP — Denver Zoo

Thursday, October 20 9:00 AM \$8 (\$11 non-members)

This is a special "free" day at the zoo, with no admission fee. Enjoy all the wonderful exhibits and fall weather. Don't miss the special feedings and shows. Lunch will be on your own — you can bring a picnic (no straws, alcohol or glass) or purchase a meal there. Transportation fee.

BOULDER DINNER THEATER — "Slow Dance with a Hot Pickup"

Sunday October 23 10:15 AM \$57 (\$60 non-members)

Don't miss this world premiere inspiring musical of the American experience — of ordinary lives touched by an unusual challenge. The "hot pick-up" is actually a pick-up truck contestants could take home in this trial of endurance in which they reveal secrets about their lives, dreams, hopes, successes and frustrations. Fee includes show, meal, beverage, gratuity and transportation.

TRIP — VOA (Volunteers of America) Headquarters in Denver

Monday, October 24 12:30 PM NO CHARGE Come join us for a

Don't forget to pick up some candy for your Trick or Treaters

tour of the Volunteers of America Denver facility and dining center. We will see where all the food is prepared for us and the story behind VOA. After the tour we will stop for ice cream.

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).

BINGO FOR FUN

October 4 and 25 1:30 PM No Charge
Bingo is great entertainment for everyone, and it's only a nickel a card! We'll play for those wonderful "White Elephants" on the 25th. You must bring a gift to this event. Note the earlier start time.

NEW MEMBER ORIENTATION

October 5 2:00 PM No Charge
Come join us and give the staff and Board members the opportunity to meet you and share information about our Center. There may even be some surprise entertainment. Sign up at the front desk.

SENIORZART CLASSES

October 6 and 20 2:00 PM \$3 per class (\$5 non-members)
No art experience or talent is needed for these fun and relaxing creative programs. You will complete a project each week. "Art is fun and it's good for you, too!"

V FOR VETERANS & VICTORY GROUP

October 7 1:00 PM No Charge
Research your own topic and tell us what you found. This is hoped to be an ongoing activity where our entire group benefits from the research of its members who delve into relevant topics and discuss their findings at our meetings. The topic need not be of a military nature or occur during a U.S. conflict.

LUNCH & LEARN

October 12 11:30 AM \$5 (\$8 non-members)
Join us for an interesting program to learn the latest information on causes and treatments for joint pain, presented by Castle Rock Orthopedist, Dr. Garamone. Call front desk to reserve your spot.

SPECIAL EVENT — Zimmer Mobile Learning Center Bus

October 12 8:00 AM—2:00 PM No Charge
This educational vehicle travels nationwide to educate the public on a wide range of orthopedic topics and treatment options. Don't miss this opportunity where *the field trip is coming to us*. Located in the Senior Center parking lot.

POLISH POKER

October 12 1:30 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 the change in time)

AFTERNOON MOVIE - "Soul Surfer"

October 13 1:00 PM \$2 (\$4 non-members)
This is the true story of teen surfer Bethany Hamilton, who lost her arm in a shark attack and courageously overcame all odds to become a champion again, through her sheer determination and unwavering faith. The message will inspire anyone of any age. The film features an all-star cast, including Denver's AnnaSophia Robb, Dennis Quaid and Helen Hunt, with Carrie Underwood in her film debut. Fee includes movie and popcorn.

SEWING & CRAFTS

October 7, 21 and 28 at 9:00 AM and October 11 and 13 1:30PM
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 help us get ready for the November craft show. **See class information on the Arts & Crafts Studio schedule on Page 14.**

PRESENTATION— "Guardian and Conservator"

October 19 1:45 PM No Charge
This informative presentation will be hosted by our legal advisor, Jaime Stewart, of Gubbels Law Office. She will discuss the difference between a guardian and a conservator. You will learn various ways to avoid costly court proceedings and how to have a guardian or conservator appointed with powers of attorney & revocable living trusts.

BUNCO

October 26 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)

October 5 and 19 9:00 AM, & the 6th at 11:00 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)

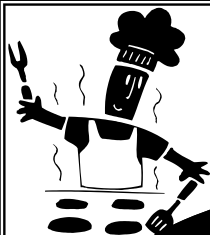
Oct 4 1:00 PM, 7 & 21 9:00 AM \$10 for 30 minutes paid to Therapist
Sign up at the Front Desk to reap the benefits of reflexology under the capable hands of Irene Baertsch. A special grant makes this service available at a very affordable rate. Thirty minute sessions are available Call early to schedule your appointment!

CHAIR MASSAGE (by appointment)

October 6 and 19 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)

October 14 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.



Come One! Come All!

Pancake Breakfast

Sunday, October 9th, 2011

The Castle Rock Senior Center will sponsor a fundraiser
Pancake Breakfast at Applebee's Restaurant
at 390 Allen Street, Castle Rock

Breakfast includes:

- Unlimited Pancakes
- Link Sausage

All for
\$7.00!

Purchase your tickets at the Castle Rock Senior Center front desk or call 303.688.9498 to order tickets for will call.

**Come and enjoy a delightful breakfast
with your family and friends!**

Volunteers are needed to help: call Debbi, 303.688.9498

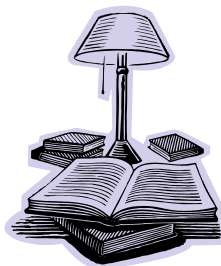


Castle Rock Senior Center Fundraiser

The Burger King on 880 Kinner Street, Castle Rock (off Wolfensberger) has offered to help us by doing a fundraiser. They have done Fundraisers for other organizations in the community in the past.

This Fundraiser will be ongoing. All you have to do is go to Burger King and save your receipt. When you have one or more receipts, bring them to the Center and deposit them in the box provided at the front desk. At the end of each month we will turn in the receipts to Burger King and they will give the Center 10% back on the total sales for the month. You can go anytime and order whatever meal you want. **The only restriction is that this offer is not valid with the Burger King Value Meal.**

Please. . .why don't we work together and tell our families, friends and neighbors about this Fundraiser so that it may be very successful.



Library News!

If you enjoyed the Carol Burnett Show on TV, you might want to ready *This Time Together*, her autobiography in the Reader's Digest Large Print section in our library.



"Don't join the book burners. Don't think you're going to conceal faults by concealing evidence that they never existed. Don't be afraid to go in your library and read every book."

~ Dwight D. Eisenhower
Commencement Address
Dartmouth College, 1953

Let the library know if you have a favorite author you would like us to get. Call Carlene Maher at 303-688-4126

HARVEST DINNER

Thursday, October 6, 4:30 -7p.m.
at First United Methodist Church
on South Street in Castle Rock

\$10 Adults, \$8 Seniors and Kids 6-12
Children 5 and under eat FREE!



Come enjoy the fellowship of friends and neighbors and enjoy a delicious Turkey Dinner with all the trimmings!

*Tickets are available
at the Front Desk.*

From the Philip S. Miller Library...

- ◆ Romance Reader's Book Club
Third Wednesday each Month at 6:30 PM
- ◆ Monday's Channel "2" Everyday Book club

Everyone Welcome!!!



Volunteer Driver Special Event
***Accident Procedures & Medical
Emergencies Workshop at the
Parker Senior Center***
Tuesday October 4 from 6-8 PM
Sign up at the front desk