

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

Restaurant/Event Price Legend

\$ = Under \$15

\$\$ = \$16—\$35

\$\$\$ = \$36—\$50

When you see these symbols you will know the price range. For more specific 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
9:00 AM Bridge
9:30 AM Laughter Yoga
1:00 PM Afternoon of Games
1:30 PM Investment Club

4

9:00 AM Chair Massage \$
9:30 AM Sit and Be Fit Class
10:00 AM Garden Club Meeting
Meeting is at the garden
10:00 AM Out to Lunch—
The Wines of Colorado \$
12:00 PM Civitan Meeting
12:00 PM VOA Lunch—
Chicken a la King & Potatoes
2:00 PM Bingo for Fun

5

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

6

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

11

8:30 AM Casino Trip—
Rivera \$
9:30 AM Sit and Be Fit Class
12:00 PM VOA Lunch—
BBQ Ribs & Potatoes
12:30 PM Safety Tips
Castle Rock Fire Dept.

6:00 PM Catholic Charities
Kinship Program

12

8:30 AM Hike—\$
Castlewood Canyon
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
1:30 PM Line Dancing

13



FLU SHOTS ~ SENIOR CENTER
9—11 AM

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

18

9:30 AM Sit and Be Fit Class
12:00 PM VOA Lunch—
Tuna Salad Wrap & Soup
1:30 PM Marathon Bridge
4:30 PM Out to Dinner—
Saltgrass Steak House \$

19

9:00 AM Chair Massage \$
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
1:30 PM Line Dancing

20

1:00 PM Activities Meeting

8:30 AM Bowling
9:15 AM Bridge
4:00 PM Out to Dinner—
Edelweiss \$
1:00 PM Afternoon of Games

25

9:30 AM Sit and Be Fit Class
12:00 PM VOA Lunch—
Lasagna & Cauliflower
2:00 PM Bingo for Fun—
White Elephant

26

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

27

2010

THURSDAY

FRIDAY

SATURDAY/SUNDAY

** 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.

9:00 AM Financial Services **1**
 9:00 AM Sewing & Crafts
 1:00 PM Afternoon of Games
1:00 PM "V" for Veterans & Victory WWII Group

2/3

9:30 AM Sit & Be Fit Class **7**
 10:30 AM Bingo \$
 12:00 PM VOA Lunch—
Pasta Primavera with Sausage
 1:00 PM Crochet & Knit
 2:00 PM "SeniorzArt" Class

9:00 AM Financial Services **8**
 9:00 AM Sewing & Crafts
 10:00 AM Hearing Clinic
 1:00 PM Afternoon of Games
12:00 PM International Lunch \$



9/10

Saturday Halloween Dance
 6:30—9:30 PM
 Panorama Hall

9:30 AM Sit & Be Fit Class **14**
 9:30 AM Brunch & Bingo \$
**10:45 AM Out to Lunch—
 New York Deli \$**
 12:00 PM VOA Lunch—
Clam Chowder & Baked Beans
 12:30 PM AARP Meeting
 1:00 PM Crochet & Knit
 2:00 PM "SeniorzArt" Class

9:00 AM Financial Services **15**
 9:00 AM Sewing & Crafts
 1:00 PM Afternoon of Games
1:00 PM Board Meeting



16/17

Saturday Molly Brown House \$
 Leave at 9:30 AM

Cherokee Ranch/Castle Tour \$\$ **21**
 Leave 8:45 AM

9:00 AM Chair Massage
 9:30 AM Sit & Be Fit Class
 10:30 AM Bingo \$
 12:00 PM VOA Lunch—
Pork Patty & Potato Salad
 1:00 PM Crochet & Knit
 1:00 PM Afternoon Movie & Popcorn \$
 2:00 PM "SeniorzArt" Class

9:00 AM Financial Services **22**
 9:00 AM Sewing & Crafts
 1:00 PM Afternoon of Games
4:00 PM Singles Only Event \$

23/24

9:30 AM Sit & Be Fit Class **28**
 9:30 AM Brunch & Bingo \$
 12:00 PM VOA Lunch—
 Chili con Carne & Green Beans
 1:00 PM Crochet & Knit
1:30 PM Duplicate Bridge

9:00 AM Financial Services **29**
 9:00 AM Sewing & Crafts
 1:00 PM Afternoon of Games

30/31

November Activities Sign up

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 – “The Wines of Colorado”

October 5 10:00 AM \$10 (\$14 non-members)

Nestled below Pikes Peak, near Colorado Springs, The Wines of Colorado offers a restaurant, gift shop and winery. This Colorado oasis boasts the largest selection of Colorado wines in the state and tasting is free! Enjoy towering sandwiches and burgers including the buffalo wine burger. Fee is for transportation only.

INTERNATIONAL LUNCH

October 8 12:00 PM \$6 (\$9 non-members)

Come and enjoy an early Native American tradition. Jim and Judy Nash will be sharing their heritage with us as we lunch on Indian Fry Bread with yummy fillings. Food, fun and fellowship will be the “feasts” of the day as we welcome Fall.

“SIMPLY SOUP”

October 11 12:00 PM \$3 (\$5 non-members)

Enjoy hot soup for cooler days! Come and enjoy delicious bowls of homemade soup, breads and desserts. We need cooks as well as soup lovers so please let us know if you can help!

OUT TO LUNCH – “New York Deli”

October 14 10:45 AM \$7 (\$10 non-members)

Voted one of Denver’s best delis, the New York Deli will cater to you with great service and delicious New York City inspired meals. Rye bread, bagels, and bialys are par baked and trucked in from New York and deli meats are supplied by the same company that provides meats for the famous Stage in New York. Located on Hampton Ave., fee is for transportation only.

OUT TO DINNER – “Saltgrass Steak House”

October 19 4:30 PM \$5 (\$8 non-members)

Steak rules the menu but diners can enjoy a large variety of entrees at this steak house located in nearby Parker. The service is excellent and the staff is ready to ensure that you have a great dining experience! Fee is for transportation only.

MONTHLY POTLUCK

October 20 12:00 PM \$5 or bring dish (\$8 non-members)

Good friends and homemade food once again mark this monthly potluck event! Bring a dish to share and enjoy the flavor sensations created by other members. M-Z please main dish or casserole. A-L please bring a bring salad or dessert.

OUT TO DINNER – “Edelweiss German Restaurant”

October 25 4:00 PM \$8 (\$11 non-members)

Enter into another world at this family-owned German Restaurant in Colorado Springs. From authentic dishes to dishes with a continental flair this restaurant is sure to be a hit! Oh yes, save room for one of their rich Tortes or pastries prepared by their European-trained Swiss Pastry Chef! Fee is for transportation only.

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.

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. Fee is for transportation.

CASINO TRIP – “Riviera”

October 12 8:30 AM \$10 (\$14 non-members)

The Riviera Casino is the largest facility in Black Hawk and boasts 1000 slots including Quartermania and Nickel Wheel of Fortune Video Slots along with 3 card poker and blackjack tables. Enjoy dining in the delicious World’s Fare Buffet or Pizza Hut. Your fortune awaits! Fee is for transportation.

HIKE – Castlewood Canyon

October 13 8:30 AM \$5 (\$8 non-members)

Strap on those hiking boots! This hike is sure to be a hit! Located just south of Franktown, nature lovers will enjoy the environmental diversity of several hiking trails ranging from mild to moderate. The winding Cherry Creek flows along the canyon floor providing wonderful rest stops. Fee is for transportation only.

MOLLY BROWN HOUSE TOUR

Saturday October 16 9:30 AM \$14 (\$18 non-members)

The legacy of Molly Brown still survives within the walls of her opulent 1889 home in Denver. We’ll hear fascinating tales of her incredible life from instant mining wealth to labor reform, as well as the stages of New York. We’ll eat lunch after the tour. Fee is for ticket and transportation.

WHAT'S NEW THIS MONTH

CHEROKEE RANCH & CASTLE TOUR

Thurs October 21 8:45 AM \$13 (\$16 non-members)

Experience the grandeur, architecture and history of this Colorado Landmark as you step back in time. This tour will involve lots of steps and walking as you experience collections of art from around the world! Fee includes ticket and transportation.

HAPPENINGS



AFTERNOON GAMES

Every Monday & Friday 1:00 PM 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 & Thursday 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.

LINE DANCING

Every Wednesday 1:30 PM \$2 (\$4 non-members)

Raquel continues her classes filled with foot-stompin', boot-scootin' fun. Please sign up for a month at a time so that classes have some consistency.

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!

LAUGHTER YOGA

October 4 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!

CHAIR MASSAGE (by appointment)

October 5 & 21 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!

BINGO FOR FUN

October 5 & 26 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 October 26 we'll play for those wonderful "White Elephants". You must bring a gift for this event!

SENIORZART CLASSES

October 7, 14, & 21 2:00 PM \$3 per class (\$5 non-members)

By popular demand, we are continuing the art classes through the fall. 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!"

HALLOWEEN DANCE

Saturday, October 9 6:30 PM \$10 (\$14 Non-members)

Get your creative juices flowing as we celebrate this holiday with a costume party and dance. There will be prizes for the best costumes in several categories – see ad on page 13 of this newsletter. Tom Yook is always full of fun and surprises with his smooth voice and talented instrumentals. This dance can be enjoyed by all – singles and couples. Come to hear the music and judge the costumes or dance the night away!

LUNCH & LEARN - Autumn Fun Continues!

October 13 11:30 AM \$5 (\$8 non-members)

Come one, come all! Enjoy healthy delicious food at this October Lunch & Learn! The topic for October will address everything you wanted to know about hands. The presentation will be made by Physical Therapist, Kathy Fennie.

POLISH POKER

October 13 1:30 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!

VISITING NURSES FOOT CLINIC

October 20 9:00 AM Fee paid to Nurse

Call in or sign up at the front desk to schedule your appointment. Your toenails will get trimmed, and your feet will feel so much better!

AFTERNOON MOVIE

October 21 1:00 PM \$2 (\$4 non-members)

Genre: Drama

"*The Legend of 1900*" begins with the life of an infant abandoned aboard an ocean liner. The child named, *1900*, grows up to become a virtuoso piano player who learns about the outside world through interactions with passengers. This compelling movie is both thoughtful and entertaining . . . and the music is wonderful! Popcorn, candy and beverages will be available.

SINGLES EVENT

October 22 4:00 PM \$3 (\$5 non-members)

Mark your calendar, *singles*, for a surprise activity! Bring a food item to share and enjoy the camaraderie of other *singles*. We'll provide the main dish!

BUNCO

October 27 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!

