

ROCKIN' HAPPENINGS

SEPTEMBER BIRTHDAYS



Happy Birthday wishes to:

- 1 Mary Mueller
- 4 Anita Wiegert, Marilyn Massey
- 5 Juanita Harrington, Preston Shepherd, Irwin Suson
- 6 Bill Dearasaugh
- 7 George Ondeck, Kit Bazley, Judi Gillerman, Ed Palmer
- 8 John Holdefer, Bob Burkhardt, Judy Ashby
- 9 Marilyn Tennant, Roberta Moore
- 10 Cynthia Johnson, Eugene Byrd
- 11 Randy Miller
- 12 Bernice Fredericks
- 13 Velva Bains, Renita Hofstetter
- 14 John Hardin
- 15 Irene Griffith
- 16 Nell Youngs
- 17 Gail Adams, Ron Todd, Dorothy Tomaszewski
- 18 Jan Skinner, Vonnie Squires
- 19 Pauline Pelliccino, Jim Goodman, Kay Crater, Claudia Monroe, Isabel Wilkinson
- 20 Dave Reberry, Valerie Dille
- 21 Leona Micek, Marie Gowen, Irene Taylor
- 22 Marian Sharp, Ann Aviles, Don Marshall
- 23 Lynne Leonard
- 24 Julia Keeler, Al Padalecki, Myron Batdorff, Ingeborg Atzinger
- 26 Linda Cummins-Button, Larry True
- 27 Vigil Keppelwieser
- 28 Gerry Qualley, Debbi Haynie
- 29 Frances Smallman
- 30 Ruth Tripet, LeRoy Kelley, Shirley Henderson

Happy Belated 81st Birthday to:
Janet Beatty—August 14th.

SEPTEMBER WELLNESS EVENTS

CHAIR MASSAGE

By Marquita

September 1 and 21 at 9 AM

\$10 for 20 minutes!

Please call the front desk to schedule your massage appointment. And remember... massage is good for you! It can increase circulation and relax your tense muscles.



HEARING SCREENING CLINIC

September 9th 10:15

Joanne LaPorta of Accent on Hearing will be conducting this clinic.

A FREE hearing screening is also 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 Senior Center front desk.**



"SeniorzArt" Classes

Thursdays September 1 & 15 at 2 PM



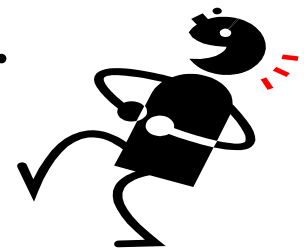
Art is fun and good for you, too!
You will learn something new each week.

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

Attend one class or both!

This is no joke...

- ◆ De-stress your life!
- ◆ Improve your immune system!
- ◆ Live more joyfully!



LAUGHTER YOGA

Monday, September 5 & 19 at 9:30 AM in the Studio

MORE ROCKIN' HAPPENINGS

Coming Attractions

"Slow Dance with a Hot Pickup"

Boulder Dinner Theater
Sunday, October 23

&

"Vienna Boys Choir"

The New Parker PACE Center
Friday, November 11

&

"Fiddler on the Roof"

Air Force Academy
Sunday, December 4

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 will be available
at the Front Desk.*

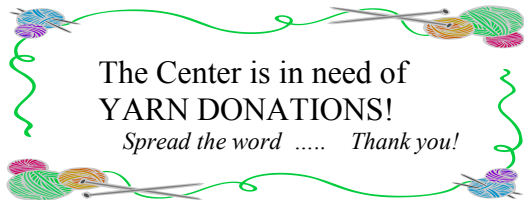


Senior Discounts on Wednesday!

Seniors will receive a 10% discount
on any service every Wednesday at

"About Hair"

Call Mitzi at 303.688.3501
to schedule an appointment.



The Center is in need of
YARN DONATIONS!

Spread the word Thank you!

Did you know

We have a **SUGGESTION BOX** ?

Have an idea, like to share a thought, want
to suggest something new or have a good
suggestion. Then we have the box for you.

Located on the Front Counter



Another look at the 10-20 Cards

**Fundraiser
& Senior Center Benefit**

Here's an easy way for you to both help raise funds for our
Senior Center and get discounts at more than one hundred neigh-
borhood service providers and merchants. The 10-20 Card, about
the size of a credit card, cost \$20. Our Center receives \$10. of that.
When you show the card to a participating vendor, you will get up
to a 20% discount on your purchases. Each card can be used 40
times, even at the same vendor, without an expiration date.

By buying a 10-20 Card, you will be saving money on services
and products, as well as helping our Center raise funds. Please
stop by the front desk on your next visit to see a list of participat-
ing vendors and purchase one or more of these valuable cards.
These cards also make great birthday gifts or holiday gifts!

Babies In Need Baby Shower

Tuesday September 13,
1:00 PM

Our crochet and knit group made blankets,
hats, booties and such. Can you help fill in
with other baby needs, such as nightgowns,
onesies, diapers, lotions, oil, soap, socks and
tees.

We have asked Robin Engleberg here from
Denver Health Hospital to tell us about the
program. Please help out and make this pro-
ject a success to help babies in need.

Thank you for your support!

~Dorothy Keilwitz and Julia Keeler



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

Call Kevin at 303.997.6936 or
Edith Williams at 303.888.5355

SEPTEMBER

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.



5

9:30 AM Sit and Be Fit Class
 11:45 AM VOA Lunch—
 *Tuna Salad served on
 Tomato Wedges*
 12:00 PM Civitan
 1:00 PM **Reflexology \$**
 2:00 PM Bingo for Fun
 4:45 PM **OTD -Texas
 Roadhouse \$\$**

6

9:00 AM Visiting Nurses \$
 9:30 AM Sit & Be Fit Class
**12:30 PM BBQ Picnic Potluck \$
 and "Cooking With Marge"**
 1:00 PM Canasta
 1:00 PM Crochet & Knit

7

9:15 AM Bridge
 9:30 AM Tennis
11:00 AM OTL- Café
 Terracotta \$\$
 1:00 PM Afternoon of Games

12

**8:00 AM Casino Trip—
 Double Eagle - in
 Cripple Creek**
 9:30 AM Sit and Be Fit Class
 11:45 AM VOA Lunch—
 Scalloped Potatoes and Ham
 1:00 PM Babies in Need/Baby Shower

13

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

14

9:15 AM Bridge
 9:30 AM Tennis
 9:30 AM Laughter Yoga
12:30 Potato Bar
 1:30 PM Afternoon of Games

19

9:30 AM Sit and Be Fit Class
 11:45 AM VOA Lunch—
 Salisbury Steak with Brown Gravy
 12:00 PM Civitan
 1:30 PM *Marathon Bridge*
1:30 Arts & Craft Class

20

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—
 What is Probate. . .**
 1:00 PM Canasta

21

1:00 PM Activities Meeting

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

26

9:00 AM Chair Massage \$
 9:30 AM Sit and Be Fit Class
 11:45 AM VOA Lunch—
 Chili Con Carne
 2:00 PM Bingo for Fun
**4:30 PM Out to Dinner—
 Carrabba's Italian Grill \$\$**

27

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

28

2011

THURSDAY	FRIDAY	SATURDAY/SUNDAY
9:00 AM Visiting Nurses \$ 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— Labor Day Weekend Picnic Submarine Sandwich 2:00 PM “SeniorzArt” Class \$ <div style="float: right; border: 1px solid black; padding: 5px; font-size: 24pt; font-weight: bold;">1</div>	9:00 AM Financial Services 9:00AM Arts & Craft Class 9:00 AM Reflexology \$ 1:00 PM “V” for Veterans & Victory Group 1:00 PM Afternoon of Games 5:00 PM Dinner & Show—Flying “W” Ranch \$\$ 6:00 PM Tennis Doubles <div style="float: right; border: 1px solid black; padding: 5px; font-size: 24pt; font-weight: bold;">2</div>	<div style="border: 1px solid black; padding: 5px; font-size: 24pt; font-weight: bold; text-align: center;">3/4</div>
		Sunday ~ Square Dancing! 1 PM \$
9:30 AM Sit & Be Fit Class 9:30 AM Tennis 9:30 AM Brunch & Bingo \$ 11:45 AM VOA Lunch— Go Broncos Day Bronco Burger 2:30 PM AARP Meeting 1:00 PM Afternoon Movie & Popcorn \$ <div style="float: right; border: 1px solid black; padding: 5px; font-size: 24pt; font-weight: bold;">8</div>	9:00 AM Financial Services 9:00 AM Arts & Crafts Class 10:15 AM Hearing Clinic 1:00 PM Afternoon of Games 6:00 PM Tennis Doubles <div style="float: right; border: 1px solid black; padding: 5px; font-size: 24pt; font-weight: bold;">9</div>	<div style="border: 1px solid black; padding: 5px; font-size: 24pt; font-weight: bold; text-align: center;">10/11</div> <div style="text-align: center;">  <p>Saturday John J. Audubon Exhibit Longmont Museums—Free day Leave at 10:15 AM</p> </div>
12 Noon — 4:30 PM AARP Driver Safety Class \$		Sunday ~ Square Dancing! 1 PM \$
8:30 AM Hike—Red Rocks Canyon & Lunch at Rosie’s \$ 9:30 AM Sit & Be Fit Class 9:30 AM Tennis 10:30 AM Bingo \$ 11:45 AM VOA Lunch— Mexican Heritage Day - Taco and Salsa 2:00 PM “SeniorzArt” Class \$ <div style="float: right; border: 1px solid black; padding: 5px; font-size: 24pt; font-weight: bold;">15</div>	9:00 AM Financial Services 9:00 AM Reflexology \$ 9:00 AM Arts & Crafts Class 1:00 PM Afternoon of Games 1:00 PM Board Meeting 6:00 PM Tennis Doubles <div style="float: right; border: 1px solid black; padding: 5px; font-size: 24pt; font-weight: bold;">16</div>	<div style="border: 1px solid black; padding: 5px; font-size: 24pt; font-weight: bold; text-align: center;">17/18</div>
		Sunday ~ Square Dancing! 1 PM \$
9:30 AM Sit & Be Fit Class 9:30 AM Tennis 9:30 AM Brunch & Bingo \$ 11:45 AM VOA Lunch— Healthy Aging Day - Honey BBQ Chicken 1:00 PM Castlewood Canyon State Park - See the “1933 Dam Breaking Film and visitors center 1:30 PM Duplicate Bridge <div style="float: right; border: 1px solid black; padding: 5px; font-size: 24pt; font-weight: bold;">22</div>	9:00 AM Financial Services 9:00 AM Arts & Crafts Class 10:30 AM Out to Lunch—Le Central \$\$ 1:00 PM Afternoon of Games 6:00 PM Tennis Doubles <div style="float: right; border: 1px solid black; padding: 5px; font-size: 24pt; font-weight: bold;">23</div>	<div style="border: 1px solid black; padding: 5px; font-size: 24pt; font-weight: bold; text-align: center;">24/25</div> <div style="text-align: center;">  <p>Saturday Red Rocks Amphitheatre- Visit and lunch \$ Leave at 10:15 AM</p> </div>
		Sunday ~ Square Dancing! 1 PM \$
9:30 AM Sit & Be Fit Class 9:30 AM Tennis 10:30 AM Bingo \$ 11:45 AM VOA Lunch— Native American - Pueblo Beef Stew 1:30 PM Arts & Craft Class <div style="float: right; border: 1px solid black; padding: 5px; font-size: 24pt; font-weight: bold;">29</div>	9:00 AM Financial Services 9:00 AM Arts & Crafts Class 1:00 PM Afternoon of Games 6:00 PM Tennis Doubles <div style="float: right; border: 1px solid black; padding: 5px; font-size: 24pt; font-weight: bold;">30</div>	<div style="text-align: center; font-weight: bold;">* * CANCELLATIONS * *</div> <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 style="text-align: center;"><i>Unfortunately, same-day cancellations cannot be refunded.</i></p>
October Activities Sign Up		

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 DINNER - "FLYING W RANCH"

Friday, September 2 5:00 PM \$8 (\$11 non-members)

Come join us for an authentic chuckwagon supper and entertaining western stage show by the "Flying W Wranglers" at this famous dude ranch. Fee is for transportation only. Dinner and show will cost \$20-\$27. Yee Haw and Cowboy Up!

OUT TO DINNER—"Texas Roadhouse"

Tuesday, September 6 4:45 PM \$7 (\$10 non-members)

A legendary steak restaurant that serves hand-cut steaks, fall-off-the-bone ribs, made-from-scratch sides, fresh-baked rolls and ice-cold drinks of all kinds. Located in Parker, fee is for transportation only.

MONTHLY POTLUCK - BBQ Picnic

Wednesday, Sept. 7 12:30 PM Bring a dish or pay \$5 (\$8 non-members)

Good friends and delicious Burgers and Brats Picnic food marks this monthly potluck! Bring a picnic type dish to share and enjoy the special entertainment by "Cooking with Marge". Please bring a typical picnic dish. Day of event charge is \$7 for members and \$10 for non-members.

OUT TO LUNCH—"Café Terracotta"

Monday, September 12 11:00 AM \$7 (\$10 non-members)

This cozy cafe features adventurous American meals and a warm atmosphere, complete with hardwood floors and intimate lighting. Some have said that this restaurant is worth the drive from anywhere and brings an exciting addition to the neighborhood. Breakfast, lunch, dinner, and yes, even dessert are all offered. Fee is for transportation.

POTATO BAR

Monday, September 19 12:30 PM \$2 Plus item. (\$4 non-members)

The Potato Bar is a big hit! Bring all the toppings and we will supply the potato's. Please have everything washed, chopped and prepared to serve. We'll have a special sign-up sheet at the front desk.

OUT TO LUNCH – "Le Central"

Friday, September 23 10:30 AM \$8 (\$11 non-members)

Denver's affordable French restaurant cooks up truly great Provencal-inspired dishes in a comfy bistro setting. Conceived with the notion that French food doesn't have to be stuffy snooty or expensive. Fee is for transportation.

OUT TO DINNER – "Carrabba's Italian Grill"

Tuesday September 27 4:30 PM \$6 (\$9 non-members)

Carrabba's in Aurora offers flavorful, handmade Italian dishes prepared to order in a lively exhibition kitchen. Guests enjoy Carrabba family recipes handed down for generations including crispy calamari, homemade lasagna and a variety of fresh fish, seafood and meats cooked over our wood-fired grill. 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.

JOHN J. AUDUBON EXHIBIT - LONGMONT MUSEUM

Saturday, September 10 10:15 AM \$10 (\$13 non-members)

A landmark exhibition of an American master: *John J. Audubon: American Artist and Naturalist*. Audubon's highly detailed and vibrantly colored depictions of American birds are world renowned and loved by art and nature enthusiasts alike. Exhibit is Free. Lunch on your own.

CASINO TRIP - "Double Eagle - in Cripple creek"

Tuesday, September 13 8:00 AM \$15 (\$18 non-members)

In the heart of Cripple Creek's historic district, the Double Eagle Hotel features free valet and parking garage, three full-service bars, two restaurants, the Jackpot Deli, a gift shop besides all the wonderful gaming choices

HIKE— Red Rocks Canyon and Lunch at Rosie's

Thursday, September 15 8:30 AM \$4 (\$6 non-members)

Strap up those hiking boots! *Red Rock Canyon* is a mostly untouched 787 acre property located between Manitou and *Colorado Springs*, just south of Highway 24. After we will go to Rosie's Diner in Monument, who has emerged as a good old fashion food restaurant.

CASTLEWOOD CANYON STATE PARK

Thursday September 22 1:00 PM \$4 (\$7 non-members)

You will have an opportunity to experience what Hugh Paine, the dam caretaker, felt the night the dam burst. There may be a few different perspectives on the dam break, however, they do agree that Denver was flooded and under four feet of water on August 3, 1933 Fee is for transportation.

Reminder - Center Closed September 5th

RED ROCKS AMPHITHEATRE TOUR AND LUNCH Saturday September 24 10:15 AM \$8 (\$10 non-members)

[Red Rocks Amphitheatre](#) is a rock structure where concerts are given in the open-air. There is a large, tilted, disc-shaped rock behind the stage, a huge vertical rock angled outwards from stage right, several large outcrops angled outwards from stage. Lunch will be in the Ship Rock Grill and cost of Lunch \$15. will be collected at sign-up.



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

September 6 & 27 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!

SENIORZART CLASSES

September 1 & 15 2:00 PM \$3 per class (\$5 non-members)
By popular demand, we are continuing the art classes through 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

September 2 1:00 PM No Charge
Research your own topic and tell us what you found. This is hoped to be the first of 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

September 14 11:30 AM \$5 (\$8 non-members)
Join us for an interesting program to learn about programs you probably weren't aware of. *Bring your questions. Not just for lowest income seniors.* Presented by D.C. Human Services Staff.

POLISH POKER

September 14 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 "Butch Cassidy and the Sundance Kid"

September 8 1:00 PM \$2 (\$4 non-members)
Legendary outlaws Butch Cassidy (Paul Newman) and the Sundance Kid (Robert Redford) display their gifts for perfect comedic timing and charisma as they pull off heist after heist in this Academy Award winning film. Fee includes movie and popcorn.

SEWING & CRAFTS

September 2, 9, 16, 23, & 30 9:00 AM September 20 & 29 1:30 PM
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 and the Centers Fundraising efforts in September. **See class information on the Arts & Crafts Studio schedule on Page 14 of this newsletter.**

LAUGHTER YOGA

September 5 & 19 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!

PRESENTATION— "POWER OF ATTORNEY"

September 21 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 differences between a living will, financial power of attorney, healthcare power of attorney, and limited power of attorney. You will also learn how a power of attorney may help avoid costly court proceedings to have a guardian or conservator appointed.

BUNCO

September 28 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)

September 1, 7 and 21 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)

September 6 1:00 PM, 2 & 16 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)

September 1 & 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 early to schedule yours.

HEARING SCREENING CLINIC (by appointment)

September 9 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.