







FEBRUARY

MONDAY	TUESDAY	WEDNESDAY
	<p>9:30 AM Sit and Be Fit Class 1</p> <p>12:00 PM Civitan</p> <p>11:45 PM VOA Lunch— <i>Ginger Orange Beef & Veggies</i></p> <p>2:00 PM Bingo for Fun</p>	<p>9:00 AM Visiting Nurses \$ 2</p> <p>9:00 AM AARP Tax Service</p> <p>9:30 AM Sit & Be Fit Class</p> <p>11:00 AM Out to Lunch— Benedict's \$</p> <p>1:00 PM Canasta</p> <p>1:00 PM Crochet & Knit</p>
<p>8:30 AM Bowling 7</p> <p>9:15 AM Bridge</p> <p>9:30 AM Laughter Yoga</p> <p>12:30 PM Simply Soup \$</p> <p>1:30 PM Afternoon of Games</p>	<p>8:30 AM Casino Trip— Fitzgeralds \$ 8</p> <p>9:00 AM Chair Massage \$</p> <p>9:30 AM Sit and Be Fit Class</p> <p>11:45 PM VOA Lunch— <i>Baked Catfish & Potatoes</i></p> <p>1:00 PM Wills & Trusts Presentation</p>	<p>9:00 AM AARP Tax Service 9</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>8:30 AM Bowling 14</p> <p>9:15 AM Bridge</p> <p>1:00 PM Afternoon of Games</p> <hr/> <p><i>Happy Valentine's Day!</i></p> 	<p>9:30 AM Sit and Be Fit Class 15</p> <p>12:00 PM Civitan</p> <p>11:45 PM VOA Lunch— <i>Chili con Carne & Squash</i></p> <p>1:30 PM Marathon Bridge</p>	<p>9:00 AM Visiting Nurses \$ 16</p> <p>9:00 AM AARP Tax Service</p> <p>9:30 AM Sit & Be Fit Class</p> <p>12:30 PM Monthly Potluck \$</p> <p>1:30 PM Canasta</p> <p>1:30 PM Crochet & Knit</p>
1:30 PM Activities Meeting		
<p>8:30 AM Bowling 21</p>  <p>Presidents' Day!</p> 	<p>9:30 AM Sit and Be Fit Class 22</p> <p>11:45 PM VOA Lunch— <i>Meatballs & Potatoes</i></p> <p>2:00 PM Bingo for Fun— White Elephant</p>	<p>9:00 AM Chair Massage \$ 23</p> <p>9:00 AM AARP Tax Service</p> <p>9:30 AM Sit & Be Fit Class</p> <p>11:30 AM Lunch & Learn \$</p> <p>1:30 PM Canasta</p> <p>1:00 PM Crochet & Knit</p> <p>1:30 PM Bunco \$ (sign up ahead)</p>
<p>8:30 AM Bowling 28</p> <p>9:15 AM Bridge</p> <p>11:00 AM Out to Lunch— Las Brisas \$</p> <p>1:00 PM Afternoon of Games</p>	<p style="text-align: center;">** CANCELLATIONS **</p> <p style="text-align: center;">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 style="text-align: center;"><i>Check at the front desk to see if there is a waiting list.</i></p>	<p style="text-align: center;">** 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 style="text-align: center;"><i>Unfortunately, same-day cancellations cannot be refunded.</i></p>

2011

THURSDAY	FRIDAY	SATURDAY/SUNDAY
9:30 AM Sit & Be Fit Class 10:30 AM Bingo \$ 3 11:45 PM VOA Lunch— <i>Pork Chop & Combread Stuffing</i> 2:00 PM “SeniorzArt” Class \$	8:30 PM AARP— <i>Driver Safety Class</i> \$ 4 9:00 AM Financial Services 9:00 AM AARP Tax Service 9:00 AM Sewing & Crafts 1:00 PM Afternoon of Games 1:00 PM “V” for Veterans & Victory <i>WWII Group</i>	Saturday 5/6 Denver Art Museum \$ Leave at 9:30 AM <hr/> Saturday Ballroom Dance \$\$ at Buck Center Leave at 6:00 PM 
9:30 AM Sit & Be Fit Class 10 9:30 AM Brunch & Bingo \$ 11:45 PM VOA Lunch— <i>Chicken Fried Steak & Gravy</i> 12:30 PM AARP Meeting 1:00 PM Afternoon Movie & Popcorn 2:00 PM “SeniorzArt” Class \$	9:00 AM Financial Services 11 9:00 AM AARP Tax Service 9:00 AM Sewing & Crafts 10:00 AM Hearing Clinic 1:00 PM Afternoon of Games 1:00 PM Tour— <i>Mechanical Music Museum</i> \$	12/13 <i>Leave at 12:30 PM</i> Sunday ~ Square Dancing! 1 PM \$
9:30 AM Sit & Be Fit Class 17 10:30 AM Bingo \$ 11:45 PM VOA Lunch— <i>Swiss Steak & Baked Potato</i> 2:00 PM “SeniorzArt” Class \$ 4:45 PM Out to Dinner— <i>Northwoods Inn</i> \$\$	9:00 AM Financial Services 18 9:00 AM AARP Tax Service 9:00 AM Sewing & Crafts 1:00 PM Afternoon of Games 1:00 PM Board Meeting	 19/20 Sunday Town Hall Arts Center <i>The Unsinkable Molly Brown</i> \$\$\$ Leave at 12:30 PM Sunday ~ Square Dancing! 1 PM \$
9:30 AM Sit & Be Fit Class 24 9:30 AM Brunch & Bingo \$ 11:45 PM VOA Lunch— <i>BBQ Chicken & Sweet Potato</i> 1:30 PM Duplicate Bridge	9:00 AM Financial Services 25 9:00 AM AARP Tax Service 9:00 AM Sewing & Crafts 9:30 AM Tattered Cover Book Store \$ 1:00 PM Afternoon of Games	26/27 Sunday ~ Square Dancing! 1 PM \$
February Activities Sign up		Sunday ~ Square Dancing! 1 PM \$

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 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—"Benedict's"

Wednesday, February 2 11:00 AM \$5 (\$8 non-members)

Whether you're interested in American, Greek, Mediterranean or Mexican cuisine, you'll find it all at Benedict's. Enjoy the special camaraderie of other seniors at this favorite Englewood restaurant. Fee is for transportation.

SIMPLY SOUP

February 7 12:30 PM \$5 (\$8 non-members)

Enjoy delicious bowls of homemade soup along with breads and desserts at our monthly Simply Soup event. We need cooks as well as soup lovers so please let us know if you can help! See you there!

MONTHLY POTLUCK

February 16 12:30 PM Bring a dish or pay \$5 (\$8 non-members)

Good friends and delicious homemade food mark this monthly potluck event! Bring a dish to share and enjoy the special flavor sensations created by our cooks. A-L please bring a bring a salad or dessert. M-Z please bring a main dish or casserole. Day of event cost is \$7 for members and \$10 for non-members.

OUT TO DINNER—"Northwoods Inn"

Thursday, February 17 4:45 PM \$6 (\$9 non-members)

Expect Bunyan-sized meals and a logging atmosphere at this popular Littleton restaurant. Northwood is noted for its famous steak and prime rib. . .plus trout, chicken, catfish and more! Sit back, relax, throw your peanut shells on the floor and enjoy a delicious meal. Fee is for transportation.

OUT TO LUNCH—"Las Brisas"

Monday, February 28 11:00 AM \$5 (\$8 non-members)

Welcome to the family of Spanish, South West and Mexico that has been long forgotten. Allow the staff of family and friends to take you back to the old traditions of yesterday as you enjoy their fine cuisine. Las Brisas is located in Greenwood Village and fee is for transportation only.

TRIPS & EXCURSIONS



BOWLING LEAGUE

Every Monday Morning at 8:30 AM \$6 (\$9 non-members)

We'll continue the bowling season 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.

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.

CASINO TRIP—"Fitzgeralds"

Tuesday, February 8 8:30 AM \$10 (\$14 non-members)

"Luck Lives Here" at Fitzgerald's Casino located in Black Hawk. 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.

DENVER ART MUSEUM

Saturday, February 5 9:30 AM \$8 (\$11 non-members)

Enjoy the beautiful images of everyday life by the Colorado photographer Robert Benjamin along with Marc Brandenburg's first solo museum exhibition in the United States featuring about 30 drawings. Lunch is on your own at eating establishments in the immediate area. Admission is *FREE* and fee is for transportation only.

BALLROOM DANCE AT BUCK CENTER

Saturday, February 5 6:00 PM \$16 (\$21 non-members)

Swing, waltz, rhumba, and hop to LIVE Big Band hits featuring the Windjammers 14-piece orchestra and leave the driving to us. Located in Littleton, fee includes entrance fee and transportation.

MECHANICAL MUSIC MUSEUM

Friday, February 11 1:00 PM \$15 (\$20 non-members)

It's been said that this was the best mystery trip ever! Now you all have the opportunity to visit the Mechanical Music Museum before they move all of it out of state! We'll travel to Arvada for this event. This museum is located in a warehouse so **please bring a jacket**. Fee includes museum fee and transportation.

TOWN HALL ARTS CENTER—"The Unsinkable Molly Brown"

Sunday, February 20 12:30 PM \$39 (\$46 non-members)

This spirited tale of a legendary, real-life American unfolds following the exploits of feisty Molly Brown as she marries a lucky prospector, enters the highest echelons of European society, survives the sinking of the Titanic and, most importantly, earns the approval she so desperately seeks of those "Beautiful People of Denver". Fee includes ticket and transportation.

WHAT'S NEW THIS MONTH

TATTERED COVER BOOK STORE

Friday, February 25 9:30 AM \$5 (\$8 non-members)

Come with us to Highlands Ranch where we'll spend some time at the *best book store ever!* We'll plan to have three hours of bliss as we explore the pages of this wall-to-wall book haven and coffee shop. Fee is for transportation.



HAPPENINGS

AFTERNOON GAMES

Every Monday & Friday (1:30 PM on February 7) 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 1:00 PM (1:30 PM on February 16) 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 February 16 & 23) No Charge

Come join us for this lively card game. If you don't know how to play, we'll teach you.

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!

FINANCIAL SERVICES

Most Every Friday 9:00 AM

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 at (303-688-4220).

BINGO FOR FUN

February 1 & 22 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 February 22nd we'll play for those wonderful "White Elephants". Please bring a gift for this event!

VISITING NURSES FOOT CLINIC

February 2 & 16 9:00 AM Fee paid to Nurse

Call in or sign up at the front desk to schedule your appointment.



SENIORZART CLASSES

February 3, 10, & 17 2:00 PM \$3 per class (\$5 non-members)

By popular demand, we are continuing the art classes into the Winter. 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

February 4 1:00 AM No Charge

Join us as Bob Schultz tells us about his experiences in the US Navy aboard the Battleship Missouri. Bpb was on the Missouri and witnessed the Japanese surrender which ended the WWII in the Pacific.

LAUGHTER YOGA

February 7 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)

February 8 & 23 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!

WILLS & TRUSTS PRESENTATION

February 8 1:00 PM No Charge

Why do I need a will? Should I have a living trust instead? What if I die without either? Will my property go to the state? How can I avoid death taxes? 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.

POLISH POKER

February 9 1:00 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!

AFTERNOON MOVIE

February 10 1:00 PM \$2 (\$4 non-members) Genre: Classic Drama

Join us for an afternoon of movie and popcorn! The movie this month will be "*Gone With The Wind*", the 1939 epic adaption of Margaret Mitchell's novel. Vivien Leigh stars as the self-absorbed, headstrong Scarlett O'Hara, a Southern Belle who meets her match in Rhett Butler (Clark Gable) just as the Civil War breaks out. Since the movie is almost four hours long, we'll plan to continue with the 2nd half of the movie next month.

BUNCO

February 23 1:30 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!

