





MARCH

| 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>9:30 AM Sit and Be Fit Class 1</p> <p>11:45 AM VOA Lunch— <i>Sausage & Bean Casserole</i></p> <p>12:00 PM Civitan</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— Mimi's Café \$</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>1:00 PM Afternoon of Games</p> | <p>8:30 AM Casino Trip— Lady Luck \$ 8</p> <p>9:30 AM Sit and Be Fit Class</p> <p>11:45 AM VOA Lunch— <i>Roast Pork & Baked Potato</i></p> <p>2:00 PM Drivers' Meeting</p> <p>4:30 PM Denver Restaurant Week— Mc Cormick & Schmick's \$\$\$</p> | <p>9:00 AM AARP Tax Service 9</p> <p>9:00 AM Chair Massage \$</p> <p>9:30 AM Sit & Be Fit Class</p> <p>11:30 AM Lunch & Learn \$</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>12:30 PM Simply Soup \$</p> <p>1:30 PM Afternoon of Games</p> | <p>9:30 AM Sit and Be Fit Class 15</p> <p>11:45 AM VOA Lunch— <i>Lasagna & Yellow Squash</i></p> <p>12:00 PM Civitan</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>1:00 PM Canasta</p> <p>1:00 PM Crochet & Knit</p> |
| <p>8:30 AM Bowling 21</p> <p>9:15 AM Bridge</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 22</p> <p>11:45 AM VOA Lunch— <i>BBQ Beef/Cheesy Potatoes</i></p> <p>2:00 PM Bingo for Fun</p> | <p>9:00 AM AARP Tax Service 23</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> <p>1:30 PM Bunco \$ (sign up ahead)</p> |
| 1:30 PM Activities Meeting | | |
| <p>8:30 AM Bowling 28</p> <p>9:15 AM Bridge</p> <p>1:00 PM Afternoon of Games</p> | <p>9:00 AM Golf League Meeting & Sign-up 29</p> <p>9:30 AM Sit and Be Fit Class</p> <p>11:45 AM VOA Lunch— <i>Soup & Philly Sandwich</i></p> <p>4:45 PM Out to Dinner— Red Lobster \$\$</p> | <p>9:00 AM AARP Tax Service 30</p> <p>9:30 AM Sit & Be Fit Class</p> <p>1:00 PM Canasta</p> <p>1:00 PM Crochet & Knit</p> <p>3:00 PM New Member Orientation</p> |

2011

| THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|---|--|---|
| 9:30 AM Sit & Be Fit Class 10:30 AM Bingo \$ 3 11:45 AM VOA Lunch— Fried Chicken & Potatoes 1:00 PM Presentation— Power of Attorney 2:00 PM “SeniorzArt” Class \$ | 9:00 AM Financial Services 4 9:00 AM AARP Tax Service 9:00 AM Art & Craft Class 9:30 AM Trip— Cherry Creek Mall \$ 1:00 PM Afternoon of Games 1:00 PM “V” for Veterans & Victory WWII Group | 5/6 Sunday ~ Square Dancing! 1 PM \$ |
| 9:30 AM Sit & Be Fit Class 10 9:30 AM Brunch & Bingo \$ 11:45 AM VOA Lunch— Chili Dog & Cole Slaw 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 Art & Craft Class 9:30 AM Mystery Trip \$ 10:00 AM Hearing Clinic 1:00 PM Afternoon of Games | 12/13  “Stars of Tomorrow” DC Youth Talent Show \$ <i>Sat. 7 PM Rock Canyon High School</i> <i>PM (Highlands Ranch)</i> Drive Self Event Sunday ~ Square Dancing! 1 PM \$ |
| 9:30 AM Sit & Be Fit Class 17 10:30 AM Bingo \$ 11:00 AM Out to Lunch— Elephant Bar \$\$ 11:45 AM VOA Lunch— Corned Beef & Cabbage 2:00 PM “SeniorzArt” Class \$ Happy St Patrick’s Day!  | 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 Saturday Denver March Pow Wow \$ Denver Coliseum Leave at 9:30 AM Sunday ~ Square Dancing! 1 PM \$ |
| 9:00 AM Chair Massage \$ 24 9:30 AM Sit & Be Fit Class 9:30 AM Brunch & Bingo \$ 11:45 AM VOA Lunch— Chicken Pasta Primavera 1:30 PM Duplicate Bridge | 9:00 AM Financial Services 25 9:00 AM AARP Tax Service 9:00 AM Sewing & Crafts 1:00 PM Afternoon of Games |  26/27 Sunday Boulder Dinner Theater SWING! \$\$\$ Leave at 10:30 AM Sunday ~ Square Dancing! 1 PM \$ |
| 9:30 AM Sit & Be Fit Class 31 10:30 AM Bingo \$ 11:45 AM VOA Lunch— Tomato Soup & Fish Sticks | April Activities Sign up | |
| Restaurant/Event Price Legend \$ = 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> 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—"Mimi's Cafe"

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

Mai oui. . . always a favorite in the Denver area, Mimi's Cafe offers relaxed dining pleasure along with freshly prepared delicious meals. Look for their colorful French-cottage themed building as you journey to their location in the Park Meadows area. Fee is for transportation only.

OUT TO DINNER—"Mc Cormick & Schmick's Seafood"

Tuesday, March 8 4:30 PM \$39 (\$42 non-members)

Mc Cormick & Schmick's is one of the restaurants participating in the Denver Restaurant Week. You will receive a multi-course dinner for the special price per person of 33.67 (includes tip and tax) as part of this special two week celebration. For the main course you will have a choice of Atlantic Salmon, Lobster Thermidore, Chicken "Oscar" or Filet "Brochette". (For the complete menu please inquire at the front desk of the Senior Center.) Sure to be a real treat, this restaurant is located in the Denver Tech Center. Fee includes meal, tax, tip and transportation.

SIMPLY SOUP

Monday, March 14 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!

OUT TO LUNCH—"Elephant Bar"

Thursday, March 17 11:00 AM \$5 (\$8 non-members)

Located in Greenwood Village, the Elephant Bar offers a wide variety of Asian and American foods. Plan to relax and enjoy the casual atmosphere of this popular restaurant. Fee is for transportation.

MONTHLY POTLUCK

March 23 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 main dish or casserole. M-Z please bring a salad or dessert. Day of event cost is \$7 for members and \$10 for non-members.

OUT TO DINNER—"Red Lobster"

Tuesday, March 29 4:45 PM \$5 (\$8 non-members)

Fishing for a good meal was never this easy! If your passion is seafood, Red Lobster may be just the fresh seafood restaurant for you! This restaurant is dedicated to high standards of excellence as well as an excitement for the sea. This Red Lobster is located in Lone Tree and fee is for transportation.

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.

CHERRY CREEK MALL TRIP

Friday, March 4 9:30 AM \$8 (\$11 non-members)

Join us for a delightful excursion to one of the areas finest shopping centers. Located in the heart of Denver, just minutes from downtown Denver, Cherry Creek Shopping Center is the Rocky Mountain region's premier shopping environment with over 160 shops. This number includes 40 stores exclusive to the area. Bring your walking shoes and see the many offerings of this shopping center! Fee is for transportation only.

CASINO TRIP—"Lady Luck"

Tuesday, March 8 8:30 AM \$10 (\$14 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, March 11 9:30 AM \$15 (\$20 non-members)

We will enjoy a relaxing indoors event on this mystery trip. Be prepared to channel your inner child. Lunch, at your cost, can be ordered while experiencing this event. Expect very minimal walking. Fee is for transportation and event.

DENVER COLISEUM—"Denver March Pow Wow"

Saturday, March 19 9:30 AM \$8 (\$11 non-members)

This spirited event will feature a wide variety of Pow Wow happenings such as arts and crafts, story telling, various demonstrations and intertribal and contest dancing. Above fee is for transportation only. **You will be expected to pay a \$3.00 admission fee at the door.**

WHAT'S NEW THIS MONTH

BOULDER DINNER THEATER—"SWING!"

Sunday, March 27 10:30 AM \$57 (\$61 non-members)

"Two thirds rhythm and one third soul." That's how Fats Waller defined this uniquely American form of popular music and dance known as "swing". Swing shattered ethnic and cultural barriers as it exploded out of pre-war Harlem's hotbed of youth culture and swept the world. Dinner, show, gratuity, one free drink, and transportation to the Boulder area are included in the fee for these two hours of joy!

HAPPENINGS



AFTERNOON GAMES

Every Monday & Friday (1:30 PM on March 14) 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 March 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 March 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 of Edward Jones at (303-688-4220).

BINGO FOR FUN

March 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!

VISITING NURSES FOOT CLINIC

March 2 & 16 9:00 AM 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.



POWER OF ATTORNEY PRESENTATION

March 3 1:00 PM No Charge

This informative presentation will be hosted by our legal advisor, Jaime Stewart and her fellow attorney, Peter Goldstein, both of Gubbels Law Office. They will discuss recent changes to the living will and financial power of attorney statutes, as well as the differences between a healthcare power of attorney, limited power of attorney and financial 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.

SENIORZART CLASSES

March 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

March 4 1:00 AM No Charge

The "Yanks are Coming" in spirit at least! We'll remember WWII with our guest speaker, Dorothy Weaver at this meeting. Everyone is welcome to come and share experiences, memories, and mementos related to this time in our recent history. We'll meet in the Conference Room of the Senior Center.

LAUGHTER YOGA

March 7 & 21 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)

March 9 & 24 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!

POLISH POKER

March 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

March 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 the second half of "*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. You won't want to miss this classic film!

BUNCO

March 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.

NEW MEMBER ORIENTATON

March 30 3:00 PM No Charge

Come join us and give the staff and Board members the opportunity to meet you and share information about our Center.