



# JANUARY



MONDAY

TUESDAY

WEDNESDAY



**1**

**Senior Center CLOSED**

**2**

9:30 AM Sit and Be Fit Class  
 10:00 AM Book Club  
 11:30 AM VOA Lunch-Hash Brown Casserole with Veggie Blend  
 1:00 PM Bingo for Fun

**3**

9:00 AM Foot Care Clinic  
 9:30 AM Sit & Be Fit Class  
**10:45 AM Out to Lunch-\$ Los Arcos**  
**11:00 AM Drama Workshop**  
 1:00 PM Crochet & Knit  
 1:00 PM Afternoon of Games  
 1:00 PM Texas Hold'em Meeting

9:00 AM Reflexology  
 9:15 AM Monday Bridge  
**\*10:00 AM Tai Chi for Arthritis Adv.**  
**\*11:00 AM Tai Chi for Arthritis Beg.**  
**\*Session 1 of 6**  
 1:00 PM Afternoon of Games  
**4:30 PM Out to Dinner--\$ Red Lobster**


**8**

**9**

**8:30 AM Casino Trip - Z Casino**  
 9:00 AM Chair Massage "\$10 Tues"  
 9:30 AM Sit and Be Fit Class  
**10:00 AM "Meet and Greet"**  
 11:30 AM VOA Lunch-Split Pea Soup & Tuna Salad  
 1:30 PM Creative Writing

**10**

9:30 AM Sit & Be Fit Class  
 10:00-11:30 AM BP Spot  
**11:15 AM Lunch & Learn**  
**12:45 PM Theatre Trip-When the World Was Young**  
 1:00 PM Crochet & Knit  
 1:00 PM Afternoon of Games  
 1:00 PM Texas Hold'em Meeting



**MARTIN LUTHER KING JR. DAY**

**15**

**Senior Center CLOSED**

**16**

9:30 AM Sit and Be Fit Class  
 11:30 AM VOA Lunch-**Let's Celebrate** Pizza Burger, Potato Wedges, & Cole Slaw  
 1:00 PM Low Vision Support Group  
 1:30 PM Creative Writing

**17**

9:00 AM Foot Care Clinic  
 9:30 AM Sit & Be Fit Class  
 10:30 AM Activities Meeting  
**11:00 AM Drama Workshop**  
**1:00 PM Polish Poker**  
 1:30 PM Crochet & Knit  
 1:30 PM Afternoon of Games

9:15 AM Monday Bridge  
**\*10:00 AM Tai Chi for Arthritis Adv.**  
**\*11:00 AM Tai Chi for Arthritis Beg.**  
**\*Session 2 of 6**  
**1:00 PM Trip-Painting with a Twist**  
 1:00 PM Afternoon of Games

**22**

**23**

**6:30 AM Trip-Ski Bus to Loveland**  
 9:30 AM Sit and Be Fit Class  
 11:30 AM VOA Lunch-Pork Cutlet & Bean Medley  
 12:15 PM Presentation "How Much Sodium is in your Food?"  
 1:00 PM Bingo for Fun

**24**

9:30 AM Sit & Be Fit Class  
 10:00 AM **Legal Presentation-Traditional Will/Living Will**  
 1:00 PM Crochet & Knit  
 1:00 PM Afternoon of Games  
**1:00 PM Bunco**

 **Black-eyed Pea 11:00 AM - 9:00 PM**

9:15 AM Monday Bridge  
**\*10:00 AM Tai Chi for Arthritis Adv.**  
**\*11:00 AM Tai Chi for Arthritis Beg.**  
**\*Session 3 of 6**  
 1:00 PM Afternoon of Games

**29**

**30**

9:30 AM Sit & Be Fit Class  
 11:30 AM VOA Lunch-Turkey Tetrazzini & Italian Green Beans  
**4:30 PM Out to Dinner-\$ Texas Roadhouse**

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**31**

**8:15 AM Bucket List Trip \$ Magical Ice Castles Dillon**  
 9:30 AM Sit & Be Fit Class  
 1:00 PM Crochet & Knit  
 1:00 PM Afternoon of Games



# 2018



## THURSDAY      FRIDAY      SATURDAY/SUNDAY

9:00 AM Chair Massage  
 9:30 AM Sit & Be Fit Class  
**9:45 AM FREE TRIP-Seniors' Council  
 "Hidden Gems of the Library"**  
 11:30AM VOA Lunch-Roasted Pork,  
 Sage Gravy, & Greens  
 1:00 PM Trivia Group  
**2:00 PM SeniorzArt Class**

**4**

9:00 AM Reflexology  
 9:00 AM Financial Services  
 10:00 AM Current Events  
 11:30AM VOA Lunch-Creamy Carrot  
 Soup & Chicken Salad  
 1:00 PM Afternoon of Games  
 1:00 PM Crochet & Knit

**5**

**6/7**

9:30 AM Sit & Be Fit Class  
 10:00 AM Activities Committee Meeting  
 11:30AM VOA Lunch-BBQ Country  
 Style Ribs, Veggies & Greens  
**12:45 PM Movie & Popcorn - Fences**  
 1:00 PM Trivia Group

**11**

8:30 AM AARP Driver Safety  
 9:00 AM Reflexology  
 9:00 AM Financial Services  
**9:45 AM Shopping/Lunch Trip IKEA**  
 10:00 AM Current Events  
 10:15 AM Hearing Clinic  
 11:30 AM VOA Lunch-Fish & Veggies  
 1:00 PM Afternoon of Games  
 1:00 PM Crochet/Knit

**12**

**13/14**

9:00 AM Chair Massage  
 9:30 AM Sit & Be Fit Class  
**9:00 AM Trip-\$ Pro Rodeo  
 Includes Lunch & Shopping**  
 11:30 AM VOA Lunch-Salmon,  
 Veggies, & Fruit  
 1:00 PM Trivia Group  
**2:00 PM SeniorzArt Class**

**18**

9:00 AM Financial Services  
 10:00 AM Current Events  
**10:45 AM Out to Lunch--\$  
 Cheesecake Factory**  
 11:30 AM VOA Lunch-Meatball Soup &  
 Bean & Cheese Burrito  
 1:00 PM Afternoon of Games  
 1:00 PM Crochet/Knit  
 1:00 PM Board Meeting

**19**

**20/21**

9:30 AM Sit & Be Fit Class  
 10:00 AM BP Spot  
 11:00 AM Human Services  
 12:00 PM VOA Lunch-Polish Sausage,  
 Spaetzle, & Cabbage  
**1:00 PM Active Minds-  
 Putin's Russia**  
 2:00 PM Trivia Group

**25**

9:00 AM Financial Services  
 10:00 AM Current Events  
 11:30 AM VOA Lunch-Chicken A La  
 King Stuffed Baked Potato & Salad  
 1:00 PM Afternoon of Games  
 1:00 PM Crochet/Knit

**26**



**27/28**

**February Activities  
Sign-Up begins at 8:30 AM**

**CANCELLATION POLICY**  
 If you sign up for an activity and find you are unable to participate, let the front desk know as soon as possible. No credits are issued for cancellations made the day of or the day before an activity. If you cancel before the deadline, notify the Senior Center during business hours of 8:30am-4:30pm Monday-Friday, and we will issue you a credit. We do not refund ticketed events. Credits expire after one year.

**DOLLAR SIGN LEGEND**  
 The dollar signs on the calendar represent the average price of the entrée at the restaurant when you will be paying for a meal there.  
 \$ = Under \$15    \$\$ = \$16-\$35  
 \$\$\$ = \$36-\$50  
**This does NOT represent the Activity Fee you pay at sign-up**