

# MARCH

## MONDAY

## TUESDAY

## WEDNESDAY

### 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.**

### 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.**

9:00-2:30 AARP Tax Service **4**  
**9:00 AM Trip-Snowshoe**  
 9:00 AM Reflexology  
 9:15 AM Monday Bridge  
 10:00 AM Bowling  
 1:00 PM Afternoon of Games  
 1:00 PM Garden Club  
**1:00 PM Tai Chi for Arthritis #1**  
**2:00 PM Leather Working**

9:30 AM Sit & Be Fit **5**  
 10:00 AM Book Club  
**10:00 AM Craft Workshop-Rag Wreaths**  
 11:30 AM \*VOA Lunch  
 1:00 PM Bingo for Fun  
 1:00 PM Texas Hold-em

9:00-2:30 AARP Tax Service **6**  
 9:00 AM Foot Care Clinic  
**9:00 AM Trip-Denver Bookbinding Company & Lunch at P.F. Chang's (\$)**  
 9:30 AM Sit & Be Fit  
**11:00 AM Drama Workshop**  
 1:00 PM Afternoon of Games  
 1:00 PM Game of Hearts  
 1:00 PM Knit & Crochet

9:00-2:30 AARP Tax Service **11**  
 9:00 AM Reflexology  
 9:15 AM Monday Bridge  
 10:00 AM Bowling  
 1:00 PM Afternoon of Games  
 1:00 PM Driver Meeting  
**1:00 PM Tai Chi for Arthritis #2**  
**4:30 PM Out to Dinner-Fogo de Chao (\$\$\$) Brazilian Steakhouse**

**8:30 AM Casino Trip-Gilpin** **12**  
 9:00 AM Table Massage  
**9:30 AM Newcomer Orientation Meeting**  
 9:30 AM Sit & Be Fit  
**10:00 AM Loom Hats Part 2**  
 11:30 AM \*VOA Lunch  
 1:30 PM Creative Writing

**7:00 AM Senior Day at the Capitol 2019** **13**  
 9:00-2:30 AARP Tax Service  
 9:30 AM Sit & Be Fit  
 10-11:30 AM BP Spot Walk In  
**11:15 AM Lunch & Learn-"Acupuncture"**  
 1:00 PM Afternoon of Games  
 1:00 PM Game of Hearts  
 1:00 PM Knit & Crochet

9:00-2:30 AARP Tax Service **18**  
 9:00 AM Reflexology  
 9:15 AM Monday Bridge  
 10:00 AM Bowling  
 1:00 PM Afternoon of Games

9:30 AM Sit & Be Fit **19**  
**10:45 AM Out to Lunch-Sweet Tomatoes (\$)**  
 11:30 AM \*VOA Lunch Let's Celebrate  
 1:00 PM Low Vision Support Group  
 1:00 PM Texas Hold'em  
 1:15 PM Marathon Bridge

9:00-2:30 AARP Tax Service **20**  
 9:00 AM Foot Care Clinic  
 9:30 AM Sit & Be Fit  
**9:30 AM Trip-"Natura Obscura" Museum Exhibit & Lunch at Hacienda (\$)**  
**11:00 AM Drama Workshop**  
 1:00 PM Afternoon of Games  
 1:00 PM Game of Hearts  
 1:00 PM Knit & Crochet  
**1:00 PM Polish Poker**

9:00-2:30 AARP Tax Service **25**  
 9:00 AM Reflexology  
 9:15 AM Monday Bridge  
 10:00 AM Bowling  
**10:15 AM Trip-Out to Lunch at The Original Pancake House (\$) & Shopping at Trader Joe's**  
 1:00 PM Afternoon of Games  
**1:00 PM Tai Chi for Arthritis #3**

**9:00 AM Golf Sign-up** **26**  
 No Sit & Be Fit  
 11:30 AM \*VOA Lunch  
 12:30 PM Matter of Balance #1  
 1:00 PM Bingo for Fun-White Elephant

9:00-2:30 AARP Tax Service **27**  
 9:30 AM Service Driver Meeting  
 9:30 AM Sit & Be Fit  
**10:00 AM Legal Presentation-"Probate"**  
**11:30 AM Stem Cell Therapy Discussion**  
 1:00 PM Afternoon of Games  
 Games  
**1:00 PM Bunco**  
 1:00 PM Game of Hearts  
 1:00 PM Knit & Crochet

 **Angie's**  
**11:00 AM - 8:30 PM**

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p style="text-align: center;"><b>TRIP LEGEND</b></p> <p><b>Young at Hearts</b> - easy-going, board a bus, minimal walking, intermittent seating</p> <p><b>Ramblers</b> - pleasant, walking up to a couple of blocks, climb short flight of stairs, stand at least 30 minutes at a time</p> <p><b>The Geri-Actives</b> - moderate, possible incline and/or altitude, may not provide easy access for canes, walkers, or wheelchairs</p> <p><b>The Go Go's</b> - extreme, many stairs and/or incline, high altitude. Please see a staff member if you need help deciding if an activity is right for you.</p>	<p>9:00 AM Financial Services <b>1</b></p> <p>10:00 AM Current Events</p> <p>11:30 AM *VOA Lunch</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Knit &amp; Crochet</p> <p><b>1:00 PM</b> <i>Remembering Our Veterans- "Band of Brothers Tour"</i></p>	<p style="font-size: 2em; font-weight: bold;">2/3</p> <p style="color: purple;">Saturday, March 2 Theatre Trip "Thoroughly Modern Millie" Valor Christian High School 6:00 PM</p>
<p>9:00 AM Chair Massage <b>7</b></p> <p>9:30 AM <b>Seniors' Council- "The Health Benefits of Reading"</b></p> <p>9:30 AM Sit &amp; Be Fit</p> <p>11:30 AM *VOA Lunch</p> <p>1:00 PM Trivia Group</p> <p><b>2:00 PM SeniorzArt Class</b></p> <p><b>3:15 PM Out to Dinner- Maggie Smith's Irish Pub (\$)</b></p>	<p>8:30 AM AARP Driver Safety <b>8</b></p> <p>9:00 AM Financial Services</p> <p>10:00 AM Current Events</p> <p>10:15 AM Hearing Screening Clinic</p> <p>11:30 AM *VOA Lunch</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Knit &amp; Crochet</p>	<p style="font-size: 2em; font-weight: bold;">9/10</p>  <p style="color: green;">Sunday, March 10 Daylight Savings</p>
<p>9:15 AM <b>Bucket List Trip -Sleigh Ride</b> <b>14</b></p> <p>9:30 AM Sit &amp; Be Fit</p> <p>12:00 PM *VOA Lunch-St. Patrick's Luncheon in Panorama Must sign up by 3/7 at front desk</p> <p>1:00 PM Trivia Group</p> <p><b>1:15 PM "What is Human Services All About?"</b></p>	<p>9:00 AM Financial Services <b>15</b></p> <p>10:00 AM Current Events</p> <p>11:30 AM *VOA Lunch</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Board Meeting</p> <p>1:00 PM Knit &amp; Crochet</p>	<p style="font-size: 2em; font-weight: bold;">16/17</p> <p style="color: orange;">Sunday, March 17 Theatre Trip "Celtic Fusion" at the Newman Center 12:45 PM</p>
<p>9:00 AM Chair Massage <b>21</b></p> <p>9:30 AM Sit &amp; Be Fit</p> <p>10:00 AM Activities Committee Meeting</p> <p>11:30 AM *VOA Lunch</p> <p><b>12:45 PM Movie &amp; Popcorn- "Green Book"</b></p> <p>1:00 PM Trivia Group</p> <p><b>2:00 PM SeniorzArt Class</b></p>	<p>9:00 AM Financial Services <b>22</b></p> <p>9:00 AM Softball Sign-up and Information Meeting</p> <p>10:00 AM Current Events</p> <p>11:30 AM *VOA Lunch</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Knit &amp; Crochet</p>	<p style="font-size: 2em; font-weight: bold;">23/24</p>
<p>9:30 AM Sit &amp; Be Fit <b>28</b></p> <p>10:00-11:30 AMBP Spot Walk In</p> <p>11:30 AM *VOA Lunch</p> <p><b>1:00 PM Active Minds-"Japan"</b></p> <p>1:15 PM Duplicate Bridge</p> <p>2:00 PM Trivia Group</p>	<p>9:00 AM Financial Services <b>29</b></p> <p>10:00 AM Current Events</p> <p>11:30 AM *VOA Lunch</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Knit &amp; Crochet</p> <p style="text-align: center; background-color: orange; color: white; padding: 5px;"><b>April Activities Sign-Up begins at 8:30 AM</b></p>	<p style="font-size: 2em; font-weight: bold;">30/31</p> <p style="color: red;">*The VOA Lunch Menu was not available at the time of this printing. It will be available at the front desk once we have it. Sorry for the inconvenience.</p>