



# MAY



## MONDAY

## TUESDAY

## WEDNESDAY

### 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-4:30AM Monday-Friday, and we will issue you a credit. We do not refund ticketed events. Credits expire after one year.

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|---|---|---|
| <p>9:00 AM Reflexology <b>6</b></p> <p>9:15 AM Monday Bridge</p> <p><b>11:30-1:30 PM King Soopers Sign-Up</b></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Garden Club</p> <p>2:00 PM Leather Working</p> | <p><b>8:45 AM Trip-Fiske Planetarium &amp; Lunch (\$\$)</b> <b>7</b></p> <p>9:00 AM Table Massage</p> <p>9:30 AM Sit &amp; Be Fit</p> <p>10:00 AM Book Club</p> <p>11:30 AM VOA Lunch - <i>Broccoli Soup &amp; Macaroni Salad</i></p> <p>12:30 PM Matter of Balance #7</p> <p>1:00 PM Bingo for Fun</p> <p>1:00 PM Knit &amp; Crochet</p> <p>1:00 PM Texas Hold'em</p>  | <p>9:00 AM Reg. Open for Rocky Mtn. Trip Members Only <b>1</b></p> <p>9:00 AM Foot Care Clinic</p> <p>9:30 AM Sit &amp; Be Fit</p> <p><b>10:30 AM Out to Tea/Lunch - Lynn's Tea Shop (\$\$)</b></p> <p><b>11:00 AM Drama Workshop</b></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Game of Hearts</p> <p>1:00 PM Knit &amp; Crochet</p>   |
| <p><b>9:00 AM Trip-VOA Tour</b> <b>13</b></p> <p>9:00 AM Reflexology</p> <p>9:15 AM Monday Bridge</p> <p>1:00 PM Afternoon of Games</p> <p><b>1:00 PM Craft Interest Meeting</b></p>                          | <p><b>8:30 AM Casino Trip-Saratoga</b> <b>14</b></p> <p>9:30 AM Sit &amp; Be Fit</p> <p><b>9:30 AM Newcomer Orientation Meeting</b></p> <p>11:30 AM VOA Lunch - <i>Creole Style Fish &amp; Dirty Rice</i></p> <p>12:30 PM Matter of Balance #8</p> <p><b>12:45 PM Code Red: Emergency Preparedness "Castle Rock Fire &amp; Rescue" Presentation</b></p> <p>1:00 PM Knit &amp; Crochet</p> <p>1:30 PM Creative Writing</p> | <p>9:30 AM Sit &amp; Be Fit</p> <p>9:00 AM Foot Care Clinic</p> <p><b>10:00-12:30 PM King Soopers Sign-up</b> <b>15</b></p> <p><b>11:00 AM Drama Workshop</b></p> <p><b>12:45 PM Theatre Trip - "Arts in the Afternoon: Trios with Harp"</b></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Game of Hearts</p> <p>1:00 PM Knit &amp; Crochet</p> <p><b>1:00 PM Polish Poker</b></p> |
| <p>9:00 AM Reflexology <b>20</b></p> <p>9:15 AM Monday Bridge</p> <p><b>10:30 AM Out to Lunch - The Old Spaghetti Factory (\$)</b></p> <p>1:00 PM Afternoon of Games</p> <p>2:00 PM Leather Working</p>       | <p>9:30 AM Sit &amp; Be Fit</p> <p><b>9:45 AM Trip-Terrarium Making in Highlands Ranch &amp; Lunch (\$)</b> <b>21</b></p> <p>11:30 AM VOA Lunch</p> <p>Let's Celebrate - <i>Clam Chowder &amp; Egg Salad</i></p> <p>1:00 PM Low Vision Support Group</p> <p>1:00 PM Knit &amp; Crochet</p> <p>1:00 PM Texas Hold'em</p> <p>1:15 PM Marathon Bridge</p>  | <p><b>8:00 AM Vintage &amp; Vibrant</b> <b>22</b></p> <p>9:30 AM Sit &amp; Be Fit</p> <p>1:00 PM Afternoon of Games</p> <p><b>1:00 PM Bunco</b></p> <p>1:00 PM Game of Hearts</p> <p>1:00 PM Knit &amp; Crochet</p>   |
| <p><b>27</b></p> <p><i>Memorial Day</i></p>  <p><b>Closed</b></p>  | <p><b>28</b></p> <p>9:30 AM Sit &amp; Be Fit</p> <p>11:30 AM VOA Lunch—<i>Italian Sausage &amp; White Bean Stew</i></p> <p>1:00 PM Bingo for Fun-White Elephant</p> <p>1:00 PM Knit &amp; Crochet</p>   | <p><b>29</b></p> <p>9:30 AM Sit &amp; Be Fit</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Game of Hearts</p> <p>1:00 PM Knit &amp; Crochet</p> <p><b>3:00 PM Out to Dinner-Rudy's BBQ (\$)</b></p>  |

 **Pegasus 6:30 AM - 2:00 PM**



# 2019



## THURSDAY

## FRIDAY

## SATURDAY/SUNDAY

|   |  |  |
|---|--|--|
| <p>9:30 AM Sit &amp; Be Fit <b>2</b></p> <p>11:30 AM VOA Lunch - <i>Beef Barbacoa &amp; Fiesta Rice &amp; Beans</i></p> <p>1:00 PM Trivia Group</p> <p><b>1:00 PM</b> <i>Discovery Hour - "Birdwatching"</i></p> <p>1:00 PM VOA Training</p> <p><b>2:00 PM</b> <i>SeniorzArt Class</i></p>  | <p>9:00 AM Reg. Open for Rocky Mtn. Trip Non-Members <b>3</b></p> <p>9:00 AM Financial Services</p> <p>10:00 AM Current Events</p> <p>11:30 AM VOA Lunch - <i>Chicken Fried Steak with Potatoes &amp; Gravy</i></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 - "My Tour in Vietnam from 11/67 to 12/68"</i></p> | <p><b>4/5</b></p>  |
| <p><b>8:30 AM</b> <i>Hike- "Gateway Mesa"</i> <b>9</b></p> <p>9:00 AM Chair Massage</p> <p>9:30 AM Sit &amp; Be Fit</p> <p><b>10:00 AM</b> <i>Craft Workshop- "Mystery Month"</i></p> <p>11:30 AM VOA Lunch - <i>Turkey with Gravy &amp; Potatoes</i></p> <p><b>12:45 PM</b> <i>Movie &amp; Popcorn- "Mary Poppins Returns"</i></p> <p>1:00 PM Trivia Group</p> | <p>8:30 AM AARP Driver Safety <b>10</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 - <i>Brunswick Stew &amp; Seasoned Greens</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Knit &amp; Crochet</p> <p>1:00 PM Volunteer Appreciation Luncheon</p>   | <p><b>11/12</b></p> <p><b>Mother's Day Sunday, May 12</b></p>   |
| <p>9:30 AM Sit &amp; Be Fit <b>16</b></p> <p>11:30 AM VOA Lunch- <i>Smoked Pork Macaroni &amp; Cheese</i></p> <p>10:00 AM Activities Committee Mtg.</p> <p><b>12:45 PM</b> <i>Human Services Presentation</i></p> <p>1:00 PM Trivia Group</p> <p><b>2:00 PM</b> <i>SeniorzArt Class</i></p> <p><b>3:30 PM</b> <i>Out to Dinner - Via Baci (\$\$)</i></p>        | <p>9:00 AM Financial Services <b>17</b></p> <p>10:00 AM Current Events</p> <p>11:30 AM VOA Lunch - <i>Cheese Ravioli with Meat Sauce</i></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><b>18/19</b></p>  |
| <p>9:00 AM Chair Massage <b>23</b></p> <p>9:30 AM Sit &amp; Be Fit</p> <p>10:00-11:30 AM BP Spot Walk In</p> <p>11:30 AM VOA Lunch- <i>Cheeseburger, Corn &amp; Coleslaw</i></p> <p><b>1:00 PM</b> <i>Active Minds- "Renewable Energy"</i></p> <p>2:00 PM Trivia Group</p>  | <p>9:00 AM Financial Services <b>24</b></p> <p>10:00 AM Current Events</p> <p><b>10:00 AM</b> <i>Trip-RTD Coach Tour</i></p> <p>11:30 AM VOA Lunch - <i>Chicken Mango Salad</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Knit &amp; Crochet</p>  | <p><b>DOLLAR SIGN LEGEND</b></p> <p>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.</p> <p>\$ = Under \$15    \$\$ = \$16-\$35<br/>\$\$\$ = \$36-\$50</p> <p><b>This does NOT represent the Activity Fee you pay at sign-up.</b></p>  |
| <p>9:30 AM Sit &amp; Be Fit <b>30</b></p> <p><b>10:15 AM</b> <i>Trip-Tour &amp; Tea Humphrey Museum</i></p> <p>11:30 AM VOA Lunch - <i>Roasted Chicken &amp; Quinoa Salad</i></p> <p><b>11:30-1:30 PM</b> <i>King Soopers Sign-Up</i></p> <p>1:00 PM Trivia Group</p> <p>1:15 PM Duplicate Bridge</p>   | <p><b>8:30-10:30 AM King Soopers Sign-Up</b> <b>31</b></p> <p>9:00 AM Financial Services</p> <p>10:00 AM Current Events</p> <p>11:30 AM VOA Lunch - <i>Ginger Teriyaki Pork Ribs</i></p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Knit &amp; Crochet</p> <p><b>June Activities Sign-Up begins at 8:30 AM</b></p>   | <p><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> |