

# JANUARY

# 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY


**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 8:30 AM-4:30 PM Monday-Friday, and we will issue you a credit. We do not refund ticketed events. Credits expire after one year.



**HAPPY NEW YEAR**  
**CLOSED**

9:00 AM 9:15 AM	Reflexology Monday Bridge	<b>6</b>	8:30 AM 9:30 AM 10:00 AM 11:30 AM	<b>Trip - Snowshoe at Eldora</b> Sit & Be Fit Book Club VOA Lunch - Beef & Mushrooms with Egg Noodles	<b>7</b>	9:00 AM 9:15 AM	Foot Care Clinic <b>Trip - "Women's Bean Project" &amp; Lunch (\$)</b>	<b>8</b>
1:00 PM 2:00 PM 4:30 PM	Afternoon of Games Tai Chi Playtime Leather Working <b>Out to Dinner - Marco's Coal Fired Pizza (\$)</b>		12-1:30 PM 1:00 PM 1:00 PM 1:00 PM	BP Spot Walk In Bingo for Fun Knit & Crochet Texas Hold'em		9:30 AM 1:00 PM 1:00 PM	Sit & Be Fit Afternoon of Games Knit & Crochet	

9:00 AM 9:00 AM 9:15 AM 9:30 AM 10:00 AM 1:00 PM	Reflexology Sewing Group Monday Bridge Receptionist Training Bowling Afternoon of Games	<b>13</b>	8:30 AM 9:00 AM 9:30 AM 11:30 AM 1:00 PM 1:30 PM	<b>Casino Trip - Lodge Casino</b> Table Massage <b>Newcomer Orientation Meeting</b> Sit & Be Fit VOA Lunch - Pizza Burger & Potato Wedges Knit & Crochet Creative Writing	<b>14</b>	9:00 AM 9:30 AM 11:00 AM 1:00 PM 1:00 PM 1:00 PM	Foot Care Clinic Sit & Be Fit <b>Drama Workshop</b> Afternoon of Games Knit & Crochet <b>Polish Poker</b>	<b>15</b>



9:30 AM 11:30 AM	Sit & Be Fit VOA Lunch - Lasagna Cheese Rollups "Let's Celebrate" Knit & Crochet	<b>21</b>	9:30 AM 10-11:30 AM 10:00 AM	Sit & Be Fit BP Spot Walk In <b>Legal Presentation - "Traditional vs. Living Will"</b>	<b>22</b>
1:00 PM 1:00 PM 4:30 PM	Low Vision Support Group Texas Hold'em <b>Out to Dinner - Smokin' Dave's BBQ &amp; Brew (\$)</b>		11:15 AM 12:00-2:00 PM 1:00 PM 1:00 PM 1:00 PM	<b>"Home Modifications" Lunch &amp; Learn</b> <b>Membership Satisfaction Survey Help</b> Afternoon of Games <b>Bunco</b> Knit & Crochet	

9:00 AM 9:00 AM 9:15 AM 10:00 AM 1:00 PM 1:30 PM	Reflexology Sewing Group Monday Bridge Bowling Afternoon of Games Receptionist Training	<b>27</b>	9:30 AM 10:00-1:00 PM 10:00 AM 10:45 AM 11:30 AM 1:00 PM 1:00 PM	Sit & Be Fit <b>Membership Satisfaction Survey Help</b> <b>Volunteer Interest Event</b> <b>Out to Lunch - Fresh Fish Co. (\$\$)</b> VOA Lunch - Italian Sausage & Lentil Soup Knit & Crochet Bingo	<b>28</b>	9:30 AM 10:00 AM 1:00 PM	Sit & Be Fit <b>Trip - CBS News Tour &amp; Lunch (\$)</b> Afternoon of Games Knit & Crochet	<b>29</b>
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9:00 AM 9:30 AM 10:00 AM 11:30 AM 1:00 PM	Chair Massage Sit & Be Fit <b>Free Trip - Seniors' Council "Stand Up &amp; Be Counted"</b>	<b>2</b>	9:00 AM 10:00 AM 11:30 AM 1:00 PM	Financial Services Current Events VOA Lunch - Salisbury Steak & Cheesy Potatoes Afternoon of Games Knit & Crochet <b>Remembering Our Veterans</b>	<b>3</b>
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9:30 AM 11:30 AM 12:45 PM 1:00 PM	Sit & Be Fit VOA Lunch - Smoked Brisket & Baked Beans <b>Movie &amp; Popcorn - "Downton Abbey"</b>	<b>9</b>	8:30 AM 9:00 AM 10:00 AM 10:15 AM 11:30 AM 1:00 PM	AARP Driver's Safety Financial Services Current Events Hearing Screening Clinic VOA Lunch - Fish Fillet & Rice Pilaf Afternoon of Games Knit & Crochet	<b>10</b>
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9:00 AM 9:30 AM 9:30 AM 11:00 AM 11:30 AM 1:00 PM 1:00 PM	Chair Massage Activities Committee Meeting Sit & Be Fit <b>Out to Lunch - Macaroni Grill (\$)</b> VOA Lunch - Meatloaf & Mashed Potatoes <b>SeniorzArt Class</b>	<b>16</b>	9:00 AM 9:30 AM 10:00 AM 11:30 AM 1:00 PM 1:00 PM	Financial Services <b>New Mexico Trip Presentation</b> Current Events VOA Lunch - Baked Potato with Chicken A La King Afternoon of Games Board Meeting Knit & Crochet	<b>17</b>
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9:00 AM 9:30 AM 11:30 AM 1:00 PM 2:00 PM	<b>Trip - Rodeo</b> Sit & Be Fit VOA Lunch - BBQ Country Style Pork Rib <b>Active Minds - "Switzerland"</b>	<b>23</b>	9:00 AM 10:00 AM 11:30 AM 1:00 PM 1:00 PM	Financial Services Current Events VOA Lunch - Beef Barbacoa Beef Bowl & Rice Afternoon of Games Knit & Crochet	<b>24</b>
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9:30 AM 11:30 AM 1:00 PM	Sit & Be Fit VOA Lunch - Beef Chili Dog & Potato Salad Trivia Group	<b>30</b>	9:00 AM 10:00 AM 11:30 AM 1:00 PM	Financial Services Current Events VOA Lunch - Split Pea Soup & Tuna Salad Afternoon of Games Knit & Crochet	<b>31</b>
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**TRIP LEGEND**  
 Young at Hearts - easy-going, board a bus, minimal walking, intermittent seating  
 Ramblers - pleasant, walking up to a couple of blocks, climb short flight of stairs, stand at least 30 minutes at a time  
 The Geri-Actives - moderate, possible incline and/or altitude, may not provide easy access for canes, walkers or wheelchairs  
 The Go Go's - 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.



**18/19**  
**25/26**  
 Sunday, 1/26  
**Theatre Trip**  
**"My Way: A Musical Tribute to Frank Sinatra"**  
 Cherry Creek Theatre  
 12:30 PM

**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.**