Hello Spring

NEW ACTIVITIES

APRIL MEANS HIKING

TRY SOME NEW RESTAURANTS

MONDAY - FRIDAY  8:30 AM - 4:30 PM
2323 Woodlands Blvd., Castle Rock, CO 80104
Office: 303.688.9498   Fax: 303.814.1035
Email: crsc@crgov.com   www.castlerockseniорcenter.org
www.facebook.com/CastleRockSeniorCenter
Spring is here, so that means it’s time to lighten things up! How much do you know about your staff? There are some answers hidden in the puzzle below. Come talk to us and get to know us a little better. Submit your puzzle to be entered into a drawing for a chance to win a Gift Certificate to the Center. Answers will be published next month.

Spring is the season traditionally associated with growth, so don’t forget to take a look at the Senior Life Expo on April 16, either by volunteering or attending. We’re now in our 6th year, and you’ll be surprised at how it’s growing by leaps and bounds.

Also, while springtime brings warmer weather and flowers, we’ve got you covered with some fun activities. We can start getting back outside and enjoying the fresh air.

~ Debbi

Across
1. Mary Jo’s daughter is working on what program at NASA’s Kennedy Space Center
2. Juli performed this medical job
3. Shannon’s “road trip” car is a ’69
4. Susan used to be a caterer here
5. Shannon’s daughter danced for the NBA Memphis (what’s the mascot)
6. Juli’s daughter works at this theme park
7. This is how many states Debbi has lived in (but calls Colorado home)
8. Mary Jo loves this extreme sport
9. Debbi competed in this sport in high school and college
10. Amber’s favorite flowers
11. Tina was born in this state
12. Tina used to own this store on Park Street

Down
1. Mary Jo’s daughter is working on what program at NASA’s Kennedy Space Center
2. Juli performed this medical job
3. Shannon’s “road trip” car is a ’69
4. Susan used to be a caterer here
5. Shannon’s daughter danced for the NBA Memphis (what’s the mascot)
6. Juli’s daughter works at this theme park
7. This is how many states Debbi has lived in (but calls Colorado home)
8. Mary Jo loves this extreme sport
9. Debbi competed in this sport in high school and college
10. Amber’s favorite flowers
11. Tina was born in this state
12. Tina used to own this store on Park Street

Your Name_____________________________
THANK YOU TO OUR
February

Charlotte Adair
Shelagh Adams
Mary Adkins
Riley Alberton
Nadene Alexander
Joe Asbridge
Marilyn Asbridge
Barbara Ashby
Larry Ashby
Susan Balzer
Bob Barber
Mike Bartlett
Laura Bentzen
Mary Ann
Birrittella
Alan Bjork
Kathy Breth
Stella Briganti
Jean Brock
Ann Bronson
Jerry Bruno
Linda Bruno
Sadie Bush
Maggie
Calvanese
Joanne Carr
Dawn Corbell
Pat Cossey
Joan Cunningham
Michelle Daniel
Ida DeChellis
Jim Decker
Jean
DiBartolomeo
Paul Donahue
Christie Einspahr
Eric Elder
Judy Ellis
Pat Eskoz
Linda Farley
Nancy Flugum
Virgil Flugum
Sherry Fogleman
Bridget Folan
Rolande Marie
Fortin
Beverly Frindt
Phyllis Frindt
JoAnn Fritsch
Jim Gantner
Lynn Gates
Ray Gehlen
Mary Ann Glantz
Steve Gottula
Carrie Grant-
McDonald
Don Griffin
Sandy Guidry
Dottie Gunner
Peg Hagmaier
Bob Halvorson
Linda Halvorson
Patty Hasty
Travis Haynie
Jim Henderson
Pat Henderson
Jon Hendricks
Sandy Hendricks
Sandi Hier
Jacque Hoffman
Diane Hollberg
Charles
Holverstott
Cherie
Holverstott
Mary Hudson
Thomas Hykes
Maggie Janick
Jessica Jenner
Jim Johnson
Shirley Jost
Julia Keeler
Karen Kennett
Lynn Kroloff
Kathy Lacey
Rose Legge
Lisa Litteken
Bill Lobb
Steve Lockwood
Ted Lohr
Carl Longhofer
James Lundy
Pam Luyten
Don Malotte
Patty Malotte
Judie Marko
Don Marshall
Joan Marshall
Jim Mason
Janet Mattheis
Ted Mattix
Daniel Mauck
Steve Mauri
Jolene McDaniel
Cathy
McMahon
Julia Melville
Ed Meserko
Wendy Monteith
Bob Moore
Cory Moore
Danalee Moore
Joyce Morales-
Caramella
Shari Morrison
Mike Mottice
Betsy Mullison
Carol Murino
Nicky Nicholas
Chris Paladino
Jim Paladino
Charles Patin
Chuck Pauley
Gayle Peterson
Larry Pratt
Steve Pritchard
Rick Pugh
Kathy Pullen
Kim Quick
Betty Radvich
Jene Richardson
Doris Rollins
Millie Rollins
Joseph Ruys
Kathleen Ruys
Sue Ryerson
Rod Sanders
Jean Schjodt
Jeff Schjodt
Mark Schoeberl
Shirley Schoeberl
Vivien Semryck
Terry Shadwick
Pam Shearer
Judy Smith
Phil Smith
Rich Smoski
Rita Spreeeman
Jim Steinnmeyer
Kathy Stolecis
Brian Svegel
Monica
Swartwood
Pam Thilgten-
Hester
Cynthia
Timmons
Tami Tucker
Phyllis Tumey
Lorreette Valle
Teresa
VanWinkle
Doug Vinton
Melena Vinton
Tana Watkins
Jim Weglarz
Pete Wells
Claudia White
Sue Williams
Candy Witt
Al Wonstolen
Tori Woody

Due to concerns of gathering large groups of seniors in a confined area, we are sorry to announce the cancellation of the 2020 Senior Life Expo.
A volunteer is defined as a person who donates their time or efforts to a cause or organization with an attitude of social responsibility going beyond one’s basic obligations. Patty Hasty fits this definition perfectly and that is why she is our April volunteer of the month. She helps out here at the Front Desk, Senior Expo, Craft Fair and is even chair of the Activities Committee where she helps choose the places we go.

Patty volunteers here at the Center in many ways, and is also involved in many other organizations. Patty’s face immediately lights up when she starts talking about the different organizations that are so lucky to have her. She is currently Secretary at the Fraternal Order of the Eagles and is a five-time past president. She doesn’t stop there; she is a part of the Optimist Club, the American Cancer Society and Relay for Life. Patty also was a part of the Star Lighting Committee and the 100th year and 125th year Anniversary Committee for Castle Rock.

Patty is a Colorado native and moved to Castle Rock from North Denver when she was in the 7th grade. Patty has seen Castle Rock change and grow in many ways. Her mother owned a bar called Sportsman in downtown Castle Rock on Wilcox Street. She graduated from Douglas County High School when it was the only high school in all of Douglas County. There were about 100 people in her graduating class and they just celebrated their 50th class reunion with an impressive turnout of 65 alumni. Many of the men in her class went to Vietnam after graduation and Patty proudly says that they were fortunate enough to not lose even 1 person in the war.

Patty is a proud mom of 2 daughters, 2 step daughters and 1 step son as well as 5 grandchildren and 3 great grandsons. Family and her friendships are what she could not live without. She defines success not by material things, but by the happiness in her life from family and friends.

Patty joined our Center 3 years ago and fell in love immediately. Her upbeat and positive attitude is a pleasure to have in our Center. It takes a special person to volunteer their time, love and energy. Thank you, Patty, for choosing the Senior Center as one of your many places to volunteer. We are so lucky to have you.

~ The Staff

You have chosen a great place to get involved, and we are glad to welcome you.

Katie Coleman  Jessie Gray  John Padgett
Eugenia Falter  Jenny Hunsinger  Deborah Price
Jan Garramone  Dede Kueviakoe  Thelma Smith
Jeanne McCollum

We welcome these new members from February. Lynn Kroloff is our Membership/Outreach Vice President. She would love to assist new members in getting involved and meeting others. If you are new and have any questions, please call Lynn at 303-565-9429. We invite you to come to our Newcomer “Orientation Meeting” on Tuesday, April 14, at 9:30 AM to meet others and to be welcomed. Be sure to call the Center at 303-688-9498 to sign up in advance so that there is enough space. If you are new to us, the bold italicized items on the calendar (pages 12 and 13) indicate that a sign-up is necessary.
If you turn on the news, one of the first things you hear is news about the Coronavirus. What is it? There are many Coronaviruses in existence, but they affect animals. This novel, or new strain of the virus, was first seen in a large seafood and animal market in Wuhan, China. This suggests it was first spread from animal to human, but quickly spread from human to human as a serious respiratory virus. As I write this in February, the situation is that this novel virus has spread to several other countries in the world, but is extremely limited in the United States. Everyone expects that to change as we all know that the world seems to get smaller with the movement of people across counties and continents. Travel restrictions and screenings are taking place when entering different countries and is likely to increase in the coming weeks. So, it’s not, per the Center for Disease Control (CDC), if it spreads to the US, but when. However, we are still in our usual flu season. Probably the most difficult statistic to read is that we have lost three children to the flu this year, just in Colorado. The CDC estimates that in this season alone, there have been at least 29 million flu illnesses, 280,000 hospitalizations and 16,000 deaths from flu. The complications from the flu are the hardest on the youngest and the oldest, which make up a great percentage of these estimates.

Some of the protection strategies for the new Coronavirus are the same as with seasonal flu. Wash your hands often and always before handling any food. If you have a cough or are sneezing, stay home, as both of these viruses are spread through the air and those droplets can travel up to six feet. If you are feeling ill, isolate yourself from others and call your physician. If you need to go to the doctor, let them know ahead of time what your symptoms are, so they can isolate you once you get to the office. There are a few more precautions with the Coronavirus than with others, and if we do see it spreading in the US, they will be well publicized. For now, your best defense is to be proactive and stay as healthy as you possibly can. That includes eating healthy foods to boost your immune system and getting enough sleep – all those things your mother told you would help you from getting sick. And become slightly obsessive about washing your hands and cleaning surfaces in your home with antibacterial wipes – don’t forget about door knobs.

Here’s hoping when you are reading this that our public health measures are helping to keep you safe and limit the spread of this new virus.
Refund Your Refund

If you get a state income tax refund in 2020, you will have a new opportunity to donate some or all of it to support our ongoing work in the community.

The new program described by the ReFUND CO initiative puts you in charge of where your donation goes. It’s as simple as 1,2,3:

1. Decide how much of your refund to donate.
2. Enter Castle Rock Senior Activity Center and our registration number #20023003995 in the Donate to a Colorado Nonprofit Fund line on your state income tax return or tax software – or just give this info to your tax preparer when you share your tax documents.
3. Smile knowing you’ve helped a cause that matters to you.

With this new program, you can re-energize our important work for another year.

AmazonSmile

You can earn FREE money for the CRSAC every time you purchase something from Amazon!! You’ll find the exact same low prices and selections, and Amazon will donate 0.5% of the price for your eligible purchases to our Center.

HOW TO GET STARTED?
Create an Amazon account or add the Castle Rock Senior Center to your existing account.
2. Click “Create an Account” or “Sign In” using your existing account.
3. Scroll down when the page opens.
4. Type “Castle Rock Senior Center” and click search.
5. Select Castle Rock Senior Center.
6. When you start shopping, make sure to go to smile.amazon.com for it to count.

It’s that easy!
**Theatre Trip**
**Boulder Dinner Theatre**
**Sun., April 19**
**Departs at 10:30 AM**

**Snowshoe Trip**
**St. Mary's Glacier**
**Tues., 4/7**
**leaving at 8:30 AM**

Get your snowshoes on and get ready to visit St. Mary’s Glacier. The destination is dependent upon weather and snow conditions. See page 14 for details.

**Free Trip**
**Thursday, April 2**
**Leaving at 9:30 AM**

“Is That a UFO or a UAV From The DCSO?”
*At the Highlands Ranch Library*

The Douglas County Sheriff’s Office will present how drones and other technologies are being used to keep us safe. Come take advantage of this valuable presentation at the Seniors’ Council of Douglas County Meeting.

**Trip - Tea, Shopping & Presentation**
**Wed., 4/29**
**9:30 AM - 2:30 PM**
**Presentation at Antelope Alpaca & Fiber Arts Center**

**Casino Trip**
**Tuesday**
**April 14**
**8:30 AM**

**AARP SMART DRIVER SAFETY COURSE**
**Friday, April 10**
**8:30 AM-1:00 PM**

Sign up at the front desk. $15 (or $20 for non-AARP members)

Check with your insurance provider as you may be eligible for a discount upon completion of this course.

**You are Invited to**
**Newborns in Need Baby Shower**

We are in need of:
Receiving blankets, bibs & burp cloths, sleepers & gowns (3-6 months), pajamas (3-6 months), hats, blankets, sweaters & clothing (3-6 months), infant toys, convertible car seats, pack ’n plays and umbrella strollers.

Note that items must be NEW!! No pacifiers, bottles or formula please.

**Why Give?**

Denver Health Foundation helps so many little ones through their Newborns in Need program. Families often must choose between diapers or groceries, so these gifts help give them a great start and make life sweeter for some of Denver’s tiniest and most vulnerable citizens. The Castle Rock Senior Center is proud to support this great effort. We make items in our Knit and Crochet group, but are looking for more tax-deductible donations of the listed items.

**How to Participate**

We encourage donations from anyone, not just Senior Center members. You can drop unwrapped and new items in the baby box at the Senior Center or bring them to our Baby Shower at 1000 pm on April 30 where Denver Health Foundation staff will be on hand to receive our donations. Of course, it’s a Baby Shower, so there will be cake and a party!
Movie & Popcorn
Thurs., April 9
12:45 PM
**Starring Robert Redford & Sissy Spacek**

Newcomer Orientation
Meeting
Tuesday, April 14
at 9:30 AM
If you are new here, please come to one of our monthly orientations. This is a meeting to find out how things work here, ask questions, meet some people and find out how to get involved. You’re welcome to stay for the VOA lunch.

"Common Foot & Ankle Problems as You Age"
Wed., 4/8
11:15 AM
Presented by: CR Foot & Ankle Care
Lunch, Door Prizes & Presentation

Trip - Cave of the Winds
Tues., April 21
Departs 9:30 AM - Return 3:30 PM
Explore amazing caverns, experience total cave darkness and marvel at the beauty of formations hundreds of thousands of years old. See the details on Page 15.

Trip - Paint Your Own Pottery & Brunch
Tues., April 7
Departs 10:15 AM
Returns 2:30 PM

Active Minds
Thursday, April 23 - 1:00 PM
Topic: "The Titanic: From Sinking to Salvage"
Join Active Minds as we tell the story of the ill-fated maiden voyage of the Titanic as well as the discovery and salvage operation that began over 70 years later. We will also tell the stories of those who perished and those who survived, including the "Unsinkable" Molly Brown.
Veterans Recognition

Pictured above from left to right: Gordon Rollins, Ben Wolfe, Jack Asbridge, Derald Hoffman, & Al Wonestolen. Not pictured: Don Clanton & Ross Sparks.

Thanks to the Sewing Group, we are able to honor the service of several Senior Center members. We received a large donation of patriotic fabric from Kay Wolfe and others. The members of the Sewing Group made about 20 beautiful Quilts of Valor, then presented them to several of our members who’ve made contributions to the Center.

We have more quilts and would like to honor you or someone you know. There will be a jar at the front desk to submit your name for a drawing. Each veteran must be a Senior Center member. Thank you for your service.

Garden Club
Meets Monday
April 6 at 1:00 PM

Some Bunny Loves You
Be sure to stop by the Treasure Trove Boutique by the Front Desk for your Easter Shopping. The “Some Bunny Loves You” pouch is great for gift cards, candies, notes, coins and more. There’s these and lots more fun spring and Easter goodies to stuff those baskets with.

Drama Performance
Mon., April 27
1:00 PM
The Complaint Department & Lemonade
by Kameron Klintgaard

This comedy highlights people's ability to complain about anything and everything. From a poorly made shirt, to the price of cheese, this complaint department is busy, busy, busy! The catch is that everyone who comes to complain has to also spend time behind the desk, listening to others' complaints. In the end, amidst all the grumbling and belly-aching, we learn the benefit of having a positive outlook on life.

Their performances always pack Panorama Hall so be sure to register.

REMEMBERING OUR VETERANS

“My Time in the Navy” with Bob Easterly
Fri., 4/3 at 1:00 PM

Bob Easterly will share stories about his time as a 30-year Navy Veteran. Come honor this hero and be a part of his story.

Would you like to share an experience with this group? Email Jim Pierce at jcd744@comcast.net.

Donate to Newborns in Need

Don’t forget that the collection box will be by the Front Desk until 4/13. Stop by and see what is still needed to help families supported by the Denver Health Foundation.
This year we have a change. We will have an experienced outdoor guide from the MAC to lead us on our trips. The beauty of this state is unsurpassed and it’s not even necessary to travel far to see some inspiring landscapes. Make plans to join with others on our monthly hikes. We hike April-September, generally on the 2nd Thursday of each month, leaving at 8:30 AM. Get your walking shoes broken in and ready to go. The prices of the hikes were not determined when this newsletter went to press. Please check back with us after 3/23 for all of the information.
Thanks for your patience.

**Thursday, April 9-Quarry Mesa**
The Quarry Mesa Open Space is the 2nd-highest point in Castle Rock. This is a 3.4-mile long (**moderate**) hike on native surface. Quarry Mesa features the historic site of the Town’s first rhyolite stone quarry, which opened in 1872. From the top of this grassland mesa you can view the Front Range from Pikes Peak to Longs Peak.
### 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.

### Sign-up opens for Volunteer Appreciation Luncheon

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM Reflexology</td>
<td>8:30 AM</td>
<td>9:00 AM Foot Care Clinic</td>
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<tr>
<td>9:15 AM Monday Bridge</td>
<td>9:30 AM</td>
<td>9:30 AM Sit &amp; Be Fit</td>
</tr>
<tr>
<td>10:00 AM Bowling</td>
<td>10:00 AM</td>
<td>10:00 AM Drama Workshop</td>
</tr>
<tr>
<td>1:00 PM Afternoon of Games</td>
<td>10:15 AM</td>
<td>1:00 PM Afternoon of Games</td>
</tr>
<tr>
<td>1:00 PM Garden Club</td>
<td>11:30 AM</td>
<td>1:00 PM Knit &amp; Crochet</td>
</tr>
<tr>
<td>1:00 PM Tai Chi Playtime</td>
<td>1:00 PM</td>
<td>4:15 PM Out to Dinner - Chesecake Factory ($-$)</td>
</tr>
<tr>
<td>2:00 PM Leather Working</td>
<td>1:00 PM</td>
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<tr>
<td>9:00 AM Reflexology</td>
<td>8:30 AM Casino Trip - Isle</td>
<td>9:00 AM Foot Care Clinic</td>
</tr>
<tr>
<td>9:00 AM Sewing Group</td>
<td>9:00 AM</td>
<td>9:30 AM Sit &amp; Be Fit</td>
</tr>
<tr>
<td>9:15 AM Monday Bridge</td>
<td>9:30 AM</td>
<td>11:15 AM Lunch &amp; Learn - “Common Foot &amp; Ankle Problems as You Age”</td>
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<tr>
<td>10:00 AM Bowling</td>
<td>10:00 AM</td>
<td>12:30 PM Matter of Balance #1</td>
</tr>
<tr>
<td>1:00 PM Afternoon of Games</td>
<td>11:30 AM</td>
<td>1:00 PM Afternoon of Games</td>
</tr>
<tr>
<td>1:00 PM Tai Chi Playtime</td>
<td>VOA Lunch - Burger &amp; Vegetables</td>
<td>1:00 PM Knit &amp; Crochet</td>
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<tr>
<td>2:00 PM Leather Working</td>
<td>1:00 PM</td>
<td>1:00 PM Polish Poker</td>
</tr>
<tr>
<td>9:00 AM Reflexology</td>
<td>8:00 AM NM Trip Departs</td>
<td>9:30 AM Sit &amp; Be Fit</td>
</tr>
<tr>
<td>9:15 AM Monday Bridge</td>
<td>9:30 AM</td>
<td>10:00 AM Legal Presentation - “Wills &amp; Trusts”</td>
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<tr>
<td>10:00 AM Bowling</td>
<td>9:30 AM</td>
<td>10:30 AM Lunch Bus to Duke’s</td>
</tr>
<tr>
<td>1:00 PM Afternoon of Games</td>
<td>Trip - Cave of the Winds &amp; Lunch ($)</td>
<td>12:30 PM Matter of Balance #3</td>
</tr>
<tr>
<td>1:00 PM Tai Chi Playtime</td>
<td>11:30 AM</td>
<td>1:00 PM Afternoon of Games</td>
</tr>
<tr>
<td>2:00 PM Leather Working</td>
<td>VOA Lunch - Brunswick Stew with Greens “Let’s Celebrate”</td>
<td>1:00 PM Bunco</td>
</tr>
<tr>
<td>9:00 AM Sewing Group</td>
<td>1:00 PM</td>
<td>1:00 PM Knit &amp; Crochet</td>
</tr>
<tr>
<td>9:15 AM Monday Bridge</td>
<td>Knit &amp; Crochet</td>
<td>2:30 PM Dinner Bus to Duke’s</td>
</tr>
<tr>
<td>10:00 AM Bowling</td>
<td>1:00 PM Low Vision Support Group</td>
<td></td>
</tr>
<tr>
<td>1:00 PM Afternoon of Games</td>
<td>Texas Hold’em</td>
<td></td>
</tr>
<tr>
<td>1:00 PM Spring Performance by Drama Group</td>
<td>1:15 PM Marathon Bridge</td>
<td></td>
</tr>
<tr>
<td>9:30 AM Sit &amp; Be Fit</td>
<td>9:30 AM</td>
<td>9:30 AM Sit &amp; Be Fit</td>
</tr>
<tr>
<td>11:30 AM VOA Lunch - Sloppy Joe &amp; Chicken &amp; Dumplings</td>
<td>Trip - High Tea Carriage Shoppes &amp; Presentation at Antelope Alpacas &amp; Fiber Arts</td>
<td>12:30 PM Matter of Balance #4</td>
</tr>
<tr>
<td>1:00 PM Knit &amp; Crochet</td>
<td>1:00 PM</td>
<td>1:00 PM Afternoon of Games</td>
</tr>
<tr>
<td>1:00 PM Bingo - White Elephant</td>
<td>1:00 PM</td>
<td>1:00 PM Knit &amp; Crochet</td>
</tr>
</tbody>
</table>

**May Activities Sign-Up**

Doors Open 7:30 AM
Phones Open 8:30 AM

11:00 AM - 9:00 PM Duke’s Steakhouse
### TRIP LEGEND

<table>
<thead>
<tr>
<th>Trip Legend</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Young at Hearts</td>
<td>Easy-going, board a bus, minimal walking, intermittent seating.</td>
</tr>
<tr>
<td>Ramblers</td>
<td>Pleasant, walking up to a couple of blocks, climb short flight of stairs, stand at least 30 minutes at a time.</td>
</tr>
<tr>
<td>The Geri-Actives</td>
<td>Moderate, possible incline and/or altitude, may not provide easy access for canes, walkers or wheelchairs.</td>
</tr>
<tr>
<td>The Go Go’s</td>
<td>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.</td>
</tr>
</tbody>
</table>

### 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.
**DINING OPPORTUNITIES**

**VOA LUNCHES -**
Tuesdays, Thursdays & Fridays  11:30 AM
The Volunteers of America host an on-site lunch at our Center, with a nutritious hot meal for a suggested contribution of $2.50 (for those 60 and older). No advanced sign-up is required. The Let’s Celebrate party will be on Tuesday, April 21, to honor those with birthdays or special days.

**OUT TO DINNER -**

- **Little Holly’s Asian Cafe**
  Thursday, April 2  4:15 PM  $10 ($20 nonmembers)
  Little Holly’s Asian Cafe in Highlands Ranch is a place for flavorful fare and refreshments. The menu includes Chinese food and sushi bar. They have a terrific drink list, including beer, wine and more. Little Holly's Asian Cafe’s fare is so good, you’ll want to sample everything on the menu (and with its middle-of-the-road prices, you can!).

- **Cheesecake Factory**
  Wednesday, April 8  4:15 PM  $9 ($19 nonmembers)
The first Cheesecake Factory was opened in Beverly Hills, CA, in 1978. It has since grown into a very popular American food spot, with an extensive menu. Seriously, have you ever seen a kitchen with so many choices?! Pizza, salads, “Glamburgers,” pastas, steak, chops, fish & seafood, “Skinnylicious,” “Super” foods and of course, cheesecake! Lunch is on your own.

**IN CASTLE ROCK FUNDRAISER -**

- **Duke’s Steakhouse**
  Wednesday, April 22  11:00 AM - 9:00 PM
  When dining at Duke’s Steakhouse in Castle Rock on 4/22 from 11:00 AM-9:00 PM, a percentage of your bill will come back to the Castle Rock Senior Activity Center. Duke’s is known for serving the finest quality beef that is perfectly aged. Be sure to bring the flyer from page 6. You can also pick up a copy from the Center or print one from our website. Put your name at the bottom of the flyer and you’ll be entered to win a Senior Center gift certificate! Passing it along to your friends and family will give you a greater chance of winning. If you’d like to join the group but don’t drive on I-25 or don’t have a ride, sign up to take a bus from the Center. We will be providing a bus ride at 10:30 AM for lunch, and one at 2:30 PM for an early dinner. The dinner trip does not include transportation home from the Center afterward.

**OUT TO LUNCH -**

- **Meatball Eatery & Libations**
  Thursday, April 23  10:30 AM  $10 ($20 nonmembers)
  What are you feeling today? A Swedish meatball with mushroom sauce, or perhaps some southwestern meatballs slathered up in fresh tomato gravy over the top of polenta? This restaurant is all about how creative you can get with the menu. Choose from table plates to share with friends, refreshing salads, savory starters and all the meatballs or vegetarian balls you can eat. The prohibition-style bar will provide all the giggle water that you need to wash it all down. So what are you waiting for? Get some balls! Meatball Eatery is located in the DTC.

**TRIPS & EXCURSIONS**

**FREE TRIP - Seniors’ Council**

“Is That a UFO or a UAV From The DCSO?”
Thursday, April 2  9:30 AM  No Activity Fee
Officer Jason Blanchard of the Douglas County Sheriff’s Office will present how drones and other technologies are being used to keep us safe. By the way, UAV stands for Unmanned Aerial Vehicle! Sign up to take a bus from here (and we will RSVP for you). If you want to go on your own, you don’t need to sign up at the Center, but will need to RSVP to DCSeniorLife@douglas.co.us or call 303-663-7681. If you’re driving, the address is Douglas County Library, Highlands Ranch, 9292 S Ridgeline Blvd, Highlands Ranch.

**TRIP -**

- **Douglas County Coroner Presentation & Tour**
  Friday, April 3  8:45 AM  $9 ($19 nonmembers)
  Come see the inner workings of the Douglas County Coroner’s Office right here in Castle Rock. There will be a 1 1/2 hour tour of the morgue with a lot of walking. There won’t be many places to sit along the way. It consists of 2 long flights of stairs, but there is an elevator. There will be a 1 1/2 hour presentation (sitting). Be prepared to stand in line at the security checkpoint. Snacks will be provided during the morning. You must wear solid, closed-toe, non-slip shoes. You may be touring the autopsy room if there is not one in session. You will then board the bus and be dropped off to eat lunch at the strip mall east of the Outlets. There are many fast food options, including Mad Greens, Smashburger, Mod Pizza, Jersey Mike’s, Zoes Kitchen and Black Rock Coffee Bar. Lunch will be on your own. We can take 45 on this trip. You will return to the Center at 2:30 PM. Difficulty=The Geri-Actives

- **Snowshoeing at St. Mary’s Glacier**
  Tuesday, April 7  8:30 AM  $17 ($27 nonmembers)
  St. Mary’s Glacier is not a beginner-level trip and is dependent upon weather. Your Activity Fee will include transportation only. We will stop for lunch after our snowshoe trek, but it is not included in the Fee. It is strenuous exercise even on groomed trails and the altitude will be high. Please watch for an email prior to the trip for continued updates and details. Doris Rollins will be leading the trip, and there is a maximum of 12. Difficulty=The Go Go’s

- **Paint Your Own Pottery & Brunch at Pegasus**
  Tuesday, April 7  10:15 AM  $8 ($18 nonmembers)
  Hop on the bus for a fun day of painting your own pottery. We’ll have an early lunch/brunch at Pegasus Restaurant in Castle Rock. They serve an eclectic menu with great American staples, Greek favorites and Mexican inspired dishes made fresh from their diverse team of chefs. Your meal will be on your own. You will then hop back on the bus and head a couple of blocks over to Arts on Fire where you will pick a project and paint. This is for all artistic abilities. Projects range from $14-$65, but the average project is $25-$30. You will be responsible for the cost of your project and will pay that day. After you paint your piece, they will fire it and it will be at the Center in about 2 weeks for you to pick up. There may be a walk of a block or two from the parking lots. Ticketed Event Difficulty=Young at Hearts
HIKE - Gateway Mesa/Mitchell Gulch
Thursday, April 9 8:30 AM  To be determined
The Quarry Mesa Open Space is the 2nd-highest point in Castle Rock. This is a 3.4-mile long (moderate) hike on native surface. Quarry Mesa features the historic site of the Town’s first rhyolite stone quarry which opened in 1872. From the top of this grassland mesa you can view the Front Range from Pikes Peak to Longs Peak. Be sure to dress in layers, bring water, sunscreen, snacks and hats. An experienced outdoor guide from the MAC will be leading our trip. Check with us after 3/23 for the price of the trip.

MYSTERY TRIP
Friday, April 10 9:15 AM  $18 ($28 nonmembers)
Whether you want to admit it or not, you will want to unravel the layers of this Mystery Trip. There will only be a few places to sit along the way. Lunch is not included in your Activity Fee, and there will be an automatic 20% charge for gratuity on your separate check. Lunch will fall under the $$$$ range in the Dollar Sign Legend. You will arrive back at the Center at 4:15 PM. Level=Young at Hearts. This is a ticketed event.

CASINO TRIP - The Isle Casino
Tuesday, April 14 8:30 AM  $13 ($23 nonmembers)
1,100+ gaming machines, 4 fabulous restaurants, 28 hot tables. Get your lucky charms and get registered for this day trip.

THEATRE TRIP - “Ragtime” at Boulder Dinner Theatre
Sunday, April 19 10:30 AM  $74 ($84 nonmembers)
Ragtime The Musical is an expansive musical portrait of early-twentieth-century America that tells the story of three families in pursuit of the American Dream. Set in the volatile melting pot of turn-of-the-century New York, three distinctly American tales are woven together. Together, they confront history’s timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair, and what it means to live in America. The doors will open at 12:00 PM, and you’ll eat lunch which is included in the Activity Fee. You can see the menu at our front desk. You should be back to the Center between 5:00 and 5:30 PM. This is a ticketed event.

TRIP - Cave of The Winds in Manitou Springs
Tuesday, April 21 9:30 AM  $33 ($43 nonmembers)
In 1881, two brothers went exploring…you can discover what they found, a 500-million-year-old underground world. Explore the electrically lit portion of Cave of The Winds on a 45 – 60 minute guided walking tour which includes 15 rooms, a ½ mile of concrete walkways and 196 stairs. You will learn about the history and geology of the cave while being shown some of the most beautiful formations. Wear comfortable walking shoes with good traction, a light jacket (the temperature is a comfortable 54 degrees) and your sense of adventure. This is not ideal for those with heart conditions or those who have problems seeing in dimly lit areas. The passages are narrow. The ceilings are very low, and the caves are not handicap accessible (no walkers or wheelchairs permitted). Your Activity Fee includes transportation, guided tour and tip. We will head to Cheddars in Colorado Springs for lunch on the way home (lunch is on your own and falls under the $ in the Legend). The bus will return to the Center by 3:30 PM. This is a ticketed event. Level=The Go Go’s

OUT TO LUNCH & SHOPPING - The Carriage Shoppes Tea Room/Antelope Alpaca Fibers Arts Center
Wednesday, April 29 9:30 AM  $10 ($20 nonmembers)
The Carriage Shoppes Tea Room is located in quaint downtown Elizabeth, Colorado, in a historic livery stable. Sit in one of their three welcoming & elegant rooms and enjoy your choice of premium teas and their afternoon “high tea” offering. You’ll receive a personal teapot with your choice of tea, assorted finger sandwiches (a typical offering may include cucumber, chicken salad, ham salad and asparagus bundles), fresh scones with Devonshire cream, lemon curd, strawberry preserves and house-made sweet treats. The afternoon tea is also accompanied by your choice of a side salad or soup du jour. The cost per person will be $28 (on separate checks, not including tip). We will be broken into 2 separate groups to enjoy a presentation at the Antelope Alpaca Fibers Arts Center. While one group is at the presentation, the other will have time to shop on their own at the cute little stores.

REMEMBERING OUR VETERANS - “My Time in the Navy” with Bob Easterly
Friday, April 3 1:00 PM  No Activity Fee
Bob Easterly will share stories about his time as a 30-year Navy Veteran. Come honor this hero and be a part of his story. Would you like to share an experience with this group?
Email Jim Pierce at jcd744@comcast.net.

BOOK CLUB
Tuesday, April 7 10:00 AM  No Activity Fee
Come listen to what others are reading and get ideas for books you might want to read while you share your ideas. (Not everyone reads the same thing.)

LUNCH AND LEARN - "Common Foot & Ankle Problems as You Age"
Wednesday, April 8 11:15 AM  $5 ($15 nonmembers)
Come join us for a healthy lunch and presentation by Castle Rock Foot and Ankle. Hear a local podiatrist discuss common problems with your feet and ankles. This will be a valuable resource for all.

MOVIE & POPCORN - “The Old Man & The Gun”
Thursday, April 9 12:45 PM  $2 ($12 nonmembers)
OLD MAN AND THE GUN is based on the true story of Forrest Tucker, from his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Wrapped up in the pursuit are detective John Hunt, who becomes captivated with Forrest’s commitment to his craft, and a woman who loves him in spite of his chosen profession. Rated PG-13

MONTHLY “NEWCOMER ORIENTATION MEETING”
Tuesday, April 14 9:30 AM  No Activity Fee
This is a one-hour program for new or prospective members. Be sure to stay for the full hour and explore the opportunities and benefits that come along with membership to the Castle Rock Senior Activity Center. You are welcome to stay for the Volunteers of America lunch.
CREATIVE WRITING GROUP
Tuesday, April 14  1:30 PM  No Activity Fee
This group is open to all who are interested in writing. You can share your writing, get feedback if desired and learn about the craft of creative writing.

BINGO FOR FUN - Tuesdays, April 7 & 28  1:00 PM  No Activity Fee
Play as many cards as you can handle. It’s a nickel a card per game! 4/28 is White Elephant Bingo. Bring a wrapped gift, $3 or less on White Elephant Day.

POLISH POKER  Wednesday, April 15  1:00 PM  No Activity Fee
No special skills are needed for this afternoon of laughs. Bring your pennies.

BRIDGE GROUPS - Mondays  9:15 AM  No Activity Fee
Come join in with as many tables as we can fill. This is not a league, but is a time to play the game you love. If you want to play, make sure to sign up the week before or call Riley Albertson at 303-362-1840. Duplicate Bridge is on 4/23 and Marathon Bridge is 4/21 both at 1:15 PM. Advanced sign-up is required.

CURRENT EVENTS - Fridays  10:00 AM  No Activity Fee
This lively group discusses what’s happening in our world about present-time news events. Discuss, listen or learn.

DRAKE WORKSHOP
Wednesdays, April 1 & 15  11:00 AM  No Activity Fee
$1 ($11 nonmembers)
This ongoing group aims to inspire anyone with a bit of an acting bug. Our drama workshops are facilitated by “Drama in Progress,” which include teaching techniques and the chance to put them into practice in a fun, encouraging arena.

FINANCIAL SERVICES-Fridays  9:00 AM  No Activity Fee
Paul Donahue of Edward Jones will be here to answer your financial questions.

KNIT & CROCHET-Tuesdays, Wednesdays & Fridays  1:00 PM  No Activity Fee
If you want to learn how to knit or crochet, this is the place to be.

LEATHER WORKING
Mondays, April 13 & 27  1:00 PM  No Activity Fee
If you are not volunteering at this event held at the Douglas County Events Center, we strongly encourage you to come and bring your family members and friends. This is a “senior” expo with booths to peruse, listen to, and ask questions regarding transportation, housing, home care, medical care, services and things to do to keep you active and involved. There will also be seminars on topics of interest. Please stop by and learn about services available.

LEGAL PRESENTATION - “Wills & Trusts”
Wednesday, April 22  10:00 AM  No Activity Fee
Why do I need a will? Should I have a living trust instead? What if I die without either? Will my property go to the state? How can I avoid death taxes? These and many other questions will be topics of discussion with Estate Planning Attorney, Jaime Stewart, of Gubbels Law. There is no charge to attend.

LEGAL PRESENTATION - “The Titanic: From Sinking to Salvage”
Thursday, April 23  1:00 PM  No Activity Fee
Join Active Minds as we tell the story of the ill-fated maiden voyage of the Titanic as well as the discovery and salvage operation that began over 70 years later. We will also tell the stories of those who perished and those who survived, including the “Unsinkable” Molly Brown.

SIT & BE FIT CLASS
Mondays, April 6 & 20  9:15 AM  No Activity Fee
This program is for people of all abilities to practice the skills you have already learned (it is not open to beginners).

SENIOR LIFE EXPO
Thursday, April 23  1:00 PM  No Activity Fee
No Activity Fee
The Castle Rock Senior Center Players will perform The Complaint Department Lemonade by Kameron Klitgaard. Be sure to register as their performances always pack Panorama Hall.

SENIORZART CLASSES Thurs., April 2 & 16  1:00 PM  No Activity Fee
Join Evelyn’s Tai Chi class!  Monday, April 6 & 20  1:00 PM  No Activity Fee
This is a pro, every Friday during Afternoon of Games.

SEWING GROUP
Mondays, April 13 & 27  1:00 PM  No Activity Fee
If you want to learn how to knit or crochet, this is the place to be.

TEXAS HOLD’EM Tuesdays, April 7 & 21  1:00 PM  No Activity Fee
Join us for a rousing game of Texas Hold’em, the first and third Tuesdays (& 5th) of each month, from 1:00-3:30 PM. Call Bob or Cory Moore for information at 303-901-7364 or 303-548-2512.

TRIVIA GROUP - Thursday Afternoons  1:00 PM  No Activity Fee
Trivia Group will be at 2:00 PM on April 23 after Active Minds.

MULTI-DAY HAPPENINGS

AFRTERNOON OF GAMES - Mon./Wed./Fri.  1:00 PM  No Activity Fee
There’s something for everyone. Some of the games are (but not limited to) Scrabble, Mah Jongg, Mexican Train, Dominos, Hand and Foot and Pinoche.

I, ________________________
Volunteer Coordinator
April is National Volunteer Month - so thank those folks in your community who give of their time. The Town of Castle Rock relies heavily on the goodness of its citizens to provide many services. While they receive a stipend, elected officials volunteer many hours; let them know they are valued. Appointed positions in town government are often behind the scenes, yet take tremendous amounts of time. Volunteers serve in valuable roles in our schools, churches, civic organizations, youth organizations and seniors organizations. Even if they don’t personally affect you, these volunteers serve a vital role in increasing available services and improving the places we live, all the while not increasing fees or taxes.

Send people an actual written note, thanking them for their service. You’d be amazed the joy that will bring. Even a smile and a thank you to that volunteer standing in front of Walmart selling something will go a long way. If you so desire, a homemade banana bread or a bunch of tulips to say someone is appreciated may be the thing that keeps a volunteer going!

SPORTS TEAMS’ CONTACTS
Tennis (Men, Women, & Doubles)
Open
Softball Teams - Wes Johnson 303-978-9733,
Preston Shepherd 720-436-2121
& Ken Standen 303-514-7064
Golf Leagues (9 & 18 Hole) -
Don Marshall 720-273-3482 or
Jim Weglarz 303-688-3280/303-507-1429
Hiking Club - Open
Bowling - Kay Wolfe 512-970-6085

SPORTS ROCK

Softball
It’s not too late to sign up for a team! We have three co-ed softball teams that play at Metzler Park and throughout the Denver area on senior leagues. Two of the teams are 50+ and one is 70+ in ages. The teams are great fun, with the season running April-August. Registration forms are available at the Front Desk. We hope that you will join one of these fun teams.

Golf
The league plays May through September on Tuesday mornings at Red Hawk Ridge in Castle Rock. There is a 9-hole and an 18-hole league. Substitutes are needed if you don’t want to play every week. If you are interested, call one of the coordinators at the numbers listed below.

Tennis
With the warming weather, perhaps more of you might want to get outside and play some tennis. If you are interested in coordinating a team, please call the Center at 303-688-9498.

BEST OF THE BEST 2020

COLORADO COMMUNITY MEDIA

VOTE NOW THROUGH APRIL 12TH

Don’t forget to vote for the Castle Rock Senior Activity Center. This helps promote all of the wonderful services that we provide to the community. Go to https://coloradocommunitymedia.secondstreetapp.com/Castle-Rock-Best-of-the-Best-2020/

You can then go to each of the following 2 categories and write in your votes for:

Community: Local Non-Profit
Retirement: Senior Services

We are always pleased to offer the “Best of the Best.”

AROUND TOWN

THANK

Your Community Volunteers

Denver Botanic Gardens
Free Days

Sunday, April 19
Tuesday, June 23
Monday, July 13
Tuesday, August 11
Wednesday, Nov. 11 (Veterans Day)

These dates are for the York Street Facility. These are not trips.
AARP provides free tax preparation on Mondays and Wednesdays until April 15 in the mobile unit behind the Center. Appointments are available from 9:00 AM through 2:30 PM. The schedules are already available and you can now make your appointments online. Spots fill quickly.

NOTE: AARP will be doing the taxes on a new computer system, so they will NOT have access to old records, even if they had done them here previously. You’ll need to have current picture ID and Social Security number, as well as past tax forms, along with all current paperwork.

To sign up, go to the Colorado Tax-Aide site: https://cotaxaide.org/appt/
Click on Sign Up to create a username and password to access the system. After signing in, click on Make or Change appointments.
If you need help with this process, you can call the Front Desk at the Center to sign up.

WEATHER CLOSURE INFORMATION
We occasionally close the Center to keep everyone safe and off icy and snowy roads, but not always following school closures. Sometimes we may delay our opening.

There are several ways to check to see whether we are closed or opening late: 1) Call the Center and listen to the message - if there is no special message, we are open; 2) Watch 9NEWS, CBS4 and Fox 31 - our information will be scrolled across the bottom of the screen; 3) Check the homepage on our website as we will post it - you must actually go into the website, not just look below the map if you Google it; 4) Like us on Facebook and you will receive notices; 5) All members who are signed up to receive email will receive one that morning. We try to have these announcements in place by 7:00 AM; although please understand that occasionally we have technology issues. In the event of a delayed opening, please check our phone message before coming to the Center, just in case we have to close. Thank you for understanding, as we make decisions regarding your safety.

Date: April 24, 2020
Time: 8 AM until 12 Noon
Place: Castle Rock Rec Center
2301 Woodlands Blvd.
Castle Rock, CO 80104

Please go to 9HealthFair.org to sign-up online. Look to the bar on the left of the screen and see the following:

Find a Fair – search for the Castle Rock Fair by Date. Choose April 24. Sign up for the blood tests (starting at $35.00 for the basic screening) and any other fee-based tests here.

Volunteer at a Fair – Click here to sign up to Volunteer at a fair. Make sure that you are looking at the Castle Rock 9Health Fair and select an area to volunteer. If you are unsure, select the Line Controller, Greeter, Misc. Item and you will be placed where needed for that day.

Volunteers will receive 20% off the fee-based items. Breakfast snacks provided.

Think about carpooling to the Center on that day as the parking lots will be busy.
Get on the **Waitlist**

Don't miss your chance to get on a trip!

There are always many changes with the sign-up list, and the waitlisted participants more often than not end up getting a spot on the list.

Once sign-ups are processed (and double checked), you will be notified only if you are on the waitlist. Please realize that this may not be until Monday or Tuesday, especially if we are making arrangements to add vehicles or another trip. Cancellations are common and you will then be notified if you’ve moved to the list or if we’ve accommodated additional people in some way. If you have paid and do not get moved from the waitlist, you will receive a credit to be used for another activity. If we know an activity is already full, we will add individuals directly to the waitlist, but will not collect payment until they have secured a spot for the activity.

Sometimes we may run a trip for a restaurant, in particular, with a smaller group size. This is to ensure a quality dining experience. We can always run the trip again if we have the interest, so get signed up today!

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**SINCERELY SENIORITA**

Where to Look for Activities Etiquette

**Dear Seniorita,**

We were eating lunch yesterday and the person next to me was clearly sick. He was coughing, sneezing and sweating. I have a compromised immune system and that’s dangerous to my well being. He said he wasn’t contagious, but I was still worried.

— Sick of it

**Dear Sick of it,**

We are urging everyone to stay home if you are ill and showing symptoms. We deal with an at-risk population and work hard to keep everyone safe and healthy.

**Dear Seniorita,**

I really wanted to see Shen Yun at the theatre this spring and made the suggestion several times. Why didn’t we go? — Always Busy

**Dear Always Busy,**

We need your suggestions and always welcome them. There are certain limitations we have and procedures we keep in place. For instance, we do attend certain evening events, but we don’t like to travel too far at night especially during the colder months. A lot of theatre performances are late night showings. Some of our activities have been on the books for months (if not for a year in advance). We often run into scheduling conflicts. The cost of Shen Yun tickets were $100+. We will keep our eyes peeled for more Shen Yun performances and others. Please keep sending in those suggestions or talk to one of the Activity Committee members. This is your Center and we’re here to make things happen for you.

If you have any questions for Seniorita, see someone at the front desk.
1st  Mark Gambardella, Albert Koenig
2nd  Barbara Bach, Lynn Kroloff, Ed Mattix, Sue Williams
3rd  Judy Connery
4th  Pat Gilmore, Ronna Sparks
5th  Alta Smith
6th  Mary Hylen
8th  Peter Lorenzen, Pat Pence
9th  Winnie Altman, Mike Clites, Daniel Hansen
10th Loretta Beveridge, Rosetta Haak, Ken Knoll, Rosita Redoux, Paul Stewart, Susan Vaughan, Rosanne Wittkop
11th Larry Adams, Sharon Bainbridge, Jim Green, Lyn VanHazel
12th Lea Dear, David Larson, Stephen Remers, June Vandervoort
13th Roger Beveridge, Eleanor Bolas, James Johnson,
14th Esther Durkin, Raylean Furnish
15th Opal Dumler, Jon Hendricks
16th Beverly Frindt
17th Barb Papalia
18th Tana Watkins,
19th Lucie Anderson, Dennis Gilmore, Tish Hendrickson, Roger Thornton
20th Judy Ellis, Edith Kuppelwieser, Robert Neal, Gwen Riggle
21st Lisle Gates, Jodie Hoffman, Claudia White
22nd Gary Herr, Jeff Martin, Phyllis Valdez, Betty Watson
23rd Bonnie Bickel, Mitsuko Salazar, Bill Timmons, Sallie Wolf
24th Wayne Abbott, Judith Book, Kathleen Cooledge, Peg Hagmaier
25th Chris Ahlering, Pat Flannery
26th Charlotte Adair, Linda Bartlett, Clydene Ross-Valliere, Joan Wood
27th Jack Batchelor, Lynn Fuentes, Mark Purfurst
28th Karen Hackard, Donald Kayon
29th Dieter Loose, James Nazario, Alice Ross
30th Tom Hay, Joe Kissell, Marcia Scatena, Judy Touloumis

Dining to Donate Contest Winner

Larry Pratt won the Dining-to-Donate contest which was at Guadalajara. You, too, can be a winner by putting your name on the certificate on page 6 and going to our restaurant of the month. This is a great fundraiser for the Center. Let’s make it count!

Our very own Steve Pritchard, driver, was honored at the RSVP Awards in February. RSVP is a national service program that works to match volunteers, age 55+ with local, part-time opportunities at nonprofit partner agencies and hospitals. In Denver, it’s housed by its sponsor, Volunteers of America Colorado. For those of you who’ve had the pleasure of meeting and/or riding with Steve, we’re sure he’s brightened your day. He was honored as a “Champion of Service.”

We are honored he chooses to work with us.

Fran Cason (left), Joan Cunningham (right) and Charlie Patin (middle) each were winners in the Super Bowl Squares contest that we had in February. The game was free to play, and they won gift certificates to the Center. Congratulations, guys! We had a fun party with fun, food and friendly rivals.
February was a month for love, fun and surprise. We rang in the month with a Super Bowl party and had classic football foods. We played Super Bowl squares to top it off. Our February Mystery Trip was a coach bus tour to celebrate the Eisenhowers’ love story. Our tour guide brought us to the Eisenhower Chapel in Lowry, and then to his preserved hospital room at the Fitzsimmons Army Hospital (now the CU Anschutz Medical Center). Some of the pictures above are from the popular CBS tour. Last but not least, we celebrated Valentine’s Day with the family and friends we love.
# ROCKIN' ACTIVITY SIGN-UP SHEET

**Name:** __________________________  **Member:** _______  **Guest:** _______

**Cell Phone:** ______________________  **Home Phone:** ______________

- **X IF COMING**
- **DATE**
- **ACTIVITY**
- **TIME**
- **ACTIVITY FEE MEMBER**
- **ACTIVITY FEE NONMEMBER**
- **COST**

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<thead>
<tr>
<th>X IF COMING</th>
<th>DATE</th>
<th>ACTIVITY</th>
<th>TIME</th>
<th>ACTIVITY FEE MEMBER</th>
<th>ACTIVITY FEE NONMEMBER</th>
<th>COST</th>
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<tbody>
<tr>
<td>April</td>
<td>4/6</td>
<td>Bowling</td>
<td>10:00 AM</td>
<td>$10 Each Week</td>
<td>Not Applicable</td>
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<td>4/13</td>
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<td>4/27</td>
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<tr>
<td>Wed April</td>
<td>1</td>
<td>Drama Workshop</td>
<td>11:00 AM</td>
<td>$1</td>
<td>$11</td>
<td></td>
</tr>
<tr>
<td>Thurs April</td>
<td>2</td>
<td>Free Trip - Seniors’ Council</td>
<td>9:30 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
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<tr>
<td></td>
<td>2</td>
<td>“UFO or a UAV with DCSO”</td>
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<tr>
<td>Thurs April</td>
<td>2</td>
<td>SeniorzArt Class</td>
<td>1:00 PM</td>
<td>$1</td>
<td>$11</td>
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<tr>
<td></td>
<td>2</td>
<td>Out to Dinner - Little Holly’s Asian ($)</td>
<td>4:15 PM</td>
<td>$10</td>
<td>$20</td>
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<tr>
<td>Fri April</td>
<td>3</td>
<td>Trip - Douglas County Coroner: Presentation, Tour &amp; Lunch ($)</td>
<td>8:45 AM</td>
<td>$9</td>
<td>$19</td>
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<tr>
<td>Fri April</td>
<td>3</td>
<td>Remembering Our Veterans - “My Time in the Navy” with Bob Easterly</td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
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<tr>
<td>Tues April</td>
<td>7</td>
<td>Snowshoe Trip - St. Mary’s Glacier</td>
<td>8:30 AM</td>
<td>$17</td>
<td>$27</td>
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<tr>
<td>Tues April</td>
<td>7</td>
<td>Trip - Arts on Fire Pottery Painting &amp; Brunch ($)</td>
<td>10:15 AM</td>
<td><strong>$8</strong></td>
<td><strong>$18</strong></td>
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<tr>
<td>Wed April</td>
<td>8</td>
<td>Lunch &amp; Learn - “Foot &amp; Ankle Problems”</td>
<td>11:15 AM</td>
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<td>Wed April</td>
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<td>Out to Dinner - Cheesecake Factory ($)</td>
<td>4:15 PM</td>
<td>$9</td>
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<tr>
<td>Thurs April</td>
<td>9</td>
<td>Hike - Quarry Mesa</td>
<td>8:30 AM</td>
<td>To be determined</td>
<td>To be determined</td>
<td></td>
</tr>
<tr>
<td>Thurs April</td>
<td>9</td>
<td>Movie &amp; Popcorn - “The Old Man and The Gun”</td>
<td>12:45 PM</td>
<td>$2</td>
<td>$12</td>
<td></td>
</tr>
<tr>
<td>Fri April</td>
<td>10</td>
<td>Mystery Trip</td>
<td>9:15 AM</td>
<td><strong>$18</strong></td>
<td><strong>$28</strong></td>
<td></td>
</tr>
<tr>
<td>Tues April</td>
<td>14</td>
<td>Casino Trip - Isle</td>
<td>8:30 AM</td>
<td>$13</td>
<td>$23</td>
<td></td>
</tr>
<tr>
<td>Tues April</td>
<td>14</td>
<td>Newcomer Orientation Meeting</td>
<td>9:30 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Wed April</td>
<td>15</td>
<td>Drama Workshop</td>
<td>11:00 AM</td>
<td>$1</td>
<td>$11</td>
<td></td>
</tr>
<tr>
<td>Wed April</td>
<td>15</td>
<td>Polish Poker</td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Thurs April</td>
<td>16</td>
<td>SeniorzArt Class</td>
<td>1:00 PM</td>
<td>$1</td>
<td>$11</td>
<td></td>
</tr>
<tr>
<td>Sun April</td>
<td>19</td>
<td>Theatre Trip - “Ragtime” Boulder’s Dinner Theatre</td>
<td>10:30 AM</td>
<td><strong>$74</strong></td>
<td><strong>$84</strong></td>
<td></td>
</tr>
<tr>
<td>Tues April</td>
<td>21</td>
<td>Trip - Cave of the Winds &amp; Lunch ($)</td>
<td>9:30 AM</td>
<td><strong>$33</strong></td>
<td><strong>$43</strong></td>
<td></td>
</tr>
<tr>
<td>Wed April</td>
<td>22</td>
<td>Legal Presentation - “Wills &amp; Trusts”</td>
<td>10:00 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Wed April</td>
<td>22</td>
<td>Lunch Bus to Duke’s</td>
<td>10:30 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Wed April</td>
<td>22</td>
<td>Bunco</td>
<td>1:00 PM</td>
<td>Pay that day</td>
<td>Pay that day</td>
<td></td>
</tr>
<tr>
<td>Wed April</td>
<td>22</td>
<td>Dinner Bus to Duke’s</td>
<td>2:30 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Thurs April</td>
<td>23</td>
<td>Out to Lunch - Meatball Eatery ($)</td>
<td>10:30 AM</td>
<td>$10</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>Thurs April</td>
<td>23</td>
<td>Active Minds - “The Titanic”</td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Mon April</td>
<td>27</td>
<td>Spring Performance by Drama Group</td>
<td>1:00 PM</td>
<td>$2</td>
<td>$2</td>
<td></td>
</tr>
<tr>
<td>Wed April</td>
<td>29</td>
<td>Trip - High Tea at Carriage Shoppes &amp; Presentation at Antelope Alpacas &amp; Fiber Arts</td>
<td>9:30 AM</td>
<td>$10</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>Thurs April</td>
<td>30</td>
<td>Baby Shower</td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
</tbody>
</table>

**OFFICE USE ONLY WHEN PAID**

Total Fees $______ — Certificate $______ = $______ Run into Register

HOW PAID  □ Cash  □ Check  □ Charge

Processed by ____________________ Date ___________

**Total Activity Fees $______**

**Ticketed Event - No Refunds**

□ Will-Pay by _____ (date)
Activity Sign-Up
For April is
Friday, March 27
Doors open at 7:30 AM
Phones open at 8:30 AM