Chin up...
Things are looking brighter!
There are lots of smiling faces in this issue.
Where do I start with this Director’s letter? Who would have ever thought that we wouldn’t be enjoying everyone’s company along with the over 160 activities, sports and trips that we are so accustomed to? But have no worries; this too shall pass and we will all be back together again soon. What doesn’t break us only makes us stronger. I truly believe that. I have seen so much community, support and coming together in the past month. The connections that we have been making with the Town, County and other organizations have been remarkable to see in making sure that we keep seniors safe and help them get the aid they need.

The staff and I have been planning for the day when we get to reopen the doors to you all. I don’t think a lot of work will get done that day or week. We will be so glad to see you and we will just want to hang out with you all day. The Town’s cleaning crew has been busy doing a deep clean on the Rec Center and Senior Center while we have been closed. Once we have a re-opening date, we will start scheduling the fun outings again. When that happens, we’ll have an updated calendar and details available. Keep in touch with us via phone or website to find updates. It will take some time to get the outings rescheduled, but once we do we will schedule an activity sign-up day to be fair so that all the members have a chance to go on the outings. We will have updated information available at the Front Desk at that time.

Please stay in touch with us via social media (we now have an Instagram account). We have been having fun making videos for you and sharing our home life too. They say that if you truly love your job, you will never work a day in your life. That’s how the staff and I feel about the Center, but it is truly not a center without you all in it.

Stay safe and healthy,
With Love from Debbi, Tina, Mary Jo, Juli, Shannon, Amber and Susan

www.facebook.com/Castlerockseniorcenter
www.instagram.com/Castlerockseniorcenter

From top left: Juli Asbridge, Susan Santamaria-Fenton, Debbi Haynie, Mary Jo Fry & Tina Whitby. From bottom left: Shannon Rutt & Amber Jackson

Your staff here at the Center is considered essential. With the help of volunteers we are still distributing Meals on Wheels boxes, transporting seniors to grocery/RX stores and vital doctor’s appointments and operating our modified dining program. The Center is not open to the public, but you can call us between the hours of 9:00-1:00 PM. The staff has reduced our in-office hours and will be working from home alternately. Please also feel free to send an email. We are eagerly awaiting your return.
THANK YOU TO OUR March

Charlotte Adair
Shelagh Adams
Mary Adkins
Riley Albertson
Laurie Armstrong
Joe Asbridge
Marilyn Asbridge
Barbara Ashby
Larry Ashby
Susan Balzer
Michael Bartlett
John Bell
Laura Bentzen
Mary Ann Birrittel
Charlotte Adair


See Page 19 for Membership Survey Results

THANKS TO THOSE IN THE SEWING GROUP FOR MAKING THESE MUCH NEEDED MASKS, OR PPE AS THEY'RE REFERRED TO. PERSONAL PROTECTIVE EQUIPMENT (PPE) IS A TERM YOU'RE PROBABLY HEARING A LOT OF THESE DAYS. THEY ARE BEING GIVEN TO OUR DRIVERS, SKY RIDGE HOSPITAL AND VNA NURSES. WE ALL APPRECIATE YOUR HARD WORK!
A couple years ago, the Caramellas found themselves at the annual Senior Life Expo signing up to become new members of the Center. It was there that they signed up for their first activity, a wine tour around Colorado. They were new here and looking to meet new people. Joining the Center was life changing for them. It only took going on one activity for them to know this is where they belong. Little did they know back then, the huge impact that they would have on all of us at the Senior Center.

Ben and Joyce moved here in 2017 to retire, escape the humidity of the south and be closer to their grandsons. They met in the seventies where they worked together. Ben was a mechanical engineer and Joyce worked in environmental health and safety. They worked together for 2 years before they started a relationship. Joyce jokes that it took Ben so long because he thought she was too aggressive and loud. They have 1 daughter and 3 grandsons who live in Nevada. They’re fortunate enough to get to see them as often as they do. This October will impressively mark their 44th wedding anniversary.

Many people may be familiar with Ben and Joyce cruising around events in their 1964 Mustang Convertible, but not all may know how much they volunteer throughout the year. They help in so many ways. They are involved in Senior Expo, Art Fest, the Craft Fair, the Activities Committee, hosting activities, helping with maintaining our storage, picking up weekly donations and the list goes on and on.

When the two are not at the center, they are busy with some pretty exciting hobbies. Ben enjoys building a 1937 Chevy Coupe Street Rod as well as restoring a 1974 Barracuda. Joyce is busy with her own hobbies like the Legendary Ladies Performance Group. The two also are members of the Early Mustang Club of Denver and just won an award for invoking the best memories of their Mustang.

Ben and Joyce define success as being happy in retirement. This is something that they definitely have achieved. They may say that they are lucky to have found us, but we think it is the other way around. We are so grateful that Ben and Joyce have chosen to give their time to us. Thank you both for being such an asset to the Senior Center. We are proud to call you both our volunteers of the month.

~ The Staff

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

We welcome these new members from March. 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 next Newcomer “Orientation Meeting” to meet others and to be welcomed. The date is TBD. Be sure to call the Center at 303-688-9498 to sign up in advance so that there is enough space.
Did you ever think about leaving your pet outside with a collar or leash that is made of metal during a lightning storm? Probably not. That’s the same reason that you don’t lie on a concrete floor or lean against a concrete wall during a storm – there are metal bars or wires in concrete and lightning can travel through them. Most adults know to go indoors if there is a storm, but even in your secure home there are things you need to avoid. If lightning strikes a structure: it will travel on metal, so avoid being in contact with your plumbing system by taking a shower or doing your dishes. If your home is struck, it can also travel through your electrical system, so make sure TVs and computers are on surge protectors. Also, it’s not an old wives’ tale – phones connected with a cord can put you at risk of being hurt if lightning strikes. Cordless phones and cells phones are just fine and the amount of corded phones are really decreasing with time. While lightning causes death, your odds of being struck in a single year are 1:500,000. Colorado is on a list of the top ten states having people struck by lightning, but Florida takes the prize. Without a doubt, an individual injured from a lightning strike, whether outside or inside a home, is a medical emergency requiring a 911 call. Usually there aren’t injuries that would prevent you from moving to a safe location unless they took a significant fall. Most often there are cardiac complications, so you should check to make sure the person is breathing and has a heartbeat. You may need to resuscitate until emergency responders arrive. Statistically, most lightning strikes happen to males (85%), between the age of 19 and 34 (41%), so it’s not an unusual conclusion to reach that working outside increases your risk to be struck by lightning. However, about one-third of strikes happen INSIDE a home or building, so these precautions are not something to take lightly.

Remember the saying “when thunder roars, go indoors” and watch the show from inside a secure building or a car not parked under a tree.

---

**HEARING SCREENING CLINIC**  
**By Joanne LaPorta of Accent on Hearing**

**Time TBD**  
**Beginning at 10:15 AM**

_A FREE hearing screening is offered once a month & includes cleaning/checking all types of hearing aids. Please sign up in advance at the front desk._

---

**Foot Care Clinic**  
**Medical Foot Care provided by RNs**

**Times TBD**  
**Beginning at 9:00 AM**

$45 for the first visit/$35 for each visit after. This is a benefit of some Kaiser plans. Call VNA at 303-698-6496 prior to first appt. Don’t let the fee keep you from taking care of your feet, as there is some assistance available for low income members. Call the front desk to schedule.

---

**BP Spot**

- FREE BP check by an RN
- Dates: TBD
- No Appointment needed
- Provided by: Local Area Providers

---

** Massage & Reflexology**

All services are provided by Cheryl Eastburn, Massage Therapist

- **REFLEXOLOGY**
  - Times TBD
  - Beginning at 9:00 AM
  - $20 for members for 30 minutes ($30 for non-members)

- **CHAIR MASSAGE**
  - Times TBD
  - Beginning at 9:00 AM
  - $12 for members for 20 minutes ($22 for non-members)

- **TABLE MASSAGE**
  - Times TBD
  - Beginning at 9:00 AM
  - $20 for members for 30 minutes ($30 for non-members)

_Please call the front desk to schedule your appointment._

---

**Hearing Screening Clinic**

**By Joanne LaPorta of Accent on Hearing**

**Time TBD**  
**Beginning at 10:15 AM**

_A FREE hearing screening is offered once a month & includes cleaning/checking all types of hearing aids. Please sign up in advance at the front desk._

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Wednesday
May 27th
Breakfast & Lunch:
6:30 AM - 2:00 PM

Pegasus Restaurant
313 Jerry Street, Castle Rock
303-989-6745

Downtown, a block west of Walgreens between 3rd and 4th Streets
Parking behind the building

Pegasus is a locally owned and operated Castle Rock tradition where you'll be
treated to American, Mexican, Greek or other international cuisines for breakfast
or lunch. Pay your bill as you normally would, and by turning in this flyer, a portion
will be donated back to the Senior Center.

Special Incentive for Senior Center Members:
Write your name below and give them to your friends, family & neighbors.
We will draw a winner for a Senior Center gift certificate from all the flyers turned in.

DID YOU KNOW THAT YOU CAN RAISE MONEY
FOR THE CASTLE ROCK SENIOR ACTIVITY
CENTER WHILE YOU SHOP?

WE NEED YOUR HELP!!
This fundraising opportunity has great potential to help
support our programs and services at the Center. Our goal is
to have at least 1/2 our membership participate.

It's super EASY!!
** You need to have a King Soopers Rewards Card to enroll. If you don't already have
one, just stop at the Customer Service Desk of your local King Soopers to get one, or you
can sign up online.
** Log onto www.kingsoopers.com/communityrewards.
** Click on Enroll Now to log into your account, or quickly create one.
** Once you are logged into your account, you can then choose The Castle Rock Senior
Activity Center as your charitable organization of choice.
** You must have a King Soopers loyalty card and a working email address that is tied
to your card in order for us to be able to help.

Bob Halvorson, Executive Vice President, is willing to come to
your home and help. You can call him at (720) 542-8498.
The staff is also here to help any time.

20th Annual
"Fall Swing"
Golf Tournament
Benefitting
Castle Rock Senior Activity Center

Wednesday, September 2nd, 2020
Arrowhead Golf Club, Littleton, CO.

28th Annual
Castle Rock
Craft Show
Extraordinaire
Saturday, November 7, 2020
9:00am-4:00pm
Douglas County Events Center, Castle Rock
Since we had to cancel our March trip to the Olympic Training Center, Cherie Holverstott recounts her last visit there. We want to bring the experience to you until we can get it scheduled again. Our trip will hopefully include its new museum.

Several months ago we visited the Olympic and Paralympic Training Center in Colorado Springs. This state-of-the-art athletic complex is home to 14 different sports with the Olympic Hall of Fame. It is the flagship training center for the United States Olympic and Paralympic Committee and the Olympic and Paralympic Training Center programs.

The USA Swimming and USA Shooting have their national headquarters in the complex. The center is able to provide housing, dining, training facilities, recreational facilities and other services for more than 500 athletes and coaches at one time on the complex. Athletes are selected to train at the Colorado Springs Olympic and Paralympic Training Center by their respective National Governing Body. It is home to sport facilities and support services for the following summer Olympic and Paralympic, Pan American and Parapan American sports: boxing, cycling (Olympic and Paralympic), figure skating, gymnastics, Paralympic judo, pentathlon, shooting (Olympic and Paralympic), swimming and wrestling.

Our one-hour tour began in the Visitor Center where we enjoyed a film about the history of the Olympic and Paralympic Movement. Our guide then led us to several training facilities where we watched athletes training in the areas of wrestling, gymnastics and strength training. We saw the swimming pools and indoor shooting range used by athletes training in those sports. At the conclusion of our tour, we returned to the Visitor Center where we visited the gift shop which has a wide variety of clothing and other merchandise related to the Olympics.

The Olympic and Paralympic Museum is scheduled to open within the next few months. It is located just a few miles from the training center. It will focus on the core values of the Olympic and Paralympic movements and will be one of the most interactive and accessible museums in the United States. This beautiful one-of-a-kind futuristic building has nearly 9000 unique diamond-shaped custom aluminum panels on the building’s exterior. The museum will house a large variety of items from past Olympics such as the Lake Placid scoreboard panel from the 1980 Olympic Winter Games, better known as the Miracle on Ice. This was the hockey game in which the United States beat the Soviet Union 4 – 3.

If you are a fan of amateur sports, you will thoroughly enjoy learning about Team USA and the Olympics.

Thanks, Cherie!
Do you know that May 4 is Star Wars Day?

Paint Mines Park

In case you need some beautiful scenery to look at, the picture above was taken at Paint Mines Interpretive Park in El Paso County. Once the Center reopens and the trips are running again, we have a guided hike into this beautiful park planned. The Paint Mines Interpretive Park is one of El Paso County’s most unique open spaces. The Paint Mines are named for their colorful clays that were collected by American Indians to make paint. Brightly colored bands, caused by oxidized iron compounds, are found in varying amounts throughout the many different layers of clay.

The Paint Mines Interpretive Park is located in the northeast section of the County near Calhan with approximately 750 acres. The paint mines have evidence of human life as far back as 9,000 years ago. The park features fantastic geological formations including spires and hoodoos that form through erosive action that creates incised gullies and exposed layers of selenite clay and jasper. The park includes a restroom facility, four miles of trails, interpretive signage and many natural wonders.

Senior Polo Day

Wed., June 17

You can catch the action field-side while tailgating Colorado style at Denver Polo Clubs Senior Day. Senior Centers around the area will be invited to participate in fun, food and games at this inaugural event. We will be sending a group on this trip (subject to change pending current climate).

When I was a boy and I would see scary things in the news, my mother would say to me, “Look for the helpers. You will always find people who are helping.”

To this day, especially in times of “disaster,” I remember my mother’s words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world.

~Fred Rogers
“Vietnam Combat Medic”
by Glen Payne

Glen Payne is a retired Psychologist and a Vietnam combat medic. He was originally scheduled to speak at the May Remembering Our Veterans. His presentation has been postponed. Here is an excerpt from his story “PFC Trout.” Be sure to hear the rest of the story in person when the Center reopens.

My new wife of two months and I emerged from the Nashville Airport for a weekend visit at Fort Campbell, KY where I was a new Lieutenant in charge of a combat medic platoon. Hearing sobs in a corner of a parking garage, we found a soldier on the ground sobbing away. He was PFC Trout; one of my combat medics. His wife had just flown back home, and PFC Trout and I would be flying to Vietnam in a week or so. We consoled him; tucked him into our car; bought some DQ ice cream and drove him back to Fort Campbell and his barracks.

To be continued...

The goal of the sewing group is to create useful, well-crafted items to support the Senior Center through the Annual Craft Show each November. Some items you will have seen before but will be updated in style and fabric. Others will be new introductions: walker bags, dog walking bags (i.e. dog poop bag carriers), door stops, large felt nutcrackers, hip bags and, of course, our animal and BFF’s (Best Friends Forever) bags to name a few. You can see some of these above, sewn by Sandy Hendricks. They are sure to be showcased.

The Sewing Group is also working on patriotic quilts. We talked about the Quilts of Valor last month. Once the Center reopens, be sure to put your name in the jar at the Front Desk to be entered into a drawing and be honored for your service with a quilt. The group will also be donating some to the Castle Rock Fire Department to be used for those who are victims of house fires, etc.

If you have pictures of projects that you’re working on, send them to Shannon at srutt@crgov.com. You may be featured in an upcoming newsletter.

The Baby Shower has been postponed indefinitely. However, the donation box will remain by the Front Desk. Many great treasures will surely be made from your time at home. Watch future newsletters for updates.

Nancy Harrison has put together a class to create these cute votive holders. When the Center reopens this will be on the calendar! Maybe use your quarantine time to browse Pinterest and find some ideas you’d like to DIY!
OF INTEREST

Feeding Seniors

With the help of our congregate meal partner, Volunteers of America, and our Center volunteers we are able to hand out and deliver over 80 meals (per week) to seniors in Douglas County. We are thankful for both groups during this difficult time.

CONTACT LIST

Fun & Games
- Mah Jongg - Lynn Krolff 303-565-9429
- Monday Open Bridge - Riley Albertson 303-362-1840
- Duplicate Bridge - Steve Wheeler 303-660-4047
- Marathon Bridge - Teri McLane 303-349-1323
- Bunco - Peg Hagmaier 303-881-2687
- Polish Poker - Linda Farley 303-997-9343
- Hand & Foot - Maggie Janick 303-590-4595
- Trivia Group - Chuck Pauley 720-512-4934
- Pinochle - Dawn Corbell 512-966-7910
- Scrabble - Stella Brigante 720-841-6104

Special Interest Groups
- Knitting & Crocheting - Kathy Lacey 903-327-3003 or Rita Spreeman 303-989-9173
- Quilting - Maggie Janick 303-590-4595
- Sewing - Sadie Bush 303-660-6932
- Sewing Group - Sandy Hendricks 262-853-1639
- Jewelry Making - Open
- Creative Writing - Pam Thillgen-Hester 303-814-7864
- Current Events - Larry Pratt 503-400-0094
- Remembering our Veterans - Jim Pierce, jc744@comcast.net
- Garden Club - Janet Mattheis 209-712-8866
- Book Club - Open
- Library - Mary Hudson, contact the front desk to get in touch with Mary
- Leather Working - Jim Decker 720-448-4614
- Tai Chi Playtime - Evelyn Garbo 808-238-6128 or Linnea King 303-688-5572

Services
- Health & Wellness - Call the front desk to schedule
- VOA & Meals on Wheels - Juli Asbridge 720-733-2292
- Car Donation - Jon Hendricks 262-853-1638
- Low Vision Support - Duncan Larsen 303-778-1130

Sports - See bottom of page 18

SINCERELY SENIORITA

Where to Look for Activities Etiquette

Dear Seniorita,

Help! I’m out of toilet paper. What do I do? – Over or Under

Dear Over or Under,

First of all, don’t panic and stay calm. There are lots of resources available to you. Look on Page 18 of this newsletter. You will see several stores in the area with “Senior Shopping.” The stores are open to seniors for a specific time. Some of them will even bring your delivery right to your car. Most of these stores are stocking during the night, so toilet paper is usually available first thing in the morning. Do you know that other things were used before toilet paper include: hay, corn cobs, sticks, stones, sand, moss, hemp, wool, husks, fruit peels, ferns, sponges, seashells, knotted ropes and broken pottery (ouch!). This might be a good time to get out all of your mismatched socks.

If you have any questions for Seniorita, call 303-688-9498.

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Sports - See bottom of page 18
MARK YOUR CALENDARS

CLASSIC CAR SHOW
The Classic Rock Cruise In has something for everyone - cars, shops, live music, restaurants, festival park and many specialty vendor booths.

June 20th

LOVING LIFE CHALLENGE
The Loving Life second half challenge starts 7/1 and runs through 9/30. This is your chance to donate and have those funds matched for up to $7,500.

July 1st

DOUGLAS CO. FAIR PARADE
The parade starts at 9:30 AM downtown and is followed by a pancake breakfast at the Castle Rock Fire Department.

July 25th

DOUGLAS COUNTY FAIR
The fair runs from 7/30-8/2. Pancake breakfast, entertainment xtreme bulls, rodeos, carnival, mutton bustin, tractor pull, 4H/FFA exhibits and more.

July 30th

CRSAC GOLF TOURNAMENT
20th annal “Fall Swing” Golf Tournament benefitting The Castle Rock Senior Activity Center will be held at Arrowhead Golf Course in Littleton.

Sept 2nd
MARK YOUR CALENDARS

ARTFEST
COLORADO ARTFEST AT CASTLE ROCK IS HEADED BACK TO DOWNTOWN. COME CELEBRATE THE 31ST ANNIVERSARY WITH FREE ADMISSION FOR ALL.

CASTLE ROCK OKTOBERFEST
BEER, FOOD AND LIVE MUSIC TO WELCOME FALL. THE ENTIRE FAMILY CAN ENJOY A FREE STREET FAIR, BOUNCE HOUSE, CRAFT VENDORS AND GERMAN DANCERS.

28TH ANNUAL CRAFT SHOW
THE CRSAC CRAFT SHOW EXTRAORDINAIRE WILL TAKE PLACE AT THE DOUGLAS COUNTY EVENTS CENTER IN CASTLE ROCK FROM 9:00 AM TO 4:00 PM.

CASTLE ROCK STARLIGHTING
THE CASTLE ROCK “LIGHTING OF THE STAR” HAS BEEN A COMMUNITY EVENT SHARED BY RESIDENTS DATING BACK TO 1936. JOIN IN FROM 2:00 PM - 7:00 PM AT WILCOX SQUARE.

COLORADO GIVES DAY
YOUR DONATION WILL PROVIDE SERVICES AND PROGRAMS TO ALLOW SENIORS TO CONTINUE “LOVING LIFE IN THE SECOND HALF.”
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. Get to know us a little better. Why not send us an email (you can find our email addresses on Page 2), or call us at the office between the hours of 9:00 AM - 1:00 PM? Submit your puzzle to be entered into a drawing for a chance to win a Gift Certificate to the Center. You can either mail it to us or drop it off upon reopening.

Your Name_____________________________

Across
1. Mary Jo’s daughter is working on what program at NASA’s Kennedy Space Center
3. Shannon’s “road trip” car is a ’69
4. Susan used to be a caterer here
7. Shannon’s husband owns movie theaters called
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
2. Juli performed this medical job
5. Susan’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
13. Amber could drink this every day
LIBRARY PERKS

If you are a DCL cardholder this means you have access to all sorts of fun perks, everything from free digital media to free online classes (in crafting, software, language and more). Explore your options and do something new!

www.dcl.org

Denver Art Museum Online
The Denver Art Museum is currently closed, but you can browse many online collections at https://denverartmuseum.org/
Tai Chi Can Reduce Stress

In this time of uncertainty and anxiety, you might want to try Tai Chi to help soothe your soul while improving your strength and balance. Never fear – Tai Chi is here! With no requirements for equipment or space, all you need is some time (a thing we may have too much of these days) and a curiosity to expose yourself to a new and hopefully lifelong experience.

One of the basic tenets of Tai Chi is Deep Diaphragmatic Breathing, which is different from the breathing we are used to. Also called belly breathing, this exercise has many health benefits and is one of the hidden keys to optimum wellness – in fact, people who practice deep belly breathing as little as 10 minutes a day have a much less chance of developing cancer and heart disease, handle stress more effectively and generally have better overall health and well-being. Deep diaphragmatic breathing is one of the simplest yet most effective ways of improving one’s health with the least amount of cost and time investment.

Try it right now! Sit in a comfortable chair, close your eyes and inhale very slowly through your nose using your diaphragm (your belly should expand while you inhale with little or no chest movement). Once your lungs are full and your belly has expanded, hold your breath for 6-12 seconds. Then slowly exhale through your mouth making sure you use your belly to push the air out. Once your lungs are empty and your belly is contracted, repeat the cycle. Your goal is to complete 10 cycles (inhale-hold-exhale) or 8-10 minutes of deep diaphragmatic breathing a day. It is a wonderful time to clear your mind of all thoughts and concentrate simply on your breathing (a practice you may have heard of: meditation) – a way of letting all the silt in your brain settle to the bottom, leaving the rest of your mind crystal clear.

Deep breathing will relax and calm you and is especially beneficial first thing in the morning and right before you go to bed (or even while you are lying in bed!). It is a great way to introduce your mind and body to the art of Qigong and Tai Chi and is one of the best prescriptions for improving your health and optimizing your wellness. Good luck and good breathing. Stay well, everyone.

Thanks to Evelyn Garbo for this helpful information. She teaches the Tai Chi for Arthritis classes here at the Center. We have grant funding that covers a large portion of your Activity Fee. Be sure to sign up for the next session.
SPORTS ROCK

Sports news is being preempted to bring you some important information.

SENIOR ONLY SHOPPING

<table>
<thead>
<tr>
<th>Store</th>
<th>Days</th>
<th>Times</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>King Soopers</td>
<td>Monday, Wednesday, &amp; Friday</td>
<td>7:00 AM - 8:00 AM</td>
<td>Wes Johnson 303-978-9733</td>
</tr>
<tr>
<td>Walmart</td>
<td>Tuesday</td>
<td>6:00 AM - 7:00 AM</td>
<td>Preston Shepherd 720-436-2121</td>
</tr>
<tr>
<td>Target</td>
<td>Tuesday &amp; Wednesday</td>
<td>8:00 AM - 9:00 AM</td>
<td>Ken Standen 303-514-7064</td>
</tr>
<tr>
<td>Safeway</td>
<td>Tuesday &amp; Thursday</td>
<td>7:00 AM - 9:00 AM</td>
<td>Jim Weglarz 303-688-3280/303-507-1429</td>
</tr>
<tr>
<td>Whole Foods</td>
<td>Each day</td>
<td>7:00 AM - 8:00 AM</td>
<td></td>
</tr>
<tr>
<td>Sams</td>
<td>Tuesday &amp; Thursday</td>
<td>7:00 AM - 9:00 AM</td>
<td></td>
</tr>
<tr>
<td>Costco Wholesale</td>
<td>Tuesday &amp; Thursday</td>
<td>8:00 AM - 9:00 AM</td>
<td></td>
</tr>
<tr>
<td>Trader Joe’s</td>
<td>Each day</td>
<td>8:00 AM - 9:00 AM</td>
<td></td>
</tr>
<tr>
<td>Big Lots</td>
<td>Each day</td>
<td>9:00 AM - 10:00 AM</td>
<td></td>
</tr>
</tbody>
</table>

*Sam’s Club has 2 new services!

Early Senior Shopping Hours Tuesdays & Thursdays from 7:00-9:00 AM for members aged 60+ including pharmacy and optical centers.

Free Curbside Concierge Pickup Service to seniors who need to shop during these special hours and don’t feel comfortable coming inside the building. Just pull up and an associate will take your list, gather your items and bring your order out to your car.

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

AROUND TOWN

2020 DUCKY DERBY ROTARY CLUB OF CASTLE ROCK
POSTPONED

Be on the lookout for the new date to watch thousands of ducks race to support local nonprofits!

DATE AND TIME: TBD
FESTIVAL PARK - AT PERRY AND 2ND STREET

Castle Rock Relights Star as a Beacon of Hope

The Star atop The Rock was relit as a symbol of hope during the pandemic as a reminder that Castle Rock is a strong and united community that will persevere.

The 40-foot star atop Castle Rock’s iconic Rock was originally constructed in 1936 during the Great Depression as a symbol of hope that could be seen for miles around.

“When times get hard in Castle Rock, the community comes together,” said Mayor Jason Gray. “We will get through this, and my wish is that everyone who sees The Star will ask themselves what they can do in the community to help those who need support.”
As the numbers of confirmed cases of COVID-19 continue to increase in the United States, the federal government is taking action to reduce the impact on taxpayers. Specifically, the Internal Revenue Service (IRS) has announced that the tax filing season has been pushed to July 15, 2020. See your tax preparer for additional information.

Membership Survey Results

I would like to personally thank all of you who responded to our recent Survey. Of the emails sent out, a third of our membership replied. Overall, our members believe that the CRSAC provides a good value for its services and activities as well as being friendly, helpful and supportive. Of course, there are areas we can improve upon. Below are answers to a couple of the common questions/concerns. Our board and the staff will be looking at many of the suggestions that you provided to determine what or how we can implement them. Unfortunately, some things we cannot change such as parking and the facility space. If any of you would like to directly talk about your ideas, please feel free to contact me or our Director, Debbi Haynie. I am here for you!

Lynn Kroloff
VP Membership/Outreach

Why can’t we have online signup for activities?

We are not set up for online signup. A percentage of our members do not have access to computers or are not familiar with them.

What provisions have been made to accommodate seniors who are unable to participate in sign-up day?

We have many seniors who use our transportation program and are unable to get to the Center before 9:30 AM. For those registered riders, they can call the day before sign-up day and put their name in the drawing box to be drawn at the same time as those who show up in person. Their number will then be placed in order and that member will be called for their registration.

IRS Officially Pushes Tax Filing and Payment Deadlines To July 15

As the numbers of confirmed cases of COVID-19 continue to increase in the United States, the federal government is taking action to reduce the impact on taxpayers. Specifically, the Internal Revenue Service (IRS) has announced that the tax filing season has been pushed to July 15, 2020. See your tax preparer for additional information.

Economic Impact Payments: What you need to know

The distribution of economic impact payments will begin in the next three weeks and will be distributed automatically, with no action required for most people. Social Security beneficiaries who are not typically required to file tax returns will not need to file to receive a payment. Instead, payments will be automatically deposited into their bank accounts. However, some people who typically do not file returns will need to submit a simple tax return to receive the economic impact payment. Please do not call the IRS about this. https://www.irs.gov/coronavirus

SNAP Help

Interviews are no longer required for SNAP (food stamp) applications. Even better, everyone gets the full award of $194/month for a household of one for the duration of the crisis. You can call Hunger Free Colorado at 720-382-2920 to apply.

Thank You

We want to give a great big “THANKS” to the baristas at the Starbucks on Promenade. They delivered freshly brewed coffee to the staff working at the Center. We appreciate you and all that you’re doing for essential workers and those pitching in to help the seniors in our community.
Now’s a good time to brush up on your Sign-up Day Procedures

Starting June, 2019, we moved to a drawing-style assignment of number placement on sign-up morning. We will no longer be allowing anyone in the building before 7:30 AM. We need to be respectful of the Recreation Center. We ask that you wait in your cars or outside the doors until we open them. If you need access to the Rec. Center, you must go through their doors at the south end. You need to be signing in with them as a patron for the program you are participating in. We are all buckling down on safety. You should not be gaining access to the Senior Center through the Rec. Center or vice versa if you are not participating in that center. We are gifted this space and need to honor the rules of the building. We will open the doors and let you in at 7:30 AM. When you get into the building, you will put your name on an Assignment Slip (along with one other name if you choose) and place it in a bucket. If you are writing in a 2nd name, you must have their completed Activity Sheet with you. You will not be permitted to submit someone’s name in order to secure them a number if they are not there. Assignment Slips will be taken from 7:30 - 8:00 AM. At 8:00 AM, the doors will be shut and we will not allow any more names to be submitted. At 8:05 AM, the names will be randomly drawn from the bucket and assigned numbers. This will give everyone the same opportunity to get on trips. Anyone arriving after 8:00 AM will wait in line for a number outside of the Senior Center. We will send a volunteer with a clipboard to the line and your name will be placed in order of arrival. After all the names have been drawn, numbers will then be handed out to those in line.

One other important change is for our regular shuttle riders (those who no longer drive). If you need clarification if you’re a “regular shuttle rider,” please see the office. If you’d like to be a part of the sign-up process, you can submit your name the day before sign-up day and be entered into the bucket along with everyone else. However, on sign-up day, you will get a phone call when your number is up. You will have to be available by phone from 8:30 AM - 10:30 AM, and will be called only twice before your number is surrendered and you’ll go to the back of the line. This change is being made since our regular shuttle riders are unable to utilize the shuttle program that early on sign-up days and can only call in.

Do not take a number and then go work out. If your number is up and you are not here, you will forfeit your place. If you are coming to sign up for activities, you must stay until you have completed the process. All of the other sign-up and activities procedures will remain the same. As we are listening to you, please listen to us and give us your patience. Let’s stick together. Keep giving us your input. Together, we’ll keep improving and working to be fair to everyone. If you have any questions or need assistance, please see someone at the Front Desk.
Here’s some garden memories to get you excited for summer!

The Colorado Garden Foundation, a not-for-profit corporation dedicated to furthering the horticultural industry, awards grants to organizations and scholarships to individuals throughout Colorado. In the past 61 years, organizations throughout Colorado have received grants totaling more than $10 million from them.

Debbi Haynie and Joan Cunningham (above) were on hand at the 2020 Home & Garden Show to receive the grant given to the CRSAC’s Garden Club. The group plans on raising one of the large beds to a sitting level and then will add a sun screen over one of the beds to help protect the crops from hail. Those funds will definitely go to good use.
Before we got our “stay-at-home” orders, the Center was hopping. A busload of members headed up to the mountains for a magical Bucket List Trip to the Ice Castles in Dillon. They had a gorgeous day without a cloud in the sky. Several members are shown above at the annual RSVP awards luncheon. Some were entertained by the Lincoln impersonators, Abe Lincoln Alive. They were back by popular demand and reenacted “Lincoln’s Happiest Day.” Other members are shown working on puzzles and making gift bags in the “make & take” craft class.
The Saint Patrick’s Day VOA luncheon is always a hit, and this year was no exception as we packed Panorama Hall. In March, a group of daredevils went to Estes Park to try their hands at mushing. They each boarded a dogsled and rode on a beautiful 2-mile course, although they didn’t think that was long enough. They enjoyed the trip so much that they want to see it on the calendar again next winter for more to enjoy. It won’t be long before these buses, classes and rooms are packed and full of life.
Activity Sign-Up
Doors open at 7:30 AM
Phones open at 8:30 AM
Check the Website for Sign-Up Dates