From the Director

As we enter the month of June, we are going to continue the “Safer at Home” phase for our membership. Staying home is still the best practice for the senior population. Returning to a new normal is going to take a little longer for us as we find ways to safely gather and conduct our programming. It will not be as easy as just opening the doors and resuming the way we did things in the past. So, it is with a heavy heart that the Center will remain closed to the general public and membership in June and then until it is deemed safe to gather again. I know that is not what you want to hear, but please know that it is not a decision that is made lightly. Many things go into making these decisions for the Center, as we take advice from Douglas County, Tri-County Health and the State, along with consulting other organizations that serve the vulnerable COVID-19 population. The end result is that we open in a manner where everyone can enjoy the Center in a safe environment. I will continue to update you in our weekly email. For those of you who do not get email, feel free to call us and we are happy to share the current status of the Center.

On a happier note, we hope that you are enjoying our virtual programming, fun videos and “at home” activities. Many that we did in May will be returning this month. We also have some new ones in the planning stages and will update you once they are finalized. If you have ideas for any virtual program or “at home” activities, please reach out to Shannon. We love new ideas. If you have missed any of the videos that we have done, we now have a YouTube channel. Check it out - here is the link https://www.youtube.com/channel/UCTmoYMFJ2k7HXXLYAQf5zeg or you can type in Castle Rockin’ Seniors in the search bar of YouTube. The staff and I have been working on our acting skills, but I don’t think you have to worry about any of us moving to LA to try our hand at a career change. If you have an idea for a video, please submit your idea or script. You never know, we might just act it out.

We will be together again soon; please be patient, stay strong, remain safe and healthy.

Debbi

Thinking about becoming a member?

CRSAC is a membership-based Center that welcomes all those 50-plus. For $36 per year, you will get a $10 discount per activity, along with other priceless opportunities. To join, stop in at the front desk, or go to www.castlerockseniorcenter.org and find the fill-in membership form. We can’t wait to meet you!

DISINFECTING THE FLEET

Your health is our main concern. The Town has generously shared their Clorox Total 360 Electrostatic Sprayer. This delivers trusted Clorox solutions to the front, back and sides of surfaces and offers superior coverage for better germ protection. We disinfect the Center as well as all of the vehicles each week. Jon Hendricks (shown left) is in charge of the transportation and does an excellent job maintaining high standards.
Our Center may be closed to the public, but we still have volunteers helping with the services we are providing the community and in many other ways! Our board members are working hard to help oversee the operation of the Center. We have volunteers making reassurance calls to vulnerable seniors in our community. Our Meals on Wheels program has volunteers deliver meal boxes every Thursday. Volunteers hand out frozen meal boxes for curbside pickup every Thursday and drivers deliver the boxes to homebound VOA clients. We also have drivers taking seniors to doctor appointments and to the grocery store. Our crafters are still working hard making masks for community organizations and the Center. They are also producing items for the craft show in the fall. We also have volunteers going shopping and delivering goods to seniors, as well as reading to preschoolers. Some volunteers have even helped with mailings from home and made calls to help us as needed. Our gardeners have been prepping and planting the beds for the growing season. Some of our staff and their families have been volunteering by packing care packages and sewing masks, too! Finally, our newsletter proofers have helped proof the newsletters from home. See a few of their pictures on pages 22 and 23. We are thankful for the many ways our volunteers are helping our Center in this difficult time.
From traveling around the world to traveling for us, Steve Mauri has definitely ended up traveling into all of our hearts. Steve is our June Volunteer of the Month. He has been a driver at the Center for about 3 years, driving our shuttles and buses for activities.

Steve was born and raised in Massachusetts where he grew up with his parents and 4 siblings. He was involved in scouts and enjoyed camping and trekking around the woods. Steve studied math, physics, geology, and then put it all together to get a degree in geophysics from Texas A&M University. Choosing a career that focused on seismic interpretation and prospect generation for oil and natural gas exploration and development took him all over the world. Places that Steve had the opportunity to travel for work included the Alaska North Slope, Colorado, New Mexico, Nevada, Texas, New Zealand, Egypt, Hungary, Romania, Poland, North Sea, U.K., West Africa, Colombia and Nicaragua. His favorite place to live was in New Zealand where he was in the late 1990s. He lived there until his job ceased in 1999 because oil crashed to $10 per barrel. That was the last time that oil was traded as cheaply as it is today.

It was in Alaska that he met his wife, Debbie. Debbie and Steve wed in Alaska and then relocated to Cairo, Egypt and lived there for 4 years learning some Arabic and exploring the dunes of the Western Desert. They moved to Highlands Ranch in 2007 where they reside still today. It was in a local newspaper that he saw an ad for the Center looking for volunteer drivers. He thought it would be fun and a great way to help out. “Right away I was hooked, because of all the wonderful people and activities and how well the Castle Rock Senior Activity Center is run.”

Steve still does some occasional consulting work. In his free time he enjoys cruising around and working on old cars. He is very well liked by everyone he comes in contact with and is even requested by many to be their driver on our Casino trips; he must be their good luck charm. His smile and positive outlook on life is contagious. He makes a conscientious effort to help others when he can and thinks it’s a great endorphin rush. Thank you for answering that newspaper ad, Steve; we are so grateful.

~ The Staff

Do you have questions about becoming a member? Call Lynn Kroloff at the # below to chat.

Lynn 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 when the Center reopens. Be sure to call the Center at 303-688-9498 to sign up in advance, though, so that there is enough space.
Achoo! Summer allergies can make us feel groggy with sneezing and itchy eyes. Is summer worse than any other time of year? Not really – the things that make us sneeze or itch are just different for each season. These symptoms are your body’s reaction to a foreign substance called an allergen. We often hear of more severe reactions with hives, breathing problems, low blood pressure and even death. Signs of a severe allergic reaction, called anaphylaxis, does require a 911 call when the symptoms first show up. While we do hear of these reactions occurring with bee stings or severe food allergies, mild reactions to everyday allergens in our environment are more common. Paying attention to your environment can help determine what is setting off your allergy symptoms, and then allow you to see what you can do to reduce your exposure. Some recommendations from allergists are putting HEPA filters into your HVAC system, giving your pet regular baths, washing your pillow frequently and getting a hypoallergenic pillow, washing your bedding weekly and keeping your house generally clean to reduce dust mites and molds that can collect through time from living in your home.

Another item to look at is your exposure to pollens. While the feeling of a cool breeze in your home is a nice way to cool it down, it also brings in pollens. You may want to use your home’s cooling system which is filtering the air. It’s wonderful to be able to take a walk and enjoy nature, but you may want to change those clothes and take off your shoes when you arrive home to avoid dragging those pollens you picked up into your house. While grasses are often the cause of extra sneezing and airway irritation in the spring, in summer the winds are distributing other pollens and molds and then the fall often brings the pollens from weeds. Fall always kicks up my allergies and I only have to look at the yellow flowers blooming on ragweed to start sneezing. When you have tried everything to reduce your exposure to allergens; and “hay fever” symptoms are still interfering with what you like to do, it may be time to see an allergist for some professional help. We live in a beautiful state so make sure you are able to enjoy it to the fullest!
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

Shop Smart
Shopping Cart Covers
With pocket for grocery list, phone, etc.
Available on the Shared Shelf
$10 each

$2 PPE PIZAZZ $2
Perfectly Personalized Embellishments for your mask. These are on the Shared Shelf at the Center from 9:30 AM - 12:30 PM Mon - Fri. Friends don't let friends wear ugly masks.

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.

--OR--

If you need assistance, please see someone at the Front Desk. 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.

Donate via our Website!
We have many ways for people to support the Castle Rock Senior Activity Center, so that we can continue to expand our programs and services for the diverse population of 50 to 100-year-olds that come through our doors. Tell your family and friends to click on the “Donate” button on our website to see how they can help!

You shop. Amazon gives.
Use this address to shop the same Amazon you know and love and the Center will be rewarded:
https://smile.amazon.com/ch/84-1231171
Reach the Senior Market
ADVERTISE HERE

Anita Aguilar to place an ad today!
aaguilar@lpiseniors.com
or (800) 950-9952 x2677

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t: 303-568-7646
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Castle Rock Senior Center, Castle Rock, CO
A 4C 05-0456
This question was recently asked of long-time member Elaine Weaver. Here’s the answer in her words:

In 2014 we had a very special overnight Mystery Trip with Debbi which took off from the Senior Activity Center in a bus with a ride south on I-25. It then proceeded east to La Junta, Colorado. Our first destination was the Koshare Indian Museum, a registered site of the Colorado Historical Society. We had time that afternoon to view a large collection of artwork from the Pueblo and Plains tribes in the tri-level museum built in 1949. After an evening meal, we were back to the museum. However, this time we entered into its attached kiva, which has the largest self-supporting log roof in the world. While there, our group was treated to a breathtaking performance of the Koshare Indian Dancers, with members of Boy Scout Troop 232 who performed interpretations of Native American dances.

The following day after a short bus ride from La Junta, we arrived at an authentic replica of Bents Fort, an important fur trading post along the Santa Fe Trail in the early 19th century. Once there, our group attended an 1840s reenactment of the lives of western mountaineers, trappers, traders, American Indians, pioneers, Hispanics and military personnel. Historic interpreters showed us day-to-day skills from the Old Bents Fort era (1833-1849). A lovely gourmet boxed picnic lunch was provided by a local restaurant before our return trip to Castle Rock. This was, indeed, a very memorable Mystery Trip and many would like to do it again!

Elaine is an avid historian and tour guide with the Cherokee Ranch & Castle Foundation. Thank you, Elaine!

The Senior Council of Douglas County Meetings have been cancelled through May. There has been no decision about June. Be sure to watch the calendars for when these informative, free meetings resume. In the meantime, here’s a link to some valuable county resources: https://tinyurl.com/dougcoResources
Exciting News!

YouTube

CRSAC has its own YouTube channel. You can now view all of the staff videos and Covid Chronicles in one place.

Take your 1st Virtual Mystery Trip with Debbi

https://www.youtube.com/channel/UCtmoYMFJ2kJHXXLYAOF7zeg
Or type in Castle Rockin’ Seniors in the search bar of YouTube.

PAINT PARTY
DELIVERED TO YOUR DOORSTEP
You will choose a print and a kit with all of the supplies will be delivered to you. Delivery will be on 6/12. Watch for details on our website as they are available.

FREE
1-hour unbiased programs each month on topics of interest. Please register in advance.

Active Minds
Learning is a lifelong adventure

Thursday, June 11 - 1:00 PM
Topic: "Opera as Popular Music" Webinar

Even though opera began as courtly entertainment, it became one of the most popular music styles in the 18th and 19th centuries. We’ll look at the development and public reception of opera from Baroque era superstars like Farinelli to the commercial opera industry in Italy and France in the 19th century (Rossini, Meyerbeer, Verdi).

Call 303-688-9498 for the Zoom Invitation

FREE
1-hour unbiased programs each month on topics of interest. Please register in advance.

Active Minds
Learning is a lifelong adventure

Thursday, June 25 - 1:00 PM
Topic: "Winston Churchill" Webinar

As one of the key architects of the Allied victory in World War II, Winston Churchill is widely regarded as one of the most important political leaders of the 20th century. Join Active Minds as we examine Churchill’s life before becoming prime minister of England, his years in the job, and his lasting impact on his country and the world.

Call 303-688-9498 for the Zoom Invitation

AARP Smart Driver Online Course
AARP Driver Safety events cancelled until July 1, 2020. The Smart Driver course price increase is delayed until October 1, 2020. Find a class at www.aarpdriversafety.org and use Promo Code: DRIVINGSKILLS for a 25% discount.

Good through: August 31, 2020

AARP Virtual Bingo
TUESDAY 9 JUNE 2020
With CRSAC via Zoom at 10:00 AM
We will email your Bingo cards so you can print them, or you can pick them up at the Center (we’ll leave them outside). Call the Center at 303-688-9498 to register and get the Zoom link.
As a group of seniors meeting to listen to veterans tell the story of their service, we all have had experiences through our lives where we have been asked or forced to comply with things that did not make a lot of sense at the time, some still don’t. We also have lived through all those experiences and are now on the other side trying to help others through very tough times. Hopefully our age and wisdom, if there is such a thing, can now help others who are not necessarily looking out for the greater good of our community. Hopefully we can set good examples for everyone as our elders set for us many years ago. ROV should return in September. Please stay safe. Thanks, and we are thinking of you all.

There are 2 links below. 1 is for the Douglas County Library Veterans History Project. There are manuscripts and audio of local veterans recorded for posterity. You can look up a name or just pick one at random and listen to a veteran tell their story.

The other one is a link to the Library of Congress with veterans stories from the entire country. Some have video with audio, some only have audio and others only transcripts. There are thousands of recordings there. Just click on the link to go to the site.


Library Of Congress Link to Veterans history: https://memory.loc.gov/diglib/vhp/html/search/search.html

Thanks to Jim Pierce and all the group leaders for this contribution piece.

16th Anniversary Zonta Trivia Night
Sunday, August 23, 2020, Kirk Hall
Let’s cheer on our trivia pursuit team, the Second Halfers, as they get ready for this competition: Chuck Pauley, Marguerite Svenson, Chris Carlson, Lynn Barnes & Charlotte Adair. Good luck!

Sewing Group Masks Made (& Counting)
901 to South Metro Fire
220 to Health One/Cancer
284 to CRSAC
220 to VNA

Current Events will be meeting via Zoom until the Center reopens. Call the Front Desk to get the Zoom invitation, 303-688-9498.

Grandma’s Attic & Book Sale Donations Update
While you are home, you might be going through a stage of purging and packing up items to donate. When we re-open, we will have a plan to start accepting donations for Grandma’s Attic. What is Grandma’s Attic? This is a space at our annual craft show (scheduled for November?) that is much like a small scale estate sale. We cannot accept any items while we are closed but wanted to remind you what we accept for Grandma’s Attic donations. Before we do that, here is a reminder of what we CANNOT accept: clothing, bedding, used stuffed animals, magazines and large furniture.

What we can accept are small household items like old dish sets, glasses, house décor, holiday decorations, books (especially fiction and children’s) and puzzles. We ask that ALL items be packed in a small moving box, if possible, especially when it comes to books as they get heavy quickly. If you are sending glass items, please cushion them as we do not have wrapping supplies on hand. If it’s too large to fit in a box, it’s probably too large for our sale. You can ask the staff if you have questionable items. Boxes must have a lid or be a box that closes completely. Bringing items in a non-closeable box means we have to find such supplies to re-package items. We cannot accept items that are in trash bags. We store our donations in a storage unit and it fills completely so items must be in boxes that can be stacked. Please do not bring items until we have established a schedule to receive them. Watch future newsletters and emails for updates.
Castile Rock Fire & Rescue is always looking for ways to improve the services they provide to our communities. They are providing a new program that allows them to protect residents lives and property in even more effective ways. The program is Community Connect. It is a free, secure and easy way for communities to provide critical information about your households to first responders. By providing information about you or your residence that you feel is important for emergency response personnel to know about in the unfortunate event that there is an emergency, they can ensure you and everything you care about can be better protected.

1. **Create an account**
   Sign in for free and get started doing your part. It just takes your email, phone number and address.

2. **Enter the info that matters most**
   Enter valuable information that can help them assist more effectively during an emergency.

3. **Help your Fire Department when seconds count**
   That’s it. Just keep them updated when things change overtime so they can always be prepared.

https://www.communityconnect.io/info/co-castlerock

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**Senior Property Tax Exemption**

**Check it out, as you might qualify**

Applications are available on the Douglas County website or at the Douglas County Assessor’s Office. The Senior Property Tax Exemption for senior citizens was created for qualifying seniors and the surviving spouses of seniors who previously qualified. Taxpayers 65 years and older as of January 1st, who have owned and occupied the property as their primary residence for at least 10 consecutive years may qualify for the Senior Exemption.

The exemption reduces the actual taxable value of qualified residential property by 50 percent of the 1st $200,000 of taxable value. The state is responsible for reimbursing the County Treasurer for the lost revenue. Once approved, the exemption remains in place until there is a change in ownership.

An applicant or married couple can apply for the exemption on only one property. That property must be his or her primary residence. Married couples and individuals who apply for the exemption on multiple properties will be denied the exemption on all properties. The application deadline for the Senior Exemption is July 15.

Applications are available on the Douglas County website or at the Douglas County Assessor’s Office.
2020
Stay at Home Experiences

JUNE 3
11:00 AM
Coffee & Conversation
with Mary Jo & Juli

Virtual Bingo via Zoom
Prizes!
Call the Center to sign up by 6/8.
We will email your cards to you or
you can pick them up.

JUNE 11
Active Minds #1
via Zoom at 1:00 PM
Topic:
Opera as Popular Music
*New Instructor

JUNE 12
Paint Party
We will deliver a kit
of your choice to your
door. Check the website
& emails for details.

JUNE 17
11:00 AM
Coffee & Conversation
with Debbi & Staff

JUNE 25
Active Minds #2
via Zoom at 1:00 PM
Topic:
Winston Churchill
*New Instructor

FRIDAYS
10:00 AM
Current Events meets
each Friday during the
closure via Zoom.

MORE EXPERIENCES ARE BEING ADDED EACH DAY.
CHECK THE WEBSITE AND EMAILS FOR UPDATES.
Call 303-688-9498 for all Zoom invitations.
castlerockseniorcenter.org
2020
Mark Your Calendars

VIRTUAL MYSTERY TRIP
with Debbi
Type in "Castle Rockin' Seniors" in the search bar of YouTube

-Senior Polo Day on June 17 has been postponed. Watch for new date.
-The 2020 Castle Rock Classic Rock Cruise In Car show has been cancelled.
-Coffee With a Cop will be coming to the Center later this year.

Summer Bucket List
20 things to do this Summer

- Bonfire & Smores
- Make Ice Cream
- Redbox Movie Night
- Nature Hike
- Rock Painting
- Picnic
- Stargazing
- Feed the Ducks
- Backyard BBQ
- Drive-in Movie
- Try a New Recipe
- Go Fishing
- Pick Berries or Wildflowers
- Relax in a Hammock
- Take a Photo with a Sunflower
- Crack an Egg on the Sidewalk
- Make Lemonade or Sweet Tea
- Paint Pottery
- Watch a Sunset
- Read at Least 10 Books
Why everyone should keep a journal — 7 surprising benefits

What do Albert Einstein, Marie Curie, Frida Kahlo, Leonardo da Vinci and Frederick Douglass all have in common? Each of these famous figures kept a journal or diary to record their experiences, thoughts or feelings. Kahlo and da Vinci even used illustrations to express emotions and sketch out ideas.

From scientific geniuses to thoughtful artists — and everyone in between — keeping a journal can be a beneficial self-care practice. In fact, journaling can help you:

1. **Achieve goals** - When you use your journal to write down your goals, you can keep better track of your intentions. This will help you stay accountable and serve as a reminder of what you need to do to accomplish them. Be sure to get specific.

2. **Track progress and growth** - If you make journaling a regular habit, you can see how much progress or growth you’ve made by revisiting previous entries.

3. **Gain self-confidence** - Seeing your progress can also give you a serious confidence boost. You can feel proud looking back at the challenges you faced and seeing how far you’ve come.

4. **Improve writing and communication skills** - Writing, like anything, improves with practice. When you journal every day, you’re practicing the art of writing. And if you use a journal to express your thoughts and ideas, it’ll help improve your overall communication skills.

5. **Reduce stress and anxiety** - Sometimes negative thoughts and emotions can run on a loop in our heads. This can be stressful when you’re dealing with a challenging situation — it can even make your present situation feel worse. But if you stop and put your emotions down on paper, it can help you release negative thoughts from your mind. As you write, you may even come up with a solution you hadn’t thought of before.

6. **Find inspiration** - Leonardo da Vinci drew some incredible invention ideas in his journals. Like him, you can also use your journaling time to brainstorm or let your imagination run wild. The inspiration that may pop up while you’re writing or sketching might even surprise you.

7. **Strengthen memory** - *The Journal of Experimental Psychology* published research that shows how writing your thoughts down can reduce intrusive thoughts about negative events and improve working memory. Even the simple act of writing something down lets your brain know you want to remember it. That’s why note-taking is such an effective practice when learning something new.

**Ready to start but not sure how? Here are a few different types of journaling options to consider:**

- **Stream of consciousness:** Write down your thoughts as they happen. The words and thoughts don’t need to make sense, you’re simply capturing your thoughts in action.

- **Dream journal:** Take note of your dreams each night as a way of getting in touch with your subconscious. Remember to make your journal entries right when you wake up.

- **Food journal:** Make a note of what you’ve eaten each day. This will help you be more mindful about the foods you choose to eat. If you’re struggling with a healthy weight-loss journey, documenting what you ate can offer insight into areas you may need to change.

- **Fitness journal:** Keep track of your workouts so you can stay committed to an active lifestyle. The best part of keeping this type of journal is seeing the progress you made over time.

- **Gratitude journal:** Before going to sleep, make a list of everything you were thankful for that day, week, or month.

- **Sketch journal:** Express your feelings, thoughts, and ideas through illustrations, doodles or sketches.

- **Day’s events journal:** Keep track of your experiences throughout the day; whether it’s making note of a funny conversation or describing a new recipe you enjoyed.

- **To-do list:** Instead of keeping a running tally of to-do items in your head, write them down. You can cross things off as you complete them and get a great sense of accomplishment.

No matter which type of journal you decide to keep, remember there is no right or wrong approach. It’s all up to you. The simple act of taking the time to get in touch with your mind, body, and spirit is what’s truly important.

*From Kaiser Permanente*
Color this picture with bright colors. Bring it to the Center upon opening and we’ll fill the walls with JOY!

How to Fold a Sparrow Paper Airplane on YouTube
https://youtu.be/BUdbauZZxJl

Brought to you by Wings Over the Rockies
Matter of Balance

Unfortunately, the Matter of Balance class at CRSAC was cancelled in April. We will be rescheduling it as soon as the Senior Center is reopened and we can select a date. Here is a great explanation of this class for your information.

Tri-County Health Department is the regional coordinating agency for A Matter of Balance: Managing Concerns About Falls. In partnership with the Denver Regional Council of Governments, TCHD engages with community organizations to offer this evidence-based class, at no charge, to adults age 60 and over.

Who should attend?
- Anyone concerned about falls or has fallen in the past
- Anyone interested in improving balance, flexibility and strength
- Anyone who has restricted activities because of falling concerns

What will I learn to do?
- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Seated and standing exercises to increase balance, flexibility, strength and endurance in sessions 3-8

What is the curriculum?
The class is composed of eight 2-hour sessions, offered one session each week for 8 consecutive weeks. Each session includes information and discussion:
- Exploring thoughts and managing concerns about falling
- Assertiveness and fall prevention, practicing no fall-ty habits
- Recognizing fall hazards in the home and community
- A Guest Healthcare Professional (RN) is available in one of the sessions to demonstrate safe ways to get up from a fall and answer general questions about hearing, vision, medications and chronic conditions.

Care Package Deliveries

We really enjoy volunteering to coach these classes and we look forward to gathering again in the near future!!
Juliana Young, Home Care Assistance of Douglas County.
Sports news is being preempted to bring you some important information. As things are rapidly changing, please call the Center or one of the contacts below for information on Sports Leagues.

**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

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**THRIFT STORE PROFITS DIRECTLY BENEFIT FAMILIES IN NEED**

Treasures Thrift Store is open! We are following all guidelines from the state department of health including requiring masks for all customers, volunteers and staff.

Thanks for your understanding and cooperation. We hope to see you soon.

1638 Park St

Store Hours: 9AM to 2PM – Monday – Saturday
(Closed Sunday)

Thanks to **Shine Church** in Castle Rock for stuffing our Supplemental Pantry. They, along with other community donors have brought many essentials and much joy to homebound seniors. To date we’ve delivered **85 care packages**. We appreciate your partnership and care!

For information on economic impact payments:
New customer assistance programs show Castle Rock Water cares

We’re all in this together. It’s the motto spreading throughout the community as residents are impacted by the COVID-19 pandemic. With that in mind, Castle Rock Water recognizes that many customers have been financially impacted. Now, the department has new customer assistance programs to help.

With several businesses closed and many residents who have lost their jobs or had hours cut, Castle Rock Water knows customers may have difficulty paying their water bills on time. In response to these challenges, the department has developed two assistance programs to help where the impacts seem the most apparent, small businesses and residential customers.

In addition to the customer assistance programs, Castle Rock Water is currently not charging disconnect fees, late fees and non-payment fees for all customers through June 30, 2020, and has also suspended water disconnections during this time. You can reach them at (720) 733-6000.

Those 65 and up may be eligible for a $36 discount per year ($3 a month). You must live in town and own your home or be paying the bill if it is a rental property. You will be asked to submit either a copy of your birth certificate or driver’s license and will need to fill out a Senior Discount Application.

To obtain the Application go to: https://crgov.com/1670/Castle-Rock-Water and search for the Senior Citizen Discount, or call (720) 733-6000. They will either email or mail the form to you.
Dear Seniorita, Since our “stay at home orders” I haven’t been coming to the Center. Why should I renew my membership? — We Belong Together

Dear We Belong Together, You may be wondering why you should keep your membership active during this time because you are not able to come to the Center, here’s why...Your membership is now more important than ever for us to help fund the Center during these times. Without our activities, programs and services to offset the general operating costs, we are going to find ourselves short in this area. Debbi is writing additional grants to help support the Center, along with finding new ways for funding to be used. Keeping the Center operating during these times is important to the new ways we are helping the community. We have been here for seniors for the last 49 years and plan to be for another 49 or more. Amidst this period of uncertainty, we thrive on knowing that we will return to what we do to make “Loving Life in the Second Half” so much fun again. You can call the Front Desk at 303-688-9498 or go to our website to renew, www.castlerockseniorcenter.org. We are all in this together.

If you have a question for Seniorita, please call someone at the Front Desk.
1st  Jim Weston
2nd  Eleanor Paladino
3rd  Barbara Fleming
4th  Cliff Crain, Richard Harding, Margaret McAbier, Janette Moody, Kathleen Morrison, Rhonda Slagowski
5th  Clarine Barclay, Sue Hackney, Fred Jaeger, Jan Meier, Shari Morrison, Donna VanWhy
6th  Ann Corson, Sharon Decker, Velva Hall, Dave Schmitt
7th  Brenda Gonzales, Phyllis Patin
8th  Dede Kueviakoe, Anthony Martinez, John Padgett
9th  Merrill Jaeger, Lois Thornton, Marli Wedgeworth
10th Frank Micek, Ted Spring, Carole Tucy
12th Jan Garramone, Alice Lorenzen
13th Paul Crawford, Sharon Waber
14th Jerry Bruno, Sheila Marsh, Danice Strickengloss
15th Dorothy Kelly, Lynn Nord
16th Roy Burcham
17th Karolyn Mensik, Angela Rau
18th Vicki Clark, Bonnie Dickinson, Rick Graff, Kimberley Quick
19th Robert Eich, Stella Gates, Theo Hurckes, Doris MacDougall, Carol Quinlan
20th Janet Matthes, Ralph Perkins, Cathy Rogers, Mike Rutkowski, Josephine Taylor, Barbara Wenzel
21st Juli Asbridge, Bill Burcham, Sadie Bush, Sally Davis, Linda Weatherwax
22nd Kathy Czech, Anna Marie Ferrant, Kay Hankins, Amber Jackson, Joan Marshall, Steven Russell
23rd Richard Bennett, Carol Marshall, Clint Shoemaker
24th Marlene Apel, Donna Federico, Ray Gehlen, Kathryn McKeown
25th Jean Labo, Barbara Jo Letherby, Jane Ott, Patsy Soro
26th Nancy Hix, Sally Wood
27th Danna Hamling
28th Pat Agnew, Joanne Carroll, Kathy Zikmund
29th Charles Cordova, Judy Lowery, Martha Shelton, Carol VanDyke
30th Mary Gross, Steve Wheeler

Colleen Morton, Wellness Coordinator, was on hand to receive a donation of masks sewn to certain specifications for our VNA Nurses. The Center’s “Sewing Angels” have sewn hundreds of masks for them and other various groups in need. When the Center opens back up for Foot Care Clinics and free BP Checks, we’ve got you covered! Keep watching our website, www.casterockseniorcenter.org for details about appointments, or give us a call at 303-688-9498.

Come by the Center Mon-Fri during the hours of 9:30 AM-12:30 PM to visit the outside Shared Shelf. There are books, puzzles and games for you to borrow. There’s also masks for a suggested donation of $3 each. Please use social distancing and do not return anything to the carts.

How many picnic ants can you find in this newsletter? Send an email to Shannon at srutt@crgov.com with your guess, or call the front desk at 303-688-9498. All correct guesses will be entered into a drawing. If your name is chosen, you will win a scratch off lottery ticket! We will mail your prize to you. Happy counting, and don’t forget the ants in this ad.
Pictured above are just some (but not all) of the volunteers who have been working during the Coronavirus crisis and CRSAC shutdown. As mentioned on Page 2, some are board members, some making assurance calls, curbside meal deliverers, Meals on Wheels drivers, shuttle drivers, crafters, sewers, newsletter proofreaders, gardeners, those who read to preschoolers and those who are doing administrative work from home. We honor you as you are the backbone of the Castle Rock Senior Activity Center. If you’re not pictured here and have volunteered, send a selfie to srutt@crgov.com.

The totals on the next page indicate hours given from March 16 - April 30, 2020.
WHAT'S BEEN HAPPENING

Lisa
Joan
Jean
Claudia
Brian
Linda
Jim
Doug
Cathy
Alan
Barb & Larry
Jim
Doris
Carrie
Beverly
Kathy
Jim & Chris
Dan
Carl
Brad
Julia
Jessica
Cynthia
Candy
Lynn

352 RIDES GIVEN
387 BOXES OF FOOD ALLOCATED
634 REASSURANCE PHONE CALLS MADE
1625+ MASKS MADE
2056 VOLUNTEER HOURS
Activity Sign-Up
Doors open at 7:30 AM
Phones open at 8:30 AM
Check the Website for Sign-Up Dates