From the Director

Happy August!!!

These past several months have taught us to be patient, learn new ways to do things and appreciate those we love in new ways. My father is over 80 (he would probably disown me if I published his true age, but he is a young 80s) and lives in Texas. I had planned to see him in April for a beach vacation, but that was cancelled. During this time he has learned to connect with me and others via Zoom. We have also been able to connect through Facetime on our phones. While I would love to hug him, I know this is my safest way to connect for now.

The staff and I are here to help you learn these new ways to connect with your loved ones or to join in the many new programs and activities that the Center is currently doing. Even if your computer, iPad or tablet does not have a camera or microphone, you can always call in to our Zoom programs using a regular telephone. If you need help, please reach out to us, and we will connect you with a staff member or volunteer to help get you connected. We have some great things planned this month and don’t want you to miss out.

Many of you have been inquiring about when we will reopen. The Center’s Board of Directors discussed our target date for reopening at the June Board Meeting. While this is just a target and not a guaranteed date, we are looking at the middle of September. A lot of factors will be considered to make sure that we can open safely. Currently, the “Safer at Home” order was extended through July 30th due to the increase in COVID cases. We will need to wait and see if we move to the next phase in August or remain the same. We also need to receive additional directions from the state and county before finalizing our reopening date since we serve the most vulnerable age group affected by this virus. Please also keep in mind that how the Center will operate will be in a completely different way. Reservations will be required to come to the Center. We will have scheduled programs and events with set start and end times. Programs that have “shared items” such as playing cards, dominos, etc. will not be permitted. To ensure that rooms are cleaned and sanitized between open periods we will have rolling closures. This means that everyone (except staff) will have to leave the Center and have a reservation to re-enter for the next opening. We will also be doing temperature checks and a COVID Symptoms Questionnaire for everyone entering the Center.

This will be a new process for all of us. Thank you in advance for your understanding and patience as we find our new normal.

~ Debbi

From the Desk of the President

Save the date! The 2020 election will be held Tuesday, November 17, 2020, and the Annual Meeting will be held on Friday, November 20, 2020.

This year our election will include voting on Executive Vice President and Secretary. Bob Halvorson is currently serving as Executive Vice President and Sherry Fogleman is currently serving as Secretary. Both are seeking re-election.

We are always interested in having current and new members serving on the Board. All candidates must announce intentions to run by August 21, 2020, pass a background check and be a member in good standing. If you are interested in serving on the Board, please contact Doris Rollins at 703-801-0920.

Another way to support the Center and Board of Directors is by serving on a committee. This is a great place to start as it helps to understand the challenges of serving a membership with such a variety of senior age groups. Working with the Board of Directors and on support committees builds leadership responsibilities and requires high energy and dedication. Current committees are: Activities, Budget & Finance, Membership and Fundraising.

Cynthia Timmons, recently appointed Board member, shared her comments as to why she is excited about being on the Board, “What I can tell you is that I’m excited to be involved with the Board, because I am so passionate about keeping seniors involved in and valued by the community. It gives me a chance to see how a non-profit board works.”

See our website for an overview of the positions you will be electing and board expectations at www.castlerockseniorcenter.com. Look to future newsletters for more details on voting procedures and candidate announcements.

-Phyllis Tumey, President
THANK YOU TO OUR June

Laurie Armstrong
Barbara Ashby
Larry Ashby
Mike Bartlett
Alan Bjork
Kathy Breth
Sadie Bush
Ruth Calderon
Pat Caluori
Beth Claassen
Pat Cossey
Joan Cunningham
Han Deen
Michael Dockery
Neal Donaldson
Christie Einspahr
Nancy Flugum
Virgil Flugum
Sherry Fogleman
Beverly Frindt
Phyllis Frindt
Jim Gantner
Mary Ann Glantz
Steve Gottula
Bob Halvorson
Liz Hannigan
Nancy Harrison
Patty Hasty
Travis Haynie
Trevor Haynie
Jon Hendricks
Sandy Hendricks
Sandi Hier
Cherie Holverstott
Mary Hudson
Tom Hykes
Jessica Jenner
Wes Johnson
Shirley Jost
Dorothy Kelly
Bob Klopec
Lynn Kroloff
Rose Legge
Lisa Litteken
Bill Lobb
Steve Lockwood
Carl Longhofer
James Lundy
Don Marshall
Janet Mattheis
Steve Mauri
Cathy McMahon
Julia Melville
Kathy Moloney
Wendy Monteith
Sharl Morrison
Jim Palladino
Larry Pratt
Steve Pritchard
Kathy Pullen
Doris Rollins
Lois Routh
Hollyn Rutt
Wilma Sanchez
Rod Sanders
Shirley Schoeberl
Terry Shadwick
Pam Shearer
Preston Shepherd
Brad Smith
Rita Spreeman
Ken Standen
Monica Swartwood
Cynthia Timmons
Phyllis Tumey
Teresa VanWinkle
Doug Vinton
Melena Vinton
Claudia White
Steve Williams
Candy Witt
Teri Woody

You Have Contacts We Don’t Have! Use Them to Improve Our Silent Auction

We will have a large silent auction at the November 7 Craft Show. It’s been successful, but we want to take it to the next level with irresistible items. Some of the most popular are sports memorabilia or tickets, cultural attractions or travel packages. With 1100 members, surely some of you have contacts who, for the right cause - YOU and your Senior Center - would donate game tickets, a resort weekend, airfare, something signed by a sports figure, theater tickets or other items. Your networking will help the Center immensely. See Juli or Mary Jo in the office for help or ideas.

Attention Volunteers

Are you volunteering at home during the closure by making crafts, helping with Board work or in other ways? Please send your hours to Juli via phone or email each week. All hours for July must be submitted by Friday, July 31. Please make sure you tell what the hours are for, so they are reported to the correct category. We are so grateful to have volunteer support during this unexpected time. Juli’s contact information: 720-733-2292 or jasbridge@crgov.com.

August 3 National Watermelon Day
Volunteering in the kitchen, at the front desk and curbside every week since the Center has been closed is Teresa VanWinkle, our August Volunteer of the Month. Teresa helps out the Center in so many different ways. You may have seen her when you came in for Volunteers of America lunches or talked to her on the phone while she was making phone calls. Recently, Teresa has been a huge part of our curbside meal pick up program. Even with the Center being closed, Teresa has found a way to become even more involved.

Teresa was born in San Juan, Puerto Rico and later moved to Chicago when she was 5 years old. She and her family then had the opportunity to live in Spain, as Teresa’s dad worked in International Human Resources. Her mother worked as a registered nurse and took care of the home and family. In the suburbs of Chicago, Teresa enjoyed a happy childhood playing outside with friends and going to the pool daily.

Growing up, Teresa enjoyed history and English in school. She studied psychology at the University of Northern Illinois and later became an administrative assistant. She met her husband when they were both working at the same university. Together they have 3 children: Alec, Lizzy and Maria. Alec just graduated from the University of Colorado Denver, and recently moved across country to Connecticut. Lizzy and Maria are both still here attending school in Castle Rock.

It was about 5 years ago when Teresa and her family decided to move to Colorado to be closer to Teresa’s father. Hiking is one of Teresa’s favorite things to do and luckily, we have tons of amazing hiking spots here in Colorado. Teresa has had the opportunity to hike the summit of 2 volcanos, one outside Mexico City and one in Italy. Although we don’t have any volcanoes here, Teresa is looking forward to hiking around Colorado this summer.

In the past, Teresa had volunteered at her children’s schools, Girl Scouts, Boy Scouts and The Humane Society. As her kids got older, the need for volunteers at the schools declined, and that is when she found the Senior Center. She says that she is so grateful to be able to spend time here. She loves the people and how much is offered. Thank you so much for giving us your time; we appreciate everything that you do!

~ The Staff

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

First of all, let’s welcome Priscilla and Robert Lewedag. They joined in June. Lynn is our Membership/Outreach Vice President. She would love to assist you if you’d like to get involved and meet others as well. 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.
With the hot days of summer soon to fade into the crisp days of fall, I believe that we are all finding ourselves outside more for walks and socializing. This results in increased sun exposure. On top of that we live at a high altitude, and we need to think about our skin. I find myself out more frequently for shorter walks or more meals sitting on the back patio. For those briefer times I’m not putting on a protective sun screen. While melanoma is the most serious type of skin cancer, there are also others. Melanomas don’t always fit the typical warning signs and can appear under a nail as a black streak, inside your mouth or even in the iris (colored part) of your eyes! If you notice a change in a spot you have or one in an unusual area, like under a nail, it’s important to discuss it with your physician.

In the meantime, let’s review the ABCDE warning signs of skin cancers:

A is for Asymmetry: One half of a mole or birthmark does not match the other.
B is for Border: The edges are irregular, ragged, notched or blurred.
C is for Color: The color is not the same all over and may include different shades of brown or black, or sometimes with patches of pink, red, white or blue.
D is for Diameter: The spot is larger than 6 millimeters across (about ¼ inch – the size of a pencil eraser), although melanomas can sometimes be smaller than this.
E is for Evolving: The mole is changing in size, shape or color.
CAR WASH TICKETS ARE BACK WITH A NEW PARTNERSHIP

$10 per ticket ($14 wash value)

Call the Center at 303-688-9498 to order. Order a minimum of $20 and we will mail them to you. If the minimum is not met, you can pick up at the Center. Contactless order, contactless wash.

We’re excited to partner with Meadows Express Car Wash located at 1580 Carnaby Lane (off Meadows Parkway) for this great fundraising opportunity.

2020 Quilt Raffle
$2 for 1 or $10 for 6

Make a minimum purchase of $10 and we will mail the tickets to you.
303-688-9498

2020 RAFFLE
AMAZON ECHO SHOWS

You can now purchase raffle tickets by calling the front desk at 303-688-9498 for your chance to win 1 of 2 Amazon Echo Shows #8. $5 for one, $20 for five. Make a minimum purchase of $20 and we will mail them to you. Drawing on 11/7 at Craft Show and first winner will pick color.

STRETCH YOUR DOLLARS
July 1 - September 30
Make a donation today and The Center receives a matching contribution

Your donations always matter, but how would you like to double what you - or your friends or family members - give? For the 8th year in a row, an anonymous donor has committed up to $7,000 in matching funds for donations made between July 1 through September 30 in the “Loving the Second Half Fund Challenge.” That means the Center could potentially receive $14,000, but it will only happen if people know about it and respond to the invitation to give from their heart. Please give and ask others to give on your behalf. Thank you.

Make checks payable to the Castle Rock Senior Activity Center 2323 Woodlands Blvd.
Castle Rock, CO 80104 or call 303-688-9498 to donate by credit card. Make a notation of “Loving the Second Half Fund.”

28th Annual Castle Rock Craft Show Extraordinaire
Saturday, November 7, 2020
9:00am-4:00pm
Douglas County Events Center, Castle Rock

20th Annual “Fall Swing” Golf Tournament
Registration deadline: 8/19/20
*Military & First Responder $170 by 8/19
Registration forms at the Senior Center, by calling 303-688-9498 or at castlerockseniormcenter.org

Benefitting Castle Rock Senior Activity Center
Wednesday, September 2 with an 8:30 AM Shotgun Start
FEET HURT? I CAN HELP!
Don’t let foot pain spoil your fun

Comfort Footwear and Arch Supports to Minimize Foot Pain Due to:

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- Arthritis
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1 Oakwood Park Plaza Suite 201 Castle Rock, CO 80104
720-531-3533
Tues – Fri: 10am - 4pm
Sat: Noon - 4pm

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Castle Rock Senior Center, Castle Rock, CO A 4C 05-0456
You've watched the documentaries, listened to the podcasts, read the true crime books—now join us for an in depth discussion of crimes and the motivations behind them. This case.. On Father's Day, June 16, 1991, four bank guards were killed during a robbery that netted $200,000 at the United Bank Tower in downtown Denver. Three weeks later, James King, a retired Denver Police Sergeant was arrested and charged with the horrific crime. In May, 1992, King was represented at trial by well-known defense attorneys Walter Gerash and Scott Robinson. After nine days of deliberation, King was acquitted and the case remains an unsolved cold case.

Lora Thomas, former Douglas County Coroner, and retired Denver Police Lt. Jon Priest present the facts of the case.

Grab your cocktail and power up your laptop for this engaging presentation with Q&A after. There is no charge to you, and is made possible by grant funds from the Center.

Zoom link available at castlerockseniorcenter.org

PIZZA PARTY
Call the Center at 303-688-9498 to order your choice of $5 large thin crust pizza: cheese, sausage or pepperoni. Pick up from the Center on 8/13 from 2:00-4:00 PM. Order as many as you like! Contactless pickup. Order by 8/7 at 12:30 PM.

Only $5!!!
Virtual Arts in the Afternoon:
Live with Bettman and Halpin

August 5 at 1:30pm
go to Lonetreeartscenter.org
for cost and information

AARP Smart Driver Online Course

The AARP 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

Castle Rock Fire and Rescue Is Hosting a New Class via Zoom

"Community Connect"
Wednesday, August 19
at 11:00 AM

Help build a safer community. Come learn about Community Connect. It is a great tool for our firefighters and can help our community members tremendously! Join Jamie Duncan, Life Safety Educator, and firefighter Chad Wachs. Chad headed up the Community Connect project and has a wealth of knowledge. No charge

Meeting ID: 984 0398 4872
Password: 033484

Happy Hour Cocktail Class & Virtual Trivia
Tues., Aug. 4
3:00-4:00 PM
$16

This includes a complete cocktail kit plus glassware for a Cucumber and Prickly Pear Paloma and an invite to a Zoom party with cocktail class and trivia game on August 4th!

Hosted by Cork & Keg in Castle Rock.
Order online at coloradocork&keg.com by 8/2 (click on “Online Store” then “Shop Now”). They will deliver for free if you’re within 6 miles of Cork & Keg. Delivery is on 8/3 from 12-2PM or on 8/4 from 10-12PM. You can also pick up from them on either 7/31 or 8/1 from 4-11PM.

Meeting ID: 999 4055 7780
Password: 832076

Take Home Craft Kit

Mandala Rock Painting Kit
+$10 Each

The professional quality, proprietary hand mixed paints are blended to the perfect consistency to ‘stay put’ while dotting on a 3D surface; not too thin to run, not too thick to form a sharp, hard point.
Kit includes washed rocks with base black acrylic paint; Art Rocks! proprietary paints: 6 colors + 1 white; 6 nail dotting tools; 1 paper towel to clean dotting tools; 2 Q-tips for corrections; and 1 sheet of directions/place mat. Limit 1 kit per member at $10 each. We are fortunate to be able to pay part of the cost from grant funding. +More may be purchased at the regular price of $43.

Choose between pink/purple, yellow/orange/red or blues. Call the Center at 303-688-9498 to order yours. Deadline to order is 8/12 at 10:00 AM. Pickup at the Center on 8/14 between 12:00-2:00 PM.

"Protecting Yourself From Financial Elder Abuse"
Free Zoom Webinar Presentation & Q&A
Wednesday, August 26
10:00 AM

Grab your coffee and join Officer Amanda Lane with the Community Partnership Unit.
Meeting ID: 999 4055 7780
Password: 832076

"AARP Smart Driver" is an online course to help drivers of all ages stay safe behind the wheel. The program covers topics like road rage, driving under the influence, distracted driving, and protecting yourself from financial elder abuse. For more information, visit www.aarpdriversafety.org and use Promo Code: DRIVINGSKILLS for a 25% discount. Good through August 31, 2020.

"Community Connect" is a program that helps firefighters build safer communities by connecting residents with valuable resources in case of emergencies. Join Jamie Duncan and firefighter Chad Wachs on August 19 at 11:00 AM to learn more.

The "Happy Hour" event features a cocktail class and virtual trivia game on August 4th. You can order a complete cocktail kit plus glassware online for $16. The team at Cork & Keg will deliver for free if you’re within 6 miles of their location. You can also pick up the kit during specified hours.

Take home a Mandala Rock Painting Kit for $10. The kit includes painted rocks, acrylic paints, and instructions. Choose from pink/purple, yellow/orange/red, or blues.

"Protecting Yourself From Financial Elder Abuse" is available as a free Zoom webinar. Officer Amanda Lane will lead the presentation and Q&A session on August 26 at 10:00 AM. Join her to learn strategies to protect yourself from financial elder abuse.

For more information or to register for events, visit www.lonetreeartscenter.org.
Garden Help Needed

During these days of COVID-19 the Senior Center Garden is thriving. Many thanks to our garden volunteers who assisted with soil improvement and plantings this spring. Much gratitude to those who are watering and weeding the flowers and vegetables as they grow.

Due to the fantastic efforts of our Executive Director Debbi Haynie, the garden club benefited from grant money in 2020. As a result, we were able to improve the soil, add more landscape blocks around the garden edges and replace a tree that died. A new tree will be planted in September. The grant also helped us buy some of our seeds and plants.

Currently we have a small group of guys and gals. Prior to planting season we meet at the center once a month to discuss and plan for the season. When we start spring planting, we meet about once a week at the garden for one hour and this continues most of the summer and early fall. In late fall we put the garden beds to rest for the winter as we clean out the last of the produce. Volunteers also sign up to help with watering and weeding.

The garden club is hoping to find other seniors who enjoy gardening and would like to get more involved at the center. The garden is located by Fire Station 153 in Founders Village. The address is 5463 E Sovereign ST, Castle Rock. Take a look, walk around, sit on the park bench or picnic table. If you decide to join our fun group call the Senior Center for further information.

Current Events will be meeting via Zoom until the Center reopens. Check on the Events Page of our website for the Zoom link. Some of the members are shown above on their weekly meeting.

Virtual Drama Workshops

Free

Thursdays, August 6, 13, 20 & 27
10:00 - 11:30 AM

Literature for the Stage: A Virtual Readers Theatre Exploration of The Tell-Tale Heart by Edgar Allen Poe

Join Jessica with Drama in Progress for an exciting new online Drama Club format! This workshop is perfect for those who love to read and are interested in performing and writing.

Readers Theatre focuses more on text than costumes or lighting. It is a simply staged, interpretive reading of a script that is usually based on classic literature, such as Mark Twain, Shakespeare or Charles Dickens.

This workshop is engaging, fun and enlightening. Join us online for an adventure through literature!

Call 303-688-4498 to register.

After you are registered, we will send you the story file and the Zoom invitation. You will be signed up for all 4 August dates.

-PRODUCE-

Fresh produce from the garden will be available for members on the shared shelf.

This is located outside of the front doors of the Center, Mon-Fri from 9:30 AM - 12:30 PM.

Produce is limited in the beginning, but will pick up as the summer goes on.

Thank you, gardeners!
Please take only enough for yourself.
Show Your Colors

LANDS’ END

Are you proud to call CRSAC your home? We now have our own storefront with Land’s End apparel. There’s so much clothing to choose from for every body type for both women and men: polos, jackets, dress shirts, sweaters and active wear. You have the option to place the Senior Center logo where you want on these. These are high quality garments and will last a long time. https://business.landsend.com/store/castlerockseniorcenter/

Grandma’s Attic

As of the date that this publication went to press, we are now accepting books and puzzles. There is a blue bin located outside the Senior Center doors from the hours of 9:30-12:30 PM, Monday through Friday. We will take appropriate precautions to safely rotate these back into our stock for more people to enjoy. Please do not remove any items from the bin.

We’ve all been cleaning out our closets, so there’s sure to be lots of Grandma’s Attic treasures at November’s craft sale. We are not accepting these items yet, but will be shortly. When we do, it will most likely be by appointment so we are sure to have the manpower. Thanks for your patience.

Answers to Prices in 1950 from Page 15

1. The Old Man and the Sea
2. A Tree Grows in Brooklyn
3. The Scarlet Letter
4. As I Lay Dying
5. The Grapes of Wrath
6. War and Peace
7. Gone With the Wind
8. The Prince of Tides
9. Great Expectations
10. Pride and Prejudice
11. The Catcher in the Rye
12. To Kill a Mockingbird
13. A Farewell to Arms
14. 1984
15. Crime and Punishment

CONTACT LIST

Fun & Games

Mah Jongg - Lynn Kroloff 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
Pinocchio - Dawn Corbell 512-966-7910
Texas Hold’em - Bob Moore 303-901-7364
Scrabble - Stella Brigante 720-841-6104

Special Interest Groups

Knitting & Crocheting - Kathy Lacey 903-327-3003
Sewing - Sadie Bush 303-660-6932
Sewing Group - Sandy Hendricks 262-853-1639
Jewelry Making - Open
Creative Writing - Pam Thiltgen-Hester 303-814-7864
Current Events - Larry Pratt 503-400-0094
Remembering our Veterans - Jim Pierce, jcd744@comcast.net
Garden Club - Janet Mattheis 209-712-8866
Book Club - Claire Chomiak, cachomiak@gmail.com
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
HAPPY HOUR
8/4
3PM
This cocktail class and trivia will be brought to you by Cork & Keg. The Zoom presentation will begin at 3:00 PM with introductions. You will then learn how to make a Prickly Pear Paloma followed up by a trivia contest with prizes. The session will wrap up about 4:10 PM. To sign up, you will order directly through Cork & Keg, and they will even deliver the kit to you at no additional charge. See Page 9 for details.

COFFEE & CONVERSATION
8/5
11AM
Please join Bob Halvorson, Executive Board Vice President, and Mary Jo Fry, Project/Event Coordinator, for this informative Zoom webinar. They will be discussing “Fundraising & Events.” There’s lots to discuss about this upcoming fall and you don’t want to miss out. This is an interactive session with Q&A. See www.castlerockseniorthcenter.org (Events Page) for the Zoom invitation.

PARKING LOT BINGO
8/12
10AM
Spots are limited, so please call the Center at 303-688-9498 to reserve your spot. Arrive at the lower parking lot to the north of the Center no later than 9:45 AM. You will be directed to your space. We will call the games over an FM radio station. You will remain in your car for the duration and will honk your horn when you win that game. Come prepared for hot weather (water, sun shade). No restrooms will be available.

PIZZA PICKUP
8/13
2PM
Papa Murphy’s is making us take and bake pizzas! You have a choice of large thin crust pepperoni, sausage or cheese. Only $5 each! Order from the Center no later than 8/7 by 12:30 PM, by calling 303-688-9498. Pick them up from the Center on 8/13 from 2-4 PM. Contactless pickup. Take them home and pop them in the oven.

ART KIT PICKUP
8/14
12PM
Wouldn’t you like to learn how to create a beautiful mandala? This kit comes complete with everything you’ll need to learn. You can purchase 1 kit for $10 then additional at the regular price. You can find all of the options and details on Page 9. Call the Center at 303-688-9498 to order yours. Deadline to order is 8/12 at 10:00 AM. Pickup at the Center on 8/14 between 12:00-2:00 PM. Contactless pickup.
**2020**

Where Age is Just a Number

**8/17**
**6:30 PM**

**VIRTUAL COLD CASES & COCKTAILS**

Do you know who dunnit? Explore one of the most famous cold cases in Denver’s history. Join Lora Thomas, former Douglas County Coroner, and retired Denver Police Lt. Jon Priest present the facts of the case. Grab your cocktail and power up your laptop for this engaging presentation with Q&A after. Zoom link available at castlerockseniorcenter.org. There is no charge to attend this event.

**8/19**
**11AM**

**Castle Rock Fire Dept.**

Castle Rock Fire & Rescue is holding a new class via Zoom, Community Connect. Join Jamie Duncan, Life Safety Educator, and firefighter Chad Wachs. Chad headed up the Community Connect project and has a wealth of knowledge. Come learn about Community Connect and what it can do for you and your neighborhood. Zoom link available at castlerockseniorcenter.org. There is no charge to attend.

**8/25**
**1PM**

**ITALIAN ICE DRIVE-THROUGH PARTY**

We had so much fun in July let’s do it again! Come in from the first street entrance on the north end and proceed south in front of the Center heading toward the south exit of the Rec Center. We will serve from the concrete area in front of the Senior Center. Please remain in your car and do not congregate. Walkups will not be served. Participation is free. Please register in advance at 303-669-9498 for planning purposes.

**8/26**
**10AM**

**COFFEE WITH A COP**

Join us for a free webinar with Officer Amanda Lane with the Community Partnership Unit at the Castle Rock Police Department to see how you can protect yourself from financial elder abuse. Grab your coffee for this informative Q&A. You can find the Zoom information on Page 9.

**8/27**
**1PM**

**ACTIVE MINDS: "WOMEN'S SUFFRAGE IN THE U.S."**

Join Active Minds as we tell the story of women’s right to vote in the United States 100 years later. We will highlight the role of Susan B. Anthony, Elizabeth Cady Stanton and others as well as discuss current issues around gender equality in our political process and leadership. Find the Zoom information and more on Page 8.
Victory Gardens Make a Comeback

Trips to the grocery store have become fraught with fears of coronavirus exposure and shoppers worry that industrial agriculture could fail them during the pandemic. Just like World War II, many are relying on their garden's bounty to get them through this uncertain time. The Victory Garden movement began during World War I and called on Americans to grow food in whatever spaces they could - rooftops, fire escapes, empty lots, backyards. It maintained that there was nothing more valuable than self-sufficiency, working a little land, no matter how small and harvesting your own eggplant and tomatoes.

Victory Gardens, also called war gardens or food gardens for defense, were vegetable, fruit and herb gardens planted at private residences and public parks in the United States, United Kingdom, Canada, Australia and Germany during World War I and World War II. In the war time, governments encouraged people to plant victory gardens, not only to supplement their rations, but also to boost morale. George Washington Carver wrote an agricultural tract and promoted the idea of what he called a "Victory Garden." They were used along with Rationing Stamps and Cards to reduce pressure on the public food supply. Besides indirectly aiding the war effort, these gardens were also considered a civil "morale booster" in that gardeners could feel empowered by their contribution of labor and rewarded by the produce grown. This made victory gardens a part of daily life on the home front, just as we are seeing the resurgence today.

Did you start a garden this year, big or small? Send us a picture to have it featured here. Don’t know where to start? Here are a few of the basic first steps you can consider when getting your Victory Garden started: get your soil tested, make a garden plan, buy your seeds, start your seedlings, build your beds, prepare your soil then plant. Most of all, remember to show yourself some grace.

Weekend Kits Available Delivered to your Door

The Douglas County Libraries have developed activity kits designed to add sparkle to your weekends. Each kit has a theme (e.g. backyard barbeque, moving screening, backyard birthday setup) and is delivered to you on Friday and picked up at your home on Sunday. What could be easier than that? Here's how to reserve your kit: https://www.dci.org/delivers/ - the kits are going quickly. Jump on the site to reserve yours today!

Virtual Activities

Online jigsaw puzzles of Denver landmarks & scenery include Red Rocks Amphitheatre and the Denver Art Museum
https://www.denver.org/about-denver/denver-digital-puzzles/

National Geographic presentations by today’s leading explorers, scientists and photographers.
https://video.nationalgeographic.com/video/ng-live

Online art classes for all ages and skill levels at the Colorado Springs Fine Arts Center. Develop the artist within.
https://artschool.csfineartscenter.org/
Safer at Home Bingo

- Started a DIY remodeling project
- Quit a DIY remodeling project
- Disinfected the disinfectant
- Wore same clothes three weeks in a row
- Tried a sourdough starter
- Asked the kids for Zoom tech support
- Bought stock in Charmin
- Car got two weeks to the gallon
- Ate all your quarantine snacks
- Wore a mask
- You took your temperature
- You had to cancel a vacation
- You attended a CRSAC virtual activity
- Binge watched a television show
- You made a mask
- Howled at 8PM for essential workers
- Washed your hands
- Went for a walk
- Completed a jigsaw puzzle
- Finished a book
- Started a Victory Garden
- Had a marathon baking session
- Waved at a neighbor

PRICES IN 1950

Guess the price of each of these items from 1950
You can find the answers on Page 11.

1. Gallon of Gas               a. $0.60
2. Loaf of Bread               b. $0.37
3. Gallon of Milk              c. $3.21
4. Dozen Eggs                 d. $0.43
5. Postage Stamp             e. $0.12
6. 1 lb. of Bacon         f. $0.82
7. Bananas                    g. $7.15
8. 1 lb. of Coffee          h. $0.13
9. 5 lbs. of Sugar          i. $0.27
10. Jiffy Cake Mix       j. $0.05
11. A Burger                  k. $0.30
12. House                     l. $0.52
13. Average Income             m. $0.14
14. Toilet Tissue              n. $0.10
15. Head of Lettuce           o. $0.03

CAN YOU GUESS THE TITLE OF THE BOOK FROM THE CLUE?

1. The Geezer & The Caribbean
2. An Elm Develops From a Sapling Where the Dodgers Once Played
3. Brilliant Red Communication Where No One Writes Anymore
4. While I Was in the Bed Croaking
5. The Muscadines Belonging to Anger
6. Armed Conflict & the Kind of Train Cat Stevens Used to Ride
7. Out of Here in the Current of Air
8. The Purple Rain Singer Associated with the Rising and Falling of the Ocean
9. Tremendous Anticipations
10. What Comes Before a Fall & Preconceived Judgement Towards A Group
11. Mitt-Wearing Home Plate Squatter Enclosed By Reuben Sandwich Bread
12. Murder a Derisive, Taunting, Feather-Covered Creature
13. An Au Revoir For Everything Inside the Shirt Sleeves
14. Y2K Minus Number of Candles on Molly Ringwald’s Cake
15. Felonies And Misdemeanors Couple With Spanking
16. That Audio And That Rage
17. Toward What Person Or Persons a Recess-is-Over Sound is Directed
18. One Who Domineers Over Things Stuck to the Swatter
19. Scoliosis Sufferer at the Fighting Irish School
20. Courageous Globe With the Tag Still On it

You can find the answers on Page 11.
First of all, let me introduce myself. My name is Bob Halvorson. I have been a member of the Center for a number of years. I was appointed to the position of Executive Vice President earlier this year. Prior to that I was the Sports Committee Chairperson. I have volunteered at the Craft Fair, and my wife, Linda, and I have delivered Meals on Wheels. I have qualified as a driver but have done a minimal amount of driving.

In my working years I worked for two great companies in the food industry, mainly the restaurant sector. I spent 40+ years in sales, sales management, customer service and marketing. During these 40+ years Linda and I lived in 5 great locations. We have two daughters and one granddaughter who live in the Denver area. In addition to volunteering at the Center, I also volunteer at Red Hawk Ridge Golf and work on the course and in the restaurant for tournaments.

My experience in sales, marketing and customer service give me the skills to work within the Center’s guidelines, help the Center move forward and give you the activities you enjoy. We are very fortunate to have the Senior Center we have. Others our age are wishing they had, what we take for granted. But, do you know, we deserve it! I welcome your questions and your support.

What Members Have Said During Quarantine

“Joining the Center was one of my better lifetime decisions.” -Bob

“Thanks again for the masks. You have made my children happy (and me too!) as they worry about me and are not close to help out.” -Julia

“Please accept my heartfelt and joyful gratitude for my groceries and the volunteers who shop and deliver! You all are a true blessing to me and so many others.” -Dee

“Thank you all for all you are doing to keep all of us informed and hopeful for a more ‘normal’ future.” -Peg

“I miss getting to come to the Center; my last attendance was March 6th. Looking forward to better days.” -Betty

“Somebody in Colorado loves you!” “Who could that be? Just about every single person who walks through the front door of the Senior Center.” -Chris & Jim
The Executive Board of Directors made the decision to cancel our Golf and Softball leagues season for this year. Since our membership is age 60 and older demographic and most vulnerable, minimizing the risk of exposure and spread of this virus is our biggest concern.

This year is going to hold a lot of changes and adjustments, but it is our wish that 2021 will be a healthy and fun-filled year with all our members.

Red Hawk Ridge Golf Course

Rates

All players need to book their own tee times. League rates are not being offered at this time. Senior fees still apply, so if you are a resident you can play 18-holes for $50 (the league rate) and if you are a non-resident you can play 18-holes for $59. The 9-hole fee is $40 (normal league fee is $35). Once league play resumes, then league fees will apply.

Golf Tournament

Please help us spread the word about our tournament held at the popular Arrowhead Golf Course. Golfers will definitely WANT TO PLAY in this event. Materials are available at the Center or on our website.

Pie Bake Off

Saturday, Nov. 7, 2020
11 AM - 1:00 PM

The Millhouse at Philip S. Miller Park
1381 W. Plum Creek Pkwy

It’s that festive time of year where families gather around to enjoy good company, hearty food and most importantly, pie! Do you have what it takes to rise to the occasion? Don’t be afraid to take whisks in the Town’s pie baking competition. Register online at https://www.crgov.com/2872/Pie-Bake-Off

What’s New in Genetic Genealogy?
Webinar Presented by Greg Liverman
Castle Rock Genealogical Society (CRCGS)
Saturday, August 15
10:00 AM - 12:00 PM
Register at www.crcgs.org.
We continue to move ahead with preparations for the 2020 Douglas County Fair & Rodeo. The health and safety of our entire community is our highest priority and the Colorado public health orders will continue to guide our direction in the coming months.

Please be advised that dates and times are tentative and subject to change. Check back weekly for changes or updates. If you have any questions, email Fair@douglas.co.us or call 720-733-6941.

July 30–August 2, 2020

“We continue to move ahead with preparations for the 2020 Douglas County Fair & Rodeo. The health and safety of our entire community is our highest priority and the Colorado public health orders will continue to guide our direction in the coming months.”

Pay-What-You-Can For Fresh Produce at Lost City Farmers Market

Weekly on Wednesday @ 5:00 pm-8:00 PM (Through October 28, 2020)

TAXI Complex
3455 Ringsby Ct.
Denver, CO

Food insecurity is a major issue in the pandemic. This new market is the latest effort to address it. The market’s “pay-how-you-can” model provides affordable access to fresh produce and essential pantry items by allowing customers to pay in one of three ways: 1) pay full price for your a la carte items or pre-packaged farm boxes; 2) pay what you can afford, whether this is a few dollars or nothing at all; or 3) pay for your groceries by volunteering at a future market.

Are you in need of help with food? Hunger Free Colorado has information to connect you with food resources if you need them including food pantries and other forms of assistance.

https://www.hungerfreecolorado.org/covid19/
Thank you, CALF

Calf connects people of all ages and abilities to agriculture through authentic educational programs, community projects and leadership opportunities. They donated many trays of vegetable plants to the seniors: peppers, lettuce, onions and more. Thanks for giving seniors access to agriculture and fresh produce.

We are so thankful to have the support of these local businesses & organizations. They make our vision a reality.

New Hope Presbyterian Church

Plum Creek Church

Thank you.

Jai Residential Care Home 2
You’re our family!

The Care is Outstanding. The Comfort, Even More So.

Jai Residential Care home 2 offers a jewel-like setting for your golden years. We provide a full array of assisted-living services and amenities.

Services and Amenities:

- 24 Hours Staff • Home Like Atmosphere
- Personal Care Plan • Assistance with Activities daily of living
- Medication administrator • Social & Recreational activities
- 3 Meals • Snacks Daily • Weekly housekeeping, laundry and linen service
- Transportation Coordination • Free use individual tablet
- Ongoing assessment • Outdoor living space
- Internet/cable/phone/utilities • Alexa emergency call system

Jai Residential Care Home 2 is licensed by the state of Colorado as Assisted Living Residence.

Schedule your personalized tour today by reaching out to us and letting us help... Give us a call or email.

Phone: 720-295-2747
Email: jairesidentialcarehome2@gmail.com

Jai Residential Care Home 2
5858 Point Rider Cir. • Castle Rock, CO 80104
www.jairesidentialcarehome.com

HAVE QUESTIONS? CALL AN EXPERT, CALL ME TODAY!

As a licensed insurance agent, I can make looking for answers stress-free. Call today to set up your no obligation, no cost appointment

Betsy Mullison, Licensed Agent • 720-291-0572 • betsymullison@gmail.com
August Birthdays

1st  Bonnie Lake, Rita Piper, Kay Wolfe
2nd  Mary Busse, Rita Comeaux, Bonnie Dews, Candice Gladson, Patty Horwat
3rd  Louisa Allen, Dorothy Everett, Glen Franchi
4th  Bob Moore, Wes Parker
6th  Ken Bartlett, Isa Naday
7th  Helen Sturdevant, Robert Blalock, Bill Everly, Debra Jackson, Judy Ruehle, Ronald Sellers
8th  Ida DeChellis, Mike Riggle, Rick Taylor
9th  Nadine Alexander, Milena Persic
10th Sherri Van Ness
11th Christie Einspahr, Tom Gray, Cheri Hayes
12th Brian Brockhaus, Dennis Burns, Karen Maclver, Neal Sholl, Gene Snow
13th Janet Kane
14th Edward Campbell, Robert Jeffryes, Sharon McMeen, Susan Stein, Terry Torbeck
16th Connie Berry, Patricia Gehlen, Bob Jungers, Donna Koenig, Vita Marker, Fred Mattos
17th Ann Corle, Lon Gallup, Dick Wood, Janet Woods
18th Aleta Hallstein, Earl Wood
19th Kathie Patterson
20th Doug Schull, Marion Surma
21st Gloria Botello, Darlene Lohr, Phil Melody, Vivien Semryck
22nd Joanne Carr, Linda Daley, Jean Olsen, Diane Perry, Michael Wade
23rd Donna Novorthy
24th Erik Andres, Shirley Jost, Marlene Karbula, Jackie Parker
25th Gary Hayes, Darlene Ward
26th Jack Asbridge, Tom Kennett, Ed Mehta, Sandy Teters
27th EJ Crumrine, Nancy Knol, Aud Schaap
28th Steve Gilbert, Jackie Hulet
29th Cory Moore
30th Nick Gilida
31st Wally Gordon, Elke Koenig

Who’s Behind the Raffle Quilt?

Everyone knows that our volunteers have different kinds of talents and experiences - and our Center really benefits from having those people come to the forefront. Native Coloradan, Lois Routh, is certainly one of those people; her quilting ability is a shining example of that. Lois made our current Raffle Quilt, which took about 60 hours. The quilt is a full size, but will sparingly fit a queen. She has donated between 20-25 quilts to the Center since 2004. Aside from making our quilt, Lois is helping create and send quilts to Christian women in Africa who’ve been abused and involved in sex trafficking.

Raffle tickets can be purchased for $2 each or 6 for $10. Her donated quilts are a fundraiser for the Center, so please make sure that you call the front desk at 303-688-9498 to purchase tickets. The drawing will be held on November 7 at the Craft Show. Thank you Lois, for your giving heart to the Senior Center, and volunteering your time and talent to us. See Page 6 for more information.

Bernice Hernandez won the June “Count the Ants” contest. The correct answer was 47 and the prize was a scratch off lottery ticket. Thanks for all of the participation. Congratulations, Bernice!
August Pets

Winter Larsen
Tess & Ellie
Harrison Granddogs
Callie Vinton
Justin & Jeepers
Morales-Caramella

Curbside Meal Program

June/July Staff Birthdays Celebrated with Style & Space

What are you doing to be safer at home?

* Joan Marshall turned 90!
* Bob Barber is hoping for some Green Bay Packers football this season.
In Remembrance

We’ve lost several fellow members and friends this year. There is a dedicated space at the Center for these announcements, but since we’re temporarily closed we want to bring you the news. Once we resume public hours, they’ll be posted in the usual space, near the Community Board.

March
Eunice Leoni
April
June Cook
May
Dolores Larson
Fay Baer
Robert Stark

June
Phyllis Patin
Linda Hoover
Bob Clements
Hank Lebeski

July
Jeannie Faber
Casey Walker
Jim Kirk

To the best of our knowledge, we’ve had no COVID related deaths.
Castlerock Senior Activity Center
2323 Woodlands Blvd.
Castle Rock, CO 80104

Activity Sign-Up
Doors open at 7:30 AM
Phones open at 8:30 AM
Check the Website
for Sign-Up Dates

Email: crsc@crgov.com
www.castlerockseniorcenter.org
facebook.com/castlerockseniorcenter
twitter.com/SeniorCastle
or subscribe to "Castle Rockin Seniors" on YouTube

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