From the Director

Can time fly and stand still at the same time? The past 6 months have been a roller coaster and the ride is not over yet. Fall is here along with back to school and cooler weather. Summer has gone so fast this year even with life moving at a slower pace.

Many of you have been inquiring as to when we are going to OPEN. We are NOT closed. We just don’t have “In Center” programming and activities at this time. The Center is open and here for you. The staff has been working very hard to provide the needed services, programs and activities that are safe and feasible during these times. We haven’t stopped working for our older adults; we have re-envisioned and re-invented the Center. During these times we are encouraging you to find a new way to connect, participate and engage in our programs and activities. We need your help to look at changing the perception of what is closed – NOT the Castle Rock Senior Activity Center! I know this might not be the way you wish to participate, but please give it a try. Many of the members are telling us how much fun they are having while learning new things and seeing friends again in a different way. If technology confuses you, give us a call and we will help you get connected.

In regards to setting a tentative date for “In Center” programming, the Center’s Board of Directors and Staff had an in-depth, researched and thoughtful discussion last month. While we wish we had a crystal ball that could tell us what that exact date is, we do not. The tentative date to possibly bring “In Center” programming has been extended until November. While this is just a target, it is not a guarantee. After reviewing current recommendations from the CDC and State, along with conversations with other Senior Centers around the State, it is neither feasible nor safe at this time. We have some great things planned over the next couple months. These have been made possible by the support of grants and donations to you at no cost or a nominal fee. Remember, your membership shows your support of the Center to our funders and donors and allows us to corroborate these requests. If you haven’t renewed your membership, please consider doing so. I know you might not see a value in renewing while “In Center” programming doesn’t exist, but it does support the Center’s ability to provide the services and programs that are currently being provided and for future programs and services benefitting older adults in the community.

It is with a sad heart that I share this year’s Craft Show Extraordinaire is cancelled. While the decision was difficult and disappointing to make, the community’s health and safety, along with that of our vendors, volunteers and our members are our first priority. Since the variances and recommendations from the CDC and State for large gatherings has not changed, it makes it impractical to be able to host this event. We will be exploring an online option to hold our fabulous silent auction and wreath auction in November and possibly putting on a “Center only” craft show in the spring (if feasible). We have reserved the date for November 6, 2021 for next year’s show and our silent auction and wreath auction in November and possibly putting on a “Center only” craft show in the spring (if feasible). We have reserved the date for November 6, 2021 for next year’s show and hope things will be returning to normal. Since this is our largest fundraiser for the Center, please check out some of the other ways that you can help us raise funds this year (Page 6).

We will get through this and be stronger for it. Please continue to be patient, stay strong, remain safe and healthy.

~ Debbi

From the Desk of the Immediate Past President

Voting by mail in ballot was introduced last year and it was a success as voting increased 300%. This process will continue. Ballots will be mailed the week of October 26, 2020. Voting instructions will be included in the ballot. A return envelope will be included unstamped. Return the signed and sealed ballot to the Center in person or by mail BUT it must be in the mailing envelope signed and sealed. Should it be unsigned, it will not be counted. Ballots must be returned to the Center either in person or by mail no later than Tuesday the 17th of November by close of business (4:30 PM). All ballots arriving after that time whether it be mailed or delivered in person will not be included in the final count. Voting results will be announced at the Annual Meeting on Friday, November 20, 2020.

All candidates for office must announce intentions to run by August 21, 2020. Background checks need to be performed and passed. Background Checks are done in accordance with the Council on Aging recommendations. Candidate must be a member in good standing. These are just a few of the requirements as each position has different expectations and job description. Because of the above expectations there are NO write-in candidates. Expectations of Board members will be available at the front desk. A full list of voting practices and procedures are posted on the website under Elections tab on our website for your review at any time.

If you have an interest in running, please contact Doris Rollins at 703-801-0920 or darolins1.dr@gmail.com.

-Doris Rollins, Immediate Past President
THANK YOU TO OUR JULY


Social Distance Style October 3 & 4

Tickets are $20 and 100% of that goes back to the Center. See page 18 for more details and how to buy your tickets.

2020 Craft Show Extraordinaire Cancelled
Due to the current COVID pandemic, the Staff & Board of Directors have made this difficult decision. Given the current guidelines we feel that it is our responsibility to consider the safety of our community. We look forward to November 6th of 2021!

Grandma’s Attic Appointments
You can now call Juli to schedule a time to drop off your Grandma’s Attic boxes. We are accepting items by appointment only. This is to help make sure that we have the appropriate manpower to receive donations. Bring your unwanted craft supplies, kitchenware, holiday decorations, toys and everything in between (we do not accept clothing, magazines, furniture or large items). Donations must be properly wrapped if breakable and boxed in smaller boxes with lids, meaning they must close or have a lid. We do not have supplies to repackage loose items brought in. This helps volunteers manage transport of the items and makes the best use of the storage space while keeping those valuables safe. We will also accept large books and puzzle donations with scheduled appointments. Books and puzzles taken from our shared shelf can be returned to the blue box outside our door. The blue bin is located outside the Senior Center doors from the hours of 9:30 AM -3:00 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.

Call Juli to schedule your appointment, 720-733-2292.
September Volunteer: Monica Swartwood

“I have never met a stranger in my whole life.” These are words that completely sum up our September Volunteer of the Month, Monica Swartwood. If you have had the pleasure of meeting Monica, you would know that she makes you feel like you are already friends the instant that you meet. When she meets someone new, she tries to memorize their name and at least two things about them. Her love of people and love of making people laugh, makes Monica the amazing, kind woman we all love at the Center.

Monica grew up in Oak Park, IL with her 2 brothers and 3 sisters. Her love of traveling started early because of her dad’s love of travel and road trips. By the time she was 13 years old she had already been to the Bahamas and Canada. Monica has only 5 more states to visit in the Northeast to complete her bucket list, staying overnight in all 50 states. Monica went to college at Loretto Heights College here in Colorado. The school’s rich history started in the 1800s. It was an all-girls school started by the Sisters of Loretto. She also attended the University of Loyola in Chicago and George Mason University in Virginia. Monica graduated with a degree in science and had a career focused on infectious diseases. Monica’s education did not end there, as she traveled all over the world and she even studied art in Paris.

It was on a blind date at an Air Force Academy event that Monica met her husband, Richard. All they had in common was they were both tall, but she knew instantly he was the one. They have been married for 53 years, have 3 children and 7 grandchildren together. Family is the one thing that she could not live without. She is the cool, tech savvy grandma, who texts all her grandchildren and sends them care packages filled with snacks and goodies.

Her creativity began very early. Monica was just 8 when she took the L train alone in Downtown Chicago to attend classes at The Art Institute. Many of us cannot even imagine an 8 year old riding a train alone in a big city like Chicago. Monica makes jewelry which we sell year round at the Center. She donates it to us and all monies made go directly to the Center. Her jewelry consists of beautiful handmade pieces, and she uses very high quality materials which she finds all over the world. Monica is also a volunteer at the Mayo Clinic in Minnesota and has put in 7,000 hours. She makes and donates earrings for women receiving chemotherapy and heart necklaces for women who are hospitalized. Her jewelry is made with Swarovski Crystals. At the Center she is a member of the knitting and crochet group. This group creates items for several local charities including the Center.

Monica’s creativity and love shines through in everything she does. Thank you for all that you do for us; we appreciate you and the positivity you radiate.

~ The Staff

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

First of all, let’s welcome Nancy and Randy Butler, and Virginia Sobus. They joined in July. 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.
Test your skills on this Labor Day Quiz!

Find the answers on Page 21

1. The idea of having a parade to celebrate the unions in New York City in 1882. This idea spread, and by 1887, Labor Day was a state holiday in Oregon, Massachusetts, New York, New Jersey and _ _ _ _ _ _ _ _ _.

2. In 1894, an act was signed to establish the first Monday in September as Labor Day by President _ _ _ _ _ _ _ _ _.

3. Labor Day is often referred to as the end of summer. Traditionally, it was often said that now you could no longer wear _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ as it was just not fashionable because it was what the upper class wore at their summer homes.

4. There are currently how many workers in the US in Labor Unions: (select one)
   a) 5.5 million  b) 14.6 million  c) 23.2 million.

5. What other neighboring country celebrates Labour Day on the first Monday in September?
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 them up at the Center.

Contactless Order Contactless Wash

You can use a coupon +$3 and upgrade to a Premium wash.

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

It's the last month, the last chance to

STRETCH YOUR DOLLARS

July 1 - September 30

Make a donation today and The Center receives a matching contribution up to $7,000

You shop. Amazon gives.

Do you shop online?

Remember to go to smile.amazon.com. It’s the same amazon you know and love. Select the Castle Rock Senior Center as your charity, and the Center will receive a contribution on qualifying purchases!

Where do you hang your mask?

$12

Signs available on the Shared Shelf while supplies last.

MASK LANYARD

This beautiful Bronco lanyard with matching earrings is just one of the different items we have for sale. After "mask season" you can turn it into a necklace! Available on the Shared Shelf. Prices vary.
Affordable Legal and Identity Theft Protection

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Castle Rock, CO 80104
720-531-3533
Tues – Fri: 10am - 4pm
Sat: Noon - 4pm

Reach the Senior Market

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

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- Sales Experience Preferred
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- Overnight Travel Required
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www.4LPi.com/careers

Don’t Shop. Ad. PT.
Free Virtual Webinar
Thurs., 9/3
10:00 AM
Is That a UFO or a UAV From The DCSO?
Officer Jason Blanchard of the Douglas County Sheriff’s Office will present on how drones and other technologies are being used to keep us safe. By the way, UAV stands for Unmanned Aerial Vehicle! Information will also be posted on the Seniors’ Council webpage: www.mydougcoseniorlife.com and the Facebook page: https://www.facebook.com/MyDougCoSeniorLife/.

Parking Lot Concert
TUESDAY, SEPTEMBER 8
4:00 - 5:00 PM
CASTLE ROCK SENIOR CENTER
TOP PARKING LOT - NORTH END
Please call 303-688-9498 to register as there are limited social distanced spaces. Restrooms will not be available. Please stay in your car for this fun performance. Lori “Shelvis” is an entertainment powerhouse. She captures the audience with her amazing vocals and high-energy performances. She focuses on the music of Elvis, Buddy Holly, Johnny Cash and other rockabilly pioneers.

Sisters Of Courage
Free Webinar
Tues., 9/22, 2:00 PM
The Harbisons-An Ordinary family who led an extraordinary life. The Civil War, Westward Expansion, the Panic of 1893 are all well know historical events that take on new meaning with this story of their impact on a single family. Buffeted by the winds of national events, the family is forced to start life over yet again. Walk with Kittie and Annie from Denver as they cross Berthoud Pass to create a successful dairy ranch in a hostile environment to supply milk to the expanding Grand Lake population. Come and enjoy their story leading up to the development of Rocky Mountain National Park and beyond.
September Art Project

Curbside Pottery Painting Kit

Call 303-688-9498 to order by 9/15/20 at 12:00 PM. Curbside pick up on 9/22/20 from 2-3 PM. Return your piece to the Center by 9/30. We will let you know when your piece is fired and ready to pick up.

- Mug *$17 (Regular Price $27)
- Votive Lantern *$11 (Regular Price $21)
- Bowl *$17 (Regular Price $27)
- Plate *$11 (Regular Price $21)
- Spoon Rest *$17 (Regular Price $27)

You can order 1 piece at the price listed above. Each piece after that will be at the Regular Price. Call the Center for the nonmember price. Part of the cost of this project is being subsidized by a grant.

When ordering, specify your color palette: Shades of Blue, Fall Colors (orange/burgundy), Santa Fe (turquoise/red), Nature (brown, green) or Primary Colors.

Free Drive-In Movie

Wed., 9/16
7:15 PM

Showing “Knives Out”
Starring Jamie Lee Curtis & Daniel Craig
Rated PG-13

Lower Parking Lot at the Center where our buses and cars usually are parked. Call 303-688-9498 to save a spot. Restrooms will not be available.

Parking Lot Tai Chi for Arthritis
$5 for 6 Classes

Tuesdays & Thursdays
9/1, 9/3, 9/8, 9/10, 9/15, 9/17 at 9:00 AM

This is an all-levels class that is designed to decrease joint pain, increase mobility and muscle strength, and improve the general health of your body and mind. Anyone at any age and shape can improve his or her general health with the smooth and gentle movements of Tai Chi. You will practice in the upper parking lot at the Center under the shade. Wear a mask, flat, well-fitted shoes, loose clothing and bring a bottle of water. You must commit to all 6 classes when signing up. Each class is limited to 10 people, so you must sign up in advance. Tai Chi is taught by Evelyn Garbo.

*As we don’t have an official sign-up day at this time, this class will be based on a lottery system. Please call the office at 303-688-9498 to put in your name. We will call you and notify you of the status before the start date.

Medicare 101 Class

Tues., 9/29 at 10:00 AM

with Joey Torregrossa

Zoom Webinar with Q&A

Join Medicare Specialist Joey Torregrossa of The Insurance Superstore for an informative presentation on Medicare coverages and options. Joey is a licensed Medicare Specialist certified with multiple carriers. Joey can help you understand your Medicare benefits and original Medicare and update you on any changes to Medicare for 2021.

Zoom link at www.castlerockseniорcenter.org
On the Events Page

Active Minds

FREE 1-hour unbiased programs each month on topics of interest

Learning is a lifelong adventure

Thursday, September 24 - 1:00 PM

Topic: "Leonardo da Vinci" Webinar

Inventor, artist, scientist, engineer, architect, philosopher and more. Leonardo da Vinci was a true "Renaissance Man" and a clear creative genius. Join Active Minds as we review his life, work, and lasting impact.

Go to Zoom.com then click on Join a Meeting.
Meeting ID 829 0690 4678
Meeting Password 754904
Do you know that we have a lending library? Even in this COVID era you can come borrow a book or two. Mary Hudson, coordinator, is still working hard to sort and sanitize selections. These are available on the Shared Shelf outside the Center. There are no time limits on borrows. Come check it out!

Current Events will be meeting via Zoom until the Center reopens. Check on the Events Page of our website for the Zoom link.

Treasure Trove was created to offer purchasing opportunities to everyone who love giving or receiving special gifts. Items for sale in the boutique demonstrate and express the many wonderful talents of our members.

Some members have formed social/creative groups, some create at home and some create at the Center. Due to the current restrictive requirements, some of the groups had to create their treasures alone. Hopefully, the group will be able to assemble again in the future.

The members who create have volunteered their time, talent and sometimes material to offer a quality of merchandise that you would be proud to give or keep for yourself. All items are made with tender loving care and thoughtfulness.

The items and prices vary. We try to offer seasonal items, frequently rearrange the display and offer newer creations. Currently, there are carts with some items from the Treasure Trove outside the Center’s front door. We plan to provide photographs of other items for sale in future newsletters. We will also be offering “featured” items. Some of the themes will be Personal, Household, Sports, Pets and Children. Photographs would be in the newsletter and a purchasing plan for buying this item would be explained.

Purchasing a special gift for someone for their birthday or just to say “Hope you are doing okay” would be supporting our Senior Center. The convenience of buying from the Treasure Trove would make the talented person who created your gift feel special too. Be looking in future Newsletters for more “Treasure Trove News”.

Thanks for supporting the best Senior Center in Colorado!!

Virtual Drama Workshops
Free
Thursdays, Sept. 3, 10, 17 & 24
10:00 - 11:30 AM
Join the Drama Club for a trip to India with Rudyard Kipling!
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. We’ll be reading Kim, the story of a young mongoose who protects his animal friends and a human family from vicious cobras. This is a classic children’s adventure story about bravery and loyalty and is sure to be a lot of fun!
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 303-888-8498 to register.
After you are registered, we will send you the story file and the Zoom invitation. You will be signed up for all four September dates.

-PRODUCE-

Fresh produce from the garden will be available for members on the shared shelf as the season winds down. We’ve had a bounty of zucchinis, dill, beets, cucumbers, lettuce, rhubarb, tomatoes, potatoes, green beans and more this summer. Thank you, gardeners. We appreciate you and your hard work. This is located outside of the front doors of the center.
Mon-Fri from 9:30 AM - 3:00 PM.
Please take only enough for yourself.
The weekend after Labor Day, the Castle Rock Chamber of Commerce hosts a juried fine arts show with artists from across the country. Castle Rock provides the perfect canvas for the Annual Colorado Artfest, which has become a summertime tradition for residents and art enthusiasts alike. Enjoy continual live main stage entertainment featuring popular musicians, interactive exhibits for the kids, savor fabulous food/beverages and so much more!
September

01 SEP
Tai Chi for Arthritis Session Begins
CRSAC Upper Parking Lot 9:00 AM

02 SEP
20th Annual "Fall Swing" Golf Tournament
Arrowhead Golf Course 8:30 AM

03 SEP
Drama Workshop Session Begins
Zoom Class 10:00 AM

03 SEP
Mind Fit
Zoom Class 2:00 PM

04 SEP
Current Events Each Friday
Zoom Class 10:00 AM

07 SEP
Labor Day 2020

08 SEP
Free Parking Lot Concert Starring "Shelvis"
CRSAC Upper Parking Lot 4:00 PM

09 SEP
Historic High Line Canal with Denver History Tours
Zoom Presentation 10:00 AM
13 SEP
DEADLINE TO ORDER CURBSIDE POTTERY KIT
CALL 303-688-9498 12:00 PM

16 SEP
DRIVE-IN MOVIE SHOWING “KNIVES OUT”
CRSAC LOWER PARKING LOT 7:15 PM

22 SEP
“SISTERS OF COURAGE” LIVELY TOURS & TALKS
ZOOM PRESENTATION 2:00 PM

23 SEP
VIRTUAL BINGO
VIA ZOOM 10:00 AM

24 SEP
ACTIVE MINDS “LEONARDO DA VINCI”
ZOOM PRESENTATION 1:00 PM

29 SEP
MEDICARE 101 WITH JOEY TORREGROSSA
ZOOM CLASS 10:00 AM

It's now easy to search for a Zoom activity! All Zoom activities will be posted on the website. Click on the EVENTS section of the website then scroll down until you see “Search Here for a Selection of Zoom Activities.” You can then click on the activity you want to see the information.
Castlerockseniorcenter.org
Bring on the popcorn and nachos! The drive-in movie, dismissed by many as a relic of an earlier time in America, is making a comeback as entertainment seemingly designed for the Coronavirus Era. For people in post-World War II Los Angeles, drive-in movie theaters were the place to be. You didn’t go just to catch the latest blockbuster; you went for the experience. Drive-ins were all-purpose fun zones that often included swap meets, restaurants, playgrounds and farmers’ markets.

Drive-in theaters flourished in Los Angeles from the late 1940s to the late 1970s. Changing tastes and the reputation of drive-ins as teenage “passion pits” meant that by the 1980s, they had become a rarity. The number of drive-ins in America went from 102 in 1946 to more than 3,000 by 1954 — and Southern California had a good number of them. There are only about 335 drive-in theaters left throughout the US, and the ones that are still standing have kept their businesses running the same since they first opened — except for replacing old projectors with film reels with digital movies. Colorado is home to eight drive-in theaters out of the 335.

As most summer events have been cancelled and movie theaters are closed, not all is lost. Along with the permanent drive-in movie theaters, we have pop-up drive-in movie theaters all over town including ones at the Parker PACE Center, the Douglas County Sherriff’s Office and even in some Walmart parking lots. The drive-in experience is virtually tailor made for the pandemic. Patrons control their close social interactions and any contact with other people happens outdoors, which is seen as lower risk for infection than indoors. Get your family or a group of friends together to watch a couple of movies — enjoy some classic movie snacks, good company and watch the sunset before the show begins.

**Breakfast Tamale Lesson**

Thanks to Deb & Chef Mark Santy of The Sheridan House Inn, breakfast tamales are now a staple on our menus. Chef Mark remarked that “you can put an egg on top of anything and call it breakfast.”

You can view this cooking class any time. The link is at www.castlerockseniorcenter.org under the Events Page. Scroll down on the right side of the page until you find the class.

The Sheridan House Inn is an adults-only bed and breakfast in Williams, Arizona located at the entrance to the Grand Canyon on Route 66. Maybe they’ll give us their famous corn bread recipe too.

**NAME THE ACTOR**

Born August 30, in 1908, is Fred MacMurray - 95+ film/TV roles including Double Indemnity, The Apartment, The Absent-Minded Professor, The Shaggy Dog, The Happiest Millionaire, Father was a Fullback - and of course Steve Douglas on My Three Sons!
BOREDOM BUSTERS

I SPY FLOWERS!

FIND AND COLOR THE FLOWERS!
Hi! I'm Sherry Fogleman and have been a member of the Castle Rock Senior Center for several years. I love this place! It is an opportunity for us all to be able to be a member of this nonprofit and an inspiration to me to volunteer here.

I first started working at the front desk to get to know as many of you as possible, then took on the position of Activities Chair on the Board. I moved from there to the Board Secretary and a member of the Executive Committee. I have worked hard for our members and will continue to do the best I can for the Center if re-elected. (I'll do that even if I don't get re-elected because of the opportunities and joy that the Center provides for us all!) I would appreciate your vote in November to remain as Board Secretary.

Thank you

Show Your Colors

Are you proud to call CRSAC your home? We now have our own storefront with Land’s End apparel. There’s so many pieces 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 quality garments and will last a long time.

https://business.landsend.com/store/castlerockseniorcenter/
SPORTS ROCK

The Executive Board of Directors made the decision to cancel our Golf and Softball leagues for this year. Since our membership is age 60 and older demographic and most vulnerable; minimizing the risk of exposure and spread of COVID is our biggest concern. The Bowling League has been cancelled for the Fall and will be revisited in December. We will look at 1/2 a season starting January if conditions allow. 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.

SPORTS TEAMS’ CONTACTS

Tennis (Men, Women, & Doubles)
Open

Softball Teams - Wes Johnson 303-978-9733,
Preston Shepherd 720-436-2121 & Ken Staden 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

15th ANNUAL

What is Shopping Extravaganza Social Distance Style?

It is a 2-day VIP experience including exclusive discounts and thousands of dollars in prizes—all while benefitting the Senior Center.

ShopEx 2020 will be held on 10/3 & 10/4 from 10 AM - 6 PM daily.

This year, to ensure everyone’s health and safety, the event will be split into 2 days with a limited number of scheduled check in windows to allow for smaller crowds and effective social distancing. Check-in windows will be open each day from 10 AM - 3 PM, with no more than 50 people checking in per 30-minute window.

New this year, the ShopEx Prize Scratchers will be the only way to win gift cards and other prizes. One Prize Scratcher is included with each $20 ticket. Additional Prize Scratchers are available for $5 each. Scratch off and your prize will be revealed instantly. Claim your prize any time throughout the day.

Tickets are $20 and 100% of that goes back to the Center.

HOW DO YOU BUY YOUR TICKET?

• Visit OutletsAtCastlerock.com/Events & click “more” for the Shopex page where you’ll find the ticket sales link.

Click on orange “Select Dates” (button right hand side of screen).
Select the date and 30-minute time slot you’d like to check in.
Select number of tickets and orange “Checkout” button.
Enter all required information (ticket buyer information, payment information, and ticket holder info and then Castle Rock Senior Activity Center).
Review order and click “Register.”
You’ll receive a confirmation message where you can view/print tickets.
More information, including a link to the tickets, will arrive via email.

Parking Lot Tai Chi
6-Class Session Starting 9/1
Only $5

One of the benefits of your yearly CRSAC membership is being able to take advantage of low Activity Fees when classes are covered by grants such as this class. See Page 9 for more details.

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.
Members of the Board of Directors

Job Description and Expectations

Purpose: To advise, govern, oversee policy and procedures and give direction and assist with the leadership and general promotion of the Castle Rock Senior Activity Center, so as to support the organization’s mission and needs.

Meetings and time commitment:
- The Board of Directors meets January through December on the third Friday of each month at 1:00 p.m. at the Center in the Summit Room. Meetings typically last 90 minutes.
- Committees of the Board meet on average of four times per year, with the exception of the Activities Committee which meets every other month and pending their respective work agenda.
- Board members are asked to attend activities and/or events and support the Center with both a financial contribution and in time volunteering to support the organization as a whole.
- Board members are asked to volunteer at outreach and fundraising events.

Length of term:
Two years and no Officer shall serve more than two consecutive terms in the same office, unless the Board of Directors grant an exception.

Major responsibilities:
- Organizational leadership and advisement
- Organization of the Board of Directors, officers and committees
- Formulation and oversight of policies and procedures
- Financial management, including adoption, and oversight of the annual budget
- Fundraising and Outreach

*Members of the Board share these responsibilities while acting in the interest of the Castle Rock Senior Activity Center. Each member is expected to make recommendations based on his or her experience and vantage point in the community and with consideration of the diverse and entire membership. All positions perform other duties as necessary.

Expectations of Board Members:
- Complete a background check prior to being appointed or running for office
- Be a member in Good Standing
- Attend and participate in meetings on a regular basis and special events
- Participate in a standing committee of the Board and serve on ad-hoc committees as necessary
- Be alert to community concerns that can be addressed by the Castle Rock Senior Activity Center’s mission, vision and values
- Help communicate and promote Castle Rock Senior Activity Center’s programs to and within the community
- Become familiar with Castle Rock Senior Activity Center’s finances, budget, grant and financial/resource needs
- Understand the policies and procedures of Castle Rock Senior Activity Center
- Financially support the Castle Rock Senior Activity Center in a manner commensurate with one’s ability

Have you ever thought about being on a Board of Directors? This election will fill the positions of Executive Vice President and Secretary. The election will be held on Tuesday, November 17. The duties of these positions are as follows, and if any of these pique your interest, be sure to talk with the officer who currently holds the position. This is the best way to find out what the job looks like on a daily, weekly and monthly basis.

Election for Executive Vice President – Responsibilities
Purpose of this position is to be responsible for fundraising efforts. This Executive Vice President is responsible for leading fundraising committees in support of the CRSAC and work with the Executive Director regarding these efforts. The Executive Vice President is an elected member of the Castle Rock Senior Activity Center’s (CRSAC) Board of Directors (BOD) and the Senior Citizens Foundation Board of Directors, hereinafter referred to collectively as the CRSAC. As such assume responsibility for ensuring that the CRSAC always works within its established bylaws, any approved Mission statement, as well as any goals previously defined and approved by the BODs.

Election for Secretary – Responsibilities
Purpose of this position is to be responsible for recording the minutes of all board meetings along with communications to board members. The Secretary is the custodian of all board documents. The Secretary is an elected member of the Castle Rock Senior Activity Center’s (CRSAC) Board of Directors (BOD) and the Senior Citizens Foundation Board of Directors, hereinafter referred to collectively as the CRSAC. As such assume responsibility for ensuring that the CRSAC always works within its established bylaws, any approved Mission statement, as well as any goals previously defined and approved by the BODs.
 Volunteers of America Seniors’ Nutrition Program will be providing hot nutritious meals Curbside at the Center this fall. Hot meals versus the frozen ones will be provided to go on Tuesdays and Thursdays. Please stay tuned and keep watching for more information and the start date.

Volunteers Needed!
We are in need of some volunteers to help us make reassurance calls to our home bound seniors. We have been providing these calls since the pandemic started and they are valuable to those seniors who are safer at home. We do need some additional volunteers to help us make these calls. If you are interested, please contact our volunteer coordinator, Juli Asbridge at 720-733-2292. Calls can be made from your home, on your time.

Volunteer Training Session
There will be a Zoom meeting for all new reassurance callers on 9/16 at 10:00 AM. Please call Juli at the number above to sign up for the class.

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SEPTEMBER
1st   Diana Atkins
2nd   Patti Ehline, Kenton Steinke
3rd   Anne Bergen-Taylor, Maggie Calvanese, Debbie Folk
4th   Roland Gates, Marilynn Massey, Berta Salazar
5th   Richard McConeghy, Preston Shepherd, Robert Sjodin, Irwin Suson, Pat Walters
6th   Kathy Newell
7th   George Ondbeck
8th   Debbie Bodine, Sandy Jackson, Suzi Reaves
9th   Joe Crenshaw, Patty Hasty
10th  Gene Byrd
11th  Illa Cannon, Larry Gable, Donna Heim, Bob Mack
12th  Bob Halvorson, Steve Lockwood
13th  Velva Bains, Christine Manfrin, Patricia Moss
14th  Sandy Adams, John Hardin, Heidi Kupplewieser, Helen Massey
15th  Ann Foxton, Thelma Smith, Donna Williams
16th  Jill Dohnalek, Janet Robinson
17th  Gail Adams, Jan Redmond
18th  Pete Caluori, Chet Lewis
19th  Phyllis Fontaine, James Goodman
20th  Dorothy Chaney, Rosemary Herr, Ed Meserko, LeeAnn Richards
21st  Carolyn Jez, Carol Leuneberg, Leona Micek, Mike Rollins
22nd  Ann Aviles, Carol Hudson, Don Marshall, David Wood
23rd  Dorothy Nugent
25th  Lee Svenson
26th  Riley Albertson, Marilyn Asbridge, Pat Kukla, Gary Lakin, Misty Mellett, Laryce Nitsch, Dan TetiLaura Zumwalt
27th  Carol Bradley, Linda Bruno, Joan Cunningham, Bernice Hernandez, Vigil Kupplewieser, Karen Wofe
28th  Barb Bailey, Debbi Haynie, Jene Richardson
29th  Judy Schwab
30th  Gary Jones, Ruth Tripet

Thanks to CALF, for their donation of plants to the Senior Center. Laurie A. planted habaneros, serranos and watermelon. She was so excited that she grew her 1st ever vegetable. Laurie planted the garden, CALF planted the inspiration.

Color Your Space
Kay Wolfe has been busy painting while being “safer at home.” She painted beautiful mandalas on canvas, rocks and wooden eggs and wants to share them with you. Feel free to take one as a gift. These will be on the Shared Shelf for you to take while they last. Thank you, Kay!

Annual Membership Meeting
Election of 2020/2021 Officers
Tuesday, November 20

Answers to Quiz on Page 5
5. Canada (the hint is Labour – not a misspelling).
WHAT'S BEEN HAPPENING

Drive-Through Italian Ice Party
Beating the Summer Heat

Care Package Delivery
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.

June
Pauline Stone

July
Esther Long
Linda Hoover (Smoski)

Castle Rock Fire Department had a parade with thank you gifts for all of the mask makers. “Project Angel” collected 6,000 masks in one month!

We need your pictures! Let’s reach those who are staying at home and do not use a computer. This newsletter can bring lots of smiles and human connection. Send us your pet pictures or show us what you’re doing while at home. *If you send in group photos, please make sure they represent social distancing. You can send them to Shannon at sutt@crgov.com.

September Pets
Lucy & Ziggy Holverstott

Here’s What Others are Doing
What about you?

Cookie Decorating

FLASH

Here’s What Others are Doing
What about you?
Activity Sign-Up
Doors open at 7:30 AM
Phones open at 8:30 AM
Check the Website for Sign-Up Dates