Rockin' Seniors
"Loving Life in the Second Half"

The Official Monthly Publication of the Castle Rock Senior Activity Center

OCTOBER
Issue #1021

MONDAY - FRIDAY 8:30 AM - 4:30 PM
2323 Woodlands Blvd., Castle Rock, CO 80104
Office: 303.688.9498             Fax: 303.814.1035
From the Desk of the Executive Vice President

YOUR MEMBERSHIP MATTERS

We are approaching that time of year when your membership is very important! Our Annual Meeting for the Castle Rock Senior Activity Center will be held on November 18 at 1:30 PM. We need you to cast a vote for officers being elected to the Board and to approve our next year’s budget. This year we have three open Board positions for the Castle Rock Senior Activity Center.

Phyllis Tumey - President
Steve Lockwood - Treasurer
Lynn Kroloff – Vice President of Membership/Outreach

Instead of coming to the Senior Center to vote, the ballots will be mailed to your address on record. It will include a ballot, voter instructions and a return envelope, similar to what you would get in a county election. You will have the opportunity to mail them in to the Center or return them yourself directly to the CRSC into a secured ballot box. The ballots will need to be returned no later than Tuesday, Nov. 16 at 4:00 PM to be counted. No ballots will be accepted after the deadline. If all the positions are uncontested, the nominee will win by acclamation and NO ballots will be mailed out to count. No ballots will be accepted after the deadline. If all the positions are

Voting results will be announced at the end of the Annual Meeting scheduled for November 18, 2021, by the Immediate Past President.

If you have any questions, please feel free to contact me.

Bob Halvorson, Executive Vice President, 303-884-1373

From the Director

It’s fall color and pumpkin time!!!
As much as I enjoy the summer months with all the flowers and outdoor activities, I am very excited that the cool crisp fall days of October and the fall craft shows are here! How about you?

It is exciting that we are going to be able to have our 29th Annual Craft Show Extraordinaire this year on November 6. We are excited to announce that we have redesigned the main floorplan to have much wider aisles to help make shopping and moving through the spaces much easier for everyone. We have received registrations for many wonderful handcrafters from around the state. Our own crafters have been busy making wonderful one-of-a-kind crafts for us to sell. Our Silent Auction will be online this year with many great packages and baskets. You will not want to miss this great shopping event.

In case you didn’t know, this is our largest fundraiser for the Center and is an “all hands on deck” event. We have many different ways that YOU can help support us:
- We need volunteers to work the event on Friday and Saturday.
- We have positions for all levels of mobility.
- Make craft items for us to sell at the event.
- Bake yummy goodies to stock the Grandma’s Kitchen tables.
- You can donate treasures to Grandma’s Attic or the book sale.
- Help us get the word out by delivering flyers and posters to area businesses.

Please contact Rebekah to let her know you would like to help out.

Speaking of fundraising at the Center, we just had a wonderful golf tournament on September 9 at Bear Dance Golf Course in Larkspur with 112 players. Thank you, Stacey Fahrenbruch, for your successful leadership of your first fundraising event at the Center along with our incredibly hard working tournament committee for recruiting all the players and sponsors for this year’s event. Thanks to Bob Halvorson, Jim Weglarz, Jim Osbourn and Cynthia Timmons for making it such a success; also to all the other wonderful volunteers that helped that day too.

Take some time, enjoy the pumpkin weather and watch the leaves turn!

~ Debby

---

From the Director

November 18, 2021, by the Immediate Past President.

Voting results will be announced at the end of the Annual Meeting scheduled for November 18, 2021, by the Immediate Past President.

If you have any questions, please feel free to contact me.
Bob Halvorson, Executive Vice President, 303-884-1373
THANK YOU TO OUR AUGUST

Gail Adams
Laurie Armstrong
Barbara Ashby
Larry Ashby
Doug Auger
Susan Balcer
Mike Bartlett
John Bell
Brian Bills
Janet Bills
Alain Bjork
Patty Brannan
Trish Britten
Ann Bronson
Ben Caramella
Joanne Carr
Julie Connally
Bill Conz
Dawn Corbell
Charles Cordova
Nancy Cristadoro
Joan Cunningham
Ida DeChellis
Jim Decker
Neal Donaldson
Sue Donaldson
Jean Dunn
Christie Einspahr
Elaine Eldred
Nancy Ellis
Wayne Finch
Lynda Fine
Annie Fischer
Sherry Fogleman
Beveryly Frindt
Carol Gallagher
Peggy Cornall
Steve Gottula
Peg Hagmaier
David Hall
Bob Halvorson
Patty Hastey
Ingrid Hazelton
Jim Henderson
Jon Hendricks
Sandy Hendricks
Sandi Hier
Cherie Holwerstott
Mary Hudson
Jessica Jenner
Shirley Jost
Susan King
Marlene Kirkpatrick
Lynn Kroliffs
Lisa Kibbeke
Bill Lobb
Steve Lockwood
Carl Longhofer
Jim Lundby
Judy Malone
Joan Marshall
Ed Mattix
Steve Mauri
Cathy McMahon
Ed Meserko
Gwen Meserko
Cory Moore
Bob Moore
Joyce Morales-
Caramella
Sharri Morrison
Jim Neef
Nicky Nicholas
Patscilla O'Connor
Pat Passamani
Jana Prince
Steve Pintchard
Kathy Pulen
Melody Reeves
Doris Rollins
Hank Ruhi
Peter Rutt
Joe Ruys
Kathleen Ruys
Red Sanders
Mark Schoebert
Shirley Schoebert
Terry Shadwick
Pam Shearer
Rita Spreeman
Debbie Stener
Kathy Stolcis
Brian Svegel
Cynthia Timmons
Phyllis Tumey
Karen Valancious Hall
Lorretta Valle
Tana Watkins
Jim Weglanz
Claudia White
Candy Wist
Teri Woody
Bill Yoder

Fall is in the air and that means it’s time for the Craft Show

In 2019, more than 2000 volunteer hours were recorded the week of this event, which is the biggest fundraiser the Center holds each year; that doesn’t even include the countless hours put in by people at home baking or creating during the months leading up to the event. We are still in need of handmade items to sell at our gigantic craft booth, any kind of treasures to sell at “Grandma’s Attic,” books to sell at the book sale and baked goods or canned items for “Grandma’s Kitchen” (formerly known as the Bake Sale). Any of these things you donate are tax deductible and raise money for the Senior Center so we can provide more services and programs. PLEASE BRING IN ANY CRAFTS YOU’VE MADE, BOOKS OR ITEMS FOR GRANDMA’S ATTIC NO LATER THAN MONDAY, OCTOBER 18 FOR PRICING. The more we have, the more funds can be raised. Don’t forget to bake for the bake sale, too. Bring those items directly to the Events Center on Friday afternoon, 11/5, at the back door, or early Saturday morning, 11/6.

Donate to the Silent Auction

Use any contacts you have to see if you can obtain sports memorabilia, restaurant or travel gift cards, sporting event tickets, collectibles, theater or movie tickets or other unusual items. (You never know what you might get until you ask!) All items are due by October 18.

Sign up to Volunteer

Volunteers are needed in so many roles for set-up on Friday, Nov. 5, and running the event/teardown on Saturday, Nov. 6. Stop at the “Sign-up Wall” at the Center, and put your name on a shift to be a part of the biggest event of the year. You will be amazed how much fun it actually is to be a part of something this big - 6,000 people attended in 2019.

The more people involved, the less work for everyone, so please help out.

...We are in need of receptionist help and reassurance callers...

Do you love to greet people in person and over the phone? We need volunteers to help welcome in-center guests, answer phone calls and complete general office duties. Morning (8:30-12:30) and afternoon (12:15-4:00) shifts are available Monday through Friday. We also need help with reassurance calls and you can get volunteer hours while making these from the comfort of your own home. Call Rebekah to talk about how you can help, 720-733-2292.
October Volunteers: Neal & Sue Donaldson

Neal and Sue Donaldson are our October Volunteers of the Month. They spent their working years near Reno, Nevada, where they raised three children. After their two daughters moved to Colorado and their first grandchild was on the way, they spent a lot of time flying back and forth between Colorado and Nevada. Four years ago, they moved to Castle Rock to be near their daughters and (now) two grandkids. Their son lives in California, so flying back and forth is still happening. They enjoy the outdoors and have been taking road trips and visiting state and national parks, at least until the pandemic started! Neal is a seasoned bicyclist and hiker and has had fun exploring Colorado’s trails.

We have been lucky to have Neal as a shuttle driver with us for over three years. It is known that volunteering builds character. It expands your base of wisdom and knowledge. New experiences produce new perspectives which give us a greater depth of understanding and a broader worldview. Neal makes the most of his time with his riders. He enjoys the one-on-one conversations and loves learning about the history of Castle Rock from them.

Neal was a huge part of the transportation program during the critical COVID shutdown. The world may have been on pause, but the Senior Center and volunteers were not. Neal continued driving seniors to vital medical and other appointments. He believes that if you want the world to be a better place, do something to make it better! During the first summer of the shutdown, Neal and Sue also delivered meal boxes together to the homebound. Sue sewed hundreds of masks for medical staff, neighbors and family.

Sue plays a vital part of our group of newsletter proofreaders. Writing was a huge part of her career as a community educator and university professor. She feels that the newsletter is a wonderful resource, helping keep seniors active, informed and involved in Senior Center offerings. Sue also loves to quilt and garden and is thrilled that her tomatoes have finally ripened (in August, even!) Managing Colorado’s clay soils has been a real learning experience for her. She also spends as much time with her grandchildren as possible and takes them to all the wonderful museums and other attractions that Denver provides.

We are glad Sue & Neal quickly found their home here. Thank you for allowing us to celebrate your service!

~ The Staff

Do you want to share your praise for a CRSAC volunteer who’s made a difference in your life or the lives of others? Would you like to nominate someone to be featured here as Volunteer of the Month? Call Rebekah at 720-733-2292 or email her at rreeves@crgov.com with your story and nomination.

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” on 10/12 at 9:30 AM 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.
TO MASK, OR NOT TO MASK, THAT IS THE QUESTION

Some members may not understand or appreciate that the Senior Center has started requiring masks again when the CDC, State of Colorado, Tri-County Health and others are not; they are mostly encouraging the use of masks when indoors or in groups.

The Executive Board, along with Debbi Haynie, our Executive Director, have spent considerable time debating this issue, and continue to debate this issue as conditions change. Here are some truths to consider: none of the vaccines are 100% effective; even previously infected people can still become infected again, and natural immunity is only present in very, very few people. Additionally, anyone can spread the COVID virus whether you have been vaccinated, or previously had COVID, or have natural immunity. Also, because of pre-existing health issues, religious beliefs, personal fear or distrust of vaccinations, there may be some around you who may not be protected at all; you cannot know the true condition of those around you.

The Executive Board does want to reopen and “go back to the way it was” as much as anyone; however, the truth is our membership is part of the most vulnerable group of people susceptible to infection, and those who suffer the most severe outcomes. Quickly the question becomes one of mitigating the risk or, once again, stopping all indoor activities.

Because the Executive Board, and all the members we spoke with, do not want to stop the few indoor activities that we have been able to resume, and we know that we cannot effectively prevent the COVID disease from being brought inside our building, we did feel compelled to implement preventative measures. The following measures are fully supported by the CDC, State of Colorado and Tri-County Health. For best protection, require masks for everyone, implement reasonable distancing and have good air circulation and renewal.

To help us keep the doors open, please put your mask on over both mouth and nose when you come into the building and maintain a respectful distance between yourself and others who do not live in your home. Enjoy whichever activity you come in for, and please heed any requests from our staff about these preventative measures. It is only with your help that we can protect one another and enjoy being with our friends again.

~CRSAC Executive Board of Directors

Foot Care Clinic
Medical Foot Care provided by RNs
Wednesdays, October 6 & 20
Beginning at 9:00 AM
$40 for each visit. This is a benefit of some Kaiser plans. Call VNA at 303-698-6496 prior to first appl. Don’t let the fee keep you from taking care of your feet, as there is some assistance available for low-income members. Call the front desk to schedule.

HEARING SCREENING CLINIC
In Person
By Shannon Miller with Accent on Hearing
Friday, October 8 from 10 AM-12 PM
A FREE hearing screening is offered once a month & includes cleaning/checking all types of hearing aids. Please sign up in advance at the front desk.

Massage & Reflexology

- REFLEXOLOGY
  Dates TBD
  Beginning at 9:00 AM

- CHAIR MASSAGE
  Dates TBD
  Beginning at 9:00 AM

- TABLE MASSAGE
  Dates TBD
  Beginning at 9:00 AM
Please don’t forget to enroll your King Soopers Community Rewards Card if you haven’t already. Choose the CRSAC as your charity of choice. You can stop at the Customer Service Desk of your local store to get one or you can sign up online.

Apple Watch Raffle
38mm, Series 3, Silver Aluminum Case with White Sport Band.
$5 each or 5 for $20
Drawing will be held on 11/6.
Need not be present to win.
Purchase at the front desk or call 303-688-9498 to order.
Affordable Legal and Identity Theft Protection

- Legal Consultation and Advice
- Legal Document Review
- Traffic Ticket Assistance
- Will Preparation
- 24/7 Emergency Access
- Rates Never Increase

$24.95 Monthly for Family Legal Benefits / $9.95 Monthly for Individual ID Protection

LegalShield Worry Less. Live More.

Frank Shaw • (303) 478-6542
www.1SmartCoverage.com

Worry Less. Live More.

CASTLE COUNTRY Assisted Living
303-482-5547

Contact Anita Aguilar to place an ad today!
aaguilar@lpicommunities.com or (800) 950-9952 x2677
Cherry Creek Theatre Trip
Sun., 10/24
Departs 12:45 PM
$39 Activity Fee
In a small Louisiana town, Truvy’s beauty salon is the heart of the community. Every day, six women gather to talk about their lives and loves, children and careers, hopes and hair in Robert Harling’s hilarious and heartfelt play. Full of unforgettable characters, witty dialogue, and heartbreaking moments, this beloved classic will have you laughing through the tears. Read details on page 15.

Steel Magnolias

September Art Workshops

You Make*You Take

Costume Contest & Ghoulish Treats
Fri., October 29
1:30 PM
Come if you dare!

Pssst!
Hey you.
Come see the fall colors with us.
Cripple Creek *Day Trip*
Tues., 10/12
8:00 AM-5:30 PM
Explore town, visit the casinos, take in the sights and sounds of fall!

Safer Seniors Workshop

Fire & Life Safety Education Department
Castle Rock Fire Department
Oct 11, 9-10 AM
Lesson 1: Emergency Preparedness
Oct 18, 9-10 AM
Lesson 2: Medical Emergencies
Oct 25, 9-10 AM
Lesson 3: Fire Prevention and Home Safety
This program, after being given to multiple facilities around town, showed a decrease in calls for falls less than 20 feet in the senior community. You won’t want to miss these valuable resources. Sign up for this three-week course on Page 23 of the newsletter.

Legal Presentation “Living Will vs. Traditional Will”
Wed., Oct. 20
10-11 AM
Join Jaime Stewart of Gubbels Law Office, P.C. for a free informational seminar. Please register as spaces are limited.

Active Minds

Thursday, October 28 - 1:00 PM
Topic: "Voting Rights" In Person

Although we think of the United States as a democratic republic beginning with adoption of our Constitution in 1787, relatively few people could vote at that time. Much of our history has featured debates about who should have a say in government policy through the exercise of the right to vote. In recent years, the debate has focused on election integrity and the ease of access to voting. Join Active Minds as we explore this history and set the stage for the debates over voting rights that rage in 2021 and beyond.
**Free Virtual Webinar**
**Medicare Open Enrollment for 2022**

**Tuesdays & Thursdays**
10/5, 10/7, 10/12, 10/14, 10/19, 10/21 at 1:00 PM

Learn about changes and options for Medicare in 2022! Whether you are enrolling in Medicare for the first time or want to see if you want to change your plan, this Douglas County Seniors’ Council Meeting is for you! Dennis DePizzo from the Center for Medicare and Medicaid Services (CMS) will provide unbiased information to navigate your options. For additional information about the Seniors' Council, its upcoming meetings, events and presentations, visit us at www.myDougCoSeniorLife.com, https://facebook.com/MyDougCoSeniorLife and email us at DCSeniorLife@douglas.co.us or at sedc.colorado@gmail.com.

Please RSVP: DCSeniorLife@douglas.co.us or call 303-663-7681

---

**Movie & Popcorn**
**Thurs., October 7**
12:45 PM

**Vision Challenges Older Adults May Face**
Wed., 10/13 at 11:15 AM

Presented by: Chris Parsons with Colorado Center for the Blind

Lunch & Presentation
Your Activity Fee of $5 includes lunch.

---

**Tai Chi for Arthritis**

$36 for 6 Classes

Tuesdays & Thursdays
10/5, 10/7, 10/12, 10/14, 10/19, 10/21 at 1:00 PM

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 15 people, so you must sign up in advance. Tai Chi is taught by Evelyn Garbo.

---

**Lazy Dog**
**Out to Lunch Trip**
Lazy Dog at Southlands
Tues., 10/5
Departs at 10:45 AM
Returns by 2:00 PM

**Little Holly’s ASIAN CAFE**
**Out to Dinner Trip**
Little Holly’s Asian Café
Mon., 10/18
Departs at 4:15 PM
Returns by 7:15 PM

**Sushi Ato in Colorado Springs**
**Out to Lunch Trip**
Tues., 10/26
Departs at 10:45 AM
Returns by 2:00 PM

---

**The Wild Animal Sanctuary Trip**

+ Lunch at the Pepper Pod in Hudson
Fri., 10/15
Departs 8:30 AM Returns by 4:00 PM

789-acres of natural habitats. 1.5 miles of elevated walkways. 127 lions, tigers bears, and wolves rescued from Tiger King Series. The vast majority of animals rescued have never been able to walk on grass before... or run... or even sleep on a natural substrate. Each rescued animal is rehabilitated and released into large natural habitats with others of their own kind. Their remarkable recoveries lead to a life filled with friendship, love, freedom and joy!
-PRODUCE-

Garden crops are winding down. Tomatoes and fall beets will be ready in early October. We will put the garden to bed for the season if anyone wants to come out and help. The date is to be determined. As produce is available, we will put it out inside the center. Please take only enough for yourself. We usually announce this on our FB page too, so make sure you’re following it at: https://www.facebook.com/CastleRockSeniorCenter

The Garden Group has been a part of the CSU Grow and Give Program, a “Modern Victory Garden Project” for 2 years. They log how many pounds of produce comes out of the garden and goes to the Center. We’ll share those numbers with you as we get them. Their contact number is on Page 11. Thank you, gardeners, we appreciate you and your hard work. Watch our Facebook page for more specific information.

As produce is available, you can come to the Center Mon-Fri from 8:30 AM - 3:30 PM.

In-Person Drama Workshop
October 7 & 28 from 10-11:30 AM
$5 Activity Fee ($15 nonmembers)

Free Virtual Drama Work Group
October 14 & 21 from 10-11:30 AM

Call 303-688-9498 to register for the classes. Zoom information can be found at castlerockseniorcenter.org on the Events Page. We will email you a weekly reminder with a direct Zoom link before the class.

Afternoon of Games and Other Special Interest Groups

You must register in order to play as we are limited on space for the month. See Pages 12-13 for the schedule. No sharing of food is permitted at this time.

The Vista Room capacity is 8 tables of 4 people each (no more). Texas Hold ’em is also resuming. They will be playing in Panorama Hall with 3 poker tables of 6 each (18 people max). These tables are larger than our regular round ones and are designed to hold more people. When registering for Texas Hold ’em, please indicate your level of play (beginning, intermediate or advanced). If you’d like to talk to someone about these groups, you can find that information on the next page.

Leather Working Group
10/8 & 10/22
10-11 AM

Join them if you’d like to see what they’re about. Call Jim Decker 720-448-4614 if you have questions.

Grandma’s Attic Donations

Items for Grandma’s Attic can be brought in on Mondays and Tuesdays from 9:00 AM -3:00 PM. Please have all items in boxes that are easy for a volunteer to carry and easy to store. They must also be packaged securely with lids. Call Rebekah, Volunteer Coordinator at 720-733-2292 and give her a heads up to let her know when you’ll be coming and what you’ll be bringing. Thank you for your attention to these details, as it takes a coordinated effort to stay organized.

Creative Writing Club

Meets in person at the center
Tues., 10/12 from 1:00-3:00 PM

Leather Working Group
10/8 & 10/22
10-11 AM

Join them if you’d like to see what they’re about. Call Jim Decker 720-448-4614 if you have questions.

Calling all Artists! Yes, You!

Every year we put together a set of note cards to sell at our Craft Show. The images come from you. If you have any paintings or drawings, please bring them by and we’ll scan them in and use them (with your permission). Call Shannon with questions, 720-733-2290. Stop by Mon-Fri from 8:30 AM-3:00 PM.

We thank you!

TRIVIA

TRIVIA GROUP
MEETS IN PERSON EVERY THURSDAY
CHECK THE CALENDAR ON PAGE 13 FOR TIMES

Grandma’s Attic Donations

Items for Grandma’s Attic can be brought in on Mondays and Tuesdays from 9:00 AM -3:00 PM. Please have all items in boxes that are easy for a volunteer to carry and easy to store. They must also be packaged securely with lids. Call Rebekah, Volunteer Coordinator at 720-733-2292 and give her a heads up to let her know when you’ll be coming and what you’ll be bringing. Thank you for your attention to these details, as it takes a coordinated effort to stay organized.
Thanks to “Barbara the Harpist” for the beautiful concert in August. We’re looking forward to seeing you again.

AARP Smart Driver Online Course

The AARP Smart Driver courses will be held online for the remainder of 2021. Find a class at www.aarpdriversafety.org and use Promo Code: DRIVINGSKILLS for a 25% discount.

Annual Membership Meeting with election of President, Treasurer & Vice President/Membership Outreach

Thursday, November 18
1:30 PM

This is your Center and we need to hear from each and everyone of you! If you’re a new member, this will give you a great idea of who we are. All members are encouraged to attend. If you are considering running for any of these offices, please contact Doris Rollins at (703) 801-0920.

CONTACT LIST

Fun & Games

Mah Jongg - Lynn Kroloff 303-565-9429
Monday Open Bridge - Open
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 - Open
Pinochle - Dawn Corbell 512-966-7910
Texas Hold’em - Bob Moore 303-901-7364
or Cory Moore 303-548-2512
Scrabble - Wilma Sanchez 610-297-5980

Special Interest Groups

Knitting & Crocheting - Kathy Lacey 903-327-3003
or Rita Spreeman 303-989-9173
Quilting - Maggie Janick 303-590-4595
Sewing - Sadie Bush 303-660-6932
Sewing Group - Sandy Hendricks 262-853-1639
Jewelry Making - Monica Swartwood 703-360-3990
Creative Writing - Pam Thilgen-Hester 303-814-7864
Current Events - Larry Pratt 503-400-0094
Remembering our Veterans - Patti Ehline, patti4got@comcast.net
or Claire Chomiak, cachomiak@gmail.com
Garden Club - Joan Cunningham 309-230-7758
or Cathy McMahan 309-230-7752
Book Club - Claire Chomiak, cachomiak@gmail.com
Library - Mary Hudson, contact the front desk to get in touch with Mary
Leather Working - Jim Decker 720-449-4614

Services

Health & Wellness - Call the front desk to schedule
VOA & Meals on Wheels - Rebekah Reeves 720-733-2292
Car Donation - Jon Hendricks 262-853-1638
Low Vision Support - 303-778-1130 x235

Sports - See bottom of page 18

Newcomer Orientation
Tues., 10/12
9:30 AM
Call 303-688-9498 to register. Space is limited.

Anyone who is newly registered or is thinking about joining, we welcome you. Come find out what we’re about. Masks are required inside. No food is permitted, but you may bring your own water bottle. You have chosen a great place to get involved, and we are glad to welcome you.
**CANCELLATION POLICY**

If you sign up for an activity and find you are unable to participate, let the front desk know as soon as possible. No credits are issued for cancellations made the day of or the day before an activity. If you cancel before the deadline, notify the Senior Center during business hours of 8:30 AM - 4:00 PM Monday-Friday, and we will issue you a credit. We do not refund ticketed events. Credits expire after one year.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15 AM</td>
<td>9:00 AM</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Monday Bridge</td>
<td>Foot Care Clinic</td>
<td>Safer Seniors</td>
</tr>
<tr>
<td>9:30 AM</td>
<td></td>
<td>Sewing Group</td>
</tr>
<tr>
<td>Button Christmas Tree Craft Class</td>
<td></td>
<td>Monday Bridge</td>
</tr>
<tr>
<td>11:00 AM</td>
<td></td>
<td>Bowling</td>
</tr>
<tr>
<td>1:00 PM</td>
<td></td>
<td>Afternoon of Games</td>
</tr>
<tr>
<td>1:00 PM</td>
<td></td>
<td>Mahjong</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>8:00 AM</td>
<td>Safer Seniors</td>
</tr>
<tr>
<td>Safer Seniors</td>
<td>No Sit &amp; Be Fit</td>
<td>Monday Bridge</td>
</tr>
<tr>
<td>9:15 AM</td>
<td>9:30 AM</td>
<td>Monday Bridge</td>
</tr>
<tr>
<td>Monday Bridge</td>
<td>Newcomer Orientation</td>
<td>Bowling</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>11:30 AM</td>
<td>Afternoon of Games</td>
</tr>
<tr>
<td>Bowling</td>
<td></td>
<td>Mahjong</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>1:00 PM</td>
<td>Out to Dinner - Little Holly’s ($)</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>1:00 PM</td>
<td>Sit &amp; Be Fit</td>
</tr>
<tr>
<td>4:15 PM</td>
<td>9:30 AM</td>
<td>Book Club</td>
</tr>
<tr>
<td>Out to Dinner - Little Holly’s ($)</td>
<td>10:00 AM</td>
<td>Out to Lunch Trip “Lazy Dog” ($)</td>
</tr>
<tr>
<td>9:15 AM</td>
<td>10:00 AM</td>
<td>VOA Lunch - Fish Veracruz, Borracho Beans, Seasoned Greens, Multigrain Roll with Margarine &amp; Tropical Fruit</td>
</tr>
<tr>
<td>Monday Bridge</td>
<td>10:45 AM</td>
<td>Bingo</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>11:30 AM</td>
<td>Knit &amp; Crochet</td>
</tr>
<tr>
<td>Bowling</td>
<td></td>
<td>Tai Chi for Arthritis</td>
</tr>
<tr>
<td>1:00 PM</td>
<td></td>
<td>Texas Hold ‘em</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>11:30 AM</td>
<td>Sit &amp; Be Fit</td>
</tr>
<tr>
<td>Safer Seniors</td>
<td></td>
<td>VOA Lunch - Warm Turkey Muenster Sandwich on Whole Wheat Bread, Baked Beans, Glazed Carrots &amp; Orange Let’s Celebrate</td>
</tr>
<tr>
<td>9:15 AM</td>
<td></td>
<td>Knit &amp; Crochet</td>
</tr>
<tr>
<td>Monday Bridge</td>
<td></td>
<td>Low Vision Support Group</td>
</tr>
<tr>
<td>11:00 AM</td>
<td></td>
<td>Tai Chi for Arthritis</td>
</tr>
<tr>
<td>Bowling</td>
<td></td>
<td>Texas Hold ‘em</td>
</tr>
<tr>
<td>1:00 PM</td>
<td></td>
<td>Marathon Bridge</td>
</tr>
<tr>
<td>1:15 PM</td>
<td>9:30 AM</td>
<td>Sit &amp; Be Fit</td>
</tr>
<tr>
<td>Out to Dinner - Little Holly’s ($)</td>
<td>11:30 AM</td>
<td>VOA Lunch - Ham with Apricot Glaze, Persian Rice and Lentils, Yellow Squash with Onions, 9-grain Sandwich Bread, Apple &amp; Fruit Yogurt</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>10:45 AM</td>
<td>Knit &amp; Crochet</td>
</tr>
<tr>
<td>Safer Seniors</td>
<td></td>
<td>Bingo</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>11:30 AM</td>
<td>Knit &amp; Crochet</td>
</tr>
<tr>
<td>Sewing Group</td>
<td></td>
<td>1:00 PM</td>
</tr>
<tr>
<td>9:15 AM</td>
<td></td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Monday Bridge</td>
<td></td>
<td>1:00 PM</td>
</tr>
<tr>
<td>11:00 AM</td>
<td></td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Bowling</td>
<td></td>
<td>1:00 PM</td>
</tr>
<tr>
<td>1:00 PM</td>
<td></td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Afternoon of Games</td>
<td></td>
<td>1:00 PM</td>
</tr>
<tr>
<td>1:00 PM</td>
<td></td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Mahjong</td>
<td></td>
<td>1:00 PM</td>
</tr>
</tbody>
</table>

**DOLLAR SIGN LEGEND**
The dollar signs on the calendar represent the average price of the entrée at the restaurant when you will be paying for a meal there.

$ = Under $15  $$$ = $16-$35
$$ = $36-$50

This does NOT represent the Activity Fee you pay at sign-up.

**November Activities via Phone**
Phone Signup begins at 8:00 AM
See Page 20 for details.**

**Turn In Signup Sheets for November any time today or after**
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 AM</td>
<td>Sit &amp; Be Fit</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Drama Workshop</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>VOA Lunch - Open-Faced Vermont Ham Sandwich on Multigrain Bread, Ancient Grain and Kale Blend, Cooked Cabbage with Red Pepper, Apple &amp; Muffin</td>
</tr>
<tr>
<td>12:45 PM</td>
<td>Movie &amp; Popcorn</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Knit &amp; Crochet</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Tai Chi for Arthritis</td>
</tr>
<tr>
<td>1:15 PM</td>
<td>Trivia Group</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Sit &amp; Be Fit</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Virtual Drama</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>VOA Lunch - Moroccan Chicken, Savory Chickpea Stew, Baby Carrots with Mint, Pita Bread with Margarine &amp; Mandarin Oranges</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Knit &amp; Crochet</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Tai Chi for Arthritis</td>
</tr>
<tr>
<td>1:15 PM</td>
<td>Board Meeting</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Sit &amp; Be Fit</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Virtual Drama</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>VOA Lunch - Slow Roasted Beef with Spiced Apple Gravy, Buttermilk Mashed Potatoes, Roasted Beets with Fresh Dill, Seasonal Apple, Bran Muffin &amp; Cranberry Juice</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Knit &amp; Crochet</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Tai Chi for Arthritis</td>
</tr>
<tr>
<td>1:15 PM</td>
<td>Board Meeting</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Sit &amp; Be Fit</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Drama Workshop</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>VOA Lunch - Chili Dog on a Whole Wheat Bun, Roasted Sweet Potatoes, Yellow and White Corn, Orange &amp; Ghost Sugar Cookie</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Active Minds</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Knit &amp; Crochet</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Trivia Group</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Current Events</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Afternoon of Games</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Knit &amp; Crochet</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Current Events</td>
</tr>
<tr>
<td>1:00 AM</td>
<td>Afternoon of Games</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Knit &amp; Crochet</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>Costume Contest</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Wreath Making Class</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Current Events</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Afternoon of Games</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Knit &amp; Crochet</td>
</tr>
<tr>
<td>10/23</td>
<td>Shopping Extravaganza</td>
</tr>
<tr>
<td>10/24</td>
<td>Theatre Trip - “Steel Magnolias”</td>
</tr>
<tr>
<td>10/25</td>
<td>Theatre Trip - “Steel Magnolias”</td>
</tr>
<tr>
<td>10/26</td>
<td>Theatre Trip - “Steel Magnolias”</td>
</tr>
<tr>
<td>10/27</td>
<td>Theatre Trip - “Steel Magnolias”</td>
</tr>
<tr>
<td>10/28</td>
<td>Theatre Trip - “Steel Magnolias”</td>
</tr>
<tr>
<td>10/29</td>
<td>Theatre Trip - “Steel Magnolias”</td>
</tr>
<tr>
<td>10/30</td>
<td>Theatre Trip - “Steel Magnolias”</td>
</tr>
<tr>
<td>10/31</td>
<td>Theatre Trip - “Steel Magnolias”</td>
</tr>
</tbody>
</table>

If an activity is in bold and italics, that indicates that a registration is necessary. See the sign-up form on Page 23.
VOA LUNCHES-
Tuesdays & Thursdays 11:30 AM
The Volunteers of America serve nutritious hot meals curbside and in-Center (on Tues. and Thurs.) for a suggested contribution of $2.50 (for those 60 and older) as well as a box of frozen meals (on Thurs.). Please call our office to reserve your space or learn more about this program. Let’s Celebrate on 10/19.

OUT TO LUNCH - Lazy Dog in Southlands
Tuesday, Oct. 5 10:45 AM $9 ($19 nonmembers)
The restaurant serves sourced ingredients from places and farmers they love and respect. Each ingredient used is carefully picked and prepared. They make every meal by hand each day, including all of their sauces, marinades and dressings. They have a seasonal menu aside from their regular dishes, which is an ode to the current season, and where they celebrate Mother Nature’s beautiful bounty. While you’re there, check out their “retro style” TV dinners to take home for later. You warm them in the oven and eat. Easy peasy! Lunch is on your own. Difficulty=Young at Hearts

OUT TO DINNER - Little Holly’s Asian Restaurant
Monday, Oct. 18 4:15 PM $9 ($19 nonmembers)
While the food is consistently delicious, the restaurant is modeled on a modern European minimalist cafe style serving, Chinese, Japanese and Thai. Dinner is on your own. Difficulty=Young at Hearts

OUT TO LUNCH - Sushi Ato Sushi & Ramen
Tuesday, Oct. 26 10:45 AM $9 ($19 nonmembers)
Sushi Ato serves authentic homemade Japanese ramen, gyudon, teriyaki, tempura ready to enjoy fresh and exciting sushi created by their traditionally trained sushi chefs with over 95 years of combined experience at the 35 ft. long sushi bar. They are a full service Japanese restaurant with an All-star sushi bar, a full kitchen menu consisting of steak, beef, chicken pork and beef short-ribs and of course Japanese beers and sake. Come enjoy the beautiful view of the Air Force Academy and the front range. Difficulty=Young at Hearts

TRIP - Cripple Creek Day Trip
Tuesday, Oct. 12 8:00 AM $15 ($25 nonmembers)
It’s a beautiful drive to Cripple Creek in the fall. We are going for the day and will stop at McGill’s. You can choose to walk downtown on your own to enjoy the shops, restaurants and casinos. Lunch and incidentals are on your own. Please note the time for departure; we will be returning about 5:30 PM, as we’ll take the scenic road home which will include a restroom break. Difficulty=The Ramblers

TRIP - Woodlands Bowl Walk
Wednesday, Oct. 13 1:00 PM $3 ($13 nonmembers)
This will be a leisurely interpretive walk up and back to the Woodlands Bowl, leaving from and returning to the Senior Center, hosted by two guides from the Douglas Land Conservancy nonprofit group. The Woodlands Bowl open space area is east of the Castle Rock Recreation Center and consists of scrub oak, mixed-grass prairie and riparian habitat. The system of 8-foot-wide trails that travels through the area is owned by the Town of Castle Rock and the Woodlands Master Association and is protected with a permanent Conservation Easement held by Douglas Land Conservancy. Interpretive signs along the trail highlight the property’s natural resources and conservation history. There is a minimum of 6 and maximum of 15 for this trip. Difficulty=The Geri-Actives

TRIP - Wild Animal Sanctuary in Keensburg
Friday, Oct. 15 8:00 AM $39 ($49 nonmembers) for those over 70 years old
$69 ($79 nonmembers) for those under 70 years old
Please note the different price for different ages. This is the policy at the Sanctuary. The Sanctuary is not a zoo and offers a completely different experience than what most people are used to. The rescued animals live in large acreage open habitats and are never forced to remain front and center just so people can see them. Yet, the elevated walkway (which is more than 1.5 miles long) spans across numerous habitats and provides plenty of opportunities for our guests to see many of the rescued animals. It is very important for people to come to the Sanctuary for the right reasons, and not just for entertainment. With more than 170,000 people visiting yearly, it’s obvious the Sanctuary is an amazing place to visit. The vast majority of visitors to the Wild Animal Sanctuary come to experience an incredibly serene setting where tigers, wolves, bears and prides of African lions get to roam freely after having been rescued and rehabilitated. Binoculars are a great way to see better anywhere you go... so plan to bring yours. They do have binocular units available for purchase or rent. However, if a rented unit becomes damaged during the rental period, the renter will be required to purchase it at a significant cost. Wagons, wheelchairs and power chairs are for rent - but please be aware - they are limited in number and are available on a first-come, first-serve basis. All ramps, walkways and decks are ADA and wheelchair accessible. On top of the Tiger Roundhouse is the enclosed Education Center...a round building that features videos by National Geographic, Discovery Channel and Animal Planet that show incredible rescue stories as well as other interesting information about the Sanctuary. There is also a restroom in the Education Center - as well as numerous restrooms at ground level inside the Welcome Center and near other structures along the walkway. We will leave the Wild Animal Sanctuary at 1:00 PM and have lunch at the Pepper Pod in Hudson ($). Lunch and incidentals are on your own. The Activity Fee includes your admission and transportation. You must bring identification card with age. Difficulty=The Geri-Actives

Masks are required when on the buses while en route to your destination. If you have any mobile assist devices such as a wheelchair, please let us know in advance. Be sure to arrive 15 minutes before departure time.
TRENTON CRAFTS - “Steel Magnolias” Cherry Creek Theatre
Sunday, Oct. 24  12:45 PM  $39 ($49 nonmembers)
In a small Louisiana town, Truvy’s beauty salon is the heart of the community. Every day, six women gather to talk about their lives and loves, children and careers, hopes and hair in Robert Harling’s hilarious and heartfelt play. Full of unforgettable characters, witty dialogue, and heartbreaking moments, this beloved classic will have you laughing through the tears. Your activity fee includes your ticket to the show and transportation. The theatre reserves the right to cancel the show due to COVID restrictions at that time. Difficulty: Young at Hearts. There may be a couple of stairs to your seat. This is a ticketed event.

ONE-DAY EVENTS/HAPPENINGS

SEPTEMBER ART WORKSHOP - “Button Christmas Tree in Frame”
Monday, Oct. 4  9:30-10:30 AM  $5 ($15 nonmembers)
Your Activity Fee will include everything you will need to complete this cute Christmas project, just in time for the holidays. You will make a Christmas tree out of buttons on a seasonal background in a wooden frame. You will need to be able to use a hot glue gun, but other than that there is no experience necessary. The class is limited to 12 people.
BOOK CLUB
Tuesday, Oct. 5  10:00 AM  No Activity Fee
Come share with others and see what they’re reading too. No one reads the same thing. So get inspired!
MOVIE & POPCORN “the Old Man & the Gun”
Thursday, Oct. 7  12:45 PM  $3 ($13 nonmembers)
Old Man & The Gun is based on the true story of Forrest Tucker, from his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Wrapped up in the pursuit are detective John Hunt, who becomes captivated with Forrest’s commitment to his craft, and a woman who loves him in spite of his chosen profession. Rated PG-13 and is 1 hour and 41 minutes long.
HEARING SCREENING CLINIC
Friday, Oct. 8  10:00-12:00 AM  No Activity Fee
Please call the front desk at 303-688-9498 to make an appointment at our Hearing Screening Clinic provided by an Accent on Hearing provider. They provide hearing screenings and hearing aid cleaning and checks.
MONTHLY NEWCOMER ORIENTATION MEETING
Tuesday, Oct. 12  9:30 AM  No Activity Fee
This is a one-hour program for new or prospective members. Explore the opportunities and benefits that come along with membership at the Castle Rock Senior Activity Center.
CREATIVE WRITING GROUP
Tuesday, Oct. 12  1:00-3:00 PM  No Activity Fee
This group is open to all who are interested in writing. You can share your writing, get feedback if desired and learn about the craft of creative writing. This meeting will be in-person.

LUNCH & LEARN - “Vision Challenges Older Adults May Face”
Wednesday, Oct. 13  11:15 AM  $5 ($15 nonmembers)
Chris Parsons, Senior Services Outreach Specialist, with Colorado Center for the Blind will be discussing the different vision challenges older adults may face. Chris also runs our Low Vision Clinic here at the Center and has a wealth of information to share. Your activity fee will include a box lunch.
LOW VISION SUPPORT GROUP
Tuesday, Oct. 19  1:00 PM  No Activity Fee
If you have vision problems of any kind, this could be a valuable resource for you. Chris Parsons, a facilitator with Colorado Center for the Blind, offers a wealth of ideas and ways to help you thrive. Call 303-688-9498 if you’re interested in joining.
LEGAL PRESENTATION - “Living Will vs. Traditional Will”
Tuesday, Oct. 20  10:00 AM  No Activity Fee
This informative presentation will be hosted by Jaime Stewart of Gubbels Law Office, P.C. She will discuss the difference between the traditional will and the living will. She will also explain the differences between a living will, healthcare powers of attorney, Do Not Resuscitate Orders, the MOST document and Five Wishes. There is no charge to attend.
POLISH POKER
Wednesday, Oct. 20  1:00 PM  No Activity Fee
No special skills are needed for this afternoon of laughs. Bring your pennies.
BUNCO
Wednesday, Oct. 27  1:00 PM  $3 ($13 nonmembers)
The game will start promptly at 1:00 PM. This fun game is fast and easy; no experience necessary; roll the dice to try and win cash prizes. Bunco is played in tables of four and is limited to 20 players. You do not have to pay at the time of sign-up, but will pay your coordinator, Peg Hagmaier, the day of. The Front Desk staff cannot make change; thanks for your understanding.
ACTIVE MINDS - “Voting Rights”
Thursday, Oct. 28  1:00 PM  No Activity Fee
Although we think of the United States as a democratic republic beginning with adoption of our Constitution in 1787, relatively few people could vote at that time. Much of our history has featured debates about who should have a say in government policy through the exercise of the right to vote. In recent years, the debate has focused on election integrity and the ease of access to voting. In person.
SEPTEMBER ART WORKSHOP - “Wreath Making Class”
Friday, Oct. 29  9:30 - 11:00 AM  $10 ($20 nonmembers)
The Activity Fee for this class includes all of the supplies to make and take one 20” wreath. You will be using a wire wreath form and will be working with mesh to create your wreath (along with other add-ons). The class is limited to 12.
HALLOWEEN COSTUME CONTEST
Friday, Oct. 29  1:30 PM  No Activity Fee
Come dressed to spook, scare or delight. We’ll give out prizes in different categories and will have some fun treats.
MULTI-DAY HAPPENINGS

AFTERNOON OF GAMES - Mon./Wed./Fri. 1:00 PM
Some of the games are (but not limited to) Scrabble, Mahjong, Mexican Train, Dominoes, Hand and Foot and Pinochle. Be sure to check the calendar on Pages 12-13 for any calendar changes. As of the date that this newsletter went to press, there are 4 people permitted per round table (8 tables available).

BINGO FOR FUN - Tuesdays, Oct. 5 & 26 1:00 PM
Play as many cards as you can handle. It’s a nickel a card per game. No Activity Fee

BRIDGE GROUPS - Mondays 9:15 AM
Come join in with as many tables as we can fill. This is not a league, but is a time to play the game you love. Advanced sign-up is required, please call the office to reserve your spot. Duplicate Bridge will be on 10/21 at 1:15 PM, and Marathon Bridge will be on 10/19 at 1:15 PM. As of the date that this newsletter went to press, there are 4 people permitted per round table (8 tables available).

CURRENT EVENTS Fridays 10:00 AM No Activity Fee
This lively group discusses what’s happening in our world about present-time news events. Come to discuss, come to listen or just come to learn. In person all month.

DRAMA WORKSHOP
Thursdays, Oct. 7 & Oct. 28 10:00-11:30 AM
$5 ($15 nonmembers)
This ongoing group aims to inspire anyone with a bit of an acting bug. Our drama workshops are facilitated by “Drama in Progress,” and include teaching techniques and the chance to put them into practice in a fun, encouraging arena. In person.

KNIT & CROCHET
Tuesdays, Thursdays and Fridays 1:00 PM
No Activity Fee
If you want to learn how to knit or crochet, this is the place to be. In person. Sign up on Page 23.

LEATHER WORKING
Fridays, Oct. 8 & 22 10:00-11:00 AM No Activity Fee
Call Jim Decker at 720-448-4614 if you’d like to join them.

SAFER SENIORS
Presented by the Castle Rock Fire Department Fire & Life Safety Education Department
Mondays, October 11, 18 & 25 9:00-10:00 AM
No Activity Fee
Session one will be about emergency preparedness and what seniors can do to prepare for various types of emergencies. The second session will be about medical emergencies and what seniors need to know. This includes stroke, cardiac arrest and more. The third will be about the steps seniors can take to protect themselves against fire and how to keep their homes safe from other hazards. You will be signing up for all three sessions, so please plan accordingly.

SCRABBLE - Friday Afternoons 1:00 PM
No Activity Fee
Come play this word game with friends, whether you’re learning or are a pro, every Friday during Afternoon of Games. Wilma Sanchez, coordinator, will make sure that all levels of play are addressed.

SEWING GROUP
Mondays, Oct. 11 & 25 9:00 AM No Activity Fee
Please call Sandy Hendricks 262-853-1639 if you have an interest in sewing or would like to know more about the group. We always need extra hands with projects for the upcoming craft show.

SIT & BE FIT CLASS
Tuesdays, Wednesdays and Thursdays 9:30 AM No Activity Fee
We have great videos focusing on muscle strength and flexibility. Please see the Calendar on Pages 12-13 for scheduled dates. Call the office to reserve your spot.

TAI CHI FOR ARTHRITIS
Tuesdays & Thursdays 1:00 PM
$36 ($46 nonmembers)
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. 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 and sign up in advance. Tai Chi is taught by Evelyn Garbo.

TEXAS HOLD’EM Tuesdays, Oct. 5 & 19 1:00 PM
No Activity Fee
Join us for a rousing game of Texas Hold’em, the first and third Tuesdays of each month, from 1:00-4:00 PM. Call Bob or Cory Moore for information at 303-901-7364 or 303-548-2512. Advanced sign up is required. As of the date that this newsletter went to press, there are 6 people permitted per poker table (3 tables available).

TRIVIA GROUP
Thursdays, Oct. 7, 14, 21, 28 1:00 PM
No Activity Fee
Trivia Group will be at 2:00 PM on 10/28. What a fun group of people to have some laughs and not-so-serious conversations with.

VIRTUAL DRAMA WORK GROUP
Thursdays, Oct. 14 & 21 10:00 AM No Activity Fee
Want to check out what the Drama Group is all about? Here’s your opportunity. Want to come hang out with friends? Join us. This is a casual group setting designed to provide additional time together. You can drop in as you please. These groups may be self-led, but you will have a set of materials provided by the Drama Work Group instructor. Call the office if you’d like to be put on the email for a direct Zoom link.

Becoming a Member
Membership costs $36 for an entire year, and with a $10 discount per activity for members, it pays for itself as you get involved. You can join by stopping in at the Center, filling out a membership form and paying your $36 dues. There is also a fill-in membership form on our website: www.castlerockseniorcenter.org.
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) -
Hiking Club - Open
Bowling - Kay Wolfe 512-970-6085

AND, HE HAS THE PICTURE TO PROVE IT! IT WAS JUST
ANOTHER DAY ON THE GOLF COURSE FOR THE CRSAC
LEAGUE WHEN JIM OSBOURN CAME THAT CLOSE TO A HOLE
IN ONE AT RED HAWK RIDGE. THE GOLF LEAGUE SEASON IS
WINDING DOWN, BUT JIM, THERE IS ALWAYS NEXT YEAR.

Golden Rockers
Bowling Team
Mondays
Now-April

“The Golden Rockers,” have begun bowling and will bowl through April. They take a bus from the Senior Center, leaving promptly at 11:00 AM to bowl at Arapahoe Bowling Center in Greenwood Village. This is a very fun-loving group with no pressure - all skills are represented. You can still join the team. If you’re interested, contact Kay Wolfe at the number below.

FOOD TRUCK FRENZY
You’re not gonna want to miss the Food Truck Frenzy at The Grange on Friday, Oct. 1 from 5 pm – 8 pm in The Meadows in Historic Castle Rock, CO. At the Food Truck Frenzy, not only will you get to enjoy the excellent cuisine from the participating food trucks, there will be live music from the 6202 Band to entertain you. It’s going to be a great way to spend a Friday evening! Don’t miss the Food Truck Frenzy at The Grange, Friday, Oct. 1 from 5 pm – 8 pm.

First United Methodist Church
1200 South Street, Castle Rock

Please join us at our annual Harvest Dinner
Saturday, October 30, 2021
4:30 – 7:00 PM

Tickets available at the Church and the Senior Center
Adults $12
Seniors (65 +) $9
Children (6-12) $8
Children 5 and under Free

*Tickets are $2 more at the door

Menu
Cranberry Relish
Turkey
Ham
Traditional Stuffing
Mashed Potatoes
Gravy
Green Bears
Roasted Sweet Potatoes
Rols
Homemade Pies

Featuring – Entertainment

Sponsored by United Methodist Women & First United Methodist Youth
**More Services & Resources**

**Outlets at Castle Rock**

- **16th Annual Shopping Extravaganza**
- We have been selected to participate in the 16th Annual Shopping Extravaganza at Outlets at Castle Rock!

Please join us on Saturday, October 23rd starting at 10 AM for a day of fun-filled shopping and exclusive deals on top of Outlets at Castle Rock’s daily savings of 30-70% off retail prices. Tickets are available now at www.outletsatcastlerock.com – please remember to select Castle Rock Senior Activity Center when purchasing so that we receive credit and funds from the ticket sale!

Tickets are $30 per person and include:
- Exclusive discounts numerous luxury fashion brands
- Private catering
- Live entertainment
- Complimentary wine tasting for guests 21+
- The chance at $65,000 in prizes including gift cards to COACH, Under Armour, Michael Kors, Tommy Hilfiger, GUESS, The North Face and more!


Thank you for supporting us. We look forward to seeing you at the Outlets at Castle Rock!

**Reminder about Hearing Screenings**

There have been some changes to the services provided by Accent on Hearing at the Senior Center. They will be providing hearing screenings and hearing aid cleaning and checks only. They will no longer be offering ear wax removal.

Ear wax removal is truly a clinical procedure and as such should be done in their office.

Oftentimes a patient may have certain medical conditions that would require them to take extra measures and precautions prior to receiving the procedure.

They value their partnership with the Senior Center and want to be sure that they are abiding by all necessary medical guidelines.

Thanks in advance!

**Weather Closure Information**

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

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

**Show Your Colors**

Are you proud to call CRSAC your home? We now have our own storefront with Land’s End apparel. There are so many pieces to choose from, for every body type, for both women and men: polos, jackets, dress shirts, sweaters and active wear.

**Jon Hendricks**, in charge of Transportation, looks great in the teal polo. You have the option to place the Senior Center logo where you want on yours. These are quality garments and will last a long time.

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

Be sure to check out our social media outlets. Find the addresses on the back cover of this newsletter.
Temporary Signup Procedures
Via Phone (Not in Person)

The October Activity signup is Wednesday, Sept. 29, starting at 8:30 AM. Please turn in your activity sign-up sheet (found on page 23) any time on or after 9/22 without payment. Be sure to give us a phone number where you will be for the morning on 9/29. At that time, your name will be placed in the registration box drawing. At 8:00 AM on 9/29, we will draw numbers and assign each sheet a number. We will then call you to get payment and/or inform you of your place in line. If you are paying by check, we will notify you of your total, then you’ll have by the end of the day on 9/30 to deliver your check to us.

The November Activity Sign Up is Wednesday, Oct. 27 starting at 8:30 AM. Please turn in your activity sign up sheet (found on page 23) any time on or after 10/20 without payment. Be sure to give us a phone number where you will be for the morning on 10/27. At that time, your name will be placed in the registration box drawing. At 8:00 AM on 10/27, we will draw numbers and assign each sheet a number. We will then call you to get payment and/or inform you of your place in line. If you are paying by check, we will notify you of your total, then you’ll have by the end of the day on 10/28 to deliver your check to us.

SINCERELY SENIORITA
We Answer Your Questions

Dear Seniorita,
I signed up for the theatre trip in September. The venue changed their policy after I bought my ticket from CRSAC and have required vaccination cards or a negative PCR test in order to attend the performance? Do I really have to show proof to them? - To Be or Not to Be?

Dear To Be or Not to Be?,
Yes, that is correct. When you’re at the Senior Center or in our transportation, we ask that you follow our rules that are in place. However, when you get off that bus, we ask that you kindly respect the venue’s policies. We are not requiring vaccination cards or any testing. The Board of Directors and Staff has had regular and ongoing meetings about our policies since the inception of COVID. When you go on the theatre trip, Senior Center staff will verify either your vaccination card or negative PCR test before you board the bus so we can verify that you won’t be declined when we arrive at the theatre. Again, the Senior Center is not requiring these. Please feel free to talk to someone at the Center if you have any questions or concerns about the policies in place. Thanks for your positivity in overcoming this together.

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 liner 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 ME TODAY!
Finding the right Medicare coverage should be simple and stress-free
Betsy Mullison, Licensed Agent • 720-291-0572 • betsymullison@gmail.com

For ad info. call 1-800-950-9952 • www.lpicommunities.com
Castle Rock Senior Center, Castle Rock, CO C 4C 05-0456
Ida DeChellis (pictured above) did not disappoint at this year’s Douglas County Fair. She won several blue ribbons, not to mention many others for her beautiful crocheted and hand-sewn items. She so graciously donated these items to the Center to sell at the Craft Show. Be looking for some of her work if you’d like to own one of these original pieces. If you enter items and place in future fairs, let us know and you could be featured here too!

Deb and Mark Santy proudly wore their 50th anniversary shirts. Deb is your former Assistant Director and they both played a vital role in our history. They are now giving their time and talents to being owners of the Sheridan House Inn in Williams, AZ.

Candy Corn Counting Contest
How many pieces of candy corn can you spot in this issue (from cover to cover and including this page)? Give us your guess by filling out a form at the front desk (or call it in) by Oct. 25. All correct entries will be entered into a drawing for a prize on Oct 25. The candy corn are not exactly like this picture and are all different.
Mark Twain Impersonator

Trishaw Rides with Visiting Angels

Rock Ledge Ranch Trip

BINGO

Don’t forget to buy your quilt raffle tickets at the front desk. The drawing will be held at the Craft Show on 11/6 and you do not need to be present to win!

If you are a Castle Rock partner and would like to sponsor a Lunch & Learn, please call Shannon at 730-733-2290.
<table>
<thead>
<tr>
<th>XIF</th>
<th>DATE</th>
<th>ACTIVITY</th>
<th>TIME</th>
<th>ACTIVITY FEE MEMBER</th>
<th>ACTIVITY FEE NON-MEMBER</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMING</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Month of Oct</td>
<td>Bowling</td>
<td>10/4  10/11  10/18  10/25</td>
<td>11:00 AM</td>
<td>$10 Each Week</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Month of Oct</td>
<td>Afternoon of Games (Circle the Dates)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10/1 10/4 10/6 10/8 10/11 10/13 10/15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10/18 10/20 10/22 10/25 10/27 10/29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Month of Oct</td>
<td>Current Events (Circle the Dates)</td>
<td>10/8  10/15 10/22 10/29</td>
<td>10:00 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Month of Oct</td>
<td>Drama Workshop (Circle the Dates)</td>
<td>10/7  10/28</td>
<td>10:00 AM</td>
<td>$5</td>
<td>$15</td>
<td></td>
</tr>
<tr>
<td>Month of Oct</td>
<td>Knit &amp; Crochet (Circle the Dates)</td>
<td>10/1  10/5  10/7  10/8  10/12  10/14  10/15  10/19  10/21  10/22  10/26  10/28  10/29</td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Month of Oct</td>
<td>Monday Bridge (Circle the Dates)</td>
<td>10/4  10/11  10/18  10/25</td>
<td>9:15 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Month of Oct</td>
<td>Sewing Group (Circle the Dates)</td>
<td>10/11  10/25</td>
<td>9:00 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Month of Oct</td>
<td>Trivia Group (Circle the Dates)</td>
<td>10/7  10/14  10/21  10/28</td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Month of Oct</td>
<td>Leather Working Group (Circle the Dates)</td>
<td>10/8  10/22</td>
<td>10:00 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Month of Oct</td>
<td>Tai Chi for Arthritis (all classes)</td>
<td></td>
<td>1:00 PM</td>
<td>$36</td>
<td>$46</td>
<td></td>
</tr>
<tr>
<td>Month of Oct</td>
<td>Safer Seniors (all classes)</td>
<td></td>
<td>9:00 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Mon, Oct 4</td>
<td>Button Christmas Tree Craft Class</td>
<td></td>
<td>9:30 AM</td>
<td>$5</td>
<td>$15</td>
<td></td>
</tr>
<tr>
<td>Tues, Oct 5</td>
<td>Book Club</td>
<td></td>
<td>10:00 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Tues, Oct 5</td>
<td>Out to Lunch Trip - Lazy Dog</td>
<td></td>
<td>10:45 AM</td>
<td>$9</td>
<td>$18</td>
<td></td>
</tr>
<tr>
<td>Tues, Oct 5</td>
<td>Bingo</td>
<td></td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Tues, Oct 7</td>
<td>Texas Hold’em Circle One Beginner Intermediate Advanced</td>
<td></td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Thurs, Oct 7</td>
<td>Movie &amp; Popcorn - &quot;Old Man and The Gun&quot;</td>
<td></td>
<td>12:45 PM</td>
<td>$3</td>
<td>$13</td>
<td></td>
</tr>
<tr>
<td>Tues, Oct 12</td>
<td>Cripple Creek Day Trip</td>
<td></td>
<td>8:00 AM</td>
<td>$15</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>Tues, Oct 12</td>
<td>Creative Writing Group</td>
<td></td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Wed, Oct 13</td>
<td>Lunch &amp; Learn - “Vision Challenges”</td>
<td></td>
<td>11:15 AM</td>
<td>$5</td>
<td>$15</td>
<td></td>
</tr>
<tr>
<td>Wed, Oct 13</td>
<td>Trip to Woodlands Bowl</td>
<td></td>
<td>1:00 PM</td>
<td>$3</td>
<td>$13</td>
<td></td>
</tr>
<tr>
<td>Fri, Oct 15</td>
<td>Trip to Wild Animal Sanctuary (Depends on Age)</td>
<td></td>
<td>8:00 AM</td>
<td>$39/$59</td>
<td>$49/$79</td>
<td></td>
</tr>
<tr>
<td>Mon, Oct 18</td>
<td>Out to Dinner Trip - Little Holly’s</td>
<td></td>
<td>4:15 PM</td>
<td>$9</td>
<td>$19</td>
<td></td>
</tr>
<tr>
<td>Tues, Oct 19</td>
<td>Marathon Bridge</td>
<td></td>
<td>1:15 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Tues, Oct 19</td>
<td>Texas Hold’em Circle One Beginner Intermediate Advanced</td>
<td></td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Wed, Oct 20</td>
<td>Legal Presentation</td>
<td></td>
<td>10:00 AM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Wed, Oct 20</td>
<td>Polish Poker</td>
<td></td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Thurs, Oct 21</td>
<td>Duplicate Bridge</td>
<td></td>
<td>1:15 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Sun, Oct 24</td>
<td>Theatre Trip - “Steel Magnolias”</td>
<td></td>
<td>12:45 PM</td>
<td>$39</td>
<td>$49</td>
<td></td>
</tr>
<tr>
<td>Tues, Oct 26</td>
<td>Out to Lunch - Sushi Ato</td>
<td></td>
<td>10:45 AM</td>
<td>$9</td>
<td>$18</td>
<td></td>
</tr>
<tr>
<td>Tues, Oct 26</td>
<td>Bingo</td>
<td></td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Wed, Oct 27</td>
<td>Bunco</td>
<td></td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Thurs, Oct 28</td>
<td>Active Minds - “Voting Rights”</td>
<td></td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
<tr>
<td>Fri, Oct 29</td>
<td>Wreath Making Class</td>
<td></td>
<td>9:30 AM</td>
<td>$10</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>Fri, Oct 29</td>
<td>Costume Contest</td>
<td></td>
<td>1:30 PM</td>
<td>No Activity Fee</td>
<td>No Activity Fee</td>
<td></td>
</tr>
</tbody>
</table>

**Ticketed Event - No Refunds**

Total Activity Fees $______
Activity Sign Up
is by phone for
both September and October.
Phones open at 8:30 AM
Check Page 20 (& the website)
For Sign-Up Dates