



SEPTEMBER



MONDAY

TUESDAY

WEDNESDAY

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.

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.



There will be no transportation, services or activities today.

5

9:30 AM Sit & Be Fit

10:00 AM Book Club

11:30 AM VOA Lunch - Chicken Scampi, Fettucine Alfredo, Italian Vegetables, Bread & Apricots

1:00 PM Bingo

3:30 PM Texas Hold 'em

6

9:00 AM Foot Care Clinic (Call office to schedule)

9:30 AM Chair massage (Call office to schedule)

9:30 AM Trip to Parker Pace Center & Lunch at West Main Taproom (\$-\$\$)

9:30 AM Sit & Be Fit

1:00 PM Alaska Cruise Presentation

1:00 PM Knit & Crochet

7

9:00 AM Sewing Group
9:15 AM Monday Bridge
11:00 AM Bowling
1:00 PM Afternoon of Games

**12**

8:30 AM No Sit & Be Fit Casino Trip to The Lodge

9:00 AM Newcomer Orientation
11:30 AM VOA Lunch - Swedish Turkey Meatballs, Parsley Noodles, Harvard Beets, Wheat Bread, Banana, Oatmeal Raisin Cookie1:00 PM Bingo
1:00 PM Creative Writing**13**

9:00 AM Overnight Wine Tour Departs

9:30 AM Sit & Be Fit

10:00 AM FREE BP Checks Walk in

11:15 AM Lunch & Learn "The Benefits of Dance"

1:00 PM Knit & Crochet

1:00 PM Mahjong

14

9:15 AM Monday Bridge

11:00 AM Bowling

1:00 PM Afternoon of Games

199:30 AM Sit & Be Fit
10:30 AM Table Massage (Call office to schedule)9:45 AM Trip to Coroner & Lunch
11:00 AM Trip to Lunch & Coroner
11:30 AM VOA Lunch - Szechuan Chicken, 5-spice Potatoes, Asian Vegetable Blend, Wheat Roll, Pear Let's Celebrate1:00 PM Low Vision Support Group
3:30 PM Texas Hold 'em
1:15 PM Marathon Bridge**20**

9:00 AM Foot Care Clinic (Call office to schedule)

9:30 AM Sit & Be Fit

10:30 AM Out to Lunch, Golf & Games at Reed's Southside Tavern (\$)

1:00 PM Knit & Crochet

1:00 PM Fall Floral Arranging Class with Studio Prive

21

9:00 AM Sewing Group

9:15 AM Monday Bridge

9:30 AM Trip to Louviers & Picnic

11:00 AM Bowling

1:00 PM Afternoon of Games

269:30 AM Sit & Be Fit
10:00 AM Legal Presentation Wills & Trusts

11:30 AM VOA Lunch - Green Chile Burger with Cheese on Texas Toast, Cabbage with Red Peppers, Mexicali Corn, Watermelon, Trail Mix

1:00 PM Bingo

3:30 PM Out to Dinner - Rumba Latin Restaurant (\$-\$\$)

27

9:30 AM Chair Massage (Call office to schedule)

9:30 AM Sit & Be Fit

1:00 PM Bunco

1:00 PM Knit & Crochet

1:00 PM Mahjong

28

Angie's
11AM-8:30PM



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



2022



THURSDAY

FRIDAY

SATURDAY/SUNDAY

9:30 AM Sit & Be Fit **1**
 9:45 AM Seniors' Council Trip
 10:00 AM Drama Workshop
 11:30 AM *VOA Lunch - Bratwurst, Fire Roasted Potatoes, Braised Red Cabbage, Apple, Chocolate Chip Cookie*
 1:00 PM Trivia Group

10:00 AM Current Events **2**
 11:00 AM "Twist & Bend" Seated Dance Class
 1:00 PM Afternoon of Games
 1:00 PM Knit & Crochet
 1:00 PM Mahjong

3/4
Color Legend
Red - Notice
Blue - Services
Orange - Dining Opportunities
Green - Excursions & Tours
Brown - Activities and Trips
Pink/Purple - One Day Events and Happenings
Black - Multi-Day Happenings

8:30 AM Guided Hike to Castlewood Canyon **8**
 9:30 AM Activities Committee Meeting
 9:30 AM Sit & Be Fit
 10:00 AM Drama Workshop
 10:45 AM *Out to Lunch - Bonchon Korean Fried Chicken (\$)*
 11:30 AM *VOA Lunch - BBQ Cheddar Burger, Potato Casserole, Carrots, Orange, Orange Cake*
 1:00 PM Trivia Group

9:30 AM Flex Friday Massage (Call office to schedule) **9**
 10:00 AM Accent on Hearing (Call office to schedule)
 10:00 AM Current Events
 11:00 AM "Twist & Bend" Seated Dance Class
 1:00 PM Afternoon of Games
 1:00 PM Knit & Crochet

10/11

 9/10-9/11

 9/10

9:30 AM Sit & Be Fit
 10:00 AM Drama Workshop **15**
 11:30 AM *VOA Lunch - Chicken Fried Steak with Country Gravy Whipped Potatoes, Green Beans, Hawaiian Baked Roll, Apple, Brownie*
 12:45 PM Movie & Popcorn - "McFarland USA"
 4:30 PM Overnight Wine Tour Returns
 1:00 PM Trivia Group

8:00 AM *AARP Driver Safety Course* **16**
 9:00 AM *Bocce Ball Informational Meeting for Winter*
 9:30 AM *Essential Oil Foot Massage (Call office to schedule)*
 10:00 AM Current Events
 11:00 AM "Twist & Bend" Seated Dance Class
 1:00 PM Afternoon of Games
 1:00 PM Knit & Crochet
 1:00 PM Mahjong

17/18


9:30 AM Sit & Be Fit
 10:00 AM Drama Workshop **22**
 11:30 AM *VOA Lunch - BBQ Pork Rib, Creole Corn, Collard Greens, Corbread, Peaches*
 1:00 PM Active Minds - "Cryptocurrency"
 1:00 PM Board Meeting
 1:15 PM Duplicate Bridge
 2:00 PM Trivia Group
 4:15 PM *Out to Dinner at Heiga's Haus & Bier Garden*

9:30 AM *Host Refresher Class* **23**
 10:00 AM Current Events
 11:00 AM "Twist & Bend" Seated Dance Class
 1:00 PM Afternoon of Games
 1:00 PM Knit & Crochet

24/25


9:30 AM Sit & Be Fit
 10:00 AM Drama Workshop **29**
 11:30 AM *VOA Lunch - Western Egg Omelet with Ranchero Sauce, Potatoes O'Brien, Warm Fruit Compote, Buttermilk Biscuit with Margarine, Apple*
 1:00 PM Trivia Group
 1:00 PM *Watercolor Class "Feathers"*

10:00 AM Current Events **30**
 11:00 AM "Twist & Bend" Seated Dance Class
 1:00 PM Afternoon of Games
 1:00 PM Knit & Crochet