OCTOBER

SATURDAY/SUNDAY	MONDAY	TUESDAY
1/2	**3** 9:15 AM Monday Bridge 11:00 AM Bowling League 1:00 PM Afternoon of Games 1:00 PM Jewelry Making Class Swarovski Bracelet	**4** 9:30 AM Sit & Be Fit 10:00 AM Book Club 11:30 AM VOA Lunch - Chicken Breast with Fire Roasted Tomato Sauce, Mashed Sweet Potatoes, Broccoli, Chickpeas & Wheat Roll 1:00 PM Bocce Ball League 1:00 PM Bingo 1:00 PM Texas Hold 'em
8/9	**10** 9:00 AM Sewing 9:15 AM Monday Bridge 11:00 AM Bowling League 1:00 PM Afternoon of Games 4:30 PM Out to Dinner - Sahara ($-$$)	**11** 8:30 AM Casino Trip to Isle Casino No Sit & Be Fit 9:00 AM Newcomer Orientation 9:30 AM Trip to Owl's Nest 11:30 AM VOA Lunch - Fish Veracruz, Borracho Beans, Seasoned Greens, Bread & Tropical Fruit 1:00 PM Bocce Ball League 1:00 PM Bingo 1:00 PM Creative Writing
15/16	**17** 9:15 AM Monday Bridge 11:00 AM Bowling League 1:00 PM Afternoon of Games 1:00 PM Jewelry Making Class Swarovski Necklace Craft Room will be closed this week.	**18** 9:30 AM Sit & Be Fit 10:30 AM Table Massage (Call office to schedule) 11:30 AM VOA Lunch - Cheese Stuffed Shells with Meat Sauce, Cannellini Beans, Spinach, Roll & Banana Let's Celebrate 1:00 PM Bocce Ball League 1:00 PM Low Vision Support Group 1:00 PM Marathon Bridge 1:00 PM Texas Hold 'em
22/23 Sun, 10/23 Theatre Trip "The Buddy Holly Story" at Boulder Dinner Theatre Leaves CRSAC at 10:30 AM	**24** 9:00 AM Sewing 9:15 AM Monday Bridge 9:30 AM Trolley Trip & Lunch at Outback 11:00 AM Bowling League 1:00 PM Afternoon of Games 1:00 PM Tai Chi for Arthritis #1 Craft Room will be closed this week. Turn In Signup Sheets for November by 3PM today.	**25** 9:30 AM Cripple Creek Overnight Trip Departs 9:30 AM Sit & Be Fit 10:00 AM Legal Presentation "Living Wills vs. Traditional Wills" 11:30 AM VOA Lunch - Warm Turkey Muenster Sandwich, Baked Beans, Glazed Carrots & Orange 1:00 PM Bocce Ball League 1:00 PM Bingo
29/30 *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	**31** 9:15 AM Monday Bridge 11:00 AM Bowling League 1:00 PM Afternoon of Games 1:00 PM Tai Chi for Arthritis #3 1:30 PM Costume Contest & Ghoulish Treats Craft Room will be closed this week.	

TRIP LEGEND

Young at Hearts - easy-going, board a bus, minimal walking, intermittent seating

Ramblers - pleasant, walking up to a couple of blocks, climb short flight of stairs, stand at least 30 minutes at a time

The Geri-Actives - moderate, possible incline and/or altitude, may not provide easy access for canes, walkers, or wheelchairs

The Go Go's - extreme, many stairs and/or incline, high altitude. Please see a staff member if you need help deciding if an activity is right for you.

2022

WEDNESDAY	THURSDAY	FRIDAY
5 9:00 AM Foot Care Clinic (Call office to schedule) 9:30 AM Sit & Be Fit 10:45 AM Out to Lunch-Hiro Japanese Buffet ($-$$) 1:00 PM Appetizer-Making Workshop with Chef 1:00 PM Knit & Crochet	**6** 9:30 AM Sit & Be Fit 9:30 AM Senior Council Trip - 2023 Medicare Open Enrollment 10:00 AM Drama Workshop 11:30 AM VOA Lunch - Open Faced Vermonter Ham Sandwich, Grain and Kale Blend, Cabbage with Red Pepper, Apple & Muffin 1:00 PM Trivia Group	**7** 10:00 AM Current Events 10:00 AM Woodland Bowl Hike with DLC 1:00 PM Afternoon of Games 1:00 PM Bocce Ball League 1:00 PM Knit & Crochet 1:00 PM Mahjong 1:00 PM Remembering Our Veterans Presented by Dr. (CPT) Bob Mallin
12 9:30 AM Sit & Be Fit 9:30 AM Chair massage (Call office to schedule) 10:00 AM FREE BP Checks Walk in 11:15 AM Lunch & Learn - "Wish of a Lifetime" 1:00 PM Halloween Card & Treat Box Making Workshop 1:00 PM Knit & Crochet 1:00 PM Mahjong Craft Room will be closed.	**13** 9:30 AM Sit & Be Fit 10:00 AM Drama Workshop 11:30 AM VOA Lunch - Moroccan Chicken, Savory Chickpea Stew, Baby Carrots, Pita Bread & Mandarin Oranges 12:45 PM Movie & Popcorn "Where the Crawdads Sing" 1:00 PM Trivia Group Craft Room will be closed.	**14** 8:00 AM AARP Drivers Safety Course 9:30 AM Flex Friday Massage (Call office to schedule) 9:30 AM Medicare 101 with Joey Torregrossa 10:00 AM Accent on Hearing (Call office to schedule) 10:00 AM Current Events 1:00 PM Bocce Ball League 1:00 PM Afternoon of Games 1:00 PM Knit & Crochet Craft Room will be closed.
19 9:00 AM Foot Care Clinic (Call office to schedule) 9:15 AM Tour at 3 Hundred Days of Sunshine Moonshine Distillery and Lunch at La Casa Fiesta ($) 9:30 AM Sit & Be Fit 1:00 PM Knit & Crochet	**20** 9:30 AM Sit & Be Fit 10:00 AM Drama Workshop 11:30 AM VOA Lunch - Slow Roasted Beef with Spiced Apple Gravy, Mashed Potatoes, Roasted Beets, Apple & Muffin 1:00 PM Board Meeting 1:00 PM Trivia Group 4:00 PM Out to Dinner-Gabriel's Restaurant ($$)	**21** 9:30 AM Essential Oil Foot Massage (Call office to schedule) 9:30 AM Wreath Making Class 10:00 AM Current Events 1:00 PM Afternoon of Games 1:00 PM Bocce Ball League 1:00 PM Knit & Crochet 1:00 PM Mahjong
26 9:30 AM Chair massage (Call office to schedule) 9:30 AM Sit & Be Fit 11:30 AM Free Dining to Donate Lunch Bus Trip to Duke's 1:00 PM Bunco 1:00 PM Knit & Crochet 1:00 PM Mahjong 1:00 PM Tai Chi for Arthritis #2 4:30 PM Free Dining to Donate Dinner Bus Trip Duke's 11AM-9PM **November Activities See Page 20 for details.**	**27** 9:30 AM Sit & Be Fit 10:00 AM Drama Workshop 11:30 AM VOA Lunch - Chili Dog, Roasted Sweet Potatoes, Corn & Orange 1:00 PM Active Minds "History of Movies" 1:00 PM Duplicate Bridge 2:00 PM Trivia Group 4:30 PM Overnight Cripple Creek Trip Returns	**28** 9:30 AM "Tech 101" Presentation 10:00 AM Current Events 11:30 AM Out to Lunch Trip - Wild Goose Saloon ($-$$) 1:00 PM Afternoon of Games 1:00 PM Bocce Ball League 1:00 PM Knit & Crochet

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.

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.