Can you believe we are half-way through this year? I hope you are enjoying summertime with all of the sunshine and fun things to do. The Center is no exception—this newsletter is packed with lots of great trips and events. This month we are celebrating our 2022 Volunteers during the week of July 17th – 21st at Camp CRSAC. Everyone can join in the daily themed fun, but only 2022 recorded volunteers will be able to spin the appreciation wheel for a thank you gift.

Last year, 261 volunteers donated 21,844 hours to the Center. These numbers are what we have recorded. I truly believe that number is actually higher. Historically, our yearly volunteer hours are the equivalent of 14 full-time employees. Volunteers are the backbone and heart of our organization. While we have a wonderful, hard working small staff (6 full-time employees and 2 part-timers), without volunteers, we could not provide the record amount of services, programs and events that make the Castle Rock Senior Activity Center what it is and what it is known for. We need more volunteers. If you would like to dedicate some time to helping the older adults in our area, please come see Hellen or myself. We would love to find the right opportunity for YOU!!

See you at Camp CRSAC for s'more fun!!

~ Debbi

Thinking about becoming a member? CRSAC is a membership-based Center that welcomes all those 50-plus. For $40 per year, you will get a discount per activity, along with other priceless opportunities. The upcharge fee for non-membership is based on a sliding scale. To join, stop in at the front desk or go to www.castlerockseniorcenter.org and find the fill-in membership form. We can’t wait to meet you!
Saturday, September 9

SHOPTING EXTRAVAGANZA

at the Castle Rock Outlets

YOU SHOP, YOU SAVE, EVERYONE WINS!

Visit https://www.outletsatcastlerock.com/events/.

Details will be posted there soon.

Shopping Extravaganza is a day full of shopping, prizes and fun, all to raise money for non-profit organizations in our local community. As you purchase tickets, choose CRSAC as your charity of choice.

31st Annual Castle Rock Craft Show

Saturday, November 4, 2023

The Annual Loving Life Fundraiser is back! See Page 19 for details.
Volunteer of the Month

Volunteer: Judy Malone

Congratulations Judy Malone on being our July Volunteer of the Month! We are all extremely appreciative of all your hard work and commitment to the Senior Center. Judy is one of our outstanding drivers, and we are so grateful for her contributions.

Judy grew up on a small family-farm in Northwest Iowa where they grew row crops and raised dairy cows, livestock and hogs. To this day, she enjoys a good rain storm since that was a special time that she and her dad would share. They would sit on the front porch, watch the rain, and enjoy some down-time. Judy attended a small church college at Northwestern College in Northwest Iowa and received her Bachelor’s Degree in Education. Her Master’s Degree was in Adult Education from the University of Phoenix.

After college, Judy taught high school business classes for 5 ½ years before getting married. She chose to follow her husband's career, which moved them around the country every three years. Because of this, Judy had the opportunity to do a number of different jobs like academic advising, director of finance, human resources, marketing and communications.

Judy has been living in Colorado for over 20 years, but in the last two years, Judy has retired and is enjoying a bit of a slower lifestyle. When she ran into the ad for drivers at the Center, she knew she wanted to use her spare time in a resourceful way. It’s become Judy’s privilege to volunteer as a driver and she loves being able to learn more about the members' stories, lifetime adventures, and their guidance. Judy says she has become a better person because of the interactions she has had with the seniors in our community.

What brings a smile to Judy’s face is digging in the dirt and sewing. She is still learning how to successfully garden in Colorado and she is working on putting together her first full-sized quilt. Judy believes only she can choose to be happy and fulfilled; therefore, she makes that choice every day.

Thank you, Judy, for all that you do for us at the Center. Your time and effort goes a long way! When you see Judy, please be sure to congratulate her for being our July volunteer of the month.

~ 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 Steph at 720-733-2284 or email her at slopez@crgov.com with your story and nomination.

You have chosen a great place to get involved, and we are glad to welcome you.

We welcomed these new members in May. Lynn Kroloff is our Membership/Outreach Vice President and would love to assist you if you’d like to get involved and meet new friends. If you are new and have any questions, call Lynn at 303-565-9429. Please come to our upcoming Newcomer Orientation Meeting so we can welcome you and get acquainted! Join us on Friday, July 7 at 9:00 AM at the Center. Be sure to call the Center at 303-688-9498 to sign up.

We look forward to meeting you!
Foot Care Clinic  
Medical Foot Care provided by RNs  
Wednesdays, July 5th & 19th  
Beginning at 9:00 AM  
$55 for each visit. This is a benefit of some Kaiser plans. Call VNA prior to first appt. Don't let the fee keep you from taking care of your feet, as there is some assistance available for low-income members. Call 303-698-6496 to schedule or change an appointment. (credit cards preferred/checks welcome/cash no longer accepted)

Essential Oil Foot Massage  
Please call the front desk to schedule your massage sessions.  
$30 members/ $40 nonmembers  
July 21st  
Beginning at 9:30 AM

Massage with Nicole Holdaway!  
Please call the front desk to schedule your massage sessions.  
- **CHAIR MASSAGE**  
  $20 members/ $30 nonmembers  
  July 12th & 26th  
  Beginning at 9:30 AM  
- **TABLE MASSAGE**  
  $30 members/ $40 nonmembers  
  July 20th  
  Beginning at 10:30 AM  
- **FLEX FRIDAY**  
  (Table - Foot or Back Choice Day)  
  $30 members/ $40 nonmembers  
  July 14th  
  Beginning at 10 AM

HEARING SCREENING CLINIC  
In Person  
By Shannon Miller with Accent on Hearing  
Friday, July 14th  
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.

Participants enjoyed a week’s long stay in the legendary Black Hills of South Dakota. They visited the Mt. Rushmore and Crazy Horse Monuments, Custer State Park, Deadwood and many more museums sites. The group traveled with Diamond Tours, and the accommodations were outstanding. Come travel with the Castle Rock Senior Activity Center. We offer day trips, overnights and international. A group will be setting sail this August on an Alaskan Cruise. We are also offering a trip with Collette Tours in October to the “America’s Music Cities”. Watch these newsletters for the latest information on activities being offered. You can send an email to Steph at slopez@crgov.com with your suggestions. We want to plan where you want to go.
2023 Quilt Raffle
Tickets are 1 for $3, 4 for $10 & 10 for $20
This beautiful queen size quilt was lovingly stitched and created by the talented Lois Routh and is a generous 81x81 inches.
Stop in at the Center to view and purchase your chance to win! Buy raffle tickets at the front desk or call 303-688-9498 to order. Drawing will be held on 11/4. Need not be present to win.

Dining to Donate is Going BBQ! Wed., 7/26
Order what you want, pay your bill as usual & turn in a flyer. Hickory House will then donate a percentage of the sale to the Castle Rock Senior Activity Center.
There will be 2 busses going to the Hickory House from CRSAC on 7/26, one at 11:30 AM and one at 4:30 PM. Register at the front desk to get on the bus.

Hickory House
“Best Ribs in Colorado”
Free Bus Ride from CRSAC!

Special Incentive for Senior Center Members:
Write your name below and give flyers to all your friends, family and neighbors. Each flyer turned in will be entered into a drawing to receive a Senior Center gift certificate - more flyers, more chances to win!

Name: _____________________________________________________________

Lunch: 11:00 AM – 2 PM  Dinner: 4:30 PM – 8:00 PM
10335 S Parker Rd, Parker, CO 80134

We will be supporting the Rotary Club of Castle Rock in selling Palisade peaches. Watch for signs with details posted at the Center, in newsletters and social media for all the latest.

Look for the Dining to Donate Dessert Edition flyer on Page 11! Bring it to Smart Cow, and cool off with a treat from their yogurt bar.
Out to Dinner at The Fort
Thursday, 7/13 @ 4:30 PM
Activity Fee $19
Wild game, steak & other exotic regional American specialties in a frontier-themed replica fort. This is fine dining.

Coffee With a Cop
Friday, 7/14
10:00 AM
It’s an informal way for you to get to know the officers of Castle Rock and for them to get to know you, too.

“Rescued by Ruby” Movie & Popcorn
Thurs., 7/13
$5 Activity Fee

COLORADO HORSEPOWER
Empowering Through Horses
Tour & Demonstration
Friday, 7/7 from 9:30 AM-2:00 PM
Through horsemanship, the men and women in the programs learn life skills that apply beyond the barn: leadership, confidence, compassion, nonverbal communication, problem-solving and more. This will be up to 1 1/2 hour tour.
Wear comfortable clothes to be outside.
We will stop for lunch after (on your own).
Activity Fee $24

Watercolor Class
Make 3 Bookmarks
Monday, 7/17
1:00 PM
Activity Fee $20
Instructors from the Red Paint Brush will be here to teach you something fun! All skill levels welcome.

Out to Dinner
Monday, 7/3
3:15 PM
Activity Fee $17

Out to Lunch
Monday, 7/24
11:00 AM
Activity Fee $15

“Rescued by Ruby” Movie & Popcorn
Thurs., 7/13
$5 Activity Fee

RibCity
Real BBQ & Great Ribs

Garnish
Indian Fusion Cuisine

Out to Lunch
Las Brisas Mexican Restaurant
Monday, 7/31 at 10:30 AM
Activity Fee $14

OUT TO DINNER at The Fort
Out to Lunch
Out to Dinner
Out to Lunch
“Rescued by Ruby”
Movie & Popcorn
Coffee With a Cop
Coffee With a Cop
**Seniors’ Council Meeting Trip**  
**Priorities of the new Douglas County Health Department**  
**at Philip S. Miller Building in Castle Rock**  
**Thurs., July 6 at 9:45 AM**  
**Free bus ride from CRSAC**

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**Casino Trip**  
**Tues., 7/11**  
**8:30 AM**  
**$23 Activity Fee**

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**Southwest Gardens Shopping Trip & Lunch at Jose O’Sheas**  
**Monday, 7/10 at 9:00 AM**  
**Activity Fee $19**

Come explore this store filled with unique cacti, succulents and orchids, stocked with hard to find items, varieties and greenhouse supplies. Visit with the owner as he shares his passion with you. Lunch will be on your own after at Jose O’Sheas restaurant serving Mexican specialties.

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**Tour & Brunch**  
**Friday, 7/28 @ 8:00 AM**  
**Activity Fee $27**

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**“The Ten Warning Signs of Dementia”**  
**Wed., 7/12 @ 11:15 AM**  
**Presented by: Ralph Clark of The Alzheimer’s Association of Colorado**

Activity Fee of $10 includes lunch.  
How to distinguish between normal age-related changes and possible signs of dementia.

---

**Cyber Safety Presentation with Andrew Furze Cyber Security Specialist**  
**Wednesdays, July 12 & 26 from 1-2:30 PM**  
**Activity Fee $8**

These topics and more will be covered: passwords, multi-factor authentication, scams and phishing. This is a 2-day class, and you will be committing to both days.

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**Brunch at Danny Ray’s Food & Spirits**

You will see an amazing variety of glass being crafted by artisans here in Colorado and watch the glassblowers in action. Activity Fee includes transportation & tour. Brunch is on your own.

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**Escape to Margaritaville**

**Theatre Trip to Parker PACE**  
**Sunday, 7/16 at 12:45 PM**  
**$42 Activity Fee**

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**Guided Hike at Sandstone**  
**Thursday, 7/20 at 8:00 AM**  
**Activity Fee $19**

This will be a guided hike with Marne Hansen, Outdoor Coordinator for CR. Join us for an easy “guided” hike.

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**AMERISTAR CASINO**

**Casino Trip**  
**Tues., 7/11**  
**8:30 AM**  
**$23 Activity Fee**

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**Active Minds**

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

**Learning is a lifelong adventure**

**Thursday, July 27 - 1:00 PM**  
**Topic: "Vienna: Biography of a City" In Person**

Join Active Minds for the story of Vienna, Austria’s capital and largest city. Located on the banks of the Danube river, Vienna was the seat of political and economic power in Eastern Europe for centuries. Today Vienna remains an important cultural and political hub, with a deep history in the arts and sciences, including a pivotal role in the classical music works of composers such as Mozart, Beethoven, Hayden and others.
Balloon Animal Classes with Rita
In August
Wed., 8/9 & 8/23
10:00 AM
“Refreshers” or beginners; we need the help working the balloon booths at both ArtFest & Craft Show

Older Adults: Tell Us What You Need
Listening Tour
Includes Lunch
Wed., 8/2
12-1:30 PM
If you are approaching retirement age, living in retirement or know and care about an aging adult in Douglas County, we want to hear from you. Join your Board of Douglas County Commissioners at several listening sessions in July and August to help inform service and policies for older adults in Douglas County. There is no Activity Fee for this event. However, members will be given priority over nonmembers.

Renaissance Festival
Saturday, August 5
*Rain, Shine, Heat
Details to come next month

Fiddler on the Roof
Boulder Dinner Theatre,
Sunday, 9/17 at 10:45 AM
Please do not water the plants around the Center. They may appear dry but we can assure you they are being taken care of. We appreciate you wanting to recycle your leftovers but this may be doing damage. Thanks for your consideration.

Polish Poker Returns
Mon., July 10 at 1:00 PM
Are you interested in Playing Polish Poker? Please register on the Activity Sheet at the back. Bring about $1 worth of pennies that day. Contact Linda Farley for more information. You can find her number on Page 11.

Calling all Artists!
Have you taken an art class here at the Center? Do you enjoy painting or photography in your free time? Each year members donate copies of their artwork, which we then turn into notecards. We sell the notecards at the Craft Show each November. Please see Steph in the office, and she can scan your artwork and will give it right back to you. Her phone # is 720-733-2284.

These notecards sell out every year. We would love to include yours (all skill levels needed). The beautiful photograph at the top was submitted Cathie Englekirk.

Garden Club
It’s cheaper than therapy!
They’ve been busy in the garden putting in tomato, eggplant and pepper plants. We’ve had several hail storms but everything is recovering. They’ve installed new coverings to protect the plants from both hail and hungry deer. Due to ever changing weather in Colorado we schedule our work sessions week to week, so contact Sandy for more information. Her contact is on Page 10.

Calling all Artists!
Have you taken an art class here at the Center? Do you enjoy painting or photography in your free time? Each year members donate copies of their artwork, which we then turn into notecards. We sell the notecards at the Craft Show each November. Please see Steph in the office, and she can scan your artwork and will give it right back to you. Her phone # is 720-733-2284.

These notecards sell out every year. We would love to include yours (all skill levels needed). The beautiful photograph at the top was submitted Cathie Englekirk.
Dining to Donate Contest Winner

Rick & Karen Graff won the May Dining-to-Donate contest, which was held at Angie’s Restaurant in Castle Rock right here in Castle Rock. You, too, can be a winner in our upcoming Dining to Donate fundraisers. Congratulations to the Graffs!

CONTACT LIST

Fun & Games

- **Mahjong** - Lynn Kroloff 303-565-9429
- **Monday Open Bridge** - Dawn Corbell 512-966-7910
- **Duplicate Bridge** - Steve Wheeler 720-255-6168
- **Marathon Bridge** - Ann Morris 720-717-1183
- **Bunco** - Peg Hagmaier 303-881-2687
- **Polish Poker** - Linda Farley 303-997-9343
- **Hand & Foot** - Maggie Janick 303-590-4595
- **Trivia Group** - Herb Wager, hwager48@gmail.com
- **Pinochle** - Dawn Corbell 512-966-7910
- **Texas Hold’em** - Bob Moore 303-901-7364
  or Cory Moore 303-548-2512

Special Interest Groups

- **Knitting & Crocheting** - Rita Spreeman 303-989-9173
- **Sewing & Quilting Group** - Sandy Hendricks 262-853-1639
  or Lorretta Valle at 501-257-0194
- **Jewelry Making** - Monica Swartwood 703-360-3990
- **Creative Writing** - Darrell Adams 303-688-5406
- **Current Events** - Larry Pratt 503-400-0094
- **Remembering our Veterans** - Patt Ehline, patt4got@comcast.net
- **Book Club** - Sandra Hoyman 970-371-0910
- **Garden Club** - Lorretta Valle at 501-257-0194
  or Phyllis Tumey, Executive President

Services

- **Health & Wellness** - Call the front desk to schedule
- **VOA & Meals on Wheels** - Hellen Swanson 720-733-2292
- **Car Donation** - Ed Mattix, emattix@gmail.com
- **Low Vision Support** - Chris Parsons 303-778-1130 x235

**Sports** - See bottom of page 18
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>9:15 AM</td>
<td>Monday Bridge</td>
<td>9:00 AM</td>
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<tr>
<td>1:00 PM</td>
<td>Afternoon of Games</td>
<td>9:30 AM</td>
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<tr>
<td>3:15 PM</td>
<td>Out to Dinner Rib City ($$$)</td>
<td>1:00 PM</td>
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<tr>
<td>9:00 AM</td>
<td>Sewing Group</td>
<td>9:30 AM</td>
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<tr>
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<td>Trip to Southwest Gardens Garden Center &amp; Lunch at Jose O’Sheas ($-$$$)</td>
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<td>1:00 PM</td>
<td>Polish Poker</td>
<td>1:00 PM</td>
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</table>

**Volunteer Appreciation Week** (see Page 8 for details)

9AM-3PM Volunteer Appreciation Trail Mix Bar
9:15 AM Monday Bridge
1:00 PM Watercolor “Bookmark” Workshop

9:00 AM Sewing Group
9:15 AM Monday Bridge
11:00 AM Out to Lunch Garnish Indian Fusion ($-$$$)
1:00 PM Afternoon of Games

The Center is closed today in observance of the 4th of July holiday. No transportation, activities, services will be provided.

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

Volunteer Appreciation Week
(see Page 8 for details)

9:00 AM | Sit & Be Fit |
| 11:30 AM | VOA Lunch-Honey BBQ Chicken, Cauliflower & Carrots, Au Gratin Potatoes, Cornbread, Applesauce, Oatmeal Cookie Creative Writing Marathon Bridge |

9:00 AM | Sit & Be Fit |
| 11:30 AM | VOA Lunch–Smoked Polish Sausage, Corn, Cole Slaw, Pineapple & Trail Mix, Let’s Celebrate Bingo Low Vision Clinic Texas Hold ‘em |

9:00 AM | Sit & Be Fit |
| 11:30 AM | VOA Lunch- Oven Fried Chicken, Garlic Mashed Potatoes, Spinach, Blueberry Muffin, Apple & Orange Juice |

9:30 AM | Sit & Be Fit |
| 1:00 PM | Bingo |
| 1:00 PM | Creative Writing |

8:30 AM | Casino Trip to Ameristar
9:30 AM | Sit & Be Fit Book Club
10:00 AM | VOA Lunch-Honey BBQ Chicken, Cauliflower & Carrots, Au Gratin Potatoes, Cornbread, Applesauce, Oatmeal Cookie Creative Writing Marathon Bridge |

9AM-3PM Volunteer Appreciation Donut Day Bingo
9:30 AM | VOA Lunch–Smoked Polish Sausage, Corn, Cole Slaw, Pineapple & Trail Mix, Let’s Celebrate Bingo Low Vision Clinic Texas Hold ‘em |

9:00 AM | Sit & Be Fit |
| 1:00 PM | Bingo |
| 1:00 PM | Low Vision Clinic 

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 include 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 - 4:30 PM Monday-Friday, and we will issue you a credit. We do not refund ticketed events. Credits expire after one year.

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### 2023

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY/SUNDAY</th>
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<tbody>
<tr>
<td>9:30 AM    Sit &amp; Be Fit</td>
<td>9:00 AM   Newcomer Orientation</td>
<td>8/9</td>
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<tr>
<td>9:45 AM    Trip Senior Council Meeting</td>
<td>9:30 AM   Trip to Colorado Horse Power &amp; Lunch</td>
<td>15/16</td>
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<tr>
<td>10:00 AM   Drama Workshop</td>
<td>10:00 AM  Current Events</td>
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<tr>
<td>11:30 AM   VOA Lunch-Chili Dog, Macaroni &amp; Cheese, Peas &amp; Carrots, Pineapple and Lemon Cookie</td>
<td>10:00 AM  Current Events</td>
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</tr>
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<td>4:30 PM    Out to Dinner The Fort ($$$)</td>
<td>9:30 AM   Essential Oil Foot Massage (Call Office to Schedule)</td>
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<td></td>
<td>9:30 AM   Sit &amp; Be Fit Drama Workshop</td>
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<tr>
<td></td>
<td>10:00 AM  VOA Lunch-Frito Chili Pie, Spanish Rice, Chuckwagon Corn, Nectarine &amp; Trail Mix</td>
<td>10:00 AM  Current Events</td>
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<td>10:00 AM  No Twist &amp; Bend</td>
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<td>10:00 AM  VOA Lunch-Chili Dog, Macaroni &amp; Cheese, Peas &amp; Carrots, Pineapple and Lemon Cookie</td>
<td>1:00 PM   Afternoon of Games</td>
</tr>
<tr>
<td>11:30 AM   VOA Lunch-Brunswick Stew, Sweet Potatoes, Green Beans, Corn Muffin, Banana &amp; Peach Pie</td>
<td>1:00 PM   Afternoon of Games</td>
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<tr>
<td>12:45 PM   Movie &amp; Popcorn “Rescued by Ruby”</td>
<td>11:00 AM  Knit &amp; Crochet</td>
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**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

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**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.
OUT TO LUNCH - Los Brisas
Monday, July 31 @ 10:30 AM $14 ($24 nonmembers)

Los Brisas in Greenwood Village offers a wide array of fresh Mexican food – mix fajitas, molcajete, caldo 7 mares, ensalada cancun, carne asada, sopes, tacos and pozole. They use the freshest ingredients in preparing food to provide the best quality and taste. The last outing to Los Brisas was cancelled due to weather. Please register for this trip again if you’d like to go. We don’t save any spots, but if you paid for the last trip you will have a full credit. This trip is limited to 15. Difficulty=Young at Hearts

EXCURSIONS & TOURS

If you have any mobile-assist devices, such as wheelchairs, please let us know in advance.
Be sure to arrive 15 minutes before departure time.

TRIP – Colorado HorsePower Tour & Lunch
Friday, July 7 @ 9:30 AM $24 ($39 nonmembers)
Join us as we visit the Colorado Horse Power. HorsePower began in 1984, by Joseph Howard a local Castle Rock Civitan member, for elementary school children in the Castle Rock schools. Throughout the years, HorsePower has continued to provide therapeutic equestrian program to children and has also expanded to serve the needs of adults. Meadowbrook Farm offers a beautiful country setting, with an indoor and outdoor arena, and ample land for trail rides. After, you will head to an area with a few lunch choices and lunch will be on your own. Activity Fee does not include lunch. We can take up to 30 people. You will return to the Center by 2:00 PM. Difficulty=Ramblers This is a ticketed event.

TRIP – Southwest Gardens Shopping & Lunch
Monday, July 10 @ 9:00 AM $19 ($29 nonmembers)

Southwest Gardens started in 1989 by Cary West. He gained a real passion for Cacti and Succulents, but was having a hard time finding the varieties he liked so he decided he would start his own greenhouse and help supply other greenhouses with these hard to find items. Cary will be on hand to discuss his greenhouse and the vast variety of plants he curates. After your time perusing and shopping, you will go to Jose O’ Sheas, a Mexican food restaurant. Activity Fee does not include lunch. We can take up to 15 people. You will return to the Center around 1:30 PM. Difficulty=Geri Actives This is a ticketed event.

THEATRE TRIP – Jimmy Buffett’s Escape to Margaritaville
Sunday, July 16 @ 12:45 PM $42 ($57 nonmembers)

Jimmy Buffett’s Escape to Margaritaville is a musical comedy featuring the most-loved Jimmy Buffett classics, including “Cheeseburger in Paradise,” “Margaritaville,” “It’s Five O’Clock Somewhere,” “Fins,” “Volcano,” and many more… this hilarious, heartwarming musical is the party you’ve been waiting for! Difficulty=Young at Hearts This is a ticketed event and is at the Parker PACE Center.
ARRIVE 15 MINS PRIOR TO DEPARTURE TIME

TRIP - The Furnace: A Glassworks Tour & Brunch
Friday, July 28 @ 8:00 PM $27 ($42 nonmembers)
The Furnace: A Glassworks is a public access glassblowing studio and gallery located in the heart of the Denver Metro area along the 40 West Arts creative district. You will see amazing variety of glass being crafted by artisans here in Colorado and watch the glassblowers in action. After the tour you will be having brunch at Danny Ray’s Food and Spirits. Activity Fee does not include lunch. We can take 25 people on this trip. You will return to Center around 1:00 PM. Difficulty=Young at Hearts This is a ticketed event.

ACTIVITIES & TRIPS

TRIP TO SENIOR COUNCIL MEETING
Thursday, July 6 @ 9:45 AM No Activity Fee
Come discover what Douglas County Libraries has to offer beyond a great selection of books. Learn how Douglas County Libraries elevates our community by inspiring a love of reading, discovery, and connection in our community. This meeting will be available in person, as well as virtually. If you’re going on your own, please RSVP to DC Senior Life, dcseniorlife@douglas.co.us. It will be held at: Douglas County Miller Building, Conference Rooms A&B, 100 Third St., Castle Rock, CO 80104. Otherwise please register to ride the bus with us. Difficulty=Young at Hearts

CASINO TRIP - Ameristar
Tuesday, July 11 @ 8:30 AM $23 ($38 nonmembers)
Ameristar Black Hawk, is your one-stop destination for gaming, dining, entertainment, and lodging. With 940 slots and video machines, table games, live poker tables, the Barstool Sportsbook – you’ll see why they are the top gaming destination in the Denver metro area. The bus returns to the Center usually before 4:30 PM. Difficulty=Ramblers

HIKING TRIP - Sandstone Ranch Guided Hike
Thursday, July 20 @ 8:00 AM $19 ($29 nonmembers)
This is a trip for a guided hike with Marne Hansen. Outdoor Coordinator for Castle Rock. This is an easy hike. Get your comfortable walking shoes on, bring water, a snack, sunscreen and a walking stick, if you like. We can take 15 people on this trip. Level=EASY

ONE-DAY EVENTS/HAPPENINGS at CRSAC

MONTHLY NEWCOMER ORIENTATION MEETING
Friday, July 7 @ 9:00 AM No Activity Fee
This is a one-hour program for new or prospective members. Explore the opportunities and benefits that come with membership at the Castle Rock Senior Activity Center.

POLISH POKER Wednesday, July 10 @ 1:00 PM No Activity Fee
No special skills are needed for this afternoon of laughs. Bring your pennies.

BOOK CLUB
Tuesday, July 11 @ 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!

LUNCH AND LEARN “The Ten Warning Signs of Dementia”
Wednesday, July 12 @ 11:15 AM $10 ($20 nonmembers)
Come and learn about “The Ten Warning Signs of Dementia” which distinguishes between normal age-related changes and possible signs of dementia. Ralph Patrick, with the Alzheimer’s Association of Colorado will join us for this presentation. Activity Fee includes a healthy lunch. There will be no credit should you cancel after 7/10.

MOVIE & POPCORN “Rescued by Ruby”
Thursday, July 13 @ 12:45 PM $5 ($15 nonmembers)
Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby. Based on a true story. Rated TV-G, 1 hour 33 minutes long.

COFFEE WITH A COP
Friday, July 14 @ 10:00 AM No Activity Fee
The Castle Rock Police Department continues its Coffee with a Cop series. Launched in 2014, these informal conversations with Castle Rock Police Officers at local coffee shops, restaurants and other venues give residents and business owners a chance to connect with police in a relaxed atmosphere. Please join us at CRSAC for this informative and interactive discussion with some of Castle Rock’s finest.

HEARING SCREENING CLINIC
Friday, July 14 @ 10:00 AM-12:00 PM No Activity Fee
Please call the front desk at 303-688-9498 to make an appointment at our Hearing Screening Clinic, given by an Accent on Hearing provider, who will provide hearing screenings, hearing aid cleaning and checks.

WATERCOLOR BOOK MARK CLASS
Monday, July 17 @ 1:00 PM $20 ($35 nonmembers)
Come by the Center and take a Water Color Book Mark Making class! The folks at The Red Paint Brush will be hosting a class where you will personally create your own book mark. Come by and check it out! You will make 3 bookmarks. All skill levels welcome. Class is limited to 12.

LOW VISION CLINIC
Tuesday, July 18 @ 1:00 PM No Activity Fee
If you have vision problems of any kind, we encourage you to join us. If you have questions prior to the meeting or would like to learn more about the low vision group, please contact Chris Parsons of the Colorado Center for the Blind at (303)778-1130, ext. 235 or cparsons@cccenter.org.

LEGAL PRESENTATION - Traditional Wills vs Living Wills
Wednesday, July 26 @ 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, healthcare Powers of Attorney, Do Not Resuscitate Orders, the MOST document and Five Wishes.
BUNCO
Wednesday, July 26 @ 1:00 PM  $5 ($15 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 at tables of four and is limited to 24 players. You do not have to pay at the time of signup, but will pay your coordinator, Peg Hagmaier, on game day.

ACTIVE MINDS - Vienna: Biography of a City
Thursday, July 27 @ 1:00 PM  No Activity Fee
Join Active Minds for the story of Vienna, Austria’s capital and largest city. Located on the banks of the Danube river, Vienna was the seat of political and economic power in Eastern Europe for centuries. Today Vienna remains an important cultural and political hub, with a deep history in the arts and sciences, including a pivotal role in the classical music works of composers such as Mozart, Beethoven, Hayden, and others.

MULTI-DAY HAPPENINGS

AFTERNOON OF GAMES - Mon. & Fri.  1:00 PM  $5 nonmembers
Some of the games are (but not limited to) Scrabble, Mahjong, Mexican Train, Dominoes, Hand and Foot and Pinochle.

BINGO FOR FUN - Tuesdays, July 18 & 25 1:00 PM  $5 nonmembers
Play as many cards as you can handle. It’s just a nickel a card per game! This is a fun and low-pressure bingo event. No Activity Fee.

BOOK CLUB
Tuesday, July 11 @ 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!

CREATIVE WRITING GROUP  $5 nonmembers
Tuesdays, July 11 & 25 @ 1:00-2:30 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.

CURRENT EVENTS - Fridays  10:00 AM  $5 nonmembers
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.

CYBER SAFETY PRESENTATION  $8 ($16 nonmembers)
Wednesdays, July 12 & July 26 from 1-2:30 PM
Want to learn how to stay safe online? Andrew Furze has over 10 years of Cyber Security and he will cover passwords, multi-factor authentication, scams, and phishing.

DRAMA WORKSHOP
Thursdays, July 6, 13, 20, & 27 from 10:00-11:30 AM  **Now a flat fee of $12 a month for all classes**
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.

KNIT & CROCHET
Wednesdays and Fridays @ 1:00 PM  $5 nonmembers
Join us for our Knit & Crochet group. Enjoy some good company as you work on your own project.

MONDAY BRIDGE - 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. Advance signup is required; please call the office to reserve your spot. Marathon Bridge will be on 7/11 and Duplicate Bridge will be on 7/27.

SEWING GROUP
Mondays, July 10 & 24 @ 9:00 AM  $5 nonmembers
Please call Sandy Hendricks, 262-853-1639, if you have an interest in sewing or would like to know more about the group.

SIT & BE FIT CLASS
Tuesdays, Wednesdays and Thursdays @ 9:30 AM  $5 nonmembers
We have great videos focusing on muscle strength and flexibility. Please see the calendar on pages 12-13 for scheduled dates or changes.

TEXAS HOLD’EM
Tuesdays, July 18 @ 1:00 PM  $5 nonmembers
Join us for a rousing game of Texas Hold’em, the first and third Tuesdays of each month (and fifth), from 1:00-3:30 PM. Call Bob or Cory Moore for information at 303-901-7364 or 303-548-2512. Advance sign up is required. July’s game will be held on Tuesday the 18th, 1:00-4:00 p.m., and will be a special tournament of “No-Limit Hold’em.” The first 18 players who sign up will be assured of an initial randomly-assigned seat at the beginning of play. There may be a list of substitute players.

TWIST & BEND SEATED DANCE CLASS
July 7, 21, 28, 8/11, 8/25 & 9/1 from 11:00-11:45 AM  Activity Fee $40
Registration for this session is closed, as they are mid session. This is a seated class with easy-to-follow choreography set to music from the 50s, 60s, and 70s. Dance has many benefits for adults, including socializing and the fun of moving to the music. Participants will improve flexibility, muscle strength, coordination, range of motion, and endurance. Classes also help fight dementia, as learning and memorizing patterns is great mental exercise. We welcome all adult learners, regardless of their current physical abilities. No previous dance experience required! Twist & Bend will not be held on 7/14.

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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)
- Don Marshall 720-273-3482
  Jim Weglarz 303-688-3280/303-507-1429

Bocce Ball
- Cynthia Timmons 303-478-1691

Bowling
- Kay Wolfe 720-693-3159

Golf League is in full swing!

Golf leagues play from May through September on Tuesday mornings at Red Hawk Ridge in Castle Rock. There is a 9-hole and an 18-hole league. Call one of the Golf League representatives below to see if there are still room for substitute plays. We hope to see our league players at the Annual Golf Tournament on Thursday, September 14. Save the Date!

Softball 2023

We have three co-ed softball teams that play at Metzler Park and throughout the Denver area on senior leagues. Please call one of the contacts below to check on space availability. You must be a member of the Senior Center to join. League fee is $65. The teams are great fun, with the season running until August.

Bocce Ball 2023-2024

Watch for the Fall League information coming soon. If you have any questions in the meantime, please call Cynthia Timmons. Her contact information is below.

Bowling 2023-2024

The Bowling League will be holding an informational meeting in August as the season will start in September. Please watch future newsletters for details. You can also call Kay Wolfe for more information (her number is below).

Castle Rockin’ The Fourth

Spend the day with family, friends and neighbors and head over to Philip S. Miller Park for a full day of fun for the entire family. To celebrate our nation’s birthday, Castle Rockin’ the Fourth will kick off with a free, untimed, Independence Day 5K at 9 a.m. Then, you can cool off on the Millhouse lawn and get covered in bubbles at a foam party. Throughout the day, there will be magic shows, patriotic movies, live music, kid's activities, food trucks and cocktails and beer for purchase. At 8 p.m., enjoy a free show by the much-loved Neil Diamond tribute band, Super Diamond. The grand finale will be a spectacular drone show for all to enjoy. If you can't make it to Philip S. Miller Park, find the best spot to view Santa Fe Quarry and enjoy a drone show synced to patriotic music.

Douglas County Fair & Rodeo

Fair Runs From July 28-August 6, 2023

SAVE THIS DATE: 7/30/23

Enter your creative projects in the Creative Arts Open Class Competitions

Anyone can enter! Win cash prizes! No entry fee! Compete in a variety of categories where everyone has the chance to earn ribbons, cash prizes and bragging rights as “best” in the county! Includes baking and canning, quilts, wood-working, crafts, needlework, drawing and painting, home arts, seniors, photography, sculpture and much more!

START WORKING ON YOUR ENTRIES NOW!
Your dollars, your donations always matter, but how would you like to double what you - or your friends or family members - give? For the sixth year in a row, an anonymous donor has committed up to $7,500 in matching funds for donations made July 1 and September 30 in the “Loving the Second Half Fund Challenge.” That means the Center could potentially receive $15,000, but it will only happen if people know about it and respond to the invitation to give from their heart. Your donation investment will multiply, you will have a tax deduction, and you will better the Senior Center all at the same time.

Thank you to all those who participated in and donated to the Sky Ridge Comfort Closet. We brought in an overwhelming amount of items needed to help those going through cancer treatments. They request everything from journals and lap blankets and mastectomy pillows to books for children. The Knit & Crochet and Sewing Groups (some members shown above) are instrumental in helping create some of these items. We appreciate everyone’s willingness to give of their time as well as their financial support.

Grandma’s Attic Donations

If you have gently used items to donate to Grandma’s Attic, we’re happy to schedule an appointment. Please call Stacey at 720-733-2291. We don’t accept furniture, lamps or oversized, heavy items. All items must be packed in boxes with lids. One man’s junk is another’s treasure! Thank you for every donation!

THE KROGER FAMILY OF GROCERY BRANDS

If you’re new to the area or just hoping for new friends and activities, this is the place for you! Join us for an hour for an overview of CRSAC programs, activities, services and opportunities. You’ll meet some of our staff, make some new friends and tour our facility. Be sure to call to register for this great time together. Hope to see you there.

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

The July Activity Processing Day for members is Wednesday, June 28, starting at 8:00 AM (Phones open at 8:30 AM). Please turn in your activity signup sheet (found on page 21-22) any time before 3 PM on 6/26 without payment. Be sure to give us a phone number where we can reach you the morning of 6/28. At that time, your name will be placed in the registration box drawing. At 8:00 AM on 6/28, 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. Be available to answer your phone between 8:30 - 11:00 AM. We will call you three times on Activity Processing Day for payment. If you do not answer, you will forfeit your place in line. If you are paying by check, we will notify you of your total, then you’ll have until the end of the day on 6/30 to deliver your check to us.

Policies & Notices

- If you cancel an activity we do not offer refunds. We will, however, give your money back in the form of a credit, to be used on future activities. If it’s a high-priced ticket item please talk to us about issuing an actual refund. These will be done on a case-by-case basis.
- If you are on the waitlist or owe money, we will wait to call you until the Monday after signup day. This will eliminate multiple calls to a member as things change (changes are made to the waitlist or money is owed).
- We ask that you arrive at least 15 minutes prior to departure of any trip.
- Please have your credit card ready when you are called.
- When you sign up for an offsite activity, you are agreeing to follow the rules of our transportation program. No one will be permitted to drive themselves to an activity. These are group functions and we’ve made arrangements with the venues based on group arrival and attendance.
- If you sign up for an activity and are a no show and no 3 times, we will suspend your signup activity for the following month after you are notified.

We have many programs that are full and many others on waitlists. We try to provide a fair environment for all.
Please place an “X” in the left column AND a dollar amount or N/C in the right column for each activity you wish to participate in.

**DINING OPPORTUNITIES (choose up to 1 dinner & 1 lunch)**

<table>
<thead>
<tr>
<th>X</th>
<th>DATE</th>
<th>ACTIVITY</th>
<th>TIME</th>
<th>ACTIVITY FEE MEMBER</th>
<th>ACTIVITY FEE NON-MEMBER</th>
<th>COST</th>
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<tbody>
<tr>
<td></td>
<td>Mon., July 3</td>
<td>Out to Dinner Rib City</td>
<td>3:15 PM</td>
<td>$17</td>
<td>$27</td>
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<tr>
<td></td>
<td>Thurs., July 13</td>
<td>Out to Dinner The Fort</td>
<td>4:30 PM</td>
<td>$19</td>
<td>$29</td>
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<td></td>
<td>Mon., July 24</td>
<td>Out to Lunch Garnish Indian Fusion</td>
<td>11:00 AM</td>
<td>$15</td>
<td>$25</td>
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<td></td>
<td>Mon., July 31</td>
<td>Out to Lunch Las Brisas Mexican</td>
<td>10:30 AM</td>
<td>$14</td>
<td>$24</td>
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**EXCURSIONS & TOURS (choose up to 2)**

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<th>ACTIVITY FEE NON-MEMBER</th>
<th>COST</th>
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<tr>
<td></td>
<td>Fri., July 7</td>
<td>Trip to Colorado Horse Power &amp; Lunch</td>
<td>9:30 AM</td>
<td>$24</td>
<td>$39</td>
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<td></td>
<td>Mon., July 10</td>
<td>Trip to Southwest Gardens Garden Center &amp; Lunch at Jose O’Shea’s</td>
<td>9:00 AM</td>
<td>$19</td>
<td>$29</td>
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<td></td>
<td>Sun., July 16</td>
<td>Theatre Trip Jimmy Buffet Tribute Escape to Margaritaville</td>
<td>12:45 PM</td>
<td>$42</td>
<td>$57</td>
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<tr>
<td></td>
<td>Fri., July 28</td>
<td>Trip to the Furnace-A Glassworks &amp; Brunch at Danny Ray’s Food &amp; Spirits</td>
<td>8:00 AM</td>
<td>$27</td>
<td>$42</td>
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**ACTIVITIES & TRIPS (not limited)**

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<tr>
<th>X</th>
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<th>ACTIVITY FEE NON-MEMBER</th>
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<tr>
<td></td>
<td>Thurs., July 6</td>
<td>Senior Council Trip</td>
<td>9:45 AM</td>
<td>No Activity Fee</td>
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<tr>
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<td>Tues., July 11</td>
<td>Casino Trip Ameristar</td>
<td>8:30 AM</td>
<td>$23</td>
<td>$38</td>
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<tr>
<td></td>
<td>Thurs., July 20</td>
<td>Guided Hiking Trip to Sandstone Ranch</td>
<td>8:00 AM</td>
<td>$19</td>
<td>$29</td>
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<tr>
<td></td>
<td>Wed., July 26</td>
<td>Lunch Bus to Hickory House</td>
<td>11:30 AM</td>
<td>No Activity Fee</td>
<td>$22</td>
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<tr>
<td></td>
<td>Wed., July 26</td>
<td>Dinner Bus to Hickory House</td>
<td>4:30 PM</td>
<td>No Activity Fee</td>
<td>$22</td>
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**ONE-DAY EVENTS/HAPPENINGS (not limited)**

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<th>X</th>
<th>DATE</th>
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<th>ACTIVITY FEE NON-MEMBER</th>
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<tr>
<td></td>
<td>Fri., July 7</td>
<td>Newcomer Orientation Meeting</td>
<td>9:00 AM</td>
<td>No Activity Fee</td>
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<td>Mon., July 10</td>
<td>Polish Poker</td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
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<td>Tues., July 11</td>
<td>Book Club</td>
<td>10:00 AM</td>
<td>No Activity Fee</td>
<td>$5</td>
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<td></td>
<td>Wed., July 12</td>
<td>Lunch &amp; Learn “The Ten Warning Signs of Dementia”</td>
<td>11:15 AM</td>
<td>$10</td>
<td>$20</td>
<td></td>
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<td></td>
<td>Thurs., July 13</td>
<td>Movie &amp; Popcorn “Rescued by Ruby”</td>
<td>12:45 PM</td>
<td>$5</td>
<td>$15</td>
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<td></td>
<td>Fri., July 14</td>
<td>Coffee With a Cop</td>
<td>10:00 AM</td>
<td>No Activity Fee</td>
<td>$4</td>
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<td>Mon., July 17</td>
<td>Watercolor Bookmark Workshop</td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>$20</td>
<td>$35</td>
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<td></td>
<td>Tues., July 18</td>
<td>Low Vision Clinic</td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>Provided by a Grant</td>
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<td></td>
<td>Fri., July 21</td>
<td>Volunteer Appreciation BBQ</td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>N/A</td>
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<td></td>
<td>Wed., July 26</td>
<td>Legal Presentation Living Wills vs. Traditional Wills</td>
<td>10:00 AM</td>
<td>No Activity Fee</td>
<td>$5</td>
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<tr>
<td></td>
<td>Wed., July 26</td>
<td>Bunco</td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>$5 that day</td>
<td>$15</td>
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<tr>
<td></td>
<td>Thurs., July 27</td>
<td>Active Minds “Vienna Biography of a City”</td>
<td>1:00 PM</td>
<td>No Activity Fee</td>
<td>Provided by a Grant</td>
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Continued on the back page...
### MULTI-DAY HAPPENINGS (Circle the dates)

<table>
<thead>
<tr>
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<th>ACTIVITY FEE NON-MEMBER</th>
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<tr>
<td></td>
<td>Month of July</td>
<td>Afternoon of Games</td>
<td>7/3 7/7</td>
<td>No Activity Fee</td>
<td>$5</td>
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<td></td>
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<td>7/10 7/14 7/17 7/21</td>
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<td>7/24 7/28 7/31</td>
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<tr>
<td></td>
<td>Month of July</td>
<td>Bingo</td>
<td>7/18 7/25</td>
<td>No Activity Fee</td>
<td>$5</td>
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<td></td>
<td>Month of July</td>
<td>Creative Writing</td>
<td>7/11 7/25</td>
<td>No Activity Fee</td>
<td>$5</td>
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<td></td>
<td>Month of July</td>
<td>Current Events</td>
<td>7/7 7/14 7/21 7/28</td>
<td>No Activity Fee</td>
<td>$5</td>
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<td></td>
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<td></td>
<td>10:00 AM</td>
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<tr>
<td></td>
<td>Month of July</td>
<td>Drama Workshop</td>
<td>7/6 7/13 7/20 7/27</td>
<td>$12 a Month Partially Grant Funded</td>
<td>$22 a Month Partially Grant Funded</td>
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<td>10:00 AM</td>
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<tr>
<td></td>
<td>Month of July</td>
<td>Cyber Safety Presentation</td>
<td>7/12 &amp; 7/26</td>
<td>$8</td>
<td>$16</td>
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<td>You are committing to both days</td>
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<td></td>
<td>Month of July</td>
<td>Knit &amp; Crochet</td>
<td>7/5 7/7 7/12 7/14 7/19 7/21</td>
<td>No Activity Fee</td>
<td>$5</td>
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<td>7/26 7/28</td>
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<td></td>
<td>Month of July</td>
<td><strong>Monday Bridge</strong></td>
<td>7/3 7/10 7/17 7/24 7/31</td>
<td>No Activity Fee</td>
<td>Not Applicable</td>
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<td>9:15 AM</td>
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<td></td>
<td>Month of July</td>
<td>Sewing Group</td>
<td>7/10 7/24</td>
<td>No Activity Fee</td>
<td>$5</td>
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<td>9:00 AM</td>
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<tr>
<td></td>
<td>Month of July</td>
<td>Sit &amp; Be Fit</td>
<td>7/5 7/6 7/11 7/12 7/13 7/18</td>
<td>No Activity Fee</td>
<td>$5</td>
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<td></td>
<td></td>
<td></td>
<td>7/19 7/20 7/25 7/26 7/27</td>
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<td>Month of July</td>
<td>Texas Hold ’em</td>
<td>7/18</td>
<td>No Activity Fee</td>
<td>Not Applicable</td>
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<td>(Circle Level)</td>
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<td>Beg., Int., Adv.</td>
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<td></td>
<td>Month of July</td>
<td>Twist &amp; Bend</td>
<td>7/7, 7/21, 7/28, 8/11, 8/25 &amp; 9/1</td>
<td>$40</td>
<td>$55</td>
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<td>11:00 AM</td>
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</table>

**OFFICE USE ONLY WHEN PAID**

Total Fees $_____ — Certificate $_____ = $_____ Total Due

HOW PAID □ Cash □ Check □ Charge

Processed by ____________________ Date ___________ Time________

**Total Activity Fees $_____**

**Ticketed Event**

No Refunds

□ Will-Pay by _______ (date)

**Notes. Office Use Only.**

**Please contact Ann Morris and Steve Wheeler to join Marathon and Duplicate Bridge respectively. Contact on Page 11.**

### INVEST IN YOUR COMMUNITY

**We are in need of volunteer drivers**

When you help a senior, you are helping your friends, your neighbors and community.

Call Jorge at 720-733-2287 for more information.
Please thank the community partners next time you’re in one of these local businesses. They donate bakery items that we use for our refreshments and snacks here at the Center. Panera Bread, No Cow Bakery and Kneaders Bakery all make it possible to help us keep costs low to our members.

Thanks to all who supported CRSAC in winning the 1st Place Nonprofit Prize from the Castle Rock Rotary Club at this year’s Ducky Derby. Sherry Fogleman, Secretary on the Executive Board of Directors, and Shannon Rutt, Activities Coordinator, were on hand to accept the check. They are helping us make it possible to support older adults right here in the community. We are grateful to them and all of those Seniorita was swimming with. Castle Rock is full of people and nonprofits helping others. We’ll see you all at next year’s event!

Please thank the community partners next time you’re in one of these local businesses. They donate bakery items that we use for our refreshments and snacks here at the Center. Panera Bread, No Cow Bakery and Kneaders Bakery all make it possible to help us keep costs low to our members.
Loving Life Match Fund Challenge
July, August & September, 2023

Email: crsc@crgov.com
www.castlerockseniortcenter.org
Facebook.com/CastleRockSeniorCenter
Instagram.com/castlerockseniortcenter/
Twitter.com/SeniorCastle
or
subscribe to “Castle Rockin’ Seniors”
on YouTube