

JUNE

MONDAY

TUESDAY

WEDNESDAY

CANCELLATION POLICY

If you sign up for an activity and find you are unable to participate, call the front desk. No credits are issued for cancellations made the day of or the day before an activity. 2 business days are required for a credit. 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.

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

9:00 AM Sewing In Center **3**
 9:00 AM Monday Bridge
 10:00 AM Chair massage (Call office to schedule)
 1:00 PM Afternoon of Games
 1:00 PM Garden Club

9:30 AM Sit & Be Fit **4**
 10:00 AM Book Club
 10:00 AM Table massage (Call office to schedule)
 11:30 AM VOA Lunch-Smoked Polish Sausage & Hot German Potato Salad
 1:00 PM Bingo
 1:00 PM Texas Hold 'em

9:00 AM Foot Care Clinic **5**
 9:30 AM Sit & Be Fit
 1:00 PM Knit & Crochet
 No Line Dancing
 Afternoon of Games
 1-5 PM 

8:30 AM Guided Hike in Sandstone Park **10**
 9:00 AM Monday Bridge
 9:00 AM Sewing
 1:00 PM Afternoon of Games
 1:00 PM Polish Poker

9:30 AM Sit & Be Fit **11**
 8:30 AM Trip to The Art of Cheese, Cheese Making & Farm Tour & Lunch at Caprese Trattoria (\$-\$\$)
 11:30 AM VOA Lunch-Honey BBQ Chicken, Veggies, & Au Gratin Potatoes
 1:00 PM Creative Writing
 1:15 PM Marathon Bridge

9:30 AM Sit & Be Fit **12**
 11:15 AM Lunch & Learn "Alzheimer's Disease: Protect Your Brain Function"
 1:00 PM Knit & Crochet
 1:30 PM Line Dancing I (3 of 6)
 1:00 PM Fix It Ministry Presentation
 4:00 PM Out to Dinner Hi Lo American Eatery (\$\$)

9:00 AM Monday Bridge **17**
 9:00 AM Sewing
 10:00 AM Summer Reads Book Chat with Librarian
 10:15 AM Romano's Pizzeria & Italian Restaurant (\$-\$\$)
 1:00 PM Afternoon of Games
 1:00 PM Card Making Workshop "To Someone Special"

9:30 AM Sit & Be Fit **18**
 11:30 AM VOA Lunch-Meatball Marinara Sub, Rosemary Parmesan Potatoes & Veggies Let's Celebrate!
 1:00 PM Bingo
 1:00 PM Low Vision Support Group
 1:00 PM Texas Hold 'em

CLOSED **19**


9:30 AM Trip to Castlewood Canyon #2 & Picnic **24**
 9:00 AM Monday Bridge
 9:00 AM Sewing
 10:00 AM Chair massage (Call office to schedule)
 1:00 PM Afternoon of Games
 1:00 PM Beaded Garden Stakes Workshop
 1:00 PM Balance, Range of Motion, Flexibility & Agility
 Turn In Signup Sheets for July by 3 PM today.

9:30 AM Sit & Be Fit **25**
 10:00 AM Foot Massage (Call office to schedule)
 11:30 AM VOA Lunch-Chicken Tenders with Honey Mustard & Potato Wedges
 1:00 PM Creative Writing
 1:00 PM Bingo

9:00 AM Foot Care Clinic **26**
 9:30 AM Sit & Be Fit
 10:00 AM Legal Presentation "Estate Planning"
 1:00 PM Bunco
 1:00 PM Knit & Crochet
 1:30 PM Line Dancing I (4 of 6)

 Culver's 11AM-10PM

****July Processing Day See Page 20 for details.****

2024

THURSDAY

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 \$\$\$\$ = \$50+

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

FRIDAY

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.

SATURDAY/SUNDAY

1/2



8/9

Sunday, 6/9 @ 10:45 AM
 Theatre Trip
 "Pirates of Penzance"
 & Lunch at Olive Garden (\$-\$\$)

28th Annual Ducky Derby

15/16



22/23

22/23



9:30 AM *Sit & Be Fit*
 9:30 AM *Trip to Castlewood Canyon #1 & Picnic* **6**
 9:30 AM *Senior Council Trip "Recognizing Signs of Abuse & How to Help"*
 10:00 AM *Drama Workshop*
 10:00 AM *Flex massage (Call office to schedule)*
 11:30 AM *VOA Lunch-Cube Steak with Mushroom Gravy Parsley Noodles*
 1:00 PM *Senior Trivia League*

9:15 AM *Newcomer Orientation* **7**
 9:30 AM *Current Events*
 10:15 AM *Out to Lunch Indulge (\$\$)*
 11:00 AM *Twist & Bend (3 of 6)*
 1:00 PM *Afternoon of Games*
 1:00 PM *Knit & Crochet*
 1:30 PM *Line Dancing II (1 of 6)*

8:30 AM *Trip to Monarch Casino* **13**
 9:30 AM *Sit & Be Fit*
 10:00 AM *Drama Workshop*
 11:30 AM *VOA Lunch-Chicken Fried Steak with Country Gravy, Whipped Potatoes & Green Beans*
 12:45 PM *Movie & Popcom "Arthur the King"*

9:30 AM *Current Events* **14**
 10:00 AM *Accent on Hearing (Call office to schedule)*
 11:00 AM *Twist & Bend (4 of 6)*
 1:00 PM *Afternoon of Games*
 1:00 PM *Knit & Crochet*
 1:30 PM *Line Dancing II (2 of 6)*

9:30 AM *Bucket List to Pikes Peak Cog Railroad & Dinner (\$-\$\$)* **20**
 9:30 AM *Sit & Be Fit*
 10:00 AM *Drama Workshop*
 10:00 AM *Table massage (Call office to schedule)*
 11:30 AM *VOA Lunch-Oven Fried Chicken, Macaroni & Cheese*
 1:00 PM *Board Meeting*
 1:15 PM *Duplicate Bridge*

9:30 AM *Current Events* **21**
 11:00 AM *Twist & Bend (5 of 6)*
 1:00 PM *Afternoon of Games*
 1:00 PM *Knit & Crochet*
 1:30 PM *Line Dancing II (3 of 6)*

9:00 AM *Activities Committee* **27**
 9:30 AM *Sit & Be Fit*
 10:00 AM *Drama Workshop*
 11:30 AM *VOA Lunch-Corned beef Hash with Fried Egg, Potatoes O'Brien, Warm Fruit Compote & Blueberry Muffin*
 1:00 PM *Active Minds - "Picasso"*

9:30 AM *Current Events* **28**
 11:00 AM *Twist & Bend (6 of 6)*
 1:00 PM *Afternoon of Games*
 1:00 PM *Knit & Crochet*
 1:30 PM *Line Dancing II (4 of 6)*
 4:30 PM *Out to Dinner Red Llama (\$\$)*