

JULY

MONDAY

TUESDAY

WEDNESDAY

9:00 AM Sewing In Center **1**

9:00 AM Monday Bridge

1:00 PM Afternoon of Games

1:00 PM Garden Club

9:30 AM Sit & Be Fit **2**

10:00 AM Book Club

11:30 AM VOA Lunch-Meatball Marinara Sub, Rosemary Parmesan Potatoes & Veggies

1:00 PM Bingo

1:00 PM Texas Hold 'em

9:00 AM Foot Care Clinic **3**

9:30 AM Sit & Be Fit

1:00 PM Afternoon of Games

1:00 PM Knit & Crochet

1:30 PM Line Dancing I (5 of 6)

1:45 PM Tour at Amazon Facility & Dinner at Wishbone (\$-\$)

9:00 AM Monday Bridge **8**

9:00 AM Sewing

10:00 AM Trip to Rambler Ranch with Picnic Lunch

1:00 PM Afternoon of Games

9:30 AM Sit & Be Fit **9**

10:30 AM Out to Lunch Sazon (\$\$)

11:30 AM VOA Lunch-Honey BBQ Chicken, Veggies, Au Gratin Potatoes, Cornbread, Applesauce & Oatmeal Cookie

1:00 PM Creative Writing

1:15 PM Marathon Bridge

9:30 AM Sit & Be Fit **10**

1:00 PM Knit & Crochet

1:00 PM Afternoon of Games

1:00 PM Older Adult Initiative Roadshow with Commissioners

1:30 PM Line Dancing I (6 of 6)

 Smart Cow 1PM-9PM

8:00 AM Guided Hike at Spruce Mountain **15**

9:00 AM Monday Bridge

9:00 AM Sewing

10:00 AM Flex Massage (Call office to schedule)

1:00 PM Afternoon of Games

1:00 PM Balance, Range of Motion, Flexibility & Agility

3:30 PM Out to Dinner 49th Food & Spirits (\$-\$)

9:30 AM Sit & Be Fit **16**

9:45 AM Trip to Tea & Tour at Miramont Castle

11:30 AM VOA Lunch-Smoked Polish Sausage & Coleslaw Let's Celebrate!

1:00 PM Bingo

1:00 PM Low Vision Support Group

1:00 PM Texas Hold 'em

9:00 AM Foot Care Clinic **17**

9:30 AM Sit & Be Fit

1:00 PM Christmas in July Celebration with Secret Santa

1:00 PM Knit & Crochet

9:00 AM Monday Bridge **22**

9:00 AM Sewing

12:30 PM Watercolor Class, Make 4 Flower Cards

1:00 PM Afternoon of Games

9:30 AM Sit & Be Fit **23**

9:00 AM Mystery Trip

10:00 AM Chair massage (Call office to schedule)

11:30 AM VOA Lunch-Oven-Fried Chicken & Mashed Potatoes

1:00 PM Bingo

1:00 PM Creative Writing

9:30 AM Sit & Be Fit **24**

10:00 AM Legal Presentation "Trusts"

11:00 Free Lunch Bus Hickory House Lunch & Learn "Gluten Free Living"

11:15 AM Bunco

1:00 PM Knit & Crochet

4:00 PM Free Dinner Bus Hickory House

 Hickory House 11 AM-8 PM

9:00 AM Monday Bridge **29**

9:00 AM Sewing

10:00 AM Foot Massage (Call office to schedule)

10:30 AM Out to Lunch The Monks Denver (\$-\$)

1:00 PM Afternoon of Games

1:00 PM "Happy Birthday" Card Making Class

1:00 PM Polish Poker

Turn In Signup Sheets for July by 3 PM today.

9:30 AM Sit & Be Fit **30**

11:30 AM VOA Lunch-Cheese Burger, Baked Beans, Cabbage with Red Peppers & Apple

1:00 PM Texas Hold 'em

1:00 PM Legendary Ladies Presentation

9:30 AM Sit & Be Fit **31**

1:00 PM Getting to Know the Douglas County Clerk & Recorder

1:00 PM Knit & Crochet

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

2024

THURSDAY

FRIDAY

SATURDAY/SUNDAY

4

CLOSED
4th OF JULY

- 5**
- 9:15 AM Newcomer Orientation
 - 9:30 AM Current Events
 - 1:00 PM Afternoon of Games
 - 1:00 PM Knit & Crochet
 - 1:30 PM Line Dancing II (5 of 6)

6/7

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

- 11**
- 8:30 AM Trip to Casino Z
 - 9:30 AM Sit & Be Fit
No Drama Workshop
 - 10:00 AM Table massage
(Call office to schedule)
 - 11:30 AM **VOA Lunch-Frito Chili Pie, Spanish Rice, Corn, Nectarine & Trail Mix**
 - 12:45 PM Movie & Popcorn
"Downtown Abbey A New Era"

- 12**
- 9:00 AM Older Adult Mental Health First Aid Part I
 - 9:30 AM Current Events
 - 10:00 AM Accent on Hearing (Call office to schedule)
 - 1:00 PM Afternoon of Games
 - 1:00 PM Knit & Crochet
 - 1:30 PM **Origami Workshop**

13/14

Saturday, 7/13
7:45 AM
Bus to Law & Safety Summit

- 18**
- 9:00 AM Interest Meeting for Canada 2025
 - 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-Brunswick Stew (Chicken & Ham) & Peach Pie**
 - 1:00 PM Fairy Gardening
 - 1:00 PM Senior Trivia League

- 19**
- 9:00 AM Older Adult Mental Health First Aid Part II
 - 9:15 AM Newcomer Orientation
 - 9:30 AM Current Events
 - 1:00 PM Afternoon of Games
 - 1:00 PM Knit & Crochet
 - 1:30 PM Line Dancing II (6 of 6)

20/21

Sunday, 7/21
1:00 PM
Theatre Trip
"Legally Blonde"

- 25**
- 9:30 AM Sit & Be Fit
 - 10:00 AM Drama Workshop
 - 11:30 AM **VOA Lunch-Chicken Parmesan Sandwich, Veggies, Mashed Potatoes & Watermelon**
 - 1:00 PM Active Minds "Hawaii"
 - 1:00 PM Board Meeting
 - 1:15 PM Duplicate Bridge
 - 4:00 PM Out to Dinner Gallo
Italian Supper Club (\$\$)

- 26**
- 9:30 AM Current Events
 - 1:00 PM Afternoon of Games
 - 1:00 PM Knit & Crochet

DOLLAR SIGN LEGEND **27/28**

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.

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.

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.