June

MONDAY	TUESDAY	WEDNESDAY
1 9:00 AM Monday Bridge 9:00 AM Sewing Group 1:00 PM Afternoon of Games 1:00 PM Garden Club 1:00 PM Polish Poker 1:00 PM Stitching Group	**2** 9:30 AM Sit & Be Fit 10:00 AM Trip to Equator's Edge Wildlife Center & Lunch at Rory's Diner ($-$$) 10:00 AM Book Club 10:00 AM Essential Oil Foot Massage 11:30 AM VOA Lunch-FourCheeseburger 1:00 PM Bingo 1:00 PM Texas Hold'em 1:30 PM Balance, Range of Motion, Flexibility & Agility	**3** 9:00 AM Foot Care Clinic 9:30 AM Sit & Be Fit 1:00 PM Knit & Crochet 12:00 PM Low Vision Clinic at Metzler Park 1-5 PM Senior Life EXPO Douglas County Events Center
8 9:00 AM Monday Bridge 9:00 AM Sewing Group 9:45 AM Freedom Plane Tour & Lunch at History Colorado 10:30 AM Floral Tea Light craft 1:00 PM Afternoon of Games 1:00 PM Garden Club 1:00 PM Stitching Group 1:00 PM Tai Chi for Arthritis II (1 of 4)	**9** 8:30 AM Casino Trip Monarch 9:30 AM Sit & Be Fit 10:00 AM Flex Massage (Call office to schedule) 11:30 AM VOA Lunch-Meatball Marinara Sub 1:00 PM Creative Writing 1:15 PM Marathon Bridge	**10** 9:30 AM Sit & Be Fit 10:00-11:30 AM FREE BP Checks 11:15 AM Lunch & Learn "Stroke Awareness" 1:00 PM Knit & Crochet 1:15 PM Fix it Ministry - In-Center Presentation 1:30 PM Rhythm & Moves (1 of 3)
15 7:30 AM Trip to Terry Bison Ranch 9:00 AM Monday Bridge 9:00 AM Sewing Group 10:00 AM Watercolor Workshop "Big Beautiful Blooms" 1:00 PM Afternoon of Games 1:00 PM Stitching Group 1:00 PM Tai Chi for Arthritis II (2 of 4)	**16** 8:30 AM Guided Hike at Sandstone 9:30 AM Sit & Be Fit 10:00 AM Table Massage (Call office to schedule) 11:30 AM VOA Lunch-Honey BBQ Chicken Let's Celebrate! 1:00 PM Texas Hold'em 1:30 PM Balance, Range of Motion, Flexibility & Agility	**17** 9:00 AM Foot Care Clinic 9:30 AM Sit & Be Fit 1:00 PM Bunco 1:00 PM Knit & Crochet 1:30 PM Rhythm & Moves (2 OF 3) Dining to Donate HomeGrown Tap & dough 12:00 PM-8:00 PM
22 9:00 AM Monday Bridge 9:00 AM Sewing Group 9:30 AM Out to Brunch- Egg Harbor Cafe ($-$$) 12:30 PM Acrylic Paint Class "Firefly Summer" 1:00 PM Afternoon of Games 1:00 PM Stitching Group 1:00 PM Tai Chi for Arthritis II (3 of 4) Sign up sheets due by 3 pm today	**23** 9:30 AM Sit & Be Fit 11:30 AM VOA Lunch-Chicken Tenders 1:00 PM Bingo 1:00 PM Creative Writing	**24** 9:30 AM Sit & Be Fit 10:00 AM Legal Presentation "Social Security & Taxes" 1:00 PM Social Security & Taxes 1:00 PM Knit & Crochet 1:00 PM Polish Poker 1:00 PM The Social Spot 1:30 PM Rhythm & Moves (3 OF 3) July Processing Day
29 9:00 AM Monday Bridge 9:00 AM Sewing Group 10:00 AM Intergenerational Acrylic Paint Class "Let Freedom Grow" 1:00 PM Afternoon of Games 1:00 PM Stitching Group 1:00 PM Tai Chi for Arthritis II (4 of 4)	**30** 9:00 AM Tour of State Capitol & lunch at Blue Bonnet 9:30 AM Sit & Be Fit 11:30 AM VOA Lunch-Smoked Polish Sausage 1:00 PM Bingo 1:00 PM Texas Hold'em 1:30 PM Balance, Range of Motion,Flexibility & Agility	**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.

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THURSDAY	FRIDAY	SATURDAY/SUNDAY
4 9:30 AM Sit & Be Fit 9:45 AM Senior Council Trip "Safe & Confident Behind the Wheel" 10:00 AM Table Massage (Call office to schedule) 11:30 AM VOA Lunch-Creamy Chicken and Baked Ziti 12:45 PM Movie & Popcorn "Fly Away Home"	**5** 9:15 AM Newcomer Orientation 9:30 AM Current Events 10:00 AM Hearing Clinic 10:45 AM OTL Mystery Lunch ($$) 11:00 AM Twist & Bend (1 of 3) 1:00 PM Afternoon of Games 1:00 PM Knit & Crochet	**6/7**
11 9:30 AM Sit & Be Fit 8:15 AM E Bike tour Manitou Springs & Garden of the Gods, Lunch at Black Bear Diner ($$) 11:30 AM VOA Lunch-Creamy Chicken Ziti Bake 1:15 PM In Center Presentation "History of the Douglas County Fair"	**12** 9:30 AM Current Events 10:00 AM Chair Massage (Call Office to Schedule) 11:00 AM Twist & Bend (2 of 3) 1:00 PM Afternoon of Games 1:00 PM Knit & Crochet 3:30 PM OTD Juniper Valley Ranch ($$)	**13/14**
18 9:00 AM Board Meeting 9:30 AM Sit & Be Fit 11:30 AM VOA Lunch-Chicken Fried Steak 1:15 PM Duplicate Bridge 4:30 PM OTD City Buffet ($$)	**19** Center Closed JUNE 19TH JUNETEENTH freedom day	**20/21** HAPPY FATHER'S DAY Theater Trip My Fair Lady Lakewood Cultural Arts Center Sunday, June 21, 12:45 PM
25 9:30 AM Sit & Be Fit 10:00 AM Table Massage (Call office to schedule) 11:30 PM VOA Lunch-Corned Beef Hash 1:00 PM Active Minds "Barcelona: Biography of a City" 2:00 PM Premier Discovery Travel In-Center Presentation	**26** 9:15 AM Newcomer Orientation 9:30 AM Current Events 11:00 AM Twist & Bend (3 of 3) 1:00 PM Afternoon of Games 1:00 PM Knit & Crochet	**27/28** Date: June 28, 2026 Location: Festival Park, CR Time: 9 AM-3 PM (Ducks Race at 1 PM)

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.

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 credit/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