November

Monday	Tuesday	Wednesday
2 9:00 AM Monday Bridge 9:00 AM Sewing Group 9:30 AM Bowling 10:45 AM Out to Lunch- Chook Chicken $$ 1:00 PM Afternoon of Games 1:00 PM Fall Prevention Workshop (1 of 4) 1:00 PM Garden Club 1:00 PM Stitching Group 1:00 PM Balance, Range of Motion, Flexibility and Agility Craft Room Closed	**3** 9:30 AM Sit & Be Fit 10:00 AM Book Club 10:00 AM Table Massage 11:30 AM VOA Lunch-Ranch Baked Chicken 1:15 PM Human Plant Connection, in center presentation 1:15 PM Cyber Security in Center Presentation 1:00 PM Texas Hold'em 1:30 PM Balance, Range of Motion, Flexibility and Agility Craft Room Closed	**4** 8:45 AM Trip To Peterson Air and Space Museum 9:00 AM Foot Care Clinic 9:30 AM Sit & Be Fit 1:00 PM Knit & Crochet 1:00 PM Low Vision Clinic 1:30 PM Rhythm & Moves (1 of 3) Craft Room Closed
9 9:00 AM Monday Bridge 9:00 AM Sewing group 9:30 AM Bowling 10:00 AM Shopping trip to Polish Pottery Outlet and Lunch 1:00 PM Fall Prevention Workshop (2 of 4) 1:00 PM Afternoon of Games 1:00 PM Stitching Group 1:00 PM Balance, Range of Motion, Flexibility & Agility Craft Room Closed	**10** 8:30 AM Casino Trip-Lodge Casino 9:30 AM Sit & Be Fit 10:00 AM Chair Massage 11:30 AM VOA Lunch-Turkey Muenster Sandwich 1:00 PM Creative Writing 1:00 PM Marathon Bridge Craft Room Closed	**11** Center Closed
16 9:00 AM Monday Bridge 9:00 AM Sewing Group 9:30 AM Bowling 10:00 AM Watercolor Workshop 1:00 PM Afternoon of Games 1:00 PM Fall Prevention Workshop (3 of 4) 1:00 PM Garden Club 1:00PM Stitching Group 1:00 PM Balance, Range of Motion, Flexibility & Agility	**17** 9:30 AM Sit & Be Fit 9:00 AM Trip to May Natural History Museum and Lunch 10:00 AM Foot Massage 11:30 AM VOA Lunch- Beef & Bean Burrito Let's Celebrate! 1:00 PM Bingo 1:00 PM Texas Hold'em 1:30 PM Balance, Range of Motion, Flexibility & Agility	**18** 9:00 AM Foot Care Clinic 9:30 AM Sit & Be Fit 11:15 AM Lunch & Learn "Heart Health" 1:15 PM Afternoon of Trivia 1:00 PM Knit & Crochet 1:30 PM Rhythm & Moves (2 of 3) Chili's 11:00 AM-10:00 PM
23 9:00 AM Monday Bridge 9:00 AM Sewing Group 9:30 AM Bowling 1:00 PM Afternoon of Games 1:00 PM Fall Prevention Workshop (4 of 4) 1:00 PM Stitching Group 1:00 PM Balance, Range of Motion, Flexibility & Agility	**24** 9:30 AM Sit & Be Fit 11:30 AM VOA Lunch- Vodka Style Italian Sausage and Penne 1:00 PM Creative Writing December Processing Day	**25** 9:30 AM Sit & Be Fit 1:00 PM Knit & Crochet 1:00 PM Polish Poker 1:00 PM Social Spot 1:30 PM Rhythm & Moves (3 of 3)
30 9:00 AM Monday Bridge 9:00 AM Sewing Group 9:30 AM Bowling 10:00 AM Out to Brunch- Le Peep ($$) 12:00 PM Acrylic Paint Workshop "Winter Racoon" 1:00 PM Afternoon of Games 1:00 PM Stitching Group 1:00 PM Balance, Range of Motion, Flexibility & Agility	**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.	**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.

November 2026

Thursday	Friday	Saturday/Sunday
5 9:30 AM Sit & Be Fit 9:30 AM Senior Council "Wish of a Lifetime" 10:00 AM Flex Massage 11:30 AM VOA Lunch-Chicken Fried Steak 1:00 PM Active Minds "From Southern Rock to Blues" Craft Room Closed	**6** 9:30 AM Current Events 10:00 AM Hearing Clinic 10:30 AM AI Project Circle 11:00 AM Twist & Bend (1 of 3) 1:00 PM Afternoon of Games 1:00 PM No Play Date Bocce/Cornhole League 1:00 PM Knit & Crochet Craft Room Closed	**7/8** 34th Annual Castle Rock CRAFT SHOW Extraordinaire Saturday, November 7, 2026 9 am-4 pm Douglas County Events Center
12 9:30 AM Sit & Be Fit 10:00 AM Table Massage 11:30 AM VOA Lunch-Stadium Dog on Whole wheat bun 12:45 PM Movie and Popcorn "Mozart & the Whale" 4:00 PM Out to Dinner-"C'Amore Italian Restaurant ($$$) Craft Room Closed	**13** 9:30 AM Current Events 10:00 AM Christmas Card Workshop 11:00 AM Twist & Bend (2 of 3) 1:00 PM Afternoon of Games 1:00 PM Bocce/Cornhole League 1:00 PM Knit & Crochet Craft Room Closed	**14/15** Comedy Zone Nov 14 @ 6:30 PM The Schoolhouse on Mainstreet
19 9:30 AM Sit & Be Fit 10:00 AM Table Massage 11:30 AM VOA Lunch-Roast Turkey dinner 1:00 PM Annual Membership Meeting 1:15 PM Duplicate Bridge 4:00 PM OTD 240 Union ($$-$$$)	**20** 9:15 AM Newcomer Orientation 9:30 AM Current Events 11:00 AM Twist & Bend (3 of 3) 12:30 PM Friendsgiving 1:00 PM Afternoon of Games 1:00 PM Bocce/Cornhole League 1:00 PM Knit & Crochet Activity Sheets Due	**21/22**
26 Happy Thanksgiving The Center Closed	**27** Happy Thanksgiving The Center is Closed	**28/29**

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

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.