

David Corliss, Town Manager
Trish Muller, Director of Finance
Town Council
Town of Castle Rock
100 N Wilcox Street
Castle Rock, CO 80104

January 29, 2024

Re: 2023 Castle Rock Senior Activity Center; Year End Town Contract Report

In 2023, as the community returned to a new normal after the pandemic, the Castle Rock Senior Activity Center continued to see the programs and services grow in both scope and numbers. The Center saw record increases in the transportation program, wellness activities and social engagement offerings. With the support of the community, and the Town of Castle Rock, we have truly become a focal point for older adults to thrive and continue to "Love Life in the Second Half."

The Castle Rock Senior Activity Center offers programs and services that give seniors a community environment with which to stay active and connected to others. We provide educational, social, health and recreational programming geared toward meeting people and exploring a variety of options for activity and involvement. The National Institute on Aging (NIA) shares that among older adults, loneliness and social isolation are associated with higher rates of depression, a weakened immune system, heart disease, dementia, and even early death. We truly believe that our programs and services are a prevention to this potential threat, extending lives, giving seniors the means and desire to remain engaged in the community.

Douglas County's Older Adult population is projected to increase 154% by 2050. Douglas County is the fastest growing of all Counties in Colorado. Over the past year our older adults have come back to the Center in record numbers. Our membership shot up 8% from 1,100 to over 1,200. The need for additional space is becoming increasingly important to meet the demands of the community for programs, services, and activities for older adults. The Center is a focal point for the community, and we ask that you keep us in mind if space opens at the Recreation Center so we can expand in our current location.

Attached documents detail the growth and outcomes from 2023. Please feel free to let me know if you need additional documentation or have questions. The Board of Directors and Staff of the Castle Rock Senior Activity Center thanks you for all your support on behalf of our members and for all whom we serve.

Sincerely,


Debbi Haynie; Executive Director
dhaynie@crgov.com

2023 PROPOSED PERFORMANCE OBJECTIVES

Programs and Activities

- 1.) Provided over an average 140+ activities and/or events per month that are recognized as essential components to healthy and successful aging.

In 2023 the Center offered an average of 167 activities and/or events each month, 125 on-site and an additional 46 off-site. Increases in activities were the result of more individuals returning to the Center and requesting more opportunities for engagement with their peers.

- 2.) Continue to serve over 3200 (duplicated) senior participants each month with social, cultural and educational opportunities.

Our total participation in all Center programs and services (on-site, off-site, and virtual) was 25,815. With many of our trips and activities being full and having a waitlist, we have been able to add additional buses or schedule additional trips to accommodate the demand. Some of the greatest growth has been in the wellness programs. Center membership continues to be strong with over 1,200 unduplicated members.

(See attached Center Statistics Report)

Transportation

- 1.) Continue to provide over 650+ monthly shuttle rides to seniors and adults with disabilities to medical appointments, social events, and basic living needs.

In 2023 the Center provided 9,982 for an average of 832 rides per month. We provided 2,802 medical rides, 3,441 nutrition/meal/grocery rides and many more rides into the Center for social activities, volunteer opportunities and wellness programs. Our "specials" – those trips outside of Castle Rock for important medical appointments in the Denver or Colorado Springs area were 432, an average of 36 per month. These trips take a vehicle and driver away from the Town for much of the day. As Federal and State transportation funds tighten up, the Center has partnered with ARDC to provide more of the outside of town trips and focused our rides on those within the Town borders. We will continue to work closely with our partners to ensure Castle Rock residents get the best possible transportation opportunities available.

- 2.) Added at least 75 new riders to the Transportation Program in 2022.

There were 134 NEW riders in 2023. During the year there were 289 registered active riders.

(See attached Rider Numbers and Trip Classification Report)

Health & Wellness

- 1.) Continue to provide VOA low-cost meals 2 times a week and continue to coordinate Meals on Wheels weekly home deliveries to qualified clients.

During 2023, in partnership with the Volunteers of America, the Center provided 4,176 hot meals to Castle Rock participants. These participants were also provided with 1,014 boxed meals to supplement weekly meals. The Home Delivered Meal Program (Meals on Wheels) provided meals to 171 unduplicated clients, 65 of whom were new in 2023. This program provided 14,100 regular meals and 11,915 breakfast meals to home bound older adults in the region.

(See attached VOA/MOW Program Report)

- 2.) Provide a Hot Lunch Delivery Program 2 times a week to Low Income Senior Housing communities. This service works with Castle Rock's RUOK Program.

This goal has been a bit of a challenge in 2023. Numbers have declined as the VOA switched to a frozen meal only program when they moved the kitchen during late summer. The frozen meals were convenient, but not as popular as the hot meals. At the same time, the Reyn Rock senior apartment complex in downtown Castle Rock was being sold, and the Center was unable to market to increase participation in the meal delivery program. However, there are plans in place to create a new marketing plan for 2024 to increase meal delivery numbers. Below are the statistics for how the program declined during the changes of 2023.

	Beginning # in Jan	# in Dec
Reyn Rock	4	2
Oakwood	15	7
Auburn Ridge	3	0
Castle Rock Apt	3	2

As an assist to Reyn Rock, the Center does provide a bus to allow 5 residents from Reyn Rock to attend the dining room hot meal program and participate in social activities after lunch. This ensures the residents have a hot meal, community engagement and do not lose their very coveted parking spots downtown.

- 3.) Continued to expand the Wellness Programming to serve the needs of our seniors.

Wellness and sports activities have continued to grow for all ages and abilities of participants at the Center. The Center provides activities for all levels from "sit and be fit" and "tai chi for arthritis" classes to golf and softball leagues to active hikes during the warmer months.

Wellness clinics such as foot care and hearing screening bring many participants into the center on a regular basis and the various massage offerings have developed such a following there are always wait lists.

Care and Connect Call Program: The US Surgeon General has declared that loneliness and social isolation is an epidemic in 2023. Social isolation can be caused by many circumstances, including no longer able to drive, loss of mobility, death of a spouse or even just living alone without informal support systems. Chronic loneliness and social isolation can increase the risk of dementia by approximately 50% in older adults and it has been shown that the highest rates of isolation are found in older adults aged 65 and over. The Center partners with Castle Rock PD's "R-U-OK" program and is working with the Douglas County Sheriff's Office in a similar program County wide and will use funds to ensure these clients have regular contact with others and are able to access resources in the community.

The Connect and Care Call Program currently serves 55 – 60 older adult residents of Douglas County. Each resident gets 3-4 calls per month, more during a crisis or concerning situation. In addition to staff that make calls, 23 trained and supported volunteers make calls to isolated older adults. This program will lose funding at the end of June 2024 unless additional funding can be found.

(See attached Connect and Care Calls Report)

Center Objectives

- 1.) Be a leader in community outreach for Senior Resources – 9th Annual Senior Life Expo – Douglas County Events Center.

The 2023 Senior Life Expo continued to be a popular place for older participants, their families, and the community. The 9th Annual Senior Life EXPO held on June 29th, 2023, was a huge success as 700+ seniors and their families connected to a wide-variety of senior resources available to them through the Senior Life EXPO. Guests received genuine care, valid communication, and pertinent information specific to their senior needs all in one compact room for a very strategic, informative afternoon together.

With over 88-senior related resources (including 8-presentations and 3-demonstrations); all participants benefitted from these moments of networking and communication that provided each with hope and direct contact information for opportunities and assistance. Resources included therapy animals, vision & hearing, healthy aging, exercise & mobility, fall-prevention, insurance services, Medicare, legal counsel, public safety, in-home technical assistance, homecare, hospice, housing options, sports, activities, and much more.

The 2024 10th Annual Senior Life Expo "All Things Senior" will be held on Wednesday, June 5th at the Douglas County Events Center from 1:00 to 5:00 p.m.

Attachments:

1. Center Statistics Report
2. Rider Numbers and Trip Classification Report
3. VOA/MOW Program Report
4. Connect and Care Call Report
5. Senior Life Expo Program



2023 Castle Rock Senior Activity Center Statistics

	2023 # OF ONSITE ACTIVITIES/ EVENTS OFFERED (1E ONSITE)	2023 # OF OFFSITE ACTIVITIES/ EVENTS OFFERED (1E OFFSITE)	2023 # OF <u>ALL</u> ACTIVITIES/ EVENTS OFFERED (1E)	PARTICIPATION			2023 TOTAL ATTENDEES (All Programs & Services)	TRANSPORTATION		VOLUNTEER HOURS					Total of All Vol. HRS Columns
				2023 ON-SITE ACTIVITY PARTICIPANTS 1E	2023 OFFSITE/ SPORTS/ MISC	2023 CENTER VISITORS (Walk-Ins)		ACTIVITY/ EVENTS RIDES	SHUTTLE RIDES (Lisa)	SHUTTLE/ SPECIAL DRIVER (3D)	MEALS ON WHEELS DRIVER	EVENT DRIVER (3D)	ADMIN HELP	ALL OTHER	
JAN	116	43	159	1512	309	68	1889	93	842	618	134	63	366	561	1742
FEB	107	45	152	1677	368	35	2080	172	752	559	135	59	256	428	1437
MAR	135	49	184	1813	491	73	2377	133	746	600	236	86	422	661	2005
APR	122	48	170	1667	504	62	2233	113	608	542	136	68	309	950	2005
MAY	124	47	171	1616	702	56	2318	172	603	526	155	43	325	693	1742
JUNE	127	43	170	1749	508	118	2375	67	806	493	139	44	331	880	1887
JULY	118	47	165	1478	579	82	2139	157	703	518	129	34	292	788	1761
AUG	122	46	168	1473	580	59	2112	93	711	485	121	29	324	538	1497
SEPT	119	48	167	1471	707	36	2214	145	820	559	109	59	365	836	1928
OCT	124	48	172	1610	348	56	2014	173	946	602	154	43	367	708	1874
NOV	126	45	171	1495	233	98	1826	157	928	576	138	70	348	1491	2623
DEC	107	46	153	1793	371	75	2239	187	874	600	109	78	345	515	1647
2023 TOTALS	1447	555	2002	19354	5700	818	25816	1662	9339	6678	1695	676	4050	9049	22148

Total Volunteer Hours in 2023 # 22148

Total Volunteers in 2023 # 248

Total Rides (Activity, shuttle, events) in 2023 # 11001



SUMMARY OF ACTIVITY PARTICIPATION AND # OF PARTICIPANTS BY CATEGORY 2023

	TOTAL # OF PEOPLE AT ALL ACTIVITIES (1A)	At - Home Activities(1E)	TOTAL # ATTENDEES-VIRTUAL ACTIVITIES - Remember to add VITU & VIRTUAL FROM EVENT CATEGORY REPORT (1A)	VOA DINING BOX PICK UP & DELIVERY PARTICIPANTS	VOA HOT MEALS (1A)	TOTAL # OF PEOPLE MISC (1A)	TOTAL # OF PEOPLE AT ON-SITE ACTIVITIES (1E)	TOTAL # OF PEOPLE OFF-SITE TRIPS** (1E)	TOTAL # OF PEOPLE HEALTH & WELLNESS ACTIVITIES *** (1E)	TOTAL # OF PEOPLE CURRENT SPORTS THIS MONTH (1E)	# OF ACTIVITIES /EVENTS OFFERED THIS MONTH	TOTAL NUMBER OF RIDERS FOR ACTIVITIES (Eds #;s) (1A1)	Notes about the month
JAN	1889	0	15	200	620	36	1512	188	32	121	159	93	Closed Monday, 01/18 - MLK Jr. Day
FEB	2080	0	11	167	497	35	1644	247	33	121	152	172	Closed Monday, 02/20 Presidents' Day
MAR	2377	0	17	71	115	14	1813	203	59	288	184	133	
APR	2233	0	16	51	82	0	1667	184	62	320	170	113	
MAY	2318	0	5	53	256	0	1616	269	54	433	171	172	Closed Monday, 05/29 Memorial Day
JUNE	2375	0	0	68	392	1	1749	120	117	388	170	67	Closed Monday, 06/19 Juneteenth
JULY	2139	0	0	72	352	60	1433	190	68	388	165	157	Closed Tuesday, 07/04 July 4th
AUG	2112	0	0	69	427	59	1411	156	62	424	168	93	Closed M-F Aug.14-18
SEPT	2213	0	0	64	429	36	1393	196	78	511	167	145	Closed Monday, 09/04 Labor Day
OCT	2014	0	13	56	478	56	1553	146	57	202	174	173	
NOV	1826	0	10	64	192	98	1430	148	65	255	169	157	Closed Thurs/Fri 11/23 & 11/24 Thanksgiving
DEC	2239	0	9			75	1730	197	63	174	153	187	Closed Monday/Tuesday 12/25 & 12/26 Christmas Holidays
2023 TOTALS	25815	0	96	935	3840	470	18951	2244	750	3625	2002	1662	



2023 Rider Numbers and Trip Classifications

Month	New Clients Added		Medical	Grocery	Incidental trip(MOW & Hot Meals)	Employment /Volunteer	Quality of Life	Nutrition	Totals	Specials	Bus Trip Riders
January	4		233	48	200	14	116	231	842	46	93
February	11		197	56	167	13	114	205	752	48	172
March	7		278	67	71	20	244	66	746	44	133
April	9		211	67	60	14	234	22	608	34	113
May	15		268	70	156	16	178	126	814	34	220
June	6		267	60	117	16	148	198	806	36	67
July	10		224	65	102	15	167	130	703	23	157
August	11		191	47	105	9	279	80	711	35	93
September	15		208	61	109	19	335	88	820	36	145
October	16		270	69	127	25	388	67	946	46	173
November	17		241	75	93	35	436	48	928	29	157
December	13		214	69	71	32	440	48	874	21	187
YTD	134		2802	754	1378	228	3079	1309	9550	432	1710

Jan.2 &16 closed Holiday
 Jan. 18th closed snowday
 Jan. 19th limited rides
 Feb 20th closed Holiday
 Feb 15 & 22 closed snowday
 April 4th snowday Limited rides
 May 29th closed for memorial

July 4th for 4th of July
 Aug 14- Aug 18 closed for maintenance
 Sept 4 Closed for Holiday
 Nov 23 & 24 Closed for Holiday
 Dec 25 & 26 Closed for Holiday
 Dec 27 late start 10AM

Total Registered Riders	570
Total Riders using program	289



CASTLE ROCK SENIOR ACTIVITY CENTER

2023 VOA/MOW PROGRAM NUMBERS

	VOA Dining Room Program					Meals on Wheels Program							
<i>Month</i>	<i>Hot Meals</i>	<i>2-Meal Boxes</i>	<i>Total 2-Meal Boxes(2x)</i>	<i>Total amount of Meals</i>		<i>Clients receiving meals</i>	<i>New Clients Added</i>	<i>Clients Discontinuing Service</i>	<i>Boxes Delivered</i>	<i>Box Meals (5x)</i>	<i>Breakfast Boxes</i>	<i>Breakfast Box Meals(5x)</i>	<i>Total Amount of Meals</i>
Jan	620	8	16	636		73	4	4	272	1360	241	1205	2565
Feb	497	9	18	515		65	5	2	232	1160	197	985	2145
Mar	115	152	304	419		67	2	11	259	1295	221	1105	2400
Apr	82	55	110	192		77	6	10	219	1095	210	1050	2145
May	256	30	60	316		71	2	7	269	1345	219	1095	2440
Jun	392	41	82	474		74	6	7	238	1190	201	1005	2195
Jul	352	22	44	396		69	7	8	179	895	152	760	1655
Aug	427	39	78	505		75	10	6	218	1090	174	870	1960
Sept	365	32	64	429		82	12	7	247	1235	175	875	2110
Oct	408	35	70	478		84	8	13	267	1335	217	1085	2420
Nov	348	41	82	430		76	0	2	212	1060	185	925	1985
Dec	314	43	86	400		81	3	4	208	1040	191	955	1995
YTD	4176	507	1014	5190		894	65	81	2820	14100	2383	11915	26015

*** Hot meals not available due to VOA Kitchen being moved from March 1st to May 23rd, 2023



**Connect & Care Calls
2023**

<i>Month</i>	<i>Total Calls Made</i>	<i>Unduplicated Clients</i>	<i>New Clients Added</i>	<i>Volunteers Making Calls</i>
January	448	65	0	7
February	414	63	2	9
March	165	52	5	18
April	131	51	1	18
May	174	56	5	19
June	172	56	0	21
July	170	56	0	20
August	177	56	0	20
September	164	56	0	18
October	148	56	0	17
November	146	56	0	17
December	171	56	0	17
YTD	2480	679	13	201

The background of the entire page is a photograph of a rustic wooden door. The door is made of vertical wooden planks and has a row of dark metal bolts along its bottom edge. The door is set within a brick wall. On either side of the door, there are green vines with small, light blue flowers that are climbing up the wall and over the top of the door.

Senior Life EXPO

June 29, 2023 - 1:00-5:00 PM

PROGRAM BOOK

Come in to find new
opportunities,
connections
and Douglas County
older adult resources.

Organized by the Castle Rock Senior Activity Center

GUIDE TO THE SENIOR LIFE EXPO

Welcome and thank you for joining us!

It's our thrill to present 84 senior-related resources today. You're sure to discover new things and gain wisdom as you visit each booth. Please be sure to get an Exhibitors Passport Card from our hosts as you enter so you can play along and potentially win a prize. To play all you need to do is have the featured booths on your card stamp it as you visit them. Once your card is complete, turn it in before leaving (no need to be present to win as we'll contact you). Resource categories are mixed throughout the Exhibit Hall so please refer to the category listings and map inside this booklet. Our program offers 8-presentations throughout the day and 4 demonstrations on stage with many spontaneous demos at each booth as you arrive. Schedules are on the next page for your reference. Jump in with us to catch your favorite interests.

Restroom facilities are located in the Entrance Hall and seating is available throughout the Exhibit Hall.

If you have any concerns or need assistance during your visit today, be sure to check in with one of our hosts in the Entrance Hall or reach out to any of the welcome booths at the Castle Rock Senior Activity Center stations inside.

Thanks again for coming, it's our pleasure to serve you!



*Executive Director Debbi Haynie,
President Phyllis Tumey*

ORGANIZED BY THE:

CASTLE ROCK SENIOR ACTIVITY CENTER



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Invest in Your Community Volunteer

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Please Thank Our Partners

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CRSAC Fundraising Efforts

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31st Annual Castle Rock Craft Show Extraordinaire

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Douglas County Resources

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"Loving Life in the Second Half"

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Contact Us

PRESENTATIONS

Presentations will be held in the Seminar Rooms located near the entrance.

1:15PM

(Room 1) ["Tinnitus" / ACCENT ON HEARING](#)—Presented by **Elizabeth Martinez**, AuD & **Joanne LaPorta**, M.A., CCC-A Audiologist. *Most of us have experienced some form of ringing in our ears, but 50-million Americans experience a constant ringing. This presentation will dice into how we hear and what Tinnitus is.*

(Room 2) ["Dance Benefits: More Than You'd Expect" / SHALL WE DANCE MOBILE](#) —Presented by **Melissa Kubik**, Owner & Dance Instructor. *Dance is a gentle and low impact way to exercise. We will show how dance benefits your brain, body, social life, cardiovascular and cognitive health.*

2:15PM

(Room 1) ["What Is Probate? How To Avoid It and Why Not To Avoid It" / GUBBELS LAW](#)

Presented by **Gubbels Law Office**. *Once we define probate, we will explain many ways to avoid its need, but why it can be a good thing.*

(Room 2) ["Healthy Aging For Seniors – Knee Replacements, Cholesterol & Healthy Aging Tips!](#)

CASTLE ROCK ADVENTIST HOSPITAL— Presented by **Dr. Shawn Nakamura** - Orthopedic Surgeon, Centura Healthy Physician Group Orthopedics; **Aaron Carlson** - Nurse Practitioner, Healthfit Family Medicine and **Jill Hefti-Breed** – Family Nurse Practitioner, Primary Care Woodlands. *We all want to live a healthy life aging in place in our "golden years" – Let's discover how to combat or cope with changes in our bodies, manage cholesterol and explore the latest advancements in robotic knee replacement surgery.*

3:15PM

(Room 1) ["The Balanced Care Method™" / THE KEY](#) —Presented by **Laura Kneeskern**, Home Care Liaison. *The Balanced Care Method™ is our proprietary approach to care. It focuses on overall wellness, emphasizing nutrition, engagement and social connection, and bringing joy and meaning to each day.*

(Room 2) ["Optimizing Your Social Security & Retirement Benefits" / RETIREMENT TEACHERS](#) — Presented by **Chaundra Price**, M. Ed, Founder of Retirement Teachers. *The decisions you make regarding your retirement income will impact you the rest of your life. Join us as we consider: How can you determine the right time to take your Social Security? Will your Social Security benefits last? What is your comprehensive retirement plan?*

4:15PM

(Room 1) ["The Science of Fall Prevention, What Actually Works" / NYMBL SCIENCE](#) — Presented by **Dr. Nathan Estrada**, VP of **Clinical**, NymbL Science. *The national guidelines for fall risk reduction have not been successful. Come learn how the science of fall risk reduction and balance training is shifting and how it should impact what you do to age well.*

(Room 2) ["Hospice: The Deeds" / ADVANCED HOMECARE & HOSPICE](#)—Presented by **Alicia Veillon**, Advanced Homecare & Hospice. *There are so many misconceptions regarding hospice. Let's have some fun and clear those up.*

DEMONSTRATIONS

1:30PM Outdoor Front Entrance [BISCUIT'S BUDDIES](#)— By **Lyn Heathershaw**, *Biscuit's Buddies*, Owner & Manager. Visit with **Biscuit's Buddies** (Biscuit & her buddies: therapy ponies, a donkey & a goat!). This outreach/non-profit organization extends a lot of love as they reach schools, memory & disability agencies, senior agencies, community partners and much more throughout Douglas County with equine therapy and social interaction. Good for the mind, body, soul and spirit as petting these furry friends, spending time with or even hugging a donkey has many therapeutic advantages (especially so for those struggling with anxiety, depression, loneliness and even cognitive impairment).

1:30PM Stage [CAPABLE: Community Aging in Place](#)—By **Colleen Morton**, Registered Nurse & Program Manager **CAPABLE / Clinical Manager Wellness**, Colorado Visiting Nurse Association. *Better Living for Elders is a non-traditional, evidence-based program designed to increase mobility, independence and safety in the home. The program empowers individuals through a tri-discipline approach of an occupational therapist, registered nurse and handyperson who work with client selected goals to support areas around activities you do every day. Learn about the program qualifications and some home safety tips.*

2:45 PM Stage [BOCCE BALL](#)—By **Cynthia Timmons**, Sports Coordinator & Bocce Ball League Lead, CRSAC. *Living the good life is a lot like travelling bocce ball: 1) Aim as best you can; 2) Observe and learn from others; 3) Go for it!* Join us for a lively demo of this Italian game similar to lawn bowling. Each plays with 4-balls tossing them toward a small target, the first team to reach 9-points wins (lots of bending & extending your arms, picking up & throwing the ball). This very social, light-activity sport is great for flexing & moving your joints, excellent for mobility & fun at any age!

4:00PM Stage [SHALL WE DANCE](#)— By **Melissa Kubik**, *Shall We Dance*, Owner & Instructor. *Gettn' our groove on bringing the joy of dance to you! Our dances are gentle, low impact ways to exercise benefitting brain, body, social life, cardiovascular & cognitive health for the over 60-crowd. All engage in a range of abilities to a variety of tunes & rhythms, it's guided, motivational & fun. You'll love the energy & connection you'll feel while we swing together. You're welcome to join in today or at an upcoming dance class online or in-person.*

BOOTHS BY CATEGORY

ALTERNATIVE HEALTH

- ~ Nymbbl Science, 720-442-1533 / Booth #23
- ~ Shall We Dance Mobile LLC, 630-788-6279 / Booth #50
- ~ Spruce Health Group, 720-756-1031 / Booth #34

CULTURAL & RECREATION

- ~ Biscuit's Buddies, Outdoor Front Entrance
- ~ Castle Rock Senior Activity Center, 303-688-9498 / CRSAC Station-Booths #1-12
- ~ Highlands Ranch Senior Services, 720-240-4922 / Booth #T1
- ~ Shall We Dance Mobile LLC, 630-788-6279 / Booth #50
- ~ Town of Castle Rock, 720-733-2222 / Booth #30
- ~ Town of Elizabeth, 303-646-4166 x2 / Booth #62
- ~ Wellspring Community, 303-660-1935 / Booth #72

DISABLED SERVICES

- ~ Audio Information Network of Colorado, 303-486-7777 / Booth #49
- ~ Denver Regional Council of Government/Area Agency on Aging, 303-480-6700 / Booth #2
- ~ Help & Hope Center, 303-688-1114 / Booth #38
- ~ Mobility City, 720-534-7007 / Booth #63
- ~ Office of the District Attorney 18th Judicial District, 720-874-8547 / Booth #68
- ~ Relay Colorado, 800-676-3777 / Booth #60
- ~ Wellspring Community, 303-660-1935 / Booth #72

EMERGENCY SERVICES

- ~ ADT Medical Alert System, 916-417-3135 / Booth #9
- ~ Castle Rock Adventist Hospital, 720-455-5000 / Booth #3
- ~ Castle Rock Fire Department, 303-660-1066 / Booth #46
- ~ Castle Rock Police Department, 303-663-6100 / Booth #45
- ~ Douglas County Sheriff, 303-663-7748 / Booth #27
- ~ Sky Ridge Medical Center, 720-225-1998 / Booth #53

FINANCIAL SERVICES

- ~ ANB Bank, 303-394-5670 / Booth #71
- ~ Bingo Reverse Mortgage, 720-541-5545 / Booth #59
- ~ Catalyst Lending, 303-646-0391 / Booth #21
- ~ Decision 1 Financial, 303-410-2937 / Booth #17
- ~ Torregrossa Insurance, 303-814-1113 / Booth #52

FOOD RESOURCES

- ~ Castle Rock Senior Activity Center, 303-688-9498 / CRSAC Station-Booths #1-12
- ~ Help & Hope Center, 303-688-1114 / Booth #38
- ~ SECOR Cares, 720-842-5621 / Booth #65
- ~ VOA—Volunteers of America, 720-264-3339 / Booth #42

FUNERAL/CREMATION/CEMETERY

- ~ All Veterans Honor Guard, 303-523-0533 / Booth #64
- ~ Olinger Andrews Caldwell Gibson Funeral Home & Chapel, 303-688-3191 / Booth #16

GOVERNMENT PROGRAMS

- ~ Castle Rock Fire Department, 303-660-1066 / Booth #46
- ~ Castle Rock Police Department, 303-663-6100 / Booth #45
- ~ Denver Regional Council of Government/Area Agency on Aging, 303-480-6700 / Booth #2
- ~ Douglas County Health Department, 720-643-2400 / Booth #39
- ~ Douglas County Older Adult Services & Transportation, 303-663-7681 / Booth #51
- ~ Douglas County Sheriff, 303-663-7748 / Booth #27
- ~ Office of the District Attorney 18th Judicial District, 720-874-8547 / Booth #68
- ~ Seniors Council of Douglas County, 303-660-7460 / Booth #10
- ~ Town of Castle Rock, 720-733-2222 / Booth #30
- ~ Town of Elizabeth, 303-646-4166 x2 / Booth #62
- ~ USA Benefits For Veterans, 303-946-2696 / Booth #18

SERVICES, WELLNESS PROGRAMMING & RESOURCES AT CRSAC



BOOTHS BY CATEGORY

HEALTH CARE PROVIDER

- ~ Accent on Hearing, 303-663-2235 / Booth #25
- ~ Castle Rock Adventist Hospital, 720-455-5000 / Booth #3
- ~ Front Range Retina, 720-828-3937 / Booth #37
- ~ Higher Health Chiropractic, 303-925-0808 / Booth #61
- ~ Kaiser Permanente, 303-829-7416 / Booth #11
- ~ Mile High Senior Eyecare, 720-819-5594 / Booth #24
- ~ Sky Ridge Medical Center, 720-225-1998 / Booth #53

HEALTH SCREENINGS

- ~ Accent on Hearing, 303-663-2235 / Booth #25
- ~ Castle Rock Adventist Hospital, 720-455-5000 / Booth #3
- ~ Douglas County Health Department, 720-643-2400 / Booth #39
- ~ Front Range Retina, 720-828-3937 / Booth #37
- ~ Hidden Peaks Psychology, 720-340-8290 / Booth #41
- ~ Higher Health Chiropractic, 303-925-0808 / Booth #61
- ~ Mile High Senior Eyecare, 720-819-5594 / Booth #24
- ~ Sky Ridge Medical Center, 720-225-1998 / Booth #53

HOME CARE AGENCY (NON-MEDICAL)

- ~ A Caring Hand and Heart, 303-515-0215 / Booth #26
- ~ Comfort Keepers, 303-722-3242 / Booth #31
- ~ Home Instead, 303-688-7852 / Booth #12
- ~ Senior Helpers, 303-452-6500 / Booth #56
- ~ The Key, 720-916-2225 / Booth #66
- ~ Visiting Angels, 720-981-0804 / Booth #70

HOME HEALTH AGENCY (MEDICAL)

- ~ Advanced Homecare & Hospice, 720-377-8429 / Booth #58
- ~ Gentiva Hospice, 303-660-6107 / Booth #6
- ~ Lumicare Hospice, 720-750-8497 / Booth #33

HOME SAFETY/ACCESSIBILITY & REPAIR

- ~ ADT Medical Alert System, 916-417-3135 / Booth #9
- ~ Colorado Visiting Nurse Association, 303-698-6496 / Booth #T2
- ~ Number 1 Son LLC, 888-627-1766 / Booth #1

HOSPICE / PALLIATIVE / END OF LIFE CARE AGENCIES

- ~ Advanced Homecare & Hospice, 720-377-8429 / Booth #58
- ~ Colorado End Of Life Collaborative, 303-241-3396 / Booth #8
- ~ Colorado Visiting Nurse Association, 303-698-6496 / Booth #T2
- ~ Gentiva Hospice, 303-660-6107 / Booth #6
- ~ Lumicare Hospice, 720-750-8497 / Booth #33

HOUSING ASSISTANCE

- ~ Heart 2 Heart 4 Seniors, 303-371-4100 / Booth #40

HOUSING: ASSISTED LIVING

- ~ Bonaventure, 720-506-9958 / Booth #55
- ~ BridgeWater Castle Rock, 720-557-2155 / Booth #48
- ~ Castle Country Assisted Living, 303-482-5547 / Booth #5
- ~ Someren Glen/Rhythms, 720-974-2903 / Booth #7
- ~ Terra Bluffs, 720-798-3770 / Booth #28

HOUSING: INDEPENDENT LIVING

- ~ Bonaventure, 720-506-9958 / Booth #55
- ~ BridgeWater Castle Rock, 720-557-2155 / Booth #48
- ~ Someren Glen/Rhythms, 720-974-2903 / Booth #7
- ~ The Meadowmark/Ulysses Development Group, 720-615-1010 / Booth #36

ACTIVITIES, NUTRITION SERVICES & SPECIAL INTEREST GROUPS AT CRSAC



BOOTHS BY CATEGORY

HOUSING: MEMORY CARE

- ~ Bonaventure, 720-506-9958 / Booth #55
- ~ BridgeWater Castle Rock, 720-557-2155 / Booth #48
- ~ Brookside Inn, 303-688-2500 / Booth #19
- ~ Castle Country Assisted Living, 303-482-5547 / Booth #5
- ~ Terra Bluffs, 720-798-3770 / Booth #28

INSURANCE PROVIDERS/SERVICES

- ~ Humana, 719-464-5822 / Booth #44
- ~ Kaiser Permanente, 303-829-7416 / Booth #11
- ~ Medicare & More, 512-300-5502 / Booth #29
- ~ Retirement Teachers, 303-916-3068 / Booth #69
- ~ Torregrossa Insurance, 303-814-1113 / Booth #52
- ~ United HealthCare, 602-754-1883 / Booth #4

LEGAL SERVICES

- ~ Gubbel's Law, 303-688-1655 / Booth #54
- ~ Monteith Law LLC., 303-290-7413 / Booth #47
- ~ Office of the District Attorney 18th Judicial District, 720-874-8547 / Booth #68
- ~ Walters Law LLC., 719-231-8442 / Booth #15

MEDICAL AIDS & DEVICES

- ~ Accent on Hearing, 303-663-2235 / Booth #25
- ~ ADT Medical Alert System, 916-417-3135 / Booth #9
- ~ Knise Works, 720-850-2825 / Booth #67
- ~ Mobility City, 720-534-7007 / Booth #63
- ~ Rock Steady Cane, 720-394-9037 / Booth #57

MEDICAL SERVICES

- ~ Audio Information Network of Colorado, 303-486-7777 / Booth #49
- ~ Castle Rock Adventist Hospital, 720-455-5000 / Booth #3
- ~ Colorado Visiting Nurse Association, 303-698-6496 / Booth #T2
- ~ Higher Health Chiropractic, 303-925-0808 / Booth #61
- ~ Mile High Senior Eyecare, 720-819-5594 / Booth #24
- ~ Relay Colorado, 800-676-3777 / Booth #60
- ~ Sky Ridge Medical Center, 720-225-1998 / Booth #53
- ~ Spruce Health Group, 720-756-1031 / Booth #34

MORTGAGES & LENDING

- ~ ANB Bank, 303-394-5670 / Booth #71
- ~ Bingo Reverse Mortgage, 720-541-5545 / Booth #59
- ~ Catalyst Lending, 303-646-0391 / Booth #21
- ~ Decision 1 Financial, 303-410-2937 / Booth #17

REHABILITATION FACILITY

- ~ Brookside Inn, 303-688-2500 / Booth #19
- ~ Silver Heights Skilled Nursing & Rehab, 303-688-3174 / Booth #14
- ~ Someren Glen/Rhythms, 720-974-2903 / Booth #7

SENIOR ACTIVITIES

- ~ Castle Rock Senior Activity Center, 303-688-9498 / CRSAC Station-Booths #1-12
- ~ Highlands Ranch Senior Services, 720-240-4922 / Booth #T1
- ~ Town of Castle Rock, 720-733-2222 / Booth #30

SENIOR ASSISTANCE OR SERVICES (NON-MEDICAL)

- ~ AARP Driver Safety, 888-687-2277 / Booth #32
- ~ A Caring Hand and Heart, 303-515-0215 / Booth #26
- ~ AgeWise Colorado, 303-295-0613 / Booth #T5
- ~ Aging Resources of Douglas County, 303-814-4300 / Booth #20
- ~ Colorado End Of Life Collaborative, 303-241-3396 / Booth #8
- ~ Colorado Gerontological Society, 303-333-3482 / Booth #22
- ~ Comfort Keepers, 303-722-3242 / Booth #31
- ~ Douglas County Older Adult Services & Transportation, 303-663-7681 / Booth #51
- ~ Heart 2 Heart 4 Seniors, 303-371-4100 / Booth #40
- ~ Help & Hope Center, 303-688-1114 / Booth #38
- ~ Highlands Ranch Senior Services, 720-240-4922 / Booth #T1
- ~ Home Instead, 303-688-7852 / Booth #12
- ~ Medicare & More, 512-300-5502 / Booth #29
- ~ Number 1 Son LLC, 888-627-1766 / Booth #1
- ~ NymbL Science, 720-442-1533 / Booth #23
- ~ Retirement Teachers, 303-916-3068 / Booth #69
- ~ SECOR Cares, 720-842-5621 / Booth #65
- ~ Senior Helpers, 303-452-6500 / Booth #56
- ~ Seniors Blue Book, 800-201-9989 / Booth #T3
- ~ The Key, 720-916-2225 / Booth #66
- ~ USA Benefits For Veterans, 303-946-2696 / Booth #18
- ~ Visiting Angels, 720-981-0804 / Booth #70

BOOTHS BY CATEGORY

SENIOR CENTER/ PROGRAMMING

- ~ Castle Rock Senior Activity Center, 303-688-9498 / CRSAC Station-Booths #1-12
- ~ Douglas County Libraries, 303-791-7323 / Booth #43
- ~ Town of Elizabeth, 303-646-4166 x2 / Booth #62

SENIOR ORGANIZATION

- ~ AARP Driver Safety, 888-687-2277 / Booth #32
- ~ Castle Rock Senior Activity Center, 303-688-9498 / CRSAC Station-Booths #1-12
- ~ Colorado End Of Life Collaborative, 303-241-3396 / Booth #8
- ~ Douglas County Libraries, 303-791-7323 / Booth #43
- ~ Douglas County Veterans Monument Foundation, 317-966-0925 / Booth #T6
- ~ Fraternal Order of Eagles Castle Rock #3947, 303-688-3947 / Booth #T4
- ~ Seniors Council of Douglas County, 303-660-7460 / Booth #10

SENIOR SPECIAL INTEREST GROUPS

- ~ Castle Rock Senior Activity Center, 303-688-9498 / CRSAC Station-Booths #1-12
- ~ Highlands Ranch Senior Services, 720-240-4922 / Booth #T1

SERVICE ORGANIZATION

- ~ All Veterans Honor Guard, 303-523-0533 / Booth #64
- ~ Audio Information Network of Colorado, 303-486-7777 / Booth #49
- ~ Colorado Gerontological Society, 303-333-3482 / Booth #22
- ~ Douglas County Veterans Monument Foundation, 317-966-0925 / Booth #T6
- ~ Fraternal Order of Eagles Castle Rock #3947, 303-688-3947 / Booth #T4
- ~ Parkinson Association of the Rockies, 303-830-1839 / Booth #35
- ~ Relay Colorado, 800-676-3777 / Booth #60
- ~ VOA—Volunteers of America, 720-264-3339 / Booth #42

SKILLED NURSING HOME

- ~ Brookside Inn, 303-688-2500 / Booth #19
- ~ Silver Heights Skilled Nursing & Rehab, 303-688-3174 / Booth #14

SUPPORT RESOURCES

- ~ AgeWise Colorado, 303-295-0613 / Booth #T5
- ~ Aging Resources of Douglas County, 303-814-4300 / Booth #20
- ~ Castle Rock Senior Activity Center, 303-688-9498 / CRSAC Station-Booths #1-12
- ~ Colorado Gerontological Society, 303-333-3482 / Booth #22
- ~ Denver Regional Council of Government/Area Agency on Aging, 303-480-6700 / Booth #2
- ~ Douglas County Health Department, 720-643-2400 / Booth #39
- ~ Hidden Peaks Psychology, 720-340-8290 / Booth #41
- ~ Parkinson Association of the Rockies, 303-830-1839 / Booth #35
- ~ Seniors Blue Book, 800-201-9989 / Booth #T3
- ~ USA Benefits For Veterans, 303-946-2696 / Booth #18

TRANSPORTATION

- ~ Aging Resources of Douglas County, 303-814-4300 / Booth #20
- ~ Castle Rock Senior Activity Center, 303-688-9498 / CRSAC Station-Booths #1-12
- ~ Denver Regional Council of Government/Area Agency on Aging, 303-480-6700 / Booth #2
- ~ Douglas County Older Adult Services & Transportation, 303-663-7681 / Booth #51

VOLUNTEER OPPORTUNITY AGENCIES

- ~ Aging Resources of Douglas County, 303-814-4300 / Booth #20
- ~ All Veterans Honor Guard, 303-523-0533 / Booth #64
- ~ Biscuit's Buddies - Outdoor Front Entrance
- ~ Castle Rock Senior Activity Center, 303-688-9498 / CRSAC Station-Booths #1-12
- ~ Douglas County Libraries, 303-791-7323 / Booth #43
- ~ Douglas County Veterans Monument Foundation, 317-966-0925 / Booth #T6
- ~ Help & Hope Center, 303-688-1114 / Booth #38
- ~ Highlands Ranch Senior Services, 720-240-4922 / Booth #T1
- ~ Parkinson Association of the Rockies, 303-830-1839 / Booth #35
- ~ Seniors Council of Douglas County, 303-660-7460 / Booth #10
- ~ Town of Castle Rock, 720-733-2222 / Booth #30
- ~ VOA—Volunteers of America, 720-264-3339 / Booth #42
- ~ Wellspring Community, 303-660-1935 / Booth #72

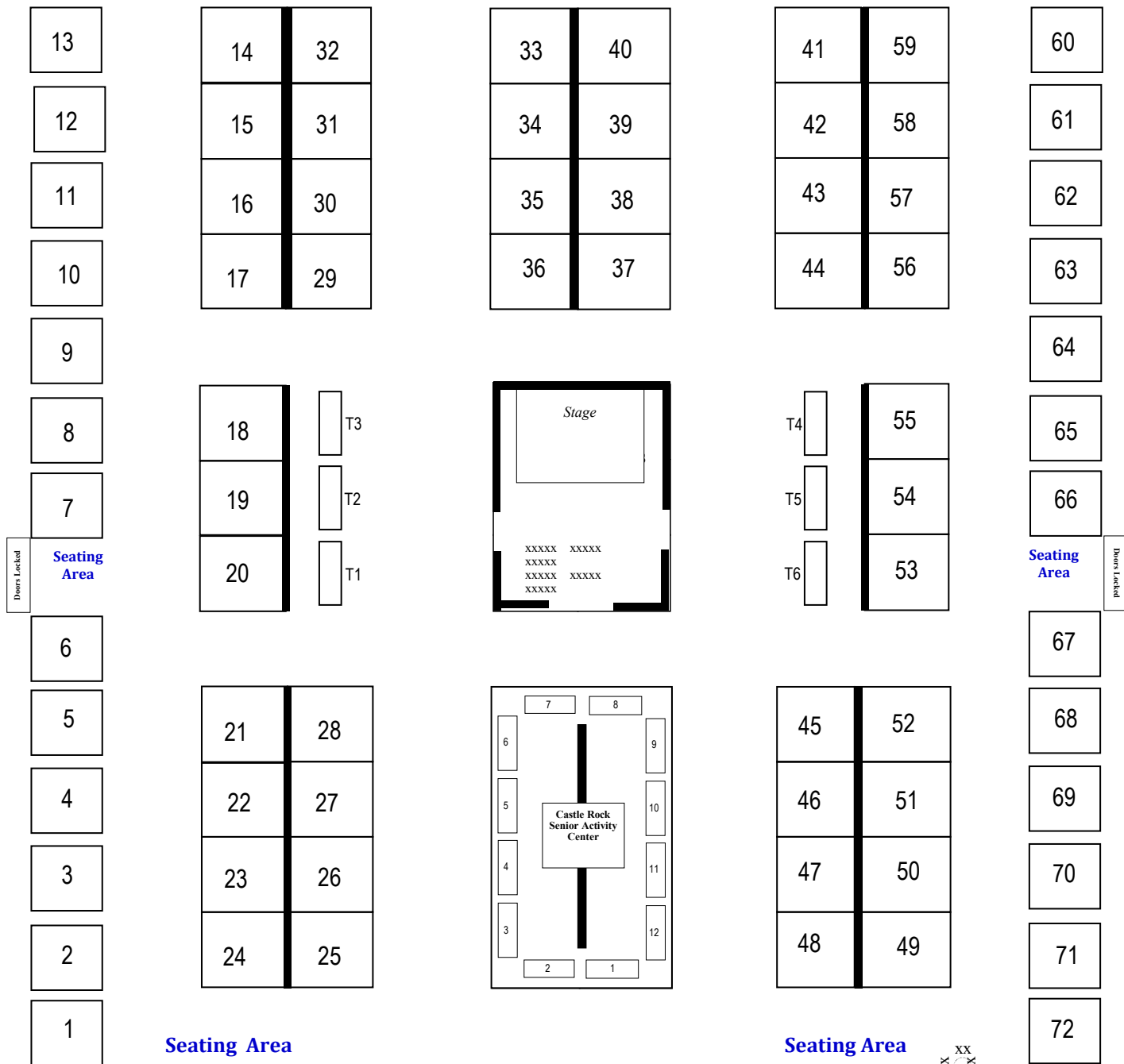


LARGEST ANNUAL FALL CRAFT SHOW IN THE AREA



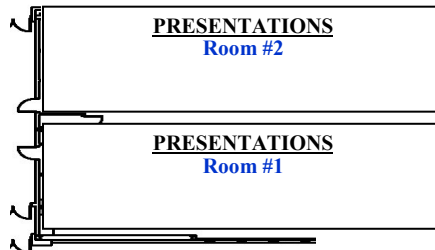
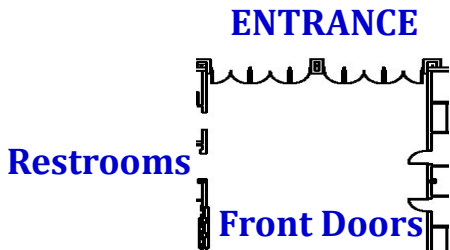
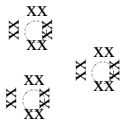
DOUGLAS COUNTY
FAIRGROUNDS & EVENTS CENTER

Thursday, June 29, 2023 1PM-5PM



MAIN HALL

Seating Area & seating area



INVEST IN YOUR COMMUNITY

VOLUNTEER TO CHANGE THE LIFE OF SOMEONE IN YOUR FAMILY OR COMMUNITY

1. CONGREGATE MEAL PROGRAM

The Castle Rock Senior Activity Center has volunteer opportunities for our congregate meal program with Volunteers of America on Tuesdays and Thursdays. Join us as we assemble and serve a hot lunch to our Seniors. Volunteer openings include meal assembly in our kitchen, service in the dining room and check-in for attendees.

2. BE A CONNECT & CARE CALLER

Can you help an isolated senior by making a brief phone call twice a week from the comfort of your home? We need help with our Connect and Care calls.

3. BE A VOLUNTEER DRIVER

We are in need of volunteer drivers. Won't you or someone you know drive seniors around town and make a huge difference in their lives, letting them stay in their homes and be active in their community? Our drivers provide transportation with our vehicles to the grocery store, doctors office, to our activity center and all around town! A donation of your time means so much. A driving shift is any day of your choosing Monday through Friday from 8:30am-3:30pm.

4. LAUNDRER LINENS

We need volunteers to help launder the linens in the kitchen. This is a job you can bring home.

5. BE A BINGO CALLER

Do you want to have some fun with an energetic group? Our Bingo interest is growing.

6. HELP HAUL DONATIONS

We need 1-2 volunteers to help take items to our offsite storage unit throughout the year. We accept donations of books, Grandma Attic items, craft supplies and seasonal decorations which end up at the Annual Craft Show each fall. We especially need you if you have a truck to haul these items.

Share a few moments of your time and bring a smile to someone's face. Please contact the front desk at 303-688-9498 for further information and a volunteer application.

Volunteers are the backbone of the Castle Rock Senior Activity Center.

PLEASE THANK OUR PARTNERS

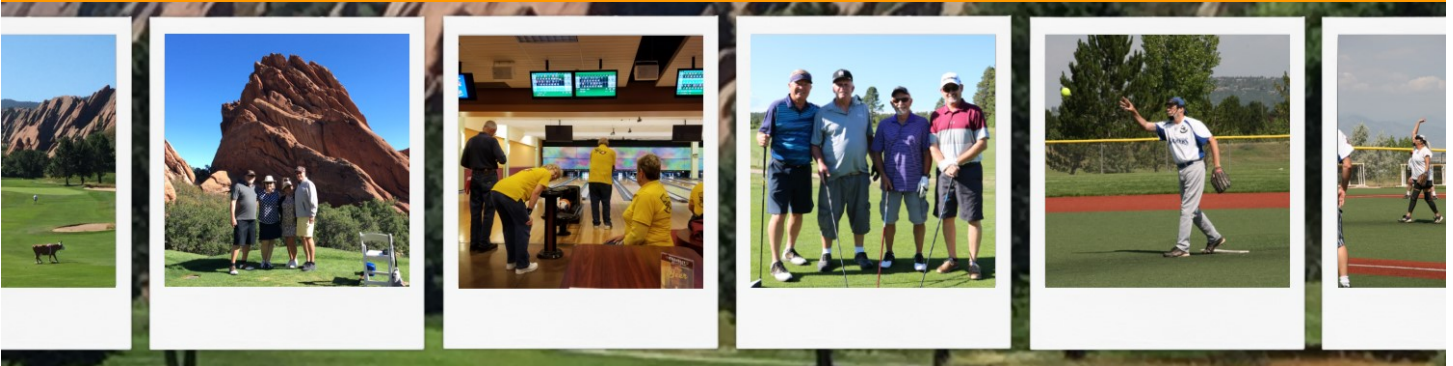
PARTNERS BY ALPHA ORDER

- ~ AARP & Driver Safety, 888-687-2277 / Booth #32
- ~ A Caring Hand and Heart, 303-515-0215 / Booth #26
- ~ Accent on Hearing, 303-663-2235 / Booth #25
- ~ ADT Medical Alert System, 916-417-3135 / Booth #9
- ~ Advanced Homecare & Hospice, 720-377-8429 / Booth #58
- ~ AgeWise Colorado, 303-295-0613 / Booth #T5
- ~ Aging Resources of Douglas County, 303-814-4300 / Booth #20
- ~ All Veterans Honor Guard, 303-523-0533 / Booth #64
- ~ ANB Bank, 303-394-5670 / Booth #71
- ~ Audio Information Network of Colorado, 303-786-7777 / Booth #49
- ~ Bingo Reverse Mortgage, 720-541-5545 / Booth #59
- ~ Biscuit's Buddies, 720-272-5018 / Outdoor Front Entrance
- ~ Bonaventure, 720-506-9958 / Booth #55
- ~ BridgeWater Castle Rock, 720-557-2155 / Booth #48
- ~ Brookside Inn, 303-688-2500 / Booth #19
- ~ Castle Country Assisted Living, 303-482-5547 / Booth #5
- ~ Castle Rock Adventist Hospital, 720-455-5000 / Booth #3
- ~ Castle Rock Fire Department, 303-660-1066 / Booth #46
- ~ Castle Rock Police Department, 303-663-6100 / Booth #45
- ~ Castle Rock Senior Activity Center, 303-688-9498 / CRSAC Station – Booths #1-12
- ~ Catalyst Lending, 303-646-0391 / Booth #21
- ~ Colorado End Of Life Collaborative, 303-241-3396 / Booth #8
- ~ Colorado Gerontological Society, 303-333-3482 / Booth #22
- ~ Colorado Visiting Nurse Association, 303-698-6496 / Booth #T2
- ~ Comfort Keepers, 303-722-3242 / Booth #31
- ~ Decision 1 Financial, 303-410-2937 / Booth #17
- ~ Denver Regional Council of Government/Area Agency on Aging, 303-480-6700 / Booth #2
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- ~ Douglas County Libraries, 303-791-7323 / Booth #43
- ~ Douglas County Older Adult Services & Transportation, 303-663-7681 / Booth #51
- ~ Douglas County Sheriff, 303-663-7748 / Booth #27
- ~ Douglas County Veterans Monument Foundation, 317-966-0925 / Booth #T6
- ~ Fraternal Order of Eagles Castle Rock #3947, 303-688-3947 / Booth #T4
- ~ Front Range Retina, 720-828-3937 / Booth #37
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- ~ Home Instead, 303-688-7852 / Booth #12
- ~ Humana, 719-464-5822 / Booth #44
- ~ Kaiser Permanente, 303-829-7416 / Booth #11

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- ~ Knise Works, 720-850-2825 / Booth #67
- ~ Lumicare Hospice, 720-750-8497 / Booth #33
- ~ Medicare & More, 512-300-5502 / Booth #29
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- ~ Monteith Law LLC., 303-290-7413 / Booth #47
- ~ Number 1 Son LLC, 888-627-1766 / Booth #1
- ~ Nymbl Science, 720-442-1533 / Booth #23
- ~ Office of the District Attorney 18th Judicial District, 720-874-8547 / Booth #68
- ~ Olinger Andrews Caldwell Gibson Funeral Home & Chapel, 303-688-3191 / Booth #16
- ~ Parkinson Association of the Rockies, 303-830-1839 / Booth #35
- ~ Relay Colorado, 800-676-3777 / Booth #60
- ~ Retirement Teachers, 303-916-3068 / Booth #69
- ~ Rock Steady Cane, 720-394-9037 / Booth #57
- ~ SECOR Cares, 720-842-5621 / Booth #65
- ~ Senior Helpers, 303-452-6500 / Booth #56
- ~ Seniors Blue Book, 800-201-9989 / Booth #T3
- ~ Seniors Council of Douglas County, 303-660-7460 / Booth #10
- ~ Shall We Dance Mobile LLC, 630-788-6279 / Booth #50
- ~ Sky Ridge Medical Center, 720-225-1998 / Booth #53
- ~ Silver Heights Skilled Nursing & Rehab, 303-688-3174 / Booth #14
- ~ Someren Glen/Rhythms, 720-974-2903 / Booth #7
- ~ Spruce Health Group, 720-756-1031 / Booth #34
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- ~ Walters Law LLC., 719-231-8442 / Booth #15
- ~ Wellspring Community, 303-660-1935 / Booth #72

SPORTS LEAGUES AT CRSAC



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The CRSAC does not make any endorsements.



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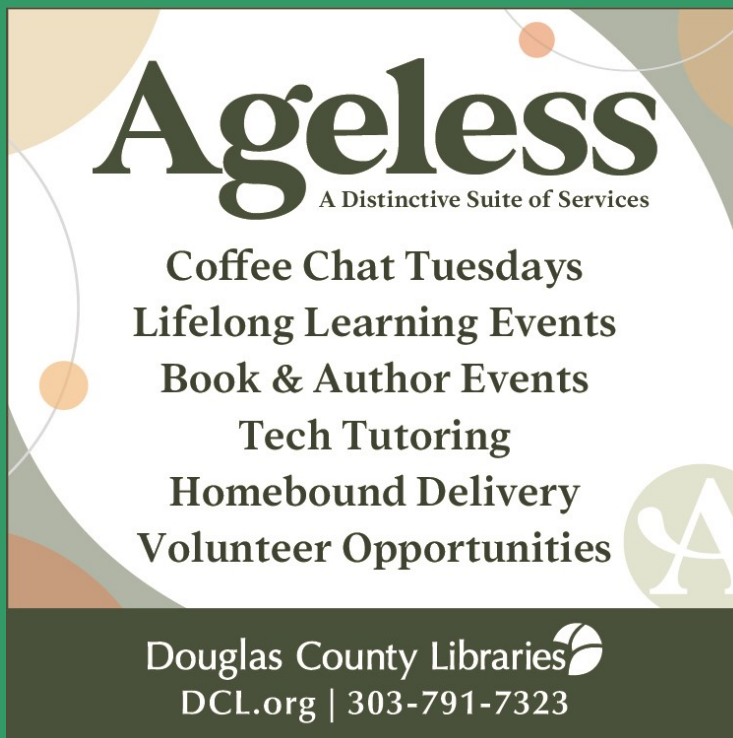
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OUR ELDERLY OFTEN EXPERIENCE DIFFICULTY SLEEPING AT NIGHT DUE TO TOE AND FOOT PAIN FROM A NUMBER OF ISSUES INCLUDING: GOUT, DIABETIC NEUROPATHY, PLANTAR FASCIITIS AND OTHER SIMILAR AILMENTS WHICH CAN BE AGGRAVATED DUE TO HEAVY BEDSHEETS AND BLANKETS.

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*ADDITIONAL MEDICAL CONDITIONS RELATED TO NIGHTLY TOE AND FOOT PAIN: ARTHRITIS, ATHLETE'S FOOT, BLISTERS, BUNIONS, CORNS, HAMMERTOES, INGROWN TOENAILS, INJURIES AND MUCH MORE



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Save the Date



Vintage & Vibrant

Exploring the Latest Trends in
Living Well & Aging Well

Thursday, September 28, 2023
8 a.m. to 3:30 p.m.
Parker Arts, Culture and Events Center (PACE)
2000 Pikes Peak Ave.
Parker, CO 80138

This day-long experience is filled with learning, socializing, and plenty of fun. The day begins with a continental breakfast followed by lots of laughter as the morning keynote speaker Jeanne Nott, Ms. Colorado Senior America 2022, shares her wit and humor.

Find more information here:

<https://www.douglas.co.us/community-services/services/senior-services/seniors-council/vintage-vibrant/>

Mark your calendars for these events benefitting area seniors in 2023!

Saturday, September 9

**SHOPPING
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.



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.

**23rd Annual
"Fall Swing"**

golf
Tournament

Benefitting
Castle Rock Senior Activity Center

Thursday, September 14
Golf Club at Bear Dance, Larkspur

Sponsor & Player Registration Open!

Thursday, September 14, 2023
Begins at 8:30 AM

Registration: \$195.00 per Player
Deadline: August 25

Register with **Stacey Fahrenbruch**
Event Coordinator: 720.733.2291
Or email: sfahenbruch@crgov.com

**Give online on Tuesday
& be part of the
\$1 million incentive fund**

COMMUNITY FIRST FOUNDATION

**COLORADO
GIVES DAY** 
ColoradoGivesDay.org **Dec. 5**

www.coloradogives.org/castlerockseniorcenter



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**Your donation will provide
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to allow seniors to continue
"Loving Life in the Second Half."**

GIVE WHERE YOU LIVE   #COGivesDay

Donate online at ColoradoGives.org | \$1M Incentive Fund!



Go to area restaurants on Dining-to-Donate days, turn in a flyer when you pay your bill, and the restaurant will donate a percentage to the Castle Rock Senior Activity Center. Eat great food and make money for great senior programs. You can find CRSAC newsletters online at www.castlerockseniorcenter.org for flyers and updates.

2023 Dining to Donate Locations

- July 12, SMART COW
- July 26, HICKORY HOUSE
- August 9, FREDDY'S FROZEN CUSTARD AND STEAKBURGERS
- August 23, APPLEBEE'S
- September 27, DUKE'S STEAKHOUSE
- October 25, 2023 BLACK EYED PEA
- November 8, THE HIDEAWAY
- December 6, CHILI'S RESTAURANT

31st Annual
Castle Rock

Craft Show

Extraordinaire

Saturday, November 4, 2023

9:00am-4:00pm

Douglas County Events Center, Castle Rock

One of the Largest Craft Events in the County
Unique handcrafted products not found elsewhere by true artisans & crafters

FREE to the public

Crafts and So Much More

Grandma's Kitchen

Free Door Prizes

Wreath Auction

Apple Watch Raffle

Quilt Raffle

Grandma's Attic

Silent Auction

Book Sale

Concessions

Please bring donations of canned food items for the Help and Hope Center Food Bank

Organized by The Castle Rock Senior Activity Center
The show benefits area senior citizen programs and services
Information at 303-688-9498 or castlerockseniorcenter.org

* Please, Certified Service Dogs ONLY / Pets Not Allowed

To ease crowd congestion, standard-size strollers recommended. NO over-sized strollers, push carts or wagons inside.

Free parking - shuttle buses transporting to/from front doors

Did you know Douglas County supports older adults and persons with disabilities through local, state and federal grants? Grant-funded services include transportation, homemaker, personal care, chore, handyman and reassurance calls. Services are provided **at no cost** to qualified Douglas County residents! Contributions are welcome and help fund additional services. To learn more about these programs, contact Douglas County First Call, your “first call” for information and assistance, or contact the providers listed below directly.

DOUGLAS COUNTY FIRST CALL - 303-660-7519

Douglas County Grant Service Providers for July 2022 – June 2023

Douglas County Transit Solutions Providers

- Aging Resources DC www.agingresourcesdougco.org 303-814-4300
- CR Senior Activity Center www.castlerockseniorcenter.org 303-688-9498
- To The Rescue www.totherescue.net 720-851-2100

Douglas County Homemaker Service Providers

- Aging Resources DC www.agingresourcesdougco.org 303-814-4300
- Visiting Angels www.visitingangels.com/littleton 720-981-0804

Douglas County Personal Care Providers

- Visiting Angels www.visitingangels.com/littleton 720-981-0804

Douglas County Chore and Handyman Services

- Aging Resources DC www.agingresourcesdougco.org 303-814-4300

Douglas County Reassurance Calls

- Aging Resources DC www.agingresourcesdougco.org 303-814-4300
- CR Senior Activity Center www.castlerockseniorcenter.org 303-688-9498

Douglas County strives to ensure consistency and availability of services. Services are dependent upon the levels of local, state, and federal grant funding available. Since funding is limited, providers may not always be able to accommodate requests for services. For help accessing services, please contact First Call, or another provider from those listed above.

**CASTLE ROCK
SENIOR ACTIVITY CENTER**

"Loving Life in the Second Half"



Visit to Argo Gold Mill & Tunnel

On behalf of the Castle Rock Senior Activity Center we would once again like to thank you for attending and supporting the Senior Life Expo. Our community partners, sponsors, attendees and volunteers all played a huge role in the success of this event which helps support the needs of the growing demands of the area senior population. We hope you found helpful resources and information for you and your family members for now or in the future. Throughout the county there are many businesses, organizations, government entities and individuals advocating for the growing senior population. Area partners truly care about seniors and believe, like we do, that life can be lived to the fullest at any age regardless of the circumstances (we like to say that age is just a number). We encourage you to make the most of your life by planning for your future, getting involved in your communities, going places, getting help when you need it, having fun, continuing to learn new things, staying active and making friends along the way.

Please mark your calendar for our **Golf Tournament** on September 14 and our **31st Annual Craft Show Extraordinaire** on November 4. We hope you enjoyed the Expo as much as we did. Our desire is for you and your loved ones to love life in the second half!

Come join CRSAC for some fun travel & day trips!



Mt. Rushmore in May



Southern Charm Tour in April, 2023



**CASTLE ROCK
SENIOR ACTIVITY CENTER**

"Loving Life in the Second Half"



303.688.9498



crsc@crgov.com



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Castle Rock, CO 80104



www.castlerockseniorcenter.org



www.facebook.com/CastleRockSeniorCenter
www.instagram.com/castlerockseniorcenter/
twitter.com/SeniorCastle



or
subscribe to "Castle Rockin' Seniors"
on YouTube

