

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

July 28, 2023

**Re: 2023 Castle Rock Senior Activity Center  
1<sup>st</sup> Half Town Contract Report**

The Castle Rock Senior Activity Center greatly appreciates the support that we receive from the Town of Castle Rock and recognizes that we could not make the impact we do in the lives of Seniors without your support. We believe that our partnership truly extends lives and helps Senior's "Love Life in the Second Half."

It is our continued wish to be "The Place" for seniors to find friendships, resources and activities for their Second Half. We have been voted "Best of the Best" again this year for Best Senior Services and by Colorado Community News Papers. We are very proud of this accomplishment as it speaks to our mission of helping older adults stay independent, along with providing activities, programs and services. Just being available and around to talk to our older adults gives us the opportunity to help them to stay safe at home and get the resources they need that are so vital to stay active and socially engaged.

We will continue to find ways to support our community and give back by participating in and supporting local events. Our monthly "Dining to Donate" fundraiser not only helps us but also supports local restaurants too. You will see us help out the civic organizations such as Rotary, Kiwanis and Civitan with local programming. We are actively involved with the Chamber and several of their programs, such as helping provide the artists shuttles for Artfest. This is in addition to the events we host such as our Annual Golf Tournament, Craft Show and Senior Life Expo. We continue to be active members in several groups, such as – Douglas County Transit Solutions, Douglas County Senior Council, Douglas County Community of Care, Douglas County High Needs Population Task Force, Douglas County Gives and other community and transportation groups. We also believe in helping others in need. Each year, we help by donating comfort items to the Cancer Closet at Skyridge, along with donating new and handmade items to Denver Health's Newborns in need program and local Veterans groups.

I've attached several documents that support many of the statistics I've cited. Please feel free to let me know if you are in need of any other documents or have questions.

The Board of Directors and Staff of the Castle Rock Senior Activity Center thank you for all your support on behalf of our members and those we serve.

Sincerely,

  
Debbi Haynie  
Executive Director

## **2023 PERFORMANCE OBJECTIVES**

### **Programs and Activities**

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

This year has been an explosion of new members and activities to match the interest. We are currently offering over 165 activities and/or events each month. In the past year, we have seen an increase in the younger age range of older adults getting more involved with new experiences and activities including sports. We added a Bocce Ball League last year and now have scheduled a Cornhole league for fall. Our indoor sports have been a big hit and we are offering multiple session to accommodate the interest.

As I have shared in the past, we have been experiencing a change in the way restaurants, venues and programs are operating now. We continue to adapt with these new changes and shortages in the workforce as well. We have discovered that we have to run multiple trips with smaller numbers to accommodate the businesses. One of the good things to come out of the pandemic is that many businesses have now made their activities/ programs much more portable. We have been able to offer more activities at the center such as, floral designing, watercolor classes, cooking classes, etc. These programs have been great and have drawn a good attendance.

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

Our membership is over 1200 members currently, with 215 new members so far. Our membership continues to be very diverse, as we seek to provide programming to meet all their desires (see membership by age report). Currently the average age of a member is 73.

\* (See attached Participation Report & Center Statistics Report)

### **Transportation**

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

Transportation remains one of top utilized services in the community. Our monthly average is over 760 rides and about 8-10 new riders have been added each month. We are still seeing our medical rides continue to increase, due to the lack of medical specialists in Castle Rock. Our number of rides are limited by vehicles and volunteers as to what we can provide. When we send a vehicle out of the area, we reduce the amount of local shuttle rides we can do. We currently have 3 to 4 vehicles on the road for the shuttle service each Monday thru Friday, and an average of 10-12 specials each week which are one-on-one rides to medical appointments outside our shuttle area (i.e., VA Hospital, Swedish Hospital, etc.) We do prioritize our ride requests by medical first, nutrition and grocery second and then by local priority. We added two additional vehicles in the past year to also help with being able to provide more rides. Currently our fleet consist of 3 sedans, 2 small SUV's, 3 mini vans and MV1. MV1 and one of the mini

vans are equipped to transport wheelchairs. We are also awaiting a new wheelchair van through a grant with DRCOG. We should take delivery by the end of the year. In addition to the shuttle vehicles, we have three 14-passenger buses (one with wheelchair capability) for our Center's activities.

*2.) Add at least 75 new riders to the transportation program in 2023.*

As of June 30, 2023 we have added 52 new riders to our program. We are on trend to be over 100 new riders by the end of the year.

*\*(Please see the 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.*

Our Hot Lunch Program is continuing to be a great social and nutritional main stay at the center. We did see numbers decrease during March 1<sup>st</sup> to May 23<sup>rd</sup> due to the Volunteers of America (VOA) moving to their kitchen. During this time frozen entrée meals were provided to the clients. Many clients declined the frozen food during this time. Since hot meals have returned so have the clients along with many new ones as well. We have also added lunch bus service for Reyn Rock Apartments on Tuesdays and Thursdays hot meal program. As you might be aware the residents do not want to leave and lose their parking spot downtown. We have found that some of the residents enjoy getting out and even staying for our afternoon programs (i.e. Bingo, movies and presentations).

Meals on Wheels numbers have decreased some as older adult are feeling more comfortable getting out of the home if possible. This program is also used as a short term meal service when an older adult is recovering from a surgery. We are averaging about 4-5 new clients each month, with about 6 dropping off each month.

*2.) Provide a Hot Lunch Delivery Program 2 times a week to Low Income Senior Housing communities. This program is in partnership with RUOK.*

We have partnered with the Town of Castle Rock and are receiving CDBG Funding to deliver hot meals to our Low Income Senior Housing Communities such as Oakwood, Auburn Ridge and Castle Rock Apartments. This program has been very successful and continues to reach even more of our older adults each month. This program also experienced the temporary decline in meal delivered due to the VOA kitchen closure and frozen meals being offer. Our Meal Program Coordinator is working with the Senior apartment communities to do some upcoming onsite recruitment for new clients in July and August.

*3.) Continue to expand the wellness programming to serve the needs of the seniors.*

Currently we offer an average of 8-10 different programs and activities under our wellness programing. One of our newer programs has been a great success that it is

being offered regularly. It is a seated dance class through the Shall We Dance Organization. This will be a great exercise program for those with balance or mobility issues. Our drama group has put on one performance this year and is scheduled for another next month. This program helps with memory and brain simulation. Our low vision group has expanded from 5 older adults to 13 – 15 each month. We are looking at partnering with the Parkinson Association to offer a support group here also.

*\*(See attached VOA/MOW Program Report & Center Statistics Report.)*

## **Center Objectives**

- 1.) *Be a leader in the community outreach for Senior Resources – June 29<sup>th</sup>, 2022 9<sup>th</sup> Annual Senior Life Expo – Douglas County Events Center.*

We had another great year with 90 booths and close to 600 in attendance for the event this year. We had 8 presentations and 4 demonstrations during the event. I have attached a program book for you each. This program book is also use as a resource guide after the event for the attendees and is given out at the center when older adults are looking for resources.

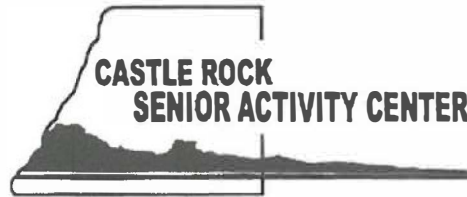
Please put on your calendars June 27<sup>th</sup>, 2024 for our 10<sup>th</sup> Annual Senior Life Expo.

## **Attachments:**

1. Membership/Age Gender Report – 2023
2. Center Statistics Report
3. Center Participation Report
4. Rider Numbers and Trip Classification Report
5. VOA/MOW Program Report
6. Senior Life Expo Program Guide 2023







### 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 ALL 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	1644	368	35	2012	172	752	559	135	59	256	428	1437
MAR	135	49	184	1813	491	46	2318	133	746	600	236	86	422	661	2005
APR	122	48	170	1667	504	37	2171	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	32	2257	67	806	493	139	44	331	880	1887
JULY															0
AUG															0
SEPT															0
OCT															0
NOV															0
DEC															0
<b>2023 TOTALS</b>	<b>731</b>	<b>275</b>	<b>1006</b>	<b>10001</b>	<b>2882</b>	<b>274</b>	<b>12965</b>	<b>750</b>	<b>4357</b>	<b>3338</b>	<b>935</b>	<b>363</b>	<b>2009</b>	<b>4173</b>	<b>10818</b>

Total Volunteer Hours in 2023 #

Total Volunteers in 2023 #

Total Rides in 2023 #



### 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 - <i>Remember to add VITU &amp; VIRTUAL FROM EVENT CATEGORY REPORT (1A)</i>	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	405	38	1512	188	32	121	159	93	Closed Monday, 01/16 - MLK Jr. Day
FEB	2012	0	11	167	377	0	1611	247	33	121	152	172	Closed Monday, 02/20 Presidents' Day
MAR	2318	0	17	71	90	14	1754	203	59	288	184	133	
APR	2171	0	16	51	88	0	1605	184	62	320	170	113	
MAY	2318	0	5	53	146	0	1562	269	54	433	171	172	Closed Monday, 05/29 Memorial Day
JUNE	2257	0	0	88	221	0	1632	120	117	508	170	67	Closed Monday, 06/19 Juneteenth
JULY													Closed Tuesday, 07/04 July 4th
AUG													Closed M-F Aug. 14- 18
SEPT													Closed Monday, 09/04 Labor Day
OCT													
NOV													Closed Thurs/Fri 11/23 & 11/24 Thanksgiving
DEC													Closed Monday/Tuesday 12/25 & 12/26 Christmas Holidays
2023 TOTALS	12965	0	64	610	1327	50	9676	1211	357	1791	1006	750	

**Castle Rock Senior Activity Center**  
**Rider Numbers and Trip Classification**

<b>2023</b>											
<i>Month</i>	<i>New Clients Added</i>		<i>Medical</i>	<i>Grocery</i>	<i>Incidental trip( MOW &amp; Hot Meals)</i>	<i>Vaccine</i>	<i>Employment /Volunteer</i>	<i>Quality of Life</i>	<i>Nutrition</i>	<i>Totals</i>	<i>Specials</i>
January	4		233	48	200		14	116	231	842	46
February	11		197	56	167		13	114	205	752	48
March	7		278	67	71		20	244	66	746	44
April	9		211	67	60		14	234	22	608	34
May	15		268	70	156		16	178	126	814	34
June	6		267	60	117		16	148	198	806	36
July										0	
August										0	
September										0	
October										0	
November										0	
December										0	
YTD	52		1454	368	771	0	93	1034	848	4568	242

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

2023 VOA/MOW PROGRAM  
NUMBERS

VOA Dining Room Program					Meals on Wheels Program								
Month	Hot Meals	2-Meal Boxes	Total 2-Meal Boxes(2x)	Total amount of Meals		Clients receiving meals	New Clients Added	Clients Discontinuing Service	Boxes Delivered	Box Meals ( 5x)	Breakfast Boxes	Breakfast Box Meals(3x)	Total Amount of Meals
Jan	620	8	16	636		73	4	4	272	1360	241	723	2083
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	657	2002
Jun	392	41	82	474		74	6	7	238	1190	201	603	1793
Jul			0	0									0
Aug			0	0									0
Sept			0	0									0
Oct			0	0									0
Nov			0	0									0
Dec			0	0									0
			0	0									0
YTD	1962	295	590	2552		427	25	41	1489	7445	1289	5123	12568





# 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



## INSIDE

3

**Presentations &  
Demonstrations**

4-7

**Booths by Category**

8

**Map of Expo**

9

**Invest in Your Community  
Volunteer**

10-11

**Please Thank Our Partners**

12-15

**Advertising Sponsors**

16

**CRSAC Fundraising Efforts**

17

**31st Annual Castle Rock  
Craft Show Extraordinaire**

18

**Douglas County Resources**

19

**"Loving Life in the Second  
Half"**

20

**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, Nymb 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

- ~ Nymbi 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



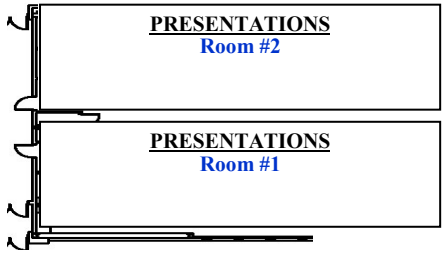
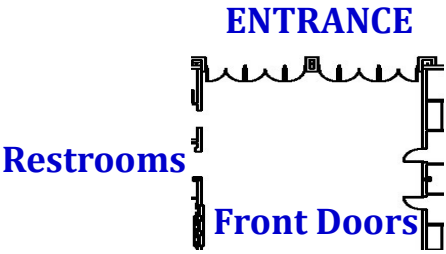
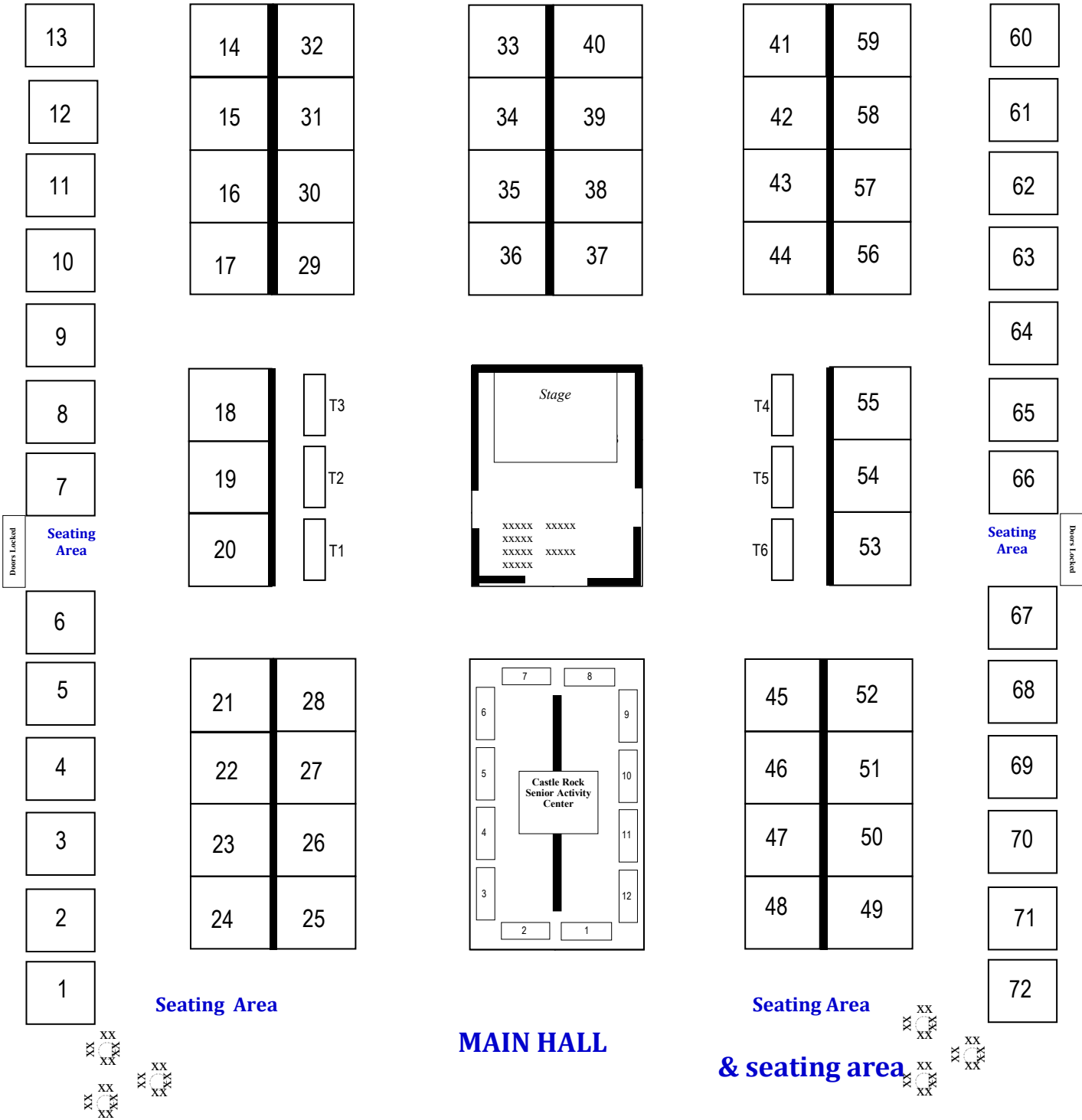
LARGEST ANNUAL FALL CRAFT SHOW IN THE AREA





DOUGLAS COUNTY  
FAIRGROUNDS & EVENTS CENTER

Thursday, June 29, 2023 1PM-5PM



# 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. LAUNDER 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

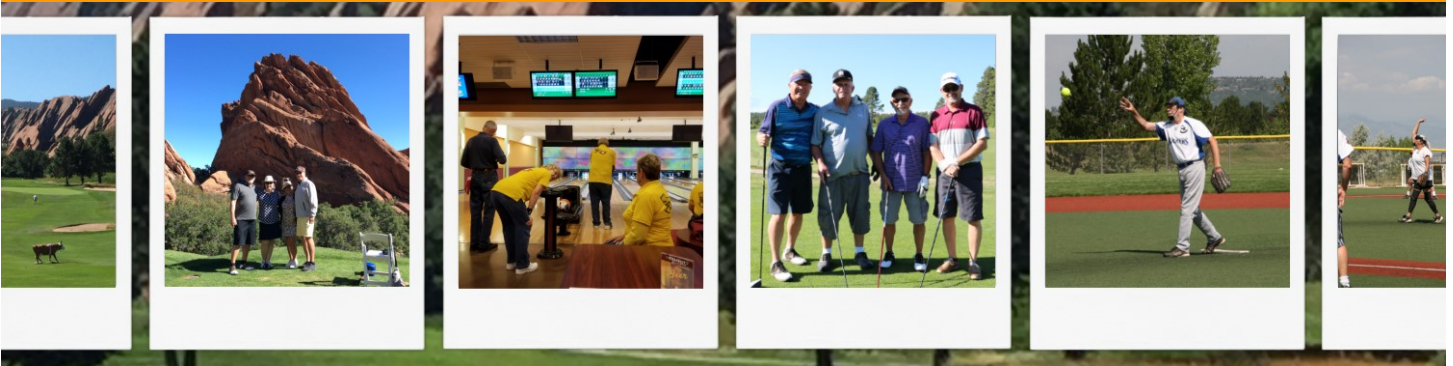
## PARTNERS BY ALPHA ORDER

- ~ 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
- ~ Douglas County Health Department, 720-643-2400 / Booth #39
- ~ 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
- ~ Gentiva Hospice, 303-660-6107 / Booth #6
- ~ Gubbel's Law, 303-688-1655 / Booth #54
- ~ Heart 2 Heart 4 Seniors, 303-371-4100 / Booth #40
- ~ Help & Hope Center, 303-688-1114 / Booth #38
- ~ Hidden Peaks Psychology, 720-340-8290 / Booth #41
- ~ Higher Health Chiropractic, 303-925-0808 / Booth #61
- ~ Highlands Ranch Senior Services, 720-240-4922 / Booth #T1
- ~ Home Instead, 303-688-7852 / Booth #12
- ~ Humana, 719-464-5822 / Booth #44
- ~ Kaiser Permanente, 303-829-7416 / Booth #11

## PARTNERS BY ALPHA ORDER

- ~ Knise Works, 720-850-2825 / Booth #67
- ~ Lumicare Hospice, 720-750-8497 / Booth #33
- ~ Medicare & More, 512-300-5502 / Booth #29
- ~ Mile High Senior Eyecare, 720-819-5594 / Booth #24
- ~ Mobility City, 720-534-7007 / Booth #63
- ~ Monteith Law LLC., 303-290-7413 / Booth #47
- ~ Number 1 Son LLC, 888-627-1766 / Booth #1
- ~ Nymbi 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
- ~ Terra Bluffs, 720-798-3770 / Booth #28
- ~ The Key, 720-916-2225 / Booth #66
- ~ The Meadowmark/Ulysses Development Group, 720-615-1010 / Booth #36
- ~ Torregrossa Insurance, 303-814-1113 / Booth #52
- ~ Town of Castle Rock, 720-733-2222 / Booth #30
- ~ Town of Elizabeth, 303-646-4166 x2 / Booth #62
- ~ United HealthCare, 602-754-1883 / Booth #4
- ~ USA Benefits For Veterans, 303-946-2696 / Booth #18
- ~ Visiting Angels, 720-981-0804 / Booth #70
- ~ VOA—Volunteers of America, 720-264-3339 / Booth #42
- ~ Walters Law LLC., 719-231-8442 / Booth #15
- ~ Wellspring Community, 303-660-1935 / Booth #72

## SPORTS LEAGUES AT CRSAC





# ADVERTISING SPONSORS

Please stop by these booths and thank these paid advertisers featured throughout this Program Book for their willingness to be a sponsor of the Senior Life Expo. This event could not occur without the generosity of those who advocate for seniors.  
The CRSAC does not make any endorsements.



**Nymbbl**

**Stay active  
with the free  
Nymbbl Training  
app**

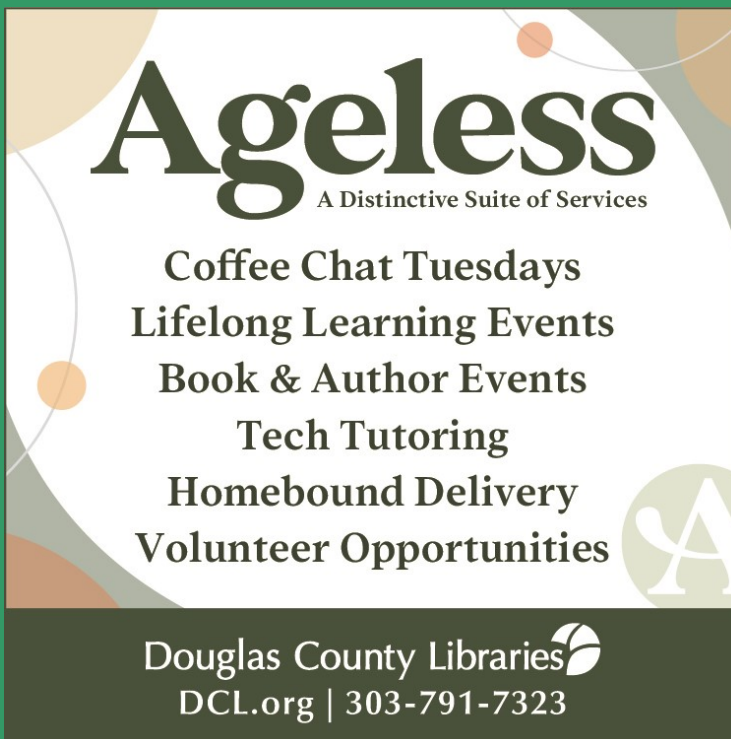
GET IT ON  
Google Play

Download on the  
App Store




**ACaringHandAndHeart**  
YOUR CARE | OUR PASSION

**In Home Non-Medical Health Care For 55+**  
**Experienced in many levels of care.**  
*Locally owned, not a franchise;  
to us, our clients are family.*  
[www.acaringhandandheart.com](http://www.acaringhandandheart.com)  
**Call or Text 303-515-0215**  
**FREE Consultation**



**Ageless**  
A Distinctive Suite of Services

- Coffee Chat Tuesdays
- Lifelong Learning Events
- Book & Author Events
- Tech Tutoring
- Homebound Delivery
- Volunteer Opportunities

Douglas County Libraries   
DCL.org | 303-791-7323



**ROCK  
STEADY  
CANE**



- ~Stability You Can Lean On ~Easy to Use
- ~Fits Next to Seat in Most Cars
- ~Improves Your Mobility
- ~Sturdy on Most Surfaces ~Ergonomic Handle

**720-394-9037**  
**BillEnglish1234@gmail.com**  
**226 Douglas Fir Ave, Castle Rock, CO 80104**

# ADVERTISING SPONSORS



RetirementTeachers



Need a speaker for  
your group?

**(303) 357-0588**

Call Chaundra Price, M.Ed.,  
founder of the  
**Medicare Teachers  
and Retirement Teachers**



**Trust.  
Expertise.  
Experience.**



Home Care Assistance is now  **THEKEY**

- ✓ Expertly trained caregivers guided and managed by our Care Team
- ✓ Personalized Care Plans tailored to each client's individual needs and preferences
- ✓ A holistic approach to care, based on our proprietary Balanced Care Method™

Call today for a  
free consultation.

**(303) 957-3100 | TheKey.com**



**MILE HIGH SENIOR EYECARE**  
*improving lives beyond 20/20*

**Mobile Optometrist**

Specializing in Glasses and Medical Eye  
Care for Seniors and People With  
Mobility Challenges

Dr. Jessica Schuman  
(720) 819-5594  
DrSchuman@mhseye.com  
www.mhseye.com



## CONNECTIONS

If you have hearing loss  
or a speech disability,  
learn how Relay  
Colorado can make  
phone calls easier.



**relaycolorado.com**



# ADVERTISING SPONSORS

**Local sales agent. Local  
Medicare Advantage plans.**

**Caroline Siciliano**

Licensed Sales Agent

Parker, CO, 80134

**720-757-2200, TTY 711**

MyUHCagent.com

siciliano888@comcast.com



**Full-Service  
Mobility Solutions**

**SALES • RENTALS • REPAIRS**

**720-730-6683**  
**mobilitycity.com/dvco**

**151 W. Mineral Avenue, Suite 115**

**Littleton, CO 80120**

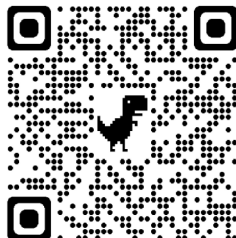
**MON-FRI: 9am-5pm | SAT: 10am-2pm | SUN: Closed**



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.

KNISEWORKS PROVIDES A NIGHTLY SOLUTION FOR THOSE ACHES AND PAINS ULTIMATELY AFFORDING A MORE COMFORTABLE AND RESTFUL SLEEP LEADING TO BETTER HEALTH. PLEASE REFERENCE THE QR CODE FOR MORE INFORMATION.

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



QR CODE: THECOZYTOEZY.COM



**Helping Coloradans  
navigate the Aging  
Journey to Age Well...  
Age Wisely**

**www.agewisecolorado.org**

**720-295-0163**

# ADVERTISING SPONSORS



## BRIDGEWATER

### CASTLE ROCK

**Independent Living, Assisted Living  
& Memory Care**

3997 Home Street, Castle Rock, CO 80108

**(303) 228-3721**

[info@castlerockbridgewater.com](mailto:info@castlerockbridgewater.com)



Find us on  
Facebook

Linked 

## AGING RESOURCES *of Douglas County*

VOLUNTEER SERVICES  RESOURCE NAVIGATION  EDUCATION & OUTREACH 

**A Nonprofit Helping Older  
People Stay Independent!**

**303-814-4300**

[www.AgingResourcesDougCo.org](http://www.AgingResourcesDougCo.org)



**SILVER HEIGHTS**

SKILLED NURSING & REHABILITATION

(303) 688-3174

## 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)  
20000 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](mailto:sfahenbruch@crgov.com)

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

**COMMUNITY FIRST FOUNDATION**

**COLORADO  
GIVES DAY**



[ColoradoGivesDay.org](https://ColoradoGivesDay.org)

**Dec. 5**

[www.coloradogives.org/castlerockseniorcenter](https://www.coloradogives.org/castlerockseniorcenter)



"Loving Life in the Second Half"

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

GIVE WHERE YOU LIVE

[f](https://www.facebook.com/COGivesDay) [i](https://www.instagram.com/COGivesDay) [t](https://www.tiktok.com/@COGivesDay) #COGivesDay

Donate online at [ColoradoGivesDay.org](https://ColoradoGivesDay.org) | \$1M Incentive Fund!

## 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



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](https://www.castlerockseniorcenter.org) for flyers and updates.

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](http://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        | <a href="http://www.agingresourcesdougco.org">www.agingresourcesdougco.org</a>     | 303-814-4300 |
| ▪ CR Senior Activity Center | <a href="http://www.castlerockseniorcenter.org">www.castlerockseniorcenter.org</a> | 303-688-9498 |
| ▪ To The Rescue             | <a href="http://www.totherescue.net">www.totherescue.net</a>                       | 720-851-2100 |

#### **Douglas County Homemaker Service Providers**

- |                      |  |              |
|----------------------|--|--------------|
| ▪ Aging Resources DC | <a href="http://www.agingresourcesdougco.org">www.agingresourcesdougco.org</a>         | 303-814-4300 |
| ▪ Visiting Angels    | <a href="http://www.visitingangels.com/littleton">www.visitingangels.com/littleton</a> | 720-981-0804 |

#### **Douglas County Personal Care Providers**

- |                   |  |              |
|-------------------|--|--------------|
| ▪ Visiting Angels | <a href="http://www.visitingangels.com/littleton">www.visitingangels.com/littleton</a> | 720-981-0804 |
|-------------------|--|--------------|

#### **Douglas County Chore and Handyman Services**

- |                      |  |              |
|----------------------|--|--------------|
| ▪ Aging Resources DC | <a href="http://www.agingresourcesdougco.org">www.agingresourcesdougco.org</a> | 303-814-4300 |
|----------------------|--|--------------|

#### **Douglas County Reassurance Calls**

- |                             |  |              |
|-----------------------------|--|--------------|
| ▪ Aging Resources DC        | <a href="http://www.agingresourcesdougco.org">www.agingresourcesdougco.org</a>     | 303-814-4300 |
| ▪ CR Senior Activity Center | <a href="http://www.castlerockseniorcenter.org">www.castlerockseniorcenter.org</a> | 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"*



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*





303.688.9498



crsc@crgov.com



2323 Woodlands Blvd.  
Castle Rock, CO 80104



[www.castlerockseniorcenter.org](http://www.castlerockseniorcenter.org)



[www.Facebook.com/CastleRockSeniorCenter](https://www.facebook.com/CastleRockSeniorCenter)  
[www.instagram.com/castlerockseniorcenter/](https://www.instagram.com/castlerockseniorcenter/)  
[twitter.com/SeniorCastle](https://twitter.com/SeniorCastle)



or  
subscribe to "Castle Rockin' Seniors"  
on YouTube

