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**CASTLE ROCK
SENIOR ACTIVITY CENTER**
2323 Woodlands Blvd.
Castle Rock, CO 80104



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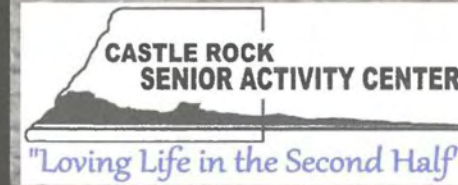


Rockin' Seniors

"Loving Life in the Second Half"

The Official Monthly Publication of the Castle Rock Senior Activity Center

OCTOBER
Issue #1022



MONDAY - FRIDAY
8:30 AM - 4:30 PM
2323 Woodlands
Blvd., Castle Rock,
CO 80104
Office: 303.688.9498
Fax: 303.814.1035

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2022 BOARD & STAFF

EXECUTIVE OFFICERS

President	Phyllis Tumey
Executive Vice President	Jon Hendricks
Vice President-Membership/ Outreach	Lynn Kroloff
Secretary	Sherry Fogleman
Treasurer	Steve Lockwood
Immediate Past President	Doris Rollins

COMMITTEE CHAIRPERSONS

Activities	Patty Hasty
Community Liaison	Open
Sports Coordinator	Cynthia Timmons
Transportation	Ed Mattix

STAFF

Executive Director	Debbi Haynie dhaynie@crgov.com
Assistant Director/ Activities Coordinator	Shannon Rutt srutt@crgov.com
Transportation Manager	Tina Whitby twhitby@crgov.com
Events/Project Coordinator	Stacey Fahrenbruch sfahrenbruch@crgov.com
Volunteer Coordinator	Maria Seibert mseibert@crgov.com
Front Desk Coordinator	Open
Kitchen Coordinator	Teresa VanWinkle

ASSOCIATES

Accountant	Greg Bell, CPA
Legal Advisor	Wendy Monteith

Thinking about becoming a member?

CRSAC is a membership-based Center that welcomes all those 50-plus. For \$36 per year, you will get a \$10 discount per activity, along with other priceless opportunities. To join, stop in at the front desk, or go to www.castlerockseniorcenter.org and find the fill-in membership form. We can't wait to meet you!

From the Director

Fall is in the Air!!!

I love this time of year when we can pull out our sweaters, play fantasy football or get a pumpkin spiced latte. It is a great time to enjoy a craft show, pumpkin patch or fall festival. It is also a time for getting together with friends, family and sharing fun times.

Fall is also the time the Center is in full swing for our largest **FUN**raisers.

Can you believe that our Craft Show is only a month away? This truly is a fun day for all. Please consider helping out as more volunteers make for lighter workloads. Please see Maria about what type of jobs you are interested in.

Our Loving Life Challenge program was a HUGE success because so many of you donated and your contribution was matched. We blew the top off the thermometer in our lobby! Thank you again for investing in your Senior Center, no matter the amount, they all added up to meeting and exceeding our goal.

Here are a few of the other fundraising events still to come this year:

• **Craft Show:** come enjoy a fun-filled day of shopping. We will have crafts, baked goods, books, grandma's attic and a silent auction. These booths all support the Center. If you can't make the Craft Show on Saturday, November 5, we will have a boutique back at the Center with all the wonderful crafts.

• **Dining to Donate:** these are great monthly opportunities to dine out locally and support the Center at the same time. Please plan a meal with a friend at one or all of these great restaurants.

• **Colorado Gives Day Dec 6, 2022:** another opportunity to donate to the Center and have the Center receive additional incentive funding. We encourage you to have family members make donations on your behalf, as it's all online giving.

Thank you all again for all YOUR support for our wonderful Center.

~ Debbi

ELECTION RESULTS

Congratulations to our newly elected Board of Directors! **Sherry Fogleman** will continue to serve as Secretary for another two years, and **Jon Hendricks** has been newly elected as Executive Vice President. As many of you know, Jon previously served as our transportation director, managing our fleet of vehicles and busses and keeping them in tip-top shape. We are excited he is stepping into the Executive Vice President role, which focuses on the Senior Activity Center's fundraising efforts.

Both Sherry and Jon were unopposed, so under the Bylaw changes the Board of Directors implemented this year, these directors were deemed elected to avoid the expense and time of mailing out and counting ballots for unopposed candidates. Don't worry though, when we have contested elections in the future, the Senior Center will continue to mail out ballots so you can elect your Board of Directors.

Sherry and Jon will be sworn in at the January Board of Directors meeting, and will also be at our Annual Meeting on November 17th @1:30 pm when the Board of Directors gives updates to the membership about the work done over the past year. We hope to see you there!

~From Your Board of Directors

You Need to Know

The September Activity signup day was a record breaker! Staff and volunteers processed 230+ signup sheets in one day. There were about 56 volunteer hours logged from 8AM-3PM on this day. This is all done manually in an effort to provide fairness. Much of our population does not use computers. We are making a couple of improvements.

*Activity Sheets will now be due by 3:00 PM on the Monday before signup day. This will allow staff to pre-process and organize sheets.

*If you are on the waitlist or owe money, we will wait to call you until the Monday after signup day. This will eliminate multiple calls to a member as things change (changes are made to the waitlist or money is owed).

Thanks for your patience. We are so glad CRSAC is a place so many want to be!

OUR ROCKIN' MEMBERS



- 1st Rob Campbell, Dee Rusin
- 2nd Bob Fischer, Jeff Rucks
- 4th Daniel Akin, Rod Boschee, Edward Connery, Constance Johnson, Steve Pritchard
- 5th Anne Befrage, Elly Harper, Sandy Hendricks, Shirley Schoeberl, Marilynn Vap
- 6th Kathy Boone, Sam Kitchen
- 7th Bill Forrest, John Joseph
- 8th Irene McCurdy, Terry Miller
- 9th Beverly Bull, Doris Freestone, Mark Sanders, Sue Vaughn, Candy Witt
- 10th Gloria Cavalier, Jerry McDermott, Barbara Miller
- 12th Jenny Hunsinger, Cynthia Payseur, Ronald Weller
- 13th Betty Haulman, John Husson, Louise Santomarcio
- 14th Randy Beem, Ruth Femia, Janice Fenton, Larry Lawrence, Bev Moore
- 15th Mary Proctor
- 16th Steve Gottula
- 17th Eugene Advincula, Carole Hotz, Jennie Kawulok, Thelma Minney, Debbie Stenner
- 18th Drew Beske, Diana Carroll, Jerra Goodin, Diane Magaw, Barry Neale, Ray Richards
- 19th Richard Beets, Carolyn Neely, Ginny Rafferty
- 21st Mary Lou Brandebery, Gisele Denton, Dave Rhodus
- 22nd Chuck Bourgeois, Mary McGregor, Steve Meyer
- 23rd Daniel Baker, Marci Chaireza
- 24th Darryl Hamilton, Steve Roberts, Larry Schlupp, Yvonne Shumway, Julie Smith
- 25th Glynda Clark, Gail Reyes, Pam Shearer, Juliana Young
- 26th Wally Cooledge, James Kennedy, Gail Ward, Terri Woody
- 27th Wanda Alexander, James Boone, Joe Ruys
- 28th Lynn Barnes, Sherry Fogleman, Janie Letterman
- 29th Judy Crenshaw, Judy Marko
- 30th Gary Byrd, Rod Sanders, Norma Wood
- 31st Eva Zott



Thank a Driver

Even though the CRSAC building was closed for a week in August, staff and volunteers were still working hard. Drivers spent a day in classes getting certified and trained on the proper procedures for securing wheelchairs in our vehicles. These volunteers put a lot of hard work into making sure they are up to date on the newest policies and procedures as well as changes. They also attended mandatory drivers meetings in September. Thanks to Tina Whitby, our Transportation Manager, for all that she does to keep us all safe on the road. Do you know that we currently provide over 900 rides a month to area seniors? If you'd like to be a part of our dedicated volunteer driving team, call Maria during normal business hours at 720-733-2292.



July Dining to Donate Contest Winner

Rick Graff won the July Dining-to-Donate contest, which was held at the popular The Old North End. You, too, can be a winner during the months that these fundraisers are held. Congratulations, Rick!



Candy Corn Counting Contest

How many pieces of candy corn can you spot in this issue (from cover to cover and including this page)? Give us your guess by filling out a form at the front desk, or call it in by Oct. 28. All correct entries will be entered into a drawing for a prize on Oct 31. The candy corn are not exactly like this picture and are all different.

MULTI-DAY HAPPENINGS (Circle the dates)

X	DATE	ACTIVITY	TIME	ACTIVITY FEE MEMBER	ACTIVITY FEE NON-MEMBER	COST
	Month of Oct	Afternoon of Games 10/3 10/7 10/10 10/14 10/17 10/21 10/24 10/28 10/31	1:00 PM	No Activity Fee	No Activity Fee	
	Month of Oct	Bowling 10/3 10/10 10/17 10/24 10/31	11:00 AM	\$12 Each Week	Not Available	
	Month of Oct	Bingo 10/4 10/11 10/25	1:00 PM	No Activity Fee	No Activity Fee	
	Month of Oct	Current Events 10/7 10/14 10/21 10/28	10:00 AM	No Activity Fee	No Activity Fee	
	Month of Oct	Drama Workshop 10/6 10/13 10/20 10/27	10:00 AM	\$12 a Month	\$22 a Month	
	Month of Oct	Knit & Crochet 10/5 10/7 10/12 10/14 10/19 10/21 10/26 10/28	1:00 PM	No Activity Fee	No Activity Fee	
	Month of Oct	Mahjong 10/7 10/12 10/21 10/26	1:00 PM	No Activity Fee	Not Available	
	Month of Oct	**Monday Bridge 10/3 10/10 10/17 10/24 10/31	9:15 AM	No Activity Fee	No Activity Fee	
	Month of Oct	Sewing Group 10/10 10/24	9:00 AM	No Activity Fee	No Activity Fee	
	Month of Oct	Sit & Be Fit 10/4 10/5 10/6 10/12 10/13 10/18 10/19 10/20 10/25 10/26 10/27	9:30 AM	No Activity Fee	No Activity Fee	
	Month of Oct	Texas Hold 'em 10/4 10/18 (Circle Level) Beg. Int. Adv.	1:00 PM	No Activity Fee	No Activity Fee	
	Month of Oct	Trivia Group 10/6 10/13 10/20 10/27 10/27 (2:00PM)	1:00 PM	No Activity Fee	No Activity Fee	

Total Activity Fees \$ _____

OFFICE USE ONLY WHEN PAID

Total Fees \$ _____ — Certificate \$ _____ = \$ _____ Rung into Register
 HOW PAID Cash Check Charge
 Processed by _____ Date _____ Time _____

**Ticketed Event
No Refunds

Will-Pay by
(date)

Notes. Office Use Only.

**Please contact Ann Morris and Steve Wheeler to join Marathon and Duplicate Bridge respectively. Contact info on Page 11.

INVEST IN YOUR COMMUNITY

We are in need of volunteer drivers

When you help a senior you are helping your friends, your neighbors and community.

Call Maria at 720-733-2292 for more information.



THANK YOU TO OUR August Volunteers



Ahlering, Chris
Asbridge, Juli
Balzer, Susan
Bartlett, Mike
Bills, Brian
Bjork, Alan
Breth, Kathy
Britten, Trish
Bronson, Ann
Bush, Sadie
Caramella, Ben
Carr, Joanne
Clyde, Sharon
Connally, Julie
Corbell, Dawn
Craft, Nanette
Cunningham, Joan
Decker, Jim
Decker, Sharon
Donaldson, Neal
Donaldson, Sue
Driessen, Klaus
Egner, Deg
Einspahr, Christie
Eller, Cherrlyn
Fahrenbruch, Michael
Finch, Wayne
Fine, Lynda
Fischer, Annie
Flugum, Nancy
Flugum, Virgil
Fogleman, Sherry
Fortin, Rolande Marie
Frindt, Beverly
Gottula, Steve
Guidry, Sandy
Hagmaier, Peg
Hall, David
Hamilton, Larry

Harpster, Glenna
Harrison, Nancy
Hasty, Patty
Hawley, Cathy
Hazelton, Ingrid
Henderson, Jim
Hendricks, Jon
Hendricks, Sandy
Henning, Irene
Hier, Sandi
Holverstott, Charles
Holverstott, Cherie
Hostettler, Rashelle
Hoyman, Sandra
Hudson, Mary
Husson, John
Hysten, Chuck
Hysten, Mary
Jackfert, Louise
Jackfert, Doug
Jenner, Jessica
Jez, Carol
Jost, Shirley
Kawulok, Jennie
Kirkpatrick, Marlene
Kluver, Angela
Kroloff, Lynn
Lake, Roger
Lamberson, Theresa
Lewis, Betsy
Lewis, Chet
Litteken, Lisa
Lobb, Bill
Lockwood, Steve
Longhofer, Carl
Lundy, Jim
Malone, Judy
Marksberry, Nanita
Mason, Jim

Mattix, Ed
Mauri, Steve
McDougal, Hugh
McMahon, Cathy
Mintz, Christine
Moore, Cory
Morales-Caramella, Joyce
Morris, Margaret Ann
Morrison, Shari
Murino, Carol
Muus, Nancy
Nicholas, Nicky
Nord, Don
Paik, Soham
Parker, Jackie
Passamani, Pat
Patel, Niru
Patin, Charlie

Pratt, Larry
Pritchard, Steve
Reading, Mike
Reading, Susan
Redoux, Rosita
Reeder, Tami
Rice, John
Rice, Kathleen
Ruhl, Hank
Rutt, Peter
Ruys, Joe
Ruys, Kate
Ryerson, Sue
Schoeberl, Mark
Schoeberl, Shirley
Scott, Rick
Scudder, Janice
Semryck, Vivien

Shearer, Pam
Steinmeyer, Jim
Stolcis, Kathy
Svegel, Brian
Timmons, Cynthia
Tucker, Tami
Tumey, Phyllis
Valancius Hall, Karen
Valle, Lorretta
VanWinkle, Teresa
Wampler, Steve
Weglarz, Jim
Wheeler, Steve
White, Claudia
Williams, Steve
Woody, Teri
Zelt, Marsha



Susan's Retiring!

To my VOA Family,

Thank you for the privilege of being your dining room hostess and coordinator of the VOA Lunch Program. It's been such an honor for me to meet, greet and serve you these past (almost) 6 years, to hear your personal and family stories, and to share laughs along the way! I will miss the camaraderie and friendships that were formed, but know they will continue with me in my next chapter, as will your pearls of wisdom graciously imparted to me almost every week! You'll still see me around the Center now and then, joining activities, volunteering at events and "enjoying life in my second half!"

Love you all! Thanks for the memories! *Susan*

Hello, October. It's time for the Craft Show on Nov. 5.

In 2021, more than 2000 volunteer hours were recorded the week of this event, which is the biggest fundraiser the Center holds each year. That doesn't even include the countless hours put in by people at home baking or crafting during the months leading up to the event. We are still in need of handmade items to sell at our gigantic craft booth, any kind of treasures to sell at "Grandma's Attic," books to sell at the book sale and baked goods or canned items for "Grandma's Kitchen" (formerly known as the Bake Sale). Any of these things you donate are tax deductible and raise money for the Senior Center so we can provide more services and programs. PLEASE BRING IN ANY CRAFTS YOU'VE MADE, BOOKS OR ITEMS FOR GRANDMA'S ATTIC NO LATER THAN MONDAY, OCTOBER 17 FOR PRICING. The more we have, the more funds can be raised. Don't forget to bake for the bake sale, too. Bring those items directly to the Events Center on Friday afternoon, 11/4, at the back door or early Saturday morning, 11/5.

Donate to the Silent Auction

Use any contacts you have to see if you can obtain sports memorabilia, restaurant or travel gift cards, sporting event tickets, collectibles, theater or movie tickets or other unusual items. (You never know what you might get until you ask!)

All items are due by October 17.

Sign up to Volunteer

Volunteers are needed in so many roles for set-up on Friday, Nov. 4, and running the event/teardown on Saturday, Nov. 5. Stop at the "Sign-up Wall" at the Center, and put your name on a shift to be a part of the biggest event of the year. You will be amazed at how much fun it is to be a part of something this big - 6,000 people attended in 2021.

The more people involved, the less work for everyone, so please help out.

ROCKWORTHY

October Volunteer: Faye Kennish

Volunteer of the Month



Faye Kennish, our October Volunteer of the Month, grew up on a farm in south Texas, near Cuero/Victoria but went to elementary school and church in a small German community, Meyersville, TX. Her family raised everything on their farm, so summers were spent picking cotton, pulling corn, hauling hay and feeding different livestock. She was a very active 4H member and always showed pigs, calves, rabbits, chickens and sheep in the County Fair (even won Reserve Champion with her little Southdown sheep one year). Not only was she active with animals, but she also had to sew for the Dress Review and bake everything to be entered in the Fair. Being in the house was her least favorite activity, so she stayed away from that as much as possible. Faye often got in trouble as she would come close to missing the bus because she'd get a late start milking cows. Her vacation was going to a Lutheran church camp every year in the Hill Country. She met new kids, swam in the creek and learned a little about God. She went to Texas Lutheran College in Seguin as a Business major, but only for a year. She applied to the Texas Education Agency and worked there for three years, and also had a fun time making new friends and hanging out with the University of TX students.

She moved back to Victoria and worked at DuPont Construction where she met her husband, Bert. They worked together for a couple of years, but at that time the military was looking for young men. Rather than be drafted, he joined the Army and between AIT and Officer Candidate School, they got married. It was a rather rocky time and, of course, he went to Vietnam and she went back to Austin, except for a great R&R in Hawaii. After he came home they continued their wedded life in Colorado. Not long after moving to Denver, they were expecting their first baby, but moved to Castle Rock. They have 1 son, 1 daughter and 4 grandchildren. They enjoy going to the grandkids' volleyball and football games. Faye says that being a grandparent is a total pleasure but she wishes they hadn't grown up quite so fast.

After selling real estate for 30 years, Faye found that there was a need for volunteers at CRSAC and thought she'd help out. She loves the staff, spending time with her clients, talking, learning about their lives and just visiting. Now she has a whole new set of friends. She's enjoyed playing fast pitch softball and volleyball, Country Western dancing, cooking and especially baking bread with Country Western music loudly playing on the TV. Hanging out with her friends and family are the key ingredient of what she enjoys most. She and her family have spent a lot of time at Lake Powell and still take friends and family boating whenever everyone or anyone has the time. Although she's gone on many great trips to Mexico, Hawaii, Peru, New Zealand, Hong Kong, Malaysia and Japan. Germany was her favorite, since both sides of her family are German. They came across the ocean in 1846 on a sailboat and landed in Galveston, TX. Faye's maiden name is "Dreier" which she seldom hears around here but there were many pages of Dreiers in the phone book in Germany.

What makes Faye happiest? Friends, family and fun. If she had to eat one food for the rest of her life what would it be? Vegetables. What "old" person thing does Faye do? She says she's not old enough to answer that one yet. She's only 78. We asked Faye what would she like the seniors to know about her? She said she "cares so much about them and hope they've had a wonderful life and continue to have a happy, healthy future."

~ The Staff

Do you want to share your praise for a CRSAC volunteer who's made a difference in your life or the lives of others? Would you like to nominate someone to be featured here as Volunteer of the Month? Call Maria at 720-733-2292 or email her at mseibert@crsgov.com with your story and nomination.



You have chosen a great place to get involved, and we are glad to welcome you.

Sandi Blanc
Susie Cox
Rick Dickhaut
Daisy Ermoloff

Alex Ermoloff
Joey Hebbell
Marilyn Hendricks
Jason Hofman
Sam Kitchen

Karen Lasch
Theresa McKay
Chris Zeifert
Anita Zeifert

We welcomed these new members in August. Lynn Kroloff is our Membership/Outreach Vice President and would love to assist you if you'd like to get involved and meet new friends. If you are new and have any questions, call Lynn at 303-565-9429. Please join our upcoming Newcomer Orientation Meeting so we can welcome you and get acquainted! Join us on Tuesday, October 11 at 9:00 AM at the Center. Be sure to call the Center at 303-688-9498 to sign up. We look forward to meeting you!

ROCKIN' ACTIVITY SIGN-UP SHEET

Name: _____ **OCTOBER** Member: _____ Guest: _____ # _____
 Please Print Clearly
 Cell Phone: _____ Home Phone: _____ Guest Waiver on File

Please place an "X" in the left column AND a dollar amount or N/C in the right column for each activity you wish to participate in.
 On the Monday following signup, you can then sign up for additional activities as they are available.

DINING OPPORTUNITIES (choose up to 1 lunch & 1 dinner)

X	DATE	ACTIVITY	TIME	ACTIVITY FEE MEMBER	ACTIVITY FEE NON-MEMBER	COST
	Wed., Oct 5	Out to Lunch at Hiro Japanese Buffet	10:45 AM	\$13	\$23	
	Wed., Oct 10	Out to Dinner at Sahara Mediterranean	4:30 PM	\$11	\$21	
	Thurs., Oct 20	Out to Dinner at Gabriel's	4:00 PM	\$10	\$20	
	Fri., Oct 28	Out to Lunch at Wild Goose Saloon	11:30 AM	\$12	\$22	

EXCURSIONS & TOURS (choose up to 2)

	Wed., Oct 19	Tour of 3 Hundred Days of Shine Moonshine Distillery & Lunch at La Casa Fiesta	9:15 AM	**\$31	**\$41	
	Sun., Oct 23	The Buddy Holly Story at Boulder's Dinner Theatre	10:30 AM	**\$71	**\$81	
	Mon., Oct 24	Castle Rock History Tour Trolley Trip	9:30 AM	\$15	\$25	

ACTIVITIES & TRIPS (not limited)

	Thurs., Oct 6	Senior Council Trip - 2023 Medicare	9:30 AM	No Activity Fee	No Activity Fee	
	Fri., Oct 7	Woodlands Bowl Walk with DLC	10:00 AM	\$10	\$20	
	Tues., Oct 11	Casino Trip to the Isle	8:30 AM	\$15	\$25	
	Tues., Oct 11	Trip to Owl's Nest for Workshop	9:30 AM	\$53	\$63	

ONE-DAY EVENTS/HAPPENINGS (not limited)

	Mon. Oct 3	Jewelry Making Class Bracelet	1:00 PM	\$13	\$23	
	Tues. Oct 4	Book Club	10:00 AM	No Activity Fee	No Activity Fee	
	Wed., Oct 5	Appetizer Making Workshop	1:00 PM	**\$45	**\$55	
	Fri., Oct 7	Remembering Our Veterans	1:00 PM	No Activity Fee	No Activity Fee	
	Tues., Oct 11	Newcomer Orientation	9:00 AM	No Activity Fee	No Activity Fee	
	Tues., Oct 11	Creative Writing	1:00 PM	No Activity Fee	No Activity Fee	
	Wed., Oct 12	Lunch & Learn - "Wish of a Lifetime"	11:15 AM	\$7	\$17	
	Wed., Oct 12	Halloween Card & Treat Box Making Workshop	1:00 PM	\$5	\$15	
	Thurs., Oct 13	Movie & Popcorn "Where the Crawdads Sing"	12:45 PM	\$3	\$13	
	Fri., Oct 14	Medicare 101 with Joey Torregrossa	9:30 AM	No Activity Fee	No Activity Fee	
	Mon., Oct 17	Jewelry Making Class Necklace	1:00 PM	\$15	\$25	
	Fri., Oct 21	Wreath Making Class	9:30 AM	\$12	\$22	
	Tues., Oct 25	Legal Presentation "Living Wills vs. Traditional Wills"	10:00 AM	No Activity Fee	No Activity Fee	
	Wed., Oct 26	Bunco	1:00 PM	Pay \$5 @ Event	Pay \$15 at Event	
	Thurs., Oct 27	Active Minds "History of Movies"	1:00 PM	No Activity Fee	No Activity Fee	
	Fri., Oct 28	"Tech 101" Presentation	9:30 AM	No Activity Fee	No Activity Fee	
	Mon., Oct 31	Costume Contest & Ghoulish Treats	1:30 PM	No Activity Fee	No Activity Fee	

POLICIES

Permanent Signup Procedures Via Phone (Not in Person)

The October Activity sign up for members is Wednesday, September 28, starting at 8:00 AM (Phones open at 8:30 AM). Please turn in your activity signup sheet (found on page 21-22) any time before 3PM on 9/26 without payment. Be sure to give us a phone number where we can reach you the morning of 9/28. At that time, your name will be placed in the registration box drawing. At 8:00 AM on 9/28, we will draw numbers and assign each sheet a number. We will then call you to get payment and/or inform you of your place in line. Be available to answer your phone between 8:30 - 11:00 AM. **We will call you three times on signup day for payment. If you do not answer, you will forfeit your place in line.** If you are paying by check, we will notify you of your total, then you'll have until the end of the day on 9/29 to deliver your check to us.

Please sign up for only 2 dining opportunities and 2 excursions and tours on the first round of signup. You can then call or stop in on Monday, 10/31 to sign up for anything that may not be full. If you are not a member, we will process your signup sheets once all the members' sheets are processed.

The October Activity sign up is Wednesday, September 28, starting at 8:00 AM (Phones open at 8:30 AM).

Policies

- Please turn in your Activity Sheets the Monday prior to signup day before 3PM.
- CRSAC is membership based, and caters to the 50+ population. Nonmembers can sign up for activities (depending upon space availability) but they will be placed on a waitlist. Members will be registered first. Nonmembers will be notified a few days before the activity if and only if there is space.
- If you are on the waitlist or owe money, we will wait to call you until the Monday after signup day. This will eliminate multiple calls to a member as things change (changes are made to the waitlist or money is owed).

ROAD TO WELLNESS



What will this year's flu season look like?

What's New for 2022-2023?

Health officials have new guidance for older adults just ahead of flu season: When you roll up your sleeve for the shot this fall, skip the standard version and opt for one with more oomph. The Centers for Disease Control and Prevention on June 30 updated its guidance at the recommendation of an independent panel of

experts to say that adults 65 years and older should get immunized with what's known as a high-dose or adjuvanted vaccine. These shots can offer greater protection to older people, who, due to immune system changes that happen with age, do not have as strong a response to vaccination as younger, healthy people. For most people who need only one dose for the season, September and October are generally good times to get vaccinated. While ideally it's recommended to get vaccinated by the end of October, it's important to know that vaccination after October can still provide protection during the peak of flu season.

Older adults are more susceptible to complications from the flu. The CDC estimates that between 70 and 85 percent of seasonal flu-related deaths and 50 to 70 percent of flu-related hospitalizations occur in people 65 and older. "Given their increased risk of flu-associated severe illness, hospitalization and death, it's important to use these potentially more effective vaccines in people 65 years and older," José R. Romero, M.D., director of the CDC's National Center for Immunization and Respiratory Diseases, said in a statement. The more powerful flu shots have been available for several years. However, previous recommendations did not explicitly favor them over the standard flu vaccines, which help keep an influenza infection from progressing to a serious illness. "It was more of a soft recommendation," says William Schaffner, M.D., a professor in the Division of Infectious Diseases at the Vanderbilt University School of Medicine. But data collected from studies over the years now shows that there's "better protection for people ages 65 and older with one of these enhanced vaccines," Schaffner says. "So basically, the signal has gone out to all the providers that they need to make an effort to stock these vaccines going forward for people aged 65 and older."

The CDC's recommendation didn't come with a preference for any one of the three enhanced vaccines on the market. Schaffner's advice is to get the one that's available. "Don't be too picky," he says. "They're all really enhanced vaccines." Just make sure you're asking for one of the versions that is specifically recommended for older adults. The CDC recommends that everyone 6 months and older be vaccinated each year against the flu. If you're 65 and older and one of the enhanced vaccines is not available when you go to get your flu shot, get a standard-dose flu vaccine instead, the CDC says. "When you're 65 and older and you're talking about influenza, you need all the help that you can get," Schaffner says. "So I have a very strong message to absolutely everyone 65 and older: Better to be vaccinated than not."

Flu clinics will not be held at CRSAC this year, due to the wide accessibility being offered and available. Contact your primary care physician for more information.

Source <https://www.aarp.org/health/conditions-treatments/info-2022/older-adults-high-dose-flu-shot.html>

We Have A Place For You



Our mission is to improve the quality of life of our residents living with Alzheimer's and related dementias.

24/7 awake staff

Activities Program

(303)-814-2688 • assuredassistedliving.com



We're here to guide you along the path to ensure you get the best home care possible.

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Colorado Visiting Nurse Association
Supporting Older Adults Better

Foot Care Clinic
Medical Foot Care provided by RNs

Wednesdays, October 5 & 19
Beginning at 9:00 AM

\$55 for each visit. This is a benefit of some Kaiser plans. Call VNA at 303-698-6496 prior to first appt. Don't let the fee keep you from taking care of your feet, as there is some assistance available for low-income members. Call the front desk to schedule. (credit cards preferred/checks welcome/cash no longer accepted)

HEARING SCREENING CLINIC
In Person
By Shannon Miller with Accent on Hearing

Friday, October 14 from
10 AM-12 PM

A FREE hearing screening is offered once a month & includes cleaning/checking all types of hearing aids. Please sign up in advance at the front desk.

Massage with Nicole Holdaway!
Please call the front desk to schedule your massage sessions.

- **CHAIR MASSAGE**
\$20 members/ \$30 nonmembers
October 12 & 26
Beginning at 9:30 AM
- **TABLE MASSAGE**
\$30 members/ \$40 nonmembers
October 18
Beginning at 10:30 AM
- **FLEX FRIDAY (Table or Foot Massage)**
\$30 members/ \$40 nonmembers
October 14
Beginning at 9:30 AM

FREE! BP Checks
October 12
10 AM-11:30 AM

A representative from Castle Rock Fire and Rescue Department will be on site to perform free Blood Pressure checks. Drop in

Essential Oil Foot Massage
Please call the front desk to schedule your massage sessions.

\$30 members/
\$40 nonmembers
October 21
Beginning at 9:30 AM

FUNDRAISING ROCKNINITIES

Castle Rock Senior Activity Center
Fundraising Event



Present this flyer with your check & the Senior Center will receive a percentage of your bill



Established 1996

Wednesday,
October 26, 2022
11:00 AM - 9:00 PM
Duke's Steakhouse
363 Village Square Lane
Castle Pines
303-814-2487

Special Incentive for Senior Center Members:

Write your full name below - give them to all your friends, family & neighbors. We will draw one to win a Senior Center gift certificate. The more flyers, the more chances to win!

Referred by: _____

Free bus ride from CRSAC

Free Lunch Bus will leave CRSAC at 11:30 AM
Free Dinner Bus will leave CRSAC at 4:30 PM

2022 Quilt Raffle

Tickets are \$2 each
or
6 for \$10

This beautiful throw sized-quilt was lovingly stitched and created by the talented Lois Routh and is a generous 62"x72".

Stop in at the Center to view it and purchase your chance to win! Buy raffle tickets at the front desk or call 303-688-9498 to order. Drawing will be held on 11/5. Need not be present to win.



2022 Apple Watch Raffle

You can now purchase raffle tickets at the front desk.
\$5 each or 5 for \$20

Series 7
Starlight Aluminum Case



The holidays are upon us. Create an Amazon account or add the Castle Rock Senior Center to your existing account & earn free money for us every time you buy something from Amazon.

COMMUNITY FIRST FOUNDATION
COLORADO GIVES DAY
ColoradoGivesDay.org Dec. 6



Don't forget your car wash tickets at the front desk!

SERVICES & RESOURCES

SINCERELY SENIORITA

We Answer Your Questions



Dear Seniorita, I took a class that was held in the Vista Room last month. People kept walking through there to get to the Big Horn Room back by the kitchen after class started. Why is this permitted? -Interrupted

Dear Interrupted, The Vista Room is a shared space that is open almost all of the time. That is the only entry into the kitchen and Big Horn Rooms. Those rooms do not have another entrance. We have 150+ activities monthly and need to utilize our spaces wisely. We need to share these spaces and be patient and kind to our neighbors. We will always be happy to talk to all the groups at that time so they are aware of the situation

and can minimize noise levels to the best of their abilities. Thanks for your understanding and help. We are grateful to have so many people who want to be here. Don't sweat the small stuff!

Dear Seniorita,

I missed the bus for my dinner trip yesterday. Why can't I follow it and drive my own car? -Woke Up Late

Dear Woke Up Late, We had 30 people signed up for the dinner trip. 3 did not show up. After the bus left, staff called the restaurant and let them know to only set up for 27 people. Our staff works hard to develop relationships with these venues. The group needs to show up together and represent us together as they are an extension of our Center. Please always arrive at least 15 minutes prior to the scheduled departure time. The bus leaves promptly.

Dear Seniorita, It's my granddaughter's birthday. I would love to get her tickets to one of our activities as a gift. She is not a member. -Nana

Dear Nana, Our programming is for older adults and members only. Due to the increasingly limited availability of tickets and service industry guidelines we're reserving our programming for our membership. However, guests (age 50+) can be added to the waitlist. If there's availability (after it's been offered to all membership) we will call you. From time to time we host "multi-generational trips" which include those precious grandkids. The Center staff reserves the right to make those decisions.

If you have a question for Seniorita, please email srutt@crgov.com.



Technology 101
with David Nila
& Humana
Fri, 10/28
9:30-11:00 AM

-All about computers
-How to use the internet
-Staying safe online

Calling all Artists! Yes, You!

Every year we put together a set of note cards to sell at our craft show. The images come from you. If you have any paintings, drawings or photographs please bring them by and we'll scan them in and use them (with your permission). We haven't had many painting classes over the last year here, so we do have a great need for these. Call Shannon with questions, 720-733-2290. Stop by the office Mon-Fri from 8:30 AM-3:00 PM.

MEDICARE

101

Fri, 10/14 at 9:30 AM

with Joey Torregrossa and the Insurance Superstore at CRSAC. Please register.



WEATHER CLOSURE INFORMATION



We occasionally close the Center to keep everyone safe and off icy and snowy roads, but not always following school closures. Sometimes we may delay our opening.

There are several ways to check to see whether we are closed or opening late: 1) Call the Center and listen to the message - if there is no special message, we are open; 2) Watch 9NEWS, CBS4 and Fox 31 - our information will be scrolled across the bottom of the screen; 3) Check the homepage on our website as we will post it - you must actually go into the website, not just look below the map if you Google it; 4) Like us on Facebook and you will receive notices; 5) All members who are signed up to receive email will receive one that morning. We try to have these announcements in place by 7:00 AM; although please understand that occasionally we have technology issues. In the event of a delayed opening, please check our phone message before coming to the Center, just in case we have to close. Thank you for understanding, as we make decisions regarding your safety.

Grandma's Attic Donations

Appointments are necessary in order to bring in donations for Grandma's Attic. Please have all items in boxes that are easy for a volunteer to carry and easy to store. They must also be packaged securely with lids. Call Maria, Volunteer Coordinator, at 720-733-2292 to make an appointment and let her know what you'll be bringing. Thank you for your attention to these details, as it takes a coordinated effort to stay organized.



Did you notice that we've brought back free BP checks? See page 5 for details. No need to register, just come on in.

SPORTS ROCK



Our softball teams all had a wonderful season this year. Below are the final standings:

- Rockers (50+ team) took 1st Place in the tournament
 - Rockies (50+ team) placed 2nd in the tournament
 - The Rocks (70 team) placed 5th but 1st in the 2nd half of the season. They tied for 3rd.
- Congratulations on an excellent season!**



Golden Rockers Bowling Team

Mondays
September-April

"The Golden Rockers," are bowling through April. They take a bus from the Senior Center, leaving promptly at 11:00 AM to bowl at Arapahoe Bowling Center in Greenwood Village. This is a very fun-loving group with no pressure - all skills are represented. You can still join the team. If you're interested, contact **Kay Wolfe** at the number below.

SPORTS TEAMS' CONTACTS

- Tennis (Men, Women, & Doubles)
Open
- Softball Teams - Wes Johnson 303-978-9733,
Preston Shepherd 720-436-2121
Ken Standen 303-514-7064
- Golf Leagues (9 & 18 Hole) -
Don Marshall 720-273-3482 or
Jim Weglarz 303-688-3280/303-507-1429
- Bocce Ball - Cynthia Timmons 303-478-1691
- Bowling - Kay Wolfe 512-970-6085

AROUND TOWN

First United Methodist Church
1200 South Street, Castle Rock



Please join us at our annual
Harvest Dinner

Saturday, October 29, 2022
4:30 - 7:00 PM

Tickets available at the Church and the Senior Center

Adults	\$15
Seniors (65 +)	\$12
Children (6-12)	\$9
Children 5 and under	Free

*Tickets are \$2 more at the door

Menu

- Cranberry Relish
- Turkey
- Ham
- Traditional Stuffing
- Mashed Potatoes
- Gravy
- Green Beans
- Roasted Sweet Potatoes
- Rolls
- Homemade Pies

Tickets are available at CRSAC,
the front desk.



THIEVES TARGETING OLDER ADULTS

The Douglas County Sheriff's Office has recently received reports of thieves targeting older adults at local stores in Douglas County. There have been several instances where patrons have gone to pay for their food or shopping items and discovered their wallet is missing. It is recommended that purses or tote bags be zipped and kept on your body or as close to you as possible. It is believed that the thieves are grabbing the wallets out of purses when they are unattended in a cart or at a table.

The Sheriff's Office wants to remind you of some safety tips while shopping or being out and about:

- Always keep your purse/wallet on you.
- If your purse can be zipped or secured, zip/secure it when not in use.
- Constantly check your purse/wallet to make sure it is not tampered with.
- Do not sling your purse towards your back.
- Keep your purse in front or to the side of you.

If you see suspicious activity or need to report a crime, call (303) 660-7500 or 911 for emergencies.



Cherry Creek
MORTGAGE



Matt Semryck
Loan Officer,
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Breathe Easier with a Reverse Mortgage

You've worked hard all your life, now is the time to breathe a little easier in your home without the stress of monthly mortgage payments. According to financial experts, seniors in our country have accumulated between \$6-8 trillion in home equity (Reasons why Baby Boomers are a Market to Watch, David Loman). Unfortunately, most of that equity is just sitting; valuable home equity that could be a financial asset. Older Homeowners have long been acquainted with the benefits of reverse mortgage including:

- No Monthly Mortgage Payments
- Funds for medical/dental expenses and/or home improvement
- A tax-free line of credit
- The ability to relocate to a more desirable home or location
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ROCKIN' HAPPENINGS

Castle Rock History Tour Trolley Trip Mon, 10/24 9:30 AM-1:30 PM \$15 Activity Fee

Castle Rock, first settled in the 1870s, is nestled in the heart of East Plum Creek Valley, surrounded by rocky buttes and featuring stunning views of the Rocky Mountain Front Range. Named for the prominent rock formation that overlooks the Town, the discovery of rhyolite stone in the butte near Plum Creek is what put Castle Rock on the map and made it an important station for north-south railroad traffic. Hop on the town trolley with us for a guided history tour. Lunch will be on your own at Outback Steakhouse. Come test your knowledge and maybe learn some new facts.

Come with us o the top of the mountain!
2-night Fall Getaway in Cripple Creek



Depart:
9:30 AM Tues., 10/25
Return:
4:30 PM Thurs., 10/27

Real Fun. Real Colorado.

**Activity Fee: \$235 per person double occupancy/
\$335 per person single occupancy
Non-members rates \$285/\$385**

As of the time this publication went to press there were spaces available on this trip. Please see the office to register.

Trip includes:

- ◆ 2 nights hotel room at J.P. McGill's Casino (single or double)
- ◆ Chartered bus ride to and from Cripple Creek, including driver gratuity
- ◆ Ticket to the 1:00 pm show of the musical "Young Frankenstein" at The Butte Theatre (1 block away with free trolley shuttle) on Wednesday, October 26.
- ◆ Activity fee does not include meals, gambling expenses or activities while in town.
- ◆ Cripple Creek is at an elevation of 9,494 feet, much higher than Castle Rock.
- ◆ This is a non-refundable ticketed event, unless there is a waiting list and we can resell your spot.

HIRO Japanese Buffet

Out to Lunch
10/5 at 10:45 AM
Buffet & hot pot with all -you-can-eat sushi, plus other Japanese & some American standards.
\$13 Activity Fee

Sahara Sahara Mediterranean Restaurant Mon., 10/10 at 4:30 PM Activity Fee \$11

Serving Denver a taste of Morocco and Lebanon since 1993.
Dinner will be on your own.



BEFORE THE BEATLES, BEFORE THE STONES,
ROCK & ROLL WAS BORN

Buddy

THE BUDDY HOLLY STORY

The Buddy Holly Story at Boulder's Dinner Theatre
Sun., 10/23, Departs CRSAC at 10:30 AM
Activity Fee \$71

In just three short years, Buddy Holly set the music world on fire and forever changed the face and sound of rock and roll. Your fee includes dinner, show, tax, gratuity and a bottomless beverage of coffee, tea or soda. Alcohol may be purchased separately.

DOUGLAS LAND CONSERVANCY

"Woodlands Bowl Walk"
Fri., 10/7 from 10:00 AM-12:00 PM
Activity Fee \$10

This will be a leisurely interpretive walk up and back to the Woodlands Bowl, leaving from and returning to the Senior Center, hosted by the Douglas Land Conservancy.



Seniors' Council Meeting Trip

Topic: 2023 Medicare Open Enrollment

Thurs., Oct 6 at 9:30 AM

at Douglas County Libraries in Parker Event Hall A

Free bus ride from CRSAC



"Wish of a Lifetime: A sense of belonging & purpose."

Wed., Oct. 12 11:15 AM

Presented by: Caitlin Shepherd

Activity Fee of \$7 includes lunch.



Out to Lunch
Wild Goose Saloon
11:30 AM
Fri., 10/28
Activity Fee \$12



Out to Dinner trip
Gabriel's in Sedalia
Thurs., 10/20, 4:00 PM
\$10 Activity Fee
Dinner in their Bistro

Brookside Inn provides comprehensive services for your post-acute recovery needs.



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WHAT'S GOING ON THIS MONTH

MULTI-DAY HAPPENINGS

AARP DRIVER SAFETY COURSE

Friday, October 14 @ 8:00 AM - 1:00 PM
\$20 For AARP Members/ \$25 for nonmembers

During the program, you will learn defensive-driving techniques, discover ways to handle left turns, right-of-way, highway traffic and blind spots and get 24-hour customer service support. Sign up at the front desk. Cash or check only, payable to AARP the day of class.

MEDICARE 101 PRESENTATION

Friday, October 14 @ 9:30 AM **No Activity Fee**
Joey Torregrossa, with the Insurance Superstore, will teach you how Original Medicare and Medicare Advantage work, and how to pick a plan that's right for you. He will discuss the 2022-2023 changes you should be aware of. This is a "no sales" presentation.

HEARING SCREENING CLINIC

Friday, October 14 @ 10:00 AM-12:00 PM **No Activity Fee**
Please call the front desk at 303-688-9498 to make an appointment at our Hearing Screening Clinic, given by an Accent on Hearing provider, offering hearing screenings, hearing aid cleaning and checks.

SWAROVSKI CRYSTAL NECKLACE WORKSHOP

Monday, October 17 @ 1:00 PM **\$15 (\$25 nonmembers)**
In this class with Monica Swartwood, students will make a 16" Swarovski crystal necklace with choice of focal bead, extension chain and your choice of color. Beginning level. Look for a sample at the front desk. Class capacity of 6.

LOW VISION SUPPORT GROUP

Tuesday, October 18 @ 1:00 PM **No Activity Fee**
If you have vision problems of any kind, we encourage you to join us. If you have questions prior to the meeting or would like to learn more about the low vision group, please contact Chris Parsons from the Colorado Center for the Blind at (303) 778-1130, ext. 235 or cparsons@cocenter.org.

WREATH MAKING WORKSHOP

Friday, October 21 @ 9:30 AM **\$12 (\$22 nonmembers)**
The Activity Fee for this class includes all of the supplies to make and take one 20" mesh seasonal wreath. You will be using a wire wreath and will be working with mesh to create your wreath (along with other add-ons and flowers/greenery). The class is limited to 12 and will be approximately an hour. Linda Funk will teach the class.

LEGAL PRESENTATION - Living Wills vs. Traditional Wills

Tuesday, October 25 @ 10:00 AM **No Activity Fee**
This informative presentation will be hosted by Jaime Stewart of Gubbels Law Office, P.C. She will discuss the difference between the traditional will and the living will, healthcare Powers of Attorney, Do Not Resuscitate Orders, the MOST document and Five Wishes. There is no charge to attend.

ACTIVE MINDS - "History of Movies"

Thursday, October 27 @ 1:00 PM **No Activity Fee**
At the turn of the 20th century, inventions by Thomas Edison and others introduced a new art form to the world: motion pictures. From the early era of Nickelodeons and silent films to the era of "talkies" and the growth of Hollywood, movies went from a mere fad to an industry. Now, with the introduction of streaming services like Netflix, films are evolving once again. Join Active Minds as we roll out the red carpet and tell the story of movies.

TECHNOLOGY 101 PRESENTATION

Friday, October 28 @ 9:30 AM **No Activity Fee**
David Nila with Humana will be at CRSAC to teach basic information about computers, the internet, smartphones and tablets. You're never too old to learn something new-even technology!

AFTERNOON OF GAMES - Mon. & Fri. 1:00 PM

Some of the games are (but not limited to) Scrabble, Mahjong, Mexican Train, Dominoes, Hand and Foot and Pinochle. Be sure to check the calendar on pages 12-13 for any calendar changes.

BINGO FOR FUN - Tuesdays, October 4, 11 & 25 1:00 PM

Play as many cards as you can handle. It's just a nickel a card per game! This is a fun and low-pressure bingo event. No Activity Fee.

BUNCO

Wednesday, October 26 @ 1:00 PM **\$5 (\$15 nonmembers)**

The game will start promptly at 1:00 PM. This fun game is fast and easy. No experience necessary. Roll the dice to try and win cash prizes. Bunco is played at tables of four and is limited to 24 players. You do not have to pay at the time of sign up, but will pay your coordinator, Peg Hagmaier, on game day. The Front Desk staff cannot make change.

CURRENT EVENTS - Fridays 10:00 AM

This lively group discusses what's happening in our world about present-time news events. Come to discuss, come to listen or just come to learn.

DRAMA WORKSHOP

Thursdays, October 6, 13, 20 & 27 from 10:00-11:30 AM

****Now a flat fee of \$12 a month for all classes****

This ongoing group aims to inspire anyone with a bit of an acting bug. Our drama workshops are facilitated by Drama in Progress, and include teaching techniques and the chance to put them into practice in a fun, encouraging arena.

KNIT & CROCHET

Wednesdays and Fridays @ 1:00 PM

Join us for our Knit & Crochet group. Enjoy some good company and work on your own project.

MAHJONG - 2nd/4th Wednesdays & 1st/3rd Fridays,

September 7, 12, 21, 26 1:00 PM

With enough interest, we are now able to have Mahjong as its own activity on Wednesdays and Fridays! No Activity Fee.

MONDAY BRIDGE - Mondays 9:15 AM

Come join in with as many tables as we can fill. This is not a league, but is a time to play the game you love. Advance sign up is required; please call the office to reserve your spot. Contact the coordinators on Page 11 to sign up for Duplicate (on 10/27) and Marathon Bridges (on 10/18).

SEWING GROUP

Mondays, October 10 & 24 @ 9:00 AM

Please call Sandy Hendricks 262-853-1639 if you have an interest in sewing or would like to know more about the group.

SIT & BE FIT CLASS

Tuesdays, Wednesdays and Thursdays 9:30 AM

We have great videos focusing on muscle strength and flexibility. Please see the calendar on pages 12-13 for scheduled dates or changes. Call the office to reserve your spot. Sit & Be Fit will not be held on 10/11.

TAI CHI FOR ARTHRITIS

Mondays and Wednesdays **\$36 (\$36 nonmembers)**

10/24 10/26, 10/31, 11/2, 11/7, & 11/9 @ 1:00 PM

This is an all-levels class that is designed to decrease joint pain, increase mobility and muscle strength, and improve the general health of your body and mind. Anyone at any age and shape can improve his or her general health with the smooth and gentle movements of Tai Chi. Wear flat, well-fitted shoes, loose clothing and bring a bottle of water. You must commit to all 6 classes when signing up. Each class is limited to 16 people, so you must sign up in advance. Tai Chi is taught by Evelyn Garbo.

TEXAS HOLD'EM

Tuesdays, October 4 & 18 @ 1:00 PM

Join us for a rousing game of Texas Hold'em, the first and third Tuesdays of each month, from 1:00-3:30 PM. Call Bob or Cory Moore for information at 303-901-7364 or 303-548-2512. Advanced sign up is required.

TRIVIA GROUP

Each Thursday 1:00 PM

What a fun group of people to have some laughs and not-so-serious conversations. Some members leave at 2:30 PM, but the group may stay until 3:30 PM or whenever they're finished. (Starts at 2:00 PM on 10/27).

MORE ROCKIN' HAPPENINGS



Tour of 3 Hundred Days of Shine
Moonshine Distillery in Monument
& Lunch at La Casa Fiesta
Wed., Oct. 19 at 9:15 AM

Originally dubbed Colorado's unofficial slogan in the 1870s, "300 days of Sunshine" encouraged frontiersman to head west. Their products are made in Colorado's Rocky Mountain Front Range using methods that predate prohibition. 3 Hundred Days of Shine is a smooth moonshine infused with natural ingredients to create an experience that brings you back to a time when quality, craftsmanship and tradition were important. Activity fee is \$31 and lunch is on your own.



**Appetizer-Making Class
at CRSAC
October 5 at 1 PM
\$45 Activity Fee**

During this appetizer class you will learn how to make five different small bites, both savory and sweet. You'll impress your friends and family with your new knowledge during the holiday season.



Trip to Owl's Nest in Franktown to make "German Glitter Village"

Tues., Oct. 11
9:30 AM
Activity Fee \$53

Lunch at Adriana's afterwards on your own



FREE
1-hour unbiased programs
each month on topics of interest
Thursday, October 27 - 1:00 PM
Topic: "History of Movies"
In Person

At the turn of the 20th century, inventions by Thomas Edison and others introduced a new art form to the world: motion pictures. From the early era of Nickelodeons and silent films to the era of "talkies" and the growth of Hollywood, movies went from a mere fad to an industry. Now, with the introduction of streaming services like Netflix, films are evolving once again. Join Active Minds as we roll out the red carpet and tell the story of movies.

October Art Workshops You Make-You Take



Swarovski Crystal Bracelet Workshop
Mon., 10/3
1:00 PM
\$13 Activity Fee



Halloween Card & Treat Box Workshop
Wed., 10/12
1:00 PM
\$5 Activity Fee



Swarovski Crystal Necklace Workshop
Mon., 10/17
1:00 PM
\$15 Activity Fee



Wreath Making Workshop
Fri., 10/21
9:30-11:00 AM
\$12 Activity Fee



(Now the Horseshoe Casino Blackhawk)
Casino Trip
Tues., 10/11
8:30 AM
\$15 Activity Fee

Newcomer Orientation



Meeting
Tuesday, October 11
at 9:00 AM

Eat, Drink & Be Spooky
Halloween Costume Contest
Monday, October 31
1:30 PM

Something is brewing. Come see the staff's "punny" costumes. We'd love to see yours too. Join us if you dare for prizes and treats!



October Movie & Popcorn
Thurs., 10/13 at 12:45 PM, \$3
"Where the Crawdads Sing"



SAVE THE DATE & UPCOMING ACTIVITIES



This trip is full. Please call the office at 303-688-9498 to get on the waitlist. We will call you as spaces open.

\$560*
5 Days
4 Nights

*per person, double occupancy (\$610 nonmembers)
Gratuities included in the price

May 22-26, 2023

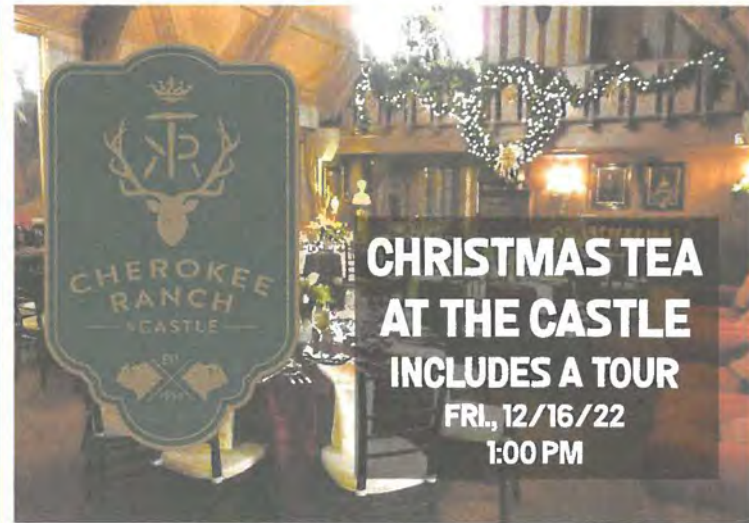
- ◆ Motorcoach transportation
- ◆ 4 nights lodging in South Dakota
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Visit to the Mount Rushmore National Memorial
- ◆ Tour of Wildlife Loop Road at Custer State Park
- ◆ Admission to the Unique Journey Museum
- ◆ Guided Tour of Deadwood, plus gaming at a Deadwood Casino
- ◆ Visit to the amazing Crazy Horse Memorial & much more.

Departure from CRSAC. \$75 due upon signing up.
*Add \$135 for single occupancy. Final payment due: 2/15/23
Pickup a flyer from the front desk at CRSAC.

CHARCUTERIE MAKING WORKSHOP
WED., 11/16 AT 1:00 PM
WATCH NEWSLETTER FOR DETAILS



The tentative date for the CORE Christmas luncheon is 12/9/22. Mark your calendars (formerly IREA).



The Christmas Tea is full. Please get on the waitlist. As of the date of this publication, we are trying to add another trip. Check with the office at 303-688-9498 for details and availability.

You'll be treated like royalty when you attend Tea at Cherokee Ranch Castle. The Tea includes a light meal with a seasonal menu, complete with scones with clotted cream and jam, finger sandwiches and pastries. Followed by the Tea is a one hour Tour of the Castle. Dietary needs can be noted. Dress and business casual attire encouraged. The first level of the Castle is ramp accessible. The majority of the tour takes place on the first level. The second level of the Castle is stair accessible only. We have 15 tickets to sell and can possibly get more if there's more demand and more tickets available. Christmas events book far in advance! Register now! \$75 Activity Fee

GROUPS & GAMES

Garden Club

We are wrapping up a successful growing season and it's almost time to put the garden to rest. The focus right now is getting ready for the craft show. We will also be harvesting a few fall vegetables. If you've partaken in the fresh produce on the garden table at the Center this year, be sure to thank a gardener.

Due to the weather, contact Joan and Cathy for specific dates and times for meeting at the garden. (Contact info is on Page 11)

Want to help with the Craft Show?

If you have handcrafted items you'd like to donate for sale, please get them to us by 10/17 so they can be tagged and packaged.

Thank you for all of your hard work. If you have any questions, call the office at 303-688-9498.

TRIVIA

Come check out our Trivia Group every Thursday. See the times on the calendar on Page 13. Our fearless leader, Herb Wager, would love to see you there!

Interested in playing Hearts? Call Jim Decker if you would like to get a game going, (720) 448-4614. The game is played in groups of 4.

ARRIVE 15 MINS PRIOR TO DEPARTURE TIME

ACTIVITIES & TRIPS

TRIP - Seniors' Council Meeting
Thursday, October 6 @ 9:30 AM **No Activity Fee**
Douglas County Seniors' Council Meeting is a monthly event. Join Dennis DePizzo to learn about the 2023 Medicare Open Enrollment and how a SHIP counselor can help you navigate the options available to you. This presentation is unbiased and does not include any sales pitch, but is to provide information to help you make informed choices for your plans whether you are new to Medicare or if you have been receiving Medicare benefits for a while. You can take a free ride from CRSAC but please register to do so. Douglas County Libraries in Parker Event Hall A, 20105 East Mainstreet, Parker, CO 80138. If you're going on your own, please RSVP to DC Senior Life dcseniorlife@douglas.co.us. Difficulty=Young at Hearts

TRIP - Woodlands Bowl Hike with Douglas Land Conservancy
Friday, October 7 @ 10:00 AM **\$10 (\$20 nonmembers)**
Join Douglas Land Conservancy for an easy walk through the Woodlands Bowl. We will meet at the Senior Center then walk over to the Woodlands Bowl. The trail offers stunning views of Castle Rock. During our walk we will learn about the flora and fauna of the area. A guide will share, "What Grows Here", "Who Lives Here" and how this bit of land came to be permanently protected as open space. The walk is 1.6 miles on a paved path. There are a few benches along the way for those who would like to take a rest. No bathroom facilities are available on site. <https://crgov.com/3262/The-Woodlands-Bowl>. A portion of your activity fee is a donation to the DLC. Return to the Center by 12:15 PM. We can take up to 24 people. Difficulty=The Geri-Actives.

CASINO TRIP - THE ISLE CASINO (Now the Horseshoe Blackhawk)
Tuesday, October 11 @ 8:30 AM **\$15 (\$25 nonmembers)**
The legendary Horseshoe has arrived in Black Hawk. Experience the thrill of no-limit betting at the 42,400-square-foot gaming complex featuring classic table games and 900+ slot machines. The bus returns to the Center usually before 4:30 PM. Difficulty=Ramblers

TRIP - THE OWL'S NEST IN FRANKTOWN CRAFT WORKSHOP
Tuesday, October 11 @ 9:30 AM **\$53 (\$63 nonmembers)**
Come with us to the Owl's Nest in Franktown to make "German Glitter Christmas Villages." The Owl's Nest in Franktown is your one-stop location for Dazbog coffee, Tazo Tea, Oregon Chai, and home-made pastries. They host a wide variety of local consignment vendors and artists, as well as providing craft classes with a seasonal flavor. We will eat at Adriana's Mexican Restaurant afterwards. The class itself will be from 10-12:30 PM. The bus returns to the Center usually before 2:30 PM. Difficulty=Ramblers

TRIP - OVERNIGHT CRIPPLE CREEK
Departs from CRSAC on 10/25 at 9:30 AM ***\$235 (*\$285 nonmembers)**
Returns to CRSAC on 10/27 at 4:30 PM
As of the date this newsletter went to press there are still spaces on this trip. See someone in the office to register. This trip will include: 2 nights hotel room at J.P. McGill's Casino (single or double), chartered bus ride to and from Cripple Creek, including driver gratuity and ticket to the 1:00 pm show of the musical "Young Frankenstein" at The Butte Theatre (1 block away with free trolley shuttle) on Wednesday, October 26. **This is a non-refundable ticketed event**, unless there is a waiting list and we can resell your spot. There are a limited singles and doubles rooms. *Starting Price

MT. RUSHMORE AND THE BLACK HILLS OF SOUTH DAKOTA
Departs from CRSAC on 5/22/23 at 8:00 AM
Returns to CRSAC on 5/26/23 ***\$560 (\$610 nonmembers)**
This trip is full. Please call the office at 303-688-9498 to get on the waitlist. We will call you as spaces open. Please see someone in the office for a detailed brochure and information about travel insurance during normal business hours. *Starting Price

ONE-DAY EVENTS/HAPPENINGS at CRSAC

SWAROVSKI CRYSTAL BRACELET WORKSHOP
Monday, October 3 @ 1:00 PM **\$13 (\$23 nonmembers)**
Monica Swartwood will teach students how to string a project on wire and finish it professionally using crimps and crimp covers. Several color choices of Swarovski Crystals will be offered with white pearls and silver findings. Beginning level. Look for a sample at the front desk. Limit 6.

BOOK CLUB
Tuesday, October 4 @ 10:00 AM **No Activity Fee**
Come share with others and see what they're reading, too. No one reads the same thing, so get inspired!

APPETIZER MAKING CLASS WITH CHEF
Wednesday, October 5 @ 1:00 PM **\$45 (\$55 nonmember)**
Bringing the Bites is the hottest new concept in town! The chef brings the food, you bring the friends and together you turn CRSAC into a cooking school. During this appetizer class you will learn how to make five different small bites, both savory and sweet. Best of all, you'll get to eat your creations and take the skills you learned back to your own kitchen. You will leave class with happy tastebuds and creative ideas to take home with you and use during the holidays. **This is a ticketed event.**

REMEMBERING OUR VETERANS BY DR. BOB MALLIN
Friday, October 7 @ 1:00 PM **No Activity Fee**
Dr. (CPT) Bob Mallin was the squadron surgeon for the 1/10 cavalry (Buffalo soldiers) in the central highlands of Vietnam 1966-1967. He was awarded a Purple Heart, an Air Medal, a Bronze Star and a Combat Medical Badge. He has studied Civil War Medicine and Surgery in depth and will present this topic using actual period medical/surgical equipment. He enjoys the question and answer period the most!

MONTHLY NEWCOMER ORIENTATION MEETING
Tuesday, October 11 @ 9:00 AM **No Activity Fee**
This is a one-hour program for new or prospective members. Explore the opportunities and benefits that come along with membership at the Castle Rock Senior Activity Center.

CREATIVE WRITING GROUP
Tuesday, October 11 @ 1:00-2:30 PM **No Activity Fee**
This group is open to all who are interested in writing. You can share your writing, get feedback if desired, and learn about the craft of creative writing.

LUNCH AND LEARN - "Wish of a Lifetime"
Wednesday, October 12 @ 11:15 AM **\$7(\$17 nonmembers)**
Wish of a Lifetime helps older adults realize lifelong dreams. The organization was started 12 years ago by former U.S. Olympic skier Jeremy Bloom. Since then, thousands of older Americans have had a chance to experience a dream come true. Caitlin Shepherd, the Mountain-West Field Manager, will be here to share how this program helps renew a sense of purpose and belonging in older adults. Your Activity Fee includes a healthy lunch. If you cancel within 48 hours of the activity, we will not credit your fee as we are planning food.

HALLOWEEN CARD & TREAT BOX WORKSHOP
Wednesday, October 12 @ 1:00 PM **\$5 (\$15 nonmembers)**
In this class, Rita Spreeman will show you how to make an adorable Halloween card and treat box. Look for a sample at the front desk. Class capacity of 10.

MOVIE & POPCORN - "Where the Crawdads Sing"
Thursday, October 13 @ 12:45 PM **\$3 (\$13 nonmembers)**
This movie tells the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. This movie is rated PG-13 and is 2hrs 5mins long.

WHAT'S GOING ON THIS MONTH

DINING OPPORTUNITIES

VOA LUNCHES-

Tuesdays & Thursdays @ 11:30 AM

The Volunteers of America serve nutritious hot meals in-Center on Tues. and Thurs. for a suggested contribution of \$2.50 (for those 60 and older) as well as a box of frozen meals on Thurs. Please call our office to reserve your space or learn more about this program. Let's Celebrate is on 10/18.

OUT TO LUNCH - Hiro Japanese Buffet & Hot Pot in Aurora

Wednesday, October 5 @ 10:45 AM \$13 (\$23 nonmembers)

Be transported to an "old-school buffet restaurant with all-you-can-eat sushi, plus other Japanese and some American standards." They have a variety of sushi and other dishes plus endless crab legs. Beer and wine are served. The last check of the lunch buffet price was \$17.99 and is on your own. We can take up to 30 people. You will return to the Center around 1:45 PM. Difficulty=Young at Hearts

OUT TO DINNER - Sahara Mediterranean Restaurant Greenwood Village

Monday, October 10 @ 4:30 PM \$11 (\$21 nonmembers)

Serving the Denver Metropolitan Area authentic Middle Eastern and North African cuisine since 1993. It is a warm and welcoming restaurant featuring Middle Eastern dishes from Greek salad to merguez couscous. Enjoy hummus, kabobs and more. We can take up to 21 people. You will return to the Center around 7:00 PM. Difficulty=Young at Hearts

OUT TO DINNER - Gabriel's Restaurant in Sedalia

Thursday, October 20 @ 4:00 PM \$10 (\$20 nonmembers)

Gabriel's is open! The restaurant is housed in the charming Victorian Manhart home, which was built at the turn of the 1900s in the little town of Sedalia. Chef Gabriel converted the Douglas County Historic Landmark to Gabriel's Restaurant in 1986. Over thirty-five years later, his tradition of excellence continues. You will dine at the casual Bistro Bar and order from the ala carte menu. Dinner is on your own. We'll return to the Center around 6:30 PM. We can take up to 21 people on this trip. Difficulty=Young at Hearts

OUT TO LUNCH - Wild Goose Saloon in Parker

Friday, October 28 @ 11:30 AM \$12 (\$22 nonmembers)

This is Parker's newest restaurant/bar serving Colorado barbeque with a return to the center by 2:00 PM. We can take up to 30 people on this trip. Difficulty=Young at Hearts

CASTLE ROCK FUNDRAISER - Duke's Steakhouse in Castle Pines

Wednesday, October 26

Free Lunch Bus will leave CRSAC at 11:30 AM

Free Dinner Bus will leave CRSAC at 4:30 PM



Support CRSAC's Dining to Donate program. In 1996, the Minarick and Breeding families joined to bring a superior dining experience to Castle Rock. They could not resist naming a great steak house after a Grand Champion bull owned by the Breeding family: Duke. Duke's Steakhouse was born. Everyone from

faithful carnivores to vegetarians was excited about Duke's uncompromising quality at reasonable prices. In 2010, Duke's Steakhouse opened in Castle Pines. The families have been thrilled to be joined by so many new loyal Castle Pines, Parker and Castle Rock customers. Give your flyer to your server and you will be entered into a drawing at the Center for a prize, while supporting your peers and local seniors. There will be 2 free busses going to Duke's, but you must register.

EXCURSIONS & TOURS

Masks are optional when on the buses while en route to your destination. If you have any mobile-assist devices, such as wheelchairs, please let us know in advance. Be sure to arrive 15 minutes before departure time.

TRIP - 3 HUNDRED DAYS OF SUNSHINE MOONSHINE DISTILLERY

Wednesday, October 19 @ 9:15 AM \$31 (\$41 nonmembers)
Originally dubbed Colorado's unofficial slogan in the 1870s, "300 days of Sunshine" encouraged frontiersman to head west. Their products are made in Colorado's Rocky Mountain Front Range using methods that predate prohibition. 3 Hundred Days of Shine is a smooth moonshine infused with natural ingredients to create an experience that brings you back to a time when quality, craftsmanship and tradition were important. You will tour the facility (group may be split in 2) and sample (small sample) any and all of their current shine (currently 13), a cocktail of your choice and 20% off purchases made at the time of the tour. Lunch is on your own. We'll return to the Center by 1:30 PM. We can take 30 people. This is a walking tour inside with some tight spaces. Difficulty=Ramblers. **This is a ticketed event.**

TRIP - "The Buddy Holly Story" at Boulder Dinner Theatre

Sunday, October 23 @ 10:30 AM \$71 (\$81 nonmembers)

In just three short years, Buddy Holly set the music world on fire and forever changed the face and sound of rock and roll. Armed with a Fender Stratocaster guitar, his signature specs and a charismatic blend of rockabilly swagger, *Buddy* explodes onto the stage in this jukebox musical fully loaded with classics "Peggy Sue," "Oh Boy," "That'll Be the Day," "Well...All Right," "Not Fade Away" and many more with an encore that will have you on your feet and dancing in the aisles. Your Fee includes dinner, show, tax, gratuity and a bottomless beverage of coffee, tea or soda. Alcohol may be purchased separately. There will be a few stairs to your seats. You must let us know while signing up about any ADA requests. Difficulty=Ramblers. **This is a ticketed event.**

TRIP - CASTLE ROCK TROLLEY TRIP, HISTORY TOUR & LUNCH

Monday, October 24 @ 9:30AM \$15 (\$25 nonmembers)

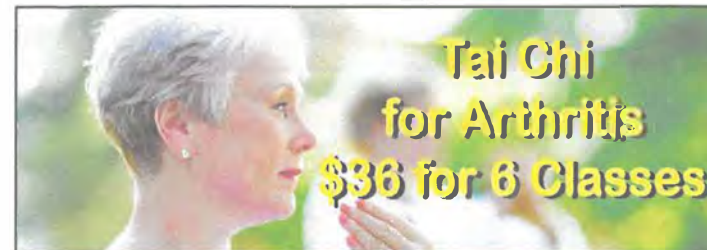
Castle Rock, first settled in the 1870s, is nestled in the heart of East Plum Creek Valley, surrounded by rocky buttes and featuring stunning views of the Rocky Mountain Front Range. Named for the prominent rock formation that overlooks the Town, the discovery of rhyolite stone in the butte near Plum Creek is what put Castle Rock on the map and made it an important station for north-south railroad traffic. Hop on the town trolley with us for a guided history tour. Lunch will be on your own at Outback Steakhouse. You will be ordering off of the lunch menu. Come test your knowledge. Our return to the Center should be by 1:30 PM. We can take up to 24 people. Please let us know of any physical limitations before registration as there are a few steps up into the trolley. Difficulty=Young at Heats.

TRIP - Christmas Tea at the Cherokee Ranch Castle

Friday, December 16 @ 1:00 PM \$75 (\$85 nonmembers)

The Christmas Tea is full. Please get on the waitlist. As of the date of this publication we are trying to add another trip. Check with the office at 303-688-9498 for details and availability. You'll be treated like royalty when you attend Tea at Cherokee Ranch Castle. The Tea includes a light meal with a seasonal menu, complete with scones with clotted cream and jam, finger sandwiches and pastries. Followed by the Tea is a one-hour Tour of the Castle. Please let someone know upon paying for this trip if you have any dietary needs. Dress and business casual attire is encouraged. The first level of the Castle is ramp accessible. The majority of the tour takes place on the first level. The second level of the Castle is stair accessible only. We have 15 tickets to sell and can possibly get more if there's more demand and more tickets available. Christmas events book far in advance! Difficulty level varies. **This is a ticketed event.**

OF INTEREST



Tai Chi
for Arthritis
\$36 for 6 Classes

Mondays & Wednesdays

10/24, 10/26, 10/31, 11/2, 11/7, & 11/9 at 1:00 PM

This is an all-levels class that is designed to decrease joint pain, increase mobility and muscle strength and improve the general health of your body and mind. Anyone at any age and shape can improve his or her general health with the smooth and gentle movements of Tai Chi. You will practice in Panorama Hall. Wear flat, well-fitted shoes, loose clothing and bring a bottle of water. You must commit to all 6 classes when signing up. Each class is limited to 18 people, so you must sign up in advance. Tai Chi is taught by Evelyn Garbo.



Presented by: Dr. (CPT) Bob Mallin,
Squadron Surgeon
Fri., 10/7 at 1:00 PM

Dr. (CPT) Bob Mallin was the squadron surgeon for the 1/10 cavalry (Buffalo soldiers) in the central highlands of Vietnam 1966-1967. He was awarded a Purple Heart, an Air Medal, a Bronze Star and a Combat Medical Badge. Bob studied Civil War Medicine and Surgery in depth and will present this topic using actual period medical/surgical equipment.

Would you like to share an experience with this group?
Email Paty Ehline at patti4got@comcast.net.

Annual Membership Meeting
Thursday, November 17
1:00 PM

This is your Center and we need to hear from each and every one of you! If you're a new member, this will give you a great idea of who we are. All members are encouraged to attend.



Fri., Oct. 14
8AM-1PM

\$20 members/\$25 nonmembers

Please remember to bring a check or cash to pay your instructor directly. Credit cards are not accepted. Call 303-688-9498 to register.



PICTURES ABOVE ARE FROM THE TRIP TO COLORADO HORSEPOWER, INC.

CONTACT LIST

Fun & Games

- Mahjong - Lynn Kroloff 303-565-9429
- Monday Open Bridge - Dawn Corbell 512-966-7910
- Duplicate Bridge - Steve Wheeler 303-660-4047
- Marathon Bridge - Ann Morris 720-717-1183
- Bunco - Peg Hagmaier 303-881-2687
- Polish Poker - Linda Farley 303 997-9343
- Hand & Foot - Maggie Janick 303-590-4595
- Trivia Group - Herb Wager, hwager48@gmail.com
- Pinochle - Dawn Corbell 512-966-7910
- Texas Hold'em - Bob Moore 303-901-7364
or Cory Moore 303-548-2512

Special Interest Groups

- Knitting & Crocheting - Rita Spreeman 303-989-9173
- Sewing & Quilting Group - Sandy Hendricks 262-853-1639
or Lorretta Valle at 501-257-0194
- Jewelry Making - Monica Swartwood 703-360-3990
- Creative Writing - Jean Labo, contact front desk to get in touch with her
- Current Events - Larry Pratt 503-400-0094
- Remembering our Veterans - Patti Ehline, patti4got@comcast.net
- Garden Club - Joan Cunningham 309-230-7758
or Cathy McMahan 309-230-7752
- Book Club - Claire Chomiak, cachomiak@gmail.com
- Library - Mary Hudson, contact the front desk to get in touch with Mary
- Leather Working Group - Jim Decker (720) 448-4614

Services

- Health & Wellness - Call the front desk to schedule
- VOA & Meals on Wheels - Maria Seibert 720-733-2292
- Car Donation - Jon Hendricks 262-853-1638
- Low Vision Support - Chris Parsons 303-778-1130 x235

Sports - See bottom of page 18

OCTOBER

2022

SATURDAY/SUNDAY	MONDAY	TUESDAY
<p>1/2</p>	<p>3</p> <p>9:15 AM Monday Bridge</p> <p>11:00 AM Bowling League</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Jewelry Making Class Swarovski Bracelet</p>	<p>4</p> <p>9:30 AM Sit & Be Fit</p> <p>10:00 AM Book Club</p> <p>11:30 AM VOA Lunch - Chicken Breast with Fire Roasted Tomato Sauce, Mashed Sweet Potatoes, Broccoli, Chickpeas & Wheat Roll</p> <p>1:00 PM Bocce Ball League</p> <p>1:00 PM Bingo</p> <p>1:00 PM Texas Hold 'em</p>
<p>8/9</p>	<p>10</p> <p>9:00 AM Sewing</p> <p>9:15 AM Monday Bridge</p> <p>11:00 AM Bowling League</p> <p>1:00 PM Afternoon of Games</p> <p>4:30 PM Out to Dinner - Sahara (\$-\$\$)</p>	<p>11</p> <p>8:30 AM Casino Trip to Isle Casino <i>No Sit & Be Fit</i></p> <p>9:00 AM Newcomer Orientation</p> <p>9:30 AM Trip to Owl's Nest</p> <p>11:30 AM VOA Lunch - Fish Veracruz, Borracho Beans, Seasoned Greens, Bread & Tropical Fruit</p> <p>1:00 PM Bocce Ball League</p> <p>1:00 PM Bingo</p> <p>1:00 PM Creative Writing</p>
<p>15/16</p>	<p>17</p> <p>9:15 AM Monday Bridge</p> <p>11:00 AM Bowling League</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Jewelry Making Class Swarovski Necklace</p> <p>Craft Room will be closed this week.</p>	<p>18</p> <p>9:30 AM Sit & Be Fit</p> <p>10:30 AM Table Massage (Call office to schedule)</p> <p>11:30 AM VOA Lunch - Cheese Stuffed Shells with Meat Sauce, Cannellini Beans, Spinach, Roll & Banana Let's Celebrate</p> <p>1:00 PM Bocce Ball League</p> <p>1:00 PM Low Vision Support Group</p> <p>1:00 PM Marathon Bridge</p> <p>1:00 PM Texas Hold 'em</p>
<p>22/23</p> <p>Sun, 10/23 Theatre Trip "The Buddy Holly Story" at Boulder Dinner Theatre Leaves CRSAC at 10:30 AM</p>	<p>24</p> <p>9:00 AM Sewing</p> <p>9:15 AM Monday Bridge</p> <p>9:30 AM Trolley Trip & Lunch at Outback</p> <p>11:00 AM Bowling League</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Tai Chi for Arthritis #1</p> <p>Craft Room will be closed this week.</p> <p>Turn In Signup Sheets for November by 3PM today.</p>	<p>25</p> <p>9:30 AM Cripple Creek Overnight Trip Departs</p> <p>9:30 AM Sit & Be Fit</p> <p>10:00 AM Legal Presentation "Living Wills vs. Traditional Wills"</p> <p>11:30 AM VOA Lunch - Warm Turkey Muenster Sandwich, Baked Beans, Glazed Carrots & Orange</p> <p>1:00 PM Bocce Ball League</p> <p>1:00 PM Bingo</p>
<p>29/30</p> <p>*Color Legend* Red - Notice Blue - Services Orange - Dining Opportunities Green - Excursions & Tours Brown - Activities and Trips Pink/Purple - One Day Events and Happenings Black - Multi-Day Happenings</p>	<p>31</p> <p>9:15 AM Monday Bridge</p> <p>11:00 AM Bowling League</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Tai Chi for Arthritis #3</p> <p>1:30 PM Costume Contest & Ghoulish Treats</p> <p>Craft Room will be closed this week.</p>	<p>TRIP LEGEND</p> <p>Young at Hearts - easy-going, board a bus, minimal walking, intermittent seating</p> <p>Ramblers - pleasant, walking up to a couple of blocks, climb short flight of stairs, stand at least 30 minutes at a time</p> <p>The Geri-Actives - moderate, possible incline and/or altitude, may not provide easy access for canes, walkers, or wheelchairs</p> <p>The Go Go's - extreme, many stairs and/or incline, high altitude. Please see a staff member if you need help deciding if an activity is right for you.</p>

WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p>9:00 AM Foot Care Clinic (Call office to schedule)</p> <p>9:30 AM Sit & Be Fit</p> <p>10:45 AM Out to Lunch-Hiro Japanese Buffet (\$-\$\$)</p> <p>1:00 PM Appetizer-Making Workshop with Chef</p> <p>1:00 PM Knit & Crochet</p>	<p>6</p> <p>9:30 AM Sit & Be Fit</p> <p>9:30 AM Senior Council Trip - 2023 Medicare Open Enrollment</p> <p>10:00 AM Drama Workshop</p> <p>11:30 AM VOA Lunch - Open Faced Vermont Ham Sandwich, Grain and Kale Blend, Cabbage with Red Pepper, Apple & Muffin</p> <p>1:00 PM Trivia Group</p>	<p>7</p> <p>10:00 AM Current Events</p> <p>10:00 AM Woodland Bowl Hike with DLC</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Bocce Ball League</p> <p>1:00 PM Knit & Crochet</p> <p>1:00 PM Mahjong</p> <p>1:00 PM Remembering Our Veterans Presented by Dr. (CPT) Bob Mallin</p>
<p>12</p> <p>9:30 AM Sit & Be Fit</p> <p>9:30 AM Chair massage (Call office to schedule)</p> <p>10:00 AM FREE BP Checks</p> <p>Walk in</p> <p>11:15 AM Lunch & Learn - "Wish of a Lifetime"</p> <p>1:00 PM Halloween Card & Treat Box Making Workshop</p> <p>1:00 PM Knit & Crochet</p> <p>1:00 PM Mahjong</p> <p>Craft Room will be closed.</p>	<p>13</p> <p>9:30 AM Sit & Be Fit</p> <p>10:00 AM Drama Workshop</p> <p>11:30 AM VOA Lunch - Moroccan Chicken, Savory Chickpea Stew, Baby Carrots, Pita Bread & Mandarin Oranges</p> <p>12:45 PM Movie & Popcorn "Where the Crawdads Sing"</p> <p>1:00 PM Trivia Group</p> <p>Craft Room will be closed.</p>	<p>14</p> <p>8:00 AM AARP Drivers Safety Course</p> <p>9:30 AM Flex Friday Massage (Call office to schedule)</p> <p>9:30 AM Medicare 101 with Joey Torregrossa</p> <p>10:00 AM Accent on Hearing (Call office to schedule)</p> <p>10:00 AM Current Events</p> <p>1:00 PM Bocce Ball League</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Knit & Crochet</p> <p>Craft Room will be closed.</p>
<p>19</p> <p>9:00 AM Foot Care Clinic (Call office to schedule)</p> <p>9:15 AM Tour at 3 Hundred Days of Sunshine Moonshine Distillery and Lunch at La Casa Fiesta (\$)</p> <p>9:30 AM Sit & Be Fit</p> <p>1:00 PM Knit & Crochet</p>	<p>20</p> <p>9:30 AM Sit & Be Fit</p> <p>10:00 AM Drama Workshop</p> <p>11:30 AM VOA Lunch - Slow Roasted Beef with Spiced Apple Gravy, Mashed Potatoes, Roasted Beets, Apple & Muffin</p> <p>1:00 PM Board Meeting</p> <p>1:00 PM Trivia Group</p> <p>4:00 PM Out to Dinner-Gabriel's Restaurant (\$\$)</p>	<p>21</p> <p>9:30 AM Essential Oil Foot Massage (Call office to schedule)</p> <p>9:30 AM Wreath Making Class</p> <p>10:00 AM Current Events</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Bocce Ball League</p> <p>1:00 PM Knit & Crochet</p> <p>1:00 PM Mahjong</p>
<p>26</p> <p>9:30 AM Chair massage (Call office to schedule)</p> <p>9:30 AM Sit & Be Fit</p> <p>11:30 AM Free Dining to Donate Lunch Bus Trip to Duke's</p> <p>1:00 PM Bunco</p> <p>1:00 PM Knit & Crochet</p> <p>1:00 PM Mahjong</p> <p>1:00 PM Tai Chi for Arthritis #2</p> <p>4:30 PM Free Dining to Donate Dinner Bus Trip</p> <p>Duke's 11AM-9PM</p> <p>**November Activities See Page 20 for details.**</p> <p>DOLLAR SIGN LEGEND The dollar signs on the calendar represent the average price of the entrée at the restaurant when you will be paying for a meal there. \$ = Under \$15 \$\$ = \$16-\$35 \$\$\$ = \$36-\$50</p> <p>This does NOT represent the Activity Fee you pay at sign-up.</p>	<p>27</p> <p>9:30 AM Sit & Be Fit</p> <p>10:00 AM Drama Workshop</p> <p>11:30 AM VOA Lunch - Chili Dog, Roasted Sweet Potatoes, Corn & Orange</p> <p>1:00 PM Active Minds "History of Movies"</p> <p>2:00 PM Duplicate Bridge</p> <p>2:00 PM Trivia Group</p> <p>4:30 PM Overnight Cripple Creek Trip Returns</p>	<p>28</p> <p>9:30 AM "Tech 101" Presentation</p> <p>10:00 AM Current Events</p> <p>11:30 AM Out to Lunch Trip - Wild Goose Saloon (\$-\$\$)</p> <p>1:00 PM Afternoon of Games</p> <p>1:00 PM Bocce Ball League</p> <p>1:00 PM Knit & Crochet</p>
<p>CANCELLATION POLICY</p> <p>If you sign up for an activity and find you are unable to participate, let the front desk know as soon as possible. No credits are issued for cancellations made the <u>day of</u> or the <u>day before</u> an activity. If you cancel before the deadline, notify the Senior Center during business hours of 8:30 AM - 4:00 PM Monday-Friday, and we will issue you a credit. We do not refund ticketed events. Credits expire after one year.</p>		