Rockin' Seniors

"Loving Life in the Second Half"

The Official Monthly Publication of the Castle Rock Senior Activity Center

JULY

Issue #0721

CASTLE ROCK SENIOR ACTIVITY CENTER
"Loving Life in the Second Half"
Celebrating 50 YEARS 1971-2021

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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Project/Event Coordinator — Stacey Fahrenbruch
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ASSOCIATES

Accountant — Greg Bell, CPA
Legal Advisor — Wendy Monteith
Wellness Coordinator — Colleen Morton, R.N.

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

Happy July!

Last month was so fun getting to see so many of you all again. We have another wonderful month planned with indoor and outdoor programs and activities for all of you to enjoy. Please remember that all activities and programs regardless of fees need a reservation.

We are also celebrating the Castle Rock Senior Activity Center turning 50 years young this month. I hope you can make it to our "Golden Celebration" on July 9. We will have food, fun and entertainment along with a special awards presentation. If you haven't reserved a spot yet, please call the Center ASAP. Space is limited and reservations are required. If you can't make this special event, stop by the Center and pick a commemorative gift (after 7/13 and while supplies last) from us. Thank you so much for being a part of the history of this GREAT organization. We look forward to the next 50 years of making more memories.

Mary Jo Fry gave her notice to leave last month. We are very sad to see her go, and wish her the best as she takes some personal time for herself. I am happy to share that Stacey Fahrenbruch joined our team in June as our new Project/Event Coordinator. Please stop by and say hello when you're in the Center.

We are looking forward to seeing you at the Center this Month.

~ Debbi

Goodbye, Mary Jo

It is with a heavy heart that I have resigned from my role as Project/ Event Coordinator - Fundraiser, here at the Senior Activity Center. It has been an honor and privilege to serve beside all of you for the last 4+ years, and I will forever cherish the memories and friendships I have made along the way! What a wonderful adventure it has been and I am especially grateful for the time spent with all of you! Wishing you all much adventure while "Loving Life in the 2nd Half". **~Mary Jo Fry**

THANK YOU
TO OUR
May

Gail Adams
Barbara Ashby
Larry Ashby
Susan Balzer
Mike Bartlett
Brian Bills
Janet Bills
MaryAnn Birrittella
Alan Bjork
Kathy Breth
Patricia Britten
Ann Bronson
Sadie Bush
Pat Caluori
Joanne Carr
Diana Carroll
Matt Casey
Sharon Clyde
Bill Conz
Pat Cossey
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Beverly Frindt
Mary Ann Glantz
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Jon Hendricks
Sandy Hendricks
Sandi Hier
Cherie Holverstott
Mary Hudson
Jessica Jenner
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Carl Longhofer
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Judy Malone
Kathy Malott
Janet Mattheis
Ed Mattix
Steve Mauri
Cathy McMahon
Ed Meserko
Kathy Moloney
Shari Morrison
Betsy Mullison
Jim Osbourn
Pat Passamani
Jana Price
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Kathy Pullen
Doris Rollins
Hank Ruhl
Peter Rutt
Joe Ruys
Kathleen Ruys
Sue Ryerson
Rod Sanders
Jeffrey Schjodt
Shirley Schoeberl
Vivien Semryck
Terry Shadwick
Pam Shearer
Rita Spreeman
Kathy Stolcis
Brian Svegel
Cynthia Timmons
Tami Tucker
Phyllis Tumey
Teresa VanWinkle
Tana Watkins
Elaine Weaver
Jim Weglarz
Claudia White
Steve Williams
Candy Witt
Teri Woody

WE NEED VOLUNTEERS

We are now ramping up our in-person activities and things are getting busy again! We need volunteers as summer is a hard time to fill the positions. We need drivers for Meals on Wheels and servers for our Volunteers of America hot meal program. See page 11 for all of the details. You can contact our volunteer coordinator, Rebekah Reeves at 720-733-2292.

Volunteer of the Month

July Volunteer: Mike Bartlett

Our Volunteer of the Month, **Mike Bartlett**, was born in Los Angeles, CA, and grew up in Olathe, KS. He grew up in a family of 4 with one older sister. His dad was a small business owner and entrepreneur while his mother stayed at home and ran the household. As a child, Mike enjoyed playing with neighbor kids, building models and forts, exploring, racing mini bikes and "getting into trouble." His favorite subjects were math, science, technology and history. Mike says that he was kind of quiet in high school, but enjoyed hanging out with friends. He loved cars and motorcycles, too. His first job was at Dairy Freeze making burgers and shakes.

Mike's love of all things STEM led him to become a Pittsburg State University "Gorilla," in Pittsburg, KS. He went on to work for 40 years in the aviation and aerospace industry and retired 4 years ago after 36 years at Lockheed Martin.

Mike and his wife Carolyn met at a Denny's in Olathe and have been married for 41 years. They moved to Castle Rock from Roxborough in 1995, so their daughter could start at the new Academy Charter School. Their daughter, Jessica, now lives in Parker and has 4 children: Cadence, Michael, Avery and Harper. When he retired in 2017, he joined the Senior Center and eventually started driving and delivering Meals on Wheels.

When asked to name three traits that define him, he responded that he's inquisitive, spiritual and energetic. When asked what's the one thing he couldn't live without, he replied "oxygen." Let's add humorous to that list of traits. His grandchildren wanted him to dress up as a pretty princess for Halloween one year, so he surprised them and did! (Of course, we had to request that photo, above right.) What lucky kids and great memories! Mike also enjoys trying "bucket list" items like car racing, paragliding and curling and he loves playing pickleball. When he grows up, he says he "wants to be a wise old man."

Mike's favorite place to be is anywhere with family and friends. He says that he would tell the seniors "Live life to the fullest, never stop growing and learning and try to make the world a better place." We know that the world is already a better place because he's in it. Thank you for all of your volunteerism and hard work here at the Center, Mike. We appreciate you.

~ The Staff

WELCOME NEW MEMBERS

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

Carole Adams
Betty Cote
Glenna Harpster
Steve Klausing
Francis McGregor
Vicki Tolka
Janet Widows

We welcome these new members from May. **Lynn Kroloff** is our *Membership/Outreach Vice President.* She would love to assist you if you'd like to get involved and meet others as well. If you are new and have any questions, you can call Lynn at 303-565-9429. We invite you to come to our next Newcomer "Orientation Meeting" to meet others and to be welcomed on Tuesday, 7/13 at 10:00 AM. Masks must be worn inside. No food is allowed but you can bring your own water. Be sure to call the Center at 303-688-9498 to sign up in advance, as space is limited. We look forward to meeting you!

ROAD TO WELLNESS

Colleen Morton, R.N.
Wellness Coordinator
Castle Rock Senior Activity Center

Remember the song…"Hot Fun in the Summertime" from the 1960s? Or "Summer Nights" from the movie, "Grease"? With the hot days of summer here, it's time to talk about how too much heat can affect us.

We all want to be outside in the fresh air. However, being outside too long or in an apartment or house without air conditioning on a really hot day can put you at risk for a heat stroke. Someone who is dehydrated or who has chronic diseases is more at risk for developing problems when overheated.

Signs and symptoms of a heat stroke, which is a medical emergency (that means call 911), are: fainting or becoming unconscious, a change in behavior – confusion, agitation, staggering, being grouchy or acting strangely; body temp over 104 degrees; dry, flushed skin and a strong rapid pulse or a slow weak pulse. Note the comment – dry – someone is not sweating to cool their body down.

Since dehydration is a risk factor for your body becoming overheated, let's talk about some simple ways to increase your fluid intake in the summer:

1. Eat fruits with higher water content, like melons. Watermelon is low in calories and high in water content and vitamins. You can eat it fresh, freeze it, use it to make fruit salad or add it to a smoothie.
2. Tired of drinking plain water? There are many flavored water options available, such as Bubbly (carbonated or plain). You can also make your own flavored water. One small bottle of lemonade or orange juice can make many, many glasses of flavored water by adding a splash to your glass.
3. Baby steps ….If the thought of drinking a large glass of water sounds like too much, consider sipping on it. Put two or three 8-12 ounce water bottles in your refrigerator and just sip on them throughout the day. You could pull one out when you are sitting with your favorite book or watching your must-see TV show. Every time you start a chapter or watch a commercial, you take a sip. You will be amazed at your progress at the end of the day if you consciously make an effort to sip away throughout your waking hours.
4. Avoid drinks with alcohol or caffeine as your primary fluids during a hot day. Both of these items are considered "diuretics" – yes, like a water pill, they help your body get rid of fluids.

I've included a smoothie recipe that would be a good way to get in some extra fluids and also a nice cool meal on a hot summer day. This recipe from the ADA diabetic cookbook is diabetic friendly and was supplied by the Tri-County Health Department Dietician interns that presented at the virtual Wellness Talk Smoothies 101:

Blueberry-Banana Smoothie (diabetic friendly)
Servings: 2, Serving size: 1 cup, Prep-time: 5 minutes
Ingredients:
1 cup of unsweetened almond milk, 1 cup of frozen blueberries, 2 cups of baby spinach, 1 banana
Directions:
Combine all ingredients in a blender and puree until smooth and thick.

Enjoy the wonderful Colorado sun, but remember to also pay attention as you increase your fluid intake during this time of year. Stay safe!

Colorado Visiting Nurse Association
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Foot Care Clinic

Medical Foot Care provided by RNs
Wednesdays, July 7 & 21
Beginning at 9:00 AM

$40 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.

HEARING SCREENING CLINIC

In Person
By Shannon Miller with Accent on Hearing
Friday, July 16 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.

BP Spot
Blood Pressure Checks
CSPC Wellness Program

- ✓FREE BP check by an RN
- ✓Dates: TBD
  No Appointment needed
- ✓Provided by: Local Area Providers

Massage & Reflexology

All services are provided by Cheryl Eastburn, Massage Therapist

- ***REFLEXOLOGY***
  Dates TBD
  Beginning at 9:00 AM
  $20 for members for 30 minutes
  ($30 for non-members)

- ***CHAIR MASSAGE***
  Dates TBD
  Beginning at 9:00 AM
  $12 for members for 20 minutes
  ($22 for non-members)

- ***TABLE MASSAGE***
  Dates TBD
  Beginning at 9:00 AM
  $20 for members for 30 minutes
  ($30 for non-members)

FUNDRAISING ROCKTIVITIES

THE CASTLE ROCK SENIOR ACTIVITY CENTER PRESENTS

"HONORING OUR PAST"

Fundraising Campaign

Would you commit to donating $50 during this special 50th year anniversary year? We are preparing for another 50 years of giving back to the older adult population. Call 303-688-9498 to make your donation.

BENEFITTING THE CASTLE ROCK SENIOR ACTIVITY CENTER

RAFFLE

CRAFT SHOW EXTRAORDINAIRE RAFFLE

BEAUTIFUL QUILT, RAFFLE TICKETS $2 EACH OR 6 FOR $10

APPLE WATCH 38MM, SERIES 3, SILVER ALUMINUM CASE WITH WHITE SPORT BAND.
$5 EACH OR 5 FOR $20

PURCHASE RAFFLE TICKETS AT THE CRSAC FRONT DESK OR CALL 303-688-9498 TO ORDER.
DRAWING WILL BE HELD ON 11/6. NEED NOT BE PRESENT TO WIN.

Watch for the
"Loving the Second Half Fund" Challenge Fundraiser
where you can make matching contributions
from 8/1-10/31/21.

MEADOWS EXPRESS CARWASH

GET YOUR CAR WASH TICKETS NOW!

$10 per ticket ($14 wash value)

Call the Center at 303-688-9498 to order. Order a minimum of $20 and we will mail them to you. If the minimum is not met, you can pick them up at the Center.

Contactless Wash
You can use a coupon +$3 and upgrade to a Premium wash.

amazonsmile
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You can earn FREE money for the CRSAC every time you purchase something from Amazon!! You'll find the exact same low prices and selections, and Amazon will donate 0.5% of the price for your eligible purchases to our Center.

HOW TO GET STARTED?

Create an Amazon account or add the Castle Rock Senior Center to your existing account.

1. Go to www.smile.amazon.com.
2. Click "Create an Account" or "Sign In" using your existing account.
3. Scroll down when the page opens.
4. Type "Castle Rock Senior Center" and click search.
5. Select Castle Rock Senior Center.
6. When you start shopping, make sure to go to smile.amazon.com for it to count.

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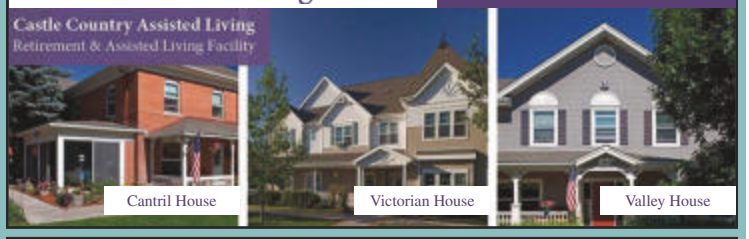

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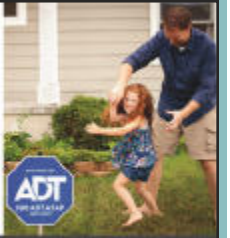


ADT Authorized Provider | SafeStreets
1-855-225-4251

ROCKIN' HAPPENINGS

July Art Workshop

Friday, July 2
9-11 AM
Activity Fee $15

You will be working on this stunning watercolor art piece. Artist Justin Jensen is a teacher at the Rocky Mountain College of Art and Design and will share his talents with us. Your Activity Fee includes all of the materials you will need to leave with a finished piece. The class is designed for all levels.

Cookie Decorating Kit $15 & Free Virtual Tour of Bakery Tues., 7/20 at 1:00 PM

Let's help support this fellow nonprofit while doing something fun! The Wellspring Bakery creates unique and freshly made baked goods while empowering the lives of adults with special needs. All bakery proceeds help to create baking classes for their STARS in which they learn the workings of the baking industry. Order your take-home cookie kit and all you have to do is decorate the fun summer shapes (may vary from the ones above). You'll get cookies, frosting and sprinkles.
Then, be sure to join the Zoom for a virtual tour of their bakery. Call 303-688-9498 to order your kit. The deadline is 7/12. You can pick them up from the center between 2-3 PM on Monday, 7/19.

Meeting ID: 955 1546 2558 Passcode: 651833

Want to feel the wind in your hair? Come ride the Trishaw

Wed., July 21
1/2 hr. appointments from 9:00 AM-2:30 PM

Visiting Angels and Cycling with Age is giving seniors unable to ride a bike a chance to experience nature and the feeling of wind in their hair. You will need to be at the Center 10 minutes before your scheduled time, then a volunteer driver will pick you up for a summer ride you won't forget. Please arrive early as we will need you to fill out a release form. Fortunately, with safeguards such as windshields, sterilization, and mask-wearing in place, this is one of the few safe ways seniors can stay active and healthy during the pandemic. The ride is for 1-2 people (max combined weight of 300 lbs.). You must wear the seatbelt and keep your hands inside at all times. You will venture around the trails near the Center and return at the 1/2 hour mark. Registration for the rides will start on Mon., 6/28 at 8:30 AM. Call the Center at 303-688-9498 to register. The rides are free, but if you'd like to leave a donation the day of your ride, we'll let you know how to do so. A minimum of 10-15 people registered is required for this event to take place.

FREE

1-hour unbiased programs each month on topics of interest

Active Minds

Learning is a lifelong adventure

Thursday, July 22 - 1:00 PM
Topic: "The River Nile"
Webinar

In 2020, the controversial Grand Ethiopian Renaissance Dam began operating on a section of the Nile river in Ethiopia. When the reservoir is filled (likely around 2026), the dam will power the largest hydroelectric plant in Africa. Egypt has opposed the dam, fearing that it could cut off or reduce water to their country. Join Active Minds as we explore this great river, following its winding path through history as well as its modern role in the world.

Go to Zoom.com then click on Join a Meeting.
Meeting ID 829 0690 4678
Meeting Password 754904

Seniors' Council Douglas County
Living Well / Aging Well™

Free Virtual Webinar

Thurs., 7/1 at 10:00 AM

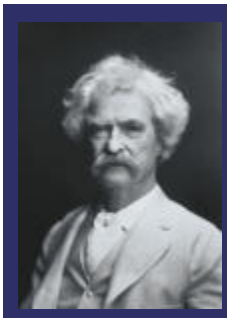
Aging Well and Finishing Strong

"Living a true, full and authentic life is something we all strive for," says our presenter Barb Lotze, Director of Business Development at Visiting Angels. Achieving this goal has been particularly difficult during the challenges of the past year. Barb will provide an overview on preparing loved ones to age with dignity and how to prepare an Aging with Dignity Binder as an invaluable tool for the family. Join us on Thursday, July 1, 2021 at 10 AM for this inspiring talk. We will send out a flyer in late June with information about how to link to this presentation. Information will be posted on the Seniors' Council webpage:

www.mydougcoseniorlife.com
and the Facebook page:
https://www.facebook.com/MyDougCoSeniorLife/.
Please RSVP: DCSeniorLife@douglas.co.us
or call 303-663-7681

Bus trips will be returning next month!

MORE ROCKIN' HAPPENINGS



In-Person Presentation
Mark Twain "Reincarnator"
Thurs., 7/15 at 1:00 PM
$5 Activity Fee

Twain is so much more than *Tom Sawyer* and *Huckleberry Finn*. He's considered as one of the greatest writers, speakers, and humorists of the last TWO CENTURIES! Along with his famous physical appearance, he brings his wit, wisdom & humor to *ANY* audience.

Come see nationally recognized Kiwanis Club of Castle Rock member, Carl Martens for this special appearance. Carl has been intrinsically tied to Mr. Twain ever since he was exposed to his writings in college, and then enjoying many performances of Hal Holbrook as the ultimate Twain impersonator.

The primary difference between Carl and Hal, is that Carl brings Mark into the 21st century…still with his famous quotes…but spontaneously relating much to current day events. Besides that, as a professionally trained musician, Carl brings to life Mr. Twain's all but forgotten musical abilities.

Come and enjoy an afternoon of whimsy, wit, fun…and a bit of wisdom thrown in…with "Mark Twain Today."

ITINERARY

Travel Industry Scams. Data Breaches. You.
July 8, 9:30 AM

In Person at the Center

Join us for a presentation on current scams impacting the travel sector and our community. In addition, we will discuss the reality and reach of data breaches. Fraud does not discriminate.

Office of the District Attorney 18th Judicial District
Consumer Fraud Protection

"The Eclectic Harp"

with Barbara the Harpist

In-Person Harp Concert
Friday, July 23 at 1:00 PM
Activity Fee of $5

Barbara Lepke-Sims, harpist, is the Healing Arts Program Coordinator for several hospitals within Centura Health and has an extensive repertoire. She will play a fun collection of songs. Some of her highlights include playing for Presidents Nixon, Ford, Clinton, Bush, and Mayors Pena, Webb and Hickenlooper. You won't want to miss this.

Movie & Popcorn
"Parental Guidance"
with Billy Crystal
In Person at the Vista Room
Thurs., 7/29
12:30 PM
$3 Activity Fee

Free Webinar
"Probate"
Wed., 7/28 at 10:00 AM

What is probate? What is the probate process in Colorado? Should I try to avoid probate through estate planning? Are there any disadvantages to probating an estate? Come discuss this and more with Jaime Stewart, Attorney with Gubbels Law Office.

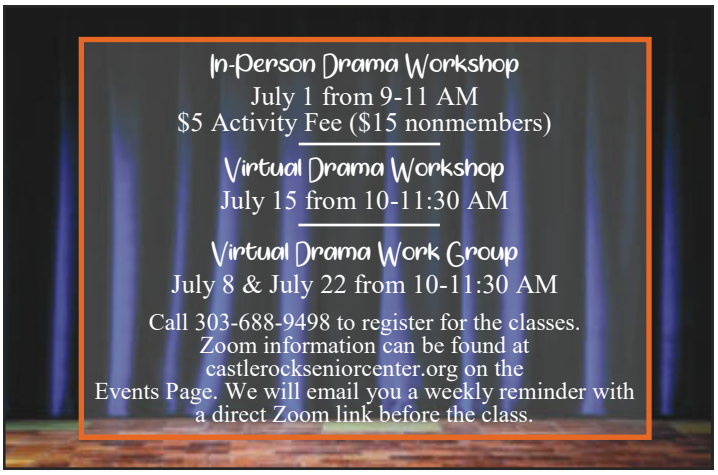
Meeting ID: 923 8204 3824
Passcode: 556343

You must register for a spot.
Sign up on the Activity Signup Sheet on Page 23.

GROUPS & GAMES

Meets in person at the center
Tues., 7/13 from 1:00-3:00 PM

Join us for a Virtual Book Chat
with a Douglas County Librarian
Not everyone reads the same thing, so come chat and get some new ideas! FREE
Tuesday, July 6
10:00 AM - 11:00 AM
Via Zoom
Meeting ID: 915 4962 0717 Passcode: 789442



See you in September!
We'll be back this fall with some great new speakers and presentations. If you're interested in helping or have ideas for speakers and/or topics, please contact
Patti Ehline at patti4got@comcast.net

JULY GUIDED HIKE
Lincoln Mountain Open Space
Thursday, JULY 22 at 8:30 AM

Moderately **difficult** with the almost 400-foot climb to the top. From the trailhead, the Lincoln Mountain Trail is 4.2 miles round trip.
No transportation. Meet at the trailhead.
$12 charge includes guide.

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 or drawings, please bring them by and we'll scan them in and use them (with your permission). Call Shannon with questions, 720-733-2290. Stop by Mon-Fri from 8:30 AM-3:00 PM. We thank you!

The following Special Interest groups will also have in-person meetings at the center in July:

- **Current Events** 7/23 10:00-11:00 AM
- **Knit & Crochet** 7/2, 7/6, 7/14, 7/22 & 7/28 1:00-3:00 PM
- **Sewing** 7/26 9:00 AM
- **Sit & Be Fit** 7/6, 7/14, 7/20 & 7/28 9:30 AM

Call the contacts on Page 11 if you have any questions.

OF INTEREST

Current Volunteer Opportunities

Drivers for Meals on Wheels (MOW)

MOW volunteers deliver frozen meal boxes to homebound, Douglas County seniors. MOW recipients have been grouped into geographical "zones" and most routes average 4-5 clients per route. Tuesday routes include Highlands Ranch, Parker, Englewood and Littleton, while Thursday routes cover Castle Rock and Larkspur. Route sheets are emailed to the drivers the day before their scheduled delivery date. On the delivery day, drivers arrive at the Center by 10:30 to pick up their meal boxes for distribution.

Availability. 10:30-1:30 Tuesdays *or* Thursdays with a minimum 2-day per month commitment

Vehicle. Volunteers drive their own vehicles

VOA Hot Meal Service

The dining center is not currently open, but we are still operating our hot meal service via curbside pick-up and delivery. Hot meals are portioned, packaged and distributed onsite every Tuesday and Thursday. We are currently in need of substitutes who would be willing to fill in as needed (1-2 times per month). Shifts for VOA start at 10:00 and end at 12:30. Positions include:

1-*kitchen* staff member who helps label, box and secure the meals in individual bags

1-*runner* who uses a cart to bring the packaged meal boxes to the front of the Center

2-*front* positions that distribute the packages to the curbside guests

We would love to have your help. Call Rebekah Reeves, Volunteer Coordinator at 720-733-2292 to find out how you can help.

This group is meeting in person on July 20 at 1:00 PM at the Center. Please call to reserve a spot at 303-688-9498.

CONTACT LIST

Fun & Games

Mah Jongg - Lynn Kroloff 303-565-9429
Monday Open Bridge - Riley Albertson 303-362-1840
Duplicate Bridge - Steve Wheeler 303-660-4047
Marathon Bridge - Teri McLane 303-349-1323
Bunco - Peg Hagmaier - 303-881-2687
Polish Poker - Linda Farley 303 997-9343
Hand & Foot - Maggie Janick 303-590-4595
Trivia Group - Chuck Pauley 720-512-4934
Pinochle - Dawn Corbell 512-966-7910
Texas Hold'em - Bob Moore 303-901-7364
or Cory Moore 303-548-2512
Scrabble - Open

Special Interest Groups

Knitting & Crocheting - Kathy Lacey 903-327-3003
or Rita Spreeman 303-989-9173
Quilting - Maggie Janick 303-590-4595
Sewing - Sadie Bush 303-660-6932
Sewing Group - Sandy Hendricks 262-853-1639
Jewelry Making - Monica Swartwood 703-360-3990
Creative Writing - Pam Thiltgen-Hester 303-814-7864
Current Events - Larry Pratt 503-400-0094
Remembering our Veterans - Patti Ehline, patti4got@comcast.net
Garden Club - Joan Cunningham 309-230-7758
or Cathy McMahon 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 - Jim Decker 720-448-4614
Tai Chi Playtime - Evelyn Garbo 808-238-6128 or
Linnea King 303-688-5572

Services

Health & Wellness - Call the front desk to schedule
VOA & Meals on Wheels - Rebekah Reeves 720-733-2292
Car Donation - Jon Hendricks 262-853-1638
Low Vision Support - (303) 778-1130 x235

Sports - **See bottom of page 18**

JULY

MONDAY	TUESDAY	WEDNESDAY

LOCATION LEGEND

Where will my activity be held?

Virtual=via Zoom

Parking Lot=Parking Lot of CRSAC (there are UPPER & LOWER LOTS)

Curbside=Drive-by CRSAC

In Person=Live in the Vista Room at CRSAC. In-person activities are in a morning and afternoon block. The morning block is from 9-11AM and the afternoon block is from 1-3 PM.

CANCELLATION POLICY

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 day of or the day before 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.

5

The Center is closed today in observance of the 4th of July holiday. No transportation or services will be provided.

6

9:30 AM Sit & Be Fit In Person

10:00 AM Virtual Book Chat

11:30 AM *Curbside VOA Lunch - Smoked Polish Sausage on a Wheat Bun, Hot German Potato Salad, Warm Three Bean Salad & Pineapple Tidbits*

1:00 PM Knit & Crochet In Person

7

9:00 AM Foot Care Clinic (call office to schedule)

12

If an activity is in bold and italics, that indicates that a registration is necessary. See the sign-up form on Page 23.

Deadline to order a take-home cookie decorating kit.

13

10:00 AM Newcomer Orientation In Person

11:30 AM *Curbside VOA Lunch - Honey BBQ Chicken, Cauliflower & Carrots, Au Gratin Potatoes, Cornbread, Apple, Oatmeal Cookie*

1:00 PM Creative Writing In Person

14

9:30 AM Sit & Be Fit In Person

1:00 PM Knit & Crochet In Person

19

Sign-up sheets accepted all this week. See Page 16 for instructions.

2:00-3:00 PM Pick Up Take-Home Cookie Decorating Kit

20

9:30 AM Sit & Be Fit In Person

11:30 AM *Curbside VOA Lunch - Oven Fried Chicken, Cheesy Potatoes, Creamed Spinach, Bran Muffin, Apple, Orange Juice & Milk*

1:00 PM Low Vision Support Group In Person

1:00 PM Virtual Tour of Wellspring Bakery

21

9:00 AM Foot Care Clinic (call office to schedule)

9:00-2:30 PM Tri Shaw Rides In Person

26

9:00 AM *Sewing Group In Person*

August Activities Signup begins at 8:30 AM See Page 16 for details.

27

11:30 AM *Curbside VOA Lunch - Meatball Marinara Sub on Wheat Hoagie, Rosemary Parmesan Potatoes, Green Beans with Almonds, Honeydew and Cantaloupe*

1:00 PM Bingo In Person (Inside)

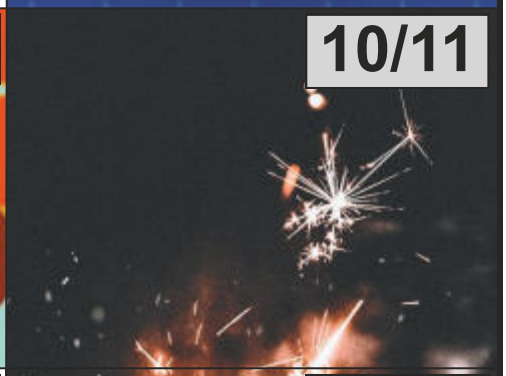
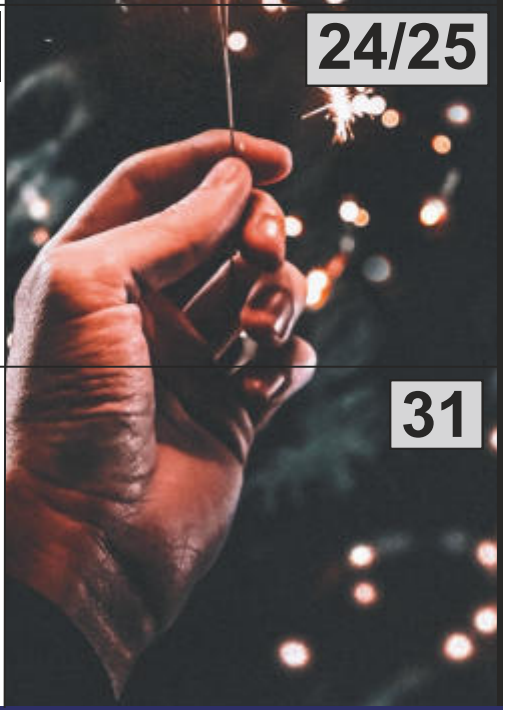
28

9:30 AM Sit & Be Fit In Person

10:00 AM Virtual Legal Presentation "Probate"

1:00 PM Knit & Crochet In Person

2021

THURSDAY	FRIDAY	SATURDAY/SUNDAY
1 ***9:00 AM*** ***Drama Workshop In Person*** 11:30 AM Curbside VOA Lunch - *BBQ White Cheddar Burger, Country Vegetable Blend, Roasted Garlic Mashed Potatoes, Watermelon & Peanut Butter Cookie*	**2** ***9:00 AM*** ***Art Workshop In Person*** 10:00 AM Virtual Current Events ***1:00 PM*** ***Knit & Crochet In Person***	
8 10:00 AM Virtual Drama Work Group ***9:30 AM*** ***Travel Industry Scams with DA's Office In Person*** 11:30 AM *Curbside VOA Lunch - Brisket Street Tacos with Wheat Tortilla, Pico de Gallo & Cheese, Pinto Beans, Roasted Corn & Red Pepper, Mango Blueberry Cup & Churro*	**9** 	**10/11** 
15 10:00 AM Virtual Drama Workshop 11:30 AM *Curbside VOA Lunch - Chicken Parmesan Sandwich on Wheat Bun, Vegetable Blend, Garlic Mashed Potatoes & Watermelon* ***1:00 PM*** ***Mark Twain Reincarnator In Person***	**16** ***10:00 AM*** ***Hearing Screening Clinic In Person*** 10:00 AM Virtual Current Events	**17/18**
22 ***8:30 AM*** ***Guided Hike - "Lincoln Mountain Open Space"*** 10:00 AM Virtual Drama Work Group 11:30 AM *Curbside VOA Lunch - Sweet and Sour Sausage, Garlic Fried Rice, Island Vegetables, Hawaiian Sweet Roll, Tropical Fruit & Lemon Bar* ***1:00 PM*** ***Knit & Crochet In Person*** 1:00 PM Virtual Active Minds "The River Nile"	**23** ***10:00 AM*** ***Current Events In Person*** ***1:00 PM*** ***"The Eclectic Harp" Concert In Person***	**24/25** 
29 10:00 AM No Drama Work Group 11:30 AM *Curbside VOA Lunch - Baked Meat Lasagna, Italian Vegetables, Sweet Bell Peppers, Wheat French Bread & Apple* ***12:30 PM*** ***Popcorn & Movie "Parental Guidance" In Person (Inside)***	**30** 10:00 AM Virtual Current Events	**31**

WHAT'S GOING ON THIS MONTH

DINING OPPORTUNITIES

VOA LUNCHES-
Tuesdays & Thursdays 11:30 AM
The Volunteers of America serve nutritious hot meals curbside (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 at 303-688-9498 if you would like to participate or to learn more about this program.

EXCURSIONS

GUIDED HIKE - Lincoln Mountain Open Space
Thursday, July 22 8:30 AM $12 ($22 nonmembers)
Lincoln Mountain has a breathtaking view of Pikes Peak, the Rampart Range, and the eastern plains of Douglas County. The trail system takes visitors through the fields to a forested and rocky pass up to the flat top. The variety of terrain and views are hard to beat. Masks must be worn until proper distance can be established on the trail. There is a limit of 10 on this trip. No transportation. Meet at the trailhead at 7333 Jones Road, Larkspur, CO 80118
Level=Moderately Difficult

TRI SHAW RIDES
Wednesday, July 21 9:00 AM-2:30 PM No Activity Fee
Visiting Angels and Cycling with Age is giving seniors unable to ride a bike a chance to experience nature and the feeling of wind in their hair. You will need to be at the Center 10 minutes before your scheduled time, then a volunteer driver will pick you up for a summer ride you won't forget. Please arrive early as we will need you to fill out a release form. Fortunately, with safeguards such as windshields, sterilization, and mask-wearing in place, this is one of the few safe ways seniors can stay active and healthy during the pandemic. The ride is for 1-2 people (max combined weight of 300 lbs.). You must wear the seatbelt and keep your hands inside at all times. You will venture around the trails near the Center and return at the 1/2 hour mark. Registration for the rides will start on Mon., 6/28 at 8:30 AM. Call the Center at 303-688-9498 to register. The rides are free, but if you'd like to leave a donation the day of your ride, we'll let you know how to do so. A minimum f 10-15 people registered is required for this event to take place.

IN-CENTER SPECIAL PRESENTATIONS

"TRAVEL INDUSTRY SCAMS. DATA BREACHES. YOU"
By Jaime Sorrells, Office of the DA, 18th Judicial District
Thurs., 7/8 at 9:30 AM No Activity Fee
Join us for a presentation on current scams impacting the travel sector and our community. In addition, we will discuss the reality and reach of data breaches. Fraud does not discriminate. Data breaches are real. ID Theft can take years to resolve. The damage impacts everyone young and old: You, your family, your business and your life. At times, the outcomes are unavoidable. Recovery is possible. Most of the time, prevention and protection are controlled by you and your actions. Simple steps can position you towards safety and empowerment. In Person

MARK TWAIN REINCARNATOR
Thurs., July 15 at 1:00 PM $5 ($15 nonmembers)
Twain is so much more than *Tom Sawyer* and *Huckleberry Finn.* He's considered as one of the greatest writers, speakers, and humorists of the last TWO CENTURIES! Along with his famous physical appearance, he brings his wit, wisdom and humor to *ANY* audience. Come see, nationally recognized Kiwanis Club of Castle Rock member Carl Martens for this special appearance. Carl has been intrinsically tied to Mr. Twain ever since he was exposed to his writings in college, and then enjoying many performances of Hal Holbrook as the ultimate Twain impersonator. In Person

"THE ECLECTIC HARP"
By Barbara the Harpist
Tuesday, JULY 23 1:00 PM $5 ($15 nonmembers)
Barbara Lepke-Sims, harpist, is the Healing Arts Program Coordinator for several hospitals within Centura Health and has an extensive repertoire. She will play a fun collection of songs. Some of her highlights include playing for Presidents Nixon, Ford, Clinton, Bush, and Mayors Pena, Webb and Hickenlooper. You won't want to miss this. In Person

The above picture was taken at the Patsy Cline/Willie Nelson concert in May. This was an outtake, too good to not share.

WHAT'S GOING ON THIS MONTH

ONE DAY EVENTS/HAPPENINGS

ART WORKSHOP - Watercolor
Friday, July 2 9:00 AM - 11:00 AM
$15 ($25 nonmembers)
Justin Jensen, instructor at the Rocky Mountain College of Art and Design, will share his teaching and art talents with us. This is a beginner level but all levels are welcome. This will be in person. Your Activity Fee includes everything you need to leave with a masterpiece. There is a minimum of 4 for the class. In Person

VIRTUAL BOOK CHAT
Tuesday, July 6 10:00 AM **No Activity Fee**
Come join this information sharing of books that have been read independently. We're lucky to have Lisa Casper with the Douglas County Libraries to facilitate the discussion. Find the Zoom link on Page 10.

MONTHLY NEWCOMER ORIENTATION MEETING
Tuesday, July 13 10:00 AM **No Activity Fee**
This is a one-hour program for new or prospective members. Be sure to stay for the full hour and explore the opportunities and benefits that come along with membership at the Castle Rock Senior Activity Center. In Person

CREATIVE WRITING GROUP
Monday, July 13 1:00-3:00 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. This meeting will be in person.

VIRTUAL LOW VISION SUPPORT GROUP
Tuesday, July 20 1:00 PM **No Activity Fee**
If you have vision problems of any kind, this could be a valuable resource for you. Chris Parsons, a facilitator with Colorado Center for the Blind, offers a wealth of ideas and ways to help you thrive. Call 303-688-9498 if you're interested in joining.

VIRTUAL WELLSPRING BAKERY TOUR
Tuesday, July 20 1:00 PM **No Activity Fee**
Come learn what Wellspring is all about at what they are doing for our community. Find the Zoom information on Page 8.

SEWING GROUP
Monday, July 26 at 9:00 AM **No Activity Fee**
Please call Sandy Hendricks 262-853-1639 if you have an interest in sewing or would like to know more about the group.

POPCORN & MOVIE "Parental Guidance"
Thursday, July 29 12:30 PM **$3 ($13 nonmembers)**
Minor-league baseball announcer Artie Decker (Billy Crystal) and his wife, Diane (Bette Midler), rarely get to see their only child, Alice (Marisa Tomei). To their surprise, Alice and her husband (Tom Everett Scott) ask them to watch their children so they can embark on a trip for work. It promises to be a fun time for all, until the three young ones turn out to be quite a handful for this old-fashioned couple. The movie is 1 hour and 44 minutes long and is rated PG. In Person

VIRTUAL ACTIVE MINDS "The River Nile"
Thursday, July 22 1:00 PM **No Activity Fee**
In 2020, the controversial Grand Ethiopian Renaissance Dam began operating on a section of the Nile River in Ethiopia. When the reservoir is filled (likely around 2026), the dam will power the largest hydroelectric plant in Africa. Egypt has opposed the dam, fearing it could cut off or reduce water to their country. Join Active Minds as we explore this great river, following its winding path through history as well as its modern role in the world. This is a virtual presentation. See Zoom link on Page 8.

BINGO FOR FUN - Tuesday, July 27 1:00 PM
No Activity Fee
Play as many cards as you can handle. It's a nickel a card per game! In Person

VIRTUAL LEGAL PRESENTATION
"Probate"
Wed., July 28 10:00 AM **No Activity Fee**
What is probate? What is the probate process in Colorado? Should I try to avoid probate through estate planning? Are there any disadvantages to probating an estate? Come discuss this and more with Jaime Stewart, Attorney with Gubbels Law Office. There is no charge to attend this virtual event.

MULTI-DAY HAPPENINGS

CURRENT EVENTS Fridays at 10:00 AM No Activity Fee
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. This group will meet in person on 7/23, then virtually the rest of the month. There is no Current Events on 7/9, the day of the Golden Celebration. Please call our office if you'd like a direct link to the Zoom meeting, 303-688-9489.

DRAMA WORKSHOP
Thursday, July 1 in person from 9-11 AM
$5 ($15 nonmembers)
Thursday, July 15 is virtual 10:00 AM-11:30 AM
No Activity Fee
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. Call the office if you'd like to be put on the email for a direct Zoom link.

KNIT & CROCHET
Friday, 7/2, Tuesdays, 7/6, Wednesdays, 7/14 & 7/28 & Thursday, 7/22 1:00 PM
No Activity Fee
If you want to learn how to knit or crochet, this is the place to be. In Person

SIT & BE FIT CLASS
Tuesday, Thursday, 7/6, Wednesdays, 7/14 & 7/28
9:30 AM **No Activity Fee**
We have great videos focusing on muscle strength and flexibility. In Person

VIRTUAL DRAMA WORK GROUP
Thursdays, July 8 & 22 10:00 AM **No Activity Fee**
Want to check out what the Drama Group is all about? Here's your opportunity. Want to come hang out with friends? Join us. This is a casual group setting designed to provide additional time together. You can drop in as you please. These groups may be self led, but you will have a set of materials provided by the Drama Work Group instructor. Call the office if you'd like to be put on the email for a direct Zoom link.

WHAT'S GOING ON THIS MONTH

SHARED SHELF

• PUZZLES • BOOKS • GAMES

Open Mondays – Fridays

8:30 AM – 3:00 PM

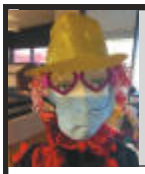
Located on carts outside of the Senior Center

Please do not return anything to the carts, and remember to practice social distancing. There is a blue bin next to the Shared Shelf where we are accepting book and puzzle returns. Please do not take anything from the blue bin as we will sanitize items appropriately. No Grandma's Attic items can be dropped off outside. We will be accepting Grandma's Attic items on Mondays and Tuesdays. Call Rebekah at 720-733-2292 to let her know you're coming. Enjoy these items with no time limit on borrows!

Temporary Signup Procedures Via Phone (No In Person)

The July Activity Sign Up is Monday, June 28 starting at 8:30 AM. Please turn in your activity sign up sheet (found on Page 23) any time during the week of 6/21 without payment. Be sure to give us a phone number that you will be at for the morning on 6/28. At that time, your name will be placed in the Registration Box drawing. At 8:30 AM on 6/28, 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. If you are paying by check, we will notify you of your total, then you'll have by the end of the day on 6/29 to deliver your check to us.

The August Activity Sign Up is Monday, July 26 starting at 8:30 AM. Please turn in your activity sign up sheet (found on Page 23) any time during the week of 7/19 without payment. Be sure to give us a phone number that you will be at for the morning on 7/26. At that time, your name will be placed in the Registration Box drawing. At 8:30 AM on 7/26, 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. If you are paying by check, we will notify you of your total, then you'll have by the end of the day on 7/27 to deliver your check to us.



SINCERELY SENIORITA

We Answer Your Questions

Dear Seniorita,
Is a face shield considered an option for a mask? -Worn Out

Dear Worn Out,
No, a face shield is considered a covering for the eyes, not the nose and mouth. Face shields do not offer the same level of protection as the mask. We are looking forward to removing this restriction for in-person activities at the Center. However, we plan on moving slowly to protect the older adult population. We realize that some of you have been getting together and make more frequent outings in public. But, there are still those seniors who haven't had that opportunity. We will work to protect everyone. Realize also that this publication takes awhile to reach everyone, and guidelines may have changed by that point in time.

LANDS' END

Show Your Colors

Are you proud to call CRSAC your home? We now have our own storefront with Land's End apparel. There are so many pieces to choose from, for every body type, for both women and men: polos, jackets, dress shirts, sweaters and active wear. Sherry (left) wears her CRSAC polo shirt when she attends events and meetings at the Center. You have the option to place the Senior Center logo where you want on yours. These are quality garments and will last a long time.

https://business.landsend.com/store/castlerockseniorcenter/

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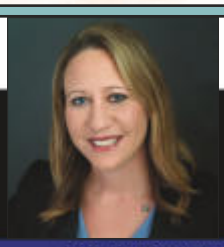

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SPORTS ROCK

Softball

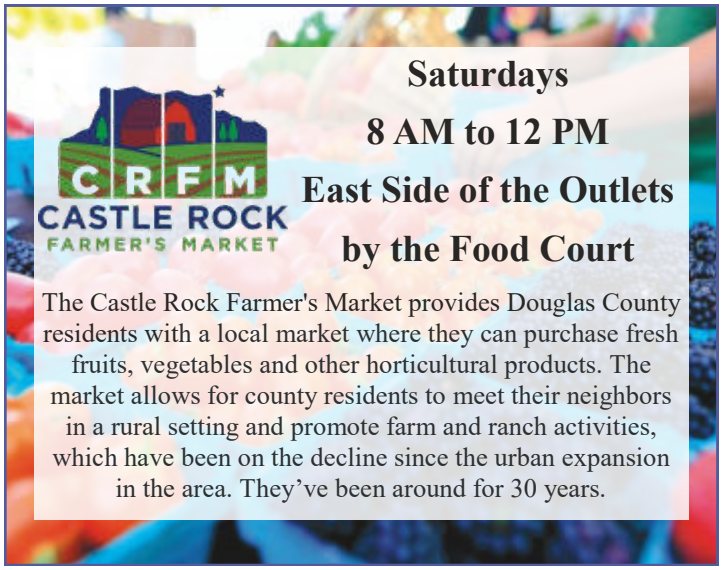
The July softball schedules have not been published as of the date this newsletter went to press. Please call one of the softball team contacts below for more information. Be sure to go cheer them on!

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
Hiking Club - Open
Bowling - Kay Wolfe 512-970-6085

AROUND TOWN

It's a tradition to celebrate Independence Day with fireworks. So, turn your attention to Santa Fe Quarry Mesa for the Town's annual fireworks display. Similar to years past, fireworks will shoot off after sundown (around 9:30 PM) from the butte located just south of The Meadows, above Red Hawk Ridge Golf Course.



Festival Park
Farmer's Market
Every Sunday from
8 AM – 1:00 PM

Located in and around the beautiful Festival Park in downtown Castle Rock at 300 Second St. The farmer's market is open every Sunday through the end of September. The goal is to bring local Colorado products and foods to you.

RESOURCES

DOUGLAS COUNTY, CO
FAIR & RODEO
100 YEARS OF FUN

July 31–August 8, 2021

Did you know that the Douglas County Fair & Rodeo - a 100-year-old community tradition - is only successful because of energetic, friendly fair-lovers like you? Now is your opportunity to serve your community, celebrate your County's history and have fun all at the same time. Volunteers of all ages are needed for a variety of activities and tasks during the July 31st through August 8th 2021 event. When you help out you receive a free general admission pass for the entire Fair, and a special t-shirt, as well as snacks and drinks during your shifts!

Visit to learn more and sign up:
https://www.douglascountyfairandrodeo.com/p/get-involved/volunteers

ACCENT ON HEARING

Reminder about Hearing Screenings

There have been some changes to the services provided by Accent on Hearing at the Senior Center, effective immediately. They will be providing hearing screenings and hearing aid clean and checks only. They will no longer be offering ear wax removal.

Ear wax removal is truly a clinical procedure and as such should be done in their office. Oftentimes a patient may have certain medical conditions that would require them to take extra measures and precautions prior to rendering the procedure.

They value their partnership with the Senior Center and want to be sure that they are abiding by all necessary medical guidelines. Thanks in advance!

Loving the Second Half Fund
CASTLE ROCK SENIOR CENTER, INC
CHALLENGE 2021
Matching contributions
August 1st - October 31st

The Safety of Seniors Handyman Program Presents

Cool Down, Colorado!

Criteria to be eligible for ONE FREE FAN

- 60 years of age or more
- On a limited income
- Has not participated in previous years
- Lives in Adams, Arapahoe, Denver, Douglas, Jefferson, Clear Creek, or Gilpin Counties

To reserve a free 20 inch box fan, call Wayne, Handyman Program Coordinator, as soon as possible!

(720)264-3366
tharris@voacolorado.org
FIRST COME, FIRST SERVED

Friendship Line with The Institute on Aging

The Institute on Aging's 24-hour, toll-free Friendship Line is designed to support people the age of 60 and older and adults living with disabilities. Their trained volunteers specialize in active listening and friendly conversation with isolated older adults. It provides both a crisis intervention hotline and a warm friendly voice for non-emergency emotional support, elder abuse reporting, well-being checks, grief support, suicide intervention and resources and referrals for older adults.

1-800-971-0016

Grandma's Attic Donations

Items for Grandma's Attic can be brought in on Mondays and Tuesdays from 9:00 AM-3:00 PM. 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 Rebekah, Volunteer Coordinator, at 720-733-2292 and give her a heads up to let her know when you'll be coming and what you'll be bringing. Thank you for your attention to these details, as a it takes a coordinated effort to stay organized.

Be sure to check out our social media outlets. Find the addresses on the back cover of this newsletter.

POLICIES

Know Before You Go

Help Us to Safely Return to Indoor Activities

- In-person activities will follow Tri-County Health & CDPHE recommendations.
- Please only come to the center when healthy. Stay home if you have had any COVID symptoms or have been in contact with anyone testing positive for COVID.
- No gathering or congregating prior to or after activities in the center.
- Face masks must be worn appropriately at all times.
- Plan to arrive and depart promptly for activities.
- Sanitize your space prior to leaving and make it just as clean for the next person. Look for the cleaning station.
- Some seating and coffee/food service has temporarily been removed.
- Bring a full water bottle.
- Please maintain 6 feet of distance from others and respect our limited capacity.
- When you check in at the kiosk, you will be asked to reply "yes or no" to the COVID Acknowledgement below:

I acknowledge the contagious nature of the COVID-19 virus, and respect that the facility adheres to the CDC recommendations of practicing social distancing and wearing face coverings. CRSAC has put in place preventative measures to reduce the spread of the COVID-19 virus, to the best of their abilities, but CRSAC is not requiring members, guests, volunteers, or staff to provide proof of a COVID vaccine to participate in activities or enter the facility, and therefore the risk of COVID spread still exists. I further acknowledge that no guarantee exists regarding whether or not I may contract COVID-19. I understand that the risk of becoming exposed to and/or infected by the COVID-19 virus may result from the actions, omissions, or negligence of myself and others, including, but not limited to, staff and other clients. I acknowledge that I increase my risk of exposure to COVID-19 by participating in services rendered. I acknowledge that I must comply with all set procedures to reduce the spread while in attendance, and that refusal to comply may result in removal from the facility or activity.

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- Medication administrator • Social & Recreational activities
- 3 Meals + Snacks Daily • Weekly housekeeping, laundry and liner service
- Transportation Coordination • Free use individual tablet
- Ongoing assessment • Outdoor living space
- Internet/cable/phone/utilities • Alexa emergency call system

Jai Residential Care Home 2 is licensed by the state of Colorado as Assisted Living Residence.

Schedule your personalized tour today by reaching out to us and letting us help... Give us a call or email.
Phone: 720-295-2747
Email: jairesidentialcarehome2@gmail.com

Jai Residential Care Home 2
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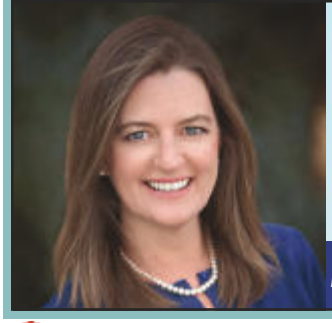
www.jairesidentialcarehome.com



Simply Medicare

HAVE QUESTIONS? CALL AN EXPERT, CALL ME TODAY!

As a licensed insurance agent, I can make looking for answers stress-free.
Call today to set up your no obligation, no cost appointment

Betsy Mullison, Licensed Agent • 720-291-0572 • betsymullison@gmail.com

OUR ROCKIN' MEMBERS

JULY BIRTHDAYS

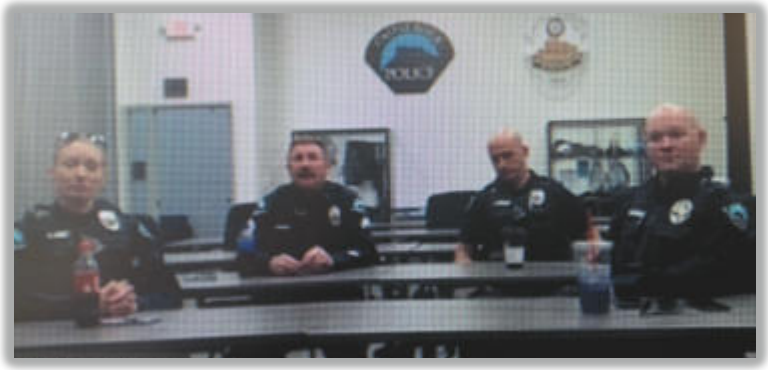
1st Chris Czech
2nd Ray DeChristopher, Rally Walters, Jack Whited
3rd Judy DeChristopher, Wendy Monteith
4th Mary Jo Fry, Susan Santamaria-Fenton
5th Chuck Ask, Nancy Bendure, Bill O'Brien, Jim Yank
6th Betty Adams, Sue Caughman, Jim Gantner, Marilyn Petrik
7th Nora Boschee, Nikki Hoy, Randy Reed, Donna Thurlow
8th Vincent Nigro, Kathy Pullen
9th Chris Carlson, Juanita Euell, Larry Fox, Linnea King
10th Bob Kuehster, Steven Murray
11th Dolores Coyne, Lee Green, Cathy McMahon
12th Steve Herrick, Pat Riehle, Susan Walden
13th Nancy Flugum, Mary Ann Lenz
14th Joan Goldberg
15th Nancy Brandom, Bill Gernert, Jane Sheppelman
16th Alice Gette, Vi McKeague, Eileen Wood, Corinne Zitzer
17th Patricia Britten, Linda Farley, Burt McGregor, Sandy Richardson, Loetitia Toedtemeier
18th Rosa Mazzella,
19th Brian Bain, Irene Henning
20th Diane Gehringer, Steve Hix, Esther McKee, Mark Weiss
21st Dale LeNoue, Richard Orzechowski
22nd Steve Wilson
23rd Greg Bell, Rebekah Reeves, Gene Tolini
24th Fran Cason
25th Becky Cossey, Sandy Konstanzer, Ed Makowiecki, Luke McWilliams, Bruce Sorum
26th Jeanette Brock, Mary Ann Glantz, Francis McGregor, Anna Rissling, Jeff Yonce,
27th Rosemary MacGregor, Peggy Winkler
28th Irene Chavez, Beth Claasen, Salvador Munoz
29th Bette Stookesberry
30th Jim Henderson, Juanita Higgins, Joy Van Ornum
31st John Carroll, Chuck Pauley, Gail VanSickle

Thanks, Aspen View Academy

Aspen View Academy on Low Meadows Blvd. here in Castle Rock had a coin drive where they collected spare change, then selected CRSAC as one of their charities. We received a check in the amount of $850! This is the reason we are able to do what we do for seniors. We appreciate your kind act!

"Remember there is no such thing as a small act of kindness. Every act creates a ripple with no logical end." -Scott Adams

Castle Rock's Finest



Thank you, Amanda Lane and partners for your service to the seniors. They joined us in May for a virtual Coffee With a Cop. They don't stop working, even through a pandemic. Officer Lane also assisted with our COVID Vaccine clinics. They can't wait to get back into the Center to visit with us in person. The officers of the Castle Rock Police Department make us proud.

Newcomer Orientation

We had a successful Newcomer Orientation in May and can't wait to get to know these new friends. If you see an unfamiliar face, be sure to greet them and make them feel welcome.

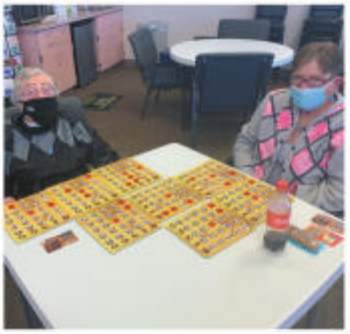
WHAT'S BEEN HAPPENING

1950s Musicals & Show Tunes Virtual Presentation

Freight Farming with Mountain Vista High School

You can find this recording and more on our YouTube Channel.

May Bingo



May's Guided Hike through Mitchell Creek Canyon

ROCKIN' ACTIVITY SIGN-UP SHEET

Name: _____ Member: _____ Guest: #

Please Print Clearly

Guest Waiver on File ☐

Cell Phone: _____ Home Phone: _____

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.

X IF COM-ING	DATE	ACTIVITY	TIME	ACTIVITY FEE MEMBER	ACTIVITY FEE NON-MEMBER	COST
	Thurs July 1	Drama Workshop In Person	9:00 AM	$5	$15	
	Fri July 2	Art Workshop In Person	9:00 AM	$15	$25	
	Fri July 2	Knit & Crochet In Person	1:00 PM	No Activity Fee	No Activity Fee	
	Tues July 6	Knit & Crochet In Person	1:00 PM	No Activity Fee	No Activity Fee	
	Thurs July 8	Travel Industry Scams with DA's Office In Person	9:30 AM	No Activity Fee	No Activity Fee	
	Fri July 9	Golden Celebration	12:00 PM	Reservations Required	Reservations Required	
	Tues July 13	Newcomer Orientation In Person	10:00 AM	No Activity Fee	No Activity Fee	
	Tues July 13	Creative Writing In Person	1:00 PM	No Activity Fee	No Activity Fee	
	Wed July 14	Sit & Be Fit In Person	9:30 AM	No Activity Fee	No Activity Fee	
	Wed July 14	Knit & Crochet In Person	1:00 PM	No Activity Fee	No Activity Fee	
	Thurs July 15	Mark Twain Reincarnator In Person	1:00 PM	$5	$15	
	Fri July 16	Hearing Screening Clinic In Person	10:00 AM	Call to Schedule	Call to Schedule	
	Tues July 20	Sit & Be Fit In Person	9:30 AM	No Activity Fee	No Activity Fee	
	Tues July 20	Low Vision Support Group In Person	1:00 PM	Call to Schedule	Call to Schedule	
	Tues July 21	Tri Shaw Rides	9:00 AM	Call to Schedule	Call to Schedule	
	Thurs July 22	Guided Hike - "Lincoln Mountain Open Space"	8:30 AM	$12	$22	
	Thurs July 22	Knit & Crochet In Person	1:00 PM	No Activity Fee	No Activity Fee	
	Fri July 23	Current Events in Person	10:00 AM	No Activity Fee	No Activity Fee	
	Fri July 23	"The Eclectic Harp" Concert in Person	1:00 PM	$5	$15	
	Mon July 26	Sewing Group In Person	9:00 AM	No Activity Fee	No Activity Fee	
	Tues July 27	Bingo In Person (Inside)	1:00 PM	No Activity Fee	No Activity Fee	
	Wed July 28	Sit & Be Fit	9:30 AM	No Activity Fee	No Activity Fee	
	Wed July 28	Knit & Crochet	1:00 PM	No Activity Fee	No Activity Fee	
	Thurs July 29	Popcorn & Movie "Parental Guidance"	12:30 PM	$3	$13	

In-person programming at the Center is in 2 blocks each day, a morning and afternoon block. The morning session is from 9:00 AM-11:00 AM and the afternoon session is from 1:00 PM-3:00 PM.

OFFICE USE ONLY WHEN PAID

Total Fees $_____ — Certificate $_____ = $_____ Rung into Register

HOW PAID ☐ Cash ☐ Check ☐ Charge

Processed by _____ Date _____

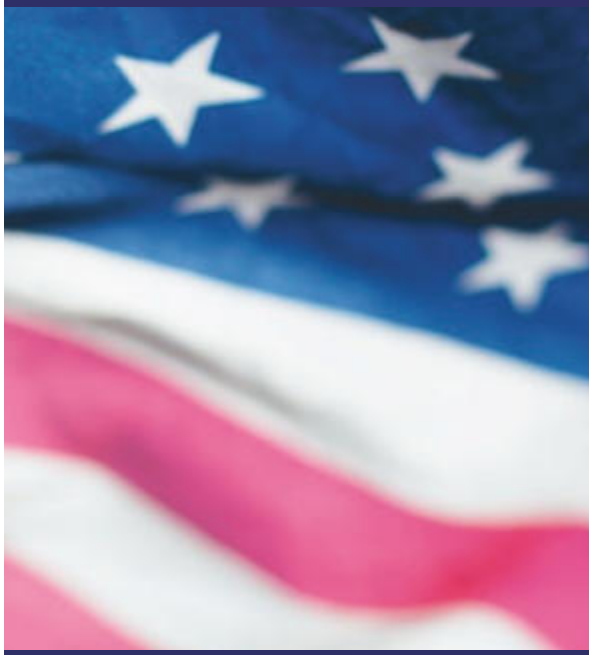
Total Activity Fees $_____

***Ticketed Event - No Refunds*

☐ **Will-Pay by** _____ **(date)**

CASTLE ROCK SENIOR ACTIVITY CENTER

2323 Woodlands Blvd.
Castle Rock, CO 80104



Email: crsc@crgov.com
www.castlerockseniorcenter.org
www.Facebook.com/CastleRockSeniorCenter
www.instagram.com/castlerockseniorcenter/
twitter.com/SeniorCastle
or
subscribe to "Castle Rockin' Seniors"
on YouTube

Activity Sign-Up
Doors open at 7:30 AM
Phones open at 8:30 AM
Check the Website
For Sign-Up Dates

NONPROFIT ORG.
U.S. POSTAGE
PAID
CASTLE ROCK, CO
80104
PERMIT NO. 20