



Active Adult Center News

December

2022



RECREATION
CITY OF GREELEY

In this Issue...

Active Adult Center

1010 6th Street
Greeley, CO 80631
970-350-9440

*Where Being Active
is Our Way of Life!*

Hours
Monday - Friday 8 a.m. - 5 p.m.
Saturday 12 - 4pm
Sunday—Closed

TABLE OF CONTENTS

- Announcements 3
- Special Events 4
- Classes..... 4, 5 & 8
- Calendar 6 & 7
- Day Trips 8
- Menu 9
- Programs 10 & 11
- Sports..... 11



Advisory Committee seated: Rollie Higgins, Judy Hartshorn, Mike Ream, Lana Ryden, Bonnie Satur, Nancy Culbreath, Alecia Graves. Standing: Ted Trujillo, Carl Hartman, Clarence Dye, Barbara Bouse, Maureen Moore, Meredith Skoglund, Gabi Snyder, Ann Norman. Not pictured: Louise Holmes

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Announcements

King Soopers Community Rewards

Do you have a King Soopers card? Did you know that just by shopping at King Soopers, the store will donate 5% of your total bill to the AAC? Stop by the front desk for help setting up your card.

Welcome!

First time members who joined the Active Adult Center from October 1-31 are Shirley Carey, Loretta Dominquez, Faith Farkas, Diana Guerin, Joe Mitotes, Laura Ulmer, Monty Ulmer and Merle Wood.

Friendly Fork Meals

Please call and make a reservation at 970-350-9440 by 11:00 a.m. the business day prior. Meals served Monday, Wednesday, and Friday noon.

Active Adult Center Memberships

- \$35 resident, \$50 non-resident
- Members receive discounts on programs, a monthly newsletter, and a parking permit. Call

970-350-9440 for more information.

AAC Senior Assistance - Do you make \$25,200 or less a year? Ask the front desk about our scholarship program.

Closed - Active Adult Center will be closed for annual maintenance the week of Dec 17-25. We will open at 8 a.m. on Dec 26

Special Events

Thanksmas Lunch

Thursday | Dec 8 | 11:30 a.m.

Celebrate Thanksgiving and Christmas all at once at the AAC. Join the fun, music, and fellowship. The menu includes: ham, garlic mashed potatoes, veggie, fruit salad, roll, butter and pumpkin pie. Entertainment: Marparita Boys Band. Deadline Dec 1
Fee: \$10 members, \$15 non-members



Classes

Please Note - The Woodshop is closed during woodshop classes. Thank you for your understanding.

SilverSneakers® Classic

Wednesdays & Fridays | 10:15 a.m.

Increase muscle strength and range of motion and improve activities for daily living. You will have a chair for seated exercises and standing support. Your instructor can modify the exercise for your fitness level. **Fee: Free to Silver Sneakers® members and AAC members, \$4 for non-members**

Strong People (Oct 31 – Dec 9)

Monday, Wednesday & Friday | 9 a.m.

Mondays & Thursdays | 11 a.m.

Tuesday & Thursday | 9 a.m.

A partnership with the Area Agency on Aging held at the AAC. The benefits of Strong People are to maintain/improve strength, flexibility, and balance. Hand and ankle weights are used; learn appropriate exercises and proper techniques for you. Call 970-400-6117 to register.

Fee: donations are accepted.

Mind over Matter (MOM) Healthy Bowels, Healthy Bladder

Tuesdays | Nov 15, 29, Dec 13 | 1–3 p.m.

Join us for a program designed to give women the tools they need to take control of bladder and bowel leakage. Learn strategies for preventing or lessening symptoms. Each class is limited to 10 participants. Call Aspen Club @ 970-495-8565 to register. Class held at the Active Adult Center.

Qigong part 2

Wednesdays | Nov 16 & 30, Dec 7 & 14 | 10 a.m.

Qigong is open to all. Learn a series of breathing and movement exercises based on traditional Chinese techniques. Exercises are designed to build overall health, flexibility, balance, and strength. Min 8 max 20. **Fee: \$20 members, \$25 non-members**

Writing your Life – 1

Continues until Dec 8

Writing your Life – 2, 3 & 4

Continues until Dec 8

T'ai Chi Beginning

Continues until Tuesday Dec 13. New session for new students begins Jan17.

Tai Chi Advanced

Continues until Thursday Dec 15. New session begins Jan 19.

GRASP

Monday | Dec 5 | 1:30–3 pm

Program will celebrate the holidays with solo violinist Edward Hardy and his program, Music of the Nutcracker.

Fee: \$5 members, \$10 non-members

Woodshop Safety Annual Proficiency Class

Tuesday | Dec 6 | 8:30–9:30 a.m.

Class is for members who have been approved by the AAC to use the woodshop prior to the 2020 shutdown. AAC requires all individuals who use the woodshop to have an annual safety course. Class will review the new Woodshop Safety Manual.

Deadline Dec 2; min 2, max 6

Fee: \$10 (must be member)

Woodshop Safety – Introductory Class

Tuesday | Dec 6 | 10 a.m.–12:30 p.m.

Come and see what the AAC woodshop has to offer. This class will focus on the major pieces of equipment available in the AAC wood shop. The following topics will be covered: general safety procedures for using the shop, and individual safety procedures on the major pieces of equipment. This is for individuals who have limited knowledge of woodworking tools and those members who were not approved to use the wood shop prior to the 2020 shutdown. Deadline Dec 2; min 2, max 4

Fee: \$15 members (must be a member)

Chess Class

Tuesdays | Dec 6 -26 | 10–11 a.m.

(no class 12/20)

U.S. Candidate Master, Brad Lundstrom, provides chess lessons for all levels. Beginner players are encouraged to join. The class will be divided into two

separate groups for lessons. Play for fun or join our tournaments.

Fee: \$20 members, \$25 non-members, or \$5 drop-in fee.

4 Keys to Financial Freedom

Tuesday | Dec 6 | 10:30-11:30 a.m.

Join Matt Gill of SOFA (Society for Financial Awareness) for an informative hour of financial tips including taxation, inflation, reverse mortgages, and earning interest safely. We look forward to providing you an hour of delight, insight, and information that may possibly have a positive impact on your financial future. Call 970-350-9440 to reserve your seat. Fee: Free

Ceramics

Wednesdays | Dec 7-28 | 1-3 p.m.

(no class 12/21)

Calling all ceramic lovers! Our expert volunteer instructor will help you during each class. Bring your own greenware and paints, or for an additional fee, supplies can be purchased in class. Fee: \$9 members, \$14 non-members

Healthy Living for Your Brain and Body

Thursday | Dec 8 | 10-11:30 a.m.

For centuries, we've known that the health of the brain and the body are connected. But now, science can provide insights into how to optimize our physical and cognitive health as we age. Join the Alzheimer's Association to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Call Aspen Club @ 970-495-8565 to register. Class held at the Active Adult Center.

Wood Shop Ambrosia Bread Tray

Saturday | Dec 10 | 12:30-3:30 pm

Learn the basics of using the plunge router and template to make trays. Make a one-of-a-kind shallow tray made of Ambrosia Soft Maple. Deadline Dec 7; min 2, max 4. Fee: \$25 members (must be member)

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December 2022

Sunday	Monday	Tuesday	Wednesday
<p>4</p> <p>Closed</p>	<p>5</p> <p>8 a.m. Billiards & Open Pool / Table Tennis 9 a.m. Strong People 11:30 a.m. Friendly Fork Lunch 11 a.m. Strong People 1 p.m. Pinochle 1 p.m. Crafts/Needlework 1 p.m. Mahjong 1 p.m. Five Crowns Cards / Dominoes 1 p.m. Massage / Table Tennis 1:30 p.m. GRASP</p>	<p>6</p> <p>8 a.m. Billiards & Open Pool / Table Tennis 8:30 a.m. Woodshop Safety Proficiency 9:00 a.m. Medicare Counseling 9:00 a.m. Strong People 9:30 a.m. Keenage Singers Practice 9:30 a.m. Massage 10 a.m. Chess 10 a.m. Tai Chi beginning 10 a.m. Woodshop introductory Class 10:30 a.m. 4 Keys to Financial Freedom 12:30 p.m. Bridge Tom 12:30 p.m. Hand & Foot Cards 1 p.m. Pitch 1 p.m. Shuffleboard 1 p.m. Computer Lab Help</p>	<p>7</p> <p>8 a.m. Billiards & Open Pool / Table Tennis 9 a.m. Knitting 9 a.m. Car Loves Unite 9 a.m. Strong People 9 a.m. Butterfly Pavilion 10 a.m. Qigong 10:15 a.m. SilverSneakers® 11:30 a.m. Friendly Fork Lunch 12:30 p.m. Bridge Tom 12:45 p.m. 8 ball Tournament 1 p.m. Ceramics 1 p.m. Corn Hole</p>
<p>11</p> <p>Closed</p>	<p>12</p> <p>8 a.m. Billiards & Open Pool / Table Tennis 11:30 a.m. Friendly Fork Lunch 1 p.m. Pinochle 1 p.m. Crafts/Needlework 1 p.m. Mahjong 1 p.m. Five Crowns Cards / Dominoes 1 p.m. Massage / Table Tennis 1 p.m. Bridge Gloria</p>	<p>13</p> <p>8 a.m. Billiards & Open Pool / Table Tennis 9:30 a.m. Massage 9:30 a.m. Keenage Singers Practice 10 a.m. Chess 10 a.m. Tai Chi beginning 10 a.m. Woodshop Plunge Routed Tray pt 1 10 a.m. Christkindl Market 12:30 p.m. Bridge Tom 12:30 p.m. Hand & Foot Cards 1 p.m. Pitch 1 p.m. Shuffleboard 1 p.m. Photography Group 1 p.m. Bridge Mary 1 p.m. (MOM) Healthy Bowels</p>	<p>14</p> <p>8 a.m. Billiards & Open Pool / Table Tennis 9 a.m. Knitting 10 a.m. Qigong 10 a.m. Woodshop Plunge Routed Tray pt2 10:15 a.m. SilverSneakers® 10:30 a.m. Hearing Evaluation 11:30 a.m. Friendly Fork Lunch 12:30 p.m. Bridge Tom 1 p.m. Ceramics 1 p.m. Corn Hole</p>
<p>18</p> <p>Closed</p>	<p>19</p> <p>Active Adult Center Closed Maintenance</p>	<p>20</p> <p>Active Adult Center Closed Maintenance</p> <p>9:00 am. Advisory Committee—Rec Center</p>	<p>21</p> <p>Active Adult Center Closed Maintenance</p>
<p>25</p> <p>Closed</p>	<p>26</p> <p>8 a.m. Billiards & Open Pool / Table Tennis 1 p.m. Pinochle 1 p.m. Crafts/Needlework 1 p.m. Mahjong 1 p.m. Five Crowns Cards / Dominoes 1 p.m. Massage / Table Tennis 1 p.m. Bridge Gloria</p>	<p>27</p> <p>8 a.m. Billiards & Open Pool / Table Tennis 9:30 a.m. Massage 9:30 a.m. Keenage Singers Practice 10 a.m. Chess 12:30 p.m. Bridge-Tom 12:30 p.m. Hand & Foot Cards 1 p.m. Pitch 1 p.m. Shuffleboard 1 p.m. Computer Lab Help 1 p.m. Mary Bridge</p>	<p>28</p> <p>8 a.m. Billiards & Open Pool / Table Tennis 9 a.m. Knitting 10:15 a.m. SilverSneakers® 12:30 p.m. Bridge Tom 1 p.m. Ceramics 1 p.m. Corn Hole</p>

Calendar of Events

	Thursday	Friday	Saturday
	<p>1 8 a.m. Billiards & Open Pool / Table Tennis 8:15 a.m. Acupuncture 9 a.m. Strong People 9 a.m. Corn Hole Tournament 10 a.m. T'ai Chi Advanced 10:30 a.m. Writing Your Life 2, 3 & 4 11 a.m. Strong People 1 p.m. Bingo 1 p.m. Table Tennis 1:30 p.m. Writing Your Life 1</p>	<p>2 8 a.m. Billiards & Open Pool / Table Tennis 9 a.m. Strong People 10 a.m. Volleyball—FFP * 10:15 a.m. SilverSneakers® 11:30 a.m. Friendly Fork Lunch 12:30 p.m. Hand & Foot Cards 1 p.m. Bunco 1 p.m. Shuffleboard</p>	<p>3 12 p.m. Hand & Foot cards</p>
	<p>8 8 a.m. Billiards & Open Pool / Table Tennis 8:15 a.m. Acupuncture 9 a.m. Strong People 10 a.m. T'ai Chi Advanced 10 a.m. Book Group 10 a.m. Healthy Living For Your Brain and Body 10:30 a.m. Writing Your Life 2, 3 & 4 11 a.m. Strong People 11:30 Thanksmas Lunch 1 p.m. Bingo 1 p.m. Table Tennis 1:30 p.m. Writing Your Life 1</p>	<p>9 8 a.m. Billiards & Open Pool / Table Tennis 9 a.m. Strong People 10 a.m. Volleyball—FFP * 10:15 a.m. SilverSneakers® 11:30 a.m. Friendly Fork Lunch 12:30 p.m. Hand & Foot Cards 1 p.m. Bunco 1 p.m. Shuffleboard 1 p.m. Bridge Gloria</p>	<p>10 12 p.m. Hand & Foot cards 12:30 p.m. Woodshop Ambrosia Bread Tray 1 p.m. Computer User Group 6:30 p.m. Square Dance</p>
	<p>15 8 a.m. Billiards & Open Pool / Table Tennis 8:15 a.m. Acupuncture 10 a.m. T'ai Chi Advanced 1 p.m. Table Tennis 1 p.m. Bingo 5:15 p.m. Candlelight Dinner Theater</p>	<p>16 8 a.m. Billiards & Open Pool / Table Tennis 10 a.m. Volleyball—FFP * 10:15 a.m. SilverSneakers® 11:30 a.m. Friendly Fork Lunch 12 p.m. Newsletter Taping 12:30 p.m. Hand & Foot Cards 1 p.m. Bunco 1 p.m. Shuffleboard</p>	<p>17 Active Adult Center Closed Maintenance</p>
	<p>22 Active Adult Center Closed Maintenance</p>	<p>23 Active Adult Center Closed Maintenance</p>	<p>24 Active Adult Center Closed Maintenance</p>
	<p>29 8 a.m. Billiards & Open Pool / Table Tennis 8:15 a.m. Acupuncture 1 p.m. Table Tennis 1 p.m. Bingo</p>	<p>30 8 a.m. Billiards & Open Pool / Table Tennis 10 a.m. Volleyball—FFP * 10 a.m. Biker Jim's Gourmet Dogs 10:15 a.m. SilverSneakers® 12:30 p.m. Hand & Foot Cards 1 p.m. Bunco 1 p.m. Shuffleboard</p>	<p>31 12 p.m. Hand & Foot cards * Family FunPlex 1501 65th Ave</p>

Computer User Group

Saturday | Dec 10 | 1-3:30 p.m.

The Computer User Group of Greeley, Colorado (CUGG) is a local, non-profit organization that holds monthly meetings, (2nd Sat of each month) and other community activities that are free & open to the public for the purpose of education about new & better ways to use and maintain PCs & other digital devices. Meeting format consists of two 40-minute presentations, announcements, and a Q&A. More information at <https://cugg.org>

Fee: Free

Wood Shop Plunge Routed Tray Part 1 & 2

Tuesday | Dec 13 | 10 a.m. - 2 p.m.

Wednesday | Dec 14 | 10 a.m. - 2 p.m.

Learn how to use a plunge router and template to make bowls and segmented trays. Make a flat bottom tray made of Sapelle. This is a two-part class; attendees MUST attend both days. Deadline Dec 9; min 2, max 4. Fee: \$35 members (must be member) (bring a snack if you get hungry).

Rocks to Gems

New classes begin in January

Day Trips

Butterfly Pavilion

Wednesday | Dec 7 | 9 a.m.

Learn about invertebrates, science, and conservation through interactive exhibits. People of all ages can appreciate and enjoy the beauty and wonder of the tropical conservatory filled with over 1,200 free-flying butterflies imported from all over the world. Lunch will be at each participant's own expense. Deadline Nov 24. Fee: \$40 members, \$45 non-members

Christkindl Market

Tuesday | Dec 13 | 10 a.m.

Experience the warmth and charm of an authentic German Holiday Market right in the heart of Denver. Stroll through alleys lined with cozy wooden huts and shop for unique, finely crafted artisan gifts and tasty treats brought to you by local and

international small businesses. Lunch will be at each participant's own expense. Deadline Nov 29.

Fee: \$25 members, \$30 non-members

Candlelight Dinner Theater: White Christmas

Thursday | Dec 15 | 5:15 p.m.

Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. With a dazzling score featuring well-known standards including "Blue Skies," "I Love A Piano," "How Deep Is the Ocean" and the perennial title song, "White Christmas" is an uplifting musical worthy of year-round productions. Dinner is included in the price of admission. Deadline Dec 1. Fee: \$80 members, \$85 non-members

Gabbie Gourmet: Biker Jim's Gourmet Dogs

Friday | Dec 30 | 10 a.m.

Specializing in one-of-a-kind unique hotdogs and sausages, Biker Jim's Gourmet Dogs is sure to leave you and your tastebuds surprised and ready for more! From rattlesnake to elk, you never know what you might get to try! Lunch will be at each participant's own expense. Deadline Dec 16. Fee: \$20 members, \$25 non-members

January Trips**Meow Wolf Denver: Convergence Station**

Jan 4 | 9 a.m.

Walmart Distribution Center

Jan 10 | 9:15 a.m.

National Western Stock Show

Jan 18 | 9 a.m.

Strike It Rich! Bally's Casino

Jan 20 | 9 a.m.

Gabbie Gourmet: Totally 80's Pizza

Jan 24 | 5 p.m.

Rodz and Bodz Movie Car Museum

Jan 28 | 9 a.m.

Friendly Fork Meals

Fri, Dec 2	Beefy Mac Casserole	Wed, Dec 21	AAC Closed
Mon, Dec 5	BBQ Pulled Pork Sandwich	Fri, Dec 23	AAC Closed
Wed, Dec 7	Egg Salad Sandwich	Mon, Dec 26	No Meals
Fri, Dec 9	Brown Sugar Pork Loin	Wed, Dec 28	No Meals
Mon, Dec 12	Prime Rib	Fri, Dec 30	No Meals
Wed, Dec 14	Beef Goulash over Rotini Pasta		
Fri, Dec 16	Fried Chicken Thigh		
Mon, Dec 19	AAC Closed		

To make your reservation call the Active Adult Center 970-350-9440 by 11 a.m. the business day prior.

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Programs

Wow!! While playing bunco on Sept 30 at the AAC, Robert Holland rolled 5 buncos in a row and then 1 more the next round. Way to go Robert!

Keenage Singers

Tuesdays | Dec 6-27 | 9:30-11 a.m.
Keenage Singers are actively rebuilding the choir. Come join the fun or call Tracy at 970-352-9148 or Sheri at 970-350-9437 for more information on how you can become a member.

Newsletter Taping

Friday | Dec 16 | noon-1:30 p.m.
The AAC staff needs help once a month taping & putting member labels on 800 newsletters. It's a great time to socialize and visit while volunteering. If you can help, please join us.

Bingo | Thursdays | 1 p.m.

Play Grocery Bingo with your friends; it's just 25¢ suggested donation per card.

Bridge Groups are looking for new players. Call Sheri at the AAC for info 970-350-9440.

Bunco (dice) | Fridays | 1 p.m.

Dominoes | Mondays | 1 p.m.

Five Crowns (cards) | Mondays | 1 p.m.

Hand & Foot (cards) | Tuesdays - 1 p.m. Fridays - 12:30 p.m. | Saturdays - 12 noon

Mahjong (tiles) | Mondays | 1 p.m.

Pinochle (cards) | Mondays | 1 p.m.

Pitch (cards) | Tuesdays | 1 p.m.

Book Group Thursday | Dec 8 | 10 a.m. "Milk Man" by Anna Burns

Crafts & Needlework | Mondays | 1 p.m.
Make blankets, hats and scarfs for veterans and at-risk children and adults. We provide yarn, patterns and supplies for volunteers to

use in making items for the donation.

Knitting | Wednesdays | 9 a.m.
Bring your needlecraft project and join us.

Photography Group | Tuesday | Dec 13 | 1 p.m.
Drop in and join us.

Senior Car Lovers Unite | Wed | Dec 7 | 9 a.m.
Join us to discuss cars and a variety of other topics. New members welcome.

**Merry Mixers | Saturday | Dec 10
6 - 8:30 p.m. @ Active Adult Center**
Ice cream social with Bob Guant/Steve Kline.
Fee: \$7 member, \$8 visitor - cash at the door

Wellness

Acupuncture - Make your appointment by calling 970-350-9440. Fee for each session is \$35 (payable to the provider)

Massage - Make your appointment by calling 970-350-9440 Fee: \$35 for 30 minutes, \$45 for 60 minutes (payable to the provider)

"Toe Time" Foot Care - Cindy Brown, LPN will be providing foot care including a medical foot assessment, toenail trimming, filing and debridement, rotary filing to reduce thickened nails, removal of ingrown toenails, reduction or removal of corns/calluses and much more. Appointments - 970-350-9440 Fee: \$45 per session (payable to provider)

Medicare Counseling Tuesday | Dec 6
Get your Medicare questions answered by Judy Foote, Medicare Counselor. Call 970-350-9440 to schedule a **free** appointment.

Hearing Evaluations 2nd Wednesdays of the month | 10:30 a.m.-noon. Fee: Free
Connect Hearing Inc., a Greeley based company, provides this service. No registration required.

Support Group | 2nd Wed | 5:30-7 p.m.
The Younger Caregiver Support Group is designed for dementia caregivers who are under 65. Support Groups are a safe place to receive support for the difficult journey of Alzheimer's. Call 970-392-9202 for more information. The support group meets in

the Senior Room of the Family FunPlex.

Sports

Shuffleboard Tuesdays & Fridays | 1-3 p.m.

Drop-in play; all are welcome.

Fee: Free for members, \$4 non-members

Shuffleboard Tournament Wed | Jan 11 | 9 a.m.

Prizes awarded to the top 2 finishers. Lunch break taken at 11:30 a.m. Make a reservation for Friendly Fork Lunch. Fees: \$3 members, \$8 non-members

50+ Volleyball - Family FunPlex

Fridays | Sept 9-Dec 30 | 10 a.m.-1 p.m.

Fridays | Jan 7-Apr 28 | 10 a.m.-1 p.m.

Serve, Set, Ace, Spike! Get ready to play volleyball.

Join us for the quarter or drop in play. Fee: \$35 members, \$40 non-members, Silversneakers free, \$5 drop in (60+ must be with a registered player)

Corn Hole Doubles Tournament

Thursday | Dec 1 | 9 a.m.

Partners will be drawn the day of the tournament.

Deadline Nov 30. Fee: \$5 members, \$10 non-members

Pool Club

\$12 for 6 months, \$24 for 12 months

Pool club is open to AAC members of all skill levels, and we are always willing to help beginners.

Corn Hole Drop in

Wednesdays | 12:45 p.m.

Drop-in play; all are welcome

Fee: Free for members, \$4 non-members

8-ball Singles Pool Tournaments

Wednesday | Dec 7 | 12:45 p.m.

Prizes for 1st and 2nd place

Fee: \$4 members, \$9 non-members

Table Tennis

Monday - Friday | 8 a.m. - 5 p.m.

Meeting room 4 is set up for table tennis; drop in any day from 8 a.m.- 5 p.m.

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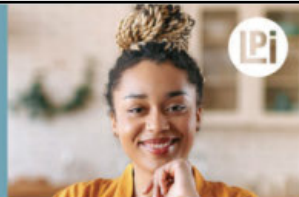
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