



# Active Adult Center News

February

2024



# 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.  
Wednesdays 8 a.m. - 8:30 p.m.  
Saturday 12 - 4 p.m.  
Sunday - Closed

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Left:

Active Adult Center Door Decorating Contest

Winner: Pool Club

Below:

Keenager Singers preformed all over Greeley with a delightful Christmas program



## Announcements

### Membership Drive

AAC members bring in a friend, get them to join, and pick out some Greeley recreation swag!

### King Soopers Community Rewards

Do you have a King Soopers card? Did you know that by shopping at King Soopers the store will donate 5% of your total bill to the AAC? We are happy to help you set up your card. Stop by the front desk and let us help you so that you can help us. (bring your email and password for your Card)

### 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 at 11:30 a.m.

### Friday Lunches

Please call and make a reservation at 970-350-9440 by 11:00 a.m. on the Thursday prior to meals served on Friday Fee: \$5

### 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? You might be eligible for \$150 credit to use at the AAC. Ask the front desk about our scholarship program.

### Newsletter Request Form:

Do you have something you would like to see or put in the monthly newsletter? Fill out the Newsletter Request Form and it will be reviewed. Info needed by the first of the month for the following month.

### Spring Trip Registration

Thursday | February 8 | 9 a.m.

For trips taking place in March - May. We will be doing first come first serve for the



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order in which people will be able to register. Online registration will open the following day, Friday, February 9. Please contact Bryant for any questions or concerns. 970-350-9426

## Special Events

### Open House

**Tuesday | February 20 | 3 - 6 p.m.**

Come along with friends and make new connections as you immerse yourself in a day filled with fun, laughter, and discovery. Whether you're a long-time member or a newcomer to our center, the Open House promises to be a delightful experience for all.

**Fee: Free**

### Valentine's Day Speed Dating

**Tuesday | February 13 | 2:30 - 4 p.m.**

Looking for love this Valentine's Day? Look no further than the Greeley Active Adult Center's Valentine's Speed Dating Event! Join us for an afternoon of fun, connections, and the possibility of finding your perfect match.

**Fee: \$10 members, \$15 non-members**

### St. Patrick's Day Lunch

**Friday | March 15 | 11:30 a.m.**

Get ready to shamrock and roll at the St. Patrick's Day Lunch! Join us for a festive and flavorful celebration as we honor the Irish spirit with a delightful meal and Irish Dancers. Indulge in a St. Pat's Day feast that'll leave you feeling lucky. From classic Irish fare our meal will tantalize your taste buds and satisfy your appetite. Reservation required.

**Fee: \$TBA members \$ TBA non-members**

### Rockies Opening Day Watch Party

**Thursday | March 28 | TBA**  
more information to come

## Classes Available

Please note Woodshop is closed during woodshop classes.

### Strong People Jan 8 – Mar 29

**Monday, Wednesday and Friday | 9 a.m.**

**Mondays and Thursdays | 11 a.m.**

**Tuesday and Thursday | 9 a.m. and 3 p.m.**

### SilverSneakers® Classic

**Mondays, 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**

### Ceramics

**Wednesdays | February 7- 28 | 1 –3 p.m.**

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**

### GRASP (Greeley Retired Academic Study Program)

Do you enjoy learning about the world around you, but wish you could also discuss what's happening with other people? If this sounds like you, then check out the GRASP. Recent presentations included discussions about artificial intelligence, immigration, what it takes to make wooden bowls, the US Constitution and its Amendments, photographing wildlife and living well with dementia. Drop in on Mondays from 1:30 – 3:30 p.m.

**Fee: \$5 members, \$10 non-members (one fee pays for sessions until Dec 31, 2024)**

### Cooking Matters

**Tuesdays | Jan 16 – Feb 20 | 10:30 – 12:30 p.m.**

Join us for a hands on six week interactive class. Learn how to prepare healthy meals and shop on a budget. Participants will receive incentives just for attending each session.

**Fee: Free, but must call 970-350-9440 to register**

### Women's Pool Lessons

**Wednesdays | February 7-28 | 12:15 – 1:15 pm.**

Calling all women, Are you wanting to learn to play pool? Just want another female opponent? Then join us Wednesday for some tips and pool play on a table set aside just for you. min.2 max open

**Fee: Free to AAC members, \$4 non- members**

### Chess Class

**Tuesdays | February 7-28 | 10 –11 a.m.**

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

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

**Fee: \$20 members, \$25 non-members, or \$4 drop-in fee.**

### Chair Yoga

**Wednesdays | February 6 - 27 | 1 -1:45 p.m.**

Try chair yoga with Edie. This is a great way to get the wonderful benefits of yoga. Stay seated while doing yoga means that if your balance is not perfect or you aren't flexible you can safely do the exercises!

**Fee: \$15 members, \$20 non-members**

### Computer User Group

**Saturday | February 10 | 1-3:30 p.m.**

Computer User Group of Greeley, Colorado (CUGG) is a non-profit organization that holds monthly meetings on the second Saturday of each month that are free and open to the public. The format consists of three 30-minute presentations, announcements, and Q&A. More information at <https://cugg.org>

**Fee: Free**

### Woodshop – Annual Review

**Friday | February 23 | 10 – 1 p.m.**

This is for members who were approved to use the woodshop in 2023. All individuals who use the woodshop need to have an annual safety review course. Participants will receive a revised safety manual and review safety procedures. We will cover shop usage issues in general. Min 2 Max 6 Deadline Feb. 21

**Fee: \$30 (must be a member)**

### Woodshop Safety Class - Introduction

**Monday | February 26 | 9 – 1 p.m.**

This class will focus on the major pieces of equipment available in the woodshop. Topics covered: general and individual safety procedures on major pieces of equipment, and hands-on experience with each piece of equipment (except lathe and router). This is required for everyone who is new to the woodshop or did not attend a safety class in calendar year 2023. This is a prerequisite before you can use the woodshop or attend classes. Deadline December 13; min 2, max 4.

**Fee: \$35 members (must be member)**



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# February 2024

Sunday	Monday	Tuesday	Wednesday	
Closed				
4 Closed	<b>5</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Rocks to Gems 9 a.m.   Strong People 10:15 a.m.   SilverSneakers® 11 a.m.   Strong People 11:30 a.m.   Friendly Fork Lunch 1 p.m.   Pinochle 1 p.m.   Crafts/Needlework / Mahjong 1 p.m.   Five Crowns Cards / Dominoes 1 p.m.   Table Tennis 1:30 p.m.   GRASP Discussion & Social	<b>6</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Cross Stitch & Embroidery 9 a.m.   Strong People 9:30 a.m.   Keenage Singers Practice 10 a.m.   Chess 10 a.m.   Advanced T'ai Chi 10:30 a.m.   Cooking Matters 11 a.m.   Living Pain Free 12 p.m.   Hand & Foot Cards 12:30 p.m.   Bridge Tom 1 p.m.   Pitch 10 point cards 1 p.m.   Shuffleboard 3 p.m.   Strong People	<b>7</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Knitting 9 a.m.   Car Lovers Group / Strong People 10:15 a.m.   SilverSneakers® 11:00 a.m.   <b>Gabbie Gourmet</b> 11:30 a.m.   Friendly Fork Lunch 12 p.m.   Rocks to Gems 12:15 p.m.   Women's Pool Lessons 12:30 p.m.   Bridge Tom 1 p.m.   Ceramics / Corn Hole / Chair Yoga 2 p.m.   Clay Mugs / Boomers class 5:30 p.m.   Rocks to Gems 6 p.m.   Continuing T'ai Chi	
11 Closed	<b>12</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Rocks to Gems / Strong People 9 a.m.   Woodshop Candle Holder 10:15 a.m.   SilverSneakers® 11 a.m.   Strong People 11:30 a.m.   Friendly Fork Lunch 1 p.m.   Pinochle 1 p.m.   Crafts/Needlework / Mahjong 1 p.m.   Five Crowns Cards / Dominoes 1 p.m.   Table Tennis 1 p.m.   Bridge Gloria 1:30 p.m.   GRASP Presentations	<b>13</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Cross Stitch & Embroidery 9 a.m.   Strong People / Candle Holder Class 9:30 a.m.   Keenage Singers Practice 10 a.m.   Chess / 10:30 a.m. Cooking Matters 10 a.m.   Advanced T'ai Chi 12 p.m.   Hand & Foot Cards 12:30 p.m.   Bridge Tom 1 p.m.   Pitch 10 point cards 1 p.m.   Shuffleboard / Bridge Mary 1 p.m.   Photo Group <b>2:30 p.m.   Valentine Day Speed Dating</b> 3 p.m.   Strong People <b>6 p.m.   Eagles Game</b>	<b>14</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Knitting 9 a.m.   Strong People 10:15 a.m.   SilverSneakers® 11:30 a.m.   Friendly Fork Lunch 12 p.m.   Rocks to Gems 12:15 p.m.   Women's Pool Lessons 12:30 p.m.   Bridge Tom 1 p.m.   Ceramics / Corn Hole 1 p.m.   Chair Yoga 2 p.m.   Boomers Be Booming 5:30 p.m.   Rocks to Gems 6 p.m.   Continuing T'ai Chi	
18 Closed	<b>19</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People / Rocks to Gems 10:15 a.m.   SilverSneakers® 11 a.m.   Strong People 11:30 a.m.   Friendly Fork Lunch 1 p.m.   Pinochle 1 p.m.   Crafts/Needlework / Mahjong 1 p.m.   Five Crowns Cards / Dominoes 1 p.m.   Table Tennis 1:30 p.m.   GRASP Discussion & Social  <div>President Day</div>	<b>20</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Cross Stitch & Embroidery 9 a.m.   Advisory Committee / Strong People 9:30 a.m.   Keenage Singers Practice 10 a.m.   Chess / 10:30 Cooking Matters 10 a.m.   Advanced T'ai Chi / Scroll Saw 12 p.m.   Hand & Foot Cards 12:30 p.m.   Bridge Tom 1 p.m.   Pitch 10 point cards 1 p.m.   Shuffleboard 2 p.m.   Arm Chair Travel New Orleans 3 p.m.   Strong People <b>3 p.m.   Open House</b>	<b>21</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Knitting 9 a.m.   Strong People 10:15 a.m.   SilverSneakers® <b>10:30 a.m.   Softball Meeting</b> 11:30 a.m.   Friendly Fork Lunch 12 p.m.   Rocks to Gems 12:15 p.m.   Women's Pool Lessons 12:30 p.m.   Bridge Tom 1 p.m.   Ceramics / Corn Hole 1 p.m.   Chair Yoga 2 p.m.   Boomers Be Booming 5:30 p.m.   Rocks to Gems 6 p.m.   Continuing T'ai Chi	
25 Closed	<b>26</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Rocks to Gems / Strong People 9 a.m.   Woodshop Safety Class 10:15 a.m.   SilverSneakers® 11 a.m.   Strong People 11:30 a.m.   Friendly Fork Lunch 1 p.m.   Five Crowns Cards / Dominoes 1 p.m.   Pinochle / Mahjong / Table Tennis 1 p.m.   GRASP Presentations 1 p.m.   Craft Needlework / Pinochle 1 p.m.   Bridge Gloria	<b>27</b> 8 a.m.   Billiards & Pool 9 a.m.   Cross Stich & Embroidery 9 a.m.   Strong People / 9:30 am Keenagers 10 a.m.   Chess / Advanced T'ai Chi 12 p.m.   Hand & Foot Cards 12:30 p.m.   Bridge Tom 1 p.m.   Pitch 10 point cards 1 p.m.   Shuffleboard / Bridge Mary 2 p.m.   Cinema Tuesday Princess Bride 3 p.m.   Strong People	<b>28</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Knitting / Strong People / Wood <b>9 a.m.   Celestial Seasonings Tour</b> 10:15 a.m.   SilverSneakers® 11:30 a.m.   Friendly Fork Lunch 12 p.m.   Rocks to Gems 12:15 p.m.   Women's Pool Lessons 12:30 p.m.   Bridge Tom / 2 p.m. Boomers 1 p.m.   Ceramics / Corn Hole / Yoga 5:30 p.m.   Rocks to Gems 6 p.m.   Continuing T'ai Chi	

## Calendar of Events

	Thursday	Friday	Saturday
	<b>1</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 10 a.m.   Beginning T'ai Chi 10:30 a.m.   Stories from Colorado History 11 a.m.   Table Tennis 11 a.m.   Medicare with David 11 a.m.   Strong People 1 p.m.   Bingo / Mexican Train 1 p.m.   Mahjong / Writing Your Life 3 p.m.   Strong People 6 p.m.   Rock & Mineral Meeting	<b>2</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 10 a.m.   Volleyball GRC * 10:15 a.m.   SilverSneakers® 11:30 a.m.   AAC Lunch 12 p.m.   Hand & Foot Cards 1 p.m.   Bunco 1 p.m.   Shuffleboard 1 p.m.   Open Paint 3:15 p.m.   Cribbage	<b>3</b>  12 p.m.   Hand & Foot cards  12 p.m.   Bunco
	<b>8</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People <b>9 a.m.   Trip Registration</b> 10 a.m.   Book Group / Beginning T'ai Chi 10:30 a.m.   Stories form Colorado History 11 a.m.   Table Tennis 11 a.m.   Strong People 11 a.m.   Medicare Counseling with David 1 p.m.   Bingo 1 p.m.   Mexican Train 1 p.m.   Mahjong 1 p.m.   Writing Your Life 3 p.m.   Strong People	<b>9</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 10:15 a.m.   SilverSneakers® 11:30 a.m.   AAC Lunch 12 p.m.   Hand & Foot Cards 1 p.m.   Bunco 1 p.m.   Shuffleboard 1 p.m.   Bridge Gloria 3:15 p.m.   Cribbage	<b>10</b>  <b>9 a.m.   Loveland Sweetheart Festival</b>  12 p.m.   Hand & Foot cards  12 p.m.   Bunco  1 p.m.   Computer User Group 2 p.m.   Merry Mixers Square Dance,
	<b>15</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 10 a.m.   Beginning T'ai Chi 10:30 a.m.   Stories form Colorado History 11 a.m.   Table Tennis 11 a.m.   Strong People 11 a.m.   Medicare Counseling with David 1 p.m.   Bingo 1 p.m.   Mexican Train 1 p.m.   Mahjong 1 p.m.   Writing Your Life 3 p.m.   Strong People	<b>16</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 9 a.m.   Woodshop Wood Turning Class 10 a.m.   Volleyball GRC* 10:15 a.m.   SilverSneakers® 11:30 a.m.   AAC Lunch 11:30 a.m.   Newsletter Taping 12 p.m.   Hand & Foot Cards 1 p.m.   Bunco 1 p.m.   Shuffleboard 3:15 p.m.   Cribbage	<b>17</b>  12 p.m.   Hand & Foot cards  12 p.m.   Bunco  <b>2 p.m.   CSU Basketball Game</b>
	<b>22</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 10 a.m.   Beginning T'ai Chi 10:30 a.m.   Stories from Colorado History 11 a.m.   Table Tennis 11 a.m.   Strong People 11 a.m.   Medicare Counseling with David 12:30 p.m.   Advanced Care Plan - Aspen Club 1 p.m.   Bingo 1 p.m.   Mexican Train 1 p.m.   Writing Your Life / Mahjong 3 p.m.   Strong People	<b>23</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 9 a.m.   Woodshop Annual Review 10 a.m.   Volleyball GRC* 10:15 a.m.   SilverSneakers® <b>10:30 a.m.   Bingo Planet</b> 11:30 a.m.   AAC Lunch 12 p.m.   Hand & Foot Cards 1 p.m.   Bunco / Bridge Gloria 1 p.m.   Shuffleboard 2 p.m.   Canvas Painting Class 3:15 p.m.   Cribbage	<b>24</b>  12 p.m.   Hand & Foot cards  12 p.m.   Bunco
	<b>29</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 10 a.m.   Beginning T'ai Chi 10:30 a.m.   Stories from Colorado History 11 a.m.   Table Tennis 11 a.m.   Strong People 11 a.m.   Medicare Counseling with David 1 p.m.   Bingo 1 p.m.   Mexican Train 1 p.m.   Writing Your Life 3 p.m.   Strong People		*Greeley Recreation Center 651 10th Ave



**Woodshop Wood Turning Intro Class****Friday | February 16 | 9 – 1:30 p.m.****Wednesday | February 28 | 9 - 1:30 p.m.**

Learn the basics of wood-turning, including the operation of both of the lathes. We will review the lathes, various options for holding wood on the lathe and the use of carbide tools. You will be introduced to the 2 most common disciplines of wood-turning, spindles and bowls. This is a long, hands on class that requires you to work at the lathe for a majority of the time. Participants are required to wear either a full-face shield or goggles while working on the lathes; both available in the shop. This is not a project class, do not expect to walk out with a finished work piece. Deadline February 14; min 2, max 2

**Fee: \$35 members (must be member)****Woodshop Intro to Scroll Saw****Tuesday | February 20 | 10 – 12 p.m.**

Explore some of the creative projects that can be done using a scroll saw. Learn the basic functions and safety of a scroll saw. You will have hands on experience using the saw by creating a simple project. Deadline February 16; min 2, max 4.

**Fee: \$20 (must be member)****Woodshop Candle Holder Part 1 & 2****Mon & Tue | February 12, 13 | 9-1 p.m.**

Make a beautiful candle holder/centerpiece made from a selection of hardwoods. Design and edge glue your own unique piece. This project uses the miter saw, table saw, planer and router table. The first day you will select, cut and glue your wood for the project. Day 2 you will plane, drill and shape your piece. You will need to apply the finish on the project on your own time. Deadline February 8; min 2, max 4.

**Fee: \$10 members, \$15 non-members****Hand Building Clay Mug Class****Wednesday | February 7 | 2 – 5 p.m.**

Beginner clay class. Learn to make a mug, add a handle and pick your glaze color. Deadline February 5; min 2, max 10

**Fee: \$10 members, \$15 non-members****Canvas Painting Class****Friday | February 23 | 2 - 5 p.m.**

All supplies provided. Paint -R-Tainment No experience needed and fun for all! Owl Babies will be the piece we paint. Deadline February 20, min 2, max 10

**Fee: \$15 members, \$20 non-members****Writing Your Life****Thursday | February 1 - March 28 | 1 - 2:30 p.m.**

Writing Your Life is a class for anyone to write the story of their life, their ancestors, their Mom and Dad and their childhood. It is fun to remember one's youth and very satisfying to leave a gift of oneself to the young people in one's family. All are welcome, beginners to those midway through and those who are just about finished writing the story of their life! Note: It does require participants to write a bit each week. Instructor Mary Borg. Deadline February 1; min 8, max open

**Fee: \$36 members, \$41 nonmembers****Stories from Colorado History****Thursday | Feb 1 – March 28 | 10:30 – 12 p.m.**

Whether you have lived in Colorado all your life or are a newcomer to our state, the stories of Colorado are fascinating. We'll explore the History of Colorado up through the events of WWII, including the stories of Sand Creek, Ludlow, the KKK and Dust Bowl days. The course will include suggested readings, 'Colorado Experience' video watching at home, sharing opinions and some lectures from instructor Mary Borg. Deadline February 1; Min 8, Max open

**Fee: \$36 members, \$41 nonmembers****Living Pain Free****Tuesday | February 6 | 11 – noon**

Legacy Healthcare Services will review the history, definition and prevalence of pain. We'll also discuss its causes, the impact it has on our lives, and, most importantly, ways to manage and mitigate pain. While pain is often more common as we age, it is truly not considered a normal part of aging. Program is free, but call the Active Adult Center to reserve your seat 970-350-9440.

**Fee: Free****Rocks To Gems****Monday | January 8 – March 11 | 9 a.m.****Wed | Jan 10 – Mar 13 | 12 - 3 p.m. or 5:30 – 8:30 p.m.**



## Friendly Fork Meals

Mon, Feb 5	Turkey Club Sandwich		
Wed, Feb 7	Chicken Pesto Alfredo Over Penne Pasta		
Mon, Feb 12	Beef Tacos		
Wed, Feb 14	Krautburger	Friday Lunch Menu	AAC Staff Cooks Call 970-350-9440 by the prior Thur. by 11am
Mon, Feb 19	No Lunch UNC closed	Fri, Feb 2	Fried Chicken
Wed, Feb 21	Beef Stew	Fri, Feb 9	Pizza
Mon, Feb 26	Chicken Stroganoff	Fri, Jan 16	Sunday Roast
Wed, Feb 28	Sweet & Sour Pork Stir Fry	Fri, Jan 23	Pulled Pork Sandwich
	February Meals subject to change		

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

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### Looking to save on your Medicare plan?

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Greeley Senior Center, Greeley, CO

C 4C 05-0695

### Beginning T'ai Chi

Thursday | January 18 – April 25 | 10 a.m.

### Continuing T'ai Chi

Wed | Jan 17 – April 24 | 6:00 - 7:00 p.m.

### Advanced T'ai Chi

Tuesday | Jan 16 – Apr 23 | 10:00 -11 a.m.

### Boomers Be Booming

Wednesdays | February 7 - 28 | 2 -3 p.m.

Baby Boomers (and those older), are you feeling uninspired, down, even depressed? Come and see how writing can help with these problems. Get your mojo back. Please call the AAC to reserve your seat at 970-350-9440. Instructor: David Yoho

Fee: free

### Advance Care Planning Appointments — Aspen Club

Thursday | February 22 | 12:30 – 3:30 p.m.

Advance directives help you formally document your preferences and values to guide future medical care. Please call to request an appointment to start your plan for peace of mind today. Appointments required; please call 970-495-8560

## Day Trips

### Gabbie Gourmet: Café Athens

Wednesday | February 7 | 11 a.m.

This casual yet classy restaurant has everything from delicious gyros to delectable falafel. Join us as we venture to this authentic Greek eatery for a little taste of Greece. Lunch will be at each participant's own expense. Deadline January 24 min 10 max 14

Fee: \$20 members, \$25 non-members

### Loveland Sweetheart Festival

Saturday | February 10 | 9 a.m.

Celebrate all things LOVE in the Sweetheart City. From the valentine flea market to the tunnel of love, there's something for everyone at this sweet winter festival. With live music, art installations, local beers, interactive activities and more, this one-of-a-kind festival is one you won't want to miss! Lunch will be at each participant's own expense. Deadline January 27 min 10

max 14

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

### Eagles Game

Tuesday | February 13 | 6 p.m.

Who's ready for some hockey? Your Colorado Eagles are back and ready for action as they take on the Bakersfield Condors in this mid-season match up. Dinner will be at each participant's own expense; we will be eating at the game. Deadline January 30. min 10 max 14

Fee: \$40 members, \$45 non-members

### CSU Basketball Game

Saturday | February 17 | 2 p.m.

Come cheer on the Rams as they take on in-conference rivals Utah State in this weekend matchup. Dinner will be at the game and will be at each participant's own expense. Deadline Feb 3. min 11 max 14

Fee: \$50 members, \$55 non-members

### Bingo Planet

Friday | February 23 | 10:30 a.m.

Will luck be in your favor? Will you be amongst the lucky few to shout BINGO!? Join us to find out as we check out the Bingo Planet bingo hall in Loveland. Lunch will be at each participant's own expense. Deadline February 9 Min 10 Max 14

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

### Celestial Seasonings Tour

Wednesday | February 28 | 9 a.m.

Located in the beautiful foothills of Boulder, CO this tour explores everything tea has to offer. From raw ingredients to finished products, you'll learn all about the wonderful world of tea and see how Celestial Seasoning's products are blended, packaged and shipped. You'll never look at tea the same way again! Lunch will be at each participant's own expense. Deadline Feb 14 min 10 max 14

Fee: \$30 members, \$35 non-members

## Programs

### Armchair Travel: New Orleans

Tuesday | February 20 | 2 p.m.

New Orleans! A city of jazz, gumbo, and Mardi Gras. Explore the vibrant streets of the French Quarter and immerse yourself in the city's rich history & culture. min 5 max open, Deadline February 19

Fee: \$10 members, \$15 non-members

## Cinema Tuesday: The Princess Bride

Tuesday | February 27 | 2 p.m.

A fairy tale adventure about a beautiful young woman and her one true love. He must find her after a long separation and save her. They must battle the evils of the mythical kingdom of Florin to be reunited with each other. No registration is necessary.

Fee: Free

## Keenage Singers

Tuesday practices. Call Tracey at 970-352-9148 for more information on how to become a choir member.

## Newsletter Taping

Friday | February 16 | 11:30

Bingo | Thursdays | 1:00 p.m.

25¢ suggested donation per card.

Book Group | Thursday | February 8 | 10 a.m.

February book TBD

Bridge | Call Sheri for info at 970-350-9440.

Bunco (dice) | Friday | 1 p.m., Saturday | 12 p.m.

Crafts & Needlework | Mondays | 1 p.m.

Join us to make blankets, hats, and scarves for veterans and at-risk children and adults. Yarn,

patterns, and supplies are provided.

Cribbage | Fridays | 3:15 p.m.

Dominoes | Mondays | 1 p.m.

Embroidery Group | Tuesdays | 9 a.m.

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

Hand & Foot (cards) | Tue, Fri & Sat | noon

Knitting Group | Wednesdays | 9 a.m.

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

Mexican Train (Dominoes) | Thursdays | 1 p.m.

Photography Group | Tuesday | Feb 13 | 1 p.m.

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

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

Senior Car Lovers | Wed | Feb 7 | 9 a.m.

Join us to discuss cars and a variety of other topics. New members welcome.

## Computer Lab Help

Call 970-350-9440 to set up your free appointment with Cindy. Appointments available Monday-Friday, 8 - 3 p.m.

## Merry Mixers Square Dance

Dance: Saturday | February 10 | 2- 4:30 p.m.

Fee \$10 at the door

## Rock and Mineral Society Meeting

Thursday | February 1 | 6:00 - 8:00 p.m.

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## Wellness

### Acupuncture, Massage and Footcare

Make your app by calling 970-350-9440 for footcare. Massage -970-313-3394

Fee for service paid upon arrival to contractor.

### Medicare Counseling

Medicare questions answered by Judy Foote, Call 970-350-9440 to schedule a **free** appointment. David Sappington at the AAC Thurs. 11-12:45pm

## Sports

### Softball Meeting

Wednesday | February 21 | 10:30 a.m.

Softball players it is time to get organized for the 2024 summer season. First meeting is Wed Feb 21, 10:30 a.m. at the AAC. Come and find out about our season and leagues. If you don't have a team, don't let that stop you, we can find a senior team just for you! For questions call Sheri @ 970-350-9437.

### Shuffleboard

Tuesdays and Fridays | 1-3 p.m.

Drop-in play. All are welcome.

### 50+ Volleyball

Fridays | January 5 – April 26 | 10 a.m.–1 p.m. (No volleyball February 9)

Fee: \$35 members, \$40 non- members, Free 50+ RC member & Silver Sneakers® members,

### Corn Hole

Wednesdays | 1-3 p.m.

Drop-in play. All are welcome.

### Pool Club

Make new friends, have fun, try something new and develop a new hobby. Whether you're a seasoned player or have never played, the pool club is open to all

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

### Table Tennis

Monday - Friday | 8 a.m.–5 p.m.

Organized play on Mondays at 1 p.m. and Thursdays at 11 a.m.