



Active Adult Center News

2024



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

Mon, Tue, Thur, Fri 8 a.m. - 5 p.m.
Wednesdays 8 a.m. - 8:30 p.m.
Saturday 12 - 4 p.m.
Sunday - Closed

TABLE OF CONTENTS

Announcements	3
Special Events	4
Classes.....	4,5 ,8 and 10
Calendar	6 and 7
Day Trips	10
Menu	9
Programs	10, 11 and 12
Sports.....	12



We have many drop in programs. Watch the calendar for what happens each day.

These friends are enjoying a game of Mexican train dominoes

Thursday's 1pm in the lobby

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.

Special Events

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

Classes Available

Please note Woodshop is closed during woodshop classes.

Strong People Jan 8 – Mar 29

Next session begins April 15 - July 5

SilverSneakers® Classic - no class March 15

Mondays, Wednesdays and 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 non-members

Ceramics

Wednesdays | March 6 - 27 | 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)

Mondays | 1:30 -3:30 p.m.

Do you enjoy learning about the world around you, but wish you could also discuss what's happening with other people? 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.

Fee: \$5 members, \$10 non-members (one fee pays for sessions until Dec 31, 2025)

Medicare Coffee Talk with Kaiser

Tuesday | March 19 | 1 p.m.

These engaging gatherings combine informative discussions about the healthcare program with steaming cups of coffee and delectable donuts. Kaiser Permanente's support ensures you receive expert insights, making Medicare more digestible, both figuratively and literally. Sponsored by Kaiser Permanente. This class is free but you must call the front desk to reserve your seat 970-350-9440.

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

Women's Pool Lessons

Wednesdays | March 6 - 27 | 12:15 – 1:15 p.m.

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 | March 5 - 26 | 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 | March 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 | March 9 | 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**Tuesday | March 26 | 9 – 12 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. Deadline March 22, min 2, max 6

Fee: \$30 (must be member)**Woodshop Safety Class - Introduction****Wednesday | March 8 | 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 March 6 min 2, max 4.

Fee: \$35 members (must be member)**Woodshop Wood Turning Intro Class****Wednesday | March 27 | 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 March 25; min 2, max 2

Fee: \$35 members (must be member)**Woodshop Intro to Scroll Saw Thin Sock
Decorative Cutting****Tuesday | March 19 | 10 – 1 p.m.**

March 2024

Sunday	Monday	Tuesday	Wednesday	
	*Greeley Recreation Center 651 10th Ave			
3 Closed	4 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	5 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. Gabbie Gourmet: Cheesecake 12 p.m. Hand & Foot Cards 12 p.m. Footcare with Jude 12:30 p.m. Bridge Tom 1 p.m. Pitch 10 point cards 1 p.m. Shuffleboard 3 p.m. Strong People	6 8 a.m. Billiards & Open Pool 9 a.m. Knitting 9 a.m. Car Lovers Group / Strong People 10:15 a.m. SilverSneakers® / Pats sewing 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/ Clay Gnome Class 2 p.m. Boomers Be Booming 5:30 p.m. Rocks to Gems 6 p.m. Continuing T'ai Chi	
10 Closed	11 8 a.m. Billiards & Open Pool 9 a.m. Rocks to Gems / Strong People 9 a.m. Oak Plant Stand Class 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	12 8 a.m. Billiards & Open Pool 9 a.m. Cross Stitch & Embroidery 9 a.m. Strong People 9 a.m. Mou Co Cheese Factory Tour 9 a.m. Oak Plant Stand Class 9:30 a.m. Keenage Singers Practice 10 a.m. Chess 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 2 p.m. Armchair Travel - Ireland 2 p.m. Healthy Mind - Aspen Club 3 p.m. Strong People	13 8 a.m. Billiards & Open Pool 9 a.m. Knitting 9 a.m. Strong People 10 a.m. Pat's Sewing 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	
17 Closed	18 8 a.m. Billiards & Open Pool 9 a.m. Strong People 9 a.m. 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	19 8 a.m. Billiards & Open Pool 9 a.m. Cross Stitch & Embroidery 9 a.m. Advisory Committee / Strong People 9:30 am. Keenage Singers Practice 10 a.m. Chess 10 a.m. Advanced T'ai Chi 10 a.m. Woodshop Scroll Saw Class 12 p.m. Hand & Foot Cards 12:30 p.m. Bridge Tom 1 p.m. Pitch 10 point cards 1 p.m. Shuffleboard 1 p.m. Medicare Coffee Talk with Kaiser 3 p.m. Strong People	20 8 a.m. Billiards & Open Pool 9 a.m. Knitting 9 a.m. Strong People 10 a.m. Pat's Sewing 10:15 a.m. SilverSneakers® 11:30 a.m. Friendly Fork Lunch 12:15 p.m. Women's Pool Lessons 12 p.m. Rocks to Gems 12:30 p.m. Bridge Tom 1 p.m. Ceramics / Corn Hole / Yoga 1 p.m. Clay Gnome Class part 2 2 p.m. Boomers Be Booming 5:30 p.m. Rocks to Gems 6 p.m. Continuing T'ai Chi / Eagles Games	
24 / 31 Closed Happy Easter	25 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. Five Crowns Cards / Dominoes 1 p.m. Pinochle / Mahjong / Table Tennis 1:30 p.m. GRASP Presentations 1 p.m. Craft Needlework /Pinochle 1 p.m. Bridge Gloria	26 8 a.m. Billiards & Pool 9 a.m. Cross Stich & Embroidery 9 a.m. Woodshop Annual Review 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 cards / Motor City Music Class 1 p.m. Shuffleboard / Bridge Mary 2 p.m. Cinema Tuesday - The Family Plan 3 p.m. Strong People	27 8 a.m. Billiards & Open Pool 8:30 a.m. Colorado State Capitol Tour 9 a.m. Knitting / Strong People 9 a.m. Woodshop Wood Turning Class 10 a.m. Pat's sewing 10:15 a.m. SilverSneakers® 11:30 a.m. Friendly Fork Lunch / Rocks 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 p.m. Rocks to Gems 6 p.m. Continuing T'ai Chi	

Calendar of Events

	Thursday	Friday	Saturday
		<p>1</p> <p>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 3:15 p.m. Cribbage</p>	<p>2</p> <p>12 p.m. Hand & Foot cards 12 p.m. Bunco</p>
	<p>7</p> <p>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 5:15 p.m. Candlelight Dinner Playhouse</p>	<p>8</p> <p>8 a.m. Billiards & Open Pool 9 a.m. Strong People 9 a.m. Woodshop Safety Introduction 10 a.m. Volleyball GRC * 10:15 a.m. SilverSneakers® 11:30 a.m. AAC Lunch 12 p.m. Hand & Foot Cards 12 p.m. Footcare with Jude 1 p.m. Bunco 1 p.m. Shuffleboard 1 p.m. Bridge Gloria 3:15 p.m. Cribbage</p>	<p>9</p> <p>12 p.m. Hand & Foot cards 12 p.m. Bunco 1 p.m. Computer User Group 2 p.m. Square Dance</p>
	<p>14</p> <p>8 a.m. Billiards & Open Pool 9 a.m. Strong People 10 a.m. Beginning T'ai Chi 10 a.m. Book Group 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 12 p.m. AARP Safe Driving Class 1 p.m. Bingo 1 p.m. Mexican Train 1 p.m. Mahjong 1 p.m. Writing Your Life 3 p.m. Strong People</p>	<p>15</p> <p>8 a.m. Billiards & Open Pool 9 a.m. Strong People 10 a.m. Volleyball GRC * 11:30 a.m. St. Patrick's Day Lunch 12 p.m. Hand & Foot Cards 1 p.m. Bunco 1 p.m. Shuffleboard 3:15 p.m. Cribbage</p>	<p>16</p> <p>12 p.m. Hand & Foot cards 12 p.m. Bunco</p>
	<p>21</p> <p>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 1 p.m. Mahjong 3 p.m. Strong People</p>	<p>22</p> <p>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 11:30 a.m. Newsletter Taping 12 p.m. Hand & Foot Cards 1 p.m. Bunco / Bridge Gloria 1 p.m. Shuffleboard 3:15 p.m. Cribbage</p> <p>Good Friday</p>	<p>23</p> <p>12 p.m. Hand & Foot cards 12 p.m. Bunco TBA Colorado Spartans Game</p>
	<p>28</p> <p>8 a.m. Billiards & Open Pool 9 a.m. Strong People 10 a.m. Beginning T'ai Chi / Cupcake Decorating 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 / Mahjong 3 p.m. Strong People</p>	<p>29</p> <p>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. Paint - R Tainment Class 3:15 p.m. Cribbage</p>	<p>30</p> <p>12 p.m. Hand & Foot cards 12 p.m. Bunco</p>

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 March 17; min 2, max 4
Fee: \$20 (must be member)

Oak Plant Stand

Mon & Tue | March 11 & 12 | 9 - 2 p.m.
 Join us and make a 24" tall red oak plant stand. This is a two-part class so participants MUST attend both sessions. The first day will be to mill your oak pieces and build the base of the stand. You will also cut and edge-glue the wood that will become the top of your project. Day two will be to complete and attach the top of the stand. Class participants will need to supply and apply their choice of finish on their own time. Deadline March 9; min 2, max 4
Fee: \$10 members, \$15 non-members

Hand Building Clay Gnome Garden Stake

Wednesday | March 6 & 20 | 1 p.m.
 Beginner clay class. Hand building your own garden stake. You can glaze the greenware made today or return for part 2. Deadline March 4; min 2, max 10
Fee: \$10 members, \$15 non-members

Paint-R-tainment Canvas Painting Class

Friday | March 29 | 1p.m.
 Beginner friendly, acrylic canvas painting class. Step by step instructor lead class. Spring showers bring beautiful flowers. Have fun painting these spring tulips and welcome the spring season! Deadline March 25; min 2, max 10
Fee: \$15 members, \$20 non-members

Writing Your Life

Thursday | Feb 1- March 28 | 1-2:30 p.m.

Stories from Colorado History

Thursday | Feb 1 - March 28 | 10:30-12 p.m.

Rocks To Gems

Monday | Mar 18 - May 20 | 9 a.m.
Wed | Mar 20-May 22 | 12 - 3 p.m. or 5:30 - 8:30 p.m.
 Join this gem of a class and learn beginning lapidary. Prepare stones for mounting, turn

them into jewelry and so much more! (first stone to polish is provided) \$10 lab fee payable the first day of class, cash only.

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

AARP Safe Driving Class

Thursday | March 14 | 12 - 4:30 p.m.

In-person class! Excellent opportunity to refresh your driving skills and knowledge. Potential for auto insurance reduction. Updated materials and videos. Taught by a trained volunteer instructor. Deadline March 13, min 8, max 20
Fee: \$20 AARP member, \$25 non-member. (Payable to the instructor)

Beginning T'ai Chi

Thursday | January 18 - April 25 | 10 -11 a.m.

Continuing T'ai Chi

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

Advanced T'ai Chi

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

Boomers Be Booming

Wednesdays | March 6 - 27 | 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

Healthy Mind Platter for Healthy Brain Matter - Aspen

Tuesday | March 12 | 2 - 3:30 p.m.

Learn Dr. Daniel Siegel's recommended daily diet for a healthy mind that includes the seven daily essential mental activities to optimize brain matter and create well being. These include focus, play, connecting physical and sleep time. Call to reserve your seat, class held at the AAC. 970-495-8560

Motor City Music Part 1, Soul & Rock & Roll

Tuesday | March 26 | 1 - 3:30 p.m.

From the teeming musical atmosphere of late 1950's Detroit, emerged a family of artists, musicians and songwriters that ultimately became known as the Motown sound. In Part I of this presentation, we will listen to the songs and explore the history of what Berry Gordy called, "The Sound of Young America" as it developed into the mid-1960s. Instructor: Patty Hart (a special guest

Friendly Fork Meals

Mon, Mar 4	Beef Shepherd's Pie			
Wed, Mar 6	BBQ Pulled Chicken Sandwich			
Mon, Mar 11	Hamburger			
Wed, Mar 13	Tuna Salad Sandwich		Friday Lunch Menu	AAC Staff Cooks Call 970-350-9440 by the prior Thur. by 11am
Mon, Mar 18	Pork Loin with Mushroom Gravy		Fri, Mar 1	Pizza
Wed, Mar 20	Beef Tamale Pie		Fri, Mar 8	Chicken Salad Sandwich
Mon, Mar 25	Chicken Alfredo		Fri, Mar 22	Enchiladas
Wed, Mar 27	Slow Roasted Pork		Fri, Mar 29	Potato Soup & Sandwich
	March meals subject to change			

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

instructor from Michigan). You don't want to miss this class. deadline 20; min, 10, max open.

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

Crafts with Staff: Cupcake Decorating Class

Thursday | March 28 | 10 – 12 p.m.

Indulge in the sweet experience of cupcake decoration. Our expert instructors will guide you in transforming simple cupcakes into edible masterpieces.

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

Day Trips

Gabbie Gourmet: Cheesecake Factory

Tuesday | March 5 | 10:30 a.m.

With over 250 menu items to choose from there's something for everyone to enjoy! Lunch will be at each participant's own expense. Deadline Feb 20; min 11, max 14

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

Candlelight Dinner Playhouse: Crazy For You

Thursday | March 7 | 5:15 p.m.

A zany rich-boy-meets-hometown-girl romantic comedy, Crazy For You® tells the story of young New York banker Bobby Child, who is sent to Deadrock, Nevada, to foreclose on a rundown theatre. In Deadrock, Bobby falls for spunky Polly Baker, the theatre owner's daughter. Dinner is included in the price of admission and will be at the theater. Deadline Feb 22; min 11 max 14

Fee: \$80 members, \$85 non-members

Mou Co Cheese Factory Tour

Tuesday | March 12 | 9 a.m.

Come explore the wonderful world of cheese on this tour of the Mou Co Cheese Factory where they blend old-world Bavarian knowledge with a heavy dose of Colorado creativity. After the tour, enjoy free samples of some of the amazing cheese they have to offer. Lunch will be at each participant's own expense. Deadline Feb 27; min 10, max 14

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

Eagles Game

Wednesday | March 20 | 6 p.m.

Who's ready for some hockey? Your Colorado Eagles are back and ready for

action as they take on the Milwaukee Admirals in this mid-season match up. Dinner will be at each participant's own expense; we will be eating at the game. Deadline March 6; min 10, max 14

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

Colorado Spartans Game

Saturday | March 23 | 5:45 p.m.

The Colorado Spartans are the newest addition to semi-pro sports in Northern Colorado. Playing their games in Blue Arena in Loveland, this indoor football team is sure to bring plenty of energy and excitement! Lunch will be at each participant's own expense; we will be eating at the game. Deadline March 9; min 10, max 14

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

Colorado State Capitol Tour

Wednesday | March 27 | 8:30 a.m.

A Golden Crown atop the Mile High City, full of stained glass, murals, government and more! Home to Colorado's most influential branches of Government, this tour of the historied capitol building is one you won't want to miss! Lunch will be at each participant's own expense. Deadline March 13; min 10, max 14

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

Programs

Armchair Travel: Ireland

Tuesday | March 12 | 2 p.m.

A land of stunning natural beauty, mesmerizing music and friendly locals. Sit comfortably, take in the views, and let's go to Ireland! A small sampling of Irish cuisine will be provided. Deadline March 11; min 5, max open

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

Cinema Tuesday: The Family Plan

Tuesday | March 26 | 2 p.m.

A former top assassin living incognito as a suburban dad must take his unsuspecting family on the run when his past catches up to him.

Fee: Free

Pat's Sewing Circle

Wednesdays | March 6 -27 | 10 - 2 p.m.

Join us in making a difference for veterans, hospitals, and the homeless. Sewing with purpose, stitching with heart. The group will take a break around 11:30 for Lunch.

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 | March 22 | 11:30 a.m.

Bingo | Thursdays | 1:00 p.m.

25¢ suggested donation per card.

Book Group | Thursday | March 14 | 10 a.m.

March Book "Heaven and Earth Grocery Store" by James McBride

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

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

Knitting Group | Wednesdays | 9 a.m.

Mahjong (tiles) | Mon, Thurs | 1 p.m.

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

Photography Group | Tuesday | Mar 12 | 1 p.m.

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

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

Senior Car Lovers | Wed | March 6 | 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

Saturday | March 10 | 2-4:30 p.m.

Fee \$10 at the door

Rock and Mineral Society Meeting

Thursday | March 7 | 6-8 p.m.

Wellness

Footcare RN's Cindy & Jude

Cindy: March 7 & 26

Jude: March 5 & 8 (just joined our team)

Make your app by calling 970-350-9440

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 outdoor practice @ Island Grove

Monday | March 18- April 22 | 12:30 p.m.

Thursday | March 21-25 | 12:30 p.m.

Softball players, it is time to practice for the summer season. Questions call Sheri @ 970-350-9437.

Shuffleboard

Tuesdays and Fridays | 1-3 p.m.

Drop-in play. All are welcome.

50+ Volleyball

Fridays | Jan 5 - April 26 | 10 a.m.-1 p.m.

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

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.