



Active Adult Center News



MAY
MAY
MAY

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

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Don't miss out on one of our new art classes with our Art Instructor Gayle.

Watch the bulletin for all our classes.

Space is limited so don't wait to sign up.

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? By shopping at King Soopers the store will donate 5% of your total bill to the AAC. Stop by the front desk and let us help you set up your card 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.

Active Adult Center Advisory Committee

Barbara Bouse, David Blomquist, Karren Forbes, Alecia Graves, Carl Harman, Judy Hartshorn, Phil Johnson, Suzie Jones, Barb Miller, Kathy Phelps, Rod Poeschl, Albert Rodriguez, Virginia Rodriguez, Meredith Skoglund, Ted Trujillo, Sherry Wilson and David Yoho.

Holiday Closures

None in May

Piano Teacher Wanted

Looking for someone to teach individual piano lessons here at the AAC. Contracted instructor. More information call Sheri @ 970-350-9437

Summer Trip Registration

Tuesday | May 14 | 9 a.m.

Trips in June - August. First come, first served to register. Online registration will open the following day. Contact Bryant @ 970-350-9426 for any questions or concerns.

Special Events

Senior Prom: Sock Hop

Saturday | May 11 | 5 - 8 p.m.

Travel back to the 1950s at the AAC Sock Hop Senior Prom! Dust off your poodle skirts and leather jackets and dance to rock 'n' roll hits. It's an evening of fun, laughter, and unforgettable memories with friends.

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

Springtime Hootenanny

Wednesday | May 22 | 6:30 - 8 p.m.

Join us for a Hootenanny (Sing Along) hosted by David Durham! Experience the best songs from folk, rock & roll, country, bluegrass, Irish, and more. Get ready for a spirited event with lyrics displayed on a large screen. Let's raise the roof with David's guitar and your voice!

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

Classes Available

Please note Woodshop is closed during woodshop classes.

Strong People

April 15 - July 5

Monday, Wednesday and Friday | 9 a.m.

Monday and Thursday | 11 a.m.

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

SilverSneakers® Classic

Monday, Wednesday and Friday | 10:15 a.m.

Increase muscle strength and range of motion and improve activities for daily living. Fee: Free to Silver Sneakers® members and AAC members, \$4 non-members

Ceramics

Wednesdays | May 1 - 29 | 1 - 3 p.m.

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 artificial intelligence, immigration, what it takes to make wooden

bowls, Dive & Dive Rescue and more.

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

Forever Friends Frenzy with Kaiser

Tuesday | May 21 | 1 p.m.

Join us for Forever Friends which is a new version of the Newly Wed game. Couples or best friends can participate in this event. Come find out what all the fun and laughter is all about. Call the front desk to reserve your free seat 970-350-9440. min 8, max 30

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

Cooking Matters

Tue | April 16-May 21 | 10:30 a.m. - 12:30 p.m.

Women's Pool Lessons

Wednesdays | May 1 - 29 | 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 | May 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.

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

Chair Yoga

Wednesdays | May 1 - 29 | 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

Acoustic Instrument Group

Wednesdays | May 8 & 22 | 2:30 - 4 p.m.

Do you play the guitar, banjo, ukulele, bass, harmonica or keyboards - or do you just like to sing along to the old fun music of days gone by? Bring your instrument or just yourself and join. If you have questions or want additional info contact David Durham at 970-216-8279.

Fee: Free

Woodshop - Annual Review

Thursday | May 21 | 9 - 12 p.m.

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. Deadline May 17, min 2, max 6

Fee: \$30 (must be member)

Woodshop Safety Class - Introduction

Thursday | May 23 | 10 a.m. - 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 May 21, min 2 max 4

Fee: \$35 members (must be member)

Computer User Group

Saturday | May 11 | 1 - 3:30 p.m.

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

Fee: free

Woodshop Peterson Bluebird Bird House Class

Wednesday | May 29 | 9 - 12 p.m.

Join us and build your own Bluebird bird house. All supplies included. Deadline May 24, min 2 max 6

Fee: \$30 (must be a member)

Hand Building Clay Home Décor Hanging Plaque

Wednesday | May 8 & May 22 | 2 p.m.

Create your own row of homes on this adorable hanging wall décor. All supplies provided. Must attend both classes. Deadline May 6, min 2, max 10

Fee: \$15 member, \$20 non member

Paint-R-tainment Acrylic Painting Class - Baby Bee

Friday | May 17 | 2 p.m.

Summer is just around the flower bed and bees are buzzing. All supplies included. No experience needed. Instructor led class. 12 x12 canvas will be used. Deadline May 14, min 2, max 10

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

May 2024

Sunday	Monday	Tuesday	Wednesday
			<p>1</p> <p>8 a.m. Billiards / Air Force Academy Tour</p> <p>9 a.m. Knitting</p> <p>9 a.m. Car Lovers Group</p> <p>10:15 a.m. SilverSneakers® / Pats sewing</p> <p>11:30 a.m. Friendly Fork Lunch</p> <p>12 p.m. Rocks to Gems</p> <p>12:15 p.m. Women's Pool Lessons</p> <p>12:30 p.m. Bridge Tom</p> <p>1 p.m. Ceramics / Corn Hole / Chair Yoga</p> <p>2 p.m. Boomers Be Booming</p> <p>5:30 p.m. Rocks to Gems</p> <p>6 p.m. Continuing T'ai Chi</p>
<p>5</p> <p>Closed</p> <p>10 a.m. Denver Center For Performing Arts: Cher Show</p>	<p>6</p> <p>8 a.m. Billiards & Open Pool</p> <p>9 a.m. Rocks to Gems</p> <p>10:15 a.m. SilverSneakers®</p> <p>11 a.m. Strong People</p> <p>11:30 a.m. Friendly Fork Lunch</p> <p>1 p.m. Pinochle</p> <p>1 p.m. Crafts/Needlework / Mahjong</p> <p>1 p.m. Five Crowns Cards / Dominoes</p> <p>1 p.m. Table Tennis</p> <p>1:30 p.m. GRASP Social & Discussion</p>	<p>7</p> <p>8 a.m. Billiards & Open Pool</p> <p>9 a.m. Cross Stitch & Embroidery / Footcare</p> <p>9:30 a.m. Keenage Singers Practice</p> <p>10 a.m. Chess</p> <p>10:30 a.m. Cooking Matters</p> <p>12 p.m. Hand & Foot Cards</p> <p>12:30 p.m. Bridge Tom</p> <p>1 p.m. Pitch 10 point cards</p> <p>1 p.m. Shuffleboard</p>	<p>8 6:30 a.m. Hiking: Rooney Trail Loop</p> <p>8 a.m. Billiards & Open Pool</p> <p>9 a.m. Knitting</p> <p>10:15 a.m. SilverSneakers® / Pats sewing</p> <p>11:30 a.m. Friendly Fork Lunch</p> <p>12 p.m. Rocks to Gems</p> <p>12:15 p.m. Women's Pool Lessons</p> <p>12:30 p.m. Bridge Tom</p> <p>1 p.m. Ceramics / Corn Hole / Chair Yoga</p> <p>2 p.m. Boomers / Hand Building Clay</p> <p>2:30 p.m. Acoustic Instrument Group</p> <p>5:30 p.m. Rocks to Gems</p> <p>6 p.m. Continuing T'ai Chi</p>
<p>12</p> <p>Closed</p>	<p>13</p> <p>8 a.m. Billiards & Open Pool</p> <p>9 a.m. Rocks to Gems / Strong People</p> <p>10:15 a.m. SilverSneakers®</p> <p>11 a.m. Strong People</p> <p>11:30 a.m. Friendly Fork Lunch</p> <p>1 p.m. Pinochle</p> <p>1 p.m. Crafts/Needlework / Mahjong</p> <p>1 p.m. Five Crowns Cards / Dominoes</p> <p>1 p.m. Table Tennis</p> <p>1 p.m. Bridge Gloria</p> <p>1:30 p.m. GRASP Presentations</p>	<p>14</p> <p>8 a.m. Billiards & Open Pool</p> <p>8:30 a.m. Mother Cabrini Shrine</p> <p>9 a.m. Cross Stitch & Embroidery</p> <p>9 a.m. Strong People</p> <p>9:30 a.m. Keenage Singers Practice</p> <p>10 a.m. Chess</p> <p>10:30 a.m. Cooking Matters</p> <p>12 p.m. Hand & Foot Cards</p> <p>12:30 p.m. Bridge Tom</p> <p>1 p.m. Pitch 10 point cards</p> <p>1 p.m. Bridge Mary</p> <p>1 p.m. Shuffleboard / Photo Group</p> <p>1 p.m. Armchair Travel: Alaska</p> <p>3 p.m. Strong People</p>	<p>15</p> <p>8 a.m. Billiards & Open Pool</p> <p>9 a.m. Knitting</p> <p>9 a.m. Strong People</p> <p>10 a.m. Pat's Sewing</p> <p>10:15 a.m. SilverSneakers®</p> <p>11:30 a.m. Friendly Fork Lunch</p> <p>12 p.m. Rocks to Gems</p> <p>12:15 p.m. Women's Pool Lessons</p> <p>12:30 p.m. Bridge Tom</p> <p>1 p.m. Ceramics / Corn Hole / Chair Yoga</p> <p>2 p.m. Boomers Be Booming</p> <p>5:30 p.m. Rocks to Gems</p> <p>6 p.m. Continuing T'ai Chi</p>
<p>19</p> <p>Closed</p>	<p>20</p> <p>8 a.m. Billiards & Open Pool</p> <p>9 a.m. Strong People</p> <p>9 a.m. Rocks to Gems</p> <p>10:15 a.m. SilverSneakers®</p> <p>11 a.m. Strong People</p> <p>11:30 a.m. Friendly Fork Lunch</p> <p>1 p.m. Pinochle</p> <p>1 p.m. Crafts/Needlework / Mahjong</p> <p>1 p.m. Five Crowns Cards / Dominoes</p> <p>1 p.m. Table Tennis</p> <p>1:30 p.m. GRASP Social & Discussion</p>	<p>21</p> <p>8 a.m. Billiards & Open Pool</p> <p>9 a.m. Cross Stitch & Embroidery</p> <p>9 a.m. Advisory Committee</p> <p>9 a.m. Strong People</p> <p>9 a.m. Woodshop Annual Review</p> <p>9:30 a.m. Keenage Singers Practice</p> <p>10 a.m. Chess</p> <p>10:30 a.m. Cooking Matters</p> <p>12 p.m. Hand & Foot Cards</p> <p>12:30 p.m. Bridge Tom</p> <p>1 p.m. Pitch 10 point cards</p> <p>1 p.m. Shuffleboard</p> <p>1 p.m. Forever Friends Frenzy with Kaiser</p> <p>3 p.m. Strong People</p>	<p>22 7:00 am. Hiking Shoshone & Besant</p> <p>8 a.m. Billiards & Open Pool</p> <p>9 a.m. Knitting / Footcare</p> <p>9 a.m. Strong People</p> <p>10 a.m. Pat's Sewing</p> <p>10:15 a.m. SilverSneakers®</p> <p>11:30 a.m. Friendly Fork Lunch</p> <p>12:15 p.m. Women's Pool Lessons</p> <p>12 p.m. Rocks to Gems</p> <p>12:30 p.m. Bridge Tom</p> <p>1 p.m. Ceramics / Corn Hole / Yoga</p> <p>2 p.m. Boomers Be Booming / Clay class</p> <p>2:30 p.m. Acoustic Instrument Group</p> <p>5:30 p.m. Rocks to Gems</p> <p>6:30 Hootenanny event</p>
<p>26</p> <p>Closed</p>	<p>27</p> <p>8 a.m. Billiards & Open Pool</p> <p>1 p.m. Pinochle</p> <p>1 p.m. Crafts/Needlework / Mahjong</p> <p>1 p.m. Five Crowns Cards / Dominoes</p> <p>1 p.m. Table Tennis</p> <p style="text-align: center;">Memorial Day</p>	<p>28</p> <p>8 a.m. Billiards & Pool</p> <p>9 a.m. Cross Stich & Embroidery</p> <p>9 a.m. Strong People</p> <p>9:30 a.m. Keenage Singers Practice</p> <p>12 p.m. Hand & Foot Cards</p> <p>12:30 p.m. Bridge Tom</p> <p>1 p.m. Pitch cards / Shuffleboard</p> <p>1 p.m. Bridge Mary</p> <p>1 p.m. Cinema Tuesday "Wonka"</p> <p>3 p.m. Strong People</p>	<p>29</p> <p>8 a.m. Billiards & Open Pool</p> <p>9 a.m. Knitting / Footcare</p> <p>9 a.m. Strong People</p> <p>9 a.m. Woodshop Peterson Bird House</p> <p>10 a.m. Pat's Sewing</p> <p>10 a.m. Barry's Bingo</p> <p>10:15 a.m. SilverSneakers®</p> <p>11:30 a.m. Friendly Fork Lunch</p> <p>12:15 p.m. Women's Pool Lessons</p> <p>1 p.m. Chair Yoga</p>

Calendar of Events

Thursday	Friday	Saturday
<p>2 8 a.m. Billiards & Open Pool 11 a.m. Table Tennis 11 a.m. Strong People 10 a.m. Medicare Counseling with David 11 a.m. Dining with Diabetes - Aspen Club 12 p.m. Bingo 1 p.m. Mexican Train 1 p.m. Mahjong 6 p.m. Big Screen Treats, Tasty Eats: "The boys in the Boat"</p>	<p>3 8 a.m. Billiards & Open Pool 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. Scrabble 2 p.m. Beginner Watercolor Class 3:15 p.m. Cribbage</p>	<p>4 12 p.m. Hand & Foot cards 12 p.m. Bunco</p>
<p>9 8 a.m. Billiards & Open Pool 10 a.m. Book Group 10 a.m. Rockies Game 11 a.m. Table Tennis 11 a.m. Strong People 10 a.m. Medicare Counseling with David 11 a.m. Dining with Diabetes - Aspen Club 12 p.m. Bingo 1 p.m. Mexican Train 1 p.m. Mahjong</p>	<p>10 8 a.m. Billiards & Open Pool 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. Scrabble 1 p.m. Bridge Gloria 3:15 p.m. Cribbage</p>	<p>11 11 a.m. Square Dance 12 p.m. Hand & Foot cards 12 p.m. Bunco 1 p.m. Computer User Group 5 p.m. Senior Prom, Sock Hop</p>
<p>16 8 a.m. Billiards & Open Pool 9 a.m. Strong People 11 a.m. Table Tennis 11 a.m. Strong People 10 a.m. Medicare Counseling with David 11 a.m. Dining with Diabetes - Aspen Club 12 p.m. Bingo 12 p.m. AARP Safe Driving Class 1 p.m. Mexican Train 1 p.m. Mahjong 3 p.m. Strong People</p>	<p>17 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. Scrabble 2 p.m. Paint-R-tainment Acrylic Paint class 3:15 p.m. Cribbage</p>	<p>18 12 p.m. Hand & Foot cards 12 p.m. Bunco</p>
<p>23 8 a.m. Billiards & Open Pool 9 a.m. Strong People 10 a.m. Woodshop Safety Class, Introduction 11 a.m. Table Tennis 11 a.m. Strong People 10 a.m. Medicare Counseling with David 12 p.m. Bingo 1 p.m. Mexican Train 1 p.m. Mahjong 3 p.m. Strong People</p>	<p>24 8 a.m. Billiards & Open Pool 8:30 a.m. Gabbie Gourmet: Golden Corral 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 1 p.m. Scrabble 3:15 p.m. Cribbage</p>	<p>25 12 p.m. Hand & Foot cards 12 p.m. Bunco</p>
<p>30 8 a.m. Billiards & Open Pool 9 a.m. Strong People 11 a.m. Table Tennis 11 a.m. Strong People 10 a.m. Medicare Counseling with David 11 a.m. Dining with Diabetes - Aspen Club 12 p.m. Bingo</p>	<p>31 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 / Bridge Gloria 1 p.m. Shuffleboard 1 p.m. Scrabble 2 p.m. Beginning Watercolor class</p>	<p>*Greeley Recreation Center 651 10th Ave</p>

Beginner Watercolor - Pink Flamingo
Friday | May 3 | 2 p.m.

Beginner Watercolor - Rainbow Trout
Friday | May 31 | 2 p.m.

Beginner friendly class - no experience needed. 8x10 watercolor. All supplies provided. Instructor led class. Deadline April 10, min 2, max 10
Fee: \$15 members, \$20 non-members

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.

AARP Safe Driving Class

Thursday | May 16 | 12 p.m.
In-person class! Excellent opportunity to refresh your driving skills and knowledge. Potential for auto insurance reduction. Updated materials and videos. Deadline May 15, min 8, max 20
Fee: \$20 AARP member, \$25 non-member.
(Payable to the instructor)

Continuing T'ai Chi

Wednesday | Jan 17 - May 16 | 6:00 p.m.

Boomers Be Booming

Wednesdays | May 1 - 29 | 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 @ 350-9440. Instructor: David Yoho
Fee: free

Dining with Diabetes - Aspen Club

Thursday | May 2, 9, 16, 30 | 11 - 1 p.m.
A series of four classes where you will learn strategies to manage your diabetes through menu planning, carbohydrate counting, portion control, and label reading. Participants will have the opportunity to see how healthy foods are made utilizing concepts taught. Includes 11 recipes with live or video demonstration, food preparation techniques, and helpful and practical handouts Class held at the AAC. Call Aspen club 970-495-8565 to reserve your seat.

Who Gets Grandma's Yellow Pie Plate - Aspen Club
Wednesday | July 17 | 10 - 11 a.m.

Practical strategies to optimize inheritance planning and protect family relationships. Class held at the AAC. Please call Aspen club 970-495-8565 to reserve your seat.

Food Safety @ Home - Aspen Club

Monday | June 3 | 12:30 - 1:30 p.m.
Learn how to keep your family safe from foodborne illness! Call Aspen Club to reserve your seat 970-495-8565 .

Day Trips

Air Force Academy Tour

Wednesday | May 1 | 8 a.m.
Explore the stunning Airforce Academy campus just north of Colorado Springs, nestled at the base of the Front Range. Enjoy breathtaking mountain panoramas, visit halls, and sports venues of the Fighting Falcons, and dine at your own expense for lunch. Deadline April 17, min 11 max 13
Fee: \$30 members, \$35 non-members

Denver Center For Performing Arts: The Cher Show

Sunday | May 5 | 10 a.m.
Superstars come and go. Cher is forever. For six straight decades, only one unstoppable force has flat-out dominated popular culture. THE CHER SHOW is the Tony Award®-winning musical of her story, and it's packed with so much Cher that it takes three women to play her: the kid starting out, the glam pop star, and the icon. Lunch will be at each participant's own expense.
Fee: \$65 members, \$70 non-members

Barry's Bingo

Wednesday | May 29 | 10 a.m.
Barry's bingo parlor prides itself on cleanliness and friendliness. Whether you're a seasoned bingo enthusiast or a first-time player, everyone is welcome! Lunch will be at each participant's own expense. Deadline May 15, min 11 max 14
Fee: \$25 members, \$30 non-members

Colorado Rockies Game

Thursday | May 9 | 11 a.m.
Take me out to the ballgame, take me out to the crowd! Come join us as your Colorado Rockies take on the San Fransisco Giants in this mid-week matchup. Food will be at each participant's own expense; we will be eating at the game. Deadline April 25, min 12 max 13
Fee: \$30 members, \$35 non-members

Friendly Fork Meals

Wed, May 1	Chicken & Dumplings		Wed, May 29	Beef Lasagna
Mon, May 6	Honey Ginger Chicken			
Wed, May 8	Beef & Mushroom Meatloaf			
Mon, May 13	Whole Wheat Spaghetti with Beef Pork / Mushrooms		Friday Lunch Menu	AAC Staff Cooks Call 970-350-9440 by the prior Thur. by 11am
Wed, May 15	Grilled Chicken Thigh with Gravy		Fri, May 3	Chicken Alfredo
Mon, May 20	Kansas City BBQ Beef Sandwich		Fri, May 10	Pizza
Wed, May 22	Turkey Club on Wheat		Fri, May 17	Baked Potato
Mon, May 27	No Lunch Memorial Day		Fri, May 24	Turkey or Ham Sandwich
	meals subject to change		Fri, May 31	Walking Taco

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

Gabbie Gourmet: Golden Corral

Friday | May 24 | 11 a.m. .

Known for its extensive buffet offerings and family-friendly atmosphere, a visit to Golden Corral is a feast for the senses. Featuring wall to wall options from appetizers to desserts, you're sure to get your fill at this family favorite hot spot! Lunch will be at each participant's own expense. Deadline May 10, min 10 max 14

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

Mother Cabrini Shrine

Tuesday | May 14 | 8:30 a.m.

Established by Saint Frances Xavier Cabrini, this one of a kind site offers a serene and spiritually enriching experience, providing a perfect escape from the hustle and bustle of everyday life.

Lunch will be at each participant's own expense. Deadline April 30, min 10 max 13

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

Hiking: Rooney Trail Loop - Green Mountain Park

Wednesday | May 8 | 6:30 a.m.

Experience the stunning scenery of Rooney Valley with narrow singletrack trails winding along the mountainside. Enjoy picturesque views from the top of Green Mountain and along the ridge, with glimpses of downtown as you descend. This 3.4-mile hike includes 413 feet of elevation gain. Remember to bring a bagged lunch as we won't be stopping elsewhere.

Deadline May 1, min 10 max 13

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

Programs

Armchair Travel: Alaska

Tuesday | May 14 | 1 p.m.

Alaska! Known as 'The Last Frontier, Alaska is a stunning exhibition of nature at its finest, from towering glaciers to national parks the size of nations and the ethereal beauty of the Aurora Borealis. Join us on this simulated trip to Alaska! A small sampling of Alaskan cuisine will be included. Deadline May 13, min 5 max 50

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

Cinema Tuesday: "Wonka"

Tuesday | May 28 | 1 p.m.

With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers. Free

popcorn will be included.

Fee: Free

Pat's Sewing Circle

Wednesdays | May 1 - 29 | 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 @ 11:30 for Lunch.

Fee: Free

Keenage Singers

Tuesday practices 9:30-11 a.m. Call Tracey at 970-352-9148 for more information on how to become a choir member.

Newsletter Taping Friday | May 24 | 11:30 a.m.

Bingo | Thursdays | 12:00 p.m.

25¢ suggested donation per card.

Book Group | Thursday | May 9 | 10 a.m.

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.

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 | April 9 | 1 p.m.

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

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

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

Scrabble | Fridays | 1 p.m.

Senior Car Lovers | Wed | May 1 | 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 | May 11 | 11 – 1:30 pm (note time change)
 Fee \$10 at the door

Rock and Mineral Society Meeting
 Thursday | May 2 | 6 - 8 p.m.

Wellness

Footcare

Cindy Brown and Jude Maloney will take care of your feet. Make your appointments by calling 970-350-9440.

Fee for service paid upon arrival to provider.

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 Games

Mondays | May 6-20 | 9 a.m. | IG field 5
 Wednesdays | May 1-29 | 9 a.m. at Twin Rivers
 Come cheer on the Greeley Team 50 + softball.

Contact Sheri at 970-350-9437 with questions.

Shuffleboard

Tuesdays and Fridays | 1 -3 p.m.
 Drop-in play. All are welcome.

50+ Volleyball

Fridays | May 3 – Aug 30 | 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.

