

The Gilpin County Senior Program Calendar of Events



JULY 2017

Monday	Tuesday	Weds.	Thursday	Friday
3 Lunch @ 12:15 Sing Along W/ Bruce	4 Happy July 4th Closed	5 Free Exercise Class 11AM Lunch @ 12:15 Free Bingo	6 Grocery Shopping Wal-Mart	7 Blue on Blue Garden Tour
10 Lunch @ 12:15 Social Time	11 Grocery Shopping Bergen Park King Soopers	12 Free Exercise Class 11AM Lunch @ 12:15 Fire Extinguisher Class	13 	14 Free Exercise Class 11AM Lunch @ 12:15 Power Against Fraud W/ Carey Johnson
17 Lunch @ 12:15 Social Time	18 Grocery Shopping Wal-Mart	19 Free Exercise Class Blood Pressure Clinic 11:30 Lunch @ 12:15 COA Meeting	20 PAC LUNCHEON TO BE ANNOUNCED	21 Free Exercise Class 11AM Lunch @ 12:15 Ellen Allires Trujillo
24 Lunch @ 12:15 Social Time	25 Grocery Shopping Bergen Park King Soopers	26 Free Exercise Class Lunch @ 12:15 Birthday Party	27 Field trip To Rocky Mountain National Park Limited Space	28 Free Exercise Class 11AM Lunch @ 12:15 Free Bingo
31 Lunch @ 12:15 Social Time		We wish a very Happy Birthday to Elenore Andersen, Gloria Larsen, Dave Stewart, Judy Hudspeth, and Ann Wyss		

Rides to Lunch, Events and
Medical Appointments are available to Gilpin County Seniors
Please call New Direct # 303-515-4292 for reservations.

No month ends on the same day of the week as July unless it is a leap year, when January does so.

Please RSVP at least 1 business day for the luncheon you want to attend. We ask for a \$2.50 donation for seniors 60 and over. \$7.25 for guests under 60 years of age.



Watermelon is summer's most popular vegetable. It is part of the cucumber, pumpkin, and squash family. The average American eats 15 pounds of watermelon a year and these juicy favorites are 92 percent water

JULY EVENTS

7/03 Lunch @ 12:15 Sing Along with Bruce

7/04 Happy Independence Day! Closed

7/05 Free Exercise Class 11-12 Lunch @ 12:15 Free Bingo

7/06 Grocery Shopping @ Bergen Park Wal-Mart

7/07 Blue on Blue Garden Tour at RG's house. We will provide Hot Dogs and Hamburgers, please bring a side dish to Share! Please RSVP unless you are a regular Friday Participant

7/10 Lunch @ 12:15 Social Time

7/11 Grocery Shopping @ Bergen Park King Soopers

7/12 Free Exercise Class 11-12 Lunch @ 12:15 Fire Extinguisher Class
Come learn to use an extinguisher first hand

7/14 Free Exercise Class 11-12 Lunch @ 12:15
Power Against Fraud with Carey Johnson
Learn how to keep your identity safe

7/17 Lunch @ 12:15 Social Time

7/18 Grocery Shopping @ Bergen Park Wal-Mart

7/19 Blood Pressure Clinic 11:30 Lunch @ 12:15 COA Meeting

7/20 PAC Luncheon Please RSVP Call Bob for info 303-582-3064

7/21 Free Exercise Class 11-12 Lunch @ 12:15 Ellen Allires-Trujillo

7/24 Lunch @ 12:15 Social Time

7/25 Grocery Shopping Bergen Park King Soopers

7/26 Free Exercise Class 11-12 Lunch @ 12:15 BIRTHDAY PARTY!
Come Join The FUN!

7/27 Field Trip To Rocky Mountain National Park We will bring sack lunches for all \$2.50 donation. If you have a Parks Pass please bring it with you. RSVP Early, this trip fills up fast

7/28 Free Exercise 11-12 Lunch @ 12:15 Free Bingo

7/31 Lunch @ 12:15 Social Time

