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**Where Being Active
 Is Our Way Of Life**

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Book Club
Meets Feb 9
10:00am
FREE

SHAREHOLDER

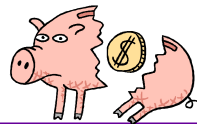
Volume 17, Issue 2

February 2012

Special Events

Celebrate monthly birthdays and anniversaries at **Shareholder Lunch** on Thursday, Feb. 2 at 11:30am. The menu is beef stroganoff, green salad, cottage cheese with fruit, dinner roll, dessert & beverage. The fee is \$3 per person.

The cost of food is rising and it can be difficult to make healthy choices when you're on a tight budget. Attend **Grocery Shopping on a Budget** at 10am on Wednesday, Feb. 22 to learn some simple ways to help make your grocery trip a little easier on your wallet. No charge. Please call the Senior Center to reserve your seat.



Travel

Pack your sack lunch & water for our **Cross Country Ski & Snowshoe Trips**. Visit Devil's Thumb Ranch on Friday, Feb. 3 and Cameron Pass on Friday, Feb. 17. You are responsible for renting snowshoes or skis prior to the 7:45am departure. Fees for each trip are \$15 members, \$20 non-members. Additional trail fees are required the day of each trip. PLEASE NOTE: Trails at Cam-



Bring your Valentine or maybe meet a Valentine at the February Gabbie on Valentine's Day!

eron Pass are not groomed.

Learn how candles are made and carved during a visit to **Lifetime Candles** on Tuesday, Feb. 7 at 9am. If you are looking for a gift for your special Valentine you will have a chance to purchase a candle after the tour. Member fee is \$10. Non-member fee is \$15. Lunch cost is on your own before returning to Greeley.

Visit the **IKEA Superstore** on Thursday, Feb. 9 at 9:30am and explore 415,000 sq. ft. of floor space, 50 room settings, 3 complete model home interiors and a 500 seat restaurant. Member fee is \$10. Non-member fee is \$15. Lunch cost is on your own while you browse the store.

The **Gabbie Gourmet** travels to **The Yard House** at 10am on Tuesday, Feb. 14. Member

**This month
 Gabbie
 Gourmet
 is on a
 Tuesday.**

fee is \$10. Non-member fee is \$15. Meal costs and gratuity are on your own.

Travel to Denver and visit the **9NEWS Studio** on Thursday, Feb. 16 at 9:30am. Enjoy a video, tour the newsroom, weather center and backyard and watch a noon news broadcast live! Registration fees are \$15 members, \$20 non-members. Lunch cost is on your own before returning to Greeley.

On Thursday, Feb. 23 at 5pm travel with us to the Carousel Dinner Theatre for the smash-hit, 2004 Tony® Award winner, **Avenue Q**. Fees are \$45 members and \$50 non-members and include dinner, show and escort.

Join us for **Beer, Beer and More Beer** on Tuesday, Feb. 28 at 9:30am. Visit the Left Hand Brewery in Longmont and the Strange Brewing Co. in Denver for tours and enjoy some beer tasting. Member fee is \$25. Non-member fee is \$30. Lunch cost is on your own between tours.

Sports

Plan to attend our **Softball Pre-season Meeting** on Tuesday, Feb. 7 at 11:30am at the **Family FunPlex**. Learn about Softball Pre-season Training and our Softball Leagues. Adults age 50 or better by Dec. 31 are eligible! Please call the Senior Center to reserve a seat at the

meeting.

Start conditioning your arm, body & mind during **Softball Pre-season Training**, Tuesdays & Thursdays, 12:30-3:30pm beginning Feb. 7 at the FunPlex. Indoor activities require the use of soft-stitch balls. Training will be held outdoors (weather permitting) at Twin Rivers Park at 12:30pm, Tuesdays & Thursdays, Mar. 20-29. League placement will be determined thru Pre-season Training, so it is necessary for all league players to attend a few training sessions. There is no fee for Softball Pre-season Training, so come give it a try! Players are required to sign a waiver prior to participation.

A **Shuffleboard Tournament** will be held at 10am on Wednesday, Feb. 22. Fees are \$2 for Shuffleboard Club Members and \$7 for non-members. Prizes are awarded to the top 3 finishers. A lunch break will be taken at 11:30am so don't forget to make a reservation for Nutrition Lunch.

Beware of the pool sharks swimming around during the monthly Pool Club tourney, **8-ball Doubles**, Wednesday, Feb. 15, 9am. Pool Club member fee \$3, non-member fee \$8. Winners of the 9-ball Singles Tourney in Dec were 1st-Dale Greer; 2nd-Dick Lamb; 3rd-Dick Gustafson. Congratulations!

Adults age 50 or better can play **Badminton** at the Family FunPlex, Mondays & Wednesdays, 1-3:30pm, Feb. 1-Apr. 30! Join us for fun games of badminton. Ses-

sion fee is \$7 for members, \$12 for non-members.

Pickleball is cancelled on Wednesday, Feb. 8.

Afternoon Table Tennis is offered at 1:30pm on Monday, Wednesday and Friday. No fee for members. Non-members pay the \$2 daily drop-in fee or \$5 monthly fee. At 6pm on Wednesdays and the 1st, 3rd, 4th & 5th Fridays of each month play **Open Table Tennis**. The fee is \$3 per person, per night, payable at the door.



Classes

Doris Gilreath leads **Water Walking** at 7am, Mondays, Wednesdays & Fridays beginning Feb 1. The monthly fee is \$12 for members, \$17 for non-members. No fee for Recreation Center members. Connie Perkins leads **Water Walking** at 8am, Tuesdays & Thursdays beginning Feb. 2. Monthly fee is \$8 for members, \$13 for non-members.

Join us for **Porcelain Art** on Monday, Feb. 6 at 9am. Purchase supplies on your own. No registration fee. Stop in to see if you would like to start this hobby!

Stay active by taking **Circuit Training Exercise at the FunPlex**. The 5-week class is de-

Try a new task, walk in the water instead of on land!

signed with low impact exercises that use various fitness equipment. Class meets 9:35-10:35am, Mondays & Wednesdays, Feb. 6-Mar. 7. Member fee is \$25. Non-member fee is \$30. **Please register by Wednesday, Feb. 1.**

Bridge Lessons are offered at 9am on Mondays, Feb. 6, 13, 20 & 27. The monthly fee is \$2 members, \$7 non-members.



GRASP (Greeley Retiree Academic Study Program) meets at the Senior Center at 1:30pm on Mondays, Feb. 6, 13, 20 & 27. Join GRASP for \$10 per year, with a Senior Center membership.

Receive a discount on your auto insurance by completing **AARP Driver Safety**, 8am-noon, on Wednesday, Feb. 8. Pre-registration is required by Jan. 9, call Meredith at 970-350-9560. Fees are payable at class, \$12 for AARP members, \$14 for non-members.

Square Dance Lessons are offered on Tuesdays, 7-9pm. The fee is \$5 each week, payable at the door.

Programs & Wellness

Reflexology is offered on Wednesdays, Feb. 1 & 8, 9-11:30am. Appointments are required. Treatments help bring natural relief from aches & pains and can ease tension & fatigue. The \$11 fee is payable at your appointment.

Our men's group, **Senior Car Lovers Unite**, will meet at 9am on Wednesday, Feb. 1. Enjoy discussion about cars and a variety of other topics. New members are welcome. No charge for members. Non-members pay a \$2 daily drop-in fee.

Book Club meets at 10am on Thursday, Feb. 9 to discuss Back When We Were Grown Ups by Anne Tyler. Books may be checked out at the library or purchased on your own.

Enjoy **Square Dancing** on Saturdays, Feb. 11 & 25, 7-9pm. Admission is payable at the door, \$5 square dance members, \$6 non-square dance members.

The **Low Vision Support Group** will meet on Saturday, Feb 25, noon-3pm. No charge.



B-6, it's BINGO time! We have a new caller and two new BINGO coordinators. Join the fun each Thursday at 1pm. Enjoy a lot of great prizes and a birthday celebration the second Thursday of each month!

Relax your way into 2012 during a six week **Relaxation class**. Instructor, Kylene will guide you through light stretching while bringing awareness to your muscles, breathing and thoughts. Wear loose comfortable clothing. Begins Feb 10 - March 16th (Friday's) 10:00 -10:50am. Fee: \$5/\$10 non-members

You are invited to attend the **Computer Users Group of Greeley** at the Senior Center the 2nd Saturday of each month at

1pm. Ask questions, trade ideas and see presentations. The **Computer Users Special Interest Group** meets the 3rd Wednesday of the month at 7pm.

Schedule your **Acupuncture Treatment** with Jennifer. Appointments are required and are available beginning at 8:30am on Mondays.

Fees are \$20 for a 30-minute session and are due at your appointment, cash or check only.

Enjoy a **Chair or Table Massage** on Tuesday mornings with Deb. Appointments are required and begin at 9am. Fees are \$10 for a 15-minute chair massage, \$15 for a 20-minute chair massage and \$20 for a 30-minute table massage. Payment is due at your appointment, cash or check only.



Get natural relief from aches & pains and relieve tension.

Announcements

Pick up your 2012 sticker for your parking permit at the Senior Center Front Desk!



Our goal is to provide you with accessible services and programs. If you need special accommodations on one of our trips please call the Senior Center at least **30 days** prior to the start of the event.



The Senior Center Staff welcomes all the new members!


Welcome

First time members who joined the Senior Center from Dec. 8 and thru Jan. 10 are Jan Miller, Vickki, Ashford and Gene Bottenberg, Cheryl, John & Clair Mahoney, Preston Miller, Shelley Lynn, Darrylle Hamilton, Rutilo Blanco, Jerry Foos, Julie Edwards, Butch & Margaret Trimble, Lisa Hancock, Alvin Plucker, Mitzi Jones, Mike Ream, Judy Meyer, Jo Henthorn, Sharon Kurz, Susan McGrath, Frank Dalton, John Martinez, Carol & James Dougherty, Esther Martinez

New members are invited to **New Member Orientation** on Thursday, Feb. 23 at 10am and are given the opportunity to join us for Shareholder Lunch on Mar. 1 for just \$1. Lunch reservations are required and can be made at the front desk.

You only need to be 50 years young to join the Greeley Senior Activity Center. Annual memberships cost \$20 for Greeley residents and \$22 for non-residents. Memberships include a parking permit, allow you to participate in daily drop-in activities and to receive a discount on most classes, trips & programs.

Fabulous February

- Feb 1 Reflexology
Knitting Group
- Feb 2 Shareholder Lunch
- Feb 3 X-ski/Snowshoe Trip
- Feb 6 Porcelain Art
- Feb 7 Lifetime Candles
Softball Meeting
- Feb 8 AARP Driver Safety
Reflexology
- Feb 9 IKEA Superstore
Book Club 
- Feb 11 Square Dance
- Feb 14 Gabbie Gourmet
Happy Valentine's Day!
- Feb 15 8-ball Doubles Tourney
Computer Users Group
- Feb 16 9News Tour
- Feb 17 X-ski/Snowshoe Trip
Wii Play
- Feb 22 Shuffleboard Tourney
Volleyball Games
- Feb 23 "Avenue Q"
New Member Orientation
- Feb 25 Square Dance
- Feb 28 Beer, Beer & More Beer

Marvelous March

- Mar 1 Shareholder Lunch
- Mar 5 Volleyball Practice
- Mar 6 Imax
- Mar 7 Reflexology
Knitting Group
Volleyball Game
- Mar 8 Laser Show
Book Club
- Mar 9 Hiking Meeting
- Mar 10 Square Dance
- Mar 13 Bass Pro Shop
CVA Tourney
- Mar 14 Balance Assessments
CVA Tourney
- Mar 15 St. Patrick's Day Lunch
- Mar 16 Swan Tea
- Mar 17 Happy St. Patrick's Day
- Mar 20 Advisory Board
- Mar 21 9ball Singles Tourney
- Mar 22 Orientation
Gabbie—Melting Pot
- Mar 23 Laughter Exercises
- Mar 24 Square Dance
- Mar 28 VB Potluck

Greeley Senior Activity Center
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