

July EVENTS

Pelican Perch

Mon July 2 ~ Day Trip / Gambling' Bus (Black Hawk): Gamblers will receive \$5 food voucher upon arrival, \$5 free play on their player's card, and when they earn 200 base points or 1 hour of tracked table play they will receive another \$5 food voucher. There must be a minimum of 25 people registered for motor-coach service, otherwise the trip could be cancelled. Special offers, coupons and discounts may not apply on all trips to Mardi Gras Casino, this bus is NOT wheelchair accessible (Walking Level: Easy—Moderate). NOTE: Depart time from casino is now 3pm.

Time: 7:45 a.m. - 5 p.m.
Cost: \$19

Tue July 10 ~ Breakfast Club / Silver Grill Café (Fort Collins): Get your day started off right with great conversation and make new friends. Breakfast is at a different restaurant every month! There is no charge if you drive yourself, or you can catch a ride on the Parks and Recreation mini-bus for just \$6. Please sign up at the front desk or call 674-3500 so appropriate reservations can be made (Walking Level: Easy).

Time: 7:30 a.m. departure, 8 a.m. breakfast
Cost: \$6 for a ride; breakfast on your own

Thu July 12 ~ Day Trip / Rockies vs D-backs (Denver): Leave the driving and parking hassles behind while you spend a day at the ball park watching the Colorado Rockies. Seats are located on the main level in the outfield box, or right field mezzanine. We try to get seats in the shade, but there is no guarantee. Price includes ticket, transportation and parking fee! (Walking Level: Moderate).

Time: 11:00 a.m. departure (1pm Game)
Cost: \$25, lunch on your own

Thu July 12 ~ iPhone and iPad Accessibility Features 101 (CRC): Your iPhone and iPad have features to assist with vision, hearing, and dexterity loss or decline. In this demonstration-style class, we will explore the most popular accessibility features and settings that will help make your device easier to see, hear, and use. A handout will be provided.

Time: 1:30-3:30 p.m.
Cost: \$21

Mon July 16 ~ Grocery Bingo (Rec Center): Every third Monday, enjoy some bingo action and a chance to win a gift card. If you want to join us for lunch, REMEMBER to sign-up at the front desk, by 9am, the Friday before. If you want to just play Bingo, no registration is required and begins at 12pm (Walking Level: Easy).

Grocery Bingo Sponsored by Bank of Colorado.
Time: 11:00 a.m. Lunch
(pre-registration required, \$4)
12:00 p.m. Bingo (Free)

Thu July 19 ~ The Legendary Lazy B (Estes Park): Rooted in an appreciation of the history and traditions of the Estes Valley, The Lazy B is committed to preserving Western heritage through a Western stage show that rivals the best in the country! Their authentic cowboy chuckwagon supper is the best in Colorado, bar none. The original Lazy B opened in the early 1960s, and has called Estes Park home for more than 40 years. The new Lazy B is delighted to announce its second year at the Elk Horn Lodge.

Time: 4—9:30 p.m.
Cost: \$49

Sun July 25 ~ Day Trip / Rockies vs Mariners (Denver): Leave the driving and parking hassles behind while you spend a day at the ball park watching the Colorado Rockies. Seats are located on the main level in the outfield box, or right field mezzanine. We try to get seats in the shade, but there is no guarantee. Price includes ticket, transportation and parking fee! (Walking Level: Moderate).

Time: 11:00 a.m. departure (1pm Game)
Cost: \$25, lunch on your own

Thu July 26 ~ Hiking Trip / Cow Creek Trail (RMNP): Hiking trips will be scheduled at different locations and may be changed according to weather conditions. Some experience is necessary and these trips are not intended for beginners. Please bring your own gear, water, pack a lunch, dress appropriately, and be prepared to purchase a trail pass or park permit depending on the location. (Walking Level: 3.8 miles, 600' elevation gain, Difficult).

Time: 8 a.m. Departure
Cost: \$15, pack your own lunch

Pelican Perch

June 2018 Edition

Mon Jun 4 ~ Day Trip / Gambling' Bus (Black Hawk): Gamblers will receive \$5 food voucher upon arrival, \$5 free play on their player's card, and when they earn 200 base points or 1 hour of tracked table play they will receive another \$5 food voucher. There must be a minimum of 25 people registered for motor-coach service, otherwise the trip could be cancelled. Special offers, coupons and discounts may not apply on all trips to Mardi Gras Casino, this bus is NOT wheelchair accessible (Walking Level: Easy—Moderate). NOTE: Depart time from casino is now 3pm.

Time: 7:45 a.m. - 5 p.m.
Cost: \$19

Thu Jun 7 ~ Day Trip / Denver Mob Tour (Denver): The tour begins in front of Gaetanos Restaurant. Gaetanos was owned by the mafia family in Denver from 1944 to 2005. The tour takes an hour and a half, as you drive through North Denver's Little Italy. See 22 sights, including haunts, homes, and crime scenes of Denver's very own Mafia figures. The tour ends with a lunch at Gaetano's Restaurant. After lunch, tour the basement of Gaetanos, which was used as the headquarters and gambling den of the crime family, and also bugged by the FBI in 1980. You have to take the tour to find out what celebrities visited the restaurant! Lunch is on your own, so be sure to bring a little extra denaro (Walking Level: Easy - Easy).

Time: 10:00 a.m.
Cost: \$35

Su Jun 10, Thu Jun 21 and Su Jun 24 ~ Day Trip / Rockies vs D-backs, Mets and Miami (Denver): Leave the driving and parking hassles behind while you spend a day at the ball park watching the Colorado Rockies. Seats are located on the main level in the outfield box, or right field mezzanine. We try to get seats in the shade, but there is no guarantee. Price includes ticket, transportation and parking fee! (Walking Level: Moderate).

Time: 11:00 a.m. departure (1pm Game)
Cost: \$25, lunch on your own

Tue Jun 12 ~ Breakfast Club / Red Rooster (Longmont Exit): Get your day started off right with great conversation and make new friends. Breakfast is at a different restaurant every month! There is no charge if you drive yourself, or you can catch a ride on the Parks and Recreation mini-bus for just \$6. Please sign up at the front desk or call 674-3500 so appropriate reservations can be made (Walking Level: Easy).

Time: 7:30 a.m. departure, 8 a.m. breakfast
Cost: \$6 for a ride; breakfast on your own

Thu Jun 14 ~ Digital Surfers / Twitter 101 (CRC): Twitter, the online news and social networking site where individuals broadcast short burst messages or Tweets, has grown in popularity in recent years. In this overview class, we'll explore the basics of how Twitter works, hashtags, Tweets and Retweets, and following and mentioning others. Optional: bring a device (laptop, tablet, or smartphone) and set up a Twitter account during the class. This class is demonstration based; a handout will be provided.

Time: 1:30 p.m.
Cost: \$19

Thu Jun 14 ~ Day Trip / Royal Gorge (Denver): Spend your day exploring the Royal Gorge Canyon from above and below. The first leg of the trip you will explore awe-inspiring and adrenaline-pumping views. The Royal Gorge Bridge & Park offers everything one could imagine, from peaceful gondolas, to historic displays, to the highest zip line in North America. There's something for everyone at the Royal Gorge, where adventures never end. You'll grab a bite to eat, on your own while at the park. After exploring the bridge from the top, you'll board the Royal Gorge Train and ride in the Vista Dome, a glass-topped domed car that features unparalleled views of the Royal Gorge. A quick stop for dinner on the way home will round out this full day of adventure! Lunch and dinner are on your own, as well as any extra rides at the park (Walking Level: Moderate).

Time: 7 a.m.
Cost: \$113

Mon Jun 18 ~ Grocery Bingo (Rec Center): Every third Monday, enjoy some bingo action and a chance to win a gift card. If you want to join us for lunch, REMEMBER to sign-up at the front desk, by 9am, the Friday before. If you want to just play Bingo, no registration is required and begins at 12pm (Walking Level: Easy).

Grocery Bingo Sponsored by Bank of Colorado.
Time: 11:00 a.m. Lunch
(pre-registration required, \$4)
12:00 p.m. Bingo (Free)

Thu Jun 21 ~ Patio Picnic / Grilling Burgers and Dogs (CRC): Join us for a special extra lunch day for no special reason other than gilling some dogs and burgers cause its Summer Time and you ain't got nothing better to do! Heck, we'll even play bingo for a few gift cards. Sign up on the usual lunch roster so we can get a head count.

Time: 11:30 a.m.
Cost: \$4

Thu Jun 28 ~ Digital Surfers / Pinterest 101 (CRC): Learn how to use Pinterest, the digital scrapbook, to keep everything you love on the Internet in one place. Whatever your interest — recipes, gardening tips, decorating ideas, crafts, fashion, pets, etc. — Pinterest will help you organize your online discoveries and find more. This class is demonstration based; a handout will be provided.

Time: 1:30 p.m.
Cost: \$19

Thu Jun 28 ~ Hiking Trip / Roaring Creek Trail (Poudre River): Hiking trips will be scheduled at different locations and may be changed according to weather conditions. Some experience is necessary and these trips are not intended for beginners. Please bring your own gear, water, pack a lunch, dress appropriately, and be prepared to purchase a trail pass or park permit depending on the location. (Walking Level: 4.0 miles, 300' elevation gain, Difficult).

Time: 8 a.m. Departure
Cost: \$15, pack your own lunch

June Calendar

Pelican Perch

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2
3	4 Gambling Bus (Black Hawk) 7:45 a.m.	5	6	7 Denver Mob Tour 10:00 a.m.	8	9
10 Rockies Game 11:00 a.m.	11	12 .Breakfast Club- Red Rooster Longmont 7:30 a.m.	13	14 Royal Gorge Bridge/ Railroad Trip 7:00 a.m.	15	16
17	18 Grocery Bingo Rec. Center 12:00 p.m.	19	20	21 Patio Picnic 11:00a.m. Rockies Game 11:00 a.m.	22	23
24 Rockies Game 11:00 a.m.	25	26	27	28 Hiking Trip Roaring Creek Trail 8:00 a.m.	29	30

Coffee Club Hours

Enjoy a **FREE** cup of coffee (or two) and great conversation each day, Monday - Friday!

Mon., Wed. & Fri.

Evergreen Room

7:30 – 10 A.M.

(Donuts Included on Wed)

Tues. & Thurs.

Senior Lounge

8 – 10 A.M.

June Menu

Fri 1	Baked Potato Bar with Chili, Cheddar Cheese, Sour Cream, Butter, Southwestern, Coleslaw, Wheat Roll, Butter, Melon Salad, Milk 1%
Mon 4	BBQ Beef on Wheat Bun, Potato Salad, Mandarin Oranges, Pears and Blueberries, Pumpkin Bar, Milk 1%
Wed 6	Braised Beef, Mashed Potatoes Marinated Vegetables, Wheat Roll, Butter, Strawberries and Bananas, Milk 1%
Fri 8	Baked Cod, Lemon Wedge, Tartar Sauce, Broccoli, Wheat Roll, Butter, Orange, Kiwi and Strawberries, Banana Bar, Milk 1%
Mon 11	Lemon Dijon Chicken, Gravy, Creamy Rice Pilaf, Green Beans, Wheat Roll, Butter, Orange-Apricots-Banana, Milk 1%
Wed 13	Sloppy Joe on Wheat Bun, Macaroni Salad, Carrot and Celery Sticks with Ranch Dip, Banana, Milk 1%
Fru 15	Meatloaf, Gravy, Mashed Potatoes, Gravy, Zulu Cabbage, Wheat Roll, Butter, Fresh Strawberries, Peanut-Cranberry Krispy Rice Treat, Milk 1%
Mon 18	Crispy Fish Sandwich on Wheat Bun, Tartar Sauce, Roasted Red Potatoes, Creamy Coleslaw, Tropical Fruit, Blueberry Crisp, Milk 1%
Wed 20	Meat Sauce over Spaghetti, Summer Vegetable Medley, Tomato/Cucumber Salad, Breadstick, Chocolate Brownie, Milk 1%
Fri 22	Rosemary Pork Loin, Gravy, Mashed Potatoes, Gravy, Caesar Salad, Wheat Roll, Butter, Fruit Salad, Milk 1%
Mon 25	White Chicken Chili, Wheat Crackers, Biscuit, Butter, Carrot-Cranraisin Salad, Watermelon, Milk 1%
Wed 27	Chilled Seafood-Pasta Salad, Wheat Crackers, Spinach Salad with Mandarin Orange and Poppy Seed Dressing, Grapes, Fruity Nut Bar, Milk 1%
Fri 29	Roast Beef, Gravy, Mashed Potatoes, Gravy, Green Beans with Red Peppers, Wheat Roll, Butter, Raspberries and Bananas, Milk 1%

PLEASE REMEMBER

to call the **Recreation Office** at **970-674-3500** to sign up/cancel your lunch by **9 A.M. at least one day prior** to the scheduled lunch.

Suggested Donation: 60 yrs. & over \$4; under 60 yrs. \$12.

Lunch check-in before 11:00 a.m.

Monday, Wednesday & Friday at the Community/Recreation Center: 250 N. 11th Street.

If you need meals delivered on a regular basis, please call **Meals on Wheels at 970-353-9738.**

Unfortunately, we are not allowed to deliver meals.



Happy Birthday

Emily Green 6/5

Jo Hall 6/11

Dorothy Gallegos 6/18

Super Cool Dude 6/29

Join us for dessert on the second Wednesday of the month!