

OCTOBER

THURSDAY LUNCH

OCTOBER 4—BIRTHDAY CELEBRATION

Baked Lasagna, garlic bread, mixed salad greens.

Dessert: **Cheese Cake with Strawberries**

*Special thanks to Visiting Angels for the birthday treats!

1:00 Are You Toxic? by Dr. Zagiba

OCTOBER 11

Chicken Fried Steak with Gravy, mashed potatoes, mixed vegetables and roll.

Dessert: **Chocolate Cake**

1:00 TED Talk —"The Power of Introverts"

**1:30 Medicare 101 Plus Changes by Allen McGirl,
McGill Insurance**

OCTOBER 18

Beef Enchilada Casserole, Spanish rice, guacamole and chips.

Dessert: **Homemade Vanilla Pudding**

1:00 Discuss & Recall with Bob Mallin

OCTOBER 25

Pulled Pork Sandwich, sweet potato casserole, and mixed salad.

Dessert: **Donated by Libby Bortz Assisted Living** 

12:45 Entertainment by the Harmonicats

**Every Thursday
Doors open at
11:30am, lunch
served at
12:00pm**

Douglas H. Buck
Recreation Center
2004 W. Powers Ave.
Littleton CO 80120

**\$6.50 Resident
\$7.50 Nonresident**



RESERVATIONS

Call 303.730.4605 Mon-Fri. Messages checked daily.
Reservations must be made or cancelled by Tues, 1pm.

The District's Scholarship program offers financial assistance for District Residents to participate in recreation activities. Call 303.730.4609 for more information.

 EXPLORE. ENJOY.

OCTOBER HIGHLIGHTS 'Uhi6 i W

“Caregiver Burnout”

Wednesday, October 10

11:15 am - 12:15 pm

Atchison Room

Free, no reservations needed.

Providing care for a family member or loved one is one of the most difficult roles a person can fulfill. Roger Rhodes of Homewatch Caregivers will share constructive ways and resources to make sure you can stay strong and protect your own health while providing care for someone else.

Collector’s Roadshow

Friday, October 19

1-3 pm

Pacific Room

Free, no reservations needed.

Have you ever wondered what that collectible item that was passed down from generation to generation or that you found at a garage sale is worth? Have it evaluated by Larry Gustafson, antique expert (3 items max per person, \$5 per item).

Planning for Aging Lunch and Learn

Wednesday, October 24

11:15 am - 1 pm

Topeka Room

Free, contact NikkiC@sspr.org

Do you have a plan for aging? Many seniors have experienced a change in their life and need to begin planning for their future. Most people don't know where to start in the planning process. Join Becky Deter from Senior Path for this informative session that provides tips and insights that we all need, no matter what stage of life we are in to plan for our future.

