



GET THE SCOOP

Informational and educational programs



Life Isn't Easy

Come share your life experiences, good and bad, in this monthly support group. We meet the first Monday of every month to discuss topics such as the joys and pains of daily living, aging, the loss of a loved one, financial hardship, medical diagnoses, and caregiving. This discussion group is coordinated by Steve Latham, senior resource specialist.

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|-----|-----|---------|
| Mon | 1/2 | 10 a.m. |
| Mon | 2/6 | 10 a.m. |
| Mon | 3/6 | 10 a.m. |
| Mon | 4/3 | 10 a.m. |

Healthier Living Colorado: Living with Chronic Conditions

Healthier Living is a FREE program designed to help with the self-management of chronic conditions such as heart disease, hypertension, diabetes, arthritis, asthma, depression, emphysema and many others. Learn how to manage your condition and enjoy a life of independence and joy.

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| Wed | 1/18-2/22 | 10 a.m.-Noon |
| 4701.101 | FREE | |

Home Sharing: Aging in Place in Your Space

Sunshine Home Share Colorado is a nonprofit solution helping seniors 55 and older remain in their homes and communities by utilizing the extra space in their homes, while providing housing to someone needing an affordable place to live. Come learn if home sharing is a solution that might be right for you. This class will be led by Alison Jouvovsky, the executive director and founder of Sunshine Home Share Colorado.

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| Fri | 2/3 | 10 a.m.-Noon |
| 4701.103 | FREE | |

How to Take Pictures for Auction Sites

When selling or donating items on Craigslist or eBay, how the item is presented makes the difference. This class will teach you angles, lighting and perspective so you can show off the best parts of your treasured items.

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| Wed | 1/11 | 11 a.m.-1 p.m. |
| 4701.102 | FREE | |

AARP Driver Safety class

Learn defensive driving techniques, new traffic laws, rules of the road and how to deal with aggressive drivers. Contact your insurance agent to see if you are eligible to receive a discount on your insurance. Class is \$15 for AARP members and \$20 for nonmembers. Payment is due to the instructor on the day of class and pre-registration is required.

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| Thur | 1/19 | 8:30 a.m.-12:30 p.m. |
| 4701.105 | \$15/\$20 | |

Archeology 101 with Steve

This presentation (with an actual archaeologist) will give insight into what an archaeologist does, the methods and tools that are used, and even some details on local Colorado projects.

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| Wed | 3/15 | 10 a.m.-Noon. |
| 4701.104 | FREE | |

Vision Loss Presentation with A3

A3 is a nonprofit organization that is designed to help those with vision needs or blindness. If you suffer vision loss of any degree this presentation could be beneficial to you. Learn how A3 can help you adapt, adjust and achieve maximum independence.

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| Mon | 4/10 | 10 a.m.-Noon |
| 4701.106 | FREE | |

DROP-IN FOR FREE AND FUN ACTIVITIES

Drop-in to the older adult/ senior center for board games, cards, jigsaw puzzles, conversation and other fun programming. You can also browse the lending library. Donations of used books, CD's, DVDs and jigsaw puzzles are welcome. Questions? Call 303-289-3720.

| Activity | Day | Time | Location |
|---------------------------|-----------------|----------------------|--------------|
| Jigsaw Puzzles | Mon-Fri | 8:30 a.m.-3:30 p.m. | CC Rec. Ctr. |
| Billiards | Mon-Fri | 8:30 a.m.- 4:30 p.m. | CC Rec. Ctr. |
| Dominos | Mon | Noon | CC Rec. Ctr. |
| Scrapbooking & Cardmaking | 2nd Mon | 9 a.m.-12:30 p.m. | CC Rec. Ctr. |
| Potluck/Bingo | 1st Tue | Noon | CC Rec. Ctr. |
| Movie Matinee | 4th Tue | 1 p.m. | CC Rec. Ctr. |
| Bunco | 2nd Tue | 1 p.m. | CC Rec. Ctr. |
| Quilting & Sewing | Wed | 9 a.m.-1 p.m. | CC Rec. Ctr. |
| NEW! Rummikub | Wed | Noon | CC Rec. Ctr. |
| Bingo | 4th Thur | 1 p.m. | CC Rec. Ctr. |
| Beading | Fri | 10 a.m.-Noon | CC Rec. Ctr. |
| Card games | Fri | 1 p.m. | CC Rec. Ctr. |
| Walking Group | 1st and 3rd Fri | 10 a.m. | CC Rec. Ctr. |



SPRING INTO SPECIAL EVENTS

All events take place at the Older Adult/Senior Center



Birthday Lunch

Catch up with your friends as we serve up a great, nutritionally balanced lunch and dessert. SilverSneakers® fitness program members receive \$2 off. Signup deadline is the Thursday prior to each lunch date. Doors open at 11:45 a.m. for wheelchair seating and other accommodations. Check out the *On the Move* newsletter for each month's menu.

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|-----|------|------|----------|---------|
| Tue | 1/17 | Noon | 4201.101 | \$7/\$8 |
| Tue | 2/21 | Noon | 4201.102 | \$7/\$8 |
| Tue | 3/21 | Noon | 4201.103 | \$7/\$8 |
| Tue | 4/18 | Noon | 4201.104 | \$7/\$8 |

2017 Senior Focus Group

Join division leaders in making decisions about senior programs in the community and help us create an action plan for 2017. Please pre-register so that we can prepare enough material. Drinks and light snacks provided.

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| Tue | 1/10 | 3-5 p.m. |
| 4701.108 | | FREE |

Pie and Coffee

You never need an excuse to eat pie, but what better time to do it than on National Pie Day? It was first recognized by the American Pie Council in 1986 and has been going strong ever since. Come sample a selection of pies and enjoy this social hour with your friends.

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|----------|------|----------|
| Mon | 1/23 | 3-4 p.m. |
| 4601.102 | | \$4/\$5 |

VIP Trip Rewards Event

Did you participate in at least 12 trips with the Commerce City Senior Center between July 1-December 31, 2016? If so, we want to recognize you as a VIP trip participant and say a toast! There is no cost for this event, but make sure you have participated in at least 12 trips during the second half of 2016 and register in advance.

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|----------|------|--------------------|
| Thur | 1/26 | 11 a.m.-12:30 p.m. |
| 4601.101 | | FREE |

Valentine's Day Biscuits and Gravy Breakfast

Bring your sweetie down to the Commerce City Recreation Center and enjoy an early start to the Valentine's Day holiday. Your Valentine's Day breakfast will feature a traditional biscuit with sausage gravy meal. Proceeds benefit the Goodfriends scholarship program.

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|-----|------|--------------------|
| Tue | 2/14 | 7-10 a.m. |
| | | \$3.50 at the door |

Picture Sharing

Dust off those old picture albums with pictures of past trips or events you have taken with the older adult/senior center. Bring in the pictures and staff will convert them to a slide show for the group to view. If you have pictures on your cell phone, staff can download these and add them to the slide show. All pictures due by the registration deadline of 3/23. Coffee and snacks will be provided.

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| Thur | 3/30 | 10-11:30 a.m. |
| 4701.107 | | \$3/\$4 |

Coffee with Tim Moore

Enjoy coffee and light refreshments with Tim Moore, athletics recreation supervisor. Learn about Tim's 40-year-career with the Commerce City Parks, Recreation and Golf Department and his passion for all things sports. Pre-registration is required so we can prepare coffee and refreshments.

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|----------|------|--------------|
| Mon | 4/10 | 10 a.m.-Noon |
| 4601.103 | | FREE |

Easter Egg Scavenger Hunt

This Easter egg hunt will take you to all corners of the recreation center as you search for eggs of every variety, including some "lucky" eggs that will be worth your time and energy! The clues to the scavenger hunt will keep you guessing as you discover corners of the recreation center you never knew existed. At the conclusion of the hunt, the group will gather in the activity room for a light meal including what else - egg salad sandwiches!

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| Fri | 4/14 | 10 a.m.-Noon |
| 4601.104 | | \$6/\$7 |

Get Active in the Game Room

This organized monthly event is a fun way to stay active as you compete with your friends on the light wall, Wii® bowling, billiards, bean bag toss and more. These "get active" days will take place every second Thursday of the month. There is no cost, but we ask that you pre-register as we will be providing healthy snack options.

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|------|------|--------|
| Thur | 1/12 | 9 a.m. |
| Thur | 2/9 | 9 a.m. |
| Thur | 3/9 | 9 a.m. |
| Thur | 4/13 | 9 a.m. |

Soup Days

Bring or meet a friend for a hearty, healthy lunch of delicious soup, with fresh rolls and dessert, all for just \$3.50. Proceeds benefit the Goodfriends program.

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| Fri | 2/24 | 11 a.m.-1 p.m. |
| Soup: Chili | | \$3.50 at the door |
| Fri | 4/28 | 11 a.m.-1 p.m. |
| Soup: Potato | | \$3.50 at the door |



THE HOTTEST TICKET IN TOWN AND YOU'RE INVITED

Travel on a day trip



| Date | Day | Activity # | Title | Location | Level | Time | Fee R/NR |
|-----------------|------|------------|---|-----------------|-------|----------------------|-----------|
| JANUARY | | | | | | | |
| 1/5 | Thur | 4401.101 | Shop Around Town (Craft) <i>Shop for arts and crafts for your next project.</i> | Denver area | 2 | 9 a.m.-5 p.m. | \$6/\$7 |
| 1/6 | Fri | 4501.110 | Rocky Mountain Quilt Museum <i>View more than 550 quilts at this cultural and historical quilt museum.</i> | Golden | 2 | 9:30 a.m.-2 p.m. | \$11/\$12 |
| 1/10 | Tue | 4501.111 | John Fielder's Colorado Photo Gallery <i>Peruse this gallery with more than 100 of the landscape photographer's most popular images.</i> | Denver | 2 | 9:30 a.m.-2 p.m. | \$6/\$7 |
| 1/14 | Sat | 4501.112 | National Wester Stock Show & Wild West Show <i>Find your western spirit at this event with a variety of cowboys, horses, cattle and professional rodeo riders.</i> | Denver | 3 | 2-8 p.m. | \$25/\$26 |
| 1/20 | Fri | 4501.113 | Lunch & Movie <i>Spend the afternoon out of the cold and enjoy lunch and the latest Hollywood blockbuster.</i> | Denver | 1 | 11 a.m.-5 p.m. | \$6/\$7 |
| 1/27 | Fri | 4501.114 | Lunch Out "School House" <i>Enjoy lunch at this 1882 schoolhouse that was turned into a bistro and saloon.</i> | Arvada | 2 | 10:30 a.m.-2 p.m. | \$6/\$7 |
| 1/30 | Mon | 4501.103 | Dinner Out "Texas Road House" <i>Enjoy dinner with friends at this Western-themed restaurant that specializes in steaks.</i> | Northglenn | 1 | 4:30-8 p.m. | \$6/\$7 |
| FEBRUARY | | | | | | | |
| 2/1 | Wed | 4501.131 | Mummies: New Secrets from the Tombs <i>Take a rare look at mummies from ancient Egypt and Peru at the Denver Museum of Nature and Science.</i> | Denver | 2 | 9:30 a.m.-3 p.m. | \$18/\$19 |
| 2/2 | Thur | 4401.102 | Shop Around Town (Thrift) <i>Hunt for bargains at local thrift stores in the Denver area.</i> | Denver Area | 2 | 9 a.m.-5 p.m. | \$6/\$7 |
| 2/10 | Fri | 4501.107 | Gambling at The Reserve <i>Bring your spending money and enjoy the beautiful mountain scenery on the way to The Reserve Casino in Central City.</i> | Central City | 3 | 9 a.m.-3 p.m. | \$6/\$7 |
| 2/16 | Thur | 4501.115 | Molly Brown House Tour <i>Take a peek at one of the most visited historic sites in Denver.</i> | Denver | 3 | 9:30 a.m.-2 p.m. | \$12/\$13 |
| 2/17 | Fri | 4501.116 | Nanna's Gourmet Market & Tea Emporium <i>Sip on one of more than 120 teas and menu items, including freshly baked scones, clotted cream and preserves.</i> | Denver | 1 | 10:15 a.m.-2:15 p.m. | \$6/\$7 |
| 2/23 | Thur | 4501.101 | Indian Springs Hot Springs <i>Relax at the natural hot springs. Admission is in addition to trip fee.</i> | Idaho Springs | 3 | 8:30 a.m.-3 p.m. | \$9/\$10 |
| 2/27 | Mon | 4501.104 | Dinner Out "Gunther Toody's" <i>Enjoy an American menu with a 1950s twist!</i> | Thornton | 1 | 4:30-8 p.m. | \$6/\$7 |
| MARCH | | | | | | | |
| 3/1 | Wed | 4501.117 | Lunch Out "Ranch House Café" <i>Enjoy traditional American food at this local favorite.</i> | Aurora | 1 | 10:30 a.m.-1:30 p.m. | \$6/\$7 |
| 3/2 | Thur | 4401.103 | Shop Around Town (Craft) <i>Find inspiration for your next big arts and craft project.</i> | Denver Area | 2 | 9 a.m.-5 p.m. | \$6/\$7 |
| 3/3 | Fri | 4501.118 | Ralph L. Carr Colorado Judicial Center Tour <i>Learn about the Colorado court system, visit the Colorado Supreme Court Library, and possibly tour a courtroom.</i> | Denver | 2 | 9:30 a.m.-2 p.m. | \$6/\$7 |
| 3/10 | Fri | 4501.119 | Star Wars™ Costume Exhibit <i>Take a unique journey into the Star Wars™ universe as characters are brought to life with more than 70 original costumes at the Denver Art Museum.</i> | Denver | 2 | 9:45 a.m.-3 p.m. | \$22/\$23 |
| 3/14 | Tue | 4501.120 | Blanche A. Wilson House <i>Tour this historic home known as the Centennial House.</i> | Aurora | 2 | 9:15 a.m.-2 p.m. | \$12/\$13 |
| 3/16 | Thur | 4501.109 | Mystery Trip <i>Shhh, it's a secret! A surprise trip with staff awaits you. Sign up early!</i> | Denver | 2 | 9 a.m.-5 p.m. | \$10/\$11 |
| 3/23 | Thur | 4501.121 | Highlands Ranch Mansion Tour <i>Wander through beautiful rooms and learn more about this historic mansion.</i> | Highlands Ranch | 2 | 9 a.m.-2 p.m. | \$12/\$13 |

OLDER ADULT

LEVEL 1 – Parking lot, short walking distance, minimal activity.

LEVEL 2 – Moderate activity and walking distance, some stairs.

LEVEL 3 – Extended walking distance or stairs, outside, higher elevation.

After the posted cancellation deadline, all trip fees are non-refundable. All other trips are non-refundable if cancelled less than five days prior to trip date.

Please prepare for a meal cost in these ranges: breakfast, \$8-12; lunch, \$10-15; dinner, \$12-25.

Included: Entrance fees and transportation from senior center to trip location and back. Check-in at senior center volunteer desk 15 minutes prior to departure time.

Locations are chosen to accommodate a large group of individuals. This may include locations that are accessible to those with mobility limitations.

| Date | Day | Activity # | Title | Location | Level | Time | Fee R/NR |
|--------------|------|------------|--|---------------|-------|----------------------|-----------|
| 3/24 | Fri | 4501.122 | Denver March Powwow <i>Attend one of the largest annual celebrations of American Indian culture in the country, representing nearly 100 tribes from the U.S., Canada and Mexico.</i> | Denver | 2 | 10 a.m.-3 p.m. | \$7/8 |
| 3/27 | Mon | 4501.105 | Dinner out “Bent Fork” <i>Enjoy a diverse offering of traditional dishes that are inventive, flavorful and fun.</i> | Aurora | 1 | 4:30-8 p.m. | \$6/7 |
| 3/29 | Wed | 4501.123 | Lunch Out “Denver Central Market” <i>Peruse meat and fish counters, a bakery, pizzeria and more at this airy marketplace. Bring your spending money; lunch is not included in trip fee.</i> | Denver | 1 | 10:30 a.m.-2:30 p.m. | \$6/7 |
| 3/31 | Fri | 4501.124 | Colorado Model Railroad Museum <i>Tour this history museum focused on railroads with artifacts, displays, and a massive 3D model railroad exhibit.</i> | Greeley | 2 | 10 a.m.-3 p.m. | \$13/14 |
| APRIL | | | | | | | |
| 4/5 | Wed | 4501.108 | Gambling at Lady Luck Casino <i>Bring your spending money and try your luck at Lady Luck Casino in Black Hawk.</i> | Black Hawk | 3 | 9 a.m.-3 p.m. | \$6/\$7 |
| 4/6 | Thur | 4401.104 | Shop Around Town (Outlet) <i>Search for great bargains and deals at a local outlets.</i> | Denver Area | 2 | 9 a.m.-5 p.m. | \$6/\$7 |
| 4/7 | Fri | 4501.125 | Lucky Three Ranch Tour <i>Meet a variety of animals on this working ranch. The ranch is handicapped accessible and tour carts are available for those who might not be able to make the trek around the property.</i> | Loveland | 3 | 8:30 a.m.-4:30 p.m. | \$17/\$18 |
| 4/11 | Tue | 4501.102 | Indian Springs Hot Springs <i>Relax at the natural hot springs. Admission is in addition to trip fee.</i> | Idaho Springs | 3 | 8:30 a.m.-3 p.m. | \$9/\$10 |
| 4/12 | Wed | 4501.126 | International Cuisine “Helga’s German Restaurant” <i>A European vibe mixes with classic German fare and plentiful beer at this longtime restaurant.</i> | Aurora | 1 | 10:30 a.m.-2 p.m. | \$6/\$7 |
| 4/19 | Wed | 4501.127 | Mcllvoy House Tour <i>View collections of old photographs, documents, book and newspapers at this home of the Arvada Historical Society.</i> | Arvada | 2 | 9:15 a.m.-1:15 p.m. | \$12/\$13 |
| 4/21 | Fri | 4501.128 | Daniels & Fisher Tower Tour <i>Travel back in time on a special behind the scenes tour of one of the most recognized icons in the city.</i> | Denver | 3 | 9:15 a.m.-2 p.m. | \$20/\$21 |
| 4/24 | Mon | 4501.106 | Dinner out “Brixx Wood Fired Pizza” <i>Enjoy pizza from a wood-fired brick oven, sandwiches, and a selection of craft beers.</i> | Stapleton | 1 | 4:30-8 p.m. | \$6/\$7 |
| 4/26 | Wed | 4501.129 | RTD A Line & Lunch at DIA <i>Known as the “Train to the Plane,” ride RTD’s A Line and enjoy lunch at Denver International Airport.</i> | Denver | 3 | 10 a.m.-3 p.m. | \$8/\$9 |
| 4/27 | Thur | 4501.130 | Topgolf <i>Have fun at this sprawling entertainment venue with a high-tech golf driving range, plus a swanky lounge with drinks and games.</i> | Centennial | 2 | 10 a.m.-3 p.m. | \$20/\$21 |



INFORMATION, OPPORTUNITIES AND SERVICES FOR OLDER ADULTS/SENIORS



Older Adult/Senior Center

Discover new places, learn new skills and make new friends. The older adult/senior center is a friendly place with a variety of classes, services, events, trips and social opportunities for all older adults.

Mon/Wed/Fri 8:30 a.m. – 3:30 p.m.
Tue/Thur 8:30 a.m. – 4:30 p.m.
Adult information 303-289-3720

Transportation

Looking for A-Lift? FREE transportation is available for medical, adult daycare and personal trips, including to grocery stores, the recreation center and the civic center. Available to residents 60 and older, and to the disabled. Service days are Monday-Friday, 6 a.m. - 6 p.m. Reservations require a three-day notice and can be made by calling the A-Lift Senior Resource Center at 303-235-6972.

Recognition of the Sick

If you are sick or injured and would like that information to be posted at the older adult/senior center for our community to know, please contact Zach Roth at 303-289-3720 or zroth@c3gov.com.

Technology is Hard

Visit with the older adult/senior center's "tech geek." Steve Latham, resources specialist for Commerce City, assists people with questions about their technology every second and fourth Wednesday of the month from 9-11 a.m. Whether it is simple questions regarding your cell phone (like how to make a phone call), or more technical (like configuring your laptop or synching up Bluetooth), the resident "tech geek" will attempt to answer your questions. Make an appointment by calling Steve Latham at 303-289-8108.

Questions about Medicare/Medicaid

The older adult/senior center has a Medicare/Medicaid expert. Centura Health Passport Links assist older adults with questions about Medicare or Medicaid at the older adult/senior center every fourth Tuesday of the month from 9 to 11 a.m. A benefits counselor can answer questions about Medicare health plans, prescription drug plans, or whether you may qualify for assistance with Medicare premiums or co-payments. The benefits counselor can also assist you with the application process. Make an appointment by calling Steve Latham at 303-289-8108.

Health Services

Receive basic health services from an onsite nurse the second Wednesday of each month provided by the Visiting Nurse Association. Services provided by appointment only. Cancellations must be made 24 hours in advance. For more information and to schedule an appointment, call 303-289-3756.

Have some free time? Volunteer for senior services!

Make a difference in the senior community and volunteer to help the senior services area. For more information, including requirements and full list of volunteer opportunities, please contact Zach Roth at 303-289-3720 or zroth@c3gov.com. You can apply at www.c3gov.com.

Tax Assistance

Volunteers with the Adams County Treasurer's Office are available to provide FREE income tax preparation services every Thursday during the tax season. No reservations are needed. Bring all necessary tax documents, including your W-2, 1099 and a copy of last year's tax returns. Copies are NOT provided.

Thur 1/26-4/13 8:30 a.m.-2:30 p.m.
Commerce City Recreation Center

YOU HAVE A VOICE IN OLDER ADULT PROGRAMS

Senior Advisory Committees

Commerce City ensures older adults have a voice in programs, services and activities through the efforts of three advisory committees, made up of senior volunteers. Program, Outreach, and Health and Wellness committees work to improve the overall effectiveness of older adult programs and members provide input on a variety of issues that impact seniors. For more information or to find out when meetings are, call 303-289-3720.



On the Move Newsletter

Want to learn more about social networking? Need information on city services? How about soaking up the atmosphere on a trip to Idaho Springs? You'll find information on special events, community resources, seminars and exciting day trips in *On the Move*, Commerce City's monthly senior newsletter. Pick up a copy at the Older Adult/Senior Center or we can mail it to you; call 303-289-3756.

Goodfriends Scholarship Program

As part of Commerce City's commitment to promoting healthy lifestyles, we understand the value of offering educational, health and fitness and social events for older adult residents. We created the Goodfriends scholarship fund to ensure that all older adults have access to these activities. Adults 55 and older can apply for partial funding of any and all recreation center activities, including fitness, memberships, trips, special events and educational programs through Goodfriends. Applicants may receive an annual amount of up to \$50 to credit toward activity registration fees. Applicants need not meet any income qualifications and all requests are confidential. Contact Zach Roth at 303-289-3720 or pick up a form at the senior center front desk.