



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 1/29-4/9
8:30 a.m.-2:30 p.m.
Commerce City Recreation Center

January Activities

TUE, JAN. 20

Birthday Lunch Join us at noon for the first birthday lunch of 2015. The Jan. birthday lunch menu features beef stroganoff, steamed veggies, roll and side salad, and carrot cake for dessert. Remember to RSVP for this lunch by Jan. 15. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.

Noon 4201.101 \$7/\$8



On the Horizon

FRI, FEB. 13

Valentine's Day

Biscuits and Gravy Breakfast
Bring your friends to enjoy thick biscuits covered in creamy sausage gravy at the senior center. This annual event benefits the goodfriends scholarship program.

7-10 a.m. \$3.50 at the door

TUE, FEB. 24

Soup Days

Join us for a hearty, healthy lunch of chili con carne soup with fresh rolls and dessert. Proceeds benefit the goodfriends scholarship program

11 a.m. - 1 p.m. \$3.50 at the door



City of Commerce City
Department of Parks and Recreation
6060 East Parkway Drive
Commerce City, CO 80222

Information: 303-289-3720
Registration: 303-289-3789
Senior Desk: 303-289-3756

RECREATION CENTER HOURS

M-F 5:30 a.m.-9:30 p.m.
Sat 8 a.m.-5:30 p.m.
Sun Noon-5:30 p.m.

SENIOR CENTER HOURS

M-F 8:30 a.m.-3:30 p.m.

PRSRT STD
US Postage
PAID
Permit No. 65
Commerce City
Colorado
80022

COMMERCE CITY ON THE Move



City Council greets the crowd at the civic center tree lighting on Dec. 8.

January 2015

Programs, Excursions
and Services for Seniors
and Older Adults

New year, new extended Sunday hours

The recreation center and senior center will be closed on Jan. 1, 2015.

Starting Sunday, Jan. 4, the recreation center will offer extended Sunday hours from 8 a.m. - 5:30 p.m.

From all of us at the Parks and Recreation Department, Happy New Year to you and your family!

Goodfriends Scholarship Program provides financial assistance for recreation programs

Thanks to your support, we raised more than \$1,000 in 2014 to date. Twenty-six residents have taken advantage of the goodfriends scholarship program this year.

The goodfriends scholarship provides partial assistance for older adults needing financial help to participate in recreation programs and center membership.

The goodfriends scholarship was created to provide financial assistance and equal opportunity for older adults to attend trips and participate in activities with a fee. Each year, an individual can apply for a scholarship up to a \$50 total.

The main source of funding for this account is through soup and salad days, biscuit and gravy breakfasts, and the the annual pancake breakfast.

"I enjoy seeing people at these fundraisers that take advantage of the goodfriends scholarship," said Zach Roth, senior recreation coordinator. "It shows me there is an investment for our members and that they truly appreciate the opportunities available to them."

Several fundraising events have already been scheduled for 2015, including the popular Valentine's Day breakfast on Feb. 13 and the 30th Annual Pancake Breakfast on May 2.

"Maybe it's the fun loving Valentine's day atmosphere this event creates, but whatever it is, it is by far one of my favorite annual fundraisers," said Roth.

Application and scholarship information are available in the senior center lobby. Applications can be submitted in person or returned to the recreation center attention to Zach Roth. Confidential requests can also be made through staff by calling 303-289-3720.

A person may complete the form for themselves, or an anonymous person can complete for someone they feel may be in need. Staff can follow up with applicants if additional information is needed. All information on goodfriends participation is kept confidential between participants and recreation staff members.

Kick off the new year with special performances and more!

We're Outta Here

For trip details, see the parks and recreation activities guide at www.c3gov.com/recreation, or call 303-289-3764.

THUR, JAN. 8 • Shop Around Town (craft) • Denver area (2)
Shop for arts and crafts items for your next project.
9 a.m.-5 p.m. 4401.101 \$6/\$7

MON, JAN. 12 • Breakfast Out "Westy's" • Westminster (1)
Enjoy breakfast with friends at this local favorite.
8-11 a.m. 4501.110 \$6/\$7

WED, JAN. 14 • Quilt Store Shopping • Metro Area (2)
Get inspired and find the items you need for your next project.
9 a.m. - 5 p.m. 4501.111 \$6/\$7

FRI, JAN 16 • Bowling • Northglenn (3)
Enjoy some friendly competition while getting in some exercise.
12:15-5 p.m. 4001.101 \$11/\$12

WED, JAN. 21 • An Evening with Dancing Horses • Denver (2)
Watch an exquisite performance between horse and rider.
4-10 p.m. 4501.112 \$19/\$20

THUR, JAN. 22 • Dinner Out "Gala Gardens"
Commerce City (1)
Enjoy a prix fixe dinner menu at this local favorite.
Note: This event is on Thursday evening.
4:30-8 p.m. 4501.103 \$6/\$7

SAT, JAN. 24 • Colorado Indian Market • Denver (3)
Enjoy a day of entertainment, art, food, jewelry, storytelling and more.
9:45 a.m. - 4 p.m. 4501.113 \$17/\$18

THUR, JAN. 29 • International Snow Sculptures
Breckenridge (3)
Teams from around the globe carve unique sculptures in huge blocks of snow.
9 a.m. - 6 p.m. 4501.114 \$7/\$8



Please review these "rules of the road" for trip information and exertion levels, which appear in parentheses next to trip titles:

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.

Trip fees are non-refundable after the posted cancellation deadline or within seven days of the trip. Meal costs are not included unless noted. Meal cost ranges: Breakfast, \$8-12; Lunch, \$10-15; Dinner, \$12-25.

IN THE News Senior Focus Group

The parks and recreation department is hosting its fifth annual senior focus group, Tuesday, Feb. 3 from 1 to 3 p.m. The goal of the focus group is to gain insight from the older adult community on programming such as day trips, seminar subjects and health classes offered at the recreation center.

The feedback received from the focus group helps determine the best possible plan for the 2015 year.

It is the city's continued goal to ensure the older adult community is experiencing the highest quality of life.

"The senior focus group is an opportunity to give our citizens a chance to share ideas and thoughts they have regarding the senior services area," says Derrick Tripp, senior services supervisor. "We strive to provide top quality trips,

programs, and events. To do so, we like to involve the users."

The focus group begins with light snacks and refreshments followed by facilitated discussion. Similar to years past, the meeting is an open discussion to encourage all suggestions and ideas be shared for the betterment of our community.

Please RSVP to this FREE event by January 29 at 5 p.m. To RSVP, please call 303-289-3789 with registration number 4701.107. The focus group will be held in the multi-purpose room at the recreation center. If you have any questions, contact Derrick Tripp at 303-289-3761 or dtripp@c3gov.com.



Wellness CORNER Make better choices when eating out

- 1. Check posted calorie amounts and choose lower calorie menu options.** Many restaurants post calories on menus, in pamphlets, or on their websites. Compare food and beverage options and think about how they fit within your daily calorie limit. Don't forget about the calories from drinks, dressings, dips, appetizers, and desserts. They all count!
- 2. Choose dishes that include vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.** Focus on smart food choices from each of the five food groups and stay on track at restaurants.
- 3. Think about what you drink.** Order water, fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars. If you choose alcoholic beverages, select options with fewer calories. A frozen pina colada or margarita can have over 400 calories!
- 4. Watch out for desserts.** Some restaurants serve small portions of desserts, which can help decrease calorie intake. As a good rule, eat dessert less often.
- 5. Avoid oversized portions.** Most people eat and drink more when served larger portions. To overcome this challenge, choose a smaller size option, share your meal, or take home half of your meal.

Information provided from : <http://www.choosemyplate.gov/weight-management-calories/weight-management/better-choices/eating-out.html>.

Don't Miss It!

Institute of Happy Retirement

This introductory class into your golden years will share ideas and tips on how to make the best of your retirement.

Wed 1/7 10 a.m. - Noon
4701.101 \$2/\$3

VIP Recognition Event

Did you participate in at least 12 trips with the Commerce City Senior Center between July 1-Dec. 31, 2014? 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 2014 and register in advance.

Tues 1/27 11 a.m.-1 p.m.
4601.101 FREE
Commerce City Recreation Center

Intro to Reflexology

What are pressure points? How does the massaging of certain areas in your hands and feet help relieve pain in your body? Come learn about this ancient form of touch therapy.

Fri 2/13 10 a.m.-Noon
4701.102 \$2/\$3

AARP Driver Safety

Learn defensive driving techniques, new traffic laws, rules of the road and how to deal with aggressive drivers. Course participants may be eligible to receive an insurance discount. (Consult your insurance agent for further details). Class is only \$15 for AARP and \$20 for non members. Payment is due to the instructor on the day of the class but please preregister so that we can accurately prepare class materials.

Tue 2/24 8:30 a.m. - 12:30 p.m.
4701.105 \$15/\$20

Coffee with Derrick

Meet Senior Services Supervisor Derrick Tripp. This is a free event, but please register in advance so we know how much coffee to make.

Fri 2/27 9-11 a.m.
4701.106 FREE

JANUARY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 RECREATION CENTER CLOSED 	2 10 a.m. Beading Noon Card games	3
4 NEW! Extended Sunday hours start today 8 a.m. - 5:30 p.m.	5 Noon Dominoes 1:30 p.m. Line Dance	6 Noon Potluck/Bingo	7 9 a.m. Quilting & Sewing	8 9 a.m. Shop Around Town in Denver (craft)	9 10 a.m. Beading Noon Card games	10
11	12 8 a.m. Breakfast Out "Westy's" in Westminster 9 a.m. Scrapbooking & Cardmaking Noon Dominoes 1:30 p.m. Line Dance	13 1 p.m. Bunco	14 9 a.m. Quilt Store Shopping in Denver 9 a.m. Quilting & Sewing	15	16 10 a.m. Beading Noon Card games 12:15 p.m. Bowling in Northglenn	17
18	19 Noon Dominoes 1:30 p.m. Line Dance	20 Noon Birthday Lunch 	21 9 a.m. Quilting & Sewing 4 p.m. An Evening with Dancing Horses in Denver	22 1 p.m. Bingo 4:30 p.m. Dinner Out "Gala Gardens" in Commerce City	23 10 a.m. Beading Noon Card games	24 9:45 a.m. Colorado Indian Market in Denver
25	26 Noon Dominoes 1:30 p.m. Line Dance	27 1 p.m. Movie Matinee	28 9 a.m. Quilting & Sewing	29 9 a.m. International Snow Sculptures in Breckenridge	30 10 a.m. Beading Noon Card games	31

For more information, contact the Commerce City Recreation Center at 303-289-3720.
All events are at the Commerce City Recreation Center unless otherwise noted.



JANUARY BIRTHDAYS

Joyce Adam Jan 18	Angela Gardner Jan 25	Manuel Montano Jan 30
Glendia Alexander Jan 9	Beverly Griego Jan 16	Isabel Montoya Jan 11
Martha Applegarth Jan 19	Norma Hatfield Jan 20	Secundino Montoya Jan 20
Rebecca Baca Jan 29	Marianne Hayes Jan 23	Gunda Nienke Jan 7
Evelyn J. Barnard Jan 24	Chad Horner Jan 11	Mary Nishiyama Jan 25
Thomas Castro Jan 9	Susan Horner Jan 26	Frank Poebela Jan 11
Harry Cloude Jan 27	Emilie Hudson Jan 29	Wanda Poole Jan 6
Anita Compos Jan 6	Leota Huff Jan 23	Joe J. Sanchez Jan 5
Helen Contreraz Jan 27	Lois Irwin Jan 1	Levi Sanchez Jan 21
Viola Davenport Jan 2	Loretta Lachapelle Jan 4	Charles Schiro Jan 2
Ramona Dunn Jan 24	Mary Landin Jan 18	Rose Schwab Jan 8
Zelda Dwarica Jan 24	Marjorie Lindstrom Jan 9	Karen Smith Jan 9
Kenneth A. Flood Sr. Jan 25	Cecila Lobato Jan 18	Sharon Thompson Jan 4
Linda Fortney Jan 22	Ana Lopez Abarca Jan 11	Norman Union Jan 4
Erlinda E. Franco Jan 13	Hope Martinez Jan 4	Mary Vigil Jan 22
Donna Frank Jan 21	Connie McWhirt Jan 10	Linda Weigel Jan 3
JJ Garcia Jan 9	Eugene "Mitch" Michalski Jan 3	Bethel D. Welch Jan 21
		Martha Zamora Jan 19

IMPORTANT NUMBERS

CITY OF COMMERCE CITY

Department of Parks
and Recreation
6060 East Parkway Drive
Commerce City, CO 80222

Information: 303-289-3720
Registration: 303-289-3789
Senior Desk: 303-289-3756

RECREATION CENTER HOURS

M-F 5:30 a.m.-9:30 p.m.
Sat 8 a.m.-5:30 p.m.
Sun Noon-5:30 p.m. (through 1/3)
Sun 8 a.m.-5:30 p.m. (starting 1/4)

SENIOR CENTER HOURS

M-F 8:30 a.m.-3:30 p.m.

A-Lift
303-235-6972
Adams County Department
of Human Services
303-287-8831
Adams County Income
Tax Assistance
303-654-6163
Adams County Senior Hub
303-426-4408
Adams County Workforce Center
303-452-2304
Commerce City Housing Authority
303-289-3698
Commerce City Recreation Center
303-289-3760
Commerce City Senior Center
303-289-3756
Denver Art Museum
720-865-5000
Denver Aquarium
303-561-4550
Denver Center for the
Performing Arts
303-893-4000

Denver Museum
of Science & Nature
303-370-6000
Denver Zoo
303-376-4800
Dick's Sporting Goods Park
303-727-3500
Metro Volunteers
303-282-1234
RTD Access-a-Ride
303-299-2960
RTD Call-n-Ride
303-994-3549
RTD Senior Ride
303-299-6503
Salud Clinic
303-286-8900
Seniors, Inc.
303-300-6900
Seniors Resource Center/
Job Training Center
303-235-6982
Visiting Nurses Association
303-744-6363
Volunteers of America
303-297-0408