

## February Foodies

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

**TUE, FEB. 17 Birthday Lunch**  
The February birthday lunch menu features chicken cacciatore over egg noodles, green beans with cranberries, and black forest gateau cake for dessert. Remember to RSVP for this lunch by Feb. 12. **Noon 4201.102 \$7/\$8**

**TUE, FEB. 24 Soup Days**  
Bring or meet a friend for a hearty, healthy lunch of delicious chili con carne soup, with fresh rolls and dessert, all for just \$3.50. Proceeds benefit the Goodfriends program. **11 a.m.-1 p.m. \$3.50 at the door**

## Quilt Winner



**Congratulations to winner (above) Hortensia Adame!** The quilting and sewing group (left) put many hours into this year's colorful quilt and raised more than \$300 from this year's raffle.

## On the Horizon

**WED, MAR. 4**  
**Spring Gardening Preparation with O'Tooles Gardening Center**

Come learn what blooms best in the spring months and other tricks of the trade to create a garden that makes your neighbors take notice.

**10 a.m.-Noon 4701.103 \$2/\$3**

**FRI, MAR. 20.**

**Forever Young**

This unique event will take place in the Commerce City Recreation Center game room. Try your hand at a variety of games including Wii®, Kinect® and the extreme wall game. You will be surprised how much fun exercise can be. Light, healthy snacks will be provided.

**11 a.m. - 1 p.m. 4601.103 \$3/\$4**



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** 8 a.m.-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



*Recreation staff and senior advisory committee members JoAnn Hardt and Tillie Villarreal meet with Lorenzo Garcia, owner of Deno's 6 & 85 Restaurant in Commerce City.*

## Seniors deliver holiday meals

Commerce City seniors were busy this past holiday season helping other seniors in the community. On Monday, December 22, members of the senior advisory committee delivered 28 holiday meals to fellow senior citizens in Commerce City. Along with the meals, recipients received care packages with personal care items that were put together by local Girl Scout Troop #54393.

This year, meals were prepared by local restaurant Deno's 6 & 85. The meals were a hearty serving of turkey, mashed potatoes and gravy, stuffing, green bean casserole and cranberry sauce. A dinner roll, side salad and piece of pie were also included.

Senior advisory committee members graciously donated the funds to pay for 23 meals. Commerce City Parks & Recreation staff and senior advisory committee members would like to extend thanks to Lorenzo Garcia, owner of Deno's 6 & 85 restaurant for contributing an additional five meals.

"It was a pleasure working with Lorenzo," said Zach Roth, senior recreation coordinator. "It is clear that he wants his business to be a positive place in the community."

Staff would also like to extend a special thanks to Ollie Grimard, Dennis and Lois LaFavre, Jennie Loveridge, George Maxey, and Tillie Villarreal for taking the time to deliver the meals around the Commerce City area. Committee members JoAnn Hardt and Tillie Villarreal also played an important role in coordinating logistics with Deno's.

Zach Roth wants to thank all of the senior advisors for making this year the most successful dinner donation drive to date. "Multiple recipients have come in to the senior center thanking the committees for thinking about them," said Roth. "They all mentioned how great the food was."

## February 2015

Programs, Excursions  
and Services for Seniors  
and Older Adults

### Senior Focus Group meets Feb. 3.

The parks and recreation department is hosting its fifth annual senior focus group, Tuesday, Feb. 3 from 1 to 3 p.m.

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](mailto:dtripp@c3gov.com).

### Spread the Love Jan. 19 - Feb. 13

Help the Adams County Food Bank in Commerce City with a donation of peanut butter and/or jelly through this year's Spread the Love project.

After the holidays, food donations are at the lowest and are in the highest demand. The food bank provides nutritionally complete food items to 250-350 households per day.

A donation box will be located in the Senior Lobby for your donation in the four weeks leading up to Valentine's Day.

Thanks for helping us Spread the Love!

Make new friends with with great programs and activities.

# We're Outta Here

For trip details, see the parks and recreation activities guide at [www.c3gov.com/recreation](http://www.c3gov.com/recreation), or call 303-289-3764.

**Wed 2/4 • Gambling at Isle of Capri Black • Hawk (1)**  
Take in the beautiful mountain scenery on our way to Black Hawk. Note: Discounts and coupons no longer provided as part of trip. Check with individual casinos for the latest promotions prior to trip.  
4501.107 9 a.m.-3 p.m. \$6/\$7

**Thur 2/5 • Shop Around Town (thrift) • Denver Area (2)**  
Hunt for bargains at local thrift stores.  
4401.102 9 a.m.-5 p.m. \$6/\$7

**Tue 2/10 • Indian Springs Hot Springs • Idaho Springs (3)**  
Relax at the natural hot springs. Admission is in addition to trip fee.  
4501.101 8:30 a.m.-3 p.m. \$9/\$10

**Wed 2/11 • Lunch Out "Village Inn" • Denver (1)**  
Enjoy lunch on FREE Pie Day at Village Inn.  
4501.115 11 a.m.-2 p.m. \$6/\$7

**Thur 2/12 • Hammond's Candy Tour • Denver (3)**  
Find a sweet for your sweetie at this nationally recognized candy factory.  
4501.116 9:45 a.m.-3 p.m. \$6/\$7

**Thur 2/19 • Black American West Museum • Denver (2)**  
Celebrate Black History Month and learn about the history of cowboys, homesteaders and more.  
4501.117 10 a.m.-3 p.m. \$15/\$16

**Mon 2/23 • Dinner Out "Hoffbrau" • Westminster (1)**  
Kick up your heels for dancing and dinner in saloon-style at the Hoffbrau.  
4501.104 4:30.-8 p.m. \$6/\$7

**Thur 2/26 • NEW! Boulder Museum of Contemporary Art Boulder (2)**  
View innovative artwork by local, national and international artists.  
4501.118 10 a.m.-3 p.m. \$9/\$10



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

Of the 770 lane miles within Commerce City limits, our street maintenance division conducts snow removal operations on approximately 257 lane miles with nine plows. Other roads within the city are maintained by Colorado Department of Transportation (CDOT) and by Adams County.

### Snow Removal Plan

The city's snow removal plan classifies snow storms into three categories and places priority on clearing major roads, such as Quebec Parkway and Tower Road first, and then on collector streets that connect hospitals, fire stations, police stations, and schools. Plowing generally begins after 2 inches of snow accumulates, unless storm conditions warrant a different approach.

To see what streets are maintained by the city, CDOT or Adams County view the city's snow route

## Snow Services

map at [www.c3gov.com](http://www.c3gov.com) or call the city's weather emergency hotline at 303-227-8776 for an update on city operations.

### Clear Your Sidewalks

Residents play an important part in snow removal duties within neighborhoods by keeping sidewalks clear of snow and ice. According to the city's codes, all sidewalks must be clear of snow and ice 24 hours from the last accumulation of snow and/or ice.

There are opportunities for residents to help their neighbors with snow removal by participating in the Snow Buddy program. The Volunteers of America program pairs volunteers with older adults to remove snow and ice from sidewalks. Contact Volunteers of America at 720-264-3379 or email for more information.

## Don't Miss It!

**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**

### 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.

**Fri 2/13 7-10 a.m.**  
**\$3.50 at the door**

**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 details. Class is \$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. Space is limited.

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

## Wellness CORNER

Tips to Succeed with your New Year's Resolution

**1.Keep it practical:** Make sure your resolution is grounded in reality. Completely eliminating your favorite junk food may not be the best way to lose weight. Make your resolution a small step toward a bigger success.

**2.Use foresight:** Plan ahead, make sure you give yourself an out in case old habits pop back into your life. If you typically reward yourself with a milkshake after a long week, plan ahead and make a healthier alternative beforehand.

**3.Tell a friend:** Sharing your goals with others will help keep you accountable and give you extra motivation to succeed. Your friend is not there to check up on you, but rather to share your victories.

**4.Stick with it:** If you plan on changing something in your life there is a good chance someone or something is going to make that change difficult. It is ok to fail or drop the ball as long as you get back into the groove. So you try to avoid fatty foods but your friends eat it around you? Find ways to overcome the obstacles that come after you and keep working at your goal.

# FEBRUARY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Noon Dominoes 1:30 p.m. Line Dance	3 Noon Potluck & Bingo 1 p.m. Senior Focus Group	4 9 a.m. Quilting & Sewing 9 a.m. Gambling at Isle of Capri in Black Hawk	5 8:30 a.m. Tax Assistance 9 a.m. Shop Around Town (Denver thrift stores)	6 10 a.m. Beading Noon Card Games	7
8	9 9 a.m. Scrapbooking & Cardmaking Noon Dominoes 1:30 p.m. Line Dance	10 8:30 a.m. Indian Springs Hot Springs 1 p.m. Bunco	11 9 a.m. Quilting & Sewing 11 a.m. Lunch Out "Village Inn" Denver	12 8:30 a.m. Tax Assistance 9:45 a.m. Hammond's Candy Tour	13 7 a.m. Valentine's Day Biscuits & Gravy 10 a.m. Intro to Reflexology 10 a.m. Beading Noon Card Games	14 <i>Happy Valentine's Day</i>
15	16 Noon Dominoes 1:30 p.m. Line Dance	17 Noon Birthday Lunch 	18 9 a.m. Quilting & Sewing	19 8:30 a.m. Tax Assistance 10 a.m. Black American West Museum	20 10 a.m. Beading Noon Card Games	21
22	23 Noon Dominoes 1:30 p.m. Line Dance 4:30 p.m. Dinner Out "Hoffbrau" Westminster	24 8:30 a.m. AARP Driver Safety 11 a.m. Soup Day (Chili con Carne) 1 p.m. Movie Matinee	25 9 a.m. Quilting & Sewing	26 8:30 a.m. Tax Assistance 10 a.m. NEW! Boulder Museum of Contemporary Art 1 p.m. Bingo	27 9 a.m. Coffee with Derrick 10 a.m. Beading Noon Card Games	28

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.



## FEBRUARY BIRTHDAYS

Hortensia Adame - Feb 13	Bennie Jaramillo - Feb 10	Dennis Peterson - Feb 20
Margaret Alvillar - Feb 14	Ana Jones - Feb 14	Nelson Pickett - Feb 13
Itsu Arita - Feb 15	Helga Kaljumaa - Feb 11	Jeanette Randall - Feb 12
Shirley Barfknecht - Feb 22	Joseph Lachapelle - Feb 13	Connie Rettig - Feb 4
Kathleen Barrand - Feb 1	Alberta LeBere - Feb 10	Dorothy Reyes - Feb 17
Anna Batalla - Feb 1	Gregg Mackenzie - Feb 6	LeOra Richards - Feb 22
Naomi Beaver - Feb 25	Sandie Mackenzie - Feb 8	Bonnie Richey - Feb 5
Karen Berg - Feb 12	Sheila Maddox - Feb 24	Rosemary Rosendez - Feb 10
Helen Burnett - Feb 23	Janice Madrid - Feb 7	Barbara Sena - Feb 15
Susan Carabajal - Feb 22	Priscilla Maestas - Feb 24	James V. Silva - Feb 21
Shirley Carpenter - Feb 12	Corinne Martin - Feb 13	Leo Slade - Feb 27
Ramona Cisneros - Feb 21	Consuelo Martinez - Feb 3	Pamela Smith - Feb 27
Mary Clapp - Feb 16	Ramona Martinez - Feb 1	Barbara Sports - Feb 19
Terry L. Crabtree - Feb 23	Lois Maxwell - Feb 15	Mildred Stites - Feb 7
Esperanza Cruz - Feb 14	Brenda Meador - Feb 25	Linda Stuart - Feb 16
Nicole Delafoy - Feb 6	Marbella M. Medina - Feb 25	Clara Sullivan - Feb 8
Robert J. Dimig - Feb 11	Martha "Marty" Mercer - Feb 21	Richard Tauche - Feb 19
Asunta Domenico - Feb 14	Catherine J. Mitchell - Feb 13	Mary Thompson - Feb 2
Doris Dominguez - Feb 16	Richard Mitts - Feb 11	Julia Thornton - Feb 20
Patrick Estrada - Feb 14	Juan Montoya - Feb 28	Grace Tochihara - Feb 11
Bob Fernandez - Feb 22	Merilyn Morris - Feb 7	Alberta J. Valdez - Feb 1
Patty Harris - Feb 24	James Murphy - Feb 11	Anthony Vrazsity - Feb 4
Margaret Herdt - Feb 23	Ruth Noda - Feb 28	Delbert Waldman - Feb 12
Joe Herrera Sr - Feb 16	Christine Nugent - Feb 16	Judy White - Feb 18
Margaret Howard - Feb 24	Dorothy L Ohlogge - Feb 25	Sharon White - Feb 20
Parry Hunter - Feb 12	Mary Olmedo - Feb 11	Janice Wood - Feb 25
Judith Inselman - Feb 13	Romaine Perez - Feb 17	Kenneth Wood - Feb 6
Barbara Ivarson - Feb 25		Linda Wulf - Feb 20
		Mike Zamora - Feb 3

## 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