

## Foodie Corner

**FRI, APRIL 10**

### Easter Egg Decorating

Get prepared for the Easter holiday by decorating Easter eggs with your friends. Hard boiled eggs and supplies will be provided.

**10 a.m. - Noon 4601.104 \$4/\$5**

**TUES, APRIL 21**

### Birthdays Lunch

Catch up with your friends over a hearty meal of meat loaf, mashed potatoes and gravy, peas and pearl onions, and yellow cake with chocolate frosting for dessert. Signup deadline is April 16. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.

**Noon - 1:30 p.m. 4201.104 \$7/\$8**

**THUR, APR. 23**

### Soup Day

Bring or meet a friend for a hearty, healthy lunch of delicious chicken noodle soup, with fresh rolls and dessert, all for just \$3.50. 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** 8 a.m.-5:30 p.m.

### SENIOR CENTER HOURS

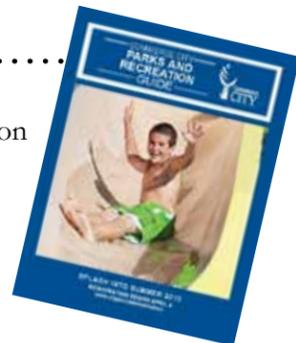
**Mon, Wed, Fri** 8:30 a.m.-3:30 p.m.

**Tue, Thur** 8:30 a.m.-4:30 p.m.

## Summer Activity Guide

### Get ready for summer fun!

Look for the Commerce City Parks & Recreation Summer Activity Guide in your mailbox in late March. Registration begins April 6.



## On the Horizon

**MON, MAY 4**

### Life Isn't Easy

Come share your life experiences good and bad in this NEW monthly support group. Beginning on the first Monday in May and continuing the first Monday of every month, the Commerce City Recreation Center is beginning a discussion group on the joys and pains of daily living such as aging, the loss of a loved one, financial hardship, medical diagnoses, and caregiving. This discussion group is coordinated by Steve Latham, resources specialist for Commerce City.

**10 a.m.**

**TUE, MAY 26**

### 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 \$15 for AARP and \$20 for non members. Payment is due the day of class but please pre-register so that we can accurately prepare class materials.

**8:30 a.m. - 12:30 p.m. 4701.202 \$15/\$20**

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Colorado  
80022

## COMMERCE CITY ON THE Move



## 30th Annual Pancake Breakfast

### Join us at this fun event for the whole family!

Rise and shine to delicious pancakes and sausage on May 2, from 7 to 10 a.m., at the recreation center to fundraise for various senior special interest groups.

For the 30th annual celebration, the whole family is invited to enjoy FREE activities in the Commerce City Recreation Center gym. Kids can jump in the bounce house, create art in the craft corner and more. Adults can bid on the Quilting & Sewing club's fiber arts and crafts at the silent auction.

Pancakes are provided by Flippin' Flapjacks food truck. Tickets for this annual event are now on sale for \$4. You can buy a ticket at the door on the day of the event or visit the senior center volunteer desk. New this year, tickets are available for purchase in advance at [www.c3gov.com/register](http://www.c3gov.com/register), using the code 4601.208. You can also make a donation by contacting Derrick Tripp at 303-289-3761.

Now in its 30th year, the annual pancake breakfast has raised money for programs dedicated to seniors at the Commerce City Recreation Center. We are grateful to our friends at the Parkway Drive McDonalds location and Save - A - Lot Derby location for their support of this event. All proceeds go toward the Music Makers, the Quilting and Sewing Club, and the Goodfriends scholarship.

As part of Commerce City's commitment to promoting healthy lifestyles, staff understands the value of offering educational, health and fitness, and social events for older adult residents.

The Goodfriends program was created to ensure 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. This scholarship does much more than just enabling seniors to go on trips, it enhances their quality of life through socialization and recreation.

The money raised from the pancake breakfast goes toward the scholarship so that more seniors can get out, enjoy what the recreation center has to offer and make new friends.

"The pancake breakfast is our largest fundraiser and provides assistance in creating a positive quality of life for our senior population," said Derrick Tripp, senior program supervisor. "This is going to be a great event with delicious food and entertainment for the whole family."

April 2015

Programs, Excursions  
and Services for Seniors  
and Older Adults

### NEW Senior Center Hours

Starting April 1, the senior center will be open for an extra hour on Tuesday and Thursday, from 8:30 a.m. until 4:30 p.m. On Monday, Wednesday and Friday, the senior center will operate on normal hours, from 8:30 a.m. - 3:30 p.m.

### FREE Tax Assistance Tax day is April 15

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 3/19, 3/26, 4/2 and 4/9  
8:30 a.m.-2:30 p.m.  
Commerce City Recreation  
Center**

### Have some free time? Volunteer for senior services!

Make a difference in the senior community and volunteer to be a van driver or senior courtesy desk receptionist in the senior services area.

If you are interested in a volunteer position with the Commerce City Senior Services area, please contact Zach Roth at 303-289-3720 or [zroth@c3gov.com](mailto:zroth@c3gov.com).

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.

**Thur 4/2** • Shop Around Town (outlet) • Denver Area • 2

Look for bargains at local outlet stores.

9 a.m.-5 p.m. \$6/\$7 4401.104

**Mon 4/6** • Gambling Century Casino • Central City • 3

Take in the beautiful mountain scenery on our way to Central City. Note: Discounts and coupons no longer provided as part of trip. Check with individual casinos for the latest promotions prior to trip.

9 a.m.-3 p.m. \$6/\$7 4501.108

**Thur 4/9** • Indian Springs Hot Springs • Idaho Springs • 3

Relax at the natural hot springs. Admission is in addition to trip fee.

8:30 a.m.-3 p.m. \$9/\$10 4501.102

**Tue 4/14** • Colorado School of Mines Gem Museum Golden • 1

View one of the state's two moon rocks and more.

10:30 a.m.-4 p.m. \$6/\$7 4501.126

**Thur 4/16** • NEW! Trinity United Methodist Church Tour Denver • 2

Tour one of the finest examples of "Modern Gothic" architecture in the United States.

11 a.m.-3 p.m. \$7/\$8 4501.127



**Fri 4/17** • NEW! Union Station & 16th Street Mall • Denver • 3

Tour the new Crawford Hotel and recently renovated train station and shop or dine along the 16th Street Mall.

10 a.m.-4 p.m. \$17/\$18 4501.128

**Wed 4/22** • NEW! Kiyota Greenhouse • Fort Lupton • 2

Tour the greenhouse and shop for quality outdoor products and plants.

9 a.m.-3 p.m. \$8/\$9 4501.129

**Fri 4/24** • Bowling • Northglenn • 3

Enjoy some friendly competition while getting in some exercise.

12:15-5 p.m. \$11/\$12 4001.102

**Mon 4/27** • Dinner Out "Gaetano's Italian Restaurant" Edgewater • 1

Enjoy a classic Italian dinner at this local favorite.

4:30-8 p.m. \$6/\$7 4501.106

**Tue 4/28** • Pearl Street Mall & Lunch • Boulder • 3

Shop and dine with friends along the Pearl Street Mall.

10 a.m.-4 p.m. \$6/\$7 4501.130

**Thur 4/30** • Buffalo Bill's Grave & Museum • Golden • 3

Explore the life, times and legend of "Buffalo Bill" William F. Cody.

10:15 a.m.-4 p.m. \$9/\$10 4501.131

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

### Commerce City Employees and Residents Spread the Love

More than 507 jars of peanut butter and jelly were donated through Commerce City's Spread the Love food drive benefiting the Adams

County Emergency Food Bank. The annual food drive occurs January through Valentine's Day.

"The annual food drive is a great way to continue giving back to the community," said Zach Roth, senior recreation coordinator for Commerce City. "The goal is to fill the post-holiday donation gap when requests are at the highest demand with non-perishable and protein rich items."

The food bank serves 4,000 families each month, many of whom are located in Commerce City.

Now in its eighth year, Spread the Love has provided more than 4,300 jars of this staple to help bridge this seasonal void.



A special thank you to the sponsors who helped make this year's Spread the Love campaign a success:

- Wells Fargo Bank, 18220 E. 104 Avenue
- Students from Kearney Middle School
- Students from Adams City High School
- Commerce City employees
- Recreation and Senior Center patrons

## Don't Miss It!

**TUE, APRIL 14**

### Bunco

It's bunco time! Join us for a fun game of bunco the second Tuesday of every month in the Adult/Senior Center.

**1 p.m. FREE**

**WED, APRIL 15**

### It's My Space and I Can Party If I Want To

Decorating your living space is no easy feat. When you have a small space to work with it becomes even more difficult. From color palettes to curtains to throw pillows, Décor & You will advise you on how to decorate even the smallest of broom closets.

**11 a.m. - 1 p.m. 4701.104 \$2/\$3**

**WED, MAY 13**

### How to Manage a Wheelchair Safely

Do you take care of someone who's in a wheelchair? This class touches on the safe operation of wheelchairs, whether you are operating or pushing/assisting. Commerce City Senior Center drivers and staff are strongly encouraged to attend this class.

**10 a.m. 4701.201 FREE**

**WED, MAY 20**

### Dusty Saunders: A Life in the TV and Newspaper World

Dusty Saunders worked at the Rocky Mountain News for 54 years as a copy boy, police reporter, city hall reporter, feature editor and covered the broadcasting beat as critic and columnist for more than 40 years. Come hear his story.

**10 a.m.-Noon 4601.205 \$5/\$6**

**FRI, May 22**

### FREE Coffee with Vicki

Get to know Recreation Assistant Vicki Masters a little better. Take a walk down memory lane with this 17-year veteran of the Commerce City Senior Center for a fun and interactive coffee hour. Please pre-register so that we know how much coffee to make.

**9-10 a.m. 4601.201 FREE**

## Wellness CORNER

Get moving during the cold months

**With the cold still around for a few more weeks, how can you stay active without going outside? Getting your steps in each day is a great way to stay moving and burn some calories during the indoor season. Try these tips to keep your fitness level up until the warm weather arrives:**

1. Purchase a pedometer (as inexpensive as \$5) and try to walk at least 10,000 steps each day.
2. Walk the indoor track at the Commerce City Recreation Center for at least 20 minutes or 1 mile, whichever comes first. Lap counters can be checked out for free at the front desk.
3. Get on a treadmill and simply press "go." The treadmill does the work for you and you only have to keep up with the speed. Speeds and inclines can be adjusted for a more/less intense pace.
4. Find a friend who can meet you for walking appointments. Having a friend will make the time go by faster and keep both parties accountable to get the steps in.

# APRIL 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9 a.m. Quilting & Sewing	2 8:30 a.m. Tax Assistance 9 a.m. Shop Around Town Denver Outlets	3 10 a.m. Easter Egg Decorating 10 a.m. Beading 11 a.m. Wellness Committee Meeting Noon Card Games	4
5 	6 9 a.m. Gambling Century Casino in Century City Noon Dominos 1:30 p.m. Line Dance	7 Noon Potluck/Bingo	8 9 a.m. Quilting & Sewing	9 8:30 a.m. Tax Assistance (LAST DAY) 8:30 a.m. Indian Springs Hot Springs in Idaho Springs	10 10 a.m. Beading Noon Card Games	11
12	13 9 a.m. Scrapbooking & Cardmaking Noon Dominos 1:30 p.m. Line Dance	14 10 a.m. Outreach Committee Meeting 11 a.m. Umbrella Committee Meeting 10:30 a.m. Colorado School of Mines 1 p.m. Bunco	15 9 a.m. Quilting & Sewing 11 a.m. It's My Space and I Can Party if I Want To event	16 11 a.m. NEW Trinity United Methodist Church Tour in Denver	17 10 a.m. Beading 10 a.m. NEW Union Station & 16th Street Mall in Denver Noon Card Games	18
19	20 Noon Dominos 1:30 p.m. Line Dance	21 Noon Birthday Lunch	22 9 a.m. Quilting & Sewing 9 a.m. NEW Kiyota Greenhouse in Fort Lupton	23 11 a.m. Soup Day Chicken Noodle 1 p.m. Bingo	24 10 a.m. Beading Noon Card Games 12:15 p.m. Bowling in Northglenn	25
26	27 Noon Dominos 1:30 p.m. Line Dance 4:30 p.m. Dinner Out "Gaetano's Italian Restaurant" in Edgewater	28 10 a.m. Pearl Street Mall & Lunch in Boulder 1 p.m. Movie Matinee	29 9 a.m. Quilting & Sewing	30 10:15 a.m. Buffalo Bill's Grave & Museum in Golden		

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.



## APRIL BIRTHDAYS

Art Arita April 18	Ollie Grimard April 1	Angelina Olivas April 6
Peggy Boyer April 6	Debbie Gutierrez April 6	Vicki Peak April 20
Mary Lee Bradford April 6	Virginia Haight April 8	Dorothy Ramirez April 8
Robert J. Brooks April 2	Margitta Hamele April 11	Betty A. Richards April 23
Olivia Cabral April 13	China Hastings April 2	Elaine Roller April 8
Donald Chambers April 8	Della Hilborne April 16	Arthur Saiz April 9
Ramon Cigarroa- Martinez April 28	Nancy Jenks April 12	Sondra Van De Venter April 2
Robert B. Clark April 27	Marcella Kaiser April 24	Douglas Vanlieu April 7
Deborah Clarke April 10	Carol Kimmel April 24	Arlene Welsch April 21
Charles W. Dare April 7	Charlene Kittinger April 28	John Yunko April 15
Rebecca Dekov April 17	Carmen Kreutzer April 3	
Jean (Jackie) Dines (Meyers) April 7	Dorothy Kurdt April 8	
Edward Dukeman April 28	Reynaldo Lobato April 9	
Katherine L. Fierro April 28	Julie Martinez April 3	
Ruth Gonzalez April 22	Darrell McCain April 13	
	Barbara Millette April 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

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**Sat** 8 a.m.-5:30 p.m.

**Sun** 8 a.m.-5:30 p.m.

### NEW SENIOR CENTER HOURS

**M, W, F** 8:30 a.m.-3:30 p.m.

**T, Th** 8:30 a.m.-4:30 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