

## Foodie Corner

### TUES, MAY 19

#### Birthdays Lunch

Catch up with your friends over a hearty meal of chicken breast tenderloin, "smashed" potatoes and gravy, mixed vegetables and apple cobbler for dessert. Signup deadline is May 14. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.

Noon - 1:30 p.m. 4201.201 \$7/\$8

### WED, JUNE 24

#### Salad Day

Enjoy fresh homemade salad while supporting the Goodfriends Scholarship fund. Join us in the Senior Center for this event, which costs only \$3.50 and includes fresh rolls and dessert. Get your meal to go by calling 303-289-3756.

11:00 a.m. - 1 p.m.

Chicken Mandarin Salad \$3.50

## Summer closures

### GAME ROOM CLOSED FOR SUMMER SEASON

The game room, including billiards play, is closed June 1 - September 8 to accommodate our summer camp for youth. Recreation staff appreciates your understanding.

### RECREATION CENTER CLOSED MEMORIAL DAY

The Commerce City Recreation Center is closed Monday, May 25 for Memorial Day.

## On the Horizon

### THUR, JUNE 11

#### Sharing Your Life in Pictures

Tell your personal story through all types of media. This fun and informative presentation will discuss who your audience is and how to organize your old photos. There will be several examples of what others have done with their old photos and media to help share their story.

10 a.m. - Noon 4701.203 \$2/\$3

### WED, JUNE 26

#### Dominos Tournament

Do you enjoy friendly competition with friends? Then this tournament is for you. All skill levels are welcome to compete in a fun afternoon of dominos played in the chicken foot format. The top finishers receive prizes but fun is had by all. Refreshments will be provided.

Noon - 4 p.m. 4601.204 \$5/\$6



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.

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

## COMMERCE CITY ON THE Move



## Stay active with day trips and events all summer long

Kick off the summer season in Commerce City at the 51st annual Memorial Day parade on May 25. This is Colorado's largest Memorial Day parade with more than 100 entries, from military units and bands to floats, antique cars and horse entries. In 2014, there were 130 parade entries. The Memorial Day ceremony starts at 9:30 a.m. at Veteran's Memorial Park. The parade starts promptly at 10 a.m. along a 1.5 mile parade route that begins at 64th Avenue and Newport Street, ending at 6060 East Parkway Drive. The parade lasts approximately two hours. For more information, visit [www.c3gov.com/parade](http://www.c3gov.com/parade).

The fun continues at the summer neighborhood outreaches on June 11 at River Run Park and August 13 at Pioneer Park. Bring your family and friends to enjoy this Commerce City summer tradition. Enjoy free food and entertainment, while learning more about the city, local nonprofit organizations, and service providers. Be sure to stop by and visit the city's senior services booth to learn more

about older adult programs and activities.

Get outdoors and enjoy plentiful sunshine at special events and day trips. Travel with the senior center to cheer on the Colorado Rockies all summer long from shaded seats with easy access. See the area's picturesque parks in bloom, or reel in a big catch on a fishing day trip with the senior center.

Come dressed in red, white and blue and enjoy a traditional BBQ to celebrate our nation's birthday at the 4th of July BBQ on July 2 at Veteran's Memorial Day Park. Watch one of the state's largest fireworks displays at 4th Fest on July 4 at Dick's Sporting Goods Park. Come and catch the fun while watching canine friends interact with flying Frisbees at the disc dogs picnic on July 14. Or take a 2.5 hour scenic ride on the historic Leadville train on July 30.

For complete event and trip details, including how to register, pick up a copy of the summer activity guide in the senior center.

## May 2015

Programs, Excursions  
and Services for Seniors  
and Older Adults

## COMMERCE CITY'S 30TH ANNUAL

## Pancake Breakfast

**DIG IN TO A  
HEARTY FAMILY BREAKFAST  
THAT YOU DON'T HAVE TO MAKE!**



Saturday, May 2  
7-10 a.m.

Join us at this fun event  
for the whole family!  
Pancake food truck • Music  
Craft corner • Bouncey house  
Silent Auction



Proceeds benefit special  
interest groups and the  
Goodfriends scholarship at the  
recreation center, which  
provides financial assistance to  
older adults.

**Buy your tickets in the  
Senior Lobby today!**

COMMERCE CITY RECREATION CENTER  
6060 E Parkway Drive • 303.289.3720

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.

**Sun 5/3** • Surprise Sidewalk Sale • Estes Park • 3  
Explore the shops and galleries and hunt for bargains.  
9 a.m.-5 p.m. \$6/\$7 4501.215

**Thur 5/7** • Shop Around Town (craft) • Denver Area • 2  
Look for bargains at local stores for your next craft project.  
9 a.m.-5 p.m. \$6/\$7 4401.201

**Mon 5/11** • Silver Plume Tea Room • Silver Plume • 2  
Enjoy tea at this historic tea room. Must bring \$35 for lunch. Cash only.  
9:45 a.m.-4 p.m. \$10/\$11 4501.216

**Tue 5/12** • 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 4501.201

**Thur 5/14** • Gone Fishing • T.B.A. • 3  
Must bring a fishing license, fishing supplies, chair and a prepared potluck dish to feed six.  
8:30 a.m.-5 p.m. \$5/\$6 4501.209

**Fri 5/15** • Bowling • Northglenn • 3  
Enjoy an active day out and friendly competition.  
12:15-5 p.m. \$11/\$12 4001.201



**Mon 5/18** • Dinner Out "LongHorn Steak House" Northglenn • 1  
Enjoy a sizzling steak or other grilled dish in a ranch style atmosphere with friends.  
4:30-8 p.m. \$6/\$7 4501.205

**Thur 5/21** • Colorado Rockies VS Phillies • Denver • 3  
Cheer on the Rockies from shaded seats with easy access.  
Noon-5 p.m. \$20/\$21 4501.217

**Wed 5/27** • Longhopes Donkey Rescue • Bennett • 3  
Learn about the rescue and rehabilitation of these burro buddies.  
9 a.m.-5 p.m. \$6/\$7 4501.218



**Fri 5/29** • Lunch Out "Jewel of India" • Westminster • 1  
Enjoy a lunch buffet and over a dozen varieties of tandoori breads at this Indian restaurant.  
11 a.m.-3 p.m. \$6/\$7 4501.219

## All aboard! Reserve your spot today for the upcoming Leadville Train trip.

Take a 2.5 hour scenic ride on the historic Leadville train. Space is filling quickly, reserve your spot today!

Thur 7/30 4501.236 \$42/\$43

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.

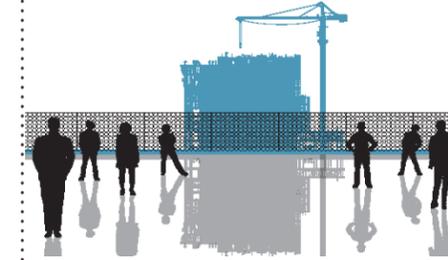
### LEVEL 3

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

# CONSTRUCTION Sidewalk Tours



### AVAILABLE TOURS

#### Paradise Island Pool at Pioneer Park

Opening in June, the 2-acre site features three water slides, lazy river, sport pool, leisure pool, activity pool, and more.

6 p.m. April 29, May 27

Meet in front of the fence by the construction trailer in the southeast parking lot of Pioneer Park (south of 60th Avenue and Monaco Street).

**RSVP REQUIRED** to Angela Shelbourn no later than one week prior to each tour (ashelbourn@c3gov.com, 720-635-1030).

#### Neighborhood Park in Fronterra

Opening this summer, the 19.8-acre nature and fitness-inspired site features a hillside slide, small skate area, play fields, sheltered picnic areas, playground, hard court, walking/jogging trails, fitness stations and more.

6 p.m. May 12

Meet in front of the fence by the construction trailer on the north side of the park site (just east of Joplin Street on 101st Way). Street parking available on 101st Way. Do not park in school lot.

**RSVP REQUIRED** to Angela Shelbourn no later than one week prior to each tour (ashelbourn@c3gov.com, 720-635-1030).

Join us for sidewalk tours of capital improvement projects in construction.

See the progress first-hand and discuss with the project team.

These are working construction sites and no onsite access will be permitted.

Tours are weather dependent and will be canceled if rain or snow is present.

Additional tours will be announced as they are scheduled.

For information on capital improvement projects, call 303-C3-WORKS (303-239-6757) or visit [www.c3gov.com/QCL](http://www.c3gov.com/QCL).



## Wellness CORNER

### Fitness Myths

**There is a lot of information out there in regards to health and wellness. Here are a few myths that tend to be troublesome for exercisers.**

**Myth 1: Using heavy weights will cause women to bulk up.** All studies demonstrate the numerous benefits that weight training provides for women. Do not fear safely picking up a heavier weight for your routine.

**Myth 2: If I train a certain muscle I will lose fat in that area.** Cardio and strength training regiments go hand in hand when it comes to overall fitness.

**Myth 3: If I start exercising I will automatically lose belly fat.** The most effective way to lose weight and remove excess fat is to eat better. You can work out for hours each day and see zero results, if your diet is not complementary to your exercise routine.

If you have any questions about other fitness myths you have heard or would like to discuss beginning a fitness plan, contact Glen Batista at 303-289-3762.

## Don't Miss It!

### 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. Commerce City Recreation Center

### 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

### 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

# MAY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10 a.m. Beading 11 a.m. Senior Wellness Committee Meeting 1 p.m. Card Games	2 <b>7 a.m. 30th Annual Pancake Breakfast</b> 
3 9 a.m. Surprise Sidewalk Sale (Estes Park)	4 9 a.m. Depart for senior trip to Deadwood, SD 10 a.m. Life Isn't Easy Monthly Support Group (First Meeting) Noon Dominos 1:30 p.m. Line Dance	5 Noon Potluck/Bingo	6 9 a.m. Quilting & Sewing	7 9 a.m. Shop Around Town (Craft/Denver area) 6 p.m. Return from senior trip to Deadwood, SD	8 10 a.m. Beading 1 p.m. Card Games	9
10	11 9 a.m. Scrapbooking & Cardmaking 9:45 a.m. Silver Plume Tea Room (Silver Plume) Noon Dominos 1:30 p.m. Line Dance	12 8:30 a.m. Indian Springs hot springs (Idaho Springs) 10 a.m. Senior Umbrella Committee Meeting 1 p.m. Bunco	13 9 a.m. Quilting & Sewing 10 a.m. How to Manage a Wheelchair Safely Class	14 8:30 a.m. Gone Fishing (TBD)	15 10 a.m. Beading 12:15 p.m. Bowling (Northglenn) 1 p.m. Card Games	16
17	18 11 a.m. Senior Program Committee Meeting Noon Dominos 1:30 p.m. Line Dance 4:30 p.m. Dinner Out "LongHorn Steak House" (Northglenn)	19 Noon Birthday Lunch 	20 9 a.m. Quilting & Sewing 10 a.m. Dusty Saunders: A Life in the TV and Newspaper World	21 Noon Colorado Rockies VS Philadelphia Phillies (Denver)	22 9 a.m. FREE Coffee with Vicki Masters 10 a.m. Beading 1 p.m. Card Games	23
24	25 9:30 a.m. Commerce City Memorial Day Parade <b>RECREATION CENTER CLOSED</b>	26 8:30 a.m. AARP Driver Safety Class 1 p.m. Movie Matinee	27 9 a.m. Lonhopes Donkey Rescue (Bennett) 9 a.m. Quilting & Sewing	28 1 p.m. Bingo	29 10 a.m. Beading 11 a.m. Lunch Out "Jewel of India" (Westminster) 1 p.m. Card Games	30
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.

## MAY BIRTHDAYS

Yvonne Applehans - May 22  
Lester Arnold - May 4  
Donna Bailey - May 5  
Elizabeth Beatty - May 14  
Albert Bernal - May 28  
Hester Bonnell - May 27  
Catherine J. Brand - May 20  
Barbara Brandt - May 1  
Lucille Bregman - May 29  
Barbara Brothersen - May 4  
Mary M. Castro - May 27  
Ida Christian - Haupt May 8  
William Cooper - May 29  
Lydia Cordova - May 4  
Pat Day - May 16  
Eloise Diaz - May 23  
Elva Diaz - May 26  
Sal Dominguez - May 17  
Evelyn Esquibel - May 9  
Katherine Fender - May 26  
Patricia Finley - May 12  
Janet Fritch - May 5  
Greta Fulsom - May 25  
Dorcas Gamble - May 25  
Wayne C. Giacomini May 7  
Nancy "Lee" Glenn May 21  
Rebecca Gomez - May 29  
Fabian Gonzales Jr May 15  
Mike Goodrich- May 13  
Henry Groll - May 29

Geraldine Guerra May 10  
Guadalupe Guerra May 10  
Mary Hernandez May 21  
Raychal Hernandez May 18  
Fern Huffman - May 3  
Shirley Hunter - May 19  
Allen Klein - May 4  
Eva Kohler - May 25  
Deanna Mae Kreutzer May 24  
Maybette Larsen May 23  
James Lawson - May 4  
Robert Lay - May 7  
Becky Logan - May 26  
James G. Madrid - May 1  
Lorene Madrid - May 4  
Bessie Martinez - May 12  
Marcella (Peg) McIntyre (Rice) May 14  
Annie McRobbie May 29  
Marilyn Metzger May 14  
Phyllis Meyer - May 14  
Vaughn Meyer - May 9  
Robert James Montoya- May 27  
Bonnie Moore - May 6  
John Morales Jr - May 29  
Mary Morris - May 2  
Connie Nelson - May 27  
Ronald Nuanez - May 13  
Herman Nunlee - May 7  
Isabelle Olivas - May 9

Kitty Padilla - May 9  
Ruby Padilla - May 17  
Bertice "Bert" Parker May 8  
Connie Perrault - May 10  
Elizabeth "Betsy" Petersen May 12  
Kathleen Pitiak - May 2  
George Price - May 21  
Isidro Ramirez - May 15  
Lucy Rayos - May 27  
Loretta Rivera - May 22  
Manuel Rodriguez Jr May 17  
Hazel A. Rogers - May 3  
Joyce Rogers - May 23  
Bernice Romero - May 13  
Gaby Romero - May 14  
Martha Romero- May 22  
Mary Romero - May 26  
Stella Sanchez - May 5  
Don Sater - May 23  
Joyce Schiller - May 17  
Merna Slater - May 22  
Stephen Straughan May 16  
Cassandra Thompson May 3  
Kathleen Wechsler May 4  
Frank Zimmerman May 17

## 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

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

### 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.

### 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.

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