

Foodie Corner

MON, JUNE 15

Dinner Out Take a trip to the Summit House Grill & Tap in Lakewood, featuring a made-from-scratch menu and craft beers.

4:30-8 p.m. 4501.206 \$6/\$7

TUES, JUNE 16

Birthdays Lunch Catch up with your friends over an Italian meal of meat lasagna with steamed broccoli, carrots and garlic toast, with cherry pie for dessert. Signup deadline is June 11. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.

Noon - 1:30 p.m. 4201.202 \$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 a.m. - 1 p.m.

Chicken Mandarin Salad \$3.50

June Activities

WED, JUNE 24

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 and fun is had by all. Refreshments will be provided.

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



On the Horizon

THUR, JULY 2

4th of July BBQ

Enjoy a traditional "all American" BBQ to celebrate our nation's birthday. Wear your red, white and blue and be ready to have a blast. Brush up on your American History for our trivia contest. This event is held at Veterans Memorial Park, located on the east side of the Commerce City Recreation Center.

11 a.m. - 1 p.m. 4601.202 \$7/\$9

TUE, JULY 14

Disc Dogs Picnic

Come catch the fun while watching canine friends catch flying Frisbees. Enjoy this exciting and interactive outdoor crowd experience. Picnic lunch included. Please do not bring your pets. At Fairfax Park

10:30 a.m. - Noon 4601.207 \$11/\$13

PRSRST STD

US Postage

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Commerce City
Colorado
80022

COMMERCE CITY ON THE Move



Thank you to the volunteers and staff who helped make the 30th annual pancake breakfast a success.

30th annual pancake breakfast serves up more than a hearty meal

The 30th annual pancake breakfast, held on Saturday, May 2, brought in nearly \$600 that will benefit senior programs including the Music Makers, the Quilting and Sewing Club, and the Goodfriends scholarship.

Nearly 800 pancakes were cooked by Flippin' Flapjacks food truck, while staff served up a hearty breakfast of pancakes, sausage and orange juice at the recreation center to more than 250 attendees.

New this year, families were invited to enjoy activities in the Commerce City Recreation Center gym, including a bounce house and craft corner for kids.

The talented stitchers of the Quilting and Sewing Club donated many beautiful fiber arts and crafts, from scarves and hats, to pillows and a lovely lap quilt donated by Liz Boyd.

The Quilting and Sewing Club is a talented group who donates their beautiful pieces of work to a variety of community projects and have done so for the past 31 years. All money raised by the pancake breakfast and their annual drawing provides quilting

fabric and materials that are needed to continue their legacy.

For the past 30 years, the annual pancake breakfast has raised money for programs dedicated to seniors at the Commerce City Recreation Center.

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

We would like to give a special thanks to our friends at Suncor, the Parkway Drive McDonalds location, and the Save-A-Lot Derby location. These community partners donated significant items allowing us to keep our overall costs low.

"Thank you to all volunteers, staff, sponsors, and the community for supporting such a worthy cause," said Derrick Tripp, senior supervisor.

"The Good Friends scholarship has been integral in providing assistance to seniors who want to stay active through recreation programs and events. We invite all seniors in the community to check out the great opportunities we have to offer."

June 2015

Programs, Excursions
and Services for Seniors
and Older Adults



Splash into
summer at
Paradise Island at
Pioneer Park

Join us for the grand opening of the NEW outdoor leisure pool, Paradise Island at Pioneer Park, June 27-28 for free entertainment, giveaways, and more!

Buy your pool pass in advance and skip the lines to make a splash at opening weekend. Season passes and ID cards are on sale now at the Commerce City Recreation Center, 6060 E. Parkway Dr.

Save 50 percent on individual and family season passes now until June 17. For a complete list of admission fees and hours, view the summer activity guide or visit www.c3gov.com/paradise.

**Paradise Island
Grand Opening
Sat 6/27 - Sun 6/28
10 a.m. - 6 p.m.
Pioneer Park
5950 Holly Street**



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.

Make new friends in 2015 with great programs and activities.

We're Outta Here

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

Wed 6/3 • Gambling "Bronco Billy's" • Cripple Creek • 3
Take in the beautiful mountain scenery on our way to Bronco Billy's Casino.
8 a.m.-7 p.m. \$7/\$8 4501.213

Thur 6/4 • Shop Around Town (thrift) • Denver Area • 2
Look for bargains and find treasures at local thrift stores.
9 a.m.-5 p.m. \$6/\$7 4401.202

Sat 6/6 • Capitol Hill People's Fair • Denver • 3
Enjoy art, music and food at this annual summer festival.
11 a.m.-5 p.m. \$6/\$7 4501.220

Tue 6/9 • Denver Botanic Garden • Denver • 3
View the life size horse sculptures made of cast bronze wood in a beautiful garden setting at the botanic garden's "The Nature of Horses."
9 a.m.-4 p.m. \$16/\$17 4501.221

Wed 6/10 • Colorado Rockies VS Cardinals • Denver • 3
Cheer on the Rockies from shaded seats with easy access.
Noon-5 p.m. \$20/\$21 4501.222

Thur 6/11 • 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 4501.202

Mon 6/15 • Dinner Out "Summit House Grill & Tap" Lakewood • 1 • Enjoy a made-from-scratch menu and craft beers at this restaurant.
4:30-8 p.m. \$6/\$7 4501.206

Wed 6/17 • 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 4501.210

Fri 6/19 • NEW! Arapahoe Park Tour • Aurora • 3
By special request, go behind the scenes of this horse racing track.
9:30 a.m.-5 p.m. \$7/\$8 4501.223

Sat 6/20 • NEW! 21st Annual Colorado BBQ • Frisco • 3
Enjoy tasty barbeque and live music at this annual event.
9 a.m.-6 p.m. \$7/\$8 4501.224

Mon 6/22 • Boulder Dinner Theatre "Glenn Miller Orchestra" Boulder • 1 • Dance the night away to the sounds of the Glen Miller Orchestra. Seats are limited.
4:45-11 p.m. \$46/\$47 4501.225

Tue 6/23 • NEW! Alpaca farm tour • Monument • 3
Learn all about alpacas on this farm tour in Monument.
9 a.m.-5 p.m. \$6/\$7 4501.226

Thur 6/25 • The Garbage Garage Education Center • Ft Collins • 3
• Learn how a landfill works and what gets made out of all that stuff. Wear close-toed shoes.
7:45 a.m.-4 p.m. \$7/\$8 4501.227 T

Fri 6/26 • Mystery Trip • ??? • 2
A surprise trip with staff awaits you. Sign up early!
9 a.m.-5 p.m. \$10/\$11 4501.228

Tue 6/30 • NEW! National Museum of WWII Aviation • Colorado Springs • 3
Visit the only museum in the world to focus exclusively on the role of aviation in World War II.
9 a.m.-5 p.m. \$11/\$12 4501.229

SUMMER CLOSURE

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

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



City hosts state's largest Memorial Day parade

From military units and bands to floats, antique cars and horse entries, Colorado's largest Memorial Day parade celebrates 51 years of honoring veterans Monday, May 25, 2015, starting at 10 a.m. at 64th Avenue and Newport Street. Join your friends and neighbors at this celebration to salute those men and women who have fallen while serving our country with honor and valor.

This year, two grand marshals will lead the parade, Albert Amador Jr. and Sergeant Major Jeffrey L. Polliard. Mr. Amador is a veteran of the Korean War, while Sergeant Major Polliard served in Operation Iraqi Freedom.

Join us for a brief ceremony at Veteran's Memorial Park (6015 Forest Drive) at 9:30 a.m. to commemorate those who have made the ultimate sacrifice.

The parade begins at 10 a.m. immediately following this ceremony and lasts approximately two hours.

Don't Miss It!

From neighborhood BBQs to concerts in the park, Commerce City is your home for fun. Don't miss these summer events!

THUR, JUNE 4 & THUR, JULY 30

Cine en el Parque
Bring your blanket, pack a picnic and watch family movies in the park this summer. Sponsored by El Comercio newspaper.
6 p.m. Fairfax Park FREE

THUR, JUNE 11 & THUR, AUG 13

Neighborhood Outreaches
Bring your family to enjoy this Commerce City summer tradition. Enjoy free food and entertainment, while learning more about the city, local nonprofit organizations, and service providers. 6-8:30 p.m. FREE
6/11 River Run Park
8/13 Pioneer Park

THURSDAYS IN JULY

Commerce City's Cultural Council Concerts in the Park

Bring your picnic baskets and blankets for a free night of music.
Thursdays in July. 6-8 p.m. FREE

7/9 Reunion, Southlawn, Reunion Pkwy.
Band: Rudy Grant

7/16 Pioneer Park
Band: Homeslice

7/23 River Run Park
Bands: René & 4 Flamenco Dancers and Avoureen Celtic Music

7/30 Pioneer Park
Band: William Walker

Wellness CORNER

SOCIAL HEALTH IS IMPORTANT

Exercise and nutrition are critical components of a healthy lifestyle, but studies demonstrate that social health is an overlooked cornerstone. Engaging in social activities not only creates a sense of community, but improves a self-sense of trust, compassion, respect, acceptance, and reciprocity. Building positive relationships with others can prove useful in decreasing stress, building a safety network, and assisting in coping with problems. Here are a few upcoming social activities open to seniors:

MON, JUNE 1 Life Isn't Easy
Come share your life experiences good, and bad, in this monthly support group.
10 a.m. Commerce City Recreation Center

THUR, JULY 2 4th of July BBQ
Enjoy a traditional BBQ to celebrate our nation's birthday.
11 a.m. - 1 p.m. 4601.202 \$7/\$9

JUNE 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10 a.m. Life Isn't Easy Discussion Group Noon Dominos 1:30 p.m. Line Dance GAME ROOM CLOSSES FOR SUMMER	2 Noon Potluck/Bingo	3 8 a.m. Gambling Cripple Creek "Bronco Billy's" (Cripple Creek) 9 a.m. Quilting & Sewing	4 9 a.m. Shop Around Town (Thrift - Denver Area)	5 10 a.m. Beading 11 a.m. Silver Sneakers® BBQ 1 p.m. Card games	6 11 a.m. Capitol Hill People's Fair (Denver)
7	8 9 a.m. Scrapbooking & Cardmaking Noon Dominos 1:30 p.m. Line Dance	9 9 a.m. Denver Botanic Garden's "The Nature of Horses" (Denver) 10 a.m. Outreach Committee Meeting 1 p.m. Bunco	10 9 a.m. Quilting & Sewing Noon Colorado Rockies VS St. Louis Cardinals (Denver)	11 8:30 a.m. Indian Springs Hot Springs (Idaho Springs) 10 a.m. Sharing Your Life in Pictures 6 p.m. Neighborhood Outreach (River Run Park)	12 10 a.m. Beading 1 p.m. Card games	13
14	15 Noon Dominos 1:30 p.m. Line Dance 4:30 p.m. Dinner Out "Summit House Grill & Tap" (Lakewood)	16 Noon Birthday Lunch 	17 8:30 a.m. Gone Fishing (TBA) 9 a.m. Quilting & Sewing	18	19 9:30 a.m. NEW! Arapahoe Park Tour (Aurora) 10 a.m. Beading 1 p.m. Card games	20 9 a.m. NEW! 21st Annual Colorado BBQ (Frisco)
21	22 Noon Dominos 1:30 p.m. Line Dance 4:45 p.m. Boulder Dinner Theatre "Glenn Miller Orchestra" (Boulder)	23 9 a.m. NEW! Alpaca Farm Tour (Monument) 1 p.m. Movie Matinee	24 9 a.m. Quilting & Sewing 11 a.m. Salad Days (Chicken Mandarin) Noon Dominos Tournament	25 7:45 a.m. Garbage Garage Education Center (Ft. Collins) 1 p.m. Bingo	26 9 a.m. Mystery Trip (TBA) 10 a.m. Beading 1 p.m. Card games	27 10 a.m. NEW! Paradise Island at Pioneer Park Grand Opening Celebration
28 10 a.m. NEW! Paradise Island at Pioneer Park Grand Opening Celebration	29 Noon Dominos 1:30 p.m. Line Dance	30 9 a.m. NEW! National Museum of WWII Aviation (Colorado Springs)	9 a.m. Quilting & Sewing			

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.



JUNE BIRTHDAYS

Louis Baca June 21	Ann Hanscom June 18	Cecilia McWhirt June 7
Dolores J. Backus June 8	Ronald Hanscom June 6	Marian Meyer June 8
Carmen Bateman June 6	Susan Hansen June 23	Willie Moore June 23
Melvin Beberniss June 24	James Haralson June 25	Jacqueline Nelson June 30
Marion (Pat) Beu June 5	Jeneva Hardney June 9	Gilbert Perez June 22
Eleanor Bland June 9	Robert (Bob) Hoyle June 11	R. Dennis Petersen June 4
Marlene Bronish June 5	Elizabeth Hughart June 16	Alice Reyes June 14
Donna Cirbo June 24	Betty Ingraham June 26	Gale Frances Rivera June 17
Lorell Clark June 13	Marjorie Kirk June 20	Leslie Rogers June 15
Calvin Collins June 16	Shirley Knight June 10	Barbara J. Sample June 29
Billy Comer June 27	Carol Langlois June 13	Joan Schiopen June 23
Eli Commack June 3	Christine Loffredo June 30	Richard Seeger June 28
Cleo Crespin June 26	Beatrice E. Madrid June 26	Zelena Smyer June 15
Shirley Curless June 8	Florence Madrid June 8	Micheal Spahn June 10
Maria Fernandez June 27	Alfred Martinez June 18	Julia Tapia June 3
James Ferree June 30	Andrew Martinez June 5	Judith Trzeciak June 18
Michael Frazzini June 3	Ann Martinez June 13	John Vallegos June 16
Ruby Freedle June 9	Jennie Martinez June 25	Cyrus Warner June 3
Cathy Gonzales June 12	Orlinda Martinez June 30	B.J Warstler June 3
Mary Gonzales June 13	Tony Martinez June 27	Susan Wolkerstorfer June 12
Donald Hage June 25	Lucy McConnell June 25	
Thelma Hamm June 4	June McMullin June 21	

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

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