

Foodie Corner

THUR, JULY 2

4th of July BBQ Enjoy a traditional “all American” BBQ to celebrate our nation’s birthday. This event is held at Veterans Memorial Park, located on the east side of the recreation center.
11 a.m. - 1 p.m. 4601.202 \$7/\$9

TUE, JULY 21

Birthdays Lunch Enjoy a tropical meal of polynesian pulled pork, pina colada rice, Hawaiian coleslaw, potato macaroni salad, and corn. Top it all off with a slice of pineapple upside down cake. Signup deadline is July 16. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.
Noon - 1:30 p.m. 4201.203 \$7/\$8

MON, JULY 27

Dinner Out “La Loma”

Experience this fine dining Mexican food restaurant, located in a distinctive, historic Denver home built in 1887.
3:30-8 p.m. 4501.207 \$6/\$7
Note early departure time.

Coming soon

MON, AUGUST 3

Fall registration opens

Look for the fall activity guide in your mailbox at the end of July. Fall registration opens Monday, August 3. With more than 200 recreation opportunities indoors and outdoors, Commerce City has something to offer for every season. Get out and try something new!

On the Horizon

FRI, AUGUST 7

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.

10 a.m. - Noon 4701.204 \$5/\$6

WED, AUGUST 12

Legendary Ladies

Back by popular demand, the Legendary Ladies are bringing their act to Commerce City with a performance of unique women’s stories throughout American history. A selection of tasty hors d’oeuvres will be served prior to the ladies taking the stage.

3-5 p.m. 4601.203 \$11/\$13

COMMERCE CITY ON THE Move



People enjoy activities at last year’s 4thFest event outside of Dick’s Sporting Goods Park.

Celebrate Independence Day with one of the biggest fireworks shows in the state

Celebrate Independence Day with lively entertainment, free activities and dynamic family fun for all ages.

The festivities kick-off on Thursday, July 2 at the annual senior July 4th BBQ held at Veteran’s Memorial Park directly behind the Commerce City Recreation Center. Enjoy a traditional “all American” BBQ, music, patriotic trivia, games and fun prizes to celebrate our nation’s birthday. Wear your red, white and blue and be ready to have a blast. The cost is \$7 for residents and \$9 for nonresidents.

The fun continues at Commerce City’s 4thFest on Saturday, July 4. This free, family friendly event begins outside at the south end of Dick’s Sporting Goods Park. Outdoor festivities kickoff at 5 p.m. with fun family activities for all ages, including karaoke, interactive lawn, games and live entertainment. Enjoy modern country tunes from Ryan Chrys and the Rough Cuts on the main stage starting at 7:30 p.m. Outdoor activities wrap up at 9 p.m., before one of the

biggest fireworks shows in the state.

Commerce City’s hometown heroes, the Colorado Rapids soccer team, are taking on the Vancouver Whitecaps FC starting at 7 p.m.

Stick around for the fireworks display after the game at 10 p.m. Tickets to the game can be purchased by calling 866-461-6556.

“This year’s annual event will be one of the biggest and best to date,” said Josh Polgar, 4thFest event coordinator. “This FREE, fun-filled event includes entertainment for kids and adults alike, from yard games to jump castles, and one of the largest public fireworks display in the state. You don’t want to miss this great event.”

July 2015

Programs, Excursions and Services for Seniors and Older Adults

Are you a VIP?

Learn more about the Senior Center VIP Program



The Commerce City Senior Center VIP Program is designed to show appreciation to loyal trip participants. Join the VIP program and earn stamps for every day trip you take with the recreation center. Participate in 12 trip programs in a six month period and receive a \$15 VIP gift certificate which can be applied toward any senior program registration.

Did you participate in at least 12 trips with the Commerce City Senior Center between January 1-June 30, 2015? If so, we want to recognize you as a VIP trip participant and say a toast to these loyal people at the VIP event on July 28. There is no cost for this event, but make sure you have participated in at least 12 trips during the first half of 2015.

The next VIP period starts July 1-December 31. Look for the new red VIP cards in July.

**TUE, JULY 28
VIP Event**

**11 a.m. - 1 p.m.
4601.206 FREE**

Advance registration is required.



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.

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

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.

Mon, 7/6 • Lunch & Movie • Arvada • 1

Beat the summer heat and enjoy a day indoors with lunch and a movie.

11 a.m.-5 p.m. 4501.230 \$6/\$7

Wed 7/8 • 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. 4501.211 \$5/\$6

Thur 7/9 • Shop Around Town (craft) • Denver Area • 2

Look for bargains at local craft stores.

9 a.m.-5 p.m. 4401.203 \$6/\$7

Mon 7/13 • RTD Light Rail To Park Meadows Mall • Denver • 3

Experience the RTD light rail system and ride the train to Park Meadows Mall for a day of shopping. Bring cash for ticket.

9 a.m.-5 p.m. 4501.231 \$6/\$7

Wed 7/15 • Adams County "A Walk Down Memory Lane" • Brighton • 3

Enjoy a day of history at the Adams County Cultural Center. Lunch is included.

10:30 a.m.-4 p.m. 4501.232 \$6/\$7

Thur 7/16 • Indian Springs hot springs • Idaho Springs • 3

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

8:30 a.m.-4 p.m. 4501.203 \$9/\$10

Sat 7/18 • Colorado Dragon Boat Festival • Denver • 3

Cheer on the colorful boats at the Colorado Dragon Boat Festival.

10 a.m.-5 p.m. 4501.233 \$6/\$7

Wed 7/22 • Colorado Rockies VS Rangers • Denver • 3

Cheer on the Rockies from shaded seats with easy access.

Noon-5 p.m. 4501.234 \$20/\$21

Thur 7/23 • NEW! McCarty-Fickle Home Museum • Ft Collins • 3

View this elegant home from 1916, featuring original woodwork and furnishings.

9 a.m.-5 p.m. 4501.235 \$7/\$8

Fri 7/24 • Bowling • Northglenn • 3

Enjoy an active day of bowling and friendly competition with friends.

12:15-5 p.m. 4001.202 \$11/\$12

Mon 7/27 • Dinner Out "La Loma" • Denver • 1

Enjoy a fine Mexican dining at this Denver favorite. Early departure.

3:30-8 p.m. 4501.207 \$6/\$7

Thur 7/30 • Leadville Train • Leadville • 3

Take a 2.5 hour scenic ride on the historic Leadville train. Note: guests may encounter mountain altitudes at high elevation on this trip.

7:30 a.m.-7:30 p.m. 4501.236 \$42/\$43

SUMMER CLOSURE

The game room, including billiards play, is closed now - September 8 to accommodate 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



Unexpected wet May delays grand opening to later this summer

Even though we needed the rain, construction of the Paradise Island Pool did not. Due to the unrelenting rain throughout the month of May, the grand opening of the city's NEW outdoor leisure pool will take place later this summer. Check the city's website www.c3gov.com for the latest opening information.

You can still buy season passes and ID cards at the Commerce City Recreation Center, 6060 E. Parkway Drive. For a complete list of admission fees and hours, view the summer activity guide or visit www.c3gov.com/paradise.

The game-themed outdoor leisure pool is one of five projects in Commerce City's voter-approved capital improvement plan. The 2-acre site is located on the east end of the park, adjacent to the existing spray ground feature. Learn more about the city's capital improvement projects at www.c3gov.com/QCL.

Don't Miss It!

Kick off summer with these great events!

THURSDAYS IN JULY

Commerce City's Cultural Council Concerts in the Park

Thursdays in July. 6-8 p.m. FREE

7/9 Reunion, Southlawn, Reunion Pkwy. Band: Rudy Grant and the Buffalo Riders

7/16 Pioneer Park Band: Walker Williams

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

7/30 Pioneer Park Band: The Fever Band

FRI, JULY 10

Laughaceuticals

Get ready to laugh out loud at this interactive workshop where adult participants engage in improvisational theatre techniques and exercises to have fun, laugh, and play.

1-3 p.m. 4701.205 \$5/\$6

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. Event is at Fairfax Park.

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



Wellness CORNER

GET MOVING THIS SUMMER

Need a little motivation to get outdoors? Perhaps you enjoy hiking but are not quite sure where to go. Explore new scenery while taking advantage of opportunities for exercise and socialization. Register for the summer nature hikes today! Participants are asked to bring water and pack a sack lunch to enjoy at the end of the hike. Hike dates are tentative and may change due to weather. Transportation provided and space is limited.

FRI, JULY 10

Mud Lake in Nederland

10 a.m. - 2 p.m. 3022.201

\$4/\$5

FRI, AUGUST 14

Bluffs Loop Trail at Bluffs Regional Park in Lonetree

10 a.m. - 2 p.m. 3023.201 \$4/\$5

JULY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9 a.m. Quilting & Sewing	2 11 a.m. 4th of July BBQ	3 10 a.m. Beading 1 p.m. Card games	4 5 p.m. 4thFest 
5	6 11 a.m. Lunch & Movie (Arvada) Noon Dominos 1:30 p.m. Line Dance	7 Noon Potluck/Bingo	8 8:30 a.m. Gone Fishing 9 a.m. Quilting & Sewing	9 9 a.m. Shop Around Town for crafts (Denver area)	10 10 a.m. Nature Hike (Nederland) 10 a.m. Beading 1 p.m. Card games 1 p.m. Laughaceuticals	11
12	13 9 a.m. RTD Lightrail to Park Meadows Mall (Denver) 9 a.m. Scrapbooking & Card making Noon Dominos 1:30 p.m. Line Dance	14 10 a.m. Umbrella Committee Meeting at Fairfax Park 11 a.m. Disc Dogs Picnic 1 p.m. Bunco	15 9 a.m. Quilting & Sewing 10:30 a.m. Adams County "A Walk Down Memory Lane" (Brighton)	16 8:30 a.m. Indian Springs hot springs (Idaho Springs)	17 10 a.m. Beading 1 p.m. Card games	18 10 a.m. Dragon Boat Festival (Denver)
19	20 11 a.m. Program Committee Meeting Noon Dominos 1:30 p.m. Line Dance	21 Noon Birthday Lunch 	22 9 a.m. Quilting & Sewing Noon Colorado Rockies VS Rangers (Denver)	23 9 a.m. NEW! McCarty-Fickle Home Museum (Ft. Collins) 1 p.m. Bingo	24 10 a.m. Beading 12:15 p.m. Bowling (Northglenn) 1 p.m. Card games	25
26	27 Noon Dominos 1:30 p.m. Line Dance 3:30 p.m. Dinner Out "La Loma" (Denver)	28 11 a.m. VIP Event 1 p.m. Movie Matinee	29 9 a.m. Quilting & Sewing	30 7:30 a.m. Leadville Train (Leadville)	31 10 a.m. Beading 1 p.m. Card games	

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.

JULY BIRTHDAYS

Lee Adam - July 3 Tom Fitch - July 9 Kathleen Redman - July 8
 Jose Aparicio - July 5 Page Gaines - July 13 Marilyn Reinert - July 28
 Sherry Babcock - July 16 Rosarito Gallegos - July 21 Harold Rice - July 11
 Cheryl Banner - July 24 Emma Goodenough - July 17 Gertrude "Trudy" Robertson - July 18
 Bob Barrett - July 23 Carole Harvell - July 27 Carmen Rodriguez - July 11
 Angie Bernal - July 15 Lois Heinrich La Favre - July 15 Gloria Ruiz - July 20
 Eileen Brown - July 21 Grace Hohnholt - July 8 Carol Ruscini - July 2
 Karen Bull - July 29 Carol L. Holmberg - July 3 Naomi Sanchez - July 5
 Mary Burrell - July 23 Louella Hull - July 8 Barbara Sanders - July 7
 Charlene Busby - July 17 Paul Karosas - July 1 Sandra Schwartz - July 23
 Frank Buschman - July 19 Rejeanna Knoblauch - July 26 Beth Scott - July 27
 Crystal Cain - July 15 Joyce Lay - July 10 Abelino Serrano - July 19
 Sandra K. Carruthers - July 30 Sylvia Lobato - July 29 Yoshimi Shinto - July 3
 Betty Jo Cato - July 15 Wanda Mangus - July 3 Richard Smith - July 27
 Linda Clabaugh - July 11 Joanne Marquez - July 16 Blair Sorenson - July 22
 Georgine Coleman - July 25 Betty Martin - July 19 Charles Stertz - July 24
 Terry Coon - July 7 Susan McCauley - July 7 Summer Vanvleet - July 24
 Hellen Cortez - July 22 Mae Medeles - July 19 Janie Young - July 3
 Gwendole Dare - July 20 Annette Moesch - July 6
 Sadie DeHerrera - July 21 Virginia Mosley - July 21
 Kathy Dewald - July 19 Bob Perez - July 22
 Cecilia Dones - July 1 JoAnn Ramsey - July 20
 Gail Drapeau - July 6
 Dora English - July 10
 Glenyce Ferree - July 8

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