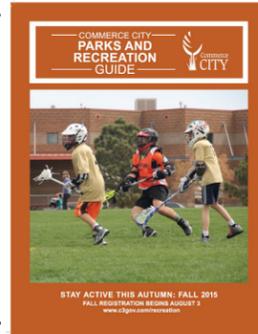


New fall activity guide coming soon

The parks and recreation fall 2015 activities guide is coming soon to your mailbox.

Learn about free and fun drop-in activities like the NEW walking group starting in September. The guide also features older adult classes, day trips and activities from September through December.

Fall registration begins August 3. Register for classes and activities online at c3gov.com/register, by phone at 303-289-3789, or in person at the recreation center, 6060 E. Parkway Dr.



On the Horizon

THUR, SEPTEMBER 10

Health by Chocolate

Join us for a cooking demo to indulge in. Chocolate can actually be good for us. Taste the quality and learn how to use chocolate to enhance your food and your health. The workshop is limited to 15 people, be sure to register early.

10 a.m.-Noon 4701.302 \$2/\$3

WED, SEPTEMBER 23

Volunteer Recognition Dinner

Save the date for this year's senior volunteer recognition dinner. This annual event is the city's opportunity to thank those who volunteer their time and talents to make programs successful.

Time/Location TBD

THUR, OCTOBER 1

Your Town Tour

Spend the day out and about town with department directors as your personal tour guides. See some of the newest park and recreation amenities as well as local places of interest. Learn about the transportation and development happening in our thriving community. A charter bus will pick up the group at the Commerce City Older Adult/ Senior Center. Lunch at Bison Grill at Buffalo Run Golf Course will be provided.

9 a.m.-4 p.m. 4601.307 \$10/\$11



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.

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Colorado
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COMMERCE CITY ON THE Move



Guests make a splash at the grand opening of Paradise Island at Pioneer Park.

New outdoor leisure pool, Paradise Island, opens

Commerce City celebrated the opening of the city's new outdoor leisure pool, Paradise Island at Pioneer Park (5951 Monaco St.), on July 10. The pool is the first of five projects completed in five years as promised through the \$137 million voter-approved capital improvement program.

Paradice Island is a great asset to local residents as well as surrounding communities. The first of its kind in Commerce City and a state-of-the-art aquatic facility, the 2-acre center features:

- A 5,000-square-foot zero-depth leisure pool
- Three water slides (speed, body flume and inner tube)
- A 250-foot lazy river with a variety of sprays and geysers
- An activities pool for lap lanes, swim lessons and volleyball
- Shaded areas

Seniors age 62 and older receive discounted admission to the pool. Find information on rates, lap swim, water walking hours, and more, in the summer activity guide or at c3gov.com/paradice.

“With more than 50,000 residents and growth projected to continue, having an outdoor place for all generations helps achieve our vision of a Quality Community for a Lifetime,” said Mayor Sean Ford. “I want to thank voters for their trust in the city and helping us to meet the needs of current and future residents.”

The outdoor leisure pool is one of five projects funded by a 1 percent sales and use tax increase approved by voters in 2013 to build, operate and maintain five projects over the next five years. The projects include:

- Three new neighborhood parks (Fronterra, Turnberry and Villages at Buffalo Run East)
- Widening of Tower Road from E. 80th to E.103rd avenues
- New recreation center at Second Creek
- New additions to existing recreation center
- New outdoor pool at Pioneer Park (completed July 2015)

Learn more about the pool and the city's other capital improvement programs at c3gov.com/QCL.

August 2015

Programs, Excursions
and Services for Seniors
and Older Adults

Upcoming Events

WED, JULY 29

Coffee with Chief Smith

Grab a cup of coffee and join Chief of Police Troy Smith as he provides the latest information about the five-year process of change within the department. Department reform is on the right track to making the community a better place – high speed chases are down 88 percent, use of force cases are declining, and sexual assault and domestic violence victims are being better served. Learn more about all the ways Chief Smith is making the community safer and learn more about the department's reform.

9 a.m. FREE
Recreation Center
Multi-purpose rooms A & B

TUES, AUG 18

Provide Input on Recreation Center Programming Elements

Join us for a special senior meeting to discuss the programming elements planned for the current and future recreation centers. During the meetings, city staff will present possible programming elements for the sites. Your input will help the city better understand what should be incorporated into the final plans. Dessert will be provided.

1-2:30 p.m. FREE
Commerce City
Older Adult/Senior Center

MON, AUG 24 - MON, SEPT 7

Recreation Center Closure

The recreation center, including the Commerce City Older Adult/ Senior Center, is closed August 24 - September 7 for annual cleaning and maintenance. The facility will be refreshed with paint, cleaned carpets and hardwood floors, sanitized equipment, and general repairs.

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 8/5 • Gambling Century Casino • Central City • 3
Enjoy the mountain scenery on the way to Gambling Century casino.
9 a.m.-3 p.m. 4501.214 \$6/\$7

Thur 8/6 • Shop Around Town (outlet) • Denver Area • 2
Shop for goods at great prices at local outlet stores.
9 a.m.-5 p.m. 4401.204 \$6/\$7

Mon 8/10 • Swetsville Zoo • Ft. Collins • 3
View the crazy creatures made from car parts, farm machinery and scrap metal made by this local artist.
9 a.m.-4 p.m. 4501.237 \$7/\$8

Thur 8/13 • 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. 4501.212 \$5/\$6

Mon 8/17 • Dinner Out Edelweiss German Restaurant • Colorado Springs • 1
Enjoy European favorites at this German restaurant in Colorado Springs. Early departure.
3-9 p.m. 4501.208 \$7/\$8

Wed 8/19 • May Natural Museum • Colorado Springs • 3
Learn about 8,000 of the world's best-kept bugs, insects and other crawly things at this roadside museum.
9 a.m.-5 p.m. 4501.239 \$10/\$11

Thur 8/20 • 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. 4501.204 \$9/\$10

Fri 8/21 • Adventure Golf • Westminster • 3
Enjoy a day of fun at this park with three mini-golf courses, electric go-karts and bumper cars.
9 a.m.-2 p.m. 4501.240 \$12/\$13

SUMMER CLOSURE

The game room, including billiards play, is closed now through September 8 to accommodate youth summer camp. 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

PROGRAM ASSISTS LOW-INCOME HOMEOWNERS WITH GRANTS TO MAKE NECESSARY HOME REPAIRS

Make repairs to your home with the help of the Minor Home Repair Program

Residents that want to make improvements to their home but are currently lacking funds have a new Commerce City program to consider. The Minor Home Repair Program provides grants to low-income residents who are in need of repairs that will make their home a safe, sanitary and energy efficient dwelling. Some improvement examples include roof repair, gutter work, drainage and plumbing, electrical, heating and energy efficiency.

"Housing systems that are in danger of failure or that could lead to a major health, safety or sanitary concerns are the primary homes we're looking to address the Minor Home Repair Program," said Housing Coordinator Tracy Jones.

Applications will be sent to interested applicants who have verified preliminary eligibility with the Commerce City Housing Authority. If the application is approved an on-site visit will need to be conducted to determine essential repairs before a bid is released to local contractors.

Eligibility Requirements:

- The home must be a single-family residence.

- Mobile homes must have Department of Housing and Urban Development (HUD) manufacturer certification labels (manufactured after 1976).

- The applicant must own the home (name be on the Deed of Trust) and the home must be the applicants primary residence.

- The applicant's annual household income may not exceed amounts shown in the following chart as determined by HUD.

Family Size	Income Limit
1	\$42,950.00
2	\$49,100.00
3	\$55,200.00
4	\$61,350.00
5	\$66,300.00
6	\$71,200.00
7	\$76,100.00
8	\$81,000.00

If you are interested in the Minor Home Repair Program call 303-289-3696 to schedule an initial telephone interview to determine preliminary eligibility.

Don't Miss It!

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

THUR, AUGUST 13

Neighborhood Outreach

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. Pioneer Park FREE

TUE, AUGUST 18

Salad Days

Birthday lunch takes a break in August, but you can join us for salad day! (August birthdays are celebrated at the September birthday lunch). Enjoy a fresh, homemade taco 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. \$3.50

Wellness CORNER

MAKE THE MOST OF EACH DAY

10 steps to get the most out of each day

1. **Think positive.** Negative thoughts can become self-fulfilling. Never let your age be an excuse.
2. **Turn your spark into a flame.** Find your passion and nurture it.
3. **Keep your motor running.** Don't underestimate the ability to recharge through lifestyle changes and "attitude" adjustments.
4. **Eat a balanced diet.** Use a common-sense approach including lots of fruits and vegetables. Go easy on the sugar and salt.
5. **Regular Exercise.** Set realistic goals. Remember you are exercising the body you have now, not the one you had 10 years ago.
6. **Connect with people.** Stay socially active. Volunteering and other kinds of civic involvement can contribute to better health.
7. **Don't stay down.** Feeling down at times is normal but it can sap your energy and interest. If you're feeling out of sorts for two weeks or more, talk with your doctor.
8. **Keep learning.** You can learn new subjects or pick up a new skill at any age. So why not start today?
9. **Invest in you.** It may take energy and effort, but the results will be worth it.
10. **Have fun!** Fill your life with joy and laughter.

Get the most out of each day and stop by the Commerce City Older Adult/Senior Center for a full list of exercise and fun, social opportunities.

AUGUST 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 10 a.m. Life Isn't Easy Noon Dominos 1:30 p.m. Line Dance	4 Noon Potluck & Bingo 	5 9 a.m. Gambling (Central City) 9 a.m. Quilting & Sewing	6 9 a.m. Shop Around Town (Denver area outlets)	7 10 a.m. Intro to Reflexology 10 a.m. Beading 11 a.m. Fitness & Wellness Committee Meeting 1 p.m. Card games	8
9	10 9 a.m. Sweetsville Zoo (Ft. Collins) 9 a.m. Scrapbooking & Cardmaking Noon Dominos 1:30 p.m. Line Dance	11 10 a.m. Outreach Committee Meeting 1 p.m. Bunco	12 9 a.m. Quilting & Sewing 3 p.m. Legendary Ladies	13 8:30 a.m. Gone Fishing (TBA) 6 p.m. Neighborhood Outreach at Pioneer Park	14 10 a.m. Beading 1 p.m. Card games	15
16	17 Noon Dominos 1:30 p.m. Line Dance 3 p.m. Dinner Out "Edelweiss German Restaurant" (Colorado Springs)	18 11 a.m. Taco Salad Day 	19 9 a.m. May Natural Museum (Colorado Springs) 9 a.m. Quilting & Sewing	20 8:30 a.m. Indian Springs Hot Springs (Idaho Springs)	21 9 a.m. Adventure Golf (Westminster) 10 a.m. Beading 1 p.m. Card games	22
23	24	25	26	28	28	29
R E C R E A T I O N C E N T E R C L O S E D						
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.



AUGUST BIRTHDAYS

Norma Anderson Aug 22	Robert A. Kreutzer Aug 22	Geraldine Rick Aug 29
Joseph Aparicio Aug 19	Dennis La Favre Aug 1	Joe P. Roybal - Aug 8
John Barkey - Aug 30	Sheila Jan Laseman Aug 6	Lilly M. Roybal Aug 19
Liz Boyd - Aug 10	Billy Little - Aug 23	Betty Salazar - Aug 14
Norm Brown - Aug 17	Wanda Little - Aug 25	Bill Schumann Aug 29
Kathleen Burghom Aug 31	Edward Loffredo Aug 18	Connie Serrano Aug 1
Helen Clark - Aug 30	Cathleen Lovette Aug 25	Kay Soens - Aug 28
Eva Colburn - Aug 26	Betty Martinez Aug 15	Antoinette Soliz Aug 5
Eugene Davis - Aug 10	Annie McGinley Aug 21	Carmalita Soto - Aug 6
Rita Federico - Aug 28	James Meyer - Aug 21	Mary Specht - Aug 20
Roxanne Fox - Aug 2	Pat Milner - Aug 2	Glenn Stanchfield Aug 29
Richard Fulsom Aug 29	Helen Mitts - Aug 31	Lorraine Sullivan Aug 7
Diana Garcia - Aug 23	JoAnn Moss - Aug 15	Patti Teter - Aug 24
Flora J. Garcia - Aug 31	Pearl Mott - Aug 8	Clorice Trujillo Aug 28
Linda Gilbert - Aug 9	Mary Kay Natho Aug 20	Charles Etta Underwood - Aug 30
Eleanor Gonzales Aug 11	Nina Nippe - Aug 9	Mary Vigil - Aug 21
Nestor Gonzales Aug 19	Irene Nuhn - Aug 31	Wesley Walker Aug 28
Carol Hamm - Aug 22	Diane Olson - Aug 7	Patricia Walters Aug 3
Al Hardt - Aug 11	Jim Olson - Aug 9	Virgil Watson Aug 14
Randolph Hintzen Aug 15	Leroy Overall - Aug 26	Frances Zelinkoff Aug 1
LaNora Jackson Aug 4	Louise Pacheco Aug 25	
Ronnie Jones - Aug 21	Pat Pacheco - Aug 25	
Talber Kanz - Aug 31	Jan Parker Aug 7	
Robert Kimmel Aug 27		

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