

Foodie Corner

Get your meal to go by calling
303-289-3756.

FRI, OCT 30

Biscuits and Gravy Breakfast

Bring your friends to enjoy a hearty breakfast at the senior center, benefiting the Goodfriends scholarship program.

7-10 a.m. \$3.50 at the door

TUE, NOV 17

Birthday Lunch

Enjoy a delicious meal of roast turkey carved by the chef, stuffing, mashed potatoes, gravy, green bean casserole, and pumpkin pie for dessert. Signup deadline is Nov. 12. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.

Noon - 1:30 p.m. 4201.303 \$7/\$9



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.

New activity guide coming soon

The parks and recreation winter-spring 2016 activities guide is coming soon to your mailbox.

Learn about free and fun drop-in activities like the NEW international cuisine series starting in February. The guide also features older adult classes, day trips and activities from January through April.

Winter-spring registration begins December 1. 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

FRI, DEC 4

Disney on Ice presents Frozen

Enter a winter wonderland beyond imagination at Disney On Ice presents Frozen. Be magically whisked away with dazzling special effects and astonishing skating. Hosted by Mickey and Minnie, with special appearances by beloved Disney characters, this unforgettable story of love and friendship will leave you with memories to last a lifetime.

10 a.m.-2 p.m. 4501.333 \$18/\$19

TUE, DEC 22

Denver Zoo Lights Walk

Zoo lights will nearly double in size this year, spanning 70 acres of Denver Zoo's campus, with nightly entertainment and animal encounters. View illuminated animal sculptures that swing through trees, jump across lawns, hide in bushes, and appear in places where they are least expected!

3-8 p.m. 4501.337 \$12/\$13

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COMMERCE CITY ON THE Move



Councilman Andrew Amador, Mayor Pro Tem René Bullock, Mayor Sean Ford and Councilwoman Crystal Elliott pose with Bob and Carmen Kreutzer, winners of this year's Triple C Award.

Senior volunteers recognized at annual dinner

Guests enjoyed a night of classic Hollywood glitz and glamour

This year's senior volunteer recognition dinner was held Wednesday, Sept. 23 at Las Brisas, 7150 Ivy Street.

This annual event is the city's opportunity to thank those who volunteer their time and talents to make city programs successful. Seventy-three volunteers contributed more than 6,400 hours of service to the city.

Guests were treated to an Italian dinner and a ceremony around the theme "classic Hollywood," including music provided by the Penepain Jazz Band.

"It was great to see the guests enjoying the Hollywood theme," said Zach Roth, senior recreation coordinator. "This event is just a small token of our appreciation for the many hours the volunteers give to the city."

This year's winners of the Triple C Award were Bob and Carmen Kreutzer, a leading couple who were in charge of the Music Makers in a musical leadership and support role from 2006 to 2014. They also received the prestigious Red Sweater Award, presented by Wells Fargo Bank of Commerce City. Recipients of the Triple C Award demonstrate consistent and considerate commitment to the city's senior program.

Commerce City would like to thank all volunteers for dedicating their time, talents and service to help make Commerce City a quality community to live in. Without many hands – or 6,400 hours – all working toward a common goal, the programs and services provided would not be as successful.

November 2015

Programs, Excursions and Services for Seniors and Older Adults

2016 Senior Advisory Committees applications due Nov. 20

Make your voice heard in senior programs, services and activities by participating in one of three senior advisory committees.

Program Committee

Provide program feedback and ideas for special events and senior center trips. Meets every other month.

Outreach Committee

Assist staff with planning, coordinating and leading outreach efforts to target older adults in Commerce City and Adams County. Meets every other month.

Health and Wellness Committee

Provide input and suggestions for older adult/senior fitness and health programs provided by the department. Meets monthly.

For more information or to receive an application, call Derrick Tripp, recreation supervisor at 303-289-3761. Applications are due Nov. 20.

Van Drivers Wanted

Make a difference and volunteer to drive during recreation day trips. Drivers receive FREE meals and trip admission. For more information, including requirements, please contact Zach Roth at 303-289-3720.

Kick off the fall season 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.

Thur 11/5 • Shop Around Town (craft) • Denver Area • 2
Look for bargains at local craft stores.
4401.303 9 a.m.-5 p.m. \$6/\$7

Fri 11/6 • Walker Fine Art Display • Denver • 3
View contemporary art exhibits in this hip, loft-style Prado high-rise.
4501.328 10:30 a.m.-3 p.m. \$6/\$7

Mon 11/9 • Rockmount Western Wear & Museum • Denver • 3
Add flair with a western shirt, boots or a whole outfit.
4501.329 9 a.m.-2 p.m. \$6/\$7

Fri 11/13 • Colorado Railroad Museum • Golden • 3
Learn about the railroad era, particularly the state's pioneering narrow gauge mountain railroads.
4501.330 9:15 a.m.-2 p.m. \$10/\$11

Sat 11/14 • Mother Daughter Tea • Eaton • 1
Join us for an elegant afternoon tea. Mother, daughters, aunts, nieces are welcome!
4601.302 11 a.m.-4 p.m. \$22

Thur 11/19 • Indian Springs hot springs • Idaho Springs • 3
Relax at the natural hot springs. Admission is in addition to trip fee.
4501.302 8:30 a.m.-3 p.m. \$9/\$10

Fri 11/20 • Schweiger Ranch Tour • Lonetree • 3
Tour the historic restoration of the ranch and its buildings and learn about settler life in the late 1800s.
4501.331 11 a.m.-4 p.m. \$6/\$7

Mon 11/23 • Dinner out "Bent Fork" • Aurora • 1
Enjoy a dinner with friends at this Aurora favorite.
4501.306 4:30-8 p.m. \$6/\$7



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

Community gives input on recreation center programming

Thank you to the 800-plus community members who provided suggestions for recreation amenities, classes and program offerings for the new and existing recreation centers.

The city hosted four public meetings, several focus groups and surveys to obtain feedback about programming elements for both facilities.

Top suggestions for the existing recreation center at 6060 E. Parkway Drive:

- Locker room renovations and family locker rooms
- Support/spectator space
- Warm water (therapy) pool
- Improve building flow

Top suggestions for the new recreation center to be located near 112th Avenue and Chambers Road:

- Create a community space accessible to the entire community
- Build and design to meet growing population
- Start with core amenities (weight room, pool, multi-purpose space, etc.)
- Multi-functional spaces with opportunities for age-specific programming
- Family programs, areas and services needed

The top requested amenities include an indoor leisure swimming pool, weight/fitness areas, walking/jogging track, outdoor spray ground and indoor lap lane pool. Youth sports and aquatics ranked as the two most important programs. Wellness, fitness and family activities were ranked very important by over half of respondents.

Survey responses were balanced among neighborhoods and length of residency. Females under age 45 with children was the largest response group. Staff reached out to key recreation users such as youth, older adults/senior citizens, youth sports associations and Spanish-speakers to ensure a representative set of opinions.

Design of the new recreation center is scheduled to begin this December and design of the existing recreation center additions is expected in spring 2016. There will be additional opportunities for community engagement throughout the design process. Both recreation centers are expected to undergo construction in 2017 and be completed by 2018.

Wellness CORNER

Senior Walking Group

Stay active this winter with the senior walking group.

The senior walking group meets on the first and third Friday of each month at 10 a.m. Walk as little or as much as you want and enjoy the socialization with other walkers. Participants meet in the recreation center lobby and then move to the basketball gym or upstairs walking track.

There is no cost, but a recreation center membership is required to gain access to the active side of the building.

Don't Miss It!

WED, NOV 4

Healthy Eating during the holidays with Woodridge Terrace

There's so much turkey, stuffing, and eggnog this time of the year. For those who would like to indulge and still stay within healthy limits, come join us for some tips and tricks on how to enjoy all of these holiday favorites without affecting too much of your waistline.
10-11:30 a.m. 4701.306 \$2/\$3

SAT, NOV 7

9Health Fair

The fair provides free and low-cost screenings, flu shots, wellness activities and resources for improving health and fitness. For more information on the 9Health Fair, visit www.9healthfair.org.
7 a.m.-1 p.m. FREE
Adams City High School, 7200 Quebec Pkwy.

WED, NOV 11

Music Therapy with Aileen Voyles

Come join us for an educational and interactive presentation about music therapy. Learn about the uses of music therapy as well as partake in recreational music making. The presenter is a board certified music therapist. No experience necessary and all ages and abilities are welcome.
10-11:30 a.m. 4701.309 \$5/\$6

THU, NOV 12

Domino Tournament

Enjoy friendly competition with friends at the domino tournament. 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 are provided.
11 a.m. 4601.304 \$5/\$6

SAT, NOV 14

Mother and Daughter Tea

Grandmothers, daughters, and granddaughters are cordially invited to dress up for tea time at Victoria's Tiny Team room in Eaton. Prior to the four-course tea, play dress up with the tea room's full array of fancy hats, boas and gloves. Cost includes transportation and meal.
11 a.m.-4 p.m. 4601.302 \$22

NOVEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 10 a.m. Life Isn't Easy Support Group Noon Dominos 1:30 p.m. Line Dance	3 Noon Potluck & Bingo 	4 9 a.m. Quilting & Sewing 10 a.m. Healthy Eating with Woodbridge Terrace	5 9 a.m. Shop Around Town (Denver)	6 10 a.m. Walking Group 10 a.m. Beading 10:30 a.m. Walker Fine Art Display (Denver) 11 a.m. Fitness & Wellness Committee 1 p.m. Card Games	7
8	9 9 a.m. Rockmount Western Wear & Museum (Denver) 9 a.m. Scrapbooking & Cardmaking Noon Dominos 1:30 p.m. Line Dance	10 10 a.m. Umbrella Committee 1 p.m. Bunco	11 9 a.m. Quilting & Sewing 10 a.m. Music Therapy with Aileen Voyles	12 11 a.m. Dominos Tournament 	13 9:15 a.m. Colorado Railroad Museum (Golden) 10 a.m. Beading 1 p.m. Card Games	14 11 a.m. Mother Daughter Tea (Eaton) 
15	16 11 a.m. Program Committee Noon Dominos 1:30 p.m. Line Dance	17 Noon Birthday Lunch 	18 9 a.m. Quilting & Sewing	19 8:30 a.m. Indian Springs hot springs (Idaho Springs)	20 2016 SAC applications due 10 a.m. Walking Group 10 a.m. Beading 11 a.m. Schweiger Ranch Tour (Lone Tree) 1 p.m. Card Games	21
22	23 Noon Dominos 1:30 p.m. Line Dance 4:30 p.m. Dinner Out "Bent Fork" (Aurora)	24 1 p.m. Movie Matinee	25 9 a.m. Quilting & Sewing	26 RECREATION CENTER CLOSED 	27 10 a.m. Beading 1 p.m. Card Games	28
29	30 Noon Dominos 1:30 p.m. Line Dance					

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.

NOVEMBER BIRTHDAYS

Maria B. Armendariz November 3	Loretta Haines-Garcia November 24	Ella May Phillips November 10
Dean Banner November 21	Vada Hammel November 19	Robert Pitiak November 20
Emma Camacho November 18	Jo Ann Hardt November 21	Frank Riel November 14
Josephine Cardenas November 1	Edna Henkel November 18	Geraldine Romero November 28
Lenore Cawthra November 7	Lupe Herrera November 2	Evangeline Rountree November 8
Sherri Choromokos November 8	Marshall Johnson November 20	Margaret Rouze November 30
Fern Conklin November 17	Carlene Knisley November 10	Darryl Scadden November 7
Kenneth Doss November 23	Leslie Knisley November 4	Anita M. Solano November 13
Marjorie Eaton November 8	Orval Lewis November 22	Frank E. Taylor Jr November 16
Debbie Elliott November 30	Edmundo E. Lopez November 20	Sam Terasaki November 6
Anderson Ezzard November 16	Linda Mackey November 10	Alma Urquhart November 6
Eugene Fahey November 11	Honey Masters November 19	Priscilla Velasquez November 9
Norma Farkas November 13	Mary McFarlin November 11	Cathy Venard November 11
Joyce Farmer November 7	Carolyn Mckinney November 22	Jimmie Vrazsity November 19
Rito Federico November 24	Sam Miranda November 1	Ethel Wheeler November 26
Joseph Flood November 6	Fred Mondragon November 5	Patsy Young November 28
Maxine Galindo November 27	Theresa Mousel November 14	Delores Yunko November 25
Don Gamble November 11	Josie Perea November 30	

IMPORTANT NUMBERS

CITY OF COMMERCE CITY

Department of Parks
and Recreation
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SENIOR CENTER HOURS

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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

Food Bank of the Rockies
303-375-5840

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