



January Birthday Lunch

Tue 1/19
Birthday Lunch

Enjoy a delicious meal of meat loaf, mashed potatoes and gravy, peas and pearl onions, and yellow cake with chocolate frosting for dessert. Signup deadline is Jan. 14. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.

Noon - 1:30 p.m. 4201.101 \$7/\$8

Take the parks, recreation and golf survey

The city wants your feedback on customer service and satisfaction with city parks, the recreation center, and Buffalo Run Golf Course in 2015.



Participants have the option to enter to win one of four free passes to Buffalo Run Golf Course, the Commerce City Recreation Center or Paradise Island pool. Fill out all four surveys to increase your chances to win.

Take the survey online at www.c3gov.com/recreation or ask for a hard copy at the recreation center front desk. **Surveys must be completed by December 31, 2015.**

On the Horizon

Fri 12/12

Biscuits and Gravy Breakfast

Meet your friends or bring your sweetie down to the Commerce City Recreation Center and enjoy an early start to the Valentine's Day holiday. Your Valentine's Day breakfast will feature a traditional biscuit with sausage gravy meal. Proceeds benefit the Goodfriends scholarship program.
7-10 a.m. \$3.50 at the door

Wed 2/24

Soup Days

With the change in seasons comes a change in the menu, from summer salads to winter soups. Bring or meet a friend for a hearty, healthy lunch of delicious tomato soup, with fresh rolls and dessert. Proceeds benefit the Goodfriends scholarship program.

11 a.m.-1 p.m. \$3.50 at the door



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
80022

COMMERCE CITY **ON THE Move**



Discover new programs in 2016

Check out the latest programs from new international cuisine day trips, to classes connecting the mind and body

Discover more possibilities at the Commerce City Older Adult/Senior Center with these informational programs, and day trips!

Explore the world of flavor

Take a culinary adventure to another country with the NEW International Cuisines Series. Enjoy classic Jamaican food such as curry, oxtail and jerk chicken in this colorful eatery on the first stop of the international cuisine series. Then travel to Japan for homestyle Japanese fare and sushi. Look for this series to continue throughout 2016.

Thur 2/25

"Jamaican Grill" Denver
11 a.m.-3 p.m. 4501.120 \$6/\$7

Mon 4/25

"Domo Japanese" Denver
11 a.m.-2 p.m. 4501.134 \$6/\$7

Connect with the mind and body
Explore your mind-body connection with these educational classes and fitness programs.

Learn more about chakras, energy centers within the human body, in a NEW series of eight classes. Series 1-4 covering the first two chakras will be taught during the winter-spring session and series 5-8 covering the next two will be taught in the upcoming summer session.

Wed 1/6

Introduction to the First Four Chakras: Part 1 of 8
10 a.m.-Noon 4701.101 \$5/\$6

Learn practice techniques such as deep breathing exercises, meditation methods, and much more that can all be done in 10 minutes or less.

Thur 3/10

Zen in 10
10 a.m.-Noon 4701.107 \$2/\$3

January 2016

Programs, Excursions
and Services for Seniors
and Older Adults



Participants at last year's senior focus group event.

2016 Senior Focus Group

The parks and recreation division is hosting a senior focus group to gather your thoughts and input to create a senior action plan for 2016.

Join division leaders in making decisions about senior programs in the community and tell us what you need to make Commerce City a quality community for a lifetime.

Last year, 20 focus group participants provided new ideas and suggestions such as creating a new senior center brochure, starting a walking group, and hosting a senior center talent show to name a few.

Pre-register so that we can prepare enough material. Food and drink provided. For more information, call Derrick Tripp, recreation supervisor at 303-289-3761.

Tue 1/12 5-7 p.m.
Commerce City Recreation Center

Ring in the new year 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 1/7 • Shop Around Town (craft) • Denver Area • 2
Shop for arts and crafts for your next project.
4401.101 9 a.m.-5 p.m. \$6/\$7

Fri 1/8 • Tour International Hearing Dog, Inc. • Denver • 2
Learn how dogs are trained to assist persons who are deaf or hard-of-hearing. No open-toed shoes.
4501.110 10 a.m.-2 p.m. \$6/\$7

Mon 1/11 • International Exhibition of Sherlock Holmes • Denver • 1
Don't miss this special tour in Denver! This interactive experience combines science and history to bring to life Sherlock Holmes stories.
4501.111 8:30 a.m.-1:30 p.m. \$20/\$21

Thur 1/14 • Thornton Fire Station • Thornton • 1
Gain first-hand knowledge about life in a fire station.
4001.112 9:15 a.m.-3 p.m. \$6/\$7

Wed 1/20 • An Evening with Dancing Horses • Denver • 2
NEW this year, enjoy two exciting stock show events! First up, experience an evening of equestrian showmanship and dazzling live brass music.
4501.113 5-10 p.m. \$20/\$21

Thur 1/21 • National Western Stock Show & Rodeo • Denver • 3
Find your western spirit at this event with a variety of cowboys, horses, cattle and professional rodeo riders.
4501.114 9:30 a.m.-4 p.m. \$20/\$21

Mon 1/25 • Dinner Out "Olive Garden" • Northglenn • 1
Enjoy family style dining and fresh Italian food with friends.
4501.103 4:30-8 p.m. \$6/\$7

Tue 1/26 • Twist & Shout Music & Tattered Cover Books • Denver • 2
Browse thousands of vinyl records, CDs, and DVDs, culled from eclectic sources all over the world, and then visit one of the largest independent bookstores in the United States. Bring your old records to see what they're worth.
4501.115 10 a.m.-3 p.m. \$7/\$8

Thur 1/28 • Lunch & Movie • Arvada • 1
Spend the afternoon out of the cold and enjoy lunch and the latest Hollywood blockbuster.
4501.116 11 a.m.-5 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:

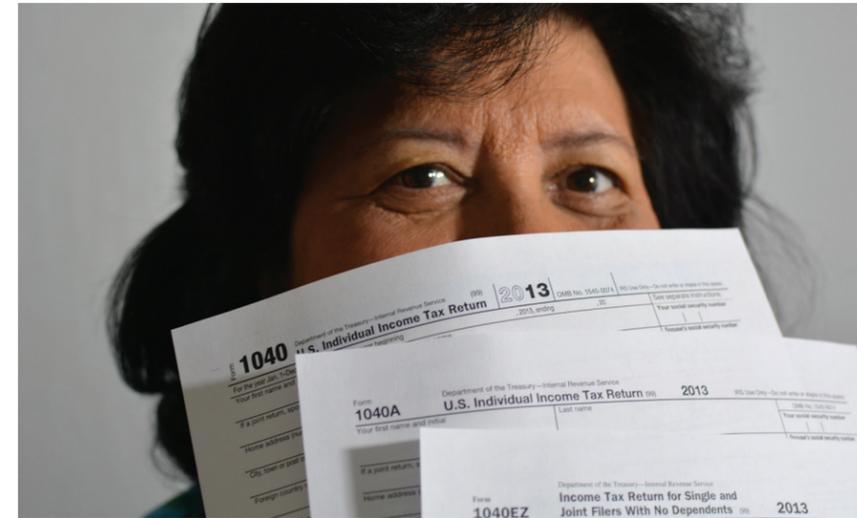
LEVEL 1
Parking lot, short walking distance, minimal activity.

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



Tax Preparation Program

Volunteers with the Adams County Treasurer's Office are available to provide FREE income tax preparation services every Thursday during the tax season.

Qualifications

Basic income taxes are prepared for those individuals with low to moderate income. Volunteers prepare free basic income tax and free electronic filing for those taxpayers with a combined income of \$56,000 or less.

What You'll Need

You must bring the following:

- Social security cards for yourself and any dependents
- A government issued photo ID
- All W-2s, 1098 and 1099 forms
- Proof of any other income received
- Any deductible expenses
- A copy of last year's tax return (Copies are NOT provided)

Commerce City Recreation Center

Thursdays 1/28-4/14

8:30 a.m.-2:30 p.m.

No reservations needed.

Wellness CORNER

Tue 1/12

Tips for Staying Fit

Start the New Year off by learning how to exercise the right way. Whether you are generally healthy or just getting back to an exercise routine, learn how to get more active, improve confidence, and boost your fitness.

10 a.m.-Noon 4701.110 \$2/\$3

Don't Miss It!

Mon 1/4

Life Isn't Easy

Come share your life experiences, good and bad, in this monthly support group. This discussion group is coordinated by Steve Latham, senior resources program assistant.
10 a.m. FREE

Wed 1/6

Introduction to the First Four Chakras: Part 1 of 8

Chakras are energy centers within the human body. Explore the first four chakras into the heart zone with this series of eight classes. Using the story of Hansel and Gretel as a tool, we will talk about how the chakra concepts relate to the creative, life and spiritual journey. Each class will have a guided meditation to correspond with it.
10 a.m.-Noon 4701.101 \$5/\$6

Fri 1/22

VIP Recognition Event

Did you participate in at least 12 trips with the Commerce City Senior Center between July 1-December 31, 2015? If so, we want to recognize you as a VIP trip participant and say a toast! There is no cost for this event, but make sure you have participated in at least 12 trips during the second half of 2015 and register in advance.

11 a.m.-12:30 p.m. 4601.101 FREE



Wed 1/27

AARP Driver Safety

Learn defensive driving techniques and new traffic laws. Course participants may be eligible to receive an insurance discount. (Consult your insurance agent for further details). Class is \$15 for AARP members and \$20 for nonmembers. Payment is due to the instructor on the day of class, but pre-register for class materials.

8:30 a.m.-12:30 p.m. 4701.105 \$15/\$20

JANUARY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 RECREATION CENTER CLOSED <i>Happy New Year!</i>	2
3	4 10 a.m. Life Isn't Easy Support Group Noon Dominos 1:30 p.m. Line dance	5 Noon Potluck & Bingo 	6 9 a.m. Quilting & Sewing 10 a.m. Introduction to the First Four Chakras: Part 1 of 8	7 9 a.m. Shop Around Town (craft)	8 10 a.m. Tour International Hearing Dog, Inc. 10 a.m. Beading 1 p.m. Card games	9
10	11 8:30 a.m. International Exhibition of Sherlock Holmes 9 a.m. Scrapbooking & Cardmaking Noon Dominos 1:30 p.m. Line dance	12 10 a.m. Tips for Staying Fit 1 p.m. Bunco 5 p.m. Senior Focus Group	13 9 a.m. Quilting & Sewing	14 9:15 a.m. Thornton Fire Station	15 10 a.m. Walking Group 10 a.m. Beading 1 p.m. Card games	16
17	18 Noon Dominos 1:30 p.m. Line dance	19 Noon Birthday Lunch 	20 9 a.m. Quilting & Sewing 5 p.m. An Evening with Dancing Horses	21 9:30 a.m. National Western Stock Show & Rodeo 	22 10 a.m. Beading 11 a.m. VIP Recognition Event 1 p.m. Card games	23
24	25 Noon Dominos 1:30 p.m. Line dance 4:30 p.m. Dinner Out "Olive Garden"	26 10 a.m. Twist & Shout and Tattered Cover Books 1 p.m. Movie Matinee	27 8:30 a.m. AARP Driver Safety 9 a.m. Quilting & Sewing	28 8:30 a.m. FREE Tax Assistance 11 a.m. Lunch & Movie 1 p.m. Bingo 	29 10 a.m. Beading 1 p.m. Card games	30
31						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.

JANUARY BIRTHDAYS

Ana Abarca-Jan 11	Joan Gray-Jan 4	Secundino Montoya-Jan 20
Joyce Adam-Jan 18	Beverly Griego-Jan 16	Gunda Nienke-Jan 7
Glendia Alexander-Jan 9	Kathleen Halbert Jan 8	Mary Nishiyama-Jan 25
Lois Alvarado-Jan 25	Nit Hamby-Jan 1	Kathy Peterson-Jan 24
Martha Applegarth-Jan 19	Norma Hatfield-Jan 20	Phyllis F. Phillips-Jan 27
Rebecca Baca-Jan 29	Marianne Hayes-Jan 23	Frank Poeblla-Jan 11
Evelyn J. Barnard-Jan 24	Janice Herman-Jan 11	Wanda Poole-Jan 6
Beverly Benzel-Jan 16	Charles Horner-Jan 11	Linda Salazar-Eddy-Jan 4
Susan Blaise-Jan 3	Susan Horner-Jan 26	Joe J. Sanchez-Jan 5
Theodore Brown-Jan 31	Emilie Hudson-Jan 29	Levi Sanchez-Jan 21
Thomas Castro-Jan 9	Leota Huff-Jan 23	Charles Schiro-Jan 2
Harry Cloude-Jan 27	Lois Irwin- Jan 1	Rose Schwab-Jan 8
Anita Compos-Jan	Marjorie Korneychuk-Jan 14	Theresa Seamster-Jan 9
Helen Contreraz-Jan 27	Loretta Lachapelle-Jan 4	Pat Smay-Jan 10
Helga Crawford-Jan 6	Mary Landin-Jan 18	Karen Smith-Jan 9
Viola Davenport-Jan 2	Marjorie Lindstrom-Jan 9	Iris Streno-Jan 14
Linda Devargas-Jan 25	Cecila Lobato-Jan 18	Sharon Thompson-Jan 4
Dorene Dodson-Jan 6	Hope Martinez-Jan 4	Stanley Triggs-Jan 4
Ramona Dunn-Jan 24	Patricia Martinez-Jan 29	Norman Union-Jan 4
Zelda Dwarica-Jan 24	Theresa Martinez-Jan 20	Mary Vigil-Jan 22
Sandra Dye-Jan 5	Betty Mathews-Jan 22	Ferrand Vowell-Jan 11
Kenneth A. Flood Sr.-Jan 25	Connie McWhirt- Jan 10	Linda Weigel-Jan 3
Linda Fortney- Jan 22	Eugene "Mitch" Michalski-Jan 3	Bethel D. Welch-Jan 21
Erlinda E. Franco-Jan 13	Shirley Minnich-Jan 30	Tom West-Jan 1
Donna Frank-Jan 21	Sarah Monarrez-Jan 23	Chauncy Younger-Jan 1
Judith Fugitt-Jan 15	Manuel Montano-Jan 30	Martha Zamora-Jan 19
JJ Garcia-Jan 19	Isabel Montoya-Jan 11	Dennis Zlomke-Jan 24
Angela Gardner-Jan 25		

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 Noon-5:30 p.m.

SENIOR CENTER HOURS

M-F 8:30 a.m.-3:30 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