

## Foodie Corner

Fri 2/12

### Biscuits and Gravy Breakfast

Kick off Valentine's Day weekend with a traditional biscuit and sausage gravy meal to enjoy with your sweetie. Proceeds benefit the Goodfriends scholarship program.  
7-10 a.m. \$3.50 at the door

Tue 2/16

### Birthday Lunch

Enjoy a delicious meal of chicken cacciatore over egg noodles, with green beans on the side, and decadent french silk pie for dessert. Signup deadline is Feb. 11. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.  
Noon - 1:30 p.m. 4201.102 \$7/\$8

Wed 2/24

### Soup Days

Enjoy a hearty, healthy lunch of delicious tomato soup, half of a grilled cheese sandwich 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.

## Free tax assistance

Volunteers with the Adams County Treasurer's Office provide FREE income tax preparation services every Thursday during the tax season for those taxpayers with a combined income of \$56,000 or less.

### 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, and 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.

## On the Horizon

Thur 3/10

### Zen in 10

Zen is a mental state in which one becomes attuned with them self. Not an easy task for a beginner, but with practice comes attunement. Learn practice techniques such as deep breathing exercises, meditation methods, and much more that can all be done in 10 minutes or less.

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

Thur 3/24

### Easter Egg Decorating

Hop to it! Get ready for the Easter holiday by decorating eggs with your friends. Learn egg dyeing techniques, including easy embellishments you can create to ensure you'll have a happy Easter. Hard boiled eggs and supplies are provided.

10 a.m.-Noon 4601.104 \$4/\$5

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# COMMERCE CITY ON THE Move



Senior Recreation Supervisor Derrick Tripp and senior advisory committee members, Al Hardt, Tillie Villarreal, Jennie Loveridge and Georgie Maxey prepare to deliver holiday meals.

## Seniors provide holiday meals and festive cheer

On Dec. 23, senior volunteers delivered 50 holiday meals to fellow senior citizens in Commerce City, nearly twice as many meals as last year.

"A lot of these seniors don't have relatives nearby to help them get a hot meal or spend the holiday with," said Vicki Masters, senior recreation assistant. "This program shows them that someone cares and helps spread holiday cheer."

Each December, the Senior Advisory Program Committee, one of four volunteer advisory groups through the Commerce City Parks and Recreation senior division, coordinates a holiday meal delivery program for seniors in the community. Now in its 13th year, the program provides a hot, nutritious meal to homebound seniors.

According to Hunger Free Colorado, a resource connecting families and individuals to food and nutrition resources, it's estimated that more than one in seven Colorado seniors are unsure of when or where they would get their next meal. Through the holiday meal program, nearly 300 meals have been delivered to seniors in Commerce City over the past 13 years.

For the second year in a row, meals were generously provided by local restaurant Deno's 6 & 85. The holiday meal included a hearty serving of turkey, mashed

potatoes and gravy, stuffing, green bean casserole and cranberry sauce. A dinner roll, side salad and piece of pie were also included.

The Goodfriends Scholarship, supported by ongoing community fundraisers such as the annual pancake breakfast and soup luncheon days, provided funding for 30 meals and Lorenzo Garcia, owner of Deno's 6 & 85 restaurant, donated an additional 20 meals.

"Recreation staff would like to thank Deno's 6 & 85 restaurant and the volunteers for their continued support of the holiday meal program," said Zach Roth, senior recreation coordinator. "Because of their generosity, the program was able to make a difference with 50 meals this year."

Senior advisory program committee members include Thelma Cole, Margaret Garcia, JoAnn Hardt, JoAnn Vail, Shirley Valentine, and Tillie Villarreal. In addition, Al and JoAnn Hardt, George Maxey, Dennis and Lois LaFavre, Jenny Loveridge, and Tille Villareal volunteered to deliver the meals.

If you know a senior who could benefit from the annual holiday meal program, please contact Zach Roth at 303-289-3720.

## February 2016

Programs, Excursions  
and Services for Seniors  
and Older Adults



Spread the Love  
Jan. 19 - Feb. 14

Spread the Love with donations of peanut butter and/or jelly jars Jan. 19-Feb. 14 and support the Adams County Emergency Food Bank in Commerce City.

According to Hunger Free Colorado, a resource connecting families and individuals to food and nutrition resources, nearly one in seven Coloradans struggle with hunger, facing times when there is not enough money to buy food. Each year there is a need for nonperishable food items at food banks following the holiday season when donations are at the lowest and in the highest demand.

Thanks for spreading the love and making a difference in Commerce City.

### Public drop-off locations include:

- Older/Adult Senior Center lobby, 6060 E. Parkway Dr.
- Commerce City Recreation Center lobby, 6060 E. Parkway Dr.
- Commerce City Civic Center lobby, 7887 E. 60th Ave.

Celebrate winter with great programs and activities.

# We're Outta Here

For trip details, see the parks and recreation activities guide at [www.c3gov.com/recreation](http://www.c3gov.com/recreation), or call 303-289-3764.

**Mon 2/1 • International Snow Sculptures • Breckenridge • 3**  
View snow sculptures carved from 20+ ton blocks of snow by artists from around the world.  
4501.117 8 a.m.-6 p.m. \$7/\$8

**2/4 Thur • Shop Around Town (thrift) • Denver Area • 2**  
Hunt for bargains and treasures at local thrift stores.  
4401.102 9 a.m.-5 p.m. \$6/\$7

**2/5 Fri • International Celtic Nights "Spirit of Freedom" • Parker • 1**  
Featuring six vocalists, six international dancers, and a talented troupe of musicians, this show draws from the folklore of Ireland to tell the legacy of their forefathers.  
4501.118 6-11 p.m. \$45/\$46

**2/9 Tues • Gambling at Golden Mardi Gras Casino • Black Hawk • 3**  
Take in the beautiful mountain scenery on our way to the casino in Black Hawk. Bring spending money.  
4501.107 9 a.m.-3 p.m. \$6/\$7

**2/10 Wed • Lunch Out "The Cheesecake Factory" • Denver • 1**  
Choose from one of 250 menu items and more than 50 signature cheesecakes and desserts at this lunch with friends.  
4501.119 10:30 a.m.-1:30 p.m. \$6/\$7

**2/18 Thur • Indian Springs hot springs • Idaho Springs • 3**  
Relax at the natural hot springs. Admission is in addition to trip fee.  
4501.101 8:30 a.m.-3 p.m. \$9/\$10

**2/22 Mon • Dinner Out "Heaven Dragon" • Thornton • 1**  
Enjoy authentic Chinese cuisine in a cozy and inviting atmosphere.  
4501.104 4:30-8 p.m. \$6/\$7

**2/25 Thur • NEW! International Cuisine Series "Jamaican Grill" Denver • 1**  
Enjoy classic Jamaican food such as curry, oxtail and jerk chicken in this colorful eatery on the first stop of the international cuisine series.  
4501.120 11 a.m.-3 p.m. \$6/\$7

**2/27 Sat • NEW! Madcap Improv Theater • Westminster • 1**  
Enjoy unscripted and interactive clean comedy at this hilarious show.  
4501.121 4-10 p.m. \$27/\$28

## Vicki Masters recognized by Colorado Parks and Recreation Association



Vicki Masters, senior recreation assistant, was recently recognized for her excellence in senior programming. Masters received Active Adults Programming and Services (AAPS) Coordinator of the Year award from the Colorado Parks and Recreation Association.

The AAPS Coordinator of the Year Award is presented annually to an individual serving older adults and promoting active healthy aging through programs, activities and events. Senior Recreation Assistant Vicki Masters was the recipient of the 2015 award. In addition to coordinating programs and services for senior and older adult programs, she played a role in the renovation of the existing senior lobby, serves on an employee appreciation committee, and assists with city events. An employee of City of Commerce City Parks and Recreation for more than 16 years, Masters was recognized for providing quality senior programming, building relationships within the senior community, and willingness to help others.

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



### Snow Services

Of the 770 lane miles within Commerce City limits, our street maintenance division conducts snow removal operations on approximately 257 lane miles with nine plows. Other roads within the city are maintained by Colorado Department of Transportation (CDOT) and by Adams County.

#### Snow Removal Plan

The city's snow removal plan classifies snow storms into three categories and places priority on clearing major roads, such as Quebec Parkway and Tower Road first, and then on collector streets that connect hospitals, fire stations, police stations, and schools. Plowing generally begins after 2 inches of snow accumulates, unless storm conditions warrant a different approach.

To see what streets are maintained by the city, CDOT or Adams County view the city's snow route map or call the city's weather emergency hotline at 303-227-8776 for an update on city operations.

#### Clear Your Sidewalks

Residents play an important part in snow removal duties within neighborhoods by keeping sidewalks clear of snow and ice. According to the city's codes, all sidewalks must be clear of snow and ice 24 hours from the last accumulation of snow and/or ice.

## Wellness CORNER

### What Happens to Muscles as We Age?

Beginning in the fourth decade of life, adults lose 3-5 percent of muscle mass per decade, and the decline increases to 1-2 percent per year after age 50. Muscle keeps us strong, they burn calories and help us maintain our weight, and it is also an essential contributor to our balance and bone strength. Without it, we can lose our independence and our mobility.

Not sure what exercises to do to stay strong and healthy? Schedule a free weight room orientation with Glen Batista, fitness and wellness coordinator at 303-289-3762 to learn how to use the strength machines safely and competently.

## Don't Miss It!

**Mon 2/1**

### 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 2/3**

### Discover the First Chakra: Root Part 2 of 8

In this seminar, learn how the first chakra is the foundation of the physical body and how it stimulates vital forces throughout the body and assists in keeping us grounded to the earth, influences the immune system, our energy, basic impulses, instincts, endurance and fight or flight reactions. This chakra is the base of the six other chakras and it deals with the body's survival including food, shelter and protection.  
**10 a.m.-Noon 4701.102 \$5/\$6**

**Thur 2/11**

### Coffee with Police Chief Troy Smith

Join Police Chief Troy Smith for coffee and a light snack. Learn about the police department and discuss Commerce City's public safety needs.  
**9-10 a.m. 4601.103 FREE**

**Thur 2/11**

### Heart Health

Your heart is important. Without it, life stops. Keeping your heart healthy may not be as easy as one thinks. Come learn how to take care of what keeps you going.  
**10 a.m.-Noon 4701.106 \$2/\$3**

**Thur 2/25**

### NEW International Cuisine Series: Jamaican Grill in Denver

Enjoy classic Jamaican food such as curry, oxtail and jerk chicken in this colorful eatery on the first stop of the new international cuisine series.

**11 a.m. - 3 p.m. 4501.120 \$6/\$7**

# FEBRUARY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 8 a.m. Snow Sculptures (Breckenridge) 10 a.m. Life Isn't Easy Support Group Noon Dominos 1:30 p.m. Line Dance	<b>2</b> 1 p.m. Potluck/Bingo	<b>3</b> 9 a.m. Quilting & Sewing 10 a.m. Discover the First Chakra: Root	<b>4</b> 9 a.m. Shop Around Town (Thrift in Denver)	<b>5</b> 10 a.m. Walking Group 10 a.m. Beading 11 a.m. Program & Wellness Committees 1 p.m. Card Games 6 p.m. Celtic Nights in Parker	<b>6</b>
<b>7</b>	<b>8</b> 9 a.m. Scrapbooking & Cardmaking Noon Dominos 1:30 p.m. Line Dance	<b>9</b> 9 a.m. Gambling at Golden Mardis Gras in Black Hawk 10 a.m. Outreach Committee 1 p.m. Bunco	<b>10</b> 8 a.m. Visiting Nurses 9 a.m. Quilting & Sewing 10:30 a.m. Lunch Out "Cheesecake Factory" in Denver	<b>11</b> 9 a.m. Coffee with Police Chief Troy Smith 10 a.m. Heart Health 	<b>12</b> 7 a.m. Biscuits & Gravy Breakfast 10 a.m. Beading 1 p.m. Card Games	<b>13</b>
<b>14</b> Happy Valentine's Day! 	<b>15</b> Noon Dominos 1:30 p.m. Line Dance	<b>16</b> Noon Birthday Lunch 	<b>17</b> 9 a.m. Quilting & Sewing	<b>18</b> 8:30 a.m. Indian Springs Hot Springs (Idaho Springs)	<b>19</b> 10 a.m. Walking Group 10 a.m. Beading 1 p.m. Card Games	<b>20</b>
<b>21</b>	<b>22</b> Noon Dominos 1:30 p.m. Line Dance 4:30 p.m. Dinner Out "Heaven Dragon" Thornton	<b>23</b> 1 p.m. Movie Matinee	<b>24</b> 9 a.m. Quilting & Sewing 11 a.m. Soup Day (Tomato)	<b>25</b> 1 p.m. Bingo 11 a.m. NEW! International Cuisine Series "Jamaican Grill" (Denver)	<b>26</b> 10 a.m. Beading 1 p.m. Card Games	<b>27</b> 4 p.m. NEW! Madcap Improv Theater (Westminster) 
<b>28</b>	<b>29</b> 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.

## FEBRUARY BIRTHDAYS

Hortensia Adame-Feb.13	Judith Inselman-Feb. 13	Dennis Peterson-Feb.20
Margaret Alvimlar-Feb.14	Barbara Ivarson-Feb.25	Nelson Pickett-Feb.13
Itsu Arita-Feb.15	Beneranda Jaramillo-Feb.10	Jeanette Randall-Feb.12
Shirley Barfknecht-Feb.22	Ana Jones-Feb.14	Connie Rettig-Feb.4
Kathleen Barrand-Feb.1	Helga Kaljumaa-Feb.11	Dorothy Reyes-Feb.17
Anna Batalla-Feb.1	Joseph Lachapelle-Feb.13	Leora Richards-Feb.22
Naomi Beaver-Feb.25	Alberta LeBere-Feb.10	Bonnie Richey-Feb.5
Karen Berg-Feb.12	Gregg Mackenzie-Feb.6	Rosemary Rosendez-Feb.10
Nadine Besser-Feb.12	Sandie Mackenzie-Feb. 8	Barbara Sena-Feb.15
Helen Burnett-Feb.23	Sheila Maddox-Feb.24	James V. Silva-Feb.21
Susan Carabajal-Feb.22	Janice Madrid-Feb.7	Leo Slade-Feb.27
Shirley Carpenter-Feb.12	Priscilla Maestas-Feb.24	Pamela Smith-Feb.27
Ramona Cisneros-Feb.21	Corinne Martin-Feb.13	Barbara Sports-Feb.19
Mary Clapp-Feb.16	Consuelo Martinez-Feb.3	Mildred Stites-Feb.7
Terry L. Crabtree-Feb.23	Ramona Martinez-Feb.1	Linda Stuart-Feb.16
Esperanza Cruz-Feb.14	Lois Maxwell-Feb.15	Clara Sullivan-Feb.8
Nicole Delafoy-Feb.6	Brenda Meador-Feb. 25	Richard Tauche-Feb.19
Tomas Dillon-Feb.12	Marbella M. Medina-Feb.25	Mary Thompson-Feb.2
Robert J. Dimig-Feb.11	Sandy Medina-Feb.18	Julia Thornton-Feb.20
Asunta Domenico-Feb.14	Martha Mercer-Feb.21	Grace Tochihara-Feb.11
Doris Dominguez-Feb.16	Catherine J. Mitchell-Feb.13	Rosie Tozer-Feb.20
Patrick Estrada-Feb.14	Richard Mitts-Feb.11	Alberta J. Valdez-Feb.1
Bob Fernandez-Feb.22	Juan Montoya-Feb.28	Anthony Vrazsity-Feb.4
James Fredlund-Feb.24	Merilyn Morris-Feb. 7	Delbert Waldman-Feb.12
Robert Garcia-Feb.14	James Murphy-Feb.11	Judy White-Feb.18
Kathy Harris-Feb.19	Ruth Noda-Feb.28	Sharon White-Feb.20
Patty Harris-Feb.24	Christine Nugent-Feb.6	Janice Wood-Feb.25
Margaret Herdt-Feb.23	Dorothy Lohrogge-Feb.25	Kenneth Wood-Feb.6
Joe Herrera Sr.-Feb.16	Mary Olmedo-Feb.11	Linda Wulf-Feb.20
Margaret Howard-Feb.24	Romaine Perez-Feb.17	Mike Zamora-Feb.3
Parry Hunter-Feb.12		

## 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