

## Foodie Corner



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

Tue 3/8

### Pie and Coffee



Sample a selection of pies as you meet and mingle with old friends and new faces. This event is sure to satisfy your sweet tooth. Coffee will be served and a few sugar free options will be available.

Noon - 1:30 p.m. 4601.102 \$4/\$5

Tue 3/15

### Birthday Lunch



Enjoy a St. Patty's Day inspired meal of corned beef and cabbage, roasted potatoes, glazed carrots and Inglenook cream puffs for dessert. Signup deadline is March 10.

Noon - 1:30 p.m. 4201.103 \$7/\$8

## Men's shower facilities at the recreation center closed for maintenance

The men's shower facilities at the Commerce City Recreation Center will be closed Feb. 18-21 for resurfacing. The men's locker room will remain open; however, shower facilities, the steam room, and swimming pool are not available to men during this time.

During the maintenance, Commerce City Recreation Center patrons are welcome to visit the Brighton Recreation Center, which features a weight room, swimming pool, hot tub, cardiovascular equipment and gymnasium. Just present your recreation center ID at the front desk and gain access to the facility for free during the construction.

**Brighton Recreation Center, 555 North 11th Ave., Brighton**  
Tel: 303-655-2200

Contact Matt Miller, facilities recreation supervisor, with questions at 303-289-3735.

## On the Horizon

Fri 4/22

### Tour Sports Authority Field at Mile High

Take a private glimpse into areas rarely seen by the public of one of the most state-of-the-art stadiums in North America. The entire tour route is fully ADA accessible.

9:45 a.m.-2:45 p.m. 4501.133 \$6/\$7

Fri 4/29

### NEW Avanti Food & Beverage

Explore this bi-level shipping container featuring a variety of food vendors from tortas to noodles and more, plus enjoy the view from the rooftop bar.

10:45 a.m.-3 p.m. 4501.136 \$6/\$7



City of Commerce City  
Department of Parks, Recreation & Golf  
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

# COMMERCE CITY ON THE Move



## Spring into special events and activities

This month's line-up of events and activities is guaranteed to renew your routine. Find smart ways to enjoy spring with the Commerce City Older Adult/Senior Center.

### Find your inner Zen

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. That's exactly what this seminar will provide. 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

### Hop to it

Get inspired by the new season's beautiful colors and decorate Easter eggs with your friends. Learn egg dyeing techniques, including easy embellishments you can create to ensure you'll have a happy Easter. Take home your creations for a festive Easter celebration. Hard boiled eggs and supplies are provided.

Thur 3/24 Easter Egg Decorating  
10 a.m.-Noon 4601.104 \$4/\$5

### Spring into...

Spring cleaning! Freshen up your home this spring with tips from the experts at Woodridge Terrace. Learn how to clear clutter and prepare meals using seasonal ingredients with a spring perspective.

Mon 4/11 Spring into...  
10 a.m.-Noon 4701.109 \$2/\$3

### Explore the world of flavor

Take a culinary adventure to another country on the second stop of the NEW International Cuisine Series. Travel to Japan for home style Japanese fare and sushi. Look for this series to continue throughout 2016.

Mon 4/25 "Domo Japanese" Denver  
11 a.m.-2 p.m. 4501.134 \$6/\$7

Find additional events and activities on page 3.

## March 2016

Programs, Excursions  
and Services for Seniors  
and Older Adults



## Explore Branson, Memphis and Nashville

The Commerce City Older Adult/Senior Center is partnering with Premier World Discovery on an 8-night, 9-day trip to Missouri and Tennessee. Explore America's musical heritage in the cities of Branson, Memphis, and Nashville.

### Highlights include:

- St. Louis & Memphis city tours
- Showboat Branson Belle
- Clinton Presidential Library
- Graceland
- National Civil Rights Museum
- Grand Ole Opry
- Country Music Hall of Fame

### Trip includes:

- Roundtrip airfare from Denver
- 13 meals (8 breakfasts, 5 dinners)
- Professional tour director
- Motorcoach transportation
- Hotel transfers
- Baggage handling

**Cost:** \$2,550 (before May 31)  
\$2,650 (after May 31)  
A \$300 deposit is required to secure reservation. Fees are per person based on double occupancy.

Join us for a trip presentation following the February birthday lunch. A representative will be on hand to answer questions. For more information, contact Vicki Masters at 303-289-3764.

**Trip Information Session**  
Tue 2/16 1:30 p.m. FREE

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.

**3/3 Thur • Shop Around Town (craft) • Denver Area • 2**  
Shop for arts and crafts for your next project.  
4401.103 9 a.m.-5 p.m. \$6/\$7

**3/4 Fri • Forney Museum of Transportation • Denver • 2**  
Peruse a large collection of antique cars, trains, horse-drawn carriages, bicycles and other modes of historical transportation.  
4501.122 11:15 a.m.-3 p.m. \$15/\$16

**3/7 Mon • The House of Commons Afternoon Tea • Denver • 1**  
Savor afternoon tea at this English cafe serving up sandwiches, salads, soups, plus a tea store. Lunch not included in trip admission. Please bring \$30 the day of trip.  
4501.123 10:30 a.m.-2 p.m. \$6/\$7

**3/9 Wed • Molly Brown House Tour • Denver • 3**  
Tour the mansion of Titanic survivor, the "unsinkable" Molly Brown's 1889 house, featuring Victorian-era furnishings and art.  
4501.124 9:15 a.m.-1:15 p.m. \$12/\$13

**3/16 Wed • Colorado State Capitol Tour • Denver • 2**  
Learn more about this gold-domed building, the work of the general assembly, and Colorado's unique heritage. Must provide copy of state issued ID in advance of trip to staff and also provide to security at the capitol.  
4501.125 9:15 a.m.-2:15 p.m. \$6/\$7

**3/17 Thur • Ervin's Antiques & Gifts • Greeley • 2**  
Visit this unique little store featuring an eclectic and fine collection of furniture, artifacts, jewelry, and much more.  
4501.126 10 a.m.-4p.m. \$6/\$7

**3/21 Mon • Dinner out "Casey's Bistro & Pub" • Denver • 1**  
Enjoy Irish and American staples at this bistro and pub in the Stapleton neighborhood.  
4501.105 4:30-8 p.m. \$6/\$7

**3/25 Fri • Mystery Trip • Denver • 1**  
A surprise trip with staff awaits you. Sign up early!  
4501.109 9 a.m.-5 p.m. \$10/\$11

**3/29 Tues • Arvada Historical Museum • Arvada • 2**  
Located inside the Arvada Center, view more than 2,500 historical items from arts to farm equipment to a 144-year-old pioneer log house.  
4501.127 10:30 a.m.-4 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



May 30 marks the 52nd anniversary of the city's Memorial Day parade. It's one of the largest in the state, drawing crowds from all over metro Denver.

### Nominate grand marshals for Memorial Day Parade

It is a great tribute to honor the city's and state's former and current military personnel and the contributions they have made. As part of the city's 52nd annual Memorial Day parade, the city is soliciting grand marshal nominations for the parade celebration on Monday, May 30, 2016. This year's event begins at 10 a.m. in the heart of Commerce City. Billed as the largest parade in the state and one of the largest in the country, more than 10,000 people traditionally attend, with 100+ parade entries that stretch approximately 4 miles.

The person(s) selected for the grand marshal must be a (current/former) Commerce City resident, served in the active military and able to participate

in the parade. Nomination forms can be downloaded at [www.c3gov.com/parade](http://www.c3gov.com/parade).

Submit nomination forms by Feb. 26, 2016 to:

City of Commerce City  
c/o Michelle Halstead  
7887 E. 60th Ave  
Commerce City, CO 80022

For more information, call 303-289-3719 or [mhalstead@c3gov.com](mailto:mhalstead@c3gov.com).

## Don't Miss It!

**Mon 3/7**

### 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 for Commerce City.

**10 a.m. Recreation Center FREE**

**Tue 3/8**

### Pie and Coffee

Sample a selection of pies as you meet and mingle with old friends and new faces. This event is sure to satisfy your sweet tooth. Coffee will be served and a few sugar free options will be available.

**1 p.m. 4601.102 \$4/\$5**

**Wed 3/2 and 4/6**

### Uncover the Second Chakra: Sacral Parts 3 and 4 of 8

Uncover the second chakra, the foundation of the emotional body. It guides the ability to feel emotions, sensations and atmospheres, and controls the ability to let go of emotions. The second chakra influences sensuality, physical force, love, openmindedness, and the ability to yield and cooperate amicably with other people.

**Wed 3/2 10 a.m.-Noon 4701.103 \$5/\$6**

**Wed 4/6 10 a.m.-Noon 4701.104 \$5/\$6**

## Wellness CORNER

### The Healing Benefits of Exercise

Physical activity and exercise have numerous documented benefits that positively influence the body. This is especially true in regard to disease management and assisting with body illnesses. A consistent exercise routine can assist with diseases such as diabetes, cancer, hypertension, insomnia, arthritis, heart disease, back pain, poor immune system, and aging related issues.

Are you getting enough exercise? Do you know how to begin or what to do? Contact Glen Batista at 303-289-3762 to learn more about what exercises you can do to manage your health issues.

### Tax Assistance

Volunteers with the Adams County Treasurer's Office are available to provide FREE income tax preparation services every Thursday during the tax season. No reservations are needed. Bring all necessary tax documents, including your W-2, 1098 and 1099 and a copy of last year's tax returns. Copies are NOT provided.

**Thur 1/28-4/14 8:30 a.m.-2:30 p.m.  
Commerce City Recreation Center**

# MARCH 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 1 p.m. Potluck/Bingo	<b>2</b> 9 a.m. Quilting & Sewing 10 a.m. Uncover the Second Chakra	<b>3</b> 9 a.m. Shop Around Town (Denver)	<b>4</b> 10 a.m. Walking Group 10 a.m. Beading 11:15 a.m. Forney Museum (Denver) 1 p.m. Card Games	<b>5</b>
<b>6</b>	<b>7</b> 10 a.m. Life Isn't Easy 10:30 a.m. House of Commons Tea (Denver) Noon Dominos 1:30 p.m. Line Dance	<b>8</b> 10 a.m. Outreach Committee 1 p.m. Pie & Coffee 1 p.m. Bunco	<b>9</b> 9 a.m. Quilting & Sewing 9:15 a.m. Molly Brown House Tour (Denver)	<b>10</b> 9 a.m. Program/Wellness Committee 10 a.m. Zen in 10 	<b>11</b> 10 a.m. Beading 1 p.m. Card Games	<b>12</b>
<b>13</b> RECREATION CENTER CLOSED for staff training 	<b>14</b> 9 a.m. Scrapbooking & Cardmaking Noon Dominos 1:30 p.m. Line Dance	<b>15</b> Noon Birthday Lunch 	<b>16</b> 9 a.m. Quilting & Sewing 9:15 a.m. CO State Capitol Tour (Denver)	<b>17</b> Happy St. Patty's Day! 10 a.m. Ervin's Antiques & Gifts (Greeley)	<b>18</b> 10 a.m. Walking Group 10 a.m. Beading 1 p.m. Card Games	<b>19</b>
<b>20</b>	<b>21</b> Noon Dominos 1:30 p.m. Line Dance 4:30 p.m. Dinner Out "Casey's Bistro & Pub" (Denver)	<b>22</b> 1 p.m. Movie Matinee 	<b>23</b> 9 a.m. Quilting & Sewing	<b>24</b> 10 a.m. Easter Egg Decorating 1 p.m. Bingo	<b>25</b> 9 a.m. Mystery Trip 10 a.m. Beading 1 p.m. Card Games	<b>26</b>
<b>27</b> RECREATION CENTER CLOSED for Easter holiday 	<b>28</b> Noon Dominos 1:30 p.m. Line Dance	<b>29</b> 10:30 a.m. Arvada Historical Museum (Arvada)	<b>30</b> 9 a.m. Quilting & Sewing	<b>31</b>		

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.

