

Foodie Corner

Tue 4/19

Birthday Lunch

Catch up with your friends as we serve up a great, nutritionally balanced lunch of beef stroganoff, mashed potatoes and gravy, peas and pearl onions, and yellow cake with chocolate frosting for dessert. SilverSneakers® fitness program members receive \$2 off. Signup deadline is the Thursday prior to each lunch date. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.

Noon - 1:30 p.m. 4201.104 \$7/\$8

Wed 4/27

Soup Days

Enjoy a hearty, healthy lunch of delicious potato soup and dessert. Proceeds benefit the Goodfriends scholarship program.

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

Summer activities guide coming soon!

The parks and recreation summer 2016 activities guide is coming soon to your mailbox.

Don't miss NEW events like the Senior Center Olympics in July, just in time for the Olympic Games in Rio. The guide also features older adult classes, day trips and activities from May through August.

Summer registration begins April 4. 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

Sat 5/7

31st Annual Pancake Breakfast

Rise and dine to delicious pancakes and sausage at the annual Pancake Breakfast featuring the Flippin' Flapjacks food truck. This is a family friendly event with plenty of activities for the kids. Buy your tickets in advance at the Commerce City Senior Center or online. Tickets can also be purchased at the door on the day of the event.

7-10 a.m. 4601.208 \$4 per plate

Tue 5/10

Pet Therapy

More than just cute and cuddly, animals also provide many health benefits. Meet the professionals and their owners that have experienced medical and psychological recoveries through animal interactions. Sign up today so you don't miss our special furry guests.

10 a.m.-Noon 4701.207 FREE



PARKS, RECREATION & GOLF

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.

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COMMERCE CITY ON THE Move



Police department increases community engagement through regular meetings

Are you concerned about speeding in your neighborhood? Barking dogs? Let us know! The Commerce City Police Department is hosting community meetings around the city to discuss quality of life concerns within the neighborhood, provide information about recent crimes in the area, discuss how community members can work together with the police department to reduce incidents and provide available resources to help address traumatic situations.

Last year, the police department split the city into three zones with a designated commander and crime prevention officer (CPO) to building stronger and more effective relationships within the community. Each zone is conducting monthly meetings as follows:

Zone A: Commander Clint Nichols and CPO Anna Bungartz

• First Tuesday of each month at Alsup Elementary, 7101 Birch St., 6-7 p.m.

Zone B: Commander Charlie Schoepflin and CPO DJ Thompson

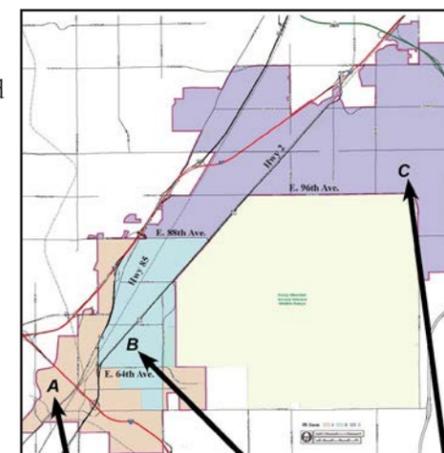
• Second Wednesday of each month at the Civic Center, 7887 E. 60th Ave., 6:30-7:30 p.m.

Zone C: Commander Mark Morgan and CPO Elizabeth Couture

• Third Thursday of each month at Stuart Middle School, 15955 E 101st Way, 6-7 p.m.

*Meetings times and locations are subject to change, visit c3gov.com/police for the most updated information.

For more information about the community meetings contact Officer DJ Thompson at 303-727-3996 or dthompson@c3gov.com.



April 2016

Programs, Excursions and Services for Seniors and Older Adults



Breaking the mold

This is the first in a series of articles exploring classes and activities to help you unleash your inner artist.

Art classes are not just for kids anymore. The ceramics lab is a fun way to express your creativity, meet some new friends and make fun gifts for someone special in your life.

Zandra Shaver, the ceramics instructor and owner of A Creative Corner and Friends ceramics shop in Thornton, said she's been doing ceramics for 38 years and loves to teach. Under the guidance of Shaver, you can explore different techniques and trends in this open forum lab from cleaning pieces and painting techniques to firing in the kiln. "We teach you everything about ceramics from beginning to end," said Shaver. Class participants have created ceramic figurines, vases, glass jewelry and home goods made from recycled wine bottles. The class is open to budding artists ages 13 and older and some participants have brought their grandchildren. Free start-up supplies are offered to the first-timer. Fee includes instruction and firing.

Ceramics Lab
Tue 9 a.m.-Noon and
Wed 6-9 p.m.
Resident \$20
(five-visit punch card)
Non-resident \$20
(four-visit punch card)

Get ready for spring 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.

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>4/7 Thur • Shop Around Town (outlet) • Denver Area • 2
Shop for bargains at area outlet stores.
4401.104 9 a.m.-5 p.m. \$6/\$7</p> | <p>4/20 Wed • Copoco's Beekeeping & Honey Tour • Fort Collins • 1
Learn about honeybees and the wonderful world of honey on this tour.
4501.130 10:15 a.m.-5:15 p.m. \$7/\$8</p> |
| <p>4/8 Fri • Fort Collins Museum of Discovery • Fort Collins • 2
Through a unique mix of science and history, encounter ideas, objects, phenomena, and events that paint a broad picture of the world, how it works, and your place in it at this museum.
4501.128 9 a.m.-4 p.m. \$10/\$11</p> | <p>4/21 Thur • Hudson Gardens • Littleton • 2
Enjoy a spring afternoon outside and stroll through this 30-acre garden.
4501.131 10 a.m.-3 p.m. \$11/12</p> |
| <p>4/12 Tues • Gambling at Johnny Z's Casino • Central City • 3
Take in the beautiful mountain scenery on our way to the casino in Central City, Colorado.
4501.108 9 a.m.-3 p.m. \$6/\$7</p> | <p>4/22 Fri • Tour Sports Authority Field at Mile High • Denver • 2
Take a private "behind the scenes" 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.
4501.133 9:45 a.m.-2:45 p.m. \$6/\$7</p> |
| <p>4/13 Wed • Four Mile Historic Park • Denver • 2
Tour Denver's oldest standing structure, the Four Mile House Museum, and surrounding 12-acre historical park. Please register by March 30.
4501.129 10:45 a.m.-4 p.m. \$8/\$9</p> | <p>4/25 Mon • International Cuisine Series "Domo Japanese" • Denver • 1
Tree-trunk and stump seating provides a rustic backdrop for homestyle Japanese fare and sushi.
4501.134 11 a.m.-2 p.m. \$6/\$7</p> |
| <p>4/14 Thur • Indian Springs Hot Springs • Idaho Springs • 3
Enjoy and relaxing and soothing day at the natural hot springs. Admission is in addition to trip fee.
4501.102 8:30 a.m.-3 p.m. \$9/\$10</p> | <p>4/26 Tues • Redstone Meadery • Boulder • 2
Sample fermented honey wine and more on this tour.
4501.135 10:30 a.m.-3p.m. \$6/\$7</p> |
| <p>4/18 Mon • Dinner Out "Red Lobster" • Northglenn • 1
Enjoy fresh fish and lobster at this favorite seafood restaurant.
4501.106 4:30-8 p.m. \$6/\$7</p> | <p>4/29 Fri • Avanti • Denver • 2
Explore this bi-level shipping container with a variety of food vendors from tortas to noodles and more, plus a rooftop bar.
4501.136 10:45 a.m.-3 p.m. \$6/\$7</p> |



Please review these "rules of the road" for trip information and exertion levels, which appear in parentheses next to trip titles:

- | | | |
|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| <p>LEVEL 1
Parking lot, short walking distance, minimal activity.</p> | <p>LEVEL 2
Moderate activity and walking distance, some stairs.</p> | <p>LEVEL 3
Extended walking distance or stairs, outside, higher elevation.</p> |
|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|

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



Mayor Ford and members of city council participating in the February town hall session.

Make your voice heard in Telephone Town Halls

Attend the second Telephone Town Hall of 2016 on Wednesday, April 20.

Learn more about what's happening in the city, ask questions and provide input on important projects.

City Council will host a series of telephone town hall meetings this year to provide residents an easy way to engage in city government from the comfort of their home. Beginning in February, council will host an hour-long call the third Wednesday of every other month to share city information, get feedback on projects such as the new recreation center, and answer questions about services or issues.

Telephone town halls are a new way council members are reaching out to residents. Last year, more than 1,200 individuals participated in two meetings, providing feedback that helped shape programming plans for the recreation centers.

If you missed the Commerce City Telephone Town Hall in February, you can find the recorded session in full on the city's website at www.c3gov.com.

Join city council on Wednesday, April 20. For more information, check the website or flier in the senior center in the coming weeks. You can also subscribe online and receive a telephone call directly from the city.

Wellness CORNER

Mental Diseases Increase with Age As people age they are at more risk for dementia and other mind related diseases, especially if there is a family history of Alzheimer's disease or other forms of dementia. Here are a few tips to help with disease prevention.

Stay fit: Exercise delivers nutrient rich blood to the brain. Exercise daily to keep your brain and body healthy.

Mental challenge: Find ways to mentally challenge your brain to keep it sharp and engaged. Try building, gardening, puzzles, or anything that requires concentration and focus.

Eat healthy: Diet is one of the main components for disease prevention. You are what you eat and if you eat poorly, you will have poor health.

Don't Miss It!

Thur 3/17-4/14

Tax Assistance - last chance!

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.

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

Commerce City Recreation Center

Wed 4/6

Uncover the Second Chakra: Sacral Part 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.

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

Wed 4/6

Explore Branson, Memphis and Nashville: Oct 5-13/Premier World Discovery Presentation

The Commerce City Older Adult/Senior Center is partnering with Premier World Discovery on an 8-night, 9-day trip to Missouri and Tennessee from Oct. 5-13.

Join us for a trip presentation and a representative will be on hand to answer questions. For more information, contact Vicki Masters at 303-289-3764.

1 p.m. FREE Multi-purpose room B

Mon 4/11

Spring into...

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.

10 a.m.-Noon 4701.109 \$2/\$3

APRIL 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10 a.m. Walking Group 10 a.m. Beading 1 p.m. Card Games	2
3	4 Noon Dominos 1:30 p.m. Line Dance	5 Noon Potluck/Bingo 	6 9 a.m. Quilting & Sewing 10 a.m. Uncover the Second Chakra	7 9 a.m. Shop Around Town (Thrift)	8 9 a.m. Fort Collins Museum of Discovery 10 a.m. Beading 1 p.m. Card Games	9
10	11 9 a.m. Scrapbooking & Cardmaking 10 a.m. Spring Into... Noon Dominos 1:30 p.m. Line Dance	12 9 a.m. Gambling at Johnny Z's Casino (Central City) 10 a.m. Outreach Committee 1 p.m. Bunco	13 9 a.m. Quilting & Sewing 10:45 a.m. Four Mile Historic Park (Denver)	14 8:30 a.m. Indian Springs Hot Springs (Idaho Springs) 10 a.m. Program/Wellness Committee	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 4:30 p.m. Dinner Out "Red Lobster" (Northglenn)	19 Noon Birthday Lunch 	20 9 a.m. Quilting & Sewing 10:15 a.m. Copoco's Beekeeping & Honey Tour (Fort Collins)	21 10 a.m. Hudson Gardens (Littleton) 	22 9:45 a.m. Tour Sports Authority Field at Mile High (Denver) 10 a.m. Beading 1 p.m. Card Games	23
24	25 11 a.m. International Cuisine Series "Domo Japanese" (Denver) Noon Dominos 1:30 p.m. Line Dance	26 10:30 a.m. Redstone Meadery (Boulder) 1 p.m. Movie Matinee 	27 9 a.m. Quilting & Sewing 11 a.m. Soup Day (Potato)	28 1 p.m. Bingo 	29 10 a.m. Beading 10:45 a.m. Avanti (Denver) 1 p.m. Card Games	30

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.

APRIL BIRTHDAYS

RoArt Arita-April 18	Ollie Grimard-April 1	Elaine Roller-April 8
Ronnel Baker-April 17	Debbie Gutierrez-April 6	Edward Romero Sr. April 15
Beatrice Barela-April 26	Virginia Haight-April 8	Arthur Saiz-April 9
Darlene Barnes-April 14	Margitta Hamele-April 11	Helen Shimono-April 22
Peggy Boyer-April 6	China Hastings-April 2	Ronald W. Struwe-April 7
Mary Lee Bradford-April 6	JoAnn Hergenrother April 12	Thea Tuerpe-April 12
Robert J. Brooks-April 2	Alane Hernandez-April 7	Sondra Van De Venter April 2
Henry Burbach-April 14	Della Hilborne-April 16	Douglas Vanlieu-April 7
Maria A. Bustos-April 15	Joyce Iriarte-April 19	Arlene Welsch-April 21
Olivia Cabral-April 13	Nancy Jenks-April 12	Betty Boop Whipple April 3
Joanne Caves-April 11	Marcella Kaiser-April 24	Erika Wikstrom-April 28
Donald Chambers April 8	Carol Kimmel-April 24	John Yunko-April 15
Jan Chavez-April 16	Charlene Kittinger April 28	Michael H. Zuniga-April 13
Raquel Chavez-April 21	Carmen Kreutzer-April 3	
Arlie Church-April 2	Dorothy Kurdt-April 8	
Ramon Cigarroa- Martinez-April 28	Reynaldo Lobato-April 9	
Robert B. Clark-April 27	Sylvia Macias-April 3	
Deborah Clarke-April 10	Julie Martinez-April 3	
Rosemarie Colglazier April 22	Darrell McCain-April 13	
Susan Craddock-April 24	Marina McClain-April 6	
Charles W. Dare-April 7	Everitt McMullin-April 22	
Rebecca Dekov-April 17	Mary Anne McWherter April 3	
Jean (Jackie) Dines (Meyers)-April 7	Harley Miller-April 28	
Edward Dukeman-April 28	Barbara Millette-April 3	
Katherine L. Fierro-April 28	Victor Neiberger-April 14	
Miles Flick-April 4	Angelina Olivas-April 6	
Craig Fucci-April 18	Vivian Parker-April 1	
Susan Garcia-April 4	Ruby Patrick-April 22	
Betty Gonzales-April 26	Maria Paz Loya-April 17	
Ruth Gonzalez-April 22	Vicki Peak-April 20	
Vincent Green-April 17	Dorothy Ramirez-April 8	
	Betty A. Richards-April 23	

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

Mon-Fri 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

Mon, Wed, Fri 8:30 a.m.-3:30 p.m.

Tue and Thur 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