

## Foodie Corner

**Tue 8/16**

### Salad Day

Enjoy a taco salad, fresh rolls and dessert while supporting the Goodfriends scholarship fund. Get your meal to go by calling 303-289-3756.

**11 a.m.-1 p.m. \$3.50**

### Birthday Lunch

Please note, there is no birthday lunch this month due to the annual recreation center summer closure. August birthdays will be celebrated at the September birthday luncheon on September 20.

## Upcoming facility closures

### Recreation center closed for maintenance

The recreation center, including the indoor pool, will be closed August 22-September 5 for annual maintenance. Staff will be making repairs, cleaning, painting and more to freshen up the recreation center. Thank you for your patience!



**Look for the parks and recreation fall 2016 activities guide is coming soon to your mailbox! Fall registration begins August 1.**

## On the Horizon

**Mon 9/12**

### Picnic and Games at E.B. Rains Park in Northglenn

Enjoy a picnic and play lawn games outside in the park with friends.

**4501.314 10 a.m. – 2 p.m. \$8/\$9**

**Sun 9/25**

### NEW! Rocky Mountain Repertory Theatre

Come watch “Million Dollar Quartet,” inspired by the famed Sun Records recording session with Elvis Presley, Johnny Cash, Jerry Lee Lewis, Carl Perkins and one of the greatest jam sessions ever. Limited seating, sign up early! Note, the venue in Grand Lake, Colorado is located at a higher elevation.

**4501.318 11 a.m.-9 p.m. \$37/\$38**



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.

PRSR STD  
US Postage  
**PAID**  
Permit No. 65  
Commerce City  
Colorado  
80022

## COMMERCE CITY ON THE Move



### Celebrate the Rio Olympics with week-long festivities

With the 2016 Summer Olympic Games in Rio de Janeiro right around the corner, the Commerce City Older Adult/Senior Center will be hosting Olympic-themed events the week of August 8-12 to celebrate.

Throughout the course of the Rio Olympics from August 5-21, the older adult/senior center will have a TV and seating area dedicated to live viewings of the athletic competitions in Brazil. Enjoy FREE popcorn as you watch the games in the senior lobby while cheering on the United States.

Kicking off the week is the Opening Ceremony Viewing event and Trivia Contest on Monday, August 8 at 11 a.m. Following a taped viewing of the festive opening ceremonies, a light lunch of tomato soup and grilled cheese will be served. This kickoff event will be followed by a trivia contest that will be fun for people of all knowledge levels. The cost for this event is \$5 per person and includes the meal, trivia contest, and prizes.

Go for the gold at Competition Day on Wednesday, August 10. Join your friends at the recreation center and participate in one of three fun competitions, Wii® bowling, billiards,

or bean bag toss. This event kicks off at 9 a.m. and the competition will start soon after. The cost is \$5 per person and includes prizes for the gold, silver and bronze winners of each competition. An ice cream party will follow the awards ceremony. Competition will be friendly and all abilities are welcome and encouraged to participate.

The last of the events will take place on Friday, August 12 at 1 p.m. with a viewing of the newly released film, “Race,” a 2016 biographical sports drama about famed track star Jesse Owens. Owens won a record-breaking four gold medals at the 1936 Berlin Olympic Games. The title of the film plays into not only the athletic achievements of Jesse Owens, but also the cultural atmosphere that was a reality in 1936. We ask that you pre-register for this event so that we can prepare enough snacks and comfortable seating.

Program registration is required by calling the registration line at 303-289-3789. Please call the Senior Volunteer Desk at 303-289-3756 to sign up and compete in one of the three events on competition day.

## August 2016

### Programs, Excursions and Services for Seniors and Older Adults



### 2017 Extended Travel Trips

The Commerce City Older Adult/Senior Center is once again partnering with Premier World Discovery for two extended travel trips in 2017 to New York City and New Orleans.

Take a 4-night, 5-day trip to New York City starting June 9, 2017. Highlights include: New York City tour, Rockefeller Center, One World Observatory, St. Patrick's Cathedral, Statue of Liberty and Ellis Island, 9/11 Memorial Museum, Broadway show and Central Park. The cost is \$2,745 and includes airfare, accommodations, and more.

On November 5, 2017, travel to New Orleans. Highlights include: tours of historic mansions, gardens and the French Quarter tour, steamboat and Bayou cruise, Café du Monde, Avery Island and the Tabasco Factory and much more. The cost is \$2,150 and includes airfare, accommodations, and more.

Join us for a trip presentation on September 27 at 11 a.m. at the recreation center. A representative will be on hand to answer questions. For more information, contact Vicki Masters at 303-289-3764.

Soak up the summer 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](http://www.c3gov.com/recreation), or call 303-289-3764.

8/4 Thur • Shop Around Town (outlet) • Denver Area • 2  
 Hunt for bargains and deals at local outlet stores.  
 4401.204 9 a.m.-5 p.m. \$6/\$7

8/9 Tue • Colorado Rockies vs. Texas Rangers • Denver • 3  
 Cheer on the Colorado Rockies from shaded seats with easy access.  
 Register by July 26.  
 4501.235 Noon-5 p.m. \$20/\$21

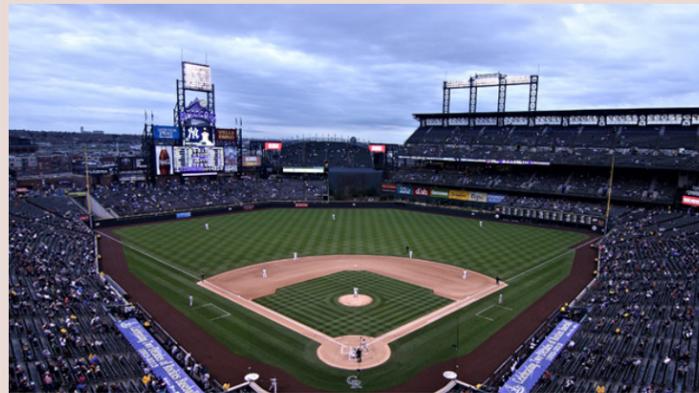
8/11 Thur • Gambling The Reserve • Central City • 3  
 Bring your spending money and take in the mountain scenery on our way to Central City.  
 4501.214 9 a.m.-3 p.m. \$6/\$7

8/12 Fri • Gone Fishing • T.B.A. • 3  
 Enjoy a day at the lake! Must bring fishing license, fishing supplies, chair and a prepared potluck dish to feed six.  
 4501.212 8:30 a.m.-5 p.m. \$5/\$6

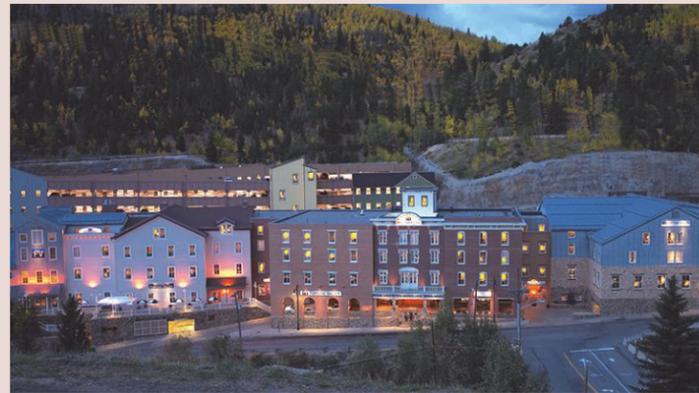
8/15 Mon • Dinner Out "Black Eyed Pea" • Northglenn • 1  
 Enjoy local and delicious southern homestyle cooking. Early departure.  
 4501.208 4:30-8 p.m. \$6/\$7

8/17 Wed • International Cuisine Series: Pho on 6th • Denver • 1  
 Experience Vietnamese soup called "Pho" or rice and noodle options.  
 4501.236 11 a.m.-2 p.m. \$7/\$8

8/18 Thur • Indian Springs Hot Springs • Idaho Springs • 3  
 Relax at the natural hot springs. Admission is in addition to trip fee.  
 4501.204 8:30 a.m.-3 p.m. \$9/10



Coors Field, home of the Colorado Rockies.



A view of Central City, Colorado.

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

### 40 Years



## Building Better Neighborhoods

### City seeks public comment on CDBG plans

Commerce City has qualified to receive federal funding for community development projects from the U.S. Department of Housing and Urban Development (HUD) through the Community Development Block Grant (CDBG) program. CDBG helps develop viable urban communities by providing decent housing, a suitable living environment, and expanded economic opportunities – principally to low or moderate-income residents.

The city has completed drafts of a multi-year Consolidated Plan, Annual Action Plan and Citizen Participation Plan describing community needs and funding priorities. These plans are currently available for public comment until Monday, August 1.

The city's first five-year plan includes projects to address a series of community needs, such as neighborhood revitalization (e.g. sidewalk/ADA ramp construction, drainage improvements, demolition & clearance), economic development (e.g. job training, revolving loan fund, business incubator) and public services (specific programs to be determined).

Visit [c3gov.com/CDBG](http://c3gov.com/CDBG) or visit the community development department on the first floor of the Commerce City Civic Center (7887 E. 60th Ave.) to view the plans and provide your feedback. A public hearing will be held at the city council regular meeting on Monday, August 1 to present the drafted plans and receive final public comment before city council adopts the documents.

## Don't Miss It!

**Thur 7/21 & 7/28**  
**Commerce City's Cultural Council Concerts in the Park**  
 Bring your picnic baskets and blankets for a free night of music.  
 7/21 Pioneer Park: Band: Hazel Miller  
 7/28 Reunion, Southlawn: Band: Homeslice  
 6-8 p.m. FREE

**Fri 7/29**  
**AARP Driver Safety**  
 Learn defensive driving techniques, new traffic laws, rules of the road and how to deal with aggressive drivers. Payment is due the day of class, but please preregister so we can accurately prepare class materials.  
 8 a.m.-12:30 p.m. 4701.202  
 \$15 for AARP members, \$20 for non-members

**Fri 7/29**  
**NEW! Denver County Fair**  
 It's not too late to join us at the Denver County Fair, featuring 300,000 square feet of fun with 15 themed pavillions, a carnival and more!  
 10 a.m.-3 p.m. 4501.233 \$15/\$16

**Wed 8/3**  
**Fourth Chakra Continued: Part 8 of 8**  
 Don't miss the continuation of the fourth chakra and final class of this eight-part series. In the final chapter of this eight-part series we discuss the fourth chakra. The fourth chakra influences forgiveness, compassion, empathy, trust, equilibrium and ease with our life. It helps us to get in touch with nature and connects us to the plant world. This chakra physically influences the lungs, thymus, circulation, the endocrine and immune systems.  
 10 a.m.-Noon 4701.206 \$5/\$6

**Thur 8/11**  
**Neighborhood Outreach**  
 Bring your family to enjoy the last neighborhood outreach of summer. Enjoy free food and entertainment, while learning more about the city, local nonprofit organizations, and service providers.  
 6-8:30 p.m. Pioneer Park FREE

**Mon 8/15**  
**Turnberry Park Grand Opening**  
 Join us for the grand opening of the 9.5-acre Turnberry Park located at 10725 Wheeling St. The park will incorporate a theme inspired by the children's book "The Very Hungry Caterpillar."  
 4:30-6:30 p.m. Turnberry Park FREE

## Wellness CORNER

### Summer Nature Hikes

Come trail away and explore new scenery while taking advantage of opportunities for exercise and socialization. Please pack a sack lunch to enjoy at the end of the hike. Pre-registration required for each trip. Both hikes depart the recreation center at 10 a.m. and return at approximately 2 p.m.

**Fri 7/22 3022.201 \$4/\$5**  
**Castlewood Canyon State Park in Franktown, CO**

**Fri 8/19 3023.201 \$4/\$5**  
**Staunton State Park in Pine, CO**

# AUGUST 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 10 a.m. Life Isn't Easy Noon Dominos 1:30 p.m. Line Dance	<b>2</b> Noon Potluck/Bingo	<b>3</b> 9 a.m. Quilting & Sewing 10 a.m. Fourth Chakra Continued: Part 8 of 8	<b>4</b> 9 a.m. Shop Around Town (Outlet) Denver	<b>5</b> 10 a.m. Walking Group 10 a.m. Beading 1 p.m. Card Games	<b>6</b>
<b>7</b>	<b>8</b> 9 a.m. Scrapbooking & Cardmaking 11 a.m. Olympic Opening Ceremony & Trivia Contest Noon Dominos 1:30 p.m. Line Dance	<b>9</b> 10 a.m. Outreach Committee Noon Colorado Rockies vs. Texas Rangers (Denver) 1 p.m. Bunco	<b>10</b> 9 a.m. Quilting & Sewing 9 a.m. Senior Olympics Competition Day	<b>11</b> 9 a.m. Gambling at The Reserve (Central City) 10 a.m. Program/Wellness Committee 6 p.m. Neighborhood Outreach	<b>12</b> 8:30 a.m. Gone Fishing 10 a.m. Beading 1 p.m. Card Games 1 p.m. Olympic Movie Viewing "The Race"	<b>13</b>
<b>14</b>	<b>15</b> Noon Dominos 1:30 p.m. Line Dance 4:30 p.m. Dinner Out "Black Eyed Pea" (Northglenn)	<b>16</b> 11 a.m. Taco Salad Day in the Senior Center	<b>17</b> 9 a.m. Quilting & Sewing 11 a.m. International Cuisine Series "Pho on 6th" (Denver)	<b>18</b> 8:30 a.m. Indian Springs Hot Springs (Idaho Springs)	<b>19</b> 10 a.m. Nature Hike @Staunton State Park in Pine, CO 10 a.m. Beading 1 p.m. Card Games	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
 <b>Recreation center closed for summer maintenance</b>						
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Sept. 1</b>	<b>Sept. 2</b>	
<b>Recreation center closed for summer maintenance</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.



## AUGUST BIRTHDAYS

Norma Anderson August 22	Robert Kimmel August 27	Mary Vigil August 21
Liz Boyd August 10	Robert Kreutzer August 22	Patricia Walters August 3
Norm Brown August 17	Dennis La Favre August 1	Frances Zelinkoff August 1
Eugene Davis August 10	Sheila Jan Laseman August 6	
Rita Federico August 28	Irene Nuhn August 31	
Flora J. Garcia August 31	Jan Parker August 7	
Eleanor Gonzales August 11	Connie Serrano August 1	
Carol Hamm August 22	Carmalita Soto August 6	
Al Hardt August 11	Mary Specht August 20	
Randolph Hintzen August 15	Lorraine Sullivan August 7	
Ronnie Jones August 21	Patti Teter August 24	
Talber Kanz August 31	Clorice Trujillo August 28	

## 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