

Foodie Corner

Tue 9/20

Birthday Lunch

Catch up with your friends as we serve up a great, nutritionally balanced lunch of chicken cordon bleu, roasted potatoes, mixed vegetables and peach cobbler for dessert. SilverSneakers® fitness program members receive \$2 off. Signup deadline is September 15. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.
4201.301 Noon \$7/\$9

Fri 10/14

Soup Day (Chili)

Enjoy savory homemade chili while supporting the Goodfriends scholarship fund. Join us in the older adult/senior center for this event, which costs \$3.50 and includes fresh rolls and dessert. Get your meal to go by calling 303-289-3756.
11 a.m.-1 p.m. \$3.50 at the door



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.

Facility Updates

Recreation center closed for maintenance

The recreation center, including the indoor pool, is closed August 22-September 5 for annual maintenance. Staff is making repairs, cleaning, painting and more to freshen up the recreation center. While classes and trips are suspended during this time, you don't have to stop exercising. Keep the momentum going in your fitness routine with exercise classes and workouts at the Brighton Recreation Center. Just present your recreation center ID and gain access for free during the closure.

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

On the Horizon

Tue 10/11

911: Behind the Scenes

What happens once a person dials 911? How does the process work? This presentation will take you behind the scenes of dispatch calls and how each are handled.

4701.301 10 a.m.-Noon \$2/\$3

Tue 10/25

Biscuits and Gravy Breakfast

Bring your friends to enjoy hearty biscuits covered in creamy sausage gravy at the senior center. This annual event benefits the Goodfriends scholarship fund. Get your meal to go by calling 303-289-3756.

7-10 a.m. \$3.50 at the door

PRSRT STD

US Postage

PAID

Permit No. 65
Commerce City
Colorado
80022

COMMERCE CITY ON THE Move



Get ready for fresh and fun fall events at the senior center

With the changing weather and landscapes of fall, the Commerce City Older Adult/Senior Center offers a variety of fresh and fun events to greet the new season.

Do you have a hidden talent waiting for a platform to show it off? Do you like to sing along to the hits of the 50s, 60s or 70s? Was dancing the night away something you used to enjoy but you don't have a chance to do it anymore? If you answered yes to any of these questions, then don't miss this fall lineup of special events.

Senior Community Dance Mixer Fri 10/7 5-8 p.m. 4601.303 \$5/\$6

Dust off your dancing shoes for the NEW Senior Community Dance Mixer on October 7. The senior center staff is inviting other metro area active adult and senior centers to attend this event to be held in the Commerce City Recreation Center gymnasium. Dance the evening away with old and new friends and get ready to mix and mingle! The cost is \$5 for residents and \$6 for nonresidents. Registration includes appetizers and beverages.

Karaoke and Root Beer Floats

Tue 11/8 4-6 p.m. 4601.305 \$5/\$6

Sing along to the great hits you grew up with at the Karaoke and Root Beer Float event on November 11. The cost is \$5 and includes all the karaoke equipment you need to let your inner star shine. Refreshing root beer floats will be served to the entertainers and guests.

Senior Center's Got Talent

Tue 11/29 5-7 p.m. 4601.306 \$4/\$5

Don't miss the second annual Senior Center's Got Talent event on November 29. Share music, art and other talents at this event hosted by the Senior Program and Wellness Advisory Committee. Contact Zach Roth at 303-289-3720 or one of the advisory members to enter. Desserts are provided for entertainers and guests. This event is \$4 for residents and \$5 for nonresidents.

The senior center is going to be a rocking place this fall! Call 303-289-3789 or visit the registration desk to sign up for one or all of these events today.

September 2016

Programs, Excursions and Services for Seniors and Older Adults



Volunteer Recognition Dinner

Cruise on over to this year's 1970s disco-themed senior volunteer recognition dinner on September 28 at the Yellow Rose Event Center. Guests will be treated to hors d'oeuvres and a catered three-course meal. Break out your bell bottoms and spend a groovy evening with friends at this 1970s theme event.

This annual event is the city's opportunity to thank those who volunteer their time and talents to make programs successful. Last year, volunteers contributed more than 6,000 hours of service to the city.

Invitations will be mailed in late August and guests must RSVP by September 21.

For more information, contact Zach Roth at 303-289-3720.

Wed 9/28

Senior Volunteer Recognition Dinner

5 p.m. doors open
Yellow Rose Event Center
6490 E. 72nd Place
Commerce City

Don't miss these 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.

9/7 Wed • Shopping • Downtown Fort Collins • 3
Shop the quaint boutiques and unique shops that line the streets of Old Town Fort Collins.
4501.312 9 a.m.-3 p.m. \$6/\$7

9/8 Thur • Shop Around Town (Craft) • Denver area • 2
Shop for arts and crafts for your next project.
4401.301 9 a.m.-5 p.m. \$6/\$7

9/10 Sat • NEW! Colorado Artfest • Castle Rock • 3
View more than 170 exhibitors displaying a wide range of artwork from life-size sculptures to photography and jewelry.
4501.313 9 a.m.-3 p.m. \$8/\$9

9/12 Mon • Picnic and Games E.B. Rains Park • Northglenn • 3
Enjoy a picnic and play lawn games outside in the park with friends.
4501.314 10 a.m.-2 p.m. \$8/\$9

9/13 Tue • Indian Springs hot springs • Idaho Springs • 3
Relax at the natural hot springs. Admission is in addition to trip fee.
4501.301 8:30 a.m.-3 p.m. \$9/\$10

9/15 Thur • NEW! Lunch Out "Zoka's Restaurant & Bar" • Pine • 1
Retreat to the foothills of the Pike National Forest for a true Colorado dining experience.
4501.315 11 a.m.-2 p.m. \$6/\$7

9/16 Fri • Lyons Redstone Museum • Lyons • 3
Peruse this museum in a former schoolhouse in the historic town of Lyons. Note, we will be walking long distances.
4501.316 9 a.m.-3 p.m. \$6/\$7

9/19 Mon • Dinner Out "Wishbone" • Westminster • 1
Enjoy American comfort food at this family-owned and operated restaurant in business since 1963.
4501.304 4:30-8 p.m. \$6/\$7

9/21 Wed • Rockies vs. St. Louis Cardinals • Denver • 3
Cheer on the Rockies from shaded seats with easy access.
4501.317 Noon-5 p.m. \$20/\$21

9/23 Fri • Gone Fishing • T.B.A. • 3
Enjoy a day at the lake. Must bring a fishing license, fishing supplies, chair and a prepared potluck dish to feed six.
4501.308 8:30 a.m.-5 p.m. \$6/\$7

9/25 Sun • NEW! Rocky Mountain Repertory Theatre • Grand Lake • 2
Come watch "Million Dollar Quartet," inspired by the famed Sun Records recording session with Presley, Cash, Lewis and Perkins and one of the greatest jam sessions ever. Limited seating. Note, venue is located at a higher elevation.
4501.318 11 a.m.-9 p.m. \$37/\$38

9/28 Wed • Pro Rodeo Hall of Fame • Colorado Springs • 2
Check out this museum with exhibits on rodeo history and cowboy greats, plus a gallery with Western art and an arena.
4501.319 9:45 a.m.-5 p.m. \$12/\$13

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



Commerce City's new Turnberry Park opens

Commerce City celebrated the completion of its third voter-approved project with a back to school picnic celebration and dedication of Turnberry Park on August 15. The neighborhood park is the third voter-approved project completed in the \$137 million capital improvement program, which will complete five projects by Jan. 1, 2019.

Located at 10725 Wheeling Street, adjacent to Turnberry Elementary School, Turnberry Park is a great asset to local residents and the surrounding neighborhoods. The 9.5-acre park features:

- Multi-use hard court for informal/drop-in basketball, hopscotch, roller hockey, etc.
- Two graded playfields

- Picnic areas with shelters
- Playground
- Walking/Jogging trail
- Sustainable landscaping
- Low-level lighting for safety
- Restroom
- ADA accessible

The \$2.2 million project was constructed in seven months by general contractor GoodLand Construction.

Designed by DHM Design, the community voted on a theme inspired by the children's book "The Very Hungry Caterpillar."

The neighborhood park is one of five projects funded by a 1-percent sales and use tax increase approved by voters in 2013 to build, operate and maintain five projects in five years.

Don't Miss It!

Mon 9/12

Life Isn't Easy Support Group

Come share your life experiences, good and bad, in this monthly support group. We meet the first Monday of every month to discuss topics such as the joys and pains of daily living, the changes that come along with aging, the loss of a loved one, financial hardship, medical diagnoses, and caregiving. This discussion group is coordinated by Steve Latham, senior resources coordinator.

10 a.m. **FREE**

Tue 9/27

Premier World Discovery Trip Presentation

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 on a 6-night, 7-day trip 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.

11 a.m. **FREE presentation**

Wellness CORNER

Senior Walking Group

Do you need some motivation to get moving but would like a safe environment to do so? Join the senior walking group!

Walk as much or as little as you want and enjoy the socialization with others. No registration required, simply drop-in. Participants who come to 10 consecutive sessions will receive a FREE birthday lunch voucher. To be eligible for the voucher, attendees must walk at least 20 minutes each session.

1st and 3rd Fridays each month 10 a.m.
Recreation center basketball court

SEPTEMBER 2016

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3



Recreation center closed for summer maintenance

4

5

6

Noon Potluck/Bingo



7

9 a.m. Quilting & Sewing
9 a.m. Shopping Downtown in Fort Collins

8

9 a.m. Shop Around Town (Craft) in Denver
10 a.m. Program/Wellness Committee

9

10 a.m. Beading
1 p.m. Card games

10

9 a.m. NEW! Colorado Artfest in Castle Rock



11

12

9 a.m. Scrapbooking & Cardmaking
10 a.m. Picnic at E.B. Rains Park in Northglenn
10 a.m. Life Isn't Easy
Noon Dominos
1:30 p.m. Line Dance

13

8:30 a.m. Indian Springs hot springs in Idaho Springs
10 a.m. Umbrella Committee
1 p.m. Bunco

14

9 a.m. Quilting & Sewing

15

11 a.m. NEW! Lunch Out "Zoka's" in Pine

16

9 a.m. Lyons Redstone Museum in Lyons
10 a.m. Walking Group
10 a.m. Beading
1 p.m. Card games

17

18

19

Noon Dominos
1:30 p.m. Line Dance
4:30 p.m. Dinner Out "Wishbone" in Westminster

20

Noon Birthday Lunch



21

9 a.m. Quilting & Sewing
Noon Rockies vs. Cardinals in Denver

22

1 p.m. Bingo



23

8:30 a.m. Gone Fishing TBA
10 a.m. Beading
1 p.m. Card games

24

25

11 a.m. NEW! Rocky Mountain Repertory Theatre in Grand Lake

26

Noon Dominos
1:30 p.m. Line Dance

27

11 a.m. Extended Trip Presentation with Premier World Discovery
1 p.m. Movie Matinee

28

9 a.m. Quilting & Sewing
9:45 a.m. Pro Rodeo Hall of Fame in Colorado Springs
Volunteer Recognition Dinner
(Doors open at 5 p.m.)

29

10 a.m. Beading
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.

SEPTEMBER BIRTHDAYS

Carol Barnick September 18	Joan Hoffman September 17	Johan Toavs September 16
Rebecca Bell September 19	Steven Ivarson September 16	Matilde Villarreal September 20
Lois Bertapelle September 25	Doris Jones September 27	Frances Zacek September 23
Florencio Berumen September 14	Gary Kruy Ky September 10	Robert Zeiler September 20
Bonnie Campbell September 23	Sandra Leach September 19	
Caroline Casias September 6	Lucile Lusk September 9	
Thelma Cole September 15	George W. Maxey September 18	
Linda Cortes September 18	Patsy McCabe September 29	
Bettie M. Cram September 18	Larry Minert September 18	
H.D. Culin September 14	Mary L. Minert September 7	
Leonard Esquibel September 5	Loretta Petty September 10	
Gloria Estrada September 29	Ann Pomeroy September 2	
John Griego September 25	Theodora Rios September 11	
Jan Hansen September 8	Barbara Test September 8	

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

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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