

Foodie Corner

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

Tue 11/15

Birthday Lunch

Catch up with your friends as we serve a great, nutritionally balanced lunch of roast turkey (carved by a chef), stuffing, mashed potatoes, gravy, green bean casserole and pumpkin pie for dessert. Signup deadline is November 10. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.

4201.303 Noon \$7/\$9



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.

New winter-spring guide coming soon

Coming Soon

The 2017 winter-spring guide to parks, recreation and golf is coming soon to your mailbox in late November. Learn about free and fun drop-in activities like the NEW rummikub game group, meeting every Wednesday. The guide also features older adult classes, day trips and activities from January through April. Registration for winter-spring opens December 5.

On the Horizon

Wed 12/21

Cookies and Caroling

Join the Music Makers and sing along to all your favorite Christmas carols. Bring your favorite holiday treat to share with others.

1-3 p.m. FREE Recreation center

Thur 12/22

NEW! Great Divide Bottling Tour

Take a behind-the-scenes tour of this microbrewery's bottling facility. Please wear closed-toe shoes.

4501.338 1-5 p.m. \$6/\$7

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Colorado
80022

COMMERCE CITY ON THE Move



Thelma Cole accepts this year's Triple C Award on stage with members of city council. Not pictured is this year's other Triple C Award winner, Sandy Carruthers.

Volunteers honored at annual senior recognition dinner

Guests enjoyed a groovy night of dinner, dancing and awards at the disco-themed event

Groovy disco dancing and an entertaining awards presentation ruled this year's senior volunteer recognition dinner on September 28 at the Yellow Rose Event Center in Commerce City. Guests were treated to an Italian dinner and a 1970s disco-themed event, including music provided by a disc jockey.

This annual event is the city's opportunity to thank those who volunteer their time and talents to make city programs successful. Eighty-one volunteers contributed more than 6,565 hours of service to the city.

Mayor Sean Ford and members of city council were on hand to help present the awards. "Each and every volunteer makes such an impact in the overall success of the community by sacrificing their time," said Mayor Sean Ford. "We cannot thank them enough."

This year's winners of the Triple C Award were Thelma Cole and Sandy Carruthers. Recipients of the Triple C Award demonstrate consistent and considerate commitment to the city's senior program. Cole and Carruthers also received the prestigious Red Sweater Award, presented by Wells Fargo Bank of Commerce City.

Some of the night's most playful moments came after dinner, when many guests took to the dance floor to boogie on down to the disco hits of the 1970s. The night was driven by the disco decade, with more than 100 guests in attendance.

Recreation staff would like to thank all volunteers for dedicating their time, talents and service to make Commerce City a quality community to live in. Without many hands – or 6,565 hours – all working toward a common goal, the programs and services provided would not be as successful.

November 2016

Programs, Excursions
and Services for Seniors
and Older Adults

Senior Advisory Committees

Let your voice be heard

Seniors are invited to make a difference in the recreation center's senior activities by joining a senior advisory committee. Seniors can apply to serve on one of three committees: program, outreach or health and wellness. Committee members advise department staff, serve as information resources to program participants, assist with fundraising, and provide outreach services to the community.

There is a maximum of nine participants per committee and members serve one-year terms. Members receive a free t-shirt, giveaways, and a name badge. In previous years, committee members have also received free suite tickets to a Colorado Rapids soccer game at Dick's Sporting Goods Park and enjoyed a train tour of the BNSF Railway.

Printed applications are available at the Older Adult/Senior Center information desk in the recreation center or can be downloaded at www.c3gov.com/seniors. Applications are due December 5 and committee members will be selected by staff in December.

For more information or to receive an application, call Derrick Tripp at 303-289-3761.

November 11 is Veterans Day.

With respect, honor and gratitude, thank you veterans for your service.

Celebrate the fall season with these fresh and fun trips!

We're Outta Here

For trip details, see the parks and recreation activities guide at www.c3gov.com/recreation, or call 303-289-3764.

11/2 Wed • NEW! Vehicle Vault • Parker • 2

The Vehicle Vault gallery features a collection of vintage and exotic cars, dating from 1906 onward, for visitors to view.

4501.326 10:30 a.m.-3 p.m. \$11/\$12

11/3 Thur • Shop Around Town (Craft) • Denver Area • 2

Shop for arts and crafts for your next project.

4401.303 9 a.m.-5 p.m. \$6/\$7

11/10 Thur • Broomfield Veterans Memorial Museum • Broomfield • 2

View the collection of uniforms and memorabilia from all branches of service, and all wars from the Revolutionary War onward.

4501.327 9:15 a.m.-2 p.m. \$6/\$7

11/16 Wed • Greeley History Museum • Greeley • 2

The Smithsonian Institution, in partnership with the U.S. Geological Survey, has provided the Greeley History Museum with its traveling exhibition, Earth from Space.

4501.328 10 a.m.-3 p.m. \$8/\$9

11/17 Thur • Indian Springs Hot Springs • Idaho Springs • 3

Relax at the natural hot springs. Admission is in addition to trip fee.

4501.302 8:30 a.m.-3 p.m. \$9/10

11/18 Fri • NEW! Castle Mame Tea & Tour • Denver • 2

Enjoy a four-course tea in this 1889 stone castle-like building. Fee includes tour; lunch is available for additional charge.

4501.329 12:15-4 p.m. \$8/9

11/19 Sat • Mother Daughter Tea • Evans • 1

Join us for an elegant afternoon tea. Mothers, daughters, aunts and nieces welcome!

4601.302 11 a.m.-4 p.m. \$22 per person

11/22 Tue • International Cuisine Series "Nepal Cuisine" • Boulder • 1

Enjoy a fresh, delicious Nepali buffet at this family owned restaurant.

4501.330 11 a.m.-2 p.m. \$6/7

11/28 Mon • Dinner Out "Great Scotts Eatery" • Denver • 1

Enjoy delicious food, vintage decor and a friendly atmosphere in a 1950s setting.

4501.306 4:30-8 p.m. \$6/7

11/30 Wed • NEW! Historic Fort Logan Tour • Denver • 3

Step back in time and explore the Fort Logan Field Officer's Quarters museum and more on this guided tour.

34501.331 9 a.m.-2 p.m. \$15/16

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 four-night, five-day trip to New York City starting June 9, 2017 or travel to New Orleans on a seven-day, six-night trip starting November 5, 2017.

The New York City tour highlights include: Rockefeller Center, St. Patrick's Cathedral, Statue of Liberty and Ellis Island, 9/11 Memorial Museum, a Broadway show and Central Park. The cost is \$2,745 and includes airfare and accommodations. The New Orleans tour highlights include: historic mansions, gardens and the French Quarter tour, and Café du Monde. The cost is \$2,150 and includes airfare and accommodations.

Join us for a trip presentation on January 24 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.

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

TAKE A STEP TOWARD BETTER HEALTH THIS FALL

NOV. 12

7 A.M. - NOON



Family Health Fair

OWN YOUR HEALTH - A FAMILY AFFAIR

20+ FREE health screenings, including:

- Blood pressure screenings
- Children's and teen's vision screenings
- Free type 1 diabetes screenings for children
- Health resource centers
- Kidney
- Free flu shots for low-income & uninsured
- Affordable Care Act (Obamacare) Enrollment
- And more health services!

LOW-COST SCREENINGS AVAILABLE:

Blood Chemistry Screening
Blood Count Screening
InsuraFIT Colon Cancer
Take-Home Kits

Testosterone Screening
Hemoglobin A1C
Vitamin D Screening

* You must be 18 years or older for blood tests. No fasting is required.

FREE WOMEN'S WELLNESS AREA:

- PAP's
- Breast exams

*Come early. Limited appointments.

ID IS NOT REQUIRED



FREE MEN'S WELLNESS AREA:

- General health
- PSA Prostate/ Testicular Screening
- Colon cancer information

Adams City High School
7200 QUEBEC PARKWAY
COMMERCE CITY, CO 80022

FOR INFORMATION OR TO VOLUNTEER

REGISTER ONLINE AT: WWW.9HEALTHFAIR.ORG

TOLL FREE: 800.332.3078
303.698.4455

THANK YOU TO OUR SPONSORS



Wellness CORNER

Are the changing seasons making you SAD?

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons. Symptoms usually start in the fall and continue into the winter months. Symptoms may include low energy, depression, loss of interest in hobbies, agitation or moodiness, sleeping problems, and difficult with concentration. Don't brush off these feelings as simply a case of the winter blues that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year. Some good ways to treat SAD include regular exercise, getting outside to absorb sunlight, and socialization. Isolation during the winter months may worsen your symptoms, so get to the recreation center for regular exercise and socialize with friends!

Don't Miss It!

Tue 11/8

Karaoke and Root Beer Floats

Let your inner star shine and show off your singing pipes by performing some of your favorite hits at this event. Belt out your favorite tunes or cheer on your musically inclined friends. Refreshing root beer floats will be provided.

4-6 p.m. 4601.305 \$5/\$6

Wed 11/9

Natural Remedies for Better Health with Elizabeth Yarnell, ND

Your body can throw you for a loop at any time. Learn all-natural, expert recommended ways to treat ailments quickly, safely, and effectively at home.

10 a.m.-Noon 4701.302 \$5/\$6

Sat 11/19

Mother and Daughter Tea

Grandmothers, daughters and granddaughters are invited to dress up and board our vans at the recreation center and travel to Victoria's Tiny Tea Room in Eaton, Colo. Prior to the four-course tea, you can play dress up with the venue's full array of fancy hats, boas and gloves. Cost includes transportation and meal.

11 a.m.-3:30 p.m. 4601.302
\$22 per person

Wed 11/23

Dominos Tournament

Do you enjoy friendly competition with friends? Then this tournament is for you. All skill levels are welcome to compete in a fun afternoon of dominos played in the chicken foot format. The top finishers receive prizes and fun is had by all. Refreshments are provided.

4601.304 11 a.m. \$5/\$6

Tue 11/29

Senior Center's Got Talent

Come check out the talent at the 2nd annual talent show and enjoy performances from magicians, actors, singers, artists and more. Delicious desserts will be served prior to the start of the show. This event is hosted by the Senior Advisory Committees.

5-7 p.m. 4601.306 \$4/\$5

NOVEMBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Noon Potluck/Bingo	2 9 a.m. Quilting & Sewing 10:30 a.m. Vehicle Vault in Parker	3 9 a.m. Shop Around Town (Craft) in Denver	4 10 a.m. Walking Group 10 a.m. Beading 1 p.m. Card games 1 p.m. Caregiver 101	5
6	7 10 a.m. Life Isn't Easy Support Group Noon Dominos 1:30 p.m. Line Dance	8 10 a.m. Umbrella Committee 1 p.m. Bunco 4 p.m. Karaoke and Root Beer Floats	9 9 a.m. Quilting & Sewing 10 a.m. Natural Remedies	10 9:15 a.m. Broomfield Veterans Memorial Museum 10 a.m. Program/Wellness Committee	11 VETERANS DAY 10 a.m. Beading 1 p.m. Card games	12
13	14 9 a.m. Scrapbooking and Cardmaking Noon Dominos 1:30 p.m. Line Dance	15 Noon Birthday Lunch 	16 9 a.m. Quilting & Sewing 10 a.m. Greeley History Museum	17 8:30 a.m. Indian Spring Hot Spring in Idaho Springs	18 10 a.m. Walking Group 10 a.m. Beading 12:15 p.m. Castle Marne Tea and Tour 1 p.m. Card games	19 11 a.m. Mother and Daughter Tea 
20	21 Noon Dominos 1:30 p.m. Line Dance	22 11 a.m. International Cuisine Series "Nepal Cuisine" in Boulder 1 p.m. Movie Matinee	23 9 a.m. Quilting & Sewing 11 a.m. Dominos Tournament	24 RECREATION CENTER CLOSED 	25	26
27	28 Noon Dominos 1:30 p.m. Line Dance 4:30 p.m. Dinner Out "Great Scotts Eatery" in Denver	29 5 p.m. 2nd Annual Senior Center's Got Talent	30 9 a.m. Quilting & Sewing 9 a.m. Historic Fort Logan Tour			

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.

NOVEMBER BIRTHDAYS

Maria Armendariz November 3	Orval Lewis November 22
Dean Banner November 21	Edmundo E. Lopez November 20
Emma Camacho November 18	Honey Masters November 19
Sherri Choromokos November 8	Mary McFarlin November 11
Fern Conklin November 17	Barry Messick November 29
Anderson Ezzard November 16	Sam Miranda November 1
Eugene Fahey November 11	Fred Mondragon November 5
Norma Farkas November 13	Josie Perea November 30
Joyce Farmer November 7	Ella May Phillips November 10
Rito Federico November 24	Robert Pitiak November 20
Joseph Flood November 62	Geraldine Romero November 28
Maxine Galindo November 27	Evangeline Rountree November 8
Vada Hammel November 19	Darryl Scadden November 7
Jo Ann Hardt November 21	Anita M. Solano November 13
Marshall Johnson November 20	Sam Terasaki November 6
Carlene Knisley November 10	Cathy Venard November 11
Leslie Knisley November 4	

IMPORTANT NUMBERS

CITY OF COMMERCE CITY

Department of Parks
and Recreation
6060 East Parkway Drive
Commerce City, CO 80222

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Senior Desk: 303-289-3756

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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