

## Foodie Corner

### 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**

### Tue 10/18 Birthday Lunch

Catch up with your friends as we serve up a great, nutritionally balanced lunch of beef burgundy over egg noodles, green bean amandine, and halloween cookies for dessert. Signup deadline is October 13. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.

**4201.302 Noon \$7/\$9**

### 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**

## Drop-in for free and fun activities

Drop-in to the older adult/senior center for board games, cards, jigsaw puzzles, conversation and other fun programming. You can also browse the lending library. Donations of used books, CDs, DVDs and jigsaw puzzles are welcome.

Questions? Call 303-289-3720.



## On the Horizon

### Sat 11/19

#### Mother and Daughter Tea

We return to Victoria's Tiny Tea room for this popular event. Grandmothers, daughters and granddaughters are invited to dress up and board our vans at the recreation center to 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.

**4601.302 11 a.m.-3:30 p.m.**

**\$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**



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



## Dust off your dancing shoes for the Senior Community Dance Mixer

*Socialize with guests from area senior centers at this NEW event in Commerce City*

Dust off your dancing shoes for the NEW Senior Community Dance Mixer on October 7. The senior center staff is inviting six other metro area active adult and senior centers to attend this event at the Commerce City Recreation Center.

"Seniors want to meet other seniors in the community and from other recreation centers," said Steve Latham, senior resources coordinator. "This is going to be a fun, low-key dance event for seniors to enjoy the company of other seniors and meet new friends."

Dancing is also a great way to improve physical fitness, develop social skills and create relationships that improve mental health. According to the American Heart Association, regular physical activity, such as dancing, has been shown to reduce the risk of heart disease, stroke, Type 2 diabetes and certain forms of cancer as well as improve balance and reduce depression in adults of all ages.

Get ready to mix and mingle and dance

the evening away with friends old and new. The event will feature music from the 1930s all the way to the 1960s. The cost to attend is \$5 for residents and \$6 for nonresidents with advance registration. To register, call 303-289-3789. Tickets may also be purchased at the door for \$8 per person. Light hors d'oeuvres along with an assortment of beverages are included in the registration cost.

If you have questions about the senior community dance mixer, call Steve Latham at 303-289-8108.

### Senior Community Dance Mixer

**Fri 10/7 5-8 p.m. 4601.303**

**\$5 residents/\$6 non residents**

**\$8 at the door**

**Food and drink included**

## October 2016

Programs, Excursions  
and Services for Seniors  
and Older Adults



## Let your star shine at karaoke

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.

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

### Karaoke and Root Beer Floats

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



## Field Trip Van Drivers Needed

Paid van driver positions are available with the Commerce City Older Adult/Senior Center. This is a great opportunity to experience fantastic trips with meals provided. Pay starts at \$9.50 an hour. Applicants must be 18 years of age or older, pass a background check, and complete CPR/First Aid/AED training prior to first day of work. Call Derrick Tripp at 303-289-3761 for an application or apply online at [www.c3gov.com/jobs](http://www.c3gov.com/jobs).

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

**10/1 Sat • Cider Days • Lakewood • 3**

Celebrate Lakewood's agricultural heritage with an entertaining mix of live performances, activities and tasty harvest treats.  
4501.320 10:30 a.m.-4 p.m. \$13/\$14

**10/5 Wed • Elk Bugling • Estes Park • 3**

Head into Rocky Mountain National Park to hear the elk bugling during mating season. Make sure to bring your park passes.  
4501.321 2-10 p.m. \$8/\$9

**10/6 Thur • Shop Around Town (Thrift) • Denver Area • 2**

Look for bargains at local stores.  
4401.302 9 a.m.-5 p.m. \$6/\$7

**10/12 Wed • Gambling • Black Hawk • 3**

Bring your spending money and take in the beautiful mountain scenery on our way to Black Hawk.  
4501.310 9 a.m.-3 p.m. \$6/\$7

**10/17 Mon • Lunch & Movie • Denver • 1**

Enjoy lunch and a movie with friends. Movie ticket is included in fee.  
4501.322 11 a.m.-5 p.m. \$6/\$7

**10/19 Wed • Mystery Trip T.B.A. • 2**

Shhhhhh, it's a secret! A surprise trip with staff awaits you. Sign up early.  
4501.303 9 a.m.-5 p.m. \$10/\$11

**10/20 Thur • NEW! International Cuisine Series "Pierogies Factory" Lakewood • 1**

Enjoy delicious Polish cuisine, including pierogi dumplings made with a wide variety of fillings.  
4501.323 11 a.m.-2 p.m. \$6/\$7

**10/21 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.  
4501.309 8:30 a.m.-5 p.m. \$6/\$7

**10/24 Mon • Dinner out "Pepper Pod" • Hudson • 1**

Enjoy classic comfort food at this popular restaurant in business since 1913.  
4501.305 4:30-8 p.m. \$6/\$7

**10/26 Wed • Ghost Town Museum • Colorado Springs • 3**

Ghost Town Museum is a fun and historic look back at the kind of old west town during the late 1800s and early 1900s.  
4501.324 9 a.m.-5 p.m. \$13/\$14

**10/29 Sat • NEW! Harvest Farm Hayride • Wellington • 3**

Tour the 209-acre working farm in a large hay wagon pulled by a tractor.  
4501.325 9:30 a.m.-3 p.m. \$16/\$17



Elk bugling in Estes Park



Harvest Farm in Wellington

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



### Deadline for property tax refund program Nov. 1

Homeowners and renters, 62 years of age or older are eligible for a yearly refund of property taxes paid to Commerce City. A refund of \$36 is offered for senior citizen homeowners. A \$30 refund is offered for renters. If more than \$36 for homeowners was paid to Commerce City the previous year, 100 percent of the paid amount may be refunded; a copy of Adams County Real Property Tax Notice must be provided.

Applications for this property tax refund must be submitted by November 1, 2016.

New applicants can get an application:

- In person at the civic center, 7887 E. 60th Ave. Commerce City, CO 80022
- Online at [www.c3gov.com](http://www.c3gov.com).

Applications are automatically sent to past participants. Only one refund is given per household. Seniors residing in tax-exempt apartment complexes are not eligible for refund.

Call Commerce City's Finance Department to determine your eligibility, 303-289-3627.

## Don't Miss It!

**Mon 10/3**

**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**

**Fri 10/7**

**Senior Community Dance Mixer**

Commerce City is hosting a dance and inviting guests from other senior centers in the region. Pull that dress out of the closet, iron that suit and polish those shoes. Dress to impress, come ready to mix and mingle, and dance the night away. Grab your significant other or bring your friends, and enjoy an evening of food, music and dancing at the Commerce City Recreation Center. Meet new friends from other senior centers.

**5-8 p.m. 4601.303 \$5/\$6**

**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.

**10 a.m.-Noon 4701.301 \$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**

**Mon 10/31**

**Pumpkin Decorating**

A pumpkin and all the tools will be provided for this fun seasonal event. Create a spooky carved pumpkin to have ready to welcome all the trick-or-treaters that will be visiting your house.

**10-11:30 a.m. 4601.301 \$5/\$6**

## Wellness CORNER

**Activity Trackers, Smart Watches, Pedometers, Oh My!**

The current trend in fitness is wearable technology that gives the user real time data such as heart rate, steps, calories, daily distance, and more. With all the options out there, how do you know which one is right for you? Do you know the difference between an activity tracker, a pedometer, and a smart watch? Join this discussion as we look at several brands and analyze which option is the best fit for you. The main objective is to give you the knowledge of cost, capability, and characteristics of the major wearable fitness technologies. Pre-registration is required.

**Wed 10/12 10-11 a.m. 3905.301 \$3/\$5 Crafts Room**

# OCTOBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> 10:30 a.m. Cider Days in Lakewood 
<b>2</b>	<b>3</b> 10 a.m. Life Isn't Easy Support Group Noon Dominos 1:30 p.m. Line Dance	<b>4</b> Noon Potluck/Bingo 	<b>5</b> 9 a.m. Quilting & Sewing 2 p.m. Elk Bugling in Estes Park	<b>6</b> 9 a.m. Shop Around Town (Thrift) in Denver	<b>7</b> 10 a.m. Walking Group 10 a.m. Beading 1 p.m. Card games 5 p.m. NEW! Senior Community Dance Mixer	<b>8</b>
<b>9</b>	<b>10</b> 9 a.m. Scrapbooking & Cardmaking Noon Dominos 1:30 p.m. Line Dance	<b>11</b> 10 a.m. 911: Behind the Scenes 10 a.m. Outreach Committee Meeting 1 p.m. Bunco	<b>12</b> 9 a.m. Quilting & Sewing 9 a.m. Gambling in Black Hawk 10 a.m. Activity Trackers Seminar	<b>13</b>	<b>14</b> 10 a.m. Beading 11 a.m. Soup Days (Chili) 1 p.m. Card games	<b>15</b>
<b>16</b>	<b>17</b> 11 a.m. Lunch & Movie Noon Dominos 1:30 p.m. Line Dance	<b>18</b> Noon Birthday Lunch 	<b>19</b> 9 a.m. Quilting & Sewing 9 a.m. Mystery Trip T.B.A.	<b>20</b> 10 a.m. Program/Wellness Committee Meeting 11 a.m. NEW! International Cuisine Series "Pierogies Factory" in Lakewood	<b>21</b> 8:30 a.m. Gone Fishing T.B.A. 10 a.m. Walking Group 10 a.m. Beading 1 p.m. Card games	<b>22</b>
<b>23</b>	<b>24</b> Noon Dominos 1:30 p.m. Line Dance 4:30 p.m. Dinner Out "Pepper Pod" in Hudson	<b>25</b> 7 a.m. Biscuits & Gravy Breakfast 1 p.m. Movie Matinee	<b>26</b> 9 a.m. Quilting & Sewing 9 a.m. Ghost Town Museum in Colorado Springs	<b>27</b> 1 p.m. Bingo	<b>28</b> 10 a.m. Beading 1 p.m. Card games	<b>29</b> 9:30 a.m. NEW! Harvest Farm Hayride in Wellington
<b>30</b>	<b>31</b> 10 a.m. Pumpkin Decorating Noon Dominos 1:30 p.m. Line Dance					

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.

## OCTOBER BIRTHDAYS

Hugo Abarca Salazar October 26	Jaqueline Foose October 5	Nick Nicholson October 20
Ida Baca October 31	Larry Fresquez October 18	Robert T. Sample October 8
Beverly Bardwell October 17	Mary Groetken October 17	Mary Sweeney October 10
Connie Boughton October 5	John Hoffman October 14	
David Busby October 5	June Hoffman October 1	
Betty Casias October 28	Darlene Jenkins October 27	
Theresa Crabtree October 12	Glenda Johnson October 30	
Rosanna Creason October 22	Janet Keesey October 28	
Bruce Davis October 7	Angel McCabe October 13	
Lanny Davis October 18	Reuben McWhirt October 16	
James Deden October 23	Theresa Merritt October 16	
Marlene Deluzio October 21	Patricia Michalski October 6	
Lionel Duran Jr October 25	Rae Lene Morey October 9	
	Maria Neurauter October 12	

## 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