

## Foodie Corner

Fri 12/9

### Soup Days

Enjoy savory homemade potato soup while supporting the Goodfriends scholarship fund. Join us in the older adult/senior center for this event, which costs \$3.50 and includes potato soup, 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 12/20

### Birthday Lunch

Catch up with your friends as we serve a great, nutritionally balanced lunch of smoked ham, potatoes au gratin, sweet potato casserole, mixed vegetables, and red velvet cake for dessert. Signup deadline is December 15. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.

**4201.304 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.

## Share your ideas at the senior focus group meeting

### 2017 Senior Focus Group

Join recreation division leaders in making decisions about senior programs in the community and help us create an action plan for 2017. Please pre-register so we can prepare enough material. Drinks and light snacks provided.

**Tue 1/10 3-5 p.m. 4701.108 FREE**  
**Commerce City Recreation Center**

## On the Horizon

Wed 1/18-2/22

### Healthier Living Colorado: Living with Chronic Conditions

Healthier Living is a FREE program designed to help with the self-management of chronic conditions such as heart disease, hypertension, diabetes, arthritis, asthma, depression, emphysema and many others. Learn how to manage your condition and enjoy a life of independence and joy.

**10 a.m.-Noon 4701.101 FREE**

Thur 1/26

### VIP Trip Rewards Event

Did you participate in at least 12 trips with the Commerce City Senior Center between July 1 and December 31, 2016? If so, we want to recognize you as a VIP trip participant and say a toast! There is no cost for this event, but make sure you have participated in at least 12 trips during the second half of 2016 and register in advance.

**11 a.m.-12:30 p.m. 4601.101 FREE**

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

## COMMERCE CITY ON THE Move



*The Music Makers take the stage at the popular cookies and caroling event.*

### Don't miss these fun and festive holiday events

From fun festivals to holiday weekend celebrations, Commerce City's calendar is packed with FREE events and low-cost activities.

#### 18th Annual Winterfest in Commerce City

Celebrate the holiday season at Winterfest and enjoy a pancake party with Santa. Other fun activities include: free photos with Santa, storytelling with the Sugar Plum Fairy, holiday crafts, hot chocolate and cider.

**Sat 12/3 9:30 a.m. – Noon FREE**  
**Adams City High School**

#### Art Show and Tree Lighting

Join the countdown and watch the festive tree lighting at the civic center. View the art show sponsored by the Commerce City Cultural Council, enjoy warm refreshments and snacks, sing along with professional carolers, and mingle with elected officials and staff.

**Mon 12/5 4:30-6:30 p.m. FREE**  
**Commerce City Civic Center**

#### Mingle with Kringle at Buffalo Run

Santa Claus is coming to Buffalo Run! Bring your camera and take a photo with Santa. Little ones will also enjoy holiday crafts. Feast on light refreshments provided by the Bison Grill and relax next to the stone fireplace.

**Sat 12/10 1-4 p.m. FREE**  
**Buffalo Run Golf Course**

#### 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.

**Wed 12/21 1-3 p.m. FREE**  
**Commerce City Recreation Center**

Find additional holiday events and activities on page 3.

## December 2016

Programs, Excursions  
and Services for Seniors  
and Older Adults



*Mel Herman wowed the crowd with a country western music act at last year's talent show.*

### Enjoy an evening of fun performances at the annual senior talent show

Come check out the talent at the 2nd annual senior talent show. This year, planned performances include magicians, actors, singers, and artists.

Last year's show drew more than 60 audience members and included several musical numbers, magic tricks, a skit, and poetry to name a few.

Hosted by the senior advisory program committee, the evening also includes delicious desserts served prior to the start of the show.

#### Senior Center's Got Talent

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

Commerce City Recreation Center

The recreation center and senior center closes at 1 p.m. on Dec. 24 and is closed Dec. 25 for the Christmas holiday. Season's greetings and best wishes for the new year from the Parks, Recreation and Golf Department!

Celebrate the holiday season and take a trip with the recreation center!

# 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.

12/1 Thur • Shop Around Town (outlet) • Denver Area • 2

Find a bargain at local outlet stores.

4401.304 9 a.m.-5 p.m. \$6/\$7

12/2 Fri • Celestial Seasonings Tour • Boulder • 3

Unlock the mysteries of tea on this guided tea tour and shop for holiday gifts.

4501.333 10:15 a.m.-2 p.m. \$6/\$7

12/8 Thur • Gambling T.B.A. • Central City • 3

Bring your spending money and take in the mountain scenery on our way to Central City.

4501.311 9 a.m.-3 p.m. \$6/\$7

12/9 Fri • NEW! Thornton Winterfest • Thornton • 3

Get in the holiday spirit with holiday lights, decorated trees, marketplace and more at this signature event.

4501.334 5:30-10 p.m. \$6/\$7

12/12 Mon • Holiday Light Tour • Denver • 2

View the area's best holiday decorated homes on this light tour.

4501.335 4-9 p.m. \$6/\$7

12/15 Thur • Lunch & Movie • Denver • 1

Enjoy lunch and a movie with friends. Movie ticket included in fee.

4401.336 11 a.m.-5 p.m. \$6/\$7

12/16 Fri • Byers-Evans House Museum Tour • Denver • 3

Tour one of the city's most historic landmarks built in 1883. Note, there may be waiting outdoors, so dress accordingly.

4501.337 9:15 a.m.-3 p.m. \$10/\$11

12/19 Mon • Dinner Out "Pete's Greek Town Cafe" • Denver • 1

Enjoy authentic Greek cuisine with friends.

4501.307 4:30-8 p.m. \$6/\$7

12/22 Thur • NEW! Great Divide Bottling Tour • Denver • 3

Take a tour of this Denver microbrewery. Please wear closed toe shoes.

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

12/23 Fri • Denver Ballet Theatre "The Nutcracker" • Denver • 1

Enjoy this holiday favorite. Limited seating, act fast to reserve a seat!

4501.340 6:30 p.m. \$21/22

12/28 Wed • Breakfast Out "Jay's Grille and Bar" • Thornton • 1  
Enjoy a classic American breakfast with friends in this laid-back restaurant.

4501.339 8-11 a.m. \$6/\$7

## 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

### Seniors, make your voice heard

Apply for a senior advisory committee by Dec. 5

Senior advisory committee applications are available for the 2017 program year. Seniors/older adults are invited to apply and make a difference in the recreation center's senior/older adult activities.

Seniors have the opportunity to serve on the program committee, outreach committee, or health and wellness committee. Committee members advise department staff, serve as an information resource to program participants, assist with fundraising and provide outreach services.

Typical committee meetings occur every other month throughout the year and are scheduled during the week during morning hours. Members are asked to attend community outreach events and may sometimes be asked to volunteer for committee created events/programs.

There is a maximum of nine participants per committee. Individuals cannot serve on more than one committee per year. Participants will be contacted by staff in December. Applications and forms are available at the Older Adult/Senior Center, 6060 E. Parkway Dr. or online at [c3gov.com/SeniorBoards](http://c3gov.com/SeniorBoards). Forms should be returned to the parks and recreation department, Attn: Derrick Tripp, by Dec. 5. Please contact Derrick, recreation supervisor of senior services, at 303-289-3761 or [dtripp@c3gov.com](mailto:dtripp@c3gov.com).

## Don't Miss It!



### Project Present

Help make the holiday season brighter for local children this year with a donation to Commerce City's annual Project Present, benefitting local underprivileged children. You can sponsor a child on the tree in the older adult/senior center lobby with a suggested donation of \$40 per child. Select a name off the tree and register at the senior volunteer desk. Monetary donations in other amounts are also accepted. Donations and gifts are due Nov. 21. Contact Ben Vallee,

### Fri 12/2

#### Celestial Seasonings Tour in Boulder

Unlock the mysteries of tea on this guided tour and shop for holiday gifts.

4501.333 10:15 a.m.-2 p.m. \$6/\$7

### Fri 12/9

#### Santa's Goodfriends Holiday Shop

Take this opportunity to pick out the perfect Christmas decoration or knick-knack that your house is missing for the holiday season. Drop off your donated holiday items in the weeks leading up to the sale. All proceeds go to the Goodfriends Scholarship fund.

9 a.m.-1 p.m. FREE Recreation center

### Mon 12/12

#### Holiday Light Tour in the Denver Area

Travel in the senior center van and view the best and brightest holiday light displays in the Denver area.

4501.335 4-9 p.m. \$6/\$7

### 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

### Fri 12/23

#### Denver Ballet Theatre presents "The Nutcracker"

Enjoy this holiday favorite about the story of a young German girl who dreams of a Nutcracker Prince and a fierce battle against a Mouse King. Limited seating!

4501.340 6:30 p.m. \$21/\$22

## Wellness CORNER

### Wed 12/7

#### SilverSneakers® Ornament Exchange and Potluck

Everyone is welcome to attend the annual SilverSneakers®

ornament exchange and

breakfast potluck. Bring a breakfast item to share and an ornament to exchange. Pre-registration is required.

9:30-10:30 a.m. 3903.301 FREE Crafts Room



# DECEMBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 9 a.m. Shop Around Town (Outlet) in Denver	<b>2</b> 10 a.m. Walking Group 10 a.m. Beading 10:15 a.m. Celestial Seasonings Tour in Boulder 1 p.m. Card Games	<b>3</b> 9:30 a.m. 18th Annual Winterfest in Commerce City
<b>4</b>	<b>5</b> 10 a.m. Life Isn't Easy Support Group Noon Dominos 1:30 p.m. Line Dance 4:30 p.m. Art Show & Tree Lighting	<b>6</b> Noon Potluck/Bingo	<b>7</b> 9 a.m. Quilting & Sewing 9:30 a.m. SilverSneakers® Ornament Exchange and Potluck	<b>8</b> 9 a.m. Gambling T.B.A. in Central City 10 a.m. Senior Advisory Committee Wrap-up Meeting	<b>9</b> 9 a.m. Santa's Goodfriends Holiday Shop 10 a.m. Beading 11 a.m. Soup Day 1 p.m. Card Games	<b>10</b> 1 p.m. Mingle with Kringle at Buffalo Run 5:30 p.m. Winterfest in Thornton
<b>11</b>	<b>12</b> 9 a.m. Scrapbooking and Cardmaking Noon Dominos 1:30 p.m. Line Dance 4 p.m. Holiday Light Tour in Denver	<b>13</b> 1 p.m. Bunco	<b>14</b> 9 a.m. Quilting & Sewing	<b>15</b> 11 a.m. Lunch and Movie in Denver	<b>16</b> 9:15 a.m. Byers-Evans House Tour in Denver 10 a.m. Walking Group 10 a.m. Beading 1 p.m. Card Games	<b>17</b>
<b>18</b>	<b>19</b> Noon Dominos 1:30 p.m. Line Dance 4:30 p.m. Dinner Out "Pete's Greek Town" in Denver	<b>20</b> Noon Birthday Lunch 	<b>21</b> 9 a.m. Quilting & Sewing 1 p.m. Cookies and Caroling	<b>22</b> 1 p.m. Bingo 1 p.m. NEW! Great Divide Bottling Tour in Denver	<b>23</b> 10 a.m. Beading 1 p.m. Card Games 6:30 p.m. Denver Ballet Theatre "The Nutcracker"	<b>24</b> RECREATION CENTER CLOSSES AT 1 P.M.
<b>25</b> RECREATION CENTER CLOSED 	<b>26</b> Noon Dominos 1:30 p.m. Line Dance	<b>27</b> 1 p.m. Movie Matinee	<b>28</b> 8 a.m. Breakfast Out "Jay's Grille and Bar" in Thornton 9 a.m. Quilting & Sewing	<b>29</b>	<b>30</b> 10 a.m. Beading 1 p.m. Card Games	<b>31</b> RECREATION CENTER CLOSSES AT 1 P.M. 

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.

## DECEMBER BIRTHDAYS

Lydia Arellano December 22	Irvin Matsuda December 10
Janet Barrette December 17	Clara McKee December 1
Beatrice Bedan December 13	Candy Nunez December 31
Rosemary Berumen December 16	Dona Nunlee December 17
Donna Bravender December 2	Sandra Shaw December 25
Joseph Bump December 12	Richard Smith December 23
Andy Cardenas December 25	Elaine Sullivan December 17
Pattie Croft December 3	Janet Swank December 10
Alfred Federico December 16	Leanita Warner December 27
Joe Franco December 10	
Virginia Pearl Gilbee December 7	
Lorena Hall December 22	
Pat Lamb December 3	
Donna Littlefield December 3	
Catalina Mariz December 1	

## 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