

Foodie Corner

Tue 1/17

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 January 12. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.

4201.101 Noon \$7/\$8

Mon 1/23

Pie and Coffee

You never need an excuse to eat pie, but what better time to do it than on National Pie Day! Come sample a selection of pies and enjoy this social hour with your friends.

4601.102 3-4 p.m. \$4/\$5



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.

Senior snapshot Participants enjoying a drop-in game of dominos at the senior center.



On the Horizon

Fri 2/3

Home Sharing: Aging in Place in Your Space

Sunshine Home Share Colorado is a nonprofit solution helping seniors 55 and older remain in their homes and communities by utilizing the extra space in their homes, while providing housing to someone needing an affordable place to live. Come learn if home sharing is a solution that might be right for you.

10 a.m.-Noon 4701.103 FREE

Tue 2/14

Valentine's Day Biscuits and Gravy Breakfast

Bring your sweetie down to the Commerce City Recreation Center and enjoy an early start to the Valentine's Day holiday. Your Valentine's Day breakfast will feature a traditional biscuit with sausage gravy. Proceeds benefit the Goodfriends scholarship program.

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

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US Postage
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Commerce City
Colorado
80022

COMMERCE CITY ON THE Move



Remix your routine in 2017

Explore new skills and stay active with these FREE programs and activities at the Commerce City Older Adult/Senior Center.

Learn a new skill

How to Take Pictures for Auction Sites

When selling or donating items on Craigslist or eBay, how the item is presented makes the difference. This class will teach you angles, lighting and perspective so you can show off the best parts of your treasured items.

Wed 1/11 11 a.m.-1 p.m. 4701.102 FREE

Technology is Hard

Steve Latham, resources specialist, assists people with questions about their technology every second and fourth Wednesday of the month. Whether it is simple questions regarding your cell phone or more technical (like configuring your laptop or syncing up Bluetooth), let us help answer your questions. Make an appointment by calling Steve Latham at 303-289-8108.

Wed 1/11 and 1/25 9-11 a.m. FREE

Stay healthy with self-care

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.

Wed 1/18-2/22

10 a.m.-Noon 4701.101 FREE

Get social and stay connected

NEW! Rummikub® Drop-In Game Group

NEW this year, the older adult/senior center has added a drop-in Rummikub® game group on Wednesdays at 10 a.m. Rummikub® is a popular tile-based game for two to four players, combining elements of the card game rummy and mahjong.

Wed 10 a.m. FREE

January 2017

Programs, Excursions
and Services for Seniors
and Older Adults

Senior Focus Group



Focus group participants prioritizing ideas after discussion.

Join recreation division leaders in making decisions about senior programs in the community and help us create an action plan for 2017. Feedback from the focus group is used to develop an annual action plan and shared with staff and the senior advisory committees to put into action. This is your opportunity to be heard!

Last year, seniors that attended the focus group participated in open discussions on how to improve the older adult/senior programs and services division including:

- Programs – activities, events, day trips, extended trips
- Health and Wellness Programs
- Educational Seminars
- Outreach/Marketing
- Operations – communication, customer service, etc.

Please pre-register so we can prepare enough material. Drinks and light snacks provided.

Tue 1/10

3-5 p.m. 4701.108 FREE
Recreation center

Ring in the New Year on 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, or call 303-289-3764.

1/5 Thur • 4401.101 Shop Around Town (Craft) • Denver area • 2
Shop for arts and crafts for your next project.
4401.101 9 a.m.-5 p.m. \$6/\$7

1/6 Fri • Rocky Mountain Quilt Museum • Golden • 2
View more than 550 quilts at this cultural and historical quilt museum.
4501.110 9:30 a.m.-2 p.m. \$11/\$12

1/10 Tue • John Fielder's Colorado Photo Gallery • Denver • 2
Peruse this gallery with more than 100 of the landscape photographer's most popular images.
4501.111 9:30 a.m.-2 p.m. \$6/\$7

1/14 Sat • National Western Stock Show & Wild West Show • Denver • 3
Find your western spirit at this event with a variety of cowboys, horses, cattle and professional rodeo riders.
4501.112 2-8 p.m. \$25/\$26

1/20 Fri • Lunch & Movie • Denver • 1
Spend the afternoon out of the cold and enjoy lunch and the latest Hollywood blockbuster.
4501.113 11 a.m.-5 p.m. \$6/\$7

1/27 Fri • Lunch Out "School House" • Arvada • 2
Enjoy lunch at this 1882 schoolhouse that was turned into a bistro and saloon.
4501.114 10:30 a.m.-2 p.m. \$6/\$7

1/30 Mon • Dinner Out "Texas Road House" • Northglenn • 1
Enjoy dinner with friends at this Western-themed restaurant that specializes in steaks.
4501.103 4:30-8 p.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



Free income tax preparation

Priority given to residents age 60 and older

Volunteers with the Adams County Treasurer's Office are available to provide FREE income tax preparation services every Thursday at the Commerce City Recreation Center, 6060 E. Parkway Dr., starting Jan. 26.

Basic income taxes are prepared for those individuals with low to moderate income who cannot prepare their own tax returns or afford to pay a tax preparer. Special attention is given to residents age 60 and older. Volunteers prepare free basic income tax and free electronic filing for those taxpayers with incomes up to \$56,000.

No reservations are needed. Bring all necessary tax documents, including your W-2, 1098 and 1099, and a copy of last year's tax returns. Photocopies are NOT provided.

Thur 1/26-4/13
8:30 a.m.-2:30 p.m.

Commerce City Recreation Center

Wellness CORNER

Active Adult New Member Weight Room Orientation

Are you new to the recreation center? Schedule a free weight room orientation to learn more about the strength and cardio machines as well as fitness services. Bring your questions and have them answered by a fitness professional. To schedule your 45-minute orientation, call 303-289-3762.



Don't Miss It!

Mon 1/2

Life Isn't Easy

Come share your life experiences, good and bad, in this monthly support group to discuss topics such as the joys and pains of daily living, aging, the loss of a loved one, financial hardship, medical diagnoses, and caregiving.
10 a.m. FREE

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How to Take Pictures for Auction Sites

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11 a.m.-1 p.m. 4701.102 FREE

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.
10 a.m.-Noon 4701.101 FREE

Thur 1/19

AARP Driver Safety class

Learn defensive driving techniques, new traffic laws, rules of the road and how to deal with aggressive drivers. Contact your insurance agent to see if you are eligible to receive a discount on your insurance. Class is \$15 for AARP members and \$20 for nonmembers. Payment is due to the instructor on the day of class and pre-registration is required.
8:30 a.m.-12:30 p.m. 4701.105 \$15/\$20

Thur 1/26

VIP Trip Rewards Event

Did you participate in at least 12 trips with the Commerce City Senior Center between July 1-December 31, 2016? If so, we want to recognize you as a VIP trip participant and say a toast! Pre-registration is required.
11 a.m.-12:30 p.m. 4601.101 FREE

JANUARY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>RECREATION CENTER CLOSED</p> <p><i>Happy New Year!</i></p>	<p>2</p> <p>10 a.m. Life Isn't Easy Group</p> <p>Noon Dominos</p> <p>1:30 p.m. Line Dance</p>	<p>3</p> <p>Noon Potluck & Bingo</p>	<p>4</p> <p>9 a.m. Quilting & Sewing</p> <p>Noon NEW! Rummikub</p>	<p>5</p> <p>9 a.m. Shop Around Town (Crafts) Denver area</p>	<p>6</p> <p>9:30 a.m. Quilt Museum in Golden</p> <p>10 a.m. Walking Group</p> <p>10 a.m. Beading</p> <p>1 p.m. Card Games</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>9 a.m. Scrapbooking & Cardmaking</p> <p>Noon Dominos</p> <p>1:30 p.m. Line Dance</p>	<p>10</p> <p>9:30 a.m. John Fielder's Gallery in Denver</p> <p>1 p.m. Bunco</p> <p>3 p.m. Senior Focus Group</p>	<p>11</p> <p>9 a.m. Quilting & Sewing</p> <p>11 a.m. Pictures for Auction Sites</p> <p>Noon NEW! Rummikub</p>	<p>12</p> <p>9 a.m. Get Active in the Game Room</p>	<p>13</p> <p>10 a.m. Beading</p> <p>1 p.m. Card Games</p>	<p>14</p> <p>2 p.m. National Western Stock Show & Wild West Show in Denver</p> 
<p>15</p>	<p>16</p> <p>Noon Dominos</p> <p>1:30 p.m. Line Dance</p>	<p>17</p> <p>Noon Birthday Lunch</p> 	<p>18</p> <p>9 a.m. Quilting & Sewing</p> <p>10 a.m. Living with Chronic Conditions Noon NEW! Rummikub</p>	<p>19</p> <p>8:30 a.m. AARP Driver Safety Class</p> 	<p>20</p> <p>10 a.m. Walking Group</p> <p>10 a.m. Beading</p> <p>11 a.m. Lunch & Movie in Denver</p> <p>1 p.m. Card Games</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>Noon Dominos</p> <p>1:30 p.m. Line Dance</p> <p>3 p.m. Pie and Coffee</p>	<p>24</p> <p>1 p.m. Movie Matinee</p> 	<p>25</p> <p>9 a.m. Quilting & Sewing</p> <p>10 a.m. Living with Chronic Conditions Noon NEW! Rummikub</p>	<p>26</p> <p>11 a.m. VIP Trip Rewards Event</p> <p>1 p.m. Bingo</p>	<p>27</p> <p>10 a.m. Beading</p> <p>10:30 a.m. Lunch Out "School House" in Arvada</p> <p>1 p.m. Card Games</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>Noon Dominos</p> <p>1:30 p.m. Line Dance</p> <p>4:30 p.m. Dinner Out "Texas Road House" in Northglenn</p>	<p>31</p>				

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.

JANUARY BIRTHDAYS

Ana Abarca January 11	Susan Horner January 26	Kristy Smith January 10
Martha Applegarth January 19	Lois Irwin January 1	Sharon Thompson January 4
Rebecca Baca January 29	Mary Landin January 18	Norman Union January 4
Evelyn J. Barnard January 24	Marjorie Lindstrom January 9	Mary Vigil January 22
Anita Compos January 6	Cecila Lobato January 18	Bethel D. Welch January 21
Viola Davenport January 2	Connie McWhirt January 10	
Dorene Dodson January 6	Eugene Mchalski January 3	
Ramona Dunn January 24	Isabel Montoya January 11	
Kenneth A. Flood Sr. January 25	Gunda Nienke January 7	
Linda Fortney January 22	Frank Poeblla January 11	
Erlinda E. Franco January 13	Wanda Poole January 6	
Donna Frank January 21	Levi Sanchez January 21	
Beverly Griego January 16	Rose Schwab January 8	
Marianne Hayes January 23	Theresa Seamster January 9	
Charles Horner January 11	Karen Smith January 9	

IMPORTANT NUMBERS

CITY OF COMMERCE CITY

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

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Senior Desk: 303-289-3756

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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