



City of Commerce City
 Department of Parks, Recreation & Golf
 13905 E. 112th Ave.
 Commerce City, CO 80222

Active Adult Information: 303-289-3720
 Active Adult Desk: 303-289-3756
 Bison Ridge Registration: 303-286-6801
 Eagle Pointe Registration: 303-289-3789

BISON RIDGE 13905 E. 112th Ave.
EAGLE POINTE 6060 E. Parkway Dr.
RECREATION CENTER HOURS
 Mon-Fri: 5 a.m. - 9:30 p.m.
 Sat: 7 a.m. - 7 p.m.
 Sun: 8 a.m. - 6 p.m.
ACTIVE ADULT CENTER
 6060 E. Parkway Dr.
 Mon-Fri: 8 a.m.-4 p.m.

Facility Closures

Both Bison Ridge and Eagle Pointe recreation centers will be closed Thursday, Nov. 24 in observance of Thanksgiving Day.



On the Horizon

National Holiday Card Day

Join us for National Holiday Card Day! Each year around the holidays, friends and families begin mailing their holiday cards. Spend the morning with Special Event Coordinator Kylie Whitmore spreading holiday cheer by making holiday cards by hand or with our Cricut, or feel free to bring your own cards and fill them out! Staff members will make a mail run to send them off. Envelopes and other supplies will be provided. Participants will be given four stamps to use, and a limit of two cards per person can be made on the Cricut. Feel free to bring additional stamps for extra cards.

Fri 12/9 • 10 a.m. - noon • \$4/\$6 • 4601.306 • Eagle Pointe

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 Colorado
 80022

COMMERCE CITY ON THE Move



Honor our veterans this year for Veterans Day

Veterans Thank You For Your Service Celebration

In honor of our veterans, we will be celebrating you on Veterans Day! Coffee and donuts will be available from 9-11 a.m. followed by light snacks will be available 11 a.m.-2 p.m. If you are not a veteran, stop in to thank the veterans who served our county proudly. Registration required.

Fri 11/11 • 9 a.m. - 2 p.m.
FREE • 4601.305 • Eagle Pointe

For a full list of programs, resources, and offerings for our veterans (including free recreation memberships and Buffalo Run Golf course's free 6-week golf program), please visit c3gov.com/veterans.

July Focus Group Summary

As many regular guests of the Active Adult Center may know, staff conducted a focus group exercise this past July. We truly appreciate everyone who participated and we value the feedback we received

through the process. The staff have been discussing responses and evaluating opportunities to implement many of the recommendations. The Fall 2022 activity guide and programs had already been planned by the time of the focus group, so the Winter/Spring 2023 catalog will be the first view of modifications to our operations based on focus group data. The changes may appear minor, but we hope to scale up as we see success from the adjustments.

The Active Adult staff are very excited about many of the ideas and we all hope that our regular users (you!) find them exciting and enjoyable as well. Some of the changes that staff are pursuing include: expanding daily drop-in activities, a new monthly birthday celebration, reintroducing potlucks, and incorporating adjustments to various trips and programs. Keep an eye out for more details soon!

November 2022

Programs, Excursions
 and Services for Active Adults

Improve your health at the 365 Health Fair

Offering free and/or low-cost health screenings and vaccinations for community members of all ages, Commerce City's 365 Health Fair (formerly the 9Health Fair) is coming to Adams City High School on Saturday, Nov. 5 from 7 a.m. to noon. Providing a wide array of important health screenings, free flu shots and COVID-19 vaccinations, and medical professionals to answer your family health questions, the 365 Health Fair can save you time and money.

Register for the fair at onlinereg.365health.org or call 303-698-4455.

Sat 11/5 • 7 a.m. - noon
Adams City High School

Adams County Aging Network Resource Fair

The Adams County Aging Network (ACAN) is hosting a free resource fair on Thursday, Nov. 10 from 9 a.m. to noon at the City of Thornton Community Connections Center. The fair will include local senior services with information on aging well in Adams County. Learn about new programs and products geared toward health and safety in the community. Refreshments will be served.

Registration at the door will be accepted, but pre-registration is encouraged. Forms are available at the Eagle Pointe Active Adult Center.
Thur 11/10 • 9 a.m. - noon
City of Thornton Connections Center, 9471 Dorothy Blvd., Thornton 80229

We're Outta Here

For trip details, see the parks and recreation activities guide at c3gov.com/recreation, or call 303-289-3764. All trips depart from the Eagle Pointe Recreation Center unless noted.

Mon 11/14 • **Lunch Out** • Thornton • L1
Enjoy the Olive Garden's Italian-American entrees with lunch specials available. After lunch, it is a short drive to Barnes and Noble where you can find books from the The New York Times Bestseller list, fiction, sci-fi, mystery, and many more. Lunch on own.
Registration deadline: 11/7
4501.316 10:30 a.m. - 3:30 p.m. \$9/\$10

Mon 11/28 • **Dinner Out** • Northglenn • L1
The Black Eyed Pea has built a reputation in Colorado for the best home cooked meal away from home. As the weather changes seasons, the Black-eyed Pea's menu changes to use the freshest ingredients. Dinner on own.
Registration deadline: 11/21
4501.318 4 - 8 p.m. \$8/\$9

Thu 11/17 • **Man Vs. Food** • Denver • L1
Watch an episode of the classic Travel Channel Show where host Adam Richman takes on some crazy food eating challenges. Afterward we will travel to the restaurant to take on the same challenge or at least try the great food! Lunch on own.
Restaurant is The Buff.
Registration deadline: 11/10
4501.317 10:30 a.m. - 2:30 p.m. \$10/\$12

As a reminder, NO food or drinks are allowed in the vans.
Please help us keep them clean and safe for everyone.
Thank you!

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

- | | | |
|--|--|---|
| LEVEL 1 | LEVEL 2 | LEVEL 3 |
| Parking lot, short walking distance, minimal activity. | Moderate activity and walking distance, some stairs. | 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, \$10-15; Lunch, \$15-20; Dinner, \$15-30.

November Lunch: Thanksgiving Meal

Be our guest for a fabulous Thanksgiving feast! Join us for a hearty and delectable Thanksgiving meal. On the menu are traditional items including roast turkey, mashed potatoes and gravy, maple glazed carrots, dressing, cranberry sauce, and pumpkin pie!

The meal will be held at Eagle Pointe. Registration is required. Please indicate dine-in or to-go when registering. To-go meals will be ready for pick-up at 1 p.m.

Tue 11/15 • Noon - 1:30 p.m. • \$12/\$15
4201.302 • Eagle Pointe



Lost Adventures Virtual Trip Series: Lost World of Pompeii

Since Mount Vesuvius erupted in 79 AD, burying the city of Pompeii, it has been frozen in time. But now more secrets behind the ancient Roman city are being revealed with the help of new technology. Pompeii is a delicately preserved attraction that is under constant threat from the wear and tear of extensive tourism, the specter of landslides, and the possibility of another eruption from Mount Vesuvius.

Wed 11/23 • 1 - 2:30 p.m. • \$4/\$5 • 4601.330 • Eagle Pointe

Don't Miss It!

ALL events require advance registration. View the complete Fall 2022 activity guides online at recreation.c3gov.com/classes-programs or contact Active Adult staff for a hard copy.

Gobble 'til you wobble at these November offerings

Nutrition As We Age

Learn the components of a balanced diet, how nutrition affects optimal aging, and the relationship between nutrition, exercise and stress management to maintain overall health. You will also learn how to make healthy and nutritious decisions geared toward aging.

Tue 11/1-11/15 • 9:30-10 a.m. • \$15/\$20
3951.304 • Eagle Pointe

Chair Volleyball

Join friends and get your blood pumping and your body moving with a rousing game of chair volleyball! It enhances your upper body mobility, joint flexibility, muscle tone, reflexes, hand-to-eye coordination, and endurance. Rules are similar to regular volleyball, except cheeks stay in seats. Registration is required so the room can be set up ahead of time.

Tue 11/1 • 10 - 11 a.m. • FREE • 4601.311 • Eagle Pointe

Crafty Corner at Eagle Pointe

Put on your creative hat and join in on the fun! Art projects include diamond painting, origami with Daniel Asmussen, window cling painting, and candle making. These projects will keep you busy during the autumn months. Supplies included. One piece of art per person. Registration required.

Fri 11/4 • 10 a.m. - noon • \$10/\$11 • 4601.315 • Eagle Pointe

Friday Bingo at Eagle Pointe

Come try your luck at this game of chance and see if we call your numbers. Join friends and Active Adult staff as we play BINGO for some exciting prizes! Registration required to attend.

Fri 11/4 • 1 - 2:30 p.m. • \$5/\$7 • 4601.322 • Eagle Pointe

Breakfast Burrito Bingo at Bison Ridge

Take a break from your ordinary breakfast routine! Join Active Adult staff for hearty breakfast burritos and a morning game of bingo at Bison Ridge. We will have a variety of prizes and bunches of fun! Registration is required to attend.

Fri 11/18 • 9 - 10:30 a.m. • \$10/\$12 • 4651.303 • Bison Ridge

Tuesday Movie Matinee at Eagle Pointe

Join us as we screen "Greyhound" (2020) this month! Based upon the novel "The Good Shepherd" by C. S. Forester, this is the thrilling story of an Allied convoy, led by Captain Krause (Tom Hanks), crossing the North Atlantic in 1942 as it faces relentless attack by a German submarine wolf pack.

Tue 11/29 • 1-3:30 p.m. • \$4/\$6 • 4601.319 • Eagle Pointe

Wii Bowling

Join other bowling aficionados and Active Adult staff for monthly bowling drop-in times on the Wii for all the fun and excitement of real bowling, but it is low impact and accessible for all! Space for this activity is limited.

Wed 11/30 • 10-11:30 a.m. • FREE • 4601.326 • Eagle Pointe

Wellness CORNER

VNA Wellness

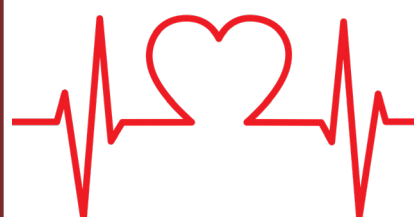
The Visiting Nurses Association operates a monthly health clinic for seniors. Make an appointment by stopping by the Active Adult Center or call 303-289-3756.
Wed 11/9 • 8:30 a.m. - 4:30 p.m.
FREE • Eagle Pointe

Medicare Help

This class will help you answer common Medicare questions. RSVP at 303-916-3068. Drop-ins are welcome if space allows.
Wed 11/16 • 9-10 a.m. • FREE
4701.305 • Eagle Pointe

Medicare Informational Table

If you have questions about your current Medicare plan, stop by Eagle Pointe for a 1-on-1 consultation. No RSVP necessary.
Wed 11/16 • 10 - 11:30 a.m.
FREE • Eagle Pointe



November Drop-ins & Monthly Offerings

Ceramics

Every Wednesday • 9 a.m. • FREE
Eagle Pointe

Life Isn't Easy

Mon 11/7 • 10-11:30 a.m. • FREE • Eagle Pointe
Mon 11/21 • 10-11:30 a.m. • FREE • Eagle Pointe

Therapeutic Coloring








Mon 11/14 • 10-11:30 a.m. • FREE • Eagle Pointe
Mon 11/28 • 10-11:30 a.m. • FREE • Eagle Pointe

Bunco

Tue 11/8 • 1 - 3:30 p.m. • FREE • Eagle Pointe

See the full Fall 2022 drop-in schedule on page 17 of the Fall activity guide.

NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 9 a.m. Ceramics @ EP 10 a.m. Chair Volleyball @ EP	2 9 a.m. Quilting @ EP	3	4 10 a.m. Crafty Corner @ EP 1 p.m. Friday Bingo @ EP	5 7 a.m. 365 Health Fair @ Adams City High School 
6	7 Line Dance @ BR 9 a.m. Beginner 10:15 a.m. Intermediate 10 a.m. Life Isn't Easy @ EP Noon Dominos	8 9 a.m. Ceramics @ EP 1 p.m. Bunco @ EP	9 8:30 a.m. Visiting Nurse @ EP 9 a.m. Quilting @ EP	10 9 a.m. Adams County Aging Network Resource Fair @ City of Thornton Connections Center in Thornton Noon Pictionary	11 9 a.m. Veterans Thank You For Your Service Celebration 	12
13	14 Line Dance @ BR 10 a.m. Therapeutic Coloring @ EP 10:30 a.m. Lunch Out @ Olive Garden in Thornton Noon Dominos	15 9 a.m. Ceramics @ EP Noon Thanksgiving Meal Lunch @ EP 	16 9 a.m. Quilting @ EP 9 a.m. Medicare Help @ EP 10 a.m. Medicare Table @ EP	17 10:30 a.m. Man vs. Food @ The Buff in Boulder	18 9 a.m. Breakfast Burrito Bingo @ BR 	19
20	21 Line Dance @ BR 9 a.m. Beginner 10:15 a.m. Intermediate 10 a.m. Life Isn't Easy @ EP Noon Dominos	22 9 a.m. Ceramics @ EP	23 9 a.m. Quilting @ EP 1 p.m. Lost Adventures Virtual Series: Pompeii @ EP	24 EP AND BR CLOSED ALL DAY 	25	26
27	28 Line Dance @ BR 10 a.m. Therapeutic Coloring @ EP Noon Dominos 4 p.m. Dinner Out @ Black-eyed Pea in Westminster	29 9 a.m. Ceramics @ EP 1 p.m. Movie Matinee, "Greyhound" @ EP 	30 9 a.m. Quilting @ EP 10 a.m. Wii Bowling @ EP 	1	2	3

NOVEMBER BIRTHDAYS

Bonnie Abendschan November 9	Joann Felts November 8	Madonna McCollum November 29	Gary Smith November 22
Magdalena Almenara November 28	Norma Gevara November 16	Barry Messick November 29	Anita Solano November 13
Pete Apodaca November 20	Ann Giarrusso November 5	Fred Mondragon November 5	Nancy Stewart November 4
Linda Arguello November 5	Geraldine Gonzalez November 24	Betty Montoya November 27	Terry Strahm November 24
Maria Armendariz November 3	Vada Hammel November 19	R. Morales De Moncada November 5	Vernon Trujillo November 19
Dean Banner November 21	JoAnn Hardt November 21	Gail Morrow November 12	Shirley Valentine November 30
Evelyn Bartow November 12	Lorraine Hisamoto November 23	Therese Mousel November 14	Scott VanHeusen November 13
Karen Bidgood November 10	Angie Huntziker November 30	Sandra Murray November 22	Cathy Venard November 11
Darlene Burley November 8	Tisha Hupke November 9	Irina Nekrasova November 25	Donald Welton November 9
Frutoso Chavez November 19	Jeanette Jaramillo November 23	Jess Ravalo November 8	Jessica Whitlock November 19
Sherri Choromokos November 8	Leslie Knisley November 4	Frank Reihl November 14	Marnie Wilson November 17
Faye Cleveland November 3	Kathleen Kreutzer November 28	Cecilia Retana November 21	Jerzy Wolicki November 23
James Coleman November 6	Orval Lewis November 22	Kathy Sarconi November 8	Kathleen Wood November 26
Cynthia Cornstock November 13	John Lichniak November 25	Darryl Scadden November 7	Susan Zgol November 9
Joe Eames November 7	Rebecca Lopez November 16	Stuart Seim November 21	
Norma Farkas November 13	Charlene Loukota November 27	Zandra Shaver November 11	
Rosalie Farrer November 12	Kimn Lucero November 30	Willa Shelton November 27	

IMPORTANT NUMBERS

HEALTH & COVID-19 RESOURCES FOR OLDER ADULTS

- The Colorado Department of Health & Environment has a call line for general questions about COVID-19. Call CO HELP at 303-389-1687 or 1-877-462-2911 for answers in many languages, or email them at COHELP@RMPDC.org for answers in English. Visit www.colorado.gov/cdphe for the most up to date information about COVID-19 in Colorado.
- Center for Disease Control and Prevention (CDC): www.cdc.gov/COVID19
- Tri-County Health Department: www.tchd.org or 303-220-9200
- Seniors' Resource Center: 303-238-8151
- The Senior Hub: 303-426-4408
- Adams County Virtual Outreach: Do you have questions or need to apply for public assistance programs? Please contact Adams County Outreach & Education Liaison Karla Ojeda at (720) 523-2114 or kojeda@adcogov.org to schedule a time to meet. She may be able to answer your questions and/or provide you with the resources you need.
- Almost Home: If you need rent or mortgage assistance due to COVID, utility or water assistance, or food from our food bank, you may be eligible for assistance. Please call 303-659-6199 or email assistance@almosthomeonline.org.
- Medicare Assistance: Schedule a free consultation with an unbiased broker and expert in all things Medicare. Contact Jeffrey Brill, President of North Star Insurance Agency, at (303) 667-1028 for information on extra benefits and potential savings.

To contact the city about regular business, please refer to the following list of department phone numbers:

City Main Line/General Inquiries: 303-289-3600

City Attorney's Office: 303-289-8130

City Clerk's Office: 303-289-3611

City Manager's Office: 303-227-8808

Community Development: 303-289-3683

Economic Development: 303-289-3620

Finance: 303-289-3627

Human Resources: 303-289-3624

Information Technology: 303-227-8807

Parks, Recreation and Golf: 303-289-3691

Police Department: 303-287-2844

Public Works: 303-289-8150