



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

Bison Ridge and Eagle Pointe recreation centers will be closed on Jan. 1 2024 in celebration of New Years Day.

On the Horizon

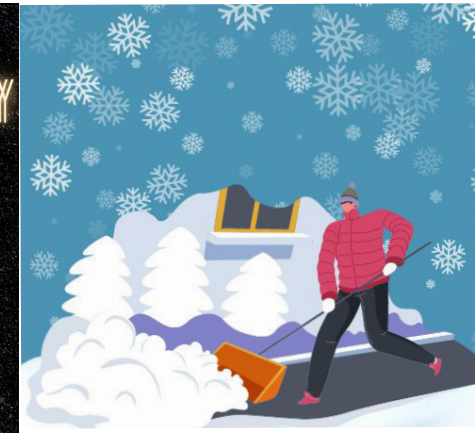
Camp David presentation by Debra Bullock

Debra trained at Camp David, a retreat for the President of the United States of America. The retreat also offers federal agents a place to vacation with their families. Spend the morning learning from Debra's experiences during her training at Camp David. Snacks provided.

2/21 W 10 - 11 a.m. \$5/\$6 4601.125 EP

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 Colorado
 80022

COMMERCE CITY ON THE Move



New Year, New Programs

Comedy Night at Buffalo Run

Join active adults staff for some tasty food and a whole lot of laughter at Comedy Night at Buffalo Run. The night will feature local comedians. Come for laughs, and stay for incredible food and drinks! The ticket price includes appetizers! Cash bar available. Visit c3gov.com/Recreation for more information on this humor-filled evening!

Snow Guardians to the Rescue

In time for the bulk of the Colorado snow season, Commerce City Code Enforcement is happy to introduce the new Snow Guardians program, which helps residents be good neighbors by offering free snow removal services to residents who qualify. Snow Guardians assist residents who are not able to clear their sidewalks of snow and ice to comply with the municipal code due to age, disability, or some other condition. To qualify, you must be a resident of Commerce City and be unable to shovel the property's sidewalk due to age, disability, and/or other conditions. Learn more about the program and apply at c3gov.com/CodeEnforcement.

2023 Teddy Bear Drive

The Commerce City Youth Commission is collecting NEW stuffed toys to comfort local kids during difficult times. Commerce City police officers will hand out the bears to young residents facing traumatic situations. Drop off your donations through out January at city facilities, and please no holiday-themed bears, as they will be distributed throughout the year.

Donation bins at:

Commerce City Civic Center,
 7887 E. 60th Ave.
 Eagle Pointe Recreation Center,
 6060 Parkway Dr.
 Bison Ridge Recreation Center,
 13905 E. 112th Ave.



January 2024

Programs, Excursions
 and Services for Active Adults

Crafty Corner

Put on your creative hat and join the fun on the second Friday of the month! This month we are creating candy rose buds. Supplies included.
F 1/12 • 10 a.m. - noon • \$10/\$11
4601.108 • EP

Elvis Presley Birthday Celebration

Elvis is in the building! Help Elvis celebrate his birthday while he performs hits from his career. Some of Elvis favorite foods will be served as we enjoy this performance.
M 1/8 • Noon - 2 p.m. • \$25/\$30
4601.124 • EP

Birthday Celebration

All are welcome to attend the monthly birthday celebrations! Help your friends celebrate their birthday month with a special treat provided by the Active Adult Center and great friends to remember their special day. Registration is required, but does not need to be your birthday month to join the celebration!
Th 1/18 • 1 - 2 p.m. • \$5/\$7
4601.116 • EP

Potluck at Eagle Pointe

Bring a dish to share with at least six other people and enjoy this monthly community meal with your friends. Staff will provide fried chicken.
F 1/26 • 11 a.m. - 12:30 p.m. • \$3/\$5
4601.134 • EP

Tuesday Movie Matinee

Come escape the winter winds and get warm while enjoying Coach Carter this month.
Tu 1/30 • 1 - 3 p.m. • \$4/\$6
4601.120 • EP

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.

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Th 1/4 • Lunch & Movie • Denver • L1

First enjoy lunch, then settle in for a movie at a metro Denver Theater! Movie included in fee. Lunch on own. Departs from Eagle Pointe.

4501.112 10:30 a.m. - 3:30 p.m. \$10/\$12

Th 1/11 • Aurora History Museum • Aurora • L2

Growing Home is a permanent exhibit about Aurora's history featuring Trolley Trailer No. 610, a fully-restored 1913 historic trolley trailer. The exhibit highlights people, places, and events from Aurora's history. Lunch on own. Departs from Eagle Pointe.

4501.113 9:45 a.m. - 2:45 p.m. \$11/\$12

W 1/17 • Forney Transportation Museum • Denver • L3

The Forney Museum of Transportation is a one-of-a-kind collection of over 800 artifacts relating to historical transportation. The collection includes buggies, motorcycles, steam locomotives, aircraft, and much more! No bags, backpacks, or purses allowed in museum. Meal on own. Pick up from BR at 10 a.m. and pick up from EP at 10:30 a.m.

4501.114 10 a.m. - 3 p.m. \$22/\$25

M 1/22 • Dinner Out- Malone's Clubhouse Grill • L3

Newly remodeled and serving Arvada for over 15 years, this family friendly restaurant serves American food. Dinner on own. Departs from Eagle Pointe.

4501.101 4 - 8 p.m. \$9/\$11

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

Th 1/25 • Mutiny Information Cafe • L2

Find gently used, books, comics, records while enjoying a great cup of coffee and a snack. Meal on own. Departs from Eagle Pointe.

4501.116 10 a.m. - 2 p.m. \$9/\$11

Tu 1/30 • International Snow Sculptures Championships • Breckenridge • L3

Teams from around the world descend on Breckenridge to hand-carve 25-ton blocks of snow into enormous, intricate works of art with only hand tools. Meal on own. Departs from Eagle Pointe.

4501.117 9:30 a.m. - 5:30 p.m. \$14/\$18



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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, \$10-15; Lunch, \$15-20; Dinner, \$15-30.

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Don't Miss It!

ALL events require advance registration. View the complete Winter/Spring 2024 activity guide online at recreation.c3gov.com/classes-programs or contact Active Adult staff for a hard copy.

Fun Activities for All

Chair Volleyball

Sit, Set, Spike! Join friends and get your blood pumping and your body moving with a rousing game of chair volleyball! Chair volleyball is played with a beach ball and a five-foot-high net. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. Rules are similar to regular volleyball except cheeks stay in seats!

W 1/3 • 10 - 11 a.m. • FREE • 4601.126 • EP

Book Club

Interested in books and meeting new friends? Join the book club through the Eagle Pointe Recreation Center. Books will be chosen by the club as a book is finished. The book club is volunteer-led, and meets on the first Friday of each month, this depends on the length of the book chosen by the group. Each member will be responsible for ordering and receiving their book prior to the first meeting. Coffee and water will be provided.

F 1/5 • 1 - 2:30 p.m. • FREE • EP

Coffee with the Commerce City Athletics Team

The athletic team keeps youth and adults active through the many programs they offer, such as softball, basketball, baseball, and much more! Come meet the new staff and learn the basics of day-to-day programming in athletics.

T 1/9 • 9 - 10 a.m. • FREE • 4601.104 • EP

Breakfast Burrito Bingo at Bison Ridge

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

F 1/19 • 9 - 10:30 a.m. • \$10/\$12 • 4651.105 • BR

Friday Bingo at Eagle Pointe

B-I-N-G-O! 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! We will have super exciting prizes! Registration is required to attend.

F 1/26 • 1- 2:30 p.m. • \$5/\$7 • 4601.112 • EP

Wii Bowling

Attention all bowling newbies, amateurs, and pros! The Active Adult Center is bringing Wii Bowling back! Join other bowling aficionados and active adult staff for monthly bowling drop-in times on the Wii! Wii bowling has all the fun and excitement of real bowling but is low-impact and accessible for all. Space for this drop-in activity is limited.

W 1/31 • 10 - 11:30 a.m. • FREE • EP

Wellness CORNER

Visiting Nurses Association Wellness Program at Eagle Pointe

The Visiting Nurses Association operates a monthly health clinic for seniors. They check blood pressure, provide nail and foot care for diabetics and others. You must schedule an appointment with the Active Adult Center to participate in the health clinic. Make an appointment by stopping by the Active Adult Center or by calling 720-305-7788.

W 1/10 • 8:30 a.m - 4 p.m.

Free with appointment and participating insurance

Medicare

Learn more about the federal health insurance system for older Americans. How to decide if a Medicare Supplement or a Medicare Advantage plan is right for you? How to avoid penalties? Feel comfortable and safe with your decisions.

Tu 1/16 • 5:30 - 6:30 p.m. • FREE 4701.101

January Drop-ins & Monthly Offerings

Dominos

Every Monday • Noon - 3:30 p.m. • EP

Rummikub

Every Wednesday • Noon - 3:30 p.m. • EP

Players Choice Card Games

Every Friday • 11 a.m. - 4 p.m. • EP

See the full Winter/Spring 2024 drop-in schedule on page 16. Daily classes and drop-in activities for seniors and older adults. Discount memberships for residents aged 62 and older.