

Foodie Corner

Thur 10/26: Biscuits and Gravy Breakfast

Bring your friends to enjoy hearty biscuits and sausage gravy. This annual event benefits the Goodfriends scholarship program. Get your meal to go by calling 303-289-3756. **7-10 a.m. \$3.50 at the door**

DATE CHANGE!

Tue 11/14: Birthday Lunch

Enjoy chef-carved roast turkey, stuffing, mashed potatoes with gravy, green bean casserole and pumpkin pie for dessert. Signup deadline is Nov. 9. Doors open at 11:45 a.m. for wheelchair seating.

Noon \$7/\$9 4201.303

Wed 11/18: Soup Days

Enjoy savory homemade potato soup, fresh rolls, and dessert in the older adult/senior center while supporting the Goodfriends scholarship program.

11 a.m.-1 p.m. \$3.50 at the door



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.

Apply for a senior advisory committee by Dec. 1

Senior advisory committee applications are available for the 2018 program year. Seniors/older adults are invited to apply and make a difference in the recreation center's senior/older adult activities by serving on the program/wellness or outreach committees. Applications and forms are available at the Older Adult/Senior Center or online at c3gov.com/boards. Forms should be returned to the parks and recreation department, Attn: Derrick Tripp, by Dec. 1. Please contact Derrick, recreation supervisor of senior services, at 303-289-3761 or dtripp@c3gov.com.

Tue 12/5

Santa's Goodfriends Holiday Shop

Pick out the perfect Christmas decoration or gently used knickknack that your house is missing for the holiday season. Find a new or gently used gift you've been looking for. Drop-off your donated holiday items in the weeks leading up to the sale. All proceeds go to the Goodfriends scholarship program.

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

Thur 12/21

Cookies and Caroling

Join the Music Makers and sing along to your favorite Christmas carols. Guests are invited to bring their favorite holiday treat to share with everyone.

1-3 p.m. FREE

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Commerce City
Colorado
80022

COMMERCE CITY ON THE Move



Take charge of your health during Senior Wellness Week: Nov. 27 - Dec. 1

Find the keys to your health during senior wellness week, with free and low-cost classes focusing on health and wellness. Please call 303-289-3798 to pre-register.

Lunch Out: Sweet Tomato

Enjoy farm fresh salads and made from scratch soups at this healthy all-you-can eat restaurant in Westminster. The lunch cost is not included in the trip fee.

Mon 11/27 10:30 a.m.-1:30 p.m.
4601.302 \$6/\$7

Line Dance (FREE)

Start dancing, get some exercise and get moving! This is a one-time free class, please pre-register.

Mon 11/27 1:30-3 p.m. 8301.301

SilverSneakers® Classic (FREE)

Increase muscular strength, range of movement, and activity for daily living skills.

Tue 11/28 7-8 a.m. 8101.301

Thur 11/30 7-8 a.m. 8102.301

SilverSneakers® Circuit (FREE)

Increase cardiovascular and muscular endurance with a standing circuit workout using hand-held weights and low-impact aerobics.

Tue 11/28 8:30-9:30 a.m. 8103.301

Thur 11/30 8:30-9:30 a.m. 8104.301

SilverSneakers® Yoga (FREE)

Move your body through a complete series of seated and standing yoga poses.

Wed 11/29 8-9 a.m. 8105.301

Seniors Got Talent

Don't miss this annual talent show with music, skits and more. NEW this year, join us on stage or in the audience at the Yellow Rose Event Center (6490 E. 72nd Pl., Commerce City).

Thur 11/30 6 p.m. 4601.306 \$4/\$5

Sodium Sabotage (FREE)

Join the discussion and explore the effects of too much salt. Pre-registration is required.

Fri 12/1 10-11 a.m. 3906.301

Square Dance (FREE)

Make a circle of new friends, get fit, and have fun in this free square dance class. Lessons will follow a slower pace and music than other clubs.

Fri 12/1 1:30-2:30 p.m. 8302.301

November 2017

Programs, Excursions and Services for Seniors and Older Adults



New recreation center names and upcoming facility closures

It's official, the city's new recreation center has a name and the existing recreation center has a new name. Earlier this year, the city asked residents to help name the new facility (opening spring 2018 at 13905 E. 112th Ave.) and rename the existing rec center at 6060 E. Parkway Dr.

Eagle Pointe Recreation Center was selected as the new name for the existing recreation center and Bison Ridge Recreation Center was selected as the name for the new facility. Both of these powerful and revered animals can be observed locally on the Rocky Mountain Arsenal National Wildlife Refuge here in Commerce City.

The Eagle Pointe Recreation Center (6060 E. Parkway Dr.) is closed Nov. 20-21 for pre-renovation work and Nov. 23 for Thanksgiving.

Senior volunteers honored

Thank you to the senior volunteers for contributing nearly 6,000 hours of service to the city. Congratulations to Marian Meyers and Loretta Petty on winning the Triple C and Red Sweater Awards for their outstanding contributions to senior programs.

We're Outta Here

For trip details, see the parks and recreation activities guide at www.c3gov.com/recreation or call 303-289-3764.

11/1 Wed • Apex Swim Center • Arvada • 3
Enjoy a lazy river along Colorado mountain themed swim center. Admission to pool and lunch cost is separate.
4501.324 9 a.m.-2 p.m. \$9/\$10

11/2 Thur • Shop Around Town (Craft) • Denver Area • 2
Look for bargains at local craft stores. Lunch cost is separate.
4401.303 9 a.m.-4 p.m. \$7/\$8

11/10 Fri • Winter Gift Market at Denver Botanical Garden • 3
Peruse creative crafts and holiday gifts. Admission to gardens is included, lunch cost separate.
4501.325 9 a.m.-2 p.m. \$7/\$8

11/14 Tue • Indian Springs Hot Springs • Idaho Springs • 3
Relax at the natural hot springs. Admission is in addition to trip fee. Lunch cost separate.
4501.302 8:30 a.m.-3 p.m. \$10/\$11

11/15 Wed • Shop & Dine at Stanley Marketplace • Aurora • 3
Visit 50+ locally owned shops and eateries. Lunch cost is separate.
4501.326 10 a.m. – 2 p.m. \$7/\$8

11/17 Fri • Diners, Drive-in & Dives • Boulder • 1
Enjoy grass-fed beef burgers at The Sink, open since the 1920s.
4501.327 10:30 a.m.-2 p.m. \$7/\$8

11/20 Mon • Dinner Out "Cheddar's Scratch Kitchen" • Northglenn • 1
Enjoy American comfort food with a Texas twist. Dinner cost separate.
4501.306 4:30-8p.m. \$7/\$8



Shop and dine at the Stanley Marketplace in Aurora on November 5.

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

TAKE A STEP TOWARD BETTER HEALTH THIS FALL

NOV. 11



7 A.M. - NOON

Health Fair

OWN YOUR HEALTH - A FAMILY AFFAIR
20+ Free Health Screenings

- Affordable Care Act (Obamacare) Info
- Blood pressure screenings
- Children's and teen's vision screenings
- Flu Shots
- Free type 1 diabetes screenings for children
- Health resource centers
- Kidney screenings
- Rheumatoid Arthritis screenings
- YMCA diabetes prevention
- And more health services!

LOW-COST SCREENINGS AVAILABLE:

- Blood Chemistry Screening
- Blood Count Screening
- InsureFIT Colon Cancer Take-Home Kits
- TSA & PSA Screenings
- Hemoglobin A1C
- Vitamin D Screening
- Vitamin B12 Screening (free with other purchase)

* You must be 18 years or older for blood tests. No fasting is required.

FREE WOMEN'S WELLNESS AREA:

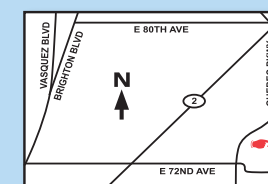
- PAP's
- Breast exams

*Come early. Limited appointments.

ID IS NOT REQUIRED

FREE MEN'S WELLNESS AREA:

- General health
- Prostate/Testicular Screening
- Colon cancer information



Adams City High School
7200 QUEBEC PARKWAY
COMMERCE CITY, CO 80022

FOR INFORMATION OR TO VOLUNTEER | REGISTER ONLINE AT: WWW.9HEALTHFAIR.ORG | TOLL FREE: 800.332.3078 303.698.4455

THANK YOU TO OUR SPONSORS



Wellness CORNER Sodium Sabotage

Following the success of the recent Sugar Sabatoge class, Glen Batista, the fitness and wellness coordinator, will be back to talk about the overabundance of salt in our diets during Senior Wellness Week. Join the discussion and explore the effects of too much salt. Pre-registration is required.

Sodium Sabotage
Fri 12/1 10-11 a.m. 3906.301 FREE

Don't Miss It!

Mon 10/30
Pumpkin Decorating
A pumpkin and all the decorating tools will be provided at this fun seasonal event. Create a spooky carved pumpkin to welcome all the trick-or-treaters that will be visiting your house.
10-11:30 a.m. 4601.301 \$4/5

Mon 11/6
Life Isn't Easy
Come share your life experiences, good and bad, in this monthly support group.
10 a.m. FREE


Fri 11/3
Karaoke and Root Beer Floats
Let your inner star shine and show off your singing pipes by performing some of your favorite hits at this event. Belt out your favorite tunes or cheer on your musically inclined friends.
5-7 p.m. 4601.305 \$5/\$6

Fri 11/10
Medicare 101 with Kaiser Permanente
There are many changes that take place every year in Medicare policy. Learn about the new changes in policies with this informative presentation given by Kaiser Permanente.
10 a.m. 4701.305 FREE

11/13
Coffee & Coloring Group
Coloring books aren't just for kids. Come for the coffee and coloring group and discover why this art form is a growing trend among adults. This drop-in group will meet the second Monday of each month. All supplies are provided.
9 a.m. FREE

Thur 11/16
Domino Tournament
All skill levels are welcome to compete in a fun afternoon of dominos played in the chicken foot format. The top finishers receive prizes. Refreshments are provided.
11 a.m. 4601.304 \$5/\$6

NOVEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9 a.m. Apex Swim Center (Arvada) 9 a.m. Quilting & Sewing Noon Rummikub	2 9 a.m. Shop Around Town (Craft stores in the Denver area)	3 10 a.m. Beading 10 a.m. Walking Group 1 p.m. Card Games 5 p.m. Karaoke & Root Beer Floats	4
5	6 10 a.m. Life Isn't Easy Noon Dominos 1:30 p.m. Line Dance	7 Noon Potluck & Bingo	8 9 a.m. Quilting & Sewing Noon Rummikub 11 a.m. Soup Day (Potato)	9	10 9 a.m. Winter Gift Market (Denver Botanic Gardens) 10 a.m. Medicare 101 10 a.m. Beading 1 p.m. Card Games	11
12	13 9 a.m. Coffee & Coloring Group 9 a.m. Scrapbooking Noon Dominos 1:30 p.m. Line Dance	14 8:30 a.m. Indian Springs Hot Springs (Idaho Springs) DATE CHANGE! Noon Birthday Lunch 1 p.m. Bunco	15 9 a.m. Quilting & Sewing 10 a.m. Shop & Dine at Stanley Markeplace (Aurora) Noon Rummikub	16 11 a.m. Dominos Tournament	17 10 a.m. Beading 10 a.m. Walking Group 10:30 a.m. Diners, Drive-In, & Dives "The Sink" (Boulder) 1 p.m. Card Games	18
19	20 RECREATION CENTER CLOSED FOR PRE-RENOVATION WORK 4:30 p.m. Dinner Out "Cheddar's Scratch Kitchen" in Northglenn	21	22 9 a.m. Quilting & Sewing Noon Rummikub	23 RECREATION CENTER CLOSED 	24 10 a.m. Beading 1 p.m. Card Games	25
26	27	28	29	30	SENIOR WELLNESS WEEK	
	10:30 a.m. Lunch Out "Sweet Tomato" in Westminster Noon Dominos 1:30 p.m. Line Dance	7 a.m. SilverSneakers® Classic (Free Class) 8:30 a.m. SilverSneakers® Circuit (Free Class) 1 p.m. Movie Matinee	8 a.m. SilverSneakers® Yoga (Free Class) 9 a.m. Quilting & Sewing Noon Rummikub	7 a.m. SilverSneakers® Classic (Free Class) 8:30 a.m. SilverSneakers® Circuit (Free Class) 6 p.m. Seniors Got Talent		

All events are at the Commerce City Recreation Center unless otherwise noted.

NOVEMBER BIRTHDAYS

Maria B. Armendariz November 3	Leslie Knisley November 4	Sam Terasaki November 6
Dean Banner November 21	Orva Lewis November 22	Cathy Venard November 11
Emma Camacho November 18	Edmundo E. Lopez November 20	
Sherri Choromokos November 8	Honey Masters November 19	
Fern Conklin November 17	Mary McFarlin November 11	
Anderson Ezzard November 16	Barry Messick November 29	
Eugene Fahey November 11	Sam Miranda November 1	
Norma Farkas November 13	Fred Mondragon November 5	
Joyce Farmer November 7	Josie Perea November 30	
Rito Federico November 24	Ella May Phillips November 10	
Joseph Flood November 6	Robert Pitiak November 20	
Maxine Galindo November 27	Geraldine Romero November 28	
Vada Hammel November 19	Evangeline Rountree November 8	
Jo Ann Hardt November 21	Darryl Scadden November 7	
Marshall Johnson November 20	Anita M. Solano November 13	
Carlene Knisley November 10	Frank Taylor Jr. November 16	

IMPORTANT NUMBERS

CITY OF COMMERCE CITY

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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