

## Foodie Corner



**Fri 4/27**

### Potato Soup Day

Meet a friend for a hearty, healthy lunch of delicious potato soup, with fresh rolls and dessert for \$3.50 per person. Proceeds benefit the Goodfriends scholarship program.

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

## Upcoming recreation center closures

Please make note of these upcoming facility closures at Eagle Pointe Recreation Center.

**Saturday, March 24**

Closing at 2 p.m. for renovation electrical work

**Sunday, April 1**

Closed all day for Easter Sunday

## On the Horizon

**Fri 5/4**

### NEW! May the Fourth Be With You: Star Wars® Day

Come dressed in your favorite Star Wars® attire or as your favorite character and celebrate in a galaxy far, far away! Activities include a showing of *Episode IV: A New Hope*, trivia contest and Star Wars® themed snacks.

**11 a.m.-2 p.m. \$5/\$6  
4601.201 Eagle Pointe**

**Wed 5/9**

### The Benefits of Positive Touch

When we're younger, it might be easy to take touch for granted, but as we age we can become more socially isolated and not have the opportunity for positive touch. Learn about the new industry of professional cuddling and the emotional and physical benefits of platonic, positive touch like hugs. This will be an experiential hands-on session where we'll explore how touch can make us feel better.

**10-11:30 a.m. \$3/\$4 4701.201  
Eagle Pointe**



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.

### ACTIVE ADULT CENTER HOURS

**Mon, Wed, Fri** 8:30 a.m.-3:30 p.m.

**Tue, Thur** 8:30 a.m.-4:30 p.m.

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

## COMMERCE CITY ON THE Move



*The Older Adult/Senior Center has a new name - and will soon have a new sign!*

### The Older Adult/Senior Center has a new name – the Active Adult Center at Eagle Pointe!

After 30 years of serving Commerce City residents, the Older Adult/Senior Center located at the Eagle Pointe Recreation Center has a NEW name—the Active Adult Center at Eagle Pointe!

After meeting with Senior Advisory Committee members and focus group participants earlier this year, the decision to change the name was made to better serve the needs and interests of the growing “baby boomer” population (adults born between 1946-1964). The boomer generation is expected to double by the year 2030. The Active Adult Center will be a community and enrichment center for adults at all stages in life, including the boomer generation.

There is also a trend in transitioning from traditional senior centers to innovative active adult centers. According to the National Council on Aging, an organization that partners with communities to provide programs,

services and advocacy, there are almost 10,000 active adult centers across the country. The Active Adult Center at Eagle Pointe will be joining the ranks of other municipalities across the metro region that have already made this change, from Aurora to Wheatridge.

New active adult programming for summer 2018 includes special enrichment programs, from culinary classes to computer classes in the new technology labs. (The technology lab at Eagle Pointe is expected to be completed by the end of 2018). Programming will take place at both Eagle Pointe and the new Bison Ridge Recreation Center to ensure compatibility for the entire community.

Look for more detailed programming information in the new parks, recreation and golf guide coming to mailboxes in early April.

**April 2018**

Programs, Excursions  
and Services for Active  
Adults

**GRAND  
OPENING**  
**Bison Ridge  
Recreation Center**  
13905 E. 112th Ave.



**Save the  
Date!**  
**May 25, 2018**

- Ribbon Cutting Ceremony
- Free & Fun Fitness Activities
- Giveaways

**Stay connected on grand opening details!**

- Check the city's monthly newsletter (Connected)
- Call 303-C3-WORKS (303-239-6757)
- Subscribe to news alerts at [c3gov.com/prgsubscribe](http://c3gov.com/prgsubscribe)

# 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.

4/5 Thur • Shop Around Town (Outlet) • Denver Area • 2  
Find the best deals in town at local outlet stores.  
4401.104 9 a.m.-4 p.m. \$7/8

4/10 Tue • Indian Springs Hot Springs • Idaho Springs • 3  
Relax at the natural hot springs. Admission is in addition to trip fee.  
4501.102 8:30 a.m.-3 p.m. \$10/\$11

4/11 Wed • Gambling "Easy Street" • Central City • 3  
Take in the beautiful mountain scenery on our way to Central City, Colorado.  
4501.108 9 a.m.-3 p.m. \$7/\$8

4/12 Thur • Shopping at Scheels All Sports Center • Loveland • 2  
Find all the products you need for sports, hunting, fishing, camping and more!  
4501.126 10 a.m.-4 p.m. \$7/\$8

4/13 Fri • International Cuisine "The English Teacup" • Aurora • 1  
Enjoy authentic English cuisine and teas. Lunch cost separate.  
4501.127 10:30 a.m.-2 p.m. \$7/\$8

4/16 Fri • Balistreri Vineyards Tasting & Lunch • Denver • 2  
Sample award winning wines and tour the wine cellar. Lunch cost included.  
4501.122 10:45 a.m.-3 p.m. \$17/18

4/23 Mon • Dinner out "Texas Roadhouse" • Northglenn • 1  
Enjoy steaks, made-from-scratch sides, and fresh-baked rolls at this Western-themed chain.  
4501.106 4:30-8 p.m. \$7/\$8

4/24 Tue • Top Golf • Centennial • 3  
Take a swing and enjoy fun golf games for all levels. Lunch cost separate.  
4501.128 10 a.m.-4 p.m. \$20/\$21

4/25 Wed • Dinosaur Ridge • Morrison • 3  
View more than 15 fossil and geologic sites along a 1.1 mile paved trail.  
4501.129 10 a.m.-3 p.m. \$13/\$14

4/26 Thur • Adams County Aging Network Conference • T.B.A. • 2  
Enjoy an educational, fun-filled day of seminars and exhibits for seniors. Includes conference registration, transportation, continental breakfast and lunch. Early registration deadline is April 18. Prices increase at the door.  
4501.130 8 a.m.-3 p.m. \$13 per person

4/30 Mon • Lunch Out "Buffalo Restaurant" • Idaho Springs • 2  
Enjoy buffalo burgers and more at this quaint restaurant in historic Idaho Springs. Lunch cost separate.  
4501.131 10 a.m.-2 p.m. \$7/\$8

Look for the summer edition of the parks, recreation and golf activities guide coming to your mail box in early April!  
*Summer registration opens April 2*

C3gov.com/recreation gets a makeover!  
Check out the new and improved website for parks, recreation and golf.  
[www.c3gov.com/recreation](http://www.c3gov.com/recreation)

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

COMMERCE CITY'S  
33RD ANNUAL

# Pancake Breakfast

DIG IN TO A  
HEARTY FAMILY BREAKFAST  
THAT YOU DON'T HAVE TO MAKE!



SATURDAY, MAY 5 • 7-10 A.M.

Pancake food truck and free entertainment  
\$5 per person in advance or \$6 at the door.

Buy your tickets in advance at the Active Adult Center, 6060 E. Parkway Dr. or online at [c3gov.com/register](http://c3gov.com/register) using code 4601.208.



Proceeds benefit special interest groups programs and the Goodfriends scholarship at the recreation center, which provides financial assistance to older adults.

EAGLE POINTE RECREATION CENTER  
6060 E Parkway Drive • 303.289.3720



## Wellness CORNER

Eagle Pointe Recreation Centers offers three Silver Sneakers exercise classes for older adults that are specially designed by certified instructors will help make sure you're supported every step of the way. These classes do not require a SilverSneakers® membership to attend.

**SilverSneakers® Classic:** Tuesdays and Thursdays, 7-8 a.m.  
Increase muscular strength/range of motion. A chair is used for seated and/or standing support.

**SilverSneakers® Circuit:** Tuesdays and Thursdays, 8-9:30 a.m.  
Increase your cardiovascular and muscular endurance with a standing workout.

**SilverSneakers® Yoga:** Wednesdays, 8-9 a.m.  
A complete series of seated and standing yoga poses.

## Don't Miss It!

Fri 3/30  
NEW! Easter Tea

Put on your spring finest and attend a special Easter Tea hosted by the Senior Advisory Committees. Sample finger sandwiches, quiche, and sweet treats and sip a variety of teas.  
11 a.m.-1 p.m. 4601.104 \$8/\$9

Mon 4/2 & 4/16  
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

Wed 4/4

Pre-Planning Final Arrangements: Part 2 with Olinger Cemetary and Mortuary

Although it is not always easy talking about, making end of life arrangements ahead of time is really the best way to ensure people get what they want and don't burden their families emotionally or financially when the time comes. Come join the discussion about personalized services that reflect who you are and how you lived. Pre-registration is required.  
10-11:30 a.m. 4701.107 FREE

Tue 4/17

Coffee with Lisa Nordholt

Enjoy coffee and a light snack with the city's youth services recreation supervisor. Learn about Lisa's career in recreation, her love for the outdoors, and the city's new youth programs and camps. Pre-registration is required.

10-11 a.m. 4601.103 FREE

Thur 4/26

2018 Adams County Aging Network Conference

Don't miss out on this educational, fun-filled day of seminars and exhibits enriching the mind, body and spirit. Fee includes transportation, conference registration, breakfast and lunch. Early registration deadline is April 18. Prices increase at the door.

8 a.m.-2 p.m. 4501.130 \$13 per person

# APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p><b>EASTER SUNDAY</b></p> <p>Recreation Center CLOSED</p>	<p><b>2</b></p> <p>Noon Dominos 1:30 p.m. Line Dance</p>	<p><b>3</b></p> <p>10 a.m. Potluck &amp; Bingo</p>	<p><b>4</b></p> <p>9 a.m. Quilting &amp; Sewing 10 a.m. Pre-Planning Event Noon Rummikub</p>	<p><b>5</b></p> <p>9 a.m. Shop Around Town at Outlets (Denver)</p>	<p><b>6</b></p> <p>10 a.m. Walking Group 10 a.m. Beading 1 p.m. Card Games</p>	<p><b>7</b></p>
<p><b>8</b></p>	<p><b>9</b></p> <p>9 a.m. Coloring &amp; Coffee 9 a.m. Scrapbooking &amp; Cardmaking Noon Dominos 1:30 p.m. Line Dance</p>	<p><b>10</b></p> <p>8:30 a.m. Indian Springs Hot Springs (Idaho Springs) 10 a.m. SAC Outreach Committee Meeting 1 p.m. Bunco</p>	<p><b>11</b></p> <p>9 a.m. Gambling Trip at Easy Street (Central City) 9 a.m. Quilting &amp; Sewing Noon Rummikub</p>	<p><b>12</b></p> <p>10 a.m. Shopping at Scheels All Sports (Loveland) 10 a.m. SAC Program/Wellness Committee Meeting</p>	<p><b>13</b></p> <p>10 a.m. Beading 10:30 a.m. International Cuisine "English Teacup" (Aurora) 1 p.m. Card Games</p>	<p><b>14</b></p>
<p><b>15</b></p>	<p><b>16</b></p> <p>10:45 a.m. Balistreri Vineyards Tasting &amp; Lunch (Denver) Noon Dominos 1:30 p.m. Line Dance</p>	<p><b>17</b></p> <p>10 a.m. Coffee with Lisa Nordholt</p> <p> COFFEE</p>	<p><b>18</b></p> <p>9 a.m. Quilting &amp; Sewing Noon Rummikub</p>	<p><b>19</b></p>	<p><b>20</b></p> <p>10 a.m. Walking Group 10 a.m. Beading 1 p.m. Card Games</p>	<p><b>21</b></p>
<p><b>22</b></p>	<p><b>23</b></p> <p>Noon Dominos 1:30 p.m. Line Dance 4:30 p.m. Dinner Out "Texas Roadhouse"</p>	<p><b>24</b></p> <p>10 a.m. Top Golf (Centennial) 1 p.m. Movie Matinee</p>	<p><b>25</b></p> <p>9 a.m. Quilting &amp; Sewing 10 a.m. Dinosaur Ridge (Morrison) Noon Rummikub</p>	<p><b>26</b></p> <p>8 a.m. ACAN Conference 1 p.m. Bingo</p>	<p><b>27</b></p> <p>10 a.m. Beading 11 a.m. Potato Soup Day 1 p.m. Card Games</p>	<p><b>28</b></p> <p>8 a.m. Line Dance Party</p>
<p><b>29</b></p>	<p><b>30</b></p> <p>10 a.m. Lunch Out "Buffalo Restaurant" (Idaho Springs) Noon Dominos 1:30 p.m. Line Dance</p>					

All events are at the Eagle Pointe Recreation Center unless otherwise noted.

## APRIL BIRTHDAYS

Ronnel Baker April 17	Ollie Grimard April 1	Mary Anne McWherter April 3
Beatrice Barela April 26	Debbie Gutierrez April 6	Barbara Millette April 3
Erica Buck April 29	Virginia Haight April 8	Vivian Parker April 1
Henry Burbach April 14	China Hastings April 2	Maria Paz Loya April 17
Olivia Cabral April 13	JoAnn Hergenrother April 12	Vicki Peak April 20
Joanne Caves April 11	Alane Hernandez April 7	John Peele April 16
Jan Chavez April 16	Della Hilborne April 16	Betty A. Richards April 23
Raquel Chavez April 21	Bill Hyde April 23	Elaine Roller April 8
Arlie Church April 2,	Joyce Iriarte April 19	Edward Romero Sr. April 15
Ramon Cigarroa- Martinez April 28	Marcella Kaiser April 24	Arthur Saiz April 9
Rosemarie Colglazier April 22	Carol Kimmel April 24	William Sales April 1
Susan Craddock April 24	Charlene Kittinger April 28	Ronald Struwe April 7
Jean Dines (Meyers) April 7	Carmen Kreutzer April 3	Thea Tuerpe April 12
Craig Fucci April 18	Reynaldo Lobato April 9	Sondra Van De Venter April 2
Johnny Gallegos April 24	Margo Lowther April 30	Morris Von Chase April 11
Susan Garcia April 4	Angelina Loya April 6	Betty Boop Whipple April 3
Betty Gonzales April 26	Sylvia Macias April 3	Shirley White April 9
Vincent Green April 17	Julie Martinez April 3	Erika Wikstrom April 28
	Darrell McCain April 13	Augustina Yanez April 24

## IMPORTANT NUMBERS

### CITY OF COMMERCE CITY

Parks, Recreation and Golf Department  
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 8 a.m.-5:30 p.m.

### ACTIVE ADULT 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