



# ACTIVE ADULTS NEWSLETTER



## A NOTE TO OUR COMMUNITY

As fall settles in, we have an exciting month ahead! This October brings a few schedule changes, a brand-new special event, and, as always, plenty of opportunities to connect, stay active, and have fun. Be sure to read through the newsletter carefully so you don't miss important dates, closures, special events, and all the great things happening at Carbon Valley Active Adults. Whether you're joining us for a favorite program or trying something new, we hope you'll find plenty to enjoy this month.

We look forward to sharing a fun-filled October with you!



### ACTIVE ADULTS & COMMUNITY CENTER

151 Grant Ave, Firestone, CO 80520

303-833-3660 ext. 123

Hours: Monday - Friday, 8 am - 4 pm

[www.cvprd.com](http://www.cvprd.com)



### Exertion Levels Key

Level 1: Mostly Sitting

Level 2: Movement & Walking

Level 3: Walking, possible stairs

Level 4: Walking and stairs

Level 5: Altitude/lots of walking

### Active Adults Refund Policy

Cancellations for events or trips must be made at least 2 business days in advance of the scheduled date in order to qualify for a refund or credit, unless otherwise specified in the event or trip description.

### How To Register

Visit [bit.ly/register-active-adults](https://bit.ly/register-active-adults), scan the QR code, call 303-833-3660x123 or stop by in-person.





## Outdoor Walking Group

**Exertion Level: 4**

**Thursday, October 1, 8, 15, 22, 29, 9 am: Community Center**

Get outdoors with other Active Adults and join our outdoor walking group. Volunteer Glenn leads the pack and the group walks around different parts of the Carbon Valley area. The group departs from the Community Center and walks for about an hour. **Great for beginners or experienced daily walkers. No one walks alone!**(In case of inclement weather, meet at the Rec Center indoor track.)



## High Plains Library District Class - Fall Garland

**Exertion Level: 1**

**Monday, October 5, 1- 3 pm \*NEW TIME\***

Join us for Angelic Arteaga Pumpkins, pies, leaves, and everything in between! Come along and create a fall inspired garland, perfect for decorating your personal space. All supplies and guided instruction provided. **Registration in advance suggested; space is limited.**

## Misery at the Arvada Center

**Exertion Level: 3**

**Wednesday, October 7, 11:30 am - 4 pm, \$71 District, \$106 Non-District**

Based on Stephen King's bestselling novel and the Oscar-winning film, Misery is a gripping psychological thriller that explores the dangerous line between admiration and obsession. When author Paul Sheldon is rescued after a car accident by his self-proclaimed "number one fan," he soon realizes he is no longer a guest, but a captive. This suspenseful cat-and-mouse story will keep audiences on the edge of their seats until the very end. **Registration in Advance Required.**



## October White Elephant Bingo

**Exertion Level: 1**

**Friday, October 9, 1 - 3 pm: Community Center**

Join us for our monthly White Elephant Bingo. Bring a new or gently used item to add to our festive prize table, wrapped or unwrapped (surprise factor optional!) Then join fellow patrons for lively rounds of bingo, laughter, and a little friendly chaos. All rules and guidelines will be shared before the first game begins. **Registration in advance not required.**

## Empty Bowls Painting Party

**Exertion Level: 1**

**Monday, October 12, 1 - 3 pm: Community Center; Craft Room**

Join us for the Annual Empty Bowls Painting Party at the Community Center to benefit the Carbon Valley Help Center. The CVHC serves families and individuals in the Carbon Valley area who are in need of food assistance or financial support. Bowls will be available for purchase on-site via cash, check, Venmo, or PayPal for \$20 per bowl. Once bowls are painted, they are kiln-fired and used at the Help Center's event in November. Please note that the bowls painted are a donation to the event and will not be returned once painted. All supplies are provided; just your creativity and donation are needed. **Registration in advance is required.**





## Smooth Alpaca Palooza

**Exertion Level: 3**

**Wednesday, October 14, 8:30 am, \$65 District, \$98 Non-District**

Join us for a hilarious, up-close Alpaca experience. Meet gentle alpacas and friendly goats in a peaceful ranch setting near Morrison, CO. This relaxed, guided experience is designed for genuine interaction, laughter and unforgettable memories. No hiking required, plenty of photo opportunities, and open to all abilities. **Advanced registration required by October 9, 2026.**

## Medicare Talk

**Exertion Level: 1**

**Friday, October 16, 10 - 11 am, Community Center**

Confused about Medicare? Join us for an informative presentation that breaks down the basics of Medicare coverage, enrollment periods, plan options, and costs. Learn the differences between Original Medicare, Medicare Advantage, and prescription drug plans, and gain helpful tips for making informed healthcare decisions. Whether you're new to Medicare, approaching eligibility, or looking to better understand your current coverage, this session will provide valuable information and an opportunity to ask questions in a relaxed, educational setting. This presentation is for educational purposes only and does not include sales or plan enrollment. Registration in advance suggested.



## Zumba Glow

**Exertion Level: 3**

**Friday, October 16, 6:30 - 8 pm, \$15 District, \$18 Non-District**

Get out your neon and glow sticks; it's time to party yourself into shape! Join us as we turn down the lights and crank up the fun at our Zumba Glow Party, with glow sticks, a glow costume contest, giggles, and heart-pumping music. Open to ages 10 and up; ages 10-12 must be with an adult. Bring a food item for the Carbon Valley Help Center and receive a \$3 discount! Discount given at registration. **Registration in advance required. Glow sticks available while supplies last.**

## Social with Sarah - "The Way We Used to Do It"

**Exertion Level: 1**

**Monday, October 19, 2:15 pm: Community Center**

Join us for a nostalgic conversation about how everyday life has changed over the years. From rotary phones and typewriters to handwritten letters and film cameras, we'll share memories of the tools and traditions we grew up with. Participants are encouraged to bring an item from the past that is no longer commonly used and share the story behind it. Come ready to reminisce, laugh, and connect!



## Bally's Casino Blackhawk

**Exertion Level: 5**

**Monday, October 26, 8 am - 5 pm, \$23 District, \$35 Non-District**

Try your luck at Bally's Casino in Blackhawk. The bus departs from and returns to the Community Center. Fee includes transportation only. Dining and gambling not included. Players card credit given by Bally's to all advance registrants. See Community Center Representative for further details of credits. Players Club card required for credits and can be obtained at the casino rewards desk. **Advanced registration required by October 21.**





## Bead Class

**Exertion Level: 1**

**Monday, October 26, 1 - 3 pm: Community Center, Craft Room**

Ever wondered how beads come together to create beautiful jewelry and art? Join fellow older adults as volunteer Barb guides you through the basics of beading and unique beading techniques. All supplies are provided—feel free to bring your own beads or use those that are provided. **Registration suggested, not required. Last class for 2026!**

## Active Adults Fitness Orientation

**Exertion Level: 2**

**Monday, October 26, 1:15 pm: Rec Center**

Designed especially for our Active Adult fitness members, this welcoming session highlights everything available through your membership. Enjoy a guided tour of the rec center and discover how to make the most of your benefits. During the visit, you'll be introduced to our Active Adult programs and receive a brief interactive overview of how to safely and effectively use the circuit and cardio equipment. Free for SilverSneakers® and Renew Active®, One Pass, and Silver&Fit members.

**Advanced registration is required.**



## Eyes of Freedom Immersive VR Experience

**Exertion Level: 1**

**Wednesday, October 28, 1 - 4 pm:**

Experience the powerful story of service, sacrifice, and resilience through the Eyes of Freedom Immersive VR Experience. Using virtual reality headsets, participants will step into the story of Lima Company, a Marine Corps Reserve unit deployed to Iraq in 2005, and explore artist Anita Miller's Silent Battle sculpture. This guided experience is designed for all levels of technology experience and includes step-by-step support. Attendees will have the opportunity to experience the VR exhibit, view The Promise documentary, meet artist Anita Miller, and connect with Veteran-serving organizations. Sessions are available every 30 minutes from 1:00-3:30 p.m. with up to eight participants per session. **Advanced registration is suggested.**



## Friendly Fork Lunches

**Exertion Level: 1**

**Tuesday & Thursdays - Doors at 11:30 am, lunch served at 12 pm**

The Friendly Fork Senior Lunch Program offers tasty, nutritious meals for adults over 60. Enjoy social and educational activities before and after lunch. Meals are provided at no cost, with an optional suggested donation, and each meal offers about one-third of your daily nutritional needs. Join us to dine in person at the Community reserve a meal to go. **Reservations required, call 303-833-3660 ext. 123 by 11 a.m.** the business day prior to your lunch date.



A special thank you to North Range Behavioral Health for sponsoring our lounge coffee. Their support helps create a welcoming atmosphere for all attendees. North Range Behavioral Health offers mental health counseling, substance use treatment, crisis support, and wellness services throughout Northern Colorado. We appreciate their partnership and commitment to our community.



**NORTH RANGE**  
BEHAVIORAL HEALTH





## Weekly Drop-in Activities

| Monday                                                                            | Tuesday                                       | Wednesday                                                                          | Thursday                             | Friday                                                                              |
|-----------------------------------------------------------------------------------|-----------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------|-------------------------------------------------------------------------------------|
| Morning Joe<br>8-9 am<br>Lounge                                                   | Morning Joe<br>8-9 am<br>Lounge               | Morning Joe<br>8-9 am<br>Lounge                                                    | Morning Joe<br>8-9 am<br>Lounge      | Veteran Coffee Hour<br>8:30-9:30 am<br>Lounge                                       |
|                                                                                   | Mahjong<br>1-3 pm<br>Lounge                   | Cards<br>1-4 pm<br>Community Room<br><b>*NO CARDS<br/>10/28</b>                    | Diamond Dots<br>1-4 pm<br>Craft Room |  |
|  | Crafts & Conversation<br>1-4 pm<br>Craft Room |  | Pinochle<br>1-3 pm<br>Lounge         |                                                                                     |

## Monthly Drop-in Activities

### Movie of the Month: Practical Magic

Friday, October 2, 1 pm: Community Center

### 7's Card Game

Friday, October 2, 23 & 30, 1 pm: Community Center

\*\*10/16 No games. 10/23 & 30 to be played in Craft Room\*\*

### Book Club **\*NEW TIME\***

Tuesday, October 6, 9:30 am: Community Center, Craft Room

### Tech Help **\*NEW TIME\***

Tuesday, October 6, 10:30 am: Community Center, Craft Room

### HPLD Lobby Stop

Tuesday, October 6 & 20, 10:30 am: Community Center, Lounge

### Blood Pressure Checks

2nd Thursday of the month (pending FFFD availability),  
11:30 am - noon, Community Center

## Coming Soon...

- Holiday Marketplace
- Pie Potluck
- Holiday Luncheon
- New Years Eve @ Noon

Visit the website for  
more details and  
updates at  
[cvprd.com/active-adults-activities](http://cvprd.com/active-adults-activities)

