



ACTIVE ADULTS NEWSLETTER



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

A NOTE TO OUR COMMUNITY

As summer begins to wind down and fall approaches, we're excited to welcome a new month filled with opportunities.

September is National Senior Center Month and Fall Prevention Awareness Month,

giving us a special opportunity to celebrate the vital role senior centers play in promoting health, wellness, lifelong learning, and social connection. It's also a great reminder to focus on balance, strength, and safety strategies that help older adults remain active and independent.

Please note that we will have shortened hours on Labor Day, Monday, September 1, 8:00 AM to 1:00 PM. We look forward to seeing you at the center throughout the month!



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, scan the QR code, call 303-833-3660x123 or stop by in-person.





Outdoor Walking Group

Exertion Level: 4

Thursday, September 3, 10, 17, 24, 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.)



September White Elephant Bingo

Exertion Level: 1

Friday, September 11, 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.**

Smooth Alpaca Palooza

Exertion Level: 3

Monday, September 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 September 10, 2026.**



Colorado Rockies vs. San Diego Padres

Exertion Level: 5

Thursday, September 17, 11:15 am, \$29 District, \$34 Non-District

Take me out to the ball game! Join us for a relaxing outing to Coors Field complete with beautiful mountain views, an easygoing ballpark atmosphere, and plenty of time to enjoy the game with friends. It's the perfect way to share a memorable day together with friends. Registration includes transportation and game ticket. **Advanced Registration required.**

Social with Sarah - What's in the Photo?

Exertion Level: 1

Monday, September 21, 2:15 pm: Community Center

Join us this month for Social with Sarah as we explore the stories behind your photos! Bring a picture, either printed or on your phone, and share the memory, meaning, or fun moment captured in it. Whether it's a strange vacation adventure, a favorite scenic view, a cherished object, a funny pet picture, or any photo with a story to tell. Come enjoy great conversation, discover new connections, and learn more about the people in our community through the moments they've lived.





Senior Resource Fair

Exertion Level: 2

Friday, September 25, 1 - 3 pm: Community Center

Join us at our Senior Resource Fair to connect with local organizations and experts who can help support healthy, active, and independent living. Whether you're looking for information on health and wellness, transportation, housing, recreation, or community services, you'll find helpful resources designed to meet the needs of our local senior community. Stop by, ask questions, gather information on the many services available to you and your loved ones.

Candlelight Dinner Theatre - Les Misérables

Exertion Level: 2

Friday, September 25, 5:30 pm, \$125 District, \$187 Non-District

Enjoy an evening with dinner and a show at the Candlelight Dinner Theatre in Johnstown. See the Famous Les Misérables where you can follow the journey of Jean Valjean, a man who seeks redemption after years of imprisonment for stealing a loaf of bread. Pursued relentlessly by the zealous Inspector Javert, Valjean's story intertwines with those of Fantine, Cosette, Marius, and the brave revolutionaries fighting for freedom on the barricades. Dining, transportation and ticket cost included in registration. Libations, desserts and meal upgrades available at the show for purchase. **Registration in advance required, few tickets remain. Tickets non-refundable after purchase.**



Bally's Casino Blackhawk

Exertion Level: 5

Monday, September 28, 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 for 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 September 23, 2026.

Bead Class

Exertion Level: 1

Monday, September 28, 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.**



Active Adults Fitness Orientation

Exertion Level: 2

Monday, September 28, 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.**





Active Adults Hiking Group September - Fall Colors

Exertion Level: 5

Wednesday, September 30, 9 am, \$29 District, \$43 Non-District

Experience the beauty of autumn in the Rockies as we head to Estes Park to enjoy the spectacular fall colors around the scenic Bear Lake Loop. This easy walk is perfect for all ability levels and offers stunning views of golden aspens, mountain landscapes, and peaceful alpine scenery. We'll also have time to browse the shops and explore downtown Estes Park before entering the park. Be sure to bring a lunch to enjoy surrounded by the beautiful sights of Rocky Mountain National Park. **Please note:** Fall color timing varies from year to year, and peak colors cannot be guaranteed. However, this time of year is typically one of the best opportunities to experience the vibrant autumn foliage in the Rocky Mountains. **Advance registration is required by September 25, 2026.**



High Plains Library District Class - Fall Garland

Exertion Level: 1

Monday, October 5, 1- 3 pm

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.



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.

****Join us for a special Fall Prevention presentation at 11 am on Thursday, September 24th**



We would like to extend a sincere thank you to all of our patrons for your patience and understanding during our annual August shutdown. This important time allows us to complete deep cleaning, maintenance, and improvement projects that help keep our facility safe, welcoming, and enjoyable for everyone.

We would also like to recognize and thank our incredible staff teams whose hard work made these projects possible. Their dedication, teamwork, and commitment to our community helped accomplish a great deal behind the scenes and prepared the center for another successful year. Thank you for your continued support. We are excited to welcome you back!



THANK YOU!





Weekly Drop-in Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Joe 8-9 am Lounge	Morning Joe 8-9 am Lounge	Morning Joe 8-9 am Lounge	Morning Joe 8-9 am Lounge	Veteran Coffee Hour 8:30-9:30 am Lounge
	Mahjong 1-3 pm Lounge	Cards 1-4 pm Community Room	Diamond Dots 1-4 pm Craft Room	
	Crafts & Conversation 1-4 pm Craft Room		Pinochle 1-3 pm Lounge	

Monthly Drop-in Activities

Movie of the Month: Second Hand Lions

Friday, September 4, 1 pm: Community Center

7's Card Game

Friday, September 4 & 18, 1 pm: Community Center
NO CARDS 9/25

Book Club ***NEW TIME***

Tuesday, September 8, 9:30 am: Community Center, Craft Room

Tech Help

Tuesday, September 8, 10:30 am: Community Center, Craft Room

HPLD Lobby Stop

Tuesday, September 8 & 27, 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...

- Silent Battle VR Experience
- Arvada Center Play
- Medicare Talk
- Holiday Marketplace

Visit the website for more details and updates at
cvprd.com/active-adults-activities

