



March 2025

# CARBON VALLEY ACTIVE ADULTS

Newsletter

## High Plains Library District Class: Hand Reflexology

**Monday, March 3, Noon - 2 pm - Community Center, Craft Room**

Learn about hand reflexology: a massage technique that involves applying pressure to specific points on the hands that correspond to different organs and systems in the body, and that massaging them can help restore balance and well-being. Registration in advance required. Space is limited.

Exertion Level: 1 - mostly sitting

## Coffee with Dean

**Monday, March 3, 2 pm - Community Center, Lounge**

Join our Executive Director, Dean Rummel, for a casual coffee or tea gathering in the Community Center lounge area. During this open forum, Dean will share important updates about the District and answer any questions from community members. No registration is needed—just stop by and join the conversation!

Exertion level: 1 - mostly sitting



## Lobby Stop with High Plains Library District

**Tuesday, March 4 & 18, 10:30 - 11:30 am - Community Center, Lounge**

CVPRD and the High Plains Library District Outreach team have partnered to bring a little bit of the Library to you! Library lobby stops will occur the first and third Tuesday of each month. Librarians will bring books, help you reserve books, recommend books and more. Stop by the Community Center to learn more about this program.

Exertion level: 1 - mostly sitting

## Outdoor Walking Group

**Thursdays, March 6, 13, 20, 27, 9 - 10 am - Community Center**

Get outdoors with other Active Adults and join our outdoor walking group. Community member Glenn leads the pack and the group walks around the area. Walking group departs from the CVPRD Community Center. Great for beginners or experienced daily walkers. Grab a cup of coffee after the walk with the group. Registration in advance suggested. (Incase of inclement weather, group will meet at the Rec Center track.)

Exertion level: 4 - Walking with possible light incline



## Lunch Bunch Bus - Olive Garden

**Friday, March 7, 11 am, \$11 District, \$17 Non-District**

Hop on the lunch bunch bus to The Olive Garden. The comfort you crave! Enjoy standard Italian food with sides like soup, salad and breadsticks. Transportation cost included in registration. Dining and gratuity costs on your own. Registration in advance required.

Exertion level: 1 - mostly sitting

Olive Garden



## Denver Art Museum

**Tuesday, March 11, 9 am, \$20 District, \$30 Non-District**

One of the largest art museums between Chicago and the West Coast, the Denver Art Museum (DAM) is dedicated to helping visitors explore art and creativity through hands-on activities, extensive art collections, and world-class exhibitions. Registration in advance required.

Exertion level: 4 - lots of walking, possible stairs



## Active Adults & Community Center

151 Grant Ave, Firestone, CO 80520

303-833-3660 ext. 123 www.cvprd.com Hours: Monday - Friday, 8 am - 4 pm



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## AED and First-Aid Class

**Wednesday, March 12, 10:30 am- 12:30 pm, Community Center, Craft Room**

The Frederick-Firestone Fire District (FFFD) offering a Blended CPR/Automated External Defibrillator (AED) and Basic First-Aid class through the American Safety and Health Institute (ASHI). This program teaches students the skills needed to identify and perform the appropriate skills for someone who is experiencing a cardiac related emergency. This course covers adult, child, and infant CPR, AED, and Heimlich. This course also covers basic first-aid. Registration in advance required. Please note this is a basic skills class not a certification class.

Exertion Level: 2 - Movement and walking



## Tax Questions with Janice

**Thursday, March 13, 1 - 3 pm - Community Center, Lounge**

Stuck on how to file your Colorado taxes? Volunteer Janice will be on site to answer any questions or to guide you as you fill out your Colorado tax forms. Registration suggested, not required.

Exertion Level: 1 - mostly sitting



## March White Elephant Bingo

**Friday, March 14, 1 - 3 pm - Community Center, Community Room**

Join us for our White Elephant Bingo! Bring a new or gently used item as a prize, wrapped or unwrapped. Rules and regulations will be announced prior to the start of the first game. Registration in advance not required.

Exertion level: 1 - mostly sitting



## Willmaker Legal Seminar

**Wednesday, March 19, 12:30 - 4 pm - Community Center, \$168 District, \$252 Non-District**

A wonderful way to get a tough job finished! In a single, easy, and enjoyable session, you'll complete a will, living will, medical power of attorney, financial power of attorney and more all with the help of licensed attorney, Rebecca L. Bennetti and her staff. Couples must register separately. Registration in advance required. Exertion Level: 1 - Mostly sitting

## High Plains Library District Drop- In Genealogy

**Wednesday, March 19, 1 - 3 pm - Community Center, Craft Room**

Stuck on your family tree? Need to figure out a place to start? Just need a genealogy sounding board? Researching family history can be a daunting exercise. Fortunately, we have an expert genealogist on hand to answer questions and provide guidance. Reservations suggested, not required.

Exertion Level: 1 - Mostly sitting



## Meet N' Eat Brunch - First Watch Longmont

**Friday, March 21, 10 am, No cost to register**

We make the reservation, you meet for good eats and laughter with friends. This month enjoy brunch at First Watch in Longmont. Enjoy health-minded breakfast, and lunch options such as omelets, salads and soups. Located at 2055 Ken Pratt Blvd, Longmont, CO 80501. Registration in advance required. Dining cost not included.

Exertion level: 1 - Mostly sitting

**FIRST WATCH**



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**CARBON VALLEY**  
PARKS & RECREATION DISTRICT



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## **Candlelight Dinner Theatre - Oklahoma!**

**Thursday, March 27, 5 pm, \$94 District, \$141 Non-District**

Rodgers & Hammerstein's first collaboration remains, in many ways, their most innovative, setting the standards and rules of modern musical theatre. In a Western territory just after the turn of the 20th century, a high-spirited rivalry between local farmers and cowboys provides a colorful background for Curly, a charming cowboy, and Laurey, a feisty farm girl, to play out their love story. Their romantic journey, as bumpy as a surrey ride down a country road, contrasts with the comic exploits of brazen Ado Annie and hapless Will Parker in a musical adventure embracing hope, determination and the promise of a new land. Ticket and dinner included in registration fee. Additional menu items available for purchase.

Exertion level: 2 - Walking and stairs.



## **Bally's Casino Blackhawk**

**Monday, March 31, 8 am - 4 pm, \$24 District, \$36 Non-District**

Feeling lucky? 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. \$10 players card credit given by Bally's for all advanced registrants. See Community Center Representative for further details of credit earnings. Players Club card required for credits and can be obtained at the Casino. Registration in advance required by February 19.

Exertion level: 5 - Altitude, lots of walking

## **SilverSneakers, Renew Active and One Pass Fitness Orientation**

**Monday, March 31, 1 - 2 pm, Rec Center**

Join us for highlights of our Active Adult programming and a guided tour of the rec center. Learn about the benefits of your SilverSneakers or Renew Active/One Pass membership along with fitness classes offered. Tour includes a brief overview of how to properly use the circuit and cardio machines. Free for SilverSneakers, Renew Active Members. Registration in advance required.

Exertion Level: 2 - Movement and walking



## **Colorado Rockies Game**

**Thursday, May 8, 11:30 am, \$29 District, \$44 Non-District**

Take me out to the ball game! Travel to Coors Field to watch the Colorado Rockies take on the Detroit Tigers. Game time is 1:10 pm. The Bus departs the Community Center at 11:30 am. Fee includes transportation and game ticket. Registration in advance required by April 24, 2025. Please see the Rockies updated bag policy

Exertion level: 5 - Lots of walking and stairs



## **Friendly Fork Lunch - Senior Nutrition Program**

**Tuesday & Thursdays - Doors open at 11:30 am Lunch is served at 12 pm**

The Friendly Fork Senior Nutrition Program provides nutritious and delicious lunches for seniors. Social and educational opportunities are also available before and after meals. Participants have the opportunity to voluntarily contribute whatever they can afford to help offset the cost of the meal. The suggested minimum donation is \$5. The Senior Nutrition Program's meal meets 33 1/3 percent of the daily recommended dietary allowance. Join us to dine in-person at the Carbon Valley Community Center or reserve a meal to go.

**Reservations are required and must be made by 11 am the prior business day by calling the Carbon Valley Community & Active Adults Center, 303-833-3660 ext.123**

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## 🍀 Welcome to the Team! 🍀

Have you seen a few new faces around the Community Center? We are excited to introduce Lisa Kitto as the newest member of our team! Lisa joins us as the Active Adults Coordinator and will be working alongside our amazing team: Sarah, Jackie, Leo, Shana, and Syd. With her passion for fostering active, engaging, and enriching experiences for older adults, Lisa is the perfect addition to help support and expand our programs. We're thrilled to have her on board and can't wait for you to meet her! Please say "hello" and join us in welcoming Lisa to the CVPRD team!

### Weekly Drop-in Activities

**Morning Joe**  
**Monday - Thursday**  
8 - 9 am  
Community Center

**Crafts & Conversation**  
**Tuesday**  
1 - 4 pm  
Community Center Craft Room

**Cards**  
**Wednesday**  
1 - 4 pm  
Community Center

**Outdoor Walking Group**  
**Thursday**  
9 - 10 am  
Community Center

**Diamond Dots**  
**Thursday**  
1 - 4 pm  
Community Center Craft Room

**Veteran Coffee Hour**  
**Friday**  
8:30 - 9:30 am  
Community Center Lounge

### Monthly Drop-in Activities

**Book Club**  
**Tuesday, March 4**  
10 am (New Time)  
Community Center Craft Room

**Movies Of The Month**  
**Friday, March 7**  
"Waking Ned Devine"  
1 pm  
Community Center Lounge

**Friday, February 21**  
"Mufasa"  
1 pm  
Community Center Lounge

**Blood Pressure Checks**  
**Thursday, March 13**  
11:30 am - 12:00 pm  
Community Center

**Tech Help**  
**Monday, March 17**  
2:30 - 3:30 pm  
Community Center Lounge



### Interested in playing Chess?

Drop in Tuesday, March 4, 2025 at 1:00 pm and join Clarence for a game!

### Community Center Coming Soon...

- Book Club has a new time! 1st Tuesday of the month 10 am
- Bead Class with Barb F
- Denver Botanic Gardens
- Wyoming Casino



### Active Adults Refund Policy

Please be aware that 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.

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