



ACTIVE ADULTS NEWSLETTER



A NOTE TO OUR COMMUNITY...

May is here, and with it comes sunshine, fresh energy, and so many great opportunities to stay active and connected! As we move fully into spring, we're excited to offer a full lineup of programs, outings, and classes designed to keep you moving, learning, and having fun.

This month is a wonderful time to try something new, whether it's a fitness class, a Friendly Fork Lunch or a day trip. Your enthusiasm and participation are what make our Active Adults community so special, and we are grateful for each of you who brings positivity and laughter through our doors.

Be sure to read through the newsletter for important dates and reminders.

As always, if you have ideas, feedback, or questions, please don't hesitate to reach out. Let's make May a month full of movement, friendship, and memorable moments!



How To Register

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

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



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.





High Plains Library District Class - Fast Forward Film Showing

Exertion Level: 1

Monday May 4, 1 pm: Community Center, Craft Room

Join us for a free viewing of the documentary. Take a proactive look at the process of aging in the PBS documentary addressing realizations, conversations and mindset required to age successfully. This program will include the film showing, a brief discussion and film related local resource materials. Registration in advance suggested, space is limited.



Colorado Rockies vs. New York Mets Game

Exertion Level: 5

Wednesday May 6, 11:15 am, \$29 District, \$43 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.**

Outdoor Walking Group

Exertion Level: 4

Thursday, May 7, 14, 21, 28, 10 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.)



Compression Only CPR Class - Confidence to Act in an Emergency

Exertion Level: 2

Thursday, May 14, 10 - 11 am: Community Center, Craft Room

Compression-only CPR is a simple, effective lifesaving skill designed for everyday people. This class teaches adults how to recognize the signs of cardiac arrest, call 9-1-1, and provide strong, steady chest compressions until help arrives. No rescue breaths are required, techniques are taught with safety and confidence in mind, so you'll be prepared to help someone when it matters most. No cost to register. Presented by Frederick-Firestone Fire District.



Active Adults Hiking Group - May - Emerald Lake

Exertion Level: 5

Friday May 15, 8 am, \$15 District, \$18 Non-District

Join us for a scenic hike to Emerald Lake in Rocky Mountain National Park! This moderately easy, just over three mile roundtrip trail starts at Bear Lake and passes the beautiful Nymph and Dream Lakes before reaching Emerald Lake, tucked beneath the dramatic cliffs of Hallett Peak. Expect stunning alpine views, crystal-clear water, and classic Rocky Mountain scenery, all with staff member Noah leading the way. **Advanced registration required.**





Bally's Casino Blackhawk

Exertion Level: 5

Monday, May 18, 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. **Advanced registration required by May 15, 2026.**



SilverSneakers, Renew Active/One Pass & Silver N' Fit Orientation

Exertion Level: 2

Monday May 18, 1:15 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, Renew Active/One Pass, or Silver N' Fit membership. The tour includes a brief overview of how to properly use the circuit and cardio machines. Free for SilverSneakers, Renew Active, One Pass, and Silver N' Fit members. **Advanced registration required.**



Social with Sarah - Flip the Script on Aging

Exertion Level: 1

Monday, May 18, 2:15 pm: Community Center, Lounge

This May, join Active Adults Supervisor Sarah for a meaningful conversation as we celebrate Older Americans Month by flipping the script on aging. We will discuss that growing older isn't about slowing down it's about resilience, confidence, and continuing to thrive. Let's challenge outdated stereotypes, celebrate our stories, and recognize the strength, wisdom, and joy that come with every stage of life.



Amazon Fulfillment Center Tour

Exertion Level: 4

Wednesday, May 20, 12:15 pm, \$9 District, \$14 Non-District

Ever wonder how your packages get to you so fast? Join us to take a tour of an Amazon fulfillment center. Learn the day-to-day operations as well as the technology that Amazon uses to get your purchases to you seamlessly. Proper attire required. See front desk for further details. **Advanced registration required.**



Hearing Screening

Exertion Level: 1

Thursday, May 21, 10:30 am - 12:30 pm: Community Center, Craft Room

May is Better Hearing Month! Family Hearing will be offering complimentary hearing screenings at the Carbon Valley Community Center. Whether you're noticing hearing difficulties, or just want to establish a baseline schedule an appointment. Just need a hearing aide cleaning? Add your name to the waitlist for between appointments. Space is limited. **Advance registration required by May 18, 2026, appointments are limited.**





Willmaker Legal Seminar

Exertion Level: 1

Wednesday May 27, 12:30 - 4:30 pm, \$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. Advance registration required by May 22, 2026.



Older Americans Month Appetizer Potluck

Exertion Level: 1

Friday, May 29, 12 -2 pm: Community Center, Community Room

Celebrate Older Americans Month with us at a fun appetizer potluck honoring the many contributions of our vibrant 55+ community. Enjoy a relaxed social gathering filled with great food, and community connection. Participants are invited to sign up to bring a favorite appetizer to share, and cake will be provided for everyone to enjoy. **Advance registration is required.**



Healthier Living Diabetes Colorado Class Series

Exertion Level: 1

Thursday, June 4, 11, 18, 25, July 2 & 9: Community Center, Craft Room

Join us for the weekly series about healthier living with diabetes. Learn tools to become a better self-manager of your diabetes. People with diabetes and/or their caregivers are encouraged to attend. Participants learn how to reduce stress, read nutrition labels, prevent low blood sugar, delay complications, and understand the importance of exercise. **Advanced registration required by Friday May 29, 2026.**



Active Adults Hiking Group - June - Mud Lake

Exertion Level: 5

Friday, June 5, 8 am, \$9 District, \$12 Non-District

Join us for the second hiking adventure of the summer, Mud Lake near Nederland. This is a short, peaceful mountain outing through pine and aspen forest that leads to a quiet alpine lake. The easy terrain and scenic surroundings make it a relaxing way to enjoy nature, wildlife, and fresh mountain air. Advance registration required by Monday June 1, 2026



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 Center or 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.





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 Lounge	Diamon 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: Catch Me If You Can

Friday May 1, 1 pm: Community Center, Lounge

7's Card Game

Friday, May 1,15,22, 1 pm: Community Center

Book Club

Monday, May 4, 10 am: Community Center, Craft Room

Blood Pressure Checks

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

Tech Help

Tuesday, June 2, 11:15 am: Community Center, Craft Room

Coming Soon...

- Hiking Group Trips
- Bead Class
- Jazz Tribute Concert
- Candlelight Dinner Theatre
- Nordy's

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

