



ACTIVE ADULTS NEWSLETTER



A NOTE TO OUR COMMUNITY

Thank you for being an important part of our Active Adults community. Whether you're joining a fitness class, attending a program, or catching up with friends over coffee, you help make our community a fun and welcoming place to be.

Please note the Community and Recreation Centers will be closed August 24–30 for our Annual Shutdown. During this time, we'll be busy deep cleaning, tackling maintenance projects, and giving our facilities a little extra TLC. **Regular operations and programming will return on August 31**, refreshed, and ready to welcome you back.

Thank you for your understanding and support. Enjoy the final days of summer, stay cool,



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 - Tea and Scones

Exertion Level: 1

Monday, August 3, 12- 2 pm

Join us for a delightful class where you'll learn how to make traditional homemade scones from scratch while discovering the fascinating history of afternoon tea. We'll cover essential baking techniques for creating light, tender scones, along with tips for serving them. We'll explore the origins of afternoon tea, and the customs and traditions that continue to make it a beloved social ritual today. Perfect for bakers, tea enthusiasts, and anyone interested in culinary history. **Registration suggested, space is limited**



Colorado Rockies vs. Tampa Bay Rays

Exertion Level: 5

Wednesday August 5, 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 by July 29, 2026.



Outdoor Walking Group

Exertion Level: 4

Thursday, August 8, 13, 20, 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.)



Active Adults Hiking Group - August - Mallory Cave Trail

Exertion Level: 5

Friday, August 7, 8 am, \$12 District, \$19 Non-District

This month's hike on Boulder's Mallory Cave Trail offers a step up in difficulty from our previous outings, with a steady climb through the foothills and rewarding views of the surrounding landscape. Hikers will enjoy a mix of sunny open sections and shaded forested areas along the route. Located near Boulder's NCAR trail system, the trail leads toward the historic Mallory Cave area; however, the cave itself is closed to visitors to protect the bat habitat. The beautiful scenery and unique destination made for a memorable and rewarding adventure. **Advanced registration required.**



August White Elephant Bingo

Exertion Level: 1

Friday, August 14, 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.**





Social with Sarah - Table Topic Games

Exertion Level: 1

Monday, August 17, 2:15 pm: Community Center

Rescheduled from July, the August Social with Sarah: Table Topic Games! We'll draw fun, thought-provoking question cards designed to spark great conversations and connection. Come ready to share, laugh, and enjoy engaging discussions with the group! **Registration not required.**

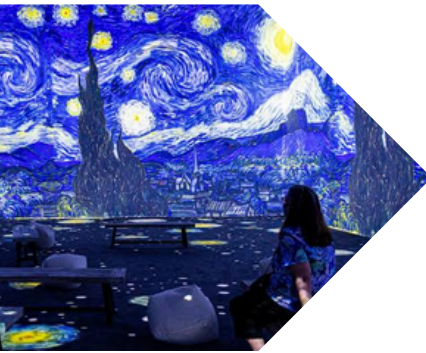


Van Gogh Immersive Experience

Exertion Level: 3

Wednesday, August 19, 9:15 am; \$34 District, \$52 Non-District

Step into the world of Vincent van Gogh at the immersive Van Gogh experience in Denver! This unique exhibit uses breathtaking digital projections, music, and storytelling to bring some of the artist's most famous works to life. Wander through vibrant displays, experience art from a new perspective, and enjoy a memorable cultural outing unlike any traditional museum visit. Join us for an inspiring day filled with color, creativity, and fun! **Advanced registration required, transportation and ticket cost included in registration.**



Annual Ice Cream Social

Exertion Level: 2

Friday, August 21, 12:30 - 3pm, \$5 District, \$7 Non-District

Cool off and celebrate summer with our annual August Ice Cream Social! Enjoy a fun afternoon filled with great entertainment, delicious ice cream floats, and wonderful company. We are excited to welcome Albert Galli, One-Man Band, who will keep us entertained with a lively mix of music and audience interaction. We'll also enjoy a special performance by the Legacy Dance Performance Team, showcasing their talent. Don't miss this sweet summer tradition featuring music, dancing, and refreshing ice cream floats for everyone to enjoy! **Advanced registration required by August 17, 2026.**



CVPRD Annual Shutdown

Recreation & Community Centers Closed

Monday, August 24 - Sunday, August 30, 2026

Annual shutdown of the Recreation and Community Centers happens each August. During this time our teams will be completing annual maintenance projects and cleaning to keep our facilities looking fresh. Inquire at the front desk about visiting a nearby partner facilities during our closure. Thank you for your understanding and continued patronage.



Bally's Casino Blackhawk

Exertion Level: 5

Monday, August 31, 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 August 26, 2026.





Bead Class

Exertion Level: 1

Monday, August 31, 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, August 31, 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.**

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 for ticket lottery open now. Right to buy ticket lottery drawing will be held on August 20, 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. **Please note no lunches will be served at CVPRD August 25th or 27th as facilities will be closed.**





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

Book Club *NEW TIME*

Tuesday, August 4, 9:30 am: Community Center, Craft Room

Tech Help

Tuesday, August 4, 10:30 am: Community Center, Craft Room

HPLD Lobby Stop

Tuesday, August 4 & 18, 10:30 am: Community Center, Lounge

7's Card Game

Friday, August 7, September 4 & 18, 1 pm: Community Center

Movie of the Month: Sheep Detectives

Friday, August 7, 1 pm: Community Center

Blood Pressure Checks

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

Coming Soon...

- Fall Prevention Month
- Senior Resource Fair
- Rockies vs Padres
- Fall Colors
- Alpaca Experience

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

