



# ACTIVE ADULTS NEWSLETTER



## A NOTE TO OUR COMMUNITY...

We hope your summer is off to a great start! July is a wonderful time of year, full of sunshine, outdoor activities, and chances to spend time with friends, family, and the community. It's also National Parks and Recreation Month, a perfect time to celebrate the spaces and programs that bring us all together.

With the 4th of July approaching, it's the perfect opportunity to relax and enjoy the celebrations. Please note that **CVPRD facilities will be closed on July 4th** in observance of the holiday.

We sincerely appreciate you choosing to make our facilities part of your community. It means so much to be included in your daily routines, gatherings, and summer memories. Wishing everyone a happy and festive July!



### 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.

### 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.





## Outdoor Walking Group

**Exertion Level: 4**

**Thursday, July 2, 9, 16, 23 & 30, 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 - Understanding and Preventing Fraud

**Exertion Level: 1**

**Monday, July 6, 12- 2 pm**

Fraud is everywhere— whether it's cryptocurrency schemes like FTX, healthcare scams, romance fraud, or Social Security fraud. Stay informed with this class as we explore current fraud trends, teach you how to identify scams, and help you recognize key warning signs. Discover practical strategies to protect your personal information and finances, such as enabling account alerts, updating passwords, and more. We'll also cover essential steps to take if you become a victim of fraud. **Registration in advance suggested, space is limited.**

## Active Adults Hiking Group - July - St. Mary's Glacier

**Exertion Level: 5**

**Friday, July 10, 8 am, \$9 District, \$12 Non-District**

Get ready to take things up a notch! Our next adventure heads to St. Mary's Glacier, featuring higher elevation and about 600-700 feet of gain in a short distance. The hike begins with a steep, rocky climb that will get your heart pumping, but the reward is worth it! See alpine views, a glacial lake, and maybe some lingering snowfields. Bring water, dress in layers, and pace yourself as you take on this beautiful high-country challenge!

**Registration in advance required. Please see trip requirements.**



## July White Elephant Bingo

**Exertion Level: 1**

**Friday, July 10, 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.**

## Colorado Railbike Adventures

**Exertion Level: 4**

**Wednesday, July 15, 9 am, \$41 District, \$61 Non-District**

Discover a one-of-a-kind outdoor experience with Colorado Railbike in Erie! Grab a friend and pedal along historic railroad tracks while taking in beautiful Front Range scenery. It's a fun, active, and memorable way to enjoy the area's unique landscape and history all right here close to home. **Advanced registration required by July 10, 2026.**





## Carbon Valley Roots: Tracing 250 Years of Colorado People, Places and Possibilities

**Exertion Level: 1**

**Friday, July 17, 1-3 pm: Community Center, Lounge**

As the nation approaches its 250th anniversary, this class examines how Colorado's people, places, and pivotal events contributed to the growth and development of the United States. Using historical records, participants connect Colorado families to the broader American story that shaped the country we know today. A segment of the class will focus on the Carbon Valley. Presented by Sylvia from New Leaf Genealogy.

**No cost to register, registration in advance suggested.**



## Social with Sarah - Table Topic Games

**Exertion Level: 1**

**Monday, July 20, 2:15 pm: Community Center, Lounge**

Join us for July 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.

## Colorado Rockies vs. Washington Nationals

**Exertion Level: 5**

**Wednesday July 22, 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 8, 2026.**



## The Jazz Room - A Tribute to Frank Sinatra and Louis Armstrong

**Exertion Level: 3**

**Friday, July 24, 3:30 pm, \$52 District, \$78 Non-District**

Join us at The Jazz Room as we celebrate two of the most influential musicians of all time: Frank Sinatra and Louis Armstrong. Experience their timeless music reimaged by a talented live band in an intimate setting. Enjoy dinner prior to the show at P.F. Chang's as a group. **Registration in advance required.** Ticket and transportation included in registration, dining cost on your own.

## Bally's Casino Blackhawk

**Exertion Level: 5**

**Monday, July 27, 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 July 22, 2026.**





## Bead Class

**Exertion Level: 1**

**Monday, July 27, 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, July 27, 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.





## 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	Diamond Dots 1-4 pm Craft Room	
	Crafts & Conversation 1-4 pm Craft Room		Pinochle 1-3 pm Lounge	

## Monthly Drop-in Activities

### 7's Card Game

Friday, July 3, 17 & 31, 1 pm: Community Center

### Book Club

Tuesday, July 7, 10 am: Community Center, Craft Room

### HPLD Lobby Stop

Tuesday, July 7 & 21, 10:30 am: Community Center, Lounge

### Tech Help

Tuesday, July 7 11:15am: Community Center, Craft Room

### Movie of the Month: Independence Day

Friday, July 3, 1 pm: Community Center

### Blood Pressure Checks

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

## Coming Soon...

- Hiking Group Trips
- Rockies vs. Rays
- Van Gogh Immersive
- Ice Cream Social
- Annual Shutdown

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

