

# Active

at any

# Age



Winter 2016 - Jan, Feb & Mar

 SPRING FLING

RIVERDANCE -  
The 20th Anniversary World Tour

 COFFEE AND CHATS

PBS STUDIO TOUR

LINE  
DANCING

Register online at [ssprd.org](http://ssprd.org)



South Suburban  
PARKS AND RECREATION

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# 3 WAYS TO REGISTER

Online at [ssprd.org](http://ssprd.org) • Phone in 303-347-5999 • Walk In to Buck, Goodson or Lone Tree Recreation Centers  
Registration will begin on December 14

**Douglas H. Buck Community Recreation Center**  
2004 W. Powers Avenue,  
Littleton 303-797-8787

**Lone Tree Recreation Center**  
10249 Ridgeway Circle,  
Lone Tree 303-708-3500

**Goodson Recreation Center**  
6315 S. University Blvd.,  
Centennial 303-798-2476

**Sheridan Recreation Center**  
3325 S. Oxford Ave.,  
Sheridan 303-761-2241

# WINTER 2016 TRIPS AND TOURS

DATE	TRIP	CLASS	PAGE
Jan 04	Snowshoe: Breckenridge Nordic Center	707501	15
Jan 05	JLB: The Grubbery	717431	14
Jan 08	Friday Walk-About: Van Bibber Trail	709011	15
Jan 10	Fresh Fish Company Sunday Brunch	711701	11
Jan 12	PBS Studio Tour	715021	11
Jan 19	JLB: School House Kitchen & Libations	717471	14
Jan 15	Friday Walk-About: Toll Gate Creek	709021	15
Jan 20	Northglenn Adventure Film Series: Central & South America	716711	11
Jan 21	9-1-1 Dispatch Tour	717821	11
Jan 22	Friday Walk-About: The Bluffs	709031	15
Jan 25	Half Day Trek: Columbine Open Space and Trail	709321	15
Jan 26	Breckenridge Snow Sculptures	710371	11
Jan 27	Mrs. Mannerly	717831	11
Jan 28	Denver International Airport	717841	11
Jan 29	Friday Walk-About: Cherokee Trail	709041	15
Feb 03	Assignments	714822	11
Feb 04	Stranahan's Colorado Whiskey Distillery Tour	716582	12
Feb 05	Friday Walk-About: East-West Regional Trail	709012	15
Feb 08	Showshoe: Devil's Thumb Ranch	707512	15
Feb 10	JLB: Las Brisas	717482	14
Feb 11	National Museum of World War II Aviation	718912	12
Feb 12	Friday Walk-About: Chatfield State Park	709022	15
Feb 16	Gentleman's Guide to Love and Murder	717862	12
Feb 17	Casino: Bull Durham	710222	14
Feb 19	Friday Walk-About: Bear Creek State Park	709032	15
Feb 22	Snowshoe: Snow Mountain Ranch	707272	15
Feb 23	JLB: Pino's Neighborhood Pizzeria & Wine Bar	717492	14
Feb 24	Pepsi Center Tour	717872	12
Feb 26	Friday Walk-About: Roxborough Park	709042	15
Feb 28	DazzleJazz Sunday Brunch	710432	12
Mar 01	Boettcher Mansion Tour	717883	12
Mar 03	National Earthquake Information Center Tour	712963	12
Mar 04	Friday Walk-About: Washington Park	709013	15
Mar 07	Half Day Trek: Grant Terry Trail & Triceratops Trail	709332	15
Mar 08	Riverdance The 20th Anniversary World Tour	717893	13
Mar 09	JLB: McCabe's Bistro & Pub	717503	14
Mar 10	Snowcat Tour	710173	13
Mar 11	Friday Walk-About: South Valley Park	709023	15
Mar 13	Peter & The Starcatcher	718163	13
Mar 14	Casino: Bull Durham	710223	14
Mar 16	Miramont Castle Museum Tea & Tour	710273	13
Mar 18	Friday Walk-About: Ralston Creek	709033	15
Mar 21	Hike: Dawson Butte Ranch	707803	15
Mar 22	JLB: Malone's Clubhouse Grill	717513	14
Mar 24	Denver Infill Tour	716653	13
Mar 25	Friday Walk-About: Aurora Environ. Park	709043	15
Mar 30	Brown Palace Tour	715303	13

# ARTS AND EDUCATION

## Ceramics

Join us every Tuesday for a relaxing and creative class. Light color, brush strokes and technique instruction in an inviting, social environment. Register for this class by the month or drop in weekly!

Monthly Resident: \$25; Nonresident: \$27  
65+: \$19.50; Nonresident: \$25 /R  
Drop-in fee: Resident: \$5; Nonresident: \$6.50

Tue 9:30am-12pm Buck [70607](#)

## **Daytime Creative Studio**

Bring your own craft projects and lunch, and enjoy commraderie while crafting. Sewing machines are available.

Drop-in fee: Resident: \$2; Nonresident: \$3

Thu 12:30-2pm Sheridan ongoing

## Watercolors

Beginning/Intermediate- Interested in trying watercolors in a fun environment? Hone your own special style in this continuing class that offers light instruction in major watercolor techniques including washes, wet-on-wet and dry-brush. Some supplies included in fee. Instructor, Pat Rich, will call prior the first class.

Monthly: Resident: \$26; Nonresident: \$32  
65+: \$20; 65+ Nonresident: \$26

Mon 12:30-2pm Buck [70602](#)

Tue 12:30-2pm Buck [70601](#)

## The Basics of Drawing

Learn the basics of line, texture, shading and perspective using a variety of mediums like graphite, charcoal, pastels and ink. All levels of experience welcome. Supply list online.

Resident: \$50; Nonresident: \$56

Mar 03 – Mar 31 Thu 6–8 PM Buck [400443](#)

No Class Mar 24

## Drawing Continuing

Explore drawing techniques beyond the basics. Use a variety of mediums including graphite, charcoal, pastels and ink. Supply list online.

Resident: \$50; Nonresident: \$56

Jan 07 – Jan 28 Thu 6–8 PM Buck [400241](#)

# RESOURCES

## **Senior Tax Rebate Program**

District homeowners who are 65 yrs+ may volunteer with the District to be reimbursed for paying property taxes for South Suburban Parks and Recreation. Call 303-730-4609 for more information

## **Littleton Handyman Program**

Looking for a hand to help assemble furniture, work on minor plumbing, minor electrical repairs or other minor nagging problems? Call 303-730-4615 for FREE help or to volunteer. Available to residents of Littleton.

## **Medical Loan Closet**

Medical equipment such as walkers, canes and crutches can be borrowed on a temporary basis for those in need. Call 303-730-4609 for availability.

## Watercolor Techniques

Explore paint mixing and brushwork technique led by an exceptional artist. No experience necessary. Supply list online.

Resident: \$50; Nonresident: \$56

Feb 04 – Feb 25 Thu 6–8 PM Buck [400422](#)

## AARP Driver's Course

A driver improvement course specially designed for motorists age 50 and older. Fee payable on first day of class. Cash or check to AARP. MUST REGISTER online at [ssprd.org](http://ssprd.org), or by calling 303-347-5999. (\$15 AARP members, \$20 non-members)

Jan 29 Fri 8am-12pm Buck [705081](#)

## **Computer Discovery**

Have you been stumped by how to use different programs on your computer? Bring your laptop, and consult with our Computer Superheroes! Who knows, you may even be able to teach your grandchildren a thing or two after these informative Q & A sessions!

Drop-in fee: Resident: \$5; Nonresident: \$6

Jan 8 Fri 1-3pm Buck

Feb 12 Fri 1-3pm Buck

## **Lunch and Learn - Retirement Planning Solutions**

Ways to Protect Your Assets WITHOUT Long Term Care Insurance - Presented by Jim Brown, Charter Financial Services

Learn about solutions and strategies to take control of your assets. Become an informed consumer and find out what options you have to provide for your future without long term care insurance. Lunch provided. Register online, or call our Senior Resource Desk at 303-730-4605.

Free

Jan 20	Wed 12-1pm	Lone Tree	<a href="#">703561</a>
Feb 24	Wed 11:15-12:15pm	Buck	<a href="#">703552</a>
Mar 16	Wed 12-1pm	Lone Tree	<a href="#">703563</a>

## **Continuing Intermediate Spanish**

Improve fluency and build vocabulary to maximize communication. Optional book: Spanish for Real Life.

Drop-in fee: Resident: \$7; Nonresident: \$8.25

65+: Resident: \$6; Nonresident: \$7

Monthly: Resident: \$28; Nonresident: \$33

65+: Resident: \$24; Nonresident: \$28

Wed	9-10:30am	Buck	ongoing
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## **Digital Camera**

Are you wondering what all those buttons are on your camera? Are your pictures too light or dark or fuzzy? Do you know how to select them, edit them, print them, put them on a computer, email them, save them, delete them. We can help. Bring your camera with the batteries charged.

Resident: \$16; Nonresident: \$19

65+ : Resident: \$14; Nonresident: \$16

Jan 19	Tue 9am-12pm	Buck	<a href="#">702551</a>
Feb 16	Tue 9am-12pm	Buck	<a href="#">702552</a>

## **Public Speaking Without Fear**

Learn or bolster basic speaking skills. Increase your confidence and persuasiveness.

Resident: \$45; Nonresident: \$49

Jan 07 – Feb 11	Thu 7–8 PM	Buck	<a href="#">400751</a>
Mar 10 – Apr 21	Thu 7–8 PM	Buck	<a href="#">400753</a>
No Class Mar 24			

## **ACCOA (ARAPHOE COUNTY COUNCIL ON AGING) SPEAKERS SERIES**

Join us for these informative topics presented by professionals throughout Arapahoe County. Light refreshments provided. All presentations are held at Buck. Register online, or by calling our Senior Resource Desk at 303-730-4605.

### **What Is ACCoA???**

Find out what important resources are available through the Arapahoe County Council on Aging, why it was established, and what it means to you!

Free

Jan 13	11:15-12:15	Wednesday
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### **The Healthy Heart**

How can we keep our heart as healthy and happy as possible? Find out what simple things you can do today to make a difference in your heart health!

Free

Feb 10	11:15-12:15	Wednesday
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### **Health Claims and Advertising Lures: Do They Deliver?**

As primary consumers of health care, older adults are aggressively targeted by manufacturers of dietary supplements and by companies whose products sound too good to be true! Free trials, outrageous claims, pyramid schemes...learn how to be a discerning consumer.

Free

Mar 09	11:15-12:15	Wednesday
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## **CAN WE TALK? SERIES**

Register online, or by calling our Senior Resource Desk at 303-730-4605. Here's your chance to talk with a doc - Dr. John Conrardy, owner of Southglenn Chiropractic. His straight-forward approach focuses on well-being and prevention of disease. All presentations are Tuesdays at 12:15 at Buck Recreation Center.

Free

Jan 12	Straight talk on Weight Loss	<a href="#">703161</a>
Jan 19	Q&A with a Doctor	<a href="#">703151</a>
Feb 9	Is Incontinence a Problem for You?	<a href="#">703142</a>
Feb 16	The Good, The Bad and the Ugly: (Food, Sugar and Drugs)	<a href="#">703492</a>
Mar 08	Indigestion	<a href="#">703543</a>
Mar 15	Auto-Immune Disorders	<a href="#">703273</a>

# ATHLETICS

## Gym Pickleball Schedules

Below are the four South Suburban recreation centers that have weekly gym schedules with drop-in Pickleball times and days. Call individual centers for more information.

Buck, 2004 W. Powers Ave., Littleton, 303-797-8787  
Goodson, 6315 S University Blvd, Centennial, 303-798-2476  
Lone Tree, 10249 Ridgeway Circle, Lone Tree, 303-708-3500  
Sheridan, 3325 W. Oxford, Sheridan, 303-761-2241  
Look for upcoming teaching Boot camps and clinics online!

## Super Sunday Fun Run 5K

February 7 at the Platte River Bar and Grill  
Get some exercise in before you settle in for the big game!  
Runners and walkers of all ages and abilities are welcome.  
Bring the entire family, as this Fun Run is stroller and pet friendly. Show your team spirit and wear your favorite team jersey or attire.

Early Registration \$25 Regular \$30  
For more information, and to register, visit  
[www.runningguru.com/event/supersunday](http://www.runningguru.com/event/supersunday)

## Over 50 Volleyball Leagues

Home games are played at the Goodson Recreation Center on Wednesday Afternoons. Away games are played at other CSVA team sites. To register your team you can go on-line at [ssprd.org](http://ssprd.org) or call 303.347.5999.

Resident: \$40; Nonresident: \$48

Wed 1:30pm

# BRIDGE CLASSES

## Play of the Hand

In order to attend this class, you must have completed the Standard Bidding Techniques class or have instructor approval. Learn to count winners and losers, what are quick and slow losers, eliminating losers, and trump control. Includes guidelines for defense and a review of bidding, including Stayman & Jacoby transfers.  
Recommended book: "Play of the Hand in the 21st Century", part of the ACBL Bridge Series (2007 or later edition).

Resident: \$84; Nonresident: \$110

Jan 12-Mar 1	Tue 1-3pm	Buck	<a href="#">704881</a>
Jan 13-Mar 2	Wed 1-3pm	Lone Tree	<a href="#">722801</a>

## Common Conventions Continued

This class is for experienced bridge players who want to enhance their bidding techniques with a better grasp of standard conventions and the addition of new bidding conventions.

Prerequisite: Completion of the 3 ACBL Bridge Series courses - "Bidding", "Play of the Hand", and "Defense", and Chaps. 1-4 of "Commonly Used Conventions", or Instructor approval based on bridge playing experience with current standard techniques.

Resident: \$84; Nonresident: \$110

Jan 14-Mar 3	Thu 1-3pm	Goodson	<a href="#">705881</a>
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# DANCE

## Beginning Ballroom

Dance at any celebration or event with a different dance style learned each session. Explore Waltz, Foxtrot, Tango and Viennese Waltz.

Resident: \$60; Nonresident: \$64

Feb 17 - Mar 16	Wed 7-8:30 PM	Buck	<a href="#">402342</a>
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Resident: \$72; Nonresident: \$77

Jan 06 - Feb 10	Wed 7-8:30 PM	Buck	<a href="#">402341</a>
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## Ballroom Dance Nights

Swing, Waltz, Rhumba and Hop to the Big Band sounds of a live orchestra.

Resident: \$8; Nonresident: \$10

Jan 08	Fri 7-10 PM	Lone Tree	<a href="#">461981</a>
Feb 05	Fri 7-10 PM	Buck	<a href="#">396352</a>
Mar 04	Fri 7-10 PM	Lone Tree	<a href="#">461983</a>

## LINE DANCE

Kick your heels up to a variety of music for exercise and friendship. \

## Ultra Beginner Class

This drop-in class teaches basic line dance steps. Each week focuses on a set of steps and a review of previously learned steps. Line dancing is a fun, social exercise—good for mind and body.

Drop-in fee: Resident: \$5.50; Nonresident: \$6.50

65+: Resident: \$4.50; Nonresident: \$5.50

10 Punch card pass: Resident: \$50; Nonresident: \$60

65+: Resident: \$40; Nonresident: \$50

Monday	11-11:55am	Goodson
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## Beginner

Drop-in fee: Resident: \$5.50; Nonresident: \$6.50  
65+: Resident: \$4.50; Nonresident: \$5.50  
10 Punch card pass: Resident: \$50; Nonresident: \$60  
65+: Resident: \$40; Nonresident: \$50

Tuesday 1:30-2:25pm Lone Tree

## Intermediate/Advance

Drop-in fee: Resident: \$5.50; Nonresident: \$6.50  
65+: Resident: \$4.50; Nonresident: \$5.50  
10 Punch card pass: Resident: \$50; Nonresident: \$60  
65+: Resident: \$40; Nonresident: \$50

Tuesday 2:30-3:25pm Lone Tree

## Beginner

Drop-in fee: Resident: \$5.50; Nonresident: \$6.50  
65+: Resident: \$4.50; Nonresident: \$5.50  
10 Punch card pass: Resident: \$50; Nonresident: \$60  
65+: Resident: \$40; Nonresident: \$50

Wednesday Buck 1:30-2:25pm

## Intermediate/Advance

Drop-in fee: Resident: \$5.50; Nonresident: \$6.50  
65+: Resident: \$4.50; Nonresident: \$5.50  
10 Punch card pass: Resident: \$50; Nonresident: \$60  
65+: Resident: \$40; Nonresident: \$50

Wednesday Buck 2:30-2:35pm

## ACTIVE ADULT TAP DANCE

Always wanted to learn how to tap? Join us for great fun and exercise. Guys welcome!

### Beginning Tap

Learn basic tap steps and simple routines. Move to the next level when ready.

Monthly: Resident: \$22; Nonresident: \$26

65+: Resident: \$18; Nonresident: \$22

Drop-in fee: \$6.50 / \$5.50 R 65+: \$5.50 / \$4.50 R

Buck Mon 9-10am [70367](#)

### Continuing Tap

If you have had some tap experience, try this fun class! More routines, combination steps and optional performances.

Monthly: Resident: \$22; Nonresident: \$26

65+: Resident: \$18; Nonresident: \$22

Drop-in fee: Resident: \$5.50; Nonresident: \$6.50

65+: Resident: \$4.50; Nonresident: \$5.50

Mon Buck 10-11am

### Advanced Tap

This group learns complex steps and advanced performance routines. Performing optional. \*Instructor approval required.

Monthly: Resident: \$31; Nonresident: \$35

65+: Resident: \$27; Nonresident: \$31

Drop-in fee: Resident: \$7.75; Nonresident: \$8.75

65+: Resident: \$6.75; Nonresident: \$7.75

Fri 10:30am-12pm Buck 70360

# These Hands Built America

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- Transportation & Scheduled Outings
- Activities & Fitness Classes
- Housekeeping & Linen Service
- 24-hour Concierge



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 **MorningStar**

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[MoingStarSeniorLiving.com](http://MoingStarSeniorLiving.com)

# DROP-IN ACTIVITIES

## Coffee & Chats

Join us for various speakers and presentations. Come hear from different community organizations, enjoy light refreshments and spend time socializing with others.

2nd Tue of month 11:30am-12:30pm Goodson

Last Tue of month 11:15am-12:15pm Lone Tree

## Happy Hooks & Needles

Do you crochet or knit? Join us! Some supplies provided. Meet new people and make a worthwhile project.

Tue 10-11:30am Buck Ongoing

## Afternoon Movie Club

Join us to watch a newly released movie on the 1st Thursday of the month! Check online or at the Senior Resource Desk at 303-730-4605 for the feature.

Resident: \$1; Nonresident: \$1.25

Thu 1-3pm Buck

## Thursday Lunch Program

Socialize with friends and enjoy a hearty lunch in a relaxed atmosphere. Special dietary requests must be made 48-hours in advance. If you register for lunch, but can't make it please cancel. Reserve/cancel by Tuesday, 1pm. Call 303-730-4605 to make a reservation. Doors open 11:30 am, lunch served at 12 noon. Lunch menu available online at [ssprd.org](http://ssprd.org).

Resident: \$5.75; Nonresident: \$6.75

Thu 12-1pm Buck

# EVENTS

## Valentine's Bingo

Sheridan community, we want to celebrate YOU! Give Valentine's Bingo a whirl, munch on delicious treats, and feel the LOVE!

Feb 10 Wed 1-3pm Sheridan

## SPRING FLING

We're partnering with the Centennial Rotary to offer live music, delicious appetizers and fun give-aways. It's just what the doctor ordered for a spectacular social!

Resident: \$5; Nonresident: \$7

Mar 18 Fri 3-5pm Goodson

## Feb 26: Felonius Smith Trio Concert

Felonius Smith has shared the stage with Richie Havens and David Bromberg. Felonius Smith's National slide and snappy finger picking guitar style transports one back some 80 years, relaxing on a river bank in southern Mississippi. Steve Sheldon plays harmonica and Scott Johnson's, warm yet percussive approach to his upright bass provides the perfect backbeat for the group's historic Americana blues sound.

Resident: \$8; Nonresident: \$10

Feb 26 Fri 7-9 PM Buck 409462

# FITNESS

## Active Adult Weight Training

Incorporate machine weights, free weights, stretching/ flexibility, balance and core training.

Resident: \$40; Nonresident: \$51\*

65+: \$34; 65+ Nonresident: \$49\*

Resident: \$45; Nonresident: \$57.40

65+: \$38.25; 65+ Nonresident: \$55.10

Jan 04-Jan 27\* Mon Wed 10:15-11:30am Buck [520171](#)

Feb 01-Feb 29 Mon Wed 10:15-11:30am Buck [520172](#)

Mar 03-Mar 30 Mon Wed 10:15-11:30am Buck [520173](#)

Jan 05-Jan 28\* Tue Thu 8:45-10am Goodson [542201](#)

Feb 02-Feb 25\* Tue Thu 8:45-10am Goodson [542202](#)

Mar 1-Mar 31 Tue Thu 8:45-10am Goodson [542203](#)

Jan 1-Jan 28 Tue Thu 9:30-10:45am Goodson [542211](#)

Feb 2-Feb 25 Tue Thu 9:30-10:45am Goodson [542212](#)

Mar 1-Mar 31 Tue Thu 9:30-10:45am Goodson [542213](#)

Jan 4-Jan 27 Mon Wed 10-11:15am Lone Tree 562251

Feb 1-Feb 29 Mon Wed 10-11:15am Lone Tree 562252

Mar 2-Mar30 Mon Wed 10-11:15am Lone Tree 562253

## Living Well with Cancer

A six-month exercise program for adult cancer survivors ages 18 - Seniors of all fitness levels.

Resident: \$40; Nonresident: \$51

Resident: \$63.75; Nonresident: 50\*

Jan 5-Jan28 Tue Thu 1:15-2:30pm Goodson [540931](#)

Feb 2-Feb 25 Tue Thu 1:15-2:30pm Goodson [540932](#)

Mar 1-Mar 31\* Tue Thu 1:15-2:30pm Goodson [540933](#)

If you would like to be on the email listing to receive Active Older Adult Programs Outdoor Recreation information please contact Lisa at 303-730-4606 or [lisar@ssprd.org](mailto:lisar@ssprd.org).

## Functional Motion

Gentle exercises help restore balance and strength through postural alignment. Get relief from chronic and occasional pain while improving your body's full range of motion.

Resident: \$125; Nonresident: \$135

Jan 4-Mar 21	Mon 3-3:55pm	Goodson	<a href="#">541181</a>
Jan 5-Mar 22	Tue 8:30-9:25am	Buck	<a href="#">520531</a>
Jan 5-Mar 22	Tue 10:30-11:25am	Lone Tree	<a href="#">562451</a>

## Water Yoga

Traditional yoga performed in the warm water therapy pool. Ideal for those who love the water or have difficulty holding traditional poses. Aids in circulation, rehabilitation and reduction of stress.

Resident: \$37; Nonresident: \$45

Jan 5-Jan 26	Tue 4-5pm	Buck	<a href="#">540581</a>
Feb 2-Feb 23	Tue 4-5pm	Buck	<a href="#">540582</a>
Mar 1-Mar 29	Tue 4-5pm	Buck	<a href="#">540583</a>

## Tai Chi: Moving for Better Balance

Feel stronger, have better balance and greater flexibility while flowing through the easy to learn Tai Chi movements. This progressive class helps you build your confidence and reduces your risk of falling.

Resident: \$79; Nonresident: \$90

Jan 4-Mar 23	Mon Wed 1:30-2:30pm	Goodson	<a href="#">541201</a>
Jan 5-Mar 24	Tue Thu 3-4pm	Buck	<a href="#">520871</a>
Mar 2-Mar 23	Wed 10-11am	Buck	<a href="#">521203</a>



## SilverSneakers® Classes

Classes are open to all recreation center users with daily admission. A chair is available if needed for seated or standing support in all classes. For a description of the individual classes, please visit [ssprd.org](http://ssprd.org).

9:30-10:25 am	Th	Circuit	Goodson
9:30-10:25 am	Tu	Cardio	Goodson
10-10:55 am	Tu, Th	Circuit	Buck Ctr
10-10:55 am	M, W, F	Classic	Buck Ctr
10-10:55 am	Tu, Th	Classic	Lone Tree Ctr
10:30-11:25 am	M, W	Circuit	Lone Tree Ctr
10:30-11:25pm	F	Cardio	Lone Tree Ctr
11-11:55am	Tu,Th	Classic	Buck Ctr
11:05-11:55 am	M, W, F	Yoga	Buck Ctr
11:05-11:55 am	Tu, Th	Yoga	Lone Tree Ctr
11:30 am-12:25 pm	M, W, F	Classic	Goodson
11:30 am-12:25 pm	M	Classic	Lone Tree Ctr
11:30 am-12:25 pm	Tu, Th	Classic	Sheridan
12:30-1:15 pm	M, W, F	Yoga	Goodson

## GAMES

### Drop In Duplicate bridge for Beginning & Intermediate Players

Bring your partner and enjoy an afternoon of duplicate bridge. Drop-in pairs are welcome. Play starts promptly at 12:30 pm. For more information call 303-730-4609.

Resident: \$1; Nonresident: \$1.25

Lone Tree	ongoing	12:30pm	Tuesday
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### Duplicate bridge

Play starts promptly at 12:30 pm Need a partner? Call 303-730-4609. Scores are logged at [ssprbridge.com](http://ssprbridge.com)

Resident: \$1; Nonresident: \$1.25

Wed	ongoing	12:30pm	Buck
Fri	ongoing	12:30pm	Lone Tree

## Drop In Bridge

Earn master points playing in this ACBL sanctioned duplicate bridge game. Reservations required; no drop-ins please. Contact Director Sue Bauer at 303-641-3534 to confirm your reservation, arrange a partner or ask any other questions.

Resident: \$1.50; Nonresident: \$1.75

Mon	12:30pm	Lone Tree	ongoing
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## Mah Jongg

Drop in and play a tile or two.

Resident: \$1; Nonresident: \$1.25

Wed	1-3pm	Buck	ongoing
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## Poker

Know when to hold'em and when to fold'em. Bring your coins and play a fun hand of poker with other enthusiasts.

Resident: \$1; Nonresident: \$1.25

Fri	12:30-3pm	Buck	ongoing
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## Wii Bowling

Check out this fun and challenging video game. Bowling is the featured sport, or try your hand at other games. No experience necessary.

Resident: \$1; Nonresident: \$1.25

Fri	10am-12pm	Buck	ongoing
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## Pinochle

Drop in and play a hand or two.

Resident: \$1; Nonresident: \$1.25

Mon	12:30-3:30pm	Buck	ongoing
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# HEALTH

## Heel Your Feet

Receive foot care, reflexology or healing touch services by Kirsten Antony, registered nurse and certified reflexologist. Foot care includes toenail trimming, filing and massage. Reflexology includes a 20 min stress release with holistic touch. Healing touch includes energy therapy that assists in balancing your well-being. Appointments required by calling 303-730-4605. Please indicate which service you desire.

Resident: \$25; Nonresident: \$28

Thu	Buck	10am-2pm
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Thu	Goodson	10am-2pm
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Thu	Lone Tree	1pm-4pm
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## Blood Pressure Checks

Get your blood pressure checked for free and keep track of it on a monthly basis. Provided by Progressive Home Services.

Free

2nd Thurs of month	Buck	11am-12pm
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## Low Vision Support Group

Meet with others facing similar vision loss challenges to problem solve, gain support and socialize. Sponsored by Sponsored by A3: Adapt, Adjust, Achieve (formerly American Council of the Blind)

Free

2nd Thurs of month	1-3pm	Buck
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## Blood Screening

University Hospital professional staff screens cholesterol and over thirty other blood components. Appointments on a drop-in basis. 12-hour fast required. Additional tests available at additional fees.

\$40; 7-9:30am

Lone Tree Recreation Center, January 19th

Goodson Recreation Center, January 20th

Buck Recreation Center, January 21st

Family Sports Center, January 22nd

## Massage

Therapeutic massage services provided by licensed therapists trained in a variety of modalities including; Swedish, Sports, Reflexology, Deep Tissue, Neuromuscular, Prenatal and more. Schedule appointments by calling 303-483-7080. Goodson only.

1 hour: Resident: \$55; Nonresident: \$65

1/2 hour: Resident: \$35; Nonresident: \$43

1 Hour Hot Stone: Resident: \$65; Nonresident: \$75

## Weigh and Win

A free community program that pays you to achieve and maintain a healthy weight! Get daily personalized coaching and cash for your success. Enroll at the kiosk location at Buck or Lone Tree Recreation Center. Visit WeighandWin.com for more details.

## TRIP FEES

Trip fees are set to cover program expenses, driver's salaries, planning time, ticket costs, donations, parking permits, etc. All trips have a minimum capacity requirement in order to cover trip fees. If you have any concern or question regarding the fee established, please free to contact the Trips & Tours coordinator at 303-730-4606.

## CANCELLATION POLICY

All refunds/cancellations must be processed by Active Adult Coordinators, 303-730-4606. Requests for refunds and transfers must be made prior to the registration/cancellation date. A \$5 service charge will apply to all refunds or transfers. To avoid a service charge, request your refund via a South Suburban gift card. After the registration/cancellation deadline, refunds and transfers will only be issued if the spot can be filled. Some trips may have additional cancellation charges. For waitlist participants, or if a class or activity is canceled, a full refund will be issued within 3 weeks.

## TRIP/TOUR PICK-UP LOCATION KEY

When registering for any of the Trips and Tours, make certain to select a pick up location from the key below.

A= Amity Plaza, 200 W. Sterne Pkwy.	LT= Lone Tree Recreation Center 10249 Ridgeway Circle
BRC= Buck Recreation Center* 2004 W. Powers Ave.	As requested/needed:
IA= South Suburban Ice Arena, 6580 S. Vine St. (North end)	LB= Libby Bortz (JLB only)
SVW= Southview, (Windermere Side) 5820 S. Windermere St.	BH= Bradley House
	SVD= Southview (Datura side)

Call Lisa 303-730-4606 for pick up times. Trip start time is the pick-up time at the Buck Recreation Center. Up to one hour may be added before and after the trip to accommodate pick-up at/drop-off at various locations.

## EXERTION LEVEL KEY DAY TRIPS/TOURS

- 1= Walking short distances only one or two steps. (In and out of restaurant and program location.)
- 2= Requires some additional walking minimal steps encountered. (Short tour or to get into program.)
- 3= Longer periods of walking mostly on even surfaces. Stairs may be encountered.
- 4= Requires extensive walking and/or walking on uneven surfaces. Be prepared to walk up stairs and/or be on your feet for most of the outing. May apply to high altitude situations.

## Fast Care to Get You Back Fast

Littleton Adventist Hospital features a Level II trauma emergency department for all your emergency care needs. And once inside, we will work to help you get back to health as fast as possible!

***Part of the Centura Health Trauma System,  
the region's largest and most comprehensive  
network of trauma care and emergency services.***



INSPIRE HEALTH

Littleton Adventist Hospital



303-730-8900

[www.mylittletonhospital.org](http://www.mylittletonhospital.org)

7700 S. Broadway • Littleton, CO 80122

Littleton Adventist Hospital is part of Centura Health, the region's leading health care network. Centura Health does not discriminate against any person on the basis of race, color, national origin, disability, age, sex, religion, creed, ancestry, sexual orientation, and marital status in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy contact Centura Health's Office of the General Counsel at 303-804-8166. Copyright © Centura Health 2015.

# TRIPS AND TOURS

All trips and tours require independent participation. If you feel you may require special assistance please call the Trips & Tours coordinator at 303-730-4606.

## Fresh Fish Company Sunday Brunch

It's fun to explore new restaurants, but it's also nice to re-visit our favorites. Enjoy a full brunch, including breakfast entrees, seafood, salads and brunch entrees. Don't forget the delectable desserts.

**Exertion Level:** 2 **Register/Cancel by:** Dec 29

Resident: \$49; Nonresident: \$59

**65+: \$41; 65+ Nonresident: \$49**

Jan 10 Sun 10am-1pm Denver [711701](#)

## PBS Studio Tour

Take a look inside the world of PBS. The one- hour walking tour will take you inside the control and audio booth, through the studios, and the edit bay and master control. Lunch is at Interstate Kitchen and Bar. **Space is limited.**

**Exertion Level:** 3 Walking **Register/Cancel by:** Dec 30

Resident: \$16; Nonresident: \$19

**65+: \$13; 65+ Nonresident: \$16**

Jan 12 Tue 9:30 AM-1:30 PM Denver [715021](#)

## Northglenn Adventure Film Series: Central and South America

Take in the natural wonders, architectural treasures, and cultural and artistic highlights of Antigua, Guatemala; the Mayan monuments of Belize; National Parks of Costa Rica; Panama Canal, Machu Picchu, Rio de Janeiro, the Amazon River, and more. Lunch is at Cracker Barrel at your own expense.

**Exertion Level:** 2 **Register/Cancel by:** Jan 5

Resident: \$24; Nonresident: \$29

**65+: \$20; 65+ Nonresident: \$24**

Jan 20 Wed 9:15 AM - 3:15 PM Northglenn [716711](#)

## 9-1-1 Dispatch Tour

Denver's 9-1-1 Communications Center is staffed with highly-trained Operators and Dispatchers who relay critical information from callers to first responders. Denver 9-1-1 processes approximately one million 9-1-1 calls annually. Enjoy a presentation and tour of this fascinating facility. Lunch is at Racine's at your own expense.

**Exertion Level:** 3 Walking **Register/Cancel by:** Jan 6

Resident: \$16; Nonresident: \$19

**65+: \$13; 65+ Nonresident: \$16**

Jan 21 Thu 9:30 AM - 2 PM Denver [717821](#)

## Breckenridge Snow Sculptures

Enjoy a ride through a mountainous winter wonderland to see the incredible ice displays fashioned by competitors from around the world. Walking on snow packed and uneven surfaces. Lunch is on your own in downtown Breckenridge.

**Exertion Level:** 3 Walking Outdoors

**Register/Cancel by:** Jan 17

Resident: \$30; Nonresident: \$36

**65+: \$25; 65+ Nonresident: \$30**

Jan 26 Tue 9 AM - 5 PM Breckenridge [710371](#)

## Mrs. Mannerly

Arvada Center for the Arts and Humanities  
Inspired by hilarious memories of a 1967 childhood etiquette class, playwright Jeffrey Hatcher conjures up the world of an unruly ten-year-old's studying manners. Jeffrey, the star pupil, is in reality a young rascal who wants nothing more than to be good at something. Mrs. Mannerly is a demanding teacher and no student in her thirty-six years of etiquette classes has achieved a perfect score. Will Jeffrey come out on top or will his outrageous schemes to win cost him more than he bargained for? The play is a comic tale about coming-of-age in a simpler time.

**Exertion Level:** 2

**Register/Cancel by:** Jan 12

Resident: \$55; Nonresident: \$66

**65+: \$46; 65+ Nonresident: \$55**

Jan 27 Wed 12 PM - 4:45 PM Arvada [717831](#)

## Denver International Airport

Denver History Tour

Sure, we can't get out to the concourses, but there is still a great deal to see at the city's showcase, Denver International Airport. Don't worry, we will keep a safe distance from the flame-eyed horse! Let's walk the gateway to the Rocky Mountains, Denver International Airport. Please bring money for lunch. This trip is not wheelchair accessible.

**Exertion Level:** 3 Walking

**Register/Cancel by:** Jan 20

Resident: \$39; Nonresident: \$46

**65+: \$32; 65+ Nonresident: \$39**

Jan 28 Thu 10 AM - 3 PM Denver [717841](#)

## Assignments Restaurant-International Culinary School

The Art Institute of Denver

A unique educational and dining establishment designed to create an open environment run entirely by students. Enjoy a three course meal and a short tour of the kitchen.

**Exertion Level:** 2

**Register/Cancel by:** Jan 19

Resident: \$35; Nonresident: \$42

**65+: \$29; 65+ Nonresident: \$35**

Feb 3 Wed 11 AM - 2:30 PM Denver [714822](#)

## Stranahan's Colorado Whiskey Distillery Tour

Take a guided stroll through the production brew house, still house and rack house. Then onto the bottling room floor and most importantly, you'll get a taste of Colorado's most precious gold, Stranahan's Colorado Whiskey. All guests are required to have a valid ID with proof of age. Temperatures can be chilly in the distillery this time of year so make sure to dress accordingly. Lunch after the tour will be at The Blue Bonnet Café at your own expense. Please bring cash.

**Exertion Level:** 3 **Register/Cancel by:** Jan 20

Resident: \$14; Nonresident: \$17

**65+: \$12; 65+ Nonresident: \$14**

Feb 4 Thu 10:15 AM - 2:30 PM Denver [716582](#)

## National Museum of World War II Aviation

A unique educational experience that promotes a deeper understanding of the historical importance of American aviation in World War II and its role in shaping the world we live in. Lunch is at the Airplane restaurant at your own expense. (\$9-\$13).

**Exertion Level:** 3 Walking Tour **Register/Cancel by:** Jan 30

Resident: \$36; Nonresident: \$43

**65+: \$30; 65+ Nonresident: \$36**

Feb 11 Thu 7:45 AM - 2:45 PM Colorado Spgs [718912](#)

## Gentleman's Guide to Love and Murder

Buell Theater

Getting away with murder can be so much fun...and there's no better proof than the knock-'em-dead hit show that's earned unanimous raves and won the 2014 Tony Award for Best Musical, —A Gentleman's Guide to Love & Murder!

**Exertion Level:** 2 **Register/Cancel by:** Jan 18

Resident: \$82; Nonresident: \$99

**65+: \$68; 65+ Nonresident: \$82**

Feb 16 Tue 7 PM - 11 PM Denver [717862](#)

## Pepsi Center Tour

Learn some exclusive trivia about this 67,000 sq. ft. modern sports arena. Once inside you will be awed by the splendor of this spectacular building. Very little walking is involved so most anyone can enjoy this tour. After the tour enjoy lunch at Brooklyn's at the Pepsi Center.

**Exertion Level:** 3

**Register/Cancel by:** Feb 9

Resident: \$28; Nonresident: \$34

**65+: \$23; 65+ Nonresident: \$28**

Feb 24 Wed 9:45 AM - 2:15 PM Denver [717872](#)

## DazzleJazz Sunday Brunch

Featuring the freshest ingredients each week, relish in a buffet of home-style comfort food. Sip on a Bottomless Mimosa or Bloody Mary (\$10 additional fee) and enjoy the eats while relaxing to the sound of the jazz.

**Exertion Level:** 2

**Register/Cancel by:** Feb 14

Resident: \$39; Nonresident: \$47

**65+: \$32; 65+ Nonresident: \$39**

Feb 28 Sun 10 AM - 1:30 PM Denver [710432](#)

## Boettcher Mansion Tour

Boettcher Mansion is located in a secluded setting inside the Lookout Mountain Nature Preserve. Built in 1917 as a summer home and seasonal hunting lodge for Charles Boettcher, the former "Lorraine Lodge" was donated to Jefferson County in the 1970s. In 1984, the Arts and Crafts estate was listed on the National Register of Historic Places. Lunch is at El Tapitio at your own expense.

**Exertion Level:** 3

**Register/Cancel by:** Feb 15

Resident: \$25; Nonresident: \$30

**65+: \$21; 65+ Nonresident: \$25**

Mar 01 Tue 9:15 AM - 1:45 PM Golden [717883](#)

## National Earthquake Information Center Tour

Learn about the NEIC operations, the Earthquake Early Alerting Service, and general earthquake information. Lunch is at Old Capitol Grill at your own expense (\$8-\$12).

**Exertion Level:** 3

**Register/Cancel by:** Feb 17

Resident: \$16; Nonresident: \$20

**65+: \$14; 65+ Nonresident: \$16**

Mar 03 Thu 9:15 AM - 1:45 PM Golden [712963](#)

# THANK YOU

Please refrain from wearing perfume or cologne for the health and comfort of those with allergies, asthma or other health issues.

## **Trips & Tours Wait List Procedure**

If a space becomes available or a second bus is added you will be contacted prior to the trip. If you do not hear from us, a full refund will be issued the day after the trip. Please call 303-730-4606 if you have further questions regarding wait lists or day trips.

We make every effort to ensure the accuracy of information in this catalog. Fees and content subject to change. For the most current information, visit [ssprd.org](http://ssprd.org).

## Riverdance The 20th Anniversary World Tour

Buell Theater

The international Irish dance phenomenon is back by popular demand in Riverdance - The 20th Anniversary World Tour.

**Exertion Level:** 2 **Register/Cancel by:** Feb 8

Resident: \$76; Nonresident: \$92  
**65+: \$64; 65+ Nonresident: \$76**

Mar 08 Tue 6:30 PM - 10:30 PM Denver [717893](#)

## Snowcat Tour

Enjoy a unique sightseeing tour of Winter Park Mountain in a private, heated, 12-passenger Snowcat. Enjoy lunch at your own expense in Winter Park. Space is limited.

**Exertion Level:** 3 Altitude **Register/Cancel by:** Feb 24

Resident: \$77; Nonresident: \$92  
**65+: \$64; 65+ Nonresident: \$77**

Mar 10 Thu 10:30 AM - 6:30 PM Winter Park [710173](#)

## Peter & the Starcatcher

Boulder Dinner Theater

A wildly theatrical, hilarious and innovative retelling of how a miserable orphan came to be The Boy Who Never Grew Up, Peter And The Starcatcher upends the century-old legend of Peter Pan.

**Exertion Level:** 2 **Register/Cancel by:** Feb 28

Resident: \$72; Nonresident: \$86  
**65+: \$60; 65+ Nonresident: \$72**

Mar 13 Sun 11:30 AM - 6 PM Boulder [718163](#)

## Miramont Castle Museum Tea & Tour

Enjoy a self-guided tour of the castle. Constructed in 1895, the Miramont Castle features nine styles of architecture, all crafted from locally quarried greenstone, and pine framing. After the tour savor a light 3-course Victorian Tea including scones, tea sandwiches, and decadent dessert in the castle. Stair climbing required.

**Exertion Level:** 3 **Register/Cancel by:** Feb 27

Resident: \$58; Nonresident: \$70  
**65+: \$49; 65+ Nonresident: \$58**

Mar 16 Wed 7:45 AM - 3:15 PM Manitou Springs [710273](#)

## Denver Infill Tour

Denver History Tour

What is Infill? Presented by Denver History Tours. Join us for a blend of Denver's past, present and future. You'll see how many of Denver's beautiful buildings of the past are being reborn in new and useful ways, and about how those endless oceans of surface parking lots are drying up and disappearing as well. Please bring money for lunch. This trip is not wheelchair accessible.

**Exertion Level:** 3 Walking **Register/Cancel by:** Mar 16

Resident: \$39; Nonresident: \$46  
**65+: \$32; 65+ Nonresident: \$39**

Mar 24 Thu 10 AM - 3 PM Denver [716653](#)

## Brown Palace Tour

Take a guided tour and learn interesting anecdotes about the builder, history and people who have stayed at the hotel. Lunch is at Maggiano's at your own expense.

**Exertion Level:** 3 **Register/Cancel by:** Mar 15

Resident: \$30; Nonresident: \$36  
**65+: \$25; 65+ Nonresident: \$30**

Mar 30 Wed 10:15 AM - 2:30 PM Denver [715303](#)

# GROW YOUNGER

Post-Hospital Care | Inpatient & Outpatient Rehabilitation



**Life Care Center of Littleton**  
Littleton | 303-795-7300  
**Hallmark Nursing Center**  
Denver | 303-794-6484  
**Life Care Center of Stonegate**  
Parker | 303-805-2085

Eligible facilities are Joint Commission accredited | [LCCA.com](http://LCCA.com)

63097

# JUST LUNCH BUNCHES

Meet bi-monthly to experience area restaurants, both new and well established. Come with friends or make new ones. Lunch is at your own expense.  
Resident: \$9; Nonresident: \$10  
**65+: \$8; 65+ Nonresident: \$9**

## The Grubbery

Treat yourself to a something new. The Grubbery is a modern American restaurant, bar, coffee, and loose-leaf tea shop. Enjoy chef-inspired takes on American classics.

**Exertion Level: 2** **Register/Cancel by:** Dec 29  
Jan 05 Tue 11 AM - 2 PM Denver [717431](#)

## School House Kitchen & Libations

Offering a huge menu of appetizers, salads, sandwiches, flatbreads and entrée's, School House Kitchen offers something for everyone.

**Exertion Level: 2** **Register/Cancel by:** Jan 04  
Jan 19 Tue 11 AM - 2:00 Arvada [717471](#)

## Las Brisas

Las Brisas prides itself as a destination for fresh, delicious Latin dining. Enjoy fine Latin inspired food from the exotic shores of Mexico, South America and sunny Spain and other Mediterranean influences.

**Exertion Level: 2** **Register/Cancel by:** Jan 26  
Feb 10 Tue 10:30 AM - 1:30 PM Englewood [717482](#)

## Pino's Neighborhood Pizzeria & Wine Bar

Pino's brings you authentic Italian pizza, antipasti and much more. This neighborhood restaurant boasts a casual, comfortable atmosphere. Don't forget to save room for the made from scratch desserts.

**Exertion Level: 2** **Register/Cancel by:** Feb 08  
Feb 23 Tue 11 AM - 2 PM Cherry Hills Vill [717492](#)

## McCabe's Bistro & Pub

Come celebrate St. Patty's Day! McCabe's Irish Bistro and Pub is more than just a meal. The menu features an extensive lunch menu, including pub staples such as Sirloin Shepherd's Pie and lighter options such as salads, sandwiches and soups.

**Exertion Level: 2** **Register/Cancel by:** Feb 23  
Mar 09 Wed 10:30 AM - 1:30 PM Aurora [717503](#)

## Malone's Clubhouse Grill

Malone's is an American Family Restaurant, Bar and Grill. The extensive menu has a great variety of delicious entrees. Choose from soups, salads, burgers, sandwiches, combo plates, pizza, pasta and much more.

**Exertion Level: 2** **Register/Cancel by:** Mar 07  
Mar 22 Tue 11 AM - 2 PM Arvada [717513](#)

# CASINO TRIPS

## Casino: Bull Durham

Blackhawk  
Resident: \$12; Nonresident: \$14  
65+: \$10; 65+ Nonresident: \$12

**Exertion Level: 2** **Register/Cancel by:** Feb 11  
Feb 17 Wed 9 AM - 3 PM Black Hawk [710222](#)

## **Register/Cancel by:** Mar 10

Mar 14 Mon 9 AM - 3 PM Black Hawk [710223](#)

# EDWIN A. BIGBY MEMORIAL FUND

The Edwin A. Bigby Memorial Fund was established to honor a beloved senior program participant. The fund enables others to enjoy the senior lunch and day trips programs. Anyone may nominate seniors for a Fund award. Award winners will be encouraged to make a small contribution to the Fund perpetuating the fund for future use. Please call 303-730-4609 for information and application guidelines. South Suburban also has a general scholarship program. Information available at 303-483-7068.

# RESOURCEFUL PHONE NUMBERS

Aging Well Resource Center-Bemis Library	303-795-3980
Arapahoe County Council on Aging	www.Accoa.info
Arapahoe County Dept of Human Services	303-636-1130
Arapahoe County First Ride	720-540-5566
DRCOG Area Agency on Aging	303-480-6700
InterFaith Community Services	303-789-0501
Littleton Omnibus Transportation	303-795-3700
RTD Access-A-Ride	303-299-2960
South Metro Housing Authority-Littleton	303-794-9608
Douglas County Human Services	303-688-4825
Douglas County Senior Adult Services	303-814-4374

# SNOWSHOE/HIKES

Enjoy a full day hike while exploring some of Colorado's most beautiful trails. All hikes range from 4-6 miles. Each hike happens on Monday.

DATE	CLASS NAME	TRIP NO.	EXERTION	TIME	PRICE	65+ Price	Register/Cancel by
Jan 04	Snowshoe: Breckenridge Nordic Center	<a href="#">707501</a>	4	8 AM - 5 PM	R: \$31 NR: \$37	R: \$26 NR: \$31	Dec 27
Feb 08	Snowshoe: Devil's Thumb Ranch	<a href="#">707512</a>	4	8 AM - 5 PM	R: \$31 NR: \$38	R: \$26 NR: \$31	Jan 31
Feb 22	Snowshoe: Snow Mountain Ranch	<a href="#">707272</a>	4	8 AM - 5 PM	R: \$32 NR: \$38	R: \$26 NR: \$32	Feb 14
Mar 21	Hike: Dawson Butte Ranch	<a href="#">707803</a>	4	8 AM - 4 PM	R: \$20 NR: \$24	R: \$16 NR: \$20	Mar 13

## HALF DAY TREKS

New! Join us for a short hike. Afterwards, get to know your fellow trekkers at a local diner at your own expense. All treks range from 3-4

Jan 25	Columbine Open Space and Trail	<a href="#">709321</a>	3-4	8am-2pm	R: \$19 NR: \$23	R: \$16 NR: \$19	Jan 17
Mar 7	Grant Terry Trail & Triceratops Trail	<a href="#">709332</a>	3-4	8am-2pm	R: \$18 NR: \$22	R: \$15 NR: \$18	Feb 28

## FRIDAY WALK-ABOUTS

Explore a variety of Denver area's hidden foot paths. Walk about 2 hours each week, approximately 3 miles. Transportation provided. Exertion Level: 3

Resident: \$10; Nonresident: \$12 65+: \$8; 65+ Nonresident: \$10

Jan 08	9AM - 12 PM	Van Bibber Trail	709011
Jan 15	9AM - 12 PM	Toll Gate Creek	709021
Jan 22	9 AM - 12 PM	The Bluffs	709031
Jan 29	9 AM - 12 PM	Cherokee Trail	709041
Feb 05	9 AM - 12 PM	East-West Reg. Trail	709012
Feb 12	9 AM - 12 PM	Chatfield State Pk	709022

Feb 19	9 AM - 12 PM	Bear Creek State Pk	709032
Feb 26	9AM - 12 PM	Roxborough Pk	709042
Mar 04	9 AM - 12 PM	Washington Park	709013
Mar 11	9 AM - 12 PM	South Valley Park	709023
Mar 18	9 AM - 12 PM	Ralston Creek	709033
Mar 25	9 AM - 12 PM	Aurora Environ. Pk	709043

### HIKES & WALKS

- Be aware of noted exertion levels
- Be prepared for weather changes
- Bring: Sunscreen, sack lunch and water bottle
- High altitude and uneven surfaces
- Pick-up at IA & BRC only

Questions/concerns or hike suggestions call 303-730-4606.

### Hiking trips may require purchase of trail pass.

Questions/concerns or hike suggestions call 303-730-4606. Please be aware of the noted exertion level and match this with your own ability level to ensure an enjoyable experience.

### INCLEMENT CLOSURE POLICY

Wondering if your class or trip is canceled due to inclement weather? For classes, it is the instructor's discretion, and the instructor will contact you if the class is canceled. For trips, it is at the discretion of the venue. Ticketed shows will rarely cancel. Refunds will not be given if the ticketed event is held, even if you do not attend. Questions? Please call 303-730-4606.

### EXERTION LEVEL KEY OUTDOOR RECREATION

- 1= Walking with no elevation gain
- 2 = Walking with easy elevation gain and easy physical activity
- 3= Walking with moderate elevation gain and easy physical activity
- 4= Walking with moderate/strenuous elevation gain and moderate physical activity
- 5= Walking with strenuous elevation gain and moderate physical activity.

All hikes are subject to change due to weather conditions. Please note the exertion level and match with your own for an enjoyable experience.

# ADMISSION FEES

## Youth (ages 2-17) - Buck, Goodson, Lone Tree Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$4.00	\$5.25		
Monthly	\$38.00	\$51.00	\$27.00	\$36.00
Annual	\$300.00	\$399.00	\$210.00	\$279.00
30-punch	\$74.00	\$110.00		
15-punch	\$40.00	\$63.00		

## Adult - Buck, Goodson, Lone Tree Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$5.25	\$7.25		
Monthly	\$52.00	\$69.00	\$36.00	\$48.00
Annual	\$455.00	\$605.00	\$319.00	\$424.00
30-punch	\$114.00	\$150.00		
15-punch	\$59.00	\$85.00		

## Senior (65+) - Buck, Goodson, Lone Tree Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$4.25	\$5.50		
Monthly	\$39.00	\$52.00	\$27.00	\$36.00
Annual	\$310.00	\$410.00	\$217.00	\$287.00
30-punch	\$89.00	\$114.00		
15-punch	\$48.00	\$67.00		

## Household - Buck, Goodson, Lone Tree Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$14.00	\$19.00		
Monthly	\$99.00	\$132.00		
Annual	\$855.00	\$1,139.00		
30-punch				
15-punch				

## Youth (ages 2-17) - Sheridan Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$2.25	\$3.00		
Monthly				
3-Month	\$7.00	\$9.00		
Annual	\$25.00	\$32.00		
30-punch				
15-punch				

## Adult - Sheridan Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$3.25	\$4.25		
Monthly	\$13.00	\$16.50		
3-Month	\$34.00	\$45.00		
Annual	\$132.00	\$161.00		
30-punch	\$39.00	\$50.00		
15-punch	\$21.00	\$26.00		

## Senior (65+) - Sheridan Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$2.00	\$4.25		
Monthly	\$8.00	\$13.00		
3-Month	\$22.25	\$36.00		
Annual	\$79.00	\$129.00		
30-punch	\$25.00	\$40.00		
15-punch	\$14.00	\$21.00		

## Household - Sheridan Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$5.75	\$7.50		
Monthly				
3-Month				
Annual				
30-punch				
15-punch				

CHECK IT OUT!

Living and Aging Well  
Happy Hour  
Lone Tree Grill  
4th Wednesday of the month  
from 5-7pm

South Platte Park and  
Carson Nature Center  
Check out the great classes  
and programs offered this  
summer at [spsrd.org](http://spsrd.org)!

VISIT US  
online at [spsrd.org](http://spsrd.org) and  
sign up for our monthly  
Trips & Tours eNewsletter.