

# Active at any Age



USGS NATIONAL ICE CORE  
LAB CLIMATE STUDIES

DUSTY SAUNDERS - LOCAL AUTHOR & CELEBRITY

DEMENTIA WHISPERER  
SEMINAR

"BEST OF BOULDER"

PETERSON AIR &  
SPACE MUSEUM

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



South Suburban  
PARKS AND RECREATION

<b>Recreation Centers</b>	<b>Douglas H. Buck Community Recreation Center</b> 2004 W. Powers Avenue, Littleton 303-797-8787	<b>Goodson Recreation Center</b> 6315 S. University Blvd., Centennial 303-798-2476	<b>Lone Tree Recreation Center</b> 10249 Ridgeway Circle, Lone Tree 303-708-3500	<b>Sheridan Recreation Center</b> 3325 S. Oxford Ave, Sheridan 303-761-2241
Gymnasium	✓	✓	✓	✓
Fitness studio	✓	✓	✓	✓
Dance studio		✓		
Running track	16 laps per mile	10 laps per mile	12 laps per mile	
Babysitting services	✓	✓	✓	
Rentable craftrooms	✓	✓	✓	✓
Performing arts stage	✓		✓	
Wet crafts room	✓	✓	✓	
Creativity lab				✓
Commercial kitchen	✓			
Lounge	Billiards, paperback library, craft sales			Billiards, table games
Gymnastics		✓		
Pickleball courts	2	2	2	3
Racquetball courts		✓	✓	✓
Swimming pool	25-yard, 3 lanes	25-meter, 6 lanes	25-yard, 3 lanes	
Therapy pool	✓			
Hot tub	✓	✓	✓	
Family changing rooms	✓	✓	✓	
Steamrooms	✓	✓		
Leisure pool with lazy river	✓		✓	
Drop-in fitness classes	✓	✓	✓	✓
Free weights	✓	✓	✓	✓
Circuit equipment	✓	✓	✓	✓
Cardio equipment	Stair steppers, upright bikes, treadmills, recumbent bikes, rowing machines, cross- trainers, elliptical machines	Stair steppers, upright bikes, treadmills, recumbent bikes, rowing machines, cross- trainers, elliptical machines	Stair steppers, upright bikes, treadmills, recumbent bikes, rowing machines, cross- trainers, elliptical machines	Stair steppers, upright bikes, recumbent bikes, treadmills, rowing machines, elliptical machines

## STAFF CONTACT INFORMATION

Nikki Crouse, Active Adult Coordinator • 303-730-4609 or [nikkic@sspr.org](mailto:nikkic@sspr.org)

Lisa Rendon, Trips & Tours Coordinator • 303-730-4606 or [lisar@sspr.org](mailto:lisar@sspr.org)

Registration 303-347-5999 • Senior Resource Desk 303-730-4605



## 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

A South Suburban ID Card is required when registering or using  
facilities in the District. Obtain ID with proof of residency. Cost is  
\$4 for 2-year period. Registration will begin on Sept. 21.

## TABLE OF CONTENTS

Facilities Overview .....	2
Special Events and Activities/Games/Resources .....	3
Health and Wellness .....	4
Speaker Series/Can We Talk .....	4
Computer Discovery/Arts and Enrichment .....	4
Adult Sports/Specialty Classes/Free Presentations.....	5
Speciality Fitness Classes.....	6
Trips and Tours.....	10
Casino Trips.....	13
Just Lunch Bunches .....	14
Hikes.....	15

# SPECIAL EVENTS AND 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 Tuesday of month	11:30am-12:30pm	Goodson
Last Tuesday of month	11:15am-12:15pm	Lone Tree

## Happy Hooks & Needles

Do you crochet or knit? Join our crochet and knitting group. Some supplies provided. Meet new people and make a worthwhile project.

Tues	10-11:30am	Buck
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## 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 upcoming movie. Resident: \$1; Nonresident: \$1.25

Thu	1-3pm	Buck
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## 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
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# 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

Tue	12:30pm	Lone Tree
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## Duplicate bridge

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

Resident: \$1; Nonresident: \$1.25

Wed	12:30	Buck
Fri	12:30	Lone Tree

# 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.

## Duplicate bridge; ACBL Sanctioned play

Earn master points playing in this ACBL sanctioned duplicate bridge game with Director, Sue Bauer. Reservations required; no drop-ins please. Contact 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
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## Cribbage

Bring your board and join us for some cribbage fun!

Resident: \$1; Nonresident: \$1.25

Thu	1-3pm	Buck
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## Mah Jongg

Drop in and play a tile or two.

Resident: \$1; Nonresident: \$1.25

Wed	1-3pm	Buck
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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

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

Check out this fun and challenging video game. Bowling is the featured game or try your hand at other games.

Resident: \$1; Nonresident: \$1.25

Fri	10am-12pm	Buck
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## Pinochle

Drop in and play a hand or two.  
Resident: \$1; Nonresident: \$1.25

Day	Time	Location
Mon	12:30-3:30pm	Buck

# ARTS AND EDUCATION

## Active Adult Tap Dance

Want to learn how to tap? Join us for instruction in flaps, shuffles and the shuffle-ball change, and create simple dance routines. Performing is optional. Prerequisites required. Call 303-730-4609 for more information.

**4 Weeks** — Resident: \$22; Nonresident: \$26  
65+: \$18; 65+ Nonresident: \$22

### Beginner

Oct 05 – Oct 26	Mon 9–10 AM	Buck	7036510
Nov 02 – Nov 23	Mon 9–10 AM	Buck	7036711
Nov 30 – Dec 21	Mon 9–10 AM	Buck	7036712

### Intermediate

Oct 05 – Oct 26	Mon 10–11 AM	Buck	7036710
Nov 02 – Nov 23	Mon 10–11 AM	Buck	7036511
Nov 30 – Dec 21	Mon 10–11 AM	Buck	7036512

### Advanced

Oct 02 – Oct 23	Fri 10:30 AM–12 PM	Buck	7036010
Nov 06 – Nov 27	Fri 10:30 AM–12 PM	Buck	7036011
Dec 04 – Dec 18	Fri 10:30 AM–12 PM	Buck	7036012

## Adult Ballet Barre

Low impact, graceful movement at the barre develops the strength, stamina, coordination and balance of a dancer. All levels of experience welcome.

**6 Weeks** — Resident: \$38; Nonresident: \$44

Nov 06 – Dec 18	Fri 1–2 PM	Buck	4020011
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## Ballroom Dance Nights

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

**1 Week** — Resident: \$8; Nonresident: \$10

Oct 09	Fri 7–10 PM	Buck	3963510
Nov 06	Fri 7–10 PM	Lone Tree	4619811
Dec 11	Fri 7–10 PM	Buck	3963512

## Beginning Ballroom

Dance at any celebration or event with a different dance style learned each session. Explore Waltz, Foxtrot, Tango and/or Viennese Waltz. Session is geared towards participants.

**6 Weeks** — Resident: \$72; Nonresident: \$77

Oct 28 – Dec 09	Wed 7–8:30 PM	Buck	4023410
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## CAN WE TALK?

Do you have sensitive issues and want healthy solutions? Attend one or all in this free series and get simple answers to your complex questions. John Conrardy DC, LCP, a holistic chiropractor for over 30 years will guide you through the simple steps to a better life.

All sessions held Tuesdays, 12:15-1:15 at Buck.

## The Good, The Bad and The Ugly: Food, Sugar and Drugs - Oct 6

Change the script of your life. Begin a journey of looking at your health choices through a different lens. Change the little things and before you know it you have made an amazing impact on your well-being. Learn to recognize issues and change your life for the better.

## Men's Health - Oct 13

This discussion is open to Men Only. Guys here is your chance to have an hour discussing any and all of your health issues. Prostatic health, blood pressure, food, exercise and any other health issues that concern you.

## The Brain and Dementia and Any of Its Many Forms - Nov 3

The brain consumes 25% of all your body's energy. It controls your entire body. Learn how to care for and fortify the brain for optimal function. It's never too late to change your life style for amazing results.

## Digestive Health - Nov 10

Digestive health is most important. It is the conduit for the removal of the body's waste. If it is not operating optimally, the waste is re-circulating back into the body causing ill-health. There are many simple procedures to begin your journey back to a clean bowel and improved health and we will discuss many of them.

## Optimal Health - Dec 1

Optimal health is the secret to a long healthy and productive life. Learn many secrets of improving your health; mind, body and soul. Simple little steps that accumulate into improved health.

## Are You a Sugar Junkie? - Dec 08

It's time to learn the disastrous effects of sugar and then discover ways to avoid and lessen the cravings, Unleash yourself from the vicious cycle of the need to consume sugar with simple and easy steps.

## Continuing Ballroom Dancing

Dance at any celebration or event with a different dance style learned each session. Explore waltz, foxtrot, tango and/or the Viennese Waltz. Session is geared towards participants.

**6 Weeks** — Resident: \$72; Nonresident: \$77

Oct 26 – Dec 07	Mon 7–8:30 PM	Buck	4024110
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## Continuing Watercolor Techniques

Explore various watercolor techniques beyond the basics. Led by an exceptional artist in a friendly setting. Supply list online.

**4 Weeks** — Resident: \$50; Nonresident: \$56

Oct 01 – Oct 22	Thu 6–8 PM	Buck	4004110
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## Decorative Ceramics

Join us for a relaxing and creative class. Light color, brush strokes and technique instruction in an inviting, social atmosphere. Register by the month or drop in weekly. No wheels or clay building.

**4 Weeks** — Resident: \$25; Nonresident: \$27  
65+: \$19.5; 65+ Nonresident: \$25

Oct 06 – Oct 27	Tue 9:30 AM–12 PM	Buck	7060710
Nov 03 – Nov 24	Tue 9:30 AM–12 PM	Buck	7060711
Dec 01 – Dec 22	Tue 9:30 AM–12 PM	Buck	7060712
Nov 05	Thu 1–2 PM	Lone Tree	7240011
Nov 18	Wed 1–2 PM	Buck	7053811

## Making the Most of Social Security

You've paid into the system your whole life. Now what? Social Security will play a major role in your retirement income planning. This workshop will teach you about little known facts surrounding spousal benefits, ex-spouse benefits, file and suspend strategies, delayed retirement credits and survivor benefits. Proper planning can potentially mean several thousand dollars in additional benefits over your lifetime.

Resident: \$12; Nonresident: \$15

Nov 03	Tue 6–7:30 PM	Buck	7040311
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## Take Control - Get Your Ducks in a Row (A Funeral Discussion)

Become an informed consumer about funeral choices before you are faced with significant end of life issues. Presented by the Funeral Consumers Society of Colorado, a nonprofit consumer organization promoting consumer choice and fair dealing with the funeral industry.

Oct 22	Thu 1–2 PM	Buck	7030810
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## ACCOA (ARAPAHOE COUNTY COUNCIL ON AGING) SPEAKER SERIES.

### Network of Care

The Denver Regional Council of Governments (DRCOG) Area Agency on Aging is pleased to present a demonstration of the Network of Care website. Launched 5 years ago, Network of Care is a comprehensive community-based website that puts senior services at your fingertips. There are many features on Network of Care that Kelly Blair Roberts, Community Resource Specialist with DRCOG, will demonstrate a virtual tour of the website.

Oct 14	Wed 12:30–1:30 PM	Buck	7031210
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### Elder Abuse and Exploitation

As of July 1, 2014, certain professional groups in Colorado are now required to report caregiver neglect and physical, financial and sexual abuse. This presentation provides examples of each category of abuse; the prevalence and impact of neglect; and exploitation on older victims; motives and insights into the offenders; and the role of reporting parties in responding to such cases. This program is presented by a representative of the Arapahoe County DA's office.

Nov 11	Wed 12:30–1:30 PM	Buck	7031311
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### Three Levels of Care

This presentation gives an overview of programs for independent Seniors plus seniors needing some assistance both at home and in Assisted Living through skilled care. A complete description of home and community-based services available in Arapahoe County along with other, lesser known services will be included with the presentation. This program is presented by a representative of the Arapahoe County Housing, Community Development and Senior Resources Division.

Dec 09	Wed 12:30–1:30 PM	Buck	7033512
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### Watercolors

Hone your style in this continuing class that offers light instruction in major watercolor techniques. Some supplies included in fee.

**4 Weeks** — Resident: \$26; Nonresident: \$32  
65+: \$20; 65+ Nonresident: \$26

Oct 06 – Oct 26	Mon 12:30–2 PM	Buck	7060210
Nov 02 – Nov 23	Mon 12:30–2 PM	Buck	7060211
Nov 03 – Nov 24	Tue 12:30–2 PM	Buck	7060111
Nov 30 – Dec 22	Mon 12:30–2 PM	Buck	7060212
Dec 01 – Dec 22	Tue 12:30–2 PM	Buck	7060112

# EVENTS

## Origins, History and Mystery of Christmas Carols and Hot Chocolate Bar

Do you know where our Christmas carols came from? When and where they were written? Enjoy a cup of hot cocoa while Jan Heskett shares funny stories, interesting tidbits, and leads the group in singing some of our favorite Christmas carols! Sponsored by MorningStar Assisted Living of Littleton.

Dec 01	Tue 1-2 PM	Buck	7030912
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## Dusty Saunders, Local Celebrity and Author

Dusty Saunders, long-time Denver journalist and television columnist, will share a "behind the scenes" look at his dealings with the local and national media through the years - as provided through his book, "Heeere's Dusty: A Life in the TV and Newspaper World."

Resident: \$5; Nonresident: \$6

Nov 05	Thu 1-2pm	Lone Tree	7240011
Nov 18	Wed 1-2pm	Buck	7053811

## Time to Travel

Get the inside scoop on tour destinations, hints and tips for maneuvering the airport, dealing with oxygen, motor coach fun, cruise ideas and more. Don't let anything stop you from dreaming, seeing the world, and making "memories of a lifetime"...Sponsored by Celestial Travel and Tours.

Nov 19	Thu 1-2 PM	Buck	7037911
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# RACE SERIES

## Hoofin' It Through the Hollows 5k

Saturday, October 24, 2015 at dusk  
At deKoevend Park on the High Line Canal  
Costume contest with campfire post race party!  
Register at [runningguru.com/event/HoofinIt](http://runningguru.com/event/HoofinIt)  
Early Registration: \$25 (before 10/9/15) Regular: \$30

## Black Friday 5K

Friday, November 27, 2015 at 10:00am  
At deKoevend Park on the High Line Canal  
Register at [runningguru.com/event/BlackFriday](http://runningguru.com/event/BlackFriday)  
Early Registration: \$25 (before 11/13/15)  
Regular: \$30

# FITNESS

## Active Adult Weight Training

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

**4 Weeks** — Resident: \$35; Nonresident: \$44.60  
65+: \$29.75; 65+ Nonresident: \$42.90

Nov 03 – Nov 24	Tue Thu 8:45-10 AM	Goodson	5422011
Nov 03 – Nov 24	Tue Thu 9:30-10:45 AM	Goodson	5422111

**4 Weeks** — Resident: \$40; Nonresident: \$51  
65+: \$34; 65+ Nonresident: \$49

Oct 05 – Oct 28	Mon Wed 10:15-11:30 AM	Buck	5201710
Oct 05 – Oct 28	Mon Wed 10-11:15 AM	Lone Tree	5622510
Dec 01 – Dec 29	Tue Thu 8:45-10 AM	Goodson	5422012
Dec 01 – Dec 29	Tue Thu 9:30-10:45 AM	Goodson	5422112

**5 Weeks** — Resident: \$45; Nonresident: \$57.40  
65+: \$38.25; 65+ Nonresident: \$55.10

Oct 01 – Oct 29	Tue Thu 8:45-10 AM	Goodson	5422010
Oct 01 – Oct 29	Tue Thu 9:30-10:45 AM	Goodson	5422110
Nov 02 – Nov 25	Mon Wed 10:15-11:30 AM	Buck	5201711
Nov 02 – Nov 30	Mon Wed 10-11:15 AM	Lone Tree	5622511
Dec 02 – Dec 30	Mon Wed 10:15-11:30 AM	Buck	5201712
Dec 02 – Dec 30	Mon Wed 10-11:15 AM	Lone Tree	5622512

## 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.

## Beginner's Tai Chi

Relieve stress, improve balance and promote physical and mental well-being in this introductory Tai Chi class.

**9 Weeks** — Resident: \$76; Nonresident: \$88

Oct 27 – Dec 22 Tue Thu 12:30–1:30 PM Lone Tree 5612411

## 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.

**12 Weeks** — Resident: \$125; Nonresident: \$135

Oct 05 – Dec 21 Mon 1:30–2:25 PM Goodson 5411810

Oct 06 – Dec 22 Tue 2:35–3:30 PM Lone Tree 5624510

## Living Well with Cancer

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

**4 Weeks** — Resident: \$35; Nonresident: \$44.60

Nov 03 – Nov 24 Tue Thu 1:15–2:30 PM Goodson 5409311

**5 Weeks** — Resident: \$40; Nonresident: \$51

Dec 01 – Dec 29 Tue Thu 1:15–2:30 PM Goodson 5409312

**5 Weeks** — Resident: \$45; Nonresident: \$57.40

Oct 01 – Oct 29 Tue Thu 1:15–2:30 PM Goodson 5409310

## Over 50 Volleyball League

B, C and D levels are available. Practices are held on Mondays and Fridays with games on Wednesdays against other adult programs throughout the area. Play eight to ten matches and a tournament.

**15 Weeks** — Resident: \$42; Nonresident: \$50

Dec 21 – Apr 01 Mon Wed Fri 1:30–3 PM Goodson 3091012

## Strong Women Strong Bones

Designed for women of all ages to strengthen muscles, increase bone density, and improve balance. Pre and post assessments included.

**10 Weeks** — Resident: \$55; Nonresident: \$61

Oct 29 – Dec 29 Tue Thu 1–2 PM Buck 5202010

## Tai Chi Level 1

Balance the body's energy flow promoting general health, spiritual harmony, relaxation and stress reduction.

**4 Weeks** — Resident: \$25; Nonresident: \$30

Oct 07 – Oct 28 Wed 10–11 AM Buck 5212010

Nov 04 – Nov 25 Wed 10–11 AM Buck 5212011

Dec 02 – Dec 23 Wed 10–11 AM Buck 5212012

## 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.

**12 Weeks** — Resident: \$72.40; Nonresident: \$82.50

Oct 06 – Dec 22 Tue Thu 3–4 PM Buck 5208710

**12 Weeks** — Resident: \$79; Nonresident: \$90

Oct 05 – Dec 23 Mon Wed 1:30–2:30 PM Goodson 5412010

## SilverSneakers®

All four of South Suburban Recreation Centers are SilverSneakers® program participants. Check eligibility at the front desk of each facility. Program includes facility amenities, drop-in group fitness classes and unlimited access for daily admission to the recreation center. For more information call 303-730-4610 for Buck, 303-483-7081 for Goodson, 303-708-3517 for Lone Tree and 303-761-2241 for Sheridan.

## SilverSneakers® Orientations

General overview of the SilverSneakers® program and facility tour. All SilverSneakers® members welcome. No registration required.

Buck	1st Wed of Month	9am
Goodson	1st Th of Month	11:15am
Lone Tree	1st Mon of Month	9:15am

## 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.

## SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

## SilverSneakers® Yoga

Safely move your whole body through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity

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@sspr.org](mailto:lisar@sspr.org).

## SilverSneakers® Cardio

Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

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

## 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!

# HEALTH AND WELLNESS

## The Dementia Whisperer

Caring for someone with dementia and memory loss means devotedly and patiently doing a hundred little things each day. Few providers are trained to meet the challenges of dementia, however. Join Laura Wayman, the world-renowned "Dementia Whisperer" as she shares ways to improve communication, affirmative response and empowerment - transforming the caregiving process from a burden to a fulfilling journey.

**1 Week** — Resident: \$5; Nonresident: \$8

Oct 21	Wed 1-2:30 PM	Buck	7038710
Oct 21	Wed 6-7:30 PM	Lone Tree	7250010

## 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: Oct 20

Goodson: Oct 21

Buck: Oct 22

Family Sports Center: Oct 23

## 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/\$35R

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

## 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.

# FITNESS CORNER

## Body in Balance

Get your "Body in Balance" this fall with a brand new drop-in fitness class (included with daily admission). Body in Balance will improve your overall balance with a variety of balance exercises to strengthen the three major systems in the body which effect balance; 1) Visual, 2) Vestibular (Inner Ear) and 3) Proprioception (your body's spatial awareness). In addition, class will promote general muscular balance by stretching and releasing tight and overworked muscles. The first half of class will use a variety of toys and tools to challenge your balance in a safe and effective way. The remainder of the class will focus on stretching, foam rolling, breathing and relaxation. Class Prerequisite: Participants must be able to get up and down off the floor. Class offerings:

-Lone Tree: W 11:30-12:25pm; Buck: Tu & Th 11-11:55am  
Check the most up to date schedule available at recreation centers or [ssprd.org/schedules](http://ssprd.org/schedules).

## Personal Training

Personal training provides safe, effective workouts designed for each individual's needs and goals. Trainers are nationally certified with diverse fitness, nutrition and wellness backgrounds. Achieve your goals through affordable training.

Individual 60-min sessions

1 Session	Resident: \$45; Nonresident: \$55
3 Sessions	Resident: \$126; Nonresident: \$159
5 Sessions	Resident: \$200; Nonresident: \$255
10 Sessions	Resident: \$380; Nonresident: \$490

## Free Equipment Orientation

Attend a general orientation session with a personal trainer in a group setting to learn safe and proper use of a variety of cardiovascular and weight machines. Ages 10-11 must be accompanied by a registered adult. Registration required.

- 1st Wed of Month 11:30-12:45pm at Lone Tree
- 2nd Tues of Month 9-10:15am at Buck
- 2nd Fri of Month 9-10:15am at Goodson
- 2nd Sat of Month 9-10:15am at Lone Tree
- 3rd Thur of Month 6:30-7:45pm at Buck

## AVOID SLIPS AND FALLS THIS WINTER

During icy and snowy conditions, the incidence of injuries due to slips and falls increases. Balance and general safety are key to avoiding falls. Improve your balance by taking advantage of South Suburban's fitness classes that integrate balance exercises such as the SilverSneakers or Tai Chi Classes. Reduce your risk of falls further by following these additional safety tips:

1. Focus on footwear: wear shoes or boots with good traction.
2. Use handrails: a secure handhold can prevent a fall if you should slip.
3. Extra caution with cars: many falls occur when exiting and entering vehicles, make sure your footing is clear.
4. Clean your shoes when you go inside: snow or ice caked shoes can be treacherous.
5. Allow for extra time: avoid rushing and give yourself extra time to reach your destination.

## 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

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# FALL 2015 TRIPS AND TOURS

DAY	DATE	TRIP	CLASS	PAGE
Fri	Oct 02	Walk-Abouts: Golden River Walk	7090110	15
Mon	Oct 05	Hike: Button Rock Reserve	7077310	15
Tue	Oct 06	JLB: Castle Cafe	7164910	14
Wed	Oct 07	Elk Bugling	7129110	11
Thu	Oct 08	Downtown "Best of Boulder" Walking Tour	7199010	11
Fri	Oct 09	Walk-Abouts: Sloan's Lake	7090210	15
Tue	Oct 13	Capitol Hill Ghost Tour	7178010	11
Thu	Oct 15	National Eagle and Wildlife Repository Tour	7120410	11
Fri	Oct 16	Walk-Abouts: Crown Hill	7090310	15
Mon	Oct 19	Half Day Trek: Bear Creek Lake Park	7093010	15
Tue	Oct 20	JLB: Colore Italian Restaurant and Pizzeria	7174410	14
Thu	Oct 22	The Thompson House Tearoom	7181410	11
Fri	Oct 23	Walk-Abouts: Confluence Park/Union Station	7090410	15
Tue	Oct 27	Murder For Two	7199110	11
Thu	Oct 29	The International Exhibition of Sherlock Hol	7199210	11
Fri	Oct 30	Walk-Abouts: Botanic Gardens at Chatfield	7090510	15
Tue	Nov 03	Science for Life	7199311	11
Thu	Nov 05	Denver Cemetery Tour	7199411	12
Fri	Nov 06	Walk-Abouts: Historic Ft. Logan/Cemetery	7090111	15
Mon	Nov 09	Hike: Staunton State Park	7096211	15
Tue	Nov 10	The Lion King	7111111	12
Thu	Nov 12	Day in Vail	7199511	12
Fri	Nov 13	Walk-Abouts: Fairmont Trail	7090211	15
Tue	Nov 17	JLB: Vasa Vallart	7170911	14
Thu	Nov 19	Peterson Air and Space Museum	7199611	12
Fri	Nov 20	Walk-Abouts: Orchard Rd. to Willow Creek Dam	7090311	15
Sun	Nov 22	Addams Family	7199711	12
Mon	Nov 23	Hike: Roxborough State Park	7074611	15
Tue	Nov 24	Casino: Bull Durham	7102211	13
Mon	Nov 30	JLB: Bubba Gump Shrimp Co.	7151911	14
Fri	Dec 04	Walk-Abouts: Wash. Park/Denver Club District	7090412	15
Mon	Dec 07	Half Day Trek: Rocky Mountain Arsenal	7093012	15
Tue	Dec 08	JLB: Lansdowne Arms Bistro and Pub	7174612	14
Fri	Dec 11	Walk-Abouts: South Valley Park	7090212	15
Sat	Dec 12	Christmas Carriage Parade	7199812	12
Tue	Dec 15	USGS National Ice Core Lab Climate Studies	7127712	13
Wed	Dec 16	White Fence Farms & Holiday Lights	7133312	13
Thu	Dec 17	Delights of the Season	7178112	13
Fri	Dec 18	Walk-Abouts: Boulder Creek-Mall Holiday Lunch	7090312	15
Sun	Dec 20	Sunday Brunch - YaYa's Euro Bistro	7280012	13
Mon	Dec 21	Jus Cookin and Holiday Lights	7190912	13
Mon	Dec 28	Hike: Franktown - Hidden Mesa	7072612	15
Tue	Dec 29	JLB: Gala Gardens	7155812	14
Thu	Dec 31	Casino: Bull Durham - New Year's at Noon	7102212	13

## 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.  
 BRC= Buck Recreation Center\* 2004 W. Powers Ave.  
 IA= South Suburban Ice Arena, 6580 S. Vine St. (North end)  
 SVW= Southview, (Windermere Side) 5820 S. Windermere St.  
 LT= Lone Tree Recreation Center 10249 Ridgeway Circle  
 As requested/needed:  
 LB= Libby Bortz (JLB only)  
 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.

# TRIPS AND TOURS

## Elk Bugling

Hear the unique call of the bull elk. Bring, binoculars, camera, warm clothing and your Golden Age Pass or \$10 entrance fee for Rocky Mountain National Park. After the park enjoy dinner at The Other Side Restaurant at your own expense (\$7-\$12).

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

Resident: \$24; Nonresident: \$29

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

Oct 07 Wed 2:15–9 PM Estes Park 7129110

## Downtown “Best of Boulder” Walking Tour

This fun and informative walking tour explores the convergence of characteristics that make Boulder a truly special place. You’ll see and hear stories on the Boulderado Hotel, Boulder’s Carnegie library, the Dushanbe Teahouse and even Mork and Mindy’s famous TV house. Lunch is on your own in downtown Boulder after the tour.

**Exertion Level:** 3 **Register/Cancel by:** Sep 29

Resident: \$42; Nonresident: \$50

65+: \$35; 65+ Nonresident: \$42

Oct 08 Thu 8:45 AM–3 PM Boulder 7199010

## Capitol Hill Ghost Tour

Denver’s one and only “Original” Capitol Hill Ghost Tour! Explore the history of six 1890’s mansions in Capital Hill. Hear real stories of the Hauntings. You’ll also see photos of what Paranormal Investigators captured in each location. The tour includes the two most Haunted houses in Colorado. Guest should bring a digital camera with them to possibly capture their own paranormal activity.

**Exertion Level:** 3 (walking) **Register/Cancel by:** Oct 1

Resident: \$32; Nonresident: \$38

65+: \$27; 65+ Nonresident: \$32

Oct 13 Tue 6:30–10 PM Denver 7178010

## National Eagle and Wildlife Repository Tour

Tour this one of a kind facility that houses confiscated illegally imported animals and animal products from U.S. borders. It also manages the Native American Eagle Feather Program. Lunch is at Jim N’ Nicks at your own expense.

**Exertion Level:** 3 **Register/Cancel by:** Sep 30

Resident: \$16; Nonresident: \$19

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

Oct 15 Thu 9:15 AM–2 PM Commerce Ci 7120410

## The Thompson House Tearoom

A Longmont historic landmark, the Thompson House was built in 1887. Step back in time with hats, gloves, pearls, muffs and stoles provided for wear during your tea time. After tea, you are invited to walk through the inn or shop from the collection of antiques, collectibles, old English tea cups, elegant linens and lace and much more.

**Exertion Level:** 3 **Register/Cancel by:** Oct 7

Resident: \$48; Nonresident: \$57

65+: \$40; 65+ Nonresident: \$48

Oct 22 Thu 10:30 AM–2:30 PM Longmont 7181410

## Murder For Two

Garner Galleria Theater  
Direct from its smash Off-Broadway run in New York comes Murder For Two, a hilarious 90-minute murder mystery musical comedy with a twist; one actor investigates the crime, the other plays all of the suspect and they both play the piano!

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

Resident: \$42; Nonresident: \$50

65+: \$35; 65+ Nonresident: \$42

Oct 27 Tue 6:30–10:30 PM Denver 7199110

## The International Exhibition of Sherlock Holmes

Denver Museum of Nature and Science  
Be one of the first groups in Denver to see the International Exhibition of Sherlock Holmes. You will step into Victorian London and work alongside Sherlock as he tackles a baffling new case using your curious mind and emerging scientific methods. The exhibition also has more than 300 artifacts and historic photographs that explore the enduring Sherlock phenomena.

**Exertion Level:** 3 **Register/Cancel by:** Oct 14

Resident: \$41; Nonresident: \$49

65+: \$34; 65+ Nonresident: \$41

Oct 29 Thu 9:15 AM–3:15 PM Denver 7199210

## Science for Life

Experience an interactive tour with hands-on learning about the casting and molding of fossils. The Rocky Mountain Dinosaur Resource Center has designed a museum group tour experience specially tailored for adults and individuals of retirement age. Lunch is at Cracker Barrel at your own expense.

**Exertion Level:** 2 **Register/Cancel by:** Oct 19

Resident: \$33; Nonresident: \$40

65+: \$28; 65+ Nonresident: \$33

Nov 03 Tue 8:15 AM–3:45 PM Woodland Pa 7199311

## Denver Cemetery Tour

Denver History Tours

Cemeteries are more than just a place to bury our honored dead. They also serve as repositories of history's many tales, both noble and otherwise. Join Denver History Tours for a tour of the people and places for those who have shuffled off this mortal coil. Visit Fairmount Cemetery, with citizens who were revered and some who were reviled. From there, see Cheesman Park, which hides some grisly relics beneath its surface. Grab your mental shovels and let's dig for the fun of Denver's cemeteries! Please bring money for lunch.

**Exertion Level:** 2

**Register/Cancel by:** Oct 21

Resident: \$39; Nonresident: \$47

65+: \$33; 65+ Nonresident: \$39

Nov 05 Thu 10 AM–3 PM Denver 7132211

## The Lion King

Buell Theater

More than 70 million people around the world have experienced the awe-inspiring visual artistry the unforgettable music, and the uniquely theatrical storytelling of this Broadway spectacular - one of the most breathtaking and beloved productions ever to grace the stage.

**Exertion Level:** 2

**Register/Cancel by:** Oct 11

Resident: \$58; Nonresident: \$69

65+: \$48; 65+ Nonresident: \$58

Nov 10 Tue 6:30–10:30 PM Denver 7111111

## Day in Vail

Get away from the city and enjoy the day in this beautiful mountain town. Spend the day as you wish walking the cobblestone streets of this European inspired village.

**Exertion Level:** 3

**Register/Cancel by:** Oct 28

Resident: \$27; Nonresident: \$32

65+: \$22; 65+ Nonresident: \$27

Nov 12 Thu 9 AM–5 PM Vail 7199511

# THANK YOU

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

## Peterson Air and Space Museum

Visit Colorado's oldest aviation museum. Named after 1st Lieutenant Edward J. Peterson, a World War II US Army Air Corps pilot and native son of Englewood, Colorado. Today the Museum attracts over 20,000 military and civilian visitors annually, from all states and many foreign countries. The buildings are listed on the National Register of Historic Places and create a prized state historic district right inside the active duty USAF Base. Must have a valid ID to attend. Donations accepted. Lunch is at Rockyard American Grill & Brewing Co. at your own expense.

**Exertion Level:** 3

**Register/Cancel by:** Nov 4

Resident: \$25; Nonresident: \$30

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

Nov 19 Thu 7:45 AM–3:15 PM Colorado Sp 7199611

## The Addams Family

Boulder Dinner Theater

The weird and wonderful family comes to devilishly delightful life in the Addams Family. Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family. A man her parents have never met. And if that weren't upsetting enough, she confides in her father and begs him not to tell her mother. Now, Gomez Addams, must do something he's never done before - keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents.

**Exertion Level:** 2

**Register/Cancel by:** Nov 1

Resident: \$67; Nonresident: \$80

65+: \$56; 65+ Nonresident: \$67

Nov 22 Sun 11 AM–5:30 PM Boulder 7199711

## Christmas Carriage Parade

Come and experience that holiday feeling in the air and enjoy this all-equestrian parade made up of dozens of horse-drawn carriages, wagons, surreys and stagecoaches from across Colorado, all dressed up for the occasion. With a different theme each year, the parade continues to grow in size and is staple event for Parker.

**Exertion Level:** 3

**Register/Cancel by:** Nov 27

Resident: \$16; Nonresident: \$20

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

Dec 12 Sat 10 AM–3 PM Parker 7199812

## 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).

## USGS National Ice Core Lab Climate Studies

Denver Federal Center

The U.S. National Ice Core Laboratory (NICL) is a facility for storing, curating and studying ice cores recovered from the Polar Regions of the world. See ice cores measured, examined and stored enabling scientists to study climatic changes over time. Bring cold-weather clothing. Lunch is at Café Jordano's at your expense.

**Exertion Level:** 3 (walking) **Register/Cancel by:** Nov 30

Resident: \$16; Nonresident: \$19  
65+: \$13; 65+ Nonresident: \$16

Dec 15 Tue 9:30 AM–2:30 PM Lakewood 7127712

## White Fence Farms & Holiday Lights

Enjoy a family-style fried chicken dinner complete with homemade sides and dessert. After dinner, tour the holiday lights in the south suburbs.

**Exertion Level:** 2 **Register/Cancel by:** Dec 1

Resident: \$41; Nonresident: \$49  
65+: \$34; 65+ Nonresident: \$41

Dec 16 Wed 4–9 PM Lakewood 7133312

## Delights of the Season

Denver History Tour

As Christmas approaches, there's more to see than the pretty lights. Join Denver History Tours and experience the places where the smell of wassail beckons you and mistletoe might lurk just overhead. Dazzling Christmas trees, sumptuous sugar cookies, maybe even a thrilling chance to meet jolly old St. Nick himself, it's the perfect way to get into the spirit and make sure you're on the NICE list. No lumps in coal in sight as we tour, laughing all the way! Let us taste the delights of the season together! Please bring money for lunch.

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

Resident: \$39; Nonresident: \$47  
65+: \$33; 65+ Nonresident: \$39

Dec 17 Thu 10 AM–3 PM Denver 7178112

## Sunday Brunch - YaYa's Euro Bistro

Ya-Ya's impressive buffet features prime rib, made to order omelets, traditional breakfast favorites, fruit and vegetable salads and an amazing made from scratch dessert station.

**Exertion Level:** 2 **Register/Cancel by:** Dec 6

Resident: \$50; Nonresident: \$59  
65+: \$41; 65+ Nonresident: \$50

Dec 20 Sun 10 AM–1 PM Greenwood V 7280012

## Jus Cookin' & Holiday Lights

Lakewood

Jus Cookin' has earned a reputation as one of the best family owned and operated home cooking restaurants in Colorado. Come join us as we dine at the little yellow farmhouse in Lakewood. Dinner is at your own expense (\$9-\$14). After dinner, sit back and relax as you tour the holiday lights in the south suburbs.

**Exertion Level:** 2

**Register/Cancel by:** Dec 6

Resident: \$20; Nonresident: \$24  
65+: \$17; 65+ Nonresident: \$20

Dec 21 Mon 4–9 PM Lakewood 7190912

## CASINO

### Casino: Bull Durham

Blackhawk

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

Nov 24 Tue 9 AM–3 PM Black Hawk 7102211

New Year's at Noon

Dec 31 Tue 9 AM–3 PM Blackhawk 7102212

## 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 BUNCH

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

## Castle Cafe

Castle Rock  
The Castle Hotel and Bar was the gathering place for quarry workers, ranchers, and travelers during the 1890s. There is something for everyone! Sandwiches, burgers, soups, and home style favorites made from the finest ingredients.

**Exertion Level: 2** **Register/Cancel by: Sep 28**  
Oct 06 Tue 10:30 AM–1:30 PM Castle Rock 7164910

## Colore Italian Restaurant and Pizzeria

Featuring Italian American cuisine. Colore uses the freshest ingredients that are skillfully prepared. Choose from New York style pizza and calzones, pastas, sandwiches and incredible desserts.

**Exertion Level: 2** **Register/Cancel by: Oct 5**  
Oct 20 Tue 11 AM–2 PM Englewood 7174410

## Casa Vallarta

Aurora  
Enjoy award winning Mexican food and margaritas. Choose from enchiladas, tacos, or sizzling fajitas. Can't decide? Select from 20 combination plates.

**Exertion Level: 2** **Register/Cancel by: Nov. 2**  
Nov 17 Tue 10:30 AM–1:30 PM Aurora 7170911

## Bubba Gump Shrimp Co.

Denver  
From out of this world seafood dishes to amazing slow roasted ribs, Bubba Gump has a wide variety that's sure to please. Offering only top-quality ingredients in everything they make, from our abundant salads to our memorable desserts. Of course, we've got shrimp the way you like it too.

**Exertion Level: 2** **Register/Cancel by: Nov. 15**  
Nov 30 Mon 11 AM–2 PM Denver 7151911

## Lansdowne Arms Bistro and Pub

Featuring an Irish-inspired menu with a modern flair. The spirited menu combines pub favorites such as sirloin shepherd's pie and fish and chips with American favorites such as prime rib, burgers and salads. Please bring cash (\$14, includes drink and gratuity).

**Exertion Level: 2** **Register/Cancel by: Nov 23**  
Dec 08 Tue 10:30 AM–1:30 PM Highlands R 7174612

## Gala Gardens

Commerce City  
Relax and enjoy your choice of American, Mexican, or Steakhouse cuisine in this comfortable local restaurant.

**Exertion Level: 2** **Register/Cancel by: Dec 14**  
Dec 29 Tue 11 AM–2 PM Commerce Ci 7155812

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.

## 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

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.

# HIKES

All hiking trips range from 4-6 miles. Each hike happens on Monday.

DATE	CLASS NAME	TRIP NO.	EXERTION	TIME	PRICE	65+ Price	Register/Cancel by
Oct 5	Button Rock	7077310	4	8am-5pm	R: \$28 NR: \$33	R: \$23; NR: \$28	Sep 7
Nov 09	Staunton State Park	7096211	4	8am-4pm	R: \$22 NR: \$26	R: \$18 NR: \$22	Oct 25
Nov 23	Roxborough State Park	7074611	4	8am-4pm	R: \$19 NR: \$23	R: \$16 NR: \$19	Nov 8
Dec 28	Franktown - Hidden Mesa	7072612	4	8am-4pm	R: \$20 NR: \$24	R: \$17 NR: \$20	Dec 13

## HALF DAY TREKS

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

Oct 19	Bear Creek Lake Park	7093010	3-4	8am-2pm	R: \$17 NR: \$20	R: \$14 NR: \$17	Oct 5
Dec 7	Rocky Mountain Arsenal	7093012	3-4	8am-2pm	R: \$18 NR: \$22	R: \$15 NR: \$18	Nov 22

## 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

Oct 02	9am-12pm	Golden River Walk	7090110
Oct 09	9am-12pm	Sloan's Lake	7090210
Oct 16	9am-12pm	Crown Hill	7090310
Oct 23	9am-12pm	Confluence Park/Union Station	7090410
Oct 30	9am-12pm	Botanic Gardens at Chatfield	7090510

Nov 06	9am-12pm	Historic Fort Logan/Cemetery	7090111
Nov 13	9am-12pm	Fairmont Trail	7090211
Nov 20	9am-12pm	Orchard Rd. to Will Creek Dam	7090311
Dec 04	9am-12pm	Washington Park/Denver Club District	7090112
Dec 11	9am-12pm	South Valley Park	7090212
Dec 18	9am-12pm	Boulder Creek - Boulder Mall Lunch	7090312

### 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.