

# Active at any Age



Summer 2016 - July, August & September

SOUTH SUBURBAN  
ENCORE CHORALE

LINE DANCE EXTRAVAGANZA

DENVER HISTORY TOUR -  
BONNIE BRAE NEIGHBORHOOD

CIRQUE DE SOLEIL - TORUK

55+ MEET UPS

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 June 13

**Douglas H. Buck Community  
Recreation Center**  
2004 W. Powers Avenue,  
Littleton 303-797-8787  
Facility closed Aug 22-26  
(pool closed Aug 13-27)

**Lone Tree Recreation Center**  
10249 Ridgeway Circle,  
Lone Tree 303-708-3500  
Facility closed Aug 7-12

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

**Goodson Recreation Center**  
6315 S. University Blvd.,  
Centennial 303-798-2476  
Facility closed Aug 29-Sep 2

# SUMMER 2016 TRIPS AND TOURS

DATE	TRIP	CLASS	PAGE
Jul 05	JLB: Cheddars Casual Cafe'	716917	14
Jul 08	Boulder Recycling Center	717977	11
Jul 11	Hike: Hall Ranch Bitterbrush Trail - Lyons	707637	15
Jul 14	US Mint	718487	11
Jul 12	Trail Ridge Road Scenic Drive	714877	11
Jul 18	Leadville Scenic Train Trip	715387	11
Jul 20	JLB: Pierre Michel French Cafe' (Breakfast)	717547	14
Jul 23	Cirque de Soleil - Toruk The First Flight	717957	11
Jul 25	Hike: Red Rocks Canyon Open Space - Colorado Springs	707257	15
Jul 26	Beautiful - The Carole King Musical	717997	11
Jul 28	Edelweiss German Restaurant and Patsy's Candies	717707	11
Aug 02	JLB: Duke's Steakhouse	717408	14
Aug 03	Bonnie Brae Neighborhood Tour	717748	11
Aug 05	The Abbey Monastery Tour	717718	12
Aug 08	Hike: Hermit Park Open Space - Estes Park	707788	15
Aug 12	Colorado Bureau of Investigations Forensic Lab	717758	12
Aug 15	Pikes Peak Cog Railway	713948	12
Aug 18	Swiss Flower & Gift Cottage High Tea	712108	12
Aug 22	Hike: Walker Ranch Open Space - Boulder	707698	15
Aug 24	JLB: Lodo's Bar and Grill	717558	14
Aug 31	Rockies vs. Dodgers	714678	12
Sep 01	Denver Infill Tour	716659	12
Sep 02	Friday Walk-Abouts: Bear Creek Trail	709019	15
Sep 06	JLB: Landrys Seafood House	716819	14
Sep 09	Longs Peak Scottish-Irish Highland Festival	718869	13
Sep 09	Friday Walk-Abouts: City Park	709029	15
Sep 12	Hike: Carpenter Peak - Roxborough	707109	15
Sep 14	Sister Act	718949	13
Sep 16	Friday Walk-Abouts: Audubon Center at Chatfield	709039	15
Sep 18	MID-LIFE 2 (#WhatDidIComelInHereFor)	717739	14
Sep 19	JLB: Hanson's Grill & Tavern	717359	14
Sep 22	Hiwan Homestead Museum Tour	715719	14
Sep 23	Friday Walk-Abouts: Rock Creek Farm	709049	15
Sep 26	Hike: Castlewood Canyon State Park - Franktown	709539	15
Sep 27	Colorado Wolf Wildlife Center	712959	14
Sep 30	Sanderson Gulch	709059	15

# ARTS AND EDUCATION

## Ceramics

Join us every Tuesday for a relaxing and creative class where you dream what you can make and make what you dream! 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  
Drop-in fee: \$6.50/ \$5 R

Tue 9:30 AM-12 PM Buck 70607

## South Suburban Encore Chorale

The South Suburban Encore Chorale, a new National Affiliate of Encore Creativity for Older Adults, is a non-auditioned choir that emphasizes the social, physical and mental health benefits of singing. It is open to anyone "55 and better" who seeks art education and performance opportunities under the direction of professional artists and is interested in a fun and challenging musical adventure, with or without prior choral experience. Music repertoire includes arrangements of popular music, show tunes and other favorites that will appeal to singers and audience members alike.

Resident: \$115; Nonresident: \$120

Aug 29 - Dec 5 Mon 1-2:30 PM Buck 70845

## Daytime Creative Studio

Bring your own craft projects and lunch and join us for your own Creativity Time! Sewing machines are available for your use.

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

Ongoing Tue 12:30-2 PM Sheridan

## Watercolors

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.

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

Jul, Aug, Sep 12:30-2 PM Buck 70602

# 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.

## 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 [sspr.org](http://sspr.org), or by calling 303-347-5999.

22-Jul Fri 8 AM -12 PM Buck 705087

24-Aug Wed 8 AM - 12 PM Lone Tree 705078

## Bridge - Standard Bidding Techniques

This class is designed for those to find the Golden Fit, get to the best contract and learn current refinement. Class is for beginning bridge players to establish a strong foundation. We will cover card play, hand evaluation, Golden rules, scoring, bidding, opening bids and responses. Taught by Bob Stansbury.

Resident: \$84; Nonresident: \$110

Sep 6 - Oct 25 Tue 1-3 PM Buck 705839

## Bridge - Standard Bidding Techniques

This class is designed for those to find the Golden Fit, get to the best contract and learn current refinement. Class is for beginning bridge players to establish a strong foundation. We will cover card play, hand evaluation, Golden rules, scoring, bidding, opening bids and responses. Taught by Wilt Cooper.

Resident: \$84; Nonresident: \$110

Sep 7 - Oct 26 Wed 1-3 PM Lone Tree 705899

# 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.

## Wills and Trusts

Seniors face many challenges as they age. Two such challenges are: making sure that someone is legally qualified to make financial and medical decisions for them and involving the right people to help them make financial and medical arrangements and decisions should they be unable to carry out these decisions for themselves.

Free

13-Jul Wed 11:15-12:15 PM Buck 703127

## What Do I Do With All This Stuff?

Join the experts from Beasy Bee, a transition company who help people "sift through the stuff" while they are looking to simplify or downsize.

Free

10-Aug Wed 11:15-12:15 PM Buck 703128

## Veterans Services

A County Veteran Services Officer will provide a general overview of VA Benefits, information about the claims process and key issues facing veterans.

Free

14-Sep Wed 11:15-12:15 PM Buck 703129

## 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 to disease. All presentations are Tuesdays at 12:15 at Buck Recreation Center.

## Five Lies of Sickness

We have been told lies about our health for many years. We'll learn what they are and expose them so that their power diminishes. You might be surprised at some of the long-standing health aphorisms and their true nature.

Free

12-Jul Tue 12:15-1:15 PM Buck 703147

## The Real Story of Health

It is the simplest of changes that lead to an experience of living healthily. Health is an attitude of habit, action and desire. We will discuss simple steps that will lead to profound and positive changes in your life. It is never too late to become healthier.

Free

19-Jul Tue 12:15-1:15 PM Buck 703157

## Parasites!

Parasites are everywhere and are a normal natural part of our environment. These little critters are deadly and will make you ill. Learn where you contact them and how to safely diminish them.

Free

9-Aug Tue 12:15-1:15 PM Buck 703148

## What Kind of Body are you Going to Have Next Year?

Take a journey on how your body grows and heals itself over time. The regeneration of the body is a constant evolving process. You will be amazed at how quickly your body replaces its entire self and what you can do to optimize this re-growth.

Free

16-Aug Tue 12:15-1:15 PM Buck 703158

## Bowel Health

This is a topic most shy away from for many reasons, yet the bowel must be operating properly in order to be healthy. We will discuss simple steps that will assist your system in functioning better so that you can optimize your health.

Free

13-Sep Tue 12:15-1:15 PM Buck 703149

## Does Forgetfulness Mean I Have Dementia?

We will re-frame the current conversation about forgetfulness and dementia. You will learn how to tell the difference between the two and improve brain function for a better life.

Free

20-Sep Tue 12:15-1:15 PM Buck 703159

# DANCE

## LINE DANCE

### Ultra Beginner Class

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

Mon	11:30 AM- 12:25 PM	Goodson
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### Beginner

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

Tue	1:30-2:25PM	Lone Tree
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Wed	1:30-2:25 PM	Buck
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### Intermediate/Advance

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

Tue	2:30-3:25PM	Lone Tree
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Wed	2:30-3:25 PM	Buck
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## TAP DANCE

### Entry Level Tap

Start here and move to the next level when you are ready. Learn basic steps and simple routines. Preregistration is required for this class.

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

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

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

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

Mon	9-10 AM	Buck	70367
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Fri	10-11 AM	Buck	70361
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### Continuing Tap

Once you know the basics, join us for more difficult steps and routines. Join the Tip Top Tappers with the option of performing.

Monthly: \$22 R / \$26 65+: \$18 R / \$22

Drop-in fee: \$5.50 R / \$6.50 R

65+: \$4.50 R / \$5.50

Mon	10-11 AM	Buck	70365
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Fri	11 AM -12 PM	Buck	70362
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# 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. Call 303.730.4609 for more information.

2nd Tues of month	Tue 11:30 AM-12:30 PM	Goodson
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Last Tues of month	Tue 11:15 AM-12: 15 PM	Lone Tree
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## 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.

Tue	10-11:30 AM	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.

\$1.00 R / \$1.25

Jul 7, Aug 4, Sep 1	Thu 1-3 PM	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 sspr.org.

Resident: \$5.75; Nonresident: \$6.75

Thu	12-1 PM	Buck
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# EVENTS

## Book Sale at Buck

Stop by to see the amazing variety of books that we have to sell - everything's under a buck!

Jul 11-15 Buck

## Line Dance Extravaganza

Kick up your heels for a fun-filled day of Line Dance. Two separate rooms to accommodate beginner and intermediate/advanced dancers. Learn new steps and master common dance moves. Lunch and handouts included in the fee.

Resident: \$25; Nonresident: \$27

10-Sep Sat 10 AM - 3 PM Buck 790179

## 55+ MEET-UPS

Join us for these great opportunities to meet and connect with others across the district - call Nikki at 303-730-4609 for more information.

## Summertime Ice Cream Social

Join us for a cool treat in a beautiful local park! Meet at the south pavilion (by the restrooms)

Jul 20 Wed 11:30 AM-1 PM Sterne Park

## Meet the Vegetable Gardener

Journey through Hudson Gardens' 30 acres of lush gardens and horticultural displays at your own pace. Drop by the Vegetable Garden to visit with Master Gardener Volunteers and learn more about the rewards and challenges of vegetable gardening in Colorado. Bring a picnic lunch to enjoy under the shade of giant Cottonwood trees or pick up a bite to eat at Nixon's Coffee House.

Tue Aug 16 9:30 AM-12:30 PM Hudson Gardens

## Lone Tree Happy Hour

Voted #1 Best Happy Hour in Lone Tree - we are going to meet at the Mellow Mushroom for a Thursday gathering. Great appetizers, drink specials, and delicious pizza!

Sep 15 Thu 4-6 PM Mellow Mushroom

# LINE DANCE EXTRAVAGANZA

## KICK UP YOUR HEELS

- Instructors – Betty Moses, Laura Bandstra and Patty Penta
- Two separate rooms to accommodate beginners and more advanced dancers
- General knowledge of basic line dance steps strongly encouraged
- Lunch and snacks included
- Step sheet book included

Resident: \$25; Nonresident: \$27

Register online at [ssprd.org](http://ssprd.org) or by calling 303-347-5999 Class #790179

**JOIN US** September 10  
10 AM - 3 PM at Buck



# GAMES

## 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 PM	Buck
Fri	12:30 PM	Lone Tree

## Duplicate Bridge for Beginning and Intermediate Players

Play starts promptly at 12:30 for a few hours of duplicate bridge. Call 303-730-4609 to check on available space for you and your partner.

Resident: \$1; Nonresident: \$1.25

Tue	12:30 PM	Lone Tree
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## ACBL Sanctioned Duplicate Bridge

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	12:30-3:30 PM	Lone Tree
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Games	Days	Location	Time
Fees Resident: \$1; Nonresident: \$1.25			
<a href="#">Cribbage</a>	Thu	Buck	1-3 PM
<a href="#">Poker</a>	Fri	Buck	12:30-3 PM
<a href="#">Mah Jongg</a>	Wed	Buck	1-3 PM
<a href="#">Wii Bowling</a>	Fri	Buck	10 AM-12 PM
<a href="#">Pinochle</a>	Mon	Buck	12:30-3 PM

# HEALTH

## Heel Your Feet

Receive foot care or reflexology 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. Appointments required by calling 303-730-4605. Please indicate which service you desire.

Resident: \$25; Nonresident: \$28

Jul 7, Aug 4, Sep 1	Thu 10 AM - 2 PM	Buck
Jul 14, Aug 11, Sep 8	Thu 10 AM - 2 PM	Goodson
Jul 28, Aug 25, Sep 29	Thu 3- 4 PM	Lone Tree

## 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 Thu of month	Thu 11 AM - 12 PM	Buck
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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 American Council of the Blind 303-831-0117.

Free

2nd Thu of month	Thu 1 - 3 PM	Buck
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# FITNESS

## 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. Held 7-9:30 AM. \$40

Lone Tree Jul 19; Goodson Jul 20; Buck Jul 21; Family Sports Center Jul 22.

## 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: R: \$35; NR: \$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 Goodson Recreation Centers.

Visit [WeighandWin.com](http://WeighandWin.com) for more details.

## 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

Adult/Senior

1 Session	\$45R/\$55	3 Sessions	\$126R/\$159
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5 Sessions	\$200R/\$255	10 Sessions	\$380R/\$490
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## SPECIALTY FITNESS CLASSES

In addition to our variety of drop-in fitness classes available with daily admission, consider these specialty fitness classes to reach your health and wellness goals.

### Living Well with Cancer

Monthly exercise program for all adult cancer survivors which teaches the importance of exercise while in or out of cancer treatment. New participants meet one-on-one with a certified cancer exercise specialist to complete a one-time initial assessment, receive a personal exercise and learn the program. Resident: \$85; Nonresident: \$90.

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

Monthly	Tue, Thu 1:15-2:30 PM	Goodson	54092
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### Functional Motion

Gentle corrective exercises will help restore balance and strength through postural alignment. This class will also help reduce both chronic and occasional pain while improving your body's full range of motion.

Resident: \$115; Nonresident: \$123.75

7/11-10/3	Mon 3-3:55pm	Goodson	541187
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7/5-9/20	Tue 8:30-9:25am	Buck	520537
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7/5-9/20	Tue 11:05-12:00pm	Lone Tree	562457
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### Active Adult Weight Training

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

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

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

Mon, Wed	10:15-11:30 AM	Buck	52017
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Tue, Thu	8:45-10 AM	Goodson	54220
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Tue, Thu	9:30-10:45 AM	Goodson	54221
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Mon, Wed	10-11:15am	Lone Tree	56225
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## Tai Chi Classes

Tai Chi is often referred to as a slow graceful dance and the benefits are numerous. Increase energy and tranquility, improve balance and flexibility, as well as promote physical and mental well being. Choose from a variety of class offerings:

### Tai Chi: Moving for Better Balance

Resident: \$79; Nonresident: \$90 (12 wks)

Jul 5-Sep 22	Tue, Thu 3-4pm	Buck	520877
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Jul 6-Sep 28	Mon, Wed 1:30-2:30pm	Goodson	541207
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### Tai Chi Level I

Resident: \$25; Nonresident: \$30

Monthly	Wed 10-11am	Buck	
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### Beginners Tai Chi

Resident: \$76; Nonresident: \$88 (8 wks)

Jul 5 - Aug 25	Tue, Thu 12:30-1:30pm	Lone Tree	561257
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## 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 Buck 303-730-4610, Goodson 303-483-7081, Lone Tree 303-708-3517 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 9 AM

Goodson 1st Thu of Month 11:15 AM

Lone Tree 1st Mon of Month 9:15 AM

## 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

## SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography.

## 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	Circuit	Buck Ctr
10-10:55 am	M, W, F	Classic	Buck Ctr
10-10:55 am	Th	Cardio	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
10:30-11:25 am	Tu, Th	Classic	Goodson
11-11:55am	Tu, Th	Classic	Buck Ctr
11:05-11:50 am	M, W, F	Yoga	Buck Ctr
11:05-11:50 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

# HUDSON GARDENS

## Rose Garden Tour

Sat, Jul 23, 2016, 9:30-10:30 AM

Immerse yourself in the color, fragrance, and beauty of Hudson Gardens' Rose Garden during its peak time of bloom. Rosarians from the Denver Rose Society will introduce you to the characteristics of the different varieties represented in the garden and provide suggestions for growing and caring for your own roses. \$12/person. Register at shop.hudsongardens.org or (303) 797-8565

## Celebrating Conservation: Migratory Birds and You

Wed, Aug 24, 2016, 6:30-7:30 PM

Nature's Educators will introduce the Migratory Bird Treaty Act and what it has meant to the survival of many endangered species. You'll also come away with ideas on how you can make a difference by helping migratory birds in their own habitats, and you'll have an opportunity to meet a few live raptor ambassadors!

\$12/person. Register at: shop.hudsongardens.org or (303) 797-8565

## Colorado Creature Feature

Sat, Sep 10, 2016, 10-11 AM

Are you Colorado proud? Join Hudson Gardens and Nature's Educators to learn all about the amazing animals that call Colorado home. From the high forests of the Rocky Mountains to the open prairies of the Great Plains, we share this great state with some amazing feathered, scaly, slimy, and furry neighbors! You'll also have a chance to meet some live animals that are true Colorado natives, so don't forget your camera!

This presentation will be held outdoors in the Amphitheater. Please bring a blanket or lawn chair for seating. \$6/person. Walk up admission only.

## RACE SERIES [ssprd.org/RaceSeries](http://ssprd.org/RaceSeries)

### Pancake Stampede 5k

Sunday, Aug. 14, 2015 8 AM

### Bluffs Trail Run

Sunday, Aug. 28, 2015 8 AM

### STAR 5k & 1 Mile Fun Run

Sunday, Sept. 11 9:00am

## SPORTS

### Over 50 Volleyball Leagues

South Suburban is currently taking registration for our Over 50 Volleyball Teams. Player fees are \$40 for residents and \$48 for non-residents. Home games are played at the Goodson Recreation Center on Wednesday Afternoons at 1:30. 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. Goodson, and Other CSVA Member Sites

### Pickleball

Pickleball is like tennis, but played with a wooden paddle. It is also like badminton, but played with a Wiffleball. It is similar to a ping pong ball, but bigger. Courts are available in the gym at all 4 recreation centers for your enjoyment. Equipment is available. Pickleball is offered at all four recreation centers. Check online at [ssprd.org/pickleball](http://ssprd.org/pickleball).

## 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
BRC= Buck Recreation Center* 2004 W. Powers Ave.	10249 Ridgeway Circle
IA= South Suburban Ice Arena, 6580 S. Vine St. (North end)	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.

## INDEMNIFICATION AND WAIVER OF LIABILITY

By registering for any program, registrant acknowledges that program activities carry certain risks for participants. Further, by registering, registrant releases and indemnifies the District, its employees, agents, leaders, instructors, contractors, or volunteers from and against any and all claims, demands, loss or injury to person or property, caused during participation in the activity.

This release and indemnity is intended to be as broad as permitted by law.

Active Older Adult Programs Trips & Tours has a monthly eNewsletter. If you would like to be on the email listing please contact Lisa at 303-730-4606 or [lisar@sspr.org](mailto:lisar@sspr.org).

## STAFF CONTACT INFORMATION

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

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

Registration 303-347-5999

Senior Resource Desk 303-730-4605

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.

# TRIPS AND TOURS

## Boulder Recycling Center

At your guided, interactive tour of the Boulder County Recycling Center, you'll learn how paper, plastic, glass, metal, and cardboard are separated and sorted, then sold and shipped across the country to be made into something new. The tour includes a 15-minute video explaining the inner workings of the recycling facility, a live view of the workers and machines in action, and your own personal recycling expert happy to answer questions. Lunch is at The Bluffs at your own expense.

**Exertion Level:** 3 Walking **Register/Cancel by:** Jul 1

Resident: \$21; Nonresident: \$25

**65+: \$17; 65+ Nonresident: \$21**

Jul 08 Fri 8:15 AM-2 PM Boulder 717977

## US Mint

Touring the United States Mint is a fascinating experience for those of all ages. Learn about the present state of coin manufacturing as well as the history of the Mint. Learn about the craftsmanship required at all stages of the minting process, from the original designs and sculptures to the actual striking of the coins. Lunch at Racine's at your own expense (\$8-\$12). Please visit the US Mint website [http://www.usmint.gov/mint\\_tours](http://www.usmint.gov/mint_tours) for a list of prohibited items or call 303-730-4606.

**Exertion Level:** 3 Walking **Register/Cancel by:** Jul 5

Resident: \$15; Nonresident: \$18

**65+: \$12; 65+ Nonresident: \$15**

Jul 14 Thu 10:15 AM - 2:45 PM Denver 718487

## Trail Ridge Road Scenic Drive

Take a drive up and over Trail Ridge Road boasting spectacular views of the majestic scenery of Rocky Mountain National Park. Lunch is at the Alpine Visitor Center at your own expense. Bring \$10 or a National Park Pass for park admission. Maximum elevation is 12,000+ ft. Bring water and a snack.

**Exertion Level:** 3 Altitude **Register/Cancel by:** Jul 4

Resident: \$36; Nonresident: \$43

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

Jul 12 Tue 9 AM-6 PM Estes Park 714877

## Leadville Scenic Train Trip

Enjoy a 2 1/2 hour scenic mountain train ride through some of Colorado's most awe-inspiring country. Lunch on your own in downtown Leadville.

**Exertion Level:** 2 **Register/Cancel by:** Jul 4

Resident: \$68; Nonresident: \$82

**65+: \$57; 65+ Nonresident: \$68**

Jul 18 Mon 9 AM - 7 PM Leadville 715387

## Cirque de Soleil-Toruk The First Flight

Inspired by James Cameron's AVATAR, TORUK - The First Flight, a live experience by Cirque de Soleil, envisions a world beyond imagination thousands of years before the events depicted in the film. This trip is not wheelchair accessible.

**Exertion Level:** 2

**Register/Cancel by:** Jul 17

Resident: \$81; Nonresident: \$97

**65+: \$67; 65+ Nonresident: \$81**

Jul 23 Sat 3 PM - 8 PM Denver 717957

## Beautiful-The Carole King Musical

The Buell Theater

Beautiful — The Carole King Musical is the Tony Award-winning musical that tells the inspiring true story of King's remarkable rise to stardom. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation.

**Exertion Level:** 2

**Register/Cancel by:** Jul 4

Resident: \$66; Nonresident: \$79

**65+: \$55; 65+ Nonresident: \$66**

Jul 26 Tue 6:30 PM - 10:30 PM Denver 717997

## Edelweiss German Restaurant and Patsy's Candies

You'll dine in one of several rooms decorated with artifacts from Europe. Choose from a variety of Old World German dishes includes Schnitzel, Bratwurst, and Sauerbraten, with newer-age items such as Flammekuchen and Maultaschen. After lunch head over to Patsy's Candy for a full-fledged chocolate factory tour that would make Willy Wonka proud. Transportation and tour only, meals range from \$10-\$14.

**Exertion Level:** 2

**Register/Cancel by:** Jul 13

Resident: \$23; Nonresident: \$28

**65+: \$19; 65+ Nonresident: \$23**

Jul 28 Thu 9:15 AM - 4:45 PM Colorado Springs 717707

## Bonnie Brae Neighborhood Tour

Denver History Tour

Around Denver, there are just some neighborhoods that have a little something more. Join Denver History Tours for an exploration of the Bonnie Brae neighborhood and environs. Taking its inspiration from a beautiful and much-beloved neighborhood in Kansas City, the designers of the Bonnie Brae neighborhood wanted to leave the topography untouched, to give the feel of a place more at peace with the earth than at odds with it. From ice cream and papal legacies, to houses covering many architectural styles and periods, some large, some small, the neighborhood has much to find ...even functional alleys that double as mini art galleries. This trip is not wheelchair accessible.

**Exertion Level:** 3 Walking

**Register/Cancel by:** Jul 31

Resident: \$31; Nonresident: \$38

**65+: \$26; 65+ Nonresident: \$31**

Aug 03 Wed 10 AM - 3 PM Denver 717748

## The Abbey Monastery Tour

Learn the history of the Benedictine Monks and the Abbey School. A knowledgeable guide will take you back in time, explaining the history of the building, the monks who served here and the student body. You will visit the chapel, Abbots quarters and dining, sacristy, bell tower, library, parlor, original kitchen, pantry and dining halls, upper floors and the basement. After the tour enjoy an Italian buffet (included) and explore the grounds and gift shop. This trip is not wheelchair accessible.

**Exertion Level:** 3 Walking **Register/Cancel by:** Jul 21  
Resident: \$54; Nonresident: \$64  
**65+: \$45; 65+ Nonresident: \$54**

Aug 05 Fri 7:30 AM - 5 PM Canon City 717718

## Clive Cussler Museum

The Cussler Museum is dedicated to the preservation of astounding rare and vintage automobiles from all over the world. This extensive collection of over 100 significant automobiles, ranging in years from 1906 to 1965, was started by renowned best-selling author Clive Cussler. Lunch at own expense at Malone's Grill.

**Exertion Level:** 3 **Register/Cancel by:** Jul 26  
Resident: \$28; Nonresident: \$34  
**65+ Resident: \$24; 65+ Nonresident: \$28**

Aug 10 Wed 9:30 AM - 2:30 PM Arvada 718318

## Colorado Bureau of Investigations Forensic Lab

Come tour Colorado Bureau of Investigations newest state of the art facility in Arvada. Forensic Services is responsible for the collection, preservation, and analysis of evidence found at a crime scene. We'll start with a brief educational session. After you will get a behind the scene tour by one of their investigators. Lunch is a Fanelli's Amici's at your own expense.

**Exertion Level:** 2-3 **Register/Cancel by:** Jul 31  
Resident: \$17; Nonresident: \$20  
**65+: \$14; 65+ Nonresident: \$17**

Aug 12 Fri 9:15 AM - 2:30 PM Arvada 717758

# THANK YOU

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

## Pikes Peak Cog Railway

Enjoy a safe, comfortable and relaxing journey to the top of Pikes Peak. At the summit, take in views of four states, the snow-covered peaks of the Continental Divide, the cities of Denver, Manitou Springs and Colorado Springs and the historic gold camps of Cripple Creek and Victor. Lunch is at Edelweiss at your own expense.

**Exertion Level:** 3 Altitude **Register/Cancel by:** Jul 31  
Resident: \$73; Nonresident: \$87  
**65+: \$61; 65+ Nonresident: \$73**

Aug 15 Mon 8:45 AM - 6 PM Colorado Springs 713948

## Swiss Flower & Gift Cottage High Tea

This unique space and intimate décor are the perfect place for a High Tea. Enjoy a variety of soothing teas complete with petite tea sandwiches, homemade English scones with whipped Devonshire cream, fresh seasonal fruit and decadent desserts. After the tea explore the cottage and gift shop and treat your self to a special gift.

**Exertion Level:** 2  
**Register/Cancel by:** Aug 1  
Resident: \$60; Nonresident: \$72  
**65+: \$50; 65+ Resident: \$60**

Aug 18 Thu 10:45 AM - 2:15 PM Wheatridge 712108

## Rockies vs. Dodgers

Head out to the ballpark and join your friends while delighting in America's favorite pastime, baseball. Lunch is on your own at one of the many food vendors. This trip is not wheelchair accessible.

**Exertion Level:** 2 **Register/Cancel by:** Aug 9  
Resident: \$32; Nonresident: \$38  
**65+: \$26; 65+ Nonresident: \$32**

Aug 31 Wed 12 PM - 5:30 PM Denver 714678

## 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).

## Denver Infill Tour

### Denver History Tour

What is Infill? Presented by Denver History Tours, this tour shows you how exciting and dynamic a city can be, and it's all about the infill! 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. Bring money for lunch. This trip is not wheelchair accessible.

**Exertion Level:** 2

**Register/Cancel by:** Aug 26

Resident: \$31; Nonresident: \$38

**65+: \$26; 65+ Nonresident: \$31**

Sep 1 Thu 10 AM - 3 PM Denver 716659

## Longs Peak Scottish-Irish Highland Festival

40th Anniversary Extravaganza! Join the special anniversary celebration. Bands from Scotland, Ireland, Bermuda, Canada, Australia and New Zealand, as well as top Scottish & Irish entertainers, Highland and Irish dancers, champion Scottish athletes, jousts, and clans and dogs of the British Isles will compete and perform throughout the day. In addition, there will be Scottish and Irish Importers and crafters, exhibitions, food and beverage tents and much more to see and do. Fee includes entrance to the festivities only. Feel free to bring a sack lunch.

**Exertion Level:** 3 walking/uneven surfaces

**Register/Cancel by:** Aug 18

Resident: \$57; Nonresident: \$69

**65+: \$48; 65+ Nonresident: \$57**

Sep 9 Fri 10 AM - 6 PM Estes Park 718869

## 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.

## Sister Act

### Arvada Center for the Arts and Humanities

A delightful musical comedy bringing audiences to their feet! When a disco diva witnesses a murder, she is put in protective custody in a convent disguised as a nun. Using her disco moves and singing talent, she inspires the church choir and breathes new life into the community. Sister Act is a sparkling tribute to the universal power of friendship and gives reason to REJOICE!

**Exertion Level:** 2 **Register/Cancel by:** Aug 27

Resident: \$63; Nonresident: \$76

**65+: \$52; 65+ Nonresident: \$63**

Sep 14 Wed 12 PM - 4:45 PM Arvada 718949

## MID-LIFE 2 (#WhatDidIComelInHereFor)

### Boulder Dinner Theater

The follow up to the hilarious MID-LIFE! The Crisis Musical, MID-LIFE 2! #WhatDidIComelInHereFor takes us back into the middle ages once again with a hilariously tuneful look at the aches...

**Exertion Level:** 2 **Register/Cancel by:** Aug 30

Resident: \$71; Nonresident: \$85

**65+: \$59; 65+ Nonresident: \$71**

Sep 18 Sun 11 AM - 5:30 PM Boulder 717739

# 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)

## Hiwan Homestead Museum Tour

Tour the 25-room log lodge which was placed on the National Register of Historic Places because of its unique construction. Hiwan's restored 1890-1930 era rooms illustrate a comfortable style of early mountain summer home living. After the tour enjoy an early dinner at The Fire Pit at your own expense.

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

Resident: \$18; Nonresident: \$22

**65+: \$15; 65+ Nonresident: \$18**

Sep 22 Thu 1:45 PM - 6 PM Evergreen 715719

## Colorado Wolf Wildlife Center

Take a personalized walking tour through the sanctuary and learn why it is important to preserve our diminishing wildlife; not only for their existence but ours as well. You are guaranteed an up close view of the beautiful, majestic and illusive wolf. We will make a lunch stop at your expense. Restaurant to be determined.

**Exertion Level:** 3 uneven surfaces **Register/Cancel by:** Sep 5

Resident: \$38; Nonresident: \$46

**65+: \$32; 65+ Nonresident: \$38**

Sep 27 Tue 9:30 AM - 6 PM Divide 712959

## 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**

## Cheddars Casual Café

There is something for everyone! Try sandwiches, burgers, soups and classic entrées based on time-tested recipes and made from the finest ingredients. Lunch at own expense.

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

Jul 5 Tue 10:30 AM - 1:30 PM Aurora 716917

## Pierre Michel French Café (Breakfast)

Fresh and bursting with flavor is what PIERRE MICHEL French Bakery and cuisine has to offer. Bread and croissants are baked daily on site, using only the freshest ingredients. Choose from traditional French breakfasts such as Brouillade, quiches, a variety of French Toast, croc' sandwiches, a variety of croissant, or try their unique "Frenchollandaise."

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

Jul 20 Wed 8:45 - 11 AM Littleton 717547

## Duke's Steakhouse

Known for the finest quality perfectly ages steaks. In addition to steaks, you can chose from a wide selection of dinner entrees, burgers, and seafood.

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

Aug 2 Tue 10:30 AM - 1:30 PM Castle Pines 717408

## Lodo's Bar and Grill

Lodo's American classic menu features our famous shrimp bucket, cooked to order burgers, fresh salads and wings to die for.

**Exertion Level:** 2 **Register/Cancel by:** Aug 9

Aug 24 Wed 10:30 - 1:30 PM Highlands Ranch 717558

## Landry's Seafood House

Whether it's fresh fish, steak or pasta, Landry's will tempt your taste buds; a seafood tradition since 1947.

**Exertion Level:** 2 **Register/Cancel by:** Aug 22

Sep 6 Tue 10:30 AM - 1:30 PM Englewood 716819

## Hanson's Grill & Tavern

A wonderful neighborhood restaurant, located on historic South Pearl Street in the Platt Park and Washington Park area featuring a wide variety of comfort foods. Choose from salads, sandwiches, pastas, wraps and entrees.

**Exertion Level:** 2 **Register/Cancel by:** Sep 4

Sep 19 Mon 11 AM - 2 PM Denver 717359

## 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
Integrated Family 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

# HIKES

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

DATE	CLASS NAME	TRIP NO.	EXERTION	TIME	PRICE	65+ Price	Register/Cancel by
Jul 11	Hall Ranch Bitterbrush Trail Lyons	<a href="#">707637</a>	4	8 AM - 4 PM	R: \$24 NR: \$29	R: \$20 NR: \$24	Jul 3
Jul 25	Red Rocks Canyon Open Space Colorado Springs	<a href="#">707257</a>	4	8 AM - 4:30 PM	R: \$27 NR: \$32	R: \$22 NR: \$27	Jul 17
Aug 8	Hermit Park Open Space Estes Park	<a href="#">707788</a>	4	8 AM - 4 PM	R: \$27 NR: \$32	R: \$22 NR: \$27	Jul 31
Aug 22	Walker Ranch Open Space Boulder	<a href="#">707698</a>	4	8 AM - 4 PM	R: \$31 NR: \$38	R: \$26 NR: \$31	Aug 14
Sep 12	Carpenter Peak Roxborough	<a href="#">707109</a>	5	8 AM - 3 PM	R: \$17 NR: \$21	R: \$14 NR: \$17	Sep 4
Sep 26	Castlewood Canyon State Park - Franktown	<a href="#">709539</a>	4	8 AM - 4 PM	R: \$21 NR: \$26	R: \$18 NR: \$21	Sep 18

## High Line Canal

Walk the High Line Canal from its beginning in Waterton Canyon to its culmination in Aurora, but not all in the same day. Trek the trail in 5-6 mile increments until you've completed the 71 mile challenge. Space is limited so register early and be notified of the orientation meeting. The

challenge is weekly Sept - Dec. \$7 transportation fee each week.

Resident: \$30; Nonresident: \$35

Sep 07-Dec 14    Wed 8 AM - 12 PM    Denver    703109

## 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

Sep 02    Bear Creek Trail    709019

Sep 09    City Park    709029

Sep 16    Audubon Center at Chatfield    709039

Sep 23    Rock Creek Farm    709049

Sep 30    Sanderson Gulch    709059

## 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

VISIT US

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