



# Active at any Age

LET'S BE SOCIAL    

South Suburban Encore  
Chorale

On Your Feet! The Story of  
Emilio & Gloria Estefan

Colorado Springs  
Sampler

Bridge Class: Standard  
Bidding Techniques

Lake Dillon  
Boat Tour

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



South Suburban  
PARKS AND RECREATION

# TABLE OF CONTENTS

Arts .....	3
Dance .....	3
Education and Enrichment .....	4
Events .....	6
Fitness .....	6
Games .....	8
Health .....	9
Trips and Tours .....	11
Just Lunch Bunch .....	14
Hikes .....	14

# 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 11

**Douglas H. Buck Community Recreation Center**  
2004 W. Powers Avenue,  
Littleton 303.797.8787

**Lone Tree Hub**  
8827 Lone Tree Parkway  
Lone Tree 720.245.2601

**Goodson Recreation Center**  
6315 S. University Blvd.,  
Centennial 303.798.2476

**Lone Tree Recreation Center**  
10249 Ridgeway Circle,  
Lone Tree 303.708.3500

**Sheridan Recreation Center**  
3325 S. Oxford Ave,  
Sheridan 303.761.2241

# SUMMER 2018 TRIPS AND TOURS

DATE	TRIP	CLASS	PAGE
7/6	JLB: Hickory House	717177	14
7/9	Hike: Hermit Park Open Space	707787	14
7/10	Day in Breckenridge	716287	11
7/12	Leadville Scenic Train Trip	715387	11
7/15	Rockies vs. Mariners	714677	11
7/17	JLB: Cheddars	716917	14
7/20	9-1-1 Dispatch Tour	717827	11
7/23	Hike: Button Rock Preserve	707037	14
7/25	Estes Park Aerial Tramway	728427	11
7/27	Colorado Springs Sampler	728407	11
7/30	Civic Center Eats and 16th Street Mall	718407	11
8/3	JLB: Blue Bonnet Café	717678	14
8/6	Hike: Walker Ranch Open Space	707698	14
8/7	Day in Nederland	711238	11
8/9	Denver Mafia Tour	719868	12
8/14	On Your Feet! The Story of Emilio & Glora Estefan	728388	12
8/16	JLB: Flying Pig & Burger Co.	717648	14
8/20	Hike: Palmer Lake Reservoir	709638	14
8/22	The Media Archaeology Lab	728398	12
8/24	Vail Gondola	714488	12
8/28	Lake Dillon Boat Tour	715738	12
8/30	Byers-Evans House & Center for Colorado Women's History	711308	12
9/4	Day in Estes Park	715569	12
9/6	Missile Site Park Silo Tour	719799	13
9/9	Rockers vs. Dodgers	714679	13
9/10	Hike: Horsetooth Mountain Open Space	700719	14
9/11	JLB: Three Lions Pub	717659	14
9/14	Breckenridge to Frisco Bike Ride	709359	13
9/19	Judaic Denver Tour	728379	13
9/20	Royal Gorge Route Railroad	711079	13
9/21	JLB: Sassafras	717669	14
9/24	Hike: Red Rocks Canyon Open Space	707339	14
9/25	Dear Evan Hansen	728419	13

## Annual recreation center maintenance weeks

In August, we temporarily close our recreation centers on a staggered schedule for major cleaning, facility improvements, and installation of new equipment. While one center is closed; the other three will remain open, so you won't miss a workout!

- August 6 - 10: Lone Tree Recreation Center
- August 13 - 17: Sheridan Recreation Center
- August 18 - 24: Buck Recreation Center
- August 27 - 31: Goodson Recreation Center

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).

# ARTS

## Ceramics

Join us every Tuesday for a relaxing and creative class where you can bring your ceramic project to life with paint! Some instruction on color, brush strokes and technique in an inviting, social environment. Register for this class by the month or drop in weekly! Bring your own ceramic piece to work on for this class.

Monthly \$25 R/\$27 NR

**65+ Resident: \$19.50; Nonresident: \$25**

Drop-in fee: \$5 R/\$6.50

Tue 9:30 AM - 12 PM BRC 70607

## Happy Hooks & Needles

Do you crochet or knit? Join this group to meet new people and make worthwhile projects that make a difference (veterans groups, battered women's shelters, and other community support agencies). Some supplies provided.

Free

Tue 10-11:30 AM BRC

## Watercolors

Interested in trying watercolors in a fun environment? Hone your own style in this continuing class that offers light instruction in major watercolor techniques including washes, wet on wet and dry brush. New students please call 303.730.4609 for information about supplies.

Monthly: \$26 R / \$32

**65+ Resident: \$24; Nonresident: \$26**

Mon 12:30-2 PM BRC 70602

Tue 12:30-2 PM BRC 70601

## Watercolor Techniques

Explore paint mixing and brushwork techniques led by an exceptional artist in a friendly setting. Classes at Buck will offer heavy instruction for beginners and instruction as needed for continuing students. All levels welcome. Supply list on receipt.

\$50 R/\$56 NR

7/5-7/26 Th 6-8 pm BRC 400427

9/6-9/27 Th 6-8 pm BRC 400429

# RESOURCES

## Senior Tax Rebate Program

District homeowners who are 60 yrs+ may volunteer with the District to be reimbursed for paying South Suburban Parks and Recreation property taxes. Call 303.730.4609 for more information

## 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.

# DANCE

## LINE DANCE

Great music, fun dances, and new friends await you! Kick up your heels and join a line dance class today!

## Ultra Beginner Class

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

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

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

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

Mon 11:30 AM- 12:25 PM GRC

Tue 1:30-2:25 PM LTRC

## Beginner/Improver

You've got the main moves down. Now challenge yourself to some more intricate steps.

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

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

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

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

Tue 2:30-3:25PM LTRC

Wed 1:30-2:25 PM BRC

Thu 1:30-2:25 PM GRC

## Intermediate/Advanced

You'll love this great way to stay in shape, exercise your mind, and connect with people! Step up to the plate to learn fancier moves!

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

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

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

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

Wed 2:30-3:25 PM BRC

# 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: \$22 R / \$26 NR

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

Mon	9-10 AM	BRC	70361
Fri	10-11 AM	BRC	70367

## 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 NR

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

Mon	10-11 AM	BRC	70365
Fri	11 AM -12 PM	BRC	70362

## 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.

\$48R/\$58

7/13-8/17	F 1-2:15pm	402007
9/7-10/12	F 1-2:15pm	402009

## Ballroom Dance Nights

Come dance with us at the SSPR ballroom dance night featuring a live dance band. Free dance lesson during intermission. Dress up or come casual. Singles welcome.

\$8R/\$10

7/6	F 7-10 PM	LTRC	461987
8/3	F 7-10 PM	BRC	396358
9/14	F 7-10 PM	LTRC	461989

## Beginning Ballroom at Buck

Dance at any celebration or event. Explore Waltz, Foxtrot, Tango and Viennese Waltz. Session is geared to participants. Singles welcome. Price is per person.

\$72R/\$77

7/18-8/15	W 7:15-8:45pm	402347
9/5-10/10	W 7:15-8:45pm	402347

## FREE Basic Square Dance DEMO Lesson

Join us for a FREE Square Dance Demo Class and see just how enjoyable and challenging this activity is. A professional Caller will provide great exercise for your mind and body in a positive, friendly atmosphere. No registration required for Demo Class. Singles welcome and no experience necessary. Free

8/28 T 6-7:30pm 15550

## Basic Square Dance at Buck

Learn Modern American Square Dancing! Join us for great exercise of the body and mind, lots of fun, and to make new friends in a positive atmosphere. Fun, fitness and fellowship are here! Singles are welcome. No experience necessary.

\$80R/\$83

9/4-10/23 T 6-8pm 39636

Special Events

# EDUCATION AND ENRICHMENT

## 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. (AARP members pay \$15, non-members pay \$20. Please bring your card for verification.) MUST REGISTER online at [sspr.org](http://sspr.org), or by calling 303.347.5999.

7/27	Fri 8:30 AM -12:30 PM	BRC	705084
8/29	Wed 8 AM - 12 PM	LTRC	705075

## Coffee & Chats

Free on the last Tuesday of each month at the Lone Tree Recreation Center from 11:30 AM - 12:30 PM

7/31 Summer Potluck

8/28 Know the 10 Signs: Early Detection Matters (Alzheimer's Association)

9/25 Eating Clean: What Does It Mean? (Natural Grocers)

## Continuing Intermediate Spanish

An ongoing class to improve fluency and build vocabulary to maximize communication. Optional book: Spanish for Real Life.

Drop-in fee: \$7 R / \$8.25 NR

Monthly: \$28 R / \$33 NR

65+ \$24 R / \$28 NR

Wed	9 -10:30 AM	BRC	15014
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## How to Use Essential Oils for Relaxation

In this one hour workshop, students will discover a self-care tool using aromatherapy to help them relax; as well as learn about and experience three essential oils - Lavender, Cedarwood and Sweet Orange. Everyone will leave class with an aromatic mist they make themselves and be empowered to manage stress and encourage relaxation.

\$15/\$17

9/27 Thu 1 - 2 PM BRC 703919

## South Suburban Encore Chorale

Are you interested in a fun and challenging musical adventure? Enjoy the many benefits of singing under professional leadership in this non-auditioned choir! Music repertoire includes arrangements of popular music, show tunes and other favorites that will appeal to singers and audience members alike. Free open house on Monday, Sept. 10 from 1 - 2:30 PM

\$115 R / \$120

9/17 - 11/26 Mon 1 - 2:45 PM BRC 708459

## 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. Both classes taught by Bob Stansbury.

\$84/\$110

9/11-10/30 Tue 1-3 PM BRC 705839

9/12-10/31 Wed 1-3 PM LTRC 705899

## TED Talk and Discussion

Open your mind to be inspired, learn, and engage with ideas and information from the world around you. Process with the group and share your thoughts on a variety of subjects. First Thursday of the month.

Free Thu 1-2 PM BRC

7/5 - "What You Might Not Know About the Declaration of Independence"

8/2 - "Radical Wisdom for a Company, a School, a Life"

9/6 - "Five Ways to Listen Better"

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

### The Truth About Selling Your Home In Today's Market

Selling a home you have lived in for two, three, four, or even five decades can seem like a daunting, overwhelming task, but it doesn't need to be. Real estate agents can be helpful, but they all seem to give different (and often conflicting) advice, so what should I believe? Where do I begin and what should I expect before, during, and after my home goes on the market? When you attend this lively and informative 90-minute program, get the TRUTH about what is involved in selling a home in today's market.

Free

8/8 Wed 11:15-12:15 PM BRC 703958

### How Disability and Silence Shape a Family

Local author Anne Gross will share her personal story about her family's first-hand experience with how dealing with a disability affected their relationships and family experience.

Free

9/12 Wed 11:15-12:15 PM BRC 703959



# What We Do

**Geriatric Care Services**

- Advocate for Family Health
- Create Care Plans
- Relieve Family Stress

**Housing and Referral Specialists**

- Independent or Assisted Living
- Memory Care
- Personal Care Homes

AGING (ife CARE) ASSOCIATION MEMBER

Overwhelmed?  
Not sure where to start  
or who to call?

**Give us a call.** We help you with the questions you need to ask and find the answers you need to make the right decisions.



**Contact us for a FREE Consultation**  
**303.799.1313**

[www.AnswersForSeniorCare.com](http://www.AnswersForSeniorCare.com)  
[phil.hotaling@answersforseniorcare.com](mailto:phil.hotaling@answersforseniorcare.com)




# EVENTS

## Sheridan Ice Cream Bingo Event

Sheridan Community, let's celebrate the summertime with refreshing ice cream and BINGO!

Free

7/24 Tue 1 - 3 PM

Northgate Event Center  
3880 South Lowell Blvd. Sheridan

## Car Show and Concert

A car show featuring an exciting collection of classic and exotic cars. Co-hosted by the City of Centennial and the Centennial Senior Commission. (Car show ends at noon).

Free

9/8 Sat 9 AM - 2 PM

Centennial Center Park 13050 E. Peakview Ave.

## Connecting Seniors Through Technology Seminar

The Lone Tree Living and Aging Well Ad Hoc Committee presents this half day seminar to provide information and hands-on demonstrations showcasing current tech devices and online applications that can benefit seniors and improve quality of life. Sign up at <https://connectingseniors2018.eventbrite.com>

Free

9/29

Sat 9 - 11:30 AM

Lone Tree Arts Center

## Cookies and Company

Enjoy a casual afternoon to enjoy conversation, work on puzzles, enjoy assorted games and the hottest trend - coloring books for adults. Coffee and cookies will be available.

Free

Wed 7/18, 8/15, 9/19 2-4 PM Hub

## Thursday Lunch Program

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

\$6.50 R / \$7.50

Thu 12-1 PM BRC

# 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.

\$40

7/17 Tu 7-9:30 AM LTRC

7/18 We 7-9:30 AM GRC

7/19 Th 7-9:30 AM BRC

7/20 Fr 7-9:30 AM FSC

## 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: \$57; Nonresident: \$67,

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

## 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: Resident \$45; Nonresident \$55

3 Sessions: Resident \$126; Nonresident \$159

5 Sessions: Resident \$200; Nonresident \$255

10 Sessions: Resident \$380; Nonresident \$490

## 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.

## Parkinson's Foundations

Class incorporates exercises that target specific deficits and focuses on strength, balance and flexibility to overcome challenges, improve quality of life and restore functions. Benefits those with Parkinson's, as well as those with MS, TBI, neurological disorders and anyone who wants to age well.

Resident: \$40; Nonresident: \$51

**65+ Resident: \$37, 65+ Nonresident: \$49**

Monthly Tue, Thu 1:30-2:30 PM BRC 52099

Monthly Tue, Thu 1:45-2:45 PM LTRC 56325

## 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: \$125

7/9-9/24	Mon 3-3:55 PM	GRC	541184
7/10-9/25	Tue 10:30-11:25AM	LTRC	562454
7/12-9/27	Thur 11:45 AM-12:40PM	GRC	541194

## Active Adult Weight Training

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

Resident: \$40; Nonresident: \$51

**65+: \$36; 65+ Nonresident:\$49**

Monthly

Mon, Wed	10:15-11:30 AM	BRC	52017
Tue, Thu	8:45-10 AM	GRC	54220
Tue, Thu	9:30-10:45 AM	GRC	54221
Mon, Wed	10-11:15 AM	LTRC	56225

## 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 (24 classes)

7/17-10/11	Tue, Thu 3-4 PM	BRC	520874
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Resident: \$76; Nonresident: \$86 (23 classes)

7/16-10/15	Mon, Wed 1:30-2:30 PM	GRC	541204
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### Tai Chi Level I

Resident: \$28; Nonresident; \$32

Monthly

Wed	10-11 AM	BRC	52120
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### Tai Chi Level 2

Resident: \$80; Nonresident: \$85 (12 classes)

7/27-9/26	Wed 9-10 AM	Buck	521804
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### Tai Chi: 8 and 16 (Yang Style)

Resident: \$219; Nonresident: \$224 (9 classes)

4/19-5/21	Mon 6:30-8 PM	GRC	541153
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## Beginner's Tai Chi

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

7/3-8/30	Tue, Thu 12:30-1:30 PM	LTRC	561244
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## Continuing Tai Chi

Resident; \$38; Nonresident: \$44 (4 wks)

July 5- July 28	Tue, Thu 12:30-1:30 PM	LTRC	561276
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## Yoga for Older Adults

Improve health, flexibility, stamina and increase range of motion for daily living activities.

Resident: \$37; Nonresident: \$45

**65+: \$30; NR: \$35**

Monthly

Mon	10:35-11:45 AM	GRC	54068
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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.

**CareNow**  
Urgent Care 

**The convenience  
you need, the care  
you deserve.®**

- Staffed by physicians
- X-rays on site
- Treatment for minor injuries and illnesses
- Most insurance plans accepted

Locations near you:

#### Greenwood Village

Just south of Orchard on University  
5990 S. University Blvd.  
Greenwood Village, CO 80121  
720-446-5890

#### Highlands Ranch

Quebec and County Line  
7120 E. County Line Rd.  
Highlands Ranch, CO 80126  
720-446-5891

✓ Web Check-In® at CareNow.com

Open every day: Mon - Sat: 8am - 8pm | Sun: 8am - 5pm

## Reformer Stretch

A gentle 45 minute small group class that focuses on enhancing overall flexibility and range of motion, as well as improvign posture and noursing the spine through controlled movements. The Reformer is a traditional Pilates apparatus consisting of a carriage that moves back and forth with springs to provide resistance and cords/pulleys to use as exercise tools. All levels welcome.

Resident: \$44; Nonresident: \$54

Monthly

Mon 10:30-11:15 AM Buck 52170

## 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, 303-483-7079 for Goodson, 303-708-3517 for Lone Tree and 303-761-2241 for Sheridan.

## SilverSneakers® and Silver & Fit Orientations

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

1st Wed of Month 9 AM at Buck

1st Thu of Month 10:30 AM at Goodson

1st Mon of Month 9:15 AM at Lone Tree

## 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.

# GAMES

Games	Days	Location	Time
Fees Resident: \$1.25; Nonresident: \$1.50			
Poker	Fri	Buck	12:30-3 PM
Mah Jongg	Wed	Buck	1-3 PM
Wii Bowling	Fri	Buck	10 AM-12 PM
Pinochle	Mon	Buck	12:30-3 PM
New! Poker	Thu	Hub	12:30 PM

## Duplicate Bridge for Beginning and Intermediate Players

Call 303.730.4609 to check on available space for you and your partner.

\$1.25 R / \$1.50

Tue 12:30-3:30 PM Hub

## Duplicate Bridge

Play starts promptly at 12:30 pm. Need a partner? Call 303.730.4609. Scores are posted at [ssprbridge.com](http://ssprbridge.com).

\$1.25 R / \$1.50

Wed 12:30-3:30 PM BRC

Fri 12:30-3:30 PM Hub

## ACBL Sanctioned Duplicate Bridge

Earn master points playing in this ACBL sanctioned duplicate bridge game. 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.

\$1.75 R / \$2.00

Mon 12:30-3:30 PM Hub

# HEALTH

## Heel Your Feet

Receive foot care (toenail trimming, filing and massage), reflexology, or healing touch by Kirsten Antony, registered nurse and certified reflexologist. Appointments required by calling 303.730.4605. Please indicate which service you desire.

30 R / \$33

7/5, 8/2, 9/6      7/12, 8/9, 9/12      BRC

7/12, 8/9, 9/12      7/12, 8/9, 9/12      GRC

## Blood Pressure Checks

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

7/12, 8/9, 9/12      Thu 11 AM -12 PM      BRC

## Dementia Caregiver Support Group

This Alzheimer's Association support group is for family and friends who have a loved one with Alzheimer's or another form of dementia at any stage of the disease. The group will provide emotional support, resources, and tips for caring for your loved one. Registration is not required and there is no cost to attend. If you have any questions, please call the Alzheimer's Association helpline at 800-272-3900.

7/13, 8/10, 9/14      Fri 10 - 11:30 AM      Hub

7/20, 8/17, 9/21      Fri 1 - 2:30 PM      GRC

## Low Vision Support Group

Join A3, Empowering People with Vision Loss for our Point of View Low Vision Support Group. You will learn about free services and programs that help you maintain your independence with vision loss at this fun and informative support group. For more information, please call Morgan at 303.831.0117 x0.

7/17, 8/21, 9/18      Tue 10:30 - 11:30 AM      GRC



### Ways to Live a Life of Intention this Summer

1. Create a morning routine.
2. Learn to meditate.
3. Watch the ducks swim.
4. Listen to children laugh.
5. Hug a friend.
6. Make cookies for a neighbor.
7. Write in a journal.
8. Do something adventurous.
9. Love freely.
10. Notice the rainbows.

## 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

63097

## 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. Hiking/snowshoe trail pass fees are not included. If you have any concern or questions regarding the established fee, 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.

### All Trips and Tours

Buck Recreation Center  
South Suburban Ice Arena  
Lone Tree Recreation Center

### Hikes/Walks

Buck Recreation Center  
South Suburban Ice Arena

### As requested for Just Lunch Bunches only

Bradley House  
Southview Datura  
Amity Plaza

Call Lisa at 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 with 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

## Day In Breckenridge

Escape the foothills and head to the mountains. Spend the afternoon as you wish, shopping, taking a walk, exploring the many historical sites, taking in the local art or indulge yourself in a spa treatment. Lunch is on your own in town.

**Exertion Level:** 3 Altitude **Register/Cancel by:** 6/28

Resident: \$29; Nonresident: \$35

**65+: \$24; 65+Nonresident: \$29**

7/10 Tue 9 AM-4:30 PM Breckenridge 716287

## 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:** 6/27

Resident: \$82; Nonresident: \$99

**65+: \$69; 65+Nonresident: \$82**

7/12 Thu 9 AM-7 PM Leadville 715387

## Rockies vs. Mariners

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.

**Exertion Level:** 2 **Register/Cancel by:** 6/28

Resident: \$35; Nonresident: \$42

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

7/15 Sun 12 PM-5:30 PM Denver 714677

## 9-1-1 Dispatch Tour

Denver 9-1-1 is a combined communications center. There are 134 Department of Safety employees, 24 DFD fire fighters and 26 EMS professionals. Denver's 9-1-1 Communication Center is staffed with highly-trained Operators and Dispatchers who relay critical information from callers to first responders. Denver 9-1-1 processes approximately 1 million 9-1-1 calls annually. The tour begins with a presentation on Denver's 9-1-1, 9-1-1 technology and limitations and ends with a tour of the facility. Lunch is at Racine's at your own expense.

**Exertion Level:** 3 Walking **Register/Cancel by:** 7/5

Resident: \$16; Nonresident: \$20

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

7/20 Fri 9:30 AM-2:30 PM Denver 717827

## Estes Park Aerial Tramway

The tram (\$14/Adult, \$12/60+) will take you above the tree tops to the cool summit of Prospect Mountain. From the observation platform enjoy the panoramic view of Longs Peak, the Continental Divide, Rocky Mountain National Park and the village of Estes Park. Choose from several restaurants for lunch in Estes Park at your own expense. Transportation only.

**Exertion Level:** 3

**Register/Cancel by:** 7/15

Resident: \$32; Nonresident: \$38

**65+: \$26; 65+Nonresident: \$32**

7/25 Wed 9 AM-5 PM Estes Park 728427

## Colorado Springs Sampler

Denver History Tour

Join Denver History Tours for a look at some of the reasons folks came to call Colorado Springs home. Consumption, a major killer in the 1800s, drew many people to Colorado for the dry air and sunshine, and Colorado Springs has some signs of that past. We will see some of the last remaining Tuberculosis Huts, isolated and sometimes used for other purposes now, but still there if you know where to look! We'll also visit the Rock Ledge Ranch, a historic site interpreting the life of early pioneers from the East who came to settle. The exploration of Rock Ledge Ranch involves about a mile of walking, so make sure you come prepared to walk. Wear your comfortable shoes! It's a sample of history, Colorado Springs style. Please bring some money for your meal. This trip is not wheelchair accessible.

**Exertion Level:** 3 Walking

**Register/Cancel by:** 7/12

Resident: \$49; Nonresident: \$59

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

7/27 Fri 10 AM-5 PM Colorado Springs 728407

## Civic Center Eats and 16th Street Mall

Denver's favorite summer lunch tradition! Experience the beauty of Civic Center, enjoy Denver's largest gathering of food trucks, listen to live music and connect with the community. After lunch enjoy a stroll or take a shuttle down the 16th Street Mall. Transportation only.

**Exertion Level:** 2

**Register/Cancel by:** 7/19

Resident: \$18; Nonresident: \$22

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

7/30 Mon 10 AM-2:30 PM Denver 718407

## Day in Nederland

Drive through scenic vistas blazing with spectacular views as you travel to the quaint mountain town of Nederland. Choose from the many restaurants for lunch at your own expense. After lunch enjoy some free time in Nederland. Fee is for transportation only.

**Exertion Level:** 3

**Register/Cancel by:** 7/30

Resident: \$22; Nonresident: \$27

**65+: \$19; 65+Nonresident: \$22**

8/7 Tue 10 AM-4:30 PM Nederland 711238

## Denver Mafia Tour

This popular and exciting tour will take you through North Denver's Little Italy. Explore the former social clubs, homes and haunts of some to Denver's most influential mobsters, while uncovering the truth behind many of these legends. Lunch is at Gaetano's Italian restaurant at your own expense. Unfortunately this trip is not wheelchair accessible.

**Exertion Level:** 2 **Register/Cancel by:** 7/25

Resident: \$38; Nonresident: \$46

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

8/9 Thu 10:30 AM-3:30 PM Denver 719868

## On Your Feet! The Story of Emilio & Gloria Estefan

Buell Theatre

From their humble beginnings in Cuba, Emilio and Gloria Estefan came to America and broke through all barriers to become a crossover sensation at the very top of the pop music world. But just when they thought they had it all, they almost lost everything. From international superstardom to life-threatening tragedy, *On Your Feet!* takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet. *On Your Feet!* features some of the most iconic songs of the past quarter-century — and one of the most inspiring stories in music history.

**Exertion Level:** 2 **Register/Cancel by:** 7/16

Resident: \$60; Nonresident: \$71

**65+: \$50; 65+Nonresident: \$60**

8/14 Tue 6:30-10:30 PM Denver 728388

## The Media Archaeology Lab

Enjoy a tour of the University of Colorado's Media Archaeology Lab – which is, as far as we know, the largest of its kind in North America. It's a place for hands-on, cross-disciplinary experimental research, teaching and artistic practice using still-functioning but obsolete tools, software, hardware, platforms from the late nineteenth century through the twenty first century. Lunch is at Zolo's Southwestern Grill before the tour at your own expense.

**Exertion Level:** 3 **Register/Cancel by:** 8/7

Resident: \$23; Nonresident: \$28

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

8/22 Wed 9:45 AM-4 PM Boulder 728398

## Vail Gondola

Vail's Lionhead to Eagles Nest guarantees stunning panoramas. At the top enjoy a barbeque lunch (\$8 - \$12) or bring a sack lunch. After the gondola ride, enjoy some leisure time and explore the village. Don't forget your sunscreen, water, hat and camera.

**Exertion Level:** 3 **Register/Cancel by:** 8/9

Resident: \$78; Nonresident: \$93

**65+: \$65; 65+Nonresident: \$78**

8/24 Fri 9 AM-5 PM Vail 714488

## Lake Dillon Boat Tour

Enjoy 360° views of the mountains and learn interesting facts about the Town of Dillon and the Dillon Reservoir during a 1 & 1/2 hour pontoon boat interpretive tour of Lake Dillon. Hosted by the Dillon Marina and the Summit Historical Society, you are guaranteed to learn something about Dillon that you hadn't known before. It's fun and a terrific way to spend a morning. Lunch is at the Dam Brewery at your own expense. Bring hat, sunscreen, and water. Space is limited. Pick up at Ice Arena and Buck only.

**Exertion Level:** 3 **Register/Cancel by:** 8/28

Resident: \$76; Nonresident: \$91

**65+: \$63; 65+Nonresident: \$76**

8/28 Tue 7 AM-2 PM Dillon 715738

## Byers-Evans House & Center for Colorado Women's History

Take a tour of a beautiful Italianate-style Victorian house that was built for William and Elizabeth Byers in 1883 and sold to William and Cornelia Evans in 1889, two families that aided Denver's establishment as we know it today. In 1981, the Evans family gave the house and its contents to the state of Colorado for use as a museum. It has been beautifully restored to the period between 1912 and 1924. After the tour explore the new Center for Colorado Women's History Gallery. Lunch is at Pints Pub at your own expense.

**Exertion Level:** 3 **Register/Cancel by:** 8/15

Resident: \$21; Nonresident: \$26

**65+: \$18; 65+Nonresident: \$21**

8/30 Thu 10 AM-2 PM Denver 711308

## Day in Estes Park

Spend the day as you wish in this beautiful mountain town. Lunch is at your own expense. Choose from one of the many restaurants.

**Exertion Level:** 3 **Register/Cancel by:** 8/20

Resident: \$29; Nonresident: \$34

**65+: \$24; 65+Nonresident: \$29**

9/4 Tue 9 AM-4 PM Estes Park 715569

## Trips & Tours Wait List Procedures

Full payment is required to register for a wait listed trip. If a space becomes available we will contact participants in wait list order. If a second bus or larger bus is added everyone on the wait list will be transferred onto the trip and notified. The addition of a second or larger bus will be determined on the registration/cancellation date but is not guaranteed. It will be based on the following: if a vehicle is available, if a driver is available, do we have meet the minimum participation requirements, and if the venue and/or restaurant can accept the additional participants. You will only be contacted if you are transferred from the wait list to the active trip. If you do not hear from us a full refund will be issued within 3 days after the trip. Please call 303.730.4606 if you have further questions regarding wait list procedures.

## Missile Site Park Silo Tour

Take a tour of a Cold War Atlas E nuclear missile site, a great opportunity to step back into the Cold War Era of national defense. This missile site was deactivated in 1965 and was turned over to Weld County. Lunch is at Cracker Barrel at your expense. space is limited.

**Exertion Level:** 3 **Register/Cancel by:** 8/22

Resident: \$26; Nonresident: \$31

**65+: \$21; 65+Nonresident: \$26**

9/6 Thu 8:45 AM-3 PM Greeley 719799

## 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.

**Exertion Level:** 2 **Register/Cancel by:** 8/26

Resident: \$35; Nonresident: \$42

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

9/9 Sun 12 PM-5:30 PM Denver 714679

## Breckenridge to Frisco Bike Ride

Ride the Blue River Recreational path from Breckenridge to Frisco. Cruise parallel to the Blue River and enjoy the majestic scenery. The trail has a very gentle grade downhill with one very short, steep hill. After the ride enjoy some free time in Frisco for lunch or shopping. Fee includes bike rental, helmet and transportation.

**Exertion Level:** 4 **Register/Cancel by:** 9/14

Resident: \$53; Nonresident: \$64

**65+: \$45; 65+Nonresident: \$53**

9/14 Fri 8 AM-4:30 PM Breckenridge-Frisco 709359

## Judaic Denver Tour

Denver History Tour

Denver's history represents many backgrounds with people from around the world bringing their traditions, languages and religions to add to the mix that has made the Mile High City. The primary Jewish migrations into the High Plains took place in the 1800s, leaving a remarkable and indelible presence that has carried through to the modern day. Let's visit the sites from both the past and the present, tell you the stories and leave you with a greater appreciation for this often-overlooked aspect of Denver's tapestry. We'll

learn of the movements, both in religious practice and in neighborhoods, that have marked the progress of Denver's Jewish citizens. L'chaim! Please bring some money for your meal. This trip is not wheelchair accessible.

**Exertion Level:** 2 **Register/Cancel by:** 9/4

Resident: \$46; Nonresident: \$55

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

9/19 Wed 10 AM-3 PM Denver 728379

## Royal Gorge Route Railroad

The Historic Royal Gorge Route Railroad consists of vintage 1950's era equipment. Coach seating is in comfortable, climate-controlled cars and you are free to step onto an open-air observation car and delight in some of the most spectacular Colorado scenery. Concessions, bar and café cars are available at your own expense (\$7-\$20) or bring a brown sack lunch for a picnic before the ride.

**Exertion Level:** 2 **Register/Cancel by:** 9/5

Resident: \$89; Nonresident: \$107

**65+: \$74; 65+Nonresident: \$89**

9/20 Thu 8:30 AM-5:30 PM Canon City 711079

## Dear Evan Hansen

Buell Theatre

Winner of Six 2017 Tony Awards Including Best Musical and the 2018 Grammy Award for Best Musical Theater Album.

A letter that was never meant to be seen, a lie that was never meant to be told, a life he never dreamed he could have. Evan Hansen is about to get the one thing he's always wanted: a chance to finally fit in. Dear Evan Hansen is the deeply personal and profoundly contemporary musical about life and the way we live it. Registration for this trip will begin Aug 1st.

**Exertion Level:** 2 **Register/Cancel by:** 8/27

9/25 Tue 6:30 PM-10:30 PM Denver 728419

## JUST LUNCH BUNCHES

Meet bi-monthly to experience area restaurants, both new and well established. Come with friends or make new ones. Lunch is at your own expense.

Resident: \$9; Nonresident: \$10

**65+: \$8; 65+Nonresident: \$9**

## 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 it 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.

## THANK YOU

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

## Hickory House

Since 1988, Hickory House has crafted baby back ribs, barbecue sauces and other recipes. Hickory House has won dozens of national and international rib cook-off competition awards.

**Exertion Level: 2** **Register/Cancel by: 6/28**  
7/6 Fri 10:30 AM-1:30 PM Parker 717177

## Cheddars

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

**Exertion Level: 2** **Register/Cancel by: 7/3**  
7/17 Tue 10:30 AM-1:30 PM Aurora 716917

## Blue Bonnet Café

Blue Bonnet Café' has been serving homestyle Mexican food for more than 40 years. Their diverse menu includes signature tacos with house made salsas, unique tamales, famous chile rellenos and enchiladas, seasonal favorites such as posole, gazpacho, ceviche and pumpkin flan. **Cash only.**

**Exertion Level: 2** **Register/Cancel by: 7/19**  
8/3 Fri 11 AM-2 PM Denver 717678

## HIKES

Enjoy a full day hike while exploring some of Colorado's most beautiful trails. All hikes range from 4-6 miles. Transportation only. Hikes/Snowshoe trips may require the purchase of a trail pass at your own expense.

DATE	CLASS NAME	TRIP NO.	EXERTION	TIME	PRICE	65+ Price	Register/Cancel by
7/9	Hermit Park Open Space	707787	4	8 AM-5 PM	\$29/\$35	\$25/\$29	7/2
7/23	Button Rock Preserve	707037	4	8 AM- 4 PM	\$26/\$31	\$22/\$26	7/16
8/6	Walker Ranch Open Space	707698	3	8 AM- 4 PM	\$23/\$28	\$19/\$23	7/30
8/20	Palmer Lake Reservoir	709638	4	8 AM- 4 PM	\$23/\$28	\$19/\$23	8/13
9/10	Horsetooth Mountain Open Space	700719	4	8 AM-5 PM	\$29/\$35	\$25/\$29	9/3
9/24	Red Rocks Canyon Open Space	707339	4	8 AM-5 PM	\$28/\$34	\$24/\$28	9/17

## High Line Canal Monthly

Walk portions of the High Line Canal from Waterton Canyon to its culmination in Aurora. Trek the trail in 4-6 mile increments. Space is limited so register early. The challenge is on Wednesdays and broken down into one month increments. If we cancel the walk for inclement weather we will issue a partial refund for that week.

**Exertion Level: 4**  
Resident: \$45; Nonresident: \$50  
Sep-Nov; Wed

Sep 703109  
Oct 7031010  
Nov 7031011

## Flying Pig & Burger Co.

At Flying Pig each burger is made to order and hand crafted. Try one of their signature local burgers made from beef, turkey, chicken or quinoa. You won't be disappointed. Appetizers include smoked wings, Philly cheesesteak eggrolls, bacon wrapped dates and more. Don't want a burger, select from soups, salads, sandwiches (like the adult grilled cheese-sliced pear, smoked gouda, date jam, fontina, caramelized onions, walnut cranberry bread), short ribs or pulled pork tacos.

**Exertion Level: 2** **Register/Cancel by: 8/1**  
8/16 Thu 11 AM-2 PM Denver 717648

## Three Lions Pub

At Three Lions, you will find that top-notch pub menu items, timely and friendly service, and a terrific footballer's atmosphere. Choose from fish & chips, bangers & mash or a lamb pasty. Don't feel like British pub food, try their house made curry or traditional sandwiches and burgers.

**Exertion Level: 2** **Register/Cancel by: 8/27**  
9/11 Tue 11:45 AM-2:45 PM Denver 717659

## Sassafras

Bustling breakfast, brunch & lunch place specializing in Southern cuisine. Sassafras offers a wide variety of Cajun foods such as beignets, gumbo, jambalaya, po' boys and much more.

**Exertion Level: 2** **Register/Cancel by: 9/6**  
9/21 Fri 11 AM-2 PM Golden 717669

# INCLEMENT WEATHER 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.

## 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.

# HIKES & WALKS

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

Questions/concerns or hike suggestions 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.

# 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



# It's never too late to be hip again.

Our highly advanced Mako® Robotic-Arm Assisted Surgery is transforming and improving joint replacement.



As Denver's first hospital to offer partial knee, total knee and total hip replacement with the Mako® Robotic-Arm Assisted Surgery System, the precision medicine program at Littleton Adventist Hospital is transforming the way joint replacement is performed. With the highly advanced Mako® Technology, we offer greater accuracy, more predictable surgeries and better outcomes.

For more info, visit [mylittletonhospital.org/orthopedics](http://mylittletonhospital.org/orthopedics).

Littleton Adventist Hospital



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**Resident Rates: Goodson, Buck and Lone Tree Recreation Centers**

	Daily	Monthly*	Annual**	20 Punch
Youth/Senior	\$4.50	\$30	\$330	\$70
Adult	\$5.75	\$40	\$440	\$95
Household	\$15	\$99	\$891	NA

**Nonresident Rates: Goodson, Buck and Lone Tree Recreation Centers**

	Daily	Monthly*	Annual**	20 Punch
Youth/Senior	\$5.75	\$45	\$495	\$95
Adult	\$7.75	\$55	\$605	\$135
Household	\$20	\$132	\$1,188	NA

**Resident Rates: Sheridan Recreation Center**

	Daily	Monthly	3-Month	Annual**	20 Punch
Youth	\$2.50	NA	\$8	\$25	NA
Senior	\$2.25	\$10	\$25	\$79	\$20
Adult	\$3.50	\$15	\$38	\$132	\$33
Household	\$6.25	NA	NA	NA	NA

**Nonresident Rates: Sheridan Recreation Center**

	Daily	Monthly	3-Month	Annual**	20 Punch
Youth	\$3.25	NA	\$10	\$32	NA
Senior	\$3.25	\$13	\$32	\$129	\$33
Adult	\$4.50	\$19	\$48	\$165	\$40
Household	\$8	NA	NA	NA	NA

Youth: Ages 2-17.

\*\*Annual passes must be paid in full; exception is household passes, which can be auto-debited over the course of three consecutive monthly payments.

\*Monthly Passes at Goodson, Buck & Lone Tree Recreation Centers require auto-debit sign-up, this can be cancelled at any point with 30 days written notice.

**SAVE BIG - PURCHASE AN ANNUAL PASS!**

If you plan to visit more than twice a week, a monthly or annual pass is the best option for you!

Fun fact: by purchasing an annual pass, it's the equivalent of receiving one month free. Purchase a household annual pass and you'll save an equivalent of 3 free months!