

Active

at any

Age

Spring 2018 - April, May and June

LET'S BE SOCIAL!    

Peterson Air and
Space Museum

Collector's Road Show

Lunch and Learn

Healthy Living Expo

Estes Park
Aerial
Tramway

Register online at ssprd.org



South Suburban
PARKS AND RECREATION

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3 WAYS TO REGISTER

Online at ssprd.org • Phone in 303.347.5999 • Walk In to Buck, Goodson or Lone Tree Recreation Centers
Registration will begin on March 12

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

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

Lone Tree Hub
8827 Lone Tree Parkway
Lone Tree 720.245.2601

Lone Tree Recreation Center
10249 Ridgeway Circle,
Lone Tree 303.708.3500

Sheridan Recreation Center
3325 S. Oxford Ave,
Sheridan 303.761.2241

SPRING 2018 TRIPS AND TOURS

DATE	TRIP	CLASS	PAGE
4/4	JLB: Los Dos Potrillos II	717294	14
4/6	Denver Center Performing Arts Complex Tour	713024	11
4/9	Hike: Pine Valley Ranch Park	707414	14
4/12	Dusty Rose Tea Room	718914	11
4/13	Peterson Air and Space Museum	719964	11
4/15	Always...Patsy Cline	716354	11
4/16	Fairmount Cemetery	728434	11
4/20	JLB: Buckhorn Exchange	712434	14
4/23	Hike: Lincoln Mountain Open Space	709684	14
4/24	The Who's Tommy	728404	11
4/27	Mafia Tour	719864	12
5/1	Bonnie Brae Neighborhood	717745	12
5/2	Sunday in the Park with George	728415	12
5/7	Hike: Eldorado Canyon State Park	707485	14
5/8	JLB: Duke's Steakhouse	717715	14
5/10	The Abbey Monastery Tour	717718	12
5/17	Bee Squared Apiaries	728185	12
5/19	Strawberry Festival Antique Show	716145	12
5/21	Hike: Calhan Paint Mines	707095	14
5/24	JL: 5281 Steak, Salad and Seafood	717655	14
5/29	Georgetown Loop Railroad	718895	12
5/31	Day in Manitou Springs	719335	13
6/1	Estes Park Aerial Tramway	728426	13
6/4	Hike: Lory State Park	707816	14
6/8	JLB: Clancy's Irish Pub	710456	14
6/11	Pikes Peak Cog Railway	713946	13
6/15	Greek Festival	712356	13
6/19	The Book of Mormon	716986	13
6/21	Colorado Rockies Baseball Game	710676	13
6/25	JLB: Toni Rigatoni's Italian Kitchen	715456	14
6/29	Missile Site Park Tour	719796	13

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.

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

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: \$2 R / \$3 NR

Wed 12:30-2 PM Sheridan

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 some 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 NR

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 in a friendly setting by an experienced artist. 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

4/5-4/26 Th 6-8 PM BRC 400424

5/3-5/24 Th 6-8 PM BRC 400425

6/7-6/28 Th 6-8 PM BRC 400426

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

SQUARE DANCE

Basic Square Dance

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.

\$80 R / \$83 NR

1/14-3/4 Sun 1-3 PM BRC 39638

Square Dance Continuing

After our basic modern american square dance class, there are more calls to learn before you can comfortably dance at a square dance club. Please return for more fun and fellowship! Experienced square dancers can also enroll for a refresher opportunity. Singles welcome.

\$100 R / \$104 NR

1/9-3/13 Tue 6-8 PM BRC 39637

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.

\$48 R / \$58 NR

4/20- 5/25 F 1-12:15 PM BRC 402004

6/1- 7/6 F 1-12:15 PM BRC 402005

Wedding Dance Workshop

Learn to dance so you can take the dance floor with confidence for your special event, or one you're attending. May bring your own music. Singles welcome.

\$8 R / \$10 NR

5/2, 5/23 M, W 7:15-8:45 PM BRC 402385

Beginning Ballroom

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

\$72 R / \$77 NR

4/11 - 5/16 W 7:15-8:45 PM BRC 402344

6/6 - 7/11 W 7:15-8:45 PM BRC 402345

Ballroom Dance Nights

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

\$8 R / \$10 NR

4/6 F 7-10 PM BRC 396354

5/4 F 7-10 PM LTRC 461985

6/1 F 7-10 PM BRC 396356

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. MUST REGISTER online at sspr.org, or by calling 303.347.5999.

4/27 Fri 8:30 AM - 12:30 PM BRC 705084

5/30 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

4/24 - "The New Role of Grandparents"

5/29 - "Positive Communication Strategies"

6/26 - Natural Grocers

Continuing Intermediate Spanish

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

LUNCH AND LEARN

Superstars in Colorado History

Many nationally famous people have lived in Colorado. We will be looking at the best of the best in several categories: athletes, entrepreneurs, doctors, entertainers, artists and sculptors, musicians and writers. Kevin, owner of Denver History Tours will share interesting tidbits about these superstars and their lives. Lunch sponsored by Life Care Centers of America.

\$10 R / \$12 NR

4/4 Wed 12:30-2 PM GRC 703884

The Great Masterpieces of the Louvre

In this presentation by Cynthia Peer, art historian and owner of "Peer Presentations", you will learn how the Great Louvre Museum went from fortress, to Royal palace, to the Louvre Museum over the span of 600 years. Highlighting the first work of art to begin the collection of works that would become part of the permanent collection of the Louvre and more. Lunch sponsored by Julie Trail, "A Personalized PT."

6/6 Wed 12:30-2 PM GRC 703886

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 from 1-2 PM.

Free

4/5 - "How To Speak So That People Want To Listen"

5/3 - "What Makes A Good Life? Lessons From The Longest Study On Happiness"

6/7 - "Looks Aren't Everything. Believe Me, I'm A Model!"

ACCOA (ARAPHOE COUNTY COUNCIL ON AGING) SPEAKERS SERIES

What Happens to My Facebook Account When I Die?

What will happen with your digital assets after you pass away? How will your online accounts (Amazon, iTunes, Facebook, etc.) be handled, and who handles them? It used to be that when a person died, their family would wait for the mail to come, in order to locate the assets. In this digital age; however, we need to know how to find online assets, as well as figure out how ownership of those accounts will impact the family.

Free

4/11 Wed 11:15-12:15 PM BRC 703954

What Is A Geriatric Care Manager?

This is a 30-minute presentation that focuses on a profession called geriatric care management. Most people do not know about services offered by a geriatric care manager. This presentation is designed to help educate families about the services provided and how geriatric care managers can be a vital resource in helping families

Free

5/9 Wed 11:15-12:15 PM BRC 703955

Social Security Basics

Is it time to make a decision about social security? Before you make that decision you will want to hear this discussion of social security. Important facts such as what it is and what it isn't, as well as when to begin receiving this earned benefit and when to 'wait awhile' before you do, will be discussed.

Free

3/14 Wed 11:15-12:15 PM BRC 703956

Littleton's Newest 55+ Senior Community
OPENING MAY 2018!



Apartments for Life



Reserve your new home today!

Vita Littleton invites you to connect with a senior apartment community unlike any other. Celebrate a pedestrian-friendly lifestyle and unparalleled amenities, all steps from the RTD Light Rail station with easy access to the greater Denver area.

2100 West Littleton Blvd., Littleton, CO 80120
www.vitalittleton.com 720-697-2100

EVENTS

Active Adult Healthy Living Expo

Come explore the free "Life is a Fiesta" themed-event for active adults brought to you by South Suburban and Good Turn Cycles. Visit with a variety of vendors who support staying active. Enjoy giveaways, demos and refreshments.

Free

5/4

Fri 1:30-4 PM

BRC

Collector's Road Show

Join us for one of our most popular programs - the Collector's Roadshow! Everyone's got a collection of something, whether it's coins, dolls, postcards, books, art, pottery...and the list goes on. Do you know what's it worth? Bring your valuable collectable item (3 per person) and have it evaluated by an expert who is just as funny as he is knowledgeable! Sponsored by Next Chapter, Inc. Free to attend. \$5 per item; 3 max for evaluation

6/1

Fri 12-3 PM

BRC



Learn How the Reverse Mortgage Loan Works to Purchase a New Home or to Access the Equity in Your Existing Home

If you're 62 or better, a Home Equity Conversion Mortgage (HECM) could help you:

- **Increase your buying power** to purchase or build your ideal retirement home
- Obtain a **line of credit that grows** over time
- **No monthly payments** except for taxes, insurance, and maintenance
- **Access equity** to pay off your current mortgage or other debts

Call me today! 720-544-6309



Paula J. Hillman
Reverse Mortgage Planner
NMLS #161981

9600 E. Arapahoe Rd., Suite 250
Greenwood Village, CO 80112
Direct: 720-544-6309
Cell: 720-489-7389
paula.hillman@fairwaymc.com
www.FairwayCOReverse.com



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Cookies and Company

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

Free

Apr 18, May 16, Jun 20 Wed 2:00-4:00 PM

Hub

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. 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 ssprd.org.

\$6.50 R / \$7.50 NR

Thursdays 12-1 PM at the Buck Recreation Center

Special Occasions

4/5 - April Birthday Celebration

5/3 - May Birthday Celebration

5/10 - Mother's Day Celebration

5/24 - Memorial Day Celebration

6/7 - June Birthday Celebration

6/14 - Father's Day Celebration

6/28 - Independence Day Celebration

Tesoro Cultural Center Lecture Series

Join us for a series of lectures pertaining to the history and art of the 19th century American West. These lectures are FREE but registration is required. Location alternates between the Buck Recreation Center and the Lone Tree Hub. Specific lecture information is listed online.

Free

4/21

Sa 4-5 PM

BRC

FITNESS

Blood Screening

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

\$40

4/17

Tu 7-9:30 AM

Lone Tree

4/18

W 7-9:30 AM

Goodson

4/19

Th 7-9:30 AM

Buck

4/20

F 7-9:30 AM

Family Sports

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

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
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: \$125; Nonresident: \$135

4/2-6/18	M 3-3:55 PM	Goodson	541184
4/3-6/19	Tu 10:30-11:25AM	Lone Tree	562454
4/5-6/21	Th 11:45 AM-12:40PM	Goodson	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
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)

4/10-6/28	Tu, Th 3-4 PM	BRC	520874
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Resident: \$76; Nonresident: \$86 (23 classes)

4/9-6/27	M, W 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

4/4-6/20	W 9-10 AM	BRC	521804
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Tai Chi: 8 and 16 (Yang Style)

Resident: \$219; Nonresident: \$224

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

Resident: \$76; Nonresident: \$88

4/3-5/24	Tu, Th 12:30-1:30 PM	LTRC	561244
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Continuing Tai Chi

Resident: \$38; Nonresident: \$44

6/5-6/28	Tu, Th 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+ Resident: \$30; Nonresident: \$35

Monthly

Mon 10:35-11:45 AM GRC 54068

Reformer Stretch

A gentle 45-minute small group class that focuses on enhancing overall flexibility and range of motion, as well as improving posture and nourishing 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 BRC 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 are welcome. No registration required.

1st Wed of Month 9 AM BRC

1st Thu of Month 10:30 AM GRC

1st Mon of Month 9:15 AM LTRC

SILVERSNEAKERS® 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.

SilverSneakers® Schedule

M/W/F	10-10:55 AM	Classic	Buck
Tu/Th	10-10:55 AM	Classic	Lone Tree
Tu/Th	10:30-11:25 AM	Classic	Goodson
Tu/Th	11-11:55 AM	Classic	Buck
M	11:30 AM-12:25 PM	Classic	Lone Tree
M/W/F	11:30 AM-12:25 PM	Classic	Goodson
Tu/Th	11:30 AM-12:25 PM	Classic	Sheridan
M/W/F	11:05-11:50 AM	Yoga	Buck
Tu/Th	11:05-11:50 AM	Yoga	Lone Tree
M/W/F	12:30-1:15 PM	Yoga	Goodson
Th	9:30-10:20 AM	Circuit	Goodson
Tu	10-10:55 AM	Circuit	Buck
M/W	10:30-11:25 AM	Circuit	Lone Tree
Tu	9:30-10:25 AM	Cardio	Goodson
Th	10-10:55 AM	Cardio	Buck

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. Call 303.730.4609. Scores are posted at 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

Th Apr 5, May 3, F, Jun 1 10 AM - 2 PM BRC

Th Apr 12, May 10, Tu, Jun 19 10 AM - 2 PM 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.

Thu Apr 12, May 10, Jun 14 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.

Fri Apr 20, May 18, Jun 15 1 - 2:30 PM GRC

Fri Apr 13, May 11, Jun 8 10 - 11:30 AM Hub

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.

Tue Apr 17, May 15, Jun 19 10:30 - 11:30 AM GRC

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

6307

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.

STAFF CONTACT INFORMATION

Nikki Crouse, Active Adult Coordinator
303.730.4609 nikkic@sspr.org

Lisa Rendon, Trips & Tours Coordinator
303.730.4606 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

Denver Center Performing Arts Complex Tour

Take a backstage tour and see the theater from the performer's perspective. Get a behind the scenes look at the performing arts with a tour of the Ellie Caulkins Opera House, Boettcher Concert Hall and Temple Hoyne Buell Theatre. See where the costumes are made and how the stage comes to life. This tour involves a lot of walking. After the tour we will enjoy lunch at Bubba Gump Shrimp Co. at your own expense.

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

Resident: \$36; Nonresident: \$43

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

4/6 Fri 9 AM-2:15 PM Denver 713024

Dusty Rose Tea Room

The Dusty Rose Tea Room, located in historic Georgetown, offers a charming Victorian experience. Relish in a completely different tea experience than any other tea room in the world. All of the pastries and savories are baked on site, from scratch. After tea, enjoy an hour in historic Georgetown.

Exertion Level: 2 **Register/Cancel by:** 3/28

Resident: \$72; Nonresident: \$86

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

4/12 Thu 11:45 AM-5:30 PM Georgetown 718914

Peterson Air And Space Museum

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

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

Resident: \$28; Nonresident: \$34

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

4/13 Fri 7:45 AM-3:15 PM Colorado Springs 719964

Always...Patsy Cline

Boulder Dinner Theater

"Always...Patsy Cline" is based on the true story of Patsy Cline's friendship with Houston housewife Louise Seger. Having first heard Cline on "The Arthur Godfrey Show" in 1957, Seger became an immediate and avid fan of Cline's and she constantly hounded the local disc jockey to play Cline's records on the radio. In 1961, when Cline went to Houston for a show, Seger and her buddies arrived about an hour-and-a-half early and, by coincidence, met Cline who was traveling alone. The two women struck up a friendship that lasted until Cline's untimely death in a plane crash in 1963.

Exertion Level: 2

Register/Cancel by: 4/1

Resident: \$81; Nonresident: \$98

65+ Resident: \$68; 65+Nonresident: \$81

4/15 Sun 11:15 AM-6 PM Boulder 716354

Fairmount Cemetery

Denver History Tours

The first cemeteries in the Denver area were meant to be beautiful gardens, but did not reach the elegance they hoped. In the end, they were overwhelmed by the spreading city, so Denver looked beyond its burgeoning borders. The oasis they created succeeded in all their hopes, becoming a place of tranquility for the living and a place of honor for the dead. Today, Fairmount Cemetery holds many of the region's luminaries, with stories of the noble and ignoble among us. Join Denver History Tours for an exploration of the grounds for those who've gone before us and the stories they've left behind. Not all are famous, and some are even unlikable, but they still have something to share. We'll even walk the quiet lanes in a few places. Join us for a translation of the tales frozen in stone. Please bring money for lunch. This trip is not wheelchair accessible.

Exertion Level: 2-3

Register/Cancel by: 4/8

Resident: \$47; Nonresident: \$56

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

4/16 Mon 10 AM-3 PM Denver 728434

The Who's Tommy

Denver Center for the Performing Arts

After a traumatic incident, young Tommy retreats from the world around him. But a newfound talent for pinball introduces him to the fame and fortune of success. Tommy and his family give new voice to The Who's iconic 1969 concept album as they navigate the troubles and joys of being alive.

Exertion Level: 2-3

Register/Cancel by: 4/1

Resident: \$56; Nonresident: \$67

65+ Resident: \$46; 65+Nonresident: \$56

4/24 Tue 6:30 PM-10:30 PM Denver 728434

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:** 4/12

Resident: \$40; Nonresident: \$48

65+ Resident: \$34; 65+Nonresident: \$40

4/27 Fri 10:30 AM-3:30 PM Denver 719864

Bonnie Brae Neighborhood

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. Please bring money for lunch. This trip is not wheelchair accessible.

Exertion Level: 2-3 **Register/Cancel by:** 4/23

Resident: \$47; Nonresident: \$56

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

5/1 Tue 10 AM-3 PM Denver 717745

Sunday in the Park with George

Arvada Center for the Arts and Humanities

This stunning masterpiece merges past and present into beautiful, poignant truths about life, love and the creation of art. The story spanning over a century begins in 1884 with George Seurat who is struggling to balance his extreme natural tendencies of artistic sensitivity and logical construction. Then story skips ahead, a century later, to Seurat's great-grandson, George who is also an artist. Present-day George is frustrated as he searches for his artistic path only to find the answer to his future is in the past.

Exertion Level: 2 **Register/Cancel by:** 4/10

Resident: \$68; Nonresident: \$81

65+ Resident: \$56; 65+Nonresident: \$68

5/2 Wed 12 PM-4:45 PM Arvada 728415

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

Register/Cancel by: 4/25

Resident: \$76; Nonresident: \$91

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

5/10 Thu 7:30 AM-5 PM Canon City 717715

Bee Squared Apiaries

Honey bees are the most beneficial insects on the planet. Learn why bees are so cool from a physiological and social standpoint in a classroom setting, then we'll head out to the bee yard to check out a real hive! Learn what you can do to help honey bees and enjoy some honey, too. Lunch is at Trailhead Cafe at your own expense.

Exertion Level: 3

Register/Cancel by: 4/25

Resident: \$32; Nonresident: \$38

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

5/17 Sat 9 AM-3 PM Berthoud 728185

Strawberry Festival Antique Show

St. Vrain Historical Society's annual festival. Fresh strawberries bring people to this annual event which also features a large antique show. More than 80 dealers from all over Colorado display collectible pottery, china, quilts, jewelry and more. Enjoy strawberry short cake with freshly whipped cream and other treats at your own expense. Bring \$5 cash for admission fee. This trip is not wheelchair accessible.

Exertion Level: 2

Register/Cancel by: 5/3

Resident: \$24; Nonresident: \$29

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

5/19 Sat 10 AM-4 PM Longmont 716145

Georgetown Loop Railroad

All aboard! Ride a diesel locomotive through the beautiful Colorado mountains. Enjoy the scenery and look for some wild animals! We will ride in a train car with an open cab. Please wear sunscreen. Lunch is on your own in downtown Georgetown.

Exertion Level: 3

Register/Cancel by: 5/14

Resident: \$63; Nonresident: \$76

65+ Resident: \$53; 65+Nonresident: \$63

5/29 Tue 11 AM-5 PM Georgetown 718895

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.

Day in Manitou Springs

"Manitou" is a Native American word for "spirit"! Spend a day in the historic district lined with unique art galleries, one of a kind gift shops and trading posts with handcrafted Native American treasures. Lunch is at your own expense. Choose from one of the many locally owned restaurants.

Exertion Level: 3 **Register/Cancel by:** 5/23

Resident: \$30; Nonresident: \$36

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

5/31 Thu 9 AM-5 PM Manitou Springs 719335

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 is in Estes Park at your own expense. Transportation only.

Exertion Level: 3 **Register/Cancel by:** 5/17

Resident: \$32; Nonresident: \$38

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

6/1 Fri 9 AM-5 PM Estes Park 728426

Pikes Peak Cog Railway

Enjoy a safe, comfortable and relaxing journey to the summit of majestic Pikes Peak at 14,110 feet. From the mountain top, it's possible to see four states, the snow-covered peaks of the Continental Divide, the cities of Denver, Manitou Springs, Colorado Springs and the historic gold camps of Cripple Creek and Victor. Lunch is at Edelweiss at your own expense (\$8-\$12).

Exertion Level: 3 **Register/Cancel by:** 5/21

Resident: \$76; Nonresident: \$92

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

6/11 Mon 8:45 AM-6 PM Colorado Springs 713946

THANK YOU

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

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.

Greek Festival

Tour Assumption Greek Orthodox Cathedral and learn the 100-year history. Listen to Greek music and purchase great authentic Greek food as you spend a leisurely day at this historic Denver site. Transportation only, admission is \$3 for seniors, bring cash.

Exertion Level: 3 **Register/Cancel by:** 5/31

Resident: \$16; Nonresident: \$20

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

6/15 Fri 10:30 AM-3 PM Denver 712356

The Book of Mormon

Denver Center for the Performing Arts
Back by popular demand, The New York Times calls it "the best musical of the century." *The Washington Post* says, "It is the kind of evening that restores your faith in musicals." And *Entertainment Weekly* says, "Grade A: the funniest musical of all time." Jimmy Fallon of "The Tonight Show" calls it "Genius. Brilliant. Phenomenal." It's *The Book of Mormon*, the nine-time Tony Award-winning Best Musical. This outrageous musical comedy follows the misadventures of a mismatched pair of missionaries, sent halfway across the world to spread the Good Word. Now with standing room only productions in Australia, London, on Broadway, and across North America, *The Book of Mormon* has truly become an international sensation. Contains explicit language.

Exertion Level: 2 **Register/Cancel by:** 4/29

Resident: \$93; Nonresident: \$112

65+ Resident: \$78; 65+Nonresident: \$93

6/19 Tue 6:30 PM-10:30 PM Denver 716986

Colorado Rockies Baseball Game

Rockies vs. Mets

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:** 6/6

Resident: \$37; Nonresident: \$44

65+ Resident: \$31; 65+Nonresident: \$37

6/21 Thu 12 PM-5:30 PM Denver 710676

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 Cinzetti's at your expense.

Exertion Level: 3 **Register/Cancel by:** 6/14

Resident: \$26; Nonresident: \$31

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

6/29 Fri 8:45 AM-3 PM Greeley 719796

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

Los Dos Potrillos II

Enjoy exceptional Mexican food. Try something new like the chili relleno nachos or choose from an extensive menu featuring many favorite Mexican dishes.

Exertion Level: 2 **Register/Cancel by: 3/29**
4/4 Wed 11 AM-2 PM Littleton 717294

Buckhorn Exchange

Rich in Colorado history, Denver's oldest restaurant has been serving up a unique menu of wild game and steak in a rustic elegant, old west atmosphere for over 100 years. Lunch on your own.

Exertion Level: 2 **Register/Cancel by: 4/5**
4/20 Fri 11 AM-2 PM Denver 717434

Duke's Steahouse

Known for the finest quality perfectly aged steaks but you can choose from a wide selection of dinner entrees, burgers, and seafood.

Exertion Level: 2 **Register/Cancel by: 4/23**
5/8 Tue 10:30 AM-1:30 PM Castle Pines 717405

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
4/9	Pine Valley Ranch Park	707414	4	9 AM - 4 PM	R: \$21 NR: \$25	R: \$17 NR: \$21	4/2
4/23	Lincoln Mountain Open Space	709684	5	8 AM - 4 PM	R: \$25 NR: \$30	R: \$21 NR: \$25	4/16
5/7	Eldorado Canyon State Park	707485	4	8 AM - 4 PM	R: \$20 NR: \$24	R: \$24 NR: \$28	4/30
5/21	Calhan Paint Mines	707095	4	8 AM - 5 PM	R: \$31 NR: \$37	R: \$26 NR: \$31	5/14
6/4	Lory State Park	707816	4-5	8 AM - 5 PM	R: \$31 NR: \$37	R: \$26 NR: \$31	5/28
6/18	Rabbit Mountain Open Space	707596	4	8 AM - 5 PM	R: \$27 NR: \$32	R: \$22 NR: \$27	6/11

Cherry Creek Trail Excursion

Walk portions of the Cherry Creek Trail in 5-6 mile increments from Franktown to Confluence Park in Denver.

Exertion Level: 4 **Register/Cancel by: 4/30**
Resident: \$45; Nonresident: \$50
5/9-5/30 Wed 8 AM-12 PM Denver 707235

5281 Steak, Salad and Seafood

One of Morrison's newest restaurants. 5281 is a great local neighborhood steakhouse known for its famous green chili. Want something unique? Try the green chili mussels. Enjoy steak, seafood or sandwiches. Select from several salads or build your own.

Exertion Level: 2 **Register/Cancel by: 5/9**
5/24 Thu 11 AM-2 PM Morrison 717655

Clancy's Irish Pub

Established in 1973, Clancy's Irish Pub is Colorado's oldest and longest running Irish Pub, serving the greater Wheat Ridge and Denver communities with exceptional food and drinks. Chef Desmond has created a from-scratch restaurant concept, serving traditional Irish fare such as shepherd's pie, fish and chips, and bangers and mashed.

Exertion Level: 2 **Register/Cancel by: 5/24**
6/8 Fri 11AM-2 PM Wheat Ridge 710456

Toni Rigatoni's Italian Kitchen

Savor abundant classic Italian entrees in a quaint western town. Tony Rigatoni's Italian Kitchen prides itself in its flavor-rich, widely acclaimed menu. Serving everything from multi-award winning Chicken Cara Mia, to popular pizzas and calzones, to savory seafood dishes and delectable salads. The stuffed mushroom and mussel appetizers are second to none.

Exertion Level: 2 **Register/Cancel by: 6/10**
6/25 Mon 11 AM-2 PM Morrison 715456

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: sun screen, 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



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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.

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!