

A close-up photograph of an elderly couple smiling warmly. The woman on the left has short blonde hair and is wearing a bright orange jacket and a thick white scarf. The man on the right has grey hair and is wearing a green jacket, a colorful striped scarf, and white gloves with colorful heart patterns. They are outdoors with a blurred background of autumn foliage.

# Active at any Age

THURSDAY LUNCHES

BRECKENRIDGE SNOW SCULPTURES

MOTOWN  
THE MUSICAL



DANCE CLASSES

TAI CHI

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



South Suburban  
PARKS AND RECREATION

<b>Recreation Centers</b>	<b>Douglas H. Buck Community Recreation Center</b> 2204 W. Powers Avenue, Littleton 303-797-8787	<b>Goodson Recreation Center</b> 6315 S. University Blvd., Centennial 303-798-2476	<b>Lone Tree Recreation Center</b> 10249 Ridgeway Circle, Lone Tree 303-708-3500	<b>Sheridan Recreation Center</b> 3325 S. Oxford Ave, Sheridan 303-761-2241
Gymnasium	✓	✓	✓	✓
Fitness studio	✓	✓	✓	✓
Dance studio		✓		
Running track	16 laps per mile	10 laps per mile	12 laps per mile	
Babysitting services	✓	✓	✓	
Rentable craftrooms	✓	✓	✓	✓
Performing arts stage	✓		✓	
Wet crafts room	✓	✓	✓	
Creativity lab				✓
Commercial kitchen	✓			
Lounge	Billiards, paperback library, craft sales			Billiards, table games
Gymnastics		✓		
Pickleball courts	2	2	2	3
Racquetball courts		✓	✓	✓
Swimming pool	25-yard, 3 lanes	25-meter, 6 lanes	25-yard, 3 lanes	
Therapy pool	✓			
Hot tub	✓	✓	✓	
Family changing rooms	✓	✓	✓	
Steamrooms	✓	✓		
Leisure pool with lazy river	✓		✓	
Drop-in fitness classes	✓	✓	✓	✓
Free weights	✓	✓	✓	✓
Circuit equipment	✓	✓	✓	✓
Cardio equipment	Stair steppers, upright bikes, treadmills, recumbent bikes, rowing machines, cross- trainers, elliptical machines	Stair steppers, upright bikes, treadmills, recumbent bikes, rowing machines, cross- trainers, elliptical machines	Stair steppers, upright bikes, treadmills, recumbent bikes, rowing machines, cross- trainers, elliptical machines	Stair steppers, upright bikes, recumbent bikes, treadmills, rowing machines, elliptical machines

## STAFF CONTACT INFORMATION

Michelle Collette, Active Adult Coordinator • 303-730-4609 michellec@sspr.org

Lisa Rendon, Trips & Tours Coordinator • 303-730-4606 lisar@sspr.org

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



## 3 WAYS TO REGISTER

Online at [www.sspr.org](http://www.sspr.org) • Phone in 303-347-5999 • Walk In to Buck, Goodson or Lone Tree Recreation Centers

A South Suburban ID Card is required when registering or using facilities in the District. Obtain ID with proof of residency. Cost is \$4 for 2-year period. Registration will begin on Monday, December 1st.

## 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.



# SPECIAL EVENTS AND ACTIVITIES

## Coffee & Chats

Come hear from different community organizations, enjoy light refreshments and spend time socializing with others.

2nd Tuesday of month	11:45am-12:45pm	Goodson
Last Tuesday of month	11:15am-12:15pm	Lone Tree

## Happy Hooks & Needles

Join our crochet and knitting group. Some supplies provided. Meet new people and make a worthwhile project.

Tuesday	10-11:30am	Buck
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## Afternoon Movie Club

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

Nonresident: \$1.25; Resident \$1R

Dates	Time	Location	Class
Jan 8	1-3pm	Buck	705651
Feb 5	1-3pm	Buck	705652
Mar 5	1-3pm	Buck	705653

## 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. Reserve/cancel by Tuesday, 1pm. Call 303-730-4605 to make a reservation. Doors open 11:30 am, lunch served at 12 noon. Lunch menu available online at [www.sspr.org](http://www.sspr.org). Nonresident: \$6.75; Resident: \$5.75

Dates	Time	Location
Thursday	12-1pm	Buck

# RESOURCES

## Senior Tax Rebate Program

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

## Littleton Handyman Program

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

## Medical Loan Closet

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

# GAMES

## Drop in bridge

No partner necessary  
Nonresident: \$1.25; Resident \$1

Dates	Time	Location
Tues & Thurs	12:30pm	Buck

## Drop-In Duplicate bridge

For beginner and intermediate players. Bring your partner and enjoy an afternoon of duplicate bridge. Drop-in pairs are welcome. Play starts promptly at 12:30 pm. For more information call 303-730-4609. Nonresident: \$1.25; Resident \$1

Dates	Time	Location
Tues	12:30pm	Lone Tree

## Duplicate bridge

Play starts promptly at 12:30 pm Need a partner? Call 303-730-4609. [www.ssprbridge.com](http://www.ssprbridge.com)  
Nonresident: \$1.25; Resident \$1

Dates	Time	Location
Wed	12:30pm	Buck
Fri	12:30pm	Lone Tree

## Sanctioned ACBL Duplicate Bridge

Earn master points. To confirm your place, arrange a partner, or for further questions call Director, Sue Bauer, at 303-641-3534. Play starts promptly at 12:30pm  
Nonresident: \$1.75; Resident \$1.50

Dates	Time	Location
Mon	12:30pm	Lone Tree

## Mah Jongg

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

Dates	Time	Location
Wed	1-3pm	Buck

## Poker

Know when to hold'em and when to fold'em. Bring your coins and play a fun hand of poker with other enthusiasts.  
Nonresident: \$1.25; Resident \$1

Dates	Time	Location
Fri	12:30-3pm	Buck

## Wii

Check out this fun and challenging video game. Bowling is the featured game or try your hand at other games.  
Nonresident: \$1.25; Resident \$1

Dates	Time	Location
Fri	10am-12pm	Buck

## Pinochle

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

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

# BRIDGE CLASSES

## Play of the Hand

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

### Mondays

Nonresident: \$100; Resident: \$84

Dates	Time	Location	Class
Feb 2 - Mar 23	12:30-2:30pm	Buck	704792

## Standard Bidding Techniques

This class is designed to help find the Golden Fit, get to the best contract, and learn current refinements in bidding. Class is for beginning bridge players or to help active players establish a strong current technique foundation. We will cover card play, hand evaluation, Golden games, scoring, and bidding, including opening bids, responses, rebids, overcalls, and advances. Recommended book: "Bidding in the 21st Century", part of the ACBL Bridge Series (2008 or later edition).

### Wednesdays

Nonresident: \$100; Resident: \$84

Dates	Time	Location	Class
Feb 4- Mar 25	12:30-2:30pm	Lone Tree	705852

## Bridge Defense

Learn the best strategies for leads, card play in each seat, defensive signaling, establishing an approach with partner and how to interfere with declarer's plans. Recommended book: "Defense in the 21st Century", part of the ACBL Bridge Series (2007 or later edition).

### Thursdays

Nonresident: \$100; Resident: \$84

Dates	Time	Location	Class
Feb 5- Mar 26	1-3pm	Goodson	705862

# YOUR AD HERE

Advertise in this space and reach your target audience!  
Ask about our special packages! Advertise in the next issue of the  
Active at Any Age. Information available at 303-730-4609.

# SPECIALTY CLASSES

## AARP Smart Driver Course

A driver improvement course specially designed for motorists age 50 and older. Call 303-730-4605 to register. Fee payable on first day of class. Cash or check to AARP.

### Wednesday & Friday

\$15 AARP /\$20 AARP Non-Member

Dates	Time	Location	Class
Jan 28	8am-12pm	Lone Tree	705071
Mar 27	8am-12pm	Buck	705083

## Continuing Intermediate Spanish

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

### Wednesdays

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

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

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

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

Dates	Time	Location
Wed	9-10:30am	Buck

## Unlocking Social Security

Learn little known claiming strategies that can potentially have a major impact in retirement. We will cover income limitations if you retire early, spouse, ex-spouse and survivor benefits, delayed retirement credits and file and suspend strategies.

### Wednesday

Nonresident: \$18; Resident: \$15R

Dates	Time	Location	Class
Jan 14	6:30-8pm	Buck	704021
Mar 11	6:30-8pm	Buck	704023

## Retirement Planning

The simple principles explained in the this workshop will help you focus on important details towards achieving a more financially secure retirement.

### Thursday

Nonresident: \$18; Resident: \$15R

Dates	Time	Location	Class
Jan 15	6:30-8pm	Buck	705601
Mar 12	6:30-8pm	Buck	705603

## Life Reimagined-Discover Your Life Possibilities

Life Reimagined is a new way of thinking about what's next in your life. A powerful step-by-step approach to help you discover possibilities, prepare for change, and make your ideas real - whether you're focused on work, health, relationships, or finally pursuing your passion. Be empowered with guidance, tools, and connections, both online and in person, to plan your next move.

### Saturday

Nonresident: \$15; Resident: \$12

Dates	Time	Location	Class
Jan 31	9-11am	Buck	703501
Feb 7	9-11am	Lone Tree	703512

# FREE EDUCATIONAL PRESENTATIONS

## Medicare

At American Republic we believe folks should 1) Be informed 2) Be Smart and 3) Be secure in their choices about how and what care they receive when an illness or accident occurs. Medicare recommends that everyone review their Medicare coverage at least every two years. Presented by American Republic Insurance

**Thursday**

Free

Dates	Time	Location	Class
Jan 22	1-2pm	Buck	705751

## Acupuncture

Learn what issues can be helped by acupuncture or why acupuncture is beneficial. Join Dr. Lixin from Lixin Acupuncture Clinic as he answers these questions and more!

**Thursday**

Free

Dates	Time	Location	Class
Feb 12	1-2pm	Buck	705702

# ARAPAHOE COUNTY COUNCIL ON AGING SPEAKERS SERIES

Join us for the new ACCOA Speakers Bureau series!

## Angels Everywhere

Raise awareness of the many forms and ways in which angels are presented to us and touch our lives. Miracles and coincidences are happening to us all of the time. Presented by Sister Georgetta Quinlan, BVM

**Wednesday**

Free

Dates	Time	Location	Class
Jan 21	11am-12pm	Buck	703451

## Common Frauds & Scams

The session covers common frauds against people of all ages, including cybercrimes, solicitation, extortion scams and current trends. Presented by Barbara Martin-Wroley, Director, Consumer Protection division of the 18th Judicial District Attorney's Office.

**Wednesdays**

Free

Dates	Time	Location	Class
Feb 18	11am-12pm	Buck	703482

## Laugh Together

Evidenced based facts about the healthy benefits of laughter, including reducing stress and blood pressure, are shared. Ideas for regularly incorporating laughter and play throughout one's day are provided by the Kaiser Permanente group. Presented as a Laughaceutical Workshop by the Kaiser Permanente group.

**Monday**

Free

Dates	Time	Location	Class
Mar 9	11am-12pm	Buck	703533

# LUNCH AND LEARN SERIES

## Free Lunch N Learns - Retirement Planning Solutions - Ways to Protect Your Assets WITHOUT Long Term Care Insurance.

Outliving your assets and having a medical crisis are 2 major concerns of retirees. If you have a medical emergency, this free and informative seminar with pre-planning solutions and strategies will help you have control and choices of where your care is provided. The new laws and strategies can help your family provide solutions for care without long term care insurance.living options.

**Mondays**

Free

Dates	Time	Location	Class
Jan 26	11am-12:30pm	Buck	703551
Feb 23	11am-12:30pm	Lone Tree	703562
Mar 23	11am-12:30pm	Buck	703553

# CAN WE TALK?

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

## Questions & Answers

Question & Answer with a Doctor for all your health issues. There is always a natural alternative for any disease process; now find out what you can do to allow your body the opportunity of health and well-being. Hear how simple health and well-being can be achieved and maintained.

**Tuesday**

Free

Dates	Time	Location	Class
Jan 13	12:15-1:15pm	Buck	703151

## Allergies & Sinusitis

What causes your allergies? And those sinuses: just what good are they? How do your sinuses work and what is their role? Learn how to relieve the pressure and how to get them on their way to being healthy while alleviating symptoms the natural way.

**Tuesday**

Free

Dates	Time	Location	Class
Jan 20	12:15-1:15pm	Buck	703221

## Osteoporosis

Do you know that exercise and diet will improve bone strength? And how you can optimize bone health even more. There are many environmental agents that contribute to bones brittleness. Empower yourself to do all you can to keep your bones at an optimum.

**Tuesday**

Free

Dates	Time	Location	Class
Feb 10	12:15-1:15pm	Buck	703232

## Insomnia

If you are having trouble getting to sleep, or awakening and not being able to get back to sleep, you may want to explore your options for a better night's sleep.

### Tuesday

Free

Dates	Time	Location	Class
Feb 17	12:15-1:15pm	Buck	703202

## Alzheimer's & Dementia

Did you know that your brain uses 30% to 40% of all the energy produced in the body? Learn how to feed your brain properly and keep it operating optimally.

### Tuesday

Free

Dates	Time	Location	Class
Mar 10	12:15-1:15pm	Buck	703243

## Computer Discovery

Learn more about how to use your computer in this friendly and open environment. Bring your lap top, tablet or whatever you have. Question and answer time after each presentation.

### 2nd & 4th Fri of month

Nonresident: \$6; Resident: \$5R

### I Got a New Computer, Now What?

Dates	Time	Location	Class
Jan 9	1-3pm	Buck	700051

### Basic Computer Skills

Dates	Time	Location	Class
Jan 23	1-3pm	Buck	700031

### Email Essentials

Dates	Time	Location	Class
Feb 13	1-3pm	Buck	701512

### Microsoft Word Basics

Dates	Time	Location	Class
Feb 27	1-3pm	Buck	700902

### Skype

Dates	Time	Location	Class
Mar 13	1-3pm	Buck	700363

### How to Use Facebook

Dates	Time	Location	Class
Mar 27	1-3pm	Buck	701363

## MAC WORKSHOPS

Join Kristi ZumBrunnen from KTech Consulting to learn all about your Mac products!

## iPhone/iPad

iPhone/iPad will take you into the depths and the features and functions of iOS 8. This class is appropriate for all users who want to understand the features, settings and tips and tricks of the iPhone/iPad.

### Wednesday

Dates	Time	Location	Class
Jan 7	1-4pm	Buck	701561

## Safari and Online Safety for your Family!

Dig into the specific features and functions of Safari, Apple's native internet browser. We will discuss online security and safety for adults and kids. Learn features and settings of Safari, internet searching, general internet safety and how to keep your family safe online.

### Wednesday

Dates	Time	Location	Class
Feb 4	1-4pm	Buck	701272

## Photos on your Mac!

Topics will include settings and preferences, navigating, managing, organizing, and sharing photos. Apple has introduced a whole new way to work with Photos on your Mac!!

### Wednesday

Dates	Time	Location	Class
Mar 4	1-4pm	Buck	701143

## Digital Camera-

Select and operate a digital camera, print photos without a computer, interfacing the camera or photo storage card with your computer, enhancing your photos, and storing, printing, and emailing selected photos. Bring your camera and manual to class. Laptops also welcome.

### Tuesday

Dates	Time	Location	Class
Jan 13	9am-12pm	Buck	702551
Feb 17	9am-12pm	Buck	702552
Mar 17	9am-12pm	Buck	702553



# ARTS AND ENRICHMENT

## Watercolors Techniques

Explore paint mixing and brushwork technique led by an exceptional artist in a friendly setting. No experience necessary. Supply list online and on receipt.

Supplies to be purchased by students at Hobby Lobby or Meininger's (preferably not Michael's).

### Wednesdays

Nonresident \$56; Resident \$50

65+ Nonresident \$42; Resident \$37

Dates	Time	Location	Class
Jan 7-28	12:30-2:30pm	Buck	400351
Feb 4-25	12:30-2:30	Buck	400352
Mar 4-18	12:30-2:30	Buck	400353

## The Basics of Drawing

Learn how to draw by learning how to see! Learn the basics of line, texture, shading and perspective. Use a variety of mediums including graphite, charcoal, pastels and ink. All levels of experience welcome. All materials provided.

### Fridays

Nonresident \$52; Resident \$48

Dates	Time	Location	Class
Jan 9-23	3:30-5:30pm	Buck	400171
Feb 6-20	3:30-5:30pm	Buck	400172
Mar 6-20	3:30-5:30pm	Buck	400173

## Silver Stage Theater

Learn or re-learn the basics of acting, storytelling and readers theater. Develop skills while having fun.

### Saturdays

Nonresident \$54; Resident \$52

Dates	Time	Location	Class
Jan 10-31	9-11am	Buck	396781

## Adult Ballet Barre

Low impact, graceful movement at the barre develops the strength, stamina, coordination and balance of a dancer. Half the class is work at the barre. Then we move center room to learn some simple turns and jumps and a choreographed dance. All levels of experience welcome.

### Fridays

Nonresident \$44; Resident \$38

65+ Nonresident \$37; Resident \$32

Dates	Time	Location	Class
Jan 9-Feb 13	1-2pm	Buck	402001
Feb 20-Mar 20	1-2pm	Buck	402002

## Musical Theater Jazz Dance

Learn dance techniques and vocabulary while interpreting songs from Broadway or movie musicals. All levels welcome.

### Thursdays

Nonresident \$45; Resident \$39

Dates	Time	Location	Class
Jan 8-Feb 12	7-8pm	Buck	396841
Feb 19-Mar 19c	7-8pm	Buck	396842

## Watercolors

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

Nonresident: \$32; Resident: \$26

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

Dates	Time	Location	Class
<b>Monday - Monthly</b>			
Jan, Feb, Mar	12:30pm-2pm	Buck	70602
<b>Tuesday - Monthly</b>			
Jan, Feb, Mar	12:30pm-2pm	Buck	70601

## Decorative Ceramics

Light color, brush strokes and technique instruction in an inviting, social environment. Register for this class by the month or drop in weekly! (Please note: No wheels or clay building)

### Tuesday - Monthly

Nonresident: \$27; Resident: \$25

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

Drop-in fee: Nonresident: \$6.50; Resident: \$5

Dates	Time	Location	Class
Jan, Feb, Mar	9:30am-12pm	Buck	70607

## Line Dance

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

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

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

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

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

### Beginner

Dates	Time	Location
Jan, Feb, Mar	1:30-2:25pm	Tues. Lone Tree; Buck Wed.

### Intermediate/Advance

Dates	Time	Location
Jan, Feb, Mar	2:30-3:25pm	Tues. Lone Tree; Buck Wed.

## Active Adult Tap Dance

Join us for instruction including flaps, shuffles and the shuffle-ball change, combining them into simple routines.

### Mondays

Monthly: Nonresidents: \$26; Residents: \$22

65+: Nonresidents: \$22; Residents: \$18 R

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

65+: \$5.50 / \$4.50 R

### Beginners

Dates	Time	Location	Class
Jan, Feb, Mar	9:30am-12pm	Buck	70367

### Intermediate

Jan, Feb, Mar	10-11am	Buck	70365
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## Advanced Active Adult Tap Dance

\*Prerequisites required. Please contact 303-730-4609 for more information.

### Fridays

Monthly: Nonresidents: \$35; Residents: 31  
65+: Nonresidents: \$31; Residents: \$27  
Drop-in fee: Nonresidents: \$8.75; Residents: \$7.75 R  
65+: Nonresidents: \$7.75; Residents: \$6.75 R

Dates	Time	Location	Class
Jan, Feb, Mar	10:30am-12pm	Buck	

# HEALTH AND WELLNESS SECTION

## Heel Your Feet

Foot care or reflexology by Kirsten Antony, registered nurse and certified reflexologist. Foot care includes toenail trimming, filing and massage. Reflexology includes a 20 min stress release with holistic touch. Appointments required, call 303-730- 4605. Please indicate which service you desire.

### Thursdays

Nonresident: \$28; Resident: \$25

Dates	Time	Location
Jan 8, Feb 5, Mar 5	10am-2pm	Buck
Jan 15, Feb 12, Mar 26	10am-2pm	Goodson

## Blood Pressure Checks

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

### 2nd Thurs of month

FREE

Time	Location
11am-12pm	Buck

## Low Vision Support Group

Meet with others facing similar vision loss challenges to problem solve, gain support and socialize. Sponsored by American Council of the Blind 303-831- 0117.

### 2nd Thurs of month

FREE

Time	Location
1-3pm	Buck

## 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

Dates	Time	Location
Jan 20	7-9:30am	Lone Tree
Jan 21	7-9:30am	Goodson
Jan 22	7-9:30am	Buck
Jan 23	7-9:30am	Family Sports

## Massage

What a deal! One of the lowest prices for massage in the South Metro Area. 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 for Goodson.  
1 hour: \$65/\$55R, 1/2 hour: \$43/\$35R, Hot Stone: \$75/\$65R

## Weigh and Win

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

# 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.

## Senior and Adult Weight Training

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

### Monthly

Nonresident: \$51; Resident: \$40  
65+: Nonresident: \$43; Resident: \$30

Dates	Time	Location	Class
Mon & Wed	10:15-11:30am	Buck	52017
Tues & Thurs	8:45-10am	Goodson	54220
Tues & Thurs	9:30-10:45am	Goodson	54221
Mon & Wed	10-11:15am	Lone Tree	56225

## StrongWomen Program

Evidence-based, strength-training serves all women. Reduce risk of osteoporosis and improve bone health at any age.

### Tuesday & Thursday, 8 weeks

Nonresident: \$54; Resident: \$49

Dates	Time	Location	Class
Feb 10-Apr 2	1pm-2pm	Buck	520202

## Water Yoga

Performed in therapy pool, suitable for adults who have always wanted to try yoga, but have difficulty holding traditional poses. Aids in circulation, rehabilitation and reduction of stress.

### Tuesday

Nonresident: \$45; Resident: \$37

Dates	Time	Location	Class
Monthly	4pm-5pm	Buck	52138



## Cancer Fit

This bi-weekly group exercise class focuses on flexibility, balance, strength training and cardiovascular work with an exercise physiologist trained specifically to work with adult cancer survivors. Receive personalized fitness assessments and a 6-month pass to the recreation center. For more information please call 303-483-7089.

**Tuesday & Thursday**  
\$360

Dates	Time	Location	Class
6 Months	1:15-2:30pm	Goodson	54093

## Personal Training

Personal training provides safe, effective workouts designed for each individual's needs and goals. All of our trainers are nationally certified or have earned a four-year degree and possess a variety of experience and backgrounds in the fitness industry. If you are looking for weight loss, toning, adding muscle or improving your health, our personal trainers will help you achieve your goals.

1 session:	\$55/\$45R
3 sessions:	\$150/\$120R
5 sessions:	\$240/\$190R
10 sessions:	\$465/\$365R

## SilverSneakers®

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

## SilverSneakers® Orientations

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

Buck	1st Wed of Month	9am
Goodson	1st Th of Month	10:30am
Lone Tree	1st Mon of Month	9:15am

## 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® 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® 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.

9:30-10:20 am	Th	Circuit	Goodson
9:30-10:25 am	Tu	Cardio	Goodson
10-10:55 am	Tu, Th	Circuit	Buck Ctr
10-10:55 am	M, W, F	Classic	Buck Ctr
10-10:55 am	Tu, Th	Classic	Lone Tree Ctr
10:30-11:25 am	F	Cardio	Lone Tree Ctr
10:30-11:25 am	Tu, Th	Classic	Goodson
10:30-11:25 am	M, W	Circuit	Lone Tree Ctr
11:05-11:55 am	M, W, F	Yoga	Buck Ctr
11:05-11:55 am	Tu, Th	Yoga	Lone Tree Ctr
11:30am-12:25 pm	M, W, F	Classic	Goodson
11:30am-12:25 pm	M, W	Classic	Lone Tree Ctr
11:30am-12:25 pm	Tu, Th	Classic	Sheridan
12:30-1:15 pm	M, W, F	Yoga	Goodson

## ADULT SPORTS SECTION

### Silver Skates Skating Sessions

SSIA	Mar 2-Aug 31	11:45am-12:45pm	Mondays
40+	\$5.25/\$3.50R		

### Pickleball

Pickleball is a fun and social game that combines elements of tennis, ping-pong and badminton. This game is perfect for all ages, easy to learn and provides a great physical workout! Available at all 4 recreation centers

## AVOID SLIPS AND FALLS THIS WINTER

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

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

# WINTER 2015 TRIPS AND TOURS

DAY	DATE	TRIP	CLASS	PAGE
Sat	Jan 3	Voodoo Comedy Playhouse	719561	11
Tues	Jan 6	Denver Art Museum: Cartier	710701	11
Thurs	Jan 8	English Teacup	710701	11
Sat	Jan 10	Snowshoe: Snow Mtn Ranch	707271	15
Sun	Jan 11	Brunch at the Garden Terrace	711021	11
Mon	Jan 12	JLB: Beau Jo's	717251	14
Wed	Jan 14	Lifetime Candles	719581	11
Mon	Jan 19	Snowshoe: Breckenridge	707501	15
Tues	Jan 20	Five Points: The Cradle of Jazz	719591	11
Thurs	Jan 22	National Western Stock Show	715271	11
Mon	Jan 26	Hot Chocolate Tour	719601	11
Tues	Jan 27	JLB: Casa Bonita	717331	14
Mon	Feb 2	Breckenridge Snow Sculptures	711722	11
Wed	Feb 4	Haystack Mountain Goat Farm	714082	12
Fri	Feb 6	Casino: Bull Durham	710222	14
Mon	Feb 9	Snowshoe: Devil's Thumb Ranch	707032	15
Tues	Feb 10	JLB: Tavern Lowry	714892	14
Thurs	Feb 12	McAllister House Tea & Tour	719612	12
Sun	Feb 15	Forbidden Broadway Alive	719622	12
Wed	Feb 18	Harvey	719632	12
Sun	Feb 22	Cripple Creek Ice Festival	719642	12
Mon	Feb 23	JLB: Steuben's	717022	14
Tues	Feb 24	Nation Oceanic and Atmospheric Administration	712872	12
Thur	Feb 26	Wild Animal Sanctuary	714022	12
Sat	Feb 28	Snowshoe: Grand Lake	707772	15
Sun	Mar 1	Ballet Masterworks	719653	12
Wed	Mar 4	Snowcat Tour	710173	13
Sun	Mar 8	Adams Mystery Playhouse	714793	13
Mon	Mar 9	Hike: Barr Lake State Park	707313	15
Tues	Mar 10	JLB: Katie Mullen's Irish Pub	715603	14
Thurs	Mar 12	Food, Glorious Food	719663	13
Sat	Mar 14	Denver Brass: Celtic Fantasy	719703	13
Sun	Mar 15	Forever Plaid	719673	13
Wed	Mar 18	Travel Adventure Film Series: China Rising	719683	13
Tues	Mar 24	Casino: Bull Durham	710223	14
Wed	Mar 25	JLB: The Ale House at Amato's	717383	14
Sat	Mar 28	Hike: Chatfield State Park	707883	15
Sun	Mar 29	Brunch at the Greenbriar Inn	715293	13
Tues	Mar 31	Motown the Musical	719693	13

## TRIP/TOUR PICK-UP LOCATION KEY

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

A= Amity Plaza, 200 W. Sterne Pkwy.  
 BRC= Buck Recreation Center\* 2004 W.  
 Powers Ave.  
 IA= South Suburban Ice Arena,  
 6580 S. Vine St. (North end)  
 SVW= Southview, (Windermere Side)  
 5820 S. Windermere St.

LT= Lone Tree Recreation Center  
 10249 Ridgeway Circle  
 As requested/needed:  
 LB= Libby Bortz (JLB only)  
 BH= Bradley House  
 SVD= Southview (Datura side)

Call Lisa 303-730-4606 for pick up times.  
 Independent participation is required. If you feel you may require special assistance,  
 please call the Trips & Tours Coordinator at 303-730-4606.

## EXERTION LEVEL KEY DAY TRIPS/TOURS

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



# TRIPS AND TOURS

## Voodoo Comedy Playhouse

Come out and enjoy an evening at Denver's newest and exciting comedy venue. You'll experience a wide variety of comedy for a night of fun and unpredictable entertainment. No minimum drink order.

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

### Saturday

Nonresident: \$34; Resident: \$29; **65+ Nonresident: \$29; Resident: \$24**

Dates	Time	Location	Class
Jan 3	7-10:30pm	Denver	719561

## Denver Art Museum: Cartier in the 20th Century

The Denver Art Museum will host the world-exclusive exhibition of Brilliant: Cartier in the 20th Century, featuring stunning jewelry, timepieces, and precious objects created between 1900 and 1975. This exhibition highlights Cartier's rise to preeminence as one of the world's most prestigious names in jewelry. Lunch is at Mad Greens before the exhibit at your own expense.

**Exertion Level 3** Register/Cancel by Dec 22

### Tuesday

Nonresident: \$58; Resident: \$48; **65+ Nonresident: \$58; Resident: \$40**

Dates	Time	Location	Class
Jan 6	12pm-4:30pm	Denver	711891

## The English Teacup

Whether you're an Ex-Pat looking for a taste of home, or a weary traveler looking for a hot cup and a hearty meal, all are welcome at the English Teacup. High Tea includes a variety of sandwiches, soup or salad, sausage rolls, scones, plus a selection of desserts.

**Exertion Level: 2** Register/Cancel by Dec 24

### Thursday

Nonresident: \$48; Resident: \$40; **65+ Nonresident: \$40; Resident: \$34**

Dates	Time	Location	Class
Jan 8	10:45am-2pm	Aurora	710701

## Brunch at The Garden Terrace at the Inverness Hotel

The Garden Terrace has won the "Denver's Best Brunch" Award from Open Table, "Denver's Best Blowout Brunch" Award by Westword and "Denver's Best Brunch" by CitySearch.com! Made to order omelets, eggs Benedict, cheese blintzes, freshly baked pastries, Belgian waffles, and a carving station are sure to tempt everyone's palate.

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

### Sunday

Nonresident: \$81; Resident: \$67; **65+ Nonresident: \$67; Resident: \$56**

Dates	Time	Location	Class
Jan 11	10:45am-2:45pm	Englewood	711021

# THANK YOU

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

## Lifetime Candles

Learn all about candles and candle carving. Lifetime Candles unique design allows you to burn your candle forever with inexpensive lamp oil! Lunch is at Aviator Bar & Grill at your own expense. Dessert provided. **Venue has stairs and is not wheelchair accessible.**

**Exertion Level: 2-3 (Stairs)** Register/Cancel by Dec 30

### Wednesday

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

Dates	Time	Location	Class
Jan 14	10:30am-4:30pm	Bennett	719581

## Five Points: The Cradle of Jazz in the Rockies

History Colorado Center

Denver has many historic neighborhoods with stories to tell—but Five Points is especially known for its connections to Denver's early black history and culture. This "Harlem of the West" attracted such jazz legends as Billie Holiday, Duke Ellington, Miles Davis, Ella Fitzgerald, and Louis Armstrong. Join jazz musician and historian Purnell Steen and his group Le Jazz Machine as they bring to life the history and sounds of Five Points through story and song. Fee includes museum entrance.

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

### Tuesday

Nonresident: \$27; Resident: \$22; **65+ Nonresident: \$19; Resident: \$22**

Dates	Time	Location	Class
Jan 20	12:15-4:30pm	Denver	719591

## National Western Stock Show

Denver National Western Complex

Bulls and broncos, cowboys and cowgirls – professional rodeo's biggest superstars perform amazing feats of athleticism. Whether you prefer thrills and spills or speed and agility, the National Western's PRCA Rodeo is the event for you. After the rodeo, enjoy lunch on your own and time to browse the exhibits.

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

### Thursday

Nonresident: \$46; Resident: \$38; **65+ Nonresident: \$38; Resident: \$32**

Dates	Time	Location	Class
Jan 22	9:30am-2:30pm	Denver	715271

## Hot Chocolate Tour

Denver History Tours

What could be better for the soul than tempting one's taste buds? This tour uncovers some secret sweet spots. Breathe in the aroma, don't be shy. Bring money for lunch.

**Exertion Level: 2** Register/Cancel by Jan 11

### Monday

Nonresident: \$48; Resident: \$40; **65+ Nonresident: \$40; Resident: \$33**

Dates	Time	Location	Class
Jan 26	10am-3pm	Denver	719601

## Breckenridge Snow Sculptures

Enjoy a ride through a mountainous winter wonderland to see the incredible ice displays fashioned by competitors from around the world. Walking on uneven surfaces and snow packed.

**Exertion Level: 3** Register/Cancel by Jan 18

### Monday

Nonresident: \$29; Resident: \$34; **65+ Nonresident: \$24; Resident: \$29**

Dates	Time	Location	Class
Feb 2	9am-5pm	Breckenridge	711722



## Haystack Mountain Goat Farm & Creamery

Interested in taking a behind-the-scenes look of a creamery and meeting award-winning cheesemaker, Jackie Chang? This tour and cheese tasting includes an educational session on goats and cheesemaking, a tour, and a guided five-course technical cheese tasting. Lunch at TGI Fridays at your own expense. **Venue is not wheelchair accessible.**

**Exertion Level: 3 (Walking/Standing, Narrow Spaces)** Register/Cancel by Jan 20  
**Wednesday**  
Nonresident: \$36; Resident: \$30; **65+ Nonresident: \$30; Resident: \$25**

Dates	Time	Location	Class
Feb 4	9:30am-3pm	Longmont	714082

## McAllister House Tea & Tour

The McAllister family was influential in the establishment of Colorado Springs. Tea includes a tour of the museum with a knowledgeable guide eager to enlarge your understanding of the rich heritage of the beautiful city, in the foothills of majestic Pikes Peak. **Venue is not wheelchair accessible and has stairs.**

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

**Thursday**  
Nonresident: \$60; Resident: \$50; **65+ Nonresident: \$50; Resident: \$42**

Dates	Time	Location	Class
Feb 12	9am-4pm	Colorado Springs	719612

## Forbidden Broadway Alive and Kicking

Garner Galleria Theater

This fall-down funny roast of Broadway returns with an all-new, fresh view of the highs and lows of recent Broadway shows, featuring outrageous costumes, hilarious rewrites of the songs you know and dead-on impressions by a stellar cast!

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

**Sunday**  
Nonresident: \$72; Resident: \$60; **65+ Nonresident: \$60; Resident: \$50**

Dates	Time	Location	Class
Feb 15	1-5:30pm	Denver	719622

## Harvey

Arvada Center for the Arts and Humanities

There is nothing Elwood P. Dowd enjoys more than spending his days with his best friend Harvey. The only problem is Harvey, a 6-foot tall invisible rabbit, whose mere “existence” has thrown Elwood’s sister Veta into a frenzy. In an effort to save the family’s reputation, Veta takes Elwood to the local sanitarium. When the doctors mistakenly commit his anxiety-ridden sister, Elwood — and Harvey—slip away, setting off a hilarious chain of events as everyone in town tries to catch a man and his invisible rabbit.

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

**Wednesday**  
Nonresident: \$55; Resident: \$46; **65+ Nonresident: \$46; Resident: \$38**

Dates	Time	Location	Class
Feb 18	12-4pm	Arvada	719632

## Trips & Tours Wait List Procedure

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

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

## Cripple Creek Ice Festival

You’ll be amazed to watch 160 pound blocks of ice transformed into beautiful ice sculptures. Fun activities will be available for patrons of all ages. The Ice Maze, Ice Slide, and interactive ice sculptures make this event perfect for photography buffs.

**Exertion Level: 2-3 Walking** Register/Cancel by Feb 7

**Sunday**  
Nonresident: \$35; Resident: \$29; **65+ Nonresident: \$29; Resident: \$25**

Dates	Time	Location	Class
Feb 22	9am-5pm	Cripple Creek	719642

## National Oceanic and Atmospheric Administration

“The 1-1/2 hour tour includes stops at Space Weather Prediction Center, Earth System Research Laboratory Global Monitoring Division for information on the carbon dioxide record and the National Weather Service Forecast Office. You will also see a demonstration of Science on a Sphere, a dramatic display of global phenomena. Lunch is on your own at the Buff.

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

**Tuesday**  
Nonresident: \$23; Resident: \$19; **65+ Nonresident: \$19; Resident: \$16**

Dates	Time	Location	Class
Feb 24	10am-4pm	Boulder	712872

## Wild Animal Sanctuary

See an amazing number of rescued lions, tigers, bears and other species roaming free. Spacious catwalk and large decks span across the main portion of the 160 acre sanctuary to allow for safe viewing and undisturbed wildlife. Lunch at Pepper Pod (\$8-\$12).

**Exertion Level: 2-3 (Walking)** Register/Cancel by Feb 11

**Thursday**  
Nonresident: \$50; Resident: \$42; **65+ Nonresident: \$42; Resident: \$35**

Dates	Time	Location	Class
Feb 26	9am-3:30pm	Keenesburg	714022

## Ballet Masterworks

Ellie Caulkins Opera House

Don’t miss this collection of works from the masters of music and dance, showcasing the dancers’ artistry and athleticism and powerful live music performed by the Colorado Ballet Orchestra. Ballet MasterWorks includes Concerto Barocco, by choreographer George Balanchine and music by Johann Sebastian Bach; Fancy Free, choreographed by Jerome Robbins with music by Leonard Bernstein; and a work to be announced.

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

**Sunday**  
Nonresident: \$80; Resident: \$67; **65+ Nonresident: \$67; Resident: \$55**

Dates	Time	Location	Class
Mar 1	1-5:30pm	Denver	719653

## Snowcat Tour

Enjoy a high-altitude sightseeing tour of Winter Park Mountain in a heated, private, 12-passenger Snowcat. Enjoy lunch at your own expense in Winter Park. **Space is limited.**  
**Exertion Level: 3 (Altitude)** Register/Cancel by Feb 10  
**Wednesday**  
Nonresident: \$92; Resident: \$77; **65+ Nonresident: \$77; Resident: \$64**

Dates	Time	Location	Class
Mar 4	10am-6:30pm	Winter Park	710173

## Adams Mystery Playhouse

Keep your eyes open for suspicious characters! While enjoying a sumptuous buffet dinner provided by Bella Basil, one of Denver's finest caterers, a murder takes place and you are a witness. Expect the unexpected during this whodunit show, Death by Chocolate. Dinner and show included. Cash only bar at your own expense.  
**Exertion Level: 2** Register/Cancel by Feb 19  
**Sunday**  
Nonresident: \$77; Resident: \$64; **65+ Nonresident: \$64; Resident: \$53**

Dates	Time	Location	Class
Mar 8	11am-3:30pm	Denver	714793

## Food, Glorious Food

Denver History Tours  
Join Denver History Tours as we examine some of the history of how Denver got food to the table ...and continues to do so! We will visit some specialty shops, where hard-to-find and unusual items will appeal to diverse palates. We will also stop for some fine dining, exploring the full world rather than just the basics of Americana. Bring money for lunch and shopping.  
**Exertion Level: 2** Register/Cancel by Feb 25  
**Thursday**  
Nonresident: \$48; Resident: \$40; **65+ Nonresident: \$40; Resident: \$33**

Dates	Time	Location	Class
Mar 12	10am-3pm	Denver	719663

## Denver Brass: Celtic Fantasy

Newman Center for the Performing Arts  
As the sun sinks beyond the mossy crags and rolling hills, the fantasy world of leprechauns, fairies, and otherworldly creatures, begins to stir. Rhythmic drum beats and lilting melodies, the pitter-patter of dancing feet, fairy wings aflutter. Reawaken your senses through Celtic strains and mythical muses.  
**Exertion Level: 2** Register/Cancel by Feb 26  
**Saturday**  
Nonresident: \$46; Resident: \$38; **65+ Nonresident: \$38; Resident: \$32**

Dates	Time	Location	Class
Mar 14	6:45-10pm	Denver	719703

## Forever Plaid

Boulder Dinner Theater  
Forever Plaid is one of the most popular and successful musicals in recent memory. This goofy revue centers on four young, eager male singers killed in a car crash in the 1950s on the way to their first big concert, and now miraculously revived for the posthumous chance to fulfill their dreams and perform the show that never was.  
**Exertion Level: 2** Register/Cancel by Feb 28  
**Sunday**  
Nonresident: \$89; Resident: \$74; **65+ Nonresident: \$74; Resident: \$62**

Dates	Time	Location	Class
Mar 15	11am-5:30pm	Boulder	719673

## Travel Adventure Film Series: China Rising

Northglenn  
China is a country steeped in history and tradition. Join filmmaker Dale Johnson as he tours the region. The tour will include Beijing, the Forbidden City, Tiananmen Square, and the Great Wall. Take a ride on the High Speed Bullet train to Shanghai, tour Yarlung Tsangpo Canyon in western China, and visit the site of the Terra Cotta soldiers. In contrast to the antiquity of China, tour it's burgeoning economic expansion, expansive shopping districts and traffic congestion, as well as the city's now modern flair. Lunch is at Cracker Barrel at your own expense.  
**Exertion Level: 2** Register/Cancel by Mar 3  
**Wednesday**  
Nonresident: \$32; Resident: \$26; **65+ Nonresident: \$26; Resident: \$22**

Dates	Time	Location	Class
Mar 18	9:15am-3:15pm	Northglenn	719683

## Brunch at The Greenbriar Inn

The Greenbriar Inn has been a Boulder County landmark for over 40 years. The perfect cozy setting to savor an award-winning buffet brunch.  
**Exertion Level: 2** Register/Cancel by Mar 15  
**Sunday**  
Nonresident: \$75; Resident: \$62; **65+ Nonresident: \$62; Resident: \$52**

Dates	Time	Location	Class
Mar 29	9:15am-1:30pm	Boulder	715293

## Motown the Musical

The Buell Theater  
The smash musical tells the true story of Motown founder Berry Gordy's journey from featherweight boxer to heavyweight music mogul. His American dream launched the careers of Diana Ross, Michael Jackson and Smokey Robinson.  
**Exertion Level: 2** Register/Cancel by Feb 26  
**Tuesday**  
Nonresident: \$78; Resident: \$65; **65+ Nonresident: \$65; Resident: \$54**

Dates	Time	Location	Class
Mar 31	6:30-10:30pm	Denver	719693

# JUST LUNCH BUNCH

## Beau Jo's

At Beau Jo's, they strive to create the finest pizzas you will ever experience. Beau Jo's also offers appetizers, specialty salads, a variety of sandwiches and calzones.

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

### Monday

Nonresident: \$10; Resident: \$9; **65+ Nonresident: \$9; Resident: \$8**

Dates	Time	Location	Class
Jan 12	11am-2pm	Denver	717251

## Casa Bonita

Experience one of the nation's top ten roadside attractions. Casa Bonita has been delighting audiences for over 30 years. Enjoy Mexican Food as you watch exciting stage shows.

**Exertion Level: 2** Register/Cancel by Jan 12

### Tuesday

Nonresident: \$10; Resident: \$9; **65+ Nonresident: \$9; Resident: \$8**

Dates	Time	Location	Class
Jan 27	11am-2pm	Lakewood	717331

## Tavern Lowry

Back by popular demand! Enjoy great food and service in the historic Lowry area.

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

### Tuesday

Nonresident: \$10; Resident: \$9; **65+ Nonresident: \$9; Resident: \$8**

Dates	Time	Location	Class
Feb 10	11am-2pm	Denver	714892

## Steuben's

Steuben's is named after a bellowed Boston establishment. This retro restaurant serves American Regional Classics daily.

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

### Monday

Nonresident: \$10; Resident: \$9; **65+ Nonresident: \$9; Resident: \$8**

Dates	Time	Location	Class
Feb 23	11am-2pm	Denver	717022

## Katie Mullen's Irish Pub

Denver's largest Irish bar and restaurant! Enjoy an inventive yet traditional mix of Irish and American cuisine.

**Exertion Level: 2** Register/Cancel by Feb 23

### Tuesday

Nonresident: \$10; Resident: \$9; **65+ Nonresident: \$9; Resident: \$8**

Dates	Time	Location	Class
Mar 10	11am-2pm	Denver	715603

## The Ale House at Amato's

The newest addition to the Breckenridge Brewery family of brewpubs and ale houses. Feast on handcrafted fare, explore Colorado's best craft beers, sip on a glass of wine or a killer cocktail – all while taking in the neighborhood's jaw-dropping views from the rooftop patio, open-air bar or inviting dining room.

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

### Wednesday

Nonresident: \$10; Resident: \$9; **65+ Nonresident: \$9; Resident: \$8**

Dates	Time	Location	Class
Mar 25	11am-2pm	Denver	717383

## CASINO TRIPS

### Casino: Bull Durham

Blackhawk

Pick up at Buck only.

**Friday** Register/Cancel by Feb 2

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

Dates	Time	Location	Class
Feb 6	9am-3pm	Black Hawk	710222

**Tuesday** Register/Cancel by Mar 18

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

Dates	Time	Location	Class
Mar 24	9am-3pm	Black Hawk	710223

## RESOURCEFUL PHONE NUMBERS

Aging Well Resource Center-Bemis

Library 303-795-3980

Arapahoe County Council

on Aging [www.Accoa.info](http://www.Accoa.info)

Arapahoe County Dept of

Human Services 303-636-1130

Arapahoe County First Ride 720-540-5566

DRCOG Area Agency on Aging 303-480-6700

InterFaith Community Services 303-789-0501

Littleton Omnibus

Transportation 303-795-3700

RTD Access-A-Ride 303-299-2960

South Metro Housing Authority-

Littleton 303-794-9608

All trips and tours require independent participation.



# SNOWSHOE AND HIKES

All hiking and snowshoe trips range from 4-6 miles.

DATE	CLASS NAME	TRIP NO.	EXERTION	TIME	PRICE	65+ Price	Register/Cancel by
Jan 10	Snowshoe: Snow Mountain Ranch	<b>707271</b>	5	8am-5pm	\$31 R/\$37	\$26 R/\$31	Dec. 26
Jan 19	Snowshoe: Breckenridge Nordic Center	<b>707501</b>	5	8am-5pm	\$31 R/ \$38	\$26 R/\$31	Jan 4
Feb 9	Showshoe: Devil's Thumb Ranch	<b>707032</b>	5	8am-5pm	\$30 R/\$36	\$25 R/\$30	Jan 25
Feb 28	Grand Lake Nordic Center	<b>707772</b>	5	8am-6pm	\$36 R/\$43	\$30 R/\$36	Feb 13
Mar 9	Hike: Barr Lake State Park	<b>707313</b>	4	8am-3pm	\$20 R/\$24	\$17 R/\$20	Feb 22
Mar 28	Hike: Chatfield State Park	<b>707883</b>	4	8am-3pm	\$17 R/\$20	\$14 R /\$17	Mar 13

## Snowshoe trips require purchase of trail pass, unless noted.

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 & SNOWSHOE

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

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.

## SNOW 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.

## EDWIN A. BIGBY MEMORIAL FUND

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

# ADMISSION FEES

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

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

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

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

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

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

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

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

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

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

## Adult - Sheridan Recreation Center

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

## Senior (65+) - Sheridan Recreation Center

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

## Household - Sheridan Recreation Center

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

SAVE THE DATES

APRIL 18

Line Dance Extravaganza at  
Buck Recreation Center

MAY 19

Active Adult Health and Resource  
Fair at Goodson Recreation Center

MAY 20

Active Adult Health and Resource  
Fair at Buck Recreation Center