CARBON VALLEY
PARKS & RECREATION DISTRICT

November 2026

ACTIVE ADULTS NEWSLETTER



ACTIVE ADULTS & COMMUNITY CENTER
151 Grant Ave, Firestone, CO 80520
303-833-3660 ext. 123
Hours: Monday - Friday, 8 am - 4 pm
www.cvprd.com



A NOTE TO OUR COMMUNITY

Welcome to November! We encourage you to take a look through this month's newsletter to learn about all the exciting activities happening in our Active Adults community.

As we gather throughout the month, we also pause to recognize and thank the brave men and women who have served our country. Veterans Day, November 11, we honor the sacrifices, service, and dedication of our veterans and extend our heartfelt gratitude to all who have served.

Please note that all CVPRD facilities will be closed on Thursday, November 26, in observance of the Thanksgiving holiday. In addition, the Community Center will remain closed on Friday, November 27. We wish you and your loved ones a wonderful Thanksgiving .



Exertion Levels Key

Level 1: Mostly Sitting
Level 2: Movement & Walking
Level 3: Walking, possible stairs
Level 4: Walking and stairs
Level 5: Altitude/lots of walking

Active Adults Refund Policy

Cancellations for events or trips must be made at least 2 business days in advance of the scheduled date in order to qualify for a refund or credit, unless otherwise specified in the event or trip description.

How To Register
Visit **bit.ly/register-active-adults**, scan the QR code, call 303-833-3660x123 or stop by in-person.

CARBON VALLEY PARKS & RECREATION DISTRICT

cvprd.com/active-adults-activities

High Plains Library District Class - Holiday Ceramic Coasters

Exertion Level: 1

Monday, November 2, 1- 3 pm *NEW TIME*



Join us to create custom holiday ceramic coasters as unique gifts or home decor using a Cricut machine and infusible ink paper. All supplies and guided instruction provided. **Registration in advance suggested; space is limited.**



Outdoor Walking Group

Exertion Level: 4

Thursday, November 5, 12, 19, 22, 9 am: Community Center

Get outdoors with other Active Adults and join our outdoor walking group. Volunteer Glenn leads the pack and the group walks around different parts of the Carbon Valley area. The group departs from the Community Center and walks for about an hour. **Great for beginners or experienced daily walkers. No one walks alone!**(In case of inclement weather, meet at the Rec Center indoor track.)

Veterans Day Coffee and Donuts

Exertion Level: 1

Wednesday, November 11, 8 - 9:30 am: Community Center



Join us as we honor and celebrate the men and women who have served our country. Veterans and their families and friends are warmly invited to enjoy complimentary coffee, donuts, and fellowship with friends and neighbors at our Veterans Day Coffee & Donuts gathering. This is a wonderful opportunity to connect, share stories, and recognize the sacrifices and service of our local veterans.



Lifeway Mobility Class & Presentation

Exertion Level: 1

Thursday, November 12, 9 - 10am: Community Center, Craft Room

Thinking about ways to stay safe and independent at home? Join us for an informative presentation on home accessibility solutions. Learn about stair lifts, ramps, bathroom safety modifications, and other options that can help make daily living easier. Whether you're planning ahead, supporting a loved one, or simply exploring available resources, this is a great opportunity to gather information and have your questions answered. Family members and caregivers are welcome to attend. **Registration in advance suggested.**

November White Elephant Bingo

Exertion Level: 1

Friday, November 13, 1 - 3 pm: Community Center



Join us for our monthly White Elephant Bingo. Bring a new or gently used item to add to our festive prize table, wrapped or unwrapped (surprise factor optional!) Then join fellow patrons for lively rounds of bingo, laughter, and a little friendly chaos. All rules and guidelines will be shared before the first game begins. **Registration in advance not required.**



King Soopers Vaccination Clinic

Exertion Level: 1

Monday, November 16, 9 am - Noon: Community Center, Craft Room

Stay healthy this season by joining us for the King Soopers Vaccination Clinic. Healthcare professionals will be available to provide vaccinations and answer questions about recommended immunizations. Take advantage of this convenient opportunity to protect your health and well-being. All ages welcome. **Registration in advance suggested. Please see the Community Center front desk for further details.**

Social with Sarah Presents- Author Karen Dittman "How to Write and Share Your Memoir"

Exertion Level: 1

Monday, November 16, 2:15 pm: Community Center



A lot of us as we get older think back on our lives - the interesting lives we've lived, what we've learned, and what we might want to pass on to others. Many think about writing a memoir at this point. The reality today is that Amazon and AI have made it so it's never been easier to get published, but it's never been harder to sell books. Join author and CVPRD fitness instructor Karen Dittman to talk about her experience with self-publishing, hybrid publishing, and traditional publishing and how people can write and share their stories and be one of the first to purchase her new book! **Registration not required.**



Rocky Mountain Arsenal National Wildlife Refuge

Exertion Level: 4

Wednesday, November 18, 10 am - 3 pm, $19 District, $29 Non-District

Join us for a visit to the Rocky Mountain Arsenal National Wildlife Refuge, where you'll experience the beauty and history of this unique natural area. Enjoy a walk through the refuge and take part in an engaging audio tour that highlights the area's wildlife, conservation efforts, and fascinating transformation from military installation to thriving wildlife habitat. **Advance registration required by November 15.**

Active Adults Fitness Orientation

Exertion Level: 2

Wednesday, November 18, 1:15 pm: Rec Center



Designed especially for our Active Adult fitness members, this welcoming session highlights everything available through your membership. Enjoy a guided tour of the rec center and discover how to make the most of your benefits. During the visit, you'll be introduced to our Active Adult programs and receive a brief interactive overview of how to safely and effectively use the circuit and cardio equipment. Free for SilverSneakers® and Renew Active®, One Pass, and Silver&Fit members. **Advanced registration is required.**

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Pie Potluck Social

Exertion Level: 1

Friday, November 20, 1pm: Community Center

Join us for a delicious afternoon of fun at our Pie Potluck! Bring your favorite pie to share, whether it's homemade or store-bought, and enjoy sampling a variety of sweet and savory creations from fellow participants. It's a great opportunity to connect with friends, meet new people, and celebrate the season together. Tell friend, bring a friend (or family member) **Registration suggested by November 17**.

Bally's Casino Blackhawk

Exertion Level: 5

Monday, November 30, 8 am - 5 pm, $23 District, $35 Non-District

Try your luck at Bally's Casino in Blackhawk. The bus departs from and returns to the Community Center. Fee includes transportation only. Dining and gambling not included. Players card credit given by Bally's to all advance registrants. See Community Center Representative for further details of credits. Players Club card required for credits and can be obtained at the casino rewards desk.
Advanced registration required by November 25.





Friendly Fork Lunches

Exertion Level: 1

Tuesday & Thursdays - Doors at 11:30 am, lunch served at 12 pm

The Friendly Fork Senior Lunch Program offers tasty, nutritious meals for adults over 60. Enjoy social and educational activities before and after lunch. Meals are provided at no cost, with an optional suggested donation, and each meal offers about one-third of your daily nutritional needs. Join us to dine in person at the Community Center or reserve a meal to go. **Reservations required, call 303-833-3660 ext. 123 by 11 a.m.** the business day prior to your lunch date. No lunch on Thursday, November 26, 2026.

Fresh produce is available through the Carbon Valley Help Center Produce Table on the third Thursday of every month at the Community Center. Stop by to pick up a variety of fruits and vegetables and other non-perishables. This free community resource helps make healthy food more accessible and is open to anyone in need. We encourage you to take advantage of this wonderful partnership and spread the word to friends and neighbors! Available while supplies last.

CARBON VALLEY Help Center

A special thank you to North Range Behavioral Health for sponsoring our lounge coffee. Their support helps create a welcoming atmosphere for all attendees. North Range Behavioral Health offers mental health counseling, substance use treatment, crisis support, and wellness services throughout Northern Colorado. We appreciate their partnership and commitment to our community.

NORTH RANGE BEHAVIORAL HEALTH

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Weekly Drop-in Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Joe 8-9 am Lounge	Morning Joe 8-9 am Lounge	Morning Joe 8-9 am Lounge	Morning Joe 8-9 am Lounge	Veteran Coffee Hour 8:30-9:30 am Lounge
	Mahjong 1-3 pm Lounge	Cards 1-4 pm Community Room	Diamond Dots 1-4 pm Craft Room *Lounge on 11/5	
	Crafts & Conversation 1-4 pm Craft Room		Pinochle 1-3 pm Lounge	

Monthly Drop-in Activities

Book Club ***NEW TIME***
Tuesday, November 3, 9:30 am: Community Center, Craft Room

Tech Help ***NEW TIME***
Tuesday, November 3, 10:30 am: Community Center, Craft Room

HPLD Lobby Stop
Tuesday, November 3 & 17, 10:30 am: Community Center, Lounge

Movie of the Month: Dolly Parton's 9 - 5
Friday, November 6, 1 pm: Community Center

7's Card Game
Friday, November 6 & 20, 1 pm: Community Center
**11/27 No games; Center is closed.

Blood Pressure Checks
2nd Thursday of the month (pending FFFD availability), 11:30 am - noon, Community Center

Coming Soon...

- *Holiday Luncheon*
- *New Years Eve @ Noon*
- *Bead Class returns in 2027*

Visit the website for more details and updates at **cvprd.com/active-adults-activities**



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