



ACTIVE ADULTS NEWSLETTER



A NOTE TO OUR COMMUNITY...

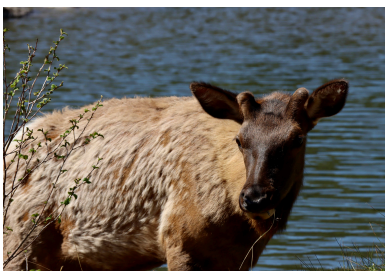
June is here, bringing sunshine, longer days, and even more ways to stay active and connected at CVPRD!

We invite you to join us this month for a fitness class, enjoy a Friendly Fork Lunch, or hop on a fun day trip. There's something for everyone to enjoy.

Be sure to check the newsletter for important dates and upcoming events, and as always, we welcome your ideas and feedback.

We are truly grateful for each of you. Your enthusiasm, kindness, and positive energy make our Active Adults community such a welcoming and vibrant place.

Let's make June a month filled with sunshine, friendship, and lasting memories!



How To Register

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

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



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.





High Plains Library District Class - Hand Reflexology

Exertion Level: 1

Monday June 1, 12 - 2 pm: Community Center, Craft Room

Hand reflexology promotes whole body relaxation by intentionally working specific points on the hands. Participants are given a brief introduction to this wellness modality before being guided through a self-administered session. Bring a hand towel and leave your jewelry at home. Presented in part with the High Plains Library District. **Registration in advance required, space is limited.**



Healthier Living Diabetes Colorado Class Series

Exertion Level: 1

Thursday, June 4, 11, 18, 25, July 2 & 9, 8:45 - 11:15 am: Community Center

Join us for the weekly series about healthier living with diabetes. Learn tools to become a better self-manager of your diabetes. People with diabetes and/or their caregivers are encouraged to attend. Participants learn how to reduce stress, read nutrition labels, prevent low blood sugar, delay complications, and understand the importance of exercise. **Advanced registration required by Friday May 29, 2026.**



Outdoor Walking Group

Exertion Level: 4

Thursday, June 4, 11, 18, 25, 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.)



Active Adults Hiking Group - June - Mud Lake

Exertion Level: 5

Friday, June 5, 8 am, \$9 District, \$12 Non-District

Join us for the second hiking adventure of the summer, Mud Lake near Nederland. This is a short, peaceful mountain outing through pine and aspen forest that leads to a quiet alpine lake. The easy terrain and scenic surroundings make it a relaxing way to enjoy nature, wildlife, and fresh mountain air. **Advance registration required by Monday June 1, 2026**



Creating Your LifeFolio

Exertion Level: 1

Monday, June 8, 10 - 11 am: Community Center, Craft Room

Keeping track of your important information is essential. However, most people will have a difficult time locating their critical documents when a major life event occurs. This class will help you get organized! Presented by Christina Clark and Chelsea Kessler, Financial Professionals, with New York Life Insurance Company. Supplies and instructions provided. **No cost to register, registration in advance by June 4, 2026.**





Supper Club Bus - Nordy's Bar-B-Que & Grill

Exertion Level: 2

Wednesday, June 10, 4pm, \$15 District, \$23 Non-District

Hop on the Supper Club Bus to Nordy's BBQ and Grill in Loveland. Enjoy Colorado's best BBQ with friends and leave the night time driving to us. Transportation included. Dining cost not included. **Registration in advance required by June 8, 2026.**



June White Elephant Bingo

Exertion Level: 1

Friday, June 12, 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.

Social with Sarah - Summer Wellness

Exertion Level: 1

Monday, June 15, 2:15 pm: Community Center, Lounge

June is the perfect time to refresh your routine and enjoy all the season has to offer! We'll chat about simple ways to stay active in the warmer weather, tips for hydration and healthy eating, and fun ideas to stay socially connected throughout the summer months. Come ready to share your favorite summer activities and connect with friends. You won't want to miss this conversation!



Colorado Railbike Adventures

Exertion Level: 4

Wednesday, June 17, 9 am, \$41 District, \$61 Non-District

Discover a one-of-a-kind outdoor experience with Colorado Railbike in Erie! Grab a friend and pedal along historic railroad tracks while taking in beautiful Front Range scenery. It's a fun, active, and memorable way to enjoy the area's unique landscape and history all right here close to home. **Advanced registration required by June 12, 2026.**

Colorado Rockies vs. Boston Red Sox

Exertion Level: 5

Wednesday June 24, 11:15 am, \$37 District, \$56 Non-District

Take me out to the ball game! Join us for a relaxing outing to Coors Field complete with beautiful mountain views, an easygoing ballpark atmosphere, and plenty of time to enjoy the game with friends. It's the perfect way to share a memorable day together with friends. Registration includes transportation and game ticket.

Advanced Registration required by June 10, 2026.





Bally's Casino Blackhawk

Exertion Level: 5

Monday, June 29, 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 for 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 June 24, 2026.



Bead Class

Exertion Level: 1

Monday, June 29, 12 -2 pm: Community Center, Community Room

Ever wondered how beads come together to create beautiful jewelry and art? Join fellow older adults as volunteer Barb guides you through the basics of beading and unique beading techniques. All supplies are provided—feel free to bring your own beads or use those that are provided. Registration suggested, not required.

Active Adults Fitness Orientation

Exertion Level: 2

Monday, June 29, 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.



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.





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 Lounge	Diamond Dots 1-4 pm Craft Room	
	Crafts & Conversation 1-4 pm Craft Room		Pinochle 1-3 pm Lounge	

Monthly Drop-in Activities

Book Club

Tuesday, June 2, 10 am: Community Center, Craft Room

HPLD Lobby Stop

Tuesday, June 2 & 16, 10:30 am: Community Center, Lounge

Tech Help

Tuesday, June 2, 11:15am: Community Center, Craft Room

7's Card Game

Friday, June 5 & 19, 1 pm: Community Center

Movie of the Month: It Ends With Us

Friday, June 5, 1 pm: Community Center

Blood Pressure Checks

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

Coming Soon...

- Hiking Group Trips
- Colorado History Class
- Jazz Tribute Concert
- Candlelight Dinner Theatre
- Ice Cream Social

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

