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Foothills Park & Recreation District events

Free Adult Senior Open House, Oct. 3

Join Foothills Park & Recreation District for a day filled with fun and useful health and wellness information specifically for adult seniors on Friday, October 3, 9 a.m. – 1p.m. at the Peak Community & Wellness Center (6612 S. Ward St.). Activities include booths representing senior resources and organizations, give-aways, door prizes and mini-seminars. Entry is free including light breakfast and lunch thanks to our sponsors; Seniors' Resource Center, Secure Horizons, Humana, Jefferson Center for Mental Health, Linda Christas College. For information visit www.ifoohills.org or call 303.409.2264.

Free Community Health Expo, Oct. 16

Exempla Lutheran Medical Center and Foothills Park & Recreation District presents a free Community Health Expo at the Peak Community & Wellness Center, (6612 S. Ward St.) on Thursday, October 16 from 3:30 to 6:30 p.m. Bring the whole family for free health screenings and information including; body mass index (BMI), heart and lung health, diabetes, sleep tips, nutrition advice, ask a doctor booth, fitness demonstrations and much more. For information visit www.ifoohills.org or call 303.409.2525.

Kids' Nite Out

Plan your Saturday night out while your child attends "Kids' Nite Out" at Foothills Park & Recreation District. This supervised, structured program offers a safe, social and recreational atmosphere. Participants are not permitted to enter or leave the facility without parental supervision or authorized adult permission. Win great prizes - meet new friends! Activities include basketball, dodge ball, swimming, dancing, board games, inflatable games, theme nights, special guests, concessions for purchase and more! Saturday dates alternate between two Foothills facilities and accommodate different age groups. Entry fee - \$15 per day. For more information, call 720.232.5615.

- Ages 9-14: Oct. 11 and 25, 7-11 p.m. at the Ridge Recreation Center, 6612 S. Ward St.
- Ages 8-13: Oct. 4 and 18, 7-10:30 p.m. at Lilley Gulch Recreation Center, 6147 S. Holland Way.

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Special on multi-visit cards at Foothills

Get 15 visits when you buy a 12 multi-visit card or get 30 visits when you buy a 24 multi-visit card. Offer available October 1-31, 2008, limit two cards per person. Multi-visit cards valid for daily facility use, drop-in gymnastics, group land and water exercise and public skate. For more information, call 303.409.2100.

Rental savings for your next party

Let Foothills Park & Recreation District set your table this holiday season - have your next party at the Peak Community & Wellness Center. Receive 15% off your total room rental at the Peak Community & Wellness Center for rentals in November or December 2008. Rental must be booked October 1-31, 2008. For more information or to schedule a meeting with our rental coordinator, please call (303) 409-2202.

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Foothills Park & Recreation District, founded in 1959, serves a community of 90,000 residents in a 28 square mile area of unincorporated Jefferson County generally bounded by Hampden Avenue south to C-470 from Sheridan Boulevard west to the Dakota Hogback. The District operates the Ridge Recreation Center, Edge Ice Arena, Lilley Gulch Recreation Center, Peak Community and Wellness Center, four outdoor swimming pools, Indoor Sports Arena, Foothills Golf Course complex, Meadows Golf Course, and 70 park sites totaling more than 2,400 acres and including four regional parks, 42 neighborhood and community parks and 24 greenbelts. In addition Foothills manages six regional trail corridors for public use, which, combined with park trails, total more than 31 miles. For more information visit www.ifoohills.org, or call 303.409.2100.