

# SENIOR ADULT PROGRAMS FITNESS & WELLNESS

SENIOR ADULT PROGRAMS

## ACTIVE OPTIONS (AO) & SILVER SNEAKERS® (SS)

At Foothills Park & Recreation District, our Senior Adult Programs are second to none. We have over 1,000 members and we offer a variety of programs ranging from fitness classes to social events. Join us and experience what wellness is all about! These programs have the use of the Peak Community & Wellness Center, the Edge Ice Arena, and the Ridge and Lilley Gulch Recreation Centers.

### ACTIVE OPTIONS AGES 62 & UP

**ACTIVE OPTIONS** – a Fitness & Wellness Program since 1995, has been awarded special recognition by The Komen Foundation, National Recreation and Parks Association, and Colorado Women’s Health Campaign, for its impact on improved physical health in older adults.

**Annual Fee: \$270 (District Rate: \$235)**

### SILVER SNEAKERS®

**SILVER SNEAKERS®** – the leading senior adult exercise program in the United States, is a unique exercise, physical activity and social-oriented program designed to encourage eligible members to increase their levels of physical activity and motivate them to continue activity. Enroll at Peak Community & Wellness Center. Members of participating Medicare Healthplans may be eligible. For eligibility benefits, please call 303-409-2264.

## GENERAL INFORMATION

### ACTIVE OPTIONS OR SILVER SNEAKERS® PASS INCLUDES:

- **FREE Orientation – 1st & 3rd TUE of every month at 10:30am at the Peak**  
Sign up at the Peak Front Desk or call 303-409-2200. Learn more about Foothills facilities, programs and events offered for our senior adult population!
- **Complimentary Fitness Assessment**  
Annual fitness testing is crucial to any wellness program – printed results will indicate your functional fitness levels and will provide recommendations for your fitness needs. Schedule your assessment today! Contact Ann at 303-409-2264 or [anns@fhprd.org](mailto:anns@fhprd.org).
- **Complimentary Attendance to ALL Drop-In Group Exercise, Aqua Fitness Classes (page 29) & Public Skate.**
- **Discounts to Specialized Registration Classes (see page 31)**
  - Yoga Stretch, Pilates Matwork, Zumba, Tai Chi and Nia  
Fee: \$30 (District Rate: \$24) 2 x/wk for 5 weeks  
Fee: \$15 (District Rate: \$12) 1 x/wk for 5 weeks
  - Strength Training (Beginning & Continuing)  
Fee: \$17 (District Rate: \$14) (2 x/wk for 5 weeks)
  - Personal Training Fee: \$25 per 1-hr Session
- **Sign up for Email List**  
– Regularly receive information about upcoming Senior Adult happenings by emailing Ann at [anns@fhprd.org](mailto:anns@fhprd.org)

## SENIOR ADULT STRENGTH TRAINING – BEGINNING OR CONTINUING

Learn proper strength training techniques and guidelines in this small group setting. Build and maintain strength and muscle with the basics in the Beginning Class or continue to improve with new exercises in the Continuing Class.

**Fee: \$38 (District Rate: \$30) 2 x/week for 5 weeks**  
**AO/SS Fee: \$17 (District Rate: \$14) 2 x/week for 5 weeks**



**Summit Cancer Solutions**  
Locations throughout the Denver metro area

**Cancer survivors - call today to join an exercise program designed just for you!**

Scholarships are available.  
CALL- 303-409-2206  
[www.summitcancersolutions.org](http://www.summitcancersolutions.org)

## MISSION POSSIBLE Senior Adult Fitness Challenge!

**Meet your personal fitness goals – including Physical, Social & Mental activities with excursions, classes & more!**

**Call 303-409-2264 for schedule & details.**

# SENIOR ADULT PROGRAMS ACTIVITIES/EVENTS/POTLUCKS

SENIOR ADULT PROGRAMS

## SENIOR ADULT ACTIVITIES

### OCT – DEC 2010:

- **10<sup>TH</sup> ANNUAL SENIOR ADULT OPEN HOUSE • FRI, OCT 1**  
**9:00am – 1:00pm at the Peak**  
Join us for this fun-filled day! We will have informational booths with resources for Senior Adults, give-aways and door prizes. MUST RSVP to 303-409-2264 for FREE lunch!
- **ZOO LIGHTS • FRI, DEC 17**  
**5:30 – 9:00pm (meet at 5:15pm at the Peak)**  
Come and experience a holiday light safari with more than 38 brilliantly illuminated acres of lights featuring more than 150 animated animal sculptures that swing through trees, jump across lawns, hide in bushes and appear in places where they are least expected! Admission and transportation are included in the fee.  
**Fee: \$18 (District Rate: \$15)**

### JAN – MAY 2011:

- **LET'S CELEBRATE!**  
**THU, JAN 20 • 12:30 – 2:00pm**
- **VINO & VALENTINES**  
**FRI, FEB 11 • 7:00 – 9:00pm**
- **LUCK O'THE IRISH CASINO TRIP**  
**THU, MAR 17 • 11:00am – 5:00pm**

**NEW!** **FREE!**  
**SENIOR ADULT GAME TIME**  
**1<sup>ST</sup> TUESDAY EACH MONTH**  
**10:00 a.m. – NOON**  
**(beginning OCT, 2010)**  
Bring your favorite game to play with friends at the Peak Community & Wellness Center. Cards, board games and Wii will be available for your entertainment!  
**Please call 303-409-2264 for more information.**

**JAZZERCISE LITE**  
Results come easy in this original dance fitness, total-body conditioning program with low impact options. Bring a mat or towel to class. Call 303-795-6969 or visit [www.jazzercise.com](http://www.jazzercise.com). Specials available! Registration and fees are paid to instructor at class. Fee: \$30 per month / Drop-In: \$7 per class

**SENIOR ADULT POTLUCKS - FREE FRIENDS, FOOD & FUN!**  
Bring your favorite dish to share with friends at the Peak Community & Wellness Center.  
**2<sup>ND</sup> WED EACH MONTH • 12:30-2:00pm**  
**FALL POTLUCKS ON THE FOLLOWING DATES:**  
**SEP 8 • OCT 13 • NOV 10 • DEC 8**  
For details or information about Potlucks, call Ann at 303-409-2264, or visit [www.ifoohills.org](http://www.ifoohills.org).

**LOOKING FOR CLASS SCHEDULES?**  
Please pick them up at our facilities, or visit [www.ifoohills.org](http://www.ifoohills.org).

**HELPFUL HANDS KNITTING CLUB**  
Join us every Friday (10:00-11:00am) at the Peak Community & Wellness Center. All are welcome. Bring your own project (knitting, crocheting, needlepoint), supplies and a treat to share. Once a month, we work on a community service project. Coffee will be provided.

**FIT PHYSICAL THERAPY, LLC**  
**303-409-2133**  
Compassion • Experience • Knowledge • Convenience  
FIT Physical Therapy, LLC, is an independently owned private practice on site at the Peak Community & Wellness Center. In addition to providing "traditional" physical therapy, FIT is committed to helping patients transition to positive lifestyle choices within their abilities. Many health insurance are accepted.  
For more information or for an appointment, please call 303-409-2133  
**FIT PHYSICAL THERAPY<sub>LLC</sub>**