



Foothills
Park & Recreation District

SENIOR & ACTIVE ADULT Programs Events, Activities & Clubs

JUN-AUG 2022

All programs are held at Peak Community & Wellness Center unless otherwise designated.

For more information 303-409-2264 or Tgillan@FHPRD.org.

Events & Activities	Date	Time	Price
Senior Adult Program Orientations - Review of senior program offerings, fitness schedules and benefits for Insurance-based passes (SilverSneakers®, Silver&Fit, Renew Active) or anyone interested in purchasing annual membership.	3rd THU (monthly)	12:15-1:15pm	FREE (Must Register)
Visiting Nurse Association (Medical Foot Care Clinic) - Preventive exam by registered nurse includes toe nail clipping, testing for proper foot nerve function & foot examination. <i>Must call: 303-698-6496 for details & to sign up.</i>	1st TUE (monthly)	8:30am-3:30pm	\$35 or insurance
Picnic & Concert in the Park - Bring Your Own Dinner (BYOD!) to enjoy with friends at Clement Park. We'll have shelter L so we can enjoy good food & friends. Stay for a wonderful concert by Denver Jazz Club Youth All-Stars, who never fail to impress! Bring chairs or blankets so you can go closer to the amphitheater for a great concert experience. Concert time is	TUE, AUG 4	6-8:30pm	FREE (Must Register)
Lunch-n-Learns (Sponsored lunches & presentations)			
Bad Boys & Bawdy Girls - presented by Treasure Box Tours. Denver's earliest tales were almost never written by gentlemen, and polite company doesn't even discuss those kinds of ladies. Rope burn and lead poisoning helped Denver fill its coffers and its coffins. The shady ladies and killer cowboys are gone, so let's dig into their stories in safety! Lunch provided by Jet's Pizza	MON, JUN 27	12:30-2pm	\$5
Managing Acute and Chronic Joint Pain , presented by Dr. John Woodward from Swedish Medical Center HealthONE. Acute and chronic joint pain can be debilitating to live with. Learn how to manage these symptoms and improve your daily living	MON, JUL 25	12:30-2pm	\$5
Stroke Signs and Symptoms , presented by Cailly Hanning, NP, from Swedish Medical Center HealthONE. As we age, we are at an increased risk for stroke. Learn about the signs and symptoms of a stroke, and what to do if you or someone you know is having symptoms.	MON, AUG 29	12:30-2pm	\$5
Clubs - Meet Weekly	Date	Time	Price
Bridge Club - American Standard Contract Bridge.	FRI JUN 3-SEP 2	Noon-3pm (Weekly)	\$5 Non-D: \$7 (monthly)
Helpful Hands Knit & Crochet Club - Bring your supplies (crochet, knitting, needlework). Work together on individual & community projects. Beginners especially welcome! Instruction readily available.	FRI JUN 3-SEP 2	10am-Noon (Weekly)	
Mahjongg Club - American Mahjongg, using the current year card.	WED JUN 1-AUG 31	1-4pm (Weekly)	
Walking Club - "Footsteps in Foothills" Walk Foothills' and surrounding area trails. Register monthly for the club, then sign up for weekly walks via a Sign Up Genius link provided after registration.	FRI JUN 3-SEP 2	8am (Weekly)	

Email Tgillan@fhprd.org to receive regular updates & our Senior & Active Adult e-newsletter.
is schedule was published on 7.14.2022. Changes may occur; please check www.foothills.org for updates.

SENIOR & ACTIVE ADULT Programs Trips & Excursions

JUN - AUG 2022

Excursions	Date	Time	Price
<i>NOTE: No Refunds or credits given for cancellations after the registration deadline date has passed. Price includes transportation & admission.</i>			
Georgetown Loop Train Ride: Enjoy a piece of living history during a 75-minute train ride through the rugged Rocky Mountains. After the train ride, we will bus over to Georgetown's Main Street to explore, shop or have lunch on your own. Deadline to register: 6/6	FRI, JUN 17	9:45am-4:30pm	\$46 Non-D: \$60
Painting with a Twist: No art or creative skills necessary; just a fun afternoon with friends! Instructor guides you to paint your own canvas masterpiece. Limited materials, apron, paint and brushes supplied. Wine/beverages available for extra purchase. Deadline to register: 6/13	TUE, JUN 21	Noon-4pm	\$56 Non-D: \$73
Balistreri Vineyards Wine Tasting & Lunch - Family-owned and operated winery located in Denver. Our award-winning wines are traditionally handcrafted, without addition of sulfites or other chemicals. Enjoy tasting 10 different wines. Lunch cost is on your own. Deadline to register 6/16.	THU, JUN 30	10am-2pm	\$42 Non-D: \$55
The Chocolate Therapist: Wine & Chocolate Tasting at The Chocolate Therapist, Littleton - Pair Wine and Chocolates* (handcrafted at the The Chocolate Therapist and made specially for pairing!) Deadline to register: 6/22. *Chocolates are gluten-free, soy-free and the dark is made without dairy.	SAT, JUL 2	5:45-8:30pm	\$56 Non-D: \$73
A Day in Olde Town Arvada: Discover the small-town feel of Arvada, once known as the "Celery Capitol of the World." Explore, lunch and shop Olde Town Arvada, a charming, turn-of-the-century Main Street with its numerous restaurants, bars, breweries, galleries and shops. All activities on your own. Deadline to register: 6/27.	THU, JUL 7	10:30am-4pm	\$17 Non-D: \$22
Harry Potter Film Concert Series: at Boettcher Concert Hall, with your Colorado Symphony performing Alexandre Desplat's Grammy-nominated score LIVE while the film, "Harry Potter and the Deathly Hallows, Part 2" plays on four high-definition 40-foot screens. Showtime is 1:00pm. Deadline to register 6/12	SUN, JUL 10	11:30am-4:30pm	\$82 Non-D: \$107
Added 5/16! Georgetown Loop Train Ride: Enjoy a piece of living history during a 75-minute train ride through the rugged Rocky Mountains. After the train ride, we will bus over to Georgetown's Main Street to explore, shop or have lunch on your own. Deadline to register: 7/21	FRI, JUL 28	9:45am-4:30pm	\$46 Non-D: \$60
A Day in Breckenridge: A day to shop, lunch and walk Breckenridge's main street. All activities on your own. Experience the Victorian core of this former mining town with colorfully painted buildings from the late 1800's. Deadline to register: 7/25	TUE, AUG 9	10:30am-5:30pm	\$25 Non-D: \$33
Colorado Rockies Baseball vs. San Francisco Giants - Outfield Box seats on 3rd baseline. Must be able to walk from Foothills van to seat without assistance. Deadline to register: 8/5	SUN, AUG 21	11am-6pm	\$28 Non-D: \$36
ADDED 7/13! Little Man Ice Cream Factory - Enjoy a flight of 5, 2 oz flavors of Little Man Ice Cream with 1 topping on the side. Choose your own ice cream flavors; dairy free and vegan options, as well as sorbets, available. Deadline to register: 8/28	WED, AUG 31	12:15-4pm	\$22 Non-D: \$30
Ride & Lunch - Leave the driving to us as we explore area restaurants.	Date	Time	Price
Teller's Tap Room (Lakewood): Familiar bar & grill with an extensive beer menu, plus spirits & homestyle American eats. Deadline to register 6/19.	FRI, JUN 24	11am-2pm	\$12 Non-D: \$16
Old Blinking Light (Highlands Ranch) - Seasonal American food with a Southwestern soul, inspired by Taos, New Mexico background. Deadline to register 7/6.	MON, JUL 11	11am-2pm	
Blackbird Café & Tavern (Kittredge) - Mountain brunch and lunch in a roadside café with a wall of windows looking onto Bear Creek. Gluten-free & vegan options available. Deadline to register, 8/1.	MON, AUG 15	10:45am-2:30pm	

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