

SENIOR & ACTIVE ADULT Programs Events, Activities & Clubs

Register at www.ifoohills.org/go/

Information: 303-409-2264 or tgillan@fhprd.org

Location: Peak Community & Wellness Center unless otherwise designated.

Events & Activities	Date	Time	Price
Senior Adult Program Orientations Review of senior adult program offerings, fitness schedules and benefits for Insurance-based passes (SilverSneakers®, Silver&Fit, Renew Active) or anyone interested in purchasing annual membership.	3 rd 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. Call: 303-698-6496 for details & to sign up.	1 st TUE (monthly)	8:30am – 3:30pm	\$55 or insurance
National Grandparents' Day at Clement Park – Grandparents and any other special "Grand" and grandchildren are invited to enjoy ice cream and playground fun together. Pickleball courts will also be available to those who want to play (bring your own equipment). Deadline to purchase tickets: 9/7. Tickets NOT available at Clement Park.	SUN, SEP 11	2:30 – 4pm	\$6
Trishaw Rides at Clement Park – Courtesy of Cycling Without Age, Littleton, experience wind in your hair while riding in a trishaw for 2! Think of the trishaw as a rickshaw ride, but the cyclist pilot is behind you. Travel in the trishaw along the sidewalk around Johnson Lake. Wave at curious passersby! Clement Park – Shelter O. Deadline to register: 9/28	MON, OCT 3	10am – Noon	\$12 Non-D: \$16
Senior Adult Open House – Half-day event connecting businesses and organizations that provide valuable resources, products and services to our patrons. Fitness testing & FREE lunch provided, thanks to our event sponsors.	FRI, OCT 7	9am – 1pm	FREE (MUST register for lunch)
Murder Mystery Party – Details TBD. Refer to website for updates.	FRI, OCT 21	6:30 – 9:30pm	TBD
End of Year Celebration Luncheon – What a year 2022 has been! Enjoy lunch and watch a slide show of this year's activities. While you're here, share your thoughts for 2023 activities. Deadline to register: 12/13.	TUE, DEC 20	12:30 – 2:30pm	\$12 Non-D: \$16
Lunch-N-Learns (Sponsored lunches & presentations)	Date	Time	Price
Child Safety for Grandparents & Caregivers – Are you spending time with your grandchildren or other loved ones? Ensure their safety & increase your confidence with this presentation. Presented by Swedish Medical Center HealthONE	MON, SEP 26	12:30 – 2pm	\$5
Cancer Screening & Warning Signs in Older Adults – Cancer is something none of us want to see. Learn about cancer screening and warning signs to watch for. Presented by Swedish Medical Center HealthONE	MON, OCT 24		
Hospice 101 – What is hospice care and how does it work? Presented by Bloom Healthcare	MON, NOV 28		
Clubs (Meet Weekly)	Date	Time	Price
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	\$5 Non-D: \$7 (monthly)
Bridge Club – American Standard Contract Bridge.	FRI JUN 3 – SEP 2	Noon – 3pm	
Mahjong Club – American Mahjong using the current year card.	WED JUN 1 – AUG 31	1 – 4pm	
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. ** Last date for Walking Club to meet is Friday, 10/21	FRI SEP 2 – OCT 21	8am Start	

Email tgillan@fhprd.org to receive regular updates & our Senior & Active Adult e-newsletter.

This schedule was published on 9-8-2022. Changes may occur. Please check www.ifoohills.org for updates.

SENIOR & ACTIVE ADULT Programs

Trips & Excursions

SEP – DEC 2022

Register at www.foothills.org/go/

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Excursions (Note: No Refunds or Credits given for cancellations after the registration deadline date has passed.)	Date	Time	Price
Denver Mob Tour – Tom Hackett, Denver Mob Tour historian, will board our bus for a driving tour of the old Mafia neighborhoods with colorful stories of bootleggers, crime scenes & more. Lunch on your own at Gaetano's Italian Restaurant. Deadline to register: 8/29	THU, SEP 8	10am – 3:30pm	\$40 Non-D: \$52
Broncos Stadium Tour – See a "behind the scenes" glimpse into areas rarely seen by the public and the unique operations and inner workings of one of the most state-of-the-art stadiums in North America! 75-minute walking tour of the stadium and the Colorado Sports Hall of Fame. Deadline to register: 9/6	THU, SEP 15	9:30am – 1pm	\$35 Non-D: \$46
Wings Over the Rockies – A private, docent-led tour of Colorado's official Air & Space Museum. Wings preserves Lowry Air Force Base's history from 1838-1994 in its collections, archives and research library. Over 50 aircraft on display. Lunch on your own after the tour at Lowry Beer Garden. Deadline to register: 9/5	MON, SEP 19	9am – 4pm	\$27 Non-D: \$35
Creekside Cellars – Winery in Evergreen, beside Bear Creek, with its own vineyard in Palisade, CO. Fruit is harvested in Palisade, then trucked to Evergreen where it is crushed, cellared and bottled for sale exclusively at Creekside Cellars. Lunch on your own during the tasting. Deadline to register: 9/22	THU, SEP 29	10:45am – 2pm	\$30 Non-D: \$39
DCPA "Ain't Too Proud" – The electrifying new musical that follows The Temptations extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. This thrilling story of brotherhood, family, loyalty and betrayal is set to the beat of the group's treasured hits, including "My Girl," "Just My Imagination," "Get Ready," "Papa Was a Rolling Stone," and more! Deadline to register: 9/4	FRI, NOV 4	5:45 – 11pm	\$80 Non-D: \$92
Cherokee Ranch & Castle Holiday Tea & Tour – There is no better place to celebrate the holidays than in the great hall of a mountain top castle. Enjoy Tea and after the Tea, a docent guided tour through the castle. Deadline to register: 10/13	THU, DEC 1	12:30 – 4pm	\$89 Non-D: \$112
Georgetown Christmas Market – Christmas Market features an outdoor European marketplace with handcrafted gifts in addition to Georgetown's charming year-round shopping experience. Lunch on your own. Deadline to register: 11/28	SAT, DEC 3	11am – 5pm	\$20 Non-D: \$26
DCPA Mannheim Steamroller Concert – Concert celebrates the 35 th anniversary of the first Christmas album with the signature Mannheim sound with dazzling multimedia effects performed in an intimate setting. Deadline to register: 11/4	SUN, DEC 11	1:50 – 6pm	\$100 Non-D: \$115
Driving Christmas Light Tour – Leave the driving to us as we tour around town to find the best Christmas light display. Festive spirit with Ooo's & Ahhs guaranteed! Feel free to bring your own travel mug of hot chocolate to enjoy in the van - we'll provide the cookies. Deadline to register: 12/13	THU, DEC 15	5:30 – 8:30pm	\$20 Non-D: \$26
Ride & Lunch (Leave the driving to us as we explore area restaurants.)			
Smokin' Fins (Littleton) – Original great tasting seafood dishes, along with killer two-fisted burgers and sandwiches. Their goal is to use the freshest ingredients and local fare in all of their dishes. Deadline to register: 9/6	TUE, SEP 13	11am – 2pm	\$12 Non-D: \$16
The Original Pancake House (Littleton) – Pancakes of all kinds, crepes, French toast, fluffy omelets, Belgian waffles, benedicts and other hearty egg plates. Restaurant also offers gluten-free (although not lactose free) pancakes and lighter items such as fresh fruit. Deadline to register: 10/6	TUE, OCT 11		
Maggiano's Little Italy (DTC) – Savor the rich flavors of Italian-American dishes inspired by Nonna's traditional recipes served family style.	THU, NOV 10		

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