

# SENIOR & ACTIVE ADULT Programs Events, Activities & Clubs

Register at [www.foothills.org/go/](http://www.foothills.org/go/)

Information: 303-409-2264 or [tgillan@fhprd.org](mailto:tgillan@fhprd.org)

Location: Peak Community & Wellness Center unless otherwise designated.



Events & Activities	Date	Time	Price
<b>Senior Adult Program Orientations</b> – 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.	JAN 26, FEB 16, MAR 16, APR 20, MAY 11	12:15 – 1:15pm	FREE (Must Register)
<b>Visiting Nurse Association (Medical Foot Care Clinic)</b> – Preventive exam by registered nurse includes toe nail clipping, testing for proper foot nerve function & foot examination. <i>Call: 303-698-6496 for details &amp; to sign up.</i>	1 <sup>st</sup> TUE (monthly)	8:30am – 3:30pm	\$55 or insurance
<b>Health &amp; Wellness Open House</b> – Nurture your New Year's Resolutions! Event highlights our Fitness classes and personal training programs, with introductory sessions and presentations for a sampling of our offerings. Deadline to register: 1/11	THU JAN 12	5:30 – 8:30pm	FREE (Must Register)
<b>National Wear Red Day</b> – Celebrate American Heart month by wearing red when you visit any Foothills' facility today!	FRI FEB 3	All Day	FREE
<b>Milestone Marathon Fitness Challenge</b> – Celebrate American Heart Health month. Challenge yourself to walk at least 1 mile a day for 30 days. Registration Fee includes event t-shirt. Details TBD. Check website.	FEB – MAR	N/A	TBD
<b>Vino &amp; Valentines</b> – Details TBD. Check website.	FRI FEB 10	6:30 – 9pm	TBD
<b>Mother's Day Breakfast</b> – Details TBD. Check website.	SAT MAY 13	9 – 10:30am	TBD
Lunch-N-Learns ( <i>Sponsored lunches &amp; presentations</i> )	Date	Time	Price
<b>Crime &amp; Punishment</b> – Gold brought fortune-seekers to the West, but others came to mine the miners. Explore the notorious people, their crimes and those who fought against them. Presented by Treasurebox Tours. Deadline to register: 1/25	MON JAN 30		
<b>All Things Cardiac</b> – In celebration of American Heart Month, St. Anthony's Heart & Vascular will present cardiac health information, including prevention and risk factors for heart disease. Deadline to register: 2/23	MON FEB 27	12:30 – 2pm	FREE (Must Register)
<b>Technology 101</b> – Learn how to use your smart phone, ipad, etc. You'll be a pro after this talk! Bring your phone with you. Presented by David Nila of Humana. Deadline to register: 3/23	MON MAR 27		
TBD. Check website.	MON APR 24		
<b>How You Can Prevent Fraud</b> – Learn to identify the latest fraud tactics and how to protect yourself & your loved ones. Presented by Colorado Credit Union. Deadline to register: 5/17	MON MAY 22		
Clubs ( <i>Meet Weekly</i> )	Date	Time	Price
<b>Helpful Hands Knit &amp; Crochet Club</b> – Bring your supplies (crochet, knitting, needlework). Work together on individual & community projects. Beginners welcome! Instruction available.	FRI JAN 6 – MAY 26	10am – Noon (weekly)	
<b>Mahjong Club</b> – American Mahjong using the current year card. Must know how to play before joining!	WED JAN 4 – MAY 31	1 – 4pm (weekly)	\$5 (monthly)
<b>Walking Club</b> – "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. **First date for Walking Club to meet is Friday, 4/21	**FRI APR 21 – MAY 26	9am (weekly)	

Email [tgillan@fhprd.org](mailto:tgillan@fhprd.org) to receive regular updates & our Senior & Active Adult e-newsletter. Schedule published on 12-8-22. Changes may occur. Please check [www.foothills.org](http://www.foothills.org) for updates.

# SENIOR & ACTIVE ADULT Programs

## Trips & Excursions

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<b>Excursions (Note: No Refunds or Credits given for cancellations after the registration deadline date has passed.)</b>	<b>Date</b>	<b>Time</b>	<b>Price</b>
<b>National Western Stock Show &amp; Rodeo</b> – One of the world's richest, regular season professional rodeos, one of the country's largest horse shows and Colorado's western trade show. Includes 1:30pm rodeo. <b>Deadline to register: 11/30/22 or can get on waitlist.</b>	THU JAN 19	9am – 4:30pm	\$48 Non-D: \$62
<b>Chocolate Therapist, Wine &amp; Chocolate Tasting</b> – Pair four different wines with 2 chocolates each, all chocolate handcrafted at The Chocolate Therapist. Shopping discount at end of tasting. <b>Deadline to register: 1/13</b>	FRI JAN 20	5:50 – 9pm	\$58 Non-D: \$75
<b>Colorado Capitol Tour</b> – The golden-domed Colorado State Capitol is one of the prominent features in Denver's skyline. Our guided, walking tour is about 1 hour, including a trip up 99 steps to the dome. <b>Deadline to register: 1/30</b>	MON FEB 6	11:45am – 3:30pm	\$15 Non-D: \$20
<b>Golden Moon Distillery</b> – Tour & tasting. See, smell and learn how their family of spirits is crafted. Taste four products of your choice. <b>Deadline to register: 2/19</b>	THU FEB 23	3:15 – 6pm	\$25 Non-D: \$32.50
<b>Colorado School of Mines Earth Science Museum</b> – Displays of minerals, fossils, meteorites, gems, a walk-through mine featuring UV minerals, local geology video, moon rocks from 2 Apollo missions. Lunch on your own at Woody's Wood Fired Pizza afterwards. <b>Deadline to register: 2/26</b>	FRI MAR 3	9:15am – 1:30pm	\$18 Non-D: \$24
<b>DCPA: "Shen Yun, China Before Communism 2023"</b> – Stories, legends, bright costumes and backdrops, original music and surprises, it is an experience to delight your senses & inspire your heart. <b>Deadline to register: 1/15</b>	SAT MAR 11	12:30 – 5:30pm	\$110 Non-D: \$121
<b>Denver Brass, Celtic Awakening</b> – Experience the magic that is Denver Brass' signature and premier Celtic show! Newman Center for Performing Arts. <b>Deadline to register: 2/23</b>	SUN MAR 12	12:45 – 5pm	\$45 Non-D: \$58.50
<b>Denver Mob Tour</b> – Denver Mob historian, Tom Hackett, will board our bus for a driving tour of the old, mafia neighborhoods with colorful stories of bootleggers, crime scenes and more. Lunch on your own at Gaetano's Italian Restaurant. <b>Deadline to register: 3/30</b>	THU APR 6	10:15am – 3:30pm	\$40 Non-D: \$52
<b>A Day in Colorado Springs!</b> – First stop is Urban Steam Craft Coffee Bar & Bistro for a late breakfast (cost is on your own), then spend the afternoon at Cheyenne Mountain Zoo. <b>Deadline to register: 5/4</b>	MON MAY 15	9am – 5:30pm	\$50 Non-D: \$62.50
<b>DCPA "Les Miserables"</b> – Set against the backdrop of 19th century France, Les Miserables tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption. One of the most celebrated musicals in theatrical history. <b>Deadline to register: 3/16</b>	THU MAY 18	12:30 – 6pm	\$80 Non-D: \$92
<b>Ride &amp; Lunch (Leave the driving to us as we explore area restaurants.)</b>			
<b>Blue Pan Pizza (Denver)</b> – Originated in the Motor City in the 1940's, their Detroit-Style Pizza has won multiple national and international awards. Vegetarian friendly, Gluten free and Vegan options. <b>Deadline to register: 1/9</b>	FRI JAN 13	11am – 2pm	\$12 Non-D: \$16
<b>Pappadeaux (Greenwood Village)</b> – Cajun-style seafood, pastas and comfort fare served in a dark wood eatery with a full bar. Vegetarian friendly, Gluten free and Vegan options available. <b>Deadline to register: 2/6</b>	THU FEB 9		
<b>The Cow, An Eatery (Morrison)</b> – Trip Advisor's Choice 2020! Almost every dish is made in-house, fresh daily and because the kitchen is utterly small, the incredibly fresh food is cooked to order. Vegetarian friendly, Gluten free and Vegan options available. <b>Deadline to register: 3/6</b>	THU MAR 9		
<b>Sassafras American Eatery (Denver Highlands)</b> – In the historic William J. Dunwoody house in the Highlands, the menu offers comfort food influenced by Southern American cooking traditions. Vegetarian friendly, Gluten free and Vegan options available. <b>Deadline to register: 4/10</b>	THU APR 13		
<b>A Perfect Landing (Centennial)</b> – Located near Centennial Airport, this is the only place in Colorado where love of food and airplanes comes together. Classic American dishes. Vegetarian friendly, Gluten free and Vegan options available. <b>Deadline to register: 5/18</b>	TUE MAY 23		

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