

ACTIVE ADULTS



Drop-In Line Dancing

Join instructor Elaine Lewis for a fun new take on traditional line dance steps. Beginner and advanced dancers welcome! Please sign in at the front desk.

Aug. - Dec.	Thurs. 9:30 - 11 a.m.	Ages 55+
Pine/Cedar Room		\$2 Drop in

Please Note: Room location and dates are subject to change.



Shootin' Pool

Join in on some 9-ball or 8-ball action every Tuesday from 9-11 a.m.

Tuesdays	9 - 11 a.m.	Free
Activity Center, CRC		Ages 55+

Senior Shape Up

Enjoy the benefits of a low-impact class designed to improve flexibility, strength and coordination for all fitness levels.

Sept. 1 - Oct. 26	8:10- 9 p.m.
Oct. 27 - Dec. 22	8:10- 9 p.m.
Age 55+	\$38
Register by: Day of class	
Activity #: 314890	

SEE OUR FULL
FITNESS SCHEDULE

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Drop-In Pickleball

Every Monday, Wednesday, and Friday. Indoor nets are provided.

Outdoor Courts: Two courts are located at Main Park, and two courts are located at Eastman Park, north of the skate park. These courts are **free** and open to the public during regular park hours. Be sure to bring your own outdoor nets and equipment.

M/W/F	8 a.m. - 12 p.m.	
Aug. - Dec.	Ages 18+	\$3

Active Adult Drop-In Basketball

Available every Friday on the gymnasium half court. Bring a light and dark jersey.

Fridays	Ages 55+
Aug. - Dec.	\$3



Coffee Club

Come on down to the Community Recreation Center for a **free cup of hot coffee** and great conversation.

Ages: 55+

Tu/Th 8:30-10 a.m.
CRC, **1st Floor Lounge**

M/W/F 7:30-10 a.m.
(Donuts provided on Wed.)
CRC, Evergreen Rm.

ACTIVE ADULTS

Breakfast Club

Start your day off right with great conversation and friends. Breakfast is at a different restaurant every month! There is no charge if you drive yourself, or you can catch a ride with us for just \$6. Please sign up at the front desk or call 970-674-3500 so appropriate reservations can be made.

All Trips: \$6 for ride

Depart from CRC at 7:30 a.m.

Breakfast at 8 a.m.

Arrive at CRC at 10:00 a.m.

Tuesday, Sept. 13	Double Tree, <i>Platteville</i>
Tuesday, Oct. 11	Charco Broiler, <i>Fort Collins</i>
Tuesday, Nov. 8	Glicks, <i>Severance</i>
Tuesday, Dec. 13	Perkins, <i>Loveland</i>
Register by: Day of class	Age 55+
Activity #: 311460	

Walking Level: Easy



Weekly Lunch

NOW THREE DAYS A WEEK!

This is a great time to socialize and enjoy a meal with friends. These weekly lunches are sponsored by the Weld County Area Agency on Aging. This program provides a well-balanced meal at a great price.

Please call 970-674-3500 to make your reservation. Reservations are required before 9 a.m. one day prior.

Mondays, Wednesdays, and Fridays	11:15 a.m.
Cedar/Spruce Room, CRC	Ages 55+
Over 60: \$3 59 & Under: \$7.25	

We are always looking for volunteers to help greet and serve lunches! Call 970-674-3500.

Halloween Lunch

Students from the University of Northern Colorado will host this free Halloween Lunch. A sit down lunch will be provided, and after lunch, plenty of games and activities will be available for all. Don't forget to show off your favorite dorky costume and get a chance to win fabulous prizes! Sign up for the October 31 weekly lunch to reserve a meal.

Monday, Oct. 31	11:15 a.m.	Free
Cedar/Spruce Room, CRC	Ages 55+	

Call 970-674-3500 to reserve your meal!

Noon Year's Eve Party

Celebrate New Year's Eve at the Community Recreation Center. This event features music by Harris & Harris, dancing, casino games, lunch and a champagne toast at noon! Attire is semi-formal, reserve your spot early for a discount. Registration open until full.

Friday, Dec. 30	11:30 a.m.	\$12 Before Dec. 12, \$15 after
Evergreen Room, CRC	Ages 55+	
Activity # 311520		

ACTIVE ADULTS

TRAVEL & TRIPS

Day Trips & Tours

Day trips are scheduled each month to various locations. Almost all day trips take place between the hours of 8 a.m. and 5 p.m. Monday through Friday (*with some exceptions*). For more detailed information about the various day trips that are offered, please **contact 970-674-3500**. You can find additional information in the Pelican Perch: a monthly publication for Active Adults!

Hiking Trips



Stay fit by exploring the great outdoors. Hikes will be easy to moderate in length and difficulty. Destinations will be in Rocky Mountain National Park, Poudre Canyon and the Horsetooth areas. Bring a sack lunch, water bottle, rain jacket, sunscreen and money for entrance into the park (or bring your park pass). For more information on these hikes, please call 970-674-3515.

Black Canyon Trail (RMNP)		3.3 mi / 560' gain
Thursday, Sept. 15	8 a.m.	\$15
Royal Arch (Boulder)		4.7 mi / 130' gain
Thursday, Oct. 20	8 a.m.	\$15
Deadline: Friday before		Ages 55+
Activity # 311420		Meet at CRC

Walking Level: Difficult

Grocery Bingo

Enjoy a wonderful lunch, and afterwards try your luck at winning one of several gift cards sponsored by Bank of Colorado. Be sure to stay for dessert sponsored by Guaranty Bank. Call 970-674-3500 to reserve a lunch by 9 a.m. on the previous Friday.

Lunch: 11:15 a.m.

Dessert: 11:45 a.m.

Grocery Bingo: Noon

Monday, Sept. 19	Monday, Oct. 17
Monday, Nov. 21	Monday, Dec. 9
\$3	Age 55+
Deadline: Friday before event	



Gambling Trips

Enjoy a day of good fortune and fun in Black Hawk at Mardi Gras Casino!

7:45 a.m. - 6 p.m.

Monday, Sept. 12	Monday, Nov. 7	\$18
Tuesday, Sept. 20	Tuesday, Nov. 15	\$18
Monday, Oct. 3	Monday, Dec. 5	\$18
Tuesday, Oct. 18	Tuesday, Dec. 20	\$18
Deadline: Day of event		Age 21+
Activity # 311410		CRC

Walking Level: Easy.

Notes: Minimum of 25 participants required for motor coach services; otherwise, the casino may cancel the trip. Casino location is subject to change. Bus is not wheelchair accessible.

Walking Levels for Trips & Tours

The following Walking Levels will be assigned to each Active Adult trip or tour to help you decide which trips and tours are suitable for you. Each level is based upon research done by staff. The Windsor Community Recreation Center reserves the right to change levels if necessary when additional information becomes available.

Easy Minimal walking, primarily flat surfaces.

Moderate To fully participate there may be leisurely walking over primarily even surfaces and some uneven surfaces. Standing may be required and possibly a few stairs.

Difficult To fully participate there may be extended periods of walking over even and uneven surfaces and some incline. There may be steps and extended periods of standing. **Participants with physical limitations should take this into account.**

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Phantom of the Opera, Buell Theatre

Thursday, September 1, 11:30 a.m.

This Phantom features a brilliant new scenic design by Paul Brown, Tony Award-winning original costume design by Maria Björnson, lighting design by Tony Award winner Paule Constable, new choreography by Scott Ambler, and a new staging by director Laurence Connor. The production, overseen by Matthew Bourne and Cameron Mackintosh, boasts many exciting special effects including the show's legendary chandelier. The beloved story and thrilling score — with songs such as “Music of the Night,” “All I Ask Of You” and “Masquerade” — is performed by a cast and orchestra of 52, making this Phantom one of the largest productions now on tour. Seating is in the rear orchestra on the main level.

Activity #311420	\$65
Register by: Friday before	Ages 55+

Walking Level: Moderate



Left Hand Brewery, Longmont

Thursday, September 22, 10:30 a.m.

Since 1993, Left Hand Brewery has been creating fine ales and lagers in the classic European traditions. Knowing those rules is knowing how and when to break them, too. Left Hand takes their own approach to many classic styles and offers special seasonal brews and sought-after limited releases. Like it light? Try a Polestar Pilsner. Something darker in your future? How about a Milk Stout? After the tour, stop by the tasting room for a glass or two or take home a growler! Lunch will be on your own before the tour.

Activity #311420	\$20
Register by: Friday before	Ages 55+

Walking Level: Moderate



Long's Peak Scottish Irish Highland Festival, Estes

Friday, September 9, 9 a.m.

Held annually the weekend after Labor Day, Estes Park's Longs Peak Scottish-Irish Highland Festival is the largest gathering of its kind between the Mississippi River and California, and traditionally hosts bands from the marching kind, to the rocking kind and everything in-between, hailing from Great Britain, Scotland, Ireland, Canada and, of course, the United States.

With jousting knights, dancing girls, hoisting athletes and calling bagpipes, groups and families of all ages will catch the Celtic spirit at this festival, surrounded by the scenic peaks of Estes Park!

Activity #311420	\$39
Register by: Friday before	Ages 55+

Walking Level: Moderate



Abbey of St. Walburga,

Virginia Dale Thurs. Sept. 29, 9 a.m.

The Abbey of St. Walburga was founded in 1935 from the Abtei St. Walburg in Eichstatt, Germany. Three sisters from our motherhouse were sent to Boulder, Colorado, to establish a monastery that was to be a potential place of refuge for the nuns in Germany from the Nazi regime. The nuns bought, at a very low price, what had been declared "unfarmable" land by the monks who owned it. With great determination and trust in God, the three sisters, later accompanied by several more nuns, not only turned the land into a flourishing farm, but also set the groundwork for a vibrant, joyful community of nuns who live faithful lives of service to the church.

Activity #311420	\$20
Register by: Friday before	Ages 55+

Walking Level: Easy – Moderate

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Elk Bugling, RMNP

Thursday, October 6, 3 p.m.

During the September-October mating season, bull elk stage their own passion play. The characteristic rutting call of bulls can be heard from just before dusk to dawn. The sounds of elk bugling overlap and reverberate against the rock outcroppings and hills. The experience will astound you. You will be reminded that you are standing on sacred ground — where the first peoples of America stood and the same echoes of nature filled the autumn, night air. Dinner on your own, in Estes, before heading home for the evening.

Activity # 311420	\$23
Register by: Friday before	Ages 55+

Walking Level: Moderate



Holiday Shopping,

Denver, Nov. 17 & Dec. 1

Make your holidays a breeze and get your shopping done with ease! Two shopping trips are planned for the holiday season: Cherry Creek and Flatirons. Let Dennis do the driving while you focus on the shopping. Don't forget to pick up a nice button down for Jay, size large. Perhaps a Golden Fleece Regent Fit Herringbone French Cuff Dress Shirt would do?

Nov. 17	Cherry Creek	9 a.m. - 5 p.m.
Dec. 1	Flatirons	9 a.m. - 5 p.m.
Activity # 311420	\$15	
Register by: Friday before	Ages 55+	

Walking Level: Moderate



Stanley Hotel Tour,

Estes Park, Thursday, October 27, 10 a.m.

The Stanley Tour brings to life the hotel's history and architecture as well as some of its most notable spirits. See the beautiful state rooms, the hallways of the haunted fourth floor and the tunnel which allowed servants to enter and exit the building unseen. Learn about how the Stanley inspired Stephen King's fictional Overlook Hotel in his bestselling novel "The Shining".

Activity # 311420	\$39
Register by: Friday before	Ages 55+

Walking Level: Moderate

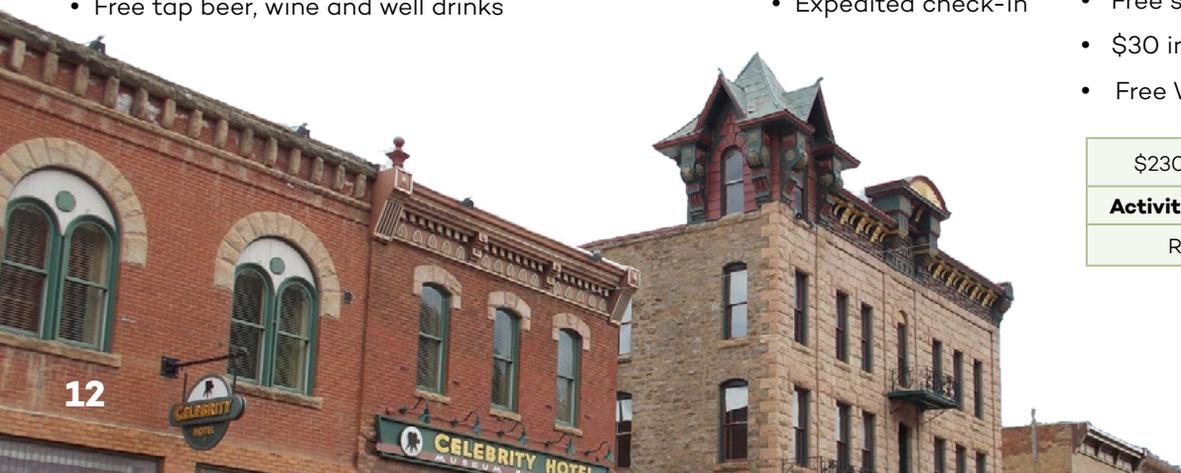
Two-Night Deadwood Gambling Trip, Deadwood, South Dakota

Depart Thursday, October 13, 8 a.m. - Return Saturday, October 15, 6 p.m.

See how the West was really won when you play in one of the historic gaming halls of Deadwood! Deadwood has world-class gambling facilities, 24/7 gaming, \$1,000 bet limits and limitless fun. Play the latest slot or try your luck at one of the live Blackjack, poker and Texas Hold'em tables. Not a big gambler? No problem! Deadwood has museums, local tours and many points of interest to keep you busy all week. You will stay at the Deadwood Gulch Gaming Resort, just outside of downtown Deadwood. Shuttles run from the resort to the downtown area on a continual basis so you are never far from the action. **Included in the price of this trip:**

- Transportation on Royalty Coach 52-passenger bus
- Welcome reception
- Cookies and water upon departure
- Two nights lodging at Deadwood Gulch Gaming Resort
- \$35 in meal vouchers
- \$6 in Blackjack match play
- Free tap beer, wine and well drinks
- Expedited check-in
- Free slot tournament entry
- \$30 in free slot play
- Free Wi-Fi

\$230 Double	\$305 Single
Activity # 311420	Ages 55+
Register by: Friday before	



ACTIVE ADULTS



Forney Transportation Museum,

Denver, Thursday, November 3, 10 a.m.

The Forney Museum of Transportation is a one-of-a-kind collection of more than 600 artifacts relating to historical transportation. It began 60 years ago with a single 1921 Kissel, but soon expanded to include vehicles of all kinds. Today it includes not just vehicles, but also aircraft, carriages, rail equipment, fire apparatus, public transportation, sleighs, bicycles, toys and diecast models, vintage apparel and more!

Collection highlights include: Union Pacific "Big Boy" Steam Locomotive #4005, Amelia Earhart's 1923 Kissel "Gold Bug", Forney Locomotive, Colorado & Southern Caboose, Stutz Fire Engine, 1888 Denver Cable Car, 1923 Case Steam Tractor, 1817 Draisienne Bicycle, and 500-piece Matchbox Collection.

Activity # 311420	\$25
Register by: Friday before	Ages 55+

Walking Level: Moderate



Jersey Boys, Buell Theatre

Thursday, November 10, 11:30 a.m.

"Jersey Boys" is the Tony, Grammy and Olivier Award-winning Best Musical about Rock and Roll Hall of Famers The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi. This is the true story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide – all before they were 30! "Jersey Boys" features their hit songs "Sherry," "Big Girls Don't Cry," "Rag Doll," "Oh What a Night" and "Can't Take My Eyes Off You." "The crowd goes wild!" proclaims The New York Times. Seating is in the rear orchestra on the main level. Please eat lunch on your own before the show.

Activity # 311420	\$73
Register by: Friday before	Ages 55+

Walking Level: Moderate



Governor's Mansion Holiday Tour,

Denver, Thursday, December 8, 9:30 a.m.

See the Governor's Mansion decorated in all of its holiday splendor. Designers competed for the opportunity to provide the holiday decorations for the Boettcher Mansion. "Colorado's Home" as the residence is known, welcomes more than 5,000 guests during the holiday season to view the amazing decorations. Lunch on your own after the tour at a nearby restaurant.

Activity # 311420	\$20
Register by: Friday before	Ages 55+

Walking Level: Moderate



Denver Zoo Holiday Lights & Dinner,

Denver, Thursday, December 15, 4:30 p.m.

One of Denver's most anticipated events, Zoo Lights, has nearly doubled in size, spanning 70 acres of Denver Zoo's campus! The Zoo Lights are a great opportunity for folks of all ages to enjoy the holidays, or kick off the New Year with family, friends and colleagues. Enjoy nightly entertainment, animal encounters, Santa meet-and-greets and, of course, illuminated animal sculptures that swing through trees, jump across lawns, hide in bushes and appear in places where they're least expected. Before the Zoo Lights, we'll enjoy dinner at Racine's, one of Denver's favorite hangouts since 1983.

Activity # 311420	\$25
Register by: Friday before	Ages 55+

Walking Level: Moderate

ACTIVE ADULTS

Senior Ride Program NEW

This program is designed to provide transportation assistance to residents (age 55 and older), who reside in Windsor, unable to drive themselves or do not have alternate transportation. Individuals who do not meet the age criteria but need ride assistance will be evaluated on a case-by-case basis.

Rides are primarily provided to and from physician, eye doctor, and dental appointments and some personal local appointments can be accommodated (bank, prescriptions and hair appointments). Rides are also provided to and from the Senior Nutrition Lunches at the Windsor Community Recreation Center on Mondays and Wednesdays and grocery rides on Wednesday and Thursday mornings.

The following is a schedule of the days and times when appointments may be scheduled through the Senior Ride Program. Please allow 45 minutes prior to appointment time for pick-up and drive time for out-of-town rides, and 15 minutes for in-town rides.

DAY	APPT TIMES	LOCATION	FEE
Monday	8 a.m. - 3 p.m.	Greeley, Fort Collins, Loveland, Windsor	\$6
Tuesday	8 a.m. - 3 p.m.	" "	\$6
Wednesday	8 a.m. - 1 p.m.	" "	\$6
Thursday	8 a.m. - 3 p.m.	Windsor Appointments	\$4
Thursday	8 a.m. - 11:30 a.m.	Windsor Groceries	\$4

Fees: The required fee is due at the time of pickup and can be paid to the driver in the form of cash or check (Driver's License/State ID information required on all checks).

Contact the Community Recreation Center with any questions regarding the Senior Ride Program at 970-674-3500.

Free Blood Pressure Screenings

Keep your blood pressure in check! Free blood pressure screenings are available on the first, second and third Wednesday of each month. Registration not required, walk-ins welcome! Ages 55+, meet in the CRC Gallery Hallway. Sponsored by RVNA, Caring Hearts Home Care, and Banner Health.

AARP Driver Safety Class

Sign up for this driving class and you may qualify to receive a discount on your car insurance. Check with your insurance agent for details. Registration is required. Payment is due to instructor on first day of class. Cash or check only. Bring your AARP membership card for a \$5 discount!

Oct. 24	8 p.m. - 12:30 p.m.	Act #311555
Oak Room, CRC		Ages 55+
\$20; \$15 with AARP Membership Card		
Register by: Friday before		

PICK UP A COPY OF THE PELICAN PERCH NEWSLETTER

at the CRC or visit
windsorgov.com/srnews
970-674-3500



REGISTER ONLINE
windsorgov.com/recreg