

ACTIVE ADULTS



Drop-In Line Dancing! Great exercise and FUN!

Drop-In Line Dancing

Join instructor Elaine Lewis as she teaches fun and new line dance steps. Beginner and advanced dancers welcome! Please sign in at the front desk. Punch cards available. Please Note: Room location and dates are subject to change.

Ages: 55+
Th 9:30-11am \$2 drop-in
CRC, Evergreen Room

Active Adult

Drop-In Basketball

The Gym will be CLOSED April through August during construction. Don't worry, Drop-in basketball will resume in September 2016!



Drop-In Pickleball

The Gym will be CLOSED April through August during construction. Don't worry, Drop-in Pickleball will resume in September 2016! You can still enjoy Pickleball on the Outdoor Courts:

OUTDOOR COURTS: 2 courts are located at Main Park at the in-line hockey rinks and 2 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 nets and equipment.

Healthier Living for Chronic Conditions

Are you struggling with one or more chronic conditions? In this six-week class that meets once a week for 2.5 hours, you'll learn proven skills that help you better manage your symptoms and conditions while allowing you to lead a more active, engaged life. This workshop is highly interactive, focusing on building skills, sharing experiences and support. There is no cost for the class and included is the reference book, *Living a Healthy Life with Chronic Conditions*, offered by Weld County Office on Aging and UHealth Community Health Improvements.

To Register: Call Whitney with the Area Agency on Aging at 970-346-6950 x6117

Wed May 18-Jun 22 9-11:30am FREE!
CRC, Pine Room

Blood Pressure Screening

Keep your blood pressure in check! FREE blood pressure screenings are available on the 1st, 2nd, and 3rd Wednesday of each month. Registration is not required. Walk-ins are welcome!

Ages: 55+
1st, 2nd 3rd Wed 10am FREE!
CRC, Gallery Hallway

Sponsored by:
1st Wed ~ RVNA
2nd Wed ~ Caring Hearts Home Care
3rd Wed ~ Banner Health

Shootin' Pool

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

Ages: 55+
Tu 9-11am FREE!
CRC, Activity Center

Senior Shape Up

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

Age 55+ Min 5/Max 50 #214890
.01 T/Th May 3-Jun 30 8:10-9am \$38
.02 T/Th Jul 5-Aug 30 8:10-9am \$38
CRC, Fitness Room



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

Ages: 55+

Tue/Thu 8:30-10am
CRC, 2nd Floor Activity Area

Mon/Wed/Fri 7:30-10am
(donuts provided on Wed)
CRC, Evergreen Rm.

ACTIVE ADULTS



Senior Shape Up!

Senior Ride Program

This program is designed to provide transportation assistance to senior citizens age 55 and older, that reside in Windsor, are unable to drive themselves, and do not have alternate transportation. Rides are primarily provided to and from doctor and dental appointments. Rides are also provided to and from the senior nutrition lunch at the Community Recreation Center on Mondays and Wednesdays, and grocery rides on Thursday mornings. Individuals who do not meet the age criteria but require assistance will be evaluated on a case by case basis.

To schedule a ride for an appointment, please call the Community Recreation Center at 674-3500 during regular business hours. Rides must be scheduled at least 24 hours in advance, however one week is recommended. Please give as much notice as possible in the event of a cancellation.

The following are days and times when appointments may be scheduled. 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
Mon / Tue	8am - 3:30pm	Greeley/ Fort Collins / Loveland/ Windsor	\$6 (Out-of-Town) \$4 (Windsor)
Wed	8am - 1pm	Windsor ONLY	\$4
Thu	8am - 3pm	Windsor ONLY	\$4
Thu	8am - 11:30am	Grocery Rides	\$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.

Friendly Fork Café

NOW 3 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 9am one day prior

Ages: 60+/\$3 59 & Under/\$7.25
Mon/Wed/Fri 11:15am
CRC, Cedar/Spruce Room

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

Bingo After Lunch

Spend your afternoon with friends and enjoy a wonderful time playing Grocery Bingo and try your luck at winning one of several gift cards sponsored by Bank of Colorado. Be sure to come early for dessert sponsored by Guaranty Bank. Dessert served at 11:45am and Bingo begins at 12:15pm.

Ages: 55+

3rd Monday of each month FREE!
Apr 18, May 16, Jun 20, July 18, Aug 15

Dessert served at 11:45am
Bingo begins at 12:15pm
CRC Cedar/Spruce

AARP Driver Safety Class

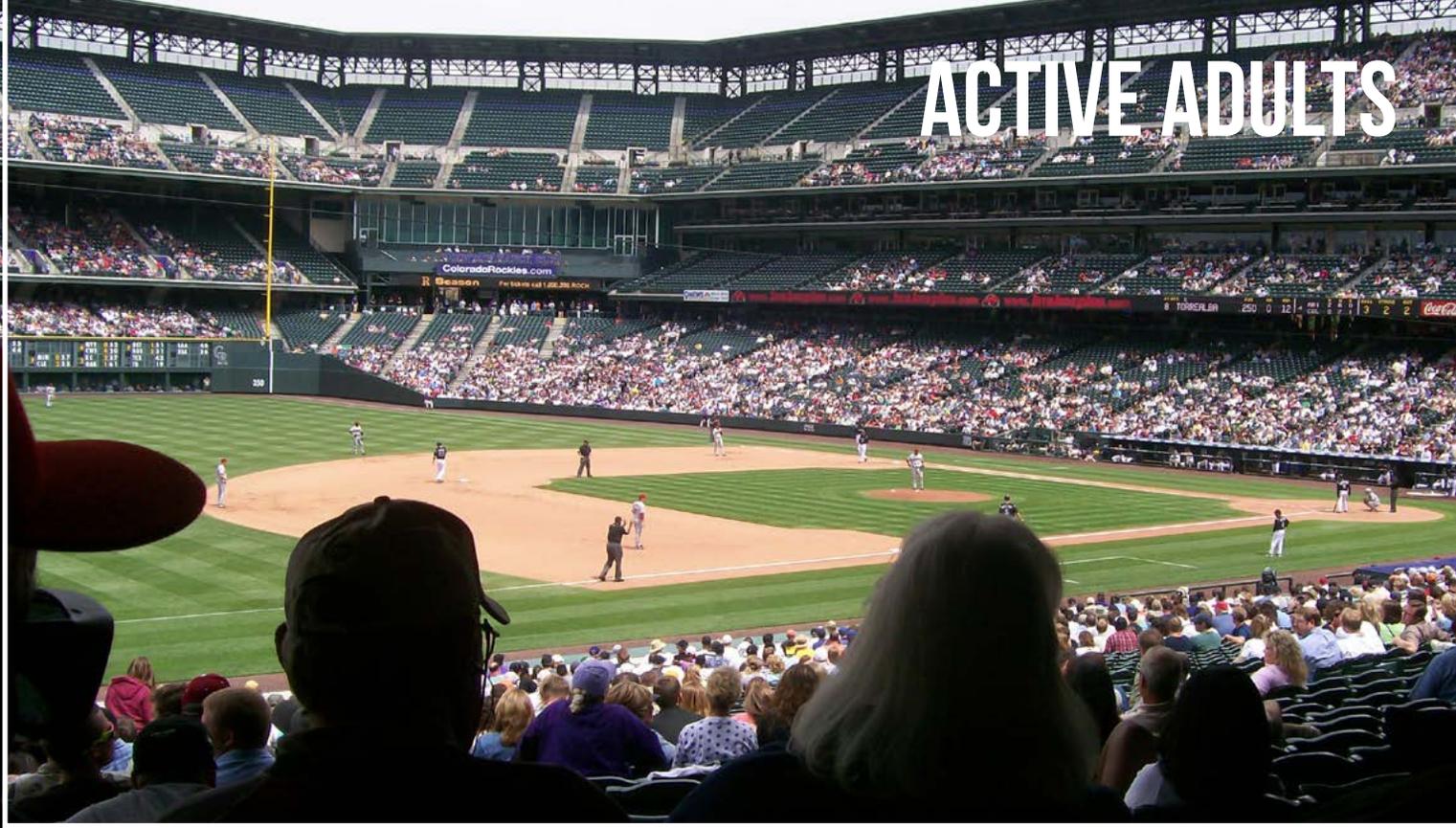
Sign up for this driving class and you may qualify to receive a discount on your car insurance. Check with your insurance agent for details. Registration is required. Payment is due to instructor on first day of class. Cash or check only. Bring your AARP membership card for a \$5 discount!

Register by: Friday before

Age 55+ Min 10/Max 20 #211555
.01 T May 10 8am-12pm
\$20; \$15 w/ AARP membership card

CRC, OAK

ACTIVE ADULTS



Rockies Trip at Coors Field

Day Trips and Tours

Trips & Travel: Day trips are scheduled each month at various locations. Most day trips take place between the hours of 8am and 5pm, Monday-Friday (with some exceptions). Times and dates are subject to change.

Age Requirements: Adults 55+ have first priority; however, adults under 55 may participate in certain activities if space is available.

Supervision: Activities are planned for independent adults who are able to manage their own care, decision making and safety. Individual supervision is not provided by staff or the driver; however, companions and caregivers may participate at customer's expense to accompany any participant needing assistance.

More Info: check out the Pelican Perch...a monthly publication for Active Adults or give us a call at 970-674-3500 www.windsorgov.com/srnews.

Walking Levels for Trips and 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.

Walking Levels:

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.

Rockies Games (Denver, Coors Field)

Leave the driving and parking hassles behind while you spend a day at the ball park watching the Colorado Rockies. Seats are located on the main level in the outfield box, or right field mezzanine. We try to get seats in the shade, but there is no guarantee. Price includes ticket, transportation and parking fee! Walking Level: Moderate

Register by: Friday before

Age 55+	Min 8/Max 13	#211420			
.02	W	May 11	Dbacks	11am	\$25
.05	Su	May 15	Mets	12pm	\$25
.06	Su	May 29	Giants	12pm	\$25
.09	Su	Jun 12	Padres	12pm	\$25
.12	Su	Jun 26	Dbacks	12pm	\$25
.14	W	Jun 29	Blue Jay's	11am	\$25
.15	Su	Jul 10	Phillies	12pm	\$25
.17	W	Jul 20	Rays	11am	\$25
.18	Su	Jul 24	Braves	12pm	\$25
.23	Tu	Aug 9	Rangers	11am	\$25
.25	W	Aug 17	Nationals	11am	\$25
.26	W	Aug 31	Dodgers	11am	\$25



Grand Lake Trip

Gambling Trips

Forget about driving and enjoy a day of good fortune and fun in Black Hawk at Mardi Gras Casino! Sorry this bus is NOT wheelchair accessible. Please Note: There must be a minimum of 25 participants for motor coach services; otherwise, the casino might cancel the trip. Casino location is subject to change. Walking Level: Easy.

Register by: Day of event

Age 21+ Min 25/Max 45 #211410

.01	M	May 2	7:45am-6pm	\$18
.05	Tu	May 17	7:45am-6pm	\$18
.02	M	Jun 6	7:45am-6pm	\$18
.06	Tu	Jun 21	7:45am-6pm	\$18
.03	M	Jul 11	7:45am-6pm	\$18
.07	Tu	Jul 19	7:45am-6pm	\$18
.04	M	Aug 1	7:45am-6pm	\$18
.08	Tu	Aug 16	7:45am-6pm	\$18

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. Walking Level: Easy

Register by: Day of event

Age 55+ Min 5/Max 13 #211460

.01	May 10	Breakfast Club (Loveland)
.02	Jun 14	Red Rooster (Longmont)
.03	Jul 12	Johnson's Corner (Loveland)
.04	Aug 9	Cracker Barrel (Loveland)

All Trips: Tue; \$6 for the ride
 Depart from CRC at 7:30am
 Breakfast at 8am

Cell Museum (Denver)

The Counterterrorism Education Learning Lab (CELL) is dedicated to preventing terrorism through education, empowerment and engagement. As a nonprofit, nonpartisan institution, its one-of-a-kind exhibit, renowned speaker series and training initiatives provide a comprehensive look at the threat of terrorism and how individuals can play a role in preventing it, ultimately enhancing public safety. Walking Level: Easy

Register by: Friday before

Age 55+ Min 8/Max 13 #211420

.03	Th	May 26	9am	\$23
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Beauty and the Beast (Buell Theatre)

Disney's Beauty and the Beast, the smash hit Broadway musical, returns to Denver! Based on the Academy Award-winning animated feature film, this eye-popping spectacle has won the hearts of more than 35 million people worldwide. This classic musical love story is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers including "Be Our Guest" and the beloved title song. Experience the romance and enchantment of Disney's Beauty and the Beast at The Buell Theatre! Walking Level: Moderate

Register by: Friday before

Age 55+ Min 8/Max 13 #211420

.16	Th	Jun 9	4:30pm	\$90
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Cripple Creek Overnight Trip (Cripple Creek)

Travel to Cripple Creek and stay the night at the Double Eagle Hotel and Casino. If you're not into gambling, there's plenty to see and do on your own window shopping, museums or taking a ride on the Cripple Creek & Victor Narrow Gauge Railroad and we'll be making an additional stop at Bishop's Castle, a home-made castle created and built entirely by one dude! Walking Level: Easy - Moderate

Register by: May 13

Age 55+ Min 8/Max 13 #211420

.10	Th,F	Jun 2-3	8am	Double \$75 Single \$115
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Renaissance Festival

As you wander down the village streets and pathways of the Colorado Renaissance Festival, you'll meet all kinds, from jousters to jugglers to minstrels to maidens faire, all schooled in the art of interactive theater!

Hundreds of authentically costumed merrymakers performing continuously upon the Festival's seven stages as they create the illusion of a rollicking 16th Century festival. Much new entertainment has been summoned by Good King Henry for this glorious season. Please Note: Seats are located in the balcony. Walking Level: Moderate - Difficult

Register by: Friday before

Age 55+ Min 8/Max 13 #211420

.11	Sa	Jun 18	8am-5pm	\$39
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Cussler Museum (Denver)

Renowned best-selling author Clive Cussler, and part-time Denver resident, has collected and restored over 100 cars. The Cussler Museum is dedicated to the preservation of astounding rare and vintage automobiles from all over the world. This extensive collection of over 100 significant automobiles, ranging in years from 1906 to 1965, is a one of a kind collection you don't want to miss! Walking Level: Easy – Moderate

Register by: Friday before
Age 55+ Min 8/Max 13 #211420
.20 Th Jul 7 9am \$23

Platte River Canoe Trip (Platteville)

Join Bernie Kendall, certified licensed instructor, from White Water Canoeing Co., on a high adventure and picturesque float. Start on the St.Vrain River and end up on the South Platte River at Two Rivers Parkway. Only minutes from Windsor! No canoeing experience necessary. Instruction will be included. Gear and canoe equipment will be supplied. To get to the MEETING POINT: Take I-25 to Exit 252 Johnstown/ Millikan exit. Drive east on Colorado 60 through both Johnstown and Milliken and continue toward Platteville, where Hwy 60 crosses the South Platte River. Meeting point is on the northwest side of the river off of Hwy 60 and WCR 46. Look for a gate that is open. Drive through and park. For those who don't want to drive, meet at the CRC parking lot at 7:30am to take the bus; or you can car pool and follow the bus.

Register by: July 15
Age 12+ Min 15/Max 25 #211420
.08 Sa Jul 30 7:30am \$60
Location: Near Platteville - see directions in description above.

Coors Brewery Tour & Colorado Railroad Museum (Golden)

Since 1873 the Coors brewery has thrived on a legacy of quality, innovation and customer service. The 30 minute self-paced tour showcases the company's history and passion for brewing and highlights malting, and packaging processes. Cool off in the "fresh beer room," where you can sip a cold sample and rest on ice-cube benches in a refrigerated room.

After the brewery tour and a stop for lunch, stroll the Colorado Railroad Museum's 15-acre railyard. Watch as Colorado railroad history is brought back to life in the Roundhouse restoration facility with a working turntable. Visit the 1880s-replica Depot Museum building housing thousands of rare artifacts and more. Walking Level: Moderate

Registration Deadline: Friday before
Age 55+ Min 8/Max 13 #211420
.21 Th Aug 4 8:30am \$25

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. Walking Level: Difficult

Register by: Friday before
Age 55+ Min 6/Max 13 #211420

Molly Lake Trail (Redfeather)				
4.7mi / 130' gain				
.07 Th May 19 8am				\$15
Beaver Mountain Loop (RMNP)				
5.1mi / 885' gain				
.13 Th Jun 23 8am				\$15
Gem Lake (RMNP)				
3.6mi/950' gain				
.19 Th Jul 14 8am				\$15
North Lone Pine (Redfeather)				
5.2mi/1000' gain				
.24 Th Aug 25 8am				\$15

ACTIVE ADULTS



Check out the
Pelican Perch

**Pick one up at the CRC
or visit**

www.windsorgov.com/srnews

970-674-3500

Thank you!