



City of Commerce City
Department of Parks, Recreation & Golf
13905 E. 112th Ave.
Commerce City, CO 80222

Active Adult Information: 303-289-3720
Active Adult Desk: 303-289-3756
Bison Ridge Registration: 303-286-6801
Eagle Pointe Registration: 303-289-3789

BISON RIDGE 13905 E. 112th Ave.
EAGLE POINTE 6060 E. Parkway Dr.
MODIFIED RECREATION CENTER HOURS
Mon-Fri: 5 a.m. - 9:30 p.m.
Sat: 7 a.m. - 7 p.m.
Sun: 8 a.m. - 6 p.m.
ACTIVE ADULT CENTER
6060 E. Parkway Dr.
Mon-Fri: 8 a.m.-4 p.m.

Facility Closures

Bison Ridge and Eagle Pointe recreation centers will be closed during the following times and dates for Emergency Training:

- March 13, Eagle Pointe Recreation Center closed all day
- March 20, Bison Ridge Recreation Center closed all day

On the Horizon

Evening on the Titanic: Ages 21+
Jump aboard our luxury ship and journey back in time to the night of April 14, 1912. For the 110th anniversary of the Titanic’s maiden voyage, the Bison Grill invites you to enjoy the final dinner served on the Titanic! Meals from the actual menu served on the ship the evening before disaster struck will be recreated. A string quartet will delight passengers with the most elegant music of the time and guests are invited to don their finest period costume or their fanciest attire to fully relish in this night to be remembered.
Thu 4/14 • 6-9 p.m. • \$36/\$40 • 4651.102
Bison Grill at Buffalo Run Golf Course

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Colorado
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COMMERCE CITY
ON THE Move



Find some luck of the Irish with these March events

Don’t turn green with envy! Register now for these great events happening all throughout March.

Group Ski & Board Day
Catch a ride to Loveland Ski Area from Bison Ridge for a day on the slopes. Take a break at the Loveland Wedge Bar for lunch on us! Lift tickets and gear are not included.
Sat 3/5 • 7 a.m. - 4 p.m.
FREE • 4601.103 • Eagle Pointe

St. Patrick’s Day Celebration Lunch
March is the month to get your Irish on! Dress in green and get ready to shake your shamrocks as we toast and celebrate St. Patty’s Day. We will enjoy a traditional Irish meal prepared by the amazing Bison Grill. On the menu, we will have corned beef and cabbage, potatoes, Irish soda bread, a salad, and a tasty dessert. If you would like your meal to-go, please indicate that when you register. To-go meals will be available for pick up starting at 1 p.m. from Bison Ridge. Sign up early!
Tue 3/15 • Noon - 1:30 p.m.
\$12/\$15 • 4251.101 • Bison Ridge

Mini Comic-Con
Geek out at this family-friendly day of crafts, cosplay, storytelling, and more as we celebrate all things pop-culture. A full schedule of events will be available at **c3gov.com/recreation**.
Sat 3/19 • 10 a.m. - 4 p.m.
FREE • 7752.101 • Bison Ridge

Red Sweater Volunteer Social
Let’s get together and celebrate the incredible senior volunteers that help make Commerce City amazing! Join friends and Active Adult staff as we honor past Red Sweater Award winners and other volunteers with a fun get-together. Snacks and refreshments will be served.
Thu 3/31 • 4:30 - 6 p.m.
FREE • 4601.103 • Eagle Pointe



March 2022
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Programs, Excursions
and Services for Active Adults



2021 Tax Preparation Services
The IRS’s Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals, including:

- People who generally make \$58,000 or less
- Persons with disabilities; and
- Limited English-speaking taxpayers

In addition to VITA, the TCE program offers free tax help, particularly for those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors.

Find a VITA/TCE site near you
To locate the nearest VITA or TCE site near you, use the IRS VITA tool, **irs.treasury.gov/freetaxprep**, or call 800-906-9887.

Always be alert for scams!
Remember, the IRS DOES NOT call to demand payment over the phone without first sending a bill in the mail. Additionally, the IRS will NOT ask for credit or debit card numbers over the phone or threaten to bring in local police or other law enforcement to arrest you for non-payment. Call the IRS directly at 800-829-1040 if you ever have doubts about a call.

We're Outta Here

For trip details, see the parks and recreation activities guide at c3gov.com/recreation, or call 303-289-3764. All trips depart from the Eagle Pointe Recreation Center unless noted.

Fri 3/4 • [Lunch Out at Clancy's Irish Pub](#) • Wheatridge • L1
Clancy's Irish Pub is Colorado's oldest and longest-running Irish Pub! Enjoy Irish entrees such as Shepard's Pie, Bangers Mash, and Fish & Chips. Start the St. Patrick's Day celebration early! Lunch on own.
Registration deadline: 3/1
4501.115 10:45 a.m. - 1 p.m. \$7/\$8

Tue 3/8 • [Meow Wolf Art Exhibition](#) • Denver • L1
Meow Wolf's largest permanent installation, Convergence Station, is an immersive art experience that transports participants of all ages into new dimensions of storytelling and creative exploration. Arrive as you, leave transformed.
Registration deadline: 3/1
4501.120 11 a.m. - 4 p.m. \$45/\$46

Fri 3/11 • [Diners, Drive-ins, and Dives](#) • Wheat Ridge • L1
Watch an episode of the Food Network Show then travel to the restaurant to enjoy the food! Lunch on own. Restaurant is Grammy's Goodies.
Registration deadline: 3/4
4501.109 10:30 a.m. - 2 p.m. \$10/\$12

As a reminder, NO food or drinks are allowed in the vans.

Wed 3/16 • [Mystery Trip](#) • ??????? • L3
Discover new places on this mystery trip. Only the organizer knows the destination, but it's always fun! Lunch on own.

Registration deadline: 3/9
4501.107 10:30 a.m. - 3:30 p.m. \$10/\$11

Wed 3/23 • [The Bookies Bookstore](#) • Denver • L1
The Bookies Bookstore originally started in a basement by a wonderful woman named Sue who dreamed of a magical bookstore for the children of Denver. If you can't find a title you are looking for in the over 100,000 books, they will order it for you! Lunch on own.
Registration deadline: 3/16
4501.116 10 a.m. - 1 p.m. \$7/\$8

Mon 3/28 • [Dinner Out](#) • Westminster • L1
Cheddar's Scratch Kitchen is dedicated to taking care of their guests each and every day. At Cheddar's, their goal is to live up to that original, simple idea: be a great restaurant that serves quality food fresh from the kitchen in a friendly, comfortable atmosphere at a fair price. Dinner on own.
Registration deadline: 3/21
4501.103 4 - 6:30 p.m. \$7/\$8

Please review these "rules of the road" for trip information and exertion levels, which appear next to the trip titles:

LEVEL 1
Parking lot, short walking distance, minimal activity.

LEVEL 2
Moderate activity and walking distance, some stairs.

LEVEL 3
Extended walking distance or stairs, outside, higher elevation.

Trip fees are non-refundable after the posted cancellation deadline or within seven days of the trip.
Meal costs are not included unless noted. Meal cost ranges: Breakfast, \$10-15; Lunch, \$15-20; Dinner, \$15-30.

World of Mysteries: Bermuda Triangle

The Bermuda Triangle is a mythical section of the Atlantic Ocean roughly bounded by Miami, Bermuda, and Puerto Rico, where dozens of ships and airplanes have disappeared. Unexplained circumstances surround some of these accidents. This documentary offers answers to the mysteries of the Bermuda Triangle.
Wed 3/2 • 1 - 3 p.m. • \$4/\$5 • 4601.132 • Eagle Pointe
Sat 3/5 • 10 a.m. - Noon • \$4/\$5 • 4651.105 • Bison Ridge

Extraordinary Adventures: Virtual Trips

Join us for a spectacle that few humans have ever witnessed-the Great Migration! The Great Migration is a yearlong journey for over 1.5 million animals as they travel more than 500 miles across the Serengeti, through Tanzania and Kenya. Follow the array of animals including, wildebeest, elephants, monkeys, hyenas, vultures, and more, into the Serengeti that is a beauty all its own.
Thu 3/10 • 1 - 2:30 p.m. • \$4/\$5 • 4651.113 • Bison Ridge

Don't Miss It!

ALL events require advance registration. View the complete 2022 Winter/Spring activity guide online at recreation.c3gov.com/classes-programs or contact Active Adult staff for a hard copy.

Goodbye, "Winter-tainment"

Chair Volleyball

Join friends and get your blood pumping and your body moving with a rousing game of chair volleyball! Chair volleyball is played with a beach ball and a five-foot high net. It's great for upper body mobility and joint flexibility while also enhancing your muscle tone, reflexes, hand-to-eye coordination, and endurance. Rules are similar to regular volleyball except cheeks stay in seats!
Tue 3/1 • 10 - 11 a.m. • FREE • 4601.127 • Eagle Pointe

Coffee with Dana Wood, FISH Food Bank Manager

FISH Food Bank of Commerce City is located at Our Savior Lutheran Church and has been feeding the people of Commerce City since 2015. Join FISH Food Bank Manager Dana Wood for a cup of coffee and learn about his childhood growing up in Commerce City, how he got involved with the FISH Food Bank, and more about the great resource that helps many Commerce City residents! Attendees are invited to bring a non-perishable food item as a contribution to the food bank.
Wed 3/9 • 9 - 10 a.m. • FREE • 4601.106 • Eagle Pointe

Breakfast Burrito Bingo

Take a break from your ordinary breakfast routine! Join Active Adult staff for hearty breakfast burritos and a morning game of bingo at Bison Ridge. We will have great prizes and bunches of fun! Coffee provided.
Fri 3/18 • 9 - 10:30 a.m. • \$10/\$12 • 4651.109 • Bison Ridge

First Day of Spring is March 20!

Hello, Spring Things!

Wonder Art Series: Glass Painting

Put on your creative hat and join in on the fun on the last Friday of the month! Supplies included. One piece of art per person.
Fri 3/25 • 10 a.m. - noon • \$10/\$11 • 4601.110 • Eagle Pointe

Friday Bingo at Eagle Pointe

Come try your luck at this game of chance and see if we call your numbers. Join friends and Active Adult staff as we play BINGO for some exciting prizes!
Fri 3/25 • 1 - 2:30 p.m. • \$5/\$7 • 4601.114 • Eagle Pointe

Tuesday Movie Matinee at Eagle Pointe

Join us as we screen "Julie & Julia" this month! Julia Child (Meryl Streep) and Julie Powell (Amy Adams) - both of whom wrote memoirs - find their lives intertwined. Though separated by time and space, both women are at loose ends... until they discover that with the right combination of passion, fearlessness and butter, anything is possible.
Tue 3/29 • 1-3 p.m. • \$4/\$6 • 4601.121 • Eagle Pointe

Wii Bowling

Join other bowling aficionados and Active Adult staff for monthly bowling drop-in times on the Wii. Wii bowling has all the fun and excitement of real bowling, but it is low impact and accessible for all. Space for this drop-in activity is limited.
Wed 3/30 • 10-11:30 a.m. • FREE • 4601.117 • Eagle Pointe

Wellness CORNER

Healthy Sleep

Good sleep is essential to good health. Learn how to improve yours.
Wed 3/2 • 9 - 10 a.m. • FREE
4701.102 • Eagle Pointe

Active Adults on Weights

Improves bone health, posture, balance, to help with everyday activity.
Tue 3/8-3/29 • 9:30-10:30 a.m.
\$30/\$35 • 3122.101 • Eagle Pointe

Medicare 101

This class will help you answer common Medicare questions. RSVP at 303-916-3068.
Wed 3/16 • 9 - 10 a.m. • FREE
4701.106 • Eagle Pointe

Diabetes Self-Empowerment

Join us for a FREE series of four, 2-hour long diabetes group classes.
Mon 3/21-4/11 • 11 a.m. - noon
FREE • 4701.108 • Eagle Pointe

March Drop-ins

Life Isn't Easy

Mon 3/7 • 10-11:30 a.m. • FREE • Eagle Pointe
Mon 3/21 • 10-11:30 a.m. • FREE • Eagle Pointe

Bunco

Tue 3/8 • 1 - 3:30 p.m. • FREE • Eagle Pointe

Therapeutic Coloring

Mon 3/14 • 10-11:30 a.m. • FREE • Eagle Pointe
Mon 3/28 • 10-11:30 a.m. • FREE • Eagle Pointe

Other drop-ins running as usual. See the Winter/Spring 2022 guide for the full schedule on page 13.

MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1 10 a.m. Chair Volleyball @ EP 	2 9 a.m. Quilting @ EP 9 a.m. Healthy Sleep @ EP 1 p.m. World of Mysteries: Bermuda Triangle @ EP	3	4 10:45 a.m. Lunch Out @ "Clancy's Irish Pub" in Wheatridge	5 7 a.m. Group Ski & Board Day @ Loveland Ski Area; meet @ BR 1 p.m. World of Mysteries: Bermuda Triangle @ BR
6	7 Line Dance @ BR 9 a.m. Beginner 10:15 a.m. Intermediate 10 a.m. Life Isn't Easy @ EP Noon Dominos	8 9 a.m. Ceramics @ EP 11 a.m. Meow Wolf Art Exhibition in Denver 1 p.m. Bunco @ EP	9 8:30 a.m. Visiting Nurse @ EP 9 a.m. Quilting @ EP 9 a.m. Coffee with Dana Wood @ EP	10 1 p.m. Extraordinary Adventures: The Serengeti @ BR Noon Pictionary 1:30 p.m. Square Dance @ EP	11 10:30 a.m. Diners, Drive-ins, and Dives @ "Grammy's Goodies" in Wheat Ridge	12
13 EP CLOSED ALL DAY	14 Line Dance @ BR 9 a.m. Beginner 10:15 a.m. Intermediate 10 a.m. Therapeutic Coloring @ EP Noon Dominos	15 9 a.m. Ceramics @ EP Noon St. Patrick's Day Celebration Lunch @ BR	16 9 a.m. Quilting @ EP 9 a.m. Medicare 101 @ EP 10:30 a.m. Mystery Trip	17 1:30 p.m. Square Dance @ EP 	18 9 a.m. Breakfast Burrito Bingo @ BR 	19 10 a.m. Mini Comic Con @ BR 
20 BR CLOSED ALL DAY  <i>Happy Spring</i>	21 Line Dance @ BR 9 a.m. Beginner 10:15 a.m. Intermediate 10 a.m. Life Isn't Easy @ EP Noon Dominos	22 9 a.m. Ceramics @ EP 	23 9 a.m. Quilting @ EP 10 a.m. The Bookies Bookstore in Denver	24 1:30 p.m. Square Dance @ EP 	25 10 a.m. Wonder Art: Glass Painting @ EP 1 p.m. Friday Bingo @ EP	26
27	28 Line Dance @ BR 10 a.m. Therapeutic Coloring @ EP Noon Dominos 4 p.m. Dinner Out @ "Cheddar's Scratch Kitchen" in Westminster	29 1 p.m. Movie Matinee, "Julie & Julia" @ EP 	30 9 a.m. Quilting @ EP 10 a.m. Wii Bowling @ EP 	31 4:30 p.m. Red Sweater Volunteer Social @ EP 	1	2

MARCH BIRTHDAYS

Adolfo Armendariz March 27	Maria Guzman March 18	Hope Quintana March 14
Clara Atencio March 19	Leona Heater March 30	Donna Raitz March 23
Ethel Badsky March 27	Sherry Heater March 16	Keith Rogers March 26
Beverly Behringer March 9	Kathy Herman March 25	Cheryl Rolf March 18
Christina Bernal Sati March 21	Gilbert Hernandez March 13	Carole Romick March 10
Sharrell Boen March 9	Marija Hirschfeld March 30	Ellen Salem March 21
Josephine Cantu March 19	Ilene Hudson March 24	Rosemary Samson March 16
Bernice Cardenas March 30	Judy Marie Locke March 21	David Sandoval March 8
Carol Clark March 1	Andrea Lopez March 30	Virginia Sargent March 16
Norma Clinkinbeard March 4	Jennie Loveridge March 12	Floyd Schiller March 21
Max Davis March 16	Madhu Mahajan March 1	Aaliyah Shabazz March 18
Winnie Davis March 9	Larry Martinez March 21	Debra Sharp March 29
Patricia Delight March 17	Marie Mascarenas March 30	Alice Triggs March 2
Katrina Dietz March 27	Roberta Mascarenas March 28	Joann Vail March 13
Christine Dillon March 23	Jill Mathisen March 3	Steve Valdez March 26
Arturo Esparza March 5	Stacy McLean March 22	Cynthia Vaught March 25
Choko Evans March 5	Joe Medina March 7	Margaret Webb March 4
Sherri Gonzales March 6	Jean Mervin March 6	Lorene White March 9
Stella Gonzales March 12	Geri Persinger March 4	Eleanor Williams March 16
Armando Guardiola March 20	Patricia Plog March 9	Nance Zeiler March 3

IMPORTANT NUMBERS

HEALTH & COVID-19 RESOURCES FOR OLDER ADULTS

- The Colorado Department of Health & Environment has a call line for general questions about COVID-19. Call CO HELP at 303-389-1687 or 1-877-462-2911 for answers in many languages, or email them at COHELP@RMPDC.org for answers in English. Visit www.colorado.gov/cdphe for the most up to date information about COVID-19 in Colorado.
- Center for Disease Control and Prevention (CDC): www.cdc.gov/COVID19
- Tri-County Health Department: www.tchd.org or 303-220-9200
- Seniors' Resource Center: 303-238-8151
- The Senior Hub: 303-426-4408
- Adams County Virtual Outreach: Do you have questions or need to apply for public assistance programs? Please contact Adams County Outreach & Education Liaison Karla Ojeda at (720) 523-2114 or kojeda@adcogov.org to schedule a time to meet. She may be able to answer your questions and/or provide you with the resources you need.
- Almost Home: If you need rent or mortgage assistance due to COVID, utility or water assistance, or food from our food bank, you may be eligible for assistance. Please call 303-659-6199 or email assistance@almosthomeonline.org.
- Medicare Assistance: Schedule a free consultation with an unbiased broker and expert in all things Medicare. Contact Jeffrey Brill, President of North Star Insurance Agency, at (303) 667-1028 for information on extra benefits and potential savings.

To contact the city about regular business, please refer to the following list of department phone numbers:

City Main Line/General Inquiries: 303-289-3600
City Attorney's Office: 303-289-8130
City Clerk's Office: 303-289-3611
City Manager's Office: 303-227-8808
Community Development: 303-289-3683
Economic Development: 303-289-3620
Finance: 303-289-3627
Human Resources: 303-289-3624
Information Technology: 303-227-8807
Parks, Recreation and Golf: 303-289-3691
Police Department: 303-287-2844
Public Works: 303-289-8150