



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

Active Adult Information: 303-286-4389  
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.  
**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.

Facility Closures

July 4: Both facilities closed in celebration of Independence Day

On the Horizon

Upcoming Events

Dog Days of Summer

Celebrate the Dog Days of Summer at Frontera Park! Bring your furry friends and enjoy a fun-filled day with a hot dog bar, pet-friendly activities, and plenty of opportunities to socialize. Don't miss this paw-some celebration!  
**Th 8/7 • 11 a.m. - 1 p.m. • \$9/\$12 • 4651.235 • Fronterra Park**

National Peach Day

Discover the many ways to enjoy this juicy fruit while soaking up the summer sun. Don't miss the sweet fun of National Peach Day at Eagle Pointe Recreation Center.  
**W 8/27 • 2 - 3 p.m. • \$5/\$7 • 4601.203 • EP**

PRSRT STD  
US Postage  
**PAID**  
Permit No. 65  
Commerce City  
Colorado  
80022

COMMERCE CITY  
**ON THE Move**



**It's Time for Some Summer Fun!**  
As the sun gets brighter and the days stretch longer, we're bursting with excitement to share all the wonderful events we have planned to make this summer truly special for our community! Get ready for a season packed with fun, friends, and fantastic memories.

We've got something for everyone! Ever wanted to learn something new with a tasty treat in hand? Join us for "What's the Scoop?" where we'll mix learning with delicious ice cream! If you love getting out and enjoying nature, our "Hike and Bite" event is perfect for soaking up the summer scenery. And for all you pet lovers, get ready for some wagging tails and happy barks!  
Paws-itively Fun August Events!  
August is going to be extra special, especially for our four-legged friends! Our inaugural "Dog Days of Summer" celebration is here. Imagine a delightful picnic in the park where you and your furry companion can meet up with friends and their beloved pets. It's going to be a paw-some time!  
  
And to sweeten the summer even more, mark your calendars for Wednesday, August 27, because we're celebrating National Peach Day!

Join us for a delightful afternoon filled with all sorts of scrumptious peach-inspired treats. We can't wait to dive into summer with all of you! These engaging activities are wonderful opportunities to create lasting memories. So grab your friends, share some laughs, and let's truly enjoy the sunshine this season brings. We're so excited to celebrate the joys of summer with our incredible community!

**Parks & Recreation Month is here!**  
This July, join Commerce City Parks, Recreation, and Golf (PRG) for Park and Recreation Month as we celebrate how our community thrives, becomes more vibrant, and grows resilient through the power of parks and recreational activities!

A variety of activities are planned for residents of all ages and abilities — including 4th Fest celebration, Music in the Park featuring Summer Shindig, disc golf, and a city-wide scavenger hunt. For more information about Park and Recreation Month, visit [c3gov.com/Recreation](http://c3gov.com/Recreation). Let's come together to celebrate and appreciate the value of our local parks and recreational spaces!

**July 2025**  
.....  
Programs, Excursions  
and Services for Active Adults

**4th of July BBQ**  
Wear your red, white, or blue attire and come enjoy a traditional BBQ to celebrate our nation's birthday. Brush up on your American history for our trivia contest. Happening at Veterans Memorial Park, located on the east side of the Eagle Pointe Recreation Center.  
**Th 7/3 • 10:30 a.m. - noon • \$9/\$11**  
**4601.202 • Veterans Memorial Park**

**Spill The Tea**  
Candid conversations and delicious indulgences. Sip on soothing tea blends and other high tea favorites while adults gather to share stories and insights into their lives.  
**Tu 7/15 • 2 - 3 p.m. • \$3/\$5**  
**4651.220 • BR**

**Frame by Frame – Film Series**  
This month we will explore the legendary cinematic journey of Steven Spielberg, complete with light snacks and discussions. Immerse yourself in the film industry and gain knowledge about the films that shaped it. This month's film is Close Encounters of the Third Kind.  
**Tu 7/22 • 1-3:30 p.m. • \$3/\$5**  
**4601.212 • EP**

**The Food That Built America**  
This series will feature a different documentary about an iconic food that is synonymous with the United States of America. A snack representing the theme will be provided each month. This month is American Ice Cream.  
**W 7/30 • 1 - 3 p.m. • \$6/\$8 • 4601.220 • EP**

**National Avocado Day**  
Experience the delight of National Avocado Day with an array of engaging activities that celebrate this beloved fruit. Connect with fellow avocado enthusiasts and enjoy a day filled with fun, flavor, and community.  
**Th 7/31 • 2 -3 p.m. • \$5/\$7 • 4651.211 • BR**

# We're Outta Here

## Trip Departure Update from the Active Adult Team

Trips will depart from both locations, Bison Ridge and Eagle Pointe recreation centers. Whether you're coming from the north, south, east, or west, you'll find that Bison Ridge and Eagle Pointe are well-positioned for easy access. You will select your pick-up location when registering for the trip, staff will make a confirmation call before trips. The trip time listed (ex. 9 a.m. - 3 p.m.) includes pick-up and drop-off from both locations. Departing from both locations will ensure that our trips commence smoothly and efficiently, allowing our community to access the exciting experiences that lie ahead.

**Th 7/3 • Hike & Bite - White Ranch Open Space • Golden • L3**  
Embark on breathtaking trails that showcase the beauty of our local landscape. Cost of Lunch on your own.  
**4501.203                      9 a.m. -1 p.m.                      \$9/\$12**

**W 7/9 • City Park Picnic • Denver • L3**  
Enjoy a picnic lunch at Denver's historic City Park. Picnic lunch will be provided by staff.  
**4501.217                      10 a.m. -2 p.m.                      \$9/\$11**

**F 7/11 • Cultural Cuisine Lunch Series • Denver • L1**  
This stop on our Cultural Cuisine Lunch Series will take us to the Spice Room. Enjoy Indian fare and fun at one of Denver's favorite Indian restaurants. Cost of lunch on your own.  
**4501.212                      11 a.m. -2 p.m.                      \$8/\$10**

**W 7/16 • Mystery Trip • ??? • L3**  
Embark on a thrilling mystery trip to a destination unknown. Pack your sense of adventure as you set off on an exciting journey to a surprise location. Get ready to uncover hidden gems and create unforgettable memories. Cost of lunch on your own!  
**4501.219                      10 a.m. -3 p.m.                      \$12/\$15**

**Sa 7/19 • Chainsaws & Chuckwagons • Fedrick • L3**  
2025 marks the 13th year of our annual Chainsaws & Chuckwagons event! Only the most masterful chainsaw carvers can turn giant logs into beautiful works of art, and we're bringing them to Frederick to compete against each other! Cost of lunch on your own  
**4501.220                      9 a.m. -4 p.m.                      \$9/\$11**

**Th 7/24 • Documentary Discovery: Lamb Springs Littleton • L2**  
The Lamb Spring Archaeological Preserve (LSAP) is an internationally significant archaeological site containing bone beds of extinct Ice Age animals and artifacts from later human occupation. Watch a film about its history, then visit the iconic location. Join us for an unforgettable experience and tour! Cost of lunch on your own.  
**4501.221                      8:30 a.m. -4 p.m.                      \$12/\$15**

**M 7/28 • Dinner Out: Black Eyed Pea • Westminster • L1**  
Join us for Dinner Out at Black Eye Pea. Enjoy classic American dishes and a hearty home cooked meal away from home!  
**4501.222                      4 - 8 p.m.                      \$9/\$11**

**As a reminder, NO food or drinks are allowed in the vans. Please help us keep them clean.**

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

<b>LEVEL 1</b> Parking lot, short walking distance, minimal activity.	<b>LEVEL 2</b> Moderate activity and walking distance, some stairs.	<b>LEVEL 3</b> Extended walking distance or stairs, outside, higher elevation.
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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.

## Don't Miss It!

ALL events require advance registration. View the complete Summer 2025 activity guide online at [c3gov.com/Register](https://c3gov.com/Register) or contact Active Adult staff for a hard copy.

**What's the Scoop?**  
An engaging program that brings our community together with a scoop of ice cream and a sprinkle of conversation! Each month features a notable figure from our city who shares their insights, experiences, and vision for our community while enjoying delicious ice cream. Tune in to satisfy your sweet tooth and get the scoop on the individuals shaping our city!  
**W 7/2 • 2 -3 p.m. • \$3/\$5 • 4651.228 • BR**

**Friends of the Center Chair Volleyball**  
Join our friends from North Metro Community Services for a round or two of chair volleyball! This program is adaptable for everyone! Chair volleyball is played with a beach ball and a five-foot-high net, is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. Registration is required.  
**M 7/2 • 11:45 a.m.-1 p.m. • Free • 4651.216 • EP**  
**W 7/7 • 10-11 a.m. • Free • 4601.207 • BR**

**Brunchin' At Bison**  
Our monthly community brunch on the second Tuesday of the Month! Bring a dish to share with at least six others and enjoy a delicious meal with friends. We'll provide a simple main dish, and beverages will be available. This month, our main dish is breakfast sandwiches.  
**Tu 7/8 • 10 -11:30 a.m. • \$3/\$5 • 4651.203 • BR**

**Global Sips and Savories**  
Discover different drinks and delicious treats from around the world. Each month we will feature a new location and the local favorite sweet treats from that destination! This month is Belgium.  
**Th 7/10 • 10 -11 a.m. • \$3/\$5 • 4651.224 • BR**

**Crafty Corner**  
Put on your creative hat and join in on the fun. These projects will keep you busy during the winter months. Supplies included. One piece of art per person. This month, we will be making seashell coasters.  
**F 7/11 • 10 a.m. -noon • \$10/\$11 • 4601.232 • EP**

**Monthly Birthday Celebration**  
All are welcome to attend the monthly birthday celebrations! Help your friends celebrate their birthday month with a special treat provided by the Active Adult Center and great friends to remember their special day. Registration is required but does not need to be your birthday month to join in on the celebration.  
**W 7/17 • 1 -2 p.m. • \$8/\$10 • 4601.216 • EP**

**Vinyl Revival**  
We'll turn back the clock and spotlight iconic albums and tracks that defined each era. Listeners can expect an engaging mix of music, storytelling, and discussions, as we dive deep into the stories behind the records, the artists who created them, and the cultural movements that influenced their sound.  
**Th 7/16 • 2 - 3:30 p.m. • Free • 4651.232 • BR**

**Breakfast Burrito Bingo at Bison Ridge**  
Take a break from your ordinary breakfast routine! Join the fun with a hearty breakfast burrito and a morning game of bingo at Bison Ridge. Registration is required to attend.  
**F 7/18 • 9 - 10:30 a.m. • \$10/\$12 • 4651.207 • BR**

**Potluck & Bingo at Eagle Pointe**  
Back by popular demand! Join us for potluck on the fourth Friday of the month. Staff will supply the main course, BLT's. And bring a side dish, enough to share with at least six others. Make a day of it and register for Friday Bingo. Separate registration is required for each event.  
**F 7/25 • 11 a.m.-12:30 p.m. • \$3/\$5 • 4601.224 • EP**  
**F 7/25 • 1 p.m.-2:30 p.m. • \$5/\$7 • 4601.228 • EP (BINGO)**

**Maker Monday**  
These projects will spark creativity and stay true to the season. Supplies included. Come to the Active Adult Center at Bison Ridge the week prior to check out our example! For our July project, we will be creating dream catchers.  
**M 7/28 • 10 a.m. - noon • \$10/\$11 • 4651.212 • BR**

### July Drop-ins & Monthly Offerings

BR Drop-ins	EP Drop-ins
<b>Mondays</b> Poker • 9 a.m. - noon Rummikub • Noon - 3:30 p.m.	<b>Monday</b> Walking Group • 10-11 a.m. • Dominos • Noon - 3:30 p.m.
<b>Tuesdays</b> NEW- Diamond painting • 9 a.m. - noon Scrabble • Noon - 3:30 p.m.	<b>Tuesdays</b> Inclusion Board Games • 9 a.m. - noon Farkle Dice Game • Noon - 3:30 p.m.
<b>Wednesdays</b> Mahjong • 9 a.m. - noon NEW - Drawing studio • Noon - 3:30 p.m.	<b>Wednesdays</b> Quilting • 9 a.m. - noon Rummikub • Noon - 3:30 p.m.
<b>Thursdays</b> Bridge • 9 a.m. - noon Backgammon • Noon - 3:30 p.m.	<b>Thursday</b> Uno, Skip-Bo, & Phase • 10 a.m. - noon Wii Games • Noon - 3:30 p.m.
<b>Fridays</b> Crochet & Knitting • 9 a.m. - noon Hand and foot • Noon - 3:30 p.m.	<b>Friday</b> Pinochle • 9 a.m. - noon Story Based Games • Noon - 3:30 p.m.







## Wellness CORNER

**Life Isn't Easy**  
Come share your life experiences, good and bad, in this monthly support group. The group meets on the first and third Monday of every month to discuss topics such as the joys and pains of daily living, aging, the loss of a loved one or a difficult medical diagnosis. This group is member lead.  
**7/7 M • 10-11:30 a.m. • Free • EP**  
**7/21 M • 10-11:30 a.m. • Free • EP**

**VNA Wellness Program**  
**7/7 M • 8:30 a.m. -4:30 p.m. • Free • EP**



# JULY - 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 9 a.m. Ceramics @ EP 	<b>2</b> 10 a.m. Chair Volleyball @ EP 2 p.m. What's the scoop? @ BR	<b>3</b> 9 a.m. Hike & Bite 9 a.m. Ceramics @ EP 10:30 a.m. 4th of July BBQ	<b>4</b> 	
<b>6</b>	<b>7</b> 9 a.m. & 10:15 a.m. Line Dance @ BR 10 a.m. Life Isn't Easy @ EP 11:45 a.m. Chair Volleyball @ BR	<b>8</b> 9 a.m. Ceramics @ EP 10 a.m. Brunchin' at Bison 10 a.m. Resource Round up @ BR	<b>9</b> 10 a.m. City Park Picnic	<b>10</b> 9 a.m. Ceramics @ EP 10 a.m. Global Sips & Savories @ BR	<b>11</b> 10 a.m. Crafty Corner @ EP 11 a.m. Cultural Cuisine: Spice Room 1 p.m. Book Club @ BR	<b>12</b>
<b>13</b>	<b>14</b> 9 a.m. & 10:15 a.m. Line Dance @ BR 	<b>15</b> 9 a.m. Ceramics @ EP 2 p.m. Spill the Tea @ BR	<b>16</b> 10 a.m. Mystery Trip 2 p.m. Vinyl Revival @ BR	<b>17</b> 9 a.m. Ceramics @ EP 1 p.m. Monthly Birthday Celebration @ EP	<b>18</b> 9 a.m. Breakfast Burrito Bingo @ BR 	<b>19</b>
<b>20</b>	<b>21</b> 9 a.m. & 10:15 a.m. Line Dance @ BR 10 a.m. Life Isn't Easy @ EP	<b>22</b> 9 a.m. Ceramics @ EP 1 p.m. Frame by Frame @ EP	<b>23</b>	<b>24</b> 8:30 a.m. Colorado Documentary Discovery 9 a.m. Ceramics @ EP	<b>25</b> 11 a.m. Potluck @ EP 1 p.m. Bingo @ EP 	<b>26</b>
<b>27</b>	<b>28</b> 9 a.m. & 10:15 a.m. Line Dance @ BR 10 a.m. Maker Monday 4 p.m. Dinner Out Black Eyed Pea	<b>29</b> 9 a.m. Ceramics @ EP 	<b>30</b> 1 p.m. Food that Built America @ EP	<b>31</b> 9 a.m. Ceramics @ EP 2 p.m. National Avocado Day @ BR		

EP: Eagle Pointe Recreation Center, 6060 E. Parkway Dr. | BR: Bison Ridge Recreation Center, 13905 E. 112th Ave.

## JULY - BIRTHDAYS

Omer Bergeron July 1	Joan Hill July 7	Kathleen Olson July 15	Susan Mccollam July 24
Paul Larsen July 2	Nittaya Banchongchith July 8	Sherry Babcock July 16	Manuel Sedillo July 24
Jenna McKay July 2	Pete Moralez July 8	Reba Drotar July 16	Katherine Marr July 26
Richard Montoya July 2	Susan Sanders July 8	Earlene Hall July 18	Amy Provencio July 26
Nicole Tippit July 2	Judy Mickelson July 9	Sharon Johnson July 18	Carey Carson July 27
Lavern Kersnick July 3	Kathy Teter July 9	Jerry Chavez July 19	Carole Harvell July 27
Jean Liams July 3	Zaida Vasquez July 9	Kathrine Dewald July 19	Deborah Brady July 28
Karen Harmon July 4	Joyce Lay July 10	Mae Medeles July 19	Kelly Cook July 28
Carmela Motta July 4	Molly Weigel July 10	Diane Barber July 20	Bob Torbet July 28
Tom Sailors July 4	Eileen Wilcox July 10	Shari Brodersen July 20	Karen Bull July 29
Jose Rivera July 5	Connie Hastings July 12	Jeffrey Houghton July 20	Keith Moss July 29
Wilhemina Alfred July 6	Sheri Helm July 12	Sammy Montano July 20	Sandra Carruthers July 30
Karen Chavez July 6	Ricardo Ortiz July 12	Rosemary Vitale July 20	Bonnie Boyd July 31
Terry Valdez July 6	Ruben Ramirez July 12	Sadie DeHerrera July 21	Gail Fenwick July 31
Terrence Coon July 7	Florence Glenn July 13	Harvey Longwell July 21	Wanda Wofford July 31
Debbie Ferguson July 7	David Martinez July 13	Josephine Ochoa July 21	
Ellen Haug July 7	Crystal Cain July 15	Ruwang Sung July 22	

## IMPORTANT NUMBERS

### HEALTH & RESOURCES FOR OLDER ADULTS

- Adams County Health Department: [publichealth@adcogov.org](mailto:publichealth@adcogov.org) or 303-220-9200
- Seniors' Resource Center: 303-238-8151
- Adams County Virtual Outreach: Do you have questions or need to apply for public assistance programs? Please contact Adams County Outreach & Education Liaison at (720) 523-2114 to schedule a time to meet.
- Almost Home: If you need rent or mortgage 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](mailto: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

Community Well-being: 720-769-5772

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