



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

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Permit No. 65
Commerce City
Colorado
80022

July 2026

Programs, Trips, and Events

Commerce City's **ON THE Move**



El boletín On the Move ahora ya se ofrece en español. Llame al 303-289-3789 o visite cualquiera de nuestros mostradores de servicios para adultos para obtener una copia.

Bison Ridge (BR)

13905 E. 112th Ave.
Active Adult Desk: 303-286-4389
Registration Desk: 303-286-6801

Eagle Pointe (EP)

6060 E. Parkway Dr.
Active Adult Desk: 303-289-3756
Registration Desk: 303-289-3789

Recreation Center Hours - Both

Monday - Friday: 5 A.M. - 9:30 P.M.
Saturday: 7 A.M. - 7 P.M.
Sunday: 8 A.M. - 6 P.M.

Active Adult Center Hours - Both

Monday - Friday: 8 A.M. - 4 P.M.

Facility Closures: July 4: Both facilities closed Independence Day

On The Horizon: Upcoming Events

Puzzling Competition

\$10/\$12 per person

Put your problem-solving skills to the test in this exciting puzzling competition! Participants will race against the clock to complete a 300-piece jigsaw puzzle. Whether you're a seasoned puzzler or just love a good challenge, this event is all about focus, strategy, and fun. Prizes await the quickest finishers, so let's have fun together piece by piece!

Thursday, August 27 / 9 A.M. - noon
Eagle Pointe Rec Center / Activity Code #: 4401.205

Call or visit any of our registration desks to Register.



Celebrate the 4th with Commerce City

Kick off the holiday weekend early at the 4th of July BBQ on Thursday, July 2, from 10:30 a.m. to noon at Veterans Memorial Park, located on the east side of the Eagle Pointe Recreation Center. Dust off your red, white, and blue and come enjoy a traditional BBQ spread while testing your American history knowledge in a fun trivia contest.

Then on Saturday, July 4, head over to DICK'S Sporting Goods Park starting at 3 p.m. for 4thFEST, Commerce City's free annual family festival. This year's event is bigger than ever, featuring bounce houses, a rock climbing wall, a mechanical bull, pedal carts, and USA Rugby matches inside the stadium as part of the inaugural World Rugby Nations Cup. The night wraps up with Colorado's biggest public Fourth of July fireworks show. No ticket needed. Just bring your lawn chairs and your patriotic spirit.

Whether you're a trivia whiz or a fireworks fanatic, there's something for everyone this July 4th weekend in Commerce City.

Featured Events

4th of July BBQ

\$9/\$11 per person

Wear your red, white or blue attire and come enjoy a traditional BBQ to celebrate our nation's birthday.

Thursday, July 2
10:30 A.M. - noon
Veterans Memorial Park
Activity Code #: 4401.203

Summer Game Night

\$12/\$14 per person

Enjoy friendly competition, laughter, and prizes for every winner. Join a game of Checkers, Bunco, Battleship, and life sized chutes and ladders!

Wednesday, July 15
5 - 7 P.M.
Bison Ridge Rec Center
Activity Code #: 4651.235

Your Invited to Dan & Alma's Baby Shower

A Baby boy is on the way for one of our very own, Dan and his wife Alma. Help us celebrate their first baby!

Monday, August 3
1 - 3 P.M.
Bison Ridge Rec Center

Adventure Awaits



Pick-up and Drop-off Locations: Bison Ridge and Eagle Pointe

Trips will leave from our two recreation centers to ensure a smooth experience for all. When you register for a trip, choose one of the locations. Staff will call to confirm details the day before the trip date.

Reminder for Trips!

1. Fees are non-refundable within 24 hours of departure.
2. Meal costs are not included unless noted.

New Level 1 Trip(s)

Kangaroo Meet & Greet | \$72/\$75 - 4501.217

Get up close and cuddly with adorable kangaroos at The Kangaroo Ranch where they are passionate about education and conservation.

Friday, July 31 / 10 A.M. - 3 P.M. / Wheat Ridge

New Level 2 Trip(s)

Teller House Tour | \$20/\$22 - 4501.214

The Teller House opened in June 1872, it was considered one of the most lavish hotels west of the Mississippi River.

Wednesday, July 8 / 10 A.M. - 4 P.M. / Central City

New Level 3 Trip(s)

N-Line to the Rockies Game | \$30/\$35 - 4501.213

Take a ride down to the Coors Field on the N-Line and watch the Rockies take on the Red Sox.
Wednesday, July 22 / 10 A.M. - 5 P.M. / Denver

Repeating Monthly Trips

These trips are coming back around! Whether it's your first or fifteenth, they're great to attend.

Cultural Cuisine | L1 \$8/\$10 - 4501.215

Friday, July 17 / 10 A.M. - 2 P.M.
Le French - Denver - Indoor dining

Dinner Out | L1 \$8/\$10 - 4501.216

Tuesday, July 28 / 4 - 8 P.M.
Black Eyed Pea - Northglenn - Indoor dining

Movement Spotlight



Featured fitness classes: The recreation centers offer classes that are great for adults of any ability level.

SilverSneakers® Classic | Free - BR

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily functional skills. A chair is used for seated and/or standing support.

Every Thursday / 9:45 - 10:45 A.M.

Studio #1

No Registration Required

Yoga | Free - BR

Improve flexibility, core strength, and balance.

Every Wednesday / 12:30 - 1:30 P.M. / Studio #1

Every Thursday / 5:45 - 6:45 P.M. / Studio #1

Every Saturday / 12:30 - 1:30 P.M. / Studio #2
Fitness Studio

No Registration Required

Deep Water Aerobics | Free - EP

For those wanting more strength and endurance while using the pool to support body weight.

Every Sunday / 10-11 A.M. / Pool

Every Tuesday / 11:15 A.M.-noon / Pool

No Registration Required

Pickleball | Free - BR

Try a friendly match of pickleball! It's a fun game that combines tennis, badminton, and ping pong. All skill levels are welcome!

Every Tues, Wed, Thu / 5:30 A.M. - 12:00 P.M.

Every Sun, 8:30 A.M. - 12:00 P.M.

No Registration Required

Find more fitness classes in our Activity Guide. Visit one of our centers to ask for a hard copy.

BR - Bison Ridge • EP - Eagle Pointe

Just Drop-In - Free | 18+

Bison Ridge Rec Center

Mondays

Walking Club: 10 A.M.-11 A.M.

Tuesdays

Reading Together: Noon - 3:30 P.M.

Wednesdays

Diamond Painting: 9 A.M.-Noon

Thursdays

Inclusion Board Games: 9 A.M.-Noon

Fridays

Crochet and Knitting: 9 A.M.-Noon

Eagle Pointe Rec Center

Mondays

Walking Group: 10-11 A.M.

Dominos: Noon-3:30 P.M.

Tuesdays

Inclusive Board Games: 9 A.M.-Noon

Five Crowns: Noon-3:30 P.M.

Wednesdays

Quilting: 9 A.M.-Noon

Rummikub: Noon-3:30 P.M.

Thursdays

Coffee and Chat: 9 A.M.-Noon

Fridays

Pinochle: 9 A.M.-Noon

Exertion Levels Classification Overview (L#)

We've classified our trips to help you find the best adventure based on how active you'd like to be!

Level 1 - Minimal	Level 2 - Light	Level 3 - Moderate
Few steps and seated or stationary. (Small museum tours or restaurants)	Slow-paced walking with frequent rest stops. (Scenic overlooks with light walking)	Continuous walking at relaxed pace. (Zoo visits or short nature trails)

Level 4 - Active Explorer	Level 5 - Adventurer
1.5 to 3 miles. Extended walking and standing. Limited rest stops. (City walking tours or open space hikes) Higher elevation - up to 8,000 ft.	3 to 5 miles. Continuous movement, sustained exertion. (Nature hikes or mountain parks) Signification elevation - up to 10,000 ft.

Get \$75 to use toward our programs!

If you're 60+, you qualify for our GoodFriends Scholarship. Call Denise at 303-286-6837 to add it to your account.

Joining the waitlist is essential! We aim to fill every spot for our trips, programs, and events. We always consider things like transportation, staff availability, and location. We keep track the demand and try to accommodate where we can.

Call 303-286-6801 or visit any of our registration desks to register.



Join An Active Adult Program

There's a ton of programs waiting for you to try! Connect with other active adults, take part in fun classes, or find new hobbies. Register take part in these fun options below:

Lotería | \$10/\$11 - 4601.215 - EP

Join us for a fun game of Lotería, also known as Mexican bingo! Similar to regular bingo, but you use cards featuring Mexican-inspired designs.

Wednesday, July 1 / 4 - 5:30 P.M.

Light Snacks and Refreshments Provided

Bilingual Friendly! Prizes Available!

Registration Required

Crafty Corner | 4601.211 - EP

Mushroom Plant Stands

Friday, July 10 / 10 A.M. - Noon

Registration Required

Spill The Tea | \$5/\$7 - 4651.220 - BR

Candid conversations and delicious indulgences. Sip on soothing tea blends and other high tea favorites.

Tuesday, July 14 / 1 - 2:30 P.M.

Tea Favorites and Sweet Treats Provided

Registration Required

Where Were You When? | \$3/\$5 -

4601.231 - EP

In this series, we will travel through the decades and share our memories and experiences. This month will focus on events of the 1970's.

Thursday, July 9 / 10 - 11 A.M.

1970's Memorabilia Encouraged

Registration Required

Breakfast Burrito Bingo | \$10/\$12 -

4651.207 - BR

Hearty breakfast burritos and a morning game of bingo at Bison Ridge

Friday, July 17 / 9 - 10:30 A.M.

Prizes Available

Registration Required

Maker Monday | 4651.211 - BR

Terrariums

Monday, July 27 / 10 A.M. - Noon

Registration Required

Monthly Birthday Celebration | \$8/\$10

4601.227 - EP

Thursday, July 16 / 1 - 2:30 P.M.

Light Lunch and Birthday Treats Provided

Does not need to be your birthday to join.

Registration Required

Potluck at Eagle | \$3/\$5 - 4601.219

Bring a dish to share and enjoy a community meal with your friends. Taste our featured dish!

Friday, July 24 / 11 - 12:30 P.M.

Featured Dish: BLT's

Beverages Provided

Registration Required

Friday Bingo at Eagle | \$5/\$7 - 4601.223

B-I-N-G-O! Try your luck at this game of chance and see if we call your numbers!

Friday, July 24 / 1 - 2:30 P.M.

Prizes Available

Registration Required

Afternoon Trivia and Treats | \$5/\$7 -

4651.224 - BR

Test your knowledge in an exciting afternoon game of trivia!

Wednesday, July 29 / 2 - 3 P.M.

Treats Provided

Registration Required

BR - Bison Ridge • EP - Eagle Pointe

Free Monthly Programs

Chair Volleyball

4651.216 - BR / 4601.203 - EP

Monday, July 6 / Noon-1 P.M. / BR

Wednesday, July 1 / 10-11 A.M. / EP

You Will Be Seated During the Game

Registration Required

Book Club | BR

Friday, July 10 / 1 - 2:30 P.M.

Each Member Responsible for Buying Book

Vinyl Revival | BR

Wednesday, July 15 / 2 - 3:30 P.M.

Music Provided

Wii Bowling | EP

Tuesday, July 21 / 10-11 A.M.

Strike up some fun! Wii Bowling is the perfect mix of movement, competition, and community.

Folded with Love Card Making

4601.207 | EP

Thursday, July 2 / 9-10 A.M.

Registration Required

Birthdays This Month!



6/1 - Antonia Dell

6/2 - Lanny Panella

6/3 - Cleotilde Santoyo Cabral

6/3 - Barbara Ortiz

6/3 - Barbara Ramirez

6/4 - Tricia McKinnon

6/4 - Paula Morales

6/5 - Barbara Cyrus

6/5 - Chong Delao

6/6 - Teodorica Haynie

6/6 - George Eastman

6/7 - Jim Starke

6/8 - Andrea Mulkey

6/8 - Laura Garda

6/8 - Sheryl Cowger

6/8 - John Ferguson

6/9 - Robin Anderson

6/9 - Annette Garcia

6/9 - Eleanor Bland

6/10 - Janet Stockall

6/11 - Bernave Rodríguez

6/11 - Cher West

6/11 - Beverly Hardin

6/12 - Guadalupe Holguin

6/12 - Bruce Emery

6/12 - Paulette Trabue

6/14 - Barbara Maes-Reed

6/14 - Donna Robbins

6/14 - Alice Reyes

6/15 - David Pocs

6/15 - Teri McDonald

6/15 - Michelle Hahn

6/15 - Enrique Contreras

6/16 - Joe Armijo

6/16 - Diana Berkland

6/17 - Gabrielle Duran

6/17 - Heather LaCrue

6/17 - Mario Galindo

6/17 - Victoria Garnica

6/18 - Cindy Vaughn

6/18 - Joan Root

6/18 - Judith M. Trzeciak

6/18 - Wanda Williams

6/19 - Ariana Tarin

6/19 - Lorraine Machinski

6/20 - Keshia Poland

6/20 - Duane Tidwell

6/21 - Jose Zubiata-Ruiz

6/21 - Irma Neave

6/21 - Louis Baca

6/23 - Clyde II Peacock

6/24 - Juan Garcia Flores

6/24 - Sharon Jantz

6/24 - Roberto Ortiz

6/24 - David McFarland

6/25 - Melissa Perez

6/25 - Dennis Garland

6/25 - Adrianna Ibarra

6/25 - Phillip Challis

5/25 - Carmen Herrada

6/25 - Gary Stacey

6/25 - Georgeann Becker

6/26 - Carmen Taylor

6/27 - Jolene Vanoort

6/27 - Myra Griffin

6/27 - Jesus Cabral Sr.

6/28 - Alma Avelar

6/28 - Lisa Barbeau

6/28 - Gilberto Rodriguez

6/28 - Michael Barker

6/28 - Toni Spann-Helms

6/29 - Shelbie Reynolds

6/29 - Barbara Zoeller

6/29 - Barbara J Sample

6/30 - Lucina Maya

6/30 - Carrie Toth

Outdoor Adventures

Hike & Bite

Lookout Mountain - Golden

\$9/\$12 - 4301.203

Hikes range from 1-2 miles. After our hike, we'll unwind and savor a delightful lunch at a nearby restaurant.

Thursday, July 9 / 9 A.M. - 1 P.M.

Lunch on your own

World Ranger Day

FREE - 4803.201

Celebrate World Ranger Day with your local Park Rangers!

Friday, July 31 / 5 - 6 P.M.

Eagle Pointe Rec Center

Led by our Park Rangers

Adult Dance Spotlight

Tappy Hour | \$20 punch card

This fun tap dance class is for adults of all levels. Learn basic steps seated or standing. Tap shoe covers provided or bring your own tap shoes.

Wednesday / 10:30 - 11:30 A.M. / EP

Saturday / 9:30 - 10:30 A.M. / EP

No registration required. / Dance Studio

2026 July Calendar and Wellness Corner



<p>Free VOA Lunch for Seniors Every Monday and Wednesday 11:30 A.M.-1 P.M.</p> <p>Enjoy a complimentary meal and connect with others in the community. Meal provided by Volunteers Of America.</p> <p>Eagle Pointe Recreation Center</p>	<p>Life Isn't Easy - Free Monday, July 6 / 10-11:30 A.M. Monday, July 20 / 10-11:30 A.M.</p> <p>Come share your life experiences in this monthly support group. Member-led.</p> <p>Eagle Pointe Recreation Center</p>	<p>VNA Wellness Program - Free Monday, July 6 / 8:30 A.M.-4 P.M. Call to make appointment: 303-698-6496</p> <p>The Visiting Nurses Association operates a monthly free health clinic for seniors.</p> <p>24-hour Advance Cancellation Notice Only</p>	<p>Lunch & Learn - Free Tuesday, July 7 / Noon- 2 P.M.</p> <p>Join the Commerce City Senior Commission, as we commemorate America 250/Colorado 150. Members of the Historical Society and Economic Development will present.</p> <p>Eagle Pointe Recreation Center</p>
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<p>Music in the Park Thursday, July 9 / 6:30-8:30 P.M. Featuring Hot Lunch River Run Park</p> <p>Thursday, July 23 / 6:30-8:30 P.M. Featuring Remezcla Pioneer Park</p>	<p>Resource Roundup - Free Tuesday, July 14 / 5:30-6:30 P.M.</p> <p>Learn more about the Mexican Consulate Light refreshments will be served. RSVP at 303-286-6837 if possible.</p> <p>Bison Ridge Recreation Center</p>	<p>VIA Mobility - Transportation: MobilitySpecialist@viacolorado.org or 303-444-3043</p> <p>Almost Home - Mortgage, Water or Food Assistance: Assistance@AlmostHomeOnline.org or 303-659-6199</p> <p>Adams County Health Department: PublicHealth@adccgov.org or 303-220-9200</p>	<p>Community Well-being: CWB@c3gov.com or 720-769-5772</p> <p>Medicare Benefits: Medicare-Teachers.com or 303-357-0588</p> <p>Seniors' Resource Center: 303-238-8151</p> <p>Medicare Assistance: 303-667-1028</p>
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Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Chair Volleyball - EP / 10-11 A.M. Tappy Hour - EP / 10:30-11:30 A.M. Lotería - EP / 4-5:30 P.M.</p>	<p>2 Ceramics - EP / 9-noon Folded with Love - EP / 9-11 A.M. 4th of July BBQ - VMP / 10:30 A.M.-noon Painting with Bob Ross - BR / 1-3 P.M.</p>	<p>3</p>
<p>6 Line Dance - BR / 9 A.M & 10:15 A.M. Life Isn't Easy - EP / 10-11 A.M. Chair Volleyball - BR / Noon-1 P.M.</p>	<p>7 Ceramics - EP / 9-noon</p>	<p>8 Teller House Tour / 10 A.M.-4 P.M. Tappy Hour - EP / 10:30-11:30 A.M.</p>	<p>9 Ceramics - EP / 9-noon Hike & Bite / 9-1 P.M. Where Were you When? - EP / 10-11 A.M.</p>	<p>10 Crafty Corner - EP / 10-noon Book Club - BR / 1-2:30 P.M.</p>
<p>13 Line Dance - BR / 9 A.M & 10:15 A.M.</p>	<p>14 Ceramics - EP / 9-noon Spill the Tea - BR / 1-2:30 P.M. Resource Roundup - BR/ 5:30-6:30 P.M.</p>	<p>15 Tappy Hour - EP / 10:30-11:30 A.M. Vinyl Revival - BR / 2-3:30 P.M. Summer Game Night - BR / 5-7 P.M.</p>	<p>16 Ceramics - EP / 9-noon Birthday Celebration - EP / 1-2 P.M.</p>	<p>17 Breakfast Burrito Bingo - BR / 9-10:30 A.M. Cultural Cuisine / 10 A.M.-2 P.M.</p>
<p>20 Line Dance - BR / 9 A.M & 10:15 A.M. Life Isn't Easy - EP / 10-11 A.M.</p>	<p>21 Ceramics - EP / 9-noon Wii Bowling - EP / 10-11 A.M.</p>	<p>22 Tappy Hour - EP / 10:30-11:30 A.M. N-Line to the Rockies Game / 10 A.M.-5 P.M.</p>	<p>23 Ceramics - EP / 9-noon</p>	<p>24 Potluck - EP / 11 A.M. Bingo - EP / 1 P.M.</p>
<p>27 Line Dance - BR / 9 A.M & 10:15 A.M. Maker Monday - BR / 10 A.M.-noon</p>	<p>28 Ceramics - EP / 9-noon Dinner Out / 4-8 P.M.</p>	<p>29 Tappy Hour - EP / 10:30-11:30 A.M. Afternoon Trivia & Treats - BR / 2-3 P.M.</p>	<p>30</p>	<p>31 Kangaroo Meet & Greet / 10 A.M.- 3 P.M.</p>

BR - Bison Ridge EP - Eagle Pointe

Bison Ridge Recreation Center - 13905 E. 112th Ave.

Eagle Pointe Recreation Center - 6060 E. Parkway Dr.