



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

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

**June 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:** No June Closures Scheduled

## **On The Horizon: Upcoming Events**

### **Summer Game Night**

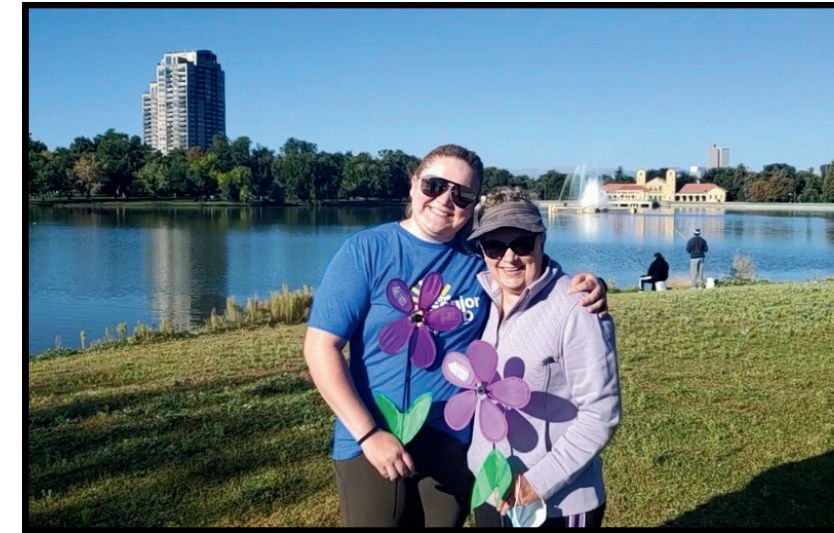
**\$12/\$14 per person**

Get ready for an evening of fun at Summer Game Night! Join a game of Checkers, Bunco, Battleship, and more. Ending the night with a one-of-a-kind life-sized Chutes and Ladders game. Enjoy friendly competition, laughter, and prizes for every winner. Bring your friends and make it a night to remember!

**Wednesday, July 15 / 5 - 7 P.M.**

**Bison Ridge Rec Center / Activity Code #: 4651.235**

Call or visit any of our registration desks to Register.



## **June is Alzheimer's Awareness Month**

June is nationally recognized as Alzheimer's Awareness Month, a time dedicated to raising understanding about Alzheimer's disease and other dementias, honoring those affected, and highlighting resources and support in our community. Throughout the month, individuals and organizations come together to educate, advocate, and support research and care efforts. Wearing purple, the official awareness color is one simple way to show support and help spread the message.

Save the date to join the Active Adult Center for the 5K Walk to End Alzheimer's on September 19th. More info in the Fall Brochure

### **24/7 Helpline**

The Alzheimer's Association 24/7 Helpline (800.272.3900) is a free service offering confidential information and support for people living with dementia, caregivers, families and the public. There are treatments that can change disease progression. Talk to your doctor to learn more.

## **Featured Events**

### **Endless Summer Party**

**\$15/\$17 per person**

Celebrate summer with our Endless Summer Party! Enjoy live music with Beach Boys-inspired tunes, fun games, and delicious food as we kick off the season in style. Bring your friends and soak up the good vibes!

**Friday, June 12**

**5-8 P.M.**

**Bison Ridge Rec Center  
Activity Code #: 4651.234**

### **National Cheese Day**

**\$5/\$6 per person**

Join us in celebration of National Cheese Day! Enjoy an assortment of cheeses, from sharp to mild. Try these different kinds of cheeses on bread, crackers, or by themselves. Come have a GOUDA time!

**Thursday, June 4**

**Noon - 1 P.M.**

**Eagle Pointe Rec Center  
Activity Code #: 4401.202**

# 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.

## New Level 1 Trip(s)

### Colorado Springs Pioneers Museum | \$12/\$14 - 4501.209

Shares the cultural history of the Pikes Peak region. It features a variety of exhibits, including artifacts from Native American tribes.

Wednesday, June 10 / 9 A.M. - 4 P.M. / CO Springs

## New Level 3 Trip(s)

### Chicken N Pickle | \$20/\$25 - 4501.212

A lively restaurant and pickleball venue that offers a unique blend of food, fun, and pickleball.

Tuesday, June 2 / 10 A.M. - 2 P.M. / Thornton

## Reminder for Trips!

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

### Mystery Trip | \$15/\$17 - 4501.210

Pack your sense of adventure as you set off on an exciting journey to a surprise location.

Wednesday, June 17 / 9 A.M. - 4 P.M. / ???

## 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 - 4501.208

Friday, June 25 / 10 A.M. - 2 P.M.

Colorado Creole Café - Greenwood Village - Indoor dining.

### Dinner Out | L1

\$6/\$8 - 4501.211

Tuesday, June 30 / 4 - 8 P.M.

Wishbone - Westminster - Indoor dining.

## 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. |

# Movement Spotlight



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

**NEW!**

### 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.-12 P.M.

#### Thursdays

Inclusion Board Games: 9 A.M.-12 P.M.

#### Fridays

Crochet and Knitting: 9 A.M.-12 P.M.

### Eagle Pointe Rec Center

#### Mondays

Walking Group: 10-11 A.M.

Dominos: 12 P.M.-3:30 P.M.

#### Tuesdays

Inclusive Board Games: 9 A.M.-12 P.M.

Five Crowns: 12 P.M.-3:30 P.M.

#### Wednesdays

Quilting: 9 A.M.-12 P.M.

Rummikub: 12 P.M.-3:30 P.M.

#### Thursdays

Coffee and Chat: 9 A.M.-12 P.M.

#### Fridays

Pinochle: 9 A.M.-12 P.M.

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 - 4601.214 - 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, June 3 / 4 - 5:30 P.M.**

**Light Snacks and Refreshments Provided  
Bilingual Friendly! Prizes Available!  
Registration Required**

## Crafty Corner | 4601.210 - EP

Garden Stones

**Friday, June 12 / 10 A.M. - Noon  
Registration Required**

## Spill The Tea | \$5/\$7 - 4651.219 - BR

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

**Tuesday, June 9 / 1 - 2:30 P.M.**

**Tea Favorites and Sweet Treats Provided  
Registration Required**

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

**4601.230 - EP**

In this series, we will travel through the decades and share our memories and experiences. This month will focus on events of the 1960's.

**Thursday, June 11 / 10 - 11 A.M.**

**1960's Memorabilia Encouraged  
Registration Required**

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

**4651.206 - BR**

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

**Friday, June 19 / 9 - 10:30 A.M.**

**Prizes Available  
Registration Required**

## Maker Monday | 4651.210 - BR

Door Mats

**Monday, June 29 / 10 A.M. - Noon  
Registration Required**

## Monthly Birthday Celebration | \$8/\$10

**4601.226 - EP**

**Thursday, June 18 / 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 - 4601.218

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

**Friday, June 26 / 11 - 12:30 P.M.**

**Featured Dish: Meatball Subs  
Beverages Provided  
Registration Required**

## Friday Bingo at Eagle | \$5/\$7 - 4601.222

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

**Friday, June 26 / 1 - 2:30 P.M.**

**Prizes Available  
Registration Required**

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

**4651.223 - BR**

Test your knowledge in an exciting afternoon game of trivia!

**Wednesday, June 24 / 2 - 3 P.M.**

**Treats Provided  
Registration Required**

**BR - Bison Ridge • EP - Eagle Pointe**

## Free Monthly Programs

### Chair Volleyball

**4651.215 - BR / 4601.202 - EP**

Monday, June 1 / Noon-1 P.M. / BR

Wednesday, June 3 / 10-11 A.M. / EP

**You Will Be Seated During the Game**

**Registration Required**

### Book Club | BR

Friday, June 5 / 1 - 2:30 P.M.

**Each Member Responsible for Buying Book**

### Vinyl Revival | BR

Wednesday, June 17 / 2 - 3:30 P.M.

**Music Provided**

### Wii Bowling | EP

Tuesday, June 16 / 10-11 A.M.

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

### Folded with Love Card Making

**4601.206 | EP**

Thursday, June 4 / 9-10 A.M.

**Registration Required**

## Birthdays This Month!



|                                |                          |                           |                           |
|--------------------------------|--------------------------|---------------------------|---------------------------|
| 6/1 - Antonia Dell             | 6/10 - Janet Stockall    | 6/17 - Victoria Garnica   | 6/25 - Adrianna Ibarra    |
| 6/2 - Lanny Panella            | 6/11 - Bernave Rodríguez | 6/18 - Cindy Vaughn       | 6/25 - Phillip Challis    |
| 6/3 - Cleotilde Santoyo Cabral | 6/11 - Cher West         | 6/18 - Joan Root          | 5/25 - Carmen Herrada     |
| 6/3 - Barbara Ortiz            | 6/11 - Beverly Hardin    | 6/18 - Judith M. Trzeciak | 6/25 - Gary Stacey        |
| 6/3 - Barbara Ramirez          | 6/12 - Guadalupe Holguin | 6/18 - Wanda Williams     | 6/25 - Georgeann Becker   |
| 6/4 - Tricia McKinnon          | 6/12 - Bruce Emery       | 6/19 - Ariana Tarin       | 6/26 - Carmen Taylor      |
| 6/4 - Paula Morales            | 6/12 - Paulette Trabue   | 6/19 - Lorraine Machinski | 6/27 - Jolene Vanoort     |
| 6/5 - Barbara Cyrus            | 6/14 - Barbara Maes-Reed | 6/20 - Keshia Poland      | 6/27 - Myra Griffin       |
| 6/5 - Chong Delao              | 6/14 - Donna Robbins     | 6/20 - Duane Tidwell      | 6/27 - Jesus Cabral Sr.   |
| 6/6 - Teodorica Haynie         | 6/14 - Alice Reyes       | 6/21 - Jose Zubiata-Ruiz  | 6/28 - Alma Avelar        |
| 6/6 - George Eastman           | 6/15 - David Pocs        | 6/21 - Irma Neave         | 6/28 - Lisa Barbeau       |
| 6/7 - Jim Starke               | 6/15 - Teri McDonald     | 6/21 - Louis Baca         | 6/28 - Gilberto Rodriguez |
| 6/8 - Andrea Mulkey            | 6/15 - Michelle Hahn     | 6/23 - Clyde II Peacock   | 6/28 - Michael Barker     |
| 6/8 - Laura Garda              | 6/15 - Enrique Contreras | 6/24 - Juan Garcia Flores | 6/28 - Toni Spann-Helms   |
| 6/8 - Sheryl Cowger            | 6/16 - Joe Armijo        | 6/24 - Sharon Jantz       | 6/29 - Shelbie Reynolds   |
| 6/8 - John Ferguson            | 6/16 - Diana Berkland    | 6/24 - Roberto Ortiz      | 6/29 - Barbara Zoeller    |
| 6/9 - Robin Anderson           | 6/17 - Gabrielle Duran   | 6/24 - David McFarland    | 6/29 - Barbara J Sample   |
| 6/9 - Annette Garcia           | 6/17 - Heather LaCruce   | 6/25 - Melissa Perez      | 6/30 - Lucina Maya        |
| 6/9 - Eleanor Bland            | 6/17 - Mario Galindo     | 6/25 - Dennis Garland     | 6/30 - Carrie Toth        |

## Outdoor Adventures

### Hike & Bite

**Castle Rock Trail - Castle Rock**

**\$9/\$12 - 4301.202**

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

**Thursday, June 11 / 9 A.M. - 1 P.M.**

**Lunch on your own**

### A Walk in the Park Bingo

**FREE - 7804.201**

Explore the incredible hibernation adaptation strategies of our native wildlife.

**Monday, June 15 / 10 A.M. - noon**

**Meet at SCOS**

**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 Stuido**

# Wellness Corner and 2026 June Calendar



|  |   |   |   |
|--|---|---|---|
| <p><b>Free VOA Lunch for Seniors</b><br/>Every Monday and Wednesday<br/>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><b>Eagle Pointe Recreation Center</b></p> | <p><b>Life Isn't Easy - Free</b><br/>Monday, June 1 / 10-11:30 A.M.<br/>Monday, June 15 / 10-11:30 A.M.</p> <p>Come share your life experiences in this monthly support group. Member-led.</p> <p><b>Eagle Pointe Recreation Center</b></p> | <p><b>VNA Wellness Program - Free</b><br/>Monday, June 1 / 8:30 A.M.-4 P.M.<br/>Call to make appointment: 303-698-6496</p> <p>The Visiting Nurses Association operates a monthly free health clinic for seniors.</p> <p><b>24-hour Advance Cancellation Notice Only</b></p> | <p><b>Senior Resource Fair - Free</b><br/>Saturday, June 6, 9 A.M.-1 P.M.</p> <p>Join us for the Senior Resource Fair, a free event dedicated to fostering inclusivity, resilience, and support.</p> <p><b>Eagle Pointe Recreation Center</b></p> |
|--|---|---|---|

|  |  |  |   |
|--|--|--|---|
| <p><b>Music in the Park</b><br/>Thursday, June 11 / 6:30-8:30 P.M.<br/>Featuring Chicano Heat<br/><b>Veterans Memorial Park</b><br/>Thursday, June 25 / 6:30-8:30 P.M.<br/>Featuring Latin Sol<br/><b>Fronterra Park</b></p> | <p><b>Resource Roundup - Free</b><br/>Tuesday, June 9 / 5:30-6:30 P.M.</p> <p>Learn more about Health Insurance: What is the general idea? Light refreshments will be served. RSVP at 303-286-6837 if possible.</p> <p><b>Eagle Pointe Recreation Center</b></p> | <p><b>VIA Mobility - Transportation:</b><br/>MobilitySpecialist@viacolorado.org or 303-444-3043</p> <p><b>Almost Home - Mortgage, Water or Food Assistance:</b><br/>Assistance@AlmostHomeOnline.org or 303-659-6199</p> <p><b>Adams County Health Department:</b><br/>PublicHealth@adccgov.org or 303-220-9200</p> | <p><b>Community Well-being:</b><br/>CWB@c3gov.com or 720-769-5772</p> <p><b>Medicare Benefits:</b><br/>Medicare-Teachers.com or 303-357-0588</p> <p><b>Seniors' Resource Center:</b><br/>303-238-8151</p> <p><b>Medicare Assistance:</b><br/>303-667-1028</p> |
|--|--|--|---|

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| <p><b>1</b><br/>Line Dance - BR / 9 A.M &amp; 10:15 A.M.<br/>Life Isn't Easy - EP / 10-11 A.M.<br/>Chair Volleyball - BR / Noon-1 P.M.</p> | <p><b>2</b><br/>Chicken N Pickle / 10 A.M.-2 P.M.</p>  | <p><b>3</b><br/>Chair Volleyball - EP / 10-11 A.M.<br/>Tappy Hour - EP / 10:30-11:30 A.M.<br/>Lotería - EP / 4-5:30 P.M.</p>  | <p><b>4</b><br/>Folded with Love - EP / 9-11 A.M.<br/>National Cheese Day - EP / Noon-1 P.M.<br/>Painting with Bob Ross - BR / 1-3 P.M.</p> | <p><b>5</b><br/>Book Club - BR / 1-2:30 P.M.</p>   |
| <p><b>8</b><br/>Line Dance - BR / 9 A.M &amp; 10:15 A.M.</p>   | <p><b>9</b><br/>Ceramics - EP / 9-noon<br/>Spill the Tea - BR / 1-2:30 P.M.<br/>Resource Roundup - EP / 5:30-6:30 P.M.</p> | <p><b>10</b><br/>Tappy Hour - EP / 10:30-11:30 A.M.<br/>CO Springs Pioneers Museum / 9 A.M.-4 P.M.</p>                        | <p><b>11</b><br/>Ceramics - EP / 9-noon<br/>Hike &amp; Bite / 9-1 P.M.<br/>Where Were you When? - EP / 10-11 A.M.</p>                       | <p><b>12</b><br/>Crafty Corner - EP / 10-noon<br/>Endless Summer Party - BR / 5-8 P.M.</p> |
| <p><b>15</b><br/>Line Dance - BR / 9 A.M &amp; 10:15 A.M.<br/>Life Isn't Easy - EP / 10-11 A.M.</p>  | <p><b>16</b><br/>Ceramics - EP / 9-noon<br/>Wii Bowling - EP / 10-11 A.M.</p>  | <p><b>17</b><br/>Mystery Trip / 9 A.M.-4 P.M.<br/>Tappy Hour - EP / 10:30-11:30 A.M.<br/>Vinyl Revival - BR / 2-3:30 P.M.</p> | <p><b>18</b><br/>Ceramics - EP / 9-noon<br/>Birthday Celebration - EP / 1-2 P.M.</p>  | <p><b>19</b><br/>Breakfast Burrito Bingo - BR / 9-10:30 A.M.</p>                           |
| <p><b>22</b><br/>Line Dance - BR / 9 A.M &amp; 10:15 A.M.</p>  | <p><b>23</b><br/>Ceramics - EP / 9-noon</p>  | <p><b>24</b><br/>Tappy Hour - EP / 10:30-11:30 A.M.<br/>Afternoon Trivia &amp; Treats - BR / 2-3 P.M.</p>                     | <p><b>25</b><br/>Ceramics - EP / 9-noon<br/>Cultural Cuisines / 10 A.M.-2 P.M.</p>  | <p><b>26</b><br/>Potluck - EP / 11 A.M.<br/>Bingo - EP / 1 P.M.</p>                        |
| <p><b>29</b><br/>Line Dance - BR / 9 A.M &amp; 10:15 A.M.<br/>Maker Monday - BR / 10 A.M.-noon</p>   | <p><b>30</b><br/>Ceramics - EP / 9-noon<br/>Dinner Out / 4-8 P.M.</p>  | <p>Sat. 6/6 - Senior Resource Fair / 9 A.M. - 1 P.M.</p>  |   |  |