City of Commerce City
Parks, Recreation & Golf
13905 E. 112th Ave.
Commerce City, CO 80022

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Colorado
80022

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: **Nov. 26 – Both facilities closed for Thanksgiving**

On The Horizon: Upcoming Events

Holiday Rummage Sale

Rummage rampage! Get your last-minute holiday gifts here

All proceeds benefit the GoodFriends Scholarship! Donations of new or gently used items are accepted Nov. 16-Dec. 2; contact the Active Adult team to donate.

Friday, Dec. 4, and Saturday, Dec. 5 | 8 a.m.-noon | Free
Eagle Pointe Activity Rooms

November 2026 Programs, Trips, and Events

Commerce City's ON THE Move



Destination: Top Secret

Some trips are planned months in advance. This one was so top secret that even the date was a mystery until now!

Pack your sense of adventure for our Mystery Trip on Tuesday, Nov. 17, from 9 a.m.-4 p.m. We'll make three stops, and you won't know where until we pull out of the parking lot. It's a Level 3 trip, and it costs $15/$17. Register with activity code 4501.323.

Need a hint? Here's your only clue:

Our first stop is a playground for grown-ups, where you could spend all day exploring and still not see it all. Then we'll refuel with lunch. Our last stop is a road-trip legend, the kind of place people drive miles out of their way just to say they've been.

Think you've cracked the case? Keep it to yourself! Wear comfortable shoes and bring a little spending money for snacks and lunch.

Seats are limited, so don't let this one stay a mystery. Call 303-286-6801 or visit any of our registration desks to sign up today.

Featured Events

Thank You for Your Service

Free

Doughnuts and a light lunch provided. Registration required.

Wednesday, Nov. 11
9 a.m.-2 p.m.
Eagle Pointe Rec Center
Activity Code #: 4601.340

Friendsgiving

$6/$8

Bring a holiday dish that serves at least six to share. Turkey and gravy provided. Transportation is available from Eagle Pointe; sign up at the Active Adult Center.

Thursday, Nov. 19
2-4 p.m.
Bison Ridge Rec Center
Activity Code #: 4451.306

National Doughnut Day

$4/$6

Celebrate with treats from Tasty Donuts in Commerce City!

Thursday, Nov. 5
9-10 a.m.
Eagle Pointe Rec Center
Activity Code #: 4601.336

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)

Alamo Drafthouse | $23/$25 - 4501.315

Catch an afternoon movie at Alamo Drafthouse in Denver, with food and drinks available for purchase from your seat.

Friday, Nov. 6 | 1-5 p.m. | Denver

High Tea at Miramont Castle | $60/$65 - 4501.316

Step back in time with a traditional high tea at Miramont Castle, a Victorian-era mansion in historic Manitou Springs.

Friday, Nov. 13 | 8:30 a.m.-4 p.m.

New Level 2 Trip(s)

Holiday Shopping | $8/$10 - 4501.317

Get a head start on your holiday gift list with a day of shopping at Flatiron Crossing in Broomfield.

Wednesday, Nov. 25 | 10 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 - 4501.319
Friday, Nov. 20 | 11 a.m.-3 p.m.
India Express - Denver - Indoor dining

Dinner Out | L1
$8/$10 - 4501.303
Monday, Nov. 30 | 4-7 p.m.
Cherry Cricket - Broomfield - Indoor dining

Black Hills Trip Info | Free

Learn about our summer 2027 extended trip to the Black Hills, South Dakota.

Monday, Nov. 9 | 5-6 p.m. | BR
Tuesday, Nov. 10 | 5-6 p.m. | EP

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

Few steps and seated or stationary. (Small museum tours or restaurants)

Level 2 - Light

Slow-paced walking with frequent rest stops. (Scenic overlooks with light walking)

Level 3 - Moderate

Continuous walking at relaxed pace. (Zoo visits or short nature trails)

Level 4 - Active Explorer

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.**

Level 5 - Adventurer

3 to 5 miles. Continuous movement, sustained exertion. (Nature hikes or mountain parks) **Significant 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.

SilverSneakers | Free - EP

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 Tuesday | 8-9 a.m. | Studio
Every Thursday | 9:30-10:30 a.m. | Studio
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 #2
Every Saturday | 12:30-1:30 p.m. | Studio #1
Fitness Studio
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, Fri | 5:30 a.m.-noon
Every Sun | 8:30 a.m.-noon
No Registration Required

Scan the QR code with your phone to view all Fitness Programming, updated in real time.

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: 10-11 a.m.
Mahjong: 1-4 p.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 Club: 10-11 a.m.
Domino's: 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: 10 a.m.-3:30 p.m.

Thursdays
Coffee and Chat: 9 a.m.-noon

Fridays
Pinochle: 9 a.m.-noon

Get $75 to use toward our programs!

If you're 55+ and a Commerce City resident, 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 consider things like transportation, staff availability, and location. We keep track of 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 today to take part in these fun options below:

Cooking for One or Two | $45/$55 - 4151.303 - BR
Learn to cook fresh, delicious meals in small portions in this hands-on series.
Tuesdays, Nov. 3-24 | 6-8 p.m.
Class Every Week
Registration Required

Painting with Bob Ross | $10/$12 4651.322 - BR
Follow along with Bob Ross (virtually) to create your own oil painting.
Thursday, Nov. 5 | 1-3 p.m.
All Supplies Provided
Registration Required

Spill The Tea | $5/$7 - 4651.318 - BR
Candid conversations and delicious indulgences. Sip on soothing tea blends and other high tea favorites.
Tuesday, Nov. 10 | 1-2:30 p.m.
Tea Favorites and Sweet Treats Provided
Registration Required

Crafty Corner | $10/$11 - 4601.315 - EP
Pie Garland
Friday, Nov. 13 | 10 a.m.-noon
Registration Required

Cricut Workshop Series | $10/$12 | 4151.307 - BR
Discover the art of cutting and crafting with Cricut, learning to work with different materials. This month we'll cover heat transfer vinyl.
Saturday, Nov. 14 | 1-3 p.m.
Machines provided or bring your own!
Registration Required

Lotería | $10/$11 - 4601.327 - EP
A traditional game of chance, often called Mexican bingo. Bilingual friendly!
Tuesday, Nov. 17 | 10-11:30 a.m.
Prizes Available
Registration Required

Breakfast Burrito Bingo | $10/$12 4651.303 - BR
Hearty breakfast burritos and a morning game of bingo at Bison Ridge.
Friday, Nov. 20 | 9-10:30 a.m.
Burritos Included | Prizes Available
Registration Required

Maker Monday | $10/$11 - 4651.310 - BR
Bring your favorite piece of denim and learn a few new hand embroidery techniques to personalize it. Don't have denim? We'll provide some for you to use.
Monday, Nov. 23 | 10 a.m.-noon
Registration Required

Frame by Frame | $3/$5 4601.331 - EP
Wednesday, Nov. 25 | 1-3 p.m.
"Napoleon Dynamite" (2004) | Rated PG
Light snacks provided
Registration Required

BR - Bison Ridge • EP - Eagle Pointe

Free Monthly Programs

Chair Volleyball 4651.314 - BR | 4601.319 - EP
Wednesday, Nov. 4 | 10-11 a.m. | EP
Monday, Nov. 2 | noon-1 p.m. | BR
You will be seated during the game.
Registration Required

Book Club | BR
Friday, Nov. 6 | 1-2:30 p.m.
"The Pretender" by Jo Harkin
Each member responsible for buying book.

Vinyl Revival | BR
Wednesday, Nov. 18 | 2-3:30 p.m.
Music Provided

Wii Bowling | EP
Tuesday, Nov. 17 | 10-11 a.m.
Strike up some fun! Wii Bowling is the perfect mix of movement, competition, and community.

Folded with Love: Card Making 4601.323 | EP
Thursday, Nov. 5 | 9-10 a.m.
Supplies will be provided for you to make cards for friends and loved ones in your life.
Registration Required

Outdoor Adventures

Giants of the Plains Nature Walk | Free - 4801.305
Explore the remarkable comeback of the American bison on Colorado's prairie.
Sunday, Nov. 15 | 1-2 p.m.
Prairie Gateway Open Space
Led by our Park Rangers

High Plains Bird Walk | Free - 4801.302
Grab your binoculars for a guided walk to identify birds in new open spaces. All levels welcome! Ages 15+.
Saturday, Nov. 14 | 9-10:30 a.m.
Fernald Trailhead
Led by our Park Rangers

Adult Dance Spotlight

Mid-Day Ballet | $10/$12 per class
Mid-Day Ballet emphasizes coordination, musicality, basic skills, classroom etiquette, and a love for dance while teaching easy ballet steps.
Mondays through Nov. 9 | noon-1 p.m. | BR
Ballet shoes are required.
No registration required | Dance Studio

Birthdays This Month!

11/1 - Allison Dean
11/1 - Cheryl Garcia
11/2 - Lorri Baker
11/2 - Geraldine Gallegos
11/2 - Caroline Johnson
11/3 - Maria Armendariz
11/3 - Fay Cleveland
11/3 - Kathleen Cooper
11/3 - Silvia Quintana
11/3 - Silvia Wells
11/4 - Leslie Knisley
11/4 - Nancy Stewart
11/5 - Ann Giarrusso
11/5 - Fred Mondragon
11/5 - Merle Toavs
11/6 - Charles Deese
11/6 - Dorothy Pettigrew
11/6 - Beatrice Ruiz
11/6 - Vicky Sizemore
11/7 - Joseph Eames
11/7 - Dorcas Melia
11/7 - Dayle Redman
11/7 - Vanessa Seamster
11/8 - Joann Felts
11/8 - Jacki Valdon
11/9 - Bonnie Abendschth
11/9 - Ruby Bruno
11/9 - Tisha Hupke
11/9 - Jorjean Nuebel
11/9 - Sue Zgol
11/10 - Karen Bidgood
11/10 - Paola Farer
11/10 - Linda Mackey
11/10 - Jo A. Roman
11/11 - Lissette Arellano
11/11 - Frank Greco
11/11 - Zandra Shaver
11/11 - Jean Starr
11/11 - Cathy Venard
11/11 - Paula Zambrano
11/12 - Evelyn Bartow
11/12 - Rosalie Farrer
11/12 - Gail Morrow
11/13 - Laura Aguirre
11/13 - Cynthia Comstock
11/13 - Barbara Dolbow
11/13 - Ana Santillan
11/13 - Scott VanHeusen
11/15 - Victor Chavez
11/15 - Genice Landers
11/15 - Mary Montoya
11/16 - Rebecca Lopez
11/17 - Graciela Acosta De Zubiate
11/17 - Verlane Eberly
11/17 - Pamela Haines
11/17 - Renee Streno
11/17 - Lillian Troch
11/17 - Marnie Wilson
11/18 - Marty Moravec
11/19 - Mary Chan
11/19 - Vivian Chavez
11/19 - Lisa Faronea
11/19 - Jack Sosebee
11/19 - Vernon Trujillo
11/20 - Pete A. Apodaca
11/20 - Joyce Harwick
11/20 - Sheila Perea
11/21 - Dean Banner
11/21 - JoAnn Hardt
11/21 - Stuart Seim
11/22 - Jazmine Anaya
11/22 - Shera Blagburn
11/22 - Ruby Fisher
11/22 - Sandra Murray
11/22 - Penny Willis
11/22 - Douglas Wooverton
11/23 - Maxine Alexander
11/23 - Lorraine Hisamoto
11/23 - Martin Luevano
11/23 - James Rease
11/24 - Andrew Cannata
11/24 - Sulan Chiew
11/26 - Veronica Jaramillo
11/26 - Carol Scanlon
11/26 - Kathleen A. Wood
11/27 - Cristina Boeun
11/27 - Charlene Loukota
11/27 - Betty Montoya
11/27 - Manju Porkattil Chacko
11/27 - Willa Shelton
11/28 - Kathleen Kreutzer
11/28 - Justin Maillet
11/28 - Geraldine Romero
11/29 - Mary Clifford
11/30 - Angie Huntziker
11/30 - Beverly Nguyen

2026 November Calendar and Wellness Corner

Free VOA Lunch for Seniors
Every Monday | 11 a.m.-noon
Every Wednesday | 11:30 a.m.-12:30 p.m.

Enjoy a complimentary meal and connect with others in the community. Meal provided by Volunteers of America.

Eagle Pointe Recreation Center

Life Isn't Easy - Free
Monday, Nov. 2 | 10-11:30 a.m.
Monday, Nov. 16 | 10-11:30 a.m.

Come share your life experiences in this monthly support group. Member-led.

Eagle Pointe Recreation Center

VNA Wellness Program - Free
Monday, Nov. 2 | 8:30 a.m.-3:30 p.m.
Call to make appointment: 303-698-6496

The Visiting Nurses Association operates a monthly free health clinic for seniors.

24-hour Advance Cancellation Notice Only

Community Wellbeing Walk-in hours at EP and BR
Paused until further notice

To receive assistance, please call the main line to schedule an appointment with Community Wellbeing at (720) 769 - 5772.

SpeakUp Commerce City
Tuesday, Nov. 10 | 5:30-7:30 p.m.

Give feedback on road and safety projects, city services, programs and more.

Bison Ridge Recreation Center

Resource Roundup - Free
Tuesday, Nov. 10 | 5:30-6:30 p.m.

Learn about The Arc of Adams County and the services it offers. Refreshments will be served. RSVP at 303-286-6837 if possible.

Bison Ridge Recreation Center

VIA Mobility - Transportation:
MobilitySpecialist@viacolorado.org or 303-444-3043

Almost Home - Mortgage, Water or Food Assistance:
Assistance@AlmostHomeOnline.org or 303-659-6199

Adams County Health Department:
PublicHealth@adcogov.org or 303-220-9200

Community Well-being:
CWB@c3gov.com or 720-769-5772

Medicare Benefits:
Medicare-Teachers.com or 303-357-0588

Seniors' Resource Center:
303-238-8151

Medicare Assistance:
303-667-1028

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Line Dance - BR |** 9 a.m. & 10:15 a.m. **Life Isn't Easy - EP |** 10-11:30 a.m. **Chair Volleyball - BR |** noon-1 p.m.	**3** **Ceramics - EP |** 9 a.m.-noon **Cooking Class - BR |** 6-8 p.m.	**4** **Tappy Hour - EP |** 10:30-11:30 a.m. **Chair Volleyball - EP |** 10-11 a.m.	**5** **Ceramics - EP |** 9 a.m.-noon **Folded with Love - EP |** 9-10 a.m. **National Doughnut Day - EP |** 9 a.m. **Painting with Bob Ross - BR |** 1-3 p.m.	**6** **Book Club - BR |** 1-2:30 p.m. **Alamo Drafthouse |** 1-5 p.m.
9 **Line Dance - BR |** 9 a.m. & 10:15 a.m. **Extended Trip Presentation - BR |** 5-6 p.m.	**10** **Spill the Tea - BR |** 1-2:30 p.m. **Resource Roundup - BR |** 5:30-6:30 p.m. **Extended Trip Presentation - EP |** 5-6 p.m. **Cooking Class - BR |** 6-8 p.m.	**11** **Tappy Hour - EP |** 10:30-11:30 a.m. **Veterans Day Event - EP |** 9 a.m.-2 p.m.	**12** **Ceramics - EP |** 9 a.m.-noon	**13** **Crafty Corner - EP |** 10 a.m.-noon **High Tea at Miramont Castle |** 8:30 a.m.-4 p.m.
16 **Line Dance - BR |** 9 a.m. & 10:15 a.m. **Life Isn't Easy - EP |** 10-11:30 a.m.	**17** **Ceramics - EP |** 9 a.m.-noon **Wii Bowling - EP |** 10-11 a.m. **Lotería - EP |** 10-11:30 a.m. **Cooking Class - BR |** 6-8 p.m.	**18** **Tappy Hour - EP |** 10:30-11:30 a.m. **Vinyl Revival - BR |** 2-3:30 p.m.	**19** **Ceramics - EP |** 9 a.m.-noon **Friendsgiving - BR |** 2-4 p.m.	**20** **Breakfast Burrito Bingo - BR |** 9-10:30 a.m. **Cultural Cuisine |** 11 a.m.-3 p.m.
23 **Line Dance - BR |** 9 a.m. & 10:15 a.m. **Maker Monday - BR |** 10 a.m.-noon	**24** **Ceramics - EP |** 9 a.m.-noon **Cooking Class - BR |** 6-8 p.m.	**25** **Tappy Hour - EP |** 10:30-11:30 a.m. **Holiday Shopping |** 10 a.m.-4 p.m. **Frame by Frame - EP | 1-3 p.m.**	**26** **Happy Thanksgiving** **Both Facilities Closed** 	**27**
30 **Line Dance - BR |** 9 a.m. & 10:15 a.m. **Dinner Out |** 4-7 p.m.	**11/14 - Cricut Workshop Series - BR | 1-3 p.m.** **11/14 - High Plains Bird Walk | 9-10:30 a.m.** **11/15 - Giants of the Plains Nature Walk | 1-2 p.m.**			

BR - Bison Ridge *EP - Eagle Pointe*

Bison Ridge Recreation Center - 13905 E. 112th Ave. **Eagle Pointe Recreation Center - 6060 E. Parkway Dr.**