



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.
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

4th of July BBQ

Wear your red, white, and blue, and be ready to have a blast! Enjoy a traditional BBQ to celebrate our nation’s birthday and brush up on your American history for our trivia contest. This event is held 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 • Veterans Memorial Park • 4601.202

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 fun filled time full of flavor, and community.

Th 7/31 • 2 - 3 p.m. • \$5/\$7 • 4651.209 • Bison Ridge Recreation Center

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

COMMERCE CITY
ON THE Move



Pancake Breakfast

Saturday, May 3 was a morning to remember for the Active Adult Program team, as they hosted their 39th Annual Pancake Breakfast – and what a success it was! This year truly set a new standard, with an incredible 137 meals sold, a record for recent years. Guests not only enjoyed a delicious breakfast but also had the chance to win fantastic prizes. The beloved tradition of the raffle continued, featuring beautiful gift baskets and items, including the much-anticipated quilt, handcrafted by our very own Eagle Pointe Quilting Club. Adding to the excitement this year was a stunning afghan, generously made and donated by the new Crochet Club at Bison Ridge, which was also offered up for raffle.

Beyond the delightful food and exciting raffles, this year’s Pancake Breakfast achieved a remarkable fundraising record, bringing in a fantastic \$1,500! This significant amount will directly benefit the Good Friends Scholarship, a wonderful initiative that helps senior citizens access recreation programs at reduced costs. This incredible achievement wouldn’t have been possible without the dedication and

hard work of the Active Adult Advisory Committee members. A huge thank you to all the volunteers who contributed their time and effort to make this year’s event such a resounding success!

Senior Resource Fair

Mark your calendars for the upcoming Senior Resource Fair on Saturday, June 7, from 9 a.m. to 1 p.m. at the Eagle Pointe Recreation Center! This invaluable event offers a fantastic opportunity for seniors to discover a wide array of free and low-cost resources available to them. Enjoy complimentary food, exciting giveaways, engaging demonstrations, and informative educational seminars. For added convenience, free transportation will be provided from the Bison Ridge Recreation Center. Don’t miss this chance to connect with essential services and enjoy a day of learning and fun! For more information contact seniorcommission@c3gov.com.

June 2025
Programs, Excursions
and Services for Active Adults

Crafty Corner

Put on your creative hat and join in on the fun. These projects will keep you busy during these warmer months. Supplies included. One piece of art per person. This month, we will be making summer fruit trays.
F 6/13 • 10 - noon • \$10/\$11 • 4601.231 • EP

Maker Monday

Put on your creative hat and join in on the fun the fourth Monday of the Month! 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 May’s project we will be making Flower Tealights.
M 6/23 • 10 a.m. - noon • \$10/\$11
4651.211 • BR

Frame by Frame: Film Series

Film Series Indulge in a curated film series. This season we will explore the legendary cinematic journey of Steven Spielberg, complete with light snacks and discussions. Immerse yourself in the film industry culture and gain new knowledge about the films that shaped it. This month’s film is Jaws.
Tu 6/24 • 1 - 3:30 p.m. • \$3/\$5
4601.211 • 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 I Got Beef.
W 6/25 • 1 - 3 p.m. • \$6/\$8
4601.219 • EP

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.

Tu 6/3 • Gambling: The Century Casino • Central City • L3
Jump on the bus and try your luck. Enjoy a scenic ride to Central City. Lunch cost is on your own.
4501.211 8:30 a.m. - 4 p.m. \$12/\$15

Th 6/5 • Hike & Bite • Boulder • L3
Embark on breathtaking trails that showcase the beauty of our local landscape. This adventure is at Wonderland Lake Trail in Boulder. Van picks up is from Bison Ridge Recreation Center.
4501.202 9 a.m. - 1 p.m. \$9/\$12

F 6/6 • Cultural Cuisine Lunch Series: African Grill Lakewood • L1
Take your taste buds to Africa at this one-of-a-kind family owned and operated business. Sample flavors from countries like Ghana and Nigeria. Lunch cost on your own.
4501.212 11 a.m. - 2 p.m. \$8/\$10

W 6/11 • Senior Planet • Denver • L1
Tour the Senior Planet campus at Lowry and become familiar with their amazing array of classes and senior resources. Lunch cost on your own.
4501.213 10 a.m. - 2 p.m. \$9/\$11

S 6/14 • White Water Rafting and Lunch Idaho Springs • L3
We will raft up in Clear Creek Canyon. This trip will be great from beginner to intermediate. We will have lunch after in Idaho Springs.
4451.201 8 a.m. - 3 p.m. \$100/\$125

Tu 6/17 • Estes Park Arial Tram • Estes Park • L3
Soar to the summit on the Estes Park Aerial Tram. Originally built in 1955 this tram ride will take you to stunning views of the rocky mountains. Plan for a full day of adventures and bring money for a lunch stop.
4501.214 9 a.m. - 4 p.m. \$30/\$35

Th 6/26 • Documentary Discovery: Glen Eyrie Castle • Colorado Springs • L2
Nestled on over 700 breathtaking acres with 95 lodging rooms, Glen Eyrie's stunning beauty and rich spiritual heritage create a place where, for a few sacred moments, guests can set aside their troubles and catch their breath. Watch a film about its history, then visit the iconic location. Join us for an unforgettable experience and tour! Lunch on your own!
4501.215 8:30 a.m. - 4 p.m. \$20/\$25

M 6/30 • Dinner Out: Wishbone • Westminster • L1
Wishbone is Family-owned and operated and has been since 1963. Stop by and enjoy some delicious favorites such as fried chicken, specialty sandwiches, shrimp, fish, and more. Dinner on your own.
4501.216 4 - 8 p.m. \$8/\$10

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:

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.

Don't Miss It!

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

Friends of the Center - Chair Volleyball
Join our friends from North Metro Community Services for a round or two of chair volleyball! Chair volleyball is played with a beach ball and a five-foot-high net, is great for upper body mobility and joint flexibility. Rules are similar to regular volleyball except cheeks stay in seats! Registration is required.
M 6/2 • 11:45 a.m. - 1 p.m. • FREE • 4651.215 • BR
W 6/4 • 10 - 11 a.m. • FREE • 4601.206 • EP

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 6/4 • 2 - 3 p.m. • \$3/\$5 • 4651.227 • BR

Brunchin' at Bison
Brunchin' at Bison Join us for our monthly community brunch 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. The main dish this month will be cinnamon rolls.
Tu 6/10 • 10 - 11:30 a.m. • \$3/\$5 • 4651.202 • 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!
Th 6/12 • 10 - 11 a.m. • \$3/\$5 • 4651.223 • BR

Hawaiian Luau
Get ready to embrace the spirit of the islands at our Luau! Enjoy a buffet featuring Hawaiian dishes, participate in exciting games and more. Dress in your best Hawaiian attire.
F 6/13 • 6 - 8 p.m. • \$12/\$15 • 4651.234 • BR

Spill the Tea
Candid conversations and delicious indulgences. Sip on soothing tea blends and other high tea favorites while adults gather to share stories, laughter and insights into their lives. It's the perfect blend of relaxation, camaraderie and sweet treats.
Tu 6/17 • 2 - 3 p.m. • \$3/\$5 • 4651.219 • BR

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.
W 6/18 • 2 - 3:30 p.m. • FREE • 4651.231 • BR

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.
Th 6/19 • 1 - 2 p.m. • \$8/\$10 • 4601.215 • EP

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 6/21 • 9 - 10:30 a.m. • \$10/\$12 • 4651.206 • 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, chicken tenders. 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 6/27 • 11 a.m.-12:30 p.m. • \$3/\$5 • 4601.223 • EP
F 6/27 • 1 p.m.-2:30 p.m. • \$5/\$7 • 4601.227 • EP (BINGO)

June Drop-ins & Monthly Offerings

BR Drop-ins
Mondays
Poker • 9 a.m. - noon
Rummikub • Noon - 3:30 p.m.
Tuesdays
Euchre • 9 a.m. - noon
Scrabble • Noon - 3:30 p.m.
Wednesdays
Mahjong • 9 a.m. - noon
Bunco • Noon - 3:30 p.m.
Thursdays
Bridge • 9 a.m. - noon
Backgammon • Noon - 3:30 p.m.
Fridays
Crochet & Knitting • 9 a.m. - noon
Hand and foot • Noon - 3:30 p.m.

EP Drop-ins
Monday
Walking Group • 10-11 a.m. •
Dominos • Noon - 3:30 p.m.
Tuesdays
Inclusion Board Games • 9 a.m. - noon
Farkle Dice Game • Noon - 3:30 p.m.
Wednesdays
Quilting & Sewing • 9 a.m. - noon
Rummikub • Noon - 3:30 p.m.
Thursday
Uno, Skip-Bo, & Phase • 10 a.m. - noon
Wii Games • Noon - 3:30 p.m.
Friday
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.
6/2 M • 10-11:30 a.m. • Free • EP
6/16 M • 10-11:30 a.m. • Free • EP

VNA Wellness Program
6/2 M • 8:30 a.m. - 4:30 p.m. • Free • EP

JUNE - 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9 a.m. & 10:15 a.m. Line Dance @ BR 11:45 a.m. Chair volleyball @ BR	3 8:30 a.m. Gambling: The Century Casino	4 2 p.m. What's the scoop? @ BR	5 9 a.m. Hike & Bite Wonderland Lake Trail	6 11 a.m. Cultural Cuisine Lunch Series 1 p.m. Book Club @ BR	7
8	9 9 a.m. & 10:15 a.m. Line Dance @ BR	10 10 a.m. Brunchin' at Bison 10 a.m. Resource Round up @ EP	11 10 a.m. Senior Planet	12 10 a.m. Global Sips and Savories @ BR	13 10 a.m. Crafty Corner @ EP 6 p.m. Luau @ BR	14
15	16 9 a.m. & 10:15 a.m. Line Dance @ BR	17 9 a.m. Estes Park Tram 2 p.m. Spill the Tea @ BR	18 2 p.m. Vinyl Revival @ BR	19 JUNETEENTH 1 p.m. Monthly Birthday Celebration @ EP	20 9 a.m. Breakfast Burrito Bingo @ BR 	21
22	23 9 a.m. & 10:15 a.m. Line Dance @ BR 10 a.m. Maker Monday @ BR	24 1 p.m. Frame by Frame @ EP	25 1 p.m. Food that Built America	26 9 a.m. Colorado Documentary Discovery - Glen Eyrie Castle	27 11 a.m. Potluck @ EP 1 p.m. Bingo	28
29	30 9 a.m. & 10:15 a.m. Line Dance @ BR 4 p.m. Dinner Out					

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

JUNE - BIRTHDAYS

Mary Adler June 11	George Eastman June 6	Lorraine Machinski June 19	Donna Robbins June 14
Meril Amos June 11	Bruce Emery June 12	Barbara Maes- Reed June 14	Bernave Rodriguez June 11
Robin Anderson June 9	John Ferguson June 8	Lucina Maya June 30	Gilberto Rodriguez June 28
Joe Armijo June 16	Juan Garcia Flores June 24	Teri McDonald June 15	Joan Root June 18
Alma Avelar June 28	Annette Garcia June 9	David McFarland June 24	Patsy Sandoval June 13
Louis Baca June 21	Theresa Garcia June 18	Tricia McKinnon June 4	Toni Spann-Helms June 28
Paula Baker June 22	Laura Garda June 8	Paula Morales June 4	Gary Stacey June 25
Lisa Barbeau June 28	Myra Griffin June 27	Andrea Mulkey June 8	Jim Starke June 7
Michael Barker June 28	Edith Gruenewald June 18	Irma Neave June 21	Janet Stockall June 10
Georgeann Becker June 25	Michelle Hahn June 15	Roberto Ortiz June 24	Carmen Taylor June 26
Diana Berkland June 16	Beverly Hardin June 11	Lanny Panella June 2	Duane Tidwell June 20
Leo Brow June 15	Carmen Herrada June 25	Clyde II Peacock June 23	Carrie Toth June 30
Phillip Challis June 25	Guadalupe Holguin June 12	Kesha Poland June 20	Paulette Trabue June 12
Sheryl Cowger June 8	Adrianna Ibarra June 25	Barbara Ramirez June 3	Judith M Trzeciak June 18
Barbara Cyrus June 5	Sharon Jantz June 24	Alice Reyes June 14	Cher West June 11
Chong Delao June 5	Charlene Kondur June 15	Ki Rigaud June 1	Jose Zubiarte-Ruiz June 21
Gabrielle Duran June 17			

IMPORTANT NUMBERS

HEALTH & RESOURCES FOR OLDER ADULTS

- Adams County Health Department: 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.
- 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