



Eagle View Adult Center

May & June 2025



Lottery Registration
Call EVAC at
303-655-2075
with your name and
phone number no later
than Tues. Apr 29
at 4:00 p.m.

See page 2 for more
details.

Sue's Retirement Party
Tues. May 13

Ice Cream Social
Tues. June 3



1150 Prairie Center Parkway, Brighton, CO 80601
303-655-2075 ~ evacinfo@brightonco.gov
www.brightonco.gov

<u>Table of Contents</u>	<u>Page</u>
Continuous Drop-in Activities	3
May Happenings.....	4 & 5
June Happenings.....	6 & 7
Trips.....	8 - 10
Classes.....	11 - 14
Center Info & Cancellations	2, 15, 16

Registration Procedures for All Programs

- To lessen the number of people entering EVAC at one time, we will hold a lottery registration, which will begin in-person on Thurs. May 1 at assigned times.
- **To be included, call EVAC at 303-655-2075 with your name and phone number no later than Tues. Apr 29 at 4:00 p.m.**
- All names will be entered in the lottery and chosen randomly. You will receive a phone call on Wed. Apr 30 with your assigned registration time for Thurs. May 1. See instructions below.
- **To make May 1 registration run efficiently:**
 - * Arrive on time.
 - * Registration form must be completed before meeting with staff.
 - * Payment is due at the time of registration.
 - * Do not fill out checks in advance.
 - * You can sign up for yourself and one other person for the **same trip**.
 - * You can sign up yourself and one other person for any happening or class.
 - * When registering, you can sign up for all activities listed in the newsletter (both months). Note: limit of two trips on May 1.
 - * Only those with appointments will be registered on May 1.
- **On Fri. May 2, registration will open on a first-come, first-serve basis.**

Online Registration

- If you have registered for programs at Eagle View in the past and have a “household account” with us, you will have or already have been assigned a unique username and password. Call the center at 303-655-2075 for your temporary login information. If new to the Center and not needing help, you can visit <http://evac.brightonco.gov> to create an account.
- **Online registration will begin on Fri. May 2 at 8:00 a.m.**

Program and Activity Policies

- Anyone 55 years of age or older is given priority to participate in all center activities and programs.
- If adults age 40 - 54 want to attend a class or program they will be added to a waitlist. Inquire at the EVAC front desk.
- Payment is due at registration. Cash, checks, or credit cards accepted. Keep your receipt.
- The Center reserves the right to cancel any activity if minimum registration is not met.
- **Refund Policy for Cancellations:**

If the CENTER cancels the activity/trip:

Full refunds will be given.

If YOU cancel BEFORE the deadline date:

Refund of cost, minus a \$4 cancellation fee. If activity charge is \$4 or less, NO refund is given. **Allow 1 - 2 weeks to process refunds.** You can also apply your refund as a “household” credit for future use at Eagle View.

If YOU cancel AFTER the deadline date:

NO REFUND IS GIVEN unless we can sell your spot. If you can’t go on a ticketed trip, **DO NOT** give your space to anyone before checking with Eagle View to see if there is a waiting list. If there is NO wait list, you may give away or sell your trip space. The person taking your spot must go on the van. Tell EVAC **BEFORE** the trip if someone is taking your place; one-day notice preferred.

Hours: Monday - Friday 8:00 a.m. - 4:00 p.m.

Phone: 303-655-2075

Location: 1150 Prairie Center Parkway
Brighton, CO 80601

Eagle View Center Staff

- Sue Corbett - Director
 - Calvin Perdue - Program Coordinator
 - Evon Benitez - Information & Referral
 - Lucy Martinez - Front Desk Specialist
 - Barbara McCoy - Front Desk/VOA Meal Site
 - Madison Westmoreland - Program Coordinator
 - Fabiola Benitez - Custodian
 - Judy Walters - Front Desk
 - Deb DenBleyker & Carolyn Stone - VNA Nurses
- *****

On The Cover:

Left Photo: 2025 Red Sweater winners.

Right Photo: Walking Trip participants.

Billiards

We have two tables that are first-come, first-serve during business hours. 25¢ per day

Bingo In-Person

Join us in the dining room every Thursday with Barbara as our caller. One card per player. Win gift cards! Free to play.
12:15 p.m.
Thursdays

Computers Available

Computers with free internet are available when the Falcon Room is unoccupied. Ask the front desk for assistance. A cleaned and sanitized keyboard will be checked out for you to use.

Free Wi-Fi

Free Wi-Fi is available throughout EVAC. Inquire at front desk.

Ladies Billiards

This is “women only” time to enjoy the pool tables.
1:00 - 4:00 p.m.
Mondays
25¢ per day

Lending Library

Borrow books from the library for free and keep them as long as you need. Do NOT re-shelve books - our volunteer librarians do that for us. We accept donations of large print and paperback books only. We are especially needing more large print books.

Center is Closed

May 26 & June 19

Knit & Crochet Drop-in

Drop in to knit or crochet with others. No instructor.
10:00 - 11:30 a.m.
Wednesdays
Peer Room
25¢ per day

Mexican Train Dominos

This is an easy game to learn - it’s regular dominos with a fun twist.
12:30 - 3:30 p.m.
Wednesdays

Scrabble

Play Scrabble with others who enjoy the game.
12:30 - 3:30 p.m.
Wednesdays

Tech Tuesdays

Need help with your laptop, tablet, or smart phone? Whether it is setting up a Gmail account or getting to know Zoom, we will do our best to help you become more comfortable using your device. Schedule an appointment with Calvin at 303-655-2187.

Toys for God’s Kids

Make and/or assemble wooden cars to distribute to kids around the world through “Toys for God’s Kids.” Call Dave at 303-503-4926 for details.
8:15 - 10:15 a.m.
Tuesdays
25¢ per day

Wood Carving Drop-in

Learn to carve wood or work on an existing project. Call Norm at 978-568-1191 to arrange free instruction.
8:15 - 10:15 a.m.
Tuesdays



After 35 years, our beloved Sue Corbett is retiring! Congrats! We will miss you!

Cards, Cards, Cards!

New players welcome. Call the listed volunteer.

Hand and Foot

12:30 - 3:30 p.m.
Mondays & Fridays
Room: Falcon

Pinochle Pals

12:30 - 3:30 p.m.
Tuesdays
Room: Falcon

Cribbage

12:30 - 3:30 p.m.
Wednesdays
Room: Peer
Shirley: 720-685-3369
Tournament: \$4
Wed. May 28, June 25

Bridge

12:30 - 3:30 p.m.
Fridays
Room: Talbot
Judy: 303-378-5226
Please call if new

Monday	Tuesday	Wednesday	Thursday	Friday
12:30 Hand & Foot 1:00 Ladies Billiards	8:15 Toys for God’s Kids 8:15 Wood Carving 12:30 Pinochle Pals	10:00 Knit & Crochet 12:30 Dominos 12:30 Scrabble 12:30 Cribbage	12:15 Bingo	12:30 Bridge 12:30 Hand & Foot

To be included in the initial registration, call EVAC at 303-655-2075 with your name and phone number by Tues. Apr 29 at 4:00 p.m.

Hair Sparkles

Add sparkle with silk hair tinsel! It lasts for weeks on clean, straight or slightly wavy hair at least 4" long. Book at the front desk and pay Rosalie Farrer directly (cash only).
Tuesdays and Thursdays
\$32 for 30 minutes
Deadline: 2 days ahead

Medicare Counseling

Receive one-on-one assistance on Medicare issues from Rosemary Evans. She is specially trained on Medicare insurance programs, including Medicare Part D. Call Evon at 303-655-2079 to make an appointment. For general Medicare questions you can also call Benefits in Action at 720-221-8354. Counseling by appointment only.
10:00 a.m. - 12:15 p.m.
Tues. May 6
Deadline: Fri. May 2

Fraud in Colorado

Join AARP ElderWatch for an interactive session on current fraud trends in Colorado, how to stay safe, and what to watch for. Bring your questions!
1:30 p.m.
Tues. May 6
Free
Deadline: Mon. May 5

Walk On!

Explore Brighton-area trails! First day meets in the EVAC Lobby; afterward, we'll meet at selected Adams County locations. Wear layers, good walking shoes, and bring water. Leader: Chris Howell.
9:00 a.m.
Wednesdays
May 7 - 28
\$4 (4wks)
Deadline: Ongoing

Bengals Choir

The Bengals Choir from Brantner Elementary in Thornton features 38 talented 3rd - 5th graders. They're excited to share their music with us! Registration fees support their choir program.
12:30 p.m.
Wed. May 7
\$2
Deadline: Mon. May 5

Bunco

Bunco is an easy and fun game of dice. Enjoy an afternoon of fun, laughter, and prizes.
1:15 p.m.
Thursdays
May 8 & 22
\$4 (each)
Deadline: Wed. before

Dream Big: Sleep Solutions for Aging Adults

Join us as we explore the science behind sleep, how aging affects your sleep patterns, and the truth behind common sleep myths. Discover practical lifestyle tips to help you sleep better naturally so you can wake up refreshed and energized every day!
1:30 p.m.
Thurs. May 8
Free
Deadline: Tues. May 6

Learn the Truth about Reverse Mortgages

If you're 62+ and own a home, you may qualify for a Reverse Mortgage to pay off your mortgage, gain extra retirement income, or buy your dream home. Learn about your options.
Instructor: Jackie Hahn.
2:00 - 3:00 p.m.
Thurs. May 8
Free
Deadline: Tues. May 6

Blood Pressure Screening

The firefighters from the Brighton Fire Department will perform FREE blood pressure checks for

one hour. Stop by!
Fri. May 9 @ 10:30 a.m.
Thurs. May 22 @ 10:30 a.m.

Friday Feast

Elvis is in the house! George Gray has been performing his Elvis show for many years and we are thrilled to have him back. We will have pulled pork sandwiches, salad, and cookies.
12:00 noon
Fri. May 9
\$6
Deadline: Wed. May 7

Sue's Retirement Party

After 35 years, Sue Corbett is retiring! Drop in to celebrate Sue's many wonderful years and contributions to the community and wish her well on her next adventure.
1:00 - 3:00 p.m.
Tues. May 13

Kindness Counts

This group is about fun, easy ideas for spreading a little kindness throughout the community. Each month we pick a project. Call Sue at 303-655-2076 for information.
11:00 a.m.
Wed. May 14

Duplicate Bridge

In Duplicate Bridge, two-player teams compete using set hands, earning points by outbidding and outplaying opponents. Partners stay the same for a two-month challenge, with top scorers recognized. Facilitator: Bobbi Jo Unruh.
11:30 a.m. - 3:30 p.m.
Wed. May 14 & 28
\$10 (2 wks)
Deadline: Mon. May 12

Book Club

Books are chosen at the previous meeting. Missed it? Call the front desk for the title. Please read it beforehand - available at libraries, Amazon, or bookstores. Facilitated by Gayle Wudarczyk.
1:00 p.m.
Wed. May 14
Free
Deadline: Mon. May 12

Music & Aging

Join ComForCare Home Care for this informative program that will discuss the anatomy of a song, the benefits of music for older adults, and how music can be an integral component for healthy aging. Learn about the amazing ways that music impacts our lives and defines moments from our past.

1:30 p.m.
Wed. May 14
\$3
Deadline: Mon. May 12

Debt and the Early Republic *EVAC & Zoom*

This concise talk traces the early history of America and how we wound up with the Constitution, mainly as a result of problems paying off the national debt. Presenter: Paul Flanders.

1:30 p.m.
Thurs. May 15
\$4
Deadline: Tues. May 13

Parents' Days

This month we are briefly visiting the states of West Virginia and Washington as we learn the origin stories of both Mother's and Father's Day. We'll have some fun with this celebration of all things parenthood! Presenter: Travels with Toni.

1:30 p.m.
Fri. May 16
\$5
Deadline: Wed. May 14

Feathered Friends: Barred Owl

This month's Feathered Friends features one of the most common owls in the United States, but not a Colorado native. Come learn about the barred owl, who is at home in both suburbs and the swamps and bayous of the Deep South.

1:00 p.m.
Mon. May 19
\$5
Deadline: Thurs. May 15

Rattlesnake Kate

Join Gus Rudnick of the City of Greeley Museums to learn about local Colorado legend, Katherine "Rattlesnake Kate" Slaughterback. This presentation will discuss her life, how she was represented in the media, and the story of how she got her nickname.

1:30 p.m.
Tues. May 20
\$4
Deadline: Fri. May 16

Active Minds: Mt. Everest *EVAC & Zoom*

Nearly 10 years ago, a massive earthquake in Nepal triggered Everest's deadliest avalanche. As the tallest mountain, Everest holds religious significance for locals and captivates mountaineers worldwide. Join Active Minds to explore its stories of triumph and tragedy and examine the mountain's past, present, and future.

1:30 p.m.
Wed. May 21
\$5
Deadline: Tues. May 20

Movie: The Last Rifleman

Inspired by a true story, Artie Crawford (Pierce Brosnan), a World War II veteran living in Northern Ireland, plots a daring escape from his care home and embarks on the road-trip of a lifetime to meet his old regiment in France for the 75th anniversary of the D-Day landings. Rated PG-13. 1hr/40 min. Free, but please register.

1:00 p.m.
Tues. May 27
Deadline: Fri. May 23

Cribbage Tournament

Join our fun monthly cribbage tournament with prizes! Just drop in and pay the fee to the volunteer.

12:30 p.m.
Wed. May 28
\$4

Low Vision Peer Group

Join in community with other peers experiencing low vision, vision loss, and blindness. Receive peer support and learn new skills, technology, and resources for living with low vision from each other and occasional guest speakers. Facilitated by Sherry Miller.

1:00 p.m.
Wed. May 28
Free
Deadline: Fri. May 23

Small Fruits

Small fruits are a perfect solution for creating a thriving, edible landscape that produces reliably year after year. With the right varieties, you can enjoy fresh, homegrown fruit no matter the size of your backyard! Presentation by a CSU Master Gardener.

1:30 p.m.
Wed. May 28
\$4
Deadline: Thurs. May 22

Ways to Save

Money Eating Healthy

Discover ways to save money while enjoying nutritious meals at home. Shop strategically by choosing budget-friendly options like bulk, seasonal, and generic foods. Master meal prepping techniques to maximize savings, all while avoiding costly processed foods. Presentation by Dawn Kucera, Registered Dietician.

1:30 p.m.
Thurs. May 29
\$4
Deadline: Tues. May 27

How AI Can Enrich Your Life

Discover how AI tools like Siri, Alexa, Google Assistant, and AI-powered apps can simplify daily tasks, keep you connected, enhance entertainment, and even improve health and wellness.

This engaging and interactive session features live demonstrations and hands-on participation led by Derek Taniguchi of Rescue Geek.

1:30 p.m.
Fri. May 30
\$5
Deadline: Wed. May 28

Ice Cream Social

It's hot outside so ice cream sounds great! You'll make your own ice cream sundae and then listen to some classic country performed by Judy & Jack.

1:00 p.m.

Tues. June 3

\$4

Deadline: Fri. May 30

Pollinator Garden Planting

The Butterfly Pavillion and the City of Brighton Open Spaces will be planting a new pollinator garden here at EVAC and they'd love your help! Whether you have a green thumb and can help dig in, or you just want to learn about creating a pollinator garden, register for this hands-on experience.

8:30 - 9:30 a.m.

Wed. June 4

Free

Deadline: Fri. May 30

Healthy Living for Your Brain & Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join a representative from the Alzheimer's Association to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

1:30 p.m.

Wed. June 4

Free

Deadline: Mon. June 2

Juneteenth**EVAC & Zoom**

Juneteenth, also known as Freedom Day or Emancipation Day, commemorates the emancipation of enslaved people in Texas on June 19, 1865 and is a celebration of freedom and the ongoing struggle for racial

justice and equality. Abolition of slavery became a controversial political issue that divided the country so much so that it had to be resolved by Civil War. Presented by Paul Flanders.

1:30 p.m.

Thurs. June 5

\$4

Deadline: Tues. June 3

Thank God for the United State Navy

Despite countless books about Omaha Beach, the crucial role of nine U.S. Navy destroyers remains largely unknown 80 years later. On D-Day, these ships closed to within yards of the shore, firing over 9,000 rounds at German positions to help break Nazi resistance and end the slaughter. David will reveal how the disaster unfolded, why the destroyers were called in, and how their firepower helped turn the tide - leading to V Corps Commander Major General Leonard Gerow's powerful message: "Thank God for the United States Navy."

Presentation by David Barrett.

1:30 p.m.

Tues. June 10

\$5

Deadline: Fri. June 6

The Ordeal of Susanna Alderdice

In 1869, 24-year-old Susanna Alderdice - a mother of four and pregnant with her fifth - was captured during the Kansas Indian War. Her story is one of courage, suffering, and tragedy. Jeff Broome, author of *Dog Soldier Justice: The Ordeal of Susanna Alderdice*, will share the gripping details of her captivity and the shocking events near Sterling on July 11, 1869, when a cavalry rescue went terribly wrong. The twist at the end will leave you stunned.

1:30 p.m.

Thurs. June 12

\$5

Deadline: Mon. June 9

Friday Feast

Last time Rosanna Telford performed here, you all asked for a repeat performance! She will perform her Patsy Cline tribute show. We're serving ham sliders, salad, and a cookie.

12:00 noon

Fri. June 13

\$6

Deadline: Wed. June 11

Feathered Friends: American Kestrel

Our guest for Feathered Friends this month is the smallest falcon in Colorado and the United States. The American Kestrel is a common resident in the Brighton area, stays here year-round, and weighs only about four ounces. Join us and find out how you can attract these beneficial raptors to your back yard.

1:00 p.m.

Tues. June 17

\$5

Deadline: Fri. June 13

Active Minds: Queen Elizabeth I EVAC & Zoom

Born in 1533, the daughter of King Henry VIII and his second (and soon to be executed) wife Anne Boleyn, Elizabeth I was a central figure in the political and religious upheaval that characterized her father's reign. Taking the throne in 1558, Elizabeth I reigned as Queen of England for 44 years, establishing an era of political stability and strength that would position her country as a global economic and cultural power. Join Active Minds as we examine the fascinating life of one of the most powerful women in history and the era that would take her name.

1:30 p.m.

Wed. June 18

\$5

Deadline: Tues. June 17

Center is Closed on June 19

Flag Day

Since June of 1777, she has flown as our country's National Emblem in various forms without interruption. Flag Day is on June 14th of every year, so this month we are honoring our Stars and Stripes, and taking a deep dive into her history with stories and songs. She continues to be the very definition of a "Grand Old Flag!" Presented by Travels with Toni.

1:30 p.m.
Fri. June 20
\$5
Deadline: Wed. June 18

Movie: The Boys in the Boat

The race is on in this sports drama about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world. Rated PG-13. 2 hr/3 min. Free, but please register.

1:00 p.m.
Tues. June 24
Deadline: Mon. June 23

Low Vision Peer Group

Join in community with other peers experiencing low vision, vision loss, and blindness. The Low Vision group is hosting JoAnn Hirsch from the Colorado Commission for Deaf, Hard of Hearing, and DeafBlind to share about programs available if you are experiencing hearing loss. Come hear about programs and resources.

1:00 p.m.
Wed. June 25
Free
Deadline: Mon. June 23

Colorascaping

A new trend is taking root in the horticulture world! While Xeriscaping aims for water efficiency, it's often seen as dull and rocky. Colorascape offers a fresh

take - using waterwise, native, and climate-adapted plants to create vibrant, sustainable landscapes that thrive year after year. Presentation by a CSU Master Gardener.

1:30 p.m.
Wed. June 25
\$4
Deadline: Fri. June 20

The Peak of Racing

Buckle up for a wild ride! Chris Lennon, past champion and seven-time competitor in the legendary Pikes Peak International Hill Climb, brings this world-famous race to life with hilarious, jaw-dropping stories - no racing experience required! From behind-the-scenes drama to legendary moments with Mario Andretti, Rick Mears, and the Unsers, you'll get an insider's look at one of the top five motor races in the world - happening right in our backyard!

1:30 p.m.
Thurs. June 26
\$5
Deadline: Mon. June 23

Digital Dollars

Online payments are convenient, but they can expose you to scams and fraud. In this workshop, you'll learn how to spot fake payment requests, avoid common scams, and protect your financial information. Stay safe while shopping and banking online with tips from Rescue Geek!

1:30 p.m.
Fri. June 27
\$5
Deadline: Wed. June 25

Billiards Tournament

Join us in the pool room for a friendly pool tournament. Rules will be clearly listed. Prizes are dictated by the size of the tournament.

10:00 a.m.
Fri. June 27
\$5
Deadline: Wed. June 25

Key

EVAC & Zoom - Attend in person at EVAC or at home through Zoom. To register for in-person attendance see the enclosed registration sheet. Zoom classes require a membership. See page 15 for more details.

***Programs with NO designation are at Eagle View. Register by the deadline listed.

June Happenings

Descriptions: Pages 4 & 5

Hair Sparkles

By appointment
Tuesdays & Thursdays

Walk On!

9:00 a.m.
Wed. June 4 - 25

Kindness Counts

11:00 a.m.
Wed. June 11

Duplicate Bridge

11:30 a.m. - 3:30 p.m.
Wed. June 11 & 25
\$10 (2 wks)

Book Club

1:00 p.m.
Wed. June 11

Bunco

1:15 p.m.
Thurs. June 12 & 26

Learn the Truth about Reverse Mortgages

2:00 p.m.
Thurs. June 12

Blood Pressure Screening

10:30 a.m.
Fri. June 13 & Tues. June 17

Cribbage Tournament

12:30 p.m.
Wed. June 25
\$4

Gamble: Century

We're going up the hill to Century Casino in Central City. Relax and enjoy the ride as you'll be driven by motor coach to one of the best casinos. Don't forget your player's card and your \$1 for the raffle on the way up. Bus will head home at 3:00 p.m.

8:45 a.m.

Tues. May 6

\$28

Deadline: Fri. May 2 by noon

Cuba Cuba

At Cuba Cuba in Denver, you'll find comforting Cuban dishes like slow-roasted pork, ropa vieja, and the famous Cubano Sandwich, all made with rich, traditional flavors. A fresh mojito or Cuban coffee pairs perfectly with the meal, and desserts like tres leches cake offer a sweet finish.

10:30 a.m.

Wed. May 7

\$4 (plus meal \$15+)

Deadline: Mon. May 5

Hike A:**Fountain Valley Trail** **Rating: Easy**

Roxborough State Park is renowned for its stunning rock formations. On this hike, we'll be exploring the Fountain Valley Trail, which offers minimal shade and stunning panoramic views. As the trail is situated at a higher elevation, prior hiking experience is recommended to ensure a safe and enjoyable adventure. **Be sure to eat and hydrate before boarding the vans, dress appropriately, and pack your lunch along with plenty of water.** And, of course, don't forget money for a well-earned ice cream stop on the way home!

Distance Round-trip: 2.6 mi.**Elevation: +/- 6,500 ft.****Elevation Gain: +/- 300 ft.**

8:30 a.m.

Thurs. May 8

\$10 (plus ice cream \$5)

Deadline: Tues. May 6

Saint John's Cathedral 

This historic Denver cathedral, rebuilt after a devastating 1903 fire, stands as a testament to resilience and artistry, with its cornerstone laid in 1909 and its completion in 1911. On this one-hour tour, you'll admire intricate Oberammergau carvings from the original cathedral and stunning stained glass by Edward Frampton Studios of London and Charles J. Connick Studios of Boston. Lunch on your own in Oneida Park.

9:15 a.m.

Tues. May 13

\$4 (plus meal \$15+)

Deadline: Tues. May 6

Manitou Cliff Dwellings 

The Manitou Cliff Dwellings offer a unique opportunity to explore relocated Ancestral Puebloan structures, originally from McElmo Canyon and carefully preserved to protect them from looters and erosion. Visitors can walk through the dwellings, tour the museum filled with ancient artifacts, and experience a three-story pueblo once home to a Native American family. This immersive historical site provides a hands-on glimpse into the ingenuity of the Ancestral Puebloans, making it a must-visit destination in the Pikes Peak region. Lunch after at Rudy's Country Store and Bar-B-Q.

8:30 a.m.

Thurs. May 15

\$15 (plus meal \$15+)

Deadline: Mon. May 12

Adams County Tea

Join us for a spring tea at the Adams County Historical Society's Hoffman Hall. Enjoy a pot of tea alongside a selection of 10+ tea-time treats. Each table will be uniquely decorated, adding to the charm of the afternoon.

There will also be a silent auction, with 100% of the proceeds supporting the Adams County Museum.

12:15 p.m.

Sat. May 17

\$31

Deadline: Mon. May 5 by noon

Waldo's Chicken & Beer

Waldo's in Denver serves some of the best chicken around, whether you're craving crispy Southern-fried or juicy rotisserie - it's always done right. Their lineup of homemade sides, unique signature sauces, and warm, buttery cheese biscuits makes every meal even better.

10:30 a.m.

Mon. May 19

\$4 (plus meal \$15+)

Deadline: Thurs. May 15

Long's Iris Gardens 

Nestled in the heart of Boulder, this third-generation, family-owned iris farm has been cultivating beauty since 1905 when it was founded by J.D. Long. Now run by Catherine Long Gates and her husband, the farm specializes in exquisite bearded irises, available for purchase through a hands-on, dig-it-yourself experience. During our visit, we'll enjoy a 45-minute guided tour, followed by time to stroll through the stunning iris fields and, if you wish, dig up some plants to take home. Plant purchases not included in fee. Wear sturdy shoes for the uneven terrain of the farm. Lunch after at Tsing Tao.

9:00 a.m.

Wed. May 21

\$4 (plus meal \$15+)

Deadline: Fri. May 16

Rockies vs. Phillies 

Watch the Rockies take on the Philadelphia Phillies in a shaded seat. Pack your lunch or buy food on site at the many vendors. Dress for the weather. There are two handicap and two aisle seats available. Let us know if you need one at registration.

11:00 a.m.

Thurs. May 22

\$20 (plus food \$10+)

Deadline: Mon. May 5

NCAR

Supercomputing Center

Explore cutting-edge Earth science research, from climate change to the origins of severe weather, on this immersive 90-minute tour in Cheyenne. Get an inside look at the power of computational science and witness one of the world's fastest supercomputers in action. Don't miss this rare opportunity to see innovation shaping our understanding of the planet! Lunch on your own in Cheyenne, Wyoming.

8:30 a.m.

Tues. May 27

\$4 (plus meal \$15+)

Deadline: Wed. May 21

Silent Film: *The Kid*

Experience the timeless charm of *The Kid*, where Charlie Chaplin shines as a lovable vagabond raising an abandoned child, played by the remarkable Jackie Coogan. This silent-era masterpiece seamlessly blends comedy and heartfelt emotion, showcasing Chaplin's unmatched storytelling. Don't miss the chance to see this classic come to life with the evocative live music of the Mont Alto Motion Picture Orchestra at Parsons Theatre in Northglenn, followed by a themed, catered lunch in the Community Room. Meal included.

9:00 a.m.

Wed. May 28

\$26

Deadline: Mon. May 12

TOAST: The Ultimate Bread Experience

TOAST, the world's No. 1 tribute to the 70s soft rock legends BREAD, delivers a live performance with remarkable fidelity to the original recordings. From heartfelt ballads like "If" and "Everything I Own" to upbeat classics that get audiences on their feet, their show offers a nostalgic journey through one of the most beloved songbooks of the era. Performance held at Union Colony Civic Center in Greeley. No meal.

6:00 p.m.

Fri. May 30

\$44

Deadline: Mon. May 12

June Trips

Trip Allotment

On Thurs. May 1 you are allowed to sign up for a maximum of two trips per month. On Fri. May 2 you may register for other trips that have space available.



Denotes lots of walking

The Glenn Bar & Grill

The Glenn in Northglenn is a laid-back neighborhood spot known for hearty comfort food, from juicy burgers and stacked sandwiches to classic pub favorites.

11:00 a.m.

Mon. June 2

\$4 (plus meal \$15+)

Deadline: Thurs. May 29

USAF Academy Planetarium and B-52

Back by Demand

The United States Air Force Academy Planetarium in Colorado Springs recently went through a multi-

-million dollar renovation, which included new state-of-the-art projection and immersive surround sound. We will be visiting to watch the film *D-Day: Normandy 1944*. The trip will also stop at the visitor center and an actual B-52 Bomber that served in the Vietnam War. Must bring government issued photo ID. Lunch after at Vaquero's Mexican Restaurant.

8:30 a.m.

Wed. June 4

\$5 (plus meal \$15+)

Deadline: Wed. May 28

Bobolink Walk

Want to get outside and stay active without the intensity of a hike? This trip is perfect for you! Join us for a scenic 2-mile walk along the beautiful Bobolink Trail, following South Boulder Creek. Be sure to dress for the weather and bring plenty of water. Lunch after at Snarf's Sandwiches.

9:00 a.m.

Thurs. June 5

\$5 (plus meal \$15+)

Deadline: Tues. June 3

Estes Park Tram Ride

Enjoy a ride on the tram as it safely whisks you above the treetops to the summit of Prospect Mountain. Bring your camera and your adventurous spirit for a trip to the top. Lunch and exploring on your own in town afterward.

8:30 a.m.

Tues. June 10

\$32 (plus meal \$15+)

Deadline: Thurs. June 5

Gamble: Horse Palace

Relax and enjoy the ride as you'll be driven by motor coach to the Horse Palace in Cheyenne. New members get \$10 for machine play. Bring your \$1 for the raffle on the way up. Bus will head home at 3:00 p.m.

9:00 a.m.

Wed. June 11

\$28

Deadline: Thurs. June 5

To be included in the initial registration, call EVAC at 303-655-2075 with your name and phone number by Tues. Apr 29 at 4:00 p.m.

Rockies vs. Giants



Watch the Rockies take on the San Francisco Giants in a shaded seat. Pack your lunch or buy food on site at the many vendors. Dress for the weather. There are two handicap and two aisle seats available. Let us know if you need one at registration.

11:00 a.m.

Thurs. June 12

\$20 (plus food \$10+)

Deadline: Thurs. May 22

Gardens on Spring Creek



Join us for a 90-minute guided walking tour of the Gardens on Spring Creek in Fort Collins. Spend most of the tour outside learning about this beautiful park. You'll also get to visit their butterfly house with over 300 butterflies and over 100 tropical plants. Lots of walking. Lunch after at DC Oakes Brewhouse and Eatery.

9:00 a.m.

Tues. June 17

\$23 (plus meal \$15+)

Deadline: Thurs. June 12

Rocky Mountain PBS



A first of its kind the Buell Public Media Center provides an innovative hub for public-facing media services. Located in Denver, this \$34 million development supports the creation of a city where everyone is seen and heard while forging a new journalism paradigm focused on community-centered storytelling. Embark on a 90-minute guided tour of this 93,000 sq ft building. Lunch after at Mickey's Top Sirloin.

10:00 a.m.

Wed. June 18

\$11 (plus meal \$15+)

Deadline: Tues. June 10

Ghost Box Pizza

Ghost Box Pizza in Lafayette specializes in Detroit-style pizza. This type of pizza has a thicker, airy dough and a crispy cheese crust. They also have wood-fired pizza, sandwiches, salads, and snacks. Their lunch special - \$16 for 1 topping small pizza with draft beer or cider is unbeatable.

10:30 a.m.

Fri. June 20

\$4 (plus meal \$15+)

Deadline: Tues. June 17

Flying W Ranch

With its humble beginnings as a mountain cattle ranch in 1947, the Flying W Ranch in Colorado Springs is a living symbol of Western Heritage, embodying the romantic spirit of the Old West. A western Chuckwagon spread of smoked meats with all the trimmings is followed by a western stage show performed by the world-renowned Flying W Wranglers. You'll have time before dinner to explore the grounds which includes dancers, silversmiths, rug weavers, ranch animals, and much more. Dinner included.

3:30 p.m.

Mon. June 23

\$73

Deadline: Fri. May 23

Hike B: Meyer Ranch Park



Rating: Moderate
Join us for a challenging yet rewarding hike near Conifer, where you'll trek through beautiful forest with plenty of shade. This is a strenuous hike at higher elevations, so recent hiking experience is required - it's not a beginner-friendly trek! **Be sure to eat and hydrate before boarding the vans, dress appropriately, and pack your lunch along with plenty of**

water. And of course, don't forget money for a well-earned ice cream stop on the way home!

Distance Round-trip: 3 mi.

Elevation: +/- 8,313 ft.

Elevation Gain: +/- 500 ft.

8:30 a.m.

Tues. June 24

\$10 (plus ice cream \$5+)

Deadline: Wed. June 18

Anastasia

From the Tony-winning creators of *Ragtime* and *Once on This Island*, this dazzling musical follows Anya's quest for her past, pursued by a ruthless Soviet officer and aided by a con man and ex-aristocrat. Their journey from Russia's fall to 1920s Paris is one of adventure, love, and self-discovery. Performance at Candlelight Dinner Theater in Johnstown. Meal included.

4:45 p.m.

Thurs. June 26

\$81

Deadline: Mon. June 9

July Trips

The Long Run

The Long Run - "Colorado's Tribute to The Eagles" has been faithfully recreating the iconic 70s sound of America's best-selling rock band for over a decade. In 2019, they celebrated their 10th anniversary with a sold-out show at Denver's Paramount Theatre and a summer performance at Red Rocks. Their passion for The Eagles' music continues to captivate audiences across the region. Performance at Candlelight Dinner Theater in Johnstown. Meal included.

4:45 p.m.

Tues. July 8

\$90

Deadline: Tues. June 17

AARP Smart Driver Course

Take AARP's driving refresher course of safe driving practices and road rules. Most companies offer a discount off auto insurance for course completion.

Instructor: Dennis Gibbons.

11:30 a.m. - 4:00 p.m.

Wed. June 11

\$20 - AARP member

\$25 - Non-member

Deadline: Mon. June 9

Birdhouse

We are making a charming sanctuary for the backyard birds. All supplies included. Instructor: Linda Addison.

10:00 a.m. - 12:00 noon

Fri. May 23

\$16

Deadline: Wed. May 21

Bridge: Beginning

Beginning bridge is for newcomers to learn the basics, with practice included. No prior knowledge is needed, and hand evaluation and scoring will be covered. Instructor: Bobbi Jo Unruh.

11:45 a.m. - 1:45 p.m.

Thursdays

May 15 & 22, June 5 & 26

\$12 (4 wks)

Deadline: Tues. May 13

Bridge: Intermediate

This class is for those with a solid grasp of bridge basics, covering hand evaluation, bidding, conventions, play, scoring, and reinforcing fundamentals.

Instructor: Bobbi Jo Unruh.

9:30 - 11:30 a.m.

Thursdays

May 15 & 22, June 5 & 26

\$16 (4 wks)

Deadline: Tues. May 13

Ceramic Bird

Enjoy painting a small ceramic bird that would look great as décor or in a garden. Please bring one small bottle of acrylic paint in your favorite color; all other supplies provided. Instructor: Karen Klobberdans.

9:30 a.m. - 12:00 noon

Mon. May 12

\$13

Deadline: Thurs. May 8

Collage Cards

Learn the basic principles of collage to complete a card. Bring in some of your favorite scrap items (examples: lace, stamps, ticket stubs, ribbon, buttons, game pieces) to make a piece uniquely your own; all other supplies provided. Instructor: Karen Klobberdans.

9:30 a.m. - 12:00 noon

Mon. June 9

\$11

Deadline: Thurs. June 5

Crochet:**Seed & Bloom Tote**

Participants must have basic crochet skills. Crochet a seed and bloom tote bag using foundation half-double crochet, single crochet, and a putt stitch. Learn how to sew up crochet squares. Bag can be lined or not. Supply list at registration. Instructor: Barbara Dedecker. No class May 26.

1:00 - 2:30 p.m.

Mondays

May 5 - June 16

\$21 (6 wks)

Deadline: Fri. May 2

Diamond Dots

Diamond Dots is a fun and easy craft, similar to Paint by Numbers, but using colorful gems instead. No experience is necessary.

Instructor: Linda Addison.

1:00 - 3:00 p.m.

Tuesdays

\$16

Session 1: Jewelry Box

May 20

Deadline: Fri. May 16

Session 2: July 4th Decor

June 17

Deadline: Fri. June 13

Fourth of July Jewelry Set

Learn techniques for making your own handmade red, white, and blue jewelry set with a variety of beads and designs. All supplies included. Instructor: Grace Yu.

11:00 a.m. - 12:00 noon

Mon. June 2

\$26

Deadline: Thurs. May 29

Genealogy

Learn how to start an online family tree using Family Search. Class is limited to 3 people on EVAC computers. Others must bring their own laptop. Basic computer skills required. Facilitator: Lee Braswell.

9:00 - 11:00 a.m.

Fridays

\$4 (4 wks)

Session 1: May 9 - 30

Deadline: Tues. May 6

Session 2: June 6 - 27

Deadline: Tues. June 3

Greeting Cards

Learn techniques in card making with a variety of occasions to choose from. You will make four cards; all supplies included in fee. Instructor: Linda Addison.

10:00 a.m. - 12:00 noon

Fridays

\$16

Session 1: May 9

Deadline: Wed. May 7

Session 2: June 13

Deadline: Wed. June 11

I Ching

Join instructor Sharon Lezotte to explore the I Ching, an ancient Chinese text that provides wisdom for personal growth, decision-making, and finding clarity in life's challenges. Learn how this timeless guide can offer encouragement and insight into important questions and situations.

1:00 - 2:30 p.m.

Fridays

\$5

Session 1: May 30

Deadline: Tues. May 27

Session 2: June 27

Deadline: Tues. June 24

Please see display case for craft class examples.

Iris Folding:**Down on the Farm**

Learn a simple folding technique to create two farm animal-themed cards. All materials provided; bring a tape dispenser and small scissors.

Instructor: Karen Kloberdans.

9:30 - 11:30 a.m.

Mon. May 19

\$13

Deadline: Thurs. May 15

Jewelry 101

Create a fun and simple set of earrings, necklaces, and bracelet in your own style. All supplies provided. Instructor: Linda Addison.

10:00 a.m. - 12:00 noon

Fri. June 27

\$16

Deadline: Wed. June 25

Knitting: Toe-Up Sock

Participants must know how to knit. Knit a sock from the toe up using double-pointed needles. Learn an easy version of the wrap and turn heel. Supply list at registration.

Instructor: Barbara Dedecker. No class May 15, 29, and June 19.

10:30 a.m. - 12:00 noon

Thursdays

May 8 - June 26

\$21 (5 wks)

Deadline: Tues. May 6

Oil Painting

Instructor Carol Obenchain welcomes all levels of artists including watercolor painters. Beginners will select from pre-chosen paintings to learn basic skills, while veterans work on their own projects. Bring your own supplies. Beginners will receive a supply list upon registration. No class May 23.

1:00 - 3:30 p.m.

Fridays

Session 1: May 9, 16, 30

\$15 (3 wks)

Deadline: Wed. May 7

Session 2: June 6 - 27

\$20 (4 wks)

Deadline: Wed. June 4

Origami: Fourth of July

Origami decorations are the most affordable and unique personal decorations. Learn techniques for making July 4th decorations. All supplies included. Instructor: Grace Yu.

11:00 a.m. - 12:00 noon

Mon. June 30

\$16

Deadline: Thurs. June 26

Polymer Clay Sculpture

Learn the basics of polymer clay and sculpt a simple decoration. All skill levels welcome. Supplies included.

Instructor: Tammi Williams.

Session 1: Sloth

9:30 - 11:30 a.m.

Thurs. May 15

\$21

Deadline: Fri. May 9

Session 2: Dragonfly

9:00 - 11:30 a.m.

Wed. June 18

\$21

Deadline: Fri. June 13

Quilting

Use a fabric panel of your choice to create a wall hanging, pillowcase, quilt, or more. You'll be the designer, with guidance provided in class. A supply list will be available at registration or on the first day.

Please bring your panel to the first class. Instructors: Cheryl Stoddard and Wilma Laughlin.

1:00 - 2:30 p.m.

Thursdays

May 8 - June 12

\$20 (6 wks)

Deadline: Tues. May 6

Scrapbooking

Creating beautiful albums to showcase and preserve memories. Kits provided for 4 double-sided pages. Instructor: Linda Addison.

1:00 - 3:00 p.m.

Tuesdays

\$16

Session 1: May 13

Deadline: Fri. May 9

Session 2: June 10

Deadline: Fri. June 6

Scratchboard: Cat

Learn techniques for unique scratchboard art by creating an adorable cat. Supply list at registration or purchase supplies in class. Instructor: Grace Yu.

11:00 a.m. - 12:00 noon

Mon. June 23

\$16

Deadline: Wed. June 18

Sugar-Free Treats

Enjoy delicious sugar-free, gluten-free, and keto-friendly baking! In May, make whoopie pies, chocolate mousse, and apple tarts (bring a mixer & two bowls). In June, learn pie crust, lemon mousse pie, and apple pie (bring a rolling pin, pastry cutter, mixer & bowls). Aprons recommended!

Instructor: Rosalind Lowen.

9:00 a.m. - 12:00 noon

Wednesdays

\$36

Session 1: May 21

Deadline: Fri. May 16

Session 2: June 18

Deadline: Fri. June 13

Taste of India: May

We'll be making vegetable biryani (basmati rice with vegetables), cucumber raita (yogurt based salad), egg roast/fry (hard-boiled eggs shallow fried), and malai kulfi (Indian-style ice cream). Instructor: Akila Arumugam.

10:30 a.m. - 12:30 p.m.

Tues. May 20

\$35

Deadline: Fri. May 16

Taste of India: June

We'll be making chili paneer (cottage cheese cubes tossed with spices and fried), paratha (layered whole wheat flat bread), and roadside kaalan curry (a spiced mushroom curry) Instructor: Akila Arumugam.

10:30 a.m. - 12:30 p.m.

Tues. June 24

\$35

Deadline: Fri. June 20

Back to Balance

Learn what can be done to prevent falls and support balance challenges. Posture, flexibility, and movement are key elements of this class. We sit, stand, move, and walk. Canes and walkers are welcome. Instructor: Dottie LaFleur.

9:45 - 10:45 a.m.
Mondays

Session 1: May 5 - 19
\$15 (3 wks)
Deadline: Fri. May 2

Session 2: June 2 - 30
\$25 (5 wks)
Deadline: Thurs. May 29

Be Fit Through Movement

EVAC & Zoom

Improve your fitness level through movement and exercises designed to stimulate both brain and body. Exercise can be done seated or standing. Improve your leg and upper body strength, balance, and posture. Instructor: Rosalie Farrer.

9:00 - 10:00 a.m.
Tuesdays
\$20 (4 wks)

Session 1: May 6 - 27
Deadline: Fri. May 2

Session 2: June 3 - 24
Deadline: Fri. May 30

Chair Yoga Beginning

Recovering from an injury or surgery? This gentle class helps you reconnect with your body, mind, and spirit - all without leaving your chair. You'll feel better than when you arrived. Instructor: Dottie LaFleur.

12:15 - 1:00 p.m.
Mondays

Session 1: May 5 - 19
\$15 (3 wks)
Deadline: Fri. May 2

Session 2: June 2 - 30
\$25 (5 wks)
Deadline: Thurs. May 29

Chair Yoga Intermediate - 1

Enjoy all the healthy benefits of yoga without getting on the floor!

Targeted stretching releases tension in the body returning it to proper alignment, as well as increasing range of motion and building strength. Yoga exercises are done with the support of a chair to improve posture, flexibility, and strength which means more freedom of movement and less pain. Instructor: Dottie LaFleur.

10:30 - 11:30 a.m.
Tuesdays
\$20 (4 wks)

Session 1: May 6 - 27
Deadline: Fri. May 2

Session 2: June 3 - 24
Deadline: Fri. May 30

Chair Yoga Intermediate - 2

11:45 a.m. - 12:45 p.m.
Tuesdays
\$20 (4 wks)

Session 1: May 6 - 27
Deadline: Fri. May 2

Session 2: June 3 - 24
Deadline: Fri. May 30

Cowboy Cha Cha

This is a specialty line dance class for singles or couples. Instructor: Rosalie Farrer.

1:00 - 2:00 p.m.
Mondays
May 5 & 12
\$10 (2 wks)
Deadline: Fri. May 2

Heart Healthy Trio

In this combination class, you will experience low-impact cardio for your heart health, balance exercises for fall prevention, and stretching movements for mobility and flexibility. All for fun, health, and well-being. Instructor: Dottie LaFleur.

11:00 a.m. - 12:00 noon
Mondays

Session 1: May 5 - 19
\$15 (3 wks)
Deadline: Fri. May 2

Session 2: June 2 - 30
\$25 (5 wks)
Deadline: Thurs. May 29

Line Dance: Level 1 EVAC & Zoom



This introduction class is for those who have never line danced before. You will learn terminology, rhythm, the basic steps, and the dances using those steps, all while having fun! Instructor: Rosalie Farrer.

1:00 - 2:00 p.m.
Mondays
June 9 - 30
\$20 (4 wks)
Deadline: Thurs. June 5

Line Dance: Level 2 EVAC & Zoom

This class is for those who have been dancing 6 months - 1 year. Participants should have knowledge of footwork and know common steps. Instructor: Rosalie Farrer.

10:15 - 11:15 a.m.
Fridays
\$20 (4 wks)

Session 1: May 9 - 30
Deadline: Wed. May 7

Session 2: June 6 - 27
Deadline: Wed. June 4

Line Dance: Level 3 EVAC & Zoom

This class is for those who have line danced for over a year: intermediate and advanced beginners. You know the basic steps so now it's time to put it all together and have fun!

Instructor: Rosalie Farrer.
9:00 - 10:00 a.m.
Fridays
\$20 (4 wks)

Session 1: May 9 - 30
Deadline: Wed. May 7

Session 2: June 6 - 27
Deadline: Wed. June 4

**Center is Closed
May 26 & June 19**

Move It or Lose It - 1**EVAC & Zoom**

This class is perfect for beginners! Focused on strength, flexibility, alignment, and balance, it can be done seated or standing. We'll use a sturdy chair, hand weights (or water bottles), and a fitness band. Instructor: Rosalie Farrer. No class June 19.

10:15 - 11:00 a.m.

Thursdays

Session 1: May 8 - 29

\$20 (4 wks)

Deadline: Tues. May 6

Session 2: June 5, 12, 26

\$15 (3 wks)

Deadline: Tues. June 3

Move It or Lose It - 2

No class June 19.

11:15 a.m. - 12:00 noon

Thursdays

Session 1: May 8 - 29

\$20 (4 wks)

Deadline: Tues. May 6

Session 2: June 5, 12, 26

\$15 (3 wks)

Deadline: Tues. June 3

Sit and Stay Fit - 1**EVAC & Zoom**

The exercises in this low-level class are designed to improve core strength, flexibility, balance, coordination, and circulation. You will be seated for the entire class. Instructor: Rosalie Farrer.

11:30 a.m. - 12:00 noon

Tuesdays

\$20 (4 wks)

Session 1: May 6 - 27

Deadline: Fri. May 2

Session 2: June 3 - 24

Deadline: Fri. May 30

Sit and Stay Fit - 2**EVAC & Zoom**

No class June 13.

11:30 a.m. - 12:00 noon

Fridays

\$15 (3 wks)

Session 1: May 16 - 30

Deadline: Wed. May 14

Session 2: June 6, 20, 27

Deadline: Wed. June 4

Yin Yoga

Take a peaceful moment for yourself to unwind, reconnect, and cultivate mindfulness. This class invites you to slow down with gentle, restorative movements, allowing your body to release tension and your mind to find stillness. Instructor: Dottie LaFleur.

11:15 a.m. - 12:00 noon

Wednesdays

\$5

Deadline: Mon. before

Session 1: May 7

Session 2: May 21

Session 3: June 4

Session 4: June 18

Yoga Beginning

Learn a lifetime skill for health and relaxation. This basic beginning class focuses on relaxation and breathing, as well as increased range of motion and flexibility. You must be able to get onto and off the floor. Monday instructor: Shannon Cunningham. Wednesday instructor: Paula Beacom.

Yoga Beginning - Mondays

9:45 - 10:45 a.m.

Session 1: May 5 - 19

\$15 (3 wks)

Deadline: Fri. May 2

Session 2: June 2 - 30

\$25 (5 wks)

Deadline: Thurs. May 29

Yoga Beginning - Wednesdays

9:45 - 10:45 a.m.

May 7 - 28

\$20 (4 wks)

Deadline: Mon. May 5

Yoga Intermediate

Start your morning off right with Yoga for advanced beginning and intermediate-level participants. No new beginners. The ability to get on

the floor is required. Monday instructor: Shannon Cunningham. Wednesday instructor: Paula Beacom.

Yoga Intermediate - Mondays

8:30 - 9:30 a.m.

Session 1: May 5 - 19

\$15 (3 wks)

Deadline: Fri. May 2

Session 2: June 2 - 30

\$25 (5 wks)

Deadline: Thurs. May 29

Yoga Intermediate - Wednesdays

8:30 - 9:30 a.m.

May 7 - 28

\$20 (4 wks)

Deadline: Mon. May 5

Zumba Gold®**EVAC & Zoom**

Zumba® is a Latin-inspired workout that is part dance, part fitness. Zumba Gold® is a modified class that uses easy-to-follow moves focusing on balance, range of motion, and fun. Instructor: Rosalie Farrer. No class June 19.

9:00 - 10:00 a.m.

Thursdays

Session 1: May 8 - 29

\$20 (4 wks)

Deadline: Tues. May 6

Session 2: June 5, 12, 26

\$15 (3 wks)

Deadline: Tues. June 3

Zumba Toning**EVAC & Zoom**

This class focuses on strength training exercises (using light weights or toning sticks) while dancing to the rhythm of fun Latin-based music. It is a low to moderate-intensity workout designed to reduce the loss of muscle mass/strength that often comes with aging. Instructor: Rosalie Farrer.

10:15 - 11:15 a.m.

Tuesdays

\$20 (4 wks)

Session 1: May 6 - 27

Deadline: Fri. May 2

Session 2: June 3 - 24

Deadline: Fri. May 30

Senior Advisory Board

The purpose of the Advisory Board is to advise and assist in the needs and operations of Eagle View. The Board meets Tues. May 20 and June 17 at 1:00 p.m. Members are: Dave Thomas, Peggy Jarrett, Lou Ellen Bromley, Dan Buckner, Karen Swaites, Steve Yarish, Bill Alsdorf, Heidi Storz, Gayle Shiba, Barbara Spakoski, Janet Olivieri, and Randy Thornton. Visitors are welcome.

Charitable Contributions

Together we can continue to enhance the great programs and services offered for active adults in the Brighton area. Your financial support will be recognized on the donor wall at Eagle View. Donations are tax-deductible. Make donations payable to: Brighton United Senior Citizens, 1150 Prairie Center Parkway, Brighton, CO 80601. Donor Opportunities for Wall Recognition:

Friend: \$100 - \$499
 Memorial: \$100+
 Sponsor: \$500 - \$999
 Benefactor: \$1000+

VOA Lunch

A hot, nutritious lunch is provided by Volunteers of America, Mondays and Thursdays at 11:30 a.m. Please reserve your meal in advance. For Mondays, reserve the Thursday before; for Thursdays, reserve the Monday before. Call Barbara at 303-655-2271 between 10:00 a.m. - 2:00 p.m. Mon. & Thurs. to make a reservation.

Daily meal donations are appreciated.
 \$2.50 Donation per meal if age 60+
 \$11 Mandatory charge if under 60

Senior Wellness Clinic

The Clinic focuses on health promotion and disease prevention for seniors 55+. Operated by Visiting Nurses Association (VNA), services include foot care, health checks, and blood pressure checks. The fee for foot care is \$40 payable at the time of your appointment. Foot care may be Kaiser covered with pre-approval. Reduced fee available upon approval. Masks required for everyone. Call 303-655-2075 for appointment.

Clinic hours: 9:00 a.m. - 2:30 p.m.
 Fridays: May 2, 9, 16, 23, June 6, 13, 20
 Monday: June 23

Massage

Feel great with a massage by our certified therapist, Laurie Lozano Maier. She has over 15 years of massage therapy experience. Call 303-655-2075 to make a one-hour appointment. Pay Laurie at the time of service - check or cash.

Tuesdays and Wednesdays
 \$60 for 1 hour
 Deadline: Two days ahead

Outreach & Referral

Do you need help and are unsure where to turn? Evon Benitez will assist you with completing forms and finding needed services. You'll need to make an appointment to see Evon as she's often meeting with others. To make an appointment, call Evon at 303-655-2079. Leave a message.

Tech Tuesdays

Need help with your laptop, tablet, or smartphone? We will do our best to help you become more comfortable using your device. Schedule an appointment with Calvin at 303-655-2187.

Zoom Membership

You will need to purchase a Zoom membership for each newsletter in order to participate online. Purchasing a membership will give you access to all EVAC's programs that are being offered on Zoom for two months. Only Zoom members will receive the E-Blast with Zoom links. To register, see page 4 on the registration sheet. Cost: \$20 for two months.

May & June Membership
 \$20
 Deadline: Ongoing

Medical Equipment Loans

Basic medical equipment is available to loan out. Items may include wheelchairs, front wheel and seated walkers, canes, crutches, toilet seat risers, commodes, and bath benches. There is no guarantee what will be available at any time. Call 303-655-2075 for information.

Transportation

Via Mobility - provides specialized transportation within **the City of Brighton**. Via can take you to medical appointments, grocery shopping, and Eagle View, to name just a few of the places you can go in Brighton. New Via users, call 303-447-2848 ext. 1014 to get started. To schedule rides, call 303-447-9636. **Free rides to and from Eagle View to seniors living in the Brighton Via service area are provided by funding from the Senior Advisory Board.**

FlexRide - This is an RTD service. Call 303-299-6000 for reservations. The driver will pick up and deliver you anywhere within Brighton, Mon - Fri. 6:00 a.m. - 7:00 p.m. Cost is the local RTD bus fare.

Adams County Aging Network (ACAN) Spring Senior Resource Fair Adams County Human Services Building • 11860 Pecos St. Westminster CO 80234 Mon. May 12th, 2025 • 9:00 a.m. -12:00 noon

- Meet with various exhibitors sharing local Senior Services and Information on Aging Well in Adams County.
- Learn about new programs and products to help you and your loved ones age with health and safety in our community.
- Refreshments will be served; registration is available at the door.

Registration to attend is FREE! Please register early so that ACAN can ensure an adequate supply of tote bags and refreshments for attendees. Registration sheets can be found at the front desk at Eagle View.

Flix and Kicks

⇒ **Carmichael Park (650 Southern Ave, Brighton)**

◇ **Brighton Park (555 N. 11th Ave, Brighton)**

- ⇒ Thurs. June 12 at 7:00 p.m.: Movie - Moana 2
- ◇ Fri. June 20 at 7:00 p.m.: Concert - Chicano Heat
- ⇒ Thurs. June 26 at 7:00 p.m.: Movie - Wonka
- ⇒ Fri. July 4 at 7:00 p.m.: Concert - Ninety2K
- ⇒ Thurs. July 10 at 7:00 p.m.: Movie - Despicable Me 4
- ⇒ Thurs. July 17 at 6:00 p.m.: Concert - Grizzly Gopher/City BBQ
- ⇒ Thurs. July 24 at 7:00 p.m.: Movie - Wicked
- ◇ Thurs. July 31 at 7:00 p.m.: Concert - Premium Diesel
- ⇒ Thurs. Aug 7 at 7:00 p.m.: Movie & Drone Show - Inside Out 2
- ◇ Thurs. Aug 14 at 7:00 p.m.: Concert - Mz Vendetta

For more information, please call the City's Special Events Department at 303-655-2126.

Medication Collection Box

The Brighton Police Department has a medication collection box. You can drop off any type of medication, vitamins, prescription or over-the-counter drugs you have at your home. Just put them in a zip lock baggie! They will not accept liquids, syringes, needles, mercury, pressurized containers, or marijuana products.

Brighton Police Department
3401 E. Bromley Lane
Lobby Hours: 7 a.m. - 7 p.m.



1150 Prairie Center Parkway, Brighton, CO 80601

PRESORTED STANDARD
US POSTAGE PAID
BRIGHTON, CO
PERMIT NO. 31

Return Service Requested