

Senior Resources: Activities



Jefferson Center
for mental health

Senior Assistance Center – ArtReach

303-455-9642

2839 West 44th Avenue, Denver, CO 80211

<http://seniorassistancecenter.org/services/artreach>

- Serves: Older adults (55+) in Adams, Arapahoe, Denver, Douglas, Jefferson, Boulder, Broomfield counties
- Provides donated tickets to cultural events, arts, and community programming to the at-risk and underserved populations.
 - All tickets are no charge! Call for these free tickets for seniors at the number listed above before noon on Tuesdays
 - Inquire about transportation options for 10+ persons

*This program is temporarily unable to provide services as of 3-20-17, call to get the most up-to-date information

Lloyd G. Clements Community Center

303-987-4820

1580 Yarrow St. Lakewood, CO 80214

http://www.lakewood.org/Community_Resources/Older_Adult_Services/Programs_Activities_and_Services/Programs_Activities_and_Services.aspx

- Serves: Older adults (55+)
- Provides: Information and referrals; “benefits check-up” such as housing, transportation and in home assistance; wellness services; support groups; group activities; classes and outdoor recreation.
 - Offer hot meal for older adults (60+) for a suggested donation of \$2.50. Meals are served Monday-Thursday at noon and the first Friday of each month at 11:30 am. Please reserve meals two business days in advance by calling 303-987-4833.
- Hours: Monday to Friday, 8 am-5 pm
- Notes: There is no charge for membership, although some recreation and fitness classes may charge an additional fee. Please ask about the “Enrichment Program,” to see if you qualify for financial assistance for these fees.

Wheat Ridge Parks and Recreation Active Adult Center

303-205-7500

6363 W 35th Ave, Wheat Ridge, CO 80033

<http://www.ci.wheatridge.co.us/555/Active-Adult-Center>

- Serves: Older adults age 50+
- Provides: social, recreational, fitness, SilverSneakers® Program, trips, special events, movies and educational activities.
- Hours: 8:30 am-4 pm
- Notes: Residents and non-residents of Wheat Ridge are welcome, and there is no membership fee. Different courses and activities may require a fee.

Malley Senior Recreation Center

303-762-2660

3380 S. Lincoln St., Englewood, CO 80113

<http://www.ci.englewood.co.us/inside-city-hall/city-departments/parks-and-recreation/malley-senior-recreation-center>

- Serves: Older adults (55+)



- Offers activities, education, and travel for seniors 55 years of age or older.
 - Services include open computer lab, fitness center, recreational and arts programs, information and referral, as well as foot care, cholesterol tests, and monitoring of chronic conditions through the Visiting Nurses Association.
 - Also offers hot meals for older adults (60+) for a suggested donation of \$2.50. Meals are served Monday-Friday at noon. Coffee services and conversation start at 11:30am. Please reserve meals two business days in advance by calling (303) 762-2660.
- Hours: Mon to Thurs: 8 am to 7 pm , Friday: 8 am to 5 pm, and Saturday: 9 am to 1 pm
- Notes: Older adults who live in Englewood can purchase an annual membership for \$39 or a daily pass for \$2. Discounts are available for members of the SilverSneakers® Program. Cost for programs vary, contact for additional information.

Golden Community Center – Front Porch

303-384-8130

1470 10th St., Golden, CO 80401

<http://www.cityofgolden.net/play/recreation-attractions/community-center/front-porch/>

- Serves: Older adults
- Provides: A variety of activities, including outdoor activities, trips, health programs, special events, games, clubs, and sports teams. There are also volunteer and social opportunities available, as well as SilverSneakers® Program.
- Hours: M-F 8 am-2 pm
- Notes: Most activities do not require registration, trips do require registration

Apex Parks and Recreation-Adult/Senior Recreation Program

303-425-9583

6842 Wadsworth Blvd., Arvada, CO 80003

<http://apexprd.org/activities/adultsenior-recreation>

- Serves: Targeted to age 50+ but open to adults of all ages.
- Provides: Fitness classes, cardio and weigh equipment, games and activities, Silver Sneakers, adult sports, computer classes and other educational opportunities
- Hours: Hours may vary by location
- Notes: Residential Discounts may be available for residents of APEX Parks and Recreation District. Please contact the APEX Center at (303) 424-2739 to see if you qualify or visit: <http://apexprd.org/residency-and-activity-registration-info>.

Mulroy Senior Center - Catholic Charities

303-892-1540 or 303-742-0828

3550 W.13th Ave. Denver, CO 80204

<http://www.ccdenver.org/services/senior-services>

- Serves: Older adults (55+) in the Denver Metro area
- Provides: Free transportation, daily lunch, educational and recreational activities, and case management services.
- Hours: Monday to Thursday, 8 am -12 pm
- Notes: Services also available in Spanish

Foothills Park and Recreation – Senior Adult Programs

303-409-2264

6612 S. Ward St., Littleton, CO 80127

www.ifoohills.org/senior-adult-programs/#senior-adult-fitness



- Serves: Older adults (50+) who live in the Foothills Parks and Recreation District
- Provides: Social activities, clubs and leagues, fitness and wellness programs, and SilverSneakers®
- Hours: Hours may vary. Please call 303-409-2100 for more information.
- Notes: Membership discounts may be available for members of the SilverSneakers® program. Adults 62+ may be eligible for a reduced cost annual pass.

Evergreen Recreation Centers

720-880-1226

Wulf Recreation Center – 5300 S. Olive Road, 720-880-1200

Evergreen Lake House Center – 29614 Upper Bear Creek Rd, 720-880-1300

Buchanan Park Recreation Center – 32003 Ellingwood Trail, 720-880-1100

www.evergreenrecreation.com

- Serves: Older adults who live in the Evergreen Parks and Recreation District
- Provides: Offers a variety of activities for seniors 60+ including: SilverSneakers®, fitness and wellness program, social activities, and cultural excursions
- Hours may vary. Please contact the Recreation Center directly.
- Notes: Many of the activities offered are free for older adults 60+ who participate in SilverSneakers®. Scholarships may be available for residents. Please contact Brian Tucker, EPRD Recreation Manager at 720-880-1212.

Project Support Senior Center – Activities

303-567-2382

1402 Miner Street, Idaho Springs, CO 80452

http://foreclosure.co.clear-creek.co.us/visitor/senior_Center.htm

- Serves: Older adults (60+) in Clear Creek County
- Provides: Nutrition, health and welfare counseling, information, games and bingo, housing and referral services, thrift shop, recreation and field trips, hot lunches*, housing, transportation (call at least 48 ahead to schedule; requested donation for gas), home-delivered meals, food bank, emergency food boxes (call in advance to arrange) and volunteer opportunities
 - *Notes: Please call at least 1 business day in advance to reserve at hot lunch. The suggested donation for lunch is \$2.50; Monday - Friday, 11:30 am - 12:30 pm
- Center hours: Monday - Saturday, 10 a.m. - 4 p.m.
- Notes: Please be prepared to leave a message with your contact information when you call.

Gilpin County Community Center-Senior Programs

303-515-4292

120 Norton Drive Black Hawk, CO 80422

<http://www.gilpinrecreation.com/seniors.htm>

- Serves older adults (60+) who live in Gilpin County
- Provides: A variety of fitness and wellness activities, classes, and social opportunities, senior lunches and weekly grocery shopping, in addition to donation based door-to-door transportation for all Gilpin County Seniors to medical/dental appointments.
 - Call for transportation details: \$2.50 donation for each way is appreciated.
 - Senior lunches (Mon-Wed-Fri)-RSVP required by 4:00pm one day before lunch; a \$2.50 donation is greatly appreciated
- Hours may vary, please contact directly for time and hours for different programs.



Jewish Family Services (JFS) at the Jewish Community Center (JCC)

303-597-5000 – JFS

303-316-6358 – Suzi Malman for JCC

303-316-6359 – Lil Shaw, info on lunch program

350 South Dahlia Street, Denver, CO

<http://www.jccdenver.org/adults-and-seniors/senior-programs/>

- Provides: Social, recreational, educational, and health programming, as well as a daily kosher lunch (Monday through Friday) for participants age 60 and older.
- Hours may vary. Please contact Suzi Malman directly
- Notes: A suggested \$5.00 fee will be charged for many JCC functions

Jewish Family Services – Colorado Senior Connections Edgewater

720-763-3042

2497 Fenton Street, Edgewater, CO 80214

www.wheatridgeseniors.org

- We serve adults (60+) who live in Edgewater, Wheat Ridge, Lakewood, and Denver.
- Comprehensive program utilizing partnerships to build a stronger community.
- Provides seminars, free computer classes, information and referral service, direct in-home services, navigation for health care benefits, opportunities to volunteer in your community, as well as social and recreational events.
- Hours may vary. Please contact Senior Connections directly.
- Notes: There may be a fee for some activities. Many activities are provided at no cost.
- Download the calendar of events at: <http://wheatridgeseniors.org/events/>

