Seniors - Activities

Navigation Services

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

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Jefferson, Gilpin, and Clear Creek Counties

Gilpin County Senior Program
303-515-4292
250 Norton Drive, Black Hawk, CO 80422
https://gilpincounty.colorado.gov/departments-offices/human-services/senior-program

- Provides a variety of services and opportunities for social engagement, including exercise classes, chore services, food bank, field trips, and more.
- Transportation for seniors and their spouses living in Gilpin County including scheduled senior luncheons, weekly grocery shopping, and medical/dental visits. Door-to-door service is provided.

Wheat Ridge Active Adult Center
303-205-7500
6363 W 35th Ave, Wheat Ridge, CO 80033
https://www.rootedinfun.com/158/Active-Adult-Center

- Provides a variety of activities including fitness and dance programs, day trips, hiking, and adult enrichment programs for individuals 50+.

Senior Fitness Programs – Foothills Park and Recreation
303-409-2264 (Senior Programs) | 303-409-2100 (Main Line)
6612 S Ward St, Littleton, CO 80127
https://www.ifoothills.org/senior-adult-programs/#adult-pass

- Provides events and fitness programs for seniors.

City of Lakewood – Older Adult Services
303-987-4820
1580 Yarrow St, Lakewood, CO 80214 (Clements Community Center)
https://www.lakewood.org/Government/Departments/Community-Resources/Older-Adult-Services

- Older Adult Services provides programs and support for ages 55+. Activities include classes and drop-in activities, day trips, outdoor recreation and special events.
- Free transportation is available via Lakewood Rides for individuals 60+ and those with disabilities
    - https://www.lakewood.org/Government/Departments/Community-Resources/Older-Adult-Services/Lakewood-Rides-Service

Seniors' Resource Center
303-238-8151
3227 Chase St, Wheat Ridge, CO 80212
https://www.srcaging.org/services/

- Adult day center programs give older adults an opportunity to socialize and engage in activities in a safe environment.

Golden Community Center – Front Porch
303-384-8130
1470 10th St., Golden, CO 80401
http://www.cityofgolden.gov/community/recreation/golden_community_center/front_porch.php

- The Front Porch offers outdoor adventures, health programs, special events, games, clubs, and sports teams. There are also social opportunities available. Front Porch offers a variety of activities on a drop-in basis–no need to register.
- Hours: M-F 8 am-5 pm

Apex Parks and Recreation-Active Adult Programs
303-424-2739
13150 W 72nd Ave, Arvada, CO 80005
https://apexprd.org/activities/fitness-and-wellness/active-adult-programs/

- Serves adults 50+
- Offers a variety of Active Adult fitness and wellness classes, and programs.
- Offers SilverSneakers®, Silver & Fit™, or Renew Active™

Evergreen Recreation Centers
720-880-1100
Wulf Recreation Center – 5300 S. Olive Road, 720-880-1200
Evergreen Lake House Center – 29612 Upper Bear Creek Rd, 720-880-1300
Buchanan Park Recreation Center – 32003 Ellingwood Trail, 720-880-1100
https://www.evergreenrecreation.com/392/Senior-Programming

- Offering senior coed sports, including volleyball and softball.

Project Support Senior Center – Activities
303-567-2382
1402 Miner Street, Idaho Springs, CO 80452
https://www.projectsupportseniorcenter.com/

- Serves: Older adults (60+) in Clear Creek County
- Provides a wide range of activities such as wellness clinics, movie nights, games, informational & educational presentations, exercise classes and more
- Hot lunch is served Monday-Friday 11:30-12:30 at Project Support Senior Center & every Wednesday at Noon at the Georgetown Community Center.
    - Meals at the center are provided on a contribution basis, recommended $2.50
- Through the Meals on Wheels program, VOA delivers hot meals Monday through Friday. Please call 303-567-2382 for more information.

Denver County

YMCA of Metro Denver
720-524-2700
Locations throughout the Metro area
https://www.denverymca.org/programs/fitness-programs/active-older-adults

- Offers a variety of wellness and fitness classes as well as social events ranging from potlucks, to group outings and community service opportunities.
    - Activities and offerings will variety by location.

Assistance League of Denver
720-638-3650
6265 East Evans Ave. Denver CO 80222
https://www.assistanceleague.org/denver/denver-hospitality-house/

- Provides meals, entertainment, bingo, crafts and a book club for seniors living in the Denver area.

Sunset Park Senior Center – Volunteers of America
303-295-1876
1865 Larimer St, Denver, CO 80202
www.voacolorado.org

- Staffed by Volunteers of America for activities such as the BINGO night and dance parties.

Inner City Parish
303-626-0636 X 2
1212 Mariposa St, Denver, CO 80204
https://www.dicp.org/seniors

- Serves 120+ older adults that majority are low-income people of color. The seniors program offers four main services: food & supply box home delivery, virtual and in-person socialization and education events.
- The only requirements to be a member of the Parish Senior Program are to be at least 60 years old and to reside within 5 miles of 1212 Mariposa St.

Kavod Senior Life – Kavod on the Road
303-399-1146
11 S Adams St, Denver, CO 80209
https://www.kavodseniorlife.org/kavodontheroad/

- Partners with area agencies, synagogues, and community centers to provide educational and life-enrichment program to active older adults in the Denver community.

Jewish Family Services (JFS) at the Jewish Community Center (JCC)
303-597-5000 – JFS
720-248-4701 – Aging Care and Connections
3201 South Tamarac Dr, Denver, CO
https://www.jewishfamilyservice.org/services/community-programs-older-adults

- Provides: Social, recreational, educational, and health programming, as well as a daily kosher lunch (Monday through Friday), suggested contribution of $2.50.

Zion Senior Center – Zion Baptist Church
303-333-5746
5151 E 33rd Ave, Denver, CO 80207
https://www.zionbaptistchurchdenver.org/zion-senior-center

- Offers fitness classes and food bank, as well as Learning & Growing with King's Kids.

Mulroy Senior Center – Catholic Charities
303-892-1540
3550 W 13th Ave, Denver, CO 80204
https://ccdenver.org/senior-services/

- Provides services for individuals 55+ including educational programs and social activities. Activities include themed days, outings for lunch, group presentations from community providers, Zumba, cranial massage, healing touch sessions and Bingo.
- A daily meal is provided.
- Spanish-speaking staff available.

Other Counties

Malley Senior Recreation Center
303-762-2660
3380 S Lincoln St, Englewood, CO 80113
https://www.englewoodco.gov/parks-recreation-library-golf/play-englewood-recreation/recreation/malley-recreation-center

- Promotes healthy aging and social activity. Enriching programs include fitness, outdoor adventures, education, excursions, extended travel, VOA lunch, arts & crafts and more.

Nederland Area Seniors
303-258-0799
750 CO-72, Nederland, CO 80466
www.mountainpeaklife.org

- Nederland Area Seniors, Inc. assists senior citizens in enhancing their quality of life, enabling them to live a life of respect and honor. This is accomplished through the facilitation of nutrition, transportation, education, recreation, socialization and outreach programs for all seniors living in the Nederland area.
- Provides meals and a variety of activities. Calendar of events available online.

City of Thornton – Active Adult Center
303-255-7850
11181 Colorado Blvd. Thornton, CO 80233
https://www.thorntonco.gov/aac/Pages/default.aspx

- Provides a variety of programs including fitness classes, special events, trips, outdoor programs, wellness and a daily meal program.
- Discounts available for residents of the City of Thornton, non – residents are welcome.

Castle Rock Senior Activity Center
303-688-9498
2323 Woodlands Blvd, Castle Rock, CO 80104
www.castlerockseniorcenter.org

- Offers a Hot Lunch Program through Volunteers of America, transportation services, a variety of clubs and activities, and financial advisory services.