

## Highlands Ranch Senior Outreach Services



Proudly serving the needs of senior adults and their families in Highlands Ranch:

- Call or send an e-mail for resource information, referrals to services, or to meet with the Senior Services Coordinator.
- Watch for educational presentations & workshops at [www.highlandsranch.org](http://www.highlandsranch.org). Click on Senior Outreach Services.

For more information:

Senior Services Coordinator Jodie McCann  
720-240-4922  
[jmccann@highlandsranch.org](mailto:jmccann@highlandsranch.org)

Highlands Ranch Senior Outreach Services

A partnership with Douglas County Adult & Aging Services  
& the Highlands Ranch Metro District



## A Snapshot of Local Senior Programming

*Highlands Ranch Senior Club*  
Barbara Barton, Co-president  
303-683-6979

Pat Spindle, Co-president  
303-794-2141

The Senior Club provides opportunities for all senior adults to get together, meeting monthly for lunch or to enjoy a full card and game schedule in addition to RTD bus trips. The club is governed by a board of directors and is based at the Recreation Center at Southridge, located at 4800 McArthur Ranch Road in Highlands Ranch.

*Highlands Ranch Metro District Parks, Recreation & Open Space*  
Jill Nunes, Recreation Supervisor  
720-240-5933 or [jnunes@highlandsranch.org](mailto:jnunes@highlandsranch.org)

The Metro District offers a variety of programs and opportunities for seniors including softball, tennis, bocce ball, horseshoes, environmental education classes, the Healthy Steps walking program and numerous volunteer opportunities. To learn more about what the Metro District can do for you, please visit [www.highlandsranch.org](http://www.highlandsranch.org).

*Highlands Ranch Community Association (HRCA)*  
[www.hrcaonline.org](http://www.hrcaonline.org) or [fitdesk@hrcaonline.org](mailto:fitdesk@hrcaonline.org)  
303-471-7044 - Diana Sklenar, Fitness Specialist

Through its community recreation centers, HRCA offers senior adults a wide variety of fitness and wellness programming, including aqua motion, senior tennis, personal training, a drop-in fitness/mind-body program and much more. Visit often to learn about new offerings!

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