

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. Click on Senior Outreach Services.

For more information:

Senior Services Coordinator Jodie McCann
720-240-4922
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

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.

Highlands Ranch Community Association (HRCA)
303-471-7044
www.hrcaonline.org or fit.specialist@hrcaonline.org

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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