

MAY 2026



HIGHLANDS RANCH
Senior Center

MONTHLY NEWSLETTER & GUIDE

303-791-2416 | highlandsranch.org/seniorcenter | seniorcenterinfo@highlandsranch.org | 200 E. Highlands Ranch Parkway, Suite 100



Kentucky Oaks Garden Party

FRIDAY, MAY 1

Watch the excitement of the Kentucky Oaks horse races in a relaxed garden-party atmosphere. Enjoy light appetizers while taking in the tradition and thrill of race day. Guests are welcome to dress in Kentucky Oaks/Derby-inspired attire, including spring colors or festive hats. Pink is the signature color of the Kentucky Oaks, so wearing a shade of pink is encouraged. This event is BYOB (wine, beer and champagne only). Register by April 24 in MyActiveCenter.

Fee: Member: \$15, Nonmember: \$20

Time: 5-8 p.m.

Law Day

FRIDAY, MAY 1

Law Day celebrates the rule of law and cultivates a deeper understanding of the legal system.

- **9 a.m.-4 p.m.:** Ask a Lawyer - individual sessions with Christopher Hornbaker, JD from Davis Schilken, PC Law Offices (appointments required)
- **10 a.m.-2 p.m.** Coffee Chat & Information with Douglas County Sheriff's Office
- **10-11:30 a.m.:** Community Safety & the Rule of Law with the District Attorney's Office
- **1-2 p.m.:** Estate Planning with Kendra Strong-Tehrani, Esq.

Register for all programs in MyActiveCenter.

Mother's Day and Father's Day Brunch

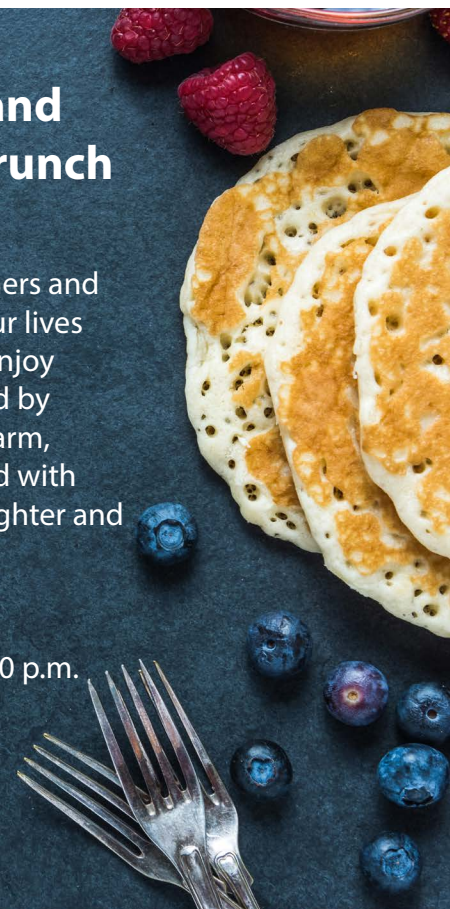
THURSDAY, MAY 28

Celebrate mothers, fathers and the special people in our lives at this festive brunch. Enjoy a delicious meal catered by Egg Harbor Cafe in a warm, welcoming setting filled with good conversation, laughter and community.

Fee: Member: \$13,
Nonmember: \$15

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

Register by May 21 in MyActiveCenter.



STAY INFORMED

Sunset Sips on the Patio start May 5

Bring your own food and drinks (no hard liquor) and enjoy some fun as you enjoy happy hour on the patio. There will be games, music and cheer as we relax and enjoy the mountain views. This is a great way to socialize with others in a relaxed environment. The fun will last from 4-7 p.m. on Tuesday, May 5. Depending on interest, these happy hours will be held monthly or bi-weekly.



Not receiving our emails or texts?

Please make sure staff have your updated email and/or phone numbers if you make a change. While you can now update your information in MyActiveCenter under My Account, this does not update the staff side of the software, which generates texts and emails.

No garbage in recycling bins please

Please do not put garbage in the blue recycling bins. Only bottles, cans, clean paper and cardboard can go in the blue containers. Anything with food on it or liquid is not recyclable. It would also help if liquids were not put in the trash cans. If possible, dispose of liquids in sinks before putting your cups in the trash.



Reminder - Memorial Day closure

The Senior Center will be closed on Monday, May 25 in observance of Memorial Day.

Facility enhancements

Recently, we have benefited from some nice facility enhancements including shades for the main entrance and south facing doors. We will also be installing a washing machine, subsidized by the Friends of the Highlands Ranch Senior Center, so that all our cleaning cloths, table cloths and volunteer vests can be washed at the Senior Center. The angle on the entry threshold is also being repaired so that it is easier to enter the building if using a walker, wheelchair or pushing a cart. The cement in some areas of the parking lot is being replaced under warranty. The last project will be to replace the small kitchen sinks with a larger commercial three-compartment unit.

NEWSLETTER & GUIDE
MAY 2026

Staff

Jill Hall, *Senior Services Manager*
Lyndsey George, *Guest Services and Volunteer Coordinator*
Katie Ireland, *Fitness and Enrichment Coordinator*
Corrin Godar, *Health and Resource Coordinator*
Cindy Galligan, *Front Desk & Membership Clerk*
Ron Bowman
Facility Services Technician

Hours

Monday, Wednesday & Friday
8:30 a.m. – 4:30 p.m.
Tuesday & Thursday
8:30 a.m. - 8 p.m.
Saturday
8:30 a.m. - noon

Connect with us

Facebook:

@HighlandsRanchSeniorCenter

Website:

highlandsranch.org/seniorcenter

Email:

seniorcenterinfo@highlandsranch.org

Phone:

303-791-2416

Suggestion box

We welcome your suggestions, compliments and complaints. The suggestion box is located at the front desk.

The Highlands Ranch Senior Center is a property of the:



SPECIAL PROGRAMS AND EVENTS

Registration is required for all events, programs and activities — including free programs. Registered participants have priority over drop-ins. The refund policy can be found at highlandsranch.org/seniorcenter.

- Registration can be done at highlandsranch.org/myactivecenter or the front desk.
- Evening and weekend classes are shown with a shaded box.
- Early registration is encouraged so programs are not canceled due to low attendance.
- For the most up-to-date information about programs and events, please visit MyActiveCenter. Canceled classes will be removed from MyActiveCenter.

Please note: For all programs, nonmembers will need to purchase a day pass to enter the Senior Center.

Watercolor for Beginners

FRIDAYS, MAY 1, 8, 15 & 22

Perfect for beginners, this class introduces the joy of watercolor painting and doodling. Learn foundational techniques while creating designs for journaling, card making and more. Each session features fun projects and hands-on practice. All materials are provided. Instructor: Daelyn L.

Fee: Member: \$21, Nonmember: \$24

Time: 10 a.m.-noon

Location: Activity Room

Continuing Watercolor

SATURDAYS, MAY 2, 23 & 30

This class is designed for those who have begun exploring watercolor painting and want to continue developing their skills. Each week focuses on a new concept, including watercolor techniques, value, color theory and composition.

Sessions begin with a demonstration, followed by individualized instruction as participants work on their own paintings. All tools and materials are provided, though participants are welcome to bring their own paint sets and brushes. Classes are offered monthly on Saturdays, except the second Saturday of each month. Instructor: Pat C.

Fee: Member: \$21, Nonmember: \$24

Time: 9:30-11:30 a.m.

Location: Activity Room



Beginner Drawing

MONDAY, MAY 4, 11, 18 & JUNE 1, 15, 22 & 29

Learn the essential principles of drawing. Discover how to use lines to create depth and form, develop shading and value and experiment with various pencils and techniques. Explore different patterns, textures and methods to enhance your artwork. Starter kit is an additional \$15 at the first class. Instructor: Lori D.

Fee: Member: \$41, Nonmember: \$47

Time: 9-10:30 a.m.

Location: Activity Room

Bocce League Information Session

TUESDAY, MAY 4

Join us for a Bocce League information meeting to learn what it's all about. We'll cover how the league works, game basics, scheduling and what to expect as a participant. This is a great opportunity to ask questions, meet others interested in playing and see if the league is right for you. No experience needed.

Fee: No fee

Time: 11 a.m.-noon.

Location: Multipurpose Room 1

SPECIAL PROGRAMS AND EVENTS

Reverse Mortgage Update

MONDAY, MAY 4

This presentation will explain Reverse Mortgage, how it works and how both the borrower and their children benefit. Bring your questions and concerns. Educational only. No solicitation. Speaker: Don Opeka, Orion Mortgage, Inc.

Fee: No fee

Time: 10-11:30 a.m.

Location: Classroom

Intermediate/Advanced Drawing

MONDAY, MAY 4, 11, 18 & JUNE 1, 15, 22 & 29

This intermediate to advanced level class is for experienced artists looking to expand their drawing skills. Students will explore techniques using graphite, colored pencils, charcoal, soft pastels, markers, mechanical pencils, InkTense and watercolor pencils. Experiment with different styles and textures to create detailed, vibrant drawings. Starter packs are available for \$15, but students taking this class should already have supplies from the beginner class. Instructor: Lori D.



Fee: Member: \$41, Nonmember: \$47

Time: 10:30 a.m.-noon

Location: Activity Room

New Member Orientation

MONDAY, MAY 4

Are you new to the senior center or its programs? If yes, learn more about the benefits of membership and all the opportunities that await you.

Fee: No fee

Time: 1-2 p.m.

Location: Classroom

Aqua Doodling

MONDAY, MAY 4, 11, 18 & JUNE 1, 15, 22 & 29

Learn playful doodling and creative patterning with pen and watercolor in this relaxed, two-hour class. Participants will create freeform designs that can be used for snail mail, collage, stress relief and other creative projects. No drawing experience is required and beginners are welcome. All supplies are provided. Instructor: Daelyn LS.

Fee: Member: \$7, Nonmember: \$8

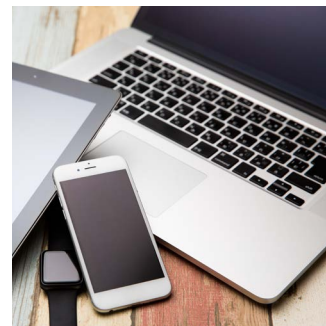
Time: 1-3 p.m.

Location: Activity Room

Apple One-on-One Technology

MONDAYS, MAY 4, 11 & 18

In this free 45-minute session with Mark, our computer consultant who specializes in Apple solutions, you will get answers to your iPhone, iPad or Mac computer questions. Please bring your device. Appointments are available on a first-come, first-served basis at registration.



Fee: No fee; appointment required

Time: 1-4 p.m.

Location: Meeting Room

Downsizing Made Easy

TUESDAY, MAY 5

Overwhelmed by the thought of downsizing? Join us as we demystify the process, break down the options, identify pitfalls to avoid and provide you with a clear path to "downsizing made easy". Multiple service professionals to present and answer your questions.

Fee: No fee

Time: 6-7:30 p.m.

Location: Classroom

SPECIAL PROGRAMS AND EVENTS

Online Scams and Investment Fraud

WEDNESDAY, MAY 6

Learn about online scams and investment fraud. Presented by the Division of Securities, Colorado Department of Regulatory Agencies.

Fee: No fee

Time: 10-11:30 a.m.

Location: Classroom

One-on-One Technology Support

WEDNESDAYS, MAY 6, 13, 20 & 27

Bring your questions and devices—whether it's a computer, phone, tablet or any personal technology—for a free 45-minute session with Kerry. Get personalized help at your skill level, whether you're troubleshooting an issue, learning how to use a feature or just getting more comfortable with your tech. Appointment times are scheduled on a first-come, first-served basis.

Fee: No fee

Time: 1-4 p.m.

Location: Meeting Room

Come From Away Play

WEDNESDAY, MAY 6

Based on an extraordinary true story, *Come From Away* chronicles how the isolated town of Gander, Newfoundland played host to the world. What started as an average day in a small town turned into an international sleepover when 38 planes, carrying thousands of people from around the globe, were diverted to Gander's airstrip on Sept. 11, 2001. Undaunted by culture clashes and language barriers, the people of Gander cheered the stranded travelers with music, an open bar and the recognition that we're all part of a global family. This breathtaking musical is a true celebration of hope, humanity and unity. Fee includes deluxe motor coach, ticket and trip leader.

Fee: Member: \$89, Nonmember: \$102

Time: 1-5 p.m.

Location: Parking lot

Canvas Acrylic Painting: Sunset Over Water

THURSDAY, MAY 7

Enjoy a relaxing painting session creating a peaceful sunset over calm water. This beginner-friendly class offers step-by-step guidance on blending warm colors, gentle waves and simple silhouette grasses. No prior painting experience required Instructor: Sherry K.

Fee: Member: \$41, Nonmember: \$52

Time: 10 a.m.-noon

Location: Activity Room



Living with Japanese Beetles

THURSDAY, MAY 7

Hear the latest updates about Japanese Beetles and control strategies for Front Range gardens. The instructor will be a representative from CSU Extension.

Fee: Member: \$4, Nonmember: \$5

Time: 10 a.m.-noon

Location: Classroom

Bingo

THURSDAY, MAY 7 &
TUESDAY, MAY 19

Spend the afternoon with us playing bingo. Daubers can be purchased at the door for \$1.50.

Fee: No fee

Time: 12:45-3 p.m.

Location: Multipurpose Room 2



SPECIAL PROGRAMS AND EVENTS

Falls Prevention & Balance 101

THURSDAY, MAY 7

Help identify the daily risks for falling, while learning new prevention strategies for strength and balance. A rehabilitation therapist will teach you practical tips to help you prevent falls and discuss warning signs that fall risk has increased. Activities include balance screening/activities, live demo and practice of getting off the floor. Instructor: Reunion Hospital.

Fee: No fee

Time: 1:30-3 p.m.

Location: Classroom

AARP Driver Safety Program

MONDAY, MAY 11

This four-hour classroom refresher meets the needs of older drivers. It covers age-related physical changes, declining perceptual skills, rules of the road, new laws, local driving and license renewal requirements.



Fee: AARP Member: \$20, AARP Nonmember: \$25 plus day fee. Register through AARP at tinyurl.com/27a7pwm9. If you have difficulties registering, call Mike at 720-641-6044.

Time: 9 a.m.-1 p.m.

Location: Classroom

Bet on hedges! How to succeed with formal plantings

TUESDAY, MAY 12

Discover best practices for incorporating elements of formality into your landscape design, and learn how to maintain them so your outdoor space stays polished, structured and timeless. The instructor will be a representative from CSU Extension.

Fee: Member: \$4, Nonmember: \$5

Time: 10-11 a.m.

Location: Classroom

Rightsizing Your Home

TUESDAY, MAY 12

Join Traci Kennedy from ReMax to learn more about rightsizing. Rightsizing means adjusting your living space to better suit your current lifestyle and needs.

Fee: Member: \$4, Nonmember: \$5

Time: 1-2:30 p.m.

Location: Classroom

Card Making & Paper Crafts

TUESDAY, MAY 12 & WEDNESDAY, MAY 20

Create greeting cards or work on your paper projects! Supplies, ideas and help will be provided. Instructor: Nancy S.

Fee: Member: \$2, Nonmember: \$3

Time: 1-3 p.m.

Location: Multipurpose Room 3

Greasy Reunion Play

TUESDAY, MAY 12

Old friends, messy secrets and plenty of laughs - see what happens when the Scene Stealers take the stage in the one act play Greasy Reunion. Don't miss this lively performance full of twists and humor.

Fee: No Fee

Time: 4:30-5:30 p.m.

Location: Multipurpose Room 2



Learn To Play Bocce

WEDNESDAYS, MAY 13, 18 & 22

Learn to play bocce ball with experienced instructors, enjoy the outdoors, make new friends, and consider joining the league.

Fee: No fee

Time: 10-11 a.m.

Location: Senior Center Bocce Courts

SPECIAL PROGRAMS AND EVENTS

Jewelry Art Studio

WEDNESDAY, MAY 13

Discover how to design elegant bracelets, necklaces and earrings using gold vermeil or silver, paired with stunning glass, rhinestone or real semiprecious gemstone beads. In this new class, you'll learn to use simple techniques like stretch nylon, magnetic clasps and toggle closures—plus create a pair of gold wire earrings. All supplies are included—just bring your creativity! Instructor: Pam C.

Fee: Member: \$20, Nonmember: \$23

Time: 10 a.m. - noon

Location: Activity Room

Gardening Help Desk

WEDNESDAY, MAY 13

Stop by the Gardening Help Desk and have your gardening questions answered by Master Gardeners from CSU Extension Douglas County. They look forward to helping you enjoy your gardening adventures, especially during this drought period. No registration required.

Fee: No fee

Time: 11 a.m.-3 p.m.

Location: South Lobby



May is National
STROKE
Awareness Month



Stroke Prevention

MONDAY, MAY 18

After a brief overview of stroke, you will learn symptom recognition, when to call 911, common risk factors for stroke and how to manage those risk factors. Instructor: Rachel Williams, BSN, RN - UCHealth Hospital

Fee: No fee

Time: 10-11:30 a.m.

Location: Classroom

Bridge Lessons - Intermediate

FRIDAYS, MAY 15, 22, 29, JUNE 5, 12 & 19

This intermediate class builds on your existing skills, focusing on advanced bidding techniques and strategies to enhance your game. Instructor: Jan S.

Fee: Member: \$31, Nonmember: \$36

Time: 10 a.m.-noon

Location: Game Room

Swing Shift Jazz Concert

SUNDAY, MAY 17

Enjoy an afternoon of jazz as the Highlands Ranch Concert Band's "Swing Shift" is back for another free concert. This event is open to the community. No registration required.

Fee: No fee; open to all ages

Time: 3-4 p.m.

Location: Multipurpose Room



Watercolor Workshop: Cards & Creative Bits

MONDAY, MAY 18

Explore watercolor in this two-hour class focused on creativity and playful design. Participants will create whimsical collage and scrapbooking pieces, handmade greeting cards and decorative elements for future projects. No experience is required. All materials are provided, though participants may bring their own scissors if preferred. Instructor: Daelyn LS.

Fee: Member: \$7, Nonmember: \$8

Time: 1-3 p.m.

Location: Activity Room

SPECIAL PROGRAMS AND EVENTS

Women & Brain Health: Risk Factors and Strategies

TUESDAY, MAY 19

Dr. David Ward of Entavida Functional Health, will discuss why women are more at risk for Alzheimer's and dementia and the lifestyle-based strategies that have been shown to reduce risk and potentially prevent cognitive decline.

Fee: No fee

Time: 10-11:30 a.m.

Location: Classroom

Art History Lectures: Invitation to the Dance

WEDNESDAY, MAY 20

This program will guide you through a visual exploration of dance, as portrayed by Renoir, Matisse, Toulouse-Lautrec and others. Instructor: Wendy A.

Fee: Member: \$5, Nonmember: \$6

Time: 10-11 a.m.

Location: Multipurpose Room 3



Hello Sunshine Door Sign

WEDNESDAY, MAY 20

Create a 14-inch round "Hello Sunshine" door sign, perfect for brightening a front door or home décor. No experience is necessary. All supplies are provided, and participants leave with a finished, cheerful door sign. Instructor: Teresa S.

Fee: Member: \$31, Nonmember: \$36

Time: 10 a.m.-noon

Location: Activity Room

Hearing Clinic

WEDNESDAY, MAY 20

During your one-on-one visit with Dr. Dusty Jessen and/or Dr. Joe Kraus, you will receive a video otoscopy (ear canal check), inspection, cleaning and replacement of parts on current hearing aids. This also includes a basic hearing screening if you do not have hearing aids and have never had a hearing test.

Fee: No fee

Time: 1-4 p.m.

Location: Classroom

Foot Health: Why it Matters

THURSDAY, MAY 21

Back by popular demand, podiatrist Christopher Sullivan will provide foot health education, helping us to understand how the health of our feet impacts our overall health and ability to remain active.

Fee: No fee

Time: 10-11 a.m.

Location: Classroom

Water Saving Ornamental Grasses

WEDNESDAY, MAY 27

A guide to the best ornamental grasses and other graminoids perfect for local yards. Instructor: CSU Extension Douglas County.

Fee: Member: \$4, Nonmember: \$5

Time: 1-2 p.m.

Location: Activity Room



SPECIAL PROGRAMS AND EVENTS

Water Matters – Conservation Tips During Drought and Every Day

THURSDAY, MAY 28

Join us for an informative and practical presentation on drought awareness and water conservation. Learn what Stage 1 restrictions mean for you and how you can easily adjust water use at home and in your landscape. You'll also walk away with helpful resources, including information about conservation rebates and plant selection tools to support water-wise living. Presenter: Paige McFarland, Water Efficiency Coordinator

Fee: No fee

Time: 10-11:30 a.m.

Location: Activity Room

Retirement Visioning

THURSDAY, MAY 28

Retirement Visioning is an inviting evening designed for those approaching or newly stepping into retirement. This evening is a time to gather, connect and toast to what's ahead. Hosted by Goldy, the event offers a fresh, holistic perspective on retirement—going beyond traditional financial planning to discuss staying happy, healthy and connected to community and purpose. Alongside a professional retirement coach, you'll leave with inspiration, practical ideas and a clearer vision for a retirement that feels vibrant, balanced and truly your own.

Fee: No fee

Time: 6-7:30 p.m.

Location: Classroom



COMMUNITY NEWS

Highlands Ranch is in Stage 1 Drought Restrictions



Stage 1 restrictions limit outdoor irrigation to two days per week with the goal of reducing customer water use by 15-2%.

Customers must follow a designated two-day watering schedule based on their property type and address. Find out when your designated watering day is by visiting the Drought Resource Center.

Stay Current on Drought

Staying informed is going to be key this spring and summer. Highlands Ranch Water has created a Drought Resource Center on its website where you can get updates on the latest conditions, watering guidelines, helpful conservation tips, and much more. You can also use the QR code to access the website.

Report Water Waste

Have you seen water waste in the community? Is your neighbor watering more than two days per week? Please let us know! Report water waste easily and anonymously online at HighlandsRanchWater.org/Report-Water-Waste.



FITNESS CLASSES

Register and view full class descriptions at highlandsranch.org/myactivecenter.

Registration: All fitness classes, except Ageless Grace and EnhanceFitness, require single-class registration. Registration opens two months in advance, on the first of each month at 8:30 a.m. For fitness questions, contact Katie Ireland at kireland@highlandsranch.org.

Medicare fitness benefits: Members who have Renew Active (One Pass), SilverSneakers, Silver & Fit and Active & Fit are eligible for a discount on fitness classes. Contact staff for details. Remember you must show up to fitness classes for the Senior Center to be reimbursed by your insurance.



Day	Time	Class	Description	Location	Instructor	Fee (Member / Nonmember)
Mondays	8:45-9:45 a.m.	Cardio Circuit	This standing class alternates upper-body strength exercises with low-impact cardio intervals to help build strength, improve endurance and keep your heart rate elevated.	Fitness Room	Michelle S.	\$4 / \$5
	8:45-9:45 a.m.	Chair Yoga	Includes a mix of seated and standing stretches for relaxation, flexibility and mindfulness. All levels.	MPR 2	Venus E.	\$5 / \$6
	10-11 a.m.	Gentle Yoga	Focuses on longer holds to cultivate mindfulness and increase flexibility and balance. Must transition from the floor to standing.	Fitness Room	Venus E.	\$5 / \$6
	11:15 a.m. - 12:15 p.m.	Tai Chi - Beg.	Yang style Tai Chi focuses on core movements, balance, vitality, and strength, while integrating mindfulness for overall well-being.	Fitness Room	Inyeong Y.	\$4 / \$5
	12:30-1:30 p.m.	Tai Chi - Int.	Improve your balance, vitality and core strength while practicing mindfulness.	Fitness Room	Inyeong Y.	\$4 / \$5
	2-3 p.m.	Enhance Fitness	A 16-week evidence-based group exercise and falls prevention program.	Fitness Room	Peggy G.	\$173 / \$199

FITNESS CLASSES

Day	Time	Class	Description	Location	Instructor	Fee (Member / Nonmember)
Tuesdays	8:45-9:45 a.m.	Gentle Yoga	Focuses on longer holds to cultivate mindfulness and increase flexibility and balance. Must transition from the floor to standing.	Fitness Room	Venus E.	\$5 / \$6
	10-10:45 a.m.	Core Conditioning	With an emphasis on core engagement, the class incorporates a variety of controlled movements, helping develop functional strength and coordination for everyday activities.	Fitness Room	Retta R.	\$4 / \$5
	11 a.m. - noon	Chair Yoga	This class promotes well-being and relaxation.	MPR 1/2/3	Venus E.	\$5 / \$6
	11 a.m.-noon	Zumba Gold	A fun, low-impact dance-fitness class tailored for beginners promoting cardiovascular health.	Fitness Room	Michelle S.	\$4 / \$5
	12:15-1 p.m.	Ageless Grace	This brain health fitness program combines mental and physical exercises designed to support memory, creativity and overall cognitive function.	Fitness Room	Julia D.	\$16 / \$18
	1:30-2:15 p.m.	Senior Stretch	This class focuses on stretching and lengthening muscles to improve flexibility, range of motion and posture.	Fitness Room	Beth Z.	\$4 / \$5
	4:30-5:30 p.m.	Yoga Flow	Focus on longer holds to cultivate mindfulness and increase flexibility and balance. Must be able to transition from the floor to standing.	Fitness Room	Venus E.	\$5 / \$6
Wednesdays	8:45-9:45 a.m.	Chair Yoga	This class promotes well-being and relaxation.	Fitness Room	Venus E.	\$5 / \$6
	10-11 a.m.	Strength & Balance - Adv.	This faster-paced class boosts heart health, muscle strength, endurance, balance and flexibility.	Fitness Room/ MPR 2	Retta R.	\$5 / \$6
	11:15 a.m. - noon	Strength & Balance - Beg.	This class improves muscle strength, balance and flexibility.	Fitness Room/ MPR 2	Retta R.	\$4 / \$5
	12:15-1:15 p.m.	Strength & Balance - Adv.	This faster-paced class boosts endurance, balance and flexibility.	Fitness Room/ MPR 2	Retta R.	\$5 / \$6
	2-3 p.m.	Enhance Fitness	A 16-week evidence-based group exercise and falls prevention program.	Fitness Room	Peggy G.	\$173 / \$199

FITNESS CLASSES

Day	Time	Class	Description	Location	Instructor	Fee (Member / Nonmember)
Thursdays	8:45-9:45 a.m.	Zumba Gold	A fun, low-impact dance fitness class designed for older adults or beginners.	Fitness Room	Michelle S.	\$4 / \$5
	10-11 a.m.	Tai Chi - Int.	Improve your balance, vitality and core strength with mindfulness.	Fitness Room	Inyeong Y.	\$4 / \$5
	11 a.m.-noon	Chair Yoga	Includes a mix of seated and standing stretches. All levels.	MPR 2/3	Venus E.	\$5 / \$6
	11:15 a.m.-12:15 p.m.	Cardio Circuit	Alternate upper body strength work with low-impact cardio.	Fitness Room	Michelle S.	\$4 / \$5
	11:15 a.m.-12:15 p.m.	Tai Chi - Beg.	A gentle and accessible intro to Yang style Tai Chi.	MPR 1	Inyeong Y.	\$4 / \$5
	12:15-1:15 p.m.	Gentle Yoga	Focuses on longer holds for mindfulness, flexibility and balance.	MPR 3	Venus E.	\$5 / \$6
	1:30-2:15 p.m.	Core Conditioning	Enhance your strength and stability.	Fitness Room	Beth Z.	\$5 / \$6
	4:30-5:30 p.m.	Chair Yoga	Includes a mix of seated and standing stretches. All levels.	Fitness Room	Venus E.	\$5 / \$6
Fridays	8:45-9:45 a.m.	Mat Pilates	Floor-based low impact class.	MPR 3	Michelle S.	\$4 / \$5
	9-9:45 a.m.	Core Conditioning	Enhance your strength and stability.	Fitness Room	Retta R.	\$4 / \$5
	10-11 a.m.	Strength & Balance - Adv.	This faster-paced class boosts heart health, muscle strength, endurance, balance and flexibility.	Fitness Room/ MPR 2	Retta R.	\$5 / \$6
	11 a.m.-noon	Chair Yoga	Promotes well-being and relaxation.	MPR 3	Venus E.	\$5 / \$6
	11:15 a.m. - noon	Strength & Balance - Beg.	This class improves heart health, muscle strength, endurance, balance and flexibility.	Fitness Room/ MPR 2	Retta R.	\$4 / \$5
	12:15-1:15 p.m.	Strength & Balance - Adv.	This faster-paced class boosts heart health, muscle strength, endurance, balance and flexibility.	Fitness Room/ MPR 2	Retta R.	\$5 / \$6
	2-3 p.m.	Enhance Fitness	A 16-week evidence-based group exercise and falls prevention program.	Fitness Room	Peggy G.	\$173 / \$199
Saturdays	9-9:45 a.m.	Core Conditioning	Enhance your strength and stability.	Fitness Room	Beth Z.	\$4 / \$5
	10-11 a.m.	Chair Aerobics	Combining seated and standing exercises, this class challenges strength, balance, endurance and flexibility.	Fitness Room	Beth Z.	\$4 / \$5

CLUBS & GAMES

Register and view full class descriptions at highlandsranch.org/myactivecenter.

Registration: All clubs and games require registration.

Contact Lyndsey George at lgeorge@highlandsranch.org or 720-468-4824 with questions.

Day	Time	Class	Description	Location	Volunteer Leader
Mondays	8-10 a.m.	Walking Club	Join us for a refreshing three-mile walk starting at the Diamond K Trailhead, just off the Senior Center parking lot.	Meet by main entrance.	Karen S.
	10 a.m.-noon	Bridge - Refresh	If you are just learning bridge, or played years ago, this is perfect for you.	Game Room	Jan S.
	10 a.m.-1 p.m.	Bocce Open Play	Pick up bocce balls and game rules at the front desk.	Bocce Courts	N/A
	1-4 p.m.	Rummikub	Play the classic tile-based game.	Game Room	Karen B.
	1:30-3 p.m. (1st & 3rd Mon.)	Ballroom Dance	Focus on building skill, confidence and connection while having fun.	MPR 2	Maureen H.
	2-3:30 p.m. (2nd Mon.)	Book Club	Each month brings a new title from different genres.	MPR 1	Roxanne W.
	2-3:30 p.m. (2nd Mon.)	No Shelf Control Book Club	Enjoy discussing the monthly book with others who love to read and discuss books each month.	Classroom	Sharen A.
Tuesdays	8-10 a.m.	Pickleball	\$3/day. All levels. Register in MAC.	Southpark Complex	Randy Q.
	9 a.m.-noon	Poker	A mix of skill and luck wins hands.	Game Room	Carole S.
	1-3 p.m. (2nd & 4th Tues.)	Bunco	This fast-paced social dice game is easy to learn and fun to play.	Game Room	Sue M.
	1-4 p.m.	Triple Play Canasta	Great for all experience levels.	Activity Room	Joan D.
	2-3:30 p.m. (3rd Tues.)	Caregiver Support Group	This informal discussion group provides valuable information to help you in your caregiving role.	Classroom	Alz. Assoc.
	4:30-6 p.m.	Mahjong Lessons	No experience is required—just bring your curiosity and enjoy learning a classic game with others.	Game Room	Sally K.

CLUBS & GAMES

Day	Time	Class	Description	Location	Volunteer Leader
Wednesdays	9:30 a.m.-1 p.m.	Bridge - Party	Play with fellow enthusiasts.	Game Room	Miko H.
	1-3:30 p.m.	Needle Arts Club	Come together to share and practice various forms of needlework.	Activity Room	Ellen V.
	1-3:30 p.m. (1st Wed.)	Strings & Things	The Strings and Things Music Club is a social group for members who enjoy playing or singing and sharing it with others	MPR 3	Carolyn H.
	1-4 p.m.	Mahjong - National	Mahjong is a traditional Chinese tile-based game that combines skill, strategy and luck.	Game Room	Sally K.
	2-4 p.m.	Book Club	Each month brings a new title from different genres and a chance to share thoughtful conversation in a relaxed setting.	MPR 1	Sharon A.
Thursdays	8:45-10 a.m. (2nd Thurs.)	Veterans Coffee Chat	Join this informal morning coffee chat and make new friends with other veterans who have served our country.	South Lobby	N/A
	8:45-10 a.m. (3rd Thurs. alt. months)	Pup & Cup Coffee Chat	Stop in for a cup of coffee and visit with Douglas County Sheriff's Office Senior Resource Deputy Ryan Falkner and Leo.	South Lobby	DCSO
	9:30-11:30 a.m.	Chess Club	Enjoy friendly games of chess in a welcoming, relaxed setting.	Game Room	N/A
	9:30-11:30 a.m.	Cribbage Club	Whether you're a seasoned player or new to the game, our club offers a great opportunity to enjoy some friendly competition.	Game Room	N/A
	10 a.m.-noon (2nd Thurs.)	Grief and Loss Support Group	This group is for individuals who have experienced the death of a loved one.	Classroom	N/A
	Noon-4 p.m.	Poker	Combine skill and strategy with a dash of luck.	Game Room	Neal C.
	1-2 p.m.	Line Dance Club	Line dancing isn't just country and Western—join us as we explore a variety of styles.	MPR 2	Maureen H.
	1-4 p.m. (1st & 3rd Thurs.)	Board Games	Play a variety of tabletop games with other enthusiasts.	South Lobby	Ida Mae C.
1-4 p.m.	Triple Play Canasta	Triple Play is a challenging variation of Canasta.	Activity Room	Karen B.	

CLUBS & GAMES

Day	Time	Class	Description	Location	Volunteer Leader
Thursdays	4:30-7 p.m.	Bridge-Refresh	If you need a refresher on how to play bridge, or if you played years ago, this is a perfect time to hone your skills.	Game Room	N/A
	4:30-7 p.m.	The Hobby Habit	Relax, be creative and work on your own projects—just bring any materials you need for activities like painting, drawing, scrapbooking, jewelry making or quilting.	Activity Room	N/A
Fridays	9:30 a.m.-noon	Euchre Club	Euchre is a fun trick-taking card game typically played with four players in two teams.	Classroom	DeLynn J.
	11 a.m.-12:30 p.m. (3rd Fri.)	Solo and Social Group	This group is perfect for those looking to meet new people, build friendships and share experiences with others who are also single.	Classroom	Sally K.
	1-4 p.m.	Beginner Mahjong - Military	Play this standardized Mahjong game.	Game Room	Sally K.
	1-4 p.m.	Mexican Train Dominoes	Play all of the dominoes from your hand before your opponents..	Activity Room	Karen M.



Champion Your Health

Older Americans Month (OAM) is in May, and this year's theme, Champion Your Health, is a powerful opportunity to shine a light on the programs and services that make health and well-being possible throughout our lives.

At the Highlands Ranch Senior Center, we offer hundreds of classes, special events and drop-in activities each month to enhance your overall health and increase your independence.

Celebrate your longevity by attending a program this month. All programs can be viewed at highlandsranch.org/myactivecenter.

BE INVOLVED

Friends of the Highlands Ranch Senior Center

Join the Friends for upcoming board and membership meetings. Learn about upcoming events, ask questions or provide input. All members are welcome to attend.



Board meetings - third Monday

Date: Monday, May 18

Time: 9-10:30 a.m.

Location: Classroom

May Friends luncheon

Date: Wednesday, May 13

Time: 11:15 a.m.-2 p.m.

Fee: \$15 per person

Enjoy visiting with friends as you listen to romantic music by Leonard E. Barrett, a local singer/entertainer. The luncheon is sponsored by Vicki Mahan from Re/Max (vmahan.remax.com). Enjoy a California club wrap, fiesta chicken wrap, pasta salad, strawberry feta salad and dessert. Registration and payment will be accepted at the Senior Center front desk through Friday, May 1. Cash or check payable to Friends of the HRSC. Nonmembers need to purchase a day pass at the front desk on the day of the luncheon.

Snack pop-ups

After you check in, check us out! The Friends will be selling candy bars at \$1.50 each and assorted snacks at \$1 for on the first Tuesday and third Thursday of every month. Look for us in the main hallway. This month's pop-ups will be held on May 5 and 21.

Contact information



Website: friendsofhrsc.org



Email: friendshrseniorcenter@gmail.com



Phone: 720-468-4825

Spring Craft Fair

SATURDAY, MAY 16 10 A.M. - 3 P.M.

Pick out some lovely handmade items for yourself or others, perfect for when you need a graduation or wedding present this season. All ages are welcome and admission is free. Overflow parking will be available next door at Mountainview Christian Church. A shuttle will be provided to bring you to and from the Senior Center's main entrance.



Volunteers Needed

SATURDAY, MAY 16 7 A.M. - 4 P.M.

Large events like the craft fair need many hands to make it successful. Please consider volunteering for any of the advertised positions in HelperHelper. If you cannot access the list of volunteer jobs, please contact Lyndsey George at 240-468-4824 or email lgeorge@highlandsranch.org.



COMMUNITY RESOURCES

Need a ride? Use Aging Resources of Douglas County's Transportation Program

Aging Resources of Douglas County offers free transportation to medical appointments, local errands, visiting loved ones, attending church and faith-based social activities and attending Senior Center programs. Their van is conveniently located in our parking lot so volunteers can easily reach Highlands Ranch residents. Call 303-814-4300 to learn more about how you can use their valuable and affordable services.



Pup & Cup Coffee Chats

We all love LEO, the Douglas County Sheriff's Office senior resource dog, but did you know his partner, Senior Resource Deputy Ryan Faulkner, offers outstanding information and advice if you have concerns related to fraud, scams or even crime prevention? Ryan and LEO visit the Senior Center on the third Thursday of every month to talk in an informal setting. If you have any law enforcement questions, grab a coffee or tea and chat with Deputy Ryan in the South Lobby. This month, Deputy Faulkner and LEO will be here on Thursday, May 21 from 8:45-10:15 a.m.

Veterans Coffee Chats

Did you serve in the military? Each month the men and women who served our country meet to talk about their experiences, but also a multitude of other topics. Pastries are courtesy of Peter Hjelmstad of Senior Helpers (seniorhelpers.com/co/littleton), and will be served to accompany the coffee and tea. This growing group meets in the South Lobby on the second Thursday of the month. In May they will meet on Thursday, May 14 from 8:45-11:15 a.m.



SPONSORS

Thank you to our generous sponsors! For information about sponsorship opportunities, please contact cgodar@highlandsranch.org.

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TRIPS

Pikes Peak Cog Railway Trip

WEDNESDAY, JUNE 3

The Pikes Peak Cog Railway is the highest cog railway in North America and one of the few remaining in the United States. The railway climbs 8.9 miles from the base to the summit, ascending more than 8,000 feet in elevation, providing panoramic views of forests, rock formations, alpine tundra, and distant mountain ranges. The trip takes approximately three hours, with 40 minutes to explore at the summit. After the ride have lunch (on your own) in Manitou Springs and shop along the main street. Fee includes transportation by motor coach, reserved seating train ticket, Summit House donut and trip leader.

Fee: Member: \$148, Nonmember: \$170

Time: 8 a.m.-5 p.m.

Location: Bus leaves from parking lot



Monarch Casino at Black Hawk

TUESDAY, JUNE 16

Nestled in the scenic beauty of Black Hawk, Monarch Casino Resort Spa offers an unparalleled experience. The newly expanded casino floor is a haven for gaming enthusiasts, featuring a wide array of favorite table games and more than 1,000 slot machines. Fee includes round-trip transportation on deluxe motor coach and trip leader.

Fee: Member: \$38,
Nonmember: \$43

Time: 8:30 a.m.-4:30 p.m.

Location: Bus leaves from parking lot



Olympic & Paralympic Training Center and Museum

TUESDAY, AUG. 4

Visit the U.S. Olympic and Paralympic Training Center in Colorado Springs on a guided walking tour exploring several training venues at the Center, lasting approximately 75 minutes. After the tour we will have lunch at the Phantom Canyon Brewing Company (lunch not included in fee) and continue to the U.S. Olympic & Paralympic Museum. This world-class attraction showcases the entire journey of the Olympic and Paralympic Games, from their birth in ancient Olympia to today. The 60,000-square-foot U.S. Olympic & Paralympic Museum features 13 state-of-the-art galleries with interactive exhibits and immersive sports experiences. Fee includes transportation by deluxe motor coach, tour entry fees and trip leader.

Fee: Member: \$101, Nonmember: \$117

Time: 8:30 a.m.-4 p.m.

Location: Bus leaves from parking lot



The Broadmoor Resort Tour

THURSDAY, AUG. 27

Enjoy a docent-led tour at the Broadmoor, a legendary world-class resort in Colorado Springs. The tour begins with a brief film detailing the tales of its founders, the architects, designers and artisans that built the greatest hotel in the world. Fee includes transportation by deluxe motor coach, tour entry fees and trip leader.

Fee: Member: \$75, Nonmember: \$86

Time: 9:30 a.m.-4 p.m.

Location: Bus leaves from parking lot