



MONTHLY NEWSLETTER & GUIDE

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

Healthy Brain Initiative kicks off the month

Throughout June, we are raising awareness about Alzheimer’s disease and brain health by partnering with the Alzheimer’s Association and others to offer educational sessions about the disease. Learn tips to reduce your chances of developing Alzheimer’s or other dementias.

Details about these important classes can be found in this section of this newsletter or at MyActiveCenter.

- **Music & Memory**
Thursday, June 4 at 10 a.m.
- **Understanding Alzheimer’s & Dementias**
Saturday, June 6 from 10-11:30 a.m.
- **Alzheimer’s & Other Dementias: 10 Signs**
Saturday, June 13 from 10-11:30 a.m.
- **Caregiver Support Group**
Tuesday, June 16 from 2-3:30 p.m.
- **Building Brain-Healthy Habits**
Saturday, June 20 from 10-11:30 a.m.



Alzheimer’s Walk

JUNE 19 AT 9 A.M.

Wear your purple and join us for a walk at Redstone Park to raise awareness and funds for Alzheimer’s Disease. To donate, use the QR code or visit: tinyurl.com/2cpjh7uv. You can also register to participate in the walk at MyActiveCenter. This event is open to all ages. Redstone Park is located at 3280 Redstone Park Drive. Park near the soccer fields.



Donate to the Friends Annual Food Drive June 8-12

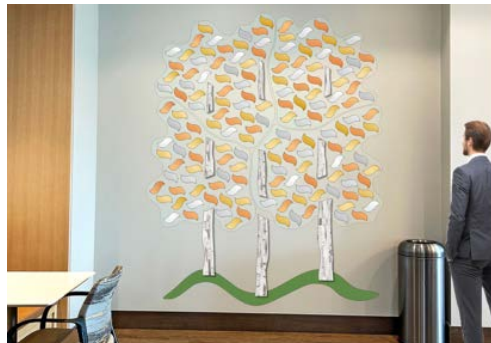
This year, the Friends will be collecting granola and protein bars for the Backpack Society in Highlands Ranch to assist students in Douglas County schools who are struggling with food insecurity. Drop off your bar donations at the table in the Senior Center lobby. Cash or check donations (payable to the Backpack Society) are also appreciated and will go toward purchasing a new scale for the organization (scale costs \$1,175).



Celebration Tree leaves now on sale

Do you want to commemorate a special occasion, honor or recognize an important friend, family member or colleague? The Friends of the Highlands Ranch Senior Center is sponsoring a Celebration Tree in the lobby to mark important milestones and cherished memories. The tree has 150 leaves available for purchase at the following levels of support:

- Gold leaf (50 leaves each valued at \$500+)
- Silver leaf (50 leaves each valued at \$250-\$499)
- Bronze leaf (50 leaves each valued at \$100-\$249)
- Tree Trunk (three available each valued at \$1,000-\$1,999)
- Grass border (one available valued at \$2,000+)



Leaves can have up to five lines of text. Application forms and full details are available at the

Senior Center's front desk. Payment should be cash or check made payable to the Friends of the Highlands Ranch Senior Center. Initial orders must be received by Tuesday, June 30 to be included during the installation of the Celebration Tree. A reception will be held later this summer to unveil the tree.

Look for new evening & weekend programs

Longer days present even more opportunities to participate in fitness, arts and education programs at the Senior Center. Look for activities shaded in light green throughout this newsletter. These evening or weekend activities are perfect for who still work, or are just busy during the day. If you have ideas for other evening or weekend classes, please email seniorcenterinfo@highlandsranch.org with your suggestions.

Traffic improvements begin in June

Beginning June 8, Highlands Ranch Parkway from Broadway to Burntwood will be under construction for four months. This construction will include the installation of a traffic signal at the main entrance into the Senior Center where Highlands Ranch Parkway meets Ridgelen Way.

This project will result in lane closures and temporary changes to the entrances and exits to the Senior Center and Mountainview Christian Church. We will keep you informed throughout the project regarding changes to access.

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 and Karen Delfin, Facility Services Technicians

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 by the tv in the lobby.

The Highlands Ranch Senior Center is a property of the Highlands Ranch Metro District.

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.

Beginner Drawing

MONDAYS, JUNE 1, 15, 22 & 29

In this series, 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

Intermediate/Advanced Drawing

MONDAYS, JUNE 1, 15, 22 & 29

This series is an 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. Instructor: Lori D.

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

Time: 10:30 a.m.-noon

Location: Activity Room



Medicare 101

MONDAY, JUNE 1

A Medicare professional will explain your options and answer questions, including how and when to make changes, what a Medicare supplement or Advantage Plan is and what Medicare does and doesn't cover. Instructor: Donald Allen, AIS Medicare & More.

Fee: No fee

Time: 10-11:30 a.m.

Location: Classroom

New Member Orientation

MONDAY, JUNE 1

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 Doodle

MONDAYS, JUNE 1, 8, 15 & 22

Learn playful doodling and creative patterning with pen and watercolor in this relaxed, two-hour class led by Daelyn. 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: \$28, Nonmember: \$32

Time: 1-3 p.m.

Location: Activity Room

SPECIAL PROGRAMS AND EVENTS

Apple One-on-One Technology

MONDAYS, JUNE 1, 8, 15, 22 & 29

In this free 45-minute session with Mark, a 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. Please call 303-791-2416 to cancel if you cannot attend.



Fee: No fee; appointment required

Time: 1-4 p.m.

Location: Meeting Room

Watercolor for Beginners

TUESDAYS, JUNE 2, 9, 16 & 23

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 LS.

Fee: Member: \$35, Nonmember: \$40

Time: 10 a.m.-noon

Location: Activity Room

AI 101

TUESDAY, JUNE 2

This beginner-friendly class is designed for adults who want to feel more comfortable and confident using AI. You'll learn basic AI functions including how to create documents and ask questions. Instruction is clear, patient and hands-on, with no technical jargon and no rushing. Bring your own device and follow along as we practice together. By the end of class, you'll feel more independent and confident using AI in everyday life.

Fee: No fee

Time: 11 a.m.-noon

Location: Classroom

Membership Meeting

TUESDAY, JUNE 2

Calling all Senior Center members! You are invited to attend the quarterly Friends/Senior Center membership meeting. The meeting will include update on Friends' fundraising activities, treasurer's update, staff reports and an opportunity for members to ask questions of the Friends board and staff. All attendees will be entered in a raffle drawing.

Fee: No fee

Time: 11 a.m.-noon.

Location: Multipurpose Room 3



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 U.S. 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 at the summit to explore. 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. The trip is full, but a waitlist is available.

Fee: Members: \$148, Nonmembers: \$170

Time: 8-5 p.m.

Location: Parking lot

SPECIAL PROGRAMS AND EVENTS

Music and Memory

THURSDAY, JUNE 4

There is a direct connection between music and the neurons in our brains. Learn the basics about how this works and then enjoy a session led by an expert in music therapy from a local rehabilitation hospital. She will also teach how you can continue to do this at home. We'll have fun treats while you experience how music impacts your brain with in-person demonstrations.

Fee: No fee

Time: 10-11:30 a.m.

Location: Classroom

Bingo

THURSDAY, JUNE 4 & TUESDAY, JUNE 16

Spend the afternoon with us playing bingo. Daubers can be purchased at the door for \$1.50. Snacks are available for purchase in the lobby.

Fee: No fee

Time: 12:45-3 p.m.

Location: Multipurpose Room 2



Medicare Fraud Awareness

THURSDAY, JUNE 4

Join the Centers of Medicare and Medicaid Services (CMS) to learn how to protect yourself from Medicare fraud. Presenter: Monica Ochoa.

Fee: No fee

Time: 1:30-2:30 p.m.

Location: Classroom

Continuing Watercolor

SATURDAYS, JUNE 6, 20 & 27

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. Instructor: Pat C.

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

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

Location: Activity Room

Understanding Alzheimer's and Dementias

SATURDAY, JUNE 6

Learn about Alzheimer's and dementias during this popular workshop with Ron Uchida from the Alzheimer's Association.

Fee: No fee

Time: 10-11:30 a.m.

Location: Classroom

AARP Driver Safety Program

MONDAY, JUNE 8

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 and more.

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



SPECIAL PROGRAMS AND EVENTS

Grill & Chill

MONDAY, JUNE 8

Relax on the patio with a delicious lunch sponsored by the Friends. Purchase a hamburger, cheeseburger or hot dog and get free sides including a slice of watermelon, dill pickle, chips, dessert and a drink.



Fee: No fee to attend. Hot dogs cost \$3.50, hamburgers are \$6 and cheeseburgers are \$6.50 and should be pre-ordered by Monday, June 1 at the front desk. Payment is by cash or check only.

Time: 11:30 a.m.-1 p.m.

Location: MPR 2 and Patio

Card Making & Paper Crafts

TUESDAY, JUNE 9 & WEDNESDAY, JUNE 17

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

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

Time: 1-3 p.m.

Location: Multipurpose Room 3

Senior Property Tax Exemption

WEDNESDAY, JUNE 10

Representatives from the Douglas County Assessor's Office will be on-site to discuss senior property tax exemption programs. Stop by their table in the lobby to learn about eligibility requirements, benefit details and upcoming filing deadlines.

Fee: No fee

Time: 10-11:30 a.m.

Location: South Lobby

Blood Pressure Checks

WEDNESDAY, JUNE 10

Stop in and have your blood pressure checked by UHealth Highlands Ranch Hospital nursing professionals. First come, first served.

Fee: No fee

Time: 10-11:30 a.m.

Location: North Lobby

Gardening Help Desk

WEDNESDAY, JUNE 10

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, offering tips during this drought period. No registration required.

Fee: No fee

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

Location: South Lobby

Gardening in Dry Shade

THURSDAY, JUNE 11

Dry shade is one of the toughest landscape challenges in Colorado. Discover plants and practices that can transform those problem spots into standout features. Instructor: CSU Extension Master Gardener.

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

Time: 10-11 a.m.

Location: Classroom

Sunset Sips

THURSDAY, JUNE 11 & TUESDAY, JUNE 23

Soak up the sun and enjoy relaxing on the patio with others. Bring your own food, drinks, plates and cutlery. We will provide the music, games, water, cups and BBQ grill.

Fee: No fee

Time: 4-7 p.m.

Location: Patio



SPECIAL PROGRAMS AND EVENTS

One-on-One Technology

FRIDAYS, JUNE 5, 12, 19 & 26

In a free 45-minute session with a retired technology librarian, ask a computer question or get help with a computer problem (non-Apple products only). Get an answer or troubleshooting matched to your skill level. Please bring your computer if possible. Appointment times are first come, first served when registering. Instructor: Eileen K.

Fee: No fee

Time: 9 a.m. - noon, appointments required

Location: Meeting Room

Alzheimer's and Other Dementias

SATURDAY, JUNE 13

Please join us to learn about early warning signs and tips to approach someone who is experiencing changes in his/her memory, the benefits of early detection, diagnosis and more. Instructor: Ron Uchida, Alzheimer's Association volunteer.

Fee: No fee

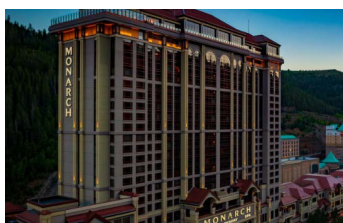
Time: 10-11:30 a.m.

Location: Classroom

Monarch Casino Trip

TUESDAY, JUNE 16

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



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

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

Location: Parking lot

Art History Lectures: Monochrome Works

WEDNESDAY, JUNE 17

You may have heard of one-hit wonders in music—but what about one-color artworks? Why would an artist choose to work monochromatically? This program will guide you through the reasons and showcase many masterpieces in a talk on monochromatism.

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

Time: 10-11 a.m.

Location: Multipurpose Room 3

Crafting Connections: USA Decor Piece

WEDNESDAY, JUNE 17

Create a rustic red, white and blue décor piece in this festive June craft class. Start with a 9x6 wood cutting board, paint bold patriotic stripes and add twine and an American flag heart accent. Light sanding gives it a vintage look. Finish by painting and attaching wooden "USA" letters and a coordinating bead hanger, ready to display for the Fourth of July. Perfect for summer décor or a handmade gift. Instructor: Teresa SH.



Fee: Member: \$21, Nonmember: \$25

Time: 10 a.m.-noon

Location: Activity Room

Hearing Clinic

WEDNESDAY, JUNE 17

During your 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

SPECIAL PROGRAMS AND EVENTS

Acrylic Canvas Painting: Adventure is Calling

THURSDAY, JUNE 18

Paint a cozy nighttime campfire scene with twinkling stars, tall pines and soft wildflowers. This relaxing, beginner-friendly class is fun, social and easy to follow, with step-by-step instruction. No prior painting experience required. Instructor: Sherry K.

Fee: Member: \$45, Nonmember: \$52

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

Location: Activity Room

Alzheimer's Walk

FRIDAY, JUNE 19

Join the Senior Center team to raise awareness and funds for Alzheimer's disease by walking around Redstone Park. Wear your purple attire and show your support for Alzheimer's research. For more information and to donate funds, visit the event site at tinyurl.com/2cpjh7uv. You can contribute to the fundraising campaign online when registering on the Alzheimer's Association site, or if you prefer not to join the team online, you may register at MyActiveCenter to participate in the walk and make a donation at the event. You can also come to the park and cheer on the walkers.

Fee: No fee to walk but donations to the Alzheimer's Association are appreciated.

Time: 9-11 a.m.

Location: Redstone Park, 3280 Redstone Park Circle. Park in Lot 2 by the soccer fields.



Building Brain-Healthy Habits

SATURDAY, JUNE 20

The Alzheimer's Association Building Brain-Healthy Habits education program provides research-backed guidance on brain health and outlines the importance of taking action at every age to protect your brain. Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older — even reducing your risk of cognitive decline and possibly dementia. Instructor: Ron Uchida, Alzheimer's Association volunteer.

Fee: No fee

Time: 10-11:30 a.m.

Location: Classroom

Book Lovers Talk

MONDAY, JUNE 22

This lively discussion about newly released books, staff picks and more will be led by Lisa Casper, Douglas County Library's community relations liaison. If you are a nonmember, you will be charged a day fee for entry to the center on the day of class.

Fee: No fee

Time: 1-2:30 p.m.

Location: Classroom

Wellness Hour: Resiliency and Coping with Change

WEDNESDAY, JUNE 24

Change is an inevitable part of life. Join us as we unlock your inner resiliency powers and explore what resiliency means and how we can strengthen these skills. Together, we will identify ways in which we demonstrate resilience daily and discuss how to access those strengths when we need them most.

Fee: No fee

Time: 10-11 a.m.

Location: Classroom

SPECIAL PROGRAMS AND EVENTS

A Midsummer Night's Garden

WEDNESDAY, JUNE 24

Whether you're escaping the daytime heat or simply enjoy winding down after sunset, designing your garden for evening use will leave you over the moon. Instructor: CSU Extension Master Gardener.

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

Time: 1-2 p.m.

Location: Classroom

Grief Education

THURSDAY, JUNE 25

Join HeartLight to get a better understanding of grief and the grieving process.

Fee: No fee

Time: 10-11:30 a.m.

Location: Classroom

Golden Smiles: One Tooth at a Time

THURSDAY, JUNE 25

Esquire Dental will bring awareness to overall oral health, its correlation with the rest of the body and simple ways to elevate our health, diet and lifestyle. Oral health and systemic well-being are interconnected. Dental cavities and periodontal disease are preventable to a great extent, and this can be achieved by focusing on the "how" and the "why" of our oral care at home.

Fee: No fee

Time: 1:30-3 p.m.

Location: Classroom



Wild West Swing Dance

THURSDAY, JUNE 25

This is an energetic Wild West-themed social featuring live entertainment by Walker Williams, upbeat swing music, dancing and a lively atmosphere. Food catered by Rusty Tapp BBQ and drinks will be provided. Western or country-inspired attire is welcome but not required. Whether dancing or simply enjoying the music, guests can expect a fun and spirited evening.

Fee: Member: \$24, Nonmember: \$27

Time: 5-8 p.m.

Location: Multipurpose Room



Are YOU Ready?

TUESDAY, JUNE 30

This presentation provides an overview of the Douglas County Office of Emergency Management and the resources available to help residents stay informed and prepared for emergencies. It walks through essential planning steps—including evacuation, communication, safety skills, and assembling a disaster supply kit—with added considerations for individuals with access and functional needs. Presenter: Anne Walton, Douglas County emergency management coordinator.

Fee: No fee

Time: 1-2:30 p.m.

Location: Classroom

FITNESS CLASSES

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

Registration: All fitness classes, except where noted by an *, 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. Members 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.	\$185/ \$212

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	Focus on stretching to improve flexibility, range of motion and posture.	Fitness Room	Beth Z.	\$4 / \$5
	4:30-5:30 p.m.	Yoga Flow	Longer holds to cultivate mindfulness and increase flexibility.	Fitness Room	Venus E	\$5 / \$6
	5:45-6:45 p.m.	Balance & Burn	Upbeat movement to build strength and boost endurance.	Fitness Room	Beth Z.	\$4 / \$5
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.	\$185/ \$212

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.	Senior Stretch	Focus on stretching to improve flexibility, range of motion and posture.	Fitness Room	Beth Z.	\$4 / \$5
	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.	\$185 / \$212
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 and check-in at the MyActiveCenter kiosk. 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 MyActiveCenter.	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 Group	Come together to share and practice various forms of needlework.	Activity Room	Ellen V.
	1-3:30 p.m. (1st Wed.)	Strings & Things	Social group for members who enjoy playing or singing and sharing it with others	MPR 3	Carolyn H.
	1-4 p.m.	Mahjong - National	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	8-10 a.m.	Pickleball	\$3/day. All levels. Register in MyActiveCenter.	Southpark Complex	Randy Q.
	8:45-10 a.m. (2nd Thurs.)	Veteran 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
	10-11:30 a.m. (1st Wed.)	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.

CLUBS & GAMES

Day	Time	Class	Description	Location	Volunteer Leader
Thursdays	1-4 p.m.	Triple Play Canasta	Triple Play is a challenging variation of Canasta.	Activity Room	Karen B.
	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.	Strings & Things Tune Up	Grab your instrument and join us for an evening of music, fun and friends. Check MyActiveCenter for dates.	MPR 3	John H.
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	Sue M.

New: Hiking and Biking Clubs

Discover the great outdoors with the Hiking and Bicycle Clubs. These flexible, volunteer-led groups offer a variety of outings planned throughout the year with destinations chosen by experienced leaders.

Because events are scheduled as opportunities arise, each trip is unique so be sure to read the full description in MyActiveCenter for details on time, distance and other important information to ensure it's the right fit for you. Activities are updated as they are planned, so check MyActiveCenter regularly to stay up to date and find your next adventure.

Bocce League

Check the schedule in the lobby for dates and times of league play. The courts are available for drop-in use as long as there are no scheduled games or lessons.



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, June 15

Time: 9-10:30 a.m.

Location: Classroom

June Friends luncheon

Date: Wednesday, June 10

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

Fee: \$15 per person

Enjoy visiting with friends as you listen to romantic music by John and Amanda Adams of Fiddle Diddle, who perform John Denver songs. The luncheon is sponsored by Vicki Mahan from Re/Max (**vmahan.remox.com**). Enjoy BBQ pork, bun, coleslaw, watermelon wedges and dessert. Registration and payment will be accepted at the Senior Center front desk through Friday, June 5. 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 June 2 and 18.

Contact information



Website: friendsofhrsc.org



Email: friendshrseniorcenter@gmail.com



Phone: 720-468-4825

May lunch sponsor

Thank you to the Highlands Ranch Park & Recreation Foundation for sponsoring the May luncheon. Due to a late change in sponsors, the Foundation was not mentioned in the May newsletter.

Silent auction a big success

Due to the generosity of our members, the Friends of the Highlands Ranch Senior Center raised more than \$8,000 through their annual silent auction. Kudos to Maggie Thomas and her team of volunteers who made the event a success.



Your support goes a long way

Some people have asked how the money raised in fundraising activities is spent. One hundred percent of all funds are spent directly on programs, supplies and equipment at the Senior Center.

For example, the Friends recently paid for the installation of a washing machine at the Senior Center so volunteer vests, aprons, luncheon tablecloths and cleaning cloths can be washed at the Senior Center. The washing machine was purchased by the Highlands Ranch Metro District. The Friends also funded the upfront costs for the Celebration Tree and two more microphones for the multipurpose room. These purchases could not have been accomplished without the generosity of our members. Thank you for your continued support of our fundraising projects.

COMMUNITY RESOURCES

Spring Craft Fair brings in large crowd

On Saturday, May 16 the Senior Center welcomed 650 guests to the Friends Spring Craft Fair. Guests enjoyed shopping handcrafted gifts and decor from talented artisans throughout the day. We appreciate our vendors, volunteers and everyone who came out to shop local and spend the day with us. Save the date, the Fall Craft Fair will be Oct. 24.



Douglas County School District (DCSD) Gold Card

The Gold Card offers older adults ages 60 and older free admission to DCSD home athletic events and most student fine-arts performances including plays, concerts and choir performances. You can also receive discounts at some of the DCSD student-run businesses such as Bellisimo Blu Salon for discount haircuts and Legacy Cafe for free coffee.



To get your Gold Card, fill out the online form at dcsdk12.org/goldcard or apply in person at the DCSD Administrative Building, 620 Wilcox St., Castle Rock between 8:30 a.m.-4 p.m. Monday through Friday. You will need to show proof of residency and a photo ID.

Help determine the future of Historic Park

For Highlands Ranch residents and visitors, the Highlands Ranch Mansion has long been a beloved landmark, and its story is far from over. On April 30, 2026, Shea Homes conveyed 197 acres of ranch land to the Metro District, expanding the area owned and managed by the organization around the Mansion to nearly 250 acres. This is an exciting development in our community, and the best part? You get a say in what it becomes!

Community outreach is kicking off, which means now is the time to get involved! Community meetings are scheduled this summer. All meetings will be held at the Senior Center:

- Community Meeting #1: Wednesday, June 17, 5:30 p.m.
- Community Meeting #2: Wednesday, July 22, 3 p.m.
- Community Meeting #3: Monday, August 17, 5:30 p.m.



SPONSORS

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

RENEE ANDERSON



reneeandersonrealtor.org

ANNE-MARIE STRICKLAND



annemariestrickland.com

TRIPS

A Day in Breckenridge

TUESDAY, JULY 14

Spend a beautiful summer day walking around the quaint town of Breckenridge. Visit the Isak Heartstone troll sculpture by Danish artist Thomas Dambo and then take a ride up the gondola to the bottom of Peak 8 at the Breckenridge Ski Resort. Check out the views and wander the mountain trails before heading back down to Main Street for a few hours on your own for lunch and shopping. Leave the driving to us and enjoy the lovely scenery on the ride. Fee includes transportation by motor coach and trip leader.

Fee: Member: \$50, Nonmember: \$57

Time: 8:30 a.m.-5 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. 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 who built the greatest hotel in the world. Then you'll eat lunch in one of the two on-site restaurants before having time to explore the grounds on your own. Fee includes transportation by deluxe motor coach, tour entry fees and trip leader. Lunch is at your own cost. The trip is full, but a waiting list is available.

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

Time: 9:30 a.m.-5:15 p.m.

Location: Bus leaves from parking lot

2027 Extended Trip Meeting

FRIDAY, JUNE 5

The survey results are in and the top destinations for 2027 include a spring trip to either Ireland, Scotland or both together (we want your input on which is preferred) and a fall trip to either Hawaii or Cape Cod and surrounding islands. If you are interested in travelling with the Senior Center in 2027, please attend this informative meeting so we can review the itineraries and choose the final destinations.

Fee: No fee

Time: 1-2 p.m.

Location:
Multipurpose 1

