

February 2025



# CARBON VALLEY ACTIVE ADULTS

## Newsletter

### High Plains Library District Class: Seed Sowing for Spring Planting

**Monday, February 3, Noon - 2 pm - Community Center, Craft Room**

A CSU master gardener will give you simple, inexpensive methods and tips for starting seeds indoors to get ready for spring planting. All supplies and materials provided. Registration in advance required. Space is limited. Exertion Level: 1

### Coffee with Dean

**Monday, February 3, 2 pm - Community Center, Lounge**

Join our Executive Director, Dean Rummel, for a casual coffee or tea gathering in the Community Center lounge area. During this open forum, Dean will share important updates about the District and answer any questions from community members. No registration is needed—just stop by and join the conversation!

Exertion level: 1 - mostly sitting



### Lobby Stop with High Plains Library District

**Tuesday, February 4 & 18, 10:30 - 11:30 am - Community Center, Lounge**

CVPRD and the High Plains Library District Outreach team have partnered to bring a little bit of the Library to you! Library lobby stops will occur the first and third Tuesday of each month. Librarians will bring books, help you reserve books, recommend books and more. Stop by the Community Center to learn more about this program.

Exertion level: 1 - mostly sitting

### Outdoor Walking Group

**Thursdays, February 6, 13, 20, 27, 9 - 10 am - Community Center**

Get outdoors with other Active Adults and join our outdoor walking group. Community member Glenn leads the pack and the group walks around the area. Walking group departs from the CVPRD Community Center. Great for beginners or experienced daily walkers. Grab a cup of coffee after the walk with the group. Registration in advance suggested. (Incase of inclement weather, group will meet at the Rec Center track.)

Exertion level: 4 - Walking with possible light incline

### Meet N' Eat - Big Bear Baked Potatoes

**Wednesday, February 12, 4:30 pm, No cost to register**

We make the reservation, you meet for dinner and laughter with friends. Dine at Big Bear Baked Potatoes in Longmont. Enjoy the ultimate baked potato made with high quality ingredients. Located at 1640 Pace St. Unit 400 Registration in advance required. Dining cost not included.

Exertion level: 1



### Special Event: Valentine Tea and White Elephant Bingo

**Friday, February 14, 1 - 3 pm - Community Center, \$5 District, \$8 Non-District**

Join us for a delightful Valentine Tea to celebrate love and friendship! Savor delicious tea and desserts while enjoying a lively game of Bingo. The Bingo will follow our traditional monthly white elephant style—please bring a new or gently used prize, either wrapped or unwrapped. Game rules and guidelines will be shared before we begin. Be sure to register in advance by February 7, 2025.

Exertion level: 1 - mostly sitting



### Active Adults & Community Center

151 Grant Ave, Firestone, CO 80520

303-833-3660 ext.123 www.cvprd.com Hours: Monday - Friday, 8 am - 4 pm



**CARBON VALLEY**  
PARKS & RECREATION DISTRICT



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### High Plains Library District Drop- In Genealogy

**Wednesday, February 19, 1 - 3 pm - Community Center, Craft Room**

Stuck on your family tree? Need to figure out a place to start? Just need a genealogy sounding board? Researching family history can be a daunting exercise. Fortunately, we have an expert genealogist on hand to answer questions and provide guidance. Reservations suggested, not required.

Exertion Level: 1

### Bally's Casino Blackhawk

**Monday, February 24, 8 am - 4 pm, \$24 District, \$36 Non-District**

Feeling lucky? Try your luck at Bally's casino in Blackhawk. The bus departs from, and returns to the Community Center. Fee includes transportation only. Dining and gambling not included. \$10 players card credit given by Bally's for all advanced registrants. See Community Center Representative for further details of credit earnings. Players Club card required for credits and can be obtained at the Casino. Registration in advance required by February 19.

Exertion level: 5 - Altitude, lots of walking

### SilverSneakers, Renew Active and One Pass Fitness Orientation

**Monday, February 24, 1 - 2 pm, Rec Center**

Join us for highlights of our Active Adult programming and a guided tour of the rec center. Learn about the benefits of your SilverSneakers or Renew Active/One Pass membership along with fitness classes offered. Tour includes a brief overview of how to properly use the circuit and cardio machines. Free for SilverSneakers, Renew Active Members. Registration in advance required.

Exertion Level: 2 - Movement and walking

### Lunch Bunch Bus - Mickey's Top Sirloin

**Wednesday, February 26, 11 am, \$13 District, \$20 Non-District**

Hop on the lunch bunch bus to Mickey's Top Sirloin. Mickey's is a restaurant, bar and banquet facility in Denver offering steaks, Italian and Mexican cuisine for nearly 50 years. Transportation cost included in registration. Dining and gratuity costs on your own. Registration in advance required.

Exertion level: 2 - mostly sitting, possible stairs



### Willmaker Legal Seminar

**Wednesday, February 26, 12:30 - 4 pm - Community Center, \$168 District, \$252 Non-District**

A wonderful way to get a tough job finished! In a single, easy, and enjoyable session, you'll complete a will, living will, medical power of attorney, financial power of attorney and more all with the help of licensed attorney, Rebecca L. Bennetti and her staff. Couples must register separately. Registration in advance required. Exertion Level: 1

### Hammond's Candy Factory Tour

**Friday, February 28, 10:15 am, \$14 District, \$20 Non-District**

Unleash your sweet tooth and embrace your inner child as you witness the mesmerizing world of confectionery come to life. Marvel at the creation of irresistible Hammond's treats. Learn about the rich Mile High City history and fascinating tidbits about nostalgic candies. Registration in advance required.

Exertion level: 2 - mostly sitting, possible stairs



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### Friendly Fork Lunch - Senior Nutrition Program

**Tuesday & Thursdays - Doors open at 11:30 am Lunch is served at 12 pm**

The Friendly Fork Senior Nutrition Program provides nutritious and delicious lunches for seniors. Social and educational opportunities are also available before and after meals. Participants have the opportunity to voluntarily contribute whatever they can afford to help offset the cost of the meal. The suggested minimum donation is \$5. The Senior Nutrition Program's meal meets 33 1/3 percent of the daily recommended dietary allowance. Join us to dine in-person at the Carbon Valley Community Center or reserve a meal to go.

**Reservations are required and must be made by 11 am the prior business day by calling the Carbon Valley Community & Active Adults Center, 303-833-3660 ext.123**

### Active Adults Refund Policy

Please be aware that cancellations for events or trips must be made at least 2 business days in advance of the scheduled date in order to qualify for a refund or credit, unless otherwise specified in the event or trip description.

### Weekly Drop-in Activities

#### Morning Joe

**Monday - Thursday**

8 - 9 am

Community Center

#### Crafts & Conversation

**Tuesday**

1 - 4 pm

Community Center Craft Room

#### Cards

**Wednesday**

1 - 4 pm

Community Center

#### Outdoor Walking Group

**Thursday**

9 - 10 am

Community Center

#### Diamond Dots

**Thursday**

1 - 4 pm

Community Center Craft Room

#### Veteran Coffee Hour

**Friday**

8:30 - 9:30 am

Community Center Lounge

### Monthly Drop-in Activities

#### Book Club

**Tuesday, February 4**

10 am (New Time)

Community Center Craft Room

#### Movies Of The Month

**Friday, February 7**

"Sweeter Than Chocolate"

1 pm

Community Center Lounge

**Friday, February 21**

"Wicked"

1 pm

Community Center Lounge

#### Blood Pressure Checks

**Thursday, February 13**

11:30 am - 12:00 pm

Community Center

#### Tech Help

**Monday, February 17**

2:30 - 3:30 pm

Community Center Lounge



*Congratulations!*

**Debby C**

**2025 Soup Off Winner**

On Friday, January 24th the first "Soup Off" was held at the Community Center. Debby was awarded the "Golden Spoon" for her submission. The recipe for Debby's winning soup "Potato Plus Soup" is available at the Community Center. Thank you to all who participated in the 2025 event!

**Community Center**  
**Coming Soon...**

- Book Club has a new time! 1st Tuesday of the month 10 am CC Craft Room
- March 12 CPR/ AED Class with FFFD
- Genealogy Basics Class with HPLD March 19

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