

CITY OF FORT LUPTON

recreation

Guide



fall 2021

play, explore, learn...live!

Fort Lupton
RECREATION

Registration

All activities require registration even if there is no charge. Registration is on a first come first serve basis and payment must be made in full at the time of the registration. Minimum number of registrants must be met in order for activity to occur. Dates, prices, and activities are subject to change. *** Those not registered with the active adults group may not attend the trip on their own and will not be considered associated with the City of Fort Lupton group. Reservations will only be made for those traveling in the registered group. Any questions please contact Linda Kudrna 303.857.4200 x6166.

Waiting List

When registration spots are filled a waiting list will be created. As registration spots open the waiting list will be contacted by first name on the list and continuing down the list from there.

Cancellation & Refunds

If the event/venue is cancelled or the coordinator/designee cancels the trip for any reason, a full refund will be credited to your account. Participants will be notified as far in advance as possible of the cancellation. If a trip is cancelled due to the participant's request, it must be cancelled prior to the registration deadline to receive a full refund. If the trip/event is cancelled after the registration deadline the spot must be filled in order to receive a refund. No refunds are given if cancellations are made the day of the trip.

Departures & Returns

All trips depart and return to the Recreation Center. Participants MUST check in with staff 10 minutes prior to the scheduled departure time. Return times are approximate – please be flexible. No one will be allowed to disembark from the van at any place other than the Recreation Center and prearranged destinations. Due to time constraints, we will try to leave promptly for our trips.

Trip Reminders

- > Trip fees must be paid for in advance at the time of registration to secure your spot.
- > Lunch/breakfast costs will be on your own when they are scheduled with the trip.
- > Wear comfortable walking shoes when there are tours, shopping or lots of walking/standing involved.
- > Please know your limitations when traveling on trips that involve lots of standing, walking, stairs and other health issues.
- > Dress appropriately for weather conditions.
- > Be courteous/respectful of others on the trip.
- > Active Adults 55 years and older have priority on registering for trips and all center activities and programs. Anyone under 55 years of age will be considered to attend trips IF the trip is not already filled with the maximum numbers needed.

In-House Activities

Monday Friendly Forks Lunch:

We are meeting back inside every Monday for Senior lunch. Lunch is served at 12:00 with socializing prior to lunch. **A reservation is required and must be made by Thursday at 4:00 pm prior to Monday lunch. Reservations can be made by calling the Rec. Center at 303-857-4200.** This helps in planning for the correct lunch count to our providers at UNC. Seniors 60+ = \$4.00 donation and under 60 = \$14.00

We are able to offer resources to our Seniors at the lunches to help check blood pressures and offer hearing assistance. Blood pressure checks offered on the 2nd & 4th Monday's by the local Fire Dept. and paramedics. Hearing checks offered on the 1st Monday by Miracle Ear.

Birthday Celebration

The first Monday lunch of each month, we celebrate that month's birthdays. For those Seniors that have birthdays for that month get a free lunch on the first Monday only. Reservations are required as normal.

Rowdy Bunch Coffee:

Meets on Wednesday's @ 8:00 a.m. in the Senior lounge. Come join others for a cup of coffee, donut, and conversation.

Bridge Group:

Meets on 2nd and 4th Tuesday of the month at 1:00pm. If interested in joining group, contact Marlene at 303.857.2337.

Visiting Nurse Services Medical Foot Care Clinics:

Senior medical foot care is a service provided by the Visiting Nurse Service Association of Colorado for our Active Adults/Seniors on the **fourth Wednesday of each month** from 8:00 am - 3:00pm by appointment only, call 303.857.4200 x6166. Fee is \$35 unless the service is covered by your Medicare Supplement plan. The first visit is \$45. Dates include: 9/22/21, 10/27/21, 11/24/21, 12/22/21.

Bingo @ Lunch

Bingo is played on the 2nd & 4th Monday's after Senior lunch. Bring your dimes for eight games and your quarter for the last game.

Dominos

After Monday lunches, come join the group that gathers to play dominos in the senior lounge.

Pickleball:

We have a group of Active Adults who are playing on a regular basis at the recreation center and would love to have you join in. Monday - Friday from 7:00am to 9:00am.

Potluck Luncheon

Monthly potluck lunches are held on the 3rd Thursday of each month at 12:00 p.m. Donations are accepted. If you are attending, please bring a side dish for EVERYONE to share. Dates include: 9/16, 10/21, 11/18, 12/16

Monthly Craft Classes

Craft/art classes are offered once per month. We try to offer a variety of themes to capture everyone's interest. Classes are on a first-come, first-serve basis. You can stop by the Rec. Center or call to put your name on the list. **Registration is required and space is limited.**

Depending on class, there may be a fee charged to participants.

55+ Active Adult Annual Membership:

- Save \$3.00 on all Active Adult trips
- Free special event meals (when applicable)
- Discount on Fort Lupton Recreation Center Membership
- And much more

Cost: \$20/Individual and \$35/Couple per year

Active Adults Services

Transportation Services

Great News...Transportation service will be offered in the Fort Lupton area. Via Mobility Services will provide rides to Seniors Monday - Friday 8:00am - 3:30pm to a variety of destinations. You can call 303-444-3043 for more information and to schedule a ride.

Healthier Living Workshop

We would like to partner with Area Agency on Aging of Weld County to offer this six week workshop that focuses on tools to help Seniors to be more effective in managing their disease conditions. Please contact Linda Kudrna, Active Adults Coordinator, if you are interested in this class. Topics for discussion include:

- Techniques to deal with frustration
- Fatigue, pain and isolation
- Importance of exercise and proper nutrition
- Medication management
- Improving communication with family, friends and health professionals

Active Adult Special Events

Apple Days

Join us for our annual Apple Day Fundraiser for our Active Adult Programs. Staff will start stirring the apples early in the morning preparing for the home-made apple butter to share. We will then enjoy a soup lunch made by several of the Senior Advisory Committee members (and a few other volunteers). We will have the apple butter along with bake sale items for sale so please share your baking talents and donate an item or two for the bake sale. It's fun to share the goodies! All proceeds will go to our Senior Advisory Committee which in turn supports our Active Adult programs and other special events for our Seniors. Bingo games to follow lunch so bring some dimes/quarters. **Registration is required.**

Code	Date	Day	Time	Fee
15246	10/14/21	Thursday	12:00pm	\$3 / \$6

11:30 am Bake sale starts
Fees help off-set apple butter supplies

Twilight Dinner

This event is our annual holiday celebration and is extended to those Active Adults within our community. This event is sponsored by the Senior Advisory Committee. The Recreation staff does ALL the cooking, prepping, serving and clean-up. We always have great entertainment to enjoy as part of the evening. Join us for a delightful evening of food and festive cheer! **Reservations are required as space is limited.**

Code	Date	Day	Time	Fee
15247	12/15/21	Wednesday	5:30pm	Free

Doors do not open until 5:00pm

Trapper Day 

SEPTEMBER 11
FORT LUPTON, CO

FORT LANCASTER
Trapper Days Rendezvous
*The Westernaires
Calvary Team
Bull Whips Team
Native Dancers*

CITY MUSEUM
Games & Prizes for kids
Local Historian Scavenger Hunt
Gift Bags
MASTER GARDENER
COLORADO STATE UNIVERSITY

HILLSIDE CEMETERY
Cemetery Walk!
Reenactments of historic figures from Fort Lupton's history, such as past city leaders, pioneers and soldiers.

LIBRARY
Petting Zoo!
Virtual Quilt Show
Crafts & Refreshments

SHUTTLE SHUFFLE | 12-3PM

VISIT GET 1 **RECEIVE A FREE RAFFLE TICKET AT EACH STOP**

RAFFLE REDEMPTION & SHUTTLE BEGINS ON MAIN STREET

September Trips

Topgolf - Thornton

Have you noticed the big attraction heading south on I-25 with the big net and tiered building near Hwy. 7? It's the Topgolf facility which is a premier indoor golf entertainment complex. We took a visit to the one down south a few years ago where everyone had a great time so now it's time to try the new facility closer to home! You do not need to be an avid golfer to join us on this outing, just be able to swing a golf club. All skill and age levels can score and play at this fun facility. There are targets spread out throughout the 240 yard outfield so the closer you get to those targets, the more points are scored. We will have lunch at the facility where they have areas to eat.

Code	Date	Day	Time	Fee
15238	9/9/21	Thursday	10:00am	TBD

Candlelight Dinner Theatre/Garth Live - Johnstown

If you are a Garth Brooks fan, this trip is for you! We will get to listen to Drew Baloh entertain us with a tribute to Garth's many legendary country hits over the years. Candlelight provides a nice setting for both dinner and show. This will be an evening full of fun.

Code	Date	Day	Time	Fee
15239	9/15/21	Wednesday	5:00pm	\$61 / \$64



Fall Color Trip-Echo Lake, Mt. Evans - Idaho Springs

We will be traveling to the high country to take in some fresh air and hopefully catch some of the fall colors changing along the way. Please keep in mind there will be windy roads on our route for travel. We will stop for lunch somewhere on our destination.

Code	Date	Day	Time	Fee
15240	9/28/21	Tuesday	9:00am	Free / \$3

October Trips

Vintage Aero Flying Museum Tour & Lunch - Fort Lupton

This trip is right in our back yard, just outside of Fort Lupton. We will tour a museum full of history and memories of those who served in the Lafayette Flying Corps during WWI and get to see the display of vintage planes. The fee includes tour and lunch served by the museum.

Code	Date	Day	Time	Fee
15241	10/12/21	Tuesday	TBD	\$20 / \$23

**Date may change due to the museum currently under renovation. More information will be finalized as we hear.*

Casa Bonita Tour - Denver

This landmark restaurant in Denver is a little taste of Mexico. Along with their restaurant, there is a 30 ft. waterfall and daring cliff divers along with stage shows and musicians. The environment makes for a FUN visit!

Code	Date	Day	Time	Fee
15242	10/20/21	Wednesday	TBD	TBD

Breakfast & Colorado Cherry Company - Loveland

This company is in its fourth-generation owned and operated and specializes in everything cherry and berry starting with their famous pies along with preserves, juices, ciders, popcorn and even cherry hot sauce. You are sure to find something tasty! The Loveland store is the first location they had and has even survived two major floods. We will stop for breakfast before visiting the store.

Code	Date	Day	Time	Fee
15243	10/26/21	Tuesday	8:30am	Free / \$3

November Trips

The Mishawaka Restaurant - Poudre Canyon

Let's take a ride to this upbeat restaurant located in the stunning Poudre Canyon area. It is known for the beautiful views and sits over the Poudre River that soaks in the natural beauty of the Canyon. Maybe we can even get a glimpse of some of the wildlife grazing on the hillside. The menu features homemade soups, fish and chips and burgers to name a few.

Code	Date	Day	Time	Fee
				Free / \$3

December Trips

Boulder Dinner Theatre/White Christmas the Musical - Boulder

This holiday musical will take you back in time to recapture the holiday magic based on Irving Berlin's film. This musical show was nominated for two Tony and six Drama Desk awards. This show is sure to bring us some holiday cheer and get us ready for the holiday spirit.

Code	Date	Day	Time	Fee
15244	12/1/21	Wednesday	4:30pm	TBD

Northfield Shopping & Texas De Brazil - Denver

It's the holiday season, so let's get those shopping lists checked off! Northfield Stapleton is a festive, open-air shopping and dining experience you won't want to miss. There are lots of choices to shop from that include clothing, shoes, candle, hats, jewelry, knick/knack stores and a JC Penny's, Target and BassPro Shop nearby. We will have time to shop then meet for lunch at the famous Texas De Brazil restaurant that features a 50-60 item seasonal salad area including appetizers, gourmet vegetables, soups and salads. And if that isn't enough, indulge in a parade of meats to include sizzling beef, lamb, pork, chicken and Brazilian sausage served by expert carvers. This restaurant ambience and service perfection is an experience you will surely enjoy!! Estimated cost for lunch \$20-\$26

Code	Date	Day	Time	Fee
15245	12/10/21	Friday	9:00am	Free / \$3



SilverSneakers®

What Is SilverSneakers®?

Health Services SilverSneakers® Fitness Program is a comprehensive older-adult physical activity program that addresses the needs of the Medicare (usually 65+) population. SilverSneakers® members of a sponsoring health plan receive a membership to the recreation center facility as well as the opportunity to participate in SilverSneakers® group exercise classes. For eligibility benefits, please call 303.857.4200.

Day	Time	Class
Monday	9:00 - 9:45am	SilverSneakers® Classic
Wednesday	9:00 - 9:45am	SilverSneakers® Classic
Thursday	9:00 - 9:45am	Seniors on Weights
Thursday	10:00 - 10:45am	Zumba Gold
Friday	9:00 - 9:45am	SilverSneakers® Yoga

SilverSneakers® Schedule

Group Exercise Class Description

SilverSneakers® Classic: Multi-level, equipment-based, total body conditioning classes are designed to increase strength and flexibility. Participants move to the music through a variety of exercises for the upper and lower body, including skills for daily living activities. Hand-held weights, elastic tubing with handles, and a ball are provided for resistance and a chair is used for seated and/or standing support.

SilverSneakers® Yoga: It will move your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Zumba Gold

Geared towards our seniors with Choreography that focus on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.