

# Active Adult Programs & Services

LIVING WELL AND AGING WELL IN HIGHLANDS RANCH

Being an **active adult** means including activity in your daily routine, whether it's a combination of educational, physical, social or recreational activities. The Highlands Ranch Metro District's Active Adult Programs & Services (AAPS) is here to help you find ways to become active.

## May is Active Lifestyle Month

Check inside to see the many activities hosted in partnership with the Metro District's AAPS and the Highlands Ranch Community Association (HRCA).

## Is lifestyle the new medicine?

More and more, researchers are realizing lifestyle choices and habits have more to do with health outcomes and successes as we age. We are our own primary care providers and positive lifestyle modification is the ultimate solution to lowering future health care costs and improving quality of life.

It boils down to four simple pillars of health: good nutrition, exercise, stress-relief and staying connected to others. AAPS has a variety of programs that complement these pillars, which could be the key to a positive and satisfying aging experience.

Check out these activities at [highlandsranch.org/aaps](https://highlandsranch.org/aaps).



Active Adult  
Programs & Services

Living Well and Aging Well in Highlands Ranch



HIGHLANDS RANCH  
Metro District

## MAY IS ACTIVE LIFESTYLE MONTH

Each May, the Administration on Aging spearheads our nation's observance of Older Americans Month. This year's theme is ***Engage at Every Age***, highlighting that one is never too old or too young to engage in activities that will benefit them physically, mentally and emotionally and the numerous ways older adults make a difference in our communities. In recognition of this annual observance, the Metro District and HRCA partner to offer complimentary introductions to a variety of activities during Active Lifestyle Month. We hope you will join us for some or all of the activities listed below. Preregister for these classes at [highlandsranch.org/signmeup](https://highlandsranch.org/signmeup).

May 4	Walk at Redstone Park	Activity #801002-A	Redstone Park – Meet by Redstone Pond	8:30 a.m.
May 4	Nia (low impact dance aerobics)	Activity #801002-B	Recreation Center at Southridge	11:30 a.m.
May 8	Pickleball	Activity #801002-C	Tanks Park	6 p.m.
May 11	Walk at Redstone Park	Activity #801002-D	Redstone Park – Meet by Redstone Pond	8:30 a.m.
May 14	Aqua Fitness	Activity #801002-E	Recreation Center at Westridge	9 a.m.
May 16	Bocce Ball & Dinner	Activity #801002-F	Brother's Bar & Grill	5:30 to 7:30 p.m.
May 18	Walk at Redstone Park	Activity #801002-G	Redstone Park – Meet by Redstone Pond	8:30 a.m.
May 18	POP Tennis	Activity #801002-H	Lebsack Tennis Center	6 p.m.
May 24	Trail Walk, Fishing & BBQ	Activity #801002-I	Fly'n B Park Shelter/Pond	5:30 to 7:30 p.m.
May 25	Walk at Redstone Park	Activity #801002-J	Redstone Park – Meet by Redstone Pond	8:30 a.m.

Visit the AAPS webpage at [highlandsranch.org/aaps](https://highlandsranch.org/aaps) to discover resources, articles of interest, activities or to sign up for the monthly AAPS newsletter.

## ACTIVE ADULT PROGRAMS & SERVICES

- For information, or to schedule a personal meeting, contact **AAPS** Coordinator, Jodie McCann, at [jmccann@highlandsranch.org](mailto:jmccann@highlandsranch.org) or 720-240-4922.
- **In an effort to better serve you, registration is required for all programs.**  
Visit [highlandsranch.org/signmeup](http://highlandsranch.org/signmeup) and click on Active Adults (AAPS) in the left column

## MARK YOUR CALENDAR

March 21	Lifelong Learning: <i>Transforming Social Security Into a Winning Retirement Strategy</i>	Activity #802000-D	Metro District Parks, Recreation and Open Space Service Center	6 – 7:30 p.m.
March 28	Lunch Bunch	Activity #802000-B	The View House, Littleton	11:30 a.m. to 1 p.m.
April 10	Game Night	Activity #802000-E	James H. LaRue Library, Highlands Ranch	6 – 8:30 p.m.
April 18	Social Hour/Dinner	Activity #802000-F	Sierra Restaurant, Lone Tree	5:30 – 7:30 p.m.
April 21	Lifelong Learning: <i>Growing Older &amp; Bolder: A Workshop Strategy for Meeting Your Long Term Care Needs</i>	Activity #802000-G	Hendrick Office Building	9 a.m. to 1 p.m.
			\$15 (includes a box lunch from Corner Bakery Café)	
May 30	Lunch Bunch	Activity #802001-C	Newk's Eatery, Lone Tree	11:30 a.m. to 1 p.m.
June 8	Trail Walk/Hike (easy)	Activity #802000-H	Lair o' the Bear, Morrison (carpool)	10 a.m. to 1 p.m.
June 20	Winery Tour/Tasting	Activity #802000-I	Allis Ranch Winery, Sedalia (carpool)	6 p.m. to 8 p.m.
June 22	Morning Trail Walk	Activity #802000-J	Meet in Mansion parking lot	8:30 to 10 a.m.
June 26	Camp Fun at the Park	Activity #802000-K	Northridge Park	9 a.m. to 1 p.m.

## AS A COMMUNITY SERVICE, ACTIVE ADULT PROGRAMS & SERVICES

- Serves as a free clearinghouse for information and referrals to services for individuals 50+ and/or family members caring for an older adult. In an effort to not duplicate services already in place, many referrals for services such as transportation, housing, financial assistance, etc., are referred to Douglas County Community & Resource Services. We can help you find what you need.
- Provides adults 50+ with lifelong learning opportunities, activities such as bocce ball, pickleball, outdoor recreation and education, community productions and events as well as social hours, lunch and dinner outings.



For more information and help locating services, please contact Jodie McCann at [jmccann@highlandsranch.org](mailto:jmccann@highlandsranch.org) or 720-240-4922. [highlandsranch.org/aaps](http://highlandsranch.org/aaps). The AAPS office is located at 62 Plaza Drive, Highlands Ranch.