



**Active Adult  
Programs & Services**

Living Well and Aging Well in Highlands Ranch

**New Year, new name!** Senior Outreach & 50 & Better Together have combined under one new program name, beginning January 1, 2018. The new Metro District **Active Adult Programs & Services (AAPS)** will continue to provide information and referrals to services for individuals 50+ and or family members caring for an older adult. **AAPS** will also offer opportunities for lifelong learning, physical activity, participation in community events, lunches, social hours, dinners out and more.

**Being an “active adult” doesn’t mean training for a marathon.  
It does mean including activity into your daily routine.  
It could include a combination of recreational, educational,  
physical and/or social activities - you decide!**

Join us for a variety of activities each month and meet others who may share your interests. **Many NEW activities are planned in 2018** – winery tour/tasting, local trail walks, easy to moderate hiking, workshops/classes, brewery tour, picnics and games in the park and much more. Scheduled activities will be posted at [www.highlandsranch.org/activeadult](http://www.highlandsranch.org/activeadult).

- **Registration is required for all programs.** Sign up at [www.highlandsranch.org/signmeup](http://www.highlandsranch.org/signmeup).
- **Times and fees may vary with activity.**
  - You pay for your food and beverages. The fun is free!
- **72 hours advance registration required**, so that we can contact you in case of cancellation, location change, etc. Some events may require a minimum attendance.

**Scheduled Activities**  
**January through March 2018**

**January 17**

**Social Hour & Dinner**

Blue Spruce Brewing Company  
5:30 to 7:30 p.m.

**January 31**

**Lunch Bunch**

Old Chicago at Central Park, Highland Ranch  
11:30 to 1:00 p.m.

**January 31**

**Nature EdVentures – Full Moon Hike**

6 to 7:30 p.m. - Fly'n B Park, Highlands Ranch  
\$6 (group of 3 or more)  
Activity #305314-**B** (for group rate)

**February 13**

**Valentine's at the Mansion**

Highlands Ranch Mansion - FREE event  
11 a.m. to 2 p.m.  
Complimentary coffee, tea and sweet treats.  
Music, dancing and self-guided tours of the mansion.

**February 16**

**Nature EdVentures – Snowshoe Hike**

February 16 - 8 to 9:30 a.m. Red-Tail Park  
\$6 (group of 3 or more)  
Activity #305108-**B** (for group rate)

**February 21**

**Dinner Out**

Mama Roma, Centennial  
5:30 to 7:30 p.m.

March 21

***Transforming Social Security Into a Winning Retirement Strategy***

No fee.

Metro District Service Center  
3280 Redstone Park Circle, HR  
6 to 7:30 p.m.

March 28

**Lunch Bunch**

The View House, Mainstreet-Littleton  
11:30 to 1:00 p.m.

Coming up:

- Full Moon Hike
- Snowshoe Hike
- **Longevity Bonus Alert! Are You Ready?**  
(*Strategies for Meeting Long Term Care Needs - April*)
  - 4-hour workshop with box lunch
- Brewery Tour/Dinner
- Game Nights
- Active Lifestyle Month (May)
- Bocce Ball/Social Hour at Brother's Bar & Grill
- Backcountry Hayride or Hike (HRCA activities to be confirmed for May)
- Picnic Fun & Games in the Park
- Winery Tour/Tasting (June)

For more information contact APPS Coordinator Jodie McCann at [jmccann@highlandsranch.org](mailto:jmccann@highlandsranch.org) or 720-240-4922. Visit [www.highlandranch.org/activeadult](http://www.highlandranch.org/activeadult) for all programming information.