



The Highlands Ranch Metro District **Active Adult Programs & Services (AAPS)** provides information and referrals to services for individuals 50+ and or family members caring for an older adult. It also offers 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, game night, local trail walks, easy hiking, workshops/classes, picnics and games in the park and more. Scheduled activities will be posted at www.highlandsranch.org/activeadult.

- **Registration is required for all programs.** Sign up at 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 March through June 2018

March 21

Transforming Social Security Into a Winning Retirement Strategy

No fee.

Metro District Park & Open Space 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.

April 10

Game Night

No fee.
James H. LaRue Library – Shea Room B
6 to 8:30 p.m.

April 18

Social Hour/Dinner

Sierra Restaurant, Lone Tree
5:30 to 7:30 p.m.

April 21

Growing Older & Bolder: A Workshop

- Strategies for Meeting Long Term Care Needs
- Care & Housing Options: You Have Choices
- Why Legal Paperwork? Getting All Your Ducks in a Row

Saturday – 9 a.m. to 1 p.m.

Hendrick Office Building
62 Plaza Drive, Highlands Ranch

Cost: \$15

(includes a box lunch from Corner Bakery Café)

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**. The Metro District and Highlands Ranch Community Association have once again partnered to offer complimentary introductions to a variety of activities. We hope you will join us for some or all of the activities listed below. Registration is required at www.highlandsranch.org/signmeup

May 4

Morning Walk at Redstone Park

Meet by Redstone Pond 8:30 a.m.

Nia (low impact dance fitness)

Recreation Center at Southridge 11:30 a.m.

May 8	Pickleball Tanks Park	6 p.m.
May 11	Morning Walk at Redstone Park Meet by Redstone Pond	8:30 a.m.
May 14	Aqua Fitness Recreation Center at Westridge	9 a.m.
May 16	Bocce Ball & Dinner Brother's Bar & Grill	5:30
May 18	Morning Walk at Redstone Park Meet by Redstone Pond	8:30 a.m.
	POP Tennis Lebsack Tennis Center	6 p.m.
May 24	Trail Walk, Fishing & BBQ Fly'n B Park Shelter/Pond The Douglas County Sheriff's Office will be serving up hamburgers and hot dogs off the grill. This is a fun evening in the park & under shelter – rain or shine.	5:30 to 7:30 p.m.
May 25	Morning Walk at Redstone Park Meet by Redstone Pond	8:30 a.m.
May 30	Lunch Bunch Newk's Eatery, Lone Tree	11:30 a.m. to 1 p.m.
June 8	Trail Walk/Hike (easy) 10 a.m. to 1 p.m. No fee. Lair o' the Bear, Morrison (carpool) Bring water bottle and a sack lunch	

June 20 **Winery Tour/Tasting**
6 to 8 p.m.
Allis Ranch Winery, Sedalia (carpool)
\$10 per person (applied to any purchase).

June 22 **Morning Trail Walk**
8:30 a.m.
Meet in Mansion parking lot

June 26 **NEW!**
Camp Fun in the Park
9 a.m. to 1 p.m.
Northridge Park Shelter

- Short morning trail walk at the park
- Recreation & Park Ranger Greeting
- Free Time
 - Outdoor Table Tennis
 - Corn Hole
 - Bocce Ball
- Camp Crafts and/or Scavenger Hunt
- Lunch
- S'mores 😊

For more information contact APPS Coordinator Jodie McCann at jmccann@highlandsranch.org or 720-240-4922.

Visit www.highlandranch.org/activeadult for resources, activities and articles of interest.