



FOR IMMEDIATE RELEASE

April 19, 2017

FOR MORE INFORMATION:

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Adults are invited to get active this May

The Highlands Ranch Metro District's 50 & Better Together program is taking a new spin on Older Americans Month. Celebrated annually each May, the Metro District is renaming it Active Lifestyle Month and invites adults of all ages to participate in free activities all month long.

Americans are living and working longer, and are seeking ways to remain healthy, active, independent and involved in their communities. The Metro District in partnership with the Highlands Ranch Community Association recognize the shift to living healthier, active lifestyles. Active Lifestyle Month celebrates this change. As a result, they are offering a different, free activity each week culminating with a BBQ May 25 hosted by the Douglas County Sheriff's Office and sponsored by the Highlands Ranch Park & Recreation Foundation.

May 2 – Pickleball at Tanks Park, 6 - 7 p.m.

May 8 - Aqua Fit at the Recreation Center at Westridge, 9 - 10 a.m.

May 12 - Gentle Yoga at the Recreation Center at Southridge, 10:15 - 11:15 a.m.

May 17 - Bocce Ball at Brother's Bar & Grill, 5:30 - 8 p.m.

May 25 - BBQ and trail walk or fishing at Fly'n B Park, 6 - 8 p.m.

No experience is needed for any of the activities. Adults are encouraged to come, try out a new activity and have some fun. Registration is required 48 hours prior to each event. Register online at highlandsranch.org/signmeup. For more information, contact Jodie McCann at 720-240-4922 or jmccann@highlandsranch.org.

Founded in 1981 as the local government in Highlands Ranch, Colorado, the Metro District provides a variety of municipal services to this planned community of 96,000 people. Learn more about the Metro District at www.highlandsranch.org.

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