



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 are posted at www.highlandsranch.org/activeadult.

- **Registration is required for all programs.** Sign up at www.highlandsranch.org/signmeup. Click on AAPS (Seniors) in the left column.
- **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.

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**. This annual event is once again being sponsored by the Highlands Ranch Park & Recreation Foundation. 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 Activity #801002-A Meet by Redstone Pond	8:30 a.m.
May 4	Nia (low impact dance fitness) Activity # 801002-B Recreation Center at Southridge	11:30 a.m.
May 8	Pickleball Activity # 801002-C Tanks Park	6 p.m.
May 11	Morning Walk at Redstone Park Activity # 801002-D 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
May 18	Morning Walk at Redstone Park Activity # 801002-G Meet by Redstone Pond	8:30 a.m.
	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 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.

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| May 25 | Morning Walk at Redstone Park
Activity # 801002 – J
Meet by Redstone Pond | 8:30 a.m. |
| 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
No fee. Lair o' the Bear, Morrison (carpool)
Bring water bottle, sunscreen and a sack lunch. | 10 a.m. to 1 p.m. |
| June 20 | Winery Tour/Tasting
Activity #802000-I
Allis Ranch Winery, Sedalia (carpool)
\$10 per person-pay at the event (applied to any purchase) | 6 to 8 p.m. |
| June 22 | Morning Trail Walk
Activity # 802000-J
Meet in Mansion parking lot. | 8:30 a.m. |
| June 26 | NEW! Camp Fun at the Park
Activity #802000-K
Northridge Park Shelter | 9 a.m. to 1 p.m. |
- Short morning trail walk
 - Recreation & Park Ranger Greeting
 - Free Time
 - Outdoor Table Tennis
 - Corn Hole
 - Bocce Ball
 - Softball Game?
 - Camp Crafts and/or Scavenger Hunt
 - Lunch
 - S'mores and camp songs ☺

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

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