



# Active Adult Programs & Services

LIVING WELL AND AGING WELL IN HIGHLANDS RANCH

## Active Aging Adult Work Group

The Metro District Board of Directors began the year making a long-term commitment to lead and coordinate aging adult programs and services in Highlands Ranch. From this commitment came the Active Aging Adult Work Group. This group is comprised of members from the Douglas County Sheriff's Office, Douglas County Libraries, Douglas County, Highlands Ranch Senior Club, Highlands Ranch Community Association, the Metro District and community members. The work group has been meeting regularly to address the action plan approved by the board of directors. The action plan includes developing the following:

- **Marketing plans** to coordinate sources of information and outreach to target audiences
- **Facility planning and program content** to be included in the development of an adult activity center to serve a wide variety of interests
- **A 10-year plan** to systematically increase programs and services with an emphasis on socialization, fitness and wellness, general recreation and networking resources

For more information regarding the work group, please contact Carolyn Peters, recreation and park services manager, at [cpeters@highlandsranch.org](mailto:cpeters@highlandsranch.org).



## 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.
- The AAPS office is located in the Metro District Office Building at 62 Plaza Drive, Highlands Ranch.
- Sign up for the Active Adult monthly e-newsletter at [highlandsranch.org](http://highlandsranch.org).
- Check out all scheduled programs at [highlandsranch.org/signmeup](http://highlandsranch.org/signmeup) and click on **Active Adults** in the left hand column.
- **Registration is required for all programs in an effort to better serve you. Space is limited for many programs, so be sure to register early.**



## MARK YOUR CALENDAR

July 18	After Hours Dinner	Activity #802000-L	Perfect Landing Restaurant Centennial Airport	4:30 - 7:30 p.m.
July 25	Lunch Bunch	Activity #802001-D	The Ranch Smokehouse & Grille	11:30 a.m. - 1 p.m.
Aug. 15	After Hours Dinner	Activity #802000-M	Clock Tower Grill, Lone Tree	5:30 - 7:30 p.m.

Sign up for all AAPS programs at [highlandsranch.org/signmeup](http://highlandsranch.org/signmeup). Look for **Active Adults** in the left column.

## MARK YOUR CALENDAR – *Continued*

Sept. 19	After Hours Picnic <i>BYO picnic dinner and we'll play games in the park. Dessert and beverages provided.</i>	Activity #802000-N	Northridge Park	5:30 – 7:30 p.m.
Sept. 20	Medicare 101	Activity #801000-A	James H. LaRue Library	1:30 – 3 p.m.
Sept. 26	Lunch Bunch	Activity #802001-E	Parry's Pizza, Highlands Ranch	11:30 a.m. – 1 p.m.
Oct. 5	Easy Trail Walk/Hike <i>(carpools) BYO water and bag lunch</i>	Activity #802000-O	Lair o' the Bear, Idledale	9 a.m. – 1 p.m.
Oct. 9	Why Legal Paperwork? Getting All Your Ducks in a Row	Activity #801000-B	James H. LaRue Library	10 – 11:30 a.m.
Oct. 17	Game Night	Activity #802000-P	James H. LaRue Library	6:30 – 8:30 p.m.
Nov. 10	Adult Health & Information Fair	No cost. No RSVP.	Recreation Center at Eastridge	9 a.m. – noon
Nov. 14	After Hours Dinner	Activity #802000-Q	Sierra Restaurant, Lone Tree	5:30 – 7:30 p.m.
Nov. 28	Lunch Bunch	Activity #802001-F	Las Delicias, Littleton	11:30 a.m. – 1 p.m.
Dec. 6	Maintaining Your Brain	Activity #801000-C	Location TBD	1:30 – 3 p.m.
Dec. 19	Holiday Dinner	Activity #802000-R	Old Blinking Light, Highlands Ranch	5:30 – 7:30 p.m.

Visit the AAPS webpage at [highlandsranch.org/aaps](https://highlandsranch.org/aaps) to discover resources, articles of interest, activities and much more.

## ACTIVE ADULT PROGRAMS & SERVICES

### HOW WE CAN HELP YOU FAQ

**Q:** *I recently completed some physical therapy after surgery and am looking for ways to continue maintaining my activities. What are some options for me?*

**A:** There are many ways to maintain your fitness activities whether you are looking for group or individual fitness programs. If you enjoy walking, there are walking groups that provide easy to intermediate trail walks or programs designed to increase fitness levels at many facilities in the community. We can provide you with the right contact information based on your interests.

**Q:** *I need a ride to the doctor and grocery store. Is there a service to help me?*

**A:** Yes. There are several private and county-directed services that can help you with transportation needs.

**Q:** *What help is available for my parent who needs assistance at home?*

**A:** A licensed non-medical in-home care agency can provide care, light housekeeping, meal prep, companionship, transportation and more. Agencies are bonded and insured. There are also county directed services and benefits that provide these services.

**Q:** *It is getting more difficult to stay in our home. Should we move? How do we know where to begin looking for independent or assisted living communities?*

**A:** There are many options available to you, including bringing services into your home, making home modifications for safety and greater independence, or identifying a new type of home or senior living community. We can help you find contacts for these services and much more.



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.