

Highlands Ranch Senior Center

Proposed Programming – Updated May 13, 2019

An inclusive, vibrant, and active and community-gathering place for programs and resources for living well and aging well in Highlands Ranch.

1. Socialization Opportunities and Programs	Daily	Weekly	Monthly	Quarterly	Annually	Provider
• Café/Lounge/Drop in coffee & chat	8 – 5					Metro-Center staff & volunteers
• Social hours: afternoons and evenings			1-4 x			Metro-Center staff & volunteers
• Card groups/games/Bingo	8 – 5					HR Senior Club
• Cooking classes/Demonstrations/Tastings		1-2 x				Businesses/other organizations
• Movies/ Dinner & Movies			1-2 x			Metro-Center staff & volunteers
• Book clubs/Author events			1-2 x			DC Libraries
• Travelogues			1-4 x			Travel agencies, group travel companies
• Craft classes and groups: crochet, knitting, painting etc.		2-4 x				Volunteers, Contract instructors
• Wii Games			1-4 x			Metro-Center staff & volunteers
• Clubs: cooking, genealogy, widows support, veteran support, history, garden etc.			1-4 x			Volunteers
• Volunteer Opportunities & Training			1-2 x			Metro-Center staff, DC Volunteer Connect, SCORE, RSVP
• Trips, outings & events			1-4 x			Contract instructors, HRCA staff
• Meals/Luncheons; with educational speakers, entertainment, etc.		1-2 x				Metro-Center staff & HR Senior Club
• Open Houses/Introduction and Welcome to Center Events			1 x			Metro-Center staff
• Fundraising Events: Brunch/Luncheons/Social Hours/Dinners/Guest Speakers					2 x	Metro-Center staff & volunteers
• Signature Fundraising Event					1 x	Metro staff & volunteers
• Community Events: Valentines at the Mansion/Active Lifestyle Month/Health & Information Fair					1 x	Metro staff/HRCA/volunteers
• Music and Dance events & programs						Metro-Center staff, volunteers, instructors
• Virtual Connectivity for homebound						Future
2. Health, Wellness, Fitness and Recreation Programs	Daily	Weekly	Monthly	Quarterly	Annually	Provider
• Walking & Hiking Groups		2 x				Metro-Center & PROS staff & volunteers
• Silver Sneakers Fitness Classes		3-5 x				Contract instructors/HRCA instructors
• Fitness Classes: Tia Chi, Gentle Yoga, Flex & Stretch, Sit & Fit, Ageless Grace etc.		5 x				Contract instructors/HRCA instructors
• Balance & Fall Protection & Strengthening		2 x				Tri County Health/ 8 week course
• Dance Lessons & Groups		2 x				Contract instructors & volunteers
• Massage			2-4 x			Contractor
• Wellness Checks: BP/Foot care/Vision & Hearing/Medication Review etc.		2 x				Outside health care providers
• Vaccinations: flu, shingles, pneumonia, etc.					1-4 x	Outside health care providers
• Gardening & community garden						Metro-PROS staff
• Bocce Ball						Metro-PROS staff
• Pickle Ball lessons & leagues						Metro-PROS staff
• Golf Lessons lessons & leagues						Golf Course
• Tennis lessons & leagues						Lebsack Tennis Center program
• Coed Kickball						Metro -PROS staff
• Softball leagues						Metro-PROS staff
• Outdoor Education & Recreation Programs			2x			Metro-PROS staff, contract instructors

3. Lifelong Learning and Enrichment Opportunities	Daily	Weekly	Monthly	Quarterly	Annually	Provider
• Nutrition and Fitness After 50				1 – 2 x		Outside Health Care Providers
• Medication Education			2 x			Outside Health Care Providers
• Technology			1-4 x			Library, Outside Resource Specialists
• Social Security and Retirement Planning				1 x		Outside Resource Specialists
• Medicare 101					2 x	Outside Resource Specialists
• Uber, Lyft, Transportation Resources			1 x			Outside Resource Specialists
• Strategies for Meeting Long Term Health Needs			1 x			Outside Resource Specialists
• Legal Paperwork				1-2 x		Outside Resource Specialists
• ID Theft, Fraud & Scam Protection				1 x		DCSO
• Osher (OLLI) Lifelong Learning Institute Classes			1-2 x			OLLI Facilitators
• Mental Health Education			1-2 x			Outside Resource Specialists
• AARP Speakers Bureau			1-2 x			AARP
4. Social Services: Information, Resources & Referrals to Services	Daily	Weekly	Monthly	Quarterly	Annually	Provider
• Information and resources for families and caregivers	x					Metro-Center Staff, DC Staff & Volunteers
• Information and resources for housing options	x					DC Staff
• Information and resources for transportation options	x					DC Staff
• Information and resources for legal and financial needs	x					DC Staff
• Information and resources for veterans services	x					DC Staff
• Information and resources for in-home care, adult day care programs etc.	x					Metro-Center Staff, DC Staff & Volunteers
• Information and resources for healthcare programs and services	x					Metro-Center Staff, DC Staff & Volunteers