

FITNESS CLASSES

All fitness classes are located at Mountainview Christian Church until the senior center opens. Visit highlandsranch.org/myactivecenter for fee information.

Classes run as a monthly session, but drop-ins are available. Contact kireland@highlandsranch.org to register as a drop-in. Registration for classes is available two months prior on the first of the month at 8:30 a.m.

Medicare Discounts: Members who have Renew Active, SilverSneakers, Silver & Fit, and Active & Fit are eligible for a discount on fitness classes up to the maximum monthly amount set by the insurance plan. Contact staff for details. Please remember – you must show up to class for the senior center to be reimbursed.

Chair Yoga

This chair-based yoga class is a mix of seated and standing stretches for relaxation, flexibility and mindfulness. Suitable for all levels, including those with limited mobility, this class promotes overall well-being and health.

Days & time: Mondays and Wednesdays, 8:45 – 9:45 a.m.
November session – Nov. 4 - 20
December session – Dec. 2 - 18
January session – Jan. 6 - 29

Gentle Yoga

This is a slower-paced class with a focus on longer holds in the asanas to cultivate mindfulness, increased flexibility and balance. The class requires the ability to transition comfortably from the floor to standing. Please bring your own mat.

Day & time: Mondays, 10 – 11 a.m. or Tuesdays, 8:45 – 9:45 a.m. (January only)
November session – Nov. 4 - 18
December session – Dec. 2 - 16
January session – Jan. 6 - 27 (Mondays), Jan. 7 - 28 (Tuesdays)



Tai Chi - New

This class offers a gentle and accessible introduction to Yang-style Tai Chi. Whether you're new to Tai Chi or looking to refresh your practice, this class provides a supportive environment to learn basic principles and movements. The focus will be improving your balance, vitality and core strength,

while incorporating mindfulness practices for a greater well-being.

Day & time: Mondays, 11:15 a.m. – 12:15 p.m.
January session – Jan. 6 - 27

Ageless Grace®

This brain health fitness program targets memory, creativity and physical fitness. This class incorporates seated exercises to improve joint mobility and strength.

Day & time: Tuesdays, 11:15 a.m. – noon
November session – Nov. 5 - 19
December session – Dec. 3 - 17
January session – Jan. 7 - 28



Strength & Balance - Beginner

This class, tailored for newcomers to fitness, improves heart health, muscle strength, endurance, balance and flexibility. Chairs are used for seated exercises and standing support. Equipment is provided, but please bring one-to five-pound weights.

Days & time: Wednesdays and Fridays, 11: 15 a.m. – noon
November session – Nov. 1 - 22
December session – Dec. 4 - 20
January session – Jan. 3 - 31

Strength & Balance - Advanced

This class is for exercisers seeking a faster pace. It boosts heart health, muscle strength, endurance, balance and flexibility. Equipment is provided, but please bring one-to eight-pound weights.

Days & times: Wednesdays and Fridays, 10 – 11 a.m. or 12:15 – 1:15 p.m.
November session – Nov. 1 - 22
December session – Dec. 4 - 20
January session – Jan. 3 - 31

Tai Chi for Limited Mobility & Arthritis - New

This gentle Tai Chi class is suitable for individuals with limited mobility. Participants can choose to practice standing or sitting. You will focus on relaxation, stretching, balance, inner power, mindfulness and Qigong exercises while improving joint mobility.

Day & time: Thursdays, 10 - 11 a.m.
January Session – Jan. 2 - 30

SilverSneakers Cardio Circuit - New

This standing class alternates upper body strength work with low-impact cardio to maximize fitness benefits.

Days & time: Thursdays, 11:15 a.m. – 12:15 p.m.
January Session – Jan. 2 - 30

Core Conditioning

This workout is designed to enhance your strength and stability. This class emphasizes core engagement and requires you to transition smoothly between floor and standing positions. Please bring your own mat.

Days & time: Fridays, 9 - 9:45 a.m. or Tuesdays, 10-10:45 a.m. (January only)
November session – Nov. 1 - 22
December session – Dec. 6 - 20
January session – Jan. 7 - 28 (Tuesdays), Jan. 3 - 31 (Fridays)

ENRICHMENT PROGRAMS



Card Making

We'll guide you through the basic card making process, after which you'll have time to craft your own personalized cards.

Fee: Member: \$2, Nonmember: \$3
Day & time: Tuesdays, Nov. 12, Dec. 10 & Jan. 14, 1 - 3 p.m.
Location: Metro District Service Center

Bingo

Bingo is a great activity to stimulate your brain. Meet new friends as you play this fun game. Please bring your own dauber. If you don't have one, you may purchase one for \$1.50 at the event.

Fee: No fee
Days & times: Wednesday, Oct. 16, 12:45 - 4 p.m., and Tuesday, Nov. 19, 9:30 a.m - noon
Location: Recreation Center at Southridge



Holiday Wreath Making

Learn the basics of making an evergreen wreath for your winter décor from CSU Extension master gardeners. Discover which plants work best and how to get the most out of your yard trimmings. Materials provided.

Fee: Member: \$16, Nonmember: \$18
Day & time: Friday, Nov. 22, 1:30 - 3 p.m.
Location: Metro District Service Center



Drawing Studio

Learn the core fundamentals of drawing and how to use lines to add depth and form and develop shading and value. Discover how to use varieties of pencils to create different patterns, techniques and textures in your drawings. All levels of experience are welcome.

Fee: Varies by session
Days & time: Mondays & Wednesdays, 10 a.m. – noon.

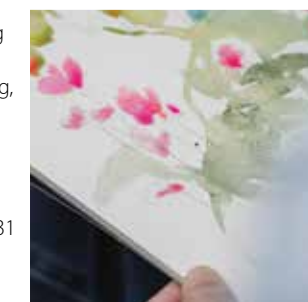
Location: Metro District Service Center

November session – Nov. 4 - 20
December session – Dec. 2 - 18
January session – Jan. 6 - 29

Watercolor Painting

Discover the joy of watercolor painting with this beginner class. Learn the basics and create designs for journaling, card making and more. Dive into fun designs and projects, culminating in a beautiful, frameable masterpiece. All levels of experience welcome.

Fee: Member: \$27, Nonmember: \$31
Day & time: Fridays, 10 a.m. - noon.
Location: Highlands Ranch Senior Center
January session – Jan. 3 - 31



Beginner Bridge

Learn the basics of bidding, game play and strategy in a fun, interactive setting.

Fee: Member: \$16, Nonmember: \$18
Day & time: Fridays, 10 a.m. - noon.
Location: Highlands Ranch Senior Center
January-February session – Jan. 10 - Feb. 28

Senior Center Memberships

Inaugural memberships are available for purchase at the Highlands Ranch Metro District Service Center, 3280 Redstone Park Circle, until the senior center opens. After opening, annual memberships and day passes will be available for purchase at the senior center. Annual memberships will cost \$60 per year for Highlands Ranch residents aged 55 and older, and \$72 per year for nonresidents. Day passes for nonmembers will cost \$2.50 for Highlands Ranch residents and \$3 for nonresidents.



Meet Lyndsey George, guest services and volunteer coordinator

The senior services team is pleased to welcome Lyndsey George. Lyndsey is an experienced guest services and volunteer coordinator with more than seven years of experience building engaging volunteer programs and opportunities at the Denver Museum of Nature and Science. Lyndsey excels in creating intriguing opportunities and developing a community feeling for volunteers.



He looks forward to building a comprehensive volunteer program at the Highlands Ranch Senior Center. In his free time, Lyndsey spends his time with his wife and two young boys hiking and exploring. Lyndsey can be reached at lgeorge@highlandsranch.org.



EDUCATION & COMMUNITY RESOURCES

Reverse Mortgage: What It Is and Is Not

Fee: Member: \$2, Nonmember: \$3
Day & time: Monday, Oct. 28, 1:30 - 3 p.m.
Location: Metro District Service Center

Nourish Meals on Wheels Program

Fee: No fee
Day & time: Tuesday, Oct. 29, 1 - 2 p.m.
Location: Metro District Service Center

Medicare 101

Fee: No fee
Day & times: Monday, Nov. 4, 1:30 - 3 p.m.
Location: Douglas County Libraries at Highlands Ranch

Charitable Gifting Strategies

Fee: Member: \$2, Nonmember: \$3
Day & time: Thursday, Nov. 7, 1:30 - 3 p.m.
Location: Metro District Service Center

Estate Planning 101

Fee: Member: \$2, Nonmember: \$3
Day & time: Thursday, Dec. 5, 1:30 - 3 p.m.
Location: Metro District Service Center

Generational Issues Around Finances

Fee: Member: \$2, Nonmember: \$3
Day & time: Wednesday, Dec. 11, 1:30 - 3 p.m.
Location: Metro District Service Center

Senior Center Rentals

Looking for an attractive and affordable venue for a social event or meeting? The Highlands Ranch Senior Center has a large multipurpose room with a maximum capacity of 240. Meeting rooms with capacities ranging from 25 to 95, are available for community use on weekday evenings and Saturdays. For an application and guidelines, please contact Jill Hall, senior services manager, at jhall@highlandsranch.org or 720-468-4820.



HEALTH & WELLNESS TALKS

Alzheimer's & Other Dementias: 10 Signs

Fee: Member: \$2, Nonmember: \$3
Day & time: Wednesday, Oct. 16, 1:30 - 3 p.m.
Location: Metro District Service Center

Brain & Body Health

Fee: Member: \$2, Nonmember: \$3
Day & time: Wednesday, Nov. 13, 1:30 - 3 p.m.
Location: Metro District Service Center

Health of the Aging Eye Talk and Consult

Fee: Member: \$2, Nonmember: \$3
Day & time: Monday, Nov. 18, 10 a.m. - 12:30 p.m.
Location: Metro District Service Center

Effective Communication with Loved Ones Living with Dementia

Fee: Member: \$2, Nonmember: \$3
Day & time: Wednesday, Dec. 18, 1:30 - 3 p.m.
Location: Metro District Service Center

CLINICS & WELLNESS CHECKS

Vaccine Clinics: Flu and COVID

Fee: No fee
Day & time: Monday, Oct. 21, 10 a.m. - 1 p.m.
Location: Douglas County Libraries at Highlands Ranch

Blood Pressure Checks

Fee: No fee
Day & time: Wednesday, Dec. 11, 10 a.m. - noon
Location: Metro District Service Center

Hearing Clinic

Fee: No fee
Day & time: Monday, Dec. 16, 1 - 4 p.m.
Location: Metro District Service Center



SOCIAL ACTIVITIES

Morning Coffee Chat

Fee: No fee. You pay for your food and/or beverage.
Day & time: Tuesdays, 9 - 10:30 a.m.
Location: Corner Bakery Café, Highlands Ranch

Lunch Bunch

Fee: No fee. You pay for your food and beverage.
Day & time: Wednesday, Oct. 30, 11:30 a.m. - 1 p.m.
Location: Olive Garden, Highlands Ranch

Day & time: Wednesday, Nov. 20, 11:30 a.m. - 1 p.m.
Location: Parry's Pizza, Highlands Ranch

Day & time: Wednesday, Dec. 18, 11:30 a.m. - 1 p.m.
Location: Lazy Dog, Highlands Ranch

Social Hour/Dinner

Fee: No fee. You pay for your food and beverage.
Day & time: Thursday, Nov. 7, 4 - 6 p.m.
Location: Postino at Central Park, Highlands Ranch
Day & time: Thursday, Dec. 12, 4:30 - 6 p.m.
Location: Old Blinking Light

Friendsgiving Monthly Luncheon

Entertainment by The Legendary Ladies
Fee: \$18
Day & time: Wednesday, Nov. 13, 11:30 a.m. - 2 p.m.
Location: Recreation Center at Southridge



Friends of the Highlands Ranch Senior Center

The purpose of the Friends of the Highlands Ranch Senior Center (Friends), a 501(c)3 nonprofit organization comprised of all senior center members, is to support the Highlands Ranch Metro District programs that help older adults pursue meaningful educational, social, health, recreational, volunteer and leadership activities. This allows them to age independently in Highlands Ranch. Through its many fundraising efforts, the Friends supports senior center scholarships and programs.

Visit the Friends' website at friendsofhrsc.org for more information.

TRIPS

Learn About Travel to Beautiful Eastern Canada

Have you ever wanted to see historic Quebec City and Montreal, the amazing Niagara Falls and Thousand Islands and the metropolitan cities of Toronto and Ottawa? We will be travelling to these lovely areas of Canada during the peak season for fall colors. Learn more about this nine-day motorcoach trip and how you can be part of the senior center's first extended travel adventure. This trip includes first class and deluxe hotel accommodations, 12 meals, roundtrip airfare from Denver International Airport, all baggage handling (one bag per person), transportation via deluxe air conditioned motorcoach from the Highlands Ranch Senior Center to the airport, all taxes and service charges and trip leader. A representative from Collette will be in attendance to provide the details for this magnificent trip, scheduled for Sept. 26-Oct. 4, 2025.

Fee: No fee for this informational session
Day & time: Tuesday, Oct. 22, 1 - 3 p.m.
Location: Metro District Service Center



Registration

Registration is required for all senior center programs and activities. Must be at least 55 years of age or a senior center member to participate. For more information and to register, visit highlandsranch.org/myactivecenter.



Plans changed and you can't attend a program?

If you are unable to attend a free program, please go to highlandsranch.org/myactivecenter and select My Activities from the dropdown list below your name in the top right-hand side of the screen. There you can select remove, which will remove you from the program and allow others to participate. For paid classes, contact staff.



Class full? Put your name on the waitlist.

If a class is full on MyActiveCenter, contact staff to put your name on the waitlist. A space will often become available before the start of the program.

For information about program details, visit highlandsranch.org/myactivecenter, call 303-785-0320, or send an email to seniorcenterinfo@highlandsranch.org.

