

GET *More* OUTTA LIFE



Senior Advisory Committee Updates November 4th, 2013



Older Adult/Senior Advisory Committees

The Senior Advisory Committee's purpose:

- Advise and serve as an information source to senior participants
- Communicate requests to the Parks and Recreation Department
- Assist with fundraising
- Provide outreach services

Committee members are extremely valuable to staff by representing a range of interests and activities and serving in a variety of roles. They represent active members who are interested in working with City staff to help make this a *Quality Community for a Lifetime!*



Older Adult/Senior Advisory Committees

Four Senior Advisory Committees:

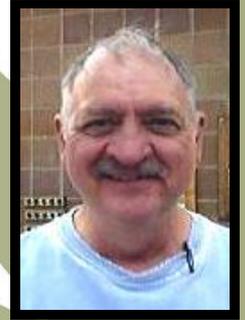
- Outreach
- Program
- Health and Wellness
- Umbrella

21 of the 27 seats filled for 2013



2013 Accomplished Goals

- Completed a total of **18** action items in 2013
- Ideas were generated by older adults and seniors at the annual February focus group meeting
- Advisory committee members organized and prioritized ideas
- Each advisory group then selected a few ideas from the list as 2013 committee action items



Outreach Committee:

**Liz Boyd, Sandy Carruthers, Sherri Choromokos,
Maxine Galindo, Al Hardt, Linda Wulf, Frances Zacek**

Purpose: Assists staff with planning, coordinating and leading outreach efforts to target older adults/seniors in the Commerce City area or Adams County at large.

Outreach Committee 2013 Accomplished Goals

Outreach Events

- Marketing table at the following community events:
 - Pancake Breakfast
 - 2 Neighborhood Outreaches
 - July Birthday Lunch





Outreach Committee 2013 Accomplished Goals

- Update the volunteer desk welcome packet
- Outreach committee evaluation form
- New lobby suggestion box

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WELCOME!

Welcome to the Commerce City
Older Adult/Senior Center!

Your Older Adult/Senior Center offers a variety of educational seminars, adventurous day trips, fitness classes and social events that enrich the quality of life for older adults and seniors. The warm, inviting center is a place to explore activities, master new skills and establish lifelong bonds with others.

Your future awaits new friends and exciting times. Welcome again, and we can't wait to build those memories together!

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Program Committee:

**Martha Applegarth, Thelma Cole, Jennie Loveridge,
LeOra Richards, George Maxey, Shirley Valentine,
Tillie Villarreal**

Purpose: Provides feedback, suggestions and program ideas regarding the older adult/senior program especially focused on the upcoming brochure.



Program Committee 2013 Accomplished Goals

- **Summer Brochure**
 - Day trip ideas
 - Denver Tea Room, Loveland Post Office, Foothills Art Center, Cozens Ranch and Museum
 - Dinner out locations
 - Extended travel
 - Steamboat Springs, Fall colors of the New England States
- **Special Events**
 - Technology classes for seniors

Program Committee 2013 Accomplished Goals (Continued)

- **Holiday Dinner Delivery**
 - Financial donations
 - Delivery of meals will take place in December
- **Senior Lobby Improvements**
 - Communication board which is updated daily
 - Information guides



Health/Wellness Committee:

**Leona Heater, Janet Keesey, Dennis La Favre,
Lois Heinrich-La Favre, Ollie Grimard, Linda Rinelli,
Beth Scott, Karen Smith**

Purpose: Provides feedback, suggestions and input regarding the fitness and health program, specifically targeted for older adults/seniors.



Health/Wellness Committee 2013 Accomplished Goals

- **Health & Wellness Seminars**

Implement educational seminars focused on the following topics:

- **Shopping and Cooking for One – September 5th**
 - 2 hour session where two King Soopers registered dietitians covered a detailed presentation along with a store tour.
- **Fall Prevention Seminar – November 14th**
 - Educational seminar to learn how to prevent falls and what to do if a fall occurs.

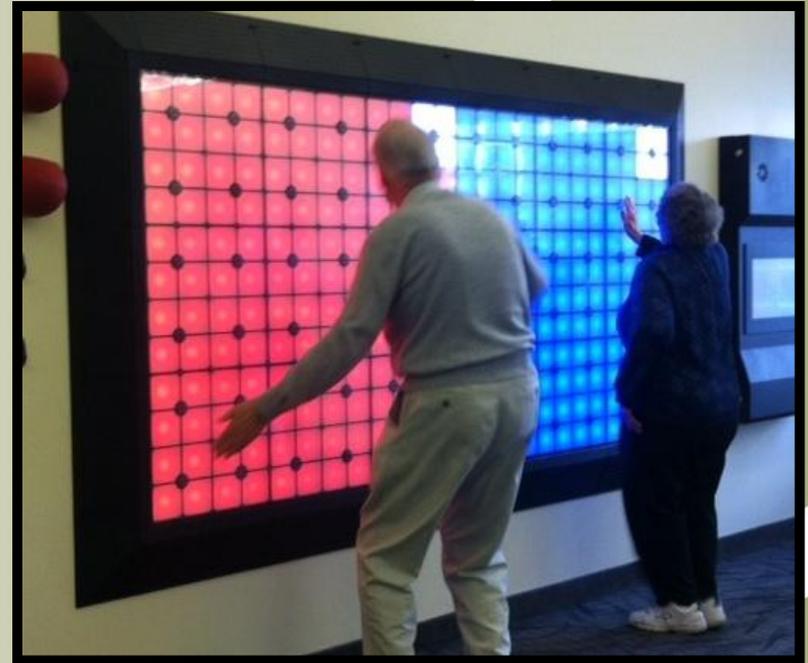
Health/Wellness Committee 2013 Accomplished Goals

- **Forever Young Event**

- **Collaborating With
Community**

Events/Programs

- 9Health Fair transportation available for older adult/seniors from the recreation center



Health/Wellness Committee 2013 Accomplished Goals

- SilverSneakers® Welcome Flyer**



Welcome to Commerce City Recreation



Welcome to Commerce's City SilverSneakers® program. As a SilverSneakers® member you now gain all membership benefits to the Commerce City Recreation Center including:

- Weight room with cardio machines and indoor track
- Active adult senior center
- Coed steam room
- Indoor swimming pool and water aerobics classes
- Variety of group fitness classes
- Discounts toward active adult senior programs

Sign-up for the senior newsletter, "On the Move" to get monthly updates on programs, trips and activities. Enroll at the registration desk.



Now that you are a member of Commerce City's Recreation Center we suggest you take advantage of the following:

- Attend a FREE SilverSneakers® New Member Welcome; which includes an opportunity to meet other members, learn about fitness and wellness services, receive a full tour of the facility and learn how to properly use fitness equipment. Advanced registration required. Upcoming dates are below:

Wed 5/15	10-11:30 a.m.	3711.201
Wed 6/19	10-11:30 a.m.	3712.201
Wed 7/17	10-11:30 a.m.	3713.201

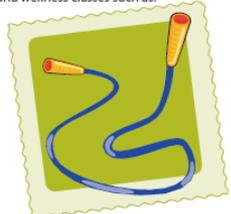
Important Contact Information

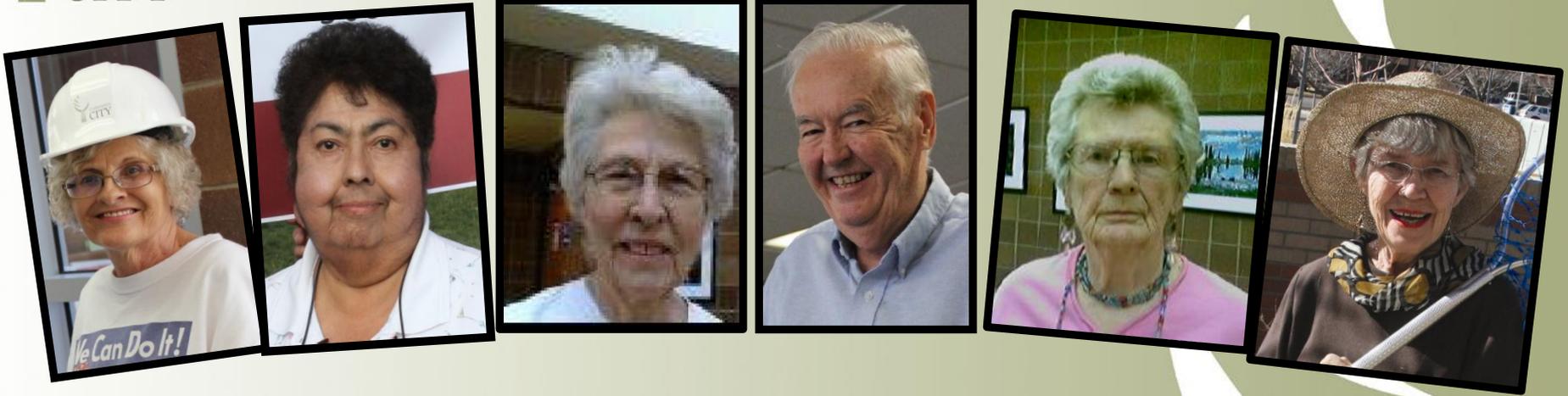
- Recreation Center Front Desk: 303-289-3760
- Program Registration: 303-289-3789
- Senior Health and Fitness: Kelsey Whisler 303-289-3762
- Senior Programs and Activities: Zach Roth 303-289-3720



- Try out one of our SilverSneakers® group fitness classes, which are a great way to make sure you are exercising safely and effectively. Below is the current schedule:
 - Muscular Strength and Range of Movement:** Exercises designed to increase muscular strength, range of movement and to help participants with functional activities. A variety of equipment used; a chair is provided for support.
 - Tuesdays and Thursdays 7-8 a.m.
 - SilverSneakers® Cardio Circuit:** Increase cardiovascular and muscular endurance with an energizing standing circuit workout. A chair is offered for support.
 - Tuesdays and Thursdays 8:30-9:30 a.m.
 - SilverSneakers® Yoga Stretch:** A variety of moves designed to improve posture and increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation promotes stress reduction and mental clarity.
 - Wednesdays 8-9 a.m.
- Check out our FREE drop-in activities:

Activity	Day	Time	Location
Billiards	Mon-Fri	8:30 a.m.-4:30 p.m.	CC Rec. Ctr.
Jigsaw	Mon-Fri	8:30 a.m.-3:30 p.m.	CC Rec. Ctr.
Dominoes	Mon	1 p.m.	CC Rec. Ctr.
Scrapbooking	2nd Tue	9 a.m.	Center Ctr.
Potluck	1st Tue	Noon	Center Ctr.
Bingo	Last Thur	1 p.m.	CC Rec. Ctr.
Quilting	Wed	9 a.m.-Noon	Center Ctr.
Music Makers	Thur	12:15 p.m.	CC Rec. Ctr.
Beading	Fri	10 a.m.-Noon	CC Rec. Ctr.
Bunco	2nd Tue	1 p.m.	CC Rec. Ctr.
Card games	Fri	1 p.m.	CC Rec. Ctr.
- Consider registering for one of our upcoming specialty fitness and wellness classes such as:
 - Beginners Tai Chi
 - Introduction to Older Adult Weight Training
 - N'Balance Fall Prevention
- Make sure you look over the recreation center's activities guide (located at all city facilities) for all of the other available activities. There is always something to keep you active and healthy.





Umbrella Committee:

**Sandy Carruthers, Maxine Galindo, Ollie Grimard,
George Maxey, LeOra Richards, Beth Scott**

Purpose: To enhance communication amongst standing and special project committees, represent their standing committee during quarterly updates, assist staff in the creation of meeting agendas and participate in communication with City Council as well as outside organizations/departments.



Umbrella Committee 2013 Accomplished Goals

- **Review focus group information**
- **Provide updates to City Council**
 - May 20th, 2013
 - November 4th, 2013
- **Enhance communication between all advisory committees**
- **Recycling for the senior lobby**
- **Coffee with Tim event**
- **Community events board policy updates**

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