

COMMERCE CITY

ACTIVE ADULTS

PROGRAMS, SERVICES, AND CENTER

March 20, 2018

AGENDA

- History
- Past Successes
- Current Staff
- Volunteer Program
- Good Friends Scholarship
- New Name: Active Adults
- Programming
- Current & Upcoming Opportunities
- Ways to be Involved
- Questions?

GET *More* OUTTA LIFE

OVER THE YEARS

- **1948** The Derby Plain Jane's
- **1969** Qualified by Long Experience
1969-85 = 16 yrs
- **1975** QLE meets at Derby Elementary/
Lester Arnold School
1975-85 = 10 yrs
- **1987** Eagle Pointe Active Adult Center
1987-2018 = 33 yrs
(remodel in 2012)
- **2018** Bison Ridge Recreation Center
Grand Opening – May 25, 2018



OUR BEGINNING



Denver Post Photo by John Prieto

OLDEST COUPLE INSPECTS HAND-CRAFTED ARTICLES MADE BY GROUP

Charles LaFavre, left, head of the QLE—qualified by Long Experience—Senior Citizens group shows articles made by members to Mr. and Mrs. Grindley, both 89.

Retired Mail Carrier Sparks Area Senior Citizen Group

By SYLVIA BRADY
Denver Post Zone Writer
COMMERCIAL CITY—Last November Charles LaFavre gained the qualified by Long Experience (QLE) senior citizens group in Commerce City under the directorship of Adco Improvement Company Association, the Adams County association in charge of the county's Office of Economic Opportunity (OEO) projects.

LaFavre, an active 71, is a retired postal carrier from Newton, Iowa. He moved to the metropolitan area in 1955 and bought a home in this city in 1963. He, his wife and granddaughter live at 6315 E. 64th place.

The QLE senior citizens meet once a week on Tuesdays at the Lions Club, 6320 E. 71st Ave., to visit, play games and cards and to create crafts.

But this is not their main concern, according to LaFavre,

in addition to visiting, she provides transportation for senior citizens and does all the book work for the local group. Her Hispanic background aids in the insight and understanding necessary to make all people feel at ease, he added.

Mrs. Boyd Johnson, 7181 Newport St., teaches crafts to the senior citizens. Each Tuesday afternoon members can be found busy at a sewing machine, flower arranging or hand sewing under the guidance of this volunteer.

Two craft sales have proved profitable and another is in the planning and creating stage. Proceeds are being saved for the time when QLE becomes self-sufficient.

Minimum age for QLE membership is 55. The oldest local members are Mary and Joseph Grindley, 6350 E. 74th Place. They were born in Illinois in 1881 and have five children, 11

grandchildren and 15 great-grandchildren. They will celebrate their 69th wedding anniversary this September.

Once a month the members celebrate birthdays with the traditional song, cake and cards. They join with Baker and Brighton QLE senior citizens twice a month for special activities. These include picnics, tours, dances and field trips.

LaFavre hopes some day the center will be open 9 a.m. to 5 p.m. each week day instead of Tuesdays only. "In order to do this we need more volunteer senior citizens," he said. "The only time we use 'kids'—kids, he explained, means anyone under 55—is for transportation of members to and from the center."

Interested persons may call the center, 288-6511; LaFavre, 287-0456, or Mrs. Torres, 288-2220.

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hairman. "We are people helping people. Our services include transportation for doctors' visits, grocery shopping and acquiring food stamps. We keep in touch with each other by phone calls, home visits and when need be, hospital visits," he said.

People helping people has been QLE's main function. Its success is evident by its growth. Eight months ago this group had 9 members. Today they number 85.

QLE visitor is Mrs. Francis Torres, 6030 Krameria St. Mrs. Torres is employed by Adco Improvement Company Association for 20 hours and 200 miles a week. Her services extend far beyond this, according to LaFavre.

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Park Hill Enrollment Reported Up to 485

With 485 students, the summer school being conducted at Park Hill Elementary School, 5050 E. 19th Ave., is one of the largest in Denver, according to Mrs. Emma Coprich, principal.

There are 16 reading improvement teachers, four math improvement teachers and one librarian who is in charge of book club. The staff also includes a psychologist, a secretary, a teacher aide and five bus aides.

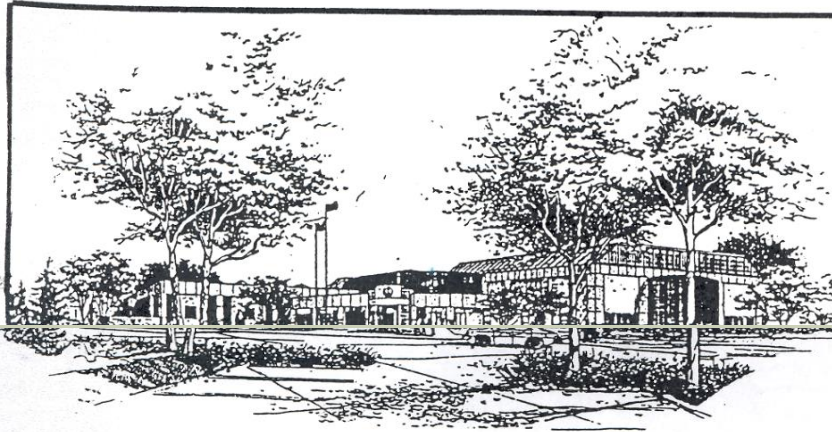
Five buses bring students from Montbello, Smith, Hallett,

Phillips and Ashley Elementary Schools. Students also come from Cure d'Arce, Blessed Sacrament and St. Mary's parochial schools.

Students attend on referral of their teachers. They are students deficient in basic math concepts and students two reading levels or more below their regular grade level, Mrs. Coprich explains.

The school also has a book club, directed toward children who have no reading difficulties and have developed a love of reading.

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COMMERCE CITY MULTI-PURPOSE SENIOR CENTER TO OPEN

The senior citizens of Commerce City will be celebrating the grand opening of the new recreational facility on February 23rd until 6:00 p.m. The event will feature a reception for senior citizens and guests who are interested in the new center for senior citizens.

The new center for seniors will include large areas with a multipurpose craft room with sewing equipment, a kitchen facility, a 25 yard indoor pool with special lanes for general aquatic therapy, and a running track. Features include:

fitness room, concession area, weight room, gymnasium and racquetball courts.

In 1985 City Council approved a 4.7 million dollar budget to build this 40,000 square foot facility on Sand Springs Drive. The center was dedicated in June 1986 by Mayor Rinker and City Council members.

The center provides a broad range of activities for all ages and classifications.

The center is open five days a week from 9 a.m. to 5 p.m., with evening and weekend exceptions.



EAGLE POINTE ACTIVE ADULT CENTER



A *BLAST* FROM THE PAST



A *BLAST* FROM THE PAST

Melodrama debut

The Grande C.C. Players presents "The Old Cookie Shop; or "Nellie Was a Baker Cause She Kneaded the Dough." This melodrama is being performed by Seniors from the Commerce City Senior Center.

The performance will be May 18 at Adams City High School at 6:30 pm. It is the opening act of the High School's "An Evening of One Acts."

Cast members include Joe Peixoto as Whiplash; Virginia Henderson as Nellie; Jackie McGill as Rosie O'Grady; Les Knisley as H. Harry Goodwell; Hazel Armstrong as Mrs. Darby' Arlene Jacobs as Mrs. White; Bob Barrett as Dr. Gilbert; Dean Sallee as the Demon of the Bellows; Ester Tweden as Dumb Dora; Carlene Knisley as Second Hand Rose; Jeane Azeltine and Irene Dreiling as the Dancing Sign Girls and last but never least is Ben Lovato as the Master of Ceremonies.

Mildred Stites has been the prompter, Mary Holley and Jim McNew were prop managers, Bobbie Crall did the video and Barbara Peterson made all the signs.

Tickets are \$3 for adults and \$1.50 for children. They are available from cast members at the Senior Center and at the door.



RECENT ADVENTURES



RECENT ADVENTURES



ACTIVE ADULT STAFF



VOLUNTEERS



GOOD FRIENDS SCHOLARSHIP



NAME CHANGE: ACTIVE ADULTS



PROGRAMMING

- **Information gathering:** focus groups, surveys, evaluations, word of mouth, and local options
- **Viability:** budget, supply/demand, location, date/time
- **Planning:** program sheet (staff, equipment, supplies, space), staff recruitment/hiring, contracts, data entry, room setup
- **Marketing:** city/local publications (brochure, newsletters, etc.), flyers, posters, park banners, website, email, mailings, social media, word of mouth
- **Coordination:** communication with volunteer/staff and participants, purchases, program setup, observation
- **Evaluation:** important to have surveys available following program/event to gather feedback for improvement

2018 FOCUS GROUP EVENT



OPPORTUNITIES TO GROW







COMMERCE CITY REC. CENTER
REMODEL AND ADDITION
6050 PARKWAY DR.,
COMMERCE CITY, CO 80022

PROPOSED NEW
EXISTING CONSTRUCTION

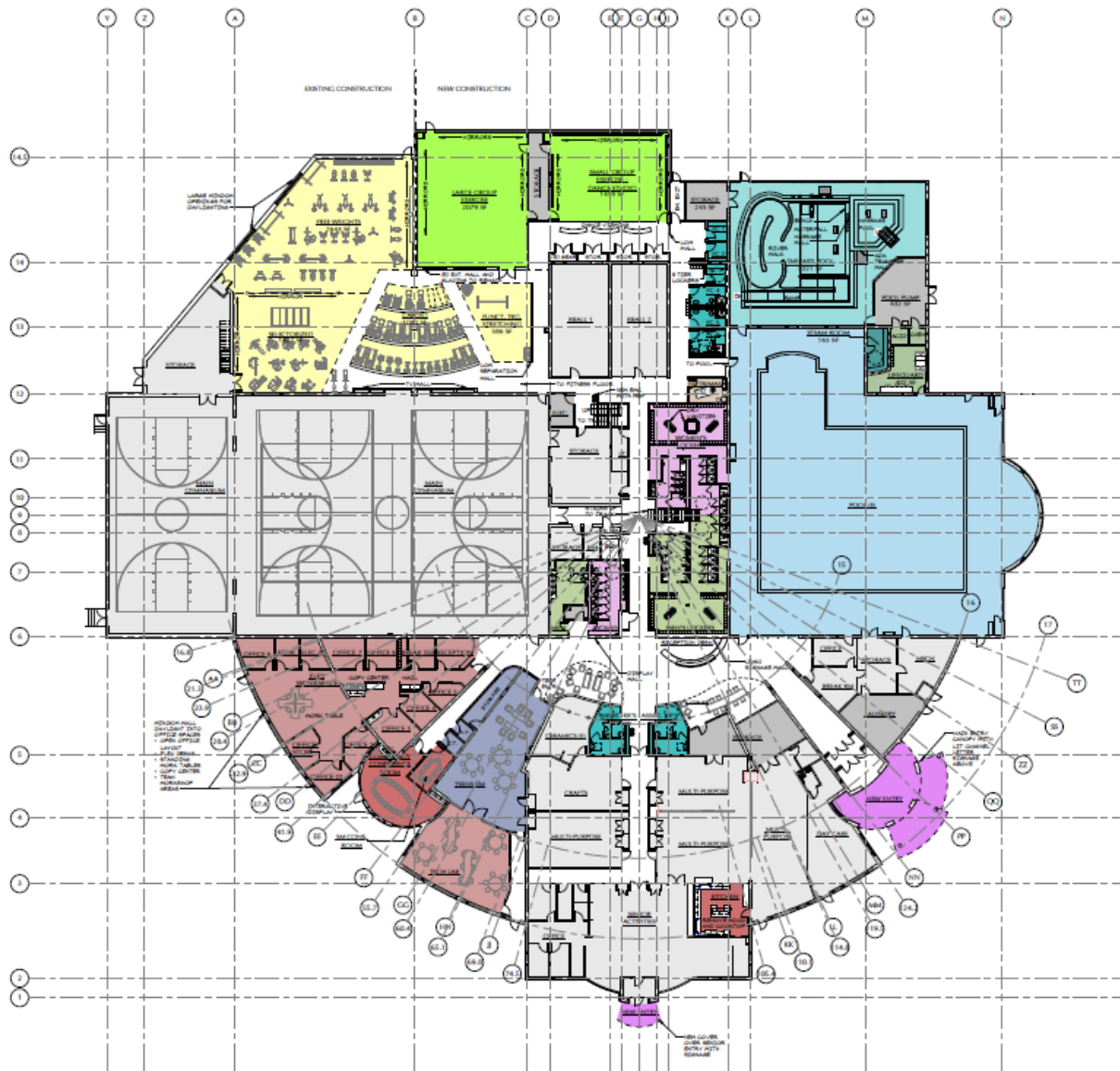
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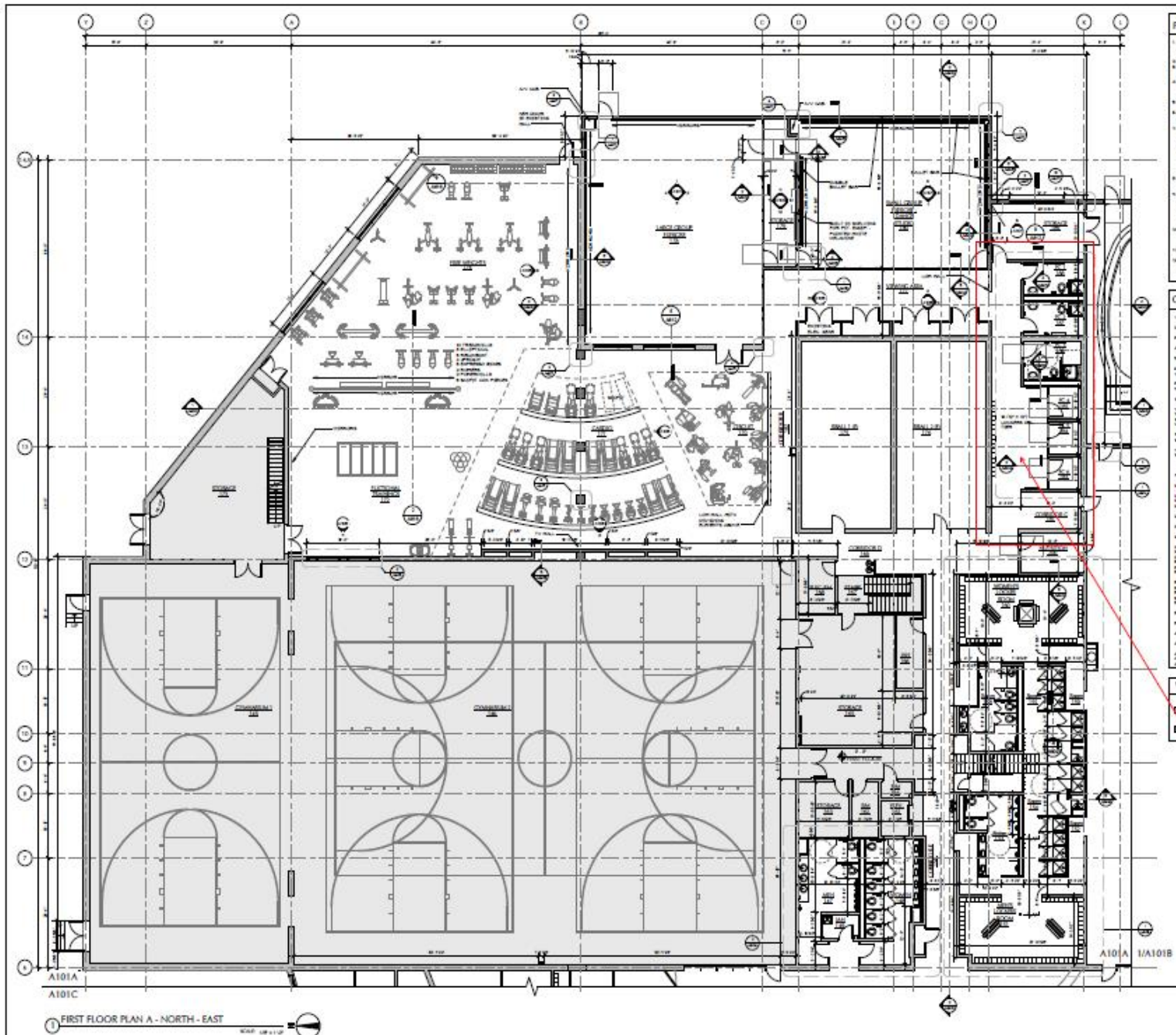
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AREA FIRST FLOOR PLAN

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ROOM COLOR LEGEND

- ADMINISTRATION
- CARDIO/FREE WEIGHTS/FUNCTIONAL TRAINING
- CIRCULATION
- COMMUNITY ROOMS
- DANCE/GROUP EXERCISE
- ENTRY
- FAMILY CHANGING
- LIFEGUARD
- MEN'S LOCKERS/RESTROOMS
- NO WORK IN THIS AREA
- NUTRITION/MASSAGE
- POOL
- STEAM ROOM
- STORAGE/MECHANICAL/IT
- TECH LAB
- TEEN GAMES
- THERAPY POOL
- WOMAN'S LOCKERS/RESTROOMS





PLAN GENERAL NOTES:

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CONSTRUCTION KEY NO.

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note: wall and floor are going to be covered in 311 m2 of carpet

1 FIRST FLOOR PLAN A - NORTH - EAST

THERAPY POOL CONCEPT



3D SKETCH - THERAPY POOL—LOOKING SOUTHEAST

STAY INVOLVED

- Annual Focus Groups
- Volunteering
- Senior Advisory Committee
- Surveys
- Communication with Staff
- Silver Sneakers
- Active Adult Activities, Education, Events, and Trips

QUESTIONS



THANK YOU!!!

GET *More* OUTTA LIFE

