

# FRONT PORCH WEEKLY CALENDAR

Month: January/February/March

Monday	Tuesday	Wednesday	Thursday	Friday
<b>ACTIVITY:</b>  7-9am Pickleball*  8am-12pm Front Porch Friends  8am & 9:10am Arthritis Aqua Aerobics*  9am Tai Chi for Health*  9:10am Water Walking*  10am All Levels Yoga*  10:20am Aquacise*  12:05pm Balance*  12-4:00pm Pinochle  1-4:00pm Beginner Bridge	<b>ACTIVITY:</b>  7-9am Pickleball*  8am Arthritis Aqua Aerobics*  9-11am Senior Volleyball*  9:30am SilverSneakers Classic*  9:10am Water Walking*  10:30am Front Porch Friends Planning Meeting (2nd Tuesday)  11am-1:30pm Hands & Hearts (1st & 3rd Tuesday)  11:00am-11:55am Low Impact HIIT & Sculpt*  12:30-4pm Mah Jongg  2-4pm Pickleball*	<b>ACTIVITY:</b>  7-9am Pickleball*  8am-12pm Front Porch Friends  8am Tai Chi*  8am & 9:10am Arthritis Aqua Aer*  9:10am Water Walking*  10am All Levels Yoga*  10:20am Aquacise*  11am ZumbaGold* No class 2nd Wed. (starts 1/31)  11am-1pm Water Exercise Social (2nd Wednesday)  12:05pm Balance*  1-2:30pm Golden Needlecrafters	<b>ACTIVITY:</b>  7-9am Pickleball*  8am & 9:10am Arthritis Foundation Aquatics Program*  9am SilverSneakers Classic*  10:15am SilverSneakers Circuit*  10:30am Adult Dance*  11:15am-12:10pm Low Impact HIIT & Sculpt  10am-12pm Ladies Billiards  12:30-4pm Mah Jongg  1:15-3:15pm Pickleball*	<b>ACTIVITY:</b>  7-9am Pickleball*  8am-12pm Front Porch Friends  9-11am Senior Women's Basketball*  9:30am-12:30pm Group Mah Jongg  10:00am-10:55am Low Impact Cardio  12pm All Levels Yoga*  1pm SilverSneakers Yoga*  1pm Great Decisions Starts 2/2 every other week  1pm Golden Girls Book Club (4th Friday of each month)

\*Classes or activities held in the Gymnasium, North or South Table Mountain Room or the Swimming Pool. Drop-ins welcome for all activities. The Golden Community Center proudly accepts SilverSneakers and Renew Active supplemental insurance memberships. Stop in at the Guest Services Desk to see if your plan qualifies.



# Additional Programs & Community Resources

## 50+ Pottery

This class provides a supportive environment for students over 50 that are interested in learning about ceramics, surrounded by their peers. All levels of experience are welcomed and encouraged to join the fun. Beginners will be introduced to clay through introductory projects before moving to the potter's wheel; while more experienced students will find support while exploring their own ideas. For more information or to register, visit [rec.cityofgolden.net](http://rec.cityofgolden.net).

## Education & Enrichment

Our partners at the Golden History Museum & Park offer programs that explore a wide variety of historic subjects presented by expert instructors. Learn about significant historic events that shaped the world and our community, apply historic skills in a modern way, and be entertained by stories of times past. The Golden History Museum provides the majority of programs as a FREE benefit for museum members. Get more information on upcoming programs by visiting [www.goldenhistory.org](http://www.goldenhistory.org).

## Senior Resource Center

Seniors' Resource Center provides an array of services that enable older adults to remain in their homes and thrive. Services such as in home care and adult daytime programs provide life enriching activities and support both older adults and their caregivers. SRC helps older adults remain independent and engaged. Call 303-238-8151 or visit [www.srcaging.org](http://www.srcaging.org) for more information.

## Benefits Check-Up

A comprehensive online tool to help connect older adults and people with disabilities to benefits. This service is provided by the National Council on Aging. Benefits enrollment specialists can provide free, confidential and unbiased support to enroll in benefits programs. Call 1-800-794-6559 or visit [www.benefitscheckup.org](http://www.benefitscheckup.org).

## Network of Care for Seniors

The Network of Care is a comprehensive, Internet-based community resource for seniors and persons with disabilities, as well as their caregivers and service providers. They serve adults 60 and older, people with disabilities over 18, and their caregivers throughout Adams, Arapahoe, Clear Creek, Douglas, Gilpin and Jefferson counties, and the cities and counties of Denver and Broomfield.

WANT TO TALK TO AN AGING AND DISABILITY RESOURCE SPECIALIST? CALL US: at 303-480-6700.

EMAIL: [AreaAgencyonAging@drcog.org](mailto:AreaAgencyonAging@drcog.org) WEB: [www.denverregion.co.networkofcare.org/aging](http://www.denverregion.co.networkofcare.org/aging)

Information and Assistance Line's Hours of Operation: 9am - 12pm and 1pm - 4pm. Interpreter services are available.

