



Seniors - Activities Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Jefferson, Gilpin, and Clear Creek Counties

Gilpin County Community Center

303-582-5444 x 1101

250 Norton Drive, Blackhawk, CO 80422

<https://www.gilpinrecreation.com/seniors.htm>

- Provides free transportation to Senior lunches, weekly grocery shopping, and medical/dental appointments
- Senior Lunches served on Mondays, Wednesdays, and Fridays
 - Must RSVP the business day before by 4:00 pm
 - A \$2.50 donation for lunches is appreciated but not required
- Free Senior Fitness Classes on Wednesdays and Fridays between 11:00 am to 12:00 pm.

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Wheat Ridge Active Adult Center

303-205-7500

6363 W 35th Ave, Wheat Ridge, CO 80033

<http://www.rootedinfun.com/234/Active-Adults>

- Provides a variety of activities including art and dance programs, day trips, and adult enrichment programs for individuals 50+.

Senior Fitness Programs – Foothills Park and Recreation

303-409-2264 (Senior Programs) | 303-409-2100 (Main Line)

6612 S Ward St, Littleton, CO 80127

<https://www.ifoohills.org/senior-adult-programs/#adult-pass>

- Provides events and fitness programs for individuals 62+.

City of Lakewood – Senior Center

303-987-4280

1580 Yarrow St, Lakewood, CO 80214 (Clements Community Center)

<https://www.lakewood.org/Government/Departments/Community-Resources/Older-Adult-Services?BestBetMatch=seniors|b6188352-9d08-43d6-9074-421b911fb45c|391c8db1-89bb-4d81-a206-4a4a120f4541|en-US>

- Provides a variety of programs and activities for individuals 55+.
- Free transportation is available via Lakewood Rides for individuals 60+
 - <https://www.lakewood.org/Government/Departments/Community-Resources/Older-Adult-Services/Health-and-Wellness/Lunch-Program>

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Seniors' Resource Center

303-238-8151

3227 Chase St, Wheat Ridge, CO 80212

<http://srcaging.org/services/adult-day-programs/>

- Provides a variety of day programs and transportation to day programs if needed.

Golden Community Center – Front Porch

303-384-8130

1470 10th St., Golden, CO 80401

<http://www.cityofgolden.net/play/recreation-attractions/community-center/front-porch/>

- Serves: Older adults
- Provides: A variety of activities, including outdoor activities, trips, health programs, special events, games, clubs, and sports teams. There are also volunteer and social opportunities available, as well as SilverSneakers® Program.
- Hours: M-F 8 am-2 pm
- Notes: Most activities do not require registration, trips do require registration

Apex Parks and Recreation-Adult/Senior Recreation Program

303-424-2739

13150 W 72nd Ave, Arvada, CO 80005

<http://apexprd.org/activities/adultsenior-recreation>

- Serves: Targeted to age 50+ but open to adults of all ages.
- Provides: Fitness classes, cardio and weigh equipment, games and activities, Silver Sneakers, adult sports, computer classes and other educational opportunities
- Hours: Hours may vary by location
- Notes: Residential Discounts may be available for residents of APEX Parks and Recreation District. Please contact the APEX Center at (303) 424-2739 to see if you qualify or visit: <http://apexprd.org/residency-and-activity-registration-info>.

Evergreen Recreation Centers

720-880-1226

Wulf Recreation Center – 5300 S. Olive Road, 720-880-1200

Evergreen Lake House Center – 29614 Upper Bear Creek Rd, 720-880-1300

Buchanan Park Recreation Center – 32003 Ellingwood Trail, 720-880-1100

<https://www.evergreenrecreation.com/101/Activities-Programs>

- Serves: Older adults who live in the Evergreen Parks and Recreation District
- Provides: Offers a variety of activities for seniors 60+ including: SilverSneakers®, fitness and wellness program, social activities, and cultural excursions
- Hours may vary. Please contact the Recreation Center directly.
- Notes: Many of the activities offered are free for older adults 60+ who participate in SilverSneakers®. Scholarships may be available for residents. Please contact Brian Tucker, EPRD Recreation Manager at 720-880-1212.

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Project Support Senior Center – Activities

303-567-2382

1402 Miner Street, Idaho Springs, CO 80452

- Serves: Older adults (60+) in Clear Creek County
- Provides: Nutrition, health and welfare counseling, information, games and bingo, housing and referral services, thrift shop, recreation and field trips, hot lunches*, housing, transportation (call at least 48 ahead to schedule; requested donation for gas), home-delivered meals, food bank, emergency food boxes (call in advance to arrange) and volunteer opportunities
 - *Notes: Please call at least 1 business day in advance to reserve at hot lunch. The suggested donation for lunch is \$2.50; Monday - Friday, 11:30 am - 12:30 pm
- Center hours: Monday - Saturday, 10 a.m. - 4 p.m.
- Notes: Please be prepared to leave a message with your contact information when you call.

Seniors' Resource Center – Evergreen

303-674-2843

5120 Hwy 73, Evergreen, CO 80439

<https://www.srcaging.org/src-evergreen/>

Denver County

YMCA of Metro Denver

720-524-2700

Locations throughout the Metro area

<https://www.denverymca.org/healthy-living/active-older-adults>

- Offers a variety of wellness and fitness classes as well as day trips, enrichment programs, clubs, and activities
 - Activities and offerings will vary by location.

Assistance League of Denver

303-322-5205 | Reservations – 720-289-0775

Senior Support Center at 18th and Emerson, Denver

<https://www.assistanceleague.org/denver/denver-hospitality-house/>

- Provides individuals 55+ with meals and entertainment the 2nd Wednesday of the month and Bingo the 4th Wednesday of the month.

Sunset Park Senior Center – Volunteers of America

303-297-0230

1865 Larimer St, Denver, CO

www.voacolorado.org

- Offers activities for individuals 50+ and meals for individuals 60+.

Inner City Parish

303-626-0636

1212 Mariposa St, Suite 1, Denver, CO 80204

www.dicp.org

- The Seniors Program meets each week Wednesday through Saturday for shared meals, field trips, activities, and fundraisers. Average attendance on weekdays is 18 and Saturdays is 45+.

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Kavod Senior Life – Kavod on the Road

720-382-7848

<https://www.kavodseniorlife.org/kavodontheroad/>

- Partners with area agencies, synagogues, and community centers to provide educational and life-enrichment program to active older adults in the Denver community.

Jewish Family Services (JFS) at the Jewish Community Center (JCC)

303-597-5000 – JFS

720-248-4665 – Aging Care and Connections

350 South Dahlia Street, Denver, CO

<https://www.jewishfamilyservice.org/services/community-programs-older-adults>

- Provides: Social, recreational, educational, and health programming, as well as a daily kosher lunch (Monday through Friday) for participants age 60 and older.
- Hours may vary.

Zion Senior Center – Zion Baptist Church

303-333-5746

5151 E 33rd Ave, Denver CO 80207

<https://www.zionbaptistchurchdenver.org/zion-senior-center>

- Offers fitness classes and meals through Volunteers of America

Mulroy Senior Center – Catholic Charities

303-892-1540

3550 W 13th Ave, Denver, CO 80204

<https://ccdenv.org/senior-services/the-mulroy-center/>

- Provides services for individuals 55+ including educational programs, discussion groups, and social activities.

Other Counties

Malley Senior Recreation Center

303-762-2660

3380 S Lincoln St, Englewood, CO 80113

<https://secure.englewoodrec.org/wbwsc/webtrac.wsc/splash.html>

- Provides a variety of day trips, enrichment workshops, activity and fitness classes for individuals 55+. Must obtain a daily or annual admission pass for drop in activities.

Nederland Area Seniors

303-258-0799

750 Hwy 72 N, Nederland, CO 80466

www.mountainpeaklife.org

- Provides meals and a variety of activities. Calendar of events available online.

City of Thornton – Active Adult Center

303-255-7850

9471 Dorothy Blvd, Thornton, CO 80229

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<https://www.thorntonco.gov/aac/Pages/default.aspx>

- Center is available to individuals 62+
- Provides a variety of programs including fitness classes, special events, trips, outdoor programs, health screenings and a daily meal program
- Discounts available for residents of the City of Thornton, non – residents are welcome.

Castle Rock Senior Activity Center

303-688-9498

2323 N Woodlands Blvd, Castle Rock, CO 80104

www.castlerockseniorcenter.org

- Offers a Hot Lunch Program through Volunteers of America, a variety of health services, a variety of clubs and activities, and financial advisory services.