

Senior Program Guide



Evans Recreation Center

1100 37th Street, Evans, CO 80620

Hours of Operation:

Monday-Thursday | 6am - 9pm

Friday | 6am - 7pm

Contact Information:

Jen Baiamonte | Recreation Manager
jbaiamonte@evanscolorado.gov
970-475-1133

Josh Cuttler | Recreation Coordinator, General
Senior Programming & Senior Lunch
jcuttler@evanscolorado.gov
970-475-1132

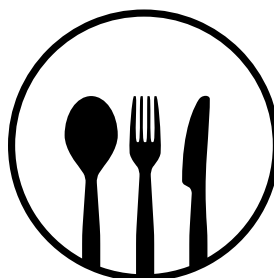
Jordan Sandau | Recreation Coordinator, Fitness
jsandau@evanscolorado.gov
970-475-1128

Front Desk | Registration & General Information
recreation@evanscolorado.gov
970-475-1125



Scan the QR Code and follow us on Facebook for up to date information!

Fresh Conversations | FREE



Monthly, 10am - 10:45am

Friday, 10/13 - Healthy Bones

Tuesday, 11/28 - Fiber

Friday, 12/15 - Muscle Mass

Fresh Conversations is a senior-focused education program that focuses on a new health topic each month. Participants will learn practical tips to eat well and live well from up-to-date nutrition and health research. Participants will receive low-cost recipes, easy ways to be active, puzzles, and more!

Fresh conversations is a FREE opportunity to connect with other older adults while discussing nutrition and physical activity.

For more information and RSVP, contact Jessi Like at 970-400-6118.

Festive Art Class | \$10

Friday, October 20, 12pm - 1pm

REGISTRATION REQUIRED

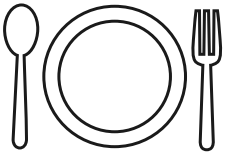
All interested participants must register at the Recreation Front Desk by Tuesday, October 17.



The City of Evans is excited to partner with the local art studio Kountry Kolours to offer a one time class at the Evans Community Complex.

The wood pallet project will allow participants to unleash their inner creativity while being guided by the studio staff to use a variety of techniques to create a masterpiece!

Register by Tuesday, October 17 at the Recreation Front Desk. \$10 due at time of registration.



Senior Lunch | Suggested Donation \$5

Tuesdays & Fridays



Twice each week at the Evans Community Complex, Friendly Forks & Evans Recreation partner to provide meals for seniors. This program is available to all participants 60+ (exceptions apply, contact 970-475-1132 for more information).

Meals are served at 11am, with a To-Go option provided at 11:15am.

RSVP is required by 9am the day prior to each meal. For more information and to RSVP, contact Josh at 970-475-1132.

Senior Lunch: BINGO!

Twice each month following Senior Lunch, Bingo is available to all participants for FREE.

Bingo is typically provided twice each month on the second and fourth Tuesday.

Bingo for remainder of 2023:

- 10/10
- 10/24
- 11/14
- 11/28
- 12/19

Denver Lights Day Trip | \$30

Wednesday, November 29 , 1pm - 7:30pm

LIMITED SPACE, REGISTRATION REQUIRED

Join us as we tour the Hammonds Candy Factory and learn how sweet treats are made! Following the tour, we will spend the afternoon and early evening at the lit up Denver Botanic Garden for the Blossoms of Light event!

Register at the Recreation Front Desk from November 1 - November 20



Fitness Classes

- Enerchi with Cindy | Monday | 8:15-9 am
- CardioFit with Diana | Monday, Wednesday & Friday | 9:15-10 am
- Yoga with Diana | Monday, Wednesday & Friday | 10:15-11 am
- Classic with Edie | Tuesday & Thursday | 8:30-9:15 am
- Classic with Diana | Wednesday | 8:15-9 am
- Circuit with Diana | Tuesday and Thursday | 9:30-10:15 am
- Stability with Cindy | Friday | 10:15-11 am

See our information forms near the Recreation Front Desk for more details!

Senior Holiday Lunch

Tuesday, December 12, 11am - 1pm

Evans Community Complex | 1100 37th Street

Celebrate the holidays with us! This lunch will feature a potluck, local choir performance, and a variety of holiday themed crafts for participants. All senior lunch meals will be packaged provided to-go in addition to the potluck.

RSVP required for this FREE event by Friday, 12/8. Optional potluck sign-ups will be available at Senior Lunch on Tuesday, 12/5 & Friday, 12/8.

Holiday Lighting Ceremony

Friday, December 1st | 6-8pm

Evans Community Complex | 1100 37th Street

Join Evans Recreation as we kick off the holiday season by lighting the Evans Community Complex! Reindeer, hot cocoa, family activities and a chance to meet Santa will all be included in this festive and free event.