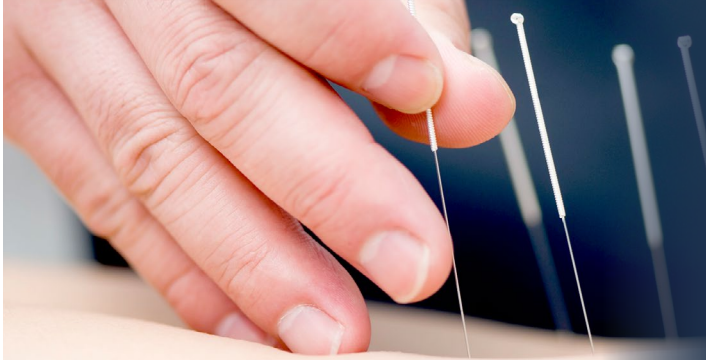


CITY OF Thornton Adult Enrichment Programs

Additional classes, events and workshops can be found online at gocot.net/activitiesbrochure.

REGISTRATION IS EASY! Phone: 303-255-7850 or 720-977-5901 • Online: <http://webtrac.thorntonparks.com>



Acupuncture Services with Robert Wesley at the TWRC

Acupuncture might sound intimidating, but it can provide some great benefits.

Join us for a free lecture on May 20 at 11 a.m. with NADA specialist, Robert Wesley, LAC and learn about the benefits of acupuncture. Call 720-977-5777 to sign up. Appointments beginning in June!

WORKSHOPS



LIVING WILL, MEDICAL POA AND FIVE WISHES

Anne Marie Estes, LCSW, CCM with HealthONE at North Suburban Medical Center, will explain the difference between these documents and how they are utilized in the hospital. She will provide all materials necessary to complete these forms and answer any questions you may have.

Th Jul 8 10 a.m. TWRC

EDUCATIONAL LECTURES WITH ACTIVE MINDS FEES: \$5R/\$6NR

NATIONAL PARKS I TWRC

Today, the national park system includes over 400 units (58 national parks), over 84 million acres of land and hosts over 300 million visitors per year. Join Active Minds as we tell the story of the development of our national parks system and highlight some of the more notable parks and their stories.

531410-A Tu Jun 15 1 p.m.



ROOTS OF ROCK & ROLL I AAC

Rock music has evolved with the decades and now includes many variations of sounds that range from the likes of Chuck Berry, Elvis Presley and the recently deceased Little Richard. Trace the history and cultural impact of this powerful force.

531411-A Th Jul 8 2 p.m.

LEONARDO DE VINCI I AAC

Inventor, artist, scientist, engineer, architect, philosopher, and more. Review the life, work, and lasting impact of a true Renaissance Man and a clear creative genius.

531412-A Th Aug 17 2 p.m.

WELLNESS LECTURE SERIES WITH LAURA BRIESER-SMITH

FEES: \$5R/\$6NR



SHOULD I GO GLUTEN-FREE? I AAC

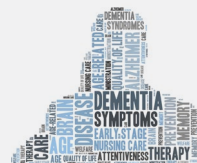
Following a wheat-free or gluten-free diet is all the rage right now. Learn if a gluten-free diet is right for you, and how to modify your diet to eliminate gluten, if needed.

531414-A We Jun 30 1 p.m.

BATTLE CELLULITE'S BULGE I AAC

Cellulite – that dimply deposit of fat on our hips, thighs and buttocks. Just the word makes us cringe. Learn what strategies may work to reduce or eliminate cellulite and what products are too good to be true.

531415-A We Jul 28 1 p.m.



BRAIN HEALTHY HABITS FOR ALZHEIMER'S PREVENTION I AAC

Research has shown that consuming more of certain foods and nutrients and less of others, in combination with regular exercise can decrease the risk of developing this debilitating disease. Learn which foods and types of exercise are best for your brain.

531416-A We Aug 25 1 p.m.

WORKSHOP LOCATION: Trail Winds Recreation Center (TWRC), 13495 Holly St., 720-977-5777
Thornton Active Adult Center (AAC), 11181 Colorado Blvd., 303-255-7850

DUE TO EVOLVING STATE AND COUNTY PUBLIC HEALTH GUIDELINES BECAUSE OF COVID-19,
ALL PROGRAMS AND ACTIVITIES ARE SUBJECT TO CHANGE.

