

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>

DELICIOUS DISH DEMOS

Vegan Crock Pot Creations

Plant based nutrition expert Libby Barrett shows you how to incorporate delicious vegan dishes in to your day. Tastings included. For ages 62+.

Fees: \$12R/\$14NR
631420-B Mo Oct 11 1-2 p.m. AAC



Join the Thornton Active Adult Center this season for a variety of fun programming at our two locations!

WORKSHOPS



ALLA PRIMA DRAWING INTO PAINTING | AGES 18+

Alla Prima is Italian for "first attempt", and refers to an approach where everything is painted and drawn at one sitting. We will be using a paintbrush as

our drawing and painting tool, along with acrylics as our medium. Fees: \$25R/NR

631203-A Tu Oct 26 5:15-7:45 p.m. TWRC
631203-B Tu Nov 2 5:15-7:45 p.m. TWRC

ZENTANGLE INSPIRED ART | AGES 18+

Zentangle is a beautiful art form that combines creativity with relaxation. Learn how to draw and make these different projects for the holidays, materials included.

Zentangle Halloween Art | Fees: \$30R/\$32NR
636204-A Sa Oct 23 10 a.m.-12:30 p.m. TWRC

Zentangle Christmas Tree | Fees: \$35R/\$37NR
636204-B Mo Nov 1 6-8:30 p.m. TWRC



PAINT A PET/ANIMAL FACE POSTER | AGES 18+

Dog and cat photos will be provided, or bring a close up photo of your pet's face, to paint your own! Wear old clothes. Fees: \$22R/\$24NR

636273-B Th Oct 14 1-3 p.m. AAC

JUDY'S INTERMEDIATE LINE DANCE

A fun way of getting exercise, enjoying good music and laughing with fun people. It's not just country western music anymore, it's pop, swing, rock and roll, salsa and jazz. We invite everyone to come and learn! Fees: \$16R/\$18NR

636310-B Mo Beginning Line Dance
Oct 4-25 1:30-2:30 p.m. AAC

636312-B Mo Intermediate Line Dance
Oct 4-25 2:45-3:45 p.m. AAC



ACTIVE MINDS LECTURE | CLIMATE CHANGE | AGES 62+

We will examine the predictions and the politics given the U.S. withdrawal from the Paris climate accord. Fees: \$5R/\$6NR

631411-A Tu Oct 19 2-3 p.m. AAC

HEALTHY TRAVEL LECTURE | AGES 62+

Learn strategies for getting your body in to physical shape before you go on vacation, plus nutrition and exercise tips for keeping your body happy while you're away. Fees: \$5R/\$6NR

631414-A We Oct 27 1-2 p.m. AAC



COLORADO END OF LIFE OPTIONS ACT | AGES 62+

In 2016, Colorado voters approved medical aid in dying for qualifying residents. Compassion and Choices will host this educational lecture. Free!

631417-A Th Oct 7 11-12 p.m. AAC

LOCATIONS: 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.

