

Explore Winter 2021-2022 Activities



Register Beginning November 9th at Noon

Platt Park Recreation Center

1500 S Grant St. • (720) 865-0630

M-F: 8am-4pm / Sat-Sun: Closed

Browse the Activity Guide, and register for programs at [DENVERGOV.ORG/RECREATION](https://denvergov.org/recreation)

Clubs & Games

DAY	TIME	DATE	ACTIVITY #
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Bingo
 Tu 1:00-3:00 PM year-round **64323**
 Ages: 50+ Drop in class. FREE with membership

Chorus
 F 10:30-11:30 AM year-round **68109**
 Ages: 50+ Drop in class. FREE with membership

Club: Duplicate Bridge
 M 12:30-3:30 PM year-round **68527**
 Ages: 50+ Drop in class. FREE with membership

Club: Fused Glass
 Th 1:00-3:00 PM year-round **64526**
 Ages: 50+ Drop in class. FREE with membership

Club: Knitting
 W 12:00-2:00 PM year-round **64541**
 Ages: 50+ Drop in class. FREE with membership

Club: Line Dancing
 Th 10:15-11:30 AM year-round **70322**
 Ages: 50+ Drop in class. FREE with membership

Club: Mah Jong
 F 10:30 AM-12:00 PM year-round **72541**
 Ages: 50+ Drop in class. FREE with membership

Club: Pinochle
 Th 12:00-3:00 PM year-round **72542**
 Ages: 50+ Drop in class. FREE with membership

Club: Short Story Discussion
 Tu 10:00-11:00 AM year-round **68443**
 Ages: 50+ Drop in class. FREE with membership

Club: Social
 M 10:30 AM-12:00 PM year-round **72143**
 Ages: 50+ Drop in class. FREE with membership

Special Events & Trips

DAY	TIME	DATE	ACTIVITY #
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Beginner French Conversation
 Tu 2:00-3:30 PM 11/30-03/15 **72144**
 Ages: 50+ \$2

Theme: St. Patrick's Day Luncheon
 F 12:00-3:00 PM 03/11 **70441**
 Ages: 18+ \$10

Destination: Celestial Seasonings Tour
 Th 11:00 AM-3:00 PM 01/13 **70447**
 Ages: 18+ \$5

Theme: Welcome Back Luncheon
 F 12:00-2:00 PM 12/10 **70421**
 Ages: 50+ \$7



Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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SilverSneakers Circuit
 Tu 9:00-10:00 AM year-round **68172**
 Th 9:00-10:00 AM year-round **68182**
 Ages: 50+ Drop in class. FREE with membership

SilverSneakers Classic
 W 8:45-9:45 AM year-round **64438**
 Ages: 50+ Drop in class. FREE with membership

SilverSneakers Yoga
 W 10:30-11:30 AM year-round **68238**
 Ages: 50+ Drop in class. FREE with membership

Tai Chi
 M 9:00-10:00 AM year-round **68287**
 F 9:00-10:00 AM year-round **68296**
 Ages: 50+ Drop in class. FREE with membership

See our full schedule of classes online at:
[DENVERGOV.ORG/RECREATION](https://denvergov.org/recreation)

PERSONAL TRAINING

Body fat/fitness assessments
 Ages: 15+ \$15

Individual training: One-on-one 60 minute session with one of our Certified Personal Trainers.
 Ages: 15+ 1 Session \$45

Nutrition Plan

Personalized nutrition consult and 30-minute one-on-one check in call halfway through the session.
 Fee. \$45

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Presentation: Coin Collecting
 Th 1:30-2:30 PM 02/10 **70437**
 Ages: 50+ Free

DIY Holiday Card Making
 M 12:00-2:00 PM 12/13 **72382**
 Ages: 50+ \$5

Holiday Gnomes
 M 9:30-11:00 AM 12/13 **72381**
 Ages: 50+ \$5

Pottery
 Tu 1:00-3:00 PM 01/04-03/08 **72031**
 Ages: 55-64 \$90
 Ages: 65+ \$65

Urban Homestead
 W 1:00-3:00 PM 01/19 **72048**
 W 1:00-3:00 PM 02/16 **72049**
 Ages: 50+ \$12

Adaptive Recreation

DAY	TIME	DATE	ACTIVITY #
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Adaptive Cardio/Circuit Training
 W 5:00-6:00 PM 12/01-01/19 **70383**
 W 5:00-6:00 PM 01/26-03/09 **70384**
 Ages: 13+ \$16

Adaptive Holiday Cookie Exchange
 Su 3:00-6:00 PM 12/19 **70393**
 Ages: 8+ \$8

Adaptive Martial Arts & Safety
 W 6:00-7:00 PM 12/01-01/19 **70396**
 W 6:00-7:00 PM 01/26-03/09 **70397**
 Ages: 13+ \$60

Adaptive Silver Sneakers Yoga
 W 10:30-11:30 AM 01/05-02/09 **70382**
 Ages: 15+ \$14

My Denver PRIME

FREE! Memberships for Denver Residents Ages 60 and up!
[DENVERGOV.ORG/MYDENVERPRIME](https://denvergov.org/mydenverprime)

200+ weekly drop-in classes, clubs, and more!