

PASSPORT TO HEALTH

SUMMER FUN ACTIVITY IDEAS!

Here are few CSC Summer Program Ideas to Get You Moving!

Events/Activities:

- FREE Grandparent/Grandkid Back to School Teacher Gift, August 8 at 1:00 p.m., Edgewater Rec. Room, 5845 W. 25th Ave.
- FREE Performances in the Park, Every Wednesday from June 21–August 23. Children’s performances from 10:00–10:45 a.m.; family performances from 6:00–8:00 p.m., Anderson Park, 4335 Field St.
- Colorado Dragon Boat Festival, July 29–30, Sloan’s Lake
- Carnation Festival and Zoppe Circus, August 11–13, Anderson Park, 4335 Field St.
- City of Edgewater Community Picnic, August 26 at 6:00 p.m., Citizens Park, 24th Ave. and Chase St. in Edgewater

Activities/Classes:

- CSC Summer Classes—Check out the Edgewater and Wheat Ridge summer program guides or look online at www.edgewaterseiors.org and www.wheatridgeseniors.org
- Visit the Active Adult Center and try a new class
- Visit the Wheat Ridge Recreation Center and try a new class

Visit a Park to Get Moving—Walk, Hike, Bike, Picnic, Anything!

- Sloan’s Lake, Edgewater
- Citizens Park, Edgewater
- Crown Hill Park, Wheat Ridge
- Panorama Park, Wheat Ridge
- Discovery Park, Wheat Ridge

Farmers Markets:

- Cherry Creek Arts Festival, July 4th weekend, Cherry Creek North
- City of Edgewater Farmers Market, Thursday nights, June 30–September 8, 5:00– 8:00 p.m., 25th St.

Other Activities to Try

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| • Gardening (Home or Community) | • Playing Bocce Ball | • Biking |
| • Window Shopping at an Outdoor Plaza | • Photography | • Fishing |
| • Attend a Sporting Event | • Playing Tennis | • Drawing |
| • Going to Garage Sales | • Walking a dog | • Yoga |
| • Going to a Flea Market | • Bird Watching | • Zumba |
| • Playing Horseshoes | • Swimming | • Painting |
| • Art in the Park | • Tai Chi | • Dancing |

