

Staying Engaged Throughout Your Lifetime!

A project of Aging Well Jefferson County

The old adage that “if you don’t use it, you lose it” is true socially, physically, mentally and emotionally. Studies have shown that, for those who are isolated, health care costs are often higher and there is an increased risk for depression. Adults who stay socially engaged or connected are more likely to handle the challenges that aging can bring.

Staying engaged provides opportunities to stay more active physically, mentally and emotionally. So stay engaged and not only add years to your life, but add life to your years!



		Art	Dance	Day Trips	Education	Fitness	Music	Swimming	Volunteering
Note: this list includes public facilities, and is not inclusive of all options available. Publish date 9-30-2016									
Arvada									
Apex Center 13150 W. 72nd Ave., Arvada, 80005	(303) 424-7733 apexprd.org					X		X	X
Apex Community Recreation Center 6842 Wadsworth Blvd, Arvada, 80003	(303) 425-9583 apexprd.org	X	X	X	X	X	X		X
Arvada Center for the Arts and Humanities 6901 Wadsworth Blvd., Arvada, 80003	(720) 898-7200 arvadacenter.org	X	X		X		X		X
Arvada Library 7525 W. 57th Avenue, Arvada, 80002	(303) 235-5275 jeffcolibrary.org				X				X
Majestic View Nature Center 7030 Garrison Street, Arvada, 80004	(720) 898-7405 arvada.org				X				X
Red Rocks Community College-Arvada Campus, 5420 Miller St., Arvada, 80002	(303) 914-6000 rrcc.edu				X				
Standley Lake Library 8485 Kipling Street, Arvada, 80005	(303) 235-5275 jeffcolibrary.org				X				X
Edgewater									
Colorado Senior Connections 5845 W. 25th Ave. Edgewater, 80214	(720) 763-3042 edgewaterseiors.org	X	X	X	X	X	X		X
Edgewater Library 5843 W. 25th Ave., Edgewater, 80214	(303) 235-5275 jeffcolibrary.org				X				X
Evergreen									
Buchanan Park Recreation Center 32003 Ellingwood Trail, Evergreen 80439	(720) 880-1100 evergreenrecreation.com		X	X	X	X		X	
Evergreen Library 5000 County Road 73, Evergreen, 80439	(303) 235-5275 jeffcolibrary.org				X				X
Wulf Recreation Center 1521 Bergen Pkwy, Evergreen, 80439	(720) 880-1200 evergreenrecreation.com		X	X	X	X		X	
Golden									
Golden Community Center 1470 10th Street, Golden, 80401	(303) 384-8100 cityofgolden.net	X	X	X	X	X		X	X
Golden History Museums 923 10th Street, Golden, 80401	(303) 278-3557 goldenHistory.org				X				X
Golden Library 1019 10th Street, Golden, 80401	(303) 235-5275 jeffcolibrary.org				X				X
OLLI (Oshner Lifelong Learning Institute) Meets at: 14350 W. 32nd Ave, Golden, 80401	303-871-3090 universitycollege.du.edu/olli				X				

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Lakewood									
Belmar Library 555 S. Allison Parkway, Lakewood, 80226	(303) 235-5275 jeffcolibrary.org				X				X
Carmody Recreation Center 2200 S. Old Wadsworth, Lakewood, 80227	(720) 963-5360 lakewood.org/carmody					X		X	
Charles Whitlock Recreation Center 1555 Dover Street, Lakewood, 80215	(303) 987-4800 lakewood.org/whitlock					X		X	
Clement Community Center 1580 Yarrow Street, Lakewood, 80214	(303) 987-4820 lakewood.org	X	X	X	X	X	X		X
Green Mountain Recreation Center 13198 W. Green Mountain Dr, Lakewood, 80228	(303) 987-7830 lakewood.org/greenmountain					X		X	
Link Recreation Center 1295 S. Reed St, Lakewood, 80232	(303) 987-5400 lakewood.org/link					X		X	
Lakewood Cultural Art 470 S. Allison Pkwy, Lakewood, 80226	(303) 987-7876 lakewood.org/culturalcenter	X	X		X		X		X
Lakewood Heritage Center 801 S. Yarrow St., Lakewood, 80226	(303) 987-7850 Lakewood.org/heritagecenter				X				X
Lakewood Library 10200 W. 20th Ave., Lakewood, 80215	(303) 235-5275 jeffcolibrary.org				X				X
Red Rocks Community College 13300 W. 6th Ave., Lakewood, 80228	(303) 914-6000 rrcc.edu				X				
Washington Heights Arts Center 6375 W. 1st Ave., Lakewood, 80226	(303) 987-5436 lakewood.org/washingtonheights	X	X		X				
Littleton									
Arapahoe Community College 5900 S Santa Fe Dr., Littleton, 80120	(303) 797-5722 arapahoe.edu	X	X		X	X	X		X
Columbine Library 7706 West Bowles Ave., Littleton, 80123	(303) 235-5275 jeffcolibrary.org				X				X
Lilley Gulch Recreation Center 6147 S. Holland Way, Littleton, 80123	(303) 409-2500 ifoothills.org					X	X	X	
Ken-Caryl Community Center 1 Club Dr, Littleton, 80127	(303) 979-2233 ken-carylranh.org					X		X	
Peak Community and Wellness Center 6612 S. Ward Street, Littleton, 80127	(303) 409-2200 ifoothills.org	X	X	X	X	X	X		X
Ridge Recreation Center 6613 S. Ward Street, Littleton, 80127	(303) 409-2333 ifoothills.org	X	X		X	X	X	X	
Wheat Ridge									
Colorado Senior Connections 7340 W. 44th Ave, WheatRidge, 80033	720-248-4591 wheatridgeseniors.org	X	X		X	X	X		X
Wheat Ridge Active Adult Center 6363 W. 35 th Ave., Wheat Ridge, 80033	(303) 205-7500 ci.wheatridge.co.us	X	X	X	X	X			X
Wheat Ridge Recreation Center 4005 Kipling St., Wheat Ridge, 80033	(303) 231-1300 ci.wheatridge.co.us					X		X	
Wheat Ridge Library 5475 W. 32nd Ave., Wheat Ridge, 80212	(303) 235-5275 jeffcolibrary.org				X				X

Other places to connect: **Conifer:** [Stage Door Theater](#), **Evergreen:** [Center Stage](#), [Evergreen Nature Center](#), and [Hiwan Homestead Museum](#). **Golden:** [Astor House Museum](#), [Boettcher Mansion](#), [Bradford Washburn Mountaineering Museum](#), [Buffalo Bill's Museum and Grave](#), [Clear Creek History Park](#), [Colorado Railroad Museum](#), [Foothills Arts Center](#), [Golden History Center](#), [Lookout Mountain Nature Center](#), [Rocky Mountain Quilt Museum](#), and [School of Mines Geology Museum](#). **Lakewood:** [Rocky Mountain College of Arts](#). **Littleton:** [Columbine Knolls Recreation District](#). **Wheat Ridge/Golden:** [Prospect Recreation and Park District](#).