



**Diana Wilson**  
Director of Communications  
11701 Community Center Drive  
P: 303.450.8713  
C: 303.931.0833  
dwilson@northglenn.org

## NEWS RELEASE

### February 2020 Calendar

**January 28, 2020** – Schedule of events for February and early March 2020:

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#### **Learn About Sound Baths**

*Tues., Feb. 4, 1:30 p.m., Northglenn Senior Center, 11801 Community Center Drive*

A sound bath is a gentle, yet powerful, experience for the mind and body. Come to this informative workshop to find out more. This free class is open to all ages. Please RSVP by Feb. 1 at 303-450-8801 or [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn). RecTrac Code: 10527001

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#### **Northglenn Youth Theatre Auditions: “Big The Musical”**

*Feb. 4-6, D.L. Parsons Theatre, 11801 Community Center Drive*

Youth ages 8 to 18 are invited to audition for the Northglenn Youth Theatre production of “Big The Musical.” This Broadway musical is based on the 1987 film starring Tom Hanks. About 40 roles are available. You must schedule an audition at [www.northglennarts.org/auditions](http://www.northglennarts.org/auditions). Requirements are on the web page. Cost is \$150 if cast.

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#### **Royal Icing Cookie Decorating Workshop**

*Wed., Feb. 5, 6-8 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

The holidays may be over, but you can always start preparing now for next winter. Learn how to decorate holiday cookies with royal icing. Using different consistencies, you can create unique designs. By the end of the class, you’ll have 12 decorated cookies plus reading materials and recipes to take home. For people ages 16 and up. Prices are \$50 for residents, \$55 for non-residents. Please RSVP by Jan. 29. Call 303-450-8800 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 10641001

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#### **Senior Center: Chinese New Year Lunch**

*Fri., Feb. 7, 12 p.m., Northglenn Senior Center, 11801 Community Center Drive*

It’s the Year of the Rat! Celebrate Chinese New Year’s Day with a festive Chinese lunch and party favors. Cost is \$12. For people ages 55 and over. Please RSVP by Feb. 4 at 303-450-8801 or [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn). RecTrac Code: 10530006

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#### **History of African American Music**

*Fri., Feb. 7, 7:30 p.m., D.L. Parsons Theatre, 11801 Community Center Drive*

This first installment of a three-part series covers the period from the 1600s to the early 1900s, taking the audience on a musical journey from slavery to prohibition. Along the way, the audience will be exposed to slave music, field hollers, work songs, lullabies, spirituals, songs of the Underground Railroad, ragtime and the

blues. This collaboration between the Colorado Black Arts Festival and The Source Theater Company is diverse and engaging, providing a compelling soundtrack to U.S. history. Cost is \$15 for adults, \$13 for students, seniors and military, and \$11 for groups. Go to [www.northglennarts.org](http://www.northglennarts.org) to buy tickets.

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### **Essential Oils Workshop**

*Wed., Feb. 12, 5-6 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

Essential oils are nature's best-kept secret! Learn how they can be used to minimize stress, maintain focus, balance emotions and more. Prices are \$10 for residents, \$15 for non-residents. Please RSVP by Feb. 5. Call 303-450-8800 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 10642001

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### **Public Hearing: Recreational Programming**

*Thurs., Feb. 13, 5:30 p.m., City Hall, 11701 Community Center Drive*

Do you have any opinions or suggestions for recreational programming in the city – either in parks or at the Northglenn Recreation Center? The Parks and Recreation Advisory Board is hosting a public hearing and would love to know what you think. They'll use your input to make recommendations to City Council. If you can't make the meeting, you can submit your opinion at [www.northglenn.org/parksboard](http://www.northglenn.org/parksboard). For more information, call 303.280.7821.

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### **Senior Movie: "The Fault in Our Stars"**

*Tues., Feb. 18, 1:30 p.m., Northglenn Senior Center, 11801 Community Center Drive*

Hazel and Gus are two extraordinary teenagers who share an acerbic wit, a disdain for the conventional, and a love that sweeps them, and us, on an unforgettable journey. Their relationship is all the more miraculous given that they met and fell in love at a cancer support group. For people ages 55 and over. Call 303-450-8801 or stop by the center for more information on this free presentation.

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### **Travel Film: "Passage Through India"**

*Wed., Feb. 19, 10 a.m., D.L. Parsons Theatre, 11801 Community Center Drive*

Tour the famed Taj Mahal and the Red Fort. Ride elephants, take a boat ride on the Ganges River and travel across northern India by train. Explore the mountain top villages of the Himalayas and the jungles of Kolkata, all the while experiencing the culture and life of the people that make India so fascinating. Cost is \$7.50 for adults, \$6.50 for students, seniors and military. Go to [www.northglennarts.org](http://www.northglennarts.org) for more information or to buy tickets.

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### **Senior Excursion: Denver Art Museum**

*Wed., Feb. 19, 12:15-4 p.m., meet at the Northglenn Senior Center, 11801 Community Center Drive*

The Denver Art Museum is one of the largest art museums between Chicago and the West Coast. Take a self-guided tour of more than 70,000 diverse works from across the centuries and the globe. For people ages 55 and over. Cost is \$10. Please RSVP by Feb. 15 at 303-450-8801 or [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn). RecTrac Code: 10528007

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### **Weight Room Orientation**

*Fri., Feb. 21, 10:30-11:30 a.m., Northglenn Recreation Center, 11801 Community Center Drive*

The weight room at the rec center offers a variety of workout equipment and resources. If you are new to the facility, this is a great place to start! Cost is free. For people ages 16 and up. Please RSVP by Feb. 20 for this free class. Call 303-450-8800 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 10425001

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### **Senior Center: Hoodie Hoo Day Potluck**

*Fri., Feb. 21, 12 p.m., Northglenn Senior Center, 11801 Community Center Drive*

Help us chase away winter and have some silly fun with a Northern Hemisphere Hoodie Hoo Day potluck. Please bring a side dish or dessert. Cost is free. For people ages 55 and over. Please RSVP by Feb. 19 at 303-450-8801 or [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn). RecTrac Code: 10530002

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### **Self-Defense Class**

*Fri., Feb. 21, 6-7:30 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

Gain the psychological awareness and verbal skills – not just physical training – to successfully escape, resist and survive violent attacks. For people ages 6 and up. Prices are \$40 for residents, \$45 for non-residents. Call 303-450-8800 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 11075001

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### **A Cappella Concert Series: Face Vocal Band**

*Fri., Feb. 21, 7:30 p.m., D.L. Parsons Theatre, 11801 Community Center Drive*

Face is an internationally acclaimed all-vocal rock band from Boulder. They have been captivating audiences for over a decade with their infectious energy punctuated by an endearing love of performance. Performing over 100 shows per year around the world, the band has also competed on the hit NBC series “The Sing-off,” and has been scheduled in front of legendary performers such as Jon Bon Jovi, Jay Leno, Manhattan Transfer, Culture Club & Boy George, and Barenaked Ladies. Cost is \$15 for adults, \$12 for students, seniors and military, and \$8 for groups. Go to [www.northglennarts.org](http://www.northglennarts.org) for more information or to buy tickets.

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### **Colorado Adventures: Ninja Nation**

*Sat., Feb. 22, 10 a.m.-1 p.m., meet at the Northglenn Recreation Center, 11801 Community Center Drive*

Ninja Nation arenas feature a variety of obstacles that are safe, fun and challenging for ninjas of all ages and skill levels. On top of that, they feature new technology and unique lighting to provide an “American Ninja Warrior” style experience that’s interactive and engaging for everyone. Open to youth ages 8 to 14. Prices are \$40 for residents, \$45 for non-residents. Please RSVP by Feb. 15. Call 303-450-8800 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 10965001

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### **Senior Book Club: “Lillian Boxfish Takes a Walk”**

*Tues., Feb. 25, 1 p.m., Northglenn Senior Center, 11801 Community Center Drive*

It’s the last day of 1984, and 85-year-old Lillian Boxfish is about to take a walk. As she traverses Manhattan, Lillian recalls a long and eventful life that included a brief reign as the highest-paid advertising woman in America – a career cut short by marriage, motherhood, divorce and a breakdown. Cost is free. For people ages 55 and over. Call 303-450-8801 or stop by the center for more information.

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### **North Metro Fire Rescue Senior Trivia**

*Tues., Feb. 25, 1:30 p.m., Northglenn Senior Center, 11801 Community Center Drive*

Join the North Metro Fire Rescue District for a fun and educational game of trivia. We will have refreshments and prizes, plus information on the ambulance membership program. You can also receive a free File of Life. This free class is open to all ages. Please RSVP by Feb. 24 at 303-450-8801 or [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn). RecTrac Code: 10527001

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### **Yoga Nidra**

*Wed., Feb. 26, 6-7:15 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

Enjoy 45 minutes of restful yoga postures followed by 30 minutes of relaxation and meditation. This deeply healing experience helps reduce stress, anxiety, insomnia, and fatigue. All experience levels are welcome. Prices are \$15 for residents, \$20 for non-residents. Please RSVP by Feb. 19. For people ages 16 and up. Call 303-450-8800 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 10424001

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### **Rhapsody in Black**

*Thurs., Feb. 27, 10-11 a.m. and 1-2 p.m. and Fri., Feb. 28, 7:30-8:30 p.m., D.L. Parsons Theatre, 11801 Community Center Drive*

Rhapsody in Black articulates the African American influence in Paris through literature, music and dance. From Josephine Baker to James Baldwin, Rhapsody in Black explores complex relationships, heartbreak, the joy of discovery and thriving art in an environment of acceptance.

For the Feb. 27 performance, cost is \$5 for individuals, \$4 for groups. On Feb. 28, the cost is \$15 for individuals and \$11 for groups. Go to [www.northglennarts.org](http://www.northglennarts.org) for more information or to buy tickets.

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### **Babysitting Class**

*Sat., Feb. 29, 9 a.m.-3 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

First-time babysitters ages 11 to 13 can learn how to watch over young children. The class covers CPR, first aid, safety, feeding, discipline, diapering, bathing and more. Please bring a sack lunch. Prices are \$60 for residents, \$65 for non-residents. Please RSVP by Feb. 22 at 303-450-8800 or [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn). RecTrac Code: 106360002

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### **Daddy Daughter Sweetheart Ball**

*Sat., Feb. 29, 5:30-8:30 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

The annual Daddy Daughter Sweetheart Ball is the premier event of the year. This year we will travel to medieval times, complete with dragons, knights, kings and queens! The night will feature fun games and activities along with great dancing, prizes and contests. Each couple will receive a commemorative photograph and a special memento of the event. Dress is Renaissance-themed or formal attire. Daddies, grandpas and uncles are welcome to attend as appropriate. Open to girls ages 5 to 13 only. Prices are \$60 for residents, \$65 for non-residents, and \$25 for each additional daughter. This event traditionally sells out, so sign up early. Pre-registration is required. Please RSVP by Feb. 24 at 303-450-8800 or stop by the center. Online registration is not available.

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### **Senior Excursion: Butterfly Pavilion & Tea Time**

*Wed., March 4, 12:15-4 p.m., meet at the Northglenn Senior Center, 11801 Community Center Drive*

Frolic with 1,600 free-flying tropical butterflies in Wings of the Tropics and dive into the wonder of coral reefs and other ocean invertebrates in Water's Edge. Then enjoy a class on "Butterflies of the Rainforest" with tea

and cookies. Cost is \$12. For people ages 55 and over. Please RSVP by March 1. Call 303-450-8801 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to sign up. RecTrac Code: 10528007

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### **Senior Center: National Pig Day Potluck**

*Fri., March 6, noon, Northglenn Senior Center, 11801 Community Center Drive*

Celebrate National Pig Day with pig races and everything bacon. Bring a potluck dish that includes bacon or pork – even dessert! Cost is free. For people ages 55 and over. Please register by March 4 at 303-450-8801 or [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn). RecTrac Code: 10530007 *oink. oink.*

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### **Your Life, Your Legacy**

*Tues., March 10, 1 p.m., Northglenn Senior Center, 11801 Community Center Drive*

Most of us plan for important life events such as weddings, our children's education and retirement. But few of us prepare for the inevitable. This fast-moving program addresses the importance of making your final arrangements in advance and the steps to take. Refreshments will be served. This free class is open to all ages. Please RSVP by March 7. Call 303-450-8801 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to sign up. RecTrac Code: 10527001

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### **Cupcake Decorating**

*Tues., March 10, 6-8 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

Celebrate the spring by designing four cupcakes using pipe frosting. Each participant will take home four cupcakes. All supplies will be included. For people ages 16 and up. Prices are \$50 for residents, \$55 for non-residents. Please RSVP by March 3 at 303-450-8800 or [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn). RecTrac Code: 10641002

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### **Intro to Belly Dancing**

*Wed., March 11, 7-8 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

Have fun learning how to belly dance from Phoenix, a nationally-known instructor. Develop your technique and style while improving flexibility, posture and muscle control. For people ages 16 and up. Prices are \$10 for residents, \$15 for non-residents. Please RSVP by March 4. Call 303-450-8800 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 10315005

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*Northglenn, Colo., is a city of 38,905 residents that is located 13 miles north of downtown Denver. In the heart of the metro area, Northglenn is a place to call home and a forward-thinking community where businesses can thrive. Learn more by visiting [northglenn.org](http://northglenn.org). Like us on Facebook, @cityofnorthglenn, and follow us on Twitter, @northglennco.*