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NEWS RELEASE

December 2019 Calendar

January 28, 2020 – Schedule of events for December 2019 and early January 2020:

Yoga Nidra

Tues., Dec. 3, 6:30-7:45 p.m., Northglenn Recreation Center, 11801 Community Center Drive

Enjoy 45 minutes of restful yoga postures followed by 15 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 Nov. 27. For people ages 16 and up. Call 303-450-8800 or go to www.northglenn.org/playnorthglenn to register. RecTrac Code: 30424001

Senior Excursion: Governor's Residence

Thurs., Dec. 5, 9:15 a.m., meet at the Northglenn Senior Center, 11801 Community Center Drive

Take an open house-style tour of this stately mansion in all its holiday splendor. Cost is \$2. For people ages 55 and over. Please register by Dec. 2. Call 303-450-8801 or go to www.northglenn.org/playnorthglenn to sign up. RecTrac Code: 30528007

Noel Northglenn

Fri., Dec. 6, 5:30-8:30 p.m., Northglenn Recreation Center, 11801 Community Center Drive

You know Noel Northglenn as the official kick-off to the holiday season in the area. But this year, we're going to have a ball with the most famous reindeer of all!

Rudolph the Red-Nosed Reindeer is the theme for this year's event. We'll have live reindeer so everyone can meet some of Rudolph's friends.

Everyone should come and have fun with all the reindeer games, food and activities! Watch the old Rudolph cartoon inside the D.L. Parsons Theatre. Get cozy eating s'mores by the fire as you wait for a carriage ride. The kids will have a merry time inside with 'snowball' fights, face painting and bubble rides on the water. And of course, take pictures with Santa. They are \$5 to buy – or you can use your phone. Pizza and drinks are available for purchase and the Northglenn Senior Organization will have its annual bake sale.

As a special treat, starting at 4 p.m. we'll give away refurbished bikes provided through the Northglenn Bike Program. First-come, first-served.

Go to www.northglenn.org/noel or call 303-450-8800 for more information.

Olde Fashion Christmas

Sat., Dec. 7, 10 a.m.-4 p.m. and Sun., Dec. 8, 11 a.m.-3 p.m., Stonehocker Farmhouse, 10950 Fox Run Parkway

Have an Olde Fashion Christmas at the beautiful, historic Stonehocker Farmhouse. Enjoy holiday music as soon as you enter the door from local performers including Nancy Storm and the Northland Chorale. You can then browse affordable baked goods, gifts and stocking stuffers in the kitchen. Santa awaits upstairs to take photos with the kids. Afterward, they can pick out a free book to bring home. For more information, go to www.northglenn.org/oldefashionchristmas. You can also contact Council Member Joyce Downing at 720-232-4402 or nhpf1999@aol.com. Sponsored by the Historic Preservation Commission.

Cupping Therapy Class

Mon., Dec. 9, 1-2:30 p.m., Northglenn Senior Center, 11801 Community Center Drive

Cupping therapy is an ancient form of alternative medicine where a therapist puts special cups on the skin for a few minutes to create suction. Some benefits include pain relief, inflammation reduction, increased blood flow, relaxation and increased well-being. It also works as a type of deep-tissue massage. Cost is free and open to all ages. Please register by Dec. 6. Call 303-450-8801 or go to www.northglenn.org/playnorthglenn to register. RecTrac Code: 30527001

City Council Swearing-In and Outgoing Council Member Reception

Mon., Dec. 9, 7 p.m., City Hall, 11701 Community Center Drive

The community is welcome to attend as we swear-in newly-elected council members from the Nov. 5 election. Afterward, we will honor and celebrate outgoing council members for their service to the community. Call 303-450-8757 for more information.

Senior Movie: "Miracle on 34th Street"

Tues., Dec. 10, 1:30 p.m., Northglenn Senior Center, 11801 Community Center Drive

Enjoy this Christmas classic! An old man named Kris Kringle has to fill in for an intoxicated Santa in the annual Thanksgiving parade. When Kringle claims he really is Santa Claus, it leads to a court case to determine his mental health and more importantly, authenticity. Cost is free. For people ages 55 and over. Call 303-450-8801 or stop by the center for more information.

Northglenn Players Present "A Tuna Christmas"

Dec. 13, 14, 20 and 21 at 7:30 p.m., Dec. 15, 20 and 22 at 2 p.m., D.L. Parsons Theatre, 11801 Community Center Drive

Celebrate the holidays with a Texas-sized Christmas comedy! Two comedic actors, with deft timing and split-second costume changes, portray 24 citizens of Tuna, the third-smallest town in Texas, where the Lion's Club is too liberal and Patsy Cline never dies. It's 24 hours before Christmas and the eccentric residents of Tuna are attempting to cope with Joe Bob Lipsey's disastrous Christmas Carol pageant, a sabotaged yard-decorating contest and a mysterious phantom that's on the loose! Cost is \$14 for adults, \$12 for students and seniors. Go to www.northglennarts.org for more information or to buy tickets.

Babysitting Class

Sat., Dec. 14, 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 Dec. 7. Call 303-450-8800 or go to www.northglenn.org/playnorthglenn to register. RecTrac Code: 30636001

Senior Book Club: “The Rules of Civility”

Tues., Dec. 17, 1 p.m., Northglenn Senior Center, 11801 Community Center Drive

On the last night of 1937, 25-year-old Katey Kontent is in a second-rate Greenwich Village jazz bar when Tinker Grey, a handsome banker, happens to sit down at the neighboring table. This chance encounter and its startling consequences propel Katey on a year-long journey into the upper echelons of New York society – where she will have little to rely upon other than a bracing wit and her own brand of cool nerve. For people ages 55 and over. Call 303-450-8801 or stop by the center for more information.

School’s Out Specials: DEFY Trampoline Park and a Movie

Thurs., Dec. 26, 9 a.m.-4 p.m., meet at the Northglenn Recreation Center, 11801 Community Center Drive

Start the morning at Defy, which features over 35 trampolines, launching decks and a few other surprises in a 36,000-square-foot facility. Afterward, take in a G, PG or PG-13 movie. School's Out Specials are for youth ages 9 to 13, and take place on days off for Adams 12. Please bring a sack lunch and water bottle. Prices are \$40 for residents, \$45 for non-residents. Please RSVP by Dec. 19. Call 303-450-8800 or go to www.northglenn.org/playnorthglenn to register. RecTrac Code: 30964001

Colorado Youth Adventures: Snow Tubing & Beau Jo’s Pizza

Fri., Dec. 27, 8 a.m.-3 p.m., meet at the Northglenn Recreation Center, 11801 Community Center Drive

Have a blast mountain tubing at Colorado Adventure Park before stopping for lunch at Beau Jo's Pizza. Lunch is included in the fee, but an extra snack is advised. Please dress for the occasion – hat, gloves, winter coat, snow pants, goggles and sunscreen. Colorado Youth Adventures are open to participants ages 11 to 18. Cost is \$45 for residents, \$50 for non-residents. Please register by Dec. 20. Call 303-450-8800 or go to www.northglenn.org/playnorthglenn to sign up. RecTrac Code: 30965001

School’s Out Specials: Whimsy Paint Studio and Swimming

Fri., Dec. 27, 9 a.m.-4 p.m., meet at the Northglenn Recreation Center, 11801 Community Center Drive

At Whimsy, one of our talented and entertaining instructors will walk the class through a unique piece of art step-by-step in a creative atmosphere. You will take home a masterpiece that you created! Afterward, return to the rec center to swim in the pool. Please bring a sack lunch, water bottle, swimsuit and towel. Prices are \$40 for residents, \$45 for non-residents. Please RSVP by Dec. 20. Call 303-450-8800 or go to www.northglenn.org/playnorthglenn to register. RecTrac Code: 30964001

Senior Center: Shuffleboard Tournament

Fri., Dec. 27, 1 p.m., Northglenn Senior Center, 11801 Community Center Drive

Shuffle on down for this free, friendly tournament. Who knows – you could win prizes! If you don't have a partner, we'll find one for you. Please RSVP by Dec. 23 by calling 303-450-8801 or going to www.northglenn.org/playnorthglenn. RecTrac Code: 30530007

School’s Out Specials: Indoor Rock Climbing and a Movie

Thurs., Jan. 2, 9 a.m.-4 p.m., meet at the Northglenn Recreation Center, 11801 Community Center Drive

Reach higher this New Year by going indoor rock climbing at EVO Rock + Fitness in Louisville. Then trade climbing walls for a big screen and watch a G, PG or PG-13 movie at a local theatre. NOTE: Please fill out the

participant agreement for EVO at www.northglenn.org/evo. School's Out Specials provide youth ages 9 to 13 a day-long trip during Adams 12 out-of-school dates. Please bring a sack lunch and water bottle. Prices are \$40 for residents, \$45 for non-residents. Sign-up deadline is Dec. 26. Call 303-450-8800 or go to www.northglenn.org/playnorthglenn to register. RecTrac Code: 30964001

School's Out Specials: Unser Racing and Swimming

Fri., Jan. 3, 9 a.m.-4 p.m., meet at the Northglenn Recreation Center, 11801 Community Center Drive

Do you have the need for speed? Unser Racing features high-speed indoor and outdoor tracks, perfect for all skill levels. Then trade in the go-kart lanes for pool lanes at the rec center for an afternoon of fun. NOTE: Participants MUST have a waiver for Unser Racing. Go to www.northglenn.org/unser for the form and associated rules. School's Out Specials are for youth ages 9 to 13, and take place on days off for Adams 12. Please bring a sack lunch, water bottle, swimsuit and towel. Prices are \$55 for residents, \$60 for non-residents. Please RSVP by Dec. 27. Call 303-450-8800 or go to www.northglenn.org/playnorthglenn to register. RecTrac Code: 30964001

Senior Center: Ring in the New Year

Fri., Jan. 3, 1 p.m., Northglenn Senior Center, 11801 Community Center Drive

Celebrate the arrival of 2020 with a free party! Music and refreshments will be provided. For people ages 55 and over. Please RSVP by Jan. 1. Call 303-450-8801 or go to www.northglenn.org/playnorthglenn to sign up. RecTrac Code: 10530003

Denver Nuggets Skills Challenge

Sat., Jan. 4, 9-11 a.m., Northglenn Recreation Center, 11801 Community Center Drive

Compete against the rest of the state's youth in dribbling, passing and shooting. Top finishers move on to the sectional event, with the opportunity to advance to the state championship. Open to boys and girls ages 6 to 13. Register for this free event at www.teamsideline.com/northglenn.

Senior Excursion: Downtown Aquarium

Wed., Jan. 8, 12:15-4 p.m., meet at the Northglenn Senior Center, 11801 Community Center Drive

The aquarium boasts more than a million gallons of underwater exhibits that highlight fascinating ecosystems from around the world. This includes 500 species of animals and the interactive Stingray Reef touch tank. There is a self-guided tour with free time to explore. Cost is \$18. For people ages 55 and over. Please RSVP by Jan. 6. Call 303-450-8801 or go to www.northglenn.org/playnorthglenn to sign up. RecTrac Code: 10528007

Introduction to Belly Dancing

Wed., Jan. 8, 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 Jan. 1. Call 303-450-8800 or go to www.northglenn.org/playnorthglenn to register. RecTrac Code: 10315005

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. Like us on Facebook, @cityofnorthglenn, and follow us on Twitter, @northglennco.