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NEWS RELEASE

November 2019 Calendar

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

Festive Friday: Dia De Los Muertos

Fri., Nov. 1, 1 p.m., meet at the Northglenn Senior Center, 11801 Community Center Drive

Celebrate Dia De Los Muertos – or Day of the Dead – with sugar skulls and more. Cost is free. For people ages 55 and over. Please register by Oct. 31. Call 303-450-8801 or go to www.northglenn.org/playnorthglenn to sign up. RecTrac Code: 30530006

Senior Excursion: Money Museum

Wed., Nov. 6, 12:15 p.m., meet at the Northglenn Senior Center, 11801 Community Center Drive

Learn about the Federal Reserve Bank at the Money Museum. Take a walk through American history by viewing real currency that dates back to 1775. Find out how to chart your financial course and explore savings, budgeting and credit with fun interactive displays. Photo ID required. Cost is \$2. For people ages 55 and over. Please sign up by Nov. 1. Call 303-450-8801 or go to www.northglenn.org/playnorthglenn to sign up. RecTrac Code: 30528007

Introduction to Belly Dancing

Wed., Nov. 6, 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 Oct. 30. Call 303-450-8800 or go to www.northglenn.org/playnorthglenn to register. RecTrac Code: 30315005

Veterans Day Lunch

Mon., Nov. 11, 11 a.m., Northglenn Senior Center, 11801 Community Center Drive

The community is welcome to come honor all of those who have served our country in war or peacetime. Representatives from American Legion Post 22 will talk at the event, then give a rifle salute and play taps outside the recreation center.

Afterward, everyone is invited to a spaghetti lunch, provided by the Northglenn Senior Organization. Local Girl Scout troops will help with the lunch and prepare stockings for our soldiers overseas. The senior center is collecting items now to fill up the stockings. This includes non-perishable snacks (no pork) and beverage mixes. Also needed are socks, travel-sized personal care items, writing or drawing utensils and small games or amusements to help pass the time.

The Colorado Chord Company will sing a cappella patriotic music to entertain the crowd.

Please RSVP by Nov. 8 for this free event. Go to www.northglenn.org/playnorthglenn or call 303.450.8801 to sign up. RecTrac Code: 30531002

10 Things to Protect Your Identity Class

Tues., Nov. 12, 1:30-3 p.m., Northglenn Senior Center, 11801 Community Center Drive

Learn practical and effective ways to protect your identity by safeguarding your personal and financial information, including online. Presented by the AARP Foundation Elderwatch program. This class is free and open to all ages. Please register by Nov. 9. Call 303-450-8801 or go to www.northglenn.org/playnorthglenn to register. RecTrac Code: 30527001

Senior Center: Holiday Tea Party

Fri., Nov. 15, 1 p.m., Northglenn Senior Center, 11801 Community Center Drive

Celebrate the start of the holiday season in style with afternoon tea and entertainment. Cost is \$8. For people ages 55 and over. Please register by Nov. 13. Call 303-450-8801 or go to www.northglenn.org/playnorthglenn to sign up. RecTrac Code: 30530005

Northglenn Youth Theatre Presents “The Little Mermaid”

Nov. 15, 16, 22 and 23 at 7 p.m.; Nov. 17 and 24 at 2 p.m.; Nov. 21 and 22 at 10 a.m.; D.L. Parsons Theatre, 11801 Community Center Drive

Based on one of Hans Christian Andersen's most beloved stories and the classic animated film, Disney's “The Little Mermaid” is a hauntingly beautiful love story for the ages. Ariel, King Triton's youngest daughter, wishes to pursue the human Prince Eric in the world above, bargaining with the evil sea witch, Ursula, to trade her tail for legs. But the bargain is not what it seems, and Ariel needs the help of her colorful friends under the sea.

Cost is \$10 for adults, \$8 for seniors and youth. Purchase tickets at www.northglennarts.org.

At Home Alone + First Aid Class

Sat., Nov. 16, 9 a.m.-1 p.m., Northglenn Recreation Center, 11801 Community Center Drive

Youth ages 10 to 13 can learn how to stay safe when they're home alone through interactive lessons, role-play, hands-on training and first aid instruction. Prices are \$50 for residents and \$55 for non-residents. Please register by Nov. 9. RecTrac Code: 30636001

Senior Center Movie: “Little Miss Sunshine”

Tues., Nov. 19, 1:30 p.m., Northglenn Senior Center, 11801 Community Center Drive

The Hoover family puts the fun back in dysfunctional by piling into a bus and heading to California to support a daughter in her bid to win the Little Miss Sunshine Contest. Cost is free. For people ages 55 and over. Call 303-450-8801 or stop by the center for more information.

Travel Film – Cuba: On the Edge of Discovery

Wed., Nov. 20, 10 a.m., D.L. Parsons Theatre, 11801 Community Center Drive

Explore contemporary life and dynamic historical themes of Cuba. In spite of decades of strong-armed dictators and isolation, its artists, ballet dancers and baseball players compete on the world stage. Cost is

\$7.50 for adults, \$6.50 for students and seniors. Go to www.northglennarts.org for more information or to buy tickets.

Senior Dinner Theatre: “The Little Mermaid”

Thurs., Nov. 21, 10 a.m., D.L. Parsons Theatre, 11801 Community Center Drive

Watch the Northglenn Youth Theatre’s performance of Disney’s “The Little Mermaid,” followed by a catered lunch in the senior center after the show. Based on one of Hans Christian Andersen’s most beloved stories and the classic animated film, “The Little Mermaid” is a hauntingly beautiful love story for the ages. Cost is \$20. For people ages 55 and over. Please register by Nov. 15, but please note that only 60 tickets are available. Call 303-450-8801 or go to www.northglennarts.org to purchase tickets.

Self-Defense Class

Fri., Nov. 22, 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. Please RSVP by Nov. 14. Call 303-450-8800 or go to www.northglenn.org/playnorthglenn to register. RecTrac Code: 31075001

Senior Book Club: “Hotel on the Corner of Bitter and Sweet”

Tues., Nov. 26, 1 p.m., Northglenn Senior Center, 11801 Community Center Drive

An old Japanese parasol takes Henry Lee back to the height of World War II. Amid the chaos of blackouts, curfews and FBI raids, the Chinese-American Lee forges a bond with Japanese-American Keiko Okabe, which transcends the long-standing prejudices of their Old World ancestors. After Keiko and her family are taken to an internment camp, the two are left with only the hope that the war will end, and their promise to each other will be kept. Cost is free. For people ages 55 and over. Call 303-450-8801 or stop by the center to reserve a copy.

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. 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, we'll give away refurbished bikes provided through the Northglenn Bike Program starting at 4 p.m., 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

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.