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## NEWS RELEASE

### November 2018 Calendar

**Oct. 31, 2018** – Schedule of events for the City of Northglenn for November and early December 2018.

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#### **Senior Center: Dia De Los Muertos**

*Fri., Nov. 2, 1 p.m., Northglenn Senior Center, 11801 Community Center Drive*

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

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#### **At Home Alone + First Aid**

*Sat., Nov. 3, 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. They'll go through interactive lessons, role play, hands-on training and first aid instruction. Prices are \$35 for residents and \$38 for non-residents. Please register by Oct. 30. Call 303-450-8800 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 30636001

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#### **Healthy Living Series: Senior Reach**

*Mon., Nov. 5, 1-3 p.m., Northglenn Senior Center, 11801 Community Center Drive*

Senior Reach Center representatives will discuss health, suicide prevention, de-cluttering, hoarding and more. This is the second part of a free two-part series and is open to all ages. Please RSVP by Nov. 1. Call 303-450-8801 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to sign up. RecTrac Code: 30527002

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#### **Belly Dancing Introduction Class**

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

Have fun learning how to belly dance from Phoenix, a nationally-known instructor. You'll work on posture, technique and developing your style as you gain flexibility and muscle control. For people ages 16 and up. Prices are \$10 for residents, \$15 for non-residents. Please RSVP by Nov. 3. Call 303-450-8800 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 30315005

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#### **Fit for the Holidays**

*Thurs., Nov. 8, 3-4 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

Experience a total body, functional workout for all fitness levels. You will burn fat and build strength while mixing in some fun to help you fight off unwanted holiday pounds. Please wear clothes and shoes that you're comfortable moving in. Cost is free and there is no need to register.

Presented by David Mura, owner of Fit Soldiers Fitness Revolution in Northglenn. Sponsored by the City of Northglenn's HEAL (Healthy Eating Active Living) Committee. Call 303-450-8739 or email [development@northglenn.org](mailto:development@northglenn.org) for more information.

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### **Northglenn Youth Theatre Presents "Peter Pan"**

*Nov. 9, 10, 16 and 17 at 7 p.m.; Nov. 11 and 18 at 2 p.m. (Nov. 15 and 16 shows sold out)  
D.L. Parsons Theatre, 11801 Community Center Drive*

The Northglenn Youth Theatre performs this Tony Award-winning musical that has delighted audiences for 60 years. Peter and his mischievous fairy sidekick, Tinkerbell, visit the nursery of the Darling children late one night. With a sprinkle of pixie dust, they begin a magical journey across the stars that none of them will ever forget. Cost is \$10 for adults, \$8 for students and seniors. Go to [www.northglennarts.org](http://www.northglennarts.org) for more information or to buy tickets.

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### **Veterans Day Ceremony**

*Sun., Nov. 11, 11 a.m., Northglenn Veterans Memorial, next to City Hall, 11701 Community Center Drive*

The community is invited to honor those who have served in the U.S. Armed Forces. The ceremony will have guest speakers and a 21-gun salute courtesy of American Legion Post 22. Afterward, everyone is welcome to the senior center across the street for a spaghetti lunch. Please let us know if you are eating by stopping at the senior center, calling 303-450-8801 or going to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn). RecTrac Code: 30531002

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### **Senior Knifty Knitter Class**

*Mon., Nov. 12, 1-3 p.m., Northglenn Senior Center, 11801 Community Center Drive*

Have you ever wanted to learn how to knit but struggled with the needles? In this class you'll learn to knit with a loom and hook. All materials are included in the cost, which is \$8. For people ages 55 and over. Please RSVP by Nov. 8. Call 303-450-8801 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to sign up. RecTrac Code: 30527001

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### **Family Art Night**

*Tues., Nov. 13, 5:30-7 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

Bring the whole family along for a night of great arty fun hosted by Abrakadoodle! Create one-of-a-kind projects that celebrate all that we are thankful for and that make great gifts.

Prices are \$25 for resident families, \$30 for non-resident families, for up to four people. For additional family members, the added price per person is \$5 for residents, \$7 for non-residents. Please RSVP by Nov. 8. RecTrac Code: 30313030

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### **Travel Film Double Feature**

*Wed., Nov. 14, 10 a.m., D.L. Parsons Theatre, 11801 Community Center Drive*

Visit two distant locations of North America in one morning. In the first film, head to Northern Ontario, Canada, to follow the path of a rare White Moose. The second film searches for the much less rare presence of non-

native species in Florida. These foreigners include Burmese pythons, Nile monitor lizards, South African vervet monkeys and more.

These films are shorter than the typical travel films, so you can watch both in the time it usually takes to see one. Cost is \$7.50 for adults, \$6.50 for seniors and youth. Go to [www.northglennarts.org](http://www.northglennarts.org) for tickets and more information.

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## **Financial Literacy**

*Wed., Nov. 14, 10-11 a.m., Maintenance & Operations Facility, 12301 Claude Court*

Do you get tired of hearing, “You just need to save more money”? Great, if it’s that easy, why don’t I have enough money at the end of the month? In this free interactive workshop, we’ll help you connect with your money in a way that works for you. We promise not to tell you what to do. Instead we’ll show you specific ways you can take control of your money.

This free class is presented by LPL Financial Advisor Craig Arfsten. Registration is not necessary. Sponsored by the City of Northglenn’s HEAL (Healthy Eating Active Living) Committee. Call 303-450-8739 or email [development@northglenn.org](mailto:development@northglenn.org) for more information.

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## **Senior Dinner Theatre: “Peter Pan”**

*Thurs., Nov. 15, 10 a.m., Northglenn Senior Center, 11801 Community Center Drive*

Enjoy a live theater performance of “Peter Pan” by the Northglenn Youth Theatre. Peter and his mischievous fairy sidekick, Tinkerbell, visit the nursery of the Darling children late one night. With a sprinkle of pixie dust, they begin a magical journey across the stars that none of them will ever forget. After viewing Broadway’s timeless musical, enjoy a catered lunch up in the senior center. Cost is \$20. For people ages 55 and over. Please purchase tickets by Nov. 12. Call 303-450-8801 or go to the senior center to buy tickets.

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## **Kick Back Against Holiday Stress**

*Thurs., Nov. 15, 11 a.m.-12 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

Take this full body, instructor-led class where you fight back against the fat and stress of life. Learn tips and tricks that can be implemented immediately into your daily routine. Please bring a towel and wear clothes you’re comfortable sweating in.

Just stop on by for this free workout – no need to register. Presented by Monica Carson, owner and operator of [iLoveKickboxing.com](http://iLoveKickboxing.com) in Northglenn. Sponsored by the City of Northglenn’s HEAL (Healthy Eating Active Living) Committee. Call 303-450-8739 or email [development@northglenn.org](mailto:development@northglenn.org) for more information.

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## **Stress-Busting Nutrients**

*Thurs., Nov. 15, 6-7 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

Heart pounding, but no idea why? Can’t remember where you left your keys? Gaining belly fat, but eating healthy? If you said yes to any of these, you might be suffering the ill effects of chronic stress. While it’s impossible to remove all stress from your life, incorporating a few specific nutrients into your diet can help you deal with life’s many stressors, especially the added stress around the holidays.

This free workshop is presented by Fallon Rhodes, nutritional health coach at Natural Grocers in Northglenn. Registration is not necessary. Sponsored by the City of Northglenn’s HEAL (Healthy Eating Active Living) Committee. Call 303-450-8739 or email [development@northglenn.org](mailto:development@northglenn.org) for more information.

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## **Ward 1 Neighborhood Meeting**

*Sat., Nov. 17, 11 a.m., Northglenn Justice Center, 50 W. Community Center Drive*

Council members Meredith Leighty and Jordan Sauers invite Ward 1 residents to this discussion. Have lunch while learning about what's going on in Northglenn and your neighborhood.

Some of the conversation topics include:

- Northglenn Justice Center
- FasTracks
- Traffic calming
- Ralston House

For every two people attending, Leighty and Sauers will donate one item to Ralston House. This nonprofit provides a safe place for young survivors of abuse to heal and to tell their stories. Its new facility is under construction in Northglenn.

Child care is available. Please reserve a spot at 303-450-8709 to ensure proper staffing.

For more information, contact the council members. Leighty is available at 303-918-1568 or [mleighty@northglenn.org](mailto:mleighty@northglenn.org). Reach Sauers at 303-252-3848 or [jsauers@northglenn.org](mailto:jsauers@northglenn.org).

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## **Senior Book Club: A Gentleman in Moscow**

*Tues., Nov. 27, 1 p.m., Northglenn Senior Center, 11801 Community Center Drive*

In 1922, Count Alexander Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal, and is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Cost is free. For people ages 55 and over. Call 303-450-8801 or stop by the center to reserve a copy.

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## **“The Reluctant Dragon” in Sign Language**

*Nov. 28, 29 and 30 at 10 a.m. and 6 p.m.; Dec. 1 at 2 p.m., D.L. Parsons Theatre, 11801 Community Center Drive*

Experience this unique theatrical event as ImaginASL presents this classic in both American Sign Language and spoken English. The village of Guildermere blames the dragon for their dying crops and sour milk. But this dragon is a peace-loving, poetry-spouting fellow who would much prefer a cup of tea to a battle. When Saint George arrives, the dragon and his young friend, Glaston, face quite a challenge indeed. For the 2 p.m. and 6 p.m. shows, the cost is \$10 for adults, \$8 for students and seniors. For the 10 a.m. student matinees, prices are \$5 for adults, \$4 for youth. Go to [www.northglennarts.org](http://www.northglennarts.org) for more information or to buy tickets.

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## **Festive Friday: Holiday Tea Party**

*Fri., Nov. 30, 1 p.m., Northglenn Senior Center, 11801 Community Center Drive*

Celebrate the start of the holidays in style with afternoon tea and entertainment. Cost is \$10. For people ages 55 and over. Please RSVP by Nov. 28. Call 303-450-8801 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to sign up. RecTrac Code: 30530005

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## **Babysitting Class**

*Sat., Dec. 1, 9 a.m.- 3 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

First-time babysitters ages 11 to 13 will learn how to watch over young children. Skills covered include CPR, first aid, growth and development, safety, feeding, discipline, diapering and bathing. Please bring a sack lunch. Prices are \$55 for residents, \$60 for non-residents. Please register by Nov. 24. Call 303-450-8800 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to sign up. RecTrac Code: 30636001

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## **Noel Northglenn**

*Fri. Dec. 7, 5:30-8:30 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

What's the official kick off to the holiday season? Everyone around town knows it's Noel Northglenn!

All our favorites are back this year. Get cozy eating s'mores by the fire as you wait for a carriage ride. The kids will have a ball inside with 'snowball' fights, face painting and bubble rides on the water. And of course, take pictures with Santa. They are \$5 to purchase – or you can take a photo with your phone.

Pizza and drinks are available for purchase and the Northglenn Senior Organization will have its annual bake sale.

And what kind of holiday season would it be without cartoons? We'll have all the best Christmas cartoon characters, including Rudolph, Charlie Brown, Frosty the Snowman and that mean 'ole Grinch!

Go to [www.northglenn.org/noel](http://www.northglenn.org/noel) or call 303-450-8800 for more information.

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## **Olde Fashion Christmas**

*Sat., Dec. 8, 10 a.m.-4 p.m. and Sun., Dec. 9, 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](http://www.northglenn.org/oldefashionchristmas). You can also contact Council Member Joyce Downing at 720-232-4402 or [nhpf1999@aol.com](mailto:nhpf1999@aol.com). Sponsored by the Historic Preservation Commission.

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*Northglenn, Colo., is a city of 38,648 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.*