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NEWS RELEASE

June 2017 Calendar

May 12, 2017 – Schedule of events for the City of Northglenn for June and early July 2017. For media inquiries, please contact Margo Aldrich at 303-450-8713 or maldrich@northglenn.org.

Local Heroes Backyard BBQ

Thurs., June 1, 11 a.m.-1 p.m., Northglenn Recreation Center, 11801 Community Center Drive

We'll thank the Police Department and North Metro Fire Rescue for all their hard work with a BBQ lunch behind the recreation center. Enjoy pulled pork sandwiches, coleslaw, beans, chips, cookies and lemonade. For people ages 55 and over. Cost is \$3. Please RSVP by May 30 at the Northglenn Senior Center, by calling 303-450-8801, or going to northglenn.org/playnorthglenn. RecTrac Code: 20531001

At Home Alone + First Aid

Fri., June 2, 9 a.m.-1 p.m., Northglenn Recreation Center, 11801 Community Center Drive

Is your child home alone before or after school? This workshop for youth ages 10-13 will show them how to look after themselves and what to do in case of a medical emergency. They'll learn through non-threatening and empowering interactive lessons, role playing and hands-on training. Cost is \$35 for residents, \$38 for non-residents. Call 303-450-8800 or go to northglenn.org/playnorthglenn to register. RecTrac Code: 20636001

Senior Center Doughnut Day

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

Celebrate National Doughnut Day with games, trivia and of course, doughnuts! Cost is free. For people ages 55 and up. Please RSVP by May 31 at the center, by calling 303-450-8801 or going to northglenn.org/playnorthglenn. RecTrac Code: 20530003

Fitness Bootcamp

Every Saturday from June 3 through Aug. 5, 7:30-8:30 a.m., E.B. Rains Jr. Memorial Park, 11800 Community Center Drive

Enjoy this outdoor fitness class. It's a combination of strength, cardio, muscle endurance, flexibility, core and functional movement patterns. Get everything you need in one class! Just come on by, with a blanket if you'd like. Cost is \$3.50 for residents, \$4.25 for non-residents for most bootcamps. The cost is free on June 3, July 1 and Aug. 5, thanks to the city's Healthy Eating Active Living (HEAL) Committee.

Kids' Fishing Derby and HEAL Day

Sat., June 3, 8 a.m.-1 p.m., E.B. Rains Jr. Memorial Park, 11800 Community Center Drive

The city's annual introduction to summer, the Kids' Fishing Derby, has a few additional fun activities that promote Healthy Eating and Active Living (HEAL).

Youth ages 2-14 are invited to compete in the derby. Check in is at 8 a.m., with fishing 8:30-10 a.m. The winners in six age categories and for the longest overall fish receive awards at 11 a.m. You must have your own fishing pole, tackle and bait. Cost is \$4 for the derby. Stop by the Northglenn Recreation Center, 11801 Community Center Drive, call 303-450-8800 or go to northglenn.org/fishingderby to register. You must sign up before the day of the event.

Starting at 9:30 a.m., the city will host a free bike rodeo and obstacle course for youth. Bicycle Colorado will provide the bikes and helmets. We'll even raffle away refurbished bikes and new helmets. You can also learn how to make minor repairs to your bike during a free workshop.

In addition to biking, the whole family can participate in several group exercise programs, learn about healthy snacks for the summer, see a beehive in action and receive treats from participating vendors. We'll even have a healthy breakfast food truck on site.

For more details on the HEAL activities, contact Ashley Kaade at akaade@northglenn.org or 303-450-8836.

CPR & First Aid Class

Sat., June 3, 9 a.m.-3 p.m., Northglenn Recreation Center, 11801 Community Center Drive

Learn how to respond to medical emergencies while earning your CPR/First Aid (re)certification. Ideal for experienced babysitters, child care professionals and youth sports coaches, this course is based on evidence-based treatment recommendations. For ages 11 and up. Cost is \$55 for residents, \$60 for non-residents. Call 303-450-8800 or go to northglenn.org/playnorthglenn to register. RecTrac Code: 20636001

Stay Safe From Internet Scams

Mon., June 5, 1 p.m., Northglenn Senior Center, 11801 Community Center Drive

Fraud and financial exploitation scams are always changing. Find out how to recognize fraud, ways to protect your information and stay secure on the internet. Cost is free and open to all ages. Please RSVP by June 2 by stopping at the center, calling 303-450-8801 or going to northglenn.org/playnorthglenn. RecTrac Code: 20527001

Mayor on the Move

Tues., June 6, 6-8 p.m., Larson Park, E. 108th Avenue and Larson Drive

Mayor Joyce Downing invites the community to join her for updates about Northglenn and hot dogs on the barbecue. Cost is free – just come on by and enjoy a nice summer evening under the pavilion. Call 303-450-8713 for more information.

Sticky Fingers Youth Cooking Class

Mon., June 12, 5-6 p.m., Northglenn Recreation Center, 11801 Community Center Drive

Kids ages 6 and up will prepare and eat healthy recipes in a fun, engaging and real world way. They'll have a blast discovering how easy and fun it is to cook. Cost is \$21 for residents, \$23 for non-residents. Call 303-450-8800 or go to northglenn.org/playnorthglenn to register. RecTrac Code: 20635001

Outdoor Yoga Class

Wed., June 14 and 28, 6:30-7:30 p.m., E.B. Rains Jr. Memorial Park, 11800 Community Center Drive

Who doesn't love a little sun mixed with yoga? Roll out your mat and hold warrior pose with us. Cost is \$3.50 for residents, \$4.25 for non-residents on June 14, but is free on June 28, as the session is being sponsored by the city's Healthy Eating Active Living (HEAL) Committee.

Northglenn Sculpture Tour

Thurs., June 15, 9 a.m., meet at the Northglenn Recreation Center, 11801 Community Center Drive

Did you know that Northglenn is home to more than 20 sculptures from artists around the nation? Visit each piece on this guided tour. The trip ends at Atlanta Bread Company, where you can buy lunch and discuss all the sculptures. We will provide transportation. The cost is free, but RSVP early because trips will fill up. Call 303-450-8800 or go to northglenn.org/playnorthglenn.org to sign up. RecTrac Code: 20528003

Babysitting Class

Fri., June 16, 9 a.m.-3 p.m., Northglenn Recreation Center, 11801 Community Center Drive

First-time babysitters ages 11-13 will learn the skills necessary to watch over young children. Topics covered include CPR, first aid, growth and development, safety, feeding, discipline, diapering and bathing. Participants earn a CPR/First Aid certificate upon completion. Please bring a sack lunch. Cost is \$55 for residents, \$60 for non-residents. Call 303-450-8800 or go to northglenn.org/playnorthglenn to register. RecTrac Code: 20636001

Senior Picnic

Fri., June 16, 12 p.m., E.B. Rains Jr. Memorial Park, 11800 Community Center Drive

Time for a summer favorite! Enjoy fried chicken and all the fixin's. Open to Northglenn Senior Organization members and city residents ages 62 and up. Cost is \$2. Please RSVP by June 14 by calling 303-450-8801 or going to northglenn.org/playnorthglenn. RecTrac Code: 20531002

Mudapalooza 11

Sat., June 17, 9 a.m.-6 p.m., Northwest Open Space, W. 112th Avenue and Ranch Drive

Get out the duct tape and old t-shirt for Mudapalooza 11, the City of Northglenn's adult co-ed mud volleyball tournament. Teams are guaranteed at least five games. Each squad has eight to 12 players. Eight players are on the court, and at least half of those players must be female. All participants must be at least 18 years of age. Cost is \$325 per team. Registration deadline is 8:30 p.m. Monday, June 12. Sign up by calling 303-450-8800 or going to northglenn.org/playnorthglenn and use code 20748001. For more details, including forms to fill out, go to northglenn.org/mudapalooza.

Colorado Youth Adventures: High Flying Day

Thurs., June 22, 9 a.m.-4 p.m., meet at the Northglenn Recreation Center, 11801 Community Center Drive

Are you up for a day of sky-high adventure? Begin the morning at Topgolf in Centennial for a few rounds of target practice. We'll stop for lunch at Jimmy John's, so please bring money to buy food, or you can take your own sack lunch. Finish the day by experiencing the rush of free falling from an airplane in IFly's indoor air tube.

For youth ages 11 to 18. Cost is \$70 for residents, \$77 for non-residents. Call 303-450-8800 or go to northglenn.org/playnorthglenn to register. RecTrac Code: 20965001

The Benefits of Touch

Thurs., June 22, 1 p.m., Northglenn Senior Center, 11801 Community Center Drive

Did you know that you have healing power, literally at your fingertips? The simple act of touch is so powerful that it can slow your heart rate, decrease your blood pressure and strengthen your immune system. Cost is free and open to all ages. Please RSVP by June 20 by calling 303-450-8801 or going to northglenn.org/playnorthglenn. RecTrac Code: 20527002

Senior Book Club: “The Storied Life of A.J. Fikry”

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

A.J. Fikry’s life is not at all what he expected it to be. He lives alone, his bookstore is experiencing the worst sales in its history, and now his prized possession, a rare collection of Poe poems, has been stolen. But when a mysterious package appears at the bookstore, its unexpected arrival gives Fikry the chance to make his life over – and see everything anew. For people ages 55 and over. Call 303-450-8801 or stop by the center to reserve a copy.

Teddy Bear Picnic

Thurs., June 29, 10 a.m., E.B. Rains Jr. Memorial Park, 11800 Community Center Drive

Back for the 25th year, this free annual gathering is fun for kids and their favorite stuffed pals. We’re excited to have the award-winning Hunk-Ta-Bunk-Ta band in town! So, bring a blanket to sit on and your own picnic snack while you listen to stories and sing along to some silly songs. Great for Pre-K to early elementary kids and their fuzzy friends.

Senior Center: For the Love of Baseball

Fri., June 30, noon, Northglenn Senior Center, 11801 Community Center Drive

Whether you’re a Rockies supporter or die-hard Mets fan, come out for baseball food and fun! For people ages 55 and over. Cost is \$5. Call 303-450-8801 or go to northglenn.org/playnorthglenn to RSVP by June 28. RecTrac Code: 20530006

3-on-3 Stars and Stripes Basketball Tournament for Youth

July 1-2, 8 a.m.-5 p.m., Northglenn Recreation Center, 11801 Community Center Drive

Youth in third through eighth grades can compete in this half-court tournament. Score will be kept by 1s and 2s. First squad to 15 wins, with a cap of 20 points. Brackets are divided into third/fourth, fifth/sixth and seventh/eighth grades. Teams are allowed up to five players on a roster. Individuals will be placed on teams. Cost is \$100 for resident teams, \$110 for non-resident teams and \$32 for individuals. Call 303-450-8800 or go to northglenn.org/playnorthglenn to register. RecTrac Code: 20855001

July 4th Festival

Tues., July 4, 7 a.m.-10 p.m., E.B. Rains Jr. Memorial Park, 11800 Community Center Drive

Celebrate America's birthday by bringing out your blankets for the metro area's largest family picnic. The day starts out with a pancake breakfast and 4-mile run and ends with a fabulous fireworks show over Webster Lake. In between are races, food, fun, music, a car show and more! Go to northglenn.org/july4th for all the details.

Northglenn, Colo., is a city of 38,648 residents that is located 13 miles north of downtown Denver. In 2016, Northglenn zip code 80233 was named the third-hottest real estate market in the nation by realtor.com. 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](https://www.facebook.com/cityofnorthglenn), and follow us on Twitter, [@northglennco](https://twitter.com/northglennco).