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## NEWS RELEASE

### January 2020 Calendar

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

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#### **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: You must fill out the participant agreement for EVO at [www.northglenn.org/evo](http://www.northglenn.org/evo). School's Out Specials provide youth ages 9 to 13 a day-long trip during out-of-school dates for Adams 12. 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](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 30964001

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#### **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. We'll move from the go-kart lanes to the pool lanes at the rec center for a fun afternoon. NOTE: Participants MUST have a waiver for Unser Racing. Go to [www.northglenn.org/unser](http://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. RSVP by Dec. 27 at 303-450-8800 or [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn). RecTrac Code: 30964001

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#### **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 at 303-450-8801 or [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn). RecTrac Code: 10530003

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#### **Denver Nuggets Skills Challenge**

*Sat., Jan. 4, 9-10:30 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](http://www.teamsideline.com/northglenn).

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#### **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](http://www.northglenn.org/playnorthglenn) to sign up. RecTrac Code: 10528007

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### **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](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 10315005

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### **6-Foot and Under Basketball Tournament**

*Sat., Jan. 11, 9 a.m.-3 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

Adults 6-feet-tall and under can hoop it up in this 4 vs. 4 tournament. Rims will be set at 8.5 feet tall and dunking is allowed. Teams have four to eight players, and they must provide white and black shirts or jerseys. The single-elimination tournament is limited to 12 teams. All squads are guaranteed at least three games. Players must be at least 18 years old. Cost is \$120 per team. Please RSVP by Jan. 3. Call 303-450-8800 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 10746003

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### **Sound Bath Workshop**

*Sat., Jan. 11, 10-11:30 a.m., Northglenn Recreation Center, 11801 Community Center Drive*

Experience deep relaxation and a profound sense of peace and well-being. Start with a short guided meditation, then feel the healing power of Tibetan singing bowls, gongs, Shamanic drums, Koshi chimes and voice. The healing frequencies and vibrations will wash away your stress, tension and cares. For people ages 16 and up. Prices are \$20 for residents, \$25 for non-residents. Please RSVP by Jan. 4. Call 303-450-8800 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 10423001

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### **Travel Film: Spain and Portugal**

*Wed., Jan. 15, 10 a.m., D.L. Parsons Theatre, 11801 Community Center Drive*

Journey through Lisbon, Fatima, Gibraltar, Seville, Granada, Barcelona and more. Learn about the architecture of these jeweled cities and its surroundings of narrow streets, shops and pubs that bring ambience and intrigue to the area. From town centers to coastal seaports, see why many call it paradise on Earth. Cost is \$7.50 for adults, \$6.50 for seniors, youth and military. Go to [www.northglennarts.org](http://www.northglennarts.org) for tickets and more information.

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### **Yoga Nidra**

*Wed., Jan. 15, 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 Jan. 8. 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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### **Senior Center: Chili Cook-Off**

*Fri., Jan. 17, 12 p.m., Northglenn Senior Center, 11801 Community Center Drive*

Do you make the best chili on the block? Enter it into the 15<sup>th</sup> Annual Chili Cook-Off. Red and green chili are judged in separate divisions. Bring your chili entry or a complementary side dish for this potluck. Cost is free, but please RSVP by Jan. 14. For people ages 55 and over. Call 303-450-8801 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to sign up. RecTrac Code: 10530004

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### **A Cappella Concert Series: Choice City Singers**

*Fri., Jan. 17, 7:30 p.m., D.L. Parsons Theatre, 11801 Community Center Drive*

The Choice City Singers are one of the most dynamic, versatile groups performing in northern Colorado today. They bring a unique mix of musical styles, personality, energy and fine choral blend to each performance. This multigenerational group spans five decades in age, making them popular for audiences of all ages. Cost is \$15 for adults and \$12 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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### **CPR and First Aid Class**

*Sat., Jan. 18, 9 a.m.-3 p.m., Northglenn Recreation Center, 11801 Community Center Drive*

Learn how to respond to medical emergencies involving children using evidence-based treatment recommendations. This class is ideal for babysitters, child care professionals and youth sports coaches who need (re)certification. Open to people ages 13 and older. Please bring a sack lunch and water bottle. Prices are \$60 for residents, \$65 for non-residents. Please RSVP by Jan. 11. Call 303-450-8800 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 10636001

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### **Babysitting Class**

*Mon., Jan. 20, 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 and water bottle. Prices are \$60 for residents, \$65 for non-residents. Please RSVP by Jan. 13. Call 303-450-8800 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 10636002

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### **Youth Auditions: "Cinderella"**

*Mon., Jan. 20, 3-3:55 p.m. check-in, 4 p.m. audition, D.L. Parsons Theatre, 11801 Community Center Drive*

Youth ages 6 to 18 are invited to auditions for the Missoula Children's Theatre production of "Cinderella." Late-comers will be turned away. This is an original musical adaptation of the classic fairy tale. About 60 roles are available. Requirements and more information are located at [www.northglennarts.org/auditions](http://www.northglennarts.org/auditions). Cost is \$65 if cast.

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### **Senior Movie: "We Bought a Zoo"**

*Tues., Jan. 21, 1:30 p.m., Northglenn Senior Center, 11801 Community Center Drive*

Following his wife's untimely death, Los Angeles journalist Benjamin Mee (Matt Damon) decides to make a fresh start by quitting his job and moving his family to an 18-acre property containing the Rosemoor Wildlife Park. For people ages 55 and over. Call 303-450-8801 or stop by the center for more information on this free showing.

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## **Mingle with the Mayor**

*Tues., Jan. 21, 6-7:30 p.m., Parry's Pizzeria & Bar, 100 E. 120<sup>th</sup> Ave.*

Mayor Meredith Leighty hosts her first public discussion meeting. All residents are invited to come and bring their questions, comments and concerns. Topics that will be covered include snow removal and the new recreation center, senior center and theatre. You'll also hear from City Manager Heather Geyer. For more information, call 303-450-8713.

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## **Senior Excursion: National Center for Atmospheric Research (NCAR)**

*Wed., Jan. 22, 11 a.m.-3 p.m., meet at the Northglenn Senior Center, 11801 Community Center Drive*

The National Center for Atmospheric Research (NCAR)'s Mesa Laboratory and Visitor Center is a fun and educational way to spend some time in Boulder. A tour guide will talk about atmospheric science and show us some of the current research being conducted there. Cost is \$2. For people ages 55 and over. Please RSVP by Jan. 19. 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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## **Weight Room Orientation**

*Fri., Jan. 24, 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. Please RSVP by Jan. 23. 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: 10425001

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## **Missoula Children's Theatre Presents "Cinderella"**

*Sat., Jan. 25, 3 and 7 p.m., D.L. Parsons Theatre, 11801 Community Center Drive*

The Missoula Children's Theatre presents "Cinderella," an original adaptation of the classic fairy tale. A pumpkin coach, Prince Charming, a glass slipper and a dream come true are woven together by the magic of a Fairy Godmother in this enchanting musical. When Cinderella's stepsisters try to keep Cinderella from attending the ball, the Fairy Godmother enlists the help of the Mice and the Pumpkins and is able to transform Cinderella just in time for the big event. Cost is \$9 for adults, \$7 for youth, seniors and military. Go to [www.northglennarts.org](http://www.northglennarts.org) for more information or to buy tickets.

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## **10 Warning Signs of Alzheimer's**

*Mon., Jan. 27, 1 p.m., Northglenn Senior Center, 11801 Community Center Drive*

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. Join the Alzheimer's Association to learn about the 10 warning signs and symptoms. Please register by Jan. 25 for this free class that is open to all ages. Call 303-450-8801 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to register. RecTrac Code: 10527001

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## **Senior Book Club: "Where the Crawdads Sing"**

*Tues., Jan. 28, 1 p.m., Northglenn Senior Center, 11801 Community Center Drive*

For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-

called Marsh Girl. But Kya is not what they say. 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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### **Living With Wildlife**

*Tues., Jan. 28, 6-7 p.m., Northglenn Senior Center, 11801 Community Center Drive*

Even though Northglenn is in the middle of the metro area, wild animals are never far away. Learn what steps you can take to keep from attracting wildlife and what you should do when you encounter them.

Topics covered include:

- The presence and prevalence of wildlife in urban areas
- Common conflicts between humans and urban wildlife and how to avoid them
- Urban wildlife laws

Presented by Northglenn Animal Control Officer Brian Kidwell and Jordan Likes of Colorado Parks and Wildlife. Cost is free to attend. For more information, contact Belia Straushein at 303-280-7821 or [bstraushein@northglenn.org](mailto:bstraushein@northglenn.org).

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### **Senior Center: Souper Bowl Soup**

*Fri., Jan. 31, 12 p.m., Northglenn Senior Center, 11801 Community Center Drive*

Are you ready for some football ... and a bowl of soup? Show your team spirit by wearing your team's colors while participating in football-themed events. The Northglenn Senior Organization will provide the soup – you bring the side dish or dessert. Cost is free. For people ages 55 and over. Please RSVP by Jan. 29. Call 303-450-8801 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to sign up. RecTrac Code: 10530005

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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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### **Senior Excursion: Celestial Seasonings**

*Wed., Feb. 5, 11:15 a.m.-3:30 p.m., meet at the Northglenn Senior Center, 11801 Community Center Drive*

Visit the Celestial Seasonings headquarters in Boulder and unlock the mysteries of tea with a guided tour. Beforehand, enjoy lunch in their cafeteria. (Cost for lunch is NOT included.) Price is \$2. For people ages 55

and over. Please RSVP by Feb. 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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### **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. Call 303-450-8801 or go to [www.northglenn.org/playnorthglenn](http://www.northglenn.org/playnorthglenn) to sign up. 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*

Take an audial journey through the first 300 years of African American music in this collaboration between the Colorado Black Arts Festival and The Source Theater Company. Cost is \$15 for adults, \$13 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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*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.*