


# Wednesday Evening Programs

Registration for all evening programs will start on Tuesday, April 30 at 8:00 a.m.  
Register in person at Eagle View Adult Center or register by calling 303-655-2075.

May & June Classes		May Happenings
<p><b>Watercolor Painting</b> In this beginner-intermediate class, participants will all work on the same painting to learn new skills and techniques. Get supply list at registration - paper is available through instructor Sharon Krohn. 5:30 - 7:30 p.m. Wednesdays</p> <p><b>Session 1:</b> Animal May 8 - 15 \$26 (2 wks) Deadline: Mon. May 6</p> <p><b>Session 2:</b> Greeting Card May 29 \$13 (1 wk) Deadline: Fri. May 24</p> <p><b>Session 3:</b> Landscape June 5 - 26 \$50 (4 wks) Deadline: Mon. June 3</p> <p><b>Genealogy</b> Find your ancestors and record the information using the computer and other resources. Facilitators Sheryl Johnson and Fred Trail will work one-on-one with students. Class limited to three people on the EVAC computers. Five more students can bring a laptop or I-device with wireless capabilities. Some computer ability necessary. Bring a flash drive and pencil. No class May 29. 6:00 - 7:30 p.m. Wednesdays May 8 - June 26 \$14 (7 wks) Deadline: Mon. May 6</p>	<p><b>Tai Chi - Beginner</b> Discover the benefits of this ancient form of movement which can improve balance, agility, strength, and coordination as well as reduce stress. Tai Chi is easy and enjoyable to learn. There will be lots of repetition so you can master the moves that can then be done at home. Instructor: Saba Obika. 6:00 - 7:00 p.m. Wednesdays \$20 (4 wks)</p> <p><b>Session 1:</b> May 8 - 29 Deadline: Mon. May 6</p> <p><b>Session 2:</b> June 5 - 26 Deadline: Mon. June 3</p> <p><b>Mental Health First Aid</b> Do you know someone who is fighting with Alzheimer's, depression, anxiety, or another mental illness? The Mental Health First Aid Class will explain the unique risk factors and warning signs of mental health problems in adults over the age of 55. It combines the use of role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect older adults to professional, peer, and self-help care. Free, but must attend both dates! 5:00 - 9:00 p.m. Wednesdays June 5 &amp; 12 Free Deadline: Thurs. May 30</p>	<p><b>Leave No Trace</b> Do you enjoy going on hikes or just being in the great outdoors? With growing popularity, Colorado is becoming a hub for outdoor adventure and it is evident that we could benefit from education on outdoor etiquette. Master Educator, Gary Lehr from Leave No Trace (LNT) will be giving an interactive presentation on proper ways to recreate outside. LNT is a national organization that protects the outdoors by teaching people to enjoy it responsibly. Questions to follow. 5:45 p.m. Wed. May 15 \$5 Deadline: Thurs. May 9</p> <p><b>Getting to Know Your Food</b> Do you ever wonder where our food comes from? Join us as we welcome Thaddeus Gourd Ph.D. from the Colorado State University Extension who will be giving a presentation on your food and where it comes from. Learn what each region is best known for, how to find local products, and much more. Thaddeus will give an informative presentation with plenty of time after for questions. 6:00 p.m. Wed. May 22 Free Deadline: Fri. May 17</p> <p><b>Movie: The Bucket List</b> Corporate billionaire Edward Cole (Jack Nicholson) and working class mechanic Carter Chambers (Morgan Freeman) share a hospital room and discover they have a couple things in common. Watch as they spend the time they have left doing everything they ever wanted to do. Each adventure adds another check to their "bucket list", all done with insight and humor. Rated PG-13. 1 hr/40 min. Free, but register. 5:45 p.m. Wed. May 29 Deadline: Fri. May 24</p>
<p>1150 Prairie Center Parkway Brighton, CO 80601 303-655-2075 www.brightonco.gov</p>	<p><b>Flip Page for June Happenings</b> </p>	

## June Happenings

### Fermented Food - DIY

Would you like to learn how to pickle vegetables or make your own yogurt? Fermentation is the chemical breakdown of a substance by bacteria, yeasts, or other microorganisms. Some popular products include yogurt, pickled vegetables, beer, and cheese. Graduate student Caitlyn Clark from Colorado State University's Food Science Department will be discussing the benefits of eating fermented foods along with teaching you how to make them at home. You'll leave with a jar of yogurt and pickled vegetables that you helped make!

5:00 - 8:00 p.m.  
Wed. June 19  
\$10  
Deadline: Tues. June 11



Alberteen Jones having a blast in one of our Wednesday evening programs.

### Movie: Field of Dreams

"If you build it, he will come." Iowa farmer and baseball fan Ray Kinsella (Kevin Costner) starts to hear this in his corn field and interprets this message as an instruction to build a baseball field on his farm. Although he's the only one hearing the voices he continues on with constructing the baseball field. This is an amazing heart felt movie where Ray overcomes doubt and prevails to find out who those voices are coming from. Rated PG. 1 hr/40 mins. Free, but register.

5:45 p.m.  
Wed. June 26  
Deadline: Tues. June 25

## City Wide Events

<b>May 27</b> <b>11:00 a.m.</b>	<b>Memorial Day Celebration at Elmwood Cemetery</b> 4800 Old Brighton Road. Call 303-655-2060 for more information.
<b>June 1</b> <b>10:00 a.m. - 5:00 p.m.</b>	<b>Summer Fest</b> <b>Enjoy free music, local business promotions, food booths, children's activities and more.</b> Carmichael Park, 650 Southern Street. Call 303-655-2218 for more information.
<b>June 15</b> <b>12:00 noon - 5:00 p.m.</b> <b>(Free Music)</b> <b>7:00 p.m. - End</b> <b>(Headliner)</b>	<b>Brighton Blues Blast</b> <b>Enjoy free blues concerts outside at the Armory "Backstage."</b> <b>Headliner concert featuring Tab Benoit with Cass Clayton. \$25 general admission.</b> 300 Strong Street, Call 303-655-2060 for more information.
<b>June 22</b> <b>10:00 a.m. - 4:00 p.m.</b>	<b>Art in the Park</b> <b>This is a great opportunity for meeting artists and purchasing their work while enjoying live music, artists demonstrations, and food vendors.</b> Carmichael Park, 650 Southern Street. Call 303-655-2176 for more information.
<b>June 28</b> <b>5:30 - 9:00 p.m.</b>	<b>Adult Night at Oasis Aquatic Park</b> 1852 East Bromley Lane. Call 303-655-2200 for more information.
<b>Thursdays</b> <b>7:00 p.m.</b>	<b>Flix &amp; Kicks</b> <b>Thursday evenings in June. Concerts at 7:00 p.m. Movies at Dusk.</b> City sponsored free concerts and movies in the parks. Call 303-655-2126.