

Wednesday Evening Programs

Registration for all evening programs will start on Fri. June 28 at 8:00 a.m.
Register in person at Eagle View Adult Center or register by calling 303-655-2075.

| July & August Classes | | July Happenings |
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| <p>Watercolor Painting - PM In this beginner-intermediate class, participants will all work on the same painting to learn new skills and techniques. Get supply list at registration - watercolor paper is available through instructor Sharon Krohn. 5:30 - 7:30 p.m. Wednesdays</p> <p>Session 1: Floral July 10 - 17 \$26 (2 wks) Deadline: Mon. July 8</p> <p>Session 2: Animal Aug 7 - 14 \$26 (2 wks) Deadline: Mon. Aug 5</p> <p>Session 3: Card Aug 21 \$13 (1 wk) Deadline: Mon. Aug 19</p> | <p>Foods of India Cooking Class - PM Not able to make it to this daytime class? This is your chance to learn how to prepare and cook some amazing dishes with Akila Arumugam, our wonderful cooking instructor. Menu: saffron rice, aloo gobi (potato and cauliflower with mild spices), cucumber raita (yogurt based salad), and almond kheer (rich and creamy almond milk made from scratch). After the class you get to eat this delicious meal. 5:30 - 7:30 p.m. Wed. Aug 28 \$38 Deadline: Fri. Aug 23</p> | <p>Nutrition Class: Healthy Snacks In this cooking demo, Nutrition Practitioner Stephanie Ashby will teach you how to prepare some everyday snacks and some new ones, all with shockingly healthy ingredients. Be amazed by what goes into each of these dishes and take home the recipes so that you can recreate these masterpieces at home. Plenty of time after for questions. 5:45 p.m. Wed. July 10 \$12 Deadline: Fri. July 5</p> |
| <p>Tai Chi - Beginner - PM Discover the benefits of this ancient form of movement which can improve balance, agility, strength, and coordination as well as reduce stress. 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</p> <p>Session 1: July 3 - 24 \$15 (4 wks) Deadline: Tues. July 2</p> <p>Session 2: Aug 7 - 28 \$20 (4 wks) Deadline: Mon. Aug 5</p> | <p>Flip Page for August Happenings </p>  <p>Tai Chi is a great way to meet friends and learn a new way of exercising.</p> | <p>Planning Ahead - What Happens If? Are you or a loved one ready for the senior years? Do you know the next steps needed to care for your parents? This event will have speakers from the following industries: assisted living, home health, home care, skilled nursing homes, palliative/end of life care, financial planning, long term care insurance, and real estate. Dinner is included and provided by Brookdale Brighton. Free, but must register. 4:30 - 6:30 p.m. Wed. July 17 Deadline: Fri. July 12</p> |
| <p>1150 Prairie Center Parkway Brighton, CO 80601 303-655-2075 www.brightonco.gov</p> | | <p>Woodland High Tea Potluck Engage your senses in this woodland themed teatime. Everyone must bring his or her favorite teacup and a favorite teatime finger food for 10 people. You won't be able to participate without contributing a food dish. We'll play games and give out prizes for most unique cup, best story behind the cup, and favorite hat. This is a great opportunity to meet fellow tea lovers and share stories. Tea will be supplied by EVAC, but you are welcome to bring your own to trade with others. 5:30 p.m. Wed. July 24 \$4 Deadline: Wed. July 17</p> |

August Happenings

City Spotlight: Faces of Brighton

The City of Brighton has grown and changed a lot since its inception in the late 1800s. Brighton's Historic Preservation Coordinator, Kim Bauer, will be here to describe the people who have helped cultivate this beautiful city. Learn about the famous and not so famous names of Brighton and what they did to get us to where we are today. Free, but please register.

5:45 p.m.

Wed. Aug 7

Deadline: Mon. Aug 5 by noon

Air Plant Display

Unlike most other houseplants, air plants are rule breakers because they don't grow in soil. Come learn about this fun, interesting little plant that is part of the tropical Bromeliad family; in fact, their most famous cousin is the pineapple! Tina Jachetta from CSU Agriculture Extension will help you put together your own Mopani wood display that will house 2-3 air plants. Fact sheet provided on how to keep your air plants happy and healthy.

6:15 - 7:30 p.m.

Wed. Aug 14

\$17

Deadline: Mon. Aug 5 by noon

Elk Management

Elk populations have fluctuated over the past hundreds of years from the thousands to near zero, and back up again! What are the causes and effects of the large changes in elk numbers and where are they today? Come join a ranger from Rocky Mountain National Park (RMNP) to discuss and learn about the important relationship this magnificent creature has with RMNP.

5:30 p.m.

Wed. Aug 21

Free

Deadline: Tues. Aug 13

Movie: *In the Shadow of the Moon*

Do you remember watching the U.S. land on the moon? This 2007 documentary follows the manned missions to the Moon made by the U.S. in the late 1960s and early 1970s. The documentary reviews both the footage and media available to the public at the time of the missions, as well as NASA films and materials which had not been opened in over 30 years. Starring Buzz Aldrin and other astronauts. Rated PG. 1hr/40mins. Free, but must register.

5:45 p.m.

Wed. Aug 28

Deadline: Mon. Aug 26

City Wide Events

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| Thurs. July 4 4:00 p.m. - Evening | 4th of July Celebration Activities, DJ Music, and food for purchase. Free live concert at 7:00 p.m. featuring Funkiphino (Funk/Dance Band) and fireworks at dark. Carmichael Park, 650 Southern Street. |
| Thurs. July 11 Dusk | Flix & Kicks Movie in the park Movie: COCO (Rated G) Brighton Recreation Center Park, 555 N. 11th Avenue. |
| Thurs. July 18 5:30 - 7:30 p.m. | City BBQ Free to Brighton residents! Come enjoy free food and informational booths. Concert by Wash Park (dance band) at 6:00 p.m. Activities for kids as well. Carmichael Park, 650 Southern Street. |
| Fri. July 19 5:30 - 8:30 p.m. | Oasis Aquatic Park Adult Night Out Enjoy the Oasis Aquatic Park during this adults only time! Must be 21 or older. There will be a DJ, a live band, awesome prizes, food and alcohol available for purchase. \$5.25 with resident rec card or \$7.75 without card. Oasis Aquatic Park, 1852 E. Bromley Lane. |
| Thurs. Aug 1 10:00 a.m. - 3:00 p.m. | Senior Day at the Adams County Fair Includes free lunch for people 55+, a resource fair, and bingo - all in the Waymire Dome. Includes admission to the fair exhibits. Waymire Dome, Adams County Fair. |