

Explore Spring 2026 Activities



Register Beginning Feb 25th at Noon



Highland Recreation Center

2880 Osceola St. • (720) 865-0600

M-F: 8am-4pm / Sat-Sun: Closed

Register online or in person. For the complete list of available programs, visit DENVERGOV.ORG/RECREATION

AOA—Events & Trips

| DAY | TIME | DATE | ACTIVITY # |
|--|-------------------|-------|------------------------|
| Springtime Luncheon and Karaoke | | | |
| Th | 12:00-3:00 PM | 04/16 | 110653 |
| Ages: 50+\$7 | | | |
| Trip: Explore Blackhawk | | | |
| Tu | 9:00 AM-3:30 PM | 03/17 | 110665 |
| W | 9:00 AM-3:30 PM | 04/29 | 110666 |
| Ages: 21+\$7 | | | |
| Trip: Explore Manitou Springs | | | |
| Th | 9:00 AM-4:00 PM | 05/14 | 110671 |
| Ages: 50+\$8 | | | |
| Trip: Grocery Getter Esh's | | | |
| Th | 10:00 AM-12:30 PM | 03/12 | 110675 |
| Ages: 50+\$3 | | | |

AOA—Clubs & Games

| DAY | TIME | DATE | ACTIVITY # |
|---|-------------------|------------|------------------------|
| Billiards Workshop | | | |
| Tu | 10:00 AM-12:00 PM | 04/14 | 117144 |
| Tu | 10:00 AM-12:00 PM | 05/12 | 117145 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Bingo | | | |
| M | 1:00-3:00 PM | year-round | 111074 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Club: Billiards | | | |
| M-F | 8:00 AM-4:00 PM | year-round | 111085 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Club: Cribbage | | | |
| W | 9:30-11:30 AM | year-round | 111089 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Club: Knitting | | | |
| F | 10:30 AM-12:00 PM | year-round | 111097 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Club: Mah Jong | | | |
| Tu | 9:30 AM-12:30 PM | year-round | 111102 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Club: Mexican Train | | | |
| M | 10:30 AM-12:30 PM | year-round | 111108 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Club: Party Bridge | | | |
| W | 12:30-3:30 PM | year-round | 111111 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Club: Punch Embroidery | | | |
| W | 9:00-10:00 AM | year-round | 111114 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Table Tennis | | | |
| Tu,Th | 9:00-11:00 AM | year-round | 111125 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |

AOA—Fitness & Wellness

| DAY | TIME | DATE | ACTIVITY # |
|---|-------------------|------------|------------------------|
| 50+ Beginner Karate | | | |
| Th | 1:00-2:00 PM | year-round | 117142 |
| Tu | 2:30-3:30 PM | year-round | 111006 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| 50+ Cardio and Strength Fit | | | |
| M | 9:30-10:30 AM | year-round | 111016 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| 50+ Circuit Fit | | | |
| W | 9:30-10:30 AM | year-round | 111023 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Circuit Weight Room 101 | | | |
| Tu | 10:00-11:00 AM | year-round | 111080 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| 50+ Functional Fit | | | |
| F | 9:30-10:30 AM | year-round | 111043 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| 50+ Gentle Yoga | | | |
| Tu | 11:30 AM-12:30 PM | year-round | 111064 |
| Th | 2:30-3:30 PM | year-round | 111065 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Tai Chi | | | |
| W | 11:00 AM-12:00 PM | year-round | 111131 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Tai Chi Intermediate/Advanced | | | |
| W | 12:15-1:15 PM | year-round | 111137 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |

Fitness & Wellness

See our full schedule of classes online at: DENVERGOV.ORG/FITNESS

Arts & Culture

| DAY | TIME | DATE | ACTIVITY # |
|---|-------------------|------------|------------------------|
| Ballroom Dance | | | |
| W | 1:30-3:30 PM | year-round | 116879 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Beginner Line Dancing | | | |
| F | 1:30-3:30 PM | year-round | 116881 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Step-by-Step Painting | | | |
| Tu | 10:00 AM-12:00 PM | 04/14 | 113378 |
| Tu | 10:00 AM-12:00 PM | 05/05 | 113377 |
| Tu | 10:00 AM-12:00 PM | 05/19 | 113379 |
| Ages: 50+\$5 | | | |

AOA—Arts & Culture

| DAY | TIME | DATE | ACTIVITY # |
|---|-------------------|-------------|------------------------|
| Birding 101 | | | |
| M | 11:00 AM-12:00 PM | 04/06-04/27 | 117083 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Cooking Showcase: Cake vs. Pie | | | |
| Th | 12:00-2:00 PM | 05/07 | 110628 |
| Ages: 50+\$5 | | | |
| Cooking with Friends: Pot Pie | | | |
| Th | 12:00-2:00 PM | 03/26 | 110616 |
| Ages: 50+\$7 | | | |
| Cooking with Friends: Salmon | | | |
| Th | 12:00-2:00 PM | 04/23 | 110621 |
| Ages: 50+\$7 | | | |
| Drop-In Technology Help | | | |
| Th | 9:00-10:30 AM | year-round | 117141 |
| W | 1:00-2:30 PM | year-round | 111123 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Gardening with Native Plants | | | |
| Th | 11:00 AM-12:00 PM | 05/14 | 117084 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Learn to Play Rummikub | | | |
| Th | 10:00 AM-12:00 PM | 05/07-05/28 | 117081 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Presentation: Denver Weather History | | | |
| Tu | 1:00-3:00 PM | 04/28 | 110640 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |
| Presentation: Rosie the Riveter | | | |
| Tu | 1:00-3:00 PM | 03/31 | 110634 |
| Ages: 50+ Drop in class. FREE with MY Denver Card | | | |

Outdoor Recreation

| DAY | TIME | DATE | ACTIVITY # |
|---------------------------------|-----------------|-------|------------------------|
| Adult Hike: Mount Falcon | | | |
| F | 9:00 AM-3:00 PM | 03/27 | 115337 |
| Ages: 18-64\$25 | | | |
| Ages: 65+\$13.50 | | | |

Adaptive Recreation

| DAY | TIME | DATE | ACTIVITY # |
|-------------------------------|-------------------|-------------|------------------------|
| Adaptive Magic for All | | | |
| Th | 11:00 AM-12:00 PM | 04/30-05/21 | 116837 |
| Ages: 13+\$10 | | | |

Discounts: Denver residents ages 60+ and youth ages 5-18 could qualify for a free MY Denver membership.