

Looking@Lakewood

SPECIAL SECTION

COMMUNITY CONNECTION

Lakewood's arts, parks and recreation program guide:

PAGES 5-12

Lakewood launches interactive trail map

Are you looking for some new scenery? Maybe you're commuting by bicycle and need to know the best route to where you're going. Maybe you just want to find a place for your dog to stretch her legs. Check out the new Lakewood Trail Explorer interactive trail map at [Lakewood.org/Trails](https://lakewood.org/trails).

The Lakewood Trail Explorer is your connection to rewarding trail experiences using any browser to explore the city's more than 235 miles of recreational trails. This mobile friendly map provides several tools for finding that new adventure in your own backyard.

You can filter trails and accessible areas by hiking/walking, bicycling, eBikes, scooters and even horseback riding. Say you just want to know where you can ride your electric bike. Click on the eBike icon to highlight the areas where eBikes are allowed. Looking to map that jog around the park? Type in the name of the park, select it, and get all the information you need to get that workout done. You'll also be able to



Residents enjoy some of the interactive art along the 40 West ArtLine, a four-mile walking and bicycling art experience.

Creative pandemic relief for community and artists along the 40 West ArtLine

Lakewood's 40 West ArtLine is expanding its role as a unique, free outdoor art experience by bringing relief during the pandemic after receiving a national AARP grant, which will fund a program to ease the isolation of older residents, provide activities for families and youth, support local artists and beautify public spaces.

The ArtLine is the four-mile walking and biking arts experience in the heart of the state-certified 40 West Arts Creative District adjacent to historic West Colfax Avenue and the W light rail line. This free recreational and cultural asset is marked by a green painted line on the ground and can be safely experienced with social distancing in the time of COVID-19 as it meanders through Lakewood's historic neighborhoods and parks. Visitors can experience more than 70 pieces of artwork including ground murals, story totems, interactive sculptures, fence art and more.

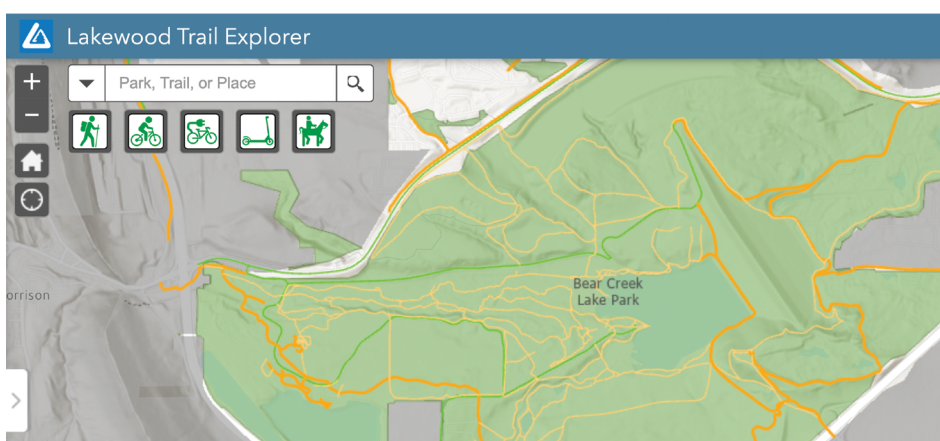
The recently received AARP Community Challenge grant will help bring more community-created artwork to the ArtLine route this fall. The grant awarded to the city for the ArtLine is one of only 184 given to more than 2,000 applicants from across the country. These grants support quick-action projects that help communities make immediate

improvements and sustain long-term progress for residents of all ages. Only four grants were awarded in Colorado.

"We are incredibly proud that AARP selected the 40 West ArtLine project," Mayor Adam Paul said. "AARP is a nationwide leader in making neighborhoods and cities more livable for everyone, and this project will bring joy and tangible relief to our residents."

The \$9,000 grant will fund artists who are based in the 40 West Arts District to work with residents throughout September and October to enhance the ArtLine's positive impact in northeast Lakewood. Handsome Little Devils will bring a Project Joy Bomb, a socially distanced art-based parade of sorts, to the seniors living at the Residences at Creekside and the families and youth who call Lamar Station Crossing home. The carnival-like event will deliver artist Sean Doherty's paint by number art kits that residents will complete for display on a fence on Pierce Street along the ArtLine. The residents who participate in the art kit project will also be invited to share their stories about living through the pandemic, and the artwork and stories will be shared online. Finally, artists will

See **ARTLINE** page 4



Sample screen from the new Lakewood Trail Explorer interactive map.

see recommended trail uses so you know what's allowed on the trails. [Lakewood.org/Trails](https://lakewood.org/trails) also provides information on current trail conditions, closures and other important information to keep you safe and to protect our natural resources. The trail conditions section gives you a quick glance at the status of more than 100 parks and open spaces, recommended

trail uses, and park details through an interactive dashboard. Click on a trail and immediately get useful information to help plan your adventure. "Whether familiarizing yourself with local trails, looking for the best route to bike to work, or finding trails where electric scooters are allowed, Lakewood Trail Explorer is the path to your next adventure," said Community Resources Director Kit Newland.

Learn how to use the Lakewood Trail Explorer by watching a how-to video on the trails webpage. Follow @TrailsLakewood on Twitter for the latest trail conditions and important information to keep you safe, and get out there to see where your next adventure leads. [Lakewood.org/Trails](https://lakewood.org/trails)

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PERMIT NO. 16

POSTAL PATRON

Letter from the Mayor



Moving forward together

Greetings neighbors! I feel very lucky to have this opportunity to communicate with you during these very challenging times. I often refer to this year as the “lost year” — a year like many of us have never seen, a year filled with sadness, uncertainty, loss and change. While it’s easy and natural to focus on all of the bad, we have a lot to be proud of, and I know that we will come out of this with renewed care for one another by working together and defining ourselves through our adversity and adaptation to a new world. I am thankful for the love that you are showing those most in need, the challenging conversations that you are having and your willingness to dig deep to influence meaningful change. I am so proud of you Lakewood.

The onset of COVID-19 necessitated a shift in the priorities set forth by City Council at its 2020 planning session in early February. This included moving to focus on continuing the core city services during the height of the pandemic, providing community and business support and monitoring the effects on the city budget. Many of the goals for 2020 outlined before the pandemic remain relevant in a time of COVID-19, included long-range funding strategies for the city, which is perhaps more important than ever since the city is so dependent on sales tax revenue. Another goal was to review and better understand our economic development approaches, again very meaningful now as we see changes in how people spend, what business are open, where people office and how people travel. These are all so different from just eight months ago. The other areas include addressing homelessness, affordable housing, sustainability and transportation safety. I applaud City Council for working in this direction, and I believe these goals are even more relevant today because of the drastic changes we face.

As we begin the annual budget conversation, the city must make some very tough decisions to adjust to a large loss in revenue as a result

of COVID-19. Throughout the last few months, we have seen monthly revenues below expectations by as much as 27% in April, with only a slight improvement in the most recent months. To make up for the losses, we are cutting nearly \$17 million from the 2020 and 2021 budgets. Lakewood is a service organization made up of dedicated public servants. The reductions will be achieved by permanently leaving positions vacant, delaying projects and reducing purchases. While certainly painful, I am proud of the hard work our city manager and her team have done to create a smart plan that pushes to maintain a high level of service with less funds. I encourage you to engage in the budget process, and you can learn more at [LakewoodSpeaks.org](https://lakewoodspeaks.org) for the upcoming budget hearings in October.

As we navigate the future, I want you to think about how the landscape will change. Here are a couple of examples: Our lodgers tax supports a large portion of economic development, but there is not a lot of travel happening — will travel and business trips be a thing of the past? People have adapted to working at home — what does that mean for large office spaces and the ancillary businesses that are supported by workers shopping and eating out?

A couple of reminders: 2020 is a census year. This is a mandate from the United States Constitution, and it is critical that you answer the census. An accurate count will help deliver the needed federal dollars to the city for the next decade. Visit [Lakewood.org/Census](https://lakewood.org/Census) for information and a link to answer online. Everyone counts!

I also want to remind you that there is an election in November. Colorado has been a leader in mail ballot elections for years; it is a safe, convenient and proven method to ensure your voice is heard. For more information on elections, please visit [Jeffco.us/elections](https://jeffco.us/elections). Make your voice heard this November and vote!

Thank you again Lakewood, thank you Lakewood staff and thank you Lakewood Police! We are all in this together, and I’m proud of our great city and together we will make it through these challenging times.

Adam Paul
303-987-7040
apaul@lakewood.org
We are building an inclusive community!

Council Corner

Ward 1



Charley Able



Ramey Johnson

Community responding to needs during pandemic

“It is 2020!” That frequently heard comment prompts both head nods and head shakes, frowns as well as bemused smiles. The concerns posed by COVID-19, its impact on jobs, businesses, schools and the community in general are further complicated by social unrest and political polarization. The current level of uncertainty has affected us all.

But most Lakewood residents are responding with determination, tenacity and compassion. That response includes a number of strategies by the city to help relieve the pain and stress we face.

City Council and the city’s boards and commissions, in a move forced by public health precautions, now are meeting on digital platforms in order to keep our operations on track.

As part of the salve for the pandemic-inflicted injuries, City

Council has approved \$750,000 in pass-through federal CARES Act funding for nonprofit groups to assist our families and others, including our residents who are homeless (see page 14). The funds, approved by Congress, will help feed the hungry, provide funds to keep people in their homes and meet other needs of our residents. Another \$3 million in CARES Act funding has been distributed to help local entrepreneurs retain employees and maintain businesses that are struggling to survive.

Meanwhile, the community is responding in its own way. Every day, we find multiple offers for assistance through such connections as Nextdoor, the online community hub. Even before Lakewood was incorporated more than 50 years ago, the folks in what is now Ward 1 responded when neighbors needed a hand or when a community need arose. That sense of responsibility and duty continues to this day, regardless of pandemic concerns, political divisions, economic difficulty and social concerns.

Dozens of Nextdoor users are offering to run errands, deliver essential supplies, provide transport, do household chores, donate fresh garden veggies or provide an understanding ear for those with limited mobility and those who choose to remain sequestered during these difficult times.

Still others are taking on community responsibilities that city staff see to in more normal times, including Bonvue resident Greg Kitzmiller, who in early August literally waded into a trash laden section of McIntyre Gulch to remove a discarded toilet and associated unsanitary trash from the stream at Bonvue Park.

After contacting the city about the problem, Kitzmiller realized that short-handed cleanup crews might take some time to respond, so he took on the job himself, removing the eyesore from the water and hauling it away.

That pride in the appearance of our city is admirable and predates the unusual nature of 2020. For some time, a group of Ward 1 residents and others have joined forces in the Walkin’ and Talkin’ Trash effort to remove litter and debris from the stretch of Kipling Street from West Sixth Avenue northward. The effort was initiated by Jessica Slusser who had been doing the cleanup largely on her own for years before meeting up with Carrie Sonneborn. Together, they recruited folks like Celia Greenman and made the cleanup a monthly event of the Sustainable Eiber group.

A similar effort, the Eiber Adopt-a-Gulch annual cleanup, was organized years ago by Deb Treseder and Mark Evans to remove trash along Lakewood Gulch as it runs through

the Eiber neighborhood, preventing trash accumulation from blocking the waterway and lessening the risk of flooding along the gulch.

And Kathryn Hayes organized a cleanup of the area around a W Line light rail station accompanied by distribution of food and supplies for the people experiencing homelessness in the area, continuing that commitment that began even before Lakewood was Lakewood.

That tremendous tradition of responsibility and duty continues to this day, regardless of pandemic concerns, political divisions, economic difficulty and social concerns.

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Lakewood
Full of Possibilities.

City Manager Kathy Hodgson

Looking@Lakewood is a newsletter published by the City of Lakewood, 480 S. Allison Parkway, Lakewood, CO 80226.

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Editor Stacie Oulton, 303-987-7050

Designer Paul Koob [Lakewood.org](https://lakewood.org)

Blue sticker signals Lakewood Local program

Lakewood Local is a program that highlights our local businesses because they help make Lakewood unique and give our community a distinct personality. This program highlights Lakewood's locally owned and homegrown businesses, showcasing their impact on our community in part through the blue Lakewood Local window sticker. Lakewood Local aims to celebrate all that our Lakewood businesses have to offer, their innovation, creativity, connection to our community and the power behind frequenting the special businesses that make Lakewood home. During the COVID-19 pandemic, we expanded the program to include the Lakewood Local Map, which has proven to be helpful in promoting business offerings and operations at [Lakewood.org/SupportLocalBiz](https://lakewood.org/SupportLocalBiz).

A nationwide example of how a program like this can evolve is American Express' campaign for Small Business Saturday. The program's success has shown that if you make a few simple purchases, the impact can be significant. In 2019, nationwide shoppers came together to support local communities more than ever. The 10th annual Small Business Saturday hit a record high with an estimated \$19.6 billion in reported spending. Although this number reflects spending nationwide, the trend of shopping locally is seen in Lakewood as well. Imagine the impact we could make if everyone supported local small businesses.

Lakewood has businesses of every shape, size and industry, but not all small businesses are local businesses. The Lakewood Local program gives a visual representation that you are shopping or visiting a local business truly making Lakewood its home. Businesses qualify if they are headquartered or located in Lakewood, they have full autonomy over their business such as for purchasing, operations, and visual representation, and they have been operating for at least 30 days.

Lakewood Local businesses can be small or large in terms of sales and employees, and Lakewood Local supports all local businesses, no matter their size. Here are some of the biggest impacts from making a habit of shopping locally:

It keeps money in our local economy

When a consumer shops at a Lakewood Local business, it returns more money to our local economy than shopping at a national chain, and certainly more than shopping in other cities. On average, for every \$100 spent at a locally owned business, \$68 will stay in the community compared to only \$43 when spent at a national



chain. Spending locally creates a multiplier effect because local businesses spend their dollars in the local economy to operate their businesses, purchase inventory, tap into utilities and pay their employees. In turn, local employees can then live and prosper in Lakewood, recirculating many of those dollars back into our Lakewood economy. When employees shop local, the trend continues, and the multiplier effect expands. This creates more jobs and more wealth in the local community.

Job creation


Lakewood Local will feature the success stories and economic good our local businesses produce. One of the most significant impacts from local businesses is the job creation they lead and influence. Some of our local businesses are also Lakewood's largest employers. The global headquarters for Terumo BCT employs over 2,500 people, and FirstBank's headquarters on Lakewood's West Colfax Avenue employs 1,500 people in that location. Not only do independent local businesses employ more people directly per dollar of revenue, they are also customers of local businesses and continue to support and expand the economy in the local community.

Community impact

New playground equipment for a city park can cost tens of thousands of dollars. Shopping local keeps money in Lakewood, adding to the sales tax revenue that the city relies on to pay for services and projects such as new playground equipment. Local sales tax dollars fund Lakewood services such as police, street maintenance, and parks and recreation. When someone

shops local, these funds are used in a way that impacts them directly while also adding to the vibrancy and amenities in Lakewood. Local business owners are also more likely "to do good" within our community by supporting local causes, volunteering, and being active members in our neighborhoods. Lakewood businesses are regularly doing good in our community, and during the last several months we have seen this impact through their incredible resiliency. Lakewood Local is a tool that provides us the opportunity to share those successes with you.

We love our local businesses, new and long-standing. Lakewood Local is eager to showcase all the growth our local businesses are chartering in our community. Lakewood Local businesses are innovative and exciting, and they want the opportunity to earn your dollars and keep them circulating in the local economy. Celebrate with the locals and let us know your favorite Lakewood Local business locations!

For more information or to get a sticker for your own business, visit our Lakewood Local webpage at Lakewood.org/EconomicDevelopment. 



Lakewood Economic Development Team
303-987-7730
ED@lakewood.org

Helping businesses adapt with outdoor space


The COVID-19 pandemic has had a significant impact on businesses across our community, and they are eager to welcome customers just as many customers are eager to support their favorite local spots.

Lakewood's temporary site modification process allows businesses to expand safely into spaces near their properties to accomplish this, and the temporary change increases businesses' ability to serve the community while following all state, county and local guidelines for capacity and social distancing.

The city has made the process easy and straightforward, and the application is just one page, with an attached picture/drawing of the modification and area. The review process has been streamlined, and Lakewood's Economic Development team has been working with businesses to inform and help them with the process. Each application is reviewed to ensure safety and to enable the monitoring and control of the flow of pedestrians, vehicles and emergency access.

This review process is also free, and the only fees associated include those for any liquor license modifications or permits that may be needed to enact the modification. This process allows businesses to temporarily expand outside to sidewalks, parking lots, streets and other adjacent spaces.

Lakewood knows there's a need and a desire for people to sit outside and continue to engage with their community and businesses. This program helps support the local economy while also serving the community safely.

More information can be found online at Lakewood.org/ResourcesForBiz or by contacting Senior Economic Development Specialist Vanessa Zarate at 303-987-7514 or vanzar@lakewood.org. 

Reductions planned for 2020 and 2021 budgets

The COVID-19 pandemic has brought Lakewood to a crossroads of difficult decisions about the city’s budget. City revenues, ranging from user fees to sales tax collections, have decreased significantly. These revenues are critical for funding many city services such as police, road maintenance and city facilities. Essentially, the city’s “income” has decreased, and Lakewood must cut its expenses in a similar way that households and businesses with a drop in their incomes have balanced their budgets.

The city must reduce its expenses by \$10.6 million now for the 2020 budget and another \$6.4 million in the 2021 budget currently being prepared. With a total of \$17 million in reductions, every department in the city has been affected. Lakewood, however, is committed to sustaining core services to residents while maintaining fiscal stability.

The city has been able to accomplish most of the reductions through a hiring freeze put in place at the end of 2019, allowing the city to already take a significant step in reducing the 2020 budget. Leaving positions open that become vacant will continue for next year, providing additional savings. But reductions have also been made by delaying projects and maintenance and reducing purchases. In fact, the 2021 budget for city operations will be 5% lower than the 2020 budget. Every effort has been made to minimize the impacts on core city services, but the level of service for some items could be affected.

In the short term, Lakewood can navigate through the pandemic because of its historically

conservative budgeting, healthy reserves that serve as the city’s savings account and the federal relief funds known as the CARES Act to pay for pandemic expenses that ensure the safety of residents and city employees and accommodate the city’s continued effective functioning during public health orders.

In 2018, voters approved lifting the Taxpayer’s Bill of Rights (TABOR) limits on the revenues the city could collect and spend until 2025 and directed those funds to open space and park needs, police and transportation improvements. As a result, an estimated \$5.5 million will be available for those uses in the 2021 budget, and the proposal is to use those funds on body-worn police cameras, improvements along the Bear Creek Greenbelt, Bear Creek Trail and the Taylor property, which is the city’s newest open space property. The proposed budget will also use the funds for improvements to the Wadsworth Boulevard and Morrison Road intersection.

Beyond the financial impacts of the pandemic, the city is expecting longer term challenges with sustaining its revenue to pay for city services. Lakewood is experiencing a flattening and potential decline of current revenue sources because of several factors including consumers shifting to online shopping, more purchases of untaxed services than taxed goods and an aging population in the city that shops less. City Council is also evaluating this situation to assess potential options for supporting the city’s long-term funding needs. [A](#)



Tina Joiner Photography, 2019



Brawn Photography, 2014



David Lynn Photography, 2014

Host your next event at a City of Lakewood venue!

Whether you are looking for a location to have a beautiful wedding or reception, performance, fundraiser, business meeting or family event, we have a variety of unique spaces to suit your needs.

Lakewood.org/Rentals

Let us help you find the perfect venue. The safety of your guests is our top priority with outdoor options, large indoor spaces and flexible seating available.

Election information

Voting on Nov. 3 will involve more than the presidential election. Federal, state and county positions will be on the ballot, and Lakewood will be holding a special municipal election coordinated in conjunction with Jefferson County.

This coordinated election will be by mail ballot, and the city’s special election is the result of a citizen initiative petition to create a new city law for allowing and governing retail marijuana businesses. The question reads as shown under “Ballot Question 2B,” and voting “yes” will be a vote in favor of the question, and voting “no” means a vote against the question. More information can be found at Lakewood.org/SpecialElection.

Ballots will be mailed between Oct. 9 and Oct. 16. Registered voters who don’t receive a ballot can call the Jefferson County Clerk’s Office at 303-271-8111. Absentee ballots also are available, and applications can be picked up at the Jefferson County Clerk’s Office, 3500 Illinois Street, Suite 1100, in Golden.

The city will have a ballot drop-off box outside on the west side of 480 S. Allison Parkway, and additional drop-off locations as well as in-person voting centers can be found at Jeffco.us/election.

BALLOT QUESTION 2B

Shall the City of Lakewood adopt an ordinance adopting regulations governing the operation of retail marijuana stores and retail marijuana cultivation facilities in the City of Lakewood and making corresponding amendments to certain sections of Lakewood Municipal Code, Chapter 5.51 concerning medical marijuana businesses?

Summary

The City of Lakewood has adopted regulations governing the operation of medical marijuana centers and medical marijuana cultivation operations within the city, but does not allow any retail marijuana businesses. The intent of this ordinance is to adopt regulations governing the operation of retail marijuana stores and retail marijuana cultivation facilities, consistent with the provisions of the Colorado Marijuana Code (Article 10 of Title 44 of the Colorado Revised Statutes) and the implementing regulations issued by the Colorado Department of Revenue, as amended from time to time. The ordinance would allow only the owners of those medical marijuana businesses that were licensed and operating in good standing in Lakewood as of April 1, 2020, to apply for a license to operate a retail marijuana store or retail marijuana cultivation facility. The ordinance would also make corresponding amendments to certain sections of Lakewood Municipal Code, Chapter 5.51 concerning size, location and relocation limitations, and hours of operation of medical marijuana businesses. [A](#)

Participate in the city’s annual budgeting process at LakewoodSpeaks.org.

7 p.m., Oct. 12

First public hearing for 2020 revised and 2021 proposed budgets

7 p.m., Oct. 26

Second public hearing

ArtLine from page 1

design and install the first Little Free Library along the ArtLine and help paint a new ground mural along Pierce Street.

“This is a creative way for us to bring uplifting activities to those who live and recreate along the 40 West ArtLine while also paying artists whose livelihoods have been so damaged during the pandemic,” said 40 West Executive Director Liz Black. “40 West’s mission is to bring joy through free art experiences, and at a time like this, fulfilling that mission couldn’t be more critical.”

The ArtLine’s tagline is #ExploreArtOutside, and that

is more important than ever in 2020. In addition to the upcoming community art, the most recently installed artwork includes three ground murals painted in August by local muralist Jwlç Mendoza that are inspired by the monarch butterfly and his Mexican heritage. To learn more about the ArtLine, find a map of the route and see how it connects to local coffee shops, restaurants and even a brewery, visit 40WestArtLine.org or Facebook.com/40WestArtLine.

For updates on the AARP-funded project or to get involved, please contact Lakewood Principal Planner Alexis Moore at 303-987-7503 or alemoo@lakewood.org. [A](#)



LAKEWOOD ARTS, PARKS & RECREATION

COMMUNITY CONNECTION

New programs added each month. In-person, virtual and hybrid options.
Virtual classes held via Zoom. To download and view tutorials, visit Lakewood.org/Zoom.

ONLINE

Lakewood.org/Register

EASY WAYS TO REGISTER

BY PHONE

303-987-5400

Phone registration is by credit card only.

Due to COVID-19 safety precautions, the maximum enrollment has been lowered. All participants are required to wear a mask while inside the facility and maintain six feet of distance. Registration is required. Programs and services are subject to change as a result of public health orders.

Arts & History

ADULT VISUAL ARTS

Information: 303-987-7845

Additional classes in drawing, painting, jewelry, metals, fibers, pottery and more are being added on a rolling basis. Please check Lakewood.org/WHAC for up-to-date listings.

DRAWING

INTRO TO ZENTANGLE

Do you want to try something fun and new? The Zentangle Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. If time allows, students will also have the opportunity to work with black tiles and white ink. Materials included.

Ages: 16+

Instructor: Susan Michalakes, Certified Zentangle Teacher

\$45 Regular price

IN-PERSON: Lakewood Cultural Center

[37A1112-01](#) Oct 17 Sat 9am-noon

VIRTUAL

[37AV1112-01](#) Oct 17 Sat 1-4pm

ZENTANGLE FOR PEACE OF MIND

Interested in exploring more about zentangles for peace of mind? Explore different tangles, shading, stand-alone patterns, Renaissance tiles and mandalas, using color and more. This great art form is good for destressing, opening up creative blocks and further exploring your inner artist! Prerequisite: Intro to Zentangle. Materials included.

Ages: 16+

Instructor: Susan Michalakes, Certified Zentangle Teacher

\$35 Regular price

IN-PERSON: Lakewood Cultural Center

[37A1132-01](#) Nov 7 Sat 10am-noon

VIRTUAL

[37AV1132-01](#) Nov 7 Sat 1-3pm

DIGITAL ARTS

INTRODUCTION TO DIGITAL PHOTOGRAPHY

Get up to speed on the basics of digital photography. Gain a clear understanding of how your lens works and control your camera. Instruction includes the essential manual controls every photographer should know as well as selecting file formats and troubleshooting common problems. Students must bring a manual control camera.

Ages: 16+

Instructor: Justin Doucette

\$130 Early registration price

\$140 Regular price

IN-PERSON: Lakewood Cultural Center

[37A1000-01](#) Oct 27-Dec 1 Tue 6-9pm

DRAWING & PAINTING

FALL LEAVES PAINTING WORKSHOP

See the shapes between the leaves and approach your paintings from a new perspective by focusing in on negative space within a nature scene. Create lost and found edges to give your paintings richness and depth. Previous watercolor experience recommended. Supply list included on your receipt.

Ages: 16+

Instructor: Gail Firmin

\$45 Early registration price, \$55 Regular price

IN-PERSON: Lakewood Cultural Center

[37A1110-01](#) Oct 17 Sat noon-4pm

SKETCHING SUCCESSFUL PORTRAITS

Explore the world of portraiture through this pencil and charcoal course, conducted over Zoom. Apply compositional skills and study light and shadow to create realistic representations of the human face. A great class for beginning portrait artists and figure-drawing students. Basic drawing experience required.

Ages: 16+

Instructor: Slawa Radziszewska

\$75 Early registration price, \$85 Regular price

VIRTUAL

[37A1123-02](#) Oct 28-Dec 16 Wed 6-8pm

(No Class Nov 11, Nov 25)

DEVELOPING DRAWING SKILLS

Put your pencils in motion as you practice drawing in graphite and charcoal to build a strong foundation of skills. Drawing is a helpful tool for all types of art, so learn to do it well! Strengthen your observational skill set through a mixture of hands-on instruction, examples, class discussion and critique. Supply list included on your receipt.

Ages: 16+

Instructor: Judith Scott

\$125 Early registration price

\$135 Regular price

IN-PERSON: Washington Heights Arts Center

[37A1107-02](#) Oct 22-Dec 3 Thu 9:30am-noon

(No Class Nov 26)

BEGINNING OIL PAINTING

Begin your study of oil painting! Learn what you need to get started and experiment with the use of various mediums, agents and paints. Class instruction will include demonstrations, examples and critique while emphasizing basic representational imagery. Prior drawing experience recommended. Supply list included on your receipt.

Ages: 16+

Instructor: Slawa Radziszewska

\$150 Early registration price

\$160 Regular price

IN-PERSON: Lakewood Cultural Center

[37A1103-02](#) Oct 29-Dec 10 Thu 10am-1pm

(No Class Nov 26)

PORTRAITS IN OIL

Practice new oil painting techniques while refining your skills in capturing likeness and character. Carefully study the human face and create realistic portraits of friends, family and more. Instruction will include class demonstrations and individual projects, conducted over Zoom. Prior oil painting experience required.

Ages: 16+

Instructor: Slawa Radziszewska

\$75 Early registration price, \$85 Regular price

VIRTUAL

[37A1121-02](#) Oct 30-Dec 11 Fri 10am-noon

(No Class Nov 27)

Arts & History *cont'd*

BEGINNING WATERCOLOR

Discover the materials and concepts unique to watercolor painting. Practice techniques such as wet, dry and overlaying brushstrokes. Explore paint washes and gain comfort with setting up your palette. Great for beginning and developing students. Supply list included on your receipt.

Ages: 16+ Instructor: Ismael Lozano
\$150 Early registration price
\$160 Regular price
IN-PERSON: Lakewood Cultural Center
37A1104-02 Nov 2-Dec 7 Mon 6-9pm

CONTINUING WATERCOLOR

Unleash your creative process and explore a broad range of approaches for applying water-based paint to paper. Enjoy camaraderie and individualized attention as part of this community of painters. Prior drawing and watercolor experience required. Supply list included on your receipt.

Ages: 16+ Instructor: Sec. 03, Ismael Lozano, Sec. 04, Gail Firmin
\$150 Early registration price
\$160 Regular price
IN-PERSON: Washington Heights Arts Center
37A1106-03 Nov 3-Dec 8 Tue 9:30am-12:30pm
IN-PERSON: Lakewood Cultural Center
37A1106-04 Nov 4-Dec 9 Wed 9:30am-12:30pm

PAINTING WITH PURPOSE

Ready to take your paintings to the next level? Dig deeper into content, combining personal experience and creative thought into authentic subject matter. Students will be pushed to explore themes and deeper meaning, all while refining their foundational skills. Oil and acrylic mediums welcome. Supply list included on your receipt.

Ages: 16+ Instructor: Ismael Lozano
\$150 Early registration price
\$160 Regular price
IN-PERSON: Lakewood Cultural Center
37A1117-01 Nov 3-Dec 8 Tue 6-9pm

WATERCOLOR FOR EVERYONE WORKSHOP

Want to find out if watercolor is for you? Join us for this fun and easy workshop that will introduce you to your new favorite medium. Learn about simple materials, color mixing basics and other essential information to get you started on your new artistic passion! Materials provided.

Ages: 16+ Instructor: Gail Firmin
\$40 Early registration price, \$50 Regular price
IN-PERSON: Lakewood Cultural Center
37A1127-01 Nov 14 Sat 10am-1pm

FIBERS

INTRO TO INKLE LOOM WEAVING

Create woven ribbons of spectacular style and get to know inkle loom weaving, an easy warp-faced weaving method used to make belts, straps and more! This portable loom is a fun and helpful tool for all weavers. Learn to dress the loom, perfect your edges and weave beautiful designs. Bring your own loom or borrow one from us. Supply list included on receipt.

Ages: 16+ Instructor: Robin Wilton
\$65 Early registration price, \$75 Regular price
IN-PERSON: Washington Heights Arts Center
37A1209-01 Oct 4 Sun 9am-4pm

BEGINNING WEAVING I

Enter the enchanting world of four-shaft weaving in this class designed for those with little or no knowledge of this craft. Using a table loom, students will learn how to plan a project, measure and organize yarn and create a plain weave scarf in wool. Materials provided. Students are encouraged to use the weaving studio between classes.

Ages: 16+ Instructor: HCA Instructor
\$150 Early registration price
\$160 Regular price
IN-PERSON: Washington Heights Arts Center
37A1202-02 Oct 24-Dec 5 Sat 1:30-4pm
(No Class Nov 28)

RIGID HEDDLE WEAVING

If you've ever wanted to learn to how to weave, then the rigid heddle loom is just the tool for you! Students will make a colorful scarf of their own design while learning to dress the loom, throw a shuttle, change colors and add fringe to create a unique and functional piece. Materials provided.

Ages: 16+ Instructor: Robin Wilton
\$65 Early registration price, \$75 Regular price
IN-PERSON: Washington Heights Arts Center
37A1212-01 Nov 15 Sun 9am-4pm



JEWELRY & METALS

RINGS & THINGS

Step up your style in this intermediate jewelry course with Precious Metal Clay (PMC). Students will explore more intricate projects and techniques, such as rings, stone-setting, beads and composite pieces. Previous experience with metal clay (either silver or bronze) is recommended. Price includes PMC Silver clay (\$60 value).

Ages: 16+ Instructor: Laurey Patten
\$125 Early registration price
\$135 Regular price
IN-PERSON: Washington Heights Arts Center
37A1306-01 Oct 22-29 Thu 6-9pm

PRECIOUS METAL CLAY JEWELRY – BRONZE

Imagine you could form metal jewelry with the ease of clay. With Precious Metal Clay (PMC), you can! PMC is an exciting, clay-like medium that, when fired, transforms into durable metal. This course will introduce you to PMC, and you will leave with pieces of wearable artwork in bronze. Registration price includes PMC Bronze clay (\$15 value).

Ages: 16+ Instructor: Laurey Patten
\$80 Early registration price, \$90 Regular price
IN-PERSON: Washington Heights Arts Center
37A1304-01 Nov 7-14 Sat noon-3pm

PRECIOUS METAL CLAY JEWELRY – SILVER

Imagine if you could form metal jewelry with the ease of clay. With Precious Metal Clay (PMC), you can! PMC is an exciting medium that combines powdered metal with a clay-like binder that, when fired, transforms into bronze or silver pieces to polish and finish into beautiful jewelry. Price includes PMC Silver clay (\$60 value).

Ages: 18+ Instructor: Laurey Patten
\$125 Early registration price
\$135 Regular price
IN-PERSON: Washington Heights Arts Center
37A1305-02 Dec 5-12 Sat noon-3pm

ADULT POTTERY CLASSES

SLIP DECORATING: INLAY & SGRAFFITO

Slip inlay and sgraffito are classic techniques for adding imagery to pottery. Sgraffito involves coating your ware with slip and carving it away; slip inlay involves carving and then laying slip into the design. A third technique, resist inlay, adds wax resist to the equation. Bring three leather hard pieces to the first class to try all three techniques.

Ages: 17+ Instructor: Sumi von Dassow
\$70 Early registration price, \$80 Regular price
IN-PERSON: Washington Heights Arts Center
37A1518-01 Oct 18-25 Sun 11am-2pm

BEGINNING POTTERY

Get a firm grounding in the basics of wheel-thrown pottery along with an overview of firing, glazing and surface treatments. Try your hand at intermediate topics like lids and plates in this mixed level course designed for complete beginners and those looking to improve their skills. Course fee does not include the cost of clay or additional studio time.

Ages: 17+ Instructor: James McLellan
\$150 Early registration price
\$160 Regular price
IN-PERSON: Washington Heights Arts Center
37A1502-05 Oct 22-Dec 3 Thu 6:30-9:30pm
37A1502-06 Oct 24-Dec 5 Sat 1-4pm
37A1502-07 Oct 27-Dec 8 Tue 6:30-9:30pm
(No Class Nov 24, 26, 28)

CONTINUING POTTERY

Improve your skills and get creative with wheel-throwing, hand-building, glazing and firing techniques. Receive individualized attention and learn from your peers in a small class designed for students of all levels. Some prior experience recommended, but beginners are welcome. Course fee does not include the cost of clay or additional studio time.

Ages: 17+ Instructor: Sumi Von Dassow
\$150 Early registration price
\$160 Regular price
IN-PERSON: Washington Heights Arts Center
37A1503-03 Oct 27-Dec 8 Tue 9am-noon
(No Class Nov 24)

THROWING IN SECTIONS

Take your work to the next level and create larger, layered forms by joining two or more pieces. Instruction includes throwing a large or tall pot in two sections, adding a neck or pedestal and throwing non-round forms. Work smarter, not harder! Previous pottery experience required. Course fee does not include the cost of clay or additional studio time.

Ages: 17+ Instructor: Sumi von Dassow
\$150 Early registration price
\$160 Regular price
IN-PERSON: Washington Heights Arts Center
37A1514-01 Oct 29-Dec 10 Thu 1-4pm
(No Class Nov 26)

WHAT'S IN A GLAZE?

Ever wondered what goes into a glaze and how to mix a glaze from a recipe? In this class you'll learn the functions of different glaze materials, and everyone will get a chance to mix and use a batch of glaze. Bring test tiles or small bisqued pots to test your glazes.

Ages: 17+ Instructor: Sumi von Dassow
\$70 Early registration price, \$80 Regular price
IN-PERSON: Washington Heights Arts Center
37A1525-01 Nov 1-8 Sun 1-4pm

HAND-BUILDING FOR SCULPTURAL WORK

Focus on hand-building methods, such as slab and coil building with an emphasis on sculptural work. Create forms with function or explore new shapes and techniques to create unique works of art. Instruction will be based on each student's interest. All levels welcome. Course fee does not include the cost of clay or additional studio time.

Ages: 17+ Instructor: James McLellan
\$150 Early registration price
\$160 Regular price
IN-PERSON: Washington Heights Arts Center
37A1508-02 Nov 2-Dec 7 Mon 6:30-9:30pm

GLAZING AND DECORATING

Explore multiple glaze formulas and learn appropriate applications for various forms. Instruction will include decorating with slips and glazes, including slip inlay, pouring, dipping and spraying, and the use of masks and resists. Previous pottery experience required. Course fee does not include the cost of materials or additional studio time.

Ages: 17+ Instructor: Sumi von Dassow
\$100 Early registration price
\$110 Regular price
IN-PERSON: Washington Heights Arts Center
37A1507-01 Nov 17-Dec 15 Tue 1-4pm
(No Class Nov 24)

FRIDAY NIGHT CLAY DATE!

Looking for the perfect date night? Or just want to try your hand at the pottery wheel with no commitment? Spend a few fun hours getting your hands messy and maybe unlocking a whole new passion! Tools and clay provided. Keep one creation as a souvenir; our staff will glaze/fire for later pickup. Registration price is for one person.

Ages: 17+ Instructor: James McLellan
\$45 Early registration price, \$55 Regular price
IN-PERSON: Washington Heights Arts Center
37A1520-02 Nov 20 Fri 6:30-9:30pm

POTTERY FIRING WORKSHOPS

INTRODUCTION TO RAKU FIRING

Embrace the tradition of raku, a Japanese firing technique that adds shine and crackle to bisque-fired pottery. Instruction will include the raku process, reduction methods and materials, cooling, clay selection and glaze application. Previous pottery experience required. Price of registration includes all pieces fired, but capacity is limited.

Ages: 18+ Instructor: Michael Bowe
\$30 Early registration price, \$40 Regular price
IN-PERSON: Washington Heights Arts Center
37A1509-01 Oct 3 Sat 9am-3pm

ADVANCED RAKU FIRING

Bisque-fire your pieces and sign up for raku firing sessions at 9-10:30am, 10:45am-12:15pm, 12:30-2pm, or 2:15-3:45pm. Call 303-987-5436 at time of registration to sign up for an individual time block. Prerequisite: Introduction to Raku Firing workshop or previous experience. Price of registration includes all pieces to be fired.

Ages: 18+ Instructor: Michael Bowe
\$35 Early registration price, \$45 Regular price
IN-PERSON: Washington Heights Arts Center
37A1500-02 Nov 21 Sat 9am-3:45pm

POTTERY PIT FIRING WORKSHOP

Work will be dropped off and fired by our instructor. Unloading takes place the following day. A \$7 registration fee is required; the remaining balance will be due on the day of unloading and is based on the number and size of pots fired. Additional instructions will be on your receipt. Previous pottery experience required.

Ages: 18+ Instructor: Sumi von Dassow
\$7 Initial registration price
IN-PERSON: Washington Heights Arts Center
37A1511-03 Nov 14 Sat 9am-noon
37A1511-04 Dec 5 Sat 9am-noon

SODA FIRING WORKSHOP

Achieve a new range of texture and color by firing your pieces with sodium carbonate, which vaporizes in the kiln and settles on pieces below with great results! A \$7 registration fee is required; the remaining balance is due on the day of unloading and based on the number and size of pots fired. Additional instructions will be on your receipt.

Ages: 18+ Instructor: James McLellan
\$7 Initial registration price
IN-PERSON: Washington Heights Arts Center
37A1513-02 Dec 8 Tue noon-2pm

WOOD FIRING WORKSHOP

Wood fired ceramics have a beautiful patina from the deposit of ash and the mark of flame! Registration price includes all pieces fired, but capacity is limited. Students must have bisqued ware ready to wood fire. Additional instructions will be on your receipt. Previous pottery experience required.

Ages: 18+ Instructor: Jack Heimerman
\$30 Early registration price, \$40 Regular price
IN-PERSON: Washington Heights Arts Center
37A1517-02 Oct 4 Sun 9am-3pm
37A1517-03 Nov 8 Sun 9am-3pm

YOUTH VISUAL ARTS

Information: 303-987-7845

Virtual art classes will include an art kit that will be assembled and ready for pickup prior to the start of each session.

CREATE WITH ME

Spend time together by creating! In this adult/child class, experience creativity that is sparked by ideas and processes in a way that is meaningful to the child. Students will build fine motor and decision-making skills while building self-esteem. Different art mediums will be explored each week such as painting, clay, collage, sensory and much more.

Ages: 2-4 Instructor: HCA Staff
\$35 Early registration price, \$45 Regular price
IN-PERSON: Lakewood Cultural Center

Fall Holidays
37Y1601-03 Oct 26-Nov 16 Mon 9-9:45am
Wintertime
37Y1601-04 Nov 30-Dec 21 Mon 9-9:45am

VIRTUAL
Fall Holidays
37YV1601-03 Oct 26-Nov 16 Mon 9-9:45am
Wintertime
37YV1601-04 Nov 30-Dec 21 Mon 9-9:45am

ART EXPLORERS

Children thrive through art! Our process-oriented instruction allows our art explorers to grow through creating and experimenting, which builds self-confidence, hones fine motor skills and develops meaningful art experiences. We will explore different materials, learn about artists and create art in different mediums.

Ages: 4-5 Instructor: HCA Staff
\$35 Early registration price, \$45 Regular price
IN-PERSON: Lakewood Cultural Center

Fall Holidays
37Y1602-03 Oct 26-Nov 16 Mon 10-10:45am
Wintertime
37Y1602-04 Nov 30-Dec 21 Mon 10-10:45am

VIRTUAL
Fall Holidays
37YV1602-03 Oct 26-Nov 16 Mon 10-10:45am
Wintertime
37YV1602-04 Nov 30-Dec 21 Mon 10-10:45am

OPEN ART STUDIO

Budding artists will create drawings, paintings, prints, sculpture and much more! Students enjoy this self-directional and creative class while learning about techniques, concepts, artists and styles every week. The instructor will give individual attention and direction based on projects. All are welcome!

Ages: 7-14 Instructor: Juana Martinez
\$55 Early registration price, \$65 Regular price
IN-PERSON: Lakewood Cultural Center

Fabric Fun
37Y1604-02 Oct 12-Nov 2 Mon 4-5:30pm
Sculpture
37Y1604-03 Nov 9-Dec 7 Mon 4-5:30pm

VIRTUAL
Fabric Fun
37YV1604-02 Oct 12-Nov 2 Mon 4-5:30pm
Sculpture
37YV1604-03 Nov 9-Dec 7 Mon 4-5:30pm
(No Class Nov 23)

DRAWING FOR YOUTH

Develop your artistic skills by exploring a variety of exciting drawing techniques with still life, portrait and city spaces. Get plenty of practice creating line, texture and tones with pencil, charcoal, marker and pastels. All materials provided.

Ages: 7-15 Instructor: Clarissa Chavez
\$55 Early registration price, \$65 Regular price
IN-PERSON: Lakewood Cultural Center

Zentangle
37Y1101-02 Oct 13-Nov 3 Tue 4-5:30pm
Op Art
37Y1101-03 Nov 10-Dec 8 Tue 4-5:30pm
(No Class Nov 24)

PAINTING TECHNIQUES

Improve your artistic skills by exploring the elements of painting. Projects will cover a variety of concepts including composition, shading, perspective, color theory and brush handling. We will use watercolors, acrylics and inks to make unique and personal works of art. All materials provided.

Ages: 7-15 Instructor: Juana Martinez
\$55 Early registration price, \$65 Regular price
IN-PERSON: Lakewood Cultural Center

Acrylic
37Y1102-02 Oct 14-Nov 4 Wed 4-5:30pm
Experimental
37Y1102-03 Nov 18-Dec 16 Wed 4-5:30pm

VIRTUAL
Acrylic
37YV1102-02 Oct 14-Nov 4 Wed 4-5:30pm
Experimental
37YV1102-03 Nov 18-Dec 16 Wed 4-5:30pm
(No Class Nov 25)

STOP MOTION ANIMATION

Get ready to be creative and innovative by bringing art to life! Students will learn to create simple stop motion animation with oil-based clay, paper, found objects and a stop motion app on our provided iPads. All are welcome!

Ages: 7-15 Instructor: Clarissa Chavez
\$55 Early registration price, \$65 Regular price
IN-PERSON: Lakewood Cultural Center

37y1001-02 Oct 15-Nov 5 Thu 4-5:30pm
37y1001-03 Nov 12-Dec 10 Thu 4-5:30pm
(No Class Nov 26)

FUN WITH FABRIC: HOLIDAY WORKSHOPS

Join us for some fun, sewing-friendly workshops this holiday season! Projects are designed based on the themes below, and all materials are provided.

Ages: 6-15 Instructor: Holly Causey
\$25 Regular price
IN-PERSON: Lakewood Cultural Center
Holiday Wreaths
37Y1206-01 Dec 5 Sat 10am-noon
Felt Ornaments
37Y1206-02 Dec 12 Sat 10am-noon
Holiday Birds
37Y1206-03 Dec 19 Sat 10am-noon



ART LAB

Create and share! Join us for fun-filled workshops throughout the season making art and memories with your friends. All levels welcome; no prior art experience needed. Projects are designed based on the subjects below. All materials provided. For descriptions, visit Lakewood.org/Register.

Ages: 7-16 Instructor: HCA Staff
\$35 Regular price
IN-PERSON: Lakewood Cultural Center

Etch-A-Sketch
37Y1606-01 Oct 17 Sat 10am-noon
Pumpkin Carving
37Y1606-02 Oct 24 Sat 10am-noon
Slime Attack
37Y1606-03 Nov 7 Sat 10am-noon
Etch-A-Sketch
37Y1606-04 Nov 14 Sat 10am-noon

TEEN ART NIGHT

These fun and engaging studio nights provide students the materials, instruction and space to work on projects of their choosing. Different themes and mediums are explored that will nurture their creative and artistic voices.

Ages: 13-17 Instructor: HCA Staff
\$25 Regular price
IN-PERSON: Lakewood Cultural Center
37Y1605-02 Oct 16 Fri 6:30-9pm
37Y1605-03 Nov 13 Fri 6:30-9pm

BEGINNING SEWING

Kids love to sew, and it is an excellent skill to know. Learn how to fix a hem, sew on a button and all sorts of different stitches. We will be starting with the basics of hand sewing and then move on to using a sewing machine. Learn on ours or bring your own! Project options include making pillows, stuffed animals, bags and more.

Ages: 6-15 Instructor: Holly Causey
\$80 Early registration price, \$90 Regular price
IN-PERSON: Lakewood Cultural Center
37Y1201-02 Oct 17-Nov 7 Sat 10am-noon

YOUTH POTTERY CLASSES

MUD PUDDLES

Let’s play in the mud! Parents and young clay artists will work creatively to make unique clay pots and sculptures. Have some messy family fun working with shapes and color to build something special with your little ones. Please note: Registration price includes one child and one guardian.

Ages: 3-5 Instructor: Christine O’Dea
\$70 Early registration price, \$80 Regular price
IN-PERSON: Washington Heights Arts Center
37Y1502-02 Oct 7-28 Wed 1-2:30pm
37Y1502-03 Nov 18-Dec 9 Wed 1-2:30pm

MUDSLINGING

Get your hands dirty and have some fun with clay! Students will learn the basic skills of pottery and sculpture and be encouraged to explore three-dimensional possibilities in a variety of creative projects. Kids should wear appropriate clothing. Materials provided.

Ages: 6-9 Instructor: Christine O’Dea
\$75 Early registration price, \$85 Regular price
IN-PERSON: Washington Heights Arts Center
37Y1503-02 Oct 27-Dec 1 Tue 4:30-6pm

Arts & History cont'd

KIDS CLAY ART

Take a spin around the amazing world of clay in this pottery and sculpture class. Have fun trying out many classic pottery techniques including hand-building, tile work, coiling, slab-building and wheel-throwing. Materials provided.

Ages: 10-14 **Instructor: Christine O'Dea**
\$75 Early registration price, \$85 Regular price
IN-PERSON: Washington Heights Arts Center
37Y1500-02 **Nov 5-Dec 17** **Thu** **4:30-6pm**

TEEN POTTERY AND SCULPTURE

Continuing young clay artists and teens new to the medium will dig into more challenging hand-built sculptures, throwing on the wheel and experimenting with various glazing techniques. Materials provided.

Ages: 12-16 **Instructor: Christine O'Dea**
\$75 Early registration price, \$85 Regular price
IN-PERSON: Washington Heights Arts Center
37Y1504-02 **Nov 9-Dec 14** **Mon** **4:30-6pm**

ADULT PERFORMING ARTS

Information: 303-987-7845

MUSIC

INTRO TO UKULELE

The ukulele is approachable, engaging and fun! In six weeks, you'll learn to read standard sheet music and tablature, harmonize using chords, create fascinating chord-melody arrangements, tackle arpeggios and play solo and ensemble pieces. No previous musical experience necessary.

Ages: 10+ **Instructor: Gary Jugert**
\$90 Early registration price, \$100 Regular price
IN-PERSON: Lakewood Cultural Center
37A4101-02 **Oct 20-Nov 24** **Tue** **6:30-8:30pm**
VIRTUAL
37AV4101-02 **Oct 20-Nov 24** **Tue** **6:30-8:30pm**

HOLIDAYS ON THE UKULELE

Two-week BLITZ! Let's "RAWK" your holidays – ukulele style. Learn some traditional music, enough modern music to make Santa proud, and we will toss in a few other festive songs to capture the spirit of wintertime. We recommend you take Intro to Ukulele prior to this class.

Ages: 10+ **Instructor: Gary Jugert**
\$40 Early registration price, \$50 Regular price
IN-PERSON: Lakewood Cultural Center
37A4108-01 **Dec 1-8** **Tue** **6:30-8:30pm**
VIRTUAL
37AV4108-01 **Dec 1-8** **Tue** **6:30-8:30pm**

BEGINNING GUITAR

It's easier than ever for you to get started or get back into playing the guitar. In five weeks, you'll learn everything necessary to tune, hold, strum, pluck and have a great friend in the guitar. We'll learn a little about sheet music, chords, fingerpicking, music theory and guitar styles.

Ages: 13+ **Instructor: Gary Jugert**
\$45 Early registration price, \$55 Regular price
IN-PERSON: Lakewood Cultural Center
37A4104-02 **Oct 14-Nov 18** **Wed** **6:30-7:20pm**
VIRTUAL
37AV4104-02 **Oct 14-Nov 18** **Wed** **6:30-7:20pm**
(No Class Nov 11)

CONTINUING GUITAR

Continue your journey into guitar with five more weeks of new chords, more complicated melodies, and chord-melody arrangements designed for solo fingerstyle and ensemble play. All students must take Beginning Guitar prior to enrolling in Continuing Guitar or have instructor permission.

Ages: 13+ **Instructor: Gary Jugert**
\$45 Early registration price, \$55 Regular price
IN-PERSON: Lakewood Cultural Center
37A4105-02 **Oct 14-Nov 18** **Wed** **7:30-8:30pm**
VIRTUAL
37AV4105-02 **Oct 14-Nov 18** **Wed** **7:30-8:30pm**
(No Class Nov 11)

HOLIDAYS ON THE GUITAR

Two-week BLITZ! Learn the best guitar techniques to bring to life your favorite traditional tunes, a few modern ditties and, of course, how to carry around way more songs than you'll ever master before Santa arrives. We recommend you have taken Beginning Guitar prior to this class.

Ages: 13+ **Instructor: Gary Jugert**
\$25 Early registration price, \$35 Regular price
IN-PERSON: Lakewood Cultural Center
37A4109-01 **Dec 2-9** **Wed** **6:30-7:30pm**
VIRTUAL
37AV4109-01 **Dec 2-9** **Wed** **6:30-7:30pm**

BEGINNING HARMONICA

Come spend time with us honking around with one of the most amusing and affordable music-making tools. We'll learn about the types of harmonica and standard layouts, how to isolate single notes, read harmonica tablature and standard notation. Students may bring their own diatonic harmonica in the key of C, or may purchase one from the instructor for \$20.

Ages: 13+ **Instructor: Gary Jugert**
\$40 Early registration price, \$50 Regular price
IN-PERSON: Lakewood Cultural Center
37A4203-02 **Oct 20-Nov 24** **Tue** **5:30-6:15pm**
VIRTUAL
37AV4203-02 **Oct 20-Nov 24** **Tue** **5:30-6:15pm**

HARMONICA CLUB

If you know how to play a melody on the harmonica and can read standard notation or harmonica tablature, then you're ready for Lakewood Harmonica Club. Previous lessons are a must. Students are expected to have at least one song ready to play each week. Instruction will be limited, while song sharing and collaboration will be encouraged. Come hang out with us!

Ages: 13+ **Instructor: Gary Jugert**
\$35 Early registration price, \$45 Regular price
IN-PERSON: Lakewood Cultural Center
37A4204-02 **Oct 14-Nov 18** **Wed** **5:30-6:15pm**
VIRTUAL
37AV4204-02 **Oct 14-Nov 18** **Wed** **5:30-6:15pm**
(No Class Nov 11)

YOUTH PERFORMING ARTS

Information: 303-987-7845

MUSICAL THEATER: "ANYBODY"

This selected virtual production of "Anybody," written and produced by our own theater youth director, Patrice LeBlanc, takes a look inside the body of a young star pitcher as he comes down with the flu just three days before the big game. Join us in this comedic musical to experience techniques in acting, singing and dance along with performance skills. Cast of 10. Waitlist available for possible second cast of 10 actors.

Ages: 8-14 **Instructor: Patrice LeBlanc**
\$85 Early registration price, \$95 Regular price
VIRTUAL
37YV3001-01 **Oct 12-Dec 7** **Mon** **4-5pm**
(No Class Nov 23)

HISTORY

Information: 303-987-7850

Check out Heritage Lakewood Belmar Park later this fall for details on other exciting offerings, such as etiquette classes, virtual historical luncheons and classes, exciting presenters and more at [Lakewood.org/Heritage](https://lakewood.org/Heritage).

Book a tour of the historic buildings or reserve time to explore exhibitions and shop the museum store inside the visitor center.

SCHOOL RESOURCES

Educators, contact stelue@lakewood.org to find out what educational resources are available for your school year!

INTRODUCTION TO BLACKSMITHING

Learn the blacksmithing arts! Feel the heat and create your own iron piece as you forge ahead with this exciting skill.

Ages: 18+ **Instructor: Jeff Race**
\$80 Early registration price, \$90 Regular price
IN-PERSON: Heritage Lakewood Belmar Park
37A5201-01 **Oct 17** **Sat** **10am-1pm**
37A5201-02 **Oct 18** **Sun** **10am-1pm**
37A5201-03 **Nov 14** **Sat** **10am-1pm**
37A5201-04 **Nov 15** **Sun** **10am-1pm**

SPENCERIAN WITH THE POINTED PEN

This classic writing style is popular in our modern society! Learn to write beautifully by dipping a traditional pointed pen into a bottle of ink and then onto paper. Learn how to manage fine lines and oval strokes as you develop the alphabet step-by-step. This style of writing is known for its flow and beauty as a popular calligraphic hand.

Ages: 16+ **Instructor: Renee Jorgensen**
\$90 Early registration price, \$95 Regular price
IN-PERSON: Heritage Lakewood Belmar Park
37A6004-01 **Oct 10-11** **Sat,Sun** **1-4pm**
VIRTUAL
37AV6004-01 **Oct 10-11** **Sat,Sun** **1-4pm**

BEAUTIFUL SPENCERIAN CAPITALS!

Flourished and legible, the Spencerian capital alphabet makes a beautiful statement at the front of a name or the start of a sentence. Warm-up techniques and writing exercises help to prepare you for developing these beautiful capital letter forms. Either work with a sharpened pencil, or a pointed pen and ink. We will also touch on the subject of writing numbers.

Ages: 16+ **Instructor: Renee Jorgensen**
\$90 Early registration price, \$95 Regular price
IN-PERSON: Heritage Lakewood Belmar Park
37A6005-01 **Oct 24-25** **Sat,Sun** **1-4pm**
VIRTUAL
37AV6005-01 **Oct 24-25** **Sat,Sun** **1-4pm**



INTRODUCTION TO ILLUMINATED CAPITALS

What is an illumination? Learn the history of how this international trend in fine arts came to America in the 1920s. Ornamental and decorative, this romantic and folk-art style was made popular by William Morris and his contemporaries. Learn the basics of color placement, gold accents and the anatomy of the decorated capital letter form.

Ages: 16+ **Instructor: Renee Jorgensen**
\$50 Early registration price, \$55 Regular price
IN-PERSON: Heritage Lakewood Belmar Park
37A6006-01 **Nov 14** **Sat** **1-5pm**
VIRTUAL
37AV6006-01 **Nov 14** **Sat** **1-5pm**

MOCKTAILS AND CASSEROLES

Throwing a dinner party and can't decide what to make? Tired of the same old dishes? Spice up your next dinner or party with two retro staples of the '50s and '60s — the casserole and the cocktail!

Ages: 16+ **Instructor: Holly Causey**
\$35 Regular price
VIRTUAL
37AV7401-01 **Nov 8** **Sun** **1-4pm**

OLD SCHOOL TREATS

The holidays are a time to celebrate memories! Join us as we cook delicious, nostalgic treats.

Ages: 16+ **Instructor: Holly Causey**
\$25 Regular price
VIRTUAL
37AV7402-01 **Dec 13** **Sun** **1-3pm**

ORNAMENT MAKING

Learn how to create your own holiday ornaments!

Ages: 8+ **Instructor: Holly Causey**
\$35 Early registration price, \$40 Regular price
IN-PERSON: Heritage Lakewood Belmar Park
37F7507-01 **Dec 12** **Sat** **1-4pm**

DIY BATH FIZZERS: SPOOKY SUDS AND POKÉMON!

Take your baths to the next level by learning how to make these ever-popular fizzing bath pods. Create your own pumpkin bath fizzers and other spooky suds in October and your own Pokémon themed fizzers in November.

Ages: 8+ **Instructor: Katrina Hoing**
\$30 Early registration price, \$35 Regular price
VIRTUAL
37FV5004-01 **Oct 24** **Sat** **1-2:30pm**
37FV5004-02 **Nov 21** **Sat** **1-2:30pm**

CRAFT-TEA

Join us for a fun craft or activity followed by morning tea and an individual boxed snack with your little one! Activities are best suited for ages 3-12. \$10 for ages 3-12. No charge for other attendees, but potential limit of one attendee per child to adhere to size limits and social distancing. Please call 303-987-7098 or email stelue@lakewood.org for dietary restrictions.

Ages: 3-12
\$10 Regular price
IN-PERSON: Heritage Lakewood Belmar Park
37Y5001-03 **Oct 17** **Sat** **11am-noon**
37Y5001-04 **Nov 21** **Sat** **11am-noon**
37Y5001-05 **Dec 19** **Sat** **11am-noon**

FLASHBACK CRAFTS

Put your own mark on wonderful nostalgic crafts such as etchings, mandalas and more! Use these tried and true techniques from the past to create your own exciting, brand-new crafts.

Ages: 8-14 **Instructor: KathRyn Card**
\$25 Regular price
IN-PERSON: Heritage Lakewood Belmar Park
37Y5002-02 **Nov 14** **Sat** **10-11:30am**
37Y5002-03 **Oct 7** **Wed** **3:30-5pm**

Dance

TEEN & ADULT DANCE

Information: 303-987-7845
View required attire, footwear and other policies at Lakewood.org/AdultDance.

BALLET: OPEN LEVEL

Whether you are looking to start or want to start again, this class offers a wonderful and fun environment to develop strength, agility, flexibility, and fluidity of movement. Steps are practiced in classical and contemporary combinations at the barre, in the center and across the floor.

Ages: 16+ Instructor: Jessica Riggs

\$45 Early registration price, \$55 Regular price
\$55 Early registration price, \$65 Regular price
\$15 Holiday Break One-Day Class price

IN-PERSON: Lakewood Cultural Center				
*37A2001-02	Oct 13-Nov 10	Tue	6-6:50pm	
*37A2001-03	Nov 17-Dec 15	Tue	6-6:50pm	
37A2001-05	Oct 9-Nov 6	Fri	10:30-11:50am	
37A2001-06	Nov 13-Dec 18	Fri	10:30-11:50am	

Holiday Break One-Day Class

37A2001-07	Dec 22	Tue	6-6:50pm	
37A2001-08	Dec 29	Tue	6-6:50pm	

VIRTUAL

*37AV2001-02	Oct 13-Nov 10	Tue	6-6:50pm	
*37AV2001-03	Nov 17-Dec 15	Tue	6-6:50pm	
37AV2001-05	Oct 9-Nov 6	Fri	10:30-11:50am	
37AV2001-06	Nov 13-Dec 18	Fri	10:30-11:50am	

(No Class Nov 27)

TAP: BEGINNING

Step-shuffle-ball-change your way to the Lakewood Cultural Center! This class is an introduction to the principles of tap dance technique in a fun and relaxed environment. Students learn the fundamental steps of tap dance, including basic movements performed across the floor and simple rhythmic combinations in center.

Ages: 13+ Instructor: Jessica Riggs

\$45 Early registration price, \$55 Regular price (5 Weeks)
\$12 Holiday One-Day Class price

IN-PERSON: Lakewood Cultural Center				
37A2101-02	Oct 13-Nov 10	Tue	7-7:50pm	
37A2101-03	Nov 17-Dec 15	Tue	7:30-8:20pm	

Holiday Break One-Day Class

37A2101-04	Dec 22	Tue	7-7:50pm	
37A2101-05	Dec 29	Tue	7-7:50pm	

VIRTUAL

37AV2101-02	Oct 13-Nov 10	Tue	7-7:50pm	
37AV2101-03	Nov 17-Dec 15	Tue	7-7:50pm	

TAP: BEGINNING/INTERMEDIATE

This class is ideal for those who have tapped for two to three years and are ready to tap their way into intermediate footwork. Students will learn intermediate-level vocabulary, technique, progressions, rhythms and short routines in a fun and relaxed environment. Experience is recommended for this level.

Ages: 18+ Instructor: Jessica Riggs

\$45 Early registration price, \$55 Regular price (5 Weeks)
\$35 Early registration price, \$45 Regular price (4 Weeks)
\$12 Holiday One-Day Class price

IN-PERSON: Lakewood Cultural Center				
37A2103-02	Oct 14-Nov 4	Wed	7-7:50pm	
*37A2103-03	Nov 18-Dec 16	Wed	7-7:50pm	

Holiday Break One-Day Class

37A2103-04	Dec 30	Wed	7-7:50pm	
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VIRTUAL

37AV2103-02	Oct 14-Nov 4	Wed	7-7:50pm	
*37AV2103-03	Nov 18-Dec 16	Wed	7-7:50pm	

(No Class Nov 11, 25)

TAP: INTERMEDIATE/ADVANCED

This class is ideal for those who have tapped, want to brush up on their skills and advance to more complex steps. Students will learn intermediate-level vocabulary, technique, progressions, rhythms and short routines in a fun and relaxed environment. Prior experience is recommended for this level.

Ages: 18+ Instructor: Jessica Riggs

\$50 Early registration price, \$60 Regular price
\$12 Holiday Break One-Day Class price

IN-PERSON: Lakewood Cultural Center				
37AV2102-02	Oct 13-Nov 10	Tue	8-8:50pm	
37AV2102-03	Nov 17-Dec 15	Tue	8-8:50pm	

Holiday Break One-Day Class

37AV2102-04	Dec 22	Tue	8-8:50pm	
37AV2102-05	Dec 29	Tue	8-8:50pm	

VIRTUAL

37AV2102-02	Oct 13-Nov 10	Tue	8-8:50pm	
37AV2102-03	Nov 17-Dec 15	Tue	8-8:50pm	



BELLY DANCE: BEGINNING

Learn the basics of this fun, international dance form (posture, isolations, basic steps, easy combos) while increasing core strength, coordination and fluidity. Classic body movements of the hips, ribcage, arms and hands are covered.

Ages: 13+ Instructor: Dianne Losasso

\$45 Early registration price, \$55 Regular price (5 Weeks)
*\$35 Early registration price, \$45 Regular price (4 Weeks)

IN-PERSON: Lakewood Cultural Center				
37A2401-02	Oct 15-Nov 12	Thu	8-9pm	
*37A2401-03	Nov 19-Dec 17	Thu	8-9pm	

Virtual

37AV2401-02	Oct 15-Nov 12	Thu	8-9pm	
*37AV2401-03	Nov 19-Dec 17	Thu	8-9pm	

(No Class Nov 26)

BELLY DANCE: INTERMEDIATE/CONTINUING

Complex moves are introduced such as layering, zills, veil techniques and combinations. We will emphasize techniques that can increase core strength, flexibility, grace and self-esteem. Get in touch with your sensuality and experience freedom to express yourself through natural feminine movements. Hip scarf and jazz or ballet shoes recommended.

Ages: 18+ Instructor: Dianne Losasso

\$50 Early registration price, \$60 Regular price (5 Weeks)
*\$40 Early registration price, \$50 Regular price (4 Weeks)

IN-PERSON: Lakewood Cultural Center				
37A2402-02	Oct 15-Nov 12	Thu	7-7:50pm	
*37A2402-03	Nov 19-Dec 17	Thu	7-7:50pm	

VIRTUAL

37AV2402-02	Oct 15-Nov 12	Thu	7-7:50pm	
*37AV2402-03	Nov 19-Dec 17	Thu	7-7:50pm	

(No Class Nov 26)

BALLROOM: DANCE FITNESS

Enjoy the great sounds of swing music and the fun footwork, turns and body movement of swing dance! You get the benefits of exercise doing swing as a line dance and then learning how that translates to partner dancing. No partner needed.

Ages: 15+ Instructor: Dianne Losasso

\$45 Early registration price, \$55 Regular price (5 Weeks)
*\$35 Early registration price, \$45 Regular price (4 Weeks)

IN-PERSON: Lakewood Cultural Center				
Latin Footwork				
*37A2503-01	Oct 14-Nov 4	Wed	7-7:50pm	

Ballroom Fit				
37A2501-01	Nov 18-Dec 30	Wed	7-7:50pm	

VIRTUAL

Latin Footwork				
*37AV2503-01	Oct 14-Nov 4	Wed	7-7:50pm	

Ballroom Fit				
*37AV2501-01	Nov 18-Dec 30	Wed	7-7:50pm	

(No Class Nov 11, 25, Dec 23)

JAZZ: BROADWAY MUSICALS

Get your jazz hands ready for this “show-stopping” experience! Students go through warmup, isolations and floor exercises, receiving technique important for safe and correct execution seen in musicals. This class is great for musical theater enthusiasts and students who are currently in productions. Class is combined with Youth Jazz: Broadway Musicals.

Ages: 18+ Instructor: Kathryn Dudley

\$70 Regular price

IN-PERSON: Lakewood Cultural Center				
37A2203-02	Nov 2-Dec 21	Mon	6-6:50pm	

(No Class Nov 23)

MODERN/CONTEMPORARY: OPEN LEVEL

Looking for a more expansive and grounded way to move? Connect with the floor and the space around you while developing body awareness and strength. Classes focus on floor work and technique exercises culminating in a fun movement combination at the end of each class. No experience necessary.

Ages: 13+ Instructor: Jessica Riggs

\$45 Early registration price, \$55 Regular price (5 Weeks)
*\$35 Early registration price, \$45 Regular price (4 Weeks)

IN-PERSON: Lakewood Cultural Center				
37A2701-02	Oct 15-Nov 12	Thu	7-7:50pm	
*37A2701-03	Nov 19-Dec 17	Thu	7-7:50pm	

VIRTUAL

37AV2701-02	Oct 15-Nov 12	Thu	7-7:50pm	
*37AV2701-03	Nov 19-Dec 17	Thu	7-7:50pm	

(No Class Nov 26)

YOUTH DANCE

Information: 303-987-7845

View required attire, footwear and other policies at Lakewood.org/YouthDance.

DANCE WITH ME

This class is an excellent introduction to the world of dance. A creative movement class designed for child and parent/ caregiver to enhance gross motor coordination and listening skills through music, props and dance. Please have your child wear comfortable clothing that they will not trip in.

Ages: 1.5-2 Instructor: HCA Staff

\$45 Early registration price, \$55 Regular price

IN-PERSON: Lakewood Cultural Center				
37Y2301-02	Oct 8-22	Thu	9-9:45am	
37Y2301-03	Oct 29-Nov 19	Thu	9-9:45am	
37Y2301-04	Dec 3-17	Thu	9-9:45am	

CREATIVE MOVEMENT

This class provides dancers with an introduction to movement and music while learning teamwork and showmanship in a positive and nurturing environment. Lessons include using imagination and exercises for learning basic rhythms and pattern.

Ages: 3-4 Instructor: HCA Staff

\$70 Regular price

IN-PERSON: Lakewood Cultural Center				
37Y2001-03	Oct 29-Dec 17	Thu	10-10:45am	
37Y2001-04	Oct 31-Dec 19	Sat	9-9:45am	

(No Class Nov 26, 28)

PRE BALLET I

Building on elements from Creative Movement, this class will teach basic ballet positions, terminology, awareness of patterns and coordination through music in a lively and engaging environment.

Ages: 5-6

Instructor: Callie Street (Thu), Elisabeth Berry (Fri), HCA Staff (Sat)

\$70 Regular price

IN-PERSON: Lakewood Cultural Center				
37Y2002-04	Oct 29-Dec 17	Thu	5-5:45pm	
37Y2002-05	Oct 30-Dec 18	Fri	4-4:45pm	
37Y2002-06	Oct 31-Dec 19	Sat	10-10:45am	

(No Class Nov 26, 27, 28)

PRE BALLET II

Building on elements from Pre Ballet I, this class will continue strengthening ballet positions, terminology, awareness of patterns and coordination through music in a lively and engaging environment. Prerequisite: One year of Pre Ballet I or instructor recommendation.

Ages: 6.5-8.5

Instructor: Elisabeth Berry (Fri), HCA Staff (Sat)

\$70 Regular price

IN-PERSON: Lakewood Cultural Center				
37Y2003-03	Oct 30-Dec 18	Fri	5-5:45pm	
37Y2003-04	Oct 31-Dec 19	Sat	11-11:45am	

(No Class Nov 27,28)

Dance cont'd

BALLET I

Terminology and movement are introduced while body placement, flexibility, balance, alignment, strength and classic ballet technique are developed through barre and center floor work. Dancers will learn basic ballet steps by practicing them at the barre, moving across the floor and in short combinations.

Ages: 8-12 Instructor: Jessica Riggs

\$70 Regular price

IN-PERSON: Lakewood Cultural Center
37Y2004-02 Oct 28-Dec 16 Wed 4-4:50pm
(No Class Nov 11, 25)

BALLET II

Dancers with prior experience will continue to learn terminology and movement while body placement, flexibility, balance, alignment, strength and classic ballet technique are developed through barre and floor work. Combinations will be expanded to further prepare dancers for more advanced movements. Prerequisite: One year of Ballet I or instructor permission.

Ages: 10-15 Instructor: Jessica Riggs

\$70 Regular price

IN-PERSON: Lakewood Cultural Center
37Y2005-02 Oct 27-Dec 15 Tue 5-5:50pm
(No Class Nov 24)

BALLET III

Dancers with a good handle on ballet basics will learn advanced terminology and ballet technique while working on fluidity of movement through barre and center floor work. Attention will be focused on more complex across the floor and center combinations. Prerequisite: One year of Ballet II or instructor permission. This class is skill-based, not age-based.

Ages: Call for Permission Instructor: Jessica Riggs

\$105 Regular price

IN-PERSON: Lakewood Cultural Center
37Y2006-02 Oct 28-Dec 16 Wed 5-6:15pm
(No Class Nov 11, 25)

BALLET FOR TEENS

This class is perfect for students who have little to no experience in ballet technique classes. Class focuses on learning basic ballet vocabulary and footwork through barre, center and floor exercises. Students taking this class can progress into Ballet II, III or Adult Open Ballet depending on instructor recommendation.

Ages: 13-17 Instructor: Jessica Riggs

\$70 Regular price

IN-PERSON: Lakewood Cultural Center
37Y2007-02 Oct 29-Dec 17 Thu 6-6:50pm
(No Class Nov 26)

PRE POINTE/STRENGTHENING

This is an introduction to pointe and body strengthening. Focus is on the proper mechanics to get on pointe, ballet pointe vocabulary and developing personal artistry and expression. Students will also increase flexibility and strengthen core, turnout, legs, back and upper body posture.

Registration requirement: enrollment in Ballet III

Instructor: Jessica Riggs

\$55 Regular price

IN-PERSON: Lakewood Cultural Center
37Y2008-02 Oct 28-Dec 16 Wed 6:15-6:50pm
(No Class Nov 11, 25)

PRE TAP/PRE BALLET COMBO

This combination class will introduce fundamental ballet position while students learn rhythms, patterns, tap steps and choreography. All participants must have tap shoes for safety while learning tap steps.

Ages: 4-6 Instructor: Callie Street

\$70 Regular price

IN-PERSON: Lakewood Cultural Center
37Y2101-02 Oct 29-Dec 17 Thu 4-4:45pm
(No Class Nov 26)

TAP I

Using warmups, movement across the floor and short combinations, students will learn how to use their shoes to create a variety of different sounds, how to count music and the basic movements that are the building blocks of the dance form. Class is for students with little or no tap experience.

Ages: 6-9 Instructor: Kathryn Dudley

\$70 Regular price

IN-PERSON: Lakewood Cultural Center
37Y2102-02 Nov 2-Dec 22 Mon 4-4:45pm
(No Class Nov 23)

TAP II

Using warmups, movements across the floor and more complex center combinations, students will build upon their tap skills to learn additional vocabulary, tap step progressions and rhythmic patterns. Class is for students with some tap experience. Prerequisite: At least one year of Tap I or instructor permission.

Ages: 9-12 Instructor: Jessica Riggs

\$70 Regular price

IN-PERSON: Lakewood Cultural Center
37Y2103-02 Oct 27-Dec 15 Tue 4-4:45pm
(No Class Nov 24)

JAZZ/BALLET

This combination class is a great way to learn two styles at one time. Dancers will learn ballet and jazz terminology, how to do a barre warmup and fuse the foundation of ballet movements along with the high energy and excitement of jazz!

Ages: 8-13 Instructor: Kathryn Dudley

\$70 Regular price

IN-PERSON: Lakewood Cultural Center
37Y2202-02 Nov 2-Dec 21 Mon 5-5:50pm
(No Class Nov 23)

JAZZ: BROADWAY MUSICALS

Get your jazz hands ready for this “show-stopping” experience! Students go through warmup, isolations and floor exercises, receiving technique important for safe and correct execution seen in musicals. This class is great for musical theater enthusiasts and students who are currently in productions. Class is combined with Adult Jazz: Broadway Musicals.

Ages: 10-17 Instructor: Kathryn Dudley

\$70 Regular price

IN-PERSON: Lakewood Cultural Center
37Y2203-02 Nov 2-Dec 21 Mon 6-6:50pm
(No Class Nov 23)

HULA HOOP I

Hula hooping increases stamina, tones muscles, improves balance and releases stress. In addition to this fun workout we will be reviewing terminology and moves, playing theatrical games, memorizing choreography and working on finding each dancer's unique expression through the art of hoop dance. This class is for all skill levels, and all are welcome!

Ages: 5-15 Instructor: Ana Cruz

\$70 Regular price

VIRTUAL
37Y2303-02 Oct 27-Dec 15 Tue 4-4:45pm
(No Class Nov 24)

HULA HOOP II

This class builds on the skills learned from Hula Hoop I: increasing stamina, toning muscles and releasing stress. In addition, we will be reviewing terminology and moves, playing theatrical games, memorizing choreography and working on finding each dancer's unique expression through the art of hoop dance.

Ages: 7-15 Instructor: Ana Cruz

\$70 Regular price

VIRTUAL
37Y2304-02 Oct 27-Dec 15 Tue 5-5:45pm
(No Class Nov 24)

PRE HIP HOP

This funky, age-appropriate hip hop class is geared toward teaching rhythm while adding fun dance games and movement sequences to music.

Ages: 3-5 Instructor: HCA Staff

\$70 Regular price

IN-PERSON: Lakewood Cultural Center
37Y2601-02 Nov 2-Dec 21 Mon 4-4:45pm
(No Class Nov 23)

HIP HOP I

This class introduces young dancers to tumbling and hip hop through exercises and movement as they learn to control their balance and coordination. All levels welcomed and highly recommended to begin with this class even with previous experience in other styles. House style is emphasized in this class.

Ages: 6-12 Instructor: Danneca Medina

\$70 Regular price

IN-PERSON: Lakewood Cultural Center
37Y2602-02 Nov 2-Dec 21 Mon 5-5:45pm
(No Class Nov 23)

HIP HOP II

This class builds upon the skills learned from Hip Hop I and developing vocabulary, body awareness and musicality. Also develop confidence and teamwork and grow these skills into more difficult moves and combinations. House style is emphasized in this class. Prerequisite: One year of Hip Hop I or instructor recommendation.

Ages: 8-14 Instructor: Danneca Medina

\$70 Regular price

IN-PERSON: Lakewood Cultural Center
37Y2603-02 Nov 2-Dec 21 Mon 6-6:50pm
(No Class Nov 23)

DANCE FALL BREAK

Come and join this unique dance camp. Each day will offer a different dance style and art-themed activity. Styles we will explore: ballet, hip hop, jazz, tap, belly dance, improvisation and break dancing. The camp schedule allows you to create the perfect combination for everyone. Lunch Studio is bundled in. 10% off when you join us all week!

Ages: 7-14 Instructor: HCA Staff

\$70 Early registration price, \$80 Regular price (Per day)
*\$205 Early registration price, \$215 Regular price (Mon-Wed)

IN-PERSON: Lakewood Cultural Center
37C2301-01 Nov 23 Mon 9am-4pm
37C2301-02 Nov 24 Tue 9am-4pm
37C2301-03 Nov 25 Wed 9am-4pm
*37C2301-04 Nov 23-25 Mon-Wed 9am-4pm

Fitness & Wellness

MIND/BODY CLASSES

Information: 720-963-5366

For virtual classes, you will be sent an email with a link 60 minutes prior to class. Make sure your email address is correct in your account when registering. For issues registering, email nicsch@lakewood.org.

BEGINNERS YOGA

This class focuses on basic postures, breath and meditation to help you develop strength and understanding of the fundamentals of yoga. It is appropriate for those brand new or returning to yoga, but not for those with serious illness or injury.

\$53 Resident, \$62 Nonresident

IN-PERSON: Carmody Recreation Center
322505-04 Nov 6-Dec 18 Fri 8:45-9:45am

YOGA FOR YOU

Awaken your body through the joys of this healing art. Men and women of all ages will gain strength, flexibility and bring new awareness to the connection between mind and body.

\$59 Resident, \$69 Nonresident

VIRTUAL
322V502-02 Nov 2-Dec 14 Mon 6-7:15pm

BREATHE AND FLOW YOGA

Taught in Vinyasa style, this class will move from pose to pose through the connection of breath and body. This class includes opportunities for pranayama (breath control) and meditation. All levels are welcome, but participants should be able to do forward folds.

\$53 Resident, \$62 Nonresident

IN-PERSON: Carmody Recreation Center
322511-02 Nov 7-Dec 19 Sat 9:15-10:15am

VIRTUAL
322V511-03 Nov 3-Dec 15 Tue 9:15-10:15am
322V511-04 Nov 3-Dec 15 Tue 6:45-7:45pm

GENTLE YOGA

Linking Hatha Yoga poses with breath brings awareness of mind, body and spirit, allowing you to improve your physical and mental well-being. This is a slower paced class.

\$53 Resident, \$62 Nonresident

IN-PERSON: Carmody Recreation Center
322510-05 Nov 2-Dec 14 Mon 10:30-11:30am
322510-06 Nov 3-Dec 15 Tue 10:30-11:30am
322510-07 Nov 4-Dec 16 Wed 3:45-4:45pm

IN-PERSON: Lakewood Link Recreation Center
322510-08 Nov 6-Dec 18 Fri 10:45-11:45am

PRENATAL YOGA

Deepen and enhance the most profound time in a woman's life with the gentle and easy to follow techniques of yoga. A series of stretches and strength building exercises will help increase energy and stamina and develop concentration in order to assist during labor and delivery. This class is held outdoors; in the case of bad weather, the class will be held virtually via Zoom. You will be sent a Zoom link the first day of class to have on hand.

\$59 Resident, \$69 Nonresident

IN-PERSON: Carmody Park
322504-02 Nov 1-Dec 13 Sun 11:15am-12:30pm

BABY AND ME YOGA

Designed for new moms and their babies age 6 weeks to pre-walkers, this class will focus on postpartum recovery and developing strength and flexibility, and it offers calming techniques for both mother and child. This class is held outdoors; in the case of bad weather, the class will be held virtually via Zoom. You will be sent a Zoom link the first day of class to have on hand.

\$53 Resident, \$62 Nonresident

IN-PERSON: Carmody Park
322500-02 Nov 1-Dec 13 Sun 10-11am

PARENT AND TOT YOGA

Bring your little one and share fun partner poses, movement, play and song. Everyone involved will benefit from the body awareness and intentional movement and thought that yoga provides, all in an atmosphere of community and shared experience. This class is for an adult caregiver with a child age walking through 5 years. This class is held outdoors; in the case of bad weather, the class will be held virtually via Zoom. You will be sent a Zoom link the first day of class to have on hand.

\$40 Resident, \$47 Nonresident
IN-PERSON: Carmody Park
[322519-02](#) Nov 1-Dec 13 Sun 9-9:45am

YOGA FOR AUTOIMMUNE

This practice is a tool for the management of autoimmune disorders and reduction of pain for individuals diagnosed with arthritis, MS, lupus, fibromyalgia, chronic fatigue syndrome and multiple chemical sensitivity. This class is taught by an instructor with an autoimmune disorder.

\$53 Resident, \$62 Nonresident
VIRTUAL
[322V501-02](#) Nov 5-Dec 17 Thu 5:15-6:15pm

QIGONG

QiGong uses slow movements, breath, intention, sound and posture to nurture and revitalize our life energy. The practice improves balance, lowers resting heart rate, boosts the immune system, increases blood flow and decreases stress. Easy to learn and open to all abilities.

\$59 Resident, \$69 Nonresident
IN-PERSON: Lakewood Link Recreation Center
[322512-02](#) Nov 5-Dec 17 Thu 5:30-6:45pm

TAI CHI FOR BALANCE

Tai Chi is a wonderful exercise that strengthens the body and mind. In this class you will improve your balance through learning flowing movements. You will work mainly with a form called Tai Chi for Arthritis. The exercise is relaxing, but you will work muscles and leave class feeling energized rather than tired.

\$53 Resident, \$62 Nonresident
IN-PERSON: Green Mountain Recreation Center
[322402-02](#) Nov 6-Dec 18 Fri 2-3pm
VIRTUAL
[322V402-02](#) Nov 6-Dec 18 Fri 2-3pm

NUTRITION FOR A BETTER YOU

This series of nutrition events teaches you about good eating habits and will help kick-start your healthy lifestyle! These events are led by a registered dietitian virtually through Zoom. They are good for families as well as individuals wanting to learn the basics of how to navigate the challenges of nutrition.

\$7 Resident, \$9 Nonresident
VIRTUAL
Nutrition 101
[322V611-01](#) Nov 2 Mon 6:30-7:30pm
Weight Loss Tips
[322V611-02](#) Nov 16 Mon 6:30-7:30pm
Meal Planning
[322V611-03](#) Nov 30 Mon 6:30-7:30pm
Eating for Heart Health and Diabetes
[322V611-04](#) Dec 14 Mon 6:30-7:30pm

STRENGTH CLASSES

Information: 720-963-5360

TRX FUSION

This is a higher intensity circuit style class that will incorporate the TRX suspension straps as well as other fitness equipment. Enjoy the camaraderie while you build strength, balance, flexibility and core stability.

\$49 Resident, \$59 Nonresident
IN-PERSON: Carmody Recreation Center
[322130-05](#) Nov 1-Dec 13 Sun 8:15-9:15am
[322130-08](#) Nov 5-Dec 17 Thu 8:45-9:45am
IN-PERSON: Green Mountain Recreation Center
[322130-06](#) Nov 3-Dec 15 Tue 10:30-11:30am

HIIT

This high intensity class will challenge you to push the limits of your exercise potential. Increase your strength and endurance through intervals of hard work followed by active recovery. This class is tailored to the intermediate to advanced level due to the rigorous efforts required, but modifications can be made for all abilities.

\$89 Resident, \$99 Nonresident
IN-PERSON: Green Mountain Recreation Center
[322132-03](#) Nov 2-Dec 16 Mon,Wed 8:45-9:45am
IN-PERSON: Carmody Recreation Center
[322132-04](#) Nov 3-Dec 17 Tue,Thu 7-8am

PILATES CLASSES

Information: 720-963-5366

PILATES REFORMER

The Reformer integrates the resistance of springs and your natural core strength on a moving surface to improve the overall functioning of your body. This series of non-impact exercises will increase strength, flexibility, balance and inner awareness of your body.

\$99 Resident, \$116 Nonresident
IN-PERSON: Carmody Recreation Center
[322203-15](#) Nov 2-Dec 14 Mon 7-8am
[322203-16](#) Nov 2-Dec 14 Mon 8:45-9:45am
[322203-17](#) Nov 2-Dec 14 Mon 10:30-11:30am
[322203-18](#) Nov 2-Dec 14 Mon 3:45-4:45pm
[322203-19](#) Nov 2-Dec 14 Mon 5:30-6:30pm
[322203-20](#) Nov 3-Dec 15 Tue 8:45-9:45am
[322203-21](#) Nov 3-Dec 15 Tue 5:30-6:30pm
[322203-22](#) Nov 4-Dec 16 Wed 8:45-9:45am
[322203-23](#) Nov 4-Dec 16 Wed 10:30-11:30am
[322203-24](#) Nov 4-Dec 16 Wed 5-6pm
[322203-25](#) Nov 4-Dec 16 Wed 7:15-8:15pm
[322203-26](#) Nov 5-Dec 17 Thu 8:45-9:45am
[322203-27](#) Nov 5-Dec 17 Thu 5:30-6:30pm
[322203-28](#) Nov 7-Dec 19 Sat 11am-noon

See page 12 for Senior Pilates Reformer classes.

MAT PILATES

Mat Pilates offers a system of conditioning, core-strengthening and stretching to develop lean muscles, balance, strength and flexibility. It promotes the mind-body connection, provides greater concentration and improves posture.

\$53 Resident, \$62 Nonresident
IN-PERSON: Green Mountain Recreation Center
[322207-05](#) Nov 3-Dec 15 Tue 8:45-9:45am
[322207-06](#) Nov 3-Dec 15 Tue 5:30-6:30pm
[322207-08](#) Nov 6-Dec 18 Fri 8:45-9:45am
IN-PERSON: Carmody Recreation Center
[322207-07](#) Nov 5-Dec 17 Thu 5:30-6:30pm

VIRTUAL
[322V207-02](#) Nov 4-Dec 16 Wed 8-9am

GENERAL ADMISSION FITNESS

(Ages 14+)

Information: 303-987-4807
All classes included with recreation center passes and daily admission fees (except BodyPump™). Must pre-register for all classes weekly.
To view and register for general admission classes, go to [Lakewood.org/Programs](#).

ZUMBA®

Carmody, Green Mountain
Also offered virtually.

ESSENTRICS®

Carmody, Green Mountain, Link, Clements Center

CORE & MORE

Carmody

CXWORX™

Carmody

INDOOR CYCLE

Green Mountain

BODYPUMP™ (Paid Class)

Carmody

Gymnastics & Climbing

Gymnastics, climbing and ninja classes are back at the Link Recreation Center on weekends and evenings. For our latest class schedules visit [Lakewood.org/Register](#).

Teens

TEEN ADVENTURE FRIDAYS

An option for teens to explore some of Lakewood’s top adventures and activities. Each week allows teens to gain new experiences, make memories and build friendships. Locations will change weekly. Transportation not provided.

Ages: 12-15 \$25 Resident, \$35 Nonresident
[347200-07](#) Oct 2 Fri 10am-noon
[347200-08](#) Oct 2 Fri 1-3pm
[347200-09](#) Oct 9 Fri 10am-noon
[347200-10](#) Oct 9 Fri 1-3pm
[347200-11](#) Oct 16 Fri 10am-noon
[347200-12](#) Oct 16 Fri 1-3pm
[347200-13](#) Oct 23 Fri 10am-noon
[347200-14](#) Oct 23 Fri 1-3pm



RECREATION CENTERS NOW OPEN BY RESERVATION!

Cardio, weights, pools and more at Carmody, Green Mountain and the Link.

[Lakewood.org/RecCenters](#)

Therapeutic Recreation

Did you know Lakewood has a Therapeutic Recreation Program? Our certified therapeutic recreation specialists can assist in providing adaptations and accommodations for many recreation programs. In addition to inclusion support we offer programs that are specifically designed to be accommodating to participants with disabilities. We also can provide focused individualized or small group programming tailored to your specific needs.

For the most up-to-date offerings, visit [Lakewood.org/TherapeuticRec](#). Email RISE@lakewood.org or call 303-987-4867 with any questions or to chat about inclusion services.

SPECIAL OLYMPICS SKILLS

Join us as we learn and practice skills that we need for Special Olympics sports. This mini season will help us prepare for future years by practicing sport specific skills. There will be no regional or state Special Olympics Games this season, but we will have our own award opportunities. Participants will be required to wear a mask when we are not able to social distance. Please email Missy at melgra@lakewood.org if you have any questions.

Ages: 8+ \$20 Resident, \$25 Nonresident
IN-PERSON

Flag Football at Lakewood Link Recreation Center
[336021-02](#) Oct 12-Nov 2 Mon 4:30-6pm
Bocce at Lakewood Link Recreation Center
[336021-03](#) Oct 14-Nov 4 Wed 4:30-6pm

Outdoor

BEAR CREEK BIRDING!

Come out and search for birds with Lakewood Parks naturalists! We will explore different parks in search of our feathered friends, so bring your binoculars or cameras. Locations vary; please register with a valid email address to receive location information. All levels welcome. Masks required.

Ages 16+ \$5
IN-PERSON: Bear Creek Lake Park (locations vary)
[359920-02](#) Oct 27 Tue 8-9:30am
[359920-03](#) Nov 17 Tue 8-9:30am

GUIDED NIGHT HIKES

Leave those flashlights at home for this unique hiking adventure in the dark! These hikes are designed for the whole family, and each will average an hour and a half of walking on uneven terrain. Locations vary; please register with a valid email address to receive location information. Registration required. Masks required.

All Ages \$5
IN-PERSON: Green Mountain
[359945-02](#) Oct 1 (group A) Thu 6:30-8pm
[359945-05](#) Oct 1 (group B) Thu 6:30-8pm
IN-PERSON: Bear Creek Lake Park
[359945-07](#) Oct 31 (group A) Sat 6-7:30pm
[359945-08](#) Oct 31 (group B) Sat 6-7:30pm
[359945-03](#) Nov 30 (group A) Mon 5-6:30pm
[359945-06](#) Nov 30 (group B) Mon 5-6:30pm

NATURE HIKES

Hike along a winding trail and learn about the flora, fauna and history of the area from a Lakewood Parks naturalist. Locations vary; please register with a valid email address to receive location information. Registration required. Masks required.

All Ages \$5
IN-PERSON: Bear Creek Lake Park (locations vary)
[359946-02](#) Oct 17 Sat 9-10:30am
[359946-03](#) Nov 21 Sat 9-10:30am

Older Adults, Ages 55+

Register by phone: 303-987-4820



CARDIO DANCE

Get moving with dance! Learn different dance styles each week. This class teaches you a series of fun steps throughout the class and culminates in a short dance routine. Styles include jazz, tap, line dancing and even ballroom inspired steps. No partners needed.

Instructor: Jessica Riggs **\$29 Regular price**
IN-PERSON: Clements Community Center
880309-01 Oct 1-22 Thu 3-4pm
880309-02 Nov 12-Dec 17 Thu 3-4pm
(No Class Nov 11, Nov 26, Nov 27)

WESTERN LINE DANCE

Dust off your cowboy and cowgirl boots and dance your way to better health in a socially distanced setting! Western Line Dance can help strengthen your muscles, develop better balance, improve brain power through memorization and strengthen your bones with low-impact movements that keep those joints in motion.

Instructor: Jessica Riggs **\$29 Regular price**
IN-PERSON: Clements Community Center
880311-01 Oct 6-27 Tue 2-3pm
880311-02 Nov 10-Dec 15 Tue 2-3pm
(No Class Nov 11, Nov 26, Nov 27)

CREATIVE WRITING

Find your inner voice and develop inspiration, motivation and confidence while gaining creative writing skills that reflect your own style. Topics will vary depending on class needs, including composition, editing and reading. Bring you creativity and sense of adventure to explore these new techniques.

Instructor: Troy Seate **\$38 Regular price**
IN-PERSON: Clements Community Center
880415-01 Oct 28-Dec 9 Wed 2-3:30pm
(No Class Nov 11, Nov 26, Nov 27)

FITNESS & WELLNESS

(Ages 55+)

Information: 720-963-5360

*20% off for SilverSneakers®, Silver & Fit®, RenewActive™ and Senior All Access passes.

For more information on these insurance-based memberships, call 303-987-4807.

HATHA YOGA*

Hatha Yoga is a great way to stay fit and mobile. Release your stress and tension while gaining strength, flexibility and balance. This class will focus on breath awareness and help your mental concentration.

\$42 Resident, \$52 Nonresident (6 week session)
IN-PERSON: Clements Community Center
322220-03 Nov 2-Dec 14 Mon 10-11:15am
322220-04 Nov 4-Dec 16 Wed 10-11:15am

QIGONG*

These energy cultivation movement patterns have been refined through thousands of years of popular practice. They are gentle, meditative exercises that improve the flow of internal energy and promote health, vitality and a sense of balance. Qi Gong is a good complement to any exercise routine for students of all abilities and capabilities.

\$36 Resident, \$44 Nonresident
IN-PERSON: Clements Community Center
322221-03 Nov 2-Dec 14 Mon 3:30-4:30pm
322221-04 Nov 5-Dec 17 Thu 3:30-4:30pm

TAI CHI*

Reach a higher level of well-being with the flowing movements of this gentle mind-body exercise. Try Tai Chi to reduce stress, improve your balance and gain a centered mind.

\$36 Resident, \$44 Nonresident
IN-PERSON: Clements Community Center
Beginner
322222-02 Nov 5-Dec 17 Thu 8:30-9:30am
Intermediate
322223-02 Nov 5-Dec 17 Thu 10:15-11:15am
Advanced
322224-02 Nov 5-Dec 17 Thu noon-1pm

SENIOR PILATES REFORMER

This class is designed for older adult participants. Pilates is a series of non-impact exercises that will increase strength, flexibility and balance. Participants must be able to get on and off of the Reformer without assistance.

\$75 Resident, \$88 Nonresident
IN-PERSON: Carmody Recreation Center
322205-04 Nov 2-Dec 14 Mon 12:15-1:15pm
322205-05 Nov 4-Dec 16 Wed 12:15-1:15pm
322205-06 Nov 5-Dec 17 Thu 12:15-1:15pm

BRAIN GYM

Increase clarity, coordination and memory through simple movement, games, exercises and activities designed to improve reading and math skills and help with following calendar dates, instructions and remembering medications. Benefits include fall prevention, improved speech, having fun and enjoying life. Come each week and see the improvement. This will be fun!

Instructor: Deb Smith **\$39 Regular Price**
IN-PERSON: Clements Community Center
880210-01 Oct 16-Nov 20 Fri 9-10:30am
(No Class Nov 11, Nov 26)

GENERAL ADMISSION FITNESS

(Ages 55+)

Information: 303-987-4807

All classes included with recreation center passes and daily admission fees. Must preregister for all classes weekly.

To view and register for general admission classes, go to Lakewood.org/Programs.

FIT FOREVER

Carmody
Also offered virtually.

SILVERSNEAKERS® CLASSIC

Carmody, Green Mountain, Clements Center
Also offered virtually.

SENIOR STRENGTH

Green Mountain

ESSENTRICS®

Carmody, Green Mountain, Link, Clements Center

ARTS & HISTORY (Ages 55+)

ALTERNATIVE TECHNIQUES IN WATERCOLOR

Some painting experience required. Bring your painting supplies to the first class. Supply list: palette with paints, brushes, water bowl, paper towels, sponge, spray bottle, 140 lb watercolor paper 1/4 sheet size, gatorboard or support, masking tape, drawing pencil, kneaded eraser, masking fluid and salt.

Instructor: Gail Firmin **\$85 Regular price**
IN-PERSON: Clements Community Center
880012-01 Oct 6-Nov 10 Tue 1-3:30pm
880012-02 Nov 24-Dec 29 Tue 1-3:30pm

POTTERY - ALL LEVELS

Do you enjoy using your hands to create beautiful items? Learn to use the potter's wheel and hand-building in the same class. Meet new friends in this fun class. Glazes included. Additional cost of \$17.50 for 25 pounds of clay and firing fees.

Instructor: Carla Thorpe **\$174 Regular price**
IN-PERSON: Clements Community Center
880033-01 Oct 5-Dec 14 Mon 9am-noon
880033-02 Oct 7-Dec 16 Wed 9am-noon
(No Class Nov 11)

STAINED GLASS

Learn the copper foil and lead method of stained glass art. Learn glass identification, glass handling, cutting and how to choose your project. New students are encouraged to join the all levels class. Instructor will discuss necessary supplies the first day of class.

Instructor: Joan Paschall **\$76 Regular price**
IN-PERSON: Clements Community Center
Intermediate/Advanced
880043-01 Oct 19-Dec 7 Mon 9:15-11:45am
880043-02 Oct 22-Dec 17 Thu 12:15-2:45pm
All Levels
880043-03 Oct 20-Dec 8 Tue 9:15-11:45am
(No Class Nov 11, Nov 26)

BEGINNING BELLY DANCE

Belly dance is the perfect low-impact, feel good way to move your body. Exercise your mind, body and spirit. No need to feel self-conscious when you are learning moves that improve body tone, flexibility, coordination and core strength. Wear any comfortable clothing that allows ease of movement, no need to show your belly if you do not want to.

Instructor: Dianne Losasso **\$58 Regular price**
IN-PERSON: Clements Community Center
880307-02 Nov 6-Dec 18 Fri 11am-noon
(No Class Nov 11, Nov 26, Nov 27)

CLEMENTS COMMUNITY CENTER

Lakewood.org/Clements



SERVICES NOW OFFERED

- In-person and virtual programs.
- Reachout office phone appointments.
- Lakewood Rides transportation.
- Home delivery of VOA lunches.
- Private rentals.

NO WALK-INS AT THIS TIME.

Please call 303-987-4820.

Self-Reported Subpopulations within the Homeless Population



21%
Chronically Homeless



15%
Fleeing Domestic Violence



7%
Veterans



4%
Unaccompanied Youth



1%
Parenting Youth

Source: Final Report of 2019 Comprehensive Homeless Count Jefferson County

Navigator program brings innovation to addressing homelessness

Finding solutions for those who are experiencing homelessness in Lakewood sometimes comes from making the routine feasible.

That was the case for a woman with disabilities who was eligible for a housing voucher but had no birth certificate to qualify for it, and she had only two days to come up with it.

Navigating her way to a solution was daunting, given that she had no way to get to the state's vital records office, no way to pay for the record and no mailing address to receive the birth certificate.

For Lakewood's new homeless navigator, Princess Griffin, the solution was to take the woman to the vital records office and work with the staff there to get the woman's birth certificate quickly.

"We can't wait the two weeks to send in an ID and then have the birth certificate mailed out," Griffin said. Left without help or guidance, residents experiencing homeless can "run into a brick wall and be discouraged...How am I going to get there? How am I going to pay for it? How am I going to have it mailed to me? I don't have a proof of address."

Because of Griffin's work, she is now looking at apartments with the woman that the housing voucher will help pay for. It was one of Griffin's successes as the city's first homeless navigator, a program the city joined as part of an innovative countywide approach to addressing homelessness. Jefferson County and each municipality within the county are creating a network of local navigators starting this year. The navigators will work within their own jurisdictions while also collaborating regionally with the other city and county navigators to coordinate efforts.

The navigators work alongside first responders and service providers to deliver immediate assistance while pursuing long-term solutions for each resident. The Jefferson County Human Services Department will also examine information gathered through the navigators' work to identify trends to recommend changes to policies or delivery of services as well as ways to address funding longer term homelessness solutions.

Lakewood City Council approved two navigator positions in the 2020 budget, but the Colorado Health Foundation awarded Lakewood

\$178,632 to pay for the navigators and equipment. The city's second navigator will start work this month.

Griffin began work just as the stay-at-home order was taking effect in March, so her work has faced even greater challenges. Those experiencing homelessness visited food pantries for help, but much of the available food had to be cooked, creating a barrier. Others no longer could find a place to shower because facilities were closed, making it even harder to be able to seek a job.

"Navigating the small things can be such a big thing," she said.

But Griffin has made contact through visits to homeless encampments with the Police Department's Community Action Team and through other means, and she is currently working with 48 residents experiencing homelessness.

Navigating those residents through their challenges can be different for each person. Sometimes it's as simple as getting someone fed regularly for two weeks so the person can stabilize physically enough to address underlying medical issues. With others, it's working through the complex housing market to find a stable housing solution. One solution was reuniting a resident with family in another state.

The ability to address each case is what will make the navigator network effective, Griffin said. "I think it's great because we can make a judgment as we go," she said, allowing each solution to be different and the navigator to be creative in thinking through all the avenues.

The network is just one approach Lakewood is using to address homelessness. In August 2019, Lakewood, Arvada, Wheat Ridge, Westminster and Jefferson County coordinated the first Comprehensive Homeless Count in the county. Hundreds of volunteers, law enforcement officers and staff fanned out across the 774-square miles of the county to count those living in motels, cars and elsewhere. The data provides a better understanding of who is experiencing homelessness or who is at-risk of becoming homeless, and the information can be used to create more effective policies, programs and services that better address the needs in the county.

Lakewood is also a member of the Jefferson County Heading Home group, which consists of service providers, faith leaders, government organizations and residents working collaboratively to address homelessness in the county. This group helped form the Severe Weather Shelter Network, the only severe weather shelter operating for single adults in the county. Heading Home has also worked with the cities to amend each city's building code to allow emergency shelter use within places of worship during severe weather events including snowstorms, and Lakewood City Council approved the change to the city's building code earlier this year.

Lakewood also continues to work with community partners on broader housing solutions such as affordable housing with added services to support those with disabilities or other needs because this kind of supportive housing can decrease homelessness and reduce public spending on shelters, psychiatric centers and other facilities.

More specific actions have been taken during the COVID-19 pandemic:

- \$120,000 of the federal relief funds available to Lakewood is providing rental and mortgage assistance, eviction prevention and utility assistance to Lakewood residents in need, and the Action Center,

the nonprofit in Lakewood that provides food and other support, is serving as the agency distributing that housing assistance.

- \$100,000 of the federal relief funds available to Lakewood is providing rent and utility assistance through Metro West Housing Solutions, the housing authority that serves Lakewood.
- \$150,000 from federal relief funds available to Lakewood is helping pay for hotel rooms for individuals who are homeless with COVID-19 symptoms to quarantine and recover through a partnership with Jefferson County Human Services.

Griffin, who has a degree in criminal justice and worked for a homeless shelter for seven years before coming to work for Lakewood and continues to work at one to stay updated on what's happening in the homeless community, wants Lakewood residents to know that tackling the problem of homelessness is doable.

"As long we can start breaking barriers, I think we will be very effective. There is not one overall solution. We are working on it case by case," she said. She wants the community to know that the navigators "will do everything humanly possible to get them off the street into a stable situation."



United States[®]
Census
2020

FINAL WEEKS: MAKE YOURSELF COUNT!

Exercise your constitutional right and help your community.

Answer the census online at
2020Census.gov

Don't wait too late! Stand up and be counted for your representation in government and our fair share of funding for roads, emergency services, schools, businesses and more!

It's important. It's safe. It's easy.

MORE INFO: Lakewood.org/Census



CLOCKWISE: The Gold Crown Field House provided help for families in need through the grant it received from Lakewood. Chandra Health Center staff members received the protection they needed to serve clients, and residents at Eaton Senior Communities continued to receive meal deliveries.

Paying it forward during the pandemic

An out-of-work veteran was brought to tears over assistance he received to repair his vehicle, which he needed to get to and from his new job. Grocery store gift cards kept low-income families fed, and older adults continued to receive meal deliveries. These are the stories of how nonprofits put federal coronavirus relief funds to work to help Lakewood residents.

The city's COVID-19 Nonprofit Impact Grant program is awarding \$750,000 in two rounds to nonprofits from the city's share of the federal funds so they can provide pandemic relief to residents. Nonprofits must spend the grants on goods or services and not on personnel costs.

The nonprofits that received grants in June during the first round have been providing stories of what the grants have meant to them and the people they serve. Read them at [Lakewood.org/CovidNonprofitGrant](https://lakewood.org/CovidNonprofitGrant). The second round of grants will be awarded this fall.

"What an amazing gift for the Alameda area! This will definitely

be a weight lifted from our families' shoulders," Deane Elementary School Principal Megan Martinez said of the Kiwanis Club of Belmar Foundation using its \$14,988 grant to eliminate the outstanding lunch debt for students and their families at Deane, Emory, Lasley and Rose Stein elementary schools and Alameda International Junior/Senior High School.

"Being stuck at home has increased my level of isolation exponentially and been incredibly detrimental to my mental health, so to have the Health Center open again, I'm already feeling happier and less stressed," a participant wrote about the Chandra Center for Health, which received a \$3,880 grant. The center used the money to buy essential personal and other COVID-19 protective equipment, enabling the center to reopen to provide integrative health care services to those with long-term physical disabilities while ensuring their safety. [A](#)

Facilities reopen and programs return

Lakewood has been working to reopen its facilities and expand its recreation and cultural programs under the modifications required by public health orders, and a lot of progress has been made.

The Lakewood Link, Carmody and Green Mountain recreation centers are open through a reservation system with additional protocols in place, and the Clements Community Center for older adults has in-person classes with preregistration required.

Surfside Spray Park will stay open through Sept. 20, and Carmody's splash pad will be available through Sept. 27. The Heritage Lakewood Belmar Park visitor center is open through reservations, and the Lakewood Legends outdoor concert series also runs through Sept. 24. For updates, visit the "arts, parks and recreation" button at [Lakewood.org/CovidResourceCenter](https://lakewood.org/CovidResourceCenter).

The city's Quail Street Recycling Center at 1068 Quail St. has also been operating on an appointment-only basis since mid-July. Appointments are available from 10 a.m. to 4 p.m., Monday through Saturday for clean and sorted cardboard, aluminum beverage cans, scrap metal, glass jars and bottles, plastic beverage bottles and paper. Recycling is free, but donations are welcome. Residents are asked to wear masks when entering the facility.



Residents can make an appointment at [Lakewood.org/QuailStreet](https://lakewood.org/QuailStreet). Residents must first have an account in the city's reservation system, and those who have registered for a class, reserved a park shelter or have a Silver Sneakers membership already have an account. The reservation system will provide an automated email message to reset account passwords if residents have forgotten their account information.

When making an appointment, select the time, then a specific date. Appointments can only be made more than 24 hours in advance, on a rolling basis. For example, at 10:45 a.m., appointments are available for 11 a.m. or later for the next day when space is available. To accommodate as many customers as possible, each account can only make an appointment every seven days.

Watch a helpful step-by-step video at <https://bit.ly/2Doo2m1> or call 303-987-7974. [A](#)

NEWS FROM OUR PARTNERS IN GOVERNMENT

Race to find Spot: Win a place in West Metro's Muster Parade



West Metro Fire Rescue's annual Family Fire Muster will celebrate 26 years in 2020. This year's event will look a bit different than in the past, but there will be plenty of fun for kids and families while meeting social distancing and safety needs. And it all begins online with a virtual contest.

This year, the event includes hosting Race to Find Spot on a specially created website, SpotSpot.org. On the site, kids will find a map of the fire district

with each of its 17 fire stations. Each station will have its own webpage with pictures of the rigs and crews. Spot, which is the mascot for the Fire Muster, will be hiding in a photo on each station's webpage.

While on the site, kids and families can get an inside look at West Metro's operations and how the district serves the community. They can also get some valuable safety tips for around the house and the neighborhood.

The first 100 families to tour the fire district map and find Spot the dog in 10 places will earn the opportunity to ride in the Muster parade. The parade will take place at West Metro's Training Center from 10 a.m. to noon on Sept. 26.

During the parade, families will remain in their vehicles as they ride across the Training Center drill grounds. The route will be lined with fire engines, other emergency response rigs and displays. When they enter the parade, families will receive a soft-sided cooler, which they can fill with prizes collected along the parade route.

Join in on the fun! Head to SpotSpot.org to get started in the race to find Spot and claim a place in the Muster parade! [A](#)

LAKWOOD LOCAL BUSINESSES HELPED

Lakewood's COVID-19 Business Relief and Recovery Program funded \$3 million in grants that helped more than 325 small businesses weather the pandemic.

To receive a grant, businesses had to employ 25 or fewer employees, be physically located in Lakewood and meet several other requirements including having a current Lakewood business license and registration with the state. Businesses based outside the state and medical marijuana shops were not eligible.

The grants were funded using a portion of the \$12.3 million that Lakewood has received from the federal relief funds known as the CARES Act. Lakewood's program provided \$2 million in large grants ranging from \$5,000 to \$30,000 and a \$1 million in modest, random-drawing grants of \$3,000 to businesses that didn't receive the larger grants.

Virtual court

As the pandemic’s stay-at-home order continued last spring, Lakewood’s Municipal Court faced a backlog of court cases stretching more than two months long.

“They were really piling up on top of themselves,” Municipal Court Administrator Scott Hefty said of the case backlog.

While hearings were occurring daily for those in jail, Municipal Court knew the backlog for other court hearings wasn’t acceptable, and staff searched for a way to still give people their day in court while keeping the public and staff safe.

In partnership with the city’s Information Technology Department, Municipal Court looked at expanding the use of its current video system for arraignments that allows an arrestee to appear in court from jail without having to be in the courtroom. The city contacted the vendor providing the video arraignments to find out how to expand its use and to determine how to proceed. The answer that came back was better than could have been expected.

“There was no additional cost to the City of Lakewood,” said Wayne Hall, a senior business relations manager in the IT Department.

The impact of this creative and no-cost solution was significant.

“Since we reopened to the public virtually, we’ve done over 1,500 cases through the virtual process,” Hefty said.

Municipal Court reopened on May 18 for in-person hearings, but learn more about how this innovative approach kept court cases moving forward during the closure in a Lakewood8 video at Lakewood.org/GoodNews.



Annual program makes street maintenance a priority

Good roads are important to everyone, and Lakewood’s Public Works Department has been conducting its annual street repaving, rejuvenating, sealing and repair program during the warm weather.

Lakewood typically spends about \$10 million annually on these efforts, which allows major streets such as West Alameda Avenue to be repaved about every 10 years and collector streets such as West Cedar Drive about every 12 years. Smaller residential streets receive similar maintenance about every 16 years.

It costs about \$135,000 a mile to repave an average two-lane street, and the city can typically accomplish about 25-30 miles of repaving annually. The program is funded primarily by a 1/2 cent of the city’s 3 cents sales tax paid by shoppers.


The economic impacts from this year’s COVID-19 pandemic have required the city to make reductions to its annual budget, and the annual street repaving and repair program was reduced by about \$2.5 million. In spite of the reductions, Public Works still accomplished a broad range of work that includes replacing worn and damaged layers of asphalt with new asphalt, applying surface preservation treatments to extend the pavement’s life expectancy, and repairing concrete curb, gutters and sidewalks.

Public Works typically publishes during the first quarter of the year a list of streets outlined by ward that will be covered by the program for the year, as well as a map of the streets, at Lakewood.org/StreetRepairs. A video on the page also walks through the city’s complete street maintenance


program including pothole repair and crack sealing that covers the city’s 1,400 lane miles of streets. A lane mile is one mile covering one 12-foot lane width.

Some of the major work this year has included repaving Garrison Street from Morrison Road to Jewell Avenue and South Van Gordon Street from West Cedar Drive to West Sixth Avenue.

Residents and businesses, of course, have a stake in how much money and work it takes to keep the city’s roads in good condition, so give street crews a wave and slow down while they are working. After all, they are taking care of city streets so community members can take care of what’s important to them.



Lakewood
Police Department

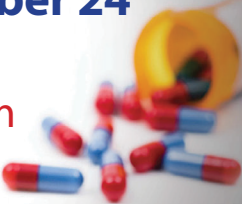




DEA NATIONAL ^{Rx}
TAKEBACK

Saturday, October 24
10 a.m. - 2 p.m.

DEATakeBack.com



CLEAN OUT YOUR MEDICINE CABINET

for National Prescription Drug Take-Back Day

Bring unused over-the-counter and
prescription medications to the following location:

LAKESWOOD POLICE DEPARTMENT

445 S. Allison Parkway (West of Alameda and Wadsworth)






Upper Parking Deck

Items that cannot be accepted:

needles and sharps
mercury thermometers

oxygen containers
pressurized canisters

illicit drugs
chemotherapy/
radioactive substances



2020 Lakewood
Shred Day



PREVENT
IDENTITY THEFT

Sept. 26, 9 a.m.–noon

Jeffco Stadium, 500 Kipling St.

Limit of 3-5 paper boxes or kitchen garbage bags of documents.
Shredding done on-site with Lakewood Police present.
Please remain in your car and pop the trunk
for volunteers to remove items.

MASKS REQUIRED

Details at Lakewood.org/ShredDay

Voluntary donations for the nonprofit Kiwanis Club of Belmar will be accepted during the event.

September 2020 • Looking@Lakewood • 15

Know Your City Council Members



Mayor Adam Paul
303-987-7040
apaul@lakewood.org



Ramey Johnson
303-232-1567
rjohnson@lakewood.org



Charley Able
303-233-7275
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Ward 1



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Ward 3



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Ward 4



Karen Harrison
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kharrison@lakewood.org



Dana Gutwein
303-987-7776
dgutwein@lakewood.org

Ward 5

[Lakewood.org/CityCouncil](https://lakewood.org/CityCouncil)

Tips for participating in council meetings

Like so much else during the pandemic, City Council meetings have gone virtual, changing how to participate and provide public comment to your elected officials. The city is using a variety of technology to help you stay involved in the discussions and decisions, so follow this outline to know when and how to participate.

Agenda items and presentations

Review the agenda items for each meeting, watch presentations and submit written comments for each council member to review before the meeting by visiting LakewoodSpeaks.org. Presentations for a specific agenda item are prerecorded and available on the website 10 days before each meeting so you can watch it when it's convenient for you. Staff reports, maps and other documents related to an agenda item are also available at the same time, which gives you time to review the details of the topic. Written public comment is taken on the website until noon on the day of the meeting.

Public comment

There are several opportunities to provide the specific kind of public comment you might want to contribute during the meetings.

- **AT THE TOP OF THE MEETING:** This is the first public comment segment during regular meetings and typically occurs following the pledge of allegiance. This is the time to provide your thoughts and comments on topics that don't relate to anything on that night's agenda. Are you concerned about a park or think City Council should tackle a specific issue? This first segment is when you should provide these kinds of comments.
- **CONSENT AGENDA:** You can provide comments on resolutions council is considering that night during this segment. Resolutions are used to authorize items such as contracts, fees, policies and procedures, certain payments and specific actions. Resolutions appear only once on the agenda, so this is the time to provide your comments on the specific resolution you are interested in.
- **PUBLIC HEARINGS:** When City Council is considering a new ordinance, a public hearing will occur to take public testimony when the ordinance appears on the agenda for the second time. Ordinances are used for such items as creating new city laws, amending existing city laws, rezoning property or authorizing

the city's budget. If you want to comment on a specific ordinance, the time to do that is during its public hearing.

- **STUDY SESSION:** These are just what the name says. City Council studies an issue through in-depth presentations and discussions. One segment of public input occurs during these sessions that provides you the opportunity to comment on the issue being studied.

Mastering Zoom public comment

If you prefer to speak to City Council during the meetings rather than submit written comments, several steps are involved to speak during the council's current virtual meetings:

1. Check the council agenda for each meeting at Lakewood.org/CouncilMeetings. The agenda is published on Mondays with the phone number you need to dial and the webinar ID you need to enter to provide your comments during the appropriate public comment segment (see above).
- The phone number and the webinar ID are also shown on the screen during the live broadcast of the meeting and announced several times during the meeting.
2. Dial the phone number, then press the # sign on your dial pad (typically lower right corner) to enter the webinar ID (for example, 987 6543 2100). Then press the # sign again to join the meeting.
3. Press * on your dial pad (typically in the lower left corner) followed by 9 to request to speak. This essentially "raises your hand" to speak.
4. Listen for when the last four digits of your phone number are called during the meeting. When you hear your number, press * followed by 6 to unmute your phone so that you can speak during the meeting.
- If you are watching the meeting on your computer or TV, mute the sound on that device to prevent it from interfering with your speaking and being heard on the phone.
5. Hang up when you are finished or stay on hold to speak during another public comment segment.

Watching meetings

You can watch council meetings in any of the follow locations.

- Lakewood.org/CouncilVideos
- LakewoodSpeaks.org
- Lakewood.org/Live8
- Cable channels 8 and 880