

Looking@Lakewood

SPECIAL SECTION

COMMUNITY
CONNECTION

Lakewood's arts,
parks and recreation
program guide:

PAGES 5-12

PorchLight shows the way for crime victims

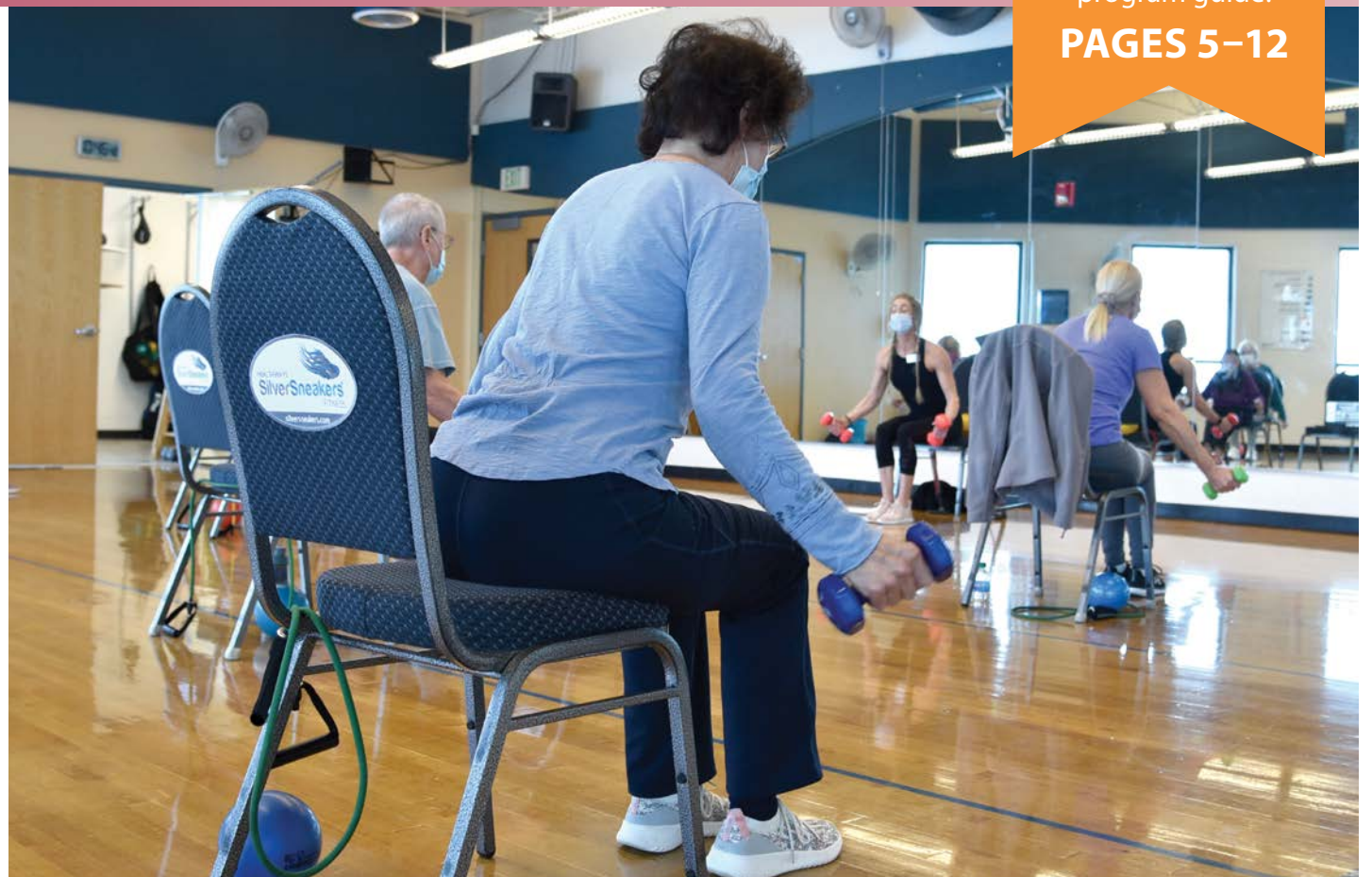
Becoming a victim of crime is a trauma often made worse by the struggle to find assistance and support to recover.

Fortunately, governments and nonprofits across Jefferson County have joined forces to change that by creating PorchLight, A Family Justice Center in Lakewood. The center opened Feb. 25 and establishes an innovative approach that brings together essential services for victims, survivors and their children to create a positive pathway forward and to foster public safety. Learn more at PorchLightFJC.org, and watch a video about the center at Lakewood.org/Porchlight.

"The center is designed to be a welcoming, safe environment for victims and survivors of violence," said PorchLight Executive Director Candace Cooledge. "We consider those who come to us for services to be our 'guests' as part of a process to help restore their confidence and sense of self."



The center is a collaboration of more than 70 agencies working together, many under one roof, to provide services for survivors of domestic violence, sexual assault,



crimes against children, abuse of elderly and at-risk individuals and human trafficking in Jefferson and Gilpin counties. The City of Lakewood and the Lakewood Police Department are among the agencies providing support to the center.

"PorchLight is a tremendous gift and addition to our community and will ensure crime victims receive the necessary services to begin the healing process and seek justice. With over 70 partner agencies under one roof, we finally have the ability to provide the care, comfort, and hope for victims and their family members," said Lakewood Police Chief Dan McCasky, who is also a PorchLight board member. "PorchLight is such an incredible resource for our community, and I am grateful the City of Lakewood is such a valuable partner."

PorchLight offers an entryway to comprehensive legal, medical, law enforcement, emotional and community support services. Without such a central hub of services, victims have had to travel up to 175 miles to get services, and they have to recount what happened and what their needs are numerous times to different agencies. Sadly, many give up and remain in abusive and dangerous situations.

Family justice centers are designed to decrease violence, enhance public safety and unite communities, and they are recognized as a best practice in the field of domestic violence by the U.S. Department of Justice.

Many of PorchLight's partner agencies will provide services on-site:

- Ralston House will conduct interviews with victims needed

PORCHLIGHT
Continued on page 15.

Celebrate May as Older Adult Wellness Month

Nurturing your mind, body and soul might have become even more difficult over the past year. You might be faced with questions around housing assistance, changes in your physical and mental activity or have concerns about your overall safety. Maybe you are looking for the levity and creativity that dance and art can bring.

To help older adults in our community with these topics, Lakewood Recreation teamed up with other city departments and community partners to develop Older Adult Wellness Month in May. This celebration offers free, weekday events of 30-60 minutes that will be livestreamed on Zoom and on Lakewood8 and available on Comcast channels 8 and 880 as well as Lakewood.org/Live8. The online and television options avoid any COVID safety risks by eliminating the large gatherings at the popular in-person Older Adult Wellness Fair in years past.

Demonstration events will cover balance and coordination, dance fitness, painting and drawing, tai chi and SilverSneakers. During informational talks, you'll hear from safety experts with Lakewood Parks and Police, and you'll be able to learn from the Action Center, Alzheimer's Association, Colorado Housing Connects, Jefferson Center for Mental Health and Seniors' Resource Center.

Older adults, family members and caregivers are encouraged to participate and can choose from any or all sessions. Zoom registration

is available at Lakewood.org/WellnessMonth. If you've never used Zoom before and would like to try, staff is eager to help you learn how in advance; contact the Clements Community Center at 303-987-4820. You also can find tutorials at Lakewood.org/Zoom.

Lakewood's Older Adult Wellness Month aligns with the nationwide observance of Older Americans Month 2021: Communities of Strength that places special emphasis on the power of connection and engagement in building strong communities. This resonates with Lakewood staff who experienced the closure of its recreation and community centers for months due to COVID-19 precautions, which disconnected older adults from many services and resources.

"It brought the importance of connecting with others to the forefront," says Dawn Sluder, older adult and transportation supervisor at Lakewood's Clements Community Center. "Maintaining that human connection is vital to our health and well-being. And we've found creative ways in the last year to keep our older adults engaged virtually through online coffee chats, social hours and programs."

Learning from these experiences helped staff develop the full month of virtual wellness opportunities.

"Join us and learn about the many ways we can support you. We want

OLDER ADULT WELLNESS MONTH
Continued on page 13.

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POSTAL PATRON

Council Corner

MAYOR



Adam Paul

This spring is special because we are beginning to seek the new norms after a year of COVID, with reopenings and mass vaccinations occurring across our community. We are coming back, but please know we aren't out of the woods yet. Let's continue to move forward safely and with caution, but brighter days are ahead. I'm proud of you

Lakewood. This past year has been filled with hefty challenges, and you have come together with great generosity and care for your neighbors. It's a true sign of community that when challenged you step up.

Lakewood will see another round of economic recovery dollars of an estimated \$22.6 million to help restore some of what's been lost. We are learning how these dollars can be used, and City Council and staff will be discussing this over the next few months. I encourage you to get involved in the conversation because your voice is critical to the process.

I have started my Coffee with the Mayor events again, and we will do this virtually. I hope to offer morning, evening and Saturday conversation options. You can sign up by emailing me or

checking the Friday Report and [NextDoor.com](https://www.nextdoor.com).

How about that much-needed snow! I want to give a special shout out to all the city employees who worked through one of the snowiest Marches on record and through one of the largest blizzards in a century. Thanks for keeping the city moving.

I also want to share my sadness, condolences and love with our neighbors in Boulder. Lakewood lost one of its own in the tragedy, and we extend our condolences to the Stanisc family who lost their son Neven. As a community we share your grief and sadly know we must do better. We are here for you.

Lakewood has given me so much, and I'm deeply proud of this community and know that our parks, police and public works teams are

among the best. But I have deep concerns about the nastiness and lack of respect now prevalent in City Council conversations and meetings. I've heard from many of you that this is just not appropriate, and I worry we are at a breaking point. I ask you to join me to change these conversations. Please help us bring the tone back to what has always made Lakewood a great city.

Adam Paul
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We are building an inclusive community!

WARD 1



Ramey Johnson

The future of two of Ward 1's major corridors is under review.

The Union (corridor) Neighborhood Vision Plan is under review by Lakewood's seven-member Planning Commission. And review of the West Colfax Vision 2040 Action Plan, which charts the future of the city's first commercial corridor, is the focus of more than 20 volunteer "ambassadors." Corridor



Charley Able

plans become part of the city's Comprehensive Plan, which guides future development.

The Union plan has been in the works since March 2019, when City Council directed Planning Department staff to launch a series of public meetings to "address a recommended mix of land uses," "appropriate site and building design" and "desired pedestrian

amenities," according to a memo from Lakewood's Planning Director Travis Parker. The plan encompasses a broad area around Union Boulevard from West Sixth Avenue southward to West Alameda Avenue and includes adjacent areas.

A number of "open house" presentations were offered by the Planning Department to compile public input in 2019 in advance of the commission's deliberations. Information about the project is available at [LakewoodTogether.org/UnionVision](https://lakewoodtogether.org/UnionVision).

Representatives from neighborhood associations along Colfax Avenue from the western city limits to Sheridan Boulevard, the Lakewood-West Colfax Business Improvement District, the West Colfax Community Association and the 40 West Arts District formed the West Colfax Vision Implementation Group to assess the existing 2040

Vision Plan. The group provides "an inclusive community-based forum to integrate input, distill ideas, isolate priorities, marshal resources, and report status on the outcomes in the West Colfax Vision 2040 Action Plan," according to the group's website at [Bid.WestColfax.org/2040](https://bid.westcolfax.org/2040). The results of this review, along with recommended updates, are expected to be presented to City Council by early summer.

Meanwhile, the Planning Commission is ready to schedule a meeting with City Council to ensure the Union plan addresses all vital points, said Alan Heald, commission chairman.

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WARD 2



Jacob LaBure

As you may have noticed, the format for this column has changed. Since Ward 2 had an article in this newsletter's January issue, we will just give a few updates in the ward.

We are pleased to let folks know that Morse Park met its sustainability goal for tree planting within the neighborhood. Many in the



Sharon Vincent

community have expressed interest in tree planting goals. For those of you who are interested in this, you may want to reach out to the Morse Park Sustainability Committee at Sustainable@morsepark.org to find out additional information.

O'Kane Park has several wonderful projects worth mentioning. On the

sustainability front, the neighborhood has partnered with the Weir Gulch neighborhood on composting efforts. The long-term goal is to replicate their findings with the rest of Lakewood. The neighborhood is also very supportive of promoting the O'Kane Historical District with possible grants and neighborhood input. Learn more at [Facebook.com/OkanePark](https://facebook.com/OkanePark).

Last, but certainly not least, the West Colfax Community Association has implemented a passport project. This program will allow community members to visit restaurants and receive a sticker upon their visit. The community has a chance to win prizes and the "winning" business will receive a grant. The restaurants

include a broad spectrum from Cafe del Sol and Yabba Hut to Lakewood Bar and Grill and WestFax. To date there are 15 restaurants participating, so go to [WestColfax.org](https://westcolfax.org) to download the passport to get started. The program runs through the month of April.

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WARD 3



Mike Bieda

As you know, Congress has passed the American Rescue Plan of \$1.9 trillion. Of that, \$45 billion is for cities including Lakewood. Lakewood is eligible for an estimated \$22.6 million to be paid in two phases, one half in May 2021, and the second half to be disbursed one year later.

Some of this will be allocated for city services affected by revenue reductions due to the pandemic. The funds can also be used to address the economic effects of COVID-19 through aid to households, small business and nonprofits. A number of other uses are included, to be determined by your City Council. If you have any suggestions on how these funds can best be used to assist our struggling families and business community, I would welcome your thoughts. The best way to provide those is by emailing me. Thank you for all the support you have given each other through these difficult times.

Mike Bieda
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Anita Springsteen

My legacy for my first year in office is how I have championed justice reform, and by extension, racial and social equality, even as we have mourned the loss of Elijah McClain and others. We have heard allegations of a Lakewood “George Floyd knee to the neck moment” and a “Elijah McClain ketamine moment” and await change.

Lakewood Police contacts have inexplicably eclipsed the county by double in 2021, with less population. SB20-217 requires police body cams statewide, which do not yet exist in our city. All of this calls for improved leadership, policy, and training. I request a Lakewood committee on police policy and accountability and a civilian review board — for the protection of the police and public alike. I ask that anyone with a story to tell about police interaction — good or bad — email me. I am on a mission for justice with all of you.

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WARD 4



David Skilling

Ward 4 is home to one of the metro region’s true gems: William F. Hayden Park. Referred to by most as Green Mountain, the park offers over 3,000 acres of open space and too many trails to count. Spend a typical day “on the mountain” and you’ll see fellow mountain bikers, hikers, and an array of wildlife species each enjoying the wondrous expanse.



Barb Franks

A few reminders on how we can all respect the terrain and the natural ecosystem that makes Green Mountain a real treasure so everyone can have a memorable experience.

- Stay on marked trails to protect vegetation.
- Avoid use on the muddy days to avoid erosion, with trail conditions at [Lakewood.org/Trails](https://lakewood.org/Trails).
- Respect other park users and wildlife.

There are also volunteer opportunities to help with trail maintenance of Green Mountain as well as other Lakewood parks. Learn more at [Lakewood.org/Volunteer](https://lakewood.org/Volunteer). Although not in Ward 4, there are two other park gems close by. One is Bear Creek Lake Park, home of endless trails, the Soda Lakes and reservoir, as well as many picnic shelters for a day in the sun, with details at [Lakewood.org/BCLP](https://lakewood.org/BCLP). A bit further away as you travel east through Lakewood is the newly acquired Taylor property. Though the approximately 60-acre property has yet to be named, work is underway to provide access to this truly amazing amenity. Updates are available at LakewoodTogether.org/Future-Park-At-Taylor. The list of the city’s parks is at Lakewood.org/ParkList.

For a complete listing of other trails in Jefferson County, please visit Jeffco.us/946/Parks-Trails, and for the latest on park conditions and closures, visit open space alerts at Jeffco.us/AlertCenter. For updates on upcoming proposals for park acquisitions in Ward 4 and the rest of Lakewood, please subscribe to our newsletter. A subscription link is included in every newsletter: Bit.ly/2OYNOWV. You’ll also find information on upcoming council agenda items, neighborhood news, and helpful links to community events.

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WARD 5



Karen Harrison

Good news! We have great improvements on the Bear Creek Trail beginning this fall. Thanks to a \$750,000 grant from the Colorado Land and Water Conservation Fund, a 14,000-foot-long crusher fines trail approximately 6 feet wide will be built parallel to the existing concrete Bear Creek Trail. Additional improvements include widening sections of the concrete trail to 10 feet when feasible, improving



Dana Gutwein

safety by softening trail curves to extend sight lines, and replacing damaged concrete to mitigate hazards. Signage, wayfinding, bridge replacement, landscape restoration and enhancements will complete the scope of the project. Learn more at LakewoodTogether.org/BearCreekTrail. The city also added a few more acres to the Bear Creek Greenbelt when City Council approved the

purchase of a little over 6 acres on the south side of the greenbelt at approximately South Garland Court. With the added acres, this purchase will improve access for emergency vehicles to respond to this area of the greenbelt. We love our new addition to Lakewood, the Taylor property. Even though it is not in Ward 5, we know this will grow to be a favorite of everyone. The city is currently seeking public input for naming the park. You can participate by suggesting names at LakewoodTogether.org/Future-Park-At-Taylor. During this initial park planning phase, the focus is on creating public access, but you can view the preliminary concept for the plan for the park on the website. You will see the development shows only minimal trails, one soft surface and

one concrete. The feedback we’ve heard to date indicates residents are more interested in exploring the site while taking in the beautiful views along the trails. Additional public engagement will occur as the project progresses, so visit this project page for ongoing updates. We hope to begin our regular Ward 5 meetings in person sometime this fall.

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Parks staff, first responders contain wildland fire, save lives



At around 1:15 p.m. on Feb. 7, as people across Lakewood and Colorado were settling in to watch the Super Bowl, dozens of parks staff and firefighters were called into action to stop a major, fast-moving wildland fire at Lakewood’s Bear Creek Lake Park.

The fire that eventually burned 535 acres — more than one-sixth of the park’s acreage — required dozens of pieces equipment, more than 75 personnel and 13 agencies from as far away as Lafayette and Evergreen before it was totally extinguished.

“This was truly an all hands on deck situation, and staff from many agencies responded with urgency to get the fire under control and keep people and structures as safe as possible,” Lakewood’s Community Resources Director Kit Newland said.

Despite the large amount of ground damaged by the wind-driven fire that burned as much as 4 feet per second at times, there was no injury or loss of life, and no structures were burned.

The rapid response by Lakewood Parks staff and first responders, along with a healthy dose of preparation for an incident exactly like this, laid the groundwork for this outcome, according to Don Lombardi, chief of

West Metro Fire Rescue that serves Lakewood.

Responding as a group regularly to medical and other calls in the park has built an important foundation, Lombardi noted. “We train in there and do a lot of things in the park. The relationships we have with [Lakewood Police Department] and the park staff is invaluable,” he said. “Building relationships over time really pays off when we do things like this.”

West Metro Deputy Chief Scott Rogers, who oversaw the response to the fire that day, praised the quick actions of park rangers, maintenance staff and golf course personnel to evacuate 50 trail users from the park, nearly 200 golfers and staff, and more than 30 vehicles from Lakewood’s Fox Hollow and Homestead golf courses.

“The park rangers and golf staff — the fact that they evacuated everyone out of there was huge,” he said. “That’s the first and most important step.”

Once that was done, Lakewood Police agents helped to direct traffic flow around the affected area such as on Morrison Road as firefighters moved in.

“This was a significant effort by the LPD,” Police Chief Dan McCasky said. “Our efforts were directed at evacuation and traffic control so we could allow West Metro to do their job and extinguish the fire.”



Lakewood
Full of Possibilities.

City Manager Kathy Hodgson

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Editor Stacie Oulton, 303-987-7050

Designer Paul Koob

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

During a March 1 presentation to City Council about the fire, Rogers showed footage from a drone that captured the scale of the damage, its proximity to homes and park structures and the impact of preventive measures. View the footage on the city’s blog at Lakewood.org/GoodNews.

Many of the buildings were saved by proactive measures West Metro has put in place by working with Lakewood Parks such as backburning or controlled burns of potential fuels around structures.

Lombardi added that wildlife fires are no longer contained to a “fire season,” and West Metro is preparing for these kinds of events year-round. Agencies also work together to review these kinds of events and the effectiveness of the response to capture lessons learned, which is occurring for this fire.

“We’re really proud of the fact there were no casualties, and we were able to not lose any structures,” Lombardi added. “We plan for these types of events, so the collaboration was seamless, and everyone did what they were supposed to do.”



Lakewood
Full of Possibilities.

WHO INSPIRED YOU?

There are remarkable people and organizations in Lakewood, and it is time to recognize their inspiring work and commitment. The Mayor’s Inspiration Award recognizes youths, adults and organizations who have made a significant impact in the community.



“TO INSPIRE IS TO IGNITE PASSION FOR COMMUNITY.” – Mayor Adam Paul

Nominations will be accepted from April 15 to July 15 at Lakewood.org/MayorsAwards. Winners will be announced in August and recognized at an awards ceremony Sept. 27.

QUESTIONS? Contact Dan Stoutamire at **303-987-7050** or dstoutamire@Lakewood.org.



Sunday, May 16, 9 a.m.–1 p.m.

CITYWIDE PAINT RECYCLING EVENT

Drop off acrylic, latex and water-based paint.

(Sorry we cannot accept spray paint, paint thinner or leaky or unlabeled containers.)

FREE EVENT!

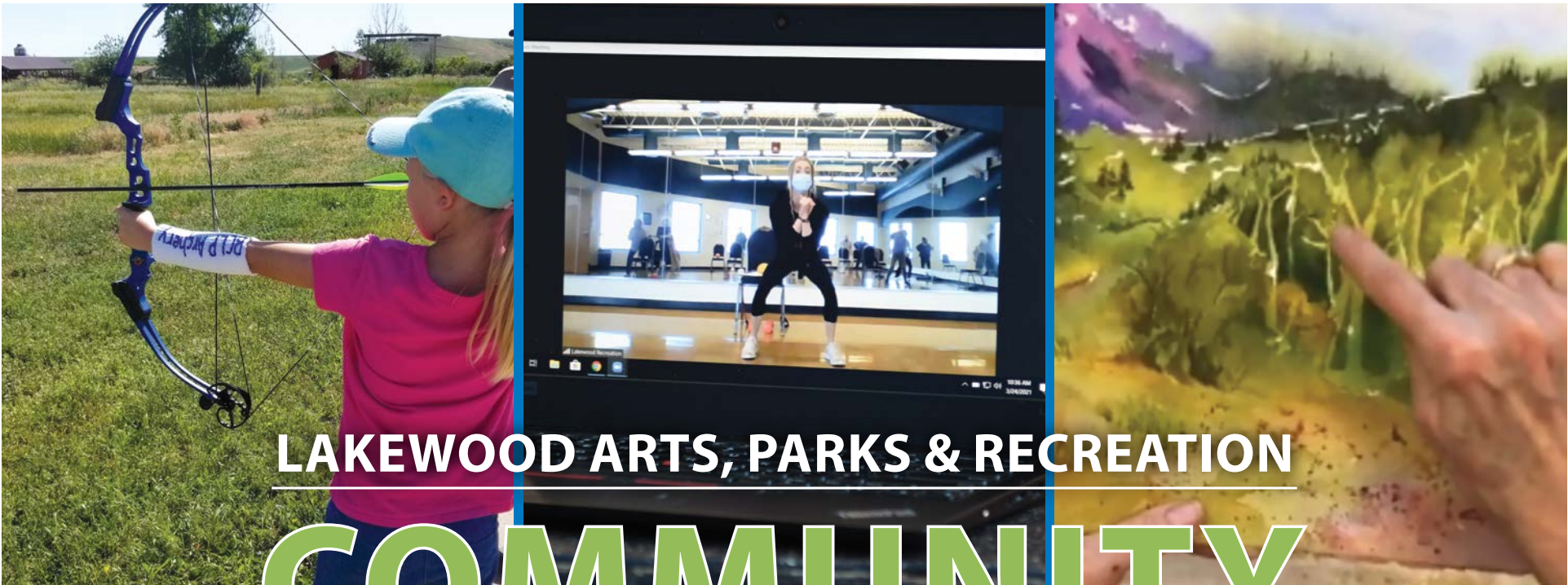
Voluntary donations will benefit the Sustainable Neighborhood Network.

See event details at: Lakewood.org/RecyclePaint

TWO LOCATIONS IN LAKEWOOD:

Addenbrooke Park
Use the east entrance at S. Garrison St. and W. Center Ave.

Whitlock Recreation Center
1555 Dover St.



LAKEWOOD ARTS, PARKS & RECREATION

COMMUNITY CONNECTION

Programs starting in April and May. 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: 303-987-5436

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

\$45 Regular price

IN-PERSON: Lakewood Cultural Center

17A1112-02 Apr 17-24 Sat 9am-noon

ZENTANGLE FOR PEACE OF MIND

Interested in exploring more about zentangles for peace of mind? Explore different tangles, shading, stand-alone patterns, Renaissance tiles, 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

\$35 Regular price

IN-PERSON: Lakewood Cultural Center

17A1132-01 Apr 24 Sat 10am-noon

SKETCHING SUCCESSFUL PORTRAITS

Explore the world of portraiture through pencil and charcoal. 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

\$145 Early registration price

\$155 Regular price

IN-PERSON: Lakewood Cultural Center

17A1123-02 Apr 14-May 19 Wed 6-9pm

THE ART OF SEEING

Unlock your creative potential and explore the foundations of drawing in this beginner's course. Instruction will include an introduction to composition, light, value, the use of line and shape, basic design principles and appropriate use of materials. Supply list included on your receipt.

Ages: 16+ Instructor: Daniel Granitto

\$145 Early registration price

\$155 Regular price

IN-PERSON: Washington Heights Arts Center

17A1124-02 Apr 22- May 27 Thu 6-9pm

DEVELOPING DRAWING SKILLS

Put your pencils in motion as you practice drawing techniques 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 and descriptive 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

\$145 Early registration price

\$155 Regular price

IN-PERSON: Lakewood Cultural Center

17A1107-02 Apr 15-May 20 Thu 10am-1pm

POWDER POWER: ATMOSPHERIC LANDSCAPE DRAWING

Capture a beautiful scene, while experimenting with new drawing techniques to expand your range. Experiment with a three-tone drawing method to create fast and effective sketches, favored by Renaissance artists. Then dive into the world of powdered graphite, discovering a variety of methods to build tone and atmosphere in your landscape drawings. This class is great for all levels of art students.

Ages: 16+ Instructor: Daniel Granitto

\$45 Early registration price

\$55 Regular price

IN-PERSON: Lakewood Cultural Center

17A1134-02 May 1 Sat 1-4pm

INTERMEDIATE DRAWING

Come ready to draw and take on new challenges! Expand your skill set through the application of new mediums and varied source materials. Explore new topics ranging from still life, the figure, abstraction and more! Search for the content and character of your artwork. Supply list included on your receipt.

Ages: 16+ Instructor: Judith Scott

\$145 Early registration price

\$155 Regular price

IN-PERSON: Lakewood Cultural Center

17A1111-01 Apr 13-May 18 Tue 10am-1pm

Are you a Lakewood resident in need of financial assistance with program fees? Visit us online for details.

Lakewood.org/PossibilitiesFund

SIGN UP FOR THE LATEST UPDATES!

Lakewood.org/Newsletters

Arts & History cont'd

FIBERS

COLOR-AND-WEAVE EFFECTS

Color-and-weave effects can be defined as patterns created specifically by the alternation of dark and light threads in both the warp and weft. In a round-robin format, we will weave color-and-weave samples in different weave structures on 4 and 8 shafts. Your take-home beautiful samples will inspire future projects. Student must be able to independently dress a 4 or 8 shaft loom and read a draft. Prerequisite: Beginning Weaving II. All materials provided.

Ages: 16+ Instructor: Pamela Bliss
\$150 Early Registration Price, \$160 Regular price
IN-PERSON: Washington Heights Arts Center
17A1217-01 Apr 19-May 24 Mon 9:30am-noon

JEWELRY & METALS

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: 17+ Instructor: Laurey Patten
\$125 Early registration price, \$135 Regular price
IN-PERSON: Washington Heights Arts Center
17A1305-02 May 8-15 Sat noon-3pm

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: 18+ Instructor: Laurey Patten
\$80 Early registration price, \$90 Regular price
IN-PERSON: Washington Heights Arts Center
17A1304-01 Apr 17-24 Sat noon-3pm

PAINTING

PAINTING FUNDAMENTALS

Pull out your paints and get started on a journey of artistic expression. Topics will include the use of color, composition and balance to create informed pieces of art. Instruction will include hands-on demonstrations, guided observation, class discussion and critique. Acrylic paints are recommended for beginners; oil paints permitted. Prior drawing experience strongly recommended. Supply list included on your receipt.

Ages: 16+ Instructor: Ismael Lozano
\$145 Early registration price, \$155 Regular price
IN-PERSON: Lakewood Cultural Center
17A1115-01 Apr 13-May 18 Tue 6-9pm

PAINTING WITH PASTELS

Develop a greater understanding of pastel painting, while examining landscape as subject. Capture light, space and texture in a variety of colors. Topics will include composition, controlling color and surface techniques, along with effective materials and class critique. Basic drawing skills required; prior experience with pastels recommended. Supply list included on your receipt.

Ages: 16+ Instructor: Norbert Nagel
\$145 Early registration price, \$155 Regular price
IN-PERSON: Lakewood Cultural Center
17A1116-01 Apr 15-May 20 Thu 6-9pm

PASTEL LANDSCAPE WORKSHOP

Practice working in pastel and using color to create harmony in this one-day workshop exploring landscape as subject. Instruction will include class discussion and exercises followed by individual attention and encouragement. Prior drawing experience required. Some pastel experience recommended, but beginners welcome. Supply list included on your receipt.

Ages: 16+ Instructor: Norbert Nagel
\$45 Early registration price, \$55 Regular price
IN-PERSON: Lakewood Cultural Center
17A1118-01 May 1 Sat 1-4pm



YOUTH VISUAL ARTS

Information: 303-987-7845

DRAWING FOR YOUTH

Develop your artistic skills by exploring a variety of exciting drawing techniques. Get plenty of practice creating lines, textures, and tones with pencil, charcoal and pastels. All materials provided. All are welcome!

Ages: 7-14 Instructor: Juana Martinez
\$55 Early registration price, \$65 Regular price
IN-PERSON: Lakewood Cultural Center
PARTS OF THE FACE
17Y1101-05 May 4-25 Tue 4-5:30pm

BEGINNING SEWING

Kids love to sew and it is an excellent skill to know. Learn all sorts of different stitches and ways to embellish your projects. Students will have the opportunity to learn how to operate a sewing machine.

Ages: 7-15 Instructor: Holly Causey
\$64 Early registration price, \$74 Regular price
IN-PERSON: Lakewood Cultural Center
BEDROOM DECOR
17Y1201-03 May 1-22 Sat 10am-noon

FIBER STUDIO

Let's get our fingers moving! Each week we will be making something different, whether it's with yarn or sewing. Learn the basics and practice together and once you have the hang of it, these new skills will keep you busy for hours. With your creativity, the sky's the limit!

Ages: 6-15 Instructor: Holly Causey
\$55 Early registration price, \$65 Regular price
In-Person: Lakewood Cultural Center
KNIT/CROCHET
17Y1207-03 May 3-24 Mon 4-5:30pm

POLYMER CLAY FUN

Polymer clay is such a fun and versatile material. It is soft, easy to work with and the final step is to bake it. All you need is your imagination! Materials provided.

Ages: 6-14 Instructor: Holly Causey
\$55 Early registration price, \$65 Regular price
In-Person: Lakewood Cultural Center
MINIATURE ITEMS
17Y1506-02 Apr 7-28 Wed 4-5:30pm
RINGS, BRACELETS, EARRINGS
17Y1506-03 May 5-26 Wed 4-5:30pm

OPEN ART STUDIO

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

Ages: 6-12 Instructor: Juana Martinez
\$55 Early registration price, \$65 Regular price
In-Person: Lakewood Cultural Center
17Y1604-02 Apr 8-29 Thu 4-5:30pm
17Y1604-03 May 6-27 Thu 4-5:30pm

YOUTH POTTERY

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 building 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
17Y1502-04 May 5-26 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
17Y1503-03 Apr 13-May 18 Tue 4:30-6pm

HISTORY

Information: 303-987-7850

EXHIBIT TOUR RESERVATION

Join us at Heritage Lakewood to celebrate the 55th anniversary of the opening of the first mall in Lakewood: Villa Italia. Enjoy a behind-the-scenes tour of the exhibition "The Shopping Mall Experience: Villa Italia to Belmar" with the museum curator to learn about where the artifacts come from, how the display was installed and extra tidbits you won't see in the display. Would you rather participate from your own home? We will also send out a Zoom link to all registered participants!

Ages: All Free
IN-PERSON: Heritage Lakewood
VIRTUAL OPTION AVAILABLE.
VILLA ITALIA
17F6301 May 22 Sat noon-1pm

HISTORIC BUILDING TOURS

Explore Lakewood's distinct past with a 60-minute guided tour of Heritage Lakewood historic buildings. Stroll through historic Belmar Park, once home of The Denver Post heiress May Bonfils Stanton, as you hear about life in early Lakewood. An experienced guide will lead around the museum's historic structures such as the 1930s farmhouse, the 1948 Valentine Diner and the 1920s Country School. Please dress appropriately for weather. Tuesday through Saturday appointments available. Eight people maximum. Please email stelue@lakewood.org with any special needs or accommodations.

Ages: All
Adults: \$5. Seniors (65+) \$4. Youth (3-12) \$3.
IN-PERSON: Heritage Lakewood
Register at [Lakewood.org/Register](#).
Keyword Search: [TOURS](#)

Dance

TEEN & ADULT DANCE

Information: 303-987-7845
View required attire, footwear and other policies at [Lakewood.org/AdultDance](https://www.lakewood.org/AdultDance).

BALLET: BASICS FOR ADULTS

Have you always been wanting to attend a ballet class but felt nervous? Fret not! Designed for adults with absolutely no prior training, we'll gently guide you through positions, posture and balance. Learn foundational steps that will carry you through to the next level and every other type of style. Best of all, it's a great workout!

Ages: 16+ **Instructor: Jessica Riggs**
\$45 Early registration price, \$55 Regular price
In-Person: Lakewood Cultural Center
17A2002-04 Apr 21-May 19 Wed 8-8:50pm
VIRTUAL OPTION AVAILABLE.
Register at [Lakewood.org/Register](https://www.lakewood.org/Register).
Keyword Search: 17AV2002

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 (Tue)
\$50 Early registration price, \$60 Regular price (Fri)
In-Person: Lakewood Cultural Center
17A2001-04 Apr 20-May 18 Tue 6-6:50pm
17A2001-08 Apr 23-May 21 Fri 10:30am-12:50pm
VIRTUAL OPTION AVAILABLE.
Register at [Lakewood.org/Register](https://www.lakewood.org/Register).
Keyword Search: 17AV2001

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
In-Person: Lakewood Cultural Center
17A2101-04 Apr 20-May 18 Tue 7-7:50pm
VIRTUAL OPTION AVAILABLE.
Register at [Lakewood.org/Register](https://www.lakewood.org/Register).
Keyword Search: 17AV2001

TAP: BEGINNING/INTERMEDIATE

This class is ideal for those who have tapped for 2-3 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, \$45 Regular price
In-Person: Lakewood Cultural Center
17A2103-04 Apr 21-May 19 Wed 7-7:50pm
Virtual option available.
Register at [Lakewood.org/Register](https://www.lakewood.org/Register).
Keyword Search: 17AV2103

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
In-Person: Lakewood Cultural Center
17A2102-04 Apr 20-May 18 Tue 8-8:50pm
Virtual option available.
Register at [Lakewood.org/Register](https://www.lakewood.org/Register).
Keyword Search: 17AV2102

JAZZ: BROADWAY MUSICALS

Get your jazz hands ready for this 'show-stopping' experience! Students go through warm-up, isolations, and across the floor exercises receiving technique important to safe and correct execution seen in musicals. This class is great for music theater enthusiasts and students who are currently in productions.

Ages: 13+ **Instructor: Kathryn Dudley**
\$45 Early registration price, \$45 Regular price
In-Person: Lakewood Cultural Center
17A2203-04 Apr 19-May 17 Mon 6-6:50pm
Virtual option available.
Register at [Lakewood.org/Register](https://www.lakewood.org/Register).
Keyword Search: 17AV2203



BALLROOM: REVIEW & RENEW

This partner class is for couples with previous experience in ballroom dancing; lead/follow, partner connection, rhythm and timing. Enjoy reviewing basic patterns from previous ballroom classes with time for practice. Emphasis will be on technique and improving skills. NOTE: Due to COVID19 restrictions, instructor will only be able to instruct through demonstration with no physical contact.

Ages: 15+ **Instructor: Dianne Losasso**
\$45 Early registration price, \$55 Regular price
In-Person: Lakewood Cultural Center
EAST COAST SWING
17A2306-04 Apr 21-May 26 Wed 8-8:50pm
(No class May 19)
Virtual option available.
Register at [Lakewood.org/Register](https://www.lakewood.org/Register).
Keyword Search: 17AV2306

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, arm and hands are covered.

Ages: 13+ **Instructor: Dianne Losasso**
\$45 Early registration price, \$55 Regular price
In-Person: Lakewood Cultural Center
17A2401-04 Apr 22-May 27 Thu 8-8:50pm
(No class May 20)
Virtual option available.
Register at [Lakewood.org/Register](https://www.lakewood.org/Register).
Keyword Search: 17AV2401

BELLY DANCE: INTERMEDIATE/CONTINUING

Complex moves are introduced such as layering, zills, veil techniques and combinations. Technique is emphasized 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: 13+ **Instructor: Dianne Losasso**
\$45 Early registration price, \$55 Regular price
In-Person: Lakewood Cultural Center
17A2402-04 Apr 22-May 27 Thu 7-7:50pm
(No class May 20)
VIRTUAL OPTION AVAILABLE.
Register at [Lakewood.org/Register](https://www.lakewood.org/Register).
Keyword Search: 17AV240

DANCE FITNESS: FOOTWORK FITNESS

Enjoy the great sounds of Swing, Latin, Ballroom and Country while learning the basics steps to each style. Typically partner dances, this is your opportunity to learn the basics steps without a partner. The footwork is presented in fun, easy to learn combinations and short routines. Great physical and mental exercise.

Ages: 15+ **Instructor: Dianne Losasso**
\$45 Early registration price, \$55 Regular price
In-Person: Lakewood Cultural Center
COUNTRY: TWO STEP, WALTZ AND COWBOY CHA CHA
17A2505-04 Apr 21-May 26 Wed 7-7:50pm
(No class May 19)
VIRTUAL OPTION AVAILABLE.
Register at [Lakewood.org/Register](https://www.lakewood.org/Register).
Keyword Search: 17AV2505

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
In-Person: Lakewood Cultural Center
17A2701-04 Apr 22-May 20 Thu 7-7:50pm
VIRTUAL OPTION AVAILABLE.
Register at [Lakewood.org/Register](https://www.lakewood.org/Register).
Keyword Search: 17AV2701

YOUTH DANCE

Information: 303-987-7845
View required attire, footwear and other policies at [Lakewood.org/YouthDance](https://www.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: Amy Novak**
\$40 Early registration price, \$50 Regular price
In-Person: Lakewood Cultural Center
17Y2301-08 Apr 15-May 6 Thu 9-9:45am



2021
SOUNDS **EXCITING!**

Summer concert series

TICKETS
LIMITED

- June 17

**Hazel Miller
& The Collective**
RHYTHM & BLUES
- June 24


The Broadcast
SOUL
- July 8

Dakota Blonde
ACOUSTIC FOLK
- July 15

**Andrew McConathy
& The Drunken Hearts**
AMERICANA
- July 22

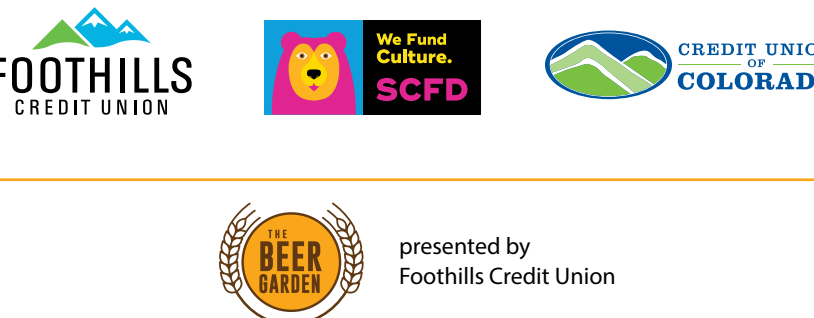
**Graham Good
& The Painters**
FUNKY ROCK 'N' ROLL
- July 29


Wood Belly
BLUEGRASS


HERITAGE LAKEWOOD
BELMAR PARK

801 S. Yarrow St.
Bonfils-Stanton Foundation
Amphitheater

TICKETS ON SALE MAY 6!
Lakewood.org/SummerConcerts



ACTIVE	ARTS AND
<div><p>Register at: Lakewood.org/Camps</p></div> <div><p>Open Water Swim Registration required; Opens May 6 for dates in June and July; \$10 resident, \$15 nonresident. Bear Creek Lake Park A 750-meter buoyed course set in a triangular pattern offering an opportunity to swim one or more laps. More information: Lakewood.org/TriTraining</p></div> <div><p>Outdoor Fitness Ongoing; FREE. The Fitness Court at Addenbrooke Park and fitness equipment at Carmody and Lasley parks are free to use. More information: Lakewood.org/OutdoorFitness</p></div>	<div><p>LCC PRESENTS Ken Waldman & V Real Alaska to the May 22, 7 p.m.; Tickets \$10 Heritage Lakewood Amphitheater Original poetry, good fiddle, roots music. Tickets: Lakewood.org</p></div> <div><p>The Shopping Mall Villa Italia to Belmont Starts April 16. Open Fridays and Saturdays FREE. Heritage Lakewood Visitor Center Learn about the types of stores in Lakewood before malls took over, discover what was on the land that is now Belmar shopping center and consider the future of shopping. Learn more: Lakewood.org</p></div> <div><p>LandMark April 17 through the summer A temporary, public outdoor art installation across Lakewood, featuring accomplished Colorado artists. More information: Lakewood.org</p></div>

SPRING ARTS & POTTERY SALE



Saturday May 8, 10 a.m.– 4 p.m.

Heritage Lakewood Belmar Park
Visitor Center, 801 S. Yarrow St.



**Mother's Day gifts • Mugs • Bowls • Serving dishes
Jewelry • Scarves • Paintings and more!**



HISTORY	OUTDOORS
<p>Willi Carlisle: The Ozarks Start at \$27. Theater ...ing and upbeat Lakewood.org/LCCPresents</p>	<p>Daytime, Full Moon & New Moon Hikes Monthly options; \$5. Registration required. Join our park ranger naturalist to explore Lakewood Parks during the day, or choose from night hikes either under the full moon or during the darkest night of the month with stops for stargazing. Search keyword Hikes at: Lakewood.org/Register</p> 
<p>Full Experience:days, 10 a.m.-4 p.m. ...tor Center</p> 	<p>Bear Creek Archery May 12; Registration required; \$5. Join instructors at Bear Creek Lake Park for an evening archery lesson to learn the basics and practice your new skill! Search keyword Archery at: Lakewood.org/Register</p>
<p>...nmer; FREE. ...or exhibition in parks ...g the work of 10 ...rtists. Lakewood.org/LandMark</p>	<p>National Trails Day Volunteer Project June 5; Registration required. Join us for a volunteer trail project at William Fredrick Hayden Park on Green Mountain. Register at: Lakewood.org/BCLPEvents</p>



INSPIRE ARTS WEEK

LAKEWOOD, CO

MAY 28-JUNE 6
[Lakewood.org/Inspire](#)

Art inspires healing and engagement, and it enlivens shared experiences for our communities. This year, after a time of tumult and uncertainty, we are excited to bring you INSPIRE Arts Week in person from May 28 through June 6.

Spread across Lakewood at more than 20 locations including galleries, cultural centers, shops and more, we will be offering free and low-cost arts and culture experiences. What better time than now to safely experience the restorative, creative organizations and events that make up INSPIRE Arts Week.

FREE! \$5 Suggested Donation

Advance Tickets Only

Tickets Released
April 15 & May 27

Rockin' Block Party!

OUTDOOR MOVIE AT 9 P.M.



JURASSIC PARK

LIVE MUSIC
Ninety Percent 90's with Just a Girl



presented by Foothills Credit Union

FRIDAY June 4th 5-11 p.m.

Local Food / Museum Tours



HERITAGE LAKEWOOD
BELMAR PARK

801 S. Yarrow St. | 303-987-7850

LAKEWOOD.ORG/ROCKINBLOCK



Fitness & Wellness

MIND/BODY CLASSES

Information: 720-963-5366

Ages: 14+

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.

VIRTUAL BABY AND ME YOGA – 7 WEEK SESSION

Designed for new moms and their babies age 6 weeks to pre-walkers, this class will focus on postpartum recovery, developing strength and flexibility, and offers calming techniques for both mother and child.

\$63 Resident, \$72 Nonresident

VIRTUAL
122V500-03 Apr 11-May 23 Sun 10-11am

BEGINNER YOGA – 7 WEEK SESSION

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.

\$63 Resident, \$72 Nonresident

IN-PERSON: Carmody Recreation Center
122505-03 Apr 16-May 28 Fri 8:45-9:45am

BREATHE AND FLOW YOGA – 7 WEEK SESSION

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.

\$69 Resident, \$79 Nonresident

IN-PERSON: Carmody Recreation Center
122511-03 Apr 17-May 29 Sat 9:15-10:30am

VIRTUAL
\$63 Resident, \$72 Nonresident

122V511-07 Apr 13-May 25 Tue 9:15-10:15am
122V511-09 Apr 15-May 27 Thu 9:15-10:15am

ADVANCED
122V511-08 Apr 13-May 25 Tue 6:45-7:45pm

GENTLE YOGA – 7 WEEK SESSION

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.

\$69 Resident, \$79 Nonresident

IN-PERSON: Carmody Recreation Center
122510-09 Apr 12-May 24 Mon 10:30-11:45am
122510-10 Apr 13-May 25 Tue 10:30-11:45am
122510-11 Apr 14-May 26 Wed 10:30-11:45am

IN-PERSON: Lakewood Link Recreation Center
122510-12 Apr 16-May 28 Fri 10:45am-noon

MAT PILATES – 7 WEEK SESSION

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, greater concentration and improves posture.

\$63 Resident, \$72 Nonresident

IN-PERSON: Green Mountain Recreation Center
122207-07 Apr 13-May 25 Tue 8:45-9:45am
122207-08 Apr 13-May 25 Tue 5:30-6:30pm

IN-PERSON: Carmody Recreation Center
122207-09 Apr 15-May 27 Thu 5:30-6:30pm

VIRTUAL

\$63 Resident, \$72 Nonresident

122V207-05 Apr 12-May 24 Mon 5:30-6:30pm
122V207-06 Apr 14-May 26 Wed 8-9am

VIRTUAL PARENT AND TOT YOGA – 7 WEEK SESSION

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.

\$47 Resident, \$54 Nonresident

VIRTUAL
122V519-03 Apr 11-May 23 Sun 9-9:45am

PILATES REFORMER RX – 7 WEEK SESSION

Fearful of getting back into your workouts? Pain or physical problems stopping you? Then Pilates RX is the class for you. RX moves very slowly, gently getting body parts to move. This class will get you ready for a senior or regular Pilates class.

\$115 Resident, \$132 Nonresident

IN-PERSON: Carmody Recreation Center
122202-03 Apr 16-May 28 Fri 10:45-11:45am

PILATES REFORMER – 7 WEEK SESSION

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

For Senior Pilates see page 12.

\$115 Resident, \$132 Nonresident

IN-PERSON: Carmody Recreation Center
122203-32 Apr 12-May 24 Mon 7-8am
122203-33 Apr 12-May 24 Mon 8:15-9:15am
122203-34 Apr 12-May 24 Mon 9:30-10:30am
122203-35 Apr 12-May 24 Mon 3-4pm
122203-36 Apr 12-May 24 Mon 4:15-5:15pm
122203-37 Apr 12-May 24 Mon 5:30-6:30pm
122203-39 Apr 13-May 25 Tue 5:30-6:30pm
122203-40 Apr 14-May 26 Wed 8:45-9:45am
122203-41 Apr 14-May 26 Wed 10:30-11:30am
122203-42 Apr 14-May 26 Wed 5:30-6:30pm
122203-43 Apr 14-May 26 Wed 6:45-7:45pm
122203-44 Apr 15-May 27 Thu 8:30-9:30am
122203-45 Apr 15-May 27 Thu 5:30-6:30pm
122203-46 Apr 17-May 29 Sat 8:30-9:30am

PILATES YOGA FUSION – 7 WEEK SESSION

This class combines the core sculpting of Pilates and the stretching and strength of yoga, giving you the benefit of two classes in one. This low-impact class increases strength and flexibility, leaving your body feeling toned and lengthened.

\$69 Resident, \$79 Nonresident

IN-PERSON: Carmody Recreation Center
122212-03 Apr 13-May 25 Tue noon-1:15pm

VIRTUAL PRENATAL YOGA – 7 WEEK SESSION

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.

\$69 Resident, \$79 Nonresident

VIRTUAL
122V504-03 Apr 11-May 23 Sun 11:15am-12:30pm

TAI CHI FOR BALANCE – 7 WEEK SESSION

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 you will leave class feeling energized rather than tired.

\$63 Resident, \$72 Nonresident

IN-PERSON: Green Mountain Recreation Center
122402-05 Apr 16-May 28 Fri 12:45-1:45pm
122402-06 Apr 16-May 28 Fri 2-3pm

VIRTUAL
122V402-03 Apr 16-May 28 Fri 2-3pm

VIRTUAL YOGA FOR AUTOIMMUNE – 7 WEEK SESSION

This practice is a tool in the management of autoimmune disorders and reduction of pain for individuals diagnosed with Arthritis, MS, Lupus, Fibromyalgia, Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, or other chronic conditions that require a slower paced yoga class. This class is taught by an instructor with an autoimmune disorder.

\$69 Resident, \$79 Nonresident

VIRTUAL
122V501-03 Apr 15-May 27 Thu 5:15-6:30pm

VIRTUAL YOGA FOR YOU – 7 WEEK SESSION

Awaken your body through the joys of this healing art. People of all ages will gain strength, flexibility and bring new awareness to the connection between mind and body. Class is slower paced.

\$69 Resident, \$79 Nonresident

VIRTUAL
122V502-03 Apr 12-May 24 Mon 5:30-6:45pm



SAVE THE DATE!

LAKEWOOD ARTS, PARKS & RECREATION

COMMUNITY CONNECTION

Summer 2021

Preview catalog in late April at Lakewood.org/CommunityConnection.

Registration opens May 6 at 10 a.m.

Older Adults, Ages 55+

Register by phone: 303-987-4820

ARTS & HISTORY

(Ages 55+)

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 your creativity and sense of adventure to explore these new techniques. Eligible for 20% discount for RenewActive members.

Instructor: Troy Seate

\$48 Resident, \$53 Nonresident

IN-PERSON: Clements Community Center
680511-01 Apr 14-May 19 Wed 1:30-3:30pm

QUILTING

In our NEW all levels quilting class, you will work with an experienced teacher to learn quilting techniques. Bring your own sewing/quilting supplies and sewing machine if you have them. Sewing machines and some tools and supplies are available if needed. Work at your own pace and create a quilt of your very own. Eligible for 20% discount for RenewActive members.

\$54 Resident, \$56 Nonresident

IN-PERSON: Clements Community Center
680512-01 Apr 7-28 Wed 10am-noon
680514-02 May 5-May 26 Wed 10am-noon

VIRTUAL JAPANESE BUNKA EMBROIDERY

Also known as “thread painting,” this needlework art form is done with a punch needle and unique rayon thread from Japan. Practice your skills, work on and create beautiful pieces of art at home, and enjoy the social time with friends who enjoy the art as much as you. This class is for students who have experience with the art of Japanese bunka embroidery. We are currently not accepting new students. Eligible for 20% discount for RenewActive members.

\$10

VIRTUAL
680514-01 Apr 14-May 19 Wed 10am-noon

STAINED GLASS

Learn the copper, foil and lead method of stained glass art, as well as glass identification, handling and cutting. New students should join the Tuesday class for all level instruction. Intermediate/advanced instruction is Monday and Thursday. Supplies will be discussed the first day of class. Eligible for 20% discount for RenewActive members.

Instructor: Joan Paschall

\$76 Resident, \$80 Nonresident

IN-PERSON: Clements Community Center
680515-01 Apr 5-Jun 7 Mon 9:15-11:45am
680515-02 Apr 6-Jun 1 Tue 9:15-11:45am
680515-03 Apr 8-Jun 3 Thu 12:15-2:45pm
(No class Apr 26, May 31, Apr 27, Apr 29)

SILVERSMITHING

For beginners, sequential projects will bring a basic understanding of metal working. Advanced students will choose their own project and work at their own pace. Supply cost will be kept to a minimum. Eligible for 20% discount for RenewActive members.

\$66 Resident, \$70 Nonresident

IN-PERSON: Clements Community Center
680516-01 Apr 13-Jun 1 Tue 1-4pm
680516-02 Apr 16-Jun 4 Fri 1-4pm

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. Eligible for 20% discount for RenewActive members.

Instructor: Carla Thorpe

\$92 Resident, \$94 Nonresident

IN-PERSON: Clements Community Center
680517-01 Apr 5-May 24 Mon 9am-noon

WOOD BURNING/LEATHER WORKING STUDIO

Join this NEW class and learn the basics of both leather working and wood burning, or bring your own project to work on. Some class supplies will be available if needed. Eligible for 20% discount for RenewActive members.

Instructor: Holly Causey

\$27 Resident, \$28 Nonresident

IN-PERSON: Clements Community Center
680518-01 Apr 7-28 Wed 1-3pm
680518-02 May 5-26 Wed 1-3pm

ALTERNATIVE TECHNIQUES IN WATERCOLOR

Pour, spray and spatter your way to successful and fun watercolor painting using a variety of alternative techniques. Some painting experience required. Create unusual effects with spray webbing, resists and learning to carve images out of negative space. 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 Resident, \$90 Nonresident

IN-PERSON: Clements Community Center
680519-01 Apr 13-May 18 Tue 1-3:30pm

INTERMEDIATE WESTERN LINE DANCE

Dust off your cowboy and cowgirl boots and dance your way to better health in a socially distanced setting! Intermediate Western Line Dance is a level up in skill and will continue to strengthen your muscles and balance, improve brain power through memorization and strengthen your bones with low impact movements that keep those joints in motion. Students should have some experience with Western Line Dance prior to joining this class. This is a hybrid class; the instructor will be instructing students who are both virtual and in person. As of Jan. 1, 2021, all SilverSneakers dance classes require a fee. SilverSneakers and RenewActive members will receive 20% off the cost of the class.

Instructor: Jessica Riggs

\$43 Resident, \$45 Nonresident

IN-PERSON: Clements Community Center
680521-01 Apr 9-May 14 Fri 1-2pm
680521-03 May 28-Jul 9 Fri 1-2pm

VIRTUAL
680521-02 Apr 9-May 14 Fri 1-2pm
680521-04 May 28-Jul 9 Fri 1-2pm

MOVE WITH THE BEAT (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! This is a hybrid class; the instructor will be instructing students who are both virtual and in person. As of Jan. 1, 2021, all SilverSneakers dance classes require a fee. Silver Sneakers members will receive 20% off the cost of the class.

Instructor: Jessica Riggs

\$43 Resident, \$45 Nonresident

IN-PERSON: Clements Community Center
680522-01 Apr 8-May 13 Thu 3-4pm

VIRTUAL
680522-02 Apr 8-May 13 Thu 3-4pm

FITNESS & WELLNESS

(Ages 55+)

Information: 720-963-5360

BRAIN GYM

Increase clarity, coordination and memory through simple Brain Gym movement, games, exercises and activities. Other benefits are improved reading skills, math skills, following calendar dates, following instructions, remembering medications, fall prevention, improved speech, having fun and enjoying life. Come each week and see the improvement. This will be fun! Eligible for 20% discount for RenewActive members.

Instructor: Deb Smith

\$39 Resident, \$41 Nonresident

IN-PERSON: Clements Community Center
680513-01 Apr 23-May 28 Fri 9-10:30am

FITNESS COURT OLDER ADULT PULSE

Pulse Classes at the Fitness Court are a great way to increase strength, stamina, balance and coordination! In this class, you'll rotate through seven different stations for a total body workout. Each station can be modified for your fitness level and you'll enjoy the great scenery in Addenbrooke Park! Class is free for SilverSneakers, RenewActive, Silver & Fit and Senior All Access members.

\$42 Resident, \$50 Nonresident

IN-PERSON: Addenbrooke Park
Apr 14-May 26 Wed 3:15-4:15pm
Apr 16-May 28 Fri 9:15-10:15am

BEGINNER TAI CHI – 7 WEEK SESSION

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 to gain a centered mind. All SilverSneakers and RenewActive members get 20% off.

\$42 Resident, \$50 Nonresident

IN-PERSON: Clements Community Center
122222-03 Apr 15-May 27 Thu 9-10am

INTERMEDIATE/ADVANCED TAI CHI – 7 WEEK SESSION

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 to gain a centered mind. All SilverSneakers and RenewActive members get 20% off.

\$42 Resident, \$50 Nonresident

IN-PERSON: Clements Community Center
122223-03 Apr 15-May 27 Thu 10:15-11:15am

QIGONG – 7 WEEK SESSION

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. Qigong is a good complement to any exercise routine for students of all abilities and capabilities. All SilverSneakers and RenewActive members get 20% off.

\$42 Resident, \$50 Nonresident

IN-PERSON: Clements Community Center
122221-05 Apr 12-May 24 Mon 3:30-4:30pm
122221-06 Apr 15-May 27 Thu 3:30-4:30pm

SENIOR PILATES REFORMER – 7 WEEK SESSION

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.

\$85 Resident, \$98 Nonresident

IN-PERSON: Carmody Recreation Center
122205-13 Apr 12-May 24 Mon 10:45-11:45am
122205-14 Apr 12-May 24 Mon noon-1pm
122205-15 Apr 14-May 26 Wed 12:15-1:15pm
122205-16 Apr 15-May 27 Thu 10:45-11:45am
122205-17 Apr 15-May 27 Thu noon-1pm
122205-18 Apr 16-May 28 Fri noon-1pm

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](https://lakewood.org/Programs).

COORDINATION & BALANCE

VIRTUAL

ESSENTRICS®

Clements Community Center
Green Mountain Recreation Center
Lakewood Link Recreation Center

FIT FOREVER

Carmody Recreation Center
VIRTUAL OPTION AVAILABLE

SENIOR STRENGTH

Green Mountain Recreation Center

SILVERSNEAKERS® CLASSIC

Carmody Recreation Center
Clements Community Center
Green Mountain Recreation Center
Lakewood Link Recreation Center
VIRTUAL OPTION AVAILABLE

YOGA STRETCH

Clements Community Center

More Older Adults Programs at the top of page 13.

SOCIAL ACTIVITIES
(Ages 55+)

BROADWAY AT CLEMENTS: FROM STAGE TO SCREEN

Let us entertain you with the spirit and grandeur of Broadway. Join us for some truly spectacular, feature* performances on the big screen at the Clements Community Center! Seating is limited, performances may be added based on demand. Selected features subject to change per availability of service provider. Additional shows may be added if demand is high.

Table with 5 columns: Activity, Date, Day, Time, and Price. Rows include Jersey Boys, Memphis, and Hello Again.

SOCIAL STROLLS

Come stroll with us through a different park every other Tuesday, April through June. Get together with a friend or come to make new ones! Feel free to bring a lunch and a lawn chair; afterwards we can gather for a chat. Transportation not provided.

Table with 5 columns: Ages, Fee, Date, Day, and Time. Rows include Belmar Park, Stone House Park, Crown Hill Park, Chatfield Farms, Clements Park, BCLP, Pelican Point, Denver Botanic Gardens.

Older Adult Wellness Month from page 1

you to thrive, feel nurtured and be strong,” said Fitness and Wellness Coordinator Camille Ferrandino.

Participate in Older Adult Wellness Month in the following ways:

- Sign up to join the program online using Zoom. Register at Lakewood.org/WellnessMonth.
- You must enter your current email address during registration because you will be emailed an access link one hour before each event begins.
- For more information or help registering, contact the Clements Community Center at 303-987-4820 or email Camille Ferrandino at camfer@lakewood.org.
- Register for one or more events throughout the month and receive special Lakewood Recreation discounts.
- Watch a livestream broadcast during each program online at Lakewood.org/Live8.
- Tune in on your TV to Comcast channel 8 or in HD on 880.

You can also register for in-person older adult classes at the recreation centers and Clements Community Center throughout May to be entered into prize drawings. View in-person class options on page 12.

EVENT DESCRIPTIONS

Older Adult Wellness Month Celebration Kickoff
May 3 at 10 a.m.

Learn about all of the programs for older adults and caregivers offered at Lakewood Recreation centers and Clements Community Center, as well as hear more about Older Adult Wellness Month.

Lakewood Parks: Animal Safety
May 5 at 10 a.m.

Learn all about how to stay safe in Colorado parks with Lakewood Park Ranger Lindsay Gillis as she explains how to identify the different types of animals you might see and what to do if you cross their paths.

Virtual Coordination & Balance Demo
May 6 at 1 p.m.

This class will take you through basic balance and strength exercises to improve coordination and decrease risk of falls and injuries. Class is 60 minutes, and the only equipment needed is a chair.

Seniors’ Resource Center Informational Talk
May 10 at 10 a.m.

Seniors’ Resource Center provides an array of services that enable older adults to remain in their homes and thrive. Services such as in-home care and adult daytime programs provide life enriching activities and

support for both older adults and their caregivers. The center helps older adults remain independent and engaged.

Lakewood Parks: Older Adult Park Programs
May 12 at 10 a.m.

Get more information from Park Ranger Lindsay Gillis about how Lakewood Parks staff has been working through the pandemic and what programs and resources are available in our parks for our older adult community.

Jefferson Center for Mental Health Informational Talk
May 13 at 10 a.m.

Learn the basics of mental health, and how to practice good mental health and connect to care providers. The Jefferson Center provides client-centered services designed to meet individual mental health, substance use and wellness needs. The center is dedicated to meeting you where you’re at in your journey and working together to help you live a satisfying and hopeful life.

Lakewood Police: Safety & Security in Today’s World
May 17 at 10 a.m.

The nearly 400 employees and more than 100 volunteers of the Lakewood Police Department are committed to providing the highest possible level of police service to our community. The mission of LPD is “to serve and protect with integrity, intelligence and initiative.” During this talk, Agent Scott Weichert will help you learn about how to develop and implement constructive solutions to complex community problems and keep yourself safe from scams.

Lakewood Heritage, Culture & the Arts: Painting & Drawing Demo
May 18 at 1 p.m.

Learn about what arts programs (both in-person and virtual) are available for older adults and enjoy a demonstration of a painting and 2D drawing class.

The Action Center Informational Talk
May 19 at 10 a.m.

The Action Center’s mission is to provide an immediate and compassionate response to those in our community experiencing hardship by offering the resources and services needed to stabilize lives and promote pathways to lasting change. Learn more about what the center does and how you can get support or get involved.

Table with 5 columns: MON, TUE, WED, THU, FRI. Rows show dates and event details for May 2021.

Colorado Housing Connects Informational Talk
May 20 at 10 a.m.

Colorado Housing Connects is a centralized housing helpline and is operated by housing nonprofit Brothers Redevelopment. The free service helps to prevent evictions and foreclosures by connecting residents to rental/ mortgage assistance resources, legal referrals, Brothers Redevelopment’s housing counseling services and encouraging long-term sustainable solutions. Learn about Brothers Redevelopment’s affordable senior communities, Home Modification and Repair, Paint-A-Thon (free house painting for seniors) and its Aging in Place Program.

Move with the Beat Demo
May 20 at 3 p.m.

Previously called Cardio Dance, this demo lets you dance to your favorite tunes while learning traditional dance steps in all kinds of styles. All levels are welcome, and no partners needed. Learn how to register for future classes, with styles that vary weekly from jazz, Broadway, line dancing and even ballroom and Latin-inspired steps.

SilverSneakers Classic Demo
May 24 at 11:15 a.m.

SilverSneakers Classic is designed to increase muscle strength, range of movement and to improve activities for daily living. A chair

is used for seated exercises and standing support, and activities can be modified depending on fitness levels. Class is 60 minutes.

Alzheimer’s Association Informational Talk
May 27 at 10 a.m.

Learn about the 10 warning signs of Alzheimer’s. The Alzheimer’s Association leads the way to end Alzheimer’s and all other dementia by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. The Colorado Chapter is the premier source of information and support for Coloradans living with dementia and their families and caregivers and offers a broad range of free programs and services, funding for research and advocacy efforts.

Tai Chi for Balance Demo
May 28 at 2 p.m.

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 you will leave class feeling energized rather than tired. Class is 60 minutes.



Making West Colfax safer

West Colfax Avenue from Sheridan to Wadsworth boulevards has the highest concentration of traffic deaths and injuries in the city, and Lakewood has launched the West Colfax Safety Project to create a safer and more comfortable environment for pedestrians, transit users and motorists.

Join the conversation about this project by taking a survey, pinning problem locations on a map, asking a question and signing up for updates at LakewoodTogether.org/WestColfax.

The West Colfax Safety Project is a significant transportation investment, and reviewing the crash data shows why addressing safety in this segment is so important:

- This 1.5 mile segment of West Colfax has the highest number of vehicle vs. pedestrian collisions in the city, resulting in a significant number of pedestrian fatalities.
- Lakewood Transportation Engineering identified 820 total crashes from January 2015 to December 2019. These crashes caused 283 serious injuries and six fatalities.
- Ninety-eight of the crashes involved a pedestrian or cyclist. Of the 98 crashes, 74 resulted in serious injuries and five resulted in death.
- These statistics indicate that a crash occurred every other day in the segment.

The safety issues resulted in the Denver Regional Council of Governments and the Colorado Department of Transportation awarding a \$10 million grant to Lakewood to make improvements through the state's Safer Main Streets Initiative, which is designed to address safety and accessibility along urban corridors. This project, in fact, received the largest amount awarded under the program.

Lakewood is providing matching funds for the project, creating the opportunity to build a safer and better functioning West Colfax that will also be an asset to the community, local businesses and art and cultural destinations along this iconic street.

The project will be going through a detailed design phase in the upcoming months. Construction may begin no earlier than late 2022.

YOUR PARTICIPATION IS IMPORTANT

There are many design decisions to be made for making improvements, and we are asking for your input on the look, feel and location of elements such as these:

- Pedestrian lighting and signage.
- Pedestrian crossing signals.
- Sidewalk improvements.
- Landscaping amenities/greenery.
- Art and visual elements.
- Other amenities such as trash cans, benches or bike racks.
- Wayfinding.
- Bus pullouts and bus stop design.
- Bus stop amenities (shelters, trash cans and benches).

PROJECT COMPONENTS

The project includes the following elements and will improve safety for everyone while reducing driving stress:

- Create consistent sidewalks by repurposing the outside lanes of traffic.
- Add designated pedestrian crossings in specific locations.
- Establish pullouts for buses and provide bus stop amenities.
- Improve street lighting for safety.
- Enhance driver safety by increasing sight-distances, reducing conflicts with turning vehicles, updating intersection traffic signals and lengthening turn lanes.

WORKING WITH PARTNERS

In addition to working with DRCOG and CDOT, the city's key partners on the project include the Lakewood-West Colfax Business Improvement District, the Regional Transportation District, numerous community organizations that supported the Safer Main Streets grant application, businesses and community members. [A](#)

Best ways to mitigate nuisance barking

The past year or so has been a golden age for our four-legged friends, with many people working from home and long walks around the neighborhood becoming a prominent feature of time spent in quarantine or under other public health restrictions. But as more and more people receive the COVID-19 vaccine and spend time away from home, that unpleasant part of dog ownership — constant and loud barking — could become a bigger problem.

Lakewood's Animal Control Unit has several guidelines to ensure that your pet does not get a reputation for nuisance barking in your neighborhood:


- Bring your dog inside the house when you leave. Your dog can bark when you are not at home.
- Make sure your dog is getting enough exercise daily. Tired dogs are less likely to bark from boredom or frustration.
- Determine what is causing your dog to bark and remove the cause. For example, if your dog is barking at passersby, you can close the curtains or keep the dog in a different room.




- Anti-bark collars are another option when used responsibly. Consult a trainer or veterinarian to learn about proper use.
- Training is the key to a happy, well-adjusted dog.


If your dog or a neighbor's dog has problems with barking, it's much easier and more rewarding in the long term to look to iron out any disagreements with your neighbors on an individual level before involving Animal Control. If that is not possible or problems persist even after a neighborly conversation, contact Animal Control at 303-987-7173 or online at Lakewood.org/RequestLakewood. To make a complaint about a barking dog, you must provide Animal Control your full name, address and phone number along with a description of the dog in question and details about the violation including dates, times and duration. Learn more at Lakewood.org/AnimalControl.

Pets have been an important part of getting through the past year, so pay back that favor by taking the proper precautions around nuisance barking. [A](#)




Lakewood
Police Department





Saturday, April 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:






LAKEWOOD 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

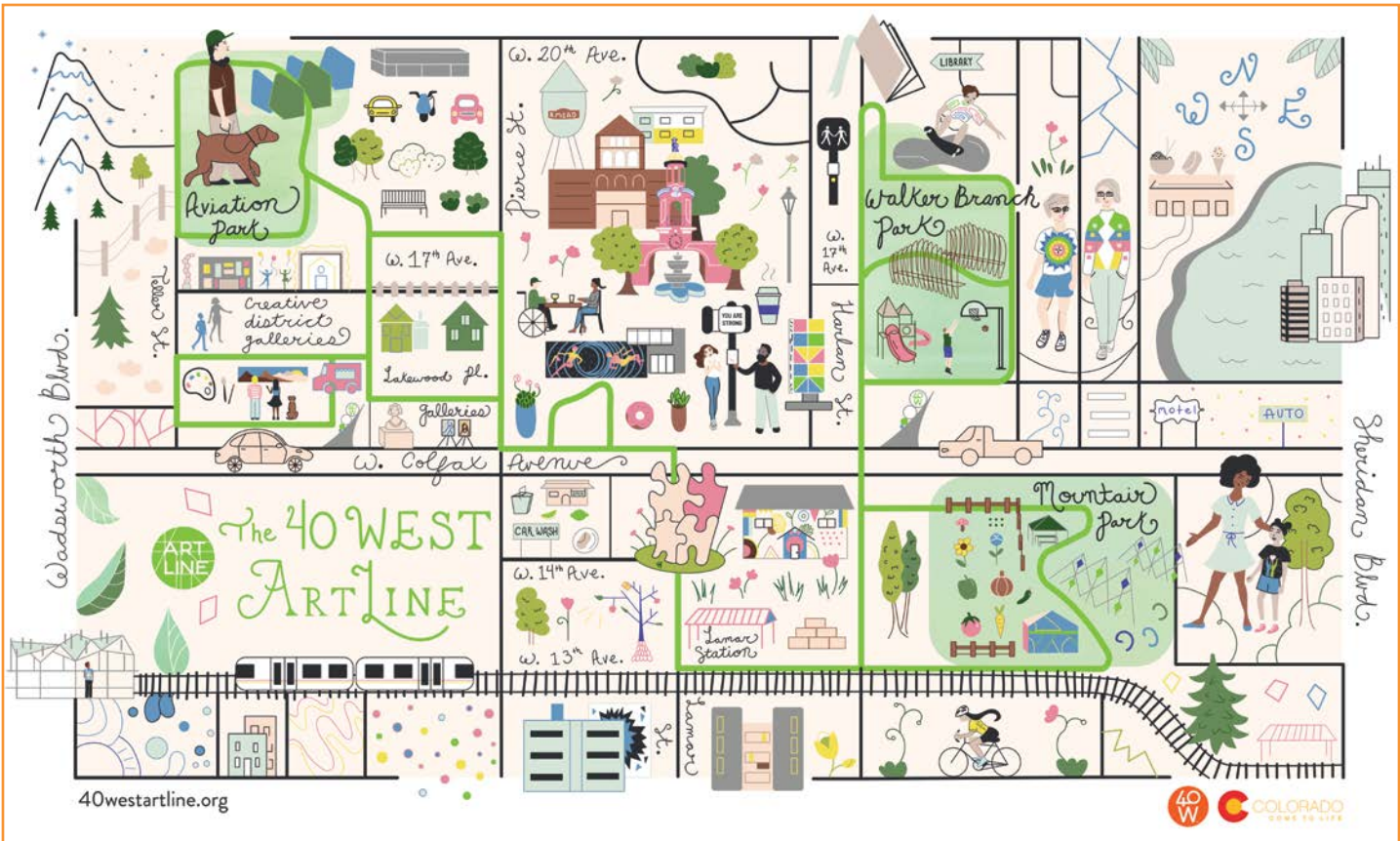


April 2021 • Looking@Lakewood • 14

PorchLight from page 1

for police investigations and court cases.

- St. Anthony Medical Center’s forensic nurse examiner program will provide medical examinations needed for police investigations.
- Civil legal support will be available to help with protection orders or matters of custody, divorce, or immigration issues.
- Foothills Animal Shelter will help with pets, which is often an issue for those leaving violent relationships.
- Cultural competency and advocacy will be available through Servicios de la Raza and Asian Pacific Development Center, with bilingual navigators.
- Therapy can be provided for adults and children dealing with trauma in the aftermath of violence.
- Child care and a playroom will be available on-site once COVID-19 restrictions permit.
- The Seniors’ Resource Center will provide assistance for older adults.
- Three law enforcement agencies will be on-site along with prosecutors and victim specialists from the District Attorney’s Office.
- Video courtrooms will be available where survivors can participate in hearings and speak directly to the judge.
- A hair salon is on-site where victims can get their hair and makeup done before the hearing.



New ArtLine map and mini tours

Exploring art outside along the 40 West ArtLine just got even better! A new artistic take on the map of this free, four-mile art gallery along with themed self-guided mini tours just launched — all in time for your springtime enjoyment.

Thanks to artist Elle Powell, and funding through a grant from the Colorado Tourism Office, the new map not only helps you see and navigate the ArtLine’s three major parks, businesses and community centers, but it also tells the story of the area’s community amenities in a

whimsical, fun way. Read an interview with Elle about how the map came together at [Bit.ly/3tWMWhd](https://bit.ly/3tWMWhd). The mini tours let you focus on different elements of the ArtLine including the Food, Art and Drinks Tour, the Play in the Park Tour, the Urban Agriculture Tour, the History Tour and more. The mini tours are available at 40WestArtLine.org and provide the distance (most are shorter than a mile!), amount of time to complete and a map for taking each tour.

Now is the time to visit this award-winning dog-walkable, bikeable, playable art gallery located along the iconic West Colfax corridor and featuring more than 70 works of art. If you want to support this community amenity and help create and maintain art along the route, a volunteer day is planned for May 22. Visit Facebook.com/40WestArts for details and to sign up.

NEWS FROM OUR PARTNERS IN GOVERNMENT

West Metro firefighters join in fight against COVID-19



Long before a vaccine is approved for use, thousands of volunteers assist scientists with research. The volunteers are part of clinical trials, where the effectiveness of the vaccine and potential side effects are measured before approval by the U.S. Food and Drug Administration and then rolled out to the larger community. Three COVID-19 vaccines, one developed by Pfizer, one by Moderna and the other by Johnson & Johnson, were granted emergency approval and are now being administered worldwide. When Moderna launched clinical trials last summer, more than 30,000 answered the call for volunteers. Four of those volunteers were West Metro firefighters, all members of the same crew at West Metro Station 2 in Lakewood.

“Most of our crew was pretty excited in being able to participate because we wanted to help develop a vaccine that could potentially be a solution to the COVID-19 pandemic,” said West Metro Lieutenant Aaron Johnson, one of the four to participate in the trial. Like most medical trials, the Moderna study was “blind,” meaning that half of the participants received the vaccine and half received a placebo (a saline solution), with participants not knowing which they received. For everyone, being a part of the study is a two-year commitment, where they are expected to get regular checkups and blood draws. “It’s important for scientists to determine how long the antibodies exist in those who have been given

the vaccine,” said Lieutenant Mike Binney, another firefighter who participated in the Moderna trial. “The two-year time frame will help them understand how long we can be protected from the virus.” With the rollout of the Moderna vaccine, the company “unblinded” trial participants, and let them know whether they had received the vaccine. All four West Metro firefighters were given the real vaccine during the trial. They did notice some minor side effects of minor chills and body aches. “We were concerned as a crew that if we were asymptotically infected or pre-symptomatically infected that we could expose the community while we were going on calls to help people,” he said. “We could actually be the vector of transmission. We did not want to be part of the problem.” Even as the vaccinations continue, health experts say it’s still important to continue to follow the safety protocols already in place — social distancing, wearing a mask and washing your hands. “We’ll be able to protect everyone around us, the more people that get the vaccine,” said Johnson. “But we still need to remember it’s a community effort.”

HOW TO GET A VACCINE

Because of the large number of residents now eligible to get the vaccine, residents should seek the vaccine through one of the many health care providers or pharmacies in the community.

For a complete list of health care partners offering the COVID-19 vaccine and corresponding sign-up links, visit the state’s website at Covid19.colorado.gov.

OTHER RESOURCES:

- COVIDCheckColorado.org (Versión en español)
- Walmart.com/cp/1228302
- SamsClub.com/pharmacy
- Safeway.com/pharmacy/covid-19.html
- **Cardinal:** [Bit.ly/39hNbM1](https://bit.ly/39hNbM1)
- KingSoopers.com/rx/covid-eligibility
- VaccineSpotter.org
- VaccineFinder.org
- Call 1-877-CO-VAX-CO (1-877-268-2926) statewide
- Call 303-239-7000 in Jefferson County

Be on the hunt for Historic Preservation Month

This May, the Lakewood Historic Preservation Commission is celebrating Preservation Month in partnership with Heritage Lakewood Belmar Park with an engaging scavenger hunt to highlight Lakewood’s local history.

The Historic Preservation Commission invites all residents to join the self-guided scavenger hunt virtually or in person to search for unique architectural elements and historic structures found at Heritage Lakewood Belmar Park. Participants who submit their completed scavenger hunt form will be entered to win a prize!

Starting May 1, visit Lakewood.org/HistoricPreservation to download and print the scavenger hunt guide or to complete the online scavenger hunt form. The guides can also be picked up at the Visitor Center in Heritage Lakewood Belmar Park, 801 S. Yarrow St., on Fridays and Saturdays in May between 10 a.m. and 4 p.m. Completed forms can be dropped off at the Visitor Center during these times as well.

Prize winners will be announced and answers to the scavenger hunt will be posted online after June 1. Before the May scavenger hunt begins, visit Lakewood.org/HistoricPreservation to learn about the city’s preservation program and historic resources in Lakewood.

Historic Preservation Month is recognized annually by cities, states

and preservation organizations across the country to instill national and community pride, promote heritage tourism and highlight the social and economic benefits of historic preservation. More information about the national movement can be found at Bit.ly/3d5Nnij.



Annual outdoor siren test set for May

Lakewood will conduct a test of its outdoor siren system at 11 a.m. May 26. During the test, all 26 sirens in the system will be activated with a long wail, followed by a test voice message over the public address portion of the system. The test will then conclude with one long siren wail. For additional information about the outdoor sirens, please visit Lakewood.org/Sirens.

What to do when it’s not a test

- If you hear Lakewood’s outdoor sirens during times when it’s not a test, you should follow the steps below. You can also watch a video about what to do at Lakewood.org/Sirens.
- Turn on a TV news station or the radio (850 KOA AM is the designated emergency broadcast station in the Denver area) to find out what is happening.
 - Do not telephone the police or fire department unless you have an emergency. If you call just to find out why the sirens are sounding, it ties up dispatchers, making them unavailable to handle emergency calls.
 - Take shelter immediately if you believe the reason the sirens have been activated for a tornado. Take cover in the basement if you



are at home. If your house has no basement, take cover in the center part of the house away from windows.

- Do not remain in a trailer or mobile home. Go to a permanent building, school, fire station or storm shelter. If you do not have time to reach a safe shelter, take cover in your car or a low-lying area.
- If you are at work or school, go to the interior hallways on the lowest floor or to the designated shelter area away from windows.
- Continue listening to the radio or television for developments on the emergency and for information on when it is safe to leave your shelter.

The sirens are used primarily to warn residents who are outdoors of a tornado but may also be activated to issue warnings for other catastrophic emergencies.

Residents also are encouraged to buy a National Oceanic and Atmospheric Administration (NOAA) weather radio and to sign up for the CodeRED system at Your911.net as additional ways to receive emergency warnings.

For more information or for questions about the city’s outdoor siren warning system, call Lakewood’s Office of Emergency Management at 303-987-7118.



EARTH DAY 2021 LAKEWOOD, CO

We can’t party together, but we can still celebrate the planet!

Self-guided public art at Belmar Park and other locations.
Online entertainment, education and resources.
Free sustainability giveaways!

Celebration begins Saturday, April 17.

More info at Lakewood.org/EarthDay

**Lakewood**
Full of Possibilities.

**Alameda**
CONNECTS
Alameda Corridor Business Improvement District

**FOOTHILLS**
CREDIT UNION