

Time Exposure: Brighton Calendar

April 2018

1 Easter

2 Toddler Tales, Anythink Brighton, 9:30-10:15 a.m.; time with your toddler listening to stories, songs and finger plays just for them; plus social time with other caregivers while the children play. For kids ages 2-3.

Music & Movement, Anythink Brighton, 10:30-11 a.m.; Sing, dance, learn to play some basic instruments. For ages 2-6.

Stroke Recovery Support Group, Platte Valley Medical Center Conference Room A, 1:30-3 p.m.; Group to help patients and families connect with others while learning about valuable community resources; facilitated by a licensed stroke-rehabilitation therapist; RSVP or info, 303-498-1844.

Drop-in Job-Search Help, Anythink Brighton, 2-3:30 p.m.; Complete a job application, resumé, or search the Internet for jobs. Staff will be on hand to provide assistance. Please bring complete job history, references, education, and any other information needed to complete a resumé or job application.

3 Baby Bounce, Anythink Brighton, 9:30-10:15 a.m.; time with your little one at the library; songs, rhymes and stories for babies and their caregivers. Ages birth-23 months.

STEAM Tuesdays, Anythink Brighton, 4-5 p.m.; LEGO Club – Explore science, technology, engineering and math through LEGOS®; Appropriate for students in grades K-5. RSVP online.

Drop-in Tech Help, Anythink Brighton, 11 a.m.-noon; get one-on-one help from a tech guide; discuss email, resúmes, Internet searching, e-readers or ask any tech question. All ages welcome. No registration required.

Free Legal Self-Help Clinic, Anythink Brighton, 2-3:30 p.m.; Join the Access to Justice Committee for a free legal self-help clinic; ideal for customers who don't have legal representation and need help navigating various legal issues via remote Internet access. Call 303-405-3298 to register.

History in the Making, Anythink Brighton, 5-6 p.m.; explore a variety of medieval skills and projects; for ages 12 and up.

Pilates Mat Class, Platte Valley Medical Center, Suite 130 Medical Plaza 1, 5:45-6:30 p.m.; strengthen and tone your abdominals, hips and shoulders, increase flexibility, stamina and improve overall fitness and health; taught by licensed physical therapist and certified Pilates instructor, \$9 per class, RSVP 303-498-1840.

Gothic Calligraphy, Anythink Brighton, 6-7 p.m.; learn basic calligraphy skills. Beginners welcome. Appropriate for adults. Registration suggested, but not required. RSVP online.

Bible Study Fellowship, men's group at Zion Congregational Church on 27th Ave.; women's group at Brighton United Methodist Church on Eighth Avenue; 7 p.m.; interdenominational, in-depth Bible study. All welcome. To learn more, call Kristen at 303-654-0972 or Caroline, 303-659-4686.

Contact info

GOT EVENTS? Submit them to the *Daily Post*™ calendar by email to allison@localcolormag.com

Adams County Historical Museum, 9601 Henderson Road
www.adamscountymuseum.com, 303-659-7103

Anythink Brighton, 327 E. Bridge St., 303-405-3230
RSVP through online calendar at www.anythinklibraries.org

Armory Performing Arts Center, 300 Strong St.,
303-655-2026, www.brightonarmory.org

Barr Lake Nature Center, 13401 Piccadilly Road, \$7 entry per car, 303-659-6005, barr.lake.nature.center@state.co.us

Brighton Music Orchestra, <http://brightonmusic.org>

Eagle View Adult Center, 1150 Prairie Center Parkway,
303-655-2075

Platte Valley Medical Center, 1600 Prairie Center Parkway
303-498-1600, www.pvmc.org

Platte Valley Players www.plattevalleyplayers.org

Bird Conservancy of the Rockies, 303-659-4348,
14500 Lark Bunting Lane, www.birdconservancy.org

4 Baby Bounce, Anythink Brighton, 9:30-10:15 a.m.; time with your little one at the library; songs, rhymes and stories for babies and their caregivers. For ages birth-23 months.



STEM in the Morning: Robotics, Anythink Brighton, 10-11 a.m. & 11 a.m.-noon; Get hands-on with different science, technology, engineering and math activities. This month, learn how robots sense, think and do; help robots complete their missions. For ages 5 and up. Adult helpers required for children 10 and under. RSVP online.

Primetime for Preschoolers, Anythink Brighton, 10:30-11:30 a.m.; Enjoy stories, finger plays, songs and other fun activities just for preschoolers; for ages 3-5.

After-School Get Together, Anythink Brighton, 2:30-4:30 p.m.; Join your friends and family at the library for after-school activities; for grades K-5.

Tabletop Gaming Club, Anythink Brighton, 3-4 p.m.; journey into the world of designing and playing tabletop gaming. Students in grades 6-12 welcome.

Public Open House for Downtown Parking Management Plan, 4-6 p.m. in the Armory, 300 Strong St.

Volunteer Victim Advocates Open House, Brighton Police Department, 3401 E. Bromley Lane, 5:30-7:30 p.m.; receive a first-hand look into what being a Victim Advocate entails from the Brighton and Commerce City police departments; individuals motivated to become advocates encouraged to attend.

5 Music & Movement, Anythink Brighton, 9:30-10 a.m.; sing, dance, learn to play some basic instruments. For ages 2-6.

Story Lab, Anythink Brighton, 10-11 a.m.; Discover the world of story through reading, writing and storytelling; for grades 3-8.

Toddler Story Time, Barr Lake, 10 a.m.-noon; stories about the natural world, snack and a craft; for children 3-5 accompanied by an adult. RSVP. \$7 daily or annual parks pass required.

Cuento Time, Anythink Brighton, 10:15-11 a.m.; story time featuring books, songs, rhymes and play in English and Spanish; for ages 2-6. *Acompañanos para cuentos, canciones, rimas y juego en inglés y español. Apropriado para niños de 2 a 6 años. No se requiere registro.*

Yoga, Platte Valley Medical Center, Suite 130, 12:15-12:50 p.m.; \$6 drop-in rate; certified instructor. Bring your mat, info 303-498-1840.

Action Lab: Deadtime Stories, Anythink Brighton, 3:30-5:30 p.m.; Bring classic, chilling tales to life. Record audio versions of classic horror stories, creating atmosphere with music and sound effects in-house; for ages 12 and older.

6 Little Tourists, Anythink Brighton, 10-11 a.m.; Explore early literacy through experiential stations; and gather at times throughout the hour for a group movement or story activity. Caregivers with children through age 4 are welcome.

Nature Walk and Talk, Barr Lake State Park, 10 a.m.; discover and rediscover the park's hidden treasures. Meet at Nature Center, dress for the weather. \$7 daily or annual parks pass required.

7 Bald Eagle Nesting Tour, Barr Lake, 10 a.m.; ride the Eagle Express to view the bald eagles, seats are limited, RSVP, 303-659-6005. \$7 daily or annual parks pass required.

Tales to Tails, Anythink Brighton, 10-11 a.m.; reading to a therapy dog is a great opportunity for children who are learning to read or need practice reading. Patient dog loves to listen and never criticizes.

Family Yoga, Anythink Brighton, 1-2 p.m.; an all-ages yoga class. Explore yoga through basic poses that build strength and flexibility while incorporating breathing techniques to help calm and de-stress your body. Children ages 10 and under should be accompanied by an adult.

Mommy Mingle, Platte Valley Medical Center Conference Room C, 1-3 p.m.; Connect with other moms and newborns 2- to 12-weeks-old; led by lactation specialists and other medical professionals; learn what's normal and expected when it comes to healing after delivery and raising a baby; free. Sign up at pvmc.org/events or 303-498-1481.

8 Basic Archery Instruction, Barr Lake State Park, 11 a.m.-1 p.m.; for ages 6 to adult, loaner equipment will be on hand, space limited, RSVP to 303-659-6005. \$7 daily or annual parks pass required.

9 Toddler Tales, Anythink Brighton, 9:30-10:15 a.m.; time with your toddler listening to stories, songs and finger plays just for them; plus social time with other caregivers while the children play. For kids ages 2-3.

Music & Movement, Anythink Brighton, 10:30-11 a.m.; sing, dance, learn to play some basic instruments. For ages 2-6.

Free Blood-pressure Screening, Eagle View Adult Center, 10:30-11:30 a.m.; performed by Brighton firefighters.

Drop-in Job Search Help, Anythink Brighton, 2-3:30 p.m.; Complete a job application, resumé, or search the Internet for jobs. Staff will be on hand to provide assistance. Please bring complete job history, references, education, and any other information needed to complete a resumé or job application.

Create with Canva, Anythink Brighton, 6:30-7:30 p.m.; Get to know this easy online graphic-design tool; create stunning images for your social media accounts. RSVP online.

10 Baby Bounce, Anythink Brighton, 9:30-10:15 a.m.; time with your little one at the library; songs, rhymes and stories for babies and their caregivers. For ages birth-23 months.

Drop-in Tech Help, Anythink Brighton, 11 a.m.-noon; get one-on-one help from a tech guide; discuss email, resúmes, Internet searching, e-readers or ask any tech question. All ages welcome. No registration required.

STEAM Tuesdays, Anythink Brighton, 4-5 p.m.; Discover Challenge – Explore STEAM principles to build and create; explore science, technology, engineering, art and math. Appropriate for students in grades K-5. RSVP online.

Total Joint University, Platte Valley Medical Center, 5-7 p.m.; for patients scheduled for or contemplating a joint replacement; info from pre-op to recovery; RSVP dlements@pvmc.org or 303-498-1840.

Pilates Mat Class, Platte Valley Medical Center, Suite 130 Medical Plaza 1, 5:45-6:30 p.m.; strengthen and tone your abdominals, hips and shoulders, increase flexibility, stamina and improve overall fitness and health; taught by licensed physical therapist and certified Pilates instructor, \$9 per class, RSVP 303-498-1840.

Feather Painting, Anythink Brighton, 6-7 p.m.; Make expressive abstract paintings by using feathers; for adults. Online registration suggested.

Bible Study Fellowship, men's group at Zion Congregational Church on 27th Ave.; women's group at Brighton United Methodist Church on Eighth Avenue; 7 p.m.; interdenominational, in-depth Bible study. All welcome. To learn more, call Kristen at 303-654-0972 or Caroline, 303-659-4686.

11 Baby Bounce, Anythink Brighton, 9:30-10:15 a.m.; time with your little one at the library; songs, rhymes and stories for babies and their caregivers. For ages birth-23 months.

Story Time at the Firehouse, Fire Station 55, 15959 Havana St., 10:30 a.m.; story time and station tour, snack, for children 3-5 with caretaker; free, RSVP required to Dawn, 303-659-4101.

Primetime for Preschoolers, Anythink Brighton, 10:30-11:30 a.m.; Enjoy stories, finger plays, songs and other fun activities just for preschoolers; for ages 3-5.

Kindness Counts, Eagle View Adult Center, 11 a.m.; fun, easy ideas for spreading a little kindness in the community; brighten the day for individuals who might be underappreciated, lonely or struggling.

After-School Get Together, Anythink Brighton, 2:30-4:30 p.m.; Join your friends and family at the library for after-school activities; for grades K-5.

Tabletop Gaming Club, Anythink Brighton, 3-4 p.m.; journey into the world of designing and playing tabletop gaming. Students in grades 6-12 welcome.

Let's Talk Diabetes, Platte Valley Medical Center Medical Plaza 2, second-floor conference room, 4-5 p.m.; free class will cover overview of diabetes and pre-diabetes, blood-sugar monitoring, managing diabetes with your diet, meal-planning techniques to fit your lifestyle, medication management, prevention of chronic diseases and wound care, and exercise and activity. To RSVP or for more information, call 303-498-1699.

12 Music & Movement, Anythink Brighton, 9:30-10 a.m.; Sing, dance, learn to play some basic instruments. For ages 2-6.

Story Lab, Anythink Brighton, 10-11 a.m.; Discover the world of story through reading, writing and storytelling; for grades 3-8.

Yoga, Platte Valley Medical Center, Suite 130, 12:15-12:50 p.m.; \$6 drop-in rate; certified instructor. Bring your mat, info 303-498-1840.

Cuento Time, Anythink Brighton, 10:15-11 a.m.; story time featuring books, songs, rhymes and play in English and Spanish; for ages 2-6. *Compañeros para cuentos, canciones, rimas y juego en inglés y español. Apropiado para niños de 2 a 6 años. No se requiere registro.*

Bunco, Eagle View Adult Center, 1-3:30 p.m.; learn Bunco in 5 minutes; fun, refreshments, prizes, \$4, deadline two days ahead.

Action Lab: Chrome Experiments, Anythink Brighton, 3:30-5:30 p.m.; Explore a showcase of work by coders who are pushing the boundaries of web technology by creating beautiful, unique web experiences. See how they were built and create your own. For grades 6-12.

The Basics of Xeriscape, free Water-Wise Landscape Seminar, Brighton Recreation Center, 555 N. 11th Ave., 6-8 p.m.

13 Little Growers, Anythink Brighton, 10-11 a.m.; Explore early literacy through experiential stations; and gather at times throughout the hour for a group movement or story activity. Caregivers with children through age 4 are welcome.

Friday's Feast, Eagle View Adult Center, noon; cheese potato soup, sandwich and cookies from Brookdale; entertainment by singer Steve Manshel; \$4, deadline April 11.

14 Guided Bird Walk, Barr Lake State Park, 9 a.m.; grab your field guide and binoculars (or borrow a set from the park) and enjoy a morning of birding, all adult ability levels; \$7 daily or annual parks pass required.



Sixth Annual Raptor Run 5K, Barr Lake State Park, 9 a.m.; Friends of Barr Lake fun run to benefit educational programming at the park; wear favorite raptor hat or T-shirt; post-race breakfast and Nature's Educators with live raptors; details or pre-register at rgtincy.com/E/raptorrn18.

ProRodeo Fall of Fame, Eagle View Adult Center trip, 9 a.m.; the museum in Colorado Springs preserves the legacy of the cowboy contests, heritage and culture of the original competitions and the champions of the past, present and future; late lunch at the Texas T-Bone Steakhouse; \$12 plus meal (\$15+), deadline April 2.

Fiber Arts Club, Anythink Brighton, 10-11:30 a.m.; a relaxing morning filled with tea, crafting and community. Bring a current project or start one here. Some supplies provided. All skill levels welcome.

Cancer Support Group, Platte Valley Medical Center, 11 a.m.-noon; for cancer patients and their families, in the Cardiac Lounge, refreshments, RSVP to Oncology Clinic 303-498-2200.

Action Lab: Sensory Design Lab, Anythink Brighton, noon-3 p.m.; Using a variety of technologies, including paper cutting and folding, 3-D design and printing, Makey Makey, Braille creation and more, create versions of games that are accessible for individuals of all kinds of abilities. To raise awareness and encourage design thinking, participants will have the opportunity to experience what it would be like to be visually impaired. Grades 6-12. RSVP online.

Berry Patch Farms: A Celebration of Agriculture in Brighton, Berry Farms, 13785 Potomac St., 1-2 p.m.; recognition of Bob Sakata's 92nd birthday and 20 years of farming at the Berry Patch Farms.

16 Toddler Tales, Anythink Brighton, 9:30-10:15 a.m.; time with your toddler listening to stories, songs and finger plays just for them; plus social time with other caregivers while the children play. Ages 2-3.

Music & Movement, Anythink Brighton, 10:30-11 a.m.; Sing, dance, learn to play some basic instruments. For ages 2-6.

Drop-in Job-search Help, Anythink Brighton, 2-3:30 p.m.; Complete a job application, resumé, or search the Internet for jobs. Staff will be on hand to provide assistance. Please bring complete job history, references, education, and any other information needed to complete a resumé or job application.

Watercolor Pixel Art, Anythink Brighton, 6:30-7:30 p.m.; Use a pixelated digital image as inspiration to create a beautiful watercolor masterpiece. Digital editing software will be available to edit and manipulate your own photos. RSVP online.

State of the City, in the Armory Performing Arts Center, 300 Strong St., 7 p.m.; Mayor Ken Kreutzer will update the community on 2017 accomplishments and what's in store for the city in 2018 and beyond; plus a real-time response survey that allows residents to interact with the mayor during his address; refreshments. RSVP by April 9 to Sheryl Johnson at 303-655-2043 or sjohnson@brightonco.gov.

17 Baby Bounce, Anythink Brighton, 9:30-10:15 a.m.; time with your little one at the library; songs, rhymes and stories for babies and their caregivers. For ages birth-23 months.

Bonfils Blood Donation, Anythink Brighton, 10-11:40 a.m. & 1-3:30 p.m.; Help save a life. Donating blood is one of the easiest ways to give back to your community. Sign up for the Bonfils mobile-donation center hosted at Anythink Brighton. Several time slots are available. For appointment, visit bonfils.org or call 303-363-2300 and use site code A839. Drop-ins are welcome.

Medicare Counseling, Eagle View Adult Center, 10 a.m.-2 p.m. by appointment; one-on-one help with a specially-trained SHIP counselor Ann Brothers; call Evon at 303-655-2079 for appointment, \$5.

Denver Mob Tour trip C, Eagle View Adult Center, 10:15 a.m.; the center rebooked the popular bus tour through Denver's Little Italy with historian Tom Hackett; mystery Italian lunch afterward at a formerly mob-run restaurant; \$19 plus meal (\$15+); deadline April 13.

Drop-in Tech Help, Anythink Brighton, 11 a.m.-noon; get one-on-one help from a tech guide; discuss email, resúmes, Internet searching, e-readers or ask any tech question. All ages are welcome. No registration required.

Stroke Survivors Group, Platte Valley Medical Center Conference Room B, 3-4 p.m., and ...

Stroke Caregivers Group, Platte Valley Medical Center Conference Room C, 3-4 p.m. Groups for patients who have experi-

enced a stroke, and the families who care for them; support, education and community. Separate support groups for survivors and caretakers address your individual needs. To learn more, call Amanda Tarr at 303-498-1873. No need to RSVP, just come in.

STEAM Tuesdays, Anythink Brighton, 4-5 p.m.; Barr Lake Ranger Talk – Learn about a natural facet from Barr Lake State Park.; explore science, technology, engineering, art and math. For students in grades K-5. RSVP online.

Pilates Mat Class, Platte Valley Medical Center, Suite 130 Medical Plaza 1, 5:45-6:30 p.m.; strengthen and tone your abdominals, hips and shoulders, increase flexibility, stamina and improve overall fitness and health; taught by licensed physical therapist and certified Pilates instructor, \$9 per class, RSVP 303-498-1840.

Compostable Pots: Plant a Seed, Anythink Brighton, 6-7 p.m.; make compostable pots and start some seeds for your garden; for adults. RSVP online.

Bible Study Fellowship, men's group at Zion Congregational Church on 27th Ave.; women's group at Brighton United Methodist Church on Eighth Avenue; 7 p.m.; interdenominational, in-depth Bible study. All welcome. To learn more, call Kristen at 303-654-0972 or Caroline, 303-659-4686.

18 Baby Bounce, Anythink Brighton, 9:30-10:15 a.m.; time with your little one at the library; songs, rhymes and stories for babies and their caregivers. For ages birth-23 months.

Brighton Book Lovers, Anythink Brighton, 10-11:30 a.m.; Join our discussion of *Killers of the Flower Moon* by David Grann. Appropriate for adults. Online registration suggested.

Primetime for Preschoolers, Anythink Brighton, 10:30-11:30 a.m.; Enjoy stories, finger plays, songs and other fun activities just for preschoolers; for ages 3-5.

Tax Reform in 2018 and Your Estate, Eagle View Adult Center, 1:30 p.m.; the Tax Cut and Jobs Act passed in December is a significant change to the nation's tax structure; an attorney from Dolan & Associates will explain a number of key changes and how they might affect estate planning; free, deadline April 16.

After-School Get Together, Anythink Brighton, 2:30-4:30 p.m.; Join your friends and family at the library for after-school activities; for grades K-5.

Tabletop Gaming Club, Anythink Brighton, 3-4 p.m.; journey into the world of designing and playing tabletop gaming. Students in grades 6-12 welcome.

United Power Annual Meeting and Director Election, Adams County Fairgrounds, 4:30 p.m. – registration, dinner and entertainment; 6:30 p.m. – meeting, election results, prizes.

19 Music & Movement, Anythink Brighton, 9:30-10 a.m.; Sing, dance, learn to play some basic instruments. For ages 2-6.

Story Lab, Anythink Brighton, 10-11 a.m.; Discover the world of story through reading, writing and storytelling; for grades 3-8.

Cuento Time, Anythink Brighton, 10:15-11 a.m.; story time featuring books, songs, rhymes and play in English and Spanish; for ages 2-6. *Compañeros para cuentos, canciones, rimas y juego en inglés y español. Apropriado para niños de 2 a 6 años.*

Denver Mob Tour trip D, Eagle View Adult Center, 10:15 a.m.; the center rebooked the popular bus tour through Denver's Little Italy with historian Tom Hackett; mystery Italian lunch afterward at a formerly mob-run restaurant; \$19 plus meal (\$15+); deadline April 13.

Healthy Tips, Eagle View Adult Center, 10:45 a.m.; Betty Stephenson shares the most recent research about nutrition and healthy eating.

Yoga, Platte Valley Medical Center, Suite 130, 12:15-12:50 p.m.; \$6 drop-in rate; certified instructor. Bring your mat, info 303-498-1840.

Active Minds – Cuba, Eagle View Adult Center, 1:30-2:30 p.m.; Mark Mertes shares a look at the past, present and future of our communist neighbor; Castro's revolution, the Bay of Pigs; the Cuban Missile Crisis, Guantanamo Bay and the current implication of the change in U.S. policy toward Cuba; \$5, deadline April 17.

20 Little Scientists, Anythink Brighton, 10-11 a.m.; Explore early literacy through experiential stations; and gather at times throughout the hour for a group movement or story activity. Caregivers with children through age 4 are welcome.

21 Health Fair, Platte Valley Medical Center, 7 a.m.-noon; numerous screenings and informational resources; watch for more at pvmc.org.

Bird Conservancy of the Rockies 30th Anniversary Party, Barr Lake State Park, 8 a.m.-1 p.m.; celebrate 30 years of progress in conserving birds and their habitat; guided bird walks, bird-banding demonstrations, live bird presentations, educational activities for kids and adults; lunch and birthday cake – plus a kite festival hosted by Friends of Barr Lake. Admission: \$5 per vehicle, includes park entrance fee, lunch and kites; register at www.birdconservancy.org/30years

Best of Spring Bazaar, Adams County Regional Park, 9755 Henderson Road; 9 a.m.-4 p.m.; 200-plus booths in two buildings; benefit for the Adams County Museum; admission \$3

Barr Lake Birders, Barr Lake State Park, 10 a.m.-noon; a club for ages 6-15 to learn about the birding world; parents, please plan to attend the first meeting of 2018 to help make a few decisions on field trips, RSVP 303-659-6005.

Mommy Mingle, Platte Valley Medical Center Conference Room C, 1-3 p.m.; Connect with other moms and newborns 2- to 12-weeks-old; led by lactation specialists and other medical professionals; learn what's normal and expected when it comes to healing after delivery and raising a baby; free. Sign up at pvmc.org/events or 303-498-1481.

Guys & Dolls in Concert, presented by Platte Valley Players in collaboration with BrightonMusic Orchestra, in the Armory Performing Arts Center, 7:30 p.m.; a musical fable of Broadway based on a story and

characters of Damon Runyon; buy tickets through Platte Valley Players online, PlatteValleyPlayers.org, or at the door; adults \$15 online, \$17 at the door; under 12 and senior 65+ \$13 / \$15.

22 Guys & Dolls in Concert, presented by Platte Valley Players in collaboration with BrightonMusic Orchestra, at First Presbyterian Church, 510 S. 27th Ave., 4 p.m.; buy tickets through Platte Valley Players online, PlatteValleyPlayers.org, or at the door; adults \$15 online, \$17 at the door; under 12 and senior 65+ \$13 / \$15.

23 Toddler Tales, Anythink Brighton, 9:30-10:15 a.m.; time with your toddler listening to stories, songs and finger plays just for them; plus social time with other caregivers while the children play. For kids ages 2-3.

Music & Movement, Anythink Brighton, 10:30-11 a.m.; Sing, dance, learn to play some basic instruments. For ages 2-6.

House of Commons: High Tea, Eagle View Adult Center trip, 11 a.m.; on the Platte in lower downtown Denver, the English Tea Room provides a taste of England with its foods and a range of fine teas; \$41, deadline April 5.

Drop-in Job-Search Help, Anythink Brighton, 2-3:30 p.m.; Complete a job application, resumé, or search the Internet for jobs. Staff will be on hand to provide assistance. Please bring complete job history, references, education, and any other information needed to complete a resumé or job application.

Fill Your Freezer, Platte Valley Medical Center Conference Room A, 3-4 p.m.; With busy schedules and endless activities, a healthy dinner does not always make it to the table. Learn how to fill your freezer with nutritious meals that can be cooked or reheated in minutes. [Sign up online](https://events.membersolutions.com/em_list.asp?ID=em1036&item=&mode=date&s=event_manager#event-Detail) or by calling 303-498-1481. https://events.membersolutions.com/em_list.asp?ID=em1036&item=&mode=date&s=event_manager#event-Detail

24 Baby Bounce, Anythink Brighton, 9:30-10:15 a.m.; time with your little one at the library; songs, rhymes and stories for babies and their caregivers. For ages birth-23 months.

Drop-in Tech Help, Anythink Brighton, 11 a.m.-noon; get one-on-one help from a tech guide; discuss email, resúmes, Internet searching, e-readers or ask any tech question. All ages are welcome. No registration required.

STEAM Tuesdays, Anythink Brighton, 4-5 p.m.; Spark Creation – Express yourself while exploring different artist media; explore science, technology, engineering, art and math. For students in grades K-5. RSVP online.

Pilates Mat Class, Platte Valley Medical Center, Suite 130 Medical Plaza 1, 5:45-6:30 p.m.; strengthen and tone your abdominals, hips and shoulders, increase flexibility, stamina and improve overall fitness and health; taught by licensed physical therapist and certified Pilates instructor, \$9 per class, RSVP 303-498-1840.

Xeriscaping: Go with the Flow, Anythink Brighton, 6-7 p.m.; Get water-wise in your landscaping this summer. Learn about es-

sential xeriscape principles and gain tips for improving water efficiency; for adults. Space is limited. Online registration suggested.

Bible Study Fellowship, men's group at Zion Congregational Church on 27th Ave.; women's group at Brighton United Methodist Church on Eighth Avenue; 7 p.m.; interdenominational, in-depth Bible study. All welcome. To learn more, call Kristen at 303-654-0972 or Caroline, 303-659-4686.



25 Book Club, Eagle View Adult Center, 9 a.m.; club focuses on inspirational real-life stories; read *The Elephant Whisperer: My Life with the Herd in the African Wild* by Lawrence Anthony.

Baby Bounce, Anythink Brighton, 9:30-10:15 a.m.; time with your little one at the library; songs, rhymes and stories for babies and their caregivers. For ages birth-23 months.

Wound-Care Nutrition Class, Platte Valley Medical Center Medical Plaza 2, 2nd-floor conference room, 10-11 a.m.; recommended for patients receiving wound-care treatment or at risk of developing a non-healing wound, as well as family and caretakers of patients; registered dietitians explain how to optimize diet to live a healthier lifestyle and improve wound healing; class will cover healthy eating, nutrition for wound healing and nutrition for wound prevention.

Drop-in Cribbage Tournament, Eagle View Adult Center, 12:30 p.m.; prizes, refreshments; \$4

Tabletop Gaming Club, Anythink Brighton, 3-4 p.m.; journey into the world of designing and playing tabletop gaming. Students in grades 6-12 welcome.

26 Mount Rushmore, Eagle View Adult Center, 9-10:30 a.m.; information and pictures provide a comprehensive view of Black Hills geology, the story of the sculptor Gutzon Borglum and the history behind the carving of Mount Rushmore; free, deadline April 24.

Total Joint University, Platte Valley Medical Center, 9-11 a.m.; for patients scheduled for or contemplating a joint replacement; info from pre-op to recovery; RSVP dclements@pvmc.org or 303-498-1840.

Free Blood-pressure Screening, Eagle View Adult Center, 10:30-11:30 a.m.; performed by Brighton firefighters.

Readers Theatre performance, Eagle View Adult Center, 11 a.m.; play lasts about 20 minutes.

Yoga, Platte Valley Medical Center, Suite 130, 12:15-12:50 p.m.; \$6 drop-in rate; certified instructor. Bring mat, info 303-498-1840.

Bunco, Eagle View Adult Center, 1-3:30 p.m.; learn Bunco in 5 minutes; fun, refreshments, prizes, \$4, deadline two days ahead.

27 Little Heroes, Anythink Brighton, 10-11 a.m.; Explore early literacy through experiential stations; and gather at times through-

out the hour for a group movement or story activity. Caregivers with children through age 4 are welcome.

Movie: Eddie the Eagle (PG-13), Eagle View Adult Center, 2 p.m., based on the story of Eddie Edwards, the notoriously tenacious British underdog ski jumper who charmed the world at the 1988 Winter Olympics with his never-give-up attitude; free but register so enough snacks are on hand, deadline April 23.

28 Nature Walk and Talk, Barr Lake State Park, 10 a.m.; discover and re-discover the park's hidden treasures. Meet at Nature Center, dress for the weather. \$7 daily or annual parks pass required.

Cancer Support Group, Platte Valley Medical Center, 11 a.m.-noon; for cancer patients and their families, in the Cardiac Lounge, refreshments, RSVP to Oncology Clinic 303-498-2200.

Future You, Anythink Brighton, 1-2:30 p.m.; Meet with professionals from a variety of fields to discover some of life's different paths. Ask questions, learn more about future opportunities and what it takes to make the most of them. Intended for youth in grades K-12 and their families. Online RSVP recommended.

29 Adult Polymer Clay Workshop, Barr Lake, 1-3 p.m.; make a nature-themed ornament out of clay, then take it home to bake; supplies provided, limited to 10 participants 16 and older; RSVP. \$7 daily or annual parks pass required.

Full Moon Bike Ride, meet at south side of City Hall, 500 S. Fourth Ave., 6:30 p.m.; 5- to 7-mile ride during the Pink Moon; helmet, lights, water and bug spray recommended; free.

Full Moon Walk, Barr Lake State Park, 7 p.m.; Myth Busters – Are bats really blind? Can owls turn their heads 360 degrees? Do prairie dogs have a vocabulary? Dispel common myths, misunderstandings and widespread folklore while on a short, brisk evening walk with a park naturalist, for adults and families with children ages 6 and up; space limited, RSVP 303-659-6005. \$7 daily or annual parks pass required.

30 Toddler Tales, Anythink Brighton, 9:30-10:15 a.m.; time with your toddler listening to stories, songs and finger plays just for them; plus social time with other caregivers while the children play. For kids ages 2-3.

Music & Movement, Anythink Brighton, 10:30-11 a.m.; Sing, dance, learn to play some basic instruments. For ages 2-6.

Drop-in Job-Search Help, Anythink Brighton, 2-3:30 p.m.; Complete a job application, resumé, or search the Internet for jobs. Staff will be on hand to provide assistance. Please bring complete job history, references, education, and any other information needed to complete a resumé or job application.

Embroidered Totes, Anythink Brighton, 6:30-7:30 p.m.; Learn to transfer images onto fabric and pick up a few new stitches while you hand embroider a new tote bag. Already working on a fiber arts project and just looking for some company while you create? No problem. Bring your in-progress piece. RSVP online.