

Time Exposure: Calendar

December 2017

1 Toddler Holiday Party, Barr Lake State Park, 10 a.m.-noon; Ranger Michelle and merry elves throw a party for ages 3-6; tree lighting, holiday craft, snack and story. RSVP to Nature Center, limited to 100 kids.

A Celebration of Winter, Holiday Collaboration Concert, 7 p.m.; Brighton and Prairie View High School choirs together at First Presbyterian Church, 510 N. 27th Ave., \$10 adults; \$7 students, children, seniors and the military, at the door, cash or check only.

2 Holiday Open House, Barr Lake State Park, all day: 9 a.m. bird walk; 10 a.m.-2 p.m. crafts for kids; 11 a.m., winter bird-feeding workshop; 9 a.m.-4 p.m. discount at bookstore and on clothing; holiday refreshments.

Holiday Bazaar, Adams County Museum benefit at the Adams County Regional Park, 9601 Henderson Road, 9 a.m.-4 p.m., 300 booths in two buildings, \$3 admission.

Immersion in Nature adults-only walk, Barr Lake State Park, 10 a.m.; a de-stressing walk in the park based on the Japanese practice Shinrin-Yoku with a wide range of healthful and healing benefits of "forest bathing;" about 2 hours with no destination or purpose other than to be in nature. Meet at the Nature Center. Leave your cell phone, even binoculars in the car.

Studio Craft Smorgasbord, Anythink Brighton, 1-2:30 p.m.; help finish leftovers from the year's craft programs. For ages 5 and up, adult helper required for children 10 and under.

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.

3 Holiday Bazaar, Adams County Museum benefit at the Adams County Regional Park, 9601 Henderson Road, 9 a.m.-4 p.m., 300 booths in two buildings, \$3 admission.

Pedal the Perimeter, Barr Lake State Park, 1 p.m.; explore the lake's nearly-9-mile trail by bicycle guided by a park volunteer; bring water, helmet and favorite bike. RSVP to 303-659-6005; event might be canceled because of trail or weather conditions.

4 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 some 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, play some basic instruments. For kids 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.

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

Story Lab, Anythink Brighton, 4-5 p.m.; Discover the world of story through reading, writing and storytelling. For kids in grades 3-8.

Maker Mondays, Anythink Brighton, 5:30-7:30 p.m.; Hour of Code – Join us for an easy, beginner-friendly introduction to computer science; a fun, interactive evening in The Studio; drop-in – a different theme each week to start making and creating. For ages 5 and up, adult helper required for children 10 and under.

5 Bonfils Blood Drive, Adams County Administration Building, 4430 S. Adams County Parkway, 9 a.m.-2:30 p.m.

Baby Bounce, Anythink Brighton, 9:30-10:15 a.m.; songs, rhymes and stories for babies and their caregivers. For ages birth-23 months.

Tech Time Tuesdays, Anythink Brighton, 10-11 a.m.; Cricut – Learn to use this popular paper-cutter tool; learn about a new computer or technology topic each week; stay to practice skills during Drop-In Tech Help. RSVP online or call 303-405-3230.

Drop-in Tech Help, Anythink Brighton, 11 a.m.-noon; get one-on-one tech help from a tech guide – discuss email, resumes, Internet searching, e-readers or any tech question. All ages.

STEAM Tuesdays, Anythink Brighton, 4-5 p.m.; LEGO Club – Explore science, technology, engineering and math through LEGOS®; explore science, technology, engineering, art and math. For students in grades K-5. Space is limited; RSVP required.

No-Sew Pillow, Anythink Brighton, 6-7:30 p.m.; Make an easy no-sew pillow for yourself or a friend.

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

6 Anythink Brighton will open at 10:30 a.m. today, following an all-staff meeting.

Book Club, Eagle View Adult Center, 9 a.m.; club focuses on reading adventures of real people and inspirational biographies.

Baby Bounce, Anythink Brighton, 9:30-10:15 a.m.; songs, rhymes and stories for babies and their caregivers. For ages birth-23 months.

Hour of Code: STEM in the Morning, Anythink Brighton, 11 a.m.-noon; Get hands-on with science, technology, engineering and math activities. Celebrate Hour of Code – a global movement to help promote coding literacy – with introductory coding activities. For ages 5 and up, adult helper required for children 10 and under.

Wibbly-Wobbly, Timey-Wimey Role-Playing Stuff, Anythink Brighton, 3-5 p.m.; Learn all about role-playing games, focus on the world of fantasy. For grades 6-12.

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

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.

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

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

Hour of Code: Action Lab, Anythink Brighton, 3:30-5:30 p.m.; Celebrate Hour of Code – a global movement to help promote coding literacy – with introductory coding activities. Unleash your story with Twine, an interactive fiction tool that combines coding with writing. Learn coding basics while telling an interesting story. For grades 6-12.

8 Immersion in Nature adults-only walk, Barr Lake State Park, 10 a.m.; a de-stressing walk in the park based on the Japanese practice Shinrin-Yoku with a wide range of healthful and healing benefits of "forest bathing;" about 2 hours with no destination or purpose other than to be in nature. Meet at the Nature Center. Leave your cell phone, even binoculars in the car.

Friday's Feast, Eagle View Adult Center, noon-1:30 p.m.; white chicken chili, sandwich and cookies from Brookdale; entertainment by the Heritage Todd Creek Crooners; \$4, deadline Dec.

Music Therapy: 6 Beat Music, Anythink Brighton, 1-1:30 p.m.; Explore the enriching value of music through a variety of instruments, movements and calming tasks with music therapist Mollie Hiebert. For children ages 4 months to 4 years and their caregivers.

Supermarket Smarts: Virtual Grocery Store Tour, Platte Valley Medical Center, Conference Room A; 3-4 p.m.; Confused by all of the choices in the supermarket? Lost in the maze of labels and nutrition information? Looking for direction to help you make healthier food choices? Struggling to afford healthier foods on a limited budget? Learn how to make healthier, budget-friendly choices, aisle by aisle. Space is limited, RSVP 303-498-1481.

Christmas Celebration Gathering, Main Street Creatives, 36 S. Main St., 5:30-8 p.m.; join artists and guests for a casual, fun evening with refreshments, live holiday music, gift ideas and art galore; free, drop in.

9 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.

Birdhouse Building for Kids, Barr Lake State Park, 9:30 a.m.-noon; make a birdhouse in preparation for Spring or as a gift; learn why to put up a bird house, what else you can do, and facts about the house wren; kids 9-13 can put a birdhouse together to take home for decorating. RSVP 303-659-6005.

Brighton Winter Festival, Tree Lighting Ceremony and Parade of Lights – downtown activities begin at 10 a.m., Winter Festival begins at 2 p.m. at Historic City Hall (22 S. Fourth Ave.) with Santa, food vendors and live entertainment; Parade begins at 5 p.m. on North Main, turns east on Bridge and south on 10th Avenue to Skeel Street.

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.

10 Brighton Music Orchestra Christmas Concert, First Presbyterian Church, 510 S. 27th Ave., 4 p.m.

11 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 some 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, play some basic instruments. For kids ages 2-6.

Story Time at the Firehouse, Fire Station 52, new location – 124 S. 40th Ave., 10:30 a.m.; story time and station tour, snack, for children 3-5 with caretaker; free, RSVP required to Dawn, 303-659-4101.

Story Lab, Anythink Brighton, 4-5 p.m.; Discover the world of story through reading, writing and storytelling. For kids in grades 3-8.

Maker Mondays, Anythink Brighton, 5:30-7:30 p.m.; Embroidery and Hand Stitching – Learn a new stitch and make something unique; a fun, interactive evening in The Studio; drop-in – a different theme each week to start making and creating. For ages 5 and up, adult helper required for children 10 and under.

12 Baby Bounce, Anythink Brighton, 9:30-10:15 a.m.; songs, rhymes and stories for babies and their caregivers. For ages birth-23 months.

Tech Time Tuesdays, Anythink Brighton, 10-11 a.m.; Microsoft Publisher Basics – Create stylish newsletters and more with Microsoft Publisher; learn about a new computer or technology topic each week; stay to practice skills during Drop-In Tech Help. RSVP online or call 303-405-3230.

Drop-in Tech Help, Anythink Brighton, 11 a.m.-noon; get one-on-one tech help from a tech guide – discuss email, resumes, Internet searching, e-readers or any tech question. All ages.

Bonfils Blood Drive, Anythink Brighton, 10:11-40 a.m. and 1-3:30 p.m.; visit the Bonfils bloodmobile at Anythink Brighton to help give the gift of life this holiday season. Several time slots are available. To schedule an appointment, visit bonfils.org or call 303-363-2300 and use site code A839. Drop-ins are welcome.

Movie: A Christmas Story (PG), Eagle View Adult Center, 2 p.m., snacks, free but please register, deadline Dec. 11

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

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

Learn to Juggle, Anythink Brighton, 6-7:30 p.m.; Beat the chill and learn a new trick with this fun activity; jugglers of all skill levels are welcome to this beginner-friendly program. 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 Ave.; 7 p.m.; interdenominational, in-depth Bible study. All are welcome. To learn more call Kristen at 303-654-0972 or Caroline, 303-659-4686.

13 Baby Bounce, Anythink Brighton, 9:30-10:15 a.m.; songs, rhymes and stories for babies and their caregivers. For ages birth-23 months.

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.; after-school activities for students in grades K-5.

Wibbly-Wobbly, Timey-Wimey Role-Playing Stuff, Anythink Brighton, 3-5 p.m.; Learn all about role-playing games, focus on the world of fantasy. For grades 6-12.

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.

Karaoke Christmas, Eagle View Adult Center, 4-5:30 p.m.; Mike Collins and Tom Ward will start the party off with some of their favorite songs, then others can try their hand at karaoke, with more than 38,000 songs to choose from; no experience required; appetizers before the music; \$4, deadline Dec. 8.

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

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.

FACE Holiday Show, Armory Performing Arts Center, 300 Strong St., 7 p.m.; internationally acclaimed all-vocal rock band from Boulder, \$25 general, \$35 VIP, tickets at the box office or online at brightonarmory.org.

16 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.

Winter Wonders Holiday Trail, Barr Lake state Park, 6-9 p.m.; short hike on the lighted bridge and Niedrach Trail sponsored by United Power; activities, crafts, visit from Santa Claus, (visit park on Facebook for weather updates).

17 Snowflake Shoot / 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 Nature Center.

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

Maker Mondays, Anythink Brighton, 5:30-7:30 p.m.; Paper Crafts – Tell someone you care about them with a hand-made paper craft; a fun, interactive evening in The Studio; drop-in – a different theme each week to start making and creating. For ages 5 and up, adult helper required for children 10 and under.

Christmas Lights Tour A, Eagle View Adult Center trip, 6 p.m.; tour through the North Metro Denver area for the best light displays in the area; finish with a stop for treats, \$4 (plus treat money), deadline Dec. 11.

19 Tech Time Tuesdays, Anythink Brighton, 10-11 a.m.; Smart Phone Photography – Explore basic techniques that will help you take better photos with any camera; learn about a new computer or technology topic each week; stay to practice skills during Drop-In Tech Help. RSVP online or call 303-405-3230.

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

Drop-in Tech Help, Anythink Brighton, 11 a.m.-noon; get one-on-one tech help from a tech guide – discuss email, resumes, Internet searching, e-readers or any tech question. All ages.

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

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

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.

Marbled Ornaments, Anythink Brighton, 6-7:30 p.m.; learn a fun paint-marbling technique and make beautiful decorations; for adults. RSVP online.

Christmas Lights Tour B, Eagle View Adult Center trip, 6 p.m.; tour through the North Metro Denver area for the best light displays in the area; finish with a stop for treats, \$4 (plus treat money), deadline Dec. 11.

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

20 Brighton Book Lovers, Anythink Brighton, 10-11:30 a.m.; *LaRose* by Louise Erdrich. For adults. Online registration suggested.

After-School Get Together, Anythink Brighton, 2:30-4:30 p.m.; after-school activities for students in grades K-5.

After-School Hangout: Winter Craft Fest, Anythink Brighton, 2:30-5 p.m.; an afternoon of crafting and fun for ages 5 and up; adult helper required for children 10 and under.

21 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.

Solstice Moon Hike, Barr Lake State Park, 5:30 p.m.; bundle up for the longest night of the year and the last quarter moon. Meet at the Nature Center, dress for the outdoors; all ages; hike limited to 30, RSVP 303-659-6005.

23 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.

26 Drop-in Tech Help, Anythink Brighton, 11 a.m.-noon; get one-on-one tech help from a tech guide – discuss email, resumes, Internet searching, e-readers or any tech question. All ages.

Rustic Pendants, Anythink Brighton, 6-7:30 p.m.; a fun night playing with clay and personalized jewelry. 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 Ave.; 7 p.m.; interdenominational, in-depth Bible study. All are welcome. To learn more call Kristen at 303-654-0972 or Caroline, 303-659-4686.

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

28 The Delectable Egg, Eagle View Adult Center trip, 8:30 a.m.; a variety of breakfast and lunch options; \$4 plus meal (\$15+); deadline Dec. 21.

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

Kids Holiday Pajama Party, Barr Lake State Park, 10 a.m.-noon; for kids of all ages; pancake breakfast in best PJs and robe, then settle in with your blanket to view The Polar Express; RSVE to Nature Center; limited to 40 kids.

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

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

31 New Year's Noon, Barr Lake State Park, 11 a.m.; take the whole family to the early rockin' raucous New Year's Eve party, crafts, snacks, party favors, punch toast and a balloon-drop countdown to noon; RSVP to Nature Center, limited to 100 kids.