

Time Exposure: Brighton Calendar

March 2018

1 Music & Movement, Anythink Brighton, 9:30-10 a.m.; Sing, dance, and 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 every Monday. Appropriate for kids in 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 kids ages 2-6. *Acompañanos para cuentos, canciones, rimas y juego en inglés y español. Apropiado 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; certified instructor. Bring mat, info 303-498-1840.

Action Lab: Board Game Creation, Anythink Brighton, 3:30-5:30 p.m.; build fun games of all shapes and sizes. Design your board and pieces. Try out games others have built. For more challenge, bring your board to life with lights and sound; for students in grades 6-12.

2 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.

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

The Lion King Kids and Madagascar Jr., Platte Valley Players presents; in the Armory, 7 p.m.; talented young actors of Platte Valley Players bring the jungle to the Armory stage with classic stories *The Lion King* and *Madagascar*; buy tickets online – plattevalleyplayers.org – or at the door; adults \$12 online, \$14 at the door; under 12 and over 65, \$10 and \$12

3 Bootcamp for New Dads, Platte Valley Medical Center Conference Room A, 9 a.m.-noon; one-session workshop led by men for men; be oriented to the unique aspects of new fatherhood by the experts—new fathers and their 2-to-4-month-old babies. Topics include: gatekeeper phenomenon, troubleshooter's guide to crying babies, dad's toolbox, caring for new mom, birth and bonding, what to expect postpartum, working/family balance, and your role as protector. You will have the opportunity to hold and are for real babies who are 2-4 months old! You may take this class during pregnancy or after your baby is born. Babies may attend this class. Space is limited; sign up online or call 303-498-1481.

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

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

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.



Spaghetti Luncheon, Eagle View Adult Center, 11 a.m.-2 p.m.; a 30-year tradition, spaghetti, salad, bread and dessert; event is a benefit for the center; advance ticket purchases encouraged but also available at the door; \$7 adults, \$4 children 12 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 pvmc.org/events or 303-498-1481.

The Lion King Kids and Madagascar Jr., Platte Valley Players presents; in the Armory, 2 p.m. and 7 p.m.; young actors of Platte Valley Players bring the jungle to the Armory stage with classic stories *The Lion King* and *Madagascar*; buy tickets online – plattevalleyplayers.org – or at the door; adults \$12 online, \$14 at the door; under 12 and over 65, \$10 and \$12

5 Denver Mob Tour A, Eagle View Adult Center, 10:15 a.m.; the center booked this 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 March 2

Stroke Recovery Support Group, Platte Valley Medical Center Conference Room A, 1:30-3 p.m.; Group to help patients and fam-

ilies 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 in a relaxed atmosphere. Staff available to provide technical assistance; bring complete job history, references, education, and any other information needed to complete a resumé or job application.

Fabric and Fiber Inventions: Embroidery, Anythink Brighton, 6:30-7:30 p.m.; Take embroidery or sewing to the next level with conductive thread and LED lights or 3-D printed buttons; for adults. RSVP online.

6 Baby Bounce, Anythink Brighton, 9:30-10:15 a.m.; 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 tech help from a tech guide; discuss email, resúmes, Internet searching, e-readers or ask any tech question; for all ages.

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

STEAM Tuesdays, Anythink Brighton, 4-5 p.m.; LEGO Club – Explore science, technology, engineering and math through LEGOS®; for 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.

Drawing Portraits, Anythink Brighton, 6-7:30 p.m.; Learn to draw facial features, beginners welcome; for adults. Online RSVP suggested.

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.

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

STEM in the Morning: Fabric and Fiber Inventions, Anythink Brighton, 10-11 a.m. and 11 a.m.-noon; Get hands-on with different science, technology, engineering and math activities; use a sewing machine and other textile techniques to make one-of-a-kind projects; for ages 5 and up. Adult helpers required for children ages 10 and under. RSVP online.

Primetime for Preschoolers, Anythink Brighton, 10:30-11:30 a.m.; 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 friends and family for after-school activities; for students in grades K-5.

Tabletop Gaming Club, Anythink Brighton, 3-5 p.m.; Free Play – Play games or roll your character; journey into the world of designing and playing tabletop gaming; for students in grades 6-12.

8 Music & Movement, Anythink Brighton, 9:30-10 a.m.; Sing, dance, and 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 every Monday. Appropriate for kids in grades 3-8. No registration required.

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

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.

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

9 Little Movers, Anythink Brighton, 10-11 a.m.; Explore early literacy through experiential stations; and gather together 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; creamy tomato soup, three-cheese sandwich and dessert from Inglenook; entertainment by Brighton High School Choir; \$4, deadline March 7.

The Lion King Kids and Madagascar Jr., Platte Valley Players presents; in the Armory, 7 p.m.; young actors of Platte Valley Players bring the jungle to the Armory stage with classic stories *The Lion King* and *Madagascar*; buy tickets through Platte Valley Players online – plattevalleyplayers.org – or at the door; adults \$12 online, \$14 at the door; under 12 and over 65, \$10 and \$12

Once On This Island, Brighton High School, 7 p.m.; BHS Drama celebrates “25 years” with the story about why we tell the stories, revisit your story; adults \$12, students and senior citizens \$7; at the door or on bulldogdrama.booktix.com.

10 Yoga for All, Anythink Brighton, 11 a.m.-noon; Yoga is for everyone – regardless of size, background, age or flexibility. Explore yoga in a safe, friendly environment, with modifications and props available for every ability. Learn basic poses that build strength and flexibility while incorporating breathing techniques to help calm and de-stress your body; ages 12 and up.

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.

Volunteers at Barr Lake State Park, 11 a.m.-2 p.m.; meet friends, learn new skills, work together as a project team; the lake's family of volunteers help the park thrive and improve; sign up at the Colorado Parks and Wildlife volunteer page.

The Lion King Kids and Madagascar Jr., Platte Valley Players presents; in the Armory, 2 p.m. and 7 p.m.; young actors of Platte Valley Players bring the jungle to the Armory stage with classic stories *The Lion King* and *Madagascar*; buy tickets online – plattevalleyplayers.org – or at the door; adults \$12 online, \$14 at the door; under 12 and over 65, \$10 and \$12

Once On This Island, Brighton High School, 7 p.m.; BHS Drama celebrates “25 years” with the story about why we tell the stories, revisit your story; adults \$12, students and senior citizens \$7; at the door or on bulldogdrama.booktix.com.

11 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.

Chow Mein and Shrimp Dinner, Adams County Regional Park, 9755 Henderson Road, 11 a.m.-3 p.m. (while supplies last); the annual Brighton Japanese American Association fundraiser; tickets \$12, take out available.

12 Toddler Tales, Anythink Brighton, 9:30-10:15 a.m.; time with your toddler listening to stories, songs and finger plays, and a few minutes of social time with other caregivers while the children play; ages 2-3.

Music & Movement, Anythink Brighton, 10:30-11 a.m.; Sing, dance, and 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 in a relaxed atmosphere. Staff available to provide technical assistance; bring complete job history, references, education, and any other information needed to complete a resumé or job application.

Sewing 101: Zippered Pouches, Anythink Brighton, 6:30-7:30 p.m.; Create a useful pouch, and learn to add a zipper; sewing basics for beginners, and good for those with more experience. RSVP online.

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.

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

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.

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. 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 dclements@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 abdominals, hips and shoulders, increase flexibility, stamina, improve overall health; taught by licensed physical therapist / certified Pilates instructor, \$9, RSVP 303-498-1840.



Watercolor Techniques, Anythink Brighton, 6-7:30 p.m.; learn painting techniques with watercolors; for adults. RSVP suggested.

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.

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

Denver Mob Tour B, Eagle View Adult Center, 10:15 a.m.; the center rebooked this 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 March 9

Primetime for Preschoolers, Anythink Brighton, 10:30-11:30 a.m.; 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 friends and family for after-school activities; for students in grades K-5.

Tabletop Gaming Club, Anythink Brighton, 3-5 p.m.; Cardboard Arcade – Use cardboard to create interactive arcade-style games; journey into the world of designing and playing tabletop gaming; for students in 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.

15 Music & Movement, Anythink Brighton, 9:30-10 a.m.; Sing, dance, and 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 every Monday. Appropriate for kids in 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 kids ages 2-6. *Acompañanos para cuentos, canciones, rimas y juego en inglés y español. Apropiado para niños de 2 a 6 años. No se requiere registro.*

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

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

Action Lab: Mech Design, Anythink Brighton, 3:30-5:30 p.m.; Design mechanized robots and get them moving with tech! Think Pacific Rim or Gundam meets arts and crafts; for students in grades 6-12.

Artist Salon, Main Street Creatives, 36 S. Main St., 7 p.m.; Reviving “Botanical Road Kill” into Exquisite Pen-and-ink Illustrations, featuring Marjorie Leggett; free.

16 Bonfils Blood Drive, Platte Valley Medical Center, 1600 Prairie Center Parkway; 8 a.m.-1:30 p.m.

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

Once On This Island, Brighton High School, 7 p.m.; BHS Drama celebrates “25 years” with the story about why we tell the stories, revisit your story; adults \$12, students and senior citizens \$7; at the door or on bulldogdrama.booktix.com.

Friday Night Concert, a celebration of instrument and song; in the Armory Performing Arts Center, 300 Strong St.; 6:30 p.m. reception/chamber music, 7 p.m. concert; featuring student and adult musicians, the

concert caps off the Euterpean Society Music Week in 27J schools.

17 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.



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 healing after delivery and raising a baby; free. Sign up at pvmc.org/events or 303-498-1481.

Once On This Island, Brighton High School, 7 p.m.; BHS Drama celebrates “25 years” with the story about why we tell the stories, revisit your story; adults \$12, students and senior citizens \$7; at the door or on bulldogdrama.booktix.com.

18 Once On This Island, Brighton High School, 2 p.m.; BHS Drama celebrates “25 years” with the story about why we tell the stories, revisit your story; adults \$12, students and senior citizens \$7; at the door or on bulldogdrama.booktix.com.

19 Toddler Tales, Anythink Brighton, 9:30-10:15 a.m.; time with your toddler listening to stories, songs and finger plays, and a few minutes of social time with other caregivers while the children play; ages 2-3.

International Hearing Dog, Eagle View Adult Center tour, 10:15 a.m.; visit facility in Henderson; see how they train dogs to help people who are deaf or hard-of-hearing, with and without multiple disabilities, at no cost to the recipient; lunch at El Jardin afterward; \$8 plus lunch (\$15+), deadline March 12.

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

Sewing 101: Sewn Coasters, Anythink Brighton, 6:30-7:30 p.m.; make an easy, stylish fabric coaster with the library's sewing machines; for adults. RSVP suggested.

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

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, free.

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

Stroke Survivor's 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 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.

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 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.

Spring Flowers, Anythink Brighton, 6-7:30 p.m.; make a small flower arrangement; for adults. RSVP online.

Full Moon Walk, Barr Lake State Park, 6:30 p.m.; Spring is Sprung – 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.

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.

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

Brighton Book Lovers, Anythink Brighton, 10-11:30 a.m.; *Dangerous Ground: My Friendship with a Serial Killer* by M. William Phelps; for adults. Online RSVP suggested.

Primetime for Preschoolers, Anythink Brighton, 10:30-11:30 a.m.; 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 friends and family for after-school activities; for students in grades K-5.

Tabletop Gaming Club, Anythink Brighton, 3-5 p.m.; Free Play – Play games or roll your character; journey into the world of designing and playing tabletop gaming; for students in grades 6-12.

22 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.

Music & Movement, Anythink Brighton, 9:30-10 a.m.; Sing, dance, and 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 every Monday. Appropriate for kids in 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. No registration. *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 mat, info 303-498-1840.

Medicare 101, Eagle View Adult Center, 6:30-8 p.m.; an overview of Medicare, what it is and how it works, especially Parts A and B, 303-655-2075 to register, free, deadline March 20.

Understanding and Responding to Dementia-related Behavior, Eagle View Adult Center, 6:30-8:30 p.m.; learn to decode behavioral messages, identify common triggers and learn strategies to help intervene with common behavioral challenges. Alzheimer's Association program, free/donation; deadline March 14, RSVP 303-655-2075.

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

24 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.

Baby-Wearing Dance, Anythink Brighton, 10-10:45 a.m.; Bring baby and your baby carrier (wrap, sling, etc.) for an easy dance class; an active, fun way to bond with your little one. Older siblings welcome to attend.

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.

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.

25 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.

26 Toddler Tales, Anythink Brighton, 9:30-10:15 a.m.; time with your toddler listening to stories, songs and finger plays, and a few minutes of social time with other caregivers while the children play; ages 2-3.



Music & Movement, Anythink Brighton, 10:30-11 a.m.; Sing, dance, and 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 in a relaxed atmosphere. Staff available to provide technical assistance; bring complete job history, references, education, and any other information needed to complete a resumé or job application.

Nutrition Myth or Fact, Platte Valley Medical Center Conference Room A, 4-5 p.m.; with so many different opinions, how do we know what nutrition advice is the best? Come debunk nutrition myths as well as learn the truth. Sign up online or call 303-498-1481.

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

Spring Break Day Camp, Barr Lake, 10 a.m.-noon for ages 4-6; connect kids with the outdoors while building appreciation for science, age-appropriate crafts, hikes and exploration; RSVP 303-659-6005. \$7 daily or annual parks pass required.

Story Time at the Firehouse, Fire Station 54, 15229 Great Rock Road, 10:30 a.m.; story time and station tour, snack, for children 3-5 with caretaker; free, RSVP required to Dawn, 303-659-4101.

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

STEAM Tuesdays, Anythink Brighton, 4-5 p.m.; Spark Creation – Express yourself while exploring different artist mediums; explore science, technology, engineering, art and math. Appropriate 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.

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.

28 Book Club, Eagle View Adult Center, 9 a.m.; club focuses on inspirational real-life stories; read *Lab Girl* by Hope Jahren.

Bowling for Fun, Eagle View Adult Center trip, 9:15 a.m.; two hours of bowling at Coal Creek Lanes in Lafayette; for bowlers of all levels; shoe rental included in cost, lunch after at choice of nearby restaurants; \$13 plus meal (\$10+), deadline March 14.

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

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

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

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

Tabletop Gaming Club, Anythink Brighton, 3-5 p.m.; Sensory Game Design – Design tactile, sensory-based games; journey into the world of designing and playing tabletop gaming; for students in grades 6-12.

29 Spring Break Day Camp, Barr Lake, 9 a.m.-noon for ages 7-12; connect kids with the outdoors while building appreciation for science, age-appropriate crafts, hikes and exploration; RSVP 303-659-6005. \$7 daily or annual parks pass required.

Music & Movement, Anythink Brighton, 9:30-10 a.m.; Sing, dance, and 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 every Monday. Appropriate for kids in 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 kids ages 2-6. No registration required. *Acompañanos para cuentos, canciones, rimas y juego en inglés y español. Apropriado para niños de 2 a 6 años. No se requiere registro.*

Readers Theatre performance, Eagle View Adult Center, 11 a.m.; 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.

30 Acrylic Paint Party, Eagle View Adult Center, 9 a.m.-noon; instructors Judy Schissler and Kathy Bolson provide all the supplies and instruction to paint and finish a canvas picture of Boots and Tulips; no experience necessary – just promise to have fun. \$35; deadline March 27.

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

Movie: *Beauty and the Beast* (PG), Eagle View Adult Center, 1 p.m.; it's spring break so bring your grandkids; live version, Emma Watson (from *Harry Potter*) is Belle; snacks; free but please register, deadline March 29

31 Bird Walk, Barr Lake State Park, 10-11 a.m.; join author Joe LaFleur, hands-on identification of migrant and resident birds in habitats; beginners welcome, meet at the Visitor Center; ages 10 and up, bring binoculars and good walking shoes; RSVP 303-659-6005.

Easter Egg Hunt, Barr Lake State Park, 10 a.m.-1 p.m.; "All About Eggs," 10-10:30; bring the family and Easter basket to gather eggs and fun nature facts at 10:45; crafts (by Bird Conservancy of the Rockies), face painting and fun, 11 a.m. 1- p.m., ages 3-10; RSVP 303-659-6005. \$7 daily or annual parks pass required.