



SUMMER 2010

ADULT ACTIVITIES

Hyland Hills Park and Recreation District — 303-428-7488 — www.hylandhills.org

COOKING

CAKE DECORATING INTRODUCTION #444101

This is the introduction into the world of cake decorating. This class will be a lecture in which recipes and instructions for frosting and cake(s) will be given and demonstrated.

Ages: 15 and up

Fee: \$10 Resident, \$12 Non-Resident

Date	Day	Time	Loc
Apr 28	W	6pm-8pm	PMC

After you've attended the introduction class, bring your cake and frosting to the following "themed" decoration classes to learn new tips and techniques.

Ages: 15 and up

Fee: \$10 Resident, \$12 Non-Resident (per class)

Time: 6pm-8pm

Location: PMC

Mothers' Day - May 5 #444101

Fondant Floral Surprise.

Garden Flowers - May 5 #444101

Various Floral

Graduation - May 12 #444101

Caps and Scrolls.

Baby/Bridal Showers - Jun 2 #444101

Pins, booties, rattles, umbrellas, filled flowers.

Father's Day - Jun 16 #444101

Hamburger Cake

Birthday - Jul 14 #444101

COOKING WITH FRESH & HEALTHY FOODS

#444101

We will learn to make summer foods such as salads and veggie sides using whatever is in season at the time.

Ages: 18 and up

Fee: \$10 Resident, \$12 Non-Resident

Date	Day	Time	Loc
Jun 30	W	6:45pm-8pm	PMC
Aug 4	W	6:45pm-8pm	PMC

SALSA, DIPS AND FINGER FOODS #444101

Learn to make your own fresh and healthy salsas. In this class you will learn to make Pico De Gallo, Salsa De Tomatillo, and Salsa De Crema! Healthy finger foods!

Ages: 18 and up

Fee: \$10 Resident, \$12 Non-Resident

Date	Day	Time	Loc
Jul 12	M	6pm-8pm	PMC

FLORA'S PORK GREEN CHILI #444101

Popular class—best chile west of the Mississippi. Empanadas are filled with sweet spicy meat and nuts.

Ages: 18 and up

Fee: \$10 Resident, \$12 Non-Resident

Date	Day	Time	Loc
Aug 2	M	6pm-8pm	PMC

JELLY, JAM & PRESERVES #444101

Great tips and recipes will be given. You won't want to miss these classes!

Ages: 18 and up

Fee: \$10 Resident, \$12 Non-Resident

Date	Day	Time	Loc
Aug 4 - Jelly	W	6:30pm-8:30pm	MAC
Aug 11- Jams & Preserves	W	6:30pm-8:30pm	MAC

STAYCATIONS

SHOSHONI YOGA RETREAT #462000

Yoga & Meditation Day Retreat: All-Levels
Immerse yourself in spiritual energy during a daylong retreat at Shoshoni Yoga Retreat Centered in the mountains above Boulder. Begin with a relaxing hatha yoga class followed by a gourmet vegetarian lunch. Ample time for questions and answers make the retreat a truly individual experience.

Ages: 18 and up

Fee: \$32 includes lunch and transportation

Date	Day	Time	Loc
Jul 10	SA	7:45am-2pm	PMC

TOUR OF GHOSTS DOWNTOWN DENVER #462000

Come take a Ghost Walk on Capitol Hill and try to invoke some spooks and spirits during a two-hour stroll around Capitol Hill. We'll also explore some of the architecture, history, and sex scandals of the region. Be advised: Salty language may be used to describe seamy behavior. We will stop for appetizers, beverages or a light dinner downtown, not included in the tour price.

Ages: 18 and up

Fee: \$25

Date	Day	Time	Loc
Apr 16	F	6:15pm-8:30pm	PMC

WALK, TALK AND COFFEE AT CARL PARK #462000

Hike the trail around Carl Park and then come inside the community center for coffee, fruit and donuts. Great way to visit, meet new people and exercise at the same time. Dress warm. This walk will be calm, but invigorating.

Ages: 10 and up

Fee: \$1 Resident, \$2 Non-Resident

Date	Day	Time	Loc
Apr 26	M	8:30am-10am	CP

KING TUT AND THE GREAT PHARAOHS #462000

Come with us to the Denver Art Museum to see a fantastic exhibit.

Ages: 10 and up

Fee: \$15 Resident, \$20 Non-Resident

Date	Day	Time	Loc
Jul 20	T	5:30pm-9pm	PMC

BODY WORLDS & THE STORY OF THE HEART

#462000

An all-new exhibit at the Museum of Nature & Science, will reveal — through the lenses of anatomy, cardiology, psychology and culture — how the heart nourishes, regulates and sustains life.

Ages: 10 and up

Fee: \$16 Resident, \$21 Non-Resident

Date	Day	Time	Loc
Jun 17	TH	6:30pm	PMC