



WMC Community Days Calendar

April 2017

WMC FEATURED EVENTS

(These events are not sponsored by WMC, but we encourage you to attend in an effort to promote getting outside and staying active and healthy.)

Bike Friendly Arvada

Bike Friendly Arvada is proud to lead fun, organized bike rides all around the city from April through October each year. These rides are geared for cyclists of all levels with a focus on children, families and casual/recreational riders. Visit the Bike Friendly Arvada website for more information and a list of all upcoming community rides!

Cost: Free

More Info:

<http://www.bikefriendlyarvada.org/>

Children's Bee Earth Day

Come celebrate the beautiful spring weather at Growing Gardens' budding organic farm! Children will be able to plant seeds to take home, investigate insect habitats, explore worm composting systems, learn about honeybees & beekeeping, and create garden art. We will also have an obstacle course, prizes, live music, an Iris divide demo from Long's Gardens, and baby goat races!

Date/Time: **Sat, April 22, 10am – 2pm**
(Rain date: April 29th)

Location: Growing Gardens, 1630 Hawthorn Ave, Boulder

Cost: Free

More Info: <http://www.growinggardens.org/children-s-bee-earth-day>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 Free Day: Denver Botanical Gardens	3	Free Day: Denver Botanical Gardens @ Chatfield	5	6	7	8 Raising Backyard Chickens, 10:30am @ Majestic View Nature Center, Arvada
4	10 * Free Day: Denver Museum of Nature & Science * Move More to Manage Diabetes, 1:30p @ the MAC, Westminster	11	12	13	14 Free Day: Four Mile Historic Park	15 Free: Community Hike at Standley Lake, 9am @ 100 th Ave/Owens Free: National Parks
16 Free Day: National Parks	17 Creative Cooking for Diabetes, 1:30p @ the MAC, Westminster	18	19	20	21 Free: Café Cultura Spoken Word Workshop, 6pm @ Cafe Cultura, 910 Galapago St, Denver	22 Free Day: National Parks Free: Arbor/Earth Day, 11-3p @ City Center Park, Westminster
23 Free: 9 Health Fair, 7am-12pm @ Apex Center, Arvada Free: National Parks	24			27	28 Mental Health First Aid, 8a @ Community Reach Center, Westminster	29 Free: Intro to Hiking Colorado's Front Range, 10:30a @ Majestic View Nature Center, Arvada
30 Free Day: Denver Art Museum, 10am						

