



WMC Community Days Calendar

MAY 2016

WMC FEATURED EVENTS

(Some of 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.)

WMC Day at Westminster Rec Center

Join WMC for a day of fun at your local Rec Center. Hang out with Stacey, the health coach and learn and experience what the Rec Center has to offer from swimming, to exercise, to classes, and more.

Date: 5/7/16 (10am-1pm)
 Location: City Park Rec. Center
 Cost: Free
 Sign Up Required by 4/2: call (303) 487-5177 or email
 Stacey.coach@westminstermedicalclinic.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Dawn Chorus, 6-8pm at Two Ponds Nat Refuge	2 Cinco de Mayo at Civic Center Park	3 Cinco de Mayo at Civic Center Park *Free Day: Children's Museum, 4-8pm	4	5	6 The Big Wonderful Market in Downtown Denver	7 *Free Day: Denver Art Museum, 10am-5pm *WMC Feature Event: Rec Center Day, 10-1pm
8 *Mother's Day 5K and Brunch, 10am at City Park	9 *Free Day: Denver Museum of Nature and Science, 9am-5pm (CO residents only)	10	11	12	13	14
15 The Colfax Marathon	16	17	18	19	20	21
22	23	24	25	26	27	28 *Denver Day of Rock, 2:30-9:30pm in downtown Denver
29 Artstir Denver, 11am-7pm at Denver Pavilions	30 Memorial Day	31				

More information about all of these events can be found on the following websites:

Westminster: <https://www.ci.westminster.co.us/eservices/events/>

Arvada: <https://arvada.org/calendar/>

Denver: <http://www.denver.org/event/>

