



WMC Community Days Calendar

October 2017



WMC FEATURED EVENTS

(Most 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 Weekend Wellness: Family Yoga & Pumpkin Patch Field Trip

Celebrate fall with a fall-themed Family Yoga class followed by a visit to Rock Creek Farm in Broomfield.

Date/Time: Sat, Oct 14th, 8:30am-12:00pm

Location: Westminster Medical Clinic

Who: ALL LEVELS, Ages 3+

Cost: \$10/person or \$15/family

RSVP: Stacey, 303-487-5177

Miller Farms Fall Harvest Festival

Spend the day harvesting and enjoying a day in the life of a farmer. Learn about Colorado Produce, how it's grown and where it comes from by hands on experience! In addition to harvesting, there will be lots of cool activities and toys!

Date/Time: Labor Day through Mid-November, 9am-7pm daily

Location: 13912 CR 19, Platteville

Cost: Adults 13+: \$20, Kids 4-12: \$15

More Info: www.millerfarms.net, 970-785-6133

Colfax Marathon Kickoff Pancake Run 5k/10k

Kickoff training for spring racing with a 5k/10k fun run with free pancakes at the end!

Date/Time: Oct 21st, 7am

Location: Runners Roost- Colorado Blvd, Denver

Cost: Free

More Info:

<http://www.runcolfax.org/training/group-training-runs/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Free Day: Denver Museum of Miniatures, Dolls and Toys, Denver, 10a-4p 1	2	Free Day: Children's Museum of Denver at Marsico Campus, Denver, 4-8pm 3	Coffee with a Cop, 5340 Coffee, Arvada, 10a-12p 4	Free: Family Time, Standley Lake Library, Arvada, 7p 5	Free: First Fridays at Start Acre Farm, Arvada 5-8pm 6	--Free Day: Denver Art Museum, 10a-5p --Free: Festival of Scarecrows, Old Towne Arvada, 10a-2p 7
Free: Pumpkin Harvest Festival, Four Mile Historic Park, Denver, 10a-4p 8	9	Denver Botanic Gardens at Chatfield's Pumpkin Fest, Denver, 9a-5p, \$7 for adults, \$5 for kids 10	Free: Indigenous Film and Art Festival, Denver Museum of Nature and Science, Denver 6:30p 11	12	Pumpkin Festival, Denver Botanic Gardens Chatfield Farms, Littleton, 9a-5pm (runs Friday-Sunday) 13	WMC Event: Family Yoga & Pumpkin Patch Field Trip, WMC/Rock Creek-Broomfield 8:30a-12p 14
Oct. Pumpkin Carnival, Rocky Mountain Pumpkin Ranch, 9059 Ute Hwy, Longmont, 9a-6pm (Sat/Sun) 15	Free Day: Denver Museum of Nature & Science, 9a-5p 16	Free: A Walk thru History: Arvada Heights, 7030 Garrison St, Arvada 17	Free Day at City Park Fitness Center, Westminster 5:30a-9p 18	Glow at the Gardens, Denver Botanic Gardens, York St., 5:30-9:30pm (Weds and Thurs in Oct) 19	20	Free: Halloween Harvest Festival, Westminster, 5-8p 21
Free: Making Strides Against Breast Cancer 5k, Greenwood Village, 8a-12p 22	Free: Delva Community Enchanted Garden Tour, Arvada, 9a-8p 23	Hill's Harvest Pumpkin Patch, 3225 E 124th Ave, Thornton, 10a-6pm (M-Sat), 10a-5pm 24	25	26	Apex Center Annual Halloween Carnival, Arvada, 4-7p, \$5 for Children 27	Free: Bike Friendly Arvada Graveyard Ride, Lincoln Academy, Arvada, 10a-12p 28
Free: Northern Colorado Home Show, 5290 Arena Cir, Loveland, 12p-5p 29	Boo at the Zoo, Denver Zoo, 9a-5pm 30	Free: Munchkin Masquerade, Pearl St, Boulder, 3-6p 31				