



# WMC Community Days Calendar

## September 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 Event:

#### Introduction to Tai Chi For Beginners

Taught by Jim West. Tai Chi is great for your health. It consists of slow, peaceful movements developing grace, balance and concentration. It is a form of moving meditation which reduces stress and tension while calming the mind.

Date/Time: Sat., September 9, 8-9:30AM

Location: Westminster City Park

Ages: 12+

Cost: \$10/person

More Info/Sign Up: 303-487-5177 or [stacey@westminstermedicalclinic.com](mailto:stacey@westminstermedicalclinic.com).

### September Splendor in the Rockies:

Celebrate the Fall in Gunnison & Crested Butte, where the state's largest aspen stand (along Kebler Pass) puts out a riot of color in September. Self-guided tours, farmers' markets, art walks, a harvest festival, mountain-bike tour and more make the month especially merry.

Date/Time: Weekends, September 1-30, 2017

Location: All across Colorado!

### Fall Equinox Half Marathon/5k

Enjoy the beauty and downhill course along Colorado's wild and scenic river.

Date/Time: September 17, 7:30am

Location: 137714 Poudre Canyon Rd, Bellvue, 80512.

More Info:

<http://equinoxhalfmarathon.com/race-info/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					*Free: First Fridays at Star Acre Farm, Arvada, 5-8p *Free: Movie in the Park-Finding Dory, Countryside Park, Westminster, 6-10pm	Free Day: Denver Art Museum, 10a-5p
Free Day: Denver Museum of Miniatures, Dolls and Toys, Denver, 1-4pm		Free Day: Children's Museum of Denver at Marsico Campus, Denver, 4-8pm		Free: Drop In Discovery, Majestic View Nature Center, Arvada, 10am	*Free: Four Mile Historic Park, 9a-5p *Free Day: City Park Rec Center, Westminster	* WMC Wellness Event: Tai Chi, Westminster City Park, 8-930am * Free Day: Dinosaur Ridge, Morrison, 10a-2p
Free: Arvada Harvest Festival, 5640 Yukon St, 8am (runs Friday-Sunday)		Free: Hands Dirty, Feet Wet Nature Playdates, Majestic View Nature Center, Arvada, 10a-11:30a			Boulder Fall Fest, Downtown Boulder-Pearl St, 5p-10p (runs through Sunday)	* Free: Toby's Pet Parade/Fair, Golden, 8:30a-1p * Farm Tour, Pioneer Farmsteads Farm, Westminster, 1:30-3p
* Free Day: Denver Museum of Nature and Science, 9a-5p * Free: Buffalo Bill Museum & Grave Day, Golden, 9a-5p	Free: Drop In Discovery, Majestic View Nature Center, Arvada, 10am				Free Day: Molly Brown House Museum, Denver, 10a-3:30p	* Free: Community Hike, Gold Strike Park, Arvada, 9-11a *Ciclovía Bicycle Festival, Downtown Westminster, 10a-2p
Free: Arvada Farmers Market, Arvada 9a-1:30p			Free: Community Harvest Festival, Growing Gardens, Boulder, 4-7pm		14er Fest, 402 E. Main St., Buena Vista (Friday through Sunday)	Free: Longmont Chalk Art Street Fair and Bin Market, 600 Longs Peak Ave.

