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ONLINE REGISTRATION NOW AVAILABLE

HOW TO REGISTER

Register Online
https://townofpalisade.sportsiteslabs.com/player

Register at Town Hall: 175 E. 3rd street

Sorry, no refunds or make-ups for missed classes.
In the event of cancellation, make up sessions will be offered or a refund may be applicable.

Town Hall Hours: Mon-Fri 8:30 AM-4:30 PM
Closed on Federal Holidays

Town of Palisade will Accept: 💳

Stay up to date: Follow Us!

Join our email list at www.townofpalisade.org

Show off your love for Palisade: whether you shop downtown, participate in a program, attend a special event, or enjoy our parks. Share your photos and tag us at #PalisadeRec or #Palisadepool.

PALISADE RECREATION SCHOLARSHIPS

The Town of Palisade offers scholarships throughout the year for mesa county residents under the age of 18, covering up to 50% of registration fees for Palisade recreation programs.

- All participants must provide proof of eligibility, supporting documents, and application 30 days prior to the start date of the program the individual is planning to enroll in.
- Eligibility: D51 Free/reduced lunch, Medicaid, or CHP
- Scholarships recipients may only be awarded three times per calendar year.

CONTACT US

Town of Palisade
Street Address 175 E. 3rd Street
Mailing Address PO Box 128
Palisade, CO 81526

Office Phone 970-464-5602
Rec Program Cellphone 970-778-5969
Website www.townofpalisade.org

Parks & Recreation Department Staff

Sarah Brooks
Recreation & Events Coordinator
sbrooks@townofpalisade.org
Phone Extension: 6310

Frank Watt
Public Works Director
fwatt@townofpalisade.org
Phone Extension: 6402

VOLUNTEER

Get involved in the community!
The Town of Palisade is looking for volunteers to help with Palisade Bluegrass & Roots Festival and the Sunday Market.
FACILITY RENTALS: Palisade's recreation facilities are available for private functions and commercial use. Contact the Recreation Department for rates and availability.
### Palisade Community Garden Projects

**Roll up your sleeves and get your hands dirty!**

**Palisade Community Garden:** 2018 garden plots will be available for rent beginning Jan 16th at Town Hall. All rental plots include soil, city water, and access to compost. Available to both Palisade residents and non-residents. Refundable $5.00 key deposit is also required at the time of garden reservation.

All 2018 plot reservations will expire Dec 15, 2018.

**Deadline for Plot Reservation:** June 1, 2018

<table>
<thead>
<tr>
<th>Box Sizes</th>
<th>7.5 X 7.5</th>
<th>5.5 X 10.5</th>
<th>3 X 10.5</th>
<th>4 X 8</th>
<th>3 X 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quantity Available</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Rental Rates</td>
<td>$20.00</td>
<td>$20.00</td>
<td>$20.00</td>
<td>$15.00</td>
<td>$10.00</td>
</tr>
</tbody>
</table>

**Bike Park Maintenance Day**

The Town of Palisade is partnering with Rapid Creek Cycles and COPMOBA for a spring maintenance and park repair at the Bike Skills Park. Lend a helping hand and learn how to properly maintain bike dirt jumps and pump tracks. Bring a water bottle, wear sturdy shoes and gloves. Bring extra yard tools if you have them.

**Date:** Saturday, March 24

**Time:** 9:00 AM - 12:00 PM

**Location:** Bike Skills Park @ Riverbend Park

**Palisade Rim Clean up Day:** Palisade Rim Trail has become a popular hotspot in the Grand Valley. Get some exercise and lend a helping hand with a short hike and a clean up day at the Palisade Rim Trail Head and Parking Area. Wear sturdy shoes, bring a water bottle, and gloves.

**Wednesday, May 16**

**5:00 PM - 7:00 PM**

**Location:** Palisade Rim Parking Lot
# 5 Group Fitness

Weekly Fitness Schedule

All fitness classes are held at the Palisade Community Center. Open to ages 14+.
FREE WEEK: Try any class for free Feb 5 - Feb 9 and receive $5.00 discount on punch passes.

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Drop in Rates</th>
<th>Punch Passes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Body Fitness (Sarah)</td>
<td>Mon</td>
<td>5:30 PM - 6:20 PM</td>
<td>$4.00 drop in</td>
<td>$30.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10 punch-pass</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No Class: Jan 15, Feb 19, May 28</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday Yoga (Teri)</td>
<td>Tues</td>
<td>6:00 PM - 7:00 PM</td>
<td>$8.00 drop in</td>
<td>$36.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6 punch-pass</td>
</tr>
<tr>
<td>Core Strength &amp; Tone (Sarah)</td>
<td>Wed</td>
<td>10:00 AM - 10:50 AM</td>
<td>$4.00 drop in</td>
<td>$30.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Last class of Season: May 23</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10 punch-pass</td>
</tr>
<tr>
<td>Weights for Life (Sarah)</td>
<td>Thurs</td>
<td>10:00 AM - 10:50 AM</td>
<td>$4.00 drop in</td>
<td>$30.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10 punch-pass</td>
</tr>
<tr>
<td>Gentle Yoga (Teri)</td>
<td>Thurs</td>
<td>6:00 PM - 7:00 PM</td>
<td>$8.00 drop in</td>
<td>$36.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No Class: Feb 15 &amp; May 3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Total Body Fitness:* This class is designed to improve cardiovascular strength, tone muscles, and increase flexibility through a variety of moderate-level impact exercise routines and interval training that will help to burn more calories.

*Tuesday Yoga:* Designed for beginner/intermediate level yogis. Class begins with a sun salutation and ends with a guided meditation. This class is a blend of Iyengar and Hatha yoga, with a short Vinyassa yoga segment at the end of class.

*Core Strength & Tone:* Strengthen the core, tone muscle, enhance flexibility, and improve balance through low-impact workout routines that incorporate basic Pilates and Yoga movements.

*Weights for Life:* Build muscle strength and tone using dumbbells, bands, and the stability ball. Improve balance and flexibility with integrated Pilates movements. Low-impact cardio movements will also be added into each routine to boost heart rate and increase calorie burn.

*Gentle Yoga:* Enjoy a stress relieving class that will build strength and flexibility gently, over time. Appropriate for seniors or anyone with limited mobility, injury, or those who prefer a softer approach to yoga. Relaxation and restoration are promoted in a calming environment.
## Early Childhood Programs

### Sports & Active Play

**Kidding Around Yoga (Ages 3-6):** Yoga for kids and families. Participants will share games, stories and music to get children motivated and moving. The techniques presented build strength, confidence, flexibility and a sense of calm. It also teaches stress management techniques, resiliency and coping skills to help bring peace into hurried lives and day to day activities. Parents encouraged to participate.

- **FREE DEMO DAY**
  - Monday, January 15
  - 9:30 AM - 10:30 AM
  - Deadline: Jan 11

- **Session 1**
  - Mondays
  - 9:30 AM - 10:30 AM
  - Jan 22 - Feb 12
  - Deadline: Jan 17

- **Session 2**
  - Mondays
  - 9:30 AM - 10:30 AM
  - March 5 - March 26
  - Deadline: March 1

  Location: Palisade Community Center
  
  Fee: $20.00 for the first child and $15.00 for the second child.

  Group Size: 3-12

**NZone Sports Junior Program (Ages 3-4):** Tots can learn the basics of basketball through the six week junior league program, teaching the basic skills and fundamentals of basketball. Participants will receive a t-shirt and awards at the end of the season.

- **Saturdays**
  - Times: TBD once leagues are formed
  - Jan 20 - Feb 24
  - Early Bird Deadline: Dec 30

  Location: Palisade Gymnasium

  Fee: $65.00 per child (by Dec 30th)  $75.00 per child (after Dec 30th)

  How to Register: online at [http://nzonesports.com/gj/about-us](http://nzonesports.com/gj/about-us)
7 Early Childhood Programs

Creative Play & Active Exploration

Tots Holiday Parties (Ages 2-5): Parents & kids are invited to celebrate the spring holidays with holiday themed games, crafts, stories, activities, and snacks. Each activity will run for 60-70 minutes.

<table>
<thead>
<tr>
<th>Program</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Deadline</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valentines Day Party</td>
<td>Feb 9</td>
<td>Friday</td>
<td>12:00 PM</td>
<td>Feb 6</td>
<td>Valentines for PD &amp; Fire, games, snack</td>
</tr>
<tr>
<td>St. Patties Party</td>
<td>March 15</td>
<td>Thursday</td>
<td>11:30 AM</td>
<td>March 9</td>
<td>Painting shamrocks, scavenger hunt, snack</td>
</tr>
<tr>
<td>Easter Party</td>
<td>March 30</td>
<td>Friday</td>
<td>12:00 PM</td>
<td>March 23</td>
<td>Painted rock hunt, Easter craft, snack</td>
</tr>
</tbody>
</table>

Location: Palisade Community Center (Lower Level) & Memorial Park

Group Size: 3-10

Fee: $5.00 per child/program (parents are free)

Kids Nature Series (Ages 5-6): Children are encouraged to get outdoors and learn about nature and their surroundings through a fun an interactive nature series that will include a short nature walk, identifying things in nature, scavenger hunts, and a nature based craft or science experiment. This class is perfect for kindergarten and pre-school kids.

<table>
<thead>
<tr>
<th>Session</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Deadline</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tuesday</td>
<td>March 27</td>
<td>1:00 PM</td>
<td>Deadline: March 22</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Thursday</td>
<td>April 12</td>
<td>1:00 PM</td>
<td>Deadline: April 9</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Tuesday</td>
<td>May 8</td>
<td>1:00 PM</td>
<td>Deadline: May 3</td>
<td></td>
</tr>
</tbody>
</table>

Location: Riverbend Park. Meet at the Lions Club Shelter

Group Size: 3-8

Fee: $5.00 per child

Strider Camp (Ages 2-4): Little tykes can learn the basics of riding from balance and steering, stopping, and bike safety on a balance bike without pedals. Participants will also have the opportunity to fine tune skills on dirt track.

<table>
<thead>
<tr>
<th>Tuesdays</th>
<th>Time</th>
<th>Deadline</th>
<th>Location: Palisade Bike Skills Park - Riverbend Park. Access off of Brentwood Drive.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10:30 AM-11:30 AM</td>
<td>April 3 - April 24</td>
<td></td>
</tr>
</tbody>
</table>

Fees: $20.00 (kids with their own bike & helmet) $30.00 (includes all equipment)

Group Size: 3-6 (Only 3 spaces available for kids needing to rent equipment)
**Stay Active!**

**NZone Sports Winter Basketball League (Ages 5-14):** Youth can play in a six week basketball league and practices are conveniently one hour before the games. Players will strengthen their fundamentals of the sport while learning teamwork and sportsmanship. All participants will receive a t-shirt and awards at the end of the season.

- **Saturdays**
  - Times: TBD once leagues are formed
  - Jan 20 - Feb 24
  - Early Bird Deadline: Dec 30

- **Location:** Palisade Gymnasium
- **Fee:** $65.00 per child (by Dec 30th) $75.00 per child (after Dec 30th)
- **How to Register:** online at [http://nzonesports.com/gj/about-us](http://nzonesports.com/gj/about-us)

**Beginner Gymnastics (Ages 5-8):** This class is designed for beginners and individuals needing a refresher in introductory gymnastics. Participants will receive instruction on basic floor routines, introduction to vaulting, and beam work.

- **Session 1:** Tuesdays
  - 5:30 PM - 6:30 PM
  - Jan 23 - Feb 13
  - Deadline: Jan 17
- **Session 2:** Tuesdays
  - 4:30 PM - 5:30 PM
  - April 3 - April 24
  - Deadline: March 28

- **Location:** Palisade Gymnasium
- **Fees:** $26.00/ child
- **Group Size:** 3-6

**Winter Swim Conditioning (Ages 7-17):** This 6 week swim conditioning program will help to prepare current and perspective swim team members for the 2018 summer swim season through drills that will improve stroke techniques, build speed, and endurance. Participants must be able to swim freestyle, backstroke, and breaststroke and have the capability to swim two full lengths of the pool without stopping.

- **Wednesdays**
  - 5:30 PM-6:40 PM
  - Jan 24 - Feb 28
  - Deadline: Jan 18

- **Location:** Orchard Mesa Pool
- **Fees:** $44.00/swimmer, fee includes admission into the OM pool each week.
- **Group Size:** 4 - 8
## Youth Programs

### Active Education

**Home School PE (Ages 6-12):** Whether a home school student or youth that are not on the traditional D51 calendar, youth are invited to take a mid-day break with active programs that will teach various sports skills, teamwork, leadership, fitness, and benefits of active life styles.

<table>
<thead>
<tr>
<th>Program Topic</th>
<th>Dates</th>
<th>Day</th>
<th>Time</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>Jan 12 - Feb 2</td>
<td>Friday</td>
<td>12:00 PM - 1:00 PM</td>
<td>January 9</td>
</tr>
<tr>
<td>Baseball</td>
<td>Feb 16 - March 9</td>
<td>Friday</td>
<td>12:00 PM - 1:00 PM</td>
<td>February 12</td>
</tr>
<tr>
<td>Wacky Fitness</td>
<td>April 6 - April 27</td>
<td>Friday</td>
<td>12:00 PM - 1:00 PM</td>
<td>April 2</td>
</tr>
</tbody>
</table>

Location: Palisade Gymnasium

Fees: $26.00/ child/session

Group Size: 4-12

**Walk to School Day:** May is National Bike to School Month. Taylor students and their families are invited to meet at the Palisade Community Center and bike or walk to school as a huge group. Palisade Fire and EMS will be on site with fleet vehicles for a touch a truck experience.

*Wednesday, May 9*  
Meet between 8:00 AM-8:20 AM  
Depart for school at 8:30 AM

Location: Palisade Community Center

Fees: FREE and Participants receive stickers for walking and biking

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**Register for Palisade Recreation Programs Online**  
[https://townofpalisade.sportsiteslabs.com/player](https://townofpalisade.sportsiteslabs.com/player)
10 Early Release Programs

Science, Nature, and Sports

Early Release Programs: Wednesdays 2:00 PM - 4:30 PM. After school pick up is available for Taylor Elementary students at 1:50 PM. Youth from other schools are welcome to join, but are responsible for their own transportation. Participants should pack a snack and water, and wear tennis shoes for each of the programs.

Pick up Location: Palisade Community Center

<table>
<thead>
<tr>
<th>Program</th>
<th>Age Group</th>
<th>Dates</th>
<th>Group Size</th>
<th>Fee</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>STEM Building</td>
<td>6 - 11</td>
<td>Jan 10 - Jan 31</td>
<td>4 - 8</td>
<td>$30.00</td>
<td>Jan 8</td>
</tr>
<tr>
<td>Science Camp</td>
<td>2nd - 5th Grade</td>
<td>Feb 7 - March 7</td>
<td>6 - 14</td>
<td>$40.00</td>
<td>Jan 31</td>
</tr>
<tr>
<td>March Madness Games</td>
<td>6 - 11</td>
<td>March 21 &amp; 28</td>
<td>4 - 8</td>
<td>$12.00</td>
<td>March 14</td>
</tr>
<tr>
<td>Colorado Proud</td>
<td>6 - 11</td>
<td>April 4 - April 25</td>
<td>4 - 8</td>
<td>$30.00</td>
<td>March 28</td>
</tr>
<tr>
<td>Palisade Sports Network</td>
<td>6 - 11</td>
<td>May 2 - May 16</td>
<td>4 - 10</td>
<td>$22.00</td>
<td>April 25</td>
</tr>
</tbody>
</table>

STEM Building: Participants will collaborate in small teams to build a variety of structures and toys with every day items. They will learn benefits of recycling items, engage in strategic planning, creativity, and become better innovators.

Science Camp: Kids will have fun with a hands-on science camp where participants will get to build and race mini cars, make door entry alarms using electric circuits, learn about acoustics while building guitars, and delve into the mysteries of science. All supplies are included in the cost of this 5 week camp.

March Madness Games: Spend the last two Wednesdays in March playing non-stop games from teambuilding activities, strategic games like mafia, and fun competitions such as Minute to Win it.

Colorado Proud: Show off your Colorado Love! Kids will learn about the state through activities that center on Colorado geography, ecosystems, and local wildlife. The group will also learn about locally grown and raised with an agriculture field trip to one or two farms in Palisade.

Palisade Sports Network: Participants will stay active with a variety of sports ranging from rugby, disc golf, track and field, and water games. If participants have a Disc from past programs, they are encouraged to bring it, otherwise there will be discs available to use at program.

Camp 7

Summer Session 2018

May 28 - August 10

- Outdoor Based Activities
- 2 Week long sessions
- Scholarships Available

17846 Kimball Creek Rd. - Collbran, CO 970-628-5331
11 Adult Programs

Senior Dining & Personal Enrichment

Gray Gourmet Lunch Program for Seniors (Ages 60+): Meet new friends every week for lunch in Palisade. Monthly programs and senior fitness are also part of the dining experience. All programs begin at 11:30 AM. Diners may also meet early for dominos or cards.

Reservations are required; please call 243-9844 X-1 and reserve by Friday prior to the meal.

Tuesdays Doors Open 10:45 AM Lunch is served at 12:00 PM

Location: Palisade Community Center - Lower Level
Fee: Suggested donation of $3.50 for ages 60+. Individuals under 60, meal cost is $7.75

| January 30 | Flora and Fauna of the Colorado National Monument. Molly Murphy of the National Park Service |
| March 13 | St Patties Party: Dress in Green and celebrate St. Patties Day. |

Library Educational Classes: Join Mesa County Library staff for FREE adult educational classes. Each class requires advanced registration. Contact Ike at 970-683-2449 to enroll.

| Tuesday, March 13 | 6:00 PM | Clifton Library | Group size: 3 - 10 | Deadline: March 12 |

Tech Table: Mesa County Libraries staff will be available to help with your eReader, laptop or other gadget/tech questions. Assistance is offered on a first-come, first-serve basis.

| Tuesday, April 17 | 3:30 PM - 5:30 PM | Palisade Library | Group size: Open | Deadline: None |

Palisade History Walks: Step into the past with an interpretive walk with the Palisade Historical Society. Each month will feature a guided walk covering a different Palisade history topic. All walks are fundraisers for the historical society.

<table>
<thead>
<tr>
<th>History Topic</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Guide</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Civilian Conservation Core Camps at Riverbend Park</td>
<td>March 19</td>
<td>Monday</td>
<td>10:00 AM</td>
<td>Charlene</td>
<td>March 16</td>
</tr>
<tr>
<td>Explore 3rd Street with early settler Colonel Bower</td>
<td>April 4</td>
<td>Wednesday</td>
<td>10:00 AM</td>
<td>Dave</td>
<td>April 3</td>
</tr>
<tr>
<td>Major fires, 7 churches, 2 depots, and 4th Street Bridge</td>
<td>May 4</td>
<td>Friday</td>
<td>10:00 AM</td>
<td>Pricilla</td>
<td>May 3</td>
</tr>
</tbody>
</table>

Group size: All Walks need a minimum of 2 people to run

Location: March 19 meet at Riverbend Park, all others meet downtown Palisade across from the Post Office.

Fees: $5.00 /person for Adults, kids under 12 are free, but must be accompanied by an adult.
12 Adult Programs
Creative Expression & Social Activities

Creative Escapes: Need a creative outlet? Join Palisade Recreation for a variety of DIY classes and creative breaks, perfect way to keep hands busy during the colder season. Each session will include light refreshments.

<table>
<thead>
<tr>
<th>Program</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Coloring: Seasonal themed coloring sheets</td>
<td>Jan 18</td>
<td>Thurs</td>
<td>11:30 AM</td>
<td>$1.00</td>
<td>Jan 17</td>
</tr>
<tr>
<td>Rock Painting: Decorate river rocks to add some extra color to your garden or to place around town for others to find.</td>
<td>Jan 29</td>
<td>Mon</td>
<td>10:00 AM</td>
<td>$4.00</td>
<td>Jan 25</td>
</tr>
<tr>
<td>Adult Coloring: Seasonal themed coloring sheets</td>
<td>Feb 15</td>
<td>Thurs</td>
<td>11:30 AM</td>
<td>$1.00</td>
<td>Feb 14</td>
</tr>
<tr>
<td>Fairy Container Gardens: Make your flower pots inviting to fairies. Plant easy to grow seeds and build your own fairy village. Bring your own Container</td>
<td>March 14</td>
<td>Wed</td>
<td>1:00 PM</td>
<td>$12.00</td>
<td>March 8</td>
</tr>
<tr>
<td>Open to Adults and Kids ages 10 + (kids must register with an adult)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yard Art &amp; Wind Chimes: Add some funky art to your back yard with DIY wind chimes.</td>
<td>April 11</td>
<td>Wed</td>
<td>5:30 PM</td>
<td>$14.00</td>
<td>April 5</td>
</tr>
</tbody>
</table>

Location: Rec Office at Town Hall. Except for March 14, class will be held in the lower level of the Community Center.

Group size: All classes can accept 3 - 12 people

Murder Mystery Party: Dress in character, make accusations, and work to find all the clues to discover the real culprit of the crime. Light appetizers, dessert, and mock-tails will be served.

Tuesday, March 6 6:00 PM-8:00 PM
Deadline: Feb 28

Location: Palisade Town Hall - Annex Building
Fee: $12.00/person (includes appetizers and dessert)

Group Size: 6-12

Volunteers Needed!
The 2018 Palisade Bluegrass and Roots Festival is gearing up, and we need YOU! The festival welcomes almost 300 volunteers every year from across the country to help us out and registration for 2018 will be available online soon. Please contact Keli Frasier at (970) 464-5502 to request the link or be added to the email list or visit www.palisademusic.com for more information! Volunteers are required to work two 4 hour shifts and earn entry into the festival all three days and have an opportunity to win a framed poster signed by all of this year’s performers as well as premium camping for the following year. Gather your friends and come have a blast with us!

Photo Credit: Lisa Kral
Morning Fitness Walk: Enjoy a brisk morning walk with friends. Learn about stretches and exercises that can easily be done at home or in your local parks. Plan to walk 2-4 miles. Dress for the weather, bring water, snacks, and extra money for a local treat stop. Leashed dogs welcome.

<table>
<thead>
<tr>
<th>Walk Location</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Connected Lakes</td>
<td>January 22</td>
<td>Monday</td>
<td>8:30 AM</td>
<td>Jan 18</td>
</tr>
<tr>
<td>Las Colonias</td>
<td>February 5</td>
<td>Monday</td>
<td>8:30 AM</td>
<td>Feb 1</td>
</tr>
<tr>
<td>Blue Heron</td>
<td>February 12</td>
<td>Monday</td>
<td>8:30 AM</td>
<td>Feb 8</td>
</tr>
<tr>
<td>Canyon View Park</td>
<td>March 12</td>
<td>Monday</td>
<td>8:30 AM</td>
<td>March 8</td>
</tr>
</tbody>
</table>

Location: Meet at Palisade Town Hall @ 8:30 AM, Depart by 8:40 AM

Fee: $3.00/person (Includes transportation)

Group Size: 3-12

Photo Credit: Lisa Kral

Grand Valley Marathon
May 5 - 2018

5K * 10K * 1/2 Marathon
Full Marathon
www.grandvalleymarathon.com
**14 Outdoor Recreation**

**Fun in the Snow and on the Trails**

**Snowshoe Outing:** Get outside and play in the snow with the winter snowshoe series on the Grand Mesa. Each outing will feature a different trail. Participants are responsible for bringing their own snowshoes or cross country skies, wear warm waterproof boots, dress in layers, pack water, snacks, and money for the hot cocoa stop on the return trip. If you do not have snowshoes, there are a few groups in Grand Junction that offer affordable rentals. Dogs Welcome!

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Trail</th>
<th>Location</th>
<th>Distance</th>
<th>Difficulty</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 16</td>
<td>Tuesday</td>
<td>8:50 AM</td>
<td>Mesa Lakes Shoreline</td>
<td>Grand Junction</td>
<td>3 miles</td>
<td>Moderate</td>
<td>Jan 11</td>
</tr>
<tr>
<td>Feb 26</td>
<td>Monday</td>
<td>8:50 AM</td>
<td>Sunset Lake</td>
<td>Loma</td>
<td>3 miles</td>
<td>Moderate</td>
<td>Feb 22</td>
</tr>
<tr>
<td>March 5</td>
<td>Monday</td>
<td>8:30 AM</td>
<td>Waterdog Reservoir</td>
<td>Fruita</td>
<td>4 miles</td>
<td>Moderate-Strenuous</td>
<td>March 1</td>
</tr>
</tbody>
</table>

Location: Meet at Palisade Town Hall for the shuttle

Fees: $5/person (includes transportation)

Group Size: 4-12

**Monday Morning Hiking Club:** Explore a variety of trails throughout the Grand Valley. Friendly and vaccinated dogs are welcome on most hikes. Participants should dress in layers, wear sturdy shoes, pack water, snacks, and extra money for the occasional treat stop.

**Mondays**

Meet at 7:50 AM. Depart at 8:00 AM

Deadline: Thursday before the hike

Location: Meet at Town Hall for the shuttle - 175 E. 3rd Street

Fee: $4/hike (includes transportation)

Group Size: 3-12

<table>
<thead>
<tr>
<th>Date</th>
<th>Trail</th>
<th>Location</th>
<th>Distance</th>
<th>Difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 26</td>
<td>Matchett Park</td>
<td>Grand Junction</td>
<td>3 miles</td>
<td>Easy</td>
</tr>
<tr>
<td>April 2</td>
<td>Steve’s Loop</td>
<td>Loma</td>
<td>4.5 miles</td>
<td>Moderate</td>
</tr>
<tr>
<td>April 9</td>
<td>Devil’s Canyon (D6)</td>
<td>Fruita</td>
<td>4.5 miles</td>
<td>Moderate-Strenuous</td>
</tr>
<tr>
<td>April 16</td>
<td>Bean Ranch Road</td>
<td>Whitewater</td>
<td>4.8 miles</td>
<td>Moderate-Strenuous</td>
</tr>
<tr>
<td>April 23</td>
<td>Holey Bucket</td>
<td>Little Park Road</td>
<td>2.8 miles</td>
<td>Easy-Moderate</td>
</tr>
<tr>
<td>May 7</td>
<td>Kodel Canyon (K10-D1)</td>
<td>Fruita</td>
<td>3 miles</td>
<td>Moderate-Strenuous</td>
</tr>
<tr>
<td>May 14</td>
<td>Time Machine-Ali Ali</td>
<td>Grand Junction</td>
<td>3-4 miles</td>
<td>Moderate</td>
</tr>
<tr>
<td>May 21</td>
<td>East Creek Trail</td>
<td>Whitewater</td>
<td>3 miles</td>
<td>Easy-Moderate</td>
</tr>
</tbody>
</table>
Moab Day Hike: Explore the red rock country of Moab, UT by foot with a 5 mile hike on the Fisher Towers Trail. Dress in layers, wear sturdy hiking shoes, bring water, pack a lunch, and snacks. Dogs Welcome!

**Tuesday, March 20**
Meet at 7:30 AM, Depart at 7:40 AM
Deadline: March 13
Location: Meet at Palisade Town Hall for the shuttle
Fees: $14/person (includes transportation)
Group Size: 5-12

Sandhill Crane Observation: Each year hundreds of Sandhill Cranes make their way into Delta to roost during the winter months. Enjoy a short evening outing including a walk in Escalante State Wildlife Area and viewing of the sunset and the Sandhill Cranes. Pack water, binoculars, camera, warm clothes, and a lawn chair.

**Thursday, February 22**
Meet at 3:30 PM, Depart at 3:40 PM
Deadline: Feb 15
Location: Meet at Palisade Town Hall for the shuttle
Fees: $8/person (includes transportation)
Group Size: 4-12
Explore Local History

Exploring the Archaeology & History of Dolores River: Enjoy spectacular scenery and explore the past with a full day trip along the Dolores River with a visit to the Dolores Cave and an in depth view of a few archaeological and historical sites in the area of Gateway and Uravan. Participants should plan to hike up to 4 miles during the trip, pack a lunch, water, wear sturdy shoes, and dress in layers. Sorry, no dogs allowed on this outing.

**Friday, April 20**
Meet at 7:50 AM, Depart by 8:00 AM
Deadline: April 12
Location: Meet at Palisade Town Hall for the shuttle
Fees: $14/person (includes transportation)
Group Size: 6-11

Glenwood History & Hot Springs: Step into the wild west with a three part tour of Glenwood's rich frontier history. The group will start with a short hike to Doc Holliday's grave followed by two museum visits at both the Glenwood Frontier Museum and the brand new Doc Holiday Museum. Finally, finish up the day with a relaxing soak in the Iron Mountain Hot Springs. Participants should pack a lunch, water, and swim gear.

**Tuesday, May 1**
Meet at 7:50 AM, Depart by 8:00 AM
Deadline: April 20
Location: Meet at Palisade Town Hall for the shuttle
Fees: $52/person (includes transportation, museum admission, and pool admission)
Group Size: 6-12
17 Grand Valley Bike Month

Group Rides & Bike Events

**Group Rides:** Grab a friend and your bike and get ready to ride 9-11 miles through Palisade Wine Country. Participants must ride with a helmet for each of these rides. Pack water and gear.

**Tuesday, May 8**
Meet at 8:50 AM, Depart by 9:00 AM
RSVP by: May 7

**Tuesday, May 15**
Meet at 8:50 AM, Depart by 9:00 AM
RSVP by: May 14

Location: Meet downtown Palisade at the Palisade Plaza

Fees: FREE
Group Size: All rides require a minimum of 3 riders to run.

**Family Ride:** Enjoy a leisurely ride around Palisade with friends and family. The ride is open to supervised children and adults. All riders will need to wear their helmets during the ride. Pack water and gear.

**Tuesday, May 22**
Meet at 5:30 PM, Depart by 5:40 PM
RSVP by: May 22

Location: Meet downtown Palisade at the Palisade Plaza

Fees: FREE
Group Size: All rides require a minimum of 3 riders to run.

**Summer Kick off Party:** School is out and summer is just around the corner. Enjoy an evening of live music, Beer Garden, and the Clunker Palisade Mile. All proceeds will go towards the Palisade Plunge. Info and photos will also be on display for the Plunge project.

**Clunker Palisade Mile:** Decorate your bike, dress in costume if you desire and bring your bikes downtown for a fun mile-long race, where silliness is highly encouraged. Race is open to all ages, and there will be both a youth and adult category. Prizes will be awarded for various categories including best in show, best clunker, and finisher. **There are no fees to race,** however donations to the Palisade Plunge are encouraged.

**Summer Kick Off Party**
Thurs, May 24
5:00 PM - 8:00 PM
Downtown Palisade in the Plaza

**Clunker Palisade Mile**
Thurs, May 24
6:00 PM Start
Community Center to 2nd Street

Fees: FREE & Open to the Community
COLORADO NATIONAL BANK
BREWS & CRUISE FESTIVAL
MAY 5, 2018 12PM-5 PM

Sample more than 100 craft beers at
Palisade Veterans Memorial Park

FCI VIP tent with food and special draft beers
Live Music, vendors, craft brews, hard ciders
and wine. Fun & games

Visit palisadebrewscruise.com for tickets and details

Palisade Sunday Farmer’s Market 2018 Season
June 10 - September 16
**Outdoor Heritage Days:** Bring your family out to Riverbend Park for the Annual Outdoor Heritage Days. The event is FREE and kids have the opportunity to sample a variety of outdoor recreation activities from fishing, tree climbing, birding, archery, learning more about wilderness safety, local wildlife, and much more. Various local groups will be onsite to give info about upcoming summer programs and camps. The first 800 kids will receive a FREE fishing pole and lots of other chances to win prizes just by visiting each of the activity stations.

**Saturday, April 28**

9:00 AM - 2:00 PM

Riverbend Park

Fees: FREE to the public and it includes a free lunch while supplies last

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**Dive into Music:** Come join the Palisade High School music department for a fundraiser benefitting the Town of Palisade! Bring a chair or blanket to sit and relax while listening to students make a difference in their community. All proceeds will go towards replacing the diving board at the Palisade Community Pool.

**Wednesday, May 2**

6:00 PM

Veteran’s Memorial Park

Fees: $5.00 per person

Tickets can be purchased in advance at PHS or the night of the event

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Blind faith tickets for the 2018 Palisade Bluegrass and Roots Festival are available online at www.palisademusic.com. These discounted tickets are available for a limited time so pick them up before the band line-up is announced and prices go up! Blind Faith prices end January 1st! These tickets make an amazing gift for the holidays!
# Palisade Special Events

## Spring - Summer Calendar of Events (April – June 2018)

<table>
<thead>
<tr>
<th>Dates</th>
<th>Event</th>
<th>Location</th>
<th>How to get more info</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 8</td>
<td>Edesia Wine &amp; Food Festival</td>
<td>Wine Country Inn</td>
<td><a href="http://www.edesiapalisade.com">www.edesiapalisade.com</a></td>
</tr>
<tr>
<td>April 14</td>
<td>Palisade International Honey Bee Festival</td>
<td>Downtown Palisade</td>
<td><a href="http://www.palisadehoneybeefest.org">www.palisadehoneybeefest.org</a></td>
</tr>
<tr>
<td>April 21 &amp; 22</td>
<td>Wine Around Colorado (Statewide Barrel Tasting)</td>
<td>Participating Wineries</td>
<td><a href="http://www.coloradowineexperience.com">www.coloradowineexperience.com</a></td>
</tr>
<tr>
<td>May 5 &amp; 6</td>
<td>Outdoor Heritage Days</td>
<td>Riverbend Park</td>
<td><a href="http://www.outdoorheritageday.org">www.outdoorheritageday.org</a></td>
</tr>
<tr>
<td>April 28</td>
<td>Avalanche Days</td>
<td>Participating Wineries</td>
<td><a href="http://www.tworiverswinery.com">www.tworiverswinery.com</a></td>
</tr>
<tr>
<td>April 28 &amp; 29</td>
<td>Barrel into Spring Barrel Tasting (Grand Valley Winery Association)</td>
<td>Participation Wineries</td>
<td><a href="http://www.tworiverswinery.com">www.tworiverswinery.com</a></td>
</tr>
<tr>
<td>May 5</td>
<td>Colorado National Bank Brews &amp; Cruise</td>
<td>Veteran’s Memorial Park</td>
<td>Palisade Chamber of Commerce</td>
</tr>
<tr>
<td>May 5</td>
<td>Grand Valley Marathon</td>
<td>Downtown Palisade</td>
<td><a href="http://www.grandvalleymarathon.com">www.grandvalleymarathon.com</a></td>
</tr>
<tr>
<td>May 24</td>
<td>Summer Kick Off Party - Plunge Fundraiser</td>
<td>Downtown Palisade</td>
<td>Town of Palisade</td>
</tr>
<tr>
<td>June 2</td>
<td>Colorado National Bank Gran Fondo</td>
<td>Peach Bowl Park</td>
<td><a href="http://www.palisadegranfondo.com">www.palisadegranfondo.com</a></td>
</tr>
<tr>
<td>June 8-10</td>
<td>Palisade Bluegrass &amp; Roots Festival</td>
<td>Riverbend Park</td>
<td>Town of Palisade</td>
</tr>
<tr>
<td>June 10</td>
<td>Palisade Sunday Market - Kick off Event</td>
<td>Downtown Palisade</td>
<td>Town of Palisade</td>
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</tbody>
</table>