Love thy neighbor(hood). Just as you belong to the community at Regis University, we encourage you to step out of the Regis gates and become a part of the surrounding neighborhoods. Each business in this magazine brings its own unique story and flavor to the community and makes each area what it is today. So go exploring, you never know what treasures you’ll find.

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Disclaimer: Reference in this magazine to any business, service or product does not constitute or imply an endorsement or recommendation by Regis University.

Sponsored by:
Regis University Student Government Association
Community Involvement Committee
Sustainability Committee
Social Justice & Spirituality Committee
Office of Student Life
GETTING TO REGIS

**Flights**
Most major airlines fly to Denver International Airport, located about 25 minutes from campus. (It’s also convenient for flying home or zipping off for spring break).

**Taxis**
Metro Taxi  303.333.3333
Yellow Cab  303.777.7777

**Shuttles**
(Westminster)
Denver Super Shuttle
303.370.1300

Wolfe Shuttle
303.333.4000

HOW TO FIND REGIS

**From the East:** From Westbound I - 70 (toward the Rocky Mountains), take the Lowell Boulevard exit and proceed right on Lowell Boulevard. Continue on Lowell Boulevard to Entrance # 4.

**From the West:** From eastbound I - 70, Take the Federal boulevard exit and turn left onto Federal Boulevard. Proceed north on Federal about two blocks and turn left on to Regis boulevard (also known as 50th Avenue). Continue on Regis boulevard to Entrance #3.

WHERE TO STAY

**DOWNTOWN DENVER**

Denver Marriott (City Center)
1701 California St.
303.297.1300
800.228.9290
www.marriott.com

The Westin-Tabor Center
1672 Lawrence St.
303.572.9100
www.westin.com

The Brown Palace Hotel and Spa
321 17th St.
303.297.3111
www.brownpalace.com

**HOTELS NEAR DIA**

Courtyard by Marriott
6901 Tower Rd.
303.371.0300
800.321.2211
www.marriott.com

Comfort Inn Northwest
8500 Turnpike Dr.
303.428.3333
www.comfortinn.com

The Westin (Westminster)
10600 Westminster Blvd.
303.410.5000
888.625.5144
www.westin.com

**NORTH DENVER HOTELS**

Doubletree Hotel (Denver)
8773 Yates Dr.
303.427.4000
800.868.4001
www.doubletree.com

Hampton Inn (Westminster)
5030 W. 88th Pl.
303.427.0700
www.hamptoninn.com

Residence Inn by Marriott
2777 Zuni St.
303.458.5318
800.331.3131
www.marriott.com

Residence Inn by Marriott (Westminster)
5010 W 88th Pl
303.427.9500
www.marriott.com

Wolfe Shuttle
303.333.4000

**WEST DENVER HOTELS**

Denver Marriott West (Golden)
303.279.9100
800.228.9290
www.marriott.com

**HOTELS WITH SPECIAL RATES FOR REGIS VISITORS**

Be sure to identify yourself as a Regis visitor when making reservations to take advantage of special Regis rates.

Residence Inn by Marriott
2777 Zuni St
303.458.5318
800.331.3131
www.marriott.com

Residence Inn by Marriott (Westminster)
5010 W 88th Pl
303.427.9500
www.marriott.com
While Regis is close to several exciting areas in Denver, the one it calls home is the Berkeley Neighborhood. In fact, the Berkeley Neighborhood and Regis have a common origin and have grown up together through the decades. In the late 1800s, John Walker (namesake of Walker’s Pub, located in the Student Center), established Berkeley farm on this portion of present-day North Denver, and soon thereafter donated 50 acres of land to the Jesuits. This part of the property, of course, eventually became Regis University, with the rest of Berkeley Farm gradually giving way to development. Annexed by the city of Denver in 1902 and roughly bounded by Federal Boulevard, 38th Avenue, Sheridan Boulevard, and 52nd Avenue, Berkeley is a primarily residential area today. A little exploration, however, reveals an abundance of trendy restaurants, eclectic shops, relaxing outdoor spaces and fantastic student hang-outs – all within a short walk, bike or drive from campus!

**The Noshery**

The Grand Opening for the Noshery, our neighborhood’s newest bakery and café, was held on June 21st of this year. From the moment I first walked through the freshly painted front door into the newly remodeled café, I was hooked! Between the bright teal walls, flower-topped board game-filled tables, and the delectable breakfast, lunch, and dessert dishes, Owner Andrea Knight has done a phenomenal job at transforming Hamlin’s Cafe, which previously occupied that corner, into the vibrant and fun coffee shop that now holds a special place in my heart!

This talented baker and businesswoman turned her love for baking and vision of a community-focused café into the ideal spot for Regis students and Berkeley community members to grab a delicious bite to eat, study, or spend a carefree Saturday morning visiting with a friend over coffee and an Egg Sammie. Andrea’s prices are fair, her delectable breakfast and lunch sandwiches are all made fresh in house on home-made bread, and her customer service will keep you coming back day in and day out. The Noshery is open Tuesday through Sunday between 7:30am and 4pm so what in the world are you waiting for? Grab a friend and head on over there to get started filling up a coffee punch card!

**FEATURED BUSINESS**

4994 Lowell Blvd 720.524.3893
Nosherycafe.com
www.facebook.com/thenosherydenver
Café Brazil (International)
Café Brazil uses the freshest ingredients to make dishes that transport you straight to South America. They also offer special desserts which are made each day in house. The dishes are a bit pricey for a college budget, but it could be a great place to treat yourself (or have your parents treat you) to something unique and different.
4408 Lowell Blvd.
303.480.1877
www.cafebrazildenver.com

Carl’s Pizza
Family owned, Carl’s Pizza offers a variety of fresh pizza in a vintage neighborhood atmosphere.
3800 W 38th Ave.
303.477.1694

Thai Basil (Asian)
Thai Basil is an Asian fusion restaurant offering a wide variety of dishes including Thai favorites such as Pad Thai, Drunken Noodles, Curries, Thai Spring rolls, and crab cheese wontons. With many vegetarian options and reasonable prices, Thai Basil is a great place to go!
3301 W 38th Ave.
303.433.2888
www.thai basil.us

Heavenly Cakes (Bakery/ Ice Cream/Dessert)
This Bakery specializes in homemade cakes for any occasion. There are a wide variety of cake flavors and frostings to choose from. Heavenly Cakes also has other pastries including cupcakes, pies, cheesecakes, cookies, sweet empanadas, and pumpkin and banana bread.
7305 Lowell Blvd.
720.542.6580
www.heavenlycakesdenver.com

The Denver Bread Company (Specialty Bread)
The Denver Bread Company makes a wide array of delicious homemade breads using fresh and pure ingredients. Featured in Bon Appétit, Denver Magazine, and 5280, they offer homemade focaccia bread in many different flavors. Some of the unique breads they offer include: kalamata olive sourdough, jalapeno corn bread, Breckenridge beer bread, and many more.
3200 Irving St.
303.455.7194
thedenverbreadcompany.com

4100 Tennyson St. (2nd Location)

Dubbel Dutch (International)
Dubbel Dutch, now a popular destination for the Dutch community as well as for Regis students, started from humble beginnings. Over 12 years ago, Dubbel Dutch owner Eef was working at Hewett Packett in Fort Collins when she realized there was no place where she could find quality Dutch products. She began selling products online and out of her basement before opening the store on 50th and Lowell. Dubbel Dutch still serves customers online, shipping products across the United States as well as to England and Australia. In the shop, they provide customers with a variety of Dutch products as well as serving fresh and high quality sandwiches, paninis, and coffee. Stop in and try the owner’s favorites, the Lily Panini and the Old Amsterdam. If you need a little afternoon pick-me-up, order a cup of authentic strong European coffee and syrup waffle. Make sure to mention you are from Regis and receive a 10% discount on your purchase. Eef strives to keep Dubbel Dutch as authentic as possible by offering only the best Dutch products and only hiring Dutch employees.
4974 Lowell Blvd
303.480.9100
www.dubbeldutchdenver.com

Dubbel Dutch serves as a place where the Dutch community can congregate and celebrate various special occasions. On April 30, Queen’s Day, wear orange and check out their Dutch flea market. In August Dubbel Dutch hosts a Dutch book market and on New Year’s Eve they celebrate with dumplings at 4pm since Amsterdam is eight hours ahead. If you have the travel bug, pop on over to Dubbel Dutch to experience Dutch food and culture without ever having to leave Regis!
4974 Lowell Blvd
303.480.9100
www.dubbeldutchdenver.com
Taza Café (Coffee)
This Mexican style coffee shop serves typical coffee drinks in addition to unique varieties such as the Horchata and a delicious Mexican Mocha.
3565 W 44th Ave.
303.477.0097

Tocabe- An American Indian Eatery (American/Specialty)
“At the end of the day, we find ourselves as more than a restaurant. We bring people together. Tocabe is a place where everyone can come and find a common ground.”
When owners Ben Jacobs and Matt Chandra opened Tocabe in 2006, it was to satisfy a need: to provide Denver with an American Indian Eatery. After graduating from Denver University, friends Ben and Matt took their shared passion for food and created the business plan for Tocabe. The Jacobs family opened a restaurant called Grayhorse in the later 1980s and Ben and Matt took this idea and modernized it into Tocabe. The planning process took about 2 1/2 years because Ben and Matt approached their business model in a deliberate and patient manner. They chose their location because they wanted to be near a college campus and in a neighborhood where locals remain close to their community. Both owners are young and strive to create an energetic atmosphere so they love seeing Regis students. Their goal is to provide high quality food for a reasonable price. If experiencing a new type of cuisine wasn’t enough incentive to visit Tocabe, bring your student ID to receive a free student drink! This offer is open exclusively to Regis students because Tocabe appreciates the local business. How awesome is that? Ben and Matt wanted to provide a place where locals could discover American Indian cuisine. But they also wanted to go a step further: they wanted to create a comfortable environment for the locals while also supporting the Native American community. Tocabe opens itself up to anything and everything from the Native community. Community organizations often hold meetings at the restaurant. In addition, Tocabe hosts special events such as live music from Native American artists. These events are open to anyone so check it out!

Photo caption of the hands: Tocabe is all about preserving the natural beauty of the environment. It was built using many recycled materials, including these hands, which are made out of Colorado pine trees that were killed by pine beetles.
3536 W 44th Ave (44th & Lowell)
720.524.8282
www.tocabe.com

Venice on the Boulevard (Coffee)
Conveniently located right across the street from Regis, Venice offers a large selection of coffee drinks, smoothies, teas, pastries, sandwiches, and more.
4995 Lowell Blvd
303.433.7171
veniceontheboulevard.com

Regis Pizza (American)
This Regis favorite sells New York style pizza whole or by the slice. With free delivery and a $5 lunch special, Regis Pizza does not disappoint.
5007 Lowell Blvd.,
303.477.0066
www.regispizza.com

Sushi Hai Japanese Steakhouse and Sushi Bar (Asian)
Whether you are in the mood for fresh sushi or an all-natural steak, Sushi Hai’s modern and creative twist on traditional dishes will surely leave you feeling satisfied.
3600 W 32nd Ave.
720.855.0888
www.sushihai.com
At the center of the Berkeley Neighborhood lies a vibrant business district known as Highlands Square. Located on 32nd Avenue between Julian and Perry Streets, Highlands Square feels like a small-town Main Street, but with a trendy, urban atmosphere. The business community in this area is especially strong, with the merchants association hosting seasonal street festivals with live music, sidewalk sales, and holiday activities. Many students find this stretch of 32nd to be the perfect place for date nights, gift shopping, late-night coffee, or a quick bite after a long day of classes.

**Basil Doc’s Pizza** **Gluten Free** *(Italian)*
All natural, gourmet pizza with gluten free options. Named “Denver’s Best Pizza” by 5280 Magazine, you can find Basil Doc’s at 4 neighborhood locations, including the Highlands. 3940 W 32nd Ave. 303.477.5400 www.basildocspizzeria.com

**Julia Blackbird’s New Mexican Café** *(Mexican)*
This New Mexican eatery offers a colorful menu which combines Native American, Spanish and Mexican cuisine. 3434 W 32nd Ave. 303.433.2688 www.juliablackbirds.com/aboutus.html

**Mead Street Station Grill and Bar** **Gluten-Free** *(American)*
This family owned grill has been serving delicious burgers, bar food, and happy hour specials since 1996. Mead Street features many local musicians as well as hosting open mic nights. It also shows a commitment to the local community by supporting local farms and incorporating many green practices (recycling, biodegradable materials) into its business. 3625 W 32nd Ave 303.433.2138 www.meadststation.com

**Pizza Alley** *(American)*
Serving authentic New York style pizza since 1976, Pizza Alley also does take-out and free delivery. Ask for their lunch special and receive a salad, drink, and slice of pizza for only $5.50! 3499 W 32nd Ave 303.458.8415 www.pizzaalley.com

**Three Dogs Tavern** *(American)*
Housed in a 1930s building, Three Dogs Tavern has maintained many of the original features such as the hardwood floors and tin ceilings. If you are looking for an authentic neighborhood hangout to watch a sports game or just hang out, Three Dogs Tavern is the place to go. 3390 W 32nd Ave 720.854.1277 www.threekogstavern.com

**Highlands Cork & Coffee** *(Coffee)*
This 1907 refurbished bungalow is the perfect place to study. Energize yourself with some tapas and a cup of coffee and that paper will be written in no time! Highlands Cork & Coffee also has a wine bar and serves breakfast and lunch. The cozy outdoor patio is the perfect place to listen to various local musicians or participate in open mic nights. 3701 W 32nd Ave 303.433.2500 www.highlandscorkandcoffee.com

**Apres Dessert Bar at Generous Servings** *(Dessert)*
An elegant dessert bar with an assortment of cafe drinks and unique desserts all created daily. Sign up for their cooking classes and perfect your culinary skills! 3801 W 32nd Ave 303.455.9730 ext. 1

**Mondo Vino** *(Beer, Wine, & Spirits)*
In operation since 1999, Mondo Vino carries a wide selection of upscale yet reasonably priced beer, wine, and spirits. 3601 W 32nd Ave 303.458.3858 www.mondovino.net

**Urbanistic Tea & Bike Shop** *(Tea and Full Service Bike Shop)*
Owned by brother and sister Michelle and Ethan Bontrager, this full service bike shop also serves and delivers over 130 varieties of tea. Check out these avid bikers’ blog at: 3215 Lowell Blvd. 303.561.3025 teabike.com
**Perfect Petal** (Gift Boutique)
A boutique and flower shop, the Perfect Petal is a great place to find a unique gift. Beautifully decorated inside, the boutique is full of unusual books, cards, and trinkets.
3600 W 32nd Ave.
303.480.0966 ext 2
www.theperfectpetal.com

**Starlet** (Gift Shop)
Whether you are looking for a gift or shopping for yourself, you are sure to find something unique and trendy at Starlet. This very affordable and creative boutique carries a variety of scarves, sundresses, hats, and accessories.
3450 W 32nd Ave.
303.433.7827
www.shopstarlet.com

**West Side Books** (Bookstore)
Open since 1998, West Side Books carries new and used books as well as hosting various events.
3434 W 32nd Ave
303.480.0220
www.westsidebooks.com

**Mary Jane’s Pizza** (Italian)
Delicious pizza and hot wings with late night delivery from 1pm until 4:20am. Perfect for those late night study sessions!
2013 W 32nd Ave
303.433.0567
www.maryjanespizza.com

**Highlands Asian Grill & Highlands Pacific Restaurant** (Asian)
3934 W 32nd Ave
303.477.6644
www.highlandsasiangrill.com

**Sweet Cow** (Ice Cream)
Quickly becoming a Regis favorite, Sweet Cow is an ice cream staple for the college life. From their always served, delicious standard of oatmeal cookie ice cream, to the creative genius of maple bacon and fruit-loop inspired ice cream, there is something spectacular for everyone. While you’re at it, try a fantastic pretzel cone!
3475 W. 32nd Ave.
303.477.3269
sweetcowicecream.com

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**Happy Cakes Bakeshop** **Green and Gluten Free and Vegan**
(Dessert & Ice Cream)
Owners Laura Reynolds and Sara Bencomo were neighbors who were both working corporate jobs and met in the mornings to go running. Both ladies shared a common dream of one day opening up their own business. After stumbling upon a cupcake shop in Kansas City, Sara brought the idea back to Denver. Enter Lisa Herman, who received her MBA from Regis, and Happy Cakes was born in December 2007. It has since then expanded and has been in its current larger location since 2010. Happy Cakes is all about variety. Their menu features over 35 cupcake flavors every week, ranging from the standard chocolate and vanilla to more unique flavors such as Jack & Coke, French Toast, Chocolate Covered Strawberry, and Cherry Limeade, to name a few. Inspiration can come from anywhere, with the owners constantly asking themselves “How can I make that into a cupcake?” To date, Happy Cakes has offered over 300 unique flavors. But Happy Cakes is more than just cupcakes. They try to offer something for everyone, so they offer vegan and gluten-free options, as well as selling cookies, bars, and other bakery items. Happy Cakes also caters for private parties and weddings. If you want to throw a birthday party for your furry friend, don’t worry, Happy Cakes also makes cakes for dogs! Happy Cakes is conscious of its community. They encourage local business and in return, they have given a lot back to the community. In 2010, they donated over 15,000 cupcakes to local charities such as The Children’s Hospital, Make a Wish Foundation, Tennyson Center for Children, and local schools. They also run an environmentally conscious business by recycling and composting much of the waste they produce. Happy Cakes is a perfect example of how a business can serve its customers, its community, and its environment, because, as Happy Cakes says “everyone deserves a little sugar!”
3434 W 32nd Ave.
303.477.3556
www.happycakes.com
LoLa (Mexican)
Featuring a menu inspired by the Mexican coastal regions, LoLa is home to the basement tequila bar BeLoLa, which offers over 150 varieties of tequila. LoLa is also proud to offer brunch and live music!
1575 Boulder Street
720.570.8686
www.lalodenver.com

Pasquini’s (Italian)
Named “Best Pizza” by 5280 Magazine, Pasquini’s is proud to offer fresh pizza in five Denver locations, including Lower Highlands. The extensive menu includes lasagna, meatball subs, vegetarian and gluten-free options, as well as an Italian wine bar.
2400 W 32nd Ave
303.477-4900
www.pasquinis.com

Duo
When it comes to eating local, Duo is where it’s at! With a seasonally changing menu, Duo is a big supporter of local organic farms. Duo is also proud to support many nonprofits around the area, including those related to women’s issues, education, the environment, and neighborhood organizations.
2413 W 32nd Ave
303.477.4141
www.duodenver.com

Gaetano’s (Italian)
Open since 1934, Gaetano’s history involves a fascinating story of crime mixed with delicious Italian food. Originally owned by the Smaldone brothers, infamous members of the mafia in this North Denver Italian neighborhood, Gaetano’s continues to serve authentic pasta, pizza, and sandwiches. When it comes to Italian cuisine, this place is the real deal.
3760 Tejon St
303.455.9852
www.gaetanositalian.com

Forest Room 5
The nature-inspired ambiance of Forest Room 5 creates the perfect atmosphere for a reasonably priced happy hour or dinner. Check out live music every Saturday afternoon by the outdoor bar or ease into the week by stopping in for film night every Monday on the patio.
2532 15th St
303.433.7001
www.forestroom5.com
Highlands Tap and Burger  
(American)  
With a friendly staff, Highlands Tap and Burger offers a wide selection of local brews. Stop in for a burger and enjoy their outdoor patio!  
2219 W 32nd Ave  
720.287.4493  
www.highlandtapdenver.com

My Brother's Bar  
(American)  
This historical dive bar offers delicious burgers with classical music adding to the simple yet charming atmosphere. Rumor has it that you can purchase Girl Scout cookies here year round too.  
2376 15th St  
303.455.9991

Patsy's  
Founded by the Aiello family in 1921, Patsy's is Denver's original Italian restaurant. Every single item on the menu is created by hand. It doesn't get more authentic than this!  
3651 Navajo St  
303.477.8910  
www.patsysinn.com

Z Cuisine  
(French)  
Stop in for some authentic French cuisine made from local and organic ingredients.  
2239 W 30th Ave  
303.477.1111  
www.zcuisineonline.com

Paris on the Platte Café and Bar  
(French)  
Its Bohemian and eclectic atmosphere and affordable breakfast and coffee menu make Paris on the Platte the perfect hangout for any Regis student!  
1549 Platte St  
303.455.2451  
www.parisontheplattecafeandbar.com

Shangri-La Coffee  
Stop in for a coffee, panini, or healthy and tasty salad.  
1575 Boulder St Suite B  
720.855.7585  
www.shangriladenver.com

Wooden Spoon Café and Bakery  
Wooden Spoon is committed to its community by partnering with businesses around Denver and Colorado to obtain the freshest ingredients for their food and unique decorative items for their cafe. In addition to serving coffee, soups, and sandwiches, Wooden Spoon also offers cupcakes and custom cakes.  
2418 W 32nd Ave  
303.999.0327  
www.woodenspoondenver.com

Linger  
Arguably one of the best dining spots in Denver, Linger offers a tremendous overlook of Denver, delightful appetizers, and a killer brunch.  
2030 W. 30th Ave.  
303.993.3120  
www.lingerdenver.com

Vita  
Enjoy dinner on Vita's rooftop patio or happy hour at their outdoor bar. Live jazz music on Friday and Saturday nights paired with views of the Denver skyline creates the perfect relaxing atmosphere!  
1575 Boulder Street Suite A  
303.477.4600  
www.vitadenver.com

Little Man Ice Cream  
This is by far one of the favorite destinations for Regis students! Little Man features handmade ice cream and gelato in addition to milkshakes, sundaes, and banana splits. Little Man offers discounts to local businesses and love all the regulars that come from the Highland neighborhoods. They also feature many social events such as storytellers, vintage movie nights, live artists, and more.  
2620 16th St  
303.455.3811  
www.littlemanicecream.com
Olde Town Arvada is a colorful area rich with history. The discovery of gold in the Ralston/Clear Creek Valley caused people to flock to the area in the 1850s. In 1863, Benjamin Franklin Wadsworth purchased land and worked on building a town around the small farming and mining community. In 1870, Arvada officially became a town with a population of 100. The prominence of the railroad in the area caused storekeepers to set up shop on Grandview and Arvada grew in size. Although Arvada experienced some difficulties during WWI and in the early 1920s due to the presence of the Ku Klux Klan, the town continued to grow, particularly after World War II. While the area around Olde Town began to modernize, historians realized the importance of preserving the Olde Town area. It is now a National Historic District and has been undergoing revitalization. Aspects of the original town, such as the 1925 Arvada Flour Mill, may still be seen today. Just minutes from Regis, this charming and tight-knit community is full of interesting shops and restaurants!

**Bella Bistro** (Italian)
In search of a chic bistro that provides seasonal specialties? Bella Bistro offers homemade pasta, pizza and fine dining, making it great for a date night! If you strive to learn about food preparation from around the world, sign up for a hands-on cooking class.
7702 Ralston Rd
303.358.7253
www.bellabistro.com

**The EggShell Restaurant** (American)
Tired of the usual breakfast spots? Check out Arvada's favorite restaurant, which offers breakfast, lunch and a full espresso and smoothie bar. The EggShell Restaurant has been in business since 1988 offering great deals and quality food!
5777 Olde Wadsworth Blvd
303.420.7656
arvadaeggshell.com

**Cj's Chicago Dogs** (American)
Looking for an authentic Chicago hotdog? Look no further! Cj's Chicago Dog's is the place for you! Cj's also offers Italian beef and gyros!
7611 Grandview Ave
303.731.0030
www.cjschicagodogs.com

**DiCicco's Restaurant** (Italian)
Hungry for an authentic Italian dinner? DiCicco's Restaurant offers an elegant atmosphere perfect for a weekend date or special night out with friends. The options are endless from salads, soups, pasta, pizza, seafood and steak.
5660 Olde Wadsworth Blvd.
303.940.987

**Mi Tierra Mexican Restaurant** (Mexican)
Looking for an authentic Mexican restaurant with reasonable prices? Mi Tierra Mexican Restaurant is where it’s at! The dining atmosphere has an off-the-beaten-path feel. Mi Tierra offers favorites from Huevos Rancheros with Green Chile to Enchiladas, Tamales, Sopapilla and Horchata.
7605 Grandview Ave.
303.422.4001

**Olde Town Tavern & Grill and Sport Bar** (American)
Old Town Tavern & Grill and Sport Bar is a local favorite! They provide tavern favorites, homemade pizza and fresh salads. Established in 1997, this hot spot offers events from antique car shows to karaoke contests!
7355 Ralston Rd # R-1000
303.467.1472
oldetowntavernandgrill.com

**Twelve Volt Tavern** (American)
On a quest to find a dive bar near Regis? Look no further! Twelve Volt Tavern offers cheap cocktails and live music on the weekends. The charm and character of this dive bar includes pool tables, darts and an infamous jukebox. Looking for a good read? Check out the bathroom walls for phone numbers and some true expressive writing.
7514 Grandview Ave.
303.432.7463
12volttavern.com
FEATURED BUSINESS

**Silvi’s Kitchen** **(Italian)**
Silvi’s Kitchen, previously Udi’s Pizza Café Bar, has a famous pizza recipe with red and white pizza sauce. There are also gluten-free options for the pizza and the majority of dishes. This restaurant has everything from fresh salads and burgers to panini’s and pastas.
7803 Ralston Rd.
303.421.8000
www.silviskitchen.com

**La Dolce Vita Café** **(Coffee)**
Are you in search for a sociable coffee spot? La Dolce Vita Café is the place for you! Every first and third Saturday of the month, La Dolce Vita Café hosts an Open Mic night accompanied with solo artist and band performances on the second, fourth, and fifth Saturdays of the month.
5756 Olde Wadsworth Blvd.
303.456.8919,
ladolcevitacoffee.wordpress.com

**Yak & Yeti Brewpub and Restaurant** **(International)**
Craving homemade Indian, Nepalese and Tibetan dishes without flying halfway across the world? Yak & Yeti Brewpub & Restaurant is set in Arvada’s oldest building and restored Queen Anne Victorian home. Yak & Yeti Brewpub & Restaurant prides itself on its authentic taste without overpowering spices and oil.
7401 Ralston Rd.
303.940.2530

**Into the Fire** **(Indoor Entertainment)**
Feeling stressed and ready to express yourself? Into the Fire is a paint your own pottery studio that offers all of the supplies you will need to unleash your creative side. Into the Fire also offers a variety of classes for kids and adults! The price range is from $5-$50 depending on your project of choice plus an $8 studio fee.
7409 Grandview Ave.
303.423.9864
www.intothefirearvada.com

**Book Cranny** **(Books and Jewelry)**
The Book Cranny offers the local community a hot spot for book sales, old and new. They strive to offer the most popular books at affordable prices. In addition, the Book Cranny offers handcrafted southwestern art and jewelry.
7580 Grant Pl Arvada
303.420.7765
blueplanetbooksellers.com

**Rheinlander Bakery** **(Ice Cream/Dessert)**
Rheinlander Bakery is owned by the Dimmer family and has been open since 1963. The store has an open bakery in the back that gives customers an insider’s view of the baking process. They pride themselves on their renowned strudels, European pastries and chocolates, and even cater to those with health restrictions and the health conscious by housing two full display cases of gluten-free and sugar-free items. They also offer vegan options! Rheinlander Bakery supports local businesses including Dazbog Coffee.
5721 Olde Wadsworth Blvd
303.467.1810
www.rheinlanderbakery.com

**Scrumptious** **(Ice Cream/Dessert)**
Scott Spears, Scrumptious’ owner, is a native from Arvada. He stumbled upon the shop through his interest in real estate and bought it before he knew what to do with it. After finding candy accessories off eBay, and with strong support from family and friends, Scrumptious was born. This micro-creamery opened in June 2010 and will take you back to your childhood with candy ranging from nostalgic to innovative. The company’s motto of “…It’s all good” encompasses the selection of ingredients and laid-back atmosphere.
7523 Grandview Ave.
303.431.2639
www.scrumptiousco.com

**Cheesecake Therapy** **(Ice Cream/Dessert)**
Looking to satisfy your sweet tooth? Cheesecake Therapy offers a comforting atmosphere and homemade tradition to soothe the soul! Cheesecake Therapy also strives to support local Colorado products like IZZE sparkling juice and gourmet Glacier Ice Cream from Boulder.
7401 Ralston Rd.
303.940.2530

**Global Goods & Coffee Shop** **(Coffee)**
Enjoy a delicious lavender latte and shop around for lovely gifts that go to support Global Refuge projects around the world. This traditional house turned coffee shop has a quaint and delightful atmosphere; a nice change of scenery from your regular study spot.
5613 Olde Wadsworth Blvd.
720.389.9030
www.globalgoodsandcoffee.com

**FEATURED BUSINESS**

**Global Goods & Coffee Shop**<br>(coffee)<br>Enjoy a delicious lavender latte and shop around for lovely gifts that go to support Global Refuge projects around the world. This traditional house turned coffee shop has a quaint and delightful atmosphere; a nice change of scenery from your regular study spot.
5613 Olde Wadsworth Blvd.
720.389.9030
www.globalgoodsandcoffee.com

**FEATURED BUSINESS**

**Scrumptious**<br>(Ice Cream/Dessert)<br>Scott Spears, Scrumptious’ owner, is a native from Arvada. He stumbled upon the shop through his interest in real estate and bought it before he knew what to do with it. After finding candy accessories off eBay, and with strong support from family and friends, Scrumptious was born. This micro-creamery opened in June 2010 and will take you back to your childhood with candy ranging from nostalgic to innovative. The company’s motto of “…It’s all good” encompasses the selection of ingredients and laid-back atmosphere.
7523 Grandview Ave.
303.431.2639
www.scrumptiousco.com

**FEATURED BUSINESS**

**Cheesecake Therapy**<br>(Ice Cream/Dessert)<br>Looking to satisfy your sweet tooth? Cheesecake Therapy offers a comforting atmosphere and homemade tradition to soothe the soul! Cheesecake Therapy also strives to support local Colorado products like IZZE sparkling juice and gourmet Glacier Ice Cream from Boulder.
7401 Ralston Rd.
303.940.2530

**FEATURED BUSINESS**

**Global Goods & Coffee Shop**<br>(coffee)<br>Enjoy a delicious lavender latte and shop around for lovely gifts that go to support Global Refuge projects around the world. This traditional house turned coffee shop has a quaint and delightful atmosphere; a nice change of scenery from your regular study spot.
5613 Olde Wadsworth Blvd.
720.389.9030
www.globalgoodsandcoffee.com

**FEATURED BUSINESS**

**Scrumptious**<br>(Ice Cream/Dessert)<br>Scott Spears, Scrumptious’ owner, is a native from Arvada. He stumbled upon the shop through his interest in real estate and bought it before he knew what to do with it. After finding candy accessories off eBay, and with strong support from family and friends, Scrumptious was born. This micro-creamery opened in June 2010 and will take you back to your childhood with candy ranging from nostalgic to innovative. The company’s motto of “…It’s all good” encompasses the selection of ingredients and laid-back atmosphere.
7523 Grandview Ave.
303.431.2639
www.scrumptiousco.com
Located between 38th and 46th on Tennyson, the Tennyson District is a unique blend of locally owned shops and services, eclectic restaurants and art galleries. A funky yet sophisticated urban neighborhood, Tennyson Street is emerging as one of Denver’s premier art culture and dining destinations. Rich in history, Tennyson Street was a streetcar corridor in the late 1800’s and the center of the Berkeley neighborhood in Northwest Denver. The Oriental Theater has been a landmark that has beckoned to visitors for years. (Description borrowed from http://www.tennyson-street.com/about.htm.)

West End Tap House
Whether you are in the mood for a small bowl of charred brussel sprouts, or a plate full of delectable funnel cake fries, West End has something for everyone. It’s delightful backyard-style dining area and a wide array of creative dipping sauces make this tap house a great end-of-the-day destination.
3945 Tennyson St.
www.westendtaphouse.com
303-433-4759

Swing Thai **Gluten-Free and Vegan (Asian)
Swing on over to Swing Thai and sample some delicious curries.
4370 Tennyson St.
303.777.1777

Parisi- Pizzeria, Deli, Trattoria (Italian)
Not only is Parisi known for amazing Italian cuisine, it also offers gelato and an Italian market. The ambiance is of Old World charm, but with a quick and convenient walk-up format.
4401 Tennyson St, 303.561.0234
www.parisidenver.com

Hops & Pie
3920 Tennyson St.
303.477.7000
www.hopsandpie.com

Patrick Carroll’s
3963 Tennyson St.
303.458.6666
www.patrickcarrolls.com

Axios Estiatorio (Greek)
3901 Tennyson St.
720.328.2225
www.axiosdenver.com

Cozy Cottage (American)
As the name implies, the Cozy Cottage takes breakfast comfort food to a whole new level! With huge and wholesome portions, this spot will surely not disappoint. The Cozy Cottage is also open for lunch and dinner, and has a patio for great outdoor seating.
4363 Tennyson St,
720.855.9800
www.cozycottagedenver.com

D.J.’s Berkeley Cafe
3836 Tennyson St.
303.482.1841

Firenze a Tavola
4401 Tennyson St.
303.561.4966
www.parisidenver.com

Tenn Street Coffee (Coffee House)
In addition to serving fine espresso, Tenn Street Coffee & Books also features an art gallery and sells a variety of new and used books. Get a taste of the local music around Denver at Tennyson Street, which features different musicians every weekend.
4418 Tennyson St.
303.455.0279
www.tennstreetcoffee.com

Tenn Street Coffee
**Downtown Aquarium**  
For entertainment and dining, consider making a trip to the Downtown Aquarium. Get together with the family and explore an underwater adventure of fun and over 500 species of animals. It’s dinner and entertainment all in one!  
700 Water St.  
303.561.4450  
www.aquariumrestaurants.com/downtownaquariumdenver

**Denver Art Museum**  
Located downtown, the new Frederic C. Hamilton Building of the Denver Art Museum houses a contemporary art collection in addition to the existing art collection of the North Building. The architecture of the new building is a piece of art itself, designed by Daniel Libeskind. Spend a day soaking up the expansive collection of art and culture.  
100 West 14th Ave.  
Denver, CO  
720.865.5000  
www.denverartmuseum.org

**Elitch Lanes Bowling Alley** (Indoor Bowling)  
Looking for a study break? Elitch Lanes is a good option with Wednesday nights being college night. Bowl for only $1 a game!  
3825 Tennyson St.  
303.477.1633  
www.elitchbowling.co

**Denver Museum of Nature and Science and IMAX Theater**  
Stimulate your senses with science, exploring the many exhibits, activities, and IMAX movies.  
2001 Colorado Boulevard  
Denver, CO  
303.322.7009  
www.dmns.org

**Colorado State Capitol**  
A hub for political action. The steps of the Capitol host demonstrations, press conferences, school groups and tourists. On the stairs you stand 5,280 feet (one mile) above sea level! Special tour times vary, so be sure to call before your visit.  
200 E. Colfax Ave.  
Denver, CO  
Tours 303.866.2604  
www.colorado.gov/dpa/doit/archives/cap/first.htm

**United States Mint**  
A piece of past, present, and future, the Denver Mint produces U.S. coins. See the process by taking a free 20 minute tour! Be sure to make reservations online or in person.  
320 W. Colfax Ave.  
www.usmint.gov/mint_tours

**El Centro Su Teatro**  
The Regis community celebrates Chicano/Latino history and culture through this theater that seeks to connect young Latinos with their heritage. This theater was started during the Chicano Civil Rights Movement. Enjoy a production in the Denver community!  
4725 High St.  
303.296.0219  
www.suteatro.org

**The Mercury Café**  
Affectionately known as the Merc, this place offers organic food, gluten free desserts, $1 swing dance lessons, and poetry readings. The first floor is a restaurant and gathering place for green, peace-loving folks who want to be heard. The second floor is all dancing and a bar. Social responsibility is their message, which you can be a part of by purchasing their co-op and small farmed food.  
2199 California St.  
Denver, CO  
303.294.9258  
www.mercurycafe.com
Howl At the Moon Dueling Piano Bar
This sing-along bar is a part of Regis’ graduation tradition. Sunday night of spring graduation, Regis students and families pack this place for a night of sing-along reminiscing and celebration. Howl at the Moon is a raging good time for birthdays or other special occasions. The more singers, the merrier your time will be. The piano players on stage are comedic musicians that won’t let you leave without a good joke!
1735 19th St. (Below the Chop House)
Denver, CO
303.291.0880
howlatthemoon.com/Denver

Bluebird Theater
3317 E Colfax Ave
Built in 1913, the historic Bluebird Theater features several live bands a week and is only a short distance from Regis.

Paramount Theatre
1621 Glenarm Pl.
Off of Denver's well-known 16th Street Mall, the Paramount Theatre in a great concert venue for many music enthusiasts.

Cervantes Masterpiece Ballroom
2637 Welton St.

Grizzly Rose (Country music concerts & dancing)
5450 North Valley Highway

The Ogden Theater
A popular concert venue for Regis music fanatics that has boasted such artists as Harry Houdini and Smashing Pumpkins. Become a part of the over 88-year history by seeing a show!
935 E. Colfax
Denver, CO
(303) 832-1874
www.ogdenththeater.net

The Children’s Museum
A stimulating experience for children ages 8 and younger and their families.
2121 Children’s Museum Dr.
303.433.7444
www.mychildsmuseum.org
Hours:
M,T,R,F: 9 am - 4 pm,
W: 9 am – 7:30
Sat-Sun: 10 am - 5 pm

Denver Art Museum
Located downtown, the new Frederic C. Hamilton Building of the Denver Art Museum houses a contemporary art collection in addition to the existing art collection of the North Building. The architecture of the new building is a piece of art itself, designed by Daniel Libeskind.

100 West 14th Ave.
720.865.5000
www.denverartmuseum.org
Hours:
Monday: Closed
Tues-Thur: 10 am - 5 pm,
Fri: 10 am - 8 pm
Saturday: 10 am - 5 pm
Sunday: Noon - 5 pm.

The Fillmore Auditorium
Regis students feel the musical spirit of artists and bands such as The Who and The Grateful Dead when they see shows in the Fillmore. Musical history was and is made in the Fillmore in Downtown Denver by local and national bands. Catch a show in this great venue!
1510 Clarkson St.
(303) 837-0360
www.livenation.com/venue/the-fillmore-auditorium-tickets
Box office hours:Sat 10am-2pm

The Golden Triangle Museum District (GTMD)
This neighborhood of artists practices “the art of living with art” every day. The GTMD includes 8 city museums, the Denver Public Library, the Curious Theatre Company, and the Colorado Ballet, plus galleries, boutiques, spas, coffee shops, bars and restaurants. Visit the Byers-Evans House, Colorado History Museum, Kirkland Museum of Fine & Decorative Art and the “unsinkable” MollyBrown House. Regis faculties encourage appreciation of the rich culture expressed within the GTMD through assignments and study. See for yourself!
303.534.0771
www.gtmd.org
First Friday:50 art galleries and cultural centers display their work during extended hours from 5pm-9pm. A FREE art bus is provided.
D-Note (Indoor Entertainment)
D-Note offers a friendly atmosphere for individuals of all ages. If you are ready to dance to some Latin music while making friends, this is the place to be. D-Note does not discriminate against two left feet individuals, and just to help you out they offer dancing lessons of all types. If your stressed and feel like jumping around D-Note offers Swing dance, if you need some excitement in your life D-Note offers Zumba dancing, and if you are really stressed and want to relax Yoga and live classical music are offered here as well. Hungry? Well do not worry, D-Note offers a great variety of foods (pizza, salads, sandwiches, and of course desserts). If you are thinking- “I’m a broke college student how can I pay for this?” Relax, because prices at D-Notes are extremely affordable 7519 Grandview Ave 303.463.6683 dnote.us

Vidal Yoga (Indoor exercise)
If you’re feeling stressed or want to switch up your workout, yoga is a great option. Vidal Yoga offers a variety of different types of yoga classes and the first week is free! 3955 Tennyson St. 303.477.8545 vitalyoga.org

Willis Case Golf Course
Just blocks away from campus, this public, regulation 18-hole golf course is run by the City of Denver. It features panoramic views of the mountains and reasonable prices (only $23-$27 for 18 holes). A pro shop and restaurant are also on site and golf lessons are available. 4999 Vrain St., 303.865.0700 www.cityofdenvergolf.com/Williscase

Butterfly Pavilion
A beautiful contribution to colorful Colorado, the Butterfly Pavilion is a non-profit insect zoo that is wonderful for a family event or a fun date. You’re sure to get a butterfly kiss after this experience! Observe and study or just enjoy the butterflies that fly around you. 6252 West 104th Ave. Westminster, CO 303.469.5441 www.butterflies.org Hours: Doors open daily at 9 am and close at 4:15

Denver Botanic Gardens
Urban Colorado beauty that reflects international flavor from Japan, Africa, Spain, France, and the Mediterranean. Experience the world as you walk through the magnificent gardens! 1007 York St. Denver, CO 720.865.3500 www.botanicgardens.org Hours: October – April: 9 am - 5 pm May – September: 9 am - 9 pm

Denver Zoo
Located in City Park, the Denver Zoo is a wonderful place for Regis students and families to enjoy the wonder of our animal friends. The zoo is over 100 years old, a great form of living history. Open every day of the year! 2300 Steele St. Denver, CO 303.376.4800 www.denverzoo.org

Elitch Gardens
Elitch Gardens boasts world-class roller coasters, amusement park games and a water park. The only standing vestige of the original Elitches before it came under new ownership is the carousel house on 38th and Tennyson, just southwest of Regis. 2000 Elitch Circle Dr. Denver, CO 303.595.4386 www.elitchgardens.com Hours: Open daily during summer 10am-9pm; Hours vary in the Fall.

Water World
8801 Pecos St. Denver, CO 303.427.7873 www.waterworldcolorado.com

Local Parks
To name a few: City Park, Cheesman Park, Washington Park, Commons Park, Confluence Park and Denver Skate Park are great refuges in metro Denver. Rocky Mountain Lake Park, Berkeley Lake Park, and Sloan’s Lake Park are Regis local favorites within walking distance. Go to www.denvergov.org/parks for directions.

Red Rocks Amphitheater
A breathtaking, naturally formed amphitheater just west of Regis, Red Rocks Amphitheater transports you from manmade structural beauty to natural has been host to renowned artists as John Tesh and Dave Matthews but also boasts local talent. Graduations, religious services and movie screenings also take place
here. Regis students enjoy the shows and also the hiking! Trails just down the road from the amphitheater are wonderful for leisure or sport. Don’t be surprised if you also see people running the stairs in the amphitheater for a good workout.
18300 W. Alameda Pkwy.
Morrison, CO
www.redrocksonline.com
Ticketmaster Customer Service Denver 720.865.2494

Colorado State Parks
Visiting one of the 41 state parks in Colorado is a great way to explore the unique treasures across the state. Take your favorite Regis student to a cabin, yurt, lake or campsite and experience Colorado’s natural beauty. Go to parks.state.co.us for more information.

Larimer Square
A hip, urban square block of shops, restaurants, clubs, and coffee shops. Visit The Market for a fresh homemade sandwich, salad or coffee, and free WiFi (1445 Larimer St., 303.534.5140). Nights at the Samba Room are sure to be filled with good Latin food and music (1460 Larimer St., 720.956.1701). End the night with great laughs at Comedy Works (1226 15th St., 303.595.3637), “one the top venues for stand-up comedy across the nation.” Larimer St. between 14th and 15th St.
303.534.2367
www.larimersquare.com

16th Street Mall
This downtown pedestrian mall boasts restaurants, shopping, bars, coffee houses, movie theaters, and bowling. Take the FREE Mall Ride from RTD down the street or opt for a horse-drawn carriage! Fun for the family or a date. Meter and garage parking are available but consider taking the RTD downtown. Meter parking is free on Sundays.
Downtown Denver, 16th St.
Denver Visitor’s Information 303.534.6161

Garden of the Gods
Whether you are a photographer, hiker, rock climber, horseback rider, biker, or casual tourist, the Garden of the Gods in Colorado Springs is a versatile beauty to be appreciated! This garden is made of towering red rock formations. This park is a wonderful place to slip into the red rock majesty that complements the purple Rocky Mountains to the west. Visit the Cave of the Winds in town and nearby Manitou Springs for more fun!
1805 N 30th St. (at Gateway Rd.)
Colorado Springs
719.634.6666
www.gardenofgods.com
Hours:
Memorial Weekend to Labor Day: 8 am – 8 pm.
Labor Day to Memorial Weekend: 9 am - 5 pm

REI Flagship Store
Located in the restored 1901 Denver Tramway building, the REI Denver Flagship is a complete outdoor resource, a historic landmark and an award-winning architectural accomplishment. This 94,000 square foot store has everything you’ll need for any Colorado adventure. While you’re here, check out the 45-foot climbing wall and the cold chamber for testing out sleeping bags. REI also offers classes, workshops and seminars to the public.
1416 Platte St.
Denver, CO
303.756.3100
www.rei.com/stores/18
## LIFE AND HEALTH RESOURCES

### BANKS

<table>
<thead>
<tr>
<th>Bank</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>BBVA Compass</td>
<td>4988 Federal Blvd</td>
<td>303.433.2265</td>
<td><a href="http://www.bbvacompass.com">www.bbvacompass.com</a></td>
</tr>
<tr>
<td>Chase</td>
<td>4704 Harlan</td>
<td>303.244.5210</td>
<td><a href="http://www.chase.com">www.chase.com</a></td>
</tr>
<tr>
<td>U.S. Bank</td>
<td>3400 West 38th</td>
<td>303.480.2285</td>
<td><a href="http://www.usbank.com">www.usbank.com</a></td>
</tr>
<tr>
<td>Wells Fargo Bank</td>
<td>1777 W 38th Ave</td>
<td>720.855.4240</td>
<td><a href="http://www.wellsfargo.com">www.wellsfargo.com</a></td>
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### GAS STATIONS

<table>
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<th>Gas Station</th>
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<tbody>
<tr>
<td>Bradley Petroleum</td>
<td>5000 Federal Blvd</td>
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<tr>
<td>King Soopers</td>
<td>6350 Sheridan Blvd #1</td>
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<tr>
<td>Safeway</td>
<td>3800 W 44th Ave</td>
<td></td>
<td></td>
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<tr>
<td>Shell</td>
<td>6400 Sheridan Blvd</td>
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### DRY CLEANERS & LAUNDROMATS

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<tr>
<th>Dry Cleaner</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>32nd Cleaners</td>
<td>3481 W 32nd Ave</td>
<td>303.480.9647</td>
<td></td>
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<tr>
<td>Carousel Cleaners</td>
<td>4040 W 38th Ave.</td>
<td>303.477.1001</td>
<td></td>
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<tr>
<td>Regis Square Dry Cleaners</td>
<td>5115 Federal Blvd # 23</td>
<td>303.433.1341</td>
<td></td>
</tr>
<tr>
<td>Revolution Cleaners</td>
<td>4500 W 38th Ave #140</td>
<td>303.999.2898</td>
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</table>

### GYMS & STUDIOS

<table>
<thead>
<tr>
<th>Gym Studio</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anytime Fitness</td>
<td>3698 W 44th Ave Suite G</td>
<td>720.475.0072</td>
<td><a href="http://www.anytimefitness.com">www.anytimefitness.com</a></td>
</tr>
<tr>
<td>Denver Run House</td>
<td>3832 Tennyson St.</td>
<td>(303) 993-5007</td>
<td><a href="http://www.facebook.com/denverunhouse">www.facebook.com/denverunhouse</a> Tennyson</td>
</tr>
<tr>
<td>Japanese Karate of North Denver</td>
<td>2201 W 32nd Ave Unit B</td>
<td>303.433.1551</td>
<td></td>
</tr>
<tr>
<td>Vital Yoga</td>
<td>3955 Tennyson St.</td>
<td>303.477.8545</td>
<td><a href="http://www.vitalyoga.org">www.vitalyoga.org</a> Tennyson</td>
</tr>
<tr>
<td>Vitruvian Fitness</td>
<td>3212 Tejon St.</td>
<td>303.455.0437</td>
<td><a href="http://www.vmfit.com">www.vmfit.com</a> Lo Hi</td>
</tr>
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</table>

### HOSPITALS

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
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<tbody>
<tr>
<td>Exempla St. Joseph</td>
<td>1835 Franklin St.</td>
<td>303.837.7111</td>
<td><a href="http://www.exempla.org">www.exempla.org</a></td>
</tr>
<tr>
<td>Presbyterian St. Luke’s Medical Center</td>
<td>1719 E 19th Ave.</td>
<td>303.839.6000</td>
<td><a href="http://www.pslmc.com">www.pslmc.com</a></td>
</tr>
<tr>
<td>St. Anthony North Hospital</td>
<td>2551 W 84th Ave.</td>
<td>303.426.2151</td>
<td><a href="http://www.stanthonynorth.org">www.stanthonynorth.org</a></td>
</tr>
</tbody>
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### MECHANICS

<table>
<thead>
<tr>
<th>Mechanic</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
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<tbody>
<tr>
<td>Discount Tire</td>
<td>4580 Wadsworth Blvd.</td>
<td>303.425.1475</td>
<td><a href="http://www.discounttire.com">www.discounttire.com</a></td>
</tr>
<tr>
<td>Grease Monkey</td>
<td>4620 Wadsworth Blvd.</td>
<td>303.424.8216</td>
<td></td>
</tr>
</tbody>
</table>
**LIFE AND HEALTH RESOURCES**

**KL Auto Repair**  
2950 W 54th Ave.  
720.935.8587  
Denver General

**Regis 66**  
4890 Lowell Blvd.  
303.455.6636  
Berkeley

**Wheat Ridge Muffler and Brake**  
3850 Kipling St.  
303.431.6656  
Denver general

**PLACES OF WORSHIP**

**Baptist**  
North Federal Baptist Church  
3070 W 65th Ave.  
303.428.3813  
Denver General

**Buddhist**  
WatBuddhawararam Monastery  
4801 Julian St.  
(303) 428-1826  
Denver General

**Zen Center of Denver**  
3101 W 31st Ave.  
303.455.1500  
www.zencenterofdenver.org  
Denver General

**Catholic**  
St. John Francis Regis Chapel  
*On Campus*

**Holy Family Church**  
4377 Utica Street.  
303.455.1664  
www.holyfamilydenver.com  
Denver General

**St. Catherine of Siena**  
4200 Federal Blvd.  
303.477.8035  
www.saintcatherine.us  
Denver General

**St. Dominic Parish**  
3053 W 29th Ave.  
303.455.3613  
www.stdominedenver.org  
Denver General

**Jewish**  
B’nai Torah  
3990 West 74th Ave.  
303.692.5234  
www.bnai-torah-colorado.org  
Denver General

**Lutheran**  
Emmaus Lutheran Church  
3120 Irving St.  
303.433.3303  
www.emmausdenver.org  
Denver General

**Methodist**  
Highlands United Methodist Church  
3131 Osceola St.  
303.477.5857  
www.highlandsumc.com  
Denver General

**Non-Denominational**  
The Firehouse Church  
3300 Tejon St.  
303.888.4015  
www.denverfirehouse.com  
Lo Hi

**Highlands Church**  
2644 W 32nd Ave.  
720.515.4255  
highlandschurchdenver.org  
Lo Hi

**Park Church**  
3025 W 37th Ave.  
720.837.2149  
www.parkchurchdenver.org  
Berkeley

**Seventh Day Adventist**  
Arvada Adventist Church  
7090 W 64th Avenue.  
303.422.2369  
www.aachurch.org  
Denver General

**United Church of Christ**  
Berkeley Community Church  
3701 W 50th Ave.  
303.433.5881  
www.berkchurchucc.org  
Denver General

**POST OFFICE**

Regis Mail Center  
*On Campus*, O’Connell Hall  
(East side of campus)  
303.458.3555

**SHOPPING MALLS**

Belmar Shopping Center  
464 S Teller St. Lakewood

Colorado Mills  
14500 W Colfax Ave Lakewood

FlatIron Crossing  
1 West Flatiron Crossing Drive  
Broomfield

Cherry Creek Mall  
3000 E 1st Ave, Denver

Denver Pavilions  
500 16th St Denver

**STORAGE**

Adams County Self Storage  
5999 Pecos St.  
303.477.3844  
www.adamscountyselfstorage.com  
Denver General

ExtraSpace Storage  
7117 W. 56th Ave.  
303.423.2866  
www.extraspace.com
Public Storage
6161 W 48th Ave.
800.688.8057
www.publicstorage.com
Denver General

SUPER STORES
Target
1985 Sheridan Blvd.
720.274.3665
5071 Kipling St.
303.209.1848
www.target.com
Denver General

Target
1985 Sheridan Blvd.
720.274.3665
5071 Kipling St.
303.209.1848
www.target.com
Denver General

Walmart
7155 Sheridan Blvd.
303.487.1412
5957 W 44th Ave.
303.222.4455
www.walmart.com
Denver General

Walmart
7155 Sheridan Blvd.
303.487.1412
5957 W 44th Ave.
303.222.4455
www.walmart.com
Denver General

THRIFT & CONSIGNMENT STORES
Goodwill
21 S. Broadway
303.722.1440
Denver
www.goodwilldenver.org

Goodwill
21 S. Broadway
303.722.1440
Denver
www.goodwilldenver.org

Miles Met Emporium
4320 Tennyson St.
303.477.5551
facebook.com/MilesMetsEmporium

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4320 Tennyson St.
303.477.5551
facebook.com/MilesMetsEmporium

Tula's Treasures and Thrift
5757 Olde Wadsworth Blvd.
720.933.1093
Olde Town Arvada

Tula's Treasures and Thrift
5757 Olde Wadsworth Blvd.
720.933.1093
Olde Town Arvada

Arc Thrift Store
1401 Cortez St

Arc Thrift Store
1401 Cortez St

Arvada Army Navy Surplus
5701 Olde Wadsworth Blvd.
303.424.5434
www.arvadasurplus.com

Arvada Army Navy Surplus
5701 Olde Wadsworth Blvd.
303.424.5434
www.arvadasurplus.com

Buffalo Exchange
226 E. 13th Ave.
303-866-0164
www.buffaloexchange.com

Buffalo Exchange
226 E. 13th Ave.
303-866-0164
www.buffaloexchange.com

Clotheshorse & Clotheshorse Too
4232 Tennyson St.
303.477.7800
Tennyson

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4232 Tennyson St.
303.477.7800
Tennyson

Habitat for Humanity ReStore
10625 Frontage Road
Wheat Ridge
303.421.1908
www.habitatmetrodenver.org/restore

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10625 Frontage Road
Wheat Ridge
303.421.1908
www.habitatmetrodenver.org/restore

URGENT CARE
Afterhours Urgent Care
4500 W 38th Ave Suite 220
303.861.7878
www.afteroursinc.com
Denver General

Afterhours Urgent Care
4500 W 38th Ave Suite 220
303.861.7878
www.afteroursinc.com
Denver General

Concentra
1730 Blake St Suite 100
303.296.2273
www.concentra.com
Denver General

Concentra
1730 Blake St Suite 100
303.296.2273
www.concentra.com
Denver General

Guardian Urgent Care
5165 W 72nd Ave.
303.645.4770
www.guardianurgentcare.com
Denver General

Guardian Urgent Care
5165 W 72nd Ave.
303.645.4770
www.guardianurgentcare.com
Denver General

NextCare Urgent Care
7450 W 52nd Ave.
888.381.4858
www.nextcare.com
Olde Town

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7450 W 52nd Ave.
888.381.4858
www.nextcare.com
Olde Town

CONCERT VENUES
Red Rocks Park & Amphitheater
(W 1-70, exit 259)

Red Rocks Park & Amphitheater
(W 1-70, exit 259)

Bluebird Theater
3317 E Colfax Ave

Bluebird Theater
3317 E Colfax Ave

Ogden Theatre
935 E Colfax Ave

Ogden Theatre
935 E Colfax Ave

Fillmore Auditorium
1510 Clarkson St.

Fillmore Auditorium
1510 Clarkson St.

Paramount Theatre
1621 Glenarm Pl.

Paramount Theatre
1621 Glenarm Pl.

Cervantes Masterpiece Ballroom
2637 Welton St.

Cervantes Masterpiece Ballroom
2637 Welton St.

Grizzly Rose
5450 North Valley Highway

Grizzly Rose
5450 North Valley Highway

MOVIE THEATRES
Elvis Cinema
5157 W 64th Ave (64th & Sheridan)
(303) 426-1620

Elvis Cinema
5157 W 64th Ave (64th & Sheridan)
(303) 426-1620

Landmark Theatre’s Olde Town 14
5550 Wadsworth Blvd (55th & Wadsworth)

Landmark Theatre’s Olde Town 14
5550 Wadsworth Blvd (55th & Wadsworth)

RESTAURANTS
Chipotle
Highlands Square
3600 W 32nd Ave (32nd & Lowell)
Olde Town Arvada
5324 Wadsworth Blvd

Chipotle
Highlands Square
3600 W 32nd Ave (32nd & Lowell)
Olde Town Arvada
5324 Wadsworth Blvd

Garbanzos
3453 W 32nd Ave
Highlands Square

Garbanzos
3453 W 32nd Ave
Highlands Square

Smiling Moose Deli
5324 Wadsworth Blvd (Olde Town Arvada)

Smiling Moose Deli
5324 Wadsworth Blvd (Olde Town Arvada)

ICE CREAM
Cold Stone
5545 Wadsworth Bypass
Olde Town Arvada

Cold Stone
5545 Wadsworth Bypass
Olde Town Arvada

FAST FOOD
McDonalds
5085 N Federal Blvd
(ask for the Regis Deal and receive 2 for 1 sandwiches)

McDonalds
5085 N Federal Blvd
(ask for the Regis Deal and receive 2 for 1 sandwiches)
Community Clean Up

Come on out to help clean up your surround Regis community

Breakfast and Lunch are provided

Meet in Lot 3

Brought to you by the RUSGA Community Involvement

Saturday
Sept. 27
Join CIC and the Study-Abroad Office every 4th Thursday of the month.
Leaving from the front of the Student Center at 6:15pm.

Explore unique cultures, hear from great native speakers and enjoy dinner on us.

Countries include: Ghana, Peru, France, India, and many more!

For more information please contact Jace Prokupek at jprokupek@regis.edu