

# Boulder Senior

BoulderSeniorServices.com

## Services



## SPRING INTO GOOD HEALTH

SilverSneakers Expands, see page 19

Encore  
Member  
registration  
begins  
February 9

SPRING 2016

MARCH, APRIL AND MAY

location, location, location.

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brandon@elderlawboulder.com

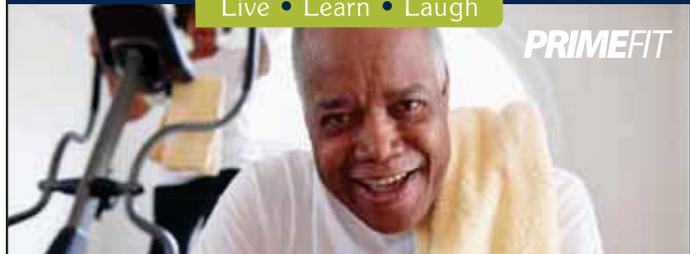
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www.elderlawboulder.com

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# BOULDER SENIOR SERVICES INFORMATION

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*Cover photo:*

The popular Healthways SilverSneakers® Fitness pass is now accepted at all three City of Boulder recreation facilities. Read more on page 19.

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Boulder, CO 80301

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www.agboulder.com

## SENIOR RESOURCES



*City of Boulder Senior Resources offers support, information and community programs to help you age well in Boulder, or as a local or long-distance caregiver. Picture shows Jacki Myers, Senior Resource Specialist, Karla Garcia-Velez, Senior Resource Specialist (Bilingual), and Maureen Dobson, Senior Programs Manager.*

## SENIOR SERVICES STAFF

Senior Services Manager

Eden Mayne ..... 303-441-4439

Facilities and Operations Manager

Renee Foote ..... 303-441-4438

Senior Programs Manager

Maureen Dobson..... 303-413-7489

Senior Resource Specialists

Jacki Myers ..... 303-441-4388

Karla Garcia-Velez - Bilingual

Line ..... 303-413-7494

Finance

Monica Richtsmeier ..... 303-441-4389

Facility Booking, Administration and Magazine

Beth Bovard ..... 303-413-7487

Day Trips, Overnight Travel and Classes

Tracy Prioste ..... 303-441-3915

Reception and Registration

Jay Allen, Nancy Cooper, DeLana Gorski,  
Pete Lundskow

West Senior Center ..... 303-441-3148

East Senior Center..... 303-441-4150

# BOULDER SENIOR SERVICES INFORMATION

## City of Boulder Department of Human Services



### Human Services

The City of Boulder serves individuals regardless of ancestry, color, creed, gender variance, genetic characteristics, marital status, mental disability, physical disability, race, religion, sex and sexual orientation.

Anyone who believes they have been subject to discrimination can call 303-441-3148 or 303-441-4150.

The City of Boulder does not endorse or recommend any of the products or services advertised in this publication. Please call the District Attorney's Office of Consumer Affairs, 303-441-3700 or the Attorney General's office, 303-866-5225/Spanish, 303-866-4828 with questions.

**HUMAN SERVICES**

**OUR MISSION:**  
TO CREATE A HEALTHY,  
SOCIALLY THRIVING, INCLUSIVE COMMUNITY  
BY PROVIDING AND SUPPORTING  
HUMAN SERVICES  
TO BOULDER RESIDENTS IN NEED

**CITY OF BOULDER**  
*Service excellence for an inspired future*

CUSTOMER SERVICE • RESPECT • INTEGRITY  
COLLABORATION • INNOVATION

**Department Vision:** A healthy, diverse and sustainable community in which all residents are successful and contributing members.

**Human Services Planning Mission:** To research, evaluate and implement innovative social policy through regional, collaborative planning and community funding.

**Stay in tune with what's happening in Boulder.**

Watch **Human Services Insight** on Inside Boulder News on Channel 8.  
Or go online to view current and past shows at [www.BoulderChannel8.com](http://www.BoulderChannel8.com)

**Human Services**

**Senior Services Mission:** To foster the engagement and well-being of older adults and promote a positive image of aging through community collaboration and excellent services.

**Community Relations Mission:** To protect civil rights, facilitate positive community relations and promote social equity policy.

**Family Services Mission:** To support children, youth and families through regional collaborative planning, community funding and quality programs.

# BOULDER SENIOR SERVICES INFORMATION



## WEST SENIOR CENTER

8 a.m. to 5 p.m.  
Monday – Friday

### Café Classico

Lunch, 11:30 a.m. to 12:30 p.m.,  
Monday – Friday, \$5.00  
Tuesday night dinners, 5:30 p.m.  
by reservation, \$6.00

### Room Rentals

For information about renting a  
room at the West Senior Center,  
call 303-413-7487.

### Complimentary parking permits available for West Senior Center

Parking is free for West Senior  
Center patrons. Day passes are  
available at the front desk.  
Longer-term parking passes are  
also available with your ID and  
your vehicle registration. Those  
using the parking lot but not  
inside the West Senior Center  
may be ticketed.

**909 Arapahoe Ave.  
Boulder, CO 80302  
303-441-3148**



## EAST SENIOR CENTER

7:30 a.m. to 4:30 p.m.  
Monday - Friday

### Room Rentals

For information about renting a  
room at the East Senior Center,  
call 303-441-4400 or email  
EBCCfacilityrentals  
@bouldercolorado.gov.

**5660 Sioux Drive  
Boulder, CO 80303  
303-441-4150**

## Age Guidelines:

You may participate in Senior  
Services programs at age 55.  
Senior Resources consultations  
are available for those ages 60  
and up and their family members.  
We have a list of agencies that are  
available to help those under 60  
who are in need.

Beginning March 1, individuals  
under age 55 may register for  
activities based on availability.  
A caregiver for a senior may  
register at the same time as the  
senior and pay the senior fee.

## SENIOR CENTER CLOSURES

### Memorial Day

Monday, May 30



### Assistive Listening Devices

Assisted listening devices are  
available for free for any program  
upon request. Please notify staff  
in advance.



### Wheelchair Accessible

There are a limited number of  
spaces available to those  
using wheelchairs.



### Reduced Rate Eligible

Boulder Senior Services offers a  
selection of programs that qualify  
for Reduced Rate. See page 6  
for more information.



*You know you're  
getting old when all  
the names in your  
black book have M. D.  
after them.*

*~ Harrison Ford*



# BOULDER SENIOR SERVICES INFORMATION



## Human Services Aging in Boulder: Feedback + Engagement Opportunities

The City is currently updating the Human Services Master Plan that will provide the blueprint for the City's investments over the next 5 years.

You are the fastest growing population in our community.

Input from you about what is most important is critical to the update of the Plan.

We would like to hear from you. Your voice matters!

For more information or to sign up to receive emails on upcoming feedback opportunities, please visit:

[www.bouldercolorado.gov/Aging](http://www.bouldercolorado.gov/Aging)

or call:

West Senior Center- 303-441-3148

East Senior Center- 303-441-4150

## INCREASING 65+ POPULATION IN BOULDER

### Are we ready?

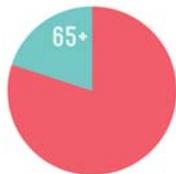
[www.bouldercolorado.gov/Aging](http://www.bouldercolorado.gov/Aging)

2013



12%

2030



20%



## Human Services

## SENIOR SERVICES SPOTLIGHT

### Boulder Senior Services welcomes new manager

The City of Boulder Human Services Department is pleased to announce Eden Mayne's appointment as the new Senior Services Manager. Eden joined the department's leadership team in January after an extensive national search. Prior to joining the City of Boulder, Eden was the Community Living Program Manager and the ADRC (Aging and Disability Resources for Colorado) Program Manager for the Boulder County Area Agency on Aging. She played a key role in developing a strategic ADRC work plan, supervised the options counseling program, created and maintained community partnerships with aging and disability agencies, and served on several state and county advisory councils and planning committees. Acting Senior Services Manager Betty Kilsdonk will continue to serve as the Deputy Human Services Director. Eden's office is located at the West Senior Center.



# BOULDER SENIOR SERVICES INFORMATION

## Helping Boulder's Seniors



Board Members Donna Post and Carl Roedel

Thanks so much to those who donated to the Boulder Seniors Foundation on Colorado Gives Day and earlier during 2015. This is a great way to honor a senior you know or say "thanks" for the programs and activities you enjoy at Boulder's senior centers.

The Foundation's Board of Directors are volunteers with a keen interest in our community's seniors and their needs. We take pride in working with Boulder's Senior Services to fund programs of interest to seniors and to assist individual seniors who need help paying for expensive services such as new glasses or emergency dental work. We rely on donations and every contribution to our cause is greatly appreciated.

“  
*There is only one corner of the universe you can be certain of improving, and that's your own self.*  
~Aldous Huxley  
”

## Boulder Seniors Foundation



### Senior Wisdom

*“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.” – Sophia Loren*

**Please consider supporting the Boulder Seniors Foundation. Mail gifts to:  
P.O. Box 1392 Boulder, CO 80306-1392**

**Visit us on the web:**  
[sites.google.com/site/boulderseniorsfoundation](http://sites.google.com/site/boulderseniorsfoundation)

## Senior living in Boulder at its best!

FLATIRONS TERRACE AT GOLDEN WEST –  
A VIBRANT COMMUNITY OF PEOPLE ENJOYING LIFE  
AND ALL THAT BOULDER HAS TO OFFER!



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...or simply drop in!

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For more information visit: [www.flatironsterrace.org](http://www.flatironsterrace.org)

*All the amenities at competitive prices with NO buy in!*

**Flatirons Terrace**  
AT GOLDEN WEST  
*Senior Living in Boulder*

**REAL PEOPLE.  
REAL COMMUNITY.  
REAL BOULDER.**

## COMMUNITY SERVICES AND RESOURCES

### Senior Resources 303-441-4388

En Español

303-413-7494

Senior Resources provides access to support services to help you cope in your daily life and cultivate your inner resources. While your inner strengths are what get you through life, there are many community services and programs to support you. Our Resource Specialists have offered individualized consultation and resource referrals since 1982. Call us to learn about and differentiate between the plentiful resources available to City of Boulder residents age 60 and older and their families. We will help you to clarify needs, understand what your options are, learn how to maneuver the application processes, balance care giving with your personal needs, and develop a plan of action. We offer emotional support and information to help you age well in Boulder, or as a local or long-distance caregiver.

*Esta revista de Servicios para Adultos Mayores está enfocado en ayudar en la vida diaria para que usted se informe acerca de los programas disponibles en la Ciudad de Boulder. Estos programas le ayudaran a darle apoyo y ayuda para que tenga una vejez más cómoda. Los especialistas en recursos para la comunidad han dado consultas individuales desde el año 1982. Nosotros te ayudaremos en tus necesidades, y a entender cuáles son tus opciones. Llámanos para que te informes acerca de todos los servicios que hay para los residentes de la Ciudad de Boulder de 60 años de edad o más, y sus familias.*

### Reduced Rate Program



The reduced rate program is for residents of Boulder over age 60 who meet income and asset guidelines. Most Senior Services special events and classes are available at a reduced rate, and a select few trips. Please look for the “Reduced Rate Eligible” notation to tell you which trips are eligible for the reduced rate.

Applicants must be approved prior to registering under the reduced rate option. For additional information and an application, and/or to register for reduced rate programs, stop by the front desk at either senior center or call 303-441-3148 or 303-441-4150.

### Boulder County CareConnect

303-443-1933



Boulder County CareConnect (BCCC) provides five volunteer-powered safety net programs that help seniors in

need: Carry-Out Caravan – grocery shopping and delivery; Fix-It – minor home repairs and grab installation; IceBusters – snow shoveling in Boulder and Longmont; Medical Mobility – escorted transportation to and from medical appointments (in partnership with Via); and YardBusters – basic yard maintenance in the summer. They also operate the RSVP program that matches 55+ adults with volunteer opportunities throughout Boulder County. To sign up for services or to volunteer call 303-443-1933 or visit [www.careconnectbc.org](http://www.careconnectbc.org).

### Boulder County Circles Campaign 303-441-1503



Circle Allies are part of a team of friends and advocates who gather regularly to support a Circle Leader as he or she works toward achieving long-term economic self-sufficiency. Allies become more informed about the causes and solutions to poverty, and

build meaningful friendships across socioeconomic lines (five hours per month commitment). Circles is also supported by an advisory board, the Guiding Coalition, and several teams: Recruitment, Community, Jobs and Education, Resources, and Big View (three hours per month commitment).

For more information visit the Circles web site at [www.bouldercountycircles.org](http://www.bouldercountycircles.org) or contact Jessica Austin at 303-441-1503 or email [jaustin@bouldercounty.org](mailto:jaustin@bouldercounty.org).

# COMMUNITY SERVICES AND RESOURCES

## Family Resource Center 720-279-7027



The Family Resource Center (FRC), located at Manhattan Middle School of Arts and Academies, 290 Manhattan Drive, is a great way for families to connect with community services and get help in key areas such as parenting, health, nutrition, financial

management, education, emotional well-being and community involvement. The FRC serves all City of Boulder residents with children up to 19 years of age or families with a child enrolled in a Boulder Valley School District school within the city limits. This is a collaborative effort between the City of Boulder and Boulder County. For more information or to schedule an appointment, please call 720-279-7027.

## Senior Volunteer Opportunity 303-441-4345

Interested in giving back to the community through elementary education?

Do you want to give children the opportunity to practice and build on what they learn in school?

The Family Resource Schools program is looking for Boulder seniors who would like to volunteer as homework tutors, academic mentors for the Academic Club or lead an after-school class (some examples are: knitting, music, chess, art, or foreign language) at one of five elementary schools in Boulder (Columbine, Creekside, Crest View, Uni Hill and Whittier).

Classes generally meet once or twice a week on Mondays, Tuesdays, Wednesdays or Thursdays from 2:50 to 4 p.m.

**Spring Session:** Early April to mid-May

**Fall Session:** Early Sept. to mid-Nov.

**Winter Session:** Late Jan. to mid-March

For more information call 303-441-4345.

## Mental Health Partners Senior Reach Program 866-217-5808

Senior Reach is a short term counseling program for adults in Boulder County aged 60 and older. A therapist will come to your home for up to 10 sessions of supportive counseling. It is confidential and free. If you, or someone you know, might be interested in this program, please call our Senior Reach Call Center at 866-217-5808, or drop in at the West Senior Center on a fourth Tuesday between 3 and 5 p.m. to discuss your questions with a therapist.

## Audio Information Network of Colorado 303-786-7777



The Audio Information Network of Colorado provides free audio services that help blind, visually impaired and print disabled individuals maintain independence and stay connected to their community. Listeners have access to nearly 100 Colorado newspapers, grocery/discount ads, magazines, and other local publications in English and Spanish. Listening options include pre-tuned digital receivers, telephone, or internet. Call 303-786-7777 or go to [www.aincolorado.org](http://www.aincolorado.org) for more information.

## Food Tax Rebate Program 303-441-1836



Each year, the City of Boulder provides rebates to help compensate lower-income residents for the city sales tax they pay on food. Those eligible for the program include low-income seniors aged 62 or older for the entire 2015 calendar year; low-income persons with disabilities; and low-income families with children under 18 years of age in the household for the entire 2015 calendar year. See page 25 for more information.

# COMMUNITY SERVICES AND RESOURCES

## Colorado Talking Books Library 303-727-9277

The Colorado Talking Books Library provides free library service to Colorado residents who can't read standard print. Audio, Braille, and large print books are available and go through the mail postage paid. Books are sent automatically based on reading interests. An iOS app is also available for downloading books to a personal device. For more information, call the library at 303-727-9277 or go to [www.myctbl.org](http://www.myctbl.org).



## Boulder County Legal Services 303-449-7575

Boulder County Legal Services (BCLS) provides civil legal assistance to low-income and elderly residents of Boulder County with matters including family law, protection orders, housing rights, public benefits, consumer issues, elder law, health issues, and more. A short interview will determine if you qualify for an appointment. Financial eligibility for applicants is determined by federal poverty guidelines. Seniors (age 60 and older) with certain legal issues can be served regardless of income. BCLS cannot provide services for criminal cases, fee-generating cases (such as personal injury), or with traffic disputes. BCLS is available by appointment the first and third Tuesday of each month from 1 to 3 p.m. at the West Senior Center. Contact 303-449-7575 for more information or to schedule an appointment.

## Rainbow Elders of Boulder County 303-441-3583



Social and aging resources for age 55+ lesbian, gay, bisexual and transgender adults, including a monthly newsletter and annual holiday event. Call Nancy Grimes at Boulder County Area Agency on Aging, 303-441-3583, or send an email to [infoLGBTelders@bouldercounty.org](mailto:infoLGBTelders@bouldercounty.org). Confidentiality maintained.

## Community Protection Services 303-441-3700

Community Protection Services are available through the Boulder County District Attorney's office. They provide advice and information on a wide range of consumer protection issues: identity theft, car repairs, contractor issues, elder financial exploitation, landlord/tenant problems, charitable fraud, credit, collection agencies, internet fraud, door-to-door solicitations and telemarketing, to name but a few. English- and Spanish-speaking staff members and volunteers are available Monday through Friday from 8 a.m. to 5 p.m. to answer questions, provide assistance, and investigate consumer complaints. Call 303-441-3700 for further assistance, or visit [www.bouldercounty.org/safety/victim/pages/dacpd.aspx](http://www.bouldercounty.org/safety/victim/pages/dacpd.aspx). You will find online complaint forms at the website as well.



## Flood and Fire Safety 303-651-8550



Preparation tips and evacuation procedures are available at <http://www.boulderoem.com>. To sign up for emergency alert messages go to [www.bouldercounty.org/sheriff](http://www.bouldercounty.org/sheriff) or call 303-651-8550. During an

actual emergency, the outdoor warning sirens will sound for five minutes. During a test, they will sound for two minutes. The same signal is used whether the emergency is a flood, tornado or other disaster. If you hear a siren, tune to a local TV or radio station for further information.

## Need Glasses?

The Boulder Seniors Foundation and the Hynd Trust for the Blind Fund assist with providing basic glasses for low-income seniors age 60 and over. Call Senior Resources staff at 303-441-4388 for more information.



# COMMUNITY SERVICES AND RESOURCES

## Nutrition Counseling 303-678-6115



Free, but donations are welcome! Eating well contributes to better health and in preventing and managing chronic

conditions. To give you the support you need, up to two free nutrition counseling sessions are available to you if you are an older adult (60+ years) or are a family caregiver for an older adult. Please call the Boulder County Older Adult Nutrition Line at 303-678-6115 and leave your name and phone number. You will soon be contacted by a Registered Dietitian to schedule an appointment.

Nutrition Counseling is brought to you by the Boulder County Area Agency on Aging and Boulder Nutrition and Exercise.



**Via Mobility Services**  
[www.viacolorado.org](http://www.viacolorado.org)  
**303-447-2848**

Via provides accessible on-demand door-to-door transportation, individual and group travel training, and mobility options information and referral for older adults, people with disabilities, low-income individuals and others living with mobility limitations in Boulder County. Our mission is to promote independence and self-sufficiency. Via is a nonprofit organization. Enjoy the journey.

## Senior Community Advisory Committee

The Senior Community Advisory Committee (SCAC) represents the broad public interest in providing consultation and expertise to the city via Senior Services staff on policy and programs related to seniors. For more information, contact Eden Mayne at 303-441-4439 or by email at: [maynee@bouldercolorado.gov](mailto:maynee@bouldercolorado.gov).

## Community Mediation Service 303-441-4364

The City of Boulder Community Mediation Service provides mediation for seniors who are involved in a conflict, such as within the family or with caregivers. Trained mediators provide a neutral, confidential setting to assist individuals to communicate their issues and develop a written agreement. At least one participant must be a city resident. There is a nominal fee. We can discuss with you whether mediation might be helpful. For more information or to schedule an appointment, please call 303-441-4364 or send email to [mediation@bouldercolorado.gov](mailto:mediation@bouldercolorado.gov).



# COMMUNITY SERVICES AND RESOURCES

## IMPORTANT TELEPHONE NUMBERS

Access-A-Ride .....	303-292-6560
Accident Report .....	303-441-3333
Boulder County Area Agency on Aging .....	303-441-3570
Boulder County Aging and Disability Resources for Colorado (ADRC) .....	303-441-1617
Boulder Housing Partners .....	720-564-4610
Boulder County Housing and Human Services and Adult Protective Services .....	303-441-1000
CareConnect .....	303-443-1933
Care Link Adult Day Program .....	720-562-4470
Center for People with Disabilities ..	303-442-8662
Close Call Phone Line .....	303-441-4272
City of Boulder Information .....	303-441-3388
Colorado Health Information .....	1-877-462-2911
Eldershare Food Program .....	303-652-1307
Emergency Family Assistance .....	303-442-3042
Federal Government.....	1-800-FED-INFO
Fire Prevention/Safety .....	303-441-4355
Food Tax Rebate Program.....	303-441-1836
Foot Care.....	303-651-5224
Meals on Wheels.....	303-441-3908
Medicare Counselors .....	303-441-1546
Mental Health Partners .....	303-443-8500
Pothole Hotline .....	303-441-3962
RTD.....	303-299-6000
Social Security Office .....	1-800-772-1213
Snow Shoveling .....	303-443-1933
Street Maintenance.....	303-413-7162
Veterans Services .....	303-441-3890
Via Mobility Services .....	303-447-2848
Workforce Boulder County .....	303-301-2900

## Bill Paying and Organizing Program

Senior Services' Bill Payer and Organizing Program helps seniors remain independent in their homes by providing them with a volunteer to assist them weekly or monthly with the following financial and organizing tasks:

- Opening and sorting mail
- Determining a budget
- Writing checks and/or setting up automatic debits
- Balancing checkbooks
- Setting up filing systems
- Organizing and assisting with paperwork
- Helping shred documents that contain personal information
- Making phone calls or writing letters.
- Assisting with loading documents onto a computer

If you or someone you know might benefit from this unique support program, please call 303-441-4388 for more information and/or to make a referral.



*Care Link* INC.

SPECIALIZED  
ADULT DAY PROGRAM

*Help for those  
caring for loved ones*

Free Assessment  
& Trial Visit  
Meals & Snacks  
Fun Structured Activities  
Medication Assistance  
Transportation Available  
Daily Exercise

3434 47th Street Suite 100  
Boulder, CO 80301  
303-532-2477

# COMMUNITY SERVICES AND RESOURCES

909 Arapahoe Avenue, Boulder, CO 80302

Please call the group's contact person for more information.

## **MONDAY**

### **Partner Duplicate Bridge Club**

12:45 to 4 p.m.

Contact: Don, 720-565-6817

## **TUESDAY**

### **Drop-in Table Tennis**

9:45 to 11:45 a.m.

Contact: Anna, 303-402-1620



### **Boulder County Legal Services**

1 to 4 p.m. – 1st & 3rd Tuesdays  
By appointment only: 303-449-7575

## **WEDNESDAY**

### **Storytelling Circle**

1 to 2:30 p.m. – 1st & 3rd Wednesdays  
Storytelling Series completion required.  
Contact: Ann, 303-810-2094



### **Creativity Circle**

10 a.m. to noon – 2nd & 4th Wednesdays  
Contact: Elsie, 303-545-0007

## **THURSDAY**

### **Drop-in Table Tennis**

9:45 to 11:45 a.m.

Contact: Anna, 303-402-1620



### **World Affairs and Lunch West**

9:30 to 11:30 a.m.

Contact: George, 303-442-3979



### **Community Book Club**

2 to 3:30 p.m. – 3rd Thursdays  
Previously known as Encore Book Club,  
now open to everyone.  
Contact: Debra, 303-440-4148

## **FRIDAY**

### **Boulder Chapter of National Active and retired Federal Employees Association (NARFE)**

1 to 2:30 p.m. – 1st Fridays  
Contact: Zdenka, 303-444-8547

# ONGOING ACTIVITIES AT THE EAST SENIOR CENTER

5660 Sioux Drive, Boulder, CO 80303

*Please call the group's contact person for more information.*

## **MONDAY**

### **Senior Rubber Bridge**

12:30 to 4 p.m.

Contact: Alice, 303-494-8050



### **Table Tennis Club**

1 to 3 p.m.

Contact: Richard, 303-652-6524



### **American Mah Jongg**

1 to 4 p.m.

Contact: Beth, 303-530-7565;  
or Jean, 303-494-2307

## **WEDNESDAY**

### **Table Tennis Club**

Noon to 2 p.m.

Contact: Richard, 303-652-6524



### **Scrabble Club**

10 a.m. to noon

Contact: Dobbie, 720-583-1744



### **Chinese Mah Jongg**

1 to 3 p.m.

Contact: Bonnie, 303-499-6192

## **TUESDAY**

### **Drop-in Table Tennis**

9:45 to 11:45 a.m.

Contact: Anna, 303-402-1620



### **Mah Jongg**

9 a.m. to 12:30 p.m.

Contact: Donnie, 303-494-8644



### **Hand and Foot Canasta**

12:30 to 3:30 p.m.

Contact: Jean, 303-494-2307

## **THURSDAY**

### **Practice Bridge**

12:45 to 4 p.m.

Contact: Ann, 303-506-4437



### **World Affairs East (currently full)**

9:30 a.m. to noon – 4th Thursdays

Contact: Jim, 720-562-8178

## **FRIDAY**

### **Table Tennis Club**

1 to 3 p.m.

Contact: Richard, 303-652-6524

### **Texas Hold'em**

1:30 to 3:30 p.m.

Contact: Brenda, 303-499-3763

# ONGOING ACTIVITIES AT THE EAST SENIOR CENTER

## WEST SENIOR CENTER

### MONDAY

#### **Beyond Vision (Low Vision Support Group)**

1 to 2 p.m. – 4th Mondays at WSC  
Sponsored by The Center for People with  
Disabilities (CPWD); 303-442-8662



### WEDNESDAY

#### **Women's Support Group**

2 to 3:30 p.m. at WSC  
Sponsored by Mental Health Partners  
Call for availability: 303-413-6377



#### **Men's Support Group**

10:30 a.m. to noon – 1st & 3rd Wednesdays at WSC  
Sponsored by Mental Health Partners  
Call for availability: 303-413-6377



### THURSDAY

#### **Women's Support Group**

1:30 to 3 p.m. at WSC  
Sponsored by Mental Health Partners  
Call for availability: 303-413-6377



*Advice is what we ask for  
when we already know the  
answer but wish we didn't.*

*~ Erica Jong*



## EAST SENIOR CENTER

### TUESDAY

#### **Boulder Parkinson's Support Group**

10 to 11:30 a.m. – 3rd Tuesdays at EBSC  
Sponsored by Parkinson Assoc. of the Rockies  
Contact: Bob, 303-494-9229



#### **Alzheimer's/Dementia Support Group**

11 a.m. to 12:30 p.m. – 2nd Tuesdays at EBSC  
Sponsored by the Alzheimer's Association  
Contact: Alz.org, 800-272-3900

### WEDNESDAY

#### **Widowed Persons Support Group**

10 a.m. to noon – 4th Wednesdays at EBSC  
Sponsored by TRU Community Care; Contact:  
Suzanne, 303-530-4542

### THURSDAY

#### **Alzheimer's/Dementia Support Group**

Noon to 1:30 p.m. – 1st Thursdays at EBSC  
Contact: Alz.org, 800-272-3900



#### **This Full House Support Group**

3 to 4:30 p.m. – 2nd Thursdays at EBSC  
Contact: Senior Resources, 303-441-4388



#### **Caring for Your Aging Parent**

5:30 to 7 p.m. – 2nd Thursdays at EBSC  
Sponsored by Jewish Family Services  
Contact: Jodi, 303-415-1025

# MEALS ON WHEELS

## Café Classico Open to the Public

Take a break for lunch at Café Classico at the West Senior Center, served weekdays 11:30 a.m. to 12:30 p.m., only \$6 per person. Besides our recently redecorated café, you might enjoy a visit to our salad bar and one of the day's delicious entrees, dessert offerings, and beverages. Tuesday evenings, join us for dinner at 5:30 p.m. for \$7 per person. Please call 303-441-3148 for reservations. Our monthly menus are posted online in English and Spanish at [www.mowboulder.org](http://www.mowboulder.org).

## 🍷 Price Change

Effective February 1, 2016, the price of lunch in Café Classico increased to \$6/person. Tuesday night dinners are \$7/person. Lunch punch cards are \$54 (10 lunches for the price of nine). Dinner tickets are \$63 (10 dinners for the price of nine).

It has been four years since our last price increase during which time the challenges we face have increased significantly. We know you'll understand and continue to take advantage of one of the best deals in town.

## Meals on Wheels of Boulder

Volunteer drivers deliver meals to residents of Boulder of any age or income level who aren't able to provide at least one hot nutritious meal a day. Please consider volunteering with us. You'll be helping us keep the wheels turning and doing a good deed for your neighbors.



## Did You Know?

- Meals on Wheels of Boulder receives no federal or state funding. The City of Boulder subsidizes the program.
- The majority of our support comes from generous donations from our Boulder neighbors.
- We prepared over 84,000 meals in 2014 – an increase of 9% over 2013. More than 72,000 were delivered fresh each weekday to our home delivery clients by a caring volunteer. More than 26,000 meals were delivered to clients who can pay only \$1 or less – an increase of 36% over 2013. In December 2014, we delivered our two millionth meal since our founding in 1967.
- Last year, 67% of meals delivered were “specials” – addressing the needs of those on specified diets.
- Meals can be prepared to meet nearly any dietary restriction. The fee is based on a sliding scale.

## We Make a Difference... And So Can You!

There's an invisible population here in Boulder, including the elderly and our neighbors with disabilities or life-threatening illnesses. One or more of your neighbors may be part of this invisible and vulnerable population.

It is our mission to “be there” with a tasty, nutritious meal when it's needed (and wanted), regardless of an individual's age or financial situation. If there's someone in need in your neighborhood, please let them know about Meals on Wheels of Boulder. We'll all be glad you did.

## Project Homecoming

Project Homecoming is a short-term meal delivery program designed to help patients make the transition from hospital to home. The service consists of five free home-delivered meals. Meals on Wheels of Boulder, Longmont Meals on Wheels, and Coal Creek Meals on Wheels have partnered with four area hospitals. For information call Meals on Wheels of Boulder at 303-441-3908; in Longmont or Lyons, call 303-772-0540; in Lafayette, Louisville, Superior and Erie, call 303-665-0566.

## AARP Driver Safety Course



Cars have changed. So have traffic rules, driving conditions and the roads you travel every day.

Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills. By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. Space is limited, so register now by calling 303-441-4150. Pay the required fee directly to the instructor the day of the class.

*East Senior Center | Mondays, Mar. 14, Apr. 11, and May 9 | 8:30 a.m. to 12:30 p.m. | Fee: \$15 for AARP Members or \$20 for non-members*

## AARP Tax-Aide: Tax Preparation

The AARP Foundation Tax-Aide Program will offer free tax preparation and assistance on Tuesdays and Thursdays beginning Feb. 2 through April 12, 2016, at the West Senior Center. The program serves low- and middle-income taxpayers with an emphasis on seniors, and is supported through a partnership with the IRS and the AARP Foundation. Returns will be prepared by appointment only. To make an appointment, call 720-475-6639 after Jan. 4, 2016. Appointments fill up quickly. Please make sure that you allow a few hours in your schedule, as you will need to remain present for the entire process. If you have additional questions please call 303-440-8104.

## Get Acquainted!

Get acquainted with others who are new to the area, new to Senior Services, or interested in making some new connections with others. Join us to learn more about the many opportunities and resources we offer through our East and West Senior Centers. Facilitated by Senior Services staff members. There is no charge but please pre-register to reserve your space.

*235733 - East Senior Center | Tuesday, Mar. 1, 3 to 4 p.m. | Free*

## Medicare Basics Class

Free monthly classes are offered by Boulder County Area Agency on Aging Medicare Counselors for anyone wanting to understand the fundamentals of the Medicare program. Information is provided about Medicare eligibility, enrollment, benefits, costs, plan choices, and prescription drug coverage. Classes are held the first Thursday of every month unless it falls on a holiday, in which case the class will be held the following Thursday. Call 303-441-1546 to register.

*East Senior Center | Thursdays, Mar. 3, Apr. 7, May 5 | 2 to 4 p.m. | Free*

## Peer Counseling (FREE drop-in consultation)



Senior Peer Counseling is a program sponsored by Boulder County Mental Health Partners. Senior volunteers are trained to support those over age 60 through challenging life transitions or losses. On the second Tuesday of each month a Senior Peer Counselor will be available at the West Senior Center from 3 to 5 p.m. to talk with individuals wanting support and understanding. Anyone dealing with a stressful situation, recent loss or change or just needing support is welcome to drop in. Call 303-441-4388 for more information.

*West Senior Center | Tuesdays, Mar. 8, Apr. 12, and May 10 | 2 to 4 p.m. | Free*

## This Full House (support/discussion group)



Whether you are a collector or have just accumulated things over the years, consider joining us once a month to discuss practical ways to de-clutter, streamline, organize, and get on with our lives. Different strategies and topics will be presented and sharing of ideas and situations among group members can help clarify how we want our homes to be. Meets the second Thursday of every month. Call 303-441-4388 for more information.

*East Senior Center | Thursdays, Mar. 10, Apr. 14, and May 12 / 3 to 4:30 p.m. | Free  
Drop-in group*

## SENIOR RESOURCES SEMINARS

### Financial Resilience Seminar

Whether you are still working or getting ready to collect Social Security, we will introduce you to the tools to help you calculate what you have and what you'll need. We will also help you find real advice about collecting your benefits, how to save more money and cut down on unnecessary costs. Program sponsored by AARP.

235832 - East Senior Center | Tuesday, Mar. 15 | 6:30 to 7:30 p.m. | Free, registration required

### Fraud Prevention: Top 5 Scams

Join AARP Foundation experts for an energetic, interactive presentation to answer these questions and test your consumer fraud knowledge. You will learn how to identify the persuasion tactics fraudsters use, and how to reduce risky behaviors by asking questions and checking information.

235795 - West Senior Center | Friday, Mar. 25, 10 to 11 a.m. | Free, registration required

### The Death Café

Come and join us for a series of Death Cafés at the West Senior Center, held the first Monday of each month. A Death Café is a respectful, enlightening and thought provoking space within which to help each other increase awareness of our “finite” lives. Presenter: Reva Tift, M.A.

235734 - West Senior Center | Mondays, Mar. 7, Apr. 4, and May 2 | 10:30 a.m. to noon | Free, registration recommended

### 2016 Caregiving Symposium

The 11th annual Caregiving Symposium, sponsored by Boulder County Area Agency on Aging, is Thursday, May 19, 9:30 a.m. to 5 p.m., at the Plaza Convention Center, 1850 Industrial Circle, in Longmont. This educational event is for family caregivers of older adults—or for anyone interested in caregiving issues.

General admission is free, and on-site elder care is available by reservation. For more information on the event or how to register, contact Emily Cooper, BCAA, at 303-678-6116 or send an email to [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org).

## SENIOR REACH EDUCATION

*Sponsored by Mental Health Partners*

### Developing and Maintaining a Healthy Lifestyle

A discussion about nutrition, exercise, managing healthcare, spirituality, social support, and family relationships.

235792 - West Senior Center | Tuesday, Mar. 22, 3 to 4 p.m. | Free, registration required

### Hobbies and Activities to Keep Your Brain Stimulated

235793 - West Senior Center | Tuesday, Apr. 26, 3 to 4 p.m. | Free, registration required

### Alternative Medicine, Interventions, and Nutrition: Fact vs. Fiction

235794 - West Senior Center | Tuesday, May 24, 3 to 4 p.m. | Free, registration required

## ALZHEIMER'S ASSOC. EDUCATION

### Living with Alzheimer's: For Middle Stage Caregivers

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care.

235788 - East Senior Center | Wednesday, Apr. 20 and 27 | 9 a.m. to noon | Free, registration required

### Effective Communication Strategies

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias.

Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

235787 - East Senior Center | Thursday, May 12 | 10 a.m. to noon | Free, registration required

# MASSAGE, ROSEN METHOD, AND REFLEXOLOGY

## MASSAGE, ROSEN METHOD, AND REFLEXOLOGY

### Massage for Seniors

Promote good health and restore your sense of well being with a therapeutic massage. Our certified massage therapists are available five days a week. We offer only Swedish and Integrative Massage. Massage therapy appointments are limited to those age 55 and older for one-hour appointments only. Register for an appointment by calling 303-441-4150.

*East Senior Center | Monday to Friday | City Resident: \$40 | Non-Resident: \$48*

### Rosen Method Bodywork

Rosen Method Bodywork is a gentle and effective therapy for a broad range of physical and emotional complaints. Done on a massage table, Rosen Method helps people gain awareness of and release tension held in their bodies and supports a deeper, fuller, more relaxed sense of self and connection with others. Schedule a session by calling 303-441-4150 to make an appointment. Todd Schwartz is a licensed massage therapist, psychotherapist and Rosen Method Bodywork provider.

*East Senior Center | First and Third Mondays | Appointment Times: 9 to 11:30 a.m. | City Resident: \$40 | Non-Resident: \$48*

### Reflexology



Reflexology is like a combination massage and acupressure treatment on the feet. It is based on the principle that there are reflex areas in the feet that relate to each and every organ and

to all parts of the body. Properly stimulating these reflexes helps to activate the natural healing powers of the body. Treat yourself to a 30-minute or one-hour session by certified reflexologist Alma Dubin. Register for an appointment by calling 303-441-4150.

*East Senior Center | Second and Fourth Mondays | Appointment times: 9 a.m. to noon. | City Resident: \$20/40 | Non-Resident: \$24/48*

### Massage and Reflexology Registration Guidelines:

To reach as many seniors as possible, registrations for massage and reflexology are limited to two appointments per month, per person. Seniors age 55 and older can schedule up to two months in advance from the first of every month.

**Please note that Encore pricing and booking priority are no longer applicable for massage appointments.**

**Lower rates for residents still apply.**

- Your payment must be made in full in order to schedule an appointment.
- You and any substitute must be 55 years or older to be eligible for a massage with Senior Services. (Appointments still open one week in advance are open to anyone interested.)
- You may schedule only one 1-hour appointment per day.
- We reserve the right to provide a substitute therapist for your scheduled session.
- We will make every effort to fulfill your massage appointment requests.

### CANCELLATION AND REFUND POLICIES

- Appointments canceled fewer than three business days in advance will not be refunded. Exceptions to this policy will be considered on a case by case basis.
- Cancellations must be made during regular East Senior Center hours, 7:30 a.m. to 4:30 p.m. Monday through Friday except holidays and closures.

HEALTHWAYS

**SilverSneakers®**  
FITNESS



*Healthways SilverSneakers® Fitness is included as a benefit for members of select Medicare health care plans. SilverSneakers® is a registered trademark of Healthways, Inc.*

*Call 303-441-4150 with questions.*

## **SilverSneakers – Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

## **SilverSneakers – Yoga**

YogaStretch will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## **Level 1 55+ Warm Water Fitness**

Improve your cardiovascular endurance, strength, balance, and flexibility through a variety of warm water exercises designed specifically for older adults, ages 55+. This drop-in class is held in the shallow, warm water leisure pool at the East Boulder Community Center. No swimming ability is required.

## **Level 2 55+ Warm Water Fitness**

This warm water class will address movement in every joint and activating muscles that often diminish due to lack of use, while focusing on brain-body connections. Using the science of Neuroplasticity, exercises will build neural pathways to underutilized muscles, and increasing cardio conditioning gradually. At least one new exercise is introduced in every class, requiring you to think. This class is designed for older adults, ages 55+.

## **Level 3 55+ Warm Water Fitness**

This warm water class will provide a full hour to work every joint, explore new movements, and build cardio conditioning. The class will be similar to Level 2, with brain-body connection exercises and combinations of movements that are more complex than Level 2, and more cardio conditioning. We will support each other in working toward participant's goals that require increased fitness to accomplish, and will identify exercises to do daily (out of the pool) that will help you achieve your goals more quickly. Designed for older adults, ages 55+.

## **Fit and Strong – Beginning**

General fitness class that includes a variety of exercises to improve balance, strength and flexibility. This is a perfect class for the beginning exerciser. Many exercises may be done seated. No floor work. In the Wednesday class, we usually use a Fit Ball. Please wear footwear appropriate for a low-impact class.

## **Fit and Strong – Intermediate**

The class emphasizes cardiovascular exercise but also includes strength training and flexibility work. Hand weights, resistance tubing and a small ball are incorporated into the warm up and strength segment. Please wear footwear appropriate for a low-impact aerobics class. Bring water bottle.

## **Let's Dance!**

Dance and move to a variety of music from pop classics to world rhythms. We will mix it up, shake it up, and work on balance and rhythms all in the name of fun and graceful movement. An added plus, you will learn some dance terms in Spanish. This dance class is designed for physical strength, mental agility and for fun. Vamos a bailar. Let's dance!

HEALTHWAYS


**SilverSneakers®**  
FITNESS

*Healthways SilverSneakers® Fitness is included as a benefit for members of select Medicare health care plans. SilverSneakers® is a registered trademark of Healthways, Inc.*

*Call 303-441-4150 with questions.*

## Guts and Butts

Designed to improve inner core health for older adults by strengthening front abdominal, side abdominal, and back muscles, toning hips, conditioning inner and outer thighs, and improving balance and flexibility. Ideal for anyone starting an exercise routine or wanting to become fitter and stronger. We use relaxing music, mats, your own body weight and occasionally weights, bands and stability balls. Taught at different levels and modifications are provided.

## Line Dancing

All levels of experience or newcomers are welcome. The instructor will demonstrate the steps and guide you through them. Instructor Judy Kreith, M.A. has been teaching for several years, attends national dance conferences, and keeps up with the latest steps. Come join the group, learn line dances and have fun.

## Music and Movement

Move to energetic music and get a great workout while having fun. Old tunes you'll recognize and Latin flavored music to get your juices flowing. Just bring a smile, no experience required. Class can be done standing, or seated in a chair, all levels welcome!

## Strength and Alignment

Using breath for increased self awareness, we will align our bodies to increase bone density without injury using resistance training with hand-held weights, resistance bands and isometric exercises using balls. Core strength is emphasized in all movements. This class includes a cardiovascular warm-up, a relaxing cool-down, and constant attention to balance. Exercises can be done standing, on a mat, or seated in a chair, all levels welcome.

## SilverSneakers® Expands to Recreation Centers Across The City

Effective Jan. 1, 2016 the popular Healthways SilverSneakers® Fitness pass is now accepted at all three City of Boulder recreation facilities, including the North Boulder Recreation Center and South Boulder Recreation Center, in addition to the existing program at the East Boulder Community Center and Senior Center.

SilverSneakers® is the nation's leading exercise program for active older adults and has been part of the programming at the East Boulder Community Center and Senior Services since 2008. The program's expansion is informed by a 2015 SilverSneakers user group survey, indicating that convenient, affordable access to physical health and well-being resources is important to Boulder's senior population – the city's fastest growing demographic.

The Parks and Recreation Department and Boulder Senior Services are looking forward to continuing to work with the SilverSneakers program to provide high-quality recreational opportunities for healthy aging in active and multi-generational environments.

For more information about the SilverSneakers program, please visit: [www.silversneakers.com](http://www.silversneakers.com).

For more information about the city's recreation centers visit: [www.bouldercolorado.gov/parks-rec](http://www.bouldercolorado.gov/parks-rec).

For more information on Boulder Senior Services visit: [www.boulderseniorservices.com](http://www.boulderseniorservices.com).

# SILVERSNEAKERS AND FITNESS SCHEDULE

## DROP-IN CLASSES FOR MARCH, APRIL, AND MAY

*All fitness classes held at East Senior Center - All 55+ Warm Water Fitness classes held at East Boulder Community Center Leisure Pool*

FEES: There is no cost for SilverSneakers® passholders for ANY class listed below.  
 Members must swipe their SilverSneakers pass each daily visit.  
 All other participants may purchase a Senior Services punch pass or make a drop-in payment.  
 Senior Center punch passes are valid one year from date of purchase and non-refundable.  
 55+ warm water fitness classes require a day or punch pass from Parks and Recreation.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9 – 9:45 a.m.</b> 55+ Warm Water Fitness (Level 2) EBCC Pool <i>Laura</i>	<b>7:30 – 8:15 a.m.</b> Guts and Butts <i>Dora</i>	<b>9 – 9:45 a.m.</b> 55+ Warm Water Fitness (level 2) EBCC Pool <i>Laura</i>	<b>7:30 – 8:15 a.m.</b> Guts and Butts <i>Dora</i>	<b>8:30 – 9:30 a.m.</b> Fit & Strong Intermediate <i>Dora</i>
<b>8:30 – 9:30 a.m.</b> Fit & Strong Intermediate <i>Sally</i>	<b>8:30 – 9:15 a.m.</b> Music & Movement	<b>8:30 – 9:30 a.m.</b> Fit & Strong Intermediate <i>Sally</i>	<b>8:30 – 9:15 a.m.</b> Let's Dance!	<b>9:45 – 10:40 a.m.</b> Fit & Strong Beginning <i>Dora</i>
<b>9:45 – 10:45 a.m.</b> Fit & Strong Beginning <i>Jack</i>	<b>9:30 – 10:25 a.m.</b> Strength & Alignment <i>Linda</i>	<b>9:45 – 10:45 a.m.</b> Fit & Strong Beginning <i>Terry</i>	<b>9 – 10 a.m.</b> 55+ Warm Water Fitness (level 2) EBCC Pool <i>Laura/Maryann</i>	
<b>11 – 11:45 a.m.</b> SilverSneakers Classic <i>Jack</i>	<b>10:30 – 11:15 a.m.</b> SilverSneakers Yoga <i>Linda</i>	<b>11 – 11:45 a.m.</b> SilverSneakers Classic <i>Terry</i>	<b>9:30 – 10:25 a.m.</b> Strength & Alignment <i>Linda</i>	
			<b>10:30 – 11:15 a.m.</b> SilverSneakers Yoga <i>Linda</i>	<b>11:45 – 12:30 p.m.</b> SilverSneakers Classic <i>Chris</i>
<b>1 – 2 p.m.</b> 55+ Warm Water Fitness (Level 3) EBCC Pool <i>Laura</i>	<b>1 – 1:45 p.m.</b> 55+ Warm Water Fitness (Level 1) EBCC Pool <i>Chris</i>	<b>1 – 2 p.m.</b> 55+ Warm Water Fitness (Level 3) EBCC Pool <i>Laura</i>	<b>1 – 1:45 p.m.</b> 55+ Warm Water Fitness (Level 1) EBCC Pool <i>Chris</i>	
			<b>1 – 2:30 p.m.</b> Line Dancing <i>Judy Y.</i>	

	<b>Class Purchases</b>	<b>Encore Resident</b>	<b>City Resident</b>	<b>Encore Non-Resident</b>	<b>Non-Resident</b>
<b>Drop-in Fee</b>	<b>1 class</b>	\$4	\$5	\$6	\$7
<b>SENIOR SERVICES PUNCH PASS OPTIONS - Valid one year from date of purchase</b>					
<b>OPTIONS</b>	<b>10 punch</b>	\$40	\$50	\$60	\$70
	<b>20 punch</b>	\$80	\$100	\$120	\$140

# REGISTRATION FORM

Special Needs: We will do our best to accommodate your special needs. If you require any sort of special accomodation to attend trips or classes, please note below:

Name: _____	<b>Subtotal</b>	
Phone Number: _____	<b>Credit</b>	
Address: _____	<b>Total</b>	
City: _____		
Email: _____		
Receipt emailed to you instead of by traditional mail? YES or NO		
City of Boulder Resident? YES or NO		
Payment: Check or Money Order Payable to: City of Boulder		
Visa    MasterCard    AmEx    Discover		
Card Number: _____		
Expiration Date: _____	CCV Number _____	
Signature: _____		

Encore Membership? YES or NO    Expiration \_\_\_\_\_

Please let us know your Emergency Contact:

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

Pg	Activity	Begin Date	Sessions	Location	Time	Fee	Resident	Non-Res.	Resident	Non-Res.	General Public	Course Code
							SS	Encore	City	City		
<b>SENIOR RESOURCES</b>												
<b>Seminars</b>												
16	Fraud Prevention: Top 5 Scams	Fri, 3/25	1	WSC	10:00 AM						Free	235832
16	Financial Resilience Seminar	Tue, 3/15	1	WSC	6:30 PM						Free	235795
15	Get Acquainted!	Tue, 3/01	1	WSC	3:00 PM						Free	235733
16	The Death Café	Mon, 3/07	3	WSC	10:30 AM						Free	235734
<b>Alzheimer's Association Education</b>												
16	For Middle Stage Caregivers	Wed, 4/20	2	WSC	9:00 AM						Free	235788
16	Effective Communication Strats	Thu, 5/12	1	EBSC	10:00 AM						Free	235787
<b>Senior Reach Education Classes</b>												
16	Developing and Maintaining a Healthy Lifestyle	Tue, 3/22	1	WSC	3:00 PM						Free	235792
16	Hobbies and Activities	Tue, 4/26	1	WSC	3:00 PM						Free	235793
16	Alternative Medicine	Tue, 5/24	1	WSC	3:00 PM						Free	235794
<b>HEALTH &amp; WELLNESS</b>												
<b>Senior Dance</b>												
26	Baila! (1st Session)	Thu, 3/10	6	WSC	1:15 PM		18	27	23	32		235273
26	Baila! (2nd Session)	Thu, 4/21	6	WSC	1:15 PM		18	27	23	32		235745
26	Ballroom Dancing - March	Tue, 3/08	4	EBSC	1:00 PM		16	24	20	28		235269
26	Ballroom Dancing - April	Tue, 4/05	4	EBSC	1:00 PM		16	24	20	28		235270
26	Ballroom Dancing - May	Tue, 5/03	4	EBSC	1:00 PM		16	24	20	28		235271
26	Putting on the Ritz! Jazz Dance (1st Session)	Tue, 3/08	6	EBSC	11:30 AM		24	36	30	42		235272
26	Putting on the Ritz! Jazz Dance (2nd Session)	Tue, 4/19	6	EBSC	11:30 AM		24	36	30	42		235286
<b>Fitness Classes</b>												
27	T'ai Chi for Seniors, Level I - Beg./Adv. Beg.	Fri, 3/04	12	EBSC	9:45 AM		82	90	84	92		235274
27	T'ai Chi for Seniors, Level II - Intermediate	Fri, 3/04	12	EBSC	Noon		82	90	84	92		235275

# REGISTRATION FORM

Pg	Activity	Begin Date	Sessions	Location	Time	Fee SS	Resident Encore	Non-Res.	Resident City	Non-Res.	General Public	Course Code	
27	T'ai Chi for Seniors, Level III - Full Session	Fri, 3/04	12	EBSC	10:45 AM		82	90	84	92		235276	
27	T'ai Chi for Seniors, Level III - Half Session	Fri, 3/04	6	EBSC	10:45 AM		41	45	42	46		235277	
27	Chair Assisted Tai Chi for Health and Wellness	Tue, 3/22	6	WSC	1:15 PM		18	27	23	32		235278	
28	Seated Restorative Yoga	Fri, 3/04	13	WSC	11:00 AM		39	58	49	68		235279	
27	Building Blocks for Better Balance - Mon.	Mon, 3/07	12	WSC	11:00 AM		36	54	45	63		235280	
27	Building Blocks for Better Balance - Wed.	Wed, 3/02	13	WSC	11:00 AM		39	58	49	68		235281	
28	Seniors in the Weight Room - 1st Session -AM	Tue, 3/08	12	EBCC	11:00 AM	24			42	46		235282	
28	Seniors in the Weight Room - 1st Session -PM	Tue, 3/08	12	EBCC	2:00 PM	24			42	46		235283	
28	Seniors in the Weight Room - 2nd Session -AM	Tue, 4/19	12	EBCC	11:00 AM	20			42	46		235284	
28	Seniors in the Weight Room - 2nd Session -PM	Tue, 4/19	12	EBCC	2:00 PM	20			42	46		235285	
<b>SENIOR ENRICHMENT</b>													
<b>Enrichment Seminars &amp; Classes</b>													
31	Michelangelo	Mon, 3/21	6	WSC	10:00 AM						30	235748	
32	Mah Jongg for Beginners	Fri, 4/29	4	WSC	1:15 PM				85	95		235749	
32	Mah Jongg Beginners Lab	Thu, 5/05	4	WSC	2:30 PM				10	12		235750	
31	Effective Communication	Wed, 3/09	1	EBSC	1:00 PM				10	12		235850	
32	Beginning Bridge	Wed, 5/04	10	EBSC	10:00 AM				55	65		235753	
32	Beginning Bridge II	Tue, 3/15	10	EBSC	1:30 PM				50	60		235935	
32	Bridge-Practice Class	Fri, 3/18	10	WSC	12:30 PM				50	60		235752	
32	Duplicate Bridge Strategies for Int./Adv. Players	Tue, 3/08	10	EBSC	12:30 PM				50	60		235754	
33	Storytelling Series	Mon, 3/07	6	WSC	1:00 PM				30	35		235756	
33	Contemplative Living: Thomas Merton	Thu, 3/03	3	WSC	10:00 AM						Free	235805	
34	Walking Tour - Plains history	Tue, 4/05	1	WSC	11:15 AM						Free	235896	
34	Walking Tour - Boulder's Watershed	Tue, 5/03	1	WSC	11:15 AM						Free	235897	
33	Cooking Healthy Mex Food	Thu, 5/05	1	EBSC	11:30 AM				10	12		235898	
33	A Beautiful Equation	Wed, 3/16	1	WSC	1:00 PM						Free	235899	
33	Create a Community Where We All Age Well	Thu, 4/28	1	WSC	1:00 PM						Free	235900	
<b>Arts &amp; Crafts Classes</b>													
30	Jewelry Repair	Wed, 3/30	1	WSC	9:30 AM				15	20		235757	
30	Making Your Own Jewelry	Wed, 5/11	1	WSC	1:00 PM				15	20		235758	
30	Simple Silversmithing	Wed, 4/20	1	WSC	9:00 AM				50	60		235759	
30	Pewter Casting	Wed, 4/20	1	WSC	1:00 PM				50	60		235760	

# REGISTRATION FORM

Pg	Activity	Begin Date	Sessions	Location	Time	Fee SS	Resident Encore	Non-Res.	Resident City	Non-Res.	General Public	Course Code
30	Pine Needle Casting	Wed, 5/04	1	WSC	1:00 PM				60	65		235761
30	Making Art	Wed, 4/06	1	EBSC	9:00 AM				15	20		235895
31	Beg. Watercolor Painting	Mon, 3/14	8	EBSC	9:00 AM				200	250		236282
<b>Computer Classes</b>												
35	Internet Explorer-Part 1	Fri, 4/08	1	CGCL	10:30 AM				15	20		235806
35	Internet Explorer-Part 2	Fri, 4/15	1	CGCL	10:30 AM				15	20		235807
<b>Active Minds for Life</b>												
36	Music of Aaron Copland	Mon, 3/14	1	WSC	11:00 AM						Free	235799
36	The Mayans	Mon, 4/11	1	WSC	11:00 AM						Free	235800
36	China's Economic Evolution	Mon, 5/09	1	WSC	11:00 AM						Free	235801
36	Greece	Mon, 3/28	1	EBSC	3:00 PM						Free	235802
36	1963	Mon, 5/23	1	EBSC	3:00 PM						Free	235803
36	Iraq	Mon, 4/25	1	EBSC	3:00 PM						Free	235804
<b>Special Events</b>												
29	Encore/SilverSneakers® Membership Appreciation	Wed, 03/16	1	EBSC	2:00 PM	0	0	0			5	235894
<b>SENIOR TRIPS</b>												
39	Mountaintop Play: Martin Luther King	Wed, 3/23	1	EBSC	11:00 AM				55	65		235901
39	Stranahan's Whiskey Tour	Thu, 3/24	1	EBSC	10:00 AM				25	30		235902
39	Casa Bonita	Tue, 5/03	1	EBSC	11:30 AM				40	45		235903
37	Forney Museum	Fri, 3/04	1	EBSC	10:00 AM				30	35		235904
37	Byers Evans House	Thu, 3/17	1	EBSC	9:30 AM				30	35		235905
38	Money Museum, Denver	Wed, 3/30	1	EBSC	10:30 AM				25	30		235906
38	Animal Lovers	Wed, 4/06	1	EBSC	9:30 AM				30	35		235907
38	Dinner Theater in Loveland	Thu, 4/14	1	EBSC	11:00 AM				80	95		235908
38	Lookout Mountain	Tue, 4/19	1	EBSC	9:00 AM				25	30		235909
38	Reduce Pain Cooking Class	Tue, 4/26	1	EBSC	9:30 AM				55	65		235910
39	Sports Authority Field	Fri, 5/13	1	EBSC	9:30 AM				40	45		235911
39	History Colorado Center	Mon, 5/16	1	EBSC	11:45 AM				40	45		235912
39	Armed Forces Day	Sat, 5/21	1	EBSC	9:15 AM				20	25		235913
39	FOOTLOOSE at the Boulder Dinner Theatre	Wed, 5/25	1		5:30 PM				40	45		235914
41	STARZ TV Headquarters	Wed, 6/01	1	EBSC	9:45 AM				35	40		235916
41	STARZ TV Headquarters	Thu, 6/02	1	EBSC	9:45 AM				35	40		235915
29	<b>ENCORE MEMBERSHIPS</b>											
	Encore Member for City of Boulder resident					20						
	Encore Member for non-resident					25						
	Encore additional household member for City of Boulder resident					10						

# REGISTRATION FORM

## REGISTRATION FOR SPRING 2016

- Encore member registration begins Tuesday, Feb. 9 by fax, online or in person.
- Non-Encore member registration begins Thursday, Feb. 11 by fax, online or in person.

*Note: Early registrations will not be accepted. No mail in registration.*

- Phone-in registration begins Friday, Feb. 12. Register online at [www.boulderseniorservices.com](http://www.boulderseniorservices.com).

### Refund & Cancellation Policies

**Classes and Activities:** If you cancel an activity or class three or more business days prior to the event, full credit will be placed on the household account or a full refund given according to the initial method of payment. If a refund check is requested instead of a household credit, please allow two weeks for processing. If you cancel an activity or class fewer than three business days prior to the event, no refund will be given.

A credit balance on the household account may be used to pay for other activities or events in the magazine. If the household credit isn't used within six months, a refund will be issued according to the initial method of payment.

**Day Trips:** If you cancel a trip ten or more business days prior to the trip, full credit will be placed on the household account or a full refund given according to the initial method of payment. If a refund check is requested instead of a household credit, please allow two weeks for processing.

If you cancel a trip fewer than ten business days prior to the trip, no refund will be given.

**Overnight Travel:** Please refer to specific trip itinerary for Leisure West Tours and Cruises refund policies.

**Massage and Reflexology:** See page 17 for policy.

### Encore Membership Policy: Trips, Classes and Programs:

Except where noted, the participant must be an active Encore member at the time of an event in order to register at the Encore price. Please be certain to enroll or renew the membership now to be eligible for the winter sessions.

- Be sure your registration form is accurate and complete. Incomplete forms take much longer to process.
- For courses and activities with a high level of interest, there is no guarantee of enrollment. A waitlist is available in these situations.
- Payment must be made at the time of registration. Make your check payable to "City of Boulder." Cash, Visa, Master Card, American Express and Discover are all accepted.
- Confirmation receipts are emailed upon registration. Please notify the front desk reception if you would like the receipt mailed.
- A \$25 fee will be charged for returned checks.
- All programs are subject to cancellation if minimum enrollment numbers are not met.
- If an activity or class is cancelled by Senior Services, you will receive a full refund according to the initial method of payment. Note: Except for day trips, a credit may be requested.
- A household account credit will be given instead of a refund check for amounts less than \$10.

### Acknowledgement of Risk/Waiver of Liability

By registering for 2016 programs, I acknowledge that the activities carried on in these programs carry certain risks. These risks may include, but are not limited to, heart attack, stroke, circulatory problems, bone and joint injury, back injury, muscle strain and other muscle injuries, foot problems, head, neck and spinal injuries, altitude sickness, and heat stroke and heat exhaustion. I have independently reviewed and evaluated the risks and determined to engage in the programs with full knowledge and acceptance of the risks. If I choose to depart from the program itinerary I will inform the leader and release the City of Boulder from all liability; and participation in any program may be suspended until further notice. I may be photographed while utilizing the facility, or while participating in the City of Boulder's programs, and said photographs, or likeness of me, may be used to publicize activities as the city deems appropriate. I am aware of the activity level that is required of these programs and I believe that I am physically fit enough to participate.

Therefore, having read and understood this waiver and in consideration of your accepting my entry into a City of Boulder Senior Center facility or program, I for myself and anyone entitled to act on my behalf, waive and release the City of Boulder, all staff, volunteers, sponsors, and representatives from all claims or liabilities of any kind arising out of my participation in (or as a spectator of) any program or use of any facility.

## WHERE TO REGISTER

### West Senior Center

909 Arapahoe Ave.  
Boulder, CO 80302  
303-441-3148  
Fax: 303-441-4149  
Hours: 8 a.m. to 5 p.m.

### East Senior Center

5660 Sioux Drive  
Boulder, CO 80303  
303-441-4150  
Fax: 303-413-7495  
Hours: 7:30 a.m. to 4:30 p.m.

### Online:

[www.boulderseniorservices.com](http://www.boulderseniorservices.com), click on "online registration."  
Encore memberships cannot be bought or renewed online.

## Food Tax Rebate Program

Each year, the City of Boulder provides rebates to help compensate lower-income residents for the city sales tax they pay on food. Those eligible for the program include low-income seniors aged 62 or older for the entire 2015 calendar year; low-income persons with disabilities; and low-income families with children under 18 years of age in the household for the entire 2015 calendar year.

Those seeking a rebate must fill out an application documenting their eligibility.

Applications can be picked up starting Monday, March 1, 2016 from 8 a.m. to 4 p.m., Monday through Friday, at the West Senior Center, 909 Arapahoe Ave., the East Senior Center, 5660 Sioux Drive, and Boulder Housing Partners, 4800 North Broadway. Applicants from 2015 who applied for the 2014 rebate will automatically receive an application in the mail.

Applications must be dropped off no later than 4 p.m. Tuesday, June 30 at the West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302 or postmarked by Tuesday, June 30, 2015. For more information, call the Food Tax Rebate Program Manager at 303-441-1836 or visit [boulderseniorservices.com](http://boulderseniorservices.com).

## Programa de Reembolso del Impuesto a las Ventas de Alimentos

*Cada año la ciudad de Boulder proporciona rebajas para ayudar a compensar los residentes de bajos ingresos para el impuesto que pagan por los alimentos. Los elegibles para el programa incluyen los ancianos de bajos ingresos de 62 años o más durante todo el año calendario 2015; personas de bajos ingresos con discapacidades; y familias de bajos ingresos con niños menores de 18 años de edad en el hogar durante todo el año 2015. Las personas que buscan un reembolso deben llenar una solicitud que documenta su elegibilidad.*

*Las solicitudes pueden ser recogidas a partir del lunes, 01 de marzo de 2016 de 8 a.m. a 4 p.m., del lunes al viernes, en el West Senior Center (El Centro Oeste Para el Adulto Mayor), 909 Arapahoe Ave., el East Senior Center (El Centro Este Para El Adulto Mayor), 5660 Sioux Drive y Boulder Housing Partners, 4800 North Broadway. Los candidatos a partir de 2015 que solicitaron la rebaja de 2014, recibirán automáticamente una solicitud en el correo.*

*Las solicitudes deben ser devueltos no más tardar del martes, 30 de junio 2016 en el West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302 o mataselladas el martes, 30 de junio de 2016. Para obtener más información, llame la especialista de recursos bilingüe, Karla Garcia, 303.441.7494, o visite [www.boulderseniorservices.com](http://www.boulderseniorservices.com)*

## WELLNESS CLINICS

## Monthly Hearing Clinic

The staff of Family Hearing holds a monthly hearing clinic to provide free audiology services such as hearing screening, ears checked and cleaned, and hearing aids inspected and cleaned. If you would like to have a full hearing test and/or hearing aid adjustment, they can do that as well and bill Medicare or your health insurance.

Call 303-441-4150 to schedule an appointment.

*East Senior Center | Wednesdays, Mar. 2, Apr. 6, and May 3 | 2 to 4 p.m. by appointment only (eight appointments per day) | Free*

## Chronic Pain Self-Management

Living with chronic pain? This Stanford University class will offer skills to address fatigue and stress, evaluate treatments, manage activity levels and nutrition, and introduce relaxation exercises. Practice setting easy weekly goals while in a supportive group. Co-sponsored by Boulder County Area Agency on Aging, Boulder Community Hospital and the Consortium for Older Adult Wellness (COAW).

*Mondays, Apr. 18 to May 23 | 1:30 to 4 p.m. | Free | Call 303-984-1845 or [info@coaw.org](mailto:info@coaw.org) to register.*

# SENIOR DANCE

## Tea Dance

Dance in a spacious ballroom with a fine hardwood floor to live music. The music is provided by Tom Yook, a favorite of Boulder senior dancers. Tom plays Ballroom, Rhythm, and Latin dance styles. A potluck snack buffet is provided by the attendees to complement the social part of the dance event.

*East Senior Center | 1st and 3rd Fridays | 2 to 4 p.m.  
| Drop-in fee of \$5 per person  
(no pre-registration required)*

## Baila - Let's Dance!

Come and enjoy a bilingual dance class offered in both Spanish and English. This class is open to everyone. The music will include lively selections from around the world with an emphasis on Caribbean and Latin American styles.

Instructor: Judy Kreith, M.A.

*235273 - West Senior Center | Thursdays, Mar. 10 to Apr. 14, six-week series | 1:15 to 2 p.m. | Encore Resident: \$18 | City Resident: \$23 | Encore Non-Resident: \$27 | Non-Resident: \$32 | Pre-registration required for series.*

*235745 - (Second Session) West Senior Center | Thursdays, Apr. 21 to May 26, six-week series | 1:15 to 2 p.m. | Same price, must pre-register*

## Putting on the Ritz: Jazz Dance for Seniors

This class can be done standing or in a chair. Come and learn the fundamentals of this fun and invigorating dance style called jazz. With top hats, dancing canes, sparkling rings and other props, we will dance our way through time with big band music from the 1940s all the way through popular music today. This class will include a slow and gentle warm up and stretch, and a fun and uplifting choreography for all. Two six-week sessions are offered. Instructor: Judy Kreith, M.A.

*235272 - East Senior Center | Tuesdays, Mar. 8 to Apr. 12, six classes | 11:30 a.m. to 12:15 p.m. | Encore Resident: \$24 | City Resident: \$30 | Encore Non-Resident: \$36 | Non-Resident: \$42*

*235286 - East Senior Center | Tuesdays, Apr. 19 to May 24, six classes | 11:30 a.m. to 12:15 p.m. | Encore Resident: \$24 | City Resident: \$30 | Encore Non-Resident: \$36 | Non-Resident: \$42*

## BALLROOM DANCING FOR SENIORS

Join us for any, or all, of the following four-week dance sessions which are becoming more and more popular at our East Senior Center. Each class includes a warm-up, and is designed to prepare us to dance each of these wonderful dances. No partner is required. Please register to reserve your space. Happy dancing everyone!

### Ballroom Dancing in March: Cajun Two step and Jitterbug

This March, let's get a taste of the Louisiana bayou and dance to fabulous Cajun Music. No partner required. Instructor: Judy Kreith, M.A.

*235269 - East Senior Center | Tuesdays, Mar. 8 to 29, four classes | 1 to 2 p.m. | Encore Resident: \$16 | City Resident: \$20 | Encore Non-Resident: \$24 | Non-Resident: \$28*

### Ballroom Dancing in April: Cuban Style Salsa and Mambo

These two Cuban dance favorites will bring in Spring with lots of great steps and full mind and body motion. Instructor: Judy Kreith, M.A.

*235270 - East Senior Center | Tuesdays, Apr. 5 to 26, four classes | 1 to 2 p.m. | Encore Resident: \$16 | City Resident: \$20 | Encore Non-Resident: \$24 | Non-Resident: \$28*

### Ballroom Dancing in May: Cajun Waltz

In May let's go back to music of the bayou and learn the smooth and flowing Cajun Waltz. Instructor: Judy Kreith, M.A.

*[235271 - East Senior Center | Tuesdays, May 3 to 24, four classes | 1 to 2 p.m. | Encore Resident: \$16 | City Resident: \$20 | Encore Non-Resident: \$24 | Non-Resident: \$28*

## T'ai Chi for Seniors

T'ai Chi is a mind-body exercise utilizing slow, relaxed movement, a quiet mind, and deep, natural breathing that stimulates the flow of qi or chi (intrinsic energy). When qi flows harmoniously, the mind, body and spirit are in balance, enhancing one's physical and mental well-being, relieving stress and improving health. Developed in China hundreds of years ago, T'ai Chi is now practiced throughout the world. Instructor: Steve Arney

### Level I – Beginning

Learn and review the basics, including breath, mental focus, postural awareness and correct mechanics of each move. This class is for beginners. Attention is given to relaxation, mind-body connection, and the first third of the 37-posture Yang short form.

235274 - East Senior Center | Fridays, Mar. 4 to May 20, 12 classes | 9:45 to 10:40 a.m. | Encore Resident: \$82 | City Resident: \$84 | Encore Non-Resident: \$90 | Non-Resident: \$92

### Level II - Intermediate

In this class, we will continue learning the form. Students must have completed Level I or been given instructor approval to enroll at this level.

235275 - East Senior Center | Fridays, Mar. 4 to May 20, 12 classes | noon to 1 p.m. | Encore Resident: \$82 | City Resident: \$84 | Encore Non-Resident: \$90 | Non-Resident: \$92

### Level III - Advanced

In this class, we will learn and review the entire form. Students must have completed Level II or been given instructor approval to enroll at this level.

235276 - Full Session - East Senior Center | Fridays, Mar. 4 to May 20, 12 classes | 10:45 to 11:40 a.m. | Encore Resident: \$82 | City Resident: \$84 | Encore Non-Resident: \$90 | Non-Resident: \$92

235277 - Half Session (applicable for Advanced class only). Select six of the classes in the Spring 2016 session | Encore Resident: \$41 | City Resident: \$42 | Encore Non-Resident: \$45 | Non-Resident: \$46

## Chair Assisted T'ai Chi for Health and Wellness

Join us for a Tai Chi class that is designed to improve muscular strength, flexibility and over all fitness while integrating mind-body empowerment. This class can improve your balance and reduce the risk of falls. Additional powerful positive effects are better posture, breathing control, mental concentration and relaxation. This class is taught gently and uses chairs to assist participation at any level of fitness.

Instructor: Terry Tessier

235278 - West Senior Center | Tuesdays, Mar. 22 to Apr. 26, 6 classes | 1:15 to 2:15 p.m. | Encore Resident: \$18 | City Resident: \$23 | Encore Non-Resident: \$27 | Non-resident: \$32

## Building Blocks for Better Balance, Strength and Flexibility

Techniques to align your body through focused awareness from head to toe will be practiced. Breathing techniques will be introduced connecting mind/body for increased awareness. Stretching techniques will be utilized for better balance, flexibility and to reduce injury. Additionally, conditioning through simple resistance training exercises will also be utilized to strengthen your body for better control of movement.

Instructor: Linda Manchester

235280 - West Senior Center | Mondays, Mar. 7 to May 23, 12 classes | 11 to 11:45 a.m. | Encore Resident: \$36 | City Resident: \$45 | Encore Non-Resident: \$54 | Non-Resident: \$63

235281 - West Senior Center | Wednesdays: Mar. 2 to May 25 | 13 classes | Time: 11 to 11:45 a.m. | Encore Resident: \$39 | City Resident \$49 | Encore Non-Resident: \$58 | Non-Resident: \$68

## FITNESS CLASSES

### Seated Restorative Yoga

Relax, rejuvenate and refresh in this class intended to restore the body/mind's natural state of balance. The student is guided through breathing techniques, meditation, visualization and movements specifically designed to de-stress, nurture and heal.

Instructor: Linda Manchester.

235279 - *West Senior Center | Fridays, Mar. 4 to May 27, 13 classes | 11 a.m. to noon | Encore Resident: \$39 | City Resident: \$49 | Encore Non-Resident: \$58 | Non-resident: \$68*

### Seniors (55+) in the Weight Room

Join this class to learn safe weight training protocols specifically designed for older adults. Build muscular strength and endurance and improve flexibility, balance and coordination while using free weights and machines in the weight room. Emphasis is focused on safety, posture, body control and awareness.

Instructor: Chris Hedman.

Location: East Boulder Community Center Weight Room

235282 - *1st Session (morning): Tuesdays and Thursdays, Mar. 8 to Apr. 14, 12 classes | 11 a.m. to noon | Current SilverSneakers cardholders: \$24 | City Resident: \$42 | Non-Resident: \$46*

235283 - *1st Session (afternoons): Tuesdays and Thursdays, Mar. 8 to Apr. 14, 12 classes | 2 to 3 p.m. | Current SilverSneakers cardholders: \$24 | City Resident: \$42 | Non-Resident: \$46*

235284 - *2nd Session (morning): Tuesdays and Thursdays, Apr. 19 to May 26, 12 classes | 11 a.m. to noon | Current SilverSneakers cardholders: \$24 | City Resident: \$42 | Non-Resident: \$46*

235285 - *2nd Session (afternoons): Tuesdays and Thursdays, Apr. 19 to May 26, 12 classes | 2 to 3 p.m. | Current SilverSneakers cardholders: \$24 | City Resident: \$42 | Non-Resident: \$46*

### Older Adult 55+ Functional Assessment

Please sign up if you are interested in receiving a fitness assessment specifically designed for independent, older adults age 55 and older. Free to current SilverSneakers members or a small fee for general public 55+. Tests provide information and feedback to participants regarding their health and skill related fitness components. Combine an initial baseline assessment with a follow-up assessment to quantify changes in physical performance. Pre-registration is required. Call 303-441-4150.

*East Senior Center | Fridays, by appointment | 12:45 to 1:45 p.m. | No charge for registered SilverSneakers members | \$5 fee for all others*



*It is exercise alone that supports the spirits, and keeps the mind in vigor.*

*~ Cicero*



## THE ENCORE PROGRAM FOR ACTIVE ADULTS

We can change the way we age by staying physically active, intellectually engaged and spiritually connected. This helps to keep us involved, alert and enjoying a productive life. Encore is an optional membership program for adults age 55 and older. Social engagement, community partnerships, educational opportunities and technology classes are a few of the components of Encore. See registration information on page 21 to register and become a member today.

Be sure to provide us with your email address when you register to be added to our listing for reminders and updates, or call the Program Coordinator at 303-441-3519.

### Benefits:

- **Priority registration**
- **Discounts on classes**
- **Discounts on fitness punch cards and fitness classes**
- **Free Birthday Lunch from Café Classico**
- **Free quarterly Membership Appreciation Event**

Membership fees need to be renewed annually by the anniversary of the date of purchase

### Encore Fees:

<b>Resident</b>	<b>\$20 Individual</b>	<b>\$10 second person at same address</b>
<b>Non-Resident</b>	<b>\$25 Individual</b>	<b>\$10 second person at same address</b>

## ENCORE/SILVERSNEAKERS® MEMBERSHIP APPRECIATION EVENT

### 50s Themed Sock Hop

Enjoy toe-tappin' entertainment by the Wranglerettes. They will perform a song from the movie "Grease," plus others. The Wranglerettes are a senior line dance team from Broomfield whose dancers have been dancing together for about six years. The Wranglerettes compete annually at the

state senior game competition and have taken a number of gold medals. Come decked out in your 50s garb. Light refreshments served.

235894 - East Senior Center | Wednesday, Mar. 16  
| 2 to 4 p.m. | Free for Silver Sneakers and Encore members | General Public \$5 |



# SENIOR ENRICHMENT

## ARTS AND CRAFTS CLASSES

### Jewelry Repair

Bring your broken jewelry to class and the instructor will show you how to repair it or how to make it into a new piece of jewelry. Unfortunately, not all jewelry can be repaired, but you can always use the parts of the piece to make something new. You will learn about clasps, stringing, earrings and more.

Instructor: Elaine Riley

235757 - West Senior Center | Wednesday Mar. 30 | 9:30 a.m. to noon | City Resident \$15 | Non-resident \$20

### Making Your Own Jewelry

Learn to make your own jewelry for that special outfit or for everyday wear. You can make a stunning pair of earrings in 20 minutes or less. It's not hard when you know how. You are welcome to bring special charms, pendants, or other items to use in a piece of jewelry you want to make.

Instructor: Elaine Riley

235758 - West Senior Center | Wednesday, May 11 | 1 to 4 p.m. | City Resident \$15 | Non-resident \$20

### Simple Silversmithing

Try a truly unique experience taught by Don Norris who has been a teacher for over 40 years. You can design your own sterling silver pendant and choose a stone from many different colors. The instructor will help you design your pendant, and then solder it together for you. You will set the stone and after polishing it you will be able to wear it home on a 20-inch sterling silver chain.

235759 - West Senior Center | Wednesday, Apr. 20 | 9 a.m. to noon | City Resident \$50 | Non-resident \$60

### Pewter Casting

Students will cast their own lead-free pewter hummingbird and flower into rubber molds. Sculpting and molding techniques will be covered. You will learn about metals, how they are mined, what alloys are, and what pewter is. You will leave class with two beautiful pewter pieces.

Instructor: Don Norris

235760 - West Senior Center | Wednesday, Apr. 20 | 1 to 4 p.m. | City Resident \$50 | Non-resident \$60

### Pine Needle Casting

Come and cast your own pure silver pendant. We will melt pure silver, and you will pour it into a bundle of pine needles, which forms your pendant. The needles are removed to reveal your unique pendant. The instructor will solder a bail onto your pine needle-casted pendant, so you can wear it home on a 20-inch sterling silver box chain.

Instructor: Don Norris

235761 - West Senior Center | Wednesday, May 4 | 1 to 4 p.m. | City Resident \$60 | Non-resident \$65

### Making Art No Experience Needed

In this class we'll explore collage-making and how to use paper, paint, stamps, stencils, markers and other media to create cards, plaques, wall art, journals and more. We will start with a journal where you can experiment with unique materials. Prepare for messy hands and lots of fun. Participants will need to bring a hard cover book approximately 8" x 5 1/2" that will be dismantled and made into an art journal.

235895 - East Senior Center | Wednesday, Apr. 6 | 9 a.m. to noon | City Resident \$15 | Non-resident \$20



## Beginning Mixed Media Oil Pastel and Colored Pencils

Students will explore the versatility of oil pastel. We will create a minimum of five finished works. Each week we will explore different techniques using pastels. This is a class for the beginner. Everyone will find success. Both realistic and abstract compositions will be demonstrated. No prior art experience is required. Basic color theory and composition will be highlighted.

Instructor: Diane Deyo

236282 - East Senior Center | Mondays, Mar. 14 to May 2, 8 classes | 9 to 11 a.m. | City Resident \$200 | Non-Resident \$250

## Adventures in Watercolor Painting

For more information and/or to add your name to the waitlist, please contact Anne Gifford at 720-472-4990 or [annegifford@comcast.net](mailto:annegifford@comcast.net).

## SEMINARS AND CLASSES

### Michelangelo: A Difficult Life

In this class you will become familiar with the life and art of Michelangelo Buonarroti (1475-1564), the great Florentine painter, sculptor and architect. You will become familiar not only with his masterworks, but also with the cultural milieu that shaped them.

Instructor: Peter Lynch

235748 - West Senior Center  
Mondays, Mar. 21 to Apr. 25 | 10 to 11:15 a.m. | Fee: \$7 per day or \$30 for all six dates



## Effective Communication Skills

This two-and-a-half hour workshop teaches you to listen better while letting others know you've heard them. It also gives you the skills to tell anyone how their behavior affects you, and do so without being judgmental. After practice in a small group, you'll take away the tools to effectively handle situations that may now seem difficult or impossible. These tools will help you become a better listener and to communicate with confidence. The instructor, Jerry Podgorski, M.A., has conducted numerous hands-on workshops on effective communication skills, focusing on body language, empathic listening/understanding, and giving non-judgmental feedback.

235850 - East Senior Center | Wednesday, Mar. 9 | 1 to 3:30 p.m. | Fee: City Resident \$10 | Non-Resident \$12

## Project Visibility Web-based Training

The Boulder County Area Agency on Aging launched its new web-based training on Nov. 10. "Project Visibility: Person-Centered Care for LGBT Older Adults" is a free, 30-minute interactive course designed for staff of nursing and assisted living homes, and home health care agencies. The course touches on LGBT history, reviews terms, and teaches skills that we hope will open hearts and minds in those caring for this often-closeted generation. The training can be accessed at [projectvisibility.org](http://projectvisibility.org).



## SENIOR ENRICHMENT

### American Mah Jongg for Beginners

Learn to play American Mah Jongg, a game of both skill and luck. Gain a basic understanding of the games fundamentals: tiles, the card, the mechanics of playing, and some basic strategies to enjoy the game. Instructor: Donna Mayo

235749 - West Senior Center | Fridays, Apr. 29 to May 20, 4 classes | 1:15 to 3:45 p.m. | City Resident: \$85 | Non-resident: \$95

### Mah Jongg Beginners Lab

Do you feel you need additional time to practice your newly learned skills from American Mah Jongg class? Join this guided Mah Jongg play lab along with taking the American Mah Jongg beginners class and get the extra practice time you need.

Instructor: Donna Mayo

235750 - West Senior Center | Thursdays, May 5 to 26, 4 classes | 2:30 to 5 p.m. | City Resident \$10 | Non-resident \$12

### Beginning Bridge

This is a 10-week course for beginner bridge players with no knowledge or experience with the game.

You play a bridge hand the very first lesson. Come learn the updated version of the Standard American Bidding System and have fun doing it! A \$10 materials fee is paid to the instructor on first day of class. Instructor: Sandy Koller

235753 - East Senior Center | Wednesdays, May 4 to Jul. 13, 10 classes (no class May 25) | 10 a.m. to 12:30 p.m. | City Resident \$55 | Non-resident \$65



### Beginning Bridge II

Improve your bridge skills while having fun. In this class we'll review conventional bids such as Stayman, Jacoby Transfers, Blackwood, Gerber, etc. Overcalls, takeout doubles, preempts, weak two bids and strong two bids will be covered. The instructor is open to adding other lessons of benefit to the participants, by request. Instructor: Gerald Mitchell, ACBL Certified Director, and his assistant Eydie Mitchell.

235935 - East Senior Center | Tuesdays, Mar. 15 to May 17, 10 classes | 1:30 to 3:30 p.m. | City Resident \$50 | Non-resident \$60

### Duplicate Bridge Strategies for Intermediate and Advanced Bridge Players

Beginning with an introduction to match-point scoring, this course emphasizes the basic principles and strategies of Tournament Bridge. Topics include: competitive bidding, basic card combinations, defensive signals, popular bidding conventions, plus an explanation of common mistakes and misconceptions. This is a fairly intensive course. If you are unsure of your qualifications, please contact the instructor prior to registering. See front desk receptionist for instructor contact information.

Instructor: David Corbin, ACBL accredited, Silver Life-Master.

235754 - East Senior Center | Tuesdays, Mar. 8 to May 10, 10 classes | 12:30 to 4:15 p.m. | City Residents \$50 | Non-residents \$60

### Duplicate Bridge Practice Class

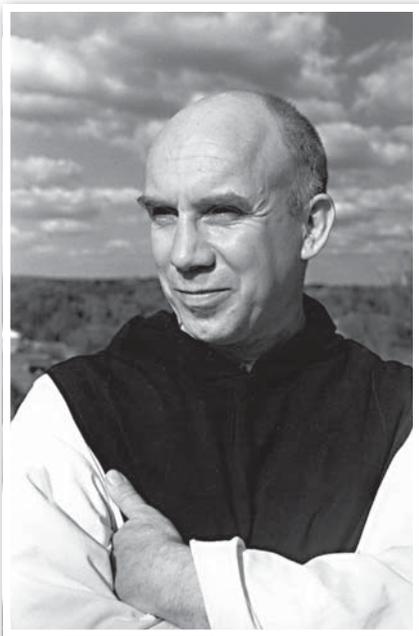
Join us for this opportunity to "practice and improve" your Duplicate Bridge game once a week. Each class in this ten-week series will begin with a brief lecture for the first half-hour, and then players will move into practice games together with coordinated assistance from an American Contract Bridge League (ACBL) certified director. Instructor: Gerald Mitchell, ACBL Certified Director, and his assistant Eydie Mitchell.

235752 - West Senior Center | Fridays, Mar. 18 to May 20, 10 classes | 12:30 to 4 p.m. | Fee: City Residents \$50 | Non-residents \$60

## Storytelling Series

Join a group of people who enjoy stories as we look at ways to enhance our memories and shape them into good tales using the techniques of the master storytellers. In a safe, non-judgmental environment, explore ways to bring memories to life using all our senses. Playing with the storyteller's tools, words, voices and gestures, watch your stories come alive. The instructor, Ann Cress, has been a storyteller for over 40 years.

235756 - West Senior Center | Monday, Mar. 7 to Apr. 11, 6 classes | 1 to 3 p.m. | City Resident \$30 | Non-resident \$35



## Contemplative Living: Thomas Merton and Friends

### Lecture Series Only

We will meet the first Thursday of each month to discuss the writings of Thomas Merton and his/our contemporaries, and how they relate to our own experience of being more present moment to moment in our daily lives. Come with an open mind and a willingness to share what works for you. Registration is requested. Facilitator: James Kettering

235805 - West Senior Center | Thursdays, Mar. 3, Apr. 7, and May 5 | 10 to 11:30 a.m. | Free

## Celebrate Cinco De Mayo by Learning to Cook Healthy Mexican Food

For this class we will learn the artisan way of making one of seven moles of Oaxaca, mole negro. Learn to marry old world spices with pre-Hispanic native ingredients including cacao nibs. We will create this mole and serve it with Oaxacan chicken and rice, mixed greens and fried plantains. This dish is gluten free.

235898 - East Senior Center | Thursday, May 5 | 11:30 a.m. to 2 p.m. | City Resident \$10 | Non-resident \$12

## FILM SERIES

### A Beautiful Equation

Join us in viewing this moving, award-winning film by local filmmaker Robin Truesdale where eight grandmothers bring wisdom, delight, and a grand sense of play to this collection of stories about Albert Einstein and Niels Bohr, two renowned physicists and lifelong friends. The film's powerful message extends beyond age, gender and even science. The filmmaker and cast members will be available following the film to answer questions.

235899 - West Senior Center | Friday, Mar. 11 | 1 to 2:30 p.m. | Free

### Create a Community Where We All Can Age Well

The Project Visibility film brings a face to the issues of aging as a lesbian, gay, bisexual or transgender (LGBT) older adult. Boulder-area LGBT elders address their lives, strengths, wishes, and concerns about the aging services network. Local providers talk about challenges and opportunities in serving this often invisible population. The goal of Project Visibility is to create a community in which we all can age well. Find out what resources are available for you and or loved ones. Boulder County Area Agency on Aging staff will be available to answer questions and provide local resources.

235900 - West Senior Center | Thursday, Apr. 28 | 1 p.m. | Free

# SENIOR ENRICHMENT

## BOULDER WALKS FOR SENIORS

### Civic Area Walking Tours Past, Present and Future

Come and journey through Boulder's Civic Area with a park ambassador as your guide. The Civic Area is rich with stories from the past, beginning with the Plains Indians to what the Civic Area is today and how it came to be. The newly proposed plans for the future of the area will also be looked at and discussed. We will meet at the West Senior Center lobby for a brief introduction and the walks will be followed by an optional lunch on your own at Café Classico.

#### Walking themes:

235896 - April 5: Plains history and the settling of Boulder

235897 - May 3: Boulder's watershed, floods and flood mitigation

West Senior Center Lobby | Tuesdays, Apr. 5, May 3 | 11:15 to 11:45 a.m. | Free

### Walk2Connect with GO Boulder

Let's walk together and explore the neighborhoods around the West Senior Center. Led by Walk2Connect-trained walking companions, these walks focus on combining fresh air with good company. After introductions and warm up, we'll enjoy friendly, conversational 30-minute walks as we get to know the neighborhoods and one another. The walks will be followed by an optional lunch on your own at the Café Classico.

West Senior Center | All Tuesdays of the month except first Tuesday beginning April 12 | 11:15 to noon | Free

### Walking Wednesdays with the City of Boulder's Staff

From May through October, join Ellen Orleans and other city specialists for Walking Wednesdays, casual and upbeat walks highlighting different aspects of downtown Boulder. Walkers gather at noon by the shuffleboard courts, just west of the New Britain Building, 1101 Arapahoe Ave. We

begin walking at 12:10 and aim to return by 1 p.m. The walks vary from easy to moderate in length and difficulty. Participants need to be independently mobile. Themes and topics for the walk include tree tours, landmarked homes, tulips on Pearl Street, murals, local history and scavenger hunts. Please bring water, a hat, a snack and a coat if needed. Please wear comfortable shoes. No registration required for this free program.

Contact Ellen Orleans at 303-921-2400 if you have questions.

*Shuffleboard courts west of New Britain Building, 1101 Arapahoe Avenue | 12:10 p.m. | Free*

## THANK YOU

Boulder Senior Services would like to thank the following for their generous help and support:

- ☞ Thanks to Boulder County Interagency, Boulder Seniors Foundation and The Aging Well Foundation for supporting, coordinating and delivering over 150 Holiday Baskets to low-income seniors in Boulder County.
- ☞ Thanks to all the dedicated volunteer trip escorts. We appreciate your service to our seniors.
- ☞ Thank you to the Boulder Seniors Foundation for continued support of the Human Services Insight program and ongoing assistance for older adults in need.
- ☞ Thanks to Sam Sirkin for his care of and help with the pool table at the West Senior Center.
- ☞ Thanks to Azeal Dermatology for offering free skin care cancer screenings in December 2015.
- ☞ Thanks to Mental Health Partners Senior Reach staff and volunteer Peer Counselors for expanding program offerings and drop-in consultations at the West Senior Center.
- ☞ Thanks to RTD for continuing to offer a ski bus that departs from the East Senior Center.
- ☞ Thanks to Judy Evans, GO Boulder, and Walk2Connect for helping us to establish a variety of walking programs this Spring.

## COMPUTER CLASSES

All computer classes are held on Fridays at the Boulder Public Library with instructor Suan Schnell. Each class requires a minimum of 12 students.

### Using Internet Explorer To Make Your Life Easier Beginning Level



This two-hour class will begin to show you how you may surf the internet safely and become a savvy user of the web. Whether you are a savvy web user or a beginner, you may find that life is easier by using information available on the web.

The internet can provide you valuable information related to a hobby, getting around town or going new places.

235806 - Boulder Public Library, 1001 Arapahoe Avenue | Friday, Apr. 8 | 10:30 a.m. to 12:30 p.m. | Fee: \$20

### Using Internet Explorer To Make Your Life Even Easier Intermediate Level

This class will take you to a more advanced level of searching the internet. Utilizing more extensive web searches to find a long-ago-friend who is no longer in your address book? Is there a recipe you hunger for? We can help you find it. Would you like to chat with someone that speaks another language? The web can translate your message for you into another language.

235807 | Boulder Public Library, 1001 Arapahoe Avenue | Friday, Apr. 15 | 10:30 a.m. to 12:30 p.m. | Fee: \$20

## ELDORA SKIING

### Alpine Skiing, Nordic Skiing and Snowshoeing Transportation



**Tuesdays, Jan. 12 through Mar. 29**

RTD Senior Ride, Eldora Mountain Resort and Boulder Senior Services are collaborating to offer seniors (65+ years) motor coach transportation on Tuesdays beginning January 12 and continuing through March 29, 2016.

The cost for the round-trip RTD Senior Ride trip to Eldora is \$4.50 for those 65+ years and \$10 for all other ages. Exact money please—driver does not have change. The buses will pick up at the East Senior Center promptly at 9:30 a.m. No reservations are required—just show up early. Please park and wait prior to 9:30 a.m. in the parking lot near the soccer field, west of the tennis courts. The bus will leave from Eldora promptly at 2:15 p.m. for return to the East Senior Center.

Group tickets at Eldora are \$34 each for Downhill and \$9 each for Nordic Center (cash only).

If you have any questions regarding this program, please call RTD Special Services Technician Carolina Lara 303-299-6567.



*Those who bring sunshine into the lives of others, cannot keep it from themselves.*

*~ James M. Barrie*



# SENIOR ENRICHMENT



## ACTIVE MINDS FOR LIFE

**Active Mind events are free, however please register in advance to ensure a seat.**

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### **Music of Aaron Copland and the American West**

Join Active Minds for a musical journey into the American West. We will focus upon works by Aaron Copland who was so instrumental in forging a distinctly American style of composition with works such as Rodeo and others. We will explore some of the cowboy tunes that were important ingredients in some of Copland's music.

235799 - West Senior Center | Monday, Mar. 14 | 11 a.m. to noon | Free

### **The Mayans**

Join Active Minds for an overview of Mayan history, culture, art, and science. This program will provide attendees with a solid understanding of Mayan civilization.

235800 - West Senior Center | Monday, Apr. 11 | 11 a.m. to noon | Free

### **China's Economic Evolution**

This past summer, the Shanghai stock market lost more than one-third of its value, creating financial ripples throughout the world and sparking broad criticism of how the Chinese government is managing its economy. Join Active Minds for a look at China's complex journey from a sleepy Communist economy to one of the most important financial forces in the world.

235801 - West Senior Center | Monday, May 9 | 11 a.m. to noon | Free

### **Greece**

The ongoing Greek financial crisis is creating political and economic turmoil within the country and beyond, especially within the European Community. Join Active Minds as we share the story of Greece, from its ancient history to current struggle. We will end with a look at how the story may continue to unfold given the economic response from the rest of Europe.

235802 - East Senior Center | Monday, Mar. 28 | 3 to 4 p.m. | Free

### **1963**

The year 1963 was a definitive year in the history of the civil rights movement. It also saw the peak of the Cold War, the seeds of the feminist movement, the rise of the youth culture, and the tragic assassination of John F. Kennedy. Join Active Minds as we travel back in time to this key year in history.

235803 - East Senior Center | Monday, May 23 | 3 to 4 p.m. | Free

### **Iraq**

Over ten years after a U.S.-led invasion toppled the government of Saddam Hussein, Iraq is still in the process of attempting to maintain itself as a stable, self-governing nation. This task is now more difficult as the Sunni extremist group ISIS has mounted a serious military offensive against the Shia led government of Iraq.

235804 | East Senior Center | Monday, Apr 25 | 3 to 4 p.m.

## HELPFUL TIPS FOR DAY TRIPS

All trips will leave from the East Community Center, located at 5660 Sioux Drive in Boulder, unless noted. For Monday through Friday trips, check in with the escort in the lobby of the Senior Center. For weekend trips, check in with the escort in the Recreation wing lobby. See page 24 for registration information. Advance registration is required for all day trips. Boulder Senior Services reserves the right to cancel any trip if minimum registration is not met.

**There are several ways that you can help make the trip program run more smoothly:**

- When you register, please let us know if you have special needs.
- If you have questions about the physical demands of the trip please ask before registering.
- Check in with the escort at the designated location.
- Please arrive at least 15 minutes before trip departure so that everyone can be checked in, boarded on the bus and the trip can depart at the designated time.
- Be prepared to share a bench as most of our trips run full.
- Return times are approximate. Please do not schedule appointments close to return times as we can not anticipate when delays may occur.
- If you need to cancel a trip on the day of the event, please call either the East Center at 303-441-4150 or the West Center at 303-441-3148. Both centers are open by 8 a.m. Monday through Friday, except holidays and closures, and staff will be able to contact the trip escorts and inform them of your cancellation. There is no guarantee of refunds.
- Wheelchair Accessible: A limited number of spaces are available to wheelchair users.

## DAY TRIPS

### Transportation through the Ages at Forney Museum of Transportation

Come see this one-of-a-kind collection of over 600 artifacts related to historical transportation. It began 60 years ago with a single 1921 Kissel, but today the exhibit has expanded to include vehicles of all kinds. A docent will share stories about the many transportation pieces on display. Our visit coincides with the Tri-Five Chevys exhibit, with featured vehicles from 1955-1957. Following the museum, enjoy lunch on your own at a local diner.

**Please register by February 15.**

235904 – East Senior Center | Friday, Mar. 4 | 10 a.m. to 1:45 p.m. | City Resident \$30 | Non-Resident \$35 | Fees include senior services bus transportation, escort, museum admission, and docent-led tour.



### Step Back in Time at the Byers Evans House

Transport yourself back in time by meandering through this beautifully restored period 1912 to 1924 homes. You will learn about the Evans family and their involvement in Denver's early development. Polished wood finishes, brightly patterned wallpapers, ornate mantels, and period draperies form a backdrop for the rich variety. Many are in awe of the number of original period pieces. Have brunch on your own at Dozen's.

**Please register by February 29.**

235905 - Thursday, Mar. 17 | 9:30 a.m. to 2:15 p.m. | City Resident \$30 | Non-Resident \$35 | Fees include senior services bus transportation, escort, and house tour.

## DAY TRIPS

### Show Me the Money at the Money Museum in the Federal Reserve Bank, Denver

This is your day to see billions of dollars in the region's largest cash vault. Learn more about the economy through interactive exhibits. Lift a gold bar over 27 pounds. Explore President Harry S. Truman's extensive coin collection. Don't forget your camera. You will want share these big money pictures with your family and friends. Go home with a free bag of shredded currency. Have lunch on your own at a restaurant along the 16th Street Mall.

**Please register by March 14.**

235906 - Wednesday, Mar. 30 | 10:30 a.m. to 3:45 p.m. | City Resident \$25 | Non-Resident \$30 | Fees include senior services bus transportation, escort, and admission to the museum.

### Calling All Animal Lovers

Are you a cat or dog lover? This trip is for you. We will visit two facilities with animals available for adoption. First stop, Denver Cat Company, to grab a cup of java. Relish the free cuddles from the 10 kitties that freely roam. Then, on to the Denver Animal Shelter. Lastly, we are going to Pizzeria Locale for lunch on your own.

**Please register by March 21.**

235907 - Wednesday, Apr. 6, | 9:30 a.m. to 2:45 p.m. | City Resident \$30 | Non-Resident \$35 | Fees include senior services bus transportation, escort, and tours.

### "South Pacific" at Candlelight Dinner Theater in Loveland

Get swept away in the South Pacific. Set in an island paradise during World War II, this timeless musical is one of the most popular and influential shows in Broadway history. The haunting score is full of some of the most enduring standards in Broadway, including, "There is Nothing Like a Dame," "I'm Gonna Wash That Man Right Outta My Hair," and "Bali Hai." Enjoy an upscale meal served by the Candlelight Dinner Theatre actors.

**Please register by March 21.**

235908 - Thursday, Apr. 14 | 11 a.m. to 5 p.m. | City

Resident \$80 | Non-Resident \$95 | Optional dessert is available for purchase. Fees include senior services bus transportation, escort, dinner and non-alcoholic beverages, gratuity and admission.

### Lookout Mountain Nature Center Green Carpet Tour

During this program, participants will learn to look deeply at the reasons for open spaces and walking lightly, discuss how we as citizens make an impact, and will explore sustainable design principles such as fire-wise, native gardens, green construction and ideas behind conserving open spaces. Following the talk, take a short walk or hike around the nature center if you wish. Bring a bag lunch and picnic in the fresh air or lunch on your own in historic downtown Golden in poor weather conditions. **Please register by April 1.**



235909 - Tuesday, Apr. 19 | 9 a.m. to 2 p.m. | City Resident \$25 | Non-Resident \$30 | Fees include senior services bus transportation, escort, and docent-led tour.

### Eat to Reduce Pain and Increase Vitality Cooking Class, Denver

Therapeutic Chef and Nutritionist Katie Bauer of NourishedHealth.com at the Nourished Health Cooking School will prepare and enjoy the top anti-inflammatory, nutrient-boosting foods that stop pain in its tracks and create vitality. Plus, learn how to easily replace the surprising foods that should be avoided to keep pain at bay. Registration is limited to nine participants due to the size of the kitchen classroom. **Please register by April 1.**

235910 - Tuesday, Apr. 26 | 9:30 a.m. to 12:30 p.m. | City Resident \$55 | Non-Resident \$65 | Fees include senior services bus transportation, escort, cooking class, and food that you prepared.



# Around The World Dining and Entertainment Destination Series



## Mountaintop Play: Martin Luther King - The Man, Not the Myth Paired with Yak and Yeti Indian Food, Arvada

Great theatre can emerge from a simple yet evocative question: “What if?” Katori Hall, a daring, young African American playwright, imagines what Martin Luther King, Jr. might have done the night before he died. Whom might he have talked to? Her Olivier Award-winning play imagines a scenario portraying Martin Luther King, Jr. more as a man than a myth. Climb 18 steps up to our reserved seats at Arvada Center for Arts Complex. Feast at the Yak and Yeti lunch buffet (on your own).

**Please register by February 19.**

235901 - Wednesday, Mar. 23 | 11 a.m. to 3 p.m.  
| City Resident: \$55 | Non-Resident \$65 | Fees include senior services bus transportation, escort, and admission.

## Stranahan’s Whiskey Tour paired with a Chinese Dim Sum Lunch

Enjoy a guided stroll through the production brew, still and rack houses. You will take a jaunt through the bottling room as well. Most importantly, you will get a taste of Colorado’s most precious gold, Stranahan’s Colorado Whiskey in their Whiskey Lounge. You may indulge in other whiskeys or a signature cocktail on your own. Enjoy an authentic Chinese Dim Sim Lunch, on your own, at Star Kitchen in China Town.

**Please register by March 7.**

235902 - Thursday, Mar. 24 | 10 a.m. to 2:45 p.m.  
| City Resident: \$25 | Non-Resident \$30 | Fees include senior services bus transportation, escort, and docent tour of whiskey factory.

## Casa Bonita Mexican Village Restaurant

Celebrate Cinco de Mayo in the fiesta-like village at Casa Bonita. The restaurant is a designated historic landmark of Lakewood and is celebrating 40 years of business. Marvel at the 30-foot waterfall modeled after the Acapulco, Mexico cliffs and divers. A variety of entertainment is offered every 15 minutes surrounding the waterfall. Stroll through to find the cave and underground caverns. All-you-can-eat world-famous sopaipillas for dessert.

**Please register by April 15.**

235903 - Tuesday, May 3 | 11:30 a.m. to 3:45 p.m. | City Resident: \$40 | Non-Resident: \$45 | Fees include senior services bus transportation, escort, meal, non-alcoholic fountain drinks, gratuity and entertainment.

## DAY TRIPS

### Sports Authority Field at Mile High Behind-the-Scenes Tour, Denver

Begin your tour at Colorado Sports Hall of fame museum. Tour stops include up-close and personal viewing of the executive suites, club level, locker rooms, Keg Room, Thunders Stall, team field entrance tunnel, network television production compound, TV and radio broadcast facilities and the writing press center. Plan for approximately half a mile of standing and walking during the tour that is fully ADA accessible. Following the tour, we'll head to Larimer Square to grab lunch on your own.

**Please register by April 18.**

235911 - Friday, May 13 | 9:30 a.m. to 3 p.m. | City Resident \$40 | Non-Resident \$45 | Fees include senior services bus transportation, escort, and docent-led tour.

### History Colorado Center Discussion - The Brutal Truth: What's Worth Preserving for Posterity?

In celebration of the fiftieth anniversary of the National Historic Preservation Act, Adam Thomas of Historitecture speaks about the importance of this law and explains how it has affected Colorado's urban-built environment since 1966. Following the presentation, wander through the Colorado History museum at your leisure. Interesting and interactive exhibits include historical Colorado artifacts, a ski simulator, antique Broncos memorabilia, various forms of transportation and much more. Snacks are available at the museum café.

**Please register by April 18.**

235912 - Monday, May 16 | 11:45 a.m. to 4:45 p.m. | City Resident: \$40 | Non-Resident: \$45 | Fees include senior services bus transportation, escort, and docent-led tour.



### Armed Forces Day Ceremony: A Tribute to Veterans



This day we are honoring those who served and sacrificed at the Westminster Armed Forces Tribute Garden. This beautiful, contemplative destination garden is dedicated to those who serve or have served our country in the Army, Navy, Air Force, Marines, Coast Guard and Merchant Marine. The City of Westminster is hosting the ceremony that is a tribute to veterans. We'll roll on over to Quaker Steak & Lube for lunch on your own following the ceremony. Chow down on award-winning wings, ribs and burgers. **Please register by May 4.**

235913 - Saturday, May 21, | 9:15 a.m. to 12:45 p.m. | City Resident \$20 | Non-Resident \$25 | Fees include senior services bus transportation and escort.

### "Footloose" at the Boulder Dinner Theatre

It all starts when Ren and his mom move from Chicago to a small farming town. Ren is prepared for the inevitable adjustment period at his new high school. What he isn't prepared for is a local ban on dancing, which was instituted by the local preacher, to exercise control over the town's youth.

**Please register by April 22.**

235914 - Wednesday, May 25 | 5:30 to 9:30 p.m. | City Resident \$40 | Non-Resident \$45 | Meet at the Boulder Dinner Theater at 5:30 p.m. 5501 Arapahoe Avenue, Boulder | Fees include escort, meal with non-alcoholic drinks and admission.

## STARZ TV Headquarters, Englewood

You will go behind the scenes of a cable network. Starz Networks is a leading provider of premium subscription video programming through the flagship STARZ® and ENCORE® pay TV networks. Starz showcases original programming and movies to U.S. multichannel video distributors, including cable operators, and satellite television providers. Our docent-led tour includes the Broadcast Operations Center (BOC), the video and audio editing suite and

Central Equipment Room. Following the tour, dine on your own at the View House Centennial.

**Please register by May 16.**

**Registration limited to 13 per date.**

*235916 - Wednesday, Jun. 1 | 9:45 a.m. to 2:45 p.m. | City Resident \$35 | Non-Resident \$40 | Fees include senior services bus transportation, escort, and docent-led tour.*

*235915 - Thursday, Jun. 2 | 9:45 a.m. to 2:45 p.m. | City Resident \$35 | Non-Resident \$40 | Fees include senior services bus transportation, escort, and docent-led tour.*

## TRAVELING SENIORS

**Memories of our November 2015 trip to the Dushanbe Tea House, a gift to the City of Boulder from its sister city, Dushanbe, Tajikistan.**



If you are cold, tea will warm you; if you are too heated, it will cool you; if you are depressed it will cheer you; if you are excited it will calm you.

~ William Gladstone



## OVERNIGHT TRIPS



### LEISURE WEST TOURS AND CRUISES IS OUR VENDOR FOR OVERNIGHT TRAVEL

They are located here in Colorado and offer many local, national and international travel opportunities.

#### Why Travel with Boulder Senior Services and Leisure West Tours?

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- Accommodations are rated AAA three-diamond or higher
- Airport/hotel transfers included
- Luggage handling and gratuities for one suitcase per person
- Attractions/sightseeing/entrance fees and meals as indicated per itinerary
- Gratuities for included meals, skycaps, local guides, drivers and tour directors as indicated per itinerary



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## A Royal Gorge Getaway May 22 & 23, 2016

*A spring getaway to experience the Royal Gorge Route Railroad, the new Royal Gorge Bridge & Park, Colorado Wolf and Wildlife Center, and overnight in Colorado Springs.*



The Royal Gorge Route Railroad is a spectacular train ride that winds along the Arkansas River with high desert vistas and dramatic views of the 1,000-foot granite cliffs towering above. Be sure to watch for the Royal Gorge Bridge because after the train ride, you'll visit Royal Gorge Bridge and Park. The world's second highest suspension bridge spans the Arkansas River at a height of 956 feet. After the devastating wild fire in June of 2013, the park has been completely rebuilt. Come along and be among the first to experience all the new facilities. After over-nighting in Colorado Springs, you will take a guided stroll through the Colorado Wolf and Wildlife Center. The Center is home to wolves, coyotes and foxes that each live and thrive in large wooded enclosures that provide privacy, sanctuary and stimulation for these amazing and beautiful animals. Cost includes coach transportation, train fare, admissions to Royal Gorge Bridge & Park and Wolf Center; overnight accommodations in Colorado Springs, lunch aboard the train, hotel breakfast and tour guide. \$345 per person double occupancy; \$395 single occupancy.

## Atlantic Maritimes Several dates available beginning Jun. 7, 2016

*Experience the fresh salt air, unspoiled nature, rich history and warm hospitality of the Maritime Provinces. See for yourself why this is one of the world's most popular destinations on our most comprehensive bus tour of the Canadian Maritimes. 13 days.*



Highlights include: Atlantic Canadian Tour Director; Deluxe Motor coach Transportation; Welcome Reception; Joggins Fossil Cliffs - a UNESCO World Heritage site; Lobster Dinner Cruise on Shediac Bay; Hopewell Rocks Ocean Tidal Exploration Site; Fundy National Park (some of the world's highest tides are in Bay of Fundy); Saint John City Tour including Reversing Falls; St. Andrew's by-the-Sea Day Trip; Ferry from New Brunswick to Nova Scotia; Grand Pre - a UNESCO World Heritage Site; Annapolis Valley Winery Tour & Tasting; Peggy's Cove; Lunenburg - a UNESCO World Heritage Site; Fisheries Museum of the Atlantic; Glooscap Heritage Centre & Mi'kmaq Museum Confederation; Bridge to Prince Edward Island; Anne of Green Gables Heritage Place; Prince Edward Island National Park; Ferry from Prince Edward Island to Nova Scotia; Alexander Graham Bell National Historic Site; World Famous Cabot Trail; Cape Breton Highlands National Park; Fortress of Louisbourg National Historic Site; two Whale Watching Boat Tours; 12 nights' accommodation including 3 two-night stays; 22 Meals including two Lobster Meals. Price without airfare: \$3,957 per person double occupancy and \$5,076 single occupancy. Tour departs and ends in Halifax, Nova Scotia. Reservations must be completed and final payment made no later than 60 days prior to departure.

## OVERNIGHT TRIPS

### Red Cliffs by Rail Scenic Utah's National Parks & Monuments

Sep. 10-17, 2016

*Ride the rails via Amtrak to experience the beauty of Colorado and Utah staying at the Red Cliffs Lodge in Moab located on the Colorado River surrounded by magnificent red cliffs.*



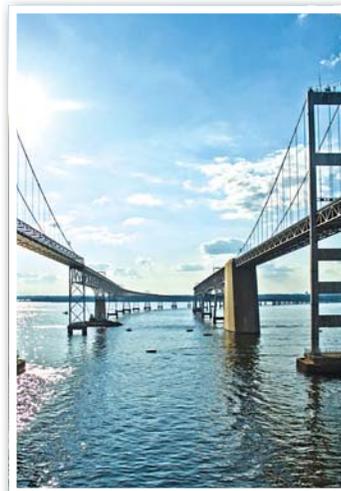
Your journey begins with a relaxing overnight stay in downtown Denver. The next morning you will have a short ride to

Union Station where you will board Amtrak for a beautiful trip on Amtrak's most scenic route from Denver to Grand Junction through the mountains and Glenwood Canyon. You'll venture to the incredible Red Cliffs Lodge for a four-night stay. Activities include a tour of Dead Horse Point State Park, Arches National Park, a float trip on the Colorado River, explore Canyonlands National Park by jet boat, have a picnic at Capitol Reef and travel through Escalante National Monument. You will then travel to Bryce Canyon for a two-night stay. Visit Bryce Canyon National Monument and take a day trip to Zion National Park. Return to Salt Lake City where the tour will conclude. \$1,999 per person double occupancy; \$2,559 single occupancy. Does not include transportation from Salt Lake City back to Denver.

### Charms of the Chesapeake Sep. 23-30, 2016

*Baltimore, Annapolis, St. Michaels, Oxford, Virginia Beach, & Norfolk. Nestled between the Atlantic Ocean and Chesapeake Bay area cities, villages, countryside, the Intracoastal Waterway, and a culture dating back centuries.*

The history of our nation, including the Revolutionary War and the War of 1812, is tightly woven around the Bay and its tributaries. Experience a Maryland Style Crab Feast; walk the Yard with cadets at the Naval Academy; see the mighty warships of the awesome Atlantic Fleet in Norfolk; dine on the delicious bounty of the Bay; visit historic sites, museums, and attractions. Stay on the oceanfront and stroll the beach. Price does not include airfare: \$1,999 per person double occupancy; \$2,459 single occupancy. Reservations must be confirmed and final payment received by June 3, 2016.



## GUARANTEED DEPARTURE TRIPS

Leisure West offers "Guaranteed Departure" of these trips and many other trips during the year. Please book early since many of these trips sell out.

*For more information, itineraries, prices, etc., please call 303-441-3915.*

### FALL 2016

- Adriatic Cruise - 8 Days
- Alaska Grand Adventure - 10 Days
- Atlantic Maritimes - 13 Days
- Cape Breton Island - 5 Days
- City Lights and Country Sights - 6 Days
- Custer State Park Buffalo Round Up - 6 Days

## What Are Harvest Bucks?

The arrival of spring brings the return of the Boulder County Farmers' Markets in Boulder and Longmont, which support, promote and expand local agriculture, make fresh products accessible to our community and strengthen relationships between local food producers and food consumers. Thanks to a partnership between the City of Boulder, Boulder County and the nonprofit Boulder County Farmers' Market Organization, recipients of the Supplemental Nutrition Assistance Program (SNAP) can use their EBT (electronic benefits transfer) card at the market to get SNAP bucks to purchase EBT-eligible foods. SNAP recipients receive Harvest Bucks for dollars withdrawn from a SNAP account, which can be used to buy fresh fruits and vegetables. For hours, locations and information visit [www.bcfm.org](http://www.bcfm.org) or call 303-910-2236.



Our residents have one thing in common.

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At Frasier we are committed to a sense of community and the belief that, with the proper support, people can thrive and find meaning and passion at every age and circumstance. We have been helping seniors live their best lives for over 55 years. We welcome you to learn more about our exceptional services.

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Call 303.499.4888 for an appointment and tour.



**FRASIER**

350 Ponca Place | Boulder, Colorado  
[frasiermeadows.org](http://frasiermeadows.org)

Boulder Seniors Foundation  
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Boulder CO 80306-1392  
*West Senior Center: 303-441-3148*  
*East Senior Center: 303-441-4150*

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