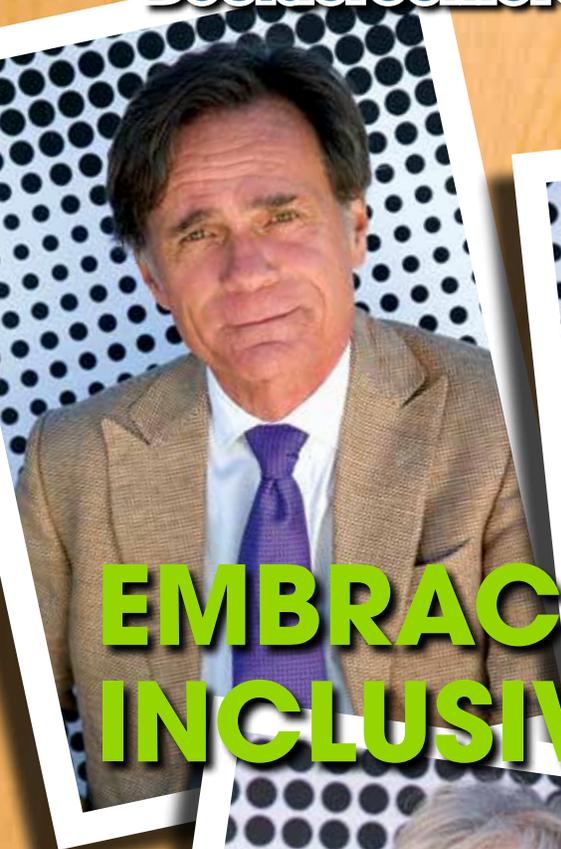


# Boulder Senior

[BoulderSeniorServices.com](http://BoulderSeniorServices.com)

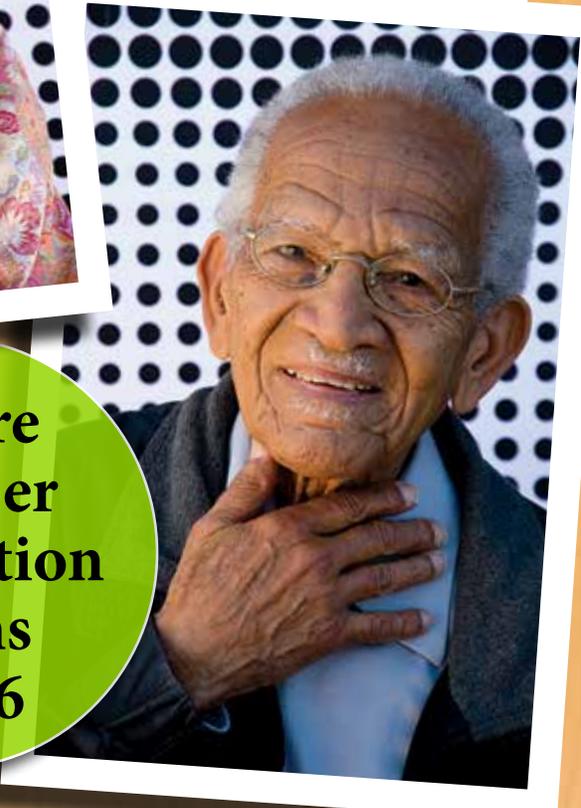
Services



**EMBRACING  
INCLUSIVENESS**



Encore  
Member  
registration  
begins  
May 6



SUMMER 2014

JUNE-AUGUST

location, location, location.

*lly owned.*

*The* **ACADEMY** BOULDER'S BOUTIQUE  
RETIREMENT COMMUNITY



[theacademyboulder.com](http://theacademyboulder.com)  
303.938.1920

## THE LAW OFFICE OF BRANDON FIELDS

Protect Your Family's Assets  
& Plan for the Future



### SPECIALIZING IN:

- Elder Law
- Medicaid Planning & Eligibility
- Estate Planning / Wills & Trusts
- Advance Directives / Powers of Attorney / Living Wills
- Guardianships & Conservatorships
- Disability Planning & Special Needs Trusts
- Probate (Estate) Administration & Disputes

**303-449-5602**

[brandon@elderlawboulder.com](mailto:brandon@elderlawboulder.com)

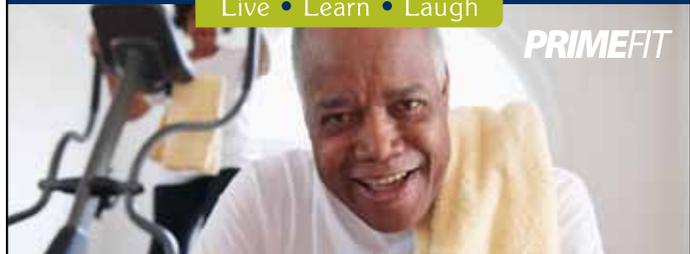
1510 28th St., Suite 205  
Boulder, CO 80303

[www.elderlawboulder.com](http://www.elderlawboulder.com)

# "I'M FIT AS A FIDDLE."

And this fiddle has some nice biceps, too.

Live • Learn • Laugh



Take advantage of our PrimeFit<sup>SM</sup> fitness program brought to you by Leisure Care. Your own fiddle will thank you. Contact our PrimeFit staff to learn more.

 **the  
CARILLON**  
AT BOULDER CREEK

2525 Taft Drive, Boulder, CO 80302 • 720.565.6844



[www.TheCarillonAtBoulderCreek.com](http://www.TheCarillonAtBoulderCreek.com)

## TABLE OF CONTENTS

Active Minds.....	25
Boulder Senior Services Information.....	1
Coffee Talks .....	27
Day Trips.....	12
Encore Program .....	20
Health and Wellness.....	33
Important Phone Numbers .....	4
Meals on Wheels.....	9
Ongoing Activities .....	10
Overnight Trips .....	17
Registration Information.....	40
Senior Services and Resources .....	6
Workshops and Classes.....	29

*Cover photos: Cover photos are from the Boulder Rebuilds project. See page 1 for more information and an update on the project.*

**VOLUME 16, NO. 2****BOULDER SENIOR SERVICES**

*A division of the City of Boulder's Human Services Department*

**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.

**PUBLISHED BY:** City of Boulder Human Services Department

**ADVERTISING SALES:** 

Stephen Larghi, 1630A 30th St., Ste. 391  
Boulder, CO 80301

Ph: 303.323.8782 Fx: 303.957.2267

[www.agboulder.com](http://www.agboulder.com)

**ON THE COVER:**

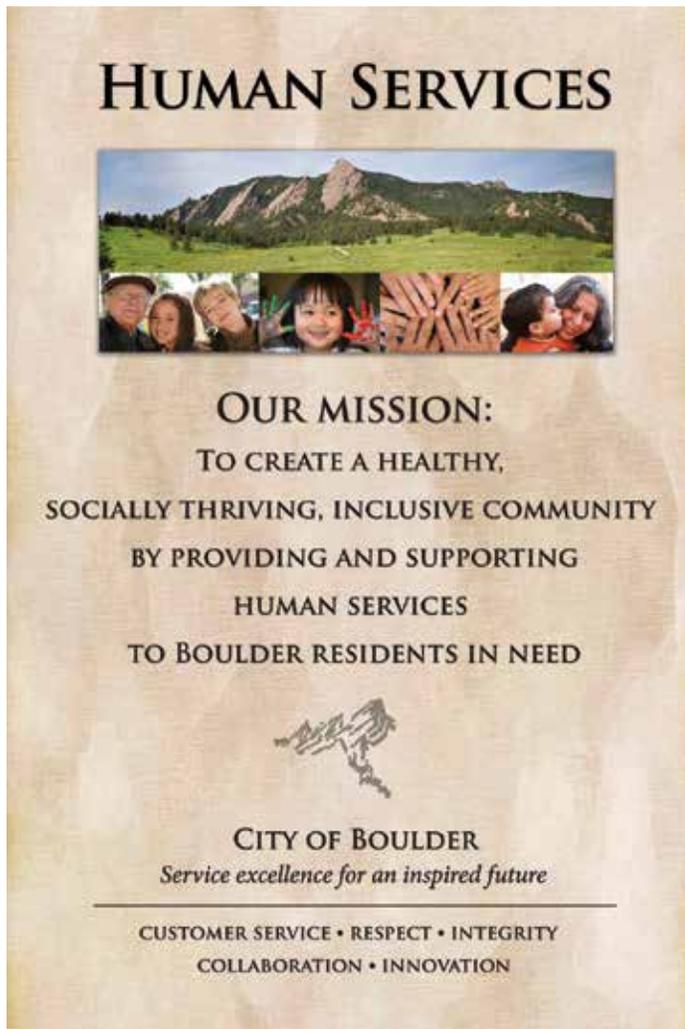
Boulder is made up of diverse people working together to create community. Through the "Boulder Rebuilds" project, a collaboration between Intercambio de Comunidades and the City of Boulder's Community Relations and Office of Human Rights, the faces of Boulderites are being displayed at the West Boulder Senior Center.

In the fall of 2013, the city invited Boulderites to participate in a nationwide photography initiative aimed at creating a portrait of America that includes immigrants as well as descendants of immigrants. The Inside Out: The People's Art Project is a global art project transforming messages of personal identity into works of art. More than 90 people volunteered to have their pictures taken over a period of three days.

## SENIOR SERVICES STAFF

Acting Manager, Betty Kilsdonk .....	303-441-4365
Encore Program .....	303-441-4437
Program Coordinator: Trips, Travel, and Classes, Ellen Bartilet .....	303-441-3915
Program Manager: Health and Wellness, Maureen Dobson.....	303-413-7489
Senior Resource Specialists: Jodi Ansell and Jacki Myers .....	303-441-4388
Elena Levy – Bilingual .....	303-441-3918
Operations Coordinator, Renee Foote .....	303-441-4438
Reception and registration, West Senior Center, Jay Allen and Pete Lundskow ....	303-441-3148
Reception and registration, East Senior Center, DeLana Gorski and Anita Simon .....	303-441-4150
Communications, Robin Pennington.....	303-441-1912
Facility Booking Administration, Beth Bovard.....	303-413-7487
Finance, Monica Richtsmeier.....	303-441-4389

## City of Boulder Department of Human Services



**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.



### Assistive Listening Devices

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



### Reduced Rate Program

The reduced rate program is for residents of Boulder over age 60 who meet income and asset guidelines. 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, stop by the front desk at either senior center or call 303-441-3148 or 303-441-4150.



### Wheelchair Accessible

Limited number of spaces available to wheelchair users.



### Intergenerational

Seniors are welcome to bring young friends to this intergenerational activity.

**COMMUNITY RELATIONS AND OFFICE OF HUMAN RIGHTS MISSION:** To protect civil rights, facilitate positive community relations and promote social equity policy.

**CHILDREN, YOUTH AND FAMILIES MISSION:** To support children, youth and families through regional collaborative planning, community funding and quality programs.



## Human Services

The City of Boulder, Division of Senior Services, 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, Division of Senior Services 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.

# Beautiful. Made Affordable.



Beautiful. Made Affordable.™



## You Can Have It All. No Compromises.

We offer beautiful flooring at an affordable price with stellar service, years of expertise and guaranteed satisfaction.

**Over  
100 Million  
New Floors  
SOLD**

In our history, we've installed over 100 million new floors of all types in homes and rooms of all styles.

**#1  
Buyer In  
The World**

As a member of the world's largest floor covering buying group, we buy the best brands for less to sell for less.

**Over 1000  
Locations  
In 50 States &  
9 Provinces**

Our locally owned and family-operated stores have provided generations of personalized service and community support.

**Over  
20,000 Yrs.  
Combined  
Experience**

Beyond expert training, we have the experience required to ensure that your floors are installed perfectly.

**100%  
Satisfaction  
Guaranteed**

If you don't love the floor you choose, we'll replace the product and install it for free! That's our Beautiful Guarantee.

CARPET • HARDWOOD • TILE • VINYL • LAMINATE • AREA RUGS • & MORE!

## EXPERIENCE AND EXPERTISE JUST FOR YOU

We're much more than just a flooring store. From the moment you set foot inside our showroom, you'll discover prompt, professional, experienced service. From free flooring estimates to expert flooring installation, our team is always available to offer friendly, dependable service you can rely on for all your flooring questions.

*the*  
**Beautiful**  
GUARANTEE

If you don't love it,  
we'll replace it.  
**GUARANTEED.**

FREE Pre-Measures And Estimates **1.800.CARPET.1**

Follow us:  

**McDonald**  **CARPET ONE** FLOOR & HOME

**6367 Arapahoe Ave. ♦ Boulder ♦ 303-449-0011 ♦ www.carpetone.com**  
Monday-Friday 9:30am-6pm; Saturday 9:30am-5pm ♦ Sunday 11am-4pm

At participating stores only, not all products at all locations. Photos for illustrative purposes only. Not responsible for typographical errors. Offers cannot be combined with other discounts or promotional offers and are not valid on previous purchases. ©Carpet One Floor & Home®. \*See store for details. Subject to credit approval. †See actual warranty at store for complete details.

## A Note from Boulder Senior Services

The City of Boulder Human Services Department and the Boulder County Area Agency on Aging are each updating their strategic plan in 2014, and they want to hear from you. Please consider participating in one of four joint Community Conversations taking place in Boulder in June and July. For more information on the City of Boulder Human Services strategic plan update, please go to [www.bouldercolorado.gov](http://www.bouldercolorado.gov). For more information on the Age Well Boulder County strategic plan update and on Community Conversation locations in Boulder County, please go to [www.bouldercounty.org](http://www.bouldercounty.org).

## 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 June 1, individuals under age 55 may register for activities. A caregiver for a senior may register at the same time as the senior and pay the senior fee.

## Senior Community Advisory Committee (SCAC)

The Senior Community Advisory Committee represents the broad public interest in providing consultation and expertise to the city via the staff of the Senior Services Division of the Human Services Department on policy and programs related to seniors. The SCAC meets every quarter at the West Senior Center. For more information, contact Betty Kilsdonk at [kilsdonkb@bouldercolorado.gov](mailto:kilsdonkb@bouldercolorado.gov) or 303-441-4365.

## BOULDER COMMUNITY CONVERSATION LOCATIONS

*Open to the public. Preregistration preferred, please call 303-441-3148. Refreshments will be served.*

Wed. June 11	East Senior Center	1 to 3 p.m.
Thurs. June 19	West Senior Center	10 a.m. to noon
Tues. June 15	Meadows Library	5:30 to 7:30 p.m.
Sun. July 20	West Senior Center	2 to 4 p.m.
		(se habla español)

## IMPORTANT TELEPHONE NUMBERS

West Senior Center.....	303-441-3148	Emergency Family Assistance .....	303-442-3042
East Senior Center.....	303-441-4150	Federal Government.....	1-800-FED-INFO
Access-A-Ride .....	303-292-6560	Fire Prevention/Safety .....	303-441-4355
Accident Report .....	303-441-3333	Food Tax Rebate Program.....	303-441-1836
Boulder County Area Agency on Aging.....	303-441-3570	Flu Shot Hotline.....	1-800-462-2911
Boulder County Aging and Disability Resources for Colorado (ADRC).....	303-441-1617	Foot Care.....	303-651-5224
Boulder Housing Partners .....	720-564-4610	Meals on Wheels.....	303-441-3908
Boulder County Housing and Human Services & Adult Protective Services.....	303-441-1000	Medicare Counselors .....	303-441-1546
CareConnect .....	303-443-1933	Mental Health Partners .....	303-443-8500
Care Link Adult Day Program .....	720-562-4470	Pothole Hotline .....	303-441-3962
Center for People with Disabilities .....	303-442-8662	RTD.....	303-299-6000
Close Call Phone Line .....	303-441-4272	Social Security Office .....	1-800-772-1213
City of Boulder Information .....	303-441-3388	Street Maintenance.....	303-413-7162
Eldershare Food Program .....	303-652-1307	Veterans Services .....	303-441-3890
		Via Mobility Services .....	303-447-2848
		Workforce Boulder County.....	303-301-2900



**WEST SENIOR CENTER**

8 a.m. to 4:30 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 participants 55 and older while inside the West Senior Center. Bring your I.D. and your vehicle registration to the front desk to get a parking sticker. Day passes are also available. Those using the parking lot but not inside the West Senior Center may be ticketed.

**909 Arapahoe Avenue  
Boulder, CO 80302  
303-441-3148**

**EAST AND WEST SENIOR CENTERS CLOSED:  
Memorial Day,  
Monday, May 26**

**EAST CENTER  
MAINTENANCE CLOSURE  
May 17 through May 26**



**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 303-441-4000 or email EBCCfacilityrentals@bouldercolorado.gov.

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

**Helping Boulder's Seniors**

While the City of Boulder provides basic facilities and services for Boulder seniors, there are many areas where public funds are not available to provide extra amenities at the Senior Centers or specific assistance to individuals who do not qualify for help from other agencies. Boulder Seniors Foundation accepts and administers financial grants, bequests, memorials and gifts used to support many services and activities for seniors in Boulder. For more information on the Foundation and how you can help, visit [www.sites.google.com/site/boulderseniorsfoundation/](http://www.sites.google.com/site/boulderseniorsfoundation/). Thank you for your support.

*Stop and say hello to*



**ANITA SIMON,**

*the new Facility Operations Representative at the East center,*

*and*

**PETER LUNDSKOW**

*at the West center, the next time you visit one of the senior centers.*



**Boulder Seniors Foundation**



**Senior Wisdom**

*Staying emotionally fit means being open to new ideas... current events, recent books, crossword puzzles.*



**Please consider supporting Boulder Seniors Foundation**

**Mail gifts to: PO Box 1392  
Boulder, CO 80306-1392**

## CITY OF BOULDER

**Senior Resources****303-441-4388****En Español****303-441-3918**

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. Para más información llame a Elena 303-441-3918.*

**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. Nominal fee. We can discuss with you whether mediation might be helpful. 303-441-4364 or [mediation@bouldercolorado.gov](mailto:mediation@bouldercolorado.gov).

## BOULDER COUNTY AND COMMUNITY

**Senior Law Day**

The 5th annual Boulder County Senior Law Day will be hosted at Calvary Bible Church located at 3245 Kalmia Ave., Boulder, 80301, on Saturday, Aug. 9, 2014 from 8 a.m. to 2 p.m. Attorneys and other area experts will share pertinent information for seniors, their friends, families, and caregivers about legal, financial, and health and mental well-being. There will be 20+ lectures, workshops and panels and 40 exhibitors to assist Boulder County seniors in planning out their years to come. We are honored to have keynote speaker Nancy E. Rice, Chief Justice of the Colorado Supreme Court. Senior Law Day is free, but pre-registration is required. Reservations can be made beginning June 2 by calling 303-441-1685 or online at [www.seniorlawday.org](http://www.seniorlawday.org) and click on "Boulder County."

**Boulder County CareConnect 303-443-1933**

Offers grocery delivery, rides to medical appointments requiring an escort, small home repairs and yard work provided by volunteers.

**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. 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).

## Boulder County Legal Services 303-449-7575

Free legal advice to those who qualify. By appointment the first and third Tuesday of each month from 1 to 3 p.m. at the West Senior Center.

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

If you identify as a 'rainbow elder' (gay/lesbian/bisexual/transgender), please contact Nancy Grimes at the BCAA to be added to a confidential mailing list at [infoLGBTelders@bouldercounty.org](mailto:infoLGBTelders@bouldercounty.org) or call 303-441-3583.

## Nutritional 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 Boulder County Area Agency on Aging and Boulder Nutrition and Exercise.



## 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 2013; 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 2013. Las personas que buscan un reembolso deben llenar una solicitud que documenta su elegibilidad.*

*Las aplicaciones se pueden recoger 8 a.m.-4 p.m., de lunes a viernes en los siguientes lugares, el West Senior Center 909 Arapahoe Ave., el East Senior Center 5660 Sioux Drive y Boulder Housing Partners 4800 North Broadway. Los candidatos de 2013 que solicitaron el reembolso de 2012 deberían haber recibido una aplicación en el correo automáticamente.*

*Las solicitudes deben ser devueltas no más tardar del lunes, 30 de junio 16 en el West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302 o mataselladas Domingo, 30 de junio de 2014. Para obtener más información, llame la especialista de recursos bilingüe, Elena Levy, 303.441.3918, o visite [www.boulderseniorservices.com](http://www.boulderseniorservices.com).*

## 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 2013 calendar year; low-income persons with disabilities; and low-income families with children under 18 years of age in the household for the entire 2013 calendar year. Those seeking a rebate must fill out an application documenting their eligibility.

Applications can be picked up 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 2013 who applied for the 2012 rebate should have automatically received an application in the mail.

Applications must be dropped off no later than 4 p.m. Monday, June 30 at the West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302 or postmarked by Monday, June 30, 2014. For more information, call the Food Tax Rebate Program Manager at (303) 441-1836 or visit [www.boulderseniorservices.com](http://www.boulderseniorservices.com).

## Senior Property Tax Exemption **303-441-3530**

The Colorado Constitution establishes a property tax exemption for qualifying senior citizens, surviving spouses of senior citizens who previously qualified, and for disabled veterans.

Qualifying seniors must meet the following eligibility requirements:

- Must be at least 65 years old on January 1 of the year in which he or she qualifies, and
- Must be the owner of primary residence, on record, for at least ten consecutive years prior to January 1.

Applications must be filed no later than July 15 to have the exemption apply to your tax bill the following year. For those who qualify, 50 percent of the first \$200,000 in actual value of their primary residence is exempted, for a maximum exemption amount of \$100,000 in actual value. The State of Colorado pays the property taxes on the exempted value. For an application and for more information go to: [www.bouldercounty.org/dept/assessor/pages/seniors.aspx](http://www.bouldercounty.org/dept/assessor/pages/seniors.aspx) or call 303-441-3530.

## Senior Tax Work-Off Program **303-441-3500**

Applications are due June 15 for Boulder County property owners age 60 and over to work for county departments to earn a portion of their property taxes. Call 303-441-3500 for an application or information.



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

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. Experience Via. Enjoy the journey.

## Need Glasses?

The Boulder Seniors Foundation and the James B. Hynd Trust fund basic glasses for low-income seniors over age 60. Call Senior Resources staff at 303-441-4388 for more information.

*A recent recipient of glasses through the Hynd Trust had this to say about the program:*



*“I was laid off from my job last year. While looking for work, and working with the Senior Center here in Boulder, I was made aware of a fund specifically for seniors to be able to get new glasses. I am so grateful. I had not had a new pair of glasses in four years. Better vision is certainly helping me as I spend time on the computer to continue looking for work.”*



*Photos from the NCAR trip that seniors took this spring.*

## Meals on Wheels

Volunteers fire our engines and keep our wheels turning! At Meals on Wheels of Boulder, summer is a time when we think about our volunteers, even more than usual, for all they do for our clients, whether helping in the kitchen, the dining room, or the office, or as a regular or substitute driver. We are especially grateful to those drivers who continue to deliver meals regardless of the weather.



This summer we will have a chance to thank our volunteers for their loyalty, dependability and hard work at our annual Volunteer Recognition Event. This year's party is tentatively scheduled for Thursday, July 10, in the pavilion at the Millennium Harvest House. It's going to be a Hawaiian luau, complete with flowered leis and hopefully a hula demonstration. However, you must be a volunteer to be invited! Give us a call at 303-441-3908 and talk with Tasia or Patricia about our current opportunities.

## Café Classico

Lunch is served weekdays from 11:30 a.m. to 12:30 p.m., for only \$5 for an entrée, salad, bread, beverage and dessert - available to everyone in the community. On Tuesday evenings, we offer dinner (and sometimes a program) at 5:30 p.m. for only \$6 per person. Please call 303-441-3148 to make your reservation for dinner. Check out the monthly lunch and dinner menus at [www.boulderseniorservices.com](http://www.boulderseniorservices.com) and click on "Café Classico," or visit [www.mowboulder.org](http://www.mowboulder.org).

**New:** Café Classico is now offering take-out! For the same price per meal, you can order as many meals as you want "to go." Have one for lunch and another for dinner.

## Meals on Wheels of Boulder - Home Delivery

Volunteer drivers bring meals to people of any age or income level who aren't able to provide at least one hot nutritious meal a day. Your entrée, vegetable, carbohydrate, salad, and fruit or dessert, can be prepared to meet any dietary restrictions. The fee is based on a sliding scale.

## Project Homecoming

Project Homecoming is designed for anyone of any age or income after their release from any hospital to our Boulder Meals on Wheels service area. We'll deliver the first five days of meals to your home at no charge. If you choose to continue the service the cost will be determined by a sliding scale.

## THANK YOU!

Boulder Senior Services would like to thank the following for their generous help and support in presenting programs and classes at Boulder Senior Services:

- Tim Barnes from the National Center for Atmospheric Research for hosting the winter NCAR science tour
- Clay Fong for hosting and presenting the program at Dushanbe Tea House
- Wendy Hall for hosting the tour of Carnegie Branch Library
- Clint Talbott, Media Relations, University of Colorado, Boulder, for helping to develop the History Behind the Headlines series. And special thanks to the following professors for their presentations: Brian A. Catlos, Paul M. Levitt, Herbert H. Covert, Ann C. Schmiesing, and Fredy Gonzalez.
- Erin Ludke from Stryker Orthopedics for hosting, and Dr. Koch for presenting a seminar on Arthritis and Joint health
- Todd Schwartz for presenting a seminar on Rosen Method Bodywork
- Jody Marken and Brenda Mehos from Boulder Community Hospital, and Cheri Cabrera from Boulder County Area Agency on Aging, for the seminar on Preventing Medication Related Falls and Fall Screenings
- Kenna Quiller and Cheri Cabrera for the seminar on Home Modification for Fall Prevention: Beyond Grab Bars

**WEST SENIOR CENTER  
909 ARAPAHOE AVE.**

**MONDAY**

**Women's Support Groups**

Two groups offered each Monday  
Call for availability  
303-413-6377

**Partner Duplicate Bridge**

12:45 to 4 p.m.  
Don, 720-565-6817

**Beyond Vision  
Support Group**

1 to 2 p.m.  
Fourth Monday of each month  
Beth, 720-308-3087

**TUESDAY**

**Drop-in Table Tennis**

10 a.m. to noon  
Anna, 303-402-1620

**Body-Mind Wellness for  
Women Cancer Survivors**

10:45 to 11:30 a.m.  
Dora, 720-841-8035

**Drop-in Scrabble**

12:30 to 4:15 p.m.  
Esther, 303-444-9201

**Boulder County  
Legal Services**

1 to 3 p.m., by appointment only  
First and third Tuesday of each  
month  
303-449-7575

**WEDNESDAY**

**Men's Support Group  
(Peer Counseling)**

First and third Wednesday  
of each month  
If interested, please leave a message  
303-413-6377

**THURSDAY**

**Women's Support Group**

Call for availability  
303-413-6377

**World Affairs Discussion**

9:30 to 11:30 a.m.  
George, 303-442-3979

**Drop-in Table Tennis**

10 a.m. to noon  
Anna, 303-402-1620

**Poker**

1:30 to 3:30 P.M.  
2nd and 4th Thursdays  
Gerry, 909-689-7083

**FRIDAY**

**Boulder National Active and  
Retired Federal Employees  
Association (NARFE)**

10:30 a.m. to 2:30 p.m.  
First Friday of each month  
John, 303-443-6027

**SATURDAY**

**Compassion and Choices  
of Boulder County Guest  
Speaker Series**

Meets every other month on Saturdays  
(does not meet in June or August)  
10 a.m. to noon  
Ray, 303-545-0273

**EAST SENIOR CENTER  
5660 SIOUX DRIVE**

**MONDAY**

**Table Tennis  
(advanced group)**

Monday, Wednesday and Friday  
afternoons  
Dick, 303- 652-6524

**Newcomers Bridge**

12:30 to 4 p.m.  
Alice, 303-494-8050

**American Mah Jongg**

12:45 to 4 p.m.  
Please call before attending for  
the first time  
Beth, 303-530-7565 or  
Jean, 303-494-2307

**TUESDAY**

**East Central Boulder  
Optimist Clubs**

9 to 11 a.m.  
Lorna, 303-702-0748 or  
Al, 303- 499-9129

**Parkinson's Support Group**

10 to 11:30 a.m.  
Third Tuesday of each month  
Paul, 303-494-4822

**Canasta**

12:45 to 3:30 p.m.  
Jean, 303-494-2307

**WEDNESDAY**

**Widowed Persons  
Support Group**

Sponsored by TRU Community Care  
10 a.m. to noon  
Fourth Wednesday of each month  
303-449-7740

**Scrabble Club**

10 a.m. to noon  
Dobbie, 720-538-1744

**Chinese Mah Jongg**

12:45 to 3 p.m.  
Bonnie, 303-499-6192

**Table Tennis  
(advanced group)**

Monday, Wednesday and Friday  
afternoons  
Dick, 303-652-6524

**THURSDAY**

**Cribbage**

8:30 to 11 a.m.

**Alzheimer's Support Group**

Noon to 1:30 p.m.  
 First Thursday of each month  
 Anne, 720- 251-1743

**Practice Bridge**

12:45 to 4 p.m.  
 Ann, 303-516-9489

**Write On! (Writers Group)**

1:30 to 3 p.m.  
 Second and fourth Thursday of each month  
 Jacqui, 303-447-2931

**FRIDAY****Table Tennis  
(advanced group)**

Monday, Wednesdays and Friday afternoons  
 Dick, 303-652-6524

**Texas Hold 'em**

1:30 p.m.  
 Brenda, 303-499-3763

**Dance Club****(ballroom dance with music by Tom Yook)**

2 to 4 p.m.  
 First and third Friday of each month  
 Adele, 303-494-9167

**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 40 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.
- 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.
- 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.
- 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 have questions about the physical demands of the trip please ask before registering.



*CareLink* 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



## Dining Destination Series Colorado "Brunching"

We are going to try out several places that serve brunch - a combination of breakfast and lunch, typically served between 10 a.m. and 2 p.m., usually on the weekends. We are returning to a couple of places we have enjoyed before and one new one.

### Brittany Hill, Thornton



Brittany Hill is just minutes from downtown Denver and overlooks the scenic city skyline. It is primarily a wedding venue but opens to the public for Sunday brunch. The design is warm and cozy and resembles a large mountain home. The brunch is a hot buffet with beverages (alcohol and non-alcoholic) and live music. Come join us for a leisurely Sunday with good food and good companions.

- Date:** Sunday, June 8  
10 a.m. to 2 p.m.
- Fee:** City Resident \$55  
Non-Resident \$60

*Includes transportation, trip escort, buffet, beverages and gratuity. Senior Services bus.*

**Course Code:** 215788



### Lola, Denver

*Back by Request*

You will have your choice of one of Lola's unique Mexican Fish House specialties, which change seasonally. Some of the recent items included green chile hash, carnitas benedict, banana brown sugar pancakes and a lobster green chile omelet. They also offer chile-infused Bloody Marys, Mexican mimosas, or Mexican coffees (on your own).

- Date:** Saturday, July 26  
10 a.m. to 2 p.m.
- Fee:** City Resident \$35  
Non-Resident \$40

*Includes transportation, trip escort, brunch entrée and gratuity. Beverages on your own. Senior Services bus.*

**Course Code:** 215789

### The Other Side Restaurant, Estes Park



*Back by Request*

Nestled by the Big Thompson River near the entrance to the Rocky Mountain National Park, our group will enjoy The Other Side Sunday brunch. The buffet brunch has a wide selection of breakfast entrees and beverages (including champagne). We have been to the Other Side several times and have always enjoyed the food and the view.

- Date:** Sunday, August 17  
10 a.m. to 2 p.m.
- Fee:** City Resident \$45  
Non-Resident \$50

*Includes transportation, trip escort, brunch buffet and gratuity. Senior Services bus.*

**Course Code:** 215790

**Day trips help meet seniors' needs for social and civic engagement and provide safe transportation.**

## Century Casino, Central City

Voted Denver's "Best Casino" in 2012 and 2013 by "Denver A List," we are on our way to the Century Casino. Wednesday the senior special is two times the points and 50% off at Mid-City Grill or Retro Deli. This will be a good time (and hopefully, good luck) for all! Join us.

**Date:** Wednesday, June 11  
9 a.m. to 3 p.m.  
**Fee:** City Resident \$20  
Non-Resident \$25

*Includes transportation, trip escort and casino package. Motor coach*

**Course Code:** 215791

## Denver Museum of Nature & Science



Rediscover a lost civilization when we visit the exhibit, "Maya: Hidden Worlds Revealed." Ancient Maya was one of the most complex and advanced civilizations of its time, well known for monumental architecture and distinctive art styles, knowledge of astronomy, and writing systems. You will see re-creations of an underworld cave, a starry night sky and vibrant murals.



**Date:** Tuesday, June 17  
10 a.m. to 2 p.m.  
**Fee:** City Resident \$25  
Non-Resident \$30

*Includes transportation, trip escort and museum admission. Food on your own at the Museum. RTD motor coach.*

**Course Code:** 215792

## Dusty Rose Tea Room, Georgetown **Encore**

The Dusty Rose Tea Room offers a charming Victorian experience. We will enjoy the Victorian High Tea which includes soup or fruit, savories and baked goods and a selection of desserts. Unlimited beverages (31 types of tea, coffee and sodas) are included. All food is made from scratch in their kitchen. Afterwards, we can browse their miniature showroom which is in the same building. We may have time to browse historic Georgetown, depending on timing, the weather and the whim of participants.

**Date:** Saturday, June 21  
10 a.m. to 4 p.m.  
**Fee:** Encore Resident \$50  
City Resident \$55  
Encore Non-Resident \$60  
Non-Resident \$65

*Includes transportation, trip escort, Victorian High Tea and gratuity. Senior Services bus.*

**Course Code:** 215793

## Lifetime Candles/Pepper Pod Restaurant, Bennett



Lifetime Candles are hand-carved and custom made in the "German Old World Tradition." Each candle is individually warmed and dipped in hot colored wax as many as 20 to 140 times. This creates the design and layering effect each candle displays. We will tour the studio and see a demonstration of candle-making. Afterwards, we will have lunch at the popular Pepper Pod Restaurant (on your own).

**Date:** Monday, June 23  
9 a.m. to 4 p.m.  
**Fee:** City Resident \$30  
Non-Resident \$35

*Includes transportation and trip escort. Lunch on your own. Senior Services bus.*

**Course Code:** 215794

## Kirkland Museum of Fine and Decorative Art/Assignments Restaurant at Art Institute of Colorado

We will begin our artistic journey at Assignments Restaurant, located at the Art Institute of Colorado. This restaurant is part of the International Culinary School, a learning environment run by professional student staff. The visible kitchen gives guests a constant view of the educational experience of preparing a fine meal at an exceptional restaurant. We will be offered a three-course meal consisting of fresh, local and seasonal ingredients prepared by future chefs. We will tour the Kirkland Museum, home to Vance Kirkland (modernist painter), and view an extensive sampler of Colorado's art history from the 1870's to 1980. Included are furniture, tableware, pottery and industrial designs from this period.

**Date:** Friday, June 27  
10:30 a.m. to 4:30 p.m.

**Fee:** City Resident \$40  
Non-Resident \$45

*Includes trip escort, lunch, non-alcoholic beverage, gratuity, Museum admission and tour. Senior Services bus.*

**Course Code:** 217333

## Rooftop Rodeo, Estes Park

There's non-stop, rip-roaring cowboy action for rodeo fans at Rooftop Rodeo, recognized as the best small rodeo in the nation. We will begin with a "Behind the Chutes" tour. Then we will have box seats to view the rodeo, plus the Riatta Ranch Girls, a show of trick riding and roping. Food vendors are on site for dinner (on your own).



**Date:** Tuesday, July 8  
3 to 10 p.m.

**Fee:** City Resident \$65  
Non-Resident \$70

*Includes transportation, trip escort, tour and box seats admission. Food on your own. Senior Services bus.*

**Course Code:** 215866

## Golden Mardi Gras, Black Hawk

Cash, food and fun await those who go to Golden Mardi Gras on Mondays! Those over 50 years old enjoy five times the points on slots, 50% off all food when paying with points, \$1,000 slot tournaments and Quick Play opportunities with large cash prizes.

**Date:** Tuesday, July 15  
9 a.m. to 3 p.m.

**Fee:** City Resident \$20  
Non-Resident \$25

*Includes transportation, trip escort and casino package. Motor coach.*

**Course Code:** 215867

## Central City Opera "Marriage of Figaro"

*Back by Request*

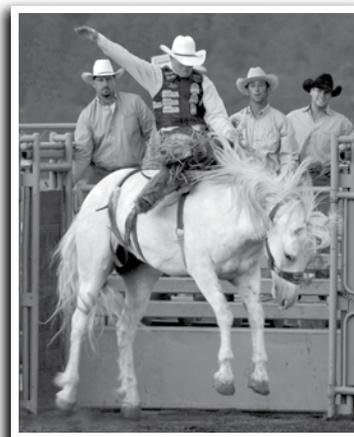
Mozart's comic opera, depicting a day of madness, clever twists and turns with passion and lighthearted intrigue. Set in 17th Century Spain, it continues the story of Figaro (the famous Barber of Seville) who schemes to outwit the count and his wish to take Susanna, Figaro's bride-to-be. After the performance, we will have dinner at a local establishment (on your own) or you can look around town on your own.

**Date:** Sunday, July 20  
1 to 8 p.m.

**Fee:** City Resident \$85  
Non-Resident \$90

*Includes transportation, trip escort and opera ticket. Senior Services bus.*

**Course Code:** 215869



## Denver History Tours "Bad Boys and Bawdy Girls"



Hangings and lead poisonings helped Denver fill its coffers and its coffins. The shady ladies and killer cowboys are gone, so let's dig into their stories! Denver History Tours takes you on a tour while telling the history of Colorado's earliest "Bad Boys & Bawdy Girls." We will stop for lunch (on your own).

**Date:** Thursday, July 24  
9 a.m. to 3 p.m.  
**Fee:** City Resident \$40  
Non-Resident \$45

*Includes transportation and Denver History Tours escort. Senior Services bus.*

**Course Code:** 215868

## "Tarzan," Arvada Center Colorado Stage Debut

Based on the smash-hit Disney animated film, Tarzan tells the story of an infant boy orphaned in a shipwreck on the shores of West Africa. The child is taken in and raised by a tribe of gorillas. He becomes a man, thriving in a primitive environment until the arrival of a hunting expedition and his realization of the world beyond his jungle home. Tarzan features Grammy- and Oscar-winning music by Phil Collins. Prior to the performance, we will have lunch in the ballroom of the Arvada Center.

**Date:** Wednesday, July 30  
10 a.m. to 4 p.m.  
**Fee:** City Resident \$65  
Non-Resident \$70

*Includes transportation, trip escort, lunch, and theatre performance. RTD motor coach.*

**Course Code:** 215870

## Reserve Casino, Central City

It is up to Central City for "Free Play, Free Food" Tuesday. Sounds like fun...please join us in a comfortable motor coach.

**Date:** Tuesday, Aug. 5  
9 a.m. to 3 p.m.  
**Fee:** City Resident \$20  
Non-Resident \$25

*Includes transportation, trip escort and casino package. Motor coach.*

**Course Code:** 215871

## Golden Europe, Arvada



Golden Europe offers true ethnic European cooking in a warm and comfortable atmosphere. Their Czech, German and Polish meals are prepared daily from scratch. Choices include: wiener schnitzel, svickova, bratwurst, Moravia meatloaf, Polish kielbasa and more. Try something you know or something new.

**Date:** Saturday, Aug. 9  
11 a.m. to 3 p.m.  
**Fee:** City Resident \$40  
Non-Resident \$45

*Includes transportation, trip escort, entrée, non-alcoholic beverage, dessert and gratuity. Senior Services bus.*

**Course Code:** 215872

## National Ice Core Laboratory (NICL), Lakewood



Need to cool off? The National Ice Core Laboratory (NICL) is a government facility for storing, curating and studying ice cores recovered from the polar regions of the world. The staff at NICL will showcase the incredible work done with ice cores as they educate visitors about global climate change and the role ice cores play in Earth's climate history. They will take you into the freezers where they store the ice cores so please wear long pants and closed-toe shoes and bring a sweater or jacket. Afterwards, we will stop for lunch (on your own).

**Date:** Tuesday, Aug. 12  
9 a.m. to 3 p.m.

**Fee:** City Resident \$20  
Non-Resident \$25

*Includes transportation, trip escort and NCIL tour. Senior Services bus.*

**Course Code:** 216583



## Red Rocks Amphitheatre Tour/Lunch at Ship Rock Grill, Morrison *Encore*

We will travel up to the famous Red Rocks Amphitheatre to learn about the geology and music history of this iconic site. Tour the Performers Hall of Fame, view a documentary on Red Rocks and "best of" concert footage. If your fitness level permits, take a special backstage tour which requires climbing 160+ stairs. Prior to the tour, we will have lunch at the Ship Rock Grill located at Red Rocks.

**Date:** Tuesday, Aug. 19  
10 a.m. to 3 p.m.

**Fee:** Encore Resident \$50  
City Resident \$55  
Encore Non-Resident \$60  
Non-Resident \$65

*Includes transportation, trip escort, tour, lunch, beverage and gratuity. Senior Services bus.*

**Course Code:** 215873

## Tebo Car Collection, Longmont



We were finally able to get a tour of the extensive Tebo Car Collection! Stephen Tebo has generously allowed us to visit his private warehouse and view his 400+ automobiles (and motorcycles) ranging from a Model A to a Datsun 280ZX. One room contains antique fire engines and old-style squad cars. There are all types and years; all in immaculate condition. Car buffs and anyone who admires beautiful machinery should join us. Afterwards, we will have lunch at a local spot (on your own).

**Date:** Saturday, Aug. 23  
9:30 a.m. to 2:30 p.m.

**Fee:** City Resident \$20  
Non-Resident \$25

*Includes transportation, trip escort and entrance to car collection. Senior Services bus.*

**Course Code:** 215874

“ We are all different, which is great because we are all unique. Without diversity life would be very boring. ~Catherine Pulsifer ”

*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?

- More than 15 years experience from a locally owned/operated company
- Guaranteed Departure trips available
- Boulder pick-up and drop-off service available
- Low deposits, refundable up to the final payment date on most tours
- Trip cancellation/health/accident insurance option
- 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

**FOR INFORMATION: CALL ELLEN BARTILET AT 303-441-3915**



## Colorado: The Roads Less Traveled Off The Beaten Path And Away From The Crowds September 21 - 26, 2014

Get off the beaten path and enjoy the fall colors of Colorado! Colorado is full of hidden treasures. Get away from the crowds - off the interstates - and explore what Colorado truly is. Travel eight spectacular and little-traveled western Colorado highways all recognized as Scenic Byways. Experience the beauty, history and culture that create the fabric and texture of Colorado. This relaxing motorcoach tour will take you places and unveil parts of Colorado most tourists never take time to see. \$1,195 per person double occupancy and \$1,525 single occupancy. Reservations must be completed by July 15, 2014.

## Railroad Engineer: The Ultimate Railroad Experience

Departing September 15, 2014

Did you ever dream about being a Railroad Engineer and driving a Real Train? Here is your opportunity! Experience the smoke and cinders with your hand on the throttle of a real coal fired, steam powered locomotive. Ring the bell and blow the whistle as you drive the train over trestles and through tunnels. You will also get to be at the controls of a diesel locomotive. Feel the power of the diesel-electric engine. You will also get to drive a speeder car and throw the switches in your Ultimate Railroad Experience on the Northern Nevada Railway. From \$1995. Future dates also available.

## Experience Enchanting Santa Fe & More

August 11-14, 2014

Santa Fe is magical, exuberant and colorful. Known as the “City Different,” it embodies rich history, culture, architecture, food, art, shopping and more. Santa Fe is the nation’s oldest capital city and it has gotten better with age.

On this very special tour, you will be staying at the Buffalo Thunder Resort and Casino, a Four Diamond rated resort. Enjoy stunning rooms, several restaurants, many gaming options, spa, pool, nightly entertainment, amazing artworks, golf opportunities and more.

You will have a day of exploring many of Santa Fe’s museums, spending time on the Plaza and experiencing the sights and sounds of this charming little city. You will also spend a day visiting Los Alamos, a place of ancient village sites, spectacular scenery, fascinating history, and a national science laboratory. Los Alamos did not exist prior to WWII and became the town that housed the men and women responsible for the development of the atomic bomb. You’ll also visit Bandelier National Monument located in beautifully rugged canyon and mesa country and find evidence of a human presence going back over 11,000 years. Petroglyphs, dwellings carved into the soft rock cliffs, and standing masonry walls pay tribute to the early days of a culture that still survives in the surrounding communities.

\$795 per person double occupancy; \$995 single occupancy. Attending a performance of the world-renowned Santa Fe Opera will be an option at additional cost. Reservations and final payment must be completed by May 20, 2014.



## Chicago, Chicago – “What a Town”

September 1-7, 2014

Explore the “Windy City” including North and South Shores. Learn about Frank Lloyd Wright, Ernest Hemingway and infamous Al Capone. Highlights include: Field Museum of Natural History, Willis (formerly Sears) Tower, Architectural River Cruise, Cantigny Park, Wrigley Field, the Magnificent Mile, Lakeshore Drive, Art Institute of Chicago, Navy Pier, and much more. You’ll also have a free day to explore on your own (your vacation manager will help make arrangements if you wish). Unpack once for your stay at the four-star Palmer House Hilton. Reservations and final payment must be completed by June 20, 2014.



## GUARANTEED DEPARTURE TRIPS

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

For more information, itineraries, prices, etc., please contact Ellen Bartilet at 303-441-3915.

### AUGUST & SEPTEMBER

Circle Newfoundland  
& Labrador (13 days)

Newfoundland & Labrador  
Viking tour (8 days)

Newfoundland & Labrador  
West to East (12 days)

Atlantic Maritimes (13 days)

Canadian Maritimes:  
Circle Bay of Fundy (7 days)

Great Atlantic Canadian  
Experience (23 days)

Newfoundland Explorer  
(9 days)

Rockies, Rail & Inside  
Passage Cruise (11 days)

Canadian Maritimes –  
Enchanting Islands (8 days)

Best of Prince Edward Island  
(5 days)

Oak Island &  
Prince Edward Island (4 days)

South Shore Getaway –  
Nova Scotia (2 days)

City Lights & Country Sights –  
Nova Scotia (6 days)

Cape Breton Island (5 days)

Best of Great Canadian  
Rockies & British Columbia  
(11 days)

Golden Gate City, Oregon  
Coast & Pacific Northwest  
(11 days)

### AUGUST

Yellowstone Experience –  
Wildlife Safari (7 days)

Alaska Grand Adventure  
(10 days)

Off the Beaten Track in  
Oregon & Idaho (7 days)

U.S. & Canadian  
National Parks (9 days)

Pure Michigan (6 days)

Alaska & the Yukon:  
Land & Sea (20 days)

Alaska & the Yukon: Full Circle  
(21 days)

Yellowstone & Mt. Rushmore  
(8 days)

### SEPTEMBER

Alpine Swiss Villages (9 days)

New York –  
That's Entertainment (6 days)

Week in Chicago (7 days)

Boston – Beantown to P-Town  
(4 days)

Cape Cod, Newport  
& the Islands (7 days)

Ontario, Quebec &  
St. Lawrence Seaway (9 days)

Beach Boomer Weekend –  
Myrtle Beach, South Carolina  
(4 days)

Discover Maritimes of Boston  
(10 days)

Heart of Europe Circle Tour  
(15 days)

Nantucket, Martha's Vineyard  
& Cape Cod (5 & 6 days)

Maine Coastal Resorts  
& Lighthouses (7 days)

Colorado Train Adventure  
(8 days)

Wine, Rail & Redwoods -  
California (6 days)

Lake Como & Switzerland  
(9 days)

Railroad Engineer - Nevada  
(5 days)

Niagara Falls (5 days)

Sorrento, Italy (9 days)

Custer State Park  
Buffalo Roundup (6 days)

Canada by Rail (12 days)

Norman Rockwell's  
New England (9 days)

Autumn in New England  
(7 days)

Art Prize, Michigan (4 days)

Hudson River Valley  
Experience (4 days)

Grand Tour of Italy (12 days)

## THE ENCORE PROGRAM FOR ACTIVE ADULTS

### Active Aging:

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.

Encore helps supplement and subsidize activities for our members and the community. See registration information on page 40 to register and become a member today.

### Free Events for Social Interaction:

#### Membership Appreciation Event and the Encore Book Club

#### Free Educational Opportunities:

Events and guest speakers on various topics

#### Benefits:

- Priority registration
- Discounts on classes, day trips and technology classes
- Discounts on fitness punch cards/ fitness classes/ and massage
- Become a member of the Boulder Municipal Employees Credit Union
- Free Birthday Lunch from Café Classico

---

Membership runs from date of purchase for an entire year. 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 Encore Program Coordinator at 303-441-4437.

### Encore Fees:

<i>Encore Resident.</i>	\$20 Individual	\$10 second person at same address
<i>Encore Non-Resident:</i>	\$25 Individual	\$10 second person at same address
<i>Reduced Rate*</i>	\$10 Individual	\$5 second person at same address

*\*for those who meet income and asset guidelines; see page 4.*

“Diversity is the one true thing we all have in common. Celebrate it every day.  
~Author Unknown”

## Encore/ Healthways SilverSneakers® Fitness Membership Appreciation Event: BBQ & Pot Luck

Let's fire up the grill... It's time for a Membership Summer BBQ and Potluck!

Barbeques and guitars are an American tradition. Help us get your BBQ season started out right! Please bring your favorite side dish to share; we will provide delicious BBQ ribs and chicken made by Café Classico. Laurie Dameron will perform classic folk, jazz and blues music. Grilling out is a wonderful way to get our members together to celebrate the start of summer or to simply catch up and visit with one another. Please register to reserve your space! SilverSneakers® is a registered trademark of Healthways, Inc.

**Location:** East Senior Center  
**Dates:** Friday, July 11  
 2:00 to 3:30 p.m.  
**Fee:** Free to SilverSneakers & Encore Members  
 General Public \$5.00  
**Course Code:** 215878



### Encore Book Club *Encore Only*

The Encore Book Club meets every third Thursday of the month. We use the Boulder Public Library's "Books in a Bag" program and Denver Public Library's "Swift" program to choose our books. Facilitated by our community volunteer Katherine Christensen. Come join us.

**Location:** West Senior Center  
**Date:** Thursdays, June 19, July 17, and August 21, three meetings  
 2 to 3:30 p.m.  
**Fee:** Free to Encore members  
**Course Code:** 215879

*The Valentine's Day Membership Appreciation Event was enjoyed by our Encore and SilverSneakers members.*

## Bits and Bytes of Encore

# Computer Classes



All classes held on Tuesdays at the West Senior Center • *Instructor: Don Walker*

8:30 - 9:30 a.m.	<b>Microsoft Windows 8</b>	June 3, 10 (2 sessions)	Course Code: 215880
9:45 - 10:45 a.m.	<b>Intro to Computers/Laptop Help</b>	June 3, 10, 17, 24 (4 sessions)	Course Code: 215881
11:00 - 12:00 p.m.	<b>Photo Upload/Picasa</b>	June 3, 10, 17, 24 (4 sessions)	Course Code: 215882

<b>Fees</b>	<b>2 session course</b>	<b>4 session course</b>
Encore Members	\$25	\$50
General Public	\$35	\$70

*Bring your laptop if you have one and please no Mac's. A laptop may be available for you to use if you do not have one.*

## Computer Class Descriptions

**Microsoft Windows 8:** While Microsoft Windows 8 was released to a mixed reception, its completely redesigned operating system was developed with a user interface touch screen, Live Tiles and swiping capabilities and links to applications and features that are dynamic and update in real time. Learn about its performance improvements, security enhancements and improved support for touch screen devices.

**Intro to Computers/Laptop Help:** Learn the ins and outs of why it does what it does, where things are located, how to surf the web and how to save documents. Computer experience recommended.

**Photo Editing with Picasa:** Bring your own laptop, camera and/or flash drive and learn to upload photos. Once uploaded, lessons on saving photos and Picasa will bring your pictures to life.

## COMPUTERS ONE-ON-ONE

This class will offer personalized one-on-one tutoring for beginner to experienced computer users on a personal computer. Learn at your own pace with an experienced and patient instructor. The location (either a Boulder senior center or a public library), date and time will be arranged by you and the instructor.

**Instructor:** Don Walker  
**Fee:** Encore Resident \$32  
 Encore Non-Resident \$37  
 City Resident \$42  
 City Non-Resident \$47

**Course Code:** 215883

*You and the instructor will plan the location, date and time of your session(s) together. Registration expires three months from the date of purchase.*

## ENCORE ON THE MOVE

## Walking Wednesdays *Encore Only*

Each walking session leaves from the shuffleboard courts west of the New Britain Building, 1101 Arapahoe Ave., at 10 minutes past noon. We aim to wind up a little before 1 o'clock. The walks vary in length and difficulty. We sometimes have a specialist leading the walk--a city staff person who focuses on Boulder history, the tulips along Pearl Street Mall, or local trees, for instance. Please bring water and a coat and wear comfortable walking shoes. For weekly and weather updates, add your email address when you register or call 303-441-4437.

- Location:** Shuffleboard court next to the New Britain Building  
1101 Arapahoe Ave.
- Leader:** Ellen Orleans
- Date:** Wednesdays through early October, weather permitting
- Fee:** Free
- Course Code:** 215884

*Transportation on your own, or meet at the West Senior Center at 12:00 p.m. to walk to the New Britain Building with an escort.*

## Boulder Museum of Contemporary Art & Farmers Market *Encore Only*

It's summer! Let's walk to the Boulder Museum of Contemporary Art (BMoCA) and take a tour of the latest "Art of Data" exhibit. It's a dynamic venue dedicated to the presentation of significant art of our time. Providing innovative programming of regional, national and international exhibition and performance, the museum inspires and educates its communities and visitors around the world to explore the forefront and evolution of contemporary art. Following the tour, we will take a walk around the neighboring Farmers Market and have a bite to eat together (on your own).

- Location:** Meet at BMoCA, 1750 13th St.
- Date:** Wednesdays through early October, weather permitting
- Fee:** \$4.00 for Encore Members  
*(museum entrance fee)*
- Course Code:** 215885

*Transportation on your own, or meet at the West Senior Center at 2:40 p.m. to walk to the Museum of Art with an escort. Food on your own.*



*Seniors Health & Wellness manager Maureen Dobson (far right) enjoyed a blustery walk with Encore members in May of 2013.*

# Savory Spice & lunch on the Boulder Mall

## Encore Only



Photo courtesy of Savory Spice Shop.

Need a little spice in your life? Take a tasty tour of the Savory Spice Shop, which offers a large variety of extracts, sauces, seasonings and spices ground fresh on the premises in small, weekly batches. Their more than 140 seasonings are original recipes and are hand-blended on-site and offered in amounts as small as half an ounce. After that if you're hungry let's eat lunch at either the Mediterranean Restaurant or Pasta Jay's (on your own) on the West end of the Boulder Mall - group's choice.

- Location:** Meet at Savory Spice Shop, 2041 Broadway
- Date:** Tuesday, July 15  
11 a.m. to 1pm
- Fee:** Free for Encore Members
- Course Code:** 215886

*Transportation on your own, or meet at the West Senior Center at 10:45 a.m. to walk to the Boulder Mall with an escort. Lunch on your own if you decide to join us.*

“ Summer afternoon - summer afternoon; to me those have always been the two most beautiful words in the English language.  
~Henry James ”



*The Carnegie Library in Boulder is the oldest library housing community records from Boulder's past. Wendy Hall is the Branch Manager and she gave an informative tour to interested patrons.*

Sponsored by




---

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

---

## Wildfires

For those who live in areas subject to fire, few things can be more frightening. Join Active Minds as we address the issue of wildfires from a variety of perspectives. We will take a look at how fires are fought once they are burning and the role of forest policy, weather, and newer challenges such as huge swaths of dead trees in many areas due to the pine beetle infestation. We'll also look at the role of fire in nature and how areas have recovered from devastating burns.

**Location:** West Senior Center  
**Date:** Monday, June 9  
 11 a.m. to noon  
**Fee:** Free  
**Course Code:** 215887

## China's Human Rights Struggle

Twenty-five years ago, China's human rights issues were showcased to the world by the Tiananmen Square Massacre. Join Active Minds as we look at how modern China continues to struggle with the balance between authoritarian government and basic human rights. We will highlight the ways in which Chinese society is restricted as we peer through the lens of American freedoms we sometimes take for granted.

**Location:** West Senior Center  
**Date:** Monday, July 14  
 11 a.m. to noon  
**Fee:** Free  
**Course Code:** 215889

## Franklin Delano Roosevelt

Reflecting on Roosevelt's presidency, his biographer commented that FDR "brought the United States through the Great Depression and World War II to a prosperous future. He lifted himself from a wheelchair to lift the nation from its knees." Join Active Minds as we look at the life and leadership of one of our nation's most admired presidents and examine how his legacy is currently viewed (for better or worse) through the lens of our recent challenges.

**Location:** West Senior Center  
**Date:** Monday, Aug. 11  
 11 a.m. to noon  
**Fee:** Free  
**Course Code:** 215891

Sponsored by




---

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

---

## Origins of World War I

As we approach the hundred year anniversary of the start of World War I, join Active Minds for a look at the origins and causes of "the Great War." Our focus will be on understanding how the stage was set for war by a variety of forces, including military alliances, imperialism, nationalism, and failed diplomacy. We will trace the seeds of conflict and examine how they played out, ultimately erupting into a war that involved most of the world and changed the face of history.

**Location:** East Senior Center  
**Date:** Monday, June 23  
 3 to 4 p.m.  
**Fee:** Free  
**Course Code:** 215888

## The Civil Rights Act

The Civil Rights Act of 1964 was a landmark piece of federal legislation that outlawed major forms of discrimination against minorities and women. Join Active Minds as we examine the act 50 years later and evaluate its impact on civil rights in the United States.

**Location:** East Senior Center  
**Date:** Monday, July 28  
 3 to 4 p.m.  
**Fee:** Free  
**Course Code:** 215890

## The Life & Legacy of Richard Nixon

2013 marked the 100th anniversary of the birth of Richard Nixon. From the opening of China to the Watergate scandal, Richard Nixon's presidency was both memorable and controversial. Join Active Minds as we examine Nixon's life before becoming president, his years as Commander-in-Chief, and his lasting impact on the country and the world.

**Location:** East Senior Center  
**Date:** Monday, Aug.25  
 3 to 4 p.m.  
**Fee:** Free  
**Course Code:** 215892

# Coffee Talks

## Coffee Talk Introduction Programs

Senior Services invites you to join us for one (or all) of our Coffee Talk Introduction Programs where you can learn about some of the new offerings for spring – all for free. Make sure to register to reserve your space!

### Great Conversation of Great Ideas

This thought-provoking discussion group on the 103 Great Ideas that are the core of everybody's thinking will be led by facilitator Brian Hansen, who has extensive experience in the "Great Books and Great Ideas" curriculum. He will present the themes which come from philosopher Mortimer Adler. Today's topic will be "The Passions" - The Range of the Emotions; Fear; Anger; Desire; Hope and Despair. Brief reading materials will accompany each discussion and can be downloaded from Brian's website: <http://home.comcast.net/~pamjhansen/site/?/home/>, or picked up at the West Center front desk. This is the only class this summer, so come and try it out! We will resume the series again in September.

**Presenter:** Brian Hansen  
**Location:** West Senior Center  
**Date:** Monday, June 2  
 1:30 to 3 p.m.  
**Fee:** Free  
**Course Code:** 215894

### A Story Circle for Women

If you are a woman who writes or would like to write, if you have ever kept a journal just for yourself or written family history for your descendants, if you long to tell (record) your own story for you, your family or others, join us to find out more about this new series. This course is based on the work of Susan Witig Abert, author of "Starting Points" and the Story Circle Network. The story circles Louise leads locally are receiving excellent response. Join us to explore what this new class will offer. You won't want to miss this one.

**Presenter:** Louise Alderson, *LMFT, and Certified Family Life Educator*  
**Location:** East Senior Center  
**Date:** Thursday, June 12  
 10 to 11 a.m.  
**Fee:** Free  
**Course Code:** 215896

*A five-week series on Thursdays will follow this coffee talk June 19 to July 31 (no class July 3), 9:30 a.m. to 11:30 a.m.. See page 32 for details.*

“  
*The summer night is like a  
 perfection of thought.*  
 ~Wallace Stevens  
 ”

### HISTORY BEHIND THE HEADLINES

History Behind the Headlines, a lecture series developed in conjunction with the University of Colorado, Boulder, will return in the fall. Watch for it in the next Senior Services magazine issue!

## Meditation in Daily Life

Join us for an informal hour where we will give you a short overview and answer any questions about our four-session meditation class. We have used and developed different types of meditation to enhance relaxation and creativity, reduce mild to moderate pain, work with insomnia and much more.

**Presenter:** Alex Augustine, MA,  
*in practice for 25 years*  
Alan Cogen, MA,  
*in practice for 30 years*

**Location:** West Senior Center

**Date:** Monday, June 16  
1:15 to 2:30 p.m.

**Fee:** Free

**Course Code:** 215897

*A four-session series on Mondays and Wednesdays will follow this coffee talk June 23 to July 2, 1:15 to 2:30 p.m. noon. See page 32 for details.*

## Facilitated Group Drumming

Drumming is all the rage among the older generation these days. Join us and participate in what many senior centers and older adult communities are doing... including drumming in their programs! Since drumming can be done while sitting down, it makes a perfect activity for older adults with limited mobility; the simplicity of drumming ensures that anyone can participate. During this event, participants release "feel-good" chemicals, which have a positive impact on health.

**Presenter:** Brian Howard

**Location:** West Senior Center

**Date:** Friday, July 18  
1:30 to 2:30 p.m.

**Fee:** Free

**Course Code:** 215895

*Drums will be provided, but if you own one please bring it with you. A six-week session will follow this coffee talk on Fridays July 25 to Aug. 29. See page 33 for details.*

## Seminars, Workshops and Classes

### Have you had "The Conversation"?

Would you like to be in control of decisions at the end of your life or would you prefer to have a trusted friend or family member take charge? Regardless of your choices it is important that your family is not left to guess about your wishes. Using the Starter Kit as a guide, this workshop will help you identify your values related to end-of-life care and prepare you to engage your family in a conversation about your wishes.

**Instructors:** Jean Abbott, MD,  
*co-founder of The Conversation Project in Boulder County*  
Bev Fest, *retired chaplain*

**Location:** West Senior Center

**Date:** Thursday, June 5  
10:30 a.m. to noon

**Fee:** Free

### Medicare Basics Classes

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. Call 303-441-1546 to register.

**Instructor:** Jan Van Sickle

**Location:** East Senior Center

**Date:** Thursdays, June 5, July 10 or Aug. 7  
2 to 4 p.m.

**Fee:** Free



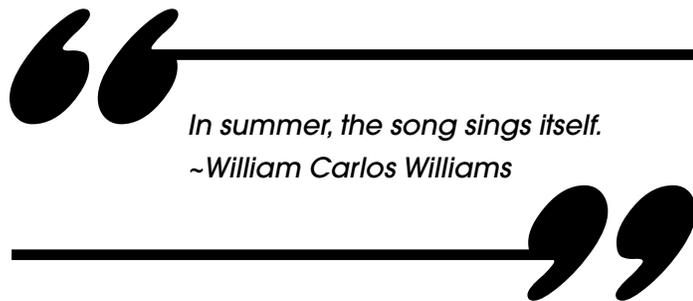
# DRIVER SAFETY



## AARP Smart Driver Course

Taking an AARP Smart Driver Course may help you save money and your life. Learn defensive driving techniques, new laws, rules of the road, and much more in this half-day course. Find out how to adjust your driving to age-related changes in vision, hearing, and reaction time. In most cases auto insurance companies in Colorado provide a discount to AARP Smart Driver graduates age 55 and older. It is all in the classroom, you turn in no tests and you can have fun while learning. Register for this class at the front desk at the West center or call 303-441-3148. You will pay the required fee directly to the instructor the day of the class.

<b>Instructor:</b>	Jagdish Nagda
<b>Location:</b>	West Senior Center
<b>Date:</b>	Mondays, June 9, July 14 or Aug. 11 8:30 a.m. to 1 p.m.
<b>Fee:</b>	\$15 for AARP Member or \$20 for non-members



*In summer, the song sings itself.*  
~William Carlos Williams

## SPAN Seminars and Discussions

Safehouse Progressive Alliance for Nonviolence (SPAN) is offering free educational seminars and facilitated discussions at the West Senior Center on the second Tuesday of each month from 11 a.m. to noon. Please join us to learn more about important topics affecting the Boulder County elder community. For more information or to sign up, call the presenter, Becky Camacho-Frank, at 303-673-9000 or contact her via email at [rebecca@safehousealliance.org](mailto:rebecca@safehousealliance.org).

Safehouse Progressive Alliance for Nonviolence (SPAN) is a human rights organization committed to ending violence against adults, youth and children through support, advocacy, education and community organizing. Our 24 hour crisis line is 303-444-2424. For more information about SPAN, visit our website [www.safehousealliance.org](http://www.safehousealliance.org).

*All seminars will take place at the West Senior Center from 11 a.m. to noon:*

### June 10 - Get Smart about Scams: Protecting your Finances

Learn how to protect your finances and assets from a variety of popular scams and schemes that target the elder community.

### July 8 - Challenges with Caregivers

Learn about common challenges that come with the caregiving relationship and how to communicate effectively with your caregivers.

### August 12 - Building Healthy Relationships with Friends and Family

Learn skills for building healthy relationships with your friends and family as you transition into later life. Discuss the joys, struggles, and challenges that come with these evolving relationships.



**safehouse**  
progressive alliance  
for nonviolence

Come for dinner at Café Classico at the West Senior Center, and stay for an informative presentation on nutrition. There will be one presentation in English and one in Spanish.

## Diabetic Nutrition

Come learn and converse about diabetic nutrition and how it affects your health. Learn about the dietary steps you can take to help improve your health. Learn about what foods are important to eat.

- We will discuss eating for metabolism; diabetes prevention/management.
- We will discuss intestinal health.
- We will discuss brain health: foods, nutrients and activity to keep functioning optimally!

**Presenter:** Satya E. Williams, RD, CLC  
**Location:** West Senior Center  
**Date:** Tuesday, June 17th  
 6 to 6:30 p.m.  
**Fee:** Free

*Ven a cenar en el restaurante Café Classico dentro de West Senior Center, y quedense para una presentación informativa sobre la nutrición. Habrá una presentación en Inglés y uno en Español.*

## Nutrición de la Diabetes

*Vengan a aprender y conversar sobre la nutrición de la Diabetes y como les afecta a su salud. Informase sobre cuáles son los pasos de la dieta que les puede ayudar a mejorar su salud. Informase sobre cuáles comidas son importantes de comer.*

- Hablaremos de la comida para el metabolismo; prevención/control de la diabetes.
- Hablaremos de la salud intestinal.
- Hablaremos de la salud cerebral; ¡alimentos, nutrientes y actividad para seguir funcionando óptimamente!

**Presentador:** Satya E. Williams, RD, CLC  
**Donde:** Centro Oeste Para El Adulto Mayor  
**Cuándo:** martes, el 17 de junio  
 6:30 to 7 p.m.  
**Costo:** Gratis

## Almuerzo y Aprendizaje de Los Básicos de Pérdida de Memoria, Demencias y Alzheimer's

*Ven a comer con nosotros y aprenda cuáles son las diferencias entre Alzheimer y otras demencias y pérdida normal de la memoria debido al envejecimiento. Aprende sobre la enfermedad de Alzheimer, los recursos de la comunidad y programas disponibles para la persona con Alzheimer y sus cuidadores.*

*Esta reunión se formó en conjunto con Boulder County Area Agency on Aging, Asociación Alzhéimer de Colorado, División de Servicios Para Mayores, Ciudad de Boulder, para mejorar la calidad de vida de los latinos adultos mayores. Para más información, por favor, contactar a Elena Levy, Especialista de Recursos, al 303-441-3918.*

**Presentador:** Marissa Larma  
**Donde:** El Centro Oeste Para El Adulto Mayor  
**Cuándo:** jueves, el 24 de julio  
 10:30 to 11:30 a.m.  
**Costo:** Gratis

## Affordable Housing Presentation

Founded in 1966, Boulder Housing Partners (BHP) is the housing authority for the City of Boulder. They build, own and manage affordable housing for low and moderate-income residents and are committed to fostering a healthy sense of community in every property. BHP provides assistance to nearly two thousand households through five housing programs. Shelly Miezwa, Lease Compliance Manager for BHP, will present the housing options available through Boulder Housing Partners and review qualifying income and program guidelines for subsidized housing, the Section 8 voucher program and the Affordable Rental Program. Please call 303-441-4388 to pre-register for this free informative session by Tuesday, Aug. 12.

**Instructor:** Shelly Miezwa,  
 Boulder Housing Partners  
**Location:** West Senior Center  
**Date:** Thursday, Aug. 14  
 1 to 2 p.m.  
**Fee:** Free

## WORKSHOPS AND CLASSES – GENERAL INTEREST

## Adventures in Watercolor Painting

For information about Anne Gifford's ongoing Watercolor Painting classes held at the East Senior Center, please contact Anne at 720-472-4990 or [annegifford@comcast.net](mailto:annegifford@comcast.net).



## Ballroom Dancing for Seniors



### Swing in June

Come swing into the summer with an introductory Swing dance class. The first two sessions will focus on Jitterbug or Six Count Swing. The next two sessions will continue with the East Coast Swing. Both of these are versatile dances for many social events.

**Instructor:** Judy Kreith, MA  
**Location:** East Senior Center  
**Date:** Tuesdays, June 3 to 24, four classes  
 1 to 2 p.m.  
**Fee:** Encore Resident \$16  
 City Resident \$20  
 Encore Non-Resident \$24  
 City Non-Resident \$28  
**Course Code:** 215901

### Latin Dance in August

Learn Salsa and Rumba in August. Two classes will focus on the fun and popular Salsa, and two classes on the romantic and elegant Rumba. ¡Vamos A Bailar!

**Instructor:** Judy Kreith, MA  
**Location:** East Senior Center  
**Date:** Tuesdays, August 5 to 26, 4 classes  
 1 to 2 p.m.  
**Fee:** Encore Resident \$16  
 City Resident \$20  
 Encore Non-Resident \$24  
 City Non-Resident \$28  
**Course Code:** 215902

## Contemplative Living: Thomas Merton and Friends

We will meet the first Thursday of each month to discuss the writings of Thomas Merton and his 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.

**Presenter:** James Kettering  
**Location:** West Senior Center  
**Date:** Thursdays, June 5, July 3 and Aug. 7  
 10 to 11:30 a.m.  
**Fee:** Free  
**Course Code:** 215893

## The Spirit of Service

Whether you are a grandparent, a partner, a sibling, a family caregiver, a volunteer, or a paid professional in aging services, join us on June 13 for this engaging discussion with local author and wisdomkeeper, Robert C. Atchley, PhD. Bob will highlight various qualities and skills needed to elicit joy in our human relations, while positively benefiting the friends, families, communities, and cultures we serve. He is a distinguished professor of gerontology emeritus at Miami University, OH, where he served as the director of the Scripps Gerontology Center. He is the author of "Continuity and Adaptation in Aging: Creating Positive Experiences" (Johns Hopkins University Press, 1999) and has received more than a dozen awards for his scholarship, teaching, and professional service in the field of aging.

**Presenter:** Robert C. Atchley, PhD  
**Location:** East Senior Center  
**Date:** Friday, June 13  
 2 to 4 p.m.  
**Fee:** City Resident: \$10  
 Non-Resident: \$12  
**Course Code:** 216209

## A Story Circle for Women

Women's lives are lived through the language of stories. A story circle is a group of women who come together to write, read, share, and celebrate their lives. Through their stories women develop an understanding of self and provide a legacy for those who read them. The Story Circle for Women is a five-session series designed to help women write their stories for themselves and to share them with families and friends.

**Presenter:** Louise H. Alderson,  
 MS, LMFT, CFLE  
**Location:** East Senior Center  
**Date:** Thursdays, June 19 to July 31  
 (no class July 3), 6 sessions  
 9:30 a.m. to 11:30 a.m.  
**Fee:** City Resident: \$60  
 Non-Resident: \$70  
**Course Code:** 215899

*Join us for the Introductory Coffee Talk on June 12. See page 27.*

## Meditation in Daily Life

Meditation has many facets. We can increase our vitality, enhance our creativity or concentration, find a deeper sense of calm and connection or reduce stress or pain. We will give you a sampler of different kinds of meditation and how each can be used to create change in your life.

**Instructors:** Alex Augustine, MA,  
*in practice for 25 years*  
 Alan Cogen, MA,  
*in practice for 30 years*  
**Location:** West Senior Center  
**Date:** Mondays and Wednesdays,  
 June 23, 25, 30 and July 2, 4 sessions  
 1:15 to 2:30 pm  
**Fee:** City Resident: \$30  
 Non-Resident: \$35  
**Course Code:** 215900

*Join us for the Introductory Coffee Talk on June 16. See page 28.*

## Facilitated Group Drumming



Drumming is a great way to fit some physical activity into your day. As an exercise, drumming can help keep the upper body strong. It gets the circulation going a little faster, providing heart-healthy stimulation during a time of life that may be more sedentary. Stimulation is also occurring in the brain. Drumming helps create new neural pathways, leading to fewer neurological issues. Even if you cannot physically participate in drumming activities due to physical issues like arthritis, you will still benefit neurologically from listening and participating in other ways. In addition to the physical benefits, it can help facilitate feelings of connection, and reduce anxiety and stress.

**Instructor:** Brian Howard  
**Location:** West Senior Center  
**Date:** Fridays, July 25 and Aug.1 to 29,  
 6 sessions  
 1:30 to 2:30 p.m.  
**Fee:** City Resident: \$25  
 Non-Resident: \$30  
**Course Code:** 215898

*Drums will be provided, but if you own one please bring it with you to classes. Join us for the Introductory Coffee talk on July 18. See page 28.*



## Health and Wellness



### WELLNESS SEMINARS

Please join us for a free Wellness Seminar for an opportunity to learn about health and wellness related topics, or to check out upcoming health-related programs.

## Postural Therapy

Most of the physical discomfort we experience on a daily basis, including headaches and hip, back and neck pain is caused, perpetuated or made worse by poor posture. Postural Therapy is a blend of massage techniques and exercises that assist in bringing the body into its most functional and restful position. The presenter, JD Avallone, is a new licensed Massage Therapist working at the East Senior Center. Join us to learn more about postural therapy, or call the East front desk at 303-441-4150 to make an appointment with JD.

**Presenter:** JD Avallone  
**Location:** East Senior Center  
**Date:** Tuesday, June 10  
 10 to 11 a.m.  
**Fee:** Free  
**Course Code:** 216219

## Reflexology

Reflexology is a healing system that can benefit the whole body. It is a combination of massage and acupressure on the feet and is based on the principle that there are reflex areas in the feet that relate to every organ and all parts of the body. Come and learn about the many benefits of Reflexology. At the end of the seminar you will be given a handout with instructions for some simple self help techniques that you can use at home. Alma Dubin is a Certified Reflexologist with 17 years of experience who offers Reflexology appointments on Monday mornings at the East Senior Center.

**Presenter:** Alma Dubin  
**Location:** East Senior Center  
**Date:** Thursday, June 12  
 1 to 2 p.m.  
**Fee:** Free  
**Course Code:** 216220

## 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. This workshop will provide information about the work and a demonstration. Our guest presenter is Todd Schwartz, licensed massage therapist, psychotherapist, and Rosen Method Bodywork provider in Boulder. There is no charge but please pre-register to reserve your space.

**Location:** East Senior Center  
**Date:** Wednesday, June 18  
 1 to 2:30 p.m.  
**Fee:** Free  
**Course Code:** 216132

### OR

**Location:** West Senior Center  
**Date:** Tuesday, July 22  
 10 to 11:30 a.m.  
**Fee:** Free  
**Course Code:** 216133

## Flashes & Floaters - Retinal Detachments

A sudden onset of floaters may be due to the separation of the vitreous (gel) from the retina. This is a common condition and is benign by itself. However, vitreous separation can lead to retina tears or retina detachments that must be treated. Join us for a presentation and discussion led by Geeta Lalwani, MD, from Rocky Mountain Retina Associates. There is no charge, but please pre-register to reserve your space.

**Presenter:** Geeta Lalwani, MD  
**Location:** West Senior Center  
**Date:** Wednesday, Aug. 6  
 10 to 11 a.m.  
**Fee:** Free  
**Course Code:** 216210

## Strength, Movement and Stretch

Join us for this healthy, strength-building, light aerobics and effective stretching class. Newcomers to exercise are encouraged to participate. Learn to strengthen your muscles, breathe more efficiently, stretch and release muscle tension. Class can be done standing, standing with chair support or seated in the chair.

**Location:** West Senior Center  
**Instructor:** Linda Manchester  
**Date:** Mondays, June 2 to Aug. 25  
*(no class July 7), 12 classes*  
 11 to 11:45 a.m.  
**Fee:** Encore Resident \$48  
 City Resident \$50  
 Encore Non-Resident \$60  
 Non-Resident \$62  
**Course Code:** 216138

### OR

**Date:** Wednesdays, June 4 to Aug. 27  
*(no class July 9), 12 classes*  
 11 to 11:45 a.m.  
**Fee:** Encore Resident \$48  
 City Resident \$50  
 Encore Non-Resident \$60  
 Non-Resident \$62  
**Course Code:** 216139



Remember to tune in to Forever Fit on Channel 8, a new series of fitness classes taught by our own Senior Services instructors, who host a variety of cardio, strength, stretching, yoga and tai chi classes for a complete exercise program that can be accomplished in your own living room!

[bouldercolorado.gov/channel8/forever-fit](http://bouldercolorado.gov/channel8/forever-fit)

## FITNESS CLASSES

**T'ai Chi for Seniors (Tai Chi)**

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  
**Location:** East Senior Center  
**Date:** Fridays, June 6 to Aug.15,  
*(no class July 4), 10 classes*

**Full Session Fee (applicable for all class levels)**

**Fee:** Encore Resident \$66  
 City Resident \$68  
 Encore Non-Resident \$76  
 Non-Resident \$78

**Half Session Fee (applicable for all class levels)**

Open to continuing Intermediate students only. Select five of the classes in the summer 2014 session.

**Fee:** Encore Resident \$33  
 City Resident \$34  
 Encore Non-Resident \$38  
 Non-Resident \$39

**Level I – Beginning/Advanced Beginning**

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

**Time:** 9:45 to 10:40 a.m.

**Course Code:** 216136

**Level II - Intermediate**

In this class, we will complete all moves in the Yang short form. Student must have completed the first level class or been given instructor approval to enroll at this level.

**Time:** 10:45 to 11:40 a.m.

**Course Code:** Full Session – 216137  
 Half Session – 216135

*Select five of the classes in the summer 2014 session.*

**Don't be disappointed****• Register Early!**

- Encore member registration begins Tuesday, May 6 by fax, online or in person.
- Non-Encore member registration begins Thursday, May 8 by fax, online or in person.
- Phone-in registration begins Friday, May 9.

**See page 40 for information.**

**→ Register online at [www.bouldseniorservices.com](http://www.bouldseniorservices.com)**

## 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.

### 1st Session (morning)

**Dates:** Tuesdays and Thursdays,  
June 3 to July 17, *14 classes*  
11 a.m. to noon

**Fee:** Current SilverSneakers cardholders \$28  
City Resident \$46  
Non-Resident \$48

**Course Code:** 216140

### 1st Session (afternoon)

**Dates:** Tuesdays and Thursdays,  
June 3 to July 17, *14 classes*  
2 to 3 p.m.

**Fee:** Current SilverSneakers cardholders \$28  
City Resident \$46  
Non-Resident \$48

**Course Code:** 216141

### 2nd Session (morning)

**Dates:** Tuesdays and Thursdays,  
July 22 to Aug. 28, *12 classes*  
11 a.m. to noon

**Fee:** Current SilverSneakers cardholders \$24  
City Resident \$40  
Non-Resident \$44

**Course Code:** 216142

### 2nd Session (afternoon)

**Dates:** Tuesdays and Thursdays,  
July 22 to Aug. 28, *12 classes*  
2 to 3 p.m.

**Fee:** Current SilverSneakers cardholders \$24  
City Resident \$40  
Non-Resident \$44

**Course Code:** 216143

## Wellness Assessments

Older Adult 55+ Functional Fitness 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.

**Location:** East Senior Center

**Date:** Fridays, June 6 to Aug. 29  
*(no assessments July 4)*  
12:45 to 1:45 p.m.

**Fee:** No charge for registered SilverSneakers members  
\$5 fee for all others

## 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.

**Location:** East Senior Center

**Date:** Wednesdays, June 4, July 2 or Aug. 6  
2 to 4 p.m. *by appointment only*  
*(8 appointments per day)*

**Fee:** Free

## 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.

<b>Location:</b>	East Senior Center
<b>Date:</b>	Monday to Friday
<b>Fee:</b>	Encore Resident \$38 City Resident \$40 Encore Non-Resident \$46 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. See page 34 for a description of two free demonstration workshops that are being offered this quarter, or schedule a session now by calling 303-441-4150 to make an appointment. Todd Schwartz is a licensed massage therapist, psychotherapist and Rosen Method Bodywork provider.

<b>Location:</b>	East Senior Center
<b>Date:</b>	First and third Mondays
<b>Appointment Times:</b>	7:45 to 10:45 a.m.
<b>Fee:</b>	Encore Resident \$38 City Resident \$40 Encore Non-Resident \$46 Non-Resident \$48

### Cancellation and Refund Policies:

- Appointments canceled fewer than three business days in advance will be 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.

## 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. Alma comes on Mondays twice a month to the East center. Register for an appointment by calling 303-441-4150.

<b>Location:</b>	East Senior Center
<b>Date:</b>	Second and fourth Mondays
<b>Appointment Times:</b>	7:45 to 10:45 a.m.
<b>Fee:</b>	Encore Resident \$20/38 City Resident \$22/42 Encore Non-Resident \$22/42 Non-Resident \$24/44

## 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. Encore members can schedule up to three months in advance from the first of every month. Others age 55 and older can schedule up to two months in advance from the first of every month.

- Your payment must be made in full 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.



*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.

## **SilverSneakers – Splash**

Splash offers lots of fun shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance and coordination. Please call 303-441-4400 and press zero to register for Splash. Located in the East Boulder Community Center Leisure Pool.

## **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.

## **Gentle NIA**

Nia is a sensory-based movement practice that draws from the disciplines of martial arts, dance arts and healing arts. Gentle Nia will consistently focus on strengthening the base and core as foundation for expanding participants' range of motion, cardiovascular conditioning, coordination, and confidence with an ever- increasing variety of movements.

## **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. Judy 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 AND FITNESS SCHEDULE

## DROP-IN CLASSES FOR JUNE, JULY, AUGUST

All classes below are held at the East Senior Center | Splash is held at the East Boulder Community Center Pool

**FEES:** There is no cost for current SilverSneakers card holders for drop-in classes listed below. Members must be registered with Boulder Senior Services and swipe their SilverSneakers membership card for each daily visit.

All other participants may attend any drop-in classes listed below held at the East Senior Center by purchasing a Senior Services punch pass and/or making a drop-in payment. Punch passes are valid one year from date of purchase and are non-refundable.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 – 9:45 a.m.</b> SilverSneakers Splash 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> SilverSneakers Splash 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>Sally</i>	<b>8:30 – 9:15 a.m.</b> Gentle NIA <i>Laura</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 <i>Julie / Jennifer</i>	<b>8:30 – 9:30 a.m.</b> Fit & Strong Intermediate <i>Dora</i>
<b>9:45 – 10:45 a.m.</b> Fit & Strong Beginning <i>Jack</i>	<b>9:30 – 10:15 a.m.</b> Strength & Alignment <i>Linda</i>	<b>9:45 – 10:45 a.m.</b> Fit & Strong Beginning <i>Terry</i>	<b>9:30 – 10:15 a.m.</b> Strength & Alignment <i>Linda</i>	<b>9:45 – 10:45 a.m.</b> Fit & Strong Beginning <i>Dora</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>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 – 1:45 p.m.</b> SilverSneakers Splash EBCC Pool <i>Chris</i>		<b>1 – 1:45 p.m.</b> SilverSneakers Splash EBCC Pool <i>Chris</i>	
			<b>1 – 2:30 p.m.</b> Line Dancing <i>Judy</i>	

	CLASS PURCHASES	ENCORE RESIDENT	CITY RESIDENT	ENCORE NON-RESIDENT	NON-RESIDENT
<b>DROP-IN FEE</b>	<b>1 CLASS</b>	\$4	\$5	\$6	\$7
<b>PUNCH PASS OPTIONS - Valid one year from date of purchase</b>					
	<b>10 PUNCH</b>	\$40	\$50	\$60	\$70
	<b>20 PUNCH</b>	\$80	\$100	\$120	\$140

## REGISTRATION FOR SUMMER 2014

*Note: early registrations will not be accepted.*

- Encore member registration begins Tuesday, May 6 by fax, on-line or in person.
- Non-Encore member registration begins Thursday, May 8 by fax, on-line or in person.
- Phone-in registration begins Friday, May 9.

### 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 37 for policy.

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

#### 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 2014 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

<i>West Senior Center</i>	<i>East Senior Center</i>	<i>Online:</i>
909 Arapahoe Ave. Boulder, CO 80302 303-441-3148 Fax: 303-441-4149 Hours: 8am to 4:30pm	5660 Sioux Drive Boulder, CO 80303 303-441-4150 Fax: 303-413-7495 Hours: 7:30am to 4:30pm	www.boulderseniorservices.com, click on "online registration." Encore memberships cannot be bought or renewed online.







## SAVE THE DATE!

**Saturday, October 25th, 2014—Aging Wisely, Loving Well—A daylong workshop with David Chernikoff at the East Senior Center**



## Mark your Calendars!

### Western Disposal Free Shredding dates for 2014:

June 8, August 10 and October 5 from 9a.m. to noon at Western Disposal, 5880 Butte Mill Road

Please call Western Disposal at 303-444-2037 for more details.

Join us for an in-depth exploration of spiritual maturity and meet like-minded people who share your interest in living life fully, with joy and integrity. More information and registration details will be available in the fall magazine.

Presenter: David Chernikoff, M.Div., L.C.S.W., is a meditation teacher, psychotherapist and life coach who teaches workshops and retreats throughout the United States. He also leads a weekly meditation group and has a private practice in Boulder, CO.

If you are interested in being a CO-SPONSOR for this workshop, please contact Maureen Dobson, Wellness Coordinator at 303-413-7489.

# STRICKLAND FACELIFT DENTURES

ANNOUNCING THE NEW, NON-SURGICAL  
FACELIFT FOR DENTURE WEARERS

JOIN THE "FLD" PHENOMENON!™



*"Strickland Facelift Dentures changed my life." - Georgia*

There are three types of dentures - economy dentures, traditional dentures, and now, **introducing Strickland Facelift Dentures.**

This amazing breakthrough provides underlying facial support which plumps your lips, lessens wrinkles, helps fill your face out, and provides a better fit and finish. Patients absolutely love them, calling them the *fountain of youth* for denture wearers.

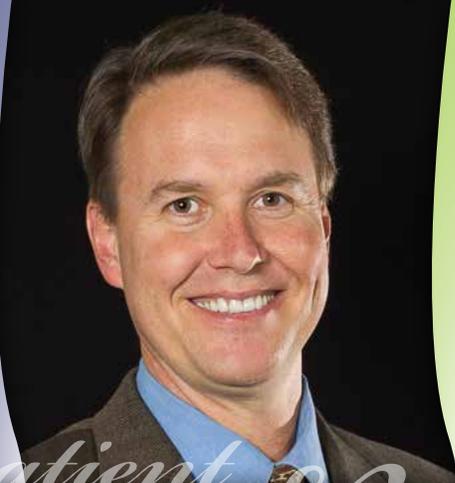
 **LISA KALFAS D.D.S.**  
2300 Canyon Blvd. Boulder, CO 80302  
drkalfas@aol.com

303.447.9161 › [FACELIFTDENTURESCOLORADO.COM](http://FACELIFTDENTURESCOLORADO.COM)

**Disclaimer:** The Strickland Facelift Dentures™ services are in no way related to Dr. Sam Muslin's exclusive Face Lift Dentistry® treatment.



Photos from the NCAR trip that seniors took this spring.



**Randy Trahan, GRI, SRES**

Seniors Real Estate Specialist  
Scott Group at Colorado Landmark Realtors

2350 Broadway, Boulder, CO 80304  
Office: 303.443.3377  
Cell: 720.217.1875

randy@coloradolandmark.com



Loving Family Home Care

**Dignity Care** LLC

Licensed Medical Private Pay Agency  
Nursing · CNA · Companion Care

**303.444.4040**

[www.dignitycare.com](http://www.dignitycare.com)

## 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!



Call **303-939-0890** to schedule your personal tour today  
...or simply drop in!

**Flatirons Terrace 930 28th Street Boulder, CO 80303**

For more information visit: [www.flatirons terrace.org](http://www.flatirons terrace.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.

## Over 30 Years Serving Boulder County! Save Home Heat Company Heating, Cooling & Plumbing



**10% Senior Discount  
Repairs or Maintenance\***



**303-443-9762**  
[savehomeheat.com](http://savehomeheat.com)  
email: [shh@savehomeheat.net](mailto:shh@savehomeheat.net)



\*Call for details



# Our residents have one thing in common. Passion.

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 50 years. Learn more about our exceptional services at [frasiermeadows.org](http://frasiermeadows.org) or call **303-499-4888**.

  
**FRASIER**



Boulder Seniors Foundation  
P. O. Box 1392  
Boulder CO 80306-1392

Non Profit  
Organization  
US Postage PAID  
Permit. No. 297  
Boulder, CO

*West Senior Center: 303-441-3148*  
*East Senior Center: 303-441-4150*



**Balfour**  
Senior Living

*A New Generation of Retirement Living®*

*Good friends. Great food. Grand living.*

**Balfour represents “A New Generation of Retirement Living”®**

The development of the Balfour community has been a passion of our family for nearly 20 years. As a locally operated company, we take great pride in offering the finest *full-service* continuing care retirement community in Colorado. We're located only 10 minutes from Boulder, in Louisville, voted three times by *Money Magazine* as America's best place to live! Call or visit us today and find out about our exceptional communities and see why so many seniors enjoy calling Balfour home.



*Michael K. Schonbrun  
Founder & CEO*



INDEPENDENT LIVING

The Lodge at Balfour  
The Residences at Balfour  
303.867.6400

ASSISTED LIVING & SKILLED NURSING

Balfour Retirement Community  
303.926.1000

MEMORY CARE

Balfour Cherrywood Village  
303.604.2700

303.867.6400  [BalfourCare.com](http://BalfourCare.com)

*Louisville, Colorado*

