

# Boulder Senior

BoulderSeniorServices.com

Services

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### REGISTRATION

*Encore: Nov. 15*  
*General: Nov. 17*

### HOLIDAY CLOSURES

*Christmas Eve (observed):*  
*Dec 23 close at noon*

*Christmas Day (observed):*  
*Dec. 26*

**NEW ONLINE** registration system  
for all programs and classes:  
Time to get ACTIVE® ! ...page 5

**DECEMBER 2016 PROGRAMS FOR OLDER ADULTS**

# BOULDER HUMAN SERVICES INFORMATION

## HUMAN SERVICES

### The Human Services Department comprises these work areas:

- Community Relations
- Family Services
- Human Services Planning and Administration
- Senior Services

**Human Services Mission:** To create a healthy, socially thriving, inclusive community by providing and supporting human services to Boulder residents in need.

**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.

## SENIOR SERVICES STAFF

### Senior Services Manager

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

### Senior Programs Manager

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

### Senior Resource Specialists

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

Karla Garcia-Velez

Bilingual Line ..... 303-413-7494

### Finance

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

### Facility Booking, Administration and Magazine

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

### Program Coordination Classes and Trips

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

### Customer Service Representatives

Jay Allen, DeLana Gorski, Pete Lundskow,  
Clara Castro

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

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

In accordance with the Civil Rights Act, the City of Boulder prohibits discrimination against its customers, employees and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, marital status, familial status or sexual orientation.

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

## BOULDER SENIOR CENTERS

### West Senior Center

8 a.m. to 5 p.m. • Monday – Friday  
909 Arapahoe Avenue, Boulder, CO 80302  
303-441-3148

### Café Classico

Lunch, 11:30 a.m. to 12:30 p.m.,  
Monday – Friday, \$6.00  
Tuesday night dinners, 5:30 p.m., \$7.00

### East Senior Center

7:30 a.m. to 4:30 p.m. • Monday - Friday  
5660 Sioux Drive, Boulder, CO 80303  
303-441-4150

## THE ENCORE PROGRAM FOR ACTIVE ADULTS

Encore is an optional membership program for adults age 55 and older. Membership fees need to be renewed annually by the anniversary of the date of purchase.

### Benefits:

- Priority registration
- Discounts on fitness punch cards and fitness classes
- Free Birthday Lunch from Café Classico

### Encore Fees:

Resident/Non-Resident.....\$20/\$25 Individual  
.....\$10 second person at same address

## REGISTRATION FOR DECEMBER 2016

- Encore member registration begins Tuesday, November 15 by fax, online or in person.
- Non-Encore member registration begins Thursday, November 17 by fax, online or in person.

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

- Phone-in registration begins Friday, November 18. Register online at [www.boulderseniorservices.com](http://www.boulderseniorservices.com).

### Refund & Cancellation Policies

**Classes and Activities:** If you cancel an activity or class three or more business days prior to the event, full credit will be placed on the household account or a full refund given according to the initial method of payment. If a refund check is requested instead of account 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 or other advertised programs. 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 10 for policy.

### Encore Membership Policy: Trips, Classes and Programs: Acknowledgement of Risk/Waiver of Liability

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 session.

- 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.

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

Therefore, having read and understood this waiver and in consideration of your accepting my entry into a City of Boulder Senior Center facility or program, I for myself and anyone entitled to act on my behalf, waive and release the City of Boulder, all staff, volunteers, sponsors, and representatives from all claims or liabilities of any kind arising out of my participation in (or as a spectator of) any program or use of any facility. I further agree to indemnify, hold harmless and defend the City of Boulder and its officers, agents, employees and authorized volunteers from any and all claims by other parties resulting from injuries, damages, and losses caused by me arising out of, connected with, or in any way associated with the activities of the program.

### WHERE TO REGISTER

West Senior Center	East Senior Center	Online:
909 Arapahoe Ave. Boulder, CO 80302 303-441-3148 Fax: 303-441-4149 Hours: 8 a.m. to 5 p.m.	5660 Sioux Drive Boulder, CO 80303 303-441-4150 Fax: 303-413-7495 Hours: 7:30 a.m. to 4:30 p.m.	<a href="http://www.boulderseniorservices.com">www.boulderseniorservices.com</a> , click on "online registration." Encore memberships cannot be bought or renewed online.

## ONGOING ACTIVITIES

### Volunteer-Led Drop-In Groups

Group	Contact	Center	Meeting Day	Time
Partner Duplicate Bridge	Mike, 303-666-6348	West	Mondays	12:45-4pm
Senior Rubber Bridge	Alice, 303-494-8050	East	Mondays	12:30-4pm
Table Tennis	Richard, 303-652-6524	East	Mondays	1:15-3:15pm
American Mah Jongg	Beth, 303-530-7565	East	Mondays	1-4pm
Table Tennis	Anna, 303-402-1620	West	Tuesdays	9:45am-11:45pm
Bo. Co. Legal Services	By appt: 303-449-7575	West	1st & 3rd Tue	1-4pm
Mah Jongg	Donnie, 303-494-8644	East	Tuesdays	9am-12:30pm
Hand and Foot Canasta	Jean, 303-494-2307	East	Tuesdays	12:30-3:30pm
Creativity Circle	Elsie, 303-545-0007	West	2nd & 4th Wed	10am-noon
Storytelling Circle	Ann, 303-810-2094	West	1st & 3rd Wed	1-2:30pm
Table Tennis	Richard, 303-652-6524	East	Wednesdays	Noon-2pm
Scrabble Club	Dobbie, 720-583-1744	East	Wednesdays	10am- noon
Chinese Mah Jongg	Bonnie, 303-499-6192	East	Wednesdays	1-3 pm
Table Tennis	Anna, 303-402-1620	West	Thursdays	9:45am-11:45pm
Community Book Club	Debra, 303-440-4148	West	3rd Thu	2-3:30pm
Practice Bridge	Ann, 303-506-4437	East	Thursday	12:45-4pm
Write On! Writers Group	Jacqui, 303-447-2931	East	2nd & 4th Thu	1-2:30pm
N.A.R.F.E.	Zdenka, 303-444-8547	West	1st Fri	1-2:30pm
Table Tennis	Richard, 303-652-6524	East	Fridays	1-3pm
Texas Hold'em	Brenda, 303-499-3763	East	Fridays	1:30-3:30pm

### Community-Sponsored Support Groups

Group	Contact	Center	Meeting Day	Time
Beyond Vision: Low Vision Support Group	C.P.W.D., 303-442-8662	West	4th Mon	1-2pm
Alzheimer's/Dementia Support Group	Alz.org, 800-272-3900	East	2nd Tue	11am-12:30pm
Men's Support Group	M.H.P., 303-413-6377	West	1st & 3rd Wed	10:30am-noon
Women's Support Group	M.H.P., 303-413-6377	West	Wednesdays	2-3:30pm
Women's Support Group	M.H.P., 303-413-6377	West	Thursdays	1:30-3pm
Alzheimer's/Dementia Support Group	Alz.org, 800-272-3900	East	1st Thursdays	Noon-1:30pm
This Full House: Support Group	Sr. Res., 303-441-4388	East	2nd Thursdays	3-4:30pm
Caring for Your Aging Parent	Jodi, 303-415-1025	East	2nd Thursdays	5:30-7pm

## NEW online registration system: Time to get ACTIVE®!

Boulder Senior Services has begun using a new system to manage our program registrations, memberships, customer accounts and other transactions. As our customers, we hope you'll enjoy the many improvements offered by the new, Active Net system. Given our old system has been in use since the mid-1990's, we think you'll appreciate the improved online registration experience, account management and user interface of Active Net.

## Meals on Wheels ♦ Café Classico

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

## Senior Services' Bill Payer and Organizing Program

Senior Services' Bill Payer and Organizing Program helps older adults remain independent in their homes by providing them with a trained, screened and supervised volunteer to assist them weekly or monthly with financial and organizing tasks. If you or someone you know might benefit from this unique support program, or if you are interested in becoming a volunteer, please call 303-441-4388.

## Reduced Rate Program

The reduced rate program is for residents of Boulder over age 60 who meet income and asset guidelines. Most Senior Services special events and classes are available at a reduced rate, and a few select trips. Applicants must be approved prior to registering under the reduced rate option. For additional information about the reduced rate program and an application, and/or to register for reduced rate programs, stop by or call the front desk at either Center.



## Boulder Co. Legal Services (BCLS)

BCLS provides civil legal assistance to older adults and residents with low incomes of Boulder County with matters including family law, protection orders, housing rights, public benefits, elder law and more. A short interview determines eligibility. Adults age 60+ with certain legal issues can be served regardless of income. Call 303-449-7575 for more information or to schedule an appointment.

## This Full House (support/discussion group)

This Full House is a discussion/support group for people who have accumulated various items over the years and want to discuss practical way to de-clutter, streamline, and organize. Different strategies and topics will be presented as well as sharing of ideas and situations among group members. Call 303-441-4388 for more information.

<a href="#">5501</a>	East Senior Center	3pm to 4pm	Thursday, Dec. 8
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## RESOURCES SEMINARS

### The Death Café

A Death Café is a respectful, enlightening and thought provoking space within which to help each other increase awareness of our finite lives. The Death Café is held on the first Monday of each month at the West Senior Center. Presenter: Reva Tift, M.A. Free, registration recommended.

<a href="#">5766</a>	West Senior Center	10:30am to Noon	Monday, Dec. 5
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### Medicare Basics Class

Free monthly classes are offered by Boulder County Area Agency on Aging Medicare Counselors for anyone wanting to understand the fundamentals of the Medicare program. Information is provided about Medicare eligibility, enrollment, benefits, costs, plan choices, and prescription medication coverage. Classes are held the first Thursday of every month. Call 303-441-1546 to register.

East Senior Center	2pm to 4pm	Thursday, Dec. 1
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## ENRICHMENT

### AARP Driver Safety Course

You'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. Fee of \$15 for AARP Members or \$20 for non-members is paid directly to the instructor the day of the class. Registration required; please call 303-441-4150. Maximum participants 20.

East Senior Center	8:30am to 12:30pm	Monday, Dec. 12
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### Painted Snowy Deer Plate

Join *Color Me Mine* staff, to paint a magical holiday scene on a ceramic plate. Participants will use the sticker technique to create a forest scene with snow-capped trees, deer and lots of fluffy snow. Step-by-step instruction will be provided to create this unique plate. The non-toxic paint for use on the ceramic plate is food, dishwasher, and microwave safe. Participants can pick up their finished plate at *Color Me Mine*.

<a href="#">5763</a>	East Senior Center	1pm to 3pm	Friday, Dec. 9
<b>Fee:</b>	\$17		

## SPECIAL EVENT

### Holidays Potluck Party

Come and share food and stories of your holiday traditions. Bring a traditional or new holiday dish to share. Enjoy an afternoon filled with rich food and fun of the holidays. When registering, please share what type of food you plan to bring.

Venga a compartir comida e historias de sus tradiciones para los días de fiesta. Traiga un plato tradicional o nuevo. Disfrute de una tarde llena de comida y diversión. Cuando llame a inscribirse, favor de decir cual plato va a traer.

<a href="#">5764</a>	East Senior Center	1pm to 3pm	Thursday, Dec. 15
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## COMPUTER CLASSES

### Learn to Manage Your Privacy and Safety Online

Planning some online shopping this holiday season? This class will help you learn how manage your online experience, whether shopping or social networking, in a safe and secure way. We'll cover how to browse safely, shop smart, recognize scams, practice password safety and use precautions for public WiFi. Security and privacy settings for popular social networks like Facebook will be covered.

<a href="#">5675</a>	West Senior Center	9:30am to 11:30am	Tuesday, Dec. 6
<b>Fee:</b>	\$15		

## ART CLASSES

### Holiday Card-Making

Create one-of-a-kind and personal cards for friends and family this holiday season. Supplies will be provided to make three holiday or Winter-themed cards with envelopes to take home. Please register for this class by November 28th.



<a href="#">5762</a>	East Senior Center	10am to 1pm	Friday, Dec. 2
<b>Fee:</b>	\$14		

### Social Networking for the Holidays: Facebook 101

The class will demonstrate the basics of setting up and using a personal Facebook account including posting and sharing photos, finding friends, commenting on posts, online chatting and managing your privacy settings. You are welcome to bring your smartphone or tablet, but a device is not required. A handout will be provided. An active email account is required for this class.

<a href="#">5676</a>	West Senior Center	9:30am to 11:30am	Tuesday, Dec. 13
<b>Fee:</b>	\$15		

DAY TRIPS

**Robert Speer's Denver**

Join Denver History Tours in discovering how Robert Speer shaped the city of Denver. More than just a boulevard running along Cherry Creek, evidence of Speer's power, determination and influence are still found throughout the city. Although Mayor Speer had no children of his own, in his eyes, the people of Denver were his children. Come see what Mr. Speer accomplished. The tour includes a break for lunch, on your own.

Register by Nov. 22

<a href="#">5753</a>	East Senior Center	10am to 4pm	Thursday, Dec. 1
<b>R/NR:</b>	\$45 / \$50		

**Denver MountainAires Christmas Performance**



Elevate your spirit with harmonizing voices and majestic bells at this glorious performance of vocals and hand bells. You'll hear the Denver MountainAires Barbershop Chorus and Quartets, Colorado Chord Company men's barbershop chorus, Colorado Spirit -Sweet Adelines women's barbershop chorus and the Praise Ringers Hand Bell Choir. Check in with Trip Escort in EBCC Lobby. No food service on this trip. Register by Nov. 18.

<a href="#">5758</a>	EBCC Lobby	1:15pm to 3:30pm	Saturday, Dec. 3
<b>R/NR:</b>	\$15 / \$20		

**I'll Be Home for Christmas**

Set in 1969, the play is set around the Bright family, as they prepare for the annual Christmas variety TV show, the most-watched and anticipated event of the year. Amidst rehearsals, the eldest son, Simon, is welcomed home from the war as a decorated hero, however he finds returning to civilian life a challenge. The performance features rich costumes, great dance numbers and many seasonal musical favorites. Includes a hot lunch at the theater.

Register by Nov. 18

<a href="#">5760</a>	East Senior Center	11am to 4:15pm	Wednesday, Dec. 7
<b>R/NR:</b>	\$59 / \$65		

**Delights of the Season with Denver History Tours**

Join Denver History Tours to view the glittering lights and the fanciful sights showcasing the holiday season around the metro area. Participants will head into residential neighborhoods and around the city. No two years are the same. Put a holiday twinkle in your eye on this tour of the holiday lights! The tour includes a chicken dinner at the famous White Fence Farm. Register by Dec. 1.

<a href="#">5759</a>	East Senior Center	2:45pm to 10pm	Thursday, Dec. 8
<b>R/NR:</b>	\$59 / \$65		

**It's a Wonderful Life**

It's a Wonderful Life Performance at Lone Tree Arts Center in Centennial. This beloved American holiday classic comes to life on stage as a live 1940s radio broadcast, complete with an applause sign, commercial jingles, and on-stage sound effects. The story of idealistic George Bailey unfolds, as he considers ending his life one fateful Christmas Eve. "Choose 2" lunch at the ViewHouse is included.

Register by Nov. 22.

<a href="#">5761</a>	East Senior Center	10:15am to 5pm	Wednesday, Dec. 14
<b>R/NR:</b>	\$75 / \$80		

**Finding Neverland at Denver Center for Performing Arts**

Finding Neverland is Broadway's biggest new hit and the winner of Broadway.com's Audience Choice Award for Best Musical! Directed by visionary Tony winner Diane Paulus, Finding Neverland tells the incredible story behind one of the world's most beloved characters: Peter Pan. Lunch on your own at a restaurant near the theater. Register by Dec. 9.

<a href="#">5787</a>	East Senior Center	11am to 6pm	Friday, Dec. 30
<b>R/NR:</b>	\$75 / \$80		

## WELLNESS CLINICS

### Monthly Hearing Clinic

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

Call 303-441-4150 to schedule an appointment.

East Senior Center	2pm to 4pm	Wednesday, Dec. 7
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### Live Well "4" Life Diabetes Prevention Program

The Live Well 4 Life Diabetes Prevention Program, hosted by City of Boulder, is a community delivered, evidence based, lifestyle change program with a proven success record. The program focuses on topics such as healthy eating, physical activity, weight loss and stress management. The program and materials are free of charge to those who qualify for the program. To find out if you qualify, please contact Wendy Smittick 303-355-3423 ext. 110 or [wendy@caahealth.org](mailto:wendy@caahealth.org)

East Senior Center	12pm to 1pm	Thursdays, Jan. 12 – Apr. 27
Also 1st Thursday of month from May to Dec 2017		

## FITNESS CLASSES

### Functional Fitness Assessments

Receive a free orientation to our programs and services combined with various functional assessments that will provide information and feedback regarding your health and skill-related fitness in order to find the best program to fit your individual needs. Assessments held on Fridays at East Senior Center. Register in person at the East Senior Center front desk or call 303-441-4150 to make your appointment.

### Weight Room Training for Older Adults

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 on safety, posture, body control and awareness.

Instructor: Chris Hedman, Tuesdays and Thursdays in the East Boulder Community Center Weight Room

<a href="#">5776</a>	Weight Room at EBCC	11am to Noon	Thursday, Dec. 1 - Thursday, Dec. 22
<a href="#">5777</a>	Weight Room at EBCC	2pm to 3pm	Thursday, Dec. 1 - Thursday, Dec. 22
<b>R/NR:</b>	\$33 / \$37		

### Better Balance and Strength

This five-week series will incorporate strengthening core and leg muscles which are essential to maintaining balance and preventing fall-related injuries. Resistance tubing with handles, light weights and hand-held balls are used while concentrating on posture, flexibility and coordination. No floor work; chairs are available for safety and/or to use as props, as needed.

Instructor: Maryann Brunson

<a href="#">5772</a>	East Senior Center	11:30am to 12:30pm	Thursdays, Dec. 1 – 29
<b>R/NR:</b>	\$25 / \$35	<b>ENCORE:</b>	\$20 / \$30

### Seated Restorative Yoga

Seated, restorative yoga is designed to restore both body and mind to a natural state of balance. The student is guided through breathing techniques, meditation, visualization and movements specifically designed to reduce stress, nurture and heal.

Instructor: Linda Manchester

<a href="#">5775</a>	West Senior Center	11am to Noon	Fridays, Dec. 2 – 30
<b>R/NR:</b>	\$19 / \$26	<b>ENCORE:</b>	\$15 / \$23

## Building Blocks for Better Balance, Strength and Flexibility

This class will incorporate techniques that align the body through focused awareness from head to toe. Breathing techniques will be introduced and stretching techniques will be utilized for better balance, flexibility and injury reduction. Additionally, conditioning through simple resistance training exercises will also be utilized to strengthen the body for better control of movement. Instructor: Linda Manchester

<a href="#">5773</a>	West Senior Center	11am to 11:45am	Mondays, Dec. 5 – 19
<b>R/NR:</b>	\$12 / \$16	<b>ENCORE:</b>	\$9 / \$14
<a href="#">5774</a>	West Senior Center	11am to 11:45am	Wednesdays, Dec. 7 – 28
<b>R/NR:</b>	\$15 / \$21	<b>ENCORE:</b>	\$12 / \$18

## T'AI CHI CLASSES

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).

Instructor: Steve Arney



### T'ai Chi Level I - Beginning

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

<a href="#">5769</a>	East Senior Center	9:45am to 10:40am	Fridays, Dec. 2 – 16
<b>R/NR:</b>	\$21 / \$24	<b>ENCORE:</b>	\$20 / \$23

### T'ai Chi Level II - Intermediate

This class expands on what was learned in Level I Beginning class by continuing with the 37-posture Yang short form. Students must have completed Level I or been given instructor approval to enroll at this level.

<a href="#">5770</a>	East Senior Center	Noon to 1pm	Fridays, Dec. 2 – 16
<b>R/NR:</b>	\$21 / \$24	<b>ENCORE:</b>	\$20 / \$23

## T'ai Chi Level III - Advanced

The Level III Advanced class will review and complete the entire 37-posture Yang short form. Students must have completed Level II or been given instructor approval to enroll at this level.

<a href="#">5771</a>	East Senior Center	10:45am to 11:40am	Fridays, Dec. 2 – 16
<b>R/NR:</b>	\$21 / \$24	<b>ENCORE:</b>	\$20 / \$23

## DANCE CLASSES

### Ballroom Dancing

Join us for this four-week dance session this winter at the East Senior Center. Each class includes a warm-up and no partner is required. Please register to reserve your space. Instructor: Judy Kreith, M.A.

In December, Swing and Foxtrot will be danced to our favorite holiday Big Band music.

<a href="#">5768</a>	East Senior Center	1pm to 2pm	Tuesdays, Dec. 6 - 27
<b>R/NR:</b>	\$20 / \$28	<b>ENCORE:</b>	\$16 / \$24

### Putting on the Ritz

Come and learn the fundamentals of this fun and invigorating dance style called jazz. This class begins with a slow and gentle warm up and stretch, and a fun and uplifting choreography for all. Dance props are available for use as participants dance their way through time with big band music from the 1940s all the way through popular music today. This class can also be done while seated.

As part of this program, participants will have the opportunity to participate in a world-wide dance movement event called One Billion Rising. The event, held on February 14th, is a global awareness initiative to stop violence against women. The choreography for this event will be taught for 10 minutes during each class of Putting on the Ritz. When this dance is performed on February 14th, participants will join in with other people from all over the world performing One Billion Rising. Instructor: Judy Kreith, M.A.

<a href="#">5767</a>	East Senior Center	11:30am to 12:15pm	Tuesdays, Dec. 6 - 27
<b>R/NR:</b>	\$20 / \$28	<b>ENCORE:</b>	\$16 / \$24

## Tea Dance

Dance in a spacious ballroom with a fine hardwood floor to live music. The music is provided by Tom Yook, a favorite of Boulder dancers. Tom plays ballroom, rhythm, and Latin dance styles. Afterwards, a potluck snack, buffet style is provided by the attendees. Usually held on 1st and 3rd Fridays each month. Drop-in fee of \$5 per person (no pre-registration required)

East Senior Center	2pm to 4pm	Fridays, Dec. 2, 16
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## MASSAGE, ROSEN METHOD AND REFLEXOLOGY

### Massage

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

East Senior Center	Monday to Friday
<b>R/NR:</b>	\$40 / \$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 tension held in their bodies. As tension is released, the work supports a deeper, fuller, more relaxed sense of self. Todd Schwartz is a licensed massage therapist, psychotherapist and Rosen Method bodywork provider.

East Senior Center	First and Third Mondays
Appointment Times:	9 to 11:30 a.m.
<b>R/NR:</b>	\$40 / \$48

## Reflexology

Reflexology is a combination massage and acupressure treatment on the feet. It is based on the principle of reflex areas in the feet that relate to each and every organ and to all parts of the body. Properly stimulating these reflexes has a beneficial effect on general health. 30-minute or one-hour session by certified reflexologist Alma Dubin.

East Senior Center	Second and Fourth Mondays
Appointments times:	9 a.m. to noon.
<b>Half-Hour R/NR:</b>	\$20 / \$24
<b>Hour R/NR:</b>	\$40 / \$48

### Massage and Reflexology Registration Guidelines:

- Registrations for massage and reflexology are limited to two appointments per month, per person.
- Persons age 55 and older can schedule up to two months in advance from the first of every month.
- Payment must be made in full at time of appointment.
- Participants (or a substitute) must be 55 years or older to be eligible for a massage with Senior Services.
- Appointments limited to one 1-hour appointment per day.
- We reserve the right to provide a substitute therapist for your scheduled session.

### 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.

## DROP-IN FITNESS CLASS DESCRIPTIONS

**SilverSneakers® – Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities of 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 are designed to promote stress reduction and mental clarity.

**Fit and Strong – Beginning**

This is a 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. The Wednesday class typically uses 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.

**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.

**Zumba Gold**

Zumba Gold is perfect for active older adults, people who are new to Zumba, or anyone needing a fun, safe, effective workout without the high impact. We will take a musical trip around the world with easy-to-follow choreography that focuses on balance, range of motion, flexibility, and coordination. No dance background is required. If you can march in place, you can enjoy Zumba Gold!

**Strength and Alignment**

Using breath for increased self-awareness, this class focuses on body alignment to increase bone density without injury by 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.

**Level 1 55+ Warm Water Fitness**

Improve your cardiovascular endurance, strength, balance, and flexibility through a variety of warm water exercises. This class is held in the shallow, warm water leisure pool at the East Boulder Community Center. No swimming ability is required.

**Level 2 55+ Warm Water Fitness**

This warm water class addresses movement in every joint and activates muscles that are often diminished due to lack of use. Exercises will build neural pathways to underutilized muscles and increase cardio conditioning. Class is held in EBCC warm water leisure pool.

**Level 3 55+ Warm Water Fitness**

Explore new movements and build cardio conditioning using more complex exercises than in previous fitness level classes. Class is held in EBCC warm water leisure pool.

# SILVERSNEAKERS® AND DROP-IN FITNESS SCHEDULE

## East Boulder Senior Center DROP-IN CLASSES FOR December 2016

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

FEES: There is no cost for SilverSneakers® passholders for ANY class listed below.

Members must be registered with Boulder Senior Services and swipe their SilverSneakers® pass each daily visit. All other participants may purchase a Senior Services punch pass or make a drop-in payment.

Senior Center punch passes are valid one year from date of purchase and non-refundable. 55+ warm water fitness classes require a day pass or punch pass from Parks and Recreation.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8:30 – 9:30 a.m.</b> Fit & Strong Intermediate <i>Sally</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>7:30 – 8:15 a.m.</b> Guts and Butts <i>Dora</i>	<b>8:30 – 9:30 a.m.</b> Fit & Strong Intermediate <i>Dora</i>
<b>9 – 9:45 a.m.</b> 55+ Warm Water Fitness (Level 2) EBCC Pool <i>Laura</i>	<b>8:20 – 9:05 a.m.</b> Zumba Gold <i>Sherri</i>	<b>9 – 9:45 a.m.</b> 55+ Warm Water Fitness (level 2) EBCC Pool <i>Laura</i>	<b>8:20 – 9:05 a.m.</b> Zumba Gold <i>Sherri</i>	<b>9 – 9:45 a.m.</b> 55+ Warm Water Fitness (level 2) EBCC Pool <i>Laura/Maryann</i>
<b>9:45 – 10:45 a.m.</b> Fit & Strong Beginning <i>Jack</i>	<b>9:30 – 10:25 a.m.</b> Strength & Alignment <i>Linda</i>	<b>9:45 – 10:45 a.m.</b> Fit & Strong Beginning <i>Terry</i>	<b>9:30 – 10:25 a.m.</b> Strength & Alignment <i>Linda</i>	<b>9:45 – 10:40 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 – 2 p.m.</b> 55+ Warm Water Fitness (Level 3) EBCC Pool <i>Laura</i>	<b>1 – 1:45 p.m.</b> 55+ Warm Water Fitness (Level 1) EBCC Pool <i>Chris</i>	<b>1 – 2 p.m.</b> 55+ Warm Water Fitness (Level 3) EBCC Pool <i>Ronda</i>	<b>1 – 1:45 p.m.</b> 55+ Warm Water Fitness (Level 1) EBCC Pool <i>Chris</i>	

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