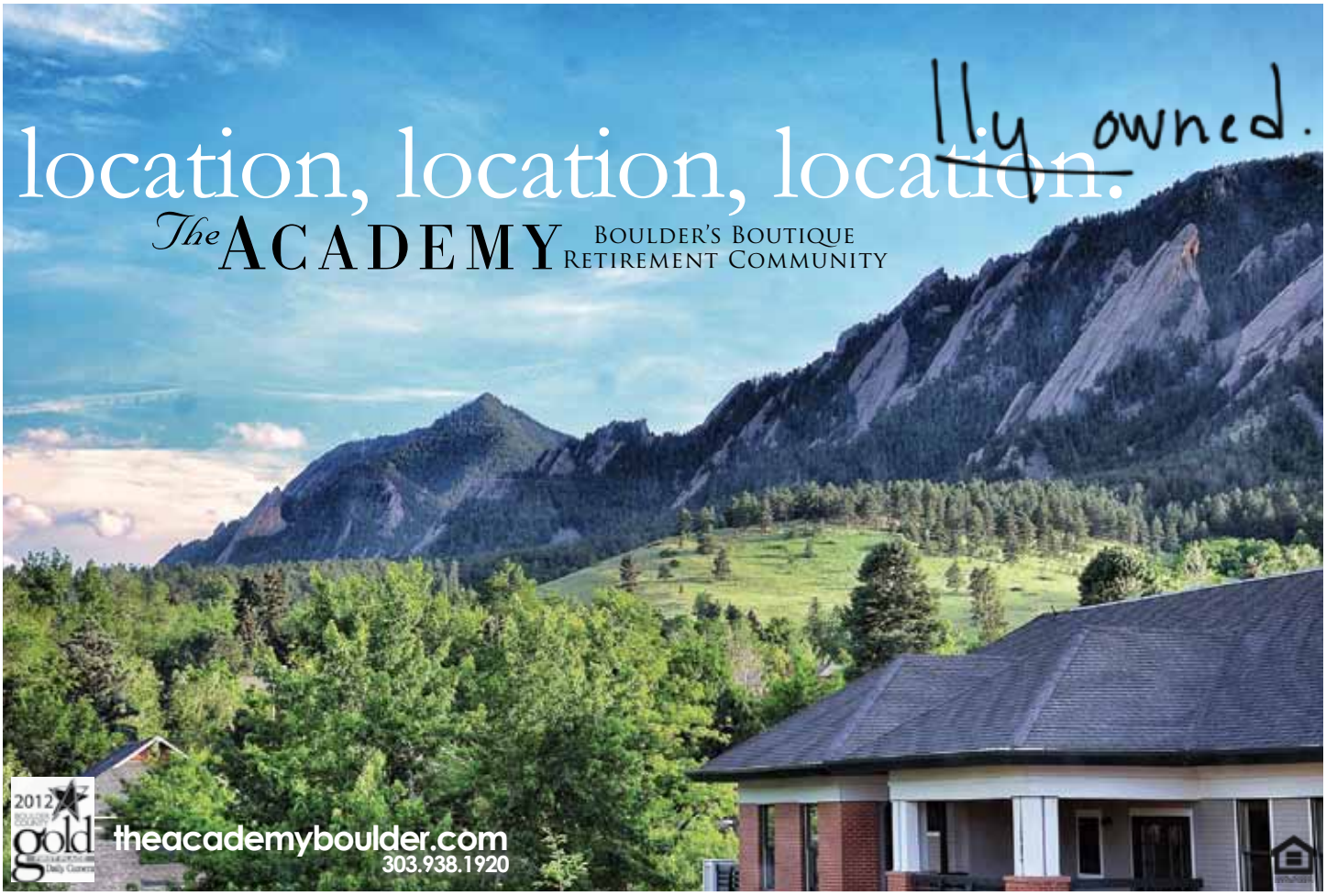
Boulder Senior Services

BoulderSeniorServices.com

LIFELONG LEARNING

Encore Member registration begins November 4

WINTER 2014/2015 DECEMBER-FEBRUARY



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Cover photo: Encore on the Move participant Nancy Hodder at our trip to Carnegie Branch Library for Local History. Nancy's looking at a two-sided stereograph through the stereoscope that reads it and turns it into a three-dimensional image. The collection we viewed contains photos of everyday events in and around Boulder County, by local photographer Edwin Tangen, 1906-1936.

VOLUME 16, NO. 4
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.

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www.agboulder.com

JANUARY IS NATIONAL MENTORING MONTH—

...Be someone who matters to someone who matters...

SENIOR SERVICES STAFF

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Ellen Bartilet 303-441-3915

Program Manager: Health and Wellness,
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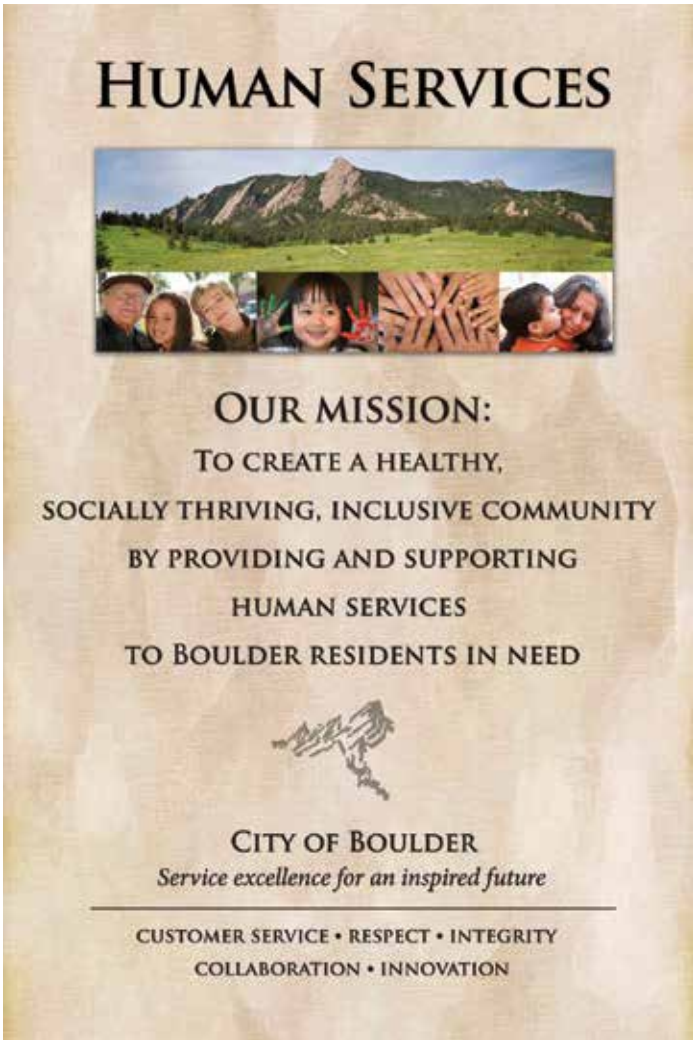
City of Boulder Department of Human Services



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.

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.

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.

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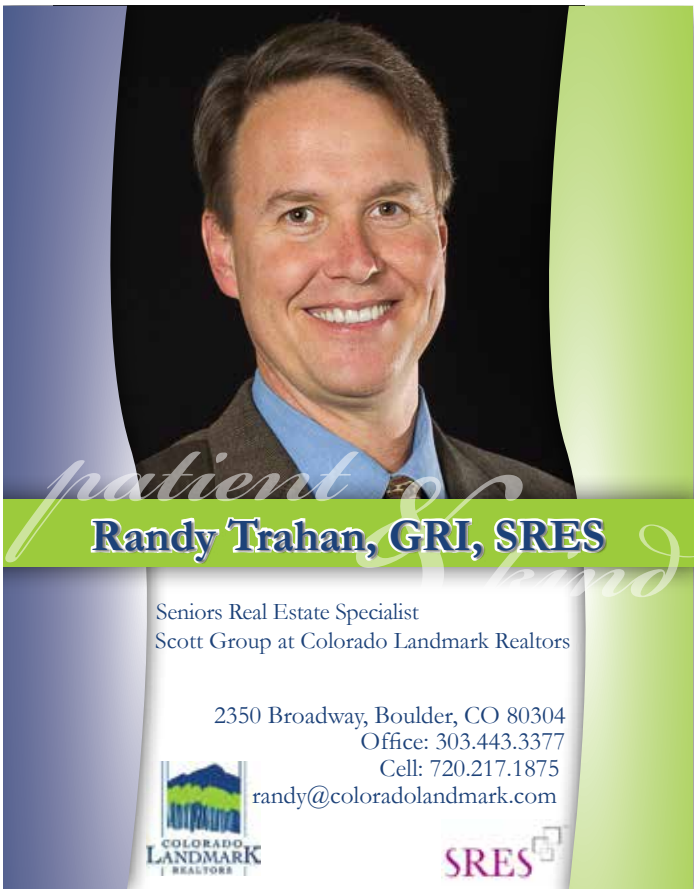
A Note from Boulder Senior Services

Recent conversations with local older adults indicate that staying active is important to stay well as we age. In fact, lifelong learning – the continuous building of skills and knowledge throughout the life of an individual -- has been called a "health club for our minds, bodies and spirits." Studies show that older adults who continue to challenge their brains, whether through formal training such as a class, or informal experiences like visiting a museum, may be at decreased risk of cognitive impairment and dementia. In addition, lifelong learning enhances personal development and social connectedness, may improve memory, and contributes to overall quality of life.

Winter is a wonderful time to keep your brain active and healthy as you age by embracing lifelong learning. Boulder Senior Services offers opportunities to explore fresh insights, stay current on important topics and meet new people without the constraints of tests and degree requirements. Some of our many Winter opportunities include computer classes, the History Behind the Headlines series with CU professors, Active Minds programs, Storytelling and Creativity Series, a Contemplative Living discussion group, and a variety of bridge classes. Come and experience more enrichment and discovery in your lives this season by joining our community of learners and instructors at both the East and West Senior Centers.

> *Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.*
>
> *— Edith Sitwel*



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 SENIOR CENTER

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

Room Rentals

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

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

EAST AND WEST SENIOR CENTERS CLOSED:

Christmas Eve, Wednesday, Dec. 24 (½ day closure)

Christmas Day, Thursday, Dec. 25

New Years Eve, Wednesday, Dec. 31 (½ day closure)

New Years Day, Thursday, Jan. 1

MLK Day, Monday, Jan. 19

President's Day, Monday, Feb. 16

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. This year the Foundation expects to help about 200 low-income seniors. For more information on the Foundation and how you can help, visit www.sites.google.com/site/boulderseniorsfoundation/ or send tax-deductable donations to P.O. Box 1392, Boulder, Colorado, 80306-1392. Thank you for your support.

Boulder Seniors Foundation

Senior Wisdom

Share what you have experienced. Contribute to your community. When you find a new and interesting way of doing something, don't just adopt it, share it.

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

Senior Spotlight

Meet Catherine Felknor, a very active participant at our East Senior Center and busy grandparent.

Even before retiring Catherine and her husband Jerry were attracted to lectures and outings offered by the City of Boulder Senior Centers. Catherine was familiar with the wellness programs and began by taking classes at the East Boulder Community Center.

As her needs for support around health issues grow, she explores Senior Wellness class offerings. Catherine purchases the punch card pass which works beautifully for her needs. She takes a variety of classes to improve balance and flexibility. They are a nice compliment to her physical therapy. She really appreciates the flexibility of the drop-in class schedule.

In 2014, both Catherine and Jerry scheduled on-going massages for their wellness maintenance regime. They have noticed the benefit of this complementary therapy. They also participate in hearing screenings and foot care treatments to round out their total care. Catherine and Jerry are thrilled to have these wonderful resources in Boulder.

Senior Resources

303-441-4388

En Espanõl ***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 ano 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.

Peer Counselor Training in April, 2015

Apply to become a volunteer who supports those over age 60 through challenging life transitions or losses. If selected, complete an eight-week training session, then be matched 1:1 with an older adult, or train further to facilitate support groups. Weekly group supervision with the former Mental Health Center Geriatric Team Clinician. This is a one-year minimum commitment. Applications are available at the Boulder Senior Centers, or call Helen Balis at 303-413-6377.

Family Resource Center

720-279-7027

The Family Resource Center (FRC), located at Manhattan Middle School of Arts and Academies, 290 Manhattan Drive, is a great way for families to connect with community services, including senior services and get help in key areas such as parenting, health, nutrition, financial management, education, emotional well-being and community involvement. The FRC serves all Boulder residents with children up to 19 years of age or families with a child enrolled in a Boulder Valley School District school within the city limits. This is a collaborative effort between the City of Boulder and Boulder County. For more information or to schedule an appointment, please call 720-279-7027.

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. For more information or to schedule an appointment, please call 303-441-4364 or email at 303-441-4364 or mediation@bouldercolorado.gov.

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

Stretch Your Dollars! Here are some options:

Financial:

- Respite Assistance Funds reimbursement requests are due by Dec. 30.....**303-678-6284**
- PTC 104 Property Tax/Rent/Heat rebate due by Dec. 31.....**303-238-3278**
- LEAP applications accepted November through April for heating assistance.....**303-678-6097**
- Eldershare supplemental groceries twice a month **303-652-1307**
- Loan Closet durable medical equipment is available for loan to older adults...**303-441-3148**
- Food Tax Rebate applications available March 1 .....**303-441-1836**
- SNAP, OAP, Medicaid – Boulder County Housing and Human Services.....**303-441-1000**

Homeowner:

- Senior Property Tax Deferral application is available late January, due April 1 ...**303-441-3520**
- Senior Property Tax Work off application is available in January, due mid-June ... **303-441-1688**
- Veterans Property Tax Exemption if you are 100% disabled (January-August) ..**303-343-1268**
- Mobile home repair program; income guidelines apply.....**720-864-6401**
- Longs Peak Energy Conservation – free energy conservation safety checks, weatherization, plus upgrading heating, refrigerator, and water heater for qualified individuals **720-864-6401**

Reduced Rent Housing Applications

- Golden West Senior Living accepts applications for age 62+.....**303-442-3967**
- Presbyterian Manor accepts applications for age 65+.....**303-444-0642**
- Boulder Housing Partners: public housing, Reduced Rent, and Section 8 .....**720-564-4610**

BOULDER COUNTY AND COMMUNITY

Community Protection Services 303-441-3700

Community Protection Services are available through the Boulder Country 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.

Boulder County CareConnect 303-443-1933

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

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.

Flood and fire safety preparation tips

and evacuation procedures are available at http://www.boulderoem.com/ or to sign up for emergency alert messages go to www.bouldercounty.org/sheriff or call 303-651-8550. During an actual emergency, the outdoor warning sirens will sound for five minutes. During a test, they will sound for two minutes. The same signal is used whether the emergency is a flood, tornado or other disaster. If you hear a siren, tune to a local TV or radio station for further information.

LEAP 303-678-6097

The Low Income Energy Assistance Program (LEAP) offered through Boulder County assists low-income families and individuals with their heating costs. Application are accepted November through April.

Nutritional Counseling 303-678-6115

Boulder County AREA AGENCY ON AGING Community Services Department

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.

Boulder NUTRITION and EXERCISE

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.

Via Mobility for Life

Via Mobility Services 303-447-2848 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.

Meals on Wheels Project Homecoming

In October 2014, Meals on Wheels of Boulder marked the seventh anniversary of Project Homecoming, its groundbreaking home delivery meal service designed to help ease the stress of the hospital-to-home transition. The program provides a nutritious, dietary-specific, home-delivered hot meal for five days at no cost to anyone in Boulder County who is recovering from any illness.

Since its launch in Boulder, the program has branched out countywide through partnerships with Longmont Meals on Wheels and Coal Creek Meals on Wheels. Serving anyone who has been "touched by medical hands," clients come from all major hospitals, rehabilitation centers, Rocky Mountain Cancer Center, and other healthcare institutions. Health care professionals are the major source of referrals.

The program has hit the radar of Meals on Wheels organizations and hospitals across the country. The Meals on Wheels Association of America is studying Project Homecoming, and several other independent member organizations nationwide have launched their own hospital-to-home transition programs, including one serving greater Los Angeles.

Locally, Project Homecoming's novel approach to such an essential part of the recovery process has gained the support of organizations like Kaiser Permanente, White Wave Foods, and Exempla Good Samaritan Foundation, who have since become major sponsors. Project Homecoming was recognized by Foothills United Way's Spirit of the Community award in 2011.

Over 600 clients have received 2,800 free meals since 2007. (In 2013 alone, Meals on Wheels of Boulder delivered 482 meals to 100 clients.) Longmont and Coal Creek Meals on Wheels serve similar numbers of patients.

Meals on Wheels of Boulder recently surveyed recipients of Project Homecoming, yielding some eye-opening results When asked if they had plans for food prior to entering the hospital, 54% said no and 41% said "somewhat." The value of the service? Twenty-three percent called it a lifesaver and 63% said it was "a big help."

And what do those who received the service say? Here are a few comments we've received:

"I am so grateful for such timely delivery and nutritional meals in a very difficult time … you are angels when there was despair."

"What a relief to know I would have at least one good meal a day."

"For me the service has been a lifesaver. I don't know what I could have done without it."

"I am amazed that such good food could be cooked in such quantity and be so good."

"Your meals were a welcome home, and greatly appreciated. "

If you or someone you know anticipates a hospital visit for any reason, Project Homecoming could "jumpstart" your recovery. To learn more, visit our website at www.mowboulder.org and click on "Project Homecoming" or call us at 303-441-3908.

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.

Café Classico

Lunch is served in Café Classico 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, dinner is served at 5:30 p.m. for only $6 per person. Please call 303-441-3148 to make your reservation for dinner and select one of two entrees. Check out our monthly lunch and dinner menus and newsletter, on our website at www.mowboulder.org.

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 BOULDER COUNTY Area Agency on Aging (BCAAA) to be added to a confidential mailing list at infoLGBTelders@bouldercounty.org or call 303-441-3583.

Volunteer with the Boulder County Circles Campaign

Circle Allies are part of a team of friends and advocates who gather regularly to support a Circle Leader as he or she works toward achieving long-term economic self-sufficiency. Allies become more informed about the causes and solutions to poverty, and build meaningful friendships across socio-economic lines (six hours per month commitment). The Guiding Coalition is made up of several teams that support the work of the Circles Campaign, Recruitment, Community, Income and Education, Resources, and Big View (three hours per month commitment).

For more information visit the Circles web site www.bouldercountycilrcles.org or contact Eliberto Mendoza, 303-441-1503 or emendoza@bouldercounty.org.

Senior Community Advisory Committee (SCAC)

The Senior Community Advisory Committee represents the broad public interest in providing consultation and expertise to the city via Senior Services Division staff 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 or 303-441-4365.

Members of the Latino community provided valuable insights on older adults at a July 20, 2014 meeting at the West Boulder Senior Center. The City of Boulder Senior Services partnered with Boulder County and other local municipalities to gather input for county and city strategic plan updates during a series of Community Conversations in June and July.

IMPORTANT TELEPHONE NUMBERS

West Senior Center	303-441-3148
East Senior Center	303-441-4150
Access-A-Ride	303-292-6560
Accident Report	303-441-3333
Boulder County Area Agency on Aging	303-441-3570
Boulder County Aging and Disability Resources for Colorado (ADRC)	303-441-1617
Boulder Housing Partners	720-564-4610
Boulder County Housing and Human Services Adult Protective Services	303-441-1000
CareConnect	303-443-1933
Care Link Adult Day Program	720-562-4470
Center for People with Disabilities	303-442-8662
Close Call Phone Line	303-441-4272
City of Boulder Information	303-441-3388
Eldershare Food Program	303-652-1307
Emergency Family Assistance	303-442-3042
Federal Government	1-800-FED-INFO
Fire Prevention/Safety	303-441-4355
Food Tax Rebate Program	303-441-1836
Colorado Health Information	1-877-462-2911
Foot Care	303-651-5224
LEAP	303-678-6097
Meals on Wheels	303-441-3908
Medicare Counselors	303-441-1546
Mental Health Partners	303-443-8500
Pothole Hotline	303-441-3962
RTD	303-299-6000
Social Security Office	1-800-772-1213
Street Maintenance	303-413-7162
Snow Shoveling	303-443-1933
Veterans Services	303-441-3890
Via Mobility Services	303-447-2848
Workforce Boulder County	303-301-2900

WEST SENIOR CENTER 909 ARAPAHOE AVE.

MONDAY

Woman's Support Group
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 to11:30 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 October)
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 22 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.

Dining Destination Series – Seafood Restaurants

We will explore the world of restaurants serving fresh fish. Pappadeux offers southern-style fish, Fresh Fish Co. offers fish/seafood served more traditionally, and Martini Bistro serves contemporary-style seafood dishes. All three restaurants offer other types of main dishes (meat, chicken, vegetarian) if seafood does not suit your fancy.

Pappadeux Seafood Kitchen, Greenwood Village

Encore

NEW

We will travel to Greenwood Village to enjoy Sunday Brunch at Pappadeux. The buffet includes: boiled shrimp, fried and blackened catfish, smoked salmon, crawfish etouffee, gumbo, eggs Benedict, omelets, pancakes, waffles, roast beef, glazed ham, bacon, sausage, potatoes, fresh salads and more.

Date: Sunday, Dec. 7
10 a.m. to 3 p.m.

Fee: Encore Resident $60
City Resident $65
Encore Non-Resident $70
Non-Resident $75

Fee includes transportation, trip escort, brunch buffet and gratuity. Senior Services bus.

Course Code: 221082

Fresh Fish Co., Denver

NEW

This time we will go into Denver and experience the Fresh Fish Co.'s Sunday Brunch. Seafood offers are: peel and eat shrimp, snow crab legs (hot and cold), Oysters Rockefeller, apple-wood smoked salmon, salmon pate, Prince Edward mussels, herring in wine sauce, fettuccini crab Alfredo, salmon eggs Florentine, and clam chowder. In addition, they offer the regular brunch items like: eggs Benedict, bacon, sausage, French toast, omelets, numerous desserts and a glass of champagne or mimosa.

Date: Sunday, Jan. 25
10 a.m. to 3 p.m.

Fee: City Resident $55
Non-Resident $60

Fee includes transportation, trip escort, brunch buffet and gratuity. Senior Services bus.

Course Code: 221083

Martini Bistro, Longmont

Let's travel to our neighboring city Longmont to have lunch at Martini Bistro. Their specialty is seafood dishes but they also offer appetizers, salads, burgers, sandwiches and desserts.

Date: Friday, Feb. 20
11 a.m. to 2 p.m.

Fee: City Resident $35
Non-Resident $40

Fee includes transportation, entrée and gratuity. All beverage and dessert expenses are on your own. Senior Services bus.

Course Code: 221084

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

Alpine Skiing, Nordic Skiing and Snowshoeing Transportation

RTD Senior Ride, Eldora Mountain Resort and Boulder Senior Services collaborate to offer seniors (65+ years) motor coach transportation on Tuesdays beginning January 6 and continuing through March 31, 2015. No reservations are required–just show up early.

The cost for the round-trip RTD Senior Ride trip to Eldora is $5 for those 65+ years and $10 for all other ages. Exact money please–driver does not have change. The buses will pick up at the East Senior Center promptly at 9 a.m. Please park and wait prior to 9 a.m. in the parking lot near the soccer field, west of the tennis courts. The bus will leave from Eldora promptly at 2:15 p.m. for return to the East Senior Center. If you have any questions regarding this program, please call Ellen Bartilet at 303-441-3915.

Arvada Center "She Loves Me"

After enjoying the Arvada Center's delicious buffet lunch, enjoy the musical production of "She Loves Me." This is a romantic comedy about Georg and Amalia, feuding clerks in a European parfumerie during the 1930s, who find solace in their anonymous romantic pen pals. Unbeknownst to them, the letter-writing objects of their affection are each other! Funny, intelligent and sentimental with a touch of holiday nostalgia and music and lyrics from the team of "Fiddler on the Roof."

Date: Wednesday, Dec. 10
10:30 a.m. to 4 p.m.

Fee: City Resident $65
Non-Resident $70

Fee includes transportation, trip escort, luncheon, and theatre admission. RTD motor coach.

Course Code: 221085

Denver Theatre Group "A Christmas Carol" – Stage Theatre Encore

Essential to the holiday season, "A Christmas Carol" is a joyous and opulent musical adaption that traces money-hoarding skinflint Ebenezer Scrooge's triumphant overnight journey to redemption. We will enjoy this production in the smaller, intimate Stage Theatre. No meal service.

Date: Saturday, Dec. 13
12:30 to 5:30 p.m.

Fee: Encore Resident $55
City Resident $60
Encore Non-Resident $65
Non-Resident $70

Fee includes transportation, trip escort, theatre admission, and parking. Senior Services bus.

Course Code: 221086

Denver History Tours "Holiday Lights"

Back by Request

It's our annual trip to view the "Holiday Lights" of a new and different neighborhood. Kevin, our tour guide, assures us that this will be a spectacular viewing of lights in the Denver area. We will have dinner at one of our favorite restaurants at holiday time, the White Fence Farm.

Date: Tuesday, Dec. 16
4 to 10 p.m.

Fee: City Resident $60
Non-Resident $65

Fee includes transportation, trip escort, Denver History Tours guide, dinner: fried chicken, sides, dessert and non-alcoholic beverage, and gratuities. Senior Services bus.

Course Code: 221087

The Governor's Residence at Boettcher Mansion, Denver

Back by Request

It has been a while since we have viewed the beautiful Governor's residence decorated for the holidays and open to the public. We will tour the Mansion, and afterwards have lunch on the way back to Boulder (on your own).

Date: Thursday, Dec. 18
9 a.m. to 2 p.m.

Fee: City Resident $25
Non-Resident $30

Fee includes transportation, trip escort, and visit to Governor's Mansion. Senior Services bus.

Course Code: 221088

Briarwood Inn Holiday Afternoon Tea, Golden

Back by Request

The Briarwood Inn is always decorated beautifully for the holidays. We will enjoy their warm hospitality and Afternoon Tea consisting of: scones, soup, savories, sweets, and, of course, tea choices.

Date: Saturday, Dec. 20
10 a.m. to 3 p.m.

Fee: City Resident $60
Non-Resident $65

Fee includes transportation, trip escort, Afternoon Holiday Tea, and gratuity. Senior Services bus.

Course Code: 221089

The Encore on the Move group relaxed and enjoyed a traditional afternoon tea at the Boulder Dushanbe Teahouse and a special talk by Daily Camera food critic Clay Fong.

New Year's Eve at the Lodge in Black Hawk

Let's experience how the Lodge Casino in Black Hawk rings in the New Year. They always have an excellent buffet and should have special surprises to celebrate the New Year.

Date: Wednesday, Dec. 31
9 a.m. to 4 p.m.

Fee: City Resident $25
Non-Resident $30

Fee includes transportation, trip escort, and casino package. Senior Services bus.

Course Code: 221090

Denver Art Museum "Brilliant: Cartier in the 20th Century"

The Denver Art Museum will be the sole venue worldwide for this Cartier exhibit. Featuring an assortment of jewelry, timepieces and precious objects produced between 1900 and 1975, the exhibition highlights Cartier's rise to preeminence – and the historical events pushing the brand's evolution. Cartier is one of world's most prestigious names in jewelry and luxury accessories. We will have a brief introduction to the exhibit and then you are on your own to browse with an audio narration. Lunch is on your own at the Museum or there are several restaurants within walking distance.

Date: Tuesday, Jan. 6
10 a.m. to 3 p.m.

Fee: City Resident $50
Non-Resident $55

Fee includes transportation, trip escort, and Museum admission (with audio narration). Senior Services bus.

Course Code: 221091

Canyon Casino, Black Hawk

NEW

By request, we are going to the Canyon Casino. They will give our seniors a special casino package.

Date: Tuesday, Jan 13
9 a.m. to 3 p.m.

Fee: City Resident $25
Non-Resident $30

Fee includes transportation, trip escort and casino package. Food is on your own. Senior Services bus.

Course Code: 221092

Longmont Friday Afternoon Concert and Art Show Encore

We will travel to Longmont senior center for their monthly art show and concert. The performance will be by "Ginga," a Brazilian group. Afterwards, we will eat at one of the local establishments (on your own).

Date: Friday, Jan. 16
1 to 7 p.m.

Fee: Encore Resident $30
City Resident $35
Encore Non-Resident $40
Non-Resident $45

Fee includes transportation, trip escort, art show, and concert admission. Senior Services bus.

Course Code: *221093*

Reserve Casino, Central City

It's always a fun time at the Reserve Casino in Central City. Casino package included.

Date: Tuesday, Feb. 3
9 a.m. to 3 p.m.

Fee: City Resident $25
Non-Resident $30

Fee includes transportation, trip escort and casino package. Motor coach.

Course Code: 221094

Denver Theatre Group "Cinderella" – Buell Theatre, Denver

Rodgers and Hammerstein's "Cinderella" is the Tony Award-winning Broadway musical from the creators of "The Sound of Music" and "South Pacific" that's delighting audiences with its contemporary take on the classic tale. This lush production features an incredible orchestra, jaw-dropping transformations and all the moments you love – the pumpkin, the glass slipper, the masked ball and more – plus some surprising new twists. No meal service.

Date: Thursday, Feb. 12
12:45 to 4:30 p.m.

Fee: City Resident $70
Non-Resident $75

Fee includes transportation, trip escort, theatre admission and parking. Senior Services bus.

Course Code: 221095

Arvada Theatre "Harvey" Encore

After enjoying a buffet lunch at the Arvada Center, we will head to the theatre for a performance of "Harvey." There is nothing Elwood P. Dowd enjoys more than spending his days with his best friend, Harvey. The only problem is Harvey, a 6-foot tall invisible rabbit, whose mere "existence" has thrown Elwood's sister, Veta, into turmoil. The story unfolds into a hilarious chain of events.

Date: Wednesday, Feb. 18
10:30 a.m. to 4 p.m.

Fee: Encore Resident $65
City Resident $70
Encore Non-resident $75
Non-Resident $80

Fee includes transportation, trip escort, lunch buffet, and theatre admission. RTD motor coach.

Course Code: 221096

Boulder Dinner Theatre "Fiddler on the Roof"

We will begin with lunch which includes salad, entrée and non-alcoholic beverage. Then, stay in your seats for a performance of "Fiddle on the Roof." In the little village of Anatevka, Tevye, a poor dairyman, tries to instill in his five daughters the traditions of his tight-knit Jewish community in the face of changing social more and the growing anti-Semitism of Czarist Russia. Rich in historical and ethnic detail, "Fiddler" has humor, warmth and honesty. The performance features songs loved the world over such as "Sunrise, Sunset," "If I Were a Rich Man" and "Matchmaker."

BOULDER'S DINNER BD THEATRE

Date: Sunday, Feb. 22
11:45 a.m. to 4 p.m.

Fee: City Resident $50
Non-Resident $55

Fee includes trip escort, lunch, theatre performance and gratuity. Meet at the Boulder Dinner Theatre, 5501 Arapahoe Avenue, Boulder at 11: 45 a.m.

Course Code: 221097

> *Education is the kindling of a flame, not the filling of a vessel.*
> *—Socrates*

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

Top Secret: How did Las Vegas become the unbelievable destination that it is today?

February 23-26, 2015

It wasn't all about gambling; it started with the "Old Las Vegas Mormon Fort" and the water needed for the railroad. And of course, the Mob also contributed to the story. Relive the fascinating history at the Mob Museum along with guided visits and behind-the-scenes experiences to the locations where it all took place. Listen to the real surveillance tapes on wiretapping equipment. Go face-to-face with the actual St. Valentine's Day Massacre wall, participate in an FBI weapons training simulator, and watch a Mafia Omerta induction ceremony. Free Spirit and Tours of Distinction bring the Las Vegas story to life with iconic artifacts, cutting-edge exhibits, and behind the scenes experiences that are so real, you might be asked to testify on your way home! Cost is $719 per person double occupancy; $819 single occupancy. Airfare is not included. Reservations and final payment must be completed before January 3, 2015.

Azaleas, Plantations & Cajuns: Spring Flowers in Cajun Country

March 12-18, 2015

Enjoy the beautiful springtime Azaleas with city tours of Baton Rouge, Natchez and New Orleans. There are plenty of historical plantations to explore that you will never forget. Highlights include: City Tours of New Orleans, Baton Rouge, Lafayette, Natchez; Houmas House Plantation and Gardens, two Antebellum Homes in Natchez, Cajun Country with Evangeline Park, Accordion Factory, Gator Farm Tour, Swamp Tour, National WWII Museum and Mardi Gras World Parade Float Factory in New Orleans. Cost is $1,769 per person double occupancy; $2,249 single occupancy. Airfare not included. Reservations and final payment must be completed by January 5, 2015.

Dancing and Strutting of Sage Grouse: Greater and Sharp-Tail Grouse Performing Their Mating Ritual

March 27-29, 2015

Join an excursion to the ridges and sage flats of the northwest corner of Colorado, where there are some of the most scenic and remote parts of the state. Visit the leks (mating area) of the greater sage grouse and sharp-tail grouse and watch as they do their mating display. In early spring in northwest Colorado, the thoughts of grouse turn to love. The greater sage-grouse are boasting, and the sharp-tailed grouse are dancing. "Strutting" and "dancing" really doesn't do justice to the performances of these amazing creatures. The sage-grouse males are festooned with a stole of white surrounding the two huge yellow tympani where their weird echoing mating booms originate. These bizarre sound effects are apparently irresistible to the females. The sharp-tailed males have smaller lavender sound-generating membranes on their necks, but more than make up for their lack of impressive tympani with a dance that includes a startling display of feet stomping. Reservations and final payment must be completed by February 1, 2015. Cost is $795 per person double occupancy; $915 single occupancy.

Alaska Land Cruise Journey:

July 28-August 9, 2015

This journey into Alaska's heartland is anchored by two nights at Denali National Park, and also features stays in Anchorage and Fairbanks. Venture deep into the park on the included Tundra Wilderness Tour, choose optional excursions, and have time left to just relax in this magical place. Combined with an elegant 7-Day cruise on the MS Zaandam featuring, Glacier Bay National Park and Alaska's iconic ports. Price determined by cabin choice. Airfare is not included. Reservations must be made soon – trip is already filling up. Alaska is hugely popular!

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.

APRIL AND MAY 2015

Sightseeing on Shoestrings – Ottawa *(4 days)*

Sightseeing on Shoestrings – Quebec *(4 days)*

Sightseeing on Shoestrings – Toronto *(4 days)*

Sightseeing on Shoestrings – Waterloo Region *(4 days)*

APRIL 2015

Costa Rica *(9 days)*

Cherry Blossom Festival, Washington D.C. *(7 days)*

Kentucky Derby Festival *(4 days)*

MAY 2015

Italian and French Rivieras with World Fair in Milan *(9 days)*

Birds of the Florida Keys, Key West and Dry Tortugas *(8 days)*

Taormin, Sicily *(9 days)*

NCL's Boston to Bermuda Cruise *(8 days)*

Kenya Safari Adventure *(13 days)*

Lake Como and Switzerland plus World Fair in Milan *(10 days)*

Sorrento, Italy *(9 days)*

Grand Tour of Italy *(12 days)*

Canada's West Coast and Canadian Rockies *(20 days)*

Vancouver, Victoria and Whistler *(5 days)*

San Francisco and Oregon Coast *(10 days)*

Alaska and the Yukon: Full Circle *(21 days)*

Alaska and the Yukon: Land and Sea *(20 days)*

Alaska and the Yukon: Explorer Tour *(12 days)*

Canadian Rockies Westbound *(9 days)*

Don't be disappointed

Register Early!

- Encore member registration begins Tuesday, November 4 by fax, online or in person.
- Non-Encore member registration begins Thursday, November 6 by fax, online or in person.
- Phone-in registration begins Friday, November 7.

See page 22 for information.

Register online at www.bouldseniorservices.com

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.

See registration information on page 22 to register and become a member today.

Free Events for Social Interaction:

Membership Appreciation Event and the Encore Book Club

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

Special Events:

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:

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

for those who meet income and asset guidelines; see page **2.*

East Center's after morning fitness class coffee group.

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 Centers:

- Ellen Orleans and GO Boulder for hosting Walking Wednesdays
- Beth Benco and Diane Barbour for presenting the Genealogy and Records Talk
- All our community partners that contributed to Fall Prevention Week

Also the Boulder Seniors Foundation for their support of Human Services Programming on Channel 8 and direct support services to seniors in need.

Stay in tune with what's happening in Boulder.

Watch ***Human Services Insight*** on Inside Boulder News on Channel 8. Or go online to view current and past shows at **www.BoulderChannel8.com**

Human Services

Spring passes and one remembers one's innocence.

Summer passes and one remembers one's exuberance.

Autumn passes and one remembers one's reverence.

Winter passes and one remembers one's perseverance.

— Yoko Ono

A Special Thank You to our Co-sponsors

Windhorse Elder Care

Sage-ing® International
Wisdom and Spirit in Action

50 Plus Marketplace News
www.50plusmarketplacenews.com

The Legacy Assisted Living at Lafayette

for the Aging Wisely, Loving Well Workshop held on Oct. 25, 2014

REGISTRATION FOR WINTER 2014

Note: early registrations will not be accepted.

- Encore member registration begins Tuesday, November 4 by fax, on-line or in person.
- Non-Encore member registration begins Thursday, November 6 by fax, on-line or in person.
- Phone-in registration begins Friday, November 7.

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 44 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

West Senior Center	*East Senior Center*	*Online:*
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.

Boulder Senior Services – Activity Registration Form

West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302, (303) 441-3148
East Senior Center, 5660 Sioux Drive, Boulder, CO 80303, (303) 441-4150

Name _____Phone _____
Address _____Apt. _____
City _____State ____ Zip _____
Email Address _____Birth Date ____/_____/_____
Would you like your receipt emailed to you instead of traditional mail? Yes ___ No ___
City of Boulder Resident? Yes ___ No ___ Encore Member? Yes ___ No ___ Expiration Date___/____

Enter course code, activity name, date of activity and required fee below. To add Encore membership to your registration, just circle the appropriate fee below.

Encore membership for City of Boulder resident	$20
Encore membership for non-resident	$25
Encore additional household member for City of Boulder resident or non-resident	$10
Encore membership reduced rate for City of Boulder resident	$10
Encore additional household member reduced rate for City of Boulder resident	$5

COURSE CODE	ACTIVITY NAME	DATE	FEE

Please note any modifications you may need to attend trips or classes:
_____
_____
_____

Payment: Check or Money Order Payable to City of Boulder ____
Visa ___ MasterCard ___ AmEx___ Discover_____

Card Number: _____

Exp. Date: _____ CCV Number: (3 or 4 digit security code) _____
Signature: _____

Subtotal	
Subtotal from side two	
Credit	
Total	

Please let us know who you would like your **Emergency Contact** to be:
Name: _____
Phone: _____

Boulder Senior Services – Activity Registration Form

West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302, (303) 441-3148
East Senior Center, 5660 Sioux Drive, Boulder, CO 80303, (303) 441-4150

COURSE CODE	ACTIVITY NAME	DATE	FEE
		Subtotal (enter on side one)	

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 T'ai Chi classes for a complete exercise program that can be accomplished in your own living room!

bouldercolorado.gov/channel8/forever-fit

Encore/SilverSneakers® Membership Appreciation Event: Greg Greer - Holiday Performance

Come join Greg Greer with his guitar for a holiday sing along/concert on Dec 10. We will sing Silent Night, Jingle bells and other musical favorites. Greg's personal style of involving the crowd with storytelling and anecdotes will leave you with a smile on your face and a song in your heart. Join Greg Greer for an afternoon of fun and singing. A show you are sure to enjoy. There is no charge for this performance for SilverSneakers and Encore members, but pre-registration is required. SilverSneakers® is a registered trademark of Healthways, Inc.

Performers:	Gregory Greer
Location:	West Senior Center
Dates:	Wednesday, Dec. 10 1 to 2 p.m.
Fee:	Free to SilverSneakers and Encore members General Public $5
Course Code:	221284

Treat yourself beforehand to a delicious lunch at Café Classico (11:30 a.m. and 12:30 p.m.) for a minimal fee of $5.

Gerald Mitchell and his assistant Eydie Mitchell teaching how to "practice and improve" your skills at Beginning Bridge classes at the West Senior Center.

> *All I have learned, I learned from books.*
> *— Abraham Lincoln*

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	**Intro to Computers/Laptop Help**	Jan. 6, 13, 20 *(3 sessions)*	*Course Code:* **221286**
9:45 - 10:45 a.m.	**Photo Upload/Picasa**	Jan. 6, 13, 20 *(3 sessions)*	*Course Code:* **221287**
11:00 - 12:00 p.m.	**Social Media/Facebook**	Jan. 6, 13, 20 *(3 sessions)*	*Course Code:* **221288**

Fees	**3 session course**
Encore Members	$35
General Public	$50

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

Intro to Computers/Laptop Help: Bring your own laptop to 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. This class is designed so if you have specific laptop questions they can be answered in a lab environment. 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.

Social Media/Facebook: You will learn about Facebook. Instruction will be given on setting up a free email address as well as your own Facebook account. Discussion will include common safety and privacy practices, plus sending messages and chatting with friends, attaching photos, and sharing information in more detail. Some experience on Facebook is recommended.

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: 221289

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.

> *The more I live, the more I learn. The more I learn, the more I realize, the less I know.*
>
> *— Michel Legrand*

ENCORE ON THE MOVE

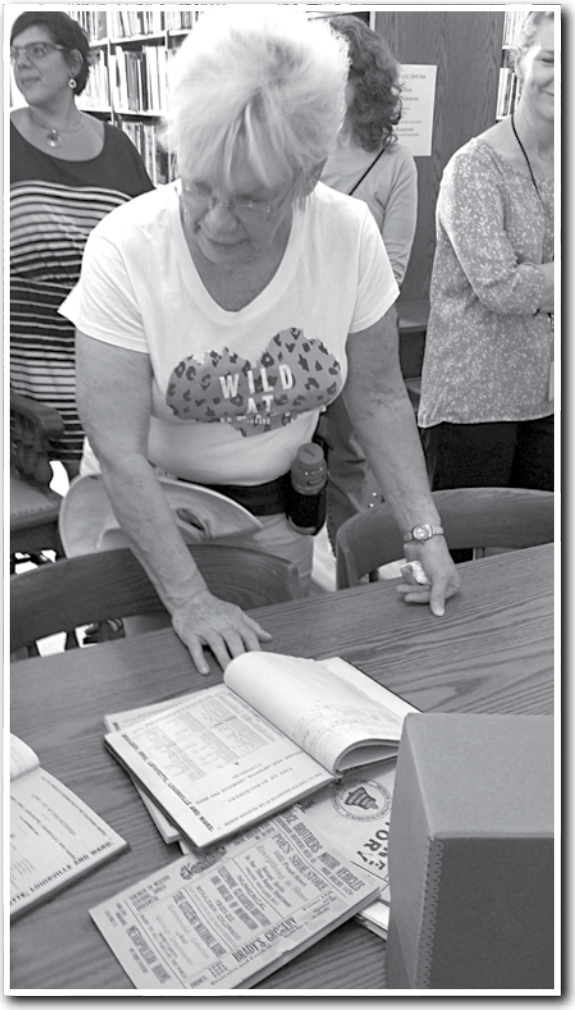
The Christmas Truce of 1914: Myths and Reality

Encore only

The Christmas Truce of 1914 is one of the most famous and admired events of World War I. The very fact that British and German soldiers (and, to a lesser extent, French and Germans) temporarily laid down their weapons, met one another in No Man's Land, and exchanged tokens of friendship has been interpreted as emblematic of the fraternity and good-will of front-line soldiers. But what did the Christmas Truce really signify? Why did it happen? And why has it acquired such a mythic significance in cultural memory of the war? Let's explore these questions with University of Colorado Professor Martha Hanna, a specialist in the history of modern France.

Location:	(Formally Boulder History Museum) Museum of Boulder at the new location, 2205 Broadway
Leader:	Ellen Orleans
Date:	Friday, Dec. 5 Noon to 1:15 p.m.
Fee:	$5
Course Code:	221291

Meet at the West Senior Center at 11:15 a.m. and ride the RTD bus with an escort. Please note: Members must be able to walk 2 blocks after getting off the bus. You may also meet us at the Museum of Boulder, at the new location of 2205 Broadway, Boulder 303-449-3464 at noon. Broadway, Boulder 303-449-3464 at noon.



Encore participant Delores Risberg at Carnegie Library, looking at the Boulder City Directory of 1871 and Street Directory of Boulder Colorado of 1883.

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. Volunteers Katherine Christensen and Debra Agee will alternate as facilitators for each meeting. Come join us.

Location:	West Senior Center
Date:	Thursdays, Dec. 18, Jan. 15, Feb. 19, three meetings 2 to 3:30 p.m.
Fee:	Free to Encore members
Course Code:	221285

Sponsored by the CARILLON AT BOULDER CREEK

Active Minds

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

Malaysia

With one of the strongest economies in Asia over the past 50 years, Malaysia has grown in importance in the region. With roots as a British colonial territory, Malaysia today is home to an ethnically-diverse population of about 30 million people, including a sizable Chinese minority. Join Active Minds as we explore the history of Malaysia, its current role in the region and the world, as well as the recent events involving Malaysia Airlines Flights.

Location: West Senior Center
Date: Monday, Dec. 8
11 a.m. to noon
Fee: Free
Course Code: 221292

The Panama Canal

One hundred years after the opening of the Panama Canal, this major trade route is set for an historic expansion. The original construction of the canal is an incredible engineering triumph, as well as a story of challenge and conflict. Join Active Minds as we discuss the creation of The Panama Canal, the role of the United States in its origins, and its continued importance to global commerce.

Location: West Senior Center
Date: Monday, Jan. 12
11 a.m. to noon
Fee: Free
Course Code: 221293

The Kurds

The Kurds are an ethnic group of approximately 30 million with origins in a part of the Middle East that has been surrounded by the historic powers of the region. Today, the traditional lands of the Kurds are divided into parts of Iran, Iraq, Syria, and Turkey. As a minority in each of these countries, the Kurds have long sought their own sovereign nation or at least more autonomy, with mixed results. As some of these nations have become increasingly unstable, many Kurds see an opportunity for greater control over their own destiny. Join Active Minds as we explore this complicated dynamic and seek to understand the Kurdish people and their struggle.

Location: West Senior Center
Date: Monday, Feb. 9
11 a.m. to noon
Fee: Free
Course Code: 221294

Sponsored by Balfour Senior Living

Active Minds

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

Holiday Traditions Unwrapped

Why do we have Christmas trees? Or for that matter holiday lights, egg nog, holly or mistletoe? Join us as we seek to explain the origins of a wide variety of holiday traditions and examine how they have evolved and changed over time.

Location:	East Senior Center
Date:	Monday, Dec. 22 3 to 4 p.m.
Fee:	Free
Course Code:	221295

William Shakespeare

Born 450 years ago in 1564, William Shakespeare is regarded by many as the greatest writer in the English language. Although he is most famous for his plays, he rose to fame in his life as a poet, writing 154 sonnets and two long narrative poems. Most of his plays were not published until after his death in 1616, leading some to question his authorship. Join Active Minds as we seek to understand Shakespeare's life and connect his story to his plays and poems.

Location:	East Senior Center
Date:	Monday, Jan. 26 3 to 4 p.m.
Fee:	Free
Course Code:	221296

The Great Depression

Join Active Minds for a look back at the Great Depression. We will examine the origins of the Depression and its legacy as well as take a look at it through the lens of our current economic environment.

Location:	East Senior Center
Date:	Monday, Feb. 23 3 to 4 p.m.
Fee:	Free
Course Code:	221297

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 our newest offerings – all for free. Make sure to register to reserve your space!

The Death Café

NEW

Come and join us for a series of Death Cafes at the West Senior Center. A Death Café is a respectful, enlightening and thought provoking space within which to help each other increase awareness of our "finite" lives. Reva Tift, M.A. and Naomi Rusk, Ph.D. of the Boulder Death Café will be our hosts. They have a light touch and will help ensure that everyone has a chance to speak.

Facilitators:	Riva Tift, M.A. and Naomi Rusk, Ph.D.
Location:	West Senior Center
Date:	Mondays, Dec. 1, Jan. 5, Feb. 2 10:30 a.m. to noon
Fee:	Free
Course Code:	221298

Twitter 101

NEW

Are you new to social media? Have you ever heard someone talking about Twitter, tweets, handles, or hashtags and been curious what they mean? Stop by for an introductory course in what Twitter is and why you should be using it to connect with people, express yourself, and discover what's happening in the world. There is no charge but please pre-register to reserve your space.

Instructor:	Matt Bird
Location:	West Senior Center
Date:	Tuesday, Jan. 27 1 to 2 p.m.
Fee:	Free
Course Code:	221299

Get Acquainted!

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

Location:	West Senior Center
Date:	Wednesday, Dec. 3 1 to 2 p.m.
Fee:	Free
Course Code:	221300

Storytelling

Storytelling, one of the oldest folk art forms in the world, has the power to connect one person to another and one generation to the next. There are stories each of us remembers, told by a parent, grandparent, teacher or friend, that are as vivid to us today as when we first heard them. Such is the power of storytelling. All of us have stories to share. Following in the footsteps of the master storytellers of the world, we can access our memories in a manner that enriches the story for ourselves and others. Come and learn how to apply the secrets of the master storytellers to your own tales.

Join us for an introductory presentation from Ann Cress, a storyteller for over 40 years. Ann has shared stories professionally and on a volunteer basis in schools, libraries, museums and senior centers and is currently volunteering with Spellbinders. There is no charge but please pre-register to reserve your space.

Location:	West Senior Center
Date:	Wednesday, Jan. 14 1 to 2 p.m.
Fee:	Free
Course Code:	221486

Six-week series to follow from Jan. 21 to Feb. 25, 1 to 3 p.m., see pg. 35 for more information

HISTORY BEHIND THE HEADLINES

Developed in conjunction with the University of Colorado Boulder, this series focuses on broad topics of current interest including U.S. relations in a global and comparative context, political science, international economics, American history, national security and many more. History Behind the Headlines was a popular lecture series we offered in the past; come hear why popular demand has brought it back.

The Denouncer

Denunciation in the Soviet Union reached heights never dreamed of in Nazi Germany. Stalin justified the practice by arguing that for a country to have transparency, the people must report on the doings of others. A murder and an attempted assassination, buried in the murkiness of betrayal and deceit, are at the heart of Paul Levitt's new novel, The Denouncer. Born in Newark, New Jersey and educated there until his teens, Paul Levitt then moved to California, where he attended high school in North Hollywood. He holds degrees in philosophy, history, and English. His current research interests include 1930s Germany and America, the Soviet Union, and The Great Gatsby.

Instructor:	Professor Paul Michael Levitt
Location:	East Senior Center
Date:	Wednesday, Feb. 4 11 a.m. to 12:15 p.m.
Fee:	$5
Course Code:	221303

> *I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says "Go to sleep, darlings, till the summer comes again."*
>
> *—Lewis Carroll*

Did the Crusades Really Happen?

Brian Catlos earned a Ph.D. in Medieval Studies, and has been a member of the Religious Studies faculty at CU-Boulder since 2010. He will be lecturing on his newest book and publication, Infidel Kings and Unholy Warriors, which was published this August. He previously lectured on Muslim-Christian-Jewish relations and ethno-religious identity in medieval Europe and the Islamic World, and the history of the pre-Modern Mediterranean. He co-directs The Mediterranean Seminar, an international forum for scholarly collaboration for developing research and teaching in the field of Mediterranean Studies.

Instructor:	Professor Brian A. Catlos
Location:	East Senior Center
Date:	Wednesday, Feb. 11 11 a.m. to 12:15 p.m.
Fee:	$5
Course Code:	221301

Sunrise Delayed – A Personal History of Solar Energy

Frank Kreith describes his journey, book and career as Chief of Thermal Research and Senior Research Fellow at the Solar Energy Research Institute (SERI). He became the American Society of Mechanical Engineers (ASME) Legislative Fellow at the National Conference of State Legislators (NCSL) where he provided technical information to the legislators in all 50 state governments on energy and the environment. Additionally, the professional community of engineering recognized his contributions by establishing the ASME Frank Kreith Energy Award. Kreith says, "I want to share my enduring lifelong interest in solar energy and involvement in working to help bring about a shift from a society dependent on fossil fuels to a safe and renewable energy future."

Instructor:	Professor Frank Kreith
Location:	East Senior Center
Date:	Wednesday, Feb. 18 11 a.m. to 12:15 p.m.
Fee:	$5
Course Code:	221302

East and West Senior Centers held the annual Fall Prevention Week last September.

Many joined Boulder Senior Services for seminars, resources, and FallProof demonstrations to learn more about fall prevention methods.

Programs included...

- Fall Prevention and Balance Training Seminar
- FallProof Demonstrations
- Get a Handle on Wrist and Hand Arthritis
- Feet, Feet, Feet: Care and Exercises
- Fall Prevention Resources Fair for Older Adults and Family Caregivers
- Prevention/Treatment Options for Healthy Feet
- Matter of Balance

Mary, PT, and Loraine, PTA, from Boulder Community Health Mapleton Center instructing a FallProof class demo at the West Center

Char Baker—FallProof Instructor demonstrating how to get up safely from a fall and other FallProof classes offered.

"Prevention and Treatment Options for Healthy Feet" with Dr. Robert H. Leland, M.D. Lunch and Learn

LOOK OUT!

FALLS CHANGE LIVES

Boulder County Partners for Fall Prevention

Seminars, Workshops and Classes

Recognize and Prevent – Don't be a Victim of Identity Theft

Identity theft crime is on the rise. Do you know the steps you should take to protect yourself, online and elsewhere? This presentation by Claire Hunter, Consumer Specialist, Community Protection Division Office of the District Attorney will focus on the types of scams happening right now in Boulder County and give advice on how to avoid becoming a victim.

Speaker:	Claire Hunter
Location:	West Senior Center
Date:	Monday, Dec. 1 2 to 3 p.m.
Fee:	Free
Course Code:	221332

Colorado Newspaper Collection – Reading Yesterday's News Online

Join us for a free presentation about the Colorado Historic Newspapers Collection, a service of the Colorado State Library and History Colorado. The Collection contains over 600,000 pages of Colorado newspapers from 1859 on, and over 160 individual newspaper titles. The Collection is still growing, bit-by-bit, and new titles are added every year. We'll look at how to use the website and share some funny articles from Colorado's past. Our presenter, Mary McCarthy, has worked with the Colorado State Library for over a decade. She currently oversees the Colorado Historic Newspapers Collection. Mary grew up in Boulder and worked at the Boulder Public Library for many years.

Presenter:	Mary McCarthy
Location:	West Senior Center
Date:	Thursday, Dec. 11 1 to 2 p.m.
Fee:	Free
Course Code:	221333

Effective Communication Skills

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

Instructor:	Jerry Podgorski
Location:	West Senior Center
Date:	Monday, Jan. 26 10 a.m. to noon
Fee:	City Resident: $10 Non-Resident: $12
Course Code:	221334

Medicare Basics Class

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

Location:	East Senior Center
Date:	Dec. 4, Jan. 8 or Feb. 5 2 to 4 p.m.
Fee:	Free

Free Tax Preparation – AARP Tax-Aide

The AARP Tax-Aide Program will offer free tax preparation and assistance on Tuesday and Thursday beginning Feb. 3 through April 14, 2015, at the West Senior Center, 909 Arapahoe Avenue. This is entirely a volunteer program and it serves seniors aged 60 and older as well as low- and middle-income taxpayers. It is supported through a partnership with the IRS and the AARP Foundation.

The volunteers are certified to prepare many Federal and Colorado tax returns. Returns containing W-2s, 1099's, Capital Gains and Losses, Retirement Income, and that file forms 1040, 1040A, 1040EZ and Colorado Form 104 are all prepared by these volunteers. The volunteers are not certified to prepare returns that contain items requiring more specialized training such as, rental properties, certain businesses, foreign sourced income, foreclosure transactions, multiple states and a few other limitations. Our volunteers will not prepare a return for which they are not certified. The tax returns that they can prepare are completed using a computer program. Returns are reviewed by a second volunteer before being electronically filed. There is no charge to the taxpayers for this volunteer service.

Returns will be prepared by appointment only. To make an appointment, please call 303-441-3148 after January 5. Appointments fill up quickly. If you make an appointment, please make sure that you allow a few hours in your schedule. You will need to remain present for the entire process.

This program has served a large number of seniors every year. The West Senior Center has a limited number of parking spaces. We suggest that you consider carpooling to an appointment with a friend, taking the bus or contacting VIA to arrange a ride.

If you have additional questions and would like to speak with someone about the program, please call Janet Axelrod at 303-818-9012.

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.

Instructor:	Jagdish Nagda
Location:	West Senior Center
Date:	Mondays, Dec. 8, Jan. 12, or Feb. 9 8:30 a.m. to 1 p.m.
Fee:	$15 for AARP Member or $20 for non-members

Ellen Orleans, our Walking Wednesday guide, with a couple of regular participants take a moment to reflect and learn about The Boulder International Peace Garden along the Boulder Creek path. The garden is a joint project of Boulder-Dushanbe Sister Cities and dedicated to The City of Boulder, and was dedicated on October 6, 1990.

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.

Facilitated Group Drumming

Back by Request

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, Jan. 9 to Jan. 30 and Feb. 6, 13, six sessions 1:30 to 2:30 p.m.
Fee:	$25 City Resident $30 Non-Resident
Course code:	221357

Drums will be provided, but if you own one please bring it with you to classes.

> *Self-education is, I firmly believe, the only kind of education there is.*
> *— Isaac Asimov*

Contemplative Living: Thomas Merton and Friends

We will meet the first Thursday of each month (2nd Thursday in January) 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, Dec. 4, Jan. 8 and Feb. 5 (no class Jan. 2) 10 to 11:30 a.m.
Fee:	Free
Course code:	221336

Storytelling Series

Join a group of people who enjoy stories as we look at ways to enhance our memories and shape them into good tales using the techniques of the master storytellers. In a safe, non-judgmental environment, explore ways to bring memories to life using all our senses. Have fun fitting your reminiscences into a story structure that invites listeners to connect and enjoy your memories with you. Playing with the storyteller's tools, words, voices and gestures, watch your stories come alive. Discover how much fun storytelling can be as we shape and tell our own stories within the group.

Presenter:	Ann Cress
Location:	West Senior Center
Date:	Wednesdays, Jan. 21 to Feb. 25, six-week series 1 to 3 p.m.
Fee:	City Resident: $30 Non-Resident: $35
Course code:	221337

Join us on Jan. 14 for a free introduction to this exciting new series. See pg. 30 for more information

Beginning Bridge

Bridge is undoubtedly the greatest and most challenging card game ever. It's also fun! If you'd like to play and don't know how, come join this friendly group. This class will be an introduction to bidding and the play of the hand. You'll learn basic bridge mechanics and vocabulary. Suit and no-trump bids and responses to those bids will be taught as well as scoring and opening leads.

Instructor:	Gerald Mitchell, ACBL certified Teacher
Location:	West Senior Center
Date:	Tuesdays, Dec. 2, 9, 16, Jan. 6 to Feb. 17, 10 classes 10 a.m. to noon
Fee:	City Resident: $50 Non-Resident: $60
Course Code:	221358

Duplicate Bridge — Practice Class

Join us for this opportunity to "practice and improve" your Duplicate Bridge game once a week. Each class in this ten-week series will begin with a brief lecture for the first half-hour, and then players will move into practice games together with coordinated assistance from an American Contract Bridge League (ACBL) certified director. Lunch will also be available on-site during a half-hour lunch break for an additional $5 through Café Classico.

Instructor:	Gerald Mitchell, and his assistant Eydie Mitchell
Location:	West Senior Center
Date:	Fridays, Dec. 5, 12, 19, Jan. 9 to Feb. 20, 10 sessions 10:00 a.m. to 2:30 p.m.
Fee:	City Resident $50 Non-Resident $60
Course Code:	221338

Duplicate Bridge Strategies for Intermediate/Advanced Bridge Players

Beginning with an introduction to match-point scoring, this course emphasizes the basic principles and strategies of tournament bridge. Topics include: competitive bidding, basic card combinations, defensive signals, popular bidding conventions, plus an explanation of common mistakes and misconceptions. Upon conclusion of play, hands will be projected onto a screen for review and discussion. This course is designed for intermediate/advanced-level bridge players.

Instructor:	David Corbin, ACBL-Accredited Instructor, Silver Life-Master
Location:	West Senior Center
Date:	Tuesdays, Jan. 6 to Feb. 24, 8 sessions 12:30 to 4:30 p.m.
Fee:	City Resident: $40 Non-Resident: $50
Course Code:	221359

Play of the Hand Bridge Class

In this 10-week course we focus on declarer's play. You learn methods of developing tricks, eliminating losers, and planning your play. Each lesson has a review of a bidding principle and a guideline for the defense. Some knowledge of basic bridge concepts is needed. After this class you will be more successful as a declarer. An additional $10 materials fee is paid to the instructor the first day.

Instructor:	Sandy Koller
Location:	East Senior Center
Date:	Wednesdays, Jan. 14 to Mar. 18, 10 sessions 10 a.m. to 12:30 p.m.
Fee:	City Resident: $55 Non-Resident: $65
Course Code:	221339

LET'S DANCE!

Ballroom Dancing For Seniors:

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

December - Foxtrot and Waltz:

Come and learn the versatile and fun Foxtrot in weeks one and two, a wonderful dance to know for so many social occasions. The Foxtrot is a natural combination with popular big band hits from the 30's and 40's. In weeks three and four you will learn the Waltz. Combined with lovely music, this dance is another favorite at a variety of social gatherings.

January - Swing:

When the snow is falling it's time for some Swing dance. In these four weeks we will focus on the Single Six Count Swing, sometimes called Jitterbug. We will also learn the East Coast Swing that flows so well with a wide variety of music.

February - Salsa:

Let's warm up with some Salsa dance. Danced to popular Salsa music, this four-week class will prepare you to feel comfortable trying all your Salsa moves at a variety of social events.

Instructor: Judy Kreith, M.A.
Location: East Senior Center

Date: Foxtrot and Waltz: Tuesdays, Dec. 2 to 23, four classes
1 to 2 p.m.
Course Code: 221340

Date: Swing: Tuesdays, Jan. 6 to 27, four classes
1 to 2 p.m.
Course Code: 221341

Date: Salsa: Tuesdays, Feb. 3 to 24, four classes
1 to 2 p.m.
Course Code: 221342

Fees:
Encore Resident: $16
City Resident: $20
Encore Non-Resident: $24
Non-Resident: $28

Putting on the Ritz: Jazz Dance for Seniors

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

Instructor: Judy Kreith, M.A.
Location: East Senior Center
Session One: Tuesdays, Dec. 2 to Jan. 13 (no class Dec. 30), six classes
11:30 a.m. to 12:15 p.m.
Course Code: 221343

Session Two: Tuesdays, Jan. 20 to Feb. 24, six classes
11:30 a.m. to 12:15 p.m.
Course Code: 221344

Fee per session:
Encore Resident: $24
City Resident: $30
Encore Non-Resident: $36
Non-Resident: $42

Health and Wellness

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, Dec. 3, Jan. 7, Feb. 4 2 to 4 p.m. by appointment only (eight appointments per day)
Fee:	Free

Ageless Grace®

Ageless Grace is a fitness and wellness program consisting of 21 Simple Tools for Lifelong Comfort and Ease. It is designed to be practiced in a chair so that almost anyone of any age, ability, body type, size, or with any physical challenge can participate and benefit from these simple exercises. Come enjoy the music, movement, conditioning, and camaraderie while strengthening your body for the activities of daily living.

Location:	West Senior Center
Instructor:	Laura Olinger
Date:	Thursdays, Jan. 8 to Feb. 12, 6 classes 10 to 10:45 a.m.
Fee:	Encore Member Resident: $24 Encore member Non-resident: $30 City Resident $36 Non-resident $42
Course Code:	221360

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 - Ballroom
Date:	Fridays, Dec. 5 to Feb. 27 (no assessments Dec. 26) 12:45 to 1:45 p.m.
Fee:	No charge for registered SilverSneakers members $5 fee for all others

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, Dec. 10 10 to 11:30 a.m.
Fee:	Free
Course Code:	221382

FITNESS CLASSES

T'ai Chi for Seniors

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

Instructor: Steve Arney
Location: East Senior Center
Date: Fridays, Dec. 5 to Feb. 27, 10 classes (no class Dec. 26, Jan. 2, and Feb. 27)

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 Intermediate class only)
Open to continuing Intermediate students only. Select five of the classes in the winter 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: 221345

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 – 221346
Half Session – 221347

Select five of the classes in the winter 2014-2015 session.

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, Dec. 1 to Feb. 23, 11 classes (no class Jan. 19 and Feb. 16) 11a.m. to 11:45 a.m.
Fee:
Encore Resident $44
City Resident $46
Encore Non-Resident $56
Non-Resident $58
Course Code: 221348

OR

Date: Wednesdays, Dec. 3 to Feb. 25, 11 classes (no class Dec. 24 and 31) 11a.m. to 11:45 a.m.
Fee:
Encore Resident $44
City Resident $46
Encore Non-Resident $56
Non-Resident $58
Course Code: 221349

Seated Restorative Yoga

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

Location: West Senior Center
Instructor: Linda Manchester
Date: Fridays, Dec. 5, 12, 19, and Jan. 2, 9, 16, six classes (no class Dec. 26)
11 a.m. to noon
Fee: Encore Resident $24
Encore Non-resident $30
City Resident $36
Non-Resident $42
Course Code: 221350

OR

Date: Fridays, Jan. 23, 30, and Feb. 6 to 27, six classes
11 a.m. to noon
Fee: Encore Resident $24
Encore Non-resident $30
City Resident $36
Non-Resident $42
Course Code: 221351

Seniors (55+) in the Weight Room

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

Instructor: Chris Hedman
Location: East Boulder Community Center Weight Room

1st Session *(morning)*
Dates: Tuesdays and Thursdays,
Dec. 2 to Jan. 15, 10 classes
(no class Dec. 23, 25, 30 and Jan. 1)
11 a.m. to noon
Fee: Current SilverSneakers cardholders $20
City Resident $34
Non-Resident $38
Course Code: 221352

1st Session *(afternoon)*
Dates: Tuesdays and Thursdays,
Dec. 2 to Jan. 15, 10 classes
(no class Dec. 23, 25, 30 and Jan. 1)
2 to 3 p.m.
Fee: Current SilverSneakers cardholders $20
City Resident $34
Non-Resident $38
Course Code: 221353

2nd Session *(morning)*
Dates: Tuesdays and Thursdays, Jan. 20 to Feb. 26, 12 classes
11 a.m. to noon
Fee: Current SilverSneakers cardholders $24
City Resident $40
Non-Resident $44
Course Code: 221354

2nd Session *(afternoon)*
Dates: Tuesdays and Thursdays, Jan. 20 to Feb. 26, 12 classes
2 to 3 p.m.
Fee: Current SilverSneakers cardholders $24
City Resident $40
Non-Resident $44
Course Code: 221355

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.

Silver Seniors Warm Water Fitness

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

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.

Gotta Dance

Dance to big band favorites and modern popular music. Jazz dance is designed to give the students a full body dance workout, while learning patterns of jazz movements and set choreography. We will also travel across the floor with a variety of locomotor movements, designed for fun, and building balancing skills while moving with the music.

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 DECEMBER, JANUARY, FEBRUARY

All classes below are held at the East Senior Center | Warm Water 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
9 – 9:45 a.m. Silver Seniors Warm Water EBCC Pool *Laura*	**7:30 – 8:15 a.m.** Guts and Butts *Dora*	**9 – 9:45 a.m.** Silver Seniors Warm Water EBCC Pool *Laura*	**7:30 – 8:15 a.m.** Guts and Butts *Dora*	**8:30 – 9:30 a.m.** Fit & Strong Intermediate *Dora*
8:30 – 9:30 a.m. Fit & Strong Intermediate *Sally*	**8:30 – 9:15 a.m.** Music & Movement *Julie / Jennifer*	**8:30 – 9:30 a.m.** Fit & Strong Intermediate *Sally*	**8:30 – 9:15 a.m.** Gotta Dance *Judy K.*	**9:45 – 10:40 a.m.** Fit & Strong Beginning *Dora*
9:45 – 10:45 a.m. Fit & Strong Beginning *Jack*	**9:30 – 10:25 a.m.** Strength & Alignment *Linda*	**9:45 – 10:45 a.m.** Fit & Strong Beginning *Terry*	**9:30 – 10:25 a.m.** Strength & Alignment *Linda*	**10:45 – 11:30 a.m.** Silver Seniors Warm Water EBCC Pool *Laura*
11 – 11:45 a.m. SilverSneakers Classic *Jack*	**10:30 – 11:15 a.m.** SilverSneakers Yoga *Linda*	**11 – 11:45 a.m.** SilverSneakers Classic *Terry*	**10:30 – 11:15 a.m.** SilverSneakers Yoga *Linda*	**11:45 – 12:30 p.m.** SilverSneakers Classic *Chris*
	1 – 1:45 p.m. Silver Seniors Warm Water EBCC Pool *Chris*		**1 – 1:45 p.m.** Silver Seniors Warm Water EBCC Pool *Chris*	
			1 – 2:30 p.m. Line Dancing *Judy*	

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

Tea Dance participants.

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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.

Location:	East Senior Center
Date:	Monday to Friday
Fee:	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. Schedule a session by calling 303-441-4150 to make an appointment. Todd Schwartz, is a licensed massage therapist, psychotherapist and Rosen Method Bodywork provider. A free demonstration will be given on Dec. 10–see page 38 for information.

Location:	East Senior Center
Date:	First and third Mondays
Appointment Times:	7:45 to10:45 a.m.
Fee:	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.

Location:	East Senior Center
Date:	Second and fourth Mondays
Appointment Times:	7:45 to 10:45 a.m.
Fee:	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.

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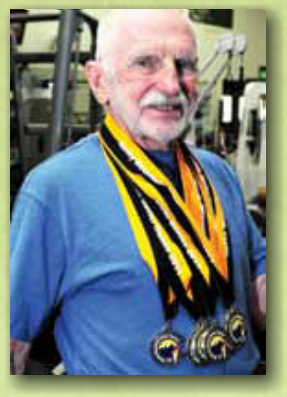

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