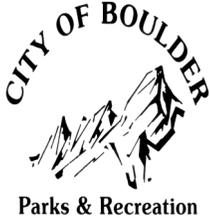


Journeys through EXPAND

Providing Affordable Fitness, Leisure and Cultural Arts Programs for
Adults with Mild Traumatic Brain Injury and other similar Neurological Conditions.

2015 Fall Programs—Register Today!



How to Register for classes.

1. Phone in at 303-413-7270 (credit card & course code required) or
2. Walk in at any one of our three recreation centers or
3. Call Cory at 303-413-7269 if you have any problems with registering.

*Please note. If you cannot pay the full price for class, we do have a sliding fee scale.
Please call Cory at 303-413-7269 to inquire.*

Watercolor—Monday

The beauty of working with watercolors lies in its spontaneous process and its transparent quality. Students will learn color in progression from light to dark and color blending, allowing the colors to spread, mix or blend. Instructions will focus on individual expressions and ability. Instructor: Barbara Cox-Bixby.

August 31—Oct 12 (7 classes)

Course Code: 230982

Oct 26—Dec 7 (7 classes)

Course Code: 230983

Fee: \$55 for each 7 wk session

Time: 1:30-3:30 pm

Location: North Boulder Recreation Center—Bison Room.

Tai Chi—New—Tues

Tai Chi has been called a meditation in motion, and develops the internal strength of the body while stretching muscles and relaxing the mind. Instructor: Galen Pereira.

Sept 8—Nov 3 (9 classes)

Course Code: 230994

Fee: \$55

Time: 1:15-2:15 pm

Location: North Boulder Recreation Center—Bison Room

Therapeutic Yoga—Weds

This class will focus on gentle, safe yoga postures to balance the mind, muscles and physiology. It will be taught by a licensed physical therapist and Kripalu Yoga Instructor, Lori Batcheller.

Sept 2—Oct 14 (7 classes)

Course Code: 230988

Oct 21—Dec 2 (7 classes)

Course Code: 230989

Fee: \$55 each 7 wk session

Time: 1:30-3 pm

Location: North Boulder Rec Center—Yoga Room

Stained Glass—Thursday

This class is held in a small studio in Jamestown. In order to complete a project, all classes must be attended. Transportation in a city vehicle is provided. Glass for an 18x18 project is included in price. Therefore, additional costs may occur. Instructor: Alex Meeker.

Please note that your piece must be completed because Stained Glass will not be offered each season.

Sept 10—Nov 5 (9 classes)

Course Code: 230987

Fee: \$100

Time: 9-12:30 pm

Location: Iris Center Parking

Ageless Grace—Thursday

Ageless Grace is a exercise program consisting of 21 simple tools for the body and brain that is done seated in a chair to our music of choice. Anyone of any age, ability, body type, size or with any physical challenge can participate and benefit from these simple exercises. Instructor: Laura Olinger.

Sept 3—Oct 22 (8 classes)

Course Code: 230990

Fee: \$50

Time: 2-3 pm

Location: North Boulder Recreation Center.

Pottery—Friday

Students will learn basic glazing and be introduced to the firing process. Hand building techniques will also be taught. Instructor: Nancy Utterback.

Sept 11—Nov 6 (9 classes)

Course Code: 230984

Fee: \$100

Time: 1:30-4 pm

Location: 1010 Aurora, Boulder



Journeys through EXPAND

2015 Fall Programs — Register Today!

Molly Brown House Museum

This 45 minute tour is the home of titanic heroine, the unsinkable Margret “Molly” Brown, a woman of extraordinary courage. Please note the museum is not wheelchair accessible and has some stairs.

Date: Tuesday, Sept 29

Time: 2-4:30 pm

Fee: \$10

Course Code: 232085

Location: Meet at East Boulder Community Center.

Stanley Hotel Tour—Estes Park

This 90 minute tour brings to life the hotel’s history and architecture as well as some of its most notable spirits. We will experience the beautiful state rooms, the hallways of the haunted fourth floor and the tunnel which allowed servants to enter and exit the building unseen. We will also learn about how the Stanley inspired Stephen King’s fictional Overlook Hotel in his bestselling novel The Shining.” Please bring a snack or eat prior to outing.

Date: Monday, October 19

Time: 12:45-4:30 pm

Fee: \$20

Course Code: 230986

Location: Meet at East Boulder Community Center.

Golf Play Day

This class is only for those who have taken the Golf 4 Fun program in the past or know how to play golf. Bring a water bottle and your clubs if you have some. If you don’t, please let Cory know at 303-413-7269.

Date: Thursday, Aug 27

Time: 10-12 pm

Fee: \$15

Course Code: 230992

Date: Thursday, Sept 3

Time: 10-12 pm

Fee: \$15

Course Code: 230993

Location: Flatirons Golf Course

Did you know EXPAND (EXciting Programs Adventures and New Dimensions) program offers individuals with disabilities scholarships for any program offered through the Boulder Parks and Recreation Brochure. Also, this money can be applied toward a punch pass to access the recreation centers.

Individuals with disabilities may also qualify for the City’s Reduced Rate Program. To inquire call Cory Lasher at 303-413-7269.

Please Note! All classes are on a first come, first serve basis and have size limits. Therefore, it is important to register early. If we do not get enough individuals to register for a class we will cancel the class and provide you a full refund. *We understand that not everyone can pay the full amount of a class. If this is your case, please call Cory at 303-413-7269 and ask how you can get an additional reduced rate. The most important thing to us is your participation. We will make sure it is affordable for you!*



The staff will call you prior to each class you register for to remind you of what to bring and what to expect.

It is highly recommended to attend all classes in order to either complete a project or to get the maximum benefit from the class. We hope to see you soon!