

Index Summer 2019 Program Guide

Page	Code	Activity Name	Date	Time	Day	ActivityLocation
12	16567	COURSE: The Death Café	6/3/2019	10:30 AM	M	West Senior Center
25	16580	FITNESS: Better Bal/Str/Flex - Mondays	6/3/2019	10:45 AM	M	West Senior Center
12	16425	COURSE: Circle Talk	6/4/2019	3:00 PM	Tu	West Senior Center
26	16577	DANCE: Ballroom-Ctry Two Step, Waltz & Line Dance	6/4/2019	1:15 PM	Tu	East Senior Center
25	16591	FITNESS: Weight Room Training Session 1-afternoon	6/4/2019	2:00 PM	Tu Th	Weight Room at EBCC
25	16592	FITNESS: Weight Room Training Session 1-morning	6/4/2019	11:00 AM	Tu Th	Weight Room at EBCC
25	16581	FITNESS: Better Bal/Str/Flex-Wednesdays	6/5/2019	10:45 AM	W	West Senior Center
14	16553	COURSE: Medicare Basics	6/6/2019	2:00 PM	Th	East Senior Center
13	16612	GROUP: Sharing With A Purpose (SWAP)	6/6/2019	1:00 PM	Th	West Senior Center
12	16538	COURSE: Cultivating Well-Being	6/6/2019	10:00 AM	Th	West Senior Center
12	17087	COURSE: LGBT Coffee Klatch	6/6/2019	10:00 AM	Th	West Senior Center
25	16584	FITNESS: Seated Restorative Yoga	6/7/2019	11:00 AM	F	West Senior Center
24	16587	FITNESS: T'ai Chi Level I - Beginning	6/7/2019	9:45 AM	F	East Senior Center
24	16588	FITNESS: T'ai Chi Level II - Intermediate	6/7/2019	12:00 PM	F	East Senior Center
24	16589	FITNESS: T'ai Chi Level III - Advanced	6/7/2019	10:45 AM	F	East Senior Center
24	16590	FITNESS: T'ai Chi Level III - Half Session	6/7/2019	10:45 PM	F	East Senior Center
20	17688	TECH: Cloud Storage	6/10/2019	10:00 AM	M	West Senior Center
14	16520	COURSE: AARP Driver Safety Course	6/10/2019	8:00 AM	M	East Senior Center
18	16526	COURSE: Active Minds - Winston Churchill	6/12/2019	1:00 PM	W	West Senior Center
21	17638	TRIP: Tour - Bldr County Recycling Ctr Meet-up	6/12/2019	9:30 AM	W	1901 63rd Street Boulder, CO 80301
26	16585	FITNESS: SPARK Warm Water Class	6/12/2019	10:15 AM	W	East Senior Center
20	17649	TECH: Ready Set Bank	6/13/2019	1:00 PM	Th	West Senior Center
17	16541	COURSE: Diabetes Prevention Program - Sep 2018	6/13/2019	12:00 PM	Th	East Senior Center
14	17627	CRAFTS: Knit/Crochet/Quilt/Hand Crafters SAMPLER	6/14/2019	9:30 AM	F	West Senior Center
15	17628	CRAFTS: Round Robin Art Journal Class SAMPLER	6/14/2019	12:30 PM	F	West Senior Center
21	17639	TRIP: Tour - Brewmented Longmont	6/14/2019	1:30 PM	F	East Senior Center
20	17689	TECH: Navigating Travel Websites	6/17/2019	10:00 AM	M	West Senior Center
15	17604	COURSE: A Matter of Balance	6/18/2019	1:30 PM	Tu	West Senior Center
16	17634	COURSE: Handmade Notecards Workshop	6/19/2019	1:00 PM	W	West Senior Center
21	17687	TRIP:Museum-Light Show at the Denver Art Museum	6/20/2019	8:15 AM	Th	East Senior Center
19	16527	COURSE: Active Minds - Cowboys	6/24/2019	3:00 PM	M	East Senior Center
21	17645	TRIP:Tour-Distortions Unlimited in Greeley	6/25/2019	9:45 AM	Tu	East Senior Center
17	17635	COURSE: Healthy Cooking with Herbs and Spices	6/26/2019	1:30 PM	W	West Senior Center
26	17577	FITNESS: SPARK Ageless Grace	6/26/2019	10:15 AM	W	East Senior Center
21	17644	TRIP: Museum -Museum of Art Fort Collins	6/27/2019	9:00 AM	Th	East Senior Center
31	17624	SPECIAL EVENT: Ice Cream Social	7/2/2019	2:00 PM	Tu	East Senior Center
14	16521	COURSE: AARP Driver Safety Course	7/8/2019	8:00 AM	M	East Senior Center
14	16478	CARDS: Duplicate Bridge Strategies: Defense	7/9/2019	12:30 PM	Tu	East Senior Center
18	16525	COURSE: Active Minds - Brexit	7/10/2019	1:00 PM	W	West Senior Center
22	17685	TRIPS:Tour Collective Community Arts Center and STAM Tour	7/10/2019	11:00 AM	W	201 N Public Rd, Lafayette, CO 80026
14	16554	COURSE: Medicare Basics	7/11/2019	2:00 PM	Th	East Senior Center
22	17643	TRIP:Tour - Boulder OSMP to Flagstaff Mountain	7/16/2019	9:00 AM	Tu	East Senior Center
25	16593	FITNESS: Weight Room Training Session 2-afternoon	7/16/2019	2:00 PM	Tu Th	Weight Room at EBCC
25	16594	FITNESS: Weight Room Training Session 2-morning	7/16/2019	11:00 AM	Tu Th	Weight Room at EBCC
22	17646	TRIP:Tour-Allen True Murals with DHT	7/17/2019	11:30 AM	W	East Senior Center
15	17652	COURSE: Prevent and Treat Osteoporosis Naturally	7/18/2019	1:30 PM	Th	West Senior Center

19	16524	COURSE: Active Minds - Climate Change	7/22/2019	3:00 PM	M	East Senior Center
17	17641	COURSE: Chautauquan Series - Mary Shelley	7/24/2019	1:00 PM	W	West Senior Center
22	17647	TRIP:Tour-Westminster History with DHT	7/26/2019	11:30 AM	F	East Senior Center
16	17637	COURSE: Emergency Preparation	7/31/2019	1:00 PM	W	West Senior Center
14	16555	COURSE: Medicare Basics	8/1/2019	2:00 PM	Th	East Senior Center
13	16614	GROUP: Sharing With A Purpose (SWAP)	8/1/2019	1:00 PM	Th	West Senior Center
13	17691	COURSE: Get Acquainted! West	8/2/2019	10:00 AM	F	West Senior Center
23	17654	TRIP:Theater-Into the Woods, UNC	8/4/2019	10:45 AM	Su	East Community Center Recreation lobby next to the pool
16	17651	COURSE: Bone Health and Supplements	8/5/2019	1:30 PM	M	West Senior Center
16	17693	GROUP: Multicultural Potluck	8/6/2019	12:30 PM	Tu	West Senior Center
23	17648	TRIP:Tour-Longmont History with DHT	8/8/2019	11:30 AM	Th	East Senior Center
23	17653	TRIP: Theater - Opera at Bandshell Boulder Meet-up	8/10/2019	7:00 PM	Sa	Glen Huntington Bandshell at Central Park
14	16522	COURSE: AARP Driver Safety Course	8/12/2019	8:00 AM	M	East Senior Center
23	17686	TRIP:Tour- MacGregor Ranch Tour at Estes Park	8/13/2019	9:00 AM	Tu	East Senior Center
18	16531	COURSE: Active Minds - New Orleans	8/14/2019	1:00 PM	W	West Senior Center
19	16528	COURSE: Active Minds-Chicago:Biography of a City	8/19/2019	3:00 PM	M	East Senior Center
17	17636	COURSE: Healthy Cooking With More Seasonings	8/28/2019	1:30 PM	W	West Senior Center