

Boulder Senior

BoulderSeniorServices.com

Services



FOREVER FIT

Encore
Member
registration
begins
November
10

WINTER 2015-2016

DECEMBER-FEBRUARY

location, location, location.

lly owned.

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



theacademyboulder.com
303.938.1920

THE LAW OFFICE OF BRANDON FIELDS

Protect Your Family's Assets
& Plan for the Future



SPECIALIZING IN:

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

303-449-5602

brandon@elderlawboulder.com

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

www.elderlawboulder.com

"I'M FIT AS A FIDDLE."

And this fiddle has some nice biceps, too.

Live • Learn • Laugh



Take advantage of our PrimeFitSM fitness program brought to you by Leisure Care. Your own fiddle will thank you. Contact our PrimeFit staff to learn more.

 **the
CARILLON**
AT BOULDER CREEK

2525 Taft Drive, Boulder, CO 80302 • 720.565.6844



www.TheCarillonAtBoulderCreek.com

TABLE OF CONTENTS

SENIOR SERVICES INFORMATION 1
 COMMUNITY SERVICES AND RESOURCES 7
 IMPORTANT TELEPHONE NUMBERS 11
 ONGOING ACTIVITIES 12
 Special Interest Groups 12
 Community Support Groups 13
 MEALS ON WHEELS 14
 SENIOR RESOURCE SEMINARS 15
 HEALTH AND WELLNESS 18
 Fitness Drop-In 25
 Wellness Clinics and Seminars 28
 Senior Dance and Fitness Classes 27
 Massage, Rosen Method and Reflexology 30
 PROGRAM REGISTRATION AND FORM 21
 ENCORE PROGRAM 31
 SENIOR ENRICHMENT 31
 Special Events 31
 Enrichment Seminars 32
 Active Minds for Life 35
 Computer Classes 36
 SENIOR TRIPS 37
 Day Trips 38
 Overnight 43

Cover photos:

Ballroom Dancing class learns the Foxtrot and waltz in the Social Ease Dance Sampler. See page 27 and 28 for the latest Ballroom Dance classes.

**Volume 17, No. 4
 Boulder Senior Services**

Published by: City of Boulder Human Services

Advertising Sales:

Stephen Larghi, 1630A 30th St., Ste. 391



Boulder, CO 80301
 Ph: 303.323.8782 Fx: 303.957.2267
 www.agboulder.com

SENIOR RESOURCE SPECIALISTS AND PROGRAMS



City of Boulder Senior Resources offers support, information and community programs to help you age well in Boulder, or as a local or long-distance caregiver. Picture shows Jacki Myers, Senior Resource Specialist, Karla Garcia-Velez, Senior Resource Specialist (Bilingual), and Maureen Dobson, Senior Programs Manager.

SENIOR SERVICES STAFF

- Acting Manager
 Betty Kilsdonk 303-441-4365
- Facilities and Operations Manager
 Renee Foote 303-441-4438
- Senior Programs Manager
 Maureen Dobson 303-413-7489
- Senior Resource Specialists
 Jacki Myers 303-441-4388
 Karla Garcia-Velez - Bilingual
 Line 303-413-7494
- Finance
 Monica Richtsmeier 303-441-4389
- Facility Booking Administration and Magazine
 Beth Bovard 303-413-7487
- Day Trips, Overnight Travel and Classes
 Tracy Prioste 303-441-3915
- Reception and Registration
 Jay Allen, Nancy Cooper, DeLana Gorski,
 Pete Lundskow
 West Senior Center 303-441-3148
 East Senior Center 303-441-4150

City of Boulder Department of Human Services



Human Services

The City of Boulder 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 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.

HUMAN SERVICES

OUR MISSION:
TO CREATE A HEALTHY,
SOCIALLY THRIVING, INCLUSIVE COMMUNITY
BY PROVIDING AND SUPPORTING
HUMAN SERVICES
TO BOULDER RESIDENTS IN NEED

CITY OF BOULDER
Service excellence for an inspired future

CUSTOMER SERVICE • RESPECT • INTEGRITY
COLLABORATION • INNOVATION

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.

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

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.

Community Relations Mission: To protect civil rights, facilitate positive community relations and promote social equity policy.

Family Services Mission: To support children, youth and families through regional collaborative planning, community funding and quality programs.

Beautiful. Made Affordable.



Beautiful. Made Affordable.™



You Can Have It All. No Compromises.

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

**Over
100 Million
New Floors
SOLD**

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

**#1
Buyer In
The World**

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

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

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

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

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

**100%
Satisfaction
Guaranteed**

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

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

EXPERIENCE AND EXPERTISE JUST FOR YOU

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

the
Beautiful
GUARANTEE

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

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

Follow us:  

McDonald  **CARPET ONE** FLOOR & HOME

6367 Arapahoe Ave. ♦ Boulder ♦ 303-449-0011 ♦ www.carpetone.com

Monday-Friday 9:30am-6pm; Saturday 9:30am-5pm ♦ Sunday 11am-4pm

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



WEST SENIOR CENTER

8 a.m. to 5 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 Ave.
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@bouldercolorado.gov.

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

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.

SENIOR CENTER CLOSURES

Christmas Eve:
(half-day, closing at noon)
Thursday, Dec. 24

Christmas Day: Friday, Dec. 25

New Year's Eve:
(half-day, closing at noon)
Thursday, Dec. 31

New Year's Day: Friday, Jan. 1

MLK Day: Monday, Jan. 18

Presidents Day: Monday, Feb. 15



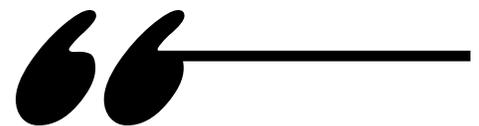
Assistive Listening Devices

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



Wheelchair Accessible

There are a limited number of spaces available to wheelchair users.



*It does not matter
how slowly you go
as long as you do
not stop.*

~Confucius





Human Services Aging in Boulder: Feedback + Engagement Opportunities

The City is currently updating the Human Services Master Plan that will provide the blueprint for the City's investments over the next 5 years.

You are the fastest growing population in our community

Input from you about what is most important is critical to the update of the Plan.

We would like to hear from you. Your voice matters!

For more information or to sign up to receive emails on upcoming feedback opportunities, please visit:

www.bouldercolorado.gov/Aging

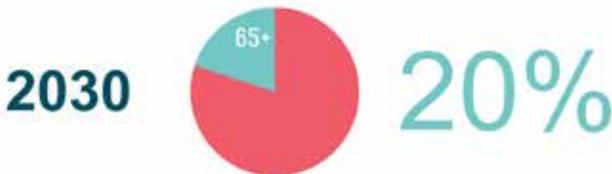
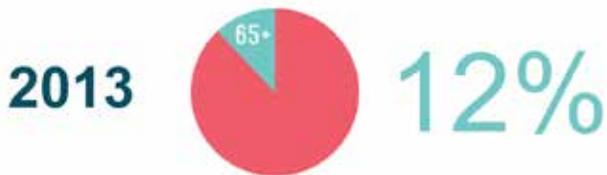
or call:

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

INCREASING 65+ POPULATION IN BOULDER

Are we ready?

www.bouldercolorado.gov/Aging



Human Services

MEET TRACY PRIOSTE



Tracy Prioste grew up in Denver, Colorado. She earned a B.A. in Speech and Communication Disorders at CU-Boulder. She moved to Las Vegas, Nevada to complete a Gerontology Certificate and worked for two years at the City of Henderson Senior Center. Tracy spent over 11 years at the Concord Senior Center in Concord, California, where she managed the planning and implementation of senior services, trips, classes, events, and activities for adults with special needs. She has two sons ages four and nine. She is delighted to return to stunning Colorado, where her family calls home. Tracy's new position as Program Coordinator for City of Boulder Senior Services includes researching and evaluating program offerings for best practices, innovations and to meet community needs, coordinating, promoting and supporting trips and enrichment programs, and overseeing volunteers.

Helping Boulder's Seniors



Al Zach, Doris Hass and Gene Andersen are active users of our senior centers and proud to be the longest-serving members of the Boulder Seniors Foundation.

Board members manage the Foundation's funds, approve grants for senior activities and assist individual seniors who cannot pay for needed services, such as one-time emergency home repairs, eye exams, dental work or moving expenses. The Foundation is governed by a board of volunteers who interact with Boulder Senior Services in providing funds for individuals who remain anonymous to the board. The support the Foundation can offer to Boulder's seniors is limited by the funds we receive in donations and the return on our investments. We ask for your support by making a

donation or by including us in your will. This is a great way to honor a senior you know or say "thanks" for the programs and activities you yourself enjoy at Boulder's senior centers. For more information on the Foundation and how you can help, please visit our website, www.sites.google.com/site/boulderseniorsfoundation/.



Boulder Seniors Foundation Senior Wisdom

"Aging is not "lost youth" but a new stage of opportunity and strength."

--Betty Friedan

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



Loving Family Home Care

DignityCare LLC

Licensed Medical Private Pay Agency
Nursing · CNA · Companion Care

303.444.4040
www.dignitycare.com

Senior living in Boulder at its best!

FLATIRONS TERRACE AT GOLDEN WEST -
A VIBRANT COMMUNITY OF PEOPLE ENJOYING LIFE
AND ALL THAT BOULDER HAS TO OFFER!



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

Flatirons Terrace 930 28th Street Boulder, CO 80303

For more information visit: www.flatironsterrace.org

All the amenities at competitive prices with NO buy in!

Flatirons Terrace
AT GOLDEN WEST
Senior Living in Boulder

REAL PEOPLE.
REAL COMMUNITY.
REAL BOULDER.

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

Senior Resources provides access to support services to help you cope in your daily life and cultivate your inner resources. While your inner strengths are what get you through life, there are many community services and programs to support you. Our Resource Specialists have offered individualized consultation and resource referrals since 1982. Call us to learn about and differentiate between the plentiful resources available to City of Boulder residents age 60 and older and their families. We will help you to clarify needs, understand what your options are, learn how to maneuver the application processes, balance care giving with your personal needs, and develop a plan of action. We offer emotional support and information to help you age well in Boulder, or as a local or long-distance caregiver.

Esta revista de Servicios para Adultos Mayores está enfocado en ayudar en la vida diaria para que usted se informe acerca de los programas disponibles en la Ciudad de Boulder. Estos programas le ayudaran a darle apoyo y ayuda para que tenga una vejez más cómoda. Los especialistas en recursos para la comunidad han dado consultas individuales desde el año 1982. Nosotros te ayudaremos en tus necesidades, y a entender cuáles son tus opciones. Llámanos para que te informes acerca de todos los servicios que hay para los residentes de la Ciudad de Boulder de 60 años de edad o más, y sus familias.

Reduced Rate Program



The reduced rate program is for residents of Boulder over age 60 who meet income and asset guidelines. Most Senior Services special events and classes are available at a reduced rate, and a select few trips, plus membership in the Encore Program. 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, and/or to register for reduced rate programs stop by the front desk at either senior center or call 303-441-3148 or 303-441-4150.

Audio Information Network of Colorado 303-786-7777

The Audio Information Network of Colorado provides free audio services that help blind, visually impaired and print disabled individuals maintain independence and stay connected to their community. Listeners have access to nearly 100 Colorado newspapers, grocery/discount ads, magazines, and other local publications in English and Spanish. Listening options include pre-tuned digital receivers, telephone, or internet. Call 303-786-7777 or go to www.aincolorado.org for more information.

Boulder County Circles Campaign 303-441-1503



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.bouldercountycircles.org or - contact Jessica Austin 303-441-1503 or jaustin@bouldercounty.org.



Jane White and Ruth Seagull are long-time allies of Circles.

Jane has been given the nickname "Global Grandma", as she is adored by the children of Circles.



Ruth has shared the skills she earned from twenty years as a clinical/school psychologist with the Circles community.

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 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.

Senior Volunteer Opportunity 303-441-4345

Interested in teaching and giving back to the community through education?

Do you want to give children the opportunity to practice and build on what they learn in school?

The Family Resource Schools program is looking for Boulder seniors who would like to volunteer as homework tutors, academic mentors for the Academic Club or lead an after-school class like knitting, music, chess, art, or foreign language at one of four elementary schools in Boulder (Creekside, Crest View, Uni Hill and Whittier).

Classes meet Monday to Thursday from 2:50 to 4 p.m.

Fall Session: Early Sept. to mid-Nov.

Winter Session: Late Jan. to mid-March

Spring Session: Early April to mid-May

If you are interested, please contact Jan Wharton, Administrative Specialist for City of Boulder School Based Services, at 303-441-4345

Peer Counseling Services



Senior Peer Counseling is a program sponsored by Boulder County Mental Health Partners.

Senior volunteers are trained to support those over age 60 through challenging life transitions or losses. On the 2nd Tuesday of each month a Senior Peer Counselor will be available at the West Senior Center from 3 to 5 p.m. to talk with individuals wanting support and understanding. Anyone dealing with a stressful situation, recent loss or change or just needing support is welcome to drop in.

Women's Support Group 303-413-6377

A new women's support group facilitated by

Senior Peer Counselors will be begin in January 2016. The group will focus on dealing with the transitions of aging and making meaningful

connections with ourselves and others. The group will explore the importance of maintaining our physical, emotional, mental and spiritual health as we continue to learn and grow in our later years. Anyone interested please call 303-413-6377 to schedule an interview.



Mental Health Partners - Senior Reach Program 866-217-5808

Senior Reach therapists will be available on the 4th Tuesday of every month at the West Senior Center from 3-5 p.m. to answer all of your

questions and discuss if this program is right for you. We will also be doing presentations relating to depression, stress, loss, and useful coping strategies. See page 17 for Senior Reach Education Series.



Senior Reach is a short term counseling program for adults in Boulder County aged 60 and older. A therapist will come to your home for up to 10 sessions of supportive counseling. It is confidential and free. If you, or someone you know, might be interested in this program, please call our Senior Reach Call Center at 866-217-5808, or drop in at the West Senior Center on a 4th Tuesday between 3 and 5 p.m. to discuss your questions with a therapist.

Colorado Talking Books Library 303-727-9277



The Colorado Talking Books Library provides free library service to Colorado residents who can't read standard print. Audio, Braille, and large print books are available and go through the mail postage paid. Books are sent automatically based on reading interests.

An iOS app is also available for downloading books to a personal device. For more information, call the library at 303-727-9277 or go to www.mycytl.org.

Boulder County Legal Services 303-449-7575

Boulder County Legal Services (BCLS) provides civil legal assistance to low-income and elderly residents of Boulder County with matters including family law, protection orders, housing rights, public benefits, consumer issues, elder law, health issues, and more. A short interview will determine if you qualify for an appointment. Financial eligibility for applicants is determined by federal poverty guidelines. Seniors (age 60 and older) with certain legal issues can be served regardless of income. BCLS cannot provide services for criminal cases, fee-generating cases (such as personal injury), or with traffic disputes. BCLS is available by appointment the first and third Tuesday of each month from 1 to 3 p.m. at the West Senior Center. Contact 303-449-7575 for more information or to schedule an appointment.

Rainbow Elders of Boulder County 303-441-3583

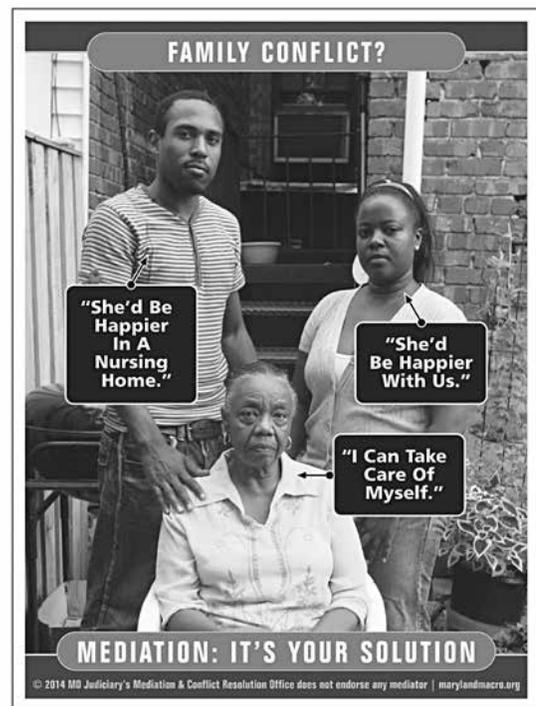


Social and aging resources for age 55+ lesbian, gay, bisexual and transgender adults, including a

monthly newsletter and annual holiday event. Call Nancy Grimes at Boulder County Area Agency on Aging, 303-441-3583, or infoLGBTelders@bouldercounty.org. Confidentiality maintained.

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 send email to mediation@bouldercolorado.gov.



Community Protection Services 303-441-3700

Community Protection Services are available through the Boulder County District Attorney's office. They provide advice and information on a wide range of consumer protection issues: identity theft, car repairs, contractor issues, elder financial exploitation, landlord/tenant problems, charitable fraud, credit, collection agencies, internet fraud, door-to-door solicitations and telemarketing, to name but a few. Staff members and volunteers are available Monday through Friday from 8 a.m. to 5 p.m. to answer questions, provide assistance, and investigate consumer complaints. Call 303-441-3700 for further assistance, or visit our web page at: www.bouldercounty.org/safety/victim/pages/dacpd.aspx.

Boulder County CareConnect
303-443-1933



Boulder County CareConnect (BCCC) provides five volunteer-powered safety net programs that help seniors in need: Carry-Out Car-

avan – grocery shopping and delivery; Fix-It – minor home repairs and grab installation; IceBusters – snow shoveling in Boulder and Longmont; Medical Mobility – escorted transportation to and from medical appointments (in partnership with Via); YardBusters – Basic yard maintenance in the summer. They also operate the RSVP program that matches 55+ adults with volunteer opportunities throughout Boulder County. To sign up for services or to volunteer call 303-443-1933 or visit www.careconnectbc.org.

Flood and Fire Safety
303-651-8550



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.

“
Failure will never overtake me if my determination to succeed is strong enough.
~Og Mandino
”

Nutritional Counseling
303-678-6115

Free, but donations are welcome! Eating well contributes to better health and in preventing and managing chronic conditions. To give you the support you need, up to two free nutrition counseling sessions are available to you if you are an older adult (60+years) or are a family caregiver for an older adult. Please call the Boulder County Older Adult Nutrition Line at 303-678-6115 and leave your name and phone number. You will soon be contacted by a Registered Dietitian to schedule an appointment. Nutrition Counseling is brought to you by the Boulder County Area Agency on Aging and Boulder Nutrition and Exercise.

Need Glasses?



The Boulder Seniors Foundation and the Hynd Trust for the Blind Fund assist with providing basic glasses for low-income seniors age 60 and over. Call Senior Resources staff at 303-441-4388 for more information.

Via Mobility Services
www.viacolorado.org 303-447-2848



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 non-profit organization. Enjoy the journey.

Senior Community Advisory Committee

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

IMPORTANT TELEPHONE NUMBERS

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 and 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
Colorado Health Information	1-877-462-2911
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
Foot Care.....	303-651-5224
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
Snow Shoveling	303-443-1933
Street Maintenance.....	303-413-7162
Veterans Services	303-441-3890
Via Mobility Services	303-447-2848
Workforce Boulder County.....	303-301-2900

T H A N K Y O U !

Boulder Senior Services would like to thank the following for their generous help and support:

- A heartfelt thank you for the Special Interest Groups and Community Support Group volunteers for providing many ongoing programs and services for seniors in our community.
- Host Reva Tift, M.A. for offering the series on “The Death Café”
- Special thanks to Art Ray, Adele Shrout, Tom Yook, Joyce Bowlin, and Ron Brown for their help with the Tea Dance
- Boulder Senior Foundation for underwriting volunteer gift bags, Channel 8 Human Services “Insight” series, holiday baskets for isolated seniors and the “Life Reimagined” program and support for seniors in need.



Care Link INC.
SPECIALIZED
ADULT DAY PROGRAM

*Help for those
caring for loved ones*

Free Assessment
& Trial Visit
Meals & Snacks
Fun Structured Activities
Medication Assistance
Transportation Available
Daily Exercise

3434 47th Street Suite 100
Boulder, CO 80301
303-532-2477

BOULDER SENIOR SERVICES - SPECIAL INTEREST GROUPS

Location: West Senior Center
909 Arapahoe Avenue, Boulder, CO 80302 – 303-441-3148

Partner Duplicate Bridge Club *Mondays, 12:45-4 p.m.*
 Contact: Don, 720-565-6817

Storytelling Circle *1st and 3rd Wednesdays, 1-2:30 p.m.*
 Open to individuals who have taken the Storytelling Series.
 Contact Ann, 303-810-2094

World Affairs and Lunch West *Thursdays, 9:30-11:30 a.m.*
 Contact: George, 303-442-3979

Table Tennis West *Tuesdays and Thursdays, 9:45-11:45 a.m.*
 Contact: Anna, 303-402-1620

Creativity Circle *2nd and 4th Thursday monthly, 10 a.m. – noon*
 Open to individuals interested in cultivating a creative life.
 Contact Elsie 303-545-0007

Community Book Club *3rd Thursday monthly, 2-3:30 p.m.*
 Previously known as Encore Book Club. Open to anyone, membership not a requirement.
 Contact: Debra, 303-440-4148

Boulder National Active and Retired Federal Employees Association (NARFE) *1st Friday of month, 11:30 a.m. to 1:30 p.m.*
 (No meeting January, June, July, August, or December)
 Contact: Zdenka, 303-444-8547

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.*
 Contact: Ray, 303-545-0273

Location: East Senior Center
5660 Sioux Drive, Boulder, CO 80303 – 303-441-4150

Newcomers Bridge *Mondays, 12:30 to 4 p.m.*
 Contact: Alice, 303-494-8050

Table Tennis Club *Mondays, 1-3 p.m., Wednesdays, 12-2p.m., and Fridays, 1-3 p.m.*
 Contact: Richard, 303-652-6524

American Mah Jongg *Mondays, 1-4 p.m.*
 Contact: Beth, 303-503-7565; Jean, 303-494-2307

Mah Jongg *Tuesday 9 a.m.-12:30 p.m.*
 Contact: Donnie, 303-494-8644

Hand and Foot Canasta *Tuesdays, 12:30-3:30 p.m.*
 Contact: Jean, 303-494-2307

World Affairs East (currently full) Contact: Jim for availability: 720-562-8178	4th Thursday, 9:30 a.m. - noon
Scrabble Club East Contact: Dobbie, 720-583-1744	Wednesdays, 10 a.m. - noon
Chinese Mah Jongg Contact: Bonnie, 303-499-6192	Wednesdays, 1-3 p.m.
Practice Bridge Contact: Ann, 303-506-4437	Thursdays, 12:45-4 p.m.
Write On! Writers Group Contact: Jacqui, 303-447-2931	2nd and 4th Thursdays, 1:30-3 p.m.
Texas Hold'em Contact: Brenda, 303-499-3763	Fridays, 1:30-3:30 p.m.

BOULDER SENIOR SERVICES - COMMUNITY SUPPORT GROUPS

Location: West Senior Center
909 Arapahoe Avenue, Boulder, CO 80302 – 303-441-3148

Peer Counseling: Women's Support Group Sponsored by Mental Health Partners; call for availability; 303-413-6377	Thursdays, 1:30 – 3 p.m.
Peer Counseling: Men's Support Group Sponsored by Mental Health Partners; call for availability; 303-413-6377	1st and 3rd Wednesdays monthly, 10:30 a.m. – noon
Beyond Vision (Low Vision Support Group) Sponsored by The Center for People with Disabilities (CPWD); 303-442-8662	4th Monday monthly, 1 – 2 p.m.

Location: East Senior Center:
5660 Sioux Drive, Boulder, CO 80303 – 303-441-4150

Boulder Parkinson's Support Group Sponsored by Parkinson Association of the Rockies; www.parkinsonrockies.org Local group leader: Bob, 303-494-9229	3rd Tuesday monthly, 10 – 11:30 a.m.
Widowed Persons Support Group Sponsored by TRU Community Care; facilitator: Suzanne, 303-530-4542	4th Wednesday monthly, 10 a.m. – noon
Monthly Alzheimer's/Dementia Support Groups Sponsored by the Alzheimer's Association; 800-272-3900; www.alz.org	1st Thursday monthly, noon – 1:30 p.m. 2nd Tuesday monthly, from 11 a.m. - 12:30 p.m.
Caring for Your Aging Parent – A Support Group For adult children who are concerned about their aging parents. Sponsored by Boulder County Area Agency on Aging and Jewish Family Services. Facilitators: Andrew Bunin, LPC and Jodi Ansell, MSW. Contact: Jodi, 303-415-1025.	2nd Thursday monthly, 5:30-7 p.m.

Café Classico – Open to the Public

(West Senior Center)

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.

Meals on Wheels of Boulder

Volunteer drivers deliver meals to residents of Boulder, of any age or income level who aren't able to provide at least one hot nutritious meal a day. Meals can be prepared to meet any dietary restrictions. The fee is based on a sliding scale.



Did you know?

- Meals on Wheels of Boulder receives no federal or State funding. The City of Boulder subsidizes the program.
- The majority of our support comes from generous donations from our Boulder neighbors.
- We prepared over 84,000 meals in 2014 - an increase of 9 percent over 2013. More than 72,000 meals were delivered fresh each weekday to our home delivery clients by caring volunteers. More than 26,000 meals were delivered to clients who can pay only \$1 or less – an increase of 36 percent over 2013.
- Last year, 67 percent of meals delivered were “specials” – addressing the needs of those on specified diets.

Holiday Festival of Trees raffle benefits Meals on Wheels of Boulder

You can turn your Christmas shopping into an even greater gifting opportunity by participating in the tenth annual Festival of Trees, benefiting Meals on Wheels of Boulder. While you're finishing your holiday shopping, you can visit the trees donated by local merchants and, if you like, purchase raffle tickets for a chance to win one ... or more!

The annual Festival of Trees will feature beautiful holiday trees donated, decorated and displayed by Boulder merchants in their stores. Merchants adorn their trees with their products, gift cards and the like. All raffle proceeds will benefit Meals on Wheels of Boulder. It's a safe bet that many of your favorite shops and restaurants are participating. Likely candidates are the Pedestrian Shops, Walters & Hogsett Jewelers, Clutter, Savory Spice, Oliverde and more. Last year's total count was nearly 30 trees!

You'll want to visit the stores to see the trees in person, or you can view them virtually on the Meals on Wheels of Boulder website. Purchase \$5 raffle tickets online for one – or all – of the trees until the raffle closes. Tree winners will be drawn and announced at a holiday party at Meals on Wheels of Boulder. Details: www.mowboulder.org or on Facebook.

The event launches around Thanksgiving and closes the week before Christmas. Exact dates will be announced on our website and on Facebook. Proceeds from sale of raffle tickets will stay right here in Boulder and help support the work of Meals on Wheels by providing meals to our elderly and disabled neighbors who cannot provide at least one nutritious meal daily for themselves. Remember, Meals on Wheels of Boulder receives no federal or state funding, which makes your support even more important to us.

VOLUNTEER OPPORTUNITY

You can help us keep the wheels turning and do a good deed for your neighbors.

Meals on Wheels of Boulder is looking for a few good men (and women) to help deliver meals. Our volunteers tell us, “If I'm having a stressful day at work, driving for Meals on Wheels is just the break I need,” and “We are often the only contact some recipients have with the outside world.”

We need drivers, substitute drivers, and kitchen help. So, whether it's a friend, neighbor, family member or co-worker, do them a favor and ask them to call us at 303-441-3908 and volunteer. They'll thank you for it.

AARP Driver Safety Course



Cars have changed. So have traffic rules, driving conditions and the roads you travel every day. Some

drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills. By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. Space is limited, so register now by calling 303-441-4150. You will pay the required fee directly to the instructor the day of the class.

East Senior Center | Mondays, Dec. 14, Jan. 11, and Feb. 8 | 8:30 a.m. to 12:30 | Fee: \$15 for AARP Members or \$20 for non-members

AARP Tax-Aide: Tax Preparation

The AARP Foundation Tax-Aide Program will offer free tax preparation and assistance on Tuesdays and Thursdays beginning February 2 through April 12, 2016, at the West Senior Center, 909 Arapahoe Avenue. The program serves low- and middle-income taxpayers with an emphasis on seniors, and is supported through a partnership with the IRS and the AARP Foundation. Returns will be prepared by appointment only. To make an appointment, call 720-475-6639 after January 4, 2016. Appointments fill up quickly. Please make sure that you allow a few hours in your schedule, as you will need to remain present for the entire process. If you have additional questions please call Judith at 303-440-8104.

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.

233283 - East Senior Center | Tuesday, Dec. 1, 3 to 4 p.m. | Free

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.

East Senior Center | Thursday, Dec. 3, Jan. 7, Feb. 4 | 2 to 4 p.m. | Free

Medicare Part D Clinic



Could you save money by changing your Medicare drug plan? Many Part D plans change premiums and co-pays every year. Schedule your individual

appointment with an impartial Boulder County Medicare Counselor to compare your Medicare Part D or C plan to the others and find out if there's a less expensive option for you next year! Sponsored by Boulder County Area Agency on Aging. By appointment only.

East Senior Center | Thursday, Dec. 3 | 9 a.m. to noon | Free | By appointment only. Call 303-441-4150

Easing the Stress of Paying for Long Term Care

Find out how to plan so you do not outlive your money, and how to make sure you have the resources to pay for care as long as you need it. Learn how to protect your retirement and savings for you and your family. Meanwhile, explore the ways to keep yourself from being a financial burden on your family, and even leave something for your children.

Presenter: Michael Homier is an attorney and owner of ViCare Solutions. ViCare Solutions was founded to provide assistance to individuals and their families who are facing long-term care costs and have questions about how to pay for those costs, and how to protect their savings and retirement.

233684 - West Senior Center | Thursday, Dec. 10 | 1 to 2 p.m. | Free | Please register to reserve your space

The Death Café

Come and join us for a series of Death Cafes at the West Senior Center, held the first Monday of each month. A Death Café is a respectful, enlightening and thought provoking space within which to help each other increase awareness of our “finite” lives. Presenter: Reva Tift, M.A.

233282 - West Senior Center | Mondays, Dec. 7, Jan. 4, Feb. 1 | 10:30 a.m. to noon | Free | Please register to reserve your space

Advance Directives Part 1: Let's talk about what we haven't wanted to talk about...

In this one-hour class we will talk about Advance Directives - what they are, why you should do them, and what are some of the obstacles to completing them. Learn more about protecting yourself and your loved ones when health emergencies arise, including choosing an advocate who will speak for us when we are unable to speak for ourselves. Presenter: Reva Tift

233382 - West Senior Center | Monday, Jan. 25, 10 to 11 a.m. | Free | Registration required

Advance Directives Part 2: Let's talk more about what we haven't wanted to talk about...

In this one-hour class we will talk about Advance Directives. We will inquire within ourselves what is deeply important to communicate to those who are caring for us in a health emergency or at our life's ending. Presenter: Reva Tift who founded Advance Health Care Directives Guidance to provide a comprehensive process for identifying our wishes in case of medical emergencies and for end of life care. She has been working with individuals, couples and groups for more than thirty years, identifying, clarifying, and documenting personal wishes.

233383 - West Senior Center | Monday, Feb. 22, 10 to 11 a.m. | Free | Registration required

Fall Prevention Week was a grand success!



ALZHEIMER'S ASSOC. EDUCATION**Alzheimer's Research Update**

Karen Moravek, M.S.W., from the Alzheimer's Association and Helen Gray, research assistant in the Memory Disorders Unit at the University of Colorado School of Medicine, who works for Dr. Huntington Potter, will be presenting on current research around Alzheimer's disease and medication research.

233384 - West Senior Center | Wednesday, Jan. 20, 3:30 to 4:30 p.m. | Free | Please register to reserve your space

Healthy Habits for a Healthier You

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

233385 - West Senior Center | Thursday, Jan. 14, 9:30 to 11:30 a.m. | Free | Please register to reserve your space

Understanding and Responding to Dementia- Related Behaviors

Behavior is one of the most powerful and primary ways for people with dementia to communicate their needs and feelings as language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

233386 - West Senior Center | Wednesday, Feb. 3, 1-3 p.m. | Free | Please register to reserve your space

SENIOR REACH EDUCATION

Sponsored by Mental Health Partners

Holiday Stress

How to cope with holiday stress and keep yourself emotionally and physically healthy so you are able to enjoy the season.

233633 - West Senior Center | Tuesday, Dec. 22, 3-4 p.m. | Free | Registration required

Coping with Loss and Change

So many losses and changes occur as we get older. How to adapt, cope, and thrive when faced with these life changes.

233634 - West Senior Center | Tuesday, Jan. 26, 3-4 p.m. | Free | Registration required

Downsizing Your Life

Feel the need to downsize an area of your life? Whether it's a move to a smaller place or a need to simplify things, learn some strategies on how to live an easier life.

233635 - West Senior Center | Tuesday, Feb. 23, 3-4 p.m. | Free | Registration required

“
*If I'd known how old
 I was going to be I'd
 have taken better care of
 myself.*
 ~Adolph Zukor
 ”

HEALTHWAYS


SilverSneakers®
FITNESS

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.

Level 1 55+ 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.

Level 2 55+ Warm Water Fitness

This warm water class will address movement in every joint and activating muscles that often diminish due to lack of use, while focusing on brain-body connections. Using the science of Neuroplasticity, exercises will build neural pathways to underutilized muscles, and increasing cardio conditioning gradually. At least one new exercise is introduced in every class, requiring you to think. This class is designed for older adults, ages 55+.


NEW

Level 3 55+ Warm Water Fitness

This warm water class will provide a full hour to work every joint, explore new movements, and build cardio conditioning. The class will be similar to Level 2, with brain-body connection exercises and combinations of movements that are more complex than Level 2, and more cardio conditioning. We will support each other in working toward participant's goals that require increased fitness to accomplish, and will identify exercises to do daily (out of the pool) that will help you achieve your goals more quickly. Designed for older adults, ages 55+.


NEW

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.

Let's Dance!

Dance and move to a variety of music from pop classics to world rhythms. We will mix it up, shake it up, and work on balance and rhythms all in the name of fun and graceful movement. An added plus, you will learn some dance terms in Spanish. This dance class is designed for physical strength, mental agility and for fun. Vamos a bailar. Let's dance!

HEALTHWAYS


SilverSneakers®
FITNESS

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.

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. Instructor Judy Kreith, M.A. 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.

“

Those who think they have no time for bodily exercise will sooner or later have to find time for illness.

~Edward Stanley”



Morning fitness class participants using resistance bands to increase bone density.

Forever Fit is a series of exercise videos designed especially for older adults. Instructors from City of Boulder Senior Services host a variety of cardio, strength, stretching, yoga and tai chi classes for a complete exercise program that can be accomplished in your own living room.



Videos include:

- Range of Motion
- Tai Chi
- Strength, Stretch and Balance
- Guts and Butts
- Floor Strength and Stretch
- Chair Yoga
- Chair Strength
- Cardio Workout
- Chair Cardio



Forever Fit episodes air every day on Comcast channel 8 from 10 to 11 a.m.

<https://bouldercolorado.gov/channel8/forever-fit>

REGISTRATION FORM

Special Needs: We will do our best to accommodate your special needs. If you require any sort of special accommodation to attend trips or classes, please note below:

Name: _____	Subtotal	
Phone Number: _____	Credit	
Address: _____	Total	

City: _____
 Email: _____

Receipt emailed to you instead of by traditional mail? YES or NO
 City of Boulder Resident? YES or NO

Payment: Check or Money Order Payable to: City of Boulder

Encore Membership? YES or NO Expiration _____

Visa MasterCard AmEx Discover

Please let us know your Emergency Contact:

Card Number: _____

Name: _____

Expiration Date: _____ CCV Number _____

Phone: _____

Signature: _____

Page	Activity	Begin Date	Sessions	Location	Time	Fee SS	Resident Encore	Non-Res.	Resident City	Non-Res.	General Public	Course Code
SENIOR RESOURCES												
Seminars												
15	Get Acquainted!	Tue, 12/01	1	EBSC	3:00 PM						Free	233283
15	Easing the Stress of Paying for Long Term Care	Thu, 12/10	1	WSC	1:00 PM						Free	233684
16	The Death Café	Mon, 12/07	3	WSC	10:30 AM						Free	233282
16	Advance Directives - Part 1 of 2	Mon, 1/25	1	WSC	10:00 AM						Free	233382
16	Advance Directives - Part 2 of 2	Mon, 2/22	1	WSC	10:00 AM						Free	233383
17	Alzheimer's Research Update	Wed, 1/20	1	WSC	3:30 PM						Free	233384
17	Healthy Habits for a Healthier You	Thu, 1/14	1	WSC	9:30 AM						Free	233385
17	Understanding and Responding to Dementia Related Behaviors	Wed, 2/03	1	WSC	1:00 PM						Free	233386
Senior Reach Education Classes												
17	Holiday Stress	Tue, 12/22	1	WSC	3:00 PM						Free	233633
17	Coping with Loss and Change	Tue, 1/26	1	WSC	3:00 PM						Free	233634
17	Downsizing Your Life	Tue, 2/23	1	WSC	3:00 PM						Free	233635
HEALTH & WELLNESS												
Wellness Clinics & Seminars												
26	Medications: Friends or Foes	Wed, 1/20	1	WSC	10:00 AM						Free	233389
26	Finding Health Information Online	Thu, 1/21	1	WSC	9:00 AM						Free	233390
26	Common Misconceptions in Dentistry	Mon, 12/07	1	WSC	3:00 PM						Free	233391
26	The Alexander Technique & Gyrokinesis Sampler	Wed, 2/17	1	WSC	9:00 AM						Free	233392
Senior Dance												
27	Baila - Let's Dance!	Thu, 1/14	6	WSC	1:15 PM		18	27	23	32		232663
27	Ballroom Dancing for Seniors - First Session (Winter Waltz Two)	Tue, 12/01	4	EBSC	1:00 PM		16	24	20	28		232659
28	Ballroom Dancing for Seniors - Second Session (Samba!)	Tue, 1/05	4	EBSC	1:00 PM		16	24	20	28		232660
28	Ballroom Dancing for Seniors - Third Session (Cha Cha Cha Cuban Style)	Tue, 2/02	4	EBSC	1:00 PM		16	24	20	28		232661
28	Putting on the Ritz! Jazz Dance for Seniors (First Session)	Tue, 12/01	6	EBSC	11:30 AM		24	36	30	42		232662
28	Putting on the Ritz! Jazz Dance for Seniors (Second Session)	Tue, 1/19	6	EBSC	11:30 AM		24	36	30	42		233393

Page	Activity	Begin Date	Sessions	Location	Time	Fee SS	Resident Encore	Non-Res.	Resident City	Non-Res.	General Public	Course Code
	Fitness Classes											
28	T'ai Chi for Seniors, Level I - Beg./Adv. Beg.	Fri, 12/04	10	EBSC	9:45 AM		66	76	68	78		232664
28	T'ai Chi for Seniors, Level II - Intermediate	Fri, 12/04	10	EBSC	Noon		66	76	68	78		232665
28	T'ai Chi for Seniors, Level III - Full Session	Fri, 12/04	10	EBSC	10:45 AM		66	76	68	78		232666
28	T'ai Chi for Seniors, Level III - Half Session	Fri, 12/04	5	EBSC	10:45 AM		33	38	34	39		232667
29	Chair Assisted Tai Chi for Health and Wellness	Tue, 1/12	6	WSC	1:15 PM		18	27	23	32		232668
29	Seated Restorative Yoga	Fri, 12/04	11	WSC	11:00 AM		33	49	41	58		232669
29	BB for Better Balance, Strength & Flexibility - Mon.	Mon, 12/07	11	WSC	11:00 AM		33	49	41	58		232670
29	BB for Better Balance, Strength and Flexibility - Wed.	Wed, 12/02	13	WSC	11:00 AM		39	58	49	68		232671
29	Seniors (55+) in the Weight Room - 1st Session - Tue & Thu AM	Tue, 12/01	12	EBCC	11:00 AM	24			42	46		232672
29	Seniors (55+) in the Weight Room - 1st Session - Tue & Thu PM	Tue, 12/01	12	EBCC	2:00 PM	24			42	46		232673
29	Seniors (55+) in the Weight Room - 2nd Session - Tue & Thu AM	Tue, 1/26	10	EBCC	11:00 AM	20			34	38		232674
29	Seniors (55+) in the Weight Room - 2nd Session - Tue & Thu PM	Tue, 1/26	10	EBCC	2:00 PM	20			34	38		232675
	SENIOR ENRICHMENT											
	Special Events											
31	Encore/SilverSneakers® Membership Appreciation	Wed, 01/27	1	WSC	3:00 PM	0	0	0	5	5		233686
	Enrichment Seminars											
32	Contemplative Living: Thomas Merton and Friends	Thu, 12/03	3	WSC	10:00 AM						Free	233402
33	Thomas Merton and Friends: Video Series	Tue, 12/01	3	WSC	10:00 AM						Free	233403
33	Beginning Bridge I	Tue, 1/05	8	EBSC	1:30 PM				40	50		233404
33	Duplicate Bridge —Practice Class	Fri, 12/04	10	WSC	12:30 AM				50	60		233405
33	Popular Bridge Conventions Class	Wed, 1/13	10	EBSC	10:00 AM				55	65		233406
33	Duplicate Bridge Strategies for Int./Adv. Bridge Players	Tue, 1/05	8	EBSC	12:30 AM				40	50		233407
33	Angels Everywhere	Wed, 12/16	1	WSC	10:00 AM						Free	233408
34	Storytelling Series	Mon, 1/04	6	WSC	1:00 PM				30	35		233409
34	Cultivating Creativity Series	Wed, 12/09	6	WSC	10:00 AM				30	35		233410
32	Tales Of Love & Romance: Share Your Memories and Mementos	Mon, 2/08	1	WSC	10:00 AM						Free	233685
32	"What Can I Do?" Spaceship Earth	Wed, 2/10	1	WSC	1:00 PM						Free	233395
32	Building Community, One Voice at a Time	Thu, 1/28	1	WSC	10:00 AM						Free	233688
32	Art Parts Creative Reuse Center	Wed, 1/13	1	WSC	1:00 PM						Free	233687
34	Sacred Healing Sounds Concert	Wed, 12/09	1	WSC	6:30 PM				15	20		234417
	Active Minds for Life											
35	Venice: Biography of a City	Mon, 12/14	1	WBSC	11:00 AM						Free	233396
35	Nigeria	Mon, 1/11	1	WBSC	11:00 AM						Free	233397
35	O Canada!	Mon, 2/08	1	WBSC	11:00 AM						Free	233398
35	ISIS	Mon, 12/28	1	EBSC	3:00 PM						Free	233399

Page	Activity	Begin Date	Sessions	Location	Time	Fee SS	Resident Encore	Non-Res.	Resident City	Non-Res.	General Public	Course Code
35	Renewable Energy	Mon, 1/25	1	EBSC	3:00 PM						Free	233400
35	Yemen	Mon, 2/22	1	EBSC	3:00 PM						Free	233401
	Computer Classes											
36	How to Edit Your Digital Photos	Tue, 1/12	3	WSC	8:30 AM		35	35	50	50		233411
36	Introduction to Common Computer Software Programs	Tue, 1/12	3	WSC	9:45 AM		35	35	50	50		233412
36	Organizing and Managing Your Home Computer	Tue, 01/12	3	WSC	11:00 AM		35	35	50	50		233413
36	Computers One-on-One						32	37	42	47		233414
	SENIOR TRIPS											
38	Denver Museum of Nature and Science: The International Exhibition of Sherlock Holmes	Tue, 12/01	1	EBSC	9:45 AM				38	43		233418
38	Gold Hill Inn, Gold Hill	Sun, 12/06	1	EBSC	4:00 PM				65	70		233419
39	DHT - Holiday Lights Tour and White Fence Farms, Lakewood	Tue, 12/08	1	EBSC	2:30 PM				57	62		233420
39	Wild Zoo Lights, Denver	Sat, 12/12	1	EBSC	5:00 PM				35	40		233421
397	FACE; A cappella at the Boulder Dinner Theatre	Tue, 12/15	1		5:30 PM				40	45		233415
39	Concert Series: Holiday Concert	Tue, 12/15	1		Noon				7	8		234386
37	Bells of the Rockies, Loveland	Fri, 12/18	1	EBSC	6:00 PM				35	40		233417
37	CJRO: Big Band Christmas at the Rialto Theater, Loveland	Sun, 12/20	1	EBSC	1:00 PM				43	48		233416
39	Concert Series: CU Jazz All-stars	Tue, 1/19	1		Noon				7	8		234387
40	Thompson House Inn: 1802 Traditional Tea, Longmont	Thu, 1/21	1	EBSC	11:00 AM				43	48		233422
40	National Western Stock Show, Denver	Sat, 1/23	1	EBSC	8:00 AM				47	52		233423
37	Live Music at Nissis, Louisville	Wed, 1/27	1	EBSC	6:00 PM				30	35		233689
40	Boulder County Sheriff's Department, Boulder	Thu, 2/04	1	EBSC	8:30 AM				20	22		233683
40	DHT - Let It Snow, Breckenridge	Fri, 2/05	1	EBSC	9:00 AM				55	60		233424
40	DHT - Valentine Tour, Loveland	Tue, 2/09	1	EBSC	9:00 AM				40	45		233425
39	Concert Series: Guitarist Nicolo Spera	Tue, 2/16	1		Noon				7	8		234388
40	Sunday Brunch at the Greenbriar Inn, Boulder	Sun, 2/21	1	EBSC	10:30 AM				55	60		233426
	ENCORE MEMBERSHIPS											
	Encore Member for City of Boulder resident					20						
	Encore Member for non-resident					25						
	Encore additional household member for City of Boulder resident					10						
	Encore membership reduced rate for City of Boulder resident					10						
	Encore additional household member reduced rate for City of Boulder resident					5						

REGISTRATION FOR WINTER 2015-16

- Encore member registration begins Tuesday, Nov. 10 by fax, on-line or in person.
- Non-Encore member registration begins Thursday, Nov. 12 by fax, on-line or in person.

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

- Phone-in registration begins Friday, Nov. 13. Register online at www.boulderseniorservices.com.

Refund & Cancellation Policies

Classes and Activities: If you cancel an activity or class three or more business days prior to the event, full credit will be placed on the household account or a full refund given according to the initial method of payment. If a refund check is requested instead of 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 30 for policy.

Encore Membership Policy-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 2015-16 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: 8 a.m. to 5 p.m.	5660 Sioux Drive Boulder, CO 80303 303-441-4150 Fax: 303-413-7495 Hours: 7:30 a.m. to 4:30 p.m.	www.boulderseniorservices.com , click on "online registration." Encore memberships cannot be bought or renewed online.

SILVERSNEAKERS AND FITNESS SCHEDULE

DROP-IN CLASSES FOR DECEMBER, JANUARY, FEBRUARY

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

FEES: There is no cost for SilverSneakers® passholders for ANY class listed below.
 Members must be registered with Boulder Senior Services and swipe their SilverSneakers® pass each daily visit.
 All other participants may purchase a Senior Services punch pass or make a drop-in payment.

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

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 9:45 a.m. 55+ Warm Water Fitness (Level 2) EBCC Pool <i>Laura</i>	7:30 – 8:15 a.m. Guts and Butts <i>Dora</i>	9 – 9:45 a.m. 55+ Warm Water Fitness (level 2) EBCC Pool <i>Laura</i>	7:30 – 8:15 a.m. Guts and Butts <i>Dora</i>	8:30 – 9:30 a.m. Fit & Strong Intermediate <i>Dora</i>
8:30 – 9:30 a.m. Fit & Strong Intermediate <i>Sally</i>	8:30 – 9:15 a.m. Music & Movement <i>Julie / Jennifer</i>	8:30 – 9:30 a.m. Fit & Strong Intermediate <i>Sally</i>	8:30 – 9:15 a.m. Let’s Dance! <i>Salli G.</i>	9:45 – 10:40 a.m. Fit & Strong Beginning <i>Dora</i>
9:45 – 10:45 a.m. Fit & Strong Beginning <i>Jack</i>	9:30 – 10:25 a.m. Strength & Alignment <i>Linda</i>	9:45 – 10:45 a.m. Fit & Strong Beginning <i>Terry</i>	9 – 10 a.m. 55+ Warm Water Fitness (level 2) EBCC Pool <i>Laura/Maryann</i>	
11 – 11:45 a.m. SilverSneakers Classic <i>Jack</i>	10:30 – 11:15 a.m. SilverSneakers Yoga <i>Linda</i>	11 – 11:45 a.m. SilverSneakers Classic <i>Terry</i>	9:30 – 10:25 a.m. Strength & Alignment <i>Linda</i>	
			10:30 – 11:15 a.m. SilverSneakers Yoga <i>Linda</i>	11:45 – 12:30 p.m. SilverSneakers Classic <i>Chris</i>
1 – 2 p.m. 55+ Warm Water Fitness (Level 3) EBCC Pool <i>Laura</i>	1 – 1:45 p.m. 55+ Warm Water Fitness (Level 1) EBCC Pool <i>Chris</i>	1 – 2 p.m. 55+ Warm Water Fitness (Level 3) EBCC Pool <i>Laura</i>	1 – 1:45 p.m. 55+ Warm Water Fitness (Level 1) EBCC Pool <i>Chris</i>	
			1 – 2:30 p.m. Line Dancing <i>Judy Y.</i>	

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

Monthly Hearing Clinic

The staff of Family Hearing holds a monthly hearing clinic to provide free audiology services such as hearing screening, ears checked and cleaned, and hearing aids inspected and cleaned. If you would like to have a full hearing test and/or hearing aid adjustment, they can do that as well and bill Medicare or your health insurance. Call 303-441-4150 to schedule an appointment.

East Senior Center | Wednesdays, Dec 2, Jan. 6, and Feb. 3 | 2 to 4 p.m. by appointment only (eight appointments per day) | Free

Skin Cancer Screenings for Seniors

There are many ways to maintain good health, but what about the health of our skin? Skin cancer is the most common form of cancer in the U.S. Over 3.5 million skin cancers in over 2 million people are diagnosed annually. Azeal Dermatology Institute in Boulder is offering free skin cancer screenings for seniors at the East and West Senior Centers. Space is limited, so please pre-register to reserve your space.

East Senior Center | Monday, Dec. 7 | 9:30 to 11:30 a.m. | Free | Pre-registration required – call 303-441-4150

West Senior Center | Wednesday, Dec. 9 | 12:30 to 2:30 p.m. | Free | Pre-registration required – call 303-441-3148

Common Misconceptions in Dentistry

Dr. Gadget is back! This informative and amusing discussion includes misconceptions associated with taking x-rays and that your oral health is not related to your overall health. Dr. Higgins has enjoyed practicing dentistry in Boulder since 1996 and uses the latest in dental technology, especially dental lasers and surgical microscopes.

233391 - West Senior Center | Monday, Dec. 7 | 3 to 4 p.m. | Free | Pre-registration recommended

Medications: Friends or Foes

It is said, “Medicine sometimes snatches away health, sometimes gives it.” Join this interactive talk empowering you to decide for yourself if your medications are helping you or causing you harm. We will discuss when medication-related problems are most likely to occur. We will cover the top 10 medication interactions in older adults, and common food-medication interactions. You’ll learn what to look for when suspecting a side effect related to medication use. We will talk about some common herbal and over-the-counter medications too. Presenter: Neda Leonard, M.S., Pharm.D., B.C.P.S., C.G.P. Dr. Leonard is a certified geriatric consultant pharmacist specializing in senior care.

233389 - West Senior Center | Wednesday, Jan. 20 | 10 – 11 a.m. | Free | Pre-registration recommended

Finding Health Information Online

Instructor will cover the use of an internet browser for exploring senior health websites. The National Institute of Health and MedlinePlus websites will be featured with a focus on search strategies. The American Medical Association’s Doctor Finder will also be reviewed, plus strategies for evaluating sources for credibility and currency. Instructor: Nicole Ball

233390 - West Senior Center | Thursday, Jan. 21 | 9 to 10:30 a.m. | Free | Pre-registration required

The Alexander Technique and Gyrokinesis Sampler

Try it and be astonished by the results! The spine is the highway of the body with everything from the endocrine to the central nervous system running along its pathway from head to tail. This makes spinal motions essential to the health and well-being of the entire human organism. Come and experience the immediate benefits of arch and curl, spinal twist, side-bend and waving in the body with the Gyrokinesis exercise method and the simplicity and intelligence of the Alexander Technique in any kind of daily movement/activity. Instructor: Stephanie Sohns from Gyrotonic® of Boulder.

233392 - West Senior Center | Wednesday, Feb. 17 | 9-10:30 a.m. | Fee: \$5.00 | Pre-registration required

National Diabetes Prevention Program

One of three Coloradans is at risk for diabetes or has been diagnosed with pre-diabetes. Within six years, more than 65 percent of these adults will have full blown diabetes. The Live Well 4 Life Diabetes Prevention program, hosted by City of Boulder, is a community delivered, evidence based, lifestyle change program with a proven success record. The program focuses on topics such as healthy eating tips, physical activity, modest weight loss, managing stress and more.

The program and materials are free of charge to those who pre-qualify for the program. To find out if you qualify and for dates and times please contact Voradel Carey at 303-355-3423 ext. 113. Classes begin in January at the East Boulder Community Center.

SENIOR DANCE

Baila - Let's Dance!

Come and enjoy a bilingual dance class offered in both Spanish and English. This class is open to everyone.

The music will include lively selections from around the world with an emphasis on Caribbean and Latin American styles. Instructor: Judy Kreith, M.A.

232663 - West Senior Center | six-week series on Thursdays, Jan. 14 to Feb. 18, 1:15 to 2 p.m. | Encore Resident: \$18 | City Resident: \$23 | Encore Non-Resident: \$27 | Non-Resident: \$32 | Pre-registration required for series

Baila - Vamos a bailar! - Introducción gratis seguida por una serie de clases por seis semanas

Venga y disfrute de una clase de baile bilingüe que se ofrece en español e inglés. ¡La clase es para todos! La música incluye selecciones de todo el mundo con un énfasis en estilos del Caribe y Latinoamérica. Instructora: Judy Kreith

232663 - El Centro Oeste Para Personas de la Tercera Edad/ jueves, 14 de enero a 18 de febrero | de 1:15-2 p.m. | residente de la ciudad de Boulder y parte del programa Encore: \$18 | residente de la ciudad de Boulder: \$23 | parte del programa Encore sin ser residente de Boulder: \$27 | personas que no son residentes de Boulder: \$32 | registraci3n anterior es obligatorio.

Tea Dance



Dance in a spacious ballroom with a fine hardwood floor to live music. The views of the Flatirons are incredible, and the amenities are attractive and convenient. The music is provided by Tom Yook, a favorite of Boulder senior dancers. Tom plays

Ballroom, Rhythm, and Latin dance styles. A potluck snack buffet is provided by the attendees to complement the social part of the dance event.

East Senior Center | 1st and 3rd Fridays, (will meet Jan. 8 instead of Jan. 1 due to New Year's holiday) | 2 to 4 p.m. | Fee: Drop-in fee of \$5 per person (no pre-registration required)

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. Please register to reserve your space. Happy dancing everyone!

Ballroom Dancing in December - Winter Waltz Two

Come warm up for winter with an intermediate Waltz class. In this class we will review the Waltz Basics then introduce some more intricate styles of Waltz to keep us happily on our toes! Happy Dancing! Instructor: Judy Kreith, M.A.

232659 - East Senior Center | Winter Waltz Two: Tuesdays, Dec. 1 to Dec. 22, four classes | 1 to 2 p.m. | Fee: Encore Resident: \$16 | City Resident: \$20 | Encore Non-Resident: \$24 | Non-Resident: \$28

Ballroom Dancing in January - Samba

For the New Year we will introduce Brazilian rhythm with the Samba. The dance is fun and energetic. It will bring the feel of Carnival in Rio de Janeiro into our dance repertoire. Instructor: Judy Kreith, M.A.

232660 - East Senior Center | Night Club Two Step: Tuesdays, Jan. 5 to Jan. 26, four classes | 1 to 2 p.m. | Fee: Encore Resident: \$16 | City Resident: \$20 | Encore Non-Resident: \$24 | Non-Resident: \$28

Ballroom Dancing in February - Cha Cha Cha Cuban Style

This dance is great for mind body connection. In February we will introduce a variety of Cuban Cha cha music as we learn turns, foot patterns and rhythm variations for the beautiful and rhythmic Cha cha cha. Vamos a Bailar! Instructor: Judy Kreith, M.A.

232661 - East Senior Center | Merengue and Bachata: Tuesdays, Feb. 2 to Feb. 23, four classes | 1 to 2 p.m. | Fee: 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. Instructor: Judy Kreith, M.A.

232662 - East Senior Center | Tuesdays, Dec. 1 to Jan. 12, six classes (no class Dec. 29) | 11:30 a.m. to 12:15 p.m. | Encore Resident: \$24 | City Resident: \$30 | Encore Non-Resident: \$36 | Non-Resident: \$42

233393 - East Senior Center | Tuesdays, Jan. 19 to Feb. 23, six classes | 11:30 a.m. to 12:15 p.m. | Fee: Encore Resident: \$24 | City Resident: \$30 | Encore Non-Resident: \$36 | Non-Resident: \$42

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

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

232664 - East Senior Center | Fridays, Dec. 4 to Feb. 19 (no classes 12/25/15 or 1/1/16) | 10 classes | Time: 9:45 to 10:40 a.m. | Encore Resident: \$66 | City Resident: \$68 /Encore Non-Resident: \$76 | Non-Resident: \$78

Level II - Intermediate - In this class, we will continue learning the form. Students must have completed Level I or been given instructor approval to enroll at this level.

232665 - East Senior Center | Fridays, Dec. 4 to Feb. 19 (no classes 12/25/15 or 1/1/16) | 10 classes | noon to 1 p.m. | Encore Resident: \$66 | City Resident: \$68 / Encore Non-Resident: \$76 | Non-Resident: \$78

Level III - Advanced - In this class, we will learn and review the entire form. Students must have completed Level II or been given instructor approval to enroll at this level.

Full Session Fee – 232666 - East Senior Center | Fridays, Dec. 4 to Feb. 19 (no classes 12/25/15 or 1/1/16) | 10 classes | Time: 10:45 to 11:40 a.m. | Encore Resident: \$66 | City Resident: \$68 /Encore Non-Resident: \$76 | Non-Resident: \$78

Half Session Fee – 232667 | (applicable for Advanced class only). Select five of the classes in the Winter 2015 session | Encore Resident: \$33 | City Resident: \$34 | Encore Non-Resident: \$38 | Non-Resident: \$39

Building Blocks for Better Balance, Strength and Flexibility

Techniques to align your body through focused awareness from head to toe will be practiced. Breathing techniques will be introduced connecting mind/body for increased awareness. Stretching techniques will be utilized for better balance, flexibility and to reduce injury. Additionally, conditioning through simple resistance training exercises will also be utilized to strengthen your body for better control of movement. Instructor: Linda Manchester

232670 - (Mondays) | West Senior Center | Dec. 7 to Feb. 29, 11 classes (no class Jan. 18 and Feb. 15) | 11 to 11:45 a.m. | Encore Resident: \$33 | City Resident: \$41 | Encore Non-Resident: \$49 | Non-Resident: \$58

32671 - (Wednesdays) | West Senior Center | Dec. 2 to Feb. 24 | 13 classes | 11. to 11:45 a.m. | Encore Resident: \$39 | City Resident \$49 | Encore Non-Resident: \$58 | Non-Resident: \$68

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. Instructor: Linda Manchester.

232669 - West Senior Center | Fridays, Dec. 4 to Feb. 26, 11 classes | 11 a.m. to noon | Encore Resident: \$33 | City Resident: \$41 | Encore Non-Resident: \$49 | Non-resident: \$58

Chair Assisted T'ai Chi for Health and Wellness

Join us for a Tai Chi class that is designed to improve muscular strength, flexibility and over all fitness while integrating mind-body empowerment. This class can improve your balance and reduce the risk of falls. Additional powerful positive effects are better posture, breathing control, mental concentration and relaxation. This class is taught gently and uses chairs to assist participation at any level of fitness. Instructor: Terry Tessier

232668 - West Senior Center / Tuesdays, Jan. 12 to Feb. 16 / 6 classes / 1:15 to 2:15 p.m. / Encore Resident: \$18 / City Resident: \$23 / Encore Non-Resident: \$27 / Non-resident: \$32

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

232672 - 1st Session (morning): Tuesdays and Thursdays, Dec. 1 to Jan. 21, 12 classes (no class on 12/22, 12/24, 12/29, 12/31) | 11 a.m. to noon | Current SilverSneakers cardholders: \$24 | City Resident: \$42 | Non-Resident: \$46

232673 - 1st Session (afternoons): Tuesdays and Thursdays, Dec. 1 to Jan. 21, 12 classes (no class on 12/22, 12/24, 12/29, 12/31) | 2 to 3 p.m. | Current SilverSneakers cardholders: \$24 | City Resident: \$42 | Non-Resident: \$46

232674 - 2nd Session (morning): Tuesdays and Thursdays, Jan. 26 to Feb. 25, 10 classes | 11 a.m. to noon | Current SilverSneakers cardholders: \$20 | City Resident: \$34 | Non-Resident: \$38

232675 - 2nd Session (afternoons): Tuesdays and Thursdays, Jan. 26 to Feb. 25, 10 classes | 2 to 3 p.m. | Current SilverSneakers cardholders: \$20 | City Resident: \$34 | Non-Resident: \$38

Older Adult 55+ Functional 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.

East Senior Center | Fridays, by appointment | 12:45 to 1:45 p.m. | No charge for registered SilverSneakers members | \$5 fee for all others

MASSAGE, ROSEN METHOD, AND REFLEXOLOGY**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.

East Senior Center | Monday to Friday | 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.

East Senior Center | First and Third Mondays | Appointment Times: 9 to 11:30 a.m. | Encore Resident: \$38 | City Resident: \$40 | Encore Non-Resident: \$46 | Non-Resident: \$48

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. Register for an appointment by calling 303-441-4150.

East Senior Center | Second and Fourth Mondays | Appointments times: 9 a.m. to noon. | 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.

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.

“

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

~Mark Twain

”

THE ENCORE PROGRAM FOR ACTIVE ADULTS

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 21 to register and become a member today.

Benefits:

- Priority registration
- Discounts on classes, day trips and technology classes
- Discounts on fitness punch cards/ fitness classes/ and massage
- Free Birthday Lunch from Café Classico

Membership runs from date of purchase for an entire year.

Be sure to provide us with your email address when you register to be added to our listing for reminders and updates, or call the Encore Program Coordinator at 303-441-4437.

Encore Fees:

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

**for those who meet income and asset guidelines; see page 7.*

SPECIAL EVENT

Encore/SilverSneakers® Membership Appreciation Event



Take the chill off a cold January afternoon, and come inside for The Silver Circuit's "Brrrrroadway Winter Showcase," Songs and Scenes to warm you through a mid-winter afternoon. The actors alternate scenes from some very funny and touching plays about the joys and antagonisms of marriage with several Broadway tunes.

Performers: Gary Crow-Willard and Ellen Ranson are "The Silver Circuit." Gary trained as an opera singer at Yale, taught voice at Wesleyan University and has

entertain audiences from Bielefeld, Germany to Gunnison, Colorado and points in between. Ellen was a ballet major at Juilliard and comes from a long line of hams, a chip off the old Scottish block! Her father's family was in show biz in Glasgow and her earliest on-stage performance memory is singing "Yes, we have no bananas" in the 1937 Pennsylvania State Fair.

233686 - West Senior Center | Free for SilverSneakers® and Encore members | General Public \$5 /Wednesday, Jan. 27 | 3 to 4 p.m.

ENRICHMENT SEMINARS

Tales Of Love & Romance: Share Your Memories and Mementos

In honor of Valentine's Day, tell a short story about love or romance in your life to an enthusiastic audience -- other storytellers! We'll each take a turn sharing our memories, with or without a memento to illustrate the story. Most of us didn't have a passionate romance like Bogie and Bacall, but we all have experiences around love. The possibilities are endless, and the stories are sure to warm your heart. This program is facilitated by Family Tree Video Biographies personal historians, Leslie Perletz and Mary Ann Williamson.

233685 - West Senior Center | Free | Monday, Feb. 8, 10 - 11 a.m. | Pre-registration required

Art Parts Creative Reuse Center

Learn about a local community non-profit that's helping benefit people, products and planet. Art Parts accepts donations of reusable goods and sells them at low cost to the public, saving over one ton monthly from the landfill. Teachers, students, artists, crafters and families love this inspirational, educational, and environmental resource. Come see examples of imaginative, upcycled artworks.

233687 - West Center | Wednesday, Jan. 13, 1 to 2 p.m. | Free

**"What Can I Do?" Spaceship Earth Concert Tour**

"Spaceship earth is not really a metaphor: we've got one planet, and it's experiencing unprecedented mechanical difficulties," says Bill McKibben, founder of 350.org. This presentation helps remind us how we can do our part to get it back on course.

Presenter: Laurie Dameron passed the first round of auditions for America's Got Talent, and her music has been called brilliant.

233395 - West Senior Center | Wednesday, Feb. 10, 1 to 2 pm | Free | Please register to reserve your space. Creekside

Building Community, One Voice at a Time

Cyns Nelson, manager of the Maria Rogers Oral History Program (MROHP) at Carnegie Library, will talk about how libraries can transform personal experience into shared knowledge. She will provide an overview of oral history as a practice and describe the interview archive present at the Carnegie Branch Library for Local History. Attendees also will learn about the activities of volunteers who help sustain the MROHP.

232688 - West Senior Center | Thursday, Jan. 28, 10-11 am | Free | Please register to reserve your space. Creekside

Adventures in Watercolor Painting

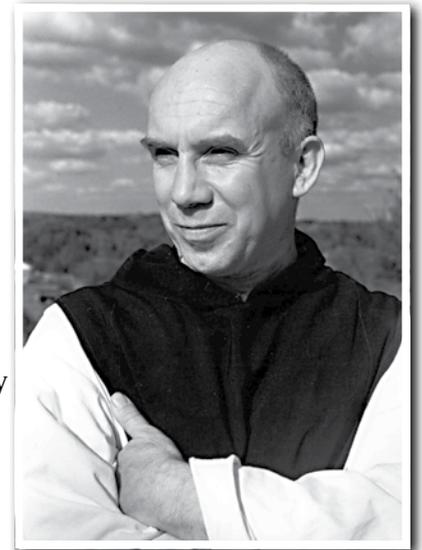
For more information and/or to add your name to the waitlist, please contact Anne Gifford at 720-472-4990 or annegifford@comcast.net.

Contemplative Living: Thomas Merton and Friends**Lecture Series**

We will meet the first Thursday of each month to discuss the writings of Thomas Merton and his contemporaries, and how they relate to our own experience of being more present moment to moment in our daily lives. Come with an open mind and a willingness to share what works for you. Registration is requested.

Presenter: James Kettering

233402 - West Senior Center | Thursdays, Dec. 3, Jan. 7, and Feb. 4 | 10 to 11:30 a.m. | Free



Contemplative Living, continued Video Series

Merton's life and work continues to challenge us even today. The three-session video series will focus on these films: *The Last Days of Thomas Merton* and *The Seven Story Mountain*. Among those interviewed throughout the films include the Dalai Lama, Richard Rohr, and Kathleen Deignan. Registration is requested.

Presenter: James Kettering

233403 - West Senior Center | Tuesdays, Dec. 1, Dec. 8, and Jan. 5 | 10 to 11:30 a.m. | Free

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, ACBL Certified Director, and his assistant Eydie Mitchell

233405 - West Senior Center | Fridays, Dec. 4, 11, 18, and Jan. 8 to Feb. 19, 10 classes | 12:30 to 4 p.m. | City Residents \$50 | Non-residents \$60

Popular Bridge Conventions Class

This class presents one new convention each of the ten weeks. The popular Two-Over-One bidding system will be explored. There are many fun additions to modern 21st century bridge! This class is for intermediate to advanced bridge players.

Instructor: Sandy Koller

233406 - East Senior Center | Wednesdays, Jan. 13 to Mar. 16, 10 classes | 10 to 12:30 p.m. | City Residents \$55 | Non-residents \$65

Beginning Bridge I

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 (Mitch), ACBL certified Teacher, Director and Club manager

233404 - East Senior Center | Tuesdays, Jan. 5 to Feb. 23, 8 classes | 1:30 to 3:30 p.m. | City Residents \$40 | Non-residents \$50

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. If you are unsure of your qualifications, please contact the instructor prior to registering. See front desk receptionist for instructor contact info.

Instructor: David Corbin, ACBL-Accredited Instructor, Silver Life-Master

233407 - East Senior Center | Tuesdays, Jan. 5 to Feb. 23, 8 classes | 12:30 to 4:15 p.m. | City Residents \$40 | Non-residents \$50

Angels Everywhere

Please join Sister Georgeann Quinlan, BVM, for “Angels Everywhere.” This hour-long program was created to raise awareness of the many forms and ways in which angels are present to us and touch our lives. Miracles and coincidences are happening all the time to us. Sister Georgeann has written two books with stories from program participants.



233408 - West Senior Center | Wednesday, Dec. 16 | 10 to 11 a.m. | Free | Please register to reserve your space

Sacred Healing Sounds Concert/Meditation with Tibetan Singing Bowls



Come and let yourself be taken beyond time and space to a place of deep, restful awareness as you hear and feel the rich, resonating tones and vibrations of Tibetan Singing Bowls. The potency and sounds of the bowls calm your mind, open your heart, and touch the core of your being. These sacred sounds can stimulate healing, synchronize brain waves, release blockages and pain, balance and harmonize energy for stress release, and so much more. Please arrive by 6:15 p.m. to get settled in, bring a pad or blanket to lie on and/or eye cover for your comfort. Chairs will be provided. Presenter Myrna Castaline brings 35+ years' experience in the healing arts to her sound healing work with singing bowls. She completed studies in the therapeutic use of Tibetan singing bowls in 2009.

234417 - West Senior Center | Wednesday, Dec. 9, 6:30 to 7:30 p.m (please arrive by 6:15) | City Resident \$15 | Non-resident \$20 | Please register to reserve your space

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. Discover how much fun storytelling can be.

233409 - West Senior Center | Mondays, Jan. 4 to Feb. 22, 6 classes (no class Jan. 18 or Feb. 15) | 1 to 3 p.m. | City Residents \$30 | Non-residents \$35

Cultivating Creativity Series

Join a circle of kindred spirits interested in doing creative activities. Engage in creative play of your own choosing. Share thoughts and insights on what you created. Be a-Muse-d and Mentored. This series is open to all, art experience welcome but not required. Instructor, Elsie Wood, is the former Director of the Society for Creative Aging, a sculptor and lecturer.

233410 - West Senior Center /2nd and 4th Wednesdays, Dec. 9 to Feb. 24, 10 am to noon, 6 classes | City Residents \$30 | Non-residents \$35



*By the time you're
eighty years old you've
learned everything. You
only have to remember it.*

~George Burns



Participants from the Social Ease Dance Sampler sit out on the patio for a break and a chat.



Sponsored by



ACTIVE MINDS FOR LIFE

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

Sponsored by



Venice: Biography of a City

Perhaps no other city in the world conjures such distinct images as the gondolas plying the canals of Venice. Join us for a virtual tour of this beautiful and historic city that is visited by more than 20 million tourists each year. We will cover the story of the city, the most notable features, and end with a look at what the future holds for this city which is both sinking and shrinking as the waters rise and the full time residents move away.

233396 - West Senior Center | Monday, Dec. 14 | 11 a.m. to noon | Free

Nigeria

The recent emergence of the Islamist group Boko Haram in the north of Nigeria has exacerbated a north/south split in the country that divides primarily along religious lines (Muslim/Christian). As the most populous nation in Africa and one of the leading oil exporters in the world, Nigeria is a key player in the region. Join Active Minds as we explore the past, present, and future of this important country.

233397 - West Senior Center | Monday, Jan. 11 | 11 a.m. to noon | Free

O Canada!

The world's longest land border is between the United States and our neighbor to the north. Most Americans, however, would find it difficult to talk about the country of Canada for more than a few minutes. Join Active Minds for a full hour on what makes Canada unique and special, including their history and current challenges.

233398 - West Senior Center | Monday, Feb. 8 | 11 a.m. to noon | Free

ISIS

Known variously as ISIS, ISIL, or the Islamic State, this extremist Sunni Muslim organization has horrified the world with its brutal acts of terror. Born of the political chaos of the wars in Iraq and Syria, ISIS has gained territory in that region in their pursuit to reassert the caliphate, or Islamic State. Join Active Minds as we trace the rise of this group and seek to understand the challenge this represents to the region and the world.

233399 - East Senior Center | Monday, Dec. 28/ 3 to 4 p.m. | Free

Renewable Energy

Energy from renewable sources (solar, wind, geothermal, hydro, etc) are an important part of the future of energy in the U.S. and the world. The issues involved are complex, involving technical challenges and economic issues, as well as environmental, political and social factors. Join Active Minds as we survey the current state of renewable energy and look at the various forces that will influence how these resources will evolve in the future.

233400 - East Senior Center | Monday, Jan. 25 | 3 to 4 p.m. | Free

Yemen

The various conflicts in the mid-east are both troubling and complex. At its roots is the animosity between Sunni and Shia Muslims which, in turn, brings the involvement of other regional powers, including Saudi Arabia and Egypt (Sunni) as well as Iran (Shia). Join Active Minds as we seek to understand Yemen's current situation and the broader implications for the region.

233401 - East Senior Center | Monday, Feb. 22 | 3 to 4 p.m. | Free

COMPUTER AND TECHNOLOGY CLASSES

All computer classes held on Tuesdays at the West Senior Center with Don Walker, our instructor.

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

How to Edit Your Digital Photos

More and more of us are taking pictures these days with digital cameras and cell phones. Using Picasa, a free photo editing program created by the Google Company, this class will teach novices tricks and techniques for working with all sorts of digital photographs. We will learn to download pictures from the camera or other device onto your computer, and from there how to edit and improve your photographs. We will also learn to make photo-collages from our favorite pictures as well as how to burn photo CDs and even share our pictures in the World Wide Web. If you like, please feel free to bring along your digital camera or phone or thumb drive with your favorite photos.

233411- West Senior Center | Jan. 12, 19, and 26 (3 sessions) | 8:30 to 9:30 a.m. | Encore Members: \$35 | General Public: \$50

Introduction to Common Computer Software Programs

We will explain and explore the uses of commonly available types of home computer software, including word processors (such as MS Word); spreadsheets (Excel, for instance); and many others -such as software for playing music, photo editing, internet search engines, email programs, social media and blogging. Attention will be devoted to providing a comprehensive overview of several typically-used programs as they relate to the many fun tasks a computer is capable of performing so that you can become comfortable even when daring to try new things.

233412- West Senior Center | Jan. 12, 19, and 26 (3 sessions) | 9:45 to 10:45 a.m. | Encore Members: \$35 | General Public: \$50

Organizing and Managing Your Home Computer

In this elementary computer management course we will examine some of the techniques for organizing, maintaining and cleaning up files on your home computer. We will cover such common tools as the Windows explorer, the disk defragmenter, the task manager and the control panel. File management will be explained and demystified. We will show you how to search for "lost" files and even how to download attachments in such a way that you can easily find them again. This course covers the things you've always needed to know about your own computer and answers your questions in simple language

233413- West Senior Center | Jan. 12, 19, and 26 (3 sessions) | 11 a.m. to noon | Encore Members: \$35 | General Public: \$50

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 Don Walker, 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. There is a fee associated with this class; please check registration pages for rates. 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.

233414 - Encore Resident: \$32 | Encore Non-resident: \$37 | City Resident: \$42 | City Non-resident: \$47

A Unique Music Venue for Remaining Forever Young

This quarter's exercise is to tap your toes and get moving. We will do it by providing live and quality musical entertainment with fine dining to create a unique experience for our discerning day trippers.

FACE; a cappella at the Boulder Dinner Theatre

Boulder Face is a nationally recognized vocal band based out of Boulder, Colorado, bringing a new edge and attitude to the human voice. Using just five singers and a vocal drummer, Face creates a music phenomenon that has to be seen to be believed. No instruments and no special effects – just six guys. Dinner service at the theatre.

233415 - Tuesday, Dec. 15 | 5:30 to 9 p.m. | City Resident: \$40 | Non-Resident: \$45 | Fees include trip escort, dinner, non-alcoholic beverage, gratuity, and theatre performance. Meet at the Boulder Dinner Theatre, 5501 Arapahoe Avenue, Boulder at 5:15 p.m.

Live Music at Nissís, Louisville

Jazziz magazine writes that Nelson Rangell is “an artist of depth, a master of song, and an improviser non pareil.” The Times of London recognized “his extraordinary facility on a range of instruments and his undoubted virtuosity,” adding that Nelson is “one of fusion’s most accomplished exponents.” He is one of the most exciting and diverse performers in the genre, equally adept at soprano, alto, and tenor saxophone, as well as being a genuine virtuoso on flute and piccolo.

233689 - Wednesday, Jan. 27 | 6 to 9:30 p.m. | City Resident: \$30 | Non-Resident: \$35 | Fees include transportation, trip escort. Dinner service at the performance is on your own. Senior Services bus.

Bells of the Rockies, Loveland

Bells of the Rockies is an auditioned, highly skilled handbell ensemble, presenting both traditional and contemporary musical performances to ring in the holiday spirit. Performance starts at 7 p.m.

233417 - Friday, December 18 | 6 to 9:30 p.m. Fee: City Resident: \$35 | Non-Resident: \$40 | Fees include performance, transportation and trip escort. No food service. Senior Services bus.

CJRO: Big Band Christmas at the Rialto Theater, Loveland

Experience a family-friendly, holiday-themed big-band jazz concert with Denver’s top jazz musicians. This high-energy holiday concert features 19 of Colorado’s best jazz musicians performing under the artistic direction of Grammy-nominated trombonist and composer Steve Wiest. They perform tunes from the libraries of Count Basie, Stan Kenton, Duke Ellington, Maynard Ferguson and many more. Performance starts at 2 p.m., afterwards, we will have dinner (on your own) at a local restaurant.

233416 - Sunday, December 20 | 1 to 5 p.m. | City Resident: \$43 | Non-Resident: \$48 | Fees include performance, transportation and trip escort. No meal service. Senior Services bus.

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 21 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.
- If you have questions about the physical demands of the trip please ask before registering.
- 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.
- 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 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.
- Wheelchair Accessible: A limited number of spaces are available to wheelchair users.

DAY TRIPS

Denver Museum of Nature and Science: The International Exhibition of Sherlock Holmes

More than a century ago, Arthur Conan Doyle wrote a story about a brilliant detective named Sherlock Holmes, whose methods of observation, testing, and deduction have since greatly influenced practices for solving both real and fictional mysteries. In the International Exhibition of Sherlock Holmes, you will step into Victorian London and work alongside Sherlock as he tackles a baffling new case.

233418 - Tuesday, Dec. 1 | 9:45 a.m. to 2 p.m. | City Resident: \$38 | Non-Resident: \$43 | Fees include transportation, trip escort, and self-guided tour. No meal service. Senior Services bus.

Gold Hill Inn, Gold Hill

Back by popular demand, this one's a favorite. Enjoy a complete 6-course meal of your choice including: bread, appetizer, soup, salad, entrée, and dessert. Menu will be presented at the restaurant (usually 4-7 items to choose from the entrée). Set price for night including dinner, refreshments, tax and gratuity.

233419 - Sunday, Dec 6 | 4 to 8 p.m. | City Resident: \$65 | Non-Resident: \$70 | Fee includes dinner, gratuity, transportation, and trip escort. Senior Services bus

DHT - Holiday Lights Tour and White Fence Farms, Lakewood

Back by Popular Demand

Come see the glittering lights and the fanciful sights showcasing the holiday season offerings around the metro area. We'll head into neighborhoods and into slices of color around the city to entertain your eye. Each year is different, based on our critical reconnaissance. Come along and let us put the holiday twinkle in your eye. Tour includes a break for dinner at the White Fence Farms.

233420 - Tuesday, Dec. 8 | 2:30 to 10 p.m. | Fee: City Resident: \$57 | Non-Resident: \$62 | Fees include White Fence Farm Chicken dinner package, non-alcoholic drink, gratuity, transportation, trip escort, and Denver History Tours guide. Senior Services bus.

Wild Zoo Lights, Denver

Back by Popular Demand

Light up your holidays with the Zoo Lights celebration at the Zoo. Gaze upon more than 150 animated animal sculptures. The lights will be blazing through the trees; see them as you walk across lawns, around bushes and appearing in places that are least expected at this year's celebration. Dress warm and bring a thermos of soup or hot chocolate.

233421 - Saturday, Dec. 12 | 5 to 9 p.m. | City Resident: \$35 | Non-Resident: \$40 | Fees include zoo admission, transportation and trip escort. No food service included. Senior Services bus.



3rd Tuesday Concert Series



All concerts take place in the Canyon Theater of the Boulder Public Library. Performances are sponsored by the Boulder Library Foundation. Arrive early for good seating. Bring your boxed lunch from Seeds café and your friends, and then join us in the beautiful Canyon Theater for an inspirational lunchtime concert. Fees include

performance and boxed lunch. Meet up at the Canyon Theater and Gallery at 1000 Canyon Boulevard, Boulder, CO 80302. Please take your lunch rubbish off the Library premises with you.

234386 – Tuesday., Dec. 15 | noon to 1 p.m.: The 3rd Tuesday Lunchtime Concert Series Presents: Holiday Concert | Resident: \$7, Non-Resident: \$8, fee includes performance and boxed lunch.

234387 – Tuesday., Jan. 19 | noon to 1 p.m.: The 3rd Tuesday Lunchtime Concert Series Presents: CU Jazz All-stars | Resident: \$7, Non-Resident: \$8, fee includes performance and boxed lunch.

234388 – Tuesday., Feb. 16 | noon to 1 p.m.: The 3rd Tuesday Lunchtime Concert Series Presents Guitarist Nicolo Spera | Resident: \$7, Non-Resident: \$8, fee includes performance and boxed lunch.



Thompson House Inn: 1802 Traditional Tea, Longmont

Step back in time with hats, gloves, pearls, and stoles provided for wear during your tea time. Take a photograph to memorialize your elegant afternoon. Freshen up with a steaming, rose-scented cloth before enjoying a traditional afternoon tea, complete with English style white linens and tea time accoutrements. Enjoy finger sandwiches, mini pastries, and scones served with lemon-cured Devonshire cream and jam and a pot of premium tea.

233422 - Thursday, Jan. 21 | 11 a.m. to 2:30 p.m. | City Resident: \$43 | Non-Resident: \$48 | Fees include trip escort, tea and accoutrements, and gratuity. Senior Services bus.

National Western Stock Show, Denver

Visit the National Western Stock Show in Denver this January. The 16-day show serves as an entertainment arena, hosting professional rodeos, the "Super Bowl" of livestock shows, nationally recognized horse shows, and Colorado's largest western trade show. Our day trip will include "Rodeo 101" at 9:15 a.m., and "Pink Pro Rodeo" at 11 a.m. We will also have grounds passes for the day.

233423 - Saturday, Jan. 23 | 8 a.m. to 4 p.m. | City Resident: \$47 | Non-Resident: \$52 | Fees include event entry fee, transportation, and trip escort. No food service included. Senior Services bus.

DHT - Let It Snow, Breckenridge

In the depths of winter, as January turns to February, Breckenridge decides to embrace the cold rather than cower before it. Rising from tons of snow, magnificent sculptures take shape. The weather may be nice. It may not be nice! Either way, come dressed to get outside and revel in the bounty from the sky made art. While we're there, we'll also explore the history of the city and environs. After all, this journey is offered by Denver History Tours. It may not be Punxatawney, but you too will agree that nothing could be better than a long, and lustrous, winter. Tour includes a break for lunch (on your own).

233424 - Friday, Feb. 5 | 9 a.m. to 4 p.m. | City Resident: \$55 | Non-Resident: \$60 | Fees include transportation, trip escort, and Denver History Tours guide. Senior Services bus.

DHT - Valentine Tour, Loveland

Take a tour to the heart of love in Colorado, the city of Loveland. The Valentine's Day Re-Mailing Program keeps the postal system in Loveland busy, sending out more than 200,000 envelopes filled with love every year. You'll get your valentines personally stamped and ready to send off to the sweetheart of your choice. We'll also do some sightseeing from the bus. Tour includes a break for lunch (on your own).

233425 - Tuesday, Feb. 9 | 9 a.m. to 4 p.m. | Fee: City Resident: \$40 | Non-Resident: \$45 | Fees include transportation, trip escort, and Denver History Tours guide. Senior Services bus.

Sunday Brunch at the Greenbriar Inn, Boulder

Opened in 1967, The Greenbriar Inn is an elegant restaurant on twenty well-tended acres of pastoral beauty nestled in the north Boulder countryside. The cuisine focuses on seasonal American classics and is complimented by a 1200 label award-winning wine cellar. The Sunday brunch offers delicious dishes like quiches, omelets, meats, roast potatoes, and traditional favorites like waffles. They even boast a pastry dessert buffet!

233426 - Sunday, Feb. 21 | 10:30 a.m. to 1:30 p.m. | City Resident: \$55 | Non-Resident: \$60 | Fees include Sunday buffet brunch package, non-alcoholic drink, gratuity, and transportation. Senior Services bus

Boulder County Sheriff's Department, Boulder

Let's take a tour of Boulder County Sheriff's Department Communication Department where we will see the dispatch center and more. Well also have a look at the mobile command post. Don't miss this very informative tour. Please keep in mind no photos are allowed inside facility. Please bring your Driver's License or Passport to show as ID.

233683 - Thursday, Feb. 4 | 8:30 a.m. to 11:30 a.m. | Resident: \$20, Non-Resident: \$22 | Includes transportation, trip escort, and tour. No food service included. Senior Services bus.

We had a fabulous time at the Downtown Aquarium and Chihuly exhibit at the Denver Botanical Gardens!





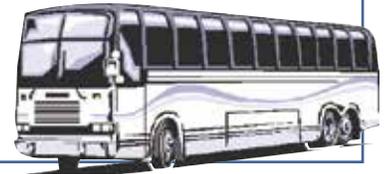
LEISURE WEST TOURS AND CRUISES IS OUR VENDOR FOR OVERNIGHT TRAVEL

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 16 years, experience from a locally owned/operated company
- Guaranteed Departure trips available
- Boulder pick-up and drop-off service usually 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 303-441-3915



BOULDER'S NEWEST ASSISTED LIVING & MEMORY CARE



LIFE IS ABOUT **COMMUNITY**
CELEBRATE IT HERE



MorningStar

ASSISTED LIVING & MEMORY CARE
 of BOULDER

Opening Summer 2015



720.545.1575

575 Tantra Drive | MorningStarSeniorLiving.com

GRAND MIGRATION OF THE SANDHILL CRANES

March 12-13, 2016



Every March, Sandhill Cranes that have been wintering in the southern United States hear the call of their nesting grounds to the north. They will eventually spread out across North America and beyond, establishing nests and raising young with their lifetime mates from Hudson Bay all the way across Canada to Siberia. But before each crane undertakes the last leg of its long journey, it will pause and feed and gain strength. This stopover will take place along the Platte River, and the epicenter of this gathering is Kearney, Nebraska. Here a half million Sandhill Cranes spend their days in thousands of square miles of fields and farms, while at night they crowd onto the sandbars of the river. You will experience the evening fly in and morning lift off from private blinds reserved along the Platte River. (This trip is moderately strenuous and requires walking on uneven terrain during evening and early morning hours, moving quietly and without flashlights so as not to disturb the cranes. It is not recommended for those with walking difficulties, walkers or wheelchairs.) Per person double occupancy \$610 and Single occupancy \$665. Price does not include airfare. Please keep in mind, the final registration and full payment due by February 1, 2016.

SAN ANTONIO SPRING FIESTA

April 22-26, 2016

Fiesta San Antonio marks its 125th anniversary in 2016. In addition to Fiesta activities, other highlights include: Alamo Mission, Fiesta Flambeau Parade, Tour the Spanish Governor's Palace, Wildflowers in the Hill Country, LBJ Ranch, Admiral Nimitz Museum, Austin Capitol building, Austin Wildflower Center, Mission San Jose, Dinner atop the Tower of the Americas, and Private, narrated Riverwalk boat ride. There are few sights that can equal the fields of bluebonnets and Indian paintbrush scattered through the Hill country of Texas. Price (does not include air fare): \$1,229 per person double occupancy; \$1,679 single occupancy. Price does not include airfare. Reservations and final payment must be completed by February 12, 2016.

ALASKA LAND CRUISE PACKAGES

June, July and August, 2016 departures



Alaska is a land of mystery and spectacular scenery during any season. Alaska is a once in a lifetime adventure. The summer season runs from mid-May to mid-September and the scenery changes with each month! Is it on your "list of places I must visit?" The Alaska land and cruise packages fill up earlier and earlier each year. Several dates are available in June, July and August. Call for dates, pricing and details.

SPRINGTIME IN SAVANNAH, CHARLESTON AND MORE

April 5-12, 2016

Explore the amazingly lovely Southern states of South Carolina, Georgia & Florida. See Savannah in the spring while flowers are in full bloom. Charleston, built on a peninsula, has remained a beautiful port city for over 300 years. Both preservation and southern gentility are a way of life here. Visit the historic port city of Beaufort, a quaint 1711 town with its narrow tree lined streets and historic homes that will remind you of Gone with the Wind. Next, arrive in Savannah, one of the South's most graceful cities. You will enjoy a stay on Jekyll Island, a former hunting reserve for America's top millionaires. Goodyear, Pulitzer, and Rockefeller all built elaborate "cottages" here. Then you are off to St. Augustine, America's oldest city, where Ponce de Leon looked for the Fountain of Youth. Price (does not include airfare) is \$2,219 per person double occupancy and \$2,969 for single occupancy. Reservations and final payment must be completed by January 29, 2016.

GUARANTEED DEPARTURE TRIPS

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

For more information, itineraries, prices, etc., please call 303-441-3915.

DECEMBER 2015

- Incredible Copper Canyon of Mexico 10 Days
- Sightseeing on Shoestrings...Ottawa 4 Days
- Sightseeing on Shoestrings...Quebec City 4 Days
- Sightseeing on Shoestrings...Toronto 4 Days
- Sightseeing on Shoestrings...Waterloo Region 4 Days
- San Antonio 2016 New Year's 5 Days
- Scottsdale New Year's 5 Days

JANUARY AND FEBRUARY 2016

- Key West, Miami & The Everglades 7 Days
- Yellowstone in Winter by Snowcoach 6 Days

APRIL AND MAY 2016

- Italian & French Rivieras w/World's Fair in Milan 9 Days
- Lake Como & Switzerland 9 Days
- San Antonio Spring Fiesta 5 Days
- San Francisco, Wine Country and Monterey 6 Days
- Springtime in Savannah & Charleston 8 Days
- The Grand Tour of Italy 12 Days

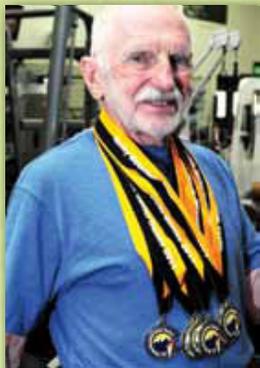


At the end of life we will not be judged by how many diplomas we have received, how much money we have made, how many great things we have done. We will be judged by 'I was hungry and you gave me to eat, I was naked and you clothed me, I was homeless and you took me in.' Hungry not only for bread — but hungry for love. Naked not only for clothing — but naked for human dignity and respect. Homeless not only for want of a room of bricks — but homeless because of rejection.

~ Mother Teresa



Join the fun in Music and Movement class on Tuesday mornings.



Our residents have
one thing in common.
Passion.

At Frasier we are committed to a sense of community and the belief that, with the proper support, people can thrive and find meaning and passion at every age and circumstance. We have been helping seniors live their best lives for over 50 years. Learn more about our exceptional services at frasiermeadows.org or call **303-499-4888**.



FRASIER



Boulder Seniors Foundation
P. O. Box 1392
Boulder CO 80306-1392
West Senior Center: 303-441-3148
East Senior Center: 303-441-4150

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



*A New Generation
of Retirement Living[®]*

TOURS AVAILABLE

INDEPENDENT LIVING

*The Residences, The Lodge
and The Retreat at Balfour*
303.867.6400

ASSISTED LIVING
SKILLED NURSING

Balfour Retirement Community
303.926.1000

MEMORY CARE
Balfour Cherrywood Village
303.604.2700

.....
www.BalfourCare.com