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Services



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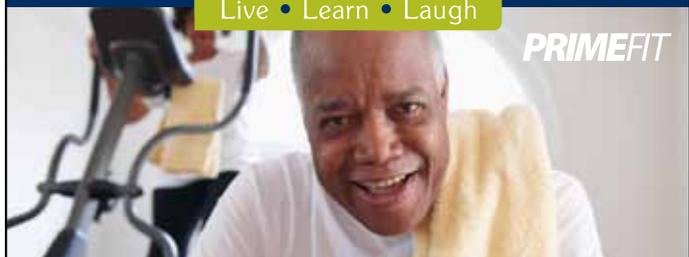
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Cover photo: The Senior Peer Counseling Program is a peer-to-peer volunteer program offering individual and group support to adults 60 and over throughout Boulder County. Photo features Ina Rifkin, Helen Balis, Niles Huckabee, Dee Hogan, Lynne Navin, (Top Row) Tom Holzer, Susan Anthes, and Don Dick.

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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

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 Renee Foote303-441-4438
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 Maureen Dobson303-413-7489
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 and Classes303-441-3915
- Reception and Registration, West Senior Center,
 Jay Allen, BJ Suter
 and Pete Lundskow303-441-3148
- Reception and Registration, East Senior Center,
 DeLana Gorski
 and Nancy Cooper.....303-441-4150
- Magazine
 Sally Carroll303-441-4437

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,
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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.

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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 September 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.

East and West Senior Center Closures:

Labor Day - Mon. , Sept. 7

Veterans Day - Wed. , Nov. 11

Thanksgiving Day - Thurs. , Nov. 26

East Center Maintenance Closure:

The East Boulder Community Center will undergo its annual closure from Aug. 29 through Sept. 13 for deep cleaning and major maintenance. Major projects to be completed during this time include:

- Installation of new carpet
- Installation of new plaster in the lap pool
- Sanding and repainting the entire gymnasium court
- Annual preventative maintenance to major electrical, mechanical and plumbing systems

The facility is scheduled to re-open on Sept. 14 for normal hours of operation.

During the closure, pass holders are welcome to visit the city's five other recreation facilities: South Boulder Recreation Center, North Boulder Recreation Center, Spruce Pool, Scott Carpenter Pool and the Boulder Reservoir. SilverSneakers members may visit the Mapleton YMCA, Boulder 24 Hour Fitness or any other SilverSneakers participating facility. Please visit Parks and Recreation website at www.BoulderParks-rec.org/ for facility hours, program changes or cancellations and alternate SilverSneakers locations.

Helping Boulder's Seniors

While the City of Boulder provides basic facilities and services for Boulder seniors, there are many areas where public funds are not available to provide extra amenities at the Senior Centers or specific assistance to individuals who do not qualify for help from other agencies. Boulder Seniors Foundation accepts and administers financial grants, bequests, memorials and gifts used to support many services and activities for seniors in Boulder. This year the Foundation expects to help about 200 low-income seniors. For more information on the Foundation and how you can help, visit www.sites.google.com/site/boulderseniorsfoundation/ or send tax-deductible donations to P.O. Box 1392, Boulder, Colorado, 80306-1392. Thank you for your support.



Doris Hass is a founding member of the Boulder Seniors Foundation and Ingrid Shea is our treasurer and newest board member. Doris tells us that when the Foundation was launched in 1980, its primary focus was to help support Boulder's new West Senior Center. Today the city operates two senior centers and Senior Services offers many programs that foster the engagement and well being of Boulder's older adults. When a senior has a one-time financial need that the Senior Services programs cannot address, the Foundation steps into assist. Ingrid can tell you that in recent years we have paid for such things as emergency home repairs, eye exams, dental work, and moving expenses. The support our Foundation can offer to Boulder's seniors is limited by the amount of money we receive in donations and the return on our investments – which is why we ask for your support! Making a donation or including us in your will is a great way to honor a senior you know or say “thanks” for the programs and activities you yourself enjoy at the senior centers. For more information on the Foundation and how you can help, please visit their website, www.sites.google.com/site/boulderseniorsfoundation/.

BOULDER SENIORS FOUNDATION



Senior Wisdom

“There’s always a lot to be thankful for if you take time to look for it. For example, I am sitting here thinking how nice it is that wrinkles don’t hurt.”

-- Author Unknown



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



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.



Assistive Listening Devices

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

A Note from Boulder Senior Services

A recent article in the Wall Street Journal noted that the two things most older adults have in abundance, time and experience, are the perfect match for giving back to the community.

We all know the many benefits to society of older adult volunteerism. Local needs abound for various interests, skills, and levels of commitment. They range from something as simple as shoveling a snow-covered walk, to organizing paperwork, helping with a community service project, or even providing business expertise to nonprofits who need help running the organization. Similarly, opportunities to connect can be as easy as giving time through a religious organization or group to which one already belongs, using the In-

ternet to match specific interests and skills with groups that need a hand, or working through an organization such as BoulderCounty CareConnect or Meals on Wheels of Boulder.

What is less obvious is the benefit to the volunteers themselves. A growing body of research points to the social, emotional and even physical health benefits of volunteering. And while they may not be the reasons people start volunteering, these benefits, which are connected to a sense of connection and purpose larger than oneself, are part of the reason people stay. In this way, older adults are able to find purpose, satisfaction and good health later in life at the same time they give back to society.

“
*Service to others is the rent you
 pay for your room here on earth.*
 ~ Muhammad Ali
 ”



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VOLUNTEER OPPORTUNITIES FOR SENIORS GIVING BACK TO THE COMMUNITY

Spotlight: Bill Payer and Organizing Program

The Senior Services Bill Payer and Organizing Program helps seniors remain independent in their homes by providing them with a volunteer who can visit weekly or monthly to assist with financial and organizing tasks. Each volunteer is thoroughly screened (including a background check,) trained, and carefully matched with a client to insure a positive experience for all.

Here are some of the ways our volunteers assist seniors:

- Open and sort mail
- Determine a budget
- Write checks and/or set up automatic debits
- Balance checkbooks
- Set up filing systems
- Organize and assist with paperwork and some applications
- Help shred documents that contain personal information
- Make phone calls or write letters
- Assist with loading documents onto a computer

Since 1998 many volunteers have helped seniors pay bills and/or organize their paperwork. It is a rewarding one-on-one experience for the volunteer, and the need for this service is very real and appreciated by seniors and their families. Our volunteers have varied backgrounds - some are seniors themselves - and all are energetic and have a passion for helping others. What a great way to give back to our community!

We are currently seeking volunteers for this program. If you are dependable, responsible and trustworthy, this is a great opportunity to work with seniors. There will be a training in October for people interested and applications can be picked up at either senior center. A one-year commitment is required and quarterly trainings on varied topics will be held to inspire and educate. Please call Jacki Myers at 303-441-4388 or email myersj@bouldercolorado.gov for more information.

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.

Attention Boulder Seniors!

- 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 Mon. to Thur. from 2:50 to 4:00 p.m.

Fall Session: Early Sept. to mid-Nov.

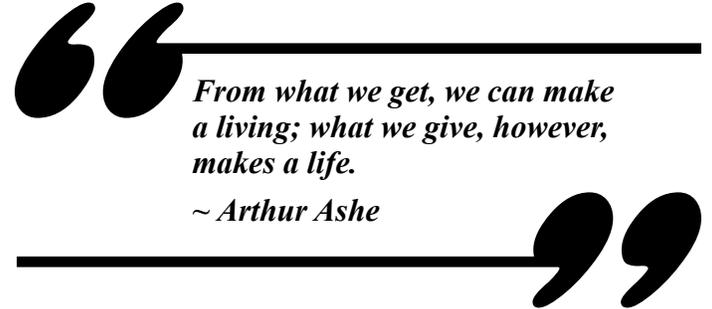
Winter Session: Late Jan. to mid-March

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 Counselor Training in September 2015

Apply to be a volunteer Senior Peer Counselor who support those over age 60 experiencing life transitions and losses. If selected, you will complete an eight-week training session (one class per week). Weekly group supervision with volunteer professionals from Mental Health Partners of Boulder County is provided. There is a one-year minimum commitment. Applications are available at the Boulder Senior Centers or call Mental Health Partners at 303-413-6377.



From what we get, we can make a living; what we give, however, makes a life.

~ Arthur Ashe

Volunteer with the Boulder County Circles Campaign



Volunteers are needed to share as Circle Allies and as the Guiding Coalition. 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).

Circle Allies make a difference. The Boulder County Circles Campaign is a program to end poverty one family at a time. Through friendship, mentoring, and sharing life experience, volunteer allies support families who are working to reach economic self-sufficiency. Jane White and Ruth Seagull are long-time Allies of Circles. Jane brings all her Texas charm. As a retired elementary and high school teacher, she is able to help Circle Leaders make sure that their writing is clear and correct. Jane provides a wonderful combination of encouragement and straight talk to help program participants consider big decisions. Jane has been given the nickname "Global Grandma," as she is adored by the children of Circles.



Ruth Seagull



Jane White

Ruth has shared the skills she earned from twenty years as a clinical/school psychologist with the Circles community. Ruth is able to work with Circle Leaders and help them really reflect on the choices they make and have made in the past, and the choices they hope to put into action. With her lifetime of experiences both in the U.S. and abroad, she holds an esteemed place with our program participants, who look to her for new ways to think about old problems.

While both women have provided immeasurable support to all the families they work with, each will tell you that her life are richer for their connection with Circles. The fall Volunteer Ally trainings will be held Sept. 26 from 9:00 a.m. to 2:00 p.m. in Boulder and Nov. 7 from 9:00 a.m. to 2:00 p.m. in Longmont. For information about Circles and how to become a Volunteer Ally, contact Jessica Austin at jaustin@bouldercounty.org or call 303-441-1503.

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.

Audio Information Network of Colorado

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.

Colorado Talking Books Library

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.myctbl.org.

Boulder County Legal Services

Boulder County Legal Services 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

If you identify as a 'rainbow elder' (gay/lesbian/bisexual/transgender), please contact Nancy Grimes at the Boulder County Area Agency on Aging (BCAAA) to be added to a confidential mailing list at infoLGBTelders@bouldercounty.org or call 303-441-3583.

Community Mediation Service 303-441-4364

The City of Boulder Community Mediation Service provides mediation for seniors who are involved in a conflict, such as within the family or with caregivers. Trained mediators provide a neutral, confidential setting to assist individuals to communicate their issues and develop a written agreement. Nominal fee. We can discuss with you whether mediation might be helpful. For more information or to schedule an appointment, please call 303-441-4364 or email at 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 www.bouldercounty.org/safety/victim/pages/dacpd.aspx.



Boulder County CareConnect 303-443-1933

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

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.

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 over age 60. Call Senior Resources staff at 303-441-4388 for more information.

Via Mobility Services 303-447-2848

www.viacolorado.org



Via provides accessible on-demand door to door transportation, individual and group travel training, and mobility options information and referral for older adults, people with disabilities, low-income individuals and others living with mobility limitations in Boulder County. Our mission is to promote independence and self-sufficiency. Via is a nonprofit organization. Experience Via. Enjoy the journey.

Important Telephone Numbers

West Senior Center.....	303-441-3148
East Senior Center.....	303-441-4150
Access-A-Ride	303-292-6560
Accident Report	303-441-3333
Boulder County Area Agency on Aging	303-441-3570
Boulder County Aging and Disability Resources for Colorado (ADRC)	303-441-1617
Boulder Housing Partners	720-564-4610
Boulder County Housing and Human Services & Adult Protective Services	303-441-1000
CareConnect	303-443-1933
Care Link Adult Day Program	720-562-4470
Center for People with Disabilities..	303-442-8662
Close Call Phone Line	303-441-4272
City of Boulder Information	303-441-3388
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
Street Maintenance.....	303-413-7162
Veterans Services	303-441-3890
Via Mobility Services	303-447-2848
Workforce Boulder County	303-301-2900

**Senior Community
Advisory Committee (SCAC)**

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

**Mental Health Partners - Senior
Reach Program**

If you know an older adult who seems distressed or is in need of assistance, Senior Reach can help. Senior Reach is a community program that identifies older adults who may need emotional or physical support and/or connection to community services, usually at no charge. It's a simple way to help older adults get assistance before a serious crisis develops. Please call Senior Reach 1-866-217-5808.

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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 for more information. 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 who have taken the Creativity Series.
 Contact Elsie for more information 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 August and 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 4:00 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 Groups**Monday group, 10 – 11:30 a.m. Thursday group, 1:30 – 3:00 p.m.**

Sponsored by Mental Health Partners; call for availability; 303-413-6377

Beyond Vision (Low Vision Support Group)**4th Monday monthly, 1 – 2 p.m.**

Sponsored by The Center for People with Disabilities (CPWD); 303-442-8662

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

Boulder Parkinson's Support Group**3rd Tuesday monthly, 10 – 11:30 a.m.**Sponsored by Parkinson Association of the Rockies; www.parkinsonrockies.org

Local group leader: Bob, 303-494-9229

Peer Counseling: Men's Support Group**1st and 3rd Wednesdays monthly, 10:30****a.m. - noon**

Sponsored by Mental Health Partners; call for availability; 303-413-6377

Widowed Persons Support Group**4th Wednesday monthly, 10 a.m. - noon**

Sponsored by TRU Community Care; facilitator: Suzanne, 303-530-4542

Monthly Alzheimer's/Dementia Support Groups**1st Thursday monthly, noon – 1:30 p.m. 2nd Tuesday monthly, from 11 a.m. - 12:30 p.m.**Sponsored by the Alzheimer's Association; 800-272-3900; www.alz.org**Caring for Your Aging Parent – A Support Group****2nd Thursday monthly, 5:30-7 p.m.**

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. (Due to East senior center closure for annual maintenance the Sept. 9 meeting will be held at Jewish Community Center located at 3800 Kalmia Ave. Boulder on Sept. 10, same time 5:30- 7 pm.)

Café Classico – Open to the Public (West Senior Center)

Take a summer break for lunch at Café Classico, served weekdays 11:30 a.m. to 12:30 p.m., only \$5/person. Besides the newly decorated café – sure to help you cool down – we offer a salad bar daily and fresh salad entrees at least once a week. Tuesday evenings, enjoy dinner at 5:30 p.m. for \$6 per person. Please call 303-441-3148 for reservations. Our monthly menus are posted online 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.

Project Homecoming Makes a Difference

This October, Meals on Wheels of Boulder will mark the eighth anniversary of Project Homecoming, its groundbreaking home delivery meal service designed to help ease the stress of the hospital-to-home transition with five free meals (absolutely no strings!). Today, the program provides a nutritious, dietary-specific, home-delivered hot meal for five days at no cost to anyone in Boulder County who is recovering from any illness, and without a penny of Federal or State money.

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

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

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

The real winners, however, are the 600+ clients who have received more than 3,000 free meals since 2007. Longmont and Coal Creek Meals on Wheels serve similar numbers of patients.

Meals on Wheels of Boulder recently surveyed recipients of Project Homecoming, yielding some eye-opening results. When asked if they had plans for food prior to entering the hospital, 54 percent said “no” and 41 percent said “somewhat.” The value of the service? Twenty-three percent called it a lifesaver and 63 percent said it was “a big help.” If you or someone you know anticipates a hospital visit for any reason, Project Homecoming could “jumpstart” your recovery. To learn more, visit our website at www.mowboulder.org and click on “Project Homecoming” or call us at 303-441-3908.

AARP Driver Safety Debuts A New Refresher Course

Learn About the AARP Smart Driver Course



Since 1979, AARP Driver Safety has met the needs of older drivers through educational programs led by more

than 4,000 volunteers and a myriad of resources. But they aren't the same programs and resources that were available nearly 35 years ago. AARP Driver Safety has continued to evolve with the times, and the initiative recently launched the new and improved AARP Smart Driver Course.

Why a new course? A lot has changed since many American drivers first got their driver's license. The roads have changed. Cars and the technology inside them have changed. Even the people behind the wheel have changed. As drivers, if we don't keep up with those changes we put others or even ourselves at risk.

How is the AARP Smart Driver Course different? The new and improved course curriculum was designed with the participant in mind, and it is different in many ways from previous editions including:

- A completely new, easy-to-follow format that incorporates adult-learning principles featuring reader-friendly print types, full-color pages, an easy-to-follow format, and videos to supplement course content.
- With 19 areas of customization, the course is tailored to meet the participants' needs by providing state-specific information that is easy to access and understand.

Sign up to take the new AARP Smart Driver Course. The AARP Smart Driver Course is available at East Senior Center. 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.

Instructor: Jagdish Nagda / East Senior Center / Mondays, Sept. 14, Oct. 12, Nov. 9 / 8:30 a.m. to 1 p.m. / Fee: \$15 for AARP Members or \$20 for non-members

The Death Café

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

230682 *West Senior Center / Mondays, Sept. 7, Oct. 5, Nov. 2 / 10:30 a.m. to noon / Free*

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.

230683 *West Senior Center / Tuesday, Sept. 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 / Sept. 17, Oct. 1, Nov. 5, / 2 to 4 p.m. / Free



You can have everything in life you want, if you will just help other people get what they want.

~ Zig Ziglar



Powerful Tools for Caregivers

Boulder County Area Agency on Aging offers this training program for family caregivers of older adults. This series is a 15-hour course, held over six weeks, that gives family caregivers “tools” to ensure they take care of themselves while caring for others. Taught by trained leaders, the course helps caregivers learn to reduce stress, improve self-confidence, communicate their feelings, and more.

This course is open to Boulder County residents caring for a relative, partner, or friend who is 60 or older, or of any age if the person has dementia. There is no charge, but donations are appreciated. Financial assistance for respite care during class periods is available. Pre-registration is required.

East Senior Center / Wednesdays, Sept. 23 to Oct. 28 / 6 classes / Time: 1:30 to 4 p.m. / For more information or to register, call 303-678-6116 or email InfoCaregiver@bouldercounty.org

National Depression “Screening Day” Film & Depression Screenings

“The Misunderstood Epidemic: Depression” (57 min.) is a documentary by filmmaker Susan Polis Schutz. It is an intimate look at how depression affects individuals and their families. Through firsthand accounts it explores how depression can happen to anyone regardless of age, race, or socioeconomic background. We will show the film at 9 a.m., then after the film we’ll discuss it in small groups with Mental Health Partners Senior Reach staff and peer counselors. Free depression screenings will be offered from 11 a.m. to noon. There is no charge for this program, but please register to reserve your space.

230914 *Instructor: Therapist and Peer Counselors from Mental Health Partners / West Senior Center / Friday, Oct. 9, 9 a.m. to noon / Free*

The Transition of Care

Four in ten U.S. adults are caring for a loved one with significant health needs. Americans, regardless of experience or specialized knowledge, are finding themselves thrust into the position of finding services for themselves or family members. Whether you are a senior, a family member or a caregiver, when the sudden need to find services arises, you may ask, who do I call or turn to? This specific panel discussion will cover topics such as non-skilled care, independent living, assisted living, skilled rehab, home health, and hospice. Program sponsored by PASCO (Personal Assistance Services of Colorado) www.pascoh.com. Please register by Oct. 1.

230913 *East Senior Center / Friday, Oct. 9, 3 to 4 p.m. / Free*

Medicare Part D Clinics

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.

West Senior Center / Wednesdays, Oct. 21, Nov. 4, Nov. 18 / 9 a.m. to noon / Free / By appointment only / Call 303-441-3148

East Senior Center / Thursdays, Oct. 22, Nov. 5, Nov. 19 / 9 a.m. to noon / Free / By appointment only / Call 303-441-4150 lz

Alzheimer’s Association Education Series

Know the 10 Signs: Early Detection Matters

If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection of Alzheimer’s disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer’s disease as a way to highlight the challenges they face every day. Please register to reserve your space.

230685 *West Senior Center / Wednesday, Sept. 9 / 1 to 3 p.m. / Free / Please register to reserve your space*

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.

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.

Fit and Strong – Beginning

General fitness class that includes a variety of exercises to improve balance, strength and flexibility. This is a perfect class for the beginning exerciser. Many exercises may be done seated. No floor work. In the Wednesday class, we usually use a Fit Ball. Please wear footwear appropriate for a low-impact class.

Fit and Strong – Intermediate

The class emphasizes cardiovascular exercise but also includes strength training and flexibility work. Hand weights, resistance tubing and a small ball are incorporated into the warm up and strength segment. Please wear footwear appropriate for a low-impact aerobics class. Bring water bottle.

Gotta Dance

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

Guts and Butts

Designed to improve inner core health for older adults by strengthening front abdominal, side abdominal, and back muscles, toning hips, conditioning inner and outer thighs, and improving balance and flexibility. Ideal for anyone starting an exercise routine or wanting to become fitter and stronger. We use relaxing music, mats, your own body weight and occasionally weights, bands and stability balls. Taught at different levels and modifications are provided.

Line Dancing

All levels of experience or newcomers are welcome. The instructor will demonstrate the steps and guide you through them. Judy has been teaching for several years, attends national dance conferences, and keeps up with the latest steps. Come join the group, learn line dances and have fun.

Music and Movement

Move to energetic music and get a great workout while having fun. Old tunes you'll recognize and Latin flavored music to get your juices flowing. Just bring a smile, no experience required. Class can be done standing, or seated in a chair, all levels welcome!

Strength and Alignment

Using breath for increased self awareness, we will align our bodies to increase bone density without injury using resistance training with hand-held weights, resistance bands and isometric exercises using balls. Core strength is emphasized in all movements. This class includes a cardiovascular warm-up, a relaxing cool-down, and constant attention to balance. Exercises can be done standing, on a mat, or seated in a chair, all levels welcome.

SILVERSNEAKERS AND FITNESS SCHEDULE

DROP-IN CLASSES FOR SEPTEMBER, OCTOBER, NOVEMBER

All classes below are held at the East Senior Center | Warm Water is held at the East Boulder Community Center Pool

FEES: There is no cost for current SilverSneakers card holders for drop-in classes listed below. Members must be registered with Boulder Senior Services and swipe their SilverSneakers membership card for each daily visit.

All other participants may attend any drop-in classes listed below held at the East Senior Center by purchasing a Senior Services punch pass and/or making a drop-in payment. Punch passes are valid one year from date of purchase and are non-refundable.

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 9:45 a.m. 55+ Warm Water Fitness 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 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. Gotta Dance <i>Judy K.</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>	9:00 – 10:00 a.m. 55+ Warm Water Fitness EBCC Pool <i>Laura/Maryann</i>	11:45 – 12:30 p.m. SilverSneakers Classic <i>Chris</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>	
	1 – 1:45 p.m. 55+ Warm Water Fitness EBCC Pool <i>Chris</i>		10:30 – 11:15 a.m. SilverSneakers Yoga <i>Linda</i>	
			1 – 1:45 p.m. 55+ Warm Water Fitness 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 - <i>Valid one year from date of purchase</i>					
OPTIONS	10 punch	\$40	\$50	\$60	\$70
	20 punch	\$80	\$100	\$120	\$140

National Fall Prevention Week is September 21 – 25

Join us for classes, resources and individualized balance assessments to learn about fall prevention methods. Sessions and resource information will be available at both East and West Senior Centers all week.

Falls Prevention Week

Chair Assisted Tai Chi for Health and Wellness: FREE Introductory Class with six week series to follow

Join us for a Tai Chi class that is designed to improve muscular strength, flexibility and overall 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.

230897 *Instructor: Terry Tessier / West Senior Center / Tuesday, Sept., 22 / 1:15 to 2:15 p.m. / Fee: FREE Introduction Class for six-week series to follow / Please register to reserve your space*

What Can Boulder County Care Connect Do For You?

Boulder County CareConnect (BCCC) provides volunteer-powered safety net services that help seniors in need. Our Fix-It Program provides home repairs that help decrease the risk of falling and make homes safer. Skilled Fix-It volunteers install grab bars, fix walkers and wheelchairs, repair lamps and switches, and much more. Representatives from BCCC will give a presentation of their services and will enroll new volunteers and clients during this time.

231832 *West Senior Center / Wednesday, Sept., 23 / 12:30 to 1:30 p.m. / Fee: FREE / Please register to reserve your space*

231833 *East Senior Center / Thursday, Sept., 24 / 3 to 4 p.m. / Fee: FREE / Please register to reserve your space*

Building Blocks for Better Balance, Strength and Flexibility – FREE Seminar

Join us for this FREE sample for a NEW class being held at West Senior Center:

Alignment through awareness. 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 to stretch your body for better balance, flexibility and to reduce injury.

Conditioning through simple resistance training exercises to strengthen your body for better control of movement.

Each class will intentionally focus on more freedom through flexibility and confidence in balance by strengthening your body to relax your mind.

230916 *Instructor: Linda Manchester / West Senior Center / Sept. 23 / 10 to 10:45 a.m. / Fee: FREE / Please register to reserve your space / See pg. 26 for more information about this weekly class*

911 Basics

Of course we all want to avoid falling. But, ever wonder what you would do if you fall and can't get up? Should you call 911? What happens if you do? and, if you aren't hurt, are there other options? Join Elyse Trask, Paramedic with American Medical Response, to talk about their work in the community and how they can help.

230896 *East Senior Center / Monday, Sept. 21 / 1 to 2 p.m. / FREE / Please register to reserve your space. Falls Prevention Week*



Baila - Let's Dance! FREE Introduction and six week series to follow

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.

230909 *Instructor: Judy Kreith / West Senior Center / Thursday, Sept., 24 / 1:15 to 2 p.m. / Fee: FREE Introduction Class for six-week series to follow / Please register to reserve your space.*

230910 *Instructor: Judy Kreith / West Senior Center / Thursdays, Oct. 1 to Nov. 5, six-week series / 1:15 to 2 p.m. / Encore Resident: \$18 / City Resident: \$23 / Encore Non-Resident: \$27 / Non-Resident: \$32 / Pre-registration required for series*

Neurological Exercises for Fall Prevention

The three primary physical reasons for falling are neuropathy (disease or dysfunction of one or more peripheral nerves, typically causing numbness or weakness), neuromuscular disease (ailments that impair the functioning of the muscles, either directly, being pathologies of the muscle, or indirectly, being pathologies of nerves or neuromuscular junctions) and vestibular disease (refers to a sudden, non-progressive disturbance of balance). A sample neurological exam will be done that includes at least five proprioceptive health tests. The doctors will share a few ways to improve balance via easy neurological exercises that you can do at home. Dr. Charles and Dr. Vicki Kelsey, are Chiropractors who have over 35 years of experience and advanced education in treating chronic pain through a variety of treatment modalities and exercises.

230895 *East Senior Center / Tuesday, Sept. 22 / 3 to 4 p.m. / FREE / Please register to reserve your space.*



Feet, Feet, Feet

Left foot, right foot, feet, feet, feet. Feet in the morning, Feet at night...So goes the Dr. Seuss children's book, and so goes the experiences of many who suffer discomfort, pain, lack of sensation, or lack of stability in their feet. Join Laura Olinger for a conversation about exercising and moving our feet to keep them strong, capable, flexible and comfortable...or to regain these attributes. Focusing on self care and participation, this event is a call to action for caring for your own feet with many ideas and opportunities to experiment with different approaches.

Even with lots of care and attention, sometimes our feet need help to reduce our risk of falling. We know from studies and from experience that Yaktrax (or other such traction devices) can keep us safe in icy conditions. Melissa Pruitt will join us to talk about proper sizing and usage, and will also provide an opportunity for participants to try them on.

Program attendees will have the opportunity to win free sets of Yaktrax.

Instructors: Laura Olinger (Feet, Feet, Feet) and Melissa Pruitt (Yaktrax)

231189 *East Senior Center / Monday, Sept. 21 / 10 a.m. to noon / FREE / Please register to reserve your space*

Easing Your Pain Series

This is a six-week series for people who suffer from chronic pain such as arthritis, fibromyalgia, headaches, backaches, sciatica, or ongoing surgical pain. We will work with the emotions that pain brings up—such as anxiety and depression. Patricia Kay Youngson will teach multiple ways to ease pain including relaxation techniques, self-hypnosis, medications, nutrition, and meditation. Members will be invited to share their pain experiences and successes.

Presenter: Patricia Kay Youngson is an RN and has a Master's in Transpersonal Counseling Psychology from Naropa University. She has studied pain control for at least 20 years as a nurse and has had valuable personal body experience with acute and chronic pain. She has a passion to help people suffering from pain and its many accompanying distresses.

231053 *West Senior Center / Weds., Sept. 23 to Oct. 28, six classes / 3 to 4 p.m. / City Resident: \$30 / Non-Resident: \$35*

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 Card Number: _____ Expiration Date: _____ CCV Number _____ Signature: _____		
Please let us know your Emergency Contact: Name: _____ Phone: _____			

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!	Tues. 9/1	1	WBSC	3:00 PM						Free	230683
15	The Death Café	Mon. 9/7	3	WBSC	10:30 AM						Free	230682
16	Know the 10 Signs: Early Detection Matters	Wed. 9/9	1	WBSC	1:00 PM						Free	230685
16	The Transition of Care	Fri. 10/9	1	EBSC	3:00 PM						Free	230913
16	Natl Depression Screening Day: Film & Screens	Fri. 10/9	1	WBSC	9:00 AM						Free	230914
HEALTH & WELLNESS												
Fitness Classes												
27	Seated Restorative Yoga	Fri, 9/4/15	12	WBSC	11:00 AM		36	54	45	63		229100
25	Ballroom Dancing for Seniors - First Session	Tues., 9/15/15	4	EBSC	1:00 PM		16	24	20	28		229092
25	Ballroom Dancing for Seniors - Second Session	Tues., 10/13/15	4	EBSC	1:00 PM		16	24	20	28		229093
25	Ballroom Dancing for Seniors - Third Session	Tues., 11/10	3	EBSC	1:00 PM		12	20	16	24		231051
26	Putting on the Ritz! Jazz Dance for Seniors	Tues., 9/15/15	6	EBSC	11:30 AM		24	36	30	42		229094
26	T'ai Chi for Seniors, Level I - Beg./Adv. Beg.	Fri., 9/18/15	10	EBSC	9:45 AM		66	76	68	78		229095
26	T'ai Chi for Seniors, Level II - Intermediate	Fri., 9/18/15	10	EBSC	noon		66	76	68	78		229096
26	T'ai Chi for Seniors, Level III - Half Session	Fri. 9/18/15	5	EBSC	10:45 AM		33	38	34	39		229097
26	T'ai Chi for Seniors, Level III - Full Session	Fri., 9/18/15	10	EBSC	10:45 AM		66	76	68	78		229101
26	BB for Better Balance, Strength & Flexibility - Mon.	Mon. 9/14/15	12	WBSC	11:00 AM		36	54	45	63		229098
26	BB for Better Balance, Strength and Flexibility - Wed.	Wed., 9/02/15	12	WBSC	11:00 AM		36	54	45	63		229099
20	Baila - Let's Dance!	Thurs., 10/1/15	6	WBSC	1:15 PM		18	27	23	32		230910
27	Chair Assisted Tai Chi for Health and Wellness	Tues., 10/6/15	6	WBSC	1:15 PM		18	27	23	32		230898
27	Seniors (55+) in the Weight Room - 1st Session - AM	Tues., Thurs., 9/15/15	10	EBSC	11:00 AM	20			34	38		229102

Page	Activity	Begin Date	Sessions	Location	Time	Fee SS	Resident Encore	Non-Res.	Resident City	Non-Res.	General Public	Course Code
27	Seniors (55+) in the Weight Room - 1st Session - PM	Tues., Thurs., 9/15/15	10	EBSC	2:00 PM	20			34	38		229103
27	Seniors (55+) in the Weight Room - 2nd Session - AM	Tues., Thurs., 10/20/15	11	EBSC	11:00 AM	22			38	42		229104
27	Seniors (55+) in the Weight Room - 2nd Session - PM	Tues., Thurs., 10/20/15	11	EBSC	2:00 PM	22			38	42		229105
Wellness Clinics & Seminars												
19	911 Basics	Mon. 9/21	1	EBSC	1:00 PM						Free	230896
20	Feet, Feet, Feet	Mon. 9/21	1	EBSC	10:00 AM						Free	231189
20	Neurological Exercises for Fall Prevention	Tues., 9/22	1	EBSC	3:00 PM						Free	230895
19	Intro: Chair Assisted Tai Chi for Health and Wellness	Tues., 9/22	1	WBSC	1:15 PM						Free	230897
19	Intro: Building Blocks for Better Balance	Wed., 9/23	1	WBSC	10:00 AM						Free	230916
20	Easing Your Pain Series	Wed., 9/23	6	WBSC	3:00 PM				30	35		231053
19	What Can BC Care Connect Do For You?	Wed., 9/23	1	WBSC	12:30 PM						Free	231832
20	Intro: Baila - Let's Dance!	Thurs., 9/24	1	WBSC	1:15 PM						Free	230909
19	What Can BC Care Connect Do For You?	Thurs., 9/24	1	EBSC	3:00 PM						Free	231833
25	Be Well: Diabetes	Thurs. 10/8	6	EBSC	2:00 PM						Free	230932
SENIOR ENRICHMENT												
History Behind the Headlines												
31	Aerospace Legacy Engineering (ALETRO)	Wed. 9/30	1	EBSC	11:00 AM						\$5	230693
32	The King has not Authorized You to Kill Us...	Wed. 10/7	1	EBSC	11:00 AM						\$5	230694
32	Forgotten Jewels	Wed. 10/14	1	EBSC	11:00 AM						\$5	230695
32	"My Life in the TV and Newspaper World."	Wed. 10/21	1	EBSC	11:00 AM						\$5	230696
Active Minds for Life												
30	Turkey	Mon. 9/14	1	WBSC	11:00 AM						Free	230687
30	Napoleon	Mon. 10/12	1	WBSC	11:00 AM						Free	230688
30	Coffee: A Brief History	Mon. 11/9	1	WBSC	11:00 AM						Free	230689
30	Scotland	Mon. 9/28	1	EBSC	3:00 PM						Free	230690
30	Salem Witches	Mon. 10/26	1	EBSC	3:00 PM						Free	230691
30	Thanksgiving	Mon. 11/23	1	EBSC	3:00 PM						Free	230692
Enrichment Seminars												
33	Contemplative Living: Thomas Merton and Friends	Thurs., 9/3	3	WBSC	10:00 AM						Free	230697
33	Beginning Bridge II	Tues., 9/15	10	EBSC	1:30 PM				50	60		230698
33	Duplicate Bridge Strategies for Int/Adv Bridge Players	Tues., 9/15	10	EBSC	12:30 PM				50	60		230701
33	Bridge Class On Defense	Wed., 9/16	10	EBSC	10:00 AM				55	65		230700
33	Duplicate Bridge —Practice Class	Fri., 9/18	10	WBSC	10:00 AM				50	60		230699
34	Storytelling Series	Wed., 9/30	6	WBSC	12:30 PM				30	35		231410
34	Effective Communication Skills	Mon. 10/5	1	WBSC	1:00 PM				10	12		230702
34	Life Reimagined Check-up	Wed., 10/7	1	WBSC	6:00 PM						Free	232087

Page	Activity	Begin Date	Sessions	Location	Time	Fee SS	Resident Encore	Non-Res.	Resident City	Non-Res.	General Public	Course Code
Computer Classes												
35	Using Picasa	Tues., 9/15/15	3	WBSC	8:30 AM		35	35	50	50		231382
35	Maintaining Your Home Computer	Tues., 9/15/15	3	WBSC	9:45 AM		35	35	50	50		231383
35	Common Computer Software	Tues., 9/15/15	3	WBSC	11:00 AM		35	35	50	50		231384
35	Computers One-on-One	By Appointment					32	37	42	47		231385
Special Events												
29	Encore/SilverSneakers® Membership Appreciation: Oktoberfest with the Heartlanders	Wed. 10/14/15	1	EBSC	12:30 PM	0	0	0			5	231113
29	Aging and Alchemy: Turning Straw into Gold	Sat. Nov. 14	1	EBSC	9:00 AM				45	55		230851
SENIOR TRIPS												
36	Three Leaf Farm Tour, Lafayette	Fri. 9/11	1	EBSC	10:30 AM				36	41		231386
37	The Wild Animal Sanctuary	Sat. 9/12	1	EBSC	4:00 PM				38	43		231390
37	Boulder Dinner Theatre: The Buddy Holly Story	Sun. 9/13	1		11:45 AM				40	45		231389
38	Denver Museum of Nature & Science: Power of Poison	Fri. 9/18	1	EBSC	9:30 AM				33	38		231391
38	Century Casino, Central City	Wed. 9/23	1	EBSC	9:00 AM				30	35		231632
38	Peak to Peak Fall Colors	Fri. 9/25	1	EBSC	9:00 AM				33	38		231392
38	Denver Art Museum: In Bloom	Sat. 10/3	1	EBSC	12:15 PM				36	41		231393
36	The Huckleberry for Brunch, Louisville	Tues. 10/6	1	EBSC	10:30 AM				28	33		231387
39	The Boulder Opera Company	Sat. 10/10	1	EBSC	7:00 PM				27	32		231395
38	Elk Bugling, Estes Park	Fri. 10/16	1	EBSC	3:00 PM				31	36		231394
39	Denver Zoo, Denver	Fri. 10/23	1	EBSC	9:00 AM				26	31		231396
39	Murder Mystery Buffet Lunch Show, Denver	Sun. 10/25	1	EBSC	11:30 AM				60	65		231398
39	The Stanley Heritage Hotel Tour	Fri. 10/30	1	EBSC	10:00 AM				50	55		231397
40	Candyland Tour, Denver	Fri. 11/6	1	EBSC	10:00 AM				30	35		231399
40	Sans Souci Festival of Dance Cinema	Mon. 11/9	1		6:30 PM						Free	231400
40	Boulder County Recycling Center	Fri. 11/13	1		12:40 PM						Free	231401
40	Boulder Dushanbe Teahouse with Clay Fong	Mon. 11/16	1		3:00 PM				22	27		231402
36	The Chautauqua Dining Hall, Boulder	Fri. 11/20	1	EBSC	3:30 PM				42	47		231388
42	Boulder Dinner Theatre: The Addams Family	Sun. 11/22	1		11:45 AM				40	45		231403
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 FALL 2015

- Encore member registration begins Tuesday, Aug. 11 by fax, on-line or in person.
- Non-Encore member registration begins Thursday, Aug. 13 by fax, on-line or in person.

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

- Phone-in registration begins Friday, Aug. 14. 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 29 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 programs, I acknowledge that the activities carried on in these programs carry certain risks. These risks may include, but are not limited to, heart attack, stroke, circulatory problems, bone and joint injury, back injury, muscle strain and other muscle injuries, foot problems, head, neck and spinal injuries, altitude sickness, and heat stroke and heat exhaustion. I have independently reviewed and evaluated the risks and determined to engage in the programs with full knowledge and acceptance of the risks. If I choose to depart from the program itinerary I will inform the leader and release the City of Boulder from all liability; and participation in any program may be suspended until further notice. I may be photographed while utilizing the facility, or while participating in the City of Boulder's programs, and said photographs, or likeness of me, may be used to publicize activities as the city deems appropriate. I am aware of the activity level that is required of these programs and I believe that I am physically fit enough to participate.

Therefore, having read and understood this waiver and in consideration of your accepting my entry into a City of Boulder Senior Center facility or program, I for myself and anyone entitled to act on my behalf, waive and release the City of Boulder, all staff, volunteers, sponsors, and representatives from all claims or liabilities of any kind arising out of my participation in (or as a spectator of) any program or use of any facility.

WHERE TO REGISTER

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

Be Well Diabetes

Living with diabetes has a number of challenges, but it is possible to take control of your health. Join us for a six-week workshop where you will learn strategies to help you feel better. Topics covered include:

- Techniques to deal with symptoms of diabetes
- Managing emotional changes
- Making healthy eating choices
- Role of exercise
- Problem solving
- Goal setting
- Working with your health care providers

Sponsored by Boulder County Area Agency on Aging, this class is offered to county residents 60 and over and their caregivers.

230932 East Senior Center / Thursdays, Oct. 8 to Nov. 12, six classes / 2 to 4:30 p.m. / Donations are appreciated / Contact 303-441-3599 or mpruitt@bouldercounty.org to register

Fitness Classes

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, (due to shut-down dates are Sept. 18 and Sept. 25) / 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!

Sept./Oct. – Social Ease Dance Sampler

Come learn Foxtrot, and Waltz in this class designed to help feel at ease in a variety of social dance settings. This class will be great for new dancers as well as a wonderful review for all those wanting to brush up on their social dance skills.

229092 Instructor: Judy Kreith, M.A. / East Senior Center / Social Ease Dance Sampler: Tuesdays, Sept. 15 to Oct. 6, four classes / 1 to 2 p.m. / Fee: Encore Resident: \$16 / City Resident: \$20 / Encore Non-Resident: \$24 / Non-Resident: \$28

Oct./ Nov. - Night Club Two Step

Under the harvest moon, let's dance the popular Night Club Two Step. This style is often danced to mid-tempo ballads and is a versatile and fun dance for a variety of social dance occasions.

229093 Instructor: Judy Kreith, M.A. / East Senior Center / Night Club Two Step: Tuesdays, Oct. 13 to Nov. 3, four classes / 1 to 2 p.m. / Fee: Encore Resident: \$16 / City Resident: \$20 / Encore Non-Resident: \$24 / Non-Resident: \$28

Nov./ Dec. – Merengue and Bachata New

Just in time for December Fiestas let's learn these popular and fun dances from the Dominican Republic. We will begin with the lively Merengue and complete the class with the lovely dance the Bachata. Vamos A Bailar.

231051 Instructor: Judy Kreith, M.A. / East Senior Center / Merengue and Bachata: Tuesdays, Nov. 10 to Nov. 24, three classes / 1 to 2 p.m. / Fee: Encore Resident: \$12 / City Resident: \$16 / Encore Non-Resident: \$20 / Non-Resident: \$24

Fitness Classes

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.

229094 *Instructor: Judy Kreith, M.A. / East Senior Center / Tuesdays, Sept. 15 to Oct. 20, 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*

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.

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.

229095 *Instructor: Steve Arney / East Senior Center / Fridays, Sept. 18 to Nov. 20 / 10 classes / 9:45 to 10:40 a.m. / Fee: 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.

Full Session – 229096 / Instructor: Steve Arney / East Senior Center / Fridays, Sept. 18 to Nov. 20 / 10 classes / Noon to 1 p.m. / Fee: 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 – 229101 / Instructor: Steve Arney / East Senior Center / Fridays, Sept. 18 to Nov. 20 / 10 classes / 10:45 to 11:40 a.m. / Fee: Encore Resident: \$66 / City Resident: \$68 / Encore Non-Resident: \$76 / Non-Resident: \$78

Half Session Fee – 229097 / (applicable for Advanced class only). Select five of the classes in the Fall 2015 session / Fee: 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.

229098 *(Mondays) Instructor: Linda Manchester / West Senior Center / Sept. 14 to Nov. 30 / 12 classes / 11 to 11:45 a.m. / Fee: Encore Resident: \$36 / City Resident: \$45 / Encore Non-Resident: \$54 / Non-Resident: \$63*

229099 *(Wednesdays) Instructor: Linda Manchester / West Senior Center / Sept. 2 to Nov. 25 / 12 classes / 11 to 11:45 a.m. (no class Nov. 11 for Veteran's Day) / Fee: Encore Resident: \$36 / City Resident \$45 / Encore Non-Resident: \$54 / Non-Resident: \$63*

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.

229100 *Instructor: Linda Manchester / West Senior Center / Fridays, Sept. 4 to Nov. 20 / 12 classes / 11 a.m. to 12 p.m. / Fee: Encore Resident: \$36 / City Resident: \$45 / Encore Non-Resident: \$54 / Non-resident: \$63*

Chair Assisted Tai 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.

FREE public demo class on Tuesday, Sept. 22 from 11 a.m. to noon in Creekside room at West Center.

230898 *Instructor: Terry Tessier / West Senior Center / Tuesdays, Oct. 6 to Nov. 10 / 6 classes / 1:15 to 2:15 p.m. / Fee: Encore Resident: \$18 / City Resident: \$23 / Encore Non-Resident: \$27 / Non-resident: \$32*



*Forever
fit*

Remember to tune in to Forever Fit on Channel 8, a new series of fitness classes taught by our own Senior Services instructors, who host a variety of cardio, strength, stretching, yoga and T'ai Chi classes for a complete exercise program that can be accomplished in your own living room!

bouldercolorado.gov/channel8/forever-fit

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

229102 *1st Session (morning): Tuesdays and Thursdays, Sept. 15 to Oct. 15, 10 classes / 11 a.m. to noon / Fee: Current SilverSneakers cardholders: \$20 / City Resident: \$34 / Non-Resident: \$38*

229103 *1st Session (afternoon): Tuesdays and Thursdays, Sept. 15 to Oct. 15, 10 classes / 2 to 3 p.m. / Fee: Current SilverSneakers cardholders: \$20 / City Resident: \$34 / Non-Resident: \$38*

229104 *2nd Session (morning): Tuesdays and Thursdays, Oct. 20 to Nov. 24 / 11 classes / 11 a.m. to noon / Fee: Current SilverSneakers cardholders: \$22 / City Resident: \$38 / Non-Resident: \$42*

229105 *2nd Session (afternoon): Tuesdays and Thursdays, Oct. 20 to Nov. 24 / 11 classes / 2 to 3 p.m. / Fee: Current SilverSneakers cardholders: \$22 / City Resident: \$38 / Non-Resident: \$42*

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. / Fee: No charge for registered SilverSneakers members / \$5 fee for all others

Walking Wednesdays

Each Wednesday walking session leaves from the shuffleboard courts west of the New Britain Building, 1101 Arapahoe Ave. at 10 minutes past noon. We aim to wind up a little before 1 p.m. The walks vary in length and difficulty. Participants need to be independently mobile. Our leader is Ellen Orleans with Go Boulder, although we sometimes have a specialist leading the walk-a-city staff person who focuses on Boulder history, the tulips along Pearl Street Mall, or local trees, for instance. Please bring water, and a coat and wear comfortable walking shoes. No registration required for this free program, just show up at the designated area to walk with the group. Wednesdays through early October, weather permitting.

New Britain Building, 1101 Arapahoe Avenue / Meet at 12:10 p.m. / Free

Wellness Clinics and Seminars

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, Oct. 7, Nov. 4 (no Sept. clinic due to East shut-down) / 2 to 4 p.m. by appointment only (eight appointments per day) / Free

Flu Shot Clinic

Medicare Part B, CIGNA or Rocky Mountain health plan accepted. Sponsored by Mile Hi Immunizations. For the location of other flu shot clinics, call Colorado health (Flu Shot Hotline) at 877-462-2911.

East Senior Center / Monday, Oct. 19 / 9:30 to 11:30 a.m. / Drop-in / Insurance accepted (see above) and/or private pay / Fees: Flu Shots – \$25 / Nasal Flu vaccines - \$45 / Tetanus/Diphtheria/Pertussis shots - \$65 / Pneumonia shots - \$100

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 / Fee: Encore Resident: \$38 / City Resident: \$40 / Encore Non-Resident: \$46 / Non-Resident: \$48

Rosen Method Bodywork

Rosen Method Bodywork is a gentle and effective therapy for a broad range of physical and emotional complaints. Done on a massage table, Rosen Method helps people gain awareness of and release tension held in their bodies and supports a deeper, fuller, more relaxed sense of self and connection with others. Schedule a session by calling 303-441-4150 to make an appointment. Todd Schwartz, is a licensed massage therapist, psychotherapist and Rosen Method Bodywork provider.

East Senior Center / First and Third Mondays / Appointment times: 7:45 to 10:45 a.m. / Fee: 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. Alma comes on Mondays twice a month to the East center. Register for an appointment by calling 303-441-4150.

East Senior Center / Second and Fourth Mondays / Appointment times: 7:45 to 10:45 a.m. / Fee: Encore Resident: \$20/38 / City Resident: \$22/42 / Encore Non-Resident: \$22/42 / Non-Resident: \$24/44

Massage and Reflexology Registration Guidelines:

To reach as many seniors as possible, registrations for massage and reflexology are limited to two appointments per month, per person. Encore members can schedule up to three months in advance from the first of every month. **Due to East center maintenance shut-down (Aug. 29 to Sept. 13) Sept. massage registration will be taken Sept. 14.** 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 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.

“
The greatest good you can do for another is not just share your riches, but reveal to them their own.
 ~ Disraeli
 ”

Special Events

Encore/SilverSneakers® Membership Appreciation Oktoberfest with the Heartlanders

Please join us at the East Senior Center Harvest Festival with entertainment from the Heartlanders. We will provide a light menu of Butternut and Apple Harvest Soup, a side salad and dessert. Performance by Deb & Greg Beveridge (a husband and wife team). Together they sound like 3-4 people, thanks to the latest available technology. They will be playing a wide range of music varying from polkas, country and western to 20 century classics. No charge for SilverSneakers® and Encore members, and \$5. for the general public. SilverSneakers® is a registered trademark of Healthways, Inc. Please register to save your space.

231113 East Senior Center / Wednesday, Oct. 14 / 12:30 to 2 p.m. / Free for SilverSneakers® and Encore members, General Public \$5

Aging and Alchemy: Turning Straw into Gold

In this fun and challenging daylong workshop, we'll explore the ways in which the changes inherent in the aging process can become a powerful curriculum for deep, joyful living and spiritual maturation. We'll create a safe, caring environment in which short presentations and creative interpersonal exercises will enable us to experience what one teacher has called "the laughter of the wise." Price includes lunch and materials.

David Chernikoff, M.Div., L.C.S.W., taught meditation and psychology at Naropa University for many years, and has led workshops and retreats on conscious aging in Canada, Ireland, and throughout the U.S. He is one of the guiding teachers of the Insight Meditation Community of Colorado (www.insightcolorado.org) and has a private practice as a spiritual counselor and psychotherapist in Boulder.

230851 East Senior Center / Saturday, Nov. 14, 9 a.m. to 3 p.m. (includes lunch) / City Resident: \$45 / Non-Resident: \$55



Sponsored by



Active Minds for Life

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

Sponsored by



Turkey

Emerging from World War I as a shrunken version of the Ottoman Empire, Turkey plays a pivotal role in the world. A strong U.S. ally during the Cold War, Turkey is now one of the world's largest Muslim democracies. Join Active Minds as we explore Turkey's past and current challenges, including its struggles with its Kurdish minority and its role in the rise of the terrorist organization calling itself ISIS.

230687 West Senior Center / Monday, Sept. 14 / 11 a.m. to noon / Free

Napoleon

This June marked 200 years since Napoleon's defeat at Waterloo. Join Active Minds as we review the life and legacy of this important leader. We will seek both to understand the man and his impact in his time, as well as how his leadership changed the world in ways that still have an impact today.

230688 West Senior Center / Monday, Oct. 12 / 11 a.m. to noon / Free

Coffee: A Brief History

Join us as we trace the history of coffee from its origins in Ethiopia to the Starbucks around the corner. It is a fascinating story of politics, power, chance and intrigue. We will also examine coffee's cultural influences as well as the differences between various types of coffee. Cream and sugar not included.

230689 West Senior Center / Monday, Nov. 9 / 11 a.m. to noon / Free

Scotland

The northernmost territory of Great Britain and the United Kingdom, Scotland has its own fierce national identity and deep historical ties with the United States due to centuries of Scottish emigration. The future of this country is somewhat uncertain, however, given the national referendum on independence last September. The lasting implications of this vote may not be clear for some time, but at a minimum, it highlights a segment of the population that is unhappy with the status quo and looking for change. Join Active Minds as we explore the Scotland's history, its current situation, and the future direction the country may be heading.

230690 East Senior Center / Monday, Sept. 28 / 3 to 4 p.m. / Free

Salem Witches

In 1692 in Salem, Massachusetts an extraordinary series of events coupled with the hysterical reaction of the community, resulted in what is referred to as the Salem Witch Hunt. Hundreds of individuals were tried for the crime of witchcraft and many were executed as a result. Join Active Minds as we seek to understand this astounding moment in our country's early history.

230691 East Senior Center / Monday, Oct. 26 / 3 to 4 p.m. / Free

Thanksgiving

As we prepare for the Thanksgiving holiday, join Active Minds for a program on the history and origins of the holiday and its associated traditions. We will have some fun as we undress the turkey, unpack the stuffing, and peel back the mystery of the potatoes. We guaranty to satisfy your curiosity...but not your appetite.

230692 East Senior Center / Monday, Nov. 23 / 3 to 4 p.m. / Free

The Encore Program for Active Adults

Active Aging:

We can change the way we age by staying physically active, intellectually engaged and spiritually connected. This helps to keep us involved, alert and enjoying a productive life.

Encore is an optional membership program for adults age 55 and older. Social engagement, community partnerships, educational opportunities and technology classes are a few of the components of Encore.

See registration information on page 23 to register and become a member today.

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 5.*

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

History Behind the Headlines

Developed in conjunction with the University of Colorado-Boulder and prominent speakers from our community, this series focuses on broad topics of current interest including US relations in a global and comparative context, political science, international economics, American history, national security and many more.

Aerospace Legacy Engineering and Technology Recovery Organization (ALETRO)

C. Wayne Ottinger; is a retired aerospace, jet & rocket propulsion engineer. Wayne's official title of Technical

Director, President of the Aerospace Legacy Engineering & Technology Recovery Organization (ALETRO). In the 1950s Wayne designed the first Mach 2 fighters & bombers, NASA X-15 propulsion –systems. His career also includes NASA Lunar Landing Research Vehicle Project, Bell Aerosystems Lunar Landing Training Vehicle. Currently Wayne lectures for schools, museums and civic groups. His lectures emphasize the untold stories of how challenges were met.

230693 C. Wayne Ottinger / East Senior Center / Wednesday, Sept. 30 / 11 to 12:15 p.m. / Fee: \$5 (pre-registration is required)

History Behind the Headlines

“The King has not Authorized You to Kill Us... Vulnerability and Resistance among the Muslim Minority in Medieval Spain”

Professor Brian Catlos earned a PhD in Medieval Studies, and has been a member of the Religious Studies faculty at CU-Boulder since 2010. His lecture will be based on the distinguishing features of Christian Spain in the Middle Ages, and the fact that it had a substantial population of subject Muslims. Traditionally historians have viewed this as a marginalized population, vulnerable to exploitation and violence, and living as oppressed second class citizens. With this presentation we go deep into the archives and uncover an account of an episode that took place in the early 1300s that shows that some subject Muslim communities were extremely confident and prosperous, such that they could resist the pressure even of royal authority, even to the point of violence. It shows us how complex medieval societies were and how religious identity was only one factor in determining people's power and position in local communities

230694 Professor Brian Catlos / East Senior Center / Wednesday, Oct. 7 / 11 to 12:15 p.m. / Fee: \$5 (pre-registration is required)

Forgotten Jewels: Jewish Refugees in Cuba During the Second World War

Cuba and the US are working toward re-establishing diplomatic relations. This is an historic moment in time. This talk will focus on a little-known period in Cuban History: the Second World War.

During the period of the Holocaust, Cuba offered a safe haven to thousands of Jewish refugees desperate to escape Nazi occupied Europe. Cuba was also one of the main diamond polishing centers in the world during war. How did this industry that employed thousands of Cubans and Refugees come to thrive, only to disappear virtually without a trace? Come join us and find out.

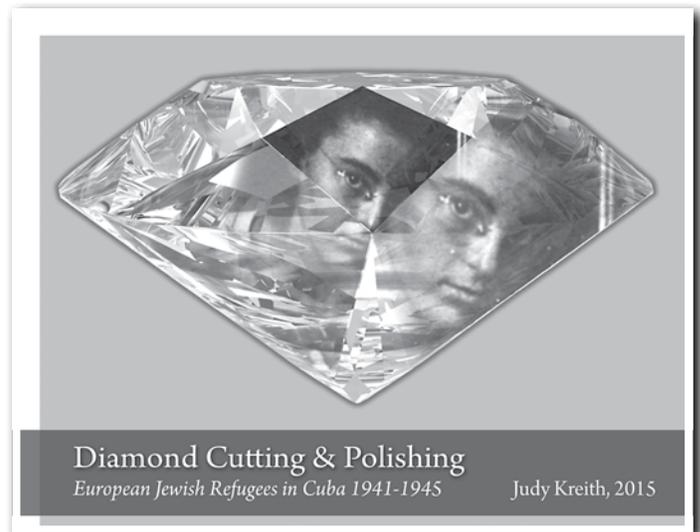
230695 Judy Kreith M.A., / East Senior Center / Wednesday, Oct. 14 / 11 to 12:15 p.m. / Fee: \$5 (pre-registration is required)

“My Life in the TV and Newspaper World.”

Dusty Saunders is a long-time Denver journalist and author of “Heeere’s Dusty: My Life in the TV and Newspaper World.” “Heeere’s Dusty” recounts his journalism career, stressing television coverage on the national and local basis. As a Denver native, he attended Holy Family High School, and graduated from CU-Boulder in 1953. He went to work at the The Rocky Mountain News (“Rocky”) that fall and stayed for 54 years. He currently writes a widely-read Monday sports media column in The Denver Post. Dusty started at the “Rocky” as a copy boy, then worked as a reporter on the police and city government beats before moving to the feature side of the paper, where he literally started the paper’s TV coverage. He spent 40 years on the beat, meeting and becoming friends with a long list of personalities and newsmen – Bill Moyers, Bill Cosby, Tom Brokaw, Bob Hope, Howard Cosell, Johnny Carson, Peter Jennings, Charles Kuralt, Lucille Ball, Mary Tyler Moore and, Katie Couric to name a few.

230696 Dusty Saunders / East Senior Center / Wednesday, Oct. 21 / 11 to 12:15 p.m. / Fee: \$5 (pre-registration is required)

230694 Professor Brian Catlos / East Senior Center / Wednesday, Oct. 7 / 11 to 12:15 p.m. / Fee: \$5 (pre-registration is required)



graphics by Robin Truesdale

Enrichment Seminars

Contemplative Living: Thomas Merton and Friends

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. Discussions will be centered around these topics: The Last Days of Thomas Merton finds Merton embarking on his greatest journey. It is a story of adventure and search that takes the viewer from Merton's home at the Abbey of Gethsemani, across America in the turbulent year of 1968 and finally to Asia for meetings with the Dalai Lama and other spiritual teachers. The purpose of Merton's journey is the goal of all pilgrims. He seeks a deeper union with God, a desire he brought to life so vividly in his spiritual classic *The Seven Storey Mountain*. Merton's life and work continues to challenge us even today. Among those interviewed include the Dalai Lama, Richard Rohr, and Kathleen Deignan. Registration is requested.

230697 *Presenter is James Kettering / West Senior Center / Sept. 3, Oct. 1, and Nov. 5 / 10 to 11:30 a.m. / Free*

Beginning Bridge II

Improve your bridge skills while having fun. In this class we'll review conventional bids such as Stayman, Jacoby Transfers, Blackwood, Gerber, etc. Overcalls, takeout doubles, preempts, weak two bids and strong two bids will be covered. Instructor is open to adding other lessons of benefit to the participants, by request.

Instructor: Gerald Mitchell (Mitch), ACBL certified Teacher, Director and Club manager.

230698 *East Senior Center / Tuesdays, Sept. 15 to Nov. 17, 10 classes / 1:30 to 3:30 p.m. / Fee: City Residents \$50 / Non-residents \$60*



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

230699 *West Senior Center / Fridays, Sept. 18 to Nov. 20, 10 classes / 10 a.m. to 2:30 p.m. / Fee: City Residents \$50 / on-residents \$60*

Bridge Class on Defense

Defense is one of the most difficult but rewarding aspects of bridge. Everything from opening leads, to signals, to reading the dummy is covered. A good defender is almost always a winning player. This class is for Intermediate to Advanced bridge players. An up to \$10 material fee paid to instructor.

Instructor: Sandy Koller

230700 *East Senior Center / Wednesdays, Sept. 16 to Nov. 25, 10 classes (no class on Nov. 11) / 10 a.m. to 12:30 p.m. / Fee: City Residents \$55 / Non-residents \$65*

Duplicate Bridge Strategies for Intermediate/Advanced Bridge Players

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

230701 *East Senior Center / Tuesdays, Sept. 15 to Nov. 17, 10 classes / 12:30 to 4:15 p.m. / Fee: City Residents \$50 / Non-residents \$60*

Storytelling Series

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

The Instructor, Ann Cress, has been a storyteller for over 40 years. Ann has shared stories professionally and on a volunteer basis in schools, libraries, museums and senior centers and is currently volunteering with Spellbinders.

231410 West Senior Center / Weds, Sept. 30 to Nov. 4, 6 classes / 12:30 to 2:30 p.m. / Fee: City Residents \$30 / Non-residents \$35

Effective Communication Skills

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

230702 West Senior Center / Monday, Oct. 5 / 1 to 3:30 pm / Fee: City Resident: \$10 / Non-Resident: \$12

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

SPECIAL EVENT!

Life Reimagined Check-Up



Life Reimagined Check-Up is a 90 minute experience that helps participants understand where they are in life and what their next move should be by engaging in personal reflection, insightful activities and meaningful conversations. Complimentary beverages and appetizers provided by Boulder Seniors Foundation. Life Reimagined is a special program offered by AARP.

Facilitator: Barbara Valusek, M.Ed., is a career counseling specialist in private practice, assisting men and women in midlife career transitions and encore careers. Her goal is to help you become who you are and do what you're meant to do.

232087 West Senior Center / Wednesday, Oct. 7, / 6 to 8 p.m. / Free / Complimentary beverages and appetizers provided

**Don't be
DISAPPOINTED
Register Early!**

- Encore member registration begins Tuesday, Aug. 11 by fax, online or in person.
- Non-Encore member registration begins Thursday, Aug. 13 by fax, online or in person.
- Phone-in registration begins Friday, Aug. 14.

Register online at
WWW.BOULDSENIORSERVICES.COM

**See page 21
for information.**

Computer Classes

**ALL CLASSES HELD ON TUESDAYS AT THE WEST SENIOR CENTER
WITH DON WALKER, OUR INSTRUCTOR.**

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

Make your own Photo Movies and Collages with Picasa

Bring your own photographs to life using Picasa, a free photo-editing program. Students will learn to use the free Picasa software to create their own small videos, plus make simple photo collages for sharing as holiday newsletters. Bring your own laptop if possible (preferred) so that you can practice with other students in the class. Prerequisite: Basic computer literacy and elementary competence with a Windows PC. Some prior familiarity with Picasa is helpful but not required.

231382 *Sept. 15, 22, 29 (3 sessions) / 8:30 to 9:30 a.m. / Fees: Encore Members: \$35 / General Public: \$50*

Organizing and Maintaining Your Home Computer

In this basic but serious computer literacy course we will examine some of the "best practices" techniques for organizing, maintaining and cleaning up your home computer. We will cover common tools such 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 locate "lost" files and even how to download attachments in such a way that you can easily find them again. This course covers in simple language the things you've always needed to know about your own computer and even answers many of the questions you have been afraid to ask.

231383 *Sept. 15, 22, 29 (3 sessions) / 9:45 to 10:45 a.m. / Fees: Encore Members: \$35 / General Public: \$50*

Around the Block with Common Computer Software

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!

231384 *Sept. 15, 22, 29 (3 sessions) / 11 a.m. to noon / Fees: 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.

228135 *Fee: Encore Resident: \$32 / Encore Non-resident: \$37 / City Resident: \$42 / City Non-resident: \$47*

Dining Destination Series - Farm to Table

In the spirit of the fall season, let's take advantage of a movement that is concerned with perfecting the concept of Farm to Table way of life. We chose a local company that utilizes the concept and is passionate about food, and about producing great environments to enjoy wholesome meals. Any of the Three Leaf restaurants guarantees exceptional cuisine, tailored custom menus, unparalleled service, and experience you can't beat. We invite you to enjoy two of their seven award winning restaurants, each destination with a different culinary concept and variety of Farm to Table cuisine.

The Chautauqua Dining Hall, Boulder

Let's make history at the Colorado Chautauqua National Historic Landmark; there is no finer venue in Boulder for dinner. The Chautauqua Dining Hall has been a Boulder tradition since 1898. Savor spectacular views from the enchanting wraparound porch while enjoying classic American style cooking. Enjoy a pre-set catered menu that has been prepared especially for our group. (Dependent on seasonal offerings) Dinner service starts at 4p.m.

231388 *Friday, Nov. 20 / 3:30 to 6:30 p.m. / Fee: City Resident: \$42 / Non-Resident: \$47 / Fees include transportation, trip escort, dinner and non-alcoholic beverage. Senior Services bus.*

Three Leaf Farm Tour, Lafayette

The farm was created in 2010; it's tucked along the banks of the Coal Creek with majestic views of the Continental Divide. This little urban farm is a pastoral oasis and home to goats, chickens, and horses. Almost all of their harvest goes directly to their seven local restaurants and extensive catering services. At Three Leaf Farm, they encourage people to learn about natural skills, homesteading techniques, and herbal medicine, and they also offer a wide range of workshops and classes. We will take a tour of the Three Leaf Farm there we will experience the top notch commitment to locally grown produce and organic ingredients. Additionally, you will receive a specially prepared boxed lunch to enjoy while exploring the farm or after the tour.

231386 *Friday, Sept. 11 / 10:30 a.m. to 1:30 p.m. / Fee: City Resident: \$36 / Non-Resident: \$41 / Fees include transportation, trip escort, tour of the Farm, and boxed lunch. Senior Services bus.*

The Huckleberry for Brunch, Louisville

The Huckleberry restaurant will serve us an exceptionally prepared brunch in an atmosphere of fun and comfort. Their food is created to be "Funky Country" essentially real food you will recognize and love with a modern twist. They have taken

American Classics and added a hint of culinary sophistication to appeal to a wide variety of discerning palates. Our catered seasonal brunch menu will be served at 11 a.m.

231387 *Tuesday, Oct. 6 / 10:30 a.m. to 1:30 p.m. Fee: City Resident: \$28 / Non-Resident: \$33 / Fees include transportation, trip escort, brunch and non-alcoholic beverage. 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

Limited number of spaces available to wheelchair users.

Day Trips

DAY TRIPS HELP MEET SENIORS' NEEDS FOR SOCIAL AND CIVIC ENGAGEMENT AND PROVIDE SAFE TRANSPORTATION.

The Wild Animal Sanctuary, Keenesburg

Education is a critical component of creating a better future for the estimated 30,000 large carnivores that make up the Captive Wildlife Crisis in America. This particular sanctuary offers more than 350 captive exotic and endangered rescued carnivores a safe haven. The tour begins with a brief orientation where we will get the chance to hear the animals' stories and what actually happened to them before they were rescued. You will be given a guide book to begin your walk to the ramps and observation decks to view the animals. Participants are welcome to bring a picnic lunch/dinner and there are 2 fully operational snack bars that offer a wide variety of sandwiches, fresh salads, snacks and beverages.

231390 Saturday, Sept. 12 / 4 to 8 p.m. / Fee: City Resident: \$38 / Non-Resident: \$43 / Fees include transportation, trip escort, and a Wild Animal Sanctuary Tours guide book; dinner on your own. Senior Services bus.

Boulder Dinner Theatre: The Buddy Holly Story

The Buddy Holly Story relates the true story of Buddy's rise to fame, from the moment in 1957 when "That'll Be the Day" hit the airwaves until his tragic death less than two years later on "The Day the Music Died." The show features over 20 of Buddy Holly's greatest hits including: "Peggy Sue," "Everyday," "Oh Boy," "Rave On," and "Raining in My Heart." The incredible legacy of the young man with glasses, whose musical career spanned an all-too-brief period during the Golden Days of Rock & Roll continues to live on in "Buddy." "Buddy" will send you out of the theatre on an unstoppable high. Lunch service at the theatre.

231389 Sunday, Sept. 13 / 11:45 to 4 p.m. / Fee: City Resident: \$40 / Non-Resident: \$45 / Fees include trip escort, lunch, non-alcoholic beverage, gratuity, and theatre performance. Meet at the Boulder Dinner Theatre, 5501 Arapahoe Avenue, Boulder at 11:45 a.m.

Denver Museum of Nature & Science: The Power of Poison

Poison has a powerful grip on the human imagination. Poisoned drinks, clothes, and foods appear in stories throughout the centuries. In nature, countless plants and animals rely on poisons to survive, and increasingly poisons are being used as powerful sources of healing. The new exhibition *The Power of Poison* uses models, objects, interactives, and live animals to explore various forms of poison and their role in nature, health, myths, and legends. Whether as a defense against predators, a source of magical strength, or a lethal weapon used in a medical treatment, the story of poison is surprising at every turn. Walk through a re-creation of Colombia's remote Chocó forest, filled with many toxic plants and animals. See dioramas depicting the Witches of Macbeth, Mad Hatter, Snow White, and Emperor Qin, all famous stories that involved dramatic poisonings. Turn the pages of the Enchanted Book interactive to learn about poisonous plants such as belladonna, hemlock, monkshood, and rhododendron. Participate in a live presentation about a real-world poisoning case and key advances in the science of detecting poisons. See a model of a yew tree, whose toxins are being used for cancer treatment, and live animals, such as a Gila monster and flame butterfly caterpillars.

231391 *Friday, Sept. 18 / 9:30 a.m. to 2:30 p.m. / Fee: City Resident: \$33 / Non-Resident: \$38 / Fees include transportation, trip escort, and self-guided tour. No meal service. Senior Services bus.*

Century Casino, Central City

It's Fantasy Golf Wednesday, everyone! You will receive a scratch card with your play today and, if you place among the top five scores you win a share of \$1,000 in prizes this week. In addition, Wednesday is Senior Celebration players' days. Adults age 50+ earn 2X points on all their play, and plus enjoy 50 percent off meals all day. A visit to any casino and entertainment complex is seen as time for relaxation, enjoyment and socialization. Try it out!

231632 *Wednesday, Sept. 23 / 9 a.m. to 3 p.m. / Fee: City Resident: \$30 / Non-Resident: \$35 / Fees include transportation, trip escort, and casino package. Lunch on your own. Senior Services bus.*

Peak to Peak Fall Colors

The Rocky Mountains on a crisp fall day offer startling blue skies above enough golden aspens to thrill even the most jaded viewer. Join Denver History Tours for a beautiful drive along the Peak to Peak Highway, on a colorful trip that combines beautiful scenery and rich history. Time to get outside and breathe deeply; after all, the word "Colorado" includes "color!" Tour includes a break for lunch (on your own).

231392 *Friday, Sept. 25 / 9 a.m. to 4 p.m. / Fee: City Resident: \$33 / Non-Resident: \$38 / Fees include transportation, trip escort, and Denver History Tours guide book. Senior Services bus.*

Denver Art Museum: In Bloom

In Bloom explores the development of nineteenth-century French floral still-life painting, and features about 60 paintings by Édouard Manet, Edgar Degas, Pierre-Auguste Renoir, Paul Cézanne, Vincent Van Gogh, and others. The colorful exhibition demonstrates how a traditional genre was reinvented by nineteenth-century artists, as the art world's focus was shifting to modernism. We will benefit from a docent tour or guided tour lasting approximately 45 minutes to 1 hour then enjoy the entire museum at your leisure.

231393 *Saturday, Oct. 3 / 12:15 to 4 p.m. / Fee: City Resident: \$36 / Non-Resident: \$41 / Fees include transportation, trip escort, and docent tour. Lunch on your own at an onsite restaurant. Senior Services bus.*

Elk Bugling, Estes Park

During the September-October mating season, bull elk stage their own passion play. The characteristic rutting call of bulls can be heard from just before dusk to dawn. The sounds of elks bugling overlap and reverberate against the rock outcroppings and hills. The experience will astound you and remind you that you are standing on sacred ground, where the first peoples of America stood and heard the same echoes. Kevin with Denver History Tours will be our guide. At dusk we will head into Estes Park to the grassy fields stopping to catch their playful rutting in the early evening, then move on to a quiet dinner in the area (on your own).

231394 *Friday, Oct. 16 / 3 to 8 p.m. / Fee: City Resident: \$31 / Non-Resident: \$36 / Fees include transportation, trip escort, and Denver History Tours guide. Senior Services bus.*

The Boulder Opera Company

This season opening concert will kick off the Boulder Opera Company's 2015/2016 performance season. The evening will feature a collection of operatic "greatest hits", performed by singers who have been cast in the season's productions: The Barber of Seville and Don Giovanni. A silent auction will also be held, comprised of items donated by local businesses and artisans.

231395 *Saturday, Oct. 10 / 7 to 10 p.m. / Fee: City Resident: \$27 / Non-Resident: \$32 / Fees include transportation, trip escort, and no food service. Senior Services bus.*

Denver Zoo, Denver



Set in City Park, the zoo is home to nearly 4,000 animals, from Komodo dragons to elephants and rhinos. Naturalistic habitats, such as the Primate Panorama, Predator Ridge and Tropical Discovery, each create a rich experience for the zoo encounter, as well as a beneficial environment for the animals. Don't miss the zoo nursery, which often houses baby animals. It has a special viewing window that lets you see the little guys up close. The Denver Zoo should be on your list of things to do this fall, wander around at your own pace or take in a feeding or a scheduled show. You can drop a couple of dollars on munchies from one of the food vendors in the park, but we encourage you to take a picnic lunch to enjoy in the shade of one of the big trees scattered throughout the zoo.

231396 *Friday, Oct. 23 / 9 a.m. to 2:30 p.m. / Fee: City Resident: \$26 / Non-Resident: \$31 / Fees include transportation, trip escort; food is on your own. Senior Services bus.*

The Stanley Heritage Hotel Tour

We're off to Estes Park again to take the Stanley Hotel private guided tour at 11:30 a.m. The 90-minute tour includes access to the Stanley Hotel archives and brings you up close and personal with their collection of artifacts, maps and original furniture. This tour brings to life the hotel's history and architecture as well as some of its most notable spirits. See the beautiful state rooms, the hallways of the haunted fourth floor and the tunnel which allowed servants to enter and exit the building unseen. Learn about how the Stanley inspired Stephen King's fictional Overlook Hotel in his bestselling novel *The Shining*. After the tour, have lunch on your own at either Cascades Restaurant at the Stanley or another group choice in Estes Park.

231397 *Friday, Oct. 30 / 10 a.m. to 3:30 p.m. / Fee: City Resident: \$50 / Non-Resident: \$55 / Fees include transportation, trip escort; and tour, lunch on your own. Senior Services bus.*

Murder Mystery Buffet Lunch Show, Denver

Adams Mystery Playhouse is Colorado's Premier Mystery Dinner Theatre and full time Mystery Mansion. The playhouse is Denver's most popular and sought after murder experience. The show we will be participating in is called *Murder at Haunted Blood*. Doors open and mystery characters enter at 12:30 p.m., buffet lunch will be rosemary lemon chicken, potato lyonnaise, garden salad, watermelon salad, finger desserts, bread and butter, iced tea and coffee served at 1 p.m.

231398 *Sunday, Oct. 25 / 11:30 a.m. to 4 p.m. / Fee: City Resident: \$60 / Non-Resident: \$65 / Fees include transportation, trip escort, buffet lunch, gratuity, and Mystery Show. Senior Services bus.*

“*Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more.*”

~ Anthony Robbins

Candyland Tour, Denver

You don't need any chutes or ladders to get you to Denver's sweet spots. Kevin, our tour guide from Denver History Tours, will show us the oldies but goodies and some new places. Join us as we find out there are more to sweet things than chocolate. More gastronomy than history, this tour will fill your senses with delight. There will be a break for lunch (on your own) in the middle, so you can have something more filling than candy, and be sure to bring your coin to spend in the sweet stops along the way.

231399 *Friday, Nov. 6 / 10 a.m. to 3 p.m. / Fee: City Resident: \$30 / Non-Resident: \$35 / Fees include transportation, trip escort, and tour. Senior Services bus.*

Sans Souci Festival of Dance Cinema

Now in its 12th year, Sans Souci Festival of Dance Cinema has a series of screenings around the Boulder area of "dance films." They are of the highest artistic quality and come from all over the world, selected by a jury. They are 3-10 minutes in length and they are shown in groupings. The screening at the Boulder Public Library will likely last 75-90 minutes, with an intermission with snacks and participating artist available for an informal Q&A. Host Crystal Polis, will welcome everyone and give some background information on the partnership with Dance Bridge and Boulder Public Library Film Series.

231400 *Monday, Nov. 9 / 6:30 to 8 p.m. / Fee: Free (pre-registration is recommended) / Meet at the Boulder Public Library Auditorium-Canyon Theater, 1001 Arapahoe Avenue, Boulder / 303-441-3100*



*Graphic Frame from "Gaia" (2014)
Nick Graalman & Erin Fowler*

Boulder County Recycling Center

This one-hour tour guided by Bethany Hentkowski includes a 15-minute video offering an in-depth look at the single-stream recycling process at the Boulder County Recycling Center. The tour begins at the curbside recycling bin and follows the single-stream materials to the tipping floor of the Boulder County Recycling Center. Mr. Can, the star of the show, continues the recycling journey into the high-tech world of single-stream processing. Newspaper and office paper; corrugated cardboard; aluminum cans; glass bottles and jars; plastic bottles, tubs, jugs and jars; magazines and catalogs; and phone books are separated by a series of conveyors, pre-sorts, screens, cross-belt magnet, air classifier, Eddy current separator, glass cleaning system, organic separator, and finally a fines screen and vacuum. Additionally, the educational exhibits at the recycling center explain how cans, bottles, jars and paper are separated and sorted to be shipped across the country and made into something new. Overlooking the processing center, visitors can also see single-stream recycling technology in action. Other exhibits focus on the natural resources used to make common materials such as soda cans and plastic bottles and the environmental benefits of recycling these items.

231401 *Friday, Nov. 13 / 12:40 to 2:40 p.m. Fee: Free (pre-registration is required) / Meet at the Boulder County Recycling Center, 1901 63rd Street, Boulder*

Boulder Dushanbe Teahouse with Clay Fong

Afternoon Tea anyone? Relax and enjoy a traditional afternoon tea and talk by food critic Clay Fong, complete with a lovely table dressed with English style white linens and tea time accoutrements. A beautiful three tiered tower of fresh baked sweet and savory pastries, scones, artichoke purses, and cucumber sandwiches, sweet cakes and the chef's daily special creations, and of course a pot of their premium tea.

231402 *Monday, Nov. 16 / 3 to 5 p.m. / Fee: City Resident: \$22 / Non-Resident: \$27 / Fees include trip escort, tea and accoutrements, and gratuity. Meet at the Dushanbe Teahouse, 1770 13th St, Boulder at 2:50 p.m.*



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Boulder Dinner Theatre: The Addams Family

The Addams Family is a musical comedy with music and lyrics by Andrew Libba featuring numbers like: "When You're an Addams," "Where Did We Go Wrong," "One Normal Night," "The Moon and Me," "Crazier Than You," and "Live Before We Die." Come meet the family! The weird and wonderful family comes to devilishly delightful life in The Addams Family. Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family. A man her parents have never met. And if that weren't upsetting enough, she confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before - keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents. We'll leave the lights off for you.

231403 *Sunday, Nov. 22 / 11:45 a.m. to 4 p.m.*
/ Fee: *City Resident: \$40 / Non-Resident: \$45 / Fees include trip escort, dinner, non-alcoholic beverage, gratuity and performance. Meet at the Boulder Dinner Theatre, 5501 Arapahoe Avenue, Boulder at 11:45a.m.*

Thank You!

Boulder Senior Services would like to thank the following for their generous help and support in presenting programs and classes at Boulder Senior Services:

- A special 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"
- The League of Woman Voters of Boulder County for offering the talk on "Money in American Elections, Democracy in Danger"
- Special Thanks going out to Art Ray, Adele Shroul, Tom Yook, Joyce Bowlin, and Ron Brown for all your help with the offering of "Tea Dance"

Grand Junction Fruit, Wine & Colorado National Monument

Sept. 15, 2015 - Sept. 16, 2015
(2 Day-Trip)

This "by demand," uniquely prepared trip to the Western Slopes includes motor coach transportation; two lunches, wine pairing dinner, breakfast; admission to Colorado National Monument; and professional tour director to guide and provide information enroute. Price per person double occupancy \$390. Single occupancy \$470. Passengers must be able to walk without assistance. If a passenger needs assistance, they must bring someone with them. Trip will sell out quickly. **Reservations must be completed and paid in full by August 14, 2015.**

Itinerary:

Sept. 15, 2015

Depart Boulder

Lunch included in Glenwood Springs

Wine tasting in Palisade

Check in to Wine Country Inn in Palisade

Three-course wine pairing dinner at Wine Country Inn

Sept. 16, 2015

Breakfast included at hotel

Visit Colorado National Monument

Stop at the farmers market for fruit and goodies

Lunch included in Rifle

Return to Boulder

“
To know even one life has
breathed easier because you have
lived. This is to have succeeded.
~ Ralph Waldo Emerson
”

127th TOURNAMENT OF ROSES PARADE

Dec. 29, 2015 - Jan. 2, 2016

Each New Year's Day, the world focuses attention on Pasadena, California, home of the Rose Parade. It's a celebration more than 125 years old – a festival of flowers, music and entertainment unequaled anywhere else in the world. The Pasadena Rose Parade is America's New Year Celebration, a greeting to the world the first day of the year, and a salute to the community spirit and love of pageantry that thrive in Pasadena. "Find Your Adventure" is a theme grown out of a unique partnership between the Pasadena Tournament of Roses and the U.S. National Park Service. The 2016 Rose Parade will help shine light on the centennial celebration of our nation's national parks. Enjoy the parade from your reserved seats. Other tour highlights include the Queen Mary, Reagan Library, Autry Center, Huntington Gardens and more. Price does include air fare from Denver. Per person double occupancy \$2,655 and Single occupancy \$3,065. Tour will sell out quickly. Reservations must be completed and paid in full by Sept. 10, 2015.

YELLOWSTONE IN WINTER BY SNOW COACH

Jan. 23 or Feb. 6, 2016

Six days filled with pristine views of Yellowstone and Grand Teton National Parks, abundant wildlife and a Winter Olympics City. Enjoy America's first and oldest National Park as few people get to see it. Your winter wonderland tour begins from Salt Lake City, home of the 2002 Winter Olympics. Visit Olympic sites and attend a performance of the Mormon Tabernacle Choirs' weekly broadcast. A short motor coach ride will take you to West Yellowstone, Montana. Discover Yellowstone National Park in a privately chartered, heated snow coach. The solitude of Yellowstone in winter is compelling and inspiring. Drifting pillars of steam create a scene of fantasy and imagination. See Firehole Falls, Old Faithful, Grand Teton National Park and Jackson Hole. Enjoy a sleigh ride through the National Elk Refuge. The opportunity to visit Yellowstone in winter is truly an unforgettable experience. A limited number of seats are available. Price per person double occupancy is \$1,375 and single occupancy is \$1700. Price does not include air fare to and from Salt Lake City. Reservations must be complete and paid for by December 15, 2015.

INCREDIBLE COPPER CANYON OF MEXICO

March 5, March 12 or March 19, 2016

Ten days of excitement. Travel by motor coach, rail and a cruise on the Sea of Cortez. Visit Pearl Farm, Folkloric Show, City of Alamos, a National Historic Landmark, pottery demonstration, and the "Train Ride to the Sky." Copper Canyon is the largest canyon in North America. It provides a destination unlike any other. For those who love the unusual and seek adventure, the Copper Canyon is the answer. At an altitude of 8,000 feet, the mountain peaks are snow-capped in the winter while the cañon bottom remains a tropical climate. The Copper Canyon is home to the Tarahumara Indians, who are semi-nomadic cliff dwellers. The "Train Ride in the Sky" provides the only access to this wilderness and is probably the most dramatic railway journey in the Western Hemisphere as it travels through 86 tunnels and over 37 trestles. Per person double occupancy is \$1,894 and single occupancy is \$2,429. This ten-day tour departs from Phoenix, Arizona. Price does not include air fare to or from Phoenix, Arizona. Due to the remoteness of the area, the trip is not recommended for people with walking difficulties or health issues. Reservations must be completed and paid in full prior to November 15, 2015.

DOWNTON ABBEY & ENGLISH CASTLES

Aug. 20, 2016

The popular PBS television series now comes to life as you see the sites used in the series, Highclere Castle (Downton Abbey) and Waddesdon Manor. Experience the British Museum, Buckingham Palace, Westminster Abbey, Tower of London, Kew Palace & Gardens, Windsor Castle and Stonehenge. With a very limited supply of tickets available for visit to Highclere Castle, this is a special vacation and one that will sell out within weeks. Price per person double occupancy is \$2,920 and single occupancy is \$3,942. Fares do not include air fare to and from London Heathrow Airport. Reservations must be completed and paid in full before December 1, 2015. This tour includes a great amount of walking. There are no elevators in many places and coach parking regulations require walking to some of the sites in London. This tour is not recommended for people with walking difficulties.

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September 2015

Colorado Train Adventure 8 days
 Eastern European Panorama 13 days
 Ultimate Canyon Lands 9 days
 Atlantic Maritimes 13 days
 Canadian Maritimes: Circle the Bay of Fundy 7 days
 Coast to Coast by Rail 14 days
 Custer State Park Buffalo Roundup 6 days
 Canada By Rail: 12 days
 Germany, Austria, Switzerland 14 days
 Heart of Europe® Grand 22 days
 Canadian Maritimes: Enchanting Islands 1 days
 Malta Jewel of the Mediterranean 12 days
 Best of Prince Edward Island 5 days
 New Mexico Balloon Fiesta 8 days
 City Lights & Country Sights 6 days
 The Grand Tour of Italy 12 days
 Cape Breton Island 5 days

October 2015

Nashville 4 days
 Eastern European Panorama 13 days
 Incredible Copper Canyon of Mexico 10 days
 San Francisco, Wine Country and Monterey 6 days
 Majestic Sierra Parks by Train 7 days
 Taormina, Sicily 9 days
 Atlantic Maritimes 13 days
 Canadian Maritimes 7 days
 Sorrento, Italy 9 days
 The Grand Tour of Italy 12 days
 Brandywine & the Poconos 7 days
 Croatia & Adriatic Cruise 10 days
 Incredible Copper Canyon of Mexico 10 days
 Canadian Maritimes: Enchanting Islands 8 days
 Best of Prince Edward Island 5 days
 You Are the Railroad Engineer 5 days
 City Lights & Country Sights 6 days
 Cape Breton Island 5 days
 A Toast to Tuscany 12 days
 Incredible Copper Canyon of Mexico 10 days
 The Grand Tour of Italy 12 days
 Sorrento, Italy 9 days
 Taormina, Sicily 9 days

November 2015

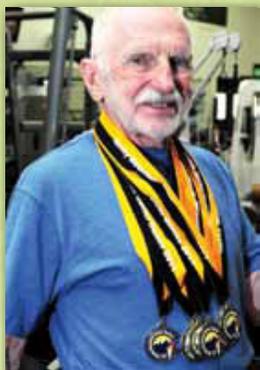
Kenya Safari Adventure 13 days
 Incredible Copper Canyon of Mexico 10 days
 The Legendary Danube 8 days
 Copper Canyon of Mexico 10 days

“
 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
 ”



West Senior Center Redesign

The West Boulder Senior Center reopened to the public on July 13 after a week of annual maintenance, deep cleaning, and best of all, redesign of the space, all with the goal of making the facility as usable, comfortable and welcoming as possible for you, the users. Updated, energy-efficient glowing lamps replaced outdated 1970s fixtures, and non-toxic paint in cream and blue updated the lobbies. Modern, comfortable furniture was installed for people to relax, enjoy, read magazines, play cards or use personal computers. Adding to user comfort are updated restrooms; a new coffee bar; computer stations; a small library and conversational seating areas. Judy Pastorino, a regular visitor to the facility, described it this way on opening day: “As I walked into the environment, it felt very open and very light. The colors are very soothing. It gave me a wonderful, uplifting feeling. I never saw the windows before! The grays and blues are cool colors but they’re calming. For older people who may live in dark apartments, this is emotionally uplifting. You want to come here. I congratulate [Boulder Senior Services] and whoever is responsible. Tell us what you think! Email your comments to kilsdonkb@bouldercolorado.gov.



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