

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

909 Arapahoe Ave.
Boulder, CO 80302
303-441-3148
Fax: 303-441-4149
Hours: 8am to 5pm

East Senior Center

5660 Sioux Drive
Boulder, CO 80303
303-441-4150
Fax: 303-413-7495
Hours: 7:30am to 4:30pm

Online:

www.boulderseniorservices.com, click on "online registration." Encore memberships cannot be bought or renewed online.

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. City	Resident City	Non-Res. City	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

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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

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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						