

# Boulder Senior

[BoulderSeniorServices.com](http://BoulderSeniorServices.com)

Services



**CONNECTING  
TO COMMUNITY  
RESOURCES**

**Encore  
Member  
registration  
begins  
May 12**

SUMMER 2015

JUNE-AUGUST

location, location, location.

*lly owned.*

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



[theacademyboulder.com](http://theacademyboulder.com)  
303.938.1920



## THE LAW OFFICE OF BRANDON FIELDS

Protect Your Family's Assets  
& Plan for the Future



### SPECIALIZING IN:

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

**303-449-5602**

[brandon@elderlawboulder.com](mailto:brandon@elderlawboulder.com)

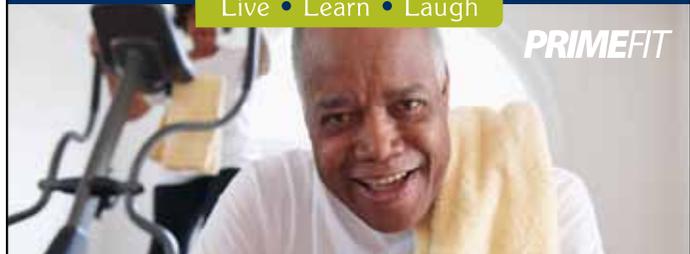
1510 28th St., Suite 205  
Boulder, CO 80303

[www.elderlawboulder.com](http://www.elderlawboulder.com)

# "I'M FIT AS A FIDDLE."

And this fiddle has some nice biceps, too.

Live • Learn • Laugh



Take advantage of our PrimeFit<sup>SM</sup> fitness program brought to you by Leisure Care. Your own fiddle will thank you. Contact our PrimeFit staff to learn more.

 **the  
CARILLON**  
AT BOULDER CREEK

2525 Taft Drive, Boulder, CO 80302 • 720.565.6844



[www.TheCarillonAtBoulderCreek.com](http://www.TheCarillonAtBoulderCreek.com)

**Table of Contents**

BOULDER SENIOR SERVICES INFORMATION..... 2

COMMUNITY SERVICES & RESOURCES ..... 8

ENCORE PROGRAM..... 7

HEALTH & WELLNESS ..... 17

*Fitness Drop-In and Classes*..... 17

*Wellness Clinics and Seminars* ..... 25

*Massage, Rosen Method and Reflexology*..... 28

MEALS ON WHEELS ..... 14

ONGOING ACTIVITIES..... 12

*Special Interest Groups*..... 12

*Community Support Groups* ..... 13

PROGRAM REGISTRATION AND FORM..... 20

SENIOR RESOURCE SEMINARS ..... 15

SENIOR ENRICHMENT..... 29

*Special Events*..... 28

*Active Minds for Life* ..... 29

*Enrichment Seminars*..... 30

*Computer Classes* ..... 32

SENIOR TRIPS..... 33

*Day Trips*..... 34

*Overnight* ..... 38

*Cover photo: Senior Community Advisory Committee members Vi Helsing, Mike Befeler, Madelyn Wynne, Tad Sargent (front row); and Catherine Bosin (back row right) serve as important resources and advisors helping to connect city staff (such as Acting Senior Services Manager Betty Kilsdonk, back left) to the community.*

**Volume 17, No. 2  
Boulder Senior Services**

**Published by:** City of Boulder Human Services Department

**Advertising Sales:**



Stephen Larghi, 1630A 30th St., Ste. 391  
Boulder, CO 80301  
Ph: 303.323.8782 Fx: 303.957.2267  
www.agboulder.com

**SENIOR RESOURCE SPECIALISTS**



*Boulder Senior Services Resources Specialists offers emotional support and information to help you age well in Boulder, or as a local or long-distance caregiver. See our website for more information <https://bouldercolorado.gov/seniors/senior-resources>*

**Senior Services Staff**

- Acting Manager,  
Betty Kilsdonk .....303-441-4365
- Facilities and Operations Manager,  
Renee Foote .....303-441-4438
- Senior Programs Manager  
Maureen Dobson .....303-413-7489
- Senior Resources Specialists:  
Jacki Myers .....303-441-4388  
Kim Pearson - Bilingual Line ....303-441-3918  
Karla Garcia-Velez .....303-413-7494
- Finance,  
Monica Richtsmeier .....303-441-4389
- Facility Booking Administration,  
Beth Bovard .....303-413-7487
- Day Trips, Overnight Travel,  
and Classes .....303-441-3915
- Reception and Registration, West Senior Center,  
Jay Allen and Pete Lundskow ....303-441-3148
- Reception and Registration, East Senior Center,  
DeLana Gorski  
and Nancy Cooper .....303-441-4150
- Magazine,  
Sally Carroll .....303-441-4437

## 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,  
SOCIALLY THRIVING, INCLUSIVE COMMUNITY  
BY PROVIDING AND SUPPORTING  
HUMAN SERVICES  
TO BOULDER RESIDENTS IN NEED

**CITY OF BOULDER**  
*Service excellence for an inspired future*

CUSTOMER SERVICE • RESPECT • INTEGRITY  
COLLABORATION • INNOVATION

**Department Vision:** A healthy, diverse and sustainable community in which all residents are successful and contributing members.

**Human Services Planning Mission:** To research, evaluate and implement innovative social policy through regional, collaborative planning and community funding.

**Stay in tune with what's happening in Boulder.**

Watch *Human Services Insight* on Inside Boulder News on Channel 8.  
Or go online to view current and past shows at [www.BoulderChannel8.com](http://www.BoulderChannel8.com)

**Senior Services Mission:** To foster the engagement and well-being of older adults and promote a positive image of aging through community collaboration and excellent services.

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

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

# Beautiful. Made Affordable.



Beautiful. Made Affordable.™



## You Can Have It All. No Compromises.

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

**Over  
100 Million  
New Floors  
SOLD**

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

**#1  
Buyer In  
The World**

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

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

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

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

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

**100%  
Satisfaction  
Guaranteed**

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

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

## EXPERIENCE AND EXPERTISE JUST FOR YOU

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

*the*  
**Beautiful**  
GUARANTEE

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

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

Follow us:

**McDonald** **CARPET ONE** FLOOR & HOME

**6367 Arapahoe Ave. ♦ Boulder ♦ 303-449-0011 ♦ www.carpetone.com**  
Monday-Friday 9:30am-6pm; Saturday 9:30am-5pm ♦ Sunday 11am-4pm

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



## WEST SENIOR CENTER

8 a.m. to 5 p.m. Monday – Friday

### Café Classico

Lunch, 11:30 a.m. to 12:30 p.m.,  
Monday – Friday, \$5.00  
Tuesday night dinners, 5:30 p.m.  
by reservation, \$6.00

### Room Rentals

For information about renting a  
room at the West Senior Center,  
call 303-413-7487.

### Complimentary parking permits available for West Senior Center

Parking is free for participants  
55 and older while inside the  
West Senior Center. Bring  
your I.D. and your vehicle  
registration to the front desk  
to get a parking sticker. Day  
passes are also available. Those  
using the parking lot but not  
inside the West Senior Center  
may be ticketed.

**909 Arapahoe Ave.  
Boulder, CO 80302  
303-441-3148**



## EAST SENIOR CENTER

7:30 a.m. to 4:30 p.m.  
Monday - Friday

### Room Rentals

For information about renting a  
room at the East Senior Center,  
call 303-441-4400 or email  
EBCCfacilityrentals  
@bouldercolorado.gov.

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

### East and West Senior Centers Closed:

## Independence Day "Observed"

Friday, July 3

### West Center Maintenance Closure:

July 6 to July 12

### East Center Maintenance Closure:

August 29 to September 7

## 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 June 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.

## 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/](http://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.



Boulder Seniors Foundation Board President John Price and Secretary Carol Smoot donate their time to support seniors in need. For more information on the Foundation and how you can help, please visit their website, [www.sites.google.com/site/boulderseniorsfoundation/](http://www.sites.google.com/site/boulderseniorsfoundation/)

**BOULDER SENIORS FOUNDATION**



**Senior Wisdom**

*“To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent-- that is to triumph over old age.”*

*—Thomas Bailey Aldrich*



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

# 2nd Annual Boulder County Senior Living Tour

**COMPLIMENTARY ADMISSION**

**Saturday, July 11<sup>th</sup>  
10am to 3pm**

**Pack** your questions and **explore** your unique **senior living options** in Boulder County.

On Saturday, July 11th nine retirement communities will **open** their doors to provide you with community information, **refreshments**, and guided **tours**. Take a look around, ask plenty of questions, and **enjoy your day!**

*You are welcome to stay at each community as long as or as little as you would like. (Visiting all communities is not required.)*

**Participating communities:** Balfour Senior Living, Carillon at Boulder Creek, Flatirons Terrace, Legacy at Lafayette, Meridian Boulder, MorningStar of Boulder, Sunrise at Boulder, Sunrise at Flatirons, Villas at the Atrium.

**Questions:** Contact Lyndsey Burmeister at (970) 888-1871  
**For more information & to register, please visit:** [www.BoulderCountySeniorLivingTour.eventbrite.com](http://www.BoulderCountySeniorLivingTour.eventbrite.com)

## A Note from Boulder Senior Services

Providing access to the network of aging services helps both individuals and communities. Home -and and neighborhood-based services such as nutrition education, transportation, senior housing, physical and mental health promotion, caregiver support, and home-delivered meals both protect vulnerable older adults as individuals, and empower them to age successfully and contribute to an enriched society. As a partner in the newly updated Age Well Boulder County coordinated strategic plan, Boulder Senior Services assists in increasing public awareness and providing information and access to four components that we believe are necessary for a community's residents to age well: Basic Needs (fundamental services for older adults); Personal Connections and Community Involvement (acknowledging the importance of "neighborliness" and social support in successful aging); Health and Wellness knowledge and services; and Aging in Community supports, such as caregiver support and an age-friendly built environment.

We know that community partnerships will become even more important as the older adult population grows and the need to access these services increases. Toward this end, Boulder Senior Services works collaboratively with government agencies, nonprofits and others to help older adults build on their strengths. By this means, the community as a whole reaps the benefits of the skill and experience that older adults possess.

Boulder Senior Services is part of the City of Boulder's Human Services Department. The department is currently in process of updating its Strategy (or master plan), which includes developing strategic priorities and goals for the next five years. The Age Well Boulder County plan is providing valuable insights and guidance for the Human Services Strategy. Please watch for more information on how you can participate in the City of Boulder Human Services Strategy Update process. For more information visit our website <https://bouldercolorado.gov/>.

## Spotlight: New Faces at Our Centers

### Nancy Cooper

Nancy Cooper has joined the team as a permanent Facilities Operations Representative. Based primarily at the East Senior Center she brings a diverse service oriented background ranging from an aide for special needs children in elementary school, to campaign coordinator for The Leukemia & Lymphoma Society and a Road Runner Club of America certified running coach. In her spare time, she enjoys snowboarding, triathlons and running ultra-marathons. She is delighted to help support the Boulder Senior community.



### Karla Garcia-Velez

Karla Garcia-Velez, Resource Specialist received her master's degree in Social Work from Indiana University Northwest in 2013. She has been working with seniors professionally for 10 years in a variety of different aspects. Karla volunteered for Meals on Wheels and several senior centers in Chicago, IL. She has also worked and volunteered with seniors living in assisted living/nursing homes. Karla speaks Spanish fluently and will be assisting with Latino community outreach. Karla is very eager and excited to begin working with and helping seniors living in Boulder.



## 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 20 to register and become a member today.

### Free Events for Social Interaction:

#### Membership Appreciation Event and the Encore Book Club

#### 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

### Special Events:

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 19.*



*One of many programs the Encore members experience, this was a Japanese Tea Ceremony.*

## Food Tax Rebate Program

Each year, the City of Boulder provides rebates to help compensate lower-income residents for the city sales tax they pay on food. Those eligible for the program include low-income seniors aged 62 or older for the entire 2014 calendar year; low-income persons with disabilities; and low-income families with children under 18 years of age in the household for the entire 2014 calendar year. Those seeking a rebate must fill out an application documenting their eligibility.

Applications can be picked up from 8 a.m. to 4 p.m., Monday through Friday, at the West Senior Center, 909 Arapahoe Ave., the East Senior Center, 5660 Sioux Drive, and Boulder Housing Partners, 4800 North Broadway. Applicants from 2014 who applied for the 2013 rebate will automatically receive an application in the mail.

Applications must be dropped off no later than 4 p.m. Tuesday, June 30 at the West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302 or postmarked by Tuesday, June 30, 2015. For more information, call the Food Tax Rebate Program Manager at (303) 441-1836 or visit [www.boulderseniorservices.com](http://www.boulderseniorservices.com).

## Programa de Reembolso del Impuesto a las Ventas de Alimentos

*Cada año la ciudad de Boulder proporciona rebajas para ayudar a compensar los residentes de bajos ingresos para el impuesto que pagan por los alimentos. Los elegibles para el programa incluyen los ancianos de bajos ingresos de 62 años o más durante todo el año calendario 2014; personas de bajos ingresos con discapacidades; y familias de bajos ingresos con niños menores de 18 años de edad en el hogar durante todo el año 2014. Las personas que buscan un reembolso deben llenar una solicitud que documenta su elegibilidad.*

*Las solicitudes pueden ser recogidas de 8 a.m. hasta 4 p.m., del lunes al viernes, en el West Senior Center (El Centro Oeste Para el Adulto Mayor), 909 Arapahoe Ave., el East Senior Center (El Centro Este Para El Adulto Mayor), 5660 Sioux Drive y Boulder Housing Partners, 4800 North Broadway. Los candidatos a partir de 2014 que solicitaron la rebaja de 2013, recibirán automáticamente una solicitud en el correo.*

*Las solicitudes deben ser devueltos no más tardar del martes, 30 de junio 2015 en el West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302 o mataselladas el martes, 30 de junio de 2015. Para obtener más información, llame la especialista de recursos bilingüe, Kim Pearson, 303.441.3918, o visite [www.boulderseniorservices.com](http://www.boulderseniorservices.com)*



## STRETCH YOUR DOLLARS! HERE ARE SOME OPTIONS:

### Financial:

- Eldershare supplemental groceries twice a month .....303-652-1307
- Loan Closet durable medical equipment is available for loan to older adults 303-441-3148
- Food Tax Rebate applications available through June 30 .....303-441-1836
- SNAP, OAP, Medicaid – Boulder County Housing and Human Services ....303-441-1000

### Homeowner:

- Senior Property Tax Work off application, due June 15 .....303-441-1688
- Veterans Property Tax Exemption if you are 100% disabled (January-August) 303-343-1268
- Mobile home repair program; income guidelines apply .....720-864-6401
- Longs Peak Energy Conservation - free energy conservation safety checks, weatherization, plus upgrading heating, refrigerator, and water heater for qualified individuals ..720-864-6401

### Reduced Rent Housing Applications:

- Golden West Senior Living accepts applications for age 62+ .....303-442-3967
- Presbyterian Manor accepts applications for age 65+ .....303-444-0642
- Boulder Housing Partners: public housing, Reduced Rent, and Section 8 .....720-564-4610

## 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](http://www.aincolorado.org) for more information.

“  
What dreadful hot weather we  
have! It keeps me in a continual  
state of inelegance.  
—Jane Austen.”

## 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](http://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.

## Family Resource Center 720-279-7027



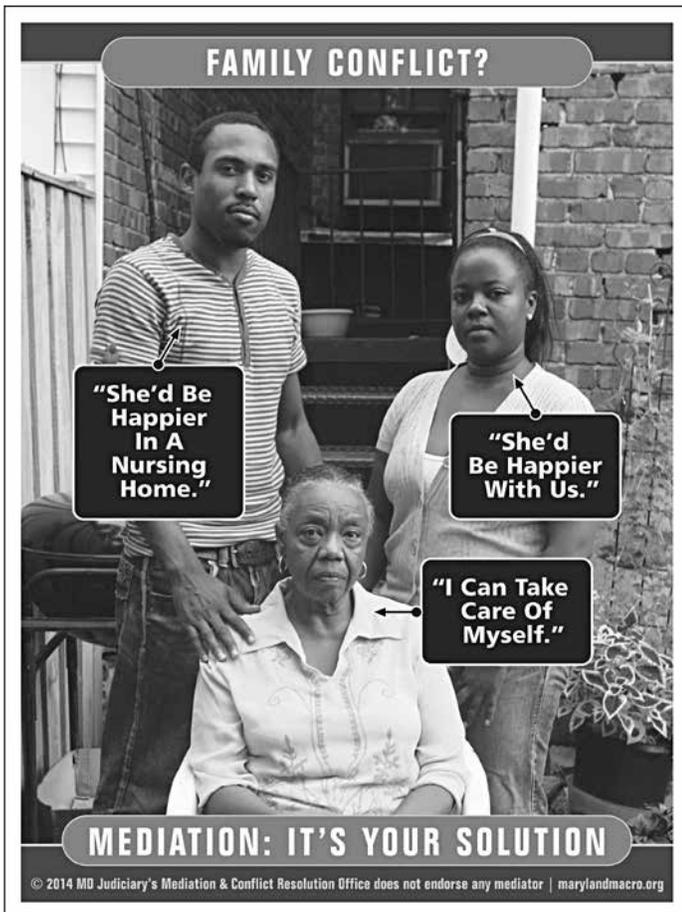
The Family Resource Center (FRC), located at Manhattan Middle School of Arts and Academies, 290 Manhattan Drive, is a great way for families to connect with community services, including senior services and get help in key areas such as parenting, health, nutrition, financial management, education, emotional 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.

## 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 303-441-4364 or [mediation@bouldercolorado.gov](mailto: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](http://www.bouldercounty.org/safety/victim/pages/dacpd.aspx).



### Important Telephone Numbers

West Senior Center.....	303-441-3148	Eldershare Food Program .....	303-652-1307
East Senior Center.....	303-441-4150	Emergency Family Assistance .....	303-442-3042
Access-A-Ride .....	303-292-6560	Federal Government.....	1-800-FED-INFO
Accident Report .....	303-441-3333	Fire Prevention/Safety .....	303-441-4355
Boulder County Area Agency on Aging.....	303-441-3570	Food Tax Rebate Program.....	303-441-1836
Boulder County Aging and Disability Resources for Colorado (ADRC) .....	303-441-1617	Foot Care.....	303-651-5224
Boulder Housing Partners .....	720-564-4610	Meals on Wheels.....	303-441-3908
Boulder County Housing and Human Services & Adult Protective Services .....	303-441-1000	Medicare Counselors .....	303-441-1546
CareConnect .....	303-443-1933	Mental Health Partners .....	303-443-8500
Care Link Adult Day Program .....	720-562-4470	Pothole Hotline .....	303-441-3962
Center for People with Disabilities .....	303-442-8662	RTD.....	303-299-6000
Close Call Phone Line .....	303-441-4272	Social Security Office .....	1-800-772-1213
City of Boulder Information .....	303-441-3388	Street Maintenance.....	303-413-7162
Colorado Health Information.....	1-877-462-2911	Veterans Services .....	303-441-3890
		Via Mobility Services .....	303-447-2848
		Workforce Boulder County.....	303-301-2900

## 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 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](http://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 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.

## 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](mailto:infoLGBTelders@bouldercounty.org) or call 303-441-3583.



**Via Mobility Services**  
303-447-2848  
[www.viacolorado.org](http://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.

## 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 West Senior Center. For more information, contact Betty Kilsdonk at [kilsdonkb@bouldercolorado.gov](mailto:kilsdonkb@bouldercolorado.gov) or 303-441-4365.

## Volunteer with the Boulder County Circles Campaign



Circle Allies are part of a team of friends and advocates who gather regularly to support a Circle Leader as he or she works toward achieving long-term economic self-sufficiency. Allies become more informed about the causes and solutions to

poverty, and build meaningful friendships across socio-economic lines (six hours per month commitment). The Guiding Coalition is made up of several teams that support the work of the Circles Campaign, Recruitment, Community, Income and Education, Resources, and Big View (three hours per month commitment).

For more information visit the Circles web site [www.bouldercountycircles.org](http://www.bouldercountycircles.org) or contact Eliberto Mendoza, 303-441-1503 or [emendoza@bouldercounty.org](mailto:emendoza@bouldercounty.org).

## 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

**Scrabble Club West** **Tuesdays, 12:30-4 p.m.**  
 Contact: Esther, 303-444-9201

**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 June, July, August, and December)  
 Contact: John, 303-443-6027

**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: Ruth, 303-494-1215

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

**Canasta** **Tuesdays, 12:45-3:30 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, 720-538-1744

**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

**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

**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](http://www.parkinsonrockies.org)

Local group leader: Bob, 303-494-9229

**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](http://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

## 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% over 2013.
- Last year, 67% of meals delivered were “specials” – addressing the needs of those on specified diets.

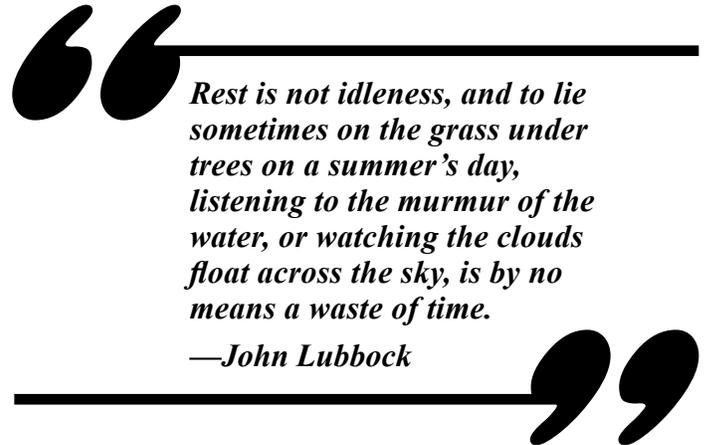
## Project Homecoming

Project Homecoming is a short-term meal delivery program designed to help patients make the transition from hospital to home. The service consists of five FREE home-delivered meals -- with absolutely no strings attached. Meals on Wheels of Boulder, Longmont Meals on Wheels, and East Boulder County Meals on Wheels have partners with four area hospitals. Since its inception in 2007, Meals on Wheels of Boulder has delivered nearly 3,000 meals at no charge. For information call Meals on Wheels of Boulder at 303-441-3908; in Longmont or Lyons, call 303-772-0540; in Lafayette, Louisville, Superior and Erie, call 303-665-0566.

## 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](http://www.mowboulder.org)





SPECIALIZED  
ADULT DAY PROGRAM

*Help for those  
caring for loved ones*

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

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



## 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, June 8, July 13, Aug. 10 / 8:30 a.m. to 1 p.m. / Fee: \$15 for AARP Member 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.

*228126 West Senior Center / Mondays, June 1, Aug. 3 (no July meeting due to West Center maintenance closure) / 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.

*228127 West Senior Center / Tuesday, June 2, 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 / June 4, July 2, Aug. 6 / 2 to 4 p.m. / Free*

## Money in American Elections, Democracy in Danger

The League of Women Voters of Boulder County will present an informational slide program, followed by a Q & A discussion, on how the huge influx of campaign money in American elections threatens to undermine democracy. We hope to see you there.

*228254 East Senior Center / Monday, June 15 / 1:30 to 2:45 p.m. / Free, please register to reserve your space*



## Boulder Court Self-Help Resource Center



Michelle Haynes and Donna Powell, Self-Represented Litigant Coordinators with the Boulder Court Self-Help Resource Center, will be presenting information regarding services they can offer to the public. Self-Represented Litigant Coordinators (SRLCs or “Sherlocks”) work for the Court and help people without attorneys with general questions, paperwork, resources, and forms related to civil cases (not criminal) while educating litigants on state statutes, policies, and procedures. This is a free service provided by the Court.

228195 West Senior Center / Wednesday,  
July 15, 10:30 to 11:30 a.m. / Free, please register to  
reserve your space

## Alzheimer’s Association Education Series

### Effective Communication Strategies

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer’s and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

228128 East Senior Center / Wednesday, July  
1 / 2 to 4 p.m. / Free

### Healthier Habits for a Healthier You

For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. This class is intended for those who do not have memory loss.

228129 East Senior Center / Wednesday, Aug.  
5 / 2 to 4 p.m. / Free



*Try a new fitness class and uncover a healthier you.*



## SILVERSNEAKERS AND FITNESS SCHEDULE

### DROP-IN CLASSES FOR JUNE, JULY, AUGUST

*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.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9 – 9:45 a.m.</b> 55+ Warm Water Fitness EBCC Pool <i>Laura</i>	<b>7:30 – 8:15 a.m.</b> Guts and Butts <i>Dora</i>	<b>9 – 9:45 a.m.</b> 55+ Warm Water Fitness EBCC Pool <i>Laura</i>	<b>7:30 – 8:15 a.m.</b> Guts and Butts <i>Dora</i>	<b>8:30 – 9:30 a.m.</b> Fit & Strong Intermediate <i>Dora</i>
<b>8:30 – 9:30 a.m.</b> Fit & Strong Intermediate <i>Sally</i>	<b>8:30 – 9:15 a.m.</b> Music & Movement <i>Julie / Jennifer</i>	<b>8:30 – 9:30 a.m.</b> Fit & Strong Intermediate <i>Sally</i>	<b>8:30 – 9:15 a.m.</b> Gotta Dance <i>Judy K.</i>	<b>9:45 – 10:40 a.m.</b> Fit & Strong Beginning <i>Dora</i>
<b>9:45 – 10:45 a.m.</b> Fit & Strong Beginning <i>Jack</i>	<b>9:30 – 10:25 a.m.</b> Strength & Alignment <i>Linda</i>	<b>9:45 – 10:45 a.m.</b> Fit & Strong Beginning <i>Terry</i>	<b>9:30 – 10:25 a.m.</b> Strength & Alignment <i>Linda</i>	<b>10:45 – 11:30 a.m.</b> 55+ Warm Water Fitness EBCC Pool <i>Laura</i>
<b>11 – 11:45 a.m.</b> SilverSneakers Classic <i>Jack</i>	<b>10:30 – 11:15 a.m.</b> SilverSneakers Yoga <i>Linda</i>	<b>11 – 11:45 a.m.</b> SilverSneakers Classic <i>Terry</i>	<b>10:30 – 11:15 a.m.</b> SilverSneakers Yoga <i>Linda</i>	<b>11:45 – 12:30 p.m.</b> SilverSneakers Classic <i>Chris</i>
	<b>1 – 1:45 p.m.</b> 55+ Warm Water Fitness EBCC Pool <i>Laura</i>		<b>1 – 1:45 p.m.</b> 55+ Warm Water Fitness EBCC Pool <i>Laura</i>	
			<b>1 – 2:30 p.m.</b> Line Dancing <i>Judy</i>	

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

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.

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

- Encore member registration begins Tuesday, May 12 by fax, online or in person.
- Non-Encore member registration begins Thursday, May 14 by fax, online or in person.
- Phone-in registration begins Friday, May 15.

**Register online at  
WWW.BOULDSENIORSERVICES.COM**

**See page 20  
for information.**

**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:

- Barb Borg, Via Customer and Community Coordinator, Chris Hagelin, Senior Transportation Planner GO Boulder, and Susan Unger, Via Travel Training Coordinator for offering the Transportation 101 and 102 seminars
- Professor Paul Shankman for offering the talk on “American Liberation of the Nazi Concentration Camps”
- Patricia Kay Youngson, RN, M.A., for offering the talk on “Dealing With Pain”
- Elliott Higgins, D.D.S. for offering a free talk on “How to Avoid the Dentist”



**Assistive  
Listening Devices**

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



**Reduced Rate Program**

Reduced Rate Program symbol: 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.



**Wheelchair Accessible**

Limited number of spaces available to wheelchair users.

# Registration Form

**West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302, (303) 441-3148      East Senior Center, 5660 Sioux Drive, Boulder, CO 80303, (303) 441-4150**

Page	Activity	Begin Date	Sessions	Location	Start Time	SS	Resident		Non-Resident		Fee	City	General Public	Course Code	Selection Price
							Resident	Non-Resident	Resident	Non-Resident					
<b>SENIOR RESOURCES</b>															
<b>Seminars</b>															
15	Medicare Basics	1st Thurs.	1	East	2p								Free	227535	
15	The Death Café	1st Mon. (No 7/6 mtg.)	2	West	10:30a								Free	228126	
15	Get Acquainted!	Tues., 6/2	1	West	3p								Free	228127	
16	Effective Communication Strategies	Wed., 7/1	1	East	2p								Free	228128	
16	Healthier Habits for a Healthier You	Wed., 8/5	1	East	2p								Free	228129	
16	Boulder Court Self-Help Resource Center	Wed., 7/15	1	West	10:30a								Free	228195	
15	Money in American Elections, Democracy in Danger	Mon., 6/15	1	East	1:30p								Free	228254	
<b>HEALTH &amp; WELLNESS</b>															
<b>Fitness Classes</b>															
23	Ballroom Dancing for Seniors - Swing Dance Two	Tues., 6/9	4	East	1p	16	24	20	28					227441	
23	Ballroom Dancing for Seniors - Latin Dance Sampler: Rumba and Merengue	Tues., 8/4	4	East	1p	16	24	20	28					227443	
23	Putting on the Ritz! Jazz Dance for Seniors	Tues., 6/9	4	East	11:30a	16	24	20	28					227444	
24	T'ai Chi for Seniors, Level I - Beginning	Fri., 6/5	12	East	9:45a	66	68	76	78					227446	
24	T'ai Chi for Seniors, Level II - Intermediate	Fri., 6/5	12	East	Noon	66	68	76	78					227447	
24	T'ai Chi for Seniors, Level III - Advanced (Half Session)	Fri., 6/5	6	East	10:45a	33	34	38	39					227448	
24	T'ai Chi for Seniors, Level III - Advanced	Fri., 6/5	12	East	10:45a	66	68	76	78					228932	
24	Strength, Movement, and Stretch - Mon.	Mon., 6/1	12	West	11a	39	59	49	68					227449	
24	Strength, Movement, and Stretch - Wed.	Wed., 6/3	13	West	11a	36	54	45	63					227450	
24	Seated Restorative Yoga	Fri., 6/5	13	West	11a	33	49	41	58					227451	
25	Seniors (55+) in the Weight Room - 1st Session - Morning	Tues., Thurs., 6/2	12	East	11a	24			44					227452	
25	Seniors (55+) in the Weight Room - 1st Session - Afternoon	Tues., Thurs., 6/2	12	East	2p	24			44					227453	
25	Seniors (55+) in the Weight Room - 2nd Session - Morning	Tues., Thurs., 7/14	14	East	11a	28			46	50				227454	
25	Seniors (55+) in the Weight Room - 2nd Session - Afternoon	Tues., Thurs., 7/14	14	East	2p	28			46	50				227455	
<b>Wellness Education</b>															
27	Seven Simple Steps to a Healthy and Happy Life	Wed., 6/10	1	West	10a								Free	228196	
27	CapTel Colorado	Wed., 6/24	1	West	10a								Free	228197	
27	Audio Information Network of CO and CO Talking Books Library	Wed., 7/29	1	West	10a								Free	228198	
27	7 Key Strategies for Navigating the Healthcare System	Wed., 08/26	1	West	10a								Free	228199	
26	Happy, Healthy Brain Series	Thurs., 7/23	2	East	3p				55	60				228200	
25	The Benefits of Dance	Mon., 6/1	1	East	2p								Free	228201	
<b>SENIOR ENRICHMENT</b>															
<b>Active Minds for Life</b>															
29	Tuskegee Airmen	Mon., 6/8	1	West	11a								Free	227492	
29	The History of Tea	Mon., 7/13	1	West	11a								Free	227493	
29	The Civil War: Causes & Effects West	Mon., 8/10	1	West	11a								Free	227494	
29	France	Mon., 6/22	1	East	3p								Free	227496	
29	Say Cheese!	Mon., 7/27	1	East	3p								Free	227497	
29	Global Pandemics	Mon., 8/24	1	East	3p								Free	228135	
<b>Enrichment Seminars</b>															
28	Special Event: Encore and SilverSneakers® Membership Appreciation Event	Fri., 6/26	1	East	2-3:30p	0	0	0	5	5			5	228130	
30	Become a Spellbinders Storyteller!	Mon., 6/8	1	East	1:30p								Free	228139	
31	Effective Communication Skills	Mon., 7/6	1	East	1pm				10	12				228140	
30	Contemplative Living: Thomas Merton and Friends	Tues./Thurs., 6/2	7	West	10a								Free	228141	
31	Poetry Reading Group	Tues., 7/14	1	West	10:30a								Free	228142	
31	Compass USA Japanese Home Stay Program	Thurs., 7/23	1	West	1:30p								Free	228143	



## REGISTRATION FOR SUMMER 2015

- Encore member registration begins Tuesday, May 12 by fax, on-line or in person.
- Non-Encore member registration begins Thursday, May 14 by fax, on-line or in person.

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

- Phone-in registration begins Friday, May 15
- Register online at [www.boulderseniorservices.com](http://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 28 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	<a href="http://www.boulderseniorservices.com">www.boulderseniorservices.com</a> , click on "online registration." Encore memberships cannot be bought or renewed online.

## Fitness Classes

**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!

**June - Swing Dance Two:**

Come take your Swing to the next level. This class is designed for those with some Swing Dance experience. In this class we build on Basic Swing Dance movement by learning patterns that include rhythm changes and some more intricate turn patterns. Swing into Summer.

227441 *Instructor: Judy Kreith, M.A. / East Senior Center / Swing Dance Two: Tuesdays, June 9 – 30, four classes / 1 to 2 p.m. / Fee: Encore Resident: \$16 / City Resident: \$20 / Encore Non-Resident: \$24 / Non-Resident: \$28*

**August – Latin Dance Sampler: Rumba and Merengue**

Come dance the elegant Rumba. Then, get ready for the fun and festive Merengue, a dance that originated in the Dominican Republic and is danced at a variety of social events.

227443 *Instructor: Judy Kreith, M.A. / East Senior Center / Latin Dance Sampler: Rumba and Merengue: Tuesdays, Aug. 4 - 25, four classes / 1 to 2 p.m. / Fee: Encore Resident: \$16 / City Resident: \$20 / Encore Non-Resident: \$24 / Non-Resident: \$28*

“What good is the warmth of summer, without the cold of winter to give it sweetness.  
—John Steinbeck”

**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.

227444 *Instructor: Judy Kreith, M.A. / East Senior Center / Tuesdays, June 9 – 30, four classes / 11:30 a.m. to 12:15 p.m. / Fee: Encore Resident: \$16 / City Resident: \$20 / Encore Non-Resident: \$24 / Non-Resident: \$28*



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](http://bouldercolorado.gov/channel8/forever-fit)



## 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.

227446 *Instructor: Steve Arney / East Senior Center / Fridays, June 5 to Aug. 14, 10 classes (no class July 3) / Time: 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 – 227447 / Instructor: Steve Arney / East Senior Center / Fridays, June 5 to Aug. 14, 10 classes (no class July 3) / Time: noon to 1:00 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 – 228932 / Instructor: Steve Arney / East Senior Center / Fridays, June 5 to Aug. 14, 10 classes (no class July 3) / Time: 10:45 to 11:40 a.m. / Fee: Encore Resident: \$66 / City Resident: \$68 / Encore Non-Resident: \$76 / Non-Resident: \$78*

*Half Session Fee – 227448 / (applicable for Advanced class only). Select five of the classes in the Summer 2015 session / Fee: Encore Resident: \$33 / City Resident: \$34 / Encore Non-Resident: \$38 / Non-Resident: \$39*

## Strength, Movement and Stretch

Join us for this healthy, strength-building, light aerobics and effective stretching class. Newcomers to exercise are encouraged to participate. Learn to strengthen your muscles, breathe more efficiently, stretch and release muscle tension. Class can be done standing, standing with chair support or seated in the chair. Choose either Monday or Wednesday or both sessions.

227449 *(Mondays) Instructor: Linda Manchester / West Senior Center / Dates: June 1 to August 31, 13 classes / Time: 11 to 11:45 a.m. (no class July 6 due to West Center shut down) / Fee: Encore Resident: \$39 / City Resident: \$49 / Encore Non-Resident: \$59 / Non-Resident: \$68*

227450 *(Wednesdays) Instructor: Linda Manchester / West Senior Center / Dates: June 3 to August 26, 12 classes / Time: 11 to 11:45 a.m. (no class July 8 due to West Center shut down) / 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.

227451 *Instructor: Linda Manchester / West Senior Center / Fridays, June 5 to Aug. 28, 11 classes / Time: 11 a.m. to 12 p.m. (no class July 3 holiday or July 10 West Center maintenance closure) / Fee: Encore Resident: \$33 / City Resident: \$41 / Encore Non-Resident: \$49 / Non-resident: \$58*



*I almost wish we were butterflies  
and liv'd but three summer days -  
three such days with you I could  
fill with more delight than fifty  
common years could ever contain.*

—John Keats



## 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*

227452 *1st Session (morning): Dates: Tuesdays and Thursdays, June 2 to July 9, 12 classes / 11 a.m. to noon / Fee: Current SilverSneakers cardholders: \$24 / City Resident: \$40 / Non-Resident: \$44*

227453 *1st Session (afternoon): Dates: Tuesdays and Thursdays, June 2 to July 9, 12 classes / Time: 2 to 3 p.m. / Fee: Current SilverSneakers cardholders: \$24 / City Resident: \$40 / Non-Resident: \$44*

227454 *2nd Session (morning): Dates: Tuesdays and Thursdays, July 14 to Aug 27, 14 classes / Time: 11 a.m. to noon / Fee: Current SilverSneakers cardholders: \$28 / City Resident: \$46 / Non-Resident: \$50*

227455 *2nd Session (afternoon): Dates: Tuesdays and Thursdays, July 14 to Aug 27, 14 classes / Time: 2 to 3 p.m. / Fee: Current SilverSneakers cardholders: \$28 / City Resident: \$46 / Non-Resident: \$50*

## 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, June 3, July 1, Aug. 5 / 2 to 4 p.m. by appointment only (eight appointments per day) / Free*

### The Benefits of Dance



Dancing is a great way to enjoy the benefits of regular exercise. It can be enjoyed by people of all ages. Join Judy Kreith M.A., to take a deeper look into the physiological, emotional and mind building benefits of dancing and moving together with music and rhythm. She will share the latest research about the positive benefits of dancing for older adults, and talk about ways to participate in a variety of dance related activities.

228201 *East Senior Center / Monday, June 1, 2 to 3 p.m. / Free, please register to reserve your space*

## Happy, Healthy Brain Series

Increase your brain power by proactively supporting your brain health and improve your overall well-being in these interactive classes. Functional strategies and exercises will be provided to get your brain “in shape,” maintain your cognitive abilities and improve your memory. Learn how the brain changes and how to slow that process with simple lifestyle adapting and basic brain nutrition which can make a significant difference in your happiness, quality of life and daily function.

Instructor, Melissa Wolak, MS, CCC-SLP, has worked as a speech-language pathologist for the past 18 years in a variety of settings with all ages – hospitals, skilled nursing facilities and schools. She also has a private practice, teaches and facilitates support groups in the Boulder area.

228200 East Senior Center / Thursdays, July 23 and 30 / 3 to 4:30 p.m., (2 class series) / Fee: City Resident: \$55 / Non-Resident: \$60

## Tomando and Latin Dance



Are health problems interfering with your daily routine? You are not alone and you can feel better. Join us in this series of six free classes. Each week, we will learn about good nutrition, dealing with pain, establishing and reaching goals, and improving communication. A four-week dance class will follow, for Tomando participants only. We will focus on dancing for health, smiles, and feeling great while dancing to a variety of Latin music selections.

East Senior Center / Tomando: Tuesdays, June 23 – July 28, 2015, 1 – 3:30 p.m. / Latin Dance: Aug. 4 – Aug 25, 2015, 11:30 a.m. to 12:15 p.m. / Fee: No charge, donations accepted / To register: Call 303-939-8220 or email [lily.haynes.714@gmail.com](mailto:lily.haynes.714@gmail.com) to confirm your spot with Lily, the Tomando Instructor.

## Tomando Control de su Salud



*¿Problemas de salud interfieren con su rutina diaria? Usted no está solo. Usted puede sentirse mejor. Participe con nosotros en esta serie de seis clases gratuitas. Cada semana, aprenderemos acerca de una buena nutrición, enfrentar situaciones de dolor, establecer y lograr metas y mejorar la comunicación. Después de la clase, habrá una clase de baile para cuatro semanas, sólo para los participantes de Tomando. Enfocaremos en el baile por la salud, las sonrisas, y sintiéndonos excelente mientras bailamos varios tipos de música latina.*

Centro Este Para el Adulto Mayor / Tomando: Los martes, 23 de junio hasta el 28 de julio, 2015, 1 – 3:30 p.m.

Baile de / Tomando: Los martes, 4 de agosto hasta el 25 de agosto, 2015, 11:30 a.m. to 12:15 p.m. / Costo: Gratis, aceptamos donaciones / Para Inscribirse: Llame al 303-939-8220 o mande un email a [lily.haynes.714@gmail.com](mailto:lily.haynes.714@gmail.com) para confirmar su espacio con Lily, la instructora de Tomando.

“*Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.*”

—Henry James

## Wellness Wednesdays / Lunch 'N Learn Seminars

Held at West Senior Center. Participants will receive a \$1 discount coupon for lunch at Café Classico following these presentations:

### Seven Simple Steps to a Healthy and Happy Life

This one-hour presentation with Alan Carpenter touches on his true story of a near-fatal accident that changed his life. During the past 18 months, Alan has devoted his life to learning how, at age 68, he can maintain or even increase his physical fitness and mental acuity for the rest of his life. He will highlight what he has learned – that you can choose a life of health and happiness and achieve it by following Seven Simple Steps. Please register for this free programming to ensure your seat.

228196 West Senior Center / Wednesday, June 10 / 10 – 11:00 a.m. / Free, please register to reserve your space

### CapTel Colorado

Ideal for people with hearing loss, the CapTel® Captioned Telephone works like any other amplified telephone, with one important addition: It displays captions of every word the caller says throughout the conversation. CapTel users can listen to the caller's voice and then read the transcription of what was spoken on the CapTel's bright display. This FREE service provides people with confidence that they won't miss anything.

228197 West Senior Center / Wednesday, June 24 / 10 to 11:00 a.m. / Free, please register to reserve your space

### Audio Information Network of CO and CO Talking Books Library

Enjoying a healthier independent life by staying connected to your community. Hear the latest news on healthy living, shopping and nutrition right from your home 24 hours a day / 7 days a week. Please join us to learn more about the FREE assistance of the nonprofit services of the Audio Information Network of Colorado and the Colorado Talking Books Library.

228198 West Senior Center / Wednesday, July 29 / 10 to 11:00 a.m. / Free, please register to reserve your space

### 7 Key Strategies for Navigating the Healthcare System

Do you or a loved one live with an illness that's changed your life? Are you worried you're not doing enough? Have all the appointments, doctors, medications, tests, bills, and decisions gotten to be too much? Navigating our medical system and the challenges of aging can be overwhelming and stressful. Our speaker, Bettsee Gotwald, an independent patient advocate, will share critical strategies for getting good care and utilizing helpful resources.

228199 West Senior Center / Wednesday, Aug. 26 / 10 – 11:00 a.m. / Free, please register to reserve your space

“  
 My old grandmother always used to say, Summer friends will melt away like summer snows, but winter friends are friends forever.  
 —George R.R. Martin  
 ”

## 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 / Appointments 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*

## Special Events

### Special Event: Encore and SilverSneakers® Membership Appreciation

#### Friday Afternoon Happy Hour and Performance with Denis Gessing – “Just Passing Through”

Please join us at the East Senior Center for an early afternoon happy hour. We will provide the chicken wings and ribs; you bring a potluck appetizer to share. Stay for the performance with Denis Gessing as we all reflect back on simple moments in life. This one-hour program features between six to eight ten-minute stories dedicated to those 60 and over, but all are welcome. These are personal narrative stories, not folk or fairy tales. No charge for SilverSneakers® and Encore members; also open to general public. SilverSneakers® is a registered trademark of Healthways, Inc. Please register to save your space.

*228130 East Senior Center / Free for SilverSneakers® and Encore members, General Public \$5 / Friday, June 26 / 2 to 3:30 p.m.*

### 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. Coffee and snacks are provided to complement the social part of the dance event. No partner is required to participate.

*East Senior Center / 1st and 3rd Fridays (2nd and 3rd Friday for July only) / 2 to 4:00 p.m. / Fee: Drop-in fee of \$5 per person (no pre-registration required)*





Sponsored by



## Tuskegee Airmen

The issue of race in the military extends from colonial times to the present day. Join Active Minds as we explore a chapter of this story from World War II: the Tuskegee Airmen. This was the first group of African American military aviators in the U.S. armed forces. We will tell their story of struggle and triumph and bring this issue into a current context.

227492 West Senior Center / Monday, June 8 /  
11 a.m. to noon / Free

## The History of Tea

Other than water, tea is the most widely consumed beverage in the world and one of the oldest, tracing its roots to the 5th century BCE. Join Active Minds as we tell the story of tea, including the role it played in colonial empire building, the different types of tea, how it is grown and processed, who grows and drinks the most (which are not the same), and much more.

227493 West Senior Center / Monday, July 13 /  
11 a.m. to noon / Free

## The Civil War: Causes & Effects

As we commemorate the 150-year anniversary of the end of the Civil War, join Active Minds for a look at what caused the war and how our country was changed as a result. This program will not attempt to cover the military conflict in any significant detail, but rather will focus on what preceded and followed it.

227494 West Senior Center / Monday, Aug. 10 /  
11 a.m. to noon / Free

## Active Minds for Life

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

Sponsored by



## France

Join Active Minds as we use recent events involving radical terrorism in the country as an opportunity to review France's complex dynamics around minorities and immigration. We will also explore the history and current challenges facing the country in general. We will learn how French culture and values impact current national and regional issues as well as explore the role of France in the European Union.

227496 East Senior Center / Monday, June 22 /  
3 to 4 p.m. / Free

## Say Cheese!

The history of cheese goes back as far as 6000 BCE, long before the Ancient Egyptians and Homer. There are thousands of varieties of cheese, with local flavor differences influenced by subtle factors such as the type of grass eaten by the cows. Join Active Minds as we trace this cheesy history, including an overview of how it is made and the major categories of cheese. We'll even cover a of couple controversial topics debated by cheesophiles (yes, that's a word!).

227497 East Senior Center / Monday, July 27 /  
3 to 4 p.m. / Free

## Global Pandemics

Concern over the global spread of diseases such as Ebola, Swine Flu, AIDS, and others has increased dramatically. Join Active Minds as we seek to understand the current threats by examining both the science of how diseases spread as well as the history of pandemics.

228135 East Senior Center / Monday, Aug. 24 /  
3 to 4 p.m. / Free

## Enrichment Seminars



## Become a Spellbinders Storyteller

**NEW**

Do you love children and stories? Do you harbor a desire to develop your innate storytelling ability? Do you want to learn skills to be a better grandparent? Boulder Valley Spellbinders invites you to learn about the art of oral storytelling. This is an introduction to this intergenerational storytelling program and the benefits of volunteering. We provide storytellers with ongoing support and opportunities to further polish your new skills and make new friends. We place our volunteer storytellers in local schools, libraries, assisted living residences or other community venues. Join us to learn more about this unique program and an upcoming training for interested volunteers.

228139 East Senior Center / Monday, June 8 / 1:30 to 2:30 p.m. / Free, please register to reserve your space (a door prize will be given away as part of this program)

## Contemplative Living: Thomas Merton and Friends

We will meet at the West Senior Center three times in June, one time in July, and three times in August to discuss the writings of Thomas Merton and his contemporaries, and how they relate to our own experience of being more present moment to moment in our daily lives. Come with an open mind and a willingness to share what works for you. Registration is requested.

228141 Presenter is James Kettering / 10 to 11:30 a.m. / Free

**June:** Tuesday, June 2 - video *Last Days of Thomas Merton*, Thursday, June 4 - *Thomas Merton and Friends*, and Tuesday, June 9 - video *Thomas Keating: A Rising Tide of Silence*

**July:** Thursday, July 2 - *Thomas Merton and Friends*.

**August:** Tuesday, Aug. 4th - video *Thomas Merton: Soul Searching*, Thursday, Aug 6th - *Thomas Merton and Friends*, and Tuesday, Aug. 11th - video *Merton: A Film Biography*.

## 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.

228144 Instructor: Gerald Mitchell, ACBL Certified Director; and his assistant Eydie Mitchell / West Senior Center / Fridays, June 12 to Aug 28, 10 classes (no class July 3 or July 10) / 10 a.m. to 2:30 p.m. / Fee: City Resident \$50 / Non-Resident: \$60



East Senior Center weekly card and Mah Jongg players.

## Effective Communication Skills

This 2 ½ 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.

228140      *Instructor: Jerry Podgorski / East Senior Center / Monday, July 6 / 1 to 3:30 pm / Fee: City Resident: \$10 / Non-Resident: \$12*

## Poetry Reading Group

Have you ever wanted to recite your poetry or songs in public? Well now you have a chance: a one-time only Poetry Reading meet up with Miriam Paisner. Come, sign up and recite; that means first come gets to recite first and so on. Miriam will have a sign up sheet and will call folks up to sing or recite in order of their arrival. Come even if your material has been published, that's okay too. Join us and let loose and have fun letting the audience hear your talent. Please register for this free program to ensure your place.

228142      *West Senior Center / Tuesday, July 14, 10:30 – 11:30 a.m. / Free*

## 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.

## Compass USA, Japanese Home Stay Program



Have a new and exciting international experience this summer right here in Boulder, at the West Senior Center. Compass USA is dedicated to helping others contribute and benefit from the growth of intercultural understanding. This summer Compass USA is hosting a group of Japanese students, all girls, from Tokyo aged 14-17. Come learn about Japanese culture through several short presentations and share with them your knowledge of Colorado.

228143      *West Senior Center / Thursday, July 23 / 1:30 to 2:30 p.m. / Free, please register to reserve your space*

## Coming in Fall: Aging and Alchemy: Turning Straw into Gold



In this fun and challenging day long 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. In a safe, caring environment, we'll come to know what one teacher has called "the laughter of the wise."

David Chernikoff, M.Div., L.C.S.W., has been a student of meditation since 1971 and a teacher of Insight Meditation since 1988. David taught meditation and psychology at Naropa University for many years before becoming the education and training director of the Spiritual Eldering Institute (now called Sage-ing International). In that role, he taught conscious aging programs throughout the U.S. as well as in Canada and Ireland. He is currently one of the guiding teachers of the Insight Meditation Community of Colorado, and he has a private practice as a spiritual counselor and psychotherapist in Boulder.

“  
*To see the Summer Sky Is Poetry,  
 though never in a Book it lie True  
 Poems flee.*  
 —Emily Dickinson  
 ”

## Computer Classes

**ALL CLASSES HELD ON MONDAYS 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.**

### Skype:

Learn to use Skype, a free program that allows you to have live video phone conversations with friends and family located anywhere in the world. We will show you how to download and install the free Skype software, add friends and begin making Skype "calls." 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.

228131 June 15, 22, 29 (3 sessions) / 8:30 to 9:30 a.m. / Fees: Encore Members: \$35 / General Public: \$50

### 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.

228132 June 15, 22, 29 (3 sessions) / 9:45 to 10:45 a.m. / Fees: Encore Members: \$35 / General Public: \$50



### Internet Shopping and Bargain-Hunting:

Explore several different methods and locations for buying (and even selling) items on the Internet. We will look at such popular Internet marketing sites as eBay, Craigslist, King Soopers, Walmart, Amazon and others. Learn how to purchase anything from groceries to eyeglasses from the Internet, and learn how advertise and sell your own unwanted items online as well. Security and Internet safety issues will be discussed. Prerequisite: Basic computer literacy and elementary competence with a Windows PC.

228133 June 15, 22, 29 (3 sessions) / 11:00 a.m. – 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.

228134 Fee: Encore Resident: \$32 / Encore Non-resident: \$37 / City Resident: \$42 / City Non-resident: \$47

*Twitter 101 classes last winter*



## Dazzle Restaurant and Lounge, Denver

We will be part of a large group of mature adults from around the Denver area who will enjoy a meal and great, live jazz. You will have a choice from three chef-inspired entrees, plus soda, coffee, tea or glass of red or white wine, draft beer or a well drink. Afterwards, sit back and enjoy great live jazz.

227412 Thursday, June 25 / 10:30 a.m. to 2:30 p.m. / Fee: City Resident: \$30 / Non-Resident: \$35 / Fees include transportation, trip escort, lunch, beverage and gratuity. RTD motor coach.

## Candlelight Dinner Playhouse "Singing in the Rain", Johnstown **Encore**

Candlelight Dinner Playhouse is a fairly new theatre in Johnstown with good food, nice ambiance and an excellent theatre experience. We can see for ourselves when we enjoy "Singing in the Rain." Prior to the performance, we will have a lunch of soup, salad, bread, choice of entrée, and non-alcoholic drink.

227413 Saturday, July 11 / 11 a.m. to 5:30 p.m. / Fee: Encore Resident: \$75 / City Resident: \$80 / Encore Non Resident: \$85 / Non-Resident: \$90 / Fees include transportation, trip escort, lunch, non-alcoholic beverage and gratuity. Senior Services bus.

## Boulder Dinner Theatre "Branson on the Road"

Last time BDT offered "Branson on the Road," we had over 30 of our people present to whoop it up with the original road show from Branson, Missouri. They are in Boulder for one night only this summer and will definitely sell out. After dinner at the theatre (soup, choice of entrée and non-alcoholic beverage), be prepared for music, laughs and fun for everyone.

227414 Tuesday, August 11 / 5:15 to 9:30 p.m. / Fee: City Resident: \$40 / Non-Resident: \$45 / Fees include trip escort, dinner, non-alcoholic beverage, gratuity, and theatre performance. Meet at the Boulder Dinner Theatre, 5501 Arapahoe Avenue, Boulder at 5:15 p.m.

## 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 20 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.
- 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.
- 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.
- 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 have questions about the physical demands of the trip please ask before registering.

## Day Trips

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

#### Cirque du Soleil "Kurios" Encore

Experience the Cirque du Soleil ensemble as they offer their latest performance, "Kurios." A magical experience of music, physical wonder, beautiful costumes and a sweet storyline. It will be presented under the big top in the parking lot of the Pepsi Center. Food and beverages will be available for purchase at Pepsi Center.

227416 Sunday, June 14 / 3 to 8 p.m. / Fee: Encore Resident: \$55 / City Resident: \$60 / Encore Non Resident: \$65 / Non-Resident: \$70 / Fees include transportation, trip escort and performance. RTD Motor Coach

#### Senior Connection, Denver

Senior Connection trade show at Windsor Gardens in Denver offers vendors featuring products and services that pertain to good health and health maintenance, recreational activities and hobbies, home improvement, travel, fashion and just plain fun! The roulette wheel will be spinning for door prizes. Lots of entertainment and a dog fashion show. Sweets for Seniors, a complimentary dessert table, will be open to all in attendance. Food for purchase at show.

228282 Monday, June 15 / 8:30 a.m. to 2:30 p.m. / Fee: City Resident: \$10 / Non-Resident: \$15 / Fees include transportation, trip escort and admission to Senior Connection. RTD motor coach.

### Zang Mansion, Denver

The Zang Mansion is a classical revival style mansion which is literally a museum of fine arts. It has chandeliers, stained glass windows, tapestries and some original furniture from 1905. It is designated a Historic Landmark by the City and County of Denver and the State of Colorado. We will enjoy a catered luncheon tea which will include salad, soup, fruit, dessert and tea. The group will then take a tour of this beautiful mansion which will show us an elegant Victorian lifestyle of a by-gone era and learn about the Zang family who lived here.

227417      *Saturday, June 20 / Noon to 4 p.m. / Fee: City Resident: \$55 / Non-Resident: \$60 / Fees include transportation, trip escort, luncheon tea, gratuity and tour of the Mansion. Senior Services bus.*

### Boulder Dinner Theatre – Glenn Miller Orchestra

The world famous Glenn Miller Orchestra will play a two-night stand at the BDT and we have secured some of the few seats left in the house. After dinner, which includes salad, choice of entrée and non-alcoholic beverage, we will enjoy the wonderful sounds of the Glenn Miller Orchestra. Not much room to dance in the aisles, but we are sure you will be tempted to get up and swing.

227418      *Tuesday, June 23 / 5:15 to 9:30 p.m. / Fee: City Resident: \$40 / Non-Resident: \$45 / Fees include trip escort, dinner, non-alcoholic beverage, gratuity and musical performance. Meet at the Boulder Dinner Theatre, 5501 Arapahoe Avenue, Boulder at 5:15 p.m.*

## BOULDER'S NEWEST ASSISTED LIVING & MEMORY CARE



**TOUR**  
Model Suites  
Starting  
May 15

LIFE IS ABOUT **COMMUNITY**  
**CELEBRATE** IT HERE



**MorningStar**

ASSISTED LIVING & MEMORY CARE  
of BOULDER

**Opening Summer 2015**

**720.545.1575**

575 Tantra Drive | [MorningStarSeniorLiving.com](http://MorningStarSeniorLiving.com)

## Denver MountainAires "Stars and Stripes Forever"

The Denver MountainAires barbershop chorus with special guests the Golden Eagle Concert Band, invites you to a patriotic extravaganza celebrating the Fourth of July in song. Come and enjoy memorable songs honoring our national heritage with two All-American music forms: barbershop harmony and concert band. Hear great songs by American composers and artists, including John Philip Souza, Irving Berlin, George M. Cohan and many others.

228283      *Saturday, June 27 / 1 to 6 p.m. / Fee: City Resident: \$15 / Non-Resident: \$20 / Fees include transportation, trip escort and admission. No meal service. RTD motor coach.*

## Encore on the Move: National Institute of Standards and Technology (NIST)      **Encore**

We will tour the National Institute of Standards and Technology (NIST) located here in Boulder. NIST is an agency of the U.S. Department of Commerce, which was founded in 1901 as the nation's first federal physical science research laboratory. The scientists and technical staff have made solid contributions to image processing, DNA diagnostic chips, smoke detectors and software for machine tools. NIST has made major contributions to atomic clocks, X-ray standards for mammography, scanning tunneling microscopy, pollution-control technology and high-speed dental drills. Lunch after the tour will be at the Taj Indian Restaurant (on your own).

228285      *Tuesday, June 30 / 9 a.m. to 1 p.m. / Fee: \$15.00 for Encore Members Only / Fees include transportation, tour and trip escort. This trip leaves from the East Boulder Senior Center. Senior Services bus.*

## Reserve Casino, Central City

Play like a rock star at this music-themed casino. They have a multitude of poker machines, slot machines, and some of the latest games such as live-action black jack, craps and roulette.

227419      *Tuesday, July 7 / 9 a.m. to 3p.m. / Fee: City Resident: \$20 / Non-Resident: \$25 / Fees include transportation, trip escort, and casino package (if available). Motor coach.*

## Denver History Tours "Romantic Vistas of Denver Tour"

This tour shows you some of the best views of Denver, places to take your sweetie or out-of-town guests, as well as the spots where Denverites of the past wove their romantic tales. Some were torrid, some tragic, all memorable as only Kevin our tour guide can tell them. Come along and experience some romance, Mile High style. Tour includes a break for lunch (on your own).

227420      *Friday, July 17 / 9 a.m. to 4 p.m. / Fee: City Resident: \$30 / Non-Resident: \$35 / Fees include transportation, trip escort, and Denver History Tours guide. Senior Services bus.*

## Inverness Hotel Sunday Brunch, Englewood

Our folks just loved this Sunday Brunch when we went last year so we are repeating it. They offer omelets, shrimp cocktail, Belgian waffles, snow crab, oysters on the half shell, sushi, salads, a carving station, and a dessert buffet. You can also purchase (on your own) bottomless champagne or choose the bloody mary bar where you can create your own specialty beverage.

227421      *Sunday, July 19 / 10 a.m. to 3 p.m. / Fee: City Resident: \$70 / Non-Resident: \$75 / Fees include transportation, trip escort, Sunday brunch and gratuity. Senior Services bus.*

## Colorado Bureau of Investigation, Lakewood

The Colorado Bureau of Investigation (CBI) is responsible for the collection, preservation and analysis of evidence found at a crime scene. CBI is in charge of crime scene investigation, drug chemistry analysis of controlled substances, forensic biology/DNA, firearms from crime scenes, footwear/tire tracks comparison, fingerprints and other chemistry and evidence analysis. We will get a behind-the-scenes tour by one of their investigators. Afterwards, we will have dinner (on your own) at a local restaurant.

228284      *Thursday, July 23 / 3:30 to 8:30 p.m. / Fee: City Resident: \$25 / Non-Resident: \$30 / Fees include transportation, trip escort and tour of CBI. Senior Services bus.*

## Downtown Aquarium, Denver



The Downtown Aquarium is a world-class venue featuring live animal exhibits, a sit-down Aquarium Restaurant and Treasure Chest gift shop. You will be immersed in the wonders of water through the North American Wilderness, Sunken Shipwreck, Coral Lagoons and Rainforest of the World. There will be no organized food service but you can visit the displays and eat at the Aquarium Restaurant and the Snack Shack on site. No outside food or beverages are allowed inside the Aquarium.

227422 Tuesday, July 28 / 9 a.m. to 3 p.m. / Fee: City Resident: \$35 / Non-Resident: \$40 / Fees include transportation, parking, trip escort and admission to the Aquarium. Senior Services bus.

## Wildflowers Tea Room, Broomfield Encore

The Wildflowers English Tea Room offers a proper Afternoon High Tea with a bit more than the usual. We will enjoy bottomless teas, homemade scones with Devonshire cream and jam, and choice of homemade soup or salad, followed by a “tea tower” carrying an assortment of sweets and savories, with a side of champagne or sparkling apple cider.

227423 Saturday, August 1 / 12:30 to 4:30 p.m. / Fee: Encore Resident: \$50 / City Resident: \$55 / Encore Non-Resident: \$60 / Non Resident: \$65 / Fees include transportation, trip escort, High Tea and gratuity. Senior Services bus.

## Isle of Capri, Black Hawk

We visited this casino last year and our group liked it. They raved about the good food and slots that paid out. No guarantees but we will try to get the most freebies, if available.

227424 Monday, August 3 / 9 a.m. to 3 p.m. / Fee: City Resident: \$20 / Non-Resident: \$25 / Fees include transportation, trip escort and casino package (if available). Senior Services bus.

## Highlands Ranch Mansion Museum, Highland Hills



We will tour the historic Highland Ranch Mansion Museum that stands today as an example of history, reflecting the lifestyle of early settlers and early pioneers of the area known as Highland Ranch. More than 120 years old, the historic mansion has been home to some of Denver’s more notable families including cattle barons, oil tycoons, prominent Denver socialites, as well as political and business leaders who have helped create the Colorado we know today. Afterwards, we will stop at a local restaurant for lunch (on your own).

227425 Thursday, August 20 / 9 a.m. to 3 p.m. / Fee: City Resident: \$25 / Non-Resident: \$30 / Fees include transportation, trip escort and Mansion tour. Senior Services bus.

## Encore on the Move: Leanin’Tree, Celestial Seasonings

We will begin our tour with the Leanin’Tree Museum of Western Art. They have a magnificent bronze sculpture garden, expansive art gallery with 250 paintings and card and gift shop. Then on to Celestial Seasonings for a short video introduction, followed by a walking tour. You can have lunch (on your own) in their cafeteria or continue browsing, sampling teas, and visiting the Tea Shop for teas and gifts.

228286 Tuesday, August 25 / 9 a.m. to 2 p.m. / Fee: \$15.00 for Encore Members Only / Fees include transportation, tours and trip escort. This trip leaves from the East Boulder Senior Center. Senior Services bus.

## Buckhorn Exchange, Denver

Denver’s most historic eating and drinking establishment is now in its second century of operation. The restaurant brims with historic artifacts. The walls hold a rare 575-piece collection of taxidermy, including deer, moose, buffalo, mountain goat and big horn sheep, plus more. There is also a 125-piece gun collection. All that to see and we will enjoy their delicious “Dutch Lunch” consisting of Buckhorn bean soup, platter of bratwurst, baby back pork ribs, beef brisket, baked beans and cole slaw. Beverage and dessert on your own.

227426 Friday, August 28 / 10 a.m. to 2 p.m. / Fee: City Resident: \$35 / Non-Resident: \$40 / Fees include transportation, trip escort, Dutch lunch and gratuity. Senior Services bus.

## "Book of Mormon," Ellie Caulkins Opera House, Denver

"The Book of Mormon," which played record-breaking engagements in 2012 and 2013 in Denver, will be back by popular demand for a limited engagement this August. The original play won nine Tony Awards including Best Musical. For mature audiences; contains explicit language.

227427 Sunday, August 30 / 6 to 10:30 p.m.  
/ Fee: City Resident: \$95 / Non-Resident: \$100 / Fees include transportation, parking trip escort and theatre performance. No meal service. Due to EBCC maintenance closure, group will meet outside in front of EBCC main entrance at benches. Senior Services bus.



## Overnight Travel

### Colorado: The Roads Less Traveled (New Itinerary) Off the Beaten Path and Away from the Crowds

September 27 – October 2, 2015

Get off the beaten path and enjoy the fall colors of Colorado. Do you think you have seen most of Colorado? It is full of hidden treasures. Get away from the crowds – off the interstates – and explore what Colorado truly is. Travel several spectacular and little-traveled western Colorado highways recognized as "scenic byways." Highlights include: Steamboat Springs, Maroon Bells, Ashcroft, Redstone Castle, Million Dollar Highways, Sky Ute Casino Resort and more. Experience the beauty, history and culture that create the fabric and texture of Colorado. This relaxing motor coach tour unveils parts of Colorado most people never take time to see. Cost is \$1,190 per person double occupancy and \$1,520 single occupancy.

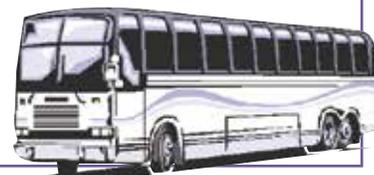
Leisure West Tours and Cruises is  
Our Vendor for Overnight Travel

*They are located here in Colorado and offer many local, national and international travel opportunities.*

### Why Travel with Boulder Senior Services and Leisure West Tours?

- More than 16 years, experience from a locally owned/operated company
- Guaranteed Departure trips available
- Boulder pick-up and drop-off service usually available
- Low deposits, refundable up to the final payment date on most tours
- Trip cancellation/health/accident insurance option
- Accommodations are rated AAA three-diamond or higher
- Airport/hotel transfers included
- Luggage handling and gratuities for one suitcase per person
- Attractions/sightseeing/entrance fees and meals as indicated per itinerary
- Gratuities for included meals, skycaps, local guides, drivers and tour directors as indicated per itinerary

**FOR INFORMATION: CALL 303-441-3915**



## Railroad Engineer: The Ultimate Railroad Experience

October 12-16, 2015

Did you ever dream about being a railroad engineer and drive a real train? Here is the opportunity. Experience the smoke and cinders with your hand on the throttle of a real coal-fired, steam-powered locomotive. Ring the bell and blow the whistle as you drive the train over trestles and through tunnels. You will also get to be at the controls of a diesel locomotive and feel the power of the diesel-electric engine. You will drive a speeder car and throw the switches in your "Ultimate Railroad Experience" on the Northern Nevada Railway. Cost is from \$1,995.

## San Antonio 2016 New Year's Bash

December 29, 2015 to January 2, 2016

Five days and four nights at the Hilton Palacio del Rio (four-diamond hotel) on the famous San Antonio River Walk. Cruise on the 2-mile Paseo del Rio and ring in 2016 in style at this gala – best party in San Antonio. Experience the Alamo, SAS Store, the magnificent Hill Country and the German town of Fredericksburg. Also see the Admiral Nimitz Museum, LBJ National Park and much more. Cost is \$1,285 per person double occupancy and \$1,790 single occupancy. Cost does not include air fare to San Antonio.

## STRICKLAND FACELIFT DENTURES

ANNOUNCING THE NEW, NON-SURGICAL  
FACELIFT FOR DENTURE WEARERS

JOIN THE "FLD" PHENOMENON!™



"Strickland Facelift Dentures changed my life." - Georgia

There are three types of dentures - economy dentures, traditional dentures, and now, **introducing Strickland Facelift Dentures.**

This amazing breakthrough provides underlying facial support which plumps your lips, lessens wrinkles, helps fill your face out, and provides a better fit and finish. Patients absolutely love them, calling them the *fountain of youth* for denture wearers.

 LISA KALFAS D.D.S.  
2300 Canyon Blvd. Boulder, CO 80302  
drkalfas@aol.com

303.447.9161 › FACELIFTDENTURESCOLORADO.COM

**Disclaimer:** The Strickland Facelift Dentures™ services are in no way related to Dr. Sam Muslin's exclusive Face Lift Dentistry® treatment.

## Guaranteed Departure Trips

**LEISURE WEST OFFERS "GUARANTEED DEPARTURE" OF THESE TRIPS AND MANY OTHER TRIPS DURING THE YEAR. PLEASE BOOK EARLY SINCE MANY OF THESE TRIPS SELL OUT.**

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

## August and September 2015

Eastern European Panorama (13 days)  
 Sightseeing on Shoestring – Ottawa (4 days)  
 Sightseeing on Shoestring – Quebec City (4 days)  
 Sightseeing on Shoestring – Toronto (4 days)  
 Sightseeing on Shoestring – Waterloo Region (4 days)  
 Best of Prince Edward Island – (5 days)  
 Atlantic Maritimes (13 days)  
 Canadian Maritimes: Circle the Bay of Fundy (7 days)  
 Best of Canadian Rockies Eastbound (9 days)  
 Alaska Grand Adventure (10 days)  
 Little Tour of Russia (7 days)  
 Canadian Maritimes: Enchanting Islands (8 days)  
 Circle Newfoundland and Labrador (13 days)  
 Croatia and Adriatic Cruise (10 days)  
 Canada's West Coast and Canadian Rockies (20 days)  
 Eastern European Panorama (13 days)  
 Vancouver, Victoria and Whistler (5 days)  
 San Francisco and Oregon Coast (10 days)  
 Alaska and the Yukon: Full Circle (21 days)  
 Alaska and the Yukon: Land and Sea (20 days)  
 Alaska and the Yukon: Explorer Tour (12 days)

## August 2015

California Rail Tour (8 days)  
 Norwegian Triangle (11 days)  
 Yellowstone Experience – Wildlife Safari – (7 days)  
 Memphis – Elvis Week at Graceland (4 days)

## September 2015

Heart of Europe Circle Tour (15 days)  
 Coast to Coast by Rail (14 days)  
 Cape Cod, Newport and the Islands (7 days)  
 Colorado Train Adventure (8 days)  
 Ontario and Quebec Eastbound (9 days)  
 Danube River Cruise (12 days)  
 Alaska and Hawaii (15 days)  
 Great Gatsby Adventure – Michigan (6 days)  
 Lake Como, Switzerland and World's Fair in Milan (10 days)  
 Nantucket, Martha's Vineyard and Cape Cod (5 days)  
 Sorrento, Italy (9 days)  
 Bavarian Brewery Tour and Oktoberfest (11 days)  
 Red Cliffs Adventure by Rail (8 days)  
 Germany, Austria, Switzerland (14 days)  
 Custer State Park Buffalo Roundup (6 days)  
 Canada by Rail (12 days)  
 Malta – Jewel of the Mediterranean (12 days)  
 New Mexico Balloon Festival (8 days)  
 Grand Tour of Italy (12 days)



Loving Family Home Care

**DignityCare** LLC

Licensed Medical Private Pay Agency  
Nursing · CNA · Companion Care

**303.444.4040**

[www.dignitycare.com](http://www.dignitycare.com)

## Senior living in Boulder at its best!

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



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

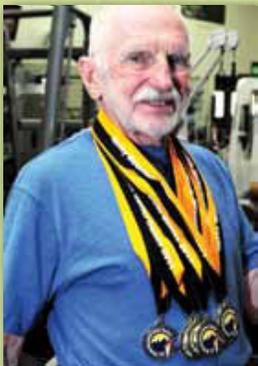
**Flatirons Terrace 930 28th Street Boulder, CO 80303**

For more information visit: [www.flatirons terrace.org](http://www.flatirons terrace.org)

*All the amenities at competitive prices with NO buy in!*

**Flatirons Terrace**  
AT GOLDEN WEST  
*Senior Living in Boulder*

**REAL PEOPLE.  
REAL COMMUNITY.  
REAL BOULDER.**



# Our residents have one thing in common. Passion.

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

  
**FRASIER**



Boulder Seniors Foundation  
P. O. Box 1392  
Boulder CO 80306-1392

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

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



*A New Generation of Retirement Living®*

*Good friends. Great food. Grand living.*

**Balfour represents “A New Generation of Retirement Living”®**

The development of the Balfour community has been a passion of our family for nearly 20 years. As a locally operated company, we take great pride in offering the finest *full-service* continuing care retirement community in Colorado. We're located only 10 minutes from Boulder, in Louisville, voted three times by *Money Magazine* as America's best place to live! Call or visit us today and find out about our exceptional communities and see why so many seniors enjoy calling Balfour home.



*Michael K. Schonbrun  
Founder & CEO*



- 🌟 **INDEPENDENT LIVING**  
The Lodge at Balfour  
The Residences at Balfour  
303.867.6400
- 🌟 **ASSISTED LIVING & SKILLED NURSING**  
Balfour Retirement Community  
303.926.1000
- 🌟 **MEMORY CARE**  
Balfour Cherrywood Village  
303.604.2700

303.867.6400  [BalfourCare.com](http://BalfourCare.com)  
*Louisville, Colorado*

