

Boulder Senior

BoulderSeniorServices.com

Services

A photograph of two women walking towards the camera on a paved path in a park. The woman on the left is wearing a bright yellow jacket, a purple shirt, and blue sneakers. The woman on the right is wearing an orange jacket, a white cap, a patterned scarf, and black pants. The background shows trees, a bench, and a building.

**DOWNTOWN
BOULDER WALKS**

**Encore
Member
registration
begins
May 10**

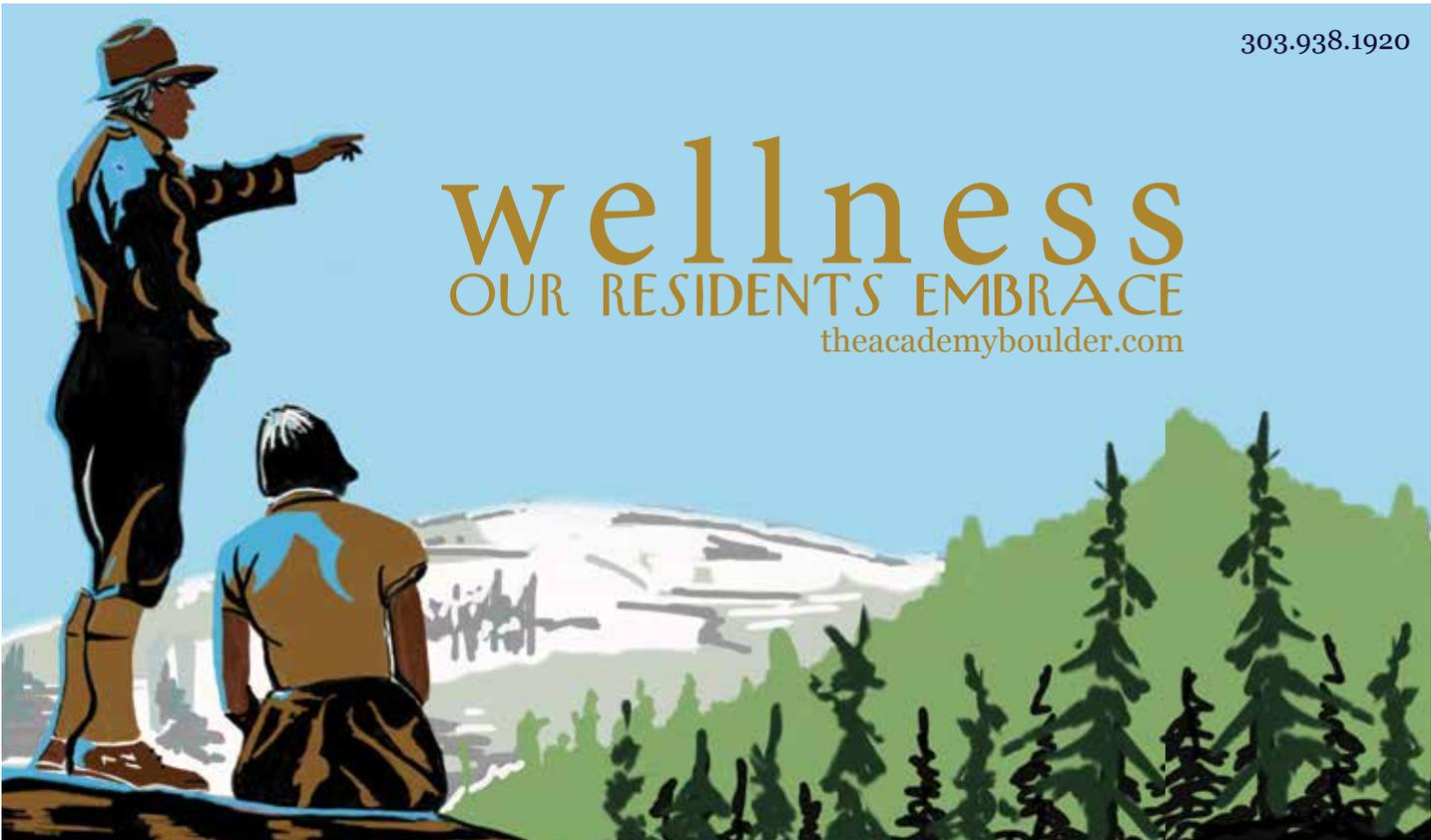
SUMMER 2016

JUNE, JULY AND AUGUST

303.938.1920

wellness

OUR RESIDENTS' EMBRACE
theacademyboulder.com



The **ACADEMY**

BOULDER'S BOUTIQUE RETIREMENT COMMUNITY
970 Aurora Avenue, Near Chautauqua, Boulder, Colorado

THE LAW OFFICE OF BRANDON FIELDS

Protect Your Family's Assets
& Plan for the Future



SPECIALIZING IN:

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

303-449-5602

brandon@elderlawboulder.com

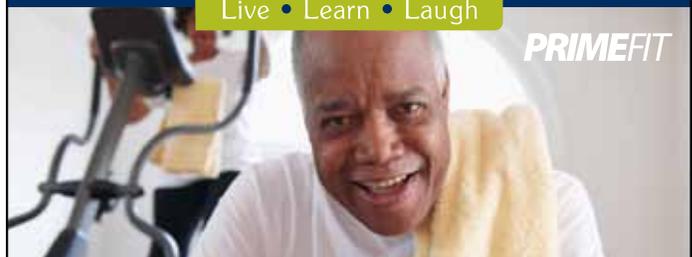
1510 28th St., Suite 205
Boulder, CO 80303

www.elderlawboulder.com

"I'M FIT AS A FIDDLE."

And this fiddle has some nice biceps, too.

Live • Learn • Laugh



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

 **the
CARILLON**
AT BOULDER CREEK

2525 Taft Drive, Boulder, CO 80302 • 720.565.6844



www.TheCarillonAtBoulderCreek.com

BOULDER SENIOR SERVICES INFORMATION

TABLE OF CONTENTS

| | |
|--|----|
| HUMAN SERVICES INFORMATION..... | 2 |
| SENIOR SERVICES INFORMATION | 3 |
| COMMUNITY RESOURCES..... | 6 |
| ONGOING ACTIVITIES | 8 |
| <i>West Center Groups</i> | 8 |
| <i>East Center Groups</i> | 9 |
| MEALS ON WHEELS..... | 7 |
| SENIOR RESOURCES | 10 |
| SENIOR RESOURCE SEMINARS | 11 |
| HEALTH AND WELLNESS..... | 13 |
| <i>Massage, Rosen Method and Reflexology</i> | 13 |
| <i>Fitness Drop-In</i> | 14 |
| <i>Wellness Clinics and Seminars</i> | 15 |
| <i>Senior Dance and Fitness Classes</i> | 19 |
| PROGRAM REGISTRATION AND FORM.... | 17 |
| ENCORE PROGRAM | 21 |
| SENIOR ENRICHMENT | 21 |
| <i>Arts and Crafts</i> | 22 |
| <i>Enrichment Seminars</i> | 23 |
| <i>Computer Classes</i> | 25 |
| <i>Active Minds for Life</i> | 26 |
| SENIOR TRIPS | 27 |
| <i>Day Trips</i> | 27 |
| <i>Overnight</i> | 31 |

Cover photo:

Local volunteers lead our summer walking programs, where you can pair your exercise with Boulder's outdoor beauty. Read more on page 25.

Volume 18, No. 2 Boulder Senior Services

Published by: City of Boulder Human Services

Advertising Sales:

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



Boulder, CO 80301

Ph: 303.323.8782 Fx: 303.957.2267

www.agboulder.com

SENIOR RESOURCES



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

SENIOR SERVICES STAFF

Senior Services Manager

Eden Mayne 303-441-4439

Senior Programs Manager

Maureen Dobson..... 303-413-7489

Senior Resource Specialists

Jacki Myers 303-441-4388

Karla Garcia-Velez

Bilingual Line 303-413-7494

Finance

Monica Richtsmeier 303-441-4389

Facility Booking, Administration and Magazine

Beth Bovard 303-413-7487

Day Trips, Overnight Travel and Classes

Tracy Prioste 303-441-3915

Reception and Registration

Jay Allen, DeLana Gorski, Pete Lundskow

West Senior Center 303-441-3148

East Senior Center..... 303-441-4150

BOULDER HUMAN SERVICES INFORMATION

City of Boulder Department of Human Services



Human Services

The City of Boulder serves individuals regardless of ancestry, color, creed, gender identity, 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

Stay in tune with what is going on in your community.

Watch new episodes of **Human Services Insight** on Channel 8.

or watch online at:
<https://bouldercolorado.gov/pages/HSI>

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.

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.

BOULDER SENIOR SERVICES INFORMATION



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, \$6.00
Tuesday night dinners, 5:30 p.m.
by reservation, \$7.00

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 West Senior
Center patrons. Day passes are
available at the front desk.
Annual parking passes are also
available with your driver's
license and vehicle registration.
See page 5 for parking enforce-
ment information.

**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**

We need your feedback!

We are joining the national and
local trend of paper reduction
in order to be more financially
and environmentally sustainable.
Starting with the Fall 2016
issue, we will no longer mail the
Boulder Seniors Magazine. The
magazine will be available at both
senior centers, various locations
in Boulder, and online. We are
exploring the idea of a limited
subscription mailing for a small
annual fee for those who would
find it difficult to get a hard copy or
who don't have Internet access. If
interested, please contact Facility
Booking at 303-413-7487 or email
SeniorFacilities@bouldercolorado.
gov. Thank you!

SENIOR CENTER CLOSURES

Independence Day

Monday, July 4

West Annual Maintenance

July 11 through 15

East Annual Maintenance

August 15 through 19

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.
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.

Assistive Listening Devices

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

Wheelchair Accessible

There are a limited number of
spaces available to those using
wheelchairs.



Reduced Rate Eligible

Boulder Senior Services
offers a selection of programs
that qualify for Reduced
Rate. See page 10 for more
information.

Sign up to receive our weekly electronic newsletters at www.BoulderSeniorSeniorServices.com

BOULDER SENIOR SERVICES INFORMATION





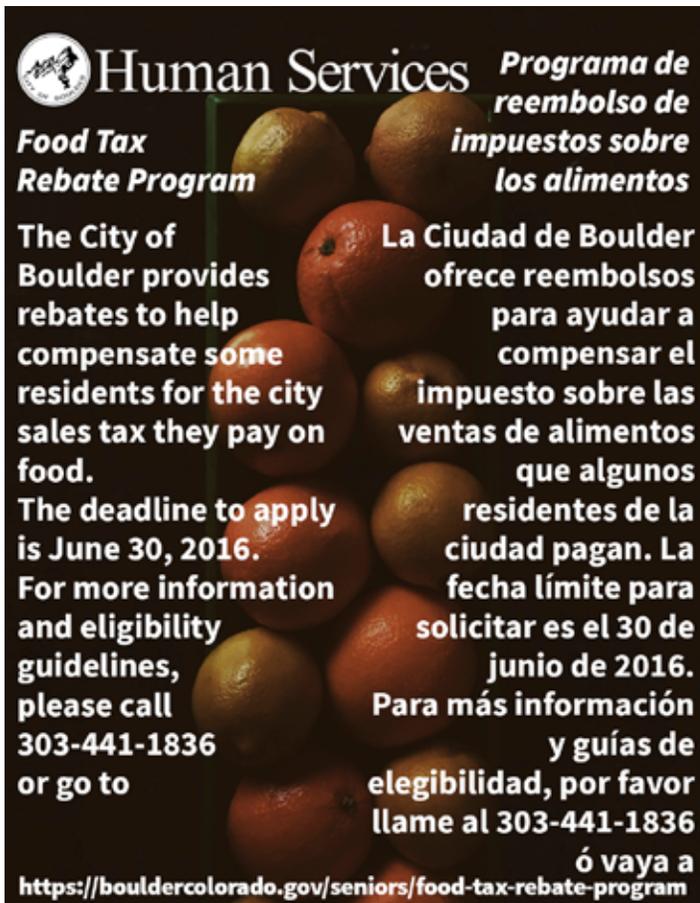
DOUBLE UP
Harvest Bucks

What is Harvest Bucks?

When SNAP (food assistance) recipients use their EBT card at the Farmers Market, they can get up to a \$20 match to purchase fruits and vegetables.

Quando destinatarios de SNAP (el programa de asistencia para alimentos) usan su tarjeta EBT en el Mercado de Agricultores, pueden recibir doble su dinero hasta \$20 para comprar frutas y verduras.

<http://BoulderCountyHarvestBucks.org>
303-441-1330





Human Services

Food Tax Rebate Program

The City of Boulder provides rebates to help compensate some residents for the city sales tax they pay on food.

The deadline to apply is June 30, 2016.

For more information and eligibility guidelines, please call 303-441-1836 or go to

<https://bouldercolorado.gov/seniors/food-tax-rebate-program>

Programa de reembolso de impuestos sobre los alimentos

La Ciudad de Boulder ofrece reembolsos para ayudar a compensar el impuesto sobre las ventas de alimentos que algunos residentes de la ciudad pagan. La fecha límite para solicitar es el 30 de junio de 2016.

Para más información y guías de elegibilidad, por favor llame al 303-441-1836 ó vaya a

THANK YOU

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

- ☞ Robin Truesdale for sharing her film titled “A Beautiful Equation”
- ☞ AARP for hosting the Financial Resilience and Fraud Prevention seminars
- ☞ Senior Reach of Mental Health Partners for hosting a monthly education series on various health related topics
- ☞ Alzheimer’s Association for sponsoring the Alzheimer’s education seminars
- ☞ The Wranglerettes for their performance at our Membership Appreciation Event



Helping Boulder's Seniors



Board Members Beth Gaffney and John Price

At their quarterly meeting in January, the Boulder Seniors Foundation (BSF) elected Beth Gaffney to succeed John Price as President of the Board of Directors. BSF works in partnership with Boulder Senior Services to assist older adults with low incomes with one-time small emergency grants for food purchases, glasses, rent, dental costs, utilities and more. BSF also contributes to the senior centers and sponsors programs benefitting all older adults.

The need for the foundation's help is growing, as is the need of the foundation for support from donors like you. The foundation depends on individual donations and bequests from those who understand that some seniors need financial assistance during difficult times. BSF is a 501(c)3 organization and your charitable contributions are tax deductible. For more information on the foundation and how you can help, please visit our website www.sites.google.com/site/boulderseniorsfoundation/.

Parking at West Senior Center

Patrons who use the West Senior Center lot have asked for greater enforcement of the parking lot. We listened and have taken the following action. Beginning March 21, 2016 patrons must have either an Annual Parking Decal or Temporary Parking Permit (one-day) to park in the lot between 8 a.m. and 5 p.m. Monday through Friday. Vehicles without proper parking permits may be subject to a warning, ticketing, or towing. Ticketing or towing may come with or without a warning. If the lot is full, visitors can park in the Library parking lot for free for the first 90 minutes. Additional time can be purchased at the kiosks.

Boulder Seniors Foundation



Senior Wisdom

"Nothing is inherently and invincibly young except spirit. And spirit can enter a human being perhaps better in the quiet of old age and dwell there more undisturbed than in the turmoil of adventure." —George Santayana

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

Visit us on the web:
sites.google.com/site/boulderseniorsfoundation

Senior living in Boulder at its best!

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



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

Flatirons Terrace 930 28th Street Boulder, CO 80303

For more information visit: www.flatironsterrace.org

All the amenities at competitive prices with NO buy in!

Flatirons Terrace
AT GOLDEN WEST
Senior Living in Boulder

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

COMMUNITY SERVICES AND RESOURCES

Access-A-Ride

303-292-6560

Adult Protective Services

303-441-1309

Audio Information Network of Colorado

303-786-7777

Boulder County Aging and Disability Resources for Colorado (ADRC)

303-441-1617

Boulder County Area Agency on Aging

303-441-3570

Boulder County CareConnect

303-443-1933

Boulder County Circles Campaign

303-441-1503

Boulder County Housing and Human Services

303-441-1000

Boulder County Legal Services

303-449-7575

Boulder Housing Partners

720-564-4610

Center for People with Disabilities

303-442-8662

Colorado Talking Books Library

303-727-9277

Community Mediation Service

303-441-4364

email to: mediation@bouldercolorado.gov.

Community Protection Services

303-441-3700.

Eldershare Food Program

303-652-1307

Emergency Family Assistance

303-442-3042

Family Resource Center

720-279-7027

Flood and Fire Safety

303-651-8550

Food Tax Rebate Program

303-441-1836

Foot Care

303-651-5224

Meals on Wheels

303-441-3908

Medicare Counselors

303-441-1546

Mental Health Partners

303-443-8500

Nutrition Counseling

303-678-6115

Rainbow Elders of Boulder County

303-441-3583

email to: infoLGBTelders@bouldercounty.org

Social Security Office

1-800-772-1213

Veterans Services

303-441-3890

Via Mobility Services

303-447-2848

Workforce Boulder County

303-413-7555

Meals on Wheels Café Classico

Take a break for lunch at Café Classico at the West Senior Center, served weekdays 11:30 a.m. to 12:30 p.m., only \$6 per person. Besides our recently redecorated café, you might enjoy a visit to our salad bar and one of the day's delicious entrees, dessert offerings and beverages. On Tuesday evenings, join us for dinner at 5:30 p.m. for \$7 per person. Please call 303-441-3148 for reservations. Our monthly menus are posted online in English and Spanish at www.mowboulder.org.



Meals on Wheels of Boulder

Volunteer drivers deliver meals to residents of Boulder, of any age or income level, who aren't able to provide at least one hot nutritious meal a day. Please consider volunteering with us. You'll be helping us keep the wheels turning and doing a good deed for your neighbors.



INC.

SPECIALIZED
ADULT DAY PROGRAM

*Help for those
caring for loved ones*

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

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



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 Coal Creek Meals on Wheels have partnered with four area hospitals. Since its inception in 2007, Meals on Wheels of Boulder has delivered more than 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.

Thanks To Our Partners

Meals on Wheels of Boulder couldn't do what we do without an army of partners beside us. First and foremost, we are proud and grateful for our 23-year partnership with the City of Boulder, Human Services Department for providing us a warm and welcoming place for our clients, volunteers and lunch guests. The Police and Fire departments are always there to support client safety at a moment's notice. The city's sustaining support is key to our ability to accomplish our mission for so many years.

We are members of the Boulder County Nutrition Providers Council, members include (but are not limited to) Community Food Share, Longmont Meals on Wheels, Coal Creek Meals on Wheels and CareConnect. Our work is to explore ways to reach those with a critical need for nutritious food, one of life's most basic needs, and tackle the growing problem of food insecurity.

Via Mobility partners with us by providing transportation to the guests at our Tuesday evening "Wheels to Meals" program.

These are just a few of the organizations who collaborate with us as we continue to provide healthful, colorful, flavorful meals to our Boulder neighbors who need and want our service, regardless of age or income.

ONGOING ACTIVITIES AT THE WEST SENIOR CENTER

909 Arapahoe Avenue, Boulder, CO 80302

ONGOING ACTIVITIES WEST

MONDAY

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

TUESDAY

Drop-in Table Tennis 9:45 to 11:45 a.m.
Contact: Anna, 303-402-1620

Boulder County Legal Services 1 to 4 p.m.
1st & 3rd Tuesdays, By appointment: 303-449-7575

WEDNESDAY

Storytelling Circle 1 to 2:30 p.m.
1st & 3rd Wednesdays
Contact: Ann, 303-810-2094

Creativity Circle 10 a.m. to noon
2nd & 4th Wednesdays
Contact: Elsie, 303-545-0007

THURSDAY

Drop-in Table Tennis 9:45 to 11:45 a.m.
Contact: Anna, 303-402-1620

World Affairs West 9:30 to 11:30 a.m.
Contact: George, 303-442-3979

Community Book Club 2 to 3:30 p.m.
3rd Thursdays. Previously Encore Book Club, now open to everyone.
Contact: Debra, 303-440-4148

FRIDAY

Boulder Chapter of NARFE 1 to 2:30 p.m.
1st Fridays
Contact: Zdenka, 303-444-8547

SUPPORT GROUPS WEST

MONDAY

Beyond Vision 1 to 2 p.m.
4th Mondays at WSC
Sponsored by The Center for People with Disabilities (CPWD), 303-442-8662

WEDNESDAY

Women's Support Group 2 to 3:30 p.m.
Sponsored by Mental Health Partners
Call for availability: 303-413-6377

Men's Support Group 10:30 a.m. to noon
1st & 3rd Wednesdays
Sponsored by Mental Health Partners
Call for availability: 303-413-6377

THURSDAY

Women's Support Group 1:30 to 3 p.m.
Sponsored by Mental Health Partners
Call for availability: 303-413-6377

Senior Services is Seeking Volunteer Instructors For

- Computers/Technology
- Photography
- Knitting/Crochet
- Any other skill you'd like to share

Please contact us at 303-441-3915

ONGOING ACTIVITIES AT THE EAST SENIOR CENTER

5660 Sioux Drive, Boulder, CO 80303

ONGOING ACTIVITIES EAST

5660 Sioux Drive, Boulder, CO 80303

MONDAY

Senior Rubber Bridge 12:30 to 4 p.m.
Contact: Alice, 303-494-8050

Table Tennis Club 1 to 3 p.m.
Contact: Richard, 303-652-6524

American Mah Jongg 1 to 4 p.m.
Contact: Beth, 303-530-7565; or Jean, 303-494-2307

TUESDAY

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

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

WEDNESDAY

Table Tennis Club Noon to 2 p.m.
Contact: Richard, 303-652-6524

Scrabble Club 10 a.m. to noon
Contact: Dobbie, 720-583-1744

Chinese Mah Jongg 1 to 3 p.m.
Contact: Bonnie, 303-499-6192

THURSDAY

Practice Bridge 12:45 to 4 p.m.
Contact: Ann, 303-506-4437

World Affairs East 9:30 a.m. to noon
(currently full)
Contact: Jim, 720-562-8178

FRIDAY

Table Tennis Club 1 to 3 p.m.
Contact: Richard, 303-652-6524

Texas Hold'em 1:30 to 3:30 p.m.
Contact: Brenda, 303-499-3763

SUPPORT GROUPS EAST

TUESDAY

Boulder Parkinson's Support Group 10 to 11:30 a.m.
3rd Tuesdays
Sponsored by Parkinson Assoc. of the Rockies
Contact: Bob, 303-494-9229

Alzheimer's/Dementia Support Group 11 a.m. to 12:30 p.m.
2nd Tuesdays
Sponsored by the Alzheimer's Association
Contact: Alz.org, 800-272-3900

WEDNESDAY

Widowed Persons Support Group 10 a.m. to noon
4th Wednesdays
Sponsored by TRU Community Care
Contact: Suzanne, 303-530-4542

THURSDAY

Alzheimer's/Dementia Support Group Noon to 1:30 p.m.
1st Thursdays
Contact: Alz.org, 800-272-3900

This Full House Support Group 3 to 4:30 p.m.
2nd Thursdays
Contact: Senior Resources, 303-441-4388

Caring for Your Aging Parent 5:30 to 7 p.m.
2nd Thursdays
Sponsored by Jewish Family Services
Contact: Jodi, 303-415-1025

SENIOR RESOURCES

Senior Services' Bill Payer and Organizing Program

Senior Services' Bill Payer and Organizing Program helps older adults remain independent in their homes by providing them with a trained, screened and supervised volunteer to assist them weekly or monthly with financial and organizing tasks that include but are not limited to writing checks and/or setting up automatic debits, balancing checkbooks, opening and sorting mail and other personal or financial paperwork tasks.

If you or someone you know might benefit from this unique support program, or if you are interested in becoming a volunteer, please call 303-441-4388.

Boulder County Legal Services (BCLS) 303-449-7575

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.

BCLS provides civil legal assistance to older adults and residents with low incomes 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 determines eligibility. Adults age 60+ with certain legal issues can be served regardless of income. BCLS cannot provide services for criminal cases, fee-generating cases, or with traffic disputes.

Reduced Rate Program



The reduced rate program is for residents of Boulder over age 60 who meet income and asset guidelines. Most Senior Services special events and classes are available at a reduced rate, and a few select few trips. Please look for the "Reduced Rate Eligible" icon 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 the West Senior Center at 303-441-3148 or the East Senior Center at 303-441-4150.

AARP Driver Safety Course



You'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. Space is limited, so register now by calling 303-441-4150. Fee is paid directly to the instructor the day of the class.

East Senior Center | Mondays, Jun. 13, Jul. 18, and Aug. 8 | 8:30 a.m. to 12:30 p.m. | Fee: \$15 for AARP Members or \$20 for non-members

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. Both programs will review opportunities at both centers. Facilitated by Senior Services staff members. There is no charge but please pre-register to reserve your space.

243132 - East Senior Center | Friday, Jun. 3, | 10 to 11 a.m. | Free

240282 - West Senior Center | Monday, Aug. 29, | 3 to 4 p.m. | Free

This Full House (support/discussion group)

This Full House is a discussion/support group for people who have accumulated things over the years, and want to discuss practical ways to de-clutter, streamline and organize their lives. Different strategies and topics will be presented as well as sharing of ideas and situations among group members. Meets the second Thursday of every month. Call 303-441-4388 for more information.

238008 - East Senior Center | Thursdays, Jun. 9, Jul. 14 and Aug. 11 / 3 to 4:30 p.m. | Free registration requested.

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. If the first Thursday falls on a holiday, the class will be held the following Thursday.

Call 303-441-1546 to register.

East Senior Center | Thursdays, Jun. 2, Jul. 7 and Aug. 4 | 2 to 4 p.m. | Free

Boulder Senior Law Day

The Senior Law Day in Boulder County offers access to attorneys and other Boulder County area experts who share pertinent information about legal, financial, health and mental issues. The day will include lectures, workshops and scheduled one-on-one, 15-minute Ask-A-Lawyer sessions. There is a \$10 charge which includes food and beverage, presentations and a comprehensive 2016 Senior Law Day Handbook. Scholarships are available.

Pre-registration is required by going online to www.seniorlawday.org or calling 303-441-1685.

Plaza Conference Center | 1850 Industrial Circle, Longmont | Saturday, Aug. 6 | 8 a.m. to 2:30 p.m. | General Public: \$10

Home Safety Inspections

In this interactive class, participants will learn about the importance of conducting a home safety inspection. Items covered will be how to check your smoke alarms and CO alarms, when to/not to call 9-1-1, as well as many other safety items in and outside your home. Please bring any questions you may have for the fire department. Presenter: Kim Scott, Life Safety Educator for Boulder Fire-Rescue

243133 - West Senior Center | Tuesday, June 28, 10-11 a.m. | Free | Registration recommended

Car Fit

CarFit offers drivers a free opportunity to check how their cars “fit” them.

Developed by AAA, AARP and the American Occupational Therapy Association (AOTA), CarFit’s trained professionals take older drivers through a 12-point checklist with their vehicle and recommend minor adjustments that help make their cars “fit” better for comfort and safety. An occupational therapist is also on hand to explain how to maintain and strengthen driving health.

Limited appointments available.

West Senior Center | Friday, Jun. 24, 2 to 4 p.m. | Free | 303-441-3148 for appointment

West Senior Center | Tuesday, Aug. 23, 2 to 4 pm | Free | call 303-441-3148 for appointment



Communicating with a Listening Heart

Do you desire to communicate more effectively with your loved ones or your care receivers? Come join us for a fun, interactive workshop and learn more about your individual behavioral style and the style of others. Learn good communication approaches and techniques, and also how to listen with your heart. (2-hour workshop includes individual short behavioral profile)

Presenter: Kenna L. Quiller, M.A., CMC, HPT, a corporate psychologist and author who now helps people communicate more effectively.

243134 - West Senior Center | Monday, Aug. 22, 10 am to noon | City Resident: \$36.00 | Non-resident: \$40.00

The Death Café

A Death Café is a respectful, enlightening and thought provoking space within which to help each other increase awareness of our “finite” lives. The Death Café is held on the first Monday of each month at the West Senior Center.

Presenter: Reva Tift, M.A.

240283 - West Senior Center | Mondays, June 6, July 18 (due to annual shutdown) and Aug. 1 | 10:30 a.m. to noon | Free, registration recommended.

SENIOR RESOURCE SEMINARS

SENIOR REACH EDUCATION

Sponsored by Mental Health Partners

Join us this summer as we explore “lighter” topics geared towards maintaining a positive outlook and taking care of ourselves. The two-hour program involves a 60 to 90-minute talk/activity followed by free time to interact with a Senior Reach Therapist or Senior Peer Counselor. Light snacks provided.

Self Care Ideas

Fun ways to manage stress, relax, have fun and gain health benefits.

240287 – West Senior Center | Tuesday, Jun. 14, 3 to 5 p.m. | Free, registration required

Tuning In to Your Inner Creativity

There are many health benefits to tapping in to your inner creative self. We will sample a couple of creative activities while listening to soothing music.

240288 – West Senior Center | Tuesday, Jul. 19, 3 to 5 p.m. | Free, registration required

Holistic Healing

Learn about alternative and natural ways to heal including meditation, yoga, and natural remedies.

240289 – West Senior Center | Tuesday, Aug. 9, 3 to 5 p.m. | Free, registration required



ALZHEIMER'S ASSOC. EDUCATION

Effective Communication Strategies

Caregivers gain strategies for meaningful connection with people in early, middle and late stage dementia by learning to decode verbal and behavioral cues.

243382 - West Senior Center | Thursday, Jul. 21 | 1 to 3 p.m. | Free, registration required

Living with Alzheimer's: For Middle Stage Caregivers

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

243383 - West Senior Center | Wednesday, Aug. 24 and 31 | 9 a.m. to noon | Free, registration required



MASSAGE, ROSEN METHOD, AND REFLEXOLOGY

Massage for Older Adults

Promote good health and restore your sense of well being with a therapeutic massage. Certified massage therapists are available five days a week, and offer Swedish and Integrative Massage. Massage therapy appointments are limited to those age 55 and older for one-hour appointments. Schedule an appointment by calling 303-441-4150.

*East Senior Center | Monday to Friday |
City Resident: \$40 | 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. Todd Schwartz is a licensed massage therapist, psychotherapist and Rosen Method® bodywork provider.

Schedule an appointment by calling 303-441-4150.

*East Senior Center | First and Third Mondays |
Appointment Times: 9 to 11:30 a.m. |
City Resident: \$40 | 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. Schedule an appointment by calling 303-441-4150.

*East Senior Center | Second and Fourth Mondays |
Appointment times: 9 a.m. to noon. |
City Resident: \$20/40 | Non-Resident: \$24/48*

Massage and Reflexology Registration Guidelines:

- To reach as many older adults as possible, registrations for massage and reflexology are limited to two appointments per month, per person.
- Persons age 55 and older can schedule up to two months in advance from the first of every month.
- Your payment must be made in full in order to schedule an appointment.
- You and any substitute must be 55 years or older to be eligible for a massage with Senior Services. (Appointments still open one week in advance are open to anyone interested.)
- You may schedule only one 1-hour appointment per day.
- We reserve the right to provide a substitute therapist for your scheduled session.
- We will make every effort to fulfill your massage appointment requests.

Please note that Encore pricing and booking priority are no longer applicable for massage appointments. However, lower rates for residents still apply.

CANCELLATION AND REFUND POLICIES

- Appointments canceled fewer than three business days in advance will be not be refunded. Exceptions to this policy will be considered on a case by case basis.
- Cancellations must be made during regular East Senior Center hours, 7:30 a.m. to 4:30 p.m. Monday through Friday except holidays and closures. See page 3 for scheduled closures.

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 activities of 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 are designed to promote stress reduction and mental clarity.

Level 1 55+ Warm Water Fitness

Improve your cardiovascular endurance, strength, balance, and flexibility through a variety of warm water exercises. This class is held in the shallow, warm water leisure pool at the East Boulder Community Center. No swimming ability is required.

Level 2 55+ Warm Water Fitness

This warm water class addresses movement in every joint and activates muscles that are often diminished due to lack of use. Exercises will build neural pathways to underutilized muscles and increase cardio conditioning. Class is held in EBCC warm water leisure pool.

Level 3 55+ Warm Water Fitness

Explore new movements and build cardio conditioning using more complex exercises than in previous fitness level classes. Class is held in EBCC warm water leisure pool.

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.

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 including newcomers are welcome. The instructor will demonstrate the steps and guide you through them. Instructor Judy Yamakishi 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.

DROP-IN FITNESS CLASSES

Music and Movement

Move to energetic music and get a great workout while having fun. You will listen to tunes you'll recognize as well as Latin flavored music to get your juices flowing. Just bring a smile, no experience required. 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.



WELLNESS CLINICS

Monthly Hearing Clinic

Family Hearing Center holds a monthly hearing clinic to provide free audiology services such as hearing screening, ears checked and cleaned, and hearing aids inspected and cleaned. In addition, they perform full hearing tests and/or hearing aid adjustments. Staff can bill Medicare or your health insurance. Call 303-441-4150 to schedule an appointment.

East Senior Center | Wednesdays, Jun. 1, Jul. 6 and Aug. 3 | 2 to 4 p.m. by appointment only (eight appointments per day) | Free

WELLNESS CLINICS

Bossy Bladder

Do you have a bossy bladder or bowel? Krista Covell-Pierson, Occupational Therapist certified in pelvic disorders and her staff will present a lecture and exercise class for individuals looking to improve bladder and bowel control.

243387 - West Senior Center | Monday, Jun. 20, 2 to 3 p.m. | Free, registration recommended

FREE Skin Cancer Screenings for Older Adults

Skin cancer is the most common form of cancer in the U.S. Over 3.5 million skin cancers in over 2 million people are diagnosed annually. Azeal Dermatology Institute in Boulder is offering free skin cancer screenings for older adults on two days in June at East and West Senior Centers. Space is limited, so please pre-register to reserve your space.

East Senior Center | Monday, Jun. 13 | 1 to 2:30 p.m. | Free | Call 303-441-4150 to make an appointment

West Senior Center | Tuesday, Jun. 21 | 9 to 10:30 a.m. | Free | Call 303-441-3148 to make an appointment

**Falls Prevention
Week
Coming September
19 - 23.**



Staying Steady: Fall Prevention Myths and Tips

Let's dispel the myths surrounding aging and falls and learn to take control and become more confident with your balance!

Presented by Kristine Bellinger, PTA from ALTA Physical Therapy and Pilates. Kristine is a Licensed Physical Therapist Assistant and Certified Falls Prevention Specialist through the Consortium for Older Adult Wellness (COAW).

243384 - West Senior Center | Monday, Jun. 6, 1 to 2 p.m. | Free

SILVERSNEAKERS® AND FITNESS SCHEDULE

DROP-IN CLASSES FOR JUNE, JULY AND AUGUST

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

FEES: There is no cost for SilverSneakers® passholders for ANY class listed below.
 Members must swipe their SilverSneakers® pass each daily visit.
 All other participants may purchase a Senior Services punch pass or make a drop-in payment.
 Senior Center punch passes are valid one year from date of purchase and non-refundable.
 55+ warm water fitness classes require a day or punch pass from Parks and Recreation.

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

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

REGISTRATION INFORMATION

REGISTRATION FOR SUMMER 2016

- Encore member registration begins Tuesday, May 10 by fax, online or in person.
- Non-Encore member registration begins Thursday, May 12 by fax, online or in person.

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

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

Refund & Cancellation Policies

Classes and Activities: If you cancel an activity or class three or more business days prior to the event, full credit will be placed on the household account or a full refund given according to the initial method of payment. If a refund check is requested instead of account 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 13 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 summer session.

- 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 2016 programs, I acknowledge that the activities carried on in these programs carry certain risks. These risks may include, but are not limited to, heart attack, stroke, circulatory problems, bone and joint injury, back injury, muscle strain and other muscle injuries, foot problems, head, neck and spinal injuries, altitude sickness, and heat stroke and heat exhaustion. I have independently reviewed and evaluated the risks and determined to engage in the programs with full knowledge and acceptance of the risks. If I choose to depart from the program itinerary I will inform the leader and release the City of Boulder from all liability; and participation in any program may be suspended until further notice. I may be photographed while utilizing the facility, or while participating in the City of Boulder's programs, and said photographs, or likeness of me, may be used to publicize activities as the city deems appropriate. I am aware of the activity level that is required of these programs and I believe that I am physically fit enough to participate.

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

WHERE TO REGISTER

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

DANCE CLASSES

DANCE CLASSES

Tea Dance

Dance in a spacious ballroom with a fine hardwood floor to live music. The music is provided by Tom Yook, a favorite of Boulder senior dancers. Tom plays Ballroom, Rhythm, and Latin dance styles. A potluck snack buffet is provided by the attendees to complement the social part of the dance event.

East Senior Center | Aug. 5 and 12 | 2 to 4 p.m. | Drop-in fee of \$5 per person (no pre-registration required)

Baila - Let's Dance!

Come and enjoy a bilingual dance class offered in both Spanish and English. This class is open to everyone. The music will include lively selections from around the world with an emphasis on Caribbean, and Latin American styles.

Instructor: Judy Kreith

242742 - West Senior Center | Thursdays, Aug. 4 to 25 / four-week series / 1:15 p.m. to 2 p.m. | Encore Resident: \$12 | City Resident: \$15 | Encore Non-Resident: \$18 | Non-Resident: \$21 | Pre-registration required for series

Putting on the Ritz: Jazz Dance for Seniors

Come and learn the fundamentals of this fun and invigorating dance style called jazz. This class can be done while seated. Dance props are available for use as we dance our way through time with big band music from the 1940s all the way through popular music today. This class will include a slow and gentle warm up and stretch, and a fun and uplifting choreography for all. Two six-week sessions are offered. Instructor: Judy Kreith, M.A.

242741 - East Senior Center | Tuesdays, Aug. 2 to 30 (no class Aug. 16) | four classes | 11:30 a.m. to 12:15 p.m. | Encore Resident: \$16 | City Resident: \$20 | Encore Non-Resident: \$24 | Non-Resident: \$28

FITNESS CLASSES

BALLROOM DANCING FOR SENIORS

Join us for a four-week dance session this summer at our East Senior Center. Each class includes a warm-up to prepare us for dancing. No partner is required. Please register to reserve your space. Happy dancing everyone!

August: East Coast Swing

Come dance the versatile swing style that can be danced to so many styles of music. We will focus on turns and simple rhythm variations in this session of Ballroom Dance. No partner required.

Instructor: Judy Kreith, M.A.

242740 - East Senior Center | Tuesdays, Aug. 2 to 30 (no class Aug. 16) | four-week series | 1:00 p.m. to 2 p.m. | Encore Resident: \$16 | City Resident: \$20 | Encore Non-Resident: \$24 | Non-Resident: \$28

FITNESS CLASSES



T'ai Chi for Seniors

T'ai Chi is a mind-body exercise utilizing slow, relaxed movement, a quiet mind, and deep, natural breathing that stimulates the flow of intrinsic energy, called qi or chi.

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. Instructor: Steve Arney

T'ai Chi Level I - Beginning

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

242743 - East Senior Center | Fridays, Jun. 3 to Aug. 12 | 11 classes | 9:45 to 10:40 a.m. | Encore Resident \$74 | City Resident: \$76 | Encore Non-Resident: \$83 | Non-Resident: \$85

FITNESS CLASSES

T'ai Chi 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.

242744 - East Senior Center | Fridays, Jun. 3 to Aug. 12 | 11 classes | noon to 1 p.m. | Encore Resident: \$74 | City Resident: \$76 /Encore Non-Resident: \$83 | Non-Resident: \$85

T'ai Chi 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.

242745 - **Full Session** - East Senior Center | Fridays, Jun. 3 to Aug. 12 | 11 classes | 10:45 to 11:40 a.m. | 10:45 to 11:40 a.m. | Encore Resident: \$74 | Resident: \$76 | Encore Non-Resident: \$83 | Non-Resident: \$85

242746 - **Half Session** (applicable for Advanced class only). Select six of the classes in the Summer 2016 session | Encore Resident: \$37 | Resident: \$38 | Encore Non-Resident: \$42 | Non-Resident: \$43

Chair Assisted T'ai Chi for Health and Wellness

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

Instructor: Terry Tessier

242747 - West Senior Center | Tuesdays, Jul. 19 to Aug. 23 | 6 classes | 1:15 to 2:15 p.m. | Encore Resident: \$18 | City Resident: \$23 | Encore Non-Resident: \$27 | Non-resident: \$32

Seated Restorative Yoga

Relax, rejuvenate and refresh in this class intended to restore the body/mind's natural state of balance. The student is guided through breathing techniques, meditation, visualization and movements specifically designed to de-stress, nurture and heal.

Instructor: Linda Manchester.

242748 - West Senior Center | Fridays, June 3 to Aug. 26, 11 a.m. to noon | 12 classes (no class July 15) | Encore Resident: \$36 | City Resident: \$45 | Encore Non-Resident: \$54 | Non-resident: \$63

55+ Functional Assessment

Please sign up if you are interested in receiving a fitness assessment specifically designed for independent, older adults age 55 and older. Free to current SilverSneakers members or a small fee for general public 55+. Tests provide information and feedback to participants regarding their health and skill related fitness components. Combine an initial baseline assessment with a follow-up assessment to quantify changes in physical performance. Pre-registration is required. Call 303-441-4150.

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

Better Balance and Strength

This six-week series will incorporate strengthening your core and legs essential to maintaining balance and fall-related injuries. We will use resistance tubing with handles, light weights and hand-held balls, and will concentrate on posture, flexibility and coordination. These components will add to your overall safety in and out of your home. No floor work, chairs are available for safety and/or to use as props, as needed. Instructor: Maryann Brunson

243400 - East Senior Center | Thursdays, Jun. 9 to July 14 | 6 classes | 11:30 a.m. to 12:15 p.m. | Encore Resident: \$24 | City Resident: \$30 | Encore Non-Resident: \$36 | Non-Resident: \$42



Building Blocks for Better Balance, Strength and Flexibility

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

242749 - West Senior Center | **Mondays**, June 6 to Aug. 29 (no class July 4 and 11), 11 to 11:45 a.m. | 11 classes | *Encore Resident: \$33 | City Resident: \$42 | Encore Non-Resident: \$50 | Non-Resident: \$58*

242750 - West Senior Center | **Wednesdays**, June 1 to Aug. 31, 11 to 11:45 a.m. | 13 classes (no class July 13) | *Encore Resident: \$39 | City Resident: \$49 | Encore Non-Resident: \$58 | Non-Resident: \$68*

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, East Boulder Community Center Weight Room

242751 - **1st Session (morning):** Tuesdays and Thursdays, June 7 to July 14 | 12 classes / 11 a.m. to noon | *Current SilverSneakers cardholders: \$24 | City Resident: \$42 | Non-Resident: \$46*

242752 - **1st Session (afternoons):** Tuesdays and Thursdays, June 7 to July 14, 12 classes | 2 to 3 p.m. | *Current SilverSneakers cardholders: \$24 | City Resident: \$42 | Non-Resident: \$46*

242753 - **2nd Session (morning):** Tuesdays and Thursdays, July 19 to Aug. 25 (no class Aug. 16 or 18) | 10 classes | 11 a.m. to noon | *Current SilverSneakers cardholders: \$20 | City Resident: \$35 | Non-resident: \$39*

242754 - **2nd Session (afternoons):** Tuesdays and Thursdays, July 19 to Aug. 25 (no class Aug. 16 or 18) | 10 classes | 2 to 3 p.m. | *Current SilverSneakers cardholders: \$20 | City Resident: \$35 | Non-resident: \$39*

THE ENCORE PROGRAM FOR ACTIVE ADULTS

Encore is an optional membership program for adults age 55 and older.

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 Program Coordinator at 303-441-3915

Membership fees need to be renewed annually by the anniversary of the date of purchase.

Benefits:

- Priority registration
- Discounts on fitness punch cards and fitness classes
- Free Birthday Lunch from Café Classico
- Free quarterly Membership Appreciation Event

Encore Fees:

*Resident \$20 Individual
\$10 second person at same address*

*Non-Resident \$25 Individual
\$10 second person at same address*

SPECIAL EVENT

Taste of the Islands Hula Show

Join us for an afternoon of Hawaiian music and Hula dance. Miriam Paisner’s students from the Hula School of the Western Mountain will perform a treat for your eyes and ears. Both ancient and modern hula dance will be performed for your pleasure. You’ll also have a chance to give it a try yourself. Light refreshments will be provided.

240386 - East Senior Center | Wednesday, Jun. 22, 3:30 to 4:15 p.m. | *Free*



ENRICHMENT

ARTS AND CRAFTS CLASSES

Simple Rock Wrapping

Learn how to use silver and copper to make simple pendants and necklaces using wire bending techniques, stones and the Rock Wraps© technique. Each student will make two sterling silver wrapped pendants and some copper pieces of their choice.

240393 - West Senior Center | Wednesday, Aug. 31 | 1 to 4 p.m. | City Resident \$50 | Non-resident \$60

Simple Silversmithing

Try a truly unique experience taught by Don Norris. You can design your own sterling silver pendant and choose a stone from many different colors. Don will help you design your pendant, and then solder it together for you. You will set the stone and after polishing it, you will be able to wear it home on a 20-inch sterling silver chain.

240394 - West Senior Center | Wednesday, Jun. 15 | 1 to 4 p.m. | City Resident \$50 | Non-resident \$60

Pewter Casting

Learn pewter casting from molding to casting from Don Norris. Students will cast their own lead free pewter hummingbird and flower into rubber molds. Sculpting and molding techniques will be covered. You will learn about metals, how they are mined, what alloys are, and what pewter is. You will leave class with two beautiful pewter pieces.

240395 - West Senior Center | Wednesday, Jul. 20 | 1 p.m. to 4 p.m. | City Resident \$50 | Non-resident \$60

Pine Needle Casting

Come and cast your own pure silver pendant with Don Norris. We will melt pure silver, and you will pour it into a bundle of pine needles, which forms your pendant. The needles are removed to reveal your unique pendant. Don will solder a bail onto your pine needle casted pendant, so you can wear it home on a 20-inch sterling silver box chain.

240396 - West Senior Center | Wednesday, Aug. 17 | 1 to 4 p.m. | City Resident \$60 | Non-resident \$65

Round Robin Art Journals

You will laugh while creating playful pages in your Round Robin Journal. The sky is the limit when finding materials to embellish your journal. At home, between classes, use a variety of mixed media art supplies to cut, paste, draw, or even paint. Groups of five are formed and a theme is chosen. You may choose to discuss your thoughts and process while creating that week's artistic journal entry. Journals are shared and passed amongst group members for inspiration. You will receive your own journal back with collaborative art entries from everyone in your group. Instructor: Marty Wallace

243448 - West Senior Center | Friday Jul. 22 to Aug. 26 | 6 classes | 12:30 to 1:30 p.m. | City Resident \$15 | Non Resident \$20

Summertime Fun with Kids

Creative and fun activity sheets, games and coloring for children in your life. Try color therapy and release tension through the art of coloring. Escape to a world filled with creativity and inspiration with your loved ones. Completed sheets can be used as a keepsake journal between you and the special children in your life.

243732 - West Senior Center | Wednesday, Jul. 20 | 9:15 to 10:45 a.m. | Fee: \$20 for adult with child guest

Virtual Sculpt-A-Saurus

Science and art collide to bring the past to life! Your young guests will take a journey of discovery and creativity as they use real fossil evidence to sculpt their very own dinosaurs. This fun class is led by a museum educator from Denver Museum of Nature and Science. Bring your 2nd - 5th graders and enjoy a Saturday morning together. Children should be accompanied by an adult. Adults are welcome to attend without a child.

240397 - West Senior Center | Saturday, Jul. 23 | 10:30 a.m. to 11:30 a.m. | Fee: \$15 per person

SEMINARS AND CLASSES

How to Reduce Stress: Optimizing and Enjoying Life

Our bodies are designed to handle small doses of stress. But we are not equipped to handle long-term, chronic stress without ill consequences. Too much stress can wear you out and make you sick, both mentally and physically. Control stress by identifying symptoms. Stress can cause increased heart rate, headaches, poor immunity, neck and back pain, ulcers, insomnia and an overall lack of enjoyment with life. Instructor: Drs. Charles & Vicki Kelsey, D.C.

240400 - West Senior Center | Friday, Jun. 24 | 12:30 to 1:30 p.m. | Free

The Art of True Meditation

This class will cover the basics of meditation, teaching of the ‘technique’ of meditation, with time to practice meditation. Spencer believes that this practice, which is natural, effortless, and non-denominational, can have a host of wellness benefits, and also lead to a better understanding of one’s self. End each session with discussion and time for question and answers. Spencer has organized spiritual dialogue groups and is host to an ongoing community meditation group. Instructor: Spencer Turner

240401 - West Senior Center | Thursday, Jun. 2, 4 classes | 12:30 to 2 p.m. | City Resident \$50 | Non-resident \$55

Climate Commitment- What Can You Do?

The burning of coal, oil and gas for energy is warming Earth’s atmosphere and changing the climate. We can address climate change and create a healthier, safer and more prosperous community. Hear how to use energy more wisely and transition to clean, renewable power. Discover the importance of restoring the health of the urban, farming and natural ecosystems. Instructor: Brett KenCairn City of Boulder’s Senior Environmental Planner

243483 - West Senior Center | Tuesday, Aug. 16 | 10 to 11:30 a.m. | Free

American Mah Jongg for Beginners

Learn to play American Mah Jongg, a game of both skill and luck. Gain a basic understanding of the games fundamentals: tiles, the card, the mechanics of playing, and some basic strategies to enjoy the game. Instructor: Donna Mayo

240384 - West Senior Center | Fridays, Jul. 22 to Aug 12, 4 classes | 9 to 11:30 a.m. | Fee: City Resident: \$85 | Non-resident: \$95

Mah Jongg Beginners Lab

Do you feel you need additional time to practice your newly learned skills from American Mah Jongg class? After completing the American Mah Jongg class, join this guided Mah Jongg play lab, to get the extra practice time you need.

240385 - West Senior Center | Monday Aug. 15, Friday, Aug. 19, Monday Aug. 22, 3 classes | 9 to 11 a.m. | City Resident \$14 | Non-resident \$16

Intermediate Bridge

Improve your bridge skills while having fun. This class continues from the beginning classes. We’ll cover the following topics: jump shift, Jacoby 2NT, balancing, signaling, play of the hand, etc., in addition to a review of overcalls and take-out doubles. Instructor: Gerald Mitchell (Mitch), ACBL certified Teacher, Director and Club manager. No class on Aug. 16.

240389 - East Senior Center | Tuesdays, Jun. 28 to Aug 30, 9 classes | 1:30 to 3:30 p.m. | Fee: City Residents \$45 | Non-residents \$55

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.

240387 - West Senior Center | Fridays, Jul. 1 to Aug. 26, 8 classes | 12:30 to 4 p.m. | Fee: City Residents \$40 | Non-residents \$50

ENRICHMENT

CHAUTAUQUAN SERIES

Sponsored by the Boulder Seniors Foundation, the Chautauquan Series brings significant people in history to life. Step back in time to relive exciting periods in American history via this entertaining Living History program.

Amelia Earhart Heart Of Courage Spirit Of Adventure

Much more than a noted pilot, Amelia Earhart (1897-1937) pushed through social barriers and served as a role model to women and an inspiration to both sexes because of her courage and determination. Lots of time for Q&A included.

240383 - West Senior Center | Wednesday, Jul. 27 | 1 to 2 p.m. | Fee: City Resident \$3 | Non-Resident \$5

Rosie the Riveter



During World War II, “Rosie the Riveter” was the name given to a woman war worker. At the Ordnance Plant in Denver “Rosies” produced as many as six million bullets a day. “Gail Murphy” is a composite character drawn from the records of these women.

240382 - East Senior Center | Wednesday, Aug. 24 | 1 to 2 p.m. | Fee: \$3 | Non-Resident \$5

CONTEMPLATIVE LIVING DIALOGUE SERIES

We will meet the first Thursday of each month to discuss the writings of Thomas Merton and his/our 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.

Facilitator: James Kettering

240399 - West Senior Center | Thursdays, Jun. 2, Jul. 7, and Aug. 4 | 10 to 11:30 a.m. | Free

CONTEMPLATIVE LIVING VIDEO SERIES

Three two-part video sessions with discussion will be available this summer. In June, *Awake: The Life of Yoganada*, the swami who brought yoga and meditation to the west. In July, *10 Questions for the Dalai Lama*, a Nobel Peace Prize recipient and compassionate Tibetan leader. In August, *Crazy Wisdom: The Life & Times of Chogyam Trungpa Rinpoche*, Boulder’s own controversial founder of Naropa University. Registration is requested. Facilitator: James Kettering

242732 - West Senior Center | Tuesday/Thursday, Jun. 7 & 9: *Awake: The Life of Yoganada*, | 10 to 11:30 a.m. | Free

242733 - West Senior Center | Tuesday/Thursday, Jul. 19 & 21: *10 Questions for the Dalai Lama*, | 10 to 11:30 a.m. | Free

242734 - West Senior Center | Tuesday/Thursday, Aug. 9 & 11: *Crazy Wisdom: The Life & Times of Chogyam Trungpa Rinpoche* | 10 to 11:30 a.m. | Free

AGING WITH GRACE AND GRATITUDE

Coming this Fall

When describing the journey of life, the sages of the east talk about “the 10,000 joys and the 10,000 sorrows.” In this fun and challenging workshop, participants will learn how to celebrate them all.

Aging with Grace and Gratitude: A Workshop with David Chernikoff, M.Div., LCSW

East Senior Center | Saturday, Nov. 19
9 a.m. to 3 p.m.



BOULDER WALKS

Civic Area Walking Tours Past, Present and Future

Come and journey through Boulder's Civic Area with a park ambassador as your guide. The Civic Area is rich with stories from the past and present. The newly-proposed plans for the future of the area will also be looked at and discussed. We will meet at the West Senior Center lobby for a brief introduction and the walks will be followed by an optional lunch on your own at Café Classico. **Walking themes:**

240402 - Jun. 7: *Boulder's Sister City Project*

240403 - Jul 5: *Architecture, Historic Landmarks and future development*

240404 - Aug 2: *Nature as part of the Civic Area West Senior Center Lobby | Tuesdays, Jun. 7, Jul 5 and Aug. 2 | 11:15 to 11:45 a.m. | Free*

Get Outside With Boulder Walks

Enjoy fresh air and good company on free 30-minute walks with GO Boulder's Boulder Walks program. This Tuesday morning gentle walks series produced in partnership with Denver-based Walk2Connect invites participants to explore the neighborhoods around the West Senior Center together on guided routes with trained Walking Movement Leaders. Walks end in time for participants to have lunch at Cafe Classico, if desired. Registration is encouraged, but not required. Be sure to bring water, a jacket, sun protection, and wear comfortable shoes. Sign up to participate or to help lead walks by contacting Boulder Program Director Darcy Kitching at 303-250-2436 or darcy@walk2connect.com.

240405 - *West Senior Center | All Tuesdays of the month except first Tuesday | 11:15 to noon | Free, registration recommended*

Walking Wednesdays with the City of Boulder's Staff

From May through October, join Ellen Orleans and other city specialists for Walking Wednesdays. These walks are casual and upbeat and highlight different aspects of downtown Boulder. Walkers gather at noon by the shuffleboard courts, just west of the

New Britain Building. Walking begins at 12:10 and ends at approximately 1 p.m. The walks vary from easy to moderate in length and difficulty. Please bring water, a hat, a snack, a coat if needed and comfortable shoes. No registration required. Contact Ellen Orleans at 303-921-2400 if you have questions about this walk or about mobility issues.

Shuffleboard courts west of New Britain Building, 1101 Arapahoe Avenue | 12:10 p.m. | Free

COMPUTERS AND TECHNOLOGY

Explore Social Networking

This workshop will serve as a great introduction to the most popular online social networking sites including Facebook, Twitter, Pinterest, LinkedIn, Yelp, Meetup and more. If you're curious about social networking, nervous about trying it, or just wondering what it's all about, this course will be great for you. Instructor: Diana DeBrohun

242735 - *West Senior Center | Thursday, Jun. 23 | 9:30 to 11:30 a.m. | \$25*

Learn Safety and Privacy for Social Networking

Social networks like Facebook, Twitter, and Pinterest have become an integral part of our online lives and are a great way to stay connected. But how much sharing is too much? This class will help you learn how to manage your online experience in a safe and secure way. Instructor: Diana DeBrohun

242736 - *West Senior Center | Thursday, Jul. 28 | 9:30 to 11:30 a.m. | \$25*

Get Started with Social Networking: Facebook 101

This class will demonstrate the basics of setting up and using a personal Facebook account including posting and sharing photos, finding friends, commenting on posts and managing your privacy settings. Will include time for Q & A. Instructor: Diana DeBrohun

242737 - *West Senior Center | Thursday, Aug. 25 | 9:30 to 11:30 a.m. | \$25*



Sponsored by



Cuba: Past, Present & Future

With President Obama's announcement signaling a historic shift in U.S. policy toward Cuba, join Active Minds for a past, present and future look at our communist neighbor to the south. We will cover Castro's revolution, the Bay of Pigs, the Cuban Missile Crisis, Guantánamo Bay and current implications of the change in U.S. policy.

239532 - West Senior Center | Monday, Jun. 13 | 11 a.m. to noon | Free

Tibet

With an average elevation higher than the tallest peaks of Colorado, Tibet has been called the "Roof of the World." Join Active Minds as we explore the history and controversy that surrounds this unique region. China claims that Tibet is a part of China, while Tibet maintains that China illegally invaded in 1949. We will cover the role of the Dalai Lama and the views of China and the international community.

239533 - West Senior Center | Wednesday, Jul. 6 | 11 a.m. to noon | Free

History of the Atomic Bomb

August 6 and 9 marks the anniversary of when the atomic bombs were dropped on Hiroshima and Nagasaki, ushering in the nuclear age. Join Active Minds for a look at the origins and history of atomic weapons. We will discuss the achievements of the Manhattan Project and the subsequent nuclear arms race during the Cold War.

239534 - West Senior Center | Monday, Aug 8 | 11 a.m. to noon | Free

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

Sponsored by



Germany

As the European Union struggles with a variety of complex issues, many of them financial, Germany has emerged as a critical player in the development of economic policy for the region. Join Active Minds as we explore the role of Germany in the world as well as how the process of German reunification has evolved.

239535 - East Senior Center | Monday, Jun. 27 | 3 to 4 p.m. | Free

The History of Colorado

Join Active Minds as we celebrate the 140th anniversary of Colorado becoming a state. You will learn about the competing claims to Colorado dating back to the Native Americans who originally lived here. We will cover the 15-year struggle to become the 38th state as well as the role of mining and oil in the evolution of the state.

239536 - East Senior Center | Monday, Jul. 25 | 3 to 4 p.m. | Free

Water in Colorado

Water could possibly become the most disputed natural resource of the 21st century. Population growth, climate change, urbanization and other factors have put increasing pressure on a finite resource. Join Active Minds as we seek to understand our water history, the current challenges, including the drought in California, and what the future holds for our use of this precious resource.

239537 - East Senior Center | Monday, Aug. 22 | 3 to 4 p.m. | Free

Around The World Dining and Entertainment Destination Series

Mother Cabrini Shrine & Lunch

Mother Cabrini chose the east slope of Lookout Mountain for the shrine. It was originally purchased as a summer camp for the Queen of Heaven Orphanage. Climb the Stairway of Prayer (373 steps or you may also ride to the top) and see the 22-foot Italian statue of the Sacred Heart of Jesus. See the spring, which many pilgrims believe has brought healing and peace to their lives. A hot lunch will be provided.

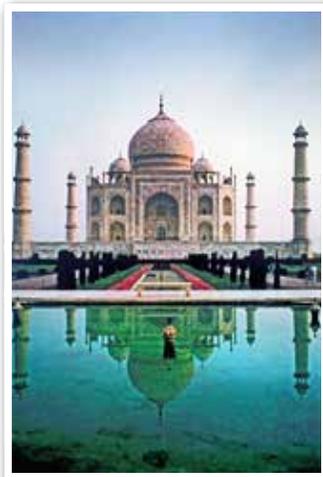


Please register by May 23.

243433 - Tuesday, Jun. 14 | 9 a.m. to 3 p.m. | City Residents \$36 | Non-Residents \$41 | Fees include senior services bus transportation, escort, admission to Mother Cabrini Shrine and hot lunch.

View of the World Gallery Boulder & Bohemian Biergarten

Marvel in the View of the World Gallery: a unique 7500 square foot venue exhibiting approximately 350 photos spanning the globe. The photographer, Bill Sutcliffe, is a long-time Boulder resident. Whether you have visited the locations depicted, are thinking of traveling, or have not traveled at all, these photos provide a treasure trove of



global views of the world. The photographs have exquisite angles and Bill captured shots that seemed impossible to achieve. Travel around the world with us in only a few hours and in 7500 square feet. Afterwards we will travel to the Bohemian Biergarten for German fare such as sausage, snitzle, sauerkraut and a variety of beer options.

Please register by June 10.



238532 - Thursday, Jul. 14 | 10 a.m. to 1:15 p.m. | City Resident \$21 | Non-Resident \$26 | Fees include senior services bus transportation, escort, self-guided tour of art gallery. Lunch on your own.

The Cell Exhibit & Mangia at Maggianos Little Italy

The Counter-terrorism Education Learning Lab (CELL) is dedicated to preventing terrorism through education, empowerment and engagement. As a nonprofit, nonpartisan institution, its one-of-a-kind exhibit provides a look at the threat of terrorism and how individuals can play a role in preventing it, ultimately enhancing public safety. Find out details regarding recent terrorist attacks. Arm yourself with the facts. Knowledge is POWER! Lunch at Maggianos Little Italy on your own. Please register by July 26.



243444 - Thursday, Aug. 25 | 10 a.m. to 2:45 p.m. | City Resident \$34 | Non-Resident \$39 | Fees include senior services bus transportation, escort, admission, and docent-led tour

DAY TRIPS

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. Please register by published deadlines in trip descriptions. Boulder Senior Services reserves the right to cancel any trip if minimum registration is not met.

Travel Tips

- When you register, please let us know if you have special needs.
- If you have questions about the physical demands of the trip please ask before registering.
- Check in with the escort at the designated location.
- Please arrive at least 15 minutes before trip departure so that everyone can be checked in, boarded on the bus and the trip can depart at the designated time.
- Be prepared to share a bench as most of our trips run full.
- Return times are approximate. Please do not schedule appointments close to return times as we cannot anticipate when delays may occur.
- If you need to cancel a trip on the day of the event, please call either the East Center at 303-441-4150 or the West Center at 303- 441-3148. Both centers are open by 8 a.m. Monday through Friday, except holidays and closures, and staff will be able to contact the trip escorts and inform them of your cancellation. There is no guarantee of refunds.
- Wheelchair Accessible: A limited number of spaces are available to wheelchair users.

Georgetown High Tea

Come for an afternoon of tea at the Dusty Rose Tea Room, located in Georgetown. First known as a gold mining town. Later it gained its prosperity from silver mining. Dine on exclusive menu items with local history. Your Victorian High Tea has a variety of 24 teas or coffee, tea bites of 12 items: 5 savories, 4 scones and 3 sweets. After tea, meander down to the Rocky Mountain Miniatures display.

Please register by May 18.

243432 - Wednesday, Jun. 8 | 10:30 a.m. to 5 p.m. | City Resident \$65 | Non-Resident \$70 | Fees include senior services bus transportation, escort and Victorian High Tea

Colorado Railroad Museum - Steampunk at the Station

The museum is a perfect backdrop for the genre of “science fiction meets the 19th century Industrial Age”. Enjoy unlimited train rides. Peruse the museum’s exhibits, roundhouse facility and turntable. Stroll the 15-acre rail yard with 100 narrow and standard gauge steam, and diesel locomotives, and caboose trains. See an 1880-era small town railroad depot and a Telegrapher’s office replica. Purchase food from the truck vendors. **Please register by May 26.**

243434 - Saturday, Jun. 18 | 9:30 a.m. to 3:15 p.m. | City Residents \$35 | Non-Residents \$40 | Fees

include senior services bus transportation, escort, museum admission and unlimited train rides.



Pepsi Center Tour

Come to Pepsi Center for your all-access VIP Tour. See where the Denver Nuggets, Colorado Avalanche and Colorado Mammoths call home, plus have back-stage access to where the big names in music have performed. Lunch on your own at a restaurant along 16th Street Mall or Larimer Square.

Please register by May 20.

243435 - Friday, Jun. 24 | 11 a.m. to 4 p.m. | City Residents \$35 | Non-Residents \$40 | Fees include senior services bus transportation, escort and admission

Sand in the City - Arvada

The Arvada Chamber of Commerce's 4th Annual Sand in the City Festival is Colorado's premier sand sculpture



event. See giant hand-carved sand sculptures; enjoy local food and artesian vendors, live music, craft beer, and more. **Please register by June 3.**

243436 - Sunday, Jun. 26, 10:30 a.m. to 3 p.m. | City Residents \$32 | Non-Residents \$37 | Fees include senior services bus transportation, escort, and admission

Estes Exemplaries with Denver History Tours

Join Kevin for a trek to Estes Park, cradled in some of the most beautiful scenery in the United States. With history and mystery, Estes Park has something for everyone, all under the splendor of Rocky Mountain National Park. We don't guarantee you'll have an elk join you for lunch, but it's been known to happen! (Tour includes a break for lunch on your own.)

Please register by June 3.

243437 - Wednesday, Jul. 6, 10 a.m. to 5 p.m. | City Resident \$49 | Non-Resident \$54 | Fees include senior services bus transportation, escort and Denver History tour guide.

Boulder County Coroner's Office

This new tour is not for the faint of heart. Uncover the fascinating world of what happens just after life ceases. Hear how the investigators interact with law enforcement and families of the deceased. Decedents are methodically issued unique case numbers upon arrival and have their fingerprints taken. View the autopsy room and the self-contained isolation cooler and freezer for body storage. You will leave with a greater respect for coroner's office professionals.

Please register by June 20.

243438 - Wednesday, Jul. 13, 5:45 to 7:30 p.m. | Free | No food service or transportation on this tour. Meet at the Coroner's office. 1777 6th St, Boulder, CO 80302, 303-441-3535

CU Boulder Shakespeare Festival: Comedy of Errors

Join us under the glittering star-filled sky at the outdoor Mary Ripon Theatre on CU campus. The Comedy of Errors is one of William Shakespeare's early plays. It is his shortest and one of his most farcical comedies, with a major part of the humor coming from slapstick and mistaken identity, in addition to puns and word play.

Please register by June 16

243439 - Tuesday, Jul. 19 | 5:30 to 10:15 p.m. | City Resident \$60 or \$76 with Boxed Dinner Option | Non-City Resident \$65 or \$81 with Boxed Dinner Option | Fees include senior services bus transportation, escort, and admission to play.

Buffalo Bill Days in Golden

Step back in time to the antics of the Wild West at the annual Buffalo Bill Days celebration. Check out the Mutton-Bustin' event, in which kids hang on to the sheep for as long as they can. This year's activities include live music, an orphan car and a classic car show and many food and merchandise vendors. Food and merchandise purchases on your own.

Please register by July 7

243440 - Sunday, Jul. 31, 10 a.m. to 4 p.m. | City Resident \$31 | Non-Resident \$36 | Fees include senior services bus transportation, escort, and festival.

DAY TRIPS

Mountain Melodies Music Festival

String bands and bluegrass music will drift across Buffalo Bill's resting spot for the 13th Annual Mountain Melodies Music Festival. Grab your picnic basket, blankets or lawn chairs and spend the afternoon at Buffalo Bill's grave on Lookout Mountain. You will enjoy a spectacular view of the Rocky Mountain Front Range while listening to some homegrown American music entertainment. Take a stroll down one of the surrounding trails. Buffalo Bill Museum visit optional.

Please register by July 14.



243441 - Sunday, Aug. 7, 11 a.m. to 3 p.m. | City Resident \$27 | Non-Resident \$32 | Fees include senior services bus transportation, escort, and music festival

Denver Divinity Tour

Not everyone came to Denver to strike it rich with gold. Some came to save souls in generosity, good works and ministry. See Denver's houses of worship from many different religions and denominations. Go on an architectural journey with Kevin. Hear about the growth of Denver and a few stories that have linked the people of Denver with their faiths. Denver boasts many historic buildings devoted to religion. Break for lunch on your own.

Please register by July 21.

243442 - Saturday, Aug. 13 | 10 a.m. to 4 p.m. | City Resident: \$49 | Non-Resident: \$54 | Fees include senior services bus transportation, escort, and tour.



Amazing Pet Expo

Come to this mega PET-acular event! View live pet events where your applause will determine the pet winner, including pet talent and costume



contests. Watch live obedience demonstrations. Visit and pet animals saved by the many animal rescue organizations. Shop the unique pet vendors for your non-human family or for Christmas gifts for loved ones with pets. Optionally, you will find on-site food vendors. **Please register by July 26.**

243443 - Saturday, Aug. 20, 9:30 a.m. to 2 p.m. | City Resident \$ 27 | Non-Resident \$32 | Fees include senior services bus transportation, escort, and the Pet Expo

Gold Hill Inn Murder Mystery

Come to the historic Bluebird Lodge for an intimate evening of mystery and suspense. Begin with a champagne reception, surrounded by characters from the past with stories to tell and secrets to divulge. Pay attention as you enjoy hors d'oeuvres, and a three-course meal with dessert. Are you sitting next to a "killer?" Survey the scene of a crime, look for clues and interrogate suspects. Fees are subject to change. **Please register by July 26.**

243445 - Saturday, Aug. 27, 5:45 to 10:30 p.m. | City Resident \$105 | Non-Resident \$110 | Fees include senior services bus transportation, escort, murder mystery show, champagne reception and three-course meal.



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

Norman Rockwell's New England - Sep. 15-23, 2016

Boston, Williamstown, Lake Placid, Stowe, North Conway & York Beach. See Norman Rockwell's inspirations while driving the back roads of Vermont, New Hampshire, New York, Massachusetts and Maine during Autumn's splendor.

Tour Boston: the Freedom Trail, USS Constitution and more. Then to the Berkshires and the Norman Rockwell Museum in Stockbridge. Next, Vermont to see the collection of Saturday Evening Post covers by Rockwell. Two nights at Lake Placid, a ferry cruise across Lake Champlain, Vermont, home of the Von Trapp Family of "Sound of Music" and lighthouses. Salem is infamous for the witch trials. The very best that New England has to offer including incredible fall colors. Price \$2,299 per person double occupancy; \$3,019 single occupancy. Does not include air fare. Reservations and final payment must be completed by July 1, 2016.

New Itinerary for Fall Colors Colorado: The Roads Less Traveled, Off The Beaten Path And Away From The Crowds September 17-22, 2016

Enjoy the Magnificent Fall Colors of Colorado aboard a relaxing motorcoach. Get off the interstate and explore what Colorado truly is. Travel several spectacular and little-traveled



western Colorado highways recognized as Scenic Byways. Highlights: Steamboat Springs, Maroon Bells, ghost town of Ashcroft, magnificent Grand Mesa, Black Canyon of the Gunnison National Park, Million Dollar Highway and Sky Ute Casino Resort. Get acquainted with the Best of Colorado! \$1,195 per person double occupancy and \$1,595 single occupancy. Reservations must be completed by July 29, 2016.

OVERNIGHT TRIPS

Railroad Engineer: The Ultimate Railroad Experience October 22-26, 2016

Ever dreamt about being a Railroad Engineer? Here is your opportunity to 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 over the trestles and through tunnels. You will also get to be at the controls of a powerful diesel locomotive. Drive a speeder car and throw the switches in your Ultimate Railroad Experience on the Northern Nevada Railway. From \$1995.

Nashville's Opryland Hotel New Years - December 30, 2016-January 3, 2017

5 Exciting Days with a New Year's Eve Party on the General Jackson

Nashville and The Opryland Hotel are recognized for extraordinary service, luxurious rooms and first class entertainment. Be surrounded by nine acres of lush, indoor gardens, winding rivers and sparkling waterfalls, under a glass atrium. Day tours include the Country Music Hall of Fame, Studio "B" where Elvis and others recorded, the Johnny Cash Museum, and shop to your heart's delight. Most meals are included and the New Year's Eve Dinner Party on the General Jackson Showboat. Price \$1,425 per person double occupancy; \$1,940 single occupancy. Price does not include airfare to and from Nashville. Reservations and final payment must be completed by October 1, 2016.



Ask About Our Special Offers



RELAX * REGROUP * REFRESH

A **HOLIDAY** FOR BOTH OF YOU

Short-term Respite Stay for Seniors

Senior and Caregiver alike can rest in the confidence of our loving care.

Daily Wellness Activities

720.545.1575

 **MorningStar**

ASSISTED LIVING & MEMORY CARE of BOULDER

575 Tantra Dr. | MorningStarSeniorLiving.com

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.

Fall 2016 and Winter 2017

| | |
|---|--------|
| Railroad Engineer: The Ultimate Experience | 5 days |
| Grand Tour of Sicily | 9 days |
| Masterpieces, Music & Mansions | 7 days |
| Christmas in the Rockies | 3 days |
| New Years at Manitou Hot Springs | 5 days |
| Cherry Blossom Spring Fling in Washington DC | 9 days |



Cheryl and Taylor Whitehall at the March 21 Art Titan workshop

The Virtual Multigenerational Art Station Titan Class was generously provided by the Denver Museum of Nature and Science.

We would also like to thank the United Launch Alliance for sponsoring this class.

See page 22 for information about the July 23 Virtual Sculpt-A-Saurus class.



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 55 years. We welcome you to learn more about our exceptional services.

Independent Living, Assisted Living and Memory Care Apartments are available. Call 303.499.4888 for an appointment and tour.



FRASIER

350 Ponca Place | Boulder, Colorado
frasiermeadows.org

Creating connections. Honoring lives. Embracing possibilities.

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

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