

REGISTRATION FOR WINTER 2015-16

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

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

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

Refund & Cancellation Policies

Classes and Activities: If you cancel an activity or class three or more business days prior to the event, full credit will be placed on the household account or a full refund given according to the initial method of payment. If a refund check is requested instead of a household credit, please allow two weeks for processing. If you cancel an activity or class fewer than three business days prior to the event, no refund will be given.

A credit balance on the household account may be used to pay for other activities or events in the magazine. If the household credit isn't used within six months, a refund will be issued according to the initial method of payment.

Day Trips: If you cancel a trip ten or more business days prior to the trip, full credit will be placed on the household account or a full refund given according to the initial method of payment. If a refund check is requested instead of a household credit, please allow two weeks for processing. If you cancel a trip fewer than ten business days prior to the trip, no refund will be given.

Overnight Travel: Please refer to specific trip itinerary for Leisure West Tours and Cruises refund policies.

Massage and Reflexology: See page 30 for policy.

Encore Membership Policy-Trips, Classes and Programs:

Except where noted, the participant must be an active Encore member at the time of an event in order to register at the Encore price. Please be certain to enroll or renew the membership now to be eligible for the winter sessions.

- Be sure your registration form is accurate and complete. Incomplete forms take much longer to process.
- For courses and activities with a high level of interest, there is no guarantee of enrollment. A waitlist is available in these situations.
- Payment must be made at the time of registration. Make your check payable to "City of Boulder." Cash, Visa, Master Card, American Express and Discover are all accepted.
- Confirmation receipts are emailed upon registration. Please notify the front desk reception if you would like the receipt mailed.
- A \$25 fee will be charged for returned checks.
- All programs are subject to cancellation if minimum enrollment numbers are not met.
- If an activity or class is cancelled by Senior Services, you will receive a full refund according to the initial method of payment. Note: Except for day trips, a credit may be requested.
- A household account credit will be given instead of a refund check for amounts less than \$10.

Acknowledgement of Risk/Waiver of Liability

By registering for 2015-16 programs, I acknowledge that the activities carried on in these programs carry certain risks. These risks may include, but are not limited to, heart attack, stroke, circulatory problems, bone and joint injury, back injury, muscle strain and other muscle injuries, foot problems, head, neck and spinal injuries, altitude sickness, and heat stroke and heat exhaustion. I have independently reviewed and evaluated the risks and determined to engage in the programs with full knowledge and acceptance of the risks. If I choose to depart from the program itinerary I will inform the leader and release the City of Boulder from all liability; and participation in any program may be suspended until further notice. I may be photographed while utilizing the facility, or while participating in the City of Boulder's programs, and said photographs, or likeness of me, may be used to publicize activities as the city deems appropriate. I am aware of the activity level that is required of these programs and I believe that I am physically fit enough to participate.

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

WHERE TO REGISTER

West Senior Center

909 Arapahoe Ave.
Boulder, CO 80302
303-441-3148
Fax: 303-441-4149
Hours: 8 a.m. to 5 p.m.

East Senior Center

5660 Sioux Drive
Boulder, CO 80303
303-441-4150
Fax: 303-413-7495
Hours: 7:30 a.m. to 4:30 p.m.

Online:

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

REGISTRATION FORM

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

Name: _____	Subtotal	
Phone Number: _____	Credit	
Address: _____	Total	
City: _____		
Email: _____		
Receipt emailed to you instead of by traditional mail? YES or NO		
City of Boulder Resident? YES or NO		
Payment: Check or Money Order Payable to: City of Boulder		
Visa MasterCard AmEx Discover Card Number: _____ Expiration Date: _____ CCV Number _____ Signature: _____		

Encore Membership? YES or NO Expiration _____

Please let us know your Emergency Contact:
 Name: _____
 Phone: _____

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

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

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