

Boulder Senior

BoulderSeniorServices.com

Services

Programming for
Older Adults in
January, February
and March

Registration

Encore: Dec. 6
General: Dec. 8

Holiday Closures

New Year's Day:

Jan. 2

MLK Day:

Jan. 20

Presidents Day:

Feb. 20

PROGRAM GUIDE

WINTER 2017

BOULDER SENIOR SERVICES

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Cover photo:

Sam Sirkin regularly plays pool at the West Senior Center. Sam also helps with upkeep and care of the center's pool table.

HOLIDAY CLOSURES

New Year's Day

Monday, Jan. 2

Martin Luther King Jr. Day

Monday, Jan. 16

Presidents' Day

Monday, Feb. 20

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

Program Coordination Classes and Trips

Tracy Prioste 303-441-3915

Customer Service Representatives

Jay Allen, DeLana Gorski, Pete Lundskow,
Clara Castro

West Senior Center 303-441-3148

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

SENIOR CENTER INFORMATION



West Senior Center

8 a.m. to 5 p.m.
Monday – Friday

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

Café Classico

Lunch, 11:30 a.m. to 12:30 p.m.,
Monday – Friday, \$6.00
Tuesday Night Dinner, 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.

Parking at West Senior Center

Parking is free for West Senior Center visitors. Day passes are available at the front desk. Annual parking passes are also available with your driver's license and vehicle registration..

Customers parking at the West Senior Center 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 and be participating in activities at the Senior Center. 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.



East Senior Center

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

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

Room Rentals

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

Age Guidelines:

Individuals may participate in Senior Services programs at age 55. Senior Resources consultations are available for those ages 60 and up and their family members.

A caregiver for an older adult may register at the same time as the older adult and pay the same fee.

Assistive Listening Devices

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

Wheelchair Accessible

Our facilities are ADA compliant. Wheelchairs are available for use upon request. Please notify staff in advance.

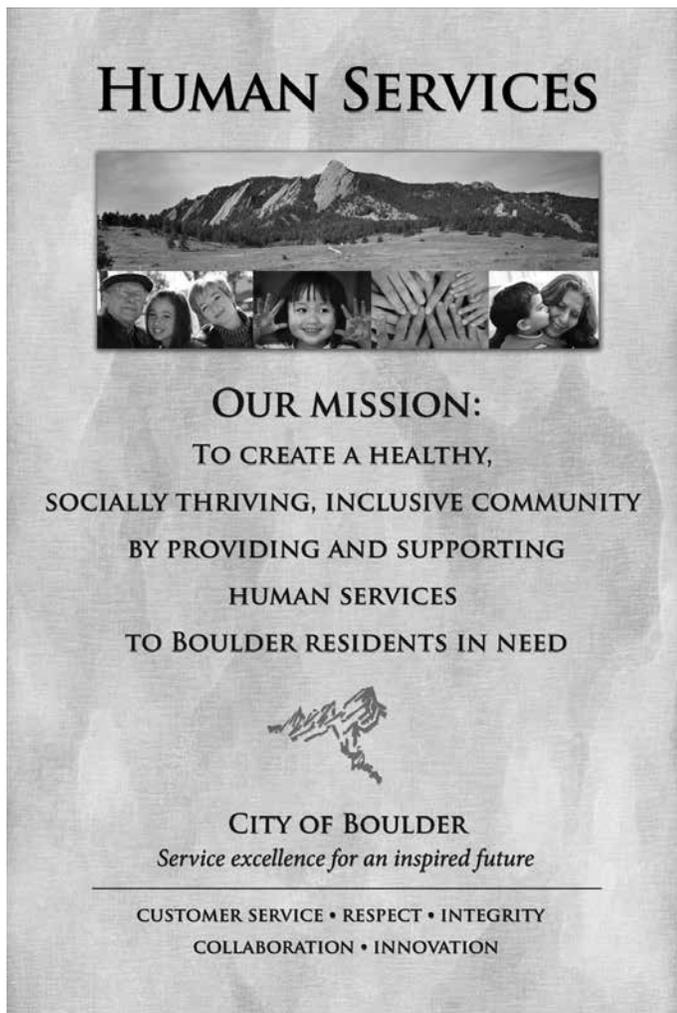
Reduced Rate Eligible



Boulder Senior Services offers a selection of programs and trips that qualify for Reduced Rate. See page 9 for more information.

BOULDER HUMAN SERVICES INFORMATION

City of Boulder Department of Human Services



The Human Services Department comprises these work areas:

- Community Relations
- Family Services
- Human Services Planning and Administration
- Senior Services

Senior Services Mission:

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

In accordance with the Civil Rights Act, the City of Boulder prohibits discrimination against its customers, employees and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, marital status, familial status or sexual orientation.

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 Community Protection Division 303-441-3700 or the Attorney General's office, 303-866-5225/Spanish, 303-866-4828 with questions.

Weekly Newsletter

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

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

THE ENCORE PROGRAM FOR ACTIVE ADULTS

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

Encore Fees:

Resident/Non-Resident..... \$20/\$25 Individual
..... \$10 second person at same address

REGISTRATION FOR WINTER 2017

- Encore member registration begins Tuesday, December 6.
- Non-Encore member registration begins Thursday, December 8.
- 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 or other advertised programs. If the household credit isn't used within six months, a refund will be issued according to the initial method of payment.

Day Trips: If you cancel a trip ten or more business days prior to the trip, full credit will be placed on the household account or a full refund given according to the initial method of payment. If a refund check is requested instead of a household credit, please allow two weeks for processing.

If you cancel a trip fewer than ten business days prior to the trip, no refund will be given.

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

Massage and Reflexology: See page 28 for policy.

Encore Membership Policy: Trips, Classes and Programs:

Except where noted, the participant must be an active Encore member at the time of an event in order to register at the Encore price. Please be certain to enroll or renew the membership now to be eligible for the 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 2017 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. I further agree to indemnify, hold harmless and defend the City of Boulder and its officers, agents, employees and authorized volunteers from any and all claims by other parties resulting from injuries, damages, and losses caused by me arising out of, connected with, or in any way associated with the activities of the program.

WHERE TO REGISTER

West Senior Center

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

East Senior Center

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

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

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

Human Rights Office – Discrimination and Failure to Pay Wages

303-441-4197

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

Social Security Office

1-800-772-1213

Veterans Services

303-441-3890

Via Mobility Services

303-447-2848

Workforce Boulder County

303-413-7555

COMMUNITY SERVICES AND RESOURCES

Boulder Seniors Foundation



Senior Wisdom

"Aging is an extraordinary process whereby you become the person that you always should have been." ~David Bowie

**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

It is a challenge for fixed-income seniors to maintain sustainable housing as costs for everything keep rising each year. The need for financial assistance from the foundation has been growing by leaps and bounds as Boulder has become a more expensive place to live. Consequently, the foundation is in need of donations and bequests from supporters like you. BSF is a 501(c)3 charity and your contributions are tax deductible. Every contribution to our cause is greatly appreciated! For more information on the foundation and how you can help, please visit our website www.sites.google.com/site/boulderseniorsfoundation/.

Senior Services Thanks:

- ♥ Laura Moore of Warren Carlson & Moore, and Sara Jones of Vincent Romeo & Rodriguez for volunteering their legal expertise to our Legal/Will Clinic in October
- ♥ Lisa McRoberts of First National Denver (Boulder branch) for providing notary services during the clinic
- ♥ Brett Landis of Boulder County Legal Services for her volunteer time
- ♥ Jennifer Fischer and Janaki LeFils of Senior Reach for their time, knowledge and skills in presenting talks every second Tuesday on mental health topics.
- ♥ Alzheimer's Association
- ♥ Boulder Seniors Foundation
- ♥ Peter Lynch for presenting the Art and Spirituality series.

Helping Boulder's Seniors



Rob Luneburg has been a member of the foundation's Board of Directors for the past year and working hard to see that our funds are invested well.

The Boulder Seniors Foundation works in partnership with Boulder Senior Services to assist low-income seniors 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 senior citizens. Did you attend the Irena Sendler and Eleanor Roosevelt "Chautauquan Series" programs? Hopefully we can continue to sponsor more programs like these.

BSF has been working very hard to spread the word about our organization and the good things we do with the money donated to us. Did you see our booth at the Jaipur Literature Festival at the Boulder Public Library on September 24th and 25th?

MEALS ON WHEELS

Meals on Wheels of Boulder

We're so proud to be part of such a generous community as Boulder. Each year at this time, the outpouring of support reminds us of our caring, concerned neighbors who have a history of seeing a need and jumping in to help. Surprisingly, there are people of all ages right here in Boulder, confined to their homes, who are lonely and malnourished, whose outlook for recovery may not be very good. For many of our neighbors, there is not even the hope of a hot meal to bring comfort during the holiday season or indeed at any time during the year. In some cases there aren't even loving words or caring visits from kind family members to break the loneliness.

Meals on Wheels of Boulder has been providing sustaining care to people in Boulder for 41 years – more than two million meals! We are dealing with the long-term, sometimes tedious battle of providing for those in Boulder who need a hot meal and a friendly visit to help them keep going — day in and day out, this week, this month, and this year. And we're here for all our neighbors, regardless of age or ability to pay.

Café Classico

Take a break for lunch at Café Classico, served weekdays 11:30 a.m. to 12:30 p.m., only \$6 per person. We offer a salad bar daily and a variety of tasty dishes all week long. Tuesday evenings, enjoy dinner at 5:30 p.m. for \$7 per person. Please call 303-441-3148 for reservations. Our monthly menus are posted online at www.mowboulder.org

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.

SENIOR SERVICES RESOURCES AND PARTNERSHIPS

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.

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 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.

Boulder Co. Legal Services (BCLS)

BCLS is available by appointment the first and third Tuesday of each month from 1 to 4 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.

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.

5682	East Senior	M, 8:30am to 12:30pm	Jan. 9, Feb. 13 Mar. 13
Fee	Free		

Medicare Basics Class

Free monthly classes are offered by Boulder County Area Agency on Aging Medicare Counselors for anyone wanting to understand the fundamentals of the Medicare program. Information is provided about Medicare eligibility, enrollment, benefits, costs, plan choices, and prescription medication coverage. Classes are held the first Thursday of every month unless it falls on a holiday, in which case the class will be held the following Thursday. Call 303-441-1546 to register.

5814	East Senior	Th, 2pm to 4pm	Jan. 5, Feb. 2, Mar. 2
Fee	Free		

AARP Tax Aide

The AARP Foundation Tax-Aide Program will offer free tax preparation and assistance on Tuesdays and Thursdays beginning Feb. 2 through April 13, 2017, at the West Senior Center. The program serves taxpayers with low and middle incomes with an emphasis on older adults, and is supported through a partnership with the IRS and the AARP Foundation. Returns will be prepared by appointment only. To make an appointment, call 720-475-6639 after Jan. 3, 2017. Appointments fill up quickly and can last several hours. Participants need to remain present for the entire process. If you have additional questions, please call 303-440-8104.

5878	West Senior	T/Th, 8am to 2pm	Feb. 3 – Apr. 13
Fee	Free		

ONGOING ACTIVITIES

Volunteer-Led Groups

Group	Contact	Center	Meeting Day	Time
Partner Duplicate Bridge	Mike, 303-666-6348	West	Mondays	12:45-4pm
Rubber Bridge	Alice, 303-494-8050	East	Mondays	12:30-4pm
Table Tennis	Richard, 303-652-6524	East	Mondays	1:15-3:15pm
American Mah Jongg	Beth, 303-530-7565	East	Mondays	1-4pm
Table Tennis	Anna, 303-402-1620	West	Tuesdays	9:45am-11:45pm
Mah Jongg	Donnie, 303-494-8644	East	Tuesdays	9am-12:30pm
Hand and Foot Canasta	Jean, 303-494-2307	East	Tuesdays	12:30-3:30pm
Creativity Circle	Elsie, 303-545-0007	West	2nd & 4th Wed	10am-noon
Storytelling Circle	Ann, 303-810-2094	West	1st & 3rd Wed	1-2:30pm
Table Tennis	Richard, 303-652-6524	East	Wednesdays	Noon-2pm
Scrabble	Dobbie, 720-583-1744	East	Wednesdays	10am- noon
Chinese Mah Jongg	Bonnie, 303-499-6192	East	Wednesdays	1-3 pm
Table Tennis	Anna, 303-402-1620	West	Thursdays	9:45am-11:45pm
Community Book Club	Debra, 303-440-4148	West	3rd Thu	2-3:30pm
Practice Bridge	Ann, 303-506-4437	East	Thursday	12:45-4pm
World Affairs Discussion	George, 303-442-3979	West	Thursdays	9:30-11:30am
Write On! Writers Group	Jacqui, 303-447-2931	East	2nd & 4th Thu	1:30-3pm
N.A.R.F.E.	Zdenka, 303-444-8547	West	1st Fri	1-2:30pm
Table Tennis	Richard, 303-652-6524	East	Fridays	1-3pm
Texas Hold'em	Brenda, 303-499-3763	East	Fridays	1:30-3:30pm

Community-Sponsored Support Groups

Group	Contact	Center	Meeting Day	Time
Low Vision Support Group	C.P.W.D., 303-442-8662	West	4th Mon	1-2pm
Alzheimer's/Dementia Caregiver Support Group	Alz.org, 800-272-3900	East	2nd Tue	11am-12:30pm
Low Vision Support Group	C.P.W.D., 303-442-8662	East	2nd Wed	1-2pm
Men's Support Group	M.H.P., 303-413-6377	West	1st & 3rd Wed	10:30am-noon
Women's Support Group	M.H.P., 303-413-6377	West	Wednesdays	2-3:30pm
Widowed Persons Support Group	TRU Care, 303-530-4542	East	4th Wed	10am- noon
Women's Support Group	M.H.P., 303-413-6377	West	Thursdays	1:30-3pm
Alzheimer's/Dementia Caregiver Support Group	Alz.org, 800-272-3900	East	1st Thursdays	Noon-1:30pm
This Full House	Sr. Res., 303-441-4388	East	2nd Thursdays	3-4:30pm
Caring for Your Aging Parent	Jodi, 303-415-1025	East	2nd Thursdays	5:30-7pm

FOOD TAX REBATE

Each year, the City of Boulder provides rebates to help compensate lower-income residents for the city sales tax they pay on food. Those eligible for the program include low-income seniors aged 62 or older for the entire 2016 calendar year; low-income persons with disabilities; and low-income families with children under 18 years of age in the household for the entire 2016 calendar year. Those seeking a rebate must fill out an application documenting their eligibility.

Applications can be picked up starting Monday, March 1, 2017 from 8 a.m. to 4 p.m., Monday through Friday, at the West Senior Center, 909 Arapahoe Ave., the East Senior Center, 5660 Sioux Drive, and Boulder Housing Partners, 4800 North Broadway. Applicants from 2016 who applied for the 2015 rebate will automatically receive an application in the mail.

Applications must be dropped off no later than 4 p.m. Tuesday, June 30, 2017 at the West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302 or postmarked by Tuesday, June 30, 2017. For more information, call the Food Tax Rebate Program Manager at (303) 441-1836 or visit www.boulderseniorservices.com.

Programa de Reembolso del Impuesto a las Ventas de Alimentos

Cada año la ciudad de Boulder proporciona rebajas para ayudar a compensar los residentes de bajos ingresos para el impuesto que pagan por los alimentos. Los elegibles para el programa incluyen los ancianos de bajos ingresos de 62 años o más durante todo el año calendario 2016; personas de bajos ingresos con discapacidades; y familias de bajos ingresos con niños menores de 18 años de edad en el hogar durante todo el año 2016. Las personas que buscan un reembolso deben llenar una solicitud que documenta su elegibilidad.

Las solicitudes pueden ser recogidas a partir del lunes, 01 de marzo de 2017 de 8 a.m. a 4 p.m., del lunes al viernes, en el West Senior Center (El Centro Oeste Para el Adulto Mayor), 909 Arapahoe Ave., el East Senior Center (El Centro Este Para El Adulto Mayor), 5660 Sioux Drive y Boulder Housing Partners, 4800 North Broadway. Los candidatos a partir de 2016 que solicitaron la rebaja de 2015, recibirán automáticamente una solicitud en el correo.

Las solicitudes deben ser devueltos no más tardar del martes, 30 de junio 2017 en el West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302 o mataselladas el martes, 30 de junio de 2017. Para obtener más información, llame la especialista de recursos bilingüe, Karla Garcia, 303.441.7494, o visite www.boulderseniorservices.com

Get Acquainted! West

Get acquainted with others who are new to the area, new to Senior Services, or interested in making new connections with others. Join us to learn more about the many opportunities and resources offered through our East and West Senior Centers. Facilitated by Senior Services staff members. There is no charge, but please pre-register to reserve your space.

5841	West Senior	W, 10am to 11:30am	Jan. 4
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Get Acquainted! East

Get acquainted with others who are new to the area, new to Senior Services, or interested in making new connections with others. Join us to learn more about the many opportunities and resources offered through our East and West Senior Centers. Facilitated by Senior Services staff members. There is no charge, but please pre-register to reserve your space.

5842	East Senior	M, 3pm to 4:30pm	Feb. 27
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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. Jan. 2 meeting scheduled on Jan. 9 due to holiday. Presenter: Reva Tift, M.A.

5711	West Senior	M, 10:30am to Noon	Jan. 9, Feb. 6, Mar. 6
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This Full House

This Full House is a discussion/support group for people who have accumulated various items over the years and want to discuss practical ways to de-clutter, streamline, and organize. 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. Registration is free, and requested. Call 303-441-4388 for more information or call 303-441-4150 to register.

5747	East Senior	Th, 3pm to 4:30pm	Jan. 12, Feb. 9, Mar. 9
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SENIOR RESOURCES SEMINARS

Easing the Stress of Paying for Long Term Care

In this program participants will explore how to strategize when paying for long term care. Subjects such as protecting savings and retirement income, as well as planning for heirs will be discussed. Presenter: Michael Homier is an attorney and owner of ViCare Solutions. ViCare Solutions was founded to provide assistance to individuals and their families when facing long-term care costs.

5843	West Senior	F, 12:30pm to 1:30pm	Jan. 20
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Reverse Mortgages - What You Need to Know

This workshop will feature a HUD-certified reverse mortgage counselor who will lead a discussion about the facts of reverse mortgages, their costs, as well as the advantages and disadvantages of these types of loans. The workshop will also include an update on recent loan changes including non-borrowing spouses and disbursement limits. Program sponsored by Boulder County Housing and Human Services.

5845	West Senior	W, 1pm to 2:30pm	Feb. 1
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AARP Life Reimagined Check-up

This interactive workshop will provide participants with the tools needed to explore the next phase in the life journey. Areas covered include purpose, confidence, inspiration and direction to turn possibilities into realities. Program sponsored by AARP.

5839	West Senior	W, 1pm to 2:30pm	Mar. 1
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AARP Financial Resilience

This seminar will provide participants with the tools needed for financial resiliency. Whether still working or receiving Social Security, participants will receive advice about collecting benefits, increasing savings, and reducing costs. There will also be information on AARP's advocacy during the 2016 state legislative session. AARP has worked with the state legislature in 2016. Program sponsored by AARP.

5840	West Senior	M, 10am to 11am	Mar. 13
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Transportation 101: Options for Travel

Become informed on the various transportation providers that serve Boulder County and the surrounding area. Participants will learn how to choose which providers are best for specific trips. Options include B-Cycle, eGo CarShare, Via Mobility Services, multi-use path system and transit pass programs. A Q & A will follow. Speaker: Chris Hagelin City of Boulder Senior Transportation Planner and VIA Customer and Community Services Coordinator

5816	East Senior	Th, 10 to 11:30am	Mar. 16
Fee:	Free		

Adapting to Vision Loss

This presentation will explore various vision disorders and their effects on those who live with them. Discussion topics will include safety issues, treatments, and resources available to help people accomplish tasks and remain independent and active. Program sponsored by Enight Skills Center, Inc.

5844	West Senior	W, 10am to 11:30am	Mar. 22
Fee:	Free		

How To Register For Activities Online



Online registration is new and improved! You are always first in line when registering online, available 24 hours a day from the comfort of your own home. As of Nov. 14 Boulder Senior Services began using the new system ACTIVE NET to manage program registrations, memberships, customer accounts and transactions. Not only will you be able to pay for an activity, you will be able to see your account history online. Staff are here to assist you step by step with this new process of registering for activities online.

5943	West Senior	W, 9 to 10am	Jan 4
Fee:	Free		

**ALZHEIMER'S ASSOCIATION
EDUCATION**

Legal & Financial Planning for Alzheimer's

This workshop on legal and financial planning is specifically designed for anyone who is affected by Alzheimer's disease or dementia. It is never too early to explore legal and financial issues when dealing with Alzheimer's or dementia and to consider how to put those plans in place. for legal and financial planning is now. Course sponsored by the Alzheimer's Association. Free, registration recommended.

5836	West Senior	Th, 1:30pm to 3:30pm	Feb. 2
Fee:	Free		

Understanding & Responding to Dementia Behaviors

This program will teach participants how to decode common behavioral messages, identify common behavioral triggers, and learn intervention strategies when interacting with individuals with Alzheimer's or dementia, because behavior is one of the most powerful and primary ways for people with dementia to communicate their needs and feelings as language is lost. This workshop will be especially helpful for caregivers as some behaviors can present real challenges for caregivers to manage. Course sponsored by the Alzheimer's Association. Free, registration recommended.

5837	West Senior	W, 9:30am to 11:30am	Mar. 15
Fee:	Free		

WORKSHOPS

Aging is a Journey Not a Crisis

This workshop offers individuals an invitation to participate in conscious conversations and experiential activities to explore Aging as a Journey, not a crisis. People are living longer with more options than ever to learn from their life experience. The workshop allows for exploring personal resources, changes and challenges that focus on cultivating lifestyle choices that facilitate aging with grace. No class Feb 20 due to holiday. Instructor: Tari Muir, M.A. Gerontologist

5796	West Senior	M, 1:15pm to 3:15pm	Feb. 6 – Mar. 6
R/NR	\$30 / \$35		

Effective Communication Skills

In this workshop, students will learn how to become better listeners and communicate with confidence. The instructor will also demonstrate tools to effectively handle situations that may seem difficult or impossible. Instructor: Jerry Podgorski, M.A.

5797	West Senior	M, 1:00 to 3:30pm	Jan. 9
R/ NR	\$10 / \$12		

Effective Communication Skills Part 2

In Part 2 of this workshop, students will have a chance to practice newly learned skills from Effective Communication Part 1 as well as learn additional strategies for effective communication and better listening. Instructor: Jerry Podgorski, M.A.

5798	West Senior	M, 1:00 to 3:30pm	Jan. 30
R/ NR	\$10 / \$12		

ENRICHMENT

ARTS AND CRAFTS

Valentine Card Making

Create heartfelt cards for your sweethearts and Valentines. Supplies will be provided to make and take three Valentine-themed cards with envelopes. Please register for this class by January 27th. Minimum registration: 6. Instructor: Jayne Fuller

5793	West Senior	F, 12:45 to 3:45pm	Feb. 3
Fee:	\$14		

Learn to Knit

Learn the basics to begin a new hobby in knitting. Participants will learn how to knit, purl, cast on and bind off. Students will be instructed



on how to make a hand-knit washcloth. Upon completion of this class, join the hand crafters group on Fridays from 10am to noon starting in February. Instructor: Melany Trenary

5789	West Senior	F, 10 to 11am	Jan. 13 – 27
R/NR	\$27 / \$32		

Knit, Crochet and Quilt Hand Crafters - Drop-in

Gather weekly with other fellow hand-crafters to work on your own knit, crochet, and quilt projects. The facilitator can help resolve technical problems or provide inspiration to finish a project that has stalled. Give and get inspiration and advice from other crafters by sharing patterns, ideas and enjoying the company of others. Join for a day, a few days or the entire session, however, please RSVP for this free group by registering. Facilitator: Beth Blair

5792	West Senior	F, 10am to Noon	Feb. 3 – Mar. 31
Fee:	Free		

Paint Like the Masters

Take your inner artist to new levels and paint a different plate each week inspired by famous works of art by some of the great masters such as Monet, Van Gogh, Picasso, Matisse, and O'Keefe. Step by step instruction provided by Color Me Mine staff.

5794	West Senior	M, 9:30 to 11:30am	Feb. 27 – Mar. 6
R/NR	\$34 / \$39		

Fruity Bowls

Vibrant and colorful fruit is the inspiration for this ceramics class. Using new techniques each week, participants will create decorated fruit bowls. At the end of the series, students will have a collection of three complementary bowls. Step by step instruction provided by Color Me Mine staff.

5795	East Senior	M, 9:30 to 11:30am	Mar. 13 – 27
R/NR	\$51 / \$56		

Post Cards to Earth

This arts-based workshop will take participants outside to explore nature through dance, writing, and crafting to open the senses and connect with nature. Quiet time and reflection is also included in the workshop. Finish by writing and contributing a heart-felt message to Earth that will be part of the Post Cards to Earth project. Instructor: Maren Waldman

5817	East Senior	F, 10am to Noon	Mar. 17
Fee:	\$20		

Healthy Super Skillets

Super healthy, versatile, tasty and fast skillet dishes are a busy cook's way to have it all. One-dish skillet meals also make meal planning easy. Discover the "skillet system" and open the door to inspired, enjoyable and healthy meal making. Free of charge, but limited seats, so please register. Sponsored by the Boulder Seniors Foundation and Meals on Wheels. Instructor: Mary Collette Rogers

5799	West Senior	W, 2pm to 4pm	Mar. 22
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Intro to iPhone and iPad Part 1

This beginner to entry level course will help participants understand the key functions of the iPhone and iPad. Instruction includes use of home screen icons, apps, phone contacts, email, texting, Facetime, basic Internet browsing using Safari, navigating Settings including accessibility settings. Instruction is through demonstration but students are encouraged to bring their devices to follow along and practice. Instructor: Diana DeBrohun

5818	West Senior	Th, 9:30am to 11:30am	Jan. 12
Fee:	\$15		
Individual Assistance for iPhone & iPad - Part 1			
5939	West Senior	Th, 9:30am to 11:30am	Jan. 19
Fee:	Free		

Intro to iPhone and iPad- Part 2

Part 2 will build on the basics learned in Part 1. This class will cover taking and sharing photos and videos, using the Siri voice assistant, iTunes and music apps, using iCloud, and popular apps for older adults. Instruction is through demonstration but students are encouraged to bring their devices to follow along and practice.

5819	West Senior	Th, 9:30am to 11:30am	Jan. 26
Fee:	\$15		
Individual Assistance for iPhone & iPad - Part 2			
5940	West Senior	Th, 9:30am to 11:30am	Feb. 2
Fee:	Free		

Using Apps for Your Smart Phone & Tablet

Mobile apps for smartphones and tablets can be fun and convenient. They are easy to download and often free. This class will explore mobile app basics for both Apple and Android devices and will include an overview of popular apps for older adults as well as cost and safety issues to consider such as the type of information apps may gather from your device. Instructor: Diana DeBrohun

5820	East Senior	Th, 9:30am to 11:30am	Feb. 9
Fee:	\$15		

Which Computer Should I Buy?

This class will provide an overview of popular features on mobile computers: laptops, tablets and smartphones. Explore specific devices (brands/models) popular with older adult users. Use an assessment tool to help determine which device will best fit your personal digital needs. This class is demonstration style, and a handout will be provided. Instructor: Diana DeBrohun.

5821	East Senior	Th, 9:30am to 11:30am	Feb. 23
Fee:	\$15		

Explore Social Networking

Learn how to stay connected with online social networking. This workshop serves as a great introduction to the most popular online social networking sites including Facebook, Twitter, Pinterest, LinkedIn, Meetup, and more. A handout will be provided.

5822	East Senior	Th, 9:30am to 11:30am	Mar. 9
Fee:	\$15		
Individual Assistance with Social Networking			
5941	East Senior	Th, 9:30am to 11:30am	Jan. 19
Fee:	Free		

Get Started with Social Networking

Facebook provides an excellent way to stay connected to family and friends online. 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, online chatting and managing personal privacy settings. Participants are welcome to bring their smartphone, tablet or laptop to follow along, but a device is not required. A handout will be provided.

5823	West Senior	Th, 9:30am to 11:30am	Mar. 23
Fee:	\$15		

ENRICHMENT

CARD GAMES

Play of the Hand Bridge

The focus of this class is on declarer's play. Participants will learn methods of developing tricks, eliminating losers, and planning their play. Each lesson has a review of a bidding principle and a guideline for the defense. Some knowledge of basic bridge concepts is needed. After this class students should have more success as declarer. A \$10 Material fee is paid to the instructor on the first day of class. Instructor: Sandy Koller

5829	East Senior	W, 10am to 12:30pm	Jan. 11 - Mar. 15
R/NR	\$55 / \$65		

Duplicate Bridge Strategies Intermediate & Advanced

Duplicate Bridge Strategies for Intermediate and Advanced Bridge Players Beginning with an introduction to match-point scoring, this course emphasizes the basic principles and strategies of Tournament Bridge. Because this is a fairly intensive course, participants should contact the instructor prior to registering if they are unsure of their qualifications. Contact Front Desk staff for instructor's contact information. Instructor: David Corbin, ACBL accredited, Silver Life-Master.

5830	East Senior	T, 12:30pm to 4pm	Jan. 17 - Mar. 21
R/NR	\$50 / \$60		

Beginning Bridge 1

This class is an introduction to the challenging and fun game of Bridge. Students will learn bidding, the play of the hand, basic bridge mechanics and vocabulary, suit and no-trump bids, and responses to those bids as well as scoring and opening leads. Instructor: Gerald Mitchell (Mitch), ACBL certified Teacher, Director and Club manager

5827	East Senior	T, 1:30pm to 3:30pm	Jan. 24 - Mar. 28
R/NR	\$55 / \$60		

CHAUTAUQUAN SERIES

Step back in time and relive exciting periods in history through this entertaining living history program sponsored by the Boulder Seniors Foundation. This winter the Chautauquan Series highlights Abe Lincoln and Clara Barton.

Abe Lincoln

Step back in time and hear John Voehl, as Abraham Lincoln, deliver his 2nd inaugural speech. A speech that was unique in all of



USA history. A victory speech was expected, yet Lincoln details what he has learned; a higher deity was right and both North and South were wrong. Abe uses humor as a tonic for his own melancholy and humor was a strong tool to impart his message.

5838	West Senior	F, 12:45pm to 1:45pm	Feb. 24
Fee:	Free		

Clara Barton

Travel back to the late 1880s and meet Miss Clara Barton, a well-known nurse, but also a public speaker. She was dubbed "the Angel of the Battlefield" during the Civil War. During this performance she defines her role as filling the gap "between the bullet and the hospital."



Her activities after the war were significant as well, as she served under the International Red Cross and founded the American Red Cross. Hear Clara's tribute to those who served in our armed forces and their families.

5790	West Senior	W, 12:45pm to 1:45pm	Mar. 29
Fee:	Free		

SEMINARS

SPECIAL EVENTS

Contemplative Living

Participants will meet the first and third Thursday of each month to discuss the writings of Thomas Merton and his contemporaries in order to discover how they relate to their own experiences of being more present moment-to-moment. Come with an open mind and a willingness to share. Registration is requested. Facilitator: James Kettering

5791	West Senior	Th, 10am to 11:30am	Jan. 5 – Mar. 16
Fee:	Free		

Wolves

Join Education and Outreach Coordinator Jean Koszalka for a slide show presentation to learn about wolves and their reintroduction into the Yellowstone area in the 90s. We will look at their physical characteristics, discuss some of the myths around wolves, and we will learn why they are an important member of the Yellowstone Ecosystem. Instructor: Open Space and Mountain Parks staff Jean Koszalka



5831	West Senior	T, 10am to 11:15am	Jan. 17
Fee:	Free		

Who Are the Owls?

Owls have been regarded with fascination and awe throughout recorded history and across many cultures. Over half of the owls recorded in the U.S. have been seen in Boulder County, and most of those owls nest here. Join volunteer naturalists for a slide program to explore these fascinating creatures, and to learn about the special adaptations that make them expert hunters. Instructor: Boulder County Parks and Open Space Volunteer Naturalists



5832	West Senior	W, 9:30am to 11am	Mar. 8
Fee:	Free		

Intergenerational Memento Plate

An art event for parents, grandparents, and children in K-6th grade. Join this workshop while school is on break. Capture the precious handprints of loved ones that will last a lifetime. Using handprints as flowers, create a garden of memories on a plate. Step-by-step instruction will be provided. The non-toxic paint for use on the ceramic plate is food, dishwasher, and microwave safe. Participants can pick up their finished plate at Color Me Mine.

5815	West Senior	F, 10am to 11am	Feb. 10
Fee:	\$5		

Variety of Theatrical Performances

Come for an afternoon of several short theatrical performances. *The Blooming of Ivy* is a heartwarming and humorous play about the relationship between a widow and a widower who happen to be neighbors. A winner of "Best American Short Plays," in *Steering Into the Skid*, Tim and Amanda have been married for over 40 years when they take a drive across the United States. An insightful treatment of memory loss and the complexities of a caregiving relationship. A winner at the National Memory Care Festival presented by VIVA. The afternoon of performances closes with the opening act of *One Billion Rising*, a dance demonstration in support of ending violence towards women. This demonstration is performed by Judy Kreith's dance students.

5801	East Senior	T, 2:30pm to 3:45pm	Feb. 14
Fee:	Free		



Meet our four pilots from the recent Amelia Earhart Chautauquan Event: Jane Crabtree, Joyce Bowen, Delores Risberg, Irene Wacknagel

ENRICHMENT

HISTORY BEHIND THE HEADLINES

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

Poetry and Song

Professor Elissa Guralnick, emerita from CU Boulder's Department of Musicology, will discuss several short songs that translate the original poems faithfully, reflecting not just the meaning of the words, but also the music inherent in them. Speaker: Professor Elissa Guralnick emeritus



5824	East Senior	T, 10am to 11am	Jan. 24
Fee:	\$5		

Iona Island, Remote but Central

The small island of Iona in the Scottish Hebrides played a large role in Scottish history. In the late 900s it became a spiritual center for the New Kingdom of the Isles. Through visual images, music, and poetry, speaker Douglas Burger will explore this distinctive history. Speaker: Professor Douglas Burger emeritus



5826	East Senior	M, 10am to 11am	Mar. 13
Fee:	\$5		

Philosopher Writes Children's Books

Professor Claudia Mills, emerita from CU Boulder's Philosophy Department and author of almost 60 books for young readers, will explore what children's literature and Plato have in common. She will share how she navigates the territory between philosophy and literature as well as the challenge of crafting stories about the everyday lives of third, fourth, and fifth graders that include ethical and philosophical dimensions. Speaker: Professor Claudia Mills emeritus



5825	East Senior	T, 10am to 11am	Feb. 28
Fee:	\$5		

ACTIVE MINDS FOR LIFE



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

Presentations at West Sponsored by



Putin's Russia

Having influenced the country far beyond the term of his first official Presidency and now having returned to the role and consolidated his power, Vladimir Putin's leadership of Russia suggests a return to an authoritarianism that, for some, feels similar to the days of Soviet control and the Czars of old. Join Active Minds as we examine the story of Russia under the influence of Vladimir Putin.

5866	East Senior	M, 3pm to 4pm	Jan. 23
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Brazil

The political leadership of South America's largest country has been plunged into turmoil with the recent impeachment of the country's first female President Dilma Rousseff on charges of corruption. Also implicated is her predecessor and architect of Brazil's recent political and economic evolution Luiz Inácio Lula da Silva. Join Active Minds as we explore Brazil's emergence as a young democracy with a growing economy and how these developments may influence its future.

5868	East Senior	M, 3pm to 4pm	February 27
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Oil

Over the past couple years, the price of oil has gone from over \$100 per barrel to, at times, less than \$30 per barrel. This has had profound effects all over the world. Join Active Minds as we explore the causes and consequences both positive and negative. We will cover the role of China, the impact on Fracking and the oil sector in the U.S., as well as the role of OPEC in addressing the fluctuating price of this commodity so crucial to the global economy.

5870	East Senior	M, 3pm to 4pm	Mar. 27
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Venezuela

Venezuela is in crisis. There is not enough food, let alone other goods. Hospitals are crumbling and the health care system is completely broken. Electricity blackouts have become routine and crime is rampant. Join Active Minds as we explore how this once promising economy and evolving democracy has struggled. We will look at how the price of oil, the policies of the late President Hugo Chavez, and other factors converged to create this perfect storm and explore what the future holds for this important South American country.

5865	West Senior	M, 11am to Noon	Jan. 9
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Chocolate

The story of chocolate is a rich tale indeed. It involves aristocracy and slavery, innovation and coincidence. Pivotal roles were played by both Christopher Columbus and Hernando Cortéz. Join Active Minds as we describe how extremely bitter cacao beans are transformed into one of the world's most sought-after flavors and tell chocolate stories such as the rise of the luxury chocolate industry in Switzerland and the origins of the Hershey company.

5867	West Senior	M, 11am to Noon	Feb. 13
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Eleanor Roosevelt

As the longest-serving First Lady of the United States, Eleanor Roosevelt was both outspoken and, at times, quite controversial. Join Active Minds as we examine her life and the impact it had on important causes such as human rights and the successful launch of the United Nations.

5869	West Senior	M, 11am to Noon	Mar. 13
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DAY TRIPS

HELPFUL TIPS FOR DAY TRIPS

All trips will leave from the East Community Center, located at 5660 Sioux Drive in Boulder, unless otherwise noted. For Monday through Friday trips, check in with the trip escort in the lobby of the Senior Center. For weekend trips, check in with the trip 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

- For individuals with a disability or functional limitation, please let us know when you register if you will need accommodations. We will try our best to comply. Please ask before registering if you have questions about the physical demands of the trip.

- 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. 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 for wheelchairs.

RTD Ski Bus to Eldora Drop-in

RTD Senior Ride is offering RTD bus transportation on Tuesdays beginning January 3 and continuing through March 28, 2017. The cost for the round-trip RTD Senior Ride trip to Eldora is \$4.50 for those 65+ years and \$10 for all other ages. Please bring exact money, driver does not have change. The buses will pick up at the East Boulder Community Center promptly at 9:30 a.m. No reservations are required. Park in the parking lot near the soccer field, west of the tennis courts. The bus will leave from Eldora promptly at 2:15 p.m. for return to the East Boulder Community Center. Purchase your own ski ticket upon arrival to Eldora. If you have any questions regarding this program, please call RTD Special Services Technician Carolina Lara 303-299-6567.

Parking lot near the soccer field, west of the tennis courts.	T, 9:30am to 3pm	Jan. 3 – Mar. 28
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Ski Bus to the Mountains

Travel in style on a Colorado Coach bus with outdoor enthusiasts from Longmont, Boulder and Lafayette. Enjoy a day skiing in the high country; a different ski resort is offered each day. Trip will proceed in all-weather unless interstate 70 is closed by the department of transportation. You will be responsible for purchase of your own lift tickets.

Departure Location: Jax Lafayette Outdoor Gear 900 South Highway 287, Lafayette

Depart: 8:30 a.m. **Return:** 5:00 p.m. **Cost:** \$34.00 for the bus. Cancel by Friday before trip date for full refund. Registration will open Nov. 18, 2016. Advanced registration required by calling Longmont Senior Center 303-651-8411

Dec. 6 - Loveland Ski Area

Dec. 13 - Keystone Ski Area & Keystone Nordic Center

Jan. 10 - Breckenridge Ski Area & Frisco Nordic Center

Jan. 24 - Copper Mountain Ski Area & Frisco Nordic Center

Feb. 7 - Winter Park Ski Area & Devils Thumb Ranch Nordic Center

Feb. 21 - Arapahoe Basin & Keystone Nordic Center

Jax Lafayette Outdoor Gear 900 South Highway 287, Lafayette	T, 8:30am to 5pm	Dec. 6 – Feb. 21
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Arias and Ensembles

Arias and Ensembles at Lone Tree Arts Center Performed by Opera Colorado's Young Artists, this delightful concert-style program features highlights from operatic and musical theater repertoire. Selections are performed as they would be on stage but without sets and costumes, creating an intimate and engaging experience. The program ends with a Q & A session which gives the audience a unique insight into the world of opera by talking with the performers. Fees include Senior Services transportation, escort, admission to the performance and refreshments at the theatre. Lunch is on your own at Pappadeaux Seafood Kitchen.

Minimum registration by December 19.

5846	East Senior	W, 10:15am to 4:30pm	Jan. 11
R/NR	\$60 / \$65		

National Western Stock Shows

Experience the National Western Stock Show with Highland Jr. Breeding and Heifer Show, the Steers & Prospect Show, and An Evening of Dancing Horses® which pairs the best equestrian talent with live music from the Denver Brass. Enjoy an evening full of formal dressage, reining, liberty and other talent from around the world. Fees include Senior Services transportation, escort, admission to the performances. Food concessions available on your own. **Minimum registration by Dec 1.**



5849	East Rec	Th, 4:30pm to 10:45pm	Jan. 19
R/NR	\$55 / \$60		

Bowling



Head to the Arvada Bowling alley to try your hand at bowling spares, strikes or even a turkey. Two games of bowling and shoes are included. Following bowling lunch at Tres Margaritas Mexican restaurant.

Minimum registration by Jan 9.

5851	East Senior	M, 10am to 2:45pm	Jan. 23
R/NR	\$40 / \$45		

Glories of Government with Denver History Tours

Join Denver History Tours to visit the halls of the capitol where the government is brought to life. The tour includes art, history, architecture and mystery. Tour includes a break for lunch on your own. Please bring identification as it will be required to enter some buildings. Fees include Senior Services transportation, Senior Services escort, Denver History Tours step on guide. Lunch is on your own, at a restaurant, midway through the tour.

Minimum registration by January 13.

5852	East Senior	F, 10am to 4pm	Jan. 27
R/NR	\$47 / \$52		

RV & Boat Show at the Mart



This RV and Boat Show features a massive display of boats, RV's and products for outdoor-loving people. View new models and top of the line fishing boats, sport boats, pontoons, bass boats, ski boats and personal watercrafts. as well as the latest models of motorhomes, camping trailers and fifth-wheels. Lunch at Cinzetti's Italian buffet or another restaurant of your choice in the Northglenn Market Place. **Minimum registration by January 17.**

5853	East Senior	Th, 9:45am to 2:30pm	Feb. 2
R/NR	\$38 / \$43		

DAY TRIPS

Romantic Vistas with Denver History Tours

This tour visits some of the most romantic places in Denver. Also view spots where past Denverites wove romantic tales; some torrid, some tragic, all memorable. Fees include Senior Services transportation, Senior Services escort, Denver History Tours step on guide. Lunch is on your own, at a restaurant, midway through the tour.

Minimum registration by January 24.

5854	East Senior	W, 10am to 4pm	Feb. 15
R/NR	\$43 / \$48		

Motown the Musical at Denver Center for Performing Arts

This is the story of Motown founder Berry Gordy's journey from featherweight boxer to the heavyweight music mogul. In launching the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more, Motown shattered barriers and changed the landscape of the music industry. Featured classic songs include: "My Girl" and "Ain't No Mountain High Enough." Fees include Senior Services transportation, senior services escort, and admission to the performance. Lunch at a restaurant of your choice near the theatre.

Minimum registration by Feb 1.

5855	East Rec	Su, 10:30am to 6:30pm	Feb. 19
R/NR	\$69 / \$74		

Rocky Mountain Train Show at the Denver Mart



The Rocky Mountain Train Show is a model train extravaganza covering 2.5 acres. Discover trains ranging from antique American Flyer and Lionel to modern HO and N scale models to Thomas the Train. The event features 30 operating train layouts, manufacturer and hobby store displays, a marketplace of over 600 tables of trains for sale, how-to clinics and appraisal opportunities. Lunch at Cinzettis following the train show or another restaurant of your choice in the Northglenn Market Place.

Minimum registration by February 14.



5859	East Senior	W, 9:45am to 2:30pm	Mar. 1
R/NR	\$37 / \$42		

Restaurant Week- Lower Downtown Denver

Denver's top eateries are offering chef inspired and unique paired multi-course meals for this time limited event. Dine on a prefixed menu at a highly rated lower downtown restaurant. Bon Appetit. Participating Restaurants TBD. Fees include Senior Services transportation, Senior Services escort, and pre-fixed multicourse meal.

Minimum registration by February 8.

5858	East Rec	F, 5:30pm to 9:15pm	Mar. 3
R/NR	\$69 / \$74		

Castle of the North with Denver History Tours

Join Denver History Tours walk the halls of the Springer Castle and other sites. Fees include Senior Services transportation, Senior Services escort, Denver History Tours step on guide. Lunch is on your own, at a restaurant, midway through the tour. **Minimum registration by February 22.**



5860	East Senior	T, 10am to 4pm	Mar. 14
R/NR	\$45 / \$50		

Jazz and Brunch at Dazzle

Enjoy a brunch paired with amazing live jazz music. Feast on a home-style comfort food buffet. Listen to the sounds of the Paris Takes Quartet featuring: Julie Monley or Adam Bodine. Fees include Senior Services transportation, Senior Services escort, admission to Dazzle, and the brunch buffet. **Minimum registration by March 1.**

5861	East Rec	Su, 9:15am to 12:15pm	Mar. 19
R/NR	\$55 / \$60		

Denver's First Families with Denver History Tours

Many of Denver’s first family homes still stand in the city, such as the Byers, Evans, Cheesmans, Tabors, Moffats, Boettchers and many others. Each had a vision for what a lonely outpost on the high plains could become. Fees include Senior Services transportation, Senior Services escort, Denver History Tours step on guide. Lunch is on your own, at a restaurant, midway through the tour. **Minimum registration by March 6.**

5862	East Senior	T, 10am to 4pm	Mar. 21
R/NR	\$45 / \$50		

Kinky Boots at Denver Center for Performing Arts

Kinky Boots is Broadway’s high-heeled hit with songs by Grammy and Tony-winning pop icon Cyndi Lauper. This joyous musical celebration is about the friendships discovered and



the belief that you can change the world when you change your mind. Fees include Senior Services transportation, senior services escort, admission to the performance. Lunch at a restaurant of your choice near the theatre.

Minimum registration by March 8.

5863	East Rec	Sa, 11am to 5:45pm	Mar. 25
R/NR	\$61 / \$66		

HEALTH AND WELLNESS

WELLNESS CLINICS

Monthly Hearing Clinic

The staff of Family Hearing holds a monthly hearing clinic to provide free audiology services such as hearing screening, ears checked and cleaned, and hearing aids inspected and cleaned. If you would like to have a full hearing test and/or hearing aid adjustment, they can do that as well and bill Medicare or your health insurance.

For an East appointment, call 303-441-4150.

For a West appointment, call 303-441-3148

East Senior	W, 2pm to 4pm	Jan. 4, Mar. 1
West Senior	W, 2pm to 4pm	Feb. 1

Live Well 4 Diabetes Prevention Program

The Live Well 4 Life Diabetes Prevention Program, hosted by City of Boulder, is a community delivered, evidence based, lifestyle change program with a proven success record. The program focuses on topics such as healthy eating, physical activity, weight loss and stress management. The program and materials are free of charge to those who qualify for the program. To find out if you qualify, please contact Wendy Smittick 303-355-3423 ext. 110 or wendy@caahealth.org

East Senior	Th, Noon to 1pm	Jan. 12 - Mar. 30
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Modern Dental Solutions

In this presentation by Dr. Ted Kawulok, participants will learn about the impact that dental health has on physical health and the possibility of same-day solutions. Dr. Kawulok will also discuss dental solutions to health problems such as sleep apnea. Presenter: Dr. Ted Kawulok, D.D.S., P.C. of Whole Family Dentistry in Boulder

5847	West Senior	Th, 2:30pm to 3:30pm	Jan. 12
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Parkinson's Disease and Essential Tremor-Movement Disorders

This presentation on movement disorders, led by neurosurgeon Dr. David Vansickle, will discuss aspects of Parkinson's Disease and essential tremor which are nervous system disorders that affect movement, muscle control and balance. Parkinson's Disease touches people of all ages, but most frequently occurs in individuals aged 55-75. Approximately 60,000 people are diagnosed in the United States every year, and at any given time, there are roughly 3,000-4,000 individuals on the front Range that could benefit from improved treatments for Parkinson's Disease. Please join Dr. Van Sickle for this presentation followed by a Q&A session. Presenter: David Vansickle, MD, PhD. Light refreshments served.

5850	West Senior	W, 10am to 11am	Jan. 18
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Fresh, Delicious and Nutritious Food: Learn How You Can Help

Join fellow Boulder older adult and internationally award-winning chef, Ann Cooper as she speaks about the healthy food initiatives that are changing the face of nutrition in public schools in America. Chef Cooper is an internationally recognized author, chef, educator, public speaker, and advocate of healthy food for all children and meets regularly with Michelle Obama. She writes a monthly blog for U.S. News and World Report, and is frequently a guest on nationally syndicated shows like Good Morning America. In a nation where kids are born with shorter estimated life expectancies than their parents due to diet-related disease, Chef Ann has been a constant champion of school food reform as an important avenue through which to improve childhood nutrition. Chef Ann leads the Boulder Valley School District Food Services Department on its quest to provide nutritious farm-to-table food for the 13000 students every day. Come learn about the initiative and wonderful part time jobs and volunteer opportunities for seniors in Boulder Valley.

5864	West Senior	M, 10am to 11:30am	Jan. 23
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HEALTH AND WELLNESS

DANCE

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 dancers. Tom plays ballroom, rhythm, and Latin dance styles. Afterwards, a potluck snack, buffet style is provided by the attendees. Held on 1st and 3rd Fridays each month. Drop-in fee of \$5 per person. No partner or registration is required.



5746	East Senior Center	F, 2pm to 4pm	Jan. 6 – Mar. 3
Fee:	\$5		

Ballroom Dancing

Join us for any part of this four-week dance session this winter at the East Senior Center. Every month features a different dance style. Each class includes a warm-up and no partner is required. Please register to reserve your space.

January - Salsa and Bachata

In this class students will learn the basics of the Cuban-style Salsa and Bachata, a social dance that originated in the Dominican Republic. Instructor: Judy Kreith, M.A.

5684	East Senior	T, 1pm to 2pm	Jan. 10 - 31
R/NR	\$20 / \$28	Encore	\$16 / \$24

February - Waltz

During February, students will learn various types of waltzes including Viennese, American Slow, and Rotary. Instructor: Judy Kreith, M.A.

5685	East Senior	T, 1pm to 2pm	Feb. 7 - 28
R/NR	\$20 / \$28	Encore	\$16 / \$24

March - Foxtrot Beyond Basics

This is an opportunity to learn more about the Foxtrot by going beyond the basics to include steps like Grapevine, Zig Zag, and Box Rhythm. Instructor: Judy Kreith, M.A.

5683	East Senior	T, 1pm to 2pm	Mar. 7 – 28
R/NR	\$20 / \$28	Encore	\$16 / \$24

Putting on the Ritz: Jazz Dance for Older Adults

Come and learn the fundamentals of this fun and invigorating dance style called jazz. This class can be done standing or in a chair. This class begins with a slow and gentle warm up and stretch, and a fun and uplifting choreography for all. Dance props are available for use as we dance our way through time with big band music from the 1940's all the way through popular music today. This class can also be done while seated. As part of this program, participants will have the opportunity to participate in a world-wide dance movement event called One Billion Rising. The event, held on February 14th, is a global awareness initiative to stop violence against women. The choreography for this event will be taught for 10 minutes during each class of Putting on the Ritz. When this dance is performed on February 14th, participants will join in with other people from all over the world performing One Billion Rising. Instructor Judy Kreith, M.A.

Putting on the Ritz - Session 1

5742	East Senior	T, 11:30am to 12:15pm	Jan. 10 – Feb. 14
R/NR	\$30 / \$42	Encore	\$24 / \$36

Putting on the Ritz - Session 2

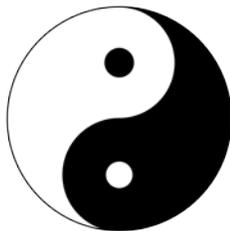
5808	East Senior	T, 11:30am to 12:15pm	Feb. 21 – Mar. 28
R/NR	\$30 / \$42	Encore	\$24 / \$36

HEALTH AND WELLNESS

T'AI CHI CLASSES

T'ai Chi

T'ai Chi is a mind-body exercise utilizing slow, relaxed movement, a quiet mind, and deep, natural breathing that stimulates the flow of qi or chi (intrinsic energy). When qi flows harmoniously, the mind, body, and spirit are in balance, enhancing one's physical and mental well-being, relieving stress and improving health.
Instructor: Steve Arney



T'ai Chi Level 1 – 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.

5803	East Senior	F, 9:45am to 10:40am	Jan. 6 - Mar. 24
R/NR	\$84 / \$92	Encore	\$82 / \$90

T'ai Chi Level II - Intermediate

This class expands on what was learned in Level I Beginning class by continuing with the 37-posture Yang short form. Students must have completed Level I or been given instructor approval to enroll at this level.

5804	East Senior	F, Noon to 1pm	Jan. 6 - Mar. 24
R/NR	\$84 / \$92	Encore	\$82 / \$90

Half Session - requires prior instructor approval

5806	East Senior	F, Noon to 1pm	Jan. 6 - Mar. 24
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T'ai Chi Level III - Advanced

The Level III Advanced class will review and complete the entire 37-posture Yang short form. Students must have completed Level II or been given instructor approval to enroll at this level.

5805	East Senior	F, 10:45am to 11:40am	Jan. 6 - Mar. 24
R/NR	\$84 / \$92	Encore	\$82 / \$90

Half Session - requires prior instructor approval

5807	East Senior	F, Noon to 1pm	Jan. 6 - Mar. 24
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FITNESS CLASSES

FITNESS CLASSES

Building Blocks for Better Balance, Strength & Flexibility

This class will incorporate techniques that align the body through focused awareness from head to toe. Breathing techniques will be introduced in order to connect the mind and 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 the body for better control of movement.

Instructor: Linda Manchester. No class 1/16, 2/20

5690	West Senior	M, 11am to 11:45am	Jan. 9 – Mar. 27
R/NR	\$38 / \$53	Encore	\$30 / \$45
5691	West Senior	W, 11am to 11:45am	Jan. 4 – Mar. 29
R/NR	\$49 / \$68	Encore	\$39 / \$58

Better Balance and Strength

This series will incorporate strengthening core and legs which are essential to maintaining balance and preventing fall-related injuries. Resistance tubing with handles, light weights and hand-held balls are used while concentrating on posture, flexibility and coordination. No floor work; chairs are available for safety and/or to use as props, as needed. Instructor: Maryann Brunson

Better Balance & Strength - Session 1

5686	East Senior	Th, 11:30am to 12:30pm	Jan. 5 – Feb. 16
R/NR	\$35 / \$49	Encore	\$28 / \$42

Better Balance & Strength - Session 2

5687	East Senior	Th, 11:30am to 12:30pm	Feb. 23 – Mar. 30
R/NR	\$30 / \$42	Encore	\$24 / \$36

HEALTH AND WELLNESS

Seated Restorative Yoga

Seated, restorative yoga is designed to restore both body and mind to a natural state of balance. The student is guided through breathing techniques, meditation, visualization and movements specifically designed to reduce stress, nurture and heal.

Instructor: Linda Manchester

5707	West Senior	F, 11am to Noon	Jan. 6 – Mar. 31
R/NR	\$49 / \$68	Encore	\$39 / \$59

Weight Room Training for Older Adults

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 on safety, posture, body control and awareness.

Instructor: Chris Hedman, East Boulder Community Center Weight Room

Weight Room Training: Session 1 - Morning			
5810	EBCC Weight Room	T/Th, 11am to Noon	Jan. 3 – Feb. 9
R/NR	\$55 /\$65		
Weight Room Training: Session 1 - Afternoon			
5811	EBCC Weight Room	T/Th, 2pm to 3pm	Jan. 3 – Feb. 9
R/NR	\$55 /\$65		
Weight Room Training: Session 2 - Morning			
5812	EBCC Weight Room	T/Th, 11am to Noon	Feb. 14 - Mar. 30
R/NR	\$65 /\$75		
Weight Room Training: Session 2 - Afternoon			
5813	EBCC Weight Room	T/Th, 2pm to 3pm	Feb. 14 - Mar. 30
R/NR	\$65 /\$75		

FITNESS CLASSES

Free Functional Fitness Assessment

Please sign up if you are interested in receiving a fitness assessment specifically designed for adults age 60 and older. Receive a FREE orientation to our programs and services combined with functional assessments that will provide information and feedback regarding your health and skill-related fitness in order to find the best program to fit your individual needs. Assessments held on Fridays at East Senior Center. Pre-registration required, register in person at the East Senior Center or call 303-441-4150 to make your appointment.

East Senior	Fridays, 12:45 to 1:45 p.m
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Zumba Gold class dressed for Halloween fun

Massage

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
R/NR:	\$40 / \$48



Reflexology

Reflexology is a combination massage and acupressure treatment on the feet. It is based on the principle of reflex areas in the feet that relate to each and every organ and to all parts of the body. Properly stimulating these reflexes has a beneficial effect on general health. 30-minute or one-hour session by certified reflexologist Alma Dubin.

East Senior Center	Second and Fourth Mondays
Appointments times:	9 a.m. to noon.
Half-Hour R/NR:	\$20 / \$24
Hour R/NR:	\$40 / \$48

Massage and Reflexology Registration Guidelines:

- 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.
- Payment must be made in full at time of appointment.
- Participants (or a substitute) must be 55 years or older to be eligible for a massage with Senior Services.
- Appointments limited to one 1-hour appointment per day.
- We reserve the right to provide a substitute therapist for your scheduled session.

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.

DROP-IN FITNESS CLASS DESCRIPTIONS

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.

Fit and Strong – Beginning

This is a 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. The Wednesday class typically uses 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.

Zumba Gold

Zumba Gold is perfect for active older adults, people who are new to Zumba, or anyone needing a fun, safe, effective workout without the high impact. We will take a musical trip around the world with easy-to-follow choreography that focuses on balance, range of motion, flexibility, and coordination. No dance background is required. If you can march in place, you can enjoy Zumba Gold!

Strength and Alignment

Using breath for increased self-awareness, this class focuses on body alignment to increase bone density without injury by 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.

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.

SILVERSNEAKERS® AND DROP-IN FITNESS SCHEDULE

East Boulder Senior Center DROP-IN CLASSES FOR JAN/FEB/MAR 2017

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 be registered with Boulder Senior Services and 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 pass 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>	8:20 – 9:05 a.m. Zumba Gold <i>Sherri</i>	9 – 9:45 a.m. 55+ Warm Water Fitness (level 2) EBCC Pool <i>Laura</i>	8:20 – 9:05 a.m. Zumba Gold <i>Sherri</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>	11:45 – 12:30 p.m. SilverSneakers® Classic <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 – 2 p.m. 55+ Warm Water Fitness (Level 3) EBCC Pool <i>Ronda</i>	1 – 1:45 p.m. 55+ Warm Water Fitness (Level 1) EBCC Pool <i>Chris</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					
<i>OPTIONS</i>	10 punch	\$40	\$50	\$60	\$70
	20 punch	\$80	\$100	\$120	\$140

OVERNIGHT TRIPS

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

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.

Heart of Europe in with London
 May 2017..... 17 Days from \$3190

Newfoundland and Labrador Viking Trail
 June 2017 8 days from \$1965

World War II Memorial Tour of Europe
 May 2017..... 17 Days from \$3290

Cape Breton Island
 June 2017..... 5 days from \$1128

100 Birthday of JFK on Cape Cod
 May 2017..... 5 Days from \$1274

Lands of the Former Czechoslovakia
 June 2017..... 12 days from \$2539

Queen Mary and Catalina Island
 May 2017..... 5 Days from \$1715

Ultimate Churchill Summer Adventure
 July 2017 8 days from \$3390

Louisiana In The Springtime

**Azaleas, Cajuns, Baton Rouge, New Orleans
April 1-7, 2017**



Spring is one of the most gorgeous Season in the South.

Enjoy and experience The Big Easy, French Quarter,

Mardi Gras World, New Orleans School of Cooking, World War II Museum, Famed River Road, Laura Plantation, Oak Alley Plantation, Baton Rouge, fascinating swamp cruise with a Cajun captain, Myrtles Plantation, Martin Accordion Factory, Jean Laffite Acadian Center and more. Includes air fare. \$2,535 per person double occupancy; \$3015 single occupancy. Final payment is due February 1, 2017.

Seattle To Portland

**A Pacific Northwest Adventure
July 16-22, 2017**

A seven-day excursion through the picturesque Pacific Northwest as you travel along the breathtaking Washington and Oregon coastline.

Highlights of the incredible coastal area of Seattle and Portland include the Space Needle, Chihuly Garden and Glass, Boeing, Mt. St. Helens, Fort Clatsop, Tillamook Cheese Factory, Oregon coast aquarium, Sea Lion Caves, dune buggy ride, International Rose Test Garden, Columbia River Gorge, Mt. Hood, Multnomah Falls and more. Does not include air fare. \$1,890 per person double occupancy; \$2,570 single occupancy. Optional two day Victoria, BC post-tour available for additional cost. Final payment is due before June 1, 2017.

Glacier National Park

**Nature's Masterpiece
June 25-July 1, 2017**



Experience nature on a grand scale as you spend seven days exploring Northern Idaho and Montana.

See Glacier's pristine forests, alpine meadows, rugged mountains, and spectacular lakes. Step back in time and see historic towns, lodges, and hear stories about the local people. Tour starts and ends in Spokane, Washington and includes the historic city of Wallace, Smokejumpers Base, float trip on the Flathead River, Many Glacier Lodge, cruise on Swiftcurrent Lake & Lake Josephine, Red Jammer touring cars, visit to the Sun Road Silver Mountain Lake, Coeur D' Alene and more. Does not include air fare. \$1,995 per person double occupancy; \$2,680 single occupancy. Final payments due before May 1, 2017.