

Summer 2018 - Boulder Senior Services Program Guide

Page No.	Activity Number	Activity Name	Beginning Date	Starting Time	Activity Location
14	12514	CARDS: Duplicate Bridge: Declarer Play Strategies	7/10/2018	12:30 PM	East Senior Center
14	12507	CARDS: Intermediate Bridge	6/5/2018	1:30 PM	East Senior Center
16	12522	COURSE: A Quick Introduction to Calligraphy	7/18/2018	10:00 AM	West Senior Center
19	12480	COURSE: Active Minds Coffee: A Brief History	7/23/2018	3:00 PM	East Senior Center
19	12481	COURSE: Active Minds India: A Story of Contrast	8/13/2018	11:00 AM	West Senior Center
19	12482	COURSE: Active Minds Puerto Rico	8/20/2018	3:00 PM	East Senior Center
19	12478	COURSE: Active Minds Tuskegee Airmen	6/25/2018	3:00 PM	East Senior Center
19	12477	COURSE: Active Minds Wine	6/11/2018	11:00 AM	West Senior Center
19	12479	COURSE: Active Minds: Native Americans of Colorado	7/9/2018	11:00 AM	West Senior Center
12	12531	COURSE: Alzheimer's Association: Communication Str	7/25/2018	1:00 PM	West Senior Center
17	12521	COURSE: Bean and Whole Grain Salads	8/22/2018	2:00 PM	West Senior Center
15	12510	COURSE: Chautauquan Series: Irene Castle	7/24/2018	10:00 AM	West Senior Center
11	12357	COURSE: Cultivating Well-Being	6/7/2018	10:00 AM	West Senior Center
16	12509	COURSE: Effective Communication Skills	6/18/2018	1:00 PM	West Senior Center
16	12525	COURSE: Food Safety 101	6/26/2018	1:00 PM	West Senior Center
16	12523	COURSE: Lesson Ikebana	8/15/2018	10:00 AM	West Senior Center
16	12518	COURSE: Muscle Mass Preservation	7/26/2018	10:00 AM	West Senior Center
12	12508	COURSE: Property Tax Remedies for Older Adults	6/27/2018	1:00 PM	West Senior Center
17	12519	COURSE: Refreshing Summer Salads	6/20/2018	2:00 PM	West Senior Center
17	12520	COURSE: Summer Vegetable Dips and Spreads	7/25/2018	2:00 PM	West Senior Center
12	12364	CRAFTS: Knit/Crochet/Quilt/Hand Crafters Drop-in	6/1/2018	9:30 AM	West Senior Center
12	12365	CRAFTS: Round Robin Art Journal Drop-In Group	6/1/2018	12:30 PM	West Senior Center
14	12512	SPECIAL EVENT: Community Conversations	6/12/2018	3:00 PM	East Senior Center
12	12528	SPECIAL EVENT: Community Conversations	6/21/2018	4:00 PM	West Senior Center
18	12506	TECH: Intro to Instagram and Snapchat	8/14/2018	9:30 AM	West Senior Center
18	12505	TECH: iPhone and iPad Accessibility Features 101	7/19/2018	1:30 PM	West Senior Center
18	12504	TECH: Pinterest 101	6/26/2018	9:30 AM	West Senior Center
18	12503	TECH: Twitter 101	6/12/2018	9:30 AM	West Senior Center
20	12342	TRIP: Theater-Book of Mormon	6/14/2018	4:30 PM	East Senior Center Recreation Pool Lobby
20	12527	TRIP: Tour-Denver Architecture with DHT	8/8/2018	10:00 AM	East Senior Center Recreation Pool Lobby
20	12517	TRIP: Tour-NCAR Meet-up	6/27/2018	10:00 AM	NCAR - 1850 Table Mesa Dr., Boulder, CO 80305
20	12526	TRIP: Tour-Women's History	6/29/2018	10:00 AM	East Senior Center Recreation Pool Lobby
11	12355	COURSE: AARP Driver Safety Course	6/11/2018	8:30 AM	East Senior Center
21	12358	COURSE: Diabetes Prevention Program	6/7/2018	12:00 PM	East Senior Center
12	11946	COURSE: Get Acquainted!	6/8/2018	1:00 PM	East Senior Center

11	12360	COURSE: Medicare Basics	6/7/2018	2:00 PM	East Senior Center
11	12362	COURSE: The Death Café	6/4/2018	10:30 AM	West Senior Center
23	12515	DANCE: Ballroom - Country Two Step	6/5/2018	1:15 PM	East Senior Center
23	12516	DANCE: Ballroom - Salsa	8/7/2018	1:15 PM	East Senior Center
23	12366	DANCE: Tea Dance	6/1/2018	2:00 PM	East Senior Center
22	12367	FITNESS: Better Bal/Str/Flex - Mondays	6/4/2018	10:45 AM	West Senior Center
22	12368	FITNESS: Better Bal/Str/Flex-Wednesdays	6/6/2018	10:45 AM	West Senior Center
22	12369	FITNESS: Seated Restorative Yoga	6/1/2018	11:00 AM	West Senior Center
22	12370	FITNESS: SPARK Warm Water Class	6/13/2018	11:15 AM	East Senior Center
21	12371	FITNESS: T'ai Chi Level I - Beginning	6/1/2018	9:45 AM	East Senior Center
21	12372	FITNESS: T'ai Chi Level II - Intermediate	6/1/2018	12:00 PM	East Senior Center
21	12373	FITNESS: T'ai Chi Level III - Advanced	6/1/2018	10:45 AM	East Senior Center
21	12374	FITNESS: T'ai Chi Level III - Half Session	6/1/2018	10:45 PM	East Senior Center
23	12413	FITNESS: Weight Room Training Session 1-afternoon	6/5/2018	2:00 PM	EBCC: Weight Room at East Boulder Community Center
23	12414	FITNESS: Weight Room Training Session 1-morning	6/5/2018	11:00 AM	EBCC: Weight Room at East Boulder Community Center
23	12529	FITNESS: Weight Room Training Session 2-afternoon	7/17/2018	2:00 PM	EBCC: Weight Room at East Boulder Community Center
23	12530	FITNESS: Weight Room Training Session 2-morning	7/17/2018	11:00 AM	EBCC: Weight Room at East Boulder Community Center
13	12406	SUPPORT GRP: This Full House	6/14/2018	3:00 PM	East Senior Center
13	12446	SUPPORT GRP: This Full House	6/28/2018	3:00 PM	West Senior Center