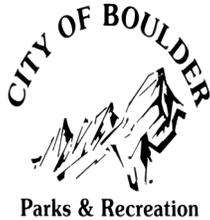


# Journeys through EXPAND

Providing Affordable Fitness, Leisure and Cultural Arts Programs for  
Adults with Mild Traumatic Brain Injury and other similar Neurological Conditions.

## Fall Programs—Registration Starts Aug 6, 2013



### How to Register for classes.

1. Phone in at 303-413-7270 (credit card & course code required) or
2. Walk in at East or North Centers: Mon-Fri, 8:30-5:30 p.m., South Center: Mon-Fri, 9 a.m.—1 p.m. Addresses are the following: East—5660 Sioux Drive, North—3170 Broadway, South—1360 Gillaspie, or
3. Call Cory at 303-413-7269 and arrange another way to make your payment.

*Please note. If you cannot pay the full price for class, we do have a sliding fee scale.*

### Watercolor—Monday

The beauty of working with watercolors lies in its spontaneous process and its transparent quality. Students will learn color in progression from light to dark and color blending, allowing the colors to spread, mix or blend. Instructions will focus on individual expressions and ability.

**Sept 23—Oct 21 (6 classes)**

**Course Code: 204332**

**Nov 4—Dec 9 (6 classes)**

**Course Code: 204432**

Each 6 week class is \$40 and time is 1:30-3:30 p.m.

**Location: North Boulder Recreation Center—Bison Room.**

### Aquatic Fitness & Ai Chi—Tues

Aquatic Fitness will include water jogging, aerobics, strength training and flexibility training. Ai Chi uses a combination of deep breathing, and slow, broad movements of the arms, legs and torso in flowing continual patterns.

**Sept 10—Oct 15 (6 classes)**

**Course Code: 204340**

**Nov 5—Dec 10 (6 classes)**

**Course Code: 204341**

Each 6 week class is \$30 and the time is 2-3 p.m.

**Location: East Boulder Community Center—Leisure Pool**

### Therapeutic Yoga—Weds

This class will focus on gentle, safe yoga postures to balance the mind, muscles and physiology. It will be taught by a licensed physical therapist and Kripalu Yoga Instructor, Lori Batcheller

**Sept 11—Oct 23 (7 classes)**

**Course Code: 204337**

**Oct 30—Dec 11 (7 classes)**

**Course Code: 204339**

Each 7 week class is \$45 and the time is 1:30-3 p.m.

**Location: North Boulder Rec Center—Yoga Room**

### Stained Glass—Thursday

This class is held in a small studio in Jamestown. In order to complete a project, all classes must be attended. Transportation in a city vehicle is provided. Additional costs may occur. *Please note that your piece must be completed because Stained Glass will not be offered for the Winter Session.*

**Sept 12—Nov 7 (9 classes)**

**Time: 9-12:30 p.m.**

**Journey Fee: \$100**

**Course Code: 204336**

**Location: Iris Center Parking Lot**

### Golf 4 Fun—Thursday

Learn the fundamentals of golf through 5 one hour lessons taught by a golf professional. Adaptive equipment will be provided if needed.

**Aug 22—Sept 19 (5 classes)**

**Time: 3-4 p.m.**

**Journey Fee: \$45**

**Course Code: 204334**

**Location: Flatirons Golf Course**

### Golf Play Day—9 holes

This class is only for those who have taken the Golf 4 Fun program in the past or know how to play golf.

**October 15 (1 class)**

**Time: 11-2 p.m.**

**Journey Fee: \$10**

**Course Code: 204342**

**Location: Flatirons Golf Course**

### Pottery—Friday

Throwing on the potter's wheel involves learning how to wedge, center the clay, and perform shaping techniques to produce basic forms. Students will learn basic glazing and be introduced to the firing process. Hand building techniques will also be taught.

**Sept 13—Nov 8 (9 classes)**

**Time: 2-4:30 p.m.**

**Journey Fee: \$85**

**Course Code: 204333**

**Location: Pottery Lab, 1010 Aurora**

# Journeys through EXPAND

Fall Programs — Registration Starts August 6, 2013

## Denver Botanical Gardens

Bring money for lunch or a sack lunch.

**Oct 22 —Tuesday**

**Time: 9:00-2:00 p.m.**

**Journey Fee: \$10**

**Course Code: 204335**

**Location: Meet at the East Boulder Community Center**

## Boulder's Dinner Theatre Presents The Full Monty

“Seeing how much their wives enjoy watching male strippers during their “girls Night Out, “Unemployed steelworkers in Buffalo, New York come up with a bold way to make some quick cash. In the process they find renewed self-esteem, the importance of friendship and the ability to have fun.” Space limited, sign up early!

**Nov 3—Sunday**

**Time: 11:30—4 p.m.**

**Journey Fee: \$15 (No scholarships available and no refunds)**

**Course Code: 204343**

**Location: Meet at Boulder Dinner Theatre**

## Create a Fairy Garden

Let's bring some sunshine into our homes as we create a fairy garden. You supply a container to create your garden in. A container that is shallow and has drainage holes and can sit on a table top or plant stand. We will provide the soil, plants and miniatures.

**Nov 21st—Thursday**

**Time: 1:30-3 p.m.**

**Journey Fee: \$10**

**Course Code: 204433**

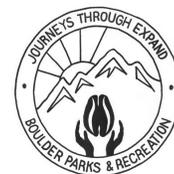
**Location: North Boulder Recreation Center—Bison Room**

**Did you know EXPAND (EXciting Programs Adventures and New Dimensions) program offers individuals with disabilities scholarships for any program offered through the Boulder Parks and Recreation Brochure. Also, this money can be applied toward a punch pass to access the recreation centers.**

**Individuals with disabilities may also qualify for the City's Reduced Rate Program. To inquire call Cory Lasher at 303-413-7269.**

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**Please Note!** All classes are on a first come, first serve basis and have size limits. Therefore, it is important to register early. If we do not get enough individuals to register for a class we will cancel the class and provide you a full refund. *We understand that not everyone can pay the full amount of a class. If this is your case, please call Cory at 303-413-7269 and ask how you can get an additional reduced rate. The most important thing to us is your participation. We will make sure it is affordable for you!*



The staff will call you prior to each class you register for to remind you of what to bring and what to expect.

It is highly recommended to attend all classes in order to either complete a project or to get the maximum benefit from the class. We hope to see you soon!