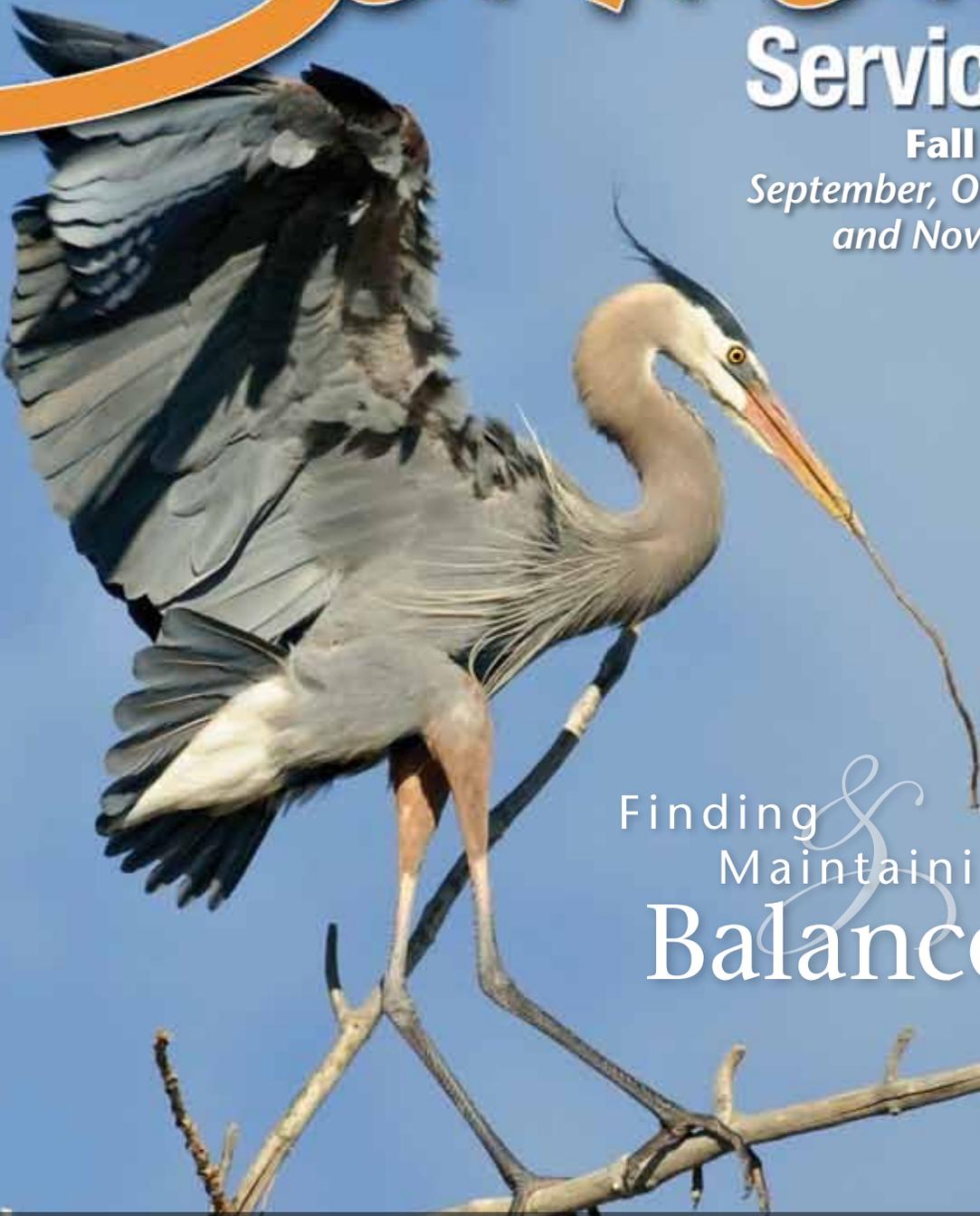


Boulder **Senior** Services™

Fall 2013

September, October
and November



Finding &
Maintaining
Balance

**Fall Prevention
Week activities,
Sept. 23 – 27,
Page 32**

**Balistreri
Harvest Party,
Oct. 6,
Page 15**

**Medicare Part D
sessions beginning
Oct. 23,
Page 31**

**Encore SilverSneakers®
Member Potluck,
Oct. 25,
Page 30**

location, location, location.

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- Guardianships and Conservatorships
- Probate (Estate) Administration and Disputes
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Boulder, CO 80302

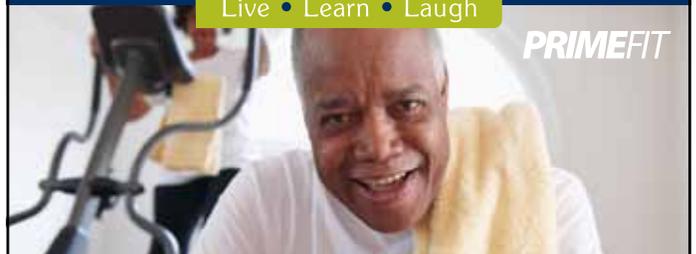
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Cover shot — A Great Blue Heron (Ardea Herodias) practices his balancing act. Photo by Randall K. Roberts.

Volume 15, No. 3

Boulder Senior Services

A division of the City of Boulder's Department of Human 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.



Limited number of spaces available to wheelchair users.



Seniors are welcome to bring young friends to this intergenerational activity.



Assistive Listening Devices now available free while you attend a senior center activity. Please notify staff in advance.

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SENIOR SERVICES STAFF

Manager, Betty Kilsdonk.....	303-441-4365
Encore Program.....	303-441-4437
Program Coordinator: Trips and Travel, Classes Ellen Bartilet.....	303-441-3915
Program Manager: Health and Wellness Maureen Dobson.....	303-413-7489
Senior Resources: Jodi Ansell and Jacki Myers.....	303-441-4388
Operations Coordinator, Renee Foote.....	303-441-4438
Reception and registration, West Senior Center, Jay Allen.....	303-441-3148
Reception and registration, East Senior Center, DeLana Gorski, Dan Riggan.....	303-441-4150
Communications, Robin Pennington.....	303-413-7487
Facility Booking, Beth Bovard.....	303-413-7487

www.boulderseniorservices.com

City of Boulder Department of Human Services

DEPARTMENT VISION: A healthy, diverse and sustainable community in which all residents are successful and contributing members.

DEPARTMENT MISSION: To create a healthy, socially thriving and inclusive community by providing and supporting innovative services to Boulder residents in need.

HUMAN SERVICES PLANNING MISSION:

To research, evaluate and implement innovative social policy through regional, collaborative planning and community funding.

COMMUNITY RELATIONS AND OFFICE OF HUMAN RIGHTS MISSION:

To protect civil rights, facilitate positive community relations and promote social equity policy.

CHILDREN, YOUTH AND FAMILIES MISSION:

To support children, youth and families through regional collaborative planning, community funding and quality programs.

SENIOR SERVICES — FALL 2013



WEST SENIOR CENTER

8 a.m. – 4:30 p.m., Monday – Friday

Lunch at Café Classico,

11:30 a.m. to 12:30 p.m., Monday – Friday, \$5.00

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

909 Arapahoe Avenue • Boulder, CO 80302 • 303-441-3148



EAST SENIOR CENTER

7:30 a.m. – 4:30 p.m., Monday – Friday

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

EAST AND WEST SENIOR CENTERS **CLOSED:**

Labor Day — Monday, September 2

Veterans Day — Monday, November 11

Room Rentals

Both the East and West Senior Centers have a number of rooms of different sizes that are available for rent for your event, party or meeting.



*Renee Foote,
Operations
Coordinator*

For information about room rentals at either center, please visit www.boulderseniorservices.com or email us at seniorfacilities@bouldercolorado.gov.



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- Recreational Outings
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- Pet Care
- Additional assistance for individuals in Independent and Assisted Living facilities

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Complimentary parking permits available for West Senior Center

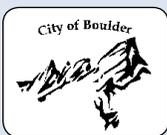
Parking is free for participants 55 and older while inside the West Senior Center. Bring your I.D. and your vehicle registration to the front desk to get a parking sticker. Sign up once and you won't have to renew again for the same vehicle. Day passes are also available. Those using the parking lot but not inside the West Senior Center may be ticketed.

Age Guidelines

You may participate in Senior Services programs at age 55. Senior Resources consultations are available for those ages 60 and up and their family members. We have a list of agencies that are available to help those under 60 who are in need.

Beginning September 1, individuals under age 55 may register for activities. A caregiver for a senior may register at the same time as the senior and pay the senior fee.

The City of Boulder, Division of Senior Services does not endorse or recommend any of the products or services advertised in this publication. Please call the District Attorney's Office of Consumer Affairs, 303-441-3700 or the Attorney General's office, 303-866-5225. En español, 303-866-4828 with questions.



"The City of Boulder, Division of Senior Services, serves individuals regardless of ancestry, color, creed, gender variance, genetic characteristics, marital status, mental disability, physical disability, race, religion, sex and sexual orientation."

Anyone who believes they have been subject to discrimination can call 303-441-3148 or 303-441-4150.

HELPING BOULDER SENIORS IN NEED

Since 1980 the Boulder Seniors Foundation has worked in partnership with Boulder Senior Services to assist seniors in need. The Foundation assists low-income seniors with home maintenance, rent and moving expenses, food purchases, and medical and dental expenses. The need is greater than ever. Your generosity will enhance the well-being and vibrancy of our rapidly-growing senior population.

Boulder Seniors Foundation



Senior Wisdom

Don't resist aging. Welcome who you are at this stage of life ... enjoy being a senior!



Please consider supporting Boulder Seniors Foundation

**Mail gifts to: 909 Arapahoe
Boulder, CO 80302**

ONGOING ACTIVITIES

WEST SENIOR CENTER
909 ARAPAHOE AVENUE

MONDAY

Women's Support Groups

Two groups offered
each Monday
Call for availability
303-413-6377

Drop-in Table Tennis

9:30 to 10:45 a.m.
Anna, 303-402-1620

Partner Duplicate Bridge

12:45 to 4 p.m.
Don, 720-565-6817

Beyond Vision Support Group

1 to 2 p.m.
Fourth Monday of
each month
Beth, 720-308-3087

TUESDAY

Drop-in Table Tennis

10 a.m. to noon
Anna, 303-402-1620

Body-Mind Wellness for Women Cancer Survivors

10:45 to 11:30 a.m.
Dora, 720-841-8035

Healthy Relationships Support Group

11 a.m. to 12:30 p.m.
Second and fourth Tuesday
of each month
Michelle, 303-673-9000 x109

Drop-in Scrabble

12:30 to 4:15 p.m.
Esther, 303-444-9201

Boulder County Legal Services

1 to 3 p.m.,
by appointment only
First and third Tuesday
of each month
303-449-7575

WEDNESDAY

Men's Support Group (Peer Counseling)

First and third Wednesday
of each month
If interested, please
leave a message
303-413-6377

Friends and Newcomers Circle

10 to 11:30 a.m.
303-441-4388

THURSDAY

Women's Support Group

Call for availability
303-413-6377

World Affairs Discussion

9:30 to 11:30 a.m.
George, 303-442-3979



Ballroom dancing at the East Senior Center on Friday afternoon.

Drop-in Table Tennis

10 a.m. to noon
Anna, 303-402-1620

Write On! (Writers Group)

1:30 to 3 p.m.
Second and fourth Thursday
of each month
Jacqui, 303-447-2931

Prize Winning Books Plus

2:30 to 4 p.m.
Second Thursday
of each month
Donnie, 303-494-8644

Flatirons Mineral Club

7 to 10 p.m.
Second Thursday
of each month
Gerald, 303-591-2830

FRIDAY**Shuffleboard**

9:30 to 11:30 a.m.
First time players welcome!
Whitey, 303-444-0302

Boulder National Active and Retired Federal Employees Association (NARFE)

10:30 a.m. to 2:30 p.m.
First Friday of each month
John, 303-443-6027

SATURDAY**Compassion and Choices of Boulder County Guest Speaker Series**

Meets every other month on Saturdays (*does not meet in Oct.*)
10 a.m. to noon
Ray, 303-545-0273

**EAST SENIOR CENTER
5660 SIOUX DRIVE****MONDAY****Newcomers Bridge**

12:30 to 4 p.m.
Alice, 303-494-8050

American Mah Jongg

1 to 4 p.m.
Please call before attending
for the first time
Beth, 303-530-7565 or
Jean, 303-494-2307

Table Tennis (advanced group)

Monday and Friday afternoons
Dick, 303-652-6524

TUESDAY**East Central Boulder Optimist Clubs**

9 to 11 a.m.
Lorna, 303-702-0748 or
Al, 303-499-9129

Canasta

12:45 to 3:30 p.m.
Jean, 303-494-2307

WEDNESDAY**Widowed Persons Support Group**

Sponsored by
TRU Community Care
10 a.m. to noon
Fourth Wednesday
of each month
303-449-7740

Chinese Mah Jongg

1 to 3 p.m.
Bonnie, 303-499-6192

THURSDAY**Cribbage**

8:30 to 11 a.m.

Alzheimer's Support Group

Noon to 1:30 p.m.
First Thursday of each month
Anne, 720-251-1743

Practice Bridge

12:45 to 4 p.m.
Ann, 303-516-9489

FRIDAY**Table Tennis (advanced group)**

Monday and Friday afternoons
Dick, 303-652-6524

Texas Hold 'em

1:30 p.m.
Brenda, 303-499-3763

Dance Club (ballroom dance with music by Tom Yook)

2 to 4 p.m.
First and third Friday
of each month
Adele, 303-494-9167

QUOTABLES**Delicious autumn!**

*My very soul is wedded
to it, and if I were
a bird I would fly
about the earth seeking
the successive autumns.*

~ **George Eliot**



*Betty Kilsdonk,
Senior Services Manager*

From the Manager

As days get shorter and autumn weather conditions make getting around more hazardous, it's sobering to realize that falls are the leading cause of fatal and nonfatal injuries for older Americans. In fact, one in three older adults

— about 12 million people — fall every year in the United States. According to the National Council on Aging (NCOA), the total cost of fall injuries for older Americans was estimated at \$28.2 billion in 2010. By 2020, the annual direct and indirect cost of fall injuries is expected to reach \$54.9 billion. In addition to the enormous monetary and personal costs, falls threaten seniors' safety, mobility, and quality of life.

You may think that falls are an inevitable part of getting older. The good news is that most falls can be prevented or reduced — and you have the power to decrease your risk. By participating in our Fall Prevention Week Activities, offered in conjunction with the **Boulder County Partners for Fall Prevention** (see page 32 for details) you can access classes, resources, and individualized fall risk screenings at both the East and West Senior Centers.

Outside of Fall Prevention Week, there are other things you can do to minimize the chance of a mishap. For example, over half of all falls take place at home. Taking simple precautions such as reducing clutter and improving poor lighting can help. Learn how through our home modification for fall prevention class (see page 33 for more information). If you need assistance, our partner, Boulder County CareConnect, can help with minor home repairs, grab bar installation, seasonal yard cleanup, and more. Contact them by calling 303-443-1933. Senior Services Resources staff can assist with paper clutter reduction through our Piles to Files program.

Those with vision problems are more than twice as likely to fall as those without visual impairment. Having your vision checked is important, as aging is associated with some forms of vision loss that increase the risk of falling and injury. Through the generosity of the Boulder Seniors Foundation and the James Hynd Fund, seniors 60 and over may be eligible for financial assistance towards the cost of eye exams and basic glasses. Contact Senior Resources for more information. If you have low vision, consider joining the Beyond Vision Support Group which meets monthly at the West Senior Center.

Some people believe that the best way to prevent falls is to limit activity. In actuality, performing physical activities will help you stay independent. Strength and balance exercises are particularly helpful in preventing falls. Please consider our range of SilverSneakers® and other fitness classes geared toward older adults (such as Gentle Nia and T'ai Chi for Seniors). SilverSneakers® is a registered mark of Healthways, Inc.

Medication is another often overlooked factor in fall prevention. Taking medication can increase your risk of falling by making you dizzy or sleepy. See page 32 for a program on Protecting Yourself from Medication Related Falls.

Preventing falls is a team effort. In addition to your doctor, family, and caregiver and others, Boulder Senior Services is here to assist you in maintaining your health, mobility and independence.

Senior Community Advisory Committee (SCAC)

The Senior Community Advisory Committee represents the broad public interest in providing consultation and expertise to the city via the staff of the Senior Services Division of the Human Services Department on policy and programs related to seniors. The SCAC meets every quarter at the West Senior Center. For more information, contact Betty Kilsdonk at kilsdonkb@bouldercolorado.gov or 303-441-4365.

Day of the Dead Celebration

Come celebrate the Day of the Dead with us. People of all cultures honor the memories of their ancestors. In many parts of Mexico, South America and the United States, El Día de los Muertos, or the Day of the Dead, is a time to honor and celebrate deceased loved ones. Community participation is an essential part of this holiday that is full of life, reflection, food, family, and fun.

Ven a celebrar con nosotros el evento del Día de los Muertos. Gente de todas las culturas honran la memoria de sus seres queridos. En muchas partes de México, América del Sur y Estados Unidos el Día de los Muertos es el tiempo de celebrar los seres queridos que ya se han ido. La participación de la comunidad es muy importante en este día festivo que esta lleno de vida, reflexión, comida, familia y diversión.



A staff member took these of her collection.

Location:..... West Senior Center

Date: Friday, Nov. 1 • 1 to 3 p.m.

Fee:..... Free

Donde:..... West Senior Center

Cuando:..... 1 de noviembre, 1 to 3 p.m.

Costo: Gratis



Tomando, a Spanish version of Stanford University's Chronic Disease Self-Management Program, was held at the West Senior Center during the spring of 2013.

Reduced Rate Program

The reduced rate program is for residents of Boulder over age 60 who meet income and asset guidelines. Please look for the "Reduced Rate Eligible" notation 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, stop by the front desk at either senior center or call 303-441-3148 or 303-441-4150.

Transportation Master Plan



The City of Boulder Transportation Master Plan (TMP) update continues its planning activities with a focus on transit, walking and biking. New and innovative approaches include the Design your Transit System Web tool, neighborhood walk audits with staff, and bike innovations testing new ways to help less confident bike riders feel safe and comfortable. A transit State of the System report that will form the basis for transit system planning will be released in the summer. Follow the community conversation and add your ideas at <http://www.inspireboulder.com/>. Questions to the community and short transportation surveys are added regularly along with the ongoing community discussions. Update activities are posted at www.BoulderTMP.net. Use the "Get Involved" link to register areas of interest. Those who register will be notified of upcoming TMP events directly.

Thanks to:

*Avanti Therapy Clinic of Boulder for offering the **Optimum Balance Class***

Kallgren Dermatology Clinic for providing free skin cancer screens

*Dr. Richard Stewart from Eye Associates of the Rockies for the presentation on **The Aging Eye***

Family Hearing Center for providing the free monthly hearing clinic

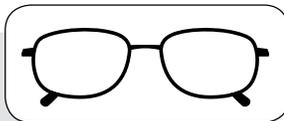
*Boulder County Area Agency on Aging for a successful **Caregiver Symposium***

David Hoppe from the Alzheimer's Association for giving two informative presentations

City of Boulder Community Mediation Service 303-441-4364

Community Mediation Service provides mediation for seniors who are involved in a conflict, such as within the family or with caregivers. Trained mediators provide a neutral, confidential setting to assist individuals to communicate their issues and develop a written agreement. Nominal fee. We can discuss with you whether mediation might be helpful. 303-441-4364 or mediation@bouldercolorado.gov.

Need Glasses?



The Boulder Seniors Foundation and the James B. Hynd Trust fund basic glasses for low-income seniors age 60 or over. Call Senior Resources staff at 303-441-4388 for more information.



Tune in to 50Up!

Celebrating aging with a focus on improving the quality of life for older adults in Boulder County

We partner with Boulder County CareConnect and Channel 8 to provide this informative show that encourages healthy living among viewers 55 and better. The show explores a variety of health and wellness topics. Shows repeat throughout the month. Find the schedule on-line at <http://www.bouldercolorado.gov/files/Channel8/Schedules/current.pdf>.

Boulder County CareConnect 303-443-1933

Offers grocery delivery, rides to medical appointments requiring an escort, small home repairs, yard work and snow shoveling. Services are provided by volunteers.

Boulder County Legal Services 303-449-7575

Free legal advice to those who qualify. By appointment the first and third Tuesday of each month from 1 to 3 p.m. at the West Senior Center.

Veterans Assistance

Veterans Services Center, Boulder
303-441-3890

Via Mobility for Life 303-447-2848

Via provides accessible on-demand door to door transportation, individual and group travel training, and mobility options information and referral for older adults, people with disabilities, low-income individuals and others living with mobility limitations. Via provides service Monday through Friday from 7:30 a.m. to 5 p.m., plus limited weekend service. Fees vary by destination. Please call the Mobility Specialist for more information or go online www.viacolorado.org. Via is a nonprofit organization.



Community Protection Services 303-441-3700

Community Protection Services are available through the Boulder County District Attorney's office. They provide advice and information on a wide range of consumer protection issues: identity theft, car repairs, contractor issues, elder financial exploitation, landlord/tenant problems, charitable fraud, credit, collections agencies, internet fraud, door-to-door solicitations and telemarketing, to name but a few. Staff members and volunteers are available Monday through Friday from 8 a.m. to 5 p.m. to answer questions, provide assistance, and investigate consumer complaints. Call 303-441-3700 for further assistance, or visit <http://www.bouldercounty.org/safety/victim/pages/dacpd.aspx>.

Rainbow Elders of Boulder County 303-441-3583

If you identify as a "rainbow elder" (gay/lesbian/bisexual/transgender), please contact Nancy Grimes at the Boulder County Area Agency on Aging to be added to a confidential mailing list. Visit infoLGBTelders@bouldercounty.org or call 303-441-3583.

LEAP 303-678-6097

The Low Income Energy Assistance Program (LEAP) offered through Boulder County assists low-income families and individuals with their heating costs. Applications are accepted November through April.

November is National Family Caregivers Month. We honor those who provide care and support to older family members and others.



We bid a fond farewell to Marlene Astacio, our bilingual Senior Resources assistant. We will miss her warmth and enthusiastic spirit. She made a difference in the lives of many seniors in the Latino community of Boulder.



Welcome back Ginger Rivera, who interned with Senior Services from Metropolitan State University for the 2012-2013 school year. Ginger is serving as a Temporary Senior Resources Assistant through the end of 2013.

City of Boulder Senior Resources..... 303-441-4388

Our Senior Resource Specialists provide individualized consultation and resource referrals to adults age 60 and older who reside in Boulder, and their families - whether local or long-distance. Call us for in-depth information about senior housing, in-home services, volunteer opportunities, financial support, and other resources to help you age well in Boulder. We will help you clarify needs, understand options, maneuver application processes, develop a plan of action, and feel supported as a caregiver.

Meals on Wheels of Boulder

Meals on Wheels of Boulder was founded in 1969 and is a locally administered and funded non-profit organization serving residents of Boulder. It receives no Federal or state funding and can provide services to individuals of all ages and economic abilities who may be confined to their homes for any reason, including recovery from surgery, an illness or long- or short-term disabilities. It has provided more than 1.8 million meals since its founding.



As part of its mission to encourage good nutrition, especially among senior citizens and our disabled neighbors, Meals on Wheels of Boulder is offering a series of three classes on preparing healthy, easy-to-fix meals and having fun while doing it. Co-sponsored by Boulder Senior Services, Boulder County Area Agency on Aging and Savory Spice Shop.

Francea Phillips, executive director of Meals on Wheels of Boulder, said "This class is intended to educate and increase access to the benefits of nutritious eating by making it easier and more fun for people to prepare healthy food in their own kitchens." See page 29 for class details.

Café Classico at the West Senior Center

Lunch is served weekdays from 11:30 a.m. to 12:30 p.m., for only \$5 for an entrée, salad, bread, beverage and dessert — available to everyone in the community. On Tuesday evenings, we offer dinner and a show at 5:30 p.m. for only \$6 per person. Please call 303-441-3148 to make your reservation for dinner and select one of two entrees. Check out the monthly lunch and dinner menus and our monthly newsletter, plus healthy recipes and other helpful information at www.mowboulder.org or visit www.boulderseniorservices.com and click on “Café Classico.”

Meals on Wheels of Boulder — Home Delivery

Volunteer drivers bring meals to people of any age or income level who aren’t able to provide at least one hot nutritious meal a day. Your meal can be prepared to meet any dietary restrictions. The fee is based on a sliding scale.

Project Homecoming

Project Homecoming is designed for anyone of any age or income after their release from any hospital to our Boulder Meals on Wheels service area. We’ll deliver the first five days of meals to your home at no charge. If you choose to continue the service the cost will be determined by a sliding scale.

Caregiver Training Program

Boulder County Area Agency on Aging is holding their National Caregiver Training Program on Wednesdays, Sept. 25 to Nov. 6 from 1:30 to 4:30 p.m. in Boulder. This course is open to Boulder County residents caring for a relative age 60 or over (or of any age if the person has dementia). There is no charge; donations are appreciated. Respite care assistance is available. Pre-registration is required. Call 303-678-6116 or email InfoCaregiver@bouldercounty.org.

IMPORTANT TELEPHONE NUMBERS

West Senior Center	303-441-3148
East Senior Center	303-441-4150
Access-A-Ride.....	303-292-6560
Accident Report	303-441-3333
Boulder County Area Agency on Aging	303-441-3570
Boulder County ARCH	303-441-1617
Boulder Housing Partners.....	720-564-4610
Boulder County Housing and Human Services Adult Protective Services	303-441-1000
CareConnect	303-443-1933
Care Link Adult Day Program.....	720-562-4470
Center for People with Disabilities.....	303-442-8662
Close Call Phone Line	303-441-4272
City of Boulder Information	303-441-3388
Eldershare Food Program.....	303-652-1307
Emergency Family Assistance	303-442-3042
Federal Government	1-800-FED-INFO
Fire Prevention/Safety	303-441-4355
Flu Shot Hotline.....	1-800-462-2911
Foot Care.....	303-651-5224
Meals on Wheels.....	303-441-3908
Medicare Counselors	303-441-1546
Mental Health Partners	303-443-8500
Police Senior Liaison	303-441-3322
Pothole Hotline.....	303-441-3962
RTD	303-299-6000
Social Security Office	1-800-772-1213
Street Maintenance	303-413-7162
Veterans Services	303-441-3890
VIA Transportation	303-447-2848
Workforce Boulder County.....	303-301-2900

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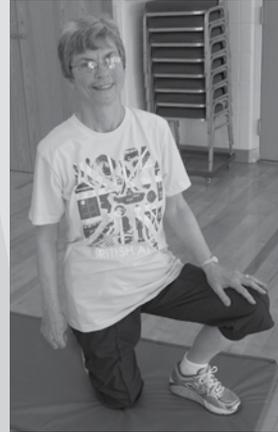
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senior SPOTLIGHT

Meet **Martha Andrews**, an active member of our East Senior Center fitness program. Martha and her husband John have lived in Boulder since 1968. They have two children and five grandchildren.



Fitness class participant Martha Andrews.

Martha began a fitness routine of jogging when she was 40 which she continued for over 20 years. She also worked, and decided that she either had to quit work or quit jogging. She realized that when she was jogging, she should also have been doing full-body strengthening. For the next six years she took fitness classes at the East Boulder Recreation Center and worked with

a personal trainer. For the past four years she has been taking classes at the East Senior Center.

A goal when I retired was to do something different, something I was not good at, and see what happened. I have taken Fit and Strong Intermediate, and more recently Guts and Butts, two days a week. Coming to classes has improved my balance and strength, including my ability to anticipate and prevent a serious fall. I actually did fall on ice in Iowa last winter. Thankfully nothing bad happened because we've been taught how to fall safely. I also don't get as tired now because I am more fit. I have stayed at a constant, acceptable weight. I have more confidence now (at age 75), as in my earlier years my coordination was not the best. The instructors here are wonderful and were very patient with my learning curve when I started. I've been able to build from one class to another as I continue to get stronger.

I just got back from two weeks in London with my husband, a trip we do every two years. We stayed in the same hotels and climbed the same flights of stairs. I noticed a big improvement in my stamina, and my ability to climb the stairs safely, in relation to our last visit. I feel the people who come to classes here are very supportive of each other, and we have fun together. I expect many people in the class feel similar benefits as I do. There are at least 15 people who started the same time I did and are still coming.

CareLink

INC.
SPECIALIZED
ADULT DAY PROGRAM

*Help for those
caring for loved ones*

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

4900 THUNDERBIRD
BOULDER, CO 80303
720-562-4470



DAY TRIPS

Day trips help meet seniors' needs for social and civic engagement and provide safe transportation.

Bull Durham Casino, Black Hawk



We love Bull Durham and they love us. Join our fun group to spend a few hours gambling and eating in Black Hawk.

Date: **Tuesday, Sept. 10**

9 a.m. to 3 p.m.

Fee:..... **City Resident** \$20

Non-Resident \$25

Includes motor coach transportation and trip escort.

Food on your own.

Course Code:..... 202532

Denver MountainAires — John Denver Tribute

REDUCED RATE ELIGIBLE

The John Denver Tribute “Rocky Mountain High” will be presented by the Denver MountainAires Barbershop Chorus and Quartet with special guest John Adams. Enjoy the classic songs of a Colorado music legend. John Adams was a personal friend of John Denver, having performed on stage with him twice. He is acclaimed as the most authentic John Denver tribute artist in the world.

Date: **Saturday, Sept. 14**

1 to 5 p.m.

Fee:..... **City Resident** \$15

Non-Resident \$20

Includes transportation, trip escort and performance admission. No food service. RTD motor coach.

Course Code:..... 202632

Helpful Tips for Day Trips

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

See page 40 for registration information. Advance registration is required for all day trips. Boulder Senior Services reserves the right to cancel any trip if minimum registration is not met.

There are several ways that you can help make the trip program run more smoothly:

- When you register, please let us know if you have special needs.
- 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.
- 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.
- Be prepared to share a bench as most of our trips run full.
- **Return times are approximate.** Please do not schedule appointments close to return times as we can not anticipate when delays may occur.
- If you have questions about the physical demands of the trip please ask before registering.



- PARTICIPANTS' -

Favorites

Dining Destination Series

We are returning to some of our trip participants' favorite places to dine...from the uniquely-Colorado Buckhorn Exchange, to Shanahan's fine dining, to the beautiful views of Colorado at Three Tomatoes Steakhouse. We hope you will join us to experience them again or to enjoy for the first time.

Buckhorn Exchange, Denver

Denver's original steakhouse has been serving the finest Old West fare since 1893. We will partake of the "Dutch Lunch" which was served by the Buckhorn to cattlemen, railroaders, rogues and tycoons in the early days. It will include: Buckhorn famous bean soup, platter of bratwurst, baby back pork ribs, beef brisket, baked beans and cole slaw. We don't think you will leave hungry.

Date: **Tuesday, Sept. 17**
 10 a.m. to 2 p.m.

Fee:..... **Encore Resident**.....\$35
Non-Resident\$40

Includes transportation, trip escort, Dutch Lunch and gratuity. Senior Services bus.

Course Code:... 202633

Shanahan's, Denver

Shanahan's is the modern interpretation of the classic Denver steakhouse. We have been there several times and are always impressed with the first-rate prime rib, filet mignon, salmon and mahi mahi. In addition, it's a beautiful restaurant with excellent service. We will have soup or salad, entrée, sides and choice of dessert.

Date: **Sunday, Oct. 20**
 5 to 9 p.m.

Fee:..... **City Resident**\$80
Non-Resident\$85

Includes transportation, trip escort, dinner and gratuity. All beverages on your own. Senior Services bus.

Course Code:... 202682

Three Tomatoes Steakhouse, Golden

We will have lunch at a restaurant with stunning scenery situated right outside its windows. Three Tomatoes Steakhouse has been in business for over 30 years and consistently provides great food. You will have choice of soups, salads, burgers, sandwiches or other entrees.

Date: **Friday, Nov. 8**
 11 a.m. to 2 p.m.

Fee:..... **City Resident**\$30
Non-Resident\$35

Includes transportation, trip escort, lunch and gratuity. Senior Services bus.

Course Code:... 202685



Zang Mansion Tour and Tea

BACK BY REQUEST



The Zang Mansion was the turn-of-the-century home of Adolph Zang, owner of the Zang Brewing Co. in Denver. The home has had only three owners during the last 95 years, and has been carefully preserved in its original condition. We will enjoy a traditional European High Tea catered in the Zang Mansion's elegant formal dining room. A docent-guided tour of selected rooms in the mansion is also in store.

Date: **Friday, Sept. 20**
 10:30 a.m. to 3 p.m.

Fee:..... **Encore Resident..... \$35**
City Resident \$40
Encore Non-Resident..... \$45
Non-Resident \$50

Includes transportation, trip escort, High Tea, tour and gratuity. Senior Services bus.

Course Code:..... 202634

Elk Fest, Estes Park

FALL COLORS



This annual festival features bugling contests, educational areas, exhibits, elk seminars, Native American music, dancing and storytelling. Vendors will display artwork, handmade elk-ivory jewelry and distinctive elk cuisine. We will take a bus to the best places to view and hear the elk.

Date: **Sunday, Sept. 29**
 9 a.m. to 3 p.m.

Fee:..... **City Resident \$20**
Non-Resident \$25

Includes transportation and trip escort. Food on your own. Senior Services bus.

Course Code:..... 202636

Reserve Casino, Central City

REDUCED RATE ELIGIBLE



We have not been to this casino since it was remodeled and renamed, so let's give it a try! They will offer a very generous casino package.

Date: **Tuesday, Oct. 1**
 9 a.m. to 3 p.m.

Fee:..... **City Resident \$20**
Non-Resident \$25

Includes motor coach transportation and trip escort. Food on your own.

Course Code:..... 202637

Balistreri Harvest Party



Balistreri Vineyards is a family-owned and operated winery located in Denver. Their award-winning wines are traditionally handcrafted, without the addition of sulfites. This is their 11th Annual Harvest Party and will include a commemorative wine glass, wine tasting samples, antipasti, artisan cheeses, wood-fired pizza, pig roast and desserts.

Date: **Sunday, Oct. 6**
 11 a.m. to 4 p.m.

Fee:..... **City Resident \$75**
Non-Resident \$80

Includes transportation, trip escort, Harvest Party admission. Senior Services bus.

Course Code:..... 202638

QUOTABLES

*Winter is an etching,
 spring a watercolor,
 summer an oil painting
 and autumn a mosaic of them all.*

~ Stanley Horowitz

Georgetown Loop "Moonlight in the Mountains"

BACK BY REQUEST

"Moonlight in the Mountains" is a catered, casual dinner aboard the train, served high above Clear Creek Canyon. While enjoying the gorgeous mountain scenery, we will savor a delicious lobster and steak dinner with all accompaniments. A wonderful way to spend a fall evening.

Date: **Friday, Oct. 11**
4 to 10 p.m.

Fee:..... **City Resident** \$90
Non-Resident \$95

Includes transportation, trip escort, dinner and gratuity. Beverages on your own.

Course Code:..... 203788

Walmart Distribution Center/Okole Maluna



BACK BY REQUEST

We have been to this distribution center in Loveland a couple of times and always enjoyed it. The center serves Colorado, Utah, Wyoming and Montana in 1.2 million square feet of space. We won't walk it all, however, please wear comfortable shoes. Afterwards, we will have lunch at Okole Maluna in Windsor, one of our most popular lunch spots.

Date: **Tuesday, Oct. 15**
9 a.m. to 3 p.m.

Fee:..... **Encore Resident**..... \$25
City Resident \$30
Encore Non-Resident..... \$35
Non-Resident \$40

Includes transportation, trip escort, tour, lunch and gratuity. Senior Services bus.

Course Code:..... 202639

Chautauqua Tour and Lunch



Take a guided walking tour of the famous Chautauqua area and see the Chautauqua Auditorium, the Missions House, Rest Cottage and the Chautauqua version of the "Brown Palace." We will walk the winding lanes past charming cottages and be entertained with stories of the early residents. You can either meet us there or catch a ride from the West Senior Center. Parking at Chautauqua is limited. Tour starts at 10 a.m. After the tour, we will have lunch at the newly-renovated Dining Hall.

Date: **Thursday, Oct. 17**
10 a.m. to 1 p.m.

(City van will leave the West Senior Center at 9:45 a.m.)

City Resident \$35
Non-Resident \$40

Includes trip escort, tour, lunch and gratuity.

Course Code:..... 202640

Denver Museum of Nature and Science/IMAX

BACK BY REQUEST

Our group will travel to Denver to the Museum of Nature and Science. We will see the current IMAX movie and spend some time in the museum afterwards. Lunch is on your own at one of the various dining spots in the museum. They also have a wonderful gift shop.

Date: **Tuesday, Oct. 22**
10:30 a.m. to 4 p.m.

Fee:..... **City Resident** \$30
Non-Resident \$35

Includes transportation, trip escort, admission to museum and IMAX movie. Food on your own. Senior Services bus.

Course Code:..... 202683

Golden Mardi Gras Casino, Black Hawk



Join us for a first-time visit to the Golden Mardi Gras Casino — a colorful, New Orleans style carnival of games and restaurants.

Date: Tuesday, Nov. 5 • 9 a.m. to 3 p.m.

Includes motor coach transportation and trip escort. Food on your own.

Fee:..... City Resident \$20
 Non-Resident \$25

Course Code:..... 202684

IKEA

REDUCED RATE ELIGIBLE

We always have a full bus to experience the IKEA Store in Centennial. They have miles of things to buy at reasonable prices and their cafeteria is famous for its Swedish meatballs.

Date: Friday, Nov. 15
 9 a.m. to 2 p.m.

Fee:..... City Resident \$15
 Non Resident \$20

Includes transportation and trip escort. Food on your own. Senior Services bus.

Course Code:..... 202686

Simms Steakhouse Brunch, Lakewood

BACK BY REQUEST

Along with an incredible setting and view, we will enjoy an award-winning all-you-can-eat buffet brunch with omelets, waffles, eggs benedict, French toast, carving station, shrimp, and raw fish bar. They will also offer the usual breakfast items.

Date: Sunday, Nov. 17
 10 a.m. to 2 p.m.

Fee:..... City Resident \$40
 Non Resident \$45

Includes transportation, trip escort, Sunday Brunch and gratuity. Senior Services bus.

Course Code:..... 202687

Le Central Wine Dinner, Denver

BACK BY REQUEST

Everytime we go to the Le Central Wine Dinner, our participants want to go back. This is a multi-course French meal from appetizers to desserts, all paired with fine wines. Our group always has a great time and a great meal. They have been serving fine French food for over 32 years...Bon Appetit!

Date: Tuesday, Nov. 19
 5:30 to 9:30 p.m.

Fee:..... City Resident \$70
 Non-Resident \$75

Includes transportation, trip escort, Wine Dinner and gratuity. Senior Services bus.

Course Code:..... 202688

“Book of Mormon,” Buell Theatre, Denver



Winner of nine Tony Awards, this sensation from the creators of “South Park” continues to sell-out all over the country. Caution: explicit language. Note: this is a very popular show and is expected to sell-out quickly.

Date: Thursday, Nov. 21
 12:30 to 5:30 p.m.

Fee:..... Encore Resident \$125
 Encore Non-Resident \$130

Includes transportation, parking, trip escort and admission. No food service. Senior Services bus.

Course Code:..... 202689

OVERNIGHT TRAVEL

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 15 years experience from a locally owned/operated company
- Guaranteed Departure trips available
- Boulder pick-up and drop-off service 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 ELLEN BARTILET AT 303-441-3915.

A Classic Broadmoor Christmas Weekend

Dec. 14 – 15, 2013

Experience a truly one-of-a-kind resort where personalized luxury offers an escape from the ordinary and modern details blend seamlessly with timeless elegance. The Broadmoor in Colorado Springs is the longest-running consecutive winner of both the AAA Five-Diamond and Forbes Travel Guide Five-Star awards. This year's Broadmoor Christmas package promises to provide an amazing lineup of talent and fun with performances from holiday favorites as well as some surprises, and of course, Santa Claus himself could make an appearance. Dress up and enjoy the evening! Package includes overnight stay at the Broadmoor Hotel with historic tour, gourmet holiday dinner and show, famous Sunday Brunch at the Broadmoor, roundtrip motorcoach transportation and sightseeing enroute. Call for pricing.

Rose Parade Spectacular 2014

Dec. 29, 2013 – Jan. 2, 2014

Celebrate the New Year in sunny Southern California. You'll have reserved seats for the best in parade viewing at the 125th Tournament of Roses Parade. You'll also have a chance to see floats being decorated. One day you will have the choice of visiting (1) Universal Studios or (2) the Reagan Presidential Library and Warner Bros. Studios or (3) Catalina Island. Celebrate New Year's Eve at our private party. Four nights at the Hyatt Regency Long Beach. Fare: \$1,450 per person double occupancy; \$1,750 single occupancy. Airfare not included — fly into Los Angeles, Long Beach or Orange County. Transfers provided to the hotel.



Memories in the Desert: A Bob Hope USO Show Tribute

PALM SPRINGS, CALIFORNIA

Feb. 23-26, 2014

How about a winter vacation in fabulous Palm Springs? Your desert resort getaway features flexible daytime sightseeing and three unique stage shows. Come join us for a Tribute to the USO Shows. Entertainment includes a Bob Hope Look-a-Like, accompanied by a live orchestra and the beautiful girls of "Company B" performing their tribute to The Andrews Sisters and other songs from the WWII, Korea and Vietnam eras; an evening with the 4077 M*A*S*H at the Palm Springs Air Museum with Hot Lips & Hawkeye Look-a-Like competitions and a Corporal Klinger Fashion Show; and a Las Vegas Stage Show titled "Drinkin' – Singin' – Swingin'," a salute to Frank Sinatra, Dean Martin and Sammy Davis, Jr. a/k/a The Rat Pack at the Riviera Hotel in Palm Springs. Enjoy a Homes of the Stars tour. There is free time to do things on your own such as ride the aerial tram or attend the Palm Springs Follies. A concierge will be on hand to help with all the details. Price \$799 per person double occupancy; \$1,049 single occupancy. Does not include airfare to Palm Springs.



Guaranteed Departure Trips

Leisure West offers "Guaranteed Departure" of these trips and many other trips this year. Please book early since many of these trips sell out.

For more information, itineraries, prices, etc., please contact Ellen Bartilet at 303-441-3915.

January and February 2014

Yellowstone in Winter by Snow Coach (6 days)

January 2014

Australia and New Zealand (27 days)
Kenya and Tanzania (17 days)

February 2014

Key West, Miami and Everglades (7 days)
Natural Nicaragua (9 days)
South America (22 days)
Las Vegas and Palm Springs (8 days)

India (18 days)

New Orleans, Baton Rouge and Natchez (5 days)

March 2014

Azaleas, Plantations and Cajuns (7 days)
Vietnam, Cambodia and Thailand (16 days)
Carolina Coast (10 days)
Grand Tour of Italy (12 days)
Cherry Blossoms in Washington, D.C. (7 days)
China (15 days)

Tropical Dreams Come True in Holland America Line's Caribbean

Experience the Caribbean as only Holland America Line can deliver. Travel with fewer guests aboard elegant, mid-sized ships and discover picturesque destinations not accessible by larger ships. Relax in spacious comfort, surrounded by fresh flowers and museum-quality art. Sample an amazing array

of enriching onboard activities and artfully-crafted shore excursions—from snorkeling to parasailing to horseback riding on the beach. Explore Holland America's award-winning private island, Half Moon Cay, for a blissful island experience unlike any other. Savor it all while indulging in exquisite cuisine and the unparalleled personal attention of a gracious crew. This is paradise at an unprecedented value. Choose your dates and call for rates and details.



Welcome Encore Members!

The Encore Program for Active Adults

Active Aging

We can change the way we age by staying physically active, intellectually engaged and spiritually connected. This helps to keep us involved, alert and enjoying a productive life.

Encore is an optional membership program for adults age 55 and older. Social engagement, community partnerships, educational opportunities and technology classes are a few of the components of Encore.

Encore helps supplement and subsidize activities for our members and the community. See registration information on page 40 to register and become a member today.

Free Events for Social Interaction

Membership Appreciation Event and the Encore book club

Free Educational Opportunities

Events and guest speakers on various topics

Benefits

- Priority registration
- Discounts on classes, day trips and technology classes
- Discounts on fitness punch cards/ fitness classes/ and massage
- Become a member of the Boulder Municipal Employees Credit Union
- Free Birthday Lunch from Café Classico

The Encore Coffee Talk program has changed. We have expanded the program for everyone to include Introduction Programs, where you can dabble in new classes and meet the instructors, all for free. Please see page 25 for details on this exciting new offer!

Membership runs from date of purchase for an entire year.

Encore Fees:

Encore Resident ... **\$20 Individual**
\$10 Second person at same address

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

Reduced Rate (for those who meet income and asset guidelines, see page 7)
\$10 Individual
\$5 Second person at same address



Encore Book Club

The Encore Book Club meets every third Thursday of the month. We use the Boulder Public Library's "Books in a Bag" program and Denver Public Library's "Swift" program to choose our books. Facilitated by our community volunteer Katherine Christensen. Come join us.



Location:..... **West Senior Center**

Date: **Thursdays, Sept. 19, Oct. 17, Nov. 14, three meetings 2 to 3:30 p.m.**

Fee:..... **Free to Encore members**

Course Code:... **203192**



**BITS AND BYTES OF ENCORE:
Computer Classes**



All classes held on Tuesdays at the West Senior Center. • Instructor: Don Walker
Bring your laptop if you have one and please no Mac's.

8:30 a.m. to 9:30 a.m. Laptop Help.....	Sept. 10, 17 (2 sessions).....	Course Code: 202374
8:30 a.m. to 9:30 a.m. Online Shopping	Sept. 24 (1 session)	Course Code: 202375
9:45 a.m. to 10:45 a.m. Facebook Beg/Adv.....	Sept. 10, 17, 24 (3 sessions)....	Course Code: 202376
11 a.m. to noon	Skype Station.....	Sept. 10, 17 (2 sessions).....
11 a.m. to noon	Web Searching.....	Sept. 24 (1 session)
8:30 a.m. to 9:30 a.m. Intro to Computers	Nov. 5, 12, 19 (3 sessions)	Course Code: 202379
9:45 a.m. to 10:45 a.m. Photo Upload/Picasa...	Nov. 5, 12, 19 (3 sessions)	Course Code: 202380

Fees	One-session course	Two-session course	Three-session course	Four-session course
Encore Members	\$15	\$25	\$35	\$50
General Public	\$20.....	\$35	\$50.....	\$70

Computer Class Descriptions

Laptop Help: Bring your own laptop to learn the ins and outs of why it does what it does, where things are located, how to surf the web and how to save documents. Two laptops are available if needed. Computer experience recommended.

Online Shopping: Explore the “Virtual Malls” of the Internet with us. We will demonstrate the bargains and dangers of such online shopping giants as Craigslist, eBay, iTunes and Amazon.

Facebook Beg: You will learn about Facebook. Instruction will be given on setting up a free email address as well as your own Facebook account. Discussion will include common safety and privacy practices, plus sending messages and chatting with friends.

Facebook Adv/Beg: We will discuss privacy settings, attaching photos, and sharing information in more detail. Some experience on Facebook is encouraged.

Skype Station: Skype enables people to use video and voice software to chat with loved ones all over the world. Talk and see your family and friends with this quick and easy-to-use program. We will learn how to download and start up Skype and learn the basics.

Web Searching: This course will put the world at your hands. Web videos, web seminars, ebooks, web music, and Google will be introduced. Ability to use computer mouse recommended.

Introduction to Computers I: This course is designed for students without prior computer experience. You will master the mouse: placing the mouse, clicking the mouse, drag and drop and drawing with the mouse. These are basic skills to help you learn on the computer. New beginners please.

Photo Upload/Picasa: Photo editing with Picasa. Bring your own laptop, camera and/or flash drive and learn to upload photos. Once uploaded, lessons on saving photos and Picasa will bring your pictures to life. Two laptops are available if needed.

COMPUTERS ONE-ON-ONE

This class will offer personalized one-on-one tutoring for beginner to experienced computer users on a personal computer. Learn at your own pace with an experienced and patient instructor. The location (either a Boulder senior center or a public library), date and time will be arranged by you and the instructor.

Instructor:.. Don Walker

<i>Fee:.....</i>	Encore Member Resident	\$32
	Encore Member Non-Resident....	\$37
	City Resident	\$42
	City Non-Resident	\$47

You and the instructor will plan the location, date and time of your session(s) together. Registration expires three months from the date of purchase.

Course Code:.....202381





ENCORE ON THE MOVE Walking Wednesdays



Join City of Boulder employees for a 45-minute to one-hour walk. The focus of the walks range from brisk health walks to visiting local city offices and public utilities to tours of neighborhoods near the downtown area. Meet at 12:10 p.m. at the shuffle board court behind the New Britain Building on 1101 Arapahoe Avenue in Boulder. The shuffle board courts can be reached by the Creek Path near the West Senior Center. For details or update on rainy day cancellations, please call 303-441-3148.

Location:.... Boulder Creek Path

Speaker: Ellen Orleans

*Date: Drop by any Wednesday
from Sept. 4 through Oct. 2, 2013*

Time:..... 12:10 to 1:15 p.m.

Fee:..... Free to Encore Members

Course Code:... 202434



Anita Riffel, Encore participant, Ellen Orleans, Walking Wednesday leader from Go Boulder and Alice Eccles, City of Boulder Library staff member, braved a spring storm during one of this year's Walking Wednesdays.

Plants — Passionate Living and the 63rd St. Farm



Can plants make a difference in your life? Absolutely! Join Erin Smith from The Center for Integrative Botanical Studies, a local school, for this free class. Learn simple ways to start incorporating plants in your daily life right now, herbs that are safe and gentle to use at any age and how they can improve your overall health. We'll also explore ways to use some of the common plants right outside your door. Class will be held at 63rd St. Farm, weather permitting.

Location:.... Meet at East Senior Center

Date: Friday, Sept. 27

Time:..... 12:30 p.m. to 3:00 p.m.

*Fee:..... \$5 for Encore Members includes
transportation and escort*

Course Code:... 203483

Historic Columbia Cemetery Tour



BACK BY POPULAR DEMAND

Meet Mary Reilly-McNellan from Parks and Recreation in this fascinating walk and talk at Columbia Cemetery. The cemetery is a virtual "Who's Who" of early Boulder — a historic, cultural, and artistic resource containing the remains of many of our city's founders and pioneers. The gravestones are not simply inanimate markers of granite, marble and sandstone, or metal — they are narratives that reveal provocative clues about who we were, how we lived and died, and what shaped our values, attitudes and traditions.

*Location:.... Meet at Columbia Cemetery
9th and Pleasant*

*Escort: Mary Reilly-McNellan with
Parks and Recreation*

Date: Monday, Oct. 21

Time:..... 12:30 p.m. to 1:30 p.m.

Fee:..... Free for Encore Members

Course Code:... 203193





Sponsored by...



the **CARILLON**
AT BOULDER CREEK



Al Qaeda

Join Active Minds for an in-depth look at Al Qaeda. We will discuss the historical origins of the organization and how it has evolved and changed over time. The role of Osama Bin Ladin and other leaders will be explained. We will also discuss how Al Qaeda has been impacted by the U.S. military and diplomatic efforts, including the killing of Bin Ladin.

Location:..... West Senior Center

Fee:.....Free

Date: Monday, Sept. 9
11 a.m. to noon

Course Code:..... 202368

Cuba

Less than 100 miles from the United States, Cuba remains a mystery to many in the U.S. Join Active Minds for a past, present and future look at our communist neighbor to the south. We will cover Castro's revolution, the Bay of Pigs, the Cuban Missile Crisis, Guantánamo Bay and ongoing property disputes. We will also take a look at what the future holds for Cuba after Fidel and Raúl Castro.

Location:..... West Senior Center

Fee:.....Free

Date: Monday, Oct. 14
11 a.m. to noon

Course Code:..... 202370

Paris: Biography of a City

Join Active Minds for the story of the City of Lights. We will trace the city's history from its Celtic origins through modern times. In the process, we'll visit with some of the city's most colorful characters and notable places, including the Eiffel Tower, which was despised by Parisians in its day. So, don your beret and come sit with us on the banks of the Seine. It's the next best thing to being there!

Location:..... West Senior Center

Fee:.....Free

Date: Monday, Nov. 4
11 a.m. to noon

Course Code:..... 202372

Sponsored
by...



The Challenges of Mexico

Join Active Minds for an in-depth look at Mexico. We will cover Mexican history and recent events as we seek to understand how this country fits in the regional puzzle of North, Central and South America. We will examine key issues in Mexican relations with the U.S. such as violence associated with drug trafficking, trade agreements and immigration.

Location:..... East Senior Center

Fee:.....Free

Date: Monday, Sept. 23
11 a.m. to noon

Course Code:..... 202369

The Story of Beer

We will discuss the origins and history of beer, how it is made, different types of beer, as well as the rise of several great American brewers and beer families. We will end with a discussion of the current trends of microbrews and craft beers and their strong Colorado connections. Cheers!

Location:..... East Senior Center

Fee:.....Free

Date: Monday, Oct. 28
11 a.m. to noon

Course Code:..... 202371

Native Americans of Colorado

Join Active Minds as we tell the stories of the original inhabitants of Colorado. From Mesa Verde to the high plains, we will trace the civilizations of the Ute, Cheyenne, Arapaho, Pueblo and other tribes as we seek to understand Colorado's Native American history and legacy.

Location:..... East Senior Center

Fee:.....Free

Date: Monday, Nov. 25
11 a.m. to noon

Course Code:..... 202373

Coffee Talks and More — Introduction Programs

Senior Services invites you to join us for one (or all) of our new **free** one hour **Coffee Talk Introduction Programs** where you can learn about some of the special programs and offerings for fall.



A Story Circle for Women — Introduction Program

If you are a woman who writes or would like to write, if you have ever kept a journal just for yourself or written family history for your descendants, if you long to tell (record) your own story for you, your family or others, join us to find out more about this new series. Based on the work of Susan Witig Abert, author of “Starting Points” and the Story Circle Network. The story circles Louise leads locally with women are receiving excellent response. Join us to explore what this new class will offer. Please register to reserve your space. You won’t want to miss this one.

Instructor: Louise Alderson, LMFT, and Certified Family Life Educator

Location: West Senior Center • *Dates:* Monday, Sept. 9 • 2 to 3 p.m. • *Course code:* 203155

A five-week series on Mondays will follow, Sep. 16 – Oct. 14, 2 to 4:00 p.m. See page 27 for details.



Reclaim Your Life From Pain — Introduction Program

Has chronic pain undermined the quality of your life? Join us for this introductory program to learn more about a new, upcoming five-week series in mindfulness-based pain management. Meet the instructor, Jay Valusek, an experienced meditation teacher who has reclaimed his own life from chronic pain by practicing a variety of uniquely designed pain management techniques he would love to share with you.

Instructor: Jay E. Valusek, M.Ed. • *Location:* East Senior Center

Dates: Tuesday, Sept. 10, 2 to 3:00 p.m. • *Course Code:* 203353

Two five-week series on Tuesdays will follow: Sep. 17 – Oct. 15, 2 to 4 p.m. at East Center, and Oct. 29 – Nov. 26, 2 to 4 p.m. at West Center. See page 28 for details.



Acting Class for Seniors — Introduction Program

Join us to meet Kevagne Kalisch who will be offering a new weekly acting class this fall. She has taught drama to children in Harlem, worked as a journalist in California, and taught seniors while living in Australia. She studied acting with Bruce Alexander in Melbourne and the Meisner technique at the Actors Pulse in Sydney. She held the lead role in a Short and Sweet play in Sydney and recorded the audiobook version of “Last Seen Leaving” by Kelley Braffet.

Instructor: Kevagne Kalisch • *Location:* West Senior Center

Dates: Wednesday, Sept. 11, 2 to 3:00 p.m. • *Course code:* 203163

Weekly acting classes to follow on Wednesdays, Sept. 18 – Nov. 20, 2 to 4:00 p.m. See page 28 for details.



The Importance of Being Creative — Introduction Program

Creativity is like a super multi-vitamin to help us age gracefully and positively. Discover the role of creativity in your life and how to be more creative. Creativity is not solely the domain of artists. It is for all: retired professionals, homemakers, artists, and artist wannabes. Come learn how to bring creativity into your unique and precious life.

Instructor: Elsie Wood: Former Director of Society for Creative Aging, Sculptor, and Lecturer

Location: West Senior Center • *Date:* Thursday, Sept. 19, 10 to 11:00 a.m. • *Course code:* 203164

A four-session “Creativity Circle” will follow on Thursdays, Oct. 3, Oct. 17, Oct. 31 and Nov. 14.

See page 29 for details.



More Coffee Talks

(not Introduction Programs)

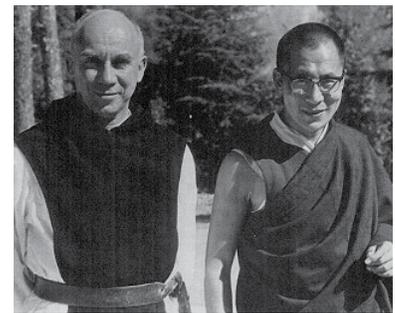


Join Senior Services for an interesting, stimulating and informative discussion on a variety of topics.



Contemplative Living: Thomas Merton in Asia

Thomas Merton, an American writer and Trappist monk, traveled to Asia during the final year of his life to better understand Asian approaches to spirituality while identifying common ground among Eastern and Western philosophies and religions. Along the way he met the Dalai Lama and Trungpa Rimpoche, and had his trip cut short with his death in Thailand during a conference with other monks and nuns where he was filmed for the first and only time. There is no charge, but please register to reserve your space.



Presenter:James Kettering
 Location:..... West Senior Center
 Date: Thursday, Oct. 24,
 10 to 11:30 a.m.

Fee:..... Free
 Course Code:..... 203152



Identity Theft and Proactive Tips

In this seminar you will learn about current statistics, the six types of identity theft, what to look for in the best protection and proactive steps you can take individually to better protect yourself and your family. The presenter, Peggy Altschuler, is a Certified Identity Theft Risk Management Specialist, and her passion is to help educate and protect others from the world's fastest growing white collar crime of identity theft. She has brokered legal services and identity theft protection for families and businesses for the past twelve years. Sponsored by Boulder Municipal Employees Credit Union. Register to reserve your space at this free seminar.

Presenter:Peggy Altschuler,
 Location:..... West Senior Center
 Date: Monday, Nov. 18, 10 to 11 a.m.

Fee:..... Free
 Course Code:..... 203165

SENIOR CLASSES

AARP Driver Safety — 303-441-3148

Taking an AARP Driver Safety Course may help you save money and your life. Learn defensive driving techniques, new laws, rules of the road, and much more in this half-day course. Find out how to adjust your driving to age-related changes in vision, hearing, and reaction time. In most cases auto insurance companies in Colorado provide a discount to AARP Driver Safety graduates age 55 and older. It is all in the

classroom, you turn in no tests and you can have fun while learning. Register for this class at the front desk at the West Senior Center or call 303-441-3148.

Location:.... West Senior Center

*Date: Mondays, Sept. 9, Oct. 14,
or Nov. 18
8:30 a.m. to 12:30 p.m.*

*Fee:..... AARP Member \$12
Non-Members \$14*

Beginning Class Piano I and II

Have you always wanted to play the piano? Maybe you took a few classes as a child and gave it up. Here's your chance to learn from an experienced instructor in a fun, supportive group setting. Let's make music and laugh together. Instruction material: "Piano Fun for Adult Beginners" by Brenda Dillon (book and CD) are included in fee for Piano I.

Location:.... West Senior Center

Instructor:.. Lisa Johnson

Beginning Piano I

*Date: Wednesdays, Sept. 11 to Oct. 30,
eight classes
10 to 11 a.m.*

Course Code:.....202432

Beginning Piano II

(instructor's permission required)

*Date: Wednesdays, Sept. 11 to Oct. 30,
eight classes
11 a.m. to noon*

Course Code:.....202433

*Fee:..... Encore Member Resident \$97
Encore Member Non-Resident..\$102
City Resident \$107
Non-Resident \$112*

Adventures in Watercolor Painting

For information about Anne Gifford's ongoing Watercolor Painting classes held at the East Senior Center, please contact Anne at 720-472-4990 or annegifford@comcast.net.

A Story Circle for Women

NEW!

Women's lives are lived through the language of stories. A story circle is a group of women who come together to write, read, share, and celebrate their lives. Through their stories women develop an understanding of self and provide a legacy for those who read them. **The Story Circle for Women** is a five-session series designed to help women write their stories for themselves and to share them with families and friends.

Instructor:.. Louise H. Alderson, MS, LMFT, CFLE

Location:.... West Senior Center

*Dates:..... Mondays, Sept. 16 to Oct. 14,
five sessions
1 to 3 p.m.*

*Fee:..... City Resident: \$50
Non-resident:..... \$60*

Course code:.....203351

Join us for a Free Coffee Talk Introduction on Sept. 9 (see page 25, open to anyone interested to attend).

Reclaim Your Life From Pain



Has chronic pain undermined the quality of your life? In this five-week course in mindfulness-based pain management, you'll learn to work gracefully with painful sensations, defuse intense emotions, engage positively with daily activities, rebuild relationships damaged by pain, and begin to reclaim lost parts of your life — even if your pain never goes away. Taught by an experienced meditation teacher who lives with chronic pain.

Instructor: .. Jay E. Valusek, M.Ed.

1st Session (East Center):

Dates:..... Tuesdays, Sept. 17 to Oct. 15,
five classes

Time:..... 2 to 4 p.m.

Fee:..... City Resident \$50
Non-Resident \$60

Course Code:.....203354

2nd Session (West Center):

Dates:..... Tuesdays, Oct. 29 to Nov. 26,
five classes

Time:..... 2 to 4 p.m.

Fee:..... City Resident \$50
Non-Resident \$60

Course Code:.....203355

Join us for a Free Coffee Talk Introduction on Sept. 10 (see page 25, open to anyone interested to attend).

Q U O T A B L E S

Happiness is not a matter of intensity but of balance, order, rhythm and harmony.

~ Thomas Merton

Intermediate Bridge Class

This is a class for bridge players with at least basic knowledge of the Standard American Bidding System. Opening bids, responses and rebids are reviewed and expanded on. The concept of balancing and some conventions are covered. Learn to make the most of your cards as a declarer and as a defender. There is a \$10 maximum material fee payable to the instructor the first day.

Instructor:.. Sandy Koller

Location:.... East Senior Center

Date: Wednesdays, Sept. 11 to Nov. 13,
10 classes
10 a.m. to 12:30 p.m.

Fee:..... City Resident \$55
Non-Resident \$65

Course Code:.....203348

Acting Class for Seniors



Wanted: “Actor and Actress Wannabees” for a weekly Drama Class! If you have never done any acting or want to get back into it now, then this could be the perfect class for you. All that is required is a lot of enthusiasm and a good sense of humor. If all goes well, we will be putting on some short plays by the end of the year. Instructor Kevagne Kalish graduated from Goddard College with a Theatre Arts Degree. She has taught numerous acting classes for both children and older adults in the U.S. and Australia.

Instructor:.. Kevagne Kalish

Location:.... West Senior Center

Dates:..... Wednesdays, Sept. 18 to Nov. 20,
10 practice sessions
2 to 4 p.m.

Fee:..... City Resident: \$65
Non-resident:..... \$75

Course code:.....203350

Join us for a Free Coffee Talk Introduction on Sept. 11 (see page 25, open to anyone interested to attend).

Creativity Circle

NEW!

Join a circle of like-minded spirits to explore the nature of creativity. Spark your creative imagination through collaboration. Empower yourself through collective problem-solving. Discuss aspects of the creative process with topics chosen by group consensus. Discover and develop your individual form of creative expression. Participate and play in safe, non-judgmental, supportive creative sharing. Enjoy the sense of awe and wonder. Open to all — art experience welcomed but not required.

Facilitator: . **Elsie Wood: Former Director of Society for Creative Aging, Sculptor, and Lecturer**

Location:.... **West Senior Center**

Date: **Thursdays, Oct. 3, Oct. 17, Oct. 31 and Nov. 14, four sessions**
10 a.m. to noon

Fee:..... **City Resident: \$30**
Non-Resident: \$35

Course code:.....**203352**

Join us for a Free Coffee Talk Introduction on Sept. 19 (see page 25, open to anyone interested to attend).

Delicious Cooking for Your Good Health

NEW!

Good health starts in the kitchen. Get excited and learn to make meals that are great tasting and good for you, with new recipes, new flavors and lots of fun. Instructor Mary Collette Rogers (the Kitchen Coach) has been happily educating everyday home cooks for over 20 years, sharing a wealth of tips and tricks for fast, easy meal preparation. Hands-on class; wear comfortable clothing. Light tasting dinner included. Sponsored by Boulder Senior Services, Meals on Wheels of Boulder, Boulder County Area Agency on Aging and Savory Spice Shop. Call Meals on Wheels of Boulder at 303-441-3908 weekdays between 9 a.m. and 2 p.m. to register and reserve your space.

Presenter: ... **Mary Collette Rogers**

Location:.... **Café Classico, West Senior Center**

Dates:..... **Thursdays, Sept. 26, Oct. 3 and Oct. 10, three classes**
2 to 4 p.m.

Fee:..... **City Resident \$50**
(includes cost of food)
Non-Resident \$60
(includes cost of food)



Learning how to Skype at a computer class at the West Senior Center. See page 21 for fall computer class offerings.

QUOTABLES

Strength of character does not consist solely in having powerful feelings, but in maintaining one's balance in spite of them.

~ Carl von Clausewitz

ENCORE/SILVERSNEAKERS® MEMBER SOCIAL

Friday Afternoon Potluck featuring the Wallpaper House Band



Join our Encore and SilverSneakers members for a Fall Potluck and Music Social. Bring your favorite appetizer to share. Entertainment provided by Anne Gifford's Wallpaper House Band, a four-piece acoustic band featuring guitars, mandolin, banjo, viola, and memorable harmonies. Their repertoire includes many popular and familiar songs from the 1950's – 1970's. Socialize with your friends and make some new ones! Please register to reserve your space. SilverSneakers® is a registered mark of Healthways, Inc.

Location: ... East Senior Center

Date: Friday, Oct. 25, 2 to 3:30 p.m.

Fee:..... Free to SilverSneakers and Encore members
General Public:.....\$5

Course Code:..... 203356

Don't be disappointed, register early!

Encore member registration

begins Tuesday, Aug. 6
by fax, on-line or in person.

Non-Encore member registration

begins Thursday, Aug. 8
by fax, on-line or in person.

Phone-in registration

begins Friday, Aug. 9.

See page 40 for information.

Flu Shots

Location:.... East Senior Center

Date: Monday, Oct. 7
9:30 to 11:30 a.m.

Flu shots — \$25

Nasal Flu vaccines — \$35

Tetanus/Diphtheria/Pertussis shots — \$50

Pneumonia shots — \$75

Medicare Part B, CIGNA or Rocky Mountain Health Plan accepted. Sponsored by Mile Hi Immunizations. For the location of other flu shot clinics, call Colorado Health (Flu Shot Hotline) at 877-462-2911.

Medicare Part D Counseling and Enrollment

As we learn to strike balance in our lives, we cannot ignore how important our physical health is in the aging process. Part of that is of course making sure that we have planned and taken care of our health needs in a way that is financially sound for us. Many seniors have Medicare but are also in need of Part D which provides for prescription drug coverage. It can be a daunting process to choose which plan is right for you. If you have Medicare, do you know if you can save money by changing your drug or health plan? Medicare Open Enrollment Period for changing plans is from Oct. 15 to Dec. 7. Reserve an appointment time with a Boulder County Medicare Counselor for your free, unbiased health insurance plan comparison.

Location:.... East Senior Center

*Date: Wednesdays, Oct. 23, Nov. 6 or 20,
or Dec. 4
9 to 11 a.m. by appointment only,
303-441-4150*

Fee:..... Free

or

Location:.... West Senior Center

*Date: Thursdays, Oct. 24 or 31, Nov. 7,
14 or 21, or Dec. 5
9 to 11 a.m. by appointment only,
303-441-3148*

Fee:..... Free

QUOTABLES

*I'm so glad I live in a world
where there are Octobers.*

~ **L.M. Montgomery,**
Anne of Green Gables

Medicare Basics Classes

If you are new to Medicare or eligible soon, please consider the free monthly classes that are offered by Boulder County Area Agency on Aging Medicare Counselors. These classes are offered for anyone wanting to understand the fundamentals of the Medicare program. Information is provided about Medicare eligibility, enrollment, benefits, costs, plan choices, and prescription drug coverage. Classes are held the first Thursday of every month. Pre-registration is requested. Call 303-441-1546.

Location:.... East Senior Center

Instructor: .. Jan Van Sickle

*Date: Thursdays, Sept. 5, Oct. 3 or Nov. 7
2 to 4 p.m.*

Fee:..... Free

If you are under 65 and not yet eligible for Medicare, you probably have private health insurance, and it is now a requirement in 2014 under the new **Affordable Care Act**. Everyone living in Colorado will be able to buy health insurance through **Connect for Health Colorado**, which is our new Health Benefit Exchange. It will provide easy-to-understand information about different health insurance plans and a "Navigator" will help you understand and enroll in a plan that meets your needs. Even if you already have a medical problem, you will be able to get insurance. You can apply beginning in Oct. 2013 and your plan will take effect in Jan. 2014. Medicaid has also been expanded in Colorado, and if you are low-income and apply for a plan through Connect for Health Colorado, you will be able to apply for Medicaid. For more information, review the website <http://www.getcoveredco.org>.





National Fall Prevention Week is September 23 – 27

Join us for classes, resources and individualized balance assessments to learn about fall prevention methods. Sessions and resource information will be available at both East and West Senior Centers all week.

Visit with a Resource Specialist

Get ready for the winter and make sure you stay standing. Talk with a Resource Specialist about how to sign up for a free service for snow and ice removal from your sidewalk, and review the many other resources the city and county has available. Drop-in; no appointments needed.

Dates:..... Monday, Sept. 23 • 10 a.m. to 12 noon

Location:.... East Senior Center

Fee: Free

or

Dates:..... Wed., Sept. 25 • 10 a.m. to 12 noon

Location:.... West Senior Center

Fee: Free

Fall Risk Talk and Free Screenings

Are you feeling like you aren't as steady as you used to be? Would you like to improve your balance, but not quite sure what will help? Join us for a discussion of programs that are designed to reduce your risk of falling and improve your balance. Learn how an assessment can identify the appropriate intervention for you. Free fall risk screenings will be available after the talk. Pre-register to reserve your space. Sponsored by Boulder County Area Agency on Aging.

Dates:..... Monday, Sept. 23

10 a.m. to noon

Location:.... East Senior Center

Fee: Free

Course Code:..... 203484

or

Dates:..... Wednesday, Sept. 25

10 a.m. to noon

Location:.... West Senior Center

Fee: Free

Course Code:..... 203485

Protect Yourself From Medication Related Falls

And learn about other fall hazards at home

The biggest threat to the independence of an older adult is a simple slip and fall. Each year, about one in three Americans over age 65 will suffer a fall, and more than 13,000 will die from their injuries. Many others are left with a permanent disability. Unfortunately, taking certain medications can affect balance and depth perception, increasing your chance of falling. Learn about medications that contribute to falls and how to reduce your risk. Then hear about other common risk factors for home falls, along with practical ways to make your home safer. Co-sponsored by Boulder Senior Services and Boulder Community Hospital. Pre-register to reserve your space.

Location:..... West Senior Center

Instructors:..... Karen Monserud, pharmacy director
at Boulder Community Hospital
Jody Marken, physical therapist at
Boulder Community HomeCare

Date: Monday, Sept. 23

7 to 8:00 p.m.

Fee:..... Free

Course Code:..... 203195

Home Modification for Fall Prevention: More Than Just Grab Bars

There is no "one size fits all" solution to preventing falls at home. Every person and every home is different. In this session you will learn strategies from an Occupational Therapist and a Builder who is a Certified Aging-In-Place Specialist (CAPS) to help make your home safer from falls. There is no charge but please pre-register to reserve your space.

Speakers: Kenna Quiller, M.A., CMC, a specialist in individual wellness and life balance, brings her passion for an integrative approach linking personal health and home environment to the Aging-in-Place Building profession. Cheri Cabrera, OTR is an Occupational Therapist specializing in home modifications and falls prevention.

Location:.... West Senior Center

Date: Wednesday, Sept. 25
6 to 7:00 p.m.

Fee:..... Free

Course Code:..... 203194

Matter of Balance Series

This eight-week education series is designed to reduce fear of falling and to diminish the risk of falling for older adults (60+). The format of this series includes group discussion, mutual problem solving, identifying fall hazards in the environment, and an introduction to exercises to improve strength, coordination and balance. No fee, but donations are appreciated (a \$20 donation is requested for participants under 60). Contact Boulder County Area Agency on Aging at 303-441-3599 to register.

Location:.... East Senior Center

Dates:..... Wednesdays, Oct. 2 to Nov. 20,
eight classes
1 to 3:00 p.m.

Fee:..... Free, donations accepted

Foot and Ankle Series

NEW!

This three-week educational series on the foot and ankle will be taught by a licensed Physical Therapist from the Avanti Therapy Clinic of Boulder. Information will include the most common foot problems in seniors, appropriate footwear, gait patterning and appropriate interventions for foot problems.

Location:.... East Senior Center

Dates:..... Tuesdays, Sept. 24, Oct. 1 and Oct. 8,
three classes
11:30 a.m. to 12:30 p.m.

Fee:..... Encore Member Resident \$12
City Resident \$15
Encore Member Non-Resident... \$18
Non-Resident \$21

Course Code:..... 203345

Ageless Grace®

Ageless Grace® is a fitness and wellness program consisting of 21 Simple Tools for Lifelong Comfort and Ease. It is designed to be practiced in a chair so that almost anyone of any age, ability, body type, size, or with any physical challenge can participate and benefit from these simple exercises. Come enjoy the music, movement, conditioning, and camaraderie while strengthening your body for the activities of daily living.

Instructor:.. Laura Olinger

Location:.... West Senior Center

Dates: Fridays, Sept. 13 to Oct. 18,
six classes
10:15 to 11 a.m.

Fee:..... Encore Member Resident \$24
Encore Member Non-resident... \$30
City Resident \$36
Non-resident \$42

Course Code:..... 203198

T'ai Chi for Seniors

T'ai Chi is a mind-body exercise utilizing slow, relaxed movement, a quiet mind, and deep, natural breathing that stimulates the flow of 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. Developed in China hundreds of years ago, T'ai Chi is now practiced throughout the world.

Location:.... East Senior Center

Instructor: .. Steve Arney

*Date: Fridays, Sept. 6 to Nov. 22,
12 classes (no class Nov. 29)*

Full Session Fee (applicable for all class levels)

Fee:..... Encore Member Resident \$82
 City Resident \$84
 Encore Member Non-Resident.. \$90
 Non-Resident \$92

Half Session Fee (applicable for Intermediate class only)

*Open to continuing Intermediate students only.
 Select six of the classes in the Fall 2013 session.*

Fee:..... Encore Member Resident \$40
 City Resident \$42
 Encore Member Non-Resident.. \$45
 Non-Resident \$47

Level I — Beginning/Advanced Beginning

Learn and review the basics, including breath, mental focus, postural awareness and correct mechanics of each move. This class is for beginners and advanced beginners. Attention given to mind-body connection, stress reduction, and the first third of the Yang short form.

Time:..... 9:45 to 10:40 a.m.

Course Code:.... 203168

Level II — Intermediate

In this class, we will complete all moves in the Yang short form. Student must have completed the first level class or been given instructor approval to enroll at this level.

Time:..... 10:45 to 11:40 a.m.

Course Code:.... Full Session — 203169

Course Code:.... Half Session — 203167

Select six of the classes in the Fall 2013 session.



*Tai Chi
 helps
 Boulder
 seniors to
 keep their
 balance.*

Strength, Movement and Stretch

Join us for this healthy, strength building, light aerobics and effective stretching class at the West Senior Center. Newcomers to exercise are encouraged to participate. Learn to strengthen your muscles, breathe more efficiently, stretch and release muscle tension. Class can be done standing, standing with chair support or seated in the chair.

Location:.... West Senior Center

Instructor:....Linda Manchester

*Date: Mondays, Sept. 9 to Nov. 25,
11 classes (no class Sept. 2 or Nov. 11)
11 to 11:45 a.m.*

*Fees: Encore Member Resident \$44
City Resident \$46
Encore Member Non-Resident.. \$56
Non-Resident \$58*

Course Code:..... 203171

*Date: Wednesdays, Sept. 4 to Nov, 27,
13 classes
11 to 11:45 a.m.*

*Fees: Encore Member Resident \$52
City Resident \$54
Encore Member Non-Resident.. \$64
Non-Resident \$66*

Course Code:..... 203172

*Date: Fridays, Sept. 6 to Nov. 22,
12 classes (no class Nov 29)
11 to 11:45 a.m.*

*Fees: Encore Member Resident \$48
City Resident \$50
Encore Member Non-Resident.. \$60
Non-Resident \$62*

Course Code:..... 203173

Older Adult 55+ Functional Fitness Assessment

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

Location:.... East Senior Center

*Date: Fridays, Sept. 13 to Nov. 22
12:45 to 1:45 p.m.*

*Fee:..... No charge for registered
SilverSneakers members
\$5 fee for all others*

Monthly Hearing Clinic

The staff of Family Hearing will be holding 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. Call 303-441-4150 to schedule an appointment.

Location:.... East Senior Center

*Date: Wednesdays, Sept. 4, Oct. 2 and Nov. 6
2 to 4 p.m. by appointment only
(eight appointments per day)*

Fee:..... Free



Seniors (55+) in the Weight Room

Join this class to learn safe weight training protocols specifically designed for older adults. Build muscular strength and endurance and improve flexibility, balance and coordination while using free weights and machines in the weight room. Emphasis is focused on safety, posture, body control and awareness.

Location:.... East Boulder Community Center Weight Room

Instructor:.. Chris Hedman

1st Session (morning):

Dates:..... Tuesdays and Thursdays, Sept. 10 to Oct. 17, 12 classes

Time:..... 11 a.m. to noon

Fee:..... Current SilverSneakers cardholders..... \$24
 City Resident \$40
 Non-Resident \$44

Course Code: 203174

1st Session (afternoon):

Dates:..... Tuesdays and Thursdays, Sept. 10 to Oct. 17, 12 classes

Time:..... 2 to 3 p.m.

Fee:..... Current SilverSneakers cardholders..... \$24
 City Resident \$40
 Non-Resident \$44

Course Code:..... 203175

2nd Session (morning):

Dates:..... Tuesdays and Thursdays, Oct. 22 to Nov. 26, 11 classes

Time:..... 11 a.m. to noon

Fee:..... Current SilverSneakers cardholders..... \$22
 City Resident \$36
 Non-Resident..... \$40

Course Code: 203176

2nd Session (afternoon):

Dates:..... Tuesdays and Thursdays, Oct. 22 to Nov. 26, 11 classes

Time:..... 2 – 3 p.m.

Fee:Current SilverSneakers cardholders..... \$22
 City Resident \$36
 Non-Resident \$40

Course Code:..... 203177



Fit & Strong instructor Dora Briegleb.



Fit and Strong participants improve their balance, strength and flexibility.

DROP-IN FITNESS CLASS DESCRIPTIONS



SilverSneakers® is a registered mark of Healthways, Inc. SilverSneakers is included as a benefit for seniors and retirees in certain Medicare supplemental health insurance policies. Call 303-441-4150 with questions.

The Healthways SilverSneakers Fitness Program recently announced new names for their fitness classes. See below...

SilverSneakers — Classic

(formerly known as "MS-ROM Muscular Strength & Range of Movement")



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for 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

(formerly known as "YogaStretch")



Yoga 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 will promote stress reduction and mental clarity.

SilverSneakers — Splash

(formerly known as "SilverSplash")



Splash offers lots of fun shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance and coordination. Please call 303-441-4400 and press zero to register for Splash. Located in the East Boulder Community Center Leisure Pool.

Fit and Strong — Beginning

General fitness class that includes a variety of exercises to improve balance, strength and flexibility. This is a perfect class for the beginning exerciser. Many exercises may be done seated. No floor work. In the Wednesday class, we usually use a Fit Ball. Please wear footwear appropriate for a low-impact class.

Fit and Strong — Intermediate

The class emphasizes cardiovascular exercise but also includes strength training and flexibility work. Hand weights, resistance tubing and a small ball are incorporated into the strength segment. In the Wednesday class, we usually use a Fit Ball. Please wear footwear appropriate for a low-impact aerobics class.

Gentle NIA

Nia is a sensory-based movement practice that draws from the disciplines of martial arts, dance arts and healing arts. Gentle Nia will consistently focus on strengthening the base and core as foundation for expanding participants' range of motion, cardiovascular conditioning, coordination, and confidence with an ever-increasing variety of movements.

Guts and Butts

Designed to improve inner core health for older adults by strengthening front abdominal, side abdominal, and back muscles, toning hips, conditioning inner and outer thighs, and improving balance and flexibility. Ideal for anyone starting an exercise routine or wanting to become fitter and stronger. We use relaxing music, mats, your own body weight and occasionally weights, bands and stability balls. Taught at different levels and modifications are provided.

Line Dancing

All levels of experience or newcomers are welcome. The instructor will demonstrate the steps and guide you through them. Judy has been teaching for several years, attends national dance conferences, and keeps up with the latest steps. Come join the group, learn line dances and have fun.

Music and Movement

Move to energetic music and get a great workout while having fun. Old tunes you'll recognize and Latin flavored music to get your juices flowing. Just bring a smile, no experience required. Class can be done standing, or seated in a chair, all levels welcome!

Strength and Alignment

Using breath for increased self awareness, we will align our bodies to increase bone density without injury using resistance training with hand-held weights, resistance bands and isometric exercises using balls. Core strength is emphasized in all movements. This class includes a cardiovascular warm-up, a relaxing cool-down, and constant attention to balance. Exercises can be done standing, on a mat, or seated in a chair, all levels welcome.



SILVERSNEAKERS® AND FITNESS SCHEDULE DROP-IN CLASSES FOR SEPTEMBER, OCTOBER, NOVEMBER

All classes below are held at the East Senior Center. Splash is held at the East Boulder Community Center Pool.

FEES: There is no cost for current SilverSneakers card holders for drop-in classes listed below. Members must be registered with Boulder Senior Services and swipe their SilverSneakers membership card for each daily visit.

All other participants may attend any drop-in classes listed below held at the East Senior Center by purchasing a Senior Services punch pass and/or making a drop-in payment.
Punch passes are valid one year from date of purchase and are non-refundable.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 – 9:45 a.m. SilverSneakers Splash • EBCC Pool <i>Laura</i>	7:30 – 8:15 a.m. Guts and Butts • <i>Dora</i>	9 – 9:45 a.m. SilverSneakers Splash • EBCC Pool <i>Laura</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>	8:30 – 9:15 a.m. Gentle NIA • <i>Laura</i>	8:30 – 9:30 a.m. Fit & Strong Intermediate • <i>Sally</i>	8:30 – 9:15 a.m. Music & Movement <i>Julie / Jennifer</i>	8:30 – 9:30 a.m. Fit & Strong Intermediate • <i>Dora</i>
9:45 – 10:45 a.m. Fit & Strong Beginning <i>Jack</i>	9:30 – 10:15 a.m. Strength & Alignment <i>Linda</i>	9:45 – 10:45 a.m. Fit & Strong Beginning <i>Terry</i>	9:30 – 10:15 a.m. Strength & Alignment <i>Linda</i>	9:45 – 10:45 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 SilverSneakers Classic • <i>Chris</i>
	1 – 1:45 p.m. SilverSneakers Splash • EBCC Pool <i>Chris</i>		1 – 1:45 p.m. SilverSneakers Splash • EBCC Pool <i>Chris</i>	
			1 – 2:30 p.m. Line Dancing • <i>Judy</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 <small>Valid one year from date of purchase</small>	10 punch	\$40	\$50	\$60	\$70
	20 punch	\$80	\$100	\$120	\$140

Massage for Seniors

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

Location:.... East Senior Center

Date: Monday to Friday

Fee:..... Encore Member Resident \$36
 City Resident \$38
 Encore Member Non-Resident.. \$44
 Non Resident \$46



Fitness participants enjoy a cup of coffee after class.

Reflexology

Reflexology is like a combination massage and acupuncture treatment on the feet! It is based on the principle that there are reflex areas in the feet that relate to each and every organ and to all parts of the body. Properly stimulating these reflexes helps to activate the natural healing powers of the body. Treat yourself to a 30-minute or one-hour session by certified reflexologist Alma Dubin. Alma comes on Mondays twice a month to the East center. Register for an appointment by calling 303-441-4150.

Location:.... East Senior Center

Date: Second and fourth Mondays

Appointment

times: 7:45 to 10:45 a.m.

Fee:..... Encore Member Resident.. \$19/\$36

City Resident \$21/\$40

Encore Member

Non-Resident \$21/\$40

Non-Resident \$23/\$42

Massage and Reflexology Registration Guidelines

To reach as many seniors as possible, registrations for massage and reflexology are limited to two appointments per month, per person. Encore members can schedule up to three months in advance from the first of every month. Others age 55 and older can schedule up to two months in advance from the first of every month.

- Your payment must be made in full to schedule an appointment.
- You and any substitute must be 55 years or older to be eligible for a massage with Senior Services. (Appointments still open one week in advance are open to anyone interested.)

- You may schedule only one one-hour appointment per day.
- We reserve the right to provide a substitute therapist for your scheduled session.
- We will make every effort to fulfill your massage appointment requests.

Cancellation and Refund Policies:

- Appointments canceled fewer than three business days in advance will 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.

REGISTRATION FOR FALL 2013

Note: early registrations will not be accepted.

- **Encore member registration** begins Tuesday, Aug. 6 by fax, on-line or in person.
- **Non-Encore member registration** begins Thursday, Aug. 8 by fax, on-line or in person.
- **Phone-in registration** begins Friday, Aug. 9.

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 fall sessions.

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

WHERE TO REGISTER:

West Senior Center

909 Arapahoe Ave., Boulder, CO 80302
303-441-3148 • Fax: 303-441-4149
Hours: 8 a.m. to 4:30 p.m.

East Senior Center

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

Online: www.boulderseniorservices.com, click on “online registration.” Encore memberships cannot be bought or renewed online.

REFUND AND CANCELLATION POLICIES

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

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

DAY TRIPS: If you cancel a trip is 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 policy.

MESSAGE AND REFLEXOLOGY: See page 39 for policy.

ACKNOWLEDGEMENT OF RISK/WAIVER OF LIABILITY

By registering for 2013 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.

Boulder Senior Services — Activity Registration Form

West Senior Center, 909 Arapahoe Avenue, Boulder, CO 80302, 303-441-3148

East Senior Center, 5660 Sioux Drive, Boulder, CO 80303, 303-441-4150

Name _____ Phone _____

Address _____ Apt. _____

City _____ State _____ Zip _____

E-mail Address _____ Birth Date ____ / ____ / ____

Would you like your receipt emailed to you instead of traditional mail? Yes No

City of Boulder Resident? Yes No

Encore Member? Yes No Expiration Date ____ / ____

Enter course code, activity name, date of activity and required fee below.

To add Encore membership to your registration, just circle the appropriate fee below.

Encore membership for City of Boulder resident	\$20
Encore membership for non-resident	\$25
Encore additional household member for City of Boulder resident or non-resident	\$10
Encore membership reduced rate for City of Boulder resident (See page 7)	\$10
Encore additional household member reduced rate for City of Boulder resident	\$5

COURSE CODE	ACTIVITY NAME	DATE	FEE

Please note any modifications you may need to attend trips or classes: _____ _____ _____	Subtotal	
	Subtotal from side two	
	Credit	
	Total	
Payment: <input type="checkbox"/> Check or Money Order Payable to City of Boulder <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> AmEx <input type="checkbox"/> Discover Card #: _____ Exp. Date: ____ / ____ CCV Number (3 or 4 digit security code) _____ Signature: _____	Please let us know who you would like your Emergency Contact to be: Name: _____ Phone: _____	



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Kaiser Permanente Sales Representative

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Your Family Matters: Mediation Can Help Your Family Communicate

by **Beth Brown Ornstein, JD**
and **Ronnie Rosenbaum, MS**

Mary, a widow experiencing various physical ailments as well as symptoms of age related memory loss, and her daughters are in the midst of a conflict with the potential for serious consequences. Sarah, who visits Mary most days, is frustrated with and concerned by her mother's recent cognitive and behavioral changes. She believes it is time for Mary to move into assisted living.

Susie, who lives in a neighboring state and visits her mother three to four times a year, insists that Mary is just confused. Unfortunately, the last few times Sarah and Susie spoke, they ended up shouting and hanging up the telephone. Mary insists that she can live at home without any help.

As our families age, we experience life transitions and needs. Good communication between family members is essential to navigating this often uncharted territory, and in making decisions that may be difficult.

Unfortunately, many of us have trouble talking with our family members about the issues that arise.

When this happens, it may be helpful to engage an impartial third party mediator experienced in family dynamics relating to issues of aging. Mediation is confidential, and the mediator facilitates discussions but does not make decisions for the family members.

The mediator helps family members navigate logistical issues, emotional histories and experiences that often impede effective communication, while focusing on achieving their important goals to empower them to resolve issues without court involvement. Most mediators charge an hourly rate and will meet in their offices or at a family member's home.

In our example, the Mediator prepared a Memorandum of Understanding including agreements by Mary, Sarah, and Susie to schedule a doctor's appointment for Mary to review her medications and mental status; to an allocation of expenses to make some minor home repairs; and to hire a caregiver to help Mary in her home. Finally, they agreed to review the situation in four months, with the Mediator if needed.

The Mediator assisted the family to start speaking again with each other about significant issues and focus on existing facts. Utilizing the expertise of the Mediator, this family has increased its ability to preserve and strengthen its relationships as Mary's safety and comfort are protected. While the family's challenges are not over, the sisters are in a better position to work together with their mother to plan their future in ways that will best meet all of their needs.

Beth Ornstein, Dispute Resolution Professional, Colorado Mediation Center, LLC. Beth provides mediation and facilitation services to help families prevent, manage, and resolve difficult issues that arise in families. Beth can be reached at 303-415-2042 or beth@mediationnow.com or www.coloradomediationcenter.com.

Ronnie Rosenbaum, Dispute Resolution Professional, Dispute Resolution Centre of Colorado. Ronnie is a mediator and conflict/communications coach with long-time experience as a leader in the management of agencies serving families in the Denver Metropolitan Area. Ronnie can be reached at 303-468-5626 or ronnier@drcofcolorado.com or www.ronnierosenbaum.com.

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