

# Boulder Senior

[BoulderSeniorServices.com](http://BoulderSeniorServices.com)

Services

**CAREGIVING**

Encore  
Member  
registration  
begins  
August 5

FALL 2014

SEPTEMBER-NOVEMBER

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## TABLE OF CONTENTS

Active Minds.....	26
Boulder Senior Services Information.....	1
Coffee Talks .....	28
Day Trips.....	13
Encore Program .....	18
Health and Wellness.....	35
History Behind the Headlines .....	29
Important Phone Numbers .....	9
Meals on Wheels.....	8
Ongoing Activities .....	6
Overnight Trips .....	17
Registration Information.....	22
Senior Services and Resources .....	6
Workshops and Classes.....	30

*Cover photo: Jean and Henry met in Palm Springs, California during a convention in 1988, married in Chicago and moved to San Francisco, where Jean ultimately found her true "calling" - working with seniors as an activities director. After moving to Boulder in 2007, they helped form Silver Sage Village, Colorado's first senior cohousing community, where they enjoy active and rich social lives.*

**VOLUME 16, NO. 3****BOULDER SENIOR SERVICES**

*A division of the City of Boulder's Human Services Department*

**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.

**PUBLISHED BY:** City of Boulder Human Services Department

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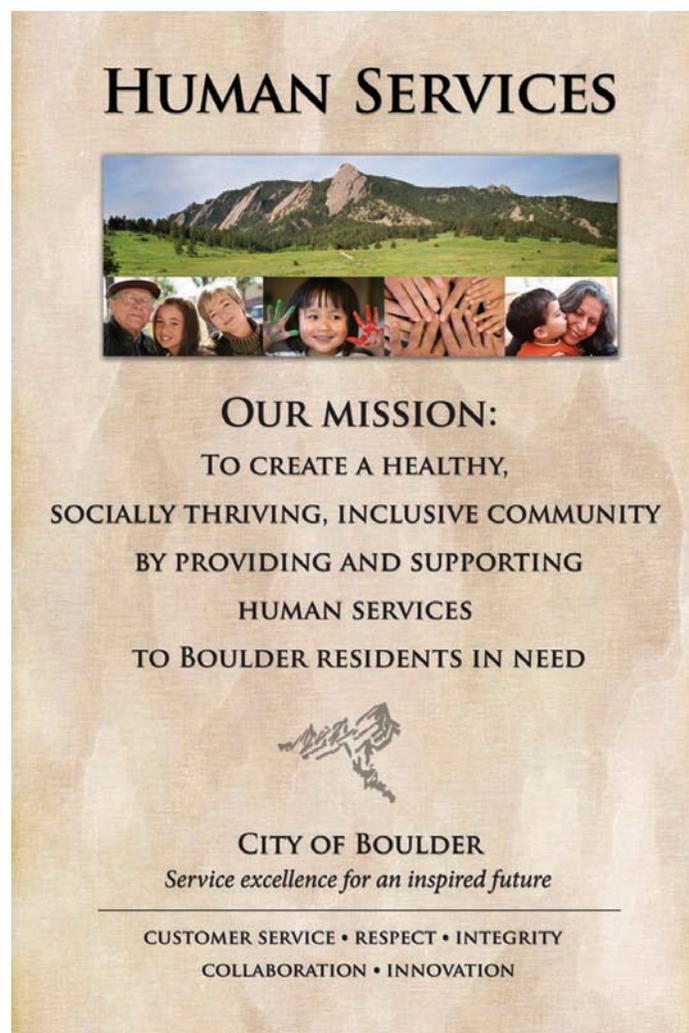
**NOVEMBER IS NATIONAL CAREGIVERS MONTH—**

*treat yourself to some extra time...*

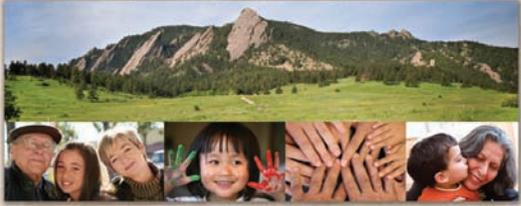
## SENIOR SERVICES STAFF

Acting Manager, Betty Kilsdonk .....	303-441-4365
Encore Program .....	303-441-4437
Program Coordinator: Trips, Travel, and Classes, Ellen Bartilet .....	303-441-3915
Program Manager: Health and Wellness, Maureen Dobson.....	303-413-7489
Senior Resource Specialists: Jacki Myers .....	303-441-4388
Kim Pearson - Bilingual .....	303-441-3918
Facilities and Operations Manager, Renee Foote .....	303-441-4438
Reception and registration, West Senior Center, Jay Allen and Pete Lundskow ....	303-441-3148
Reception and registration, East Senior Center, DeLana Gorski and Anita Simon .....	303-441-4150
Communications, Linda Gelhaar.....	303-441-4003
Facility Booking Administration, Beth Bovard.....	303-413-7487
Finance, Monica Richtsmeier .....	303-441-4389

## City of Boulder Department of Human Services



**HUMAN SERVICES**



**OUR MISSION:**  
TO CREATE A HEALTHY,  
SOCIALLY THRIVING, INCLUSIVE COMMUNITY  
BY PROVIDING AND SUPPORTING  
HUMAN SERVICES  
TO BOULDER RESIDENTS IN NEED



**CITY OF BOULDER**  
*Service excellence for an inspired future*

---

CUSTOMER SERVICE • RESPECT • INTEGRITY  
COLLABORATION • INNOVATION

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

**HUMAN SERVICES PLANNING MISSION:** To research, evaluate and implement innovative social policy through regional, collaborative planning and community funding.



### Assistive Listening Devices

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



### 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.



### Wheelchair Accessible

Limited number of spaces available to wheelchair users.



### Intergenerational

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

**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.



## Human Services

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.

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/Spanish, 303- 866-4828 with questions.

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## A Note from Boulder Senior Services

It's often said that "you can't take care of someone else if you don't take care of yourself." This is particularly true of those who provide care for spouses, parents and other family members. Caregivers know how demanding, yet important, it can be to meet the physical care and emotional needs of themselves and those for whom they provide care. As loved ones age, independence can decline, which can be both physically and emotionally draining for the caregiver as well as the family member. Many caregivers have no one else to help and are on call 24/7.

Caregivers may feel like there is never enough time or energy.

How do you find the time and the motivation to take care of yourself and your loved one(s)? Our Senior Resource Specialists put self-care and respite (taking a break) at the top of the list to discuss with most caregivers. They are available to discuss supportive caregiving and advise on the resources, programs, trainings, and information that can help you sort through the emotional, practical and physical demands which come with the responsibilities of caring for

someone. When you are able to exercise self-care, you are happier and healthier, and your care recipient will feel better knowing that you are also taking care of yourself.

The City of Boulder and Boulder County Area Agency on Aging (BCAAA) are partnering on two programs that give respite for caregivers. One arranges for volunteers to stay in the home with the family member, and the other provides financial assistance of up to \$500 for the caregiver. For more information, call 303-441-4388.



*patient of a friend*

**Randy Trahan, GRI, SRES**

Seniors Real Estate Specialist  
Scott Group at Colorado Landmark Realtors

2350 Broadway, Boulder, CO 80304  
Office: 303.443.3377  
Cell: 720.217.1875  
randy@coloradolandmark.com





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**WEST SENIOR CENTER**

8 a.m. to 4:30 p.m.  
Monday – Friday

**Café Classico**

Lunch, 11:30 a.m. to 12:30 p.m.,  
Monday – Friday, \$5.00  
Tuesday night dinners, 5:30 p.m.  
by reservation, \$6.00

**Room Rentals**

For information about renting a room at the West Senior Center, call 303-413-7487.

**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. Day passes are also available. Those using the parking lot but not inside the West Senior Center may be ticketed.

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

“  
One person caring about another represents life's greatest value.  
~Jim Rohn  
”



**EAST SENIOR CENTER**

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

**Room Rentals**

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

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

**Boulder Seniors Foundation**



**Senior Wisdom**

*Your attitude is really important. As you grow older, you tend to dwell on things that maybe you shouldn't. We all need to make an effort to keep a good attitude.*



Please consider supporting Boulder Seniors Foundation  
Mail gifts to: P.O. Box 1392  
Boulder, CO 80306-1392

**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.

**Boulder Seniors Foundation**

The City of Boulder provides access to support services for seniors in need. In partnership with this effort, the Boulder Seniors Foundation accepts and administers financial grants, bequests and donations to support individual seniors as well as activities and amenities at the Boulder Senior Centers. For information on the Foundation and how to support it, visit [www.sites.google.com/boulderseniorsfoundation](http://www.sites.google.com/boulderseniorsfoundation), or send donations to P.O. Box 1392, Boulder Colorado, 80306-1392. Donations are tax-deductible.

**EAST AND WEST SENIOR CENTERS CLOSED:**

**Labor Day  
Monday, September 1**

**Veterans Day  
Tuesday, November 11**

**Thanksgiving  
Thursday, November 27**

**CITY OF BOULDER**

**Senior Resources**

**303-441-4388**

**En Español**

**303-441-3918**

Senior Resources provides access to support services to help you cope in your daily life and cultivate your inner resources. While your inner strengths are what get you through life, there are many community services and programs to support you. Our Resource Specialists have offered individualized consultation and resource referrals since 1982. Call us to learn about and differentiate between the plentiful resources available to City of Boulder residents age 60 and older and their families. We will help you to clarify needs, understand what your options are, learn how to maneuver the application processes, balance care giving with your personal needs, and develop a plan of action. We offer emotional support and information to help you age well in Boulder, or as a local or long-distance caregiver.

*Esta revista de Servicios para Adultos Mayores está enfocado en ayudar en la vida diaria para que usted se informe acerca de los programas disponibles en la Ciudad de Boulder. Estos programas le ayudaran a darle apoyo y ayuda para que tenga una vejez más cómoda. Los especialistas en recursos para la comunidad han dado consultas individuales desde el año 1982. Nosotros te ayudaremos en tus necesidades, y a entender cuáles son tus opciones. Llámanos para que te informes acerca de todos los servicios que hay para los residentes de la Ciudad de Boulder de 60 años de edad o más, y sus familias.*

**Community Mediation Service 303-441-4364**

The City of Boulder 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. Join us for a seminar on mediation resources available to seniors living in Boulder on Oct. 1. See page 30 for information.

**Family Resource Center**

**720-279-7027**



The Family Resource Center (FRC), located at Manhattan Middle School of Arts and Academies, 290 Manhattan Drive, is a great way for families to connect with community services and get help in key areas such as parenting, health, nutrition,

financial management, education, emotional well-being and community involvement. The FRC serves all Boulder residents with children up to 19 years of age or families with a child enrolled in a Boulder Valley School District school within the city limits and is a collaborative effort between the City of Boulder and Boulder County. For more information or to schedule an appointment, Please call 720-279-7027.

**FAMILY CONFLICT?**

"She'd Be Happier In A Nursing Home."

"She'd Be Happier With Us."

"I Can Take Care Of Myself."

**MEDIATION: IT'S YOUR SOLUTION**

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**BOULDER COUNTY AND COMMUNITY****Boulder County  
CareConnect 303-443-1933**

Offers grocery delivery, rides to medical appointments requiring an escort, small home repairs and yard work 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.

**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, collection 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 [www.bouldercounty.org/safety/victim/pages/dacpd.aspx](http://www.bouldercounty.org/safety/victim/pages/dacpd.aspx).

**Flood and fire safety preparation tips** and evacuation procedures are available at <http://www.boulderoem.com/> or to sign up for emergency alert messages go to [www.bouldercounty.org/sheriff](http://www.bouldercounty.org/sheriff) or call 303-651-8550. During an actual emergency, the outdoor warning sirens will sound for five minutes. During a test, they will sound for two minutes. The same signal is used whether the emergency is a flood, tornado or other disaster. If you hear a siren, tune to a local TV or radio station for further information.

**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. Application are accepted November through April.

**Nutritional Counseling  
303-678-6115**

Free, but donations are welcome!  
Eating well contributes to better

health and in preventing and managing chronic conditions. To give you the support you need, up to two free nutrition counseling sessions are available to you if you are an older adult (60+ years) or are a family caregiver for an older adult. Please call the Boulder County Older Adult Nutrition Line at 303-678-6115 and leave your name and phone number. You will soon be contacted by a Registered Dietitian to schedule an appointment. Nutrition Counseling is brought to you by Boulder County Area Agency on Aging and Boulder Nutrition and Exercise.

**Need Glasses?**

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



**Via Mobility  
Services  
303-447-2848  
[www.viacolorado.org](http://www.viacolorado.org)**

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 in Boulder County. Our mission is to promote independence and self-sufficiency. Via is a nonprofit organization. Experience Via. Enjoy the journey.

## 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 BCAA to be added to a confidential mailing list at [infoLGBTelders@bouldercounty.org](mailto:infoLGBTelders@bouldercounty.org) or call 303-441-3583.

## Volunteer with the Boulder County Circles Campaign



Circle Allies are part of a team of friends and advocates who gather regularly to support a Circle Leader as he or she works toward achieving long-term economic self-sufficiency. Allies become more informed about the causes and solutions to poverty, and build meaningful friendships

across socio-economic lines (six hours per month commitment). The Guiding Coalition is made up of several teams that support the work of the Circles Campaign, Recruitment, Community, Income and Education, Resources, and Big View (three hours per month commitment).

For more information visit the Circles web site [www.bouldercountycircles.org](http://www.bouldercountycircles.org) or contact Eliberto Mendoza, 303-441-1503 or [emendoza@bouldercounty.org](mailto:emendoza@bouldercounty.org).

## Café Classico

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 sometimes a program) at 5:30 p.m. for only \$6 per person. Please call 303-441-3148 to make your reservation for dinner. Check out the monthly lunch and dinner menus at [www.boulderseniorservices.com](http://www.boulderseniorservices.com) and click on “Café Classico,” visit [www.mowboulder.org](http://www.mowboulder.org) or follow us on Facebook.

Café Classico also offers take-out. For the same price per meal, you can order as many meals as you want “to go.” Have one for lunch and another for dinner.

## Meals on Wheels

Last winter, we reported on a study completed for us by Vermilion Interactive + Design, whose research revealed that many in our community are not aware of how our agency has evolved over the past few years. As a result, we began our “makeover” with one specific goal in view: to offer food and services attractive to the upcoming Baby Boomer generation, whose tastes and preferences are vastly different from their parents. We launched the effort in December, with the help of the chefs employed by Shamrock Foods. The new menus they helped us develop – served in our café and available to our home-delivery clients - include such things as rosemary braised chicken breast in wine sauce and Asian steamed salmon with leeks and shiitake.



Then Lady Luck smiled on us, when the talented interior designers from 505 Design here in Boulder told us they wanted to give back to the community through Meals on Wheels of Boulder. The result? Lynn Williams, interiors director for 505, oversaw the development of a new design for our café in the West Boulder Senior Center, updating the appearance (fresh paint and artwork) and upgrading the comfort (new chairs and tables). The work was completed in mid-July. Besides Shamrock Foods and 505 Design, we thank the City of Boulder for facilitating completion of the work to the café. It was a team effort from start to finish! Won’t you join us for lunch or dinner on Tuesday nights and see and taste the “new” Meals on Wheels of Boulder?



Credit: Artist rendering courtesy of 505 Design.

## 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 entrée, vegetable, carbohydrate, salad, and fruit or dessert, 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.

*The Human Services Department partnered with Boulder County Area Agency on Aging and other municipalities to obtain input from older adults to help update city and county strategic plans.*



## 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](mailto:kilsdonkb@bouldercolorado.gov) or 303-441-4365.

## IMPORTANT TELEPHONE NUMBERS

West Senior Center.....	303-441-3148	Emergency Family Assistance .....	303-442-3042
East Senior Center.....	303-441-4150	Federal Government.....	1-800-FED-INFO
Access-A-Ride .....	303-292-6560	Fire Prevention/Safety .....	303-441-4355
Accident Report .....	303-441-3333	Food Tax Rebate Program.....	303-441-1836
Boulder County Area Agency on Aging	303-441-3570	Colorado Health Information.....	1-877-462-2911
Boulder County Aging and Disability Resources		Foot Care.....	303-651-5224
for Colorado (ADRC) .....	303-441-1617	Meals on Wheels.....	303-441-3908
Boulder Housing Partners .....	720-564-4610	Medicare Counselors .....	303-441-1546
Boulder County Housing and Human Services		Mental Health Partners .....	303-443-8500
Adult Protective Services.....	303-441-1000	Pothole Hotline .....	303-441-3962
CareConnect .....	303-443-1933	RTD.....	303-299-6000
Care Link Adult Day Program .....	720-562-4470	Social Security Office .....	1-800-772-1213
Center for People with Disabilities .....	303-442-8662	Street Maintenance.....	303-413-7162
Close Call Phone Line .....	303-441-4272	Veterans Services .....	303-441-3890
City of Boulder Information .....	303-441-3388	Via Mobility Services .....	303-447-2848
Eldershare Food Program .....	303-652-1307	Workforce Boulder County.....	303-301-2900

**WEST SENIOR CENTER  
909 ARAPAHOE AVE.**

**MONDAY**

**Women's Support Groups**

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

**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

**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

**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

**Drop-in Table Tennis**

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

**Poker**

1:30 to 3:30 P.M.  
2nd and 4th Thursdays  
Gerry, 909-689-7083

**FRIDAY**

**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 October)  
10 a.m. to noon  
Ray, 303-545-0273

**EAST SENIOR CENTER  
5660 SIOUX DRIVE**

**MONDAY**

**Table Tennis  
(advanced group)**

Monday, Wednesday and Friday  
afternoons  
Dick, 303- 652-6524

**Newcomers Bridge**

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

**American Mah Jongg**

12:45 to 4 p.m.  
Please call before attending for  
the first time  
Beth, 303-530-7565 or  
Jean, 303-494-2307

**TUESDAY**

**East Central Boulder  
Optimist Clubs**

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

**Parkinson's Support Group**

10 to 11:30 a.m.  
Third Tuesday of each month  
Paul, 303-494-4822

**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

**Scrabble Club**

10 a.m. to noon  
Dobbie, 720-538-1744

**Chinese Mah Jongg**

12:45 to 3 p.m.  
Bonnie, 303-499-6192

**Table Tennis  
(advanced group)**

Monday, Wednesday and Friday  
afternoons  
Dick, 303-652-6524

**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

**Write On! (Writers Group)**

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

**FRIDAY**

**Table Tennis  
 (advanced group)**

Monday, Wednesdays 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

**Helpful Tips for Day Trips**

All trips will leave from the East 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 22 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.



*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

3434 47th Street Suite 100  
 Boulder, CO 80301  
 303-532-2477

## Dining Destination Series - Asian Favorites

Our group loved the Asian restaurants we have been to in the past. We will have Korean BBQ at Seoul Korea, Hawaiian food at Okole Maluna and go to a "Mystery" Asian restaurant. We know the first two are yummy and we will look for the best new Asian restaurant when we go in November. Things change quickly in the restaurant world!

### Okole Maluna, Windsor

#### *Back by Request*

We have been here several times and are never disappointed. The owners have set up this restaurant in Windsor with the Hawaiian spirit and Hawaiian tastes. We will have a choice of entrée and non-alcoholic beverage.

**Date:** Friday, Oct. 17  
10 a.m. to 2 p.m.

**Fee:** City Resident \$40  
Non-Resident \$45

*Includes transportation, trip escort, entrée, beverage and gratuity. Senior Services bus.*

**Course Code:** 218733

### "Mystery" Asian Restaurant, Denver

We will find the best new Asian restaurant in the area. It may be Chinese, Japanese, Thai or ??? Be adventurous and give it a try. Hopefully you will not be disappointed.

**Date:** Monday, Nov. 17  
10:30 a.m. to 2:30 p.m.

**Fee:** City Resident \$40  
Non-Resident \$45

*Includes transportation, trip escort, entrée and gratuity. Senior Services bus.*

**Course Code:** 218734

### Seoul Korea, Northglenn

#### *Back by Request*

Our group frequently requests that we return to this Korean restaurant. We will have appetizers, soup and a choice of entrées. If you have not yet tried Korean food, please join us.

**Date:** Monday, Sept. 29  
11 a.m. to 3 p.m.

**Fee:** City Resident \$35  
Non-Resident \$40

*Includes transportation, trip escort, appetizers, soup, entrée and gratuity. Senior Services bus.*

**Course Code:** 218732

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

## Colorado Rockies Game, Denver

It's our annual trip to the Colorado Rockies game. This year we will see the Rockies play the San Francisco Giants at Coors Field. We will have shady seats. Hot dogs and beer are on your own!

**Date:** Monday, Sept. 1  
12:30 to 5:30 p.m.

**Fee:** City Resident \$35  
Non-Resident \$40

*Includes transportation, parking, trip escort and admission. Senior Services bus.*

**Course Code:** 218735



## Wild Animal Sanctuary, Keenesburg

*Back by Request*

We will see the numerous lions, tigers, bears, leopards, mountain lions, wolves, bobcats, lynx, foxes, coyotes, horses, ostrich, emu, camel, alpacas as well as cats, dogs, parrots and other birds. We are going at dusk when the animals are the most active and it is not so hot. Our group will have an educational tour as we walk up on ramps and observation decks to view the animals. No meal service but you can bring in food. There is also snack bar.

**Date:** Saturday, Sept. 6  
3 to 8:30 p.m.

**Fee:** City Resident \$45  
Non-Resident \$50

*Includes transportation, trip escort and admission. Senior Services bus.*

**Course Code:** 218736

## Gold Hill "Murder Mystery Dinner"

*Back by Request*

We have had so much fun at these Murder Mystery Dinners that it's time to go up to Gold Hill again. Presented by "Til Death Do Us Party" and held in the historic Bluebird Lodge, we will begin with a champagne reception with hors d'oeuvres. Then we will enjoy a three-course dinner prepared by the Gold Hill Inn. The mystery begins as this point. You and your teammates will survey the scene, look for clues and interrogate suspects. Solve the mystery over dessert and win a prize.

**Date:** Sunday, Sept. 14  
3:30 to 8:30 p.m.

**Fee:** City Resident \$110  
Non-Resident \$115

*Includes transportation, trip escort, reception, three-course meal, gratuity and Murder Mystery.*

**Course Code:** 218737

## Arvada Center "Memphis"

**Encore**

From the underground dance clubs of 1950s Memphis, Tennessee, comes a sizzling Broadway musical that bursts onto the stage with explosive dancing, irresistible songs and a tale of fame and love. "Memphis" is filled with laughter, soaring emotions and rock-n-roll. Winner of four 2010 Tony Awards including Best Musical with an original score by David Bryan. Prior to the performance, we will enjoy a delicious buffet lunch prepared by the Arvada Center.

**Date:** Wednesday, Sept. 24  
10 a.m. to 4 p.m.

**Fee:** Encore Resident \$65  
City Resident \$70  
Encore Non-Resident \$75  
Non-Resident \$80

*Includes transportation, trip escort, buffet lunch and theatre performance. RTD motor coach.*

**Course Code:** 218738

## Denver MountainAires Barbershop Chorus, Wheat Ridge



The Denver MountainAires will present a collection of popular Broadway show tunes in rich four-part barbershop harmony. Songs from the “Music Man,” “Damn Yankees,” “Showboat,” “The Sound of Music,” “Cabaret” and many more.

**Date:** Saturday, Sept. 27  
1 to 5 p.m.  
**Fee:** City Resident \$20  
Non-Resident \$25

*Includes transportation, trip escort and musical performance. No meal service. RTD motor coach.*

**Course Code:** 218739

## BOULDER'S DINNER THEATRE

### Boulder Dinner Theatre “Church Basement Ladies – A Second Helping”

Sequel to the highly popular musical comedy “Church Basement Ladies,” this time around the year is 1969 and the world is changing. As folks protest the Vietnam War and women demand equal pay for equal work, the ladies of the Lutheran church basement kitchen are dealing with changes of their own. This play contains hilarious antics and down-to-earth charm from within the church basement. Be prepared to laugh! Lunch is served prior to performance.

**Date:** Sunday, Oct. 5  
11:45 a.m. to 4 p.m.  
**Fee:** City Resident \$40  
Non-Resident \$45

*Includes trip escort, lunch, non-alcoholic beverage, gratuity and theatre performance. Meet in the Boulder Dinner Theatre, 5501 Arapahoe Avenue, Boulder, at 11:45 a.m.*

**Course Code:** 218740

## Ringling Bros. and Barnum & Bailey Circus, Denver



Come see the “Greatest Show on Earth.” This is a three-ring circus at its best with elephants, tigers, lions, dogs, clowns, trapeze artists and more.

**Date:** Friday, Oct. 10  
10 a.m. to 4 p.m. (tentative)  
**Fee:** City Resident \$20  
Non-Resident \$25

*Includes transportation, trip escort and Circus admission. No meal service. RTD motor coach.*

**Course Code:** 218741

## Denver Botanic Gardens “Chihuly” **Encore**

Dale Chihuly has led the avant-garde in the development of glass as fine art. Chihuly’s exhibitions within botanical settings have delighted international audiences and this is the Rocky Mountain Region’s first outdoor exhibition of artwork by Chihuly. We will experience this exhibit illuminated at night at the Denver Botanic Gardens. There is food available (on your own) at the Gardens.

**Date:** Saturday, Oct. 11  
3 to 8 p.m.  
**Fee:** Encore Resident \$30  
City Resident \$35  
Encore Non-Resident \$40  
Non-Resident \$45

*Includes transportation, trip escort and admission. Senior Services bus.*

**Course Code:** 218742

“Autumn carries more gold in its pocket than all the other seasons.”  
~ Jim Bishop

## Bull Durham Casino, Black Hawk

We are going back to one of our favorite casinos. Travel by comfortable motor coach to Black Hawk to try your luck and eat affordable food.

**Date:** Monday, Oct. 13  
9 a.m. to 3 p.m.

**Fee:** City Resident \$25  
Non-Resident \$30

*Includes transportation, trip escort and casino package. Motor coach*

**Course Code:** 218743

## Rose Tea Room, Broomfield

The Rose Tea Room is in its new venue in Broomfield. The delicious Afternoon High Tea will include: soup, scones, finger sandwiches, pastries, tea and more. We may have a surprise to round out our lovely day.

**Date:** Friday, Oct. 24  
11 a.m. to 3 p.m.

**Fee:** City Resident \$45  
Non-Resident \$50

*Includes transportation, trip escort, Afternoon High Tea, and gratuity.*

**Course Code:** 218744

## Denver Theatre Group "Kinky Boots"

Based on the 2005 film "Kinky Boots," the musical tells of a struggling British shoe factory's young, straitlaced owner, Charlie, who forms an unlikely partnership with Lola, a drag queen, to save the business. Charlie develops a plan to produce custom footwear for drag queens and kings, and in the process, he and Lola discover that they are not so different after all. "Kinky Boots" was a winner of six Tony Awards including Best Musical and Best Score in 2013. Music and lyrics by Cyndi Lauper and book by Harvey Feinstein.

**Date:** Thursday, Oct. 30  
12:30 to 5:30 p.m.

**Fee:** City Resident \$100  
Non-Resident \$105

*Includes transportation, trip escort, parking and theatre admission. No meal service. Senior Services bus.*

**Course Code:** 218745

## Inverness Hotel Garden Terrace Brunch, Englewood

The Garden Terrace has won the "Denver's Best Brunch" Award from Open Table, "Denver's Best Blowout Brunch" Award from Westword and "Denver's Best Brunch" by CitySearch.com. See if you agree. Brunch includes: omelets, shrimp, waffles, potatoes, bacon, sausage, crab, oysters, sushi, salads, prime rib, dessert buffet and more. Alcoholic beverages on your own.



**Date:** Sunday, Nov. 2  
9:30 a.m. to 1:30 p.m.

**Fee:** City Resident \$65  
Non-Resident \$70

*Includes transportation, trip escort, buffet brunch and gratuity. Senior Services bus.*

**Course Code:** 218746



© Tammy Mcallister / Dreamstime Stock Photos

## Isle of Capri, Black Hawk

We will be visiting a new casino in Black Hawk – the Isle of Capri. It should be fun and exciting with a special casino package.

**Date:** Friday, Nov. 7  
9 a.m. to 3 p.m.

**Fee:** City Resident \$25  
Non-Resident \$30

*Includes transportation, trip escort and casino package. Senior Services bus.*

**Course Code:** 218747

## Mizel Museum and Union Station, Denver

The Mizel Museum provides a glimpse into Jewish heritage and a contemporary experience with exhibits that showcase fine art, film, drama, sculpture and music while striving to promote a message of communal understanding and interculturalism. We will also take a look at the new Union Station in downtown Denver which reopened in May 2014. We will have lunch downtown (on your own) either at Union Station or a Jewish delicatessen (TBD).

**Date:** Monday, Nov. 10  
9 a.m. to 4 p.m.

**Fee:** City Resident \$35  
Non-Resident \$40

*Includes transportation, trip escort, admission and tours. Senior Services bus.*

**Course Code:** 218748

## Outlets at Castle Rock/ Old Stone Church Restaurant *Encore*

Let's start our holiday shopping early by going to the Outlets at Castle Rock. With over 106 stores, there is something for everyone. We will receive a "goody bag" filled with savings passes and promotional gifts. After a few hours of shopping, we will go over to the Old Stone Church Restaurant for lunch (on your own). The Old Stone Church has stood since 1888. Now a restaurant, it advertises its food as eclectic and upbeat.

**Date:** Thursday, Nov. 13  
9 a.m. to 3 p.m.

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

*Includes transportation and trip escort. Shopping and food expenses are on your own. Senior Services bus.*

**Course Code:** 218749



*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**



## New Orleans: "Big Easy" Fall Tour

October 5-8, 2014



Come see and experience the culture, entertainment and history that has made New Orleans a one-of-a-kind city. The delicious Cajun cuisine, friendly people and historical landmarks are sure to make this a memorable vacation. You will stay in a Bourbon Street hotel, enjoy a city tour, a river boat cruise, and a plantation tour. \$689 per person double occupancy

and \$919 for single occupancy. Includes three nights hotel accommodations, six meals, and all attractions. Does not include airfare to and from New Orleans. Reservations must be completed before Aug. 1, 2014.

## Ozark Mountain Christmas: Branson, Missouri

November 2-8, 2014

Join your friends on this motor coach trip for a good time and a great way to kick off the holiday season. There's no place like Branson to celebrate and you'll see lots of extras along the way! Branson shows will include the Presley's Christmas Jubilee at Presleys Theater, Clay Cooper's Country Music Express, #1 Hits of the 50's and 60's, Hamners Unbelievable Variety Show, Dublins' Irish Tenors & Celtic Ladies, and the Andy Williams Theater Christmas Variety Show with the Lennon Sisters and Osmond Brothers, and you'll visit College of the Ozarks near Branson. Enroute visit the amazing Arabia Steamboat Museum, Hallmark Cards Visitor Center, and historic Lecompton, Kansas. Price includes seven nights hotel accommodations, six breakfasts, seven lunches, four dinners and all admissions. Double occupancy \$1,595 per person and \$1,965 for single occupancy. Reservations must be completed by September 1, 2014.



## Christmas with the Mormon Tabernacle Choir

December 10-14, 2014

Don't miss this once in a lifetime opportunity to experience in person the sights and sounds of America's greatest choir as they ring in the holidays with a Christmas concert like no other! For the first time ever, a select number of tickets are available to this musical celebration with world renowned guest artists who join the Tabernacle Choir to glorify the Christmas message. Enjoy touring Salt Lake City, visit Utah Olympic Park, site of the 2002 Winter Olympic Games; attend a performance of A Christmas Carol; and take a nostalgic old-fashioned horse-drawn sleigh ride listening to the jingle of bells. Cost is \$1,100 per person double occupancy; \$1,335 single occupancy. Space is very limited – reservations are on first come, first served basis—do not hesitate to make your reservation. Does not include transportation to and from Salt Lake City.



*There are four kinds of people in the world:  
Those who have been caregivers;  
those who currently are caregivers;  
those who will be caregivers; and  
those who will need caregivers."*

*~Rosalynn Carter, Former First Lady*



## GUARANTEED DEPARTURE TRIPS

Leisure West offers "Guaranteed Departure" of these trips & many other trips during the 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 & FEBRUARY 2015

Yellowstone in Winter by Snow coach (6 days)

### JANUARY 2015

New Zealand Cruise & Auckland Highlights (15 days)

New Zealand Cruise Southern Explorer & Cruise (17 days)

Best of New Zealand by Cruise & Luxury Coach (23 days)

New Zealand & Australia by Luxury Coach & Cruise (28 days)

### FEBRUARY 2015

Natural Notable Nicaragua (9 days)

### MARCH 2015

Azaleas, Plantations & Cajuns, Louisiana (7 days)

Taormina, Sicily (9 days)

## 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 22 to register and become a member today.

### Special Events:

#### Membership Appreciation Event and the Encore Book Club

#### 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

Membership runs from date of purchase for an entire year. Be sure to provide us with your email address when you register to be added to our listing for reminders and updates, or call the Encore Program Coordinator at 303-441-4437.

### Encore Fees:

<i>Encore Resident.</i>	\$20 Individual	\$10 second person at same address
<i>Encore Non-Resident:</i>	\$25 Individual	\$10 second person at same address
<i>Reduced Rate*</i>	\$10 Individual	\$5 second person at same address

*\*for those who meet income and asset guidelines; see page 2.*

## Encore / Healthways SilverSneakers® Membership Appreciation Event: Afternoon Refreshments and Performance by The Silver Circuit



Boulder Senior Services is happy to host Gary Crow-Willard and Ellen Ranson, co-owners of The Silver Circuit, for our special Members Appreciation event this quarter. They will present “Senior Moments” - three scenes from Don Fried’s play about senior dating experiences, and “The Fishing Hat” by Peg Lynch about a couple’s disagreement over who wears what hat - i.e. who calls the shots in the marriage. They will accompany this four-scene combined play with five delightful songs from Broadway to complement the action. Don’t miss this entertaining, funny and touching show! Refreshments will be provided. There is no charge for SilverSneakers and Encore members but pre-registration is required. SilverSneakers® is a registered trademark of Healthways, Inc.

**Performers:** Gary Crow-Willard and Ellen Ranson

**Location:** East Senior Center

**Dates:** Friday, Nov. 14  
2 to 3:30 p.m.

**Fee:** Free to SilverSneakers & Encore  
Members  
General Public \$5

**Course Code:** 218965

### Encore Book Club

#### *Encore Only*

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. Volunteers Katherine Christensen and Debra Agee will alternate as facilitators for each meeting. Come join us.

**Location:** West Senior Center

**Date:** Thursdays, Sept. 18, Oct. 16  
and Nov. 20, three meetings  
2 to 3:30 p.m.

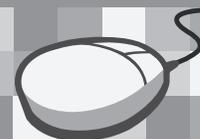
**Fee:** Free to Encore members

**Course Code:** 218966



# Bits and Bytes of Encore

## Computer Classes



All classes held on Tuesdays at the West Senior Center • *Instructor: Don Walker*

8:30 - 9:30 a.m.	<b>Intro to Computers/Laptop Help</b>	October 7, 14, 21 (3 sessions)	Course Code: <b>218968</b>
9:45 - 10:45 a.m.	<b>Photo Upload/Picasa</b>	October 7, 14, 21 (3 sessions)	Course Code: <b>218969</b>
11:00 - 12:00 p.m.	<b>Social Media/Facebook</b>	October 7, 14, 21 (3 sessions)	Course Code: <b>218974</b>

<b>Fees</b>	<b>3 session course</b>
Encore Members	\$35
General Public	\$50

*Bring your laptop if you have one and please no Mac's. A laptop may be available for you to use if you do not have one.*

### Computer Class Descriptions

**Intro to Computers/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. This class is designed to answer specific laptop questions in a lab-type environment.. Computer experience recommended.

**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.

**Social Media/Facebook:** 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, attaching photos, and sharing information in more detail. Some experience on Facebook is encouraged.

### 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
- Fee:**
  - Encore Resident \$32
  - Encore Non-Resident \$37
  - City Resident \$42
  - City Non-Resident \$47

**Course Code:** 218970

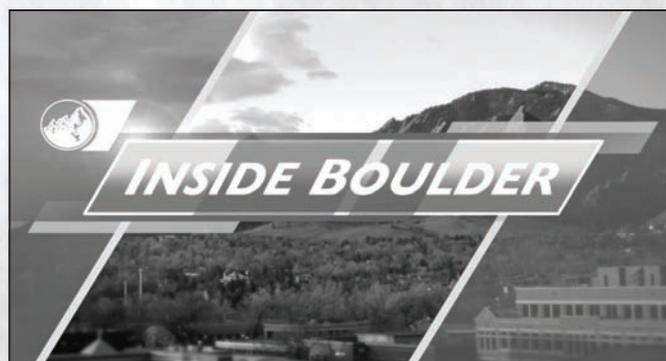
*You and the instructor will plan the location, date and time of your session(s) together. Registration expires three months from the date of purchase.*



## THANK YOU!

Boulder Senior Services would like to thank the following for their generous help and support in presenting programs and classes at Boulder Senior Centers:

- Susan Unger with Via for acting as Encore's transportation advisor and escort and helping with the spring Carnegie Branch Library Tour
- Debra Agee, our new Encore Book Club facilitator
- Geeta Lalwani, MD from Rocky Mountain Retina Associates for offering a seminar on Flashes & Floaters – Retinal Detachments



### Stay in tune with what's happening in Boulder.

Watch *Human Services Insight* on Inside Boulder News on Channel 8.

Or go online to view current and past shows at

[www.BoulderChannel8.com](http://www.BoulderChannel8.com)



## Don't be disappointed

### ● Register Early!

- Encore member registration begins Tuesday, August 5 by fax, online or in person.
- Non-Encore member registration begins Thursday, August 7 by fax, online or in person.
- Phone-in registration begins Friday, August 8.

**See page 22 for information.**

→ **Register online at [www.bouldseniorservices.com](http://www.bouldseniorservices.com)**

## REGISTRATION FOR FALL 2014

*Note: early registrations will not be accepted.*

- Encore member registration begins Tuesday, August 5 by fax, on-line or in person.
- Non-Encore member registration begins Thursday, August 7 by fax, on-line or in person.
- Phone-in registration begins Friday, August 8.

### Refund & Cancellation Policies

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

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

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

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

**Massage and Reflexology:** See page 37 for policy.

### Encore Membership Policy- Trips, Classes and Programs:

#### Trips, Classes and Programs:

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

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

### Acknowledgement of Risk/Waiver of Liability

By registering for 2014 programs, I acknowledge that the activities carried on in these programs carry certain risks. These risks may include, but are not limited to, heart attack, stroke, circulatory problems, bone and joint injury, back injury, muscle strain and other muscle injuries, foot problems, head, neck and spinal injuries, altitude sickness, and heat stroke and heat exhaustion. I have independently reviewed and evaluated the risks and determined to engage in the programs with full knowledge and acceptance of the risks. If I choose to depart from the program itinerary I will inform the leader and release the City of Boulder from all liability; and participation in any program may be suspended until further notice. I may be photographed while utilizing the facility, or while participating in the City of Boulder's programs, and said photographs, or likeness of me, may be used to publicize activities as the city deems appropriate. I am aware of the activity level that is required of these programs and I believe that I am physically fit enough to participate.

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

### WHERE TO REGISTER

West Senior Center	East Senior Center	Online:
909 Arapahoe Ave. Boulder, CO 80302 303-441-3148 Fax: 303-441-4149 Hours: 8am to 4:30pm	5660 Sioux Drive Boulder, CO 80303 303-441-4150 Fax: 303-413-7495 Hours: 7:30am to 4:30pm	www.boulderseniorservices.com, click on "online registration." Encore memberships cannot be bought or renewed online.





## ENCORE ON THE MOVE



## Walking Wednesdays *Encore Only*

Each walking session leaves from the shuffleboard courts west of the New Britain Building, 1101 Arapahoe Ave., at 10 minutes past noon. We aim to wind up a little before 1 o'clock. The walks vary in length and difficulty. We sometimes have a specialist leading the walk--a city staff person who focuses on Boulder history, the tulips along Pearl Street Mall, or local trees, for instance. Please bring water and a coat and wear comfortable walking shoes. For weekly and weather updates, add your email address when you register or call 303-441-4437.

- Location:** Shuffleboard court next to the New Britain Building  
1101 Arapahoe Ave.
- Leader:** Ellen Orleans
- Date:** Wednesdays through early October, weather permitting  
12:10 to 1 p.m.
- Fee:** Free
- Course Code:** 218971

*Transportation on your own, or meet at the West Senior Center at 12:00 p.m. to walk to the New Britain Building with an escort.*

## Fiske Planetarium - Dynamic Earth *Encore Only*

Let's journey to Fiske Planetarium where we are invited to enjoy the daytime showing of Dynamic Earth, which explores the inner workings of Earth's climate system. With visualizations based on satellite monitoring data and advanced supercomputer simulations, this cutting-edge production follows a trail of energy that flows from the sun into the interlocking systems that shape our climate: the atmosphere, oceans, and biosphere. You will ride along on swirling ocean and wind currents, dive into the heart of a monster hurricane, come face-to-face with sharks and gigantic whales, and fly into rolling volcanoes.

- Location:** Meet at the West Senior Center
- Date:** Friday, Sept. 12  
12:15 to 3:30 p.m.
- Fee:** \$5.00 (*Planetarium entrance fee*)
- Course Code:** 218972

*Meet at the West Senior Center at 12:15 p.m. and ride the RTD bus with an escort. You must be able to walk two blocks after getting off the bus. You may also meet us at the Planetarium at CU-Boulder, 2414 Regent Dr., Boulder, at 1 p.m., 303-492-5002.*

## Celestial Seasonings Tour *Encore Only*

If you have never taken the Celestial Seasonings Tour, don't miss your chance to see the world's most advanced tea production plant. During this free tour, we can see first-hand how the finest all-natural ingredients from around the world become your favorite Celestial Seasonings teas. You'll also have the chance to enjoy free samples at the tea bar before we start the tour or eat at the café (on your own). We will enjoy a 10-minute video before we move onto our 30-minute walking tour of the factory. Afterward we can browse the extensive display of original artwork from their tea boxes in the gallery and gift shop.

- Location:** Meet at Celestial Seasonings  
at 4600 Sleepytime Dr., Boulder  
303-530-5300
- Date:** Friday, Nov. 21, 1 to 3 p.m.
- Fee:** Free
- Course Code:** 218973

*Transportation on your own.*

Sponsored by




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

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## Putin's Russia

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

**Location:** West Senior Center  
**Date:** Monday, Sept. 8  
 11 a.m. to noon  
**Fee:** Free  
**Course Code:** 219182

## Colorado Ballot Issues 2014

The fall Colorado ballot promises to stir up strong emotions in the state. With a variety of complex issues coming to a vote, it is important that we understand the ballot and what is at stake. Join Active Minds for an objective review of the ballot issues and a presentation of the arguments on each side of the proposals.

**Location:** West Senior Center  
**Date:** Monday, Oct. 13  
 11 a.m. to noon  
**Fee:** Free  
**Course Code:** 219184

## Veterans Day

Veterans Day originally honored the military personnel who served in WWI. Currently the holiday celebrates the contributions of all living U.S. veterans, of which there are over 20 million. Join Active Minds as we explore the significance of this holiday and the issues and contributions of those who have served our country in war and peacetime.

**Location:** West Senior Center  
**Date:** Monday, Nov. 10  
 11 a.m. to noon  
**Fee:** Free  
**Course Code:** 219186

Sponsored by




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

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## Eleanor Roosevelt

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

**Location:** East Senior Center  
**Date:** Monday, Sept. 22  
 3 to 4 p.m.  
**Fee:** Free  
**Course Code:** 219183

## History of Skiing

There is evidence that humans have been skiing as far back as 6300 BCE. Skiing has been a means of transportation, utilized in combat, enjoyed for recreation, and an international competitive sport. Join Active Minds as we review the origins and history of skiing as well as explore current issues facing the industry. We will also discuss the emergence of Colorado towns as ski resorts and how that impacted them.

**Location:** East Senior Center  
**Date:** Monday, Oct. 27  
 3 to 4 p.m.  
**Fee:** Free  
**Course Code:** 219185

## John F. Kennedy

Join Active Minds for a look at John F. Kennedy's life and legacy. Kennedy's brief presidency coincided with some of the most dramatic foreign policy events of his time including the construction of the Berlin Wall, the Cuban Missile Crisis, and the escalation of the Vietnam War. In this program, we will cover these milestones, and also seek to go beyond them toward a deeper understanding of the man behind the public image.

**Location:** East Senior Center  
**Date:** Monday, Nov. 24  
 3 to 4 p.m.  
**Fee:** Free  
**Course Code:** 219187

## Coffee Talks

### Coffee Talk Introduction Programs

Senior Services invites you to join us for one (or all) of our Coffee Talk Introduction Programs where you can learn about some of our newest offerings – all for free. Make sure to register to reserve your space!

#### Get Acquainted!

Get acquainted with others who are new to the area, new to Senior Services, or interested in making some new connections with others. Join us to learn more about the many opportunities and resources we offer through our East and West Senior Centers. Facilitated by Senior Services staff members.

**Location:** East Senior Center  
**Date:** Wednesday, Sept. 3  
 1 to 2 p.m.  
**Fee:** Free  
**Course Code:** 219189



#### The Importance of Being Creative

Creativity is like a super multi-vitamin to help us age gracefully and positively. Creativity is not solely the domain of artists. It is for all: retired professionals, home-makers, artists, and artist wannabes. Discover the role of creativity in your own life and how to be more creative. Instructor Elsie Wood is the former director of the Society for Creative Aging, a sculptor and a lecturer.

**Instructors:** Elsie Wood  
**Location:** West Senior Center  
**Date:** Thursday, Oct. 2  
 10 to 11 a.m.  
**Fee:** Free  
**Course Code:** 219986

*A six-session Creativity Circle series will follow on Thursdays, Oct. 9 to Nov. 20. See page 32 for details.*

#### Beginning Genealogy and Records Talk with Boulder Genealogy Society

The Boulder Genealogical Society will give a one-hour talk on Beginning Genealogy. They will cover a variety of topics: getting started in family history research, assembling family information, organizing your research, using common online resources, and using local repositories.

**Presenter:** Beth Benco and Diane Barbour  
**Location:** West Senior Center  
**Date:** Tuesday, Sept. 9  
 10 to 11 a.m.  
**Fee:** Free  
**Course Code:** 219188

#### Storytelling

Join us for an introductory presentation from Ann Cress, a storyteller for over 40 years. Ann has shared stories professionally and on a volunteer basis in schools, libraries, museums and senior centers, helped establish two storytelling guilds and is now volunteering with Spellbinders. Storytelling, one of the oldest folk art forms in the world, has the power to connect one person to another and one generation to the next. There are stories each of us remembers, told by a parent, grandparent, teacher or friend, that are as vivid to us today as when we first heard them. It is up to us to make sure that these stories live on.

**Location:** West Senior Center  
**Date:** Wednesday, Oct. 8  
 1 to 2 p.m.  
**Fee:** Free  
**Course Code:** 219386

*Six-week series to follow from Oct. 15 to Nov. 19, 1 to 2 p.m., see pg. 32 for more information.*



## HISTORY BEHIND THE HEADLINES

Developed in conjunction with the University of Colorado Boulder, this series focuses on broad topics of current interest including U.S relations in a global and comparative context, political science, international economics, American history, national security and many more. History Behind the Headlines was a popular lecture series we offered in the past; come hear why popular demand has brought it back.

### Winds From the North

Scott Ortman is an Assistant Professor of Anthropology at CU-Boulder. He was previously the director of research at the Crow Canyon Archaeological Center and an Omidyar Postdoctoral Fellow at the Santa Fe Institute. He will discuss his recent book, "Winds from the North: Tewa Origins and Historical Anthropology," which examines the connections between ancestral Pueblo peoples of Mesa Verde and contemporary Pueblo peoples of New Mexico.

**Instructor:** Professor Scott Ortman  
**Location:** East Senior Center  
**Date:** Friday, Sept. 12  
 11 a.m. to 12:15 p.m.  
**Fee:** \$5  
**Course Code:** 219322

### "The Sixties" – That is, the 1960s

The 1960s were a pivotal decade in American life, one of great promise and great loss. On the upside of the decade were the civil rights movement, Lyndon Johnson's "Great Society," Woodstock, and the moon landing. We also had the Cuban Missile Crisis, the assassinations of John F. Kennedy, Martin Luther King Jr., and Robert R. Kennedy, urban riots, and the Vietnam War. Using newspaper headlines from that era, this talk invites you to revisit some of these key events and trends of the sixties. Paul Shankman is a Professor of Anthropology at CU-Boulder. His most recent book is "The Trashing of Margaret Mead," 2009.

**Instructor:** Professor Paul Shankman  
**Location:** East Senior Center  
**Date:** Friday, Sept. 19  
 11 a.m. to 12:15 p.m.  
**Fee:** \$5  
**Course Code:** 219323

### 2013 Colorado Flood

Professor Katja Friedrich has a Ph.D. in Physics, M.S. in Meteorology, and a B.S. in Meteorology. She joined CU-Boulder in January 2008, where her research direction is the investigation in processes relevant for cloud formation and enhancement of precipitation with special focus on improving quantitative precipitation estimation and forecast during heavy precipitation and wind storms in mountainous regions.

**Instructor:** Professor Katja Friedrich  
**Location:** East Senior Center  
**Date:** Friday, Sept. 26  
 11 a.m. to 12:15 p.m.  
**Fee:** \$5  
**Course Code:** 219324

### Why Understanding Science is Hard, and Evolution is Harder

Michael Klymkowsk is a Professor of Molecular, Cellular, & Developmental Biology and co-director of the CU Teach program at CU-Boulder. It is well known that evolutionary theory is not accepted by large segments of the American public, including teachers. Numerous surveys routinely place us at the bottom of the developed countries in this regard. We might argue that the problem is both more serious and more hopeful than it appears.

**Instructor:** Professor Michael Klymkowsky  
**Location:** East Senior Center  
**Date:** Friday, Oct. 10  
 11 a.m. to 12:15 p.m.  
**Fee:** \$5  
**Course Code:** 219326

## Seminars, Workshops and Classes

### Cuba In Transition: A Personal Perspective

The island of Cuba is less than 100 miles from the United States but its culture, living standard and economics are vastly different. This talk will offer Judy Kreith's insights and experiences on how life on the island has changed, based on 19 trips she has taken over the past 15 years. Since her first trip in 2000, she has seen important changes that are becoming increasingly apparent as the dictatorship of Fidel Castro has loosened its grip on the country. The resilience of the Cuban people and the enduring power of their music will also be a part of this talk.

**Instructor:** Judy Kreith, M.A.  
**Location:** East Senior Center  
**Date:** Friday, Sept. 5  
 11 a.m. to 12:15 p.m.  
**Fee:** Free  
**Course Code:** 219385

### AARP Smart Driver Course

Taking an AARP Smart Driver 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 Smart Driver 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 Center or call 303-441-3148. You will pay the required fee directly to the instructor the day of the class.

**Instructor:** Jagdish Nagda  
**Location:** West Senior Center  
**Date:** Mondays, Sept. 8, Oct. 13 or Nov. 10  
 8:30 a.m. to 1 p.m.  
**Fee:** \$15 for AARP Member or  
 \$20 for non-members



### Medicare Supplement Seminar

Medicare Supplements (Medigaps) are a smart idea for covering some of your out-of-pocket costs that original Medicare doesn't pay for completely. Learn what the choices are, how to figure out what you need, and how much you can expect to pay. This is not a basic Medicare class; you should have a basic understanding of Medicare to benefit from this class.

**Instructor:** Jan Van Sickle, Medicare Counselor  
**Location:** West Senior Center  
**Date:** Tuesday, Sept. 9  
 12:30 to 3 p.m.  
**Fee:** Free  
**Course Code:** 220035

### Community Mediation Services for Seniors

Engaged in a conflict? Clay Fong of the City of Boulder's Community Mediation Service (CMS) will discuss what mediation resources are available for seniors living in Boulder. This session will also cover handy tips for reducing conflict with friends, neighbors, and family members as well long term strategies for improving communication and reducing friction. There is no charge, but please preregister to reserve your space.

**Location:** East Senior Center  
**Date:** Wednesday, Oct. 1  
 1 to 2 p.m.  
**Fee:** Free  
**Course Code:** 219384

## Effective Communication Skills

This two-hour workshop teaches you to listen better while letting others know you've heard them. It also gives you the skills to tell anyone how their behavior affects you, and do so without being judgmental. After practice in a small group, you'll take away the tools to effectively handle situations that may now seem difficult or impossible. These tools will help you become a better listener and to communicate with confidence. The instructor, Jerry Podgorski, M.A., has conducted numerous hands-on workshops on effective communication skills, focusing on body language, empathic listening/understanding, and giving non-judgmental feedback.

**Instructor:** Jerry Podgorski  
**Location:** West Senior Center  
**Date:** Monday, Oct. 6  
 10 a.m. to noon  
**Fee:** City Resident: \$10  
 Non-Resident: \$12  
**Course Code:** 219532

## National Depression Screening Day

### Film & depression screenings

"The Misunderstood Epidemic: Depression" (57min.) is a documentary by filmmaker Susan Polis Schutz. It is an intimate look at how depression affects individuals and their families. Through firsthand accounts it explores how depression can happen to anyone regardless of age, race, or socioeconomic background. After the film, we'll discuss it in small groups with Senior Resource staff and peer counselors. Free depression screenings will be offered from 3 to 4 p.m. There is no charge for this program, but please register to reserve your space.

**Instructor:** Therapist from  
 Mental Health Partners  
**Location:** West Senior Center  
**Date:** Thursday, Oct. 9  
 1 to 4 p.m.  
**Fee:** Free  
**Course Code:** 219540

## Medicare Part D Counseling and Enrollment

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:** Thursdays, Oct. 16, Oct. 30 or Nov. 20  
 9 to 11 a.m. by appointment only,  
 303-441-4150  
**Fee:** Free

**Location:** West Senior Center  
**Date:** Wednesdays, Oct. 29 or Dec. 3  
 9 to 11 a.m. by appointment only,  
 303-441-3148  
**Fee:** Free



*Fitness instructors Dora and Sally were surprised with a t-shirts from their appreciative students.*

## 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](mailto:annegifford@comcast.net).

## Contemplative Living: Thomas Merton and Friends

We will meet the first Thursday of each month to discuss the writings of Thomas Merton and his contemporaries, and how they relate to our own experience of being more present moment to moment in our daily lives. Come with an open mind and a willingness to share what works for you.

- Presenter:** James Kettering
- Location:** West Senior Center
- Date:** Thursdays, Sept. 4, Oct. 2 and Nov. 6  
10 to 11:30 a.m.
- Fee:** Free
- Course Code:** 219196

## Creativity Circle

Join a circle of like-minded spirits to explore the nature of creativity and spark your creative imagination through collaboration. Discuss aspects of the creative process with topics chosen by group consensus as well as discover and develop your individual form of creative expression. Participate and play in safe, non-judgmental, supportive creative sharing. Open to all – art experience welcomed but not required. Elsie Wood is the former Director of Society for Creative Aging, a sculptor and lecturer.

- Facilitator:** Elsie Wood
- Location:** West Senior Center
- Date:** Thursdays, Oct. 9 to Nov. 20  
*six sessions (no class on Oct. 16)*
- Fee:** City Resident: \$30  
Non-Resident: \$35
- Course Code:** 219987

## Storytelling Series



Storytelling is the conveying of events in words, and images, often by improvisation, embellishment or actual personal occurrences. Stories have been shared in every culture as a means of entertainment, education, cultural preservation, and as a way to instill moral values. Storytelling predates writing, with the earliest forms of storytelling usually oral. All of us have stories to share. Following in the footsteps of the master storytellers of the world, we can access our memories in a manner that enriches the story for ourselves and others. Come and learn how to apply the secrets of the master storytellers to your own tales!

- Presenter:** Ann Cress
- Location:** West Senior Center
- Date:** Wednesdays, Oct. 15 to Nov. 19,  
*six-week series 1 to 2 p.m.*
- Fee:** City Resident: \$60  
Non-Resident: \$70
- Course Code:** 220272

*Join us on Oct. 8 for a free Introduction to this exciting new series. See pg. 28 for more information.*



## Trick or Treat with Little Darlings!

Senior Services has partnered with the Children, Youth and Families division, and Family Resource Schools to bring young children in costume to the East Senior Center to trick or treat with our seniors. Feel free to bring your own grandchildren too for a fun time together. Please register to reserve your space so we know how many goodies to provide for all these little darlings!

- Location:** East Senior Center
- Date:** Friday, Oct. 31  
3:30 to 4:30 p.m.
- Fee:** Free
- Course Code:** 220034

## Beginning Bridge

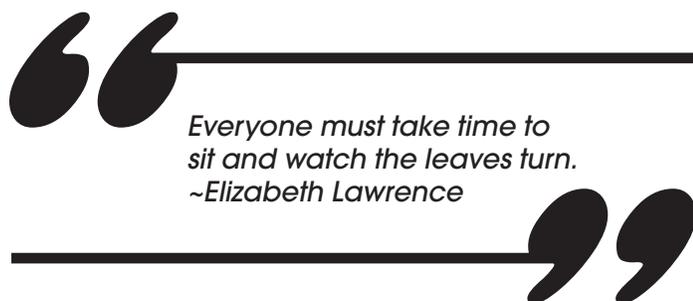
Bridge is undoubtedly the greatest and most challenging card game ever. It's also fun! If you'd like to play and don't know how, come join this friendly group. This class will be an introduction to bidding and the play of the hand. You'll learn basic bridge mechanics and vocabulary. Suit and no-trump bids and responses to those bids will be taught as well as scoring and opening leads.

- Instructor:** Gerald Mitchell,  
ACBL certified Teacher
- Location:** West Senior Center
- Date:** Tuesdays, Sept. 9 to Nov. 18, 10 classes  
(no class Nov. 11)  
1 to 3 p.m.
- Fee:** City Resident: \$50  
Non-Resident: \$60
- Course Code:** 219197

## Advanced Beginner Bridge

This 10-week course featuring the Standard American Bidding System is designed for all levels of bridge players. You will be a declarer and a defender with helpful hints to make you more successful at both. Come learn to play better bridge and enjoy the most entertaining card game around! A \$10 materials fee is paid to the instructor the first day.

- Presenter:** Sandy Koller
- Location:** East Senior Center
- Date:** Wednesdays, Sept. 10 to Nov. 12,  
10 sessions  
10 a.m. to 12:30 p.m.
- Fee:** City Resident: \$55  
Non-Resident: \$65
- Course Code:** 219199



## Duplicate Bridge Strategies for Intermediate/Advanced Bridge Players

Beginning with an introduction to match-point scoring, this course emphasizes the basic principles and strategies of tournament bridge. Topics include: competitive bidding, basic card combinations, defensive signals, popular bidding conventions, plus an explanation of common mistakes and misconceptions. Upon conclusion of play, hands will be projected onto a screen for review and discussion. This course is designed for intermediate/advanced-level bridge players.

- Instructor:** David Corbin, ACBL-Accredited Instructor, Silver Life-Master
- Location:** West Senior Center
- Date:** Thursdays, Sept. 11 to Nov. 13,  
10 sessions  
Noon to 4:00 p.m.
- Fee:** City Resident: \$50  
Non-Resident: \$60
- Course Code:** 219200

## Duplicate Bridge — Practice Class

Join us for this opportunity to “practice and improve” your Duplicate Bridge game once a week. Each class in this ten-week series will begin with a brief lecture for the first half-hour, and then players will move into practice games together with coordinated assistance from an American Contract Bridge League (ACBL) certified director. Lunch will also be available on-site during a half-hour lunch break for an additional \$5 through Café Classico.

- Presenter:** Gerald Mitchell, and his assistant Eydie Mitchell
- Location:** West Senior Center
- Date:** Fridays, Sept. 12 to Nov. 14,  
10 sessions  
10 a.m. to 2:30 p.m.
- Fee:** City Resident \$50  
Non-Resident \$60
- Course Code:** 219198

## Aging Wisely; Loving Well: A Daylong Workshop with David Chernikoff



What does it really mean to love well and to live wisely? The essential goal of all the great wisdom traditions is to live our way into the answer to this question. In this workshop we'll create a supportive learning community and challenge ourselves to explore what it means to become spiritually mature individuals. The

day will include guided meditation practices, talks by the instructor, and experiential exercises with partners and in small groups. Join us for this unique opportunity to meet like-minded people who share a passion for living life fully with joy and integrity.

David Chernikoff, M.Div., LCSW, has taught meditation and psychology at Naropa University, and led workshops and retreats on conscious aging and related topics throughout the U.S., Canada and Ireland. He is currently a guiding teacher of the Insight Meditation Community of Colorado ([www.insightcolorado.org](http://www.insightcolorado.org)) and has a private practice as a spiritual counselor and psychotherapist in Boulder.

**Presenter:** David Chernikoff  
**Location:** East Senior Center  
**Date:** Saturday, Oct. 25  
 8:30 a.m. to 4:30 p.m.  
**Fee:** City Resident: \$50  
 Non-Resident: \$60  
**Course Code:** 220350

## LET'S DANCE!

### Ballroom Dancing For Seniors:

Join us for any, or all, of the following four-week dance sessions which are becoming more and more popular at our East Senior Center. Each class includes a warm-up, and is designed to prepare us to dance each of these wonderful dances. No partner is required, but please register to reserve your space. Happy dancing everyone!

### September - Foxtrot & Waltz:

Come and learn the versatile and fun Foxtrot in weeks one and two, a wonderful dance to know for so many social occasions. The Foxtrot is a natural combination with popular big band hits from the 30's and 40's. In weeks three and four you will learn the Waltz. Combined with lovely music, this dance is another favorite at a variety of social gatherings.

**October - Swing:** When the leaves are falling it's time for some Swing dance. In these four weeks we will focus on the Single Six Count Swing, sometimes called Jitterbug. We will also learn the East Coast Swing that flows so well with a wide variety of music.

**November - Salsa:** Let's warm up with some Salsa dance! Danced to popular Salsa music, this four week class will prepare you to feel comfortable trying all your Salsa moves at a variety of social events.

**Instructor:** Judy Kreith, M.A.  
**Location:** East Senior Center

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**Date:** Foxtrot and Waltz:  
 Tuesdays, Sept. 2 to 23, four classes  
 1 to 2 p.m.  
**Course Code:** 219190

**Date:** Swing: Tuesdays,  
 Sept. 30 to Oct. 21, four classes  
 1 to 2 p.m.  
**Course Code:** 219191

**Date:** Salsa: Tuesdays, Oct. 28 to Nov. 25,  
 four classes (*no class Nov. 11*)  
 1 to 2 p.m.  
**Course Code:** 219192

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**Fees:** Encore Resident: \$16  
 City Resident: \$20  
 Encore Non-Resident: \$24  
 Non-Resident: \$28

## Putting on the Ritz! Jazz Dance for Seniors

This class can be done standing or in a chair. Come and learn the fundamentals of this fun and invigorating dance style called jazz. With top hats, dancing canes, sparkling rings and other props, we will dance our way through time with big band music from the 1940's all the way through popular music today. This class will include a slow and gentle warm up and stretch, learning movements from jazz dance terminology like jazz slides and kick ball change, and a fun and uplifting choreography for all. Happy dancing everyone! Two six-week sessions are offered.

**Instructor:** Judy Kreith, M.A.  
**Location:** East Senior Center  
**Session One:** Tuesdays, Sept. 2 to Oct. 7, six classes  
 11:30 a.m. to 12:15 p.m.  
**Course Code:** 219193

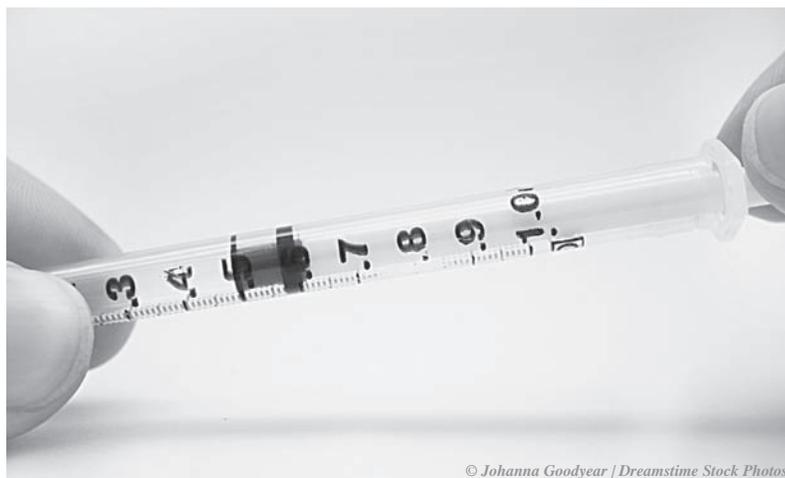
**Session Two:** Tuesdays, Oct. 14 to Nov. 25,  
 six classes (*no class Nov. 11*)  
 11:30 a.m. to 12:15 p.m.  
**Course Code:** 219194

**Fee per session:** Encore Resident: \$24  
 City Resident: \$30  
 Encore Non-Resident: \$36  
 Non-Resident: \$42

## Dance for Parkinsons

In Dance for Parkinsons, participants explore movement and music in ways that are enjoyable, stimulating and creative. Dance for Parkinsons is appropriate for anyone with Parkinson's disease (PD), no matter how advanced - no dance experience is required. In chairs, at a barre or moving across the floor, we explore elements of modern dance, ballet, tap, folk and social dancing in a fun, supportive environment. The instructor, Viki Psihoyos, has trained with the Brooklyn-based Dance for PD program, where retired professional dancers apply their experience and teaching skills to movement classes specially designed for the Parkinson's community.

**Presenter:** Viki Psihoyos  
**Location:** East Senior Center  
**Date:** Thursdays, Sept. 11 to Oct. 23,  
 six classes (*no class Oct. 2*)  
 11:30 a.m. to 12:30 p.m.  
**Fee:** Encore Resident: \$24  
 City Resident: \$30  
 Encore Non-Resident: \$36  
 Non-Resident: \$42  
**Course Code:** 219195



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## Flu Shot Clinic

**Location:** East Senior Center  
**Date:** Tuesday, Sept. 8 9:30 to 11:30 a.m.  
**Fees:** 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.*

## National Fall Prevention Week is September 22 – 26

Join Boulder Senior Services for seminars, resources, and FallProof™ demonstrations to learn more about fall prevention methods. Information will be available at both East and West Senior Centers all week. Programs include:

- **FallProof™ Demonstrations**, a comprehensive balance and mobility program for older adults
- **Get a Handle on Wrist and Hand Arthritis**, a seminar presented by an orthopaedic surgeon who provides comprehensive hand and upper extremity care
- **Feet, Feet, Feet: Care and Exercises**, a fitness instructor-led seminar on care and exercises to keep feet strong, healthy and responsive, increasing confidence and comfort while on your feet
- **Fall Prevention Resources Fair for Older Adults and Family Caregivers**
- **Prevention and Treatment Options for Healthy Feet**, a foot health seminar presented by an orthopaedic surgeon specializing in the treatment of disorders of the foot and ankle and orthopaedic trauma and general orthopaedic conditions
- A free eight-week **Matter of Balance** series sponsored by Boulder County Area Agency on Aging beginning Oct. 1

### Avoiding Pet Related Falls

You've heard the story about how someone fell because, "I tripped over the cat while running to answer the phone..." Or, "I was walking the dog and suddenly a squirrel ran by"..... or, maybe "My son's dog jumped up on me when I came over for a visit..." Pets abound in our county and whether or not you are a pet lover or prefer to keep your distance, pets can cause falls. Learn strategies to control your pet in tricky situations, how to plan activities that minimize your risk of falling and ways to raise your awareness so you avoid a pet-related fall.

**Presenters:** Camille King, EdD, RN, ACAAB, Applied Animal Behaviorist and Laurie Buffington, CDBC, CPDT-KA

**Location:** West Senior Center

**Date:** Monday, Sept. 22  
10 to 11 am

**Course Code:** 220043

### FallProof™ Demonstrations

The goals of FallProof™ classes are to rebuild your balance and strength, fine-tune your flexibility, lower your risk for falls, and help regain independence. FallProof™ classes come out of a research program at Cal State Fullerton University, and have been proven to improve your balance and make a difference in the ability to navigate your world more confidently. Join us for two different talks and demonstrations from two FallProof™ community sponsors, Juli Booton from Boulder Community Health Mapleton Center and Char Baker from Frasier Meadows Wellness Clinic.

**Location:** West Senior Center  
**Presenter:** Juli Booton, PT  
**Date:** Monday, Sept. 22  
11 a.m. to noon  
**Fee:** Free  
**Course Code:** 219533

### OR

**Location:** East Senior Center  
**Presenter:** Char Baker  
**Date:** Wednesday, Sept. 24  
2 to 3 p.m.  
**Fee:** Free  
**Course Code:** 219534

### Feet, Feet, Feet : Care and Exercises

Learn about the special care and exercises you can do to keep your feet strong, healthy and responsive, increasing your confidence and comfort while on your feet.

**Location:** East Senior Center  
**Instructor:** Laura Olinger  
**Date:** Monday, Sept. 22  
1 to 3 p.m.  
**Fee:** Free  
**Course Code:** 219538

## Get a Handle on Wrist and Hand Arthritis

Dr. Daniel Master, M.D. will address the different types of hand and wrist arthritis and how they can be managed through a variety of minimally invasive treatment options. Dr. Master completed his orthopaedic surgery training at University Hospital's Case Medical Center in Cleveland, OH and was awarded a Hand and Upper Limb Fellowship position at Stanford University Medical Center in Palo Alto, CA. He is currently on staff at Mapleton Hill Orthopaedics, P.C. providing comprehensive hand and upper extremity care to the Boulder community. This talk is sponsored by Stryker Orthopaedics.

**Location:** West Senior Center  
**Presenter:** Daniel Master, M.D.  
**Date:** Tuesday, Sept. 23  
 12:15 to 1:15 p.m.  
**Fee:** Free  
**Course Code:** 219535

## Falls Prevention Resource Fair for Older Adults and Family Caregivers

**Falls can change lives...  
 But did you know that falls are preventable?**

There are many resources in our community that can help protect you and your loved ones from a costly fall. Learn more about what is available on topics ranging from home modification to exercise.

**Location:** West Senior Center  
**Date:** Tuesday, Sept. 23  
 5 to 7 p.m.  
**Fee:** Resource Fair is open to the public at no charge

*Optional: Treat yourself to a delicious dinner at 5:30 prepared by Café Classico for a \$6.00 fee. Please call 303-441-3148 to register for the meal.*

## Prevention and Treatment Options for Healthy Feet – Lunch & Learn

Join us for this free lunch & learn opportunity sponsored by Stryker Orthopaedics. Foot and ankle conditions can make walking difficult and downright painful! Robert H. Leland, M.D., Boulder's only fellowship trained orthopedic foot and ankle specialist will lead a discussion about routine and complex foot and ankle ailments along with surgical and non-surgical treatment options. Lunch will be provided at no charge to participants, but please register to reserve your space.

**Location:** East Senior Center  
**Presenter:** Robert H. Leland, M.D.  
**Date:** Wednesday, Sept. 24  
 12:15 to 1:15 p.m.  
**Fee:** Free  
**Course Code:** 219537

## 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. 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:** West Senior Center  
**Date:** Wednesdays, Oct. 1 to Nov. 19,  
 eight classes  
 10 a.m. to noon  
**Fee:** Free, donations accepted



## Monthly Hearing Clinic

The staff of Family Hearing holds a monthly hearing clinic to provide free audiology services such as hearing screening, ears checked and cleaned, and hearing aids inspected and cleaned. If you would like to have a full hearing test and/or hearing aid adjustment, they can do that as well and bill Medicare or your health insurance. Call 303-441-4150 to schedule an appointment.

**Location:** East Senior Center  
**Date:** Wednesdays, Sept. 3, Oct. 1 or Nov. 5  
 2 to 4 p.m. *by appointment only*  
 (eight appointments per day)  
**Fee:** Free

## Rosen Method Bodywork

Rosen Method Bodywork is a gentle and effective therapy for a broad range of physical and emotional complaints. Done on a massage table, Rosen Method helps people gain awareness of and release tension held in their bodies and supports a deeper, fuller, more relaxed sense of self and connection with others. This workshop will provide information about the work and a demonstration. Our guest presenter is Todd Schwartz, licensed massage therapist, psychotherapist, and Rosen Method Bodywork provider in Boulder. There is no charge but please pre-register to reserve your space.

**Location:** East Senior Center  
**Date:** Wednesday, Sept. 10  
 1 to 2:30 p.m.  
**Fee:** Free  
**Course Code:** 219782



*JD demonstrating Postural Therapy. Call for an appointment today!*



## Postural Therapy

Most of the physical discomfort we experience on a daily basis, including headaches and hip, back and neck pain is caused, perpetuated or made worse by poor posture. Postural Therapy is a blend of massage techniques and exercises that assist in bringing the body into its most functional and restful position. The presenter, JD Avallone, is a new licensed Massage Therapist working at the East Senior Center. Join us to learn more about postural therapy, or call the East front desk at 303-441-4150 to make an appointment with JD.

**Presenter:** JD Avallone  
**Location:** West Senior Center  
**Date:** Tuesday, Sept. 16  
 10 to 11 a.m.  
**Fee:** Free  
**Course Code:** 219783

## 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. 12 to Nov. 21  
 12:45 to 1:45 p.m.  
**Fee:** No charge for registered SilverSneakers members  
 \$5 fee for all others

**FITNESS CLASSES**

## 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.

**Instructor:** Steve Arney  
**Location:** East Senior Center  
**Date:** Fridays, Sept. 5 to Nov. 21,  
 12 classes

**Full Session Fee (applicable for all class levels)**

**Fee:** Encore Resident \$82  
 City Resident \$84  
 Encore 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 2014 session.

**Fee:** Encore Resident \$40  
 City Resident \$42  
 Encore 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:** 218933

### 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 – 218934  
 Half Session – 218932

*Select six of the classes in the fall 2014 session.*



## Strength, Movement and Stretch

Join us for this healthy, strength-building, light aerobics and effective stretching class. 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. 8 to Nov. 24,  
 12 classes  
 11 to 11:45 a.m.

**Fee:** Encore Resident \$48  
 City Resident \$50  
 Encore Non-Resident \$60  
 Non-Resident \$62

**Course Code:** 218935

**OR**

**Date:** Wednesdays, Sept. 3 to Nov. 19,  
 12 classes  
 11 to 11:45 a.m.

**Fee:** Encore Resident \$48  
 City Resident \$50  
 Encore Non-Resident \$60  
 Non-Resident \$62

**Course Code:** 218936





*Healthways SilverSneakers® Fitness is included as a benefit for members of select Medicare health care plans. SilverSneakers® is a registered trademark of Healthways, Inc.*

*Call 303-441-4150 with questions.*

## **SilverSneakers – Classic**

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**

YogaStretch will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## **SilverSneakers – Splash**

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 warm up and strength segment. Please wear footwear appropriate for a low-impact aerobics class. Bring water bottle.

## **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
<b>9 – 9:45 a.m.</b> SilverSneakers Splash EBCC Pool <i>Laura</i>	<b>7:30 – 8:15 a.m.</b> Guts and Butts <i>Dora</i>	<b>9 – 9:45 a.m.</b> SilverSneakers Splash EBCC Pool <i>Laura</i>	<b>7:30 – 8:15 a.m.</b> Guts and Butts <i>Dora</i>	<b>8:30 – 9:30 a.m.</b> Fit & Strong Intermediate <i>Dora</i>
<b>8:30 – 9:30 a.m.</b> Fit & Strong Intermediate <i>Sally</i>	<b>8:30 – 9:15 a.m.</b> Gentle NIA <i>Laura</i>	<b>8:30 – 9:30 a.m.</b> Fit & Strong Intermediate <i>Sally</i>	<b>8:30 – 9:15 a.m.</b> Music & Movement <i>Julie / Jennifer</i>	<b>9:45 – 10:45 a.m.</b> Fit & Strong Beginning <i>Dora</i>
<b>9:45 – 10:45 a.m.</b> Fit & Strong Beginning <i>Jack</i>	<b>9:30 – 10:25 a.m.</b> Strength & Alignment <i>Linda</i>	<b>9:45 – 10:45 a.m.</b> Fit & Strong Beginning <i>Terry</i>	<b>9:30 – 10:25 a.m.</b> Strength & Alignment <i>Linda</i>	<b>10:45 – 11:30 a.m.</b> SilverSneakers Splash EBCC Pool <i>Laura</i>
<b>11 – 11:45 a.m.</b> SilverSneakers Classic <i>Jack</i>	<b>10:30 – 11:15 a.m.</b> SilverSneakers Yoga <i>Linda</i>	<b>11 – 11:45 a.m.</b> SilverSneakers Classic <i>Terry</i>	<b>10:30 – 11:15 a.m.</b> SilverSneakers Yoga <i>Linda</i>	<b>11:45 – 12:30 p.m.</b> SilverSneakers Classic <i>Chris</i>
	<b>1 – 1:45 p.m.</b> SilverSneakers Splash EBCC Pool <i>Chris</i>		<b>1 – 1:45 p.m.</b> SilverSneakers Splash EBCC Pool <i>Chris</i>	
			<b>1 – 2:30 p.m.</b> Line Dancing <i>Judy</i>	

	CLASS PURCHASES	ENCORE RESIDENT	CITY RESIDENT	ENCORE NON-RESIDENT	NON-RESIDENT
<b>DROP-IN FEE</b>	<b>1 CLASS</b>	\$4	\$5	\$6	\$7
<b>PUNCH PASS OPTIONS - Valid one year from date of purchase</b>					
	<b>10 PUNCH</b>	\$40	\$50	\$60	\$70
	<b>20 PUNCH</b>	\$80	\$100	\$120	\$140



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## 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 Resident \$38  
City Resident \$40  
Encore Non-Resident \$46  
Non-Resident \$48

## Rosen Method Bodywork

Rosen Method Bodywork is a gentle and effective therapy for a broad range of physical and emotional complaints. Done on a massage table, Rosen Method helps people gain awareness of and release tension held in their bodies and supports a deeper, fuller, more relaxed sense of self and connection with others. Schedule a session by calling 303-441-4150 to make an appointment. Todd Schwartz, is a licensed massage therapist, psychotherapist and Rosen Method Bodywork provider. A free demonstration will be given on Sept. 10 – see page 38 for information.

- Location:** East Senior Center
- Date:** First and third Mondays
- Appointment Times:** 7:45 to 10:45 a.m.
- Fee:** Encore Resident \$38  
City Resident \$40  
Encore Non-Resident \$46  
Non-Resident \$48

### Cancellation and Refund Policies:

- Appointments canceled fewer than three business days in advance will be not be refunded. Exceptions to this policy will be considered on a case by case basis.
- Cancellations must be made during regular East Senior Center hours, 7:30 a.m. to 4:30 p.m. Monday through Friday except holidays and closures.

## Reflexology

Reflexology is like a combination massage and acupressure 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 Resident \$20/38  
City Resident \$22/42  
Encore Non-Resident \$22/42  
Non-Resident \$24/44

## 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 1-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.



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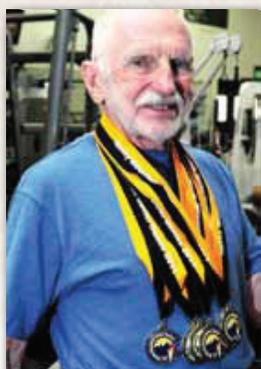
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