

Boulder Senior

BoulderSeniorServices.com

Services

CELEBRATING COMMUNITY ROOTS

AARP tax help

National Volunteer Week

Older Americans Month

**Register
for spring
programs
starting
Feb. 4**

SPRING 2014

MARCH-MAY

location, location, location.

lly owned.

The **ACADEMY** BOULDER'S BOUTIQUE
RETIREMENT COMMUNITY



theacademyboulder.com
303.938.1920



THE LAW OFFICE OF BRANDON FIELDS

Protect Your Family's Assets
& Plan for the Future



SPECIALIZING IN:

- Elder Law
- Medicaid Planning & Eligibility
- Estate Planning / Wills & Trusts
- Advance Directives / Powers of Attorney / Living Wills
- Guardianships & Conservatorships
- Disability Planning & Special Needs Trusts
- Probate (Estate) Administration & Disputes

303-449-5602

brandon@elderlawboulder.com

1510 28th St., Suite 205
Boulder, CO 80303

www.elderlawboulder.com

"I'M FIT AS A FIDDLE."

And this fiddle has some nice biceps, too.

Live • Learn • Laugh



Take advantage of our PrimeFitSM fitness program brought to you by Leisure Care. Your own fiddle will thank you. Contact our PrimeFit staff to learn more.

 **the
CARILLON**
AT BOULDER CREEK

2525 Taft Drive, Boulder, CO 80302 • 720.565.6844



www.TheCarillonAtBoulderCreek.com

TABLE OF CONTENTS

Active Minds.....	25
Boulder Senior Services Information.....	1
Coffee Talks	27
Day Trips.....	13
Encore Program	22
Health and Wellness.....	35
History Behind the Headlines	29
Important Phone Numbers	12
Meals on Wheels.....	9
Ongoing Activities	11
Overnight Trips	19
Registration Information	42
Senior Services and Resources	7
Workshops and Classes.....	31

Cover photo: Bristlecone pine tree trunk, Mt. Goliath Natural Area, Colorado by Randall K. Roberts

ON THE COVER:

AARP Tax-Aide Program through April 10, page 7
National Volunteer Week, April 16-13, page 6
May is Older Americans Month, page 3

VOLUME 16, NO. 1**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

ADVERTISING SALES:  *AG Boulder*

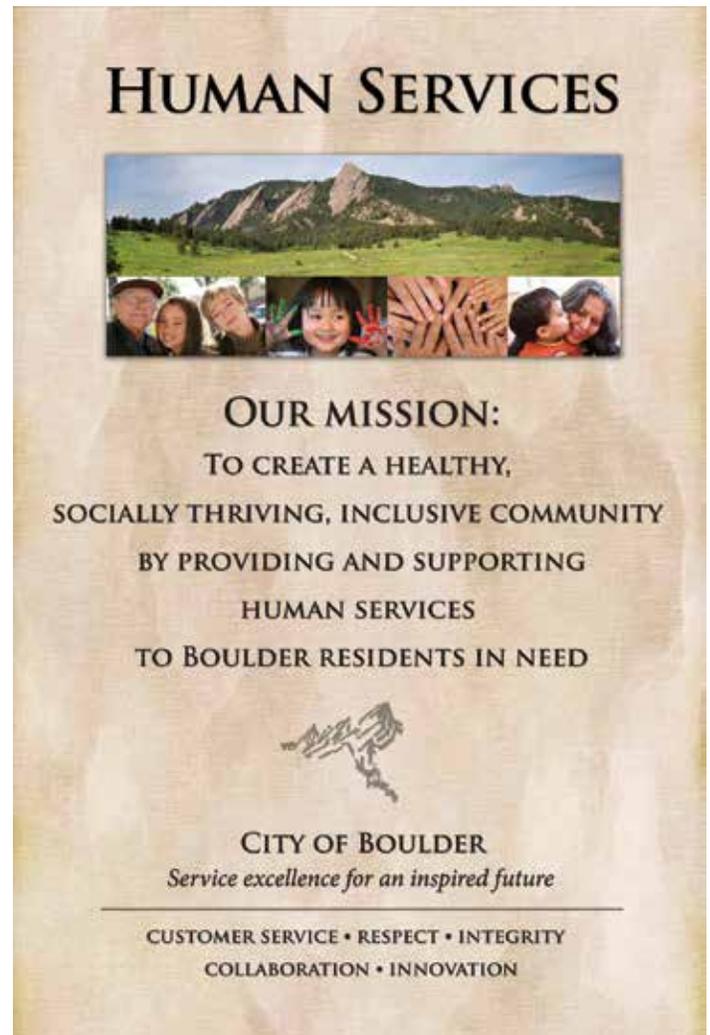
Stephen Larghi, 1630A 30th St., Ste. 391

Boulder, CO 80301

Ph: 303.323.8782 Fx: 303.957.2267

www.agboulder.com

City of Boulder Department of Human Services



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

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

COMMUNITY RELATIONS AND OFFICE OF HUMAN RIGHTS MISSION: To protect civil rights, facilitate positive community relations and promote social equity policy.

CHILDREN, YOUTH AND FAMILIES MISSION: To support children, youth and families through regional collaborative planning, community funding and quality programs.



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**

EAST AND WEST SENIOR CENTERS CLOSED:

Memorial Day, Monday, May 26

**EAST CENTER MAINTENANCE CLOSURE
May 17 through May 26**



EAST SENIOR CENTER

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

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

SENIOR SERVICES STAFF

Manager,	
Betty Kilsdonk	303-441-4365
Encore Program	303-441-4437
Program Coordinator: Trips and Travel, Classes, Ellen Bartilet	303-441-3915
Program Manager: Health and Wellness, Maureen Dobson	303-413-7489
Senior Resources:	
Jodi Ansell and Jacki Myers	303-441-4388
Elena Levy – Bilingual	303-441-3918
Operations Coordinator,	
Renee Foote	303-441-4438
Reception and registration, West Senior Center, Jay Allen.....	303-441-3148
Reception and registration, East Senior Center, DeLana Gorski	303-441-4150
Communications,	
Robin Pennington.....	303-441-1912
Facility Booking Administration,	
Beth Bovard	303-413-7487
Finance,	
Monica Richtsmeier	303-441-4389



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.

Older Americans Month

President John F. Kennedy designated May as "Senior Citizen's Month" in 1963. Now known as Older Americans Month, it has been recognized by every President since JFK through a formal proclamation as a time for our country to acknowledge and celebrate the contributions and achievements of the elders in our community, particularly our veterans. While Boulder Senior Services provides services, support, and resources to older adults year-round, Older Americans Month is a great opportunity to show our special appreciation and we invite you to join us. For more information about Older Americans Month, visit the Administration on Aging at www.aoa.gov.

Check out the Boulder Rebuilds photo display at the West Senior Center. See page 4 for more information



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

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



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.

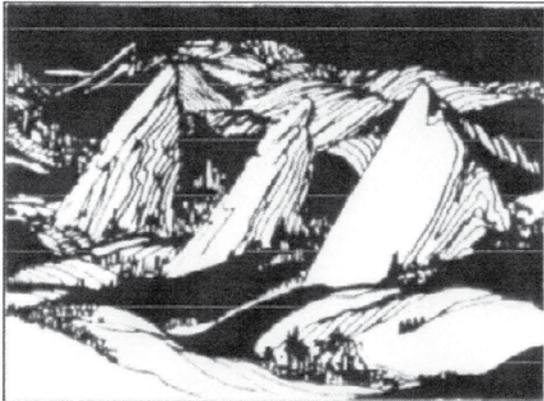
BOULDER SENIOR SERVICES INFORMATION

Helping Boulder's Seniors

While the City of Boulder provides basic facilities and services for Boulder seniors, there are many areas where public funds are not available to provide extra amenities at the Senior Centers or specific assistance to individuals who do not qualify for help from other agencies. Boulder Seniors Foundation accepts and administers financial grants, bequests, memorials and gifts used to support many services and activities for seniors in Boulder. For more information on the Foundation and how you can help, visit www.sites.google.com/site/boulderseniorsfoundation/. Thank you for your support.



Boulder Seniors Foundation



Senior Wisdom

To keep the heart un wrinkled, to be hopeful, kindly, cheerful, reverent - that is to triumph over old age.



Please consider supporting
Boulder Seniors Foundation

Mail gifts to: PO Box 1392
Boulder, CO 80306-1392

A Note from Boulder Senior Services

Celebrating Community Roots, the theme of this issue, embraces all ages. We are fortunate that Boulder is home to a diverse population that celebrates its cultural richness. The cultural and spiritual roots of our elders enrich their participation in our community's activities and events. While we know that active engagement in society has health benefits for older individuals, they are not the only ones who benefit. Studies show that the relationships of older adults with family, friends, and neighbors across generations enrich the lives of everyone involved.

Boulderites take pride in where they came from, who they are, and where they live. Join us for a number of programs this spring honoring these connections. In addition, stop by the West Senior Center beginning in January for a display of portraits from the Boulder Rebuilds Photo Project (Boulder Rebuilds). In 2013, Intercambio and the City of Boulder invited the public to participate in a nationwide photography initiative aimed at creating a portrait of America that includes immigrants and descendants of immigrants alike. As Boulder rebuilds after the flood, this project is a reminder that our community is made up of diverse people who work together in the face of adversity. The project was sponsored by the City of Boulder Human Relations Commission and Immigrant Advisory Committee as an outgrowth of the Celebration of Immigrant Heritage Week last October.

Encore/SilverSneakers® Member Appreciation Special Event:

The Society for Creative Aging/
VIVA Theatre

VIVA Theater Troupe of the Society for Creative Aging and the Boulder Fringe will present three short plays professionally acted and directed. As a member of Encore or SilverSneakers, you will receive a discount off the regular price at this event. You won't want to miss this special event at Boulder's Dairy Center! Transportation on your own; we will meet at the Dairy Center. SilverSneakers® is a registered trademark of Healthways, Inc.

- Location:** Dairy Center for the Arts
2590 Walnut (26th & Walnut) St.
Boulder, CO 80302
- Date:** Saturday, May 31, 1:30 p.m.
- Course Code:** 211393
- Fee:** Encore & SilverSneakers Members \$10
General Public (55+ only) \$12



Anne Gifford's Wallpaper House Band kept us entertained at last fall's well-attended Encore/SilverSneakers member social potluck.



Kim Pearson and Elena Levy.

¡Bienvenida primavera!

Primavera ha llegado y los invitamos a celebrar en el evento de '¡Bienvenida primavera!' con nosotros. Venga a conocer la Especialista de Recursos Bilingüe, Elena Levy, y la Especialista de Asuntos Comunitarios y La Oficina de Derechos Humanos, Kim Pearson. Obtenga las últimas noticias y actualizaciones mientras disfruta de refrescos, una animada conversación, y espectáculos de danza. Este evento es patrocinado por relaciones del Departamento de Servicios Humanos - Asuntos Comunitarios y La Oficina de Derechos Humanos, y La División de Servicios Para Mayores.

- Donde:** West Senior Center
- Cuando:** jueves, Abril 17
2 habla 4 p.m.
- Costo:** Free

.....

Welcome Spring!

Spring has arrived and we invite you to celebrate with us at a 'Welcome Spring!' event. Meet our Senior Resource Bilingual Specialist, Elena Levy, and Community Relations and Office of Human Rights Specialist, Kim Pearson. Get the latest information and updates while enjoying refreshments, lively conversation, and dance performances. This event is sponsored by the Human Services Department's Community Relations and the Office of Human Rights and Senior Services Divisions.

- Location:** West Senior Center
- Date:** Thursday, April 17 2 to 4 p.m.
- Fee:** Free

April 6-13 is National Volunteer Week

All year long, community volunteers help make it possible for us to serve the needs of Boulder seniors. The theme for 2014 is "Celebrating Service." Whether they are serving as a trip escort, presenting a seminar, helping with data entry or returning calls, we couldn't do all we do without the help of our volunteers. Through their involvement with Boulder Senior Services, they are making a difference in the quality of the life of Boulder seniors, which strengthens the entire community.

We would like to highlight just a few of the people who have recently given of their time, expertise and talents.



Katherine Christensen has been volunteering with Senior Services since 2012 in various capacities. She worked with our Senior Resources staff helping to compile our resource directory and is now leading our book club. Thanks Katherine for being so versatile and willing to help!

Cyndy Eiden has been a volunteer for the Piles to Files program since 2010. She has helped many seniors get their paperwork in order and they are so grateful!

Todd Myers started last August as our new Book Exchange volunteer. He keeps all the books in order, donates what we don't use, coordinates the books coming in and all with a smile! He also donates bird seed for our West Center feeder to keep the birds happy.



JoAnne Smallwood has volunteered for the Travel Program as a Trip Escort for more than 22 years. She also volunteered as a Trip Escort for the Eldora Ski Program for many years. Her mother, Beatrice Zimmermann, volunteered as a Trip Escort until the age of 89 years! We certainly appreciate these two ladies for assisting with our day trips.



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 Services:

- Avanti Therapy for the Optimum Balance class
- Dr. Geeta Lalwani of Rocky Mountain Retina Associates for presenting Age-Related Macular Degeneration
- Sister Georgeann Quinlan, BVM, for her presentation Angels Everywhere
- Brian Hansen for introducing us to the program Great Conversation on Great Ideas
- Boulder County Area Agency on Aging for offering ongoing Fall Prevention programs
- Laurel Seppala-Etra and Eladia Rivera of the Boulder Public Library, Books in a Bag Program, for help with the Encore Book Club
- Ellen Orleans and the City of Boulder Go Boulder Team for Walking Wednesdays during the summer and fall
- Historic Columbia Cemetery Tours with Mary Reilly-McNellan from the City of Boulder Parks and Recreation Department
- Identity Theft and Proactive Tips presentation by Peggy Altschuler with Legal Shield, and Julie Esterline and Dana Russell from the Boulder Municipal Employees Federal Credit Union

Many local and national community organizations as well as individuals came forward to help seniors in Boulder who were in need following the September flood. Boulder Senior Services would like to extend a special thank you to them.

AARP Tax-Aide Program

The AARP Tax-Aide Program will offer free personal income tax assistance for people age 60 and older and for those of low- or moderate-income. Volunteer counselors are specially trained and tested each year in cooperation with the U.S. Treasury Internal Revenue Service and the Colorado Department of Revenue to understand those provisions of the Tax Code that affect older taxpayers.

Returns will be prepared by appointment only and fill quickly. Tax preparation will be held at the West Senior Center, 909 Arapahoe Ave., Tuesday and Thursday mornings through April 10, 2014. Call 303-441-3148 after Jan. 1 for an appointment at the West Center.

The volunteers are certified to prepare many Federal and Colorado tax returns containing W-2s, 1099's,

Capital Gains and Losses, Retirement Income, and that file forms 1040, 1040A, 1040EZ and Colorado Form 104. They are not certified to prepare returns that contain items requiring more specialized training such as rental properties, certain businesses, foreign sourced income, foreclosure transactions or multiple states. The returns are reviewed by a second volunteer before being electronically filed.

Those who prefer to prepare their own taxes can get information and forms on the web at www.irs.gov, or by telephone at 1-800-TAX-FORM (1-800-829-3676).

Si usted está en necesidad de asistencia con sus impuestos, por favor llame la especialista de recursos bilingües, Elena Levy, 303.441.3918, para hacer una cita.

Programa de Reembolso del Impuesto a las Ventas de Alimentos

Cada año la ciudad de Boulder proporciona rebajas para ayudar a compensar los residentes de bajos ingresos para el impuesto que pagan por los alimentos. Los elegibles para el programa incluyen los ancianos de bajos ingresos de 62 años o más durante todo el año calendario 2013; personas de bajos ingresos con discapacidades; y familias de bajos ingresos con niños menores de 18 años de edad en el hogar durante todo el año 2013. Las personas que buscan un reembolso deben llenar una solicitud que documenta su elegibilidad.

Las solicitudes pueden ser recogidas a partir de lunes, 03 de marzo de 2014 de 8 a.m. hasta 4 p.m., del lunes al viernes, en el West Senior Center, 909 Arapahoe Ave., el East Senior Center, 5660 Sioux Drive y Boulder Housing Partners, 4800 North Broadway. Los candidatos a partir de 2013 que solicitaron la rebaja de 2012, recibirán automáticamente una aplicación en el correo.

Las solicitudes deben ser devueltas no más tarde del lunes, 30 de junio 16 en el West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302 o mataselladas Domingo, 30 de junio de 2014. Para obtener más información, llame la especialista de recursos bilingüe, Elena Levy, 303.441.3918, o visite www.boulderseniorservices.com.

Food Tax Rebate Program

Each year, the City of Boulder provides rebates to help compensate lower-income residents for the city sales tax they pay on food. Those eligible for the program include low-income seniors aged 62 or older for the entire 2013 calendar year; low-income persons with disabilities; and low-income families with children under 18 years of age in the household for the entire 2013 calendar year. Those seeking a rebate must fill out an application documenting their eligibility.

Applications can be picked up starting Monday, March 3, 2014 from 8 a.m. to 4 p.m., Monday through Friday, at the West Senior Center, 909 Arapahoe Ave., the East Senior Center, 5660 Sioux Drive, and Boulder Housing Partners, 4800 North Broadway. Applicants from 2013 who applied for the 2012 rebate will automatically receive an application in the mail.

Applications must be dropped off no later than 4 p.m. Monday, June 30 at the West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302 or postmarked by Monday, June 30, 2014. For more information, call the Food Tax Rebate Program Manager at (303) 441-1836 or visit www.boulderseniorservices.com.

Senior Community Advisory Committee (SCAC)

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

City of Boulder Community Mediation Service 303-441-4364

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

Boulder County CareConnect 303-443-1933

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

Caregiving Symposium

Each May, Boulder County Area Agency on Aging holds this event for family members who are providing care or who wish to learn about the available resources as they plan for the future. Watch for more information and plan to care for yourself as you provide care to an older adult in your life. 303-678-6284.

Community Protection Services 303-441-3700

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



Via Mobility Services
303-447-2848
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.

Peer Counseling

Apply to become a volunteer who supports those over age 60 through challenging life transitions or losses. Training begins in March, 2014. If selected, complete an eight-week training session, then be matched 1:1 with an older adult, or train further to facilitate support groups. Weekly group supervision with the Mental Health Center Geriatric Team Clinician. One year minimum commitment. Applications are available at the East and West Senior Centers, or call Helen at 720-406-3661.

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.

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.

Meals on Wheels

Café Classico, closed following last September's flood while the West Senior Center was undergoing repairs, reopened its doors on December 2 to a welcoming crowd. Meals on Wheels had continued to deliver hot

lunches to hundreds of clients while temporarily relocated to the East Senior Center, prepared in the center kitchen. Executive Director Francea Phillips had nothing but good things to say about the support from the City of Boulder during the disruption. "I don't know what we would have done without the caring, welcoming, accommodating staff at East Senior Center. What could have been total disaster was made much easier than we could have imagined."

Blogger Robin Noble says "Meals on Wheels of Boulder is a vital community service provider – one of the many reasons Boulder County is a great place for people of all ages to live and thrive. Since 1969, Meals on Wheels has provided more than 1.9 million meals to Boulder County clients, preparing 81,000 meals in 2012 alone." *Noble, Robin. "Lunch is Back, Baby." BoulderSource.com. Dec. 2, 2013.*



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.

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 and click on "Café Classico," or visit www.mowboulder.org.

KAISER PERMANENTE MEDICARE HEALTH PLANS

Get more out of a **MEDICARE HEALTH PLAN** than you ever thought possible.

Get great care and great value with Kaiser Permanente Senior Advantage (HMO). Find out how our distinctive services work together to give you more control and convenience—so it's easy for you to live well and thrive. **Have questions about Medicare or ready to enroll in a Kaiser Permanente Medicare health plan? Just give me a call for more information.**



Heidi Meier

Kaiser Permanente Medicare Health Plan Licensed Sales Specialist

1-877-410-7077 (TTY 711)

kp.org/medicare



Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan of Colorado, 2500 South Havana Street, Aurora, CO 80014-1622.

Y0043_N009371_CO accepted

Senior Property Tax Exemption

The Colorado Constitution establishes a property tax exemption for qualifying senior citizens, surviving spouses of senior citizens who previously qualified, and for disabled veterans.

Qualifying seniors must meet the following eligibility requirements:

- Must be at least 65 years old on January 1 of the year in which he or she qualifies, and
- Must be the owner of primary residence, on record, for at least ten consecutive years prior to January 1.

Applications must be filed no later than July 15 to have the exemption apply to your tax bill the following year. For those who qualify, 50 percent of the first \$200,000 in actual value of their primary residence is exempted, for a maximum exemption amount of \$100,000 in actual value. The State of Colorado pays the property taxes on the exempted value. For an application and for more information go to:

www.bouldercounty.org/dept/assessor/pages/seniors.aspx or call 303-441-3530.



Care Link
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

Senior Resources

303-441-4388

En Español

303-441-3918

Boulder is an amazing community. We are fortunate to have a vast supply of resources for seniors and families. We come together as neighbors, volunteers, friends and co-workers to help each other and solve problems. There was no better example of this community spirit than when the floods hit us last September. Our Senior Resource team interacts with agencies and organizations every day that would love to help you when you need it, or have you join their team as a volunteer. Please call us if you are over 60 and live in the city of Boulder (or are a family member of someone who is) and we can explore what we can do for you.

Flood and fire safety preparation tips

Flood and fire safety preparation tips and evacuation procedures are available at www.boulderoem.com or to sign up for emergency alert messages go to 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.

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 or call 303-441-3583.

Senior Tax Work-Off Program

Applications are due June 15 for Boulder County property owners age 60 and older to work for county departments to earn a portion of their property taxes. Call 303-441-3500 for an application or information.

**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

**Healthy Relationships
Support Group**

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

Drop-in Scrabble

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

**Boulder County Legal
Services**

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

WEDNESDAY

**Men's Support Group (Peer
Counseling)**

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

**Friends and Newcomers
Circle**

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

THURSDAY

Women's Support Group

Call for availability
303-413-6377

World Affairs Discussion

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

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

Write On! (Writers Group)

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

Prize Winning Books Plus

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

Flatirons Mineral Club

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

FRIDAY

Shuffleboard

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

**Boulder National Active
and Retired Federal
Employees Association
(NARFE)**

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

SATURDAY

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

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

**EAST SENIOR CENTER
5660 SIOUX DRIVE**

MONDAY

Newcomers Bridge

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

American Mah Jongg

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

**Table Tennis
(advanced group)**

Monday and Friday afternoons
Dick, 303- 652-6524

**EAST SENIOR CENTER
5660 SIOUX DR. (CONT.)**

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 a.m. 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

Chinese Mah Jongg

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

THURSDAY

Cribbage

8:30 to 11 a.m.

Alzheimer's Support Group

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

Practice Bridge

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

FRIDAY

**Table Tennis
(advanced group)**

Monday and Friday afternoons
Dick, 303-652-6524

Texas Hold 'em

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

Dance Club

**(ballroom dance with
music by Tom Yook)**

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

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		Flu Shot Hotline.....	1-800-462-2911
Agency on Aging.....	303-441-3570	Foot Care.....	303-651-5224
Boulder County ARCH.....	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 & Adult Protective Services.....	303-441-1000	Mental Health Partners	303-443-8500
CareConnect	303-443-1933	Pothole Hotline	303-441-3962
Care Link Adult Day Program	720-562-4470	RTD.....	303-299-6000
Center for People with Disabilities	303-442-8662	Social Security Office	1-800-772-1213
Close Call Phone Line	303-441-4272	Street Maintenance.....	303-413-7162
City of Boulder Information	303-441-3388	Veterans Services	303-441-3890
Eldershare Food Program	303-652-1307	Via Mobility Services	303-447-2848
		Workforce Boulder County.....	303-301-2900

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 43 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.

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

Skiing and Snowshoeing Transportation

RTD Senior Ride, Eldora Mountain Resort and Boulder Senior Services collaborate to offer seniors (65+ years) skiing or snowshoeing on Tuesdays through March 25.

The cost for the round-trip RTD Senior Ride to Eldora is \$5 for those 65+ years and \$10 for all other ages. The bus will pick up Boulder seniors at the East Senior Center at 9 a.m. Please park and wait at the parking lot near the soccer fields, west of the tennis courts. The bus will leave Eldora promptly at 2:15 p.m. to return to the East Senior Center. If you have any questions regarding the program, please call Ellen at 303-441-3915.

Don't be disappointed

Register Early!

- Encore member registration begins **Tuesday, Feb. 4** by fax, on-line or in person.
- Non-Encore member registration begins **Thursday, Feb. 6** by fax, on-line or in person.
- Phone-in registration begins **Friday, Feb. 7.**

*See page 44
for information.*

Register online at
www.boulderseniorservices.com

DINING DESTINATION SERIES

- Here & There -

Eclectic Cuisine

We are going back to one of our favorites (Fogo de Chao) and returning to one we went to for the first time last year (Praha).

We have not been to this Longmont restaurant (Sugarbeet) so we will give it a try. Join us for one or all three - they all have eclectic flavor and flair!

Fogo de Chao Brazilian Steakhouse, Denver

Back by Request

This authentic Brazilian steakhouse offers the gaucho way of preparing meat along with gourmet salad bar, side dishes and unlimited soda, iced tea or coffee. The chefs expertly grill each of 16 cuts of meat and offer continuous (and unlimited) tableside service.

Date: Thursday, March 6
10:30 a.m. to 2:30 p.m.

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

Includes transportation, trip escort, unlimited Brazilian meal, non-alcoholic beverage and gratuity. RTD motor coach.

Course Code: 210536

Sugarbeet, Longmont



This is often mentioned as the best restaurant in Longmont...let's see for ourselves. Their menu changes seasonally so we may have a choice of chicken, risotto, steak, duck lamb, fish or other surprise menu item.

Date: Wednesday, April 16
4:30 to 7:30 p.m.

Fee: City Resident \$55
Non-Resident \$60

Includes transportation, trip escort, entrée, choice of salad or dessert and gratuity. Senior Services bus.

Course Code: 210533

Praha, Longmont

Encore

Back by Request

Praha offers a wonderful wine-tasting dinner. We will enjoy four courses, including dessert, that are paired with wines and will feel like we are in a fine European restaurant. The menu will be available one month prior to the event.

Date: Friday, May
5 to 9 p.m.

Fee: Encore Resident \$75
City Resident \$80
Encore Non-Resident \$85
Non-Resident \$90

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

Course Code: 210582

Saratoga Casino, Black Hawk



Let's visit the newly-owned and redone Saratoga Casino in Black Hawk. Ride up and back in a comfortable motor coach. They will greet us with a casino package upon arrival.

Date: Tuesday, March 4
9 a.m. to 3 p.m..

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

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

Course Code: 210535



Boulder Dinner Theatre "Sisters of Swing" **Encore**

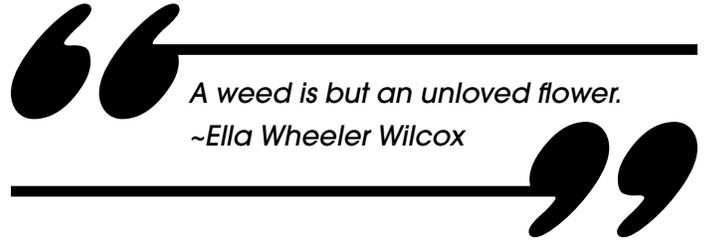
They sold over 90 million records, had more top ten hits than the Beatles or Elvis and are still one of the best-selling female vocal groups of all times. "Sisters of Swing: the Story of the Andrews Sisters" follows sisters LaVerne, Maxene and Patty from their early days on the road through their rise as recording stars to entertaining American GI's overseas. Includes lunch prior to performance at the Theatre.

Date: Sunday, March 16
11:45 a.m. to 4:30 p.m.

Fee: Encore Resident \$40
City Resident \$45
Encore Non-Resident \$50
Non-Resident \$55

Includes trip escort, show, entrée, non-alcoholic beverage and gratuity. Meet in the lobby of the Boulder Dinner Theatre, 5501 Arapahoe Avenue, Boulder at 11:45 a.m.

Course Code: 210538



*A weed is but an unloved flower.
~Ella Wheeler Wilcox*

Café Berlin, Denver

Back by Request

Our group cannot get enough of the delicious food at this German restaurant on the 16th Street Mall. We will have a choice of bratwurst, cabbage rolls, chicken, mushroom cutlets, wiener schnitzel, trout or pork chops, with bread, salad and two side dishes. Enjoy!

Date: Friday, March 21
11 a.m. to 2:30 p.m.

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

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

Course Code: 210532

"Chicago: The Musical," Denver Theatre Group, Buell Theatre

"Chicago: The Musical" has been honored with six Tony Awards and a Grammy. It's got the funniest songs, the hottest dancing, the sexiest cast and the greatest story on Broadway. As they always say... the live performance is better than the movie. See for yourselves.

Date: Sunday, March 23
12:30 p.m. to 5:30 p.m.

Fee: City Resident \$85
Non-Resident \$90

Includes transportation, trip escort, parking and performance. Senior Services bus.

Course Code: 210539

Denver Art Museum “Modern Masters”

“Modern Masters: 20th Century Icons” will bring together approximately 50 iconic artworks by Vincent van Gogh, Pablo Picasso, Georgia O’Keefe, Salvador Dali, Frieda Kahlo, Andy Warhol and Jackson Pollock. In all, over 40 influential artists will be on view. The ticket to this exhibit also provides admission to the Clifford Still Museum (next to the Denver Art Museum) for the special exhibit 1959.

- Date:** Tuesday, March 25
10 a.m. to 4 p.m.
- Fee:** City Resident \$45
Non-Resident \$50

Includes transportation, trip escort, parking, docent-led tour at Denver Art Museum and Clifford Still Museum admission. Lunch on your own. Senior Services bus.

Course Code: 212432

Red Dolly Casino, Central City

Our seniors really like the small, intimate setting of the Red Dolly. They like the food they serve and the slots pay-off for some of the lucky ones. Join this fun-loving group for a trip to Central City.

- Date:** Tuesday, April 8
9 a.m. to 3 p.m.
- Fee:** City Resident \$20
Non-Resident \$25

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

Course Code: 210540

“
All through the long winter, I
dream of my garden. On the first
day of spring, I dig my fingers
deep into the soft earth. I can feel
its energy, and my spirits soar.
~Helen Hayes
”

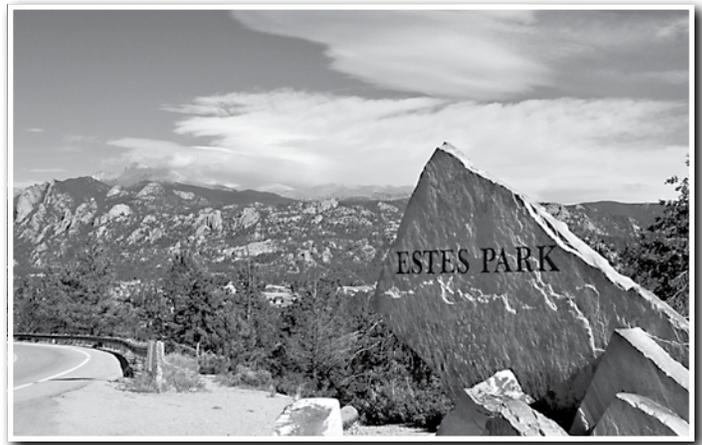
“Mystery” Afternoon Tea Encore

Join us for tea at a mystery location. We are sure you will not be disappointed. We will enjoy a full tea with a variety of sweets and savories. As always, there will be a selection of teas.

- Date:** Saturday, April 12
11 a.m. to 3 p.m.
- Fee:** Encore Resident \$45
City Resident \$50
Encore Non-Resident \$55
Non-Resident \$60

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

Course Code: 210541



“Taste of Estes,” Estes Park

It has been a couple years since we enjoyed the bountiful “tastes” at this yearly event in Estes Park. In the past, our group has sampled food from the best restaurants in Estes Park along with some brewery tastings.

- Date:** Thursday, April 24
4 to 8 p.m.
- Fee:** City Resident \$40
Non-Resident \$45

Includes transportation, trip escort and “Taste of Estes” event admission. Senior Services bus.

Course Code: 210542

Denver Botanic Gardens



Spring will be in full bloom for this trip to visit the Botanic Gardens. Lunch is on your own at the Gardens.

Date: Saturday, April 26
10 a.m. to 3 p.m.
Fee: City Resident \$25
Non-Resident \$30

Includes transportation, trip escort and admission to the Gardens. Food on your own. Senior Services bus.

Course Code: 210543

Mt. Vernon Country Club Brunch, Golden

Beautiful views and delicious food are offered at this lovely Sunday brunch in Golden. The unlimited buffet includes an omelet bar, Belgian waffles, eggs benedict, roast beef, ham, sausage and bacon. Also offered are seasonal fruits and salads and an elaborate dessert display.

Date: Sunday, April 27
10 a.m. to 2 p.m.
Fee: City Resident \$40
Non-Resident \$45

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

Course Code: 210544

Budweiser Brewery Tour, Fort Collins



We always enjoy touring the Budweiser Brewery in Fort Collins. Hopefully we will see the world famous Clydesdales horses that are often on display. After the tour, we will have lunch at a local restaurant (on your own).

Date: Saturday, May 3
9 a.m. to 4 p.m.
Fee: City Resident \$25
Non-Resident \$30

Includes transportation, trip escort and, Brewery tour. Lunch on your own. Senior Services bus.

Course Code: 210545



*Kind hearts are the gardens,
Kind thoughts are the roots, Kind
words are the flowers, Kind deeds
are the fruits, Take care of your
garden And keep out the weeds,
Fill it with sunshine, Kind words
and Kind deeds.*

~Henry Wadsworth Longfellow



Bull Durham Casino, Black Hawk

The Bull Durham Casino in Black Hawk is back. We have had some big winners from here and everyone's a winner when they enjoy the delicious and affordable food.

Date: Tuesday, May 6
9 a.m. to 3 p.m.
Fee: City Resident \$25
Non-Resident \$30

Includes transportation, trip escort and casino package. Lunch on your own. Motor coach.

Course Code: 210546

Fawn Brook Inn, Allenspark

Housed in a historic home built in 1927, the Fawn Brook Inn has offered a five-star menu for more than 33 years. Dinner will include soup or salad and a special dessert. A very special, intimate place.

Date: Friday, May 9
4 to 8 p.m.
Fee: City Resident \$50
Non-Resident \$55

Includes transportation, trip escort, dinner selection and gratuity. Seniors Services bus.

Course Code: 210547

“Once,” Denver Theatre Group, Buell Theatre Encore

Winner of eight 2012 Tony Awards including Best Musical, “Once” is a truly original Broadway experience. It features an ensemble of actor/musicians who play their own instruments on stage. “Once” tells the enchanting tale of a Dublin street musician who is about to give up on his dream when a young woman takes a sudden interest in his haunting love songs. It is an unforgettable story about going for your dreams and the power of music to connect us all.

Date: Sunday, May 18
12:30 to 5:30 p.m.

Fee: Encore Resident \$80
City Resident \$85
Encore Non-Resident \$90
Non-Resident \$95

Includes transportation, trip escort, theatre admission and parking. Senior Seniors bus.

Course Code: 210548

Hydroplant Tour and Lunch in Estes Park

This power plant, completed in 1909, was built by F.O. Stanley for his new hotel in town, the Stanley Hotel. The plant was finished on the day that the hotel opened, making it the first “all electric” hotel in the U.S. It is amazing to see how this power plant worked. We will take a tour of the plant and visit the gift shop. Afterwards, we will stop in Estes Park for lunch (on your own) or to browse the shops.

Date: Tuesday, May 20
9 a.m. to 3 p.m.

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

Includes transportation, trip escort and tour. Lunch on your own. Senior Services bus.

Course Code: 210549

State Capitol Tour, Denver

We will take the “Historical Tour” of the Capitol which includes early Colorado history, Capitol construction, the viewing of several stained glass windows, Women’s Gold Tapestry, presidential portraits, and a stop outside the Senate and House of Representatives chambers. Afterwards, we will stop for lunch (on your own) near downtown Denver.

Date: Friday, May 30
9 a.m. to 3 p.m.

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

Includes transportation, trip escort and tour. Lunch on your own. Senior Services bus.

Course Code: 210582

“
A dream you dream alone is
only a dream. A dream you
dream together is reality.
~John Lennon”



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



Off the Beaten Path and Away From the Crowds: The Scenic Byways of Colorado

September 21 - 26, 2014

Away from the crowds and tourist traps — off the interstates — you will explore what Colorado truly is. Travel eight spectacular and little-traveled western Colorado highways all recognized as Scenic Byways. Experience the beauty, history and culture that create the fabric and texture of Colorado. This relaxing motorcoach tour will take you places most tourists never take time to see. Get acquainted with the Best of Colorado. \$1,195 per person double occupancy and \$1,525 single occupancy. Reservations must be completed by July 15, 2014.



Explore the National Parks of the Southwest

May 13-22, 2014

No place else on earth has the scenery, culture, geology and history found in the American Southwest. Come join us as we discover the history, explore the culture and view the beautiful landscapes on this ten day motorcoach adventure. We'll experience the riches of Arches, Capitol Reef, Escalante Grand Staircase, Bryce, Zion, Grand Canyon, Lake Powell, Monument Valley, Mesa Verde, and Black Canyon National Parks and Monuments. If you've never been to these Parks, this is your opportunity to do so; if you've seen some of them, it's time to renew your acquaintance. First rate resort and hotel accommodations, twenty meals, all admissions and more. \$2,575 per person double occupancy; \$3,435 single occupancy. Must sign up before March 3, 2014 to secure your space.



San Francisco and Wine Country Tour

May 16-20, 2014

Escape to the beauty and tranquility of California's wine country on this relaxing tour. Start your tour in San Francisco to enjoy the famous landmarks of the City by the Bay that is so unique. Tour includes Alcatraz Island, Pier 39, Fisherman's Wharf, Union Square, Golden Gate Park and Muir Woods. Travel through California's

famous wine country and enjoy several spectacular tastings. Indulge in what California has to offer on this five day tour. \$1,255 per person double occupancy; \$1,690 single occupancy. Does not include air fare which can be arranged for you. Reservations must be completed before Feb. 28, 2014.

Railroad Engineer: The Ultimate Railroad Experience

Drive the train with your hand on the throttle, ring the bell and blow the whistle.

Departing June 9, 2014

Did you ever dream about being a railroad engineer and driving a real train? Here is your opportunity! Experience the smoke and cinders with your hand on the throttle of a real coal fired, steam powered locomotive. Ring the bell and blow the whistle as you drive the train over trestles and through tunnels. You will also get to be at the controls of a diesel locomotive. Feel the power of the diesel-electric engine. You will also get to drive a speeder car and throw the switches in your Ultimate Railroad Experience on the Northern Nevada Railway. From \$1995. Future dates also available.



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.

JUNE & JULY 2

Canadian Rockies & British Columbia
(11 days)

Circle Newfoundland & Labrador
(13 days)

San Francisco, Oregon Coast & Seattle
(11 days)

Newfoundland & Labrador Viking Trail
(8 days)

Newfoundland & Labrador West to East
(12 days)

Atlantic Maritimes
(13 days)

Canadian Maritimes: Circle the Bay of Fundy
(7 days)

Great Atlantic Canadian Experience
(23 days)

Newfoundland Explorer
(9 days)

Alaska Grand Adventure
(10 days)

Canadian Rockies, Rail & Inside Passage Cruise
(11 days)

Canadian Maritimes: Enchanting Islands
(8 days)

Best of Prince Edward Island
(5 days)

Oak Island & Prince Edward Island
(4 days)

Alaska & the Yukon: Land & Sea
(20 days)

Alaska Yukon Full Circle
(21 days)

Canada City Lights & Country Sights
(6 days)

Cape Breton Island
(5 days)

Nova Scotia South Shore Getaway
(2 days)

JUNE

Ontario, Quebec & St. Lawrence Seaway
(9 days)

Yellowstone & Mt. Rushmore
(8 days)

Railroad Engineer: Ultimate Experience (Las Vegas)
(5 days)

Yellowstone Experience: Wildlife Safari
(7 days)

Heart of Europe (Germany, Austria, Italy, Switzerland, France, Belgium & Holland)
(15 days)

Holy Land – Israel, Petra, Jordan
(13 days)

Ireland
(12 days)

Wisconsin Coastal Byway
(6 days)

Glacier Park (Idaho & Montana)
(7 days)

Bonnie Scotland
(7 days)

JULY

New York City – 4th of July
(4 days)

London, Normandy & Paris
(11 days)

Calgary Stampede & Banff
(5 days)

Baseball All-Star Game 2014 (Minneapolis)
(5 days)

Colorado Train Adventure
(8 days)

Oregon – Covered Bridges & Coast
(6 days)

Yellowstone & Grand Canyon
(8 days)

Festival of the Arts & Pageant of the Masters (Laguna Beach, CA)
(4 days)

Baseball Hall of Fame Induction (Cooperstown, NY)
(3 days)

Baseball Hall of Fame Induction & Road Trip (New York Yankees Game Boston Fenway Park & Cooperstown NY)
(5 days)

Free Events for Social Interaction:

Membership Appreciation Event and the
Encore Book Club

Free Educational Opportunities:

Events and guest speakers on various topics

Benefits:

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

Membership runs from date of purchase for an entire year.

Encore Fees:

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

Encore Non-Resident: \$25 Individual
\$10 second person at same address

*Reduced Rate** \$10 Individual
\$5 second person at same address

**for those who meet income and asset guidelines,
see page 3.*



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 43 to register and become a member today.

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. Facilitated by our community volunteer Katherine Christensen. Come join us.

Location: West Senior Center
Date: Thursdays, March 20, April 17,
and May 15, three meetings
2 to 3:30 p.m.
Fee: Free to Encore members
Course Code: 210632

ENCORE ON THE MOVE

**Carnegie Branch Library
for Local History
Encore Only**

The Carnegie Branch Library archive collects and preserves our local community’s memory for future generations of researchers. Let’s chat with Branch Manager Wendy Hall, and experience written, visual and audible materials created by and about Boulder-area residents. They are all housed in the library’s document room, and are available to the public for viewing.

- Location:** Meet at West Senior Center
- Date:** Monday, March 24
1:15 to 3 p.m.
- Fee:** Free for Encore Members
- Includes** RTD-HOP for transportation and escort.
- Course Code:** 210690

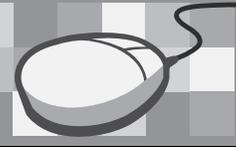
**Boulder Dushanbe
Teahouse Encore Only**

Afternoon Tea anyone? Relax and enjoy a traditional afternoon tea and talk by Daily Camera food critic Clay Fong. A three-tiered tower of sweet and savory pastries: scones, artichoke purses, cucumber sandwiches, sweet cakes and the chef’s daily special creation will be baked fresh on the day of our tea and presented, of course, with a pot of premium tea.

- Location:** Meet at West Senior Center
- Speaker:** Clay Fong
- Date:** Tuesday, May 6
3 to 5 p.m.
- Fee:** \$25 for Encore Members
- Course Code:** 210689

Transportation on your own, or meet at the West Senior Center at 2:30 p.m. to walk to the Teahouse with an escort.

Computer Classes



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

8:30 - 9:30 a.m.	Laptop Help	April 1, 8, 15, 22 (4 sessions)	Course Code: 210633
9:45 - 10:45 a.m.	Photo Upload/Picasa	April 1, 8, 15, 22 (4 sessions)	Course Code: 210682
11:00 - 12:00 p.m.	Internet Security	April 1, 8 (2 sessions)	Course Code: 210683
11:00 - 12:00 a.m.	Web Searching	April 15, 22 (2 sessions)	Course Code: 210684
8:30 - 9:30 a.m.	Laptop Help	May 6, 13 (2 sessions)	Course Code: 210685
9:45 - 10:45 a.m.	Photo Upload/Picasa	May 6, 13 (2 sessions)	Course Code: 210686
11:00 a.m. - 12:00 p.m.	Free! How to Register Online	May 6, 13 (2 sessions)	Course Code: 210687

Fees	2 session course	4 session course
Encore Members	\$25	\$50
General Public	\$35	\$70

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.

There is no charge for the “How to Register Online” class held on May 6 and 13.

Computer Class Descriptions

Laptop Help:

Bring your own laptop to learn the ins and outs of why it does what it does, where things are located, how to surf the web and how to save documents. 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.

Internet Security:

Best computer practices: Learn how to stay safe from scams and identity theft when using the Internet. Topics covered will be good email practices, avoiding identity theft, safety in on-line banking and on-line shopping, how to remove tracking cookies, avoiding "computer tricksters," how to clean spyware and viruses off of your computer.

Web Searching:

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

Free class! How to Register Online:

Never miss out on the trips and programs you want again! Come to this class to learn how to register for programs with the Senior Center and with Parks and Recreation online systems. This class will show you that registering online is easy, fast and convenient. Once you've gone through this class, you can avoid the confusion and stress of registration day and get signed up for the classes and trips you want before the crowds.

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.

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.

Instructor: Don Walker
Fee: Encore Resident \$32
 Encore Non-Resident 37
 City Resident \$42
 City Non-Resident \$47
Course Code: 210688

Sponsored by



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

Sudan

Join Active Minds for a discussion of the separation of Sudan into two countries after decades of civil war. We will also cover the genocidal crisis in the Darfur region. We will examine the origins and current status of the conflicts, including the role of colonialism, tribal ethnicity and religion. We will also look at the international response and the prospects for long-term peace in the region.

Location: West Senior Center
Date: Monday, March 10
 11 a.m. to noon
Fee: Free
Course Code: 210691

Germany

As the European Union struggles with a variety of complex issues, many of them financial, Germany has emerged as a critical player in the development of economic policy for the region. German elections served as a referendum on how the German government, under the leadership of Angela Merkel, has performed in the eyes of Germans. Join Active Minds as we explore the role of Germany in the world as well as how the process of German reunification has evolved especially given Merkel's roots in the government of the former Communist East Germany.

Location: West Senior Center
Date: Monday, April 14
 11 a.m. to noon
Fee: Free
Course Code: 210733

North Korea

Join Active Minds for a discussion of the history of North Korea and the development of the North Korean nuclear program. We will cover the successes and shortcomings of diplomatic efforts between North Korea, the United States and other countries. North Korea's place in the world relative to global issues such as international trade and human rights issues will also be addressed as well as the transition from Kim Jong-Il to his youthful son Kim Jong-Un.

Location: West Senior Center
Date: Monday, May 12
 11 a.m. to noon
Fee: Free
Course Code: 210736

Sponsored by



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

Colombia: A Powder Keg?

The government of Colombian President Juan Manuel Santos is in the midst of a number of delicate and dangerous situations. Colombia continues to experience high levels of violence between leftist rebels, right-wing paramilitary groups, as well as between drug cartels and the government forces trying to quell their activity. Extreme economic disparities and a Free Trade Agreement with the United States add to the already great uncertainty of Colombia's path forward. Join Active Minds as we examine these tensions and what they portend for Colombia's future.

Location: East Senior Center
Date: Monday, March 24
 11 a.m. to noon
Fee: Free
Course Code: 210732

The State of the European Union

Formed in the wake of World War II, the European Union was created to provide a unified trading bloc for Western Europe. As the EU has grown, it has faced obstacles to integration, such as the addition of Central and Eastern European countries and partial adoption of the euro. Now, years later, the EU faces economic and political threats from challenges arising from debt-laden member countries. Join Active Minds as we explore the historical roots of the formation of the EU as well as the economic and social issues that challenge its future.

Location: East Senior Center
Date: Monday, April 28
 11 a.m. to noon
Fee: Free
Course Code: 210734

The Struggle of Syria

Since gaining its independence from the French in 1946, Syria has had a rocky and troubled history and recent events are no exception. Located in one of the most conflict ridden parts of the world, Syria's turmoil has involved both its regional neighbors as well as its own internal factions that have made self-rule a challenging goal. Join Active Minds as we seek to understand Syria's history and recent atrocities and how this informs current and future challenges for this pivotal player in the Middle East.

Location: East Senior Center
Date: Monday, May 5
 11 a.m. to noon
Fee: Free
Course Code: 210735

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 the new offerings for spring – all for free. Make sure to register to reserve your space!

Garden Art: Sculptures

Come meet instructor Nancy Alonzo who will help us use everyday items such as wine bottles and plates to make beautiful garden sculptures and jewelry holders. Nancy will be offering a two-hour class on March 27. Please join us for this free coffee talk where Nancy will show us a few of her pieces and explain how the creative process and class will proceed.

Instructor: Nancy Alonzo
Location: West Senior Center
Date: Thursday, March 13
 1 to 2 p.m.
Fee: Free
Course Code: 210882

See page 33 for details on the two-hour class on March 27.

Acting Class for Seniors

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

Instructor: Kevagne Kalisch
Location: West Senior Center
Dates: Wednesday, March 19
 2 to 3 p.m.
Fee: Free
Course Code: 210883

Weekly acting classes to follow on Wednesdays, April 2 to May 21, 2 to 4:00 p.m. See page 33 for details.

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. Instructor Elsie Wood is the former director of the Society for Creative Aging, a sculptor and a lecturer.

Instructor: Elsie Wood
Location: West Senior Center
Date: Thursday, April 17
 10 to 11 a.m.
Fee: Free
Course Code: 210884

A six-session Creativity Circle series will follow on Thursdays, April 24 to May 29. See page 34 for details.



A Story Circle for Women

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



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

Location: West Senior Center

Dates: Wednesday, April 9
10 to 11 a.m.

Fee: Free

Course Code: 210885

A five-week series on Wednesdays will follow April 16 to May 14, 10:00 to 12:00 noon. See page 34 for details.

**More
Coffee Talks**

Join Senior Services for an interesting, stimulating and informative discussion on a variety of topics. Make sure to reserve your space by registering in advance.

Contemplative Living:

Aligning Body, Mind, and Spirit

We will view two short video clips and discuss what neuroscientist Jill Bolte Taylor learned from her "stroke of insight" and PBS's "Use it or Lose It" from the Retirement Revolution DVD. Come with an open mind and a willingness to share what works for you.

Presenter: James Kettering

Location: West Senior Center

Dates: Thursday, May 15
10 to 11:30 a.m.

Fee: Free

Course Code: 210886

Great Conversation of Great Ideas

This thought-provoking discussion group on the 103 Great Ideas that are the core of everybody's thinking will be led by facilitator Brian Hansen, who has extensive experience in the "Great Books and Great Ideas" curriculum. He will present the themes which come from philosopher Mortimer Adler. There are brief reading materials intended to accompany the discussions. Copies can be downloaded from Brian's website: <http://home.comcast.net/~pamjhansen/site/?/home/> or may be purchased for a small donation. This class is continuous, and each week is a new topic. Drop in as your schedule allows.

Presenter: Brian Hansen

Location: West Senior Center

Dates: Mondays, March 10, 17 and 31
April 7 and 21
May 5 and 19

Time: 1:30 to 3 p.m.

Fee: Free (donations accepted for copies of the readings)

Polishing Diamonds in Havana:

A Daughter's Tribute to Her Mother

The island of Cuba evokes images of vibrant music and dance, world class cigars and white sandy beaches that beckon tourists from all over the world. A lesser known fact is that thousands of Jewish refugees escaping the Nazis and the Holocaust found a safe haven in Cuba. Through photos, personal accounts and documented research, Judy Kreith, daughter of Marion Kreith of Boulder, Colorado, will share her mother's story about her harrowing escape from Germany to Cuba and how she helped support her family by working in the diamond polishing business that was created during the war years in Havana, Cuba.

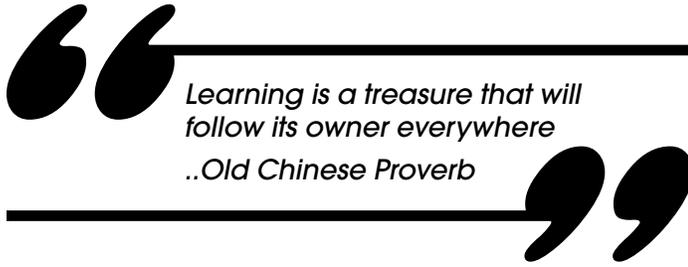
Instructor: Judy Kreith

Location: East Senior Center

Date: Thursday, May 8
1 to 2:15 p.m.

Fee: Free

Course Code: 210887



*Learning is a treasure that will follow its owner everywhere
..Old Chinese Proverb*

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 successful lecture series we offered in the past; come hear why popular demand has brought it back.

Register for all five of the spring lectures, and you will automatically receive a \$5 discount. Pay a total of \$20 rather than \$25.

From Bobby Fisher and Bob Dylan to Bill Gates:

Islam, Spain and the Roots of the Modern West

Brian Catlos earned a PhD in Medieval Studies, and has been a member of the Religious Studies faculty at CU-Boulder since 2010. He will lecture on the impact of Islamic culture in medieval Spain on the formation of modern Western culture. His work centers on Muslim-Christian-Jewish relations and ethno-religious identity in medieval Europe and the Islamic World, and the history of the pre-Modern Mediterranean. He co-directs The Mediterranean Seminar, an international forum for scholarly collaboration for developing research and teaching in the field of Mediterranean Studies.

Instructor: Associate Professor Brian A. Catlos
Location: East Senior Center
Date: Friday, April 4
 11 a.m. to 12:15 p.m.
Fee: \$5 (or \$20 for five lectures)
Course Code: 210888

Stalin's Barber

Please join us for Paul M. Levitt's powerful narrative of this fascinating novel; it's easy to admire but harder to define. It's an irreverent epic that carries a family through one of the most terrible eras in recent history: Joseph Stalin's Russia in the 1930s, when Stalin's madness led to mass starvation, show trials and the summary execution of thousands. "Stalin's Barber" captures that horror and yet maintains an undercurrent of absurdist humor. "The source of my humor is not joy but sorrow," its title character says, and he surely speaks for the author, Paul M. Levitt, professor of English at CU-Boulder. Please read the book first.

Instructor: Professor Paul M. Levitt
Location: East Senior Center
Date: Friday, April 11
 11 a.m. to 12:15 p.m.
Fee: \$5 (or \$20 for five lectures)
Course Code: 210889



Photo by Glenn Asakawa, University of Colorado.

Conservation of the critically endangered Tonkin snub-nosed monkey in Northeastern Vietnam

Herbert H. Covert is Chair and professor of the Department of Anthropology and has been on the faculty at CU-Boulder since 1986. His research focuses on primate biology and has included paleontological field work that bears on primate origins and evolutionary history in North America, Egypt, and Vietnam. In this presentation Professor Covert will discuss how partnerships between university scientists, local community leaders and government officials, and zoos are working to protect the Tonkin snub-nosed monkey (*Rhinopithecus avunculus*), a critically endangered primate that exists only in northern most Vietnam.

Instructor: Professor Herbert H. Covert
Location: East Senior Center
Date: Friday, April 18
 11 a.m. to 12:15 p.m.
Fee: \$5 (or \$20 for five lectures)
Course Code: 210932

Two Hundred Years of the Grimms' Fairy Tales

Presented by Ann Schmiesing, Associate Professor in the Department of Germanic and Slavic Languages and Literatures at CU-Boulder. 2012 marked the bicentennial anniversary of the first edition of the Grimms' fairy tales. This talk explores the manner in which the Grimms collected and edited their tales, as well as the reception of the tales in Europe and North America from the nineteenth century to the present.

Instructor: Associate Professor Ann C. Schmiesing
Location: East Senior Center
Date: Friday, April 25
 11 a.m. to 12:15 p.m.
Fee: \$5 (or \$20 for five lectures)
Course Code: 210933

The Roots of Mexican Migration:

The Bracero Program, 1942-1964
(presented in Spanish and English)

Fredy Gonzales, Assistant Professor of History at CU-Boulder, will review the Bracero Program, a treaty between the U.S. and Mexican government to send Mexican labor to work on U.S. fields. Peasants removed from Mexican villages went to the United States, starting a migratory flow that continues to the present day. The class will also chronicle the end of the Bracero Program and the rise of undocumented migration to the United States. Co-sponsored by Senior Services and Community Relations and Office of Human Rights.

Las raíces de la migración mexicana. El programa bracero, 1942-1964 La clase tratará el programa bracero, un acuerdo entre los gobiernos de México y Estados Unidos que mandó mano de obra mexicana al campo norteamericano. Campesinos de pueblos aislados se fueron a Estados Unidos, empezando un flujo migratorio que continúa hasta la fecha. La clase también narrará la conclusión del programa bracero y el aumento de migración indocumentada hacia Estados Unidos.

Instructor: Assistant Professor Fredy Gonzalez
Location: East Senior Center
Date: Friday, May 2
 11 a.m. to 12:15 p.m.
Fee: \$5 (or \$20 for five lectures)
Course Code: 210382

“Gardening is the art that uses flowers and plants as paint, and the soil and sky as canvas.”
 ~Elizabeth Murray

Workshops and Classes

Medicare Basics Classes

Free monthly classes are offered by Boulder County Area Agency on Aging Medicare Counselors for anyone wanting to understand the fundamentals of the Medicare program. Information is provided about Medicare eligibility, enrollment, benefits, costs, plan choices, and prescription drug coverage. Classes are held the first Thursday of every month. Call 303-441-1546 to register.

- Instructor:** Jan Van Sickle
Location: East Senior Center
Date: Thursdays, March 6,
 April 3 or May 1
 2 to 4 p.m.
Fee: \$5 (or \$20 for five lectures)
Course Code: 210382

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, March 10,
 April 14 or May 12
 8:30 a.m. to 1 p.m.
Fee: \$15 for AARP Member or \$20 for non-members

The Basics:

Memory Loss, Dementia & Alzheimer's disease

Learn about typical age-related changes we experience as we get older and what is not typical. Review the 10 Warning Signs of Alzheimer's and the difference between dementia and Alzheimer's disease. Class discussion reviews the types of dementia including those that are reversible and those that are not. Also, get a better understanding of the disease, how it progresses and the role of genetics. You'll learn how research is providing hope for earlier diagnosis, when treatments are the most effective, and how to plan for the future. Presented by the Alzheimer's Association Colorado Chapter. Pre-registration requested. Call 303-813-1669 or go online under Classes at the website www.alz.org/co/.

- Instructor:** David Hoppe
Location: East Senior Center
Date: Wednesday, April 23
 2 to 4 p.m.
Fee: Free

Caregiving Tips:

Successful Communication with the Memory Impaired

Learn how to create opportunities for positive interaction by using effective communication techniques. This class covers successful communication skills for interacting with people with dementia, as well as how to assess and respond to behaviors related to memory loss. Presented by the Alzheimer's Association Colorado Chapter. Pre-registration requested. Call 303-813-1669 or go online under Classes at the website www.alz.org/co/.

- Instructor:** David Hoppe
Location: East Senior Center
Date: Wednesday, May 21
 2 to 4 p.m.
Fee: Free

Training Courses for Family Caregivers

Boulder County Area Agency on Aging offers two training programs for family caregivers of older adults, each held four times per year.

The National Caregiver Training Program is a 21-hour course, held over seven weeks, that helps family caregivers acquire the skills needed to provide safe, confident home care for older loved ones. Taught by a nurse, the course provides detailed instruction, demonstration, and hands-on practice. It will be held on Thursdays, May 1 to June 12, 1:30 to 4:30 p.m., in Boulder.

Powerful Tools for Caregivers is a 15-hour course, held over six weeks, that gives family caregivers “tools” to ensure they take care of themselves while caring for others. Taught by trained leaders, the course helps caregivers learn to reduce stress, improve self-confidence, communicate their feelings, and more. It will be held on Wednesdays, May 7 to June 11, 1:30 to 4 p.m., in Louisville.

Both courses are open to Boulder County residents caring for a relative, partner, or friend who is 60 or older, or of any age if the person has dementia. There is no charge, but donations are appreciated. Financial assistance for respite care during class periods is available. For more information or to register, call 303-678-6116 or email InfoCaregiver@bouldercounty.org.



Photo: © Lisa F. Young - Fotolia.com

WORKSHOPS AND CLASSES – GENERAL INTEREST

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.



Duplicate Bridge – Practice Class

Join us for this new opportunity to “practice and improve” your Duplicate Bridge game once a week. Each class in this eight-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.

- Instructor:** Gerald Mitchell, and his assistant Edie Mitchell
- Location:** West Senior Center
- Dates:** Fridays, March 7 to 28
April 4 to 25
May 9 and 16, 10 (no class May 2)
10 a.m. to 2:30 p.m.
- Fee:** City Resident \$50
Non-Resident \$60
- Course Code:** 211082

Latin Dancing For Seniors: Encore

Salsa, Rumba and Cha cha cha

Come learn the basics of three Latin dances: the popular Salsa, the elegant Rumba, and the rhythmic and playful Cha cha cha. These classes will include basic footwork and turn patterns, techniques for good leading and following, and opportunities to listen to the music and gain a deeper understanding of the relationship of the music to the dance. ¡ Vamos a Bailar !

- Instructor:** Judy Kreith, MA
Location: East Senior Center
Dates: Tuesdays, March 11 to April 29, seven classes (*no class March 25*) 1 to 2 p.m.
Fee: Encore Resident \$28
 City Resident \$35
 Encore Non-Resident \$42
 Non-Resident \$49
Course Code: 211182



Watch City of Boulder Channel 8 for *Forever Fit!*, an exciting new series of exercise programs taught by your favorite Senior Services instructors. Check BoulderChannel8.com for listings.

Garden Art: Sculptures

NEW

Learn to create your own garden sculptures. You don't have to be an artist to create beautiful artwork! Please join our instructor Nancy Alonzo for a unique art class, we will be providing and using everyday items such as wine bottles and plates to make beautiful garden sculptures. If you like, bring along your favorite item to incorporate into your sculpture.

- Instructor:** Nancy Alonzo
Location: West Senior Center
Date: Thursday, March 27
 1 to 3 p.m.
Fee: City Resident: \$25
 Non-Resident: \$30
Course Code: 210934

Join us for the *Introductory Coffee Talk* on March 13. See page 27.

Acting Class for Seniors

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

- Instructor:** Kevagne Kalisch
Location: West Senior Center
Dates: Wednesdays, April 2 to May 21
 eight sessions
 2 to 4 p.m.
Fee: City Resident: \$ 50
 Non-Resident: \$ 60
Course Code: 211032

A Story Circle for Women



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

- Instructor:** Louise H. Alderson, MS, LMFT, CFLE
- Location:** West Senior Center
- Dates:** Wednesdays, April 16 to May 14
5 sessions
10 a.m. to noon
- Fee:** City Resident: \$50
Non-Resident: \$60
- Course Code** 211083

Join us for the Introductory Coffee Talk on April 9. See page 28.



Having fun while getting fit in the Music and Movement and Line Dance classes on Halloween, 2013.

Popular Bridge Conventions Class

This class presents one new convention each of the ten weeks. The popular Two-Over-One bidding system will be explored. There are many fun additions to modern 21st century bridge! This class is for intermediate to advanced bridge players. A \$10 maximum materials fee is payable to the instructor the first day.

- Instructor:** Sandy Koller
- Location:** East Senior Center
- Date:** Wednesdays, April 23 to July 2, 10 classes (no class May 21)
- Fee:** City Resident \$55
Non-Resident \$65
- Course Code:** 211773

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, April 24
May 1 to 29
6 sessions
10 a.m. to noon
- Fee:** City Resident \$30
Non-Resident \$35
- Course Code:** 211132

Join us for the Introductory Coffee Talk on April 17. See page 27.



Health and Wellness



Arthritis and Joint Health

Walking, driving, gardening and playing golf – these are just a few of the activities that can become difficult when hip or knee pain develops. Dr. Robert Koch, a local orthopedic surgeon will discuss common causes of joint pain, arthritis of the hip and knee along with surgical and non-surgical treatment options. A short Q&A segment will follow. Sponsored by Stryker Orthopedics. There is no charge but please register to reserve your space.

Presenter: Dr. Robert Koch
Location: West Senior Center
Date: Wednesday, March 12
 1 to 2 p.m.
Fee: Free
Course Code: 211283

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 register to reserve your space.

Location: East Senior Center
Date: Wednesday, March 26
 1 to 2:30 p.m.
Fee: Free
Course Code: 211232

OR

Location: West Senior Center
Date: Tuesday, April 29
 10 to 11:30 a.m.
Fee: Free
Course Code: 211233

Every Week is Fall Prevention Week at Boulder Senior Services!



Protect Yourself From Medication Related Falls and learn about other fall hazards at home

The biggest threat to the independence of an older adult is a simple slip and fall. Unfortunately, taking certain medications can affect balance and depth perception, increasing your chance of falling. Learn about medications that contribute to falls and how to reduce your risk. Hear about other common risk factors for home falls, practical ways to make your home safer, and various fall prevention programs available in Boulder County. Co-sponsored by City of Boulder Senior Services, Boulder Community Hospital, and Boulder County Area Agency on Aging. Please pre-register to reserve your space.

Note: Five-minute fall risk screenings will be available before and after this program for anyone concerned they may be at risk of falling.

Speakers: Brenda Mehos, *Pharmacist at Boulder Community Hospital*
 Jody Marken, *Physical Therapist at Boulder Community HomeCare*
 Melissa Pruitt, *Wellness Service Coordinator for Boulder County Area Agency on Aging*

Location: West Senior Center
Date: Tuesday, March 11
 6:30 to 7:30 p.m.
Fee: Free
Course Code: 211282

WELLNESS SEMINARS

Please join us for a free Wellness Seminar for an opportunity to join learn about health and wellness related topics, or to check out upcoming health-related programs.

Home Modification for Fall Prevention:

Beyond Grab Bars

There is no “one size fits all” solution to preventing falls at home. Every person and every home is different. In this session you will learn strategies from an Occupational Therapist and a builder who is a Certified Aging-In-Place Specialist (CAPS) to help make your home safer from falls. You will also receive an overview of fall prevention activities available in Boulder County. Please pre-register to reserve your space.

Note: Five-minute fall risk screenings will be available before and after this program, for anyone concerned they may be at risk of falling.

Speakers: Kenna Quiller, *M.A., CMC, specialist in individual wellness and life balance*

Cheri Cabrera, *Occupational Therapist*

Melissa Pruitt, *Wellness Service Coordinator for Boulder County Area Agency on Aging*

Location: West Senior Center

Date: Tuesday, April 22
6:30 to 7:30 p.m.

Fee: Free

Course Code: 211283

Fall Risk Talk and Free Screenings

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

Location: West Senior Center

Dates: Tuesday, April 29
1:30 to 3:30 p.m.

Fee: Free

Course Code: 211234

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, March 5, April 2 or May 7
2 to 4 p.m. by appointment only
(eight appointments per day)

Fee: Free

Course Code: 211234

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

Dates: Mondays, March 3 to May 19,
12 classes
10:30 to 11:15 a.m.

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

Course Code: 211285

OR

Dates: Wednesdays, March 5 to May 28,
13 classes
10:30 to 11:15 a.m.

Fee: Encore Resident \$52
City Resident \$54
Encore Non-Resident \$64
Non-Resident \$66

Course Code: 211286

Seniors (55+) in the Weight Room

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

1st Session (morning)

Dates: Tuesdays and Thursdays,
March 4 to April 10, 12 classes
11 a.m. to noon

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

Course Code: 211337

1st Session (afternoon)

Dates: Tuesdays and Thursdays,
March 4 to April 10, 12 classes
2 to 3 p.m.

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

Course Code: 211338

Location: East Boulder Community Center
Weight Room

Instructor: Chris Hedman

2nd Session (morning)

Dates: Tuesdays and Thursdays,
April 15 to May 15, 10 classes
11 a.m. to noon

Fee: Current SilverSneakers cardholders \$20
City Resident \$34
Non-Resident \$38

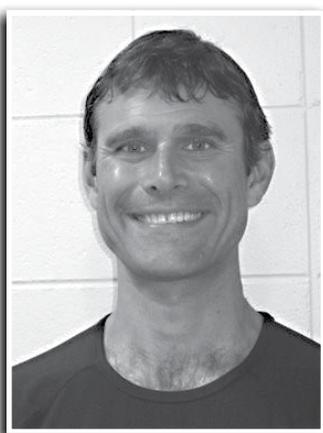
Course Code: 211339

2nd Session (afternoon):

Dates: Tuesdays and Thursdays,
April 15 to May 15, 10 classes
2 to 3 p.m.

Fee: Current SilverSneakers cardholders \$20
City Resident \$34
Non-Resident \$38

Course Code: 211340



Instructors Linda Manchester and Chris Hedman both teach a variety of fitness classes.

Seated Restorative Yoga

Relax, rejuvenate and refresh in this class intended to restore the body/mind's natural state of balance. The student is guided through breathing techniques, meditation, visualization and movements specifically designed to de-stress, nurture and heal.

Instructor: Linda Manchester

Location: West Senior Center

Dates: Fridays, March 7 to April 11,
six classes
11 to 11:45 a.m.

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

Course Code: 211284

T'ai Chi for Seniors (Tai Chi)

T'ai Chi is a mind-body exercise utilizing slow, relaxed movement, a quiet mind, and deep, natural breathing that stimulates the flow of qi or chi (intrinsic energy). When qi flows harmoniously, the mind, body, and spirit are in balance, enhancing one's physical and mental well-being, relieving stress and improving health. Developed in China hundreds of years ago, T'ai Chi is now practiced throughout the world.

Instructor: Steve Arney
Location: East Senior Center
Dates: Fridays, March 7 to May 16
 11 classes
Fee: Encore Resident \$24
 Encore Non-resident \$30
 City Resident \$36
 Non-Resident \$42

Half Session Fee: *(applicable for Intermediate class only). Open to continuing Intermediate students only. Select six of the classes in the spring 2014 session.*

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

Level 1 – 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: 211335

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 - 211336

Course Code: Half Session - 211334

Select six of the classes in the spring 2014 session.



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, March 7 to May 30
(no assessments May 23)
 12:45 to 1:45 p.m.
Fee: No charge for registered
 SilverSneakers members
 \$5 fee for all others
Course Code: 211340

“What is a weed? A plant whose virtues have not yet been discovered.”
 ~Ralph Waldo Emerson

SILVERSNEAKERS AND FITNESS SCHEDULE

DROP-IN CLASSES FOR MARCH, APRIL, MAY

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

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

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

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

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



SilverSneakers® is a registered trademark of Healthways, Inc. SilverSneakers is included as a benefit for seniors and retirees in certain Medicare supplemental health insurance policies.

Call 303-441-4150 with questions.

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.



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.

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.

Stumped by family squabbles?
Try Mediation
to manage difficult family conversations



A common sense approach to prevent, manage and resolve conflict

Beth Ornstein, Dispute Resolution Professional

Mediation sessions in our conference room or in your home. Contact CMC for a free initial consultation!



Colorado Mediation Center, LLC

4450 Arapahoe Ave., Suite 100, Boulder, CO 80303
ph: 303-415-2042 • fax: 303-499-3937
email: beth@mediationnow.com

www.coloradomediationcenter.com

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.



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

REGISTRATION FOR SPRING 2014

Note: early registrations will not be accepted.

- Encore member registration begins Tuesday, Feb. 4 by fax, on-line or in person.
- Non-Encore member registration begins Thursday, Feb. 6 by fax, on-line or in person.
- Phone-in registration begins Friday, Feb. 7.

WHERE TO REGISTER

West Senior Center

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

East Senior Center

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

Online:

www.boulderseniorservices.com,
click on "online registration." Encore
memberships cannot be bought or
renewed online.

Refund & 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 policy.

Massage and Reflexology: See page ** for policy.

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.

Acknowledgement of Risk/Encore Membership Policy-Trips, Classes and Programs:

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

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. See pg 35 for a description of two free demonstration workshops that are being offered this quarter, or schedule a session now by calling 303-441-4150 to make an appointment. Todd Schwartz, is a licensed massage therapist, psychotherapist and Rosen Method Bodywork provider.

Location:	East Senior Center
Date:	Monday to Friday
Fee:	Encore Resident \$38 City Resident \$40 Encore Non-Resident \$46 Non-Resident \$48

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
Appointments 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.
- 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.



Senior living in Boulder at its best!

FLATIRONS TERRACE AT GOLDEN WEST -
A VIBRANT COMMUNITY OF PEOPLE ENJOYING LIFE
AND ALL THAT BOULDER HAS TO OFFER!



Call **303-939-0890** to schedule your personal tour today
...or simply drop in!

Flatirons Terrace 930 28th Street Boulder, CO 80303

For more information visit: www.flatirons terrace.org

All the amenities at competitive prices with NO buy in!

Flatirons Terrace
AT GOLDEN WEST
Senior Living in Boulder

REAL PEOPLE.
REAL COMMUNITY.
REAL BOULDER.

Over 30 Years Serving Boulder County! Save Home Heat Company Heating, Cooling & Plumbing



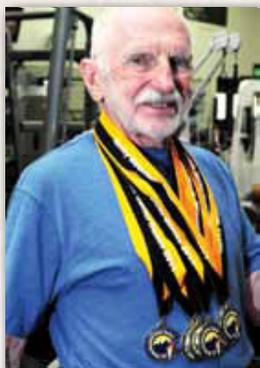
**10% Senior Discount
Repairs or Maintenance***



303-443-9762
savehomeheat.com
email: shh@savehomeheat.net



*Call for details



Our residents have one thing in common. Passion.

At Frasier we are committed to a sense of community and the belief that, with the proper support, people can thrive and find meaning and passion at every age and circumstance. We have been helping seniors live their best lives for over 50 years. Learn more about our exceptional services at frasiermeadows.org or call **303-499-4888**.



Boulder Seniors Foundation
P. O. Box 1392
Boulder CO 80306-1392

Non Profit
Organization
US Postage PAID
Permit. No. 297
Boulder, CO

West Senior Center: 303-441-3148
East Senior Center: 303-441-4150



A New Generation of Retirement Living®

**GOOD FRIENDS.
GREAT FOOD.
GRAND LIVING.**

Balfour represents “A New Generation of Retirement Living”®

Balfour is Boulder County’s only locally owned and managed senior living rental community offering a *complete* continuum of care. Since 1997, we’ve provided the highest quality senior living experience to our residents. We’re located only 10 minutes from Boulder, in Louisville, voted three times by *Money Magazine* as America’s best place to live! Call or visit us today and find out about Balfour’s exceptional communities and see why so many seniors enjoy calling this home.



Michael K. Schonbrun,
Founder & CEO



From top to bottom: The Lodge at Balfour, Balfour Retirement Community & Balfour Cherrywood Village

INDEPENDENT LIVING
The Residences at Balfour
The Lodge at Balfour
303.867.6400

**ASSISTED LIVING, SKILLED NURSING
& ADVANCED MEMORY CARE**
Balfour Retirement Community
303.926.1000

ALZHEIMER’S & DEMENTIA CARE
Balfour Cherrywood Village
303.604.2700

303.867.6400  BalfourCare.com

LOCALLY OWNED • LOCALLY MANAGED

