

Boulder *Senior* Services™

Summer 2013
June, July and August

*A Time for
Growth*

**Caregiving Tips:
Successful Communication
with the Memory Impaired,
Aug. 20, Page 12**

**Cirque du Soleil
"Amaluna,"
Aug. 2,
Page 18**

**Ice Cream
Social,
July 10,
Page 25**

**Optimum Balance
Class, beginning
June 18,
Page 33**

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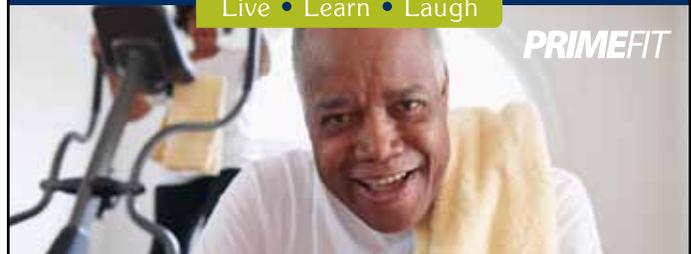
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Cover shot — Columbinas are a sure sign of renewal and growth in the Rocky Mountains. Senior Services Manager Betty Kilsdonk talks about the city's latest efforts to grow a better community in her column on page 6. Photo by Randall K. Roberts.

Volume 15, No. 2

Boulder Senior Services

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

Senior Services Mission: To foster the engagement and well-being of older adults, support family caregivers and promote a positive image of aging through community programs and services.



Limited number of spaces available to wheelchair users.



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



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

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SENIOR SERVICES STAFF

Manager, Betty Kilsdonk.....	303-441-4365
Encore Program.....	303-441-4437
Program Coordinator: Trips and Travel, Classes Ellen Bartilet.....	303-441-3915
Program Manager: Health and Wellness Maureen Dobson.....	303-413-7489
Senior Resources: Jodi Ansell and Jacki Myers	303-441-4388
Bilingual Staff: Marlene Astacio ..	303-441-3918
Operations Coordinator, Renee Foote.....	303-441-4438
Reception, West Senior Center, Jay Allen, Beth Bovard.....	303-441-3148
Reception, East Senior Center, DeLana Gorski, Dan Riggin	303-441-4150
Communications, Robin Pennington.....	303-413-7487
Registration	303-441-3148 or 303-441-4150

www.boulderseniorservices.com

Boulder Senior Services belongs to

City of Boulder Department of Human Services

Under the direction of Karen Rahn

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

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

Community Relations and Office of Human Rights: 303-441-3141. To protect civil rights, facilitate positive community relations and promote the development of social policy.

Children, Youth and Families: 303-441-4357. To support children, youth and families through regional collaborative planning, community funding, high quality programs and education.

Human Services Policy and Planning: 303-441-3157. To promote social equity and accessibility of human services through regional collaborative community planning and funding.

SENIOR SERVICES — SUMMER 2013



WEST SENIOR CENTER

8 a.m. – 4:30 p.m., Monday – Friday

Lunch at Café Classico,

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

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

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



EAST SENIOR CENTER

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

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

EAST AND WEST SENIOR CENTERS **CLOSED:**

Independence Day, Thursday, July 4

West Center Maintenance Closure: Saturday, July 6 – Sunday, July 14

Room Rentals

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



*Renee Foote,
Operations
Coordinator*

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



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Complimentary parking permits available for West Senior Center

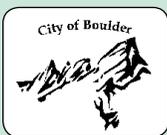
Parking is free for participants 55 and older while inside the West Senior Center. Bring your I.D. and your vehicle registration to the front desk to get a parking sticker. Sign up once and you won't have to renew again for the same vehicle. Day passes are also available. Those using the parking lot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

Age Guidelines

You may participate in Senior Services and join the Encore membership program 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.

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

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



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

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

HELPING BOULDER SENIORS IN NEED

Beginning in 1980, the Boulder Seniors Foundation has worked in partnership with Boulder Senior Services to assist seniors in need. Since January 1, 2013, the Foundation has contributed \$4000 to help 27 low-income seniors with home maintenance, rent and moving expenses, food purchases, and medical and dental expenses. The need is greater than ever. Your generosity will enhance the well-being and vibrancy of our rapidly-growing senior population.

Boulder Seniors Foundation



Senior Wisdom

Stay involved with people. Read. Exercise. Volunteer. These are key to successful aging.



Please consider supporting Boulder Seniors Foundation

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



ONGOING ACTIVITIES

WEST SENIOR CENTER
909 ARAPAHOE AVENUE

MONDAY

Women's Support Groups

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

Drop-in Table Tennis

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

Partner Duplicate Bridge

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

Beyond Vision Support Group

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

TUESDAY

Drop-in Table Tennis

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

Body-Mind Wellness for Women Cancer Survivors

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

Healthy Relationships Support Group

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

Drop-in Scrabble

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

Boulder County Legal Services

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



Beth Bovard and Jay Allen are part of a Facility Operations Representative team committed to serving you at both the East and West Senior Centers.

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



Great shot! Table tennis at the West Senior Center.



Senior Saint Singers

1:30 to 2:45 p.m.
1st Thursday of each month
Kaye, 720-772-3547

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

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

SATURDAY**Columbiners****Square Dance Club**

7 to 10:15 p.m.
First and third Saturdays
John, 303-828-3412
or Meredyth, 720-771-3983



Betty Kilsdonk,
Senior Services Manager

From the Manager

In our last issue we reviewed some of the accomplishments of the Department of Human Services and its Boulder Senior Services Division in 2012 to keep seniors active, involved and healthy, and to support the health, livability and

diversity of the entire community. In this issue, with its theme of “A Time for Growth,” we look ahead to what’s being planned for the future and how you can help. To stay up-to-date on city meetings concerning these activities, please go to BoulderColorado.gov/calendar.

Human Services Planning — This year the Human Services Department is preparing for an update to its Strategic Plan through several study sessions with city council to discuss key community priorities and investments going forward. The current master plan was approved by council in 2005 to guide the department through 2015.

Human Relations Commission — As part of its 2013 work plan, the Human Relations Commission (HRC) is examining age as a protected class in employment discrimination as covered under the City of Boulder’s Human Rights Ordinance. The current definition of age as it relates to employment is “between 40 and 65 years.” At the federal level, the definition is “40 years of age and older.” The HRC is recommending to City Council a change to the ordinance to enhance coverage and remain consistent with legislation at the federal level.

Civic Area — The Boulder Civic Area project, to rethink and evolve the downtown’s most expansive public space, was started in April 2012 with a goal of transforming the area between 9th and 17th streets, and Canyon Boulevard to Arapahoe Avenue, into Boulder’s social, civic and economic heart. An international Ideas Competition involving architects, planners,

designers and artists, along with community input, has helped the planning team develop initial options for further discussion. Next the team will identify preferences, narrow options, and develop a preferred alternative as the basis for a Civic Area plan. Visit BoulderCivicArea.com periodically for the latest updates and opportunities to get involved over the summer. It is anticipated that City Council will adopt a Civic Area Plan this August.

Transportation Master Plan — The 2013 Transportation Master Plan Update is a year-long community planning effort to advance and innovate Boulder transportation to be more accessible and sustainable for generations to come. Follow the update activities at www.BoulderTMP.net and use the “Get Involved” link to register areas of interest. In addition, check www.InspireBoulder.com to participate in transportation surveys. The next Transportation Master Plan public meeting is anticipated to occur in June. Those who register at www.BoulderTMP.net will be notified directly.

The Boulder Seniors Foundation, a non-profit 501(c)(3) organization founded in 1980, held a joint retreat with the City of Boulder in February. The Foundation sponsors educational programs, accepts and administers grants, bequests, memorials and gifts to provide direct service to Boulder seniors, funds requests for individual assistance to help seniors remain in their homes, provides supplemental funds to meet medical and dental challenges, and fulfills specific equipment needs for the loan closet such as crutches and wheelchairs. The Foundation invites members of the Boulder community to get involved with the senior population by donating time as a volunteer, making an annual gift to the Foundation, or naming the Foundation in a will or as a life insurance beneficiary. For more information, contact the Boulder Seniors Foundation, c/o Roe Willis, Treasurer, 3000 Fourth Street, Boulder, CO 80304.

It’s a time of personal growth for Phyllis Klicker, Sandy Hollingsworth and Kelly Reynolds, three Senior Services staff members. We send our best wishes to them for their future endeavors.

Senior Community Advisory Committee

The Senior Community Advisory Community (SCAC) exists to advise City of Boulder Senior Services staff in matters relating to older adults. It encourages the development of services and programs, promotes the use of facilities, and helps improve the common good of the community by utilizing the experience and expertise of seniors. The SCAC has completed an update of their guidelines and will be announcing a new meeting schedule. For more information, contact Betty Kilsdonk at kilsdonkb@bouldercolorado.gov or 303-441-4365.

Reduced Rate Program

The reduced rate program as it applies to trips has changed. Please look for the "Reduced Rate" notation to tell you which trips are now eligible for the reduced rate. This program is for residents of Boulder over age 60 who meet income and asset guidelines. 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.

Tune in to 50Up!

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



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

Thanks to:

*The **Colorado Film Society** for sponsoring Encore matinees and providing free tickets to seniors to the 2013 Boulder International Film Festival*

***The Carillon at Boulder Creek** for providing refreshments to the Adult Children of Aging Parents Support Group*

*Encore Coffee Talks: **Wendy Rockman** for her Healing Through Art demonstration, **Larry Colbenson** and the **Boulder County Volunteer Naturalists** for presenting the Birds of Prey program, and **Mike's Camera** for Digital Camera Basics*

***Interagency Network planning committee** for a successful Thriving Independently at Home Resource Fair*

***Jim Kettering** and **Spencer Turner** for presenting the Contemplative Living series*

***The Carnegie Branch Library for Local History** for loan of 15 photographs of historic Boulder, on display at the West Senior Center in March and April*

Senior Services would like to extend a **special thank you** to our co-sponsors for the Awakened Aging workshop held on April 13, 2013 at the East Senior Center. We appreciate your generosity and support in helping us to offer this community event.

- 50+ Marketplace News
- Dignity Care
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- Senior Care for Mom, Inc.



Food Tax Rebate Program 303-441-1836

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 2012 calendar year; low-income persons with disabilities; and low-income families with children under 18 years of age in the household for the entire 2012 calendar year. Those seeking a rebate must fill out an application documenting their eligibility.

Applications can be picked up 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, or Boulder Housing Partners, 4800 North Broadway. Applications must be dropped off no later than 4 p.m. Friday, June 28 at the West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302 or postmarked by Saturday, June 29.

Spanish language translation is available by appointment or drop-in on Mondays between 12 and 1:30 p.m. Si necesita un intérprete puede venir los Lunes de 12:00 a 1:30 o hacer una cita para otro día. For more information, call Jay Allen, Food Tax Rebate Administrator, at 303-441-1836, email allenj@bouldercolorado.gov, or visit www.boulderseniorservices.com.

City of Boulder Community Mediation Service 303-441-4364

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

Senior Tax Work-Off Program 303-441-3500

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

Flood and fire safety preparation tips 303-651-8550

Tips and evacuation procedures are available at <http://www.boulderoem.com/> or to sign up for emergency alert messages go to www.bouldercounty.org/sheriff 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.

Boulder County Care Connect 303-443-1933

Friendly volunteers provide the following services:

Medical Mobility: escorted transportation to and from medical appointments

Fix-It: minor home repairs, maintenance, and grab-bar installation

Yard Busters: seasonal yard cleanup and basic gardening help

Carry-Out Caravan: weekly grocery shopping and delivery

**Boulder County
Legal Services
303-449-7575**

By appointment at the West Senior Center the first and third Tuesday of each month from 1 to 3 p.m.

**Community
Protection Services
303-441-3700**

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

Not yet 60?

In the front lobbies of both senior centers we offer a list of agencies and programs available for those adults not yet 60 who may be homeless or are in urgent-need situations.

Q U O T A B L E S

*A perfect summer day
is when the sun is shining,
the breeze is blowing,
the birds are singing,
and the lawn mower is broken.*

~ James Dent

**Via Mobility for Life
303-447-2848**



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

**AARP Driver Safety
303-441-3148**

Taking an AARP Driver Safety Course may help you save money and your life. Learn defensive driving techniques, new laws, rules of the road, and much more in this half-day course. Find out how to adjust your driving to age-related changes in vision, hearing, and reaction time. In most cases auto insurance companies in Colorado provide a discount to AARP Driver Safety graduates age 55 and older. It is all in the classroom, you turn in no tests and you can have fun while learning. Register for this class at the front desk at the West Senior Center or call 303-441-3148.

Location:.... West Senior Center

Instructor:.. Jagdish Nagda

Date: Mondays, June 10, July 1 or Aug. 12

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

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

**Information
en español..... 303-441-3918**

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

Esta revista de Servicios para Adultos Mayores está enfocado en ayudar en la vida diaria para que usted se informe acerca de los programas que hay. Estos programas le ayudaran a darle apoyo y ayuda para que tenga una vejez más cómoda. Los especialistas en recursos para la comunidad han dado consultas individuales por mucho tiempo. Nosotros te ayudaremos en tus necesidades, y a entender cuáles son tus opciones. Llámanos para que te informes acerca de todos los servicios que hay para los adultos mayores de 60 años y sus familias. Para más información llama a Marlene 303-441-3918.

The theme *A Time for Growth* in this issue may mean many things to you. We hope you ponder cultivating new interests, learning, gardening, second careers, family relationship building, and other ways one can grow. Tapping into your own strengths and resiliency as life changes are gifts and skills. We provide support groups and educational seminars as a path to individual growth, coping, and learning new information. Here is special focus on just one of the many free groups held at the Boulder Senior Centers:

The Healthy Relationships Support Group 303-673-9000 x109

This group is facilitated by Safehouse Progressive Alliance for Nonviolence (SPAN) staff. SPAN is a social justice organization dedicated to ending violence against adults, youth and children. The Healthy Relationships Support Group provides a confidential space for older adults to share life experiences and receive information, support, and education about challenges we face in relationships. There is no requirement for participants to have experienced being in an abusive relationship. Sometimes it is helpful for us to be with others who share similar stories so that we can see we are not alone in this world. Community connections can be a powerful tool for healing and personal empowerment. The group meets at the West Senior Center every second and fourth Tuesday of the month from 11 a.m. to 12:30 p.m.

Other ongoing groups include:

Alzheimer's Support Group,
first Thursday, noon to 1:30 p.m.
at East Senior Center

Beyond Vision, Mondays, 1 to 2 p.m.
at West Senior Center

Friends and Newcomers, Wednesdays,
10 to 11:30 a.m. at West Senior Center

Men's Group, first and third Wednesday
at West Senior Center, 303-413-6377

Parkinson's Group, third Thursday,
10 to 11:30 a.m. at East Senior Center

Widowed Persons Support Group, fourth
Wednesday, 10 a.m. to 1 p.m. at East Senior Center

Women's Groups, Mondays or Thursdays
at West Senior Center, 303-413-6377



In Appreciation: Sandy Hollingsworth



Sandy Hollingsworth

After almost 25 years with the City of Boulder, Senior Resources Program Manager Sandy Hollingsworth retired on April 17. Sandy began work with the city's Housing Authority in 1988 as a Tenant Services Caseworker, was promoted to Supervisor, and eventually became Resident Services Supervisor. She joined

Senior Services in 1992, first as a part-time Resource Specialist and finally as Senior Resources Manager. From March 2010 through April 2012, Sandy served as Acting Senior Services Division Manager.

During her long tenure with Senior Services, Sandy mentored over a dozen interns and oversaw the Senior Resources program, which served an average of 900 seniors and caregivers each year. She represented Boulder Senior Services to the community through her active collaboration with community agencies, her service as an integral part of the Interagency Network of Boulder, and her many public presentations and written articles. Through her many contributions, Sandy will be remembered best for her commitment to optimize the health and wellbeing of Boulder seniors, to promote their social and civic engagement, and to support their caregivers.

QUOTABLES

*Don't judge each day
by the harvest you reap,
but by the seeds that you plant.*

~ **Robert Louis Stevenson**

IMPORTANT TELEPHONE NUMBERS

West Senior Center	303-441-3148
East Senior Center	303-441-4150
Access-A-Ride.....	303-292-6560
Accident Report	303-441-3333
Boulder County Area Agency on Aging	303-441-3570
Boulder County ARCH	303-441-1617
Boulder Housing Partners.....	720-564-4610
Boulder County Housing and Human Services Adult Protective Services	303-441-1000
CareConnect	303-443-1933
Care Link Adult Day Program.....	720-562-4470
Center for People with Disabilities.....	303-442-8662
Close Call Phone Line	303-441-4272
City of Boulder Information	303-441-3388
Eldershare Food Program.....	303-652-1307
Emergency Family Assistance	303-442-3042
Federal Government	1-800-FED-INFO
Fire Prevention/Safety	303-441-4355
Food Tax Rebate Program.....	303-441-1836
Foot Care.....	303-651-5224
Meals on Wheels.....	303-441-3908
Medicare Counselors	303-441-1546
Mental Health Partners	303-443-8500
Police Senior Liaison	303-441-3322
Pothole Hotline.....	303-441-3962
RTD	303-299-6000
Social Security Office	1-800-772-1213
Street Maintenance	303-413-7162
Veterans Services	303-441-3890
VIA Transportation	303-447-2848
Workforce Boulder County.....	303-301-2900

www.boulderseniorservices.com



Thanks and farewell to Kelly Reynolds

Senior Services wished Kelly a fond farewell on March 20. Kelly was a Senior Resource Specialist and for over a year, provided hundreds of seniors and their family caregivers with kind, caring, comprehensive resource consultations. She helped one woman fulfill a "Wish of a Lifetime," helped dozens with dental and glasses requests, helped hundreds explore housing options and figure out what to do during times of transition. Kelly brought a light heart, an attentive ear, a compassionate soul and a clever mind to her work. We wish her the best on her new path and hope she visits us to say hello from time to time!



Senior Resources staff said goodbye to Kelly Reynolds in March, program manager Sandy Hollingsworth in April, and intern Ginger Rivera in May. Pictured left to right: Marlene Astacio, Jodi Ansell, Jacki Myers, Ginger Rivera, Kelly Reynolds and Sandy Hollingsworth.

*For resources
information online,
you may wish to connect to:*

www.boulderseniorservices.com
resources and caregiver articles

www.bouldercountyhelp.org
*resources database
for Boulder County*

THE ALZHEIMER'S ASSOCIATION
COLORADO CHAPTER PRESENTS:

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. Pre-registration requested. Call 303-813-1669 or go online under Classes at the web site www.alz.org/co/.

Location:.... West Senior Center

Instructor:.. David Hoppe

Date: Wednesday, June 18 • 1 to 3 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. Pre-registration requested. Call 303-813-1669 or go online under Classes at the web site www.alz.org/co/.

Location:.... West Senior Center

Instructor:.. David Hoppe

Date: Tuesday, Aug. 20

5:30 to 7:30 p.m.

Fee:..... Free



MEDICARE BASICS CLASSES • 303-441-1546

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. Pre-registration requested. Call 303-441-1546.

Location:.....East Senior Center

Instructor:Jan Van Sickle

Date:Thursdays, June 6, July 11
or Aug. 1

2 to 4 p.m.

Fee:.....Free

MEALS ON WHEELS OF BOULDER Is Meals on Wheels for you?

You may think you know who benefits from our service, but you just may be surprised at the variety of people we serve. Whatever the situation, our clients — and their families — tell us our service means a lot to them. Betty, 93,



Betty, MOW Project Homecoming Queen

is a longtime Meals on Wheels of Boulder volunteer; she was a driver for nearly 30 years! She was one of the first to benefit from *Project Homecoming* in 2008. We declared her our *Project Homecoming Queen* and today, five years later, she still wears the crown. “Now that I’ve been on the receiving end of this service, I realize just how much this program helps our clients who can’t prepare meals for themselves.”



Steph, 51, has been a client since 2004. An accident earlier in life stole her mobility. One of the high points of her day is when the Meals on Wheels volunteer driver knocks at the door. It’s her only hot meal of the day,

Steph says she loves the daily visit by one of her friends from Meals on Wheels, as well as the tasty food.

and one of the reasons she’s able to continue living independently. And we get letters that make our hearts sing, like this one from the daughter of a client: “Mom was able to continue living in her own home ... until her passing. The work the staff and volunteers do daily made a huge difference in her life!”

Meals on Wheels of Boulder — Home Delivery

Volunteer drivers bring meals to people of any age or income level who aren’t able to comfortably prepare at least one hot nutritious meal a day. The fee is based on a sliding scale.

Project Homecoming

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

Café Classico at the West Senior Center — Open to the Public

Lunch is served weekdays 11:30 a.m. to 12:30 p.m. for only \$5. On Tuesday evenings, we offer dinner 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 menus and the list of evening entertainment posted on our website at www.mowboulder.org or visit www.boulderseniorservices.com and click on “Café Classico.”



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

Century Casino, Central City

Century Casino offers "Senior Celebration" on Wednesdays. If you are 50+, there is a 50% discount on breakfast or lunch in the Mid City Grill and two times the points on all machines. Sounds like fun and, hopefully, you will win some cash.

Date: Wednesday, June 5
9 a.m. to 3 p.m.

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

Includes transportation and escort. Senior Services bus.

Course Code:.....196284

Thompson House Tea, Longmont

This beautifully restored house in Longmont is a bed and breakfast which serves breakfast and afternoon teas to the public in the parlor and outside on the beautiful grounds. If it is not too hot, we will enjoy a delightful Afternoon High Tea outside in the gardens. Afterwards, we will stop at Fabulous Finds, the new upscale consignment store in Longmont, which carries clothing and household furnishings.

Date: Saturday, June 15
12:30 to 3:30 p.m.

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

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

Course Code:.....196282

Helpful Tips for Day Trips

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

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

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

- When you register, please let us know if you have special needs.
- Check in with the escort at the designated location.
- **Please arrive at least 15 minutes before trip departure** so that everyone can be checked in, boarded on the bus and the trip can depart at the designated time.
- If you need to cancel a trip on the day of the event, please call either the East Center at 303-441-4150 or the West Center at 303-441-3148. Both centers are open by 8 a.m. Monday through Friday, except holidays and closures, and staff will be able to contact the trip escorts and inform them of your cancellation. There is no guarantee of refunds.
- Be prepared to share a bench as most of our trips run full.
- **Return times are approximate.** Please do not schedule appointments close to return times as we can not anticipate when delays may occur.
- If you have questions about the physical demands of the trip please ask before registering.

Dining Destination Series

ASIAN DELIGHTS

We will be experiencing different Asian foods as part of this series. Our last Asian Delight series was a huge hit and we discovered a new favorite — Okole Maluna. This time we will try Korean food and Chinese dim sum. These restaurants were rated among the best according to Asian Avenue magazine.

Okole Maluna, Windsor

Back by Request • Reduced Rate Eligible

We love Okole Maluna because it is the closest thing to Hawaii here in Colorado. They have delicious authentic Hawaiian dishes and the owners have the beautiful “Aloha” spirit. We will have our choice of beef, chicken, pork or vegetarian dishes along with a beverage. Their Hawaiian passion fruit tea is wonderful. After lunch, we can spend a short time looking around the town of Windsor.

Date: **Friday, June 21**
10 a.m. to 3 p.m.

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

Includes transportation, escort, lunch and gratuity. Transportation provided by Senior Services bus.

Course Code:... 196287



Seoul Korean Restaurant, Northglenn

We will visit the recently opened Seoul Korean BBQ in Northglenn. This is the second restaurant following the original, hugely successful, Seoul Korean in Aurora. We will start with an array of six to eight banchan including different types of kimchi, cucumber, pickled daikon radish, potatoes, bean sprouts, dried fish and more, and have a choice from the lunch specials. Come on, be adventurous — it’s delicious.

Date: **Monday, July 22**
11 a.m. to 2 p.m.

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

Includes transportation, escort, lunch and gratuity. Transportation provide by Senior Services bus.

Course Code:... 196288



Star Kitchen, Denver

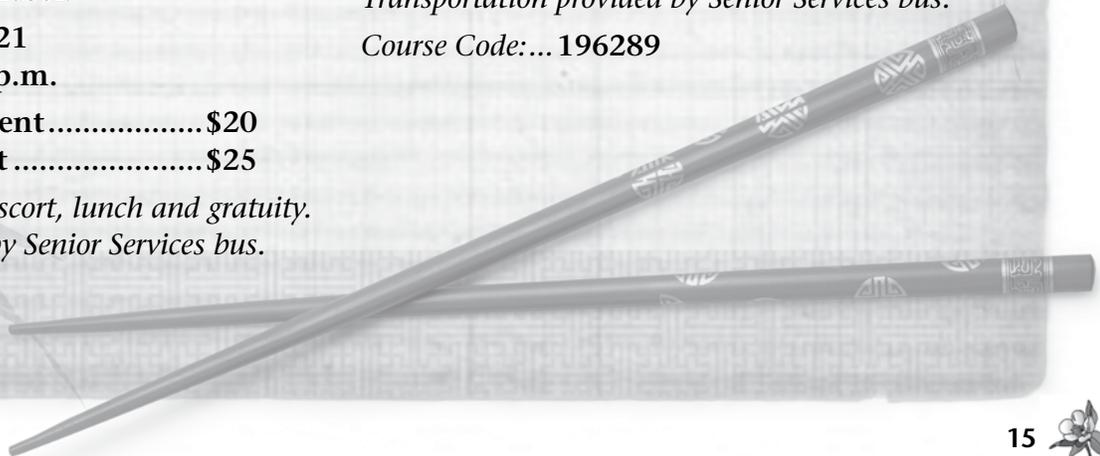
This restaurant was voted “Best Chinese Restaurant” by Asian Avenue. They are known for their dim sum, which are Chinese tea cakes brought to your table on rolling steam tables. We will sample a wide variety of Chinese tea cakes.

Date: **Saturday, August 24**
10 a.m. to 2 p.m.

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

Includes transportation, escort, lunch and gratuity. Transportation provided by Senior Services bus.

Course Code:... 196289



History Colorado Center

BACK BY REQUEST

We are headed back to the History Colorado Center in Denver, an ever-evolving destination for things both old and new in Colorado. After our guided tour, we will have lunch in their new café.

Date: **Thursday, June 20**
10 a.m. to 3 p.m.

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

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

Course Code:..... 196290

Loveland Arts Tour by Denver History Tours



In 1985, Loveland became the first city in the state to set aside money for art in public places. Now valued at more than \$6 million, Loveland's wide array of outdoor art includes more than 250 pieces. Join us on this five-hour tour as we explore a wide sampling of the city's art — inspiring, controversial, beautiful or just plain strange. We will also stop for lunch (on your own).

Date: **Wednesday, June 26**
10 a.m. to 3 p.m.

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

Includes transportation, escort and Denver History Tours guide. Lunch on your own. Senior Services bus.

Course Code:..... 196291

Dazzle Senior Jazz Lunch

BACK BY REQUEST

We will travel to the famous Dazzle Jazz Club in Denver where we start with lunch: a choice of three chef-inspired entrees with soda, coffee, tea or glass of red or white wine, draft beer or well drink. Then we will enjoy great live music by a jazz trio. Meet other music-loving seniors from other organizations. A great way to spend an afternoon.

Date: **Thursday, June 27**
10:30 a.m. to 2:30 p.m.

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

Includes RTD motor coach transportation, trip escort, lunch and gratuity.

Course Code:..... 196382

Stonebrook Manor



This recently re-opened mansion in Thornton has beautiful gardens and serves a wonderful buffet brunch on Sundays. They serve the usual array of breakfast and lunch items and yummy desserts.

Date: **Sunday, June 30**
11 a.m. to 3 p.m.

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

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

Course Code: 196432

Q U O T A B L E S

There shall be eternal summer in the grateful heart.

~ Celia Thaxter

Boulder Dinner Theatre "Wizard of Oz"



Like all girls her age, little Dorothy of Kansas dreams of what lies over the rainbow. Join Dorothy, Scarecrow, Tin Man, Cowardly Lion and Toto as they travel the yellow brick road in search of the

almighty Oz. A show for the whole family.

Date: **Sunday, July 7**

12 noon to 4 p.m.

Fee:..... **City Resident \$40**

Non-Resident \$45

Meet in lobby of Boulder Dinner Theatre by 11:45 a.m. Includes trip escort, luncheon, non-alcoholic beverage, gratuity, and theatre performance.

Course Code:..... 196332

Fitzgerald's Casino, Black Hawk

We are back to Fitzgerald's to (hopefully) win some money. They offer the "Fitz 50 Hot Seat" where you earn four times the points on slots and three times the points on video poker and keno. You will also receive a discount on the Fitz 50 menu at Shamrock Coffee Shop. If you don't win, you can still eat well.

Date: **Monday, July 8**

9 a.m. to 3 p.m.

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

Non-Resident \$25

Includes motor coach transportation and trip escort.

Course Code:..... 196285

Vail Music Festival/ Dusty Rose Tea Room, Georgetown



We will leave Boulder early and stop in Georgetown at the Dusty Rose Tea Room for High Tea. We can browse their miniatures store before we head out to Vail. In the afternoon, we will stop and listen to the concert at the Vail Music Festival. A wonderful day in the mountains with good food and music.

Date: **Thursday, July 11**

8 a.m. to 5 p.m.

Fee:..... **City Resident \$50**

Non-Resident \$55

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

Course Code:..... 196293

Mt. Vernon Country Club Brunch, Golden

BACK BY REQUEST

The Mt. Vernon Country Club offers a wonderful buffet brunch with great views. There is a wide array of breakfast and lunch offerings along with champagne and mimosas. We always enjoy a pleasant day at the Mt. Vernon.

Date: **Sunday, July 14**

10:30 a.m. to 2:30 p.m.

Fee:..... **City Resident \$40**

Non-Resident \$45

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

Course Code:..... 196482

“Oliver!” — Englewood Recreation, Denver



Enjoy community theater at its best. Join us as we watch a production of “Oliver!” by 40 talented adults and 30 children who sing, dance and act. Sure to be a crowd-pleaser. We will stop to have dinner before the show at a highly-recommended restaurant.

Date: **Saturday, July 20**
5:30 p.m. to 10 p.m.

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

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

Course Code:..... **196333**

Cirque du Soleil “Amaluna,” Denver

Cirque du Soleil’s newest creation is “Amaluna,” which invites the audience to a mysterious island governed by goddesses and guided by the cycles of the moon. “Amaluna” has a cast of 50 artists from 15 countries. Presented under the big top in Denver.

Date: **Friday, Aug. 2**
2:30 to 8 p.m.

Fee:..... **City Resident \$60**
Non-Resident \$65

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

Course Code:..... **196334**

Rocky Ridge Music Center/ Other Side Restaurant, Estes Park



BACK BY REQUEST

We have not been to the Rocky Ridge Music Center in a few years. We will hear the faculty perform after having lunch at the Other Side Restaurant. Always a wonderful performance by the multi-talented teachers of music.

Date: **Sunday, Aug. 4**
10 a.m. to 5 p.m.

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

Includes transportation, trip escort, brunch, gratuity and music presentation. Senior Services bus.

Course Code:..... **196294**

Boulder Dinner Theatre “Branson on the Road”

It’s Branson in Boulder! Boulder Dinner Theatre brings together a fiddle, mandolin, banjo, guitar, upright slap bass, rhinestone costumes, hilarious comedy and great classic country, bluegrass, rockabilly and gospel music. Experience a Branson, Missouri show right here in town.

Date: **Tuesday, Aug. 6**
5:30 to 9 p.m.

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

Meet in the lobby of the Boulder Dinner Theatre by 5:15 p.m. Includes trip escort, dinner, gratuity and theatre performance.

Course Code:..... **196335**

Doc Holliday Casino, Central City

REDUCED RATE ELIGIBLE

We love Doc Holliday and, hopefully, he loves us. We will travel by motor coach to Central City to try our hand. We are always given a nice casino package. Join us for a fun day!

Date: **Thursday, Aug. 8**
9 a.m. to 3 p.m.

Fee:..... **City Resident \$20**
Non-Resident \$35

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

Course Code:..... **196286**

Colorado Rockies Baseball Game



Join Boulder Senior Services as we watch the Colorado Rockies take on the San Diego Padres. We will go directly to Coors Field. If you wish; you may purchase something to eat from among the

numerous food stands at the ballpark. Go Rockies!

Date: **Wednesday, Aug. 14**
11 a.m. to 5 p.m.

Fee:..... **Encore Member Resident \$15**
City Resident \$20
Encore Member Non-Resident.. \$25
Non-Resident \$30

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

Course Code:..... **196532**

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Don't be disappointed, register early!

Encore member registration

begins Tuesday, May 7
by fax, on-line or in person.

Non-Encore member registration

begins Thursday, May 9
by fax, on-line or in person.

Phone-in registration

begins Friday, May 10.

See page 40 for information.

SENIOR CLASSES

Summer Watercolor Workshops

Try a day-long watercolor workshop for an ideal opportunity to get together and paint with other creative people. Some painting experience is helpful. We'll start with a painting demonstration by Bolder Boulder poster artist Anne Gifford, who will then help you create your own artwork as she shows you some of her special color and technique strategies. At the end of the day, we will all share our insights as we critique our day's work. Please bring a lunch. Sign up for one or all three.

Instructor:... Anne Gifford

Location:.... East Senior Center

Date: Wednesdays, June 19, July 31
or Aug. 21
9 a.m. to 4 p.m.

Fee:..... \$60

*Please contact Anne Gifford to register at
720-472-4990 or annegifford@comcast.net.*

QUOTABLES

*Whether you tend a garden or not,
you are the gardener
of your own being,
the seed of your destiny.*

~ The Findhorn Community

Classes on the Go

We are taking a different approach with classes by going to the venues to be educated on-site. We will take the Senior Services bus from the East Senior Center, 5660 Sioux Drive, Boulder and travel to the class location. We will return you to the East Senior Center after each class concludes. For one of the classes (Posh), we will meet on location in downtown Boulder. It will be a Sunday, so you will not have to pay for parking.

CLASS ON THE GO

University of Colorado, Museum of Natural History, Boulder

We will take "the Best of the CU Museum: Highlights of the Collection" guided tour. The CU Museum has the largest natural history collection in the Rocky Mountain region with more than 4 million objects. Sample the best from each of the exhibit galleries in this hands-on, interactive exploration of the Museum. Afterwards, you can have lunch at the UMC Food Court (on your own).

Date: Wednesday, June 12
10 a.m. to 1 p.m.

Fee:..... City Resident \$10
Non-Resident \$15

Course Code:..... 196582

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

www.boulderseniorservices.com

CLASS ON THE GO
Simulated Trial —
Mock Jury

This is your chance to serve as a mock juror and potentially improve the quality of our courtrooms. Having actual jurors is an importance part of the learning experience to enhance new attorney skills. You may be involved in the jury selection, focus groups, critiquing opening statements and closing arguments. You will be served lunch prior.

Date: **Wednesday, July 31**
11 a.m. to 4 p.m.
Fee:..... **City Resident \$10**
Non-Resident \$15

Course Code:..... **196632**

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

CLASS
ON THE GO
Cheese
Importers,
Longmont



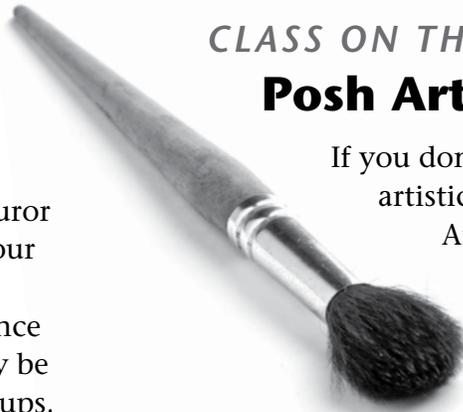
We will take an in-depth tour of the famous cheese-making business in Longmont. We will start with lunch in their café (on your own) or you can look around the market. We will then be taken behind-the-scenes of the cheese-making, where we can ask questions about the many varieties of cheese. Truly an education!

Date: **Wednesday, August 21**
10:30 a.m. to 2 p.m.
Fee:..... **City Resident \$10**
Non-Resident \$15

Course Code:..... **196682**

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

CLASS ON THE GO
Posh Art Studio



If you don't think you have much artistic painting talent...think again. Anyone can release their painting skills at Posh Art Studio in Boulder. They will give you a step-by-step lesson on how to paint on canvas. You can take your original home to display. You can purchase wine (on your own) to loosen up your talents.

Date: **Sunday, August 25**
1 to 3 p.m.
Fee:..... **City Resident \$30**
Non-Resident \$35

Course Code:..... **196732**



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*Help for those
caring for loved ones*

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- Meals & Snacks
- Fun Structured Activities
- Medication Assistance
- Transportation Available
- Daily Exercise

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OVERNIGHT TRAVEL

Leisure West Tours and Cruises is our vendor for overnight travel. They are located here in Colorado and offer many local, national and international travel opportunities.

Why travel with Boulder Senior Services and Leisure West Tours?

- More than 15 years experience from a locally owned/operated company
- Guaranteed Departure trips available
- Boulder pick-up and drop-off service available
- Low deposits, refundable up to the final payment date on most tours
- Trip cancellation/health/accident insurance option
- Accommodations are rated AAA three diamond or higher
- Airport/hotel transfers included
- Luggage handling and gratuities for one suitcase per person
- Attractions/sightseeing/entrance fees and meals as indicated per itinerary
- Gratuities for included meals, skycaps, local guides, drivers and tour directors as indicated per itinerary

FOR INFORMATION: CALL ELLEN BARTILET AT 303-441-3915.

Key West, Miami and the Everglades

FEATURING KEY LARGO
AND FOUR NIGHTS IN KEY WEST

Seven days: Departs Feb. 1, 2014

Key West is a place you can visit over and over. Warm weather (even in winter the average high is 76, the average low 66) is the norm. Because of the intimate nature of this tour, it is limited to just 30 travelers and annually sells out several months ahead of departure. First night in Fort Lauderdale; local beaches, Everglades air boat tour; Key Largo; travel the Intercoastal Highway with the Atlantic Ocean on one side and the Gulf of Mexico on the other; explore Key West including the Hemingway Home, aquarium, Harry Truman's Little White House, trolley, day cruise, Butterfly and Nature Conservancy and La Te Da, a Key West landmark, and more. Reservations and final payment must be completed before Nov. 1, 2013. Does not include air fare. \$2,750 per person double occupancy; \$3,415 single occupancy.

Wine, Rail and Redwoods

FEATURING CALIFORNIA'S FABLED
WINE COUNTRY

Six days: Departs Sept. 15, 2013

Unpack just once in the world's premier wine making region for this scenic, leisurely-paced food and wine adventure. Visit three famous wineries, one champagnery, and an olive oil plant. Highlights include the Napa Valley Wine Train and giant sequoia coast redwood trees. Accommodations at Doubletree Sonoma Wine Country Resort. Itinerary includes: Sonoma, olive oil factory, coastal drive, redwoods, champagne, Burbank Gardens, Napa Valley Wine Train, Culinary Institute of America, Russian River, winery tours, Peanuts Museum, Golden Gate Bridge, through San Francisco to Woodside. Enjoy a tour of the elegant, "Fight, Love & Live," Filoli Mansion & Gardens. Reservations and final payment must be completed before July 1, 2013. Does not include air fare. \$1,639 per person double occupancy; \$2,029 single occupancy.

“SpecTAPular” Fall in Virginia's Historic Triangle and USO Show

HISTORIC ATTRACTIONS BY DAY,
FANTASTIC LIVE SHOWS BY NIGHT
Six days: Departs Oct. 20, 2013



Enjoy the best of both worlds on this tour. Hotel accommodations in Virginia Beach, Virginia. Each day visit the amazing historical sites of Jamestown, Williamsburg and Norfolk and in the evening enjoy live tribute shows to Frank Sinatra and the Glenn Miller Orchestra; you'll surely have a great time! Sightseeing includes: Nauticus, NAS Norfolk, General MacArthur's Tomb, Chesapeake Bay Harbor Cruise, day trip to Jamestown and Yorktown; full day tour of Historic Williamsburg, historic planes air show, three live musical tribute shows, beach party with the Rhondels, The Sinatra Legacy with Tommy Dorsey Orchestra and USO Show Tribute with Bob Hope, the Andrews Sisters and the Glenn Miller Band. Reservations and final payment must be completed by July 1, 2013. Does not include air fare. \$1,459 per person double occupancy; \$1,779 single occupancy.

QUOTABLES

*A seed hidden in the heart of an apple
is an orchard invisible.*

~ A Welsh proverb

Guaranteed Departure Trips

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

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

June and July

Atlantic Maritimes
(13 days)

August and September

Canadian Maritimes:
Enchanting Islands
(8 days)

Circle Newfoundland
and Labrador (13 days)

Atlantic Maritimes
(13 days)

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

August

Yellowstone Experience
— Wildlife Safari (7 days)



Alaska Grand Adventure
(10 days)

U.S. and Canadian
National Parks (9 days)

Alaska and Yukon:
Full Circle (21 days)

Alaska: Land and Sea
(20 days)

Great Atlantic Canadian
Experience (23 days)

Colorado Gold Mines
and Ghost Towns
(8 days)

September

Colorado Rails and
Aspen Trails (8 days)



Nantucket, Martha's
Vineyard and Cape Cod
(5 days)

Highlights of New
Zealand (16 days)

New Zealand Rail,
Cruise and Coach
Holidays (19 days)

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

Sorrento (9 days)

Colorado Train
Adventure (8 days)

Niagra Falls, Toronto by
Rail and buffalo (6 days)

Wine, Rail and
Redwoods (6 days)

Heart of Europe Circle
tour (15 days)

Wisconsin Coastal
byway (6 days)

Bavarian Brewery Tour
with Oktoberfest
(11 days)

Authentic Michigan
(8 days)

Welcome Encore Members!

The Encore Program for Active Adults

Active Aging

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

Encore is an optional membership program with 575 active members for adults over the age of 55. Social engagement, community partnerships, educational opportunities and technology classes are a few of the components of Encore.

Encore helps supplement and subsidize activities for our members and the community. See registration information on page 40 to register and become a member today. If you'd like to donate or be a sponsor for this program, please call 303-441-4437.

Free Events for Social Interaction

Membership Appreciation Event, "Coffee Talks," the Encore book club, volunteer opportunities

Free Educational Opportunities

Active Minds lecture series, 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 (for those who meet income and asset guidelines, see page 7)

\$10 Individual
\$5 Second person at same address

Become a member today!



Encore members enjoyed the sweet scent of the Milagoes Soap Factory in Brighton.



The Encore membership event of Tea and Chocolate pairings was enjoyed by all.



MAHALO (THANKS) AND ALOHA TO PHYLLIS KLICKER



Boulder Senior Services said goodbye to Phyllis Klicker in March.

After almost 20 years with the City of Boulder, Phyllis Klicker is moving on to new and exciting endeavors. Phyllis began with the City of Boulder in 1993 with Parks and Recreation. More recently, she was the Senior Services bookkeeper and Encore Program Coordinator. City staff and Boulder seniors gathered on March 13 to wish “mahalo and aloha” to Phyllis and her husband Greg as they prepared to move and begin their new jobs on the Big Island of Hawaii. We are grateful to Phyllis for her ongoing dedication, innovation, and endlessly creative programming with Senior Services. She will be missed by both customers and staff, and other city departments and community members that she collaborated with to provide a variety of program choices for our seniors.

ENCORE/SILVERSNEAKERS® MEMBERSHIP APPRECIATION EVENT

Ice Cream Social

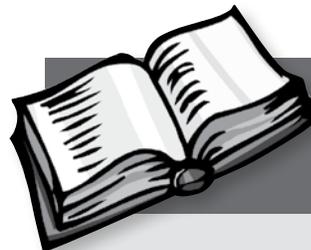
Cool off in the heat of summer with a refreshing and engaging ice cream social. Your own favorite staff (Senior Services and Fitness Instructors) will be on hand to “serve up” your favorite ice cream and toppings, and to thank you for participating in our many fabulous programs. Socialize with your friends and also make some new ones. Please join us! Please register to reserve your space. SilverSneakers is a registered mark of Healthways, Inc.

Location:..... East Senior Center

Date: July 10 • 2 to 3:30 p.m.

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

Course Code:..... 198901



Encore Book Club



The Encore Book Club meets every third Thursday of the month. We use the Boulder Public Library’s “Books in a Bag” program and Denver Public Library’s “Swift” program to choose our books. Come join us.

Location:..... West Senior Center

Date: Thursdays, June 20, July 18
and Aug. 15, three meetings
2 to 3:30 p.m.

Fee:..... Free to Encore members

Course Code:... 193438



Encore Coffee Talks



Join members at the Encore Coffee Talks, which cover a wide variety of subjects and topics.



Find Your Roots: Dave Jackson's "Timelines Revisited"

Meet former Boulder Camera columnist Dave Jackson as he takes on senior affairs. Remember Tom Mix, sleeper trains, the sound of big bands, marbles and jacks, and old-time parades? Fed up with automated phone calls, high tech paraphernalia, dealing with senior moments, family relationships, and the deterioration of civility these days? All these and much more will be highlighted from his book, "Timelines Revisited." You won't want to miss this one.



Location:.... West Senior Center

Date: Wednesday, June 12
10 to 11 a.m.

Speaker: Dave Jackson

Fee:..... Free to Encore members

Course Code:..... 193447



Wildflowers of Boulder County Slide Program

Join Boulder County volunteer naturalists for a slide program to explore the summer wildflower season. You'll learn about the variety of wildflowers found in Boulder County, where and when to look for them, and interesting facts about some of our native plants.

Location:.... West Senior Center

Date: Monday, July 15 • 10 to 11:30 a.m.

Instructors:.. Boulder County Open Space
Volunteer Naturalists

Fee:..... Free to Encore members

Course Code:..... 193448



The Basics of Ancestry.com

Learn the basics of ancestry.com. This coffee talk will discuss how to discover your family history, search historical records, get free online access to the 1940 census, and start your own family tree.

Location:.... West Senior Center

Fee:..... Free to Encore members

Date: Wednesday, Aug. 8 • 1 to 2 p.m.

Course Code:..... 193482

Sponsored
by...
Balfour
Senior Living


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:..... East Senior Center

Fee:..... Free, open to the public

Date: Monday, June 24
11 a.m. to noon

Course Code:..... 193453

Wine

The story of wine is indeed as old as the hills used to grow the grapes from which it is made. It is a tale intertwined with the influences of civilizations, agricultural methods, cuisines and more. Join Active Minds as we describe the history of wine as well as give an overview of the various types of wine and their most salient characteristics.

Location:..... East Senior Center

Fee:..... Free, open to the public

Date: Monday, July 22
11 a.m. to noon

Course Code:..... 193455

The Evolution of Libya

Gaining its independence in the aftermath of World War II, Libya struggled for 42 years under the totalitarian regime of Muammar Qaddafi. Vast oil reserves created enormous wealth, much of which Qaddafi spent on paramilitary and terrorist groups throughout the world. Declared a "state supporter of terrorism" at one point by the United States, Libya is now at a pivotal moment. The civil war that resulted in Qaddafi's death has positioned the country to write a new chapter in its history. Join Active Minds as we review the story of Libya and where it may head from here.

Location:..... East Senior Center

Fee:..... Free, open to the public

Date: Monday, Aug. 26
11 a.m. to noon

Course Code:..... 193457





Sponsored by...



Iraq

Ten years after a U.S.-led invasion toppled the government of Saddam Hussein, Iraq is still in the process of maintaining itself as a stable, self-governing nation. Since the U.S. military formally ended its mission in December, 2011, Iraq has experienced an uptick in sectarian and ethnic violence. Join Active Minds as we look at the path for Iraq to stand on its own as well as the strategic role that the new Iraq plays in the region.

Location:..... West Senior Center

Fee:..... Free, open to the public

Date: Monday, June 10
11 a.m. to noon

Course Code:..... 193452

Kashmir

Since the formation of India and Pakistan in 1947, both countries have fought over the region known as Kashmir. Containing a Muslim majority, but ruled by Hindu dominated India, Kashmir is viewed by Pakistan as belonging to them. So strong is this conflict that it has been the trigger of two separate wars between India and Pakistan, and even drawn China into the conflict. Add to the mix the nuclear arsenal of both countries and it's not difficult to see the potential flashpoint that Kashmir represents in the region. Join Active Minds as we explore Kashmir and seek to understand its pivotal role in South Asia.

Location:..... West Senior Center

Fee:..... Free, open to the public

Date: Monday, July 1
11 a.m. to noon

Course Code:..... 193454

The Nobel Prize

Swedish chemist Alfred Nobel, the inventor of dynamite, established the Nobel Prize in his will in 1895. For over a century the prize has stood for extraordinary accomplishment in a variety of fields throughout the world. Join Active Minds as we trace the history of the Nobel Prize, highlighting notable laureates, notable omissions, and a controversy here and there. We will also take a look at recent and possible future winners and the political impact the prize can have in the world.

Location:..... West Senior Center

Fee:..... Free, open to the public

Date: Monday, Aug. 12
11 a.m. to noon

Course Code:..... 193456



BITS AND BYTES OF ENCORE: Computer Classes



All classes held on Tuesdays at the West Boulder Senior Center.

Instructor: Don Walker.

Bring your laptop if you have one.

- 8:30 to 9:30 a.m..... Where's My Stuff/Word Beg June 4-25..... #193432 (4 sessions)
- 9:45 to 10:45 a.m..... Facebook Beg June 4, 11 #193433 (2 sessions)
- 9:45 to 10:45 a.m..... Facebook Adv/Beg June 18, 25 #193434 (2 sessions)
- 11 a.m. to noon Photo Editing: Picasa..... June 4-25..... #193435 (4 sessions)

Fees

Two-session course

Four-session course

Encore Members	\$25.....	\$50
General Public	\$35.....	\$70

Computer Class Descriptions

Where's My Stuff, File Management and Word Beg: This four-session course will focus on how to organize your files, and how to copy, move, delete and save your data. Microsoft Word will be demonstrated. Prior computer experience is required.

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

Facebook Adv/Beg: In this two-session course, we will discuss privacy settings, attaching photos,

and sharing information in more detail. Some experience on Facebook is encouraged.

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

Friday afternoon labs

Anyone registered for the above computer classes may register for a Friday computer lab open from 1 to 3 p.m.

- Computer Lab..... June 14 #193436
- Computer Lab..... June 28 #193437

COMPUTERS ONE-ON-ONE

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

Instructor: .. Don Walker

Fee:

Encore Member Resident.....	\$32
Encore Member Non-Resident ...	\$38
City Resident.....	\$42
City Non-Resident.....	\$47

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

Course Code:....193449



BOULDER PUBLIC LIBRARY CINEMA PROGRAM



The Encore matinee program

has been discontinued. The Colorado Film Society, sponsor of the Boulder International Film Festival, has decided to refocus its programming and will no longer show films at the West Senior Center. Boulder Senior Services would like to tell you about an exciting opportunity we have to partner with the Boulder Public Library and its renowned Cinema Program. We invite you to join us just down the street at the Main Library Canyon Theater, located at 1001 Arapahoe Ave., to view

a wide selection of films through the generous financial support of the Boulder Public Library Foundation. The screenings are free and open to the public, with no tickets or reservations needed.



Extensive free parking is available at the 11th and Canyon and 11th & Arapahoe lots. Go to bplnow.boulderlibrary.org/event/movies for the schedule (most films show on Mondays and Thursdays at 6:30 p.m.) and subscribe to the e-newsletter at bplnow.boulderlibrary.org/content/newsletter-sign-up.

ENCORE ENRICHMENT

Pastels for Beginners and Intermediates

BACK BY POPULAR DEMAND

This art class explores the luminous medium of pastels. We will discuss basic design including color and value studies leading to a structured approach for painting landscapes. Cheryl Whitehall and her husband have been active participants in Boulder Open Studios for several years.

Location:.... West Senior Center

Instructor:.. Cheryl Whitehall

*Date: Mondays, June 3 to June 24,
four classes
9:30 to noon*

*Fee:..... Encore Resident..... \$75
Encore Non-Resident..... \$85
General Public..... \$100*

Course Code: 193439

Beginning Piano I and II

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

Location:.... West Senior Center

Instructor:.. Lisa Johnson

Beginning Piano I

*Date: Thursdays, June 12 to August 14,
eight classes (No class July 10 or July 17)
10 to 11 a.m.*

Course Code:..... 193440

Beginning Piano II (instructor's permission required)

*Date: Thursdays, June 12 to Aug. 14,
eight classes (No class July 10 or July 17)
11 to noon*

Course Code:..... 193441

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



Living Your Deepest Desires

Contemplative living is a way of responding to our everyday experiences by consciously attending to self, others, and our natural surroundings. We will use reflection and dialogue during each session to explore these relationships within our lives, which in turn tends to enhance a sense of discovery of inner truth and well-being. We will begin the first session by reviewing the principles of contemplative dialogue, and reading passages from the third in a series of "Bridges to Contemplative Living" (booklet provided). Passages are taken from the writings of Thomas Merton, as well as a number of other men and women from a variety of spiritual traditions, including Buddhist, Christian, Jewish and Sufi.

Location: West Senior Center

Instructors: .. Ted Waddle and Jim Kettering

Date: Thursdays, June 6 to Aug. 1, eight classes (no class July 4 or July 11)
10 to 11:30 a.m.

Fee:..... Encore Member \$10
General Public \$20

Course Code: 193443

Encore Garden Club



Are you a gardener and like getting your hands dirty? Do you have some time to help transform a lonely bed into a lovely garden at the West Senior Center? If you've answered yes, come and join us as we beautify the West Center by planting and cultivating a spaghetti garden.

Location:..... West Senior Center

Date: Thursdays, June 13 and 27, July 11 and 25, and Aug. 8, five classes
9 to 11 a.m.

Fee:..... Free to Encore members

Course Code:..... 194358

Encore Garden Club Cooking Demo



We will take the vegetables from the Encore Garden (hopefully) and have Todd from Meals on Wheels help us create a fabulous homemade spaghetti sauce, from garden to table. You won't want to miss this opportunity. Encore Garden Club volunteers may register first.

Location:.... West Senior Center

Speaker: Chef Todd

Date: Thursday, Aug. 22
3 to 4 p.m.

Fee:..... Free to Encore members

Course Code:..... 194982

ENCORE ON THE MOVE

Walking Wednesdays

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

Location:.... Boulder Creek Path

Speaker: Ellen Orleans

Date: Every Wednesday starting June 5

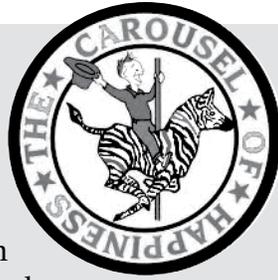
Time:..... 12:10 to 1:15 p.m.

Fee:..... Free to Encore Members

Course Code:..... 193463



Via and the Carousel of Happiness



Join Encore for a trip on the RTD bus to Nederland for lunch in the mountains and a ride on the Carousel of Happiness. Learn how to use the bus system with other members and a personal escort from Via. RTD coupons will be provided to ride the bus. Walking two blocks required.

Location: ... West Senior Center

Escort: Susan Unger, Via Travel Training Coordinator

Date: Friday, July 26

Time: 9:30 a.m. to 2 p.m.

Fee: Free to Encore Members

Course Code: 193462

Includes transportation, escort and Carousel ride. Food is on your own. RTD bus.

Digital Camera Basics at the February 2013 Encore Coffee Talk

Encore members enjoyed the digital instruction provided by Mike's Camera.



Via and eTown

Step out on the town and onto RTD with Susan Unger. We will jump on the HOP and travel to Twenty Ninth Street mall for lunch. Lunch will be on your own at Panera Bread. After lunch we will get back on the bus and tour the new eTown facility, home to the weekly NPR nationally broadcast radio program. Walking two blocks required.

Location: West Senior Center

Escort: Susan Unger, Via Travel Training Coordinator

Date: Monday, Aug. 12

Time: 11 a.m. to 3 p.m.

Fee: Free for Encore Members

Course Code: 196918

Includes transportation, escort and tour. Food is on your own. RTD bus.

Optimum Balance Class



This six-week balance class will be taught by a licensed Physical Therapist from the Avanti Therapy Clinic of Boulder. Class exercises will focus on hip and leg strengthening, trunk/hips/lower extremity flexibility, overall balance, and core strength. General education on balance systems, safety, and risks will be included. Participants need to be able to stand alone with or without an assistive device, or should bring a caregiver with them.

Location:.... East Senior Center

*Dates:..... Tuesdays, June 18 to July 23, six classes
11:30 a.m. to 12:30 p.m.*

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

Course Code:..... 198682

Free Skin Cancer Screenings

There are many ways to maintain good health, but what about the health of our skin? Skin cancer is the most common form of cancer in the U.S. Over 3.5 million skin cancers in over 2 million people are diagnosed annually. Kallgren Dermatology Clinic of Boulder is offering free skin cancer screenings for seniors on two days in June at the East and West Senior Centers. Screenings are free, but please pre-register to reserve your space.

Location:.... East Senior Center

*Date: Thursday, June 13, 9:30 to 11:30 a.m.
To register: Call 303-441-4150*

or

Location:.... West Senior Center

*Date: Wednesday, June 19, 1:30 to 3:30 p.m.
To register: Call 303-441-3148*

The Aging Eye: Understanding Visual Impairment in Seniors

Join us for a streamlined discussion about diseases that are common in the aging eye, including cataracts, macular degeneration, and glaucoma, and receive advice on proper screening, treatment, and follow-up, and information about the prognosis of each. Have your eye care questions answered by a prominent community ophthalmologist in a casual setting. Please register to reserve your space.

Location:.... West Senior Center

Presenter: ... Richard Stewart, M.D. from Eye Associates of the Rockies in Boulder

Date: Tuesday, June 25, 3 to 4 p.m.

Fee:..... Free

Course Code:..... 198833

Q U O T A B L E S

*There are no such things
as limits to growth,
because there are no limits
to the human capacity
for intelligence, imagination,
and wonder.*

~ Ronald Reagan

*We Welcome Your Donations
or Sponsorship of Services!*

*Visit our website **www.
boulderseniorservices.com***

T'ai Chi for Seniors

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

Location:.... East Senior Center

Instructor:.. Steve Arney

Date: Fridays, June 7 to Aug. 23,
11 classes
(no class June 21 or Aug. 30)

Full Session Fee (applicable for all class levels)

Fee:..... Encore Member Resident \$72
City Resident \$74
Encore Member Non-Resident.. \$83
Non-Resident \$85

Half Session Fee (applicable for Intermediate class only)
Open to continuing Intermediate students only.
Select six of the classes in the Summer 2013 session.

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

Level I — Beginning/Advanced Beginning

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

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

Course Code:.... 196911

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 — 196909

Course Code:.... Half Session — 196910

Select six of the classes in the Summer 2013 session.



A walking meditation and yoga practice during Mindfulness Based Stress Reduction class.



Strength, Movement and Stretch

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

Location:.... West Senior Center

Instructor:.. Linda Manchester

*Date: Mondays, June 3 to Aug. 26,
12 classes (no class July 8)
11 to 11:45 a.m.*

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

Course Code:..... 198683

*Date: Wednesdays, June 5 to Aug. 28,
12 classes (no class July 10)
11 to 11:45 a.m.*

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

Course Code:..... 198684

*Date: Fridays, June 7 to Aug. 30,
12 classes (no class July 12)
11 to 11:45 a.m.*

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

Course Code:..... 198685

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, June 7 to Aug. 30, 2013
(no assessments June 28 or July 5)
12:45 to 1:45 p.m.*

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

Monthly Hearing Clinic

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

Location:.... East Senior Center

*Date: Wednesdays, June 5, July 3 or Aug. 7
2 to 4 p.m. by appointment only
(eight appointments per day)*

Fee:..... Free

Seniors (55+) in the Weight Room

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

Location: East Boulder Community Center Weight Room • *Instructor:* Chris Hedman

1st Session (morning):

Dates:..... Tuesdays and Thursdays,
June 4 to July 18, 11 classes
(no class June 27, July 2 or July 4)

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

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

Course Code:..... 198686

1st Session (afternoon):

Dates:..... Tuesdays and Thursdays,
June 4 to July 18, 11 classes
(no class June 27, July 2 or July 4)

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

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

Course Code:..... 198687

2nd Session (morning):

Dates:..... Tuesdays and Thursdays,
July 23 to Aug. 29, 10 classes
(no class Aug. 13 or Aug. 15)

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

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

Course Code:..... 198688

2nd Session (afternoon):

Dates:..... Tuesdays and Thursdays,
July 23 to Aug. 29, 10 classes
(no class Aug. 13 or Aug. 15)

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

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

Course Code:..... 198689



Treat yourself to a session of massage, Comfort Touch® or reflexology today! See pages 38 and 39.



DROP-IN FITNESS CLASS DESCRIPTIONS



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

SilverSneakers — Muscular Strength & Range of Movement (MS-ROM)



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

SilverSneakers — YogaStretch



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 — SilverSplash



SilverSplash 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 SilverSplash. Located in the East Boulder Community Center Leisure Pool.

Fit and Strong — Beginning

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

Fit and Strong — Intermediate

The class emphasizes cardiovascular exercise but also includes strength training and flexibility work. Hand weights, resistance tubing and a small ball are incorporated into the strength segment.

In the Wednesday class, we usually use a Fit Ball. Please wear footwear appropriate for a low-impact aerobics class.

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.

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.

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.

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.



SilverSneakers® and Fitness SCHEDULE DROP-IN CLASSES FOR JUNE, JULY, AUGUST

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

FEES: There is no cost for current East Senior Center 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 Silver Splash • EBCC Pool <i>Laura</i>	7:30 – 8:15 a.m. Guts and Butts • <i>Dora</i>	9 – 9:45 a.m. SilverSneakers Silver Splash • EBCC Pool <i>Laura</i>	7:30 – 8:15 a.m. Guts and Butts • <i>Dora</i>	
8:30 – 9:30 a.m. Fit & Strong Intermediate • <i>Sally</i>	8:30 – 9:15 a.m. Gentle NIA • <i>Laura</i>	8:30 – 9:30 a.m. Fit & Strong Intermediate • <i>Sally</i>	8:30 – 9:15 a.m. Music & Movement <i>Julie / Jennifer</i>	8:30 – 9:30 a.m. Fit & Strong Intermediate • <i>Dora</i>
9:45 – 10:45 a.m. Fit & Strong Beginning <i>Jack</i>	9:30 – 10:15 a.m. Strength & Alignment <i>Linda</i>	9:45 – 10:45 a.m. Fit & Strong Beginning <i>Terry</i>	9:30 – 10:15 a.m. Strength & Alignment <i>Linda</i>	9:45 – 10:45 a.m. Fit & Strong Beginning <i>Dora</i>
11 – 11:45 a.m. SilverSneakers MS-ROM • <i>Jack</i>	10:30 – 11:15 a.m. SilverSneakers Yoga Stretch • <i>Linda</i>	11 – 11:45 a.m. SilverSneakers MS-ROM • <i>Terry</i>	10:30 – 11:15 a.m. SilverSneakers Yoga Stretch • <i>Linda</i>	11:45 – 12:30 SilverSneakers MS-ROM • <i>Chris</i>
	1 – 1:45 p.m. SilverSneakers Silver Splash • EBCC Pool <i>Chris</i>		1 – 1:45 p.m. SilverSneakers Silver Splash • EBCC Pool <i>Chris</i>	
			1 – 2:30 p.m. Line Dancing • <i>Judy</i>	

	Class Purchases	Encore Resident	City Resident	Encore Non-Resident	Non-Resident
Drop-in Fee	1 class	\$4	\$5	\$6	\$7
SENIOR SERVICES PUNCH PASS OPTIONS <small>Valid one year from date of purchase</small>	10 punch	\$40	\$50	\$60	\$70
	20 punch	\$80	\$100	\$120	\$140

Massage for Seniors

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

Location:.... East Senior Center

Date: Monday to Friday

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

Comfort Touch®

Comfort Touch® is performed by a certified massage therapist with additional training in this unique acupressure technique, applied with a client clothed on a massage table. Its primary intention is to provide comfort while promoting deep relaxation and relief from pain. A 30-minute session enhances well-being in mind and body. Go back to your day feeling soothed and refreshed. Register for an appointment by calling 303-441-4150.

Location:.... East Senior Center

Date: First and third Monday

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

City Resident \$21/\$40

Encore Member

Non-Resident \$21/\$40

Non-Resident \$23/\$42

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 Monday

Appointment

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

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

City Resident \$21/\$40

Encore Member

Non-Resident \$21/\$40

Non-Resident \$23/\$42

Massage, Comfort Touch and Reflexology Registration Guidelines:

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

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

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

Cancellation and Refund Policies:

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

REGISTRATION FOR SUMMER 2013

Note: early registrations will not be accepted.

- **Encore member registration** begins Tuesday, May 7 by fax, on-line or in person.
- **Non-Encore member registration** begins Thursday, May 9 by fax, on-line or in person.
- **Phone-in registration** begins Friday, May 10.

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 summer sessions.

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

WHERE TO REGISTER:

West Senior Center

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

East Senior Center

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

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

REFUND AND CANCELLATION POLICIES

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

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

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

OVERNIGHT TRAVEL: Please refer to specific trip itinerary for **Leisure West Tours and Cruises** refund policy.

MESSAGE AND REFLEXOLOGY: See page 39 for policy.

ACKNOWLEDGEMENT OF RISK/WAIVER OF LIABILITY

By registering for 2013 programs, I acknowledge that the activities carried on in these programs carry certain risks. These risks may include, but are not limited to, heart attack, stroke, circulatory problems, bone and joint injury, back injury, muscle strain and other muscle injuries, foot problems, head, neck and spinal injuries, altitude sickness, and heat stroke and heat exhaustion. I have independently reviewed and evaluated the risks and determined to engage in the programs with full knowledge and acceptance of the risks. If I choose to depart from the program itinerary I will inform the leader and release the City of Boulder from all liability; and participation in any program may be suspended until further notice. I may be photographed while utilizing the facility, or while participating in the City of Boulder’s programs, and said photographs, or likeness of me, may be used to publicize activities as the city deems appropriate. I am aware of the activity level that is required of these programs and I believe that I am physically fit enough to participate.

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



Thriving Independently At Home



Representatives from more than 70 agencies and businesses were on hand on Feb. 26 for the Thriving Independently at Home Resource Fair.



(Advertiser contribution)

What are Powers of Attorney and Why Do I Need Them?



Brandon Fields
Elder Law Attorney
Boulder, Colorado

A power of attorney is a document you sign to appoint another person or entity to act on your behalf. It is one of the best ways to prepare to handle your affairs if you should become temporarily or permanently disabled.

The two typical powers of attorney are financial and medical. You can appoint the same, or different people, to act as agent for financial or medical matters, and also designate successor agents.

An agent under power of attorney is limited to the authority that you provide to them. Under Colorado law, even if the power of attorney gives the agent broad powers to act for you, certain powers referred to as “hot powers” are not granted unless specifically mentioned. These include, for example, the power to make gifts, change beneficiaries on accounts or life insurance, or create or amend a trust.

A financial power of attorney may be immediately effective or springing. An immediately effective document gives the agent the ability to conduct transactions for the principal once it is signed. A springing power of attorney only comes into effect if the principal is disabled, and generally requires a letter from a physician stating that the principal cannot handle his or her financial affairs. An agent under a medical power of attorney only makes medical decisions when the principal is unable to make their own medical decisions.

I advise clients to choose someone as agent whose judgment you trust and who has similar values to your own. This is often better than just selecting the oldest child, or the geographically closest child. Some choose to do a power of attorney on their own and others work with their attorney to prepare them. The main benefit of working with an attorney on powers of attorney is to have the documents tailored to your needs and to have an opportunity to discuss the documents, and your choices, before the documents are signed.

Meals on Wheels of Boulder • 303-441-3908 • www.mowboulder.org

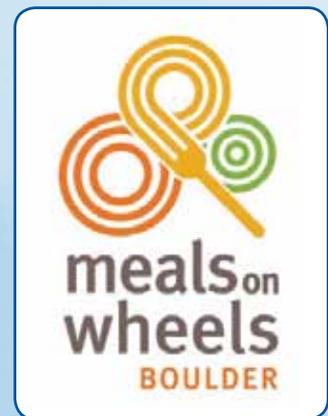
Are you sick? Injured? Recovering from surgery? Hurt in an accident? Just had a baby? Just released from the hospital? Confined to your home and can't plan and shop for a healthy meal? Don't have the energy to prepare a healthy meal for yourself each day to help speed your recovery?

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- Rely on restaurants that deliver? Rely on grocery store delivery?
- Rely on your church to bring meals?

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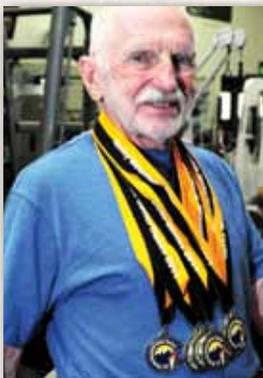
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Michael K. Schonbrun,
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