

# Journeys through EXPAND

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

## Spring/Summer Programs—2015 Registration Starts NOW!

How to Register for classes.

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

*Please note. If you cannot pay the full price for class, we do have a sliding fee scale. Please call Cory at 303-413-7269 to inquire.*



### Watercolor—Monday

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

**Mar 30– May 18 (8 classes)**

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

**Fee: \$50**

**Course Code: 226582**

**Location: NBRC**

### Tai Chi—Tuesday

Tai Chi has been called a meditation in motion and develops the internal strength of the body while stretching muscles and relaxing the mind.

Instructor: Galen Pereira.

**March 31—May 19 (8 weeks)**

**Time: 1:15-2:15 p.m.**

**Fee: \$40**

**Course Code: 226584**

**Location: NBRC**

### Therapeutic Yoga—Weds

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

**March 25—May 13 (8 classes)**

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

**Fee: \$50**

**Course Code: 226585**

**Location: NBRC**

### Ageless Grace—Thursday

Ageless Grace is a exercise program consisting of 21 simple tools for the body and brain that is done seated in a chair to our music of choice. Anyone of any age, ability, body type, size, or with any physical challenge can participate and benefit from these simple exercises. Instructor: Laura Olinger

**April 9—May 14 (6 classes)**

**Time: 2-3 p.m.**

**Fee: \$30**

**Course Code: 226587**

**Location: NBRC**

### Golf 4 Fun—Thursday

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

**June 11—July 9 (5 classes)**

**Time: 11-12 p.m.**

**Fee: \$50**

**Course Code: 226588**

**Location: Flatirons Golf Course**

### Pottery—Friday

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

**Apr 3—May 29 (9 classes)**

**Time: 1:30-4 p.m.**

**Fee: \$100**

**Course Code: 226583**

**Location: Pottery Lab, 1010 Aurora, Boulder**

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## Denver Zoo—Thursday

Enjoy a relaxing afternoon at the Denver Zoo. Bring a snack and water to carry in if needed.

## May 28th

Time: 1—5:30 p.m.

Fee: \$15

Course Code: 227654

Meet at the East Boulder Community Center

## George Town Loop—Weds

Enjoy a one hour and 15 minute train ride in a first class parlor car. The loop takes you between Georgetown and Silver Plum and it is an exceptional way to see Clear Creek Valley. Soft drink or water with light snacks will be served. Bring a sack lunch as well.

## June 10th

Time: 8:45 am - 2 p.m.

Fee: \$20

Course Code: 227655

Meet at East Boulder Community Center

Want to learn more about EXPAND's Adaptive Water-ski program that is held Tuesday mornings from 7:30-11:30 at the Reservoir starting June 16 through August 4th? Call Cory at 303-413-7269.

Refunds are not available for the one day trips unless there are people on the waitlist and/or you have given us a two week notice.

## Nothing Cancels a Program

**Faster....** Than people waiting until the last minute to register for it. All programs have a minimum enrollment—and if we don't reach the minimum by a certain date, the class gets cancelled. Please don't delay, register today!

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

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

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

