

**A variety of support groups are offered
at the Boulder Senior Centers for caregivers and individuals.**

**Call the Senior Resources staff at 303-441-4388
for more information.**

Alzheimer's and Dementia, 1st Thursday, Noon – 1:30 p.m., East Center

Healthy Relationship Group for Senior Women, 2nd and 4th Tuesday,
11a.m. - Noon, West Center

Men's Support, 1st and 3rd Wednesday, 10:30 – Noon, West Center

People with Parkinson's, 3rd Tuesday, 10 am - Noon, East Center

Beyond Vision (low vision), 4th Monday, 1 - 2:00 p.m., West Center

Women Support Groups – please call 303-413-6377 before attending
Monday group 10 - 11:30 a.m. - may be full, West Center
Monday group 1:30-3:00p.m., West Center
Thursday group -1:30-3:00 p.m., West Center

Widowed Persons, Boulder - meets 4th Wednesday, 10 a.m. – Noon, East
Center

Locations:

West Boulder Senior Center, 909 Arapahoe Avenue Boulder 80302

East Boulder Senior Center, 5660 Sioux Drive Boulder 80303

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