

# Journeys through EXPAND

Providing Fitness, Leisure and Adventure Programs for  
Adults with Mild Traumatic Brain Injury and other similar neurological conditions.

## Winter Programs—2014

Registration Starts Friday December 6th, 2013



How to Register for classes.

1. Phone in at 303-413-7270 (credit card & course code required) or
2. Walk in at East, North, and South Centers: Mon-Fri, 8:30 a.m.—5:00 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.

**Jan 6—Feb 10 (6 classes)**

**Course Code: 209832**

**Feb 24—Mar 31 (6 classes)**

**No Class March 24**

**Course Code: 209834**

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

**Fee: \$40 for each 6 wk class**

**Location: North Boulder Recreation Center—Multi-purpose**



### Aquatic Fitness & Ai Chi—Tues

This class will be a combination of 30 minutes of water fitness and 30 minutes of Ai Chi. Ai Chi uses a combination of deep breathing, and slow, broad movements of the arms, legs and torso in flowing continual patterns. Instructors: Cory lasher and Diane LaTourrette

**Feb 4—Mar 11 (6 classes)**

**Course Code: 209840**

**March 18—April 29 (6 classes)**

**No class March 25**

**Course Code: 209841**

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

**Fee: \$30 for each 6 wk class**

**Location: East Boulder Community Center—Leisure Pool**

### Hooping—NEW Friday's

Benefits are endless! Burns calories, corrects poor posture and improper body mechanics, releases stress and helps with the mind and body connection. Instructor: Brooke Null

**Feb 7—Mar 14 (6 classes)**

**Course Code: 209835**

**Time: 1:30-2:30 p.m.**

**Fee: \$30**

### Therapeutic Yoga—Weds

This class will focus on gentle, safe yoga postures to balance the mind, muscles and physiology. Instructor, Lori Batcheller and Karen Dowling first two weeks.

**Jan 15—Mar 5 (8 classes)**

**Course Code: 209836**

**Mar 12—April 30 (8 Classes)**

**Course Code: 209839**

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

**Fee: \$50 for each 8 wk class**

**Location: North Boulder Recreation Center—Yoga Room**

### 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

**Jan 10—Mar 7 (9 classes)**

**Course Code: 209833**

**Time: 2-4:30 p.m.**

**Fee: \$85**

**Location: Pottery Lab, 1010 Aurora St.**

# JOURNEYS THROUGH EXPAND

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## One Day Events

Registration Starts Friday, December 6, 2013

### Passport to Paris/Denver Art Museum—Tuesday

This exhibit portrays French art from the late 1600's to early 1900's and explores changes in art and society during three important centuries in art history.

January 14—Tuesday

Time: 12:45-4:30 p.m.

Journey Fee: \$10

Course Code: 209834

Meet at East Boulder Community Center

### Recreation/Resource Fair sponsored by Journeys and Colorado Brain Injury—Free Event!

Tuesday—January 28

North Boulder Recreation Center

Multi Purpose Room

1:30-5 p.m.

### Refreshments Served!

1:30-3:30 Resource Tables

2:30-3:15—Watercolor Sampler

3:30-4 p.m.—Hooping Sampler

4:15-5 p.m.—Therapeutic Yoga Sampler

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### Lunch and Learn—Free Event

Thursday, February 20th.

Iris Center, 3198 N. Broadway

11:30-2 p.m.

Bring a sack lunch. Cory will talk about her recent trip to Tajikistan “An American Experiential Exchange on Disability Issues” and Lenora Cooper will share her experience with doTERRA essential oils.

Must RSVP by Friday, Jan 24 to

Cory at 303-413-7269 or

lasherc@bouldercolorado.gov to attend.

Please provide your name and number.

Must RSVP by Thursday, Feb 13th to

Cory at 303-413-7269 or

lasherc@bouldercolorado.gov to attend.

Please leave your name and number.

**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!