

Journeys through EXPAND

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

Winter 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, 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 12—Mar 2 (8 classes)

Course Code: 222556

Time: 1:30-3:30 pm

Fee: \$50

Location: NBRC

Tai Chi—Tues

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

Jan 20—Mar 10 (8 classes)

Course Code: 222561

Time: 1:15-2:15 pm

Fee: \$40

Location: NBRC

Therapeutic Yoga—Weds

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

Jan 14—Mar 4 (8 classes)

Course Code: 222560

Time: 1:30-3 pm

Fee: \$50

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

Jan 15—Mar 5 (8 classes)

Course Code: 222564

Time: 2-3 pm

Fee: \$40

Location: NBRC

Hula Hooping—Friday

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

Jan 16-Mar 6 (8 classes)

Course Code: 222559

Time: 1:30-2:30 pm

Fee: \$40

Location: NBRC

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 9—Mar 6 (9 classes)

Course Code: 222557

Time: 2-4:30 pm

Fee: \$90

Location: Pottery Lab, 1010 Aurora St.

JOURNEYS THROUGH EXPAND

One Day Events Registration Starts NOW!

FREE Fitness Sampler
Tuesday—January 13
North Boulder Recreation Center
Multi Purpose Room
1-4:30 p.m.

Here is your chance to test out a new class or just get some free exercise! You can attend the class you are interested in or come to all of them. Your choice!

Tai Chi—1:15-1:45 pm
Hula Hooping—2-2:30 pm
Ageless Grace—2:45 –3:15 pm
Therapeutic Yoga—3:30-4 pm

Must call to register no later than Friday, Jan 9th at 303-413-7200. Provide registration the class code of 222565. Cost is FREE! Additional questions please call Cory Lasher at 303-413-7269 or email: lasherc@bouldercolorado.gov.

Please arrive 10 minutes prior to each session you want to attend.

Wildflowers Tea Room, Broomfield

This was a hit last year so we are doing it again! We will have high tea which will include homemade scones, soup or salad, finger sandwiches, hord'oeuvres and assortment of desserts. A selection of teas will be served throughout. Gluten free options available.

March 12—Thursday

Time: 11-2 pm

Fee: \$10

Course Code: 222566

Meet at East Boulder Community Center

Denver Union Station Visit and Lunch

Visit the newly remodeled historical Union Station and eat lunch at the Kitchen Next Door.

March 19—Thursday

Time: 11-2 pm

Fee: \$10

Course Code: 223632

Meet at East Boulder Community Center

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!

