

# THE GO

Vol. 2024 No. 3

Fall (Sept.-Dec. 2024)

**see  
inside**

**Class & Trip Registration  
Community & Special Events  
Resource Guide**

CITY OF  
**Longmont**  
Senior Services

**55+ | No member fee!**  
Call us at **303-651-8411**

[www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)  
vea páginas 41-45 en Español.



This is your time.  
**OWN IT.**

Bailes celebrates their 20 year  
anniversary this Fall at the  
Longmont Senior Center!

**FACILITY CLOSURES:**

» **September 2, November 11, November 28-30, December 25**

**SENIOR SERVICES STAFF**

- Ronnie Maynes**, Senior Services Manager  
ronnie.maynes@longmontcolorado.gov  
303-651-8415
- Amy Hodge**, Seniors Recreation Program Supervisor  
amy.hodge@longmontcolorado.gov  
303-651-8495
- Brandy Queen**, Supportive Services Supervisor  
brandy.queen@longmontcolorado.gov  
303-651-8414
- Kayleigh Schernbeck**, Counselor  
Kayleigh.schernbeck@longmontcolorado.gov  
303-774-4497
- Veronica Garcia**, Resource Specialist - *se habla español*  
veronica.garcia@longmontcolorado.gov  
303-651-8716
- Amy Payan**, Resource Specialist  
amy.payan@longmontcolorado.gov | 303-774-4372
- Melissa Losino**, Resource Specialist - *se habla español*  
melissa.losino@longmontcolorado.gov  
303-651-8654
- Valerie Rodriguez**, Seniors Recreation Coordinator  
valerie.rodriguez@longmontcolorado.gov  
303-774-3533
- Terri Calvin**, Seniors Recreation Coordinator  
terri.calvin@longmontcolorado.gov | 303-651-8578
- Ariana Heter**, Therapeutic Recreation Coordinator  
ariana.heter@longmontcolorado.gov  
303-651-8907
- Bianca Acosta** - *se habla español*  
Admin. Asst. & Facility Reservations  
bianca.acosta@longmontcolorado.gov  
303-774-4714
- Kathryn Ohnaka**, Office Assistant  
kathryn.ohnaka@longmontcolorado.gov  
303-651-8411
- Teresa Melvin**, Office Assistant  
teresa.melvin@longmontcolorado.gov  
303-651-8411
- Steven Bates**, Building Maintenance  
303-651-8411
- Raul Gonzalez**, Building Maintenance  
303-651-8411
- General Information**  
email: senior@longmontcolorado.gov

***The Winter/Spring GO (Jan-Apr) will be available after December 2***

with class and special event registration beginning on **Monday, December 9**, and Winter/Spring trip submission window from December 2-16. Trip E-Lottery will be performed on **Wednesday, December 18** with communication to follow to registrants on trips received/waitlisted as well as payment processes.



Senior Services is a Division of the City's Community Services Department

*Our* **Mission**

To build and foster opportunities which promote dignity, wellness, independence, enjoyment, community, and a sense of purpose for older adults.

*Our* **Vision Statement**

Longmont - a community in which we all age well.

**NEW! EXPANDED FACILITY HOURS**

**Mon - Thur 8 am - 8 pm | Friday 8 am - 5 pm  
Saturday 8 am - Noon**

The Longmont Senior Center is thrilled to be expanding our facility hours this Fall starting on September 3rd! Be on the lookout for this icon throughout the Fall GO denoting new opportunities as part of our hours expansion. Evening appointments with resource specialists and counseling staff will also be available; please call or email **Brandy Queen** at 303-651-8414 or brandy.queen@longmontcolorado.gov to request an evening appointment.

**TABLE OF CONTENTS**

<b>AAIR</b>	<b>28</b>
<b>Arts &amp; Creative Pursuits</b>	<b>14</b>
<b>Community News</b>	<b>75</b>
<b>Computers &amp; Technology</b>	<b>15</b>
<b>Drop-in Programs, Groups, &amp; Clubs</b>	<b>6</b>
<b>Exercise &amp; Fitness</b>	<b>54</b>
<b>Friends of the Longmont Senior Center</b>	<b>4</b>
<b>General Information</b>	<b>1</b>
<b>General Interest</b>	<b>22</b>
<b>Health and Wellness Programs</b>	<b>46</b>
<b>History &amp; Science</b>	<b>31</b>
<b>Humanities &amp; Cultural</b>	<b>37</b>
<b>Información y Programas en Español</b>	<b>41</b>
<b>Resource &amp; Supportive Services Guide</b>	<b>R1</b>
<b>Special Events &amp; Cultural Enrichment Programs</b>	<b>11</b>
<b>Sports and Outdoors</b>	<b>62</b>
<b>Telephone Referral Sheet</b>	<b>76</b>
<b>Trips &amp; Travel</b>	<b>64</b>
<b>Volunteer Opportunities</b>	<b>73</b>

## GETTING INVOLVED: PARTICIPATION & REGISTRATION INFORMATION

### Welcome to The Longmont Senior Center and Longmont Senior Services

Many new and some repeated activities, events, trips, and services are offered each quarter. Many activities require registration and a fee to be paid. You will see a Registration # listed with the activity and these are in various sections throughout the catalog. Resources and Supportive Services are detailed in the Resource Guide located in the center of each catalog. Registration kickoff dates and information are located below.

#### PARTICIPATION IN GENERAL:

- **There is no membership fee** to participate in activities or receive services from the Division of Senior Services.
- **Adults 55+ are first priority**; however, people under 55 may participate in certain activities if space is available and/or in certain circumstances. Contact the front desk for details.
- **Caregivers of older adults** are welcome to attend programs in order to provide assistance to someone. In that case, please inform our front desk when the care recipient registers. If a caregiver wishes to participate in the program him/herself, then the caregiver should also register and pay for the program.
- **Wait Lists:** Wait Lists are maintained for activities requiring registration. Staff process all cancellations and waitlisted participants are given first priority to fill openings. If the activity is occurring the next day or next business day, staff process the waitlist quickly and cannot wait for call backs.
- **Special Requests & Reasonable Accommodations:**
  - **Senior Services activities** are geared toward independent adults who are able to manage their own care, decision making, and safety. Staff and leaders cannot provide supervision of individuals.
  - Please note that personal or individual listening devices are available for activities occurring in the Senior Center, including telecoil neck loops.
  - **DISABILITY ACCOMMODATIONS:** In compliance with the Americans with Disabilities Act (ADA), we will do our best to make reasonable accommodations to ensure our activities are accessible for the widest range of participants. Please be specific with the accommodation you need. Please let us know at the time of registration or prior to your planned participation in a program that does not require registration. The earlier we know, the better we may be able to accommodate your request. Non-ADA requests may be made at the time of registration as well and are considered on a case-by-case basis. We try our best to accommodate each request received; however, please note that requests are not guaranteed.

Fall Programs are Subject to Change  
Registration for activities begins  
**Monday, August 12**

Trip Registration Kick-Off:

**Friday, August 16**

from 3-5 pm in person at the Senior Center.

#### Need help with online registration?

Check out our updated how-to video at [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)



### You're Invited to Lunch!

Monday - Friday,  
11:30 am - Noon

**Great meals are available.** Longmont Meals on Wheels prepares nutritious meals and delivers each day, Monday through Friday. Onsite meals in the Senior Center Park View Café (dining room).

For information on menus and meal costs,  
Call 303-772-0540 or visit [www.longmontmeals.org](http://www.longmontmeals.org)



#### Weather Activity Cancellation Information



For up-to-date information about program cancellations due to inclement weather, please call 303-774-4447.

Written and published by the Division  
of Senior Services, City of Longmont.

910 Longs Peak Avenue, Longmont, CO 80501

Phone: 303-651-8411 | Fax: 303-651-8413

[www.LongmontColorado.gov/senior-services](http://www.LongmontColorado.gov/senior-services)

Regular Operating Hours: M-TH 8am-8pm; F 8am-5pm;  
SAT 8am-Noon

Para información en español llame al 303-774-4452

**Registration**

Each quarter, two specific registration kickoff dates are set; the first date is for classes, sports, outdoor, and special events, and the second date is for trips. Registration continues after the kickoff dates. You may register at the front desk, Monday – Friday, 8:00 am – 5:00 pm or over the phone with a credit card by calling 303-651-8411. Online registration is an option for most activities at [www.longmontcolorado.gov](http://www.longmontcolorado.gov) after the quarterly kickoff dates and times and when lottery trip registration is concluded.

**See Page 1 for Registration date information.**

**Registration Numbers** – Each activity that requires registration in advance and/or has a fee attached will have a unique registration number listed.

**Payment may be made by credit card, cash, check, gift certificates, and/or Senior Center scholarship.** Full payment is required at the time of registration.

**Receipts** may contain additional information. Please review and retain for reference.

**Resident/Non-resident/Non-senior Fees:** First price listed is for those living within the City of Longmont boundaries as required by Municipal Code, the second price is for those whose residence is outside the city boundary and for those under 55 years of age.

**Program/Activity Refunds**

The Longmont Senior Services Center aims to provide customers with complete program satisfaction. We understand that from time-to-time scheduling changes and special circumstances require customers to cancel or change their planned activities. In an effort to maximize space in each offered activity, we have established the following refund policies. Please review them carefully prior to enrolling for a class or program. Thank you for your interest in our offerings and we look forward to providing our customers with an enjoyable recreation experience.

**If the Longmont Senior Center Cancels a Class or Program** Full refunds are made for any program/activity canceled by the Longmont Senior Center before the starting date. A refund will be provided as account credit in RecTrac to be utilized toward a future offering of the customer's choice, and all refunds will be provided within 2-4 weeks of the class cancellation. Please note: Refunds for class cancellations due to weather or other unforeseen circumstances will be handled on a case-by-case basis and may include class credits, coupons, class extensions, and/or re-scheduling.

**If a Customer Withdraws from a Class/Activity**

If customers need to withdraw from an offering, please let our team know as soon as possible by contacting our Front Desk at 303-651-8411. This will allow for an additional space for someone else to register from our waitlist.

**Refunds/Account Credit will be Provided Based on the Following Situations:**

**Cancellation request is made prior to the designated registration deadline.**

- Full refund/credit will be provided to the payer's RecTrac account.

**Cancellation request is made after the registration deadline but prior to the first/scheduled meeting date for the activity or program.**

- 50% refund/credit will be provided to payer's RecTrac account.

**Cancellation request is made after or on the activity or program start date.**

- No refund/credit will be provided.
- Prorated refunds may be provided after the start/scheduled date of an offering if participant is unable to attend due to an unplanned medical or life event. Please contact our team as soon as possible under these circumstances.

**No Show Policy** Due to the popularity of our offerings, customers not showing up ("no-show") for a class or program they have registered for takes a space away from someone else who could have attended these offerings from waitlists. If a customer registers for a program and does not contact the Longmont Senior Center within 24-hours of the designated offering start date/time, this is considered a no-show. No-show registrations will not be provided refunds or account credit. Additionally, 3 no-shows in a calendar year (January 1-December 31, annually) will result in registration suspension for 4-months, and the customer will not be able to register for any offerings during their suspension timeframe.

**Additional Considerations**

- A 10% transaction fee will be applied when payer requests a refund via check.
- The Longmont Senior Center is unable to provide cash refunds. For programs or activities purchased in cash a refund to the payer's RecTrac account or check will be provided.
- Refunds are not provided for merchandise that have already been given to the customer or specifically ordered for he/she/them.
- Please note that not all offerings are eligible for refunds.
- Programs or activities costing less than \$10 will be refunded to the payer's account for credit toward a future program.
- Some offerings may have specific refund policies that may require additional refund fees or earlier cancellation schedules.
- The City of Longmont and Longmont Senior Services Center reserve the right to change refund policies at any time.
- Please note if space allows beyond designated registration deadlines additional late registrants may be considered. Please contact our Front Desk at 303-651-8411 for questions or to register.

**Trip Registration Lottery** (for 1st day of trip registration only) In fairness to all and to eliminate the need to arrive early, a lottery format for the first day of trip registration is used. Numbers are distributed to participants as they arrive and corresponding numbers are placed in a tumbler and drawn randomly throughout the assigned time frame. **When your number is called, you will have the opportunity to register for trips for yourself and one other eligible person.**

An activity registration form is required, one form per person. After the trip registration lottery, you may register for trips at the front desk, over the phone, or online. *The quickest way to complete the registration process is to pay by cash or check. Hike registration will be utilizing our new e-lottery process with the hike submission window. Fall hike submission sheets can be turned in to our front desk from August 6 - 20th with communication to follow to registered/wait-listed hikers by the end of the day on Friday, August 23rd via email. You can register online or over the phone beginning on August 26th.*

**Modes of transit:** minibuses, RTD buses, and coach buses are used and depend upon cost, size of group, and time and distance traveled, as well as availability of buses. We always try to be cost efficient and comfort oriented.

**For special accommodations for wheelchair or scooters and service animal on a trip,** advance notice is necessary. Please contact the front desk 303-651-8411.

**Departure times are definite.** We do not wait for participants past the designated departure time either from the Senior Center or from the venue.

**Return times are approximate.** We do our best to determine time; however, we never know when delays may occur.

**Bus seat assignments** are made at the time of check-in. Participants draw a seat number for shared seating (yourself and travel companion). These assigned seats are used going to and from the trip destination. For extended trips, you will draw new seats each day. We try our best to accommodate received seating requests; however, please note that requests are not guaranteed due to the high volume of our participants.

**Cancellations** must be received by the dates printed in **The GO** if a full credit or refund is to be given. After that date, a partial credit or refund may be issued only if the spot is resold. Cancellations must be processed through Senior Services. When possible, the staff will attempt to resell your spot to a person on the waiting list, or if it is last minute and the Senior Center is closed, you may give your ticket to a person of your choice. Please call 303-651-8411 if you do so.

**Pickup and return Location: Lashley Street Station; 1200 Lashley St. (unless otherwise specified at trip registration).** Please park your vehicle in the center aisle closest to the north end of the parking lot. Check-in will take place in the White Oak/Sunflower rooms, with doors opening at the designated check-in time. If accommodations are needed due to public or scheduled transportation, please call 303-651-8495.

**Hike Registration for September-October hikes** will be completed via our new e-lottery. Fall hike submission sheets can be turned in to our front desk from **August 6-20**, with communication to follow to registered/waitlisted hikers by the end of the day on **Friday, August 23** via email. You can register online or over the phone beginning on August 26th.



## Scholarship Funds -



The Friends of the Longmont Senior Center, Inc., have set aside funds to assist older adults in participating in various activities organized by Senior Services. As long as funds are available, in 2024 an individual may use up to \$250 a year towards Senior Services activities of his or her choice and up to \$250 per calendar year specifically to assist participation in Senior Services exercise/wellness programs.

Persons who live within the St. Vrain Valley School District with a total annual income (from all sources) of \$43,900 or less for a single person and \$50,200 or less for a couple can qualify for scholarships. Call the front office at 303-651-8411 for more information.



## FROM THE FRIENDS

PO Box 313, Longmont, CO 80502 | [www.friendslongmont.org](http://www.friendslongmont.org)

### 2024 Friends Board Members:

Laura Ambler, Chuck Beehler, Julie Burrows Loza, Michelle Cregut, Linda Fetterman, Brenda Hotchkiss, Amy Hunter, Roger Jurgens, Pina Leon-Gonzalez, John Higgins, Karen Roney, and Ruth Waukau

Dear Friends,

In 1976 nearly 200 seniors approached the City Council of Longmont and asked them “to create an organization to better serve the City’s 55+ population”. That partnership created the Longmont Senior Center (LSC) which has grown and evolved into one of the most diverse, committed and supportive senior organizations in Colorado as well as across the Country.

The Longmont Senior Center provides programs and services that focus on wellness, enrichment and recreational services for the 55+ population of Longmont and surrounding areas. Thousands of people come through our doors each month and we are unique in the number and the diversity of the services that we provide.

Friends of the Longmont Senior Center is a registered 501(c)(3) non-profit corporation whose stated purpose is to “foster interest in and promote the activities of the Longmont Senior Center; to raise, receive, or otherwise acquire revenues and gifts which are to be used in a manner which will facilitate...the Longmont Senior Center.”

The Aging in Boulder County Past, Present, Future Report September 2019 stated that: “Between 2020 and 2050, the county’s overall population increase is projected to be 33%...while the older adult population’s projected increase is 58% and the 80+ population increase is 244%.”

The Senior Center and the Friends continue to maintain a supportive environment that strives to keep our senior population engaged and vital. See **the GO** where we currently list a rich and varied number of recreational and social activities for our seniors such as trips, crafts, exercise programs, cultural enrichment and classes on computer skills to name just a few.

The Senior Center and Friends also provide various social and support services through the Senior Services Resource Staff who assist with locating and accessing housing and in-home care, navigating systems like Medicaid and/or Social Security, and applying for financial support. Our Senior



Services Counseling Staff coordinates and facilitates a number of support groups, manages dementia-friendly programs as well as support to a variety of caregivers while our Peer Support volunteers are trained to provide all manner of support for seniors. Finally, 3 million meals have been served through Longmont’s Meals on Wheels program since 1954!

Let’s continue to support the 1976 vision “to create an organization to better serve the City’s 55+ population”. Let’s continue to support the Longmont Senior Center and the Friends of the Longmont Senior Center as we all continue to better serve Longmont’s 55+ population.

*John Higgins*, Board Member  
Friends of the Longmont Senior Center

**THANK YOU TO OUR RECENT DONORS:**

*Thank you to all who have donated to the Friends via PayPal and through Colorado Gives as well as directly to the Friends through cash and estate gifts.*

Joyce Costello	Betsy and Kenneth Davis	Kelly Denning
Marjorie Logan	Janice Green	Feliciani Cardoza
Euvaldo and Helen Valdez	Carol Benjamin	Longmont Genealogical Society
Ruth Waukau and Bill Case	Longmont City Employees	
Sunshine Club	Marilyn Amen	K. Kenefick
Carol Eddy	Friends of Longmont Youth	
Ruth Rosenblum	Carol Matheis-Kraft	George Forgue

## A Grand *Thank You...*

- **To the Sunshine Club, Boulder County Area Agency on Aging, and Friends of the Longmont Senior Center** for providing financial grants for one-time, basic needs assistance.
- To our **Lap Robes** group for creating and donating over 160 baby, child, and teen items to the Children's Hospital, Cancer Center, and other places in need.
- To our volunteer **Trip Leaders** for providing excellent customer service and ensuring safety on Longmont Senior Center offsite excursions.

*The Friends of the Longmont Senior Center, Inc. is a 501©3 non-profit organization registered with the State of Colorado. The Board meets the third Tuesday from 3:00 – 4:30 pm at the Senior Center. If you would like more information, please contact Ronnie at 303-651-8415.*

# Animals

**The only animals allowed in the building are Service Animals as defined by the ADA which are dogs (or miniature horses) that are individually trained to do work or perform tasks for people with disabilities. Per Senior Center policy, only Service Animals as defined above and animals invited as part of a staff-arranged program are allowed in the building.**

## Bailes de Mi Tierra

**Mondays and Fridays, 3:15 - 4:45 pm**

Dancers are wanted! You do not need to be Latino to participate in this Latino activity.

The dancers practice and perform various dances and songs from Central and South America and perform at various events throughout the year. If you are interested or want more information, please call 303-651-8411.

## Billiards – 6 Great Tables

\$1 donation suggested for play

**Monday-Thursday 8 am - 7:45 pm** 🕒

**Friday 8 am - 4:45 pm, Saturday 8 - 11:45 am**

**Wednesdays and Fridays from 9 am to Noon**

is designated as women's priority play for women who want to play billiards with other women.

## Bowling for Seniors

**Tuesdays & Wednesdays at Centennial Lanes.**

**New Players Check-in at the Bowling Alley Desk for information and lane assignment.**

Practice begins at 12:45 pm and games begin at 1:00 pm. The cost is \$10.25 for 3 games. This is come-as-you-can, no commitment for regular attendance. Sponsored solely by Centennial Lanes. Call 303-651-3800 for the most up to date information.

## Bridge (Open)

**Mondays, 12:30 - 4 pm**

Partners are not necessary. Individuals are rotated into games. New players are welcome. Contact **Kristen Rounds** at 401-486-7546 or ktagrounds@gmail.com.

## Bridge - Duplicate Bridge

**Wednesdays, 1 – 4:30 pm**

Please email **Mona Lilien** at mona.bob@comcast.net or **Beth Stahlman** at bethstahlman@gmail.com if you have any questions or would like to join the group. Newcomers welcome, however, you must have a partner and experience playing duplicate bridge. *This is not an ACBL Sanctioned game. Please meet in the lobby by no later than 12:50 pm for registration.*



## Canasta

**Mondays, 1 – 4:30 pm**

Leaders: **Bill** and **Jean Bradley**,

303-772-9804 or email: Billb111@att.net

Mainly play Hand and Foot Canasta - players welcome!

## Coffee Nook in the Lobby

Each morning, **Monday through Friday**, there will be coffee set up along the west wall of the lobby. Regular coffee is available, at no charge, from **8 to 11:30 am** for anyone who'd like a place to sit, visit, read a magazine, or just enjoy the space. Decaf coffee and tea options are available in the Dining Room, also at no charge. Courtesy of the Friends of the Longmont Senior Center and Longmont Meals on Wheels.



## **NEW!** Coffee with Leadership

**Fridays, September 27, October 25, November 22, 9 - 10 am**

Join members of Senior Services staff, Friends of the Longmont Senior Center, and Senior Advisory Council leadership the 4th Friday of each month for caffeine and conversation. Get to know our team and share ideas for ways to make our Center the best it can be.



## Computers for Public Use

Two public access computers with a black and white printer are available on a first-come, first-served basis. Time is limited to 30 minutes, and a guest pass is required and available at the Front Desk. Printing of the first five pages are free, then 10¢ per page after that, payable at the front desk. Computer room hours are **Monday – Friday 8:15 am – 4:45 pm.**





## Creative Stitches Drop-in Handwork Group

Fridays, 1 – 4 pm

The coffee pot is always on when the "Creative Stitches" meet. The group works on their own projects, whether it is crochet, needlepoint or quilting. If you need help with a technique or project, chances are someone in the group has experience. Come join the fun, good conversation, laughter and coffee! If interested, please contact **Sharon Peterson** by email at [smp1951@hotmail.com](mailto:smp1951@hotmail.com) for more information.

## Current Events

Tuesdays, 10:15 - 11:30 am

Meet for an hour or more to review local, national, and international events. Share views and analyses from wide-reading and often personal and professional experiences. Many meet a bit earlier to share coffee and conversation.

## Dulcimer Group - Singin' Strings

2nd & 4th Thursdays, 2 – 3:30 pm

The mountain dulcimer, also known as the lap or Appalachian dulcimer, is an intriguing instrument developed in America. It is an increasingly popular musical instrument known for its sweet lilting qualities. "Singin' Strings" is a group of dulcimer players meeting at the Senior Center to work on their skills and share music. All levels of dulcimer players are welcome to join in. Call **Nancy Beaudrot** at 303-772-2094 for more information or before dropping by the group as they may be in the community performing during practice time. Cost: 50¢ per session.



## Dulcimer Group - Singin' Strings Beginner's Class

Registration #484271-00

Thursdays, September 5 - October 10, 4 - 5:30 pm

Cost: Free, please register in advance.

Registration Deadline: August 29

Interested in learning to play a unique American stringed instrument? The mountain dulcimer is lightweight and easy to play, a great introduction to the world of music or an interesting addition to one's musical repertoire. It was developed by early Scotch and Irish immigrants to the southwestern Appalachian region of our country. The dulcimer is a lovely accompaniment for singing or playing solo or in a group. With eight weeks of instruction, you will be able to participate in Singing Strings Dulcimers, a group of Seniors who meet at the Senior Center to play a variety of music together. We also perform out in the community. Contact **Nancy Beaudrot** at 303-772-2094 for further information.

Participants will need to provide:

- A dulcimer
- Portable music stand
- Electronic tuner
- Guitar picks
- Instruction book: First Lessons Dulcimer by Joyce Ochs (\$14.99 order online.)



DROP-IN PROGRAMS,  
GROUPS & CLUBS



## "Eyes on Longmont" Video/Film Club

Mondays, 9:30 - 11 am

We are a volunteer group who has fun producing in-depth documentaries to educate, entertain, and inform residents of the Boulder County area. Join us and learn every aspect of video production in a supportive atmosphere. Videos are uploaded to YouTube and shown at monthly "Big Picture" programs at the Senior Center. **Sal Martorano** is the contact person for the group: [saxfisher2@gmail.com](mailto:saxfisher2@gmail.com) or 303-589-4038.

[The Longmont Channel](#) » [Find us on YouTube](#)  
or visit <https://bit.ly/eyesonlongmont>



See page 27 for dates when we are showing our productions.



## Euchre Card Game

**Tuesdays, 6 - 8 pm, Begins September 10**

We are going to start a weekly Euchre Tournament at the Senior Center every Tuesday evening. Beginners and experienced players are welcome to play. We will play 8 games of 8 hands each and players will move after each game to play with a different, random partner at a different table. Each player will have an individual score card for the evening. Prizes will be awarded to the high and low scores, and more. We have room for up to 10 tables with 4 players each, for a total of 40 players. Beginners and experienced players are welcome to play. This group will be facilitated by **Paul Lohr** who can be reached at 513-238-5243 for more information.

## Friday Citizens Open Forum

**Fridays, 1:30 - 4 pm**

Step right up and join us for our weekly discussion group! We're all about diving into diverse topics and sharing perspectives in a friendly environment. Each week, our topic leaders get a chance to shine with up to 20 minutes to spark conversation and intrigue. And don't worry, if you're not leading, you still have a chance to have your say with two five-minute slots to express your thoughts and guide the flow of discussion.

But wait, there's more! Our topics are handpicked by YOU through a voting process the week prior, ensuring we cover what matters most to our community. Plus, newcomers, we're rolling out the welcome mat just for you! Feel free to sit back and soak in the discussions during your first meeting – no pressure to dive in right away.

Get ready for engaging dialogue and a casual atmosphere. We can't wait to see you there! Stop by the Senior Center front desk for information on weekly topics. Contact **Carol Parker** at carolparker73@gmail.com or **Erik Brack** at erikdb1@icloud.com.

## Friends of the Longmont Senior Center, Inc.

**3rd Tuesday, 3 - 4:30 pm »Online OR in-person**

This non-profit board seeks to enhance the services and programs of the Longmont Senior Center through fundraising activities. See page 4.

For more information contact the Senior Services Manager, **Ronnie Maynes**, at 303-651-8415.

## German Language Conversation Group

**Thursdays, Noon - 1:30 pm**

If you are a native German speaker or learned some German in the past, come to this group to practice and enhance your German language skills in conversation with others. Along with the German language, the group believes that humor, social contact and friendship are equally important. It is not a class but we help each other. Contact **Jim Petri** at 303-772-6048 for more information.

## Knit and Purl

**Wednesdays, 9 - 11 am**

Join us on Wednesday mornings. While working on a knit or crochet project we share informal instruction, tips and tricks, patterns and lots of friendly chatter. Over the last 20 years we have created and donated over 40,000 items to local charities. Donations of 100% acrylic yarn, especially #4 worsted, are always appreciated and put to good use. Email **Margaret Lindblom** at marglindblom@gmail.com with questions or if you are interested in joining.

## Lap Robes

**Tuesdays, 8:15 - 10:30 am**

This Senior Center sponsored all volunteer sewing group creates quilts and lap robes for non-profit agencies in the community to be distributed to those in need and for disaster relief locally, nationally, and internationally. Email **Diane Gamble** at dianegamble77@comcast.net to find out about joining this group and helping to cut blocks, piece tops, or tie quilts. New members welcome!

## LGBTQ+ Supper Club/Teatime

Rainbow Elders of Boulder County provides a social opportunity for LGBTQ+ (lesbian, gay, bisexual, transgender, queer+) older adults to gather for connection and community. On a monthly basis (4th Thursday of the month), they sponsor a Supper Club or Teatime that alternates between in-person Supper Clubs scheduled in different locations on even-numbered months and virtual Teatimes through Zoom held on odd-numbered months. Call the **Area Agency on Aging** at 303-441-4518 for more information or email infoLGBTelders@bouldercounty.org.



## Library (Senior Center)

Books are available for checkout every day. Please return them within three weeks. No late fees are charged.

## LOCO Motives Band

**Mondays, 9:45 - 11:45 am**

This group performs regularly at senior residences and organizations in the community. Traditional and home-made instruments are welcome. The ability to read music is preferred. If you are interested in auditioning for the group, contact: **Mo Fauvel** at [drfauvel@gmail.com](mailto:drfauvel@gmail.com) or **Jo Fuller** at [jofuller1954@gmail.com](mailto:jofuller1954@gmail.com).

## Kiwanis Club

**Fridays, 9:25 - 10:25 am**

New members are always welcome. Call **Marv Van Peursem** 303-618-7452 for information. Additional monthly meetings will be held on the first Wednesday of each month.



## Mahjong

**Fridays, 1 - 4 pm**

If you love to play Mahjong, please join our Friday group! Email **Diane Gamble** at [dianegamble77@comcast.net](mailto:dianegamble77@comcast.net) to find out about joining this group. Must know how to play to join this group.

**Beginning Mahjong see page 23.**

## NARFE

**2nd Friday, Noon - 2 pm at Perkins**

The National Active and Retired Federal Employees meet regularly at Perkins for a lunch. Call **Larry Schluntz** at 303-772-6419.

**Pickleball** » See page 62



## Quilting (By Hand)

**Thursdays, 1 - 4 pm**

Community members bring their treasured unfinished quilt tops to be hand quilted using old-fashioned quilting techniques like "grandma". Funds raised are donated to the Friends of the Longmont Senior Center. Hand-quilting experience is required, NO instruction is provided. Newcomers please call **Joan Ellis** at 303-775-7339 before dropping-in and for more information.

## Saturday Brunch & Games ☺

**4th Saturday of the month, 8am - Noon**

Older adults meet for a potluck, cards, Mahjong, and games. We have a variety of games available! It's a great way to have fun and socialize. Contact **Diane Gamble** for information [dianegamble77@comcast.net](mailto:dianegamble77@comcast.net).

## Scrapbooking & Paper Crafts

**Wednesdays, 9 am - Noon**

This is an ongoing drop-in group, meeting weekly come as you can. Work on your scrapbook project, family history journals, greeting cards, and other paper crafts. All levels of skills are welcome as we share ideas and inspiration. If you are new to this hobby or just want to explore how to get started, drop-in and visit with others to see what supplies you will need. Call **Marty Baker** at 303-931-9199 for more information.

## Senior Citizens Advisory Board

**1st Wednesday, 10:00 am - Noon**

The City Council appointed board meets the first Wednesday of the month from 10:00 am to noon. The 2024 members are: **David Brenna, Erik Brack, Ann Coakley, Maria Cortez, Lonnie Dooley, John Higgins, Art Quintana, and Arlene Zortman**. Please contact the Senior Services Manager, **Ronnie Maynes**, at 303-651-8415.



## Shuffleboard

**Thursdays, 8:30 – 10:30 am**

Beginners welcome, no experience needed. The group will play a few games and socialize. Participants will have a chance to play with a variety of people. A donation of \$1.00 is asked for supplies and the annual group brunch. Contact **Ed Evans** at 303-651-6698 for additional information.

## Spanish Conversation Group

**Fridays, 1:30 – 3 pm**

Develop cross-cultural friendships and cultural understanding while improving your Spanish. All levels are welcome; however, there is no instruction, and all conversation is in Spanish. Contact **Maria** at mariaveche@gmail.com.

## Spanish Chorus Group - Canciones de Mi Tierra

**Mondays, 1 – 2:30 pm**

**September 9, 23, October 7, 21, November 4, 18, December 2, 16, 30**

Do you like to sing in Spanish? If so, we are the group for you. Please join us as we sing to classic Mexican songs, have fun, and share stories. For more information call **Oswaldo** at 720-288-8070.

## Support Groups

Several support groups are available for interested persons. Some are open for drop-in participation. See the Resource Guide for a list or call **Brandy Queen** at 303-651-8414.

**Table Tennis** » see page 62

## Texas Hold 'Em

**Thursdays, 1:30 – 4:30 pm**

Facilitated by **Paul Lohr**. Call Paul at 513-238-5243 to reserve a seat or if you have any questions about the game, rules, or etiquette.

## Woodcarving

**Fridays, 8:15 – 11 am**

Beginner and experienced woodcarvers meet to work on projects, offer advice on techniques or equipment, and share their enjoyment of this lifelong hobby. Visitors are welcome to stop by any Friday morning. All carvers are welcome.

Call **Pat Tubaugh** at 720-843-9588 for more information.



## SPECIAL EVENTS AND CULTURAL ENRICHMENT PROGRAMS

### CULTURAL ENRICHMENT PROGRAMS - CEPS

Sponsored by the **Friends of the Longmont Senior Center**, there will be engaging entertainment, and speakers this quarter. The programs will be educational, insightful, and intriguing. We hope you enjoy the variety we have scheduled for this quarter.



### Cultural Fiesta's 20th Anniversary (celebrating Bailes and Canciones de Mi Tierra) - CEP

Registration #483105-24

**Date: Friday, September 6** 🕒

**Time: 6 - 8 pm**

Cost: Free, please register in advance as space is limited

**Registration Deadline: August 26**

Join us in celebrating 20 years of cultural and

intergenerational fiesta. The Bailes and Canciones de Mi Tierra groups will be celebrating their 20th Anniversary of performing for the community. The celebration includes entertainment, cake, and fun. Several other groups will delight us with their performances. We will have DJ so do not forget to bring your dancing shoes and elegant attire. The Senior Center will provide main dish and beverages. Invite your family and friends to celebrate alongside people of different cultures. For more information contact us at 303-651-8411.

## Murder Mystery Theatre - Midnight at the Masquerade - CEP

Registration #483000-01

**Date: Friday, September 13** 📅

**Time: 5 - 7:30 pm**

Cost: Free, please register in advance

The Longmont Senior Center is proud to present a Friday the 13th thriller – Midnight at the Masquerade! Dress to impress as the scene will be set for the annual Billionaire's Club Masquerade ball, where a tragic and unexpected death occurs! Participants will help get our soiree back on track by trading clues, gathering information, and solving the crime before the masked menace gets away. Prepare for a glamorous evening of mystery, intrigue, and murder at this interactive event. Light desserts will be served, and it is suggested to eat dinner prior to arriving on the scene to be on top of your game as we all try to find out who the culprit is! **Presented by Murder Mystery Company.**

## Day of the Dead - CEP

Registration #483000-09

**Date: Friday, October 18**

**Time: 1 - 3 pm**

Cost: Free, please register in advance

**Registration Deadline: October 11**

Immerse yourself in the rich tradition of Día de Muertos at our sugar skull decorating event! Discover the artistry and symbolism behind these sweet creations as you adorn your own sugar skull with bright icing, and intricate patterns. This festive gathering offers a meaningful way to honor and remember loved ones while celebrating Mexican culture through creativity and community. Join us for an unforgettable experience filled with color, tradition, and heartfelt remembrance.



*Please Note: All classes and programs with a Registration number require advance registration.*

## Country Christmas - CEP

Registration #183000-00

**Date: Friday, December 20**

**Time: 11 am - 1 pm**

Cost: Free, please register in advance

**Registration Deadline: December 6**

Our annual holiday spectacular is here! Celebrating country traditions with Americana inspiration join us for a down home catered meal. Entertainment will be provided by the Lonesome Larks, a singing trio performing folk and depression-era tunes with unique instruments such as the banjo, guitar, ukulele, spoons, washboard, accordion, harmonica, and other percussion devices.



**The Lonesome Larks** are an acoustic music trio performing old time music of the 20's & 30's. These talented performers have recorded, written and appeared in musicals, plays, and music videos. Now the Larks bring COUNTRY CHRISTMAS to the Longmont Senior Center with American standards and Christmas music in the personas of Euclid, Tweetie and Billie Lark, three sisters travelling the backroad & byways of old time America with music & stories of a simpler time, when the holiday was in the heart.

## Happy "Noon" Year! Senior Center Performance Group Showcase - CEP

Registration #183000-12

**Date: Tuesday, December 31**

**Time: 10 am - Noon**

Cost: Free, please register in advance

**Registration Deadline: December 23**

Ring in 2025 with our Happy "Noon" Year event featuring an entertainment showcase by your own Longmont Senior Center performance groups! Sips and snacks will be provided, with the end of our showcase counting down and toasting to 2025 at Noon. Featured groups include Dulcimer, Line Dance, LOCO Motives Band, and Bailes!



**SPECIAL EVENTS**  
AND CULTURAL  
ENRICHMENT PROGRAMS

## NEED HELP WITH ONLINE REGISTRATION?

Check out our updated how-to video at [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)

## National Falls Prevention Month

September is National Falls Prevention Awareness Month! We are excited to be bringing a variety of educational and movement opportunities as part of this annual wellness recognition to help our seniors take hold of their personal wellness in preventing falls! This year's line up includes:

- **Chair Yoga for Fighting Falls** (Page 57) - Friday, September 6
- **Tai Chi for Fall Prevention** (Page 59 - Mondays, September 9 - October 28. Resident fees for this session covered by the Friends of the Longmont Senior Center - space is limited!
- Silver Sneakers® Lunch & Learn - **Fall Reduction Strategies** (Page 53) - Tuesday, September 10
- **Feldenkrais Improve Walking and Coordination Workshop** (Page 55) - Wednesday, September 25
- **Fall Prevention with Common Spirit Health** (Page 53) - Thursday, September 26

### Get Acquainted

Registration #483006-09

**Date: Tuesday, September 17** 

**Time: 5:30 - 7 pm**

Registration #483006-11

**Date: Thursday, November 7**

**Time: 9 - 10:30 am**

Cost: Free, please register in advance

Get acquainted with others who are new to the Senior Center or new to the area. Join us to learn more about various programs, opportunities, and resources at the Senior Center. Facilitated by Senior Services staff. Please arrive by start time, as program begins promptly.



### Mike Nelson Farewell Tour

Registration #483101-00

**Date: Tuesday, October 1**

**Time: 10 - 11:30 am**

Cost: Free, please register in advance

**Registration Deadline: September 24**

A Colorado legend in television broadcasting as a meteorologist, Mike Nelson has appeared for in front of the camera for more than 33 years forecasting the weather for Denver viewers. He first appeared on Colorado television in 1991 when he moved from the Midwest to Denver as Chief Meteorologist at 9News then in 2004 at Denver7 news. Mike has reported the news during some of Colorado's biggest weather events including the Windsor Tornado, the flood of 2013, and major blizzards in 1997, March of 2003 and 2019. Earlier this year, Mike announced he is retiring, his last broadcast will be December 12th of this year. Come meet Mike and hear his fascinating Colorado weather stories on this farewell tour.

### 55+ Job Fair

**Date: Tuesday, September 24**

**Time: 1 - 4 pm**

Cost: Free

Our 55+ Job Fair will have free workshops with Workforce Boulder County, resume reviews, and a variety of Longmont employers looking to hire. For more information, please call 720-776-0822 or email [wfbiz@bouldercounty.gov](mailto:wfbiz@bouldercounty.gov).



*Please Note: All classes and programs with a Registration number require advance registration.*



## Donut Forget Our Vets

Registration #483000-03

**Date: Friday, November 1**

**Time: 9 - 10:30 am**

Cost: Free, please register in advance

**Registration Deadline: October 29**

Come listen to interesting and intriguing chronicles and fascinating personal accounts featuring local veterans who served our great nation during World War II through the Vietnam conflict. Army, Navy, Air Force and Marines will all be represented. Join us for a panel discussion dedicated to individuals who made sacrifices for our country. Complimentary donuts and coffee will be served.

## Native American Heritage Month - CEP

Registration #483000-04

**Date: Saturday, November 2**

**Time: 11 am - 4 pm**

Cost: Free, please register in advance

**Registration Deadline: October 26**

Celebrate Native American Heritage Month with traditional food, dancing, games, and storytelling. Enjoy authentic fry bread, watch vibrant tribal dances and drumming, participate in crafts, and listen to captivating stories that highlight the rich cultural heritage of Native American communities. Join us for an unforgettable experience!

For more information please contact **Jennifer Diaz-Leon** at 303-774-3754 or [jennifer.diaz-leon@longmontcolorado.gov](mailto:jennifer.diaz-leon@longmontcolorado.gov).

## It's Back! Deck the Halls

**Date: December 1 - 31**

Cost: Free! To register your tree  
Please contact **Amy Hodge**  
at 303-651-8495

or email [amy.hodge@longmontcolorado.gov](mailto:amy.hodge@longmontcolorado.gov)

**Registration Deadline: November 20**

It's time to light up the Longmont Senior Center with our 2nd annual Deck the Halls event! If you are a part of a Senior Center group, a local business, family, or individual, bring in your tree and decorate with a theme to be voted on by our aging community. After registration closes on November 20, registered participants will receive communication on tree set up to take place November 22 - 27. Participants are responsible for tree set up, decorating, and take down. The Longmont Senior Center will provide power for your tree.



Voting by our aging community will take place December 1 - 31 and is completed by bringing in non-perishable food items to be placed in the collection box below your favorite tree.

**Canned Food Drive**  
Now that our "Halls have been Decked" with an assortment of beautiful holiday tree decorations, come on in and vote for your favorite tree. To vote, bring non-perishable food items in and place them in the box that corresponds to your favorite tree. Items will be counted throughout the event and all donations will be sent to the Table of Hope Food Pantry. The winning tree will be announced during early January 2025.

*Please Note: All classes and programs with a Registration number require advance registration.*

## NEED HELP WITH ONLINE REGISTRATION?

Check out our updated how-to video at [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)



**SPECIAL EVENTS** AND CULTURAL ENRICHMENT PROGRAMS

## Creative Card Making

**Dates:** **Monday, September 16**  
Registration #484128-09

**Monday, October 21**  
Registration #484128-10

**Monday, November 18**  
Registration #484128-11

**Time:** 2 – 4 pm

**Cost:** \$16 resident, \$18 non-resident

**Registration Deadline:** **September 9, October 14, November 11, respectively**

### EVENING CLASSES:

**Dates:** **Monday, September 16**  
Registration #484128-12

**Monday, October 21**  
Registration #484128-13

**Monday, November 18**  
Registration #484128-14

**Time:** 6 - 8 pm

**Cost:** \$16 resident, \$18 non-resident

**Registration Deadline:** **September 9, October 14, November 11, respectively.**

You will make 3 projects in this class. They will be seasonal cards including birthday and thank you cards. The instructor will be **Chris Pereira** who invites you to join in and share her love of card making. Class will be from 6-8 p.m. All supplies are included and extra kits are available for \$4 each. You need only to bring your favorite adhesive and a smile! Class size is limited so be sure to sign up early!

**You need only bring your smile, scissors, and your favorite adhesive.**

## Studio Time with Donna Clement

Registration #484112-09

**Dates:** **Mondays, September 9, 16, 23, 30**

Registration #484112-10

**Dates:** **Mondays, October 7, 14, 21, 28**

Registration #484112-11

**Dates:** **Mondays, November 4, 11, 18, 25**

**Time:** 1:30 - 4pm

**Cost:** \$33 resident, \$36 non-resident

**Registration Deadlines:** **September 2, September 30, October 28 respectively**

This is an informal laidback class where you can work on whatever project you wish, using mediums such as colored pencil, graphite, pen and ink, oil paint, watercolors, acrylics, etc. I will be there to guide you throughout, as needed.

**Supplies:** Bring **ALL** the supplies you need for your project. **Instructor:** **Donna Clement**

## Pottery Class

**Dates:** **Tuesdays**

Registration#:

484126-09

**September 17** Bowl

484126-10

**October 29** Small Pitcher

484126-11

**November 19** Seasonal Gift

**Time:** 1 - 2:30 pm

**Cost:** \$12 resident, \$14 non-resident  
(cost is per class)

**Instructor:** **Angela Case**

**Registration Deadline:** **September 10, October 22, November 12 respectively**

Have fun working with your hands and learn to make functional pottery. One piece per class. We will make a bowl, small pitcher and a seasonal gift in the classes offered this fall. All materials are included for each class. Register now, space is limited.

## Alcohol Inks-Painting Ornaments

Registration #484140-01


**Day:** **Tuesday, November 12**

**Time:** 1:30 - 4 pm

**Cost:** \$44 resident, \$47 non-resident

Registration #484140-02

**Day:** **Wednesday, November 20**

**Time:** 4:30 - 6:30 pm 

**Cost:** \$44 res, \$47 non res

**Registration Deadline:** **November 13**

Join me for the Ornament version of Alcohol inks. Let's have some fun creating ornaments to hang in your windows all year long, to hang on your Christmas tree, or to give as gifts. Or we can change old ornaments you already have, but aren't crazy about. If you are not happy with your creation, you can wipe it all off with rubbing alcohol and start again. No prior art experience needed. There will be rubbing alcohol in use, hence the name "alcohol" inks. I will open a window! No prior art experience needed. I will help with color theory.



## Sip-N-Paint

Registration#184133-01

**Date:** **Tuesday, December 10**

**Time:** 2:30 – 4:30 pm

**Cost:** \$10 resident, \$11 non-resident

**Registration Deadline:** **December 1**



Join us for a guided painting program with hot cocoa and apple cider. You will leave the class with a completed snowman painting, which is a great holiday gift for yourself or someone else! Instructor: Seniors Services staff member **Amy Payan**.





## A Peer-Peer Learning Community

Senior Center Tech Connect (SCTC) is an all-volunteer program that helps seniors in our community learn and stay current with technology. Our peer coaches provide formal instruction and individual assistance in a comfortable and supportive environment, covering the full spectrum of computing devices and addressing the continuum of advancements and challenges we face daily.

Through lectures, demonstrations, and one-on-one assistance there are many ways to learn and stay current. Look for these opportunities in the following formats:



### IN-PERSON AT THE SENIOR CENTER

- Cell/Smartphone Tutoring: One-on-one assistance with your phone. Registration is required.
- Tuesday/Friday Drop-in Tech Lab: One-on-one assistance with any device. No appointment needed; pay at the door.
- Senior Center Lectures: Tech topics, some device-specific. Registration is required.

### ONLINE VIA ZOOM

- Friday Online Drop-in Lab: One-on-one assistance with any device. No appointment needed; no charge.
- Lectures: Tech topics, sometimes device-specific. Join via Zoom link; no registration required.

### HOW TO CONTACT SCTC

- Visit the SCTC website: [longmontSCTC.org](http://longmontSCTC.org)
- Email us at: [infosctc@friendslongmont.org](mailto:infosctc@friendslongmont.org)
- Call the Hotline: 303-834-7703

### PERSONAL COACHING

If you need assistance outside these opportunities, SCTC Volunteer Coaches can meet with you in person or virtually. Requesting a Personal Coach is simple:

- Submit a Personal Coaching request on our website: [bit.ly/sctc-help](http://bit.ly/sctc-help).
- Call the Senior Center front desk: 303-651-8411.
- A Volunteer Coach will reach out to provide assistance.

### COSTS

- » All Online via Zoom activities are FREE.
- » In-Person activities:
  - Lectures: \$2 resident, \$3 non-resident
  - Smartphone Tutoring: \$2 res, \$3 non-res
  - Tech Labs: \$2, pay at the door or purchase a 5-session punch card at the Front Desk for \$10
  - Personal Coaching: \$5 for each in-person session

## SCTC ACTIVITIES

Activities are color coded to denote In-Person or Online via Zoom.

**In-Person at Longmont Senior Center.** Register at the Senior Center Front Desk or call 303-651-8411.

**Online via Zoom.** Sign up for the SCTC email list at [bit.ly/sctc-signup](http://bit.ly/sctc-signup). Once on the email list, no other action is needed. A Zoom link email is sent to you the day before the activity.

**See pages 18-20 for Activity Descriptions.**

Topic	Registration	Dates	Times	Location	Res/Non Res
<b>Cell &amp; Smartphone Tutoring</b>	482019-1A 482019-1B	Tuesday Sept 3	9:30 – 10:30 am 11 am – Noon	Senior Center	\$2.00 \$3.00
<b>Cheap Computing</b>	Online	Wednesday Sept 4	10 – 11:30 am	Zoom	Free
<b>Senior Center Tech Lab</b>	Drop-in	Friday Sept 6	1 – 3 pm	Senior Center	\$2.00 \$2.00
<b>Senior Center Tech Lab</b>	Drop-in	Tuesday Sept 10	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
<b>Staying Cyber Safe</b>	482037-01	Tuesday Sept 10	6:00 – 8:00 pm	Senior Center	\$2.00 \$3.00



## SCTC ACTIVITIES

Activities are color coded to denote In-Person or Online via Zoom.

- In-Person at Longmont Senior Center.** Register at the Senior Center Front Desk or call 303-651-8411.
- Online via Zoom.** Sign up for the SCTC email list at [bit.ly/sctc-signup](https://bit.ly/sctc-signup). Once on the email list, no other action is needed. A Zoom link email is sent to you the day before the activity.

**See pages 17-19 for Activity Descriptions.**

Topic	Registration	Dates	Times	Location	Res/Non Res
Photos on Your Android & PC	482037-00	Thursday Sept 12	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Sept 13	1 – 2:30 pm	Zoom	Free
Cell & Smartphone Tutoring	482019-2A 482019-2B	Monday Sept 16	9:30 – 10:30 am 11 am – Noon	Senior Center	\$2.00 \$3.00
Getting the Most Out of Your iPhone	Online	Wednesday Sept 18	10 – 11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Sept 18	1:30 – 3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Sept 20	1 – 3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Sept 24	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
How AI Helps Organize Photos on Your Mac	482037-02	Thursday Sept 26	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Sept 27	1 – 2:30 pm	Zoom	Free
Edge Tips & Tricks	Online	Wednesday Oct 2	10 – 11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Oct 4	1 – 3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	482019-3A 482019-3B	Monday Oct 7	9:30 – 10:30 am 11 am – Noon	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Tuesday Oct 8	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
What's This "Cloud" Thing?	482037-03	Thursday Oct 10	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Oct 11	1 – 2:30 pm	Zoom	Free
Effective Kindle Fire Use for Seniors	Online	Wednesday Oct 16	10 – 11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Oct 16	1:30 – 3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Oct 18	1 – 3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	482019-4A 482019-4B	Monday Oct 21	9:30 – 10:30 am 11 am – Noon	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Tuesday Oct 22	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
Getting to Know Your Android Phone	482037-04	Thursday Oct 24	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Oct 25	1 – 2:30 pm	Zoom	Free



Topic	Registration	Dates	Times	Location	Res/Non Res
<b>Getting to Know Your Apple Watch</b>	Online	Tuesday Oct 29	10 – 11:30 am	Zoom	Free
<b>Cybersecurity Fundamentals</b>	482037-05	Tuesday Oct 29	4:00 – 5:30 pm	Senior Center	\$2.00 \$3.00
<b>Phishing, Vishing, and Smishing...OH MY!</b>	Online	Wednesday Oct 30	10 – 11:30 am	Zoom	Free
<b>Senior Center Tech Lab</b>	Drop-in	Friday Nov 1	1 – 3 pm	Senior Center	\$2.00 \$2.00
<b>Cell &amp; Smartphone Tutoring</b>	482019-5A 482019-5B	Monday Nov 4	9:30 – 10:30 am 11 am – Noon	Senior Center	\$2.00 \$3.00
<b>Cutting the Cord 2024</b>	Online	Wednesday Nov 6	10 – 11:30 am	Zoom	Free
<b>Our Favorite Apps</b>	482037-07	Friday Nov 8	10 – Noon	Senior Center	\$2.00 \$3.00
<b>Online Tech Lab</b>	Online	Friday Nov 8	1 – 2:30 pm	Zoom	Free
<b>Senior Center Tech Lab</b>	Drop-in	Tuesday Nov 12	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
<b>What's New on Your iPhone?</b>	482037-08	Thursday Nov 14	1 – 3 pm	Senior Center	\$2.00 \$3.00
<b>Senior Center Tech Lab</b>	Drop-in	Friday Nov 15	1 – 3 pm	Senior Center	\$2.00 \$2.00
<b>Cell &amp; Smartphone Tutoring</b>	482019-6A 482019-6B	Monday Nov 18	9:30 – 10:30 am 11 am – Noon	Senior Center	\$2.00 \$3.00
<b>Managing Google Photos</b>	Online	Wednesday Nov 20	10 – 11:30 am	Zoom	Free
<b>Genealogy Research Workshop</b>	Online	Wednesday Nov 20	1:30 – 3:30 pm	Zoom	Free
<b>Online Tech Lab</b>	Online	Friday Nov 22	1 – 2:30 pm	Zoom	Free
<b>Senior Center Tech Lab</b>	Drop-in	Tuesday Nov 26	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
<b>Cell &amp; Smartphone Tutoring</b>	182019-1A 182019-1B	Monday Dec 2	9:30 – 10:30 am 11 am – Noon	Senior Center	\$2.00 \$3.00
<b>Organizing Photos on iCloud (Mac &amp; PC)</b>	Online	Wednesday Dec 4	10 – 11:30 am	Zoom	Free
<b>Senior Center Tech Lab</b>	Drop-in	Friday Dec 6	1 – 3 pm	Senior Center	\$2.00 \$2.00
<b>Senior Center Tech Lab</b>	Drop-in	Tuesday Dec 10	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
<b>Password Management</b>	182037-00	Thursday Dec 12	1 – 3 pm	Senior Center	\$2.00 \$3.00
<b>Online Tech Lab</b>	Online	Friday Dec 13	1 – 2:30 pm	Zoom	Free
<b>Cell &amp; Smartphone Tutoring</b>	182019-2A 182019-2B	Monday Dec 16	9:30 – 10:30 am 11 am – Noon	Senior Center	\$2.00 \$3.00
<b>So You Want to Know More About AI?</b>	Online	Wednesday Dec 18	10 – 11:30 am	Zoom	Free
<b>Genealogy Research Workshop</b>	Online	Wednesday Dec 18	1:30 – 3:30 pm	Zoom	Free



## SCTC ACTIVITIES DESCRIPTIONS

*See Pages 15-17 for Dates, Times, and Cost.*

**For In-Person**, register at the Senior Center Front Desk or call 303-651-8411.

**For Online**, sign up for the SCTC email list at [bit.ly/sctc-signup](https://bit.ly/sctc-signup).

*Once on the email list, no other action is needed. A Zoom link email is sent to you the day before the activity.*

### Cell & Smartphone Tutoring

A one-on-one tutoring session with a peer Coach. Please register at least three business days prior. For an hour, a Coach will help you with your phone. Bring your phone, charger, and passwords. This is not a structured class with lecture. **Location: Longmont Senior Center.**



### Effective Kindle Fire Use for Seniors

For typical computer users, Kindle Fires are vastly overlooked. A Fire can provide email, calendar, weather, video conferencing, reading, contacts, games, and Internet capabilities easier and more quickly than a full computer. Around 85% of your needs are designed for ease of use — and for much less cost. This lecture will cover Kindle Fires and Readers as well as their many useful and fun apps, and answer any questions.

**Presented by: Kirk Stewart. Location: Online.**

### Cheap Computing

Purchasing a new computing device can be daunting, especially with the prices these days! In this session we'll examine some typical ways we "compute," and explore how a less expensive device might be just the ticket for your day-to-day computing needs.

**Presented by: Daryl Goodman.**

**Location: Online.**

### Cutting the Cord 2024

This session will offer an overview of the many ways to view TV. Using the airwaves and the Internet on your TV and your smart device, you have so many options. We are overloaded with choices of devices, channels, shows, and movies. Let's take a fresh look.

**Presented by: Daryl Goodman. Location:**

**Online.**

### Edge Tips & Tricks

Edge is Microsoft's free browser which has many of the same features as Google's Chrome browser. This class will cover newer features such as Tab Groups and Edge's implementation of Artificial Intelligence. The handout will include this material and the topics of the Edge menu, tabs, favorites, and extensions.

**Presented by: Henry Spencer. Location: Online.**

### Getting the Most Out of Your iPhone

Everything your iPhone does is managed by a program called iOS — from configuring your home screen to which ringtone to use. In this session, we will highlight some lesser-known features of iOS that add



value to your iPhone investment. We will focus on features that enhance your safety, help you get the most out of your camera, and effectively share information with friends and family.

**Presented by: Karen Rademacher.**

**Location: Online.**

### Getting to Know Your Android Phone

An Android phone is a smartphone that runs on the Android operating system (OS) developed by Google. There are a variety of brands and models, e.g., Samsung, Motorola, Nokia, Sony, and OnePlus. This lecture will explore the basics of how to navigate your phone and adjust settings to personalize the phone for you.

**Presented by: Dick Sramek.**

**Location: Longmont Senior Center.**



## Getting to Know Your Apple Watch

Your Apple Watch works pretty well right out of the box, but if you dig a little deeper, it has much more to offer. Learn how to customize your Watch to fine-tune watch faces, notifications, and app integrations. Explore the differences between the Health and Fitness apps and how they interact with your Watch. **Presented by: Karen Rademacher. Location: Online.**

## How AI Helps Organize Photos on Your Mac

Your Mac has an array of amazing features to help you sort, select, and edit your photos and videos — many of which use Artificial Intelligence. We'll discuss what those features are, the best way to use them, and how to configure your Mac and iPhone/iPad to take advantage of them. And, with iCloud, you can synchronize your photos and videos across all your devices (even PCs!) for sharing and presenting. **Presented by: Bobski Masson. Location: Longmont Senior Center.**

## Managing Google Photos

The Google Photos app can be a valuable free addition to devices like your mobile device or your home computer for managing and backing up your valuable photos. We will provide tools for using this app and tips for moving your photos between all your devices and Google Cloud services. **Presented by: Bruce Armstrong. Location: Online.**

## Online Tech Lab

On Friday afternoons, using Zoom, our peer Coaches are available to help you one-on-one with any question on any device. **Location: Online.**

## Organizing Photos on iCloud (Mac & PC)

People with iPhones/iPads and Mac computers know how well everything “just works.” But what if you have an iPhone and your computer is a Windows PC? Well, iCloud still works, and it lets you synchronize things like photos, calendars, and contacts across your devices — even if that device is running Windows! Note: This presentation is mainly about using iCloud to manage information (including photos) between an iPhone and a Windows PC. Google Photos on Android phones is a separate topic. **Presented by: Bobski Masson. Location: Online.**

## Our Favorite Apps

Apps are popping up all over. It is overwhelming. Let's all share our favorites. This roundtable discussion will result in suggestions for different types of apps that might appeal to you.

**Presented by: Sarah Jane Snyder.  
Location: Longmont Senior Center.**

## Password Management

Are you constantly forgetting passwords? Resetting passwords? Forgetting the answers to security questions? There are many tools and methods out there to help you organize your passwords. We will talk about the whole spectrum — manual paper-based systems, third-party apps, password managers, and the latest password management technologies. We will help you figure out a plan to finally get those passwords organized. **Presented by: Karen Rademacher. Location: Longmont Senior Center.**

## Phishing, Vishing, and Smishing ... OH MY!

This presentation will guide you through the dangers of phishing (fraudulent emails); vishing (phony phone calls); and smishing (deceptive text messages), as well as other common scams. You'll learn how to spot these scams and protect your personal information. This will empower you with the knowledge to stay safe in the digital world. **Presented by: North Rittner. Location: Online.**

## Photos on Your Android & PC

Managing and synchronizing photos between your Android device and your Windows PC allows you to collect, organize, edit, and share your photos. Using Google Photos, your photos and videos are automatically backed up and organized in one place, accessible from any computer and smart device. Your photos are safe, secure, and private to you. This lecture demonstrates those capabilities.

**Presented by: Tim Morneau.  
Location: Longmont Senior Center.**

## Senior Center Tech Lab

Drop-in at the Senior Center on Tuesday morning or Friday afternoon. Our Coaches are available to help you one-on-one with any question on any device. Bring your device, charger, and passwords. **Location: Longmont Senior Center.**



## So You Want to Know More About AI?

Hey, silver surfers! Ready to decode AI? This technology is both mystifying and exciting. AI chats, plays games, predicts weather, and helps you summarize tasks in mere seconds. So, grab your virtual magnifying glass — we’re unraveling AI’s secrets, one pixel at a time.

**Presented by: North Rittner. Location: Online.**

## Staying Cyber Safe in Cyber Space

In this presentation, we’ll turn you into scam detectives. We’ll uncover the secrets of strong passwords, spot sneaky scams, and learn online safety with a smile. By the end, you’ll be outsmarting scammers with savvy and style. Let’s have some fun and keep those digital tricksters at bay! **Presented by: North Rittner.**

**Location: Longmont Senior Center.**

## What’s New on Your iPhone?

Approximately once a year, Apple releases a new version of the iPhone operating system, known as iOS. Contrary to the notion of merely replacing the old with the new to confuse us (although it often achieves that!), the primary goal is to introduce new features that help you use your phone more effectively. In this session, we’ll delve into some tried-and-true tips and tricks and explore the latest whiz-bang features in the most recent release. **Presented by: Bobski Masson.**

**Location: Longmont Senior Center.**

## What's This “Cloud” Thing?

What’s all this about “the cloud?” Is it a good thing? And if it is, how do I use it? And is it safe? In this session, we’ll unravel the mysteries of “the cloud” (whether you’re on a Mac, iPhone, iPad, Android device, or Windows PC) and explore how it works, what it will do for you, and if it’s secure.

**Presented by: Bobski Masson.**

**Location: Longmont Senior Center.**

### COLLABORATION WITH SVVSD INNOVATION CENTER

Join us for the St Vrain Valley School District Innovation Center high school students’ intergenerational perspective on Cybersecurity.



## Cybersecurity Fundamentals

Registration #482037-05

**Date: Tuesday, October 29**

**Time: 4 - 5 pm**

Cost: \$2 resident, \$3 non-resident

Location: Longmont Senior Center

Did you know that 2,200 people are hacked every

day worldwide? About 80% of all Senior Citizens have been targeted by a cyber attack. The Cyber Team high school students will teach the fundamentals to help you be more cyber safe! We will discuss why cybersecurity is important, how to protect your personal information, and how to avoid scams.

## Genealogy Research Workshop

Registration: register at [www.longmontgenealogicalsociety.org](http://www.longmontgenealogicalsociety.org) or email to [PresidentLGS@gmail.com](mailto:PresidentLGS@gmail.com)

**Dates: Wednesdays, September 18, October 16, November 20, December 18.**

**Time: 1:30 – 3:30 pm**

Cost: Free

**Location: Online/Zoom**

Fellow genealogists will be available to help with questions about that ancestor you just can’t find. We may be able to help you find immigration records, obituaries, wills, and census records. We can help with how to use genealogy websites, or share information on new websites we’ve discovered. AND, we are always happy to help those just starting their family research! Please join us as your questions always lead to interesting and lively discussions.



**Please see page 26 of General Interests section for additional Genealogy details.**

## Digital Discovery: Unleashing Your Potential with Online Learning and Education

Registration #484201-00

**Date: Thursday, October 17**

**Time: 10 am - Noon**

Cost: Free, please register in advance.

**Registration Deadline: October 12**

In this one-hour workshop,

**Lucy Kuchta** will explore online learning and education opportunities.



We'll introduce participants to the benefits of online learning, showcase popular platforms like Coursera, Khan Academy and Duolingo along with practical tips to get started. Also, we'll discuss online resources that local libraries offer to residents. We'll discuss some of the advantages of online learning for older adults such as flexibility, accessibility and the opportunity for lifelong learning. Success stories and testimonials from age 60+ adults who have improved their lives through online learning and education will be shared.

Are you age 60+ and live in Boulder County? If yes, please join us for this workshop. Through interactive discussions and hands-on activities, we will demonstrate how to navigate platforms and search for courses based on interests and goals. We'll walk participants through the process of creating accounts and setting up profiles on your chosen platforms. Also how to enroll in courses, access learning materials and track progress. We'll have an interactive discussion about concerns such as technical challenges, self-motivation, social interaction, instruction quality and digital literacy. Our goal for this workshop is that participants will understand what online learning is and how to participate in this exciting area to continue to grow and thrive.

## Connecting Beyond Borders – Building a Digital Community to Meet New Friends and Stay Connected With Our Loved Ones

Registration #184201-00

**Date: Thursday, December 12**

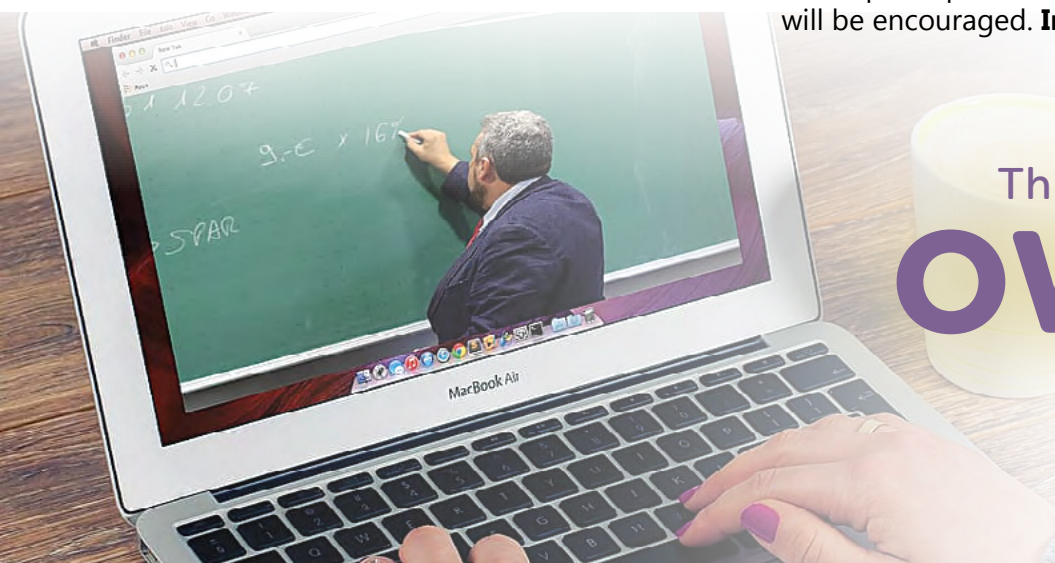
**Time: 10 am - Noon**

Cost: Free, please register in advance.

**Registration Deadline: December 5**

In this one-hour workshop, we will empower participants to create and manage their own digital communities using social media and other online platforms to foster connections and engagement with like-minded individuals. We will discuss the importance of digital communities for staying connected, sharing interests and fostering social support. A digital community will be defined along with highlighting different types of online platforms for community building, such as social media networks, forums, online groups and even virtual reality platforms. We will share examples of successful digital communities with age 60+ adults and showcase their benefits.

Are you age 60+ and live in Boulder County? If yes, please join us for this workshop. Through interactive discussions and hands-on activities, we will demonstrate how to select the platform that best aligns with your goals and preferences. Step-by-step instructions for creating a digital community will be provided. Also, we will demonstrate how to customize group settings, invite members and establish guidelines for participation and moderation. We will discuss strategies for attracting friends and members, initiating discussions and facilitating connections along with sharing tips on how to nurture a digital community. We will conduct an open discussion about common concerns such as privacy, misinformation, content overload and time management. Questions and interactive discussions about participant's digital community experiences will be encouraged. **Instructor: Lucy Kuchta**



This is your time.

**OWN IT.**

## Book Club - We Be Bookin'

Registration #484244-00

**Date:** Wednesdays, September 18,  
October 16, November 20, December 18

**Time:** 1 - 2 pm

Cost: Free, please register in advance

**Registration Deadline:** September 11, October 9,  
November 13, December 11 respectively

Join our book club for a fun way to meet people and have stimulating conversations! The book to read in September is "The Devil In The White City" by Erik Larson. At the September book discussion, the group will choose the book for October and in November for December. Space is limited. Please contact **Cecelia Jones** at 303-746-2573 for more information about this class.

## Will-Maker Legal Seminar

**Date:** Thursdays, September 5, October 3,  
November 7, December 5

**Time:** 12:30 - 4:30 pm

Cost: \$100 resident, \$110 non-resident

**Registration Deadline:** August 29, September 26, October 31, November 28 respectively

In a single easy session, complete a will, a financial power of attorney, and a combined medical directive (including living will, medical power of attorney, and organ donation), all with the help of a licensed attorney, **Rebecca L. Bennetti**, and her staff. Includes all materials, witnessing, notarizing, individual review, and plenty of time for discussion and questions.

*Couples must have individual wills. A \$30 materials fee payable to the instructor at the beginning of class.*

## Fun with Singing

Registration #384245-00

**Date:** Tuesdays, September 3 - October 22

**Time:** 3 - 4:15 pm

**Registration Deadline:** August 30

Cost: \$32 resident, \$35 non-resident

If you enjoy singing and want to have some fun, this is the class for you! No experience required. In this 75-minute class learn vocal exercises for conditioning and strength as well as learn how to sing in a group learning parts, harmonies, counter melodies, and blending. This class is a secure, private, supportive, and safe environment where FUN is the focus!

Instructor: **Wayne Henggeler**. Wayne studied under the renowned Leslie "Divy" Nelson and certified as a vocal coach in 1995. Currently, he is the lead singer and bass guitarist for "The Responders Oldies Band." As the former owner of "You Can Sing" a school for teaching voice, Wayne has been teaching voice to hundreds of students over the last 27 years.

## Advanced Directives

Registration #485003-10 **Thursday, October 10**

Registration #485003-11 **Thursday, November 14**

**Time:** 9:30 - 11 am

Cost: \$5 resident, \$6 non-resident

**Registration Deadline:** October 3, November 7

There is no better time than the present to consider and clarify your wishes for medical treatment in the event you cannot speak for yourself. Preparing documents expressing those wishes ahead of time is a true gift to yourself, as well as your loved ones and physician, relieving them of the uncertainty of how you want to be treated. In this class, we will provide and review the various documents related to advance planning (medical power of attorney, living will, and Five Wishes). Facilitated by **Renita Henson, RN BSN**. Space is limited to 15 participants.



## AARP Driver Safety

Registration #484212-10

**Date:** Wednesday, October 9

**Registration Deadline:** October 2

Registration #184212-12

**Date:** Wednesday, December 11

**Registration Deadline:** December 4

**Time:** 8:30 am - 12:30 pm

Cost: \$20 AARP members, \$25 non-members, payable to AARP and accepted at class. *Free to individuals with an AARP Medical Supplemental insurance plan identification card with their name on the card. Please arrive 15-minutes early to complete registration and payment.*

AARP's fast-paced format of a half-day session is designed to sharpen driving knowledge and skills and to develop strategies for adjusting to accelerated changes in technology, vision, hearing, reaction time, and other elements that relate to our abilities to be safe drivers. Graduates may be able to qualify for a discount on auto insurance. Registration is required. Please bring driver's license, AARP card, and a pen to class.

*Please Note: All classes and programs with a Registration number require advance registration.*





## Death Café ☺

Registration #484509-01

**Date: Wednesday, October 9**

**Time: 5:30 - 7 pm**

Registration #484509-02

**Date: Wednesday, October 16**

**Time: 2 - 3:30 pm**

Cost: Free, please register in advance

Let's talk about death! Join us at Death Café, a salon for those who wish to engage in thoughtful, respectful, and sometimes provocative conversation about death. Our objective is to increase awareness of death and dying while helping people make the most of their finite lives. This is not a bereavement or grief counseling group. Discussion is facilitated by Peer Support volunteer **Sara Beery** or Senior Services staff **Brandy Queen**. Tea and sweets will be offered.

## Medicare Basics Classes

Registration #484502-24

**Date: Monday, September 9**

**Time: 10 - 11:30 am**

Registration #484502-10

**Date: Tuesday, October 1**

**Time: 5:30 - 7 pm ☺**

Cost: Free, please register in advance

Medicare Basics classes are offered by the Boulder County Area Agency on Aging Medicare Counselors.



The classes provide unbiased, up-to-date information about Medicare enrollment, benefits, costs, what and how Medicare pays, choices under Medicare plans, how they work, and prescription drug coverage. Everyone is welcome: pre-enrollees, people with Medicare, caregivers, family members, staff and service providers, and community members. Note: more class options are available ONLINE at [www.boco.org/Medicare](http://www.boco.org/Medicare).

*Please Note: All classes and programs with a Registration number require advance registration.*

## Animals

**The only animals allowed in the building are Service Animals as defined by the ADA which are dogs (or miniature horses) that are individually trained to do work or perform tasks for people with disabilities. Per Senior Center policy, only Service Animals as defined above and animals invited as part of a staff-arranged program are allowed in the building.**

## Beginning Mahjong

Registration #484242-10

**Dates: Tuesday, Tuesdays, October 1, 8, 15, 22**

**Time: 1 - 4 pm**

Cost: \$36 resident, \$43 non-resident

Learn the basics of this fascinating and stimulating game. The rules of Mahjong will be explained over several sessions, and then you will put your knowledge to work by playing the game. This class is being taught by a current Mahjong instructor. Cards are included in the fee, as every player is required to have their own cards. A handout will be provided at the first class. If you don't need lessons, have your own cards, and love to play Mahjong, please join our Friday group! Email **Diane Gamble** at [dianegamble77@comcast.net](mailto:dianegamble77@comcast.net) to find out more.

## Long-Term Care Financial Planning (Fall) ☺

Registration #484516-24

**Date: Tuesday, September 10**

**Time: 5 - 6:30 pm**

Cost: Free, please register in advance

Planning for long-term care can be complex and can appear daunting. Our panel would like to help you learn the basics of long-term care options and financial planning. Please join us to learn about: benefits from the Veteran's Association, the difference between Medicaid and Medicare coverage, how long-term care insurance policies work, and the logistics of applying for Long-Term Care Medicaid and how its coverage and spousal allowance work. The session will include a question-and-answer segment with our panelists from **Veteran's Services, the Boulder County Long-Term Care Medicaid team**, and long-term care insurance professional, **Gail Longenecker**.

## Social Security 101 ☺

Registration #484522-09

**Date: Monday, September 23**

**Time: 5:30 - 7:30 pm**

Cost: Free, please register in advance

**Ivy Heuton**, public affairs specialist with the Social Security Administration, will provide a pre-retirement presentation discussing Social Security benefit eligibility, how benefits are calculated, enrollment options, online services and more.

## Avoiding Medicare Open Enrollment Mistakes

Registration #484503-24

**Date: Monday, September 23**

**Time: 10 - 11:30 am**

Cost: Free, please register in advance

Brought to you by **Boulder County's ONLY SHIP Medicare office**. This time is set aside for you to meet our Medicare counseling team, learn the do's and don't's of Open Enrollment, and identify how to prepare. Medicare's open enrollment period runs October 15th through Dec. 7th. Your coverage should be evaluated every year: networks change, prices change, and formularies are updated. Be prepared! Mistake number 1 is not evaluating your drug plan every year during Open Enrollment.

## Gift Planning and Why It's Essential

Registration #484239-24

**Date: Wednesday, October 9**

**Time: 3 - 4 pm**

Cost: Free, please register in advance

Join us for ideas for planning your estate that may make it easier on your heirs and ensure that your charitable wishes are followed. You will learn about a variety of ways people can gift in benefit of our Longmont community from **Longmont Community Foundation** and a variety of **City of Longmont divisions**, including Parks, Museum, Library, Youth Center, and Senior Center.

## Aging Solo: Handyman 101

Registration #484562-24

**Date: Thursday, October 17**

**Time: 3 - 4 pm**

Cost: Free, please register in advance

Are you wondering how you might complete minor home repairs and don't know where to begin? Join volunteers and staff from Cultivate to learn more about their volunteer Fix-It program. Cultivate's vision is to create a world in which all seniors and their loved ones enjoy more quality time and peace of mind through the active support of their community. Presented by **Sharon Greene from Cultivate**.

## Holiday Scams

Registration #484564-00

**Date: Thursday, November 7**

**Time: 10 - 11:30 am**

Cost: Free, please register in advance

Scammers would love a seat at your holiday table. Come learn about the scams and frauds that pop up this time of year, whether they're coming our way by phone, email, popup, or mail, or even at the door. Learn about the latest call-blocking features that our landline and cellphone companies now provide to reduce the number of scam calls. We will also talk about identity theft and how to keep your personal information and money safe in this technological age. Presented by the **Community Protection Division of the Boulder County District Attorney's Office**.

## Need Help with Your Heating Costs?

**Date: Thursday, November 14**

**Time: 9 - 11 am**

Cost: Free

Is your heating bill out of control? It might be time for you to find out if you are eligible for LEAP (Low-income Energy Assistance Program). Senior Services staff will be available during this walk-in clinic to assist with completing LEAP applications. Ask the front desk for a list of items you need to bring in order to complete the paperwork.

## BeReady Longmont

Registration #184512-24

**Date: Tuesday, December 3**

**Time: 10 - 11:30 am**

Cost: Free, please register in advance

Winter storms, flood, and fire are Longmont's greatest natural hazards. These can result in severe disruptions in utilities and services that we all rely on daily. How would you and your family handle the challenge? Come learn how to prepare yourself, your family, and your neighbors! Presented by **Kevin Esmail**, City of Longmont Office of Emergency Management.



## CONVERSATION STARTER FILM SERIES

Do you enjoy hearing others' ideas and sharing your thoughts? Almost daily, we may be faced with situations that are interesting, confusing, or complicated. The intent of this program is to explore different perspectives and gain understanding on topics of aging-related through discussion and illustrative films. The discussion will be led by our Supportive Services Supervisor, **Brandy Queen**.

Registration #484551-09

**Date: Monday, September 30**

Registration #484551-10

**Date: Monday, October 7**

**Time: 1 - 2:30 pm**

Cost: Free, please register in advance

### Lost Memories: A Telenovela About Families and Dementia

Follow the Ramirez family as they face the challenges of Alzheimer's disease in this fictional, but very true-to-life, telenovela series. Each episode runs 8 – 10 min long; we will pause for discussion after each episode. On September 30 we will watch Season 1, which explores the process of acknowledging and evaluating dementia symptoms and how it can impact a family. On October 7 we will watch Season 2, which explores caring for someone in the middle stages of dementia.

*Please Note: All classes and programs with a Registration number require advance registration.*

## Assistance Dogs 101

Registration #487100-00

**Date: Thursday, November 21**

**Time: 1 - 2 pm**

Cost: Free, please register in advance

**Registration Deadline: November 14**

Let's dive into the basics of assistance dogs including the different types and what they offer, what it takes to obtain a assistance animal including required certifications, and an overview of a typical day in the life of a service or facility dog. A demonstration of tasks as well as question and answer session will be incorporated. **Led by Chris Merkle**, Senior Investigator with the Boulder County District Attorney's Office, along with his facility dog, **Marlow**.

## New! Raise Your Vibrations

**Wednesdays, 9:30 - 10:15 am**

Registration #486038-09

**Session 1: September 4 - October 9**

Registration #486038-10

**Session 2: October 23 - November 27**

Cost: \$30 resident, \$35 non-resident (6-weeks)

**Registration Deadline: September 2, October 16**

It is believed that when you raise your vibrations, you feel more cheerful, your health improves, life takes on a brighter hue and you are more in tune with nature. Each class will begin with a short meditation followed by a discussion of what actions you can take to raise your vibrations and sharing the results from week to week.

**Instructor: Sue Otness.**

## NEED HELP WITH ONLINE REGISTRATION?

Check out our updated how-to video at [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)

## LOCKBOX PROGRAM

If you are 65 or older and have a disability or major medical issue, Longmont Meals on Wheels can help you with peace of mind that Emergency Services can enter if you can't open the door. You do not need to be participants in the Meals on Wheels program to have this service.

If you, your Longmont Meals on Wheels driver, a family member, or neighbor thinks you need help, the Lockbox Program gives Emergency Services access to you day or night! Firefighters from the Longmont, Mountain View, or Hygiene Fire Departments install the lockbox containing a key to your house, and they store your access code in the secure 9-1-1 database.

This program is FREE. Please contact Longmont Meals on Wheels at 303-772-0540 or go to their website: [www.longmontmeals.org](http://www.longmontmeals.org) to get more information or sign up for this program.





The Longmont Genealogical Society's goal is to promote an interest in genealogy research. Learning about your family history can be one of the most interesting and rewarding hobbies you'll ever find.

Ever wonder about your ancestor's arrival in this country? Are there stories that have been passed down in your family for which you would like to learn the truth? Genealogy research can answer your questions.

### Honor Your Ancestors with a Family History Book

Registration #484268-09

**Date: Friday, September 13**

**Time: 1:30 - 3:30 pm**

Cost: \$2 resident, \$3 non-resident

Class: In-Person and Online/Zoom

You've done your research, you have some family photos, and stories to pass down but where do you start? How do you organize it? Should it be in chronological order? Chapters? And, how do you add pictures and then get it printed? What are the costs? We will address all these questions and get you started with your book.



### Artificial Intelligence Meets Genealogy

Registration# 484268-12

**Date: Wednesday, October 16**

**Time: 5:30 - 7:30 pm**

Cost: \$2 resident, \$3 non-resident

Class: In-Person and Online/Zoom

**Registration Deadline: October 9**

This presentation explores the integration of artificial intelligence in genealogical research. The class covers AI fundamentals, its application in analyzing historical records and images, and the use of AI chatbots for research assistance. Participants will also learn about AI tools from major genealogy websites, including Ancestry and My Heritage, and see practical demonstrations. The session aims to enhance genealogical research efficiency and accuracy through modern technology.

**Presented by Bobski Masson.**

*Please Note: All classes and programs with a Registration number require advance registration.*

### Family Tree Maker Assistance Workshop

Registration #484268-10

**Date: Friday, October 18**

**Time: 1:30 - 3:30 pm**

Cost: \$2 resident, \$3 non-resident

This is a Workshop to assist those currently owning and using Family Tree Maker genealogy software. If you use Family Tree Maker (FTM) to save and record your family tree data on your personal computer and you have issues or problems for which you need assistance, this is a workshop for you.

Prerequisites: Own and use FTM 2017 or later, have a laptop computer on which you have this software and your family tree loaded, and which you can bring to the workshop. This is a participation Workshop, NOT a class, you'll be sharing the instructor's time with other participants. So, please bring some information that needs to be added to your tree.

### Photos-How to Scan, Backup, and Use the Photos in your Tree

Registration #484268-11

**Date: Friday, November 15**

**Time: 1:30 - 3:30 pm**

Cost: \$2 resident, \$3 non-resident

Class: In-Person and Online/Zoom

Have you been promising yourself for years that you would scan important photos and documents, but don't know how to get started? And, once you have started scanning, how can you guarantee that you won't lose all your hard work? Having a proper backup strategy is key to not losing all your hard work. Finally, let's look at how to add your newly scanned photos and documents to family trees in Ancestry and FamilySearch.

***We may be adding online/Zoom availability to some of our upcoming classes. If interested in additional details or registration information please contact the Longmont Senior Center at 303-651-8411.***





The Senior Center's Video Production Club, "Eyes on Longmont," and its members have been busy exploring Longmont and surrounding areas – capturing the stories, history, events, and more, **ALL on VIDEO!** We are fortunate to show and enjoy some of their work. Once videos have been premiered at the BIG PICTURE, you may access them at <https://bit.ly/eyesonlongmont> For information regarding becoming a part of the Video Production Club see page 7.

### Masa Farm and Seed Foundation - Seeding the Front Range Future



Registration #484205-09

**Date: Thursday, September 5**

**Time: 1 - 2:30 pm**

Cost: Free, please register in advance

Join us at the MASA Farm in Boulder where seeds are the future for the Front Range in this feature film. We'll visit the Seed House where there are over 1,000 varieties of regionally adapted seeds from plants grown on the farm's 20 acres. Meet Founder Richard Pecoraro and Assistant Director Laura Allard as they share their vision for MASA (Mutual Admiration Seed Association) and work to develop the depth and breadth in seed trials to expand varieties, preserve and share open-pollinated seeds. While seeds are at the heart of their holistic mission, each season brings the farm forward to connecting with the community with plants for your garden, sustainably grown nutrition-rich fruit and vegetables, fresh flowers, Community Supported Agriculture (CSA), MASA's Farm to Food Bank Initiative and volunteer opportunities. Come and discover all about MASA Farm and the development of the Front Range's only public domain seed bank for OUR community. Producer: Debbie Lee (35 minutes)

### James Barela Musician Extraordinaire



Registration #484205-10

**Date: Thursday, October 3**

**Time: 1 - 2:30 pm**

Cost: Free, please register in advance

James Barela, trumpet and Electronic Valve Instrument (EVI), has been a professional musician for 35 years and spent 15 years in Las Vegas as a first call trumpeter. James has performed and recorded around the world with artists such as Sam Butera, The Woody Herman Orchestra, Gladys Knight, Frankie Valli, Bobby Vinton, Bobby Rydell, Bono, Whitney Houston, Wayne Newton, Bill Watrous, Lew Tabackin, The Temptations, Phil Wilson, and many others. Get a behind-the-scenes view of what life is like

for a Las Vegas Musician. Listen to James perform Chuck Mangione's Land of Make Believe, blues, jazz, funk, and a beautiful ballad. Listen to James talk about the day his world was turned upside down when his lip muscles gave out and he had to have surgery to repair the damage. Follow his story through rehabilitation, discovering the EVI, and back to performing once again.

James has a Bachelor of Music degree in trumpet performance and a Masters of Music degree in composition from the prestigious University of Denver's Lamont School of Music. In addition to performing, James also maintains a private instruction studio, is in demand as a clinician and lecturer, and works with local educators. Produced by Sal Martorano and Bill Decker (54 Minutes)

### World War II Local Veterans' Stories



Registration #484205-11

**Date: Thursday, November 7**

**Time: 1 - 2:30 pm**

Cost: Free, please register in advance

To honor our Veteran's, please join us as six World War II local veterans talk about their experiences of how they got in the service, what they did in their service and after the war. A special thank you to Vern Zurick, Jack Thurman, Paul Corrington, Martin Podel, Frank Occhiuto and Bob Allen for their service and sharing their story in this video. Producer – Jill Hepp (57 minutes)

### A Christmas Tree in Olde Town Longmont



Registration #184205-12

**Date: Thursday, December 5**

**Time: 1 - 2:30 pm**

Cost: Free, please register in advance

Some family jewels are the Christmas ornaments that are displayed in our homes. This is our tree with glass ornaments dating to every decade since 1890. A brief history of Yule traditions is included in this feature. Producer: Ike Ikelman (32 minutes)



**GENERAL INTEREST**

## What is AAIR?

AAIR is the new Therapeutic Recreation program at the Longmont Senior Center! AAIR stands for **Aging Adaptive and Inclusive Recreation**.



## What is Therapeutic Recreation?

Therapeutic Recreation is an activity-based therapy that utilizes the interests of the community – activities that give their lives fullness and meaning – and uses them to achieve goals and create a foundation for a full and satisfying life.

## Who is Therapeutic Recreation for?

Research indicates that recreational therapy provides a variety of positive health outcomes for individuals of all ages and focuses on meeting people within their current abilities to create wellness identity.

## Ariana Heter, CTRS

Therapeutic Recreation Coordinator | [ariana.heter@longmontcolorado.gov](mailto:ariana.heter@longmontcolorado.gov) | 303-651-8907

## AAIR COMMUNITY OUTINGS

### Matinee Movie at Regal Village LOW

**Dates:** **Tuesday, September 10**  
Registration #484540-00  
**Tuesday, October 8**  
Registration #484540-01  
**Tuesday, November 12**  
Registration #484540-02  
**Tuesday, December 3**  
Registration #484540-03  
**Cost:** \$12 resident, \$13 non-resident  
**Registration Deadline:** **September 3,**  
**October 1, November 5, November 26**

Join the Longmont Senior Center as we head to Regal Village At The Peaks for a matinee movie, which is a great way to meet new people and make new friends! The movie titles will be released closer to dates. For more details please reach out to Ariana Heter, contact information above.

Check-in: 10:15 am  
Depart: 10:30 am  
Approx. Return: 1:30 pm

### Afternoon Tea at Callahan House LOW

Registration #484541-00  
**Date:** **Friday, November 15**  
**Cost:** \$30 resident, \$35 non-resident  
**Registration Deadline:** **November 8**

The Callahan House is a historically designated home built in 1892 and given to the City of Longmont in 1938 by honest and skillful merchants, Alice and Thomas Callahan. Join the Longmont Senior Center at the Callahan House for a historic tour and afternoon tea!

Check-in: 1:40 pm  
Depart: 1:50 pm  
Approx. Return: 4:15 pm

## KARUNA CARE SERVICES

At Karuna Care Services, we strive to build a better future by providing outstanding services that promote fulfillment, independence, and achievement for individuals with all abilities. Through diverse expertise and authentic relationships, we build genuine connections and advocate for those whose voices often go unheard. KCS has partnered with the Longmont Senior Center to promote organic connections with those in our community and allow friendships to blossom, so if you see us around be sure to say "Hello!"

### Board Game Day!

Registration# 485538-01  
**Date:** **Friday, October 18**  
**Time:** **1 - 3 pm**  
**Cost:** FREE, please register in advance

Come take a Risk; leave your Cribbage and Monopolize your time at board game day! It may sound Parcheesi but Life's more fun that way!

## NEED HELP WITH ONLINE REGISTRATION?

Check out our updated how-to video at  
[www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)

AAIR

AAIR PROGRAMS

## Fiddler on the Roof & Dinner LOW

Registration #484541-02

**Date: Friday, November 22** 

Cost: \$65 resident, \$70 non-resident

**Registration Deadline: November 15**

Head to Jesters to enjoy dinner and Fiddler on the Roof! Set in the little village of Anatevka, the story centers on Tevye, a poor milkman, and his five daughters. With the help of a colorful and tight-knit Jewish community, Tevye tries to protect his daughters and instill them with traditional values in the face of changing social mores and the growing anti-Semitism of Czarist Russia.



Check-in: 5:30 pm  
Depart: 5:45 pm  
Approx. Return: 11:30 pm

## Scratch Kitchen & 300 Suns Brewing LOW

Registration #484541-03

**Date: Monday, October 21**

Cost: \$13 resident, \$15 non-resident

**Registration Deadline: October 14**

300 Suns is head over heels in love with Longmont, Colorado and the average of 300 days of sun we get to enjoy each year. Nothing pairs better with a beautiful sunny day than a fun, relaxing place to hang out and enjoy a craft beer. In 2019, 300 Suns had the great luck of partnering with Nate Say of Scratch Food Truck to create a permanent kitchen inside 300 Suns. His craft-focused philosophy was a natural addition to our brewery and his scratch-made burgers, poutine and Nashville hot chicken keep our customers' bellies happy. Average meal cost (on your own) \$10-\$35

Check-in: 10:40 am  
Depart: 10:50 am  
Approx. Return: 12:45 pm

## Rocky Mountain Pumpkin Ranch MODERATE-HIGH

Registration #484541-04

**Date: Wednesday, October 9**

Cost: \$12 resident, \$13 non-resident

**Registration Deadline: October 2**

This is not your typical patch, where visitors can pick pumpkins from the vine. Rocky Mountain Pumpkin Ranch bring a huge assortment of pumpkins, squash, and gourds to the grounds, offering a variety of products within strolling distance. All of their pumpkins, winter squash, and gourds are 100% Certified Organic, GAP Certified and grown here in Longmont! There will also be an animal observation area where you can observe all the cute and cuddly animals. Don't forget to stop by the produce market where they specialize in producing farm-fresh, local, hand-picked, organically grown fruits and veggies for you and your family!

Check-in: 9:30 am  
Depart: 9:45 am  
Approx. Return: 12:45 pm

## Longmont Theatre Company - Mystery Show LOW

Registration #484541-05

**Date: Friday, September 20**

Cost: \$35 resident, \$38 non-resident

**Registration Deadline: September 6**

Check-in: 6:40 pm  
Depart: 6:50 pm  
Approx. Return: 11 pm

Join us in the local community for a mystery show! Originally called The Fox Theatre, the building was built in 1939. The original façade of the building was a perfect example of Art Deco – decorated with colored terrazzo, semicircular designs, and glass bricks. In 1990, the Longmont Theatre Company purchased the building and converted the facility to a performing arts complex, using the funds they had raised from donations and grants.

*Please Note: All classes and programs with a Registration number require advance registration.*

## Animals

**The only animals allowed in the building are Service Animals as defined by the ADA which are dogs (or miniature horses) that are individually trained to do work or perform tasks for people with disabilities. Per Senior Center policy, only Service Animals as defined above and animals invited as part of a staff-arranged program are allowed in the building.**

AAIR

AAIR PROGRAMS

## Book Club - We Are Not Ourselves: A Novel

Registration #484534-00  
2nd & 4th Wednesday

**Dates:** September 11, 25, October 9, 23  
November 23

**Time:** 11 am - Noon

**Cost:** \$15 resident, \$16 non-resident  
(includes cost of book)

This fiction novel that tells the story of a multi-generational family. It follows the story of a family in the American landscape and how their life changes as the father is diagnosed with Alzheimer's. Matthew Thomas writes this novel after as his father died of Alzheimer's and the parallels from personal experience can be read through the lines. It is a narrative that can pull you into a different time as well as help you see why family is the most important thing.

## Senior Song Circle!

**Dates:** September 3 Registration# 484535-01  
September 17 Registration# 484535-02  
October 1 Registration# 484535-03  
October 15 Registration# 484535-04  
November 5 Registration# 484535-05  
November 19 Registration# 484535-06  
December 3 Registration# 484535-07  
December 17 Registration# 484535-08

**Time:** 1:30 - 2:30 pm

**Cost:** \$7 residents, \$8 non-residents  
(cost is per class)

Come sing your favorite songs with Barbara Jo and her guitar! Let the magic of singing with others light up your being from head to toe! No experience necessary just a desire to have a bunch of fun! **Barbara Jo** will bring her bells and percussion instruments!

## The Artist Within

**Dates:** Mondays,  
September 9 - 30 Registration# 484536-01  
October 7 - 28 Registration# 484536-02  
November 4, 18, 25 Registration# 484536-03  
December 2 - 16 Registration# 484536-04

**Time:** 10 - 11 am

**Cost:** \$40 (4-week sessions), \$30 (3-week sessions)

**Instructor:** Tara Hancock

This dementia friendly group uses watercolors. No art background is needed. Come join us and develop a new passion! All supplies provided.

## Musical Memories

**Dates:** Thursdays,

September 5 - 26 Registration# 484537-01

October 3 - 24 Registration# 484537-02

November 7 - 21 Registration# 484537-03

December 5 - 19 Registration# 484537-04

**Time:** 10 - 11 am

**Cost:** \$15 resident, \$16 non-resident

**Instructor:** Tara Hancock

Come join us as we re-create the best music from the past! This dementia friendly group requires no musical experience or ability.

## Beginning Drumming for Seniors

**Date:** September 5 Registration #484542-01  
September 19 Registration #484542-02  
October 3 Registration #484542-03  
October 17 Registration #484542-04  
November 7 Registration #484542-05  
November 21 Registration #484542-06  
December 5 Registration #484542-07  
December 19 Registration #484542-08

**Time:** 1:30 - 2:30 pm

**Cost:** \$15 resident, \$16 non-resident  
(cost is per class)

Drumming is a universal activity that can be enjoyed by everyone regardless of age, origin, talent, or ability. It is all inclusive and unites us with one common thread- The Love of The Beat! These bi-monthly classes are designed to provide an hour of stress-free interactive drumming. It's fun and easy. Basic strikes, three-part rhythms and a pinch of drum circle activities will be facilitated by instructor **Nancy Brauhn-Curnes**. Drumming can provide many benefits including increased focus, memory and the reduction of tension, anxiety, and stress. Most importantly, it's just plain fun! No experience or musical background is required. Drums and percussion instruments are provided.



*Please Note: All classes and programs with a Registration number require advance registration.*

**NEED HELP WITH ONLINE  
REGISTRATION?**

Check out our updated how-to video at  
[www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)





## Sunset Strollers

Registration# 484543-00

**Days: Wednesdays, 6 pm**

Cost: Free, please register in advance.

Meet up with local seniors at the Longmont Senior Center for a **Wednesday evening** stroll! Enjoy exploring the local community, building friendships, and exercise! Keep track of how far you walk with the goal of walking 380 miles across Colorado (north to east).

## Nintendo Switch

Registration# 484531-00

**Dates: September 13** Registration# 484531-01  
**October 4** Registration# 484531-02  
**November 1** Registration# 484531-03  
**December 6** Registration# 484531-04

**Time: 1 - 2 pm**

Cost: Free, please register in advance.

Instructor: Ariana Heter

Jump into the fun – swing, kick and spike your way to victory with Nintendo Switch Sports! Come compete in six sports with real-world movements that model your actions in the game. You can choose from: tennis, bowling, chambira, football (soccer), badminton or volleyball. The Nintendo Switch is a hybrid video game console, consisting of a console unit, a dock, and two Joy-Con controllers.

## Central Intelligence Agency

Registration #484440-00

**Date: Wednesday, September 4**

**Time: 1 - 2 pm**

Cost: \$2 resident, \$3 non-resident

Formally created in 1947, the Central Intelligence Agency (CIA) grew out of the World War II Office of Strategic Services (OSS). Given extensive power to conduct foreign intelligence operations, the CIA was charged with advising the National Security Council on intelligence matters.

**Presented by Paul Flanders**

## Common Ground Climate Series

Registration #484440-01

**Dates: Thursdays,**  
**September 5** (Part 1)  
**October 3** (Part 2)  
**November 7** (Part 3)  
**December 5** (Part 4)

**Time: 10 - 11 am**

Cost: \$8 resident, \$12 non-resident  
 (Full Series - 4-classes)

Join **Michelle Roskinski** for an engaging, four-part series where we'll explore the pressing issue of climate change and what we can do about it. In the first session, we'll cover why climate change is a critical concern and why the most important step is to engage in respectful dialogue about it. Subsequent sessions will discuss actions you can take to counteract climate change - from lobbying for legislative action to personal steps like reducing waste and enhancing home energy efficiency. Let's come together to find common ground and create a better future for our kids and grandkids!

## Manners Maketh the Man

Registration #484440-02

**Date: Monday, September 9**

**Time: 1 - 2 pm**

Cost: \$5 resident, \$6 non-resident

Take a look at how good manners have evolved over time. From Ptahhotep and Confucius to today's Social Media. Join **Elizabeth Nosek** of iCurate4u for a better understanding of what defines good and bad manners.

## C-SPAN, An Adventure

Registration #484440-03

**Date: Wednesday, September 11**

**Time: 1 - 2:30 pm**

Cost: \$5 resident, \$6 non-resident

Who can tell us about C-SPAN?

**Chuck Gibbs**

can, he was a driver for them during a 1.5 year span. He

transported their broadcast equipment all over the U.S., while they did weekly broadcasts from various significant locations. Few people can tell you about this organization, yet it is a large entity with 3 TV networks and a radio outlet. What do they broadcast, are they educational, are they political, what does it cost you to watch it? Chuck has the answer to these questions, plus a few war stories of his travels with this great organization. Come learn about this organization, you might become a fan. Also learn about the resources available to you.



## A Short History of the West - Part 4

Registration #484440-03

**Date:** Thursday, September 12

**Time:** 1:30 - 2:30 pm

Cost: \$2 resident, \$3 non-resident

In the conclusion to this 4-part series, **Tracy Perry** covers topics about Colorado character Pearl DeVere: a pilot's error causing the death of his mother, 1980, Colorado's Convict Road, WW II pilot flying in Alaska, and the world's 3rd largest aircraft.

## Old Age Ain't No Place for Sissies

Registration #484440-07

**Date:** Tuesday, September 17

**Time:** 1 - 2:30 pm

Cost: \$5 resident, \$6 non-resident

The current US Population is estimated to be 302 million, the median age is 36.5, and 38 million are above the age of 65 (21.5%). The life expectancy is an additional 18.6 years past 65. 22 millions of these are women, and 17 million are men. How do we age? Why do we age? Cognitive health and dementia? Find out as **Robert Meroney** shares info on aging.

## The Life of Elrey Jeppesen - Aviation Pioneer

Registration #484440-05

**Date:** Wednesday, September 18

**Time:** 1 - 2 pm

Cost: \$5 resident, \$6 non-resident

Ever wonder why the main terminal at Denver International Airport is called the "Jeppesen Terminal"? It was named to honor aviation pioneer Elrey Jeppesen who was a "barnstormer" stunt pilot in the 1920s, flew the hazardous mail routes over the



Rockies, was one of United Airlines' first pilots, created the aerial navigation system that most pilots and airlines use today, and started what would become a billion-dollar subsidiary Boeing corporation right here in Colorado. Come and learn all about this fascinating personality from two authors (**Flint Whitlock** and **Terry Barnhart**) who wrote the book about him.

## Iconic Phrases in American History

Registration #484441-00

**Date:** Wednesday, October 2

**Time:** 1 - 2 pm

Cost: \$2 resident, \$3 non-resident

**Registration Deadline: September 25**

Under what circumstances did famous lines, such as E pluribus unum, originate? **Paul Flanders** will share other phrases to examine including - under God - American Dream - pursuit of happiness - Don't Tread on Me - Live free or Die - Star Spangled Banner - Manifest Destiny - Battle Hymn of the Republic.

## Rocky's Westside Stories

Registration #484441-01

**Date:** Saturday, October 5

**Time:** 10 - 11:30 am

Cost: \$5 resident, \$6 non-resident

**Registration Deadline: September 28**

Journeys of exploration leading up to the formation of Rocky Mountain National Park. Imagine the courage of early settlers to follow Ute trails across the Continental Divide in search of a new home in an unsettled, harsh mountain environment. Or living in a cave, while digging a ditch to divert water out of the Grand River. **Dave Lively** will help you learn about the intersection of the Arapahoe and Ute tribes and early settlers in Colorado's Rocky Mountains.

Embark on a tour of the recurring themes of survival and success in the past 11,000 years in the high isolated mountain valley. Listen to stories of Mother Nature and be inspired to preserve the wilderness, wildlife, and wonder of Rocky Mountain National Park's westside.

## Slang and Euphemisms

Registration #484441-02

**Date:** Tuesday, October 8

**Time:** 1:30 - 3 pm

Cost: \$5 resident, \$6 non-resident

**Registration Deadline: October 1**

The English language is not set in stone. Our conversational language is filled with terms that arose hundreds of years ago but are used as English shortcuts to special meanings. In this talk **Robert Meroney** looks at a cross-section of thirty + words from "addlepatented" to "wasted" and provides their etymology and synonyms. Do you know who is a DINKWAD? What is the current slang among today's college students?...YOLO are you RIZZ?





## Climate in Context

Registration #484441-03

**Date: Wednesday, October 9**

**Time: 1 - 2:30 pm**

Cost: \$2 resident, \$3 non-resident

**Registration Deadline: October 2**

Let's talk about our climate with context of orbital parameters and discussion of Earth's "Goldilocks" conditions. We will also explore other planets and exoplanets, wind and ocean currents, Ice Ages, and recent human-induced climate change. Presented by **Barbara Emery-Geiger** this presentation will get you thinking about sustainable nature and human conditions in the context of science and economics (not politics).

## Wichita State Aircraft Accident

(Rescheduled from April 17)

Registration #484441-04

**Date: Thursday, October 10**

**Time: 1:30 - 2:30 pm**

Cost: \$2 resident, \$3 non-resident

**Registration Deadline: October 3**

**Tracy Perry** shares the details and bad decisions behind the crash of a charter flight near Loveland Pass in 1970 that killed 31.

## Victorian Horror in Literature

Registration #484441-05

**Date: Monday, October 14**

**Time: 1 - 2 pm**

Cost: \$5 resident, \$6 non-resident

**Registration Deadline: October 7**

Explore the history of this unique genre of literature that continues to inspire both thrills and chills in its readers. Damsels in distress, vampyres, monsters and other mysterious strangers, all play their parts in the horror stories still being told and retold each year at Halloween. Presented by **Elizabeth Nosek of iCurate4u**.

## A History of the Holocaust

Registration #484441-06

**Date: Wednesday, October 16**

**Time: 1 - 2 pm**

Cost: \$5 resident, \$6 non-resident

**Registration Deadline: October 12**

How did Adolf Hitler and the Nazis devise and carry out the systematic slaughter of millions of innocent people in less than a decade? Come and learn the chilling facts behind mankind's greatest crime from WWII expert and award-winning author **Flint Whitlock**.

## Ecological Sampler

Registration #484441-07

**Date: Thursday, October 17**

**Time: 1 - 2:30 pm**

Cost: \$5 resident, \$6 non-resident

**Registration Deadline: October 12**

**Michael Grant** shares a number of ecological phenomena that may be surprising but interesting. Most examples will come from Colorado.

## Rivers of the World

Registration #484441-08

**Date: Wednesday, October 23**

**Time: 1 - 2:30 pm**

Cost: \$5 resident, \$6 non-resident

**Registration Deadline: October 16**

Most people know about rivers because they are standing on the bank and looking at it, or they just crossed a bridge and the sign on the bridge told them the name of it, or it flows through their town. But rivers have 2 ends and usually some distance in between. How did a river get its name? What is the definition of a river, vs other types of flowing water. How many rivers are there? How many rivers have the same name? We all know the 2 longest rivers in the world. We all know the 5 longest rivers in the U.S. We all know the "River of No Return". Or do we? **Chuck Gibbs** leads this presentation on rivers and will help you learn some interesting facts. Ever hear of Paradise? The only way to it is by river, and this is not the only area.

**NEED HELP WITH ONLINE  
REGISTRATION?**

Check out our updated how-to video at  
[www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)

*Please Note: All classes and programs with a  
Registration number require advance registration.*



## What Would the Founders Do?

Registration #484441-09

**Date:** Thursday, October 24

**Time:** 10 - 11:30 am

Cost: \$2 resident, \$3 non-resident

**Registration Deadline:** October 17

What would the Founding Fathers think about modern issues and famous or infamous people of today. This presentation will bring the thoughts of George Washington's era forward in context with the world we live in today. The lecture will share enlightening, historical evidence covering politics, national debt, social security, and more. Presented by **Paul Lohr**, the Economics & You lecturer.

## Modern and Weird Possibilities of Money

Registration #484442-00

**Date:** Tuesday, November 5

**Time:** 1 - 2:30 pm

Cost: \$5 resident, \$6 non-resident

**Registration Deadline:** October 29

Conventional currencies have become almost boring and do not reflect the possibilities of modern commerce. Now there are several alternatives being tried. These include Community Currencies (limited to local government units like neighborhoods, cities, or counties), diamond shaped coins that contain "diamonds" to justify worth, Bitcoin, Dogecoin, Fungible and Non-Fungible tokens, Libra/Diem: Facebook money, or CBDCS: Central Bank Digital currency. So, what is wealth? - a look at who is wealthy, where the wealthy live, what represents wealth (number of vehicles?), and who are the Ultra Rich? What does a \$Trillion dollars look like? Learn the answers to these questions and more with **Robert Meroney**.

## Explorations of the New World

Registration #484442-01

**Date:** Wednesday, November 6

**Time:** 1 - 2 pm

Cost: \$2 resident, \$3 non-resident

**Registration Deadline:** October 30

Explorations of the New World - The famous European explorers came from England, Portugal, Spain, Italy and France. Initially inspired by finding new trade routes to the Far East, explorers also discovered gold and silver as well as opportunities to colonize. Presented by **Paul Flanders**.

## The Life, Death, and Rebirth of the Iconic American Chestnut Tree

Registration #484442-02

**Date:** Wednesday, November 13

**Time:** 1 - 2 pm

Cost: \$2 resident, \$3 non-resident

**Registration Deadline:** November 6

**Clark Beebe** explores the economic and ecological impacts of the history and future of the American chestnut, which was once the dominant tree in the Appalachian mountains of the East. One in four trees were chestnuts and they grew to over 15 feet in diameter and over 100 feet tall. Then four billion trees were wiped out by a foreign pathogen starting around the year 1900. Finally, the efforts of thousands of people over 40 years to restore the chestnut to its native range.



## The Bombing of UA Flight 629

(Rescheduled from May 15)

Registration #484442-03

**Date:** Thursday, November 14

**Time:** 1:30 - 2:30 pm

Cost: \$2 resident, \$3 non-resident

**Registration Deadline:** November 7

**Tracy Perry** returns to overview the details of the first confirmed commercial bombing of an airliner near Longmont in 1955, where 45 died.

## Islands of the World

Registration #484442-04

**Date:** Wednesday, November 20

**Time:** 1 - 2:30 pm

Cost: \$5 resident, \$6 non-resident

**Registration Deadline:** November 13

What makes up an island? What is the minimum size? Where is the largest? Which are famous? For what? We can't talk about all the island's but we can talk about our favorites, and what is unique about them. Presented by **Chuck Gibbs**.



## Thanksgiving Day: A History

Registration #484442-05

**Date: Monday, November 25**

**Time: 1 - 2 pm**

Cost: \$5 resident, \$6 non-resident

**Registration Deadline: November 18**

Explore the history of this national holiday immortalized in school pageants across the country. From the Pilgrims to the Macy's Day Parade, we will look more closely at the various ways we celebrate this day of Thanksgiving. Presented by **Elizabeth Nosek of iCurate4u**.

## It's Back! Birds of Prey Over Boulder County

Registration #484442-06

**Date: Tuesday, November 26**

**Time: 1:30 - 3 pm**

Cost: \$5 resident, \$6 non-resident

**Registration Deadline: November 19**

Birds of prey are a group of birds characterized by keen vision, sharp beaks, and sharp talons. This allows them to catch prey from insects to large mammals. Learn how to recognize birds of prey, including hawks, eagles, and falcons in the skies above Boulder County. Tips will be shared on how to distinguish among different raptors by identifying field marks, behavior, location, and time of year. Also discover the habitat requirements and ecology of these magnificent birds. Presented by local Longmont resident **Dave Fletcher** and his fellow Boulder County Parks and Open Space Volunteer Naturalists.

## The Year 1890

Registration #184440-01

**Date: Wednesday, December 4**

**Time: 1 - 2 pm**

Cost: \$2 resident, \$3 non-resident

**Registration Deadline: November 27**

This particular year marks the beginnings and the endings of several major trends in American history. **Paul Flanders** discusses the census year that marked "the end of the frontier". In that year, the United States became foremost in the world in industrial production. Some historians argue the year 1890 is the beginning of modern culture.

*Please Note: All classes and programs with a Registration number require advance registration.*

## Cache La Poudre ☺

Registration #184440-02

**Date: Saturday, December 7**

**Time: 10 - 11:30 am**

Cost: \$5 resident, \$6 non-resident

**Registration Deadline: November 30**

*People, Gunpowder, and the River.*

Flowing between colorful canyon walls under the ripples and torrents of Poudre Canyon are stories of the Cache la Poudre that stir wonder and enchantment. **Dave Lively** will guide us as we venture west of Fort Collins along the Cache la Poudre - North Park Scenic Byway to explore Colorado's only wild and scenic river and one of the only three National Heritage Areas in the state.

Gold miner George Pingree and musician Joan Baez may not seem to have much in common, but they are just a couple of the remarkable characters whose stories are a part of the Poudre we will embark upon in this talk.

## Christmas Trees: A History

Registration #184440-03

**Date: Monday, December 9**

**Time: 1 - 2 pm**

Cost: \$5 resident, \$6 non-resident

**Registration Deadline: December 2**

Christmas trees help bring a special magic to the holiday season. Ornaments and lights combine to make them a centerpiece for many homes. Join **Elizabeth Nosek of iCurate4u** as she shares this seasonal favorite's history.

## Christmas Trivia

Registration #184440-04

**Date: Tuesday, December 10**

**Time: 1:30 - 2:30 pm**

Cost: \$2 resident, \$3 non-resident

**Registration Deadline: December 2**

Do you remember your Christmases when you were growing up or some of the traditions you and your family practiced? Ah, those special foods and treats. We are interested in your knowledge of many countries traditions, and origination's. How about the songs? Special celebrations. Special traditions. Do you know all the reindeer's names? Come join **Chuck Gibbs** and celebrate with us by showing off your knowledge about Christmas. Reminisce the songs, movies, traditions, and more!



## Liberation of the Buchenwald Concentration Camp

Registration #184440-05

**Date: Wednesday, December 11**

**Time: 1 - 2 pm**

Cost: \$5 resident, \$6 non-resident

**Registration Deadline: December 4**

The Buchenwald concentration camp outside of Weimar, once the cultural capital of Germany, was a place of unremitting horror ruled by a husband-and-wife team. For eight years torture, starvation, brutality, medical experiments, and wholesale death took place behind its electrified barbed-wire fences. As the second camp liberated by the Americans, it put on full display the depths of the Nazis' depravity. Author **Flint Whitlock** spent years researching Buchenwald and wrote three award-winning books about it. This presentation is not for the squeamish.



## James Harold Doolittle

Registration #184440-06

**Date: Thursday, December 12**

**Time: 1 - 2:30 pm**

Cost: \$2 resident, \$3 non-resident

**Registration Deadline: December 5**

**Tracy Perry** discusses his boyhood hero and 1988 brunch with the Doctor, 4-star General, Medal of Honor recipient, and Master pilot.

## Who Did That First?

Registration #184440-07

**Date: Tuesday, December 17**

**Time: 1 - 2:30 pm**

Cost: \$5 resident, \$6 non-resident

**Registration Deadline: December 10**

A lot of things happen in our daily lives. Have you ever asked yourself, "Who did that first" or "Who's idea was this"? Learn where ideas came from and maybe even share a few of your own with presenter **Chuck Gibbs**.



## The Origin and History of Santa Claus

Registration #184440-08

**Date: Thursday, December 19**

**Time: 1 - 2:30 pm**

Cost: \$5 resident, \$6 non-resident

**Registration Deadline: December 12**

The story of Bishop Nicholas of Myra, Turkey, the appearance of Sinterklaas in Revolutionary days US, Clement Moore's "A Visit from St. Nicholas", and the real expansion of his character by Thomas Nast, the great 19th century political cartoonist, and finally how Coca Cola finalized Santa's color scheme and his public image. Presented by **Robert Meroney**.



## Donut Forget Our Vets!

Registration #483000-03

**Date: Friday, November 1**

**Time: 9 - 10:30 am**

Cost: Free, please register in advance

**Registration Deadline: October 25**

Come listen to interesting and intriguing chronicles and fascinating personal accounts featuring local veterans who served our great nation during World War II through the Vietnam conflict. Army, Navy, Air Force and Marines will all be represented. Join us for a panel discussion dedicated to individuals who made sacrifices for our country. Complimentary donuts and coffee served.

*Please Note: All classes and programs with a Registration number require advance registration.*



## THINKING BEYOND POSSIBLE SERIES WITH BOBBI NESHEIM PHD, MFT

Each session participants can attend either in-person or online (zoom) discussion. Enjoy discussing, gaining insight, and sharing thoughts and ideas with other open-minded folks as we gain understanding and raise our consciousness with friends! This fall we will explore our Energy Pathways, the Claire Senses, and Grace and Gratitude. If you attend in-person, \$5 materials fee payable to the Instructor at the first class. **Registration deadline is 7 days prior to the start date of each class.**

### Riding Your Body's Energy Highway Part 1

Reg. #484470-9A (in-person) 484470-9B (online)

**Dates: Tuesdays, September 3 - 24**

**Time: 10 - 11:30 am**

Cost: Free, please register in advance

**Registration Deadline: 7 days prior to start date of each class**

Throughout history, cultures have mapped the body's energy pathways. This month we will explore and discuss chakras, mudras, and other energy systems around the world.

### Riding Your Body's Energy Highway Part 2

Reg. #484470-1A (in-person) 484470-1B (online)

**Dates: Tuesdays, October 1 - 29**

**Time: 10 - 11:30 am**

Cost: Free, please register in advance

This month we will look at practical ways we help our bodies function better through tapping into our energy pathways. Such as reiki, acupuncture and acupressure, Qi Gong, Tai chi, and other practices.

### Unlocking Your Intuitive Self

Reg. #484470-2A (in-person) 484470-2B (online)

**Dates: Tuesdays, November 5 - 26**

**Time: 10 - 11:30 am**

Cost: Free, please register in advance

Have you heard of the six Clair Senses? You have probably heard of clairvoyance or clear-seeing but have you heard of the others? Join us this month to find out what they are and have fun discovering them!.

### Grace and Gratitude

Reg. #184470-3A (in-person) 184470-3B (online)

**Dates: Tuesdays, December 3 - 24**

**Time: 10 - 11:30 am**

Cost: Free, please register in advance

This month we will end the year in an exploration and discussion of Grace: the ability to accept and forgive ourselves and others and Gratitude: the practice of acknowledging and appreciating the positive aspects of life.

### The Writing Circle - Online

**Dates: Monday, September 9**

Registration #384448-06

**Registration Deadline: September 2**

**Monday, October 14**

Registration #384448-07

**Registration Deadline: October 7**

**Monday, November 11**

Registration #384448-08

**Registration Deadline: November 4**

**Monday, December 9**

Registration# 184448-12

**Registration Deadline: December 2**

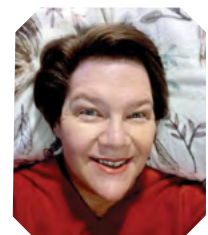
**Time: 11 am - 12:30 pm**

Cost: Free, please register in advance

**Location: Zoom/online/call-in**

Do you want a fun and supportive place to share your thoughts, memories, and ideas in writing? Do you crave a community where you can explore unusual and inspiring prompts and develop your creativity? All you need is paper, a pencil/pen, and an open heart. Three years ago, Laura joined Debbie Noel's Writing Salon. Because of Debbie's encouragement, Laura started writing every day, improved her podcast (*Living in the Lightning Strike*, formerly *Creating Your Community*, is on Spotify and relaunched in January 2024), and gained creative courage in her art. This writing group will follow Debbie's format and, Laura hopes, pay homage to her legacy!

**Instructor: Laura Ambler**



## GERMAN AND SPANISH LANGUAGE CONVERSATION GROUPS

See pages 8 and 10 for more details regarding these two free opportunities to meet with others and strengthen your language skills.

## INTERCAMBIO

Registration #484483-00

**Date:** Thursday, October 24

**Time:** 1 - 2 pm

**Cost:** Free, please register in advance

**Registration Deadline:** October 17

Become a Volunteer English Teacher! Do you have 3-4 hours a week to help someone improve their English? Are you someone who loves learning about different cultural perspectives? If so, consider joining Intercambio's community of volunteer English teachers and teach English to adults here in Longmont in person or online across the country. As a volunteer teacher, you'll be trained to teach from our Confidence and Connections curriculum. No prior teaching experience or ability to speak a language other than English is needed! Come to this informational session and learn the details about how you can help adult English learners build skills and confidence while making life-changing connections. Please note that attendance at this information session does not commit to you volunteering. Facilitated by Intercambio's Volunteer Engagement Manager, **Irene Donhowe**.

### Project Visibility

Registration #484563-24

**Date:** Tuesday, September 17

**Time:** 10 - 11:30 am

**Cost:** Free, please register in advance

The Project Visibility documentary and accompanying training was created in 2004 by the **Boulder County Area Agency on Aging** in response to the fear expressed by Rainbow Elders (LGBTQ+/50+) that they would need to retreat back in the closet in order to access assisted living or nursing home care. A new version of the documentary features Rainbow Elders who are living and experiencing life in Boulder and surrounding counties in the state of Colorado. They share their stories, so we can make visible the differences that exist within the LGBTQ+ community. Project Visibility offers service providers, caregivers, and others engaged in the lives of older adults information, perspectives, and promising practices for working with this often invisible population.

*Please Note: All classes and programs with a Registration number require advance registration.*

## Transgender Voices: What's it like to be transgender? What's up with all the pronouns?

Registration #

**Date:** Friday, September 13

**Time:** 10 - 11:30 am

**Cost:** Free, please register in advance

Award-winning photojournalist **Sal Skog** will share stories in words and pictures to celebrate the extraordinary lives of transgender people. Sal has interviewed and photographed more than 100 people who are trans, and their engaging and deeply moving personal stories illuminate not only what it means to be transgender, but what it means to be human. Sal will be joined by a representative from the trans community to help answer questions.

### Living Your Hero's Journey

Registration #484459-00

**Dates:** Tuesdays, November 5, 12, 19, 26, December 3 (5 weeks)

**Time:** 3 - 4:30 pm

**Cost:** \$100 (includes e-workbook. For a printed copy bring an additional \$10 to the instructor the first day of class.)

In his book, *The Hero with a Thousand Faces*, Joseph Campbell describes the processes and stages that all human beings experience when they embark on the journey to find meaning in their lives. With the help and guidance of their Inner Hero, the journey requires them to:

- Answer the call to adventure
- Cross the threshold of the known into the unknown
- Meet one's mentors, allies, and encounter tests, foes, and challenges
- Face setbacks, confront dragons, and
- Go through a transformation where a new self emerges

As we venture through the stages of the Hero's Journey as outlined by Campbell, the Hero's Journey course will give you a new way to understand, and articulate your journey as an Older Adult. Through guided self-reflection questions and weekly discussions this course will give you the opportunity to:

- Learn what is expected and required on the journey
- Befriend your Inner Hero
- Integrate a new narrative into your experience
- Meet people who are on similar journeys and develop support and connection

**Facilitator:** JoAnn Dorio Burton, CLC, CPRP

Learn more about JoAnn on her website: [herosjourneycoaching.org](http://herosjourneycoaching.org) or contact her at [Joann.hjw@gmail.com](mailto:Joann.hjw@gmail.com).







## BOULDER INTERNATIONAL FILM FESTIVAL

Longmont Senior Services and the Boulder International Film Festival (BIFF) have created an exciting partnership to bring exceptional independent films to the Longmont Senior Center. The films are projected onto a screen so that they are larger and easier to see.

Registration #484405-09

**Date:** **Wednesday, September 11** 

**Time:** **5:30 - 7 pm**

**Cost:** Free, please register in advance

### Teacups, Australia/Ireland

Short Film, 8 minutes, 2023

Voiced by Hugo Weaving. For almost half a century, Don Ritchie would approach people contemplating suicide at the edge of a cliff, just 100 feet from his home, his palms facing up. Teacups explores Don's surreal interactions with years of people on the edge. The film asks, can a simple act of kindness save a life?

Directed by Alec Green, Finbar Watson.

### Klette, Belgium, Short Film

17 minutes, 2022

A 26-year-old student, Morgane still lives with her mother, has not yet completed her studies, and her love life doesn't get beyond one-night stands. She evidently doesn't know how to get things done — in Brussels they call someone like that a Klette. Subtitled. Directed by Michael Abay.

### Carl and the Janitor, Denmark

Short Film, 23 minutes, 2022

This delightful, critically acclaimed film is a snapshot of the lives of 10-year-old Carl and his school janitor, Richard, who form an unlikely friendship during lockdown. They both love chess, music and outer space, but Carl has a lot of questions while Richard frets about his to-do list. Subtitled. Directed by Thomas Levin.

### In the Garden of Tulips, US

Short Film, 14 minutes, 2023

At the height of the Iran–Iraq war, Caroline takes a final car ride with her father to the Iranian countryside. Subtitled. Directed by Julia Elihu.

### The Family Circus, US

Short Film, 18 minutes, 2022

A Vietnamese American family's plan to cover up a drunk driving accident begins to unravel when their emotional baggage spills out in front of the police. Partially Subtitled. Directed by Andrew Fitzgerald.

## NEED HELP WITH ONLINE REGISTRATION?

Check out our updated how-to video at [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)

## Sustainable Gardening Workshop

Registration #484440-06

**Date:** **Monday, September 30**

**Time:** **10 - 11:30 am**

**Cost:** Free, please register in advance.

**Registration Deadline: September 23**

In this workshop we will discuss topics in gardening surrounding sustainability, including native plants, water-wise design, ignition and fire-resistant landscaping, pollinator habitat, and Colorado gardening best practices. The session will be followed by a Q&A session so please bring questions about your garden and/or pictures if necessary.

**Tommy Roth** is the Home Horticulture Coordinator with Colorado State University Extension Boulder County. He is a Horticulturist with a background in plant pest management and sustainable landscaping.



Storytelling “just happened” to **Kathleen Santopietro** along her journey as an award-winning adult educator and it has continued to be her passion for 27+ years. She has come to appreciate applied storytelling in areas of health, spirituality, community, and lifelong learning. She is a member of and has performed for the National Storytelling Network (NSN), Rocky Mountain Storytelling, and Northeast Storytellers.

## Stories on the Threshold of Love

Registration #484401-13

**Date: Wednesday, September 18**

**Time: 3 - 4:30 pm**

**Cost: \$2 resident, \$4 non-resident**

A door “by any other name” is an entrance, a portal, a gate, or an exit. Who would guess that there is an amazing amount of folklore surrounding doors? Enter here as local storyteller **Kathleen Santopietro** welcomes you inside stories to find out what’s on the other side of the threshold. Maybe a mystery, a surprise, or a resolution? No matter what, we’ll find all kinds of love! Pianist **Dale Sherrod** will help us travel from one story to another with some familiar tunes.

## Classic Holiday Stories Revisited

Registration #484401-23

**Date: Tuesday, December 3**

**Time: 2 - 3:15 pm**

**Cost: \$2 resident, \$4 non-resident**

Are you in the mood for an old-fashioned holiday? Perhaps classic, favorite stories and songs can usher in the season with comfort and joy. Local storyteller, **Kathleen Santopietro** will offer some familiar tales along with a few new stories that take us around the world to celebrate the holidays. Pianist **Dale Sherrod** will weave traditional tunes around the plots. Come along for auld lang syne!

## Animals

*The only animals allowed in the building are Service Animals as defined by the ADA which are dogs (or miniature horses) that are individually trained to do work or perform tasks for people with disabilities. Per Senior Center policy, only Service Animals as defined above and animals invited as part of a staff-arranged program are allowed in the building.*

This is your time.

# OWN IT.



## Becas para uso en el Senior Center

A través de Los Amigos del Longmont Senior Center, hay fondos reservados para ayudar a las personas de bajos ingresos a participar en varias actividades organizadas por el Senior Center. Un individuo puede usar hasta \$250 por año para actividades y/o \$250 específicamente para programas de ejercicios ofrecidos por el Senior Center. Comuníquese con la recepcionista a 303-774-4452 para más información sobre becas.

Los siguientes grupos no se requiere registraci3n puede venir a conocer y reunirse con personas de intereses similares.

### Billar

Juegue billar por 1 d3lar.

**Cuando:**

**lunes a jueves de, 8 am - 7:45 pm**

**viernes de, 8 am - 4:45 pm**

**sabado, 8 am - Noon**



### El Grupo de Conversaci3n en Espa3ol

Vamos a divertirnos con conversaciones en espa3ol. Acompa3nenos a desarrollar amistades interculturales y ayudar a otros a mejorar su espa3ol.

**Fecha: Cada viernes**

**Tiempo: 1:30 - 3 pm**

**Costo: Gratis**

**Registraci3n: No es necesario registrarse**

### Bailes de Mi Tierra - Grupo de Baile

**Lunes y Viernes 3:15 - 4:45 pm**

No es necesario ser Latino para participar en esta actividad Latina. Los bailarines practican e interpretan diversos bailes y canciones de Am3rica Central y del Sur, y actúan en diversos eventos durante todo el a3o. Si est3 interesado o desea obtener mas informaci3n, llamar a llamar 303-651-8411.. El vestuario para las practicas y presentaciones no esta incluido.

### Coro "Canciones de Mi Tierra"- Grupo de Canto

**Fecha: Cada lunes, 9, 23 de septiembre, 10, 21 de octubre, 4, 18 de noviembre, 2, 16, 30 diciembre**

**Tiempo: 1 - 2:30 pm**

**Costo: Gratis**

**Registraci3n: No es necesario registrarse**

¿Le gusta cantar o convivir en canto? Acompa3nenos para disfrutar en escuchar o cantar canciones cl3sicas mexicanas. Nos reunimos cada Lunes de 1:00 pm a 2:30 pm en el Senior Center. Si esta interesado o desea obtener mas informaci3n llamas a Osvaldo 720-288-8070.

### ¡Suscríbete para recibir correos electrónicos cada mes!



Nunca m3s se pierde una clase o un evento especial y le avisamos cuando hay una nueva revista del GO. Regístrese con la recepcionista.

### C3rculo de Apoyo

**Fecha: El primer jueves de cada mes**

**Tiempo: 10 - 11:30 am**

**Costo: Gratis, y por favor regístrese**

**Registraci3n: No es necesario**

¿Qu3 es un Grupo de Apoyo? Un grupo de personas que comparten experiencias en com3n, dan apoyo, educaci3n y hablan sobre los cuidados de un ser querido. Igualmente se habla sobre problemas de salud relacionados con el envejecimiento.

### Lotería

No es necesario registrarse.

**Fechas: El segundo y cuarto martes de cada mes**

**Tiempo: 2 - 3:30 pm**

**Costo: Gratis**

Nos reuni3remos dos veces al mes para jugar juegos de mesa, tales como lotería, baraja, o el domin3. Todos son bienvenidos y si no saben jugar les enseñaremos. Si hay un juego que ustedes disfrutaran, no duden en traerlo para compartirlo con el grupo. ¡Los esperamos, no se lo pierdan!

### Pinte una Maravilla De Invierno

**Fecha: martes, 10 de diciembre**

**Tiempo: 11:30 am - 1:30 pm**

**Costo: \$10 residente, \$11 no residente**

**Registracion required #184133-02 by 1 de diciembre**

Venga a pintar con nosotros. Esta clase de pintura estar3 guiada por Amy Payan. Los invitamos a una taza de chocolate caliente o sidra de manzana. En clase vamos a pintar una imagen de un mu3eco de nieve puede usar para regalo o quedarse con 3l.



Los siguientes programas, clases y eventos requieren registraci3n y tienen un n3mero de registro asignado. Reg3strense antes de tiempo con la recepcionista en la recepci3n.

## ¿Quieres saber m3s sobre nuestros programas de verano en el GO?

El Lunes, 12 de Agosto, es el primer d3a en que puedes registrarte para las clases de verano. Para m3s informaci3n sobre los programas, acompa1anos el 11 de septiembre a las 10am. Si solamente necesitas ayuda para el Proceso de registraci3n de las clases presentes a las 11am en el sal3n.

### Memorias para Escribir

Registraci3n Requerida #484634-00

**Fechas:** Los mi3rcoles con excepci3n del cuarto mi3rcoles del mes

**Tiempo:** 1:30 - 3 pm

**Costo:** Gratis, y por favor reg3strense

¿Has querido recordar tus vivencias de vida y que estas nos se olviden? Quiz3s transmitir las a tus hijos, nietos. Nuestra generaci3n tiene tantas experiencias

memorables, un legado importante para ti y tu familia. ¿D3nde van esos recuerdos, esas experiencias, esos ensamientos? Te gustar3a tenerlas por escrito y registrar las como tus memorias, o una autobiografia; o, quiz3s, vaciar esa vena emocional, rom3ntica (o sarc3stica), en poes3as, versos poemas, o simplemente escribir para sentirte bien, y/ o, sanar. Este programa es para ti! Se te guiar3 en forma personal y si quieres compartir, ser3 en un ambiente de cordialidad.

### Las Reuniones

**Fechas:** los mi3rcoles

**11 de septiembre** # de Registraci3n: 484601-09

**9 de octubre** # de Registraci3n: 484601-10

**13 de noviembre** # de Registraci3n: 484601-11

**11 de diciembre** # de Registraci3n: 484601-12

**Tiempo:** 3:30 – 5 pm

**Costo:** Gratis, y por favor reg3strense

Es usted un participante de Conversaciones Frescas o consejer3a nutricional? Las Reuniones es un grupo que puede ayudarle a mantener su independencia mediante a la nutrici3n. Aprenda con otros, comparta recetas y discuta temas actuales de nutrici3n y salud. Acompa1enos para disfrutar de actividades divertidas y apoyo adicional que le ayudaran a fomentar sus h3bitos saludables.

### Conversaciones con Satya

**Fechas:** los mi3rcoles

**25 de septiembre** # de Registraci3n: 484625-09

**23 de octubre** # de Registraci3n: 484625-10

**26 de noviembre** # de Registraci3n: 484625-11

**18 de diciembre** # de Registraci3n: 484625-12

**Tiempo:** 1 – 2:30 pm

**Costo:** Gratis, y por favor reg3strense

Acompa1enos para una conversaci3n amigable sobre la nutrici3n para aprender m3s sobre c3mo mantener su salud e independencia. **Satya Williams** es un Dietista Registrado biling3e orientado e instructor de Nutrici3n de Salud y Bienestar, con m3s de 13 a1os de experiencia en diet3tica cl3nica y comunitaria. Adem3s, Satya esta entrenado y certificado como profesional de Nutrici3n Funcional e Integradora y se especializa en la prevenci3n de enfermedades cr3nicas.

### Vida Creativa

**Fechas:** los viernes

**20 de septiembre** # de Registraci3n: 484620-09

**18 de octubre** # de Registraci3n: 484620-10

**15 de noviembre** # de Registraci3n: 484620-11

**20 de diciembre** # de Registraci3n: 484620-12

- Septiembre: Hacer sombreros para Fiesta del T3
- Octubre: Proyecto D3a de los Muertos
- Noviembre: Actividades de desarrollo intelectual (sudoku, domin3, juegos de matem3ticas)
- Diciembre: Proyecto Navide1o

**Tiempo:** 9:30 – 11 am

**Costo:** Gratis, y por favor reg3strense

El Centro AMISTAD los invita a participar en su grupo "Vida Creativa", donde dejaremos volar nuestra creatividad mientras compartimos nuestro tiempo, nuestras experiencias y vivencias, en un espacio seguro para estar en comunidad.

### Pan, Caf3, y la Muerte

# de Registraci3n: 484611-09

**Fecha:** jueves, 5 de septiembre

# de Registraci3n: 484611-11

**Fecha:** lunes, 4 de noviembre

**Tiempo:** 1 – 3 pm

**Costo:** GRATIS, y por favor reg3strense

¡Hablemos de la muerte! Únase con nosotros en el Caf3 de la Muerte, una reuni3n para aquellos que desean ser parte de una conversaci3n reflexiva, respetuosa y, a veces provocativa, sobre la muerte. Nuestro objetivo es aumentar la conciencia de la muerte mientras ayudamos a las personas a sacar el m3ximo provecho de sus vidas finitas. Este no es un grupo de apoyo en el duelo. La discusi3n ser3 confidencial. Se ofrecer3 caf3 y pan.

### "Clase Sobre Prevenci3n de ca3das"

# de Registraci3n: 484632-01

**Fecha:** jueves, 26 de septiembre

**Tiempo:** 10 - 11:30 am

**Costo:** Gratis, y por favor reg3strense

**Reg. Deadline: 19 de septiembre**

Ven a esta clase que ofrece El Centro AMISTAD, donde aprender3s medidas para prevenir ca3das e identificar las posibles causas que las provocan.



## 20 Aniversario de las Fiestas Culturales (celebrando a Bailes y Canciones de Mi Tierra)

# de Registración: #483105-24

**Fecha:** viernes, 6 de septiembre

**Tiempo:** 6 - 8 pm 🕒

**Costo:** Gratis, por favor registrarse temprano cupo está limitado

Fecha límite para registrarse: 26 de agosto

Acompáñenos a celebrar el 20avo aniversario de nuestra celebración cultural/intergeneracional y más importante el aniversario de los grupos Bailes y Canciones de Mi Tierra. La celebración incluye entretenimiento, pastel y diversión. Varios grupos mas nos deleitaran con sus actuaciones. Tendremos DJ así que no olviden. Traer sus zapatos de baile, vestuario elegante. El Senior Center proporcionara el postre y bebidas. Invite a sus familiares y amigos para celebrar junto a personas de diferentes culturas. Para más información llame a 303-774-4452.

## El Hospicio y los Cuidados Paliativos: ¿Qué Necesito y Cuándo?

# de Registración: #484621-24

**Fecha:** martes, 10 de septiembre

**Tiempo:** 9:30 - 11 am

**Costo:** Gratis, y por favor regístrese

El hospicio y los cuidados paliativos son una de las especialidades más incomprendidas de la atención sanitaria. A consecuencia de los mitos y las percepciones erróneas, este apoyo especializado suele llegar demasiado tarde. Únase a nosotros para que pueda conocer este valioso apoyo especializado para usted o un ser querido para ayudar a abogar durante uno de los momentos más difíciles de la vida. Esta conversación será facilitada por **Jessica O'Leary**, gerontóloga y coordinadora de atención al paciente de TRU Community Care, con interpretación en vivo.

## Regalo de Paz

# de Registración: #484612-10 **martes, 1 de octubre**

# de Registración: #184618-12 **martes, 3 de diciembre**

**Tiempo:** 1 - 3 pm

**Costo:** Gratis, y por favor regístrese

Preparando Mi Regalo de Paz es un programa educacional gratuito acerca de cómo proporcionarle a usted y a sus seres queridos, el regalo de paz mental, sabiendo que sus deseos e intenciones se conocen para el final de su vida. Acompáñenos a una presentación y discusión informal sobre los pasos para asegurarse que sus deseos sean comprendidos y honrados, en caso de que no pueda valerse por sí mismo. Cada sesión/clase es seguida por una segunda: en la cual el personal y los notarios pueden ayudarle a completar, de manera gratuita, los documentos de directivas anticipadas (carta poder medica). Para más datos contacte a la recepcionista al 303-774-4452.

## Clases Básicas para Aprender a Usar un Chromebook

# de Registración: 484631-00

**Fecha:** viernes, 9 de septiembre - 14 de noviembre

**Tiempo:** 9 - 11 am

**Costo:** \$60

Fecha límite para registrarse: 5 de septiembre

Costo: \$10 solamente para la clase/\$30 para la clase y obtienes un Chromebook al fin de la clase. Usted puede usar su beca.

Patrocinado por Amigos de Longmont Senior Center. 8 sesiones/2 horas cada semana: Las sesiones incluyen:

1. Generalidades del Chromebook: ¿Que es? Exploración básica del teclado, como conectarse a una red wifi.
2. Correo electrónico: Configurar cuenta de correo electrónico (foto de perfil), organizar la bandeja de entrada, redacción de correos electrónicos, adjuntar fotos, documentos o archivos, limpiar (eliminar correos no deseados) la bandeja de entrada.
3. Uso del calendario de google: crear eventos, invitar más personas al evento, como aceptar invitaciones a los eventos en línea.
4. Seguridad en línea: proteger cuenta de correo electrónico, crear contraseña segura, evitar el fraude en línea.
5. Utilización de barras de búsqueda en línea: Google Chrome
6. Crear Documentos: conocer la barra de herramientas (cambio de fuente, color de letra, subrayado, insertar imágenes y texto)
7. Crear una presentación: Escoger un tema a presentar (insertando texto, imágenes, cambiando color y fuente del texto, insertar video)

## Fiesta de Té

# de Registración: 484632-00

**Fecha:** viernes, 4 de octubre

**Tiempo:** Noon - 2 pm

**Costo:** \$3

Fecha límite para registrarse: 19 de septiembre

La Casa Callahan es una casa designada históricamente construida en 1892 y entregada a la ciudad de Longmont en 1938 por comerciantes honestos y hábiles, Alice y Thomas Callahan. Disfruta el ¡Longmont Senior Center en Callahan House para un recorrido histórico y un té de la tarde!

## Servicios de Adicciones y Recuperación

# de Registración: #484624-24

**Fecha:** martes, 15 de octubre

**Tiempo:** 10 - 11:30 am

**Costo:** Gratis, y por favor regístrese

Este programa se ofrece para familiares de personas que luchan contra el abuso de sustancias o adicción, al igual para personas que también puedan estar luchando la adicción. En este programa, los socios comunitarios de Salud Pública del Condado de Boulder, Recovery Café, y la Ciudad de Longmont discutirán los recursos disponibles para el apoyo a la adicción y la recuperación, así como el apoyo a los miembros de la familia. También va ver una muestra cómo usar el producto Narcan que salva vidas para aquellos que puedan estar sufriendo una sobredosis debido a opioides.



## CEP-Día de los Muertos

# de Registración: 483000-09

**Fecha:** viernes, 18 de octubre

**Costo:** Gratis, y por favor regístrese

**Fecha límite para registrarse:** 11 de octubre

Acompáñenos a disfrutar la rica tradición del Día de Muertos en nuestro evento de decoración de calaveras de azúcar! Descubre el arte y el simbolismo detrás de estas dulces creaciones mientras adorna tu propia calavera de azúcar con glaseado brillante y patrones intrincados. Esta reunión festiva ofrece una manera significativa de honrar y recordar a sus seres queridos mientras celebra la cultura mexicana a través de la creatividad y la comunidad. Únase a nosotros para vivir una experiencia inolvidable llena de color, tradición y recuerdo sentido.

## Bienestar Emocional en Adultos Mayores

Registración Requerida #484630-00

**Fecha:** viernes, 8 de noviembre

**Tiempo:** 12:30 - 2:00 pm

**Costo:** Gratis, y por favor regístrese

**Fecha límite para registrarse:** 1 de Noviembre

En esta charla hablaremos sobre los sentimientos y cuáles se pueden presentar de manera más frecuente conforme avanza nuestra edad. Discutiremos sobre como reconocerlos, enfrentarlos y expresarlos.

## ¿Necesita Ayuda con sus Costos de Calefacción?

Registración: no es necesario

**Fecha:** jueves, 14 de noviembre

**Tiempo:** 9 - 11 am

**Costo:** Gratis

¿Su cuenta de la calefacción está fuera de control? Es hora que descubra si es elegible para LEAP (Programa de asistencia de energía para personas de bajos ingresos). El personal de Servicios para Personas Mayores estará disponible durante esta clínica sin cita para ayudarlos a completar las aplicaciones de LEAP. Solicite en la recepción una lista de los documentos que debe traer para completar su solicitud.

## Cafe con la Policia

Registración Requerida #484633-00

**Fecha:** viernes, 6 de diciembre

**Tiempo:** 10 - 11:30 am

**Costo:** Gratis, y por favor regístrese

**Fecha límite para registrarse:** 27 de septiembre

"¿Le gustaría tener algo de tiempo para hacer las preguntas que siempre quiso hacer? ¿La ciudad de Longmont tendrá uno de sus propios funcionarios aquí para hablar con usted! Tendremos información y muchas de sus preguntas serán respondidas en esta charla. ¿Qué hacer si un oficial de policía me detiene? ¿Cuándo debo llamar al departamento de policía y cuándo debo llamar al 911? ¿Qué sucede si no hablo inglés? ¿Alguien podrá ayudarme? ¿a lo largo de?

## La Inscripción Abierta de Medicare Part D

El periodo para La Inscripción Abierta de Medicare (Medicare Open Enrollment) se extiende del 15 de octubre al 7 de diciembre cada año. Durante este tiempo, puede hacer cambios en su cobertura de seguro de salud y es el tiempo para revisar su plan de receta médica. Durante este periodo una vez al año les podemos ayudar a revisar si sus recetas médicas

estarán cubiertas para el próximo año y darle un estimado de los costos de los medicamentos en varias farmacias. Este servicio es gratuito y sin fines de lucro. Como asesora de Medicare para el condado de Boulder les podemos ayudar con todas sus preguntas del Medicare. Para una cita llame a: Karen Herrera 303-441-1546.

## RECURSOS

Para más información sobre recursos para Adultos Mayores en la Internet, vea la pagina de red [www.BoulderCountyAyuda.org](http://www.BoulderCountyAyuda.org) o teléfono 303-441-1617, (marque 2 por español).

## Meals on Wheels (un programa de alimentos)

Un almuerzo caliente y nutritivo preparadas de lunes a viernes por un Chef profesional. Las comidas se pueden entregar en casa o en el Senior Center en el comedor "Parkview Café". Las comidas en el comedor se sirven de 11:30 am a 12:00 pm. El costo es determinado por una escala a base de los ingresos. Si gusta más información comuníquese con la recepcionista al 303-774-4452.



## ¡Conéctate con Cultivate!

Si tienes más de 60 años, inscríbete para recibir servicios gratis para ir al médico, recibir pedidos del supermercado, arreglar cosas en tu casa, limpiar su jardín. Para más información sobre estos programas y como inscribirse llama a 303-443-1933.

## Consejera de Medicare

Proporciona información objetiva y asistencia con respecto a los beneficios de Medicare, seguros de salud, las políticas complementarias, sus derechos y más. Si necesita ayuda o para una cita llame a Karen a 303-774-4452.



## Clases de Ciudadanía de los Estados Unidos

El Comité de Longmont ofrece clases de Ciudadanía. Por favor llame a 303-651-6125 para obtener más información. El Comité es localizado en 455 Kimbark St., Longmont.

## Red Auditiva de Información

¿Tienes un conocido que no puede leer independientemente? Forma parte de la primera y única emisora comunitaria en español en todo el Estado de Colorado. Apoya a aquellos que no pueden leer material escrito. Todos nuestros servicios y equipos son gratuitos. Llama al 303-786-7777 x114.

## Voluntarios Bi-lingual

¡Tenemos una variedad de oportunidades, especialmente para aquellos que disfrutan de las enseñanzas del arte a la historia y la tecnología – nos encantaría escuchar sus ideas! Contacte a la recepcionista al 303-774-4452.

## ¡La Ciudad de Longmont está reclutando miembros nuevos para su grupo de voluntarios: El Equipo de Acción Climática Equitativa (ECAT por sus siglas en inglés)!

Esta es una oportunidad genial de liderazgo -voluntario y una excelente forma de involucrarse directamente con la Municipalidad revisando programas de Sostenibilidad. Gracias por aplicar. Favor de enviar su solicitud a [sustainability@longmontcolorado.gov](mailto:sustainability@longmontcolorado.gov) o a 1100 S. Sherman Steet con la Oficina de Sustentabilidad. Para preguntas contactar al (303)651-8416.

## Apoyo Emocional

Si necesita referencias de apoyo emocional, comuníquese con las especialistas de recursos, Melissa Losino 303-651-8654 o Verónica García 303-651-8716. Ellas pueden proporcionarle una lista de proveedores. No es necesario hacer cita, por favor deje su información de contacto y alguien se comunicará con usted.

## INFORMACIÓN SOBRE LA PARTICIPACIÓN EN PROGRAMAS EN EL SENIOR CENTER:

- **No hay membresía** para participar en actividades o para recibir servicios del Senior Center
- **Adultos mayores de 55 años son la primera prioridad;** sin embargo, las personas menores de 55 años pueden participar en ciertas actividades si hay espacio disponible y / o en ciertas circunstancias. Póngase en contacto con la recepción para más detalles.
- **Listas de espera:** las listas de espera se mantienen para actividades que requieren registro. El personal procesa todas las cancelaciones y los participantes en la lista de espera se les dan prioridad para llenar las aperturas.
- **Necesidades especiales:**
  - Haremos nuestro mejor esfuerzo para acomodar sus necesidades especiales.
  - Dispositivos de escucha están disponibles para las actividades.
- **# De Registración: Los programas, las clases y los eventos que requieren registración, traen un número de registro asignado y deben de registrarse antes de tiempo.**
  - Puede registrarse en la recepción con la recepcionista, de Lunes a Viernes, de 8:00 am - 5:00 pm
  - Por teléfono con una tarjeta de crédito a 303-651-8411, de Lunes a Viernes, de 8:00 am - 5:00 pm
  - En línea en [www.longmontcolorado.gov](http://www.longmontcolorado.gov) para la mayoría de las actividades después de la fecha de registro se abre y para viajes el Lunes después del registro de la lotería.
- **Pago: Se aceptan tarjetas de crédito, dinero en efectivo, cheques, certificados de regalo y becas del Senior Center.** El pago completo se requiere en el momento de la registración.
  - **Recibos** contienen información adicional. Revise y retenga para referencia.
  - **Residente/No-residente:** El primer precio indicado es para aquellos que viven dentro de los límites de la Ciudad de Longmont.
- **Cancelaciones:**
  - La ciudad reserva el derecho de cancelar una actividad si el número mínimo de participantes no se ha registrado. Los participantes serán notificados inmediatamente si una actividad cancela.
  - Un reembolso / crédito total será dado si el Senior Center cancela la actividad.
  - Un reembolso / crédito total será dado si el participante cancela una clase o evento especial tres (3) o más días hábiles antes de la actividad. Cada viaje tiene una fecha límite de cancelación específica.
  - Un crédito debe utilizarse dentro de los 12 meses siguientes a la fecha de emisión





## Caregiver Support Groups

The Senior Center offers multiple Caregiver Support Groups that are a free, confidential, drop-in space to talk with other family members caring for a loved one. We discuss resources, self-care, coping methods, and more. One group is specifically for those caring for someone with dementia, and the other group is open to any family caregiving situation- please see **page R2** of the GO for time/ location information. For more information, please call **Brandy Queen** at 303-651-8414.

## Various Support Groups

A variety of support groups related to health and wellness are held at the Longmont Senior Center. Please see page R2 of the GO for more information.

## Memory Café

**2nd Wednesday of each month, 2 – 3:30 pm**

Cost: Free, and advance registration is not required

A Memory Cafe is an opportunity for people living with dementia in the early stages and their care partners to join with others on the same journey for socialization, cognitive stimulation, inspiration, and education. Presented by the **Alzheimer's Association**. Please contact **Meg Donahue** [mmdonahue@alz.org](mailto:mmdonahue@alz.org) if you have questions.

## Lunch Bunch

**1st/3rd Wednesdays monthly, 11 am – 1 pm**

Cost: Free, please register in advance with Elaine Keiser at 303-335-6933

This biweekly activity group is for those in the early to middle stages of dementia who are beginning to have some difficulties with the complexities of everyday living. It is an opportunity for engaging in conversation, socializing, and enjoying stimulating activities. Family caregivers also attend along with those with memory loss. Call **Elaine Keiser** at 303-335-6933 to discuss joining the Lunch Bunch. Thanks to: Friends of the Longmont Senior Center, Longmont Meals on Wheels, Life Care Center of Longmont, The Bridge at Longmont, and our volunteer facilitators.

## Free MEDICAL EQUIPMENT

Several local organizations manage loan closets that include walkers, canes, wheelchairs and other medical equipment. See page 76 for the loan closet contact information.

## Advanced Directives

**Date: Thursday, October 10**

Registration #485003-10

**Date: Thursday, November 14**

Registration #485003-11

**Time: 9:30 – 11 am**

Cost: \$5 resident, \$6 non-resident

**Reg. Deadline: October 3 and November 7 respectively**

There is no better time than the present to consider and clarify your wishes for medical treatment in the event you cannot speak for yourself. Preparing documents expressing those wishes ahead of time is a true gift to yourself, as well as your loved ones and physician, relieving them of the uncertainty of how you want to be treated. In this class, we will provide and review the various documents related to advance planning (medical power of attorney, living will, and Five Wishes). Facilitated by **Renita Henson, RN BSN**. *Space is limited to 15 participants.*

## Cultivating Connections

**Dates: Tuesdays**

**September 17 - Conflict Resolution**

Registration #485074-09

**October 15 - Navigating Transitions**

Registration #485074-10

**November 19 - Creating A Connection Plan**

Registration #485074-11

**December 17 - Strengthening Existing Connections**

Registration #185059-12

**Time: 1 – 2:30 pm**

Cost: Free, please register in advance. Space is limited.

Are you feeling lonely? Are you interested in learning some tangible connection skills/ strategies? Would you like to talk with others who are in a similar situation? If so, consider joining us for a Cultivating Connections Group! On the 3rd Tuesday of each month, facilitators will spend up to 30 minutes presenting a topic related to connection. After this, the focus will shift to supporting one another. Topics will revolve around: finding, making, sustaining and yes, cultivating meaningful connections. Folks are encouraged to bring their questions, thoughts, and ideas to share. Each group is independent of the others – register for one, multiple, or all of them. **Kayleigh Schernbeck, LCSW**, and a rotation of Peer Support Volunteers will facilitate this group.





## Introduction to the Conversation Project

Registration #485166-01

**Date: Tuesday, September 17**

**Time: 1 - 2:30 pm**

Cost: Free, please register in advance

Participants will gain insights into conversations about healthcare preferences and the best ways to ensure their wishes for care through the end of life are honored. We will explore topics such as identifying a healthcare agent, basic advance care planning, advance directives, how to have "the conversation", building a support network and accessing community resources. Designed for individuals navigating the journey of aging alone or in partnership with others. **Presented by Becki Parr**, Project Coordinator of The Conversation Project in Boulder County (TCPBC).



## Aging Solo and Healthcare Wishes

Registration #485166-02

**Date: Tuesday, September 24**

**Time: 1 - 2:30 pm**

Cost: Free, please register in advance

Designed for individuals navigating the journey of aging without a traditional support structure. Participants will gain insights into conversations about healthcare preferences and communicating their wishes, explore topics such as identifying a healthcare agent, advanced care planning, building a support network, and accessing community resources. A panel of local experts will be available to field Q & A following an informative presentation. **Presented by The Conversation Project.**

## Dementia and Advance Care Planning

Registration #485166-03

**Date: Tuesday, October 8**

**Time: 1 - 2:30 pm**

Cost: Free, please register in advance

1 in 10 Americans over 65 have dementia and will likely depend on another to make healthcare decisions for them. In this presentation we will explore having proactive conversations about end-of-life healthcare values and wishes. We will also discuss how to make healthcare decisions for your loved one when you did not have a conversation prior to their memory loss. We will explore what is and is not possible when making dementia advance care plans. Current dementia advance directives will be compared.

## Advance Care Planning Hands-On Support

Registration #485166-04

**Date: Tuesday, October 15**

**Time: 1 - 2:30 pm**

Cost: Free, please register in advance

This is not a formal presentation but a drop-in opportunity to talk with specially trained volunteer coaches who are familiar with advance care planning and the helpful tools available to communicate end-of-life wishes and values. This is a free service. **Conversation Project** resources and a notary will be available.

## Colorado's End-of-Life Option Act: Medical Aid in Dying

Registration #485166-05

**Date: Tuesday, October 29**

**Time: 1 - 2:30 pm**

Cost: Free, please register in advance

Participants will learn the history of Medical Aid in Dying (MAiD), the usage of the End-of-Life Option Act in Colorado, and the eligibility and qualification guidelines for MAiD. There will be time for Q & A with a physician and someone whose loved someone chose MAiD.

*Please Note: All classes and programs with a Registration number require advance registration.*



## Self-Care Techniques for Caregivers

Registration #485082-24

**Date: Monday, September 16**

**Time: 5:30 - 6:30 pm**

Cost: Free, please register in advance

**Brenda Gurung** will introduce three proactive and reactive interventions for caregivers and care partners: laughter therapy, horticulture activities and art practice. We will incorporate modifications for individuals with cognitive impairment or dementia. We'll also discuss briefly other interventions (reminiscence, music and sensory) as well as strategies to identify triggers for behavioral expressions.



## How to Be a Savvy Patient

Registration #485116-06

**Date: Friday, October 11**

**Time: 10 - 11:30 am**

Cost: Free, please register in advance

**Registration Deadline: October 4**

You struggle to remember major appointments or where you left your wallet every day. This worries you, but others shrug it off as "senior moments." At your doctor's office, you wonder why your vision is blurred or if your heart medication causes fatigue, which was never explained to you. The doctor blames all your symptoms on getting older. They speak slowly, as if they were talking to a child. It might seem like it's all in your head, but ageism - discrimination based on a person's age - is a very real, overlooked barrier to good health. About 20% of people over 50 face age-based discrimination in healthcare, according to U.S. National Health and Retirement data. It can contribute to cognitive decline, more hospital stays, disability, worse health and quality of life, and depression. Over the long term, these attitudes shorten lives. Peer Support volunteers, **Lois Ellison, MS, LPN**, and **Dr. Traci Shahan, WHNP-BC, CNS**, share how to get the most out of your medical visits - from learning your rights as a patient, understanding medical lingo, and de-bunking common assumptions about aging.

## You Can Become a Savvy Caregiver

Registration #485043-24

**Date: Tuesdays, October 1 - November 5**

**Time: 9:30 - 11:30 am**

Cost: Free, please register in advance

This training program teaches an understanding of dementia and strives to increase caregiver confidence while reducing the adverse effects of caregiving. It focuses on helping caregivers to acquire and strengthen their knowledge, skills and attitudes for this role and teaches caregivers how to manage and care for themselves day-to-day. This 6-week course is led by **Jessica O'Leary, MA, CVW**, a gerontologist and specialist in dementia. Please note that this course is for those taking care of a loved one and not for professional caregivers; it is also for caregivers of those with early- or mid-stage dementia. Attendance at all classes is required, and class size is limited. If you need respite resources to attend the class, please call Brandy Queen at 303-651-8411.

## Caregiver Stress and Burnout

Registration #485161-01

**Date: Saturday, October 12, 10 - 11 am**

Registration #485161-02

**Date: Monday, October 14, 4 - 5 pm**

Cost: Free, please register in advance

Caregiving can be difficult, tiring, and wearing. **Brenda Gurung** will share several tools to manage stress and burnout - to keep organized, to identify resources and help, and to transform your caregiving work.

## Letting Go

Registration #485147-01

**Date: Wednesday, October 16, 5:30 - 6:30 pm**

Registration #485147-02

**Date: Tuesday, October 22, 1 - 2 pm**

Cost: Free, please register in advance

Join Senior Services staff **Brandy Queen, LPC**, to explore the curious concept of "letting go." Life constantly presents us with opportunities and challenges to let go of old ideas of who we are and what we can do, of people who have died or otherwise left us, and of ways of being that no longer serve us. Often we find there are many things we want to let go of specifically at the end of our lives.



## Fighting with Forgiveness

Registration #485154-24

**Date: Monday, October 21**

**Time: 10 - 11:30 am**

Cost: Free, please register in advance

The act of forgiving another human has been shown to decrease anger, anxiety and depression. But what do we do when we find it hard or impossible to forgive? Join us for a conversation to explore the topic of forgiveness. This interactive discussion is for anyone who has ever found themselves struggling with: forgiving others, self-forgiveness, asking for forgiveness and/or alternatives to forgiving. Regardless of what stage of this process you find yourself in, come to share your experience and learn from others. Discussion will be facilitated by Senior Services' staff **Kayleigh Schernbeck, LCSW** and a Peer Support Volunteer. This can be taken as a standalone program or you can consider joining us for Part 2, Fostering Forgiveness, at any future offering.

## Fostering Forgiveness

Registration #485160-24

**Date: Monday, October 28**

**Time: 10 - 11:30 am**

Cost: Free, please register in advance

Prerequisite: You must have taken Part 1 (Fighting with Forgiveness) in the past in order to attend this class. During this time, we will put what we learned into practice! Participants will work in small groups to explore, discuss and make progress toward fostering forgiveness in their lives. Senior Services' staff **Kayleigh Schernbeck, LCSW** and a Peer Support Volunteer will assist in guiding this workshop.

## Dementia Conversations

Registration #485135-01

**Date: Monday, October 28, 3 - 4:30 pm**

Registration #485135-02

**Date: Wednesday, October 30, 5:30 - 7 pm**

Cost: Free, please register in advance

This workshop offers tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving, and making legal and financial plans.

**Presented by the Alzheimer's Association.**

## Healthy Living for Your Brain and Body: Tips from the Latest Research

Registration #485086-24

**Date: Wednesday, November 6**

**Time: 3 - 4:30 pm**

Cost: Free, please register in advance

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. We will use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. **Presented by the Alzheimer's Association.**

## Dementia and the Holidays

Registration #485158-24

**Date: Saturday, November 9**

**Time: 10 - 11 am**

Cost: Free, please register in advance

The holidays can be a stressful time for your person living with dementia. We'll discuss ways to modify your celebrations so that your person can be successful and ways to educate and empower guests and loved ones to be able to engage effectively with your person. Each participant will have an opportunity to build a plan for their holiday celebrations based on their person's situation. **Presented by Brenda Gurung**, a credentialed dementia specialist and the founder of Be Growth Dementia Education.

## 10 Warning Signs of Alzheimer's

Registration #485042-24

**Date: Tuesday, November 12, 5:30 - 7 pm**

Registration #185005-24

**Date: Monday, December 2, 3 - 4:30 pm**

Cost: Free, please register in advance

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources. **Presented by the Alzheimer's Association.**

*Please Note: All classes and programs with a Registration number require advance registration.*



## Grief Recovery Support Group

**Dates:** Mondays, November 18 - January 6

**Time:** 1:30 - 3 pm

**Cost:** Free, please register in advance

There is no right or wrong way to grieve. This support group is a confidential space to experience your grief process and receive support from other older adults who are grieving as well. You may have lost a loved one recently or in years past, and all are welcome. Senior Services Counselor **Kayleigh Schernbeck, LCSW**, and a peer support volunteer will facilitate this group. To register or for more information contact [kayleigh.schernbeck@longmontcolorado.gov](mailto:kayleigh.schernbeck@longmontcolorado.gov).

## Coping with the Holidays When You are Grieving

Registration #485095-24

**Date:** Thursday, November 21

**Time:** 11 am - Noon

**Cost:** Free, please register in advance

The holidays can present challenges for those who are grieving a loss. Learning to trust your grief, restructure expectations, and understand how grief may be affecting family members can help you navigate what can be a challenging time. In this interactive workshop we will explore the tools necessary to take good care of yourself during the winter holidays. This program is open to the bereaved as well as friends and family.

**Presented by Joan Hummel and Kathryn Messman of TRU Community Care Hospice.**

*Please Note: All classes and programs with a registration number require advance registration.*

**NEED HELP WITH ONLINE REGISTRATION?**  
Check out our updated how-to video at [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)

## UCHEALTH ASPEN CLUB



### Stop the Bleed and Hands Only CPR

Registration #485080-06

**Date:** Tuesday, October 22, 1 - 3 pm

Registration #485080-08

**Date:** Thursday, December 12, 10 am - Noon

**Cost:** Free, please register in advance

A bleeding injury can happen anywhere. Civilians need basic training in bleeding control principles so they are able to provide immediate frontline aid until first responders are able to take over care of an injured person. Through our STOP THE BLEED® course, you'll gain the ability to recognize life-threatening bleeding and intervene effectively.

### Talk with a Healthcare Professional

Registration #485080-09

**Date:** Tuesday, September 17

Registration #485080-10

**Date:** Tuesday, October 15

Registration #485080-11

**Date:** Tuesday, November 19

**Time:** 5:30 - 6:30 pm

**Cost:** Free, please register in advance

**Registration Deadlines: October 8, November 12 respectively**

Join UCHealth physicians and staff for a shared conversation on a variety of health-related topics from head to toe. Plan for an interactive hour of fun and helpful health information. Light snacks will be provided. Seating is limited.

### It's Back! UC Health Chronic Disease Self-Management

Registration #485080-00

**Date:** Fridays, October 4 - November 8

**Time:** 10 am - 12:30 pm

**Cost:** Free, please register in advance

**Registration Deadline: September 27**

Chronic diseases can affect a person's ability to perform important activities, restricting

their engagement in life. Diabetes, arthritis, hypertension, lung disease, and other chronic conditions like these can make life difficult to manage for millions of older adults. This interactive workshop focuses on building skills to manage your condition. Topics include pain management, nutrition, exercise, medication use, emotions, and communicating with doctors. Seating is limited.



## Oral Health Considerations in the Senior Population

Registration #485116-09

**Date: Tuesday, September 10**

Registration #485116-11

**Date: Tuesday, November 12**

**Time: 1:30 - 3 pm**

Cost: Free, please register in advance.  
Space is limited.

**Registration Deadline: November 5**

*"Why is my mouth so dry? I have dentures, do I have to see the dentist?"* Two caring, local Dental Hygienists from **Salud Family Health** will address these questions and more! Come with your questions as well, they will be answered at the end of the presentation!

## AFC Urgent Care - Colds and Flu

Registration# **485149-00**

**Date: Wednesday, October 16**

**Time: 10 - 11 am**

Cost: Free, please register in advance.

**Registration Deadline: October 9**

Cold and flu season is just around the corner, join us for this informative session as we discuss colds, flu, virus verses bacterial infections, supplements and what tests are recommend when you get sick. Presented by Autumn Rowland with AFC Urgent Care. She specializes in emergency and palliative medicine, and geriatric care.

## You're Never Too Old to Eat Kohlrabi!

Registration #485115-09

**Date: Wednesday, September 4**

**Time: 1:30 - 3 pm**

**Registration Deadline: August 30**

Plant-based, slant, forward, and more! What does it mean and how do you get started? Want to hear from a home chef who has "been there, done that, and loves it?" Join **Lisa Boesen**, certified vegan chef, from Fort Collins, and take a virtual dive into the world of eating more plants. In this introductory session, students will review the most popular plant-based eating theories, (her history buff alt-ego kicks in a bit!) listen to our personal story of transforming to a primarily plant-based eating plan (almost 100%), and receive tips and tools to take a two-week test drive with a primarily plant-based eating lifestyle!

## Holiday Small Bites - The Plant-Forward Way

Registration #485115-11

**Date: Tuesday, November 5**

**Time: 1:30 - 3 pm**

**Registration Deadline: October 29**

Need a quick small bite dish or two for the holiday season? Join **Lisa Boesen**, certified vegan chef, for a quick cooking session (who has time in the holidays?!) to learn three easy dishes for your holiday guests! Your guests won't even know these holiday dishes are from plants! In appreciation, attendees receive the newly published e-book, 12 Days of Holiday Small Bites: Plant-based recipes and tips for holiday entertaining!

*Please Note: All classes and programs with a Registration number require advance registration.*

## BOULDER COUNTY AREA AGENCY ON AGING

### Information and Wellness:

Please visit [www.boco.org/AAALearns](http://www.boco.org/AAALearns) to learn more about the wellness offerings through the Boulder County Area Agency on Aging. We update this page regularly with new classes! Please email us at [infohealthyaging@bouldercounty.org](mailto:infohealthyaging@bouldercounty.org) with any questions, or you may call us at: 303-441-1546 for Medicare, 303-441-4583 for Wellness, or 303-441-4995 for Nutrition.

### Online Caregiver Education Series:

The Boulder County Area Agency offers a variety of online classes for family caregivers. To see a full description of programs and to find a link to sign up for the Caregiver Educational Series classes, visit [www.boco.org/Caregiving](http://www.boco.org/Caregiving).

**« Medicare Basics Classes**  
See page 23





We are excited to partner with Natural Grocers to bring wellness education to our aging community! These NEW offerings will educate attendees as well as provide opportunities for Q & A with a Nutritional Health Coach.

### Demystifying Fats

Registration #485114-09

**Date: Friday, September 13**

**Time: Noon - 1 pm**

Cost: Free, please register in advance

Fats have been blamed for our declining health since the 1950s, but are they really the villains they've been made out to be? **Jennifer Hoppert** helps us discover why fats are essential to health and learn why nutrient-dense high-fat foods should be part of a healthy diet. In addition, this class will highlight some of the latest research on fat as we untangle the truth and demystify fats.

### How to Survive Today's Food Jungle

Registration #485114-10

**Date: Friday, October 4**

**Time: Noon - 1 pm**

Cost: Free, please register in advance

**Registration Deadline: September 27**

Food has changed more in the last 50 years than it has in the last 10,000. Food today is entirely different than it was in your grandparents' day. From the way it's grown to the way it's processed and packaged (including the nutritional value), everything has changed. Knowing how to choose the highest quality foods is key to caring for your health. **Instructor: Jennifer Hoppert**

### Immune Support 101

Registration #485114-11

**Date: Friday, November 15**

**Time: Noon - 1 pm**

Cost: Free, please register in advance

**Registration Deadline: November 8**

Most people know vitamin C is important for the immune system, but why? And what about the other vitamins? Just like the rest of our body, the immune system requires optimal nutrition to work at its best. **Jennifer Hoppert** shares how keeping your immune system fed with the right stuff will ensure that your body is ready to handle whatever comes its way during the winter months.

### The Power of Mushroom Supplements

Registration #185114-12

**Date: Friday, December 6**

**Time: Noon - 1 pm**

Cost: Free, please register in advance

**Registration Deadline: November 29**

Mushrooms are growing in popularity and for good reason. Research is booming showing that mushroom supplements support almost every facet of health, including healthy energy levels, immune system function, glowing skin and hair, and brain, liver, and more. Join us to discover the power of mushroom supplements and find the perfect mushroom for you. Whatever your health goal, mushroom supplements make it achievable! **Instructor: Jennifer Hoppert**



This is your time.  
**OWN IT.**

## SILVER SNEAKERS® LUNCH & LEARNS

Bring a lunch and join us on the 2nd Tuesday of each month for an educational wellness class!

**Cost:** \$2.00 resident, \$3.00 non-resident; FREE for SilverSneakers® and Renew Active™

### Fall Reduction Strategies

Registration #413401.1

**Date:** Tuesday, September 10

**Time:** Noon - 1 pm

**Cost:** \$2 resident, \$3 non-resident;  
FREE for Silver Sneakers® &  
Renew Active Members

One out of three people 65 and over falls every year, making them the leading cause of accidental injury or death in these individuals. Come and increase your knowledge about factors that can contribute to falls, identify how you can prevent falls by changing your behavior and/or your surroundings, and adopt safety strategies to reduce your risk of falling. **Instructor: Lynette Lowe**

### Plant Rich Nutrition: How Eating More Plant Foods Can Optimize Our Health & Well-Being

Registration #413401.2

**Date:** Tuesday, October 8

**Time:** Noon - 1 pm

**Cost:** \$2 resident, \$3 non-resident;  
FREE for Silver Sneakers® &  
Renew Active Members

**Registration Deadline: October 1**

A diet rich in plant-based foods can offer many nutritional benefits, including protein, fiber, vitamins, and minerals. Join us for an interactive presentation led by a registered dietitian on how eating more plant-based foods can optimize our overall health and well-being. **Melinda Benz, RDN**, will discuss practical strategies for adding more plant foods to our meals and snacks while maximizing nutrition and flavor!

### The Power of Plants: Maintaining Bone Health Through Plant-Based Foods

Registration #413401.3

**Date:** Tuesday, November 12

**Time:** Noon - 1 pm

**Cost:** \$2 resident, \$3 non-resident  
FREE for Silver Sneakers® &  
Renew Active Members

Many plant-based foods can promote strong and healthy bones by providing bone-protective nutrients such as calcium, vitamin D, and protein. Join **Melinda Benz, RDN**, for an interactive presentation led by a registered dietitian where we will discuss how various plant-rich nutrients and dietary choices can contribute to our bone health.

### Holiday Social & Cookie Exchange

Registration #113401.1

**Date:** Tuesday, December 10

**Time:** Noon - 1 pm

**Cost:** \$2 resident, \$3 non-resident;  
FREE for Silver Sneakers® &  
Renew Active Members

**Registration Deadline: December 3**

Join Longmont Recreation Staff/Instructors for a fun Holiday Social and Cookie exchange. Bring a batch of your favorite cookies to share and copies of your recipe to exchange if desired. Festive attire encouraged but not required. Let's celebrate a great year coming to a close.

## COMMON SPIRIT @ LONGMONT UNITED HOSPITAL PROGRAMS

### Fall Prevention

Registration #485093-00

**Dates:** Thursday, September 26

**Time:** Noon - 1 pm

**Cost:** Free, please register in advance

Fall Prevention with **Kasandra Dickerson MSN BSN RN**. Learn ways to help reduce your risk of falling and how to maintain or increase your balance through a systematic approach. Light meal will be served.

### Are You Tired?

Registration #485094-00

**Date:** Thursday, October 24

**Time:** Noon - 1 pm

**Cost:** Free, please register in advance

Learn from expert **Dr. Angela Paddack** on advances in sleep apnea. She will discuss ways to improve your sleep. Light meal will be served.

CommonSpirit  
Longmont United  
Hospital





## Exercise Scholarship - Funds are Available

The Friends of the Longmont Senior Center provide up to \$250 a calendar year for each qualified individual to use toward exercise and fitness classes offered at the Longmont Senior Center. See the front desk staff to complete a brief application. See **page 3** for more information.



### Feldenkrais Floor - Online “Zoom” Class - Minimal Movements in Bending & Twisting

Registration # 486023-09

**Dates:** Tuesdays, September 3, 10, 17, 24

**Time:** 10 - 11 am

**Cost:** \$36 resident, \$40 non-resident

Experience profound shifts by embracing minimal movements. Discover how subtle actions enhance your body's awareness and unlock systemic changes, fostering a deeper connection with yourself. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

### Feldenkrais Floor - Online “Zoom” Class - Feldenkrais Rolling

Registration # 486023-10

**Dates:** Tuesdays, October 1, 8, 15, 22, 29

**Time:** 10 - 11 am

**Cost:** \$45 resident, \$50 non-resident

**Registration Deadline: September 26**

Reconnect with the instinctive act of rolling. Enhance balance and coordination through explorative rolling movements, tapping into your body's innate wisdom for fluid movement and spatial awareness. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

### Feldenkrais Floor - Online “Zoom” Class - Free Your Head, Neck, & Shoulders

Registration # 186023-12

**Dates:** Tuesdays, December 3, 10, 17, 24, 31

**Time:** 10 - 11 am

**Cost:** \$45 resident, \$50 non-resident

**Registration Deadline: November 26**

Ease tension accumulated from modern lifestyles. Gentle Feldenkrais exercises unravel habitual neck, shoulder, and jaw patterns, fostering fluidity and ease in movement and enhancing overall well-being. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

### Feldenkrais Chair - Online “Zoom” Class - Create Ease in Your Jaw

Registration # 486024-09

**Dates:** Thursdays, September 5, 12, 19, 26

**Time:** 11 am - Noon

**Cost:** \$36 resident, \$40 non-resident

Release tension held in the jaw. Through mindful movements, liberate the neck, shoulders, and head, fostering relaxation and alleviating discomfort caused by stress and anxiety. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

### Feldenkrais Chair - Online “Zoom” Class - How Your Eyes Organize Your Movement

Registration # 486024-10

**Dates:** Thursdays, October 3, 10, 17, 24, 31

**Time:** 11 am - Noon

**Cost:** \$45 resident, \$50 non-resident

**Registration Deadline: September 26**

Rediscover clarity and relaxation in vision. Break free from habitual eye patterns, reducing neck and shoulder tension while enhancing peripheral awareness and visual acuity. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.



## Feldenkrais Chair - Online “Zoom” Class - Fundamentals of Movement

Registration # 186024-12

**Dates: Thursdays, December 5, 12, 19, 26**

**Time: 11 am - Noon**

Cost: \$36 resident, \$40 non-resident

**Registration Deadline: November 26**

Delve into pelvic and spinal dynamics, laying the groundwork for effortless movement and enhanced mobility. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

## Feldenkrais Workshop - Improve Balance and Coordination

Registration # 486025-00

**Date: Wednesday, September 25**

**Time: 1 - 4 pm**

Cost: \$30 resident, \$35 non-resident

We will Explore lessons that enhance coordination and balance, facilitating seamless shifts between sitting in a chair and standing positions for enhanced safety and agility. The lessons will be done in the sitting and standing positions. By the workshop's end, move with greater ease and a lighter stride—taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner. Please note this is an in-person class at the Longmont Senior Center.

## Folk Dancing

Registration # 486034-00

**Dates: Thursdays, September 12 - October 31**

**Time: 2 - 3 pm**

Cost: \$40 resident, \$48 non-resident (8-weeks)

**Registration Deadline: 6-Sep**

Come join the fun with our Beginning Folk Dancing classes led by **Ruth Thomson**! Participants will learn traditional village, easy circle, and some line dances from around the world with 1-2 taught each week building from previously taught dances. Come alone or bring your friends, no partner needed.

### Preparing for Class

You should **consult** your **physician** or other health care professional before starting this or any other **fitness** program to determine if it is right for your needs.

## Line Dance (Beginning)

**Days: Tuesdays**

Registration # 486004-09

**Date: September 3, 10, 17, 24**

Cost: \$20 resident, \$25 non-resident

Registration # 486004-10

**Date: October 1, 8, 15, 22, 29**

Cost: \$25 resident, \$30 non-resident

**Registration Deadline: September 24**

Registration # 486004-11

**Date: November 5, 12, 19, 26**

Cost: \$20 resident, \$25 non-resident

**Registration Deadline: October 29**

Registration # 186004-12

**Date: December 3, 10, 17, 24, 31**

Cost: \$25 resident, \$30 non-resident

**Registration Deadline: November 26**

**Time: 2 - 3 pm**

Single class fee: \$8 resident, \$10 non-resident

Are you looking for fun? Look no further! Join instructor, **Marilene Sisco**, in this wonderful form of exercise. For those who love music and want to learn some dance steps for their repertoire, this is for YOU! The benefits of line dancing are many – control high blood pressure and cholesterol, manage stress, strengthen bones and muscles without hurting your joints, and improve your balance. Not only is it a physical activity, it will keep your brain active, and you get to socialize and have a lot of fun all at once!

## Line Dance (Continuing)

**Days: Tuesdays**

Registration # 486013-09

**Date: September 3, 10, 17, 24**

Cost: \$20 resident, \$25 non-resident

Registration #486013-10

**Date: October 1, 8, 15, 22, 29**

Cost: \$25 resident, \$30 non-resident

**Registration Deadline: September 24**

Registration #486013-11

**Date: November 5, 12, 19, 26**

Cost: \$20 resident, \$25 non-resident

**Registration Deadline: October 29**

Registration #186013-12

**Date: December 3, 10, 17, 24, 31**

Cost: \$25 resident, \$30 non-resident

**Registration Deadline: November 26**

**Time: 3:15 - 4:15 pm**

Single class fee: \$8 resident, \$10 non-resident

If you have taken line dance classes or can move along to the faster tunes, this is for you as an intermediate or improver level dancer. **Marilene Sisco** will continue some of the group favorites and teach new dance steps to keep you motivated. This is one of the greatest forms of exercise for all the reasons listed above.





### Pilates

Registration # 486005-09

**Date: Tuesdays, September 3, 10, 24**

Cost: \$36 resident, \$43 non-resident

Registration #486005-10

**Date: Tuesdays, October 1, 8, 15, 22, 29**

Cost: \$60 resident, \$69 non-resident

**Registration Deadline: September 24**

Registration #486005-11

**Date: Tuesdays, November 5, 12, 19, 26**

Cost: \$48 resident, \$57 non-resident

**Registration Deadline: October 29**

Registration #186005-12

**Date: Tuesdays, December 3, 10, 17, 31**

Cost: \$48 resident, \$57 non-resident

**Registration Deadline: November 26**

**Time: Noon - 1 pm**

Single class fee: \$15 resident, \$18 non-resident

Pilates® Mat Class with advanced certified Pilates® instructor **Kathy Kerr**. Kathy has been gathering Pilates® teaching experience and body knowledge since 2000. She offers an all-levels, Pilates® Mat class full of humor and a masterful conveyance of the Pilate® method. Safety and quick individual progress opportunities are ongoing.

Come find joy in movement as you strengthen, lengthen, and find your connection to a more supple center. Mats and bands are provided. You can bring your own props such as a yoga mat, a neck or low back support, foam roller, or other myofascial manual release props and tools. Participants must be able to get up and down from the floor mat. For more information please contact Kathy at pilateswithkathy@gmail.com.



### Alignment Based Yoga for Active Seniors

Registration # 486010-09

**Date: Mondays, September 9 - 30**

Cost: \$40 resident, \$48 non-resident

Registration #486010-10

**Date: Mondays, October 7 - 21**

Cost: \$30 resident, \$36 non-resident

**Registration Deadline: September 30**

Registration #486010-11

**Date: Mondays, November 4, 18, 25**

Cost: \$30 resident, \$36 non-resident

**Registration Deadline: October 28**

Registration #186010-12

**Date: Mondays, December 2 - 16**

Cost: \$30 resident, \$36 non-resident

**Registration Deadline: November 25**

**Time: 10:45 - 11:45 am**

Single class fee: \$12 resident, \$14 non-resident

This class offers clear instruction in alignment aimed at the health of the spine and joints. Careful sequencing will guide you through your yoga experience. Practicing yoga improves body awareness, flexibility, strength, balance, and relaxation. Participants must be able to get up and down off the floor safely since we explore reclining, sitting, and standing poses. Please bring 1 or 2 sturdy blankets or 2 very large beach towels and a yoga mat. New students please come to the first class 10 minutes early.

**Instructor: Gwyn Cody, RYT**

Questions? Call 970-669-1574

*Please Note: All classes and programs with a Registration number require advance registration.*

### Animals

**The only animals allowed in the building are Service Animals as defined by the ADA which are dogs (or miniature horses) that are individually trained to do work or perform tasks for people with disabilities. Per Senior Center policy, only Service Animals as defined above and animals invited as part of a staff-arranged program are allowed in the building.**



## New! Integrative Hatha Yoga

**Session 1: September 7 - October 5**  
Registration# 486011-09

**Session 2: October 19, 26, November 9-23**  
Registration# 486011-10

**Day: Saturdays**

**Time: 9:30 - 10:45 am**

**Cost:** \$45 resident, \$50 non-resident (5-weeks)  
Single-class drop in fee: \$10

**Registration Deadline: September 5, October 12 respectively**

Integrative Hatha Yoga is a multidisciplinary practice that supports balance, stability & strength. Each class will include breath work, movement, and an extended guided meditation to reduce stress and shift our awareness inward. Yoga helps the body physically, emotionally and mentally (for focus & concentration). This all levels class is open to anyone who can safely transition into standing, seated, prone and supine postures. Please bring a wool or cotton blanket or a large towel to be used during restorative postures and a mat (the Senior Center does have some mats, if you don't).

Please consult with a healthcare provider before starting any new exercise.

**Instructor: Ramya Bruskin, RYT.**

**FREE DEMO: August 24 at 9:30 am.**

## Holiday Integrative Class and Meditation

Registration #186011-12

**Date: Saturday, December 7**

**Time: 9:30 - 11 am**

**Cost:** \$10 resident, \$15 non-resident

**Registration Deadline: November 30**



## Chair Yoga for Fighting Falls

Registration #484342-00

**Date: Friday, September 6**

**Time: 9:30 - 10:15 am**

**Cost:** Free, please register in advance

**Registration Deadline: September 4**

Part of our National Falls Prevention Month lineup, join us for an all-levels practice designed to calm the mind and improve balance. Lead by Seniors Recreation Program Supervisor, **Amy Hodge, RYT 500.**

## NEED HELP WITH ONLINE REGISTRATION?

Check out our updated how-to video at [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)

## Seniors on Weights – at The Memorial Building

This small group program, taught by a Certified Personal Trainer, is designed for older adults who like to get more comfortable in the weight room, learn to use the equipment, and properly warm up and cool down for safe execution of the strengthening exercises. Senior Center Scholarship may be available to help cover the cost. **Instructor: Kenya Taylor, CPT**

**Dates: Tuesdays and Thursdays**

**Sept 3 - 26** Registration #413303-A

**Oct 1 - 24** Registration #413303-B

**Oct 31 - Nov 26** Registration #413303-C

**Dec 3 - 26\*** Registration #113303-A

**Time: 1:30 – 3 pm**

**Location: Memorial Building**

**Cost per Session:** \$130 residents, \$162.50 non-residents

*\*Modified schedule last week of December.*





### Intro to Reiki

Registration #486035-00  
**Dates: Wednesday, October 23**  
**Time: 3 - 4 pm**  
Cost: Free, please register in advance.  
**Registration Deadline: October 16**

Reiki is an ancient Japanese relaxation technique used for hundreds of years to bring calm and relaxation to oneself and to others. In a 2017 study published in the journal "Clinical Practice", Reiki was found effective in reducing anxiety and depression. In 2018 the "Journal of Holistic Nursing" reported Reiki was effective in improving sleep quality and reducing stress in patients with chronic pain. With all the benefits of Reiki and being safe for everyone, it is quickly becoming a very sought out modality for overall well-being. Come and learn about this relaxation modality with time for Q & A included. Instructor: **Athena Grace.**

### Reiki Group Classes

**Dates:** Registration#  
**Wednesday, October 23** 486036-10  
**Wednesday, December 18** 186036-12  
**Time: 2 - 3 pm**  
Cost: \$35 resident, \$39 non-resident  
**Registration Deadline: October 16, December 11, respectively**

Discover tranquility in this Meditative Reiki class. Immerse yourself in an hour of serenity through calming breath work, relaxing meditation, the soothing touch of intuitive Reiki; closing with empowering chakra affirmations. Join me on the path to balance mind, body and spirit, while elevating your well-being with each offering. Wear comfortable clothes, bring yoga mat or towel and any additional comforts such as a pillow or blanket. Chairs will be provided if sitting on the floor is not your idea of relaxation. Instructor **Athena Grace.**

### Holiday Healing Sound Bath

Registration #186037-12  
**Date: Wednesday, December 11**  
**Time: 3:30 - 4:45 pm**  
Cost: Free, please register in advance.  
**Registration Deadline: December 4**

Sound baths help people achieve very deep states of relaxation and meditation. The sound envelops the entire person effecting a person's body as well as their aura. As a part of the sound bath a large gong will be played, along with Tibetan singing bowls, large crystal bowls, crystal gem bowls and other instruments that encompass the entire room. Our facilitator walks amongst the audience with handheld bowls or other instruments to deliver a more specific intense experience. This will be an immersive sound experience that can be completed lying down or seated. If choosing to lie down for this relaxing experience please bring your own mat. If you are comfortable with it, wearing an eye mask during the performance helps the relation process. **Facilitator: Bruce White**

### New! LaBlast® Chair

Registration #486039-09  
**Session 1: Thursdays, September 12 - October 17**

Registration #486039-11  
**Session 2: Thursdays, November 7 - December 19\***  
\*no class November 28

**Time: 5:30 - 6:15 pm**  
Cost: \$40 resident, \$48 non-resident (6-weeks)

**Registration Deadline: September 10, November 1, respectively**

LaBlast® Chair is a seated dance class that takes you through a diverse mix of famous ballroom dances set to your favorite music, everything from pop and rock to hip-hop and country. Experience a full array of dance styles from Jive to Foxtrot and Viennese Waltz to Lindy Hop. Try our **FREE DEMO August 15th from 5:30-6:15 pm** with instructor **Tonia Milne.**



**NEED HELP WITH ONLINE REGISTRATION?**  
Check out our updated how-to video at [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)

## TAI CHI

Steve Elliott has been studying Tai Chi for over 40 years and teaching for over 18 years. He is certified by Dr. Lam's Tai Chi for Health Institute to teach Tai Chi for Arthritis and Fall Prevention.



EXERCISE AND FITNESS

### Tai Chi for Fall Prevention

Registration #486214-00

**Dates:** Mondays, September 9 - October 28

**Time:** 9:30 - 10:30 am

**Cost:** FREE to Longmont Residents (sponsored by the Friends of the Longmont Senior Center), \$88 non-resident (8-weeks). Registration required by September 5.

Falls are a major concern for elderly folks. Hospitals see up to one million patient falls per year and spend an average of \$14,000 on each one. Tai Chi has been proven in scientific studies to help prevent falls. The slow, mindful movements result in more energy, looser joints, and better balance. This class is modeled on the Centers for Disease Control STEADI programs which are designed and tested to reduce falls in seniors. Instructor: **Steve Elliott**, stevekelliott@gmail.com.

### Yang Style Tai Chi

Registration #486217-00

**Dates:** Mondays and Wednesdays, September 9 - October 30

**Time:** 12:30 - 1:30 pm

**Cost:** \$160.00 resident, \$175.00 non-resident (16-classes, 8-weeks)

Yang Style Tai Chi is one of the most popular forms of Tai Chi practiced throughout the world today. The slow, fluid movements have recently been recognized in scientific studies to produce benefits for practitioners in a variety of ways: Heart conditions, arthritis, osteoporosis, balance, sleep, cognitive function, and breath all benefit from regular practice.

In this class we will learn the beginning moves of the yang form and how they apply to daily life. Instructor: **Steve Elliott**, stevekelliott@gmail.com.



### New class at Senior Center starting Sept 2024 Balance & Core

**Tuesdays, 5:30 - 6:30 pm**

A balance and core class designed for seniors to help improve stability, prevent falls, and maintain independence. Core exercise can improve posture, prevent injuries, and support everyday activities. Balance exercises can help retain mobility with aging. *This class is included with your Silver Sneakers membership or can be purchased via daily drop in fee.*

### PASSES FOR FITNESS CLASSES:

- SilverSneakers and Zumba classes are free for individuals with a SilverSneakers® or Renew Active™ membership.

	RESIDENT	NON-RESIDENT
<b>Daily</b>	<b>\$6</b>	<b>\$7.50</b>
<b>30-day</b>	<b>\$31.25</b>	<b>\$39</b>
<b>3-month</b>	<b>\$82.50</b>	<b>\$103</b>
<b>Annual</b>	<b>\$286</b>	<b>\$357.50</b>

- Non-SilverSneakers®/Renew Active™ Pass holders may attend these classes for a fee. *See table below left.*

Get more out of your fitness pass! Your daily, monthly, quarterly, or annual pass will gain you access to:

- SilverSneakers/RenewActive sponsored classes at all City of Longmont Facilities (see the blue-shaded classes on page 61)
- Access to the Recreation Center amenities including: Pool, Weight Room, Dry Sauna & Steam Room, Indoor Track
- Amenities at the St. Vrain Memorial Building and Centennial Pool



RenewActive™ by UnitedHealthcare One Pass™

### SilverSneakers® & Renew Active™ Fitness Programs

Designed for Medicare participants with select insurance plans. Are you a United Healthcare customer? Did your SilverSneakers® pass change to Renew Active™ by Optum? Don't worry! Your new pass works just like the SilverSneakers® pass. Both programs include use of facility amenities and group fitness classes with unlimited daily admission at the Longmont Recreation Center, Centennial Pool, and the St Vrain Memorial Building.

Both programs are also valid for admission for the SilverSneakers® classes held at the Senior Center. To find out more, call 303-774-4800 or stop in at the Longmont Recreation Center and get signed up!

#### SilverSneakers® Fitness Classes

- Choose from these 45 to 60 minute classes geared specifically for the unique fitness needs of older individuals.
- There are no fees for individuals with a SilverSneakers® or Renew Active™ pass.
- Non-SilverSneakers®/Renew Active™ Pass holders may attend these classes for a fee – see above for more information.
- Be sure to update us if your insurance plan has changed.

#### NEW! Balance & Core

A balance and core class designed for seniors to help improve stability, prevent falls, and maintain independence. Core exercise can improve posture, prevent injuries, and support everyday activities. Balance exercises can help retain mobility with aging. Use your Silver Sneakers® pass or pay the drop-in fee to attend.

#### SilverSneakers® Classic

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 ball are offered for resistance, and a chair is used for seated and/or standing support.



#### SilverSneakers® Yoga

Yoga will move your whole body through a complete series of seated and standing yoga 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® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

#### SilverSneakers® Enerchi

Perform modified Tai Chi forms in a slow, flowing sequence to progress balance and focus. A chair is offered for standing support.

#### SilverSneakers® Stability

Focusing on specific exercises to improve strength and power around the ankles, hips and knees, balance and reaction time.

#### SilverSneakers® Cardio

A cardio class that is gentle on the joints. Includes upper body strengthening, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

#### Zumba® Gold

A modified Zumba® class that uses easy to follow dance choreography to Latin inspired music, and focuses on coordination, range of motion, and fun!

# CLASSES AT THE SENIOR CENTER | FALL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:15 am <b>SilverSneakers® Classic</b> Drop-in class	10 - 10:45 am <b>SilverSneakers® Yoga</b> Drop-in class	8:30 - 9:15 am <b>SilverSneakers® Circuit</b> Drop-in class	11 - 11:45 am <b>SilverSneakers® Yoga</b> Drop-in class	8:30 - 9:15 am <b>SilverSneakers® Classic</b> Drop-in class
9:30 - 10:30 am <b>Tai Chi For Falls Prevention</b> Register for 8 weeks	10 - 11 am <b>*Feldenkrais Online</b> Register by month	12:30 - 1:30 pm <b>Yang Style Tai Chi</b> Register for 8 weeks	11 am - noon <b>*Feldenkrais Online</b> Register by month	<b>SATURDAY</b>
10:45 - 11:45 am <b>Alignment Based Yoga</b> Register by month or drop-in	11 am - noon <b>Zumba Gold®</b> Drop-in		2 - 3 pm <b>Folk Dancing</b> Register for 8 weeks	9:30 - 10:45 am <b>Integrative Hatha Yoga</b> Register for 5 weeks
12:30 - 1:30 pm <b>Yang Style Tai Chi</b> Register for 8 weeks	Noon - 1 pm <b>Pilates®</b> Register by month or drop-in		5:30 - 6:15 pm <b>LaBlast!® Chair</b> Register for 6 weeks	
	3:15 - 4:15 pm <b>Continuing Line Dance</b> Register by month or drop-in			
	5:30 - 6:30 pm <b>Balance &amp; Core</b>			

- Online
- SilverSneakers/ RenewActive sponsored
- Senior Services sponsored

For full descriptions, dates, and prices, please see pages 54-60

Schedule is subject to change. Visit [www.longmontcolorado.gov/fitness](http://www.longmontcolorado.gov/fitness) for up to date schedule.

## SilverSneakers® Classes at the Longmont Recreation Center, 310 Quail Rd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 - 8:45 am <b>SilverSneakers® Yoga</b>	8:30 am <b>SilverSneakers® Classic</b>	9 am* <b>SilverSneakers® Yoga</b>	8:30 am <b>SilverSneakers® Classic</b>	9 am* <b>SilverSneakers® Yoga</b>
9 am* <b>SilverSneakers® Yoga</b>	9 am* <b>SilverSneakers® Enerchi</b>	10:15 am <b>SilverSneakers® Yoga</b>	9:20 am <b>SilverSneakers® Circuit</b>	10:15 am <b>SilverSneakers® Yoga</b>
10:15 am <b>SilverSneakers® Yoga</b>	9:20 am <b>SilverSneakers® Circuit</b>		10:15 am <b>SilverSneakers® Splash</b>	11:15 am <b>SilverSneakers® Stability</b>
	10:15 am <b>SilverSneakers® Splash</b>			

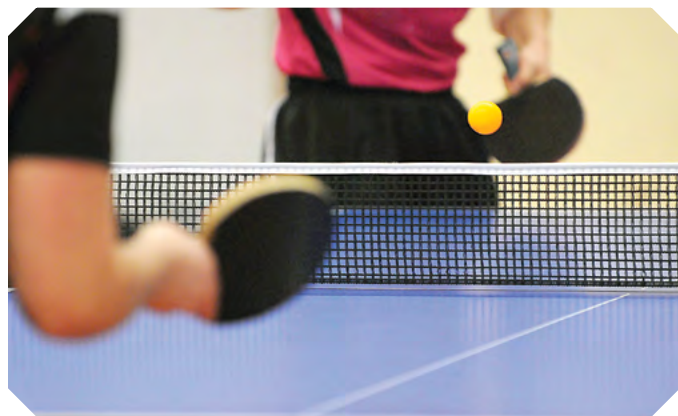
**SilverSneakers® Classes are 45 minutes \*1 Hour Classes**

For all 55+ fitness options, please see the Recreation Center schedule


## SilverSneakers® Classes at the Memorial Building, 700 Longs Peak Ave

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 am <b>SilverSneakers® Stability</b>	9:30 am* <b>Advanced Senior Strength</b>	10:30 am <b>SilverSneakers® Stability</b>	9 am <b>SilverSneakers® Enerchi</b>	9:30 am* <b>Advanced Senior Strength</b>





## Table Tennis at the Senior Center

**Day/Time:** Mondays, 5:30 - 7:45pm   
Wednesdays and Fridays,  
9:45 - 11:30 am

**Cost:** 50¢ per session

Join other table tennis enthusiasts for some friendly competition. Equipment provided.

## Pickleball

Lessons are available through the Longmont Recreation Center, please call 303-774-4800 for more information.

**Outdoors** – Drop in, open play for older adults occurs on weekday mornings, weather permitting. Courts are available during the spring, summer, and fall as long as weather permits. No charge for the outdoor parks and courts.

**Hover Acres Park** – 6 dedicated lighted courts located at 1361 Charles Drive.

**Collyer Park** – 2 lighted **lined** tennis courts located at 6th & Collyer.

**Clark Centennial Park** – 10 courts, (2 **lined** tennis courts, 8 taped courts) located at 1100 Lashley

**Lefthand Creek Park** – 4 taped courts located at 1800 Creekside Dr.

*Nets at Clark Centennial and Lefthand Creek Park available to members of Longmont Pickleball Club. Become a member by contacting LPC at [www.longmontpickleballclub.com](http://www.longmontpickleballclub.com).*

**Indoors** – Drop in, at the Recreation Center, 310 Quail Road

**All ages** – 2 courts Mondays/Wednesdays/Fridays 7-9 am, 1 court Sundays, 2 – 5 pm

**Older adults only (55+)** Mondays, Tuesdays, Wednesdays, and Thursdays 2-4 pm

**Cost:** Daily admission or SilverSneakers card



## Longmont Senior Golf Association (LSGA)

This is a great way to get out and play 9 holes of golf with other senior golfers at Sunset golf course (greens fees paid at the course only on the days you play). All levels of golfers are welcome; NO GHIN number required. This co-ed, fun, mostly non-competitive, weekly league golfs on Friday mornings at Sunset Golf Course. League play dates are May 10 through October 11.



## Volleyball Teams

Colorado Senior Volleyball Association (CSVA) is a Co-ed league for people ages 50+ and plays teams throughout the Front Range.

We currently host two teams through CSVA, and both teams have full rosters. *At this time, we do not have openings for more teams.*

If you are interested, please contact the Senior Center in June of 2025 to see if we are able to host another team.

### The Colorado Senior Volleyball Association begins competition in September.

Matches begin in September and played on Wednesday afternoons from 12:30 pm to 2 pm, at home and throughout the Denver metro area.



## Adventure Hikes

Come enjoy the spectacular views of Colorado's Front Range in a variety of hiking destinations and elevations. **Please take heed of the difficulty rating of each hike to determine whether your physical ability level is an appropriate match for each excursion.** Our experienced hike leaders have researched and rated the difficulty level of each hike on the graph below. **Safety is our highest priority, and we expect the participants of our hiking groups to follow the Hike Leaders' directions.**

*\*If a location needs to change due to unforeseen circumstances (trail conditions, weather, etc.) the Senior Center Hiking Trip Leaders will choose a trail of an equal or less difficult rating.*

**Hike ratings based on the most difficult factor - for example, a short 3-mile hike may be rated difficult if it is at a high elevation.**

	Easy	Moderate	Difficult
<b>Elevation</b>	8500' or less	8501'-10,000'	10,000+'
<b>Gain</b>	Minimal – 400'	401' – 500'	501+'
<b>Distance</b>	3 – 4 mi	3 – 6 mi	4+ mi
<b>Pace</b>	<b>All hikers stay with the group.</b> The group stops approx. every 20-30 min and at all trail junctions.		

For the safety and enjoyment of everyone in the group, it is your responsibility to come prepared for these hiking adventures. **If you come un-prepared for the hike, you may have to stay back and give up your seat.**

Please pack the following items in a small backpack:

1. A minimum of 1 quart/liter of water
2. A lunch or hearty snacks – sandwich, granola bars, trail mix, fruit
3. A warm layer – wool or fleece is best – weather can change quickly and without warning
4. A rain jacket or poncho
5. Sunscreen – SPF 30 or higher recommended all year
6. A hat to keep the sun off your face, ears, neck
7. Please wear sensible shoes with tread that is suitable for rough terrain, mud, water, and rocks.

**Hiking sticks or Trekking poles highly recommended.** Optional items to consider: Sunglasses, camera, field guide, binoculars, bandanna, tissues, and handkerchief.

**Day:** **Thursdays** (see the dates in the graph below)  
**Check-in:** **7:15 am**  
**Depart:** **7:30 am**  
**Return:** between noon and 3:00 pm – time varies according to location, pace, and trail conditions.  
**Cost:** \$13 resident, \$15 non-resident  
*Please cancel 3 business days prior to the hike for a full refund. If you "no show" without prior cancellation notice, you will forfeit your next registered hike.*

### New Hike Registration Procedure:

*Hike Registration for September-October hikes will be completed via our new e-lottery. Fall hike submission sheets can be turned in to our front desk from August 6-20th, with communication to follow to registered/wait-listed hikers by the end of the day on Friday, August 23rd via email. You can register online or over the phone beginning on August 26th.*

Date	Reg. #	Location	Elevation	Gain	Distance	Notes	Difficulty
<b>9/5/24</b>	487001-34	Picture Rock Trail to Quarry Heil Valley Ranch	5,400	300	3	WF, V, H	Easy/Mod
<b>9/12/24</b>	487001-09	Bear Lake to Bierstadt **	9,450	255	4	V, R	Moderate
<b>9/19/24</b>	487001-32	Kruger Rock	8,400	1,000	4	V, R	Mod/Dif
<b>9/26/24</b>	487001-27	Caribou Ranch	8,860	300	4.4	V, H, R	Easy/Mod
<b>10/3/24</b>	487001-11	Bobcat Ridge	5,300	400	4.5	V, W, WF, H	Moderate
<b>10/10/24</b>	487001-16	Coyote Ridge & Rimrock Trail	5,000	400	5	R	Moderate
<b>10/17/24</b>	487001-06	Goshawk Trail	6,000	600	5	WF, V	Mod/Dif
<b>10/24/24</b>	487001-12	NCAR / Chautauqua w/ lunch	6,210	-475	3	V, H, G	Easy/Mod

**\*\* In Rocky Mountain National Park, you will need a pass or you can pay a one-day fee.**

A=altitude, H=historical, G=geology, R=rocks, S=steps, ST=steep or switchbacks, V=views, W=water crossing, WF=wildflowers



# HIKES WITH A NATURALIST

## Leaf Peeping at Mud Lake

Registration #487111-10

**Date: Tuesday, September 24**

**Time: 9 - 11am**

Cost: FREE, please register in advance

**Registration Deadline: September 17**

Join us on a guided hike led by volunteer naturalists as we venture up to Mud Lake in Nederland to view the changing fall leaves of the aspen trees. This high elevation hike, around 8,000 feet, on an easy flat 1-to-1.5-mile loop trail around Mud Lake. Given the unpredictability of Colorado weather we are hoping for peak leaf peeping, but this will be a wonderful fall hike in the mixed forest, around a peaceful lake, and the hope of seeing wildlife. Bathrooms are at the trailhead. Led by Boulder County Parks & Open Space volunteer naturalists.

Check-In: 7:45 am

Depart: 8 am

Approx. Return: Noon

## Cultural and Natural History of Heil Valley Ranch

Registration #487111-11

**Date: Wednesday, October 16**

**Time: 11am - 1pm**

Cost: FREE, please register in advance

**Registration Deadline: October 9**

In this event, the worlds of cultural history and natural history collide as we tour the historic Altona Schoolhouse and learn about the plant and animal life along a 1-mile loop trail. We will learn about the history and restoration process of the one-room schoolhouse and an important piece of Boulder County history that was built in 1880. Then, take a short hike on the Schoolhouse Loop with Boulder County Parks & Open Space volunteer naturalists.

Check-In: 10:15 am

Depart: 10:30 am

Approx. Return: 1:30 pm



SPORTS AND OUTDOORS

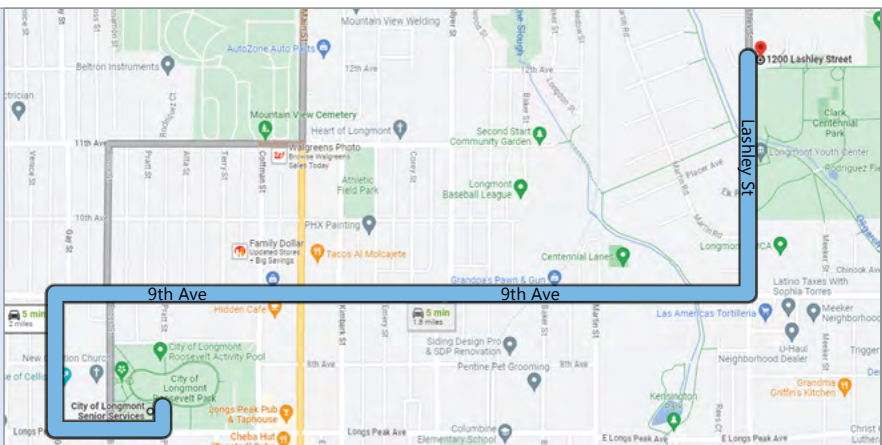


## TRIPS AND TRAVEL

**TRIP REGISTRATION IS AUG 16 AT 3 PM IN-PERSON**  
*At Registration, you may sign up yourself and one other person for trips (You +1).*

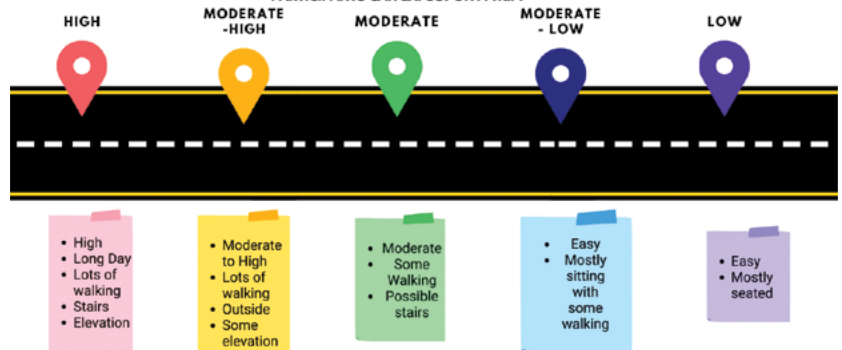
### Trip Departure & Return at Lashley Street Station

All trip/travel pick-up and drop-off will now take place at Lashley Street Station (1200 Lashley St.), unless otherwise specified in trip description. Our trip hub location will assist in reducing congestion at the Longmont Senior Center and provide more accessible parking to our guests. We look forward to transitioning travel arrivals and departures to our partner City of Longmont facility just 5-minutes from the Longmont Senior Center!



### ADVENTURE WALKABILITY SCALE

EACH TRIP DESCRIPTION INCLUDES AN IDENTIFIED EXERTION LEVEL TO HELP YOU BEST ASSESS WHICH OPPORTUNITIES ARE A GOOD FIT FOR YOUR CURRENT WELLNESS LEVEL. THESE ARE GENERALIZATIONS THAT PARTICIPANTS CAN EXPECT ON A TRIP.



## LUNCH WAGON

Each month, visit a different restaurant for fine dining, casual lunch or brunch/breakfast, depending on the restaurant and dining style. Seating is limited to Senior Center Mini Bus.

### PepperPod, Hudson

**Tuesday, Sept 3** Registration #481023-03  
**Tuesday, Sept 10** Registration #481023-10  
**Tuesday, Sept 17** Registration #481023-17  
**Tuesday, Sept 24** Registration #481023-24  
 Cost: \$13 resident, \$15 non-resident

The Pepper Pod, built in 1913 by the Peppers family, began as a modest cafe on old Main Street in Hudson. Soon, however, flourishing business necessitated a larger building, so one was built next to Highway 6 where business thrived, making it a landmark on the plains northeast of Denver. The Pepper Pod boasts they have been pleasing people for over 105 years. They aren't fancy, just good old fashion food. Average meal cost (on your own) \$9-\$18.

Check-in: 10:15 am  
 Depart: 10:30 am  
 Approx. Return: 2:00 pm  
 Transportation: Senior Center Mini Bus  
 Includes: Trip leader and transportation  
 Sign-up: Begins on August 16.  
 Registration deadline August 29, September 3, 10, 17 respectively.

### Old Spaghetti Factory Westminster

**Tuesday, Oct 1** Registration #481025-01  
**Tuesday, Oct 8** Registration #481025-08  
**Tuesday, Oct 15** Registration #481025-15  
**Tuesday, Oct 22** Registration #481025-22  
 Cost: \$13 resident, \$15 non-resident

A special treat for you. Serving meals since 1969, the Old Spaghetti Factory is an all-time favorite. The signature spaghetti is delicious, they also serve traditional Italian food such as pasta dishes, famous baked lasagna, savory chicken entrees and world famous meatballs and sauces. Take advantage of their 3 course meal specials. Average meal cost (on your own) \$15-\$25.

Check-in: 10:30 am  
 Depart: 10:45 am  
 Approx. Return: 1:30 pm  
 Transportation: Senior Center Mini Bus  
 Includes: Trip leader and transportation  
 Sign-up: Begins on August 16.  
 Registration deadline September 24, October 1, 8, 15 respectively.

### El Tapatio and Catina, Superior

**Tuesday, Nov 5** Registration #481026-05  
**Tuesday, Nov 12** Registration #481026-12  
**Tuesday, Nov 19** Registration #481026-19  
**Tuesday, Nov 26** Registration #481026-26  
 Cost: \$13 resident, \$15 non-resident

Located in the Flatirons mall area, join us for authentic Mexican food in a casual festive atmosphere. The menu has something for everyone to enjoy from flavorful fajitas to filling burritos and enchiladas to their all time classic favorites. Average menu cost (on your own) \$8-\$17



Check-in: 10:15 am  
 Depart: 10:30 am  
 Approx. Return: 1:30 pm  
 Transportation: Senior Center Mini Bus  
 Includes: Trip leader and transportation  
 Sign-up: Begins on August 16.  
 Registration deadline October 29, November 5, 12, 19 respectively.

### PF Chang's, Loveland

**Tuesday, Dec 3** Registration #181022-03  
**Tuesday, Dec 10** Registration #181022-10  
**Tuesday, Dec 17** Registration #181022-17  
 Cost: \$13 resident, \$15 non-resident

PF Chang's China Bistro is an American based, casual dining restaurant founded in 1993. With roots in Chinese cuisine, today's menu spans across all of Asia, honoring cultures and recipes from Japan, Korea, Thailand and beyond. Join us for a wonderful dining experience. Average meal cost (on your own) \$12-\$20.



Check-in: 10:15 am  
 Depart: 10:30 am  
 Approx. Return: 1:30 pm  
 Transportation: Senior Center Mini Bus  
 Includes: Trip leader and transportation  
 Sign-up: Begins on August 16.  
 Registration deadline November 26, December 3, 10 respectively.



TRIPS  
AND  
TRAVEL



Colorado Learning Center  
of Human Anatomy

**Our Mission: To Be A Community Center of Excellence for Teaching Human Anatomy in Structure, Form, and Function, with its Integrated Systems, Through the Experience of Anatomical Cadaveric Dissection.**

Colorado Learning Center of Human Anatomy allows individuals to witness the physical results of the many experiences of bodies, such as joint replacements, pacemakers, arthritis, emphysema, and other various expressions of health and disease.

## Focus: Connecting Our Head to Our Body

Registration #481183-09

**Date: Wednesday, September 18**

From the outside in, we will explore the layering of the skin, muscles, ligaments and vertebrae. We will explore how the posture of our head and our spine connect and the importance of good posture.

Check-in: 9:15 am  
 Depart: 9:30 am  
 Approx. Return: 12:15 pm  
 Cost: \$10 resident, \$11 non-resident  
 Transportation: Senior Center Mini Bus – all participants required to take the bus.  
 Includes: Transportation, trip leader and ticket  
 Sign-up: Begins August 16, registration deadline September 11

## Focus: Connecting Our Shoulders to Our Neck and Trunk

Registration #481183-10

**Date: Wednesday, October 16**

Exploring the connections between our neck and shoulders and our shoulders to our trunk. We will review the musculature, joints and nerves of the upper extremity and the relationships of good posture through the positioning of our neck and shoulders.

Check-in: 9:15 am  
 Depart: 9:30 am  
 Approx. Return: 12:15 pm  
 Cost: \$10 resident, \$11 non-resident  
 Transportation: Senior Center Mini Bus – all participants required to take the bus.  
 Includes: Transportation, trip leader and ticket  
 Sign-up: Begins August 16, registration deadline October 9

## Focus: Connecting Our Toes to Our Knees

Registration #481183-11

**Date: Wednesday, November 13**

Connecting our toes to our knees and understanding the connection to the earth and our bodies. How we align ourselves begins with our feet. Learn and discover how the intrinsic and extrinsic muscles of the foot and leg help us in our erect posture.

Check-in: 9:15 am  
 Depart: 9:30 am  
 Approx. Return: 12:15 pm  
 Cost: \$10 resident, \$11 non-resident  
 Transportation: Senior Center Mini Bus – all participants required to take the bus.  
 Includes: Transportation, trip leader and ticket  
 Sign-up: Begins August 16, registration deadline November 6



TRIPS AND TRAVEL

## CASINO TRIPS

### Casino Trips to Black Hawk and Central City

Registration #481003-09

**Date: Thursday, September 5**

Registration #481003-10

**Date: Wednesday, October 23**

Registration #481003-11

**Date: Wednesday, November 20**

Cost: **Black Hawk: \$25 resident, \$27 non-resident**  
**Central City: \$30 resident, \$33 non-resident**

Enjoy a day in Black Hawk and Central City! The day is yours to choose what casino(s) you want to win at! Once you get there, shuttles are available from the gazebo area so you will have many options!



**The coach will Drop Off and Pick Up designated spots in Black Hawk and Central City.** The trip leader will announce pick up times at each location, please be prompt so the bus will be on time.

Check-in: 8:45 am  
 Depart: 9 am  
 Approx. Return: 5 pm  
 Cost: \$30 resident, \$33 non-resident  
 Transportation: Motor Coach  
 Includes: Transportation, trip leader and ticket  
 Sign-up: Begins Aug 16, registration deadline August 27, October 16, and November 13 respectively

# ONE MORE TIME AROUND

These trips were some of most popular trips in 2024, we're bringing them back ONE MORE TIME!

## Wyoming Territorial Prison Tour Laramie, WY



Registration #481093-00

**Date: Wednesday, September 11**

Cost: \$40 resident, \$44 non-resident

Rich in history, wild west lore and notorious outlaws, we travel back to the territorial days and learn about the territorial prison, Wyoming's somewhat scandalous beginnings and agricultural past. We'll make a stop in downtown Laramie for lunch and shopping, cost of meal on your own.



Check in: 8:45 am  
Depart: 9:00 am  
Approx Return: 6:00 pm  
Transportation: Senior bus  
Includes: transportation, tickets and trip leader  
Sign up: Begins Aug 16, registration deadline Sept 1

## National Renewable Energy Lab, Golden



Registration #481000-00

**Date: Friday, October 4**

Cost: \$25 resident, \$29 non-resident

Isn't everyone talking about renewable energy but do you really know what it's all about. This is your opportunity to tour the National Renewable Energy lab in Golden, Colorado. This guided tour will discuss it's humble beginnings and how the organization has evolved. Learn about the research and work that produces clean energy technologies, reduce waste, and eliminate atmospheric pollution. We'll stop for lunch on our way back at a local restaurant.

Check in: 8:45 am  
Depart: 9:00 am  
Approx Return: 2:30 pm  
Transportation: Senior bus  
Includes: Transportation, tickets and trip leader  
Sign up: Begins Aug 16, registration deadline Sept 20

## Lift Chocolate



Registration #481104-00

**Date: Thursday, November 7**

Cost: \$27 resident, \$29 non-resident

Chocolate is special and affects people with joy in a way that no other food does. Join us as we travel to Boulder's Lift Chocolate where chocolate is uniquely fashioned into delicious, totally unique items. Lift Chocolate takes its name from owner Brandon Busch's background as a CH-53 Heavy 'Lift' helicopter pilot in the United States Marine Corps. Come learn about Brandon's fascinating story "from military to chocolate" and how he was able to build a business that 5280 magazine lists as one of the best chocolate brands in Denver area. Trip fee includes a full chocolate tasting (value \$20). Don't miss this one!

Check in: 9:00 am  
Depart: 9:15 am  
Approx Return: 12:15 pm  
Transportation: Senior bus  
Includes: Transportation, tickets and trip leader. *This trip departs from and returns to the Longmont Senior Center.*  
Sign up: Begins Aug 16, registration deadline Oct 31

## NOAA Boulder



Registration #181061-10

**Date: Tuesday, December 3**

Cost: \$12 resident;  
\$14 non-resident

The National Oceanic and Atmospheric Administration (NOAA) works to understand and predict changes in climate, weather, oceans, and coasts. Their work supports severe weather preparedness and international shipping. Come learn how NOAA supports research, data collection and operational weather forecasts. Please note: NOAA requires all visitors to be U.S. citizens or a permanent resident with a valid green card to tour their facility.

Check in: 9 am  
Depart: 9:15 am  
Approx Return: Noon  
Transportation: Senior bus  
Includes: Transportation, tickets and trip leader  
Sign up: Begins Aug 16, registration deadline Nov 26



TRIPS  
AND  
TRAVEL



## Morning Fresh Dairy Tour, Bellvue



Registration #481120-00

**Date: Friday, September 6**

Cost: \$26 resident, \$30 non-resident

Since 1894 this family owned all Natural dairy has been operating in the same location.



Located just outside Ft Collins, take in the history of the dairy where milk comes from cows right here in Bellvue, Colorado. With sustainable land use practices, top of the line cow care, and minimal processing, Morning Fresh Dairy prides itself that it is the right choice for every family member. Come with us to the dairy for a tour and see for yourself how your milk gets from moo to you in just 24 hours. Complimentary milk sampling and tasting Noosa yogurt. Lunch stop after the tour, cost of meal on your own.

Check in: 9:45 am  
Depart: 10 am  
Approx Return: 3:30 pm  
Transportation: Senior bus  
Includes: Transportation, trip leader and ticket  
Sign up: Begins Aug 16, registration deadline Aug 30

## Rendezvous at the Fort, Morrison



Registration #481174-00

**Date: Saturday, September 21**

Cost: \$33 resident, \$36 non-resident

Step back in time for a truly mountain man experience. The Rendezvous at The Fort in Morrison is a day in the early West, mountain men trappers and traders encampments as it was at Bent's Old Fort in the 1830s. Meet the Indian Nations today with authentic offerings and demonstrations, Spanish Colonial artists, storytellers, music and much more. We will stop for food at Cracker Barrel on our way up. Cost of food is on your own.

Check in: 8 am  
Depart: 8:15 am  
Approx Return: 4:00 pm  
Transportation: Senior bus  
Includes: Transportation, trip leader and ticket  
Sign up: Begins Aug 16, registration deadline Sept 11

## Denver History Walking Tour, Denver



Registration #481155-00

**Date: Monday, September 16**

Cost: \$41 resident, \$44 non-resident

Find out where it all began, in 1856. This walking tour is a fun adventure through the oldest and most trendy neighborhood in Denver. You will be treated haunted stories. As a bonus the tour includes the National Ballpark Museum with one of the largest collections of baseball and ballpark memorabilia in the nation. Note: this is an outdoor walking tour. Lunch at a downtown location on your own.

Check in: 9 am  
Depart: 9:15 am  
Approx Return: 3 pm  
Transportation: Senior bus  
Includes: Transportation, trip leader and ticket  
Sign up: Begins Aug 16, registration deadline Sept 9

## Colorado Rockies vs Arizona Diamondbacks, Denver



Registration #481143-00

**Date: Wednesday, September 18**

Cost: \$55 resident, \$ 60 non-resident

Grab your friends, your favorite baseball snack and have some fun at Coors Field cheering on the Rockies! Enjoy shaded seating on the lower level, and a wonderful late summer afternoon game in the Rockies at Coors Field - Batter Up!



Reminders: Bring your own lunch or visit one of the many food vendors in the park. Wear comfortable shoes for walking and bring adequate clothing for a full day at the ball park. Cashless vendors, bring a credit card for food and other purchases during the game. The maximum allowable bag size is 16" x 16" x 8". You will need to be able to walk several blocks to and from the bus drop-off area to your seats.

Check in: 11:00 am  
Depart: 11:15 am  
Approx. Return: 5:30 pm  
Transportation: Coach bus  
Includes: Transportation, trip leader and ticket  
Sign up: Begins Aug 16, registration deadline Sept 1

## Pikes Peak Cog Railroad Manitou Springs



Registration #481117-00

**Date: Wednesday, September 25**

**Cost: \$99 resident, \$150 non-resident**

Enjoy one of the most unique experiences in the county. Recognized as the world's highest cog railroad, the Broadmoor Manitou and Pikes Peak cog railroad is an important part of the heritage of the western United States. This railroad takes you to the top of Pikes Peak, 14,110 feet! **Note: This three-hour high-altitude trip is not advised for people with cardiac or respiratory problems.**

Lunch is on your own.

Check in: 7:45 am  
Depart: 8 am  
Approx. Return: 6:30 pm  
Transportation: Coach bus  
Includes: Transportation, trip leader and ticket  
Sign up: Begins Aug 16, registration deadline Sept 17

## CSU Extension Native Grasses Boulder County Fairgrounds



MODERATE

Registration #481101-00

**Date: Wednesday, October 2**

**Cost: \$8 resident, \$10 non-resident**

Join Lyndsay Gonzalaz as we visit the CSU Extension Chuck Bliss Trial Gardens to see many of our native grasses and talk about their use, why they are important, selection, and management. Lyndsay grew up on a dry land ranch in Ignacio, CO. She studied soil and crop science at CSU and received a master's degree with a focus on forages and ruminant nutrition. Her background extends from Mater Grazer Program Coordinator for the University of Kentucky, and as the Feed and Grazing Specialist for organic dairy farms. She has been the Small Acreage Management Coordinator for Boulder County since May 2023.

Check in: 9:15 am  
Depart: 9:30 am  
Approx Return: 12:15 pm  
Transportation: Senior bus  
Includes: Transportation, tour and trip leader  
Sign up: Begins Aug 16, registration deadline Sept 25



## Evergreen Hiwan Heritage Park and Museum



MODERATE-HIGH

Registration #481129-00

**Date: Thursday, October 3**

**Cost: \$25 resident, \$28 non-resident**

Travel up to beautiful Evergreen for an enjoyable fall experience as we tour Hiwan Heritage park and Museum. The museum was the former summer camp and residence of one of Colorado's first female doctors. Hand built by Evergreen craftsman Jock Spence, the house displays is architecturally unique and set in an old-growth ponderosa grove. Hiwan Heritage Park and Museum is a great place to learn about local and state history, see interesting architectural features, and enjoy a beautiful natural setting. Wear comfortable walking shoes and wear layers, indoor and outdoor walking. We will have lunch in Evergreen, cost of food is on your own.

Check in: 10 am  
Depart: 10:15 am  
Approx Return: 5 pm  
Transportation: Coach bus  
Includes: Transportation, tour and trip leader  
Sign up: Begins Aug 16, registration deadline Sept 26

*Please Note: All classes and programs with a Registration number require advance registration.*

## Animals

**The only animals allowed in the building are Service Animals as defined by the ADA which are dogs (or miniature horses) that are individually trained to do work or perform tasks for people with disabilities. Per Senior Center policy, only Service Animals as defined above and animals invited as part of a staff-arranged program are allowed in the building.**



TRIPS  
AND  
TRAVEL

**NEED HELP WITH ONLINE REGISTRATION?**

Check out our updated how-to video at [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)



## Mystery Trip

Registration #481021-00

**Date: Monday, October 14**

Cost: \$20 resident, \$23 non-resident

Travel into time as we explore legend, fame, and mystique of the American west on this mystery trip. We visit a Colorado landmark that continues to keep historians asking why this place was selected above other more notable locations. Come learn about the humble beginnings, diverse occupations, and ultimate fame and entertainment. This destination is visited by thousands of people from all over the world who come to pay their respects. Bring money for an ice cream stop.

Check in: 12:30 pm  
Depart: 12:45 pm  
Approx Return: 5 pm  
Transportation: Senior bus  
Includes: Transportation, tickets and trip leader  
Sign up: Begins Aug 16, registration deadline Oct 7

## Candlelight Dinner Theater

### Always Patsy Cline

Registration #481184-00

**Date: Thursday, October 24**

Cost: \$104 resident, \$108 non-resident

Candlelight dinner theater's Always Patsy Cline is based on the true events and enduring friendship between Patsy and an adoring fan, which began in 1961 at a Texas honky-tonk and continued until Patsy's death. This charming musical comes complete with down home country humor, true emotion and 27 greatest hits including "Crazy," "I Fall to Pieces", "Sweet Dreams", and Walking After Midnight". Meal provided, upgrades are available at an additional cost.



Check in: 4:30 pm  
Depart: 4:45 pm  
Approx Return: 10:30 pm  
Transportation: Senior bus  
Includes: Transportation, tickets and trip leader. *This trip departs from and returns to the Longmont Senior Center.*  
Sign up: Begins Aug 16, registration deadline Oct 7

## Golden Quilt Museum, Golden

Registration #481113-00

**Date: Monday, October 28**

Cost: \$27 resident, \$31 non-resident

Rocky Mountain Quilt Museum honors the tradition and embraces the evolution of the art of quilting. Enjoy inspiring and intricate quilts of various styles.



The exhibits display a blend of traditional, art quilts, new and antique. A small gift shop with a nice selection of fabrics, embellishment, embroidery notions and gift items. Lunch afterwards at the Golden Diner in Golden. Average meal cost (on your own) \$9-\$15

Check in: 9:00 am  
Depart: 9:15 am  
Approx Return: 2:30 pm  
Transportation: Senior bus  
Includes: Transportation, tickets and trip leader  
Sign up: Begins Aug 16, registration deadline Oct 21



## Top Golf, Thornton

Registration #481144-00

**Date: Tuesday, October 29**

Cost: \$28 resident, \$30 non-resident

Travel with us to the premier entertainment golf destination - Topgolf in Thornton. Enjoy a climate-controlled hitting bay using complimentary clubs as you take aim at the giant outfield targets and high-tech balls that score themselves. Food and beverage on your own.

Check in: 9:15 am  
Depart: 9:30 am  
Approx Return: 12:30 pm  
Transportation: Senior bus  
Includes: Transportation, tickets and trip leader  
Sign up: Begins Aug 16, registration deadline Oct 22



## Museum of Boulder: Proclaiming Colorado's Black History



Registration #481155-00

**Date:** Friday, November 8

**Cost:** \$35 resident, \$39 non-resident

Proclaiming Colorado's Black History exhibit at the Museum of Boulder is a fascinating and enlightening journey through Colorado's history. Join us for a guided tour at the Boulder Museum as we learn that in almost every corner of Colorado, there is a deep history of African Americans.

**Check in:** 10 am  
**Depart:** 10:15 am  
**Approx Return:** 3:30 pm  
**Transportation:** Senior bus  
**Includes:** Transportation, tickets and trip leader  
**Sign up:** Begins Aug 16, registration deadline Nov 1

## Hamilton at the Buell Theater



Registration #481146-00

**Date:** Thursday, November 21

**Cost:** \$118 resident, \$122 non-resident

Great music, mesmerizing entertainment at the Buell Theater.

HAMILTON is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love, and a legacy that would shape the course of a nation. Based on Ron Chernow's acclaimed biography and set to a score that blends hip-hop, jazz, R&B, and Broadway, HAMILTON has had a profound impact on culture, politics, and education.



**Check in:** 12:15 pm  
**Depart:** 12:30 pm  
**Approx Return:** 5 pm  
**Transportation:** Coach bus  
**Includes:** Transportation, tickets and trip leader  
**Sign up:** Begins Aug 16, registration deadline Nov 8

## Empower Field at Mile High (Bronco Stadium) Tour, Denver



Registration #481130-00

**Date:** Monday, November 18

**Cost:** \$52 resident, \$55 non-resident

Home of the legendary Denver Broncos, tour Empower field and get a glimpse into areas rarely seen by the public and the unique operations and inner workings of one of the most state-of-the-art stadiums in North America. The half-mile, professionally guided walking tour includes stops at the Colorado Sports Hall of Fame museum, executive Suite, club level, visitor locker room Thunder's stall and more. Lunch stop included at the Original Brooklyn restaurant near Mile High Stadium. Stadium, cost of food is on your own.



**Check in:** 10:00 am  
**Depart:** 10:15 am  
**Approx Return:** 4:00 pm  
**Transportation:** Senior bus  
**Includes:** Transportation, tickets and trip leader  
**Sign up:** Begins Aug 16, registration deadline Nov 12

## Stanley Marketplace, Denver



Registration #481134-00

**Date:** Monday, November 25

**Cost:** \$20 resident, \$24 non-resident

Explore the lively Stanley Marketplace, home to 50+ independent Colorado businesses—ideal for eating, drinking, shopping, working, playing, and exploring. Whether you shop or just browse, the journey promises excitement. Transportation is provided. Have lunch at a local restaurant (at your own expense). Dress for the weather and wear comfortable walking shoes.

**Check in:** 10:00 am  
**Depart:** 10:15 am  
**Approx Return:** 3:30 pm  
**Transportation:** Senior bus  
**Includes:** Transportation and trip leader  
**Sign up:** Begins Aug 16, registration deadline Nov 14



## Hammond's Candy Factory Tour, Denver



Registration #181140-00

**Date: Wednesday, December 4**

Cost: \$17 resident, \$20 non-resident

Experience the magic of candy-making with a **Hammond's Candies factory** tour. Marvel at the creation of lollipops, candy canes, and



other irresistible Hammond's treats (5,000lbs per day!). Learn about the rich history and tidbits about nostalgic candies. This trip is too sweet to miss. We stop for lunch on the way to Denver, cost of lunch on your own.

Check in: 10:15 pm

Depart: 10:30 pm

Approx Return: 3:30 pm

Transportation: Senior Center Mini Bus

Includes: Transportation, tours and trip leader

Sign up: Begins Aug 16, registration deadline Nov 29

## Flatiron Crossing Mall, Broomfield



Registration #181134-00

**Date: Monday, December 9**

Cost: \$13 resident, \$15 non-resident

This is an On Your Own trip to Flatiron Crossing mall in Broomfield. Enjoy the day shopping, have lunch, or just walk around to see the holiday decorations in the mall. Bus will drop off and pick up at a designated location. Enjoy your day!

Check in: 10:00 am

Depart: 10:15 am

Approx Return: 3 pm

Transportation: Senior bus

Includes: Transportation and trip leader

Sign up: Begins Aug 16, registration deadline Nov 22

## Mannheim Steamroller Christmas by Chip Davis at the Buell Theater



Registration #181145-00

**Date: Sunday, December 8**

Cost: \$84 resident, \$88 non-resident

Mannheim Steamroller Christmas by Chip Davis has been America's favorite holiday tradition for more than 35 years! Grammy Award winner Chip Davis has created a show that features Mannheim Steamroller Christmas classics in the distinctive Mannheim sound. The program includes 15 musicians playing more than 20 instruments against a backdrop of dazzling multimedia effects – capturing the spirit of the season in an immersive yet intimate setting.

Check in: 11:00 am

Depart: 11:15 am

Approx Return: 5:30 pm

Transportation: Coach bus

Includes: Transportation, trip leader and ticket. *This trip departs from and returns to the Longmont Senior Center.*

Sign up: Begins Aug 16, registration deadline Dec 2

## Zoo Lights at Denver Zoo



Registration #181100-00

**Date: Thursday, December 12**

Cost: \$46 resident, \$50 non-resident

Experience Denver's wildest and most spectacular winter wonderland at the Denver Zoo. For 33 years, Zoo Lights has been the heart of the Christmas holiday. Explore 80 acres of over three million lights and seasonal magic including new animated light sculptures, ice-carving exhibitions, and more. Remember, this is an outdoor event, dress for the weather.

Check in: 5:15 pm

Depart: 5:30 pm

Approx Return: 9:30 pm

Transportation: Senior Center Mini Bus

Includes: Transportation, trip leader & ticket. *This trip departs from and returns to the Longmont Senior Center.*

Sign up: Begins Aug 16, registration deadline Dec 2

## Winter Spring (Jan-Apr) Trip E-Lottery Info Sessions

We heard you! Based on participant feedback we will be transitioning our trip registration process to an E-Lottery system starting with our Winter Spring GO cycle for January - April 2025 trips. Come to one of our free info sessions and learn about our new process, ask questions, and gear up for Winter Spring trip registration this December.

**Dates: Wednesdays, October 30**

Registration #481130-10

**November 27**

Registration #481130-11

**Time: 1 - 2 pm**

Cost: Free, please register in advance



## VOLUNTEER OPPORTUNITIES



Senior Services has been very fortunate to receive several volunteer applications recently and we are grateful for those who have given of their time. Please be sure to check out the next GO Magazine for any updates about volunteer opportunities in the future. If you have a skill you would like to share, teach a class or a lecture, please call Valerie at 303-774-3533.

### Computers & Technology

#### SCTC VOLUNTEERS are NEEDED:

New coaches and instructors to assist with computer and technology education and assistance are needed. Please consider sharing your time and knowledge with other older adults in this volunteer peer-to-peer program.

Visit [bit.ly/volunteersctc](http://bit.ly/volunteersctc) or call Senior Services at 303-651-8411 for more information.

### City of Longmont is recruiting new members for our **Equitable Climate Action Team Volunteer (ECAT) Group!**

This is an awesome volunteer-leadership opportunity that is a great way to have direct involvement with the City reviewing Sustainability programs. The application is open to all people over 18 years old living in Longmont regardless of status. Please contact [sustainability@longmontcolorado.gov](mailto:sustainability@longmontcolorado.gov) for a link to our application or pick up an application at 1100 S. Sherman Street with the Sustainability Office. For questions contact us at (303)651-8416.

## OUR PARTNERS SERVING LONGMONT NEED LOCAL VOLUNTEERS!



### Longmont Meals on Wheels Needs Volunteers

Longmont Meals on Wheels prepares and delivers more than 425 meals a day and checks on its participants daily. Can you help? Kitchen volunteers prepare, cook and package meals, serve them in the Parkview Café and help with cleanup. Kitchen helpers are needed one day per week, 8am – 12:30pm. Delivery drivers pick up the meals for their routes around 10:45, and routes take 1 – 1.5 hours to complete. Most delivery volunteers volunteer once per week. Long-term substitutes are always needed as well. Call 303-772-0540 or go to [longmontmeals.org](http://longmontmeals.org) volunteer to get started.



### Be a friend to an older adult!

Boulder County Area Agency on Aging seeks volunteers to provide companionship to older adults (age 60 and over) who are experiencing isolation or to give a break to a caregiver. Volunteers are matched with an older adult whom they visit for two hours once a week. Volunteers serve as companions; they do not provide hands-on care. Volunteers must pass a criminal background check, and make a 6-month commitment. Apply at [BoulderCountyVolunteers.org](http://BoulderCountyVolunteers.org). For more information call 720-864-6526 or email [infoRespite@bouldercounty.org](mailto:infoRespite@bouldercounty.org).

### Homebound Book Program at the Longmont Library

Is seeking volunteers to help pick up and deliver books to locally homebound individuals. If you appreciate the love and/or importance of reading and are willing to bring the world to someone who may be unable to get out and get their own good "reads", please consider being a volunteer for this program. Call Jana at 303-774-4895 or email [library\\_homebound@longmontcolorado.gov](mailto:library_homebound@longmontcolorado.gov) for more information.



VOLUNTEER OPPORTUNITIES

## St. Vrain Valley Storytellers

Become a Volunteer Storyteller for kids pre-K – grade 5 in the schools of the St. Vrain Valley School District. For more information, contact Marianne Balin at 510-326-2398 or mbalinhome@gmail.com.

# cultivate

## Connect with Cultivate

Cultivate volunteers support our older adults through programs such as rides to medical appointments for military veterans and their senior family members; phone check-ins for social support; grocery shopping and delivery; minor home repairs; snow shoveling and yard cleanup. By providing services at no cost, Cultivate helps seniors remain independent, yet connected, within their communities. If you are interested in volunteering or receiving services please visit our website at [cultivate.ngo](http://cultivate.ngo) or call us at 303-443-1933.

## Boulder County American Red Cross

Consider volunteering for local, state, or out of area Red Cross work. The American Red Cross has four Chapters in Colorado and numerous sites where they offer classes or have disaster staff and resources. Call 303-722-7474 for more information.



**OUR CENTER**  
Paving the Road to Self Sufficiency

**OUR Center** assists individuals and families in the St. Vrain Valley in need of food, clothing, rent and utility assistance, transportation, medical needs, budget and life skills, and other resources to help people through short-term crises and to develop vital lifelong skills to enable self-sufficiency.

**OUR Center serves over 100 families per day.** Each week we need 350 volunteers to provide the services we offer.

We'd love to have you join our volunteer team. To apply, go to our website -

[www.ourcenter.org](http://www.ourcenter.org) and click on the Volunteer page. For more information, contact Julie, our Director of Volunteer Services, at [julie@ourcenter.org](mailto:julie@ourcenter.org) or 303-772-5529 x235.

## Rainbow Connections

The Boulder County Area Agency on Aging is seeking LGBTQ+ (lesbian, gay, bisexual, transgender, queer, +) volunteers or Allies to provide meaningful connection on a weekly basis for socially isolated LGBTQ+ older adults. If you are interested, please contact Michael at [mchifalo@bouldercounty.org](mailto:mchifalo@bouldercounty.org) or 303-441-4518.

## Parks, Open Space and Trails Launches JoinUs Volunteer Portal

**JOIN US!**

### Volunteering just got easier.

The portal helps users register and track volunteer events quickly, allowing more time for volunteering and building relationships. Users also can access the handy calendar tool to register for educational programs, trainings and special events in addition to volunteer opportunities. JoinUs is easy to learn, with built-in support provided.

POST Volunteer Coordinator Danielle Levine encourages those interested in volunteering to explore JoinUs and register for upcoming events. POST volunteer programs include Adopt-a-Park; Adopt-a-Rose Garden; efforts at Button Rock Preserve; Clean Up, Green Up; photography; raptor monitoring; restoration crew efforts and more. See all the opportunities available and learn more at [bit.ly/post-volunteer](http://bit.ly/post-volunteer).

Questions about the JoinUs volunteer portal can be directed to the PWNR Customer Service Center at 303-651-8416 or [ServiceWorks@LongmontColorado.gov](mailto:ServiceWorks@LongmontColorado.gov).

## A Day Place: Volunteers Needed

Do you like to play games, read stories, and have a lot of laughter? A Day Place is looking for volunteers to assist our staff with daily activities, games, and snack time. You will be working

with adults that have some form of memory loss, but the most physical thing you are asked to do is wipe off the tables after lunch. If this sounds like a perfect opportunity for you, call 303-435-9948. You may also email [adayplace2017@gmail.com](mailto:adayplace2017@gmail.com).



## VOLUNTEER DRIVERS:



### Via Mobility Services

Help older adults and people with disabilities maintain their independence and connections in the community as a volunteer driver. Training provided. Contact **Adriana Torres** at Via Mobility Services 720-804-3693.



### 60+ Ride

Based in Greeley, is in need of volunteer drivers for Weld County. Please call 970-352-9348.

### Senior Law Day

**Saturday, September 21, 9 am - Noon**

In-person at the Longmont Senior Center

Learn more about this FREE event and registration at [www.bouldercountyseniorlawday.org](http://www.bouldercountyseniorlawday.org)



### Watch Longmont City Council Live:

<https://www.youtube.com/c/cityoflongmont/live>

## THE LONGMONT MUSEUM

**Location:** Longmont Museum, 400 Quail Rd | [www.longmontcolorado.gov/museum](http://www.longmontcolorado.gov/museum)

### NEW! Hands-on LEGO Exhibit

**June 1, 2024 - January 12, 2025**

Ten years ago, we hosted one of our most popular exhibits ever. This summer, we're bringing it back, but even better! Join us for "Build: Design & Create with LEGO!," an interactive exhibit that will captivate guests of all ages. Whether you want to build and race a LEGO car, tackle an architectural challenge, save the world with a wondrous invention, or explore and play as far as your imagination takes you, this exhibit is for you. The exhibit will also showcase creative works of art and engineering made with LEGO bricks.



### Friday Afternoon Concerts

**Fridays, 2:30 pm** September 13, October 11, November 8, December 13

\$12 general admission, \$10 students/seniors  
\$8 museum members

Enjoy an afternoon of live music in our Stewart Auditorium this fall featuring an eclectic array of musical acts from up and down the Front Range.

- **September 13: Robert Johnson & Mark Diamond Trio** (jazz)
- **October 11: Los Bohemios** (Latin)
- **November 8: WW5** (woodwind quintet)
- **December 13: Boulder Bach, Harmonies of the Holidays**

Learn more about all these programs and buy tickets at [longmontmuseum.org](http://longmontmuseum.org) or by calling 303-651-8374.

## Rebates: City of Longmont and State 104PTC Rebates

The City of Longmont has rebates available through the year for resident expenses, and the State of Colorado has property tax, rent, and/or heat rebates for individuals that meet the eligibility requirements. For information on the City of Longmont rebate (Longmont CAREs) and/or the state rebate (104PTC), please call 303-651-8411 or you can visit

<https://www.longmontcolorado.gov/community/financial-assistance-and-rebate-programs> and <https://tax.colorado.gov/PTC-rebate>. Resource Specialists are available for application assistance by appointment. Call 303-651-8411 for an appointment.



# TELEPHONE REFERRAL SHEET

AARP (Colorado Office) .....	1-866-554-5376	Medicare .....	1-800-633-4227
Abuse of older persons – Longmont Police .....	303-651-8555	Medicare Counselor .....	303-441-1546
or Adult Protection at .....	303-441-1309	Mental Health Partners .....	303-413-6263
ACMI - Nursing Home Diversion (HCBS) .....	303-439-7011	Mental Health Crisis Line 24/7 .....	1-844-493-8255
Alzheimer’s Assoc. 24-Hr Helpline .....	1-800-864-4404	Nursing Home Monitoring .....	303-441-1173
Audio Information Network .....	303-786-7777	OUR Center .....	303-772-5529
Better Business Bureau .....	303-327-4500	Parkinson’s Association of the Rockies .....	303-830-1839
Center For People With Disabilities .....	303-442-8662	Poison - Rocky Mt. Poison Control .....	1-800-332-3073
<i>For new inquiries select extension 250</i>		Police, Longmont non-emergency .....	303-651-8501
Colorado Division of Insurance .....	303-894-7499	Reverse Mortgages - Boulder County .....	303-441-1544
Colorado No-Call Program .....	1-800-309-7041	Rocky Mountain Legal Center .....	720-242-8642
Colorado Talking Books Library .....	303-727-9277	Safe Shelter (Domestic Violence) .....	303-772-0432
Community Protection .....	303-441-3700	Salud Clinic .....	303-776-3250
(Boulder County)		Senior Centers in the area	
Cultivate .....	303-443-1933	-Berthoud .....	970-532-2730
Dental Aid-Longmont .....	303-682-2619	-Boulder (East) .....	303-441-4150
El Comité .....	303-651-6125	-Boulder (West) .....	303-441-3148
Elder Watch Fraud Hotline .....	1-800-222-4444	-Lafayette .....	303-665-9052
Employment Workforce Boulder County .....	720-864-6600	-Longmont .....	303-651-8411
Food Programs		-Louisville .....	303-666-7400
- Carry Out Caravan .....	303-241-4426	-Loveland .....	970-962-2783
- Eldershare .....	303-652-3663	Senior Reach (counseling) .....	1-866-217-5808
- Meals on Wheels .....	303-772-0540	Social Security .....	1-800-772-1213
Fraud - Attorney General Hotline .....	1-800-222-4444	Social Services (BCDHHS) .....	303-678-6000
Inspector General Hotline .....	1-800-447-8477	Stroke - Rocky Mt. Association .....	303-730-8800
Health Department, Longmont .....	303-678-6166	Suicide Prevention Hotline .....	Simply dial 988
Housing: Longmont Housing Authority.....	303-651-8581	Transportation	
Legal Services of Boulder County .....	303-449-7575	-Access-A-Ride .....	303-292-6560
Legal Services AARP .....	1-888-687-2277	-Berthoud Area Transportation .....	970-532-3049
<b>Loan Closet Medical Equipment FREE</b>		-RTD .....	303-299-6000
-American Legion .....	303-961-2233	-Via Mobility Services .....	303-447-2848
-Elks .....	303-776-1055	-VetsGO .....	303-443-1933 ext.414
-Moose .....	303-776-4911	Veteran Services - Longmont .....	303-441-3890
Long Term Care Ombudsman .....	303-441-1173	Weatherization .....	720-864-6401
Medicaid (BCDHHS) .....	303-678-6000	www.bouldercountyhelp.org .....	303-441-1617

## Animals

***The only animals allowed in the building are Service Animals as defined by the ADA which are dogs (or miniature horses) that are individually trained to do work or perform tasks for people with disabilities. Per Senior Center policy, only Service Animals as defined above and animals invited as part of a staff-arranged program are allowed in the building.***



## SENIOR SERVICES RESOURCE STAFF

*Se habla español*



**VERONICA GARCIA**  
**303-651-8716**

veronica.garcia@longmontcolorado.gov



**AMY PAYAN**  
**303-774-4372**

amy.payan@longmontcolorado.gov



*Se habla español*

**MELISSA LOSINO**  
**303-651-8654**

Melissa.Losino@longmontcolorado.gov

**Seniors Resource Specialists are available for:**

- » Assisting older adults age 55+ and family caregivers of older adults in locating and accessing resources and services such as housing and in-home care
- » Navigating systems such as Social Security and/or Medicaid
- » Completing forms and applications for various benefits, services, and programs
- » Applying for financial support when eligible and appropriate



## SENIOR SERVICES COUNSELING STAFF



*Seniors Counselor*  
**KAYLEIGH SCHERNBECK, LCSW**  
**303-774-4497**

kayleigh.schernbeck@longmontcolorado.gov



*Supportive Services Supervisor*  
**BRANDY QUEEN, LPC**  
**303-651-8414**

brandy.queen@longmontcolorado.gov

**Kayleigh Schernbeck**, a licensed clinical social worker, is available for:

- » Individual, couples, and family counseling for older adults age 55+ and for family caregivers of older adults: up to twelve free, confidential counseling sessions.
- » Matching older adults with Peer Support volunteers who offer individual counseling and a variety of support groups. Peer volunteers are experienced, trained, and supervised volunteers who provide support and understanding from one senior to another.
- » Facilitating or coordinating a number of support groups
- » Managing dementia-friendly educational activities and programs
- » Organizing a variety of education programs about resources

**Brandy Queen**, a licensed professional counselor, is also available for limited individual, couples, and family counseling for older adults age 55+ and for family caregivers of older adults. Additionally, Brandy provides support groups and caregiver consultations and manages programs about resources, emotional wellness, dementia, and caregiving.

## BOULDER COUNTY AREA AGENCY ON AGING



Visit the comprehensive website at [www.BoulderCountyHelp.org](http://www.BoulderCountyHelp.org) or call the Boulder County Area Agency on Aging Resource Line at **303-441-1617** (Bilingüe) or email: [infoADRC@bouldercounty.org](mailto:infoADRC@bouldercounty.org)

View Categories at the website to explore options such as:

- » Services at Home
- » Legal Support
- » LGBTQ+ services
- » On the website, scroll down to the box labeled AGENCY PUBLICATIONS. You will find a link to the Housing Guide, Care Connections newsletter, and other helpful information.
- » Caregiver Resources
- » Health & Medical
- » And many more!

**Also: Weld County Area Agency on Aging (AAA)**

General AAA information: **970-346-6950**  
Information and Assistance: **970-346-6952**  
Website: [www.weldaaa.org](http://www.weldaaa.org)


**Larimer County Area Agency on Aging (AAA)**

Helpline: **970-498-7750**  
Website: [www.lcoa.networkofcare.org](http://www.lcoa.networkofcare.org)

## CAREGIVER SERVICES

*for friends or family members caring for an older adult include:*

Call Brandy Queen at 303-651-8414 for information about the following:

- **Caregiver consultations and family meetings:** Referrals & information about adult day programs, home health care, long-term care, counseling, caregiver self-care, etc.
- **Respite & Companion Volunteer Program and Respite Assistance referrals:** Volunteers matched with older adults who live alone or with a family caregiver provide respite, a friendly visit, and a caring connection. Respite Assistance funds can help pay for respite care for a caregiver.
- **Social Groups and Educational Programs** for family caregivers and those living with dementia (see Health & Wellness section of the GO).
- **Caregiver Support Groups** provide information and support for family caregivers; no registration required:
  - **1st Monday, 6:00 - 7:30 pm at the Senior Center** 
  - **2nd Tuesday, Noon - 1:30 pm** (Alzheimer's Association group) at the Senior Center
  - **LGBTQ+ Support Group for Caregivers** – If you are interested please contact Michael at mchifalo@bouldercounty.org or 303-441-4518.

## SUPPORT GROUPS

*(meet at the Senior Center unless otherwise noted)*

*For information about other emotional and diagnosis-specific support groups, call Brandy at 303-651-8414*

**Grandparents Raising Grandkids Kinship Support** Call Alicia Corso at 303-514-7745 for information.

### Grief Recovery Support Group

Mondays, November 18 - January 6, 1:30 - 3pm.  
Call Kayleigh at 303-774-4497 for an intake appointment or for more information.

### LGBTQ+ Older Adults in Boulder County

Social and aging resources for LGBTQ+ (lesbian, gay, bisexual, transgender, queer+) older adults, includes a monthly newsletter, regular gatherings, and an annual holiday celebration. For information, contact Boulder County Area Agency on Aging at 303-441-4518 or infoLGBTelders@bouldercounty.org. Confidentiality maintained.

### Low Vision 3rd Thursday, 10:30 am - noon.

Contact: CPWD at 720-526-2804

### Parkinson's 2nd Wednesday, 10:00 - 11:30 a.m.

Meets at Longs Peak United Methodist Church, 1421 Elmhurst Dr., Longmont  
Contact: Parkinson's Association at 303-830-1839

## SUPPORT FOR PEOPLE WITH DISABILITIES

The mission of the Center for People with Disabilities (CPWD) is to provide resources, information, and advocacy to assist people with disabilities in overcoming barriers to independent living. In addition, CPWD provides Peer Support and works with people in navigating the Social Security Disability application process. Their phone number is: 303-442-8662; new inquiries can contact extension 250, or you may email CPWD at info@cpwd.org.

## FINANCIAL

### Medicare Counseling

Medicare Counselors provide objective information and assistance regarding Medicare benefits, HMOs, supplemental policies, rights, and appeals. For assistance or to schedule an appointment, call 303-441-1546. Medicare Counselors also offer monthly Medicare Basics classes. Current dates are listed in the General Interest section of The GO. You can learn more about Medicare at [www.medicare.gov](http://www.medicare.gov) or 1-800-633-4227.

### Social Security

Social Security – <http://ssa.gov/> or 1-800-772-1213; for claims, please call 1-877-405-5872. The local office is located at 480 West Dahlia St, Louisville, CO 80027. Their office hours are 9 am – 4 pm Monday-Friday.

### Reverse Mortgage Information

Call the Boulder County Housing and Financial Counseling Program at 720-564-2279

### Home Foreclosure Prevention

Call Boulder County Housing Authority at 720-564-2279 or Colorado Foreclosure Prevention Hotline at 1-877-601-4673.

### Money Management Program

Money Management Program (MMP) volunteers help you sort through your mail, organize your bills, develop a budget, write your checks, manage your monthly expenses, and work on your debts. To find out more about the program, call Amy 303-774-4372.

### Tax Help

Call Colorado Taxpayer Advocate Service at 303-603-4600.

### State and City Rebates

State of Colorado and City of Longmont offer rebates on a number of resident expenses for low-income individuals. For eligibility criteria and applications, visit <https://www.longmontcolorado.gov/community/financial-assistance-and-rebate-programs> and <https://tax.colorado.gov/PTC-rebate>. Resource Specialists available for application assistance, contact 303-651-8411.

### Fraud, Financial Abuse, & Consumer Complaints

Call Boulder County District Attorney at 303-441-3700, Adult Protection at 303-441-1309, and/or Longmont Police at 303-651-8555. For more information, see [www.bouldercounty.org/district-attorney/community-protection](http://www.bouldercounty.org/district-attorney/community-protection)

## EMPLOYMENT

The Longmont Workforce Boulder County office is located at 515 Coffman Street. Hours are 8:30 am to 3:00 pm, Monday – Friday. After you have registered, you can access other services and programs, Call 720-864-6600.



## HOUSING INFORMATION

For information and referral regarding senior, affordable, and other housing programs, call the Senior Center at 303-651-8411 to connect with a resource specialist.

### A Boulder County Senior Housing Guide

is available at the Senior Center front desk or online at [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org); includes all cost levels for independent assisted living, and long term care.

### Housing Rehabilitation Programs

The City offers several programs for home improvement and access. Call 303-651-8444 for more information.

Some programs require owner occupancy.

- **The General Rehab Program & Weatherization**

Makes repairs to bring your home up to code, correct health and safety issues, or make your home more energy efficient.

- **The Accessibility Program** - gives you or a family member full access to your home by installing ramps, widening doorways, lowering cabinets, etc.

- **The Emergency Grant Program** - helps with emergency repair to major systems that unexpectedly fail, including furnaces and/or water heaters.

- **Mobile Home Repair Program**

**Landlord-Tenant Services** - The City of Longmont's office of Community and Neighborhood Resources provides information to both landlords and tenants on all aspects of the landlord/tenant relationship, including law and legal process and general guidance on how to create successful tenancies. Call 303-651-8444 or email [cnr@longmontcolorado.gov](mailto:cnr@longmontcolorado.gov).

## IN-HOME SERVICES

**In Home Services** – a list of in-home providers of both medical home health care and non-medical personal care is available online at [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org). You can also ask for a copy at the Senior Center front desk.

### Audio Information Network of Colorado

Provides blind, visually impaired, and print-disabled persons with free audio access to magazines, grocery ads, calendars of events, public service notices, and nearly 100 CO newspapers. Listeners choose what type of device they want to use to access programming. Call 303-786-7777.

**Book Delivery Service** – If you or someone you know is homebound and interested in receiving books or if you are interested in being a volunteer to deliver books, please call Kirsten at the Longmont Library 303-774-4439 or email program staff at [library\\_homebound@longmontcolorado.gov](mailto:library_homebound@longmontcolorado.gov) for more information.

**Phone Buddies, Fix-It Folks, Yard Busters & Ice Busters** – Volunteers are available to provide regular phone check-ins or to come to your home to make minor repairs, install grab bars, clear snow, and provide yard work. Call Cultivate at 303-443-1933 ext. 414.

**Well Connected** is an award-winning program of Covia offering activities, lifelong learning, friendly conversation, and support groups. Each week, seniors can access over 70 groups by phone or online, all from the comfort of home. Please contact them at 877-797-7299 or <https://covia.org/programs/well-connected/>.

**FREE Medical Equipment Loan** – See telephone referral list on the back inside cover of *The GO* for a list of local organizations who may be able to provide you with a free walker, wheelchair, raised toilet seat or other equipment.

**Telephone Check-in Service** – Always InTouch provides free daily telephone call for check-ins and socialization for isolated or homebound older adults. Call 1-855-710-2255 or visit <https://alwaysbestcare.com/always-in-touch/>

## FOOD ASSISTANCE

**Carry-Out Caravan** - **A free grocery shopping & delivery service for people 60+.** To place your order, call 303-241-4426 on MONDAY between 8 am and 3 pm.

**Cultivate** volunteers deliver to you on TUESDAY. Before calling in your order, you must enroll by calling 303-443-1933 ext. 414.

**Eldershare** - If you are a senior who needs help getting healthy food, Community Food Share is here to help. Elder Share provides free groceries to adults ages 60+ in Boulder and Broomfield Counties twice per month via residential sites, community sites, and home delivery routes. Call (303) 652-3663 and ask for our Elder Share Manager or email [eldershare@communityfoodshare.org](mailto:eldershare@communityfoodshare.org) to sign up for the program.

**Home-delivered Meals** - Meals on Wheels delivers meals to the homebound Monday – Friday. Call 303-772-0540 one day in advance and for information on fees and menus.

**Lunch at the Senior Center** - Meals are served Mon-Fri, 11:30 am–noon. Call 303-772-0540 for menus and fees. Reservations are not required.

**Nutrition Line** - The Area Agency on Aging offers two free nutrition counseling sessions per year to Boulder County residents age 60+. For information or to schedule an appointment, call 303-678-6115 and leave your contact information.

## VETERANS SERVICES

**Veterans Service Office** - The Boulder County Veterans' Service Office offers assistance to veterans in determining for which benefits they may be eligible. Call 303-441-3890 or email [vso@bouldercounty.org](mailto:vso@bouldercounty.org).

**Boulder Vet Center** - Counseling, substance abuse assessments and referrals, and benefits assistance for veterans. Call 303-440-7306 or visit 4999 Pearl East Cir, Ste 106, Boulder CO 80301.

**Cultivate's VetsGO Program** –Volunteers provide rides to and from medical appointments, including to VA facilities, in and beyond Boulder County. Services are for those 60+ who are either a veteran themselves or who have a family member (parent, child, spouse) who served in the armed forces. To enroll call 303-443-1933 ext. 414

## LEGAL

**Colorado Legal Services- Boulder** is available to assist those Boulder County residents 60+ with legal issues. For appointments, call 303-449-7575 or visit their website [www.ColoradoLegalServices.org](http://www.ColoradoLegalServices.org)

**Advance Directives Planning** (Living Will, 5 Wishes, MDPOA, etc.) See the Health and Wellness section of The GO catalog for a listing of monthly classes.

**Rocky Mountain Legal Center** – A non-profit organization providing free civil legal representation, simple wills, mediation, and counseling services to qualifying low-income families, singles, parents, and seniors. Sliding scale fees available. Please call 720-242-8642.

**Bridge to Justice** – A non-profit organization providing reduced-fee civil legal services to low- and moderate-income Coloradans who do not qualify for free legal aid. Please call 303-443-1038.

## SAFETY

**Longmont Emergency Reverse Notification Sign Up - *If police & fire had to reach you in an emergency, could they?*** Anyone living within Longmont city limits who no longer has a landline in their home and wants to receive police and fire emergency notifications (known as reverse 9-1-1) must register. You can sign up yourself at [longmontcolorado.gov](http://longmontcolorado.gov) and search "reverse notification."

### Long Term Care Ombudsman

Help and information for residents of nursing homes and personal care facilities and their families to address concerns, compare facilities, and resolve problems. Call 303-441-1173.

**Frauds and Scams** – see the Financial section of this Resource Guide for more information.

**Report Elder Abuse** – The County's Adult Protection Unit and the local police respond to reports of physical, emotional, financial, and sexual abuse, neglect, and self-neglect. Call 303-441-1309 for APS or 303-651-8555 for Longmont Police non-emergency dispatch; in an emergency call 911. For more information, you can also see <https://www.bouldercounty.org/families/seniors/adult-protection-senior-services/>

**File of Life** - If a medical emergency occurs at home or while you are in the car, how would the paramedics know how best to help you? First responders are trained to look for a File of Life on your refrigerator or in your wallet or purse. This card contains information that details your medical conditions, allergies, and medications. It also lists your emergency contacts and insurance information. You can get your free cards at the Senior Center front desk.

**Lockbox Program** - Longmont Meals on Wheels, in partnership with Longmont Fire Department, can provide a free lockbox to Longmont residents who live alone and are age 65+ or younger with a disability or major medical issue. The program allows Fire, Police, and Emergency Medical Services to access your residence in the event of an emergency preventing you from opening your door. Call Meals on Wheels at 303-772-0540 for an application or further information.

**Prescription Drug Disposal** - Do not flush unused medications. See your pharmacy for safe drug disposal.

**Do Not Call Registry:** Consumers may register online at The National Do Not Call Registry, [www.donotcall.gov](http://www.donotcall.gov), or by calling toll-free, 1-888-382-1222 (TTY 1-866-290-4236), from the number that is to be registered. Registration is free. Numbers are downloaded from the National Do Not Call Registry on a quarterly basis and included in the Colorado No-Call List.

**Longmont Fire Department Smoke Detector Program** – Crews can provide smoke detectors for low income seniors. They will also install and change batteries in smoke detectors for anyone unable to do so. Call 303-651-8501 for more information.

## TRANSPORTATION

A full list of Transportation resources can be found at [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org) Resource Guide, Transportation & Driving Issues section. If you are concerned about someone's driving or would like driver training, please see the Mature Driver Training listing on that site.

### Transportation Services

**Via – provides many transportation-related services:**

- **Door-to-door, wheelchair accessible transportation in Longmont and surrounding communities.** Ride requests can be made from 1 to 7 days in advance. Fares within Longmont are \$6 one-way; from Longmont to other towns \$12. Same-day rides may be possible if space is available. To schedule a ride:
  - » **New riders:** Call 303-447-2848, press 1 to register and schedule your first ride with Via.
  - » **Current riders:** Call 303-447-9636, or go to [www.viacolorado.org](http://www.viacolorado.org) for information on how to request your ride online.
  - » **Reduced-fare options** are available for those who meet income guidelines. Call 303-447-2848, ext 1014.
  - » **Mobility Specialists** can help you understand the best services for your needs and create an individualized travel plan. Call 303-447-2848, ext. 1047
- **Mileage Reimbursement Program** reimburses trips provided by family, friends, and neighbors for rides outside Via's service area or service hours. Must be preauthorized for registered rides. Call 303-447-9636.

### FlexRide (formerly Call-n-Ride) Longmont

For Longmont FlexRide information, to schedule a ride, or to register as a new rider call 303-299-6000. Once you are registered as a rider you can also schedule your rides online at [www.rtd-denver.com](http://www.rtd-denver.com). Reservations may be requested three days to two weeks in advance. Rides are within Longmont, scheduled on a first come-first served basis, and cost \$1.50 each way for seniors. For more information regarding FlexRide or RTD bus routes call 303-299-6000.

**Ride RTD** - Local RTD routes can get you across Longmont (323, 324, 326, & 327). RTD also has routes available from Longmont to Denver, Fort Collins, and Boulder.

- For trip planning go to [LongmontBus.com](http://LongmontBus.com) or call RTD at 303-299-6000. For a video about riding RTD in Denver, visit [https://youtu.be/nFv\\_jESDcYo](https://youtu.be/nFv_jESDcYo)
- To learn about the RTD Special Discount card visit [www.RTD-Denver.com](http://www.RTD-Denver.com) or call 303 298-2667.

**Car Sharing:** call 303-720-1185 or email [info@carshare.org](mailto:info@carshare.org)

**Mobility For All - Want to feel more confident using smartphone apps that help you get around?** Call 720-564-2218 or visit [boco.org/M4AEvents](http://boco.org/M4AEvents) for details. Mobility for All is collaborating with community partners throughout Boulder County to offer transportation-related technology workshops to help community members of all ages and abilities feel more comfortable using transportation apps such as: Google Maps, Transit App, Lyft, Uber

**GO GO Grandparent** - Concierge service to help utilize transportation services like Lyft and Uber without the use of a smartphone. Call 1-855-464-6872 to request and schedule rides. There is a concierge fee of \$0.27 a minute in addition to the cost of the ride.

**Transportation for Veterans** - See Cultivate's VetsGO program in the Veteran's Services section of this Resource Guide.

### Transportation in other areas:

- **Berthoud Area Transportation:** call 970-532-3049 for BATS or visit [www.berthoud.org](http://www.berthoud.org). For rural Berthoud transportation, call 970-532-0808 or [www.berthoudraft.org](http://www.berthoudraft.org).
- **Weld County Transportation:** [https://www.weldgov.com/departments/human\\_services/area\\_agency\\_on\\_aging](https://www.weldgov.com/departments/human_services/area_agency_on_aging) and view the Helpsource Directory. Also check out 60+ Ride which is based in Greeley, 970-352-9348 or [SRSweld.com](http://SRSweld.com)

## ABOUT THE SENIOR CENTER:

### Longmont eAlerts

This is an e-mail alert system from the City of Longmont for community members to receive brief notices on various topics: Longmont government news, Adults 55+, City Council News, Environment, Golf, Jobs, and Community Programs and Events. You can receive information via e-mail, phone, cell, or fax. Visit [www.ci.longmont.co.us/selectalert/index.htm](http://www.ci.longmont.co.us/selectalert/index.htm) to sign up.



### Information and More...

Off of the lobby, there is a small room that contains current magazines, information on Senior Services programs, resources for older adults and caregivers, and city and partner agencies information. Near the dining room there are a number of free publications available for pickup in the magazine rack.

### Handicap Parking

Please remember to always display your handicap placard when parking in one of these spaces.

### Animals

The only animals allowed in the building are Service Animals as defined by the ADA which are dogs (or miniature horses) that are individually trained to do work or perform tasks for people with disabilities. Per Senior Center policy, only Service Animals as defined above and animals invited as part of a staff - arranged program are allowed in the building.

### Via the internet

at [www.LongmontColorado.gov/senior-services](http://www.LongmontColorado.gov/senior-services)

### 50+ Marketplace News

Available at the Senior Center monthly.

### Get the Email Newsletter and GO Catalog!

Never miss a special event, LSC news alert, or featured class again: join our email list and get regular updates in your inbox twice a month. We'll also email you when the GO Catalog is ready to view electronically. Visit [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services), **text SENIORCENTER to 42828**, or sign up at the front desk.



### ¡Regístrate para recibir correos electrónicos cada mes!

Nunca más te pierdas una clase o un evento especial y le avisamos cuando hay un nuevo catálogo de GO. Regístrese con Valerie o envíe un mensaje de texto a **SENIORCENTER al 42828**.

## GO SUBSCRIPTION FORM - 2024

The GO Catalog is always available online or to pick up at the Senior Center. If you would like the convenience of having the final issue of **The 2024 GO catalog** mailed to you, please complete this form and return it to the Senior Center. Please enclose a check made payable to the City of Longmont in the amount of **\$2.00 for residents, \$3.00 for non-residents**. *Due to the bulk mailing process, the catalog will arrive in the mail one to two weeks after being made available online and at the Senior Center.* Check out [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)

Name (Please Print) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Senior Center  
10464620 62170



10464620 62170  
**Division of Senior Services**  
 Longmont Senior Center  
 910 Longs Peak Avenue  
 Longmont, CO 80501

PRSR STD  
 U.S. Postage Paid  
 Longmont, CO  
 Permit #19

**RETURN SERVICE REQUESTED**



## FALL PROGRAMS

All programs are occurring at the Longmont Senior Center unless otherwise stated. Online programs have a call-in option available. Please note the registration details in each activity, as some programs have special registration instructions.

**Registration for classes and special events begins on**

**Monday, August 12**

— & —

**Friday, August 16**

**from 3 - 5 pm for Trips**

Trip Registration occurs in-person at the Senior Center

For hike registration info, please see page 63.

