

THE go

Vol. 2024 No. 2 **Summer** (June-August 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
vea páginas 33-36 en Español.

This is your time.
OWN IT.

Get the scoop on
sizzling summer
offerings!



FACILITY CLOSURES:

» June 19, July 4, July 22-August 5



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.



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.

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General Information
email: senior@longmontcolorado.gov

The Fall GO will be available after August 5 with class and special event registration beginning on **Monday, August, 12**, and fall trip registration will kick off on **Friday, August 16**.

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.

Summer Programs are Subject to Change
Registration for activities begins
Monday, May 13

Trip Registration Kick-Off:
Friday, May 17
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



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



Weather Activity Cancellation Information



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

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910 Longs Peak Avenue, Longmont, CO 80501
Phone: 303-651-8411 | Fax: 303-651-8413
www.LongmontColorado.gov/senior-services
Regular Operating Hours: 8 am - 5 pm, Monday - Friday
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 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 the same lottery process on **Wednesday, May 22 at 3:00 PM at the Longmont Senior Center.***

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.



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

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.

| | | | |
|---------------------------|----------------------------|-------------------------|----------------------------|
| Carroll and Carole Allen | Joyce Crispin | Carol Linn | Marilyn and Edwin Sena |
| Susan Alling | Patricia Davis | Marjorie Logan | Nancy Sloan |
| Laura Ambler | Raymond Davis | Longmont City Employees | Sarah Jane Snyder |
| John and Esther Applegate | Ruth Ellis | Carol Matheis-Kraft | Sunshine Club |
| Debbie Arnold | Robert Erickson | Marcia Matthews | Susan Thayer |
| Sara Beery | Linda Fetterman | Diana Mattis | Euvaldo and Helen Valdez |
| Hugh and Diane Belvin | Jeanine Figur | Carolyn McDougall | Michele and Skip Waite |
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| Julie Burrows Loza | Mary Headley | Brandy Queen | Kathy Zeeck |
| Mary Callahan | Susanne Heinritz | Ray Ramirez | |
| Christopher Caron | John and Karin Higgins | Robin and Phil Reddick | GIFTS IN MEMORY OF: |
| Patricia Chamberlain | John Hudson | Wendy Reed | Steven Craig |
| Robert Conley | Arlene and Ron Hunter | Karen Roney | Jerry Schmidt |
| Sheila Conroy | Holly and John Keenan | Ruth Rosenblum | Dorothy and Howard Handler |
| Kathy Cook | Elaine Keiser | Zach Sager | Bernie Schyler |
| Jane and Michael Cox | Patricia Krkosa | Theresa Schulte | William Germer |
| Michelle Cregut | Roger and Jacqueline Lange | Mary Scislowicz | |

A Grand *Thank You...*

- To our sponsors of the **Lunch Bunch** group: Friends of the Longmont Senior Center, Longmont Meals on Wheels, Life Care Center of Longmont, The Bridge at Longmont, and our volunteer facilitators
- To the **Boulder International Film Festival (BIFF)** organization for sponsoring the BIFF films, and especially Ann Moss, Jerry Shapins, and Shawna Sprows
- To the **Woodcarving** volunteers for carving Comfort Birds we can offer to customers in need
- To **Bruce Armstrong** for coordinating the Friends of the Senior Center monthly meetings via Zoom
- To the **St. Vrain Valley School District Innovation Center Students** for sharing their enthusiasm and expertise in technology
- To our **AARP Tax Aide volunteers** for their over 2,100 hours of volunteer hours in tax preparation for our aging community this season
- To **KGUD 90.7** for supporting the Longmont Senior Center.

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 through Friday, 8 am - 4:45 pm

Wednesdays and Fridays from 9 am to Noon

is a time designated for women who want to meet and 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

4th Friday of each month, 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

Bring your own quilting (or other small handwork) and enjoy conversation and help with your project. Newcomer's welcome. If interested, please contact **Sharon Peterson** by email: smp1951@hotmail.com.



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.

Friday Citizens Open Forum

Fridays, 1:30 - 4 pm

Topic leaders get up to 20 minutes to share their views and initiate a conversation. Other attendees typically get two, five-minute slots to air their views, hold the floor, and direct the discussion. Topics are suggested and chosen by participants through a vote the week before. Curious newcomers are welcome and need not to participate their first meeting. Expect lively discussion and good humor. Stop by the Senior Center front desk for information on weekly topics, or 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 Manger, **Ronnie Maynes**, at 303-651-8415.

German Language Conversation Group

Date: Thursdays

Time: 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.



"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 or 303-589-4038.

The Longmont Channel » Find us on YouTube
or visit <https://bit.ly/eyesonlongmont>



See page 22 for dates when we are showing our productions.

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 batting material as filler is needed; if you have any to donate, please drop it off at the front desk.

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 Motive Band

Mondays, 10 am - Noon

This group performs regularly at senior residences and organizations in the community. Traditional and homemade instruments are welcome. The ability to read music is preferred. If you are interested in the LOCO Motive Band playing for you, please email **Mo Fauvel** at drfauvel@gmail.com or **Jo Fuller** at jofuller1954@gmail.com.

Kiwanis Club

Fridays, 9:25 - 10:25 am

New members are always welcome. Call **Marv Van Peurse** 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 to find out about joining this group. Must know how to play to join this group.



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 50

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 Potluck & Games

4th Saturday of the month, Noon – 4 pm

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.

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, Sheila Conroy, 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

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 303-651-8411.

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** at 303-651-8414.

Table Tennis >> see page 49

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.

Hold 'Em How To

Registration #389001-06

Date: Thursday, June 20

Lecture 10-11:30 am

This presentation will include the history of Poker and Texas Hold'em. Although similar to 7 card stud, Texas Hold'em is a unique kind of poker game. Learn how to maximize your wins and minimize your losses. Presented by Paul Lohr, the Economics & You lecturer and Facilitator for the weekly Texas Hold'em games at the Senior Center. We have room for more players. Please feel free to talk to **Paul** after the presentation for more information on the weekly class.

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.



Legendary Ladies

Registration #383000-02

Date: Thursday, June 13

Time: 2 - 3:30 pm

Cost: Free, please register in advance

Registration Deadline: June 10

The Legendary Ladies portray unconventional women of the west who overcame personal hardships, were trailblazers in their time, and became part of the lore of the West. Come enjoy captivating and lively entertaining historical account from; **Maud Nelson**, baseball barnstormer was world-renowned Bloomer Girl pitcher, third baseman, scout, manager, and owner of the best baseball teams of her era. **Ellis Meredith** prominent journalist and suffragist who was admired for her spirit and organization who helped Colorado become the first state in which men voted for woman suffrage. **Nellie Cashman**, a prospector, entrepreneur, and big-hearted benefactor who owned businesses from Tombstone to Fairbanks. **Juana Navarro** Alamo survivor. **Isabella Bird** work traveler and fearless adventurer. **Lola Montez**, Flamboyant dancer and Actress on the worldwide stage. Don't miss this summertime special event, it will not disappoint.

Project Visibility: **CANCELLED** Have Pride & Be Allied!

Registration #383000-01

Date: Thursday, June 27

Time: 1:30 - 3:30 pm

Cost: Free, please register in advance

Registration Deadline: June 20

June is Pride Month, and we are excited to partner with the **Boulder County Area Agency on Aging** in bringing awareness of ally-ship and being proud of the Longmont Senior Center! This event will showcase the efforts being made in LGBTQ+ opportunities in Boulder county and will include a showing of the documentary *Project Visibility: Creating Inclusive Communities for LGBTQ+ Older Adults*, stories from community members, and education on how to be an ally as well as social supports in our area. Join guests from the Rainbow Elders to celebrate your pride, support friends or family LGBTQ+ members, and spread the word on ways to advocate for equality!

Ice Cream Social and Music by Maria, Maria

Registration #383000-03

Date: Friday, July 12

Time: 2 - 3:30 pm

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

Registration Deadline: July 5

Join us for our summertime Ice Cream Social event full of fun, ice cream, and music. Maria is a renown diva in our local cities of Denver and Boulder, Colorado. Growing up in Geneva, Switzerland along with having an American and Ecuadorian family heritage, the nature of Maria's compositions and preferred musical styles to perform are multicultural and multi-lingual which offer a unique richness of spice and flavor to each rendition she unveils for her auditors. The sounds you will hear while listening to Maria's voice will transport you to different parts of the world in a matter of minutes, whether it be to Paris, New York, Rio, or Spain. This is the ambiance she consistently and intimately reveals wherever she goes. She is a composer of many songs, including salsas, cha chas, boleros, ballads in her fluent languages of French, Spanish, and English. Discover the raw and the rare in Maria Maria, you won't regret it.

Character Infusion

Registration #383000-06

Date: Friday, July 19

Time: 1 - 2:30 pm

Cost: Free, please register in advance

Registration Deadline: July 12

Edward C. (Teddy Blue) Abbott was born in England in 1860 and came to America where he learned the trade of the cowboy. He arrived in Montana in 1883 after helping drive a cattle herd from Texas. Teddy Blue eventually settled near Lewistown (Fergus County) Montana where he established his own ranch. He married in 1889 Mary Stuart, daughter of Montana pioneer Granville Stuart. The couple had nine children. One of their daughters, Mary Abbott, married Albert Matejcek and is the donor of this collection. Teddy Blue lived until 1939 and in that year published a book of his cattle driving days, *We Pointed Them North; Recollections of a Cowpuncher*. Love to know more? Come join us for this fascinating performance going back in time with Kurtis Kelly.

NEED HELP WITH ONLINE REGISTRATION?

Check out our updated how-to video at www.longmontcolorado.gov/senior-services

Get Acquainted

Registration #383007-24

Date: Wednesday, August 7

Time: 1 - 2:30 pm

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.

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

NEW! Speed Dating

Registration # 383000-05

Date: Thursday, August 29

Time: 3 - 4:30 pm

Cost: Free, please register in advance

Registration Deadline: August 20

Love knows no age and we are excited for the potential to create new connections with our Speed Dating event! Speed dating is all about meeting new people in a relaxed and friendly environment. Participants will go on mini-dates with other attendees in hopes of finding a connection and if the feeling is mutual, match information will be provided to both parties to take it from there. *Space is limited!* For more information please call **303-651-8495**



ARTS & CREATIVE PURSUITS

Creative Card Making

Date: Monday, June 17

Registration #384129-06

Monday, July 15

Registration #384129-07

Monday, August 19

Registration #384129-08

Time: 2 - 4 pm

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

Registration Deadline: June 10, July 8, August 12, respectfully

You will make 4 projects in each class – seasonal cards as well as general purpose cards. (e.g. Thank You, Birthday). Instructors **Chris Pereira** and **Cathy Hansen** will be leading these classes and are very excited to share their love of paper crafting with you. All supplies are included and extra kits are available for \$4 each.

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

NEW! Pottery Classes

Day/Time: Tuesdays, 1 - 2:30 pm

6/18 Cup Registration #384104-06

7/16 Bottle Registration #384104-07

8/20 Serving Dish Registration #384104-08

Cost: \$10 resident, \$13 non-resident

Registration Deadline: June 11, July 9, August 13, respectfully

Have fun working with your hands and learn to make functional pottery. One piece per class. We will make a bottle, a cup, and a serving dish in the classes offered this summer. All materials are included for each class. Register now, space is limited. **Instructor: Angela Case**

ART CLASSES WITH DONNA CLEMENT

Studio Time

with Donna Clement

Registration #384103-06

Date: Mondays, June 3, 10, 17, 24

Time: 1:30 - 4 pm

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

Registration # 384103-07

Date: Mondays, July 1, 8, 15

Time: 1:30 - 4 pm

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

Registration #384103-08

Date: Mondays, August 12, 19, 26

Time: 1:30 - 4 pm

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

Registration Deadline: June 24, August 5, 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**





A Peer-to-Peer Learning Community

For 20+ years, this all-volunteer program continues to help seniors in our community learn and stay current with technology. We are a great resource for all of your technology needs. Our peer Coaches provide formal instruction and individual assistance in a comfortable and supportive environment. We offer lectures, tech help labs, and one-on-one assistance on a variety of devices. Join us In-Person and Online via Zoom.

HOW TO CONTACT SCTC

- » Via email: infosctc@friendslongmont.org
- » By phone: SCTC Hotline **303-834-7703**
- » Visit the SCTC website: longmontSCTC.org
- » Call Senior Center Front Desk: **303-651-8411**
- » Sign up for emails from SCTC; go to bit.ly/sctc-signup
- » Find us at the SCTC Digital Neighborhood

PERSONAL COACHING

SCTC Volunteer Coaches can meet with you in person or virtually to provide technical assistance on your device. It's simple to request a Personal Coach:

- » Submit a Personal Coaching request, go to bit.ly/sctc-help
- » OR - Call the Senior Center front desk at 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 resident, \$3 non-resident
 - Tech Labs: \$2, pay at the door or purchase a 5-session punch card at the Front Desk for \$10.00.
 - Personal Coaching: \$5 for each in-person session




SCTC VOLUNTEERS ARE NEEDED:


Visit bit.ly/volunteersctc or call the Senior Center for more information at **303-774-3533**

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.

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. 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 15-17 for Activity Descriptions.

| Topic | Registration | Dates | Times | Location | Res/Non Res |
|---|------------------------|----------------------|---------------------------------|---------------|---------------|
| Cell & Smartphone Tutoring | 382019-1A 382019-1B | Monday June 3 | 9:30 – 10:30 am 11 am – noon | Senior Center | \$2.00 \$3.00 |
| Exploring Photos on iPhone or iPad | Online | Wednesday June 5 | 10 – 11:30 am | Zoom | Free |
| Senior Center Tech Lab | Drop-in | Friday June 7 | 1 – 3 pm | Senior Center | \$2.00 \$2.00 |
| Senior Center Tech Lab | Drop-in | Tuesday June 11 | 9:30 – 11:30 am | Senior Center | \$2.00 \$2.00 |
| Phishing, Vishing and Smishing...OH MY ! | 382024-00 | Thursday June 13 | 1 – 3 pm | Senior Center | \$2.00 \$3.00 |
| Online Tech Lab | Online | Friday June 14 | 1 – 2:30 pm | Zoom | Free |
| Cell & Smartphone Tutoring | 382019-2A 382019-2B | Monday June 17 | 9:30 – 10:30 am 11 am – noon | Senior Center | \$2.00 \$3.00 |
| Genealogy Research Workshop | Online | Wednesday June 19 | 1:30 – 3:30 pm | Zoom | Free |
| Senior Center Tech Lab | Drop-in | Friday June 21 | 1 – 3 pm | Senior Center | \$2.00 \$2.00 |
| Senior Center Tech Lab | Drop-in | Tuesday June 25 | 9:30 – 11:30 am | Senior Center | \$2.00 \$2.00 |
| Getting the Most Out of Your iPhone | 382029-00 | Thursday June 27 | 1 – 3 pm | Senior Center | \$2.00 \$3.00 |
| Online Tech Lab | Online | Friday June 28 | 1 – 2:30 pm | Zoom | Free |
| Cell & Smartphone Tutoring | 382019-3A 382019-3B | Monday July 1 | 9:30 – 10:30 am 11 am – noon | Senior Center | \$2.00 \$3.00 |
| What's This "Browser" Thing? | Online | Wednesday July 3 | 10 – 11:30 am | Zoom | Free |
| Senior Center Tech Lab | Drop-in | Tuesday July 9 | 9:30 – 11:30 am | Senior Center | \$2.00 \$2.00 |
| Where's My Stuff on My Windows PC? | 382029-19 | Thursday July 11 | 10 am – noon | 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. 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 15-17 for Activity Descriptions.

| Topic | Registration | Dates | Times | Location | Res/Non Res |
|---|------------------------|----------------------|---------------------------------|---------------|---------------|
| Online Tech Lab | Online | Friday July 12 | 1 – 2:30 pm | Zoom | Free |
| Cell & Smartphone Tutoring | 382019-4A 382019-4B | Monday July 15 | 9:30 – 10:30 am 11 am – noon | Senior Center | \$2.00 \$3.00 |
| Cutting the Cord 2024 | Online | Wednesday July 17 | 10 – 11:30 am | Zoom | Free |
| Genealogy Research Workshop | Online | Wednesday July 17 | 1:30 – 3:30 pm | Zoom | Free |
| Senior Center Tech Lab | Drop-in | Friday July 19 | 1 – 3 pm | Senior Center | \$2.00 \$2.00 |
| Cell & Smartphone Tutoring | 382019-5A 382019-5B | Tuesday Aug 6 | 9:30 – 10:30 am 11 am – noon | Senior Center | \$2.00 \$3.00 |
| What's This "Cloud" Thing? | Online | Wednesday Aug 7 | 10 – 11:30 am | Zoom | Free |
| Online Tech Lab | Online | Friday Aug 9 | 1 – 2:30 pm | Zoom | Free |
| Senior Center Tech Lab | Drop-in | Tuesday Aug 13 | 9:30 – 11:30 am | Senior Center | \$2.00 \$2.00 |
| Clever Things Your Mac Can Do | 382035-00 | Thursday Aug 15 | 1 – 3 pm | Senior Center | \$2.00 \$3.00 |
| Senior Center Tech Lab | Drop-in | Friday Aug 16 | 1 – 3 pm | Senior Center | \$2.00 \$2.00 |
| Cell & Smartphone Tutoring | 382019-6A 382019-6B | Monday Aug 19 | 9:30 – 10:30 am 11 am – noon | Senior Center | \$2.00 \$3.00 |
| AI: What's Hype & What's Real? | Online | Wednesday Aug 21 | 10 – 11:30 am | Zoom | Free |
| Genealogy Research Workshop | Online | Wednesday Aug 21 | 1:30 – 3:30 pm | Zoom | Free |
| Online Tech Lab | Online | Friday Aug 23 | 1 – 2:30 pm | Zoom | Free |
| Senior Center Tech Lab | Drop-in | Tuesday Aug 27 | 9:30 – 11:30 am | Senior Center | \$2.00 \$2.00 |
| Android Phone Tips & Tricks | 382037-00 | Thursday Aug 29 | 1 – 3 pm | Senior Center | \$2.00 \$3.00 |

SCTC ACTIVITIES DESCRIPTIONS

See Pages 13-14 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.

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

AI: What's Hype & What's Real?

We hear a lot about artificial intelligence (AI) these days. Is it real or is it just hype? We will take a look at what we mean by AI, look at some real-world examples, and discuss whether it really will take over the world!

Presented by: Bobski Masson.

Location: Online.

Android Phone Tips & Tricks

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, 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.

Cell & Smartphone Tutoring

A one-on-one tutoring session with a peer Coach. Please register at least 3 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.

Clever Things Your Mac Can Do

This beginner-friendly presentation explores why Macs are increasingly popular. We'll delve into tips and tricks for maximizing your Mac's potential, covering the basics of navigation and synchronization with your iDevices. Gain confidence in using Finder, Photos, and iCloud to kickstart your Mac journey, making your digital life safer, more efficient, and more enjoyable.

Presented by: Bobski Masson.

Location: Longmont Senior Center.

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.

Exploring Photos on iPhone and iPad

The Photos app included on iPhone and iPad makes it easy to keep your photo memories organized and accessible. From the camera, email, and texts to your Library, learn how to manage and share those photos. This tour will offer tips on editing photos and creating albums for organization. This online session will be presented from an iPad.

Presented by: Dan More.

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: Longmont Senior Center.

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.





SCTC ACTIVITIES DESCRIPTIONS

See Pages 13-14 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.

Once on the email list, no other action is needed.

A Zoom link email is sent to you the day before the activity.

Phishing, Vishing and Smishing... OH MY!

Our smartphones are the center of our online universe. This lecture will walk you through important facts about your smartphone you will need to understand. Then, we will explore the most common ways attackers and scammers target the important data living on your smartphones. By the end of this presentation, you will be equipped with all the tools you need to stay one step ahead of scam callers, scam text messages, and phishing emails. You'll learn some important ways to keep your phone secure too!

Presented by: North Rittner.

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.

Location: Longmont Senior Center.

What's This "Browser" Thing?

A web browser is a window into the Internet. It gets information from the web, displays it on your devices, and allows you to interact with websites to transfer information. But there's more to it than that! There's cookies and privacy and "404 errors." Oh my!

Presented by: Bobski Masson.

Location: Online.

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, or Windows PC) and explore how it works, what it will do for you, and if it's secure.

Presented by: Bobski Masson.

Location: Online.

Where's My Stuff on My Windows PC?

File Management is the art of safely storing your important documents and photos in an organized way so you can easily and reliably find them, and, when necessary, recover from disaster. Using the Windows File Explorer, we will show how to navigate directories, create new folders, save files, delete files, and backup files for safe keeping.

Presented by: Debbie Arnold.

Location: Longmont Senior Center.

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.

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

Innovative Technologies to Empower Age 60+ Adults with Disabilities

Registration #384201-00

Date: Thursday, June 13

Time: 10 am - Noon

Cost: Free, please register in advance

Registration Deadline: June 10

In this workshop, we will explore some disabilities that may impact age 60+ adults. A disability is a physical or mental impairment that limits one or more major life activities. This can include difficulties with mobility, hearing, vision, cognition, or other aspects of daily living. Disabilities can be temporary or permanent, and they can vary in severity and impact from person to person.

Are you age 60+ and live in Boulder County? If yes, please join us for this workshop. We will explore technologies to assist and empower those with disabilities. Some of these technologies include advanced eye wear and hearing aids, digital assistants, smart phone apps, ambulatory devices, medical monitors, and other assistive technologies. We will discuss the new Apple Vision Pro device and how it is helping with disabilities. Also, we will discuss some of the challenges and concerns with using these technologies. We'll discuss if it is possible to access funding to pay for these technologies. Questions and interactive discussions about participant's experiences with assistive technologies will be encouraged. The first hour will be content and discussion. The second hour will be open/optional time to address participants' specific smart home technology requirements.

Instructor: Lucy Kuchta, Quinsight, LLC

Staying Safe Online: Empowering Age 60+ Adults with Cybersecurity Techniques and Software Tools

Registration #384201-01

Date: Thursday, August 22

Time: 10 am - Noon

Cost: Free, please register in advance

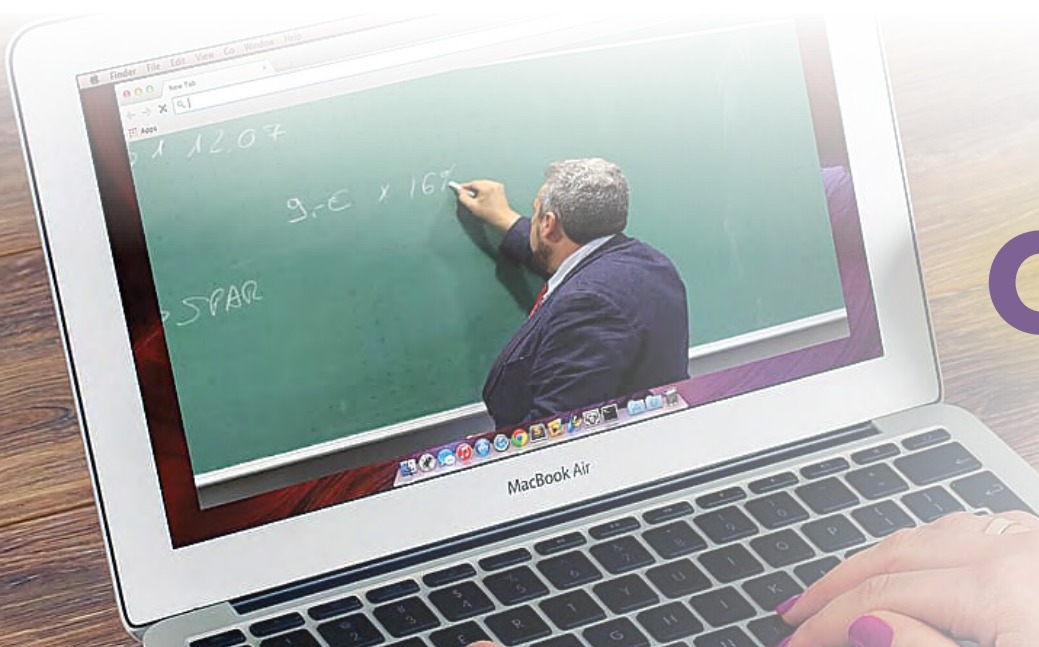
Registration Deadline: August 15

In this one-hour workshop, we will explore essential strategies to help age 60+ adults stay safe and secure in the digital age. As technology becomes more integrated into our daily lives, it is crucial for us to understand the potential risks and how to protect ourselves online. We will explore common cybersecurity threats such as phishing scams, malware, and identity theft, and gain practical tips for recognizing and avoiding these dangers. We will discuss potential tools to keep your computing devices safe. We will examine how artificial intelligence (AI) will both improve cybersecurity and create new security challenges.

Are you age 60+ and live in Boulder County? If yes, please join us for this workshop. Through interactive discussions and hands-on activities, you will learn how to create strong, unique passwords, and how to securely manage your online accounts. We will discover the importance of keeping software and devices up to date, and how to spot suspicious emails and websites. Our goal is by the end of the workshop, participants will have the knowledge and tools to navigate the digital world with more confidence.

Instructor: Lucy Kuchta, Quinsight, LLC

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



This is your time.

OWN IT.

Staying Safe Online

Registration #384523-24

Date: Tuesday, June 4

Time: 10 - 11:30 am

Cost: Free, please register in advance

A greater number of people are using the internet and mobile technologies, such as smart phones, the internet, Alexa, and Siri. But as the use of technology increases, so do our potential to become a victim of an online scams. Join the **Community Protection Division** of the District Attorney's office to hear about these risks of internet and mobile technology use and learn some precautions that will help keep you safe online.

Fun with Singing

Registration #384245-00

Date: Tuesdays, June 4 - August 6*

**No class July 23 or 30.*

Time: 3 - 4:15 pm

Registration Deadline: May 28

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.



Book Club - We be Bookin'

Registration #384244-00

Date: Wednesdays, June 12, July 17, August 21

Time: 1:30 - 3 pm

Cost: Free, please register in advance

Location: Longmont Senior Center

Registration Deadline: June 5

Will-Maker Legal Seminar

Date: Thursdays,

June 6

Registration #384243-06

July 11

Registration #384243-07

August 1

Registration #384243-08

Time: 12:30 - 4:30 pm

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

Registration Deadline: May 30, July 5, July 25, 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.

AARP Driver Safety

Registration #384212-06

Date: Wednesday, June 12

Registration Deadline: June 5

Registration #384212-08

Date: Wednesday, August 14

Registration Deadline: August 7

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.

Join our book club for a fun way to meet people and have stimulating conversations! The first book to kick off the Summer season is "All Adults Here" by Emma Straub. At the June book discussion, the group will choose the book for July and in July for August. Space is limited. Please contact **Cecelia Jones** at 303-746-2573 for more information about this class.

Advanced Directives

Registration #385003-06 **Thursday, June 13**
Registration #385003-08 **Thursday, August 8**
Time: 9:30 - 11 am
Cost: \$5 resident, \$6 non-resident
Registration Deadline: June 6, August 1

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.

Romance and Dating Scams

Registration #384531-24
Date: Tuesday, July 16
Time: 10 - 11:30 am
Cost: Free, please register in advance

Scammers will often target certain populations in what are known as "Romance Scams." Join the **Community Protection Division** of the District Attorney's office to learn how to recognize signs of these scams and how to protect yourself.

Death Café

Registration #384204-24
Date: Wednesday, July 17
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**. Tea and sweets will be offered.

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

Long-Term Care Options

Registration #384504-24
Date: Tuesday, August 6
Time: 3 - 4:30 pm
Cost: Free, please register in advance

Join us to learn more about long-term care options for those who qualify for assisted living, skilled nursing, and/or memory care. This is an opportunity to learn about your choices when you have time to plan, before a crisis occurs. The session will include a question-and-answer segment with our panelists: **PACE** (Program of All-Inclusive Care for the Elderly), AltaVita, and LifeCare Center. This program is open to older adults and their family members.

Reverse Mortgages: Learn the Facts

Registration #384220-24
Date: Monday, August 12
Time: 4 - 5:30 pm
Cost: Free, please register in advance

The workshop is presented by HUD-approved reverse mortgage counselors from the **Boulder County Personal Finance Program**. We will present objective information on how a reverse mortgage works and its advantages and drawbacks so you can make an informed decision about whether it is right for you.

Navigating Change in Community Living

Registration #384516-24
Date: Tuesday, August 20
Time: 1 - 2 pm
Cost: Free, please register in advance

Making changes in how and where you live in community can be a daunting process, and having some information about your options can help this process be less difficult. Join three professionals in the field, **Brandy Queen, LPC, Doug Page from CarePatrol, and our Long-Term Care Ombudsman, Erica Corson**, to discuss how to navigate these changes with confidence. We will help you explore your values and questions you want to ask in order to find the right fit in an assisted living, skilled nursing facility, or memory care. You do not have to be considering a move right now in order to participate.



NEED HELP WITH ONLINE REGISTRATION?

Check out our updated how-to video at www.longmontcolorado.gov/senior-services

Medicare Basics Classes

Date: Wednesday, August 21

Time: 1 - 2:30 pm

Cost: Free, please register in advance at 303-441-1546 or www.Boco.org/medicare

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.



Protecting Yourself from Home Contractor Fraud

Registration #384530-24

Date: Tuesday, August 27

Time: 10 - 11:30 am

Cost: Free, please register in advance

If you're a homeowner, you more than likely need to hire a home contractor. A home contractor could be a licensed professional like a plumber or electrician or a company that does large home renovations. This presentation will focus on what you should know and consider before entering a contract with any home repair or home remodeling professional. **Presented by the Community Protection Division** of the District Attorney's office.

The Last Walk: Caring for Companion Animals at the End of Life

Registration #384248-00

Date: Tuesday, August 27

Time: 3 - 4:30 pm

Cost: Free, please register in advance

Caring for our companion animals as they near death is one of the most heart-wrenching and rewarding experiences we will share with them. This session focuses on navigating difficult decisions in end of life care with as much knowledge, perspective, and confidence as possible. We'll explore a range of ethical and practical challenges, such as choosing palliative and hospice care options, thinking through whether and when to choose euthanasia, maintaining the best possible quality of life given the circumstances, and planning ahead for death. Please bring your questions and concerns. Presented by **Dr. Jessica Pierce**, a bioethicist, writer, and Faculty Affiliate at the Center for Bioethics and Humanities, University of Colorado Anschutz Medical School.

TEAM USA WEEK (JULY 8 - 12)

Get ready for the 2024 Summer Olympics with a variety of activities including: **Olympic Training Center trip** (7/9), **Game Day** (7/10), **Online Paralympic speaker** (7/8), presentation by former **Olympic athletes from Colorado** (7/11), and our **CEP - Ice Cream Social with Music by Maria, Maria** (7/12)!

For specific information, please check our online GO!

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**.

Cost: FREE, please register in advance

Mining the Treasures of Later Life *Run time: 29 min each film.*

Date: Mondays, June 3, June 24, July 1

Time: 1 - 2 pm

This documentary series explores some of the gifts and changes in later life. We will be showing 3 of the 4 parts of this documentary series; you are welcome to register for one, two, or all three.

Registration #384225-02

June 3: What's Love Got to Do With It?

This film focuses on love, connection, sex, and partnership in later life.

Registration # 384225-03

June 24: What's Creativity Got to Do With It?

If you think, "I'm not creative," this film is especially for you, as it takes a deep dive into many ways to be creative.

Registration # 384225-04

July 1: What's Community Got to Do With It?

This film explores purpose, belonging, interdependence, and the value and experiences that older adults have to contribute in communities.



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.

Genealogy Research Workshop

Registration: register at www.longmontgenealogicalsociety.org or email PresidentLGS@gmail.com Online/Zoom

Dates: June 19, July 17, August 21

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.

FamilySearch.org – “What’s in it For Me?”

Registration #384250-06

Date: Friday, June 21

Time: 1:30 - 3:30 pm

Cost: \$2 for Residents; \$3 for Non-Residents

Registration Deadline: June 14

Familysearch.org is one of the most comprehensive resources for family historians, yet some never look beyond the family trees. First, it is also absolutely free. The only requirement is that you create a log in. Second, it is THE go-to resource for both records and resources. Third, their family tree can jump-start your research or connect you with others in your extended family. The goal of this class is to cover everything FamilySearch.org offers in addition to their Family Tree. You will leave with a newfound desire to revisit your family history research.

Unveiling Your Past in 2024: Genealogy Meets Artificial Intelligence

Registration #384250-07

Date: Friday, July 19

Time: 1:30 - 3:30 pm

Cost: \$2 for Residents; \$3 for Non-Residents

Registration Deadline: July 12

In this presentation, we will examine the effects of artificial intelligence on genealogical research. We'll explore the fundamentals of AI, how it works, and its influence on uncovering family histories. Delve into the convergence of data science, machine learning, and genealogy, understanding why this intersection has emerged so swiftly and how these elements will shape future tools for navigating the intricacies of family history research.

Gail's “Hidden Secrets” in Find a Grave

Registration #384250-08

Date: Friday, August 16

Time: 1:30 - 3:30 pm

Cost: \$2 for Residents; \$3 for Non-Residents

Registration Deadline: August 19

Are you new to Find a Grave or is it one of your favorite “go to websites”? Do you use it for research or are you making needed additions and corrections to your family? Oh, there is so much more to this website. We can organize your family cemeteries, leave flowers for your loved ones, donate your veterans' memorials, and that's just the tip of the iceberg. **Gail** will show you some really nifty things in Find a Grave you may not be aware of.



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



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. For information regarding becoming a part of the Video Production Club see page 7.

Documentary: Longmont's Sandstone Ranch Hosts the National Gaelic Games - Meet the Denver Lady Gaels

Registration #384205-06
Date: Thursday, June 6
Time: 1 – 2:30 pm
 Cost: Free, please register in advance.

Get to know several of the Denver Irish Lady Gaels and get a feel of Irish life without leaving Longmont. This is a feel-good story about the youth in Northern Colorado. Longmont hosted over 3000 participants and fans of Irish Football, Hurling, and Camogie. People traveled from all parts of the United States, Ireland, the Cayman Islands, and Mexico to attend the games. Watch the action-packed highlights of the games, feel their determination to get to the championship round, watch them burst with excitement as they become national champions, and sing along as the celebration begins. You will learn about Irish Football: Using your hands, feet, dribbling, soloing, scoring points, scoring goals, getting tackled, singing, dancing, and drinking beer.



Producer: Sal Martorano (47 minutes)

Warrior Storyfield: A Veteran Tribute

Registration #384205-08
Date: Friday August 9
Time: 1 – 2:30 pm
 Cost: Free, please register in advance.
Registration Deadline: August 5

Artist Robert Bellows and Singer-Songwriter Rebecca Folsom honor veterans who served and civilians whose families served our country with a series of songs and poetry in this tribute for Warrior Storyfield. Warrior Storyfield is a sculpture endeavor being built over the past 14



years by Bellows and numerous veterans and their families and is a gathering place to foster healing, creativity and community in Longmont.

Producer: John Golden (30 minutes)

Haystack Mountain - the Land, the People, the Golf Course

Registration #384205-07
Date: Friday, July 12
Time: 1 – 2:30 pm
 Cost: Free, and please register in advance.
Registration Deadline: July 5

Kathy Koehler, president of the Niwot Historical Society, tells us about the area around Haystack Mountain - the land, the people, and the golf course. The story



reflects on the history of the area from the early 1800's to October 2021. Native American Tribes would spend winters in the Haystack Mountain area living on the land. The 1859 Gold Rush brought settlers to the Boulder Valley where treaties were made with Indigenous People for land rights. The Sand Creek Massacre occurred in 1864 as settlers continued to arrive. Niwot was platted in 1875, following the railroad tracks being laid in 1873. Several families owned the land around Haystack Mountain beginning in the late 1880's. The Haystack Mountain Golf Course opened on the 4th of July in 1966 and continued with golf and events until closing in 2021.

Producers: Bill Decker, Patrick Bohan (53 min.)



GENERAL INTEREST

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 so 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 to get more information or sign up for this program.

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?

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

Ariana Heter, CTRS

Therapeutic Recreation Coordinator | ariana.heter@longmontcolorado.gov | 303-651-8907



AAIR OPEN HOUSE

Registration #384539-00

Date: Tuesday, June 4

Time: 1 - 2 pm

Cost: Free, please register in advance

Instructor: Ariana Heter

Location: Longmont Senior Center

Are you curious about AAIR? What is it? What is therapeutic recreation? Do you want to get to know the Therapeutic Recreation Coordinator? JOIN US for the AAIR open house!

AAIR COMMUNITY OUTINGS

Matinee Movie at Regal Village

Registration #384540-00 **Tuesday, June 4**
Registration #384540-01 **Tuesday, July 2**
Registration #384540-02 **Tuesday, August 6**
Cost: \$12 resident, \$13 non-resident
Location: 6/4 & 8/6 Longmont Senior Center
7/2 Lashley Street Station
Check-in: 10:15 am
Depart: 10:30 am
Approx. Return: 1:30 pm

Registration Deadline: May 28, June 25, July 30

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.

Afternoon Tea at Callahan House

Registration #384541-00
Date: Friday, August 9
Cost: \$30 resident, \$35 non-resident
Check-in: 1:40 pm
Depart: 1:50 pm
Approx. Return: 4:15 pm
Location: Longmont Senior Center
Registration Deadline: August 2

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!



Innovation Center

Registration #384541-03

Date: Monday, June 10

Cost: Free, please register in advance

Time: 1 - 2 pm

Check-in: 12:30 pm

Depart: 12:45 pm

Registration Deadline: June 3

Location: Lashley Street Station, Longmont

The Innovation Center was created to provide professional STEM experiences to students through industry partnerships and paid work for students. Join the Longmont Senior Center to see how the Innovation Center transcends the traditional classroom and provides experiential opportunities that are developing today's students into tomorrow's leaders, innovators, and change makers.

Happy Day Plants - Make a Personal Terrarium!

Registration #384541-02

Date: Friday, June 14

Cost: \$45 resident, \$50 non-resident

Location: Longmont Senior Center

Check-in: 10:40 am

Depart: 10:50 am

Approx. Return: 12:30 pm

Registration Deadline: June 30

The Sunday Comics

Registration #384541-01

Date: Sunday, June 16

Cost: \$20 resident, \$22 non-resident

Location: Longmont Senior Center

Check-in: 11 am

Depart: 11:10 am

Approx. Return: 1 pm

Registration Deadline: June 1

Join your fellow Longmont Senior Center folks at The Times Collaborative to watch some favorite local comedians come together to give audiences an hour packed with punchlines while enjoying craft drinks by Dry Land Distillers and savor a hot brunch, made-to-order by Rising Tiger.

AAIR Hikes See page 51

Discover the art of creating your own botanical terrarium at Happy Day Plants! In this hands-on workshop, you'll learn the essentials of terrarium design, from selecting the perfect plants to arranging them in a captivating display. All supplies provided. During our event all the participants will receive 20% off at the shop.



AAIR CLASSES

Seniors - SING for JOY Song Circle!

Registration #384535-00

**Date: Tuesday - 1st & 3rd
June 4, June 18, July 2, July 16,
August 6, August 20**

Cost: \$7 resident, \$8-resident

Time: 1:30 - 2:30 pm

Instructor: Barbara Jo Kammer

Registration Deadline: 1 week before class

Location: Longmont Senior Center

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

Registration #384536-00

**Date: Monday - 1st & 3rd
June 3, June 17, July 1, July 15**

Cost: \$40 resident, \$50 non-resident

Time: 10 - 11 am

Instructor: Tara Hancock

Registration Deadline: May 27

Location: Longmont Senior Center

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

Musical Memories

Registration #384537-00

Dates: Thursdays, June 13, June 27, July 11

Cost: \$40 resident, \$50 non-resident

Time: 10 - 11 am

Instructor: Tara Hancock

Registration Deadline: June 6

Location: Longmont Senior Center

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

**NEED HELP WITH ONLINE
REGISTRATION?**

Check out our updated how-to video at
www.longmontcolorado.gov/senior-services

Book Club - Self-Compassion: The Proven Power of Being Kind to Yourself

Registration #384534-00

Dates: **Wednesdays, June 5, June 12, June 19, June 26**

Cost: \$15 resident, \$19 non-resident; book included in fee

Time: **11 am - Noon**

Registration Deadline: June 5

Location: Longmont Senior Center

Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life.

More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

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

Book Club - The Age-Proof Brain: New Strategies to Improve Memory, Protect Immunity, and Fight Off Dementia

Registration #384534-01

Dates: **Wednesdays, August 7, August 14, August 21, August 28**

Cost: \$20 resident, \$25 non-resident; book included in fee

Time: **11 am - Noon**

Registration Deadline: August 7

Location: Longmont Senior Center

Fifty million people have dementia worldwide, but it doesn't have to be that way. We, not our genes, can control our cognitive destiny. Serious mental decline is not an inevitable part of aging. You can boost your short and long-term brain health and significantly lower the risk of dementia if the right steps are taken now. In *The Age-Proof Brain*, scientist and popular speaker Dr. Marc Milstein reveals the secrets to improving brain function, which lie in the brain's surprising connection with the rest of the body. Debunking common misinformation, he offers science-driven strategies in an entertaining, motivating, and easy-to-follow guide to: improve memory and productivity, increase energy and boost your mood, reduce the risk of anxiety and depression, form healthy habits to supercharge your brain, and prevent nongenetic Alzheimer's and dementia.



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!"

Drip Painting

Registration #384538-01

Date: **Friday, June 7**

Cost: Free, please register in advance

Time: **1 - 3 pm**

Instructor: Karuna Care Services

Location: Longmont Senior Center

Drip right into summer with KSC on the front lawn at the Longmont Senior Center. Join us to add your personalized touches to the collaborative drip painting piece. What is a drip painting? It is an abstract approach to art invented by Janet Sobel. This revolutionary technique is reached by splattering and dripping paint on the fly while approaching the canvas from all angles, perspectives, and life experiences. All supplies provided by KCS.

Dogs, Cats, and Fish OH MY!

Registration #384538-02

Date: **Tuesday, August 27**

Cost: Free, please register in advance

Time: **1 - 3 pm**

Instructor: Karuna Care Services

Location: Longmont Senior Center

Join KSC for an animal crafting afternoon! We will make new friends as we select a favorite animal, personally design, and decorate the animal, and then we will discuss facts, characteristics, and lifestyles of these amazing creatures! All supplies provided by KCS.



D-Day Invasion

Registration #384440-00

Date: **Wednesday, June 5**

Time: **1 - 2 pm**

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

Paul Flanders discusses the Allied invasion of Normandy close to the 80th anniversary of the largest amphibious landing in history, June 6, 1944.

CSU Extension Horticulture - Grass Walks

Registration #384440-01

Date: **Monday, June 10**

Time: **9 - 10 am**

Cost: Free, please register in advance

Let's get outside to benefit from movement and fresh air to watch the grass grow and learn more about how grass grows, how it responds to defoliation, and practice our grass identification skills on fresh, living grasses. Get a more hands-on look on the topics we covered in the native grass class. If you couldn't attend the previous class, that is no problem! We will look at lawns and ornamental grasses near the facility. Bring your water and sun protection.

Western Photographers from William Henry Jackson and Ansel Adams to John Fielder

Registration #384440-02

Date: **Monday, June 10**

Time: **1 - 2 pm**

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

Photographers have been trying to capture the beauty of the West since the mid-19th century. William Henry Jackson was among the first to make a living selling his images of Colorado and the West. Later photographers such as Ansel Adams and John Fielder built on the work of those first photographers. **Elizabeth Nosek of iCurate4u** examines the artistry and unique techniques to create these artworks.

Animal & Inanimate Object Crime

Registration #384440-03

Date: **Tuesday, June 11**

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

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

In ancient civilizations mankind considered assigning blame for murder, felony, and misbehavior not only to humans but inanimate objects and non-human animals. To assign blame, such objects and animals were often brought to court, assigned advocates, and prosecuted. Hence, **Robert Meroney** shares how we learn of guilt assigned to javelins, axes, statues, ropes, haystacks, bees, locust, pigs, horses, etc. These trials were either in civil or ecclesiastical courts, and, when found guilty, led to banishment, execution, incarceration, burning, and even excommunication. During the period from 0 to 1600 AD there were as many animal trials as witch trials in medieval Europe. More recently dogs, bears, financial stocks, medical powders, and chimpanzees have been tried and convicted in formal court proceedings.

When News Was Real

Registration #384440-04

Date: **Wednesday, June 12**

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

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

There was a time when journalists risked their lives To find the truth, to tell our citizens in American democracy what they needed to hear. **Maria Karagianis** joined the Boston Globe in the early 1970s and, before many women



Had such opportunities, was part of a team that won a Pulitzer Prize gold medal for coverage of the violence in Boston over de-segregation Of the public schools. She later was assigned to cover South Africa During apartheid, Massachusetts state government and politics and Was an editorial writer. Most recently, when she was denied a press pass By the Greek governments, Karagianis snuck into a Syrian refugee camp on a Greek island to share the story of the world-wide refugee crisis in 2015-2016.

This is her story of how *"democracy dies in darkness."*



Civil Rights Movement in the South

Registration #384440-05

Date: Thursday, June 20

Time: 1 - 2 pm

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

Registration Deadline: June 13

Civil Rights Movement in the South Crowning Victories and Breakdown 1964-1966. American democracy has always been defined by "Who counts?" and "Who doesn't count?" This crucial period, the "2nd Reconstruction," has defined America's role in the world for a century. We stand now in a crux in our history. **Strider Arkansas Benston** will present the major issues and actions of Mississippi Freedom Summer, the battle and miracle of Selma and the voting Rights Act, and the breakdown of the Movement thereafter, as fatigue, transition to the North, black power, the War in Vietnam, and political backlash, created a new world which we had to learn very quickly. Presentation will include Freedom Songs, poetry, my own role in the struggle, and open discussion. "Arkansas" was an organizer both with SNCC and SCLC. He led the internal security force for the March on Montgomery, and later became a labor organizer in Chicago, both in Teamsters and National Mailhandlers unions. Strider earned a degree in Political Science, and a Master of Humanities in Philosophy and History from UC Denver in 1998.

How Absurd Can Traffic Be?

Registration #384440-06

Date: Wednesday, June 26

Time: 1 - 2:30 pm

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

Registration Deadline: June 19

Have you ever been in traffic and seen something happen that you ask yourself, "What is that person thinking?" or see a sign on the side of the road and wonder, "What are they trying to tell me?". Did you know that there are regulations to help you navigate traffic that are put there for your benefit that have never been explained or what a GOR line is?

Learn the answers to these questions and more as **Chuck Gibbs** shares his knowledge on all things traffic-related. Please note this presentation has no correlation with an official driving or testing course.



Humor in Aviation

Registration #384440-07

Date: Thursday, June 27

Time: 1:30 - 2:30 pm

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

Registration Deadline: June 22

Join **Tracy Perry** as he shares the humorous side of aviation including military, private, and airliner insight.

Abolitionism Movement

Registration #384441-00

Date: Wednesday, July 3

Time: 1 - 2 pm

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

Registration Deadline: June 26

Learn about the organized effort to end the practice of slavery in the United States. The first leaders of the campaign mimicked some of the same tactics British abolitionists had used to end slavery in Great Britain in the 1830s. Though it started as a movement with religious underpinnings, abolitionism became a controversial political issue that divided much of the country. **Presented by Paul Flanders.**

CSU Extension Horticulture - Invasive Weed Walk

Registration #384441-01

Date: Monday, July 8

Time: 9 - 10 am

Cost: Free, please register in advance

Registration Deadline: July 1

Let's get outside to benefit from movement and fresh air to look at and talk about common weeds in our area. We will identify common weeds, talk about how they can be managed, and what their impact is on the ecosystem. Bring your water and sun protection.



The Art of Patriotism - Rescheduled! It's the Law

Registration #384441-02

Date: Monday, Aug 12

Time: 2:30 - 3:30 pm

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

Registration Deadline: August 5

We have been imbuing objects with meaning since the beginning of time. A great example of this are the quilts, pitchers and other objects decorated with eagles, flags and more! Join us for this fun yet unique discussion of patriotism from the object's point of view. **Presented by Elizabeth Nosek of iCurate4u**

Famous Failures

Registration #384441-03

Date: Tuesday, July 9

Time: 1:30 - 3 pm

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

Registration Deadline: July 2

Sometimes we make wrong choices or decisions, businesses misjudge the public or the future, and even famous people fail many times before they succeed. In this talk **Robert Meroney** looks at examples of bad business decisions, products that never became popular (New Coke, the Edsel motor car, Barbie's sister Skipper), products that went out of favor (Kent Ultra, Blockbuster Video, Polaroid, lobotomies, BlackBerry pager, Pet Rock), the dozens of retail stores that lost popularity and went bankrupt (Payless Shoes, RadioShack, Sears, Toy's "R" Us, J.C. Penny, Shopko, etc.) and even individuals that failed repeatedly before succeeding (Oprah, James Dyson, Colonel Sanders, Elvis Presley, and even Abraham Lincoln).

The Origin of Morality: A Biological Perspective

Registration #384441-04

Date: Friday, July 12

Time: 3 - 4 pm

Cost: Free, please register in advance

Registration Deadline: July 5

Michael Grant returns to share his knowledge from data and experiments with non-human animals (and some plants) where altruism and community safety are enhanced naturally. We will also explore data on experiments in infants who show caring behavior well before encountering any cultural instruction about caring. In direct opposition to the "nature red in tooth and claw" perspective, this presentation will provide alternative thought patterns to aid in showing us how nature can teach us so much.

Registration #384441-05

Date: Tuesday, July 16

Time: 1 - 2:30 pm

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

Registration Deadline: July 9

How many silly laws are out there? They don't have to be silly and when these were created they may have made sense, but maybe technology has passed its need for these laws when they are still, in fact, the law. Come and discover this menagerie of silly and obsolete laws that make you wonder why they were enacted, or if they are still enforced. **Instructor Chuck Gibbs.**

A View from F13

Registration #384441-06

Date: Wednesday, July 17

Time: 1 - 2:30 pm

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

Registration Deadline: July 10

In her personable and relatable Midwestern style, **Shari Peterson** takes us through her early life which formed the basis for her story of survival. She then offers a gripping account of the mid-air explosion, followed by reflections on the aftermath of survivor's guilt and her life collapsing around her. Eventually, Shari finds the motivation to face some of life's most difficult situations by making better and bolder choices. Thirty years after the incident, Shari is now ready to share her story.

Make-a-Wish-Foundation of Colorado

Registration #384441-07

Date: Thursday, July 18

Time: 1:30 - 2:30 pm

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

Registration Deadline: July 11

Explore the many spectacular things the Make-a-Wish Foundation of Colorado does for communities through the eyes of **Tracy Perry**, a 33-year volunteer with the program.

Benjamin Franklin (1706-1790)

Registration #384442-00

Date: Wednesday, August 7

Time: 1 - 2 pm

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

Registration Deadline: July 31

Intellectual, author, politician, scientist, inventor, civic activist, statesman, soldier, and diplomat, Franklin is noted as being one of the Founding Fathers of the United States. **Presented by Paul Flanders.**



CSU Extension Horticulture - Ruminants (Livestock & Wildlife)

Registration #384442-01

Date: Monday, August 12

Time: 9 - 10 am

Cost: Free, please register in advance

Registration Deadline: August 5

Starting with a brief history of livestock in Colorado, we will learn what a ruminant is (cattle, goats, sheep, llamas, bison, antelope deer, elk, moose, giraffes, etc.), what makes them different, and where they belong in the ecosystem. We will discuss the facts about their impact on the environment such as how and why they produce methane, and proportion of greenhouse gasses produced from these animals.

Blue Willow

Registration #384442-02

Date: Monday, August 12

Time: 1 - 2 pm

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

Registration Deadline: August 5

Join **Elizabeth Nosek of iCurate4u** as she explores the story behind one of the oldest and arguably most popular china patterns in history. Nosek will tell the fairy tale depicted on each piece, show off pieces from her own collection, discuss this china pattern's place in American history and more.

Mistakes: Famous & Not so Famous

Registration #384442-03

Date: Tuesday, August 13

Time: 1:30 - 3 pm

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

Registration Deadline: August 6

Human error is a given. We trip, we fall, we goof, we break things, we forget things, we forget dates, we make typing errors, we spill stuff, we misspeak, etc. We are fallible, we make calculation errors, we try to hide our mistakes, and we are sometimes just dumb. Sometimes the only person that knows about it is ourselves, but sometimes lives are lost, stuff is damaged or burnt, and we need to fix things. **Robert Meroney** reviews famous examples of goofs and errors from buildings, bridges, rockets, and orbiters being destroyed to just cases of embarrassment. Also we look at mistakes made by lawyers, doctors, sports organizations, and even cooks.

Children's Hospital of Colorado

Registration #384442-04

Date: Thursday, August 22

Time: 1:30 - 2:30 pm

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

Registration Deadline: August 15

Explore the many spectacular things the Children's Hospital of Colorado does for patients and families alike through the eyes of **Tracy Perry**, a 33-year volunteer with the program.

Celebrities & Words Trivia

Registration #384442-05

Date: Tuesday, August 27

Time: 1 - 2 pm

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

Registration Deadline: August 20

Chuck Gibbs returns to test your knowledge in the realms of pop culture as well as language with our Celebrities & Words trivia!

Fall into Winter Birds

Registration #384442-06

Date: Tuesday, August 27

Time: 3 - 4:30 pm

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

Registration Deadline: August 20

Learn about the birds heading south for the winter. How do they know where to go? What drives them to the same place each year? What birds arrive in Boulder County for the winter? How do those who stay adapt to the winter climate? How can you help them this winter? Join **Dave Fletcher and his fellow Boulder County Parks & Open Space Volunteer Naturalists** trained in Winter ecology and bird behavior for this fun and interactive program!

Roadside Attractions

Registration #384442-07

Date: Wednesday, August 28

Time: 1 - 2:30 pm

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

Registration Deadline: August 21

Before interstates the main arteries of transportation were U.S. highways. Many businesses created road side attractions to encourage cross-county motorists to stop by and spend some money. Join **Chuck Gibbs** for a trip down memory lane as we discuss the motivation behind these attractions and how many are still around today.



Summer Heat & Cooling Solutions

Climate change is making summers in Longmont hotter, drier, and more dangerous for everyone, including seniors. Fear not, though, because the City's Office of Sustainability is looking ahead!

In 2023, the City began a formal effort to examine how increasing temperatures impact all parts of our community. In addition to a communitywide survey, the City hosted several workshops in Longmont's frontline neighborhoods (those likely to experience the "first and worst" consequences of climate change). Moving forward, this information will be used to prioritize cooling solutions and guide additional community outreach.

Share your thoughts and stay informed by visiting engage.longmontcolorado.gov.

How to Stay Cool and Safe This Summer:

According to the Centers for Disease Control (CDC), people 65 years and older are more prone to heat-related health issues. Be sure to follow these tips to stay cool and safe this summer:

- Stay hydrated.
- Stay inside air-conditioned buildings during the hottest part of the day.
- Don't use the stove or oven to cook on hot days.
- Check on friends and neighbors who may have a hard time staying cool.

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

HUMANITIES & CULTURAL



THINKING BEYOND POSSIBLE SERIES WITH BOBBIE 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 others as we gain understanding and raise our consciousness with friends!

This summer we explore The Language of Dreams. Did you know that we all dream? Every one of us dreams even those who deny their dreams and the dream process. Are you curious about how and why we dream? How do dreams differ in other cultures? Would you like to learn how to remember your dreams? Come join **Bobbi Nesheim** and explore the mysterious world of dreams. If you register in person, \$5 materials fee payable to the Instructor at the first class.

The History of Dreams

Reg. #384464-06 (in person) / 384464.6A (online)

Dates: Tuesdays, June 4, 11, 18, 25

Time: 10 - 11:30 am

Cost: Free, please register in advance

Registration Deadline: May 28

In many ancient cultures dreams and their interpretation held great importance. How did different peoples think about and use their dreams? How did they interpret their dreams. Let's discuss the history of dreams.

The Power of Dreams

Reg. #384464-08 (in person) / 384464.8A (online)

Dates: Tuesdays, August 6, 13, 20, 27

Time: 10 - 11:30 am

Cost: Free, please register in advance

Registration Deadline: July 30

The old cliché about going to sleep with a problem and waking up with a solution may be true. Can we help improve our waking lives by harnessing the power and insight found in dreams? Let's investigate and discuss.

How and Why We Dream

Reg. #384464-07 (in person) / 384464.7A (online)

Dates: Tuesdays, July 2, 9, 16

Time: 10 - 11:30 am

Cost: Free, please register in advance

Registration Deadline: June 25

Did you know Mary Shelley, author of Frankenstein, based her story on a nightmare? Handel heard the last part of "The Messiah" in a dream. How do we dream? How can some people discover the creativity in their dreams and others forget them as soon as they wake? Let's delve into our dreams and creativity.

POP CULTURE & PHILOSOPHY DISCUSSIONS

This discussion series is based on the belief that philosophy can and should be practiced by anyone, anywhere! Using the Geek Philosophy method created by **Grey Havens Philosophy**, pop culture clips and excerpts serve as inspiration for fascinating conversations. Grey Havens Philosophy is a local non-profit and part of the Philosophy Learning and Teaching Organization. Discussions are facilitated by **Robyn Bosica**, and all ages are welcome- bring your kids and grandkids! Get ready #ToBoldlyThink.

AI Images, Ethics, & Philosophy

Registration #384413-06

Date: Tuesday, June 18

Time: 5 - 6:30 pm

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

Registration Deadline: June 11

Artificial Intelligence (AI) has come a long way in the twenty-first century. There are now AI image generators that can take anything you type and make it a reality. While this allows for plenty of whimsy and imagination, there's also a darker side. These images come from artists who are not compensated or credited for their work, and now Hollywood wants to use AI in movies to avoid paying actors or writers. On top of that, we are entering a world where we do not know what images are real and what's AI-generated anymore. It could be very easy to stir up a controversy or prey on the mob mentality with fake images. How do we discern the truth, and what are the murky ethics of these AI image generators? Join us as we discuss.

Sitcoms, Culture, & Philosophy

Registration #384413-08

Date: Tuesday, August 20

Time: 5 - 6:30 pm

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

Registration Deadline: August 13

The American "situational comedy" got its start on radio in the 1920s, but most us today know the sitcom genre as a staple of television history. Still around to this day, the characters can be family members, friends, or coworkers, but they always face some kind of hilarious issue that can be resolved in just about 23 minutes. How has the sitcom changed over time? Many of these shows, from *I Love Lucy* all the way to *Modern Family*, depicted familial situations, but did they truly reflect real families at the time? What was the intention of showcasing a TV life that was a bit more idyllic than reality? What about the shows that focus on workplace comedy and/or a sort of "found family?" What is the purpose of sitcoms, and can television actually change people's minds? What can we learn about our history by looking back at the shows people have loved throughout the decades? Let's discuss.

The Writing Circle - Online

Dates: Monday, June 10

Registration #384448-06

Registration Deadline: June 3

Monday, July 8

Registration #384448-07

Registration Deadline: July 1

Monday, August 12

Registration #384448-08

Registration Deadline: August 5

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**



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

GERMAN AND SPANISH LANGUAGE CONVERSATION GROUPS

See page 7 and page 9 for more details regarding these two free opportunities to meet with others and strengthen your language skills.





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.

The Boys Who Said NO!

Registration #384403-00
Date: Tuesday, July 9
Time: 5:30-7:30 pm
Cost: Free, please register in advance
Registration Deadline: July 2

Directed by Oscar-nominated filmmaker Judith Ehrlich, *Boys Who Said NO!* tells for the first time the inspiring story and impact of the draft resistance movement. As the war in Vietnam raged, one of the largest and most successful

youth-led resistance movements in American history was growing at home. Inspired by people like Muhammed Ali, Joan Baez, Daniel Ellsberg, and Dr. Martin Luther King Jr., hundreds of thousands of young men opposed to an unjust war said NO to being drafted into the military, risking up to five years in federal prison. Their individual courage and collective nonviolent actions helped end a tragic war and the draft. 2021 documentary. *Runtime 90 minutes.*

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



COMING SOON!

Ollin Farms believes in the principles of regenerative agriculture. The goal of our family farm is to produce top quality farm products while continuing to increase the diversity and health of ecosystems around us.



Whether it is feeding our family or supplying our community, our focus at Ollin Farms has always been to produce the most nutritious and flavorful produce possible. Our nutrient-dense farming model is founded on getting the right nutrients, in the right proportions into an active, living soil. All of our produce is grown without the use of pesticides or herbicides- not even the organic approved ones. Ultimately, it is the soil that will determine the health of everything that grows out of it, including the farm and the community.

Community engagement and education is at the center of what we do. Whether it's running youth classes and field trips, or hosting farm dinners, or providing vegetables to local school districts, or collaborating with scientists to track ecosystem data on the farm, all of our work is focused on working together to help build a resilient food system within Boulder County.

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 registración puede venir a conocer y reunirse con personas de intereses similares.



Billar

Juegue billar por 1 dólar.

Cuando: Lunes a Viernes de, 8 am - 4:45 pm

El Grupo de Conversación en Español

Vamos a divertirnos con conversaciones en español. Acompáñenos a desarrollar amistades interculturales y ayudar a otros a mejorar su español.

Fecha: Cada Viernes

Tiempo: 1:30 - 3 pm

Costo: Gratis

Registración: 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 América Central y del Sur, y actúan en diversos eventos durante todo el año. Si está interesado o desea obtener mas información, llamar a Juanita 720-204-0308.

Coro "Canciones de Mi Tierra"- Grupo de Canto

Fecha: Cada Lunes

Tiempo: 1 - 2:30 pm

Costo: Gratis

Registración: No es necesario registrarse

¿Le gusta cantar o convivir en canto? Acompáñenos para disfrutar en escuchar o cantar canciones clásicas mexicanas. Nos reunimos cada Lunes de 1:00 pm a 2:30 pm en el Senior Center.



¡Suscríbete para recibir correos electrónicos cada mes!

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

Círculo de Apoyo

Fecha: El primer Jueves de cada mes; pero en julio la fecha es 11 de julio, y en agosto la fecha es 8 de agosto

Tiempo: 10 - 11:30 am

Costo: Gratis, y por favor regístrese

Registración: No es necesario

¿Qué es un Grupo de Apoyo? Un grupo de personas que comparten experiencias en común, dan apoyo, educación 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 reuniremos dos veces al mes para jugar juegos de mesa, tales como lotería, baraja, o el dominó. 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!



Escribir para Sanar

No es necesario registrarse.

Fechas: Los Miércoles con excepción del cuarto Miércoles del mes

Tiempo: 1 – 3 pm

Costo: Gratis

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

memorables, un legado importante para ti y tu familia. ¿Dónde van esos recuerdos, esas experiencias, esos ensamblados? Te gustaría tenerlas por escrito y registrar las como tus memorias, o una autobiografía; o, quizás, vaciar esa vena emocional, romántica (o sarcástica), en poesías, versos poemas, o simplemente escribir para sentirte bien, y/ o, sanar. Este programa es para ti! Se te guiará en forma personal y si quieres compartir, será en un ambiente de cordialidad. Se brindará grabadora, para aquellos que se les dificulta escribir.

Los siguientes programas, clases y eventos requieren registración y tienen un número de registro asignado. Regístrense antes de tiempo con la recepcionista en la recepción.

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

El Lunes, 13 de Mayo, es el primer día en que puedes registrarte para las clases de verano. Para más información sobre los programas, acompáñanos el 29 de mayo a las 10am. Si solamente necesitas ayuda para el Proceso de registración de las clases preséntate a las 11am en el salón.

Las Reuniones

Fechas: los Miércoles

12 de junio # de Registración: 384619-06

10 de julio # de Registración: 384619-07

14 de agosto # de Registración: 384619-08

Tiempo: 3:30 – 5 pm

Costo: Gratis, y por favor regístrese

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

Vida Creativa

Fechas: los Viernes

21 de junio # de Registración: 384610-06

19 de julio # de Registración: 384610-07

16 de agosto # de Registración: 384610-08

Tiempo: 9:30 – 11 am

Costo: Gratis, y por favor regístrese

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.

Bienestar Emocional en Adultos Mayores"

Fecha: 18 de julio # de Registración: 384612-07

Tiempo: 10:00-11:30am

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

Conversaciones con Satya

Fechas: los Miércoles

26 de junio # de Registración: 384618-06

17 de julio # de Registración: 384618-07

28 de agosto # de Registración: 384618-08

Tiempo: 1 – 2:30 pm

Costo: Gratis, y por favor regístrese

Acompáñenos para una conversación amigable sobre la nutrición para aprender más sobre cómo mantener su salud e independencia. **Satya Williams** es un Dietista Registrado bilingüe orientado e instructor de Nutrición de Salud y Bienestar, con más de 13 años de experiencia en dietética clínica y comunitaria. Además, Satya esta entrenado y certificado como profesional de Nutrición Funcional e Integradora y se especializa en la prevención de enfermedades crónicas.

Revisando los Síntomas de Depresión y Ansiedad

de Registración: 384624-00

Fechas: Jueves, 20 de junio

Tiempo: 1 - 2:30 pm

Costo: Gratis, y por favor regístrese

En este curso hablaremos sobre: qué es la depresión y la ansiedad; cómo se presenta en la mente y cuerpo; cuáles son sus causas; y que tratamientos son efectivos. Practicaremos algunas estrategias para activamente reducir y prevenir algunos síntomas. Debemos recordar que es muy importante que cuidemos nuestra salud mental porque algunos síntomas, como sentirse aislada, con tristeza, preocupación, ansiedad, miedo, etc., pueden cambiar nuestros comportamientos, actividades diarias y nuestras relaciones con familiares y amigos. Presentadora: **Lucero Castro-Frederick MSW, IMH-E®II**. Ella es una terapeuta con más de 20 años de experiencia.



RECURSOS

Para más información sobre recursos para Adultos Mayores en la Internet, vea la pagina de red 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, insíbete 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 303-441-1546.



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 o a 1100 S. Sherman Steet con la Oficina de Sustentabilidad. Para preguntas contactar al (303)651-8416.



INFORMACIÓN Y PROGRAMAS EN ESPAÑOL

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 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



Muy Pronto!



Ollin Farms creen en los principios de la agricultura regenerativa. El objetivo de nuestra granja familiar es producir productos agrícolas de alta calidad y al mismo tiempo continuar aumentando la diversidad y la salud de los ecosistemas que nos rodean.

La participación y la educación de la comunidad están en el centro de lo que hacemos. Ya sea impartiendo clases y excursiones para jóvenes, organizando cenas en la granja, proporcionando verduras a los distritos escolares locales o colaborando con científicos para rastrear datos del ecosistema en la granja, todo nuestro trabajo se centra en trabajar juntos para ayudar a construir un sistema alimentario resiliente dentro del Condado de Boulder.



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 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 if you have questions.

Lunch Bunch

Biweekly, Wednesdays, 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.

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

Advanced Directives

Date: Thursday, June 13
Registration #385003-06

Date: Thursday, August 8
Registration #385003-08

Time: 9:30 – 11 am
Cost: \$5 resident, \$6 non-resident

Reg. Deadline: June 6 & August 1 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

Tuesday, June 18

What the Heck is Intimacy Anyway?
Registration #385078-06

Tuesday, July 16 - Tips & Tricks for Introverts
Registration #385078-07

Tuesday, August 20 - Tips & Tricks for Extroverts
Registration #385078-08

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.

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.



Adjusting to Life's Changes Support Group

Date: Mondays, June 3 - July 15; no group July 1
Time: 1:30 - 3 pm
Cost: Free, call Kayleigh Schernbeck, 303-774-4497, to register and make an appointment prior to joining the group. Space is limited.

Adjusting to life's changes can involve many kinds of loss. If you are struggling with retirement, beginning or ending a caregiver role, decreased independence, changes in your abilities, or an accumulation of losses over the years, this six-week group is for you. We can work together to find a "new normal" in life. Our sessions are all confidential. Peer Support Volunteers **Yvonne Whisenhunt** and **Lois Ellison** will facilitate this group.

Living with Alzheimer's: For People with Younger Onset Alzheimer's

Registration #385030-00
Date: Tuesday, June 4
Time: 1 - 3:30 pm
Cost: Free, please register in advance

When someone under age 65 is diagnosed with Younger-Onset Alzheimer's disease or a related dementia, the first reaction is often shock or denial. This doesn't happen to someone so young... does it? What does the diagnosis mean? What kinds of plans need to be made? What about work? What resources are available? Hear from those directly affected and learn what you need to know, what you need to plan for, and what you can do to ease the impact of the disease. Presented by the **Alzheimer's Association**.

Living with Alzheimer's: For Middle Stage Caregivers

Registration #385067-24
Dates: Tuesdays, June 11, 18, 25
Time: 1 - 2:30 pm
Cost: Free, please register in advance

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join this three-part class and hear caregivers and professionals discuss helpful strategies to provide safe, effective, and comfortable care in the middle stage of Alzheimer's disease. Presented by the **Alzheimer's Association**.

Living Well with Dementia: Ways to Enrich Your Life and Self-Care, 10 Daily Practices for Caregivers, Question and Answer Panel

Date: Friday, June 14
Ways to Enrich Your Life and Self-Care
1 - 2 pm Registration #385043-01

10 Daily Practices for Caregivers
2:15 - 3:15 pm Registration #385043-02

Question and Answer Panel
3:30 - 4:30 pm Registration #385043-03

Cost: Free, please register in advance

Living well with dementia means being educated about this disease and the importance of getting a diagnosis and engaging in cognitively stimulating activities. The first hour of this series will focus on how to live well with dementia. The second hour is a workshop, Ten Satisfying Daily Practices for Caregivers, to help caregivers seize opportunities to take better care of ourselves. We will close our day with a panel of professionals answering your questions. Presented by **Rebecca Chopp**, a person living with an Alzheimer's diagnosis, former chancellor of DU, author, advocate and motivational speaker, and **Ralph Patrick**, former caregiver, dementia consultant, spiritual director, and former volunteer and staff member of the Alzheimer's Association. Dementia consultant **Brenda Gurung** and Senior Services staff **Kayleigh Schernbeck** will also join our Q&A panel. You are welcome to register for one, two, or all three sections of this program.

Let's Talk About Values

Registration #385054-00
Date: Wednesday, June 26
Time: 10 - 11:30 am
Cost: Free, please register in advance

What does the word "value" mean to me? What are my core values? How did I develop them? Am I living life aligned to my values? How do my values impact my decision-making and my relationships? These are some of the questions we will tackle through interactive discussion and exercises designed to provide clarity and provoke discussion on the often-overlooked importance of values in our day-to-day lives. Discussion will be facilitated by Senior Services' staff **Kayleigh Schernbeck, LCSW**.

Caregiving 101

Registration #385074-24

Date: Monday, July 8

Time: 5:30 - 6:30 pm

Cost: Free, please register in advance

If you are new to caring for an older adult in your life or foresee that you might be in the future, this program will help you learn about local resources and supports you may need on your caregiving journey. Whether you are caring for a parent, spouse, child, sibling, neighbor, or friend, you are welcome to attend. In this program, we will discuss resources for legal and financial planning, education, support groups, and honoring care recipient's right to self-determination. Led by Senior Services' staff **Brandy Queen, LPC**.

Effective Communication Strategies

Registration #385029-00

Date: Tuesday, July 16

Time: 1 - 2:30 pm

Cost: Free, please register in advance

Presented by the **Alzheimer's Association**. This class teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle, and late-stage dementia.

Early Stage Dementia Support Group

Dates: Thursdays, August 8 - October 17

Time: 9:30 - 11 am

Cost: Free, please register in advance with Meg Donahue at 303-813-1669 x9642

Presented by the **Alzheimer's Association**. This group provides an excellent opportunity for people to discuss topics such as receiving and disclosing a diagnosis, changing relationships, future planning, legal and financial matters, and much more! The support groups are a safe and supportive environment where those sharing this journey can connect and offer emotional support to one another. Sometimes the entire group meets together, and at other times caregivers meet separately from those with the diagnosis. This group fills up quickly, so if you are interested in attending please contact Meg Donahue at 303-813-1669 x9642 or mmdonahue@alz.org to schedule an initial consultation.

Understanding Alzheimer's and Dementia

Registration #385077-00

Date: Tuesday, August 13

Time: 1 - 2:30 pm

Cost: Free, please register in advance

Alzheimer's is not normal aging. It is a disease of the brain that causes problems with memory, thinking, and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources. Presented by the **Alzheimer's Association**.



Practical Tools for Informal Mediation: Improving Communication and Conflict Resolution

Registration #385062-00

Date: Monday, August 26

Time: 10 - 11 am

Cost: Free, please register in advance

This 60-minute workshop is designed to provide seniors with practical skills in informal mediation. They will learn effective communication and conflict resolution techniques, useful for handling everyday disagreements and improving interpersonal relationships. The workshop combines brief theory with practical exercises, encouraging an interactive and participatory environment.

When Relief Is Part of Your Grief (and Other Surprises)

Registration #385053-24

Date: Tuesday, August 27

Time: 1 - 2 pm

Cost: Free, please register in advance

Join us for an exploration into the world of grief. This is an opportunity to learn about some of the surprising faces of grief, such as relief, numbness, and even happiness. We will also explore answers to the question, "Why am I still grieving?" and why so many people find it surprising that they feel grief longer than they expected. Presented by Senior Services' staff **Brandy Queen, LPC**.





Stop the Bleed and Hands Only CPR

Registration #385080-06
Date: Tuesday, June 18, 12:30 - 2:30 pm
 Registration #385080-08
Date: Wednesday, August 21, 1 - 3 pm
 Cost: Free, please register in advance
Registration Deadline: June 13, and August 15, respectively



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 #385080-07
Date: Tuesday, June 18
Time: 5:30 - 6:30 pm
 Cost: Free, please register in advance
Registration Deadline: June 13

Join UHealth 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. A light dinner will be provided. Seating is limited.

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

Save the Date! UC Health Chronic Disease Management

Dates: Fridays, October 4 - November 8
Time: 10 am - 12:30 pm

Coming this Fall! 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. Be on the lookout in our Fall GO for more details! *Seating is limited.*

AFC Urgent Care

Registration #384088-00
Date: Friday, August 9
Time: 10 - 11:30 am
 Cost: Free, please register in advance
Registration Deadline: August 2

We will present reasons to go to an urgent care, services, hours, check in process, insurance information. We will also address specifically different tests and imaging offered. We will discuss how to access Urgent care. We will provide examples of care and answer questions.

Free MEDICAL EQUIPMENT

Several local organizations manage loan closets that include walkers, canes, wheelchairs and other medical equipment. See page 64 for the loan closet contact information.

Boulder Post Acute - Blood Pressure Screenings

Date: Mon, June 10 Registration #385113-06
Mon, July 8 Registration #385113-07
Mon, Aug 12 **CANCELLED**
Time: 9 - 10 am
 Cost: Free, please register in advance
Registration Deadline: June 6, July 1, August 5 - respectively

Join a Registered Nurse from Boulder Post Acute for monthly blood pressure screenings to aid in monitoring your personal wellness. Information and educational handouts will be provided based around monthly healthcare observances in coordination with screenings.





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.



Healthy Skin and Sun

Registration #385114-06

Date: Friday, June 14

Time: Noon - 1 pm

Cost: Free, please register in advance

Who doesn't like spending time in the sun? It makes us happy and gives us Vitamin D. But no one wants sun spots, wrinkles, or damaged

skin. It's never too late. You can have it all: fun in the sun and healthy skin! All it takes is a good mineral sunscreen, nutritious food, and a bit of supplement savvy and away you go!

Instructor: Natural Grocers - Jennifer Hoppert, Nutritional Health Coach

Feed Your Brain

Registration #385114-07

Date: Friday, July 19

Time: Noon - 1 pm

Cost: Free, please register in advance

Registration Deadline: July 12

Is your brain starved for better nutrition? Do you find it hard to concentrate or focus? Do you feel irritable or moody for no discernible reason? Are you absentminded or suffer from periodic brain fog? Then this class is for you. Learn the secrets of a better brain at any age.

Instructor: Natural Grocers - Jennifer Hoppert, Nutritional Health Coach

Bone Builders and Breakers

Registration #385114-08

Date: Friday, August 9

Time: Noon - 1 pm

Cost: Free, please register in advance

Registration Deadline: August 2

Unfortunately, simply drinking milk is not enough to keep bones healthy. Perhaps that's why 10 million Americans have osteoporosis. Bones are living tissue that respond to bone building care throughout life. Support lifelong bone health by knowing how to get all the nutrients your bones need.

Instructor: Natural Grocers - Jennifer Hoppert, Nutritional Health Coach

COMMON SPIRIT PROGRAMS



Advancements in Cancer Treatment: Where We Have Come from and What Is Next – Dr. Chris Deig

Registration #385083-00

Date: Thursday, June 13

Time: Noon - 1 pm

Cost: Free, please register in advance

Registration Deadline: June 5

In the era of personalized medicine for patients afflicted with cancer, treatment decisions have become increasingly complex. We will review the progress that has been made and momentum of the field moving forward as it relates to new medications, infusions, and radiation treatments.

Getting the Most Out of Your Visit With Your Physician

Registration #385084-00

Date: Thursday, July 11

Time: Noon - 1 pm

Cost: Free, please register in advance

Registration Deadline: July 5

A doctor's appointment, even one with your primary care physician, can be an overwhelming experience. Learn from **Dr. Masayeva** ways to get the most out of your visit.

Stop the Bleed

Registration #385085-00

Date: Thursday, August 8

Time: Noon - 1 pm

Cost: Free, please register in advance

Registration Deadline: August 1

Do you know how to stop a bleed in a life threatening situation? Learn the basic skills and techniques from **Kas Dickerson**.

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™



Tips for Enjoying Outdoor Exercise

Registration #313401.1

Date: Tuesday, June 11

Time: Noon - 1 pm

Cost: \$2 resident, \$3 non-resident;
FREE for Silver Sneakers (R) &
Renew Active Members

Registration Deadline: June 8

Get out in the fresh air and enjoy the sunshine -- but don't be caught out by the summer heat! Being prepared for outdoor exercise/adventure is a must in the Colorado sun. Learn tricks to keep you cool in the heat while enjoying the great outdoors! Proper planning helps prevent overheating, dehydration, exhaustion, sunburn and just makes exercise more fun. It's time to get off the sofa and go forest bathing!

Instructor: Lynette Loew

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

Colorectal Cancer: What Is It and What Can We Do About It?

Registration #313401.2

Date: Tuesday, July 9

Time: Noon - 1 pm

Cost: \$2 resident, \$3 non-resident;
FREE for Silver Sneakers (R) &
Renew Active Members

Registration Deadline: July 2

Colorectal cancer is one of the most common cancer types in the United States, yet how many of us are familiar with the risk factors, signs, symptoms, and treatment options? Get informed and take home your own colorectal screening test, if eligible. **Instructor: University of Colorado Cancer Center**

Use it or Lose it: What is "it"?

Registration #313401.3

Date: Tuesday, August 13

Time: Noon - 1 pm

Cost: \$2 resident, \$3 non-resident;
FREE for Silver Sneakers (R) &
Renew Active Members

Registration Deadline: August 7

What is "It" Balance? Strength? Coordination? Spend an hour exploring the many ways we can use it or lose it. Learn simple and easy ways to implement changes that can make a difference.

Instructor: Kim Nicks

NEED HELP WITH ONLINE REGISTRATION?

Check out our updated how-to video at www.longmontcolorado.gov/senior-services

BOULDER COUNTY AREA AGENCY ON AGING

Information and Wellness:

Please visit 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 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.

« Medicare Basics Classes
See page 21

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.

New! Meditative Sound Bath

Wednesday, June 26 Reg. #386037-00

Wednesday, August 7 Reg. #386037-01

Time: 3:30 - 4:45 pm

Cost: Free, please register in advance

Registration Deadline: June 19, July 31

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 walk 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.

Facilitator: Bruce White

Feldenkrais - Online "Zoom" Class - Improve Your Standing and Balance

Registration #386023-06

Dates: Tuesdays, June 4, 11, 18, 25

Time: 10 - 11 am

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

Registration Deadline: June 1

As we age, our balance becomes more tenuous. In response to that, we tend to stiffen ourselves to try to create more stability. This stiffening actually contributes to instability. Standing and balance are dynamic processes. The more easily we move, the more stable we become. We will explore lessons that help wake up stiff joints, improve your flexibility, and distribute movement more evenly through your joints and muscles—taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner. **A Zoom link will be sent the night before class. Please keep the Zoom link for each month.**

Feldenkrais - Online "Zoom" Class - Upper Back Ease

Registration #386023-07

Dates: Tuesdays, July 2, 9, 16, 23, 30

Time: 10 - 11 am

Cost: \$45 resident, \$50 non-resident

Registration Deadline: June 25

Do you experience stiffness in your upper back, neck, and shoulders? Stress, looking at our phones and computers, and driving contribute to building tension in the upper back and neck. This class will explore lessons that create greater ease in your neck, shoulder, and upper back. Your range of motion will improve in your shoulders and neck, you will have better posture, and you will have a brighter outlook on life—taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner. **A Zoom link will be sent the night before class. Please keep the Zoom link for each month.**

Feldenkrais - Online "Zoom" Class - Turn with Ease

Registration #386023-08

Dates: Tuesdays, August 6, 13, 20, 27

Time: 10 - 11 am

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

Registration Deadline: July 30

Explore various movements that enhance walking, balance, orientation, and coordination. You will do these Feldenkrais exercises using a chair for support and rest. A dining chair with a flat seat is ideal. Anticipate a fun, light hearted, and profoundly enriching learning experience—taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner. **A Zoom link will be sent the night before class. Please keep the Zoom link for each month.**

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



Feldenkrais - Online Chair “Zoom” Class

Registration #386024-06

Dates: Thursdays, June 6, 13, 20, 27

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

Registration #386024-07

Dates: Thursdays, July 11, 18, 25

Cost: \$27 resident, \$30 non-resident

Registration #386024-08

Dates: Thursdays, August 1, 8, 15, 22, 29

Cost: \$45 resident, \$50 non-resident

Time: 11 am - Noon

Explore various movements that enhance walking, balance, orientation, and coordination. You will do these Feldenkrais exercises using a chair for support and rest. A dining chair with a flat seat is ideal. Anticipate a fun, lighthearted, and profoundly enriching learning experience—taught by Al Wadleigh, a Guild Certified Feldenkrais Practitioner.

Free 4th of July Feldenkrais Chair Class

Discover the Feldenkrais Method®! Experience the fundamental concepts of the Feldenkrais Method in action. We will do a simple lesson seated in a chair (like a dining chair) to improve flexibility, coordination, and balance. The lesson replay will be available for 10 days after the class. Register on Zoom here: bit.ly/49N71Ls

Line Dance (Beginning)

Registration #386004-06

Date: Tuesdays, June 4, 11, 18, 25

Cost: \$20 resident, \$25 non-resident

Registration #386004-07

Date: Tuesdays, July 2, 9, 16

Cost: \$15 resident, \$20 non-resident

Registration Deadline: June 28

Registration #386004-08

Date: Tuesdays, August 6, 13, 20, 27

Cost: \$20 resident, \$25 non-resident

Registration Deadline: July 30

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!

Introduction to the Feldenkrais Method - An Online Workshop for Active Seniors

Registration #386025-00

Dates: Wednesday, June 26

Time: 2 - 4:30 pm

Cost: \$25 resident, \$30 non-resident

Location: In-person at the Longmont Senior Center

Registration Deadline: June 19

Are you curious about the Feldenkrais Method? Through a mix of lecture and experience, you will learn how Dr. Feldenkrais developed his Method and what the key concepts of his Method are. We will do three gentle Feldenkrais lessons that actualize the concepts. As a result, you will have an improved range of motion and improved posture, feel more grounded and taller, and have a sense of relaxed readiness. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

Line Dance (Continuing)

Registration #386013-06

Date: Tuesdays, June 4, 11, 18, 25

Cost: \$20 resident, \$25 non-resident

Registration #386013-07

Date: Tuesdays, July 2, 9, 16

Cost: \$15 resident, \$20 non-resident

Registration Deadline: June 28

Registration #386013-08

Date: Tuesdays, August 6, 13, 20, 27

Cost: \$20 resident, \$25 non-resident

Registration Deadline: July 30

Time: 3:15 - 4:15pm

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. **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.

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



Pilates

Registration #386005-06

Date: Tuesdays, June 4, 11, 18, 25

Time: Noon – 1 pm

Cost: \$48 resident, \$57 non-resident

Registration #386005-07

Date: Tuesdays, July 2, 9, 16

Time: Noon – 1 pm

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

Registration Deadline: June 25

Registration #386005-08

Date: August 6, 13, 20, 27

Cost: \$48 resident, \$57 non-resident

Time: Noon – 1 pm

Registration Deadline: July 30

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.

Alignment Based Yoga for Active Seniors

Registration #386010-06

Date: Mondays, June 3, 10, 17, 24

Cost: \$40 resident, \$48 non-resident

Registration #386010-07

Date: Mondays, July 1, 8, 15

Cost: \$30 resident, \$36 non-resident

Registration Deadline: June 24

Registration #386010-08

Date: Mondays, August 12, 19, 26

Cost: \$30 resident, \$36 non-resident

Registration Deadline: August 5

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

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.

Intro to Reiki

Registration #386035-00

Dates: Wednesday, August 28

Time: 3 - 4 pm

Cost: Free, please register in advance.

Registration Deadline: August 21

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, June 26 386036-06

Wednesday, August 22 386036-08

Time: 2 - 3 pm

Cost: \$35 resident, \$39 non-resident

Registration Deadline: June 19, August 21, 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**.





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 August 1 – 29 Registration #303313-B
Time: 1:30 – 3 pm
Location: Memorial Building
Cost per Session: \$120 residents, \$150 non-residents

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.



Tai Chi for Fall Prevention

Registration #386214-00
Dates: Mondays, June 3, 10, 17, 24, July 1, 8, 15, 22*
Time: 9:30 - 10:30 am
Cost: \$80 resident, \$88 non-resident (8-weeks)

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. **July 22 will be in Roosevelt Park due to facility closure.*

Yang Style Tai Chi

Registration #386217-00
Dates: Mondays and Wednesdays, June 3 through July 29*
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. **No class on June 19. Classes on July 22, 24, & 29 will be in Roosevelt Park due to facility closure.*

Tai Chi Ruler

Registration #386216-00
Dates: Wednesdays, June 5, 12, 26, July 3, 10, 17, 24, 31*
Time: 1:45 - 2:45 pm
Cost: \$80 resident, \$88 non-resident (8-weeks) + Ruler cost (additional \$45, if needed - purchased from instructor)



with rounded ends that fit nicely into the palms of your hands. We will learn exercises that build energy and help it move throughout your body to increase stamina, keep your body limber, and improve circulation and balance. A ruler is required for the course. You may use your ruler from a previous class or purchase one for \$45 from the instructor at the first class.

Instructor: **Steve Elliott**, stevekelliott@gmail.com. **No class on June 19. Classes on July 24 and 31 will be held in Roosevelt Park due to facility closure.*

For beginners or experienced students. This Tai Chi class focuses on the Tai Chi Ruler, a wooden stick

PASSES FOR FITNESS CLASSES:

- SilverSneakers and Zumba classes are free for individuals with a SilverSneakers® or Renew Active™ membership.

| | RESIDENT | NON-RESIDENT |
|----------------|----------------|-----------------|
| Daily | \$6 | \$7.50 |
| 30-day | \$31.25 | \$39 |
| 3-month | \$82.50 | \$103 |
| Annual | \$286 | \$357.50 |

- 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 47)
- 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



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.

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

SUMMER 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 8:30 - 9:15 am SilverSneakers® Classic Drop-in class | 10 - 10:45 am SilverSneakers® Yoga Drop-in class | 8:30 - 9:15 am SilverSneakers® Circuit Drop-in class | 9 - 9:45 am SilverSneakers® Enerchi Patio | 8:30 - 9:15 am SilverSneakers® Classic Drop-in class |
| 9:30 - 10:30 am Tai Chi For Falls Prevention Register for 8 weeks | 11 am - noon Zumba Gold® Drop-in | 12:30 - 1:30 pm Yang Style Tai Chi Register for 8 weeks | 11 - 11:45 am SilverSneakers® Yoga Drop-in class | |
| 10:45 - 11:45 am Alignment Based Yoga Register by month or drop-in | Noon-1 pm Pilates® Register by month or drop-in | 1:45 - 2:45 pm Tai Chi Ruler Register for 8 weeks | 11 am - noon *Feldenkrais Online Register by month | |
| 12:30 - 1:30 pm Yang Style Tai Chi Register for 8 weeks | 2 - 3 pm Beginner Line Dance Register by month or drop-in | | Noon - 12:45 pm SilverSneakers® Yoga Drop-in class | |
| | 3:15 - 4:15 pm Continuing Line Dance Register by month or drop-in | | | |
| | 10 - 11 am *Feldenkrais Online Register by month | | | |

- Online
- SilverSneakers/ RenewActive sponsored
- Senior Services sponsored

For full descriptions, dates, and prices, please see pages 43-47.

SilverSneakers® Classes at the Longmont Recreation Center, 310 Quail Rd

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| 8 - 8:45 am SilverSneakers® Yoga | 8:30 am SilverSneakers® Classic | 9 am* SilverSneakers® Yoga | 8:30 am SilverSneakers® Classic | 9 am* Chair Yoga @Kanemoto Park |
| 9 am* SilverSneakers® Yoga | 9 am* SilverSneakers® Enerchi | 10:15 am SilverSneakers® Yoga | 9:20 am SilverSneakers® Circuit | 10:15 am SilverSneakers® Yoga |
| 10:15 am SilverSneakers® Yoga | 9:20 am SilverSneakers® Circuit | | 10:15 am SilverSneakers® Splash | 11:15 am SilverSneakers® Stability |
| | 10:15 am SilverSneakers® Splash | | | |

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 SilverSneakers® Stability | 9:30 am Advanced Senior Strength | 10:30 am SilverSneakers® Stability | | 9:30 am Advanced Senior Strength |

**Table Tennis
at the Senior Center**

Date: Wednesdays and Fridays
Time: 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.

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



Senior Softball – Ages 50+

The Longmont Senior Center participates in the Colorado Senior Softball Association. Teams are formed beginning in March and games begin in April, continuing through mid August. They are played throughout the Denver metro area on Monday and Wednesday morning depending on the division and team. Home games are hosted at Garden Acres Park. If you have questions, or would like to participate call or email **Terri Calvin** at 303-651-8578 or terri.calvin@longmontcolorasdo.gov



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. Play dates will be May 10 through October 11.

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 |
|------------------|---|---------------|-----------|
| Elevation | 8500' or less | 8501'-10,000' | 10,000+' |
| Gain | Minimal – 400' | 401' – 500' | 501+' |
| Distance | 3 – 4 mi | 3 – 6 mi | 4+ mi |
| Pace | All hikers stay with the group. 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: **In-Person Hike Registration – WED., MAY 22** **3 – 5 pm at Longmont Senior Center**

This in-person hike registration is for ALL Summer hikes! Please note – all hikes will depart from Lashley St. Station unless otherwise specified. General hike registration begins on May 24.

| Date | Reg. # | Location | Elevation | Gain | Distance | Notes | Difficulty |
|----------------|-----------|-------------------------------------|-----------|--------|----------|----------|------------|
| 6/6/24 | 387400-05 | Ceran St. Vrain | 8,330 | 370 | 4 | V, WF | Easy/Mod |
| 6/13/24 | 387400-13 | Sleepy Lion | 5,900 | 500 | 5 | V, WF, R | Moderate |
| 6/20/24 | 387400-22 | Mt. Sanitas (West Side) | 5,900 | 1,330 | 5.4 | S, V | Mod/Dif |
| 6/27/24 | 387400-24 | Homestead Meadows | 8,300 | 1,100 | 7.5 | H, WF | Mod/Dif |
| 7/11/24 | 387400-11 | Camp Dick to Timberline Falls | 8,600 | 200 | 5 | A, R | Easy/Mod |
| 7/18/24 | 387400-36 | *Bridal Veil Falls | 7,855 | 990 | 6 | V, WF | Mod/Dif |
| 8/8/24 | 387400-07 | Deer Mountain | 8,920 | 1,093 | 6.2 | S, ST, V | Mod/Dif |
| 8/15/24 | 387400-12 | Brainard Lake – winter gate to lake | 10,000 | 500 | 5 | V, WF | Mod/Dif |
| 8/22/24 | 387400-15 | Ute Trail to Milner Pass | 11,440 | -1,050 | 4.5 | V, WF | Moderate |
| 8/29/24 | 387400-17 | Mills Lake | 9,180 | 760 | 5.6 | V, WF | Mod/Dif |

***last 1/4 mile difficulty, boulders** 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

AAIR Hikes



Day: **Wednesdays**
 (see the dates in the graph below)
Check-in: 7:15 am
Depart: 7:30 am
Return: between noon and 3 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.



SPORTS AND OUTDOORS

| Date | Reg. # | Location | Elevation | Gain | Distance | Notes | Difficulty |
|----------------|-----------|--|-----------|-----------------------|----------|-------------|------------|
| June 5 | 387012-01 | Coal Creek Regional Trail - Aquarius to Public Rd. | 5340 | 0 | 2.5 | V, G, H, B | Easy |
| June 12 | 387012-02 | Fowler Trail - Eldorado Springs SP | 6000 | 200 | 2.5 | V, G | Easy |
| July 3 | 387012-03 | Golden Ponds | 5000 | 0 | 2.6 | V, B | Easy |
| July 17 | 387012-04 | Heil Valley Ranch - Lichen Loop & Quarry Trails | 6200 | +300 L.L. / -200 Q.T. | 3 | V, WF, H, G | Easy/Mod |
| Aug 7 | 387012-05 | The Pool | 8155 | 245 | 3.4 | V, WF | Easy |
| Aug 21 | 387012-06 | Caribou Ranch | 8600 | 200 | 3.5 | V, H, WF | 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



This is your time.
OWN IT.

Welcoming Summer – Exploring the Solstice Heil Valley Ranch

Registration #387009-06

Date: Wednesday, June 26

Time: 8:15 am - Noon

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

Registration Deadline: June 19

Join volunteer naturalists with Boulder County Parks & Open Space on moderate hike 2 -3 mile hike on the Grindstone Quarry Trail to celebrate summer's arrival with this solstice-themed program! Explore the science behind the longest day, learn how nature embraces the bountiful opportunities brought on by summer, and revel in the beauty of the season. *This trip departs and returns from the Longmont Senior Center.*

Moth Month Celebration Betasso Preserve

Registration #387009-07

Date: Wednesday, July 17

Time: 7:45 am - 1 pm

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

Registration Deadline: July 10

Join volunteer naturalists with Boulder County Parks & Open Space on a moderate to strenuous 2 – 3 mile hike on the Canyon Loop Trail as we dive into the captivating world of moths – the ultimate pollinators! This program unveils their ecological importance, dispels pollinator myths, and offers a unique opportunity to roam their habitat as you learn more about them.



At the Crossroads – Exploring the Human and Nature Connection Carolyn Holmberg Preserve

Registration #387009-08

Date: Wednesday, August 14

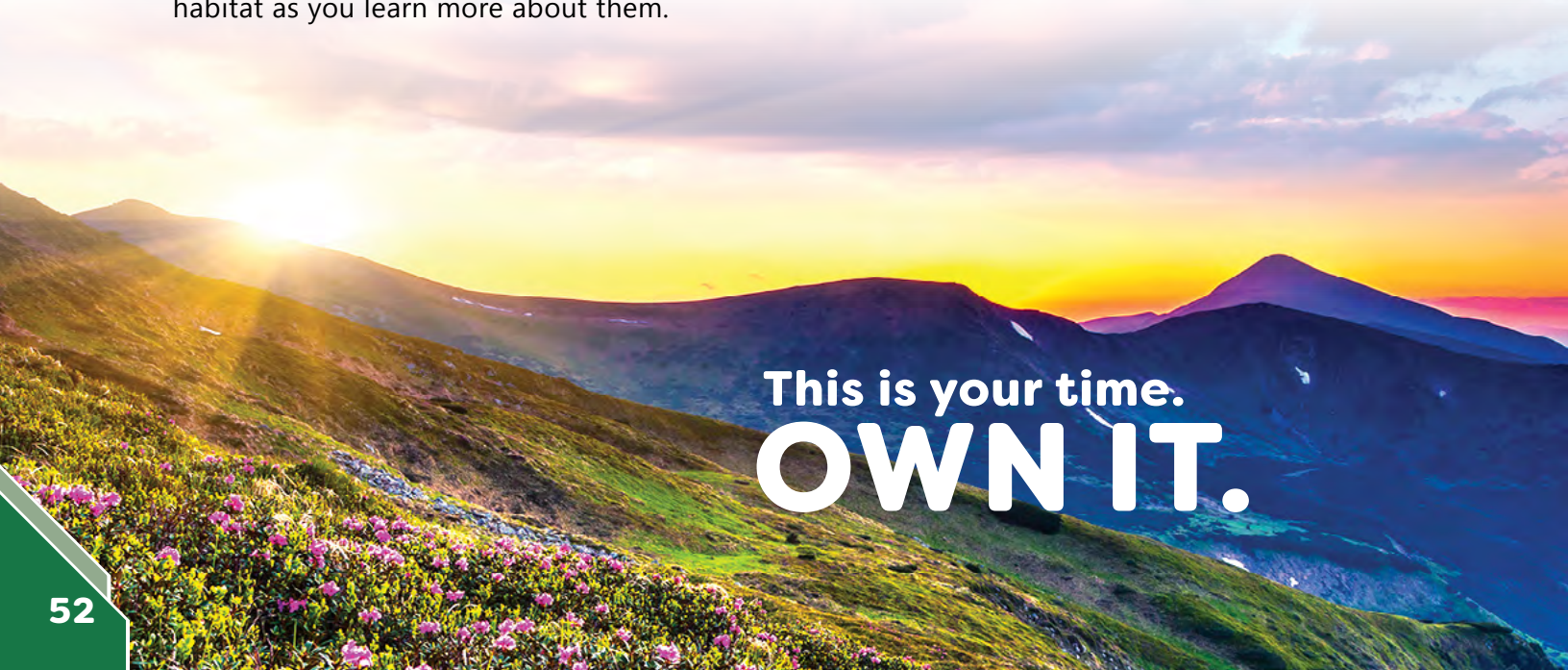
Time: 8:15 am - 12:30 pm

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

Registration Deadline: August 7

Join volunteer naturalists with Boulder County Parks & Open Space on a easy walk around Stearns Lake as we investigate the intricate relationship between humans and the environment. Learn about how open spaces meet the needs of multiple stakeholders and how the history of these lands shape its protection and use today.

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



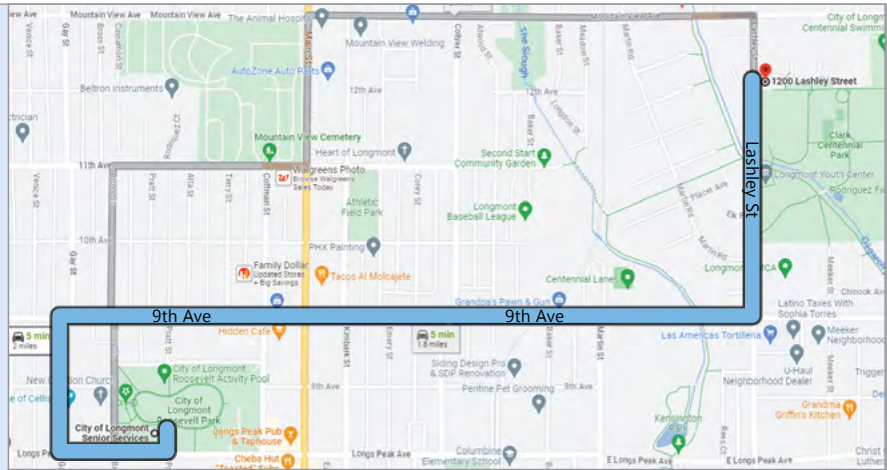
This is your time.
OWN IT.

TRIP REGISTRATION IS MAY 17 AT 3 PM IN-PERSON

At Registration, you may sign up yourself and one other person for trips (You +1).

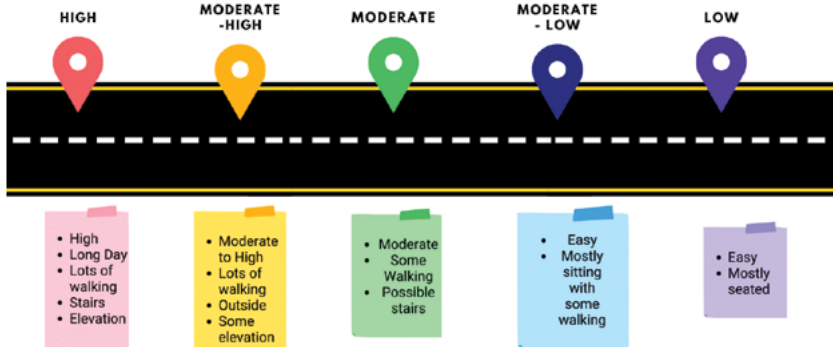
Trip Departure & Return at Lashley Street Station

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 new 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.



TRIPS AND TRAVEL

CASINO TRIPS

A Day in Black Hawk 📍 MODERATE - HIGH

Registration #381050-12

Date: Wednesday, June 12

Enjoy a day in Black Hawk! The day is yours to choose what casino(s) you want to win at! Shuttles are available from the gazebo area so you will have many options!

The coach will Drop Off and Pick Up at the Gazebo in Black Hawk.

• **Meet the coach back at the Gazebo by 3:15 pm**

Please join us, get the word out and invite friends.

Check-in: 8:40 am

Depart: 9 am

Approx. Return: 5 pm



| | |
|-----------------|---|
| Cost: | \$25 resident, \$27 non-resident |
| Transportation: | Coach Bus |
| Includes: | Trip leader and transportation |
| Sign-up: | Begins May 17, registration deadline June 5 |

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

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 Services minibus.



Youngs Café, Ft. Collins MODERATE - LOW

- Tuesday, June 4** Registration #381023-04
- Tuesday, June 11** Registration #381023-11
- Tuesday, June 18** Registration #381023-18
- Tuesday, June 25** Registration #381023-25

We travel north to a delicious oriental dining experience at Young's Café. Family owned and operated; Young's is the first Vietnamese restaurant opening in Fort Collins since 1987. Vietnamese cuisine has its influence from Chinese and French cooking. Youngs infuses light, fresh flavors and natural ingredients into their dishes that makes their menu item truly unique. Cost of meal on your own, lunch menu range \$10-18.

- Check-in: 10:15 am
- Depart: 10:30 am
- Approx. Return: 2:00 pm
- Cost: \$13 resident, \$15 non-resident
- Transportation: Senior Center Mini Bus
This trip departs and returns from the Longmont Senior Center.
- Includes: Trip leader and transportation
- Sign-up: Begins May 17, registration deadline May 28, June 4, 11, 18, respectively



Kathmandu Restaurant, Boulder MODERATE - LOW

- Tuesday, July 2** Registration #381024-02
- Tuesday, July 9** Registration #381024-09
- Tuesday, July 16** Registration #381024-16

Kathmandu brings award-winning Authentic Himalayan cuisine to Colorado using the finest of ingredients. First opening in Nederland in 1999, it was so successful that a second restaurant opened in Boulder in 2014. Family owned and operated, meals are prepared from the finest ingredients (no msg). Order an individual meal or enjoy the lunch buffet, vegetarian, vegan, and gluten free options. Kathmandu is the winner of the Boulder Weekly's Best of Boulder County in 2004, 2013, 2014, 2015 and 2017. Cost of meal on your own, lunch buffet \$17.99.

- Check-in: 10:15 am
- Depart: 10:30 am
- Approx. Return: 2:00 pm
- Cost: \$13 resident, \$15 non-resident
- Transportation: Senior Center Mini Bus
This trip departs and returns from the Longmont Senior Center
- Includes: Trip leader and transportation
- Sign-up: Begins May 17, registration deadline June 25, July 1, 9, respectively

Ramano's Macaroni Grill, Westminster MODERATE - LOW

- Tuesday, August 6** Registration #381025-06
- Tuesday, August 13** Registration #381025-13
- Tuesday, August 20** Registration #381025-20
- Tuesday, August 27** Registration #381025-27

Amazing food, great variety. Specializing in Italian – American cuisine. Founded by Phil Ramano, he set out to create a restaurant inspired by his grandfather's kitchen in upstate New York, where the cuisine was rooted in Italian tradition. Ramano's Macaroni Grill is a long time favorite and enjoyed by everyone. Cost of meal on your own, meals range from \$12 - \$20.



- Check-in: 10:15 am
- Depart: 10:30 am
- Approx. Return: 2:00 pm
- Cost: \$13 resident, \$15 non-resident
- Transportation: Senior Center Mini Bus
- Includes: Trip leader and transportation
- Sign-up: Begins May 17, registration deadline July 30, August 6, 12, 20, respectively





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: Muscles That Support Our Trunk  MODERATE

Registration #381119-06

Date: Wednesday, June 12

Overall introduction of the Colorado Learning Center of Human Anatomy and Carroll and Lewellen Funeral Home followed by an in-depth class on the Muscles that support our trunk, including joints, muscles and supportive movement. This is an opportunity for hands-on experience with cadavers to view the anatomy. You will be able to meet the living donors and study the deceased donors. You will be able to explore examples of exercises that will support the aging process.

This scientific experience is a unique opportunity that requires the utmost respect for yourself and others - living and deceased. We practice self-regulation and expect that you are honest and vocal about how you are feeling - if you need to rest, a water break or to wait outside.

- 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: Trip leader, presentation, and transportation
- Sign-up: Begins May 17, cancel by June 5 for a full refund.

Focus: Lower Extremity  MODERATE

Registration #381119-07

Date: Wednesday, July 10

Overall introduction of the Colorado Learning Center of Human Anatomy and Carroll and Lewellen Funeral Home followed by an in-depth class of the lower extremity, including joints, muscles and supportive movement. This is an opportunity for hands-on experience with cadavers to view the anatomy. You will be able to meet the living donors and study the deceased donors. You will be able to explore examples of healthy joints as well as a knee replacement and a hip replacement.

This scientific experience is a unique opportunity that requires the utmost respect for yourself and others - living and deceased. We practice self-regulation and expect that you are honest and vocal about how you are feeling - if you need to rest, a water break or to wait outside.

- 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: Trip leader, presentation, and transportation
- Sign-up: Begins May 17, cancel by July 3 for a full refund.

Focus: Urinary and Reproductive System  MODERATE

Registration #381119-08

Date: Wednesday, August 14

Overall introduction of the Colorado Learning Center of Human Anatomy and Carroll and Lewellen Funeral Home followed by an in-depth class of the urinary and reproductive system. Discover the connections between your kidneys, bladder and pelvic region. Whether you are male or female, we will explore the anatomical structures in the pelvis; how they relate to each other in position and in physiology.

This scientific experience is a unique opportunity that requires the utmost respect for yourself and others -

living and deceased. We practice self-regulation and expect that you are honest and vocal about how you are feeling - if you need to rest, a water break or to wait outside.

- 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: Trip leader, presentation, and transportation
- Sign-up: Begins May 17, registration deadline August 7

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



TRIPS AND TRAVEL

TRIP REGISTRATION IS MAY 17 AT 3 PM IN-PERSON
At Registration, you may sign up yourself and one other person for trips (You +1).



Colorado Rockies vs Cincinnati Reds, Denver



Registration #381083-06

Date: Wednesday, June 5

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 early



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

This trip departs and returns from the Longmont Senior Center

Includes: Transportation, trip leader and ticket

Sign up: Begins May 17, registration deadline May 22

Argo Mine Tour and Idaho Springs



Registration #381215-00

Date: Friday, June 7

Cost: \$62 resident, \$67 non-resident

Journey to the center of Colorado's gold rush era as we travel up to Idaho Springs to tour and experience the Argo Mine. This monumental mill stands over 110'



tall and processed over \$100 million of gold ore – 2.6 trillion in 2020 dollars. On the tour of the mill and tunnel, we will be immersed in the spirit that defined the Victorian Industrial Revolution. Before we leave, we'll try our luck at gold panning. The "Mighty Argo" is a historic site is on the national registry of historic places. We will stop for lunch in Idaho Spring, cost of meal on your own. Please note: This trip is not accessible, we tour a 100 year old mine going up and down stairs and walking on uneven surfaces. The tour is 1 hour, 15 minutes long. You will be standing, walking, and climbing stairs throughout the tour, no seating available. High elevation is also a consideration when registering, Idaho Springs sits at 7500 ft elevation.

Check in: 8:45 am

Depart: 9:00 am

Approx Return: 4:00 pm

Transportation: Senior Center Mini-Bus.

This bus departs and returns from the Longmont Senior Center.

Includes: Transportation, trip leader and ticket

Sign up: Begins May 17, registration deadline May 29

Indian Peaks Mini Horse Ranch Berthoud



Registration #381115-00

Date: Wednesday, June 5 Reg. #381115-01

Monday, June 17 Reg. #381115-02

Cost: \$11 resident, \$13 resident

Indian Peaks Miniatures is a miniature horse ranch located in our own backyard in Berthoud! We have been breeding and showing World/National Champion American Miniature Horses (AMHA/AMHR) since 1995. Join us for a rare opportunity to see these prized miniatures! This tour is mid-day, summer weather so be prepared and apply/bring sunscreen, bring a hat, water bottle, and comfortable walking shoes. We'll stop at Grandpa's Cafe on our way to the ranch for lunch. Cost of meal on your own.



Check in: 11:30 am

Depart: 11:45 am

Approx Return: 3:00 pm

Transportation: Senior Center Mini-Bus.

This bus departs and returns from the Longmont Senior Center.

Includes: Transportation, tour and trip leader

Sign up: Begins May 17, registration deadline June 10

TRIP REGISTRATION IS MAY 17 AT 3 PM IN-PERSON

At Registration, you may sign up yourself and one other person for trips (You +1).



Terry Bison Ranch

Wyoming  MODERATE-HIGH

Registration #381090-00

Date: Tuesday, June 11

Cost: \$83 resident, \$89 non-resident

This is always a popular place to visit. Terry Bison Ranch is on the Wyoming-Colorado border. After we arrive at the Ranch, we have time to visit the casino and restaurant or go on a self guided tour of the eclectic collection of farm animals. Next, we depart on a fully narrated 50 minute TRX tour aboard one of the custom built trains that will take you from Wyoming into Colorado and back to see the Bison herd. This is a wonderful photo opportunity as we meander around the ranch and hear about the history of the Terry Ranch while seeing other animals like camels, ostriches, oxen, in addition to the bison. After your tour, we will go to the Senators Restaurant and enjoy: grilled burger platter, with your choice of: beef or bison burgers served with the following: lettuce, tomato, onion, pickle, & cheese, ranch baked beans, the Ranch's creamy coleslaw, buffalo chipped cookies, coffee, iced tea, and iced water. At the time of registration, you will select your menu items.

Check in: Noon
Depart: 12:15 pm
Approx Return: 7:30 pm
Transportation: Coach bus
This trip departs and returns from the Longmont Senior Center.

Includes: Transportation, trip leader and ticket and dinner

Sign up: Begins May 17,
registration deadline May 28

Mystery Trip MODERATE-HIGH

Registration #381117-00

Date: Friday, June 21

Cost: \$10 residents, \$12 non-resident

We visit one of the biggest "hot spots" on the front range. Designed for travelers and locals alike, plan to walk around like a busy beaver as we check out the ginormous selection of collectables, souvenirs, snacks and other "hot off the grill" goodies.

Check in: 1:00 pm
Depart: 1:15 pm
Approx Return: 4 pm
Transportation: Senior Bus.

This trip departs and returns from the Longmont Senior Center.

Includes: Transportation, trip leader

Sign up: Begins May 17,
registration deadline June 14

Chuckwagon Ride, Wild West Show and Dinner, Frisco MODERATE-HIGH

Registration #381069-00

Date: Monday, June 24

Cost: \$126 resident, \$138 non-resident

A real summertime get away! Climb aboard a draft mule-team-drawn wagon that takes us to our destination through unmatched Rocky Mountain scenery. We'll spend time in the game corral before dinner, playing cowboy golf, cornhole toss, horseshoes as we soak up the majestic mountain scenery. Enjoy a downhome old fashioned BBQ dinner while we're entertained by an engaging wild west performance that is fun for all ages.

Check-in: 2 pm
Depart: 2:15 pm
Approx. Return: 10 pm
Transportation: Coach bus

This bus departs and returns from the Longmont Senior Center.

Includes: Transportation, tickets and trip leader

Sign up: Begins May 17,
registration deadline June 17



TRIPS
AND
TRAVEL

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



NOAA Boulder MODERATE-HIGH

Registration #381091-00

Date: Tuesday, June 25

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 of earth's atmosphere and space. This is a fascinating 90 minute walking tour of the NOAA facility in Boulder. Please note: NOAA requires all visitors to be U.S. citizens or a permanent resident with a valid green card. This is a tour only, no lunch stops.



Check in: 11:45 am
Depart: Noon
Approx Return: 3:00 pm
Transportation: Senior Bus
This bus departs and returns from the Longmont Senior Center.

Includes: Transportation, tickets and trip leader
Sign up: Begins May 17, registration deadline June 18

Macbeth at Colorado Shakespeare Festival, Boulder MODERATE

Registration #381110-06

Date: Thursday, June 27

Cost: \$48 resident, \$53 non-resident

The Colorado Shakespeare Festival is a professional theatre company in association with the University of Colorado Boulder. Since 1958, the festival has celebrated and explored Shakespeare. When three witches deliver a prophecy in three parts to General Macbeth, he faces a choice: Should he let destiny take its course or conspire with his wife to pursue fortune's favor on his own? But what's done cannot be undone, and his decision sets off a scorching, action-packed descent into darkness. Fates and fantasies collide in Shakespeare's sexy and spellbinding tragedy.

Check in: 5:30 pm
Depart: 5:45 pm
Approx Return: 10:30 pm
Transportation: Senior Center Mini-Bus
This bus departs and returns from the Longmont Senior Center.

Includes: Transportation, tickets and trip leader
Sign up: Begins May 17, registration deadline June 20



Olympic Training Center Colorado Springs MODERATE-HIGH

Registration #381122-00

Date: Tuesday, July 9

Cost: \$48 resident, \$55 non-resident

Take a guided tour through the U.S. Olympic Training Center and Paralympic Museum and training facility, a world class training venue for world class athletes. The museum offers an immersive and universally accessible look into the journey of Team USA's Olympic and Paralympic athletes. Lunch is on your own at the Viewhouse in Colorado Springs. Cost of lunch is between \$14-\$25.

Check in: 9:00 am
Depart: 9:15 am
Approx Return: 5:30 pm
Transportation: Senior bus

Includes: Transportation, tickets and trip leader
Sign up: Begins May 17, registration deadline July 2

Chapungu Sculpture Park and Centerra, Loveland MODERATE-HIGH

Registration #381120-00

Date: Thursday, July 11

Cost: \$10 residents, \$12 non-resident

This trip is on your own, choose to walk through the park filled with a vast collection of Zimbabwean stone art. There is a total of 82 sculptures spread over 26 acres full of vibrant culture and scenic national surrounds. You can also choose to shop and eat at the Centerra outdoor mall with over 70 specialty shops and restaurants.

Check in: 9:15 am
Depart: 9:30 am
Approx Return: 3 pm
Transportation: Senior bus

Includes: Transportation, tickets and trip leader
Sign up: Begins May 17, registration deadline July 3

Central City Opera Pirates of Penzance



Registration #381212-00

Date: Saturday, July 13

Cost: \$107 resident, \$123 non-resident

We travel to Central City for a delightful performance of Pirates of Penzance at the Opera House. Discover the rich tapestry of love, drama,



and community at Central City Opera's captivating 2024 Festival. Off the coast of England, Frederic, a young man of 21, celebrates the end of his apprenticeship to a band of pirates. He believes the pirate way of life is wicked, and that the crew should consider a respectable lifestyle. The Pirate King claims that, compared to a respectable lifestyle, piracy is honest. Lunch stop on the way to Central City, cost of meal on your own.

Check in: 10:30 am

Depart: 10:45 am

Approx Return: 5:30 pm

Transportation: Senior bus

Includes: Transportation, tickets and trip leader

Sign up: Begins May 17,
registration deadline July 2

Merry Wives of Windsor at Colorado Shakespeare Festival, Boulder



Registration #381110-07

Date: Wednesday, July 17

Cost: \$42 resident, \$46 non-resident

Travel to CU Boulder with us for this summertime favorite. Since 1958, the Colorado Shakespeare Festival has delighted audiences with professional theatre on the CU Boulder campus. All productions will occur in the comfortable indoor seating in the Roe Green Theatre. The Merry Wives of Windsor is a delightfully naughty romp! The infamous Falstaff is on the hunt for a wealthy wife (or two) to woo in order to finance his next wave of frivolity and fun. But when he sets his sights on the clever and quick-witted Mistresses Page and Ford, he gets a bit more than he bargained for.



SHAKES
PEARE
FESTIVAL

Check in: 5:30 pm

Depart: 5:45 pm

Approx Return: 10:30 pm

Transportation: Senior Center Mini-Bus
This bus departs and returns from the Longmont Senior Center.

Includes: Transportation, tickets and trip leader

Sign up: Begins May 17,
registration deadline July 7



TRIPS
AND
TRAVEL

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

Wicked at the Buell Theater, Denver



Registration #381065-00

Date: Thursday, August 8

Cost: \$98 resident, \$110 non-resident

Go with us to the Buell Theater at the Denver Center for Performing art to see Wicked. This Broadway sensation looks at what happened in the Land of Oz... but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin, smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships...until the world decides to call one "good," and the other one "wicked." An original musical that will make you laugh, cry, and think.



Check in: 5:45 pm

Depart: 6:00 pm

Approx Return: 10:30 pm

Transportation: Coach bus

Includes: Transportation, trip leader and ticket

Sign up: Begins May 17,
registration deadline August 1

Balistreri Vineyard Tour & Lunch Denver



Registration #381208-00

Date: Monday, August 12

Cost: \$63 resident, \$75 non-resident

John Balistreri's family immigrated from Sicily to the United States in the early 1900s. They eventually found their way to Colorado, where they worked as "truck farmers" producing local vegetables in the North Denver community. In 1964, John Balistreri built greenhouses and started his own business growing carnations. During this time, John continued the Sicilian tradition of producing wine for family and friends. Although wine making had always been a family tradition, it wasn't until 1998 with the efforts of John's daughter Julie and wife Birdie that the operation became a commercial endeavor. Balistreri's wines are made naturally in a very approachable, easy drinking style. Come enjoy a tour of the historic winery, wine cellar, property. Cost includes tour, wine tasting and delicious soup and salad from the Balistreri kitchen. Please note: the tour involves many stairs, walking into tight spaces in the basement cellar, and walking on uneven ground.

Check in: 1:00 pm

Depart: 1:15 pm

Approx Return: 5:30 pm

Transportation: Senior bus

Includes: Transportation, tour, tasting, dinner and trip leader

Sign up: Begins May 17,
registration deadline August 1



Wyoming Territorial Prison Tour Laramie, WY



Registration #381200-00

Date: Monday, August 26

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. The Territorial Prison is located in Laramie, WY. The tour highlights its history, infamous prisoners, architecture, prison management and the history of Wyoming. This intriguing and educational tour is 60-90 minutes in length. We'll stop for lunch and make time to browse in downtown Laramie, cost 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 May 17,
registration deadline August 19



Peach Festival, Lafayette



Registration # 381103-00

Date: Saturday, August 17

Cost: \$8 resident; \$11 non-resident

Join us on this truly peachy adventure! Palisade peaches are front and center along with an array of peach dishes for sale prepared by the huckleberry (Louisville), including 4,500 servings of warm peach cobbler and 500 peach pies with crumb topping and 80 individual pans of peach cobbler available for purchase while supplies last. Thirsty? Enjoy delicious peach smoothies throughout the day. There are plenty of arts and crafts vendors, food trucks, entertainment and more to keep us busy all morning. Please note, this is an outdoor street fair with LOTS of walking, standing and negotiating heavily crowded walkways.



Check in: 8:30 am

Depart: 8:45 am

Approx. Return: 12:30 pm

Transportation: Senior Center Mini Bus

This trip departs and returns from the Longmont Senior Center.

Includes: Trip leader and transportation

Sign-up: Begins May 17, registration
deadline August 10

Colorado Rockies vs Miami Marlins



Registration #381083-08

Date: Thursday, August 29

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 seating under the overhang on the lower level for a wonderful 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, keep in mind all ballpark vendors are cashless - credit cards only. Wear comfortable shoes for walking and bring adequate clothing for a full day at the ball park. 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: 4:30 pm

Transportation: Coach bus

Includes: Transportation, trip leader and ticket

Sign up: Begins May 17, registration deadline August 14

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

STCT 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 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) Volunteer 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 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.



VOLUNTEER OPPORTUNITIES

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 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. For more information call 720-864-6526 or email 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 Devon at 303-651-8789 or email program staff at library_homebound@longmontcolorado.gov for more information.

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 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.

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 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.

Questions about the JoinUs volunteer portal can be directed to the PWRN Customer Service Center at 303-651-8416 or ServiceWorks@LongmontColorado.gov.

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.

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 and click on the Volunteer page. For more information, contact Julie, our Director of Volunteer Services, at julie@ourcenter.org or 303-772-5529 x235.

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 and ask for **Renita**. You may also email adayplace2017@gmail.com.



VOLUNTEER OPPORTUNITIES

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.



COMMUNITY NEWS

THE LONGMONT MUSEUM

Location: Longmont Museum, 400 Quail Rd | www.longmontcolorado.gov/museum

Build: Design & Create with LEGO!

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.



Watch Longmont City Council Live:

<https://www.youtube.com/c/cityoflongmont/live>

"Touch-a-Truck" Longmont Museum Expansion Fundraiser

Saturday, June 22, 10 am - 1 pm

This family-friendly fundraiser benefiting the Museum's capital campaign will feature large vehicles including excavators, fire trucks, garbage trucks, bucket trucks, and so much more! Kids and kids at heart will have the opportunity to climb in, explore and learn how these trucks work. More information and tickets will be available for purchase soon at longmontmuseum.org.

Historic Walking Tours

Monday, June 10, 10 am

Wednesday, June 12, 5:30 pm

Tuesday, June 18, 5:30 pm

Wednesday, June 19, 10 am

To learn more about any of these programs, buy tickets, or register, visit longmontmuseum.org or call 303-651-8374.

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 |
| Loan Closet Medical Equipment FREE | | -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 |



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.

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 to sign up.



Longmont Senior Center Hours

Monday - Friday: 8 am - 5 pm
Saturday-Sunday: Closed

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.



Via the internet

at 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, **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 Monica 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 all **2 issues** 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 **\$6.00 for residents, \$6.00 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

Name (Please Print) _____

Address _____ City _____ Zip Code _____

Phone _____

Senior Center
10464620 62170



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



Supportive Services Supervisor

BRANDY QUEEN, LPC
303-651-8414

brandy.queen@longmontcolorado.gov



Seniors Counselor

KAYLEIGH SCHERNBECK, LCSW
303-774-4497

kayleigh.schernbeck@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 or call the Boulder County Area Agency on Aging Resource Line at **303-441-1617** (Bilingüe) or email: 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

Larimer County Area Agency on Aging (AAA)

Helpline: **970-498-7750**
Website: 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.

Adjusting to Life's Changes Support Group
Mondays, June 3 - July 15 (no group July 1), **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 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

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; 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.

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. 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 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 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.

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

Law Clinics – A free, in-person, legal clinic will be held at the Longmont Senior Center on **June 25 from 5:30 – 7:30 pm.** Attorneys in a wide range of practice areas will be on hand to answer questions about family law, landlord-tenant law, bankruptcy, estate planning, criminal law, employment law, contracts, personal injury, etc. No pre-registration required. All services offered in both Spanish and English. Call Susan Spaulding or Jasmine Padilla at 303.651.8444 for more information.

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 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, 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 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 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. 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 or call RTD at 303-299-6000. For a video about riding RTD in Denver, visit https://youtu.be/nFv_jESDcYo
- To learn about the RTD Special Discount card visit www.RTD-Denver.com or call 303 298-2667.

Car Sharing: call 303-720-1185 or email 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 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. For rural Berthoud transportation, call 970-532-0808 or www.berthoudraft.org.
- **Weld County Transportation:** 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



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 Longmont Senior Center
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RETURN SERVICE REQUESTED



SUMMER 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, May 13

— & —

Friday, May 17

from 3 - 5 pm for Trips

Trip Registration occurs in-person at the Senior Center

For hike registration info, please see page 50.

