

THE **go**

Vol. 2024 No. 1 **Spring** (March-May 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 32-36 en Español.

This is your time.
OWN IT.

Hike leader, Bob Parsons, guides hikers through Black Canyon.



» Closures: May 27

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will be available after May 6

Class and Special Event registration begins Monday, May 13 and trip registration will kick-off on Friday, May 17



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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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.
 - **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.

Spring Programs are Subject to Change
Registration for activities begins
Monday, February 12

Trip Registration Kick-Off:
Friday, February 16
from 3–5 pm in person at the Senior Center.

Need help with online registration?

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



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.

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

910 Longs Peak Avenue, Longmont, CO 80501

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

www.LongmontColorado.gov/senior-services

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, March 20th at 3:00 PM at 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.

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. Please remain in your vehicle until 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, Ray Ramirez, John Higgins, Karen Roney, and Ruth Waukau.

Dear Friends,

When I joined the Friends of the Longmont Senior Center Board, I was asked by friends and acquaintances, “What is that? What do they do?” And even though I was familiar with the Friends of the Longmont Senior Center, I wasn’t entirely sure how to answer the question. So let me try to answer those questions.

The Friends of the Longmont Senior Center, Inc. (FLSC) is a 501c3 non-profit corporation registered with the State of Colorado. It is NOT part of the city, county, state, or federal government. The twelve-member Board of Directors of the Friends of the Longmont Senior Center are volunteers who are nominated/elected to the Board for three-year terms.

The Mission Statement is as follows: To foster interest in and promote the activities of the Longmont Senior Center in Longmont, Colorado; to raise, receive, or otherwise acquire revenues and gifts which are to be used in a manner which will facilitate the activities of the Longmont Senior Center, and to function in such other capacities as may be permitted by law.

Since the early 1980’s the FLSC has been receiving donations, both large and small, from generous community members. There have been some significant gifts to the FLSC; many donations are received in memory of or in honor of others; and many donors make monthly or annual gifts. All donations, from \$5 to \$500,000, are appreciated and allow the Friends to support the Longmont Senior Center. Anyone who makes a donation to the FLSC is considered a voting member and is eligible to attend the annual meeting held in January where the annual budget will be presented.

The Board of Directors of the FLSC has a fiduciary responsibility to wisely invest and maintain the funds that have been so generously donated. In my time on the board, I’ve observed that much attention and care is devoted to this responsibility. The annual budget is prepared and submitted to the voting members at the annual meeting.

The Board of Directors of the FLSC also has a fiduciary responsibility to wisely disperse the funds that have been so generously donated based on the mission statement “To foster interest in and promote the activities of the Longmont Senior Center.” The Longmont Senior Center is part of the City of Longmont government which, of course, has finite funds. This is where the FLSC comes into the picture by supporting many of the wonderful programs offered at the Senior Center. One of the most popular Friends supported activities is the Cultural Enrichment Program (CEP). The CEPs are heavily attended and have a broad appeal - there is a little something for everybody!

The FLSC has provided funds for facility improvements including upgrading the Wi-Fi to improve the experience of the heavily used computer/technology classes. Funding has been made available to emotional support activities and classes for caregivers, people with dementia, and older adults in general including peer counseling, support groups, and Lunch Bunch. Friends funding has made scholarships available for low-income older adults to facilitate their participation in Senior Services general activities as well as fitness programs.

The Friends provides a Last Resort fund for the Resource Specialists to use to support one-time basic needs (dentures, hearing aids, eyeglasses, moving costs, medical equipment, rent, utilities, personal care, and more) for low-income older adults when all other sources of assistance are unavailable. This assistance can make the difference between functional stability or instability leading to a decline.

This is not a comprehensive list of all of the areas of the Senior Center that have been touched by the FLSC, but it hopefully gives a broad overview of the impact of the FLSC. My hope is that this overview answered the questions, “What is that? What do they do?”

Brenda Hotchkiss, Board Member

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.

Bailes de mi Tierra	Jane Nelson	Paul Nachtrab	Robert Conley
Sarah Jane Snyder	Longmont Community Foundation Geriko Fund	Madeline Archer	Chuck Beehler
Marjorie Logan	Anne Peischel	Estate of Kaye BacheSnyder	Esther Applegate
William P Veach Revocable Trust	Lawrence & Katherine Van Cura	Ray Allison	Joyce Crispin
James Britton	N.J. Sloan	Elsie Terao	Scott Yoho
Dr. Roger Jurgens	Martha Dicks	Carolyn Yanoski	Marilyn Sena
Ruth Waukau	John Shetter	Elaine Watson	Theresa Schulte
Thursday Hand Quilters	Rita & Paul Kruse	Robert and Sandra Erickson	Kathy Zeeck
Darlene Sorensen	Carroll & Carole Allen	Patricia Davis	Brandy Queen
Jane Eddy	Julia Butenas	Susanne Heinritz	Zach Sager
Wayne Bruckner	Judith & Robert Schineller	Marcia Matthews	Hubert Belvin
Nancy and Edwin Grimm	Kathryn O'Leary	Hal Morrison	Carolyn McDougall
Gerald Johnson	Nancy McIlvain	John Higgins	Douglas Hall
Carol Crist	Beatriz & Leslie Wright	Karen Roney	John Pillmann
Leslie Handler	Hena Pilloff	Julie Burrows Loza	Kathy Cook
Longmont Community Foundation McCarthy Fund	Ruth & Thomas Przybeck	Patricia Krkosa	
Karl Anderson	Longmont Newcomers Club	Jeanine Figur	GIFTS IN MEMORY OF:
Gloria Klug	George Baskos	David Fletcher	Dorothy & Howard Handler
Arlene Hunter	Gordon & Pamela Pedrow	Ray Ramirez	William Germer
		Mary Callahan	Maria Romero
		Carol Matheis-Kraft	Ellie Newton



FRIENDS OF THE LONGMONT SENIOR CENTER

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 **Don Mock** for his kind donation of shuffleboard equipment for our program
- **Everyone who donated through Colorado Gives**
- **Betty Hufford, Sara Beery, Kat Ohnaka, Rose Jahnke, Ron Norris, Janice Bratt, Hope, and Alta Vita** for the holiday goodies

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 fourth 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

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!

50¢ 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 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 p.m. 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. Beginners and newcomers 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.

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 is 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 participate at their first meeting. Expect lively discussion and good humor.

Friends of the Longmont Senior Center, Inc.

Friends
OF THE LONGMONT SENIOR CENTER

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

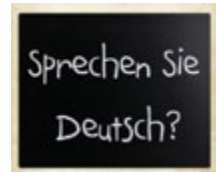
This non-profit board seeks to enhance the services and programs of the Longmont Senior Center through fundraising activities. See page 4.

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 Martano** is the contact person for the group: saxfisher2@gmail.com or 720-453-7098.

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



See page 23 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 - 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 Motion 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 not required. If you are interested in the LOCO Motive Band playing for you, please email **Joe Mattis**, jdmattis@gmail.com.

Kiwanis Club

Fridays, 9:25 - 10:25 am

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

Mahjong

Fridays, 1 - 4 pm

If you love to play Mahjong, please join our Friday group!

Email **Diane Gamble** at dianegamble77@

comcast.net to find out about joining this group. Must know how to play to join this group. Just starting out?

Try Beginning Mahjong! See page 22.



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 48

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.

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

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.

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 48

Texas Hold 'Em

Thursdays, 1:30 – 4:30 pm

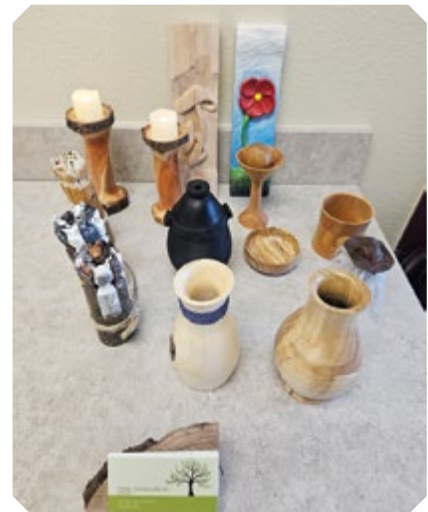
Facilitated by **Paul Lohr**. Call Paul at 513-238-5243 to reserve a seat or if have any questions about the game, rules, or etiquette.

Woodcarving

Fridays, 8 – 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 **Kurt Kelley** at 303-776-8866 or **Pat Tubaugh** at 720-843-9588 for more information. **This group will be having a show and tell Friday, March 8th.** Come and support your talented woodcarvers!



CULTURAL ENRICHMENT PROGRAM

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



Oh, Oh, Oh, It's Magic! featuring Dan Rodriguez Entertainment

Registration #283000-03

Date: Thursday, March 28

Time: 2:30 - 4 pm

Cost: Free, and please register in advance.

Registration Deadline: March 21

No foolin' - we are bringing the MAGIC to you this spring at the Longmont Senior Center with **Dan Rodriguez Entertainment**. With a performance including a magic show, education on the history of the art, and tricks to take home and share with friends and family alike. This program is sure to inspire a magic moment for all in attendance!



Dan Rodriguez has performed his award-winning stage magic show at 1000s of events over the past 30+ years, appearing in every possible setting from basements to board rooms, from showrooms to convention centers throughout the U.S. Dan recently completed a 10-year residency in Las Vegas where he performed 100s of shows for corporate and casino clients and even headlined in showrooms. Dan is a versatile entertainer with 30+ years of experience fooling audiences of 10 to 10,000 people. Check out Dan's website for more information prior to the show by visiting www.danrodriguez.com

JAM! Featuring the Longs Peak Stompers Jazz Band

Registration #283000-04

Date: Thursday, April 11

Time: 2:30 - 4 pm

Cost: Free, and please register in advance.

Registration Deadline: April 4

Did You Know? April is Jazz Appreciation Month (JAM) and we are excited to bring the rhythm with Longmont's own **Longs Peak Stompers Jazz Band!**



Celebrating the heritage and history of jazz, often regarded as the first truly American art form dating back to the 1890s, this Mardi Gras-themed show will have you jump jive an' wailin' away.

The Longs Peak Stompers have taken many forms over the years since their inception in 2007, but have most recently performed as a group of nine musicians. Paying homage to the Dixieland style of Jelly Roll Morton and others, the band has recently shifted to explore a more swing style a la Ella Fitzgerald and Julie London.

The **Stompers** feature Scott Anderson on drums, Bruce Armstrong on trombone, Jeff Coniway on tuba, David Ewing on tenor banjo and guitar, Dan Johnson on trumpet, Mags Leach on vocals and trombone, Liz Nelson on piano, Joyce Shambaugh on trumpet, and Doug Rasmussen on clarinet and saxophone.

Hailing from a variety of musical and professional backgrounds, members of the Stompers have performed with groups ranging from church bands to the Temptations, to the LA Philharmonic. This unique blend of musical experience has resulted in a tightly knit group of collaborative players who enjoy expanding their repertoire and exploring new sounds as a group.

Bodacious Music & Fashion Show

Registration #283000-05

Date: Friday, May 10

Time: 1:30-3pm

Cost: Free, please register in advance

Registration Deadline: May 3

Music fashion are at the top on our list as we gear up for summer and Mothers day. Your toes won't stop tapping as we enjoy classic lively tunes with the Bodacious Quartet. A Sweet



Adelines International, they are a 4-part harmony barbershop quartet, singing fun, epic music from the 40's, 50's and 60's. This Fort Collins based quartet is made up of ladies from their 40's to their 70's. Their love of music spans 5 decades of performance and competition with many barbershop choruses and quartets. Their music will bring a smile to your heart as we reminisce favorite and familiar tunes from yesterday. Our fashion show highlights trendy seasonal summer fashions and special occasion outfits.



SPECIAL EVENTS



Get Acquainted

Registration #283014-05

Date: Thursday, May 2

Time: 9 – 10:30 am

Cost: Free, please register in advance

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

NEED HELP WITH ONLINE REGISTRATION?
Check out our updated how-to video at www.longmontcolorado.gov/senior-services

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

ARTS & CREATIVE PURSUITS



ARTS & CREATIVE PURSUITS



Creative Card Making

Date: Monday, March 18

Registration #284127-03

Monday, April 15

Registration #284127-04

Monday, May 20 Registration #284127-05

Time: 2 – 4 pm

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

Registration Deadline: March 11, April 8, May 13 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.

ART CLASSES WITH DONNA CLEMENT

Studio Time with Donna Clement

Registration #284120-03

Date: Mondays, March 4, 11, 18, 25

Time: 1:30 – 4 pm

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

Registration #284120-04

Date: Mondays, April 1, 8, 15, 22

Time: 1:30 – 4 pm

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

Registration #284120-05

Date: Mondays, May 6, 13, 20

Time: 1:30 – 4 pm

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

Registration Deadline: February 26, March 25, April 29 respectfully

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.



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.
- In-Person at Lashley Street Station.** 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
Senior Center Tech Lab	Drop-in	Friday, Mar 1	1 – 3 pm	Sr. Center	\$2.00/\$2.00
Cell & Smartphone Tutoring	282014-1A 282014-1B	Monday, Mar 4	9:30 – 10:30 am 11 am – noon	Sr. Center	\$2.00/\$3.00
Backing Up to Prepare for the Future	Online	Wednesday, Mar 6	10 – 11:30 am	Zoom	Free
Online Tech Lab	Online	Friday, Mar 8	1 – 2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday, Mar 12	9:30 – 11:30 am	Sr. Center	\$2.00/\$2.00
Cybersecurity Fundamentals	282095-00	Tuesday, Mar 12	3:30 – 5 pm	Sr. Center	\$2.00/\$3.00
What's New in iOS?	282108-00	Thursday, Mar 14	1 – 3 pm	Sr. Center	\$2.00/\$3.00
Senior Center Tech Lab	Drop-in	Friday, Mar 15	1 – 3 pm	Sr. Center	\$2.00/\$2.00
Cell & Smartphone Tutoring	282014-2A 282014-2B	Monday, Mar 18	9:30 – 10:30 am 11 am – noon	Sr. Center	\$2.00/\$3.00
Chrome Tips & Tricks	Online	Wednesday, Mar 20	10 – 11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday, Mar 20	1:30 – 3:30 pm	Zoom	Free
Online Tech Lab	Online	Friday, Mar 22	1 – 2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday, Mar 26	9:30 – 11:30 am	Sr. Center	\$2.00/\$2.00
Search Engines	282109-00	Thursday, Mar 28	2 – 4 pm	Sr. Center	\$2.00/\$3.00
Online Tech Lab	Online	Friday, Mar 29	1 – 2:30 pm	Zoom	Free
Cell & Smartphone Tutoring	282014-3A 282014-3B	Monday, Apr 1	9:30 – 10:30 am 11 am – noon	Sr. Center	\$2.00/\$3.00
Organizing Photos on iCloud	Online	Wednesday, Apr 3	10 – 11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday, Apr 5	1 – 3 pm	Sr. Center	\$2.00/\$2.00
Senior Center Tech Lab	Drop-in	Tuesday, Apr 9	9:30 – 11:30 am	Sr. Center	\$2.00/\$2.00
Demystify Artificial Intelligence	282091-00	Tuesday, Apr 9	3:30 – 5 pm	Sr. Center	\$2.00/\$3.00





Topic	Registration	Dates	Times	Location	Res/Non Res
Password Management & Passkeys	282040-00	Thursday, Apr 11	1 – 3 pm	Sr. Center	\$2.00/\$3.00
Online Tech Lab	Online	Friday, Apr 12	1 – 2:30 pm	Zoom	Free
Cell & Smartphone Tutoring	282014-4A 282014-4B	Monday, Apr 15	9:30 – 10:30 am 11 am – noon	Sr. Center	\$2.00/\$3.00
Where's My Stuff on My Mac?	Online	Wednesday, Apr 17	10 – 11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday, Apr 17	1:30 – 3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday, Apr 19	1 – 3 pm	Sr. Center	\$2.00/\$2.00
Senior Center Tech Lab	Drop-in	Tuesday, Apr 23	9:30 – 11:30 am	Sr. Center	\$2.00/\$2.00
iPhone Settings	282110-00	Thursday, Apr 25	1 – 3 pm	Sr. Center	\$2.00/\$3.00
Online Tech Lab	Online	Friday, Apr 26	1 – 2:30 pm	Zoom	Free
Where's My Stuff on My Windows PC?	Online	Wednesday, May 1	10 – 11:30 am	Zoom	Free
Stay Safe in Cyberspace	282052-00	Thursday, May 2	10 am – Noon	Lashley St. Station	\$2.00/\$3.00
Senior Center Tech Lab	Drop-in	Friday, May 3	1 – 3 pm	Sr. Center	\$2.00/\$2.00
Cell & Smartphone Tutoring	282014-5A 282014-5B	Monday, May 6	9:30 – 10:30 am 11 am – noon	Sr. Center	\$2.00/\$3.00
AI: What's Hype & What's Real?	282111-00	Thursday, May 9	1 – 3 pm	Sr. Center	\$2.00/\$3.00
Online Tech Lab	Online	Friday, May 10	1 – 2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday, May 14	9:30 – 11:30 am	Sr. Center	\$2.00/\$2.00
Windows PC Backup Strategies	Online	Wednesday, May 15	10 – 11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday, May 15	1:30 – 3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday, May 17	1 – 3 pm	Sr. Center	\$2.00/\$2.00
Cell & Smartphone Tutoring	282014-6A 282014-6B	Monday, May 20	9:30 – 10:30 am 11 am – noon	Sr. Center	\$2.00/\$3.00
Getting to Know Your Android Phone	282112-00	Thursday, May 23	1 – 3 pm	Sr. Center	\$2.00/\$3.00
Online Tech Lab	Online	Friday, May 24	1 – 2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday, May 28	9:30 – 11:30 am	Sr. Center	\$2.00/\$2.00
Online Tech Lab	Online	Friday, May 31	1 – 2:30 pm	Zoom	Free

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

Backing Up to Prepare for the Future

When disaster strikes your computer or it's time to upgrade to a new smartphone, having a complete backup of your files is a lifesaver. This session will cover backup basics for all your devices—computers, tablets, and smartphones. Local and online backup options will be presented. Our panel will share both expertise and opinion. **Presented by: Dan More, Karen Rademacher. Location: Online.**

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.

Chrome Tips & Tricks

Google Chrome is free and is the most widely used browser in the world. This class will discuss and demonstrate some of the most useful features of Chrome such as tabs, bookmarks, and extensions.

Presented by: Henry Spencer. Location: Online.

Getting to Know Your Android Phone

An Android phone is a smartphone that runs on the Android operating system (OS) developed by Google. There are a variety of brands and models, e.g., Samsung, Motorola, Nokia, Sony, 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.**

iPhone Settings

Your iPhone has a bazillion different settings. What are all those things anyway? Which ones are important? And which ones can help your daily life? We'll explore many of the settings and try to sort out what's important and what's just "fluff." We will also cover some of the new settings in iOS 17—the latest release for your iPhone. **Presented by: Bobski Masson. 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.**

Organizing Photos on iCloud (Mac & PC)

These days photos are an important part of our lives! But organizing them—finding the ones you want when you want them, sharing them, and protecting them—can be pretty confusing. We'll show you some ways to manage photos on both Macs and PCs to help clear up some of that confusion! Note: this presentation is mainly about using the iCloud to manage your photos between an iPhone and a PC or a Mac. Google Photos on Android phones is a separate topic.

Presented by: Bobski Masson. 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.

Password Management & Passkeys

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

Search Engines

This presentation introduces the world of search engines—the tools that help you find information on the Internet. Dive into how they work, their key features, and why they are crucial for navigating the vast online world. We'll also cover some notes on security (how much of your information do they share?), and the latest uses of Artificial Intelligence (AI) in search engine technology. **Presented by: Bobski Masson.**
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.**

Stay Safe in Cyberspace

Recently we have seen an increase in seniors being targeted by scams on the Internet and over the phone. Many have lost money or had to pay experts to fix their devices as a result of these scams. This workshop will introduce attendees to tips and warnings about how to avoid Internet scams and protect yourself from financial losses. **Presented by: Bruce Armstrong.**
Location: Lashley Street Station.

What's New in iOS?

iOS is what makes your iPhone and iPad work. Join us to explore the newest additions in the most recent iOS release. This presentation delves into how these updates redefine your experience with your iPhone or iPad, from the new daily Journaling app to live language translation to cool photos on your lock screen. We will cover the top 20 features you just can't live without! **Presented by: Bobski Masson.** **Location: Longmont Senior Center.**

Where's My Stuff on My Apple Mac?

Working with your Mac is generally pretty easy—but when it comes to saving files and figuring out where they went, it seems a little more complicated. We're going to explore where to put stuff, where stuff might end up on its own, and how to find it once it's been saved. We will also cover some tips and tricks for keeping your stuff organized. **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: Online.**

Windows PC Backup Strategies

What does backup mean for you and your Windows PC and peace of mind? This lecture will address the what, when, and how of using Windows backup tools, including the latest Windows 11 backup utility. In addition, online cloud-based options will be discussed. **Presented by: Paul Kruse.** **Location: Online.**

Join us for the St Vrain Valley School District Innovation Center high school students' intergenerational perspective on Cybersecurity and Artificial Intelligence (AI).



Cybersecurity Fundamentals

Date: Tuesday, March 12
Registration # 282095-00
Time: 3:30 – 5:00 pm
Cost: \$2 resident, \$3 non-resident
Location: Longmont Senior Center

Did you know that 2,200 people are hacked every day worldwide? About 80% of all Senior Citizens have been targeted by a cyber attack. The Cyber Team high school students will teach the fundamentals to help you be more cyber safe! We will discuss why cybersecurity is important, how to protect your personal information, and how to avoid scams.

Demystify Artificial Intelligence (AI)

Registration # 282091-00
Date: Tuesday, April 9
Time: 3:30 – 5:00 pm
Cost: \$2 resident, \$3 non-resident
Location: Longmont Senior Center

In this introduction to artificial intelligence (AI), we will cover the core concepts and applications of AI. Presentations with real-world examples (an AI "playground") will help demystify the computer science behind these new intelligent systems. We'll discuss AI applications in various domains such as robotics, healthcare, customer service, and more.

Embracing Smart Home Technology – Create a More Simple and Secure Life

Registration # 284201-00
Date: Friday, April 12
Time: 10 am - Noon
Cost: Free, please register in advance.
Registration Deadline: April 5



This workshop will describe what is a smart home and why we would want more technology in our homes. An overview of devices like voice assistants, smart speakers, thermostats, lights, security cameras, smart doorbells and related technologies will be presented. Emphasis will be provided about user-friendly features and

benefits tailored for age 60+ adults. We will conduct an open discussion about common concerns such as privacy, security, complexity, cost and learning curve. We will offer solutions and insights to mitigate these concerns and challenges. Several popular smart devices will be demonstrated using actual devices and short video clips. Questions and interaction about participant's experiences will be encouraged. The first hour will be content and discussion. The second hour will be open, unstructured time to address participants' specific smart home technology requirements. For more information please contact instructor, **Lucy Kuchta**, Quinsight, LLC, at lucy@quinsight.com. Sponsored by Boulder County Area Agency on Aging.

Genealogy Research Workshop

Registration: register at www.longmontgenealogicalsociety.org or email to PresidentLGS@gmail.com

Dates: Wednesdays, March 20, April 17, May 15
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.

See the General Interest section on page 22 for additional Genealogy activities.



ATTENTION!! Introducing the new Therapeutic Recreation Program at the Longmont Senior Center, AAIR!

What does AAIR stand for?
Adult 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.

What is a CTRS?

Certified Therapeutic Recreation Specialist

How do you become a CTRS?

In order to become a Certified Therapeutic Recreation Specialist, the following must be completed:

- Completion of a baccalaureate degree or higher with a major in therapeutic recreation
- Completion of specific support coursework in related disciplines (e.g., psychology, human development, anatomy and physiology, kinesiology, neurology)
- Completion of a minimum 14-week / 560-hour internship supervised by a current CTRS
- Pass the NCTRC (National Council for Therapeutic Recreation Certification) Certification Exam
- Recertification every five years in order to demonstrate continuing professional knowledge and competence, minimum 50-hours of continuing education credit required

For any questions, comments, or concerns, please reach out to the Therapeutic Recreation Coordinator, Ariana Heter, CTRS at ariana.heter@longmontcolorado.gov or 303-651-8907.

About City of Longmont's Therapeutic Recreation Coordinator, Ariana Heter

Bachelors: Slippery Rock University – Sport Management & Communication

Masters: University of New Hampshire – Therapeutic Recreation Administration

Internship: Northeast Passage (Durham, NH)

Keep an eye out for this cloud  icon, which identifies AAIR activities! See pages 19, 49, 56

DON'T MISS OUT ON MONEY BACK!

State of Colorado and City of Longmont offer rebates for low-income individuals. File a 104 PTC rebate or Colorado Individual Tax return by April 15th to claim the 2023 TABOR refund. Seniors Resource Specialists are available Tuesdays between 1pm and 3pm, March 5th to April 9th, to assist with 104 PTC rebate form. Contact 303-651-8411 for eligibility. Assistance for City of Longmont rebates is available the second Tuesday of each month by appointment only. To reserve appointment with the program administrator email longmontcares@longmontcolorado.gov or call 303-774-4707.

LOCKBOX PROGRAM

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

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

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





Book Club - We be Bookin'

Registration #284244-00

Date: Wednesdays, March 20,

*April 17, May 15

Time: 1:30 – 3 pm

*April class time: 11am-12:30pm

Cost: Free, please register in advance

Location: Longmont Senior Center

Registration Deadline: March 13

Join our book club for a fun way to meet people and have stimulating conversations! The first book to kick off the Spring season is "*Nothing Daunted: The Unexpected Education of Two Society Girls in the West*" by Dorothy Wickenden. At the March book discussion, the group will choose the book for April and in April for May. Space is limited. Please contact **Cecelia Jones** at 303-746-2573 for more information about this class.

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

Fun with Singing

Registration #284245-00

Date: Tuesdays, March 5, 12, 19, 26

April 2, 9, 16, 23

Time: 2 – 3:15 pm

Registration Deadline: February 27

Cost: \$32 resident, \$35 non-resident; cost is for 8 weeks, must sign up for all dates.

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.

AAIR Book Club – The Body Keeps the Score

Registration #284530-00

Date: Wednesdays (1st and 4th),
March 6, March 27, April 3,
April 24, May 1, May 22

Time: 11 am – Noon

Cost: \$13 resident, \$14 non-resident;
includes a copy of the book

Location: Longmont Senior Center

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma eloquently articulates how overwhelming experiences affect the development of brain, mind, and body awareness, all of which are closely intertwined.



Trauma is a fact of life. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments – from neurofeedback and meditation to sports, drama, and yoga – that offer new paths to recovery by activating the brain's natural neuroplasticity. *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal – and offers new hope for reclaiming lives.

AAIR Intro to Nintendo Switch – Sports

Friday, March 8 Registration #284531-03

Friday, April 12 Registration #284531-04

Friday, May 10 Registration #284531-05

Time: 11 am – Noon

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

Location: Longmont Senior Center

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

AAIR A Walk Down Memory Lane



DATE CHANGE

Thursday, March 8 Registration #284532-03

Thursday, April 25 Registration #284532-04

Thursday, May 9 Registration #284532-05

Time: 11 am – Noon

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

Location: Longmont Senior Center

Are you ready to reminisce? Join us in indulging in enjoyable memories and past events! What are the benefits of reminiscing? It helps promote sociability, improve quality of life, reduce stress, promote physical and mental health, build coping mechanisms, improve communication skills, enhance self-esteem, and validate personal life stories.

Advanced Directives

Registration #285001-04

Date: Thursday, April 11

Time: 9:30 – 11 am

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

Registration Deadline: April 4

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 review the various documents related to advance planning (medical power of attorney, living will, and Five Wishes) and provide you with the necessary materials. Facilitated by **Renita Henson, RN BSN**. Space is limited to 15 participants.



AARP Driver Safety Class

Registration #284229-03

Date: Wednesday, March 13

Registration Deadline: March 6

Registration #284229-04

Date: Wednesday, April 10

Registration Deadline: April 3

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.*

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 for this class is required. Please plan to arrive 15 minutes early to complete registration.

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

Downsizing: Where to Begin?

Registration #284522-00

Date: Thursday, March 21

Time: 1 – 2:30 pm

Cost: Free, and please register in advance

If you have thought about downsizing and have been stumped about how to start, you are not alone. Join us to learn about the steps involved in downsizing, the kinds of professionals available to help, and the basics of what to do with belongings that might not be moving with you. Presented by **Jan D. Somers, LCSW**, consultant on aging and former owner of a senior relocation/downsizing company.

Aging Well in Boulder County: Data Report

Registration #284213-00

Date: Wednesday, March 27

Time: 3 – 4 pm

Cost: Free, and please register in advance

This program will present the updated data report in the planning efforts of the Boulder County Area Agency on Aging (BCAAA) and city governments countywide. This report is a review of local data focused on older adults within several domains including housing, transportation, community services, and communication. It also looks at the needs of specific populations such as mountain communities, caregivers, BIPOC older adults, LGBTQ+ residents, paid and family caregivers, and more. Presented by Longmont resident and Aging Policy Advocate & Planner with the BCAA, **Lindsay Neville**. Lindsay heads up the BCAA's planning efforts, political advocacy, and communications.

Property Tax Remedies for Seniors

Registration #284506-00

Date: Wednesday, April 3

Time: 4 – 5 pm

Cost: Free, and please register in advance

Overview of the Senior Homestead Exemption program and the Senior Deferral program. Presented by Boulder County Assessor's Office and Boulder County Treasurer's Office staff **Paul Weissman** and **Cindy Braddock**.

Protecting Yourself from Scams and Fraud

Registration #284248-00

Date: Thursday, April 4
Time: 10 – 11:30 am

Cost: Free, and please register in advance

We've all experienced that unfamiliar phone number that we answer, only to have an automated voice tell us about our "extended car warranty," but did you know that this is just one of hundreds of scams that target consumers to try to get access to your money and personal information? Join us as we explore the world of frauds and scams and hear about the most common scams and how to prevent becoming a victim.

Social Security 101

Registration #284508-00

Date: Monday, April 8
Time: 3 – 4:30 pm

Cost: FREE, and please register in advance

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

Death Café

Registration #284418-00

Date: Wednesday, April 17
Time: 2 – 3:30 pm

Cost: Free, and 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 **Senior-to-Senior Peer Support volunteer Nancy Beaudrot**. Tea and sweets will be offered.

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

Animals

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

Planning Ahead for When You're Dead

Registration #284519-00

Date: Wednesday, April 17
Time: 3 – 4:30 pm

Cost: Free, and please register in advance

There are many options for funeral planning and body disposition beyond ordering a casket and planning a traditional burial or cremation. Join us to learn about local options such as green burials, full body donation to an anatomy lab, water cremation, and human composting. We will also cover the basics of funeral planning. Presented by professionals from **Foothills Gardens of Memory, The Natural Funeral, and the Colorado Learning Center of Human Anatomy.**

Purchasing a Used Car? The Do's and Don'ts

Registration #284249-00

Date: Tuesday, May 7
Time: 10 – 11:30 am

Cost: Free, and please register in advance

Looking at purchasing a used car? In this presentation you will learn tips and necessary steps to take before making a used car purchase from a third party seller so that you can be assured your purchase goes smoothly. Presented by the **Community Protection Division** of the District Attorney's office.

Medicare Basics Classes

Registration #284502-00

Date: Tuesday, May 21
Time: 10 – 11:30 am

Cost: FREE, and please register in advance



Medicare Basics classes are offered by the **Boulder County Area Agency on Aging Medicare Counselors**. The classes provide unbiased, up-to-date information about Medicare enrollment, benefits, costs, what and how Medicare pays, choices under Medicare plans, how they work, and prescription drug coverage. Everyone is welcome: pre-enrollees, people with Medicare, caregivers, family members, staff and service providers, and community members. Note: more class options are available ONLINE at www.boco.org/Medicare



Beginning Mahjong

Registration #284445-00

Date: Tuesdays, May 7, 14, 21, 28

Time: 1-4 pm

Cost: \$36.00 resident; \$43.00 non-resident

Learn the basics of this fascinating and stimulating game. The rules of Mahjong will be explained over several sessions, and then you will put your

knowledge to work by playing the game. This class is being taught by a current Mahjong instructor. Cards are included in the fee, as every player is required to have their own cards. A handout will be provided at the first class. If you don't need lessons, have your own cards, and love to play Mahjong, please join our Friday group! Email **Diane Gamble** at dianegamble77@comcast.net to find out more. Min/Max: 8/16 players



LONGMONT GENEALOGICAL SOCIETY

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.



Using RootsMagic to Correct your Ancestry or Family Search

Registration #284247-03

Date: March 15

Time: 1:30 - 3:30 pm

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

Registration Deadline: Friday, March 8

Description: How confident are you that your ever-growing family tree does not contain obvious errors? While Ancestry and Family Search provide many ways to add content, neither provides tools to assist with finding obvious errors. RootsMagic is a low-cost genealogy tool that can be used to locate many types of errors in your family tree. This class will explain and demonstrate how using RootsMagic can result in a much cleaner, more accurate family tree.

Time to Start Researching Your Ancestors Today!

Registration #284247-04

Date: April 19

Time: 1:30 - 3:30 pm

Cost: \$2 for residents; \$3 non-residents

Registration Deadline: Friday, April 12

Have you been thinking about finding your great-grandparents or another ancestor? When did they immigrate and from where? Were there illnesses I should be aware of? How to I find old newspaper articles? How much does this cost? What is Ancestry? If any of these questions have crossed your mind, or you would just like to "dip your toe" in this hobby, this is the class for you. We'll start with the basics, move slowly through the research steps, show lots of examples and at the end, you will know if you want to pursue this.

One-on-One Consultation on Your DNA Test Results

Register at longmontgenealogicalsociety.org

Location: **Lashley Street Station** located at 1200 Lashley St. Longmont, CO 80504

Date: May 21

Time: 12:30 - 3:30 pm

Cost: \$12 for residents and non-residents

Registration Deadline: Tuesday, May 14

Have you taken a DNA test and you're not sure how to interpret the results? How do these results help you advance your family history research?

We are offering an opportunity to meet one-on-one with experienced genealogists with years of experience working with DNA test results in family history research. During a 25-minute consultation we will review your results. We can provide answers to questions about different aspects of the information, help identify areas for further research, and suggest the next steps.

Each person will be scheduled for a 25-minute, one-on-one consultation at a specific time with one of our specialists. The Lashley location will provide more privacy and space for each interview.

Do NOT register through the Senior Center for these consultations. Instead, please register at longmontgenealogicalsociety.org and click on the DNA registration page. Scroll down to the requirements for each participant. If you are ready, please go to Steps 1 and 2. You will be contacted to confirm your appointment. Call 720-314-5213 or 303-981-0853 for more information.

« See page 17 for more information on Genealogy



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.



GENERAL INTEREST

Yesteryear Farm Show Steam Family

Registration #284217-03

Date: Friday, March 8

Time: 1 – 2:30 pm

Cost: Free, and please register in advance.

Registration Deadline: March 1

Enjoy meeting four generations of a local farm family and hear about their passion for steam. It all began in 1915 when Jerome



DeBacker purchased a 1907 Avery steam traction engine. There are now three more engines that have been restored by descendants of Jerome's who all are passionate about steam. This film showcases all four engines and interviews family members about the legacy of preserving what was then state-of-the-art technology for future generations to experience.

Producers: Patrick Bohan & Bill Decker

Behind Closed Doors: Greg Holden, Longmont Photographer



Registration #284217-04

Date: Friday, April 12

Time: 1 – 2:30 pm

Cost: Free, and please register in advance.

Registration Deadline: April 5

Greg Holden is a semi-professional photographer that enjoys creative photos of little scenes often overlooked by others rather than postcard landscapes. Greg will discuss his creative approach for finding different viewpoints in common scenes and how he creates interesting abstract images by isolating a part of a scene. Whether it is photos taken in his kitchen or at local parks, Greg's photos will demonstrate that you do not have to travel to exotic locations or spend hours on your computer to make creative images. Producer: Preston Newell imagesunderfoot@gmail.com

Behind Closed Doors: Jerrie Hurd, Figurative Photographer

Registration #284217-05

Date: Thursday, May 2

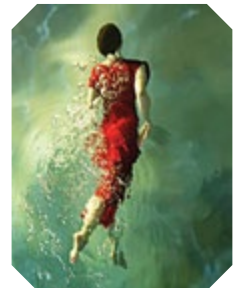
Time: 1 – 2:30 pm

Cost: Free, and please register in advance.

Registration Deadline: April 25

Jerrie Hurd, a figurative photographer, recently had a solo show (15 pieces) curated and sponsored by the Boulder Museum of Contemporary Arts (BMOCA) and displayed on the CU campus. Her figures, both clothed and nude, are frequently posed in or around water.

In fact, she is best known for her water images. She draws inspiration from the famous 19th Century woman photographer Anne Brigman, but her work is contemporary in its sense of whimsy (nudes and cardboard boxes; nudes and umbrellas) and the way she is willing to manipulate her digital images. See also www.camerapoems.com Producer: Preston Newell



Conversation Starter Film Series

Cost: FREE, and please register in advance

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 Longmont Senior Center Supportive Services Supervisor, **Brandy Queen**.

Eleanor Roosevelt

Registration #284303-00

Date: Wednesday, March 6

Time: 1 - 2 pm

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

Registration Deadline: February 28

Eleanor Roosevelt's life was disrupted when her husband Franklin won the Presidency in 1932 (and kept winning every four years), but she embraced the opportunity to change the role of First Lady and, though controversial, impacted American history like no other. Instructor: **Paul Flanders**

Women of Words

Registration #284302-00

Date: Monday, March 11

Time: 1 - 2 pm

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

Registration Deadline: March 4

Celebrate Women's History Month with a look at some favorite female authors and their impact on our world including Louisa May Alcott, Jane Austen, and Maya Angelou among others. Instructor: **Elizabeth Nosek of iCurate4u.**

Dr. Suess & Politics

Registration #284304-03

Date: Wednesday, March 13

Time: 1:00 - 2:30 pm

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

Registration Deadline: March 6

Theodore (Ted) Seuss Geisel had a seventy-year career of producing cartoons for high school, college, humor magazines, advertising, political cartoons, children, and even adults (obsolete children). His work revolutionized the teaching of literacy to preschoolers, energized patriots during World War II, and entertained millions of children and adults with funny, often ethically challenging, and motivating illustrations. **Robert Meroney** shares how during World War II Seuss drew political protest cartoons for the Popular Front newspaper PM in which he challenged people about isolationist rhetoric, Nazi and Italian fascism, civil rights, women's emancipation, and anti-Semitism. After the war, Seuss continued to express his support through books and cartoons about public issues like climate change, environmentalism, and the cold war.



Why Flowers are So Beautiful

Registration #284318-00

Date: Tuesday, March 19

Time: 1 - 2 pm

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

Registration Deadline: March 12

One of the most striking features of our terrestrial ecosystem is the presence of a huge array of flowers at various locations and various times of the years. Note how dramatically different these plants are from conifers like pines, cedars and spruces. Why? How? We will look deep into the historical record to find explanations of what Darwin called the 'abominable mystery' by which he couldn't explain why so many different flowering plants appeared in such a short geological time. We now understand the mystery pretty well. We will explore and examine an array of spectacular examples. Led by **Michael Grant.**

A Long, Long Night

Registration #284319-00

Date: Wednesday, March 20

Time: 1 - 2 pm

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

Registration Deadline: March 13

Tracy Perry leads us in investigating the mid-air collision near Loveland, CO, that killed 15 people in April 1981.

Colorado in the Civil War

Registration #284320-00

Date: Wednesday, March 27

Time: 1 - 2 pm

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

Registration Deadline: March 20

While many people don't even realize that Colorado was involved in the Civil War, the territory's troops fought a pivotal battle in March 1852 at Glorieta Pass in northern New Mexico and turned back an invading Confederate army. Come and discover the details of this little-known piece of history, led by **Flint Whitlock.**





What Can You Do with a Sack of Flour?

Registration #284321-00

Date: Friday, March 29

Time: 1 – 2:30 pm

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

Registration Deadline: March 22

Chuck Gibbs, your trivia aficionado, lived a short time in Nevada in probably the most neglected county in the United States and was surprised at what he learned there. Come and learn interesting facts about Lander County, Nevada, so that you can think about it the next time you're flying over that area. Attendees will also find out what you can do "with a sack of flour" in addition to just baking a cake.

Ten Most Famous Native American Indians

Registration #284323-00

Date: Wednesday, April 3

Time: 1 – 2 pm

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

Registration Deadline: March 27

From Sitting Bull to Maria Tallchief, **Paul Flanders** leads this talk which reviews the impact of the most famous Indigenous People in American History.

Banned Books, A History

Registration #284324-00

Date: Monday, April 8

Time: 1 – 2 pm

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

Registration Deadline: April 1

Americans have fought long and hard against banning written material. In fact, it is one of the things that helped spark the American Revolution. Today, we continue the fight to read what we choose. Join **Elizabeth Nosek of iCurate4u** for a look at the history of book banning.

Dr. Suess & the Environment

Registration #284304-04

Date: Wednesday, April 10

Time: 1 - 2:30 pm

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

Registration Deadline: April 3

Robert Meroney is back to explain how Ted Seuss Geisel as "Dr. Seuss" spoke to both children and adults through his lively cartoons about our need to protect the environment. His second children's book (1939) (and least known books), *The*



King's Stilts, warns about ecological effects of ocean rise, protecting the environment, but it also stresses the importance of a balance between work and play, and following orders vs doing the right thing. In 1949 Seuss warned about radical and rash modification of nature and the unintended consequences in *Bartholomew and the Oobleck*. In 1971 the Lorax spoke for the trees and alienated many in the lumber industry!

Wichita State Aircraft Accident

Registration #284325-00

Date: Wednesday, April 17

Time: 1 - 2 pm

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

Registration Deadline: April 10

Tracy Perry is back to outline the details and bad decisions behind the crash of a charter flight near Loveland Pass in 1970 that killed 31 individuals.

Are You Subject to the Mandela Effect?

Registration #284326-00

Date: Tuesday, April 23

Time: 1 - 2:30 pm

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

Registration Deadline: April 16

What is the "Mandela Effect?" Come to our presentation where instructor **Chuck Gibbs** will help you explore that sometimes things are not exactly as we remember them. Does our mind play tricks on us? As these things are brought to light it may explain them or add to your confusion. Attendees will probably have some stories of their own to share after hearing this exciting presentation.

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



NEW! EARTH WEEK

Join us for our first annual Earth Week to explore fun ways to foster conversation and learning about environmental topics that are essential to each of us doing our part to protect our planetary home. Each day activities offered will inspire you to take action for Earth Day, and every day!

Global Warming

Registration #284340-00

Date: Monday, April 22

Time: 1 – 2 pm

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

Registration Deadline: April 15

In the US, we now seem well past the situation in which global warming was seriously doubted, although there remain a few, very vocal, climate deniers. The science is deep, the science is wide-ranging and the science is clear. We will examine multiple lines of evidence via data analysis (yes, lots of graphs and measurement depictions for those are key ways to understand this type of science). We will also address some of the most important elements of climate change deniers. Instructor: **Michael Grant**.

Exploring Elements Yoga

Registration #284342-00

Date: Tuesday, April 23

Time: 8:30 - 9:30 am

Cost: Free, and please register in advance.

Registration Deadline: April 16

Honor the elements – air, earth, fire, water - and connect to the healing power of the Earth with this powerful, all-levels yoga practice. Seniors Recreation Program Supervisor **Amy Hodge** leads you as we focus the mind and heal the body by integrating breathwork and movement to leave you refreshed for the rest of your day.

Boulder County Recycling Center

Date: Tuesday, April 23

Registration Deadline: April 16

» See page 55 for details

How Are Utility Rates Set?

Registration #284343-00

Date: Wednesday, April 24

Time: 3:30 – 4:30 pm

Cost: Free, and please register in advance.

Registration Deadline: April 17

Ever wonder how the utility service rates are set? What factors impact how much we pay? What about environmental regulations, reliability and affordability? Is there help out there for those who need it?

Join the Utility Rate Analysis team for a presentation on the rate setting process and associated rebate programs.

The City's Rate Analysis team helps ensure that the City's utilities are able to provide reliable, environmentally responsible, and affordable services by creating rates and monitoring the utilities' financial sufficiency. Through the rate-setting process, we aim to balance multiple objectives, including cost recovery, revenue stability, customer affordability, economic development, resource sustainability, and other factors important to the community.

Ask A Master Gardener

Registration #285344-00

Date: Thursday, April 25

Time: 10:30 - 11:30 am

Cost: Free, please register in advance

Registration Deadline: April 18

Join a member of the CSU Extension Horticulture team to explore the many aspects of gardening, plant care, soil, watering, and more in this Q & A session including education as the conclusion to our Earth Week celebration. For more information please visit <https://cmg.extension.colostate.edu/>

FREE HOME AND LIFESTYLE SUSTAINABILITY UPGRADES

The SOLL Sustainability Program provides Longmont residents with free home and lifestyle efficiency assessments and upgrades to help lower utility bills and encourage sustainability.



SOLL Includes:

- Customized sustainability consultation on topics including energy, water, waste, transportation, and more.
- Free efficiency upgrades, like LED light bulbs, a “smart” power strip, and a new shower head. Installation is included.

All Longmont residents, renters and homeowners, living in any type of home (house, apartment, condo, mobile home, etc.) are pre-qualified.

Request your free
SOLL appointment at
longmontcolorado.gov/soll.



Sand Creek Massacre

Registration #284327-00

Date: Wednesday, April 24

Time: 1 – 2 pm

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

Registration Deadline: April 17

On November 29, 1864, an encampment of peaceable Indians on Colorado's eastern plains was attacked by soldiers under the command of Col. John Chivington and authorized by Colorado Territorial Governor John Evans. Join **Flint Whitlock** to learn what led up to this terrible act and what consequences followed.

Wildflowers at Your Feet

Registration #284328-00

Date: Thursday, April 25

Time: 1:30 – 3 pm

Cost: Free, and please register in advance.

Registration Deadline: April 18

Join **Dave Fletcher** and Boulder County Parks and Open Space Volunteer Naturalists for a slideshow program on local wildflowers, including information about their habitats, names, and locations for finding them. If you want to grow wildflowers, we'll tell you which ones you can grow in your backyard, resources for wildflower growers, and where to buy them.

Geography Trivia

Registration #284329-00

Date: Tuesday, April 30

Time: 1 – 2 pm

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

Registration Deadline: April 23

Test your knowledge of all things geography with our kickoff to trivia time! Led by trivia aficionado **Chuck Gibbs** this power hour will expand your knowledge of places and spaces around the world!

Failure of Prohibition

Registration #284330-00

Date: Wednesday, May 1

Time: 1 - 2 pm

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

Registration Deadline: April 24

Paul Flanders returns to discuss how prohibition ultimately failed because at least half the adult population wanted to carry on drinking. In addition, inadequate resources at the federal level were matched by a lack of commitment to the law at the state and local levels.

Exploring the West: Maps and Surveys

Registration #284331-00

Date: Wednesday, May 8

Time: 1 – 2:30 pm

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

Registration Deadline: May 1

This is the story of the trailblazers that really led the way westward. The talk describes the explorers who produced the western surveys and maps that revealed the geography and resources of western America. Leaders such as Farrer, Fry & Jefferson, George Washington, Escalante, Lewis & Clark, Zebulon Montgomery Pike, Stephen H. Long, Benjamin Bonneville, John C. Fremont, Ferdinand Hayden, John Wesley Powell and Lt. George Wheeler. Join **Robert Meroney** to explore how these sometimes-forgotten men laid the foundation for the development of the western United States.



Historical Myths and Tall Tales

Registration #284332-00

Date: Monday, May 13

Time: 1 – 2 pm

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

Registration Deadline: May 6

Explore some favorite historical myths and tall tales! Join **Elizabeth Nosek of iCurate4u** for a look at some old favorites like people were shorter back then, to tall tales like the story of John Henry.

The Bombing of United Airlines Flight 629

Registration #284341-00

Date: Wednesday, May 15

Time: 1 - 2 pm

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

Registration Deadline: May 8

Join us to explore the details of the first confirmed commercial bombing of an airliner near Longmont in 1955 where 45 died. Instructor: **Tracy Perry**

**NEED HELP WITH ONLINE
REGISTRATION?**

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



Grand, Glorious, Giant, Quaking Aspen

Registration #284333-00

Date: Tuesday, May 21

Time: 1 – 2 pm

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

Registration Deadline: May 14

The quaking aspen, so much in evidence in our Rocky Mountains, exhibit amazing biological properties and can arguably be called the most 'successful' species now in existence in North America. **Michael Grant** will delve into some aspen attributes that help us understand why it is so successful and so beautiful. We will also meet Pando, the most massive organism yet identified on earth.

Colorado's Contributions to Victory in World War II

Registration #284334-00

Date: Wednesday, May 22

Time: 1 – 2 pm

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

Registration Deadline: May 15

Flint Whitlock is back to present on achieving victory in World War II involved every state, every citizen, and every sector of the American economy—and Colorado was no exception. Learn the fascinating details of how our state sacrificed and mobilized for the Allied victory over Nazi Germany and Imperial Japan.

Let's Make It Official

Registration #284335-00

Date: Thursday, May 23

Time: 1:30 – 3 pm

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

Registration Deadline: May 16

Every country, state, county, or city has something (or many things) that are official. Even private corporations have official items/objects - we have our official flag, logo, slogan, seal, motto, animal, color and more. We find these objects in front of buildings, on the side of vehicles, on stationary, uniforms, or even coffee mugs. Sometimes these entities will acknowledge something special or interesting about their respective communities and make it an official item or object. Join **Chuck Gibbs** to explore what some entities have adopted as official – some you will find funny, interesting, or even shocking!

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.

HUMANITIES & CULTURAL



The Writing Circle - Online

Dates: Monday, March 11

Registration #284454-03

Registration Deadline: March 4

Monday, April 8

Registration #284454-04

Registration Deadline: April 1

Monday, May 13

Registration #284454-05

Registration Deadline: May 6

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



THINKING BEYOND POSSIBLE SERIES WITH BOBBIE NESHEIM PHD, MFT

This class is starting spring with a new format of both in person and 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 spring we will explore different aspects of VIBRATIONS: personal, social, and universal. **Instructor: Bobbie Nesheim PhD, MFT**

In person and on-line (zoom)

Registration #[284464-03](#)

**Tuesdays, March 5, 12, 19, & 26
at 10:00 to 11:30 am**

Registration #[284464-04](#)

**Tuesdays, April 2, 9, 16, 23, 30
at 10:00-11:30 am**

Registration #[284464-05](#)

Tuesdays, May 7, 14, 21, 28 at 10:00-11:30 am

Registration Deadline: 7 days before beginning date of each class session

Cost: Free, please register in advance

MARCH

PERSONAL VIBRATIONS: How to Rise Above

Did you know that everything in the universe is made up of molecules vibrating at different speeds? Everything including trees, bodies, rocks, animals, and humans. Human vibrations are composed of everything from the body, emotions, thoughts, and the way you communicate those emotions and thoughts.

When we are vibrating at a higher level, we feel lighter, happier and more at ease. How do we raise our vibrations? There are many ways: mindfulness exercises, walking meditation, focused breathing, and progressive relaxation. Let's explore these and other tools together.

APRIL

VIBRATIONS – How We Create the World We Experience

As we look around us and see a world of wonder, we realize no two things look exactly alike. We become aware that what we see is colored by our own expectations and experiences. We become the 'creator' of 'how' we see the world and the part we play in that world. How can we create a better world? In this month we will explore how to change our self-perception, thoughts, and actions.

MAY

VIBRATIONS – Are All Things Conscious?

The view that all matter has some consciousness has become an increasingly acceptable idea to scientists and philosophers alike. Does a tree communicate with the soil? Do mushrooms communicate with their neighbors? Did you know elephants talk to each other in a vibrational language that humans can't hear? Have you ever heard of the philosophies called panpsychism or cosmopsychism? These philosophies invite us to explore the idea that all matter has some associated consciousness. Let's explore and discuss!

NEW! Intercambio – Information Session for Volunteer Teachers

Registration #[284471-01](#)

Date: Thursday, May 16

Time: 1 – 2 pm

Cost: Free, and please register in advance.

Registration Deadline: May 9

Become a Volunteer English Teacher! Do you have 3-4 hours a week to help someone improve their English? Are you someone who loves learning about different cultural perspectives? If so, consider joining Intercambio's community of volunteer English teachers and teach English to adults here in



Longmont in person or online across the country. As a volunteer teacher, you'll be trained to teach from our Confidence and Connections curriculum. No prior teaching experience or ability to speak a language other than English is needed! Come to this informational session and learn the details about how you can help adult English learners build skills and confidence while making life-changing connections. Please note that attendance at this information session does not commit to you volunteering. Facilitated by Intercambio's Volunteer Recruitment and Engagement Specialist, **Irene Donhowe**.



Become an Intercambio Student!

Registration #284471-02

Date: Thursday, May 16

Time: 2 – 2:30 pm

Cost: Free, and please register in advance.

Registration Deadline: May 9

Would you like to learn English? You can do it with Intercambio! We have four terms during the year, and each term lasts nine weeks. Classes meet twice a week, on Tuesdays and Thursdays, during the morning and evening. We teach seven levels of English, from introduction to level six classes. The fee is \$50.00 for each nine-week period, and it covers the cost of materials. Attend our orientation to learn more about our program. Facilitated by Intercambio's **Norma Fuentes Gallo**, Boulder County Program Director and **Yoli Chavez**, Group Class Manager.

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.

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

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.

Sports, Nostalgia, & Philosophy

Registration #284461-04

Date: Tuesday, April 16

Time: 5:00 – 6:30 pm

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

Registration Deadline: April 9

Both Western philosophy and the Olympic-style sport originated in Ancient Greece. Now, Philosophy of Sport is a recognized part of modern studies. What is the nature of sport? Why are we drawn to games and competition? Many of us begin watching sports as children and carry that with us through our lives, so is there a nostalgic aspect to sports as well? Can it make us feel like kids again? What is the value in sports, and why do we care so much? Join us as we consider these questions and more while watching a few clips to get us started. All views welcome.

Rock, Rebellion, & Philosophy

Registration #284461-05

Date: Tuesday, May 21

Time: 5:00 – 6:30 pm

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

Registration Deadline: May 14

A couple years ago, we had a discussion about punk rock and what it means to rebel. The punk genre was a movement born out of youth culture and the rejection of typical norms. What about rock music in general? Often described as "primal and passionate" rock 'n' roll revolutionized pop culture and the world. What is it about this kind of music that sparks something in us? Why do we put certain connotations on it? What does it mean to rock? Join us as we watch a few music clips to get us started. All views welcome.

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.





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.

A Case for Kindness

Registration #284412-03

Date: Tuesday, March 12

Time: 5:30 – 7:30 pm

Cost: Free, and please register in advance.

Registration Deadline: March 5

Performing acts of kindness, even anonymously, releases endorphins that make you feel good



and increase your self-esteem. But what about the far-reaching impact of kindness on the recipients? Here we have personal stories from His Holiness the Dalai Lama and 100-year-old Norman Lear, along with Ben Affleck, Garth Brooks, Lady Gaga, Trisha Yearwood, Luis Miranda and many others to find real life moments where kindness made a huge difference. Directed and produced by Steven Sawalich, run time 98 minutes.

BIFF 2023 Short Films #1

Registration #284412-05

Date: Tuesday, May 14

Time: 5:30 – 7:30 pm

Cost: Free, and please register in advance.

Registration Deadline: May 7

DREAM ON LEON

Canada, Short Film, 2022, 8 min Subtitled

Léon is old and his body is failing. He sleeps and dreams of love, freedom and sausages. A real dog's life. Directed and produced by Roger Gariéy

STAINED SKIN

Germany, Short Film, 2021, 9 min
Winner at Palm Springs Shortsfest

To help her friend cope with the endless factory work, Alba tells the story of a sea-girl who was forced to make seaweed dresses because the rulers had stolen her voice.

Directed by Adam Graf, Mandy Peterat
Produced by Milena Schapers, Barbara Flugel

HIGH NOON ON THE WATERFRONT

USA, Short Documentary, 2022, 14 min

Elia Kazan, the informer who "named names" to Congress of suspected communists in Hollywood, directed *On the Waterfront*. Carl Foreman (voiced by Edward Norton), who was blacklisted and had to move overseas, wrote *High Noon*. This film imagines a conversation

between the two using their own written words, as the film commemorates the 75th anniversary of the Hollywood Blacklist. Narrated by Edward Norton and John Turturro. Directed and produced by David Roberts, Billy Shebar

ADJUSTMENT

Iran, Short Film, 2022, 17 min Subtitled

A nine-year-old effeminate boy, Shahrokh, humiliated by his family and friends, decides to adapt to his new identity. Directed by Mehrdad Hasani, Produced by Hasan Mohammadi

THE ORIGINALS

USA, Short Animated Documentary, 2022, 10 min

The Union Street Boys were the meanest, mightiest child gang of 10-year-olds in South Brooklyn. Or at least that's how they tell it. Directed and produced by Cristina Costantini, Alfie Koetter

AN IRISH GOODBYE

(Nominated for a 2023 Academy Award)
Ireland/UK, Short Film, 2022, 23 min Subtitled

In this funny and touching short, Turlough and his brother with Down Syndrome, Lorcan, reunite following their mother's death. But when the pair discover an unfulfilled bucket list belonging to their late mum, their pained reunion takes an altogether different course.

Directed by Tom Berkeley, Ross White, Produced by Pearce Cullen, Tom Berkeley, Ross White



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.

La beca termina el 11 de Diciembre. La solicitud para el próximo año empieza el 2 de Enero.

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



Billar

Juegue billar por .50 centavos.

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

Las bailarinas practican y realizan varios bailes y canciones. Si está interesada/o o desea más información, llámele a la recepcionista al 303-774-4452.

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

Tiempo: 10 - 11:30 am

Costo: GRATIS

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 disfrutan, no duden en traerlo para compartirlo con el grupo. ¡Los esperamos, no se lo pierdan!



Escribir para Sanar

No es necesario registrarse.

Fechas: Cada miércoles

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 ensamientos? 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 brindara 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 primavera en el GO?

El lunes, 12 de febrero, es el primer día en que puedes registrarte para las clases de primavera. Para más información sobre los programas, acompáñenos el 12 de febrero a las 10am en el salón A. Si solamente necesitas ayuda para el Proceso de registración de la clases presentes a las 11am en el salón.

Las Reuniones

Fechas: los miércoles

13 de marzo # de Registración: 284622-03

10 de abril # de Registración: 284622-04

8 de mayo # de Registración: 284622-05

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

15 de marzo # de Registración: 284618-03

19 de abril # de Registración: 284618-04

17 de mayo # de Registración: 284618-05

Tiempo: 9:30 – 11 am

Costo: GRATIS, y por favor regístrese

El Centro AMISTAD te invita a nuestro programa Salud y Sabiduría para que nos acompañes en una actividad artística. Haremos un collage en relieve para tener un recuerdo especial de una persona o un momento que amas y que te gustaría recordar para siempre. ¡Únete a nosotros y deja que tu creatividad te guíe! No necesitas tener ninguna habilidad especial, si puedes usar tijeras y pegamento, ¡puedes hacer arte!

Clases Básicas para Aprender a Usar un Chromebook

de Registración: 284626-00

Fechas: viernes, 1 de marzo – 19 de abril

Tiempo: 9 – 11 am

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

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

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

Conversaciones con Satya

Fechas: los miércoles

27 de marzo # de Registración: 284619-03

24 de abril # de Registración: 284619-04

22 de mayo # de Registración: 284619-05

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.



Elaboración de Velas

de Registración: [284627-00](#)

Fecha: **jueves, 14 de marzo**

Tiempo: **10 – 11:30 am**

Costo: GRATIS, y por favor regístrese

Acompaña a **Luna Cultura** para crear hermosas velas aromáticas para el bienestar. Todos los materiales incluidos. Espacios limitados, favor de registrarse para apartar su lugar. Patrocinado por Amigos de Longmont Senior Center.

Como prepararse para obtener la Ciudadanía

de Registración: [284628-00](#)

Fecha: **miércoles, 20 de marzo**

Tiempo: **10 – 11:30 am**

Costo: GRATIS, y por favor regístrese

No la piensen acompañenos para hablar sobre como tener éxito en la obtención de la ciudadanía. Nuestro panel contara con personas especializadas en el tema y testimonios de personas que ya pasaron por el proceso. Una de las invitadas será, **Belen Pargas Solis** con El Centro Legal para los Inmigrantes y **Jeanette Madrid** con El Comite.

Herramientas Prácticas para la Mediación Informal: Mejorando la Comunicación y Resolución de Conflictos

de Registración: [284629-00](#)

Fecha: **lunes, 25 de marzo**

Tiempo: **10 – 11 am**

Costo: GRATIS, y por favor regístrese

Este taller de 60 minutos está diseñado para proporcionar a los adultos mayores habilidades prácticas en mediación informal. Aprenderán técnicas efectivas de comunicación y resolución de conflictos, útiles para manejar desacuerdos cotidianos y mejorar las relaciones interpersonales. El taller combina teoría breve con ejercicios prácticos, fomentando un ambiente interactivo y participativo.

Pan, Café, y la Muerte

de Registración: [284611-00](#)

Fecha: **jueves, 18 de abril**

Tiempo: **1 – 2:30 pm**

Costo: GRATIS, y por favor regístrese

¡Hablemos de la muerte! Únase con nosotros en el Café de la Muerte, una reunión para aquellos que desean ser parte de una conversación reflexiva, respetuosa y, a veces provocativa, sobre la muerte. Nuestro objetivo es aumentar la conciencia de la muerte mientras ayudamos a las personas a sacar el máximo provecho de sus vidas finitas. Este no es un grupo de apoyo en el duelo. La discusión será confidencial. Se ofrecerá café y pan.

Planificación Patrimonial

de Registración: [284631-00](#)

Fecha: **martes, 23 de abril**

Tiempo: **10 – 11:30 am**

Costo: GRATIS, y por favor regístrese

Esta clase será presentada en inglés, se ofrecerá interpretación simultáneamente en español.

Acompañenos para obtener más información sobre testamentos, fideicomisos, cartas de poder, directivas anticipadas y qué sucede si la planificación no se realiza a tiempo. También hablaremos sobre la administración de bienes y raises y lo que puede hacer para asegurarse de que sus documentos funcionen cuando usted y sus seres queridos los necesiten. **Pete Rogers**, abogado de familia y **Sarah Pheral**, abogada de derecho de personas mayores aportarán su experiencia a esta discusión y también estarán disponibles para preguntas y respuestas.

Feliz Día de las Madres Fiesta

de Registración: [284632-00](#)

Fecha: **viernes, 10 de mayo**

Tiempo: **10 am – 2 pm**

Costo: GRATIS, y por favor regístrese

Acompañenos a celebrar a todas la figuras maternas en nuestras vidas. Traiga un plato favorito que le recuerde de su mama, abuela, tía, hermana etc. para compartir. Senior Services proporcionará el plato principal y música. Todos podrán compartir sus historias. Este evento será gratuito pero por favor regístrese.



Traditional tincture making

ELABORACIÓN DE
TINTURAS TRADICIONALES

Elaboración de Tinturas Naturales

de Registración: [284630-00](#)

Fecha: **miércoles, 17 de abril**

Tiempo: **1 – 2:30 pm**

Costo: GRATIS, y por favor regístrese

Acompaña a **Luna Cultura** para fortalece la salud y el bienestar desde un enfoque holístico conectando con el conocimiento ancestral al hacer tinturas y remedios caseros en forma sencilla, segura y tradicional. Todos los materiales incluidos. Patrocinado por Amigos de Longmont Senior Center.



Planificación del Cuidado a Largo Plazo

de Registración: 284620-00

Fecha: jueves, 16 de mayo

Tiempo: 3 – 4:30 pm

Costo: GRATIS, y por favor regístrese

La planificación para el cuidado a largo plazo puede ser compleja. Nuestro panel quiere ayudar a todos a aprender los fundamentos de las opciones financieras de cuidado a largo plazo y la planificación. Únase a nosotros para aprender sobre:

- La diferencia entre la cobertura de Medicaid y Medicare;

- Cómo aplicar para Medicaid de Cuidado a Largo Plazo y cómo funciona su cobertura y subsidio de cónyuge;
- El programa PACE (Programa de Cuidado Integral para los Ancianos) provee y coordina todos los servicios de salud y apoyo para aquellos que de otra manera necesitarían un nivel de cuidado en una residencia de ancianos.

La sesión incluirá un segmento de preguntas y respuestas con nuestros panelistas del equipo de **Medicaid de Cuidado a Largo Plazo del Condado de Boulder, TRU PACE y Longmont Senior Services**. Este programa está abierto para personas mayores y sus familiares.

¡Nuevo Intercambio

Registración: No es necesario

Fecha: jueves, 16 de mayo

Tiempo: 2:30 - 3 pm

¡Únete a las Clases de Inglés de Intercambio! ¿Te gustaría aprender o mejorar tu inglés? Puedes hacerlo con Intercambio. Tenemos 4 sesiones de clases durante el año. Cada trimestre dura 9 semanas. Las clases son dos veces por semana, los martes y jueves, por las mananas o las tardes. Contamos con 7 niveles de inglés. Desde el nivel básico hasta el nivel intermedio-. El costo de participación es \$50 por sesión (9 semanas) e incluye los materiales. Acompáñanos en nuestra orientación para conocer más sobre nuestro programa. Facilitada por **Norma Fuentes Gallo**, Directora del Programa de Intercambio del Condado de Boulder, y **Yoli Chávez**, Supervisora de las Clases en Grupo.

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 espanol).

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 303-678-6113.

Reembolsos: Reembolsos de la ciudad de Longmont y del estado de Colorado

La ciudad de Longmont y el estado de Colorado tiene diferente tipos de reembolsos para las personas que cumplen con los requisitos de elegibilidad. Presente un reembolso de 104 PTC o una declaración de impuestos individuales de Colorado antes del 15 de abril para reclamar el reembolso TABOR de 2023. Las especialistas de recursos, estarán disponibles entre la una y tres los Martes para ayudar con la aplicación de reembolso del estado (104 PTC). Para obtener información sobre el reembolso de la ciudad de Longmont (Longmont CAREs) y / o el reembolso del estado (104PTC), llame la recepcionista al 303-774-4452 para una cita o visite <https://www.longmontcolorado.gov/community/financial-assistance-and-rebate-programs> y <https://tax.colorado.gov/PTC-rebate>.





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 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





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, and 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.

Advanced Directives

Date: Thursday, April 11

Registration #285001-04

Time: 9:30 – 11 am

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

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 review the various documents related to advance planning (medical power of attorney, living will, and Five Wishes) and provide you with the necessary materials. Facilitated by **Renita Henson, RN BSN**.

Grief Recovery Support Group

Dates: Mondays, March 4 – April 29

(no group on April 1)

Time: 1:30 – 3 pm

Cost: Free, and call Kayleigh Schernbeck, 303-774-4497, to register and make an appointment prior to joining the group. Space is limited.

There is no right or wrong way to grieve. This support group is a confidential space to experience your grief process and receive support from other older adults who are grieving as well. You may have lost a loved one recently or in years past, and all are welcome. Senior Services Counselor **Kayleigh Schernbeck, LCSW**, and a peer support volunteer will facilitate this group.

Dementia Conversations

Registration #285106-00

Date: Wednesday, March 6

Time: 3 – 4:30 pm

Cost: Free, and please register in advance

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

OFFERINGS FROM THE 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.



Self-Care Techniques for Caregivers

Registration # [285070-00](#)

Date: Monday, March 11

Time: 4 – 5 pm

Cost: Free, and please register in advance

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

Cultivating Connections

Tuesday, March 19 – Identifying Your Personal Strengths and Struggles

Registration # [285086-03](#)

Tuesday, April 16 – How to Find Your People

Registration # [285086-04](#)

Tuesday, May 21 – Navigating Small and Big Talk

Registration # [285086-05](#)

Time: 1 – 2:30 pm

Cost: Free, and 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.

Advancing the Science: Alzheimer's and Dementia Research

Registration # [285097-00](#)

Date: Wednesday, March 20

Time: 3 – 4:30 pm

Cost: Free, and please register in advance

Join us for an overview of Alzheimer's Disease science and to learn about the latest advances in research to find a prevention, treatment, and a cure. Presented by the **Alzheimer's Association**.

Hospice and Palliative Care: What and When Do I Need?

Registration # [285009-00](#)

Date: Wednesday, March 27

Time: 10 – 11:30 am

Cost: Free, and please register in advance

Palliative and Hospice care are one of the most misunderstood specialties in healthcare. As a result of the myths and misperceptions the specialized support is often engaged much too late. Please join us so you can learn about this valuable specialized support for yourself or someone you care about to help advocate at one of the most difficult times of life. This conversation will be facilitated by **Jessica O'Leary**, Gerontologist and Patient Care Coordinator for TRU Community Care.

Understanding and Responding to Dementia-Related Behaviors

Registration # [285056-00](#)

Date: Monday, April 1

Time: 3 – 4:30 pm

Cost: Free, and please register in advance

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. Presented by the **Alzheimer's Association**.

You Can Become a Savvy Caregiver

Registration # [285023-00](#)

Dates: Mondays, April 8 – May 13

Cost: Free, and please register in advance

Time: 5:30 – 7:30 pm
This training program teaches an understanding of dementia and strives to increase caregiver confidence while reducing the adverse effects of caregiving. It focuses on helping caregivers to acquire and strengthen their knowledge, skills and attitudes for this role and teaches caregivers how to manage and care for themselves day-to-day. This 6-week course is led by **Jessica O'Leary, MA, CVW**, a gerontologist and specialist in dementia. Please note that this course is for those taking care of a loved one and not for professional caregivers; it is also for caregivers of those with early- or mid-stage dementia. Attendance at all classes is required, and class size is limited. If you need respite resources to attend the class, please call Brandy Queen at 303-651-8411.



Letting Go

Registration #285010-00

Date: Wednesday, April 10

Time: 3 – 4 pm

Cost: Free, and please register in advance

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

Tips and Tools for Coping with Anxiety

Registration #285107-00

Date: Wednesday, May 8

Time: 10 – 11:30 am

Cost: Free, and please register in advance

While some degree of anxiety can be helpful and adaptive, anxiety is one of the most common mental health concerns. Research finds that 10-20% of older adults struggle with anxiety, which often goes unrecognized and undertreated. Anxiety can have a major impact on one's quality of life. We will explore proven tips and tools to help yourself, others, and your community manage anxiety and stress and live with an improved sense of well-being. Presented by Licensed Psychologist **Mary Sean O'Halloran**, a retired psychology professor at the University of Northern Colorado who has a small practice in Longmont.

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

Registration #285054-00

Date: Wednesday, April 17

Time: 3 – 4:30 pm

Cost: Free, and please register in advance

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

10 Warning Signs of Alzheimer's

Registration #285108-00

Date: Monday, May 6

Time: 3 – 4:30 pm

Cost: Free, and please register in advance

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

Addiction and Recovery Services

Registration #285109-00

Date: Thursday, May 9

Time: 4 – 5 pm

Cost: Free, and please register in advance

This program is open to family members of those struggling with substance abuse or addiction as well as individuals who may be struggling themselves. In this program, community partners from **A Way Forward, Recovery Cafe, and the City of Longmont** will discuss resources available for addiction and recovery support as well as support for family members. We will also have a review of the life-saving Narcan product for those who may be overdosing due to opioids.

Caregiver Stress and Burnout

Registration #285110-00

Date: Wednesday, May 15

Time: 4 – 5 pm

Cost: Free, and please register in advance

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

Free **MEDICAL EQUIPMENT**

Several local organizations manage loan closets that include walkers, canes, wheelchairs and other medical equipment. See page 60 for the loan closet contact information.

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

Chronic Disease Management

Registration #285084-00

Dates: Fridays, March 1, 8, 15, 29, April 5, 12
(6-classes, no class on March 22)

Time: 10 am – 12:30 pm

Cost: Free, and please register in advance

Registration Deadline: February 23

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.

Talk with a Healthcare Professional

Registration #283700-03

Date: Tuesday, March 19

Time: 5:30 – 6:30 pm

Cost: Free, and please register in advance

Registration Deadline: March 12

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.

Talk with a Healthcare Professional

Registration #283700-04

Date: Tuesday, April 16

Time: 5:30 – 6:30 pm

Cost: Free, and please register in advance

Registration Deadline: April 9

Join UHealth Chief Nursing Officer **Noreen Bernard** for a shared conversation on health-related topics. Plan for an interactive hour of fun and helpful health information. A light dinner will be provided. Seating is limited.

Stop the Bleed and Hands Only CPR

Date: Tuesday, March 26

Registration #285112-03

Tuesday, May 28

Registration #285112-05

Time: 1 – 3 pm

Cost: Free, and please register in advance

Registration Deadline: March 19, May 21 - 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 – The State of Healthcare

Registration #283700-05

Date: Tuesday, May 21

Time: 5:30 – 6:30 pm

Cost: Free, and please register in advance

Registration Deadline: May 14

Join **Ryan Rohman**, President of Longs Peak and Broomfield Hospitals for a discussion on the state of healthcare. 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.

NEW! Monthly Blood Pressure Screenings

Date: Mon, Mar 11 Registration #285113-03

Mon Apr 8 Registration #285113-04

Mon May 13 Registration #285113-05

Time: 9 – 10 am

Cost: Free, and please register in advance

Registration Deadline: March 4, April 1, May 6 - 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.



Digestive Health 101

Registration #285114-03

Date: Wednesday, March 20

Time: Noon – 1 pm

Cost: Free, and please register in advance

Registration Deadline: March 13

Today, 70% of Americans experience digestive related symptoms. This is a startling statistic as an unhealthy gut has been linked to worsening overall health. Join this class to learn the ins and outs of supporting digestive health and digestive comfort, and how this could be the key to making a difference in your overall health and well-being. Presented by **Natural Grocers - Nutritional Health Coach, Jennifer Hoppert**

Nutrition Education - Maintaining Muscle Mass

Registration #285114-04

Date: Wednesday, April 17

Time: Noon – 1 pm

Cost: Free, and please register in advance

Registration Deadline: April 10

It's never too early, or too late, to improve muscle health—and overall health! But after age 30, we can lose 3 to 8 percent of our muscle mass each decade! Learn how to maintain muscle mass now, and well into the future, with key foods and supplements all recommended by science-based research. Stay strong and muscle on! Presented by **Natural Grocers - Nutritional Health Coach, Jennifer Hoppert**

Nutrition Education - Natural Hacks for Support Memory

Registration #285114-05

Date: Wednesday, May 15

Time: Noon – 1 pm

Cost: Free, and please register in advance

Registration Deadline: May 8

While age-related cognitive decline might seem inevitable, it doesn't have to be! The formula for supporting our brain and our memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan. Presented by **Natural Grocers - Nutritional Health Coach, Jennifer Hoppert**

LUNCH AND 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™

Spring Clean Your Brain!

Registration # 213401-1

Date: Tuesday, March 12

Time: Noon – 1 pm

Cost: Free, and please register in advance

Registration Deadline: March 5

Join us as we explore the importance of

maintaining a healthy brain as well as the benefits of social engagement. The brain is flexible and adaptable so be prepared to engage in physical and cognitive drills that support brain health and help reduce the risk of cognitive decline. Expect to laugh, mess up and even surprise yourself! Presented by **Recreation Wellness staff.**

Plant Forward Food Choices

Registration # 213401-2

Date: Tuesday, April 9

Time: Noon – 1 pm

Cost: Free, and please register in advance

Registration Deadline: April 2

In celebration of Earth Day, join our registered dietitian for a discussion on the impact our food choices have on the Earth. Choosing what we eat wisely can decrease our ecological footprint while supporting our local economy. Simple, small changes can make a difference. Presented by **Melinda Benz, RDN**

Popular, “Quick Fix” Diets Explained

Registration # 213401-3

Date: Tuesday, May 14

Time: Noon – 1 pm

Cost: Free, and please register in advance

Registration Deadline: May 7

Diets promising quick, unbelievable weight loss or other health benefits are nothing new. Spend an hour with our registered dietitian to explore the hype and the science around the latest diet fads. Presented by **Jessica Greenlee, RDN.**

Exercise Scholarship - Funds are Available

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

Feldenkrais – Empower Your Pelvis - Online “Zoom” class

Registration #286023-03

Date: Tuesdays, March 5, 12, 19, 26

Time: 10 – 11 am

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

Most of us don't fully engage the pelvis in our movement, leading us to make significant efforts with our legs, arms, spine, and head. This effort results in inefficient movements, stiffness, and discomfort. When your movement is well-organized, your pelvis becomes the powerhouse, generating action that is transmitted through the smaller bones and muscles. Develop a clearer sense of your pelvis and experience more effortless, powerful, and efficient movements—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 – Relax Your Jaw Now - Online “Zoom” class

Registration #286023-04

Date: Tuesdays, April 2, 9, 16, 23, 30

Time: 10 - 11 am

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

Do you hold tension in your jaw, neck, and shoulders? Anxiety, stress, worry, concentration, and a narrow focus of your eyes can contribute to tightness in your jaw, neck, and shoulders. In this class, you will learn to release jaw and neck tension by using your eyes, how to use your lips and tongue to alleviate tension in your face and jaw, and understand how connecting the jaw to your shoulders and pelvis releases tension in your jaw, neck, and back—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 - The Use of Your Eyes - Online “Zoom” class

Registration #286023-05

Date: Tuesdays, May 7, 14, 21, 28

Time: 10 - 11 am

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

Your eyes are crucial for organizing your movement. Discover how your eye muscles interweave with your neck and back muscles and how this influences the muscle tone through your entire back and chest. Discover how to release tension throughout your body by engaging in specific movement explorations with your eyes. Learn simple movements to relieve eye strain and understand how your eyes can enhance your posture and gait—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 Chair Class – Breathe for Life – Online “Zoom” class

Registration #286031-03

Date: Wednesdays, March 6, 13, 20, 27

Time: 11 am - Noon

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

Registration #286031-04

Date: Wednesdays, April 3, 10, 17, 24

Time: 11 am - Noon

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

Registration #286031-05

Date: Wednesdays, May 1, 8, 15, 22, 29

Time: 11 am - Noon

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

Learn to breathe easily, improving your overall health and well-being. Explore Feldenkrais lessons that liberate you from the limitations of habitual breathing patterns that develop from emotions and repetitive movements, like sitting too much. Classes involve breathing, moving, and thinking while lying and sitting on the floor. Learn to direct your breath, create ease in your chest and back, and sense and use your diaphragm—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.**

NEED HELP WITH ONLINE REGISTRATION?

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

Feldenkrais Chair Class – Sit, Stand, and Walk – Online “Zoom” class

Registration #286024-03

Date: Thursdays, March 7, 14, 21, 28

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

Registration #286024-04

Date: Thursdays, April 4, 18, 25

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

Registration #286024-05

Date: Thursdays, May 2, 9, 16, 23, 30

Time: 11 am - Noon

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

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. A Zoom link will be sent the night before class. **Please keep the Zoom link for each month.**

Feldenkrais – Walking Awareness Workshop

Registration #286025-00

Date: Tuesday, April 23

Time: 1 – 3:30 pm

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

Registration Deadline: April 16

Life experiences shape our walking habits; as we age, these habits can decline, impacting our ability to walk comfortably. In this workshop, become aware of your unconscious walking habits, focusing on how you use your legs and feet. Gain a better understanding of how the hip and shoulder relationship powers your walking. By the workshop's end, move with greater ease and a lighter stride—taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner. Please note this is an **onsite class at the Longmont Senior Center.**

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

NEW! Folk Dancing

Registration #286034-00 **Registration Deadline: April 11**

Dates: Thursdays, April 18, 25, May 9, 16, 23

Time: 2 – 3 pm

Cost: **\$20 resident, \$28 non-resident *no class 5/2**

Come join the fun with our Beginning Folk Dancing classes led by **Ruth Thomson**! Participants will learn traditional village, easy circle, and some line dances from around the world with 1-2 taught each week building from previously taught dances. Come alone or bring your friends, no partner needed.

Line Dance (Beginning)

Registration #286004-03

Date: Tuesdays, March 5, 12, 19, 26

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

Registration #286004-04

Date: Tuesdays, April 2, 9, 16, 23, 30

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

Registration Deadline: March 26

Registration #286004-05

Date: Tuesdays, May 7, 14, 21, 28

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

Registration Deadline: April 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!

Line Dance (Continuing)

Registration #286013-03

Date: Tuesdays, March 5, 12, 19, 26

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

Registration #286013-04

Date: Tuesdays, April 2, 9, 16, 23, 30

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

Registration Deadline: March 26

Registration #286013-05

Date: Tuesdays, May 7, 14, 21, 28

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

Registration Deadline: April 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 #286005-03

Date: Tuesdays, March 5, 12, 19, 26

Time: Noon – 1 pm

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

Registration #286005-04

Date: Tuesdays, April 2, 9, 16, 23, 30

Time: Noon – 1 pm

Cost: \$60 resident, \$72 non-resident

Registration Deadline: March 26

Registration #286005-05

Date: Tuesdays, May 7, 14, 21, 28

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

Time: Noon – 1 pm

Registration Deadline: April 30

Single class fee: \$15 resident, \$18 non-resident

Are you craving a sweeter connection with your body? Enhanced comfort, space, strength and an overall improved sense of well-being? Come practice mat Pilates with **Kathy Kerr**, a certified Pilates instructor. You will learn about your body and mindful movement. Your Pilates practice will help you cultivate overall body strength, flexibility, balance, focus, awareness and more. We enjoy the process and always have great laughs as a group. Are you feeling drawn to try it? Just come. We welcome you!

Alignment Based Yoga for Active Seniors

Registration #286011-03

Date: Mondays, March 4, 11, 18, 25

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

Registration #286011-04

Date: Mondays, April 1, 15, 22, 29

(no class April 8)

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

Registration Deadline: March 25

Registration #286011-05

Date: Mondays, 6, 13, 20

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

Registration Deadline: April 29

Time: 10:30 – 11:30 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 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.

NEW! Intro to Reiki

Registration #286035-00

Dates: Wednesday, March 27

Time: 2 - 3 pm

Cost: Free, please register in advance.

Registration Deadline: March 20

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**.

NEW! Reiki Group Classes

Dates:

Wednesday, April 24

Wednesday, May 22

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

Registration Deadline: April 17, May 15 respectively

Registration#

286036-04

286036-05

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 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**

Sessions

Date: **Tuesdays and Thursdays**
March 5 - 28 Registration #213303-A
April 2 - 25 Registration #213303-B
May 7 - 30 Registration #213303-C
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 #286021-00

Dates: **Mondays, March 4, 11, 18, 25**
April 1, 8, 15, 22

Time: **9 – 10 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.

Yang Style Tai Chi

Registration #286007-00

Dates: **Mondays and Wednesdays,**
March 4 through April 24

Time: **Noon – 1 pm**

Cost: \$160.00 resident, \$175.00 non-resident
(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.



Tai Chi Ruler

Registration #286029-00

Dates: **Wednesdays, March 6, 13, 20, 27**
April 3, 10, 17, 24

Time: **1:15 - 2:15 pm**

Cost: \$80 residents, \$88 non-residents
(8-weeks) + Ruler cost (additional \$45,
if needed – purchased from instructor)

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

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

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.



PASSES FOR FITNESS CLASSES:

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

- 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

	RESIDENT	NON RESIDENT
Daily	\$5.50	\$6.25
30-day	\$28.50	\$35.75
3-month	\$75	\$93.75
Annual	\$260	\$325



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 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 | SPRING 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 - 8:45 am SilverSneakers® Classic Drop-in class	10 - 10:45 am SilverSneakers® Yoga Drop-in class	8 - 8:45 am SilverSneakers® Circuit Drop-in class	11 - 11:45 am SilverSneakers® Yoga Drop-in class	8 - 8:45 am SilverSneakers® Classic Drop-in class
9 - 10 am Tai Chi For Falls Prevention Register for 8 weeks	11 am - noon Zumba Gold® Drop-in	Noon - 1 pm Yang Style Tai Chi Register for 8 weeks	11 am - noon *Feldenkrais Online Register by month	
10:30 - 11:30 am Yoga with Gwyn Cody Register by month or drop-in	Noon-1 pm Pilates Kathy Kerr Register by month or drop-in	1:15 - 2:15 pm Tai Chi Ruler Register for 8 weeks	2-3 pm Folk Dancing Register for 6weeks	
Noon - 1 pm Yang Style Tai Chi Register for 8 weeks	2 - 3 pm Beginner Line Dance Register by month or drop-in			
	3:15 - 4:15 pm Continuing Line Dance Register by month or drop-in			
	10 - 11 am *Feldenkrais Online Register by month			

For full descriptions, dates, and prices, please see pages 42-46.

- Online
- SilverSneakers/RenewActive sponsored
- Senior Services sponsored



EXERCISE AND FITNESS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 - 8:45 am SilverSneakers® Classic	8:45 am SilverSneakers® Classic	9 am* SilverSneakers® Yoga	8:45 am SilverSneakers® Classic	9 am* SilverSneakers® Yoga
9 am* SilverSneakers® Yoga	9 am* SilverSneakers® Enerchi	10:15 am SilverSneakers® Yoga	9:35 am SilverSneakers® Circuit	10:15 am SilverSneakers® Yoga
10:15 am SilverSneakers® Yoga	9:35 am SilverSneakers® Circuit		10:15 am SilverSneakers® Splash	11:15 am SilverSneakers® Enerchi
	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 SilverSneakers® Cardio Fit	10:30 am SilverSneakers® Stability	9:15 am SilverSneakers® Enerchi	10:45 am Advanced Senior Strength

Schedule is subject to change. Visit www.longmontcolorado.gov/fitness for up to date schedule.

**Table Tennis
at the Senior Center**

Date: Wednesdays and Fridays
Time: 9:15 – 11:00 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
Pre-season Meeting**

Registration #287010-00

Date: Friday, March 8

Time: 10 - 11 am

We will discuss team formation, general information, and meet other players.

The Longmont Senior Center will be participating in the Colorado Senior Softball Association again this year. 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 mornings (depending on what division you are playing in). Practices and home games are hosted at Garden Acres Park (2058 Spencer). If you have questions, or would like to participate, call or email **Terri Calvin** at 303-651-8578 or terri.calvin@longmontcolorado.gov

Senior Softball – Ages 50+

The Longmont Senior Center will be participating in the Colorado Senior Softball Association again this year. 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 mornings (depending on what division you are playing in). Practices and home games are hosted at Garden Acres Park (2058 Spencer). If you have questions or would like to participate, please attend the pre-season meeting, or call or email **Terri Calvin** at 303-651-8578 or terri.calvin@longmontcolorado.gov as well as for information on the pre-season managers meeting.



Senior Golf Association (LSGA) Kick-Off Meeting

Registration #287003-01

Date: Friday, May 3
(at the Longmont Senior Center)

Time: 9 – 10 am

Cost: Free

All interested/new and returning golfers are asked to attend the LSGA Kick-Off Meeting, as the association format will be explained and volunteer Ambassadors for the upcoming season will be recruited and assigned. Tee time sign-up for the first day of play will occur at the end of the meeting, in a lottery fashion, with numbers randomly drawn.

If you can't attend the Kick-Off meeting or stay for the lottery, you will use the **ONLINE Tee Time Reservation system- Sign-Up Genius, (starting May 3 after 2:00 pm) to schedule a tee time for May 10 (first day of play for the Senior Association). Sign-Up Genius Instructions will be emailed to everyone who is registered.

If you are unable to attend the meeting and would like more information, please contact: **Terri Calvin** at 303-651-8578 Terri.calvin@longmontcolorado.gov

Longmont Senior Golf Association (LSGA)

Registration #287003-24

Cost: \$28 resident, \$32 non-resident

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.

AAIR Walk, Observe & Draw

Registration #287013-00

Date: Wednesday, May 29

Check-in: 10:30 am

Depart: 10:45 am

Approx. Return: 1:30 pm

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

Transportation: Senior Center Mini Bus

Join us for a leisurely walking adventure at the beautiful community park and nature preserve, Sandstone Ranch. We will take a stroll, observe the love of nature around us, draw the local scenery, and enjoy a picnic! Drawing materials provided. Bring a non-perishable lunch.

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.



Date	Reg. #	Location	Elevation	Gain	Distance	Notes	Difficulty
4/3/24	287012-01	Pella Crossing	5000	0	3	W, V	Easy
4/17/24	287012-02	Bob-O-Link	5276	0	3.5		Easy
5/1/24	287012-03	Boulder Valley Ranch – Coot Lake	5348	175	4	V	Easy
5/15/24	287012-04	Mud Lake	8500	200	3.2	WF	Easy

A=altitude, H=historical, G=geology, R=rocks, S=steps, ST=steep or switchbacks, V=views, W=water crossing, WF=wildflowers



Adventure Hikes

New hike registration lottery! Attend the pre season hike meeting on **Thursday, March 7 at 9 - 10 am at the Longmont Senior Center to learn the new hike registration process.*

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, a camera, field guide, binoculars, bandana/ tissues/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.

In-Person Hike Registration:

Wednesday, March 20, 3 - 4:30 pm

Please note - all hikes will depart from Lashley St. Station unless otherwise specified.

General hike registration begins on March 22.

Date	Reg. #	Location	Elevation	Gain	Distance	Notes	Difficulty
4/4/24	287001-03	Boulder Valley Ranch – Coot Lake	5348	175	4	V	Easy
4/11/24	287001-02	Rabbit Mountain	6060	350	4	V, R	Easy/Mod
4/18/24	287001-16	Bobcat Ridge	5300	400	4.5	V, W, WF, H	Moderate
4/25/24	287001-01	Heil Valley Ranch	6200	300	4	V, WF, H, G	Easy/Mod
5/2/24	287001-10	Devil's Backbone	5000	400	5	V	Easy/Mod
5/9/24	287001-11	Shanahan Ridge	5740	880	4.8	V, WF	Moderate
5/16/24	287001-25	Anne U White	6040	160	3	22W	Easy/Mod
5/30/24	287001-07	Black Canyon	7920	300	4	S, V, 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

TRIP REGISTRATION IS FEBRUARY 16 AT 3 PM IN-PERSON

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

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.

Denver Biscuit Company, Golden



- Tuesday, March 5** Registration #281141-05
- Tuesday, March 12** Registration #281141-12
- Tuesday, March 19** Registration #281141-19
- Tuesday, March 26** Registration #281141-26

Recognized on multiple Food Network shows such as Diners Drive-Ins & Dives, Grill Dads, and Food Paradise, Denver Biscuit Company makes gourmet, southern style biscuits fresh daily. DBC was founded by Drew Shader, who decided that CO was the place to make his biscuits known. He established DBC, which started as Biscuit Bus, in late 2009 right here in Denver, CO. Lunch costs are on your own, prices range from \$12 – \$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
- Includes: Trip leader and transportation
- Sign-up: Begins February 16, registration deadline February 27

The Burns Pub & Restaurant, Broomfield



- Tuesday, April 2** Registration #281142-02
- Tuesday, April 9** Registration #281142-09
- Tuesday, April 16** Registration #281142-16
- Tuesday, April 23** Registration #281142-23

John and Maureen Odde purchased a humble country inn in 2001 and transformed it into one of the most successful family owned and operated businesses in the front range! The Burns Pub has won several awards and accolades, including being ranked fifth best whisky bar in the U.S.! It is more than just a family business. It's a labor of love. Love for good living, great company, and community! Lunch costs are on your own, prices range from \$7 – \$22.



- 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 February 16, registration deadline March 26

Lucile's Creole Café, Boulder



- Tuesday, May 7** Registration #281143-07
- Tuesday, May 14** Registration #281143-14
- Tuesday, May 21** Registration #281143-21
- Tuesday, May 28** Registration #281143-28



Lucile's has been cooking breakfast and lunch for Colorado since 1980 when the owner named the restaurant after her mother, Lucile Richards. Lucile's always strives to provide a comfortable and unique atmosphere as well as excellent food. The original restaurant in Boulder resides in a small Victorian house painted Lucile's signature pale yellow. Lunch costs are on your own, prices range from \$5 – \$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 February 16, registration deadline April 30

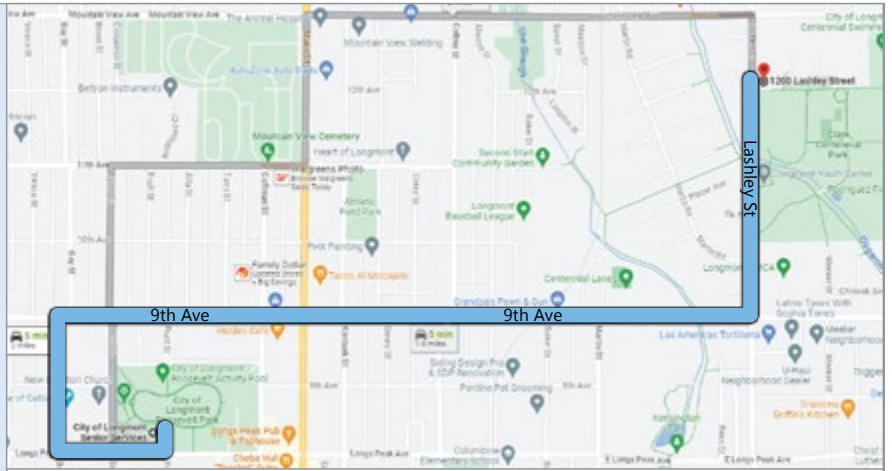


TRIPS AND TRAVEL

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

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.). 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!



TRIPS AND TRAVEL

CASINO TRIPS



A Day in Black Hawk 📍 MODERATE - HIGH

Registration #281004-04

Date: Wednesday, April 10

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 February 16, registration deadline April 2

Downtown Central City 📍 MODERATE

Registration #281004-03

Date: Wednesday, March 13

Enjoy a day in Downtown Central City. The day is yours to choose the casino(s) you want to win at!



Century Casino, The Famous Bonanza Casino, Dragon Tiger Casino, Grand Z, just to name a few.

The coach will drop off at a designated area and pick you up at that same area.

• **Meet the coach at the designated area by 3:15 pm.**

Please join us, get the word out and invite your 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 February 16, registration deadline March 6



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: Communication between the Central Nervous System and Peripheral Nervous System MODERATE

Registration #281154-03
Date: Wednesday, March 13

Explore the communication highways from out Central Nervous System (brain and spinal cord) to our Peripheral Nervous System (what make our arms and legs work). After this focused learning, you will walk away with a better understanding of what area of the brain controls these relationships of sensory, proprioception and motor function.

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 February 16, registration deadline March 6

Focus: Special Senses MODERATE

Registration #281154-04
Date: Wednesday, April 10

Explore each sense organs including eyes for sight, ears for sound, nose for smell, tongue and nose for taste and skin for touch. We will explore each of the senses and discover how we perceive the world through these senses.

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 February 16, registration deadline April 3

Focus: Cranial Nerves MODERATE

Registration #281154-05
Date: Wednesday, May 8

We will explore the 12 pairs of cranial nerves located throughout different areas of the brain. Cranial nerves send signals between our brain to the face, neck and torso. The cranial nerves help with taste, smell, hearing and feel sensations. We will explore which parts of nerves have motor, which have sensory, and which have both.

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 February 16, registration deadline May 1

Afternoon Tea at the Dushanbe Tea House MODERATE

Registration #281152-00
Date: Thursday, March 7

Join us for traditional English afternoon tea as we savor the atmosphere at the beautiful Dushanbe Tea House in Boulder. The refined custom of the afternoon tea is a wonderful way to spend an afternoon. Pamper yourself as we enjoy our tea with white linen table dressing, a spectacular three-tiered tower of sweet and savory pastries, and mini sandwiches. Tea time has never been so luxurious.

NEED HELP WITH ONLINE REGISTRATION?
 Check out our updated how-to video at www.longmontcolorado.gov/senior-services

Check-in: 1:45 pm
Depart: 2 pm
Approx. Return: 5:30 pm
 Cost: \$51 resident, \$59 non-resident
 Transportation: Senior Center Mini Bus
 Includes: Trip leader and transportation
 Sign-up: Begins February 16, registration deadline February 29



TRIPS AND TRAVEL

Breckenridge Scenic Sleigh Ride



Registration #281163-00

Date: Wednesday, March 13

Join us for this unforgettable wintertime sleigh ride experience in Breckenridge. This scenic hot cocoa sleigh ride will take you to a remote site where we warm up with hot cocoa, fresh baked cookies and enjoy music with breathtaking views of Colorado's majestic outdoor tapestry. The total outdoor trip time is 50 minutes, so you need to dress warm and in layers. Lunch is served box lunch style at a designated stop on the way up to Summit county. Fee includes transportation, trip leader, box lunch and ticket.

Check-in: 11:15 am

Depart: 11:30 am

Approx. Return: 7 pm

Cost: \$135 resident, \$144 non-resident

Transportation: Coach Bus

Includes: Trip leader, transportation, box lunch, ticket

Sign-up: Begins February 16, registration deadline March 6

Denver Pow Wow



Registration #281164-00

Date: Friday, March 15

Join us as to celebrate Native American art and culture at the 48th annual Denver March Pow Wow. This event brings people together of different tribes and nations from across the county, a way to preserve indigenous culture and pass on traditions to the next generation. We will enjoy really good food, native arts and crafts, dancers, and singers and more. Lunch is on your own at the many food vendors booths at the event.

Check-in: 9:15 am

Depart: 9:30 am

Approx. Return: 3 pm

Cost: \$45 resident, \$53 non-resident

Transportation: Coach Bus

Includes: Trip leader and transportation

Sign-up: Begins February 16, registration deadline March 8

Colorado Eagles vs. Milwaukee Admirals



Registration #281165-00

Date: Tuesday, March 19



The Colorado Eagles are a professional minor league ice hockey team based in Loveland, CO! Join us in cheering on the Eagles as they take on the Milwaukee Admirals!

Check-in: 5:30 pm

Depart: 5:45 pm

Approx. Return: 11 pm

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

Transportation: Senior Center Mini Bus

Includes: Trip leader, transportation, ticket

Sign-up: Begins February 16, registration deadline March 1

Senior Living Tours



Registration #281166-00

Date: Monday, March 25

Ever wonder what senior living facilities are all about? Whether you're entertaining the idea of transiting to a smaller place or know someone that might be looking for senior living options this is a non-threatening way to check out our local senior communities.

First in our series is Atria Senior community which provides three levels of care. A vibrant senior community with thoughtful design and amenities to appeal to an active lifestyle. First we tour the facility then enjoy a delicious lunch. There will be plenty of time for questions and answers.

Check in: 11 am

Depart: 11:15 am

Approx. Return: 1:30 pm

Cost: \$8 resident, \$11 non-resident.

Transportation: Senior Center Mini Bus

Includes: Trip leader and transportation

Sign-up: Begins February 16, registration deadline March 18

Celtic Awakening with Denver Brass



Registration #281068-00

Date: Saturday, March 16

Looking for an Irish performance, this one will not disappoint! Join the Denver Brass, Celtic Colorado Pipes and Drum, Celtic Steps Irish Dance School, Rocky Mountain Highland Dancer, Soprano Aubrey Jacobs, and Joshua Messick – Hammered Dulcimer for the performance Celtic Awakening.

Check-in: 12:45 pm

Depart: 1 pm

Approx. Return: 5:30 pm

Cost: \$50 resident, \$57 non-resident

Transportation: Senior Center Mini Bus; *this trip departs from the Longmont Senior Center.*

Includes: Trip leader, transportation, ticket

Sign-up: Begins February 16, registration deadline March 1



National Renewable Energy Lab - Golden



MODERATE

Registration #281167-00

Date: Friday, April 5

Isn't everyone talking about renewable energy but do you really know what it's all about. This is your opportunity to tour the National Renewable Energy lab in Golden, Colorado. This guided tour will discuss it's humble beginnings and how the organization has evolved. Learn about the research and work that produces clean energy technologies, reduce waste, and eliminate atmospheric pollution. Fascinating and informative tour just in time as we prepare for Earth Day. We'll stop for an early dinner on our way back at a local restaurant.

Check in: 12:15 pm

Depart: 12:30 pm

Return: 5:30 pm

Cost: \$25 resident, \$29 non-resident

Transportation: Senior Center Mini Bus; *this trip departs from the Longmont Senior Center.*

Includes: Trip leader, transportation, and venue entry

Sign-up: Begins February 16, registration deadline March 29



Boulder County Recycling Tour



MODERATE

Registration #281169-00

Date: Tuesday, April 23

Ever wonder what happens to recycling? Boulder County is on the leading edge of recycling and sustainability, join us for a guided tour of the Recycling Center in Boulder. There we will see where recycling goes and talk about sustainability, circular economy, zero waste. There's more to recycling than meets the eye.

Check-in: Noon

Depart: 12:15 pm

Approx. Return: 3 pm

Cost: \$14 resident, \$17 non-resident

Transportation: Senior Center Mini Bus

Includes: Trip leader, transportation and venue entry

Sign-up: Begins February 16, registration deadline April 16

Coors Field Tour



MODERATE-HIGH

Registration #281168-00

Date: Thursday, April 11

Come on down to Coors field, home of the Colorado Rockies. Guided tours offer a behind-the-scenes look at the home of the Colorado Rockies major league baseball team. Highlights of the tour include the field, rooftop, dugout, press box, visitors' clubhouse, suite level and club level. After the tour we take a short walk to our lunch stop, Cherry Cricket restaurant, famous for their wide variety of hamburgers and there are plenty of "non-burger" options on the menu. Lunch on your own. \$10-\$17. Please note: tour involves lots of walking indoors and outdoors, please dress accordingly.



Check in: 8:45 am

Depart: 9 am

Return: 1:30 pm

Transportation: Senior Center Mini Bus

Cost: \$27 resident, \$31 non-resident

Includes: Trip leader, transportation, ticket

Sign-up: Begins February 16, registration deadline April 4



Dinosaur Ridge Guided Tour



MODERATE-HIGH

Registration #281170-00

Date: Monday, April 29

Join us for a guided tour of Dinosaur Ridge in Morrison. Rich in history, geology, fossils, and dinosaur tracks, our personalized tour guide will bring you back in time so see the prehistoric land we live in today. We stop by the exhibit hall before we head to lunch. Lunch in Morrison at the Red Rocks Grill after our tour. Cost of meal on your own, \$13 - \$18.

Check-in: 10:15 am

Depart: 10:30 am

Approx. Return: 5 pm

Cost: \$30 resident, \$35 non-resident

Transportation: Senior Center Mini Bus

Includes: Trip leader, transportation, and venue entry

Sign-up: Begins February 16, registration deadline April 22



Buell Theatre – The Cher Show



Registration #281171-00

Date: Saturday, May 4

For six straight decades, only one unstoppable force has dominated popular culture—breaking down barriers, pushing boundaries and letting nothing and no one stand in her way. THE CHER SHOW is the Tony Award®-winning musical of her story, and it's packed with so much Cher that it takes three women to play her: the kid starting out, the glam pop star, and the icon. THE CHER SHOW is 35 smash hits, six decades of stardom, two rock-star husbands, a Grammy®, an Oscar®, an Emmy®, and enough Tony Award-winning Bob Mackie gowns to cause a sequin shortage in New York City, all in one unabashedly fabulous new musical that will have audiences dancing in the aisles.

Check-in: Noon
Depart: 12:15 pm
Approx. Return: 5 pm
 Cost: \$93 resident, \$99 non-resident
 Transportation: Coach Bus
 Includes: Trip leader, transportation, ticket
 Sign-up: Begins February 16, registration deadline April 26

U.S. Olympic Training Center and Museum Colorado Springs



Registration #281172-00

Date: Thursday, May 9

Take a guided tour through the U.S. Olympic 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 am
Depart: 9:15 am
Approx. Return: 5:30 pm
 Cost: \$82 resident, \$88 non-resident
 Transportation: Coach Bus
 Includes: Trip leader, transportation, ticket
 Sign-up: Begins February 16, registration deadline May 2

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

AAIR COMMUNITY OUTINGS

The AAIR Community Outings focus on exploring and supporting the local Longmont community. The goal of AAIR Community Outings is to ensure that everyone has equal opportunity to experience the community that they live in.

AAIR Community Outing – Longmont Museum



Registration #281180-00

Date: Monday, March 11

Check-in: 9:30 am

Depart: 9:45 am

Approx. Return: 12:30 pm

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

Transportation: Senior Center Mini Bus

Includes: Trip leader, transportation, and ticket into museum

Sign-up: Begins February 16, cancel by March 4 for a full refund.

Enjoy Picturing the West: Masterworks of American Landscape Photography exhibit at the Longmont Museum. A carefully curated collection features exceptional mammoth-plate photographs by iconic figures like Carleton Watkins, William Henry Jackson and Eadward Muybridge, alongside a companion exhibit of rarely seen works by female photographers and photographers of color from the same era.

AAIR Community Outing – Crackpots



Registration #281181-00

Date: Friday, April 19

Check-in: 10:30 am

Depart: 10:45 am

Approx. Return: 12:30 pm

Cost: \$26 resident, \$29 non-resident

Transportation: Senior Center Mini Bus

Includes: Trip leader, transportation, cost of class

Sign-up: Begins February 16, cancel by March 4 for a full refund.

Join AAIR as we head to Crackpots to be artists for the day! Personally select a piece and your colors then design it all on your own!

All materials are included in the price.



Longs Iris Garden Self-Guided Walking Tour



Registration #281173-00

Date: **Wednesday, May 15**

Come visit one of the most beautiful springtime gardens in Boulder County. Longs Iris Garden displays acres of stunning iris in bloom. Bring cash to purchase and dig up bulbs to take home. We stop at BJ's at the 29th Street mall for lunch, cost of meal is on your own between \$13-\$26.

Check-in: 10:15 am

Depart: 10:30 am

Approx. Return: 3 pm

Cost: \$18 resident, \$21 non-resident

Transportation: Senior Mini bus

Includes: Trip leader and transportation

Sign-up: Begins February 16, registration deadline May 8

Rambler Ranch



Dates: **Thursday, May 23** Registration #281174-00

Thursday, May 30 Registration #281174-01

Rambler Ranch is a sweet trip into the past and an amazing hidden gem for everyone especially car enthusiast. Lots of Nash Ramblers and hundreds of vehicles from the early 1900's through the 80's. Not only are there cars but appliances and collectables from years gone by. Join us for this nostalgic tour. Box lunch is provided, please indicate your choice of sandwich when you register.

Check-in: 9:15 am

Depart: 9:30 am

Approx. Return: 4 pm

Cost: \$49 resident, \$56 non-resident

Transportation: Senior Center Mini Bus

Includes: Trip leader, transportation, ticket, and box lunch

Sign-up: Begins February 16, registration deadline May 16 and May 23, respectively

VOLUNTEER OPPORTUNITIES



Senior Services has been very fortunate to receive a landslide of volunteer applications post-pandemic. At this time, we are not accepting new volunteer applications. Check with us again in Summer of 2024!

Computers & Technology

SCTC VOLUNTEERS are NEEDED:

New coaches and instructors to assist with computer and technology education and assistance are needed. Please consider sharing your time and knowledge with other older adults in this volunteer peer-to-peer program.

Visit bit.ly/volunteersctc 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 **Theresa**. 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 **Chris Baker** at Via Mobility Services at 303-447-2848.

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

New exhibit: "Picturing the West: Masterworks of Landscape Photography"

January 27 - May 5, 2024

\$8 adults, \$5 students/seniors, free for members

Bask in the beauty and majesty of the Western landscape as captured by some of the most acclaimed photographers of the era in this upcoming exhibition. Featuring more than 45 historic photographs, "Picturing the West" showcases some of the most significant examples of mammoth-plate photography by renowned artists, including Carleton Watkins, William Henry Jackson, Eadweard Muybridge, F. Jay Haynes, and others. These artists' images played a significant role in shaping the American public's perception of the Western frontier. The exhibit will also explore the absence of underrepresented artists, including women photographers and photographers of color.



Law Clinic

A free, in-person, legal clinic will be held on **Tuesday, March 5, 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.

Location: Longmont Senior Center, 910 Longs Peak Ave



Watch Longmont City Council Live:

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

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 Channel 8

(Government Access Channel) or Comcast Cable Channel 16.



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. Regístrate 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 having all **3 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, \$8.00 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



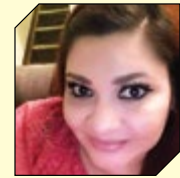
VERONICA GARCIA
303-651-8716

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.

Grief Recovery Support Group

Mondays, March 4 – April 29 (no group April 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 **March 5 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



SPRING PROGRAMS

All programs are occurring at the Senior Center unless stated otherwise. 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, February 12

— & —

Friday, February 16

from 3 - 5 pm for Trips

Trip Registration occurs in-person at the Senior Center

For hike registration info, please see page 50.

