



## SENIOR SERVICES 910 Longs Peak Ave | 303-651-8411

Offering recreation, informational programs, resource guidance, and services for those 55 years plus.

Office Hours: Monday - Friday, 8 am - 5 pm  
 Closed: May 27, Jun 19, July 4, & Sept 2  
 Maintenance Closure: Jul 22-Aug 5  
 email: [senior@LongmontColorado.gov](mailto:senior@LongmontColorado.gov)  
[LongmontColorado.gov/senior-services](http://LongmontColorado.gov/senior-services)



“GO” Catalog and Resource Guide with over 60 pages of activities and information can be found online at [www.LongmontColorado.gov/senior-services](http://www.LongmontColorado.gov/senior-services) or you may pick one up at the Longmont Senior Center or recreation centers and the library. Items listed below are just a few of the many offerings.

The catalog includes more complete information about the programs listed here. Please register in advance for all programs, classes, events, and trips.

## RESOURCES AND SUPPORTIVE SERVICES

Senior Services Division staff provides information and referral to older adults and caregivers of older persons regarding a wide array of resources and services including; housing, in home services, financial support programs, and many others.

Professional counseling staff and peer counselors provide one on one and group support.

Resource staff: **Veronica Garcia** at 303-651-8716 or **Amy Payan** at 303-774-4372  
**Melissa Losino** at 303-651-8654

Counseling staff: **Brandy Queen** at 303-651-8414  
**Kayleigh Schernbeck** at 303-774-4497

## NEW! AGING ADAPTIVE & INCLUSIVE RECREATION (AAIR)

Check out new opportunities for our aging community to be a part of something with our new AAIR program.

Who is AAIR 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. Look for the AAIR logo and section of the GO to learn more, or contact Ariana Heter, Therapeutic Recreation Coordinator at 303-651-8907.



## SUPPORT

Specific support activities are detailed in the quarterly GO catalog and often include programs such as Advanced Directives and Medicare Basics. Support groups for Grandparents raising grandchildren, Grief, and Caregivers.

## TEAM USA WEEK

The summer Olympic games are back in 2024 with the city of Paris, France, hosting from July 26 - August 11! We are excited to get our aging community in the Olympic spirit with Team USA Week running July 8 - 12 at the Longmont Senior Center.



Join us daily to celebrate this special coming together of Americans as we support Team USA with events including:

- Paralympic speaker
- Game day
- Cultural Enrichment Program - Maria, Maria & Ice Cream Social
- Trip to the U.S. Olympic Training Center
- Lecture on the history of the games and more!

For more information and additional details please visit the Senior Services website or see our Summer (June - August) 2024 GO.

For the most up to date Senior Center information, subscribe to our email newsletter by texting **SENIORCENTER** to 428258