

# THE go

Vol. 2025 No. 1 **Winter/Spring** (Jan-Apr 2025)

**see  
inside**

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

CITY OF  
**Longmont**  
Senior Services

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

[www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)  
vea páginas 38-42 en Español.



Check out our  
Sweethearts & Singles  
Sock Hop February 14!

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



**FACILITY CLOSURES:**

» January 1, January 20, February 17

**SENIOR SERVICES STAFF**

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

**The Summer GO (May - Aug) will be available after April 1** with class and special event registration beginning on **Monday, April 7**, and Summer trip submission window from April 1-15. Trip E-Lottery will be performed on **April 18** with communication to follow to registrants on trips received/waitlisted as well as payment processes.



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

*Our* **Mission**

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

*Our* **Vision Statement**

Longmont - a community in which we all age well.

**FACILITY HOURS**

**Monday - Thursday 8 am - 8 pm;  
Friday 8 am - 5 pm; Saturday 8 am - Noon**

The Longmont Senior Center has expanded our hours! Be on the lookout for the throughout the Winter Spring GO denoting new opportunities as part of our hours expansion. Supportive services will also be available during evening hours beginning this fall. For counseling or caregiver consultations, please call Kayleigh Schernbeck at 303-774-4497. For resource navigation or financial assistance, schedule an appointment with a resource specialist through our front desk at 303-651-8411.

**TABLE OF CONTENTS**

Arts & Creative Pursuits	13
Community News	79
Computers & Technology	14
Drop-in Programs, Groups, & Clubs	6
Exercise & Fitness	51
Friends of the Longmont Senior Center	4
General Information	1
General Interest	21
Health and Wellness Programs	43
History & Science	30
Humanities & Cultural	35
Información y Programas en Español	38
Resource & Supportive Services Guide	R1
Special Events & Cultural Enrichment Programs	11
Sports and Outdoors	59
Telephone Referral Sheet	76
Trips & Travel	63
Volunteer Opportunities	77

## GETTING INVOLVED: PARTICIPATION & REGISTRATION INFORMATION

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

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

#### PARTICIPATION IN GENERAL:

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

Summer Programs  
are Subject to Change  
Registration for activities begins  
**Monday, April 7**

**Trip Registration Submission Window: April 1-15.**  
Trip E-Lottery will be performed by staff on **April 18** with communication to follow to registrants on trips received/waitlisted as well as payment processes. You can register for trips online or via phone after **April 22**.

#### Need help with online registration?

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



### You're Invited to Lunch!

**Monday - Friday,  
11:30 am - Noon**

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

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



#### Weather Activity Cancellation Information



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

Written and published by the Division  
of Senior Services, City of Longmont.  
**910 Longs Peak Avenue, Longmont, CO 80501**  
**Phone: 303-651-8411 | Fax: 303-651-8413**  
[www.LongmontColorado.gov/senior-services](http://www.LongmontColorado.gov/senior-services)  
Regular Operating Hours: M-TH 8am-8pm; F 8am-5pm;  
SAT 8am-Noon

Para información en español llame al 303-774-4452

**Registration**

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

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

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

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

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

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

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

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

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

If customers need to withdraw from an offering, please let our team know as soon as possible by contacting our Front Desk at 303.651.8411. This will allow for an additional space for someone else to register from our waitlist.

**Refunds/Account Credit will be Provided Based on the Following Situations:****Cancellation request is made prior to the designated registration deadline.**

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

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

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

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

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

**No Show Policy** Due to the popularity of our offerings, customers not showing up ("no-show") for a class or program they have registered for takes a space away from someone else and will be counted as 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** Our trips are extremely popular and to ensure both equity as well as functionality, trip registration is performed via an e-lottery. Submit your trip registration preference sheet to our front desk. You will be entered into the lottery for trips requested and receive a receipt confirming your submission. Be sure to note if you are travelling with a companion and include this companion's phone number on your registration sheet. 1 companion allowed per registrant.

At the completion of the submission window, our registration software will perform a lottery for each designated trip on December 18. Trip registrants will be emailed on December 20 identifying which trips they received, and which they are waitlisted for. If you do not utilize email, please call or stop by our front desk after December 23 to acquire information on which trips you have received and which you are waitlisted for. *Payments for January/February trips are due January 10, with payment for March/April trips due by March 1.*

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

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

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

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

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

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

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

**Winter Spring Snowshoe Hike** Registration (Feb-Mar) and **AAIR and Adventure** Registration (Apr) will be completed via our e-lottery. **Winter/Spring Snowshoe and Hike with a Naturalist** submission sheets can be turned in to our front desk from December 30 - January 10, with communication to follow to registered/waitlisted hikers by the end of the day on Wednesday, January 15 via email. You can register online or over the phone beginning on January 27. **AAIR and Adventure Hike** Registration e-lottery submission will run March 3 - 14, with communication to follow on hikes received via email by March 19.



## 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.

# Friends

OF THE LONGMONT SENIOR CENTER

FUNDING OUR FUTURE.



FRIENDS OF THE LONGMONT SENIOR CENTER

## FROM THE FRIENDS

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

### 2024 Friends Board Members:

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

Dear Friends,

Globally communities are experiencing an explosion in their 60+ populations. For strategic planning purposes, Boulder County Area Agency on Aging (AAA) began looking at how to address the needs of Boulder County's growing senior population as far back as 2010 when it conducted the first Community Assessment Survey of Older Adults (CASOA). The AAA followed the 2010 report with surveys in 2014, 2018 and most recently in 2024, with its recent projections that the 60+ population is expected to grow by 58% and the 80+ population is expected to grow by 244% by 2050. The June 2024 Aging Well in Boulder County report contains an amazing amount of relevant information about seniors in Boulder County and the City of Longmont (copies available at the Longmont Senior Center).

The good news is, of the seniors surveyed, 87% felt Longmont was an excellent/good place to live and 90% felt that the quality of life in Longmont was excellent/good. We believe the Longmont Senior Center contributes to that high rating. For nearly 50 years, the Longmont Senior Center has been a trusted place for activities, resources and support for seniors and those caring for older adults. And for most of that time, the Friends of the Longmont Senior Center has partnered with the Longmont Senior Center to enhance its ability to promote dignity, wellness, independence, enjoyment, community and a sense of purpose for Longmont older adults.

In 2023 more than 88,000 guests passed through our doors to enjoy the benefits of that partnership and specifically to take advantage of the funds provided directly by the Friends to the Longmont Senior Center. Over the years, the Friends has supported facility expansions, a variety of recreation and social programs, the creation of new programs, scholarships for exercise, wellness and other activities, short term staffing to initiate and temporarily maintain programs until sustainable funding was secured, and helped establish the Last Resort Fund – the place to go for help when there's nowhere else to go.

This Fall, the Friends will launch its annual fundraising campaign. If you are a current Friends donor, please watch for that letter to arrive soon. If you are a first time donor, you can complete a Friends of the Longmont Senior Center donation envelope that you will find at the front desk, or make an online donation by visiting [www.FriendsLongmont.org/donate](http://www.FriendsLongmont.org/donate). With your support, we can continue to create more opportunities for Longmont seniors!

Remember – *“what's good for seniors is good for us all.”*

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



# THANK YOU!

## 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.*

Susan Alling

Sandra Van Landschoot

Marjorie Logan

Longmont City Employees

Sarah Jane Snyder

George Forgue

Ray Lanyon Fund Grant

Daniel Booth

Sunshine Club (Mary Wiley)

Rachel Penrod

Betsy and Kenneth Davis

Thorne Nature Experience

### GIFTS IN MEMORY OF:

Steven Craig

Jerry Schmidt

Joseph Gonsalves

### GIFTS IN HONOR OF:

Sarah Jane Snyder

Supportive Services



## A Grand *Thank You...*

- To our **Senior Center Tech Connect (SCTC) volunteers** for 25 years of exceptional service.
- To our **Knit & Purl** group for making over 400 items by hand to donate to those in need in our community.
- To the **Friends of the Longmont Senior Center** for supporting the purchase of new furniture in our lobby.
- To **Meals on Wheels** and their supporters for all of the free meals provided to older adults in 2024.
- To the **City of Longmont Recreation team** for helping to provide transportation for offsite excursions when unexpected maintenance was needed on Senior Services vehicles.

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

# Animals

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

## Bailes de Mi Tierra

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

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

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

## Billiards – 6 Great Tables

\$1 donation suggested for play

**Monday-Thursday 8 am - 7:45 pm** 🕒

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

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

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

## Bowling for Seniors

**Tuesdays & Wednesdays at Centennial Lanes.**

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

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

## Bridge (Open)

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

New players are welcome to join. Partners are not required for this 'party' bridge game. Experience playing bridge is required, but players can be at any level. We are

a friendly group and a great place to meet local bridge players. Players rotate through tables and play with many people during each session. If you have questions call, **Bea Wright** 720-480-8384 or arrive at 12:15pm ready to play.



## Bridge - Duplicate Bridge

**Wednesdays, 1 – 4:30 pm**

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

## Canasta

**Mondays, 1 – 4:30 pm**

Leaders: **Bill and Jean Bradley**, 303-772-9804 or email: Billb111@att.net  
Mainly play Hand and Foot Canasta - players welcome!

## Coffee Nook in the Lobby

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



## Coffee with Leadership

**Fridays, January 24, February 28, March 28, April 25, 9 - 10 am**

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



## Computers for Public Use

Two public access computers with a black and white printer are available on a first-come, first-served basis. Time is limited to 30 minutes, and a guest pass is required and available at the Front Desk. Printing of the first five pages is free, then 10¢ per page after that, payable at the front desk. Computer room hours are **Monday - Thursday 8:15 am - 7:45 pm**  
**Friday 8:15 am - 4:45 pm**  
**Saturday 8:15 - 11:45 am**

## Creative Stitches Drop-in Handwork Group

**Fridays, 1 – 4 pm**

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

## Current Events

**Tuesdays, 10:15 - 11:30 am**

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



## Dulcimer Group - Singin' Strings

**2nd & 4th Thursdays, 2 – 3:30 pm**

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



## "Eyes on Longmont" Video/Film Club

**Mondays, 9:30 - 11 am**

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

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



See page 25 for dates when we are showing our productions.



## Euchre Card Game

Tuesdays, 6 - 8 pm

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

## Friday Citizens Open Forum

Fridays, 1:30 - 4 pm

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

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

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

## Friends

OF THE LONGMONT SENIOR CENTER

## Friends of the Longmont Senior Center, Inc.

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

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

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

## German Language Conversation Group

Thursdays, Noon - 1:30 pm

Sprechen Sie  
Deutsch?

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

## Knit and Purl

Wednesdays, 9 - 11 am

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

## Lap Robes

Tuesdays, 8:15 - 10:30 am

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

## LGBTQ+ Supper Club/Teatime

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



## Library (Senior Center)

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

## LoCoMotives Band

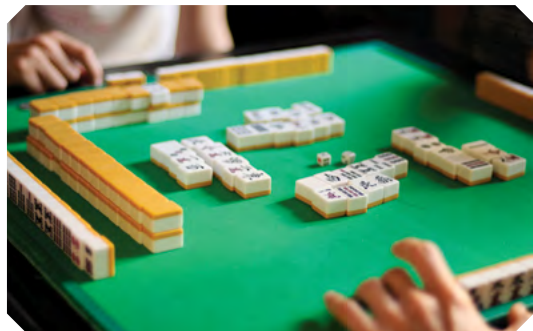
**Mondays, 9:45 - 11:45 am**

This group performs regularly at senior residences and organizations in the community. Traditional and home-made instruments are welcome. The ability to read music is preferred. If you are interested in auditioning for the group, contact: **Garry Holcomb** at gholcomb7@gmail.com or **Pat O'Connor** at p.a.oconnor@icloud.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.

**Open Mic Night** » See page 13

## 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 59



## 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.



## Scrapbooking & Paper Crafts

**Wednesdays, 9 am - Noon**

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

## Senior Citizens Advisory Board

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

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



**DROP-IN**  
PROGRAMS,  
GROUPS & CLUBS



## Shuffleboard

**Thursdays, 8:30 – 10:30 am**

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

## Spanish Conversation Group

**Fridays, 1:30 – 3 pm**

Whether you are a native Spanish speaker or have otherwise learned to communicate in Spanish, you are invited to spend time in casual conversation while developing cross-cultural friendships. This is an opportunity to improve your conversational Spanish skills through friendly, active practice. We will exchange occasional, constructive feedback as we learn from one another; there is no formal instruction. Since this is a drop-in group, the number of participants each week can vary. Contact **Jeanette** at JeanetteBWalters@gmail.com for more information.

## Spanish Chorus Group - Canciones de Mi Tierra

**Mondays, 1 – 2:30 pm**

**January 13, 27, February 10, 24,  
March 10, 24, April 7, 21**

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

## Support Groups

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

## Table Tennis » see page 59

**Mondays, 5:30 - 7:45 pm** 🕒

**Wednesdays and Fridays, 9:45 - 11:30 am**

## Texas Hold 'Em

**Thursdays, 1:30 – 4:30 pm**

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

## How to Hold Em Class

Registration #185503-00

**Thursday, January 30, 10 - 11:30 am**

**Registration Deadline: January 23, 2025**

## NEW! Thursday Online Gaming

**Thursdays, 1 – 2 pm**

From the comfort of your home, join in to play games, exercise your brain, make some new friends, and have fun. On Thursday afternoons online via Zoom we play Trivia, Scattegories, or Pictionary. Using your computer, tablet, or phone you can join in the fun. You will receive an email reminder Zoom Invite each week.

For more information and to sign-up, contact **Beverly Schrenk** at 303-229-7547.

## Woodcarving

**Fridays, 8:15 – 11 am**

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

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



## 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.*



## CULTURAL ENRICHMENT PROGRAMS - CEPs

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

**Friends**  
of the LONGMONT SENIOR CENTER

### The Puzzler! - CEP

Registration #183100-30

**Date: Thursday, January 30**

**Time: 2 - 4 pm**

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

**Registration Deadline: January 20**

Are you ready for a puzzle-off?! While there may be a chill outside, you'll feel the heat inside as teams compete to complete their puzzles with the fastest team (or team completing the most of pieces of their puzzle) taking home our top prize. Sign up in either teams of 2 or 4 participants, with teams of 2 competing on a provided 250-piece puzzle and teams of 4 competing on a provided 500-piece puzzle over the 2 hours of the competition. "Piece" your teams together and get ready to feel "complete" following this fun and fierce competition!



### Sweethearts & Singles

#### Sock Hop - CEP

Registration #183200-14

**Date: Friday, February 14**

**Time: 2 - 4 pm**

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

**Registration Deadline: February 7**

Lively music sets the stage for sweethearts and singles to celebrate the era of rock 'n' roll, poodle skirts and soda shops. Have a blast with friends old and new as we highlight the days of the fabulous 50s. Theme attire encouraged! Enjoy old fashioned root beer floats and the outstanding music featuring the Responders Oldies band. The band is a delightful 3-piece vocal band featuring guitar and percussion, all three members; Rick Nelson, Sam Rangell and Wayne Henggeler are seasoned musicians each lending their talents to create beautiful sounds of music from the 50's and 60's. Thank you Friends of the Senior Center for sponsoring this event.

### Get Acquainted

Registration #183900-00

**Date: Thursday, February 6**

**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.

### It's Back! Speed Dating

Registration #183100-28

**Date: Friday, February 28**

**Time: 1 - 4 pm**

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

**Registration Deadline: February 14**

Love knows no age and we are excited for the potential to create new connections with our Speed Dating event! Speed dating is all about meeting new people in a relaxed and friendly environment for singles age 55+. Participants will go on mini-speed dates with other attendees in hopes of finding a connection and if the feeling is mutual, match information will be provided to both parties to take it from there. Space is limited! For more information please call 303-651-8495.

### The Lillie Livers and Friends - CEP

Registration #183600-20

**Date: Thursday, March 20**

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

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

**Registration Deadline: March 13**

Join us for an eclectic array of Scottish Celtic (Cape Breton style), Irish. Old time, Americana, contra dance, blue grass, and original tunes on fiddle, mandolin, and guitar. Learn about their origins and who wrote the tunes. Come clap your hands, tap your feet, dance and enjoy.



**SPECIAL EVENTS**  
AND CULTURAL  
ENRICHMENT PROGRAMS



## Virtual Dementia Tour

**Date:** Fridays, April 4 and 11

**Time:** 10 am - Noon

**Cost:** Free, please register in advance with Brandy at 303-651-8414 for a specific date and time.

**Registration Deadline:** April 1 and 8, respectively

Join us for the Virtual Dementia Tour®, an immersive experience that helps to demonstrate common sensory and tactile symptoms within dementia. The Virtual Dementia Tour is research-based and incorporates patented sensory tools. Professional and family caregivers have said that the experience is transformative and helps them to better understand what it is like to live with dementia. Each participant will be scheduled for a 20 minute experience followed by debriefing.

## Birds of Prey - CEP

Registration #183400-00

**Date:** Friday, April 11

**Time:** 1 - 3 pm

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

**Registration Deadline:** April 4

Birds of prey are a group of birds characterized by keen vision, sharp beaks, and sharp talons. This allows them to catch prey, from insects to large mammals. Learn how to recognize birds of prey, including hawks, eagles, and falcons in the skies above Boulder County. Tips will be shared on how to distinguish among different raptors by identifying field marks, behavior, location, and time of year. Also, discover the habitat requirements and ecology of these magnificent birds. Seats are limited for this event!

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

## INCOME TAX AND REBATE PREPARATION 2025

CITY OF  
**Longmont**  
Senior Services

The City of Longmont Senior Services is excited to be partnering again this year with AARP for TCE (Tax Counseling for the Elderly). The sponsored program provides free income tax preparation and electronic filing of federal and Colorado tax returns. This is the only free, in-person option in Longmont we are aware of at this time for ages 55+. In addition, our Supportive Services staff will be compiling an informational handout with additional filing options.

- » The AARP program focuses on those age 50+ with low to moderate income. These weekday appointments are designed for simple tax returns such as those with retirement income - complex tax issues are beyond the scope of this service. **Appointment lines will open on January 21.**

### TCE sites

**Tuesdays at Lashley Street Station | 1200 Lashley Street**

**Thursdays at Longmont Senior Center | 910 Longs Peak Avenue**

**February 4 to April 10, Tuesdays and Thursdays by appointment only, call 303-774-4429.**

You can make an appointment online at <https://cotaxaide.org> or for a recorded message including general information and appointment requests, please call 303-774-4429 **beginning on January 21.**

Please make your appointment as early as possible as available times fill up quickly per history. If you have broker statements (1099B or K-1) we recommend that you request a March appointment to allow time for the receipt of those statements. When you call for an appointment, please leave your name and a good phone number for us to reach you.

For information on tax preparation sites that are located outside of Longmont, or for more information on the VITA program, visit [www.ColoradoVITA.org](http://www.ColoradoVITA.org). Longmont residents can visit any site in CO.

## Creative Card Making

**Dates:** **Monday, January 27**  
Registration #185400-01

**Monday, February 24**  
Registration #185400-02

**Monday, March 17**  
Registration #185400-03

**Monday, April 21**  
Registration #185400-04

**Time:** 2 – 4 pm

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

**Registration Deadline:** **January 20, February 17, March 10, April 14 respectively**

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

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



## Open Mic Night

**Date:** **Wednesdays, January 29, February 26, March 26, April 30**

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

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

Come play a song, recite a poem, or do bird calls! Open Mic is an opportunity to show your musical or other talents. Bring your own instrument and sign up to perform or just come to listen! If you are interested, sign up onsite or email **Phil** at [openmicatthescc@gmail.com](mailto:openmicatthescc@gmail.com) by 5 pm.

## ART CLASSES WITH DONNA CLEMENT

### Studio Time with Donna Clement

Registration #185402-01

**Dates:** **Mondays, January 6, 13, 27**

**Cost:** \$33 resident, \$38 non-resident

Registration #185402-02

**Dates:** **Mondays, March 10, 17, 24, 31**

Registration #185402-04

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

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

**Cost:** \$44 resident, \$51 non-resident

**Registration Deadlines:** **December 30, March 3, March 31 respectively**

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

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

### New Color Theory Workshop

Registration #185402-03

**Day:** **Wednesday, April 16**

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

**Cost:** \$44 resident, \$51 non-resident

**Registration Deadline: April 9**

Color Theory has changed for the better. The color wheel you learned in school is incorrect. We will be using the CMY color wheel (Cyan, Magenta, & Yellow), instead of Blue, Red, & Yellow. Color theory is an important part of creating anything involving color, whether you are painting, drawing, sewing, knitting, crocheting, or painting your house. You will learn about, cool and warm colors, color harmonies such as complementary colors, analogous colors, triadic colors, and monochromatic colors. You will learn the difference between value, hue and chroma. But most of all you will learn how to mix all colors using the 3 primary colors of acrylic paint. **\$5 Supply fee paid to instructor during first class.**







## A Peer-Peer Technology Learning Community

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

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



### IN-PERSON AT THE SENIOR CENTER

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

### ONLINE VIA ZOOM

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

### PERSONAL COACHING

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

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

### WHAT'S NEW AT SCTC: [longmontSCTC.org](http://longmontSCTC.org)

- Our SCTC website contains a new WiKi section with instructions and step-by-step tutorials for some of our most frequently requested help topics.
- Our SCTC YouTube channel contains video lectures and tutorials on the latest hot topics.
- Thursday Online Gaming: see page 10 for details.
- Evening Lectures at the Senior Center:
  - » On March 4: Password Managers – A Beginner's Guide
  - » On April 1: Apple iCloud Essentials

### COSTS

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

### HOW TO CONTACT SCTC

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




### SCTC VOLUNTEERS ARE NEEDED:


Visit [bit.ly/volunteersctc](http://bit.ly/volunteersctc) or call the Senior Center for more information at 303-774-3533

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

## SCTC ACTIVITIES

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

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

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

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

Topic	Registration	Dates	Times	Location	Res/Non Res
Senior Center Tech Lab	Drop-in	Friday Jan 3	1 – 3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	182001-1A 182001-1B	Monday Jan 6	9:30 – 10:30 am 11 am – Noon	Senior Center	\$2.00 \$3.00
iPhone Settings	182009-09	Thursday Jan 9	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Jan 10	1 – 2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday Jan 14	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
iPhone Texting Tips & Tricks	Online	Wednesday Jan 15	10 – 11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Jan 15	1:30 – 3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Jan 17	1 – 3 pm	Senior Center	\$2.00 \$2.00
Organizing Photos on iCloud (Mac & PC)	Online	Tuesday Jan 21	10 – 11:30 am	Zoom	Free
What's New on Your Mac?	182009-23	Thursday Jan 23	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Jan 24	1 – 2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday Jan 28	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
Mac Backup Strategies	Online	Wednesday Jan 29	10 – 11:30 am	Zoom	Free
Demystify Artificial Intelligence	182009-30	Thursday Jan 30	4:00 – 6:00 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Jan 31	1 – 2:30 pm	Zoom	Free
Cell & Smartphone Tutoring	182002-1A 182002-1B	Monday Feb 3	9:30 – 10:30 am 11 am – Noon	Senior Center	\$2.00 \$3.00
Staying Cyber Safe in Cyber Space	182009-04	Tuesday Feb 4	2:00 – 4:00 pm	Senior Center	\$2.00 \$3.00
Learning About Chromebooks	Online	Wednesday Feb 5	10 – 11:30 am	Zoom	Free
Microsoft Word Hands-on Workshop	182009-06	Thursday Feb 6	9 – 11 am	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Friday Feb 7	1 – 3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Feb 11	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00





## SCTC ACTIVITIES

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

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

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

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

Topic	Registration	Dates	Times	Location	Res/Non Res
Windows 10 Is Going Away – Now What?	182009-13	Thursday Feb 13	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Feb 14	1 – 2:30 pm	Zoom	Free
Get To Know Your Apple Watch	Online	Wednesday Feb 19	10 – 11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Feb 19	1:30 – 3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Feb 21	1 – 3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Feb 25	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
Using AI to Find Stuff on the Internet	182009-27	Thursday Feb 27	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Feb 28	1 – 2:30 pm	Zoom	Free
Cell & Smartphone Tutoring	182003-1A 182003-1B	Monday Mar 3	9:30 – 10:30 am 11 am – Noon	Senior Center	\$2.00 \$3.00
Password Managers – A Beginners Guide	182009-03	Tuesday Mar 4	6:00 – 8:00 pm	Senior Center	\$2.00 \$3.00
Mastering the Chrome Browser	Online	Wednesday Mar 5	10 – 11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Mar 7	1 – 3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Mar 11	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
Cybersecurity Fundamentals	182009-11	Tuesday Mar 11	4:00 – 5:30 pm	Senior Center	\$2.00 \$3.00
Microsoft OneDrive	182009-14	Thursday Mar 13	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Mar 14	1 – 2:30 pm	Zoom	Free
Cell & Smartphone Tutoring	182003-2A 182003-2B	Monday Mar 17	9:30 – 10:30 am 11 am – noon	Senior Center	\$2.00 \$3.00
Apple Device Accessibility	Online	Wednesday Mar 19	10 – 11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Mar 19	1:30 – 3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Mar 21	1 – 3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Mar 25	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00





Topic	Registration	Dates	Times	Location	Res/Non Res
Password Management	182009-28	Thursday Mar 27	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Mar 28	1 – 2:30 pm	Zoom	Free
Apple iCloud Essentials	182009-01	Tuesday Apr 1	6:00 – 8:00 pm	Senior Center	\$2.00 \$3.00
AI: What's Hype & What's Real?	Online	Wednesday Apr 2	10 – 11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Apr 4	1 – 3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	182004-1A 182004-1B	Monday Apr 7	9:30 – 10:30 am 11 am – Noon	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Tuesday Apr 8	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
Windows 10 Round Table	182009-10	Thursday Apr 10	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Apr 11	1 – 2:30 pm	Zoom	Free
Android & PC Photo Management	Online	Wednesday Apr 16	10 – 11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Apr 16	1:30 – 3:30 pm	Zoom	Free
Cell & Smartphone Tutoring	182004-2A 182004-2B	Monday Apr 21	9:30 – 10:30 am 11 am – Noon	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Tuesday Apr 22	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
Android Settings	182009-24	Thursday Apr 24	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Apr 25	1 – 2:30 pm	Zoom	Free
Organizing Photos on Your iPhone/iPad	Online	Wednesday Apr 30	10 – 11:30 am	Zoom	Free

## Genealogy Research Workshop

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

**Dates:** Wednesdays, January 15, February 19, March 19, April 16

**Time:** 1:30 – 3:30 pm

**Cost:** Free

**Location:** Online/Zoom

**Registration Deadline:** January 8, February 12, March 12, April 9 respectively

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 23 for additional Genealogy activities.



## SCTC ACTIVITIES DESCRIPTIONS

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

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

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

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

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

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

### Android & PC Photo Management

Learn how to manage and organize your photos on both Android and PC. We'll cover essential tools for sorting, backing up, and syncing your images across your devices. Discover efficient methods for creating albums, editing photos, and ensuring that your memories are stored safely and accessible wherever you are. Perfect for keeping your digital library organized! **Presented by: Tim Morneau.**  
**Location: Online.**

### Android Settings

Join us for a practical guide to mastering Android settings. In this session, we'll explore how to customize your phone's settings to improve functionality and security. From managing notifications and optimizing battery life to controlling privacy settings and storage, learn how to get the most out of your Android device with easy-to-follow tips and tricks.  
**Presented by: Dick Sramek.**  
**Location: Longmont Senior Center.**

### Apple Device Accessibility

Explore the powerful accessibility options available on Apple devices in this session. We'll dive into features like VoiceOver, Magnifier, hearing assistance, customizable gestures, and more, designed to make iPhones, iPads, and Macs more user-friendly for everyone. Learn how to personalize these settings to enhance usability for visual, hearing, and mobility needs across all Apple devices. **Presented by: John Pillmann.**  
**Location: Online.**

### Apple iCloud Essentials

People with Apple Devices (iPhone, iPad, Apple Watch, Mac computer) know how well everything "just works." The reason is Apple iCloud and how everything is magically synced. This session will cover the basics of iCloud—it securely stores and backs up your photos, contacts, and files across your Apple devices. Discover how to enable iCloud, manage storage, and use key features like iCloud Drive, Photos, and application integration. We'll also cover the management of iCloud storage, including strategies for optimizing space across multiple devices. **Presented by: Bobski Masson.**  
**Location: Longmont Senior Center.**

### Cell & Smartphone Tutoring

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

### Cybersecurity Fundamentals

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.  
**Presented by: SVVSD Innovation Center Students.**  
**Location: Longmont Senior Center.**

### Demystify Artificial Intelligence (AI)

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. **Presented by: SVVSD Innovation Center Students.** **Location: Longmont Senior Center.**



## Get to Know Your Apple Watch

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

## 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 18—the latest release for your iPhone.

**Presented by: Bobski Masson.**

**Location: Longmont Senior Center.**

## iPhone Texting Tips & Tricks

Join us for a practical session on iPhone texting. We'll walk through setting up your device, managing notifications, and customizing your texts. Learn helpful tips and tricks, explore key features like texting your Android friends, and discover how to make texting more fun. Perfect for anyone looking to enhance their iPhone messaging experience. **Presented by: Bobski Masson.**

**Location: Online.**

## Learning About Chromebooks

Learn the essentials of using a Chromebook in this practical class! We'll cover everything from setting up your device to managing files, using Google Drive for backups, and optimizing performance. Whether you are new to Chromebooks or looking to enhance your skills, this session will help you get the most out of your device.

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

## Mac Backup Strategies

Join our lecture to learn essential backup strategies for macOS and iPhone! We'll cover best practices for safeguarding your data using iCloud, Time Machine, and external drives. Discover how to automate backups, manage storage, and recover data effectively. Ideal for anyone looking to protect their devices and ensure seamless data recovery.

**Presented by: Dan More. Location: Online.**

## Mastering the Chrome Browser

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.**

## Microsoft OneDrive

Learn how to make the most of Microsoft OneDrive in this comprehensive session. We'll cover everything from setting up and syncing your files across devices to organizing, sharing, and collaborating in real-time. Discover tips for managing storage and ensuring secure access to your data from anywhere—perfect for optimizing both personal and professional file management.

**Presented by: Charlie Straley.**

**Location: Longmont Senior Center.**

## Microsoft Word Hands-on Workshop

This is a hands-on workshop designed to assist those currently using Microsoft Word to create and edit documents. If you use Microsoft Word for writing, editing, or formatting and you are facing issues or challenges, this workshop is perfect for you. Prerequisites: You should have Microsoft Word 2017 or later installed on a laptop, with a document you are currently working on or want to edit. This is a participation-based workshop, not a formal class. So please bring specific questions/challenges.

**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)

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

**Location: Online.**





## Organizing Photos on Your iPhone/iPad

Discover powerful tools built into your iPhone/iPad to organize and manage your photo collection. We will cover features like photo albums, facial recognition, geotagging, and automatic categorization, along with simple tips for organizing your library. Learn how to quickly sort, search, and share your memories without the hassle of manual organization, while using some AI enhancements for efficiency.

**Presented by: Bobski Masson. Location: Online.**

## Password Management

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

## Password Managers – A Beginner’s Guide

Unlock your digital peace of mind! Join this introduction to Password Managers class, where you will learn to safely store, manage, and retrieve your passwords with ease. Simplify your online life and enhance your cybersecurity—no tech skills needed! Participate in live product demos and engage in in-depth conversations about this powerful tool. **Presented by: North Rittner. Location: Longmont Senior Center.**

## Senior Center Tech Lab

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

## Staying Cyber Safe in Cyber Space

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

## Using AI to Find Stuff on the Internet

Discover how search engines work and how Artificial Intelligence (AI) is transforming them. We’ll explore the evolution of search engines, their essential features, and the role they play in finding information online. Learn about the latest AI advancements in search technology and how they enhance accuracy, personalization, and efficiency. We’ll also discuss privacy concerns and data sharing. **Presented by: Bobski Masson. Location: Longmont Senior Center.**

## What’s New on Your Mac?

Approximately once a year, Apple releases a new version of the Mac operating system (macOS). In this class, we’ll talk about what’s new in macOS “Sequoia,” which came out in September 2024. We’ll look at features like iPhone mirroring, new Safari tools, and messaging options. We’ll also talk about the new password management system and all the new windows tiling options. **Presented by: Bobski Masson. Location: Longmont Senior Center.**

## Windows 10 is Going Away—Now What?

With Windows 10 support ending, it is time to explore your next steps. In this session, we’ll discuss options like upgrading to Windows 11, switching to alternative operating systems, or considering a cloud-based solution. Learn about the pros and cons of each path to make an informed decision about your technology’s future. Perfect for all skill levels. **Presented by: Bruce Armstrong. Location: Longmont Senior Center.**

## Windows 10 Round Table

Join us in this session as we discuss the upcoming end of support for Windows 10 and explore the various alternatives available. Whether you are considering upgrading to Windows 11, switching to macOS or Linux, or trying cloud-based systems, this session will help you weigh the pros and cons of each option and find the best fit for your needs. **Presented by: Daryl Goodman. Location: Longmont Senior Center.**

## Book Club - We Be Bookin'

Registration #185500-00

**Date:** Wednesdays, January 15, February 19, March 19, April 16

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

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

**Registration Deadline:** January 8, February 12, March 12, April 9 respectively

Join our book club for a fun way to meet people and have stimulating conversations! The January 2025 book is going to be "Tell Me Everything" by Erika Krouse. At the January book discussion, the group will choose the book for February and in March for April. Space is limited. Please contact **Cecelia Jones** at 303-746-2573 for more information about this class.

## Will-Maker Legal Seminar

Registration #185501-01

**Date:** Thursdays, January 2, February 6, March 6, April 3

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

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

**Registration Deadline:** December 26, January 30, February 27, March 27 respectively

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

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

## Fun with Singing

Registration #185231-00

**Date:** Tuesdays, January 7 - March 11

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

**Cost:** \$40 resident, \$46 non-resident

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

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

## Advanced Directives

Registration #185050-13 **Thursday, February 13**

Registration #185050-10 **Thursday, April 10**

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

**Cost:** \$6 resident, \$7 non-resident

**Registration Deadline:** February 6, April 3

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



GENERAL INTEREST

## LOCKBOX PROGRAM

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

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

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



## Longmont Senior Center Trip Social - Come Get the Scoop!

### Winter - Spring Trips

Registration #181322-12

**Date: Thursday, December 5**

### Summer Trips

Registration #181322-04

**Date: Thursday, April 10**

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

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

Come see old and meet new acquaintances while we learn about all the fun and exciting trips we've got planned for the upcoming season. We'll discuss the lottery process along with details for each outing to help you decide what trips you would like to register for during the open enrollment period.

## Raise Your Vibrations

Registration #185001-08

**Session 1: Wednesdays, January 8 - 29**

**Registration Deadline: January 5**

Registration #185001-26

**Session 2: Wednesdays, February 26 - March 19**

**Cost:** \$32 resident, \$37 non-resident (4-weeks)

**Registration Deadline: February 19**

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

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

## Book Club - Blink: The Power of Thinking Without Thinking



Registration #189601-01

**Dates: Wednesdays, January 8, 22, February 12, 26**

**Time: 10 - 11 am**

**Cost:** \$15 resident, \$17 non-resident

**Registration Deadline: January 1**

Blink is a book about how we think without thinking, about choices that seem to be made in an instant – in the blink of an eye – that actually aren't as simple as they seem. Blink explores human rapid cognition, a thinking that is faster than we can realize. A thinking that operates quite mysteriously in comparison to our commonly used careful, planned, and thoughtful decision-making. Book is provided.

## Intergenerational Hand Drumming



**Dates: Thursdays**

**January 2**

**January 16**

**February 6**

**February 20**

**March 6**

**March 20**

**April 3**

**April 17**

Registration #

189604-01

189604-02

189604-03

189604-04

189604-05

189604-06

189604-07

189604-08

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

**Cost:** \$15 resident / \$17 non-resident

**Registration Deadline:** 1 week prior to class date

*\*March 20 will be located at Longmont Senior Center, Gym*

Drumming is a universal activity that can be enjoyed by everyone regardless of age, origin, talent, or ability. It is all inclusive and unites us with one common thread- The Love of The Beat!

These bi-monthly classes are designed to provide an hour of stress-free interactive drumming. It's fun and easy. Basic strikes, three-part rhythms and a pinch of drum circle activities will be facilitated by instructor **Nancy Brauhn-Curnes**.

Drumming can provide many benefits including increased focus, memory and the reduction of tension, anxiety, and stress. Most importantly, it's just plain fun! No experience or musical background is required. Drums and percussion instruments are provided.

## Sing for JOY!



**Dates: Wednesdays**

**January 8**

**January 22**

**February 12**

**February 26**

**March 12**

**March 26**

**April 9**

**April 23**

Registration #

189602-01

189602-02

189602-03

189602-04

189602-05

182602-06

182602-07

182602-08

**Cost:** \$8 resident / \$9 non-resident

**Registration Deadline:** 1 week before class date

If you enjoy singing and creating meaningful relationships, recording artist, Barbara Jo Kammer's Sing for JOY class is the perfect fit for you! Let the magic of singing with others light you up head to toe while reminiscing on memories and building connections. Join us in taking a much-needed break from your responsibilities, concerns, and worries all while finding joy in the little things. **Barbara Jo** has been harmonizing since she was just three years old and earned her master's degree in Music Therapy from Naropa University in Boulder.





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.



### Working The Censuses to Make The Most of Details

Registration #185502-00

**Date: Friday, January 17**

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

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

**Registration Deadline: January 10**

US Census' were taken every 10 years (or 5 years in some states). This every 10-year snapshot holds many clues to your ancestors' lives, beyond just names & locations. We will use several research programs to find these valuable resources to delve deeper to find more details and use them to start building your family tree.

From there, we will discuss how to use what you have learned from censuses to build details of your ancestor's life from other resources. Handouts will be provided to help you in your research.

The class is geared toward beginners but intermediate researchers are bound to pick up some tips. **This class is offered In-Person only.**

### Getting Started with Irish Research

Registration #185502-1A in-person  
#185502-1B online

**Date: Friday, February 21**

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

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

Class: In-Person and Online/Zoom

**Registration Deadline: February 14**

Irish research can be tricky, but knowing all you can about your ancestors in North America is vitally important. Success can be achieved with a wee bit of luck and a good bit of research. Learn how to build a body of knowledge that will help you jump the pond! **This class is offered In-Person and online/Zoom.** If interested joining us online, please register for the online/Zoom class and someone will email you a few days before the class with the class zoom credentials.

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

Registration #185502-03

**Date: Friday, March 21**

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

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

**Registration Deadline: March 14**

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

### Let's Do Some Research Together

Registration #185504-04 (in-person only)

**Date: Friday, April 18**

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

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

**Registration Deadline: April 11**

Can you rely on the information you find on other websites for your family tree? If not, why? What other websites should you use to research your family and document what you find? Are you in a rut using the same websites all the time? What questions do you have about how to start and continue your research, forming good habits along the way? If you want answers to any of these questions, join me for a lively discussion on how, when, where and why we should start on the right foot. **This class is offered In-Person only.** If interested joining us online, please register for the online/Zoom class and someone will email you a few days before the class with the class zoom credentials.

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

## Strategies for Job Seekers 50+

Registration #185910-00

**Date:** Wednesday, January 8

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

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

Join this workshop tailored specifically for job seekers aged 50 and over! This session focuses on the unique skills and vast experience older job seekers bring to the table, while addressing the specific challenges they face in today's job market. Learn strategies to effectively showcase your expertise, update your resume, and leverage online tools for networking. Whether re-entering the workforce or seeking a career change, this workshop will equip you with the tools to succeed. Embrace your strengths and take charge of your job search journey! **Presented by Workforce Boulder County.**

## What is Disability Etiquette?

Registration #189700-00

**Date:** Wednesday, January 15

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

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

**Registration Deadline:** January 8



In this course, you will learn the best practices and tips for engaging with people with all types of disabilities in a respectful and inclusive way. Topics included in this course includes: How to communicating effectively with and about persons with disabilities, "Person-First" language, and How to make an environment accessible for people with disabilities.

## Medicare Basics Classes

Registration #185908-01

**Date:** Tuesday, January 21

Registration #185908-04

**Date:** Saturday, April 5

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

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

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

## Social Security 101

Registration #185906-00

**Date:** Wednesday, February 5

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

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

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

## 104 PTC Clinics

**Date:** Tuesdays, February 4 - April 15 **Time:** 1 - 3 pm

**Cost:** Free

The State of Colorado and City of Longmont offer rebates for low-income individuals. **Seniors Resource Specialists** will be available during these walk-in clinics to assess for rebates and provide application assistance. Contact the front desk after the 1st of the year for a flyer containing eligibility requirements and a list of information to bring in order to complete the paperwork.



## New! Salsa Making Class/Clase de preparacion de salsa

Registration #186592-02

**Date:** Friday, February 7

**Time:** 3 - 5 pm

**Cost:** \$3 resident, \$5 non-resident

**Registration Deadline:** January 31

Get ready to elevate your taste buds with homemade salsa. In this class, we'll explore the art of salsa making, from selecting the freshest ingredients to mastering the perfect blend of flavors. Whether you prefer it mild or spicy, we've got you covered. Let's create a salsa that will be the star of your next gathering! Led by **Pina Leon**. This class is a great opportunity to learn more about the history and culture associated with salsa, and take home any leftover salsa.

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





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



**Documentary:  
The Legendary Ladies #2**

Registration #185055-10  
**Date: Friday, January 10**  
**Time: 1 - 2:30 pm**  
**Cost:** Free, please register in advance  
**Registration Deadline: January 5**

Founded in 1992, Legendary Ladies is a volunteer educational non-profit organization that promotes the history of women who made unique contributions to the West. This video features five women who performed at the Sandstone Ranch Visitor's Center.

**Producer - Patrick Bohan** (56 minutes)

**Arapaho Culture**

Registration #185055-14  
**Date: Friday, February 14**  
**Time: 1 - 2:30 pm**  
**Cost:** Free, please register in advance  
**Registration Deadline: February 7**

The Niwot Historical Society "Now & Then" Lecture Series presents "Arapaho Culture" by Fred Mosqueda. Fred is the Arapaho Language and Culture Program Outreach Specialist Coordinator for the Cheyenne and Arapaho Tribes of Oklahoma, and gives an overview of the culture and history of his people, the Southern Arapahos.



**Producer - Bill Decker** (1 hour, 19 minutes)

**Longmont's Carnegie Library - A Tale of Preservation**

Registration #185055-03  
**Date: Friday, March 14**  
**Time: 1 - 2:30 pm**  
**Cost:** Free, please register in advance  
**Registration Deadline: March 7**



Longmont's Carnegie Library was built in 1912 with a grant from Andrew Carnegie and it was the city's library for 60 years. But when it faced demolition or being moved in 1992 for a new library, local citizens organized to save the building amid a city divided despite the city's own preservation ordinance. This is a cautionary tale of what can go wrong with municipal projects and features interviews with key participants, city documents and news stories.

**Producer - Glenn Sherwood** (57 minutes)

**Behind Closed Doors: Michael Young, Mural Artist**

Registration #185055-11  
**Date: Friday, April 11**  
**Time: 1 - 2:30 pm**  
**Cost:** Free, please register in advance  
**Registration Deadline: April 4**



Join us at this April's film featuring mural artist Michael Young. Young will share his thoughts and process about creating some of his over 30 murals throughout Estes Park. His illustrations of landscape scenes, photo realizations, interiors, and children's book characters can be found on buildings and on electrical/utility boxes. When you look closely at his work, you can find hidden treasures that include Easter eggs, 'big foot' green aliens, moose and more. Young is a 40 year Estes Park resident and is also director of the Estes Park 'Catch the Glow' Christmas floats. He has responsibility for 18 – 20 floats for the parade, of which 8 to 9 are newly created each year.

**Producer - Preston Newell** (40 minutes)



**GENERAL INTEREST**



## AARP Driver Safety

Registration #185020-12

**Date: Wednesday, February 12**

**Registration Deadline: February 5**

Registration #185020-09

**Date: Wednesday, April 9**

**Registration Deadline: April 2**

**Time: 8:30 am - 1:00 pm**

**Cost:** \$20 AARP members, \$25 non-members, payable to AARP and accepted at class (cash or check only). 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 is required. Please bring driver's license, AARP card, and a pen to class.

## Death Café

Registration #185093-00

**Date: Wednesday, February 19**

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

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

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

## Artificial Intelligence Meets Genealogy

Registration #185502-2A (in-person)  
#185502-2B (online)

**Date: Wednesday, February 19**

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

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

Class: In-Person and Online/Zoom

**Registration Deadline: February 12**

This presentation explores the integration of artificial intelligence in genealogical research. The class covers AI fundamentals, its application in analyzing historical records and images, and the use

## Home Care 101

Registration #185902-00

**Date: Monday, February 24**

**Time: 1 - 2 pm**

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

Choosing home care can be overwhelming. Come learn from what home care is, what typical costs are, and how you navigate finding an agency that it is a good fit. Presented by **CarePatrol, Family Tree Cares, ForWARD Health, and Touching Hearts at Home**. There will be time for questions and answers.

## Protecting Yourself from Scams and Fraud

Registration #185214-00

**Date: Friday, March 7**

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

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 the us as we explore the world of frauds and scams and hear about the most common scams and how to prevent becoming a victim. Desiree Firle, Community Protection Specialist with the Boulder County District Attorney's Office. Within the DA's Community Protection Division, Desiree focuses on such topics as consumer protection, resolving issues between consumers and businesses, and engaging and educating the community regarding scams, fraud, and identity theft. She has over 9 years of experience working with older adults, people with disabilities, and unemployment insurance beneficiaries.

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



of AI chatbots for research assistance. Participants will also learn about AI tools from major genealogy websites, including Ancestry and My Heritage, and see practical demonstrations. The session aims to enhance genealogical research efficiency and accuracy through modern technology. Hybrid Class

## Book Club - Travelers to Unimaginable Lands: Stories of Dementia, the Caregiver, and the Human Brain



Registration #189601-02

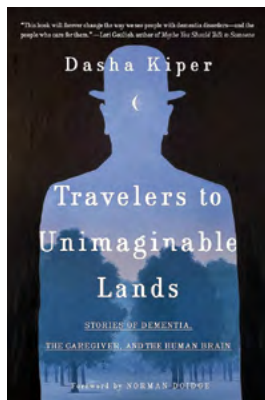
**Dates:** Wednesdays, March 12, 26, April 9, 23

**Time:** 10 - 11 am

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

**Registration Deadline:** March 5

Inspired by Dasha Kiper's experience as a caregiver and counselor and informed by a breadth of cognitive and neurological research, *Travelers to Unimaginable Lands* dispels the myth of the perfect caregiver.



In these compassionate, nonjudgmental stories of parents and children, husbands and wives, contending with dementia disorders, Kiper explores the existential dilemmas created by this disease: a man believes his wife is an impostor; a woman's imaginary friendships with famous authors drive a wedge between her and her devoted husband; another woman's childhood trauma emerges to torment her son; a man's sudden, intense Catholic piety provokes his wife.

Kiper explains why the caregivers are maddened by these behaviors, mirroring their patients' irrationality, even though they've been told it's the disease at work. By demystifying the neurological obstacles to caregiving, Kiper illuminates the terrible pressure dementia disorders exert on our closest relationships, offering caregivers the perspective they need to be gentler with themselves. Book is provided.



## Salsa Showdown/ Enfrentamiento de salsa

Registration #186592-3A Contestant  
#186592-3B Participant

**Date:** Friday, March 7

**Time:** 3 - 5 pm

**Cost:** Competitors free, Participants \$5

**Registration Deadline:** February 28

Are you sweet, spicy, or smokin'?! Show off your salsa making skills at our first annual Salsa Showdown. Competitors will make their salsa to be sampled by attendees, who will vote for their favorite salsa, and a winner will be crowned. When signing up for this event, please be sure to identify if you will be a competitor or a participant. Prizes will be awarded to the salsa receiving the most votes - may the best salsa win!

## Downsizing: Where to Begin?

Registration #185900-00

**Date:** Thursday, March 20

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

**Cost:** Free, 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.

## Animals

**The only animals allowed in the building are Service Animals as defined by the ADA which are dogs (or miniature horses) that are individually trained to do work or perform tasks for people with disabilities.**

**Per Senior Center policy, only Service Animals as defined above and animals invited as part of a staff-arranged program are allowed in the building.**

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

## NEED HELP WITH ONLINE REGISTRATION?

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



GENERAL INTEREST

## Estate Planning

Registration #185905-00

**Date: Monday, March 24**

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

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

Join us to learn more about wills, trusts, powers of attorney, advance directives, and what happens if planning isn't done in time. We will also touch on estate administration/probate and what you can do to ensure your documents work when you and your loved ones need them. Family lawyer **Pete Rogers** and elder law attorney **Sarah Pheral** will each lend their expertise to this discussion and will also be available for question-and-answer.

## Property Tax Remedies for Seniors

Registration #185901-00

**Date: Monday, March 31**

**Time: 10 - 11 am**

**Cost:** Free, 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 **Cindy Braddock** and **Erin Gray**.

## Ethical Wills and Legacy Letters

Registration #185909-00

**Date: Wednesday, April 2**

**Time: 1 - 3 pm**

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

**Registration Deadline: March 26**

This workshop examines the ancient tradition of passing on personal values, beliefs, blessings, and advice to family, friends, and future generations. Leaving your loved ones with your Ethical Will can mean much more than any material possession you might bequeath to them. By combining ancient religious values with modern educational techniques, you will be guided to greater self-examination and deeper spiritual meaning. You will learn the tools and the steps needed to document and pass on your wisdom, experiences, life lessons, and much more to those you love and care about. Whether we are rich or poor, the most valuable gift we can give to our children, grandchildren, and those yet to come are the treasures of our memories, stories, values, insights, and special wisdom.

## KARUNA CARE SERVICES

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

### Board Game Afternoon

Registration #189607-01

**Date: Tuesday, January 14**

**Registration Deadline: January 7**



Registration #189607-03

**Date: Tuesday, March 25**

**Registration Deadline: March 18**

**Time: 1 - 3 pm**

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

Ready for a game of fun and connection? Our new Board Game Day brings together seniors and individuals from KCS for friendly competition and plenty of laughs. From classics like Scrabble and Monopoly to new favorites, there's something for everyone! Come roll the dice, challenge your mind, and build new friendships—all in a welcoming, relaxed environment. All skill levels are welcome!

### Billiards Afternoon

Registration #189607-02

**Date: Friday, February 21**

**Registration Deadline: February 14**



Registration #189607-04

**Date: Friday, April 11**

**Registration Deadline: April 4**

**Time: 1 - 3 pm**

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



Rack 'em up for a fun and inclusive Billiards Day! This exciting event brings seniors and individuals from KCS together for friendly games of pool. Whether you're a seasoned player or new to billiards, come take your shot, enjoy the camaraderie, and make new connections. Join us for a day of fun competition, skill-building, and socializing. All skill levels are welcome!



## CONVERSATION STARTER FILM SERIES

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

Registration #185904-00

**Date:** **Thursday, April 3** 🌐

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

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

### The Power of Vulnerability (2010)

Brown is a social worker and researcher who studies human connection and our ability to empathize, belong, and love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. After thousands of hours of research, she boiled down her findings into this TED talk. (20 min)

### Google Maps Workshop

Registration #185092-16

**Date:** **Wednesday, April 16**

**Time:** **10:30 am - Noon**

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

**Registration Deadline: April 9**

Join **Mobility for All** to learn how to use the Google Maps application. We will guide you through using Google Maps to explore public transit options near you. Learn how to find bus routes, schedules, and the best ways to get around your community with ease. Whether you're new to public transit or just looking to enhance your skills, this workshop will empower you to navigate your neighborhood with confidence and independence. Don't forget to bring your smartphone to this workshop!

### Planning Ahead for When You're Dead

Registration #185907-00

**Date:** **Wednesday, April 16**

**Time:** **3:30 - 5 pm**

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

**Registration Deadline: April 9**

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**.

### Need Help with Your Heating Costs?

**Date:** **Tuesday, April 22**

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

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

**Registration Deadline: April 15**

Is your heating bill out of control and you haven't applied for LEAP (Low-income Energy Assistance Program) this season? The deadline to apply for LEAP is April 30th. **Senior Services staff** will be available during this walk-in clinic to assist with completing LEAP applications. Ask the front desk for a list of items you need to bring in order to complete the paperwork.

### What is Elder Abuse? 🌐

Registration #185215-00

**Date:** **Thursday, April 24**

**Time:** **6 - 7:30 pm**

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

**Registration Deadline: April 15**

Come learn from the Boulder County District Attorney's office about Elder Abuse. What is it, how to report it and mandatory reporting.



GENERAL INTEREST



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

## Will Rogers

Registration #184001-08

**Date:** Wednesday, January 8

**Time:** 1 - 2 pm

**Cost:** \$3 resident, \$4 non-resident

**Registration Deadline:** January 5

**Paul Flanders** shares the story of Will Rogers, a Native Cherokee American, an American entertainer, radio personality, film actor, and writer who was famous for his pithy and homespun humor and social commentary in the 1920s and 1930s.

## Lakes of the World

Registration #184001-09

**Date:** Thursday, January 9

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

**Cost:** \$6 resident, \$7 non-resident

**Registration Deadline:** January 5

Join us as **Chuck Gibbs** explores the differences between lakes, ponds, and seas. How do you tell one from another? Which is the larger? What is a Lake? What is the minimum size? Do you have a favorite lake? Does Minnesota really have 10,000 lakes? Do you know the largest, or deepest lakes? How many lakes are there? Learn the answers to these questions and more... it all starts with some water.

## Getting Toasted

Registration #184001-13

**Date:** Monday, January 13

**Time:** 1 - 2 pm

**Cost:** \$6 resident, \$7 non-resident

**Registration Deadline:** January 10

Join us for this up close look at a beloved kitchen appliance - the toaster. From its humble beginnings as a toasting fork to some of its more bizarre iterations, the toaster has a story, actually many stories to tell and **Elizabeth Nosek** of iCurate4u is just the person to tell them!



## The Art of Vladmir Kush

Registration #184001-14

**Date:** Tuesday, January 14

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

**Cost:** \$6 resident; \$7 non-resident

**Registration Deadline:** January 7

Surrealism neither began nor ended with Salvador Dali. It is alive and well with many modern contributors. Vladmir Kush (1965- present) is a Russian artist who now lives in Lahaina, Maui, State of Hawaii. In 1987 he did some portraits for the US Embassy staff, but had to curtail his work after the KGB became suspicious of his frequent visits to the embassy building in Moscow. He moved to USA about 1990. Some call his work Surrealism, but he calls it "Metaphysical Realism". Generally surrealist in style, he paints normal objects or people with unusual connections. His art is bright, colorful, thought-provoking, and best of all....fun. Presented by **Robert Meroney**.

## The Day the Music Died

Registration #184001-28

**Date:** Tuesday, January 28

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

**Cost:** \$3 resident, \$4 non-resident

**Registration Deadline:** January 21

Join **Tracy Perry** as he shares stories of aircraft fatalities causing well-known people to lose their lives due to pilot errors.

## How Our Democratic Republic was Created, Evolved, and Grew

Registration #184001-29

**Date:** Wednesday, January 29

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

**Cost:** \$3 resident, \$4 non-resident

**Registration Deadline:** January 22

As we face the future of our nation through a mirror, a calendar, a window, and a telescope we must choose who "we the people" are by our actions, words, dreams, and visions. In this presentation with **Strider Arkansas Benston**, we will explore the foundation of our country and its creation, evolution, and growth. Conversation on expansion, the Civil War, Jim Crow, World Wars, and the Civil Rights movement will be included with time for open discussion. Strider has been active in Civil Rights, labor organizing, education, sun dancing, trail running, and church work for the past 60 years.



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

## Loyalists During the American Revolution

Registration #184002-05

**Date:** Wednesday, February 5

**Time:** 1 - 2 pm

**Cost:** \$3 resident, \$4 non-resident

**Registration Deadline:** January 29

During the American Revolution about one-third of the population remained loyal to the British Crown. They were not confined to any particular group or class, but their numbers were strongest among Anglicans, Quakers, large land holders and businessmen. Presented by **Paul Flanders**.

## Idioms, A Look at Those Sayings We All Know

Registration #184002-10

**Date:** Monday, February 10

**Time:** 1 - 2 pm

**Cost:** \$6 resident, \$7 non-resident

**Registration Deadline:** February 3

Join **Elizabeth Nosek** of iCurate4u as she "spills the beans" on some of those common sayings we have all grown up with. "The ball is in your court" now so be sure to sign up!

## Photograph Manipulation & Photoshop Lies

Registration #184002-11

**Date:** Tuesday, February 11

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

**Cost:** \$6 resident; \$7 non-resident

**Registration Deadline:** February 4

Photo manipulation is done for many reasons including political, journalistic, hoaxes, censorship, fashion and celebrity promotion, and even diversity. The earliest cut-and-paste goes back to Abraham Lincoln and his political career and his post-assassination promotion in the mid-1850s. Stalin frequently "erased" people he disliked from historic photos. More recently doctored terrorist incidents, war photographs, and people were "canceled" in middle east photos to cater to Israeli and Arab modest laws. In the US both liberal and conservative groups have doctored photos to "dis" their opponents. Presented by **Robert Meroney**.



## How Did It Get Its Name?

Registration #184002-12

**Date:** Wednesday, February 12

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

**Cost:** \$6 resident, \$7 non-resident

**Registration Deadline:** February 5

Did you ever look at something and wonder what do they call that? And when you find out you wonder, why? Everything in the world has a name. They were given that name by someone for a reason. Why are they called scissors? Was there a "Henry Scissors" who invented them and named them after himself? Find out how scissors got its name and much more with **Chuck Gibbs**.

## Evolution in Everyday Life

Registration #184002-16

**Date:** Wednesday, February 19

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

**Cost:** \$3 resident, \$4 non-resident

**Registration Deadline:** February 12

Darwinian evolution is usually thought of in the context of hundreds or thousands of years. While that is certainly a useful, demonstrated framework, it is also true that Darwinian evolution takes place on the scale of a few days, a few weeks or a few months. In this talk, **Michael Grant** will examine a few of those cases where the evidence is quite clear to non-specialists. Cases we will examine include anti-biotic resistance bacterial strains and COVID clades.

## En Route Air Traffic Controller

Registration #184002-25

**Date:** Tuesday, February 25

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

**Cost:** \$3 resident, \$4 non-resident

**Registration Deadline:** February 18

**Tracy Perry** returns to explore "the other side" of aviation from 18+ years of experience "in the saddle". Tracy is a certified Flight Instructor for single-engine, multi-engine, instruments, commercial, and floats.

**NEED HELP WITH ONLINE REGISTRATION?**

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





## A History of Rocking Chairs

Registration #184003-03

**Date: Monday, March 10**

**Time: 1 - 2 pm**

**Cost:** \$6 resident, \$7 non-resident

**Registration Deadline: March 3**

Invented in the 18th century, rocking chairs are now a basic part of the home. How they got there and the impact they have had on how we live our life is the topic of this month's lecture by **Elizabeth Nosek** of iCurate4u.

## The Internment of Japanese Americans During World War II

Registration #184003-05

**Date: Wednesday, March 5**

**Time: 1 - 2 pm**

**Cost:** \$3 resident, \$4 non-resident

**Registration Deadline: February 28**

**Paul Flanders** returns to explain how Japanese internment camps were established during World War II by President Franklin D. Roosevelt through his Executive Order 9066. From 1942 to 1945, it was the policy of the U.S. government that people of Japanese descent, including U.S. citizens, would be incarcerated in isolated camps.

## Thoughts on War & the Apocalypse

Registration #184003-11

**Date: Tuesday, March 11**

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

**Cost:** \$6 resident; \$7 non-resident

**Registration Deadline: March 4**

Basil Wolverston was a comic book illustrator who won Al Capp's (Lil Abner creator) contest to create an image of the ugliest woman in the world, Lena the Hyena. His entry was chosen from 500,000 by judges, Frank Sinatra, Boris Karloff, and Salvador Dali. But his lifetime achievement was illustrations he produced for The Bible Story (a six-volume series from Genesis to Samuel) that he produced at the request of radio evangelist and Worldwide Church of God leader Herbert W. Armstrong. Armstrong was considered by many to be an end-times Elijah. Wolverston also prepared a special sixteen-illustration series to illustrate the words about the Apocalypse found in Revelations. Impact of Nuclear War is also shown in this presentation led by **Robert Meroney**.

## The 1950s & 1960s

Registration #184003-12

**Date: Wednesday, March 12**

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

**Cost:** \$6 resident, \$7 non-resident

**Registration Deadline: March 5**

Someone once told **Chuck Gibbs** that our teenage years and early 20's are our most impressionable. Here is a chance to take a trip down memory lane and look back at the 50's and 60's. Do you remember your choice of clothing back then? How about the hairstyle? Where/what was your favorite hangout? Any roller-skaters amongst us? What were you driving? Let's share and reminisce together!

## A Brave Sailor

Registration #184003-25

**Date: Tuesday, March 25**

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

**Cost:** \$3 resident, \$4 non-resident

**Registration Deadline: March 18**

In an exploration of World War II Japanese prisoner of war (POW) camps, **Tracy Perry** shares the story of his uncle's untimely death and the impacts on American sailors.



## The Wildflowers are Here!

Registration #184003-26

**Date: Wednesday, March 26**

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

**Cost:** \$3 resident, \$4 non-resident

**Registration Deadline: March 19**

Join **Boulder County Parks and Open Space volunteer naturalists** for a slide program to kick off the wildflower season! You'll learn about the diversity of wildflowers in Boulder County from the plains to the alpine, where and when to look for them, and some interesting stories about some of our native plants.

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



## Sisters of Courage

Registration #184003-29

**Date:** Saturday, March 29 

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

**Cost:** \$6 resident, \$7 non-resident

**Registration Deadline:** March 22

Amidst national economic crisis and the hardships of life in the late 1800s, sisters Kittie and Annie Harbison established a successful homestead and dairy farm at what is now the west entrance of Rocky Mountain National Park. From crossing Berthoud Pass to living in the hostile environment of the Rocky Mountains, the sisters persevered through the many challenges of life in the American West. Their story of courage, grit, and determination highlights the contributions of women in history that often go untold. Discover what Colorado life looked like more than a hundred years ago for ordinary women who lived extraordinary lives. Presented by **Dave Lively**.

## Girding for War (1860-1861)

Registration #184004-02

**Date:** Wednesday, April 2

**Time:** 1 - 2 pm

**Cost:** \$3 resident, \$4 non-resident

**Registration Deadline:** March 26

Abraham Lincoln said of the chaotic months between his election in 1860 and the shots fired on Fort Sumter that the trials "were so great that, could I have anticipated them, I would not have believed it was possible to survive them." Presented by **Paul Flanders**.

## What Would the Founders Do?

*(re-scheduled from October 24)*

Registration # 184004-08

**Date:** Tuesday, April 8

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

**Cost:** \$3 resident, \$4 non-resident

**Registration Deadline:** April 1

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



## A History of Gardens

Registration #184004-14

**Date:** Monday, April 14

**Time:** 1 - 2 pm

**Cost:** \$6 resident, \$7 non-resident

**Registration Deadline:** April 7

Enjoy this history of gardens including the changes in vegetable gardening overtime, the development of the American grass lawn and more with **Elizabeth Nosek** of iCurate4u.

## Earthquakes, Can They Happen in Colorado?

Registration #184004-15

**Date:** Tuesday, April 15

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

**Cost:** \$6 resident; \$7 non-resident

**Registration Deadline:** April 8

**Robert Meroney** explains the geology of earthquakes, the damage scale, and historic losses in this talk. It begins by looking in detail at the 1923 Kanto earthquake in Tokyo where 144,000 people died. The martial law imposed afterwards is believed by some to have led to the rise of the Japanese military that led to World War II. The tragedy also resulted in the publication of the outstanding Taisho Shinsai Gashu suite of 25 colored wood-block prints that documented the earthquake which are shown in the presentation. Parallels with the Tohoku-Oki Richter 9 earthquake on March 11, 2011 which resulted in the giant tsunami and the failure of the Fukushima nuclear plant are discussed. Finally, the August 22nd, 2011, Richter 7 southern Colorado earthquake is reviewed, and an analysis of the consequences of an earthquake along Colorado fault lines is estimated... a Richter 6.5 near the Rocky Mountain Arsenal would cause \$14.9 billion losses statewide, \$5.6 billion loss in Denver County, and 2,500 casualties.







## The Awesomeness of Science

Registration #184004-16  
**Date: Wednesday, April 16**  
**Time: 1 - 2:30 pm**  
**Cost: \$3 resident, \$4 non-resident**  
**Registration Deadline: April 9**

The processes and methods of science have had an unimaginably large impact on humanity to include geneticists who have saved a billion people from starvation, virologists who have almost banished Small Pox and Polio, physicists and mathematical scientists who have employed Einsteinian theories to develop the ridiculously accurate GPS systems most of use every day to astronomers documenting the unimaginable size of the universe. We will spend a bit of time examining the reasons why science works so well. Presented by **Michael Grant**.

## Colorado Ghost Towns

Registration #184004-23  
**Date: Wednesday, April 23**  
**Time: 1 - 2:30 pm**  
**Cost: \$6 resident, \$7 non-resident**  
**Registration Deadline: April 16**

Back when mines were springing up at an alarming rate, there were towns springing up just as fast. As the mines played out many of towns did to.



There is a phenomenal number of abandoned towns in this state. Let's explore some of these towns and see how they got there, how many have survived and maybe a few that have been brought back to life. A few are easy to get to and you might want to visit. There is a lot of history here, and a few anecdotes **Chuck Gibbs** will share as we explore these towns.

## The History of Money

Registration #184004-24  
**Date: Thursday, April 24**  
**Time: 10-11:30 am**  
**Cost: \$3 resident, \$4 non-resident**  
**Registration Deadline: April 17**

The history of when, how and why money was invented. Mankind stumbled around and made some terrible blunders over 4,000 years, trying to figure out how to use money correctly. Learn how credit, money, and banking continue to change to the present day, including bitcoin and crypto currencies. Presented by **Paul Lohr**, the Economics & You lecturer.

## The Last Old Soldier

Registration #184004-29  
**Date: Tuesday, April 29**  
**Time: 1:30 - 2:30 pm**  
**Cost: \$3 resident, \$4 non-resident**  
**Registration Deadline: April 22**

**Tracy Perry** is back again to share biographical information about his great grandfather's time in the Civil War. This presentation includes a display of the 150+ year old weapon carried by the soldier.

*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.**







# 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.

## Maestra

Registration #184333-01

**Date:** **Wednesday, January 8**

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

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

*US, Feature Documentary, 88 minutes, 2023  
Partially subtitled*

A flick of her wand can raise an ocean of sound and a look in her eye can command an army.

Why are women only 3% of the conductors of world's major orchestras? Times are changing. In spring, 14 strong, gifted women gather in Paris to show the world the great talent that drives them - in what has long been considered the exclusive province of men. Over 4 days, mothers, daughters and leaders will take to the stage - in high drama - to compete in La Maestra, the only competition in the world for female conductors.

## 2024 BIFF SHORT FILMS 2

Registration #184333-03

**Date:** **Saturday, March 8** 

**Time:** **10 am - Noon**

**Cost:** Free, please register in advance  
78-minute runtime

## Yellow Afghanistan/UK

Short Film, 13 minutes, 2023 SUBTITLED

In Taliban-controlled Afghanistan, Laili walks into a Chadari store in Kabul to buy her first full-body veil. She is drawn to the sounds of music coming from the back and discovers a young man, a disillusioned Taliban member, secretly playing the Rabab. In her search for a veil that fits, Laili must confront the new future she faces, while glimpsing the world beyond the mesh of her Chadari.

Directed by Elham Ehsas

## Bienvenidos a Los Angeles/US

*2024 Oscar Live Action Shorts Shortlist Short Film, 17 minutes, 2022*

Inspired by true events, and shot on location at LAX, Bienvenidos a Los Angeles follows Imani, a Nigerian single mother living in Los Angeles, who offers to help a perfect stranger reunite with her son. In doing so, Imani learns this simple act of kindness threatens to jeopardize her path to citizenship.

Directed by Lisa Cole

## We Have Notes/US

*Short Film, 14 minutes, 2024*

The director of a big budget Joan of Arc movie struggles to implement increasingly frustrating studio notes. Directed by Jordan McKittrick

## Dead Cat/Canada

*2024 Oscar Live Action Shorts Shortlist Short Film, 13 minutes, 2023*

What were Catherine and Louis thinking when they chose a cat with distinctive white spots? It would have been much easier to replace if they had picked the all-black one! Now, they will have to tell their daughter Sophie that Nugget's dead. Unless...

Directed by Danick Audet, Annie-Claude Caron

## The One Note Man/UK

*2024 Oscar shortlist Short Film, 21 minutes, 2023*

A lonely bassoonist lives his life meticulously, mired in routine. Each day, he plays a single note in an orchestra and leaves the stage while the rest continue. One day, his exit is accidentally delayed, and he hears a breathtaking violin solo which changes his life forever.

Directed by George C. Siougas



Enjoy learning, gaining personal insight and sharing thoughts and ideas with other open-minded seniors in a stimulating and friendly environment. Our discussions are aimed at raising consciousness and understanding how to age well in the 21st century. The topics, based on our years of work with Bobbi Nesheim PhD, MFT, vary to provide a rich environment of information for you to incorporate into your life. Each session participants can either attend in-person or online (Zoom). If you attend in-person, a \$5 materials fee is payable to the facilitators at the first class. Registration deadline is 7 days prior to the start date of each class. Facilitators: **Laura Ambler, Donna Prestwood, and Sky Yates** .

Each session participants can attend either in-person or online (zoom) discussion. Enjoy discussing, gaining insight, and sharing thoughts and ideas with other open-minded folks as we gain understanding and raise our consciousness with friends! This Winter/Spring we will explore our Energy Pathways, the Claire Senses, and Grace and Gratitude. If you register in-person, \$5 materials fee payable to the Instructor at the first class

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

### What is a Saturn Return? And Why is Everyone Talking About It?

Registration #184340-01 (in-person)  
#184340-1A online)

**Date:** Tuesdays, January 7 - 28

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

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

What is a Saturn return, and why is everyone talking about it? Enjoy learning, gaining personal insight and sharing thoughts and ideas with other open-minded seniors in a stimulating and friendly environment. Our discussions are aimed at raising consciousness and understanding how to age well in the 21st century. The topics, based on our years of work with Bobbi Nesheim PhD, MFT, vary to provide a rich environment of information for you to incorporate into your life. Each session participants can either attend in-person or online (Zoom). If you attend in-person, a \$5 materials fee is payable to the facilitators at the first class.

### We Are One. What Does That Mean?

Registration #184340-04 (in-person)  
#184340-4B (online)

**Date:** Tuesdays, April 8 - 29

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

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

*"We are all one. Only egos, beliefs, and fears separate us."* Nikolas Tesla

Join us as we explore and discuss the idea of oneness. Can we be united in spirit, Love, thinking, or purpose when we are so easily divided by our physical bodies, animosity, beliefs, and fears? How can we be one when we are all so different?

### The Four Fundamental Practices for Soul Living

Registration #184340-02 (in-person)  
#184340-2A (online)

**Date:** Tuesdays, February 4 - 25

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

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

Soul Living focuses on directing the flow of your energy to follow four fundamental practices. These fundamentals can be grouped into four kinds of disciplines according to the four sides of our beings – those for the physical body, those for the feeling nature, those for the mind and those for the soul. The intent is to call attention to and begin building or enhancing new tendencies or habits into our lives as seniors.

### Death Is Inevitable... Why Not Talk About It?

Registration #184340-03 (in-person)  
#184340-3A (online)

**Date:** Tuesdays, March 4 - 25

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

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

Join us as we share stories and thoughts on life's most profound topic: death.

We will explore the world's cultural beliefs and customs surrounding death. We welcome respectful and compassionate discussion around this sensitive subject that affects us all. We will also learn about a growing trend of using a death doula to help navigate the death process. And in doing so, fully embrace everyday we are alive.



## The Writing Circle - Online

**Dates:** **Monday, January 13**  
Registration #184360-01  
**Registration Deadline: January 6**  
**Monday, February 10**  
Registration #184360-02  
**Registration Deadline: February 3**  
**Monday, March 10**  
Registration #184360-03  
**Registration Deadline: March 3**  
**Monday, April 14**  
Registration #184360-04  
**Registration Deadline: April 7**

**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**



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

## Stories of Hope for a New Year

Registration #184313-00  
**Date:** **Thursday, January 23**  
**Time:** 3 - 4:30 pm  
**Cost:** \$2 resident, \$4 non-resident  
**Registration Deadline: January 17**

Registration #184313-02  
**Date:** **Saturday, January 18**  
**Time:** 10:30 am - Noon

The New Year can bring uncertainty and challenges. How will we face the difficulties? Emily Dickinson suggests that hope is the answer. She writes, "Hope is the thing with feathers that perches in the soul..." Local Storyteller **Kathleen Santopietro** will share tales that embody "that feathered thing." Meet characters from mythology, fables, and folktales who embrace hope, endure struggle, and create new beginnings. Pianist Dale Sherrod will usher us from one story to another with familiar, reflective tunes.

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

## GERMAN AND SPANISH LANGUAGE CONVERSATION GROUPS

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

## NEED HELP WITH ONLINE REGISTRATION?

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

## 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.**





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

## Billar

Juegue billar por 1 d3lar.

**cu3ndo:**

**lunes a jueves de, 8 am - 8 pm**

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

**s3bado, 8 am - Noon**



## Bailes de Mi Tierra – Grupo de Baile

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

**Registraci3n:** No es necesario registrarse

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

## Coro “Canciones de Mi Tierra”- Grupo de Canto

**Fecha:** Cada lunes, enero 13, 27, febrero 10, 24, marzo 10, 24, abril 7, 21

**Hora:** 1 – 2:30 pm

**Costo:** Gratis

**Registraci3n:** No es necesario registrarse

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

**¡Suscríbete para recibir correos**

**electr3nicos cada mes!**

Nunca m3s se pierda una clase o un evento especial y le avisamos cuando hay una nueva revista del GO.

Regístrese con la recepcionista.



## C3rculo de Apoyo

**Fecha:** El primer jueves de cada mes pero no hay una reuni3n en enero.

**Hora:** 10 – 11:30 am

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

**Registraci3n:** No es necesario

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

## Lotería

No es necesario registrarse.

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

**Tiempo:** 2 – 3:30 pm

**Costo:** Gratis

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

## Memorias para Escribir

registraci3n Requerida

**Fechas:** enero 8, 15, 29 #186500-01

febrero 5, 12, 19 #186500-02

marzo 5, 12, 19 #186500-03

abril 2, 9, 23 #186500-0

**Hora:** 1:30 - 3 pm

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

¿Has querido recordar tus vivencias de vida y que estas nos se olviden? Quiz3s transmitir las a tus hijos, nietos. Nuestra generaci3n tiene tantas experiencias memorables, un legado importante para ti y tu familia. ¿D3nde van esos recuerdos, esas experiencias, esos pensamientos? Te gustaría tenerlas por escrito y registrar las como tus memorias, o una autobiografía; o, quiz3s, vaciar esa vena emocional, rom3ntica (o sarc3stica), en poesías, versos poemas, o simplemente escribir para sentirte bien, y/ o, sanar. Este programa es para ti! Se te guiar3 en forma personal y si quieres compartir, ser3 en un ambiente de cordialidad.

## Becas para uso en el Senior Center

A trav3s 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 ańo para actividades y/o \$250 específicamente para programas de ejercicios ofrecidos por el Senior Center. Comuníquese con la recepcionista a 303-774-4452 para m3s informaci3n sobre becas.

Para m3s informaci3n sobre recursos para Adultos Mayores en el Internet, vea la pagina de red [www.BoulderCountyAyuda.org](http://www.BoulderCountyAyuda.org) o tel3fono 303-774-4452

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 invierno/primavera en el GO?

El Lunes, 9 de Diciembre, es el primer día en que puedes registrarte para las clases de verano. Para más información sobre los programas, acompáñanos el 11 de Diciembre a las 10am. Si solamente necesitas ayuda para el Proceso de registración de la clases presentes a las 11am en el salón.

### Las Reuniones

**Fechas:** los miércoles

**8 de enero** # de Registración: 186501-01  
**12 de febrero** # de Registración: 186501-02  
**12 de marzo** # de Registración: 186501-03  
**9 de abril** # de Registración: 186501-04

**Hora:** 4 - 6 pm

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

**fecha límite:** 2 de enero, 5 de febrero, 5 de marzo, 2 de abril

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.

### Conversaciones con un nutricionista

**Fechas:** los miércoles

**22 de enero** # de Registración: 186502-01  
**26 de febrero** # de Registración: 186502-02  
**26 de marzo** # de Registración: 186502-03  
**23 de abril** # de Registración: 186502-04

**Hora:** 1 - 3 pm

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

**fecha límite:** 15 de enero, 19 de febrero, 19 de marzo, 16 de abril

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.

### Clase de preparación de Salsa

Registro #186592-02

**Fecha:** viernes 7 de febrero

**Hora:** 3 - 5 pm

**Costo:** \$3 Residente/\$5 No Residente

**Fecha límite de inscripción:** 31 de enero

Prepárate para elevar tu paladar con una salsa casera. En esta clase, exploraremos el arte de hacer salsa, desde seleccionar los ingredientes más frescos hasta dominar la combinación perfecta de sabores. Ya sea que lo prefieras suave o picante, cuenta con ello. ¡Haremos una salsa que será la estrella de tu próxima reunión! Dirigido por Pina León. ¡Esta clase es una gran oportunidad para aprender más sobre la historia y la cultura asociadas con la salsa y llevarse lo que queda a casa!

### Vida Creativa

**Fechas:** los viernes

**17 de enero** # de Registración: 186503-01  
**21 de febrero** # de Registración: 186503-02  
**21 de marzo** # de Registración: 186503-03  
**18 de abril** # de Registración: 186503-04

**Hora:** 9:30 - 11 am

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

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

- enero: » Actividad: Ven a darle la bienvenida al 2025 mientras hacemos una actividad con papel de colores e imágenes para buscar nuestro lugar y propósitos en el mundo, hablaremos de nuestras metas para el año nuevo y como evitar la depresión de temporada.
- febrero: » Actividad: Celebremos nuestra AMISTAD haciendo una tarjeta conmemorativa, mientras reflexionamos sobre la importancia de relacionarnos con los demás.
- marzo: » Actividad: Reparemos con arte nuestras emociones. Ven a trabajar en diferentes proyectos de "reparación", mientras charlamos sobre como trabajando en nuestras emociones, podemos "repararlas".
- abril: » Actividad: Agradeciendo a mi niño interno: ¡Vamos a jugar! No importa la edad que tengamos, podemos seguir divirtiéndonos como niños. Recordaremos y agradeceremos a nuestro niño interior, porque es la base del adulto que somos hoy.

### Pan, Café, y la Muerte

# de Registración: 186900-01

**Fecha:** jueves, 16 de enero

# de Registración: 186900-03

**Fecha:** jueves, 20 de marzo

**Hora:** 1 - 3 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.



## Regalo de Paz

# de Registración: #186901-02 **jueves, 20 de febrero**

# de Registración: #186901-04 **jueves, 17 de abril**

**Hora: 1 - 3 pm**

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

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

## Taller de google maps

# de Registración: 186591-00

**Fechas: miércoles, 16 de abril**

**Hora: 1 - 2:30 pm**

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

**Fecha limite:** 9 de abril

Únete a Movilidad para Todos para aprender a usar la aplicación de Google Maps. Te guiaremos en el uso de Google Maps para explorar las opciones de transporte público cerca de ti. Aprende a encontrar rutas de autobús, horarios y las mejores rutas para moverte por tu comunidad con facilidad. Ya seas nuevo en el transporte público o simplemente quieras mejorar tus habilidades, este taller te ayudará a navegar por tu comunidad con confianza e independencia. ¡No olvides traer to teléfono inteligente a este taller!

## La planificación patrimonial simplificada

# de registro: 186590-00

**martes, 21 de enero**

# de registro: 186590-01

**martes, 4 de marzo**

**Costo:** \$10 residente, \$12 no residente

**Fecha límite de inscripción:** 14 de enero, 25 de febrero

Necesita un testamento? Seminario sobre planificación patrimonial simplificada en español. Venga a aprender

sobre los documentos legales importantes que todos necesitan. El seminario dura aproximadamente 2 horas y cada participante recibe un plan patrimonial completo que consta de un poder notarial médico, un poder notarial financiero, una directiva médica en vida y un testamento por asistir al seminario. El seminario es presentado por abogados de Rocky Mountain Legal Center que han estado sirviendo a la comunidad de Boulder durante casi 15 años.

## RECURSOS

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

## Apoyo Emocional

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

## ¿Necesita ayuda con recursos?

¿Sabía que nuestro personal cuenta con una variedad de recursos de todo tipo, desde apoyo emocional, hasta la entrega de comestibles y más? Permítanos ayudarle con información para navegar sus siguientes pasos en la vida. Ya sea que esté buscando servicios de ayuda en casa, apoyo financiero, transporte, ayuda para completar formularios, o más, estamos para ayudarle. Para los residents de Longmont llámenos al 303-651-8411 para una cita con una de las Especialista de recursos.

## Meals on Wheels (un programa de alimentos)

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

## ¿Conéctate con Cultivate!

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

## Consejera de Medicare

Proporciona información objetiva y asistencia con respecto a los beneficios de Medicare, seguros de salud, las políticas complementarias, sus derechos y más. Si necesita ayuda o para una cita llame a Karen a 303-441-1546.

## Clases de Ciudadanía de los Estados Unidos

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

## Red Auditiva de Información

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

## Voluntarios Bi-lingual

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





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

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

## ¡Ayuda Gratis con sus Impuestos!

AARP voluntarios que están entrenados para llenar las formas de los Impuestos (Income Tax) estarán disponibles para ayudar compensando 4 de Febrero y cada martes y jueves hasta el 10 de abril. Para una cita, puede llamar empezando el 21 de enero. Para más información por favor llame al 303-774-4452 se habla español.

## Clínica de Reembolsos del Estado y la Ciudad

**Fechas:** martes, 4 de febrero - 15 de abril  
**Hora:** 1 - 3 pm  
**Costo:** Gratis, y por favor regístrese

El estado de Colorado y la ciudad de Longmont ofrecen reembolsos para personas de bajos ingresos. **Los especialistas de recursos para personas mayores estarán disponibles durante estas clínicas sin cita previa para evaluar los reembolsos y brindar asistencia con la solicitud.** Contacte a la recepción después del primer día del año para solicitar una lista de requisitos de elegibilidad y documentos necesarios que tendrá que traer para completar el papeleo.

## Cuidando Mi Salud y Bienestar Socioemocional

# de Registración: 186902-00  
**Fechas:** miércoles, 19 de febrero  
**Hora:** 1 - 2:30 pm  
**Costo:** Free, please register in advance

En esta clase practicaremos estrategias que mejoran nuestro sentido de bienestar y alegría por la vida. Esta es una oportunidad para relajarse y divertirse. Tendremos pequeñas sorpresas para el cuidado de uno mismo. Presentadora: **Lucero Castro-Frederick MSW, IMH-E®II**, psicoterapeuta y consultora de bienestar socioemocional.

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

# de Registración: 186904-00  
**Fechas:** miércoles 12 de marzo  
**Hora:** 10 - 11:45 am  
**Costo:** Gratis, y por favor regístrese

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

## La Demencia y la Planificación Anticipada de la Atención

# de Registración: 186905-00  
**Fechas:** martes, 1 de abril  
**Hora:** 1 - 2:30 pm  
**Costo:** Gratis, y por favor regístrese

1 de cada 10 estadounidenses mayores de 65 años padece demencia y probablemente dependerá de otra persona para que tome decisiones sobre su atención médica. En esta presentación, exploraremos cómo tener conversaciones proactivas sobre los valores y deseos de la atención médica al final de la vida. También analizaremos cómo tomar decisiones sobre la atención médica de su ser querido cuando usted no tuvo una conversación con él o ella antes de su pérdida de memoria. Analizaremos qué es y qué no es posible cuando haciendo planes anticipados de atención para la demencia. Se compararán las directivas anticipadas actuales para la demencia.

## ¿Necesita Ayuda con sus Costos de Calefacción?

**Fechas:** martes, 22 de abril  
**Hora:** 1 - 3 pm  
**Costo:** Gratis

¿Su cuenta de la calefacción está fuera de control? Es hora que descubra si es elegible para LEAP (Programa de asistencia de energía para personas de bajos ingresos). **Los especialistas de recursos para personas mayores estarán disponibles durante estas clínicas sin cita previa para brindar asistencia con la solicitud de LEAP.** Solicite en la recepción una lista de los documentos que debe traer para completar la solicitud.

## LTC Planning en español: Planificación del Cuidado a Largo Plazo

# de Registración: 186903-00  
**Fechas:** lunes, 28 de abril  
**Hora:** 10 - 11:30 am  
**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. Unase 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.



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

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

### IPREPARACIÓN DEL IMPUESTO SOBRE LA RENTA Y REEMBOLSOS 2025

Ciudad de Longmont  
Servicios Sevier

Los Servicios para Personas Mayores de la Ciudad de Longmont se complace en asociarse nuevamente este año con AARP para TCE (por sus siglas en inglés) que significa Consejería Fiscal para Personas Mayores. Este programa patrocinado ofrece preparación gratuita de impuestos sobre la renta y presentación electrónica de declaraciones de impuestos federales y de Colorado. Esta es la única opción gratuita en persona en Longmont que conocemos en este momento para mayores de 55 años. Además, nuestro personal de Servicios de Apoyo compilará un folleto informativo con opciones adicionales de llenado.

» El programa AARP se centra en personas mayores de 50 años con ingresos bajos a moderados. Las citas entre semana están diseñadas para declaraciones de impuestos simples, como aquellas con ingresos de jubilación; las cuestiones fiscales complejas están más allá del alcance de este servicio. Las citas se abrirán el 21 de enero.

#### Sitios TCE

**Los martes en la estación de Lashley Street | 1200 Lashley St. Los jueves en el Centro para personas mayores de Longmont | 910 Longs Peak Ave.**

**Del 4 de febrero al 10 de abril, los martes y jueves solo con cita previa, llame al 303-774-4429.**

Puede programar una cita en línea en <https://cotaxaide.org> o para recibir un mensaje grabado que incluya información general y solicitudes de citas, llame al 303-774-4429 a partir del 21 de enero.

Haga su cita lo antes posible, ya que los tiempos disponibles se llenan rápidamente. Si tiene estados de cuenta de corredor (10998 o K-1), le recomendamos que solicite una cita en marzo para tener tiempo para recibir esos estados de cuenta. Cuando llame para programar una cita, deje su nombre y un buen número de teléfono para que podamos comunicarnos con usted.

Para obtener información sobre los sitios de preparación de impuestos ubicados fuera de Longmont, o para obtener más información sobre el programa VIIA, visite [www.ColoradoVITA.org](http://www.ColoradoVITA.org). Los residentes de Longmont pueden visitar cualquier sitio en CO.



## 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.

## Lunch Bunch

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

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

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

## Advanced Directives

**Date:** **Thursday, February 13**  
Registration #185050-13

**Date:** **Thursday, April 10**  
Registration #185050-10

**Time:** **9:30 – 11 am**

**Cost:** \$6 resident, \$7 non-resident

**Reg. Deadline:** **February 6, April 3 respectively**

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



## Cultivating Connections

**Dates:** **Tuesdays**

**January 21 - Maintaining Connections**  
Registration #188908-01

**February 18 - I've Tried Everything... now what?**  
Registration #188908-02

**March 18 - Identifying Your Personal Strengths and Struggles**  
Registration #188908-03

**April 15 - How to Find "Your" People**  
Registration #188908-04

**Time:** **1 – 2:30 pm**

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

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

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

## Free MEDICAL EQUIPMENT

Several local organizations manage loan closets that include walkers, canes, wheelchairs and other medical equipment. See page 80 for the loan closet contact information.





### Stop the Bleed and Hands Only CPR

Registration #188006-19  
**Date: Wednesday, March 19**  
**Time: 10 am - Noon**  
**Cost:** Free, please register in advance  
**Registration Deadline: March 12**

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



### Talk with a Healthcare Professional

Registration #188006-21  
**Date: Tuesday, January 21**  
 Registration #188006-18  
**Date: Tuesday, February 18**  
 Registration #188006-03  
**Date: Tuesday, March 18**  
 Registration #188006-15  
**Date: Tuesday, April 15**  
**Time: 5:30 - 6:30 pm**  
**Cost:** Free, please register in advance  
**Registration Deadlines: January 14, February 11, March 11, April 8 respectively**

Join **UC Health physicians and staff** for a shared conversation on a variety of health-related topics from head to toe. Plan for an interactive hour of fun and helpful health information. Light snacks will be provided. Seating is limited. Call 303-651-8411 to register.

### Living Well with Diabetes

Registration #188006-07  
**Date: Mondays, March 3 - April 7**  
**Time: 1 - 3:30 pm**  
**Cost:** Free, please register in advance  
**Registration Deadline: February 24**

This six class course with **UC Health** will give you tools to help you deal with the life changes that come with having diabetes. Learn practical tools to increase your confidence to manage your diabetes and prevent or delay serious complications.



## BOULDER COUNTY AREA AGENCY ON AGING

### Information and Wellness:

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

### Online Caregiver Education Series:

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

**« Medicare Basics Classes**  
 See page 24

## SILVER SNEAKERS® LUNCH & LEARNS

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

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

### Strength Training Opportunities and Benefits

Registration #113401.2

**Date:** Tuesday, January 14

**Time:** Noon - 1 pm

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

**Registration Deadline: January 10**

Come meet and talk with one of our certified personal trainers about how working with a professional one on one can help you meet your specific fitness needs and goals. Get tips on how to start a program, tailor it to your needs and stick with it. Also explore other opportunities within recreation to incorporate strength training into your routine with small group training or fitness classes. **Instructor: Kenya Taylor, CPT**

### Heart Matters

Registration #113401.3

**Date:** Tuesday, February 11

**Time:** Noon - 1 pm

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

**Registration Deadline: February 4**

Learn some functional information about your heart and circulatory system and ideas for keeping it healthy. **Instructor: Trish Hetherington**

### Get Thinking! Ways to Exercise Your Brain

Registration #213401.1

**Date:** Tuesday, March 11

**Time:** Noon - 1 pm

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

**Registration Deadline: March 4**

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!

**Instructor: Kim Nicks**

### Supporting Gut Health Through Plant-Forward Eating

Registration #213401.2

**Date:** Tuesday, April 8

**Time:** Noon - 1 pm

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

**Registration Deadline: April 1**

Emerging research suggests that eating more plant-based foods, rich in dietary fiber, can help fuel beneficial and diverse gut bacteria, contributing to a well balance digestive system. In this educational presentation led by Registered Dietitian, **Melinda Benz, RDN**, we will discuss how a plant forward eating approach can support overall gut health and gain practical tips for mindfully increasing fiber rich foods. **Instructor: Melinda Benz, RDN**



This is your time.

**OWN IT.**





## Stroke Education

Registration #188200-01

**Date:** Thursday, January 23

**Time:** Noon - 1 pm

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

**Registration Deadline:** January 16

Discover what factors put you at risk for a stroke, how to recognize the signs and symptoms, common medications, and post-stroke changes. Join **Jennifer Slabik, BSN, RN, SCRN, CEN** from Longmont United as we learn about strokes and stroke education. A light meal will be served, preregistration required.

## Healing Through Rest

Registration #188200-04

**Date:** Thursday, April 24

**Time:** Noon - 1 pm

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

**Registration Deadline:** April 17

Do you suffer from chronic pain and often feel tired? A good night's sleep will help with the effects of chronic pain. Learn from **Dr. Afzal** key interventions that are designed to help. A light meal will be served, preregistration required.

## You're Never Too Old to Eat Kohlrabi! Part 1

Registration #185077-15

**Date:** Wednesday, January 15

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

**Cost:** \$8 resident, \$10 non-resident

**Registration Deadline:** January 10

Plant-based, plant-slant, vegan, and more—so many concepts, but goodness, what do they mean? Let's take the fear out in this two-part series.

Part 1: **Lisa Bosen** will walk students through the most popular plant-based theories with some history and tasting time and share her plant-based journey that started at age 58!! In addition, students will be provided with self-exploratory tools to take their own two-week test drive of plant-based eating. Please note - fees are separate for each part. \$5 workbook available for purchase from instructor (optional).

## You're Never Too Old to Eat Kohlrabi! Part 2

Registration #185077-29

**Date:** Wednesday, January 29

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

**Cost:** \$8 resident, \$10 non-resident

**Registration Deadline:** January 22

Part 2: This session will include a debrief of Part 1 and take a deeper dive into the plant-based world including plant-based protein, how to build layers of flavor, tips for creating umami in dishes, world cuisines, discovering over 10 ways to enjoy plants, and more with **Lisa Bosen!** Please note - fees are separate for each part. \$5 workbook available for purchase from instructor (optional). Part 1 is a required prerequisite to participate in this class.





## Adjusting to Life's Changes Support Group

**Dates:** Mondays, January 6 - February 24  
with NO GROUP on January 20 and February 17  
**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.

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



## Make Your Own Vision Board

Registration #188902-00  
**Date:** Friday, January 10  
**Time:** 1:30 - 3 pm  
**Cost:** Free, please register in advance

Are you entering the New Year with hopes of change? Do you hope to cultivate relationships, hobbies, positive emotions, a different mindset and/or growth? If so, we invite you to come and create your own vision board. This tool can help you focus your time/energy and provide a visual reminder of your values, intentions, goals and desires for your life. No experience necessary and there is no right or wrong way to do this. Bring your own: canvas, magazines, printouts, quotes, photos, crafting/art supplies or use our limited supply. Senior Services' staff **Kayleigh Schernbeck, LCSW**, will guide the group through the process.

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

## The Power of Gratitude

Registration #188910-00  
**Date:** Monday, January 13  
**Time:** 2 - 3:30 pm  
**Cost:** Free, please register in advance

Saying "thank you" is nothing new, but practicing GRATITUDE is about more than having good manners. In gratitude practice, we regularly focus on the positive things in our lives. It can be a powerful health habit with documented physical, emotional, and spiritual beliefs. Please join us as we explore these benefits and learn some tools to develop a regular practice of gratitude in our lives. Co-facilitated by Peer Support Volunteers **Lois Ellison** and **Karin Higgins**.

## Dementia Activity Ideas for Caregivers

Registration #188912-00  
**Date:** Saturday, January 18  
**Time:** 10 - 11 am  
**Cost:** Free, please register in advance

We'll introduce best practices for meaningful engagement (activity) ideas for your person living with mild cognitive impairment, as well as the different stages of dementia. We'll discuss the Montessori Method for dementia caregiving, as well as the art program, Memories in the Making. And we'll also identify how to modify engagements for your person's present abilities. Presented by **Brenda Gurung**, credentialed dementia specialist, founder of Be Growth Dementia Education, Forbes Health Advisory Board Member, and National Senior Living leader.

## Tips and Tools for Coping with Anxiety

Registration #188903-00  
**Date:** Wednesday, January 22  
**Time:** 10 - 11:30 am  
**Cost:** Free, 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.





## Conversation on Loneliness

Registration #188906-00

**Date:** Tuesday, February 4

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

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

Join Senior Services' staff, **Brandy Queen, LPC**, for a guided conversation about loneliness. We will have a number of discussion questions on topics such as the difference between loneliness and isolation, what "creates" a sense of loneliness, and what happens for you when you feel lonely or when you see someone who seems lonely. There are no right or wrong answers; this is simply a space to discuss our inherent needs to connect and disconnect from others.

## Grief Recovery Support Group

**Dates:** Mondays, March 10 - April 28

**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.

## You Can Become a Savvy Caregiver

Registration #188900-00

**Dates:** Mondays, March 24 - April 28

**Time:** 5:45 - 7:45 pm

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

This training program teaches an understanding of dementia and strives to increase caregiver confidence while reducing the adverse effects of caregiving. It focuses on helping caregivers to acquire and strengthen their knowledge, skills and attitudes for this role and teaches caregivers how to manage and care for themselves day-to-day. This 6-week course is led by **Jessica O'Leary, MA, CVW**, a gerontologist and specialist in dementia. Please note that this course is for those taking care of a loved one and not for professional caregivers; it is also for caregivers of those with early- or mid-stage dementia. Attendance at all classes is required, and class size is limited. If you need respite resources to attend the class, please call Brandy Queen at 303-651-8414.

## Addiction and Recovery Services

Registration #188904-00

**Date:** Thursday, March 27

**Time:** 10 - 11 am

**Cost:** Free, 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.

## Speed Friending!

Registration #188901-00

**Date:** Thursday, April 3

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

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

Like speed dating but for finding local friends! New to the area? Feeling alone? Looking for friendships? Struggling to find people with shared interests? Join us for a fast moving afternoon where you will get to quickly meet and connect with other seniors who are in similar situations. Question prompts will be provided to facilitate conversation and when the buzzer goes off, you're on to the next potential friend! Low risk with potential for high reward. If you are looking to find another human to connect with, this one is for you. Senior Services' staff **Kayleigh Schernbeck, LCSW**, will serve as your speed friending facilitator.

## Virtual Dementia Tour

**Dates:** Fridays, April 4 and 11

**Time:** 10 am - Noon

**Cost:** Free, please register in advance with Brandy at 303-651-8414 for a specific date and time.

Join us for the Virtual Dementia Tour (R), an immersive experience that helps to demonstrate common sensory and tactile symptoms within dementia. The Virtual Dementia Tour is research-based and incorporates patented sensory tools. Professional and family caregivers have said that the experience is transformative and helps them to better understand what it is like to live with dementia. Each participant will be scheduled for a 20-minute experience followed by debriefing.

## Movement, Motion, and Making Care Safe

Registration #188909-00

**Date:** Tuesday, April 8

**Time:** 6 - 7:30 pm

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

Caregiving can go smoothly until that one moment when the person you are caring for needs extra help. Most people are not prepared to help someone transfer from a bed or chair or off the floor. There are times when helping lift someone is not safe for either of you. What do you DO? How do you do it safely? **Stacey James, MSPT, CMC** and **Renita Henson, RN, BSN** will help you through some of these tricky situations. We will teach you safe ways to assist while preventing harm. We will demonstrate different techniques and maneuvers for you to feel confident and assist you in knowing you are doing the best you can do.

## Letting Go

Registration #188907-00

**Date:** Tuesday, April 8

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

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

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

## Dementia Behaviors: Causes and Solutions

Registration #188913-00

**Date:** Saturday, April 12

**Time:** 10 - 11 am

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

Behavioral expressions often occur within mild cognitive impairment and the various stages of dementia. We'll discuss the most common behavioral expressions like repetition, anger, confusion, suspicion, impulsivity and more. We'll learn 8 triggers, as well as a toolkit of solutions. Presented by **Brenda Gurung**, credentialed dementia specialist, founder of Be Growth Dementia Education, Forbes Health Advisory Board Member, and National Senior Living leader.

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

Registration #188905-00

**Date:** Tuesday, April 15

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

**Cost:** Free, 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.



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





## Building Foundations of Caregiving & Supporting Independence

Registration #188911-01

**Date:** Thursday, February 27

**Time:** 9 - 11 am

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

Join us for this educational program by the **Alzheimer's Association**, part of The Empowered Caregiver series. Learn about the impact of dementia on independence, relationship changes, and how to build your support team. Discover strategies for managing caregiver stress while supporting daily activities and ensuring safety. The program includes activities to help you apply person-centered care approaches to your unique caregiving situation.

## Communicating Effectively

Registration #188911-02

**Date:** Thursday, March 6

**Time:** 9 - 11 am

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

Join us for Communicating Effectively & Responding to Dementia-Related Behaviors, an education program by the **Alzheimer's Association**. Discover new ways to communicate effectively at any stage of the disease, tips to improve communication, steps to recognize and manage dementia-related behaviors and their triggers, and how to recognize when additional help is needed. This program is part of The Empowered Caregiver education series that teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. As part of the program, you will receive activities to apply person-centered care approaches to your own caregiving situation.



## Responding to Dementia-Related Behaviors & Exploring Care and Support Services

Registration #188911-03

**Date:** Thursday, March 13

**Time:** 9 - 11 am

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

Join us for these educational programs by the **Alzheimer's Association**, part of The Empowered Caregiver series. "Responding to Dementia-Related Behaviors" covers dementia's impact on behavior, triggers, and management strategies, while "Exploring Care and Support Services" focuses on planning for care changes and understanding different care settings. Both programs provide valuable insights and activities to help you apply person-centered care approaches in your caregiving journey.

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

## NEED HELP WITH ONLINE REGISTRATION?

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

## 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.*

## 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.



### Feldenkrais Floor - Online - Free Your Hip Joints

Registration # 180023-06

**Dates: Tuesdays, January 7 - 28**

**Time: 10 - 11 am**

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

Reclaim lost mobility in your hip joints. These lessons will enhance your walking, sitting, and overall posture—enhancing your daily movements. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

### Feldenkrais Floor - Online - Unlock the Potential of Your Legs and Feet

Registration #180023-04

**Dates: Tuesdays, February 4 - 25**

**Time: 10 - 11 am**

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

**Registration Deadline: February 1**

With 26 bones and 33 joints in each foot, we often underutilize our feet's capacity for movement. Explore how to move your feet to improve your walking, balance, and spatial awareness. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

### Feldenkrais Floor - Online - Expand Your Self-Awareness

Registration #180023-03

**Dates: Tuesdays, March 4 - 25**

**Time: 10 - 11 am**

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

**Registration Deadline: March 1**

Broaden your awareness beyond typical experiences by exploring often-overlooked areas of your physical self. This lesson series will focus on completing your self-image by comparing sensations in conscious and less-conscious body parts through movement and awareness. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

### Feldenkrais Floor - Online - Enhance Your Standing and Balance

Registration #180023-01

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

**Time: 10 - 11 am**

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

**Registration Deadline: March 28**

As we age, our balance can become less stable. We often respond by stiffening ourselves to create more stability, but this actually contributes to instability. Standing and balance are dynamic processes—the more easily we move, the more stable we become. We'll explore lessons that awaken stiff joints, improve flexibility, and distribute movement more evenly through your joints and muscles. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

### Feldenkrais Chair - Online - Refine Your Self-Image

Registration #180024-09

**Dates: Thursdays, January 2 - 30**

**Time: 11 am - Noon**

**Cost:** \$40 resident, \$45 non-resident

Your self-image is an internal representation of your physical self in your motor cortex. If parts of this image are incomplete or distorted, it affects your movement. These lessons will help you develop a more complete self-image through specific movements and guided imagination. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

### Feldenkrais Chair - Online - Foundations of Movement

Registration #180024-06

**Dates: Thursdays, February 6 - 27**

**Time: 11 am - Noon**

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

**Registration Deadline: February 3**

Explore lessons essential for optimal movement. These sessions will improve flexibility, balance, coordination, and spatial orientation. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

## Feldenkrais Chair - Online - Boost Your Coordination

Registration #180024-01

**Dates:** Thursdays, March 6 - 27

**Time:** 11 am - Noon

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

**Registration Deadline:** March 3

Discover various movements that enhance balance, orientation, and coordination. You'll perform these Feldenkrais exercises using a chair for support and rest. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

## Feldenkrais Chair - Online - Spring into Action

Registration #180024-03

**Dates:** Thursdays, April 3 - 24

**Time:** 11 am - Noon

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

**Registration Deadline:** March 31

As winter fades, prepare for your favorite spring and summer activities—be it gardening, walking, or caring for grandchildren. This class will prime your brain, nervous system, and body for the activities you love. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

## Feldenkrais Workshop - Improve Your Posture

Registration #180025-26

**Date:** Wednesday, February 26

**Time:** 2 - 4:30 pm

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

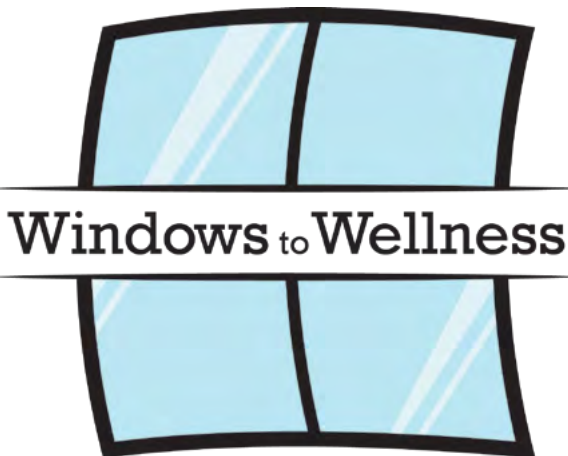
**Registration Deadline:** February 19

Discover what it means to have "good posture." It's probably not what you think! We will dispel old concepts of posture and discover what truly good and functional posture is. This will be a fun workshop onsite at the Longmont Senior Center that will leave you feeling and moving great. Taught by **Al Wadleigh**, a Guild Certified Feldenkrais Practitioner.

### NEED HELP WITH ONLINE REGISTRATION?

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

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



## Windows to Wellness

**Date:** Saturday, February 8

**Time:** 9 am - 2 pm

**Location:** Longmont Senior Center

**Free event!** Meet and learn about health and wellness providers as well as practices in our community. Get a massage, meet a local chiropractor, try out a new fitness class, experience yoga... define your wellness in the New Year! Visit vendors, attend free workshops, and sign up for sessions with professionals. 10-minute sessions for \$10 - cash only please.

## Exercise Scholarship - Funds are Available

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



## Beginning Line Dance

Registration #180012-07

**Dates: Tuesdays, January 7 - 28**

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

Registration #180012-04

**Dates: Tuesdays, February 4 - 25**

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

Registration #180012-03

**Dates: Tuesdays, March 4 - 25**

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

Registration #180012-01

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

**Cost:** \$30 resident, \$35 non-resident  
Single class drop-in fee: \$8 resident,  
\$10 non-resident

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

**Registration Deadline: January 5, January 28,  
February 25, March 25 respectively**

Looking for fun? Look no further! Join instructor, **Marilene Sisco**, in this wonderful form of exercise. Marilene is certified in line dance by the NTA (National Teachers Association of Line Dance). She has taught line dance for 15 plus years and also coached SR line dance teams as well as competed in the Rocky Mountain Senior Games (winning gold, silver & bronze medals). For those who love music and want to learn dance steps for their repertoire, this is for you! Some benefits of line dance include improved circulatory health (BP control & cholesterol), increased mobility and balance, and building strong bones and muscles. Along with physical improvements, line dance provides improved mental and social health. It's just plain fun!

## Intermediate Line Dance

Registration #180014-07

**Dates: Tuesdays, January 7 - 28**

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

Registration #180014-04

**Dates: Tuesdays, February 4 - 25**

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

Registration #180014-03

**Dates: Tuesdays, March 4 - 25**

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

Registration #180014-01

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

**Cost:** \$30 resident, \$35 non-resident  
Single class drop-in fee: \$8 resident,  
\$10 non-resident

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

**Registration Deadline: January 5, January 28,  
February 25, March 25 respectively**

Come dance with **Marilene Sisco** when you are ready for higher level, improver dances. See Beginning Line Dance description for more dance benefit information.



## Pilates®

Registration #180015-07

**Dates: Tuesdays, January 7 - 28**

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

Registration #180015-04

**Dates: Tuesdays, February 4 - 25**

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

Registration #180015-03

**Dates: Tuesdays, March 4 - 25**

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

Registration #180015-01

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

**Cost:** \$60 resident, \$69 non-resident

**Time: 12:15 - 1:15 pm**

**Single Class Drop-in Fee:**

**Cost:** \$15 resident, \$18 non-resident

**Registration Deadline: January 4, February 1,  
March 1, March 28 respectively**

Pilates® Mat Class with advanced certified Pilates® instructor **Kathy Kerr**. Kathy has been gathering Pilates® teaching experience and body knowledge since 2000. She offers an all-levels, Pilates® Mat class full of humor and a masterful conveyance of the Pilate® method. Safety and quick individual progress opportunities are ongoing.

Come find joy in movement as you strengthen, lengthen, and find your connection to a more supple center. Mats and bands are provided. You can bring your own props such as a yoga mat, a neck or low back support, foam roller, or other myofascial manual release props and tools. Participants must be able to get up and down from the floor mat.

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



## Alignment Based Yoga for Active Seniors

Registration #180010-06

**Dates: Mondays, January 6, 13, 27**

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

Registration #180010-02

**Dates: Mondays, February 3, 10, 24**

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

Registration #180010-03

**Dates: Mondays, March 3 - 31**

**Cost:** \$60 resident, \$69 non-resident

Registration #180010-07

**Dates: Mondays, April 7 - 28**

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

**Time:** 10:45 - 11:45 am

**Single Class Drop-in Fee:**

**Cost:** \$14 resident, \$16 non-resident

**Registration Deadline: January 31,**

**February 28, March 28**



This class offers clear instruction in alignment aimed at the health of the spine and joints. Careful sequencing will guide you through your yoga experience. Practicing yoga improves body awareness, flexibility, strength, balance, and relaxation. Participants must be able to get up and down off the floor safely since we explore reclining, sitting, and standing poses. Please bring 1 or 2 sturdy blankets or 2 very large beach towels and a yoga mat. New students please come to the first class 10 minutes early. Instructor: **Gwyn Cody, RYT** Questions? Call 970-669-1574

## New! Kundalini Yoga

Registration #180019-13

**Session 1: February 20 - March 20**

Registration #180019-27

**Session 2: March 27 - April 24**

**Day: Thursdays**

**Time: 12:30 - 1:45 pm**

**Cost:** \$45 resident, \$50 non-resident (5-weeks)

**Single Class Drop-in Fee: \$10**

**Registration Deadline: February 6, March 20**

Kundalini Yoga is a place of transformation, also known as the Yoga of Awareness. This practice consists of specific kriyas which include movement, breathwork, mantra & meditation. These kriyas work to strengthen the nervous system, balance the glandular system, and calm the mind. Kundalini yoga creates opportunities to awaken, uplift & increase our inner awareness.

This class will include a variety of movements (if you cannot comfortably get up and down from the floor, accommodations will be made to be seated on a chair). Prior yoga experience is not required. Please bring your own yoga mat (if possible) as well as a blanket (or towel). Instructor: **Ramya Bruskin, RYT200**

## Integrative Hatha Yoga

Registration #180018-15

**Session 1: February 15 - March 15**

Registration #180018-29

**Session 2: March 29 - April 26**

**Dates: Saturdays**

**Time: 9:30 - 10:45 am**

**Cost:** \$45 resident, \$50 non-resident (5-weeks)

**Single Class Drop-in Fee: \$10**

**Registration Deadline: February 8, March 22**

Integrative Hatha Yoga is a multidisciplinary practice that supports balance, stability & strength. Each class will include breath work, movement, and an extended guided meditation to reduce stress and shift our awareness inward. Yoga helps the body physically, emotionally and mentally (for focus & concentration). This all levels class is open to anyone who can safely transition into standing, seated, prone and supine postures. Please bring a wool or cotton blanket or a large towel to be used during restorative postures and a mat (the senior center does have mats, if you don't).

Please consult with a healthcare provider before starting any new exercise. Instructor: **Ramya Bruskin, RYT200**

## New! Ukemi - Fall Safety for Older Adults

Registration #180081-08

**Session 1: January 8 - February 26**

Registration #180081-12

**Session 2: March 12 - April 30**

**Days: Wednesdays**

**Time: 1:45 - 2:45 pm**

**Cost:** \$120 resident, \$135 non-resident  
(8-weeks)

**Registration Deadline: January 5, March 5**

Ukemi is a Japanese form of exercise that assists in breaking a fall. In this class you will learn how to prevent injuries from falling, while building the confidence and strength to get back up again and again! These skills include moves similar to tumbling and are often used as a form of exercise. For more information contact instructor **Randy Thompson** at [actionspeaklouder@gmail.com](mailto:actionspeaklouder@gmail.com).

## New! Energetics of Yoga Workshop

Registration #180020-01

**Dates: Saturday, February 1**

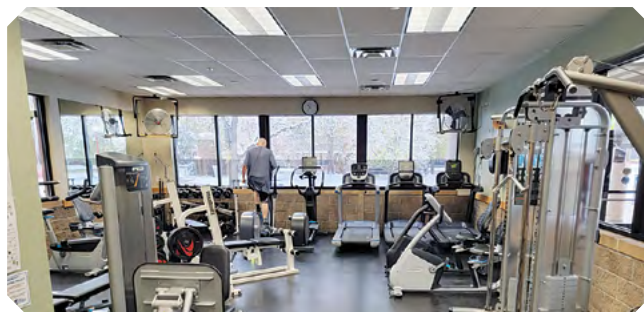
**Time: 9:30 - 11:30 am**

**Cost:** \$18 resident, \$23 non-resident

**Registration Deadline: January 25**

The body is a vessel of energy. Yoga is much more than the physical postures (asana). You will explore & deepen your knowledge and practice of yoga to influence & shift your energy.. This class will consist of yogic education, asana (removes blockages to allow the flow of energy), pranayama (cultivates energy), kumbhaka (contains or holds), bandhas (hold, gather & collect), mudras (channels the energy), nadi's (energy channels) & chakras (energy vortexes).

Prior yoga experience is preferred. This class will include seated, standing postures as well as laying down on the floor. (If you cannot comfortably get up and down from the floor, accommodations will be made to be seated on a chair). Please bring your own yoga mat (if possible) as well as a blanket (or towel) and a strap (belt or tie) to this workshop. Instructor: **Ramya Bruskin, RYT200**



## Seniors on Weights - at The Memorial Building

This small group program, taught by a Certified Personal Trainer, is designed for older adults who like to get more comfortable in the weight room, learn to use the equipment, and properly warm up and cool down for safe execution of the strengthening exercises. Senior Center Scholarship may be available to help cover the cost. **Instructor: Kenya Taylor, CPT**

**Dates: Tuesdays and Thursdays**

**January 7-30** Registration #113303-B

**February 4-27** Registration #113303-C

**March 4 - 27** Registration #213303-A

**April 1 - 24** Registration #213303-B

**Time: 10:30 am - Noon**

**Location: Memorial Building**

Cost per Session: \$130 residents, \$162.50 non-residents



*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.**



## SingFit



Registration #189608-00 **CANCELLED**

**Dates: Fridays, January 3, 17, February 7, 21, March 7, 21, April 4, 18**

**Time: 1 - 2 pm**

**Cost:** \$50 resident, \$58 non-resident  
(8-week session)

**Single Class Drop-in Fee:** \$12 resident,  
\$14 non-resident



SingFit highlights the beauty of music as a scientifically backed

means of connecting with others and nurturing friendships. This program provides an engaging, music-making experience that serves as a comprehensive workout for the brain, enhancing cognition, memory, anxiety management, lung health, and verbal skills. Join **Ariana Heter** as she facilitates an interactive, social music group that features singing, movement, trivia, and reminiscence, designed to stimulate and activate both the brain and body!



## 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 #180016-06

**Dates: Mondays, January 6 - March 10**  
*\*no class January 20 or February 17*

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

**Cost:** \$80 resident, \$88 non-resident  
(8-weeks - Registration Required)

**Registration Deadline: January 5**

Falls are a major concern for elderly folks. Hospitals see up to one million patient falls per year and spend an average of \$14,000 on each one. Tai Chi has been proven in scientific studies to help prevent falls. The slow, mindful movements result in more energy, looser joints, and better balance. This class is modeled on the Centers for Disease Control STEADI programs which are designed and tested to reduce falls in seniors. Instructor: **Steve Elliott**, stevekelliott@gmail.com.

### Yang Style Tai Chi

Registration #180017-06

**Dates: Mondays and Wednesdays, January 6 - March 10**  
*\*no class January 20 or February 17*

**Time: 12:30 - 1:30 pm**

**Cost:** \$160.00 resident, \$175.00 non-resident  
(16-classes, 8-weeks)

**Registration Deadline: January 5**

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.

## SATURDAY SOCIAL STROLLS

Come stroll through Longmont on a group walk as you explore different parts of the community, build connections, and enjoy the outdoors. Meet at different locations in Longmont and enjoy a 30-minute to 1-hour walk with other seniors! Wear comfortable walking shoes and bring water.

Registration #189606-03

**Dates: Saturday, March 8** 🕒

**Time: 9 - 10 am**

**Cost:** Free, please register in advance  
**Registration Deadline: March 1**

Meet at the Longmont Senior Center to walk through Roosevelt Park and the surrounding neighborhoods.

Registration #189606-04

**Dates: Saturday April 5** 🕒

**Time: 9 - 10 am**

**Cost:** Free, please register in advance  
**Registration Deadline: March 29**

Meet at Collyer Park to explore the park and the surrounding neighborhoods.





## 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.

## Balance & Core

A balance and core class designed for seniors to help improve stability, prevent falls, and maintain independence. Core exercise can improve posture, prevent injuries, and support everyday activities. Balance exercises can help retain mobility with aging.

## SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Are you a Kaiser customer?** Your fitness benefit will be changing Jan 1, 2025. Please stop at the front desk to get updated waivers and information on file with us so we can process the correct pass for you. You will have the same access to our classes and facilities with your new benefit. It's always a good idea to let us know if your insurance changes so we make sure we have the correct information.

## 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 | WINTER/ SPRING 2025



EXERCISE AND FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:15 am <b>SilverSneakers® Classic</b> Drop-in class	10 - 10:45 am <b>SilverSneakers® Yoga</b> Drop-in class	8:30 - 9:15 am <b>SilverSneakers® Circuit</b> Drop-in class	11:15 am - Noon <b>SilverSneakers® Yoga</b> Drop-in class	8:30 - 9:15 am <b>SilverSneakers® Classic</b> Drop-in class
9:30 - 10:30 am <b>Tai Chi For Falls Prevention</b> Register for 8 weeks	10 - 11 am <b>*Feldenkrais Online</b> Register by month	12:30 - 1:30 pm <b>Yang Style Tai Chi</b> Register for 8 weeks	11 am - noon <b>*Feldenkrais Online</b> Register by month	<b>SATURDAY</b>
10:45 - 11:45 am <b>Alignment Based Yoga</b> Register by month or drop-in	11 - 11:45 am <b>SilverSneakers® Stability</b>	Ukemi Fall Safety 1:45 - 2:45 Register for 8 weeks	12:30 - 1:45 pm <b>Kundalini Yoga</b>	9:30 - 10:45 am <b>Integrative Hatha Yoga</b> Register for 5 weeks
12:30 - 1:30 pm <b>Yang Style Tai Chi</b> Register for 8 weeks	1:30 - 3 pm <b>Beginner Line Dance</b> Register by month or drop-in			
	3:15 - 4:15 pm <b>Continuing Line Dance</b> Register by month or drop-in			
	5:30 - 6:30 pm <b>Balance &amp; Core</b>			

For full descriptions, dates, and prices, please see pages 51-57

Online  
 SilverSneakers/ RenewActive sponsored  
 Senior Services sponsored

Schedule is subject to change. Visit [www.longmontcolorado.gov/fitness](http://www.longmontcolorado.gov/fitness) for up to date schedule.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 - 8:45 am <b>SilverSneakers® Yoga</b>	8:30 am <b>SilverSneakers® Classic</b>	9 am* <b>SilverSneakers® Yoga</b>	8:30 am <b>SilverSneakers® Classic</b>	9 am* <b>SilverSneakers® Yoga</b>
9 am* <b>SilverSneakers® Yoga</b>	9 am* <b>SilverSneakers® Enerchi</b>	10:15 am <b>SilverSneakers® Yoga</b>	9:20 am <b>SilverSneakers® Circuit</b>	10:15 am <b>SilverSneakers® Yoga</b>
10:15 am <b>SilverSneakers® Yoga</b>	9:20 am <b>SilverSneakers® Circuit</b>		10:15 am <b>SilverSneakers® Splash</b>	11:15 am <b>SilverSneakers® Stability</b>
	10:15 am <b>SilverSneakers® Splash</b>			

**SilverSneakers® Classes are 45 minutes** \*1 Hour Classes

For all 55+ fitness options, please see the Recreation Center schedule

## SilverSneakers® Classes at the Memorial Building, 700 Longs Peak Ave

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 am <b>SilverSneakers® Stability</b>	9:30 am* <b>Advanced Senior Strength</b>	10:30 am <b>SilverSneakers® Stability</b>	9 am <b>SilverSneakers® Enerchi</b> <hr/> 1:15 - 2 pm <b>Zumba Gold</b>	9:30 am* <b>Advanced Senior Strength</b>



## Table Tennis at the Senior Center

**Day/Time:** Mondays, 5:30 - 7:30pm 🕒  
Weds & Fridays, 9:45 - 11:30 am  
**Cost:** 50¢ per session

Join other table tennis enthusiasts for some friendly competition. Equipment provided.

## Pickleball

Lessons are available through the Longmont Recreation Center. Please call 303-774-4800 for more information.

**Outdoors** – Drop in open play for older adults occurs on weekday mornings. Courts are available during the spring, summer, and fall as long as weather permits. No charge for the outdoor parks and courts.

**Hover Acres Park** – 6 dedicated lighted courts located at 1361 Charles Drive.

**Collyer Park** – 2 lighted **lined** tennis courts located at 6th & Collyer.

**Clark Centennial Park** – 10 courts, (2 **lined** tennis courts, 8 taped courts) located at 1100 Lashley

**Lefthand Creek Park** – 4 taped courts located at 1800 Creekside Dr.

*Nets at Clark Centennial and Lefthand Creek Park available to members of Longmont Pickleball Club. Become a member by contacting LPC at [www.longmontpickleballclub.com](http://www.longmontpickleballclub.com).*

**Indoors** – Drop in, at the Recreation Center, 310 Quail Road

**All ages** – 2 courts Mondays/Wednesdays/Fridays 7-9 am, 1 court Sundays, 2 – 5 pm

**Older adults only (55+)** Mondays, Tuesdays, Wednesdays, and Thursdays 2-4 pm

**Cost:** Daily admission or SilverSneakers card

## Senior Softball - Ages 50+

The Longmont Senior Center will be participating in the Colorado Senior Softball Association again this year. Teams are formed by the beginning of March; games begin in April continuing through mid-August. They are played throughout the Denver metro area on Monday and/or Wednesday mornings depending on the division. Most practices and home games are played at Garden Acres Park. If you have questions or would like to be a free agent, please call Terri Calvin at 303-651-8578 for more information.

## Senior Volleyball - Ages 50+

Longmont participates in the Colorado Senior Volleyball Association (CSVA). This league is for age 50+ coed volleyball teams throughout the front range metro area. All games are played in January through March on Wednesdays. Longmont's home gym is the St. Vrain Memorial building. If you are interested in more information about getting on a team as a free agent, please contact Terri Calvin at the Longmont Senior Center, 303-651-8578, [terri.calvin@longmontcolorado.gov](mailto:terri.calvin@longmontcolorado.gov).

## Longmont Senior Golf Association (LSGA)

Registration #187222-00

**Days:** Fridays

**Cost:** \$29 resident; \$34 non-resident

**Registration: Begins April 1 at 8 am**

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 golf course only on the days you play).



All levels of golfers are welcome; NO GHIN number required. This coed fun, mostly con-competitive, weekly league golfs on Friday morning at Sunset Golf Course. League play dates are May 9 - October 10. League registration begins on Tuesday, April 1, 8 am. Space is limited, sign up early.

## Senior Golf League Kickoff Meeting

Registration #187222-1A

**Dates:** Friday, May 2

**Time:** 9 - 10 am

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

All interested new and returning golfers are asked to attend the LSGA kick off meeting at the Longmont Senior Center. We'll discuss the league, recruit volunteer Ambassadors for the upcoming season and go over our tee time software Signup Genius. Most importantly, we will do in-person tee time sign ups for our day of play (May 9) in a lottery format. Any open tee time will be open on Signup Genius on May 2, 2 pm. All remaining tee time sign ups will be on Signup Genius throughout the season. **Players must be registered for the Longmont Senior Golf League to attend.** Registration begins Tuesday, April 1, at 8 am.



## Snowshoe Outings

**Lottery forms can be turned in December 30 – January 10. Lottery spin and communication will be sent on Monday, January 16.**

This is a great way to enjoy the outdoors, meet people, develop friendships, learn about the surrounding areas, and enjoy the fresh air and exercise! Snowshoe outings are volunteer-led, small-group activities. We emphasize safety first followed immediately by enjoyment. Snowshoeing is a fun group activity but is also a strenuous outdoor exercise.

Each person is responsible for bringing and carrying his/her own equipment (**snowshoes and poles are REQUIRED**) and supplies. Be sure to dress warmly and in layers; wear waterproof pants, boots, and outerwear. Remember to bring along water, snacks, and your lunch. You'll likely be eating on the trail so be prepared. Based on the snow conditions, the destination may change. Refunds are not given for a change of location.

If you are unfamiliar with snowshoeing, equipment, or would like a refresher, we highly recommend our Snowshoe Workshop and the first outing of the season which is designed for Beginner/Entry level participants. Outings get progressively more difficult. The distance traveled each outing is determined by the group's progress and is also based on time and conditions. Two volunteer leaders are on every trip.

Please read our Snowshoe Newsletter, located at the front desk for more information.

Days: Thursdays  
 Check-in: 8:15 am  
 Depart: 8:30 am  
 Approx. Return: 1 – 3 pm  
 Cost: \$23 resident, \$26 non-resident  
 Transportation: Senior Service Minibus

## Snowshoe Workshop

Registration #187600-00  
**Dates: Thursday, January 9**  
**Time: 9 - 10:30am**  
**Cost: FREE**, please register in advance  
**Registration Deadline: January 2**

Get prepared for a great snowshoe season in beautiful Colorado! This workshop is for all new and experienced snowshoers. Joyce Costello will briefly discuss important snowshoe topics such as the different types of snowshoes, what to wear, and gear to pack as well as pointers on how to snowshoe and have a safe, enjoyable experience. Bring your snowshoes and boots! Workshop is free; please register in advance.

### Are You Ready For Snowshoe Outings?

**\*MUST be able to answer YES to the following questions:**

- No recent illness, injury, or surgery
- Familiarity with snowshoes and equipment
- Ability to tolerate cold and winter conditions (2-3 hours outside on the trail with variable temperatures and wind)
- Ability to put on, adjust, and take off equipment
- Able to get up and down off the ground without help
- No fear of heights
- Able to sustain continuous exercise
- Acclimated to Colorado and elevation
- Ability to readily go uphill and downhill
- Participation with the group - not an individual activity

Location of snowshoe trips may change depending on snow conditions. Please bring your National Parks pass or be prepared to pay for a one-day entrance fee on EVERY trip. Snowfall is better in Rocky Mountain National Park due to elevation.

*\*\* Rocky Mountain National Park (National Parks Pass Required).*

Date	Reg. #	Location	Elevation	Gain	Distance	Difficulty
<b>1/23/25</b>	187600-01	RMNP Bear Lake to Nymph **	9,475	225	1.5	Beginner
<b>2/6/25</b>	187600-02	Peaceful Valley to Camp Dick	8,500	100	2	Beginner
<b>2/20/25</b>	187600-03	RMNP Sprague Lake, Outer Loop **	8,688	200	3	Intermediate
<b>3/6/25</b>	187600-04	Brainard Gateway Trailhead CMC Snowshoe Trail **	10,043	300	3	Intermediate/Advanced
<b>3/20/25</b>	187600-05	RMNP Wild Basin ** OR Caribou Ranch	8,350	100	2.5	Intermediate (depending on snow)



## Adventure Hikes

Come enjoy the spectacular views of Colorado's Front Range in a variety of hiking destinations and elevations. **Please take heed of the difficulty rating of each hike to determine whether your physical ability level is an appropriate match for each excursion.** Our experienced hike leaders have researched and rated the difficulty level of each hike on the graph below. **Safety is our highest priority, and we expect the participants of our hiking groups to follow the hike leaders' directions.**

*\*If a location needs to change due to unforeseen circumstances (trail conditions, weather, etc.), the Senior Center hike leaders will choose a trail of an equal or less difficult rating.*

**Hike ratings based on the most difficult factor - for example, a short 3-mile hike may be rated difficult if it is at a high elevation.**

	Easy	Moderate	Difficult
<b>Elevation</b>	8500' or less	8501'-10,000'	10,000+'
<b>Gain</b>	Minimal – 400'	401' – 500'	501+'
<b>Distance</b>	3 – 4 mi	3 – 6 mi	4+ mi
<b>Pace</b>	<b>All hikers stay with the group.</b> The group stops approx. every 20-30 min and at all trail junctions.		

For the safety and enjoyment of everyone in the group, it is your responsibility to come prepared for these hiking adventures. **If you come unprepared for the hike, you may have to stay back and give up your seat.**

Please pack the following items in a small backpack:

1. A minimum of 1 quart/liter of water
2. A lunch or hearty snacks – sandwich, granola bars, trail mix, fruit
3. A warm layer – wool or fleece is best – weather can change quickly and without warning
4. A rain jacket or poncho
5. Sunscreen – SPF 30 or higher recommended all year
6. A hat to keep the sun off your face, ears, neck
7. Please wear sensible shoes with tread that is suitable for rough terrain, mud, water, and rocks.

**Hiking sticks or trekking poles highly recommended.** Optional items to consider: sunglasses, camera, field guide, binoculars, bandanna, tissues, and handkerchief.

**Day:** **Thursdays** (see the dates in the graph below)  
**Check-in:** **7:15 am**  
**Depart:** **7:30 am**  
**Return:** between noon and 3:00 pm – time varies according to location, pace, and trail conditions.  
**Cost:** \$13 resident, \$15 non-resident  
*Please cancel 3 business days prior to the hike for a full refund. If you "no show" without prior cancellation notice, you will forfeit your next registered hike.*

***Hike lottery forms can be turned in between March 3 - March 14; Lottery will spin on March 19***

## Adventure Hikes

Date	Reg. #	Location	Elevation	Gain	Distance	Notes	Difficulty
<b>4/3/25</b>	187700-01	Boulder Valley Ranch / Coot Lake	5348	175	4	V	Easy
<b>4/10/25</b>	187700-02	Lake Estes	7522	206	3.8	V	Easy/Mod
<b>4/17/25</b>	187700-03	Rabbit Mountain	6060	350	4	V, R, G	Easy/Mod
<b>4/24/25</b>	187700-04	Sleepy Lion to Button Rock	5900	500	5	V, WF, R	Moderate

## AAIR Hikes

Date	Reg. #	Location	Elevation	Gain	Distance	Notes	Difficulty
<b>4/2/25</b>	187701-01	Pella Crossing	5000	0	3	W, V	Easy
<b>4/16/25</b>	187701-02	Sandstone Ranch	5000	0	2.5	V, H, G, W	Easy
<b>4/30/25</b>	187701-03	Golden Ponds	4981	0	1.4	V	Easy

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





## What Is The Difference Between Adventure Hikes And Air Hikes?

Our adventure hikes will begin at a beginner / lower elevation and exertion and throughout the season gradually increase in elevation and exertion to intermediate and advanced hikes.

Our AAIR hikes will be accessible to all fitness levels and abilities. They will stay at the beginner / lower exertion level throughout the entire hike season. AAIR hikes are a great option for those seeking leisure, individuals with disabilities, or for individuals joining the Longmont Senior Center hike program mid-season.

### HIKES WITH A NATURALIST

#### Winter Birds of Prey Driving Tour

Registration #187009-01

**Date:** Wednesday, January 22

**Cost:** \$15 resident, \$17 non-resident

**Registration Deadline:** January 15

Registration #187009-02

**Date:** Thursday, February 20

**Cost:** \$15 resident, \$17 non-resident

**Registration Deadline:** February 13

Check-In: 9:30 am

Depart: 9:45 am

Return: 1 pm



Parks &  
Open Space

Join Boulder County Open Parks & Open Space Naturalists on a bus tour of Boulder County's best areas to view birds of prey. Follow a tour map to designated stops with volunteer naturalists who will point out birds of prey, teach you about their habitat and behavior, and work on your observation and identification skills. Be prepared for cold weather if you want to get out of the bus. Spotting scopes and binoculars will be provided.

*\*Please note that Hikes with a Naturalist will fall under the SNOWSHOE LOTTERY\**

***Snowshoe lottery forms can be turned in between December 30 - January 10; lottery will spin on January 16.***

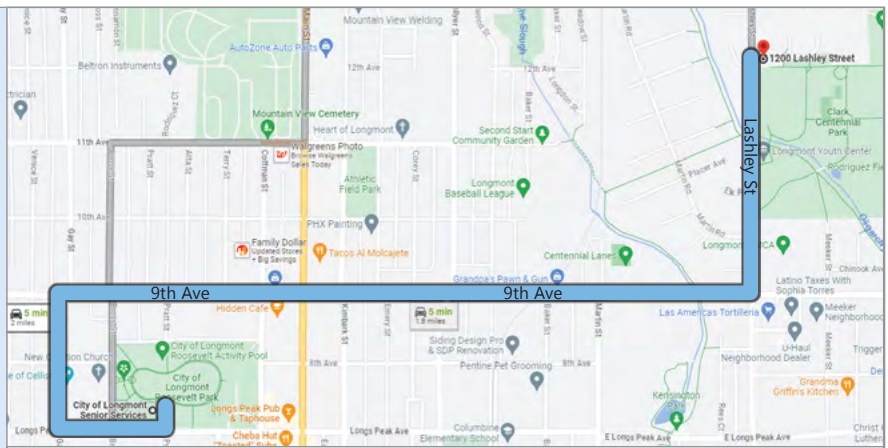


This is your time.  
**OWN IT.**



## Trip Departure & Return at Lashley Street Station

All trip/travel pick-up and drop-off will now take place at Lashley Street Station (1200 Lashley St.), unless otherwise specified in trip description. Our trip hub location will assist in reducing congestion at the Longmont Senior Center and provide more accessible parking to our guests. We look forward to transitioning travel arrivals and departures to our partner City of Longmont facility just 5-minutes from the Longmont Senior Center!



### ADVENTURE WALKABILITY SCALE

EACH TRIP DESCRIPTION INCLUDES AN IDENTIFIED EXERTION LEVEL TO HELP YOU BEST ASSESS WHICH OPPORTUNITIES ARE A GOOD FIT FOR YOUR CURRENT WELLNESS LEVEL. THESE ARE GENERALIZATIONS THAT PARTICIPANTS CAN EXPECT ON A TRIP.

HIGH	MODERATE -HIGH	MODERATE	MODERATE - LOW	LOW
<ul style="list-style-type: none"> <li>High</li> <li>Long Day</li> <li>Lots of walking</li> <li>Stairs</li> <li>Elevation</li> </ul>	<ul style="list-style-type: none"> <li>Moderate to High</li> <li>Lots of walking</li> <li>Outside</li> <li>Some elevation</li> </ul>	<ul style="list-style-type: none"> <li>Moderate</li> <li>Some Walking</li> <li>Possible stairs</li> </ul>	<ul style="list-style-type: none"> <li>Easy</li> <li>Mostly sitting with some walking</li> </ul>	<ul style="list-style-type: none"> <li>Easy</li> <li>Mostly seated</li> </ul>



TRIPS AND TRAVEL

Sign up for Winter Spring trips will run December 2 - 16.

## Longmont Senior Center Trips - Let's get the Scoop



Registration #181322-12

**Date: Thursday, December 5**

Registration #181322-04

**Date: Thursday, April 10**

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

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

Come see old and meet new acquaintances while we learn about all the fun and exciting trip we've got planned for the upcoming season. We'll discuss the lottery process along with details for each outing to help you decide what trips you would like to register for during the open enrollment period.

## CASINO TRIP

### A Day in Black Hawk

**Thursday, January 30** Registration #181204-01

**Wednesday, March 5** Registration #181204-03

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

Enjoy a day in Black Hawk! The day is your to choose what casino(s) you want to win at! Shuttles are available from the gazebo area so you will have many option. The coach will drop off and pick up at the gazebo in Black Hawk. Meet with coach back at the gazebo by 3:15 pm.

Check-in: 8:45 am

Depart: 9:00 am

Approx. Return: 5:00 pm

Transportation: Motor coach. This trip departs from the Longmont Senior Center on January 30.

Includes: transportation, trip leader

## NEED HELP WITH ONLINE REGISTRATION?

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

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

## LUNCH WAGON

Each month, visit a different restaurant for fine dining, casual lunch or brunch/breakfast, depending on the restaurant and dining style. Seating is limited to Senior Center Mini Bus.

Transportation: Senior bus | Includes: transportation, trip leader | Sign up: Begins December 2

### Pasta Jay's, Boulder

**Tuesday, January 7** Registration #181220-07

**Tuesday, January 14** Registration #181220-14

**Tuesday, January 21** Registration #181220-21

**Tuesday, January 28** Registration #181220-28

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

The first Pasta Jay's opened in 1988, thirty years later it is still a hot spot in the Boulder community. Pasta Jay's is known for its casual dining, wonderful food, and a great location in the Pearl Street mall. Delicious Italian food lunch menu which includes a wide variety of sandwiches, chicken picatta, eggplant parmigiana, baked spaghetti, penne formaggio and more. Average price \$10-15. Cost of meal on your own.

Check-in: 10:15 am

Depart: 10:30 am

Approx. Return: 2 pm

### McGraff's American Grill, Loveland

**Tuesday, February 4** Registration #181221-04

**Tuesday, February 11** Registration #181221-11

**Tuesday, February 18** Registration #181221-18

**Tuesday, February 25** Registration #181221-25

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

Diverse array of classic American entrees, appetizers, sandwiches, pizza and more. This restaurant has it all; weekly specials, all you can eat soup and salad, homemade pizza and their number one seller, fish and chips. Don't miss the trains that run not only through the lobby and bar but also is fun to watch in the dining area. Truly a unique and downhome experience. Cost of meal on your own.

Check-in: 10:15 am

Depart: 10:30 am

Approx. Return: 2 pm

*This trip departs from the Longmont Senior Center.*

### Cafe Athens

**Tuesday, March 4** Registration #181222-04

**Tuesday, March 11** Registration #181222-11

**Tuesday, March 18** Registration #181222-18

**Tuesday, March 25** Registration #181222-25

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

Classy yet casual Greek comfort food such as gyros, souvlaki and baklava. Exceptional restaurant with a delicious mix of American, Greek and Mediterranean cuisine. A favorite authentic spot in Northern Colorado located at Centerra shopping center in Loveland. Cost of meal on your own.

Check-in: 10:15 am

Depart: 10:30 am

Approx. Return: 2 pm

*This trip departs from the Longmont Senior Center.*

### Niwot Tavern, Niwot

**Tuesday, April 1** Registration #181223-01

**Tuesday, April 8** Registration #181223-08

**Tuesday, April 15** Registration #181223-15

**Tuesday, April 22** Registration #181223-22

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

Fun little get away spot in the quaint town of Niwot. The Niwot Tavern comes highly recommended for its excellent burgers, super fries, and exceptional pub menu. This comfort food restaurant is small, charming, and happy place with a wonderful atmosphere. Cost of meal on your own.

Check-in: 10:15 am

Depart: 10:30 am

Approx. Return: 2 pm

*This trip departs from the Longmont Senior Center.*







Colorado Learning Center  
of Human Anatomy

**Our Mission: To Be A Community Center of Excellence for Teaching Human Anatomy in Structure, Form, and Function, with its Integrated Systems, Through the Experience of Anatomical Cadaveric Dissection.**

Colorado Learning Center of Human Anatomy allows individuals to witness the physical results of the many experiences of bodies, such as joint replacements, pacemakers, arthritis, emphysema, and other various expressions of health and disease.

Transportation: Senior bus  
Includes: transportation, trip leader and ticket  
Sign up: Begins December 2  
**Cost:** \$12 resident, \$ 14 non-resident

## Focus: Special Senses MODERATE

Registration #181600-01

**Date: Wednesday, January 8**

**Registration Deadline: January 1**

Overall introduction of the Colorado Learning Center of Human Anatomy and Carroll and Lewellen Funeral Home followed by an in-depth class on Special Senses. This is an opportunity for hands-on experience with cadavers to view the anatomy. You will be able to meet the living donors and study the deceased donors.

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

Check-in: 9:30 am  
Depart: 9:45 am  
Approx. Return: 12:15 pm

## Focus: Cardiovascular Heart & Lungs MODERATE

Registration #181600-02

**Date: Wednesday, February 12**

**Registration Deadline: February 5**

Overall introduction of the Colorado Learning Center of Human Anatomy and Carroll and Lewellen Funeral Home followed by an in-depth class on the Cardiovascular System. This is an opportunity for hands-on experience with cadavers to view the anatomy. You will be able to meet the living donors and study the deceased donors.

We will explore several sets of the cardiovascular system, witnessing the anatomy of how blood flows. We will learn examples of the disease processes of the cardiovascular system. We will show the following disease processes from emphysema to pacemakers and where the leads are placed. After this focused learning, you will understand the blood circulatory pathways through the heart, lungs and body.

Check-in: 9:30 am  
Depart: 9:45 am  
Approx. Return: 12:15 pm

## Focus: The Digestive System MODERATE

Registration #181600-03

**Date: Wednesday, March 12**

**Registration Deadline: March 5**

Overall introduction of the Colorado Learning Center of Human Anatomy and Carroll and Lewellen Funeral Home followed by an in-depth class on the Digestive System. This is an opportunity for hands-on experience with cadavers to view the anatomy. You will be able to meet the living donors and study the deceased donors.

We will observe the pathway of the digestive system by exploring from our thoughts, to our mouth and through the entire digestive system (up to 31 feet). We will cover the organs of the digestive system and some of the accessory organs like the liver and pancreas and their effects of the digestive processes. After this focused learning, you will understand the pathway in which our food and nutrients are absorbed and eliminated through the digestive system.

Check-in: 9:30 am  
Depart: 9:45 am  
Approx. Return: 12:15 pm

## Focus: Communication Between the Central Nervous System (CNS) and The Peripheral Nervous System (PNS) MODERATE

Registration #181600-04

**Date: Wednesday, April 9**

**Registration Deadline: April 2**

Overall introduction of the Colorado Learning Center of Human Anatomy and Carroll and Lewellen Funeral Home followed by an in-depth class on CNS and PNS. This is an opportunity for hands-on experience with cadavers to view the anatomy. You will be able to meet the living donors and study the deceased donors.

Explore the communication highways from our Central Nervous System (brain and spinal cord) to our Peripheral Nervous System (what makes 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: 9:30 am  
Depart: 9:45 am  
Approx. Return: 12:15 pm



## Matinee Movie at Regal Village



Registration #189600-01  
**Date: Tuesday, January 21**

Registration #189600-02  
**Date: Tuesday, February 18**

Registration #189600-03  
**Date: Tuesday, March 18**

Registration #189600-04  
**Date: Tuesday, April 15**

**Cost:** \$12 resident, \$14 non-resident

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

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

Transportation: Senior bus. *This trip departs from the Longmont Senior Center*

Includes: transportation, trip leader and ticket

**Registration Deadline: January 14, February 11, March 11, April 8**

## Longmont Bingo Alley



Registration #189605-02  
**Date: Saturday, February 8**

Registration #189602-04  
**Date: Saturday, April 12**

**Cost:** \$12 resident, \$14 non-resident

Did you say bingo afternoon? Absolutely! Be ready for a B-I-N-G-O-H so much fun at Longmont Bingo Alley! Fee includes transportation and 2 bingo cards. Additional cards can be purchased at your own cost. Don't forget, O-61derful things happen when you play bingo with friends! This trip will always depart from the Longmont Senior Center.

Check-in: 11 am  
Depart: 11:15 am  
Approx. Return: 2:30 pm  
Transportation: Senior bus. *This trip departs from the Longmont Senior Center on April 12.*

Includes: transportation, trip leader and 2 bingo cards

**Registration Deadline: February 1, April 5**

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

**Trip lottery forms can be turned in between December 2 - 16; Lottery will spin on Dec. 18**

## Innovation Center, Longmont



Registration #181250-06  
**Date: Monday, January 6**  
**Cost:** \$12 resident; \$14 non-resident

The Innovation Center was created to provide professional STEM experiences to students through industry partnerships and paid work for students. Join the Longmont Senior Center to see how the Innovation Center transcends the traditional classroom and provides experiential opportunities that are developing today's students into tomorrow's leaders, innovators, and changemakers. This is a fascinating tour. Please note, there is a fair amount of walking on this tour.

Check in: 3:15 pm  
Depart: 3:30 pm  
Approx Return: 5:30 pm

Transportation: Senior bus. *This trip departs from the Longmont Senior Center*

Includes: transportation, trip leader and ticket

**Registration Deadline: December 30**

## Happy Day Plants - Holiday Terrariums



Registration #189610-01  
**Date: Monday, January 13**  
**Cost:** \$53 resident, \$61 non-resident

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

Check-in: 10:40 am  
Depart: 10:50 am  
Approx. Return: 12:30 pm

Transportation: Senior bus

Includes: transportation, trip leader and supplies

**Registration Deadline: January 6**



## Happy Day Plants - Mystery Activity!



Registration #189610-04

**Date: Monday, April 14**

**Cost:** \$58 resident, \$66 non-resident

Do you love creating something with your hands? Head to Happy Day Plants with the Longmont Senior Center for a mystery activity! All supplies provided. During our event all the participants will receive 20% off at the shop.

Check-in: 10:40 am

Depart: 10:50 am

Approx. Return: 12:30 pm

Transportation: Senior bus

Includes: transportation, trip leader and supplies

**Registration Deadline: April 7**



## Afternoon Tea at Callahan House



Registration #189610-02

**Date: Friday, February 28**

**Cost:** \$35 resident, \$40 non-resident

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

Check-in: 2:40 pm

Depart: 2:50 pm

Approx Return: 4:30 pm

Transportation: Senior bus

Includes: transportation, trip leader and ticket

**Registration Deadline: February 21**

## Longmont Theater Company - The Kitchen Witches



Registration #189610-03

**Date: Friday, March 28**

**Cost:** \$38 resident, \$42 non-resident

Two "mature" cable-access cooking show hostesses Isobel Lomax and Dolly Biddle have hated each other for 30 years, ever since Larry Biddle dated one and married the other. When circumstances put them together on a TV show called The Kitchen Witches, the insults are flung harder than the food! Dolly's long-suffering TV-producer son, Stephen, tries to keep them on track, but as long as Dolly's dressing room is one inch closer to the set than Isobel's, it's a losing battle, and the show becomes a ratings smash as Dolly and Isobel top Martha Stewart!

Check-in: 6:40 pm

Depart: 6:50 pm

Approx Return: 11 pm

Transportation: Senior bus

Includes: transportation, trip leader and ticket

**Registration Deadline: March 21**

## Art Casting of Colorado, Loveland



**Thursday, January 9** Registration #181255-01

**Thursday, January 16** Registration #181255-02

**Cost:** \$34 resident; \$39 non-resident

Art Castings is a state of the art, full-service bronze foundry specializing in using the ancient lost wax casting process to create bronze and stainless steel sculptures. This time-tested method ensures precise, highly detailed reproductions of the original artwork that is trusted by artists all around the world. Join us as we tour this unique and fascinating facility. For your safety, please wear full shoes or boots—no high heels, sandals or open-toed shoes. Safety glasses will be provided. Pictures are permitted. This tour is rated high on the walkability scale. Afterwards, enjoy lunch at Henry's Pub in downtown Loveland, cost of meal on your own.

Check in: 8:30 am

Depart: 8:45 am

Approx Return: 1:30 pm

Transportation: Senior bus

Includes: transportation, trip leader and ticket

**Registration Deadline: January 2; January 9**



**NEED HELP WITH ONLINE REGISTRATION?**

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



## Woodley's Factory Tour Longmont



**Wednesday, January 15**

**Section 1:** Registration #181258-01

**Section 2:** Registration #181258-02

Cost (per section): \$12 resident, \$15 non-resident

Your chance to get a Behind the Scenes tour of the furniture making process at Woodley Brothers Manufacturing. Located in Longmont and owned by two brothers since 1979, Woodley's crafts an array of unique and quality American hardwood furniture. Made in Colorado, by Coloradans, sold only in Colorado stores, Woodley brand furniture is built to last generations. Join us to

Check in: Section 1 - 8 am, Section 2 9:30 am

Depart: Section 1 - 8:15am, Section 2 9:45 am

Approx. Return: Section 1 - Noon, Section 2 - 1 pm

**Registration Deadline: January 8**

## Cowboy Poetry Gather, Golden



Registration #181259-00

**Date: Friday, January 17**

**Cost:** \$65 resident, \$73 non-resident

The Colorado Cowboy Poetry Gathering is a festival of western song, poetry and storytelling. For over 30 years, this event has featured some of the finest humorists, singers, poets, and yodelers from all over the country, plus Canada and Australia. Cowboy Gathering runs in conjunction with the National Western Stock show features some of the finest performers that portrays a full range from hilarious to poignant, and celebrates ranch life and the West. Venue is at the rustic Buffalo Rose in Golden. For more information about the 2025 featured performers and event please visit: [www.ColoradoCowboyGathering.com](http://www.ColoradoCowboyGathering.com). Please Note: Lunch is on your own, not included in price of trip.

Check in: 10:45 am

Depart: 11:00 am

Approx Return: 7:00 pm

Transportation: Senior Bus

Includes: transportation, trip leader and ticket

Sign up: Begins December 2

**Registration Deadline: January 10**



## National Western Stock Show and Rodeo



Registration #181260-00

**Date: Thursday, January 23**

**Cost:** \$45 resident, \$52 non-resident

Put your cowboy hats on and shine up your boots because we are headed to the Annual National Western Stock Show and Pro Rodeo! Bulls and broncs, cowboys and cowgirls - rodeo's biggest superstars perform amazing feats of athleticism during each performance of our professional rodeo. Whether you prefer thrills and spills or speed and agility, this event is for you and we have tickets for the 1:30 Rodeo. Seats are located in the lower level. You will also have time before the rodeo to stroll around, shop, take in some of the exhibits, explore the stock yards and grab a bite to eat at one of the many food vendors! Lunch will be on your own.

Check in: 10:15 am

Depart: 10:30 am

Approx Return: 5 pm

Transportation: Senior bus

Includes: transportation, tickets and trip leader

Sign up: Begins December 2

**Registration Deadline: January 16**

## 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.



## Breckenridge International Snow Sculptures



Registration #181270-00

**Date: Monday, January 27**

**Cost:** \$50 resident; \$57 non-resident

Today's trip will take you to the mountains for a very special event, the famous International Snow Sculpting Championships! For the past week teams of sculptors have been working around the clock to create a winning snow sculpture. See if you agree with the judges on the champion. Some sculptures are whimsical, some dramatic and others just amazing! You'll also have time to walk a couple of blocks up or down Main Street to find a restaurant and enjoy a tasty high country lunch. Altitude of Breckenridge is 9,600 feet and this may affect people with breathing issues. Please keep in mind, this is an outdoor event for most of the day, and the high country weather can be much colder than in Longmont. Bring appropriate outdoor clothing and boots for walking in snow and wintery conditions.

Check in: 8:45 am

Depart: 9 am

Approx Return: 6:00 pm

Transportation: Motor coach. *This trip departs from the Longmont Senior Center.*

Includes: transportation and trip leader

**Registration Deadline: January 17**

## Candlelight Dinner Theater Oklahoma



Registration #181320-00

**Date: Saturday, February 1**

**Cost:** \$116 resident, \$131 non-resident

Dinner and a show at the Candlelight Dinner Theater. Enjoy the performance Oklahoma, set in farm country outside the town of Claremore, Indian Territory, in 1906, it tells the story of farm girl Laurey Williams and her courtship by two rival suitors, cowboy Curly McLain and the sinister and frightening farmhand Jud Fry. Fee includes dinner, show, motor coach transportation, and escort.

Check in: 11:00 am

Depart: 11:15 am

Approx Return: 4:30 pm

Transportation: Motor Coach. *This trip departs from the Longmont Senior Center.*

Includes: transportation, trip leader, ticket

**Registration Deadline: January 24**

## Candle Making at Lifetime Candles



Registration #181277-00

**Date: Thursday, February 6**

**Cost:** \$67 resident; \$77 non-resident

Learn all about candles, candle carving and experience the joy of watching these beautifully hand-carved candles come to life with color and personality after being dipped in and out of hot colored wax 20-140 times and then carved to perfection. Join us for this fun, hands on experience. We stop for lunch, cost of meal on your own.

Check in: 10:15 am

Depart: 10:30 am

Approx Return: 5:30 pm

Transportation: Senior bus

Includes: transportation, trip leader and ticket

**Registration Deadline: January 30**



## New Belgium Brewery, Fort Collins



Registration #181344-00

**Date: Friday, February 7**

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

New Belgium brewers is fast becoming one of America's largest and fastest growing craft breweries in the country, winning 34 medals at the Great American Beer Festival. Come get a behind the brewery tour as we learn how the beer is made through the production process. This walking tour covers about 1.5 miles, closed-toe shoes required, safety glasses are provided.

Check in: 1:45 pm

Depart: 2:00 pm

Approx Return: 5:30 pm

Transportation: Senior bus

Includes: transportation, trip leader and ticket

**Registration Deadline: January 31**



TRIPS  
AND  
TRAVEL

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

## Earth Science Museum, Golden



Registration #181271-00

**Date: Monday, February 10**

**Cost:** \$20 resident, \$23 non-resident

Visit the Earth Science Museum at the Colorado School of Mines in Golden. The geological past comes to life in this fascinating museum tour. The collection includes 15,000 square feet of rocks, minerals, fossils and other fascinating earth science related objects. Lunch is on your own.

Check in 8:45 am

Depart: 9:00 am

Approx. Return 2:30 pm

Transportation: Senior bus

Includes: transportation, trip leader and ticket

**Registration Deadline: February 3**

## Denver Firefighter Museum



Registration #181252-00

**Date: Wednesday, February 19**

**Cost:** \$55 resident, \$60 non-resident

The Denver Firefighters Museum shares the rich history of the Denver Fire Department and firefighting in Colorado through exhibits, interactive programs, collections, and community events. This historic firehouse is filled with artifacts and memorabilia making it one of the most popular venues in town. Because this is an historic building, only the first floor is ADA accessible. Lunch stop on our way back, cost of meal on your own.



Check in 9:00 am

Depart: 9:15 am

Approx. Return 3:00 pm

Transportation: Senior mini bus

Includes: transportation, trip leader and ticket

**Registration Deadline: February 12**

## Candlelight Dinner Theater Glen Miller Orchestra



Registration #181321-00

**Date: Tuesday, February 25**

**Cost:** \$132 resident, \$150 non-resident

Enjoy an evening of the most sought-after big band in the world today for both concert and dance engagements. With its unique jazz sound, the Glenn Miller Orchestra is one of the greatest bands of all time. Dinner and a show at the Candlelight dinner theater. Fee includes dinner, show, motor coach transportation and trip leader.

Check in 4:45 pm

Depart: 5:00 pm

Approx. Return 11:00 pm

Transportation: Coach bus. *This trip departs from the Longmont Senior Center*

Includes: transportation, trip leader and ticket

**Registration Deadline: February 18**

## St Patrick's Day Celebration with Altan



Registration #181362-00

**Date: Sunday, March 9**

**Cost:** \$67 resident, \$77 non-resident

Travel with us to the Lone Tree Performing Arts Center for a very special St. Patty's day performance. No Irish traditional band in the last thirty years has had a wider impact on audiences and music lovers throughout the world than Altan. With a career in Irish music over for 35 years, the band has achieved legendary status in a genre that has been equally shaped by the band's influence and genius. This St. Patrick's Day celebration promises a boisterous concert with vision, artistry, and an undeniable sense of fun.

Check in: 5:00 pm

Depart: 5:15 pm

Approx Return: 11:00 pm

Transportation: Senior mini bus. *This trip departs from the Longmont Senior Center*

Includes: transportation, ticket, and trip leader

**Registration Deadline: February 28**

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

### NEED HELP WITH ONLINE REGISTRATION?

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





## Ice Core Facility Tour MODERATE-HIGH

Registration #181273-00

**Date:** Thursday, March 6

**Cost:** \$18 resident, \$22 non-resident

Join us for this interesting tour of the U.S. National Science Foundation Ice Core Facility located in Denver. This facility is designed for storing, curating, and studying meteoric ice cores recovered from the glaciated regions of the world. It provides scientists with the capability to conduct examinations and measurements on ice cores, and it preserves the integrity of these ice cores in a long-term repository for current and future investigations.

Check in: 11:30 am

Depart: 11:45 am

Approx Return: 4:30 pm

Transportation: Senior bus

Includes: transportation, tour and trip leader

**Registration Deadline: February 27**



## Denver Art Museum MODERATE-HIGH

Registration #181253-00

**Date:** Wednesday, March 19

**Cost:** \$23 resident, \$26 non-resident

The Denver Art Museum today is one of the largest art museums between Chicago and the West Coast. The museum's global art collections represents cultures around the world with more the 70,000 word of art in 12 collections. Fee includes transportation, guided tour and trip leader. Lunch is on your own.

Check in: 1:00 pm

Depart: 1:15 pm

Approx Return: 4:30 pm

Transportation: Senior mini bus

Includes: transportation, tickets and trip leader

**Registration Deadline: March 11**



## Denver Mob Tour LOW

Registration #181254-00

**Date:** Friday, March 21

**Cost:** \$48 resident, \$54 non-resident

Back by popular demand! Join Denver mob expert Tom Hackett, as you travel through the streets of North Denver to learn about the mobsters that lived and worked there. You will see locations that were crime scenes and other historic sites on this driving tour. Following the tour, you'll have lunch at Gaetano's; and Tom will continue with some wrap up information with time for questions. Lunch is on your own (\$15+).

Check in: 9:30 am

Depart: 9:45 am

Approx Return: 3:30 pm

Transportation: Senior bus

Includes: transportation, tickets and trip leader

**Registration Deadline: March 14**

## Denver March Pow Wow HIGH

Registration #181295-00

**Date:** Saturday, March 22

**Cost:** \$25 resident; \$29 non-resident

Join us as we celebrate Native American art and culture at the 49th 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. There will be authentic food vendors, native arts and crafts, dancers, storytellers, singers and more. Lunch on your own.

Check in: 10:00 am

Depart: 10:15 am

Approx Return: 3:00 pm

Transportation: Senior bus. *This trip departs from the Longmont Senior Center*

Includes: transportation, tickets and trip leader

**Registration Deadline: March 14**



## Afternoon Tea at Swiss Flower



Registration #181265-00

**Date: Monday, March 24**

**Cost:** \$84 resident, \$96 non-resident

Afternoon Tea at the Swiss Flower Shop is served in the Urban Chalet located on the mezzanine level. The unique space and intimate décor are the perfect place for a High Tea with close friends and family. The savory menu includes homemade scones, warm mini quiches, asparagus and ham wraps, hand whipped Devonshire cream and lemon curd along with an assortment of teas and decadent desserts. Fee includes high tea, gratuity, escort and transportation.

Check in: 10:00 am

Depart: 10:15 am

Approx Return: 3:00 pm

Transportation: Senior bus

Includes: transportation, tickets and trip leader

**Registration Deadline: February 14**

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

## Denver Jazz, Dianne Reeves



Registration #181355.00

**Date: Sunday, April 6**

**Cost:** \$87 resident, \$98 non-resident

Five-time GRAMMY Award winner Dianne Reeves is the world's pre-eminent jazz vocalist. Among her numerous accolades, Reeves has been designated an NEA Jazz Master by The National Endowment for the Arts — the highest honor the United States bestows on jazz artists. Dianne's most recent release, Beautiful Life, won a GRAMMY for Best Jazz Vocal Performance. She is joined in an intimate duo setting with the great Brazilian guitarist Romero Lubambo. Romero's playing unites the styles and rhythms of his native musical heritage with fluency in American jazz traditions, to create a distinctive sound. This performance is part of the Denver Jazz Fest at the Newman Center, Denver.

Check in: 2:00 pm

Depart: 2:15 pm

Approx Return: 8:00 pm

Transportation: Senior bus. *This trip departs from the Longmont Senior Center*

Includes: transportation, tickets and trip leader

**Registration Deadline: March 21**



## Buell Theater - Life of Pi



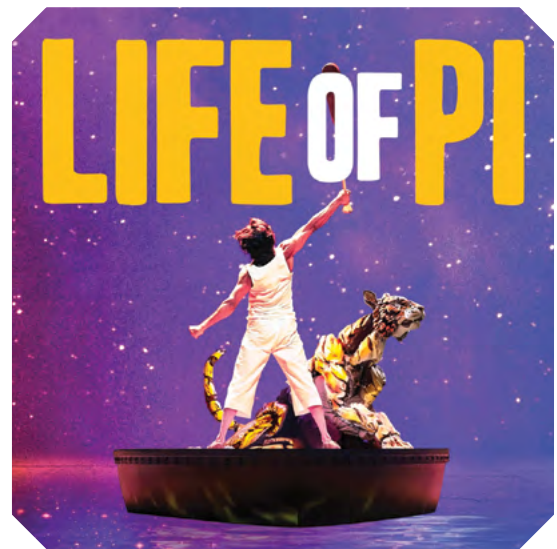
Registration #181354-00

**Date: Sunday, March 30**

**Cost:** \$106 resident, \$121 non-resident

Winner of three Tony Awards® and the Olivier Award for Best Play, the Broadway and West End sensation LIFE OF PI is "an exhilarating evening of theater" (The Wall Street Journal). Based on the novel that became a worldwide phenomenon, LIFE OF PI is an epic story of perseverance and hope that speaks to every generation. After a shipwreck in the middle of the Pacific Ocean, a sixteen-year-old boy named Pi survives on a lifeboat with four companions — a hyena, a zebra, an orangutan and a Royal Bengal tiger.

Told with jaw-dropping visuals, world-class puppetry and exquisite stagecraft, LIFE OF PI creates a breathtaking journey that will leave you filled with awe and joy. Caption available during this show.



Check in: 12:30 pm

Depart: 12:45 pm

Approx Return: 5:30 pm

Transportation: Motor coach. *This trip departs from the Longmont Senior Center.*

Includes: transportation, tickets and trip leader

**Registration Deadline: March 21**



## Colorado Railroad Museum HIGH

Registration #181311-00

**Date: Friday, April 18**

**Cost:** \$32 resident, \$37 non-resident

Come see as Colorado railroad's history is brought back to life with its collections, buildings, and memorabilia on this guided tour. Colorado Railroad Museum's 15-acre railyard hosts over 100 locomotives, passenger and freight cars, cabooses and even a G-scale garden railway. View the 1883's replica of the Depot Museum building along with restored Roundhouse facility with a working hand-operated turntable. Lunch is on your own. Please note: most of this walking tour is outdoor on uneven surfaces. Must wear appropriate shoes and dress for weather.

Check in: 10:15 am

Depart: 10:30 am

Approx Return: 4:30 pm

Transportation: Senior bus

Includes: transportation, tickets and trip leader

**Registration Deadline: April 11**



## Star Gazer Alpaca Ranch MODERATE-HIGH

Registration #181278-00

**Date: Monday, April 28**

**Cost:** \$31 resident, \$35 non-resident

Everyone loves Alpacas right? Join us as we tour Stargazer Alpaca Ranch, nationally recognized producer of alpaca breeding stock. Come and see what an Alpaca farm is like and the purpose of the Stargazer ranch. We will stop at Lazy Dog for lunch before the tour. Lunch is on your own.

Check in: 10:15 am

Depart: 10:30 am

Approx Return: 3:30 pm

Transportation: Senior bus

Includes: transportation, tour and trip leader

**Registration Deadline: April 21**

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

## Adams Mystery Playhouse - Murder Mystery Dinner Theater MODERATE-LOW

Registration #181326-00

**Date: Thursday, April 24**

**Cost:** \$77 resident, \$88 non-resident

Voted BEST Mystery Dinner Theater in Denver. Adams Mystery Playhouse is Colorado's Premier Mystery Dinner Theater and full-time "Mystery Mansion." So, grab your magnifying glass and let's help solve the crime. Adams Mystery Playhouse is an interactive murder mystery where the audience is encouraged to help out. Adams Playhouse does have a cash bar and \$1 hot drinks that are not included. Fee includes dinner, show, gratuity, escort and transportation.



Check in: 4:15 pm

Depart: 4:30 pm

Approx Return: 9:30 pm

Transportation: Senior bus. *This trip departs from the Longmont Senior Center.*

Includes: transportation, tickets and trip leader

**Registration Deadline: April 18**





## Mystery Trip MODERATE-HIGH

Registration #181333-00

**Date: Tuesday, April 29**

**Cost:** \$20 resident, \$23 non-resident

It's a safe bet that you will need your thinking Cap ready for this intellectual and thought-provoking Excursion. In the world we live in today, this journey will help you investigate and better understand the processes of solving crime, public safety, and ensure that we all have the tools to do our part in universal awareness as well as protection. Join a community of like-minded individuals and get your detective skills activated on this special mystery trip. Afterwards, dinner is on your own – menu prices \$12-22.

Check in: 8:45 am

Depart: 9:00 am

Approx Return: 2:00 pm

Transportation: Senior bus

Includes: transportation, tickets and trip leader

**Registration Deadline: April 22**

## Pearl Street Mall HIGH

Registration #181305.00

**Date: Wednesday, April 30**

**Cost:** \$13 resident; \$15 non-resident

A street lined with restaurants, shops and people watching. For more than four decades, the Pearl Street is the heart and soul of Boulder. Enjoy browsing and shopping at the many eclectic shop and grab a bite to eat at one of the many restaurants. This is an outdoor mall, dress for weather and wear comfortable shoes for lots of walking.

Check in: 10:00 am

Depart: 10:15 am

Approx Return: 3:30 pm

Transportation: Senior bus

Includes: transportation, tickets and trip leader

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



### IT'S BACK! EXTENDED TRAVEL

It's been a long time coming and we are excited to partner with Premier World Discovery to bring domestic and international excursions to our Longmont seniors starting in 2025! Learn more about the adventures on tap for the Fall 2025 and Winter Spring 2026 seasons with our destination presentations (online and onsite options available) and explore details on pricing, trip inclusions, and itineraries below.

#### Extended Travel Presentations - Cape Cod & the Islands - Online

Registration #181011-14

**Date: Tuesday, January 14**

**Time: 10 - 11 am**

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

**Registration Deadline: January 10**

Join Premier World Discovery for this virtual overview sharing details of our kickoff return extended adventure, Cape Cod & the Islands. Taking place October 4-10, 2025, this adventure will explore exciting destinations including Nantucket Island, Martha's Vineyard, Boston, and more!

#### Extended Travel Presentations - Cape Cod & the Islands; Holland Teaser

Registration #181011-19

**Date: Wednesday, March 19**

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

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

**Registration Deadline: March 12**

Premier World Discovery comes to the Longmont Senior Center to share information on our kickoff return extended travel excursion in Fall 2025, Cape Cod & the Islands. Details on trip inclusions, itinerary, pricing, and more will be provided, as well as a sneak peek into our Winter Spring 2026 international adventure to Holland. For additional information or to register please contact [rmetz@premierworlddiscovery.com](mailto:rmetz@premierworlddiscovery.com)

### NEED HELP WITH ONLINE REGISTRATION?

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

# Cape Cod & the Islands

October 4, 2025

7 DAYS

**BOOKING DISCOUNT!**

Save \$100 Per Person  
\$200 Per Couple\*

**NO RISK DEPOSIT  
NO CHANGE FEES**

Book Now and your Deposit is Risk Free with  
No Change Fees until Final Payment Due Date!  
See back for details\*\*



## TOUR RATES:

Booking Discount\*: **\$4369** pp double

Regular Rate: **\$4469** pp double

Single Supplement: +\$825

\*See Reservation Info for Booking Discount details

Longmont Senior Center Booking Code #195135



## HIGHLIGHTS

- ▶ 5 Nights - Cape Cod
- ▶ 1 Night - Boston
- ▶ Boston City Tour
- ▶ Faneuil Hall Marketplace
- ▶ Martha's Vineyard Tour
- ▶ Nantucket Island Visit
- ▶ Nantucket Whaling Museum
- ▶ Plimoth Plantation
- ▶ Mayflower II
- ▶ Plymouth Rock
- ▶ Provincetown
- ▶ Cranberry Bog
- ▶ Cape Cod Nat'l Seashore
- ▶ Newport, RI
- ▶ Breakers Mansion
- ▶ New England Lobster Dinner

## INCLUSIONS

- ▶ Roundtrip Airfare - DEN
- ▶ 9 Meals: 6- Breakfasts & 3- Dinners
- ▶ Professional Tour Director
- ▶ Motorcoach Transportation
- ▶ Admissions per Itinerary
- ▶ Sightseeing per Itinerary
- ▶ Baggage Handling at Hotels
- ▶ Hotel Transfers
- ▶ TD & Driver Gratuities
- ▶ Travel Protection Plan (TPP)

## ACCOMMODATIONS

- ▶ 6 Nights First Class Hotel
- ▶ 1 Night - Hyatt Place Boston/Braintree or Le Meridien Boston/Cambridge
- ▶ 5 Nights - Doubletree Cape Cod, Holiday Inn Cape Cod or Courtyard by Marriott Cape Cod, Hyannis

On some dates alternate hotels may be used

## Itinerary

Day 1: Flight To Boston

Day 2: Boston City Tour - Plymouth - Cape Cod

Day 3: Martha's Vineyard

Day 4: Cape Cod National Seashore -  
Cranberries - P'Town

Day 5: Newport, Rhode Island

Day 6: Nantucket Island

Day 7: Cape Cod - Boston Flight Home



TRIPS  
AND  
TRAVEL



## Coming Spring 2026 - Holland Tulips and Rhine River Cruise

TBD - See our Summer (May-Aug) GO for pricing, dates, and additional info.



- Day 1 - DEPART US - OVERNIGHT FLIGHT TO EUROPE**  
**Day 2 - ARRIVE ZURICH**  
 Arrive Zurich, Switzerland & Meet your PWD Tour Manager/Representative(s)  
 Travel to Basel via motorcoach & Board the Amadeus Cara for 7 Night Cruise  
 Ship Departs from Basel early evening - Welcome Dinner Onboard  
 (D) *Overnight - Amadeus Cara*
- Day 3 - STRASBOURG**  
 Morning - Arrive Kehl/Strasbourg - Strasbourg City Tour with Canal Boat Cruise  
 Afternoon - Leisure time in Strasbourg  
 Ship Docked into late evening in Kehl/Strasbourg - Ship Departs  
 (B,L,S,D) *Overnight - Amadeus Cara*
- Day 4 - SPEYER - MANNHEIM**  
 Morning - Arrive Speyer - Speyer Walking Tour  
 Afternoon - Cruise to Mannheim - Leisure time or *Optional to Heidelberg with Castle*  
 (B,L,S & D) *Overnight - Amadeus Cara*
- Day 5 - RÜDESHEIM - KOBLENZ**  
 Morning - Arrive Rudesheim - Walk into town on own to explore or *Optional Rudesheim Vineyard Wine Tasting & Drosselgasse*  
 Cruise through the Rhine River Gorge, a UNESCO Heritage Site  
 Afternoon arrive Koblenz - Koblenz Walking Tour  
 (B,L,S & D) *Overnight - Amadeus Cara*
- Day 6 - KOBLENZ - COCHEM**  
 Morning - Moselle River Cruising  
 Afternoon - Arrive Cochem - Cochem Walking Tour, Castle Visit\* & Wine Tasting  
 Early Evening - Ship Departs for Cologne  
 (B,L,S & D) *\*Reichsburg or Eltz Castle Visit  
 Overnight - Amadeus Cara*
- Day 7 - COLOGNE**  
 Morning - Arrive Cologne - Cologne Walking Tour & Kolsch Beer Tasting  
 Afternoon - Ship departs Cologne for Amsterdam  
 (B,L,S & D) *Overnight - Amadeus Cara*
- Day 8 - AMSTERDAM SIGHTSEEING**  
 Morning - Amsterdam City Tour & Canal Cruise  
 Afternoon - Amsterdam at leisure or *Optional to Volendam & Cheese Tasting*  
 Gala Farewell Dinner Onboard - Ship docked overnight in Amsterdam  
 (B,L,S & D) *Overnight - Amadeus Cara*
- Day 9 - DISEMBARK SHIP - AMSTERDAM**  
 Morning - Zaanse Schans Windmills  
 Afternoon - Visit to Keukenhof Gardens - Arrive Amsterdam Hotel for 1 Night Stay  
 (B) *Overnight - Amsterdam*
- Day 10 - AMSTERDAM - FLIGHT HOME**  
 Transfer to the Amsterdam Airport - Flight Home  
 (B)

B-Breakfast Hotel/Onboard • S-Snacks Onboard afternoon and/or evening  
 L-Lunch Onboard • D-Dinner Onboard with Beer & Hand Selected Wines

## Overnight Adventure - Colorado Springs & Manitou

Registration #181201-00

**Date: Tuesday - Thursday, April 22 - 24**

**Time: 8:30 am - 1 pm**

**Registration Deadline: March 22 or until filled**

Travel with us to Colorado Spring as we discover stunning landscapes, exquisite architecture, and visit the historic and quintessential town of Manitou Springs. This 2-night, 3 day trip includes a guided tour of the Glen Eyrie historic Tudor-style castle, Garden of the Gods and visitor center, lunch stop at a Mexican and French restaurant, and a mineral water soak in the Sun Water Spa in Manitou Springs.

**Includes:** hotel accommodations 2 nights, guided tour Glen Eyrie Castle, lunch at a French inspired restaurant, guided tour Garden of the Gods, Sun Water Spa hot springs, motorcoach transportation and trip escort.

Double Occupancy cost: \$489.00

Single Occupancy cost: \$640.00



### Highlights

- 2 night accommodations at Embassy Suites hotel
- Glen Eyrie guided castle tour
- Meal included at a French inspired restaurant
- Garden of the Gods tour and visitor center
- Hot springs experience at Sun Water Spa
- Broadmoor Hotel



## Computers & Technology

### SCTC VOLUNTEERS are NEEDED:

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

Visit [bit.ly/volunteersctc](http://bit.ly/volunteersctc) or call Senior Services at 303-651-8411 for more information.

City of Longmont is recruiting new members for our

## Equitable Climate Action Team Volunteer (ECAT) Group!

This is an awesome volunteer-leadership opportunity that is a great way to have direct involvement with the City reviewing Sustainability programs. The application is open to all people over 18 years old living in Longmont regardless of status. Please contact [sustainability@longmontcolorado.gov](mailto:sustainability@longmontcolorado.gov) for a link to our application or pick up an application at 1100 S. Sherman Street with the Sustainability Office. For questions contact us at (303)651-8416.

## We Want You!

If you have time on your hands and would like to put some of that time to good use, volunteer with the Senior Center! If you have a skill or a talent you would like to share, please contact Valerie at 303-774-3533 or email at [Valerie.rodriquez@longmontcolorado.gov](mailto:Valerie.rodriquez@longmontcolorado.gov). The Longmont Senior Center is reaching out to its participants, and we have a need for the following duties/ tasks:

**Check-In Assistant** – Responsibilities include checking in participants for all programs taking place at the center, taking attendance, communicating with staff and participants.

**Desk Volunteer** – This weekly commitment is for a morning shift 9 - 11:30AM or 12:30 - 3PM at our Volunteer Desk. This volunteer role involves making phone calls, putting information together, giving out information, giving tours of the facility, helping people navigate through our brochure and all other administrative duties as needed.

There are endless benefits of volunteering in these roles, and you would be supporting a very busy facility and helping people along the way.



## OUR PARTNERS SERVING LONGMONT NEED LOCAL VOLUNTEERS!



## Longmont Meals on Wheels Needs Volunteers



Longmont Meals on Wheels prepares and delivers more than 425 meals a day and checks on its participants daily. Can you help? Kitchen volunteers prepare, cook and package meals, serve them in the Parkview Café and help with cleanup. Kitchen helpers are needed one day per week, 8am – 12:30pm. Delivery drivers pick up the meals for their routes around 10:45, and routes take 1 – 1.5 hours to complete. Most delivery volunteers volunteer once per week. Long-term substitutes are always needed as well. Call 303-772-0540 or go to [longmontmeals.org](http://longmontmeals.org) volunteer to get started.

## Be a friend to an older adult!

Boulder County Area Agency on Aging seeks volunteers to provide companionship to older adults (age 60 and over) who are experiencing isolation or to give a break to a caregiver. Volunteers are matched with an older adult whom they visit for two hours once a week. Volunteers serve as companions; they do not provide hands-on care. Volunteers must pass a criminal background check, and make a 6-month commitment. Apply at [BoulderCountyVolunteers.org](http://BoulderCountyVolunteers.org). For more information call 720-864-6526 or email [infoRespite@bouldercounty.org](mailto:infoRespite@bouldercounty.org).

## Homebound Book Program at the Longmont Library

Is seeking volunteers to help pick up and deliver books to locally homebound individuals. If you appreciate the love and/or importance of reading and are willing to bring the world to someone who may be unable to get out and get their own good "reads", please consider being a volunteer for this program. Call Jana at 303-774-4895 or email [library\\_homebound@longmontcolorado.gov](mailto:library_homebound@longmontcolorado.gov) for more information.

## St. Vrain Valley Storytellers

Become a Volunteer Storyteller for kids pre-K – grade 5 in the schools of the St. Vrain Valley School District. For more information, contact Marianne Balin at 510-326-2398 or mbalinhome@gmail.com.

# cultivate

## Connect with Cultivate

Cultivate volunteers support our older adults through programs such as rides to medical appointments for military veterans and their senior family members; phone check-ins for social support; grocery shopping and delivery; minor home repairs; snow shoveling and yard cleanup. By providing services at no cost, Cultivate helps seniors remain independent, yet connected, within their communities. If you are interested in volunteering or receiving services please visit our website at [cultivate.ngo](http://cultivate.ngo) or call us at 303-443-1933.

## Boulder County American Red Cross

Consider volunteering for local, state, or out of area Red Cross work. The American Red Cross has four Chapters in Colorado and numerous sites where they offer classes or have disaster staff and resources. Call 303-722-7474 for more information.



**OUR CENTER**  
Paving the Road to Self Sufficiency

**OUR Center** assists individuals and families in the St. Vrain Valley in need of food, clothing, rent and utility assistance, transportation, medical needs, budget and life skills, and other resources to help people through short-term crises and to develop vital lifelong skills to enable self-sufficiency.

**OUR Center serves over 100 families per day.** Each week we need 350 volunteers to provide the services we offer.

We'd love to have you join our volunteer team. To apply, go to our website -

[www.ourcenter.org](http://www.ourcenter.org) and click on the Volunteer page. For more information, contact Julie, our Director of Volunteer Services, at [julie@ourcenter.org](mailto:julie@ourcenter.org) or 303-772-5529 x235.

## Rainbow Connections

The Boulder County Area Agency on Aging is seeking LGBTQ+ (lesbian, gay, bisexual, transgender, queer, +) volunteers or Allies to provide meaningful connection on a weekly basis for socially isolated LGBTQ+ older adults. If you are interested, please contact Michael at [mchifalo@bouldercounty.org](mailto:mchifalo@bouldercounty.org) or 303-441-4518.

## Parks, Open Space and Trails Launches JoinUs Volunteer Portal

**JOIN US!**

### Volunteering just got easier.

The portal helps users register and track volunteer events quickly, allowing more time for volunteering and building relationships. Users also can access the handy calendar tool to register for educational programs, trainings and special events in addition to volunteer opportunities. JoinUs is easy to learn, with built-in support provided.

POST Volunteer Coordinator Danielle Levine encourages those interested in volunteering to explore JoinUs and register for upcoming events. POST volunteer programs include Adopt-a-Park; Adopt-a-Rose Garden; efforts at Button Rock Preserve; Clean Up, Green Up; photography; raptor monitoring; restoration crew efforts and more. See all the opportunities available and learn more at [bit.ly/post-volunteer](http://bit.ly/post-volunteer).

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

## A Day Place: Volunteers Needed

Do you like to play games, read stories, and have a lot of laughter? A Day Place is looking for volunteers to assist our staff with daily activities, games, and snack time. You will be working

with adults that have some form of memory loss, but the most physical thing you are asked to do is wipe off the tables after lunch. If this sounds like a perfect opportunity for you, call 303-435-9948. You may also email [adayplace2017@gmail.com](mailto:adayplace2017@gmail.com).



## VOLUNTEER DRIVERS:



### Via Mobility Services

Help older adults and people with disabilities maintain their independence and connections in the community as a volunteer driver. Training provided. Contact **Adriana Torres** at Via Mobility Services 720-804-3693.



### 60+ Ride

Based in Greeley, is in need of volunteer drivers for Weld County. Please call 970-352-9348.



**Watch Longmont City Council Live:** <https://www.youtube.com/c/cityoflongmont/live>

## THE LONGMONT MUSEUM

**Location:** Longmont Museum, 400 Quail Rd | [www.longmontcolorado.gov/museum](http://www.longmontcolorado.gov/museum)

### Friday Afternoon Concerts

**Fridays, 2:30pm February 14, March 14, April 11**  
\$12 general admission, \$8 Museum members

Enjoy an afternoon of live music in the Longmont Museum's Stewart Auditorium this winter featuring an eclectic array of musical acts from up and down the Front Range.

- **Feb. 14:** Acclaimed violin-piano duo **Opus Two**
- **March 14:** **Beth Gadbow Celtic Trio**
- **April 11: Come Away with Me:** A Tribute to Nora Jones, Featuring Dzirae Gold

Learn more and buy tickets to these and many more programs at [longmontmuseum.org](http://longmontmuseum.org) or by calling 303-651-8374.

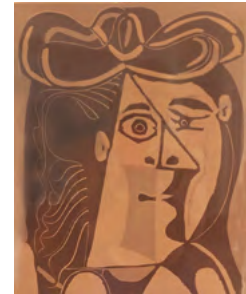
**Learn more about all these programs and buy tickets at [longmontmuseum.org](http://longmontmuseum.org) or by calling 303-651-8374.**

### Picasso Exhibit at the Longmont Museum

**February 1 - May 5**

\$8 adults, \$5 students/seniors,  
Free for Museum members

This winter, discover the brilliance of Pablo Picasso in this captivating new exhibition at the Longmont Museum features nearly 60 works from 1923 to 1972, including etchings, lithographs, linocuts and a rare cancelled copper printing plate. Highlighting Picasso's collaborations with master printmakers like Georges Lacourière, Fernand Mourlot and Hidalgo Arnera, the exhibition reveals his innovative techniques and creative evolution. Immerse yourself in the artistry of one of the 20th century's greatest masters and explore the intricate processes behind his most iconic prints.



## 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 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.



## What is AAIR?

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

## What is Therapeutic Recreation?

Therapeutic Recreation is an activity-based therapy that utilizes leisure to improve a person's quality of life by promoting health and well-being while building independence and relationships. The goal of recreational therapy is to approach everyone holistically to improve a person's physical, social, cognitive, emotional, and spiritual functioning. Let's find out what you can do and what you are capable of!

## Who Do I Talk To About Aair?

**Ariana Heter, CTRS** | Therapeutic Recreation Coordinator  
303-651-8907 | ariana.heter@longmontcolorado.gov

## How Do I Know If Something Is Aair?

Great question! Keep an eye out for this AAIR icon.  
If you see this AAIR cloud, that means it is an AAIR program or activity.



## 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 .....	303-443-8500
Alzheimer's Assoc. 24-Hr Helpline .....	1-800-864-4404	Mental Health Crisis Line 24/7 .....	1-844-493-8255
Audio Information Network .....	303-786-7777	Nursing Home Monitoring .....	303-441-1173
Better Business Bureau .....	303-327-4500	OUR Center .....	303-772-5529
Center For People With Disabilities .....	303-442-8662	Parkinson's Association of the Rockies .....	303-830-1839
<i>For new inquiries select extension 250</i>		Poison - Rocky Mt. Poison Control .....	1-800-332-3073
Colorado Division of Insurance .....	303-894-7499	Police, Longmont non-emergency .....	303-651-8501
Colorado No-Call Program .....	1-800-309-7041	Reverse Mortgages - Boulder County .....	303-441-1544
Colorado Talking Books Library .....	303-727-9277	Rocky Mountain Legal Center .....	720-242-8642
Community Protection .....	303-441-3700	Safe Shelter (Domestic Violence) .....	303-772-0432
(Boulder County)		Salud Clinic .....	303-776-3250
Cultivate .....	303-443-1933	Senior Centers in the area	
Dental Aid-Longmont .....	303-682-2619	-Berthoud .....	970-532-2730
El Comité .....	303-651-6125	-Boulder (East) .....	303-441-4150
Elder Watch Fraud Hotline .....	1-800-222-4444	-Boulder (West) .....	303-441-3148
Employment Workforce Boulder County .....	720-864-6600	-Lafayette .....	303-665-9052
Food Programs		-Longmont .....	303-651-8411
- Carry Out Caravan .....	303-241-4426	-Louisville .....	303-666-7400
- Eldershare .....	303-652-3663	-Loveland .....	970-962-2783
- Meals on Wheels .....	303-772-0540	Senior Reach (counseling) .....	1-866-217-5808
Fraud - Attorney General Hotline .....	1-800-222-4444	Social Security .....	1-800-772-1213
- Inspector General Hotline .....	1-800-447-8477	Social Services (BCDHHS) .....	303-441-1000
Health Department, Longmont .....	303-678-6166	Stroke - Rocky Mt. Association .....	303-730-8800
Housing: Longmont Housing Authority.....	303-651-8581	Suicide Prevention Hotline .....	Simply dial 988
Legal Services of Boulder County .....	303-449-7575	Transportation	
Legal Services AARP .....	1-888-687-2277	-Access-A-Ride .....	303-292-6560
<b>Loan Closet Medical Equipment FREE</b>		-Berthoud Area Transportation.....	970-532-3049
-American Legion .....	303-961-2233	-RTD .....	303-299-6000
-Elks .....	303-776-1055	-Via Mobility Services .....	303-447-2848
-Moose .....	303-776-4911	-VetsGO .....	303-443-1933 ext.414
Long Term Care Ombudsman .....	303-441-1173	Veteran Services - Longmont .....	303-441-3890
Medicaid		Weatherization .....	720-864-6401
- Boulder County Human Services.....	303-441-1000	www.bouldercountyhelp.org .....	303-441-1617
- A&I Avenues (required for LTC Medicaid) ....	303-439-7011		

## ABOUT THE SENIOR CENTER:

### Longmont eAlerts

This is an e-mail alert system from the City of Longmont for community members to receive brief notices on various topics: Longmont government news, Adults 55+, City Council News, Environment, Golf, Jobs, and Community Programs and Events. You can receive information via e-mail, phone, cell, or fax. Visit [www.ci.longmont.co.us/selectalert/index.htm](http://www.ci.longmont.co.us/selectalert/index.htm) to sign up.



### Information and More...

Off of the lobby, there is a small room that contains current magazines, information on Senior Services programs, resources for older adults and caregivers, and city and partner agencies information. Near the dining room there are a number of free publications available for pickup in the magazine rack.

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

### 50+ Marketplace News

Available at the Senior Center monthly.

### 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.

### Get the Email Newsletter and GO Catalog!

Never miss a special event, LSC news alert, or featured class again: join our email list and get regular updates in your inbox twice a month. We'll also email you when the GO Catalog is ready to view electronically. Visit [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services), **text SENIORCENTER to 42828**, or sign up at the front desk.



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

Nunca más te pierdas una clase o un evento especial y le avisamos cuando hay un nuevo catálogo de GO. Regístrate con Valerie o envíe un mensaje de texto a **SENIORCENTER al 42828**.

## GO SUBSCRIPTION FORM - 2025

The GO Catalog is always available online or to pick up at the Senior Center. If you would like the convenience of having all **3 issues** of **The 2025 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](http://www.longmontcolorado.gov/senior-services)

Name (Please Print) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Senior Center  
10464620 62170



## SENIOR SERVICES RESOURCE STAFF

*Se habla español*



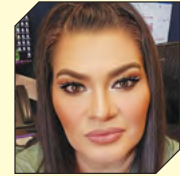
**VERONICA GARCIA**  
**303-651-8716**

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 to residents of Longmont for:**

- » Assisting older adults age 55+ and family caregivers of older adults in locating and accessing resources and services such as housing and in-home care
- » Navigating systems such as Social Security and/or Medicaid
- » Completing forms and applications for various benefits, services, and programs
- » Applying for financial support when eligible and appropriate



## SENIOR SERVICES COUNSELING STAFF



*Seniors Counselor*  
**KAYLEIGH SCHERNBECK, LCSW**  
**303-774-4497**

kayleigh.schernbeck@longmontcolorado.gov



*Supportive Services Supervisor*  
**BRANDY QUEEN, LPC**  
**303-651-8414**

brandy.queen@longmontcolorado.gov

**Kayleigh Schernbeck**, licensed clinical social worker, is available to residents of Longmont for:

- » Individual, couples, and family counseling for older adults age 55+ and for family caregivers of older adults: up to twelve free, confidential counseling sessions.
- » Matching older adults with Peer Support volunteers who offer individual counseling and a variety of support groups. Peer volunteers are experienced, trained, and supervised volunteers who provide support and understanding from one senior to another.
- » Facilitating or coordinating a number of support groups
- » Managing dementia-friendly educational activities and programs
- » Organizing a variety of education programs about resources

**Brandy Queen**, a licensed professional counselor, is also available for limited individual, couples, and family counseling for older adults age 55+ and for family caregivers of older adults. Additionally, Brandy provides support groups and caregiver consultations and manages programs about resources, emotional wellness, dementia, and caregiving.

## BOULDER COUNTY AREA AGENCY ON AGING



Visit the comprehensive website at [www.BoulderCountyHelp.org](http://www.BoulderCountyHelp.org) or call the Boulder County Area Agency on Aging Resource Line at **303-441-1617** (Bilingüe) or email: [infoADRC@bouldercounty.org](mailto:infoADRC@bouldercounty.org)

View Categories at the website to explore options such as:

- » Services at Home
- » Legal Support
- » LGBTQ+ services
- » On the website, scroll down to the box labeled AGENCY PUBLICATIONS. You will find a link to the Housing Guide, Care Connections newsletter, and other helpful information.
- » Caregiver Resources
- » Health & Medical
- » And many more!

**Also: Weld County Area Agency on Aging (AAA)**

General AAA information: **970-346-6950**  
Information and Assistance: **970-346-6952**  
Website: [www.weldaaa.org](http://www.weldaaa.org)

**Larimer County Area Agency on Aging (AAA)**


Helpline: **970-498-7750**  
Website: [www.lcoa.networkofcare.org](http://www.lcoa.networkofcare.org)



## CAREGIVER SERVICES

*for friends or family members caring for an older adult include:*

Call Brandy Queen at 303-651-8414 for information about the following:

- **Caregiver consultations and family meetings:** Referrals & information about adult day programs, home health care, long-term care, counseling, caregiver self-care, etc.
- **Respite & Companion Volunteer Program and Respite Assistance referrals:** Volunteers matched with older adults who live alone or with a family caregiver provide respite, a friendly visit, and a caring connection. Respite Assistance funds can help pay for respite care for a caregiver.
- **Social Groups and Educational Programs** for family caregivers and those living with dementia (see Health & Wellness section of the GO).
- **Caregiver Support Groups** provide information and support for family caregivers; no registration required:
  - **1st Monday, 6:00 - 7:30 pm at the Senior Center** 
  - **2nd Tuesday, Noon - 1:30 pm** (Alzheimer's Association group) at the Senior Center
  - **LGBTQ+ Support Group for Caregivers** – If you are interested please contact Michael at mchifalo@bouldercounty.org or 303-441-4518.

## SUPPORT GROUPS

*(meet at the Senior Center unless otherwise noted)*

**For information about other emotional and diagnosis-specific support groups, call Brandy at 303-651-8414**

### Adjusting to Life's Changes Support Group

Mondays, January 6 - February 24 (no group January 20 and February 17), 1:30 - 3pm. Call Kayleigh at 303-774-4497 for an intake appointment or for more information.

### Grandparents Raising Grandkids Kinship Support

Call Alicia Corso at 303-514-7745 for information.

### Grief Recovery Support Group

Mondays, March 10 - April 28, 1:30 - 3pm. Call Kayleigh at 303-774-4497 for an intake appointment or for more information.

### LGBTQ+ Older Adults in Boulder County

Social and aging resources for LGBTQ+ (lesbian, gay, bisexual, transgender, queer+) older adults, includes a monthly newsletter, regular gatherings, and an annual holiday celebration. For information, contact Boulder County Area Agency on Aging at 303-441-4518 or infoLGBTelders@bouldercounty.org. Confidentiality maintained.

### Low Vision 3rd Thursday, 10:30 am - noon.

Contact: CPWD at 720-526-2804

### Parkinson's 2nd Wednesday, 10:00 - 11:30 a.m.

Meets at Longs Peak United Methodist Church, 1421 Elmhurst Dr., Longmont  
Contact: Parkinson's Association at 303-830-1839

## SUPPORT FOR PEOPLE WITH DISABILITIES

The mission of the Center for People with Disabilities (CPWD) is to provide resources, information, and advocacy to assist people with disabilities in overcoming barriers to independent living. In addition, CPWD provides Peer Support and works with people in navigating the Social Security Disability application process. Their phone number is: 303-442-8662; new inquiries can contact extension 250, or you may email CPWD at info@cpwd.org.

## FINANCIAL

### Medicare Counseling

Medicare Counselors provide objective information and assistance regarding Medicare benefits, HMOs, supplemental policies, rights, and appeals. For assistance or to schedule an appointment, call 303-441-1546. Medicare Counselors also offer monthly Medicare Basics classes. Current dates are listed in the General Interest section of The GO. You can learn more about Medicare at [www.medicare.gov](http://www.medicare.gov) or 1-800-633-4227.

### Social Security

Social Security – <http://ssa.gov/> or 1-800-772-1213; for claims, please call 1-877-405-5872. The local office is located at 480 West Dahlia St, Louisville, CO 80027. Their office hours are 9 am – 4 pm Monday-Friday.

### Boulder County Personal Finance Coaching

Personal Finance program provides free and confidential counseling to help build skills, knowledge base and confidence level in areas of money management, housing, and employment. Call 720-564-2279 to schedule an appointment with a personal finance specialist to discuss reverse mortgages, financial well-being, and money management.

### Home Foreclosure Prevention

Call Boulder County Housing Authority at 720-564-2279 or Colorado Foreclosure Prevention Hotline at 1-877-601-4673.

### Money Management Program

Money Management Program (MMP) volunteers help you sort through your mail, organize your bills, develop a budget, write your checks, manage your monthly expenses, and work on your debts. To find out more about the program, call Amy 303-774-4372.

### Tax Help

Call Colorado Taxpayer Advocate Service at 303-603-4600.

### State and City Rebates

State of Colorado and City of Longmont offer rebates on a number of resident expenses for low-income individuals. For eligibility criteria and applications, visit <https://www.longmontcolorado.gov/community/financial-assistance-and-rebate-programs> and <https://tax.colorado.gov/PTC-rebate>. Resource Specialists available for application assistance, contact 303-651-8411.

### Fraud, Financial Abuse, & Consumer Complaints

Call Boulder County District Attorney at 303-441-3700, Adult Protection at 303-441-1309, and/or Longmont Police at 303-651-8555. For more information, see [www.bouldercounty.org/district-attorney/community-protection](http://www.bouldercounty.org/district-attorney/community-protection)

## EMPLOYMENT

The Longmont Workforce Boulder County office is located at 515 Coffman Street. Hours are 8:30 am to 3:00 pm, Monday – Friday. After you have registered, you can access other services and programs, Call 720-864-6600.

## HOUSING INFORMATION

For information and referral regarding senior, affordable, and other housing programs, call the Senior Center at 303-651-8411 to connect with a resource specialist.

### A Boulder County Senior Housing Guide

is available at the Senior Center front desk or online at [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org); includes all cost levels for independent assisted living, and long term care.

### Housing Rehabilitation Programs

The City offers several programs for home improvement and access. Call 303-651-8444 for more information.

Some programs require owner occupancy.

#### - The General Rehab Program & Weatherization

Makes repairs to bring your home up to code, correct health and safety issues, or make your home more energy efficient.

- **The Accessibility Program** - gives you or a family member full access to your home by installing ramps, widening doorways, lowering cabinets, etc.

- **The Emergency Grant Program** - helps with emergency repair to major systems that unexpectedly fail, including furnaces and/or water heaters.

#### - Mobile Home Repair Program

**Landlord-Tenant Services** - The City of Longmont's office of Community and Neighborhood Resources provides information to both landlords and tenants on all aspects of the landlord/tenant relationship, including law and legal process and general guidance on how to create successful tenancies. Call 303-651-8444 or email [cnr@longmontcolorado.gov](mailto:cnr@longmontcolorado.gov).

## IN-HOME SERVICES

**In Home Services** – a list of in-home providers of both medical home health care and non-medical personal care is available online at [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org). You can also ask for a copy at the Senior Center front desk.

### Audio Information Network of Colorado

Provides blind, visually impaired, and print-disabled persons with free audio access to magazines, grocery ads, calendars of events, public service notices, and nearly 100 CO newspapers. Listeners choose what type of device they want to use to access programming. Call 303-786-7777.

**Book Delivery Service** – If you or someone you know is homebound and interested in receiving books or if you are interested in being a volunteer to deliver books, please call Kirsten at the Longmont Library 303-774-4439 or email program staff at [library\\_homebound@longmontcolorado.gov](mailto:library_homebound@longmontcolorado.gov) for more information.

**Phone Buddies, Fix-It Folks, Yard Busters & Ice Busters** – Volunteers are available to provide regular phone check-ins or to come to your home to make minor repairs, install grab bars, clear snow, and provide yard work. Call Cultivate at 303-443-1933 ext. 414.

**Well Connected** is an award-winning program of Covia offering activities, lifelong learning, friendly conversation, and support groups. Each week, seniors can access over 70 groups by phone or online, all from the comfort of home. Please contact them at 877-797-7299 or <https://covia.org/programs/well-connected/>.

**FREE Medical Equipment Loan** – See telephone referral list on the back inside cover of *The GO* for a list of local organizations who may be able to provide you with a free walker, wheelchair, raised toilet seat or other equipment.

**Telephone Check-in Service** – Always InTouch provides free daily telephone call for check-ins and socialization for isolated or homebound older adults. Call 1-855-710-2255 or visit <https://alwaysbestcare.com/always-in-touch/>

## FOOD ASSISTANCE

**Carry-Out Caravan** - **A free grocery shopping & delivery service for people 60+.** To place your order, call 303-241-4426 on MONDAY between 8 am and 3 pm.

**Cultivate** volunteers deliver to you on TUESDAY. Before calling in your order, you must enroll by calling 303-443-1933 ext. 414.

**Eldershare** - If you are a senior who needs help getting healthy food, Community Food Share is here to help. Elder Share provides free groceries to adults ages 60+ in Boulder and Broomfield Counties twice per month via residential sites, community sites, and home delivery routes. Call (303) 652-3663 and ask for our Elder Share Manager or email [eldershare@communityfoodshare.org](mailto:eldershare@communityfoodshare.org) to sign up for the program.

**Home-delivered Meals** - Meals on Wheels delivers meals to the homebound Monday – Friday. Call 303-772-0540 one day in advance and for information on fees and menus.

**Lunch at the Senior Center** - Meals are served Mon-Fri, 11:30 am–noon. Call 303-772-0540 for menus and fees. Reservations are not required.

**Nutrition Line** - The Area Agency on Aging offers two free nutrition counseling sessions per year to Boulder County residents age 60+. For information or to schedule an appointment, call 303-678-6115 and leave your contact information.

## VETERANS SERVICES

**Veterans Service Office** - The Boulder County Veterans' Service Office offers assistance to veterans in determining for which benefits they may be eligible. Call 303-441-3890 or email [vso@bouldercounty.org](mailto:vso@bouldercounty.org).

**Boulder Vet Center** - Counseling, substance abuse assessments and referrals, and benefits assistance for veterans. Call 303-440-7306 or visit 4999 Pearl East Cir, Ste 106, Boulder CO 80301.

**Cultivate's VetsGO Program** –Volunteers provide rides to and from medical appointments, including to VA facilities, in and beyond Boulder County. Services are for those 60+ who are either a veteran themselves or who have a family member (parent, child, spouse) who served in the armed forces. To enroll call 303-443-1933 ext. 414

## LEGAL

**Colorado Legal Services- Boulder** is available to assist those Boulder County residents 60+ with legal issues. For appointments, call 303-449-7575 or visit their website [www.ColoradoLegalServices.org](http://www.ColoradoLegalServices.org)

**Advance Directives Planning** (Living Will, 5 Wishes, MDPOA, etc.) See the Health and Wellness section of The GO catalog for a listing of monthly classes.

**Rocky Mountain Legal Center** – A non-profit organization providing free civil legal representation, simple wills, mediation, and counseling services to qualifying low-income families, singles, parents, and seniors. Sliding scale fees available. Please call 720-242-8642.

**Bridge to Justice** – A non-profit organization providing reduced-fee civil legal services to low- and moderate-income Coloradans who do not qualify for free legal aid. Please call 303-443-1038.

## SAFETY

**Longmont Emergency Reverse Notification Sign Up - *If police & fire had to reach you in an emergency, could they?*** Anyone living within Longmont city limits who no longer has a landline in their home and wants to receive police and fire emergency notifications (known as reverse 9-1-1) must register. You can sign up yourself at [longmontcolorado.gov](http://longmontcolorado.gov) and search "reverse notification."

### Long Term Care Ombudsman

Help and information for residents of nursing homes and personal care facilities and their families to address concerns, compare facilities, and resolve problems. Call 303-441-1173.

**Frauds and Scams** – see the Financial section of this Resource Guide for more information.

**Report Elder Abuse** – The County's Adult Protection Unit and the local police respond to reports of physical, emotional, financial, and sexual abuse, neglect, and self-neglect. Call 303-441-1309 for APS or 303-651-8555 for Longmont Police non-emergency dispatch; in an emergency call 911. For more information, you can also see <https://www.bouldercounty.org/families/seniors/adult-protection-senior-services/>

**File of Life** - If a medical emergency occurs at home or while you are in the car, how would the paramedics know how best to help you? First responders are trained to look for a File of Life on your refrigerator or in your wallet or purse. This card contains information that details your medical conditions, allergies, and medications. It also lists your emergency contacts and insurance information. You can get your free cards at the Senior Center front desk.

**Lockbox Program** - Longmont Meals on Wheels, in partnership with Longmont Fire Department, can provide a free lockbox to Longmont residents who live alone and are age 65+ or younger with a disability or major medical issue. The program allows Fire, Police, and Emergency Medical Services to access your residence in the event of an emergency preventing you from opening your door. Call Meals on Wheels at 303-772-0540 for an application or further information.

**Prescription Drug Disposal** - Do not flush unused medications. See your pharmacy for safe drug disposal.

**Do Not Call Registry:** Consumers may register online at The National Do Not Call Registry, [www.donotcall.gov](http://www.donotcall.gov), or by calling toll-free, 1-888-382-1222 (TTY 1-866-290-4236), from the number that is to be registered. Registration is free. Numbers are downloaded from the National Do Not Call Registry on a quarterly basis and included in the Colorado No-Call List.

**Longmont Fire Department Smoke Detector Program** – Crews can provide smoke detectors for low income seniors. They will also install and change batteries in smoke detectors for anyone unable to do so. Call 303-651-8501 for more information.

## TRANSPORTATION

A full list of Transportation resources can be found at [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org) Resource Guide, Transportation & Driving Issues section. If you are concerned about someone's driving or would like driver training, please see the Mature Driver Training listing on that site.

### Transportation Services

**Via – provides many transportation-related services:**

- **Door-to-door, wheelchair accessible transportation in Longmont and surrounding communities.** Ride requests can be made from 1 to 7 days in advance. Fares within Longmont are \$6 one-way; from Longmont to other towns \$12. Same-day rides may be possible if space is available. To schedule a ride:
  - » **New riders:** Call 303-447-2848, press 1 to register and schedule your first ride with Via.
  - » **Current riders:** Call 303-447-9636, or go to [www.viacolorado.org](http://www.viacolorado.org) for information on how to request your ride online.
  - » **Reduced-fare options** are available for those who meet income guidelines. Call 303-447-2848, ext 1014.
  - » **Mobility Specialists** can help you understand the best services for your needs and create an individualized travel plan. Call 303-447-2848, ext. 1047
- **Mileage Reimbursement Program** reimburses trips provided by family, friends, and neighbors for rides outside Via's service area or service hours. Must be preauthorized for registered rides. Call 303-447-9636.

### FlexRide (formerly Call-n-Ride) Longmont

For Longmont FlexRide information, to schedule a ride, or to register as a new rider call 303-299-6000. Once you are registered as a rider you can also schedule your rides online at [www.rtd-denver.com](http://www.rtd-denver.com). Reservations may be requested three days to two weeks in advance. Rides are within Longmont, scheduled on a first come-first served basis, and cost \$1.50 each way for seniors. For more information regarding FlexRide or RTD bus routes call 303-299-6000.

**Ride RTD** - Local RTD routes can get you across Longmont (323, 324, 326, & 327). RTD also has routes available from Longmont to Denver, Fort Collins, and Boulder.

- For trip planning go to [LongmontBus.com](http://LongmontBus.com) or call RTD at 303-299-6000. For a video about riding RTD in Denver, visit [https://youtu.be/nFv\\_jESDcYo](https://youtu.be/nFv_jESDcYo)
- To learn about the RTD Special Discount card visit [www.RTD-Denver.com](http://www.RTD-Denver.com) or call 303 298-2667.

**Car Sharing:** call 303-720-1185 or email [info@carshare.org](mailto:info@carshare.org)

**Mobility For All - Want to feel more confident using smartphone apps that help you get around?** Call 720-564-2218 or visit [boco.org/M4AEvents](http://boco.org/M4AEvents) for details. Mobility for All is collaborating with community partners throughout Boulder County to offer transportation-related technology workshops to help community members of all ages and abilities feel more comfortable using transportation apps such as: Google Maps, Transit App, Lyft, Uber

**GO GO Grandparent** - Concierge service to help utilize transportation services like Lyft and Uber without the use of a smartphone. Call 1-855-464-6872 to request and schedule rides. There is a concierge fee of \$0.27 a minute in addition to the cost of the ride.

**Transportation for Veterans** - See Cultivate's VetsGO program in the Veteran's Services section of this Resource Guide.

### Transportation in other areas:

- **Berthoud Area Transportation:** call 970-532-3049 for BATS or visit [www.berthoud.org](http://www.berthoud.org). For rural Berthoud transportation, call 970-532-0808 or [www.berthoudraft.org](http://www.berthoudraft.org).
- **Weld County Transportation:** [https://www.weldgov.com/departments/human\\_services/area\\_agency\\_on\\_aging](https://www.weldgov.com/departments/human_services/area_agency_on_aging) and view the Helpsource Directory. Also check out 60+ Ride which is based in Greeley, 970-352-9348 or [SRSweld.com](http://SRSweld.com)

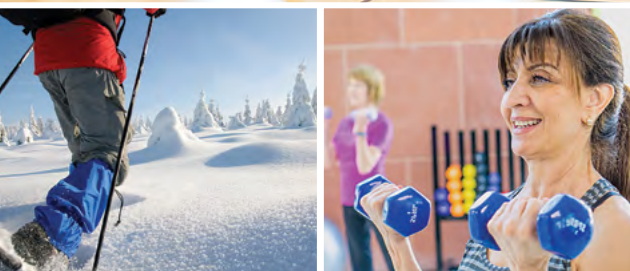




10464620 62170  
**Division of Senior Services**  
 Longmont Senior Center  
 910 Longs Peak Avenue  
 Longmont, CO 80501

PRSR STD  
 U.S. Postage Paid  
 Longmont, CO  
 Permit #19

**RETURN SERVICE REQUESTED**



## WINTER/SPRING PROGRAMS (Jan-Apr)

All programs are occurring at the Longmont Senior Center unless otherwise stated. Online programs have a call-in option available. Please note the registration details in each activity, as some programs have special registration instructions.

**Registration for classes and special events begins on Monday, December 9.**

Trip Registration will be completed via e-lottery on **December 18**. Submit your Winter Spring trip preference sheets between **December 2-16 at the Senior Center Front Desk** to be entered into our lottery.

For hike registration info, please see page 61.

