



Vol. 2025 No. 2 **Summer** (May-August 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
vea páginas 36-41 en Español.



This is your time.
OWN IT.

Come meet The Denver Dolls: a fresh, all-female trio of professional performers.
See page 11 for more information.

FACILITY CLOSURES:

» May 26, June 19, July 4, July 21 - August 4



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

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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. 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.



Look for bi-lingual offerings
presented in English and Spanish.

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The Fall GO (September - December) will be available
after August 5 with class and special event registration
beginning on Monday, August 11, and Fall trip
submission window from August 5 - 19. Trip E-Lottery
will be performed on August 21 with communication to
follow to registrants on trips received/waitlisted by
August 25 as well as for payment processes.

GETTING INVOLVED: PARTICIPATION AND 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 but 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 16** with communication to follow to registrants on trips received/waitlisted for by **April 21**, as well as for payment processes. You can register for trips online or via phone as well as pay for Summer trips after **April 22**.

Need help with online registration?

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



You're Invited to Lunch!

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

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

For information on menus and meal costs,
Call 303-772-0540 or visit www.longmontmeals.org



Weather Activity Cancellation Information



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

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

910 Longs Peak Avenue, Longmont, CO 80501

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

www.LongmontColorado.gov/senior-services

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

SAT 8am–Noon

Para información en español llame al 303-774-4452

REGISTRATION AND PAYMENT INFORMATION

Registration

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

See Page 1 for Registration date information.

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

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

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

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

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

If the Longmont Senior Center Cancels a Class or Program

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

If a Customer Withdraws from a Class/Activity

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

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

Cancellation request is made prior to the designated registration deadline.

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

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

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

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

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

No Show Policy Due to the popularity of our offerings, customers not showing up ("no-show") for a class or program they have registered for takes a space away from someone else 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.

DAY TRIP-SPECIFIC INFORMATION

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 April 16. Trip registrants will be emailed on April 21 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 April 22 to acquire information on which trips you have received and which you are waitlisted for. *Payments for trips will begin on April 22, with payments for May/June trips due May 10, with payment for July/August trips due by July 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.

Summer Hike Registration (May - Aug) for Adventure, AAIR, and Walk with a Naturalist Hikes will be completed via our e-lottery. Summer hike submission sheets can be turned in to our front desk from **April 1-14**, with communication to follow to registered/waitlisted hikers by the end of the day on **Tuesday, April 15**, via email. You can register online or over the phone as well as pay for Summer hikes received beginning on **April 22**.

Scholarship Funds – Friends of the Longmont Senior Center

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 2025 an individual may use up to \$250 a year towards Senior Services activities of his or her choice and up to \$250 per calendar year specifically to assist participation in Senior Services exercise/wellness programs.

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



FROM THE FRIENDS

PO Box 313, Longmont, CO 80502 | www.friendslongmont.org

2025 Friends Board Members: Laura Ambler, Michelle Cregut, Brenda Hotchkiss, Amy Hunter, Roger Jurgens, Pina Leon Gonzalez, John Higgins, Karen Roney, Denise Shepard, Donna Prestwood, Sheila Conroy and Ruth Waukau

Dear Friends,

I am pleased to introduce you to the 2025 Friends of the Longmont Senior Center (FLSC) Board of Directors: Laura Ambler, Sheila Conroy, Michelle Cregut, John Higgins, Brenda Hotchkiss, Amy Hunter, Roger Jurgens, Pina Leon-Gonzalez, Donna Prestwood, Karen Roney, Denise Shepard, and Ruth Waukau. We look forward to building on the great work that the 2024 Board accomplished and recognize those outgoing Board members for their amazing contributions to the FLSC: Chuck Beehler, Julie Burrows Loza, and Linda Fetterman.

The FLSC was established over 40 years ago as a private, non-profit corporation, to provide financial support and other resources that supplement City of Longmont funding to operate the Longmont Senior Center. Today, the FLSC contributes an average of \$170,000 each year to support facility enhancements; capital purchases; participant scholarships for a variety of programs and activities; additional support for caregiver, cultural enrichment, health and wellness, outreach and technology programs; and services that address basic needs when all other resources have been exhausted. This year, the FLSC Board will be collaborating with staff and the Senior Citizens Advisory Board to develop a 3 – 5 year plan for future investments needed by the Longmont Senior Center. In addition, we plan to focus on ways to enhance community awareness of the Friends and improve our processes for people who wish to contribute to the Friends, in support of the Longmont Senior Center. We will provide updates about our progress in future issues of the GO.

I am proud to be part of an organization whose members, collectively, share such a passionate commitment for the Longmont Senior Center's mission: promoting dignity, wellness, independence, enjoyment, community, and a sense of purpose for Longmont's older adults. As a participant in and/or supporter of the Longmont Senior Center, we always welcome your input about our FLSC work. You can contact us at friends@friendslongmont.org.

Karen Roney, President

Friends of the Longmont Senior Center Board of Directors



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.

Delores & Fred Abrams
Kimberly Ackerman
Carroll & Carole Allen
Raymond & Martha Allison
Don & Dede Alspaugh
Laura Ambler
Debbie Arnold
Marjorie & Stanley Basinger
Chuck & Sue Beehler
Patricia Bergstrom
William & Nancy Berry
Mary Bonnell
Linda Bowes
William & Regina Bradley
Janice Bratt
Jim & Cindy Britton
Nancy Bruington
Julia Butenas
Mary Callahan
Christopher Caron
Laurence & Denise Chartrand
Colorado 1st Realty, LLC
Colorado Gives Community
First Foundation
Lenore Colpitts
Sheila Conroy
Amy Hunter
Kathy Cook
Jeanne Cormier
Jane & Michael Cox
Michelle Cregut
Carol Grist

Gary & Carol Curry
Ed & Kay Daugherty
Betsy & Kenneth Davis
Marth Dick
Jan Dieringer
Carol Eddy
Barbara England-Lode
Barbara Fernandez
Linda Fetterman
Leroy Frankel
Barb & Richard Gardner
Hazel Gordon
Jackie Hada
Douglas & Neva Hall
Zoe Ann Hall
Leslie Handler
Ross Hansard
Sue Heinritz
John & Karin Higgins
Brenda Hotchkiss
Ron & Arlene Hunter
Susan Ihns
Deborah Impearto-Fieger
Ardis Jacobson
Gerald Johnson
Roger Jurgens
Elaine Keiser
Agnes Kennedy
John & Sandra Kowalchuck
Ingrid Lander
Roger Lange

Andrea Larson
Jeff & Carol Laux
Connie Lehman
Carol Linn
Longmont City Employees
The Geriko Fund at the
Longmont Community
Foundation
Longmont Genealogical
Society
Libby & Chris Martinson
Marcia Matthews
McCarthy's Pub
Ron McCoy
Carolyn McDougall
Nancy McIlvain
Thelma McNutt
Alexander Meyer
Anna Miller
Greg Miller
Hal Morrison
Paul Nachtrab
Kent & Jane Nelson
Eva Nemcik
Kathryn Oleary
PayPal Giving Fund
Gordon & Pamela Pedrow
Ann Peischel
Vicki Peluse
Hena Pilloff
Barbara Preese
Ruth Przybeck

Robin & Phil Reddick
Wendy Reed
Karen Roney
Dorothy Rooke
John Rooney
Ruth Rosenblum
Robert Rumpfelt
Fred Schulerud
Mary Scislowicz
John Shetter
Kay & Leonard Skierka
Nancy Sloan
Ricky & Sandra Stewart
Sunshine Club
Elsie Terao
Susan Thayer
Lawrence & Katherine Van
Cura
Michele & Skip Waite
Ruth Waukau
Amy Weinstein
Shawna White
Barbara Willis
Macie Wolfe
Carol Worthman
Carolyn Yansoki
Kathy Zeeck

GIFTS IN MEMORY OF:

Bob Bernard



FRIENDS OF THE LONGMONT
SENIOR CENTER

A Grand *Thank You...*

- To our **Senior Center Tech Connect (SCTC) volunteers** for 25 years of exceptional service.
- To **Denise Shephard** for her exceptional service during a non-medical emergency on a recent offsite excursion.
- To **Jamie Sherer** for putting her safety training to work on a recent offsite excursion. Her quick action prevented a life-threatening situation for a trip participant.
- To the **Friends of the Longmont Senior Center** for their support of the purchase of 2 additional vans in 2025 which will enhance our trip program and help in reducing waitlists.

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.

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 12:15 pm 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, call to see if there are openings.

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, at no charge.

Courtesy of the Friends of the Longmont Senior Center and Longmont Meals on Wheels.



Coffee with Leadership

Fridays, May 23, June 27, August 22, 9 - 10 am

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

Computers for Public Use

Two public access computers with a black and white printer are available on a first-come, first-served basis. Time is limited to 30 minutes, and a guest pass is required and available at the Front Desk. Printing of the first five pages 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 for more information.



Cribbage

2nd Friday each month, 1 - 3 pm

Join us the 2nd Friday of each month for friendly games of Cribbage. Playing or knowledge of the game preferred. For questions contact **Hassie**, 720-935-8239.

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.

Euchre Card Game

Tuesdays, 6 - 8 pm



Cost: 25 cents per player

Euchre drop-in group at the Senior Center every Tuesday evening, prompt start, 6 pm. 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 will be facilitated by **Paul Lohr**. Call Paul at 513-238-5243 for more information.

 *Denotes new opportunity as part of our hours expansion*



DROP-IN
PROGRAMS,
GROUPS & CLUBS



"Eyes on Longmont" Video-Film Club

Mondays, 9:30 - 11 am We are a volunteer group who has fun producing in-depth documentaries to educate, entertain, and inform residents of the Boulder County area. Join us and learn every aspect of video production in a supportive atmosphere. Videos are uploaded to YouTube and shown at monthly "Big Picture" programs at the Senior Center. **Sal Martorano** is the contact person for the group: saxfisher2@gmail.com or 303-589-4038.

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



See page 23 for dates when we are showing our productions.



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 **Erik Brack** at erikdb1@icloud.com or carolparker73@gmail.com.

Friends OF THE LONGMONT SENIOR CENTER

Friends of the Longmont Senior Center, Inc.

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

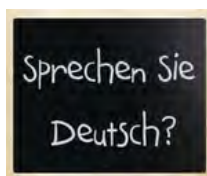
This non-profit board seeks to enhance the services and programs of the Longmont Senior Center through fundraising activities. See page 4.

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

German Language Conversation Group

Thursdays, Noon - 1:30 pm

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 25 years we have created and donated over 48,000 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, 9:45 - 10:45 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.

Beginning Mahjong » see page 22



Open Mic Night

Last Wednesday of every month

Time: 5:30 - 7:30 pm

May 28, *June 11, *July 9, August 27

Cost: Free, call Phil for more information

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! No registration necessary. Sign up begins at 5 pm in the Senior Center Cafe. Email Phil at openmicatthesc@gmail.com if you'd like additional information.

*PLEASE NOTE: *June 11th & July 9th are the dates for these months due to availability*

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 53

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". Interested in learning to hand quilt, please visit us on Thursday or contact Joan Ellis at 303-775-7339.



Scrapbooking and 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.



DROP-IN
PROGRAMS,
GROUPS & CLUBS



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, John Pillmann, Marta Moreno, and Arlene Zortman.** Please contact the Senior Services Manager, **Ronnie Maynes**, at 303-651-8415.



Shuffleboard

Thursdays, 8:30 – 10:30 am

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

Spanish Chorus Group Canciones de Mi Tierra

Mondays, 1 – 2:30 pm

May 5, May 19, June 2, June 16, June 30, July 14, July 28 & August 11 & August 25

Do you like to sing in Spanish? If so, we are the group for you. Please join us as we sing classic Mexican songs, have fun, and share stories. For more information call **Osvaldo** 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 53

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.



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 Tubaugh** 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.

SCTC – 25 Year Celebration – CEP

Registration #283100-09

Date: Friday, May 9

Time: 3:30 - 5:30 pm

Cost: Free, please register in advance

Registration Deadline: May 5

The Senior Center Tech Connect (SCTC) volunteer team turns 25 this year and we want you to join us in celebrating their success! In partnership with the Saint Vrain Valley School District (SVVSD) this event will include an open house and tour of the Innovation Center, as well as a reception to honor SCTC. Please note - this offering will be held at the Innovation Center - 33 Quail Road, Longmont, CO, 80501.

Get Acquainted

Days: Thursdays

Date: May 1



Time: 5:30 - 7 pm

Registration #283901-05

Date: August 7

Time: 9 - 10:30 am

Registration #283901-08

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.

Mother's Day – CEP

Registration #283400-01

Date: Thursday, May 8

Time: 3 - 5 pm

Cost: Free, please register in advance

Registration Deadline: May 1

Come meet The Denver Dolls: a fresh, all-female trio of professional performers based in colorful Colorado! Inspired by beloved WWII Era Shows of the past, these darling Dolls root their musical style, beautiful look, and light-hearted performance in the tradition of the beloved female groups of the Thirties, Forties and Fifties. The Denver Dolls are a delight for audiences of all ages!



Cones, Concert and Cornhole – CEP

Registration #283201-06

Date: Thursday, June 12

Time: 2:30 - 4 pm

Cost: Free, please register in advance

Registration Deadline: Jun 6

Celebrate with us! Enjoy cornhole games, scrumptious ice cream cones, and lively music provided by the LoCoMotives band for a delightful day of fun, flavors, and fantastic tunes. Don't miss out on this exciting event!

SINGO – CEP



Registration #283400-00

Date: Wednesday, August 20

Time: 1 - 3 pm

Cost: Free, please register in advance

Registration Deadline: August 13

What is Singo? Singo is a new and exciting musical spin on the traditional game of Bingo. Instead of listening for a number, players are listening to their favorite music. Each player receives a free Singo card printed with the titles of popular songs. Dauber and prizes included!

Learn to Make Temaki – Bilingual



Registration #283400-02

Date: Thursday, August 14

Time: 10 am - 12 pm

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

Registration Deadline: August 7

Summer is festival season in Japan, and it's time for friends, parties and best of all, delightful snacks. Join **Kat Ohnaka** in learning to make temakizushi, a handheld

sushi that you design to your own tastes. Kat will show you how to select ingredients, choose the right condiments and toppings, and roll your temaki to make this refreshing summer snack. This can be easily adjusted for vegetarians or spicy tastes! We'll also discuss Japanese culture and learn about the Obon festival, which takes place in August.



SPECIAL EVENTS AND CULTURAL ENRICHMENT PROGRAMS

FAB WEEK – Beauty and Fashion Week

July 14-18

Join us for some fun, fashion, and more!

Beauty School 101

Registration #286504-00

Date: Tuesday, July 15**Time: 12:15 - 1:45 pm****Cost:** \$3 resident; \$5 non resident**Registration Deadline: July 8**

The Ageless Beauty workshop offers an engaging and interactive experience where you will learn to enhance the natural features with makeup techniques tailored to mature skin. Explore the fundamentals of skincare, discover products that work best for aging skin, and practice gentle application methods through live demonstrations and group activities. With a blend of expert guidance, hands-on practice, and fun social interactions, the workshop empowers you to confidently embrace true beauty while building a supportive community around shared tips and experiences.

Clase de belleza 101**Registración:** 286504-01**fecha: martes, 15 de julio****Tiempo: 1:45 - 3:15 pm****Costo:** \$3 residente, \$5 no residente**fecha límite: 8 de julio**

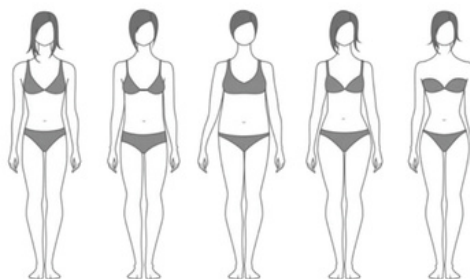
La Clase de ETERNA Bellesa ofrece una experiencia atractiva e interactiva en la que aprenden a realzar sus rasgos naturales con técnicas de maquillaje adaptadas a la piel madura. Los participantes exploran los fundamentos del cuidado de la piel, descubren los productos que funcionan mejor para la piel envejecida y practican métodos de aplicación suaves a través de demostraciones en vivo y actividades grupales. Con una combinación de orientación experta, práctica e interacciones sociales divertidas, la clase empodera a todos para que abracen con confianza su belleza mientras construyen una comunidad de apoyo en torno a consejos y experiencias compartidas.

**Try Tie-Dye – CEP**

Registration #283100-16

Date: Wednesday, July 16**Time: 1 - 3:30 pm****Cost:** Free, please register in advance**Registration Deadline: July 1**

Get groovy with Senior Services Manager Ronnie Maynes and staff during this tie-dye how to! Shirts will be provided during this fun event where participants will learn about how to tie-dye and get to create their own designs from available patterns and colors. A fun way to learn something new this summer as well as to keep your creation to display your talents as part of "FAB" week!

**Dress For Your Body Type**

Registration #285311-00

Date: Thursday, July 17**Time: 11 - 12:30 pm****Cost:** Free, please register in advance**Registration Deadline: July 10**

Elevate your wardrobe, clothing styles can make or break any outfit. Learn to highlight your unique body shape, master flattering styles, and enhance your wardrobe with expert fashion tips tailored just for you. Clothing, models and expert advice provided by Kathy Rose, Owner of Ivy Rose Boutique Main Street, Longmont

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

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

Creative Card Making

Registration #285400

Dates: Monday, May 19 01
Monday, June 16 02
Monday, July 14 03
Monday, August 18 04

Time: 2 - 4 pm

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

Registration Deadline: May 12, June 9, July 7,
August 18 respectively

You will make 4 projects in each class - seasonal cards as well as general purpose cards (e.g. Thank You, Birthday). Instructors **Chris Pereira** and **Cathy Hansen** will be leading these classes and are very excited to share their love of paper crafting with you. Supplies included. Extra kits are available for \$4 each. Register now, space is limited. Bring your smile, scissors, and your favorite adhesive.

Pottery Class

registration #

Wednesday, May 21 - flower pot #285406-05
Tuesday, June 17 - bird house/feeder #285406-06
Tuesday, July 8 - garden art #285406-07
Tuesday, August 19 - fruit basket #285406-08

Time: 1 - 2:30 pm

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

Registration Deadline: May 14, June 10, July 1,
August 12 respectively

Have fun working with your hands and learn to make functional pottery. One piece per class. We will make the garden-oriented items listed above. All materials are included for each class. Register now, space is limited.

Purple Art

Registration #285405

Dates: Monday, May 5 05
Monday, June 2 06
Monday, July 7 07
Monday, August 4 08

Time: 9:30 -11 am

Location: Lashley St. Station, 1200 Lashley St.

Cost: \$35 resident, \$41 non-resident

Registration Deadline: April 28, May 26, June 30,
July 28 respectively

Join Cindy and Abby from Purple Art, an expressive arts program emphasizing "process over product," making a mess, and FUN! Creative expression is as important as physical exercise as we age. It's great for cognition, self-confidence, relaxation, community and much more. Absolutely no experience is necessary for our classes! Come and try it - we promise you will have fun. **Abby** and **Cindy** will show up with a new project for each session.

Learn to Crochet

Registration #286507-01

Dates: Fridays, July 11 - August 29

**no class July 25 or August 1*

Time: 1 - 3 pm

Cost: Free

Registration: Free, please register in advance

Learn How to Knit/Crochet With Us

Are you wanting to learn how to knit or crochet and want beginner instruction to get you started? Are you a Spanish speaker and need an interpreter to learn? Come join 2 members from the Senior Center's Knit and Purl group to learn the basics!



Learn the basics: chain stitch, single crochet, half-double crochet, double crochet and how to read a pattern. Will do 2 small starter projects: cotton kitchen wash rag, scarf or lap blanket.

Aprende a tejer a crochet

Aprende los conceptos básicos: punto cadeneta, punto bajo, punto medio alto, punto alto y cómo leer un patrón. Harás 2 pequeños proyectos iniciales: un trapo de cocina de algodón y una bufanda o manta para el regazo.

Learn to Knit

Dates: Fridays, May 16 - June 20

Registration #286507-00

Time: 1 - 3 pm

Cost: Free

Registration: Free, please register in advance

Learn How to Knit – Are you wanting to learn how to knit or crochet and want beginner instruction to get you started? Are you a Spanish speaker and need an interpreter to learn? Come join 2 members from the Senior Center's Knit and Purl group to learn the basics!

Learn the basics: cast-on, knit stitch, purl stitch, increase/decrease, cast off & how to read a pattern. We will do two small starter projects: cotton kitchen wash rag, scarf or lap blanket.

Aprende a tejer

Aprende los conceptos básicos montar puntos, punto derecho, punto revés, aumentar/disminuir, cerrar puntos y cómo leer un patrón. Haremos dos pequeños proyectos iniciales: un paño de cocina de algodón y una bufanda o manta.





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:



HOW TO CONTACT SCTC

- Visit the SCTC website: longmontSCTC.org
- Email us at: infosctc@friendslongmont.org
- Call the Hotline: **303-834-7703**

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.
- 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

- Did you miss an online lecture? Watch, at your convenience, lecture recordings at SCTC YouTube Videos. Go to longmontSCTC.org and click on the YouTube logo.
- By popular demand, we have enhanced our offerings for Samsung phones and the Android operating system. See the Lectures & Labs on pages 15-20 for details.
- We are pleased to present two special evening lectures on topics of emerging interest. Registration required.
 - » **May 13, 6:00 pm** at the Senior Center:
Securing Your Digital Legacy
 - » **June 17, 6:00 pm** at the Senior Center:
AI: What's Hype & What's Real?

SCTC NEWSLETTER

- Watch your email for the weekly **SCTC Newsletter** with access to recorded lectures, links to Zoom lectures, and reminders about upcoming lectures and drop-in lab sessions.
- Sign up at bit.ly/sctc-signup or go to longmontSCTC.org and click on the Newsletter button.

COSTS

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


SCTC VOLUNTEERS ARE NEEDED:

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

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

SCTC ACTIVITIES

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

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

 **Online via Zoom.** Sign up for the SCTC Newsletter email list at bit.ly/sctc-signup. Once on the Newsletter email list, no other action is needed. A Zoom link email is sent to you the day before the activity. Visit the SCTC website: LongmontSCTC.org



See pages 18-20 for Activity Descriptions.

Lectures and Labs	Registration	Dates	Times	Location	Res, Non Res
Senior Center Tech Lab	Drop-in	Friday May 2	1-3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	282005-1A 282005-1B	Monday May 5	9:30 - 10:30 am 11 am - Noon	Senior Center	\$2.00 \$3.00
What's New on Your iPhone?	Online	Wednesday May 7	10 - 11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday May 13	9:30 - 11:30 am	Senior Center	\$2.00 \$2.00
Securing Your Digital Legacy	282009-13	Tuesday May 13	6 - 8 pm	Senior Center	\$2.00 \$3.00
Android Photos Made Easy	282009-15	Thursday May 15	1 - 3 pm	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Friday May 16	1 - 3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	282005-2A 282005-2B	Monday May 19	9:30 - 10:30 am 11 am - Noon	Senior Center	\$2.00 \$3.00
Password Management	Online	Wednesday May 21	10 - 11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday June 21	1:30 - 3:30 pm	Zoom	Free
Online Tech Lab	Online	Friday May 23	1 - 2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday May 27	9:30 - 11:30 am	Senior Center	\$2.00 \$2.00
Windows 11 Essentials	282009-29	Thursday May 29	1 - 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday May 30	1 - 2:30 pm	Zoom	Free
Cell & Smartphone Tutoring	282006-1A 282006-1B	Monday June 2	9:30 - 10:30 am 11 am - Noon	Senior Center	\$2.00 \$3.00
Managing Notifications on Your iPhone	Online	Wednesday June 4	10 - 11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday June 6	1 - 3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday June 10	9:30 - 11:30 am	Senior Center	\$2.00 \$2.00
Getting the Most Out of Your iPhone	282009-12	Thursday June 12	1 - 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday June 13	1 - 2:30 pm	Zoom	Free
Cell & Smartphone Tutoring	282006-2A 282006-2B	Monday June 16	9:30 - 10:30 am 11 am - Noon	Senior Center	\$2.00 \$3.00



SCTC ACTIVITIES

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


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

See pages 18-20 for Activity Descriptions.

Lectures and Labs	Registration	Dates	Times	Location	Res, Non Res
AI: What's Hype & What's Real?	282009-17	Tuesday June 17	6 - 8 pm	Senior Center	\$2.00 \$3.00
Apple Devices & Your Health	Online	Wednesday June 18	10 - 11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday June 18	1:30 - 3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday June 20	1 - 3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday June 24	9:30 - 11:30 am	Senior Center	\$2.00 \$2.00
Getting to Know Your Android Phone	282009-26	Thursday June 26	1 - 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday June 27	1 - 2:30 pm	Zoom	Free
Securing Your Digital Legacy	Online	Wednesday July 2	10 - 11:30 am	Zoom	Free
Cell & Smartphone Tutoring	282007-1A 282007-1B	Monday July 7	9:30 - 10:30 am 11 am - Noon	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Tuesday July 8	9:30 - 11:30 am	Senior Center	\$2.00 \$2.00
Getting to Know Your Apple Watch	282009-10	Thursday July 10	1 - 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday July 11	1 - 2:30 pm	Zoom	Free
Samsung Phone Tips & Tricks	282009-16	Tuesday July 15	9 - 11 am	Senior Center	\$2.00 \$3.00
File Explorer for Windows 11	Online	Wednesday July 16	10 - 11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday July 16	1:30 - 3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday July 18	1 - 3 pm	Senior Center	\$2.00 \$2.00
Phishing, Vishing, & Smishing OH MY!	Online	Wednesday July 23	10 - 11:30 am	Zoom	Free
Online Tech Lab	Online	Friday July 25	1 - 2:30 pm	Zoom	Free
iPhone Settings	Online	Wednesday July 30	10 - 11:30 am	Zoom	Free
Cell & Smartphone Tutoring	282008-5A 282008-5B	Tuesday Aug 5	9:30 - 10:30 am 11 am - Noon	Senior Center	\$2.00 \$3.00
So You Want to Know More About AI?	Online	Wednesday Aug 6	10 - 11:30 am	Zoom	Free

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 Newsletter email list at bit.ly/sctc-signup. Once on the Newsletter email list, no other action is needed. A Zoom link email is sent to you the day before the activity. Visit the SCTC website: LongmontSCTC.org

See pages 18-20 for Activity Descriptions.

Lectures and Labs	Registration	Dates	Times	Location	Res, Non Res
Online Tech Lab	Online	Friday Aug 8	1 - 2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday Aug 12	9:30 - 11:30 am	Senior Center	\$2.00 \$2.00
Android Phone Health & Accessibility	282009-14	Thursday Aug 14	1 - 3 pm	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Friday Aug 15	1 - 3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	282008-1A 282008-1B	Monday Aug 18	9:30 - 10:30 am 11 am - Noon	Senior Center	\$2.00 \$3.00
Apple Device Accessibility	282009-19	Tuesday Aug 19	9 - 11 am	Senior Center	\$2.00 \$3.00
Choosing the Right Search Engine	Online	Wednesday Aug 20	10 - 11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Aug 20	1:30 - 3:30 pm	Zoom	Free
From PC to Mac: Surviving the Switch	282009-21	Thursday Aug 21	9:30 - 11:30 am	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Aug 22	1 - 2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday Aug 26	9:30 - 11:30 am	Senior Center	\$2.00 \$2.00
Going All-in on iPad: Ditch Expensive Computers	282009-28	Thursday Aug 28	1 - 3 pm	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Friday Aug 29	1 - 3 pm	Senior Center	\$2.00 \$2.00

Genealogy Research Workshop

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

Dates: Third Wednesdays

Time: 1:30 - 3:30 pm

Cost: Free

Location: Online/Zoom

Need help finding that elusive ancestor? Our experienced genealogists can assist with immigration records, obituaries, wills, and census data. We'll also guide you through genealogy websites and share the latest resources.

Whether you're a beginner or an experienced researcher, we're here to help!

See the General Interest section on page 25 for additional Genealogy activities.



SCTC LECTURE 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 Newsletter email list at bit.ly/sctc-signup.
Once on the Newsletter email list, no other action is needed. A Zoom link email is sent to you the day before the activity. Visit the SCTC website: LongmontSCTC.org



AI: What's Hype and 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: Longmont Senior Center.

Android Phone Health and Accessibility – NEW

Discover how your Android phone can support your health and accessibility needs! This lecture will guide you through features like digital well-being tools, step tracking, and health apps, as well as accessibility options such as text-to-speech, magnification, hearing aid support, and voice commands. Learn how to customize these settings to make your phone work better for you.

Presented by: Tim Monreau.

Location: Longmont Senior Center.

Android Photos Made Easy – NEW

Learn how to organize and manage your photos! This lecture will explain the differences between your phone's Gallery app and Google Photos. Discover how to find, back up, and organize your memories with ease. Perfect for beginners and anyone looking to simplify photo management on Android!

Presented by: Tim Monreau.

Location: Longmont Senior Center.

Apple Device Accessibility

Explore the powerful accessibility options available on Apple devices in this session. We'll dive into features such as 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: Longmont Senior Center.

Apple Devices and Your Health

This lecture explores the innovative features of iPhones, Apple Watches, and the Health app. Learn to set up the Health app on your iPhone. Enter your personal information so it can be accessible in case of emergency. Explore the features to keep track of your steps, activity, weight, calorie counters, stress levels, sleep patterns, and more, all in one place.

Presented by: Dan More.

Location: Online.

Cell and 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.

Choosing the Right Search Engine

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

Presented by: Bobski Masson. Location: Online.

File Explorer for Windows 11 – Where's My Stuff?

Have you ever struggled to find data that you have saved on your computer? Or wanted to organize or modify it? This class will show you how to do that using the new version of File Explorer that is now part of Windows 11. **Presented by: Henry Spencer.**
Location: Online.

From PC to Mac: Surviving the Switch – NEW

Transitioning from Windows to macOS? Learn the basics of navigating your new Mac, transferring files, and adapting to key differences. This class offers practical tips to make the switch smoother and less overwhelming for new Mac users.

Presented by Bobski Masson.

Location: Longmont Senior Center.



Getting to Know Your Apple Watch

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

Presented by: Karen Rademacher.
Location: Longmont Senior Center.

Getting to Know Your Android Phone

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

Presented by: Dick Sramek.
Location: Longmont Senior Center.

Getting the Most Out of Your iPhone

Everything your iPhone does is managed by a program called iOS—from configuring your home screen to which ringtone to use. In this session, we will highlight some lesser-known features of iOS that add value to your iPhone investment. We will focus on features that enhance your safety, help you get the most out of your camera, and effectively share information with friends and family.

Presented by: Karen Rademacher.
Location: Longmont Senior Center.

Going All-in on iPad: Ditch Expensive Computers – NEW

Desktop and laptop computers require a high degree of computer literacy and require constant upgrades and updates to stay current. It might be possible to meet all your technology needs with a simple-to-maintain and low-cost tablet. In this class, we'll explore the pros and cons of simplifying your digital life with an easier-to-use device.

Presented by: Karen Rademacher.
Location: Longmont Senior Center.

iPhone Settings

Your iPhone has a bazillion different settings. What are all those things anyway? Which ones are important? And which ones can help your daily life? We'll explore many of the settings and try to sort out what's important and what's just "fluff." We will also cover some of the new settings in iOS 18—the latest release for your iPhone.

Presented by: Bobski Masson. Location: Online.

Managing Notifications on Your iPhone

Notifications on iPhone is one of its best features—to a point! In this session we'll discuss taming notifications to improve which ones you get and when you get them to increase your iPhone productivity.

Presented by: Bobski Masson. Location: Online.

Online Tech Lab

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

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: Online.



Phishing, Vishing, and Smishing OH MY

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

Presented by: North Rittner. Location: Online.

Samsung Phone Tips and Tricks – NEW

Unlock your Samsung phone's full potential! Learn how to customize settings; personalize your home screen; manage storage; send texts like a pro; and save, attach, and share pictures with ease. We will also explore some lesser-known features. Perfect for all Samsung users.

Presented by: Tim Monreau.
Location: Longmont Senior Center.



Securing Your Digital Legacy-NEW

Securing Your Digital Legacy is a crucial presentation that focuses on the importance of protecting and organizing personal digital information. It covers key topics such as creating a digital asset inventory, securing account credentials, and setting up legacy contacts for digital assets such as social media accounts and online banking. This presentation will equip you with the knowledge and tools to protect your digital presence, secure your personal information, and preserve your digital legacy for future generations. **Presented by: North Rittner.**
Locations: May 13 Longmont Senior Center; July 2 Online.

Senior Center Tech Lab

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

So You Want to Know More About AI?

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



What's New on Your iPhone?

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

Windows 11 Essentials-NEW

Whether you are upgrading from an earlier version of Windows or are entirely new to the platform, this lecture will demonstrate the basic features of Windows 11. Learn to navigate the redesigned Start Menu and Taskbar, customize settings, explore File Explorer enhancements, and manage updates and security features. **Presented by: Bruce Armstrong. Location: Longmont Senior Center.**

NEED HELP WITH ONLINE REGISTRATION?

Check out our updated how-to video at 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.

Book Club – We Be Bookin’

Registration #285500-00

Date: Wednesdays, May 21, June 18,
July 16, August 20

Time: 1:30 - 3 pm

Cost: Free, please register in advance

Registration Deadline: Wednesday, May 14

Join our book club for a fun way to meet people and have stimulating conversations! The book starting in May is going to be "Mornings in Jenin", by Susan Abulhawa . At the May book discussion, the group will choose the book for June and in July for August. Space is limited. Please contact **Cecelia Jones** at 303-746-2573 for more information about this class.

Will-Maker Legal Seminar

Dates: Thursday, May 1 Registration #285501-05

Thursday, June 5 Registration #285501-06

Thursday, July 3 Registration #285501-07

Tuesday*, August 5 Registration #285501-08

Time: 12:30 - 4:30 pm

Cost: \$100 resident, \$115 non-resident

Registration Deadline: April 24, May 29, June 26,
July 29

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 #285231-00

Dates: Tuesdays, May 6 - July 8

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 #285050-12

Date: Thursday, June 12

Registration #285050-14

Date: Thursday, August 14

Time: 9:30 - 11 am

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

Registration Deadline: June 5, August 7

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



AARP Driver Safety

Registration #285020-11

Date: Wednesday, June 11

Registration #285020-13

Date: Wednesday, August 13

Time: 8:30 am - 1:00 pm

Cost: \$20 AARP members, \$25 non-members, payable to AARP at class. Cash or check only. No credit cards. Free to individuals with AARP United Healthcare Supplemental insurance plans. You must have a plan card with your name on it. Advantage plans must pay fee.

Registration Deadline: June 4, August 6

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.



GENERAL INTEREST

AAIR Snack and Share

Registration #289701-01

Date: Thursday, May 1

Registration #289701-14

Date: Wednesday, May 14, 2025

Time: 1 - 2 PM


Cost: free, please register in advance

Join **Ariana Heter, CTRS** for an information session about the Aging Adaptive and Inclusive Recreation (AAIR) program at the Longmont Senior Center. Participants will learn about the benefits of Therapeutic Recreation, explore upcoming activities, and have the opportunity to ask questions. Light refreshments will be provided while attendees gain insight into how AAIR can support a full and satisfying life. Whether you're new to the program or looking to get more involved, this session offers valuable information to help you get started.

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

Registration #285905-00

Date: Monday, May 5

Time: 5 - 6 pm 

Cost: Free, please register in advance

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

Therapeutic Riding Presentation

Registration: #289700-20

Dates: Friday, June 20

Time: 1 - 4 pm

Cost: Free, please register in advance

Since 1997, Hearts & Horses has been providing life-changing equine-assisted services for children and adults with physical and cognitive disabilities, at-risk youth, Veterans, and seniors with dementia. We currently serve 608 riders annually, own a 23-acre ranch, house 32 equine partners, and have one of Larimer County's largest volunteer programs.



SingFit - Session 1



Registration #289608-01

Date: Friday, May 2 - June 13

Time: 10 - 11 am

Cost: \$25 resident, \$29 non-resident
(6-week session)

Registration Deadline: Friday, April 25

SingFit celebrates the power of music as a science-backed way to foster connection and nurture friendships. This program offers a fun, engaging music-making experience that doubles as a brain-boosting workout, improving cognition, memory, anxiety management, lung health, and verbal skills. Join **Rhoda Wolfe** for an interactive, social music group featuring singing, movement, trivia, and reminiscence—designed to activate both your brain and body for a lively, enjoyable session! (*no class May 23)



SingFit - Session 2

Registration #289608-02

Date: Friday, June 20 - Aug 29

Time: 10 - 11 am

Cost: \$25 resident, \$29 non-resident
(6-week session)

Registration Deadline: Friday, April 25

SingFit celebrates the power of music as a science-backed way to foster connection and nurture friendships. This program offers a fun, engaging music-making experience that doubles as a brain-boosting workout, improving cognition, memory, anxiety management, lung health, and verbal skills. Join **Rhoda Wolfe** for an interactive, social music group featuring singing, movement, trivia, and reminiscence—designed to activate both your brain and body for a lively, enjoyable session! (*no class June 17, July 4, July 25, August 1, August 22)

Beginning Mahjong

Registration: #285503-05


Dates: Tuesdays, May 6 - 27

Time: 1 - 4 pm

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

Registration Deadline: Friday, April 29

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

 Denotes new opportunity as part of our hours expansion

BIG PICTURE FILM SERIES – SUMMER 2025



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.

Montgomery Farm Open Space – City of Longmont Reserves Open Space Property for Future Recreation

Registration #285055-08

Date: Thursday, May 8

Time: 3 - 4:30 pm

Cost: Free, please register in advance

Registration Deadline: May 1



The Montgomery Farm is one of the Open Space locations that is leased for agriculture in an effort to preserve Longmont's agricultural history and to support local farmers, making the land productive now until it is developed. This video explores one of the City of Longmont's Open Space Programs at the 129-acre Montgomery Farm and delves into the way that farmers do organic farming. Learn about what exactly is organic farming and see the big farm equipment in action!

Producer: Homer Rail (40 minutes)

Stargazer Ranch Alpacas – Focusing on Quality Fiber Through Genetics

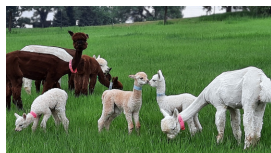
Registration #285055-05

Date: Thursday, June 8

Time: 3 - 4:30 pm

Cost: Free, please register in advance

Registration Deadline: May 29



Join us at the Stargazer Ranch in Loveland where alpacas have been residents for 25 years in this feature film. Meet owner Cindy Fronk and Chad Tjeerdsma of Second Run Ranch as they share their mission for returning to royal grade fiber. They will share the historical evolution behind the curious, gentle and intelligent alpaca, what a day is like at the ranch, competitive alpaca shows, the value of color and quality alpaca fiber, processing the fiber and the different ways fiber is used. Come and discover all about our neighbor alpacas from Stargazer Ranch.

Producer: Debbie Lee (37 minutes)

A Veteran Tribute by Djembe Orchestras of Colorado and Warrior StoryField

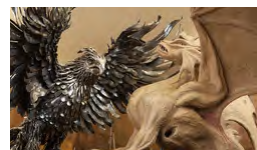
Registration #285055-10

Date: Thursday, July 10

Time: 3 - 4:30 pm

Cost: Free, please register in advance

Registration Deadline: July 3



Djembe Orchestras of Colorado and Warrior StoryField collaborate with music, poetry and storytelling to honor veterans. Warrior StoryField is a sculpture endeavor being built over the past 15 years by Artist Robert Bellows along with numerous veterans and their families, and is a gathering place to foster healing, creativity and community in Longmont.

Producer: John Golden (30 minutes)

The Art of Making Wine

Registration #285055-07

Date: Thursday, August 7

Time: 3 - 4:30 pm

Cost: Free, please register in advance

Registration Deadline: July 31



Have you ever stomped grapes with your feet to make homemade wine? Have you ever smelled the exotic aroma produced by fermenting grapes? Would you like to learn the fascinating process? Making wine is an ancient art full of excitement, tradition, fun, and flavor. Many of Longmont's vintners learned the art from parents or friends. Get to know several Longmont vintners and hear their stories. Please join us on a trip to the past where many things were made by hand. We will explore the entire winemaking process from picking the grapes, the crush, the fermentation, the press, the racking and clarification process, the oak barrel aging, to the bottling. You are invited to join us after the Big Picture for a wine tasting at Longmont's first winery. Alan Schnarr will be our host at Accentual Wines which is three blocks from the Senior Center. *Note: You need to be over 21 years of age to attend the tasting!

Producer: Sal Martorano (54 minutes)



GENERAL INTEREST



Sing for JOY

Date: Wednesday, May 14	Reg. #289602-01
Wednesday, May 28	Reg. #289602-02
Wednesday, June 11	Reg. #289602-03
Wednesday, June 25	Reg. #289602-04
Wednesday, July 9	Reg. #289602-05
Wednesday, July 16	Reg. #289602-06
Wednesday, August 13	Reg. #289602-07
Wednesday, August 27	Reg. #289602-08

Time: 1:30 - 2:30 pm

Cost: \$8 resident, \$9 non-resident (per class)

Registration Deadline: one week before class

If you love singing and building meaningful connections, **Barbara Jo Kammer's** Sing for JOY class is just what you need! Experience the joy of singing with others as it uplifts you, sparks fond memories, and fosters new relationships. Take a refreshing break from your daily stresses and find happiness in the simple moments. With a passion for harmonizing since the age of three, Barbara Jo holds a master's degree in Music Therapy from Naropa University in Boulder, making her the perfect guide for this enriching experience.



Intergenerational Hand Drumming

Date: Thursday, May 15	Reg. #289604-05
Tuesday, June 17	Reg. #289604-06
Thursday, July 17	Reg. #289604-07
Thursday, August 21	Reg. #289604-08

Time: 9 - 10 am

Cost: \$15 resident, \$17 non-resident (per class)

Registration Deadline: one week before class

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



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

INTERGENERATIONAL PROGRAMS WITH KARUNA CARE SERVICES

Board Game Afternoon

Registration #289607-01
Date: Tuesday, May 20
Registration Deadline: May 13

Registration #289607-03
Date: Tuesday, July 1
Registration Deadline: June 24

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!



Picnic

Registration #289607-02
Date: Friday, June 20
Time: 1 - 3 pm

Cost: Free, please register in advance

A joyful gathering to share food, stories, laughter, and memories while enjoying nature and strengthening family bonds together.

Karaoke

Registration #289607-04
Date: Friday, August 29
Time: 1 - 3 pm

Cost: Free, please register in advance

Join us for this lively event of singing, laughing, and bonding over timeless songs, creating unforgettable memories through music and shared joy.



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!"

Genealogy Research Workshop

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

Dates: Third Wednesdays, 1:30 - 3:30 pm

Cost: Free

Location: Online/Zoom

LONGMONT GENEALOGICAL SOCIETY

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

Need help finding that elusive ancestor? Our experienced genealogist can assist with immigration records, obituaries, wills, and census data. We'll also guide you through genealogy websites and share the latest resources.

ALL CLASSES ARE IN PERSON



GENERAL INTEREST

Getting Started with Genealogy: Discover Your Roots

Registration #285502-05

Date: Friday, May 16

Time: 1:30 - 3:30 pm

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

Registration Deadline: May 9

Instructor: Mark Fearer

Explore the basics of family history research in this beginner-friendly genealogy class. Learn how to organize your findings, use online tools, navigate historical records, and uncover your ancestral roots. Perfect for those eager to start their journey into discovering the stories of their past. No prior experience required! The class is geared toward beginners but intermediate researchers are bound to pick up some tips.

Share Your Family Story

Registration #285502-06

Date: Friday, June 20

Time: 1:30 - 3:30 pm

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

Registration Deadline: June 13

Instructor: Robert Stevens

We've researched our genealogy, now it's time to publish what we've learned. Modern technology provides many ways to tell our story, but we feel overwhelmed. Many of us need help writing that first sentence. Show up to this workshop with pen and paper and start your journey.

Working the Censuses to Make the Most of Details

Registration #285502-08

Date: Friday, August 15

Time: 1:30 - 3:30 pm

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

Registration Deadline: August 8

Roots and Revelations: Unlock Your Ancestry with Modern Research Tools

Registration #285502-09

Date: Tuesday, June 24

Time: 5:30 - 7:30 pm

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

Registration Deadline: June 17

Instructor: Bobski Masson

Begin your journey to uncover your ancestors' stories! Learn genealogy basics, using DNA for family connections, and explore AI tools to reveal hidden details. This session offers practical techniques and inspiration for discovering your roots and the lives your ancestors lived.

The Right Tool for the Job

Registration #285502-07

Date: Friday, July 18

Time: 1:30 - 3:30 pm

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

Registration Deadline: July 11

Instructor: Sylvia Tracy-Doolos

Each website and database has its own genealogical offerings. Knowing the right site for your research needs will save you time and frustration. This class will help you pinpoint which site, or sites, will help advance your research.

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

Instructor: Barb Gardner

Explore your ancestors' lives using US Census records, taken every 10 years. Learn how to build your family tree, uncover details through other resources, and gain valuable tips. Perfect for beginners, with helpful handouts and insights for intermediates.

DR DECLUTTER**The 12 Keys to Stop Stress and Overwhelm From Stealing Your Joy**

Registration #285218-01

Date: Wednesday, May 21**Time: 10-12:30 pm****Cost:** \$16 resident, \$20 non-resident**Registration Deadline: Friday, May 16**

Got stress? Bad news—97% of all doctor's office visits are stress related. Good news—you can stop this from happening to you! Don't let stress and triggers affect your everyday enjoyment. No matter what's going on in your world, or the world today, use these 12 doable keys to make the immediate changes you really want in your life for peace of mind and a brighter outlook. **BONUS!** You'll receive the 12 Commandments to Manage Stress Poster!

Burn Your House Down

Registration #285218-02

Date: Tuesday, June 10**Time: 10-12:30 pm****Cost:** \$16 resident, \$20 non-resident**Registration Deadline: Friday, June 16**

Got clutter? Life's too short, and clutter and disorganization cause stress, chaos, confusion and loss of time and joy. Bring your questions; learn how to decide, sort and clear out the clutter from your life to decrease confusion, frustration, wasted time and energy. Learn the 10-Steps to Organizing Everything and invaluable tips and tools to make your life easier. Learning materials included.
Instructor: **Kim Wolinski, "Dr. DeClutter"**

**Understanding and Rethinking Aging**

Registration #285909-00

Date: Monday, June 2**Time: 5:30 - 7 pm** **Cost:** Free, please register in advance

What "lens" are you using to look at aging? There's a lot going on in older adulthood...And a lot of it is really good! This interactive workshop will explore aging as a process of human development, not human decline. Using a research-based human development lens, we'll identify tools that can be used to enhance our well-being and our sense of thriving—physically, mentally, emotionally, and socially. This workshop is designed for older adults, those who are caring for older adults, or those who just want to better understand aging. Presented by **Carole MacNeil, PhD**, an educator, researcher, author, and consultant. Carole has worked with groups all over the world. She was also a caregiver for four parents for more than a decade.

Introduction to Nintendo Switch


Registration #289702-06

Date: Wednesday, June 4**Registration Deadline: May 28**

Registration #289702-08

Date: Wednesday, August 20**Registration Deadline: Aug 13****Time: 1:30 - 2:30 pm****Cost:** Free, please register in advance

Jump into the fun with Nintendo Switch Sports! Swing, kick, and spike your way to victory in six exciting sports: tennis, bowling, chambira, football (soccer), badminton, and volleyball. In this beginner-friendly class, you'll learn how to set up the Nintendo Switch, navigate the menus, and use real-world movements to play the games. No experience needed—just come ready to have fun, get active, and enjoy a new hobby!

 Denotes new opportunity as part of our hours expansion**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.

MEMOIR MAGIC:

Unlock the power of your personal history in this dynamic and engaging memoir writing class. Whether you're looking to share family stories, reflect on pivotal moments, or simply explore the art of self-expression, "Memoir Magic" will guide you through the process of transforming your memories into compelling narratives. Please bring your preferred writing method to class. Online attendance is available, please use the unique registration code.



Weaving Life's Stories from the Heart – Session 1

In-Person #289603-01 | Online #289603-01Z

Dates: Wednesday, May 7
Wednesday, May 21
Wednesday, June 4
Wednesday, June 18

Time: 5:30 - 6:30 pm

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

Registration Deadline: Friday, May 02

Weaving Life's Stories from the Heart – Session 2

In-Person #289603-02 | Online #289603-02Z

Dates: Wednesday, July 2
Wednesday, July 16
Wednesday, August 6
Wednesday, August 20

Time: 5:30 - 6:30 pm

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

Registration Deadline: Friday, June 27

Remaining Safe in Your Home

Registration #285906-00

Date: Tuesday, June 17

Time: 10 - 11 am

Cost: Free, please register in advance

85% of adults wish to remain living at home as long as possible. Home safety solutions can help make this a reality. Through this presentation we'll look at the most common areas of the home that pose a threat to safety: Entrances and exits; levels and stairs; bathrooms; and anywhere else transfers take place. **Lyndsey Burmeister** will discuss tools, equipment and tricks to keep your home from feeling like an obstacle course and returning it to a comfortable and safe haven.

Death Café

Registration #285900-00

Date: Wednesday, June 18

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 volunteers **Gary Scott** and **Susan Alling**. Tea and sweets will be offered.

Words Matter

Registration #289700-18

Date: Wednesday, June 18

Time: 9:30 - 11:30 am

Cost: Free, please register in advance

Registration Deadline: June 11



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

Storytime with Grandfriends: Storytime with the Longmont Senior Center

Registration #289609-20

Date: Friday, June 20

Time: 10 - 10:30 am

Cost: Free, please register in advance

Registration Deadline: Friday, May 2



Join us for an All Ages Storytime with guest storytellers from the Longmont Senior Center! It will be a heartwarming intergenerational storytime where seniors bring stories to life for young listeners! Through captivating read-alouds, laughter, and shared imagination, children will enjoy delightful tales while building connections with older adults in our community. Come experience the magic of storytelling across generations! Space is limited.

There is a REQUIRED training at the Longmont Library on Wednesday, May 7th from 12-1 pm

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



GENERAL INTEREST



Medicare Basics Classes

Registration #285902-00

Date: Wednesday, June 25

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.

Social Security 101 – ONLINE

Registration #285907-00

Date: Wednesday, July 16

Time: 5 - 6 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 OCCURS ONLINE, and you will be emailed the link to join the class a week prior to the class date.

CONVERSATION STARTER FILM SERIES

Registration #285904-00

Date: Monday, July 14

Time: 10:30 - 11:30 am

Cost: Free, please register in advance

Everything Happens for a Reason – and Other Lies I’ve Loved

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 Seniors Counselor, **Brandy Queen**.

Long-Term Care Options

Registration #285908-00

Date: Wednesday, August 6

Time: 1 - 2:30 pm

Cost: Free, please register in advance

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

Reverse Mortgages: Learn the Facts

Registration #285901-00

Date: Monday, August 11

Time: 4 - 5:30 pm

Cost: Free, please register in advance

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

Transitioning to Long-Term Care

Registration #285903-00

Date: Monday, August 18

Time: 1 - 2 pm

Cost: Free, please register in advance

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

 Denotes new opportunity as part of our hours expansion

NEED HELP WITH ONLINE REGISTRATION?

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

Debt and the Early Republic

Registration #284001-07

Date: Wednesday, May 7

Time: 1 - 2 pm

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

Registration Deadline: May 2

In this concise talk, **Paul Flanders** traces the early history of America, and how we wound up with the Constitution replacing the Articles of Confederation, mainly as a result of problems paying off the national debt.

The British Empire Money System

Registration #284001-08

Date: Thursday, May 8

Time: 1 - 2:30 pm

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

Registration Deadline: May 5

England has the world's oldest currency since 800 AD. This lecture led by **Robert Meroney** will discuss the history of coins from farthing Halfpenny, Groat, Sixpence, Shilling, Florin, Crown, Sovereign, Pound, and Guinea. First banknotes from 1695, first color notes 1777, and world domination of the British pound will be reviewed. New money in dominions, colonies, protectorates, mandates, and territories will be explored. Neat historical coins of New Zealand, Australia, Ireland, Malta, British Africa, British Guiana, Indian empire, Ceylon, Egypt, Palestine, Hong Kong, and Canada. Finally, decimalization and security features will be displayed, along with King Charles III banknotes 2024.

Depths of Courage: American Submarines at War with Japan

Registration #284001-14

Date: Wednesday, May 14

Time: 1 - 2 pm

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

Registration Deadline: May 7

The U.S. Navy Submarine Force was America's smallest branch of service in WWII, but kept Japan at bay until the nation could rebuild its arsenal. Author and military historian **Flint Whitlock** will tell incredible-but-true sea stories, including one about a Colorado sailor who was one of only nine men who escaped their sinking sub.

Inventions from War and Space

Registration #284001-20

Date: Tuesday, May 20

Time: 1 - 2:30 pm

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

Registration Deadline: May 13

Every time we get involved in a conflict or have another space launch new items get invented. These inventions may be in the area of weaponry, or food, or transportation, or a plethora of other items deemed necessary to complete the tasks at hand. Then they eventually find their way to the commercial market for personal use. Case in point Tang was created for space travel. Come and explore some of the other inventions created for specific purposes only to be used in our everyday lives. Maybe you can come up with a few. Presented by **Chuck Gibbs**.

Honor Flight 2015

Registration #284001-29

Date: Thursday, May 29

Time: 1 - 2 pm

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

Registration Deadline: May 22

Tracy Perry shares his personal experiences from a trip to the Nation's Capital in 2015 with a plane full of military veterans. This special journey included a welcome home reception, visits to national monuments and landmarks in Washington D.C., as well as a special welcome home upon returning to the airport.

Lost Lodges of Rocky

Registration #284001-31

Date: Saturday, May 31

Time: 10 - 11:30 am

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

Registration Deadline: May 24

Rocky Mountain National Park (RMNP) was once home to more than 30 lodges, but today lodging is limited to outside the Park's boundaries. What happened to the camps and resorts that used to be in there and what stories did they hold?

Dave Lively explores the transitions in lodging for visitors to RMNP in the thought-provoking search for balance between wilderness and hospitality unique to America's first automobile-based National Park.



NEED HELP WITH ONLINE REGISTRATION?

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

FDR and the New Deal

Registration #284002-04

Date: Wednesday, June 4

Time: 1 - 2 pm

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

Registration Deadline: May 28

In this talk, **Paul Flanders** examines the causes of the Great Depression and how the FDR administration designed a New Deal to attempt to right the ship of state.

A Walk Through Oradour-Sur-Glan

Registration #284002-11

Date: Wednesday, June 11

Time: 1 - 2 pm

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

Registration Deadline: June 4

An ordinary little French village became a place of horror when a German SS panzer division marched through it in June 1944 on its way to Normandy, killed most of the residents, and utterly destroyed the town, whose ruins have been left as a memorial to the victims of war. Presenter **Flint Whitlock** recently walked its sad, silent streets and returned with haunting images.

The Art of Edvard Munch "The Scream"

Registration #284002-12

Date: Thursday, June 12

Time: 1 - 2:30 pm

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

Registration Deadline: June 5

Edvard Munch (1863-1944) was born in Norway and grew up in poverty. He painted four versions of *The Scream* starting in 1893, and claimed the sky was a real experience that struck him with melancholy. Many think the sky color was the result of the explosion of the volcano Krakatoa which affected weather around the world. Since 1984 the painting has been used multiple times in pop culture and politics. There was a series of political cartoons that came out during the last year associated with the election, which **Robert Meroney** will explore.



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

Local History

Registration #284002-17

Date: Tuesday, June 17

Time: 1 - 2:30 pm

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

Registration Deadline: June 12

Awhile back we covered Colorado Ghost towns, but we did not spend much time dealing with the local area. Did you know there were several towns within a few miles of Longmont that are no longer around? Why are the towns that are still in existence, still here? Let's explore the local area and talk about its past and present. Presented by **Chuck Gibbs**.

Something to Crow About

Registration #284002-18

Date: Wednesday, June 18

Time: 1 - 2:30 pm

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

Registration Deadline: June 11

Corvids – the crows, ravens, and jays – thrive in human-dominated environments where they are familiar to everyone in Boulder County. You've undoubtedly seen these loud social birds soaring above the trees, cawing at your window, or even picking through the trash. In this class, you'll learn how they inspire mythology, how they interact with humans, and how they socially interact with flocks and family members. Presented by Boulder County Volunteer Naturalists.

Longmont's Code Talker from World War II

Registration #284002-26

Date: Thursday, June 26

Time: 1:30-2:30 pm

Cost: \$3 resident, \$4 non-resident **Registration Deadline: June 19**

Tracy Perry returns to tell the exciting story of a World War II Navaho, Marine code talker with ties to Longmont.

Robert La Follett

Registration #284003-02

Date: Wednesday, July 2

Time: 1 - 2 pm

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

Registration Deadline: June 25

Independent and impassioned, Robert La Follette as Governor of Wisconsin, championed a series of reform measures such as regulation of railroads, the referendum and initiative and other ideas that spread from state to state during the Progressive Era, 1900-1919. Presented by **Paul Flanders**.



The Amber Room Mystery

Registration #284003-09

Date: Wednesday, July 9

Time: 1 - 2 pm

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

Registration Deadline: July 2

One of the world's great treasures—a room made entirely of carved amber—was a gift from a German emperor to a Russian czar in the 1700s and installed in a St. Petersburg palace. When the German army invaded the USSR in 1941, the troops stripped the room bare, intending to return it to Germany. But it never made it and has never been seen since. Military historian **Flint Whitlock** will tell you what may have happened to it.

What If?

Registration #284003-10

Date: Thursday, July 10

Time: 1 - 2:30 pm

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

Registration Deadline: July 3

It is always fun to think about What If? something happened. Usually we all think small, but it is possible to apply scientific principles to unusual circumstances and make arguments as to the consequences of even radical possibilities. This talk will give a scientist's view of what might happen if the sun disappeared; we drained the oceans from the bottom of the Challenger Deep through a ten meter diameter portal to Mars; what might happen to a human subjected to 500 mph winds; and best of all how many T-Rexs could the population of New York sustain? Maybe more.

Robert Meroney asks these questions and explains the many possibilities of various scenarios in this lively lecture.

Who Was the Sculptor in Buckskin?

Registration #284003-12

Date: Saturday, July 12

Time: 10 - 11:30 am

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

Registration Deadline: July 5

After spending much of his youth hunting and sketching in the Colorado mountain wilderness of the 1870s, Alexander Phimister's talents took him throughout the U.S. and on to Paris and Rome. Storyteller **Dave Lively** will introduce you to a man who was so much more than a sculptor and artist. Phimister was a devoted husband, loving father and grandfather, incurable wanderer, and confidant to many prominent figures of his day.

Sayings

Registration #284003-15

Date: Tuesday, July 15

Time: 1 - 2:30 pm

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

Registration Deadline: July 8

Who coined the phrase, "Good to the last drop"? It might surprise you. There are phrases within our lives that have been used for years and many more that you no longer hear much of. Let's take a stroll down memory lane and see if we can identify some of these iconic sayings. There are slang sayings, advertising, movie quotes and cartoon quotes. Many we still use today, but why? Presented by **Chuck Gibbs**.



A Short History of the West Part I

Registration #284003-17

Date: Thursday, July 17

Time: 1 - 2 pm

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

Registration Deadline: July 10

Stories of Western History are highlighted by **Tracy Perry**, including Cattle Kate, Alfred (Alferd) Packer, Pope John Paul II in Colorado, and Chainsaw Maggie of Allenspark.

American Philanthropy

Registration #284004-06

Date: Wednesday, August 6

Time: 1 - 2 pm

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

Registration Deadline: July 30

Since the end of the Civil War, individuals, foundations, and businesses voluntarily have given billions of dollars to a breadth of good causes, as much as three times the donation rate of other affluent countries. Presented by **Paul Flanders**.





A Visual Arts Tour of Parts of Genesis

Registration #284004-14

Date: Thursday, August 14

Time: 1 - 2:30 pm

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

Registration Deadline: August 7

Robert Meroney returns to highlight some of the greatest artists of mankind who were sponsored by the Christian Church or inspired to illustrate the Bible. The book of Genesis in particular has lots of great subjects and potential for illustration.

Consider Genesis presents God, Satan, Creation, Adam & Eve, Heaven, Hell, the Flood, and ancestors from Abraham to Joseph. Artists like William Blake, Pieter Breugel the Elder, Michelangelo, Tintoretto, Salvador Dali, Lucas Cranach the Elder, Albrecht Durer, Heronimus Bosch, Benjamin West, Titian, Marc Chagall, Raphael, Edward Deanes, Peter Paul Rubes, Sabastiano Ricci, Caravaggio, and Rembrandt all dedicated their genius to painting subjects from Genesis.

Old Jobs

Registration #284004-19

Date: Tuesday, August 19

Time: 1 - 2:30 pm

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

Registration Deadline: August 12

Do you remember your first job? I remember mine, in fact. We are going to explore some of the old jobs that are pretty much a thing of the past. I think most first jobs were either paper routes or baby sitting. There might be a few other jobs that might surprise you. Presented by **Chuck Gibbs**.

Here Today, Gone This Winter

Registration #284004-21

Date: Saturday, August 23

Time: 10 - 11:30 am

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

Registration Deadline: August 16

Join **Boulder County Volunteer Naturalists** in exploring the mysteries surrounding the world of bird migration. Why do birds migrate? Why some and not others? Who migrates here in the winter? Come find the answers to these questions and more as we talk about where you can observe and enjoy birds in migration.

Human Evolutionary History as We Know it

Registration #284004-26

Date: Tuesday, August 26

Time: 1 - 2 pm

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

Registration Deadline: August 19

With the advent of amazing new DNA molecular extraction techniques, we now know a whole lot more about the hominid lineage leading to Homo sapiens. Scientists have found some very interesting and surprising relationships among multiple human species, now known to be roughly 7 or 8. Our talk will contain lots of visual evidence on how these individuals were all humans (members of the genus Homo) according to scientific criteria. In addition to the evolutionary lineage patterns, **Michael Grant** will overview evolutionary patterns of lactose intolerance, recent advances regarding sickle cell anemia plus a smidgen of 'romance' among our ancestors.

A Short History of the West Part II - Ludlow

Registration #284004-28

Date: Thursday, August 28

Time: 1:30 - 2:30 pm

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

Registration Deadline: August 21

The Ludlow Massacre was a violent confrontation between corporate power and striking workers. The strike was called off in December 1914 after the United Mine Workers of America ran out of money. The strikers' demands were not met, and many were replaced. The death toll from the Colorado Coalfield War was about 75. **Tracy Perry** explores the bloodiest labor strike in Colorado history in this informational lecture.

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.**

THINKING BEYOND POSSIBLE SERIES

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**

Miracles

#284340-05 (in-Person) | #284340-5A (online)

Dates: Tuesdays, May 6 - 27

Time: 10 - 11:30 am

Cost: Free, please register in advance

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

What is a miracle? Are all miracles alike? Actually, there are at least five types, and maybe more. Let's spend our time together exploring the rich topic of miracles and how they relate to our lives.

Engaging Your Spirit Guides and Angels

#284340-06 (in-person) #284340-6A (online)

Dates: Tuesdays, June 3 - 24

Time: 10 - 11:30 am

Cost: Free, please register in advance

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

It is said that each person is born with at least two Spirit Guides and an Angel. Let's investigate this prospect and what it may mean to be in touch as well as how to be in touch with them.

Three Words to Live By

#28440-07 (in-person) | #284340-7A (online)

Dates: Tuesday, July 1 - 15

Time: 10 - 11:30 am

Cost: Free, please register in advance

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

Let's delve into three everyday words: Hope, Mercy and Charity and develop a better understanding of the history of the words and their meaning in our lives today.

How to Know A Person

#284470-08 (in-person) #284470-8A (online)

Dates: Tuesday, August 5 - 26

Time: 10 - 11:30 am

Cost: Free, please register in advance

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

The act of seeing and getting to know someone is profoundly creative: what we see in others is related to what we see in ourselves. Let's explore connection and the yearning to be understood.

INTERCAMBIO

Registration #284483-06

Date: Thursday, June 5

Time: 1 - 2 pm

Cost: Free, please register in advance

Registration Deadline: May 29

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





The Writing Circle – Online

Dates: Monday, May 12

Registration #284360-05

Registration Deadline: May 5

Monday, June 9

Registration #284360-06

Registration Deadline: June 2

Monday, July 14

Registration #284360-07

Registration Deadline: July 7

Monday, Aug 11

Registration #284360-08

Registration Deadline: August 4

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. Five 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 30 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), Northeast Storytelling, Texas Storytelling Assn and Rocky Mt Storytellers.

Fairies. Really? Only The Stories Will Tell

Registration #284313-00

Date: Thursday, August 21

Time: 3 - 4:15 pm

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

Registration Deadline: August 14

Whether you believe in these magical figures or not, the stories are enchanting. Local Storyteller, **Kathleen Santopietro** will take you around the world on the spirited wings of creatures that delight, surprise, and tickle imaginations. Music and folklore weave their way around the stories just to keep you open and curious about where you might meet a fairy (of any kind). Arlene Patterson and Dale Sherrod join in with familiar tunes and Sean O'Halloran offers wisdom surrounding fantasy.

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

GERMAN CONVERSATION GROUPS

See page 8 for more details regarding this 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



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.

No Legs All Heart

Registration #284333-00

Date: Wednesday, May 14

Time: 5:30 - 7:30 pm

Cost: Free, please register in advance

Feature Documentary, 89 min US / English 2023

We are disabled in things we can't do...but there is no shortage of things that any of us can do --
André Kajlich

After years of addiction, struggle, and coming to terms with his life changing accident, André Kajlich aims to be the first double amputee to complete the Race Across America, a bone-crushing, sleep deprived, 12 day, 3,082 mile bike race that spits out 50% of able bodied racers. Directed by first-time Latin American director and Emmy® Award-winning cinematographer Pablo Durana and produced by Oscar®, Emmy®, and Peabody® Award-winning filmmakers Andrea Nix Fine and Sean Fine, No Legs All Heart. a story about the true test of the human spirit, overcoming addiction, and the pain we endure to carve our own path in life. *Directed by first-time Latin American director and Emmy Award-winning cinematographer Pablo Durana and produced by Oscar, Emmy and Peabody Award-winning filmmakers Andrea Nix Fine and Sean Fine.*

 Denotes new opportunity as part of our hours expansion

Arc of Oblivion

Registration #284334-00

Date: Wednesday, July 9, 2025

Time: 5:30 - 7:30 pm

Cost: Free, please register in advance

Feature Documentary, 98 minutes US 2023
Partially subtitled

In a universe that erases its tracks, why are we so hellbent on leaving a trace?

From executive producer Werner Herzog and director Ian Cheney. Haunted by ghosts of lost digital footage, a filmmaker begins building a secure, ark-like structure in Maine to house his movies and many collections, which leads to this film's main question: Why are humans the only animals to archive? To send their art, stories and data to future versions of themselves? Cheney's obsessive inquiry turns into a sweeping, often playful odyssey around the world – to salt mines in the Alps, fjords in the Arctic and ancient libraries in the Sahara – to illuminate the strange world of archives and memory. The director weaves great cinematography and fascinating interviews from science and art experts – including filmmaker Werner Herzog – into a quirky, masterful film.

Directed by Ian Cheney

Produced by Meredith DeSalazar, Manette Pottle, Rebecca Taylor



HUMANITIES & CULTURAL



This is your time.
OWN IT.

Gustas saber mas sobre nuestros programas de primavera/verano en el catalogo del GO

El miercoles 7 de Abril es el primer día en que puedes registrarte para las clases de verano. Para mas información sobre los programas, acompañanos el 9 de abril a las 10 am . Si solamente necesitas ayuda para el proceso de registracion de clase presentese a las 11 am en la entrada del senior center.

Billar

Juegue billar por \$1 dólar.

cuándo: Lunes a Jueves de, 8 am - 8 pm

Viernes de, 8 am - 4:45 pm

Sábado, 8 am - 12 pm

Bailas de Mi Tierra Grupo de Baile

Lunes y Viernes 3:15 - 4:45 pm

Registración: No es necesario

Los bailarines practican e interpretan diversos bailes y canciones de América Central y del Sur, y actúan en diversos eventos durante todo el año. Si está interesado o desea obtener mas información, llamar a Juanita 720-204-0308. El vestuario para las practicas y presentaciones no esta incluido.

Coro – Grupo de Canto

Fecha: Lunes, 5 ,19 de Mayo , 2, 16 Y 30 de Junio, 14 ,28 de Julio, 11, 25 de Agosto

Hora: 1 – 2:30 pm

Costo: Gratis

Registración: no es necesario registrase

¿Le gusta cantar o convivir en canto?

Acompáñenos para disfrutar en escuchar o cantar canciones clásicas Mexicanas. Nos reunimos Lunes de 1:00 pm a 2:30 pm en el Senior Center. Si esta interesado o desea obtener mas información llamar a Osvaldo 720-288-8070.

¡Suscríbete para recibir correos electrónicos cada mes!

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



Círculo de Apoyo

Fecha: El primer jueves de cada mes

Hora: 10 - 11:30 am

Costo: Gratis

Registración: no es necesario

¿Qué es un Grupo de Apoyo? Un grupo de personas que comparten experiencias en común, dan apoyo, educación y hablan sobre los cuidados de un ser querido. Al igual se habla sobre problemas de salud relacionados con el envejecimiento.

Lotería

No es necesario registrase.

Fechas: el segundo y cuarto Martes de cada mes

Hora: 2 - 3:30 pm

Costo: Gratis

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

Las Reuniones

Fechas: Miércoles

14 de Mayo # de Registración: 286501-05

11 de Junio # de Registración: 286501-06

9 de Julio # de Registración: 286501-07

13 de Agosto # de Registración: 286501-08

Hora: 4 - 6 pm

Costo: Gratis, y por favor regístrese

Fecha límite: 7 de Mayo, 3 de Junio, 2 de Julio, 5 de Agosto

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.

Becas para uso en el Senior Center

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



Conversaciones con un nutricionista

Fechas: los Miércoles

28 de Mayo # de Registración: 286502-01

25 de Junio # de Registración: 286502-02

16 de Julio # de Registración: 286502-03

27 de Agosto # de Registración: 286502-04

Hora: 1 - 3 pm

Costo: Gratis, y por favor regístrese

Fecha límite: 21 de mayo, 18 de junio, 8 de julio, 20 de agosto

Acompáñenos para una conversación amigable sobre la nutrición para aprender más sobre cómo mantener su salud e independencia. **Satya Williams** es un dietético 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.

Pan, Café, y la Muerte

Fecha: Jueves (Lunes en Junio)

15 de Mayo # de Registración: 286901-05

16 de Junio # de Registración: 286901-06

17 de Julio # de Registración: 286901-07

21 de Agosto # de Registración: 286901-08

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 informativa 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

Fechas: Jueves

5 de Junio # de Registración: #286900-06

7 de Agosto # de Registración: #286900-08

Hora: 5:30 - 7:30 pm

Costo: Gratis, y por favor regístrese

Preparando Mi Regalo de Paz es un programa educativo gratuito acerca de cómo proporcionarle a usted y a sus seres queridos, el regalo de paz mental, sabiendo que sus deseos e intenciones se conocen para el final de su vida.

Acompáñenos a una presentación y discusión informal sobre los pasos para asegurarse que sus deseos sean comprendidos y honrados, en caso de que no pueda valerse por sí mismo. Cada sesión/clase es seguida por una segunda: en la cual el personal y los notarios pueden ayudarle a completar, de manera gratuita, los documentos de directivas anticipadas (carta poder medica).

¡Taller básico de computación!

Registración: #286510-00

Fechas: Martes, 6, 13, 20, 27 de Mayo

Hora: 9 - 11 am

Costo: Gratis, y por favor regístrese

Lugar: Lashley Station, 1200 Lashley St.

Fecha límite: 29 de Abril

- Optimiza tu Cuenta de Google y Protege tu Información en Línea
- En este taller aprenderás a:
 - o Liberar espacio en tu cuenta de Google (Gmail, Google Drive, y Fotos)
 - o Aplicar medidas básicas para proteger tu información personal en línea

Requisito: Traer tu propio Chromebook o computadora personal

Entender la 'Ley de opciones al final de la vida' en Colorado: Asistencia Médica para Morir

de Registración: 286903-00

Fecha: Miércoles, 14 de Mayo

Hora: 10 - 11:30 am

Costo: Gratis, y por favor regístrese

La Dra. Susan Wilhoit es una especialista en el hospicio y en la medicina paliativa, también es una doula de etapas finales de la vida. En esta plática, se presentará la historia de la Asistencia Médica para Morir (MAiD), el uso de la 'Ley de opciones al final de la vida' en Colorado y la elegibilidad y reglas de cualificación para MAiD. La Dra. Wilhoit compartirá sus experiencias personales y profesionales de acompañamiento de personas que eligieron MAiD. Habrá tiempo para preguntas.



INFORMACIÓN Y PROGRAMAS EN ESPAÑOL

Tejer – Nuevo

de Registración: 286507-00

Fechas: viernes, 16 de Mayo - 20 de Junio

Hora: 1 - 3 pm

Costo: Gratis, y por favor regístrese

Fecha límite: 9 de mayo

Aprende a tejer/hacer crochet con nosotros ¿Quieres aprender a tejer o hacer crochet y quieres recibir instrucciones para principiantes para comenzar? ¿Hablas español y necesitas un intérprete para aprender? ¡Únete a 2 miembros del grupo de punto y revés del Centro para personas mayores para aprender los conceptos básicos! Aprende a tejer Aprende los conceptos básicos: montar puntos, punto derecho, punto arevés, aumentar/disminuir, rematar y cómo leer un patrón. Hará 2 proyectos pequeños para principiantes: trapo de cocina de algodón y bufanda o manta para el regazo. Aprende a hacer crochet Aprende los conceptos básicos: punto de cadena, punto bajo, punto medio alto, punto alto y cómo leer un patrón. Hará 2 proyectos pequeños para principiantes: trapo de cocina de algodón y bufanda o manta para el regazo.

Prepárate Longmont

de Registración: 286511

Fecha: Martes, 3 de Junio

Hora: 1 - 3 pm

Costo: Gratis, y por favor regístrese

Fecha límite: 27 de Mayo

HÁGALE ENFRENTA A LOS PROBLEMAS

Nos podemos ver afectados de diferentes maneras en la impredecibilidad de los desastres. Al estar preparado, reduce las perturbaciones de un desastre. Prepárate Longmont le enseñará cómo: Asegurarse de recibir notificaciones durante un desastre o evacuación. Estar preparado para emergencias, desastres, y cualquier otra perturbación. Fortalecer nuestra resiliencia al conectar a la familia con nuestros vecinos, con la comunidad que nos rodea y con nuestra Ciudad. Conocer sobre más recursos y oportunidades de aprendizaje.

Conozca las 10 Señales De Advertencia: La Detección Temprana es Importante

de Registración: 286904-00

Fecha: lunes, 9 de Junio

Hora: 10 - 11:30 am

Costo: Gratis, y por favor regístrese

La presentación es en video con personal Veronica Garcia y Valerie Rodriguez. El video les explicara las señales de la enfermedad de Alzheimer que frecuentemente se creen ser una parte normal del envejecimiento lo que no es cierto. Si usted o alguien conocido parecen estar perdiendo la memoria o tiene cambios de comportamiento, es hora de aprender acerca de los síntomas. La detección temprana le da a usted una oportunidad de empezar un tratamiento, participar en un estudio clínico y planear para el futuro. Participe en esta clase para que aprenda cuales son las 10 Señales de Advertencia de la enfermedad de Alzheimer. La presentación separara los mitos de la realidad y discutirá los temores que la gente en América tiene acerca del Alzheimer. Escuche a personas que tienen la enfermedad hablar acerca de su experiencia y aprenda como reconocer las señales de advertencia en usted y otros.

Nuevo! – Visita a la granja y charla en Ollin Farms

de Registración: 286506-00

Fecha: viernes, 6 de Junio

Hora: 9:30 am - 1 pm

Costo: \$16 Residente, \$18 No residente

Fecha límite: 30 de Mayo



Descubra las ventajas de la agricultura sostenible en una visita a Ollin Farms en Longmont, donde aprenderá sobre la agricultura regenerativa y obtendrá experiencia práctica con la plantación y la cosecha. Después de la visita, disfrute de una conversación relajante con los agricultores sobre sus prácticas ecológicas y la importancia de los alimentos saludables cultivados localmente.

Revisando los Síntomas de Depresión y Ansiedad

de Registración: 286905-00

Fechas: miércoles, 4 de junio

Hora: 3 - 4:30 pm

Costo: Gratis, y por favor regístrese

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



Nuevo! – Crochet

de Registración: 286507-01

Fechas: viernes, 11 de Julio - 29 de Agosto

Hora: 1 - 3 pm

Costo: Gratis, y por favor regístrese
No clase en 25 de julio y 1 de agosto



Aprende a tejer/hacer crochet con nosotros ¿Quieres aprender a tejer o hacer crochet y quieres recibir instrucciones para principiantes para comenzar? ¿Hablas español y necesitas un intérprete para aprender? ¡Únete a 2 miembros del grupo de punto y revés del Centro para personas mayores para aprender los conceptos básicos! Aprende a tejer Aprende los conceptos básicos: montar puntos, punto derecho, punto arevés, aumentar/disminuir, rematar y cómo leer un patrón. Hará 2 proyectos pequeños para principiantes: trapo de cocina de algodón y bufanda o manta para el regazo. Aprende a hacer crochet Aprende los conceptos básicos: punto de cadena, punto bajo, punto medio alto, punto alto y cómo leer un patrón. Hará 2 proyectos pequeños para principiantes: trapo de cocina de algodón y bufanda o manta para el regazo.

Nuevo! – Desayuno de la granja a la mesa en Ollin Farms

de Registración: 286506-01

Fecha: sábado, 12 de Julio

Hora: 11:30am - 3 pm

Costo: \$46 Residente, \$52 No residente **Fecha límite: 3 de Julio**

Disfrute de una obra maestra culinaria en este desayuno de la granja a la mesa, donde un talentoso chef ejecutivo elabora un menú exquisito con los ingredientes más frescos de origen local. Con Ollin Farms como telón de fondo, saboree cada plato mientras aprende sobre el recorrido del campo al plato, creando una experiencia gastronómica inolvidable que celebra la esencia de la cocina de la granja a la mesa.

Nuevo! – Clases de Baile Inspiradas en la Música Latinatina

Registración: #280035

Fechas: 1 - 29 Jueves de Mayo 01

Costo: \$60 Residente, \$69 No residente

Fechas: 5, 12, 26 Jueves de Junio 05

Costo: \$36 Residente, \$45 No residente

Fechas: 3 - 17 Jueves de Julio 03

Costo: \$36 Residente, \$45 No residente

Fechas: 7 - 28 Jueves de Agosto 07

Costo: \$48 Residente, \$5 No residente

Tiempo: 12:15 - 1:15 pm

Capacitación guiada paraviajar al centro de Boulder

de Registración: 286508-07

Fecha: Miércoles, 9 de Julio

Hora: 11am - 2:30 pm

Costo: Gratis, y por favor regístrese

Fecha límite: 2 de Julio

¡Únase a movilidad para todos! para recibir una sesión de capacitación gratuita para viajar! Aprenda a usar el transporte público y disfrute de un viaje de ida y vuelta desde el Longmont Senior Center hasta el centro de Boulder para tomar un helado con amigos. Esta capacitación para viajar es perfecta para adultos mayores que buscan ganar confianza en el uso de los autobuses de RTD para desplazarse por el condado de Boulder. ¡Se incluyen pases de autobús gratuitos, cupones de helado y más sorpresas!

Nuevo! – Clase de belleza 101

de Registración: 286504-01

Fecha: martes, 15 de Julio

Hora: 1:45 - 3:15 pm

Costo: \$3 Residente,
\$5 No residente

Fecha límite: 8 de Julio



La Clase de ETERNA Belleza ofrece una experiencia atractiva e interactiva en la que aprenden a realzar sus rasgos naturales con técnicas de maquillaje adaptadas a la piel madura. Los participantes exploran los fundamentos del cuidado de la piel, descubren los productos que funcionan mejor para la piel envejecida y practican métodos de aplicación suaves a través de demostraciones en vivo y actividades grupales. Con una combinación de orientación experta, práctica práctica e interacciones sociales divertidas, La clase empodera a las personas para que abracen con confianza su belleza mientras construyen una comunidad de apoyo en torno a consejos y experiencias compartidas.



INFORMACIÓN Y
PROGRAMAS EN
ESPAÑOL

Tarifa de entrada sin cita previa de clase individual:
\$15 residente, \$18 no residente

Fecha límite: 1 de Mayo, 29 de Mayo, 26 de Junio, 31 de Julio

¿Tienes ganas de escuchar música ? Ven a esta clase accesible, bien coreografiada y muy divertida. ¡Conocerás y amarás estas rutinas mientras haces un ejercicio genial y divertido! Todos los niveles son bienvenidos y algunas habilidades de coordinación y articulaciones saludables son una ventaja. No dudes en comunicarte con Kathy a pilateswithkathy@gmail.com si tienes alguna pregunta o inquietud.

Aprender a hacer Temaki

de Registración: 283400-02

Fecha: Martes, 12 de Agosto

Hora: 2 - 4 pm

Costo: \$3 Residente,
\$5 No residente

Fecha límite: 5 de Agosto

Aprende a hacer temaki. El verano es la temporada de festivales en Japón, y es el momento de hacer amigos, fiestas y lo mejor de todo, deliciosos bocadillos. Únete a Kat Ohnaka para aprender a hacer temakizushi, un sushi que puedes llevar en la mano y diseñar según tus propios gustos. Kat te mostrará cómo seleccionar los ingredientes, elegir los condimentos y aderezos adecuados y enrollar tu temaki para hacer este refrescante bocadillo de verano. ¡Esto se puede adaptar fácilmente a vegetarianos o gustos picantes! También hablaremos sobre la cultura japonesa y aprenderemos sobre el festival Obon, que se lleva a cabo en agosto.



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

de Registración: 286902-00

Fecha: Jueves, 28 de Agosto

Hora: 10:30 - 11:30 am

Costo: Gratis, y por favor regístrese

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

RECURSOS

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

Apoyo Emocional

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

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.

¿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 residentes de Longmont llámenos al 303-651-8411 para una cita con una de las Especialista de recursos.

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. Para una cita llame al 303-441-1546 oprima 2 y deje su mensaje. Alguien le regresará su llamada. Al igual puede mandar un correo electrónico a medicarecounseling@bouldercounty.gov.

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)!

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.

INFORMACIÓN SOBRE LA PARTICIPACIÓN EN PROGRAMAS EN EL SENIOR CENTER:

- **No hay membresía** para participar en actividades o para recibir servicios del Senior Center
- **Adultos mayores de 55 años son la primera prioridad;** sin embargo, las personas menores de 55 años pueden participar en ciertas actividades si hay espacio disponible y / o en ciertas circunstancias. Póngase en contacto con la recepción para más detalles.
- **Listas de espera:** las listas de espera se mantienen para actividades que requieren registro. El personal procesa todas las cancelaciones y los participantes en la lista de espera se les dan prioridad para llenar las aperturas.
- **Necesidades especiales:**
 - Haremos nuestro mejor esfuerzo para acomodar sus necesidades especiales.
 - Dispositivos de escucha están disponibles para las actividades.

De Registración: Los programas, las clases y los eventos que requieren registración, traen un número de registro asignado y deben de registrarse antes de tiempo.

- Puede registrarse en la recepción con la recepcionista, de Lunes a Viernes, de 8:00 am - 5:00 pm
- Por teléfono con una tarjeta de crédito a 303-651-8411, de Lunes a Viernes, de 8:00 am - 5:00 pm
- En línea en www.longmontcolorado.gov para la mayoría de las actividades después de la fecha de registro se abre y para viajes el Lunes después del registro de la lotería.
- **Pago: Se aceptan tarjetas de crédito, dinero en efectivo, cheques, certificados de regalo y becas del Senior Center.** El pago completo se requiere en el momento de la registración.
 - **Recibos** contienen información adicional. Revise y retenga para referencia.
 - **Residente/No-residente:** El primer precio indicado es para aquellos que viven dentro de los límites de la Ciudad de Longmont.
- **Cancelaciones:**
 - La ciudad reserva el derecho de cancelar una actividad si el número mínimo de participantes no se ha registrado. Los participantes serán notificados inmediatamente si una actividad cancela.
 - Un reembolso / crédito total será dado si el Senior Center cancela la actividad.
 - Un reembolso / crédito total será dado si el participante cancela una clase o evento especial tres (3) o más días hábiles antes de la actividad. Cada viaje tiene una fecha límite de cancelación específica.



INFORMACIÓN Y PROGRAMAS EN ESPAÑOL



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

Group 1 - **1st/3rd Wednesdays** (Monthly)

Group 2 - **2nd/4th Wednesdays** (Monthly)

Time: 11 am - 1 pm

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

This biweekly social/activity group is for those in the early to middle stages of dementia and their caregivers 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. Interested in joining Lunch Bunch? 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, and our volunteer facilitators.

Advanced Directives

Date: Thursday, June 12

Registration #285050-12

Date: Thursday, August 14

Registration #285050-14

Time: 9:30 - 11 am

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

Reg. Deadline: June 5, August 7 respectively

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

Cultivating Connections

Tuesdays

May 20 **Navigating Small and Big Talk**

Registration #288900-05

June 17 **What the heck is intimacy anyway?**

Registration #288900-06

July 15 **Tips/Tricks for Introverts**

Registration #288900-07

August 19 **Tips/Tricks for Extroverts**

Registration #288900-08

Time: 1 - 2:30 pm

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

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

OFFERINGS FROM THE AREA AGENCY ON AGING

Information and Wellness:

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

Boulder County Area Agency on Aging Caregiver Initiative

To learn more about Boulder County Area Agency on Aging Caregiver Initiative resources for caregivers of adults 60+ and caregivers of those living with dementia, go to www.boco.org/caregiving.

 Denotes new opportunity as part of our hours expansion

Free MEDICAL EQUIPMENT

Several local organizations manage loan closets that include walkers, canes, wheelchairs and other medical equipment. See page 72 for the loan closet contact information.



UC Health Aspen Club – Talk with a Healthcare Professional

Registration #288006-20

Date: Tuesday, May 20

Registration #288006-17

Date: Tuesday, June 17

Time: 5:30 - 6:30 pm

Cost: Free, please register in advance

Registration Deadline: May 13, June 10

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.

UC Health – Stepping on Fall Prevention Workshop

Registration #288006-02

Date: Fridays, May 2 - June 13

Time: 1 - 3:00 pm

Cost: Free, please register in advance

Registration Deadline: April 25

One in four people age 65 or older has a fall each year. Don't be one of them. In this seven-week course you'll learn how you can avoid a dangerous and costly fall and keep doing the things you love to do. Stepping On has been researched and proved to reduce falls by 30%. Call 720-718-1690 to reserve your spot today.

 Denotes new opportunity as part of our hours expansion

COMMONSPIRIT HEALTH AT LONGMONT UNITED HOSPITAL PRESENTS

Understanding Cholesterol, Blood Pressure and a Healthy Heart

Registration #288200-06

Date: Thursday, June 26

Time: Noon - 1 pm

Cost: Free, please register in advance

Learn from Internal Medicine physician **Dr. Kathryn Slinger** on understanding cholesterol, blood pressure, and lifestyle changes for a healthy heart. Bring your blood pressure cuffs and glucose monitors and we will teach you how to troubleshoot. A light meal will be served, pre-registration is required.

Pain, Why It Happens and How to Manage It

Registration #288200-08

Date: Thursday, August 21

Time: Noon - 1 pm

Cost: Free, please register in advance

Aging comes with wisdom, new experiences, and sometimes—aches and pains. But pain doesn't have to define you! Understanding why pain happens, how to manage it, and when to seek help can make a world of difference in maintaining a happy, active lifestyle. Please join **Dr. Shahbaz Afzal** as he shares tips on how to manage your pain. A light meal will be served, pre-registration is required.

16 Ways to Use Vegetables

Registration #285077-10

Date: Tuesday, June 10

Time: 3:30 - 4:30 pm

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

Registration Deadline: June 2



Unlock the full potential of your favorite vegetables in this fun and creative class! Whether you're looking to reduce food waste, add variety to your meals, or simply get more plants on your plate, this session will show you 16 unique and delicious ways to prepare, cook, and enjoy a single vegetable. We'll feature a variety of vegetables, discuss marriages with other veg and pairing with fruits, and you'll leave with 16 creative new ways to incorporate them into your meal prep routine! **Instructor: Lisa Boesen**



Colorful Bites of Colorado: Exploring Healthy, Diverse Produce

Registration #285077-08

Date: Tuesday, July 8

Time: 3:30 - 4:30 pm

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

Registration Deadline: July 1

Colorful Colorado. It's more than sunrises, sunsets, mountains, and lakes! Thanks to our farmers, Colorado has one of the most diverse agricultural consumer markets. From primary colors to new products like purple potatoes and fava beans, Colorado farmers are experimenting more and more with new varieties of color, texture, and coolness! Let's take that color palette to our summer plates.

Instructor: Lisa Boesen



SILVER SNEAKERS® LUNCH AND LEARNS

Popular Diets Explained

Registration #213401-3

Date: Tuesday, May 13

Time: Noon - 1 pm

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

Registration Deadline: May 10

Diets promising quick, unbelievable weight loss or other health benefits are nothing new. Spend an hour exploring the hype and the science around the latest diet fads. **Presenter:** Trish Hetherington, Certified Nutrition Therapist, CPT

Tips for Enjoying Outdoor Exercise

Registration #313401-1

Date: Tuesday, June 10

Time: Noon - 1 pm

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

Registration Deadline: June 3

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

Importance of Hydration

Registration #313401-2

Date: Tuesday, July 8

Time: Noon - 1 pm

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

Registration Deadline: July 1

Your body depends on water to survive, but did you know that being hydrated improves mood and cognition? Did you know water can reduce the risk of high blood pressure and high blood glucose? Being hydrated supports your body in many ways. Come and learn the benefits of staying hydrated, other options besides water for hydration as well as tips that can help you stay hydrated. If you think hydration or drinking water is basic and boring, it's time to look at it in a new light! **Instructor:** Kim Nicks

Plant-Rich Meal Planning Strategies

Registration #313401-3

Date: Tuesday, August 12

Time: Noon - 1 pm


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

Registration Deadline: August 5

Planning to eat more plant-based foods can seem overwhelming and time-consuming. Many questions may arise about preparing various plant proteins, convenient ways to add more fruits and vegetables to meals, or ideas for nutritious and satisfying snacks. Join us for this educational and interactive presentation. We will discuss practical meal planning strategies for incorporating more fiber and nutrient-rich plant-based foods into our daily meals and snacks with convenient cooking techniques and mealtime preparation. **Instructor:** Melinda Benz



Caregiver Stress and Burnout

Registration #288907-00 

Date: Saturday, May 10

Time: 10 - 11 am

Cost: Free, please register in advance

Caregiving can be difficult, tiring, and wearing. Brenda Gurung will share several tools to manage stress and burnout - to keep organized, to identify resources and help, and to transform your caregiving work. Presented by **Brenda Gurung**, credentialed dementia specialist, founder of Be Growth Dementia Education, Forbes Health Advisory Board Member, and national senior living leader.

Summer Tips for Caregivers

Registration #288908-00 

Date: Saturday, June 7

Time: 10 - 11 am

Cost: Free, please register in advance

We'll discuss practical travel tips for caregivers for both out-of-town summer travel and staycations: travel planning and logistics, maintaining your person's routine, what to take with you, service options, and caregiver support. Presented by **Brenda Gurung**, credentialed dementia specialist, founder of Be Growth Dementia Education, Forbes Health Advisory Board Member, and national senior living leader.

Caregiving 101

Registration #288901-00

Date: Monday, June 16

Time: 5:30 - 6:30 pm

Cost: Free, please register in advance

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

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.

Let's Talk About Values

Registration #288903-00

Date: Monday, June 23

Time: 5:30 - 7 pm

Cost: Free, please register in advance

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

Dementia Activity Ideas for Caregivers

Registration #288909-00

Date: Saturday, July 12

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.

The Power of Gratitude

Registration #288905-00

Date: Tuesday, August 5

Time: 1 - 2:30 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**.

 Denotes new opportunity as part of our hours expansion

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



Caregiving Best Practices

Registration #288910 -00

Date: Saturday, August 9

Time: 10 - 11 am

Cost: Free, please register in advance

In this updated workshop, we'll review practical tips for caregiving: empowering ways to assist with daily needs; tips for difficult conversations; resources and support; as well as techniques to address caregiver stress. Presented by **Brenda Gurung**, credentialed dementia specialist, Founder of Be Growth Dementia Education, Forbes Health Advisory Board Member, and National Senior Living Leader.

Adjusting to Life's Changes Support Group

Dates: Mondays, August 11 - September 8*

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.

**NOTE: No group on Labor Day, Monday, September 1; group will meet Tuesday, September 2, instead.*

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 five-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.

Practical Tools for Informal Mediation: Improving Communication and Conflict Resolution

Registration #288904-00

Date: Thursday, August 21

Time: 10:30 - 11:30 am

Cost: Free, please register in advance

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

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

Registration #288902-00

Date: Thursday, August 21

Time: 1 - 2 pm

Cost: Free, please register in advance

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

Tips and Tools for Coping with Anxiety

Registration #288906-00

Date: Wednesday, August 27

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.



**FEELING SAD, STRESSED,
ANXIOUS OR LONELY?
FINDING IT HARD TO COPE
WITH LIFE'S CHANGES?**

CONSIDER PEER SUPPORT SERVICES

Peer support is a **free and confidential** service that matches you with a **trained volunteer** to listen and encourage **without judgement** or personal agenda.

It's a proven system of structured support.

If you're struggling with navigating challenges related to **aging or caregiving** and **want to talk to someone**, peer support might be right for you.

Contact Kayleigh Schernbeck to find out!

CALL: 303-774-4497 or Email:
Kayleigh.Schernbeck@LongmontColorado.gov

*Available to Longmont residents 55+ years old and/or their caregivers.

Feldenkrais Floor – Online – Opening Your Potential

Registration #280023-06

Dates: Tuesdays, May 6 - 27

Time: 10 - 11 am

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

Discover how to expand your potential through lessons designed to create length, openness, and extension. Experience how gentle movements can foster a sense of freedom and spaciousness in your body, under the instruction of **Al Wadleigh**, Certified Feldenkrais Practitioner.

Feldenkrais Floor – Online – Twisting for Easier Turning and Better Posture

Registration #280023-03

Dates: Tuesdays, June 3 - 24

Time: 10 - 11 am

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

Registration Deadline: May 27

Twisting movements help balance your nervous system and harmonize your body's flexors and extensors. Through mindful practice, improve your ability to turn with ease while supporting better posture. Instructor: **Al Wadleigh**, Certified Feldenkrais Practitioner.

Feldenkrais Floor – Online – Happy Feet and Legs

Registration #280023-01

Dates: Tuesdays, July 1 - 15

Time: 10 - 11 am

Cost: \$27 resident, \$36 non-resident

Registration Deadline: June 24

Your feet are the foundation of your movement. This series will awaken your toes, feet, and legs, bringing lightness and strength to every step. Instructor: **Al Wadleigh**, Certified Feldenkrais Practitioner.

Feldenkrais Floor – Online – Integrating Shoulders, Arms, and Hands

Registration #280023-05

Dates: Tuesdays, August 5 - 26

Time: 10 - 11 am

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

Registration Deadline: July 29

Enhance the ease and efficiency of your shoulders, arms, and hands. Explore lessons that will help you integrate these areas for more comfortable and effective movement in daily life. Instructor: **Al Wadleigh**, Certified Feldenkrais Practitioner.

Feldenkrais Chair – Online – Spring Into Action

Registration #280024-01

Date: Thursdays, May 1 - 29

Time: 11 am - Noon

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

Prepare your body for spring and summer activities with lessons designed to mobilize your spine and pelvis. Find the energy and flexibility to embrace the season with ease. Instructed by **Al Wadleigh**, Certified Feldenkrais Practitioner.

Feldenkrais Chair – Online – Freedom in Movement

Registration #280024-05

Dates: Thursdays, June 5, 12, 26

**no class on June 19*

Time: 11 am - Noon

Cost: \$27 resident, \$36 non-resident

Registration Deadline: May 29

Experience ease in every movement by reducing effort and increasing awareness. Small, gentle motions will make a big difference in how you feel and move throughout your day. Instructor: **Al Wadleigh**, Certified Feldenkrais Practitioner.

Feldenkrais Chair – Online – Breathe with Ease

Registration #280024-03

Dates: Thursdays, July 3 - 17

Time: 11 am - Noon

Cost: \$27 resident, \$36 non-resident

Registration Deadline: June 26

Develop a deeper awareness of your breath and learn to coordinate it with your actions. These lessons will help you cultivate a calmer, more integrated way of breathing and being. Instructor: **Al Wadleigh**, Certified Feldenkrais Practitioner.

Feldenkrais Chair – Online – Rest and Recovery

Registration #280024-07

Dates: Thursdays, August 7 - 28

Time: 11 am - Noon

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

Registration Deadline: July 31

Discover how the combination of rest and learning transforms your movement. Through gentle lessons, explore how rest supports your brain and body in integrating new possibilities for ease and comfort. Instructor: **Al Wadleigh**, Certified Feldenkrais Practitioner.



Beginning Line Dance

Registration #280012-06

Dates: Tuesdays, May 6 - 27

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

Registration #280012-03

Dates: Tuesdays, June 3 - 24

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

Registration #280012-01

Dates: Tuesdays, July 1 - 15

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

Registration #280012-05

Dates: Tuesdays, August 5 - 26

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

Time: 1:30 - 3 pm

Single Class Drop-in Fee: \$8 resident, \$10 non-resident

Registration Deadline: May 6, May 27, June 24, July 29 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 #280014-03

Dates: Tuesdays, May 6 - 27

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

Registration #280014-06

Dates: Tuesdays, June 3 - 24

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

Registration #280014-01

Dates: Tuesdays, July 1 - 15

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

Registration #280014-05

Dates: Tuesdays, August 5 - 26

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

Time: 3:15 - 4:15 pm

Single Class Drop-In Fee: \$8 resident, \$10 non-resident

Registration Deadline: May 6, May 27, June 24, July 29 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.

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.

Pilates®

Registration #280015-06

Dates: Tuesdays, May 6 - 27

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

Registration #280015-03

Dates: Tuesdays, June 3 - 24

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

Registration #280015-01

Dates: Tuesdays, July 1 - 15

Cost: \$36 resident, \$45 non-resident

Registration #280015-05

Dates: Tuesdays, August 5 - 26

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

Time: 12:15 - 1:15 pm

Single Class Drop-in Fee: \$15 resident, \$18 non-resident

Registration Deadline: May 6, May 27, June 24, July 29 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 Pilates® 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 contact Kathy at 720-297-1386 with any questions or concerns.



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.

Alignment Based Yoga for Active Seniors

Registration #280010-05

Dates: Mondays, May 5 - 19

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

Registration #280010-02

Dates: Mondays, June 2 - 30

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

Registration #280010-07

Dates: Mondays, July 7, 14

Cost: \$24 resident, \$31 non-resident

Registration #280010-11

Dates: Mondays, August 11 - 25

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

Time: 10:45 - 11:45 am

Single Class Drop-in Fee: \$14 resident, \$16 non-resident

Registration Deadline: May 5, May 26, June 30, August 4 respectively

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

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

Dates: April 29 - May 29 Registration #213303-C
**no class May 20 or 22*

June 5 - July 1 Registration #313303-A

July 8 - 31 Registration #313303-B

August 5 - 28 Registration #313303-C

**August 5 and 7 at Longmont Rec. Center*

Time: 10:30 am - Noon

Location: Memorial Building

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

Reiki Grounding Circle

Registration #280029-14

Date: Wednesday, May 14

Registration #280029-28

Date: Wednesday, May 28

Registration #280029-11

Date: Wednesday, June 11

Registration #280029-25

Date: Wednesday, June 25

Registration #280029-09

Date: Wednesday, July 9

Registration #280029-13

Date: Wednesday, August 13

Registration #280029-27

Date: Wednesday, August 27

Time: 2 - 3 pm

Registration #280030-10

Date: Saturday, May 10

Registration #280030-24

Date: Saturday, May 24

Registration #280030-14

Date: Saturday, June 14

Registration #280030-28

Date: Saturday, June 28

Registration #280030-12

Date: Saturday, July 12

Registration #280030-09

Date: Saturday, August 9

Registration #280030-23

Date: Saturday, August 23

Time: 10:30 - 11:30 am

Cost: \$25 resident, \$29 non-resident
(fee is per class)

Registration Deadline: 1-week prior to each class date

This class offers group guided meditation to assist with grounding, while each participant receives individual hands-on mini Reiki sessions, that aid in relaxation and healing. **Athena Grace** is a Reiki Master based in Erie, who leads these classes and is dedicated to helping others achieve balance, healing and wholeness. With a deep love for energy work, she offers one on one Reiki sessions and intimate Reiki/meditation classes, both offerings promote relaxation, spiritual growth and emotional clarity. Athena is passionate about creating a safe, welcoming space where clients can release stress, reconnect with themselves, and feel empowered on their healing journeys.





Ukemi – Fall Safety for Older Adults

Registration #280081-07

Date: Session 1: Wednesdays, May 7 - 28

Registration #280081-04

Date: Session 2: Wednesdays, June 4 - 25

Time: 1:45 - 2:45 pm

Cost: \$45 resident, \$55 non-resident (4-weeks)

Registration Deadline: May 5, May 28

In this class you will learn how to fall safely, while building the confidence and strength to get back up again and again! Find your center and strengthen your body, then practice safe falling techniques on a forgiving surface. For more information contact instructor **Randy Thompson** at actionspeaklouder@gmail.com.

Ukemi – Fall Safety for Older Adults – Talk and Try

Registration #280081-23

Date: Monday, April 21

Time: 1 - 2 pm

Cost: Free, please register in advance

Registration Deadline: April 14

Want to try before you buy? This FREE DEMO will explain the term "ukemi", review the existing evidence for fall safety classes, then demonstrate the falling techniques performed in Ukemi training.

NEW – Latin Inspired Dance Classes

Registration #280035-01

Date: Thursday, May 1 - 29

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

Registration #280035-05

Date: Thursday, June 5, 12, 26

Cost: \$36 resident, \$45 non-resident

Registration #280035-03

Date: Thursday, July 3 - 17

Cost: \$36 resident, \$45 non-resident

Registration #280035-07

Date: Thursday, August 7 - 28

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

Time: 12:15 - 1:15 pm

Single Class Drop-in Fee: \$15 resident, \$18 non-resident

Registration Deadline: May 1, May 29, June 26, July 31

Are you craving your Latin-inspired music and moves? Come to this accessible, well-choreographed, over-the-top fun class! You will get to know and love these routines while getting a great and joyful workout. All-levels are welcome, and some coordination skills as well as healthy joints are an advantage. Please contact **Kathy Kerr** at 720-297-1386 with any questions or concerns.

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 #280016-05

Dates: Mondays, May 5 - July 7

**No class May 26 or June 23*

Time: 9:30 - 10:30 am

Cost: \$80 resident, \$88 non-resident
(8-weeks - Registration Required)

Registration Deadline: May 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 #280017-05

Dates: Mondays & Wednesdays, May 5 - July 14

**No class May 25, June 23 or 25*

Time: 12:30 - 1:30 pm

Cost: \$160 resident, \$175 non-resident
(16-classes, 8-weeks)

Registration Deadline: May 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.



SilverSneakers® and Renew Active™ Fitness Programs

Designed for Medicare participants with select insurance plans. Are you a United Healthcare customer? Did your SilverSneakers® pass change to Renew Active™ by Optum? Don't worry! Your new pass works just like the SilverSneakers® pass. Both programs include use of facility amenities and group fitness classes with unlimited daily admission at the Longmont Recreation Center, Centennial Pool, and the St Vrain Memorial Building.

Both programs are also valid for admission for the SilverSneakers® classes held at the Senior Center. To find out more, call 303-774-4800 or stop in at the Longmont Recreation Center and get signed up!

SilverSneakers® Fitness Classes

- Choose from these 45 to 60 minute classes geared specifically for the unique fitness needs of older individuals.
- There are no fees for individuals with a SilverSneakers® or Renew Active™ pass.
- Non-SilverSneakers®/Renew Active™ Pass holders may attend these classes for a fee – see above for more information.
- Be sure to update us if your insurance plan has changed.

SilverSneakers® CardioA

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.

SilverSneakers® ClassicA

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.

Zumba® Gold

A modified Zumba class that uses easy to follow dance choreography to Latin inspired music, and focuses on coordination, range of motion, and fun!

CLASSES AT THE SENIOR CENTER – SUMMER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:15 am SilverSneakers® Classic Drop-in class	10 - 10:45 am SilverSneakers® Yoga Drop-in class	8:30 - 9:15 am SilverSneakers® Circuit Drop-in class	9am SilverSneakers® Enerchi (May 29-Aug 7)	8:30 - 9:15 am SilverSneakers® Classic Drop-in class
9:30 - 10:30 am Tai Chi For Falls Prevention Register for 8 weeks	10 – 11 am Feldenkrais Online Register by month	12:30 - 1:30 pm Yang Style Tai Chi Register for 8 weeks	11:15 am - Noon SilverSneakers® Yoga Drop-in class	
10:45 - 11:45 am Alignment Based Yoga Register by month or drop-in	11 - 11:45 am SilverSneakers® Stability	Ukemi Fall Safety 1:45 - 2:45 Register for 8 weeks	11 am – noon *Feldenkrais Online Register by month	
12:30 - 1:30 pm Yang Style Tai Chi Register for 8 weeks	1:30 - 3 pm Beginner Line Dance Register by month or drop-in		12:30 - 1:45 pm Latin Inspired Dance Class	
	3:15 - 4:15 pm Continuing Line Dance Register by month or drop-in			

 Online
 SilverSneakers/
RenewActive sponsored
 Senior Services sponsored

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

For full descriptions, dates, and prices, please see pages 49-53

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

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

SilverSneakers® Classes are 45 minutes *1 Hour Classes

For all 55+ fitness options, please see the Recreation Center schedule

SilverSneakers® Classes at the Memorial Building, 700 Longs Peak Ave

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 am SilverSneakers® Stability	9:30 am* Advanced Senior Strength	10:30 am SilverSneakers® Stability	9 am SilverSneakers® Enerchi *1 at the Senior Center May 29- Aug 7	9:30 am* Advanced Senior Strength
			1:15 - 2 pm Zumba Gold	

Table Tennis at the Senior Center

Day/Time: Mondays, 5:30 - 7:30 pm

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.

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. Team 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 attend the pre-season meeting or call Terri Calvin at 303-651-8578 for more information.

Longmont Senior Golf Association (LSGA)

Registration #187222-00

Day: Fridays

Cost: \$29 resident; \$34 non-resident

This is a great way to get out and play 9 holes of golf with other senior golfers at Sunset golf course (greens fees paid at the golf course only on the days you play). All levels of golfers are welcome; NO GHIN number required. This coed fun, mostly non-competitive, weekly league golfs on Friday morning at Sunset Golf Course. League play dates are May 9-Oct 10. **League registration begins on Tuesday, April 1st, 8am.** Space limited, sign up early.

Senior Golf League Kickoff Meeting

Registration #187222-01

Date: Friday, May 2

Time: 10-11 am

Location: Longmont Senior Center

Cost: Free, please register in advance

Must be registered for the Longmont Senior Golf League to attend. Please plan to attend 2025 Longmont Senior Golf league meeting and get to know other senior golfers. We'll discuss the league, recruit volunteer Ambassadors for the upcoming season and go over our tee time software Signup Genius. Most importantly we'll discuss and sign up for the first day of play (May 9) in the 2025 season.



Kayaking at McIntosh Lake

Registration #289611-06

Date: Wednesday, June 11

Registration #289611-07

Date: Wednesday, July 9

Registration #289611-08

Date: Wednesday, August 13

Time: 10 am - 12 pm

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

Registration Deadline: June 4, July 2, August 13

Meet at McIntosh Lake for a peaceful paddling experience designed for seniors! This low-impact activity promotes mobility, relaxation, and a connection with nature. With stable kayaks and a gentle pace, it's the perfect way to stay active and enjoy the outdoors. Equipment is provided.



SPORTS
AND
OUTDOORS



Adaptive Cycling Clinic

Registration #289612-01

Date: Tuesday, May 6

Time: 9 - 12 pm

Registration Deadline: Tuesday, April 29



Come learn about adaptive cycling! Meet Spokes Fighting Strokes in Roosevelt Park for an educational experience that provides everyone the opportunity to learn about cycling in a way that will meet their needs. With specialized bikes such as recumbent bikes, you'll receive expert guidance to ensure safe and enjoyable riding. Whether you're new to adaptive cycling or looking to enhance your skills, this clinic offers a welcoming space to explore the freedom and joy of riding.

Adaptive Cycling at St Vrain State Park

Registration #289612-02

Dates: Wednesday, May 14

Time: 9:30 - 11:30 am

Cost: State Park entry fee (cost on own)

Registration Deadline: May 5



Join Spokes Fighting Strokes at St Vrain State Park to learn about adaptive cycling! Their mission is to reach every stroke survivor and show them that recovery is possible! Through Adaptive Cycling clinics they help stroke survivors to get their life back, by regaining strength and ability, hope and freedom. Explore the Spokes Fighting Strokes website at www.spokesfightingstrokes.org/

What Is The Difference Between Adventure Hikes and AAIR 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.

Hike lottery forms can be turned in between April 1-14, with communication to follow to registered/waitlisted hikers by the end of the day on Tuesday, April 15, via email.

HIKES WITH A NATURALIST *Please note that Hikes with a Naturalist will be part of the HIKE LOTTERY*

Welcoming Summer Life at Walden Ponds

Registration #287009-05

Date: Tuesday, May 13

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

Registration Deadline: May 7

Check-In: 8:15 am

Depart: 8:30 am

Approx. Return: 12:30 pm

Hike with a naturalist through this Boulder County Parks and Open Space property. View migrating waterfowl, look for evidence of mammals, and learn about the plants and the history of Walden Ponds.

After the Solstice at Pella Crossing

Registration #287009-06

Date: Wednesday, June 25

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

Registration Deadline: June 18

Check-In: 8:15 am

Depart: 8:30 am

Approx. Return: 12:30 pm

As summer heats up, birds are highly active, feeding, and fledging young, defending territories, and avoiding predators. Join naturalists on a slow-paced, easy walk in northern Boulder County to explore bird behavior, wetlands, and a variety of wildlife.

Enjoy a Walk Around Waneka Lake

Registration #287009-08

Date: Wednesday, August 27

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

Registration Deadline: August 20

Check-In: 8:15 am

Depart: 8:30 am

Approx. Return: 12:30 pm



Parks & Open Space

Named after Adolf and Anna Waneka, this Lafayette park preserves the area for its ecosystem values and benefits to wildlife, especially local and migratory birds.

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
Elevation	8500' or less	8501'-10,000'	10,000'
Gain	Minimal – 400'	401' – 500'	501+'
Distance	3 – 4 mi	3 – 6 mi	4+ mi
Pace	All hikers stay with the group. The group stops approx. every 20-30 min and at all trail junctions.		

For the safety and enjoyment of everyone in the group, it is your responsibility to come prepared for these hiking adventures. **If you come 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.

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.

Hiking sticks or trekking poles highly recommended.

Optional items to consider: sunglasses, camera, field guide, binoculars, bandanna, tissues, and handkerchief.

Hike lottery forms can be turned in between April 1-14, with communication to follow to registered/waitlisted hikers by the end of the day on Tuesday, April 15, via email.

AAIR Hikes

Date	Reg #	Location	Elevation	Gain	Distance	Notes	Difficulty
May 7	287701-01	Lyons Valley River Walk	5300	50	2.5	WF	Easy
May 21	287701-02	Flatirons Vista	5500	285	3.3	V	Easy
June 4	287701-03	Devil's Backbone	5000	100	2.5	V	Easy
June 18	287701-04	Fowler Trail	6000	200	2.5	V, G	Easy
July 2	287701-05	Mud Lake	8500	200	3.2	WF	Easy
July 16	287701-06	McIntosh Lake	5000	0	3.4	V	Easy

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

Adventure Hikes

Date	Reg #	Location	Elevation	Gain	Distance	Notes	Difficulty
May 1	287700-01	Doudy Draw	5700	540	3.4	WF, V	Easy/Mod
May 8	287700-02	Antelope & Bitter Brush	5400	885	4.7	R	Moderate
May 15	287700-03	Anne U. White	6040	160	3	22WC	Easy/Mod
May 22	287700-04	Betasso Preserve	6480	500	6	WF, S, H, V, R	Moderate
May 29	287700-05	Black Canyon**	7920	300	4	S, WF, V	Easy/Mod
June 5	287700-06	Shanahan Ridge	5740	880	4.8	V, WF	Moderate
June 12	287700-07	Green Mountain	7600	1000	3.8	ST	Mod/Diff
June 26	287700-08	Sleepy Lion	5900	500	5	V, WF, R	Moderate
July 3	287700-09	Caribou Ranch	8850	300	4.5	V, H, R	Easy/Mod
July 10	287700-10	Homestead Meadows	8300	1100	7.5	H, WF	Mod/Diff
July 17	287700-11	Camp Dick to Timberline Falls	8600	200	5	R	Easy/Mod
August 7	287700-12	Brainard Lake	10,000	500	5	V, WF	Mod/Diff
August 14	287700-13	Emerald Lake**	9475	650	3.6	V	Moderate
August 21	287700-14	Ute Trail to Milner Pass**	11,440	-1,050 downhill	4.5	S, WF, V	Mod/Diff
August 28	287700-15	South St. Vrain	8695	800	4	WF, A, G	Mod/Diff

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



This is your time.
OWN IT.



Trip Departure and 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!



Longmont Senior Center Trips – Let's get the Scoop

Registration #181322-04

Date: Thursday, April 10 Summer Trips

Registration #281399-08

Date: Wednesday, August 13 Fall Trips

Time: 3 - 4pm

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.

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

CASINO TRIPS

Casino Trip Horse Palace



Registration #281205-00

Date: Tuesday, May 6

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

Check in: 8:45 am

Depart: 9 am

Approx Return: 3:30 pm

Join us as we venture up to Cheyenne to try our luck at the Horse Palace Casino where the excitement of gaming meets the charm of the Wild West. Receive free play when you arrive.

Casino Trip to Black Hawk



Registration #281204-00

Date: Thursday, August 21

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

Check in: 8:45 am

Depart: 9 am

Approx Return: 5:00 pm

Try your luck at the many casinos in Black Hawk. We have multiple drop off and pick up spots for you to choose from. The bus will pick up approx. 3 pm for our trip back to Longmont.



TRIPS AND TRAVEL

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 April 1-15

Olive Garden, Ft Collins MODERATE - LOW

Tuesday, May 6 Registration #281220-06

Tuesday, May 13 Registration #281220-13

Tuesday, May 20 Registration #281220-20

Tuesday, May 27 Registration #281220-27

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

A lunch at Olive Garden is the perfect escape for a cozy, Italian-inspired meal. Where you can enjoy breadsticks and classic pasta dishes. With a warm ambiance and a variety of delicious options, it's an ideal spot to relax and savor comfort food with friends. Average cost \$11-\$22, Cost on your own.

Check-in: 10:15 am

Depart: 10:30 am

Approx. Return: 2 pm

Pier 8 Cajun and Seafood Bar, Arvada MODERATE - LOW

Tuesday, June 3 Registration #281221-03

Tuesday, June 10 Registration #281221-10

Tuesday, June 17 Registration #281221-17

Tuesday, June 24 Registration #281221-24

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

Enjoy the great food in a fun atmosphere. The menu features a wide selection of freshly imported seafood and Cajun dishes inspired by the style of cooking made famous in New Orleans. Average cost \$15-\$44, lunch on your own.

Trips depart from Longmont Senior Center.

Check-in: 10:15 am

Depart: 10:30 am

Approx. Return: 2 pm

Wishbone MODERATE - LOW

Tuesday, July 1 Registration #281222-01

Tuesday, July 8 Registration #281222-08

Tuesday, July 15 Registration #281222-15

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

Great iconic restaurant that's family owned and operated. Wishbone has been an all-time Denver favorite for downhome delicious favorites such as fried chicken, specialty sandwiches, shrimp, fish, and more. Average cost \$16-\$23, cost of dinner on your own.

Trips depart from Longmont Senior Center.

Check-in: 10:15 am

Depart: 10:30 am

Approx. Return: 2 pm

Fishtail of India and Nepal, Brighton MODERATE - LOW

Tuesday, August 5 Registration #281223-05

Tuesday, August 12 Registration #281223-12

Tuesday, August 19 Registration #281223-19

Tuesday, August 26 Registration #281223-26

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

A truly remarkable fusion of authentic Himalayan flavors with a modern twist, creating an unforgettable dining experience, with a delightful blend of authentic Himalayan Nepali and Indian cuisine, infused with a contemporary, global twist. Average cost \$10.99 - \$22.99, lunch on your own.

Check-in: 10:15 am

Depart: 10:30 am

Approx. Return: 2 pm

Butterflies and Breadsticks, Broomfield MODERATE - HIGH

Registration #281251-00

Date: Thursday, May 1

Cost: \$42 resident, \$48 non-resident

Registration Deadline: April 24

Immerse yourself in a kaleidoscope of colors at the Butterfly Pavilion in Broomfield, CO, where you can wander through lush gardens teeming with beautiful butterflies from around the world. Afterward, enjoy a delightful meal at Olive Garden, where you'll be treated to delicious Italian cuisine in a warm and inviting atmosphere. Cost of lunch on your own.

Check in: 8:30 am

Depart: 8:45 am

Approx Return: 2:30 pm

Mystery Trip MODERATE - HIGH

Registration #281253-00

Date: Friday, May 9

Cost: \$18 resident, \$22 non-resident

Registration Deadline: May 1

Behind the scenes tour where every twist and turn reveals cutting-edge research and unexpected discoveries. Dive into a world of curiosity and wonder, meeting brilliant minds and exploring innovative projects that challenge the boundaries of what's possible. We tour three separate building, walking shoes a must on this trip.

Check in: 12:15 pm

Depart: 12:30 pm

Approx Return: 5:30 pm



SUPPER CLUB

Cracovia Polish – American Cuisine, Westminster



Registration #281226-00

Date: Thursday, May 8

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

Check in: 4 pm

Depart: 4:15 pm

Approx Return: 8:00 pm

Polish food bold & savory blend of herbs and spices paired with the freshest ingredients. The owners are the executive chefs, immigrating from Poland and bring with them over 20 years of cooking experience. Family-owned and operated restaurant that prides itself using only the finest ingredients to ensure each dish has the warmth of a traditional home-cooked meal. Recognized by Urbanspoon's Best of Denver, Yellow Scene, The Denver Post, The Best of Yelp, Westword and other publications. Cracovia has been labeled the Best Polish Restaurant Denver and in Colorado. Price range \$15-\$38, cost of dinner on your own.

Spruce Farm and Fish at Hotel Boulderado, Boulder



Registration #281227-00

Date: Thursday, June 5

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

Check in: 4:00 pm

depart: 4:15 pm

Approx Return: 8:00 pm

Enjoy a delightful dinner at Spruce, located inside the historic Hotel Boulderado, where exquisite flavors meet a charming, vintage atmosphere. With a menu featuring locally sourced ingredients and a refined selection of wines, it's a perfect spot for a memorable dining experience in the heart of Boulder. Price range \$19-\$55

Cinzzetti's, Northglenn



Registration #281228-00

Date: Thursday, July 10

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

Check in: 4:00 pm

Depart: 4:15 pm

Approx Return: 8:00 pm

Cinzzetti's is truly a one-of-a kind buffet experience. Enter into an authentic Tuscan Village centered around a cobblestone piazza. Stroll through 14 stations as chefs prepare over 60 authentic Italian dishes right before your eyes. Enjoy as many dishes and servings as you wish for one great price! Seniors cost \$19, cost of dinner on your own.

Persimmon Grill, Lake Valley Golf Course, Boulder



Registration #281229-00

Date: Thursday, August 14

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

Check in: 4:00 pm

Depart: 4:15 pm

Approx Return: 8:00 pm

Persimmon Grill in the Lake Valley Golf Clubhouse is a family friendly, casual dining, full-service restaurant. Offering a wide range of sandwiches, wraps, soups, appetizers and entrees the menu variety is sure to satisfy. Enjoy beautiful and serene views of the foothills and the Flatirons. Price range \$14 - \$26, cost of dinner on your own.

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

Mariachi Rock Revolution, Parsons Theatre Northglenn



Registration #281321-00

Date: Saturday, May 10

Cost: \$38 resident, \$40 non-resident

Registration Deadline: May 2

Mariachi Rock Revolution (aka Tequila Rock Revolution) is the brainchild of 2-time Grammy-nominated Austin Latino Rocker/Electric Violinist HAYDN VITERA. The "Electrified Mariachi Experience" is a Latin-infused, rock-fueled spectacle of sight and sound celebrating the tradition of Mariachi through an unprecedented fusion with the power of rock.



This high-energy performance provides a variety of styles that speak to the abuela who grew up with Vicente Fernández, the rock fan who loves Led Zeppelin and the traditionalist to whom they pay homage in their unplugged "Old School Mariachi". *This trip departs from the Longmont Senior Center.*

Check in: 6:15 pm

Depart: 6:30 pm

Approx Return: 10:30 pm



TRIPS
AND
TRAVEL

INTEGRATIVE HEALING THROUGH EDUCATION AND KNOWLEDGE



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: Sign up begins April 1-15,
communication goes out April 17
Cost: \$12 resident, \$ 14 non-resident

Check-in: 9:30 am
Depart: 9:45 am
Approx. Return: 12:15 pm

Overall introduction of the Colorado Learning Center of Human Anatomy and Carroll and Lewellen Funeral Home followed by an in-depth class on the below topics and look at the systems of the body that make everything connect along with supportive movement to support better health.



TRIPS
AND
TRAVEL

Focus: Muscles That Support Our Trunk

Registration #281600-05
Date: Wednesday, May 7
Registration Deadline: April 30



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

Focus: Connecting Our Heads to Our Body

Registration #281600-06
Date: Wednesday, June 18
Registration Deadline: June 11



From the outside in, we will explore the layering of the skin, muscles, ligaments and vertebrae. We will explore how the posture of our head and our spine connect and the importance of good posture.

Focus: Connecting Our Shoulders to Our Neck and Trunk

Registration #281600-07
Date: Wednesday, July 9
Registration Deadline: July 2



Exploring the connections between our neck and shoulders and our shoulders to our trunk. We will review the musculature, joints and nerves of the upper extremity and the relationships of good posture through the positioning of our neck and shoulders.

Focus: Connecting Our Toes to Our Knees

Registration #281600-08
Date: Wednesday, August 13
Registration Deadline: August 6



We will explore our toes to our knees and understand the connection to the earth and our bodies. How we align ourselves begins with our feet. Learn and discover how the intrinsic and extrinsic muscles of the foot and leg help us in our erect posture.

Longmont Humane Society and Lunch



Registration #289610-12
Date: Monday, May 12
Cost: \$15 resident, \$ 17 non-resident
Registration Deadline: May 5



This engaging session explores how we can make the biggest impact for animals through thoughtful giving, advocacy, and action. Participants will tour the Humane Society, interact with shelter animals and discover meaningful ways to support animal welfare in their community. After enjoy the animals, we'll head to a local deli for lunch! Cost of lunch is on your own. Cost ranges from \$10-\$20



Check-in: 9:30 am
Depart: 9:45 am
Approx. Return: 1:30 pm

Brass Armadillo Antique Mall, Denver



Registration #281250-00

Date: Friday, May 16

Cost: \$19 resident, \$22 non-resident

Registration Deadline: May 9

The Brass Armadillo in Denver offers a nostalgic and exciting shopping experience like no other. Join us as we visit this charming antique mall where you can leisurely explore over 400 booths filled with vintage treasures, rare collectibles, and nostalgic finds. Whether you're hunting for a specific item, browsing for fun, or simply exploring the vast assortment of antiques and collectibles.

Check in: 9:45 am

Depart: 10:00 am

Approx Return: 3:00 pm

The Book of Mormon at the Buell Theater, Denver



Registration #281320-00

Date: Saturday, May 17

Cost: \$92 resident, \$104 non-resident

Registration Deadline: Saturday, May 10

Join us at for a trip to the Buell Theater in Denver as we enjoy a matinee performance of the critically acclaimed Broadway musical "The Book of Mormon," known for its sharp wit and hilarious storyline. This show's the show's stellar performances and vibrant musical numbers will leave you laughing and thoroughly entertained. *This trip departs from the Longmont Senior Center.*

Check in: 12:15 pm

Depart: 12:30 pm

Approx Return: 5:30 pm

Denver Museum of Nature and Science



Registration #281252-00

Date: Monday, May 19

Cost: \$42 resident, \$50 non-resident

Registration Deadline: May 12

Join us for a trip to the Denver Museum of Nature and Science, where you can explore interactive exhibits, awe-inspiring dinosaur skeletons, and marvel at the wonders of our planet. Don't miss the enchanting planetarium show, where you'll be transported through discoveries and mysteries.



Check in: 12:15 pm

Depart: 12:30 pm

Approx Return: 5:30 pm

Matinee Movie at Regal Village



Tuesday, May 20

Registration #289600-05

Registration Deadline: May 13

Tuesday, June 17

Registration #289600-06

Registration Deadline: June 10

Tuesday, July 15

Registration #289600-07

Registration Deadline: July 8

Tuesday, August 19

Registration #289600-08

Registration Deadline: August 12

Cost: \$17 resident, \$19 non-resident

Check-in: 10:30 am

Depart: 10:45 am

Approx. Return: 2 pm



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. Please see activity board for movie titles.



Sandstone Ranch and Picnic

Registration #289610-21

Date: Wednesday, May 21

Cost: \$20 resident, \$23 non-resident

Registration Deadline: May 14



Explore the Sandstone Ranch Visitors Center, formerly the home of the Coffin family. Discover their story, learn about their neighbors, and gain insight into the diverse communities that shaped life in the Longmont area during that time. After enjoying the tour, join us for a picnic at the outdoor seating area at Sandstone Ranch. Boxed lunch provided.

Check-in: 10 am

Depart: 10:15 am

Approx. Return: 1 pm



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



TRIPS
AND
TRAVEL

Pablo Casal Opera Premiere and Recording, CU Boulder



Registration #281323-00

Date: Tuesday, May 27

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

Registration Deadline: May 20

Have you wondered what happens at a video recording session of a world premiere Opera? Now is your opportunity to get up-close personal at a live recording as local Longmont composer Michael Udow's premiere's the one-act Pablo Casal Opera. Elliot Moore, Music Director of the Longmont Symphony Orchestra, conducts an outstanding professional chamber ensemble with Dawna Rae Warren, soprano, and Andrew Koponak, lyric baritone (soloists in the recent LSO performance of Handel's Messiah). Filmed live by Eyes on Longmont. *This trip departs from the Longmont Senior Center.*

Check in: 5:45 pm

Depart: 6:00 pm

Approx Return: 10:00 pm

Charlie Chaplin Silent Movie, Parsons Theatre, Northglenn



Registration #281322-00

Date: Wednesday, May 28

Cost: \$37 resident, \$42 non-resident

Registration Deadline: May 21

A trip to the Charlie Chaplin Silent Movie The Kid performance at the Parsons Theatre in Northglenn offers a unique opportunity to experience the timeless humor and charm of Chaplin's iconic silent films, accompanied by live music by the world-renowned chamber quintet based in Louisville Colorado to enhance the viewing experience. In the film The Kid, Charlie Chaplin is a vagabond who finds and raises an abandoned child (Jackie Coogan). But when social workers attempt to take Jackie away, the two end up on the lam. Lunch is provided and included in the cost.



Check in: 8:30 am

Depart: 8:45 am

Approx Return: 2 pm

Farm Tour and Talk at Ollin Farms, Longmont



Registration #286506-00

Date: Friday, June 6

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

Registration Deadline: May 30

Discover the joys of sustainable farming on a tour of Ollin Farms in Longmont, where you'll learn about regenerative agriculture and get hands-on experience with planting and harvesting. After the tour, enjoy a relaxing conversation with the farmers about their eco-friendly practices and the importance of healthy, locally-grown food.

Check in: 9:30 am

Depart: 9:45 am

Approx Return: 1 pm

Bike the Rails with Erie Railbike, Erie



Registration #281256-00

Date: Wednesday, June 11

Cost: \$37 resident, \$42 non-resident

Registration Deadline: June 4

For adventure seekers and exercise lovers. Pedal your way along scenic railway tracks right here in our back yard in Erie, Co. Enjoy the unique blend of exercise and exploration as you traverse the picturesque landscape on a comfortable railbike. Four people per bike travel over 2 miles to our halfway spot, the return trip is uphill making it slightly more strenuous. Afterwards we stop at Lazy Dog in Erie for lunch. Must be in good physical condition to participate.

Check in: 8:45 am

Depart: 9 am

Approx Return: 2:30 pm

Colorado Rockies, Coors Field Denver



Registration #281257-00

Date: Thursday, June 12

Cost: \$53 resident, \$60 non-resident

Registration Deadline: June 5

Experience the thrill of a Colorado Rockies game at Coors Field, where the stunning backdrop of the Rocky Mountains complements the excitement of America's favorite pastime. Immerse yourself in the lively atmosphere with passionate fans, delicious ballpark fare, and the anticipation of an unforgettable game under the Denver skyline. *This trip departs from the Longmont Senior Center.*

Check in: 11:00 am

Depart: 11:30 pm

Approx Return: 5:30 pm

Evergreen Hiwan Park and Museum



Registration #281258-00

Date: Friday, June 20

Cost: \$26 resident, \$32 non-resident

Registration Deadline: June 13

Travel up to beautiful Evergreen for an enjoyable summertime experience as we tour Hiwan Heritage park and Museum. Hiwan Heritage Park and Museum is a great place to learn about local and state history, see interesting architectural features, and enjoy a beautiful natural setting. Wear comfortable walking shoes and wear layers, indoor and outdoor walking. We will have time for lunch and browsing in Evergreen, cost on your own.

Check in: 9:45 am

Depart: 10 am

Approx Return: 5 pm

Longmont Bingo Alley



Registration #289605-21

Date: Saturday, June 21

Registration Deadline: June 14

Registration #289605-23

Date: Saturday, August 23

Registration Deadline: August 16

Cost: \$17 resident, \$19 non-resident

Did you say bingo afternoon? Dabsolutely! Be ready for a B-I-N-G-OH so much fun at Longmont Bingo Alley! Fee includes transportation and 1 bingo packet. Additional cards can be purchased at your own cost. Don't forget, O-61derful things happen when you play bingo with friends! *These trips depart from the Longmont Senior Center.*

Check-in: 11 am

Depart: 11:15 am

Approx. Return: 2:30 pm

Nederland and Carousel of Happiness



Registration #281254-00

Date: Monday, June 23

Cost: \$19 resident, \$23 non-resident

Registration Deadline: June 16

Escape to the charming mountain town of Nederland, CO, where you can enjoy scenic views, local shops, and the laid-back atmosphere. While there, delight in a whimsical ride on the Carousel of Happiness, a hand-carved masterpiece featuring a menagerie of animals that will enchant visitors of all ages.

Check in: 9:00 am

Depart: 9:15 am

Approx Return: 3:00 pm

A Day in Frisco Colorado



Registration #281255-00

Date: Wednesday, June 25

Cost: \$51 resident, \$59 non-resident

Registration Deadline: June 18

Join us for a day Frisco Colorado, where you'll be surrounded by stunning mountain vistas and charming small-town vibes. Explore the historic Main Street, enjoy a stroll by the Frisco Bay Marina, and soak in the beauty of the Rockies. Please note, wear good walking shoes, bring a hat, sunscreen and be ready for lots of sightseeing. Lunch on your own. *This trip departs from the Longmont Senior Center.*

Check in: 9:00 am

Depart: 9:15 am

Approx Return: 6:00 pm

Greeley Stampede



Registration #281263-00

Date: Thursday, June 26

Cost: \$45 resident, \$51 non-resident

Registration Deadline: June 19

Get ready for an unforgettable experience at the Greeley Stampede.



Enjoy the lively atmosphere as you walk and see the many sights, then we're off to the rodeo to see heart-stopping performances by talented nationally ranked cowboys and cowgirls, and soak in the excitement of this iconic Colorado event. *This trip departs from the Longmont Senior Center.*

Check in: 4 pm

Depart: 4:15 pm

Approx Return: 10:30 pm

Drums Along the Rockies, Fort Collins



Registration #281325-00

Date: Saturday, June 28

Cost: \$75 resident, \$86 non-resident

Registration Deadline: June 21

Drums Along the Rockies is an electrifying experience as top drum corps from across the country showcase their incredible talent in a high-energy, competitive environment. The vibrant performances, filled with intricate choreography and powerful music, create an unforgettable atmosphere for fans of all ages. The event is held the outdoor football arena CSU Canvas Stadium in Ft Collins. *This trip departs from the Longmont Senior Center*

Check in: 4:45 pm

Depart: 5 pm

Approx Return: 10:30 pm



TRIPS
AND
TRAVEL



Hearts and Horses & Henry's Pub

Registration #289610-06

Date: Monday, June 30

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



Hearts & Horses is a therapeutic riding center located in Loveland, Colorado. The Equine Experience is a 90-minute interactive and educational tour. It includes an introduction to Hearts & Horses programs, a tour of the beautiful property, and hands-on groundwork activities with horses (including our mini donkeys!). Join in this routin' tootin' good time! After your Equine Experience we'll head to Henry's Pub for lunch! Cost of lunch is on your on. Cost range \$10-\$25 *This trip departs from the Longmont Senior Center*

Check-in: 9:45 am

Depart: 10 am

Approx. Return: 2 pm

Transportation: Senior bus

Includes: transportation, trip leader, tour



Behind the Chutes Tour and Rooftop Rodeo, Estes Park

Registration #281264-00

Date: Monday, July 7

Cost: \$53 resident, \$61 non-resident

Registration Deadline: July 1



We take a behind-the-scenes guided tour at the Rooftop Rodeo in Estes Park, Colorado, where you'll meet rodeo professionals and learn about the thrilling sport up close. After the tour, enjoy the exhilarating rodeo performances featuring top cowboys and cowgirls from around the world. Food available for purchase at the rodeo grounds. *This trip departs from the Longmont Senior Center*

Check in: 3:15 pm

Depart: 3:30 pm

Approx Return: 10 pm

Farm To Table Brunch at Ollin Farms



Registration #286506-01

Date: Saturday, July 12

Cost: \$44 resident, \$50 non-resident

Registration Deadline: July 05

Indulge in a culinary masterpiece at this farm-to-table brunch, where talented executive chef crafts an exquisite menu featuring the freshest, locally-sourced ingredients. Set against the backdrop of Ollin Farms, savor this delicious brunch while learning about sustainable farming practices and the journey from field to plate. *This trip departs from the Longmont Senior Center*

Check in: 11:30 am

Depart: 11:45 am

Approx Return: 3 pm

Central City Opera Once Upon a Mattress



Registration #281324-00

Date: Wednesday, July 16

Cost: \$96 resident, \$110 non-resident

Registration Deadline: July 5

Join us as we travel to the Central City Opera House in Central City. This performance is packed with golden-age Broadway tunes, clever humor, and larger-than-life characters, *Once Upon A Mattress* offers a delightful mix of whimsy and vocal brilliance—perfect for anyone who loves music, laughter, and happily-ever-afters. *This trip departs from the Longmont Senior Center.*

Check in: 12:15 pm

Depart: 12:30 pm

Approx Return: 5:30 pm

Lavender Festival, Chatfield Farms Denver



Registration #281259-00

Date: Saturday, July 19

Cost: \$24 resident, \$28 non-resident

Registration Deadline: July 12

A trip to the Lavender Festival at Chatfield Farms offers a serene escape into a sea of vibrant purple blooms, where visitors can explore fields of fragrant lavender, enjoy live music, and shop for artisanal goods. The festival is a perfect blend of nature, relaxation, and local culture, making it a memorable experience for all ages. *This trip departs from the Longmont Senior Center*

Check in: 8:00 am

Depart: 8:15 am

Approx Return: 2:30 pm

Colorado Shakespeare The Tempest, CU Boulder



Registration #281326-00

Date: Wednesday, August 6

Cost: \$39 resident, \$45 non-resident

Registration Deadline: July 12

The Colorado Shakespeare Festival has delighted audiences with professional theatre on the CU Boulder campus for decades. *The Tempest* brings to life Shakespeare's captivating tale of magic, revenge, and reconciliation, with powerful characters navigating a storm-tossed island. Performed at the Roe Green indoor Theater at CU. *This trip departs from the Longmont Senior Center*

Check in: 5:30 pm

Depart: 5:45 pm

Approx Return: 10:30 pm

Mountain Fire, Estes Park



Registration #281260-00

Date: Friday, August 8

Cost: \$23 resident, \$26 non-resident

Registration Deadline: August 1

Travel with us to Estes Park for a guided tour of Estes Valley's firehouse and learn why mountain communities need to not only focus on protecting local infrastructure but also the critical need for forest mitigation. We'll tour the firehouse then get a first hand view of a nearby fire mitigation site. We give you time to grab lunch and browse in the many shops before we head home.

Check in: 8:15 am

Depart: 8:30 am

Approx Return: 3:00 pm



Wild Animal Sanctuary, Keensburg



Registration #281261-00

Date: Monday, August 18

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

The Wild Animal Sanctuary offers an incredible 33,000+ acres of natural habitats for its rescued animals to enjoy... and is home to more than 950 rehabilitated animals. These three facilities represent the largest carnivore sanctuaries in the world.

Check in: 8:00 am

Depart: 8:15 am

Approx Return: 2:30 pm

Flying W Ranch Chuckwagon and Western Show



Registration #281262-00

Date: Wednesday, August 27

Cost: \$114 resident, \$121 non-resident

Registration Deadline: Wednesday, August 20

For over 70 years the Flying W Ranch has been feeding and entertaining people from all over with their chuckwagon supper and western show. Nestled in stunning red rocks of Colorado Springs, the Flying W Ranch is a 1,400 acre working cattle ranch, enjoy the western grounds, featuring a variety of ranch animals, mountain streams, duck-filled ponds and activities. Indicate any food allergies when registering. *This trip departs from the Longmont Senior Center.*

Check in: 3 pm

Depart: 3:15 pm

Approx. Return 10:30 pm

Afternoon Tea at Callahan House



Registration #289610-30

Date: Friday, May 30

Registration Deadline: May 23

Registration #289610-25

Date: Monday, August 25

Registration Deadline: August 18

Cost: \$35 resident, \$40 non-resident

Step into the elegance of the 1892 Callahan House, a gift to Longmont from esteemed merchants Alice and Thomas Callahan. Enjoy a



guided tour of this beautifully preserved Victorian home, then relax with afternoon tea, fine china, and delicious treats in a timeless setting!

Check-in: 2:40 pm

Depart: 2:50 pm

Approx. Return: 4:45 pm

Transportation: Senior bus

Includes: transportation, trip leader, tea, snacks

Sign up begins April 1-15, communication goes out April 17

OVERNIGHT TRIP

Glenwood Springs Overnight



Registration #281200-00

Dates: Friday - Sunday June 20-22

Embark on this 2 night, 3 day scenic motorcoach trip to Glenwood Springs, Colorado, where you'll unwind in the famous Hot Springs Pool, enjoy a fun vaudeville performance, and celebrate at the lively Strawberry Days festival. Along the way, take in the beauty of Rifle Falls with a relaxing picnic in this stunning natural setting.

Day One: Travel Day. Upon arrival check in to hotel, Vaudeville performance included

Day Two: Soak in the world's largest pool at Glenwood Hot Springs pool followed by a fun filled evening with live music, vendors and food trucks at the Strawberry Days festival.

Day Three: Early check out of hotel then we're off to Rifle Falls State Park enjoying the outdoors and lunch. Early evening return to Longmont.

More information available at the Longmont Senior Center



TRIPS
AND
TRAVEL

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! Learn more about the adventures on tap for the Winter Spring and Summer 2026 seasons with our destination presentations (online and onsite options available) and explore details on pricing, trip inclusions, and itineraries below.

Only a few spots left – Extended Travel – Cape Cod and the Islands

It's not too late to join us in Cape Cod this October!
For more information please contact Terri Calvin at 303-651-8578. Limited space remaining!

COMING APRIL 20-28, 2026 DUTCH WATERWAYS AND TULIP SERENADE

Extended travel is back at the Longmont Senior Center and we are excited to partner with Premier World Discovery to bring domestic and international excursions to our Longmont seniors! Join us for either a virtual or in-person overview sharing details of our next extended adventure, Dutch Waterways and Tulip Serenade. Taking place in April 2026, this adventure will explore exciting destinations including City tour of Amsterdam with cheese tasting, Holland Tulips featuring Keukenhof - the world's largest flower garden, the Bridge of Arnhem and more!

Included in the in-person presentation will be a teaser for our Summer 2026 excursion - Alpine Swiss Villages & Rails!

Enjoy a 9-day adventure through the Swiss Alps, including a 6-night stay in the tiny Swiss village of Wengen. Included on this incredible Alpine exploration are excursions by steam train, cog railway, cable cars, boats and more. Enjoy a fully guided tour through some of Europe's most beautiful mountains and valleys with your friends at City of Longmont!

City of Longmont Senior Services presents

Holland Windmills, Waterways & Tulips River Cruise

featuring 7 Nights aboard the Amadeus Amara

9 Days April 20-28, 2026



Booking # 201263

BOOKING DISCOUNT!
Save \$200 per person!
*Save \$400 per couple!
*Save \$800 per family!
*Save \$1200 per group of 4!
*Save \$1600 per group of 6!
*Save \$2000 per group of 8!
*Save \$2400 per group of 10!
*Save \$2800 per group of 12!
*Save \$3200 per group of 14!
*Save \$3600 per group of 16!
*Save \$4000 per group of 18!
*Save \$4400 per group of 20!

Extended Travel Presentations – Dutch Waterways and Tulip Serenade – Online

Registration #181011-15

Date: Tuesday, April 15

Time: 10 - 11 am

Cost: Free, please register in advance

Registration Deadline: April 11

ItineraryA

Day 1 - Depart US - Overnight Flight To Europe

Day 2 - Arrive Amsterdam - Board Ship

Day 3 - Arnhem

Day 4 - Cruising - Middelburg

Day 5 - Ghent - Bruges

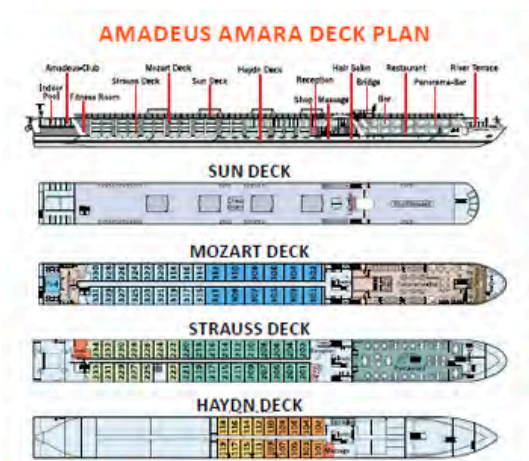
Day 6 - Antwerp

Day 7 - Rotterdam

Day 8 - Amsterdam

Day 9 - Amsterdam - Flight Home

More Detail on the following pageA



THE SHIP - MS AMADEUS AMARA

Step into the new era of river cruising on the custom-designed 164-passenger Amadeus Amara, launched in 2025. The ship offers all the amenities of a floating 5-star hotel and features the most modern furnishings that blend masterfully with the architecture of the ship and a luxurious design that is the hallmark of the Amadeus fleet. The extensive Restaurant and the Panorama Bar offer divine views of the passing riverscapes, and the glass-shielded RNer Terrace & the Sun Dede allow you to enjoy the open air. The attentive English-speaking onboard service staff will see to your comfort with typical European hospitality. The cabin design plans are forward-thinking, bright & modern, all pan of a premium focus with 70 large Staterooms & 12 Suites. The ship features an indoor pool, fitness center, massage spa and shop. The beauty of river cruising is that the most interesting destinations come to you. This chaner features English-only onboard commentary with indusive shore excursions balanced with choice to simply relax onboard, get a spa treatment or add sightseeing with optional excursions.

ALL MEALS INCLUDED ONBOARD

Three me,als daily are served graciously in the exquisite restaurant and feature local & international specialties. All dinners are four courses and are served with included Hand Selected Wines, Beer & soft drinks. While dining, you have splendid views of the passing scenic landscapes through the large picture windows. Enjoy afternoon and/or late evening snacks in the lounge based on the daily schedule.

COMFORTABLE & INNOVATIVE STATEROOMS

After boarding, unpack once. All staterooms are Jarge and offer excellent river views. The Mozart Deck features 12 Suites with Walk Out Balconies. The other 18 Staterooms on the Mozart Deck & 34 Staterooms on the Strauss Deck feature a floor-to-ceiling window. The 18 Staterooms on the Haydn Deck have a fixed window. All staterooms are fully equipped with comfortable & modern furnishings including flat screen TV & large private bathrooms with shower.

INCLUSIONS

- Roundtrip Airfare - DEN
- Travel Protection Plan (TPP)
- 7 Night Cruise - Outside Cabin
- 20 Meals (7-8, 6-L & 7-D)
- PWD Tour Manager
- Hand Selected Wines, Beer & Soft Drinks with Dinners
- 7 Included Excursions/Tours
- Wi-fi Onboard
- Welcome & Farewell Dinners Onboard
- Ship Staff
- Baggage Handling
- Int'l Air Taxes/fuel/fees & Port Charges
- Ship Transfers

EXCURSIONS/TOURS

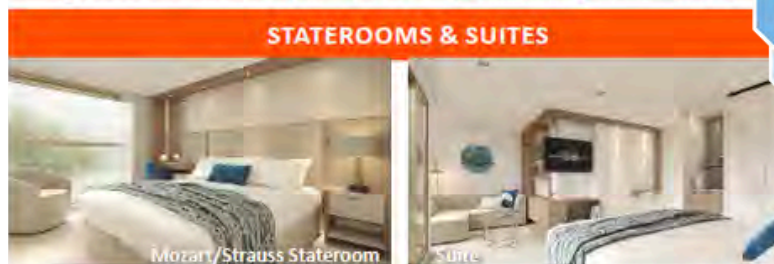
- Amsterdam Canal Cruise Tour
- Keukenhof Flower Gardens
- Bruges City Tour
- Arnhem City Tour & WWII History
- Middelburg Walking Tour
- Antwerp City Tour
- Kinderdijk & Windmills

Optional Excursions

- Dureh Open Air Museum in Arnhem
- Veere with Dureh Tasting
- Ghent City Tour
- Brussels City Tour
- Volendam & cheese farm

RATES			
Cat E - Haydn Deck	\$6220 pp dbl*	\$6020 pp dbl with BD**	+\$1500 single
Cat D - Haydn Deck	\$6520 pp dbl*	\$6320 pp dbl with BD**	+\$1500 single
Cat C - Strauss Deck	\$7020 pp dbl*	\$6820 pp dbl with BD**	+\$1900 single
Cat B - Strauss Deck	\$7220 pp dbl*	\$7020 pp dbl with BD**	+\$1900 single
Cat A - Mozart Deck	\$7420 pp dbl*	\$7220 pp dbl with BD**	+\$2300 single
Suite - Mozart Deck	\$8020 pp dbl*	\$7820 pp dbl with BD**	+\$2900 single

*Regular Rate or **Save \$200 per person/\$400 per couple with Booking Discount Rates (BD)



STATEROOMS - 172 or 188 SQ FT

All staterooms feature 2 twin beds that can be separated or put together, flat screen TV, shower, hair dryer, closet, phone, desk, chair & safe. Mozart & Strauss Staterooms feature floor-to-ceiling panoramic windows with 188 sq ft. of floor space. Haydn Deck Staterooms feature a fixed window with 172 square feet of floor space.

(Stateroom size & amenities can vary)

SUITE - 284 SQ FT WITH BALCONY

All suites are on the Mozart Deck and have panoramic windows with exterior Walk Out Balcony, two twin beds that can be separated or put together, a private sitting area, flat screen TV, mini-bar, private bath with shower, hair dryer, phone, closet, desk, chair, safe & offer 284 square feet of floor space.

(Suite size and amenities can vary)

Stateroom Haydn Deck (172 sf)



Stateroom Strauss & Mozart Decks (188 sf)



Suite Mozart Deck (284 sf)



Extended Travel Presentations – Dutch Waterways and Tulip Serenade; Alpine Swiss Villages – Rails Teaser

Registration #281011-21

Date: Wednesday, May 21

Time: 1 - 2:30 pm

Cost: Free, please register in advance

Registration Deadline: May 14

HIGHLIGHTS

- 6 Nights - Wengen
- 1 Night - Zurich
- Berner Oberland Rail Pass
- Swiss Rail Excursions & Transportation -Trains, Cogs, Cable Cars, Boats & Buses
- Bern
- Interlaken
- Gimmelwald
- Murren
- Lake Brienz Cruise
- Wood Carving School
- Meiringen
- Grindelwald-Mannlichen Gondola Cableway
- Trummelbach Falls
- Lucerne City Tour with Chapel Bridge
- Aare River Gorge
- Rosenlauri Glacier Gorge

INCLUSIONS

- Roundtrip Airfare -
- Int'l Air Departure Taxes/Fuel
- 12 Meals: 7 Breakfasts & 5 Dinners
- Professional Tour Director
- Motorcoach Transportation
- Admissions per Itinerary
- Comprehensive Sightseeing
- Baggage Handling at Hotels
- Hotel Transfers

ACCOMMODATIONS

- 6 Nights - Hotel Silberhorn, or Arenas Resort Victoria-lauberhorn, Wengen
- 1 Night - Dorint or Hilton Hotel, Zurich Airport Area



Alpine Swiss Villages & Rails



VOLUNTEER OPPORTUNITIES

Computers and Technology

SCTC VOLUNTEERS are NEEDED: New coaches and instructors to assist with computer and technology education and assistance are needed. Please consider sharing your time and knowledge with other older adults in this volunteer peer-to-peer program. Visit bit.ly/volunteersctc or call Senior Services at 303-651-8411 for more information.

City of Longmont is recruiting new members for our **EEquitable 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 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.rodriguez@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 volunteer to get started.

Be a Friend to an Older Adult!

Boulder County Area Agency on Aging seeks volunteers to provide companionship to older adults (age 60 and over) who are experiencing isolation or to give a break to a caregiver. Volunteers are matched with an older adult whom they visit for two hours once a week. Volunteers serve as companions; they do not provide hands-on care. Volunteers must pass a criminal background check, and make a 6-month commitment. Apply at

BoulderCountyVolunteers.org. For more information call 720-864-6526 or email infoRespite@bouldercounty.org.

English Language Learning (ELL) Programs

The Longmont Library is seeking volunteers to facilitate programs for English Learners. If you have a background in teaching English or want to help your community members who are learning English, please consider becoming a volunteer for these programs. Email LibraryLiteracy@longmontcolorado.gov or call Devin at 303-651-8785 for more information.



VOLUNTEER OPPORTUNITIES

St. Vrain Valley Storytellers

Become a Volunteer Storyteller for kids pre-K – grade 5 in the schools of the St. Vrain Valley School District. For more information, contact Marianne Balin at 510-326-2398 or mbalinhome@gmail.com.

cultivate

Connect with Cultivate

Cultivate volunteers support our older adults through programs such as rides to medical appointments for military veterans and their senior family members; phone check-ins for social support; grocery shopping and delivery; minor home repairs; snow shoveling and yard cleanup. By providing services at no cost, Cultivate helps seniors remain independent, yet connected, within their communities. If you are interested in volunteering or receiving services please visit our website at cultivate.ngo 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 and click on the Volunteer page. For more information, contact Julie, our Director of Volunteer Services, at julie@ourcenter.org or 303-772-5529 x235.

Rainbow Connections

The Boulder County Area Agency on Aging is seeking LGBTQ+ (lesbian, gay, bisexual, transgender, queer, +) volunteers or Allies to provide meaningful connection on a weekly basis for socially isolated LGBTQ+ older adults. If you are interested, please contact Michael at mchifalo@bouldercounty.org or 303-441-4518.

Parks, Open Space and Trails Launches JoinUs Volunteer Portal

Volunteering just got easier.

The portal helps users register and track volunteer events quickly, allowing more time for volunteering and building relationships. Users also can access the handy calendar tool to register for educational programs, trainings and special events in addition to volunteer opportunities. JoinUs is easy to learn, with built-in support provided.

POST Volunteer Coordinator Danielle Levine encourages those interested in volunteering to explore JoinUs and register for upcoming events. POST volunteer programs include Adopt-a-Park; Adopt-a-Rose Garden; efforts at Button Rock Preserve; Clean Up, Green Up; photography; raptor monitoring; restoration crew efforts and more. See all the opportunities available and learn more at bit.ly/post-volunteer.

Questions about the JoinUs volunteer portal can be directed to the PWR Customer Service Center at 303-651-8416 or 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.



JOIN US!

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.

Habitat for Humanity

Habitat for Humanity of the St. Vrain Valley partners with qualifying low-income families to build decent, affordable housing. Since 1988, we've worked alongside businesses, civic groups, and community members to create a future where everyone has a safe place to call home. Habitat brings people together to build homes, communities, and hope. We offer volunteer opportunities at the ReStore, in our office, and on our construction sites.

- **ReStore:** Help sort donations, assist customers, and support our mission through retail.
- **Office/Admin:** Provide vital behind-the-scenes support with clerical tasks and organization.
- **Construction:** Get hands-on experience building and repairing homes for families in need.

We rely on dedicated volunteers like you to make a difference.

Join our team today! Visit our website at yourwebsite.org and click on the Volunteer page.

For more information, contact Volunteer Coordinator 303-682-2485 x 116 volunteer@stvrainhabitat.org



VOLUNTEER OPPORTUNITIES

THE LONGMONT MUSEUM

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



Picasso Exhibit

February 1 - May 4

\$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.



COMMUNITY NEWS

Learn more about Museum programs and buy tickets at longmontmuseum.org or by calling 303 651 8374.

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	MentalHealthPartners/Clinica	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
Loan Closet Medical Equipment FREE		-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 Service.....	303-441-1000	www.bouldercountyhelp.org	303-441-1617
- A&I Avenues (required for LTC Medicaid)	303-439-7011		

Longmont eAlerts

This is an e-mail alert system from the City of Longmont for community members to receive brief notices on various topics: Longmont government news, Adults 55+, City Council News, Environment, Golf, Jobs, and Community Programs and Events. You can receive information via e-mail, phone, cell, or fax. Visit www.ci.longmont.co.us/selectalert/index.htm to sign up.



Via the internet

at www.LongmontColorado.gov/senior-services

50 plus Marketplace News

Available at the Senior Center monthly.

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.

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, text **SENIORCENTER** to **42828**, or sign up at the front desk.



¡Regístrate para recibir correos electrónicos cada mes!

Nunca más te pierdas una clase o un evento especial y le avisamos cuando hay un nuevo catálogo de GO. Regístrese con Valerie o envíe un mensaje de texto a **SENIORCENTER** al **42828**.

GO SUBSCRIPTION FORM – 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 **2 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 \$4.00 for residents, \$6.00 for non-residents. Due to the bulk mailing process, the catalog will arrive in the mail one to two weeks after being made available online and at the Senior Center. Check out www.longmontcolorado.gov/senior-services

Name (Please Print) _____

Address _____ City _____ Zip Code _____

Phone _____

Senior Center
10464620 62170



SENIOR SERVICES RESOURCE STAFF

Se habla español



VERONICA GARCIA
303-651-8716

veronica.garcia@longmontcolorado.gov



AMY PAYAN
303-774-4372

amy.payan@longmontcolorado.gov



MELISSA LOSINO
303-651-8654

Melissa.Losino@longmontcolorado.gov

Se habla español

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 or call the Boulder County Area Agency on Aging Resource Line at **303-441-1617** (Bilingual) or email: infoADRC@bouldercounty.org

View Categories at the website to explore options such as:

- » Services at Home
- » Legal Support
- » LGBTQ+ services
- » On the website, scroll down to the box labeled AGENCY PUBLICATIONS. You will find a link to the Housing Guide, Care Connections newsletter, and other helpful information.
- » Caregiver Resources
- » Health & Medical
- » And many more!

Also: Weld County Area Agency on Aging (AAA)

General AAA information: **970-346-6950**
Information and Assistance: **970-346-6952**
Website: **www.weldaaa.org**


Larimer County Area Agency on Aging (AAA)

Helpline: **970-498-7750**
Website: **www.lcoa.networkofcare.org**

CAREGIVER SERVICES

*for friends or family members caring
for an older adult include:*

Call Brandy Queen at 303-651-8414 for information about the following:

- **Caregiver consultations and family meetings:** Referrals & information about adult day programs, home health care, long-term care, counseling, caregiver self-care, etc.
- **Respite & Companion Volunteer Program and Respite Assistance referrals:** Volunteers matched with older adults who live alone or with a family caregiver provide respite, a friendly visit, and a caring connection. Respite Assistance funds can help pay for respite care for a caregiver.
- **Social Groups and Educational Programs** for family caregivers and those living with dementia (see Health & Wellness section of the GO).
- **Caregiver Support Groups** provide information and support for family caregivers; no registration required:
 - **1st Monday, 6:00 - 7:30 pm** at the Senior Center 
 - **2nd Tuesday, Noon - 1:30 pm**
(Alzheimer's Association group) at the Senior Center
 - **LGBTQ+ Support Group for Caregivers**
 If you are interested please contact Michael at mchifalo@bouldercounty.org or 303-441-4518.

SUPPORT GROUPS

(meet at the Senior Center unless otherwise noted)

For information about other emotional and diagnosis-specific support groups, call Brandy at 303-651-8414

Adjusting to Life's Changes Support Group

Mondays, August 11 - September 8 (no group September 1 - will meet September 2 instead), 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

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.

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 Counselors provide objective information and assistance regarding Medicare benefits, HMOs, supplemental policies, rights, and appeals. For assistance or to schedule an appointment, call 303-441-1546. Medicare Counselors also offer monthly Medicare Basics classes. Current dates are listed in the General Interest section of The GO. You can learn more about Medicare at www.medicare.gov or 1-800-633-4227.

Social Security

Social Security – <http://ssa.gov> or 1-800-772-1213; for claims, please call 1-877-405-5872. The local office is located at 480 West Dahlia St, Louisville, CO 80027. Their office hours are 9 am – 4 pm Monday-Friday.

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

HOUSING INFORMATION

For information and referral regarding senior, affordable, and other housing programs, call the Senior Center at 303- 651-8411 to connect with a resource specialist.

A Boulder County Senior Housing Guide

is available at the Senior Center front desk or online at www.bouldercountyhelp.org; includes all cost levels for independent assisted living, and long term care.

Housing Rehabilitation Programs

The City offers several programs for home improvement and access. Call 303-651-8444 for more information. Some programs require owner occupancy.

- The General Rehab Program & Weatherization

Makes repairs to bring your home up to code, correct health and safety issues, or make your home more energy efficient.

- The Accessibility Program - gives you or a family member full access to your home by installing ramps, widening doorways, lowering cabinets, etc.

- The Emergency Grant Program - helps with emergency repair to major systems that unexpectedly fail, including furnaces and/or water heaters.

- Mobile Home Repair Program

Landlord-Tenant Services - The City of Longmont's office of Community and Neighborhood Resources provides information to both landlords and tenants on all aspects of the landlord/tenant relationship, including law and legal process and general guidance on how to create successful tenancies. Call 303-651-8444 or email cnr@longmontcolorado.gov.

IN-HOME SERVICES

In Home Services – a list of in-home providers of both medical home health care and non-medical personal care is available online at www.bouldercountyhelp.org. You can also ask for a copy at the Senior Center front desk.

Audio Information Network of Colorado

Provides blind, visually impaired, and print-disabled persons with free audio access to magazines, grocery ads, calendars of events, public service notices, and nearly 100 CO newspapers. Listeners choose what type of device they want to use to access programming. Call 303-786-7777.

Book Delivery Service – If you or someone you know is homebound and interested in receiving books or if you are interested in being a volunteer to deliver books, please call Kirsten at the Longmont Library 303-774-4439 or email program staff at library_homebound@longmontcolorado.gov for more information.

Phone Buddies, Fix-It Folks, Yard Busters &

Snow Busters – Volunteers are available to provide regular phone check-ins or to come to your home to make minor repairs, install grab bars, clear snow, and provide yard work. Call Cultivate at 303-443-1933 ext. 414.

Well Connected is an award-winning program of Covia offering activities, lifelong learning, friendly conversation, and support groups. Each week, seniors can access over 70 groups by phone or online, all from the comfort of home. Please contact them at 877-797-7299 or <https://covia.org/programs/well-connected/>.

FREE Medical Equipment Loan – See telephone referral list on the back inside cover of *The GO* for a list of local organizations who may be able to provide you with a free walker, wheelchair, raised toilet seat or other equipment.

Telephone Check-in Service – Always InTouch provides free daily telephone call for check-ins and socialization for isolated or homebound older adults. Call 1-855-710-2255 or visit <https://alwaysbestcare.com/always-in-touch/>

FOOD ASSISTANCE

Carry-Out Caravan - A free grocery shopping & delivery service for people 60+. To place your order, call 303-241- 4426 on MONDAY between 8 am and 3 pm.

Cultivate volunteers deliver to you on TUESDAY. Before calling in your order, you must enroll by calling 303-443-1933 ext. 414.

Eldershare -If you are a senior who needs help getting healthy food, Community Food Share is here to help. Elder Share provides free groceries to adults ages 60+ in Boulder and Broomfield Counties twice per month via residential sites, community sites, and home delivery routes. Call (303) 652-3663 and ask for our Elder Share Manager or email eldershare@communityfoodshare.org to sign up for the program.

Home-delivered Meals - Meals on Wheels delivers meals to the homebound Monday – Friday. Call 303-772-0540 one day in advance and for information on fees and menus.

Lunch at the Senior Center - Meals are served Mon-Fri, 11:30 am–noon. Call 303-772-0540 for menus and fees. Reservations are not required.

Nutrition Line - The Area Agency on Aging offers two free nutrition counseling sessions per year to Boulder County residents age 60+. For information or to schedule an appointment, call 303-678-6115 and leave your contact information.

VETERANS SERVICES

Veterans Service Office - The Boulder County Veterans' Service Office offers assistance to veterans in determining for which benefits they may be eligible. Call 303-441-3890 or email vso@bouldercounty.org.

Boulder Vet Center - Counseling, substance abuse assessments and referrals, and benefits assistance for veterans. Call 303-440-7306 or visit 4999 Pearl East Cir, Ste 106, Boulder CO 80301.

Cultivate's VetsGO Program –Volunteers provide rides to and from medical appointments, including to VA facilities, in and beyond Boulder County. Services are for those 60+ who are either a veteran themselves or who have a family member (parent, child, spouse) who served in the armed forces. To enroll call 303-443-1933 ext. 414

LEGAL

Colorado Legal Services- Boulder is available to assist those Boulder County residents 60+ with legal issues. For appointments, call 303-449-7575 or visit their website www.ColoradoLegalServices.org

Advance Directives Planning (Living Will, 5 Wishes, MDPOA, etc.) See the Health and Wellness section of *The GO* catalog for a listing of monthly classes.

Rocky Mountain Legal Center – A non-profit organization providing free civil legal representation, simple wills, mediation, and counseling services to qualifying low-income families, singles, parents, and seniors. Sliding scale fees available. Please call 720-242-8642.

Bridge to Justice – A non-profit organization providing reduced-fee civil legal services to low- and moderate-income Coloradans who do not qualify for free legal aid. Please call 303-443-1038.

SAFETY

Longmont Emergency Reverse Notification Sign Up -

If police & fire had to reach you in an emergency, could they? Anyone living within Longmont city limits who no longer has a landline in their home and wants to receive police and fire emergency notifications (known as reverse 9-1-1) must register. You can sign up yourself at longmontcolorado.gov and search “reverse notification.”

Long Term Care Ombudsman

Help and information for residents of nursing homes and personal care facilities and their families to address concerns, compare facilities, and resolve problems. Call 303-441-1173.

Frauds and Scams – see the Financial section of this Resource Guide for more information.

Report Elder Abuse – The County’s Adult Protection Unit and the local police respond to reports of physical, emotional, financial, and sexual abuse, neglect, and self-neglect. **Call 303-441-1309 for APS or 303-651-8555 for Longmont Police non-emergency dispatch; in an emergency call 911.** For more information, you can also see <https://www.bouldercounty.org/families/seniors/adult-protection-senior-services/>

File of Life - If a medical emergency occurs at home or while you are in the car, how would the paramedics know how best to help you? First responders are trained to look for a File of Life on your refrigerator or in your wallet or purse. This card contains information that details your medical conditions, allergies, and medications. It also lists your emergency contacts and insurance information. You can get your free cards at the Senior Center front desk.

Lockbox Program - Longmont Meals on Wheels, in partnership with Longmont Fire Department, can provide a free lockbox to Longmont residents who live alone and are age 65+ or younger with a disability or major medical issue. The program allows Fire, Police, and Emergency Medical Services to access your residence in the event of an emergency preventing you from opening your door. Call Meals on Wheels at 303-772-0540 for an application or further information.

Prescription Drug Disposal - Do not flush unused medications. See your pharmacy for safe drug disposal.

Do Not Call Registry: Consumers may register online at The National Do Not Call Registry, www.donotcall.gov, or by calling toll-free, 1-888-382-1222 (TTY 1-866-290-4236), from the number that is to be registered. Registration is free. Numbers are downloaded from the National Do Not Call Registry on a quarterly basis and included in the Colorado No-Call List.

Longmont Fire Department Smoke Detector Program – low income seniors. They will also install and change batteries in smoke detectors for anyone unable to do so. Call **303-651-8501** for more information.

TRANSPORTATION

A full list of Transportation resources can be found at www.bouldercountyhelp.org Resource Guide, Transportation & Driving Issues section. If you are concerned about someone’s driving or would like driver training, please see the Mature Driver Training listing on that site.

Transportation Services

Via – provides many transportation-related services:

- Door-to-door, wheelchair accessible transportation in Longmont and surrounding communities. Ride requests can be made from 1 to 7 days in advance. Fares within Longmont are \$6 one-way; from Longmont to other towns \$12. Same-day rides may be possible if space is available. To schedule a ride:
 - » **New riders:** Call 303-447-2848, press 1 to register and schedule your first ride with Via.
 - » **Current riders:** Call 303-447-9636, or go to www.viacolorado.org for information on how to request your ride online.
 - » **Reduced-fare options** are available for those who meet income guidelines. Call 303-447-2848, ext 1014.
 - » **Mobility Specialists** can help you understand the best services for your needs and create an individualized travel plan. Call 303-447-2848, ext. 1047
- **Mileage Reimbursement Program** reimburses trips provided by family, friends, and neighbors for rides outside Via’s service area or service hours. Must be preauthorized for registered rides. Call 303-447-9636.

FlexRide (formerly Call-n-Ride) Longmont

For Longmont FlexRide information, to schedule a ride, or to register as a new rider call 303-299-6000. Once you are registered as a rider you can also schedule your rides online at www.rtd-denver.com. Reservations may be requested three days to two weeks in advance. Rides are within Longmont, scheduled on a first come-first served basis, and cost \$1.50 each way for seniors. For more information regarding FlexRide or RTD bus routes call 303-299-6000.

Ride RTD - Local RTD routes can get you across Longmont (323, 324, 326, & 327). RTD also has routes available from Longmont to Denver, Fort Collins, and Boulder.

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

Mobility For All - Want to feel more confident using

smartphone apps that help you get around? Call 720-564-2218 or visit boco.org/M4AEvents for details. Mobility for All is collaborating with community partners throughout Boulder County to offer transportation-related technology workshops to help community members of all ages and abilities feel more comfortable using transportation apps such as: Google Maps, Transit App, Lyft, Uber

GO GO Grandparent - Concierge service to help utilize transportation services like Lyft and Uber without the use of a smartphone. Call 1-855-464-6872 to request and schedule rides. There is a concierge fee of \$0.27 a minute in addition to the cost of the ride.

Transportation for Veterans - See Cultivate’s VetsGO program in the Veteran’s Services section of this Resource Guide.

RIDE Longmont - RIDE Longmont provides on-demand transportation for \$1 per ride for seniors. Visit www.city.ridewithvia.com/longmont or call 970-538-9097 for more information



10464620 62170
Division of Senior Services
Longmont Senior Center
910 Longs Peak Avenue
Longmont, CO 80501

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Permit #19

RETURN SERVICE REQUESTED



SUMMER PROGRAMS MAY–AUGUST

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, April 7.

Trip Registration will be completed via e-lottery on April 16. Submit your Summer trip preference sheets between April 1-15 at the Senior Center Front Desk to be entered into our lottery.

For hike registration info, please see page 55.

CITY OF
Longmont
Senior Services