

# THE go

Vol. 2025 No. 3 **FALL** (Sept-December 2025)

CITY OF  
**Longmont**

Senior Services

[www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)

55+  
**No member fee!**

Call us at  
303-651-8411

**see  
inside**

Class & Trip Registration  
Community & Special Events  
Resource Guide  
Vea páginas 36-40 en Español.



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

Pictured: Friends of the Longmont Senior Center  
with the two new vans they purchased in 2025.

## FACILITY CLOSURES:

» Sept. 1, Nov. 11, Nov. 27-29, Dec. 25



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

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Look for bilingual offerings presented in English and Spanish.

## 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 Fall 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.

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

Many new and some repeated activities, events, trips, and services are offered each quarter. Many activities require registration and a fee to be paid. You will see a Registration # listed with the activity 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 our first priority; however, people under 55 may participate in activities if space is available and/or under 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 their care. In that case, please inform our front desk when the caregiver registers. If a caregiver wishes to participate in the program it is required that they register and pay for the program.

**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.

Fall Programs are subject to change **Registration for activities begins Tuesday, August 11**

**Trip Registration Submission  
Window: August 5-18**

**Trip E-Lottery will be performed  
by staff on August 20**

Communication to follow to registrants on trips received/waitlisted for by **August 25**, as well as for payment processes. You can register for trips online or via phone as well as pay for Summer trips after **August 26**.

## 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.



### Weather Activity Cancellation Information

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



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

**910 Longs Peak Avenue, Longmont, CO 80501**

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

**[www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)**

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

Para información en español llame al 303-774-4452

## REGISTRATION 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, during normal business hours or over the phone with a credit card by calling 303-651-8411. Online registration is an option for most activities at [www.longmontcolorado.gov](http://www.longmontcolorado.gov) after the quarterly kickoff dates and times and when lottery trip registration is concluded.

**See Page 1 for Trip 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 needs to withdraw from a Class/Activity** please let our team know as soon as possible by contacting our Front Desk at 303-651-8411. This will allow for someone on the waitlist to take advantage of the additional space.

### 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 eligible for refunds or account credit. Additionally, three 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 time frame.

### Additional Considerations

- A 10% transaction fee will be applied when payer requests a refund via check.
- The Longmont Senior Center is unable to provide cash refunds. For programs or activities purchased in cash a refund to the payer's RecTrac account or check will be provided.
- Refunds are not provided for merchandise that have already been given to the customer or specifically ordered for he/she/them.
- Please note that not all offerings are eligible for refunds.
- Programs or activities costing less than \$10 will be refunded to the payer's account for credit toward a future program.
- Some offerings may have specific refund policies that may require additional refund fees or earlier cancellation schedules.
- The City of Longmont and Longmont Senior Services Center reserve the right to change refund policies at any time.
- Please note if space allows beyond designated registration deadlines additional late registrants may be considered. Please contact our Front Desk at 303-651-8411 for questions or to register.



**Trip Registration Lottery:** Our trips are extremely popular and to ensure both equity as well as functionality, trip registration is performed via an e-lottery. Submit your trip registration preference sheet to our front desk. You will be entered into the lottery for trips requested and receive a receipt confirming your submission. Be sure to note if you are travelling with a companion and include this companion's name and phone number on your registration sheet. One companion allowed per registrant.

At the completion of the submission window, our registration software will perform a lottery for each designated trip on Wednesday, August 20<sup>th</sup>. Trip registrants will be emailed on Monday, August 25<sup>th</sup> 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 August 25<sup>th</sup> to acquire information on which trips you have received and which you are waitlisted for. *Payments for Sept/Oct trips are due Monday, September 1<sup>st</sup> with payment for Nov/Dec trips due by Saturday, November 1<sup>st</sup>.*

**Modes of transit:** minibuses, RTD buses, and motorcoach 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 Lashley Station or from the venue.

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

**Bus Seating:** Seats are not assigned on any bus trips, whether traveling on a senior services bus or a motorcoach. On motorcoach trips, the first four rows are reserved for trip leaders and participants requiring special accommodations. All other participants may begin seating from row five and back. 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.

**Fall Hike Registration (Sept - Dec)** 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 **August 5-18**, with communication to follow to registered/waitlisted hikers by the end of the day on **Tuesday, August 19**, via email. You can register online or over the phone as well as pay for Summer hikes received beginning on **August 19**.



## 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 in participation of the 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](http://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,

Did you know that, over the past 15 years, the Friends has contributed more than \$1.25 million to the Longmont Senior Center to expand its capacity to serve Longmont older adults? Here are a few recent examples:

- The Friends purchased two additional vans to help eliminate, or at least reduce, wait lists for people wanting to participate in popular day trips activities.
- The Friends funded the first-ever cultural exchange involving elders from Longmont and the Northern Arapaho Tribe to build long-lasting relationships and powerful connections between both communities. This exchange is part of the historic Sister Cities relationship established between the City of Longmont and the Northern Arapaho Tribe of the Wind River Indian Reservation.
- In May, Senior Center Tech Connect (SCTC) celebrated its 25th anniversary. Over the years, the Friends has supported SCTC - an essential volunteer-run operation - with its mission to be a resource where local seniors can learn from their peers in a comfortable and supportive environment, and not be left behind in this ever-changing world of technology. Last year, alone, thirty-five SCTC volunteers contributed nearly 5500 hours of service to 2600 older adults.

These types of investments are only possible through the generous support of our Friends donors. For that, we are incredibly grateful. We are inspired to be the best possible stewards of these funds. And, we are committed to growing our assets so the Friends can help contribute to an even brighter future for the health and well-being of Longmont seniors.

Recently, the Friends held a planning session with some members of the Senior Citizens Advisory Board and Longmont Senior Services staff to explore future strategic investments the Friends might consider over the next 3 - 5 years. The group identified three priority areas: upgrading technology to enhance the experience of all who participate in classes and activities in the building; creating more space in the Senior Center facility for activities and staff; and providing more resources for the Supportive Services Team to better keep up with the increasing demand for assistance. Over the next few months, the Friends will determine how it can best address these priorities, and how to increase fundraising efforts that will be required, in addition to supporting regularly-funded participant scholarships, program support and basic need resources. Stay tuned for updates and future donation opportunities.

In the meantime, you may want to check out the "Community Project" section on the Longmont Community Foundation website at [www.longmontfoundation.org](http://www.longmontfoundation.org). The Friends has listed the technology upgrade project in this section (under Human Services, page 2), where you can directly make a donation in support of that project through PayPal. Please designate on that form that your donation is for the technology project. Also, please watch for the Friends annual appeals campaign that will launch this Fall. Of course, the Friends welcomes donations year-round. Information about how to donate can be found on our website at [www.friendslongmont.org](http://www.friendslongmont.org).

As a participant in Longmont Senior Center activities and/or as a donor to the Friends, you are creating a community where seniors feel supported, valued and empowered. Please don't hesitate to contact me at [president@friendslongmont.org](mailto:president@friendslongmont.org) with any input you may have about our efforts.

*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.

Chuck & Sue Beehler  
Sara Beery  
Herbert & Diane Blevin  
Feliciani Cardoza  
Nan Cozad  
Carol Grist  
Heather Downing  
David Fletcher  
Janet Forreider  
Scott & Lynn  
Greenhalge  
Mary Headley  
Barbara Herring  
Peter Hoffenberg &  
Saundra Schwartz

Helen Kennedy  
David Kennedy  
Longmont City  
Employees  
Carol Matheis-Kraft  
Kathryn O'Leary  
Robert Parsons  
Karen Roney  
Denise Shepard  
Dale Sherrod  
Neal & Jan Stoffer  
Sunshine Club  
Jim & Joann Tadwald  
Susan Thayer  
Betty Thorpe

Euvaldo & Helen Valdez  
Michele & Skip Waite  
Amy Weinstein

### GIFTS IN MEMORY OF:

Bob Bernard  
Becky Williamson  
Mr. & Mrs. O'Leary

### GIFTS IN HONOR OF:

Past and Present Senior Center  
Tech Connect Volunteers  
Longmont Firefighters  
Jessica O'Leary

## A Grand *Thank You...*

- To our **Senior Center Tech Connect (SCTC) volunteers** for 25 years of exceptional service.
- 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.
- To **Toby Myers** for taking several photos of the Friends of the Longmont Senior Center Board Members next to the two newly purchased vans.
- To the **Lap Robes** group that meets on Tuesday mornings, which has been working on the quilt for our sister city, the Northern Arapaho Tribe of the Wind River Reservation, Wyoming.

*The Friends of the Longmont Senior Center, Inc. is a 501(c)(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.*



**FRIENDS**  
OF THE LONGMONT  
SENIOR CENTER

## 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** 

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

**Wednesdays and Fridays from 9 am-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. We 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 **8-11:30 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

**Friday, October 24, 9-10 am**

Join members of Senior Services staff, Friends of the Longmont Senior Center, and Senior Advisory Council leadership 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 Stitchers Drop-in Handwork Group

**Fridays, 1-4 pm**

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



## "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 premier at monthly "Big Picture" programs and then can be viewed at The Longmont Channel on YouTube by scanning the QR Code to the left or visit <https://bit.ly/eyesonlongmont> Steve Bigelow is the contact person for the group via [EOLVideoClub@gmail.com](mailto:EOLVideoClub@gmail.com)

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

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

## Cribbage

**Fridays, 1-3 pm**

Join us for friendly games of Cribbage. Playing or knowledge of the game preferred.

For questions contact **Sam**,

814-722-5201 or **Hassie**, 720-935-8239. Cribbage

Segundo viernes de cada mes, de 13:00 a 15:00

Acompáñenos el segundo viernes de cada mes

para partidos amistosos de cribbage. Si prefiere

jugar o saber del juego. Si tiene alguna pregunta,

contacte a Sam, 814-722-5201.



## Current Events

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

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

## Dulcimer Group - Singin' Strings

**2nd & 4th Thursdays, 2-3:30 pm**

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



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

## 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

## Friday Citizens Open Forum

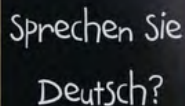
Fridays, 2:30-4 pm

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.

## 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.



## Kiwanis Club

Fridays, 9:45-10:45 am

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



## 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!

## 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 are in the Senior Center Park View Café (dining room).

For information on menus and meal costs,

Call **303-772-0540** or visit [www.longmontmeals.org](http://www.longmontmeals.org)







## Learn to Knit/Crochet



**Wednesdays 1-3 pm**

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. We will do 2 small starter projects: cotton kitchen wash rag, scarf, or lap blanket.

## 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](mailto: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:

**Mark Venzke** at [planman2002@yahoo.com](mailto:planman2002@yahoo.com)

**Matt Green** at [Greenmatt913@gmail.com](mailto:Greenmatt913@gmail.com)

## Mahjong

**Fridays, 1-4 pm**

If you love to play Mahjong, please join our Friday group! Email **Diane Gamble** at [dianegamble77@comcast.net](mailto:dianegamble77@comcast.net) to find out about joining this group. Must know how to play to join this group.



**Beginning Mahjong** » see page 27

## National Active and Retired Federal Employees – NARFE

**2nd Friday, Noon-2 pm at Perkins**

The National Active and Retired Federal Employees (NARFE) meet regularly at Perkins for lunch.

Call **Larry Schluntz** at 303-772-6419.

## Open Mic Night

**One Wednesday of every month**

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

Dates: Sept. 24th, Oct. 29th, Nov. 19th, Dec. 17th

**Cost:** Free

*Sign up begins at 5 pm in the Senior Center Cafe*

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.

Email Phil at [openmicatthesc@gmail.com](mailto:openmicatthesc@gmail.com) if you would like additional information.

**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.



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

## 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.



## 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.

## Senior Law Clinic

**Saturday, September 20, 9-11:30 am**

Join us for a Senior Legal Clinic at the Longmont Senior Center. Older adults in Boulder County can access general legal information and have a brief one-on-one consultation with an attorney on topics relevant to seniors. No advance registration is required, and consultation times will be offered on a first-come, first-served basis.



## 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**

**Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1, 15, 29**

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.

## Spanish Conversation Group

**Fridays, 1:30-3 pm**

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

## 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.



## 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.

### Into the Wild: Trivia Edition - CEP

Registration #483000-09

**Date: Friday, September 12**

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

Cost: Free, please register in advance

Test your knowledge and discover the wonders of the natural world at our Nature Trivia event, hosted by Boulder County volunteers. Enjoy a fun, interactive afternoon filled with fascinating facts, friendly competition, and prizes!

### Character Infusion: Edgar Allan Poe: In His Own Words - CEP

Registration #483000-10

**Date: Thursday, October 9**

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

Cost: Free, please register in advance

From the “tinnabulation” of ringing bells, to the chills of a talking raven, Edgar Allan Poe’s poetry and stories enchant our imaginations. The writer was legendary for his eerie tales of suspense and as inventor of the modern-day detective story. Join storyteller and re-enactor Kurtis Kelly for a spellbinding hour in remembrance of this literary icon. The program begins with Poe’s recollections from his tumultuous life and how those events influenced his writings. Then enjoy a performance of “The Bells”, “The Fall of the House of Usher”, and “The Raven.” This presentation is “a-Poe-prropriate-ly” timed for the Halloween season.

### Get Acquainted

Registration #483900-00

**Date: Thursday, October 16**

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

Cost: Free, please register in advance

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

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

### Chili Cook Off - CEP

Registration #486505-00 Participant

#486505-01 Competitors

**Date: Thursday, October 30**

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

Cost: Free for competitors/\$4 res, \$5 non-res

Come and join us for a fun filled day trying different varieties of red & green chili, made by other participants. You can try several different types and enjoy meeting new friends. This program includes a variety of chilis and all the fixings to go with. Please note staff has no control over any allergies you may have. If you are allergic to several foods, please consider not registering for this event.



### Native American Heritage Month - CEP

Registration #483000-04

**Date: Saturday, November 8**

**Time: 11 am-4 pm**

Cost: Free, please register in advance

Celebrate Native American Heritage Month with traditional food, dancing, games, and storytelling. Enjoy authentic fry bread, watch vibrant tribal dances and drumming, participate in crafts, and listen to captivating stories that highlight the rich cultural heritage of Native American communities.

Join us for an unforgettable experience! For more information, please contact Jennifer Diaz-Leon at 303-774-3754 or [jennifer.diaz-leon@longmontcolorado.gov](mailto:jennifer.diaz-leon@longmontcolorado.gov).

### Donut Forget Our Vets! - CEP

Registration #483000-13

**Date: Thursday, November 13**

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

Cost: Free, please register in advance

The Longmont Senior Center honors those men and women who served in our military. Come join us for a panel discussion as we hear interesting and intriguing chronicles and fascinating personal accounts of our local veterans who served our great nation during World Wars and major conflicts. Each branch of the military will be represented. Complimentary donuts and coffee served.



**SPECIAL EVENTS** AND CULTURAL ENRICHMENT PROGRAMS



## SPECIAL EVENTS AND CULTURAL ENRICHMENT PROGRAMS

**It's Back! Deck the Halls**

See page 71 for more info.



### Swinging into the Holidays - CEP

Registration #483000-12

**Date: Thursday, December 11**

**Time: 11 am-1 pm**

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

Celebrate the season at our holiday luncheon, where you'll enjoy a delicious meal accompanied by live jazz and swing music provided by the Crystal Swing Band. It's the perfect way to relax, connect, and get into the festive spirit!

### Creative Card Making

Registration #485400-09

**Monday, September 15**

Registration #485400-10

**Monday, October 20**

Registration #485400-11

**Monday, November 17**

Registration #485400-12

**Time: 2-4 pm**

**Cost:** \$16 resident, \$20 non-resident

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 #485406-09

**Tuesday, September 16 - Pumpkin**

Registration #485406-10

**Wednesday, October 22 - Soup Bowl**

Registration #485406-11

**Tuesday, November 18 - Holiday**

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

**Cost:** \$13 resident, \$16 non-resident

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

### Sip-N-Paint

Registration #485407-01

**Dates: Wednesday,  
December 17**

**Time: 12-2 pm**

**Cost:** \$12 resident,  
\$15 non-resident



Join us for a guided painting program with hot cocoa and apple cider. You will leave class with a completed Santa Gnome painting, which is a great holiday gift for yourself or someone else! Paint does not come out of clothes, so please wear clothing that can get paint on or bring an apron. Instructor: Seniors Services staff member, **Amy Payan**.



### Purple Art

Registration #485407-03

**Monday, September 8**

Registration #485407-04

**Monday, October 6**

Registration #485407-05

**Monday, November 3**

Registration #485407-06

**Monday, December 1**

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

**Cost:** \$35 resident, \$42 non-resident

**Location:** Lashley St. Station, 1200 Lashley St.

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.

**REGISTRATION DEADLINE: 7 DAYS BEFORE THE FIRST CLASS DATE**

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



ARTS & CREATIVE PURSUITS



## A Peer-to-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](http://longmontSCTC.org)
- Email us at: [infosctc@friendslongmont.org](mailto: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](http://bit.ly/sctc-help).
- Call the Senior Center front desk: 303-651-8411.
- A Volunteer Coach will reach out to provide assistance.



Senior Center  
Tech Connect

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

- Missed an online lecture? **Visit [longmontSCTC.org](http://longmontSCTC.org)** and click the YouTube logo to catch up on recorded sessions. Most of our online lectures are available there.
- **New Hands-On Workshops:** We've added four workshops focused on Microsoft Word, Excel, Android phones, and Apple iPhones/iPads. These are interactive, participation-based sessions (not formal classes) where you can get help with settings, apps, managing photos, texting, and more.
- **Security Sessions:** *Smart Ways to Tame Your Passwords*, *Password Managers: A Beginner's Guide*, and *Securing Your Digital Legacy*. Practical tips to keep you and your data safe.
- **Student-Led Tech Talks:** Join us for two fascinating sessions by students from the SVVSD Innovation Center: *Cybersecurity Fundamentals* and *Demystify Artificial Intelligence (AI)*. These talented students are not to be missed—mark your calendar!
- **Details Inside:** See the Lectures & Labs section on pages 14-19 for full descriptions and schedules.

### 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](http://bit.ly/sctc-signup) or go to [longmontSCTC.org](http://longmontSCTC.org) and click on the Newsletter button.

### COSTS

All Online classes 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 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](https://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 17-19 for Activity Descriptions.*


Lectures and Labs	Registration	Dates	Times	Location	Res, Non Res
Cell & Smartphone Tutoring	482180-1A 482180-1B	Tuesday Sept 2	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
AI Photo Magic on Your Mac	Online	Wednesday Sept 3	10-11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Sept 5	1-3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Sept 9	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Life After Windows 10: Q&A and Guidance	482037-00	Wednesday Sept 10	12:30-2:30 pm	Senior Center	\$2.00 \$3.00
Phishing, Vishing, & Smishing OH MY!	482124-00	Thursday Sept 11	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Sept 12	1-2:30 pm	Zoom	Free
Cell & Smartphone Tutoring	482180-5A 482180-5B	Monday Sept 15	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
AI: It's Not Just Hype Anymore!	Online	Wednesday Sept 17	10-11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Sept 17	1:30-3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Sept 19	1-3 pm	Senior Center	\$2.00 \$2.00
Hands-on Workshop: Microsoft Word	482025-00	Monday Sept 22	12-2 pm	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Tuesday Sept 23	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Windows 11 Essentials	482037-01	Thursday Sept 25	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Sept 26	1-2:30 pm	Zoom	Free
Smart Ways to Tame Your Passwords	482037-02	Tuesday Sept 30	6-8 pm	Senior Center	\$2.00 \$3.00
Where's My stuff? (Windows File Explorer)	Online	Wednesday Oct 1	10-11:30 am	Zoom	Free
Password Managers: A Beginner's Guide	482037-03	Thursday Oct 2	9-11 am	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Friday Oct 3	1-3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	482181-1A 482181-1B	Monday Oct 6	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Tuesday Oct 7	9:30- 11:30 am	Senior Center	\$2.00 \$2.00
Cybersecurity Fundamentals	482037-04	Tuesday Oct 7	4-5:30 pm	Senior Center	\$2.00 \$3.00
Where's My Stuff? (Mac Finder)	482037-05	Thursday Oct 9	1-3 pm	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](https://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 17-19 for Activity Descriptions.*



Lectures and Labs	Registration	Dates	Times	Location	Res, Non Res
Online Tech Lab	Online	Friday Oct 10	1-2:30 pm	Zoom	Free
Hands-on Workshop: Microsoft Excel	482025-01	Tuesday Oct 14	1-3 pm	Senior Center	\$2.00 \$3.00
Using AI to Find Stuff on the Internet	Online	Wednesday Oct 15	10-11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Oct 15	1:30-3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Oct 17	1-3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	482181-5A 482181-5B	Monday Oct 20	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Tuesday Oct 21	9:30-11:30 am	Senior Center	\$2.00 \$2.00
What If I Have an iPhone and a PC?	482037-07	Thursday Oct 23	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Oct 24	1-2:30 pm	Zoom	Free
Hands-on Workshop: Android Phone	482025-02	Tuesday Oct 28	1-3 pm	Senior Center	\$2.00 \$3.00
Back Up Your Apple Devices NOW!	Online	Wednesday Oct 29	10-11:30 am	Zoom	Free
Hands-on Workshop: iPhone & iPad	482025-03	Friday Oct 31	1-3 pm	Senior Center	\$2.00 \$3.00
Cell & Smartphone Tutoring	482182-1A 482182-1B	Monday Nov 3	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Demystify Artificial Intelligence (AI)	482037-08	Tuesday Nov 4	4-5:30 pm	Senior Center	\$2.00 \$3.00
Staying Cyber Safe in Cyber Space	Online	Wednesday Nov 5	10-11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Nov 7	1-3 pm	Senior Center	\$2.00 \$2.00
Securing Your Digital Legacy	482037-09	Monday Nov 10	1-3 pm	Senior Center	\$2.00 \$3.00
iPad As Your Only Computer?	482037-10	Thursday Nov 13	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Nov 14	1-2:30 pm	Zoom	Free
Cell & Smartphone Tutoring	482182-5A 482182-5B	Monday Nov 17	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Android Settings	Online	Wednesday Nov 19	10-11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Nov 19	1:30-3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Nov 21	1-3 pm	Senior Center	\$2.00 \$2.00





## SCTC ACTIVITIES

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

-  **In-Person at Longmont Senior Center.** Register at the Senior Center Front Desk or call 303-651-8411.
-  **Online via Zoom.** Sign up for the SCTC Newsletter email list at [bit.ly/sctc-signup](https://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](https://LongmontSCTC.org)

*See pages 17-19 for Activity Descriptions.*

Lectures and Labs	Registration	Dates	Times	Location	Res, Non Res
Senior Center Tech Lab	Drop-in	Tuesday Nov 25	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	482183-1A 482183-1B	Monday Dec 1	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Windows PC Backup Strategies	Online	Wednesday Dec 3	10-11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Dec 5	1-3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Dec 9	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Android Photos Made Easy	482037-11	Thursday Dec 11	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Dec 12	1-2:30 pm	Zoom	Free
Cell & Smartphone Tutoring	482183-5A 482183-5B	Monday Dec 15	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
iPhone Settings	Online	Wednesday Dec 17	10-11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Dec 17	1:30-3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Dec 19	1-3 pm	Senior Center	\$2.00 \$2.00

### Genealogy Research Workshop

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

**Dates:** Wednesdays Sept 17, Oct 15, Nov 19, Dec 17

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

**Cost:** Free

**Location:** Online/Zoom

Fellow genealogists will be available to help with questions about that ancestor you just can't find. We can help you sort through immigration records, obituaries, wills, and census records to help discover those ancestors. We can help with using genealogy websites, and we'll share information on new websites we've discovered. Plus we are always happy to help those just starting their family research! Please join us as your questions always lead to interesting and lively discussions.

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



### SCTC VOLUNTEERS ARE NEEDED:

Visit [bit.ly/volunteersctc](https://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 LECTURE DESCRIPTIONS

**See Pages 14-16 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](https://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](https://LongmontSCTC.org)



### AI: It's Not Just Hype Anymore – NEW

Artificial Intelligence (AI) isn't just a buzzword anymore—it's showing up in everyday tools, apps, and even our homes. In this session, we'll explore what AI really is, highlight where it's already making a difference, and discuss what it means for you, your tech, and your future.

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

### AI Photo Magic on Your Mac

Your Mac has an array of amazing features to help you sort, select, and edit your photos and videos—many of which use Artificial Intelligence. We'll discuss what those features are, the best way to use them, and how to configure your Mac and iPhone/iPad to take advantage of them. And, with iCloud, you can synchronize your photos and videos across all your devices (even PCs!) for sharing and presenting.

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

### Android Settings

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

**Presented by: Dick Sramek. Location: Online.**

### Android Photos Made Easy

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.**

### Back Up Your Apple Devices NOW!

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

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

### Cell & Smartphone Tutoring

A one-on-one tutoring session with a peer Coach.

**Please register at least three business days prior.**

For an hour, a Coach will help you with your phone. Bring your phone, charger, and passwords. This is not a structured class with lecture.

**Location: Longmont Senior Center.**

### Cybersecurity Fundamentals

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

**Presented by: SVVSD Innovation Center**

**Students. Location: Longmont Senior Center.**

### Demystify Artificial Intelligence (AI)

In this introduction to artificial intelligence (AI), we will cover the core concepts and applications

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

**Presented by: SVVSD Innovation Center**

**Students. Location: Longmont Senior Center.**





## Hands-on Workshop: Android Phone – NEW

Bring your Android phone and your questions! This hands-on session is for anyone who wants to get more comfortable using their Android device—no matter the brand. We'll explore settings, apps, photos, texting, and more based on your needs. Prerequisites: Bring your Android phone, unlocked and charged. (Don't forget your passwords too!)

**Location: Longmont Senior Center.**

## Hands-on Workshop: iPhone & iPad – NEW

Bring your iPhone or iPad and get help with the things that matter most to you—whether it's adjusting settings, using apps, managing photos, texting, or FaceTime. This is a hands-on, participation-based session, not a formal class, so bring your charged device and your questions. (Don't forget your passwords too!)

**Location: Longmont Senior Center.**

## Hands-on Workshop: Microsoft Excel – NEW

This is a hands-on workshop designed to assist those currently using Microsoft Excel to organize, calculate, or manage data. If you use Excel for budgets, lists, or charts and find yourself stuck or frustrated, this session is for you. This is a participation-based workshop, not a formal class—so bring the worksheet you're working on or specific questions and challenges.

**Location: Longmont Senior Center.**

## Hands-on Workshop: Microsoft Word – NEW

This is a hands-on workshop designed to assist those currently using Microsoft Word to create and edit documents. If you use Microsoft Word for writing, editing, or formatting and you are facing issues or challenges, this workshop is perfect for you. This is a participation-based workshop, not a formal class—so bring the document you're working on or specific questions and challenges.

**Location: Longmont Senior Center.**

## iPad As Your Only Computer? NEW

Can you really replace your computer with a tablet? In this discussion, we'll explore how far the iPad has come—and whether it can meet your everyday needs like email, browsing, photos, and Zoom. Learn what works well, what's still limited, and if going tablet-only makes sense for you.

**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 settings in the latest iOS.

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

## Life After Windows 10: Q&A and Guidance – NEW

Windows 10 support is ending in October 2025, and many users aren't sure what to do next. Should you upgrade, pay for security updates, or consider other options? We'll explain the choices in plain language, then open the floor for your questions in a relaxed and supportive Q&A session. **Location: Longmont Senior Center.**

## Online Tech Lab

On scheduled Friday afternoons, using Zoom, our peer Coaches are available to help you one-on-one with any question on any device. See pages 14-16 for specific dates and times. **Location: Online.**

## Password Managers: A Beginner's Guide

This class introduces users to how password managers work. We will explore several different brands so that attendees can choose the right product for them, their families or their small business. **Presented by: North Rittner.**

**Location: Longmont Senior Center.**



## 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: Longmont Senior Center.**





## Securing Your Digital Legacy

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.**

**Location: Longmont Senior Center.**

## Senior Center Tech Lab

Drop in at the Senior Center on scheduled Tuesday mornings or Friday afternoons. Our Coaches are available to help you one-on-one with any question on any device. Bring your device, charger, and passwords. See pages 14-16 for specific dates and times.

**Location: Longmont Senior Center.**

## Smart Ways to Tame Your Passwords – NEW

Tired of forgetting passwords or struggling to keep track? In our discussion we'll show you how to manage them safely and easily—whether you prefer tried-and-true methods like pen and paper or want to explore tools like spreadsheets, password managers, and passkeys. Learn tips that work for all comfort levels and help reduce password stress.

**Presented by: Bobski Masson. Location: Longmont Senior Center.**

## Staying Cyber Safe in Cyber Space

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

**Presented by: North Rittner. Location: Online.**

## Using AI to Find Stuff on the Internet

Discover how search engines work and how Artificial Intelligence (AI) is transforming them. We'll explore the evolution of search engines, their essential features, and the role they play in finding information online. Learn about the latest AI advancements in search technology and how they enhance accuracy, personalization, and efficiency. We'll also discuss privacy concerns and data sharing.

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

## What If I have an iPhone and a PC? – NEW

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

**Presented by: Bobski Masson.**

**Location: Longmont Senior Center.**

## Where's My Stuff? (Mac Finder)

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

**Presented by: Bobski Masson. Location: Longmont Senior Center.**

## Where's My Stuff? (Windows File Explorer)

Confused by where Windows puts your files? This session demystifies Windows File Explorer—learn how to find and manage them. We'll cover things like search tips and file views so you can confidently say, “Aha! There it is!” every time you open your computer.

**Presented by: Henry Spencer. Location: Online.**

## Windows 11 Essentials

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.**

## Windows PC Backup Strategies – NEW

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

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

## SEPTEMBER IS FALLS PREVENTION MONTH!

Stay strong, steady, and independent. Join us for special programs and activities that focus on improving balance, strength, and safety. Learn simple ways to reduce your risk of falling and stay confident in daily life. All ages and abilities welcome. Let's take steps toward preventing falls – together!

### Pain Management & Fall Prevention

Registration #488600-09

**Date: Tuesday, September 9**

**Time: 2-3 pm**

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

AdventHealth Pain Management will talk about the dynamics of Back Pain and Spine Health. The social, emotional, and physical well-being and the impact it has on us as we age. There will be plenty of time for Q&A with a Pain Specialist, **Missy Smith, DNP**.

### Fall Safety Demo Class

Registration #488600-18

**Date: Wednesday, September 17**

**Time: 1-2 pm**

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

Join us for a free, hands-on Fall Safety Demo to learn practical tips and techniques for preventing falls at home and in daily life. This interactive session will cover home safety modifications, safe movement strategies, and simple exercises to improve balance and strength. Perfect for older adults and caregivers looking to stay safe, confident, and independent.

### Get Your Healthy Back

Registration #488600-17

**Date: Thursday, September 18**

**Time: 10-11 am**

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

Decrease pain and increase function. Get back to the activities you love. Back pain will affect the majority of us at some point in our lives. Learn what the different types of back pain are, what your options are to treat this pain, and what you can do to prevent this pain from happening again. Taught by a Physician Assistant and Physical Therapist who specialize in back and spine health. **Jeremy James, PA**, and **Monica Smith**.

### ThinkFirst – National Injury Prevention Foundation

Registration #488600-03

**Date: Friday, October 3**

**Time: 1-3 pm**

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

The Overview of the brain, concussion discussion, significance of falls, fear of falling, safety inside the home, community safety, talking with your physician, nutrition, exercise, vision, medications, and other resources to reduce fall-related injuries and preserve the independence and quality of life for older adults in the community.

### Home Care Fair

**Date: Wednesday, September 10**

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

**Cost:** Free

Choosing home care can be overwhelming. Come to our fair to talk with organizations that provide non-medical and medical home care in Longmont. We welcome your questions about what home care is, what typical costs are, and how you navigate finding an agency that it is a good fit.

### Need Help with Your Heating Costs?

**Date: Thursday, November 6**

**Time: 9-11 am**

**Cost:** Free

Is your heating bill out of control? It might be time for you to find out if you are eligible for LEAP (Low-income Energy Assistance Program). **Senior Services staff** will be available during this walk-in clinic to assist with completing LEAP applications. Ask the front desk for a list of items you need to bring in order to complete the paperwork.

 Denotes new opportunity as part of our hours expansion

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

## Senior Sing for JOY!



<b>Dates:</b>	<b>Wednesday, September 3</b>	Registration #	#489635-01
	<b>Wednesday, September 17</b>		#489635-02
	<b>Wednesday, October 1</b>		#489635-03
	<b>Wednesday, October 15</b>		#489635-04
	<b>Wednesday, November 5</b>		#489635-05
	<b>Wednesday, November 19</b>		#489635-06
	<b>Wednesday, December 3</b>		#489635-07
	<b>Wednesday, December 17</b>		#489635-08

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

**Fee:** \$8 resident, \$9 non-resident

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.

## 55+ Willmaker Legal Seminar

Registration #485404

**Dates:** Sept 4, Oct 2, Nov 6, Dec 4

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

**Cost:** \$100 resident, \$120 non-resident (per date)

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 witnessing, notarizing, individual review, and plenty of time for discussion and questions. Couples must have individual wills. *A \$30 additional materials fee payable to the instructor at the beginning of class required.*

## Fun with Singing

Registration #485231-00

**Date:** Tuesdays, September 9-November 11

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

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

If you enjoy singing and want to have some fun, this is the class for you! No experience required. In this 90 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 held in a secure, private, supportive, and safe environment where FUN is the focus! Instructor: **Wayne Henggeler**.

## SingFit



Registration #489608-09

**Dates:** Fridays, September 5-October 31  
(\*No Class: Sept. 26, Oct. 24)

Registration #489608-11

**Dates:** Fridays, November 7-December 19  
(\*no class: Nov. 14, Nov. 28, Dec. 26)

**Time:** 10-11 am

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

Sing, reminisce, and engage with SingFit — a therapeutic music program designed for adults 55+. Led by **Rhoda**, a trained facilitator, each session blends familiar songs, guided lyrics, movement, trivia, and conversation prompts to support memory, mood, and social connection. Backed by neuroscience and evidence-based music therapy, SingFit helps stimulate cognition, boost emotional well-being, and foster a sense of community. Ideal for participants experiencing normal age-related changes or early cognitive decline. No musical background needed—just bring your voice and enjoy the uplifting experience!

## Snack & Share



Registration #489701-09

**Date:** Tuesday, September 9

**Time:** 1-2 pm

Registration #489701-22

**Date:** Monday, September 22

**Time:** 10-11 am

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

Join us for a fun and friendly open house to learn all about AAIR (Aging Adaptive & Inclusive Recreation)! Meet the Therapeutic Recreation Coordinator, **Ariana Heter**, explore upcoming programs, activities, and trips, and discover how AAIR supports wellness and connection for adults of all abilities. Enjoy light snacks, ask questions, and find out how to get involved in inclusive recreation opportunities designed just for you.



GENERAL INTEREST

Wayne began his formal musical career at the age of 9 when he learned to play the trombone. Since then, he has mastered piano, guitar, bass guitar and the kazoo. However, his first musical love has always been singing. Even his mother would say he came into this world singing! Wayne studied under the renowned Leslie "Diva" Nelson and was 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.





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.

## Behind Closed Doors: Home Rail, Artist

Registration #485089-08

**Date: Thursday, September 4**

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

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

Meet Homer Rail, a Longmont artist whose life has been devoted to drawing, painting, and photography. In this video portrait, Homer reflects on his early beginnings, his lifelong passion for drawing, painting, and photography, and the personal stories behind his work. From childhood sketches to recent photographs, Homer's art spans a lifetime of creativity and captures both the beauty of everyday life and the complexity of human emotion. The video showcases a selection of Homer's work and celebrates the enduring power of creativity at every stage of life. Producer Preston Newell (45 minutes)

## ...In the Details

Registration #485089-11

**Date: Thursday, October 2**

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

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

You may have been by there many times, but have you seen it? This film will take you on a journey through Longmont exploring features that are often unnoticed in our paths. Curious? Join us for this anthology of short video stories about details in commonly seen objects throughout our town. Producer Steve Bigelow (60 minutes)

## Pau Casals – The Story, Music, and Performers of the Opera by Michael Udow

Registration #485089-13

**Date: Thursday, December 4**

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

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

Two years ago, Longmont resident Michael Udow visited the town of El Vendrell in Spain, the small town near where Pablo Casals was born and then after the Second World War, lived for quite some time. The peaceful home is now a museum, with artifacts from his childhood and his adult life, including his childhood cello, musical scores, and items such as several canes and ever-present hats that he wore to shade the sun. Many rooms had documentation of how Casals revolutionized the cello technique and his humanitarian work throughout his life depicted in photographs and video footage from World Wars I and II, and the Spanish Revolution during Franco's rule. Michael was so moved by this experience that little did he know that a seed was planted, such that after he returned home to Longmont, became laser focused on sharing Pablo Casals' life through music.

Come see our film, featuring the opera conducted by Longmont's Elliot Moore, and accompanied by, violin, cello, and piano, including interviews with the composer and performers. Producer Bill Decker (90 minutes)

## Navajo Code Talkers

Registration #485089-12

**Date: Thursday, November 6**

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

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

During WWII, the U.S. Marine Corps recruited men from the Native American Navajo tribe to utilize their unique language to send messages in code for military communications. They had to be highly skilled in both Navajo and English. Their service was key to prevail in Pacific action, but this strategy was kept secret for many years until the program was declassified in 1968. Author Sally McClain shares her quest to honor the Navajo Code Talkers after their exclusion due to the delayed declassification when many World War II movies and books had already been created and written. Producer Glenn Sherwood (55 minutes)



# 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.



GENERAL INTEREST

## Genealogy Research Workshop

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

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

**Cost:** Free

**Location:** Online/Zoom

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

Registration #485405-11

**Date:** Tuesday, September 9

**Time:** 5-7 pm

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

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

Presented by: **Randy Robinson**

## You have Done your DNA - Now What!?

Registration #485405-09

**Date:** Friday, September 19

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

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

You've got matches, ethnicity charts, maybe even cousin overload. But what does it all mean, and how can it help your genealogy? This session is for those who have tested but are not sure where to go next. We will cut through the confusion and show how DNA can unlock real discoveries about your family's past. Instructor: **Bobski Masson**

## Gail's Hidden Secrets in Find a Grave

Registration #485405-10

**Date:** Friday, October 17

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

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

Find a Grave is more than a database; it is a goldmine. We will share some surprising secrets that can turn simple memorials into powerful genealogical tools. Learn how to enrich your family's pages with stories, photos, and connections you did not know were possible.

Instructor: **Gail Lewis**

## American Migration: Pushes, Pulls, and Problems

Registration #485405-12

**Date:** Friday, November 21

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

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

Those who made it to North America generally celebrated their arrival. But their journey was only half done. Let's virtually walk in their footsteps to see what might lie ahead of them once they arrive on our shores and the records they created. Instructor: **Sylvia Tracy Doolos**.

## Connecting Through Family Reunions

Registration #485405-13

**Date:** Friday, December 19

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

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

The intergenerational family reunion is an American tradition. This presentation provides an overview of this tradition and provides a "How To" Guide for your next event. Whether you hold an annual reunion, or a one-time event, planning and communication are the keys to a memorable family get-together.

Instructor: **Robert Stevens**

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

## The Phoenix Project: Rebuilding Your Life After Involuntary Retirement

Registration #489613-00

**Date:** Tuesdays, September 9-Nov 18

**Time:** 6-7 pm 

**Cost:** \$100 resident, \$120 non-resident

Being forced to retire can bring unexpected challenges—loss of purpose, isolation, anxiety, and depression. This supportive coaching group, led by compassionate and experienced coach **Andrea Meier**, helps you re-envision a positive future, build resilience, and regain focus. With over 15 years of post-retirement coaching experience, Andrea specializes in guiding clients through life transitions, helping them identify strengths, cultivate resilience, and redefine purpose. She holds a Master's in Counseling Psychology, a Doctorate in Social Work, and is a Professional Certified Coach (PCC) through the ICF, with additional certifications in positive psychology, energy psychology, and retirement coaching. Begin your next chapter with confidence and clarity.

## The Artist's Way Study Group

Registration #489603-01 - in-person

Registration #489603-02 - online (zoom)

**Date:** Wed, Sept. 10-Dec. 10 (no 11/26)

**Time:** 3-4 pm

**Cost:** \$16 resident, \$20 non-resident

Join **Laura Ambler** in discovering *The Artist's Way* by Julia Cameron in a transformative 12-week course of creativity and spiritual renewal, designed to break through artistic blocks and awaken your innate creativity. Through practices like daily stream-of-consciousness journaling and weekly solo adventures to inspire your curiosity, participants will confront self-doubt, perfectionism, and societal conditioning. Blending introspective exercises, reflective tasks, and principles of mindful self-compassion, this study guides individuals toward reconnecting with their authentic selves whether writers, entrepreneurs, caregivers, or anyone seeking to live with greater imagination, purpose, and alignment with their inner spark. *Book is provided.*



## Book Club – The Way Out

Registration #489601-00

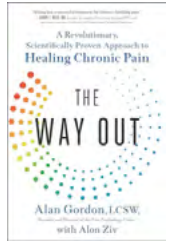
**Date:** Weds, Sept. 10-Oct 22 (2nd and 4th Wed)

**Time:** 1-2 pm

**Cost:** \$17 resident, \$21 non-resident  
Book provided

Chronic pain is an epidemic - affecting over 50 million Americans and too often, they are told there is no cure. Join us in reading *The Way Out* by Alan Gordon, a psychotherapist and founder of the Pain Psychology Center. Drawing from his personal experience with chronic pain and his professional work, Gordon introduces Pain Reprocessing Therapy (PRT) - a revolutionary, science-backed method that has helped thousands find lasting relief.

PRT is rooted in neuroscience, which shows that most chronic pain is not caused by structural damage but by misfiring pain circuits in the brain. Through psychological techniques and somatic practices, PRT helps rewire these circuits and breaks the cycle of pain. A recent randomized controlled study at the University of Colorado-Boulder found that the majority of participants who used PRT became pain-free or nearly pain-free - and the results were sustained over time.



## Intergenerational Hand Drumming

**Date:** Thursday, September 11  
Thursday, October 9\*  
Thursday, November 13  
Thursday, December 11

Registration #  
#489604-09  
#489604-10  
#489604-11  
#489604-12

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

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

**Location:** Longmont Senior Center, Gym

\*10/9 Lashley Street Station

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.



GENERAL INTEREST



## Medicare Basics

Registration #485902-00

**Date: Monday, September 29**

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


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

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

## Social Security 101

Registration #485905-00

**Date: Thursday, October 2**

**Time: 4:30-5:30 pm** 

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

**Ivy Heuton**, public affairs specialist with the Social Security Administration, will provide a pre-retirement presentation discussing Social Security benefit eligibility, how benefits are calculated, enrollment options, online services and more. **THIS CLASS OCCURS ONLINE**, and you will be emailed the link to join the class a week prior to the class date.

## Speed Friending!

Registration #488901-00

**Date: Thursday, October 2**

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

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

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

*Denotes new opportunity as part of our hours expansion*

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

## Conversation Starter Film Series

Registration #485904-00

**Date: Monday, October 6**

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

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

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

Presenting: *Aging in America: Survive or Thrive* (2025). Life expectancy in the U.S. has increased from just over 47 years to 77 in the last 125 years. This PBS documentary asks if America is prepared for this change in longevity. Using Dr. Robert Butler's Pulitzer Prize-winning book, *Why Survive?*, as a guide, the film explores critical topics such as ageism, healthcare, economic insecurity, and Alzheimer's disease. *Run time: 56 min*

## Beginning Mahjong

Registration #485408-10

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

**Time: 1-4 pm**

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

Learn the basics of this fascinating and stimulating game. The rules of Mahjong will be explained over several sessions, and then you will put your knowledge to work by playing the game. This class is being taught by a current Mahjong instructor.

Cards are included in the fee, as every player is required to have their own cards. A handout will be provided at the first class. If you do not need lessons, have your own cards, and love to play Mahjong, please join our Friday group! Email **Diane Gamble** at [dianegamble77@comcast.net](mailto:dianegamble77@comcast.net) to find out more.

## Death Café

Registration #485900-00

**Date: Wednesday, October 15**

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

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


Let's talk about death! Join us at Death Cafe, 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.



GENERAL INTEREST

## Get Organized for the Holidays on Every Level!

Registration #485218-01  
**Date:** Tuesday, September 23  
**Time:** 10 am-Noon

Registration #485218-02  
**Date:** Wednesday, October 1  
**Time:** 5:30-7:30 pm 

**Cost:** \$16 resident, \$20 non-resident

Are you ready for holiday entertaining? It's never too early. Ready for drop-in or invited family and friends? Are you 'mentally organized' for the upcoming holidays, gifts buying, travel, meals, etc.? Is stress creeping in? Take the time now to pre-prepare and pre-plan, make the best decisions on what is important for your holiday organizing. Make your holidays easier for everyone, especially you! Learn the 10-Steps to Organizing Everything; ask questions about your personal frustrations with stuff and things and clutter that are taking your time and energy away from better uses and holiday joy. Learning materials included. Instructor: **Kim Wolinski**, 'Dr. DeClutter'.



## End of Life Documents and Storage for Peace of Mind

Registration #485218-05  
**Date:** Wednesday, October 29  
**Time:** 10 am-Noon


Registration #485218-06  
**Date:** Saturday, December 6  
**Time:** 9:30-11:30 am

**Cost:** \$16 resident, \$20 non-resident

If something happens to you today, does your family know where and what your End of Life Decisions and Wishes are? Can you help keep your bank accounts, etc., from going into probate, taking up months and sometimes years of your family's lives? Learn from this experienced two-time Estate Manager what you need to get ready and how it helps you relieve stress and concern now and when your family needs to step in for everyone's peace of mind. **BONUS!** Get the Category List you'll need, how to store them and how to keep them current. Learning materials included. Instructor: **Kim Wolinski**, "Dr. DeClutter".

## Stop Waiting! Win the Battle Against Procrastination

Registration #485218-03  
**Date:** Tuesday, October 7  
**Time:** 10 am-12 pm


Registration #485218-04  
**Date:** Wednesday, November 19  
**Time:** 5:30-7:30 pm 

**Cost:** \$16 resident, \$20 non-resident

Is your TO DO List buried under stacks, dusty or several years old? Do you feel guilty and/or embarrassed about the things you keep saying you're "going to do," but don't? Lack of motivation, low dopamine, adult ADHD, grief and other reasons can stop us cold in our tracks. If procrastination and disorganization are affecting your peace of mind, don't miss this workshop where you'll learn the solutions and focused techniques to get motivated, and get your TO DOs, TO DONE on time! Learning materials included. Instructor: **Kim Wolinski**, "Dr. DeClutter".

## Letting Go With All Your Might, Creating a Fresh Path

Registration #485218-07  
**Date:** Saturday, November 8  
**Time:** 9:30-11:30 am

Registration #485218-08  
**Date:** Tuesday, December 9  
**Time:** 5:30-7:30 pm 

**Cost:** \$16 resident, \$20 non-resident

Many experiences in life can take the wind out of our sails, letting some of them go might seem impossible. But, holding onto old issues and negative emotions, transition, loss and/or grief takes a toll on our minds, health, relationships and better future experiences. Learn the 11-Stage ReDecisions Model for Change to 'redecide' what you really want for your life, and how to let go to get there from here. Learning materials included. Presented by the author of the book *Letting Go With All Your Might*, **Kim Wolinski, MSW**, 'Dr. DeClutter'.

 Denotes new opportunity as part of our hours expansion

## "Securing Your Retirement"

Registration #485409-00  
**Date:** Tuesday, September 23  
**Time:** 1-2:30 pm  
**Cost:** Free

"Securing Your Retirement": Lifetime Income Strategies. Retire with confidence by understanding how guaranteed lifetime income can provide security, stability, and peace of mind

in today's economy. This class will explore tools to create income you cannot outlive while protecting against inflation, market volatility, and rising interest rates. You'll also learn about potential enhancements for long-term care and nursing home coverage, budgeting strategies in retirement, and how to avoid outliving your savings. Perfect for seniors looking to preserve wealth and simplify retirement planning.



## Medicare Basics

Registration #485902-00

**Date: Monday, September 29**

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

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

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

## Social Security 101

Registration #485905-00

**Date: Thursday, October 2**

**Time: 4:30-5:30 pm**

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

**Ivy Heuton**, public affairs specialist with the Social Security Administration, will provide a pre-retirement presentation discussing Social Security benefit eligibility, how benefits are calculated, enrollment options, online services and more. **THIS CLASS OCCURS ONLINE**, and you will be emailed the link to join the class a week prior to the class date.

## Speed Friending!

Registration #488901-00

**Date: Thursday, October 2**

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

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

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

## Conversation Starter Film Series

Registration #485904-00

**Date: Monday, October 6**

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

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

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

Presenting: *Aging in America: Survive or Thrive* (2025). Life expectancy in the U.S. has increased from just over 47 years to 77 in the last 125 years. This PBS documentary asks if America is prepared for this change in longevity. Using Dr. Robert Butler's Pulitzer Prize-winning book, *Why Survive?*, as a guide, the film explores critical topics such as ageism, healthcare, economic insecurity, and Alzheimer's disease. *Run time: 56 min*

## Beginning Mahjong

Registration #485408-10

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

**Time: 1-4 pm**

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

Learn the basics of this fascinating and stimulating game. The rules of Mahjong will be explained over several sessions, and then you will put your knowledge to work by playing the game. This class is being taught by a current Mahjong instructor.

Cards are included in the fee, as every player is required to have their own cards. A handout will be provided at the first class. If you do not need lessons, have your own cards, and love to play Mahjong, please join our Friday group! Email **Diane Gamble** at [dianegamble77@comcast.net](mailto:dianegamble77@comcast.net) to find out more.

## Death Café

Registration #485900-00

**Date: Wednesday, October 15**

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

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

Let's talk about death! Join us at Death Cafe, 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.





## AARP Driver Safety Class

Registration #484212-10

**Date: Wednesday, October 8**

Registration #484212-11

**Date: Wednesday, December 10**

**Time: 8:30 am-1 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 only. You must have a card with your name on it. Advantage plans must pay fee.

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.

## Get Acquainted

Registration #483900-00

**Date: Thursday, October 16**

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

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

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

## Aging Solo: Handyman 101

Registration #485903-00

**Date: Thursday, October 30**

**Time: 4-5 pm**

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

Are you wondering how you might complete minor home repairs and don't know where to begin? Join volunteers and staff from **Cultivate** to learn more about their volunteer Fix-It program. Cultivate's vision is to create a world in which all seniors and their loved ones enjoy more quality time and peace of mind through the active support of their community.

## Holiday Scams

Registration #485333-00

**Date: Thursday, November 13**

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

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

Scammers would love a seat at your holiday table. Come learn about the scams and frauds that pop up this time of year, whether they're coming our way by phone, email, popup, or mail, or even at the door. Learn about the latest call-blocking features that our landline and cellphone companies now provide to reduce the number of scam calls. We will also talk about identity theft and how to keep your personal information and money safe in this technological age. Presented by the Community Protection Division of the Boulder County District Attorney's Office.



## Salsa Dance Classes - NEW!

Registration # 486500-09

**Date: Thursdays, September 4-18**

Registration: # 486500-10

**Date: Thursdays, October 2-16**

Registration: # 486500-11

**Date: Thursdays, November 6-20**

Registration: # 486500-12

**Date: Thursdays, December 4-18**

**Time: 1-2 pm**

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

**Location:** Lashley St Station (1200 Lashley St)

Join us for a fun afternoon of Salsa and Bachata dance. This class is a welcoming space to move your body, lift your spirit and connect with others. Dancing is a wonderful way to stay active, improve your balance, your flexibility and coordination-All while enjoying great music, meeting new friends and expressing YOURSELF!! Lets dance together because its never too late to feel great!

This class is a relaxed, social class where everyone is welcome. It's designed for everyone and all levels, beginner friendly, gentle and guided movements.

No partner needed. Please join us ANYTIME!

## J. Robert Oppenheimer

Registration #484440-02

**Date: Wednesday, September 3**

**Time: 1-2 pm**

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

2025 marks the 80-year anniversary of the controversial decision to drop two atomic bombs on Japan at the end of World War II. J. Robert Oppenheimer is often called the "father of the atomic bomb" for his role in overseeing the development of the first nuclear weapons. Presented by **Paul Flanders**.

## Fall Gardening in Colorado

Registration #485131-01

**Date: Monday, September 8**

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

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

Just because the leaves are starting to fall and there may be a couple of snowflakes around does not mean that it's time to give up gardening for the year. Gardening in Colorado can be a challenge and there are many things that you can do in fall to extend the season and to ensure that you have success next year. We will discuss what you can plant now and how to prepare lawns, trees, shrubs, perennials, and vegetable beds for winter. Please bring your gardening questions!

Taught by **Jeff Miller**, who has a degree in horticulture, and was in the horticulture industry for 40 plus years in Colorado. Teaching is in his blood. He also enjoys helping people achieve success with gardening here in Colorado.

## Wichita State Aircraft Accident

Registration #484440-05

**Date: Wednesday, September 10**

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

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

This presentation covers the specifics behind an inexperienced crew flying the Wichita State football team up the road to Loveland Pass without the experience they needed to make a safe flight. Thirty-one players, coaches, fans, and others died. Presented by **Tracy Perry**.

## Common Sense: Not Very Common & Often Wrong

Registration #484440-04

**Date: Wednesday, September 17**

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

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

We humans often attribute an outlook, an attitude, a decision to being just 'common sense,' especially when we want the item to be the way we want things to be. Michaelm Grant will provide several challenging examples of where 'common sense' errs, often importantly, and will try to explain why that error was important or relevant. Presented by **Professor Michael Grant**.

## From Sun to the Aurora

Registration #484440-00

**Date: Thursday, September 18**

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

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

Come with us as we follow magnetic storms from the sun to the aurora, they exited via pathways around and behind the Earth! Presented by **Dr. Barbara Emery**

## Grassland Prairie Ecology

Registration #484440-01

**Date: Thursday, September 25**

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

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

Discover the beauty and importance of the grassland prairies in the program. We will explore some unique plants and animals that call this ecosystem home and learn how prairie landscapers have changed over time. Presented by **Lyndsay Gonzalez**.

## Things That People Believe That Are Not So

Registration #484440-03

**Date: Thursday, September 25**

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

**Cost: \$6 resident, \$8 non-resident**

We are all gullible about some issues. We have favorite beliefs we learned at our mother's apron strings. Other beliefs are held tightly because they support ideas and prejudices that we are reluctant to change. Most of these beliefs can be related to subject areas like i) food preferences, ii) health solutions, iii) political preferences, iv) religious biases, or v) just plain ignorance! Some beliefs are tied to popular conspiracy theories, and they are believed so strongly facts make no impression on the believer. Some beliefs are tied to conventional wisdom which most people never examine critically, E.g., Lightning never strikes the same place twice, or bulls are enraged by the color red. True or False: There are 50 states in the United States of America? This is a fun lecture intended to entertain and educate. Presented by **Dr. Robert Meroney**, Professor Emeritus from Colorado State University.





## Sustainable Landscaping for Colorado Gardeners

Registration #485131-02

**Date: Tuesday, September 30**

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

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

Join us for this practical workshop designed specifically for Longmont, Colorado residents. Learn proven techniques to create beautiful landscapes that work with our semi-arid climate rather than against it. Discover how to dramatically reduce water usage through smart irrigation, plant selection, and soil management strategies. We'll cover efficient watering systems, rain gardens, and low-maintenance plant choices that thrive in Colorado's challenging conditions.

Taught by **Sheila Prentice**, who is a horticulture professional dedicated to sustainable landscaping and community-based education. She currently serves as the Sustainable Landscape Specialist for Boulder County Extension, where she leads initiatives focused on creating resilient, water-efficient, and ecologically responsible landscapes.

## Kennedy, Sinatra, and the Mafia

Registration #484441-00

**Date: Wednesday, October 1**

**Time: 1-2 pm**

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

With his mafia wiseguy links and access to entertainment industry star power, Frank Sinatra helped John F. Kennedy into the White House in 1960. Presented by **Paul Flanders**.

## Rug Hooking and its History

Registration #484441-08

**Date: Friday, October 3**

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

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

**Paul** and **Amy Lindsay** collaborate on the designing and rug hooking of large wall hangings. They will do a presentation with examples of their collaboration of Vail Pass, Colorado National Monument, etc. They will talk about the designing process and the art of rug hooking, popular in New England from which they recently moved.

## Deception in the Natural World

Registration #484441-02

**Date: Wednesday, October 8**

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

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

One idea, held by many people, is that deception is a human invention whereas 'nature' is honest and forthright. Michael Grant will illustrate a range of interesting ecological examples that show that deception is not exclusive to *Homo sapiens* but is a major element of the natural world. Presented by **Professor Michael Grant**.

## Rocky's West Side Story

Registration #484441-06

**Date: Saturday, October 4**

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

**Cost: \$6 resident, \$8 non-resident**

Imagine the courage of early settlers to follow Ute trails across the Continental Divide in search of a new home in an unsettled, harsh mountain environment. Or living in a cave, while digging a ditch to divert water out of the Grand River. Learn about the intersection of the Arapaho and Ute tribes and early settlers in Colorado's Rocky Mountains. Embark on a tour of the recurring themes of survival and success in the past 11,000 years in the high isolated mountain valley. Listen to stories of human nature encountering Mother Nature and be inspired to preserve the wilderness, wildlife and wonder of Rocky Mountain National Park's west side. Presented by **Dave Lively**.

## The Story of the Astrolabe - Man's First Handheld Computer

Registration #484441-01

**Date: Thursday, October 9**

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

**Cost: \$6 resident, \$8 non-resident**

Want to know what time it is day or night? When will the sun rise? When will it go down? When will the next eclipse occur? When do conjunctions of the planets, sun or moon occur? Where are you north or south along a meridian? Which stars can you see winter or summer, and where will they be located tonight? What phase is the moon in currently? How high in the sky will the sun or moon rise today? Over a thousand years ago you might have consulted a 'handheld' computer/calculator called an Astrolabe to determine any of these matters.

The astrolabe is a very ancient astronomical computer for solving problems relating to time and the position of the Sun and stars in the sky. The principles of astrolabe projection were known before 150 B.C., and true astrolabes were made before A.D. 400. The astrolabe was highly developed in the Islamic world by 800 and was introduced to Europe from Islamic Spain (Andalusia) in the early 12th century. It was the most popular astronomical instrument until about 1650, when more specialized and accurate instruments replaced it. Astrolabes are still appreciated for their unique capabilities and their value for astronomy education. Presented by **Dr. Robert Meroney**, Professor Emeritus from Colorado State University.

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





## Humor in Aviation

Registration #484441-03

**Date: Wednesday, October 15**

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

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

The humorous side of aviation; military, private and airlines. This is about the lighter side of aviation based on 18+ years as an Air Traffic Controller in the Air Force and here at Longmont on 17th Avenue. Presented by **Tracy Perry**.

## What Would the Founders Do?

Registration #484441-06

**Date: Thursday, October 16**

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

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

This is a continuation of the presentation on May 8, 2025, with new topics such as WMDs, Taxes, Public Works, the Draft and more. What would the Founding Fathers think about issues and people of today? This presentation will bring the founder's ideas in context with the politics of today. Presented by **Paul Lohr**, the Economics & You lecturer.

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

Registration #484441-05

**Date: Thursday, October 16**

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

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

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

## Why are Flowers so Beautiful?

Registration #484442-02

**Date: Tuesday, November 4**

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

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

Charles Darwin first described the burst of flowers over a relatively short period of time in the fossil record as 'an abominable mystery'. We now know a lot about that mystery, and a deep dive into flower structures, forms, and times of origins give us a lot of understanding, and pleasure that Darwin didn't have. Presented by **Professor Michael Grant**.



## The 14<sup>th</sup> Amendment

Registration #484442-00

**Date: Wednesday, November 5**

**Time: 1-2 pm**

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

The Fourteenth Amendment defines citizenship, prevents states from abridging the privileges or immunities of citizens, and ensures no state can deprive any person life, liberty, or property without due process, or deny them equal protection of the laws. Presented by **Paul Flanders**.

## The Day the Music Died

Registration #484442-03

**Date: Wednesday, November 12**

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

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

We will talk about and explore some of the better-known accidents caused by pilots carrying famous people and having 'get there itis' and taking unnecessary chances that took the lives of passengers and crew. Presented by **Tracy Perry**.

## 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.**



## Dr. Seuss and Early Reading

Registration #484442-01

**Date: Thursday, November 13**

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

**Cost:** \$6 resident, \$8 non-resident

Theodor (Ted) Seuss Geisel had a seventy-year career of producing cartoons for high school, college, humor magazines, advertising, political cartoons, children, and even adults.

His work revolutionized the teaching of literacy to preschoolers, energized patriots during World War II, and entertained millions of children and adults with funny, often ethically challenging and motivating illustrations. Dr. Seuss replaced the mostly highly moralizing, religious instructive, stiff books for children by fun stories that made reading a delight for all. Presented by **Dr. Robert Meroney**, Professor Emeritus from Colorado State University.

## Owl Be There: A Closer Look at Local Owls

Registration #485202-11

**Date: Wednesday, November 19**

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

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

Did you know that over half of the owl species recorded in the U.S. have been seen right here in Boulder County—and many of them nest locally? Join volunteer naturalists for a captivating slide program exploring the fascinating diversity of these remarkable birds. Discover the unique adaptations that make owls expert hunters of the night, from silent flight to extraordinary hearing and vision. Whether you're an avid birder or just curious about local wildlife, this program offers a deeper appreciation for these mysterious, feathered predators. Presented by **Dave Fletcher**.

## Rise of the KKK in the 1920s

Registration #484445-00

**Date: Wednesday, December 3**

**Time: 1-2 pm**

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

In the early 1920s, a reborn Ku Klux Klan exploded upon the American scene with some 5 million, dues paying members who were White Anglo-Saxon Protestants who thought only people like them could be 'real Americans.' Presented by **Paul Flanders**.

## James Harold Doolittle

Registration #484445-03

**Date: Wednesday, December 10**

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

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

James Harold Doolittle (Dec 14, 1896 - Sept 27, 1993) was an American 4-Star General and aviation pioneer who received the Medal of Honor for his raid on Japan during World War II. Tracy Perry, in 1988, was fortunate enough to spend 3.5 hours over brunch in California. Doolittle's life as one of the best pilots our country ever produced is indeed fascinating. Presented by **Tracy Perry**.

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

## Sisters of Courage

Registration #484445-04

**Date: Saturday, December 13**

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

**Cost:** \$6 resident, \$8 non-resident

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

## Awesome Science Part II

Registration #484445-02

**Date: Tuesday, December 16**

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

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

This talk will consist of several amazing examples of science advancement that may not be particularly well known. It will jump all around several science disciplines and not be a cohesive, single theme narrative. We will, for example, examine an amazingly accurate estimate of the circumference of the earth using essentially no tools except a small wooden walking staff, some local knowledge and thoughtful insight. Presented by **Professor Michael Grant**.

## Economics and Issues of Today

Registration #484445-06

**Date: Thursday, December 18**

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

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

If economics scared you in school, then this is the class for you! We will cover an array of topics that demonstrate how the laws of economics really work and pertain to issues we are living with today, including surveillance pricing. Presented by **Paul Lohr**, the Economics & You lecturer.



## Visual Arts Guide to the Gospels

Registration #484445-01

**Date: Thursday, December 18**

**Time: 1-2 pm**

**Cost:** \$6 resident, \$8 non-resident

Throughout most of history the Church has been the inspiration and the support of the artistic community. Through the 1600s recognized masters focused on biblical themes.

For the great majority of the illiterate public these paintings and sculptures were the primary source of information and instruction about their faith; thus, the great stories of the Bible have been illustrated in art...where a single picture was indeed worth a thousand words. This presentation emphasizes illustrations from the four Gospels of the New Testament plus a few from Revelations. Presented by **Dr. Robert Meroney**, Professor Emeritus from Colorado State University.



## 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 vary month to month and are based on our years of work with Bobbi Nesheim PhD, MFT. They provide a rich environment of information and peer discussion 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**

### Living Life Beyond Four Walls

Registration #484340-9A (in-person)

#484340-9B (online)

**Date: Tuesdays, September 2-23**

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

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

Aging and staying engaged in our world are life-long exercises in creativity- Let's explore and ponder the ways!

### Care and Caring

Registration #484340-10A (in-person)

#484340-10B (online)

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

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

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

Care and caring from a personal point of view - as creatures with the capacity to care, what is the nature of our care as such? What are the different ways of caring? Let's take a fresh look at our personal relationship with care and caring.

### The Power of Gratitude

Registration #484340-11A (in-person)

#484340-11B (online)

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

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

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

This is the season to consider Gratitude - a most powerful emotion. Let's explore the benefits of gratitude, the expression of gratitude and your acceptance of gratitude.

### Setting Intentions

Registration #484340-12A (in-person)

#484340-12B (online)

**Date: Tuesdays, December 2-23**

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

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

To wrap up our discussions for 2025, let's look at proactively shaping your life by focusing on what matters most to you and taking steps to achieve it through a lens of these questions: What do you want to take with you into the year ahead? And what do you want to leave behind?

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

## GERMAN CONVERSATION GROUP

See page 8 for more details regarding this free opportunity to meet with others and strengthen your language skills.



## The Writing Circle – Online

**Date: Monday, September 8**

Registration #484360-09

**Registration Deadline: Sept 1**

**Date: Monday, October 13**

Registration #484360-13

**Registration Deadline: Oct 6**

**Date: Monday, November 10**

Registration #484360-10

**Registration Deadline: November 3**

**Date: Monday, December 8**

Registration #484360-12

**Registration Deadline: December 1**

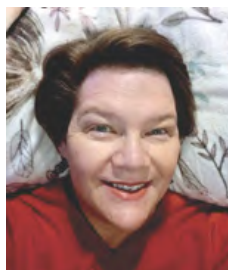
**Time: 11 am-12:30 pm**

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

**Location:** Zoom/online/call-in

Do you want a fun and supportive place to share your thoughts, memories, and ideas in writing? Do you crave a community where you can explore unusual and inspiring prompts and develop your creativity? All you need is paper, a pencil/pen, and an open heart. Three years ago, Laura joined Debbie Noel's Writing Salon. Because of Debbie's encouragement, Laura started writing every day, improved her podcast (Living in the Lightning Strike, formerly Creating Your Community), 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.

## Storytelling: Holiday Stories a La Carte

Registration #484313-01

**Date: Wednesday, December 3**

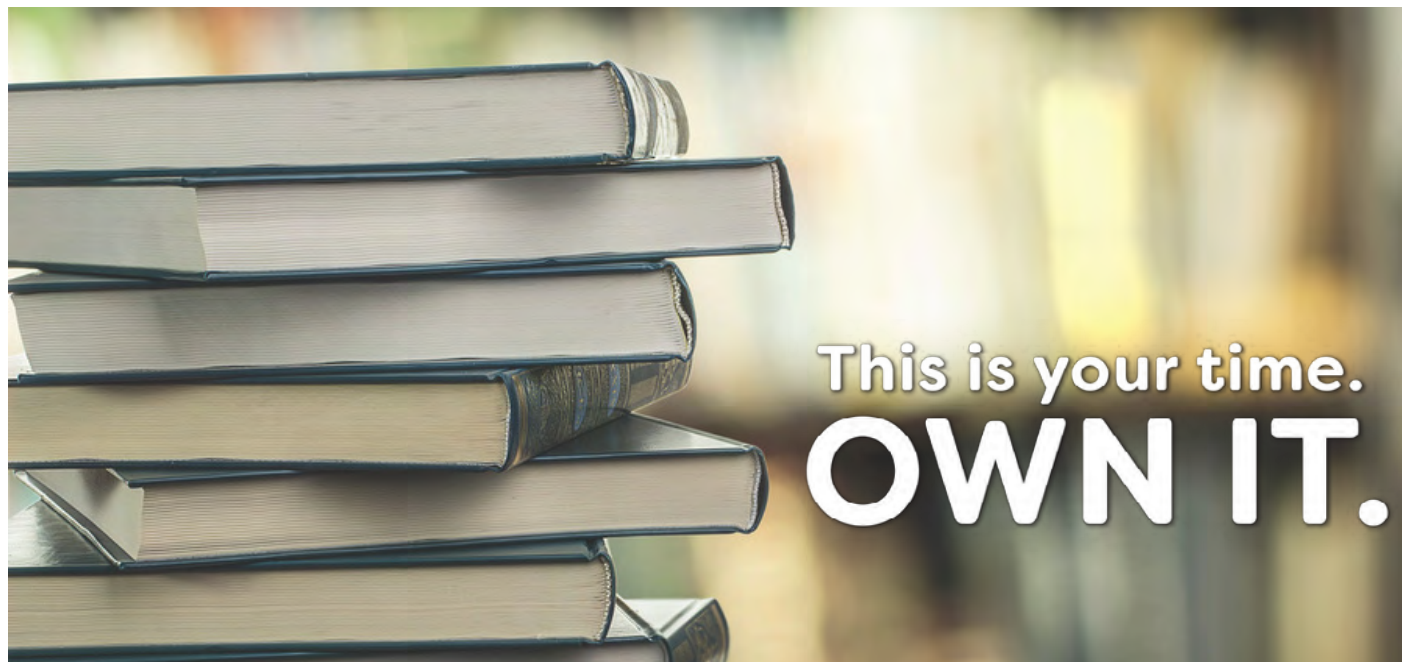
**Time: 3-4:15 pm**

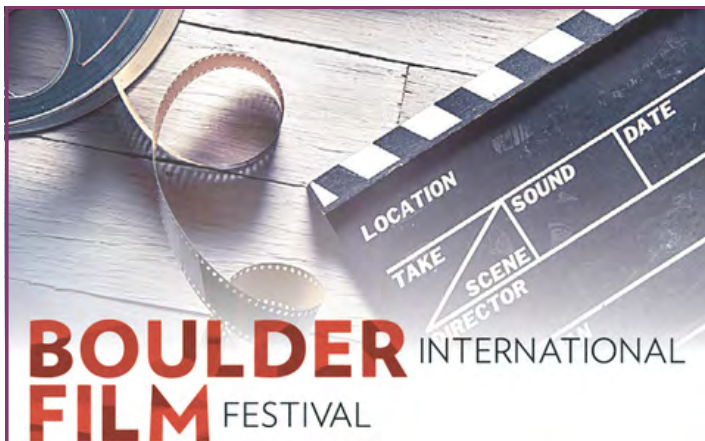
**Cost:** \$2 resident, \$3 non-resident

**Registration Deadline: November 26**

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.*





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.

## Beethoven's Nine: Ode

Registration #484333-11

**Date:** Saturday, November 15

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

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

*Canada, Feature Documentary, 2024 PARTIALLY SUBTITLED*

Beethoven's Ninth was the first symphony in history to be accompanied by words – magnificent, stunning words that are about love and freedom, hope and peace, embracing all of humanity. This is a symphony hoping for a time when the world can finally embrace the love and ideals that make life worth living. It was written both as a love letter to all of humankind and at the same time as a powerful protest piece. Are we there yet? Are we finally worthy of the hopes and dreams of this artist, two hundred years later? To answer that question, Larry Weinstein explores the stories of nine individuals, all connected to this symphony in different ways. And, as recent life and world events collide, Weinstein himself is pulled into the story in a heart-wrenching way, shining a light on how it is impossible to separate art from life.

Directed by Larry Weinstein

Produced by Liam Romalis, Jason Charters, Maria Willer, Bernard von Hulsén

## 2025 Short Films I

Registration #484333-09

**Date:** Wednesday, September 17

**Time:** 5:30-7:00 pm

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

### Out for Delivery

*US, Short Film, 17 minutes, 2025*

Out for Delivery follows Joanna's funny and sometimes undignified journey to seek a peaceful end of life through "death with dignity" medication.

Directed by Chelsea Christer

### Father's Letters

*France/Russia, Short Animation, 12 minutes, 2024*

In 1934, Professor Vangengheim is condemned to a gulag on a Russian archipelago. To protect his daughter Elya from the reality of his situation, he decides to let her believe, through his imaginative letters, that he has gone on an amazing expedition. SUBTITLED

Directed by Alexey Evstigneev

**Room Taken** *Ireland, Short Film, 19 minutes, 2023 Shortlisted for Best Live Action Short Film at the 2025 Academy Awards*

Isaac, newly arrived from Ireland, is homeless and uncertain of where he can spend the night. After helping an elderly blind woman home with her packages, he secretly stays. Knowing she can't see him - they form a unique bond. Directed by Tj O'Grady Peyton

Executive produced by Colin Farrell

### The Ice Cream Man

*US, Short Film, 35 minutes, 2024*

*Shortlisted for Best Live Action Short Film at the 2025 Academy Awards*

Based on actual events. Shortly after the Nazi invasion of the Netherlands, a popular ice cream shop owner, Ernst Cahn, finds himself targeted by the infamous "Butcher of Lyon," Klaus Barbie. As his world crumbles, "The Ice Cream Man" must choose between resistance and death, a choice that will reverberate throughout the country.

Directed by Robert Moniot

**Terminally Ill** *US, Short Film, 8 minutes, 2023*

*Winner of Best Comedy Award and the Audience Award at Aspen Shortsfest*

When a struggling rapper is summoned to his grandmother's deathbed, he engages in a madcap freestyle in an attempt to prevent her from dying.

Directed by Chris Cole

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



HUMANITIES & CULTURAL



## 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

**Fechas:**

**Sept 8, 22, Oct 6, 20, Nov 3, 17, Dic 1, 15, 29**

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

**Costo:** Gratis

**Registración:** no es necesario registrase

¿Le gusta cantar o convivir cantando? 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.

## Pan, Café, y la Muerte

**Fechas:** Jueves

**18 de Sep** # de Registración: 486901-09

**16 de Oct** # de Registración: 486901-10

**20 de Nov** # de Registración: 486901-11

**18 de Dic** # de Registración: 486901-12

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

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

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

## 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

**Fechas:** el segundo y cuarto  
Martes de cada mes

**Hora:** 2-3:30 pm

**Costo:** Gratis, No es necesario registrase.

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

**10 de Sep** # de Registración: 486504-09

**8 de Oct** # de Registración: 486504-10

**12 de Nov** # de Registración: 486504-11

**10 de Dic** # de Registración: 486504-12

**Hora:** 4-6 pm

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

**Fecha límite:** 7 días antes del día de clase

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.

## Computación Básica; Seguridad Digital y Uso de Teléfonos (Apple y Android)

# de Registración: 486503-00

**Fechas:** Jueves, 11 de Septiembre-2 de Octubre

**Hora:** 9-11 am

**Costo:** \$1 residente, \$3 no-residente

Computación Básica y Aprende seguridad digital y el uso básico de teléfonos Apple y Android en este taller introductorio de computación.





## Curso de Computación Básica con Entrega de Chromebook

# de Registración: 486503-01

**Fechas:** Jueves, 11 de Sept-6 de Nov (no 10/23)

**Hora:** 5-7pm 

**Costo:** \$80 residente, \$96 no-residente

Curso de Computación Básica con Entrega de Chromebook. Description: Aprende computación básica, recibe un Chromebook al finalizar. Curso práctico y completo en 8 sesiones.

## Conversaciones con Nutricionista

**Fechas:** Miércoles

**24 de Sep** # de Registración: 486501-09

**22 de Oct** # de Registración: 486501-10

**26 de Nov** # de Registración: 486501-11

**16 de Dec (martes)** # de Registración: 486501-12

**Hora:** 1-3 pm

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

**Fecha límite:** 7 días antes del día de clase

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

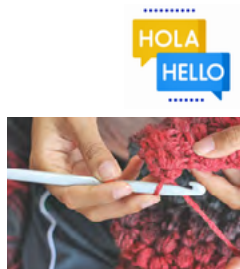
## Nuevo! – Crochet

**Miercoles 1-3 pm**

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.

**No se requiere preinscripción.**



## VIDA CREATIVA

### Vida Creativa

**Fechas:** los viernes

**19 de septiembre** # de Registración: 486502-09

Septiembre: Preparación para la Fiesta de Té

**24 de octubre** # de Registración: 486502-10

Octubre: Fiesta de Té (**11:45am-2pm**)

**Costo: \$4 residente, \$5 no-residente**

**21 de noviembre** # de Registración: 486502-11

Noviembre: Celebración del Día de Muertos

**12 de diciembre** # de Registración: 486502-12

Diciembre: Proyecto Navideño

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

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

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

### Concurso de Chile

**# de Registración:** 486505-00 partícipe

486505-01 concursante

**Fecha:** Jueves, 30 de Octubre

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

**Costo:** Gratis para competidor, \$4 residente, \$5 no-residente partícipe

Buscas una opción divertida para tu próxima reunión grupal? No busques más: el clásico concurso de chili es la solución. Podrán demostrar sus habilidades culinarias e interactuar en un ambiente relajado. Si a eso le sumas un toque de competencia amistosa, tendrás la receta perfecta para un evento que encantará a tu grupo.



### 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.



INFORMACIÓN Y PROGRAMAS EN ESPAÑOL

## Ideas de Actividades para Cuidadores de Personas con Demencia

# de Registración: 486903-00

**Fecha:** 13 de septiembre

**Hora:** 10-11 am

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

La presentación cubrirá las mejores prácticas para la participación de actividades en su persona con deterioro cognitivo leve, así como las diferentes etapas de la demencia. Analizaremos el método Montessori para el cuidado de personas con demencia, así como el programa de arte "Memorias en la Formación." También identificaremos cómo adaptar las actividades a las capacidades actuales de su persona. Presentado por Brenda Gurung, especialista acreditada en demencia, fundadora de Be Growth Dementia Education, miembro del Consejo Asesor de Salud de Forbes y líder nacional en residencias para personas mayores. Esta presentación se ofrece con interpretación simultánea.

### Nuevo! – Clases de Baile Latino

# de Registración: # 486500-09

**Costo:** \$5 residente, \$6 no-residente

**Fechas:** Jueves, del 4 al 18 de septiembre

# de Registración: # 486500-10

**Fechas:** Jueves, del 2 al 16 de octubre

# de Registración: # 486500-11

**Fechas:** Jueves, del 6 al 20 de noviembre

# de Registración: # 486500-12

**Fechas:** Jueves, del 4 al 18 de diciembre

**Hora:** 1-2 pm

**Facilidad:** Lashley St Station (1200 Lashley St)

Clases de baile Latino, Únete a nosotros para una tarde divertida de salsa y bachata. Esta clase es un espacio acogedor para mover el cuerpo, animarte y conectar con los demás. Bailar es una forma maravillosa de mantenerse activo, mejorar el equilibrio, la flexibilidad y la coordinación, ¡todo mientras disfrutas de buena música, conoces nuevos amigos y te expresas! ¡Bailemos juntos porque nunca es tarde para sentirse bien! Esta clase es relajada y social, donde todos son bienvenidos. Está diseñada para todos los niveles, es ideal para principiantes, con movimientos suaves y guiados. No necesitas pareja. ¡Únete a nosotros en CUALQUIER MOMENTO!

## Fiesta de Té

# de Registración: 486502-10

**Fecha:** 24 de octubre

**Hora:** Noon-2 pm

**Costo:** \$4 residente, \$5 no-residente

**Fecha límite:** 7 días antes del día de clase

**Registrarse:** 11:30 am / **Salir:** 11:45 am

La Casa Callahan es una casa designada históricamente construida en 1892 y entregada a la ciudad de Longmont en 1938 por comerciantes honestos y hábiles, Alice y Thomas Callahan. Disfruta el Longmont Senior Center en la casa Callahan para un recorrido histórico y un té de la tarde!

## Regalo de Paz

# de Registración: 486902-10

**Fechas:** Martes, 7 de Octubre

**Hora:** 1-3 pm

# de Registración: 486902-12

**Fechas:** Martes, 2 de Diciembre

**Hora:** 1-3 pm

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

## La Inscripción Abierta de Medicare Parte D

El periodo para La Inscripción Abierta de Medicare (Medicare Open Enrollment) se extiende del 15 de octubre al 7 de diciembre cada año. Durante este tiempo, puede hacer cambios en su cobertura de seguro de salud y es el tiempo para revisar su plan de receta médica. Durante este periodo una vez al año les podemos ayudar a revisar si sus recetas médicas estarán cubiertas para el próximo año y darle un estimado de los costos de los medicamentos en varias farmacias. Este servicio es gratuito y sin fines de lucro. **Los asesores de Medicare de SHIP en el condado de Boulder** pueden ayudarle a revisar su cobertura de Medicare. Llame al 303-441-1546 para programar una cita.



Look for bilingual offerings presented in English and Spanish.



## Nuevo! – Clases de Baile Inspiradas en la Música Latina

# de Registración: # 485059-01

**Fechas:** Jueves, del 4 al 25 de septiembre

**Costo:** \$48 residente, \$58 no-residente

# de Registración: # 485059-03

**Fechas:** Jueves, del 2 al 30 de octubre

**Costo:** \$60 residente, \$72 no-residente

# de Registración: # 485059-05

**Fechas:** Jueves, del 6 al 20 de noviembre

**Costo:** \$36 residente, \$44 no-residente

# de Registración: # 485059-07

**Fechas:** Jueves, del 4 al 18 de diciembre

**Costo:** \$36 residente, \$44 no-residente

**Hora:** 11:30 am-12:30 pm

**Facilidad:** Lashley St Station (1200 Lashley St)

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

¿Tienes ganas de bailar?

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](mailto:pilateswithkathy@gmail.com) si tienes alguna

pregunta o inquietud.



Look for bilingual offerings  
presented in English and Spanish.

## ¿Necesita Ayuda con sus Costos de Calefacción?

**Fecha:** 6 de noviembre

**Hora:** 9-11 am

¿Su cuenta de la calefacción está fuera de control?  
Es hora que descubra si es elegible para LEAP  
(Programa de asistencia de energía para personas  
de bajos ingresos). El personal de Servicios para  
Personas Mayores estará disponible durante esta  
clínica sin cita para ayudarlos a completar las  
aplicaciones de LEAP. Solicite en la recepción una  
lista de los documentos que debe traer para  
completar su solicitud.

## Pinte un Gnomo de Santa

# de Registración: 485407-02

**Fechas:** 17 de diciembre

**Hora:** 3-5 pm

**Costo:** \$12 residente, \$15 non-residente



Venga a pintar con nosotros. Esta clase de pintura  
estará guiada por Amy Payan. Los invitamos a una  
taza de chocolate caliente o sidra de manzana. En  
clase vamos a pintar un Gnomo de santa, puede  
usar para regalo o quedarse con él. La pintura no  
sale de la ropa use ropa que pueda mancharse con  
pintura oh favor de traer un mandil.

## RECURSOS

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

## Apoyo Emocional

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

## 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  
comunicase 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 residents de Longmont  
llámenos al 303-651-8411 para una cita con una de  
las Especialista de recursos.



INFORMACIÓN Y  
PROGRAMAS EN  
**ESPAÑOL**



## 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](mailto: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-lingue

¡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 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.

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

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

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

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





## 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.

## Grief Recovery Support Group

**Dates: Mondays, November 17 - January 5**

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

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

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

## 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 Ariana Heter at 303-651-8907 or [ariana.heter@longmontcolorado.gov](mailto:ariana.heter@longmontcolorado.gov)

Joined by their caregivers, this biweekly social/ activity group is for those in the early to middle stages of dementia, who are beginning to have some difficulties with the complexities of everyday living. It is an opportunity for engaging in conversation, socializing, and enjoying stimulating activities. Interested in joining Lunch Bunch? Call **Ariana Heter** at 303-651-8907 or email her at [ariana.heter@longmontcolorado.gov](mailto:ariana.heter@longmontcolorado.gov) to discuss joining the Lunch Bunch. Thanks to: Friends of the Longmont Senior Center, Longmont Meals on Wheels, and our volunteer facilitators.

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

Registration #488905-00

**Date: Monday, September 8**

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

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

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

## Stryker Orthopedics - Summit Surgical

Registration #488009-01

**Dates: Wednesday, September 10**

Registration #488009-02

**Dates: Wednesday, November 12**

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

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

**Dr. Bowman** will be discussing joint pain health. He will dive deep into causes and treatments as well as touch on new advancements in technologies.

## UCHealth – Chronic Disease Self-Management

Registration #485080-00

**Date: Wednesdays, September 3-October 8**

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

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

Chronic diseases can affect a person's ability to perform important activities, restricting their engagement in life. Diabetes, arthritis, hypertension, lung disease, and other chronic conditions like these can make life difficult to manage for millions of older adults. This interactive workshop focuses on building skills to manage your condition. Topics include pain management, nutrition, exercise, medication use, emotions, and communicating with doctors. Seating is limited. This is a six week class and all sessions must be attended.



## Cultivating Connections

**Dates: Tuesdays**

Registration #488904-09

**September 16 Why Can't We Get Along?**

Registration #488904-10

**October 21 Navigating Transitions**

Registration #488904-11

**November 18 Creating a Connection Plan**

Registration #488904-12

**December 16 Strengthening Existing Connections**

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

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

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

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

## UCHealth Aspen Club

Registration #488200-10

**Dates: Tuesday, September 16**

Registration #488200-11

**Dates: Tuesday, October 21**

Registration #488200-12

**Dates: Tuesday, November 18**

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

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

Join UCHealth physicians and staff for a shared conversation on a variety of health-related topics from head to toe. Plan for an interactive hour of fun and helpful health information. A light snack will be provided.

## Understanding Alzheimer's and Dementia

Registration #488906-00

**Date: Wednesday, September 17**

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

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

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

**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.

## OFFERINGS FROM THE AREA AGENCY ON AGING

### Information and Wellness:

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

### 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](http://www.boco.org/caregiving).



## Dementia Behaviors: Causes and Solutions

Registration #488911-00

**Date: Saturday, September 20**

**Time: 10-11 am**

Cost: Free, please register in advance

Behavioral expressions often occur within mild cognitive impairment and the various stages of dementia. We'll discuss the most common behavioral expressions like repetition, anger, confusion, suspicion, impulsivity and more. We'll learn 8 triggers, as well as a toolkit of solutions. Presented by **Brenda Gurung**, Montessori-credentialed dementia specialist with 16 years of experience in aging and dementia.

## My Place in The Forest

Registration #488910-00

**Date: Tuesday, September 30**

**Time: 4-6 pm** 

Cost: Free, please register in advance

In this unique workshop, we will complete an exercise which asks us each to consider our lives in a new and creative way - through the metaphor of a tree. In the first half, each participant will be instructed on how to draw their own tree of life (no art skills are required, seriously!). After a short break, we will be invited to symbolically plant our trees into the forest ecosystem and reflect on the stories that are revealed. All materials will be provided. Facilitated by Senior Services' staff **Kayleigh Schernbeck, LCSW**.



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

## SILVER SNEAKERS® LUNCH AND LEARNS

### Cookie Exchange

Registration #113401-1

**Date: Tuesday, December 9**

**Time: Noon-1 pm**

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

Join Longmont Recreation Staff/Instructors for a fun Holiday Social and Cookie exchange. Bring a batch of your favorite cookies to share and copies of your recipe to exchange if desired. Festive attire encouraged but not required. Let's celebrate a great year coming to a close.

### Fall Reduction Strategies

Registration #413401-1

**Date: Tuesday, September 9**

**Time: Noon-1 pm**

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

One out of three people 65 and over falls every year, making them the leading cause of accidental injury or death in these individuals. Come and increase your knowledge about factors that can contribute to falls, identify how you can prevent falls by changing your behavior and/or your surroundings, and adopt safety strategies to reduce your risk of falling.

**Instructor: Lynette Loew**

### Focus on Your Feet!

Registration #413401-2

**Date: Tuesday, October 14**

**Time: Noon-1 pm**

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

Most of us go through each day with little thought about our feet. It's only when something goes wrong that we realize just how important our feet truly are. Come learn some useful self-care tips and exercises to strengthen and support your foot health. Give your feet the attention they deserve. **Instructor: Kim Nicks, Certified SilverSneakers Instructor.**

### Eustress, Distress...We All Stress!

Registration #413401-3

**Date: Tuesday, November 18**

**Time: Noon-1 pm**

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

A proper balance of both distress and eustress can promote our overall health and wellness. Stress Management is one of the 6 pillars as defined by Silver Sneakers for Brain Health. The key to coping with stress is finding methods that work best for you! Let's explore a few simple and easy tools to use to practice stress management and mindfulness. **Presenter: Kim Nicks- Certified SilverSneakers® Instructor**

Silver Sneakers® Lunch and Learns are FREE for Silver Sneakers® Members



## Advanced Directives

**Date:** Thursday, October 9

Registration #485003-10

**Date:** Saturday, November 15

Registration #485003-11 

**Date:** Thursday, December 11

Registration #85003-12

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

**Cost:** \$6 resident, \$8 non-resident

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

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.

## Self-Care Techniques for Caregivers

Registration #488902-00

**Date:** Saturday, October 11

**Time:** 10-11 am 

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

This class will introduce three proactive and reactive interventions for caregivers and care partners: laughter therapy, horticulture activities, and art practice. We will incorporate modifications for individuals with cognitive impairment or dementia. We'll also discuss briefly other interventions (reminiscence, music, and sensory) as well as strategies to identify triggers for behavioral expressions. Presented by **Brenda Gurung**, Montessori-credentialed dementia specialist with 16 years of experience in aging and dementia.



## You Can Become a Savvy Caregiver

Registration #488900-00

**Date:** Wednesdays, October 15-November 19

**Time:** 10 am-noon

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

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

## COMMONSPIRIT HEALTH AT LONGMONT UNITED HOSPITAL PRESENTS

### Head Smart: Concussion Awareness for Older Adults

Registration #488300-10

**Date:** Thursday, October 16

**Time:** 12-1 pm

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

This talk will help seniors understand the signs, risks, and prevention strategies for concussions. A light meal will be served, preregistration required. Presented by Karen Scott, PhD, Sports Concussion Specialist.

### It's Never Too Late To Take Control Of Your Health

Registration #488300-12

**Date:** Thursday, December 18

**Time:** 12-1 pm

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

Dr Cody Van Linge, MD discusses healthy aging. This all begins with preventative care, proper nutrition, managing common deficiencies, and staying safe and active to maintain independence and vitality. A light meal will be served, preregistration required.

## Holiday Bites – The Plant Forward Way

Registration #485033-08

**Date: Tuesday, November 4**

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

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

Need a quick small bite dish or two for the holiday season? Join Lisa for a quick cooking/assembly session (who has time in the holidays?!) to learn three easy dishes for your holiday guests! Your guests won't even know these holiday dishes are from plants! Instructor: **Lisa Boesen**

## Coping with the Holidays When You are Grieving

Registration #488912-00

**Date: Thursday, November 13**

**Time: 10-11 am**

Cost: Free, please register in advance

The holidays can present challenges for those who are grieving a loss. Learning to trust your grief, restructure expectations, and understand how grief may be affecting family members can help you navigate what can be a challenging time. In this interactive workshop we will explore the tools necessary to take good care of yourself during the winter holidays. This program is open to the bereaved as well as friends and family. Presented by **Joan Hummel** of TRU Community Care Hospice.

## Letting Go

Registration #488907-00

**Date: Wednesday, November 19**

**Time: 2-3 pm**

Cost: Free, please register in advance

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



## A Bee Bit of Sweetness

Registration #485033-10

**Date: Tuesday, December 2**

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

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

Did you know there are over 350 backyard beekeepers in Northern Colorado, numerous foraging microclimates, and diverse flavor profiles? That one bee produces about 1/12th of a teaspoon of honey in its lifetime? That, just like wine, 'terroir' impacts flavor? In this session you will identify various flavor categories and profiles, taste local honey, and learn tips to use honey as a garnish and dish enhancer! Instructor: **Lisa Boesen**

## Fighting with Forgiveness

Registration #488908-00

**Date: Friday, December 5**

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

Cost: Free, please register in advance

The act of forgiving another human has been shown to decrease anger, anxiety and depression. But what do we do when we find it hard or impossible to forgive? Join us for a conversation to explore the topic of forgiveness. This interactive discussion is for anyone who has ever found themselves struggling with: forgiving others, self-forgiveness, asking for forgiveness and/or alternatives to forgiving. Regardless of what stage of this process you find yourself in, come to share your experience and learn from others. Discussion will be facilitated by Senior Services' staff **Kayleigh Schernbeck, LCSW** and a Peer Support Volunteer. This can be taken as a standalone program or you can consider joining us for Part 2, Fostering Forgiveness, at any future offering.

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

## Animals

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



HEALTH AND WELLNESS  
PROGRAMS






## Dementia and the Holidays

Registration #488903-00

**Date: Saturday, December 6**

**Time: 10-11 am** 

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

The holidays can be a stressful time for your person living with dementia. We'll discuss ways to modify your celebrations so that your person can be successful and ways to educate and empower guests and loved ones to be able to engage effectively with your person. Each participant will have an opportunity to build a plan for their holiday celebrations based on their person's situation. Presented by Brenda Gurung, Montessori-credentialed dementia specialist with 16 years of experience in aging and dementia.

## Fostering Forgiveness

Registration #488909-00

**Date: Friday, December 12**

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

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

**Prerequisite: You must have taken Part 1 (Fighting with Forgiveness) in the past in order to attend this class.** During this time, we will put what we learned into practice! Participants will work in small groups to explore, discuss and make progress toward fostering forgiveness in their lives. Senior Services' staff **Kayleigh Schernbeck, LCSW** and a Peer Support Volunteer will assist in guiding this workshop.



**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.

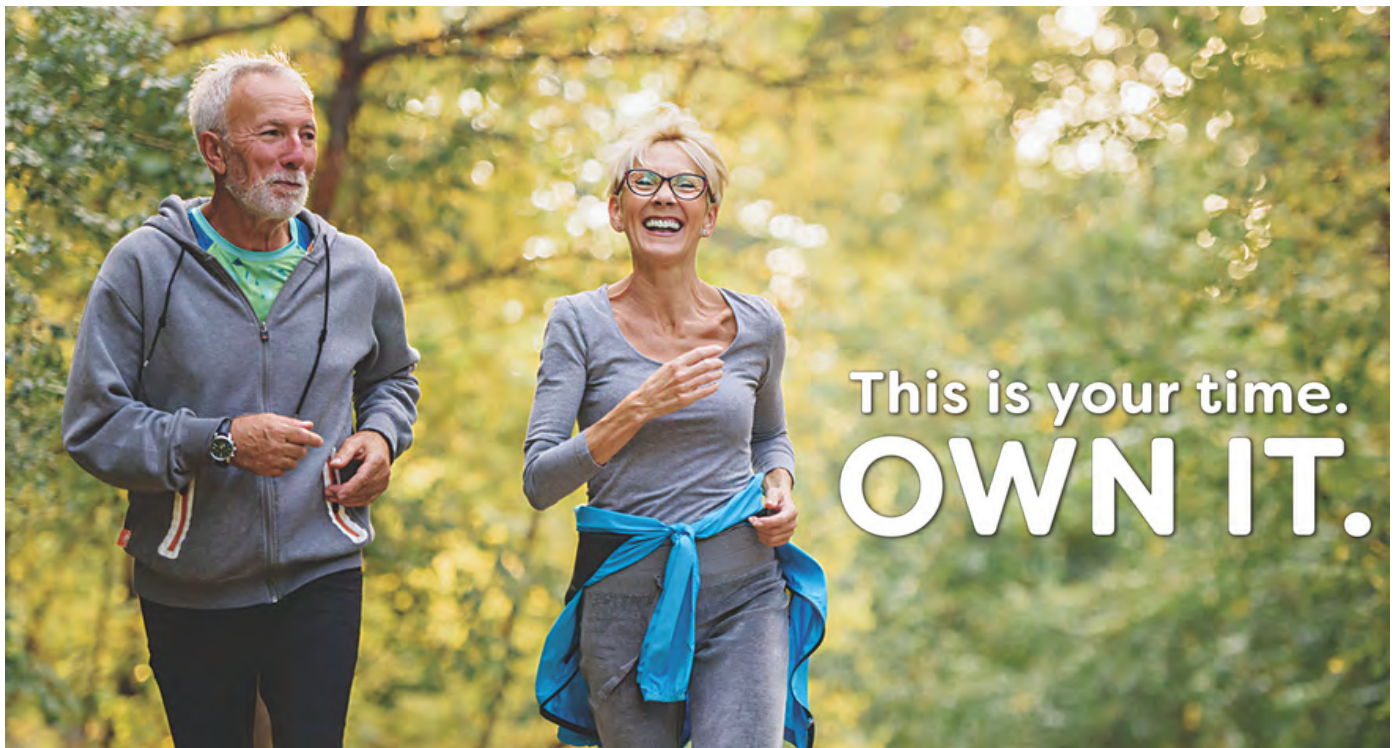
Contact Kayleigh Schernbeck to find out!

**CALL: 303-774-4497 or Email:  
[Kayleigh.Schernbeck@LongmontColorado.gov](mailto:Kayleigh.Schernbeck@LongmontColorado.gov)**

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

 Denotes new opportunity as part of our hours expansion

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



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

## Feldenkrais Online Floor Class – Online

Registration #486023

**Dates: Tuesday, September 2-30**

**Cost:** \$50 resident, \$55 non-resident

**Dates: Tuesday, October 7-28**

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

**Dates: Tuesday, November 4-25**

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

**Dates: Tuesday, December 2-30**

**Cost:** \$50 resident, \$55 non-resident

**Time: 10-10:50 am**

Floor-based lessons to increase flexibility, reduce tension, and rediscover ease. Using slow, exploratory movement sequences, this class helps you release unnecessary effort and discover new options for comfort and mobility. Perfect for those looking to move more freely and gently restore a sense of whole-body connection. Please have/bring a mat or blanket to lie on. Taught by **Al Wadleigh, a Guild Certified Feldenkrais Practitioner.**

## Feldenkrais Chair Class – Online

Registration #486024

**Dates: Thursdays, September 4-25**

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

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

**Cost:** \$50 resident, \$55 non-resident

**Dates: Thursdays, November 6-20**

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

**Dates: Thursdays, December 4-18**

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

**Time: 11-11:50 am**

Gentle seated movement to improve balance, posture, and everyday comfort. This Feldenkrais class is ideal for anyone seeking to move with more ease, regardless of age or mobility level. Small, mindful movements help release tension, improve coordination, and support daily functioning in a safe and supportive environment. No previous experience necessary. **Taught by Al Wadleigh, a Guild Certified Feldenkrais Practitioner.**

### Preparing for Class

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.

## Feldenkrais Workshop – Mobilizing the Pelvis

Registration #486025-00

**Dates: Tuesday, September 2**

**Time: 3-5 pm**

**Cost:** \$35 resident, \$42 non-resident

The pelvis is your foundation - essential for walking, balance, and feeling grounded. In this gentle Feldenkrais workshop, you will explore slow, floor-based movements that awaken the pelvis and lower back. As you rediscover how the pelvis connects with your spine, legs, and breath, you will find greater ease in sitting, standing, and walking. This class is ideal for anyone experiencing stiffness, back discomfort, or a loss of mobility - no pushing or stretching - just thoughtful movement that invites profound change. Please bring a mat or blanket. **Instructed by Al Wadleigh.**

## Feldenkrais Workshop – Freeing the Neck and Shoulders

Registration #486025-01

**Dates: Wednesday, November 5**

**Time: 3-5 pm**

**Cost:** \$35 resident, \$42 non-resident

Tension in the neck and shoulders often feels like a normal part of aging, but it does not have to be. In this two hour Feldenkrais workshop, you will use small, gentle movements to release holding patterns and rediscover lightness and support. Through guided explorations on the floor, you will learn how your head, neck, spine, and ribs can move together in harmony. Many participants report less pain, improved posture, and an unexpected sense of calm. Perfect for anyone who feels 'stuck' or carries stress in their upper body. **Instructed by Al Wadleigh.**



### 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.





## Line Dance - Beginning

Registration #486004-09

**Dates: Tuesdays, September 2-30**

**Cost (per class):** \$5 resident, \$6 non-resident

Registration #486004-10

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

**Cost (per class):** \$5 resident, \$6 non-resident

Registration #486004-11

**Dates: Tuesdays, November 4-25** (no 11/11)

**Cost (per class):** \$5 resident, \$6 non-resident

Registration #486004-12

**Dates: Tuesdays, December 2-30**

**Cost (per class):** \$5 resident, \$6 non-resident

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

Are you looking for fun? Look no further! Join instructor Marilene Sisco in this wonderful form of exercise. For those who love music and want to learn some dance steps for their repertoire, this is for YOU! The benefits of line dancing are many – control high blood pressure and cholesterol, manage stress, strengthen bones and muscles without hurting your joints, and improve your balance. Not only is it a physical activity, it will keep your brain active, and you get to socialize and have a lot of fun all at once! Dancers should wear a supportive shoe like tennis shoes and comfortable clothing for line dancing classes. Classes led by **Marilene Sisco, Kristi Miller, and Mary McConnell**, all NTA certified.

## Line Dance - Continuing

Registration #486013-09

**Dates: Tuesdays, September 2-30**

**Cost (per class):** \$5 resident, \$6 non-resident

Registration #486013-10

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

**Cost (per class):** \$5 resident, \$6 non-resident

Registration #486013-11

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

**Cost (per class):** \$5 resident, \$6 non-resident

Registration #486013-12

**Dates: Tuesdays, December 2-30,**

**Cost (per class):** \$5 resident, \$6 non-resident

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

If you have taken line dance classes or can move along to the faster tunes, this is for you as an intermediate or improver level dancer. Marilene Sisco will continue some of the group favorites and teach new dance steps to keep you motivated. This is one of the greatest forms of exercise for all the reasons listed above. Dancers should wear a supportive shoe like tennis shoes and comfortable clothing for line dancing classes. Classes led by **Marilene Sisco, Kristi Miller, and Mary McConnell**, all NTA certified.

## Latin Inspired Dance Classes

Registration #485059-01

**Dates: Thursday, September 4-25**

**Cost: \$48 resident, \$58 non-resident**

Registration #485059-03

**Dates: Thursday, October 2-30**

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

Registration #485059-05

**Dates: Thursday, November 6-20**

**Cost: \$36 resident, \$44 non-resident**

Registration #485059-07

**Dates: Thursday, December 4-18**

**Cost: \$36 resident, \$44 non-resident**

**Time: 11:30 am-12:30 pm**

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

**Location: Lashley St Station**

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.

## Salsa Dance Lessons

Registration #486500-09

**Dates: Thursday, September 4-18**

Registration #486500-10

**Dates: Thursday, October 2-16**

Registration #486500-11

**Dates: Thursday, November 6-20**

Registration #486500-12

**Dates: Thursday, December 4-18**

**Time: 1-2 pm**

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

**Location: Lashley St Station**

Join us for a fun afternoon of Salsa and Bachata dance. This class is a welcoming space to move your body, lift your spirit and connect with others. Dancing is a wonderful way to stay active, improve your balance, your flexibility and coordination - all while enjoying great music, meeting new friends, and expressing YOURSELF!! Let's dance together because it's never too late to feel great! This class is a relaxed, social class where everyone is welcome. It's designed for everyone and all levels, beginner friendly, gentle and guided movements.

No partner needed. Please join us ANYTIME!





## Pilates

Registration #486005-09

**Dates: Tuesdays, September 2-30**

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

Registration #486005-10

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

Cost: \$48 resident, \$58 non-resident

Registration #486005-11

**Dates: Tuesdays, November 4-25 (no 11/11)**

Cost: \$36 resident, \$44 non-resident

Registration #486005-12

**Dates: Tuesdays, December 2-30**

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

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

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

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.

## Raise Your Vibrations

Registration #486038-09

**Dates: Wednesdays, September 3-24**

Registration #486038-10

**Dates: Wednesdays, November 5-26**

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

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

When we raise our vibrations, we align more closely with joy, peace, and purpose. This four-week class offers a supportive space to explore simple, powerful practices that help uplift your energy and deepen your connection to your inner self, others, and the natural world. Each session begins with a brief meditation to center ourselves, followed by a guided exploration of a weekly theme - such as forgiveness, presence, nature connection, or releasing anxiety. We then share our personal insights, experiences, and questions in open, heart-centered conversation.

Instructor: **Sue Otness**.

## Alignment Based Yoga for Active Seniors

Registration #486010-09

**Dates: Mondays, September 15-29**

Cost: \$36 resident, \$44 non-resident

Registration #486010-10

**Dates: Mondays, October 6-27**

Cost: \$48 resident, \$58 non-resident

Registration #486010-11

**Dates: Mondays, November 3-24**

Cost: \$48 resident, \$58 non-resident

Registration #486010-12

**Dates: Mondays, December 1-15**

Cost: \$36 resident, \$44 non-resident

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

**Single Class Drop-in Fee:** \$14 res, \$17 non-res

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

## Ukemi - The Art of Falling Safely

Registration #488081-04

**Dates: Tuesdays, Sep 2-30**

Cost: \$57 resident, \$67 non-resident

Registration #488081-07

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

Cost: \$45 resident, \$55 non-resident

Registration #488081-08

**Dates: November 4-25**

Cost: \$45 resident, \$55 non-resident

Registration #488081-09

**Dates: Tuesdays, December 2-30**

Cost: \$57 resident, \$67 non-resident

**Time: 1-2 pm**

**Location: Lashley St Station**

Falls are a leading cause of injury across all demographics, from active young adults to seniors navigating daily life. In this class you'll learn the principles of falling without injury. After finding your center through meditation and Japanese yoga, you'll warm up your body with light core exercises and stretches, then practice safe falling on a forgiving matted surface. Taught by **Randy Thompson**, 3rd degree black belt in Aikido. For more information, please email Randy at [actionspeaklouder@gmail.com](mailto:actionspeaklouder@gmail.com)



## Yoga for Brain Health

Registration #488011-01

**Dates: Mondays, September 8-29**

Registration #488011-02

**Dates: Mondays, October 6-27**

Registration #488011-03

**Dates: Mondays, November 3-24**

**Time: 4-5 pm**

**Cost:** \$34 resident, \$41 non-resident

Yoga for Brain Health will incorporate functional yoga movements to enhance & optimize the brain & neurological system. This yoga class will utilize eye movements, tongue placement, breathwork & more while practicing yoga postures. Ongoing practice has shown a positive impact on executive functioning, memory as well as stress reduction. May include standing and seated postures as well as relaxation on the mat. If necessary, the entire class can be done while seated on a chair. Participants are encouraged to bring their own yoga mat. Please consult with a healthcare provider before starting any new exercise. Instructed by **Ramya Bruskin RYT, CNC.**

## 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: Longmont Recreation Certified Personal Trainer**

**Dates: Tuesdays and Thursdays**

Registration #413303-A

**Dates: September 4-30**

Registration #413303-B

**Dates: October 2-28**

Registration #413303-C

**Dates: October 30-November 25**

Registration #113303-A

**Dates: December 2-30** (no 12/25)

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

**Location: Memorial Building**

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

## TAI CHI

Steve Elliott has been studying Tai Chi for over 40 years and teaching for over 18 years. He is certified by Dr. Lam's Tai Chi for Health Institute to teach Tai Chi for Arthritis and Fall Prevention.

### Tai Chi for Fall Prevention

Registration #486214-00

**Dates: Mondays, September 8-October 27**

Registration #486214-01

**Dates: Mondays, November 3-December 22**

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

**Cost:** \$80 resident, \$96 non-resident  
(8-weeks - Registration Required)

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 scientifically proven to help prevent falls. The slow mindful movements result in more energy, looser joints, and better balance. Instructor: **Steve Elliott**  
Space is limited to 30 participants.

### Yang Style Tai Chi

Registration #486217-00

**Dates: Mondays & Wednesdays,  
September 3-October 27**

Registration #486217-01

**Dates: Mondays & Wednesdays,  
October 29-December 29**  
(no 12/17, 12/24)

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

**Cost:** \$160 resident/\$192 non-resident  
(16-classes, 8-weeks)

Yang Style Tai Chi is one of the most popular forms of Tai Chi practiced throughout the world today. The slow, fluid movements have recently been recognized in scientific studies to produce benefits for practitioners in a variety of ways: Heart conditions, arthritis, osteoporosis, balance, sleep, cognitive function, and breath all benefit from regular practice. In this class we will learn the beginning moves of the yang form and how they apply to daily life. Instructor: **Steve Elliott**, [stevekelliott@gmail.com](mailto:stevekelliott@gmail.com).



RenewActive™  
by UnitedHealthcare

One Pass™



EXERCISE  
AND  
FITNESS

## SilverSneakers®, Renew Active™, One Pass™ Fitness Programs

Designed for Medicare participants with select insurance plans. Are you a United Healthcare or Kaiser customer? Did your SilverSneakers® pass change to Renew Active™ or OnePass? 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® Cardio

A cardio class that is gentle on the joints. Includes upper body strengthening, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

### SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

## SilverSneakers® Fitness Class Introduction

Trying to figure out where to start? Or maybe you aren't sure what the options are? This is a short introduction to each of our signature SilverSneakers® formats, involving a review of equipment used and movement typically found in a SilverSneakers® class. Registration required.

**Thu, Sept 11** - Registration #413404-1

**Thu, Oct 9** - Registration #413404-2

**Thu, Nov 13** - Registration #413404-3

**Thu, Dec 11** - Registration #113404-1

**Time: 2 pm**

**Location: Longmont Recreation Center**

## 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 - FALL 2025



### EXERCISE AND FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 am <b>SilverSneakers® Classic</b> Drop-in class	10-10:45 am <b>SilverSneakers® Yoga</b> Drop-in class	8:30-9:15 am <b>SilverSneakers® Circuit</b> Drop-in class	11:15 am-Noon <b>SilverSneakers® Yoga</b> Drop-in class	8:30-9:15 am <b>SilverSneakers® Classic</b> Drop-in class
9:30-10:30 am <b>Tai Chi For Falls Prevention</b> Register for 8 weeks	10-11 am <b>Feldenkrais Online</b> Register by month	12:30-1:30 pm <b>Yang Style Tai Chi</b> Register for 8 weeks	11 am-noon <b>Feldenkrais Online</b> Register by month	
10:45-11:45 am <b>Alignment Based Yoga</b> Register by month or drop-in	11-11:45 am <b>SilverSneakers® Stability</b>			
12:30-1:30 pm <b>Yang Style Tai Chi</b> Register for 8 weeks	12:15-1:15 pm <b>Pilates</b> Register by month or drop-in	1-2 pm <b>Ukemi Fall Safety</b> Register by month Class meets at Lashley St Station	11:30 am - 12:30 pm <b>Latin Inspired Dance Class</b> Register by month Class meets at Lashley St Station	
4-5 pm <b>Yoga for Brain Health</b> Register by month	1:30-3 pm <b>Beginner Line Dance</b> Register by month or drop-in			
	3:15-4:15 pm <b>Continuing Line Dance</b> Register by month or drop-in			

- Online
- SilverSneakers/  
RenewActive sponsored
- Senior Services sponsored

For full descriptions, dates, and prices, please see pages 47-51

Schedule is subject to change. Visit [www.longmontcolorado.gov/fitness](http://www.longmontcolorado.gov/fitness) for up to date schedule.

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

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

SilverSneakers® Classes are 45 minutes \*1 Hour Classes

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 am <b>SilverSneakers® Stability</b>	9:30 am* <b>Advanced Senior Strength</b>	10:30 am <b>SilverSneakers® Stability</b>	9 am <b>SilverSneakers® Enerchi</b> (starts 08/14)	9:30 am* <b>Advanced Senior Strength</b>
			1:15 pm* <b>Zumba Gold</b>	

## Table Tennis at the Senior Center



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

Wednesdays & 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.

### Outdoor Courts

#### Hover Acres Park

6 dedicated lighted courts  
7am-10pm, no reservations  
Located at 1361 Charles Drive

#### Collyer Park

2 lighted **lined** tennis / pickleball courts  
No reservations  
Located at 6th & Collyer

#### Clark Centennial Park

10 courts  
7am-10pm, call 303-774-4800 for reservations  
Located at 1100 Lashley St

### Indoor Courts

Longmont Recreation Center  
310 Quail Road

**All ages** - Mons / Weds / Fris: 7-9 am

**(55+)** - Mons-Thurs 1:30-4pm

Tues / Weds / Thurs: 2-4 pm

Cost: Daily admission or SilverSneakers® card

*More opportunities through the Longmont  
Pickleball Club - [www.longmontpickleballclub.com](http://www.longmontpickleballclub.com)*



## Longmont Senior Golf Association (LSGA)

This is a great way to get out and play 9 holes of golf with other senior golfers at Sunset golf course (greens fees paid at the course only on the days you play). All levels of golfers are welcome; NO GHIN number required. This co-ed, fun, mostly non-competitive, weekly league golfs on Friday mornings at Sunset Golf Course. League play dates are May 10 through October 10.



## Volleyball Teams

Colorado Senior Volleyball Association (CSVA) is a Co-ed league for people ages 50+ and plays teams throughout the Front Range.

We currently register teams through CSVA, if you would like to enter your team into the 2026 winter league please contact Terri Calvin, 303-651-8578. If you are an individual we can refer you to one of our team managers, they will let you know if they have any openings.

### The Colorado Senior Volleyball Association begins competition in September.

Matches begin in September and played on Wednesday afternoons from 12:30-2 pm, at home and throughout the Denver metro area.



SPORTS  
AND  
OUTDOORS





## WALKS WITH A NATURALIST (FORMERLY HIKE WITH A NATURALIST)

\*Please note that Walks with a Naturalist will be part of the HIKE LOTTERY\*

### Leaf Peeping at Mud Lake

Registration #487009-10

**Dates:** Wednesday, October 8

**Time:** 8:45 am-1 pm

**Cost:** \$13 resident, \$16 non-resident

**Location:** Lashley St Station

Join us on a guided hike led by volunteer naturalists as we venture up to Mud Lake in Nederland to view the changing fall leaves of the aspen trees. This high elevation hike, around 8,000 feet, on an easy flat 1-1.5 mile loop trail around Mud Lake. Given the unpredictability of Colorado weather we are hoping for peak leaf peeping, but this will be a wonderful fall hike in the mixed forest, around a peaceful lake, and the hope of seeing wildlife. Bathrooms are at the trailhead. Led by Boulder County Parks & Open Space volunteer naturalists.

### Goodhue Farm to Carolyn Holmberg

Registration #487009-11

**Date:** Wednesday, November 12

**Time:** 8:45 am-1 pm

**Cost:** \$13 resident, \$16 non-resident

**Location:** Lashley St Station

Enjoy a short walk on Boulder County's Carolyn Holmberg property. Start at the Goodhue farm, learn about some of the early farmers on the property and its focus on agriculture. Then, hike over the ridge to Stearns Lake, an excellent plant and wildlife area with a formally protected prairie dog colony along the plains.





# 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.

## Adventure Hikes

Come enjoy the spectacular views of Colorado's Front Range in a variety of hiking destinations and elevations. **Please take heed of the difficulty rating of each hike to determine whether your physical ability level is an appropriate match for each excursion\***. Our experienced hike leaders have researched and rated the difficulty level of each hike on the graph below. **Safety is our highest priority, and we expect the participants of our hiking groups to follow the hike leaders' directions.**

*\*If a location needs to change due to unforeseen circumstances (trail conditions, weather, etc.), the Senior Center hike leaders will choose a trail of an equal or less difficult rating.*

**Hike ratings based on the most difficult factor - for example, a short 3-mile hike may be rated difficult if it is at a high elevation.**

	Easy	Moderate	Difficult
<b>Elevation</b>	8,500' or less	8,501'-10,000	10,000'
<b>Gain</b>	Minimal - 400'	401' - 500'	501+'
<b>Distance</b>	3 - 4 mi	3 - 6 mi	4+ mi
<b>Pace</b>	<b>All hikers stay with the group.</b> The group stops approximately every 20-30 minutes and at all trail junctions.		

For the safety and enjoyment of everyone in the group, it is your responsibility to come prepared for these hiking adventures. **If you come unprepared for the hike, you may have to stay back and give up your seat.**

Please pack the following items in a small backpack:

1. A minimum of 1 quart/liter of water
2. A lunch or hearty snacks - sandwich, granola bars, trail mix, fruit
3. A warm layer - wool or fleece is best; weather can change quickly and without warning
4. A rain jacket or poncho
5. Sunscreen - SPF 30 or higher recommended all year
6. A hat to keep the sun off your face, ears, neck
7. Please wear sensible shoes with tread that is suitable for rough terrain, mud, water, and rocks.

**Hiking sticks or trekking poles highly recommended.** Optional items to consider: sunglasses, camera, field guide, binoculars, bandanna, tissues, and handkerchief.



**Hike lottery forms can be turned in between August 5-18, with communication to follow to registered/waitlisted hikers by the end of the day on Tuesday, August 19, via email.**

**All hikes depart from and return to Lashley St Station (1200 Lashley St)**



## Adventure Hikes - Thursdays

Date	Reg #	Location	Elevation	Gain	Distance	Notes	Difficulty
September 4	487700-04	Sourdough Trail	10,000	500	5	V	Mod/Diff
September 11	487700-11	Bridal Veil Falls**	7,855	990	6	V, WF, S	Mod/Diff
September 18	487700-18	Caribou Ranch	8,600	300	4.8	H, R, V	Moderate
September 25	487700-25	Mills Lake**	9,180	760	5.6	V, WF	Mod/Diff
October 2	487700-02	Kruger Rock	8,400	1,000	4	R, V	Difficult
October 9	487700-09	Nelson Cabin Loop	5,600	1,260	6.8	V	Difficult
October 16	487700-16	Bobcat Ridge	5,300	400	4.5	H, V, W, WF	Moderate
October 23	487700-23	NCAR/Chautauqua w/ Lunch	6,210	-470 downhill	3	G, H, V	Easy/Mod

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

\*\* Bridal Veil Falls - last ¼ mile involves difficult boulders

**Day:** Thursdays

**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:** \$20 resident, \$24 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.

## AAIR Hikes - Wednesdays



Date	Reg #	Location	Elevation	Gain	Distance	Notes	Difficulty
September 3	487701-03	Roger's Grove & Golden Ponds	4,981	63	2.75	V	Easy
September 17	487701-17	Pelican Pond Nature Trail	4,890	13	1.3	V	Easy
October 1	487701-01	Flatirons Vista	5,500	300	3.5	G, V	Easy
October 15	487701-15	Overland Loop - Heil Valley Ranch	5,700	200	3	V	Easy

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

**Day:** Wednesdays

**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:** \$15 resident, \$18 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.

All hikes depart from and return to Lashley St Station (1200 Lashley St)



## Trip Departure and Return at Lashley Street Station

All trip/travel pick-up and drop-off will 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 #281399-08

**Date: Wednesday, August 13 – Fall Trips**

Registration #481399-12

**Date: Tuesday, December 9 – Winter/Spring Trips**

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

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

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

**Day Trip Registration Deadline is 7 Days Before the Trip Date**

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

## CASINO TRIPS

### Horse Palace Casino, Cheyenne, WY

Registration #481205-00

**Date: Tuesday, September 16**

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

Check in: 9 am

Depart: 9:15 am

Approx. Return: 4 pm

Back by popular demand, visit the Horse Palace Casino in Cheyenne, WY. This little casino gives you a lot of bang for your buck. Enjoy free play incentives and complimentary breakfast items upon arrival.



### Casino Trip to Black Hawk

Registration #481204-00

**Date: Wednesday, October 22**

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

Enjoy a day in downtown Black Hawk! The day is yours to choose what casinos you want to win at! The coach will drop off and pick up at a designated spot in Black Hawk. Meet the coach at 3:15 pm for our return trip home. Invite a friend.

Check in: 9 am

Depart: 9:15 am

Approx. Return: 5 pm



**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 August 5-18



### Famous Dave's, Thornton LOW

**Tuesday, September 2** Registration #481220-02

**Tuesday, September 9** Registration #481220-09

**Tuesday, September 16** Registration #481220-16

**Tuesday, September 23** Registration #481220-23

**Cost:** \$13 resident, \$16 non-resident

Join us on the September lunch wagon to Famous Dave's. This restaurant chain is known for its authentic, pit-smoked barbecue, made from scratch sides, and handcrafted desserts. They specialize in various BBQ meats like ribs, chicken, and brisket, and offer a range of BBQ sauces. The restaurant aims to provide a fun, family-friendly atmosphere with a focus on quality and flavor. Cost of meal on your own; price range \$12-\$30.

Check in: 10:15 am

Depart: 10:30 am

Approx. Return: 2 pm



### Bohemian Biergarten, Boulder LOW

**Tuesday, October 7** Registration #481221-07

**Tuesday, October 14** Registration #481221-14

**Tuesday, October 21** Registration #481221-21

**Tuesday, October 28** Registration #481221-28

**Cost:** \$13 resident, \$16 non-resident

Bohemian Biergarten is an Eastern European style gastropub in the heart of Boulder. Voted best German restaurant in Boulder, they are a fusion of various countries like Germany, Austria, Poland, Hungary, and the owners homeland of the Czech Republic. Enjoy the old historic ambiance in a quaint setting. Cost of meal on your own; price range \$16-\$38.

Check in: 10:15 am

Depart: 10:30 am

Approx. Return: 2 pm



### El Jardin, Commerce City LOW

**Tuesday, November 4** Registration #481222-04

**Tuesday, November 18** Registration #481222-18

**Tuesday, November 25** Registration #481222-25

**Cost:** \$13 resident, \$16 non-resident

Voted best business in Commerce City. Experience the bold and savory Grilled Tacorito or the flavorful Huevos Rancheros for a true taste of Mexico. The menu is a fusion of Mexican and American cuisine, featuring a wide range of options from breakfast to dinner. Cost of meal on your own; price range \$13-\$23.

Check in: 10:15 am

Depart: 10:30 am

Approx. Return: 2 pm



### Henry's Pub, Loveland LOW

**Tuesday, December 2** Registration #481223-02

**Tuesday, December 9** Registration #481223-09

**Tuesday, December 16** Registration #481223-16

**Tuesday, December 23** Registration #481223-23

**Cost:** \$13 resident, \$16 non-resident

Henry's menu features scratch-made fare such as appetizers, burgers, sandwiches, cast iron specialties, pastas, and more. Some of the pub's signature items include mahogany steak medallions, schnitzel, shepherd's pie, fried pickles and, of course, fish and chips. A comfortable environment adorned with dark wood and ornate tin ceilings makes Henry's Pub a must for your dining pleasure. Cost of meal on your own; price range \$13-\$25.

Check in: 10:15 am

Depart: 10:30 am

Approx. Return: 2 pm



# 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.

This community lab utilizes local teachers (deceased donors or cadavers). This unique opportunity demands the utmost respect for yourself and others, living and deceased. We practice self-regulation and expect that you are honest and vocal about how you are feeling - if you need to rest, a water break or to wait outside.

**Sign up:** Sign up begins August 5-18, communication goes out August 25

Transportation: Senior bus

Includes: transportation, trip leader and ticket

Sign up: Sign up begins August 5-18,  
communication goes out August 25

**Cost:** \$12 resident, \$15 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.

## Breathwork: Exploring the Muscles of Respiration



Registration #481600-09

**Date: Wednesday, September 10**

We will dive into the thoracic cavity and the separation through the diaphragm into the abdominal cavity. We will look at some of the muscles that are collectively the strongest muscles in our body, the internal and external intercostal muscles. We will go over ways to support proper breathing through breathwork.

## Replacements: A Look at the Hip and Knee



Registration #481600-10

**Date: Wednesday, October 8**

You will witness the adaptations of the skeletal and muscular system around replacements. Learn the physiological changes with communication to the nervous system after a replacement. We will talk about ways to support the challenges around replacements.

## Mindbody Connection: A Look at the Brain



Registration #481600-11

**Date: Wednesday, November 12**

We will explore a look at the conscious and subconscious and its relationship to the physical anatomy of the brain. We will explore the communication from body to our brain (sensory input) and from our brain to our body (motor or glandular output).

## Berry Patch and Lulu's, Brighton



Registration #481210-00

**Date: Wednesday, September 10**

Cost: \$20 resident, \$26 non-resident

Join us on this delightful farm tour to the Berry Patch in Brighton for a wagon ride and where you can pick your own organic strawberries and berries, all set against the backdrop of a charming 40-acre farm. Afterward, savor the flavors of Lulu's Farm Roadside Market, renowned for its fresh, locally grown produce - including their famed roasted Pueblo chiles - and a variety of specialty foods, making it a must-visit for food enthusiasts. Lunch stop included, cost of meal on your own.

Check in: 8:30 am

Depart: 8:45 am

Approx. Return: 3:30 pm



TRIPS  
AND  
TRAVEL

## Wild West Walking Tour, Golden

Registration #481214-00

**Date: Monday, September 15**

**Cost:** \$37 resident, \$45 non-resident



Saddle up for a guided walking tour through the heart of historic Golden, Colorado, where pioneers, gold seekers, and lawless outlaws once roamed. Come learn from expert storytellers, dressed in authentic Wild West attire, will take you on an adventure through the town's legendary past. Please note: Lots of walking, wear good walking shoes.

Check in: 8:30 am

Depart: 8:45 am

Approx. Return: 2:30 pm

## Matinee Movie at Regal Village

Registration #489600-09

**Tuesday, September 16**

Registration #489600-10

**Tuesday, October 21**

Registration #489600-11

**Tuesday, November 18**

Registration #489600-12

**Tuesday, December 16**

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

Join the Longmont Senior Center as we head to Regal Village at The Peaks for a matinee movie, which is a great way to meet new people and make new friends! The movie titles will be released approximately two weeks before the trip date.

Check-In: 10:30 am

Depart: 10:45 am

Approx. Return: 2 pm

## Dinosaur Ridge Guided Bus Tour, Morrison

Registration #481211-00

**Date: Wednesday, September 17**

**Cost:** \$16 resident, \$20 non-resident



Dinosaur Ridge guided driving tour is a popular way to experience the unique geological and paleontological features of Dinosaur Ridge, located near Denver, Colorado. It provides a comprehensive and convenient way to see some of the highlights of the ridge without having to walk the entire 2.4-mile paved trail. Exhibit Hall and refreshment included.

Check in: 12:15 pm

Depart: 12:30 pm

Approx. Return: 5:30 pm

## Meet the Raptors, Ft Collins

Registration #481226-00

**Date: Thursday, September 18**

**Cost:** \$32 resident, \$39 non-resident



Embark on this trip to a hidden haven where powerful wings and piercing eyes tell stories of survival and care. You'll get an exclusive behind-the-scenes look at the Rocky Mountain Raptor Program in Fort Collins, where majestic birds of prey are rescued, rehabilitated, and returned to the wild. We'll stop for lunch at Young's restaurant before our tour; cost of meal on your own.

Check in: 10:15 am

Depart: 10:30 am

Approx. Return: 3:30 pm

## Billiards in Greeley

Registration #481212-00

**Date: Tuesday, September 23**

**Cost:** \$13 resident, \$16 non-resident



Break out and travel with us as we venture out and try something new. Join us as we head up to Greeley for a day of billiards at the Greeley Active Adult Center. Meet fellow pool players as we enjoy billiards in a different environment. We'll play in the morning, stop for lunch, and then finish up back in the billiards room. Space is limited.

Check in: 8:45 am

Depart: 9 am

Approx. Return: 3:30 pm

## Rocky Mountain Arsenal National Wildlife Refuge Tour, Denver

Registration #481213-00

**Date: Thursday, September 25**

**Cost:** \$20 resident, \$26 non-resident



Take a guided bus tour through the Rocky Mountain Arsenal National Wildlife Refuge with our very own naturalist volunteer Dave Fletcher who will share insights about the area's rich wildlife and ecological history. Discover bison, raptors, and prairie landscapes. Come see the history about the refuge's transformation from military site to thriving habitat. Lunch stop on our way back, cost on your own.



Check in: 8:45 am

Depart: 9 am

Approx. Return: 3:30 pm





## Georgetown Loop and Lunch, Georgetown

Registration #481215-00

**Date: Tuesday, September 30**

**Cost:** \$86 resident, \$103 non-resident



Our trip begins in the quaint town of Georgetown for lunch and shopping on your own. Then climb aboard one of Colorado's famous historic narrow-gauge railroads. This engineering marvel takes you high over the Devil's Gate Bridge and winds you through a scenic Rocky Mountain pathway.

Check in: 8:00 am

Depart: 8:15 am

Approx. Return: 6 pm

## 300 Suns & Scratch Eatery

Registration #489610-09

**Date: Friday, September 19**

**Cost:** \$7 resident, \$9 non-resident



Join us for a fun trip to 300 Suns & Scratch Eatery in Longmont! Taste award-winning craft beers, enjoy scratch-made comfort food, and relax in a welcoming atmosphere. Cost of meal on your own; price range \$6-\$23.

Check-In: 10:45 am

Depart: 11:00 am

Approx. Return: 1:00 pm

## The Mousetrap at the Arvada Center, Arvada

Registration #481310-00

**Date: Wednesday, October 1**

**Cost:** \$56 resident, \$68 non-resident



A Classic, Thrilling Murder Mystery! The Mousetrap is a murder mystery play by Agatha Christie. Monkswell Manor welcomes a group of strangers in the midst of a snowstorm and on the heels of a murder in town. It soon becomes clear that the killer is among them, and the strangers grow increasingly suspicious of one another. We stop for lunch, cost of meal on your own.

Check in: 9:45 am

Depart: 10 am

Approx. Return: 4:30 pm

## 29th Street Mall and Trader Joe's, Boulder



Registration #481217-00

**Date: Friday, October 10**

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

Browse, shop, eat or explore, it's all up to you and how to spend your time on this destination trip. After our time at the 29th Street outdoor mall, we head over to Trader Joe's for a walk about. If you've never been to Trader Joe's, now is your opportunity!

Check in: 10:15 am

Depart: 10:30 am

Approx. Return: 3 pm

## Riverside Cemetery History and Mystery Tour, Denver



Registration #481216-01

**Date: Monday, October 13**

Registration #481216-02

**Date: Tuesday, October 14**

**Cost:** \$27 resident, \$33 non-resident

Explore Denver's historic Riverside Cemetery on a guided tour that unveils the stories of pioneers, Civil War veterans, and influential figures who shaped Colorado's past. Stroll beneath century-old trees and elegant monuments while uncovering the rich tapestry of Denver's early history. Lunch stop after the tour; cost on your own. Please wear comfortable shoes, lots of walking.

Check in: 8:15 am

Depart: 8:30 am

Approx. Return: 2:30 pm

## Sound of Music at the Rialto Theater, Loveland



Registration #481311-00

**Date: Saturday, October 11**

**Cost:** \$57 resident, \$69 non-resident

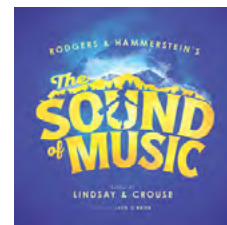
The Hills Are Alive! The spirited, romantic and beloved musical story of Maria and the von Trapp Family will once again thrill audiences with its Tony®, Grammy®, and Academy Award® winning Best Score, including

"My Favorite Things," "Do-Re-Mi," "Climb Ev'ry Mountain," "Edelweiss" and the title song. Music by Richard Rodgers, lyrics by Oscar Hammerstein II at the Rialto Theater in Loveland. This trip departs from the Longmont Senior Center.

Check in: 12:30 pm

Depart: 12:45 pm

Approx. Return: 5 pm



## The Best of Denver Tour, Denver

Registration #481227-00

**Date: Wednesday, October 15**

**Cost:** \$43 resident, \$52 non-resident



MODERATE

Starting at the stunning Union Station our tour guide will bring the city to life with entertaining stories and fun facts along the way. From gold rush legends and Wild West showdowns to the famous figures, scandals, and architectural wonders that shaped Denver, this tour blends history, culture, and light-hearted storytelling into an experience that will also give you a great "lay-of-the-land" and ideas on other things to see, do and experience after your tour. See Denver's hidden gems and the most famous sights, including historic Capitol Hill neighborhood, Denver Art Museum and more. Hear tales of heists at the U.S. Mint, the famous VIPs of the Brown Palace, and the incredible story of Titanic survivor Molly Brown.

Check in: 12:15 pm

Depart: 12:30 pm

Approx. Return: 5:30 pm



## Brainwaves Research Lab & Music Therapy Clinic at CSU & Lunch

Registration #489610-10

**Date: Wednesday, October 22**

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



MODERATE



Join us for a fascinating day trip to Colorado State University's Brainwaves Research Lab and Music Therapy Clinic in Fort Collins! Explore how music impacts the brain through live demonstrations, EEG technology, and interactive sessions with researchers and students. Learn how music therapy supports cognitive health, aging, and emotional well-being. Includes guided tours, Q&A, an optional hands-on rhythm experience—and a stop for lunch to relax and refuel at Coopersmith's Pub & Brewing. A unique blend of science, wellness, and fun! Cost of meal on your own; price range \$8-\$25.

Check-In: 8:45 am

Depart: 9:00 am

Approx. Return: 2:00 pm



## Magic of the Jack O'Lantern Lights Event, Littleton

Registration #481219-00

**Date: Thursday, October 23**

**Cost:** \$35 resident, \$42 non-resident



MODERATE  
-HIGH

A Halloween lights festival returning to Hudson Gardens again this year. Magic of the Jack O'Lantern features glowing trails of more than 700 pumpkins as well as themed light show displays. Event held at Hudson Gardens in Littleton. Please note: evening event with lots of walking in the dark; dress for weather. Dinner stop; cost of meal on your own. This trip departs from the Longmont Senior Center.

Check in: 3:30 pm

Depart: 3:45 pm

Approx. Return: 9:30 pm

## Boulder County Elections Tour, Boulder

Registration #481218-00

**Date: Wednesday, October 29**

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



MODERATE  
-HIGH

Ever wonder what happens to your ballot once you leave it at the ballot box or mail it in? We have a rare "behind the scenes" tour of the election process during Boulder County elections. Come learn from Boulder County elections staff how a ballot becomes a vote. Lunch stop included; cost of meal on your own.

Check in: 10:15 am

Depart: 10:30 am

Approx. Return: 2:30 pm

**Day Trip Registration Deadline  
is 7 Days Before the Trip Date**

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



TRIPS  
AND  
TRAVEL



## The Lion King at the Buell Theater



Registration #481314-00

**Date: Wednesday, October 29**

**Cost:** \$98 resident, \$118 non-resident

Disney's The Lion King on Broadway is a visually stunning adaptation of the beloved animated film, brought to life through groundbreaking puppetry, vibrant costumes, and powerful music by Elton John and Tim Rice. This awe-inspiring production follows young Simba's journey from exile to king, celebrating themes of identity, family, and the circle of life.



Check in: 11:45 pm

Depart: 12:00 pm

Approx. Return: 6 pm



## Afternoon Tea at Callahan House

Registration #489610-06

**Date: Thursday, November 6**

**Cost:** \$35 resident, \$42 non-resident



Step into the elegance of the 1892 Callahan House, a treasured gift to Longmont from esteemed merchants Alice and Thomas Callahan. Nestled in a beautifully restored Queen Anne home and Italian-style garden, this outing offers a guided tour of the historic residence followed by a relaxing afternoon tea. Sip a selection of fine teas served on delicate china, enjoy an array of sweet and savory treats, and soak in the timeless charm of the home and grounds. It's a perfect blend of local history, gracious hospitality, and delightful conversation. Optional vintage-inspired hats encouraged for extra charm!



Check-In: 2:40 pm

Depart: 2:50 pm

Approx. Return: 4:45 pm

## Lift Chocolate Tasting and Tour, Lafayette



Registration #481231-00

**Date: Monday, Nov 3**

**Cost:** \$27 resident, \$33 non-resident

Back by popular demand, join us as we take an adventure in chocolate. Lift Chocolate takes its name from owner Brandon Busch's background as a CH-53 Heavy 'Lift' helicopter pilot in the United States Marine Corps. Come learn about Brandon's fascinating story "from military to chocolate" and how he was able to build a business that 5280 Magazine lists as one of the best chocolate brands in Denver area. Trip fee includes a full chocolate tasting (value \$20).



Check in: 1 pm

Depart: 1:15 pm

Approx. Return: 3:30 pm

## Black Bear Diner and Buc-ee's, Johnstown



Registration #481232-00

**Date: Friday, November 7**

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

We're off to explore Johnson's Corner's newest addition – Black Bear Diner for a delicious and hearty mid-morning meal. Then we stop at the famous Buc-ee's in Johnstown to check out what the excitement and thrills are all about. Cost of meal on your own.



Check in: 9 am

Depart: 9:15 am

Approx. Return: 1:30 pm

## Veterans Day Celebration and Museum, Broomfield



Registration #481233-00

**Date: Tuesday, November 11**

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

Celebrate Veterans Day at the Broomfield Veterans Museum. Enjoy an inspiring ceremony which includes music provided by local chorus, bands, Pipe and Drums music ensemble concluding with a Veteran Keynote Speaker. We also visit the Broomfield Veteran Museum that honors local veterans from all service branches. Lunch stop afterwards, cost of lunch on your own.

Check in: 9:30 am

Depart: 9:45 am

Approx. Return: 3 pm







## Best Day Ever Coffee & Crepes & Board Games



Registration #489610-11

**Date:** Wednesday, November 19

**Cost:** \$7 resident, \$9 non-resident



Join us for a cozy outing to Best Day Ever Coffee & Crepes in downtown Longmont! Enjoy delicious made-from-scratch sweet and savory crepes, freshly brewed coffee, and warm, friendly service - all in a welcoming café that supports meaningful employment for adults with disabilities. After lunch, we'll stay to play board and card games while enjoying each other's company in this cheerful, inclusive space. It's more than a meal - it's a community experience filled with heart, flavor, and fun! Cost of food and beverage on your own, price range \$3-\$10.

Check-In: 10:15 am

Depart: 10:30 am

Approx. Return: 1:00 pm

# MILLION DOLLAR QUARTET CHRISTMAS

## Candlelight Dinner Theater Million Dollar Quartet Christmas

Registration #481313-00

**Date:** Thursday, November 20

**Cost:** \$90 resident, \$108 non-resident



Join us for a trip up to the Candlelight Dinner Theater. Enjoy Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley as they reunite. Set in a Christmas-decorated studio, this holiday edition of Million Dollar Quartet brings classic hits, holiday tunes, and fun-filled stories of Christmas past, present, and future. This Christmas performance delivers a nostalgic, high-energy jam session that you will treasure year after year! This trip departs from the Longmont Senior Center. Please let us know if you have any dietary restrictions.

Check in: 4:30 pm

Depart: 4:45 pm

Approx. Return: 10 pm

## Mystery Trip, Longmont



Registration #481234-00

**Date:** Friday, December 5

**Cost:** \$38 resident, \$46 non-resident

A local and cherished tradition during the holidays. This is a traveling trip with many stops. Plan to get on and off the bus frequently throughout the trip. If you enjoy the holidays this trip will not disappoint. This trip departs from the Longmont Senior Center.

Check in: 3:45 pm

Depart: 4 pm

Approx. Return: 7 pm

## Flatirons Mall, Superior



Registration #481235-00

**Date:** Tuesday, December 9

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

Craving shopping? Going to Flatirons indoor mall is the ultimate in browsing, shopping, and people watching. The day is up to what you'd like to do. Lots of lunch options available at the many eating establishments, cost on your own. Senior bus will drop off and pick up...you do the rest!

Check in: 10 am

Depart: 10:15 am

Approx. Return: 4 pm

## Longmont Bingo Alley



Registration #489605-12

**Date:** Saturday, December 6

**Cost:** \$17 resident, \$21 non-resident



Did you say bingo afternoon? Dabsolutely! Be ready for a B-I-N-G-O-H so much fun at Longmont Bingo Alley! Fee includes transportation and 1 bingo pack. Any additional games, machines, food, etc. cost is on your own. Don't forget, O-61derful things happen when you play bingo with friends! This trip will always depart from the Longmont Senior Center.

Check-In: 11:00 am

Depart: 11:15 am

Approx. Return: 2:30 pm

**Day Trip Registration Deadline  
is 7 Days Before the Trip Date**



## Blossoms of Light at the Botanic Gardens, Denver

Registration #481236-00



**Date: Monday, December 8**

**Cost:** \$44 resident, \$53 non-resident

One of Denver's top holiday light shows, Blossoms of Light is a spectacular celebration that illuminates the Denver Botanic Gardens. Wander a mile-long path through immersive, luminous displays that accentuate and highlight our plant collections. Holiday treats and warm drinks will be available for purchase. Dress for the weather, this is an outdoor walking event. This trip departs from the Longmont Senior Center.

Check in: 5:00 pm

Depart: 5:15 pm

Approx. Return: 10 pm



## Face – Christmas Concert at the Rialto Theater, Loveland

Registration #481312-00



**Date: Tuesday, December 16**

**Cost:** \$54 resident, \$55 non-resident

Face is an internationally acclaimed all-vocal rock band from Boulder, Colorado who have been captivating audiences for over two decades with their infectious energy punctuated by an endearing love of performance. Join us at the historic Rialto Theater for Face's most popular concert of the year; their performance will not disappoint. This trip departs from the Longmont Senior Center.

Check in: 5:45 pm

Depart: 6 pm

Approx. Return: 10 pm



**TRIPS  
AND  
TRAVEL**

## OVERNIGHT TRIP

### Cripple Creek

Registration #481200-00



**Dates: November 16-18, Sunday-Tuesday**

\$392 Double Occupancy, \$536 Single Occupancy

**Overnight Trip Registration  
Deadline is 21 Days Before  
the Trip Date**

Sit back and enjoy the scenic ride to Cripple Creek on this 2-night, 3-day excursion. We stay at the grand Chamonix Casino Hotel. Plenty of time to gamble, explore downtown or indulge in the luxurious amenities at the hotel. Fee includes motorcoach transportation, three meals, deluxe hotel accommodations and gratuity.

**Day One:** Travel Day. Lunch in Colorado Springs, evening on your own.

**Day Two:** Morning breakfast then it's off to explore Cripple Creek on your own.

**Day Three:** Breakfast at the hotel before we check out for the day. Travel through Colorado Springs on our way home.

**Coming Soon...Extended Travel**

**Hawaii 3 Island Adventure  
November 10, 2026 (9 days)**

**Curious about extended travel? What we do? Where we go?  
Join us at our travel presentations to find out more.**

## Extended Travel Presentations

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 this in-person overview sharing details of our extended adventure on the Holland Windmills, Waterways, & Tulips River Cruise trip taking place April 2026. Learn about additional travel opportunities with the Longmont Senior Center to Alpine Swiss Villages and Rails. Taking place in July 2026 and discuss highlights of our upcoming trip to the Hawaiian Islands in November 2026.

#481011-09 **Wed, September 10, 1-3:30pm**, Free, Online

#481011-28 **Tue, October 28, 1-3:30pm**, Free, In-Person



**CITY OF Longmont**  
Senior Services  
*Hawaii 3 Island Adventure*

## APRIL 20-28, 2026 HOLLAND WINDMILLS, WATERWAYS AND TULIPS RIVER CRUISE

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, Holland Windmills, Waterways, & Tulips River Cruise. 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 Arenheim, and more!

### Itinerary

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 details on the following page »**

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**

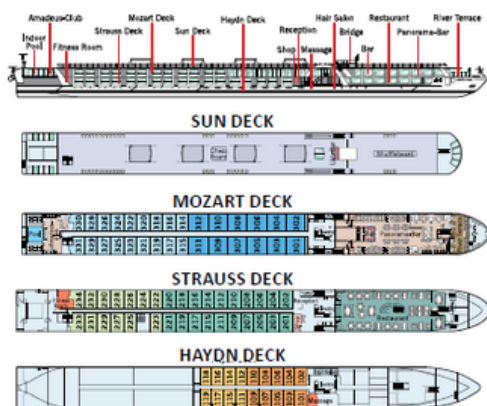
Booking # 201263

**BOOKING DISCOUNT!**  
Save \$200 per person  
\$400 per couple +  
\*See Reservation Info for  
Booking Discount details

**Coming Soon... Extended Travel**  
**Hawaii 3-Island Adventure**  
**November 10, 2026 (9 days)**



## AMADEUS AMARA DECK PLAN



## 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 terrace & the sun deck 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 part 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 ship features English-only onboard commentary with inclusive shore excursions balanced with choice to simply relax onboard, get a spa treatment or add sightseeing with optional excursions.

## ALL MEALS INCLUDED ONBOARD

Three meals 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 large 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-breakfast, 6-lunch & 7-dinner)
- 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

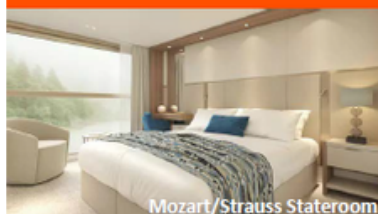
- Dutch Open Air Museum in Arnhem
- Veere with Wine Tasting
- Ghent City Tour
- Brussels City Tour
- Volendam & Cheese Farm

## 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 & SUITES



Mozart/Strauss Stateroom



Suite

### 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)



# JULY 13-21, 2026

## 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 from the City of Longmont!

### HIGHLIGHTS

- 6 Nights - Wengen
- 1 Night - Zurich
- Berner Oberland Rail Pass
- Swiss Rail Excursions & Transportation -Trains, Cogs, Cable Cars, Boats & Buses
- Bern
- Interlaken
- Grindelwald
- Murren
- Lake Brienz Cruise
- Wood Carving School
- Meiringen
- Grindelwald-Mannlichen Gondola Cableway
- Lucerne City Tour with Chapel Bridge
- Aare River Gorge
- Rosenloui 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
- Travel Protection Plan
- Tips and Gratuities for drivers and guides

### ACCOMMODATIONS

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

**BOOKING DISCOUNT!**

Save \$100 Per Person  
\$200 Per Couple\*

**NO RISK DEPOSIT  
NO CHANGE FEES**

Book Now and your Deposit is Risk Free with  
No Change Fees until Final Payment Due Date!  
See back for details\*\*



**TOUR RATES:**

Booking Discount\*: **\$6844** pp double

Regular Rate: **\$6944** pp double

Single Supplement: +\$950

\*See Reservation Info for Booking Discount details

July 13, 2026

9 DAYS



## 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](http://bit.ly/volunteersctc) or call Senior Services at 303-651-8411 for more information.

City of Longmont is recruiting new members for our

## Equitable Climate Action Team Volunteer (ECAT) Group

This is an awesome volunteer-leadership opportunity that is a great way to have direct involvement with the City reviewing Sustainability Programs. The application is open to all people over 18 years old living in Longmont regardless of status. Please contact [sustainability@longmontcolorado.gov](mailto:sustainability@longmontcolorado.gov) for a link to our application or pick up an application at 1100 S. Sherman Street with the Sustainability Office. For questions contact us at (303)651-8416.

## The Senior Center Wants You!

If you have time on your hands and would like to put some of that time to good use, volunteer with the Senior Center! If you have a skill or a talent you would like to share, please contact Valerie at 303-774-3533 or email at [valerie.rodriquez@longmontcolorado.gov](mailto:valerie.rodriquez@longmontcolorado.gov). The Longmont Senior Center is reaching out to its participants, and we have a need for the following duties/ tasks:

**Check-In Assistant** – Responsibilities include checking in participants for all programs taking place at the center, taking attendance, communicating with staff and participants.

**Desk Volunteer** – This weekly commitment is for a morning shift 9 - 11:30AM or 12:30 - 3PM at our Volunteer Desk. This volunteer role involves making phone calls, putting information together, giving out information, giving tours of the facility, helping people navigate through our brochure, and all other administrative duties as needed.

There are endless benefits of volunteering in these roles, and you would be supporting a very busy facility and helping people along the way.

## OUR PARTNERS SERVING LONGMONT NEED LOCAL VOLUNTEERS



## Longmont Meals on Wheels Needs Volunteers



Longmont Meals on Wheels prepares and delivers more than 425 meals a day and checks on its participants daily. Can you help? Kitchen volunteers prepare, cook and package meals, serve them in the Parkview Café and help with cleanup. Kitchen helpers are needed one day per week, 8am - 12:30pm. Delivery drivers pick up the meals for their routes around 10:45, and routes take 1 - 1.5 hours to complete. Most delivery volunteers volunteer once per week. Long-term substitutes are always needed as well. Call 303-772-0540 or go to [longmontmeals.org](http://longmontmeals.org) volunteer to get started.

## Be a Friend to an Older Adult!

Boulder County Area Agency on Aging seeks volunteers to provide companionship to older adults (age 60 and over) who are experiencing isolation or to give a break to a caregiver. Volunteers are matched with an older adult whom they visit for two hours once a week. Volunteers serve as companions; they do not provide hands-on care. Volunteers must pass a criminal background check, and make a 6-month commitment. Apply at [BoulderCountyVolunteers.org](http://BoulderCountyVolunteers.org). For more information call 720-864-6526 or email [infoRespite@bouldercounty.org](mailto:infoRespite@bouldercounty.org).

## Homebound Book Program at the Longmont Library

Is seeking volunteers to help pick up and deliver books to locally homebound individuals. If you appreciate the love and/or importance of reading and are willing to bring the world to someone who may be unable to get out and get their own good "reads," please consider being a volunteer for this program. Call **Jana** at 303-774-4895 or email [library\\_homebound@longmontcolorado.gov](mailto:library_homebound@longmontcolorado.gov) for more information.





## St. Vrain Valley Storytellers

Become a Volunteer Storyteller for kids pre-K to 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](mailto:mbalinhome@gmail.com).

## cultivate

### Connect with Cultivate

Cultivate volunteers support our older adults through programs such as rides to medical appointments for military veterans and their senior family members; phone check-ins for social support; grocery shopping and delivery; minor home repairs; snow shoveling and yard cleanup. By providing services at no cost, Cultivate helps seniors remain independent, yet connected, within their communities. If you are interested in volunteering or receiving services please visit our website at [cultivate.ngo](http://cultivate.ngo) or call us at 303-443-1933.

### Boulder County American Red Cross

Consider volunteering for local, state, or out-of-area Red Cross work. The American Red Cross has four Chapters in Colorado and numerous sites where they offer classes or have disaster staff and resources. Call 303-722-7474 for more information.



**OUR CENTER**

*Paving the Road to Self Sufficiency*

### OUR Center

assists individuals and families in the St. Vrain Valley in need of food, clothing, rent, and utility assistance, transportation, medical needs, budget and life skills, and other resources to help people through short-term crises and to develop vital lifelong skills to enable self-sufficiency.

**OUR Center serves over 100 families per day.**

Each week we need 350 volunteers to provide the services we offer.

We'd love to have you join our volunteer team. To apply, go to our website - [www.ourcenter.org](http://www.ourcenter.org) and click on the Volunteer page. For more information, contact Julie, our Director of Volunteer Services, at [julie@ourcenter.org](mailto:julie@ourcenter.org) or 303-772-5529 x235.

## Rainbow Connections

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

### Parks, Open Space and Trails Launches JoinUs Volunteer Portal

**Volunteering just got easier.**

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

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

Questions about the JoinUs volunteer portal can be directed to the PWNRR Customer Service Center at 303-651-8416 or [ServiceWorks@LongmontColorado.gov](mailto:ServiceWorks@LongmontColorado.gov).

### A Day Place: Volunteers Needed

Do you like to play games, read stories, and have a lot of laughter? A Day Place is looking for volunteers to assist our staff with daily activities, games, and snack time. You will be working with adults that have some form of memory loss, but the most physical thing you are asked to do is wipe off the tables after lunch. If this sounds like a perfect opportunity for you, call 303-435-9948. You may also email [adayplace2017@gmail.com](mailto:adayplace2017@gmail.com).



**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](http://yourwebsite.org) and click on the Volunteer page.

For more information, contact Volunteer Coordinator 303-682-2485 x 116 [volunteer@stvrainhabitat.org](mailto:volunteer@stvrainhabitat.org)



VOLUNTEER OPPORTUNITIES



Watch Longmont City Council Live: <https://www.youtube.com/c/cityoflongmont/live>

## Senior Law Clinic

**Saturday, September 20, 9-11:30 am**

Join us for a Senior Legal Clinic at the Longmont Senior Center. Older adults in Boulder County can access general legal information and have a brief one-on-one consultation with an attorney on topics relevant to seniors. No advance registration is required, and consultation times will be offered on a first-come, first-served basis.

## It's Back! Deck the Halls

**Date: December 1-31**

**Cost:** Free! To register your tree, Please contact Terri Calvin at 303-651-8578

**Registration Deadline: November 20**

It's time to light up the Longmont Senior Center with our 2nd annual Deck the Halls event! If you are a part of a Senior Center group, a local business, family, or individual, bring in your tree and decorate with a theme to be voted on by our aging community. After registration closes on November 20, registered participants will receive communication on tree set up to take place November 22 - 27. Participants are responsible for tree set up, decorating, and take down. The Longmont Senior Center will provide power for your tree.

Voting by our aging community will take place December 1 - 31 and is completed by bringing in non-perishable food items to be placed in the collection box below your favorite tree.

### Canned Food Drive

Now that our "Halls have been Decked" with an assortment of beautiful holiday tree decorations, come on in and vote for your favorite tree. To vote, bring non-perishable food items in and place them in the box that corresponds to your favorite tree. Items will be counted throughout the event and all donations will be sent to the Table of Hope Food Pantry. The winning tree will be announced during early January 2025.



COMMUNITY NEWS

## 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](mailto: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  
Abuse of older persons – Longmont Police 303-651-8555  
or Adult Protection at ..... 303-441-1309  
Alzheimer's Assoc. 24-Hr Helpline ...1-800-864-4404  
Audio Information Network ..... 303-786-7777  
Better Business Bureau ..... 303-327-4500  
Center For People With Disabilities .... 303-442-8662  
*For new inquiries select extension 250*  
Colorado Division of Insurance ..... 303-894-7499  
Colorado No-Call Program ..... 1-800-309-7041  
Colorado Talking Books Library ..... 303-727-9277  
Community Protection ..... 303-441-3700  
(Boulder County)  
Cultivate ..... 303-443-1933  
Dental Aid-Longmont ..... 303-682-2619  
El Comité ..... 303-651-6125  
Elder Watch Fraud Hotline ..... 1-800-222-4444  
Employment Workforce Boulder County 720-864-6600  
Food Programs  
- Carry Out Caravan ..... 303-241-4426  
- Eldershare ..... 303-652-3663  
- Meals on Wheels ..... 303-772-0540  
Fraud - Attorney General Hotline .... 1-800-222-4444  
- Inspector General Hotline ..... 1-800-447-8477  
Health Department, Longmont ..... 303-678-6166  
Housing: Longmont Housing Authority 303-651-8581  
Legal Services of Boulder County ..... 303-449-7575  
Legal Services AARP .....1-888-687-2277

### Loan Closet Medical Equipment FREE

-American Legion ..... 303-961-2233  
-Elks ..... 303-776-1055  
-Moose ..... 303-776-4911  
Long Term Care Ombudsman ..... 303-441-1173  
Medicaid  
- Boulder County Human Service..... 303-441-1000  
- A&I Avenues (required for LTC Medicaid) 303-439-7011

Medicare ..... 1-800-633-4227  
Medicare Counselor ..... 303-441-1546  
MentalHealthPartners/Clinica ..... 303-443-8500  
Mental Health Crisis Line 24/7 .....1-844-493-8255  
Nursing Home Monitoring ..... 303-441-1173  
OUR Center ..... 303-772-5529  
Parkinson's Association of the Rockies ... 303-830-1839  
Poison - Rocky Mt. Poison Control ... 1-800-332-3073  
Police, Longmont non-emergency ..... 303-651-8501  
Reverse Mortgages - Boulder County ... 303-441-1544  
Rocky Mountain Legal Center ..... 720-242-8642  
Safe Shelter (Domestic Violence) ..... 303-772-0432  
Salud Clinic ..... 303-776-3250  
Senior Centers in the area  
-Berthoud ..... 970-532-2730  
-Boulder (East) ..... 303-441-4150  
-Boulder (West) ..... 303-441-3148  
-Lafayette ..... 303-665-9052  
-Longmont ..... 303-651-8411  
-Louisville ..... 303-666-7400  
-Loveland ..... 970-962-2783  
Senior Reach (counseling) ..... 1-866-217-5808  
Social Security ..... 1-800-772-1213  
Social Services (BCDHHS) ..... 303-441-1000  
Stroke - Rocky Mt. Association ..... 303-730-8800  
Suicide Prevention Hotline ..... Simply dial 988  
Transportation  
-Access-A-Ride ..... 303-292-6560  
-Berthoud Area Transportation ..... 970-532-3049  
-RTD ..... 303-299-6000  
-Via Mobility Services ..... 303-447-2848  
-VetsGO ..... 303-443-1933 ext.414  
Veteran Services - Longmont ..... 303-441-3890  
Weatherization ..... 720-864-6401  
[www.bouldercountyhelp.org](http://www.bouldercountyhelp.org) ..... 303-441-1617





## SENIOR SERVICES RESOURCE STAFF

*Se habla español*



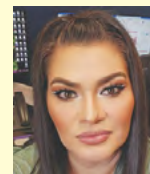
**VERONICA GARCIA**  
**303-651-8716**

veronica.garcia@longmontcolorado.gov



**AMY PAYAN**  
**303-774-4372**

amy.payan@longmontcolorado.gov



*Se habla español*

**MELISSA LOSINO**  
**303-651-8654**

Melissa.Losino@longmontcolorado.gov

**Seniors Resource Specialists are available to residents of Longmont for:**

- Assisting older adults age 55+ and family caregivers of older adults in locating and accessing resources and services such as housing and in-home care
- Navigating systems such as Social Security and/or Medicaid
- Completing forms and applications for various benefits, services, and programs
- Applying for financial support when eligible and appropriate



## SENIOR SERVICES COUNSELING STAFF



*Seniors Counselor*  
**KAYLEIGH SCHERNBECK, LCSW**  
**303-774-4497**

kayleigh.schernbeck@longmontcolorado.gov



*Supportive Services Supervisor*  
**BRANDY QUEEN, LPC**  
**303-651-8414**

brandy.queen@longmontcolorado.gov

**Kayleigh Schernbeck**, licensed clinical social worker, is available to residents of Longmont for:

- Individual, couples, and family counseling for older adults age 55+ and for family caregivers of older adults: up to twelve free, confidential counseling sessions.
- Matching older adults with Peer Support volunteers who offer individual counseling and a variety of support groups. Peer volunteers are experienced, trained, and supervised volunteers who provide support and understanding from one senior to another.
- Facilitating or coordinating a number of support groups
- Managing dementia-friendly educational activities and programs
- Organizing a variety of education programs about resources

**Brandy Queen**, a licensed professional counselor, is also available for limited individual, couples, and family counseling for older adults age 55+ and for family caregivers of older adults. Additionally, Brandy provides support groups and caregiver consultations and manages programs about resources, emotional wellness, dementia, and caregiving.

## BOULDER COUNTY AREA AGENCY ON AGING



Visit the comprehensive website at [www.BoulderCountyHelp.org](http://www.BoulderCountyHelp.org) or call the Boulder County Area Agency on Aging Resource Line at **303-441-1617** (Bilingual) or email: [infoADRC@bouldercounty.org](mailto:infoADRC@bouldercounty.org)

View Categories at the website to explore options such as:

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

### Also: Weld County Area Agency on Aging (AAA)

General AAA information: **970-346-6950**  
Information and Assistance: **970-346-6952**  
Website: [www.weldaaa.org](http://www.weldaaa.org)


### Larimer County Area Agency on Aging (AAA)

Helpline: **970-498-7750**  
Website: [www.lcoa.networkofcare.org](http://www.lcoa.networkofcare.org)

## CAREGIVER SERVICES

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

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

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

Will be offered again in the Winter/Spring GO.

### Grandparents Raising Grandkids Kinship Support

Call Alicia Corso at 303-514-7745 for information.

### Grief Recovery Support Group

Mondays, November 17 - January 5, 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](mailto:infoLGBTelders@bouldercounty.org). Confidentiality maintained.

### Low Vision 3rd Thursday, 10:30 am - noon.

Contact: CPWD at 720-526-2804

### Parkinson's 2nd Wednesday, 10:00 - 11:30 a.m.

Meets at Longs Peak United Methodist Church, 1421 Elmhurst Dr., Longmont  
Contact: Parkinson's Association at 303-830-1839

## SUPPORT FOR PEOPLE WITH DISABILITIES

The mission of the Center for People with Disabilities (CPWD) is to provide resources, information, and advocacy to assist people with disabilities in overcoming barriers to independent living. In addition, CPWD provides Peer Support and works with people in navigating the Social Security Disability application process. Their phone number is: 303-442-8662; new inquiries can contact extension 250, or you may email CPWD at [info@cpwd.org](mailto:info@cpwd.org).

## FINANCIAL

### Medicare Counseling

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

### Social Security

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

### Boulder County Personal Finance Coaching

Personal Finance program provides free and confidential counseling to help build skills, knowledge base and confidence level in areas of money management, housing, and employment. Contact 720-564-2279 or [BoCo.org/PersonalFinance](http://BoCo.org/PersonalFinance) to schedule an appointment with a personal finance specialist to discuss reverse mortgages, financial well-being, and money management.

### Home Foreclosure Prevention

Call Boulder County Housing Authority at 720-564-2279 or Colorado Foreclosure Prevention Hotline at 1-877-601-4673.

### Money Management Program

Money Management Program (MMP) volunteers help you sort through your mail, organize your bills, develop a budget, write your checks, manage your monthly expenses, and work on your debts. To find out more about the program, call Amy 303-774-4372.

### Tax Help

Call Colorado Taxpayer Advocate Service at 303-603-4600.

### State and City Rebates

State of Colorado and City of Longmont offer rebates on a number of resident expenses for low-income individuals. For eligibility criteria and applications, visit <https://www.longmontcolorado.gov/community/financial-assistance-and-rebate-programs> and <https://tax.colorado.gov/PTC-rebate>. Resource Specialists available for application assistance, contact 303-651-8411.

### Fraud, Financial Abuse, & Consumer Complaints

Call Boulder County District Attorney at 303-441-3700, Adult Protection at 303-441-1309, and/or Longmont Police at 303-651-8555. For more information, see [www.bouldercounty.org/district-attorney/community-protection](http://www.bouldercounty.org/district-attorney/community-protection)

## EMPLOYMENT

The Longmont Workforce Boulder County office is located at 515 Coffman Street. Hours are 8:30 am to 3:00 pm, Monday – Friday. After you have registered, you can access other services and programs, Call 720-864-6600.

## HOUSING INFORMATION

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

### **A Boulder County Senior Housing Guide**

is available at the Senior Center front desk or online at [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org); includes all cost levels for independent assisted living, and long-term care.

### **Housing Rehabilitation Programs**

The City offers several programs for home improvement and access. Call 303-774-4619 for more information. Some programs require owner occupancy.

- **The General Rehab Program & Weatherization**  
Makes repairs to bring your home up to code, correct health and safety issues, or make your home more energy efficient.
- **The Accessibility Program** - gives you or a family member full access to your home by installing ramps, widening doorways, lowering cabinets, etc.
- **The Emergency Grant Program** - helps with emergency repair to major systems that unexpectedly fail, including furnaces and/or water heaters.
- **Mobile Home Repair Program**
- **Landlord-Tenant Services** - The City of Longmont's office of Community and Neighborhood Resources provides information to both landlords and tenants on all aspects of the landlord/tenant relationship, including law and legal process and general guidance on how to create successful tenancies. Call 303-651-8444 or email [cnr@longmontcolorado.gov](mailto:cnr@longmontcolorado.gov).

## IN-HOME SERVICES

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

### **Audio Information Network of Colorado** -

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

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

### **Phone Buddies, Fix-It Folks, Yard Busters &**

**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](mailto:eldershare@communityfoodshare.org) to sign up for the program.

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

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

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

## VETERANS SERVICES

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

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

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

## LEGAL

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

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

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

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



## SAFETY

### Longmont Emergency Reverse Notification Sign Up -

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

### Long Term Care Ombudsman

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

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

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

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

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

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

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

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

## TRANSPORTATION

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

### Transportation Services

**Via – provides many transportation-related services:**

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

### FlexRide (formerly Call-n-Ride) Longmont

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

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

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

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

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

**Transportation for Veterans** - See Cultivate’s VetsGO program in the Veterans 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](http://www.city.ridewithvia.com/longmont) or call 970-538-9097 for more information

## Longmont eAlerts

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



## Via the internet

at [www.LongmontColorado.gov/senior-services](http://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.



## Free Food Table

The Senior Citizens Advisory Board and the Longmont Food Rescue have partnered to provide a food table here at the Senior Center from 10:00 to 11:30 am on the Second Saturday of every month beginning June 14th. Adults age 55+ in need are welcome to visit the table and bring food home at that time. Learn more at [longmontfoodrescue.org](http://longmontfoodrescue.org)

**Date:** Second Saturday of the month

**Time:** 10:00 - 11:30 am

**Cost:** Free!

**Location:** Longmont Senior Center Lobby



## 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 the final issue 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 \$2.00 for residents, \$3.00 for non-residents. Due to the bulk mailing process, the catalog will arrive in the mail one to two weeks after being made available online and at the Senior Center. Check out [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)

Name (Please Print) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Senior Center  
10464620 62170





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**Division of Senior Services**  
Longmont Senior Center  
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Longmont, CO 80501

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## **FALL PROGRAMS**

### **SEPTEMBER-DECEMBER**

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, August 11.**

**Trip Registration will be completed via e-lottery on August 20.** Submit your Summer trip preference sheets between August 5-18 at the Senior Center Front Desk to be entered into our lottery.

For hike registration info, please see page 3.

**CITY OF**  
**Longmont**  
Senior Services