

SENIOR SERVICES

CITY OF
Longmont
Senior Services



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

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

Office Hours: Monday-Thursday: 8 am-8 pm
Friday: 8 am-5 pm | Saturday: 8 am-Noon
Closed: Sept 1, Nov 11, Nov 27, Nov 28

email: senior@LongmontColorado.gov
LongmontColorado.gov/senior-services

The GO catalog comes out every few months. It has information about help and support activities. Some programs teach about Advance Directives and Medicare Basics. There are also support groups for grandparents, caregivers, and people who are sad because of a loss.

RESOURCES AND SUPPORTIVE SERVICES

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

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

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

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

NEW PROGRAM!

SingFit

Sing, share memories, and have fun with SingFit. Led by Rhoda, each session includes familiar songs, movement, trivia, and conversation to boost memory, mood, and connection. No singing experience needed – come ready to enjoy music, share memories, and feel good together!

“singfit”

55 & up: Sept 5-Oct 31, Fri, 10-11am 489608
Nov 7-Dec 19, Fri, 10-11am 489608

Location: Senior Center, 910 Longs Peak Ave

Fee: Free, please register in advance



Specific support activities are detailed in the quarterly GO catalog and often include programs such as **Advanced Directives** and **Medicare Basics**. Support groups for **Adjust to Life's Changes**, **Grief**, and **Caregivers** are also offered.

EXTENDED TRAVEL

Join us for either a virtual or in-person overview sharing details of our next extended adventure, Alpine Swiss Villages & Rails. Taking place in July 2026, this adventure explores exciting destinations including City tour of Lucerne with Chapel Bridge, wood carving school, Swiss Rail excursions and more! *“travel”*

55 & up: Sept 10, Wed, 1-3:30pm 481011

Location: Virtual – register for link

Fee: Free, please register in advance

55 & up: Oct 28, Tue, 1-3:30pm 481011

Location: Senior Center, 910 Longs Peak Ave

Fee: Free, please register in advance