

THE go

Vol. 2026 No. 1 **Winter/Spring** (Jan-Apr 2026)

CITY OF
Longmont

Senior Services

www.longmontcolorado.gov/senior-services

55+
No member fee!

Call us at
303-651-8411

see
inside

Class & Trip Registration
Community & Special Events
Resources

Vea páginas 36-42 en Español



FACILITY CLOSURES:

» January 19, February 16



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

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OUR MISSION

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

OUR VISION STATEMENT

Longmont - a community in which we all age well.

FACILITY HOURS

Monday - Thursday: 8 am - 8 pm

Friday: 8 am - 5 pm

Saturday: 8 am - Noon

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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Look for bilingual offerings
presented in English and Spanish.

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 a separate Resource Guide located in the lobby. 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.

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.

Waitlists 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 callbacks.

Special Requests and 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.

Winter/Spring Programs
are subject to change

**Registration for activities
begins Monday,
December 8, 2025**

**Trip Lottery Form Submission
Window: December 1-12**

**Trip Lottery will be performed
by staff on December 17**

Communication will follow to registrants on trips registered/waitlisted by **December 22**, as well as for payment processes. You can register for trips online or via phone, as well as pay for Winter/Spring trips on or after **December 23**.

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

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

Para información en español llame al 303-774-4452

Registration Each quarter, two specific registration kickoff dates are set; the first date is for classes, sports, outdoor, and special events, and the second date is for trips and hikes. 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 after the quarterly kickoff dates and when lottery trip registration is concluded. **See Page 3 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.

Resident, non-resident, non-senior fees: The 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 and 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. Transaction fees are nonrefundable.

If the Longmont Senior Center cancels a class or program: Full refunds are given 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 rescheduling.

If a Customer needs to withdraw from a class or 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 and 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.
- Registration deadline is four business days prior to the program start date, unless otherwise noted.

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

- 50% refund/credit will be provided to payer's RecTrac account, provided the spot is filled from the waitlist.
- No refund provided if the spot cannot be filled.

Cancellation request is made on or after 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 us 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 credit to the payer's RecTrac account or refund check will be provided.
- Refunds are not provided for merchandise that has already been given to the customer or specifically ordered for them.
- 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.
- Transaction fees are nonrefundable.

Trip Registration Lottery: Our trips are extremely popular and to ensure both equity as well as functionality, trip registration is performed via 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, December 17. Trip registrants will be emailed by Monday, December 22, identifying which trips they received and which they are waitlisted for. If you do not utilize email, please call or stop by our front desk after December 22 to get the information on which trips you have received and which you are waitlisted for. Payments for Jan/Feb trips are due Friday, January 2, with payment for Mar/Apr trips due by Monday, March 2.

Modes of transit: City of Longmont minibus or van and contracted motorcoach buses or vans.

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 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 bus trip, 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 special accommodation 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 Center staff. When possible, the staff will attempt to resell your spot to a person on the waiting list.

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.



= Meal stop included

Winter/Spring Hike Registration (Jan-Apr) for Adventure, AAIR, and Walk with a Naturalist Hikes will be completed via lottery. Winter/Spring hike lottery forms can be turned in to our front desk from **December 1-12**. Communication to follow to registered and waitlisted hikers by the end of the day on **Tuesday, December 16**, via email. You can register online or over the phone as well as pay for Winter/Spring hikes received beginning on **December 16**.

FROM THE FRIENDS

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

2026 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,

As we begin a new year, the Board of the Friends of the Longmont Senior Center extends heartfelt gratitude to all who have supported us. Your donations, encouragement, and participation made 2025 one of the most successful years in our history.

Together, we celebrated milestones that demonstrate the power of community giving. With your help, the Friends purchased two new transport vans—affectionately named Ethel and Lucy—to expand opportunities for seniors to attend programs and off-site events. We also proudly sponsored the first-ever two-way elder exchange between the Northern Arapaho elders of the Wind River Reservation and the Longmont Senior Center, a groundbreaking initiative in the United States that we are committed to continuing. This elder exchange was recently highlighted in the Colorado Sun feature article on aging in Colorado –

<https://coloradosun.com/2025/08/31/longmont-wind-river-sister-cities-elder-exchange-northern-arapaho-tribe/>

The Longmont Senior Center has earned its reputation as the best in Colorado because of the quality and variety of its programs, events, and services. Much of what makes this excellence possible comes through Friends' funding. We underwrite what the City of Longmont cannot—whether that is programming, services, community outreach, technology improvements, or special events that enrich the lives of older adults in our community.

Looking ahead, we carry our intentions with purpose. As the Senior Center approaches its 50th anniversary in 2026, the Friends are preparing to support the Golden Jubilee celebrations, enhance senior services, upgrade technology, and invest in future building improvements. These aspirations are only possible because of the generosity of our donor community.

To each of you—our donors, Senior Center staff, and fellow board members—thank you. You make it possible for the Longmont Senior Center to thrive, ensuring it remains one of the very best reasons to live in Longmont. Together, we make our community stronger for everyone.

With gratitude and hope,

Donna Prestwood, Member

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.

Deborah Alberty
Joyce Costello
Betsy and Kenneth Davis
Barbara Fernandez
Ross Hansard
Patricia Journeay
Carol and Jeff Laux
Janet Limon
Longmont City Employees
Longmont Quilters
Carol Mazie
Marianne McCarthy
Normus Fund

Kathryn O'Leary
Denise Shepard
Sarah Jane Snyder
Sandra and Ricky Stewart
Jan and Neal Stoffer
Patricia Streeter
Sunshine Club
Linda and Richard
Vahrenkamp
Ruth Waukau
Kathleen and Don Weibel
Amy Weinstein

GIFTS IN MEMORY OF:

Bob Bernard
David Costello

GIFTS IN HONOR OF:

Senior Center Tech Connect



FRIENDS
OF THE LONGMONT
SENIOR CENTER

A Grand *Thank You...*

- To the **Friends of the Longmont Senior Center** for their support for funding technology upgrades for each classroom in the Senior Center. This will be invaluable to our programs, participants, and instructors!

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 3-4:30 pm at the Senior Center. If you would like more information, please contact Ronnie Maynes at 303-651-8415.



Scholarship Funds –



The Friends of the Longmont Senior Center, Inc., have set aside funds to assist older adults in participating in various activities organized by Senior Services. As long as funds are available, in 2026 an individual may use up to \$250 a year towards Senior Services activities of their 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.

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 want more information, please call 303-651-8411.



Canasta

Mondays, 1:15-4:45 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.



Billiards

\$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.

Learn to Play Bridge

» See page 22



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.*

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. 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.



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's always hot when the Creative Stitchers gather! Bring your crochet, needlepoint, quilting, or any stitching project and enjoy friendly conversation, laughter, and helpful tips from experienced crafters. It's a warm, welcoming space to create and connect. Join us for fun, friendship, and coffee!

Instructor: Sharon Peterson
smp1951@hotmail.com

Cribbage

Fridays, 1-3 pm

Viernes, 1-3pm

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.

Únase a nosotros para juegos amistosas de Cribbage. Se prefiere que tenga experiencia o conocimientos del juego. Para cualquier pregunta, llame a Sam al 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 and 4th Thursdays, 2-3:30 pm

Fee: 50¢ per session

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 Stevie at 303-246-3483 for more information or before dropping by the group as they may be in the community performing during practice time.



DROP-IN
PROGRAMS,
GROUPS & CLUBS

You're Invited to Lunch!

Great meals are available.

Longmont Meals on Wheels prepares nutritious meals and delivers each day, Monday-Friday. Onsite meals are in the Senior Center Park View Café (dining room) Monday-Friday from 11:30 am-Noon. For information on menus and meal costs, Call 303-772-0540 or visit www.longmontmeals.org.



"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

The Longmont Channel » Find us on YouTube

or visit <https://bit.ly/eyesonlongmont>



See page 21 for dates when we are showing our productions.

Euchre Card Game

Tuesdays, 6-8 pm

Fee: 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.

Friday Citizens Open Forum

Fridays, 1:30-3:30 pm

We're all about diving into diverse topics and sharing perspectives in a friendly environment. Each week a topic leader gets 10 to 20 minutes to share their perspective on the selected topic, followed by two five-minute slots for each participant to express their thoughts and guide the flow of the discussion. Our topics are chosen through a voting process the week prior. We strive to provide an engaging dialogue in a casual atmosphere. For questions, please contact Janet Peart at janetpeart@gmail.com or Anne Potter at anne.k.potter@gmail.com.

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.

Sprechen Sie
Deutsch?

Kiwanis Club

Fridays, 9:45-10:45 am

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



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 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!

Knit/Crochet-Beginners

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 two 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 two 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.

Library – Senior Center

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

LoCoMotives Band

Mondays, 9:30-11:30 am

This group performs regularly at senior residences and organizations in the community. Traditional and homemade 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

Matt Green at 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 to find out about joining this group. Must know how to play to join this group.

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.

Online Gaming – Thursday

Thursdays, 1-2 pm

From the comfort of your own home, join in to play games, exercise your brain, make some new friends, and have fun! On Thursday afternoons online via Zoom we play Trivia, Scattogories, or Pictionary. Using your computer, tablet, or phone you can join in on the fun! You will receive an email reminder Zoom Invite each week. For more information and to sign-up, contact **Beverly Schrenk** at 303-229-7547.

Open Mic Night

One Wednesday of every month

Time: 5:30-7:30 pm

Dates: Jan. 28, Feb. 25, Mar. 25, Apr. 29

Fee: 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 if you would like additional information.

Pickleball » See page 57

Quilting – By Hand

Thursdays, 1-4 pm

Community members bring their treasured unfinished quilt tops to be hand quilted using old-fashioned quilting techniques like “grandma.” Funds raised are donated to the “Friends of the Longmont Senior Center.” Interested in learning to hand quilt, please visit us on Thursday or contact Joan Ellis at 303-775-7339.



Scrapbooking and Paper Crafts

**Wednesdays,
9 am-Noon**

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.

Instructor: **Marty Baker** at 303-931-9199



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 2026 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 for more information.

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

Jan 12, 26, Feb 9, 23, Mar 9, 30, Apr 13, 27

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 **Oswaldo** 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.

Instructor: Jeanette at
JeanetteBWalters@gmail.com

Support Groups

Several support groups are available for interested persons. Some are open for drop-in participation. See the Resource Guide handout for a list or call **Kayleigh Schernbeck** at 303-774-4497.

Table Tennis » see page 57

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! All carvers are welcome. **Women are encouraged to join!** Call Dale Quackenbush at 303-250-1574 or Michael Klosterman at 505-692-8243 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.

Senior Center Performance Showcase - CEP

Registration #183000-01

Dates: Thursday, January 29

Time: 1-3 pm

Fee: Free, please register in advance

Ring in 2026 with an entertainment showcase featuring our Longmont Senior Center performance groups! Sips and snacks will be provided. Featured groups include Dulcimer, Line Dance, LOCO Motive Band, Fun with Singing, Coro, and Bailes de mi tierra!

Birds of Prey Rocky Mountain Raptor Program - CEP

Registration #183000-02

Dates: Wednesday, February 4

Time: 1:30-3:00 pm

Fee: Free, please register in advance

Join the Rocky Mountain Raptor Program from Fort Collins, CO, for a special afternoon event featuring their incredible bird ambassadors up close and personal. Learn about Colorado's native raptors, their vital role in our ecosystem, and the inspiring stories of these rescued birds of prey.

Get Acquainted

Registration #183800-00

Dates: Thursday, February 5

Time: 9-10:30 am

Registration #283800-00

Dates: Wednesday, April 22

Time: 5-6:30 pm

Fee: 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 programs, opportunities, and resources at the Senior Center. Facilitated by **Senior Services staff**. Please arrive by start time, as program begins promptly.

A Generations Painting Party - CEP

Registration #283400-03

Dates: Thursday, March 19

Time: 1:30-3:30 pm

Fee: Free, please register in advance

Celebrate spring with an easy, intergenerational painting party! Seniors and their children or grandchildren will paint with Maria from Gallery on the Go, be guided step by step, and leave with a colorful memory keepsake to cherish together. No experience needed - just come ready to create, laugh, and make a sweet moment last. Snacks included.



SINGO - CEP

Registration #283400-04

Dates: Thursday, April 30

Time: 1-3:30 pm

Fee: Free, please register in advance

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

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



SPECIAL EVENTS
AND CULTURAL
ENRICHMENT PROGRAMS



Pie Contest - CEP

NEW

NUEVO

Registration #283400-27 participants, #283400-28 competitors

Dates: Monday, April 13

Time: 1-3 pm

Fee: \$2 resident / \$3 non-resident, free for competitors

It's that wonderful time of year to gather, share laughter, and of course - delicious pie! Think your pie can take the cake? Roll up your sleeves and enter the Pie-Baking Competition! With categories for fruit or non-fruit and everyone's welcome to show off their skills! Participants will be looking for the perfect crust, filling, and flavor and will judge for their favorite pie. Two pies will need to be made to compete.



Not a baker? No problem! Join the fun, cheer on the contestants, and enjoy pie samples. Come for the competition - stay for the sweetness! Please register in advance.



Creative Card Making

Registration #185400-01

Monday, January 26

Registration #185400-02

Monday, February 23

Registration #285400-16

Monday, March 16

Registration #285400-20

Monday, April 20

Time: 2-4 pm

Fee: \$16 resident, \$20 non-resident

You will make four projects in each class, such as seasonal cards or general purpose cards. (e.g. Thank You, Birthday). Instructor Chris Pereira with the help of Cathy Hansen will be leading these classes and is very excited to share her love of paper crafting with you.

All supplies are included, and extra kits are available for \$4.00 each. You need only bring your smile, scissors, and your favorite adhesive.



Art Club with Homer

NEW

Drop-In Class

Wednesdays - beginning January 7

Time: 1-3pm

Fee: Free, must have own supplies

Join our Art Club - a welcoming space for all experience levels to create, share ideas, and connect with fellow artists! Bring your own supplies and explore any medium you love. Facilitator Homer Rail, skilled in digital art and scratchboard, offers guidance and demonstrations for those interested. Come make art, meet friends, and be inspired together!

REGISTRATION DEADLINE: 4 DAYS BEFORE THE FIRST CLASS DATE

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



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
- Email us at: infosctc@friendslongmont.org
- Call the Hotline: 303-834-7703

IN-PERSON AT THE SENIOR CENTER

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

ONLINE VIA ZOOM

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

PERSONAL COACHING

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

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



Senior Center
Tech Connect

WHAT'S NEW AT SCTC: longmontSCTC.org

- **Hands-On Workshops:** Get personalized help with a Coach on the use of your Apple, Android, or Microsoft devices. These are interactive, participation-based sessions (not formal classes). Bring your device and questions.
- Join us for our new sessions on *Android Photos*, *Making AI Work for You*, *Samsung Phone Tips and Tricks*, *Navigating the Cloud*, and *Using Your iPhone Camera*.
- **Details inside:** See the Lectures and Labs section on pages 14–19 for full descriptions and schedules.
- **Missed an online lecture?** Visit longmontSCTC.org and click the **YouTube** logo to catch up on recorded sessions. Most of our online lectures are available there.

SCTC NEWSLETTER

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

FEES

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. 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 and Smartphone Tutoring	182001-1A 182001-1B	Monday Jan 5	9:30-10:30am 11 am-Noon	Senior Center	\$2.00 \$3.00
Windows 11 Essentials	Online	Wednesday Jan 7	10-11:30 am	Zoom	Free
Samsung Phone Tips and Tricks	182009-01	Thursday Jan 8	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Jan 9	1-2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday Jan 13	9:30-11:30 am	Senior Center	\$2.00 \$2.00
AI Photo Magic on Your Mac	182009-02	Tuesday Jan 13	2-4 pm	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Friday Jan 16	1-3 pm	Senior Center	\$2.00 \$2.00
Cell and Smartphone Tutoring	182001-2A 182001-2B	Tuesday Jan 20	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
What if I Have an iPhone and a PC?	Online	Wednesday Jan 21	10-11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Jan 21	1:30-3:30 pm	Zoom	Free
Staying Cyber Safe in Cyber Space	182009-03	Thursday Jan 22	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Jan 23	1-2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday Jan 27	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Hands-on Workshop: Mac	182035-00	Wednesday Jan 28	2-4 pm	Senior Center	\$2.00 \$3.00
Cell and Smartphone Tutoring	182002-1A 182002-1B	Monday Feb 2	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Getting the Most Out of Your iPhone	Online	Wednesday Feb 4	10-11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Feb 6	1-3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Feb 10	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Navigating "The Cloud"	182009-04	Tuesday Feb 10	2-4 pm	Senior Center	\$2.00 \$3.00
Securing Your Digital Legacy	182009-05	Thursday Feb 12	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Feb 13	1-2:30 pm	Zoom	Free
Cell and Smartphone Tutoring	182002-2A 182002-2B	Tuesday Feb 17	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
So, You Want to Know More About AI?	Online	Wednesday Feb 18	10-11:30 am	Zoom	Free

SCTC ACTIVITIES

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

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

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

See pages 17-19 for Activity Descriptions.

Lectures and Labs	Registration	Dates	Times	Location	Res, Non Res
Genealogy Research Workshop	Online	Wednesday Feb 18	1:30-3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Feb 20	1-3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Feb 24	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Smart Ways to Tame Your Passwords	182009-06	Thursday Feb 26	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Feb 27	1-2:30 pm	Zoom	Free
Cell and Smartphone Tutoring	282058-1A 282058-1B	Monday Mar 2	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Android Phone Health and Accessibility	Online	Wednesday Mar 4	10-11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Mar 6	1-3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Mar 10	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Using Your iPhone Camera	282009-01	Tuesday Mar 10	2-4 pm	Senior Center	\$2.00 \$3.00
Android Photos	282009-02	Thursday Mar 12	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Mar 13	1-2:30 pm	Zoom	Free
Cell and Smartphone Tutoring	282058-2A 282058-2B	Monday Mar 16	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Getting to Know Your Apple Watch	Online	Wednesday Mar 18	10-11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Mar 18	1:30-3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Mar 20	1-3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Mar 24	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Using AI to Find Stuff on the Internet	282009-03	Thursday Mar 26	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Mar 27	1-2:30 pm	Zoom	Free
Hands-on Workshop: Windows 11	282094-01	Tuesday Mar 31	10 am-Noon	Senior Center	\$2.00 \$3.00
Apple Device Accessibility	Online	Wednesday Apr 1	10-11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Apr 3	1-3 pm	Senior Center	\$2.00 \$2.00
Cell and Smartphone Tutoring	282059-1A 282059-1B	Monday Apr 6	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00





SCTC ACTIVITIES

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

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

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

See pages 17-19 for Activity Descriptions.

Lectures and Labs	Registration	Dates	Times	Location	Res, Non Res
Windows Backup Strategies	282009-04	Thursday Apr 9	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Apr 10	1-2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday Apr 14	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Making AI Work for You	282009-05	Tuesday Apr 14	2-4 pm	Senior Center	\$2.00 \$3.00
Password Managers: A Beginner's Guide	Online	Wednesday Apr 15	10-11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Apr 15	1:30-3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Apr 17	1-3 pm	Senior Center	\$2.00 \$2.00
Cell and Smartphone Tutoring	282059-2A 282059-2B	Monday Apr 20	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Managing Google Photos	282009-06	Thursday Apr 23	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Apr 24	1-2:30 pm	Zoom	Free
Hands-on Workshop: Android Phones and Tablets	282094-02	Tuesday Apr 28	1-3 pm	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Tuesday Apr 28	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Hands-on Workshop: iPhone and iPad	282094-03	Thursday Apr 30	1-3 pm	Senior Center	\$2.00 \$3.00

Genealogy Research Workshop

Register at: www.lgsco.org

or email to PresidentLGS@gmail.com

Dates: Wednesdays Jan 21, Feb 18, Mar 18, Apr 15.

Time: 1:30-3:30 pm

Fee: 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 23 for additional Genealogy activities.

See Pages 14-16 for Dates, Times, and Fees.

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

For Online, sign up for the SCTC Newsletter email list at bit.ly/sctc-signup.

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

AI 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: Longmont Senior Center.

Android Phone Health and Accessibility

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

Android Photos

This beginner-friendly lecture will introduce you to the essentials of taking and managing photos on your Android device. Whether you're capturing family moments, documenting your travels, or just exploring your creative side, you'll learn how to make the most of your phone's camera and photo tools. Discover how to view, organize, and delete photos in your Gallery and Google Photos.

Presented by: Michael Bailey.

Location: Longmont Senior Center.

Apple Device Accessibility

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

Presented by: John Pillmann. Location: Online.

Cell and Smartphone Tutoring

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

Location: Longmont Senior Center.

Getting the Most Out of Your iPhone

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

Presented by: Karen Rademacher.

Location: Online.

Getting to Know Your Apple Watch

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

Presented by: Karen Rademacher.

Location: Online.



Hands-on Workshop: Android Phones and Tablets

Bring your Android device 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 charged Android device and questions. Don't forget your passwords too!

Location: Longmont Senior Center.





Hands-on Workshop:

iPhone and iPad

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: Mac

Bring your Mac laptop and your questions! This hands-on session is for anyone who wants to feel more confident using their Mac—whether you're new to macOS or looking to dive deeper. We'll explore settings, Finder, Safari, Photos, Mail, and more, with the focus guided by your needs. Prerequisites: Bring your Mac laptop, fully charged and don't forget your power cord and passwords too!

Location: Longmont Senior Center.

Hands-on Workshop: Windows 11

Discover the essentials of Windows 11 in this interactive session. We'll walk through the redesigned Start menu, taskbar, settings, and personalization tools, plus tips for using File Explorer, Microsoft Edge, and productivity apps. You'll leave with practical skills to make your PC easier and more efficient to use. Prerequisites: Bring your Windows laptop, fully charged and don't forget your power cord and passwords too!

Location: Longmont Senior Center.

Making AI Work for You

Curious about AI? This engaging workshop introduces chatbots and how they can be powerful tools in everyday life. Learn how to craft better prompts, explore the most useful kinds of interactions, and see real examples in action. Led by two of our most dynamic presenters, you'll gain confidence while having fun discovering AI's potential. **Presented by:**

North Rittner and Bobski Masson.

Location: Longmont Senior Center.

Managing Google Photos

The Google Photos app can be a valuable free addition to devices like your mobile device or your home computer for managing and backing up your valuable photos. We will provide tools for using this app and tips for moving your photos between all your devices and Google Cloud services.

Presented by: Bruce Armstrong.

Location: Longmont Senior Center.



Navigating "The Cloud"

Confused by "the cloud?" You're not alone! This discussion unpacks what the cloud really is, how it keeps your files accessible across devices, and ways to use it safely and effectively. We'll compare popular services, share practical tips, and answer your questions—so you'll feel confident storing, syncing, and sharing with ease. Bring your curiosity!

Presented by: Paul Welding.

Location: Longmont Senior Center.

Online Tech Lab

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

Location: Online.

Password Managers: A Beginner's Guide

This class introduces users 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: Online.

Samsung Phone Tips and Tricks

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

Presented by: Tim Monreau.

Location: Longmont Senior Center.

Securing Your Digital Legacy

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 Tuesday morning or Friday afternoon. Our Coaches are available to help you one-on-one with any question on any device. Bring your device, charger, and passwords.

Location: Longmont Senior Center.

Smart Ways to Tame Your Passwords

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 fit all comfort levels and help reduce password stress.

Presented by: Bobski Masson.

Location: Longmont Senior Center.

So, You Want to Know More About AI?

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

Staying Cyber Safe in Cyber Space

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

Presented by: North Rittner.

Location: Longmont Senior Center.

Using AI to Find Stuff on the Internet

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

Presented by: Bobski Masson.

Location: Longmont Senior Center.



Using Your iPhone Camera

Learn how to take sharper, more professional-looking photos with your iPhone. This class introduces essential camera settings, focus, exposure, and lighting, along with simple editing tools built right into your phone. We'll also explore easy ways to organize and store pictures. Bring your iPhone and practice hands-on techniques designed to improve your photography skills.

Presented by: Bobski Masson.

Location: Longmont Senior Center.

What If I Have an iPhone and a PC?

People with iPhones/iPads and Mac computers know how well everything “just works.” But what if you have an iPhone and your computer is a Windows PC? Well, iCloud still works, and it lets you synchronize things like photos, calendars, and contacts across your devices—even if that device is running Windows! Note: This presentation is 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: 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: Online.

Windows PC Backup Strategies

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: Longmont Senior Center.



Fun with Singing

Registration #185231-00

Dates: Tuesday, January 6-March 10

Time: 3-4:15 pm

Fee: \$40 resident / \$50 non-resident

Love to sing? Join **Wayne Henggeler** for this fun, interactive class focused on group singing, harmonies, counter melodies, solos, and blending—no experience needed! Learn vocal exercises to build strength and confidence in a supportive, private environment where fun is the focus. Wayne, a trained vocal coach and is the lead singer of the Responders band with 27 years of teaching experience, has mastered multiple instruments but has always had a passion for singing.

Ballroom Dancing

NEW

Registration #185111-01

Ballroom: Foxtrot and Tango

Dates: Tuesday, January 6-27

Registration #185111-02

Ballroom: Cha Cha and Rumba

Dates: Tuesday, February 3-24

Registration #285111-04

Ballroom: New York Hustle and Waltz

Dates: Tuesdays, April 21-May 12

Time: 5-6 pm

Fee: \$99 resident / \$124 non-resident

This beginner-friendly course introduces the art and technique of ballroom dancing, covering smooth and rhythm styles like



Waltz, Foxtrot, American Tango, Cha-Cha, Rumba, and Hustle. Students will focus on posture, footwork, rhythm, partner connection, and musicality while exploring cultural roots and stylistic differences. Guided practice builds confidence, coordination, creativity, and social skills. No prior experience or dance partner is needed, as partners rotate throughout class. **Instructors:** Lenina Olivas and Frank Baczek.

55+ Willmaker Legal Seminar

Registration #185501-01

Date: Thursday, January 8

Registration #185501-02

Date: Thursday, February 5

Registration #285501-10

Date: Thursday, March 5

Registration #285501-11

Date: Thursday, April 2

Time: 12:30-4:30 pm

Fee: \$100 resident / \$125 non-resident

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 materials fee must be paid to the instructor at the beginning of class.*

Salsa Dance Classes

NUEVO

Registration # 186506-01

Date: Thursdays, January 8-22

Registration: # 186506-02

Date: Thursdays, February 5-26

Registration: # 286509-03

Date: Thursdays, March 5-19

Registration: # 286509-04

Date: Thursdays, April 2-16

Time: 1-2 pm (no class 2/19)

Cost: \$5 resident, \$6 non-resident a month

Location: Lashley St Station (1200 Lashley St)

Join us for a fun, social afternoon of Salsa and Bachata dancing! This welcoming class is open to everyone - no partner or experience needed. Enjoy great music while improving balance, flexibility, and coordination through gentle, guided movements. Dance is a joyful way to stay active, lift your spirits, and connect with others. Come as you are, have fun, and remember - it's never too late to feel great!



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.

Building the Carousel of Happiness

Registration #184205-01

Date: Friday, January 9

Time: 1-2:30 pm

Fee: Free, please register in advance

When Marine veteran Scott Harrison was building his new house in Nederland, Colorado, he decided to try to carve a carousel animal using scrap lumber left over from his home construction. Thirty years later, and having carved approximately sixty animals, he acquired a 1910 carousel frame and a 1913 Wurlitzer band organ and created the Carousel of Happiness. Come see the animals, hear the music and learn the story behind the carousel's build and creative detail. Harrison dedicates the carousel to all fallen veterans each Memorial Day. Harrison's hope is for the Carousel to bring joy to his community and beyond. We honor and celebrate the carousel's 15th birthday with this encore showing.
Producer Bill Decker (43 minutes)

The Shelby American Collection at the Shelby Auto Museum

Registration #285055-03

Date: Friday, March 13,

Time: 1-2:30 pm

Fee: Free, please register in advance

Take a step back into the world of Shelby race cars as this feature film takes you to the Shelby Auto Museum in Boulder, Colorado. Learn the story behind the racing heritage and powerful engines of the Shelby American Collection. See the historically significant Shelby GT40, Cobra, and Shelby Mustangs race cars in

Behind Closed Doors: Stephen Wilton, Photographer

Registration #184205-02

Date: Friday, February 13

Time: 1-2:30 pm

Fee: Free, please register in advance

Follow Longmont photographer Steve Wilton's pursuit of a challenge to shoot photos that tell a story within one frame. He shares eleven story elements and four photo situations that yield the best opportunities for stories. In total, it's about the Art of Seeing - what we notice, as well as his methodical approach to capturing the story. Come and learn how to rediscover everyday wonder and awe through a casual photography hobby - using only a cell phone.

"The harder I look, the less I see. But, if I empty my mind and become a kid again, playful curiosity will press the shutter for me." ...Steve Wilton.

Producer Preston Newell (69 minutes)

the museum. Other notable highlights of the Collection include the first Ace car built by AC Cars and the car that was featured in the "Ford vs Ferrari" movie as well as the behind-the-scenes story.

The museum was started in 1996 by several Shelby enthusiasts who lived in Boulder and surrounding areas and is housed in 2 buildings with plans to add a third. The museum is open to the public on Saturdays and hosts an annual party and car show on Labor Day weekend. The Shelby American Collection is a nonprofit organization.
Producer Preston Newell (55 minutes)

APRIL FILM NEXT PAGE »



GENERAL INTEREST

Celebrating the Longmont Symphony Orchestra's 60th Anniversary

Registration #285055-04

Date: Friday, April 10**Time: 1-2:30 pm****Fee:** Free, please register in advance

Founded in 1966, the Longmont Symphony Orchestra, LSO, celebrates its 60th Anniversary this month. **Glenn Sherwood**, former LSO member and recording engineer, will take you back in time as he shares music, flashbacks and interviews with former members and conductors of the orchestra, as well as collaborations with world-class guest artists. Join us for a journey through the evolution of the Longmont Symphony Orchestra. *Producer Glenn Sherwood (56 minutes)*

**Learn to Play Bridge - Beginner**

Registration #185260-01

Mondays, January 12 and 26

Registration #185260-02

Mondays, February 9 and 23

Registration #285260-03

Mondays, March 9 and 23

Registration #285260-04

Mondays, April 13 and 27**Time: 12:30-2 pm****Fee:** \$5 resident / \$7 non-resident

Have you always wanted to learn to play bridge or play bridge better? Now is your opportunity to learn! Come learn to play the fascinating game of Bridge in a relaxed environment. For players who have never played before or only had a brief introduction to the game. We will review, bidding, scoring, and play of the hand. Lessons will provide an overview of the daily topic with multiple opportunities to practice with your peers.
Instructor: Kirsten Rounds.

Learn to Play Bridge - Intermediate

Registration #185261-01

Mondays, January 12 and 26

Registration #185261-02

Mondays, February 9 and 23

Registration #285261-03

Mondays, March 9 and 23

Registration #285261-04

Mondays, April 13 and 27**Time: 2-3:30 pm****Fee:** \$5 resident / \$7 non-resident

Have you played bridge in the past but need a refresher? Do you want to learn some newer conventions? Want to get better at bidding and playing? A working knowledge of the basics of the game and how to play are required for this class.
Instructor: Kirsten Rounds.

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



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 genealogists can assist with immigration records, obituaries, wills, and census data. We'll also guide you through genealogy websites and share the latest resources.



Genealogy Research Workshop

Registration: Register at www.lgsco.org or email PresidentLGS@gmail.com

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

Fee: Free

Location: Online(Zoom)

Is This the Right Record? Let's Find Out - "Step by Step"

Registration #185502-00

Date: Friday, January 16

Time: 1:30-3:30 pm

Fee: \$2 resident / \$3 non-resident

Wondering how to tell if a record truly supports your research? Let's break it down together, one simple step at a time. We will workshop several examples and then tackle a few from the class as time allows.

Instructor: Sylvia Tracy Doolos.

Introduction to Using DNA to Find Your Ancestors

Registration #185502-01

Date: Friday, February 20

Time: 1:30-3:30 pm

Fee: \$2 resident / \$3 non-resident

Many genealogy researchers are discovering the powerful tool of DNA to find living relatives and thereby finding/verifying ancestors. We'll look at the field of genetic genealogy, the different kinds of tests, the companies offering tests and what the tests can - and can't - tell you.

Instructor: Mark Fearer

Where do I put my Family Tree?

Registration #285502-11

Date: Friday, March 20

Time: 1:30-3:30 pm

Fee: \$2 resident / \$3 non-resident

This class will review and contrast the use of online trees vs. various Personal Genealogy Software (PGS) programs. It will examine the benefits and costs of different PGS vendors, as well as various online options. The choice is yours; learn the pros and cons.

Instructor: Mick Mickelson

Uploading Photos to Genealogy Sites

Registration #285502-12

Date: Friday, April 17

Time: 1:30-3:30 pm

Fee: \$2 resident / \$3 non-resident

This course will discuss how to enhance and crop photos, add and remove metadata, modify photo resolutions, and other tips and tricks to make your photos attractive and useful to others. Demonstrations for using Ancestry and FamilySearch will be shown.

Instructor: Randy Robinson

Special Event: Combining DNA and Genealogical Detective Work to Discover a Rowdy Great Grandfather: A DNA Case Study

Registration #285502-10

Date: Thursday, April 23

Time: 1:30-3:30 pm

Fee: \$2 resident / \$3 non-resident

During the Great Depression, a cowboy from

Canada surfaced in Wyoming under an alias with two children - then vanished, leaving a family and mystery. This session outlines the elimination process and DNA evidence used to identify the missing great-grandfather.

Instructor: Bobski Masson



Resolve to Evolve! Surprising Ways to Plan a Better Life "Consciously"

Registration #185218-01

**Date: Tuesday,
January 20**

Time: 10 am-12 pm

**Fee: \$16 resident /
\$20 non-resident**



Tired of New Year's resolutions that don't stick? Join **Kim Wolinski**, "Dr. DeClutter," to explore Conscious Evolution - practical ways to set meaningful goals, make a plan, and follow through in alignment with how your brain works. Learn steps to make each day more intentional and evolve into the life you truly desire. Learning materials are included to help guide your journey toward lasting change.

Get Past Your Past and On With Your Best Life!

Registration #185218-02

Date: Thursday, February 12

Time: 10 am-12 pm

Fee: \$16 resident / \$20 non-resident

Does your past hold you back? Inner and outer clutter, unresolved emotions, regrets, and unfulfilled dreams can drain your energy and affect your choices and relationships. Join **Kim Wolinski, MSW**, "Dr. DeClutter," to learn practical steps for breaking free from the past. Explore eight ways to return to your center, gain clarity, and make empowered decisions for your present and future. Learning materials are included.

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

How to Organize and Maintain Office Paper, Photos, Memorabilia, Kid's School Papers and More!

Registration #185218-03

Date: Thursday, February 26

Time: 10 am-12 pm

Fee: \$16 resident / \$20 non-resident

Registration #284218-02

Date: Tuesday, March 3

Time: 5:30-7:30 pm

Fee: \$16 resident / \$20 non-resident

Got paper? Receipts, bills, photos, kid's art, everyday paper piles (millions of handwritten notes-to-self!), stacks, heaps, boxes and grocery bags filled with accumulated mail and paper need to be controlled – or they will control you! Learn when to hold 'em, when to fold 'em, when to file, archive, store, toss and shred! Plus which personalities have the hardest time with paper. **BONUS!** Each participant will receive "Vital Documents Location List." Learning materials included.

Spring has Sprung! 10 Steps to Get and Stay Organized

Registration #284218-01

Date: Friday, March 20

Time: 10 am-12 pm

Fee: \$16 resident / \$20 non-resident

Still surrounded by holiday decorations, clutter, or inherited collections? Join **Kim Wolinski**, "Dr. DeClutter," to learn the 10 Keys to Get and Stay Organized and finally take control of your space. Bring your questions and stories for personalized guidance from Kim's 40+ years of hands-on experience helping people conquer clutter, indecision, and frustration. Learning materials are included to support your progress toward a more organized, stress-free life.



We Be Bookin' Book Club

Registration #185500-01

Date: Wednesday, Jan 21-April 15
(3rd Wednesday of the month)

Time: 1:30-3 pm

Fee: Free, please register in advance

Looking for a fun way to meet new people and have stimulating conversations? Join our book club for a fun way to meet people and have stimulating conversations. The January book is "The Water Keeper" by Charles Martin. At the January book discussion, the group will choose the book for February, and in February for March, and in March for April. Space is limited. Contact Cecelia Jones at 303-746-2573 for more information about this class.

Instructor: Cecilia Jones

Medicare Basics

Registration #185800-00

Date: Monday, January 26

Time: 10-11:30 am

Fee: Free, please register in advance

Medicare Basics classes are offered by the **Boulder County Area Agency on Aging, presented by 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. See more information at www.boco.org/Medicare.

Choose Kindness

This winter we would like to take some time to share what we are grateful for and to highlight random acts of kindness in our community. We will share these heart-warming notes near the lending library on the west side of the building. If you would like to participate, please visit the lobby to pick up a paper mitten, scarf, sweater, or heart, which you can turn in at the front desk.

104 PTC Clinics

Dates: Tuesdays, February 3 - April 14

Time: 1-3 pm

Fee: FREE, no registration required

The State of Colorado and City of Longmont offer rebates for low-income individuals.

Seniors Resource Specialists will be available during these walk-in clinics to assess for rebates and provide application assistance. Contact the front desk after January 1st for a flyer containing eligibility requirements and a list of information to bring in order to complete the paperwork.

AARP Driver Safety Class

Registration #184212-01

Date: Wednesday, February 11

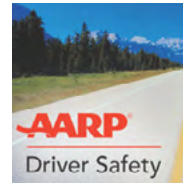
Registration #285020-01

Date: Wednesday, April 8

Time: 8:30 am-1pm

Fee: \$20 AARP members / \$25 non-members

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. \$20 AARP members, \$25 non-members, payable to AARP and accepted at class.



Social Security 101

Registration #185802-00

Date: Thursday, February 12

Time: 4:30-5:30 pm

Fee: Free, please register in advance

Ivy Heuton, public affairs specialist with the Social Security Administration, will provide a preretirement 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.



GENERAL INTEREST

Death Cafe

Registration #185801-00

Date: Wednesday, February 18

Time: 2-3:30 pm

Fee: 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**.

Protecting Yourself from Scams and Fraud

Registration #185214-00

Date: Friday, February 20

Time: 10-11:30 am

Fee: Free, please register in advance

Ever answered a call about your "extended car warranty" or other suspicious offers? These are just a few of the many scams targeting consumers. Join **Desiree Firle**, Community Protection Specialist with the Boulder County DA's Office, to learn about common frauds and how to protect yourself. With over nine years' experience, Desiree educates the community on scams, identity theft, consumer protection, and helping people stay safe and informed.

Estate Planning

Registration #285806-00

Date: Tuesday, March 24

Time: 5-6:30 pm

Fee: Free, please register in advance

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

Property Tax Remedies for Seniors

Registration #285808-00

Date: Tuesday, March 31

Time: 10-11 am

Fee: Free, please register in advance

Overview of the Senior Homestead Exemption program and the Senior Deferral program. Presented by **Boulder County Assessor's Office** and **Boulder County Treasurer's Office** staff Cindy Braddock, Paul Weissman, and Erin Gray.

Ethical Wills and Legacy Letters

Registration #285800-00

Date: Tuesday, April 7

Time: 1-3 pm

Fee: Free, please register in advance

This workshop examines the ancient tradition of passing on personal values, beliefs, blessings, and advice to family, friends, and future generations. In this class, you will be guided to greater self-examination and deeper spiritual meaning and will learn the tools and the steps needed to document and pass on your wisdom, experiences, life lessons, and much more to those you love and care about. Presented by Richard Selinger.

Planning Ahead for When You're Dead

Registration #285807-00

Date: Wednesday, April 15

Time: 3:30-5 pm

Fee: Free, please register in advance

There are many options for funeral planning and body disposition beyond ordering a casket and planning a traditional burial or cremation. Join us to learn about local options such as green burials, full body donation to an anatomy lab, water cremation, and human composting. We will also cover the basics of funeral planning. Presented by professionals from **Foothills Gardens of Memory**, **The Natural Funeral**, and the **Colorado Learning Center of Human Anatomy**.

Introduction to the Conversation Project: Sharing Your Wishes for Care

Registration #285801-00

Date: Wednesday, March 4

Time: 1-2:30 pm

Fee: Free, please register in advance

Learn how to talk about your healthcare preferences and ensure your wishes are honored. Explore advance care planning, choosing a healthcare agent through a Medical Durable Power of Attorney (MDPOA), building a support network, and accessing resources. Whether you're starting the conversation or updating plans, this session offers practical guidance and reflection on what matters most. Presented by **The Conversation Project** in Boulder County, a program of TRU Community Care.

Solo Aging and Advanced Care Planning

Registration #285802-00

Date: Wednesday, March 11

Time: 1-2:30 pm

Fee: Free, please register in advance

Aging without a traditional support system can make future healthcare decisions feel overwhelming. This session offers practical guidance for solo agers to ensure their values are honored. Explore how to identify someone to speak on your behalf, creative ways to document and communicate wishes, and tools that support autonomy, peace of mind, and reflection on what matters most. Presented by **The Conversation Project** in Boulder County, a program of TRU Community Care.

Health Care Decision-Making Across the Spectrum of Memory Loss

Registration #285803-00

Date: Wednesday, March 18

Time: 1-2:30 pm

Fee: Free, please register in advance

Nearly one in ten people over 65 will experience dementia. This session provides tools for discussing healthcare

How to Be a Medical Decision-Maker

Registration #285804-00

Date: Wednesday, April 8

Time: 1-2:30 pm

Fee: Free, please register in advance

Half of all adults will one day need someone else to make medical decisions on their behalf. This session prepares you for that role by exploring what it means to be a healthcare decision-maker. Learn the responsibilities involved and gain tools to honor another's wishes with confidence, compassion, and clarity. Presented by **The Conversation Project** in Boulder County, a TRU Community Care program.

Colorado's End-of-Life Option Act: Understanding Medical Aid in Dying (MAiD)

Registration #285805-00

Date: Wednesday, April 15

Time: 1-3 pm

Fee: Free, please register in advance

Medical Aid in Dying (MAiD) is legal in Colorado, but many people have questions about how it works. This session explains eligibility and qualification guidelines and features a panel with a physician, a death doula, and someone who supported a loved one's choice. Expect professional insight, personal stories, time for questions, and open, respectful discussion - without influencing personal decisions. Presented by **The Conversation Project** in Boulder County, a program of TRU Community Care.

wishes before, during, and later in the dementia journey. Explore what can be planned in advance, what decisions may arise unexpectedly, and the role of dementia-specific directives, including what's currently available and how these options compare. Presented by **The Conversation Project** in Boulder County, a program of TRU Community Care.





Freedom March on Washington

Registration #184001-07

Date: Wednesday, January 7

Time: 1-2:30 pm

Fee: \$3 resident / \$4 non-resident

Six decades ago, on August 28, 1963, Dr. Martin Luther King Jr. delivered his iconic "I Have a Dream" speech during the March on Washington for Jobs and Freedom--a moment often revered as the culmination of this Black-led protest. But at its core, the March on Washington was not a beautiful dream of future integration; it was a mass outcry for jobs and freedom NOW.

Presented by: Paul Flanders

The History of Pi

Registration #184001-29

Date: Tuesday, January 13

Time: 1-2:30 pm

Fee: \$6 resident / \$8 non-resident

Join **Dr. Robert Meroney**, Professor Emeritus from Colorado State University, for a fascinating multimedia presentation on the history and mysteries of pi (π) - the ratio of a circle's circumference to its diameter. Explore pi's story from Archimedes to modern-day mathematicians, enjoy trivia, humor, and creative mnemonics, and even hear thousands of digits of pi recited or sung. This engaging talk celebrates humanity's enduring obsession with this remarkable number.

Given Up for Dead: American GIs in a Nazi Concentration Camp

Registration #184001-11

Date: Wednesday, January 14

Time: 12:30-1:30 pm

Fee: \$6 resident / \$8 non-resident

During the World War II "Battle of the Bulge," thousands of American soldiers were taken prisoner by the Germans. Instead of being sent to a POW camp, a select group of several hundred, many of them Jewish, were instead sent to work in a slave-labor camp alongside concentration camp inmates. Their story is truly one of horror and heroism.

Presented by: Flint Whitlock.

History of the West, Part III

Registration #184001-15

Date: Thursday, January 15

Time: 1-2 pm

Fee: \$3 resident / \$4 non-resident

Join **Tracy Perry** at the Senior Center for A Short History of the West, Part III, exploring Colorado's role in World War II. Learn about the Amache Japanese Internment Camp near Granada - one of ten U.S. camps established after Executive Order 9066 - and the Japanese Americans who fought for freedom despite losing their own. The talk also highlights Japanese and German POW camps across Colorado, including two in Longmont.

Inventions out of Necessity

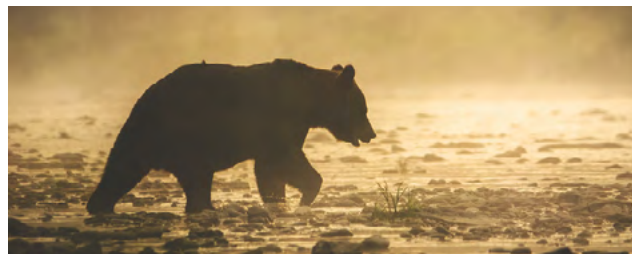
Registration #184001-21

Date: Wed, Jan 21, 1-2:30 pm

Fee: \$6 resident / \$8 non-resident

Inventions in our daily lives were created by war or space travel. As much as we hate war, many products we use daily came out of the need to complete the mission. The same holds for space travel. How many products were invented to sustain life during space travel?

Presented by: Chuck Gibbs.



Bears, Good, Bad, and Here!

Registration #184001-01

Date: Tuesday, January 27

Time: 1-2:30 pm

Fee: \$3 resident / \$4 non-resident

Where do bears live? What unusual foods make up their diet? Together, we'll learn about bear physiology, their seasonal habits, and how they have been portrayed in legends, as well as good and bad intentions with humans today. Find out what they are busy doing right now!

Presented by: Dave Fletcher and BCPOS Volunteer Naturalists.

The Yip About Prairie Dogs

Registration #184002-01

Date: Tuesday, February 3

Time: 1-2:30 pm

Fee: \$3 resident / \$4 non-resident

These fascinating creatures are more than cute little rodents who chew up the grass. This entertaining and lively presentation by Volunteer Naturalists with Boulder County Parks and Open Space delves into the ecology, social structure, life cycle, behavior, and language of this keystone species - the pillar of the prairie. **Presented by: Dave Fletcher and BCPOS Volunteer Naturalists.**

Abraham Lincoln and Mysticism

Registration #184002-04

Date: Wednesday, February 4

Time: 1-2:30 pm

Fee: \$3 resident / \$4 non-resident

The 16th President of the United States is considered our nation's finest, yet he was a dark horse to win the Republican nomination and received only 39% of the popular vote.



A case can be made that he was a God-send at a time when the fledgling republic needed him most.

Presented by: Paul Flanders.

Our Winter Wildlife

Registration #184002-23

Date: Friday, February 6

Time: 9-10 am

Fee: \$3 resident / \$4 non-resident

Discover how local wildlife survives the challenges of winter. From hibernation and food storage to unique ways of keeping warm, this class will explore the fascinating strategies animals use to endure the cold season. **Presented by: Lyndsay Gonzalez.**

The Ecology of Disease Resistant Pathogens

Registration #184002-03

Date: Tuesday, February 10

Time: 1:30-2:30 pm

Fee: \$3 resident / \$4 non-resident

The scientific community argues that the development of Anti-Microbial Resistant strains of bacteria represents a severe, immediate danger to the human population. In this talk, we will show how resistant strains develop according to Darwinian principles and will provide examples of those pathogens. We will also examine strategies to reduce the risk, both personal and environmentally, including several counter-intuitive common practices. **Presented by: Michael Grant, Professor of Biology, Emeritus.**

Patton and the Battle for Sicily

Registration #184002-11

Date: Wednesday, February 11

Time: 12:30-1:30 pm

Fee: \$6 resident / \$8 non-resident

Operation Husky, the combined Allied invasion of Sicily in July 1944 was the largest amphibious assault in history. Leading the American forces was the legendary George S. Patton, who was determined to beat his British rivals to Messina, no matter what. Come and learn how he did it!

Presented by: Flint Whitlock.

Houseplants 101

Registration #185131-02

Date: Wednesday, February 11

Time: 2-3:30 pm

Fee: \$3 resident / \$4 non-resident

Are we tired of winter yet? Although it may be a bit early to shed the winter clothing and dive into the garden outside, you can address your urge to grow with indoor houseplants. We will discuss all aspects of being successful with houseplants, including soil, water, light, fertilizer and common problems. We will also discuss some easy to grow house plants and some that are more challenging but more interesting.

Presented by: Jeff Miller



The Bombing of United Flight 629

Registration #184002-12

Date: Friday, February 13

Time: 10-11 am

Fee: \$3 resident / \$4 non-resident

Join us to explore the details of the first confirmed commercial bombing of an airliner near Longmont in 1955 where 45 people died. **Presented by: Tracy Perry.**



Hot Springs of Colorado

Registration #184002-18

Date: Wednesday, February 18

Time: 1-2:30 pm

Fee: \$6 resident / \$8 non-resident

Come and find out the significant impact the hot springs of Colorado have. How far do you have to go to find one to soak in, or how do you access one? It might surprise you. Also, any other type of springs that may affect the operation of the community. We may talk about a few outside the state also. **Presented by: Chuck Gibbs.**

Jack Slade: Bad Man of Virginia Dale, Colorado

Registration #184002-24

Date: Tuesday, February 24

Time: 1-2:30 pm

Fee: \$6 resident / \$8 non-resident

Discover the incredible and controversial life of Joseph A. Slade - frontiersman, gunman, and Overland Stage superintendent. The son of an Illinois congressman, Slade killed his first man at 13 and may have slain up to 45 more. He built and ran the stage route from Julesburg through Denver to Fort Bridger (1859-1864) before meeting a shocking end - hanged for "contempt of court." **Presented by: Dr. Robert Meroney, CSU Professor Emeritus.**



Gender in Humans is Not Binary

Registration #284008-03

Date: Tuesday, March 3

Time: 1-2 pm

Fee: \$3 resident / \$4 non-resident

Recently, President Trump signed an executive order stating that there are only two genders. The facts of standard, well-understood biology show that that is a false statement. In this talk, we will go over multiple examples of how and why that binary fact does not match reality. **Presented by: Michael Grant, Professor of Biology, Emeritus.**

Scandalmongering in the Early Republic

Registration #284008-04

Date: Wednesday, March 4

Time: 1-2:30 pm

Fee: \$3 resident / \$4 non-resident

Political disagreements in the earliest days of the republic became so fierce, they resulted in sharp personal attacks or scandalmongering in published reports. The most vicious involved the crossfire between Alexander Hamilton and Thomas Jefferson, each convinced that if the other man's ideas were to prevail, America would be destroyed. **Presented by: Paul Flanders**

Tuskegee Airmen History

Registration #284008-12

Date: Tuesday, March 10

Time: 1:30-2:30 pm

Fee: \$3 resident / \$4 non-resident

The issue of race in the military extends from colonial times to the present day. Join us as we explore a chapter of this story from World War II: The Tuskegee Airmen. These groups of African American pilots were the first black military aviators in the U.S. Armed Forces. Their story of struggle and triumph will be shared and bring this issue into a current context. **Presented by: Tracy Perry.**

Airborne Operations on D-Day

Registration #284008-11

Date: Wednesday, March 11

Time: 12:30-1:30 pm

Fee: \$6 resident / \$8 non-resident

Thousands of American, British, and Canadian soldiers descended from the pre-dawn sky over Normandy on parachutes and in gliders, determined to successfully spearhead the June 6, 1944, Allied invasion of France. The fact that they nearly failed but ultimately succeeded is the stuff of legends! Presented by: Flint Whitlock.
Presented by: Flint Whitlock.

Early Spring Gardening in Colorado

Registration #285131-01

Date: Wednesday, March 11

Time: 2-3:30 pm

Fee: \$3 resident / \$4 non-resident

Gardening in Colorado can be a challenge with our poor soils, short growing season, sudden weather changes, and semi-arid climate. But there is no need to despair! Attend this class and we will teach you all kinds of things that you can do early in the season to ensure your gardening success. We will discuss early season techniques for lawns, annuals, perennials, trees, shrubs, and vegetables. **Presented by: Jeff Miller.**

Jim Beckwourth - The Black Mountain Man - The Gaudy Liar

Registration #284008-26

Date: Tuesday, March 24

Time: 1-2:30 pm

Fee: \$6 resident / \$8 non-resident

Discover the remarkable life of James Pierson Beckwourth (1798-1866) - born enslaved in Virginia and raised by his father, a plantation owner. Beckwourth became a frontiersman, Crow war chief, trader, soldier, and explorer who discovered Beckwourth Pass, opening a route to California's gold fields. Known for his bold adventures and colorful stories - many later proven true - he earned the nickname "The Gaudy Liar."
Presented by Dr. Robert Meroney, CSU Professor Emeritus.

Strange Jobs

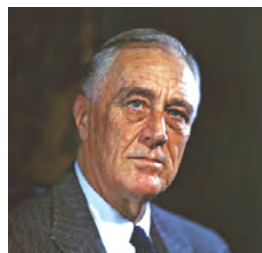
Registration #284008-25

Date: Wednesday, March 25

Time: 1-2:30 pm

Fee: \$6 resident / \$8 non-resident

Those jobs that are either extinct or only a few specialists exist to support a lost art. With most skills giving way to automation and machines. While this is often attributed to progress, many traditional jobs are disappearing. Perhaps there are a few unusual jobs out there, such as the safety pin salesman or water slide tester.
Presented by: Chuck Gibbs.



Roosevelt vs. Lindbergh

Registration #284009-01

Date: Wednesday, April 1

Time: 1-2:30 pm

Fee: \$3 resident / \$4 non-resident

Whether or not America was going to join the British fight against Nazi Germany in 1940-41 was the question that captures national attention. President FDR said, "England is fighting our fight" while celebrity navigator Charles Lindbergh argued that the country should keep out of the European War. **Presented by: Paul Flanders.**

Ecology of Invasive Species

Registration #284009-07

Date: Tuesday, April 7

Time: 1-2:30 pm

Fee: \$3 resident / \$4 non-resident

In the USA, and globally, invasive species from around the world have dramatically changed natural ecology in many ways, including major economic effects. In this talk, we will go over several interesting and non-obvious examples and provide context on how, why, and 'so what!'.
Presented by: Michael Grant, Professor Biology, Emeritus.





Gardening with Color in Colorful Colorado

Registration #285131-02

Date: Wednesday, April 8

Time: 2-3:30 pm

Fee: \$3 resident / \$4 non-resident

Want more color in your garden? Join Jeff Miller to learn how to create a vibrant yard year-round using annuals, perennials, and bulbs that thrive through the seasons. Discover how shrubs and trees can add beauty - even in winter - and explore plant varieties that bring lasting color and interest to your landscape. This class will help you design the most colorful yard in your neighborhood. **Presented by Jeff Miller.**

Spring Weed Identification and Management

Registration #285131-13

Date: Monday, April 13

Time: 10:30-11:30 am

Fee: \$3 resident / \$4 non-resident

Spring is a great time to get ahead of invasive plants. Understanding these plants is key to recognizing their impact on the environment and choosing the most effective management tools. This program will highlight the importance of proper weed identification and share practical spring strategies for controlling annual and perennial weeds. **Presented by: Lyndsay Gonzalez.**



Identificación y Manejo de Malezas de Primavera

Registration #285131-14

Lunes 13 de abril

Hora: 12-1 pm

Costo: \$3 residente / \$4 no residente

La primavera es un momento ideal para controlar a las plantas invasoras. Comprender estas plantas es fundamental para reconocer el impacto en el medio ambiente y elegir las herramientas de manejo más efectivas. Este programa destacará la importancia de una identificación adecuada de malezas y compartirá estrategias prácticas de primavera para controlar malezas anuales y perennes. **Presentado por: Lyndsay Gonzalez.**



Wildflowers this Spring

Registration #284009-14

Date: Tuesday, April 14

Time: 1-2:30 pm

Fee: \$3 resident / \$4 non-resident

Join volunteer naturalists for a slide program to kick off the wildflower season! You'll learn about the diversity of wildflowers in Boulder County from the plains to the Alpine, where and when to look for them, and some interesting stories about some of our native plants. **Presented by: Dave Fletcher and BCPOS Volunteer Naturalists.**

Behind The Scenes of the Most Iconic Moments in Film History - Part I

Registration #284009-15

Date: Thursday, April 16

Time: 10-11 am

Fee: \$6 resident / \$8 non-resident

The greatest moments in film history stick out in our memories as if we saw them just yesterday. It's Cary Grant running from a plane in North By Northwest. Peter Finch screaming that he's "mad as hell!" in Network. And Clark Gable telling Vivien Leigh he no longer gives a "damn" in Gone With The Wind. This hour-long lecture takes you behind the scenes of these great movie moments and more as we reveal what makes them so unforgettable.

The B-17: The Mighty Flying Fortress of World War II

Registration #284009-16

Date: Thursday, April 16

Time: 1-2:30 pm

Fee: \$6 resident / \$8 non-resident

Explore the history of the Boeing B-17, America's primary World War II bomber. Developed after the 1935 Model 299 prototype, over 12,000 B-17s served in Europe, China, and the Pacific by 1945. This presentation traces William Boeing's legacy, the plane's design and weapons, "Rosie the Riveter" stories, and even Colorado crash sites, while examining its main foes – the Messerschmitt Bf 109 and Focke-Wulf Fw 190. **Presented by Dr. Robert Meroney, CSU Professor Emeritus.**



Appliances

Registration #284009-22

Date: Wednesday, April 22

Time: 1-2 pm

Fee: \$5 resident / \$8 non-resident

A well-equipped kitchen has a plethora of appliances. But remember your first refrigerator? A big step up from the old ice box. Or perhaps the new toaster. How many of these old appliances are still in service? Do you remember when the microwave first hit the market?

Presented by: Chuck Gibbs.

If Chaos Reigns: Airborne Operations on D-Day

Registration #284008-11

Date: Wednesday, April 29

Time: 12:30-1:30 pm

Fee: \$3 resident / \$4 non-resident

Thousands of American, British, and Canadian soldiers descended from the predawn sky over Normandy on parachutes and in gliders, determined to successfully spearhead the June 6, 1944, Allied invasion of France. The fact that they nearly failed but ultimately succeeded is the stuff of legends!

Presented by: Flint Whitlock.

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.



HUMANITIES & CULTURAL

Raise Your Vibrations

Registration #185001-01

Dates: Wednesdays, January 7-28

Registration #185001-02

Dates: Wednesdays, February 4-25

Registration #285001-01

Dates: Wednesdays, March 4-25

Time: 9:30-10:30 am

Fee: \$30 resident / \$38 non-resident

In this class, we will explore simple practices to raise our energy and feel more joy, peace, and purpose. Each session starts with a short meditation, then a guided talk on themes like forgiveness, presence, nature, or letting go of anxiety. We will close with open conversation to share experiences and questions in a kind, supportive space.

Instructor: Sue Otness.

Storytelling:

All Dressed Up in a Story

Registration #284313-01

Dates: Wednesdays, March 19

Time: 3-4:15 pm

Fee: \$2 resident / \$3 non-resident

Do you know a person by their outfit? Local storyteller, **Kathleen Santopietro** will fashion tales that draw our attention to a mix and match of characters dressed for their parts. Come and enjoy the layers of feelings, emotions and personalities as the stories unfold and fit your imagination. Music will be woven in as well as reflections on how clothing can influence our mood.

BOULDER INTERNATIONAL
FILM FESTIVAL

Longmont Senior Services and the Boulder International Film Festival (BIFF) have created an exciting partnership to bring exceptional independent films to the Longmont Senior Center. The films are projected onto a screen so that they are larger and easier to see.

A Man with Sole: The Legacy of Kenneth Cole

Registration #184333-01

Date: Wednesday, January 14

Time: 5:30-7:30 pm

Fee: Free, please register in advance

In 1982, Kenneth Cole burst onto the American fashion scene. Unable to afford a traditional showroom during the New York Shoe Expo, the enterprising founder registered his footwear business as a film production, enabling him to sell thousands of pairs of shoes out of a trailer in midtown Manhattan. Clean design, high craftsmanship, and creative advertising took Kenneth Cole Productions to the top. His fierce, high-risk commitment to social causes has been the hallmark of his brand from the beginning. In the 40 years since, Kenneth Cole has cared for “what people stand for...not just what they stand in.” Kenneth’s commitments to AIDS research, homelessness, LGBTQIA+ rights, social justice, and now mental health issues have given voice to the voiceless, defied and shattered stigmas, and inspired and empowered action for good. 98 minutes. *Directed and produced by Dori Berinstein.*

2025 Short Films II

Registration #284333-09

Date: Saturday, March 14

Time: 10 am-12 pm

Fee: Free, please register in advance

Rational Behaviour

UK, Short Film, 15 minutes, 2023

Winner of special recognition for comedy short at Aspen Shortsfest.

Stella is 39 and single. She drops in on former one-night-stand Jacob to tell him that she’s on her way to get an abortion. Twenty-something Jacob can barely remember her name but he gallantly gives her a lift to the hospital in his dad’s van. *Rational Behaviour* is a romantic comedy that explores the reality of facing unanticipated consequences with strangers. *Directed by Lola Frears*

When Big People Lie

US, Short Film, 14 minutes, 2024

Elvis just turned eight, and for his birthday, his wish has sort of come true. His single mother Lola has invited an immigrant stranger, Mohammed, to live with them in exchange for money. The arrangement takes an unexpected turn when Lola and Mohammed plan an unconventional, seemingly impromptu wedding. A surprise visitor calls everything into question. *Directed by Gianfranco Fernández-Ruiz*

Dragfox

UK, Short Animation, 8 minutes, 2024

Sam’s search for identity gets interrupted by a mysterious neighborhood fox. Together they embark on a magical journey to the attic to discover the surprising things they might have in common, and how to celebrate the ways in which they differ. *Directed by Lisa Ott*

CONTINUED NEXT PAGE »

Halffrican American

US, Short Film, 12 minutes, 2023

When Zeke attends a family cookout with his estranged father, Nick, he struggles to feel comfortable. After witnessing his dad do a comedic retelling of his colonoscopy, can Zeke finally fit in with the boisterous black family that he's never met?

Directed by Zeke Nicholson

An Orange from Jaffa

France/Poland, Short Film, 27 minutes, 2024
Shortlisted for Best Live Action Short Film at the 2025 Academy Awards.

Mohammed, a young Palestinian student, is desperately looking for a taxi to take him through an Israeli checkpoint. Farouk, a kind-hearted driver, offers him a ride. However, they soon encounter a crisis with the checkpoint authorities. Will the pair get through? SUBTITLED
Directed by Mohammed Almughanni

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. 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 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 seven days prior to the start date of each class. Facilitators: **Laura Ambler**, **Donna Prestwood**, and **Sky Yates**

Karma, Fate, and Destiny

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

Dates: Tuesdays, January 6-27

Time: 10-11:30 am

Fee (in-person): \$5 materials fee is due at the first class

Let's explore the meaning of these three concepts and decide what they mean for us.

Life Tasks

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

Dates: Tuesdays, February 3-24

Time: 10-11:30 am

Fee (in-person): \$5 materials fee is due at the first class

It is said that people develop in many ways across their life span, but there are five grand life tasks that most of us go through to reach the wisdom of maturity and accomplishment. Let's explore these- Imperial Task, Interpersonal Task, Career Consolidation Task, Generative Task and Integrity Task.

Feng Shui

Registration #284340-03 (in-person)
#284340-3A (online)

Dates: Tuesdays, March 3-24

Time: 10-11:30 am

Fee (in-person): \$5 materials fee is due at the first class

Join us and explore the ancient art of Feng Shui and discover how to harness the energy of your environment. We will discuss practical tools that will help you create a home/environment that actively supports your good health, positive relationships, and growing abundance.

Esoteric Empathy

Registration #284340-04 (in-person)
#284340-4A (online)

Dates: Tuesdays, April 7-28

Time: 10-11:30 am

Fee (in-person): \$5 materials fee is due at the first class

Join us as we take a deep dive, looking beyond the obvious, and explore a deeper, often spiritual and mystical understanding of empathy.



¿Quieres saber más sobre nuestros programas de invierno/primavera en el GO?
El lunes, 8 de Diciembre, es el primer día en que puedes registrarte para las clases de Primavera. Para más información sobre los programas, acompáñes el 5 de Diciembre a las 10-11:30am .

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

Costo: Gratis

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 preentaciones no esta incluido.

Coro – Grupo de Canto

Fechas: lunes - Enero 12, 26, Febrero 9, 23, Marzo 9, 30, Abril 13, 27

Hora: 1-2:30 pm

Costo: Gratis, no es necesario registrase

¿Le gusta cantar o convivir cantando? Acompáñenos para disfrutar en escuchar o cantar canciones clásicas Mexicanas. Si esta interesado o desea obtener mas información llamar a Osvaldo 720-288-8070.

¡Ayuda Gratis con sus Impuestos!

AARP voluntarios que están entrenados para llenar las formas de los Impuestos (Income Tax) estarán disponibles para ayudar compensando 3 de Febrero y cada martes y jueves hasta el 9 de abril. Para una cita, puede llamar empezando el 20 de enero. Para más información por favor llame al 303-774-4452; se habla español.

Círculo de Apoyo

Fecha: El primer Jueves de cada mes, pero no hay un grupo en enero

Hora: 10-11:30 am

Costo: Gratis, No es necesario registrase

¿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!



Elija Bondad

Este invierno nos gustaría dedicar tiempo para compartir nuestras gratitudes y destacar actos de bondad espontáneos en nuestra comunidad. Mostraremos estas notas conmovedoras en el lado oeste del edificio cerca del comedor. Si desea participar, por favor visite el vestíbulo para recoger figuras de papel (manopla, bufanda, suéter o corazón) y escribir sus notas. Las cuales puede entregar en la recepción.



Pan, Café, y la Muerte

Fechas: los jueves

15 de enero

19 de febrero

19 de marzo

16 de abril

Hora: 10-11:30 am

Costo: Gratis, no es necesario registrarse

¡Hablemos de la muerte! Acompañenos a tener 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. No es grupo de apoyo en el duelo. La discusión será confidencial. Se ofrecerá café y pan.

Conceptos Basicos de Medicare

de Registración 186801-00

Fecha: miércoles, 28 de enero

Hora: 10-11:30 am

Costo: Gratis, y por favor regístrese

Las clases son ofrecidas por los **Consejeros de Medicare del Condado de Boulder** y brindan informacion clara y actualizada sobre inscripcion, costos, beneficios, opciones de planes y cobertura de medicamentos. Estan abiertas a todas las personas: futuros beneficiarios, personas con Medicare, cuidadores, familiares y miembros de la comunidad.

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.

Regalo de Paz

Fechas: los martes

3 de febrero # de Registración 186800-02

7 de abril # de Registración 286800-04

Hora: 1-3 pm

Costo: Gratis, y por favor regístrese

Preparando Mi Regalo de Paz es un programa educacional gratuito acerca de cómo proporcionarle a usted y a sus seres queridos, el regalo de paz mental, sabiendo que sus deseos e intenciones se conocen para el final de su vida. Es una conversación informal sobre pasos para asegurarse que sus deseos sean comprendidos y honrados. El personal les ayudara a completar documentos de directivas anticipadas (carta poder medica).

Clínica de Reembolsos del Estado y la Cuidad

Fechas: los martes

3 de febrero - 14 de abril

Hora: 1-3 pm

Costo: Gratis, no es necesario registrarse

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

AARP voluntarios que están entrenados para llenar las formas de los Impuestos (Income Tax) estarán disponibles para ayudar compensando 3 de Febrero y cada martes y jueves hasta el 9 de abril. Para una cita, puede llamar empezando el 21 de enero. Para más información por favor llame al 303-774-4452 se habla español.



INFORMACIÓN Y PROGRAMAS EN **ESPAÑOL**

Clases de Baile de Salsa

#186506-01 **Jueves, del 8 al 22 de enero**
#186506-02 **Jueves, del 5 al 26 de febrero**
#286509-03 **Jueves, del 5 al 19 de marzo**
#286509-04 **Jueves, del 2 al 16 de abril**

Hora: 1-2 pm (no clase 2/19)

Costo: \$5 residentes/\$6 no residentes por clase

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!

VIDA CREATIVA

Vida Creativa

Fecha: los viernes

16 de enero # de Registración: 186503-01

20 de febrero # de Registración: 186503-02

13 de marzo # de Registración: 286503-03

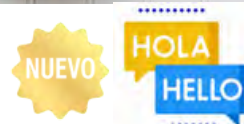
17 de abril # de Registración: 286503-04

Hora: 9:30 – 11 am

Costo: \$2 residentes/\$3 no residentes por clase

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

- **Enero:** Visualiza y planifica tu año más saludable creando un póster de metas de bienestar. Exploraremos qué significa "saludable" para ti (alimentación, ejercicio, salud mental, hábitos) y te irás con una guía visual inspiradora y un enfoque claro para lograr tus objetivos.
- **Febrero:** Exploraremos la importancia de las conexiones sociales para el bienestar e identificaremos relaciones nutritivas. Crearás una "Tarjeta de Conexión" personalizada, una herramienta práctica para mapear relaciones actuales y visualizar futuras conexiones deseadas.
- **Marzo:** Celebraremos la temporada de crecimiento y nuevos comienzos a través de una actividad manual y reflexiva: la creación de flores. Exploraremos cómo podemos aplicar la paciencia, el cuidado y la belleza de la naturaleza a nuestras propias vidas.
- **Abril:** Reconecta con la alegría de jugar y olvida las preocupaciones adultas. Esta sesión te ofrece risas, nostalgia y la libertad de ser tú mismo. ¡Ven y libera a tu niño interior!



Concurso de Tartas;

de Registración: 283400-27 partícipe,
283400-28 concursante

Fecha: 13 de abril

Hora: 1-3 pm

Costo: \$2 residente / \$3 no-residente,
gratis por competidor

Es esa maravillosa época del año para reunirse y compartir risas, y - por supuesto - deliciosas tartas! ¿Crees que tu tarta puede llevarse el premio? ¡Arremángate y participa en el Concurso de Repostería de Tartas! Con categorías de frutas y sin frutas, y todos son bienvenidos para mostrar sus habilidades. Los participantes buscarán la corteza, el relleno y el sabor perfectos, y juzgarán su tarta favorita. ¿No eres panadero? ¡No hay problema! Únete a la diversión, anima a los concursantes y disfruta de muestras de tarta gratis por porción. ¡Ven por la competencia - quédate por la dulzura! Se deberán preparar 2 tartas para participar **SE NECESITAN DOS pasteles de 9 pulgadas para competir, del mismo sabor. Por favor, llame a Valerie al 303-774-3533 para más información.**





Clases de Baile Latino



de Registración: # 188035-01

Fechas: Jueves, del 8 al 29 de enero

de Registración: # 188035-02

Fechas: Jueves, del 5 al 26 de febrero

de Registración: # 288035-03

Fechas: Jueves, del 5 al 19* de marzo

de Registración: # 288035-04

Fechas: Jueves, del 2 al 23 de abril

Costo: \$48 residente / \$60 no-residente

Costo: \$36 residente \$45 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 si tienes alguna pregunta o inquietud.

Encuentro y Salud



de Registración: 186504-00

Fecha: Jueves, 5 de febrero

Hora: 9:30-11 am

Costo: Gratis, y por favor regístrese

Venga a conocer los programas de bienestar y nutrición que ofrece el condado de Boulder. Es una oportunidad para conocer a las personas que facilitan los programas, conectar con la comunidad y compartir ideas sobre lo que a usted le importa más de su salud. ¡Le invitamos a participar con nosotros! Tendremos unos refrescos y unas comidas para picar.

Taller Interactivo



de Registración: 186505-01

Fecha: Jueves, 19 de febrero

Horas: 2-4 pm

Costo: Gratis, y por favor regístrese

En este taller interactivo, las personas mayores pueden compartir sus reflexiones y desafíos diarios en un ambiente de apoyo. Guiado por un experto, el programa aborda inquietudes sobre tecnología, finanzas, salud, familia y conexiones sociales. Se fomenta la conversación abierta y el apoyo mutuo para encontrar soluciones y recursos útiles, promoviendo la comunidad y un espacio para sentirse escuchados. Presentadora: Antoinette C Mehler, PhD

Cafe con la Policia

de Registración: 186507-00

Fecha: Miércoles 25 de febrero

Horas: 1-2:30 pm

Costo: Gratis, y por favor regístrese

"¿Le gustaría tener algo de tiempo para hacer las preguntas que siempre quiso hacer? ¡La ciudad de Longmont tendrá uno de sus propios funcionarios aquí para hablar con usted! Tendremos informacion y muchas de sus preguntas serán respondidas en esta charla. ¿Qué hacer si un oficial de policía me detiene? ¿Cuándo debo llamar al departamento de policía y cuándo debo llamar al 911? ¿Qué sucede si no hablo inglés? ¿Alguien podrá ayudarme? ¿a lo largo de?

¿De que se Trata la Enfermedad de Alzheimer?



de Registración: 186505-00

Fecha: Miércoles, 14 de enero

Hora: 2-3:30 pm

Costo: Gratis, y por favor regístrese

Este taller informativo aborda la enfermedad de Alzheimer, cubriendo síntomas (olvido, confusión), factores de riesgo (edad, antecedentes familiares) y cómo afecta al cerebro. Explora tratamientos actuales, investigaciones, la importancia de la salud cerebral y cómo apoyar a los seres queridos. Se proporcionan recursos prácticos y grupos de apoyo locales para orientación continua. Presentadora: Antoinette C Mehler, PhD



INFORMACIÓN Y PROGRAMAS EN **ESPAÑOL**

Cómo Encontrar la Paz en Medio del Dolor

Fechas: los lunes

23 de febrero - 30 de marzo

Hora: 10-11:30 am

Costo: Gratis, y por favor regístrese con Emma Webster

Encontrar la paz en nuestro dolor es un grupo confidencial para aquellos que están pasando por la pérdida de un ser querido. El dolor cambia nuestras vidas y, paso a paso, iremos descubriendo una nueva normalidad. Un nuevo sentido de paz. En este grupo mantendremos un diálogo abierto sobre la sensación de pérdida, sus retos y las estrategias que nos han ayudado a navegar por un mundo sin nuestros seres queridos. **Por favor, llame a Emma Webster, LCSW, al 303-324-6980, para programar su cita de admisión**, la cual es necesaria antes de unirse al grupo. También puede llamar si tiene alguna pregunta sobre el tema del grupo. El cupo es limitado y es necesario pasar por un proceso de admisión.

Para Familias: Una Introducción al Método SPECIAL®

Fechas: martes

24 de febrero # de Registración 186802-00

24 de marzo # de Registración 286803-00

28 de abril # de Registración 286804-00

Hora: 1-2:30 pm

Costo: Gratis, y por favor regístrese

Ayudando a tu ser querido a vivir bien con demencia:

- Aprende sobre el método SPECIAL® (originado en el Reino Unido).
- Descubre por qué las estrategias contraintuitivas tienen sentido.
- Conoce el álbum de fotografías SPECIAL®.
- Descubre las 3 Reglas de Oro para crear bienestar en tu ser querido que vive con demencia (y reducir el estrés en ti mismo).

Presentado por **Dementia Together**, apoyando a los cuidadores con recursos y educación gratuita para familias en español, donde el costo nunca es una barrera para la conexión y el apoyo.

Planificación del Cuidado a Largo Plazo

de Registración: 286801-00

Fechas: lunes, 2 de marzo

Hora: 10-11:30 am

Costo: Gratis, y por favor regístrese

Este proceso puede ser complejo. Nuestro panel les explicará las opciones financieras y la planificación del programa. Aprenderán:

- La diferencia entre la cobertura de Medicaid y Medicare;
- Cómo aplicar para el programa para usted o su cónyuge
- El programa PACE (Programa de Cuidado Integral para los Ancianos) presentará detalles de lo que ofrecen.

La sesión incluirá un segmento de preguntas y respuestas con nuestros panelistas del equipo de **Medicaid de Cuidado a Largo Plazo del Condado de Boulder, TRU PACE, y Longmont Senior Services**. Este programa está abierto para personas mayores y sus familiares.

Planificación Anticipada para la Demencia

de Registración: 286802-00

Fecha: miércoles, 8 de abril

Hora: 10-11:30 am

Costo: Gratis, y por favor regístrese

En los estados unidos 1 de 10 personas mayores de 65 años es afectada por demencia. Generalmente se requiere que otra persona tome decisiones médicas por la persona con demencia. Esta presentación nos informa sobre las opciones y como usar herramientas de planificación anticipada que respeten los deseos, preserven la autonomía el mayor tiempo posible y apoyen a los cuidadores, con o sin conversaciones previas.



Lotería Social Hour-Boulder County Transportation



#de Registración: 286591-00

Fecha: Martes 17 de marzo

Horas: 9-11 am

Costo: Gratis, y por favor regístrese

¡Acompáñenos a nuestra divertida sesión de Lotería de Transporte! En esta sesión, podrá aprender de forma sencilla y entretenida sobre las diferentes opciones de transporte disponibles en su comunidad. Descubra nuevas maneras de moverse con facilidad, conozca recursos locales y participe en un juego lleno de premios y buena compañía. ¡No se lo pierda!



RECURSOS

Para más información sobre recursos para Adultos Mayores en la Internet, vea la pagina de red 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 comuníquese con la recepcionista al 303-774-4452.

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.

¡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.

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.



INFORMACIÓN Y
PROGRAMAS EN
ESPAÑOL

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.

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 Garcia 303-651-8716. Ellas pueden proporcionarle una lista de proveedores. No es necesario hacer cita, por favor deje su información de contacto y alguien se comunicará con usted.

INFORMACIÓN SOBRE LA PARTICIPACIÓN EN PROGRAMAS EN EL SENIOR CENTER:

- **No hay membresía** para participar en actividades o para recibir servicios del Senior Center
- **Adultos mayores de 55 años son la primera prioridad;** sin embargo, las personas menores de 55 años pueden participar en ciertas actividades si hay espacio disponible y / o en ciertas circunstancias. Póngase en contacto con la recepción para más detalles.
- **Listas de espera:** las listas de espera se mantienen para actividades que requieren registro. El personal procesa todas las cancelaciones y los participantes en la lista de espera se les dan prioridad para llenar las aperturas.
- **Necesidades especiales:**
 - Haremos nuestro mejor esfuerzo para acomodar sus necesidades especiales.
 - Dispositivos de escucha están disponibles para las actividades.
- **# De Registración: Los programas, las clases y los eventos que requieren registración, traen un número de registro asignado y deben de registrarse antes de tiempo.**
 - Puede registrarse en la recepción con la recepcionista, de Lunes a Viernes, de 8:00 am - 5:00 pm
 - Por teléfono con una tarjeta de crédito a 303-651-8411, de Lunes a Viernes, de 8:00 am - 5:00 pm
 - En línea en www.longmontcolorado.gov para la mayoría de las actividades después de la fecha de registro se abre y para viajes el Lunes después del registro de la lotería.
- **Pago: Se aceptan tarjetas de crédito, dinero en efectivo, cheques, certificados de regalo y becas del Senior Center.** El pago completo se requiere en el momento de la registración.
 - **Recibos** contienen información adicional. Revise y retenga para referencia.
 - **Residente/No-residente:** El primer precio indicado es para aquellos que viven dentro de los límites de la Ciudad de Longmont.
- **Cancelaciones:**
 - La ciudad reserva el derecho de cancelar una actividad si el número mínimo de participantes no se ha registrado. Los participantes serán notificados inmediatamente si una actividad cancela.
 - Un reembolso / crédito total será dado si el Senior Center cancela la actividad.
 - Un reembolso / crédito total será dado si el participante cancela una clase o evento especial cuatro (4) o más días hábiles antes de la actividad. Cada viaje tiene una fecha límite de cancelación específica.





Caregiver Support Groups

The Senior Center offers two Caregiver Support Groups that are a free, confidential 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 meets at noon on the second Tuesday each month; the other group is open to any family caregiving situation and meets at 6 pm on the first Monday night each month. Both are drop-in groups; no registration required. 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. See the Resource Guide handout for a list.

Grief Recovery Support Group

Dates: Mondays, March 16 - May 4

Time: 1:30-3 pm

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

Despite what you might have been told, grief has no timeline or rules. This confidential support group offers space to learn about the grief process, connect with a community of others facing similar experiences, and finding your own path forward. Senior Services Counselor **Kayleigh Schernbeck**, LCSW, and a peer support volunteer will facilitate this group.

Lunch Bunch

Group 1 - **1st/3rd Wednesdays** (Monthly)
Group 2 - **2nd/4th Wednesdays** (Monthly)

Time: 11 am-1 pm

Fee: Free, please register in advance with Ryan Vinson at 303-651-8495 or ryan.vinson@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 **Ryan Vinson** at 303-651-8495 or email at ryan.vinson@longmontcolorado.gov to discuss joining the Lunch Bunch. Thanks to: Friends of the Longmont Senior Center, Longmont Meals on Wheels, and our volunteer facilitators.

Free MEDICAL EQUIPMENT

Several local organizations manage loan closets that include walkers, canes, wheelchairs and other medical equipment. Please contact one of the following for more information.

- American Legion: 651-295-2389
- Elks: 303-776-1055
- Moose: 303-776-4911

OFFERINGS FROM THE AREA AGENCY ON AGING

Information and Wellness:

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



Advanced Directives

Date: Thursday, January 8

Registration #185050-10

Date: Thursday, February 12

Registration #185050-13

Date: Saturday, March 14

Registration #285050-03

Date: Thursday, April 9

Registration #285050-04

Time: 9:30-11 am

Cost: \$10 resident, \$13 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 advance planning (medical power of attorney, living will, and Five Wishes). **Facilitated by Renita Henson, RN BSN.**

You're Never Too Old to Eat Kohlrabi

Registration #185077-01

Date: Thursday, January 8-22

(no class 1/15)

Time: 10-11:30 am

Fee: \$9 resident /
\$12 non-resident

Curious about plant-based eating? Join **Lisa Boesen** for a fun, hands-on 2-part class to explore, taste, and laugh your way through plant-powered meals. Perfect for beginners, you'll build kitchen confidence and try a two-week "test drive" of delicious plant-based dishes—kohlrabi included! The class features lecture, tastings, and feedback. All participants receive a softbound workbook, Your Plants – First Workbook (\$5 value), to continue your plant-based journey at home.



Hand Drumming Across Generations

Registration #189604-01

Date: Thursday, January 8

Registration #189604-02

Date: Thursday, February 12

Registration #289604-03

Date: Thursday, March 12

Registration #289604-04

Date: Thursday, April 9

Time: 1:30-2:30 pm

Fee: \$15 resident / \$19 non-resident

Experience the joy of rhythm in this fun, stress-free drumming class led by **Nancy Brauhn-Curnes**. Open to all ages and abilities, each monthly session includes basic strikes, simple rhythms, and drum circle activities. Drumming can boost focus and memory while reducing stress and anxiety - and it's just plain fun! No musical experience is needed. Drums and percussion instruments are provided for all participants.

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.

Caring for the Caregiver

Registration #188804-00

Date: Monday, January 12

Time: 1-2:30 pm

Fee: Free, please register in advance

Caregiving is one of life's most challenging roles, with high emotional and responsibility demands. Join our roundtable discussion to normalize the emotions and experiences that come with caregiving. Together, we will explore ways to manage stress, decompress in the moment, and develop skills to maintain balance while continuing to care for those who depend on us. **Presented by Dylan Walker**, who with over 23 years of experience is dedicated to serving our community through a heart-centered approach.

Cloud 9 Foot Care

Dates: Wednesday, January 14
Wednesday, February 11
Wednesday, March 11
Wednesday, April 8

Time: 8:30-11:30 am

Fee: \$60 resident / \$75 non-resident

Cloud 9 Foot Care, LLC, of Arvada, is locally owned and operated by an experienced RN, certified in foot care. Each 30-minute session includes a brief examination, routine toenail trims, removal/reduction of calluses, followed by a gentle, relaxing foot massage. Appointment slots are from 8:30 am - 11:30 am on the 2nd Wednesday of the month at the Longmont Senior Center.

Additional services available are management of mild to moderate ingrown nails, routine fingernail trims, and safe removal of ear wax under direct visualization via a Bluetooth device. Call Cloud9FootCare, LLC to schedule your appointment at 720-512-9445.



Make Your Own Vision Board

Registration #188802-00

Date: Thursday, January 15

Time: 1-2:30 pm

Fee: Free, please register in advance

If you are hoping 2026 brings change, we invite you to try vision boarding. This simple practice can help you clarify and focus your intentions toward creating the life you desire. Supplies are provided, but you are welcome to bring your own magazines, printouts, photos, crafting/art supplies. Senior Services' staff **Kayleigh Schernbeck, LCSW** will guide the group through this process.



Evolve Health and Wellness: Mobility, Strength, and Nutrition

Registration #188018-01

Dates: Wednesdays, January 14-28

Time: 2-3 pm

Fee: Free, please register in advance

Registration #288020-03

Dates: Wednesdays, March 11-25

Time: 10-11 am

Fee: Free, please register in advance

Our 3-part series will cover the tools for living healthy - mobility, strength, and nutrition. Each class will cover one of these three areas. We will provide you with evidence-based lessons with practical applications you can begin using that very day! Our classes will include a presentation and interactive exercises to apply what we cover. Each class will send participants home with handouts. **Presented by: Evolved Health and Wellness.**

Cultivating Connections

#188803-01 Tuesday, January 20

Where Do I Start?

#188803-02 Tuesday, February 17

Identifying Your Strengths and Struggles

#288804-03 Tuesday, March 17

How to Find "Your" People

#288804-04 Tuesday, April 21

Open Topic - Q and A

Time: 1-2:30 pm

Fee: Free, please register in advance

Feeling lonely? Want to build or expand your connection skills? Interested in meeting others in similar situations? Join us for a small group discussion that is a mix of education, practical tips, and support. Monthly sessions are independent of each other; attend one or all. Facilitated by **Kayleigh Schernbeck, LCSW**, and a rotation of Peer Support Volunteers.



Talk With a Healthcare Pro - Understanding Balance

Registration #188006-01

Date: Tuesday, January 20

Time: 5:30-6:30 pm

Fee: Free, please register in advance

Join us for an informative session where we explore how balance is influenced by dizziness and the vital role of the vestibular system, the inner ear's balance center. As we age, changes in this system can lead to unsteadiness and increased risk of falls. Learn simple ways to recognize symptoms, understand what's happening inside your body, and discover strategies to improve your balance and maintain your independence safely. Presented by **Kathleen Loetscher** Doctor of Physical Therapy, Board Certified Neurological Clinical Specialist. A light snack will be provided.

Talk With a Healthcare Pro - Atrial Fibrillation

Registration #188006-02

Date: Tuesday, February 17

Time: 5:30-6:30 pm

Fee: Free, please register in advance

Dr. Shane Rowan will discuss how Atrial fibrillation (AFib) affects millions of people and is the most common type of cardiac arrhythmia. This session will provide an overview of AFib, including its causes, symptoms, and potential complications such as stroke. The speaker will discuss current treatment options - from lifestyle changes and medications to advanced procedures like catheter ablation - and highlight the importance of early detection and personalized care. Whether you're a healthcare provider, patient, or caregiver, this talk will offer valuable insights into managing and living well with AFib. A light snack will be provided.

Talk With a Healthcare Pro - Breathe and Sleep Better

Registration #288006-03

Date: Tuesday, March 17

Time: 5:30-6:30 pm

Fee: Free, please register in advance

Join Kelli Janata, DO for an informative and engaging session exploring the connection between breathing and sleep quality. This talk will touch on how everyday factors, from nasal health to stress and lifestyle, can impact your ability to breathe freely and sleep soundly. Whether you're curious about sleep apnea, nighttime congestion, or simply want to wake up feeling more refreshed, this session will offer practical insights and tips to help you breathe better and sleep better. A light snack will be provided.

Talk With a Healthcare Pro - Women's Heart Health

Registration #288006-04

Date: Tuesday, April 21

Time: 5:30-6:30 pm

Fee: Free, please register in advance

Dr. Rebecca Lolley will discuss how heart disease remains the leading cause of death among women, yet it is often under-recognized and under-discussed. This session will explore the unique cardiovascular risks women face, how symptoms may differ from men's, and what proactive steps can be taken to improve heart health. Attendees will gain insights into prevention strategies, lifestyle changes, and the importance of early detection and advocacy. Join us to empower yourself and others with knowledge that can save lives. A light snack will be provided.

MORE ON NEXT PAGE »



Chronic Disease Management

Registration #285084-03

Dates: Thursdays, March 5-April 9

Time: 10 am-12:30 pm

Fee: 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.

UC Health Aspen Club Classes – Balance Screenings

Registration #185080

Date: Wednesday, February 25

Time: 1:30-3 pm

Fee: Free, must register in advance

These screenings, performed by Physical and Occupational Therapists, will assess your fall risk using the STEADI (Stopping Elderly Accidents, Deaths, and Injuries) Initiative tools and protocols. Balance and fall prevention strategies, programs, and resources will be shared based on your results. **Each screening is 10 minutes, please call 303-651-8411 to schedule your time.**

Tips and Tools for Coping with Anxiety

Registration #188800-00

Date: Wednesday, January 21

Time: 10-11:30 am

Fee: Free, please register in advance

While some degree of anxiety can be helpful and adaptive, anxiety is one of the most common mental health concerns.

10-20% of older adults struggle with anxiety, which often goes unrecognized and undertreated. We will explore proven tips and tools to help yourself, others, and your community manage anxiety and stress and live with an improved sense of well-being. **Presented by: Licensed Psychologist Mary Sean O'Halloran.**

COMMONSPIRIT HEALTH AT LONGMONT UNITED HOSPITAL PRESENTS

Think First for Fall Prevention



Registration #188200-01

Date: Thursday, January 22

Time: 12-1 pm

Fee: Free, please register in advance

To raise awareness of the prevalence of falls and their serious consequences. Increase knowledge on reducing your risk for falls and prevention techniques. A light meal will be served.

Presented by: Kasandra Dickerson.

Age Gracefully and Heartfully: Your Guide to Cardiac Wellness

Registration #288200-04

Date: Thursday, April 23

Time: 12-1 pm

Fee: Free, must register in advance

Don't let myths about aging and heart health hold you back! Learn evidence-based strategies for a robust cardiovascular system. Discover crucial check-ups, medication management, and lifestyle choices to prevent, manage, and even reverse common heart conditions.

Presented by: Dr Anupama BK with Colorado Heart and Vascular. A light meal will be served.



Adjusting to Life's Changes

Dates: Mondays, January 26 - March 9;
no group February 16

Time: 1:30-3 pm

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

Put simply, life changes can be tough. If you're navigating retirement, caregiving, moving, compounding losses, shifting abilities or other changes, this six-week group is here to offer support. Together, we'll explore ways to find a "new normal" in life. Sessions are confidential and facilitated by Peer Support Volunteers **Yvonne Whisenhunt** and **Lois Ellison**.



The Power of Gratitude

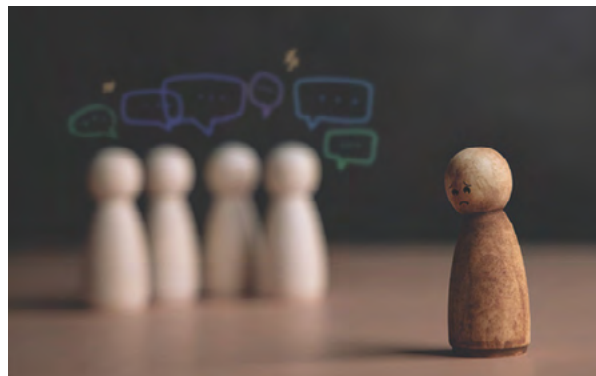
Registration #188806-00

Date: Tuesday, January 27

Time: 1-2:30 pm

Fee: Free, please register in advance

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



Conversation on Loneliness

Registration #188801-00

Date: Monday, February 2

Time: 10:30-11:30 am

Fee: Free, please register in advance

Join us for a discussion on topics such as the difference between loneliness and isolation, what creates a sense of loneliness, and what happens for you when you feel lonely or when you see someone who seems lonely. There are no right or wrong answers. We all have needs to connect and disconnect from others. Facilitated by Senior Services' staff, **Brandy Queen, LPC**.

Caregiver Stress and Burnout

Registration #188805-00

Date: Saturday, February 7

Time: 10-11 am

Fee: Free, please register in advance

Caregiving can be difficult, tiring, and wearing. Brenda Gurung will share several tools to manage stress and burnout - to keep organized, to identify resources and help, and to transform your caregiving work. Presented by **Brenda Gurung**, Montessori-credentialed dementia specialist with 16 years of experience in aging and dementia.

You Can Become A Savvy Caregiver

Registration #288800-00

Date: Monday, March 23-April 27

Time: 5:30-7:30 pm

Fee: 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. This six-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.

Letting Go

Registration #288801 00

Date: Tuesday, March 24

Time: 1-2 pm

Fee: Free, please register in advance

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 left us, and of ways of being that no longer serve us. Join us for a discussion about the ins and outs of letting go. Facilitated by Senior Services staff **Brandy Queen, LPC**.

Movement, Motion, and Making Care Safe

Registration #288802-00

Date: Tuesday, March 31

Time: 6-7:30 pm

Fee: Free, please register in advance

Most people are not prepared to help someone transfer from a bed or chair or off the floor. There are times when helping lift someone is not safe for either of you. What do you DO? How do you do it safely? We will teach you safe ways to assist while preventing harm. We will demonstrate different techniques and maneuvers for you to feel confident. **Presented by Stacey James, PT, and Renita Henson, RN.**

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

Registration #288803-00

Date: Tuesday, April 7

Time: 10-11:30 am

Fee: Free, please register in advance

Palliative and Hospice care are one of the most misunderstood specialties in healthcare. As a result of the myths and misperceptions the specialized support is often engaged much too late. Please join us to learn about this specialized support for yourself or someone you care about to help advocate at one of the most difficult times of life. **Presented by Jessica O'Leary, Gerontologist and Patient Care Coordinator for TRU Community Care.**



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.

LUNCH AND LEARNS

Bring a lunch and join us on the second Tuesday of each month from Noon-1 pm for an educational wellness class!

Cost: \$2 resident, \$3 non-resident; FREE for SilverSneakers® and Renew Active/One Pass members

Winter Wellness

Registration #113401-1

Date: Tuesday, January 13

Time: 12-1 pm

Shorter days and colder weather create unique challenges, and unique opportunities to evaluate and adjust habits and routines related to health, relationships and personal growth. Let's focus on intentional practices and ideas that nourish the body and mind so that you stay strong, resilient and thrive all winter long. **Presenter: Kim Nicks.**

Protecting Heart Health with Plant-Rich Foods

Registration #113401-2

Date: Tuesday, February 10

Time: 12-1 pm

Eating more plant-based foods has been associated with being a significant component of heart-healthy lifestyles, helping to reduce cardiovascular risk factors, like high blood pressure and cholesterol levels. As February is recognized as American Heart Month, we will discuss heart-healthy plant foods that can be incorporated into meals and snacks in a delicious and nutritious way. We'll also highlight key nutrients that promote heart health along with the plant-based foods rich in these nutrients, providing convenient and proactive meal planning options. **Presenter: Melinda Benz, Registered Dietitian Nutritionist (RDN).**

Get Thinking!

Ways to Exercise Your Brain.

Registration #213401-1

Date: Tuesday, March 10

Time: 12-1 pm

A fun and engaging hour exploring the importance of brain health and cognition. Be prepared to engage in physical and cognitive drills that support brain health and help reduce the risk of cognitive decline. Expect to laugh, mess up and even surprise yourself! **Presenter: Kim Nicks.**

Focus on Your Feet

Registration #213401-2

Date: Tuesday, April 14

Time: 12-1 pm

Did you know April is Foot Health Awareness Month? It reminds us to prioritize foot care, hygiene, appropriate footwear, and even foot exercises. Come learn some useful self-care tips and exercises to strengthen and support your foot health. Give your feet the attention they deserve. **Presenter: Kim Nicks**

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



Line Dance - Beginning

Registration #188004-01

Dates: Tuesdays, January 6-27

Registration #188004-02

Dates: Tuesdays, February 3-24

Registration #288104-01

Dates: Tuesdays, March 3-31

Registration #288104-02

Dates: Tuesdays, April 7-28

Time: 1:30-3 pm

Fee: \$5 resident / \$7 non-resident
(per class)

Looking for fun!? Join NTA certified instructor **Kristi Miller** for line dancing! Perfect for music lovers, this exercise helps control blood pressure, manage stress, and strengthen muscles without joint strain. It also improves balance, keeps your brain active, and offers great social opportunities. Wear supportive shoes to reduce the risk of injury during class. Additional certified volunteer instructors include **Marilene Sisco** and **Mary McConnell**.

Line Dance - Continuing

Registration #188005-01

Dates: Tuesdays, January 6-27

Registration #188005-02

Dates: Tuesdays, February 3-24

Registration #288105-01

Dates: Tuesdays, March 3-31

Registration #288105-02

Dates: Tuesdays, April 7-28

Time: 3:15-4:15 pm

Fee: \$5 resident / \$7 non-resident
(per class)

If you've taken line dance classes or can keep up with faster tunes, join this class for improver/intermediate dances. NTA certified instructor, **Kristi Miller**, will review group favorites and introduce new steps to keep you inspired. Line dancing is a fun, effective form of exercise. Wear supportive shoes to prevent injury. Additional certified instructors include **Marilene Sisco** and **Mary McConnell**.

Latin Inspired Dance Classes

Registration #188035-01

Dates: Thursdays, January 8-29

Registration #188035-02

Dates: Thursdays, February 5-26

Registration #288035-03

Dates: Thursdays, March 5-19*

Registration #288035-04

Dates: Thursdays, April 2-23

Time: 11:30 am-12:30 pm

Fee: \$48 resident / \$60 non-resident

Fee: \$36 resident / \$45 non-resident*

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. Class meets at Lashley St Station, 1200 Lashley St.

Salsa Dance

Registration #186506-01

Dates: Thursdays, January 8-22

Registration #186506-02

Dates: Thursdays, February 5-19

Registration #286509-03

Dates: Thursday, March 5-19

Registration #286509-04

Dates: Thursday, April 2-16

Time: 1-2 pm

Fee: \$5 resident / \$6 non-resident

Location: Lashley St Station

Join us for a lively afternoon of Salsa and Bachata dancing! This fun, social class is open to everyone, no partner or experience needed. Enjoy great music while improving balance, flexibility, and coordination through gentle, guided movements. Dance is a joyful way to stay active, connect with others, and lift your spirits. Come as you are and join anytime - it's never too late to feel great!

Line Dance Social

Registration #288170-04

Date: Thursday, April 2

Time: 5:30-7:30 pm

Fee: \$2 resident / \$3 non-resident

All dance styles are welcome at this lively social! Enjoy an afternoon of music, movement, and connection with friends. Line dancers will have the chance to review and dance through the fun routines you've learned over the last couple of months, while everyone is encouraged to hit the floor with their favorite style! No partner or experience needed. Just come ready for fun!



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 5** for more information.

FELDENKRAIS WORKSHOPS

NEW

Refreshing Your Self-Image

Registration #188111-01

Date: Tuesday, January 20

Time: 2-4 pm

Fee: \$35 resident / \$44 non-resident

Your self-image, how you sense and organize yourself, shapes every movement. In this gentle workshop, you'll explore small, curious variations that bring fresh clarity to your movements. Discover how shifting your awareness can change not only how you stand and walk, but how you experience yourself as a whole. This lesson offers an invitation to feel more integrated, balanced, and at ease in daily life. **Taught by: Al Wadleigh**

Freeing the Toes for Balance

Registration #188111-02

Date: Tuesday, February 17

Time: 2-4 pm

Fee: \$35 resident / \$44 non-resident

We often overlook the toes, yet they hold a surprising influence over balance and ease of movement. In this workshop, you will gently explore bending, flexing, and freeing the toes to awaken lightness in your steps. As your toes come alive, you will discover new connections through your feet, legs, and spine, creating more stability, freedom, and grounding with every step you take. **Taught by: Al Wadleigh**

Exploring Your Midline

Registration #288111-01

Date: Tuesday, March 17

Time: 2-4 pm

Fee: \$35 resident / \$44 non-resident

The midline is a quiet axis that organizes and steadies us. Through simple hand and arm movements, you will discover how orienting yourself around this center can bring clarity, balance, and calm. By gently exploring how your movements relate to your midline, you will find greater ease in action and a renewed sense of alignment in yourself. A workshop in coming back to center. **Taught by: Al Wadleigh**

Freeing the Neck and Head

Registration #288111-02

Date: Tuesday, April 21

Time: 2-4 pm

Fee: \$35 resident / \$44 non-resident

The way your head moves shapes how the rest of you follows. In this workshop, you will explore gentle twists, lifts, and circles of the head that awaken freedom through your neck, spine, and shoulders. By refining these connections, you will find improved orientation, lighter movement, and a sense of ease that radiates throughout yourself. Discover how freeing the head can change everything. **Taught by: Al Wadleigh**

Pilates

Registration #188027-01

Dates: Tuesdays, January 6-27

Registration #188027-02

Dates: Tuesdays, February 3-24

Registration #288027-01

Dates: Tuesdays, March 3-31
(no class 3/24)

Registration #288027-02

Dates: Tuesdays, April 7-28

Time: 12:15-1:15 pm

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

Single Class Drop-in Fee:

\$15 resident / \$19 non-resident

Join advanced certified instructor **Kathy Kerr** for an all-levels Pilates Mat class designed to build strength, flexibility, and body awareness. With over 20 years of teaching experience, Kathy brings humor and expertise to every session, emphasizing safety and individual progress. Mats and bands are provided, and participants may bring their own props. Must be able to move safely to and from the floor. Contact Kathy at 720-297-1386 for questions.

Ukemi - The Art of Falling Safely

Registration #188081-01

Dates: Tuesdays, January 6-27

Registration #188081-02

Dates: Tuesdays, February 3-24

Registration #288081-01

Dates: Tuesdays, March 3-31
(no class 3/17)

Registration #288081-02

Dates: Tuesdays, April 7-28

Time: 1-2 pm

Fee: \$48 resident / \$60 non-resident

Location: Lashley St Station

Ukemi is a Japanese exercise that teaches safe falling techniques to prevent injury while improving strength and confidence. In this class, you'll learn how to fall safely, protect yourself, and get back up with ease through movements similar to tumbling. It's a fun and practical way to stay active and resilient. For more information, contact instructor **Randy Thompson** at actionspeaklouder@gmail.com. Class meets at Lashley St Station, 1200 Lashley St.

Senior Center

Alignment Based Yoga

Registration #188010-01

Dates: Mondays, January 5-26
(no class 1/19)

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

Registration #188010-02

Dates: February 2-23 (no class 2/16)

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

Registration #288021-03

Dates: Mondays, March 2-30

Fee: \$60 resident, \$75 non-resident

Registration #288021-04

Dates: Mondays, April 6-27

Fee: \$48 resident, \$60 non-resident

Time: 10:45-11:45 am

Single Class Drop-in Fee:

\$14 resident / \$18 non-resident

This class offers clear instruction in yoga focused on alignment to support the health of the spine and joints. Careful sequencing will guide you through your experience. Yoga can improve body awareness, flexibility, strength, balance, and relaxation. Participants must be able to get up and down off the floor safely since we do reclining, sitting, and standing poses. Bring your own yoga mat; bring a yoga blanket or two large beach towels. Call instructor **Gwyn Cody** for questions: 970-669-1574.

Yoga for Brain Health

#188011-02 **Thursdays, February 5-26**

#288019-03 **Thursdays, March 5-26**

#288019-04 **Thursdays, April 2-30***

Time: 4-5 pm

Fee: \$34 resident / \$43 non-resident

Fee: \$43 resident / \$54 non-resident*

Yoga for Brain Health combines functional movements, breathwork, and sensory exercises like eye and tongue placement to support brain and nervous system function. Regular practice can improve memory, focus, and stress management. Classes include standing, seated, and mat-based poses, with a full chair option available. Please bring a yoga mat and consult your healthcare provider before starting. Led by **Ramya Bruskin**, RYT, CNC.



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.

Seniors on Weights

Dates: Tuesdays and Thursdays

Registration #113303-B **January 6-29**
Registration #113303-C **February 3-26**
Registration #213303-A **March 3-26**
Registration #213303-B **April 7-30**
Registration #213303-C **May 5-28**

Time: 2-3:30 pm

Location: Memorial Building,
700 Longs Peak Ave

Fee: \$140 resident/\$175 non-resident

This small group program, taught by a certified personal trainer, is designed for seniors to get comfortable in the weight room, learn to use the equipment and properly warm up/cool down for safe execution of the strengthening exercises. Senior Center scholarship may be available to help cover the cost.

Instructor: Robert Curtis, CPT

Seniors on Weights II

Day: Wednesdays

Registration #113304-B **January 7-28**
Registration #113303-C **February 4-25**
Registration #213304-A **March 4-25**
Registration #213304-B **April 8-29**
Registration #213304-C **May 6-27**

Time: 2-3:30 pm

Location: Memorial Building,
700 Longs Peak Ave

Fee: \$80 resident/\$100 non-resident

Take your training to the next level with this class that focuses more on improving your technique. Further increase your strength with a variety of exercises. Prerequisite is Seniors on Weights or an evaluation by a trainer to ensure ability. Senior Center scholarship may be available to help cover the cost.

Instructor: Robert Curtis, CPT

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 #188016-01

Dates: Mondays, January 5-March 9
(no class 1/19, 2/16)

Registration #288018-01

Dates: Mondays, March 16-May 4

Time: 9:30-10:30 am

Fee: \$80 resident / \$100 non-resident

Falls are a leading concern for older adults, with hospitals treating nearly a million fall-related cases each year. Tai Chi has been scientifically shown to improve balance, flexibility, and energy, helping reduce falls. This class follows the CDC's STEADI program, proven to prevent falls in seniors. **Instructor Steve Elliott** brings 43 years of Tai Chi practice and over 20 years of teaching experience, certified by Dr. Lam's Tai Chi for Health Institute.

Yang Style Tai Chi

Registration #188017-01

Dates: Mondays and Wednesdays,
January 5-March 4
(no class 1/19, 2/16)

Registration #288017-01

Dates: Mondays and Wednesdays,
March 9-April 29

Time: 12:30-1:30 pm

Fee: \$160 resident / \$200 non-resident

Yang Style Tai Chi is one of the world's most popular Tai Chi forms, known for its slow, flowing movements and wide-ranging health benefits. Studies show it can improve heart health, arthritis, osteoporosis, balance, sleep, memory, and breathing. This class teaches the foundational Yang movements and how to use them in daily life. **Instructor: Steve Elliott**, stevekelliott@gmail.com.

SilverSneakers[®], Renew ActiveTM, One PassTM 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 ActiveTM 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 ActiveTM pass.
- Non-SilverSneakers[®]/Renew ActiveTM 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, January 8	Registration #113404-2
Thu, February 12	Registration #113404-3
Thu, March 12	Registration #213404-1
Thu, April 9	Registration #213404-2
Time: 2-3 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 – WINTER/SPRING 2026



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

- Online
- SilverSneakers/
RenewActive sponsored
- Senior Services sponsored

For full descriptions, dates, and prices, please see pages 51-55

Schedule is subject to change. Visit 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 am SilverSneakers® Yoga	8:30 am SilverSneakers® Classic	9 am* SilverSneakers® Yoga	8:30 am SilverSneakers® Classic	9 am* SilverSneakers® Yoga
9 am* SilverSneakers® Yoga	9:20 am SilverSneakers® Circuit	10:15 am SilverSneakers® Yoga	9:20 am SilverSneakers® Circuit	10:15 am SilverSneakers® Yoga
10:15 am SilverSneakers® Yoga	10:15 am SilverSneakers® Splash		10:15 am SilverSneakers® Splash	11:15 am SilverSneakers® Stability

SilverSneakers® Classes are 45 minutes *1 Hour Classes

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 am SilverSneakers® Stability	9:30 am* Advanced Senior Strength	10:30 am SilverSneakers® Stability	9 am SilverSneakers® Enerchi	9:30 am* Advanced Senior Strength
			1:15 pm* Zumba® Gold	

Table Tennis at the Senior Center

Day/Time: Mondays, 5:30-7:30 pm
Wednesdays and Fridays, 9:45-11:30 am
Fee: 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 (no reservations)

6 dedicated lighted courts
7am-10pm, Located at 1361 Charles Drive

Collyer Park (no reservations)

2 lighted **lined** tennis / pickleball courts
Located at 6th and Collyer

Clark Centennial Park

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

Indoor Courts

Longmont Recreation Center
310 Quail Road
All ages - Mon / Wed / Fri: 7-9 am
(55+) - Mons-Thurs 1:30-4 pm
Tues / Weds / Thurs: 2-4 pm
Fee: Daily admission or
SilverSneakers® card

*More opportunities through the Longmont Pickleball Club -
www.longmontpickleballclub.com*

Senior Softball - Ages 50+

Longmont senior softball teams participate in the Colorado Senior Softball Association league, games are played on Monday or Wednesday mornings (depending on division) at home and throughout the Denver Metro area. Home games are played at Garden Acres, 2058 Spencer. League games begin in May through August. If you'd like to sign up a team or sign up as a free agent contact **Terri Calvin** 303-651-8578 or terri.calvin@longmontcolorado.gov



Longmont Senior Golf Association (LSGA)

Registration # 287003-26
begins April 1st
Fridays, May 8-October 9
Fee: \$29 resident; \$36

This is a great way to get out and play 9 holes of golf with other senior golfers at Sunset golf course (players pay green 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.



Volleyball Teams

Colorado Senior Volleyball Association (CSVA) is a Co-ed league for people ages 50+ that 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.

The Colorado Senior Volleyball Association begins competition in January - March.

Matches begin in January through March on Wednesday afternoons from 12:30-2 pm, throughout the Denver Metro area.



Snowshoe Outings

This is a great way to enjoy the outdoors, meet people, develop friendships, learn about the surrounding areas, and enjoy the fresh air and exercise! Snowshoe outings are volunteer-led, small-group activities. We emphasize safety first followed immediately by enjoyment. Snowshoeing is a fun group activity but is also a strenuous outdoor exercise.

Each person is responsible for bringing and carrying their own equipment (**snowshoes and poles are REQUIRED**) and supplies. Be sure to dress warmly and in layers; wear waterproof pants, boots, and outerwear. Remember to bring along water, snacks, and your lunch. You'll likely be eating on the trail so be prepared. Based on the snow conditions, the destination may change. Refunds are not given for a change of location.

If you are unfamiliar with snowshoeing, equipment, or would like a refresher, we highly recommend our Snowshoe Workshop and the first outing of the season which is designed for Beginner/Entry level participants. Outings get progressively more difficult. The distance traveled each outing is determined by the group's progress and is also based on time and conditions. Two volunteer leaders are on every trip.

Please read our Snowshoe Newsletter, located at the front desk for more information.

Days: Thursdays
Fee: \$23 resident / \$29 non-resident
Check-in: 8:15 am
Depart: 8:30 am
Return: 1-3 pm

Snowshoe Workshop

Registration #187600-00

Date: Thursday, January 8

Time: 9-10:30 am

Fee: FREE, please register in advance

Registration Deadline: January 2

Are You Ready For Snowshoe Outings?

*MUST be able to answer **YES** to the following questions:

- No recent illness, injury, or surgery.
- Familiarity with snowshoes and equipment.
- Ability to tolerate cold and winter conditions (2-3 hours outside on the trail with variable temperatures and wind).
- Ability to put on, adjust, and take off equipment.
- Able to get up and down off the ground without help.
- No fear of heights.
- Able to sustain continuous exercise.
- Acclimated to Colorado and elevation.
- Ability to readily go uphill and downhill.
- Participation with the group. This is not an individual activity.

Location of snowshoe trips may change depending on snow conditions. Please bring your National Parks pass or be prepared to pay for a one-day entrance fee on EVERY trip. Snowfall is better in Rocky Mountain National Park due to elevation.

*** Rocky Mountain National Park
(National Parks Pass Required).*

2026 WINTER/SPRING SNOWSHOE (JANUARY, FEBRUARY, and MARCH)

Date	Reg #	Location	Elevation	Gain	Distance	Difficulty
January 8	187600-00	Snowshoe Workshop				
January 15	187600-01	Peaceful Valley to Camp Dick	8,500	200	3.5	Intermediate
January 29	187600-02	Eugenia Mine	9,405	540	3	Intermediate / Advanced
February 12	187600-03	Brainard CMC Snowshoe Trail	10,043	300	3	Intermediate / Advanced
February 26	187600-04	Sprague Lake, Outer Loop	8,688	200	3	Intermediate
March 12	287600-05	Caribou Ranch OR Wild Basin	8,350	100	2.5	Intermediate (depending on snow)
March 26	287600-06	Brainard Lake Snowshoe Trail	10,360	760	6	Advanced



What Is The Difference Between Adventure Hikes and AAIR Hikes?

Our **Adventure hikes** will begin at a beginner or 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.

Spring Adventure Hikes - Thursdays

Date	Reg #	Location	Elevation	Gain	Distance	Notes	Difficulty
April 2	287700-01	Rabbit Mountain	6,060	350	4	R, V	Easy/Mod
April 9	287700-02	Meyer's Homestead	7,300	680	5	V, WF	Mod/Diff
April 16	287700-03	Shanahan Ridge	5,740	880	4.8	V, WF	Moderate
April 23	287700-04	Lions Lair	5,914	1,228	3	V	Moderate
April 30	287700-05	Anne U White	6,040	160	3	W	Easy/Mod

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

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.

Fee: \$20 resident / \$25 non-resident

Please cancel 3 business days prior to the hike for a full refund. If you are a "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)

Spring AAIR Hikes - Wednesdays



Date	Reg #	Location	Elevation	Gain	Distance	Notes	Difficulty
April 1	287701-01	Boulder Valley Ranch – Coot Lake	5,348	175	4	V	Easy
April 8	287701-02	Pella Crossing	5,000	0	3	W, V	Easy
April 15	287701-03	Fowler Trail	6,000	200	2.5	V, G	Easy
April 22	287701-04	Waneka Lake	5,000	15	1.5	V	Easy
April 29	287701-05	Heil Valley Ranch Lichen Loop (L.L.) & Quarry Trail (Q.T.)	6,200	+300 L.L./ -200 Q.T.	3	V, WF, H, G	Easy/Mod

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: 8:15 am

Depart: 8:30 am

Return: Between noon and 3:00 pm. Time varies according to location, pace, and trail conditions.

Fee: \$15 resident / \$19 non-resident

Please cancel 3 business days prior to the hike for a full refund. If you are a "no show" without prior cancellation notice, you will forfeit your next registered hike.



WALK WITH A NATURALIST

Conifer Connections: Pines, Firs, Spruces, and More

Registration #287009-04

Date: Tuesday, April 7

Fee: \$15 resident/\$19 non-resident



When other trees have shed their leaves and winter skies turn gray, evergreens keep our forests alive with color. Join a Naturalist on a guided walk to discover the wonders of conifers—their surprising survival skills, their unusual relationships with other forest life, and their role in keeping ecosystems thriving. Learn how to identify our native pines, firs, spruces, and junipers, and leave with a new appreciation for these remarkable trees.

Adventure Hikes

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

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

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

	Easy	Moderate	Difficult
Elevation	8,500' or less	8,501'-10,000'	10,000+'
Gain	Minimal	401' - 500'	501+'
Distance	3 - 4 mi	3 - 6 mi	4+ mi
Pace	All hikers stay with the group. 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 one quart or 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, bandana, tissues, and handkerchief.



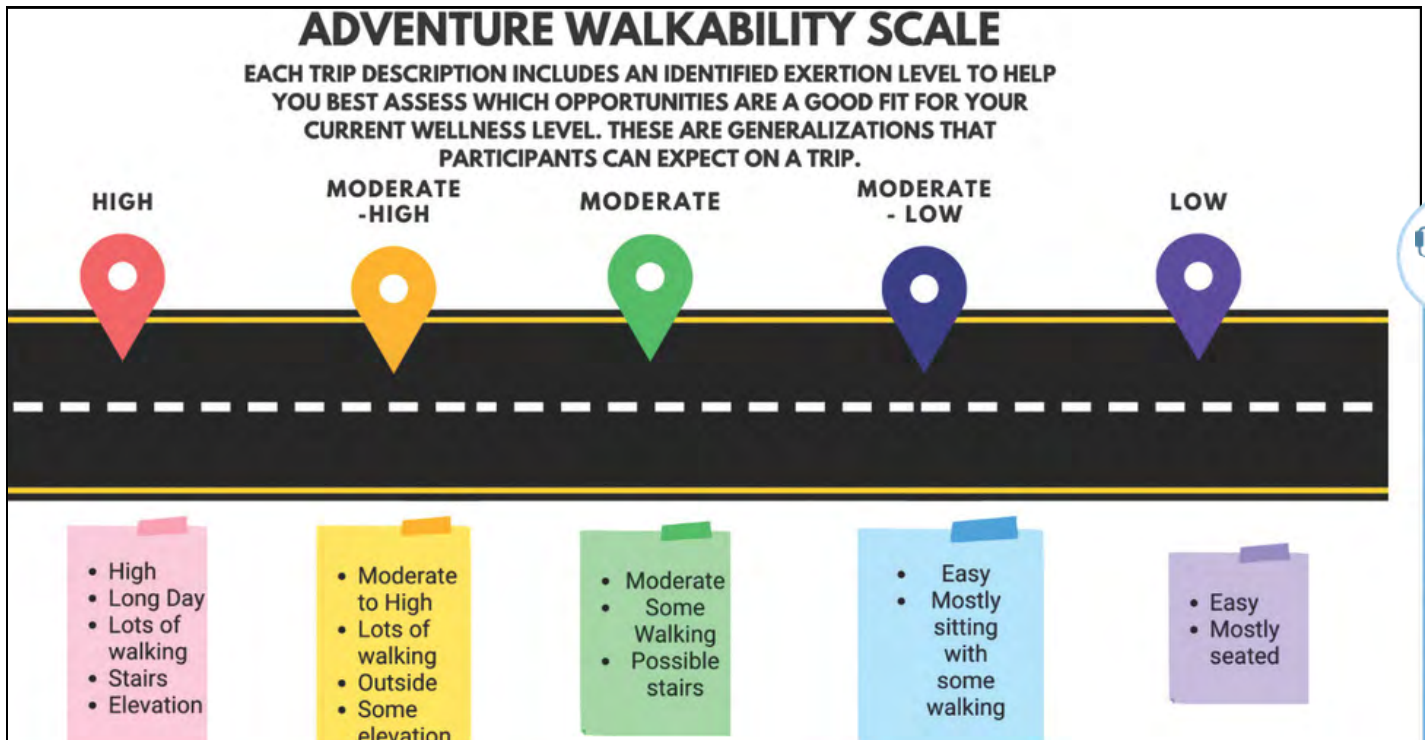
All hikes depart from and return to Lashley St Station (1200 Lashley St)

Hike lottery forms can be turned in between December 1-12, with communication to follow to registered/waitlisted hikers by the end of the day on Tuesday, December 16, via email.

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 for 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!

 = Meal stop included



TRIPS AND TRAVEL

Get the Scoop

Registration #481399-12

Date: **Tuesday, December 9**

Registration #281399-04

Date: **Tuesday, April 14**

Time: 3-4:30 pm

Fee: 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.

CASINO TRIPS

Casino Trip to Black Hawk  MODERATE

Thursday, February 5 #181255-00

Thursday, April 2 #281255-00

Fee: \$30 resident / \$38 non-resident

Try your luck at the many casinos in Black Hawk. We will have multiple drop off and pick up locations available for your convenience. The bus will pick up between 3-3:30 pm for our trip back to Longmont.

Check in: 8:45 am

Depart: 9:00 am

Return: 5:00 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.

LUNCH WAGON

Enjoy outings to new old favorite restaurants. Cost of meal on your own.



LONGMONT SENIOR CENTER

Tuesdays

Check in: 10:15 am

Depart: 10:30 am

Return: 2 pm

Fee: \$14 resident / \$18 non-resident

Pearl Wok, Broomfield LOW

January 6 Registration #181220-06

January 13 Registration #181220-13

January 20 Registration #181220-20

January 27 Registration #181220-27

Specializing in Hunan Cuisine, Pearl Wok also serves popular items from Canton, Szechuan, and Peking. Your Chinese food craving is sure to be satisfied with our large menu selection of great tasting items.



Black Bear Restaurant, Johnstown LOW



February 3 Registration #181221-06

February 10 Registration #181221-10

February 17 Registration #181221-17

February 24 Registration #181221-24

Fun and friendly "cabin-themed" diner that offers huge portions of homestyle cooking at a reasonable price. Something for everyone, comfort food classics where everything on the menu is offered all day long. **This trip departs from the Longmont Senior Center.**



The Huckleberry, Louisville LOW

March 3 Registration #281223-03

March 10 Registration #281223-10

March 17 Registration #281223-17

March 24 Registration #281223-24

The Huckleberry offers breakfast, lunch, and dinner in a fun, creative, and comfortable setting. Enjoy classic American dishes with a modern twist and a touch of culinary sophistication. The Huckleberry is also known for their bakery, pastries and tea. A delicious lunch spot to remember.

This trip departs from the Longmont Senior Center.

Blue Sky Bistro, Broomfield LOW



April 7 Registration #281224-07

April 14 Registration #281224-14

April 21 Registration #281224-21

April 28 Registration #281224-28

Blue Sky Bistro is a casual, counter service restaurant serving delicious breakfast and lunch items, finger licking good BBQ and unique daily specials. This little hideaway is Broomfield's best kept secret with expansive views of the executive airport's runway and the breathtaking view of the front range.

This trip departs from the Longmont Senior Center.

Shelby Car Museum, Boulder

Registration # 181211-00

Date: Saturday, January 10  MODERATE

Fee: \$30 resident / \$38 non-resident

Visiting the Shelby American Collection in Boulder, Colorado, feels like stepping into the heart of American racing history, surrounded by legendary Cobras, Mustangs, and GT40s. The museum's expertly curated exhibits and gleaming



cars capture Carroll Shelby's spirit of innovation and speed in every detail. Lunch at Oskar Blues in Longmont after the tour. Cost of meal on your own. **This trip departs from the Longmont Senior Center.**

Check in: 9:15 am

Depart: 9:30 am

Return: 2:00 pm



COLORADO LEARNING CENTER OF HUMAN ANATOMY

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

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.**

Days: Wednesdays
Fee: \$13 resident / \$16 non-resident
Check-in: 9:30 am
Depart: 9:45 am
Return: 12:15 pm



Colorado Learning Center
of Human Anatomy



TRIPS
AND
TRAVEL

Special Senses



Registration #181600-01

Date: Wednesday, January 14

We will explore each sense organ including eyes for sight, ears for sound, nose for smell, tongue and nose for taste, and skin for touch. We will explore each of these senses and discover how we perceive the world through these senses.

Heart and Lungs



Registration #181600-02

Date: Wednesday, February 11

We will explore several sets of the cardiovascular system, witnessing the anatomy of how blood flows. We will learn examples of the disease processes of the cardiovascular system. We will show the following disease processes from emphysema to pacemakers and where the leads are placed. After this focused learning, you will understand the blood circulatory pathways through the heart, lungs and body.

Exploring The Upper Extremity

Registration #281600-03

Date: Wednesday, March 11



We will take a closer look at the upper extremity and how important the balance of our shoulders plays a role in our arms. We will explore the rotator cuff musculature, and some of the deep muscles of the arm, and forearm along with the skeletal system.

Exploring the Lower Extremity

Registration #281600-04

Date: Wednesday, April 8



You will be able to explore examples of healthy joints as well as a knee replacement and a hip replacement. This scientific experience is a unique opportunity that requires the utmost respect for yourself and others - living and deceased.



Downtown Aquarium Denver - Behind the Scenes Tour

Registration #181212-00

Date: Thursday, January 15

Fee: \$48 resident / \$60 non-resident



Have you ever wondered what is involved in caring for the thousands of animals at the Downtown Aquarium? Explore the filtration systems and animal food preparation areas. Experience a unique view of the sea turtles and sharks as you gaze into our Under the Sea and Sunken Shipwreck exhibits from a new perspective. Then enjoy walking around the aquarium.

Check in: 12:00 pm

Depart: 12:15 pm

Return: 5:00 pm

National Western Stock Show Pro Rodeo, Denver



Registration # 181213-00

Date: Thursday, January 22

Fee: \$63 resident / \$79 non-resident



The National Western Stock Show offers one of the most elite rodeos in the world. From barrel racing to roping and bull riding, join us for this all-time western favorite. We'll have time to browse and eat (on your own) before the afternoon rodeo. Rodeo ticket includes entry to Stock Show.

Check-in: 10:15 am

Depart: 10:30 am

Return: 5:30 pm



The Simon and Garfunkel Story, Buell Theater



Registration # 181231-00

Date: Saturday, January 24

Fee: \$96 resident / \$120 non-resident

Experience the remarkable journey of Simon and Garfunkel, from their early days as Tom and Jerry to their rise as '60s icons and dramatic split in 1970. The Simon and Garfunkel Story features a full live band, stunning visuals, and nearly 30 timeless hits - including "Mrs. Robinson," "Cecilia," and "Bridge Over Troubled Water" - culminating in their legendary 1981 Central Park reunion. This matinee performance departs from Longmont Senior Center.

Check-in: 12:00 pm

Depart: 12:15 pm

Return: 6:00 pm

Cowboy Poetry Gathering, Golden

Registration # 181214-00

Date: Friday, January 30

Fee: \$58 resident / \$73 non-resident



The Colorado Cowboy Poetry Gathering is a festival of western song, poetry, and storytelling. For over 30 years, this event has featured some of the finest humorists, singers, poets, and yodelers from all over the country, plus Canada and Australia. Venue is at the rustic Buffalo Rose in Golden. Cost of meal on your own. **This trip departs from the Longmont Senior Center.**

Check-in: 10:45 am

Depart: 11:00 am

Return: 6:30 pm



AAIR: Longmont Bingo Alley

Registration #189605-02

Date: Saturday, February 7  LOW

Fee: \$15 resident / \$19 non-resident

Did you say bingo afternoon? Dabsolutely! Be ready for a B-I-N-G-OH so much fun at Longmont Bingo Alley! Fee includes transportation and 1 bingo packet. Any additional games, machines, food, etc. cost is on your own. Don't forget, O-61derful things happen when you play bingo with friends! Dauber not inclded. **This trip departs from the Longmont Senior Center.**

Check-in: 11:00 am

Depart: 11:15 am

Return: 2:30 pm

Flea Market Finds, Lafayette/Longmont



Registration #181216-00

Date: Friday, February 20

Fee: \$17 resident / \$22 non-resident

Hidden treasures lurk in every corner. Vintage, hard to find items and collectables will highlight these tours. We will visit Lafayette Indoor Flea Market, hosting 175 vendors full of vintage, antique, and secondhand items. We will also visit Sugar Mill Antiques to enjoy 8,000 square feet of antique, vintage, and locally made items and gift shopping in a boutique setting. Cost of meal on your own. **This trip departs from the Longmont Senior Center.**

Check-in: 12:30 pm

Depart: 12:45 pm

Return: 4:30 pm

Birds of Prey Driving Tour, Boulder County



Registration #181251

Date: Wednesday, February 25

Cost: \$15 resident / \$19 non-resident

Come learn how to recognize birds of prey, including hawks, eagles, and falcons in the skies above Boulder County. Join this driving tour as we learn how to distinguish between different raptors, identify field marks, behavior, location, and time of year. Also discover the habitat

Amazon Fulfillment Center Tour, Thornton



Registration #181217-00

Date: Wednesday, February 18

Fee: \$18 resident / \$23 Non-resident

Take an inside look at innovation in motion with a tour of Amazon's Fulfillment Center in Thornton, Colorado. Watch advanced robotics and dedicated employees work together to pick, pack, and ship thousands of products to customers across the region. Lunch on your own at Red Robin restaurant.

Check-in: 8:45 am

Depart: 9:00 am

Return: 2:00 pm

AAIR: Matinee Movie at Regal Village



Registration #189600-02

Date: Tuesday, February 24

Fee: \$15 resident / \$19 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: 10:00 am

Depart: 10:15 am

Return: 2:00 pm

The Beatles: Yesterday And Today, Northglenn



Registration #181232-00

Date: Saturday, February 28

Fee: \$49 resident / \$61 non-resident

This interactive live show at the Parsons Theater lets the audience shape the setlist by submitting their favorite Beatles songs and personal stories behind them. Performed by the McGuigan brothers, each performance blends Beatles music with memories, creating a one-of-a-kind tribute driven by audience participation. **This trip departs from the Longmont Senior Center.**

Check-in: 5:15 pm

Depart: 5:30 pm

Return: 10:30 pm

requirements and ecology of these magnificent birds. Join Dave Fletcher and his fellow Boulder County Open Space Volunteer Naturalists at various Boulder County locations.

Check in: 9:30 am

Depart: 9:45 am

Return: 1:00 pm





Denver Mint and Little Man Ice Cream, Denver



Registration #281218-00

Date: Thursday, March 5

Fee: \$20 resident / \$25 non-resident

Step inside one of the oldest working mints in the country and discover how coins are crafted from concept to circulation. This fascinating tour offers a behind-the-scenes look at the artistry, history, and high-security world of U.S. coin production. Afterwards we stop at Little Man Ice Cream, cost on your own.

Check-in: 12:15 pm

Depart: 12:30 pm

Return: 6 pm

Behind the Scenes Tour Denver Center for Performing Art Complex, Denver

Registration #281210-00



Date: Saturday, March 7

Fee: \$28 resident / \$35 non-resident

Experience the Denver Center for Performing Arts complex, theaters and spaces and discover the people and processes that bring theatre to life. Discover the origins of various public art pieces throughout the complex and get an in-depth look at the Arts Complex venues. We also visit the production shops of the Denver Center Theatre Company, where you will get an insider's look at everything from set model miniatures and costumes-in-progress to up-close set pieces and props galore. Cost of meal on your own. **This trip departs from the Longmont Senior Center.**

Check-in: 8:15 am

Depart: 8:30 am

Return: 3:30 pm

Meet the Raptors, Ft Collins

Registration #281219-00



Dates: Thursday, March 12

Cost: \$41 Resident / \$51 Non-Resident

Embark on a mystery 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

Celtic Mania with Denver Brass, Denver



Registration #281230-00

Date: Sunday, March 8

Fee: \$52 resident / \$65 non-resident

Looking for an Irish performance, this one will not disappoint. For over 30 years, this Denver Brass celebration has brought audiences to their feet with thunderous brass, blazing bagpipes, and electrifying dance. With Celtic Colorado Pipes and Drums, Rocky Mountain Highland Dancers, and Celtic Steps Irish Dance School, it's a whirlwind of ancient traditions and modern energy. Performance location: Newman Center. **This trip departs from the Longmont Senior Center.**

Check-in: 12:30 pm

Depart: 12:45 pm

Return: 6:00 pm

Intergenerational Trip: Downtown Aquarium - Denver



Registration #281212-00

Date: Tuesday, March 17

Fee: \$32 resident / \$40 non-resident

Dive into food and fun at the Downtown Aquarium - an underwater adventure. Located in the heart of downtown Denver is the Downtown Aquarium, an incredible entertainment complex featuring more than a million gallons of water housing aquarium exhibits. Feel free to grab a bite to eat at the Aquarium restaurant or just tour the many Aquarium attractions. Seniors may sign up one non-senior guest, must be 10 years of age or older.

Check-in: 12:15 pm

Depart: 12:30 pm

Return: 6:00 pm

Program in Fort Collins, where majestic birds of prey are rescued, rehabilitated, and many returned to the wild. We'll stop for lunch at Silver Grill restaurant before our tour. Cost of meal on your own.

Check in: 10:00 am

Depart: 10:15 am

Return: 4 pm



Afternoon Tea at Dushanbe Teahouse, Boulder



Registration # 281213-00

Date: Thursday, March 19

Fee: \$55 resident / \$69 non-resident

Join us for traditional English afternoon tea as we savor the atmosphere at the beautiful Dushanbe Teahouse in Boulder. The refined custom of afternoon tea is a wonderful way to spend an afternoon. Pamper yourself as we enjoy our tea with white linen table dressing, a spectacular 3-tiered tower of sweet and savory pastries, and mini sandwiches. Teatime has never been so luxurious. Please let us know if you have any food allergies.

Check-in: 1:45 pm

Depart: 2:00 pm

Return: 6:00pm

Buffalo Bill Museum and Boettcher Mansion Tours, Golden



Registration #281214-00

Date: Wednesday, April 1

Fee: \$21 resident / \$26 non-resident

Two tours bundled into one trip. Buffalo Bill Museum includes exhibits of his life, artifacts and stories of the wild west show. See for yourself why he wanted to be buried on top of Lookout Mountain. The Boettcher mansion is an iconic example of the Arts and Crafts style and reflects the early 20th century trend of Denver's elite building of grand summer homes in the foothills.

Check-in: 12:00 pm

Depart: 12:15 pm

Return: 6:30 pm

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

Celestial Seasonings Tea Tour

Registration #281215-00

Date: Thursday, April 9

Fee: \$18 resident / \$23 non-resident



Take a stroll down Sleepytime Drive to Celestial Seasoning for their widely popular tea tour. We'll learn all about tea and see how their wholesome products are blended, packaged and shipped. Afterwards, visit the Tea Shop, featuring Celestial Seasonings teas and gifts plus healthful products from the Hain Celestial family of brands. Lunch stop, cost of meal on your own.

Check-in: 10:15 am

Depart: 10:30 am

Return: 3:30 pm

AAIR: Afternoon Tea at Callahan House



Registration #289610-13

Date: Monday, April 13

Fee: \$35 resident / \$44 non-resident

The Callahan House is a historically designated home built in 1892 and given to the City of Longmont in 1938 by honest and skillful merchants, Alice and Thomas Callahan. Join the Longmont Senior Center at the Callahan House for a historic tour and afternoon tea!

Check-in: 2:15 pm

Depart: 2:30 pm

Return: 4:15 pm

AAIR: Longmont Humane Society and Big Bear Baked Potatoes

Registration #289610-17

Date: Friday, April 17

Fee: \$13 resident / \$16 non-resident



This engaging session explores how we can make the biggest impact for animals through thoughtful giving, advocacy, and action. Participants will tour the Humane Society, interact with shelter animals and discover meaningful ways to support animal welfare in their community. Cost of lunch is on your own.

Check-in: 10:00 am

Depart: 10:15 am

Return: 2:00 pm



**TRIPS
AND
TRAVEL**

Boulder County Recycling Center Tour, Boulder

Registration #281211-00

Date: Monday, April 20

Fee: \$14 resident / \$18 non-resident

Ever wonder what happens to recycling? Boulder County is on the leading edge of recycling and sustainability. Join us for a guided tour of the Recycling Center in Boulder. There we will see where recycling goes and talk about sustainability, circular economy and zero waste. There's more to recycling than meets the eye.

Check-in: 12:15 pm

Depart: 12:30 pm

Return: 3:30 pm



Mystery Trip, South



Registration #281231-00

Date: Wednesday, April 22

Fee: \$23 resident / \$29 non-resident

Get ready to spill the beans on a mystery trip that's equal parts heart and hustle. Peek behind the curtain of a powerful enterprise where second chances are the main ingredient - and every product tells a story of strength, skill, and transformation. Lunch stop scheduled at a downtown Denver hot spot. Cost of meal on your own.

Check-in: 10:30 am

Depart: 10:45 am

Return: 3 pm

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 overview sharing details of our trips to Alpine Swiss Villages and Rails, taking place in July 2026 and our trip to the Hawaiian Islands in November 2026.

#181011-01 **Tuesday, January 13, 1-3 pm**, Free, Online

#281011-03 **Tuesday, March 10, 1-3 pm**, Free, In-Person

LAST CHANCE

APRIL 20-28, 2026

HOLLAND WINDMILLS, WATERWAYS AND TULIPS RIVER CRUISE

This adventure will explore exciting destinations including City tour of Amsterdam with cheese tasting, Holland Tulips featuring Keukenhof - the world's largest flower garden, the Bridge of Arnhem, and more!

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

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

JULY 13-21, 2026

ALPINE SWISS VILLAGES AND 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 and Transportation -Trains, Cogs, Cable Cars, Boats and 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 and 5 Dinners
- Professional Tour Director
- Motorcoach Transportation
- Admissions per Itinerary
- Comprehensive Sightseeing
- Baggage Handling at Hotels
- Hotel Transfers

ACCOMMODATIONS

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

TOUR RATES

- Standard Rate: \$5999 (pp double)
- Single Supplement: \$950
- City of Longmont requires all travelers to show proof of travelers insurance. It can be purchased separately or through Premier World Discovery for \$425.



BOOKING DISCOUNT!

Save \$100 Per Person
\$200 Per Couple*

July 13, 2026

**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**



This 9-day Hawaii adventure visits O'ahu, the Big Island, and Maui. Highlights include Pearl Harbor and Honolulu, Hawai'i Volcanoes National Park and Punaluu's black sand beach, plus Haleakalā's summit views. The trip ends with a traditional Hawaiian luau celebration.

HIGHLIGHTS

- 3 nights in Honolulu
- 2 nights on the Big Island
- 3 nights in Maui
- 3 island tours (Oahu, Hawaii, Maui)
- Two National Parks
 - Volcanoes and Haleakala National Parks
- Pearl Harbor
- USS Arizona Memorial
- Black Sand Volcanic Beach
- Kailua Kona
- Maui Topical Plantation
- Iao Needle
- Whalers Village
- Hawaiian Luau on Maui

INCLUSIONS

- Roundtrip Airfare
- 11 Meals: 8 Breakfasts and 3 Dinners
- Professional Tour Director
- Motorcoach Transportation
- Admissions per Itinerary
- Baggage Handling at Hotels
- Hotel Transfers

ACCOMMODATIONS

- 3 nights - Shearson Princess Kaiulani, Honolulu, Oahu
- 2 nights - Courtyard by Marriott Kamehameha's Kona Beach or Royal Kona Resort
- 3 nights - Westin, Sheraton, or Royal Leihaina, Maui

TOUR RATES

- Standard Rate: \$6499 (pp double)
- Single Supplement: \$2450
- City of Longmont requires all travelers to show proof of travelers insurance. It can be purchased separately or through Premier World Discovery for \$399.



BOOKING DISCOUNT!

Save \$100 Per Person
\$200 Per Couple*

November 10, 2026

**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**

CLASSIC
TOURS



Computers and Technology

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

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 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.rodriguez@longmontcolorado.gov. The Longmont Senior Center is reaching out to its participants, and we have a need for the following duties/ tasks:

Check-In Assistant – Responsibilities include checking in participants for all programs taking place at the center, taking attendance, communicating with staff and participants.

Desk Volunteer – This weekly commitment is for a morning shift 9-11:30 am or 12:30-3 pm 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 GO magazine, and other administrative tasks as needed. There are endless benefits by 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, 8 am - 12:30 pm. Delivery drivers pick up the meals for their routes around 10:45, and routes take 1-1.5 hours to complete. Most delivery volunteers volunteer once per week. Long-term substitutes are always needed as well. Call 303-772-0540 or go to longmontmeals.org/volunteer to get started.



Be a Friend to an Older Adult!

Boulder County Area Agency on Aging seeks volunteers to provide companionship to older adults (age 60 and over) who are experiencing isolation or to give a break to a caregiver. Volunteers are matched with an older adult whom they visit for two hours once a week. Volunteers serve as companions; they do not provide hands-on care. Volunteers must pass a criminal background check, and make a 6-month commitment. Apply at BoulderCountyVolunteers.org. For more information call 720-864-6526 or email infoRespite@bouldercounty.org.

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 mbalinhom@gmail.com.

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.

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 for more information.

cultivate

Connect with Cultivate

Cultivate volunteers support our older adults through programs such as rides to medical appointments for military veterans and their senior family members; phone check-ins for social support; grocery shopping and delivery; minor home repairs; snow shoveling and yard cleanup. By providing services at no cost, Cultivate helps seniors remain independent, yet connected, within their communities. If you are interested in volunteering or receiving services please visit our website at cultivate.ngo or call us at 303-443-1933.



OUR CENTER

Paving the Road to Self Sufficiency

OUR Center

assists individuals and families in the St. Vrain Valley in need of food, clothing, rent, and utility assistance, transportation, medical needs, budget and life skills, and other resources to help people through short-term crises and to develop vital lifelong skills to enable self-sufficiency.

OUR Center serves over 100 families per day. Each week we need 350 volunteers to provide the services we offer. We'd love to have you join our volunteer team. To apply, go to our website - www.ourcenter.org and click on the Volunteer page. For more information, contact Julie, our Director of Volunteer Services, at julie@ourcenter.org or 303-772-5529 x235.

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.



Parks, Open Space and Trails (POST) Launches JoinUs Volunteer Portal

JOIN US!

Volunteering just got easier.

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

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

Questions about the JoinUs volunteer portal can be directed to the PWNRC Customer Service Center at 303-651-8416 or ServiceWorks@LongmontColorado.gov.

Rainbow Connections

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

VOLUNTEER DRIVERS:



Via Mobility Services

Help older adults and people with disabilities maintain their independence and connections in the community as a volunteer driver. Training provided. Contact **Adriana Torres** at Via Mobility Services 720-804-3693.



60+ Ride

Based in Greeley, is in need of volunteer drivers for Weld County. Please call 970-352-9348.

Habitat for Humanity

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

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

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

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

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



VOLUNTEER
OPPORTUNITIES



What is Vision Zero? – Building a Safer Longmont Together

Date: March 4, 2026

Time: Wednesday, 10 – 11:30 am

Curious about Vision Zero and what it means for Longmont? Join us for an interactive and informative session where we'll explore how our community is working to eliminate traffic deaths and serious injuries on our streets.

We'll talk about the goals and principles of Vision Zero, how it's being applied locally, and what actions—big and small—each of us can take to make Longmont safer for everyone who walks, bikes, or drives. Come share your thoughts, learn something new, and help shape the future of safer streets in our community!

This workshop includes coffee, tea, and snacks!

Questions? Email Dylan Zamora-Silva at Vision.Zero@longmontcolorado.gov or call (303) 651-8441.

¿Qué es Visión Cero? – Unidos por un Longmont más seguro

miércoles, marzo 10, 2026 | 10 – 11:30 am

¿Tienes curiosidad sobre qué es Visión Cero y qué significa para Longmont? Únete a nosotros para una sesión interactiva e informativa donde exploraremos cómo nuestra comunidad está trabajando para eliminar las muertes y lesiones graves por tráfico en nuestras calles.

Hablaremos sobre las metas y principios de Visión Cero, cómo se está aplicando localmente y qué acciones—grandes y pequeñas—podemos tomar cada uno de nosotros para hacer de Longmont un lugar más seguro para todos los que caminan, andan en bicicleta o conducen. ¡Ven a compartir tus ideas, aprender algo nuevo y ayudar a dar forma al futuro de calles más seguras en nuestra comunidad!

Este taller incluye café, té y refrigerios.

¿Preguntas? Envía un correo electrónico a Dylan Zamora Silva a Vision.Zero@longmontcolorado.gov o llama al (303) 651-8441





Watch Longmont City Council Live:
<https://www.youtube.com/c/cityoflongmont/live>



INCOME TAX AND REBATE PREPARATION 2026



The City of Longmont Senior Services is excited to be partnering again this year with AARP for TCE (Tax Counseling for the Elderly). The sponsored program provides free income tax preparation and electronic filing of federal and Colorado tax returns. In addition, our Supportive Services staff will be compiling an informational handout with additional filing options.

The AARP program focuses on those age 50+ with low to moderate income. These weekday appointments are designed for simple tax returns such as those with retirement income. Complex tax issues are beyond the scope of this service. **Appointment lines will open on January 20, 2026.**

TCE SITES

Tuesdays at Lashley Street Station | 1200 Lashley Street

Thursdays at Longmont Senior Center | 910 Longs Peak Avenue

February 3 to April 9, Tuesdays and Thursdays

by appointment only, call 303-774-4429.

You can make an appointment online at <https://cotaxaide.org> or for a recorded message including general information and appointment requests, please call 303-774-4429 **beginning on January 20.**

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

For information on tax preparation sites that are located outside of Longmont, or for more information on the VITA program, visit www.ColoradoVITA.org. Longmont residents can visit any site in Colorado.

LOOKING FOR RESOURCES OR SUPPORTIVE SERVICES?

The Resource Guide and Telephone Referral List are now in a separate handout from the GO. See our front desk or any GO display rack for a copy.

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

Seniors Counseling staff are available to residents of Longmont for:

- Individuals, 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

If you live outside the City of Longmont and need resource assistance, please reach out to your local senior center or Area Agency on Aging (AAA):

Boulder County AAA - 303-441-1617 -

www.bouldercounty.gov/departments/communityservices/area-agency-aging

Larimer County AAA - 970-498-7750 - www.lcoa.networkofcare.org

Weld County AAA - 970-346-6952 - www.weldaaa.org

What is AAIR?

AAIR is the 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?

Ryan Vinson | Seniors Recreation Program Supervisor
303-651-8495 | ryan.vinson@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.



Longmont eAlerts

This is an email 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 email, phone, cell, or fax. To sign up, visit:
<https://longmontcolorado.gov/news/>.



Via the internet

at www.LongmontColorado.gov/senior-services

50 plus Marketplace News

Available at the Senior Center monthly.



Information and More...

Off of the lobby, there is a small room that contains current magazines, information on Senior Services programs, resources for older adults and caregivers, and city and partner agencies information. Near the dining room there are a number of free publications available for pickup in the magazine rack.

Accessible Parking

Please remember to always display your handicap placard when parking in one of these spaces.

Animals

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

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 10:00-11:30 am on the Second Saturday of every month. Adults age 55+ who are in need are welcome to visit the table and bring food home at that time. Learn more at longmontfoodrescue.org

Date: Second Saturday of the month

Time: 10-11:30 am

Fee: Free

Location: Longmont Senior Center Lobby



GO SUBSCRIPTION FORM – 2026

The GO Catalog is always available online or to pick up at the Senior Center. If you would like the convenience of having the **2026 GO catalog** mailed to you, please complete this form and return it to the Senior Center. Please enclose a check made payable to the City of Longmont in the amount of \$6.00 for residents and \$9.00 for non-residents. The catalog will arrive in the mail about two weeks after being made available online and at the Senior Center. Check out www.longmontcolorado.gov/senior-services.

Name (Please Print) _____

Address _____ City _____ Zip Code _____

Phone _____

Senior Center
10464620 62170



10464620 62170
Division of Senior Services
Longmont Senior Center
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Longmont, CO 80501

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RETURN SERVICE REQUESTED



WINTER/SPRING PROGRAMS JANUARY-APRIL 2026

All programs occur at the Longmont Senior Center unless otherwise stated. Please note the registration details in each activity, as some programs have special registration instructions.

Registration for classes and
special events begins on
Monday, December 8, 2025.

Trip Lottery will be done on December 17. Submit your Winter/Spring trip lottery sheets between December 1-12 at the Senior Center Front Desk to be entered into the lottery.

For hike registration info, please see page 3.

**CITY OF
Longmont**
Senior Services