

THE go

Vol. 2026 No. 2

Summer (May-August 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

Veá páginas 37-43 en Español



FACILITY CLOSURES:

May 25, June 19, July 3, July 4,
July 18-August 3 (maintenance closure)



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

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General Information
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303-651-8411

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

Each quarter brings a fresh mix of new favorites and returning activities, events, trips, and services to enjoy! Some programs require registration and a fee, just look for the registration number listed with each activity in the catalog. You'll find helpful Resources and Supportive Services in our Resource Guide in the lobby. Check below for registration kickoff dates and details.

PARTICIPATION IN GENERAL:

No membership fee needed 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. All cancellations and waitlisted participants are given 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.

Summer Programs are subject to change

Registration for activities begins Monday, April 13, 2026

Trip Lottery Form Submission Window: April 6-17, 2026

Trip Lottery will be done on Wednesday, April 22

Communication will follow to registrants on trips registered/waitlisted by **Monday, April 27**, as well as for payment processes. You can register for trips online or via phone, as well as pay for Summer trips on or after **Monday, April 27**.

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 & Payment

- Two registration kickoff dates each quarter:
 - One for classes, sports, outdoor programs, and special events
 - One for trips and hikes
- **You may register:**
 - In person at the Front Desk
 - By phone (303-651-8411) with a credit card
 - Online at www.longmontcolorado.gov (after kickoff dates and lottery deadlines)
- **Full payment** is required at registration.
- **Payment options:** credit card, cash, check, gift certificate, or scholarship.
- **Each activity** has a unique registration number.
- **Fees:**
 - First price: City of Longmont residents
 - Second price: Non-residents and participants under age 55, if space permits

Trip & Hike Lottery

Trip & Hike Registration (Lottery System)

Summer Hikes (May–August)

- Lottery form submission: April 6–17 (Front Desk)
- Lottery spin: April 22
- Notification by email: April 27
 - No email? Call or visit after April 27
- Registration and payment begin: April 27

Trip Lottery Process

- Submit trip preference sheet at Front Desk
- One companion allowed per registrant (include name & phone)
- Lottery completed April 22
- Results emailed April 27

Payment Deadlines

- May/June trips: Due May 1
- July/August trips: Due July 6

Day Trip Information

Bus Seating

- No assigned seats  = Meal stop included
- On motorcoaches:
 - First 4 rows reserved for leaders and special accommodations
 - General seating begins at Row 5
- Special seating requests are not guaranteed

Trip Cancellations

- Must be received by printed deadline for full refund/credit
- After deadline:
 - Partial refund only if spot is resold
- Cancellations must go through Senior Center staff

Pickup & Return Location

- Lashley Street Station
- 1200 Lashley St. (unless otherwise noted)
- Park in center aisle near north end
- Check-in in White Oak/Sunflower rooms

Refund & Cancellation Policy

Important: Transaction fees are nonrefundable. The Senior Center may change refund policies at any time.

If YOU cancel:

Before the registration deadline

- Full refund or credit to your RecTrac account
- Deadline is usually 4 business days before the program start date

After the registration deadline, but before the first class

- 50% refund/credit if your spot is filled from the waitlist
- No refund if spot is not filled

On or after the program start date

- No refund or credit

Medical or unexpected life event after start date

- Prorated refunds may be considered
- Contact the Front Desk as soon as possible

No-Show Policy

- If you do not attend and do not cancel:
 - No refund or credit
- Three no-shows in a calendar year (Jan 1-Dec 31):
 - 4-month suspension from registering for programs

If the Senior Center Cancels:

- Full refund issued as RecTrac account credit
- Refunds processed within 2–4 weeks
- Weather or unforeseen cancellations handled case-by-case (may include credit, rescheduling, extension, or coupon).

Additional Refund Rules

- 10% fee applied if you request a refund by check.
- **No cash refunds.**
 - Cash payments will receive account credit or a refund check.
- **No refunds for:**
 - Merchandise already received
 - Special-order items
- Programs under \$10 will be refunded as account credit.
- Some programs may have stricter refund deadlines.
- **Late registrations** may be accepted if space allows.

Transportation

- City minibus or van
- Contracted motorcoach buses

Special Accommodations - Call 303-651-8411

- Wheelchairs, scooters, service animals require advance notice

Departure Times

- Buses leave at the scheduled time
- We do not wait for late arrivals

Return Times

- Approximate; delays may occur



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.

To schedule an appointment with a Resource Specialist, call our front desk at 303-651-8411. If you live at a Longmont Housing Authority property, talk with your property manager to see if you have an on-site Resource Specialist.



Veronica Garcia



Amy Payan



Melissa Losino



Kayleigh Schernbeck, LCSW

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.
- Offering a number of support groups.

To schedule an appointment to discuss emotional support, call Kayleigh Schernbeck, LCSW, at 303-774-4497.

If you live outside the City of Longmont and need resource assistance, please reach out to your local senior center or your 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

From The

Friends

OF THE LONGMONT SENIOR CENTER



FRIENDS OF THE LONGMONT SENIOR CENTER

Our Mission

We raise funds to expand programming, services, and resource capacity of the Longmont Senior Center. The result of our work enhances the well-being, dignity, safety, enjoyment, and sense of community for older adults in Longmont. To let us know how we can best serve the Longmont Senior Center, please contact us at: friends@friendslongmont.org
P.O. Box 313,
Longmont, CO 80502



2025 Elder Exchange

2026 Friends Board Members:

Laura Ambler, Sheila Conroy, Michelle Cregut, Robin Ecklund, John Higgins, Amy Hunter, Roger Jurgens, Pina Leon-Gonzalez, Donna Prestwood, Karen Roney, Denise Shepard, and Ruth Waukau

HERE ARE JUST A FEW THINGS THE FRIENDS DID FOR SENIORS IN 2025!

- Bought two new vans – named Ethel and Lucy – to help shorten the waitlist for seniors wanting to go on day trips or participate in other programs involving transportation.
- Offered scholarships to nearly 250 seniors so they could participate in Senior Center events and classes.
- Provided over \$33,000 in aid for seniors needing help with housing or health expenses through the Last Resort Fund.
- Assisted caregivers through individual and group support and classes.
- Sponsored the first ever elder exchange with a tribal sovereign nation, in which Longmont seniors visited the Wind River Reservation in Wyoming, and Northern Arapaho elders were hosted in Longmont. This exchange created meaningful, life-changing experiences through shared stories, laughter, cultural learning, and conversation.

AND IN 2026...

The Friends have funded technology improvements throughout the entire Senior Center!

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.



FRIENDS BOARD MEMBERS: WHY WE DONATE

It gives me great joy to see our seniors engaged, learning, and growing at one of the best Senior Centers in the country!

-Amy Hunter

I've taken advantage of many Senior Center activities. The happiness and gratitude that participation brings is why I donate to the Friends.

-Denise Shepard

I know my donation is directly spent on what matters most to seniors: scholarships, programs, classes, Last Resort support and more.

-John Higgins



FRIENDS
OF THE LONGMONT
SENIOR CENTER

THANK YOU TO OUR RECENT DONORS:

Delores Abrams
Larry Adams
Carroll Allen
Patricia Allen
Susan Alling
Raymond Allison
Donald Alspaugh
Laura Ambler
Diane Ammidown
Karl Anderson
John Applegate
Madeline Archer
Debbie Arnold
Michael and Tina Bailey
Patricia Bean
Chuck Beehler
Patricia Bergstrom
Linda Bowes
Jim Britton
Nancy Bruington
Julia Butenas
Christopher Caron
Colorado Gives
Community First
Foundation
Lee Comstock
Robert Conley
Sheila Conroy
Kathy Cook
Jeanne Cormier
Kathryn Covey
Jane Cox
Nan Cozad
Michelle Cregut
Charlene Cunningham
Carol Curry
Edward Dageforde

Betsy and Ken Davis
Margi Davis
Raymond Davis
Patricia Davis
Martha Dick
Jerome Dieringer
Robbi Dollar
Roxanne Donnamaria
Robin Ecklund
Barbara England-Lode
Mary Etter
Linda Fetterman
George Forgue
Leroy Frankel
Gaye Frey
Amy Gahrn
Helen Gard
Barb Gardner
GeriKO Fund
Mona Gieschen
Ramona Giroux
Gretchen Cartwright
Jackie Hada
Douglas Hall
Susanne Heinritz
Larry Herzlich
John Higgins
Virginia Holmes
Brenda Hotchkiss
Paula Hull
Amy Hunter
Arlene Hunter
Nelda Jones
Darcy Juday
Roger Jurgens
Richard Karns
David Kieran

John Kowalchuck
Dale Lanan
Roger Lange
Connie Lehman
Libra Fund
Carol Linn
Longmont City
Employees
Longmont Genealogical
Society
Dennis Lutz
Gloria Makarevich
Mary Malpezzi
Marcia Matthews
Ron McCoy
Paul McDevitt
Carolyn McDougall
Alexandra Meyer
Anna Miller
Erin Miller
Jeanne Moersch
Hal Morrison
Robin Morrissey
Paul Nachtrab
Carol Nicholson
Rebecca Nikkel
Kathryn O'Leary
Martin Orner
Alfred Pace
Gordon Pedrow
Ann Peischel
Vicki Peluse
Neil and Cynthia Piller
John Pillmann
Tensi Plummer
Brandy Queen
Robin Reddick

Wendy and Dave Reed
Sandra Renner
Karen Roney
Tom and Deb Sarlo
Sherry Schenk
Kayleigh Schernbeck
Fred Schulerud
Theresa Schulte
Denise Shepard
John Shetter
Sondra Singer
Nancy Sloan
Sarah Jane Snyder
Darlene Sorensen
Suzanne Stortz
Sam and Martha Stott
Sunshine Club
Elsie Terao
Susan Thayer
Sandra VanLandschoot
Jeff Veitch
Michele Waite
Ruth Waukau
Amy Weinstein
Donna Wetzberger
Shawna White
Carol Worthman

GIFTS IN MEMORY OF:

Judy McConough
Andy Ten Braak

GIFTS IN HONOR OF:

Peer Support Volunteers



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. For more information, please call Juanita 720-204-0308.



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, 9 am-Noon: is designated as women's priority play for women who want to play billiards with other women.

Bridge – Duplicate Bridge

Wednesdays, 1-4:30 pm
Please email **Mona Lilien** at mona.bob@comcast.net or **Kirsten Rounds** at ktagrounds@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.*

Refresher Bridge

Mondays, 12:30-4pm
New players are welcome to join. Partners are not required for this “party” bridge game. Experience playing bridge is required, but players can be at any level. Twice a month we will begin with a short refresher lesson. This is a great way to brush up your bridge game. If you have questions call Kirsten at 401-486-7546 or ktagrounds@gmail.com.



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.

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

Access to a computer and 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



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 amistosos 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 called the lap or Appalachian dulcimer, is an American instrument known for its sweet, lilting sound. "Singin' Strings" is a group of dulcimer players who meet at the Senior Center to build skills and share music. All levels are welcome. Call **Stevie** at 303-246-3483 before attending, as they may perform during practice time.

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

See page 22 for dates and times of our monthly 'Big Picture' programs, where we show our latest video productions.



Sprechen Sie
Deutsch?

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 or Judy at 303-652-3690 for more information or to see if the group is full and/or has a waiting list.

Kiwanis Club

Fridays, 9:45-10:45 am

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

Knit and Purl

Wednesdays, 9-11 am

Join us on Wednesday mornings. While working on a knit or crochet project we share informal instruction, tips and tricks, patterns, and lots of friendly chatter. Over the last 26 years we have created and donated over 49,006 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 diane194382@yahoo.com to find out about joining this group and helping to cut blocks, piece tops, or tie quilts. New members welcome!



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. Facilitated by Paul Lohr. For more information call 513-238-5243.

Casual French Conversation

1st and 3rd Mondays, 5-6:30 pm

A drop-in gathering for those who want to keep up their French in a relaxing, informal setting. No formal structure, but rather a chance to talk about whatever comes up so that it mirrors real world subjects and interests. High school French, it's equivalent, or apps like Pimsleur, Duo-Lingo, Babbel, Rosetta Stone, etc., or higher would be good. For questions, please contact **Jim Mitchell** at musicalchairsbook@gmail.com 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 Anne Potter at anne.k.potter@gmail.com.





Library – Senior Center

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

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. They sponsor a monthly Supper Club or Teatime that alternates between in-person Supper Clubs scheduled in different locations and virtual Teatimes through Zoom. Call the **Boulder County Area Agency on Aging** at 303-441-4518 for more information or email infoLGBTelders@bouldercounty.org.

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

Beginning Mahjong » See page 21

Mahjong

Fridays, 1-4 pm

If you love to play Mahjong, please join our Friday group! Email **Diane Gamble** at diane194382@yahoo.com to find out about joining this group. Must know how to play Mahjong to join this group.



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, Scattegories, 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.

Pickleball » See page 59



Quilting – By Hand

Thursdays, 1-4 pm

Community members bring their treasured unfinished quilt tops to be hand quilted using old-fashioned quilting techniques like “grandma.” Funds raised are donated to the “Friends of the Longmont Senior Center.” 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, 9:30 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, Maria Guadalupe Garcia, Lonnie Dooley, John Higgins, John Pillmann, and Marta Moreno.** 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.



Spanish Chorus Group Canciones de Mi Tierra

Mondays, 1-2:30 pm

May 11, June 8, 22, July 6, Aug 17, 31

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 59

Mondays, 5:30-7:45 pm

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

Texas Hold 'Em

Thursdays, 1:30-4:30 pm

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

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 Quakenbush** 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.



Mother's Day Event-Bilingual



Join us for a vibrant and unforgettable experience as we welcome Mariachi Las Dahlias! Colorado's premier all-female mariachi ensemble brings the heart and soul of mariachi music to life, celebrating Mexican and Latinx heritage with passion and pride. This talented and diverse group blends rich tradition with a fresh, modern flair, and creating a performance you won't want to miss. Come enjoy the music, culture, and energy!

¡Acompáñenos para una experiencia vibrante e inolvidable mientras damos la bienvenida a Mariachi Las Dahlias! El principal conjunto de mariachi femenino de Colorado da vida al corazón y alma de la música mariachi, celebrando la herencia mexicana y latina con pasión y orgullo. Este talentoso y diverso grupo combina una rica tradición con un estilo fresco y moderno, creando un espectáculo que no querrá perderse. ¡Venga a disfrutar de la música, la cultura y la energía!

Registration #383000-05

Date: Thursday, May 7

Time: 1-3 pm

Fee: Free, please register in advance

Enchilada Casserole Competition

Bring the heat (and the cheese) to our Enchilada Casserole Contest! Share your favorite 9"x13" creation classic, creative, or packed with family flair and compete for a tasty prize. Sample delicious dishes, connect with fellow food lovers, and celebrate bold flavors together. All skill levels welcome, just bring your passion and a casserole made with love!

¡Trae el sabor (y el queso) a nuestro Concurso de Cazuela de Enchiladas! Comparte tu creación favorita de 9"x13" clásica, creativa o llena de tradición familiar y compite por un delicioso premio. Prueba platillos increíbles, conecta con otros amantes de la comida y celebren juntos los sabores intensos. ¡Todos los niveles son bienvenidos, solo trae tu pasión y una cazuela hecha con amor!

Registration #383000-06 – **Competitors**

Registration #383000-08 – **Participants**

Date: Tuesday, May 26

Time: 1-3 pm

Fee: \$2 resident / \$3 non-resident (participants only)



SPECIAL EVENTS
AND CULTURAL
ENRICHMENT PROGRAMS

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



Salsa Dance Party

Join us for an unforgettable salsa, cumbia, bachata, and merengue dance party filled with vibrant music, infectious rhythms, and nonstop energy! Move to the sounds of classic and modern Latin hits, meet fellow dance lovers, and let the night sweep you off your feet. All levels welcome, just bring your smile and your dancing shoes! 🕺👯

Spanish: ¡Únete a nosotros para una fiesta de salsa, cumbia, bachata, merengue inolvidable llena de música vibrante, ritmos contagiosos y energía sin parar! Muévete al son de éxitos latinos clásicos y modernos, conoce a otros amantes del baile y deja que la noche te haga volar. Todos los niveles son bienvenidos, ¡solo trae tu sonrisa y tus zapatos de baile! 🕺👯

Registration #383000-01

Date: Thursday, June 4

Time: 4-6 pm

Fee: Free, please register in advance



Flavors of Summer

Join us for a delightful afternoon of fun, flavors, and fantastic tunes! We're taking this high-energy event outdoors at the Roosevelt Pavilion, featuring a grand performance by our own LoCoMotives Band. Enjoy lively, toe-tapping, sing-along music, plus a classic old-fashioned ice cream social. Music, ice cream, and friends make the perfect day!

Registration #383000-10

Date: Wednesday, August 26

Time: 1:30-3:30 pm

Fee: Free, please register in advance

Get Acquainted

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

Registration #383800-00

Date: Wednesday, July 8

Time: 5-6:30 pm

Fee: Free, please register in advance



Try Tie-Dye!

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

Registration #383000-07

Date: Thursday, July 16

Time: 4-6 pm

Fee: Free, please register in advance

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



AND CULTURAL
ENRICHMENT PROGRAMS

SPECIAL EVENTS

Pottery Class

Have fun working with your hands and learn to make functional pottery. One piece per class. We will make a different project in each class. All materials are included. Register now, space is limited.



Registration #385406-05 (Bud Vase)

Date: Tuesday, May 5

Registration #385406-06 (Wall Hanging)

Date: Tuesday, June 2

Registration #385406-07 (Bowl)

Date: Tuesday, July 7

Registration #385406-08 (Trivet)

Date: Tuesday, August 4

Time: 1-2:30 pm

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

Creative Card Making

You will make four projects in each class, seasonal cards as well as general purpose cards. (e.g., Thank You, Birthday). Instructor Chris Pereira with the help of Jenise Milowski 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.

Registration #385400-01

Date: Monday, May 18

Registration #385400-02

Date: Monday, June 15

Registration #385400-03

Date: Monday, July 13

Registration #385400-04

Date: Monday, August 17

Time: 2-4 pm

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

Studio Time with Donna Clement

This is an informal class where you can work on whatever project you wish, using mediums such as colored pencil, graphite, pen & ink, oil paint, watercolors, etc. Donna will be there to guide you throughout as needed. Supplies: Bring the supplies you need for your project.

Instructed by: Donna Clement

Registration #385504-01

Date: Thursdays, May 7-28

Registration #385504-02

Date: Thursdays, June 4-25

Registration #385504-03

Date: Thursdays, July 2-16 (\$38R/\$48NR)

Registration #385504-04

Date: Thursdays, August 6-27

Location: Lashley St Station

Time: Noon-2 pm

Fee: \$50 resident / \$63 non-resident

Modern Calligraphy Workshop

Learn the art of modern calligraphy in a relaxed, beginner-friendly workshop. Participants will practice lettering techniques and create a project to take home. This hands-on class encourages creativity, connection, and fun—no prior experience needed. Perfect for individuals, friends, or groups looking for a creative, social experience. All materials are provided, and guidance is offered at every step to ensure a successful and enjoyable experience for all.

Registration #385132-05

Date: Thursday, May 28

Registration #385132-06

Date: Thursday, June 18

Registration #385132-07

Date: Thursday, July 16

Registration #385132-08

Date: Thursday, August 20

Time: 5-7 pm

Fee: \$50 resident / \$63 non-resident



REGISTRATION DEADLINE: 4 DAYS BEFORE THE FIRST CLASS DATE



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.



WHAT'S NEW AT SCTC: longmontSCTC.org

New Classes

- *Simple Steps for Scam Safety* – learn how to spot and avoid common scams
- *Is Linux Right for Me?* – a friendly introduction to a new computer option
- *Mac Basics* – get comfortable using your Apple computer

Personal Help from Home

Via Zoom, from the comfort of your home, join our friendly SCTC Coaches on the **2nd and 4th Fridays, from 1:00–2:30 pm**, for **one-on-one help** with your computer, tablet, or phone.

Missed a Class? No Problem. Visit longmontSCTC.org and click the **YouTube** logo to watch recorded classes anytime. Most of our online classes are available to view when it's convenient for you.

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. Visit the SCTC website: longmontSCTC.org

See pages 19-21 for Activity Descriptions.

Lectures and Labs	Registration	Date	Time	Location	Res, Non Res
Senior Center Tech Lab	Drop-in	Friday May 1	1-3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	382065-1A 382065-1B	Monday May 4	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Android Photos	Online	Wednesday May 6	10-11:30 am	Zoom	Free
Online Tech Lab	Online	Friday May 8	1-2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday May 12	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Simple Steps for Scam Safety 	382009-01	Tuesday May 12	2-4 pm	Senior Center	\$2.00 \$3.00
Android Settings	382009-02	Thursday May 14	1-3 pm	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Friday May 15	1-3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	382065-2A 382065-2B	Monday May 18	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Clever Things Your Mac Can Do	Online	Wednesday May 20	10-11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday May 20	1:30-3:30 pm	Zoom	Free
Online Tech Lab	Online	Friday May 22	1-2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday May 26	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Microsoft OneDrive	382009-03	Thursday May 28	1-3 pm	Senior Center	\$2.00 \$3.00
Cell & Smartphone Tutoring	382066-1A 382066-1B	Monday June 1	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Is Linux Right for Me? 	Online	Wednesday June 3	10-11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday June 5	1-3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday June 9	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Windows 11 Essentials	382009-04	Tuesday June 9	2-4 pm	Senior Center	\$2.00 \$3.00
Android Basics	382009-05	Thursday June 11	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday June 12	1-2:30 pm	Zoom	Free
Cell & Smartphone Tutoring	382066-2A 382066-2B	Monday June 15	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Smart Ways to Tame Your Passwords	Online	Wednesday June 17	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. Visit the SCTC website: longmontSCTC.org

See pages 19-21 for Activity Descriptions.

Lectures and Labs	Registration	Date	Time	Location	Res, Non Res
Genealogy Research Workshop	Online	Wednesday June 17	1:30-3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday June 23	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Mac Basics	382009-06	Thursday June 25	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday June 26	1-2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday June 30	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Getting the Most Out of Your iPad	Online	Wednesday July 1	10-11:30 am	Zoom	Free
Cell & Smartphone Tutoring	382067-1A 382067-1B	Monday July 6	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Apple iPhone Settings	382009-07	Thursday July 9	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday July 10	1-2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday July 14	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Managing Google Photos	382009-08	Tuesday July 14	2-4 pm	Senior Center	\$2.00 \$3.00
Securing Your Digital Legacy	Online	Wednesday July 15	10-11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday July 15	1:30-3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday July 17	1-3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	382068-1A 382068-1B	Tuesday Aug 4	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Apple iCloud Essentials	Online	Wednesday Aug 5	10-11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Aug 7	1-3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Aug 11	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Organizing Photos on Your iPhone/iPad	382009-09	Tuesday Aug 11	2-4 pm	Senior Center	\$2.00 \$3.00
Making AI Work for You	382009-10	Thursday Aug 13	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Aug 14	1-2:30 pm	Zoom	Free
Cell & Smartphone Tutoring	382068-2A 382068-2B	Monday Aug 17	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Windows 11 Where's My Stuff ?	Online	Wednesday Aug 19	10-11:30 am	Zoom	Free

SCTC ACTIVITIES

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

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

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. Visit the SCTC website: longmontSCTC.org

See pages 19-21 for Activity Descriptions.

Lectures and Labs	Registration	Date	Time	Location	Res, Non Res
Genealogy Research Workshop	Online	Wednesday Aug 19	1:30-3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Aug 21	1-3 pm	Senior Center	\$2.00
Senior Center Tech Lab	Drop-in	Tuesday Aug 25	9:30-11:30 am	Senior Center	\$2.00
Navigating "The Cloud"	382009-11	Thursday Aug 27	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Aug 28	1-2:30 pm	Zoom	Free

Genealogy Research Workshop

Register at: www.lgsco.org

or email to president@lgsco.org

Dates: Wednesdays, May 20, June 17, July 15, August 19

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.

This is your time.
OWN IT.

See Pages 15-17 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.

Visit the SCTC website: longmontSCTC.org

Android Basics

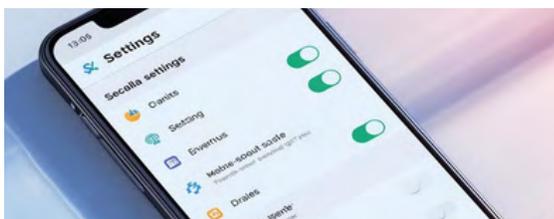
This class introduces the basics of using an Android phone or tablet in a clear, practical way. Learn how to navigate the screen, adjust settings, make calls, send messages, and install apps. Ideal for anyone who wants to feel more comfortable and confident using an Android device. **Instructor: North Rittner. Location: Longmont Senior Center.**

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.

Instructor: Michael Bailey.

Location: Online.



Android Settings

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

Instructor: Dick Sramek.

Location: Longmont Senior Center.



Apple iCloud Essentials

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

Instructor: Bobski Masson.

Location: Online.

Apple iPhone Settings

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

Instructor: Bobski Masson.

Location: Longmont Senior Center.

Cell & Smartphone Tutoring

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

Location: Longmont Senior Center.



Clever Things Your Mac Can Do

This beginner-friendly presentation explores why Macs are increasingly popular. We'll delve into tips and tricks for maximizing your Mac's potential, covering the basics of navigation and synchronization with your "iDevices." Gain confidence in using Finder, Photos, and iCloud to kickstart your Mac journey, making your digital life safer, more efficient, and more enjoyable.

Instructor: Bobski Masson.

Location: Online.

Getting the Most out of Your iPad

Getting the most out of your iPad shows how an iPad can replace much of what a traditional computer does. Learn to browse the web, manage email, create documents, store photos, and use apps with ease. This session explains capabilities, limits, and practical tips for everyday computing—without the complexity of a full PC.

Instructor: Karen Rademacher.

Location: Online.

Is Linux Right for Me?

Is Linux right for me? Let's explore an alternative to Windows and Mac that's secure, flexible, and often free. This talk explains what Linux is, how it differs from familiar systems, its advantages and drawbacks, and who benefits most—helping you decide if it's a smart fit for your everyday computer use.

Instructor: Daryl Goodman.

Location: Online.

Mac Basics

Mac Basics introduces the Apple world in plain language. We'll navigate the Desktop and System Settings, organize files in the Finder, and explore daily tasks like emailing, browsing, and managing photos. You'll get started with built-in apps, learn how to safely install new software, and see how iCloud keeps your devices in sync. Whether you're a new user or just need a refresher, this session will help you build a solid foundation so you can use your Mac with comfort and confidence.

Instructor: Karen Rademacher.

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.

Instructors: 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.

Instructor: Bruce Armstrong.

Location: Longmont Senior Center.

Microsoft OneDrive

Microsoft OneDrive works with your Windows operating system to give you a digital filing cabinet in the cloud. It stores photos, documents, and memories safely online, syncs them across devices, and makes sharing simple. Learn how it works, why it's convenient, where it falls short, and whether it deserves a place in your daily routine.

Instructor: Bobski Masson.

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!

Instructor: Bobski Masson.

Location: Longmont Senior Center.



Online Tech Lab

On the 2nd Friday afternoons, using Zoom, our peer Coaches are available to help you one-on-one with any question on any device. **Location: Online.**

Organizing Photos on Your iPhone/iPad

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

Instructor: Bobski Masson.
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.

Instructor: North Rittner.
Location: Online.

Senior Center Tech Lab

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

Location: Longmont Senior Center.

Simple Steps for Scam Safety

In this class we will discuss a small set of easy-to-remember rules that greatly reduce the chance of being scammed. You'll learn when to slow down, what requests should always raise suspicion, and which actions to never take without verification. These practical rules apply to phone calls, emails, texts, and online activity. **Instructor: Bobski Masson.**
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 work for all comfort levels and help reduce password stress. **Instructor: 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.

Instructor: Bruce Armstrong.
Location: Longmont Senior Center.

Windows 11 Where's My Stuff?

This class explains how files and folders are organized on a Windows 11 computer. Using File Explorer, you'll learn where documents, photos, and downloads are stored, how to find them efficiently, and how basic file management skills can make everyday computer use clearer and more manageable.

Instructor: Debbie Arnold.
Location: Online.

Beginning Mahjong

Learn the basics of Mahjong in this engaging class. Over several sessions, a current instructor will explain the rules, then guide you in playing. Cards are included in the fee, and a handout is provided at the first class. Experienced players with their own cards are welcome to join the Friday group. Email Diane at diane194382@yahoo.com for details. Attendance is **required** for all dates.

Registration #385503-05

Dates: Tuesday, May 5-26

Time: 1-4 pm

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

Fun with Singing

If you enjoy singing and want to have some fun, this is the class for you! No experience required. In this 90-minute class, learn vocal exercises for conditioning and strength as well as learn how to sing in a group learning parts, harmonies, counter melodies, and blending. This class is held in a secure, private, supportive, and safe environment where FUN is the focus!

Instructor: Wayne Henggeler.

Registration #385231-00

Dates: Tuesday, May 5-July 7

Time: 2-3:15 pm

Fee: \$45 resident / \$56 non-resident

Quiet Companionship Hour

A silent gathering for those who seek a welcoming space without pressure to engage in conversation. Participants are encouraged to bring their headphones, a book, a craft/art project - any sort of silent solo activity is welcome. No conversations, no pressure, just a welcoming space to be among others. Senior Services' staff **Kayleigh Schernbeck, LCSW**, will be present to ensure a quiet, welcoming space.

Day/Time: Tuesdays, 4:30-5:30 pm

Registration #385810-05 **May 5**

Registration #385810-06 **June 2**

Registration #385810-07 **July 7**

Registration #385810-08 **August 4**

Fee: Free, please register in advance

Crossing Generations: Tru-Life Storytelling with Grandparents, Children, and Grandchildren

Writing your memoirs can be a meaningful way to share your stories with your family. Connect with your grown child or grandchild during our creative, engaging workshop led by The Community Stories Project. The time will fly as you see how sharing stories from each other's lives strengthens intergenerational bonds. The workshop uses humorous prompts, an all-ages storytelling tool, dedicated in-class writing time, and optional group sharing to encourage participation. All students will receive a journal and a pen for use in class. **Instructed by: Deborah Cameron.**

Registration #384324-00

Date: Saturday, May 9

Time: 9:30am-12 pm

Registration #384324-02

Date: Saturday, August 8

Time: 9:30am-12 pm

Fee: \$35 resident / \$44 non-resident
(fee includes two people
(senior + family member))

Memoir Writing with The Community Writing Project

Isn't it time to tell your story? This two-session memoir writing workshop, led by writer Deborah Cameron, helps you begin capturing your life experiences with confidence and creativity. Through guided prompts, supportive discussion, and expert instruction, participants will learn memoir basics such as theme, structure, and storytelling techniques while developing a personal writing practice. Sessions include writing time, sharing opportunities, and an overview of publishing options. Included in fee: a journal, pen, and a 12-month subscription to Armchair Memoirist to support continued inspiration.

Registration #384325-00

Date: Thursdays, May 14-21

Time: 9:30-11:30 am

Registration #384325-02

Date: Thursdays, August 6-13

Time: 9:30-11:30 am

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





Something new is in the works, and you're invited to be among the first to discover it. The content creators in the Senior Center's Video Production Club, "Eyes On Longmont," have been busy preparing four original video features, each with a story worth telling. Once productions have been premiered at the BIG PICTURE, view them on YouTube at <https://bit.ly/eyesonlongmont>. For information about joining the "Eyes On Longmont" Video Production Club, see page 8.

A fun way to enjoy an afternoon with friends and neighbors

Make your reservations early online at <https://rec.ci.longmont.co.us/webtrac/web>, or call the Longmont Senior Center at 303-651-8411.

All Big Picture films are free, but space is limited.

Gain a deeper appreciation for your home community as you watch in-depth stories on local talents, history, and places in the Longmont area.

Meet and socialize with people from our Longmont community at these popular showings. Talk with the featured participants and film creators during a question-and-answer session following each film.

So, broaden your awareness, ongoing personal growth, and feelings about where we live. Join us, it's a fun way to enjoy an afternoon with your friends and neighbors. And it's free!

All films are produced by the Eyes on Longmont video club. Each Big Picture film runs about one hour, with time for Q&A and socializing after the film.

We won't reveal the full details just yet, but the moment each title and description is finalized, it will be announced online. To learn about the next upcoming film, go to <https://eyesonlongmont.org> on your computer, or scan the QR code using your phone.



Registration # 384205-05
Thursday, May 7, 1-2:30 pm

Registration # 384205-06
Thursday, June 4, 1-2:30 pm

Registration # 384205-07
Thursday, July 2, 1-2:30 pm

Registration # 384205-08
Thursday, August 6, 1-2:30 pm

Fee: Free

Curious? Good! That's exactly the spirit these features are made for!



LONGMONT GENEALOGICAL SOCIETY

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

Need help finding that elusive ancestor? Our experienced genealogist's can assist with immigration records, obituaries, wills, and census data. We'll also guide you through genealogy websites and share the latest resources. **Registration Deadline: 7 days before the day of the class*



GENERAL INTEREST

Genealogy Research Workshop

Registration: Register at www.lgsc.org or email president@lgsc.org

Day/Time: Third Wednesdays, 1:30-3:30 pm

Fee: Free

Location: Online(Zoom)

Monthly Genealogy Classes

Registration: Register at Longmont Senior Center or call 303-651-8411

Day/Time: Third Fridays, 1:30 - 3:30 pm

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

Location: Longmont Senior Center

Genealogy 101

Discover how modern technology transforms the search for family history. Learn to explore, document, and organize ancestral information using digital records, DNA tools, mapping, and online databases. Many of these powerful resources are free or low-cost, allowing you to begin uncovering fascinating family stories right away.

Instructor: Margaret Lindblom

Registration #385502-05

Date: Friday, May 15

Time: 1:30 - 3:30 pm

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

Colorado Roots: Tracing 250 Years of Colorado People and Places

As the nation approaches its 250th anniversary, this class examines how Colorado's people, places, and pivotal events contributed to the growth and development of the United States. Using historical records, participants connect Colorado families to the broader American story that shaped the country we know today.

Instructor: Sylvia Tracy Doolos

Registration #385502-06

Date: Friday, June 12

Time: 1:30 - 3:30 pm

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

Using AI to Help Your Genealogical Research

Discover how today's AI tools can supercharge your genealogy research! Learn how artificial intelligence can read old handwriting, summarize records, uncover historical context, and even create realistic images of your ancestors' world. Explore examples from Ancestry, FamilySearch, and MyHeritage—and see how AI can save time, reduce errors, and enrich your family stories.

Instructor: Bobski Masson

Registration #385502-08

Date: Tuesday, July 7

Time: 1:30 - 3:30 pm

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

Working the Census' to Make the Most of Details

Explore this snapshot of your ancestors' lives. Use popular research sites to explore valuable resources to start building your family tree. Handouts provided. Class is geared toward beginners but intermediate researchers are bound to pick up some tips.

Instructor: Barb Gardner

Registration #385502-07

Date: Friday, July 17

Time: 1:30 - 3:30 pm

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

The Search for Ancestors' Graves

This class explores old graveyards, defunct cemeteries, and graves that are difficult to locate. It examines why some cemeteries and graveyards have become defunct or lost, using known lost gravesites as examples. The course also covers methods for locating a "lost" grave and appropriate steps to take if one is found. In addition, it reviews relevant

sources to contact when a cemetery is defunct and outlines how trained professionals restore gravestones.

Instructor: Betsy Davis

Registration #385502-09

Date: Friday, August 21

Time: 1:30 - 3:30 pm

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

55+ Will-Maker Legal Seminar

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**. You will receive all documents, witnessing, notarizing, individual review, to complete your personalized will and plenty of time for discussion and questions. Couples must have individual wills. A \$30 administrative fee payable to the instructor at the beginning of class.

Day/Time: Thursdays, 12:30-4:30 pm

Registration #385501-05 **May 7**

Registration #385501-06 **June 4**

Registration #385501-07 **July 2**

Registration #385501-08 **August 6**

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

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

Caring for our companion animals as they near death is one of the most heart-wrenching and rewarding experiences we will share with them. This session focuses on navigating difficult decisions in end of life care with as much knowledge, perspective, and confidence as possible. Please bring your questions and concerns. Presented by **Dr. Jessica Pierce**, a bioethicist and writer.

Registration #385806-00

Date: Tuesday, May 12

Time: 5-6 pm

Fee: Free, please register in advance

Boulder County Clerk & Recorder - Motor Vehicle / Recording / Elections 

Join Boulder County staff and learn the ins and outs of vehicle title / registration, election forms, and home deed information. This includes understanding how to: title and register a newly purchased vehicle, options for renewing license plates, apply for disability placards, how to add or remove a name from your home deed, how to sign up for property alerts to prevent fraud, how to update voter party affiliation, and how to update your voter record so it's confidential. Whether you're handling these tasks for the first time or just need a refresher, we aim to make the process simple and stress-free. We will also have a Q & A session at the end.

Registration #385096-05

Date: Wednesday, May 13

Time: 2-3 pm

Fee: Free, please register in advance

Medicare Basics

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

Registration #385809-00

Date: Monday, May 18

Time: 10-11:30 am

Fee: Free, please register in advance



GENERAL INTEREST

How to Be a Happyhaire™!

Live More of Your Dreams Feeling Rich and Fulfilled

What makes you happy? Finding joy, fulfillment, peace, and satisfaction through focused choice



takes conscious effort. Learn The Language of Light and How to Jump the GAP to feel abundant, emotionally healthy and grounded. Learn The 7-Myths of Happiness, the *12-Things to Stop Doing to Increase Your Satisfaction* and the *10-Proactive Skills to Live a Happier Life Now*. Learning materials included. **Instructor: Kim Wolinski, “Dr. DeClutter.”**

Registration #385218-01

Date: Tuesday, May 19

Time: 10 am-12 pm

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

Burn Your House Down! Organize for Good

Got clutter? Life’s too short, and clutter and disorganization cause stress, chaos, confusion, and loss of time and joy. Bring your questions; learn how to decide, sort, and clear out the clutter from your life to decrease confusion, frustration, wasted time, and energy. Learn the 10-Steps to Organizing Everything and invaluable tips and tools to make your life easier.

Learning materials included. **Instructor: Kim Wolinski, “Dr. DeClutter.”**

Registration #385218-02

Date: Wednesday, June 10

Time: 1-3 pm

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

End of Life Documents and Storage for Peace of Mind

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

Registration #385218-03

Date: Thursday, June 25

Time: 10 am-12 pm

Registration #385218-04

Date: Wednesday, July 15

Time: 5:30-7:30 pm

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

How to Downsize for an Easier to Maintain Life, or to Move

Whether you’re moving once, or the last time, and need to downsize, or really want to downsize to enjoy your home more, it’s time. Learn the 9-Reasons to Let Go of Your Stuff and the Advantages of Home Downsizing, The 9-Steps to Declutter Your Home for Moving, and How to Make Peace with Letting Go of the Past, and Enjoy Your Present and Future. Learning materials included. **Instructor: Kim Wolinski, “Dr. DeClutter.”**

Registration #385218-05

Date: Thursday, July 9

Time: 10 am-12 pm

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





We Be Bookin'-Book Club

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 book to read in May is "Wild Dark Shore" by Charlotte McConaghy. At the May book discussion, the group will choose the book for June and so on.

Space is limited for this class.

Contact **Cecelia Jones** at 303-746-2573 for more information.

Registration #385500-00

Date: 3rd Wednesday, May 20-August 19

Time: 1:30-3 pm

Fee: Free, please register in advance

Intercambio

Become a Volunteer English Teacher! Have 3-4 hours a week to help someone improve their English? Join Intercambio as a volunteer teacher in Longmont or online. No experience or second language required—training provided. Attend the info session to learn how you can help adult learners build skills, confidence, and meaningful connections. No commitment required. Facilitated by Intercambio's Volunteer Recruitment and Engagement Manager, Irene Donhowe

Registration #384560-06

Date: Tuesday, June 9

Time: 1-2 pm

Fee: Free, please register in advance

Longmont Senior Living Tour

This is your chance to visit multiple Longmont senior living communities in one day. Each location will host an open-house information station in its lobby, with detailed services and amenities. Visit any location on your own. **Transportation on event day, call AltaVita Senior Residences at 720-745-8250.** Participating communities: The Bridge Assisted Living, Solista, Brookdale Assisted Living, Hover Senior Living, Cinnamon Park, The Peaks Care Center, Bross Street Assisted Living, Atria, AltaVita Senior Residences and MorningStar.

Date: Saturday, June 13

Time: 9am-1pm

Fee: Free

Personal Safety with Longmont Police Department



Feel confident and prepared in any situation with this empowering personal safety class. Learn practical strategies for staying safe at home, on the street, in your car, and in public spaces. We'll also cover current local crime trends and simple steps you can take to protect yourself. Leave feeling informed, reassured, and more in control of your personal safety. Time for questions at the end of class.

Presented by: Longmont Police Department

Registration #385277-00

Date: Thursday, May 28

Time: 3-4:30 pm

Fee: Free, please register in advance



AARP Driver Safety Class

AARP's fast-paced format in 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 payment to class. \$20 AARP members, \$25 non-members. Cash or check only, no credit cards.

Registration #384212-06

Date: Wednesday, June 10

Time: 8:30 am-1 pm

Registration #384212-08

Date: Wednesday, August 12

Time: 8:30 am-1 pm

Fee: \$20 AARP members / \$25 non-members. Fees paid directly to instructor.

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

Remaining Safe in Your Home

85% of adults wish to remain living at home as long as possible. Home safety solutions can help make this a reality. Through this presentation we'll look at the most common areas of the home that pose a threat to safety: entrances and exits; levels and stairs; bathrooms; and anywhere else transfers take place. Presented by **Lyndsey Burmeister**.

Registration #385802-00

Date: Tuesday, June 16

Time: 10-11 am

Fee: Free, please register in advance

Hearing Loss Resources Staying Connected: Today's Options for Hearing, Tinnitus, and Communication

NEW



Ever find yourself asking people to repeat themselves or noticing ringing or buzzing others don't hear? You're not alone—and help is available. Join nationally respected audiologist **Dr. D'Anne Rudden** for a friendly, easy-to-understand program on hearing health and staying connected. Learn why conversations become tiring, how the ears and brain work together, and what tinnitus really means. Explore today's solutions, including modern hearing aids, tinnitus relief tools, and cochlear implants. This interactive session offers practical tips, clear information, and reassurance to help you feel informed, supported, and confident about your hearing journey.

Registration #385097-00

Date: Tuesday, June 16

Time: 1-2 pm

Fee: Free, please register in advance

Social Security 101

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

Registration #385801-00

Date: Thursday, June 18

Time: 4-5 pm

Fee: Free, please register in advance

Conversation Starter Film: Grow Old Along with Me: The Poetry of Aging

Join us to explore different perspectives and gain understanding on aging-related topics through films. The post-film discussion will be led by Senior Services staff **Brandy Queen, LPC**. Film: *Grow Old Along with Me: The Poetry of Aging (1999)*. With the assistance of poetry and nature, a variety of older adults discuss creativity, intimacy, being alone, accepting the reality of death, and the blessings of peace and nature as they grow older - with hope. Run time: 44 min.

Registration #385808-00

Date: Monday, June 29

Time: 1-2:30 pm

Fee: Free, please register in advance



Flower Arranging Basics

NEW

Join the experts at Longmont Florist for a fun, hands-on workshop where you'll learn how to create a beautiful, professionally styled arrangement with confidence. Whether you're designing something special or crafting a heartfelt gift for someone you love, you'll leave with skills you can use again and again. Best of all, all materials are generously provided by **Longmont Florist**.

Registration #385350-00

Date: Tuesday, August 4

Time: 2:30-4 pm

Fee: Free, please register in advance

Safety in the Digital Age

In the last two decades information technology has significantly impacted how we all see and use information. In this presentation you will gain a vocabulary of technological terms and take a deeper look into what it means to be a "good consumer" of information in this digital age. Facilitated by Desiree Firle, Community Protection Specialist with Boulder County District Attorney's Office.

Registration #385214-00

Date: Friday, July 10

Time: 10-11:30 am

Fee: Free, please register in advance



GENERAL INTEREST



Death Cafe

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 grief counseling group. Discussion is facilitated by Peer Support volunteers **Gary Scott and Susan Alling**.



Registration #385800-00
Date: Wednesday, July 15
Time: 2-3:30 pm
Fee: Free, please register in advance

Long-Term Care Options

Join us to learn more about the differences in levels of long-term care options: assisted living, skilled nursing, and memory care. The session will include a question-and-answer segment with our panelists: **PACE** (Program of All-Inclusive Care for the Elderly), **AltaVita**, and **LifeCare Center**. This program is open to older adults and their family members.

Registration #385803-00
Date: Wednesday, August 5
Time: 1-2:30 pm
Fee: Free, please register in advance

Vegan Chef Classes - Lisa Boesen

Simple Plant Swaps for Everyday Wins

"Simple Plant Swaps for Everyday Wins" is an approachable, fun class that shows how one small change can open new possibilities. Instead of chasing perfection or overhauling your whole routine, we'll celebrate the confidence that comes from a single, doable swap - from breakfast and lunch to dinner and dessert. Each shift is a step toward success, reminding us that progress can feel both accessible and enjoyable. **Instructor: Lisa Boesen.**

Registration #385116-05
Date: Monday, May 11
Time: 1-2:30 pm
Fee: \$8 resident / \$10 non-resident

Flavor First: Plants That Pop

Let's make plants delicious! In this class, Lisa will show how plant-forward cooking can be both simple and sensational. Instead of focusing on rules or restrictions, students will explore three easy techniques that unlock flavor and make vegetables, grains, and legumes shine. Through guided tastings, participants will experience firsthand how small shifts, whether it's a spice blend, a cooking method, or a playful pairing - can transform everyday meals into something memorable and pop-tastic! **Instructor: Lisa Boesen.**

Registration #385116-06
Date: Monday, June 22
Time: 1-2:30 pm
Fee: \$8 resident / \$10 non-resident

Tofu Swaps Made Easy

This class is an engaging observation-style class designed to build confidence with tofu through demonstration and guided tastings. You'll watch simple techniques come to life — from seasoning and texture tricks to easy swaps that boost flavor and heart health. Along the way, you'll sample dishes that show tofu's versatility and discover how effortless it can be to bring plant-forward protein to your table. Let's make this delicious! **Instructor: Lisa Boesen.**

Registration #385116-08
Date: Monday, August 10
Time: 1-2:30 pm
Fee: \$8 resident / \$10 non-resident

Join Kelly Liebrock from The Art of Cheese, Cheesemaking School based at the Dolly Mama's Farmstead Creamery just west of Longmont to learn how easy and fun making cheese at home can be! Kelly is a Certified Cheese Professional and the Lead Instructor for The Art of Cheese and has professional cheese mongering experience. She has also made cheese professionally in creameries in Washington, Colorado, and Wisconsin.

Each class will cover everything you need to know, including how to source the ingredients and select the best milk for the particular cheese being made. You can sign up for one, two, or all three classes. You'll get to taste each homemade cheese in class and take a little bit home to enjoy on your own afterwards.

Learn to Make Goat Cheese!

In this class, you'll learn the basic science of cheesemaking and the role of each of the simple ingredients used in most types of cheese. We'll walk you step-by-step through the process of making Chevre (classic soft goat cheese) and Fromage Blanc (the cow cheese cousin to Chevre).

Registration #385115-01

Date: Wednesday, May 6

Time: 1:30-3:30 pm

Fee: \$59 resident / \$74 non-resident



Learn to Make Feta!

Learn how to make Feta, the famous Greek crumbly cheese that is delicious in salads, on pasta dishes, or in your favorite recipe. The ingredients and equipment needed to make this cheese at home are minimal and affordable and the process is easier than you might think. We'll cover three different varieties: Dry-Salted, Brined, and Marinated Feta.

Registration #385115-02

Date: Tuesday, May 26

Time: 1:30-3:30 pm

Fee: \$59 resident / \$74 non-resident

Learn to Make Mozzarella!

Mozzarella is the most popular cheese in the United States and is very fun to make. In this hands-on class you'll get to help make a big pot of curds and then enjoy heating and stretching your very own ball of fresh Mozzarella.



Registration #385115-03

Date: Wednesday, June 10

Time: 1:30-3:30 pm

Fee: \$59 resident / \$74 non-resident

Reverse Mortgages: Learn the Facts

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

Registration #385807-00

Date: Monday, August 10

Time: 4-5:30 pm

Fee: Free, please register in advance

Transitioning to Long-Term Care

Are you or a loved one ready to consider moving into Assisted Living, Memory Care, or Long-Term Care (Skilled Nursing) but need help taking the next step? Having some information about your options can help this process be less difficult. Join **Brandy Queen, LPC**, of Senior Services, and **Long-Term Care Ombudsman, Erica Corson**, to discuss resources to help you make a move with confidence.

Registration #385804-00

Date: Wednesday, August 19

Time: 2-3 pm

Fee: Free, please register in advance



Gift Planning and Why It's Essential

Join us for ideas for planning your estate that may make it easier on your heirs and ensure that your charitable wishes are followed. You will learn about a variety of ways people can gift in benefit of our Longmont community from Longmont Community Foundation and a variety of City of Longmont divisions, including the Museum, Senior Center, and more.

Registration #385805-00

Date: Thursday, August 20

Time: 3-4 pm

Fee: Free, please register in advance

Did You Know?

The Senior Center offers extended travel, both nationally and internationally!

Check out page 69 for all the details.

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

Longmont Inside and Out

NEW

Let's learn about our Longmont and the St. Vrain Valley - our area's exciting history, friendly neighborhoods, and the amazing nature all around us; from mountain views to parks and trails. Exploring helps us understand our community, the people who live here and why it's such a special place to call home.

Thompson Park

Learn history of Thompson Park and the founding of Longmont as a utopian community. A surprise visit from Mrs. Thompson the woman who donated the money to finance the park. Meet in the park at the Gazebo, bring your own lawn chair. Strawberry dessert included.

Registration #385300-05

Date: Thursday, May 21

Time: 2-3:30 pm

Fee: \$5 resident / \$7 non-resident

Old Mill Park

Longmont once had flour mills. Who knew! We'll visit Old Mill Park, a historical park developed by the St. Vrain Historical Society and the original site of the Denio Mill. Picnic lunch provided after the tour. Meet at the Longmont Senior Center, travel to Old Mill Park on the bus. Fee includes transportation and lunch.

Registration #385300-06

Date: Friday, June 26

Time: 10-11:30 am

Fee: \$10 resident / \$13 non-resident

Roosevelt Park and Rose Garden

Roosevelt Park and Rose Garden We'll have fun as we learn the history of Roosevelt Park and explore the lovely rose garden. We will walk from the Senior Center to the Rose Garden, optional walk around the park at the conclusion of the presentation.

Registration #385300-07

Date: Friday, July 10

Time: 9:30-11 am

Fee: Free, please register in advance

Boulder County Fair

After a short talk about the Boulder County Fair, you'll have time to wander the fairgrounds on your own checking out the animals, admiring exhibits or taking in the carnival. Senior bus transportation provided, meet at the Longmont Senior Center.

Registration #385300-08

Date: Thursday, August 6

Time: 9:30 am-12 pm

Fee: \$8 resident / \$10 non-resident

Origins of Morality

Join Michael Grant as he will demonstrate five measurable characteristics of human morality that give insight into the sources and origins of human moral and ethical values. **Presented by: Michael Grant.**

Registration #384011-19

Date: Tuesday, May 5

Time: 1-2 pm

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

Louie Armstrong

Louis Daniel Armstrong, nicknamed "Satchmo," was a New Orleans-born jazz trumpeter, vocalist, and influential figure in jazz history. His career spanned five decades and he's considered a central figure in 20th century American music. **Presented by: Paul Flanders.**



Registration #384011-06

Date: Wednesday, May 6

Time: 1-2 pm

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

Dr Seuss and Love and Duty

Theodor (Ted) Seuss Geisel enjoyed a remarkable seventy-year career creating cartoons and illustrations for magazines, advertising, political commentary, and readers of all ages. Best known for revolutionizing early literacy and entertaining generations through imaginative storytelling, his work also supported patriotism during World War II and explored deeper ethical themes. Few know he wrote books for adults, including *The Seven Lady Godivas* (1937), a playful and controversial take on history and social norms. Join **Dr. Robert Meroney**, CSU Professor Emeritus, for an engaging look at the life and lesser-known works of Dr. Seuss.

Registration #384011-12

Date: Tuesday, May 12

Time: 1:30-3 pm

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

It's the Law (Part 2)

We hit on this before, but we were limited on the time to cover it all. Here, we will continue to explore some of the laws that are outdated and still on the books in various states, municipalities, and around the country. Some made sense at the time, but there is no reason for them today; some are just plain stupid. Come explore these laws. **Presented by: Chuck Gibbs.**

Registration #384011-11

Date: Wednesday, May 13

Time: 12-1:30 pm

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

A Brave Sailor

The story of Tracy Perry's uncle and his horrible untimely death in a Japanese Prisoner of War (POW) camp in World War II. **Presented by: Tracy Perry.**

Registration #384011-14

Date: Thursday, May 14

Time: 1-2 pm

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



Successful Container Gardening

You will learn all of the principles and techniques that you need in order to be successful at container gardening. Annuals, perennials, herbs, vegetables, and yes, even shrubs and trees can be successfully grown in containers outdoors here in Colorado. Our discussion will include types of containers, what soil to use, general care, winter care, and more. We will also discuss proper plant selection and trouble shooting. Bring your questions! **Presented by: Jeff Miller.**

Registration #385131-05

Date: Thursday, May 14

Time: 2:30-4 pm

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





Five-Least Effective Presidents in American History

In this talk, Paul Flanders will try to present the least effective Presidents in the history of the United States. There should be room for lively discussion afterwards. **Presented by: Paul Flanders.**

Registration #384012-03

Date: Wednesday, June 3

Time: 1-2 pm

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

Stunning Staircase Design

Man has eternally sought ways to get from down here to up there, or vice versa. This has challenged his ingenuity over thousands of years, and clever architects have combined art and ingenuity to produce dramatic, useful, and fun ways to move up and down.

Presented by: Dr. Robert Meroney, CSU Professor Emeritus.

Registration #384012-09

Date: Tuesday, June 9

Time: 1:30-3 pm

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

History of the West Part IV

Colorado characters: Pearl DeVere, a local pilot's error causing the death of his mother in 1980, and Old Fall River Road.

Presented by: Tracy Perry.

Registration #384012-11

Date: Thursday, June 11

Time: 1:30-2:30 pm

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

Restaurants of the Past

What happened to the plethora of restaurants that were national chains and are no longer around today? Single restaurants come and go. And usually for a number of reasons. But when a chain disappears, it is usually a shock to its patrons. Let's reminisce about some of these brands; maybe some were your favorites. **Presented by: Charles Gibbs.**

Registration #384012-16

Date: Wednesday, June 17

Time: 12-1:30 pm

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

Trees and Shrubs for Colorado

Are you searching for the perfect shade tree to cool off the backyard? Do you need to plant a hedge to block off those nosy neighbors? Or would you just like a pretty shrub to look at from the kitchen window? Then this class is for you. We will be discussing all types of shrubs and trees that are ideal for our Colorado climate and how to properly care for them. Bring your questions! **Presented by: Jeff Miller.**

Registration #385131-06

Date: Thursday, June 18

Time: 10-11:30 am

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

Mechanisms of Evolution

This talk will present several Darwinian processes of evolution with substantially more nuance and particularity than is commonly understood. We will examine some of these topics: Mutations/Saltations, Recombination, Lateral Gene Transfers, Genetic Drift, Kin Selection, Coevolution, Sexual Selection, Artificial Selection, and Natural Selection.

Presented by: Michael Grant.

Registration #384012-15

Date: Tuesday, June 23

Time: 1-2:30 pm

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

Reincarnation, Really? Really!

Join me as I dive into the work of Dr. Ian Stevenson and his experience with over 2,500 cases of children who have remembered past lives and are able to identify and describe towns and cities without having been there, identify living people as former relatives without having met them, and their descriptions of actual events without having witnessed them. I also draw from the work of prominent psychotherapists who have worked with patients in hypnosis recalling their own memories of a past they have no conscious knowledge of and my own experience of past life regressions with clients in hypnosis. **Presented by: Ronnie Snyder.**

Registration #384012-24

Date: Wednesday, June 24

Time: 6-7 pm

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

Four Seasons Lawn Care

Are you tired of driving down your street and seeing that all of your neighbors' lawns look better than yours? Attending this class will ensure that you have a lawn that you may be proud of. In this class we will cover all aspects of successful lawn care divided up by season. This will include proper watering, fertilizing, weeds, pests, how to rejuvenate a tired lawn, and much more. Bring your questions! **Presented by: Jeff Miller.**

Registration #385131-07

Date: Thursday, July 2

Time: 10-11:30 am

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

The Life of George Washington

The first commander in chief provided the early republic with distinguished leadership in the first years of the new Constitution. That era, along with his general command of the Continental Army during the American Revolution, should help us all to revere Washington.

Presented by: Paul Flanders.

Registration #384013-08

Date: Wednesday, July 8

Time: 1-2 pm

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



4th of July

Our country is 250 years old. Let's discuss this country's development, its accomplishments, and disappointments. It's a subject we can all celebrate. Please bring your favorite story about this country, so that we can all celebrate.

Presented by: Chuck Gibbs.

Registration #384013-06

Date: Wednesday, July 8

Time: 2:30-4 pm

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

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

A Long, Long Night

Investigating the mid-air collision near Loveland that killed 15 people in April 1981. Tracy Perry was an investigator with the National Transportation Safety Board (NTSB) on this case.

Presented by: Tracy Perry.

Registration #384013-09

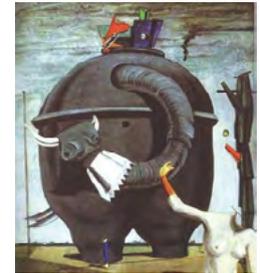
Dates: Thursday, July 9

Time: 1-2 pm

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

Avant-garde Art - Anti Art

"Art is in the eye of the beholder," but what is art, and what should it express? Beginning in the mid-1800s, artists challenged traditional ideas and launched bold new movements exploring emotion, perception, and meaning. From Post-Impressionism and Cubism to Surrealism, Pop Art, and Conceptual Art, this engaging presentation explores the many directions modern art has taken and what it all means. Join **Dr. Robert Meroney**, CSU Professor Emeritus, for a lively journey filled with insight, curiosity, and humor as we gaze, wonder, and laugh together.



Registration #384013-14

Date: Tuesday, July 14

Time: 1:30-3 pm

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

A Fungus Among Us

Fungi are considered neither plant nor animal. Mushrooms break down organic matter, maintain soil health and recycle nutrients back into the soil such as nitrogen, and form symbiotic relationships with plants. Join Dave Fletcher and Boulder County Volunteer Naturalists for a presentation on the mysterious world of mushrooms, how mushrooms develop, how the ecosystem is balanced with mushrooms. **Presented by: Dave Fletcher, Prudence Carter,** and other BCPOS Volunteer Naturalists.

Registration #384013-15

Date: Wednesday, July 15

Time: 1-2:30 pm

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





Bird of Prey You WILL See

Longmont provides a variety of habitats where birds of prey can be found. Learn about these local birds, their behavior and their habitats, including your backyard! Develop a list of where, and when, to look for birds of prey in Longmont. **Presented by: Dave Fletcher** and other BCPOS Volunteer Naturalists.

Registration #384014-24

Date: Tuesday, August 4

Time: 1-2 pm

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

Industrial Revolution

The Industrial Revolution represented a massive change in 19th-century America. Whether the change should be viewed as positive or negative, it dominated life from then on. **Presented by: Paul Flanders.**

Registration #384014-05

Date: Wednesday, August 5

Time: 1-2 pm

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

Bats, Bacon, and Bad PR

Bats have had a horrible reputation throughout history. One claim was that they ate bacon that was hanging in attics to cure! Step into a world of bat myths and join us for a round of magical storytelling and science that explores how humans have imagined bats through time! From ancient legends to modern misconceptions, we'll uncover the truth behind these mysterious creatures. Learn how bats live, communicate, and benefit our world, and how understanding their real story helps us protect them. Learn to see bats not as symbols of fear, but of wonder and ecological balance.



Presented by: Dave Fletcher, Heather Valey, and other BCPOS Volunteer Naturalists.

Registration #384014-10

Date: Monday, August 10

Time: 4-5:30 pm

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

Who Said It? What's It Mean?

Common phrases, popular sayings, and idioms are common in all languages. They are so embedded in individual languages, history and culture, that their origins are sometimes lost or the words themselves make no sense without explanation. Russian for example has so many idioms that translators must be very familiar with Shakespeare to find equivalent sayings in English. Often the phrases are associated with sports, food, animals, or politics. Consider these examples: out of left field, a sitting duck, cut the mustard, easy as pie, beating around the bush, or the Whole Nine Yards. **Presented by: Dr. Robert Meroney,** CSU Professor Emeritus.

Registration #384014-11

Date: Tuesday, August 11

Time: 1:30-3 pm

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

Children's Hospital of Colorado

Join us to learn about and hear the experiences of Tracy Perry volunteering at the Children's Hospital of Colorado for 33 years.

Presented by: Tracy Perry.

Registration #384014-13

Date: Thursday, August 13

Time: 1-2 pm

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

Businesses That Have Disappeared

Many businesses that seemed to have disappeared have actually been in existence all along. They have either merged or been otherwise absorbed by other entities' development. And of course, some are just plain gone. Let's take a trip on "Where are they now?" and explore what happened to them.

Presented by: Chuck Gibbs.

Registration #384014-17

Date: Thursday, August 20

Time: 1-2:30 pm

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

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

Raise Your Vibrations

In this class, we'll 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'll close with open conversation to share experiences and questions in a kind, supportive space.

Instructor: Sue Otness.

Registration #385079-05

Date: Wednesday, May 6-27

Registration #385079-06

Date: Wednesday, June 3-24

Registration #385079-08

Date: Wednesday, August 5-26

Time: 9:30-10:30 am

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

Writing Circle (Virtual)

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

Registration #384448-05

Date: Monday, May 11

Registration #384448-06

Date: Monday, June 8

Registration #384448-08

Date: Monday, August 10

Time: 11 am-12:30 pm

Fee: Free, please register in advance

THINKING BEYOND POSSIBILITIES 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. Facilitators: **Laura Ambler, Donna Prestwood, and Sky Yates.**

Each session is free and participants can either attend in person or online (Zoom). However, if you attend in person, a \$5 materials fee is payable to the facilitators at the first class each month.

Angel Numbers

Let's explore the concept of Angel numbers and the messages each delivers.

Registration #384340-05 (in-person)

Registration #384340-5A (online)

Dates: Tuesdays, May 5-26

Time: 10-11:30 am

Spiritual Art

Let's discover the diverse ways artists explore their vision of spirituality from traditional religious themes to esoteric meditations and abstract explorations of their unknown.

Registration #384340-06 (in-person)

Registration #384340-6A (online)

Dates: Tuesdays, June 2-23

Time: 10-11:30 am

Creativity, Soul Development, and Raising Vibrations through Arts & Crafts

Let's Play! And enjoy being creative while gaining insight and having fun discussion!

Registration #384340-07 (in-person)

Registration #384340-7A (online)

Dates: Tuesdays, July 7-14

Time: 10-11:30 am

Spiritual Alchemy

Let's explore the ancient practice of inner transformation that uses the metaphor of physical alchemy to achieve spiritual enlightenment and personal growth and apply them to our everyday lives.

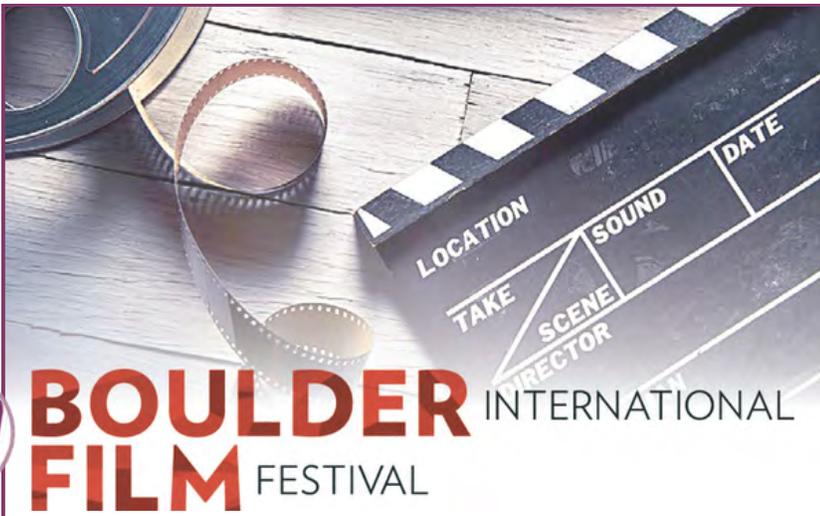
Registration #384340-08 (in-person)

Registration #384340-8A (online)

Date: Tuesdays, August 4-25

Time: 10-11:30 am





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.



76 Days Adrift

2024, 107 Minutes US

From Executive Producer Ang Lee, 76 Days Adrift tells the remarkable true story of Steven Callahan, author of Adrift: 76 Days Lost at Sea. After a whale struck and sank his sailboat in 1982, Callahan survived 76 days alone on a small life raft in the Atlantic Ocean. Battling hunger, storms, and isolation, he confronted his deepest fears and discovered an extraordinary inner strength to endure against overwhelming odds.

Directed by Joe Wein.

Registration #384333-00

Date: Wednesday, May 13

Time: 5:30-7:30 pm

Fee: Free, please register in advance

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



The Day Iceland Stood Still

2024, 72 minutes, US/Iceland

When 90% of the women of Iceland walked off the job and out of their homes one fall morning, refusing to work, cook, or take care of the children, they threw a huge wrench into the patriarchal machine and brought their country to a standstill. That was Oct. 24, 1975, a day Icelandic men called The Long Friday. Told for the first time by the women themselves, the story is subversive and unexpectedly funny. “We loved our male chauvinist pigs,” recalls one of the activists, “we just wanted to change them a little!” The following year, Iceland’s parliament passed a law guaranteeing equal rights to women and men. The Day Iceland Stood Still inspires viewers to imagine the possible — changing your country into the “best place in the world to be a woman.” PARTIALLY SUBTITLED

Directed by Pamela Hogan

Produced by Hrafnhildur Gunnarsdóttir.

Registration #384333-07

Date: Thursday, July 9

Time: 5:30-7:30 pm

Fee: Free, please register in advance

¿Quieres saber más sobre nuestros programas del verano en el GO? El lunes, 13 de abril, es el primer día en que puede registrarse para las clases del verano. Para más información sobre los programas, acompáñanos el 10 de abril a las 10-11:30am .

Billar

Juegue billar por \$1 dólar.

Cuándo: Los lunes a jueves: 8 am-8 pm,

Los viernes: 8 am-4:45 pm,

Los sábados: 8 am-12 pm



Bailas de Mi Tierra Grupo de Baile

Los bailarines practican e interpretan diversos bailes y canciones de América Central y Sur, y actúan en varios eventos durante todo el año. Personas interesadas en participación, o deseando recibir mayor información sobre el programa, favor de llamar a Juanita (720) 204-0308. El vestuario usado en prácticas y presentaciones no se incluye como parte de este programa.

Fechas: Los lunes y viernes

Hora: 3:15-4:45 pm

Costo: Gratis

Coro – Grupo de Canto

¿Le gusta cantar o convivir cantando? Acompáñenos para disfrutar en escuchar o cantar canciones clásicas Mexicanas. Personas interesadas en participación, o deseando recibir mayor información sobre el programa, favor de llamar a Osvaldo 720-288-8070.

Fechas: Los lunes,

11 de mayo

6 y 22 de junio

6 de julio

17 y 31 de agosto

Hora: 1-2:30 pm

Costo: Gratis, no es necesario registrarse

Círculo de Apoyo

¿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.

Fecha: El primer jueves de cada mes

Hora: 10-11:30 am

Costo: Gratis, no es necesario registrarse

Lotería

Nos reuniremos dos veces al mes para entretenernos con juegos de mesa, como lotería, baraja, o dominó. Todos están bienvenidos. ¡Los esperamos, no se lo pierdan! No hace falta conocer los juegos. ¡Se los enseñaremos! Y si disfrutan de algún juego en particular, no duden en traerlo para compartirlo con el grupo. ¡Los esperamos, no se lo pierdan!



Fechas: El segundo y cuarto martes de cada mes

Hora: 2-3:30 pm

Costo: Gratis, no es necesario registrarse

Pan, Café, y la Muerte

¡Hablemos de la muerte! Acompáñenos a tener en 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 vivir con mayor plenitud cada etapa de su vida. Todo lo que se comparta en el grupo será confidencial.

Nota: Este no es un grupo de manejo y recuperación del duelo.

Fechas: Los jueves,

21 de mayo, 18 de junio

16 de julio, 20 de agosto

Hora: 10-11:30 am

Costo: Gratis, no es necesario registrarse



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

Las señales de la enfermedad de Alzheimer frecuentemente se creen ser una parte normal del envejecimiento lo que no es cierto. Si usted o alguien conocido parecen estar perdiendo la memoria o tiene cambios de comportamiento, es hora de aprender acerca de los síntomas. La detección temprana le da a usted una oportunidad de empezar un tratamiento, participar en un estudio clínico y planear para el futuro. Participe en esta clase para que aprenda cuales son las 10 Señales de Advertencia de la enfermedad de Alzheimer. Aquí nosotros separamos los mitos de la realidad y discutimos los temores que la gente en América tiene acerca del Alzheimer.

de Registración: 386804-00

Fecha: lunes, 11 de mayo

Hora: 10-11:30 am

Costo: Gratis, y por favor regístrese

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

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

de Registración: 386803-00

Fecha: jueves, 21 de mayo

Hora: 10-11:30 am

Costo: Gratis, y por favor regístrese

¿Qué Es Exactamente el Proceso de Sucesión (Probate) y Cómo Puedo Evitarlo?

NUEVO

¿Alguna vez se ha preguntado cómo proteger a su familia después de su fallecimiento? ¿Le interesa mantener al gobierno y al público fuera de sus asuntos personales una vez que ya no esté? Esta presentación es para usted. Aprenderá qué es el proceso de sucesión testamentaria (probate), cómo funciona y, lo más importante, cómo puede evitarlo por completo. Nuestros abogados de Althaus Law le explicarán cómo proteger a sus seres queridos y mantener sus asuntos fuera de los tribunales. Presentado por: Althaus Law.

de Registración: 385197-07

Fecha: jueves, 16 de julio

Hora: 2-3 pm

Costo: Gratis, y por favor regístrese



NUEVO

Seguridad personal

Únase a nosotros para una clase educativa diseñada para ayudarle a mantenerse seguro en una variedad de situaciones cotidianas. Cubriremos estrategias prácticas de seguridad personal para el hogar, la calle, su automóvil, el trabajo y los edificios públicos. Conozca las tendencias actuales de delitos en su área y cómo protegerse. Salga sintiéndose tranquilo, fortalecido y seguro en su propia seguridad personal. Manténgase alerta. Manténgase siempre preparado. Se proporcionarán bebidas y aperitivos.

Presentado por: Departamento de policía de Longmont

de Registración: 386505-01

Fecha: jueves, 28 de mayo

Hora: 1-2:30 pm

Costo: Gratis, y por favor regístrese



Revisando los Síntomas de Depresión y Ansiedad

En este curso hablaremos sobre: qué es la depresión y la ansiedad; cómo se presenta en la mente y cuerpo; cuáles son sus causas; y que tratamientos son efectivos. Practicaremos algunas estrategias para activamente reducir y prevenir algunos síntomas. Debemos recordar que es muy importante que cuidemos nuestra salud mental porque algunos síntomas, como sentirse aislada, con tristeza, preocupación, ansiedad, miedo, etc., pueden cambiar nuestros comportamientos, actividades diarias y nuestras relaciones con familiares y amigos.

Presentadora: Scarlett Silva Parra.

de Registración: 386802-00

Fecha: jueves, 18 de junio

Hora: 1-2:30 pm

Costo: Gratis, y por favor regístrese

Boulder County-Mejorar y mantener la salud y el bienestar

¿Qué es la medicina del estilo de vida? Venga a conocer las diferentes partes de esta práctica basada en evidencia que puede mejorar la salud y la calidad de vida. Vamos a explorar como podemos implementar conductas saludables en la vida diaria de manera accesible y razonable. Hablaremos de cuáles son las conductas que forman la medicina del estilo de vida y formaremos un plan personal para empezar a incluirlas en nuestras vidas. Es un taller de información educativa y pláticas con el grupo.

de Registración: 386504-01

Fecha: jueves, 5 de junio

Hora: 10-11:30 am

Costo: Gratis, y por favor regístrese



Hawkins Movie Theater -Spanish Movie



¡Luces, cámara, acción! ¡Ven con un amigo y disfruta de un día disfrutando de deliciosas palomitas con mantequilla y viendo una película! La película estará doblada al español. La película que veremos estará disponible una semana antes de la fecha. Te llamaremos con antelación para informarte del nombre de la película. El horario está sujeto a cambios debido a la disponibilidad limitada de películas.

de Registración: 386506-01

Fecha: miércoles 24 de junio

Horas: 10:15 am

Costo: \$28 residente / \$35 no-residente

Los 4 Documentos de Planificación Patrimonial Toda Persona Debe Tener



¿Desea proteger a su familia y evitar costos legales innecesarios después de su fallecimiento? En esta presentación, los abogados de Althaus Law explicarán cómo evitar el proceso de sucesión testamentaria (probate), proteger sus bienes y asegurar que su patrimonio llegue a las personas que usted elija. Aprenderá sobre los documentos esenciales de planificación patrimonial, estrategias para minimizar impuestos y cómo evitar que el gobierno tome decisiones sobre sus bienes. Infórmese y planifique con confianza para el futuro. **Presentado por: Althaus Law.** Si desea, puedo hacerlo más promocional, formal, o más breve para catálogo.

de Registración: 385197-05

Fecha: viernes, 21 de mayo

Hora: 2-3 pm

Costo: Gratis, y por favor regístrese



INFORMACIÓN Y PROGRAMAS EN **ESPAÑOL**

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

La Dra. Susan Wilhoit es una especialista en el hospicio y en la medicina paliativa, también es una doula de etapas finales de la vida. En esta plática, se presentará la historia de la Asistencia Médica para Morir (MAiD), el uso de la 'Ley de opciones al final de la vida' en Colorado y la elegibilidad y reglas de cualificación para MAiD.

La Dra. Wilhoit compartirá sus experiencias personales y profesionales de acompañamiento de personas que eligieron MAiD. Habrá tiempo para preguntas.

de Registración: 386805-00

Fecha: lunes, 13 de julio

Hora: 10-11:30 am

Costo: Gratis, y por favor regístrese

Manejo del Duelo y Recuperación

Este taller de manejo del duelo y recuperación, dirigido a adultos mayores y cuidadores, ofrece un espacio cálido y respetuoso para comprender el proceso de duelo, expresar emociones y desarrollar estrategias saludables de afrontamiento. Mediante explicaciones claras, ejercicios terapéuticos guiados y actividades de reflexión, los participantes aprenden a recordar a sus seres queridos con serenidad, fortalecer su auto-cuidado y re-conectar con fuentes de apoyo y propósito, promoviendo resiliencia y esperanza.

Presentadora: Antoinette C Mehler, PhD.

Registration #386502-01

Date: martes, 16 de junio

Time: 2-3:30 pm

Fee: \$3 residentes / \$4 no residentes



Taller Interactivo

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.

Registration #386502-03

Date: miércoles, 12 de agosto

Time: 1-3 pm

Fee: \$3 residentes / \$4 no residentes



Manteniendo el Equilibrio en la Vida

Este taller para personas mayores ofrece herramientas prácticas para mantener el equilibrio emocional, físico, social y mental. En un ambiente participativo, los asistentes reflexionan sobre hábitos y fortalezas, y aprenden técnicas de respiración, gratitud y rutinas saludables. Con actividades y diálogo significativo, promueve bienestar, conexión social, propósito y adaptación positiva a los cambios de esta etapa.

Presentadora: Antoinette C Mehler, PhD.

Registration #386502-02

Date: miércoles, 8 de julio

Time: 1-3 pm

Fee: \$3 residentes / \$4 no residentes

Clases de Baile de Salsa

#386500-05 **jueves, del 7 al 21 de mayo**

#386500-08 **jueves, del 6 al 20 de agosto**

Hora: 1-2 pm

Costo: \$5 residentes / \$7 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!



Regalo de Paz

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).

de Registración: 386800-08

Fecha: martes, 4 de agosto

Hora: 1-3 pm

Costo: Gratis, y por favor regístrese

Herramientas Prácticas para la Resolución de Conflictos: Mejorando la Comunicación Interpersonal

Este taller está diseñado para proporcionar a los adultos mayores habilidades prácticas para la resolución de conflictos. Aprenderán técnicas efectivas de comunicación y estrategias para manejar desacuerdos cotidianos, fortalecer el entendimiento mutuo y mejorar las relaciones interpersonales. El taller combina teoría breve con ejercicios prácticos, fomentando un ambiente interactivo y participativo. Presentado por **Jasmine Padilla** y **Vanessa Michelle** de City of Longmont Mediation.

de Registración: 386801-00

Fecha: jueves, 13 de agosto

Hora: 10:30-11:30 am

Costo: Gratis, y por favor regístrese



VIDA CREATIVA

Mayo: Decora tu sombrero

Ven a darle un toque personal a tu verano a través de la decoración de sombreros, transformamos la prevención solar en un acto de expresión personal y de bienestar

Junio: Honrando nuestra diversidad cultural decorando abanicos.

Te invitamos a este espacio de encuentro donde tu historia y tus raíces son las protagonistas. En este taller, decorarás tu propio abanico utilizando colores, patrones y símbolos que representen tu identidad y cultura.

Julio: Sembrando sabiduría: decoración de macetas.

En este grupo, celebramos la experiencia y la vida que ustedes representan. Te invitamos a una actividad donde tus manos darán color a una maceta única, reflejando la sabiduría y el cuidado que has cultivado a lo largo de los años.

Agosto: “Superando mis estados de ánimo: decorando mi marco de recuerdos

Te invitamos a decorar un marco de fotos que servirá como un recordatorio visual de tus fortalezas, tus alegrías y de los momentos que te dan paz y bienestar. Transforma tus emociones a través de los colores y texturas, encontrando en el arte una forma de relajarte y sentirte mejor.

Fecha: los viernes

15 de mayo # de Registración: 386503-01

12 de junio # de Registración: 386503-02

17 de julio # de Registración: 386503-03

21 de agosto # de Registración: 386503-04

Hora: 9:30-11:30 am

Costo: \$3 residentes / \$4 non-resident



INFORMACIÓN Y PROGRAMAS EN ESPAÑOL

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 español).

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.

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.

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.

¿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.

¿Conéctate con Cultivate

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

Consejera de Medicare

Proporciona información objetiva y asistencia con respecto a los beneficios de Medicare, seguros de salud, las políticas complementarias, sus derechos y más. Para una cita llame al 303-441-1546 oprima 2 y deje su mensaje. Fechas de sesiones sin cita previa el segundo jueves de cada mes de 1 a 4 pm a 515 Coffman Street. Puede mandar correo electrónico a medicarecounseling@bouldercounty.gov.

¿Tiene 55 años o más y necesita ayuda con solicitudes de beneficios?

El programa “Benefits in Action” ofrece ayuda sin cita previa en el Senior Center de Longmont. Este servicio se ofrecerá el primero y tercero miércoles de cada mes, de 9 - 11:30 a.m. El servicio brinda asistencia con Medicare, Medicaid, SNAP (ayuda para comida), LEAP, Connect for Health Colorado, y más.

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.





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 4:30 pm on the third Thursday 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.

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 to 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.

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.

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

Cloud 9 Foot Care

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.

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 for an additional fee. Call Cloud 9 Foot Care, LLC to schedule your appointment at 720-512-9445.

Fee: \$60 resident / \$75 non-resident (starting at)



Summer Tips for Caregivers

We'll discuss practical travel tips for caregivers for both out-of-town summer travel and staycations: travel planning and logistics, maintaining your person's routine, what to take with you, service options, and caregiver support. Presented by **Brenda Gurung**, Montessori-credentialed dementia specialist with 16-years of experience in aging and dementia.

Registration #388806-00

Date: Saturday, May 2

Time: 10-11 am

Fee: Free, please register in advance

Meditation and Breathwork



This meditation class will include intentional breathing patterns to calm the nervous system and bring about a sense of inner connection. We will do seated breathwork (chair or floor) and guided meditation done while lying on a mat on the floor or seated in a chair (if preferred). Research has shown that ongoing meditation and breathwork practice contribute to mind-body health and well-being. **Instructed by: Ramya Bruskin, RYT, CNC.**

Registration #388020-05

Date: Wednesday, May 6-27

Time: 4:15-4:45 pm

Registration #388020-06

Date: Wednesday, June 10-24*

Time: 4:15-4:45 pm

Registration #388020-08

Date: Wednesday, August 5-26

Time: 4:15-4:45 pm

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

*Fee: \$13 resident / \$17 non-resident

Hello Summer!



Join us as we welcome the sunny season. Enjoy a relaxed social hour filled with light refreshments and friendly conversation. This casual gathering is the perfect opportunity to welcome the season and enjoy time with friends. No registration required.

Registration #313402-1

Date: Thursday, June 18, 3-4 pm

Fee: Free, please register in advance

UC HEALTH - TRAUMA SERVICES



ThinkFirst for Fall Prevention

Falls should not be considered a normal part of aging. Take steps to lower your risk for falls by taking a fall prevention class and implementing prevention measures both in and out of your home. Call 303.651.8411 to register.

Registration #385098-05

Date: Thursday, May 7

Time: 10-11 am



Stop the Bleed

A bleeding injury can happen anywhere. Civilians need basic training in bleeding control principles so they are able to provide immediate, frontline aid until first responders are able to take over care of an injured person. Through our STOP THE BLEED® course, you'll gain the ability to recognize life-threatening bleeding and intervene effectively. Call 303.651.8411 to register.

Registration #385098-08

Date: Thursday, August 6

Time: 10-11 am

Fee: Free, please register in advance



The Journey from Exhaustion to Rest: An Introduction to The Rested Path



The Journey from Exhaustion to Rest - An Introduction to The Rested Path™ - a body-centered, meditative approach that helps with stress, fatigue, and burnout. In this three session introduction to The Rested Path™ you'll learn simple techniques to go from burnout to vitality, ones that can be practiced anywhere and in any setting. Led by **Lisa Trank** (CTAT) who recently completed the Daring to Rest Coach Training® and the Daring to Rest Yoga Nidra facilitator training in 2025, sessions will include rest practices that Karen Brody, founder of Daring to Rest, calls “Rested Body,” “Rested Voice,” and “Rested Action.” Wear comfortable clothes and bring a yoga mat, a blanket, and a journal.

Registration #388165-01

Dates: Wednesday, May 13-27

Registration #388165-02

Dates: Wednesday, June 17-July 1

Registration #388165-03

Dates: Wednesday, August 12-26

Time: 2-3:15 pm

Fee: \$90 resident / \$113 non-resident



Advanced Directives

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.**

Registration #385003-05

Date: Thursday, May 14

Registration #385003-06

Date: Thursday, June 11

Registration #385003-07

Date: Thursday, July 9

Registration #385003-08

Date: Thursday, August 13

Time: 9:30-11 am

Fee: \$10 resident / \$13 non-resident

Hand Drumming Across Generations

Drumming is a fun, inclusive activity anyone can enjoy—no experience or musical background required. These monthly classes offer a stress-free, interactive hour of rhythm and connection led by instructor **Nancy Brauhn-Curnes**. Participants will learn basic strikes, simple rhythms, and enjoy drum circle activities in a welcoming environment. Drumming can support focus, memory, and stress reduction while bringing people together through the joy of music. Drums and percussion instruments are provided—just come ready to have fun and feel the beat!

Registration #289604-05

Date: Thursday, May 14

Registration #389604-06

Date: Thursday, June 11

Registration #389604-07

Date: Thursday, July 9

Registration #389604-08

Date: Thursday, August 13

Time: 1:30-2:30 pm

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



Fatty Liver 101: What It Is, Why It Happens, and How to Treat It

Fatty liver is more common than many people realize, especially as we get older, but the good news is that it's often preventable and very treatable. In this easy to understand session, we'll explore what fatty liver actually means, why it develops, and the simple steps you can take to protect your liver and improve your overall health. We'll talk about everyday habits that make a big difference, how doctors check for liver changes, and what treatments or lifestyle adjustments can help your liver heal. This talk is designed to reassure, inform, and empower you—because small changes can lead to big improvements, at any age.
Presented by: Sasha Kapil, MD,
 UCHealth Gastroenterology - Longmont.

Registration #388016-05

Date: Tuesday, May 19

Time: 5:30-6:30 pm

Fee: Free, must register in advance

Talk with a Healthcare Pro

Join UCHealth physicians and staff for a shared conversation on a variety of health-related topics from head to toe. Plan for an interactive hour of fun and helpful health information. Light snacks will be provided. Seating is limited.

Registration #388016-06

Date: Tuesday, June 16

Time: 5:30-6:30 pm

Registration #388016-08

Date: Tuesday, August 18

Time: 5:30-6:30 pm

Fee: Free, please register in advance

UCHealth Aspen Club: Balance Screenings

UCHealth Aspen Club Balance Screening: These screenings, performed by Physical and Occupational Therapists, will assess your fall risk using the STEADI (Stopping Elderly Accidents, Deaths, & 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.**

Registration #385080

Date: Wednesday, May 20

Time: 1:30-3 pm

Fee: Free, must register in advance

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

Fresh Perspectives on Dementia

A Fresh Perspective on Dementia challenges us to see brain disease, people experiencing cognitive changes, and ourselves differently. Too much time and attention is placed on defining what type of disease a person has or trying to “fix” them, diminishing and depersonalizing the person with brain changes. We will focus on the joy of connecting in a deeply meaningful, personal, and loving way.
Presented by Ralph Patrick.



Registration #388803-00

Date: Thursday, May 21

Time: 1-2:30 pm

Fee: Free, please register in advance



Cultivating Connections

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**.

Small & Big Talk

Registration #388800-05

Date: Tuesday, May 19

Time: 1-2:30 pm

Tips & Tricks for Introverts

Registration #388800-06

Date: Tuesday, June 16

Time: 1-2:30 pm

Change & Transition

Registration #388800-07

Date: Tuesday, July 14

Time: 2-3:30 pm (note time change)

Dating & Relating

Registration #388800-08

Date: Tuesday, August 18

Time: 1-2:30 pm

Fee: Free, please register in advance



Better Sleep: Tips and Tools for Restful Nights



Sleep problems are common among older adults and can negatively affect memory, mood, physical health, and overall quality of life. Cognitive Behavioral Therapy for Insomnia (CBT-I) is a relatively simple and evidence-based approach that helps individuals improve sleep by addressing unhelpful thoughts, habits, and behaviors related to sleep. CBT-I provides practical skills to improve sleep without relying on medications, supports healthy aging, and promotes better daily functioning and well-being. **Presented by: Sean O'Halloran.**

Registration #388164-05

Date: Wednesday, May 20

Time: 10-11:30 am

Registration #388164-08

Date: Wednesday, August 19

Time: 10-11:30 am

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

COMMONSPIRIT HEALTH AT LONGMONT UNITED HOSPITAL PRESENTS



Longmont United
Hospital

Understanding Memory Care: A Guide for Seniors

Join us for an informative session on memory care. Learn practical strategies for maintaining cognitive health and what to consider when planning for the future. A light meal will be served.

Registration #388300-11

Date: Thursday, June 11

Time: 12-1 pm

Fee: Free, must register in advance

Confidence on the Go

Confidence on the Go with **Kassandra Dickerson**, Trauma Program Manager Longmont United Hospital.

Empowering older adults to navigate roads safely, this presentation explores heightened crash risks due to fragility, frailty, and slower reaction times for drivers and pedestrians. Learn resources, enhancements, and opportunities that promote safe driving for older adults. A light meal will be served.

Registration #388300-27

Date: Thursday, August 27

Time: 12-1 pm

Fee: Free, please register in advance



10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources. **Presented by the Alzheimer's Association.**

Registration #388813-00

Date: Monday, June 1

Time: 1-2:30 pm

Fee: Free, please register in advance

Let's Talk About Values

What does the word "value" mean? What are my core values, and how might they be influencing my decisions and relationships? Join us for interactive discussion and exercises exploring the importance of values in our daily lives. Led by Senior Services staff, **Kayleigh Schernbeck, LCSW**, we'll dive into these questions and start uncovering insights for living a more aligned life.

Registration #388809-00

Date: Wednesday, June 3

Time: 1:30-3 pm

Fee: Free, please register in advance

Dementia Activity Ideas for Caregivers

We'll introduce best practices for meaningful activity ideas for your person living with mild cognitive impairment, as well as the different stages of dementia. We'll discuss the Montessori Method for dementia caregiving, as well as the art program, Memories in the Making. And we'll also identify how to modify engagements for your person's present abilities. Presented by **Brenda Gurung**, Montessori-credentialed dementia specialist.

Registration #388807-00

Date: Saturday, June 6

Time: 10-11 am

Fee: Free, please register in advance

Caregiving 101

If you are providing unpaid care or support for someone as their functioning declines, you are a caregiver. Join us to discuss resources for legal and financial planning, education, support groups, and honoring care recipient's right to self-determination. Whether you are assisting with care for a parent, spouse, child, sibling, neighbor, or friend, you are welcome to attend. Led by Senior Services staff **Brandy Queen, LPC.**

Registration #388801-00

Date: Monday, June 15

Time: 5:30-6:30 pm

Fee: Free, please register in advance

Transcending Dementia: Spirituality and the Self

Even though dementia seriously affects cognition, it can't touch the essence of a person. This class provides an opportunity to consider how the Self can be nurtured through such means as art, music, nature, and other mediums. It provides inspiration and encouragement to look more deeply into what gives meaning and value to each individual. Presented by **Ralph Patrick.**

Registration #388804-00

Date: Friday, July 10

Time: 1-2:30 pm

Fee: Free, please register in advance

Speed Friending!

Like speed dating but for finding potential friends! New to the area, trying to make new connections, or just want to practice the art of conversation? Join us to quickly meet other Longmont area seniors in search of those same things. Question prompts are provided. Feel free to leave at 6:45 PM - or, NEW THIS YEAR, stay for appetizers during an optional social hour until 7:45 PM. Senior Services' staff **Kayleigh Schernbeck, LCSW** will serve as your speed friending facilitator.

Registration #388810-00

Date: Tuesday, June 23

Time: 4:45-7:45 pm

Fee: Free, please register in advance



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

Opportunity to learn about some of the surprising faces of grief, such as relief, numbness, and even happiness. We will also explore answers to the question, “Why am I still grieving?” and why so many people find it surprising that they feel grief longer than they expected. Presented by Senior Services’ staff **Brandy Queen, LPC**.

Registration #388802-00

Date: Thursday, August 20

Time: 11 am-12 pm

Fee: Free, please register in advance

Caregiving Best Practices

In this updated workshop, we’ll review practical tips for caregiving: empowering ways to assist with daily needs; tips for difficult conversations; resources and support; as well as techniques to address caregiver stress. Presented by **Brenda Gurung**, Montessori-credentialed dementia specialist with 16-years of experience in aging and dementia.

Registration #388808-00

Date: Saturday, August 22

Time: 10-11 am

Fee: Free, please register in advance

DR. TONI’S HEALTH AND WELLNESS



Grief Management and Recovery

This grief management and recovery workshop, designed for older adults and caregivers, offers a warm and respectful space to understand the grieving process, express emotions, and develop healthy coping strategies. Through clear explanations, guided therapeutic exercises, and reflective activities, participants learn to remember their loved ones with serenity, strengthen self-care, and reconnect with sources of support and purpose. The workshop is conducted at a gentle pace, sensitive to the needs of this stage of life, and promotes emotional well-being, resilience, and hope.

Registration #386502-01

Date: Tuesday, June 16

Time: 2-3:30 pm

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

Maintaining Balance in Life

This workshop for older adults offers practical tools to maintain balance in life on an emotional, physical, social, and mental level. In a warm and participatory environment, attendees reflect on their habits, strengths, and support networks, and learn simple strategies such as breathing techniques, gratitude exercises, and planning healthy routines. Through guided activities and meaningful conversations, the workshop promotes well-being, social connection, a sense of purpose, and skills to positively adapt to the changes characteristic of this stage of life.

Registration #386502-02

Date: Wednesday, July 8

Time: 1-3 pm

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

Interactive Workshop

In our upcoming interactive workshop, we will invite older adults to share their reflections, questions, and everyday challenges in a welcoming and supportive environment. The program is designed to give participants the opportunity to raise their most important concerns, whether about using new technologies, managing finances on a fixed income, coping with changes in health or mobility, family issues, emotional concerns, or staying socially connected. Guided by an experienced facilitator, each concern will be acknowledged and addressed, with time set aside for group discussion so participants can learn from one another’s experiences and solutions. The workshop encourages open conversation, mutual support, and practical problem-solving, while also fostering a sense of community. Most importantly, it provides a space where older adults can express their needs, feel heard, and discover helpful resources and ideas together.

Registration #386502-03

Date: Wednesday, August 12

Time: 1-3 pm

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

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

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

Tips for Quality Sleep

Quality sleep is essential for good health and well-being, but it's not always easy to achieve. Boost your chances of good night's rest as we explore tips and techniques so you can wake up feeling revitalized and ready for your day! **Presenter: Kim Nicks.**

Registration #213401-3

Date: Tuesday, May 12

Time: 12-1 pm

Healthy Hydration During the Summer Season

During the warm summer months, our activity levels may increase as we enjoy outdoor activities like swimming, tennis, or walking. With warmer temperatures, one essential nutritional consideration is staying properly hydrated. Learn nutrition strategies to include more beneficial minerals that contain electrolytes, like potassium and magnesium, from plant-rich foods in our meals and snacks, supporting balanced hydration in the body in the summer season and beyond.

Presenter: Melinda Benz, RDN

Registration #313401-1

Date: Tuesday, June 9

Time: 12-1 pm

Finding Balance in a Digital World

Curious about how to build a healthy relationship with technology? Join us for a presentation and discussion on how to find balance in a digital world. We'll explore how phones, tablets, TV, and social media affect our mood, sleep, and well-being - and share simple, practical ways to enjoy technology without feeling overwhelmed. No judgment, no pressure - just helpful tools for a healthier balance.

Presented by **Brianna Kennedy, LPCC.**

Registration #388811-00

Date: Friday, July 17

Time: 1-2 pm

Fee: Free, please register in advance

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



Traveling? Training & Tips for Staying Active on the Go

Traveling this summer? Stay active this summer whether you travel by plane, trains, or automobiles. Let's explore a few simple and easy tools to take your workout on the road. **Instructor: Kim Nicks.**

Registration #313401-2

Date: Tuesday, July 14

Time: 12-1 pm

Exercise and Parkinson's Disease

Parkinson's disease is the second most common neurodegenerative disease after Alzheimer's disease. Exercise is an essential component of managing Parkinson's disease. Join us as we discuss ways to manage Parkinson's with exercise. **Instructor: Kim Nicks.**

Registration #313401-3

Date: Tuesday, August 11

Time: 12-1 pm





EMPOWER CAREGIVERS SERIES

Building Foundations of Caregiving & Supporting Independence

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

Registration #388812-01
Date: Tuesday, June 23
Time: 1-2:30 pm



Communicating Effectively

Join us for Communicating Effectively & Responding to Dementia-Related Behaviors, an education program by the **Alzheimer’s Association**. Discover new ways to communicate effectively at any stage of the disease, tips to improve communication, steps to recognize and manage dementia-related behaviors and their triggers, and how to recognize when additional help is needed.

Registration #388812-02
Date: Tuesday, June 30
Time: 1-2:30 pm

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

“Responding to Dementia-Related Behaviors” covers dementia’s impact on behavior, triggers, and management strategies, while “Exploring Care and Support Services” focuses on planning for care changes and understanding different care settings. Both programs provide valuable insights and activities to help you apply person-centered care approaches in your caregiving journey.

Registration #388812-03
Date: Tuesday, July 7
Time: 1-2:30 pm
Fee: Free, please register in advance

Practical Tools for Conflict Resolution: Improving Communication and Relationships

This workshop is designed to provide seniors with practical conflict resolution skills. Participants will learn effective communication techniques and strategies for managing everyday disagreements, strengthening mutual understanding, and improving interpersonal relationships. The workshop combines brief theoretical concepts with hands-on exercises, encouraging an interactive and participatory environment. Presented by **Jasmine Padilla** and **Vanessa Michelle** from City of Longmont Mediation.

Registration #388805-00
Date: Thursday, August 6
Time: 10:30-11:30 am
Fee: Free, please register in advance



Move with Ease: Improve Balance, Flexibility, and Everyday Comfort

This gentle, floor-based Feldenkrais class uses slow, comfortable movements to help you move with greater balance, flexibility, and ease in daily life.

While lying on a mat, you'll explore freeing the hips, spine, neck, shoulders, and eyes to support better posture, coordination, and comfort. As unnecessary effort softens, many participants notice reduced tension, improved balance, and a clearer sense of organization in everyday activities. Movements are adaptable and done at your own pace. No experience is required. Please bring a mat and wear comfortable clothing. **Instructor: Al Wadleigh, GCFP.**

Registration #387011-05

Date: Wednesdays, May 6-27

Time: 4:30-5:30 pm

Registration #387011-06

Date: Wednesdays, June 3-24

Time: 4:30-5:30 pm

Registration #387011-07

Date: Wednesdays, July 1-15*

Time: 4:30-5:30 pm

Registration #387011-08

Date: Wednesdays, August 5-26

Time: 4:30-5:30 pm

Fee: \$45 resident / \$57 non-resident

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

Senior Center Alignment-Based Yoga

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 2 large beach towels. Call instructor **Gwyn Cody** for questions: 970-669-1574.

Registration #388021-05

Date: Mondays, May 4-18

Time: 10:45-11:45 am

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

Registration #388021-06

Date: Mondays, June 1-29

Time: 10:45-11:45 am

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

Registration #388021-07

Date: Mondays, July 6-13

Time: 10:45-11:45 am

Fee: \$24 resident / \$30 non-resident

Registration #388021-08

Date: Mondays, August 10-31

Time: 10:45-11:45 am

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

Single Class Drop-In Fee:

\$14 resident / \$18 non-resident

Pilates

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. You must be able to move safely to and from the floor. Contact **Kathy** at 720-297-1386 for questions.

Registration #388027-05

Date: Tuesdays, May 5-26

Time: 12:15-1:15 pm

Registration #388027-06

Date: Tuesdays, June 2-30*

Time: 12:15-1:15 pm

Registration #388027-08

Date: Tuesdays, August 4-25

Time: 12:15-1:15 pm

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

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

Single Class Drop-in Fee: \$15 resident / \$19 non-resident





Ukemi for Older Adults

Learn techniques from Japanese martial arts to receive falls safely!



After standing meditation and light core exercises and stretches, build safe falls from the ground up while practicing on a forgiving matted surface. For more information contact instructor

Randy Thompson at actionspeaklouder@gmail.com.

Registration #388081-05
Date: Tuesdays, May 5-26

Registration #388081-06
Date: Tuesdays, June 2-23

Registration #388081-08
Date: Tuesdays, August 4-25

Time: 1-2 pm
Fee: \$55 resident / \$69 non-resident

Yoga for Brain Health

Yoga for Brain Health uses functional yoga movements designed to support and optimize brain and nervous system function. The class incorporates eye movements, tongue placement, breathwork, and yoga postures to promote memory, executive functioning, and stress reduction. Sessions may include standing, seated, and relaxation practices, with options to complete the entire class from a chair if needed. Participants are encouraged to bring a yoga mat and consult a healthcare provider before beginning any new exercise program. **Instructor: Ramya Bruskin, RYT, CNC.**

Registration #388019-05
Date: Wednesdays, May 6-27
Time: 3-4 pm

Registration #388019-06
Date: Wednesdays, June 10-24*
Time: 3-4 pm

Registration #388019-08
Date: Wednesdays, August 5-26
Time: 3-4 pm

Fee: \$35 resident / \$44 non-resident
*Fee: \$27 resident / \$34 non-resident

Seniors on Weights

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**

Days: Tuesdays and Thursdays

Registration #213303-C
Dates: May 5-28

Registration #313303-A
Dates: June 2-25

Registration #313303-B
Dates: July 7-30

Registration #313303-C
Dates: Aug 4-27 (Aug 11&13 will be held at the Longmont Recreation Center)

Time: 2-3:30pm
Location: Memorial Building,
700 Longs Peak Ave
Fee: \$140 resident/\$175 non-resident

Seniors on Weights II

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. Pre-Requisite 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**

Day: Wednesdays

Registration #213304-C
Dates: May 6-27

Registration #313304-A
Dates: Jun 3-24

Registration #313304-B
Dates: July 8-29

Registration #313304-C
Dates: Aug 5-26 (Aug 12 will be held at the Longmont Recreation Center)

Time: 2-3:30pm
Location: Memorial Building,
700 Longs Peak Ave
Fee: \$80 resident/\$100 non-resident

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

Falls are a major concern for elderly folks. Hospitals see up to one million patients per year and spend an average of \$14,000 on each one. Tai Chi has been proven in scientific studies to help prevent falls. The slow, mindful movements result in more energy, looser joints, and better balance. This class is modeled on the Centers for Disease Control STEADI programs which are designed and tested to reduce falls in seniors. **Instructor: Steve Elliott**

Registration #387214-00

Dates: Mondays, May 11-July 6

Time: 9:30-10:30 am

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

Yang Style Tai Chi

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.**

Registration #387217-00

**Date: Mondays & Wednesdays,
May 11-July 6**

Time: 12:30-1:30 pm

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

Salsa Dance Lessons/Clases de baile de salsa

Join us for a fun afternoon of Salsa and Bachata dance. This class is a welcoming space to move your body, lift your spirit, and connect with others. Dancing is a wonderful way to stay active, improve your balance, your flexibility, and coordination-All while enjoying great music, meeting new friends, and expressing YOURSELF!! Let's dance together because it's never too late to feel great! This class is a relaxed, social class where everyone is welcome. It's designed for everyone and all levels, beginner-friendly, gentle, and guided movements. No partner needed. Please join us ANYTIME!

Registration #386500-05

Date: Thursdays, May 7-21

Time: 1-2 pm

Registration #386500-08

Date: Thursdays, August 6-20

Time: 1-2 pm

Location: Lashley St Station

Daily Fee: \$5 resident / \$7 non-resident



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 4** for more information.





Line Dance - Beginning

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**.

Registration #388168-01
Date: Tuesdays, May 5-26
Time: 1:30-3 pm

Registration #388168-02
Date: Tuesdays, June 2-30
Time: 1:30-3 pm

Registration #388168-03
Date: Tuesdays, July 7-14
Time: 1:30-3 pm

Registration #388168-04
Date: Tuesdays, August 4-25
Time: 1:30-3 pm

Daily Fee: \$5 resident / \$7 non-resident

Line Dance - Continuing

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 volunteer instructors include **Marilene Sisco** and **Mary McConnell**.

Registration #388169-01
Date: Tuesdays, May 5-26
Time: 3:15-4:15 pm

Registration #388169-02
Date: Tuesdays, June 2-30
Time: 3:15-4:15 pm

Registration #388169-03
Date: Tuesdays, July 7-14
Time: 3:15-4:15 pm

Registration #388169-04
Date: Tuesdays, August 4-25
Time: 3:15-4:15 pm

Daily Fee: \$5 resident / \$7 non-resident

Line Dance Social

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!

Registration #388170-04
Date: Thursday, August 20
Time: 5:30-7:30 pm
Fee: \$2 resident / \$3 non-resident



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.

SilverSneakers[®], Renew Active[™], One Pass[™] Fitness Programs

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

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

SilverSneakers[®] Fitness Classes

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

SilverSneakers[®] Cardio

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

SilverSneakers[®] Classic

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

SilverSneakers[®] Fitness Class Introduction

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

Thu, May 14 Registration #213404-3
Thu, June 11 Registration #313404-1
Thu, July 9 Registration #313404-2
Thu, Aug 13 Registration #313404-3
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 – SUMMER 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 am SilverSneakers® Classic Drop-in class	9-9:45 am SilverSneakers® Stability	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	10-10:45 am SilverSneakers® Yoga Drop-in class	12:30-1:30 pm Yang Style Tai Chi	12:15 -1 pm SilverSneakers® Yoga	
10:45-11:45 am Alignment Based Yoga	11-11:45 am SilverSneakers® Yoga	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	12:15-1:15 pm Pilates			
	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 53-57

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	9:30 am* SilverSneakers® Classic	9:20 am SilverSneakers® Circuit	10:15 am SilverSneakers® Yoga
9:30 am SilverSneakers® Classic	10:15 am SilverSneakers® Splash	10:15 am SilverSneakers® Yoga	10:15 am SilverSneakers® Splash	11:15 am SilverSneakers® Stability
10:15 am SilverSneakers® Yoga		10:20 am SilverSneakers® Circuit		
10:20 am SilverSneakers® Circuit		11:30 am-12:15 pm SilverSneakers® Yoga		

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

SilverSneakers® Classes are 45 minutes
*1 Hour Classes

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 (at Senior Center 5/28-8/13)	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 & 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. For questions or more information contact **Terri Calvin** 303-651-8578 or terri.calvin@longmontcolorado.gov

Longmont Senior Golf Orientation Meeting

New members of the Longmont Senior Golf League are invited to attend an orientation covering league structure, expectations, and how to use SignUpGenius for tee time registration. The session is intended for new players; returning annual members do not need to attend. Participants must have an email address. The season begins with a Friendly warm-up tournament, with players randomly assigned to groups. Must be registered for the Senior League to attend.

Registration #387221-00

Date: Friday, May 1

Time: 9-10:30 am

Fee: Free, please
register in advance

Longmont Senior Golf Association (LSGA)

This is a great way to get out and play 9- holes of golf with other senior golfers at Sunset Golf Course (green fees paid at the golf course only on days you play). This friendly recreational co-ed golf league welcomes players with golf experience, sign up for the days you are available as a single or with a group. We play Friday mornings at Sunset Golf Course mid-May through mid-October. **League registration begins on Wednesday, April 1st, space limited sign up early.**

- You must sign a waiver and have an email address to play.
- Tee times are reserved through SignUpGenius. You will be emailed weekly with an invite to sign up every Thursday at 4pm for the following week's tee times.
- Week 1 of the league is the friendly warm-up tournament, everyone signs up as a single, foursomes will be randomly selected
- If you are new to our league, we highly suggest attending the Senior Golf League orientation Friday, May 1st Registration #387221-00

Registration #387222-00

Date: Friday, May 8-Oct 9

Time: 7:30-10 am

Location: Sunset Golf Course

Fee: \$29 resident / \$34 non-resident



WALK WITH A NATURALIST

Walden Ponds via Heatherwood Connector Loop

Join volunteer naturalists with Boulder County Parks and Open Space for a hike at Walden Ponds. Leaving from the 75th Street parking lot, we will walk on the Connector Trail and along Cottonwood Marsh. See a variety of flowers and birds and learn about the history of Walden Ponds along the way.

Registration #387009-06

Date: Tuesday, May 12

Time: 8:45 am-1 pm

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



Adventure Hikes

Come enjoy the spectacular views of Colorado's Front Range in a variety of hiking destinations and elevations. **Please look at 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. **Safety is our highest priority and we expect the participants of our hiking groups to follow the hike leaders' directions.**

	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.

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

Hiking sticks or trekking poles highly recommended.

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

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 hiking program mid-season.



Summer Adventure Hikes - Thursdays

Date	Reg #	Location	Elevation	Gain	Distance	Notes	Difficulty
May 7	387700-01	Anemone	5,600	1000'	4	V, S	Moderate
May 14	387700-02	Devils Backbone	5,000	400'	5	G, H, R, V	Easy/Mod
May 21	387700-03	Black Canyon (RMNP)	7,920	300'	4	S, V, WF	Easy/Mod
May 28	387700-04	Nelson's Cabin Loop	5,600	1260'	6.8	V	Difficult
June 4	387700-05	Kruger Rock	8,400	1000'	4	R, V	Difficult
June 11	387700-06	Green Mountain	7,600	1000'	6.4	ST	Mod/Diff
June 18	387700-07	Camp Dick to Timberline Falls	8,658	200'	5	R	Easy/Mod
June 25	387700-08	Homestead Meadows	8,300	1100'	7.5	H, WF	Mod/Diff
July 2	387700-09	Lake Helene RMNP	9,475	1,200'	6.2	V	Difficult
July 9	387700-10	Bridal Veil Falls RMNP	7,855	990'	6	V, WF	Mod/Diff
July 16	387700-11	Sleepy Lion	5,900	500'	5	R, V, WF	Moderate
Aug 6	387700-12	Brainard Lake Winter Gate to Lake	10,000	500'	5	V, WF	Mod/Diff
Aug 13	387700-13	Ute Trail – Milner Pass	11,400	-1,050'	4.5	S, V, WF	Mod/Diff
Aug 20	387700-14	Ute Trail – Milner Pass	11,400	-1,050'	4.5	S, V, WF	Mod/Diff
Aug 27	387700-15	Sourdough	10,000	500'	6.5	V	Mod/Diff

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 pm. Time varies according to location, pace, and trail conditions.

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

Spring AAIR Hikes - Wednesdays



Date	Reg #	Location	Elevation	Gain	Distance	Notes	Difficulty
May 6	387701-01	Twin Lakes	4,000	16'	1.4		Easy
May 20	387701-02	Lyons Valley River Walk	5,300	50'	2.5	WF	Easy
June 3	387701-03	Heil Valley Ranch, Lichen Loop Quarry	6,200	+300'(LL) & -200'(QT)	3	G, H, V, WF	Easy/Mod
June 17	387701-04	Bald Mountain	7,000	233'	1		Easy
July 1	387701-05	Coal Creek Trailhead: Aquarius to Public Rd	5,340	0'	2.5	B, H, G, V	Easy
July 15	387701-06	Mud Lake	8,500	200'	3.2	WF	Easy

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

Day: Wednesdays

Check-in: 8:15 am

Depart: 8:30 am

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

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



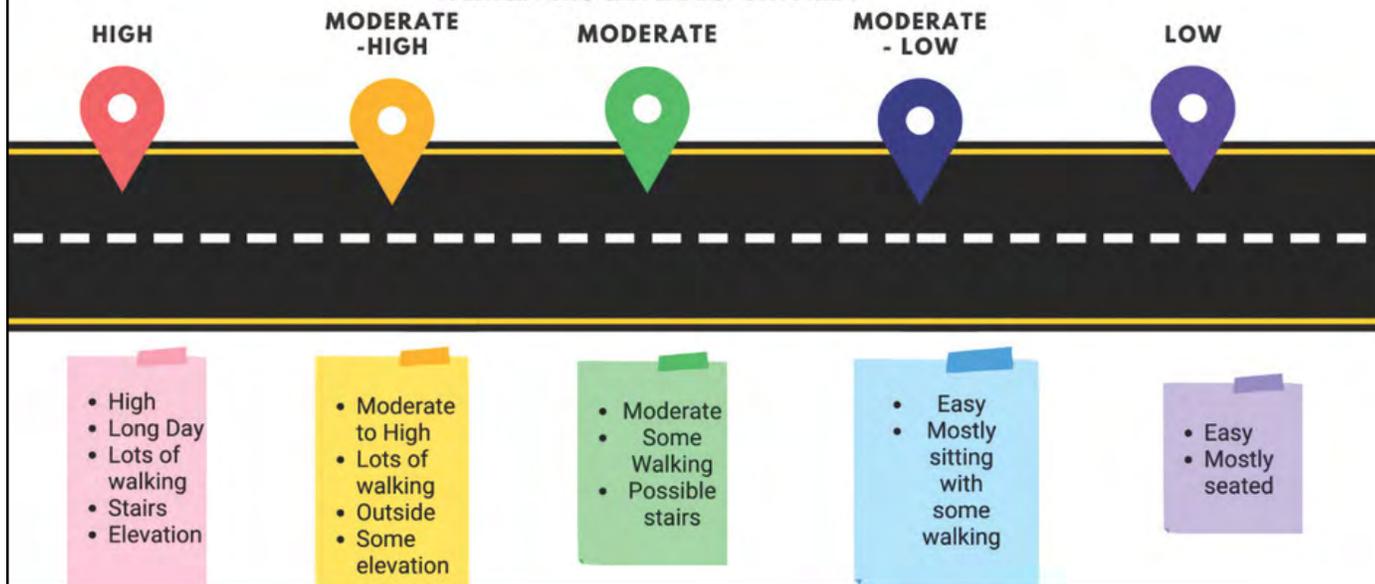
Trip Departure and Return at Lashley Street Station

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

ADVENTURE WALKABILITY SCALE

EACH TRIP DESCRIPTION INCLUDES AN IDENTIFIED EXERTION LEVEL TO HELP YOU BEST ASSESS WHICH OPPORTUNITIES ARE A GOOD FIT FOR YOUR CURRENT WELLNESS LEVEL. THESE ARE GENERALIZATIONS THAT PARTICIPANTS CAN EXPECT ON A TRIP.



TRIPS AND TRAVEL

Longmont Senior Center Trips - Let's Get the Scoop

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 dish up some ice cream while we 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.

Registration #281399-04
Date: Tue, April 14, 3-4 pm

Registration #381399-04
Date: Thu, August 13, 3-4 pm

Fee: Free, please register in advance

CASINO TRIPS

Casino Trip to Black Hawk MODERATE

Hop on the motorcoach for a day long casino getaway, where you can enjoy a relaxing day of casino gaming or grab a bit to eat at the casino. Relax and travel comfortably while spending the day trying your luck and having fun with friends.

Horse Palace Casino, Cheyenne and Terry Bison Casino

Wednesday, May 27 Registration #381255-05

Black Hawk

Thursday, Aug 27 Registration #381255-08

Check In: 8:45 am

Depart: 9 am

Return: 5 pm

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

Day Trip Registration Deadline is 7 Days Before the Trip Date

COLORADO ROCKIES GAMES

Colorado Rockies vs Chicago Cubs

Thursday, June 11 Registration # 381250-11

Colorado Rockies vs Tampa Bay Rays

Wednesday, Aug 5 Registration # 381250-05

Fee: \$56 resident / \$70 non-resident

Enjoy a relaxing and exciting outing to Coors Field to watch the Colorado Rockies in action and soak up the excitement of a

live baseball game. This is a great chance to socialize, soak in the ballpark atmosphere, and have a memorable day out. Game time 1:10pm, seats are in the lower section near and under the overhang. Plenty of time to grab a bite to eat and walk around before the game begins.

Check In: 11 am
Depart: 11:15 am
Return: 5 pm



LUNCH WAGON

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



LOW



LONGMONT SENIOR CENTER

Tuesdays

Check in: 10:15 am

Depart: 10:30 am

Return: 2 pm

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

Pete's Kitchen, Denver

May 5 Registration #381220-05
May 12 Registration #381220-12
May 19 Registration #381220-19
May 26 Registration #381220-26



Here's a blast from the past that's still around today. Pete's Kitchens! It has been a family-owned and operated Denver tradition for 50 years. Comfortable diner, serving classic American dishes with a twist on some Mexican and Greek favorites.

Bada Bing Grill, Arvada



June 2 Registration #381221-02
June 9 Registration #381221-09
June 16 Registration #381221-16
June 23 Registration #381221-23

Bada Bing Grill is proud of their history, making delicious and authentic Greek and Italian Cuisine from generations of family recipes. Discover the taste of the Mediterranean fused together with modern and eclectic ingredients for healthier and flavorful dishes. Denver A-List winners for multiple years.

The Post at the Stanley Hotel, Estes Park



Tuesday, July 7 Registration #381222-07
Tuesday, July 14 Registration #381222-14

The Post Mountain House serves modern takes on Colorado Cuisine. Renowned for crispy, all-natural, gluten-free fried chicken with legions of loyal devotees across Colorado's Front Range. Featured by Guy Fieri on Food Network's Diners Drive-Ins & Dives. Alongside the chicken, you'll find a well-rounded menu of fresh salads, innovative sides, seafood, and vegetarian-friendly options.

Acreage, Lafayette



August 4 Registration #381223-04
August 11 Registration #381223-11
August 18 Registration #381223-18
August 25 Registration #381223-25

Perched high on a hill in east Boulder County overlooking the majestic Front Range and Rocky Mountains, this location offers truly breathtaking scenery. With both indoor and outdoor dining, the setting is as impressive as the cuisine—fantastic food paired with views that are simply unforgettable.

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



TRIPS AND TRAVEL

Candlelight Concerts: Tribute to Fleetwood Mac, Denver

Registration #381260-01



Date: Friday, May 1

Fee: \$61 resident / \$76 non-resident

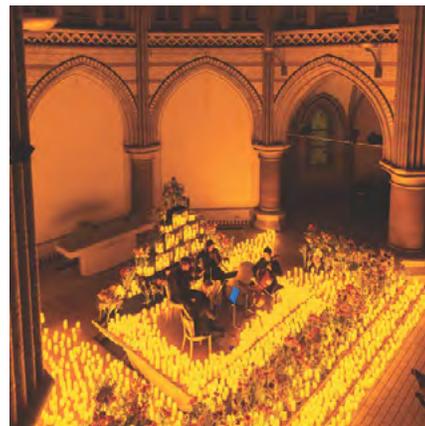
The candlelight concert of Fleetwood Mac is an intimate, one of a kind, multi-sensory musical experience, featuring string quartets and piano/violin duos playing hits like “Dreams” and “Go Your Own Way.” Enjoy the glowing atmosphere; as thousands of candles flicker, softly lighting the entire stage at Trinity United Methodist Church in downtown Denver, creating the perfect atmosphere for a musical performance.

Departs from Senior Center.

Check In: 4:15 pm

Depart: 4:30 pm

Return: 9 pm



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



TRIPS AND TRAVEL

SUPPER CLUB

Join us for dinner on one of our seasonal outings. Cost of meal on your own.

Departs from Senior Center.

Check in: 4 pm

Depart: 4:15 pm

Return: 8 pm

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



**Cinzzetti's,
Northglenn**



Registration #381229-14

Date: Thursday, May 14

Back by popular demand! Cinzzetti's is truly a one-of-a-kind buffet experience. Enter an authentic Tuscan Village centered around a cobblestone piazza. Stroll through 14 stations as chefs prepare over 60 authentic Italian dishes right before your eyes for one great price. Buffett starts \$20.

**Saltgrass Steak House,
Westminster**



Registration #381229-18

Date: Thursday, June 18

Saltgrass Steak House recaptures the flavor of the open campfire. Steaks, chicken, and seafood, chargrilled to perfection. Complete with breads, soups, and desserts, made from scratch daily. Menu prices range \$19-\$45.

**Boulder Cork,
Boulder**



Registration #381229-02

Date: Thursday, July 2

A fine dining tradition in Boulder for more than 50 years, the Boulder Cork has the skill, experience, and community connections to offer the absolute highest quality ingredients prepared in a way that lets the food speak for itself. Enjoy the best modern American cuisine, and freshest ingredients you'll find anywhere. Menu prices range \$20-\$80.

**Daughter
Thai Kitchen,
Denver**



Registration #381229-13

Date: Thursday, August 13

Daughter Thai is a modern and sophisticated interpretation of traditional Thai cuisine made with market-fresh ingredients, voted Denver's #1 Thai food destination. Located in the Highlands neighborhood in Denver. Menu prices range \$20-\$50.

COLORADO LEARNING CENTER OF HUMAN ANATOMY

Overall introduction of the Colorado Learning Center of Human Anatomy and Carroll - 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 uses donated cadavers for our local teachers to use for instruction purposes. 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: \$14 resident / \$18 non-resident
Check-in: 9:30 am
Depart: 9:45 am
Return: 12:15 pm



Breathwork, Exploring the Muscles of Respiration

Registration #381600-05

Date: Wednesday, May 13

We will dive into the thoracic cavity and the separation through the diaphragm into the abdominal cavity. We will look at some of the muscles that are collectively the strongest in our body (internal and external). We will go over ways to support proper breathing through breathwork. Attendees will walk away with ideas to support everyday breathing.

The Digestive System

Registration #381600-06

Date: Wednesday, June 10

We will observe the pathway of the digestive system by exploring from our thoughts to our mouth and through the entire system (up to 31 feet). We will interact with the organs of the digestive system and some of the accessory organs i.e., liver and pancreas and their effects of the digestive processes.

The Muscles that Support our Trunk



Registration #381600-07

Date: Wednesday, July 8

Explore the layers of structures that support our trunk in everything we do, sitting, standing, or laying down. We will look at the anterior (front), posterior (back), and lateral (side) wall muscles. We will discuss how good posture is an important component to our healthy trunk.

How the Central Nervous System (CNS) and Peripheral Nervous System (PNS) Communicate and Work Together

Registration #381600-08

Date: Wednesday, August 12

We will explore the communication highway from our CNS to our PNS and see what makes our arms and legs work. We will explore the differences between sensory and motor functions and the pathways that they travel for our understanding of the CNS. After focused learning, you will walk away with a better understanding of what area of the brain controls these relationships of sensory and proprioception.



**TRIPS
AND
TRAVEL**



Dazzle Jazz: Throwback Friday Music and More, Denver

Registration # 381361-08  
Music of Judy Garland
Friday, May 8

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

Dazzle in Denver hosts a “Throwback Friday” lunch series on the second Friday of every month, featuring live music, comedy, and trivia dedicated to musical icons of the past. Two food items or drink required, cost on your own.

Check In: 9:15 am
 Depart: 9:30 am
 Return: 2:30 pm



Cussler Car Museum and Freedom Street Social Eatery, Arvada

Registration # 381335-00  
Date: Friday, May 15

Fee: \$25 resident; \$33 non-resident

We will visit the Cussler Car Museum in Arvada, Colorado, admiring its impressive collection of classic, rare, and beautifully restored vehicles. Before our tour we’ll stop for Lunch at Freedom Street Social Eatery to enjoy a relaxed meal and good conversation.

Check In: 10:15 am
 Depart: 10:30 am
 Return: 4 pm

Denver Brass: Pulse of America, Denver

Registration # 381230-00  MODERATE

Date: Sunday, May 17

Fee: \$51 resident, \$64 non-resident

Feel the heartbeat of a nation with Denver Brass’s Pulse of America concert where powerful brass performances bring iconic American music to life. Engaging cultural outing filled with bold sound, energy, and a shared appreciation for live music. **Departs from Senior Center.**

Check In: 12:15 pm
 Depart: 12:30 pm
 Return: 6 pm



Wild Animal Sanctuary, Keensburg

Registration # 381261-00  MODERATE 

Date: Thursday, May 28

Fee: \$49 resident, \$62 non-resident

The Wild Animal Sanctuary offers an incredible 33,000+ acres of natural habitats for its rescued animals to enjoy and is home to more than 950 rehabilitated animals. These three facilities represent the largest carnivore sanctuaries in the world. Walk on elevated walkways high above the animals. Self-guided tour, eat at the restaurant on-site. Cost of lunch is on your own. We get there when the animals are most active.

Check in: 8:15 am
 Depart: 8:30 am
 Return: 2:30 pm



Indian Peaks Miniature Horse Ranch, Berthoud

Date: Wednesday, June 3



Registration #381337-03

Date: Wednesday, June 17

Registration #381337-17

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

Indian Peaks Miniatures is a miniature horse ranch located in Berthoud that has been breeding and showing World and National Champion American Miniature Horses since 1995 and 2025 top ten award recipients in the Horse Fertility Show. Join us for a rare opportunity to see these prized miniatures! This outdoor tour is mid-day, summer weather so be prepared. Meal stop before our tour, cost on your own.

Check in: 11:15 am

Depart: 11:30 am

Return: 3 pm



AAIR: Brigadoon at Jesters Dinner Theater, Longmont

Registration # 389610-05



Date: Friday, June 5

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

Brigadoon is a timeless romantic musical where two American travelers discover a mysterious Scottish village that appears for only one day every hundred years. When Tommy Albright falls in love with Fiona, he must choose between the life he knows and a magical world where love, hope, and destiny defy time itself. Fee includes dinner, beverage, show and gratuity. **Departs from the Senior Center.**

Check in: 5:30 pm

Depart: 6 pm

Return: 10 pm

AAIR: Longmont Bingo Alley, Longmont



Registration # 389610-06



Date: Saturday, June 6

Fees: \$18 resident / \$22 non-resident

Join us for a fun day at Longmont Bingo Alley. Fee includes one bingo packet, bring your own dauber. Food and beverage available for purchase along with additional packets and “extras” if you choose. **Departs from the Senior Center.**

Check in: 11 am

Depart: 11:15 am

Return: 2:30 pm

Dazzle Jazz: Throwback Friday Music and More, Denver



Music of Elton John Friday, June 12

Registration #381361-12

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

Dazzle in Denver hosts a “Throwback Friday” lunch series on the second Friday of every month, featuring live music, comedy, and trivia dedicated to musical icons of the past. Two food items or drink required, cost on your own.

Check In: 9:15 am

Depart: 9:30 am

Return: 2:30 pm

Hawkins Northfield Theater, Movies in Spanish

Registration # 386506-01



Date: Wednesday, June 24

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

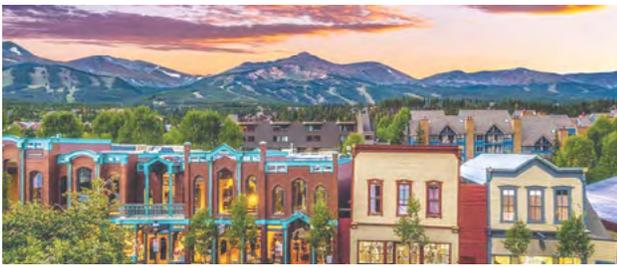
Lights, Camera, Action! Grab a friend and enjoy a day out eating delicious buttery popcorn and watching a movie! The entire movie will be dubbed in Espanol. Movie selection will be made one week prior to the trip, all participants will be notified once that has been made. The time is subject to change due to limited movie options.

Check In: 10:15 am

Depart: 10:30 am

Return: 3 pm





Breckenridge: A Day of Fun and Mountain Vibes

Registration # 381275-00  HIGH 
Date: Thursday, June 25
Fee: \$58 resident / \$73 non-resident

Enjoy a scenic motorcoach day trip to Breckenridge, Colorado, where you'll savor lunch in town, visit the whimsical Isak Heartstone Troll, and take a free ride on the BreckConnect Gondola or just stroll through historic downtown to browse charming shops and soak in the mountain vibe before heading home, lunch on your own.

Check in: 8:45 am
Depart: 9 am
Return: 6 pm



Central City Opera – Ballad of Baby Doe MODERATE

Registration #381344-01
Date: Wednesday, June 24
Fee: \$82 resident / \$ 100 non-resident

The historic Central City Opera House play host to the Ballad of Baby Doe which is a love story based on real events in 1880's Colorado. It is emotionally rich and captivating, based on the blossoming love between Elizabeth "Baby" Doe and Horace Tabor. Lunch stop prior to the performance, cost of meal on your own.

Check in: 8:45 am
Depart: 9 am
Return: 6 pm

Behind the Chutes Tour and Rooftop Rodeo, Estes Park

Registration # 381350-00  MODERATE-HIGH
Date: Thursday, July 9
Fee: \$53 resident / \$61 non-resident

We take a behind-the-scenes guided tour of the Rooftop Rodeo in Estes Park where we meet rodeo professionals and learn about the thrilling sport up close. Then, experience the exhilarating rodeo performances featuring top cowboys and cowgirls from around the world. Food available for purchase. **Departs from Senior Center.**

Check in: 3:15 pm
Depart: 3:30 pm
Return: 10 pm



Shakespeare in Love, Colorado Shakespeare Festival, CU Boulder

Registration # 381265-00  MODERATE
Date: Wednesday, July 15
Fee: \$53 resident / \$66 non-resident

The Colorado Shakespeare Festival has delighted audiences with professional theatre on the CU Boulder campus for decades. The festival returns to the Mary Rippon outdoor theatre. Shakespeare in Love is a romantic comedy-drama detailing a fictionalized account of young Will Shakespeare's struggle with writer's block in 1593 London. This is an outdoor venue. **Departs from Senior Center.**

Check in: 5:30 pm
Depart: 5:45 pm
Return: 10:30 pm

Day Trip Registration Deadline is 7 Days Before the Trip Date

Afternoon Tea at the Dutchess Tea Room, Fort Collins

Registration # 381375-00



Date: Wednesday, July 15

Fee: \$72 resident / \$ 90 non-resident

Cozy, elegant, and authentic English tea room where the teas are amazing and the sandwiches and desserts are out of this world. Indulge yourself in the ambiance of this delightful afternoon tea trip. Pinkies up!

Check in: 10:15 am

Depart: 10:30 am

Return: 3 pm



Mystery Trip, Denver

Registration # 381231-00



Date: Monday, August 24

Fee: \$56 resident / \$70 non-resident

Stop and go, that's what we'll do once we pick up a hitchhiker that will show us around. Unforgettable scenery wrapped in rich tapestry of wild stories and history. Not much walking around, but lots to see. Don't worry about getting hungry; we'll stop and make sure you're fully satisfied before we head back to Longmont. Cost of meal on your own.

Check in: 8:30 am

Depart: 8:45 am

Return: 3 pm

Lafayette Peach Festival

Registration # 381280-00



Date: Saturday, August 8

Fee: \$11 resident / \$ 14 non resident

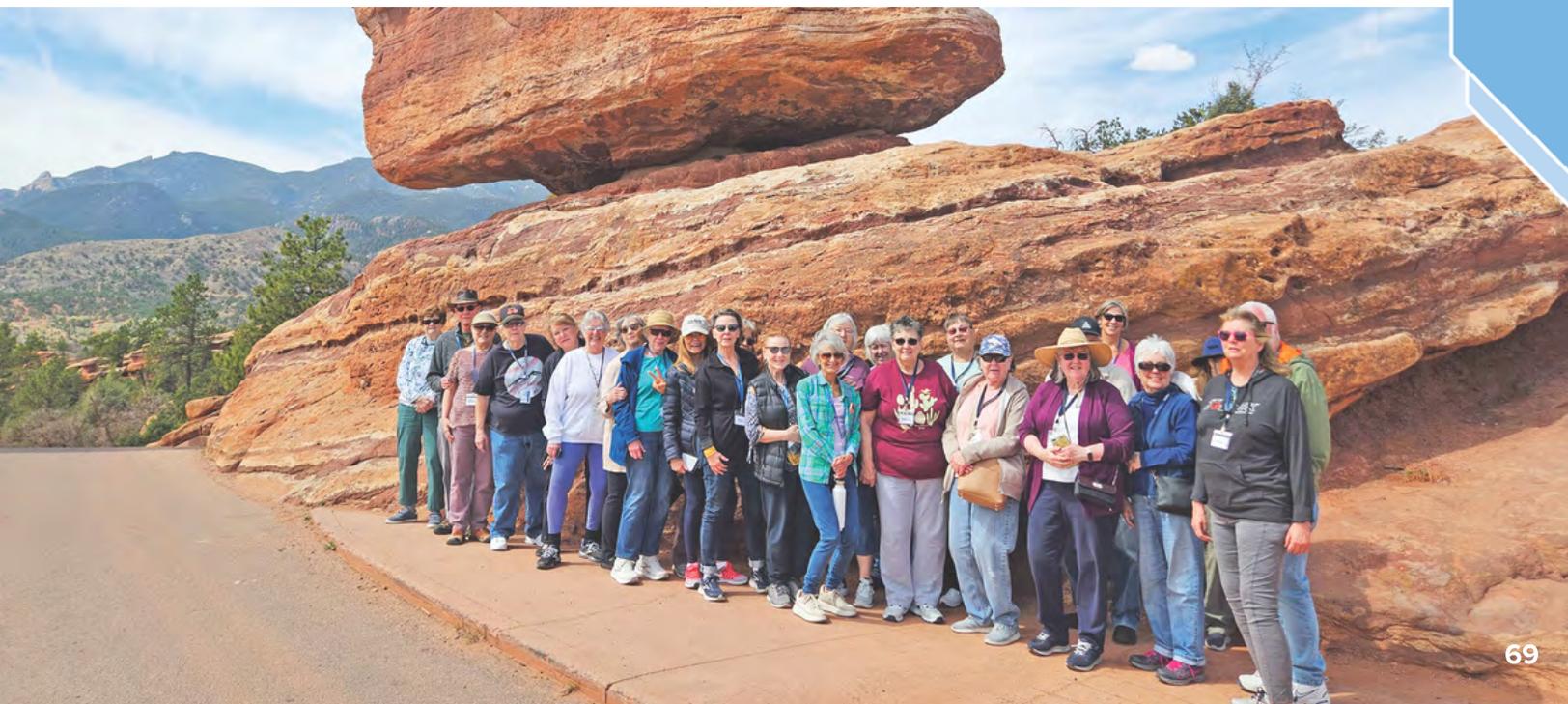
Join us on this truly peachy adventure! Palisade peaches are at the front and center along with an array of peach dishes for purchase until supplies last. Meander your way down through the street lined vendors, plenty to do and see while we're there. Outdoor event with LOTS of walking and very little shade. Dress for weather.

Departs from Senior Center.

Check in: 8:30 am

Depart: 8:45 am

Return: 2 pm



EXTENDED TRAVEL PRESENTATIONS

Extended travel is back at the Longmont Senior Center and we are excited to partner with Premier World Discovery and Collette Travel to bring domestic and international excursions to our Longmont seniors! Join us for this overview sharing details of our upcoming trips!

Premier World Travel

Hawaii 3 Island Adventure

November 10-19, 2026

Registration #381369-05

Date: Wednesday, May 20 (virtual)

Time: 12:30-1:30 pm

Fee: Free, please register in advance

Registration #381369-07

Date: Wednesday, June 24 (in-person)

Time: 12:30-1:30 pm

Fee: Free, please register in advance

Collette Travel



Tropical Costa Rica

April 12-20, 2027

Iceland's Magical Northern Lights

November 9-15, 2027

Registration #381369-06

Date: Monday, June 22 (in-person)

Time: 3-4 pm

Fee: Free, please register in advance

Registration #381369-08

Date: Wednesday, August 12 (virtual)

Time: 3-4 pm

Fee: Free, please register in advance

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

LAST CHANCE

EXTENDED TRAVEL NOVEMBER 10-19, 2026 HAWAII 3 ISLAND ADVENTURE

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

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.



**APRIL 12 - 20, 2027
TROPICAL COSTA RICA**



Lush forests, waterfalls, volcanoes, and beautiful coastlines make Costa Rica a true paradise rich with wildlife and natural beauty. Enjoy views of Arenal Volcano, explore the Caño Negro Nature Preserve by riverboat, and spend time in Monteverde's cloud forest. Walk hanging bridges or zip-line through the canopy, then relax on the pristine beaches of Playa Carrillo for the perfect blend of adventure and relaxation.



HIGHLIGHTS

- Monteverde Cloud Forest
- Hanging Bridges or Canopy Adventure
- Farm Tour and Lunch
- Coffee Plantation
- Arenal Volcano
- Caño Negro Refuge
- Lake Arenal Cruise

TOUR RATES

- Standard Rate: \$3749 (pp double) | Single Supplement: \$600
- City of Longmont requires all travelers to show proof of travelers insurance. It can be purchased separately or through Collette Travel for \$549.

FOR MORE INFORMATION, VISIT OR CALL:

<https://groups.gocollette.com/en-US/link/1419442> | 800-852-5655



**TRIPS
AND
TRAVEL**

**NOVEMBER 9 - 15, 2027
ICELAND'S MAGICAL NORTHERN LIGHTS**



Experience the "land of fire and ice" and chase the aurora borealis across an ethereal wonderland. Spend your days surrounded by natural wonders and your nights in search of the elusive dancing lights.



HIGHLIGHTS

- Reykjavík
- Northern Lights Cruise
- Search for the Northern Lights
- Golden Circle
- Thingvellir National Park
- Lava Exhibition Center
- Vík
- Jökulsárlón Glacier Lagoon
- Blue Lagoon

TOUR RATES

- Standard Rate: \$5804 (pp double) | Single Supplement: \$700
- City of Longmont requires all travelers to show proof of travelers insurance. It can be purchased separately or through Collette Travel for \$599.

FOR MORE INFORMATION, VISIT OR CALL:

<https://groups.gocollette.com/en-US/link/1419442> | 800-852-5655



Friends Senior Food Cart

Sponsored and maintained by the Friends of the Longmont Senior Center

The Friends Senior Food Cart offers seniors access to non-perishable food items to take home and easily prepare. Any senior is welcome to use the food carts - no paperwork or questions asked.

- Located inside the Senior Center and available during regular hours.
- Those who wish to help may donate unopened, shelf-stable food items.

Carrito de Alimentos para Personas Mayores – Friends

Patrocinado y mantenido por Friends of the Longmont Senior Center

El Carrito de Alimentos para Personas Mayores de Friends ofrece a las personas mayores acceso a alimentos no perecederos para llevar a casa y preparar fácilmente. Cualquier persona mayor es bienvenida a utilizar los carritos de alimentos - no se requiere ningún trámite ni se hacen preguntas.

- Ubicado dentro del Centro para Personas Mayores y disponible durante el horario regular.
- Quienes deseen ayudar pueden donar alimentos no perecederos, de larga duración y sin abrir.



Watch Longmont City Council Live:

<https://www.youtube.com/c/cityoflongmont/live>

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

Prime Time 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.



RESOURCES

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 \$4.00 for residents and \$6.00 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 our website: www.longmontcolorado.gov/senior-services.

Name (Please Print) _____

Address _____ City _____ Zip Code _____

Phone _____

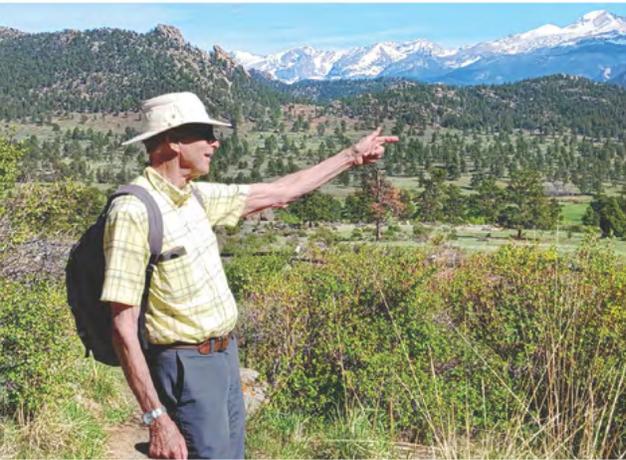
Senior Center
10464620 62170



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

PRSRT STD
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RETURN SERVICE REQUESTED



SUMMER PROGRAMS MAY-AUGUST 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, April 13, 2026.

Trip Lottery will be done on Wednesday, April 22.
 Submit your Summer trip lottery sheets between April 6-17 at the Senior Center Front Desk to be entered into the lottery.

For hike registration info, please see page 2.

