



CITY OF
Longmont
Senior Services
www.longmontcolorado.gov/senior-services

55+
No member fee!
Call us at
303-651-8411

**see
inside**

Class & Trip Registration
Community & Special Events
Resources
Vea páginas 40-46 en Español

50TH ANNIVERSARY CELEBRATION FOR LONGMONT SENIOR SERVICES

Tuesday, November 17, from 9 am – 5:30 pm

The Longmont Senior Center will be offering activities
all day in celebration of our 50th Anniversary!

See page 12 for more information.





FACILITY CLOSURES:

September 7, November 11,
November 26 - 27, December 25
Early closure at 3pm on December 24
and December 31.

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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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



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. For activities occurring the next day or the next business day, staff process the waitlist quickly and cannot wait for call-backs. Please respond to calls about waitlist openings as quickly as possible.

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.

Fall Programs are subject to change

Registration for activities begins Monday, August 10, 2026

Trip Lottery Form Submission Window: August 3 - 14, 2026

Trip Lottery will be done on Wednesday, August 19

Communication will follow to registrants on trips registered/waitlisted by **Monday, August 24**, as well as for payment processes. You can register for trips online or via phone, as well as pay for Fall trips on or after **Tuesday, August 25**.

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)

Fall Hikes (September - December)

- Lottery form submission: August 3 - 14 (Front Desk)
- Lottery spin: August 18
- Notification by email: August 24
 - No email? Call or visit after August 24
- Registration and payment begin: August 25

Trip Lottery Process

- Submit trip preference sheet at Front Desk
- One companion allowed per registrant (include name & phone)
- Lottery completed August 19
- Results emailed August 24

Payment Deadlines

- September/October trips: Due September 1
- November/December trips: Due November 2

Day Trip Information

Bus Seating

- No assigned seats
- On motorcoaches:  = Meal stop included
 - 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

Class 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 4 business days before the program start date unless otherwise noted

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, and 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. You can also see the guide online at www.longmontcolorado.gov/go.



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.

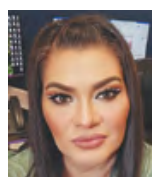
To schedule an appointment with a Resource Specialist, call our front desk at 303-651-8411. If you live at a Housing Authority property, talk with your property manager to see if you have an on-site Resource Specialist.



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.larimer.gov/humanservices/aging/ooa

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

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



*Winners of the Pie-Baking Contest
sponsored by the Friends!*

2026 Friends Board Members:

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

The Friends are Recruiting New Board Members!

Do you want to make Longmont a great place to grow older? If so, please consider joining the Friends Board and be part of this amazing group of people who are committed to enhancing programs and services at the Longmont Senior Center. For 45 years, we've helped seniors stay active, connected, safe and engaged. Recently, the Board adopted a plan to increase our financial support of the Longmont Senior Center over the next three years.

We are seeking three new Board members, starting in 2027, who can help us increase our financial capacity and meet these plan goals. If you have financial management, fundraising, or community networking skills and interests, we'd love to hear from you and talk more about becoming a Board member! Please contact us at friends@friendslongmont.org.

Longmont Senior Center's Golden Jubilee

Learn more about the Friends of the Longmont Senior Center (FLSC) during the 50th Anniversary celebration of the Longmont Senior Center that will take place on November 17. The FLSC will be set up in Room A for the entire day. Please stop by to learn more about our history, accomplishments, and future plans; engage in some fun interactive activities; and, of course, enjoy some refreshments!

Friends Goals: 2026 – 2028

Earlier this year, the Friends Board set goals to increase our financial support of the Longmont Senior Center. We plan to 1) expand our fundraising activities, 2) improve awareness and understanding of the Friends, and 3) develop the capacity and capability of our Board. We are excited about what we can accomplish to sustain the vitality of the Longmont Senior Center!

The Friends of the Longmont Senior Center, Inc., have set aside funds to assist older adults in participating in various activities organized by Senior Services. As long as funds are available, in 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's important to ensure that the fine work the Senior Center does for the physical, social and emotional health of Longmont seniors will continue.

-Sheila Conroy

I want our Longmont Senior Center to be able to have additional resources to expand services, programs and space.

-Ruth Waukau

I give to the Friends because of the lifeline the organization provides to some of the more invisible and vulnerable older adults in our community.

-Michelle Cregut

THANK YOU TO OUR RECENT DONORS:

Susan Alling
Tina Bailey
Edward & Leslie Capizzi
Carol Crist
Peggy DaHarb
Ken Davis
Audrey & David Douglas
Sandra Dutton
Sandy Fox

Hazel Gordon
Mary Headley
Elaine Keiser
Marjorie Logan
Carol Matheis-Kraft
Michele Mozingo
Denise Shepard
Sam & Martha Stott
Ruth Waukau

Stephanie Yates
Anonymous
Longmont City Employees
Longmont Community
Foundation
Sunshine Club

GIFTS IN HONOR OF:

Pamela Branham

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 a time when we prioritize space 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 no later than 12:50 pm for registration.*

Refresher Bridge

Mondays, 12:30-4 pm

New players are welcome to join. Partners are not required for this “party” bridge game. Experience playing bridge is required, but players can be at any level. 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 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! Email instructor at quilting500@gmail.com with questions.
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 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.



Drop-In Art Group

NEW

Dates: 3rd Saturday each month:

Sept 19, Oct 17, Nov 21 & Dec 19

Time: 9:30-10:30 am

Participants are encouraged to bring their art supplies along with their inner artist. No formal art skills or training required—seriously! We will spend an hour together on our individual projects. Peer support volunteer, **Traci Shahan**, will be present to ensure a creative and welcoming space.



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 short features that 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 show" events, and 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 24 for dates and times of our monthly 'Big Picture' programs, where we show our latest video productions.



DROP-IN
PROGRAMS,
GROUPS & CLUBS



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.

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.

Sprechen Sie
Deutsch?

Homer's Art Club

Wednesdays, 1-3 pm

Join our Art Club - a welcoming space for all experience levels to create, share ideas, and connect with fellow artists! Bring your own supplies and explore any medium you love. Facilitator Homer Rail, skilled in digital art and scratchboard, offers guidance and demonstrations for those interested. Come make art, meet friends, and be inspired together! Free, must have own supplies
Location: Lashley Station, 1200 Lashley St.



Kiwanis Club

Fridays, 9:45-10:45 am

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

Knit and Purl

Wednesdays, 9-11 am

Join us on Wednesday mornings. While working on a knit or crochet project we share informal instruction, tips and tricks, patterns, and lots of friendly chatter. Over the last 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!



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.

Beginning Mahjong » See page 30

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.

Open Mic Night

One Wednesday of every month

Time: 5:30-7:30 pm

Dates: Sept. 30, Oct. 28, Nov. 18, Dec. 16

Fee: Free

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

Come play a song, recite a poem, or do bird calls! Open Mic is an opportunity to show your musical or other talents. Bring your own instrument and sign up to perform - or just come to listen! No registration necessary. Email Phil at openmicatthesc@gmail.com if you would like additional information.

Pickleball » See page 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

New players are always welcome, and no experience is required. Join us for games and socialization. Suggested donation \$1.00 to help support social gatherings. For more information contact Cathy Goodwin, 603-996-1890 or cathy6827@gmail.com.

Spanish Chorus Group Canciones de Mi Tierra

Mondays, 1-2:30 pm

Sept. 14, 28, Oct. 12, 26, Nov. 9, 23, Dec. 7, 21

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. For more information, please contact **Jeanette** at JeanetteBWalters@gmail.com or call 720-352-1788.

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.



Egg Roll Making Class

NEW

Do you love egg rolls in restaurants, and wish you knew how to make your own? Join **Kat Ohnaka** to learn how to make your own egg rolls and delicious dipping sauces. These egg rolls can easily be adjusted for vegetarian and spicy tastes. All materials will be provided. You'll get to taste your freshly made egg rolls during the class and take some home with you! Note: Space is limited!

Date: Friday, September 11

Registration #483000-10

Time: 1:30-3 pm

Registration #483000-11

Time: 3-4:30 pm

Fee: Free, please register in advance



Bluegrass Music & Pizza

Join us for an afternoon of great music, good food, and even better company! Enjoy a live performance by **Potluck Bluegrass**, a talented local band based in Longmont known for their lively blend of traditional bluegrass favorites and crowd-pleasing tunes. While tapping your toes to the music, savor delicious pizza and connect with friends old and new in a fun and welcoming atmosphere. Whether you're a long-time bluegrass fan or simply looking for an enjoyable social outing, this event is sure to hit all the right notes.

Registration #483000-13

Date: Thursday, September 24

Time: 2-3:30 pm

Fee: Free, please register in advance



Spaghetti Sauce Competition

NEW



Bring your best recipe and join the fun at our Spaghetti Sauce Competition! Whether your sauce is a cherished family tradition or a new culinary creation, this friendly competition is your chance to showcase your cooking skills. Participants will prepare and submit their homemade spaghetti sauce for judging, while attendees can sample a variety of delicious entries and vote for their favorites. Prizes will be awarded for the top sauces, and everyone is encouraged to enjoy an afternoon of great food, friendly competition, and community spirit.

Registration #483000-09 - **Participant**

#483000-16 - **Competitor**

Date: Thursday, October 22

Time: 1-3 pm

Fee: Free, please register in advance

Spooktacular Halloween Party

NEW

Join us for a Spooktacular Halloween Party at the Senior Center featuring live music with **The Responders**. Costumes are encouraged, so come dressed in your favorite Halloween attire and enjoy an afternoon of festive fun, great company, and seasonal treats.

Registration #483000-15

Date: Friday, October 30

Time: 3-4:30 pm

Fee: Free, please register in advance

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



SPECIAL EVENTS AND CULTURAL
ENRICHMENT PROGRAMS



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 #483900-09

Thursday, September 10, 5-6:30 pm

Registration #483900-11

Thursday, November 5, 9-10:30 am

Fee: Free, please register in advance

It's Back! Deck the Halls

Dates: December 1-31

Cost: Free! To register your tree, please contact Donna and Denise at friends@friendslongmont.org

Registration Deadline: November 18

Sponsored by Friends of the Longmont Senior Center: Join the 3rd Annual Deck the Halls at the Longmont Senior Center! Senior Center groups, local businesses, families, and individuals are invited to register by November 18 to bring in and decorate a themed tree.

Registered participants will receive information on tree set up, which occurs November 23 - 30. Participants are responsible for tree set-up, decorating, and take-down. The Longmont Senior Center will provide power for your tree.

Canned Food Drive

Senior Center participants vote on their favorite trees between December 1 - 31 by placing non-perishable food items under the trees of their choice. Items will be counted throughout the event, and all donations will go to the Friends Food Cart at the Senior Center. The winning tree will be announced in early January 2027.

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

Native American Heritage Month Celebration

Join us for a citywide event celebrating Native American Heritage month. There will be a variety of activities throughout the Senior Center and in the park.

Date: Saturday, November 14

Time: 11 am-3 pm

50th Anniversary Celebration for Longmont Senior Services

The Longmont Senior Center will be offering activities all day in celebration of our 50th Anniversary, including: nostalgic photos, door prizes, documentaries, highlights from Longmont in 1976, entertainment, Speed Friending, lunch, afternoon cake, and more. Visit the front desk after October 1 for a full schedule. Sponsored by the Friends of the Longmont Senior Center.

Date: Tuesday, November 17

Time: 9 am-5:30 pm



Harmony Singers

Celebrate the season at our holiday luncheon, where you'll enjoy a delicious meal accompanied by Santa!

Registration # 483000-12

Date: Wednesday, December 16

Time: Noon-2 pm

Fee: Free, please register in advance

Seasonal Faux Calligraphy Workshop

Discover the art of beautiful lettering. No special pens or previous experience required! In this hands-on workshop, learn the basics of faux calligraphy, a simple technique that creates the look of modern calligraphy using everyday pens and markers. Once we practice lettering skills, students will complete a holiday-themed project. Projects will vary throughout the months. Pumpkins, signs, Christmas cards or ornaments. This class is designed for beginners and focuses on creativity, relaxation, and self-expression. All supplies are included.

Days: Thursdays (Tuesday in December)

Registration #485132-09 **September 17**

Registration #485132-10 **October 15**

Registration #485132-11 **November 19**

Registration #485132-12 **December 15**

Time: 6-8 pm

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



Painting Gourds Workshop - Birdhouses

NEW

Come and paint a Birdhouse Gourd and walk away with a birdhouse at the conclusion of this workshop. We will use acrylic craft paints and acrylic varnish. I have ideas for designs both simple and advanced, whimsical, funny, or just pretty, or you can design your own. Teacher will supply gourds sanded, primed, with a hole cutout. Instructor: **Donna Clement**

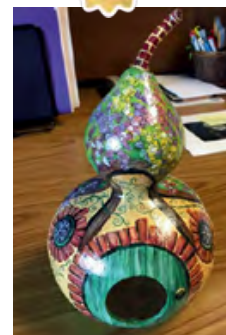
Registration #484533-09

Date: Thursday, October 1

Time: noon-2pm

Fee: \$50 resident, \$60 non-resident

Location: 1200 Lashley St Station



Sip-N-Paint: Snow Globe

Join us for a guided painting program with hot cocoa and apple cider. You will leave class with a completed winter snow globe painting, which is a great holiday gift for yourself or someone else! Paint does not come out of clothing, so please wear something you don't mind getting paint on or bring an apron.

Instructor: **Amy Payan.**

Registration #485407-01

Date: Thursday, December 3

Time: 9-11 am

Fee: \$12 resident, \$15 non-resident

Creative Card Making

You will make 4 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.

Days: Mondays

Registration #485400-09 **September 21**

Registration #485400-10 **October 19**

Registration #485400-11 **November 16**

Time: 2-4 pm

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



ARTS & CREATIVE PURSUITS

REGISTRATION DEADLINE: 4 DAYS BEFORE THE FIRST CLASS DATE



Stay Connected. Stay Confident.

Friendly technology help from people who understand your questions.

Senior Center Tech Connect (SCTC) is a volunteer-led community where seniors help seniors learn technology in a relaxed, supportive environment. Regardless of the devices you use, SCTC offers practical help for everyday technology challenges.

WHAT WE DO

A Peer-to-Peer Technology Learning Community

SCTC helps seniors become more comfortable and confident with technology. Our volunteer coaches provide patient, practical assistance in a friendly environment where questions are always welcome.

We help with:

- Smartphones and tablets
- Windows, Apple, and Linux computers
- Chromebooks
- Email and texting
- Cloud storage
- Photo management
- Online safety and scam prevention
- Everyday technology questions

STAY INFORMED

Sign up for the Weekly SCTC Newsletter

Sign up at bit.ly/sctc-signup or go to longmontSCTC.org and click on the **Newsletter** button.

- Upcoming class schedules
- Zoom links
- Tech tips
- Recorded class links
- Drop-in reminders

Missed a Class? No Problem. Visit longmontSCTC.org and click the **YouTube** logo to watch recorded classes anytime.

CONTACT US

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



FEES

All Online classes via Zoom are FREE.

In-Person activities:

- Classes: \$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

WAYS TO LEARN

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 Classes:** Tech topics, some device specific. Registration is required.

Online from Home

- **Online Friday Drop-in Lab:** One-on-one assistance with any device. Join via Zoom link; no appointment needed; no charge.
- **Classes:** 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 via remote access:

- Submit a Personal Coaching request on our website: bit.ly/sctc-help, or
- Call the Senior Center front desk:
- 303-651-8411.

A Volunteer Coach will contact you to provide assistance.

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 17-21 for Activity Descriptions.

Classes and Labs	Registration	Date	Time	Location	Res, Non Res
Cell & Smartphone Tutoring	482180-1A 482180-1B	Tuesday Sept 1	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Android Basics	Online	Wednesday Sept 2	10-11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Sept 4	1-3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Sept 8	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Apple iPhone Photography	482118-01	Tuesday Sept 8	2-4 pm	Senior Center	\$2.00 \$3.00
Is My Windows PC Using the Cloud?	482118-02	Thursday Sept 10	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Sept 11	1-2:30 pm	Zoom	Free
Securing Your Digital Legacy	482118-03	Tuesday Sept 15	5:30 – 7:30 pm	Senior Center	\$2.00 \$3.00
Getting the Most Out of Your iPhone	Online	Wednesday Sept 16	10-11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Sept 16	1:30-3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Sept 18	1-3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	482180-5A 482180-5B	Monday Sept 21	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Tuesday Sept 22	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Android Photos	482118-04	Thursday Sept 24	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Sept 25	1-2:30 pm	Zoom	Free
Mastering Photos on Your Mac	482118-05	Tuesday Sept 29	2-4 pm	Senior Center	\$2.00 \$3.00
Is My Windows PC Using the Cloud?	Online	Wednesday Sept 30	10-11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Oct 2	1-3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	482181-1A 482181-1B	Monday Oct 5	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Staying Cyber Safe in Cyber Space	Online	Wednesday Oct 7	10-11:30 am	Zoom	Free
Practical AI 	482118-06	Thursday Oct 8	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Oct 9	1-2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday Oct 13	9:30-11:30 am	Senior Center	\$2.00 \$2.00





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 17-21 for Activity Descriptions.

Classes and Labs	Registration	Date	Time	Location	Res, Non Res
Making AI Work for You	482118-07	Tuesday Oct 13	2-4 pm	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Friday Oct 16	1-3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	482181-5A 482181-5B	Monday Oct 19	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Organizing Photos on Your iPhone/iPad	Online	Wednesday Oct 21	10-11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Oct 21	1:30-3:30 pm	Zoom	Free
Android Settings	482118-08	Thursday Oct 22	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Oct 23	1-2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday Oct 27	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Siri and Apple Device Accessibility	482118-09	Thursday Oct 29	1-3 pm	Senior Center	\$2.00 \$3.00
Cell & Smartphone Tutoring	482182-1A 482182-1B	Monday Nov 2	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Securing Your Digital Legacy	Online	Wednesday Nov 4	10-11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Nov 6	1-3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Nov 10	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Samsung Phone Tips & Tricks 	482118-10	Tuesday Nov 10	2-4 pm	Senior Center	\$2.00 \$3.00
Simple Steps for Scam Safety	Online	Wednesday Nov 11	10-11:30 am	Zoom	Free
Smart Ways to Tame Your Passwords	482118-11	Thursday Nov 12	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Nov 13	1-2:30 pm	Zoom	Free
Cell & Smartphone Tutoring	482182-5A 482182-5B	Monday Nov 16	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Where's My Stuff? (Mac)	Online	Wednesday Nov 18	10-11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Nov 18	1:30-3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Nov 20	1-3 pm	Senior Center	\$2.00 \$2.00
Senior Center Tech Lab	Drop-in	Tuesday Nov 24	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Mac Basics	Online	Wednesday Dec 2	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.

 **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

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

See pages 17-21 for Activity Descriptions.

Classes and Labs	Registration	Date	Time	Location	Res, Non Res
Senior Center Tech Lab	Drop-in	Friday Dec 4	1-3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	482183-1A 482183-1B	Monday Dec 7	9:30-10:30 am 11 am-Noon	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Tuesday Dec 8	9:30-11:30 am	Senior Center	\$2.00 \$2.00
Using AI to Find Stuff on the Internet	482118-12	Tuesday Dec 8	2-4 pm	Senior Center	\$2.00 \$3.00
Our Favorite Apps	482118-13	Thursday Dec 10	1-3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday Dec 11	1-2:30 pm	Zoom	Free
Edge Tips & Tricks	Online	Wednesday Dec 16	10-11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday Dec 16	1:30-3:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday Dec 18	1-3 pm	Senior Center	\$2.00 \$2.00

Genealogy Research Workshop

Register at: www.lgsco.org

or email to president@lgsco.org

Dates: Wednesdays, Sept 16, Oct 21, Nov 18, & Dec 16

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 25 for additional Genealogy activities.



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

Missed a Class? No Problem! Visit longmontSCTC.org and click the **YouTube** logo to watch recorded classes anytime.

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.

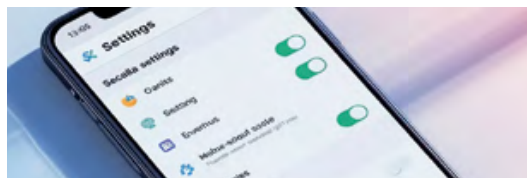
Location: Longmont Senior Center.

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: Longmont Senior Center.



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 iPhone Photography

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

Presented by: Bobski Masson.

Location: Longmont Senior Center.



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 or lecture. **Location: Longmont Senior Center.**

Edge Tips & Tricks

Edge is Microsoft's free browser which has many of the same features as Google's Chrome browser. This class will cover newer features such as Tab Groups and Edge's implementation of Artificial Intelligence. The handout will include this material and the topics of the Edge menu, tabs, favorites, and extensions.

Instructor: Henry Spencer.

Location: Online.



Getting the Most Out of Your iPhone

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

Instructor: Karen Rademacher.

Location: Online.



Is My Windows PC Using the Cloud?

Your Windows PC may be storing your photos, documents, and other data in the cloud every day—and you might not even know it! This class will help answer the question, “Is my Windows PC using the cloud?” by showing how Windows uses online services, what information may be stored there, and the pros and cons of doing so.

Instructor: Bobski Masson.

Location: Longmont Senior Center (Sept 10) and Online (Sept 30).

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: Online.



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.



Mastering Photos on Your Mac

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

Instructor: Bobski Masson.

Location: Longmont Senior Center.

Online Friday Tech Lab

On the 2nd and 4th Friday afternoons, using Zoom, our peer Coaches are available to help you one-on-one with any question on any device. Bring your devices and passwords. **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: Online.

Our Favorite Apps

Apps are popping up all over. It can be overwhelming! Let's all share our favorites. This roundtable discussion will result in suggestions for different types of apps that might appeal to you.

Instructor: Sarah Jane Snyder.

Location: Longmont Center.

Practical AI

Practical AI cuts through hype and shows what actually works. Learn how modern AI tools understand language, analyze images, and assist with real tasks. We cover everyday uses, clear limits, and safe practices so you can apply AI confidently—without jargon, risks, or unrealistic expectations in work and daily life.

Instructor: Bobski Masson.

Location: Longmont Senior Center.

Samsung Phone Tips & Tricks

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

Instructor: Michael Bailey.

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: Longmont Senior Center.
(Sept 15) and Online (Nov 4).

Senior Center Friday Tech Lab

Drop in at the Senior Center on the 1st and 3rd Friday afternoons. Our peer 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.

Senior Center Tuesday Tech Lab

Drop in at the Senior Center on the 2nd and 4th Tuesday mornings. Our peer 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: Online.

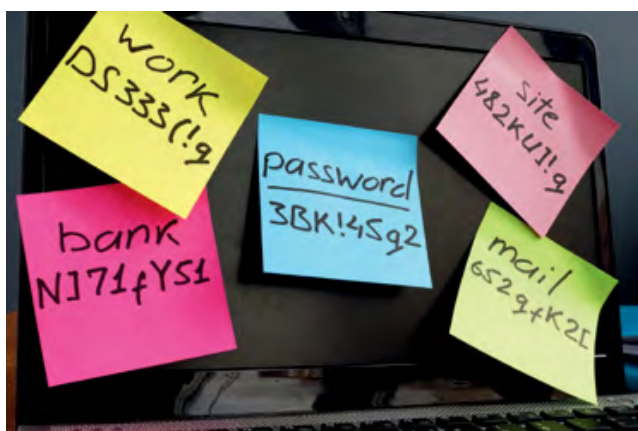


Siri and Apple Device Accessibility

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

Instructor: John Pillmann.

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: Longmont Senior Center.



Staying Cyber Safe in Cyber Space

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

Instructor: North Rittner.

Location: Online.

Using AI to Find Stuff on the Internet

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

Instructor: Bobski Masson.

Location: Longmont Senior Center.

Where's My Stuff? (Mac)

Working with your Mac is generally pretty easy—but when it comes to saving files and figuring out where they went, it seems a little more complicated. We're going to explore where to put stuff, where stuff might end up on its own, and how to find it once it's been saved.

Instructor: Bobski Masson.

Location: Online.





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. Peer Support volunteer **Traci Shahan**, will be present to ensure a quiet, welcoming space.

Day: Tuesdays

Registration #485909-09 **September 1**

Registration #485909-10 **October 6**

Registration #485909-11 **November 3**

Registration #485909-12 **December 1**

Time: 4:30-5:30 pm

Fee: Free, please register in advance

Estate Planning Made Easy

Get a tough job finished! In a single, easy session, you'll complete a will, financial power of attorney and combined medical directive (including living will, medical power of attorney and organ donation), all with the help of a licensed attorney from Rocky Mountain Legal Center. Cost includes materials, witnessing, notarizing, individual review and plenty of time for discussion and questions. Participants do not need to bring anything to class. *No refunds given for this class.*

Day: Thursdays

Registration #485404-09 **September 3**

Registration #485404-10 **October 1**

Registration #485404-11 **November 5**

Registration #485404-12 **December 3**

Time: 1-4 pm

Fee: \$130 resident, \$156 non-resident

How to Play Euchre

If you enjoy a fast-paced card game, then you should learn to play Euchre. This is a unique card game that requires strategy and team-work. We offer a drop-in game every week at the Senior Center and we have room for more players. This presentation will include the history of Euchre and how to play the game.

Presented by Paul Lohr

Registration #484484-00

Date: Thursday, September 10

Time: 10-11:30 am

Fee: Free, please register in advance



Fun With Singing

Discover the joy of singing in a fun, encouraging environment! This 90-minute class teaches vocal warm-ups, breathing techniques, harmonies, blending, and group singing skills—no experience required. Led by **Wayne Henggeler**, a certified vocal coach with more than 27 years of teaching experience, this class is designed to build confidence, improve vocal ability, and make music enjoyable for everyone.

Registration #485231-00

Date: Tuesdays, Sept 8 - Nov 10

Time: 2-3:15 pm

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

Memoir Writing with the Community Stories Project

Isn't it time you told your story? Writing your memoir is easier than you think. Get started writing your story to satisfy frequent family requests or your own urge to bring out your inner memoirist. Taught by **Deborah Cameron**, provides creative prompts, supportive guidance, and expertise to experiment with sharing your tale. Fee includes a journal, pen, and a 12-month subscription to "Armchair Memoirist" (a \$65 value) so that you can develop an ongoing writing practice

Registration #484337-01 **Thursday, September 10 & 17**

Registration #484337-02 **Thursday, October 8 & 15**

Time: 9:30-11:30 am Fee: \$35 resident, \$45 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 Eyes On Longmont video production club have been busy preparing four original video features, each with a story worth telling. Once productions have been premiered at the Big Picture Show, view them on YouTube at <https://bit.ly/eyesonlongmont>. For information about joining the "Eyes On Longmont" Video Production Club, see page 7.

Stories that bring the Longmont community to life...

Admission is free but seating is limited, so early reservations are encouraged through the Longmont Senior Center at 303-651-8411 or online at Longmont Recreation registration, <https://rec.ci.longmont.co.us/webtrac/web>.

Discover the people, places, history, and everyday experiences that make the Longmont area unique. Big Picture Shows feature original documentary and feature films produced by the Eyes on Longmont video club that highlight local stories with heart, humor, and insight.

These popular community gatherings are more than just film showings. After each presentation, audience members are invited to stay for a relaxed Q&A session with filmmakers and featured participants. It's a chance to meet neighbors, share conversations, and connect with others who enjoy learning more about our community.

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

Want to learn the full details about upcoming Big Picture Shows and events? Visit the Eyes on Longmont website at <https://eyesonlongmont.org>, or scan the QR code with your phone for upcoming and previous titles, descriptions, and announcements.



Day/Time: Thursdays 1-2:30 pm

Vinnie Ream, Lincoln's Young Sculptor
Registration #485205-09 **September 3**

Lillian Kerr Suffragette
Registration #484205-10 **October 1**

The F.O. Stanley Story
Registration #484205-11 **November 5**

Ryssby Church 1881
Registration #484205-12 **December 3**

Fee: Free, please register in advance

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



GENERAL INTEREST

Get Back on the Road to Balance

Got stress, Mental Clutter? 97% of doctors' office visits and dis-ease are stress related. We have over 60,000 thoughts a day... how many are laced with fear, frustration, confusion and distraction? INNER clutter effects your energy, emotions, decision-making, effectiveness, time, plans and choices. Life's short! Take back the wheel with the 10 Ways to Stop, Reset and Reclaim Your Life Balance. Learning materials included.

Instructor: Kim Wolinski, 'Dr. DeClutter'

Registration #485218-01

Tuesday, September 8

Registration #485218-1A

Friday, December 4

Time: 10 am-12 pm

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

**Get Organized for the Holidays on Every Level!**

Ready for holiday entertaining? Ready for drop-in or invited guests? Are you 'mentally organized' for the upcoming holidays? Is stress creeping in? Take the time now to pre-prepare and pre-plan, make the best decisions on what is important for your holiday preferences. Make holidays easier for everyone, especially you! Learn the 10-Steps to Organizing Everything; ask questions about your personal frustrations with stuff and things and clutter that are taking your time and energy away from holiday joy. Learning materials included.

Instructor: Kim Wolinski, 'Dr. DeClutter'

Registration #485218-02

Friday, October 9

Registration #485218-2A

Wednesday, November 18

Time: 10 am-12 pm

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

The Top Tips the Blue Zones Offer Us for Healthy Long Lives

Longevity is the best when we're healthy and happy. Decades of study on The Blue Zones around the world show extreme benefits for overall health. We can learn from the tips and techniques from these communities to apply into our own lives daily for better health, satisfaction and pleasure. Find out what "active aging" is and why it is important. Learn the Benefits of Blue Zone Living and how to implement them right where you are. Learning materials included.

Instructor: Kim Wolinski, 'Dr. DeClutter'

Registration #485218-03

Date: Tuesday, October 20

Time: 10 am-12 pm

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

Worry Control, How to Stop the F.E.A.R. Virus

Does worrying take over a lot of your thoughts, energy and conversations with yourself and others? Worry can lead to stress, but not all stress is caused by worry. Learn the negative and positive effects of worry. Identify how you deal with worry and the F.E.A.R. Virus, and how to take control of future bouts of rehashing thoughts and feelings that do not serve your best life. Learn the 15 Self-Inquiry Questions to F.O.C.U.S. and move past worry and fear. Learning materials included.

Instructor: Kim Wolinski, 'Dr. DeClutter'

Registration #485218-04

Date: Thursday, November 5

Time: 10 am-12 pm

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

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.



GENERAL INTEREST

Monthly Genealogy Research Workshop (Online)

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

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

Fee: Free

Location: Online(Zoom)

Monthly Genealogy Classes (Longmont Senior Center)

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

Class Registration Deadline is 4 Days Before the Class Date (Fees are not refundable).

Native American Research

We'll introduce practical ways to research possible Native American ancestry using historical records, census data, and tribal resources. Participants will learn what DNA tests can and cannot tell us, how to thoughtfully evaluate family stories, and how to approach Indigenous genealogy with accuracy, respect, and cultural awareness.

Instructor: Sue Otness

Registration #485405-09

Date: Friday, September 18

Time: 1:30-3:30 pm

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

Family History Fundamentals Special Event: Getting Started with DNA

You have a LOT of relatives out there who can help you with your family genealogy—you just don't know who they are! A DNA test can both help you find those relatives and tell you much about where you came from. Let's explore what DNA is, how it "works," and how it can help you learn about your family history. **Instructor:** Bobski Masson

Registration #485405-11

Date: Friday, October 2

Time: 1:30-3:30 pm

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

Considerations When Uploading Photos to Genealogy Sites

What do you need to know before uploading photos to Ancestry or FamilySearch? This course will discuss starting with either digital photos or physical photos, slides, or negatives, using proper formats and image sizes, and understanding and modifying image metadata. We will then demonstrate uploading photos and using tools available on Ancestry and Family Search to improve image quality. **Instructor:** Randy Robinson

Registration #485405-10

Date: Friday, October 16

Time: 1:30-3:30 pm

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

Invisible Enemies: How Disease Shaped America from Independence to Today

Explore 250 years of U.S. illness, including epidemics, that shaped our American ancestor's history from the Revolution to the modern era. **Instructor:** Sylvia Tracy Doolos

Registration #485405-12

Date: Friday, November 20

Time: 1:30-3:30 pm

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

» December Class on the following page.

Connecting Through Family Reunions

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

communication are the keys to a memorable family get-together.

Instructor: Robert Stevens

Registration #485405-13

Date: Friday, December 18

Time: 1:30-3:30 pm

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

Intergenerational Memoir Writing Class

Spend meaningful time with your family member in this interactive short-form story writing workshop. Roll the dice to pick a prompt you both will respond to, spend time writing, then share your work to see how your responses are similar and different. The time together strengthens intergenerational bonds and builds student writing skills. The workshop will be led by **Deborah Cameron**, founder of The Community Stories Project, fee includes a journal and pen for use in class.

Registration #484338-00

Date: Saturday, September 12

Time: 9-11:30 am

Fee: \$35 resident, \$45 non-resident

Project Visibility

The Project Visibility documentary features Rainbow Elders (LGBTQ+/50+) who are experiencing life in Boulder and surrounding counties in Colorado. They share their stories, so we can make visible the differences that exist within the LGBTQ+ community. Project Visibility training offers service providers, caregivers, and others engaged in the lives of older adults information, perspectives, and promising practices for working with this often invisible population.

Registration #485907-00

Date: Monday, September 14

Time: 10-11:30 am

Fee: Free, please register in advance



Be Ready Longmont

Join us to learn how to manage the disruptions that disasters cause. Disasters are unpredictable and affect people in different ways. Being prepared to handle common disruptions minimizes a disaster's impact on you and your community.

Presented by **City of Longmont Office of Emergency Management**.

Registration #485910-00

Date: Monday, September 14

Time: 1-3 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 #485902-00

Date: Monday, September 14

Time: 1-2:30 pm

Fee: Free, please register in advance



55+ Job Fair

Come join us to meet with various local employers who are ready to hire. Workforce Boulder County staff will be available to help with your resume questions, registration into Connecting Colorado, and job search strategies. In addition to the fair, staff will offer a drop-in job support workshop at noon.

Date: Tuesday, September 15

Time: 11 am–2 pm

Fee: Free

Book Club-We Be Bookin'

Join our book club for a fun way to meet people and have stimulating conversations! The book to read in September is "James" by Percival Everett. At the September book discussion, the group will choose the book for October and in November for December. Space is limited. Please contact **Cecelia Jones** at 303-746-2573 for more information about this class.

Registration #485403-00

**Dates: Wednesdays, Sept. 16,
Oct. 21, Nov. 18, and Dec. 16**

Time: 1:30-3 pm

Fee: Free, please register in advance

Long-Term Care Financial Planning

This program includes information about long-term care benefits from the Veteran's Association, the difference between Medicaid and Medicare coverage, how long-term care insurance policies work, and Long-Term Care Medicaid's qualifications, coverage, and spousal allowance. The session will include a question-and-answer segment with our panelists from **Veteran's Services**, the **Boulder County Long-Term Care Medicaid** team, and long-term care insurance professional, **Gail Longenecker**.

Registration #485906-00

Date: Wednesday, September 16

Time: 5-6:30 pm

Fee: Free, please register in advance

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



Death Cafe

Let's talk about death! Join us at Death Café, a salon for those who wish to engage in thoughtful, respectful, and sometimes provocative conversation about death. Our objective is to increase awareness of death and dying while helping people make the most of their finite lives. This is not a grief counseling group. Discussion is facilitated by Peer Support volunteers **Gary Scott** and **Susan Alling**.

Days: Wednesdays

Registration #485900-09 **September 16**

Registration #485900-11 **November 18**

Time: 2-3:30 pm

Fee: Free, please register in advance

Avoiding Medicare Open Enrollment Mistakes

Brought to you by Boulder County's ONLY State Health Insurance Assistance Program (**SHIP**) Medicare office. This time is set aside for you to meet our Medicare counseling team, learn the do's and don't's of Open Enrollment, and identify how to prepare. Medicare's open enrollment period runs October 15th through December 7th. Your coverage should be evaluated every year: networks change, prices change, and formularies are updated. Be prepared!

Registration #485901-00

Date: Tuesday, September 22

Time: 1-2:30 pm

Fee: Free, please register in advance

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: **Nancy Chapman** at nachapman@live.com
Pat O'Connor at p.a.oconnor@icloud.com



GENERAL INTEREST

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 view 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.

Agriculture Heritage Center:

Let's have fun exploring the history of the MacIntosh Farm and the rich farming traditions around Longmont in the early 1900's. We'll tour the farmhouse and barns, meet the farm animals and even try our hands at activities like churning butter and making cornhusk dolls. Meet at the Senior Center, fee includes transportation, tour, and Trip Leader.

Registration #485300-09

Date: Friday, September 25

Time: 9:45 am-12 pm

Fee: \$7 resident, \$9 non-resident

Hygiene Cemetery:

Let's celebrate Halloween with a spooky twist at the Hygiene Cemetery. Enjoy a ghostly visit from once departed resident who will share fascinating stories about Hygiene's past. Meet at the Senior Center, fee includes transportation, tour, and Trip Leader.

Registration #485300-10

Date: Friday, October 16

Time: 9:45 am-12 pm

Fee: \$7 resident, \$9 non-resident

Mobility for All

Mobility for All invites you to a fun Lotería Mobility workshop! Play the colorful, bingo-style game loved by all ages while learning about transportation options across Boulder County, including buses, on-demand services, and community mobility programs. Win small prizes, enjoy colorful game cards and stickers, and connect with others in a friendly, engaging atmosphere. Join us for learning, laughter, and a little friendly competition!

Registration #486508-10

Date: Wednesday, September 30

Time: 1-2:30 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.

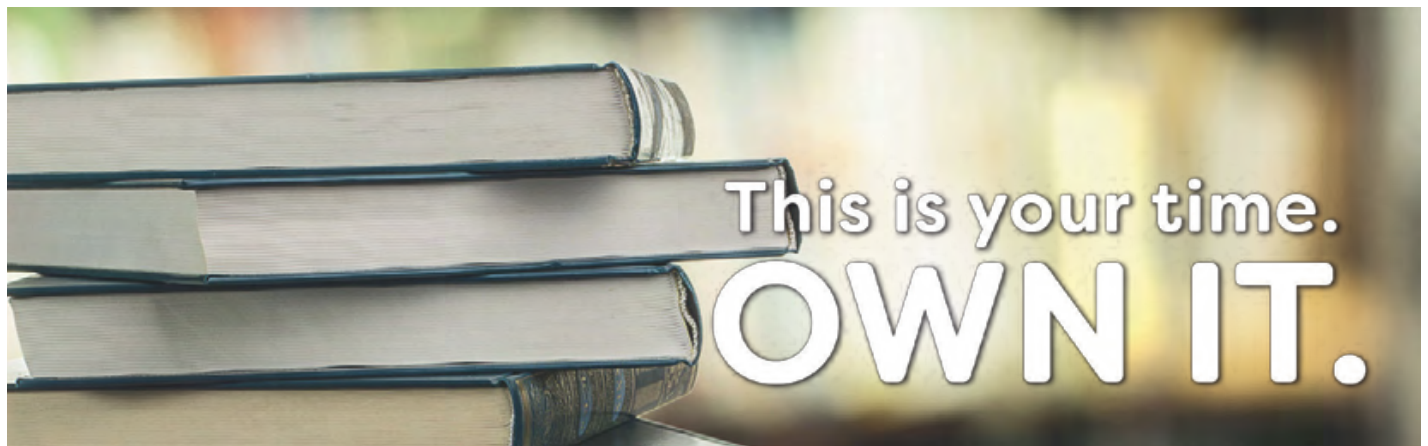
Registration #485905-00

Date: Thursday, October 1

Time: 4-5 pm

Fee: Free, please register in advance

Location: ONLINE





Beginning Mahjong

Learn the basics of this fascinating and stimulating game. The rules of Mahjong will be explained over several sessions, and then you will put your knowledge to work by playing the game. This class is being taught by a current Mahjong instructor. *Cards are included in the fee*, as every player is required to have their own cards. A handout will be provided at the first class. If you do not need lessons, have your own cards, and love to play Mahjong, please join our Friday group! Email **Diane Gamble** at dianegamble77@comcast.net to find out more. **No refunds for this class.**

Registration #485408-10

Dates: Tuesdays, October 6-27

Time: 1-4 pm

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

Estate Planning

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

Registration #485908-00

Date: Tuesday, October 6

Time: 5-6:30 pm

Fee: Free, please register in advance

Learn to Play Bridge: Beginning

In this five-session class, you will be introduced to the basics of playing the game of Bridge. We will review the basic rules of Bridge including basic bidding and simple playing tactics. Participants should plan on attending each class session as the classes will build upon each other. The class will utilize the book: Bridge Basics 1: An Introduction by Audrey Grant. Each participant will need to purchase their own book and bring to each class.

Registration #485260-00

Dates: Thursdays,

October 15-November 12

Time: 4:30-6 pm

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

Learn to Play Bridge: Intermediate

In this five-session class, participants will delve into some of the finer points of the game of Bridge. Participants should have a working knowledge of the game of Bridge. We will review a number of bidding conventions to enhance understanding, play and success in the game. The class will be using the book: 25 Bridge Conventions You Should Know by Seagram & Smith (either 1st or 2nd edition). Each participant will need their own copy of the book, purchase on your own. **No class 10/23 and 11/6.**

Registration # 485261-00

Dates: Fridays, October 9-November 20

Time: 10-11:30 am

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

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

Did You Know?

**The Senior Center offers extended travel,
both domestic and international opportunities!**

Check out page 70 for all the details.



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 a driver's license, AARP card, and payment to class.

\$20 AARP members, \$25 non-members, payable directly to AARP instructor at class. Cash or check only. No credit cards.

Registration #485096-10

Date: Wednesday, October 14

Registration #485096-12

Date: Wednesday, December 9

Time: 8:30 am-1 pm

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

Fees paid directly to instructor.

Handyman 101: Aging Solo

Are you wondering how you might complete minor home repairs and don't know where to begin? Join volunteers and staff from Cultivate to learn more about their volunteer Fix-It program. Cultivate's vision is to create a world in which all seniors and their loved ones enjoy more quality time and peace of mind through the active support of their community. Registration # 485903 00

Date: Thursday, October 22

Time: 4-5 pm

Fee: Free, please register in advance

Need Help with Your Heating Costs?

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

Date: Tuesday, November 3

Time: 9-11 am

Fee: Free

Vegan Chef Classes

Holiday Bites:

The Plant-Forward Way

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

Registration #485033-11

Date: Monday, November 9

Time: 1:30-3 pm

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

A Bee Bit of Sweetness

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

Instructor: Lisa Boesen

Registration #485033-12

Date: Tuesday, December 1

Time: 1:30-3:30 pm

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

Self-Defense Class

Join us for a Self-Defense Class designed specifically for senior citizens. This class focuses on personal safety, awareness, confidence-building, and practical techniques to help older adults stay safe in everyday situations. Participants will learn easy-to-use strategies for preventing confrontations, recognizing potential dangers, and responding effectively in emergencies. Taught in a supportive and welcoming environment, this class is suitable for all fitness and mobility levels. Hosted in partnership with the Longmont Police Department, the program encourages safety, empowerment, and community connection. This is a hands-on class.

Registration #486506-01

Date: Tuesday, November 3

Time: 12-1:30 pm

Fee: Free, please register in advance

Home for the Holidays

Thanksgiving, Hanukkah and Christmas involve family, friends, food, and chaos. Whether there's trouble traveling or trouble at home, holiday movies heighten the drama around the season's festivities - often to a breaking point. But then the virtues of the holiday come through to save the day. Includes clips from Planes, Trains and Automobiles, A Christmas Story, It's A Wonderful Life, and more!

Presented by: Dan Hudak.

Registration #485098-00

Date: Tuesday, December 22

Time: 1-2 pm

Fee: \$10 resident, \$12 non-resident

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



Where We Meet: Longmont's Elder Exchange Story

Last year, Longmont seniors participated in a historic cultural exchange with Northern Arapaho elders from the Wind River Reservation in Wyoming. *Where We Meet: Stories of Healing and Hope* is a short documentary that chronicles the adventure through stunning visuals, personal moments and shared experiences.

The exchange began in March 2025, when 16 Northern Arapaho elders traveled to Longmont, which is built on land that was once inhabited by their ancestors. The following July, 20 Longmont seniors visited the Wind River Reservation to deepen the new friendships that were formed. The video is available at <https://bit.ly/elder-video>.

"We feel extremely honored to help build these life-changing connections," said Senior Services Manager Ronnie Maynes. "We hope to promote healing and reconciliation by acknowledging past traumas and highlighting the hopes we share for our communities and children."

The Elder Exchange program will continue in 2027 through the generous support of the Friends of the Longmont Senior Center. More information about the program is found at longmontcolorado.gov/elder.



GENERAL INTEREST

Fall Gardening in Colorado

Winter is coming. Our Colorado winters can be very unpredictable and hard on your yard and garden. We will discuss techniques to protect your perennials, shrubs, trees, lawn, and how to get your gardens ready for winter. We will also talk about what plants are fine to plant in fall including veggies, perennials, trees, shrubs and of course spring flowering bulbs.

Presented by: Jeff Miller

Registration #484107-09

Date: Friday, September 11

Time: 10-11:30 am

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

Illusions: Can You Trust Your Eyes?

An illusion is that which is likely to be wrongly or variously perceived or interpreted by the senses. Often, we think of an illusion as an act of deception or something practiced by magicians, but taking the time to see and interpret visual illusions is necessary for us all. Those who see all sides of an illusion may be less likely to fall victim to scams and hoaxes.



Presented by: Robert Meroney

Registration # 484440-13

Date: Tuesday, September 1

Time: 1-2:30 pm

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

When the Declaration of Independence Was News

This talk brings to life the range of interpretations and emotions of people as they learned about the Declaration of Independence throughout the United States and the Atlantic world. **Presented by: Paul Flanders**

Registration # 484440-14

Date: Wednesday, September 2

Time: 1-2:30 pm

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

Talk With A Naturalist:

Follow the Poop, Canadian Geese?

Canada geese are large migratory waterfowl found throughout North America. They are known for their distinctive black-and-white plumage, loud honking calls, and seasonal migrations. Learn about this species' fascinating life cycle, from their long migrations to their complex social structure. This slideshow program will explore the different stages of a Canada goose's life, from egg to adult. **Presented by Boulder County Naturalists and Dave Fletcher**

Registration # 484440-22

Date: Tuesday, September 15

Time: 3-4:30 pm

Fee: Free, please register in advance

Tree Selection and Care

This practical class is designed for those interested in learning more about how to select and care for trees in our unique Front Range climate. We will cover how to choose tree species that thrive in local conditions - including considerations like drought tolerance, soil, and space - and how to plant them for long-term success. Participants will also learn essential tree care practices such as watering, mulching, and pruning. **Presented by: CSU Extension of Boulder County**

Registration # 485097-00

Date: Wednesday, September 23

Time: 1:30-3 pm

Fee: Free, please register in advance

National Something Day

Every day is a holiday, or something like that. Every day is designated a national something day, so you can celebrate that occasion. You will be surprised at what some of those days celebrate. Maybe you have your favorite. Come celebrate these dates with us. See what it takes to get your favorite subject designated a national day of remembrance. How about NATIONAL APPLE PIE DAY? **Presented by Chuck Gibbs**

Registration # 484440-21

Date: Thursday, September 24

Time: 1-2:30 pm

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

Tuskegee Institute Medical Experiment

The history of the terrible experiment that took the lives of over 400 African American men and the Government restitution to African Americans.

Presented by Tracy Perry

Registration # 484440-30

Date: Wednesday, September 30

Time: 1-2:30 pm

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

Behavioral Economics

The term "Animal Spirits" was first used in the 1930s to explain why people frequently behaved irrationally with money. The science of Behavioral Economics surfaced in the 1970s to find the facts behind how and why people choose to behave with money. Learn how your everyday decisions can be manipulated, for good or ill, by those who know how to practice manipulative behavioral economics.

Presented by: Paul Lohr

Registration # 484441-12

Date: Thursday, October 1

Time: 10-11:30 am

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



Googleisms: Google Doodles

The rise of the Google search engine has been accompanied by the insertion of tongue-in-cheek artwork to celebrate birthdays, special occasions, country celebrations, and holidays. Today there are nearly 5,000 Google Doodles. In addition to the art produced by Google employees, volunteer submissions, and art contests have contributed to a solid group of fans which follow this modern art cult.

Presented by: Dr. Robert Meroney

Registration # 484441-13

Date: Thursday, October 1

Time: 1-2:30 pm

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

Women Spies of the Civil War

Elizabeth Van Lew and Rose Greenhow served as spies for the Union and Confederacy respectively during the Civil War, leveraging societal invisibility to gather intelligence, convey messages, and map enemy positions for both the Union and Confederacy. **Presented by: Paul Flanders**

Registration # 484441-14

Date: Wednesday, October 7

Time: 1-2:30 pm

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



Quaking Aspen: Our Magnificent Colorado Tree

This program will provide substantial biological detail on this remarkable tree species, highlighting its distinctiveness, and pointing out the underlying capabilities which led to its remarkable ecological success. The class will end with a world-famous aspen clone, Pando, named by our instructor, **Michael Grant**

Registration # 484441-10

Date: Friday, October 9

Time: 1-2:30 pm

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

The Day the Music Died

Stories of aircraft fatalities causing well-known people to lose their lives due to pilot errors. **Presented by Tracy Perry**

Registration # 484441-15

Date: Wednesday, October 14

Time: 1-2:30 pm

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

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



HISTORY & SCIENCE

Talk With A Naturalist: Beavers: Nature's Engineers

Chew on this! Gain a deeper understanding of how beavers survive, adapt, and even help restore ecosystems. Learn about beavers, spot signs of beaver activity in the wild, and even see and touch beaver body parts. **Presented by Boulder County Naturalists and Dave Fletcher**

Registration # 484441-19

Date: Tuesday, October 20

Time: 2-3:30 pm

Fee: Free, please register in advance

Challenge Coins

Once a rare item, these coins are becoming more common now. Do you have any? Bring them to this meeting and tell us about it/them. Learn about the significance of these collector items.

Presented by Chuck Gibbs

Registration # 484441-21

Date: Wednesday, October 21

Time: 1-2:30 pm

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



Houseplants 101

Yes, winter is just around the corner but that does not mean that your gardening season is over. You can address your urge to grow with indoor houseplants! We will discuss all aspects of being successful with houseplants, including soil, water, light, fertilizer and common problems. We will also learn about some easy-to-grow houseplants. **Presented by: Jeff Miller**

Registration #484107-10

Date: Thursday, October 22

Time: 9:30-11 am

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

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



Modes of Communication Among Both Plants and Animals

Recent science work has demonstrated a far greater range and function of both plant and animal communication strategies than is generally appreciated. This program will highlight specific modes and examples that will likely surprise most people. **Presented by: Michael Grant**

Registration # 484441-11

Date: Tuesday, October 27

Time: 1-2:30 pm

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



The Art of Salvador Dalí

Salvador Dalí was one of the 20th century's most influential and controversial artists. Renowned for his Surrealist masterpieces and eccentric personality, he produced thousands of works across painting, sculpture, film, fashion, and design. His bold creativity and relentless self-promotion made him a cultural icon, while his immense popularity also led to countless forged works attributed to his name, presented by **Dr. Robert Meroney**

Registration #484442-13

Date: Tuesday, November 3

Time: 1-2:30 pm

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

Houseplants 102

This class will be a continuation of Houseplants 101; we will learn more advanced techniques on how to be successful with houseplants. We will also discuss how to grow cactus, succulents, herbs and vegetables indoors. Additionally, we will learn how to combat insects, diseases and other issues not covered in Houseplants 101. We will also show off some challenging houseplants that you may not have seen before!

Presented by: Jeff Miller

Registration #484107-11

Date: Friday, November 13

Time: 9:30-11 am

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



The USS Arizona's Final Hours

The firsthand story of the USS Arizona on December 7th, 1941. The survivor recalls all the things that happened that day and during his recovery.

Presented by Tracy Perry

Registration #484442-15

Date: Friday, November 13

Time: 1-2 pm

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

Three Gold Rushes That Changed America

The California Gold Rush sparked a massive influx of "forty-niners." The Black Hills Gold Rush of 1874-1877, sparked a massive, illegal influx of miners into Lakota Sioux territory. In the Klondike, an estimated 100,000 prospectors were drawn to the Yukon in northwestern Canada and Alaska in 1896. **Presented by: Paul Flanders.**

Registration #484442-14

Date: Wednesday, November 4

Time: 1-2:30 pm

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

Skiing Off to War with the 10th Mountain Division

During World War II, the U.S. Army had only one division specially trained for mountain and winter warfare. After training for two years at Camp Hale in Colorado, the 10th Mountain Division was deployed to the mountains of northern Italy, where they never lost a battle. Come learn about these unique young men from **Flint Whitlock**, a 10th Mountain historian and son of a 10th veteran.

Registration #484442-12

Date: Wednesday, November 18

Time: 1-2:30 pm

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

Colorado Historical Markers

Have you ever walked past that bronze plaque on the wall and not taken the time to see what information is on it? Happens every day. You might be surprised as to what historical event happened on that very spot. We find bronze plaques, painted signs, or a marker on the ground. Can you guess how many markers there are in Colorado? I'll give you that information and then some. Colorado has a rich history of significant events that are identified all over this state. **Presented by Chuck Gibbs.**

Registration #484442-04

Date: Thursday, November 19

Time: 1-2:30 pm

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

A Deep-Time Look at Human Evolution

This talk will present a few million years of human evolution, highlighting some recently uncovered evidence of reproductive success between Neanderthals and Denisovans. We will also review several genes of these species that preceded the origin of Homo sapiens, which remain in humans living today.

Presented by: Michael Grant.

Registration #484442-10

Date: Tuesday, November 24

Time: 1-2:30 pm

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



The History of Welfare

Welfare in the United States evolved from local, private charity to a federal system, largely triggered by the 1930s Great Depression, along with expansion during LBJ's Great Society.

Presented by: Paul Flanders.

Registration #484445-14

Date: Wednesday, December 2

Time: 1-2:30 pm

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

Talk with a Naturalist:

Bobcats in Your Backyards

Learn the fascinating behavior of bobcats that venture into suburban backyard in Boulder County. Learn about these elusive predators, their adaptability to urban environments, and how they coexist with humans. Volunteer naturalists will reveal the bobcat's hunting behavior, diet, and territorial habits. You will gain insight into the delicate balance between our wildlife and urban development, fostering a deeper appreciation for these mysterious creatures right in our own backyards.

Presented by **Boulder County Naturalists and Dave Fletcher.**

Registration #484445-23

Date: Wednesday, December 2

Time: 3-4:30 pm

Fee: Free, please register in advance

Collections

Are you a stamp collector? How about salt and pepper shakers? I want to share with you some of the collections I've found around the county. Everyone has or had a collection of something. Why they started collecting them might surprise you. Come and tell us about your collection(s). Name an object, and there is probably someone collecting it. Collections can be a few or a whole big bunch.

Presented by Chuck Gibbs

Registration #484445-20

Date: Wednesday, December 9

Time: 2-3:30 pm

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

A Sampler of Fascinating Ecological Examples in Nature

Biological interaction between and among species, in addition to their interactions with their physical environment, remains an area of great scientific and public interest. In this talk, you will see several distinctive and very interesting ecological vignettes and dynamics.

Presented by: Michael Grant.

Registration #484445-11

Date: Tuesday, December 15

Time: 1-2:30 pm

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



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. The topics vary month to month and are based on our years of work with Bobbi Nesheim PhD, MFT. They provide a rich environment of information and peer discussion for you to incorporate into your life.

Each session participants can sign up to either attend in-person or online (Zoom). If you attend in-person, a \$5 materials fee is payable to the facilitators at the first class. Registration deadline is seven days prior to the start date of each class. In person class fills fast, if you are on the wait list, you may attend by Zoom.
Facilitators: Laura Ambler, Donna Prestwood, and Sky Yates.



Sun Sign Astrology Archetypes

Let's explore the concept of Sun-sign Astrology Archetypes and the recognizable roles they play in our lives. *No class 9/15.*

Registration # 484340-9A (in-person)

Registration # 484340-9B (online)

Dates: Tuesdays, September 1-29
(no class 9/15)

Time: 10-11:30 am

Superstition

Don't walk under that ladder! No whistling in the house! Let's discover how our superstitions came about and impact our lives.

Registration # 484340-10A (in-person)

Registration # 484340-10B (online)

Dates: Tuesdays, October 6-27

Time: 10-11:30 am



The Power of Gratitude

Join us as we explore how practicing gratitude boosts mental and physical health, reduces stress, increases neurotransmitters like dopamine and serotonin, lowers cortisol, and rewires the brain to be more resilient.

Registration # 484340-11A (in-person)

Registration # 484340-11B (online)

Dates: Tuesdays, November 3-24
(No class 11/17)

Time: 10-11:30 am

Setting Intentions

The end of the year is always a time for reflection and intention-setting for the upcoming new year. Let's do this together!

Registration # 484340-12A (in-person)

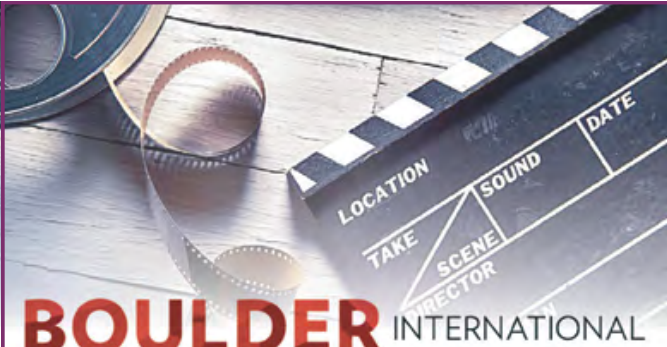
Registration # 484340-12B (online)

Dates: Tuesdays, December 1-22

Time: 10-11:30 am

Fee: Free, please register in advance





BOULDER INTERNATIONAL FILM FESTIVAL

Color Book, 99 Minutes, 2024, US

Seeking solace, Lucky and his son Mason embark on a journey across Metro Atlanta to attend their first baseball game together. Throughout their day-long trip, they encounter Murphy's Law. From care breakdowns to missed trains, the duo faces a series of obstacles that tests their relationship. Despite everything, they persevere, determined to reach the game. *Color Book* highlights the strength and resilience that emerges from Lucky and Mason's bond, while exploring myriad experiences that come from raising a child with Down Syndrome (played brilliantly by 12 year old actor Jeremiah Alexander Daniels). It's magic lies in its simplicity: a beautiful, moving portrait of a father and son. Directed by David Fortune

Registration # 484333-01

Date: Thursday, September 10

Time: 5:30-7:30pm

Fee: Free, please register in advance

Writing Circle (Online)

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, instructor Laura Ambler 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.

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.

Spacewoman, 100 Minutes, 2024, UK

Based on the book *Through the Glass Ceiling to the Stars* written by Eileen Collins and Jonathan H. Ward. Astronaut Eileen Collins was the first female spacecraft commander in history. Born on the other side of the tracks in upstate New York, she smashed many glass ceilings in the US Air Force and at NASA in her career, culminating in her commanding four increasingly dramatic and dangerous space shuttle missions. With an incredible set of archival materials, intimate interviews, and a moving score by Marcelo Zarvos, Hannah Berryman's nail-biting film shares the emotional journey experienced by Eileen and her family, and asks the philosophical question: "What level of risk is acceptable in one of the most important and dangerous adventures in human endeavors?"

Directed by Hannah Berryman

Registration # 484333-02

Date: Wednesday, November 18

Time: 5:30-7:30 pm

Fee: Free, please register in advance

This writing group will follow Debbie's format and, Laura hopes, pay homage to her legacy! Zoom link sent out day before class.

Registration # 484360-09

Monday, September 14

Registration # 484360-10

Monday, October 12

Registration # 484360-11

Monday, November 9

Registration # 484360-12

Monday, December 14

Time: 11-12:30 pm

Fee: Free, please register in advance

As a traditional storyteller for over 30 years, **Kathleen** loves crafting stories to meet audience purpose from pure entertainment to formal instruction. She is a member of and has performed for Rocky Mountain Storytellers, National Storytelling Network, Texas Storytelling Assn. and Northeast Storytellers.



Fur, Feather, Paws, and Claws: Animal Wisdom Tales (Tails)

Creatures of the earth have a way of teaching us to be better humans. Local storyteller Kathleen Santopietro will take us around the world to discover life lessons from animals with perspective, point of view, mindset, and even attitude. Come along and listen: woof, grrr, baa, quack, buzz, woo, moo, meow, and hiss!

Registration # 484313-01

Date: Thursday, September 17

Time: 3-4:15 pm

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

Storytelling: Autumn Changes in Story

Autumn is about change in temperature, color and environment. Local Storyteller, Kathleen Santopietro, will share transition tales that look carefully at roots, leaves, vines, and fruits of the season. Alongside the amazing story characters, we'll experience the awe and the challenge of the year's leave taking.

Registration # 484313-02

Date: Wednesday, November 18

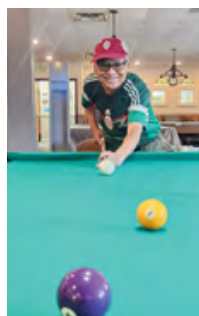
Time: 3-4:15 pm

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

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



¿Quieres saber más sobre nuestros programas del verano en el GO? El lunes, 7 de agosto, es el primer día en que se pueden registrar para las clases de otoño. Para más información sobre los programas, acompañamos el 13 de agosto a las 3-4pm.



Billar

Juegue billar por \$1 dólar.

Cuándo: Los lunes a jueves:
8 am-7:45 pm

Los viernes:
8 am-4:45 pm

Los sábados:
8 am-11:45 am



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 información sobre el programa, favor de llamar a Osvaldo 720-288-8070.

Fechas: Los lunes,
14 y 28 de septiembre, 12 y 26 de octubre,
9 y 23 de noviembre, 7 y 21 de diciembre

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. También hablaremos 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 reunimos 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 una conversación reflexiva, respetuosa y, a veces provocativa, sobre la muerte. Nuestro objetivo es aumentar la conciencia de la muerte mientras ayudamos a las personas a sacar el máximo provecho de sus vidas finitas. No es grupo de apoyo en el duelo. La discusión será confidencial. Se ofrecerá café y pan.

Fechas: jueves,
17 de septiembre, 15 de octubre
19 de noviembre, 17 de diciembre

Hora: 10-11:30 am

Costo: Gratis, no es necesario registrase



Clases de Baile de Salsa

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!

Fechas: los jueves

3 - 17 de septiembre

de registraci3n: 486500-09

1 - 15 de octubre

de registraci3n: 486500-10

12 - 19 de noviembre

de registraci3n: 486500-11

3 - 17 de diciembre

de registraci3n: 486500-12

Hora: 1-2 pm

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

Facilidad: Lashley St Station, 1200 Lashley St

Alcohol y La Reducci3n de Daños

En este programa, los socios comunitarios de Salud P3blica del Condado de Boulder y Recovery Cafe discutir3n c3mo:

- Entender lo que es la Reducci3n de Daños
- Aprender c3mo reducir los riesgos al consumir alcohol
- Saber c3mo mantenerse sano
- Conocer recursos de apoyo y tratamiento

de Registraci3n: 486905-00

Fecha: jueves, 24 de septiembre

Hora: 10 – 11:30 am

Costo: Gratis, y por favor regístrese

Prepárese para la Inscripci3n Abierta de Medicare

La inscripci3n abierta de Medicare es el 15 de octubre hasta el 7 de diciembre. En esta clase hablaremos de los siguientes temas:

- Qué cambios tiene Medicare en 2027
- Est3 preparado/a
- Nueva informaci3n sobre la cobertura de medicamentos
- C3mo evitar errores en la cobertura de seguro m3dico
- C3mo evitar las estafas relacionadas con la inscripci3n abierta

¡Todos deben revisar su elecci3n de seguro m3dico y su cobertura!

de Registraci3n: 486904-00

Fecha: lunes, 28 de septiembre

Hora: 10 – 11:30 am

Costo: Gratis, y por favor regístrese

Movilidad Para Todos

Mobility for All le invita a un divertido taller de Loter3a, un juego tradicional mexicano similar al bingo. Juegue para ganar pequeños premios mientras aprende sobre las opciones de transporte disponibles en el Condado de Boulder, como autobuses, servicios a pedido y programas comunitarios. Disfrute de una experiencia amena, llena de aprendizaje, convivencia y un poco de competencia amistosa. ¡Le esperamos!

de registraci3n: 486508-09

Fecha: miercoles, 30 de septiembre

Tiempo: 10-11:30 am

Costo: Gratis, y por favor regístrese



INFORMACI3N Y
PROGRAMAS EN
ESPAÑOL

Reconocer y Manejar la Depresión en Adultos Mayores

Este programa educativo asistirá a los participantes a reconocer las señales de la depresión, comprender sus causas, reducir el estigma y aprender maneras prácticas de buscar apoyo y mejorar su bienestar emocional. El tono es informativo, esperanzador y respetuoso.

de registración: 486505-00

Fecha: viernes, 4 de septiembre

Hora: 1-2:30 pm

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

Mejor Comunicación para Dinámicas Familiares Difíciles



Este taller ayuda a los adultos mayores a mejorar la comunicación con sus familiares durante situaciones difíciles. Los participantes aprenderán herramientas prácticas para manejar conflictos, establecer límites saludables, reducir malentendidos y mantener relaciones con mayor calma, dignidad y confianza.

de registración: 486505-01

Fecha: viernes, 16 de octubre

Hora: 1-2:30 pm

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

Ajuste a la Jubilación

La jubilación es una de las transiciones más importantes de la vida. Aunque puede traer libertad y nuevas oportunidades, también puede generar desafíos emocionales, sociales, financieros y aquellos relacionados con la identidad, muchas veces inesperados. Este taller, con la intención de que los participantes logren adaptarse a la jubilación con mayor sentido de propósito, equilibrio, confianza y bienestar, ofrecerá asistencia e información.

de registración: 486505-02

Fecha: lunes, 9 de noviembre

Hora: 1-2:30 pm

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

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

Septiembre: Creación de máscaras en preparación de la Fiesta del Té

Únete a nuestro grupo de diseño para crear máscaras artesanales estilo Masquerade. ¡Prepárate para la Fiesta del Té con estilo y mucha imaginación!

Octubre: Fiesta de té

Fiesta de Té: disfrutemos de un delicioso té y bocadillos en la Casa Callahan y sus jardines, mientras pasamos un momento en comunidad. *No se realizarán reembolsos para este evento.*

Noviembre: Noviembre de Tradición Viva

El Día de Muertos se celebra en el corazón todo el mes. Únete a nuestro grupo para realizar manualidades tradicionales y seguir compartiendo historias a través del arte. Ven a diseñar algo especial para recordar con alegría a nuestros seres queridos.

Diciembre: Diciembre de Magia Creativa

¡La Navidad se siente en cada detalle! Únete a nuestro grupo para realizar manualidades navideñas. Ven a diseñar adornos únicos mientras compartimos historias y celebramos juntos la alegría de esta temporada. ¡Te esperamos para crear recuerdos inolvidables!

Fechas: los viernes

Costo: \$4 residentes/ \$5 no residentes en septiembre, noviembre, y diciembre

de registración: 486502-09

18 de septiembre, 9:30-11 am

de registración: 486502-10

9 de octubre, 11:45 am-2 pm

Costo: \$8 residentes/ \$10 no residentes

de registración: 486502-11

20 de noviembre, 9:30-11 am

de registración: 486502-12

11 de diciembre, 9:30-11 am



Ideas de Actividades para Cuidadores de Personas con Demencia

La presentación cubrirá las mejores prácticas para la participación de actividades en su persona con deterioro cognitivo leve, así como las diferentes etapas de la demencia. Analizaremos el método Montessori para el cuidado de personas con demencia, así como el programa de arte "Memorias en la Formación." También identificaremos cómo adaptar las actividades a las capacidades actuales de su persona. Presentado por Brenda Gurung, especialista acreditada en demencia. Esta presentación se ofrece con interpretación simultánea.

de Registración: 486903-00

Fecha: sábado, 3 de octubre

Hora: 10 – 11 am

Costo: Gratis, y por favor regístrese

Conceptos Básicos de Medicare

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

de Registración: 486908-00

Fecha: lunes, 5 de octubre

Hora: 10 – 11:30 am

Costo: Gratis, y por favor regístrese

Observación del Follaje Otoñal, Mud Lake, y la Carretera Peak to Peak

Disfrute de un paseo panorámico por la naturaleza junto a naturalistas del condado de Boulder en Mud Lake, donde explorará la ecología de montaña y aprenderá sobre la fauna y la historia natural de la zona. Deléitese recorriendo la pintoresca carretera Peak to Peak para admirar los espectaculares colores otoñales de Colorado, con una parada en la histórica iglesia de piedra de St. Catherine. Se incluye un almuerzo tipo pícnic.

de Registración: 486510-66

Fecha: martes, 6 de octubre

Horas: 8:45 am

Costo: \$18 residente / \$23 no-residente



Cine Hawkins

¡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. Les llamaremos con antelación para informarles del nombre de la película. El horario está sujeto a cambios debido a la disponibilidad limitada de películas.

de Registración: 486507-01

Fecha: martes, 20 de octubre

Hora: 10:15 am

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

La Inscripción Abierta de Medicare

El período de Inscripción Abierta de Medicare es del 15 de octubre al 7 de diciembre. Programe una cita individual para revisar y comprender su cobertura de Medicare para el año 2027 con el Programa Estatal de Asistencia para el Seguro de Salud, conocido como SHIP del Condado de Boulder, y así determinar si puede encontrar primas más bajas, beneficios adicionales o un plan de la Parte D o C que se ajuste mejor a sus necesidades de salud.

- Una cita por persona; en el caso de parejas, cada persona requiere su propia cita.
- Solo para residentes del Condado de Boulder.
- Por favor, tenga a mano su tarjeta de Medicare, lista de medicamentos, y lista de médicos importantes.

de Registración: **lunes, 26 de octubre:**

486906-01 **9:30 – 10:30 am**

486906-02 **11 am - mediodía**

486906-03 **1 – 2 pm**

486906-04 **2:30 – 3:30 pm**

de Registración: **lunes, 2 de noviembre:**

486907-01 **9:30 – 10:30 am**

486907-02 **11 am - mediodía**

486907-03 **1 – 2 pm**

486907-04 **2:30 – 3:30 pm**

Costo: Gratis, y por favor regístrese



INFORMACIÓN Y PROGRAMAS EN **ESPAÑOL**

¿Necesita Ayuda con sus Costos de Calefacción?

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

Fecha: martes, 3 de noviembre

Hora: 9-11 am

Costo: Gratis

Clase de defensa personal con el Departamento de Policía de la Ciudad de Longmont

Únase a nosotros para una clase de defensa personal diseñada específicamente para ciudadanos mayores. Esta clase se enfoca en la seguridad personal, la concientización, el desarrollo de la confianza y técnicas prácticas para ayudar a los adultos mayores a mantenerse seguros en situaciones cotidianas. Los participantes aprenderán estrategias fáciles de usar para prevenir confrontaciones, reconocer posibles peligros y responder eficazmente en emergencias. Impartida en un ambiente acogedor y de apoyo, esta clase es adecuada para todos los niveles de condición física y movilidad. Organizado en colaboración con el Departamento de Policía de Longmont, este programa promueve la seguridad, el empoderamiento y la conexión comunitaria.

de registración: 486506-00

Fecha: martes, 3 de noviembre

Hora: 10-11:30 am

Costo: Gratis, y por favor regístrese

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: 486902-12

Fecha: martes, 1 de diciembre

Hora: 1 - 3 pm

Costo: Gratis, y por favor regístrese



Pinte un Globo de Nieve

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

Instructora: **Amy Payan**

de registración: 485407-02

Fecha: jueves, 3 de diciembre

Hora: 1-3 pm

Costo: \$12 residentes/ \$15 no residentes

Técnicas Para Manejar el Estrés

Manejar el estrés es esencial para una vida sana y feliz. Aunque no podemos eliminarlo por completo, sí podemos aprender a manejarlo. En este taller practicaremos técnicas para reducir el estrés, incluyendo meditación, movimiento suave y ejercicios de respiración que promueven la calma. También habrá tiempo para una conversación abierta en grupo y para preguntas.

Presentadora: **Kara Traikoff** (El Condado de Boulder/La Agencia para los Adultos Mayores)

de Registración: 486509-10

Fecha: jueves 10 de diciembre

Hora: 10-11:30 am

Costo: Gratis, y por favor regístrese



Para más información sobre recursos para mayores, vean la página de red www.BoulderCountyAyuda.org o marquen 303-441-1617 (marque 2 para español).

Meals on Wheels un programa de alimentos

Un almuerzo caliente y nutritivo preparado 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 residentes 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 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 DEL CENTRO DE MAYORES:

- **No hay membresía** para participar en actividades o para recibir servicios del Centro de Mayores
- **Los 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. Pónganse 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 da 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 registrarse antes de la clase.**
 - Puede registrarse en la recepción, 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 que la fecha de registro se abre y para viajes el lunes después del registro de la lotería.
- **Pago: Se aceptan tarjetas de crédito, efectivo, cheques, certificados de regalo y becas del Centro de Mayores.** El pago completo se requiere en el momento de la registración.
 - **Los 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 se cancela.
 - Un reembolso / crédito total será dado si el Centro de Mayores cancela la actividad.
 - Un reembolso / crédito total será dado si el participante cancela una clase o evento especial siete (7) 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 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 Laura Gackstatter at 303-651-8907 or

laura.gackstatter@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?

Contact **Laura Gackstatter**

at 303-651-8907 or by email at

laura.gackstatter@longmontcolorado.gov to discuss joining the Lunch Bunch.

Thanks to: Friends of the Longmont Senior Center, Longmont Meals on Wheels, Life Care Center of Longmont, The Bridge 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 website 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

Meditation and Breathwork

This half hour meditation and breathwork class utilizes focused guided meditation which can cultivate stress reduction and improve focus, attention, and emotional regulation. This class incorporates a variety of conscious breathing techniques which can support respiratory function, energy, and overall physical and mental well-being.

Instructed by: Ramya Bruskin, RYT, CNC

Registration #488005-09 **September 2-30**

Registration #488005-10 **October 7-28**

Day: Wednesdays

Time: 4:15-4:45 pm

Daily Fee: \$5 resident, \$6 non-resident





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 appointment includes a brief examination, routine toenail trims, removal/reduction of calluses, followed by a gentle, relaxing foot massage.

Please call Cloud 9 directly if you'd like to schedule additional services: 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. To schedule add-on services, call 720-512-9445. Regular appointments are scheduled through the Senior Center:

Date: Wednesday, September 9
Registration #488010

Date: Wednesday, October 14
Registration #488012

Date: Wednesday, November 18
Registration #488013

Date: Wednesday, December 9
Registration #488014

Times: 8:30 am – 2 pm (half hour slots)
Fee: \$60 resident / \$75 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 #485003-09
Thursday, September 10

Registration #485003-10
Saturday, October 17

Registration #485003-11
Thursday, November 12

Time: 9:30-11 am

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

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

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.

Day: Tuesdays

The 10 Types of Intimacy
Registration #488904-09 **September 15**

Why Can't We Get Along?
Registration #488904-10 **October 20**

Strengthening Existing Connections
Registration #488904-11 **November 24**

Creating A Connection Plan
Registration #488904-12 **December 15**

Time: 1-2:30 pm
Fee: Free, please register in advance



You Can Become a Savvy Caregiver

This training program teaches an understanding of dementia and strives to increase caregiver confidence while reducing the adverse effects of caregiving. It focuses on helping caregivers to acquire and strengthen their knowledge, skills and attitudes for this role and teaches caregivers how to manage and care for themselves. This six-week course is led by **Jessica O'Leary, MA, CVW**, a gerontologist and specialist in dementia.

Please note that this course is for those taking care of a loved one and not for professional caregivers; it is also for caregivers of those with early- or mid-stage dementia. Attendance at all classes is required, and class size is limited.

Registration #488900-00

Dates: Mondays, September 14-October 19

Time: 5:30-7:30 pm

Fee: Free, please register in advance

Tips and Tools for Coping with Anxiety

While some degree of anxiety can be helpful and adaptive, anxiety is one of the most common mental health concerns. 10-20% of older adults struggle with anxiety, which often goes unrecognized and undertreated. We will explore proven tips and tools to help yourself, others, and your community manage anxiety and stress and live with an improved sense of well-being. Presented by Licensed Psychologist **Mary Sean O'Halloran**.

Registration #488914-00

Date: Tuesday, September 15

Time: 10-11:30 am

Fee: Free, please register in advance

The Power of Gratitude

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

Registration #488915-00

Date: Tuesday, September 22

Time: 1-2:30 pm

Fee: Free, please register in advance

UCHEALTH - TALK WITH A HEALTHCARE PRO

uchealth

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. A light snack will be provided; seating is limited.

Day: Tuesdays

Registration #488008-09 **September 22**

Registration #488008-10 **October 20**

Registration #488008-11 **November 10**

Time: 5:30-6:30 pm

Fee: Free, please register in advance

Balance Screenings

These brief screenings, performed by Physical and Occupational Therapists, will assess your fall risk using the STEADI (Stopping Elderly Accidents, Deaths, and Injuries) Initiative tools and protocols. Balance and fall prevention strategies, programs, and resources will be shared based on your results. Presented by UCHealth.

Registration #488006

Date: Wednesday, September 23

Time: 1:30-3 pm (10 minute slots)

Fee: Free, please register in advance





Adjusting to Life's Changes Support Group

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

Dates: Mondays, October 5 - November 9

Time: 1:30 - 3 pm

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

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

Understanding Alzheimer's and Dementia

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

Registration #488906-00

Date: Thursday, October 22

Time: 10-11:30 am

Fee: Free, please register in advance

Letting Go

Life constantly presents us with opportunities and challenges to let go of old ideas of who we are and what we can do, of people who have left us, and of ways of being that no longer serve us. Join us for a discussion about the ins and outs of letting go. Facilitated by Senior Services staff **Brandy Queen, LPC.**

Registration #488907-00

Date: Tuesday, October 27

Time: 1-2 pm

Fee: Free, please register in advance

COMMONSPIRIT HEALTH AT LONGMONT UNITED HOSPITAL PROGRAMS

Optimizing Your Joint Health

Join Dr. Aaron Baxter, Orthopedic Surgeon at Longmont United Hospital, for an insightful session on optimizing your joint health. Discover effective strategies for managing osteoarthritis, preventing osteoarthritis, and exploring both non-surgical and surgical solutions, including joint replacements, to enhance mobility and improve your quality of life. A light meal will be served; pre-registration is required.

Registration #488300-10

Date: Thursday, October 15

Time: 12-1 pm

Fee: Free, please register in advance

Finding Relief; Comprehensive Back Pain Program



Managing pain is key to an active lifestyle, and Dr. Afzal will discuss options ranging from gentle exercises and therapies, such as massage, to medications and other medical interventions. Presented by Dr. Shahbaz Afzal, Pain Management physician at Longmont United Hospital. A light meal will be served; pre-registration required.

Registration #488300-12

Date: Thursday, December 17

Time: 12-1 pm

Fee: Free, please register in advance



Dementia Behaviors: Causes and Solutions

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

Registration #488911-00

Date: Saturday, November 7

Time: 10-11 am

Fee: Free, please register in advance

Coping with the Holidays When You are Grieving

The holidays can present challenges for those who are grieving a loss. Navigating challenging times can be helpful when we learn to trust our grief, restructure expectations, and understand how grief may be affecting other family members. In this interactive workshop we will explore the tools necessary to take good care of yourself during the winter holidays. Presented by **Joan Hummel** of TRU Community Care Hospice.

Registration #488912-00

Date: Thursday, November 12

Time: 10-11 am

Fee: Free, please register in advance

Grief Recovery Support Group

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

Dates: Mondays, November 16–January 4

Time: 1:30 - 3 pm

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

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. **NOTE:** This is a special drop-in version of Speed Friending that is part of our 50th Anniversary Celebration; the noise level may be higher than usual given the larger crowd.

Date: Tuesday, November 17

Time: 1–2:30 pm

Fee: FREE, and space is limited to the first 50 drop-ins

Building Brain-Healthy Habits

This **Alzheimer's Association** program provides research-backed guidance on brain health and outlines the importance of taking action at every age to protect your brain. There are everyday habits you can build today to help protect your memory and thinking. In this program, you will learn about healthy habits for your brain, like exercising and eating right and begin to build a personalized action plan for brain-healthy habits.

Registration #488916-00

Date: Thursday, November 19

Time: 1-2:30 pm

Fee: Free, please register in advance

Dementia and the Holidays

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

Registration #488903-00

Date: Saturday, December 5

Time: 10-11 am

Fee: Free, please register in advance



Home Care 101

Choosing home care can be overwhelming. Come learn from what home care is, what typical costs are, and how you navigate finding an agency that it is a good fit. We will also talk about a special option for veterans. Presented by **Center for People with Disabilities, Touching Hearts at Home**, and other community partners.

Registration #488913-00

Date: Monday, December 7

Time: 1-2 pm

Fee: Free, please register in advance

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

Fall Reduction Strategies

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

Registration #413401-1

Date: Tuesday, September 8

Time: 12-1pm

Step By Step: Benefits of Walking

Enjoy walking? Or want to walk stronger? Come discover the connection between walking and longevity, how walking supports functional independence, and we will explore key skills and drills to improve walking mechanics, strength and balance. Presenter: **Kim Nicks, Certified SilverSneakers® Instructor**

Registration #413401-2

Date: Tuesday, October 13

Time: 12-1pm

Boosting Bone Health Through Plant Based Foods

Many plant-based foods can promote strong and healthy bones by providing bone-protective nutrients such as calcium, vitamin D, and protein. Join us for an educational presentation, as we discuss how various plant-rich nutrients and dietary choices can support bone health. We'll also explore nutrition tips for incorporating plant-based foods into our daily eating routine to optimize bone health. Presenter: **Melinda Benz, Registered Dietitian Nutritionist (RDN)**

Registration #413401-3

Date: Tuesday, November 10

Time: 12-1pm

Holiday Social and Cookie Exchange

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

Registration #413401-1

Date: Tuesday, December 8

Time: 12-1pm

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



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, 720-297-1386 for questions.

Day: Tuesdays

Registration #486005-09

September 1-29

Fee: \$65 resident / \$81 non-resident

Registration #486005-10

October 6-27

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

Registration #486005-11

November 3-24 (No class 11/17)

Fee: \$39 resident / \$49 non-resident

Registration #486005-12

December 1-29

Fee: \$65 resident / \$81 non-resident

Time: 12:15-1:15 pm

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

Raise Your Vibrations

What if peace, intuition, and spiritual connection are more accessible than you think? Explore energy, emotions, compassion, and higher awareness in a welcoming class designed to inspire healing and personal growth. An inspiring exploration of energy, emotions, intuition, and spiritual growth. Learn practical ways to raise your vibration, release emotional burdens, and strengthen your connection to inner wisdom and spiritual guidance.

Instructor: Sue Otness.

Day: Wednesdays

Registration #486038-09

September 2-23

Registration #486038-10

October 7-28

Registration #486038-11

November 4-25* (No class 11/11)

Registration #486038-12

December 2-23

Time: 9:30-10:30 am

Fee: \$30 resident / \$36 non-resident

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

Feldenkrais® 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 will explore ways to free the hips, spine, neck, shoulders, and eyes. Participants often notice reduced tension, easier movement, and improved balance in daily life.

Movements are adaptable and done at your own pace. No experience necessary. Please bring a mat and wear comfortable clothing.

Instructor: Al Wadleigh, GCFP.

Day: Wednesdays

Registration #488002-09 **September 2-30**

Registration #488002-10 **October 7-28**

Time: 4:30-5:30 pm

Daily fee: \$11 resident / \$14 non-resident



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 instructor is **Marilene Sisco**

Day: Tuesdays

Registration #488003-09 **September 1-29**

Registration #488003-10 **October 6-27**

Registration #488003-11 **November 3-24**

Registration #488003-12 **December 1-29**

Time: 1:30-3pm

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

Line Dance - Continuing

If you have 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 instructor includes **Marilene Sisco**

Day: Tuesdays

Registration #488004-09 **September 1-29**

Registration #488004-10 **October 6-27**

Registration #488004-11 **November 3-24**

Registration #488004-12 **December 1-29**

Time: 3:15-4:15 pm

Daily Fee: \$5 resident / \$7 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.

Salsa Dance Lessons

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 and to improve your balance, 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!

Day: Thursdays

Registration #486500-09

September 3-17

Registration #486500-10

October 1-15

Registration #486500-11

November 12-19

Registration #486500-12

December 3-17

Time: 1-2 pm

Fee: \$5 resident / \$6 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 6** for more information.



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.

Day: Wednesdays

Registration #488011-09 **September 2-30**

Registration #488011-10 **October 7-28**

Time: 3-4pm

Daily Fee: \$10 resident / \$12 non-resident

Alignment Based Yoga

This yoga class offers clear instruction in alignment aimed at the health of the spine and joints. Careful sequencing will guide you through your yoga experience. Practicing yoga improves body awareness, flexibility, strength, balance, and relaxation.

Participants must be able to get up and down off the floor safely as we explore reclining, sitting, and standing poses. Please bring one or two sturdy blankets or two very large beach towels and a yoga mat. New students please come to the first class 10 minutes early. Instructor: **Gwyn Cody, RYT**
Questions? Call 970-669-1574

Day: Mondays

Registration #488021-09 **September 14-28**

Registration #488021-10 **October 5 & 26**
(no class 10/12 & 10/19)

Registration #488021-11 **November 2-30**

Registration #488021-12 **December 7-14**

Time: 10:45-11:45am

Daily Fee: \$12 resident; \$15 non-resident; you may register in advance for any or all dates.



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 older adults. Hospitals see up to one million patient falls per year and spend an average of \$14,000 on each one. Tai Chi has been proven in scientific studies to help prevent falls. The slow, mindful movements result in more energy, looser joints, and better balance.

Instructor: Steve Elliott. For City of Longmont residents, this class is FREE and fully sponsored by the **Friends of the Longmont Senior Center.**

Registration #488000-00

Dates: Mondays,
September 14-November 2

Time: 9:30-10:30 am

Fee: FREE resident, \$96 non-resident

Yang Style Tai Chi

Yang Style Tai Chi is one of the world's most popular forms of Tai Chi, 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 #488001-00

Dates: Mondays and Wednesdays,
September 14-November 4

Time: 12:30-1:30 pm

Fee: \$160 resident, \$192 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 #413303-A

Dates: September 1-24

Registration #413303-B

Dates: September 29-October 22

Registration #413303-C

Dates: October 27-November 19

Registration #113303-A

Dates: December 1-29 (no class 12/24)

Time: 9:30-11am

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 #413304-A

Dates: September 2-23

Registration #413304-B

Dates: September 30-October 21

Registration #413304-C

Dates: October 28-November 18

Registration #113304-A

Dates: December 2-23

Time: 9:30-11am

Location: Memorial Building,
700 Longs Peak Ave

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

Ukemi - The Art of Falling Safely

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

Day: Tuesdays

Registration #488081-09 **September 1-22**

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

Registration #488081-10 **September 29-October 20**

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

Registration #488081-11 **November 10-24**

Fee: \$45 resident, \$54 non-resident

Registration #488081-12 **December 1-15**

Fee: \$45 resident, \$54 non-resident

Time: 1-2 pm

Location: Lashley St Station

SilverSneakers® Well Balanced Program



The SilverSneakers® Well-Balanced program can help you improve strength, balance and functional mobility while learning about fall risk factors and prevention strategies. You can track your progress using pre- and post-assessments. This is a 12-week class. Class includes 20 minutes discussion and 40 minutes gentle workout. \$10 discount for Recreation, SilverSneakers®, Renew Active Pass holders.

Instructor: Lynette Loew, Certified SilverSneakers® Instructor

Days: Mondays and Wednesdays

Registration #413405

Dates: September 14-December 2

Time: 2-3pm

Location: Longmont Recreation Center,
Quail Room, 310 Quail Road

Fee: \$50 resident/\$62.50 non-resident

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 or OnePass.
- Be sure to update us if your insurance plan has changed.
- Non-SilverSneakers®/Renew Active™/OnePass/ Recreation Pass holders may attend these classes for a **drop-in fee of \$6.50 resident / \$8 non-resident.**

SilverSneakers® Cardio

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

SilverSneakers® Classic

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

SilverSneakers® Fitness Class Introduction

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

Thu, Sept 10	Registration #413404-1
Thu, Oct 8	Registration #413404-2
Thu, Nov 12	Registration #413404-3
Thu, Dec 10	Registration #113404-1

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 – FALL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 am SilverSneakers® Classic	9-9:45 am SilverSneakers® Stability	8:30-9:15 am SilverSneakers® Circuit	11:15 am-Noon SilverSneakers® Yoga	8:30-9:15 am SilverSneakers® Classic
9:30-10:30 am Tai Chi For Falls Prevention	10-10:45 am SilverSneakers® Yoga	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 drop-in classes
- 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		

SilverSneakers® Classes are 45 minutes
*1 Hour Classes

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

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

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



Table Tennis at the Senior Center

Day/Time: Mondays, 5:30-7:30 pm
Wednesdays & 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*



Longmont Senior Golf Association (LSGA)

This is a great way to get out and play nine holes of golf with other senior golfers at Sunset golf course (greens fees paid at the course only on the days you play). All levels of golfers are welcome; NO GHIN number required. This co-ed, fun, mostly non-competitive, weekly league golfs on Friday mornings at Sunset Golf Course. League play dates are May 8 through October 9.



Volleyball Teams

Colorado Senior Volleyball Association (CSVA) is a co-ed league for people ages 50+ and plays teams throughout the Front Range. We currently register teams through CSVA, if you would like to enter your team into the 2027 winter league please contact Terri Calvin, 303-651-8578. If you are an individual, we can refer you to one of our team managers, and they will let you know if they have any openings. The Colorado Senior Volleyball Association begins competition in September.

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



WALK WITH A NATURALIST

Leaf Peeping, Mud Lake, and Peak to Peak Highway

Enjoy a scenic nature walk with Boulder County naturalists at Mud Lake where you'll explore mountain ecology and learn about the area's wildlife and natural history. Delight yourself along the scenic Peak to Peak Highway to take in Colorado's spectacular fall colors, with a stop at historic St. Catherine's Stone Church. A box lunch is included.

Registration #487111-05 Check in: 8:45 am
Date: Thursday, October 1 Depart: 9:00 am
Cost: \$35 resident; \$44 nonres Approx Return: 3 pm



Barr Lake Bird Banding, Adams County

Each year, bird enthusiasts gather at Barr Lake to observe the fascinating process of bird banding, where trained researchers safely capture, measure, and place identification bands on wild birds before releasing them. This hands-on event offers a unique opportunity to learn about bird migration, conservation, and the important scientific research that helps protect avian populations. A short bird walk/talk at Barr Lake afterwards with a meal stop on our way back, cost of meal on your own.

Date: Saturday, September 12

Registration #487111-21 **9 am**
Check in: 7:45 am Depart: 8:00 am
Return: 1:30 pm

Registration #487111-22 **10 am**
Check in: 8:45 am Depart: 9:00 am
Return: 2:30 pm

Cost: \$18 resident; \$23 non-resident

Pella Ponds: There are Beavers Here?

Gain a deeper understanding of how beavers survive, adapt, and even help restore ecosystems. Come ready to learn about beavers, spot signs of beaver activity in the wild.

Registration #487111-27
Date: Monday, November 2
Cost: \$13 resident; \$16 non-resident

Check in: 9 am
Depart: 9:15 am
Approx Return: 12 pm

Geology Driving Tour, Boulder County

The geologic history of Boulder County's remarkable landscape goes back nearly two billion years! Rocks contain a record of the earth's history that can be read like the pages of a book. Join us for a bus tour to several rock outcroppings and a naturalist will help you read the book.

Registration #487111-33
Date: Friday, November 6
Cost: \$15 resident; \$19 non-resident
Check in: 9:00 am
Depart: 9:15 am
Approx. return: 1:30 pm

Birds of Prey Driving Tour

Join us as we learn and see the birds of prey that live in our own back yard throughout Boulder County. Join Boulder County volunteer naturalists for a driving tour of some of the best areas to view birds of prey. You don't need to be a birding expert to enjoy this trip. We will drive in search of raptors, learn about habitat, and work on identification skills. Bring binoculars and a bird field guide, if you have one.

Registration #487111-66
Date: Tuesday, December 8
Cost \$13 resident; \$16 non-resident
Check in: 8:45 am
Depart: 9:00 am
Approx Return: 12 pm

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



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. **Hike leader volunteers reserve the right to require a participant to return to the vehicle or trailhead at any time if they are struggling to complete the hike, are unable to maintain the pace of the group, or for any other reason related to participant or group safety.**

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.

VOLUNTEER HIKE LEADERS NEEDED!

Active older adults who enjoy the outdoors are invited to help lead hikes for our Longmont Senior Center hiking program. Share your love of local trails, support fellow hikers, and help create fun, welcoming outdoor experiences for the community.

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.



Fall Adventure Hikes - Thursdays

Date	Reg #	Location	Elevation	Gain	Distance	Notes	Difficulty
Sept 3	487700-02	Bear Lake to Bierstadt	8400	1000	4 miles	V, R	Moderate
Sept 10	487700-04	Picture Rock to Heil Valley Ranch	5400	500	5 miles	WF, V, H	Moderate
Sept 17	487700-09	Ceran St. Vrain	8330	370	5 miles	WF, V, R	Moderate
Sept 24	487700-11	Caribou Ranch	8850	300	4.5 miles	V, H, R	Easy/Mod
Oct 1	487700-16	Bobcat Ridge	5300	400	4.5 miles	V, WC, WF, H	Moderate
Oct 8	487700-18	NCAR to Chataqua	6210	-470	3 miles	V, H, G	Easy/Mod
Oct 15	487700-23	Anemone	5600	1000	4 miles	V, S	Moderate
Oct 22	487700-25	Red Rocks Morrison	6547	695	3.3 miles	V, WF, R	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: \$18 resident / \$23 non-resident

Spring AAIR Hikes - Wednesdays



Date	Reg #	Location	Elevation	Gain	Distance	Notes	Difficulty
Sept 2	487701-01	Lyons Valley River Walk	5300	50	2.5 miles	WF	Easy
Sept 16	487701-03	Four Mile Creek Trail	5161	98	2.3 miles	WF	Easy
Oct 7	487701-15	Boulder Valley Ranch	5348	175	4 miles	V	Easy
Oct 21	487701-17	Waneka Lake	5000	15	1.5 Miles	V	Easy

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

Day: Wednesdays

Check-in: 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

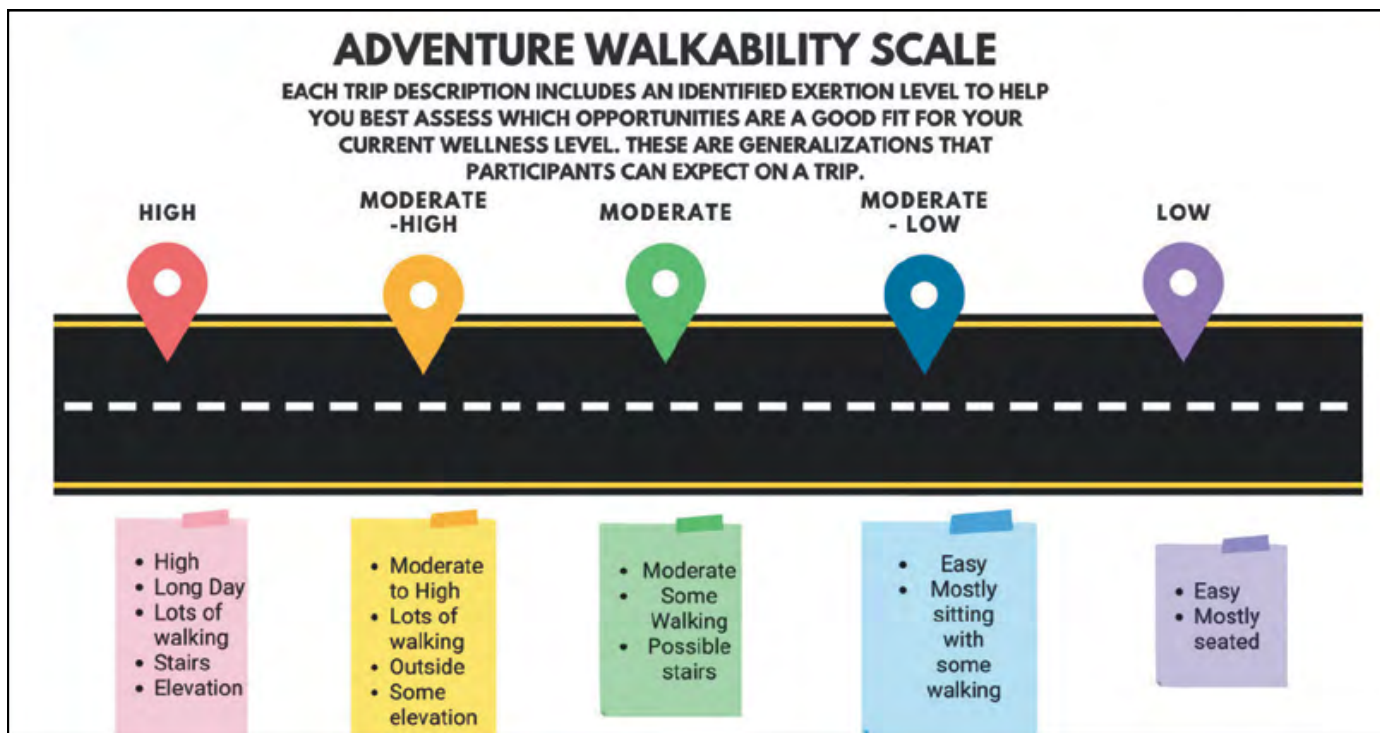


Trip Departure and Return at Lashley Street Station

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



TRIPS AND TRAVEL

Longmont Senior Center Trips - Let's Get the Scoop

Come learn about all the fun and exciting trips we have planned this Fall. Join staff as we introduce and explore the many day trip opportunities for the upcoming season. We'll dish up some ice cream while discussing the trip lottery process and answer questions about the lottery or trip details to help you decide what trips you would like to register for during the open enrollment process.

Registration # 381399-00

Date: Thu, August 13, 3-4pm

Registration # 481399-00

Date: Tue, December 8, 3-4pm

Cost: 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 bite to eat at the casino. Bus will drop off at three different spots in Black Hawk, in town shuttle for those who would like a variety of options.

Thurs, Sept 17 Registration # 481255-09

Wed, Nov 4 Registration # 481255-11

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

Check in: 8:45 am

Depart: 9:00 am

Approx Return: 5:00 pm

Day Trip Registration Deadline is 4 Days Before the Trip Date

LUNCH WAGON

Enjoy outings to favorite restaurants, cost of meal on your own.
Trips depart from Lashley unless otherwise noted.

Tuesdays

Check in: 10:15 am

Depart: 10:30 am

Return: 2 pm

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



LONGMONT SENIOR CENTER



Cheesecake Factory, Colorado Mills Mall - Lakewood

Join us for a delicious outing to the Cheesecake Factory, known for its wide variety of menu options, including appetizers, salads, lunch specials, burgers, sandwiches, pasta dishes, fish and seafood, and specialties. The Cheesecake Factory is also famous for its dessert selection, featuring more than 30 legendary Cheesecakes and specialty desserts. Cost of meal on your own.

NOTE: This trip is expected to return by 2:30 pm.

Tuesday, Sept 1 Registration #481220-01

Tuesday, Sept 8 Registration #481220-08

Tuesday, Sept 15 Registration #481220-15

Tuesday, Sept 22 Registration #481220-22

Bonefish Grill, Johnstown

Let's do lunch at Bonefish Grill featuring a variety of fresh seafood, grilled specialties, crisp salads, and flavorful lunch favorites designed to satisfy a range of tastes. The restaurant's warm, contemporary ambiance and comfortable setting provide an inviting space for conversation for our midday dining experience. Cost of lunch on your own.



Tuesday, Oct 6 Registration #481221-06

Tuesday, Oct 13 Registration #481221-13

Tuesday, Oct 20 Registration #481221-20

Tuesday, Oct 27 Registration #481221-27



The Cherry Cricket, Broomfield

Join us for a fun lunch outing to Cherry Cricket in Broomfield, a lively restaurant known for its award-winning burgers, classic comfort food, and friendly atmosphere. Enjoy a delicious meal with choices like juicy burgers, sandwiches, salads, and tasty appetizers.

Tuesday, Nov 3 Registration #481222-03

Tuesday, Nov 10 Registration #481222-10

Tuesday, Nov 17 Registration #481222-17

Tuesday, Nov 24 Registration #481222-24



Austin's American Grill, Ft Collins

Austin's Restaurant is known for its cozy lodge-style atmosphere. Enjoy a delicious menu featuring fresh salads, hearty sandwiches, burgers, steaks, and comforting homestyle favorites while spending time with friends in a relaxed setting.

Tuesday, Dec 1 Registration #481223-01

Tuesday, Dec 8 Registration #481223-08

Tuesday, Dec 15 Registration #481223-15

Tuesday, Dec 22 Registration #481223-22

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



Taste of Orthodoxy, Greek Festival, Boulder



Join us as we travel to the Taste of Orthodoxy Festival in Boulder, Colorado. Enjoy a lively evening of authentic Mediterranean cuisine, traditional folk dancing, and guided cultural tours of the beautiful St. Peter and Paul church grounds. This is an outdoor event, lots of walking, standing, and uneven surfaces. Dress for the weather. Fee includes transportation and Trip Leader.

Registration #481230-00

Date: Friday, September 11

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

Check in: 4:15 pm

Depart: 4:30 pm

Return: 8:30 pm



The Cooking Studio: Fort Collins



Discover the joy of cooking in a fun, welcoming, and hands-on environment at The Cooking Studio in Fort Collins. Participants will work together to create a delicious meal while learning new culinary skills, kitchen tips, and techniques from experienced instructors. Come hungry and leave inspired with new recipes and skills to try at home!

Registration # 481664-00

Date; Tuesday, September 15

Cost: \$123 resident \$ 154 non-resident

Check in: 9:45 am

Check in at Senior Center

Depart: 10:00 am

Approx. Return: 3:00 pm

Dinosaur Ridge Driving Tour, Morrison



Dinosaur Ridge guided driving tour is a popular way to experience the unique geological and paleontological features of Dinosaur Ridge, located near Denver, Colorado. It provides a comprehensive and convenient way to see some of the highlights of the ridge without having to walk the entire 2.4-mile paved trail. Lunch is on your own in Morrison.

Registration #481211-00

Date: Wednesday, September 16

Cost: \$18 resident; \$23 non-resident

Check in: 8:15 am

Depart: 8:30 am

Return: 2:30 pm



Wings Over the Rockies, Denver



Take a guided tour through the fascinating world of aviation at Wings Over the Rockies, where you'll explore historic aircraft, space exhibits, and the stories behind groundbreaking innovations in flight. Led by knowledgeable guides, this experience offers an engaging look at aerospace history and the people who helped shape it. Lunch stop; cost on your own.

Registration #481246-00

Date: Tuesday, September 29

Cost: \$29 resident; \$37 non-resident

Check in: 8:30 am

Depart: 8:45 am

Return: 3:00 pm

**Day Trip Registration Deadline
is 4 Days Before the Trip Date**

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



**TRIPS
AND
TRAVEL**

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 for 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.



Colorado Learning Center
of Human Anatomy

Days: Wednesdays
Fee: \$14 resident / \$18 non-resident
Check-in: 9:30 am
Depart: 9:45 am
Return: 12:15 pm



Focus: Urinary and Reproductive System

Discover the connections between your kidneys, bladder, and pelvic region. Whether you are male or female, we will explore the anatomical structures in the pelvis; how they relate to each other in positioning and in physiology.

Registration #481600-05
Date: Wednesday, September 23

Focus: Our Kidneys, Liver, and Lungs: Our Filter Organs

Explore the interesting dynamics of our filter organs. We will witness the donor's kidneys, livers, and lungs. Several examples of each organ will show different pathologies of health. After this focused learning, you will leave with a better understanding of the amazing capability of these organs.

Registration #481600-06
Date: Wednesday, October 14

Focus: The Anatomy of the Face and Jaw

We will review the anatomy structures of the face and jaw. We will explore how the muscles and bones interact when helping us facilitate breathing, speech, chewing and emotional expression. You will find out if it takes more muscle to smile or more muscles to frown.

Registration #481600-08
Date: Wednesday, November 18

Mystery Trip



Embark on this mystery trip to a place where sweet aromas fill the air, colorful creations are crafted by hand, and a beloved treat has been made for generations. Along the way, uncover hints that will lead you to a behind-the-scenes experience full of sweet delightful fun and delicious discoveries. We'll stop for lunch after you experience your sweet mystery.

Registration #481234-00
Date: Wednesday, October 7
Cost: \$18 resident; \$23 non-resident
Check in: 8:30 am
Depart: 8:45 am
Return: 3:00 pm

AAIR: Hearts & Horses: Loveland



Experience the beauty of northern Colorado while visiting Hearts & Horses Therapeutic Riding Center in Loveland. This inspiring nonprofit organization uses the power of horses to enrich the lives of individuals of all ages and abilities. Enjoy a guided tour of the facility, learn about equine-assisted programs, meet the therapy horses, and discover the meaningful impact these animals have on the community.

Registration # 489610-09

Date: Tuesday, October 13

Cost: \$25 Resident \$32 Non-Resident

Check in: 9:45 am

Depart: 10:00 am

Approx. return: 1:00 pm



Stanley Hotel Historic Tour and Estes Park



Discover the fascinating history of The Stanley Hotel on a guided indoor/outdoor walking tour that highlights the lives of F.O. Stanley, the hotel's connection to Stephen King, and other notable guests since 1909. The tour explores the hotel's architecture, folklore, and enduring influence on popular culture. Enjoy lunch on your own and take a scenic drive through Estes Park, where you may spot local wildlife while experiencing the beauty of the mountain town.

Date: Monday, October 19

Registration #481237-00 **10am Hotel Tour**

Check in: 8:45 am, Depart: 9:00 am

Return: 3 pm

Registration #481237-01 **11 am Hotel Tour**

Check in: 9:45 am, Depart: 10:00 am

Return: 4 pm

Cost: \$55 resident; \$69 non-resident



Denver Mob Tour and Lunch



Join Tom Hackett, Denver Mob historian, as you travel through the streets of north Denver to learn about the mobsters that lived and worked there. You will see locations that were crime scenes and other historic sites on this driving tour. We have lunch at Gaetano's following the tour. Cost of lunch on your own. Departs from Senior Center.

Registration #481240-00

Date: Tuesday, October 27

Cost: \$44 resident; \$55 non-resident

Check in: 9:15 am

Depart: 9:30 am

Approx. Return: 3 pm

AAIR: Best Day Ever Coffee & Crepes & Board Games



Join us for a cozy outing to Best Day Ever Coffee & Crepes in downtown Longmont! Enjoy delicious made-from-scratch sweet and savory crepes, freshly brewed coffee, and warm, friendly service - all in a welcoming café that supports meaningful employment for adults with disabilities. After lunch, we'll stay to play board games and card games while enjoying each other's company in this cheerful, inclusive space. It's more than a meal, it's a community experience filled with heart, flavor, and fun! Cost of food and beverage on your own, price range \$3-\$10. Departs from Senior Center.

Registration # 489610-11

Date: Thursday, October 29

Cost: \$7 resident \$ 9 non-resident

Check in: 10:15 am

Depart: 10:30 am

Approx. return: 1:00 pm

Natural Funeral Tour, Arvada



Ever wonder what is a green burial and natural funeral? Learn about the fascinating, holistic and sustainable funeral options available to us in Colorado. We tour the Natural Funeral's Care Center to learn about their mission to minimize the impact of one's final footprint at the end of life. Come learn about water cremation and terramation, what it is and how it's performed. Lunch stop before the tour, cost on your own. Departs from Senior Center

Registration # 481249-00

Date: Friday, November 6

Cost: \$18 resident \$23 non-resident

Check in: 10:15 am

Depart: 10:30 am

Approx. return: 3:00 pm



AAIR: Afternoon Tea at Callahan House



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

Registration #489610-16

Date: Friday, November 5

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

Check-in: 2:15 pm

Depart: 2:30 pm

Return: 4:15 pm



AAIR: Crackpots Pottery Painting



Unleash your creativity during a fun and relaxing visit to Crackpots Pottery Studio in Longmont. Participants will have the opportunity to select and paint their own pottery piece while enjoying a welcoming and social atmosphere. No artistic experience is necessary, friendly staff will provide guidance and inspiration as you create a unique keepsake to take home. This outing offers a rewarding and enjoyable experience for all.

Registration # 489610-15

Date: Tuesday, November 17

Cost \$29 resident \$36 non-resident

Check in: 9:30 am

Depart: 9:45 am

Approx. return: 12:30 pm



AAIR: Longmont Bingo Alley



Did you say bingo afternoon? Dabsolutely! Be ready for a B-I-N-G-OH so much fun at Longmont Bingo Alley! Fee includes transportation and 1 bingo pack, bring your own dauber. Any additional games, machines, food, etc. cost is on your own. Don't forget 0-61derful things happen when you play bingo with friends! This trip departs from the Longmont Senior Center.

Registration # 489605-12

Date: Saturday, November 21

Cost: \$17 resident, \$21 non-resident

Check in: 11:00 am

Depart: 11:15 am

Approx. Return: 2:30 pm



TRIPS
AND
TRAVEL

Holiday Inn at Candlelight Dinner



Theater, Johnstown

Celebrate the holiday season with a festive group trip to the Candlelight Dinner Playhouse in Johnstown, Colorado, for a performance of Holiday Inn. Enjoy a delicious dinner followed by a heartwarming musical filled with memorable songs, dazzling dance numbers, and holiday cheer. Fee includes transportation, Trip Leader, regular menu meal, and show. Any upgrades are extra. Departs from Senior Center

Registration #481313-12

Date: Wednesday, December 2

Cost: \$102 resident, \$127 non-resident

Check in: 4:15 pm

Depart: 4:30 pm

Approx. Return: 10:30 pm

Georgetown Christmas, Georgetown



Experience the magic of the holiday season on a group trip to the annual Georgetown Christmas Market in Georgetown, Colorado. Stroll through a charming Victorian-era town filled with festive vendors, seasonal treats, live entertainment, and holiday traditions set against a beautiful mountain backdrop. This is an outdoor walking event. Very little seating, uneven sidewalks in seasonal weather conditions. Departs from Senior Center.

Registration # 481239-00

Date: Saturday, December 5

Cost: \$24 resident, \$30 non-resident

Check in: 9:00 am

Depart: 9:15 pm

Approx. Return: 5:30 pm

**Day Trip Registration Deadline
is 4 Days Before the Trip Date**

CU Holiday Music Festival, Boulder



Join us for a festive group outing to the annual CU Boulder College of Music's Holiday Festival at Macky Auditorium, featuring seasonal music, holiday performances, and a joyful celebration of the season in the beautiful historic venue. Departs from Senior Center.

Registration #481238-00

Date: Sunday, December 6

Cost: \$45 resident; \$57 non-resident

Check in: 12:30 pm

Depart: 12:45 pm

Approx. Return: 6 pm



AAIR: Happy Day Plants, Longmont



Spend a relaxing day surrounded by greenery creating a potted plant Fairy Garden at Happy Day Plants in Longmont. This locally owned plant shop offers a welcoming atmosphere filled with vibrant houseplants, unique planters, and inspiration for gardeners and plant enthusiasts of all experience levels. Participants will have the opportunity to explore the shop, learn about plant care, discover new varieties of plants, and enjoy time with friends in a peaceful and creative setting. Whether you're a seasoned gardener or simply enjoy the beauty of nature, this outing is sure to brighten your day.

Registration # 489610-14

Date: Thursday, December 17

Cost: \$43 resident, \$54 non-resident

Check in: 10:15 am

Depart: 10:30 am

Approx. return: 1:00 pm



**TRIPS
AND
TRAVEL**

EXTENDED TRAVEL PRESENTATIONS

Longmont Senior Center is 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! Please register in advance.

Premier World Discovery

**Treasures of Ireland & Music Cities
New Orleans, Memphis, Nashville**
481011-28 September 29 (in person)
481011-09 December 2 (online)
Time: 3-4:30pm

Collette Travel

**Costa Rica & Iceland
and the Northern Lights**
481011-25 September 2 (in person)
481011-30 December 9 (in person)
Time: 2-3:30 pm



MARCH 14 – 21, 2027 MUSIC CITIES – NEW ORLEANS, MEMPHIS & NASHVILLE

Join us on this 8-day, 7-night trip to Nashville, New Orleans, and Memphis that are among America's most influential music cities. From country and jazz to blues, soul, and rock 'n' roll, each city offers a unique musical legacy that continues to inspire artists and audiences around the world.

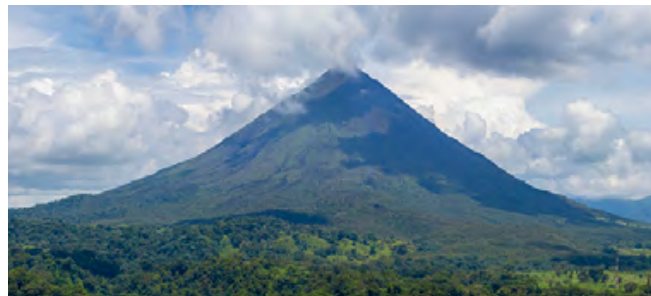
TOUR RATES

- Standard Rate \$4474 (pp double)
Single Supplement \$1050
- 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.



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.

HIGHLIGHTS

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

FOR MORE INFORMATION, VISIT OR CALL:

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

SEPTEMBER 21 - OCTOBER 1, 2027 TREASURES OF IRELAND

Discover the beauty, history, and charm of Ireland as you explore Killarney, Limerick, County Clare, Dublin, and the historic Blarney Castle. End your adventure with a post-tour visit to Belfast and the spectacular Giant's Causeway, one of Ireland's most breathtaking natural wonders.



TOUR RATES

- Standard Rate: \$4899
Single Supplement: \$1050
- City of Longmont requires all travelers to show proof of travelers insurance. It can be purchased separately or through Premier World Discovery for \$399



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.



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

HIGHLIGHTS

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



TRIPS
AND
TRAVEL

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.

Deck the Halls

Date: December 1-31

Cost: Free! To register your tree, please contact Donna and Denise at friends@friendslongmont.org

Registration Deadline: November 18

Join the 3rd Annual Deck the Halls at the Longmont Senior Center! Senior Center groups, local businesses, families, and individuals are invited to register by November 18 to bring in and decorate a themed tree.

Registered participants will receive information on tree set up, which occurs November 23-30. Participants are responsible for tree set-up, decorating, and take-down. The Longmont Senior Center will provide power for your tree.

Senior Center participants vote on their favorite trees between December 1-31 by placing non-perishable food items under the trees of their choice. *Sponsored by the Friends of the Longmont Senior Center.*



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?

Laura Gackstatter | Therapeutic Recreation Coordinator
303-651-8907 | laura.gackstatter@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...

In the lobby, there is a small room that contains current information on Senior Services programs, resources for older adults and caregivers, and city and non-profit 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



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Division of Senior Services
Longmont Senior Center
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Longmont, CO 80501

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FALL PROGRAMS

SEPTEMBER-DECEMBER 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, August 10, 2026.

**Trip Lottery will be done on
Wednesday, August 19.**

Submit your Summer trip lottery sheets between August 3-14 at the Senior Center Front Desk to be entered into the lottery.

For hike registration info, please see page 2.

CITY OF
Longmont
Senior Services