

SENIOR SERVICES



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

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

Office Hours: Monday-Thursday: 8 am-8 pm
Friday: 8 am-5 pm | Saturday: 8 am-Noon

Closed: Sept 7, Nov 11, Nov 26, Nov 27, Dec 25

Holiday Hours: Dec 24 & 31: 8am-3pm

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

Want to find out what is happening with Senior Services? Check out The GO! The GO Magazine is published every four months. It features classes, fitness programs, senior resources, and upcoming events and trips.

OFFERINGS

Longmont Senior Services offers a variety of ways to keep active, from hikes and exercise options to day trips and extended overseas travel.

- » Many volunteer options available
- » Lunch served Mon-Fri on site through Meals on Wheels
- » Programs and services available in both English and Spanish
- » Scholarships available from the Friends of the Longmont Senior Center

Are you a lifelong learner? We offer classes in a wide variety of special interest topics.

- » Art
- » Computers
- » Cultural enrichment
- » History
- » Health and Wellness
- » Humanities
- » Therapeutic Recreation

Options for Working Adults

Busy during the day? We offer evening and weekend programs that fit your schedule. Stop by for a game of billiards, explore travel options, or join one of our many activities. You can also schedule a Supportive Services appointment on Monday-Thursday evenings.



SUPPORTIVE SERVICES

Our staff helps older adults and their caregivers find information about housing, in-home care, financial support, and other helpful services.

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

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