



## SENIOR SERVICES

is a Division of the City's Community Services Department

910 Longs Peak Ave | 303-651-8411

Office Hours: Monday - Friday, 8 am - 5 pm

LongmontColorado.gov/senior-services

email: senior@LongmontColorado.gov



Don't miss our 60+ page GO Magazine! Register online at [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services).

**FITNESS | DAY TRIPS | INT'L TRAVEL | CLUBS | LIFELONG LEARNING | WELLNESS**  
A sample of our 200+ programs. See the GO Magazine for the full list of offerings.

## IMAGINE...

### What it Takes to be a World Class Conductor

Learn first-hand from Maestro Elliot Moore about the ins and outs of directing a symphony orchestra. Get behind-the-scenes insights into what comes into "play" with one of the most exciting and multi-faceted American conductors of his generation.



Date: **Jan 11, Fri, 1-2pm**  
183018.00

Fee: Free, but please register in advance

### Amazing Women of Our Times

Author Preethi Fernando will tell unimaginable stories of leadership, diversity, and challenges overcome of women who shook the world. Preethi will show how these stories hold lessons we can learn from. Light refreshments follow the presentation. Autographed copies of her book, "17 Women Who Shook the World," will be available.

Dates: **Dec 14, Fri, 1-2:30pm** 184369.00

Fee: Free, but please register in advance

### Boulder International Film Festival: Itzhak

Itzhak Perlman's violin playing transcends mere performance to evoke the celebrations and struggles of real life. Alison Chernick's enchanting documentary looks beyond the sublime musician to see a man whose life story unspools in conversations with masterful musicians, family and friends, and most endearingly his devoted wife of 50 years, Toby. 2017 Documentary, Run time: 1 hr, 23 min

Date: **Jan 8, Tue, 5:30pm**

184415.01

Fee: Free, but please register in advance

### A Bronx Tale at the Buell Theatre

Broadway's hit crowd-pleaser takes you to the stoops of the Bronx in the 1960s-where a young man is caught between the father he loves and the mob boss he'd love to be. Bursting with high-energy dance numbers and original doo-wop tunes, A Bronx Tale is an unforgettable story of loyalty and family. Seating: Orchestra B, WW-YY; Intermission). Includes: trip escort & transportation.



Date: **Jan 12, Sat, 11:45am-6pm** 181132.00

Location: Meet at the Senior Center, 910 Longs Peak Ave. Transportation by Coach Bus.

Fee: \$85 resident/ \$92 non-resident

## EXPLORE...

### Interesting Spring Hikes in the Front Range

Spring can be a challenging time for a Front Range hiker. It's important to know where to go! And wherever you go, the stories abound: of history, geology, etymology, wildlife, and more. Join veteran Longmont hiker and author Pete KJ as he presents some of his favorite hiking choices for spring, and delves into the stories that go along with them.

Call 303-651-8411 for date and time

Fee: Free

### "M.C. Richards: The Fire Within" Screening and Discussion

M.C. Richards: The Fire Within is a deeply moving documentary film about one of the most visionary artist/philosophers of creativity in 20th century America. This hour film has won accolades from over a dozen film festivals worldwide including the Boulder International Film Festival. The film is presented and discussed by the film's producer, Melody Lewis-Kane and director Richard Kane.

Date: **Feb 26, Tue, 6-7:30pm**

183019.00

Fee: Free, but please register in advance

## CREATE...



### "Eyes on Longmont" TV Production Club

We are a volunteer group who have fun producing in depth documentaries for Channel 8 local Public Access TV to educate, entertain, and inform residents of the Boulder County area. Join us and learn every aspect of video production in a supportive atmosphere. Visit [www.longmontchannel.com](http://www.longmontchannel.com) for information about Ch. 8. Barbara Hau is the contact person for the group: [barb@longmontchannel.com](mailto:barb@longmontchannel.com).

Days: **Mondays, 9-11am**

## LEARN...

### The Art of Leonardo da Vinci

Examine elements of the life and art of Renaissance man Leonardo da Vinci. His artistic topics range from horses to religious subjects, anatomy to the engines of war.

Date: **Dec 14, Fri, 1-2pm** 184347.00  
 Presenter: Mark Coffey  
 Fee: \$5 resident/ \$6 non-resident

### Skin Health Through the Ages

Skin health is important to overall health as it works as a barrier. Keeping skin healthy can be difficult in Colorado. Learn how your skin changes with age and how to care for it.

Date: **Jan 17, Thurs, 1-2pm** 184380.00  
 Presenter: Cindy Jones, Ph.D.  
 Fee: \$5 resident/ \$6 non-resident

### Nursing Your Health Series

Our AgeWell nurse, Renita Henson, RN, BSN, NRPC, CCCTM, Community Health Nurse Navigator CHNN offers an ongoing series related to general wellness.  
 Fee: FREE, and please register in advance.

#### #1 - Christmas Stockings and Kidneys

Learn how to get or keep your body heated up and thriving through enhancing your Kidney health during the winter cycle.

Date: **Dec 20, Thurs, 9-10:30am** 185067.00

#### #2 - Is Tired Normal for Winter?

Learn the role your Thyroid plays in your wellness and energy levels. We will talk about what to do when it is not running smoothly and how to keep it healthy.

Date: **Jan 17, Thurs, 9-10:30am** 185068.00

#### #3 - #Heart You

Learn about the heart in relation to your overall health and wellness.

Date: **Feb 21, Thurs, 9-10:30am** 185069.00

## SUPPORT...

Resources and Supportive Services Senior Service Division staff provides information and referral to older adults and caregivers of older persons regarding a wide array of resources and services including housing, in home services, financial support programs, and many others. Professional counseling staff and peer counselors provide one on one and group support.

### Grandparents Raising Grandkids Kinship Support Group

Share and learn from others who are involved in raising their grandchildren. Childcare provided. Please RSVP to Rebecca Trego with The Kinship Program at 303-441-1106 if you plan to attend.

Days: **1st Monday, 6-7:30pm**

### Music Therapy Singing Group

For those living with dementia and their caregivers, partners, or family. Group singing can improve physical and mental health and promote social bonding. All are welcome to share stories, feelings, and memories brought up by the songs sung.

Days: **Thursday, 9-10am**

Instructor: Leah Quiller, board certified music therapist  
 Location: Lashley St Station, 1200 Lashley St  
 Daily Fee: \$6 resident/ \$7 non-resident

### Lunch Bunch

For those in the early to middle stages of dementia beginning to have some difficulties with the complexities of everyday living. It is an opportunity for engaging in conversation, socializing, and enjoying stimulating activities. Family caregivers welcome.

Days: **Mondays & Wednesday, 11am-1pm**

Fee: Free and please register in advance with Elaine at 303-335-6933

## MOVE...

### Tai Chi Ruler Workshop

In the morning, Master Jesse Tsao introduces his new Partnered Qi Gong method that adopts a 3,000-year-old philosophy to create a fun exercise with a partner. In the afternoon, Master Jesse Tsao's Ruler form gives beginning Tai Chi students, who struggle with the "choreography" of a form, a head start in learning traditional Tai Chi.

Date: **Jan 25, Sat, 9am-4pm** 186037.00  
 Fee: \$100 resident/ \$120 non-resident

### Dances

Both singles and couples enjoy the best dance floor in town. Different bands highlighted each week, see the current GO! Magazine online for schedule at [LongmontColorado.gov/senior-services](http://LongmontColorado.gov/senior-services) or call 303-651-8411.

Days: **Thursdays, 7-10pm**

Fee: \$6 per person

### Dance Lessons

Come to the weekly dances early and learn moves for that night!

Days: **Thursday, 5:30-6:30 pm**

Fee: \$5 per person.