

# SENIOR SERVICES



## 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.

## TRAVEL...

**A Sampling of Some Summer Day Trips:** Fiddler on the Roof and Anastasia at the Buell Theater, Denver Mafia Tours, Arapahoe Horse Races, Boulder County Fire Training Center, Brighton Bird Conservancy, and the Molly Brown House

**A Sampling of Upcoming Extended Trips:** Enchanted Sights of New Mexico, Maritime Coastal Wonders, Greek Isles, Rose Bowl Parade

## HEALTH...

**AgeWell Health Services a Service of Longmont United Hospital**  
Call 303-651-5080 for details

### Wellness Clinic – The Nurse Is In!

Be proactive about your health. Stop by our office and meet with our nurse for a FREE quick health check or questions.

**1st and 3rd Mondays, 9am-Noon**

**2nd Wednesdays, 2-4pm** (bilingual, Spanish-speaking)

**Meditation Class Thursdays, 10-11:30am**

### Advance Directives Class

### Integrative Therapy Services:

Acupuncture, Craniosacral Therapy, Massage, Nutrition Consultations

## LEARN...

**A sample of the Summer History Classes:** Registration for summer classes begins May 13.

### 75 year anniversary of D-Day

Eisenhower's message on June 6, 1944: "You are about to embark upon the Great Crusade, toward which we have striven these many months. The eyes of the world are upon you. The hopes and prayers of liberty-loving people everywhere march with you." Paul Flanders will review the planning and execution of the Normandy landing in this talk.

### American Labor Movement

In this talk, Paul Flanders will examine the many difficulties organizers of workers encountered in the 19th century and how the movement found much more success in the 20th century.

### The Influence of Affluence

In the history of Western Civilization, trade centers and capital cities of empires tended to become rich, creating expansive opportunities for education, the arts and advancement in science.

## DROP IN...

### Social Dance Lessons

**Thursdays, 5:30-6:30 pm**

Fee: \$5 per person

### Dance

Different band each week

**Thursdays, 7-10pm**

Fee: \$6 per person



## ADVENTURE...

### Nature Hikes

Explore trails along the Front Range up to Rocky Mountain National Park. Registration for summer hikes begins May 13.

**Thursdays, 7:30 am-2:30 pm** 387400

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

## FITNESS...

**A Sample of Summer Fitness Classes:** Core Strengthening, Feldenkrais, Pilates, Tai Chi Ruler, Wu Tai Chi, Yoga, Zumba, and SilverSneakers

## SUPPORT...

Senior Services staff provide information and referrals to a wide range of resources and services. To learn more about how we can match 55+ adults and their caregivers with available resources, please contact:

**Brandy Queen, Licensed Personal Counselor, 303-651-8414**

**Amy Payan, Resource Specialist, 303-774-4372**

**Veronica Garcia, Resource Specialist, 303-651-8716**

## RENTAL...

Looking for a great venue for your next family reunion, birthday, anniversary, or other celebration? The Senior Center is located in the lovely Roosevelt Park, has lots of parking, and has an assortment of rooms to choose from. Call Robyn at 303-774-4714