Meet Maggie Barrington.
She’s the regional coordinator for AARP’s Tax Aide program and volunteers her time as a Money Manager for Longmont Senior Services. Read more about Maggie on page 60.

This is your time.
OWN IT.
INFORMATION

FACILITY CLOSURES:
Christmas Day: Wednesday December 25
New Year’s Day: Wednesday January 1
Martin Luther King Day: Monday January 20
Presidents Day: Monday February 17

On Friday, December 6 there will be no lunch served in the dining room

SENIOR SERVICES STAFF

Michele Waite, Manager
michele.waite@longmontcolorado.gov
303-651-8415

Seniors Recreation Program Supervisor
303-651-8495

Brandy Queen, Counselor
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303-651-8414

Larry Holtgrewe, Seniors Recreation Coordinator
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303-774-3533

Veronica Garcia, Resource Specialist - se habla español
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Amy Payan, Resource Specialist
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303-774-4372

Monica Bautista, Office Assistant - se habla español
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303-651-8411 or 303-774-4452 (en español)

Deanne Kear, Office Assistant
deanne.kear@longmontcolorado.gov
303-651-8411

Robyn Bosica, Admin, Asst., Facility Reservation
robyn.bosica@longmontcolorado.gov
303-774-4714

Martin Hernandez, Building Maintenance
303-651-8411

General Information
e-mail: senior@longmontcolorado.gov

Our Mission
To build and foster opportunities which promote dignity, wellness, independence, enjoyment, community, and a sense of purpose for older adults.

Vision Statement
Longmont - a community in which we all age well.

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.

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The Spring GO
will be available February 3, 2020.
Welcome to The Longmont Senior Center and Longmont Senior Services

Many new and some repeated activities, events, trips, and services are offered each quarter. Some activities are offered weekly throughout the year and some on a series of dates, monthly, or quarterly basis. Many activities require registration and a fee to be paid. You will see a Registration # listed with the activity and these are in various sections throughout the catalog. There are activities offered on a “drop-in” basis, often free or for a very low cost, most are listed in the Drop-In section of the GO with more detailed information. Resources and Supportive Services are detailed in the Resource Guide located in the center of each catalog. Registration kickoff dates and information are located below.

PARTICIPATION IN GENERAL:

• **There is no membership fee** to participate in activities or receive services from the Division of Senior Services.

• **Adults 55+ are first priority**, however, people under 55 may participate in certain activities if space is available and/or in certain circumstances. Requirements vary by activity. Contact the front desk for details. Information regarding participants is not provided to, nor shared with, other individuals.

• **Caregivers of older adults** are welcome to attend programs in order to provide assistance to someone. In that case, please inform our front desk when the care recipient registers. If a caregiver wishes to participate in the program, then the caregiver should also register and pay for the program.

• **Wait Lists**: Wait Lists are maintained for activities requiring registration. Staff process all cancellations and waitlisted participants are given first priority to fill openings. If the activity is occurring the next day or next business day, staff process the waitlist quickly and cannot wait for call backs.

• **Special Requests & Reasonable Accommodations:**
  - **Senior Services activities** are geared toward independent adults who are able to manage their own care, decision making, and safety. Staff, leaders, and escorts cannot provide supervision of individuals. If an adult companion is needed, the companion may participate, regardless of age, and must pay all fees associated with the activity.
  - Please note that personal or individual listening devices are available for activities occurring in the Senior Center.
  - **DISABILITY ACCOMMODATIONS**: In compliance with the Americans with Disabilities Act (ADA), we will do our best to make reasonable accommodations to ensure our activities are accessible for the widest range of participants. Please be specific with the accommodation you need. Please let us know at the time of registration or prior to your planned participation in a program that does not require registration. The earlier we know, the better we may be able to accommodate your request.
  - **SPECIAL REQUESTS**: If you do not have a disability as defined by the ADA but would like to make a special request, please be specific about your request at the time you register and before you plan to participate. The earlier we know, the better we may be able to accommodate your request.

• **Registration #:** Refers to the unique Activity, Class, Event or Trip number which a person would reference when registering.

REGISTRATION BEGINS FOR THE

Winter Quarter:

Classes & Special Events begins:
**Tuesday, November 12, 8:00 am**

Lottery Style Trip Registration begins:
**Friday, November 15, 3:00 - 5:00 pm**

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

Regular Operating Hours: 8:00 am - 5:00 pm, Monday - Friday

Para información en español llame al 303-774-4452 o correo electrónico monica.bautista@longmontcolorado.gov (se habla español)

Weather Activity Cancellation Information

For up-to-date information about program cancellations due to inclement weather, please call 303-774-4447.
REGISTRATION AND PAYMENT INFORMATION

Registration
Each quarter, two specific registration kickoff dates are set; the first date is for classes, sports, and special events, and second date is for trips. Registration continues after the kickoff dates. You may register at the front desk, Monday – Friday, 8:00 am – 5:00 pm or over the phone with a credit card by calling 303-651-8411, Monday – Friday, 8:00 am – 5:00 pm. Online registration is an option for most activities at www.longmontcolorado.gov after the quarterly kickoff dates and times and when lottery trip registration is concluded. See Page 1 for Registration date information.

Trip Registration – Each quarter’s initial registration for trips is a lottery format. Beginning the Monday following the Friday kickoff registration, you may register at the front desk or over the phone, 303-651-8411 or online. See below for more details.

Registration Numbers – Each activity that requires registration in advance and/or has a fee attached will have a unique registration number listed.

Payment may be made by credit card, cash, check, gift certificates, and/or Senior Center scholarship. Full payment is required at the time of registration.

Receipts may contain additional information. Please review and retain for reference.

Resident/Non-resident/Non-senior Fees: First price listed is for those living within the City of Longmont boundaries as required by Municipal Code, the second price is for those whose residence is outside the city boundary and for those under 55 years of age.

Cancellations:
• The City reserves the right to cancel an activity if the minimum number of participants has not registered. Participants will be notified by phone immediately if an activity cancels.
  *Amounts of $10 or less will be credited to the payer’s City activity account. Payer will not receive a refund check or a credit back to their credit card for amounts of $10 or less.
• A full refund/credit will be given if Senior Services cancels the activity.
• A full refund/credit will be given if the participant cancels a class or special event three (3) or more business days prior to the activity. Each trip has a specific cancellation date deadline.
• If an individual cancels an activity that was paid for by a scholarship, those funds will be forfeited.
• A credit must be used within 12 months of the issue date.
• Wait Lists are maintained for classes, special events, and trips.

LOTTERY STYLE (for 1st day of trip registration only) In fairness to all and to eliminate the need to arrive early, a lottery format for the first day of trip registration is used. Numbers are distributed to participants as they arrive and corresponding numbers are placed in a tumbler and drawn randomly throughout the assigned time frame. When your number is called, you will have the opportunity to register for trips for yourself and one other eligible person. An activity registration form is required, one form per person.

Modes of transit: minibuses, RTD buses, and coach buses are used and depend upon cost, size of group, and time and distance traveled, as well as availability of buses. We always try to be cost efficient and comfort oriented.

For special accommodations for wheelchair or scooters and service animal on a trip, advance notice is necessary. Please contact the front desk 303-651-8411.

Departure times are definite. We do not wait for participants past the designated departure time either from the Senior Center or from the venue.

Return times are approximate. We do our best to determine time; however, we never know when delays may occur.

Bus seat assignments are made at the time of check-in. Participants draw a seat number for shared seating (yourself and travel companion). These assigned seats are used going to and from the trip destination. For extended trips, you will draw new seats each day.

Cancellations must be received by the dates printed in The GO if a full credit or refund is to be given. After that date, a partial credit or refund may be issued only if the spot is resold. Cancellations must be processed through Senior Services. When possible, the staff will attempt to resell your spot to a person on the waiting list, or if it is last minute and the Senior Center is closed, you may give your ticket to a person of your choice. Please call 303-651-8411 if you do so.

Pickup and return Location: Longmont Senior Center; 910 Longs Peak Ave. Please park your vehicles at the east end of the parking lot, leaving the spaces closest to the building for customers coming and going throughout the day. Check-in takes place in the lobby.
Scholarship Funds –

The Friends of the Longmont Senior Center, Inc., have set aside funds to assist low income older adults in participating in various activities organized by Senior Services. As long as funds are available, an individual may use up to $150 a year towards Senior Services activities of his or her choice and up to $150 per calendar year specifically to assist participation in Senior Services exercise/wellness programs. Cancellations are not refunded back to the person's scholarship account. Persons who live within the St. Vrain Valley School District with a total annual income (from all sources) of $20,000 or less for a single person and $30,000 or less for a couple can qualify for scholarships. Call the front office at 303-651-8411 for more information. **2019 funds expire 12/31/19.**

Gift Certificates

Gift certificates are available at the Senior Center. What a great way to show someone you are thinking of them! Tell your family about these as a gift suggestion. They are available in any amount and can be used for your choice of Senior Services organized classes, trips, or special events. Call the front office at 303-651-8411.

FOR A BETTER Experience

FOR ALL AND TO HELP US SERVE YOU BETTER PLEASE:

- If you need a special accommodation, please let us know as early as possible.
- Arrive prior to when the activity begins
- Silence all devices during activities
- Tell us in advance if you have to cancel, even if it’s a free activity
- Register for all activities with a registration number
- Help minimize disruptions to activities in progress. *For example if you have to leave early, please take a seat near the door.*
Dear Friends,

Less visible gems of the Longmont Senior Center are the Senior Resource Specialists, Amy Payan and Veronica Garcia. They provide supportive services that do so much to enable so many older adults the opportunities to improve their lives, including aging in their own homes.

Some of the services the Resource Specialist provide and facilitate are funded by the Friends of the Longmont Senior Center. Amy and Veronica are adjunct stewards of the Last Resort funds. They meet with individuals and need to assess what, if any, assistance could help with such things as deposits, rent, hearing aids, glasses, and dental work. They piece together funds from the client, other agencies in the community, or family. This collaboration and support mean many people will be able to remain independent.

Veronica and Amy assist older adults in navigating systems like Medicaid and Social Security, getting birth certificates and IDs, enabling their clients to get housing, jobs, in home care, or work. This sustains independence for many.

In addition, there is collaboration with city and county agencies. Referrals come from Community Services like Children, Youth and Family Services, Community and Neighborhood Services, our fire and police departments, City Council members; Adult Protective Services and the local Area Agency on Aging are included as well. All of these groups are part of a community trust partnering with and supporting the work of our Resource Specialists.

I am so impressed with what Veronica and Amy do. And if at some point in your life you have need to call upon their services you will be impressed as well! What a great asset to the older adults of Longmont.

Ruth Waukau, MSW
Friends Board member and volunteer Peer Counselor
THANK YOU TO OUR RECENT DONORS:

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<th>Organization/Role</th>
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<td>Thomas &amp; Judith Wright</td>
<td>Mary Ann Triplett</td>
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<tr>
<td>Brandy Queen</td>
<td>Thursday Hand Quilters</td>
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<tr>
<td>Barbara England</td>
<td>Bailes de mi Tierra</td>
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<td>Alan &amp; Sandra Eidelberg</td>
<td>Anonymous</td>
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A Grand Thank You...

- To the Tuesday Lap Robe group for their donated book bags to our local Head Start and quilts to many in need;
- To the Wednesday knitters for their thousands of donated hats, sweaters, blankets, etc. to many happy folks;
- To our Extended Travel Partner, Gold Key Travel, and especially Karen Wood;
- To the Boulder International Film Festival (BIFF) organization for sponsoring the BIFF films, and especially Ann Moss, Jerry Shapins, and Robin Beeck;
- To the sponsors of and volunteers for the weekly Lunch Bunch: Atria Longmont, The Bridge, Friends of the Longmont Senior Center, Longmont Meals On Wheels, Life Care Center of Longmont, and our other volunteer facilitators; a special thanks to the Balfours for sponsoring the Lunch Bunch holiday party;
- To Atria Senior Living for providing meals for our monthly Monday night Caregiver Support Group;
- To our Thursday Night Dance sponsors: Colorado Hearing Center, Life Care Center, Atria Longmont, The Friends of the Senior Center, Balfour Senior Living; The Peaks Care Center, and Regnier Farms;
- To Mental Health Partners and Ursula Herrmann for providing support groups for women;
- To Teddy Wright for proofreading the GO;
- To Front Range Community College for ongoing support of the Computer and Technology learning program;
- To AltaVita for sponsoring Día de los Muertos Dance;
- To the Royal Neighbors 4825 for their support of the Tuesday Lap Robes group; and
- To The Sunshine Club of Longmont for their initiation and financial support of The Sunshine Senior Smiles Program offered in cooperation with the Friends of the Senior Center.

Another way to give to the Friends:
COLORADO GIVES DAY

On Tuesday, December 10, join thousands of other Coloradoans and give to a local non-profit, such as the Friends of the Longmont Senior Center. The convenience of giving online and the opportunity of being a part of a statewide effort.
Bailes de Mi Tierra
Dancers are wanted to join this Latino outreach activity though you do not need to be Latino to participate. The dancers practice and perform various dances and songs from Central and South America. If you are interested or want more information, call Monica at 303-774-4452 or Veronica at 303-651-8716.

Billiards - 6 Great Tables!
50¢ donation suggested for play
Monday through Friday  8:00 am - 4:45 pm
Wednesdays and Fridays  8:00 am - 4:45 pm
9:00 am to Noon, a time for women wanting to play with other women is encouraged
Thursday evenings: 6:00 – 8:45 pm

Bowling - for Seniors
Tuesdays & Wednesdays at Centennial Lanes.
New Players Check-in at the Bowling Alley Desk for information and lane assignment.
Practice begins at 12:45 pm and games begin at 1:00 pm. The cost is $9.50 for 3 games. This is come-as-you-can, no commitment for regular attendance. Sponsored solely by Centennial Lanes. Call 303-651-3800 for information.

Bridge (Open)
Mondays, 12:30 - 4:00 pm
Partners are not necessary. Individuals are rotated into games. New players are welcome. Call Ray Allison at 303-772-7816.

Cards
Mondays, 12:45 - 4:00 pm

Wednesdays, 12:45 - 4:00 pm
Generally for established groups.

4th Saturday of the Month, Noon - 4:00 pm
Saturday Potluck and Games. Newcomers welcome.

Computers for Public Use
Two public access computers with a black and white ink printer are available in the computer room in the lobby. Use is time limited and monitored to 60 minutes. 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- Friday 8:00 am- 4:45 pm.

Computer Club
2nd Mondays, 9:30 – 11:30 am
Monday, January 13 & Monday, February 10
A forum for the exchange of information and knowledge relating to technology, personal computers, and smart devices. See page 14 for more information.

Creative Stitches
Drop-in Handwork Group
Fridays, 1:00 – 4:00 pm
Bring your own quilting (or other small handwork) and enjoy conversation and help with your project. Small donation for snacks and supplies.

Current Events
Tuesdays, 10:15 - 11:30 am
For years, older adults have been meeting for an hour or more to review local, national, and international events which affect them. They share their views and analyses arrived at from wide reading and often personal and professional experiences. Many meet a bit earlier to share coffee and conversation. Moderated by Tom McCoy.

Coffee in the Café
Monday - Friday Mornings
Coffee may be purchased through Meals on Wheels each day for 50¢ a bottomless cup.
Dances
Thursday evenings, 7:00 - 10:00 pm
Dances are held at the Longmont Senior Center.
$6.00 per person for admission to the dances.
Both singles and couples enjoy the fun at the friendliest dance and on the best dance floor in town.

(Genre: BR - Ballroom, P - Polka, CW – Country Western, W - Waltz, L - Latin, S - Swing, BB - Big Band, LD - Line dance, most can play most requests)

DECEMBER
5 Harris and Harris (BR, BB, L, S, W)
12 Davy Allard and Honkabilly Heroes (CW, S, W, LD)
19 Holiday Dance - Big Twang Theory (CW, W, LD, S)
26 No dance

JANUARY
2 Harris and Harris (BR, BB, L, S, W)
9 Big Twang Theory (CW, W, LD, S)
16 Tom Yook (BR, W, S, BB)
23 Jim Ehrlich (P, W, S, BB)
30 Pepie (CW)

FEBRUARY
6 Davy Allard & Honkabilly Heroes (CW, S, W, LD)
13 Jim Hyatt (Classic rock, CW, BR)
20 Big Twang Theory (CW, W, LD, S)
27 Tom Yook (BR, W, S, BB)

Dulcimer Group - Singin' Strings
2nd & 4th Thursdays, 2:00 – 3:30 pm
The mountain dulcimer, also known as the lap or Appalachian dulcimer, is an intriguing instrument developed in America. It is an increasingly popular musical instrument known for its sweet lilting qualities. All levels of dulcimer players are welcome to join in to work on their skills and share music. Call Nancy Beaudrot at 303-772-2094 for more information or before dropping by the group as they may be in the community performing during practice time.
Cost: 50¢ per session.

"Eyes on Longmont" TV Production Club
Mondays, 9:00 - 11:00 am
We are a volunteer group who have fun producing in depth documentaries and “shorts” to educate, entertain, and inform residents of Longmont and the Boulder County area. Join us and learn every aspect of video/film production in a supportive atmosphere. Videos are uploaded to YouTube and shown at the monthly “Big Picture” program at the Senior Center, see page 20 for showing titles, descriptions, and dates. Barbara Hau is the contact person for the group: bhau1379@gmail.com or 575-770-6483.

Friday Citizens’ Open Forum
Fridays, 1:30 - 4:00 pm
The focus for this group has broadened from the original one regarding the 2008 “great recession.” The addition of “citizens” encourages a link of this study to positive participation in the community. Topics are suggested and chosen by vote a week early. Topic leaders get up to 20 minutes to kick off discussion. Other attendees typically get two 5-minute slots to air their views, hold the floor, and direct the discussion. Curious newcomers are welcome and need not participate at their first meeting. Expect lively discussion and good humor. Rick Fitzgerald, host.

DANCE LESSONS AVAILABLE
Before every Thursday Night Dance.
5:30 - 6:30 pm $5.00 per person.
Friends of the Longmont Senior Center, Inc.
4th Tuesday, 3:00 - 4:30 pm
This non-profit board seeks to enhance the services and programs of the Longmont Senior Center through fundraising activities. See page 4.

German Language Conversation Group
Date: Thursdays
Time: 1:00 – 2:15 pm
If you are a native speaker of German or have studied German, but lack someone to practice the language with to keep your speaking skills up to date, come to this group to practice with others who also speak some German and are looking to enhance their skills in conversation with others. Contact Julia Jordan at 720-333-2318 or Jim Petri at 303-772-6048 for more information.

Grandparents Raising Grandkids Kinship Support Group
1st Monday, 6:00 - 7:30 pm
(2nd Mon. if 1st Mon. is a holiday)
Share and learn from others who are involved in raising their grandchildren. Childcare provided. Please RSVP to Martha Wilson with The Kinship Program at 303-441-1205 if you plan to attend.

Great Ideas Reading and Discussion Group
Great ideas discussion group, led by Brian Hansen, uses reading and discussing specific topics from the “Great Ideas: A Lexicon of Western Thought”, by Mortimer Adler. See page 26 for more information.

Knit and Purl
Wednesdays, 9:00 - 11:00 am
This group is continuing under the expert guidance of Becky Williamson. Folks can knit their own projects or, if you’d like, knit for local charities in the area. Yarn and needles are available for the charity knitting. Donations of needles and yarn are always appreciated. This group welcomes all levels of knitters.

LGBT Supper Club
Second Thursday each month, 5:30 – 7:30 pm
Rainbow Elders of Boulder County is a social and aging resource for LGBT (lesbian, gay, bisexual, and transgender) older adults. They have a Supper Club that alternates monthly meeting at a local restaurant and having a potluck meal at the Longmont Senior Center. Call the Area Agency on Aging at 303-441-4518 for more information or email infoLGBTelders@bouldercounty.org.

Lap Robes
Tuesdays, 8:00 – 10:30 am
This Senior Center–sponsored 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. Call Larry at 303-774-3533 to find out about joining this group and helping to cut blocks, piece tops, or tie quilts. Diane is the group leader. New batting material as filler is needed; if you have any please drop it off at the front desk.

Library (Senior Center)
Books are available for checkout every day. Please return them within three weeks. No late fees are charged.

Longmont Kiwanis Club
Fridays, 9:25 -10:25 am
New members are always welcome. Call Marv Van Peursem 303-618-7452 for information. We serve the community and children all over the world. See our web site for more information.

Mah Jongg
Fridays, 1:00 – 4:00 pm
4th Saturday, noon – 4:00 pm
(combined with Potluck & Games)
Mah Jongg players. Join this lively group if you already know how to play the game and are looking for others with whom to play.
**NARFE**
2nd Friday, noon - 2:00 pm at Perkins.
The National Active and Retired Federal Employees meet regularly at Perkins for a lunch. Call Larry Schluntz at 303-772-6419.

**Pickleball** – see page 44 for details.

**Quilting (By Hand)**
Thursdays, 1:00 - 4:00 pm
Old-fashioned quilting for others who pay to bring in their own quilt tops to be quilted by the Thursday Hand Quilters. Funds raised are donated to the Friends of the Senior Center. Hand-quilting experience is required and NO instruction is provided. Newcomers please call Doni at 303-651-3213 before dropping in and for more information. Small donation for snacks and supplies.

**Saturday Potluck & Games**
(Cards, Mah Jongg, etc.)
4th Saturday of the month, Social hour and potluck noon – 1 and games 1pm - 4:00 pm
All are welcome for the social hour. If you are interested in games only, please come at 1:00 pm. No experience needed for games except Mah Jongg is for experienced players only. Call Wilma at 303-485-7044 or Diane Gamble at 303-776-2662

**Scrapbooking & Paper Crafts**
Wednesdays, 9:00 am - noon
This is an ongoing drop-in group, meeting weekly; come as you can. Work on creating scrapbooks, 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. Call Marty Baker at 303-776-8835 for more information.

**Senior Citizens Advisory Board**
1st Wednesday, 10:00 am - noon
The City Council appointed board meets the first Wednesday of the month from 10:00 am to noon. The 2019 members are: Susan Alling, Sara Beery, Jack Belchinski, Wilma Cocannouer, Michelle Cregut, Juana Mendoza, Art Quintana, and Jeanine Tarrant. Please contact Michele at 303-651-8415 for more information.

**Spanish Conversation Group**
Fridays, 1:30 – 3:00 pm
Develop cross-cultural friendships and cultural understanding while improving your Spanish. All levels are welcome; however, there is no instruction and all conversation is in Spanish.

**Shuffleboard**
Thursdays, 8:30 – 10:30 am
Beginners welcome, no experience needed. The group play several games and then have coffee and snacks. Participants will have a chance to play with a variety of people. A donation of $1.00 for refreshments is asked. Leftover funds support an annual group lunch.

**Square Dance Club - Hix-N-Chix**
(Sept. – May) Dances 2nd and 4th Wednesday evenings at the Senior Center, 7:30-10:00 pm
New dancers are always welcome! Please call Joan Bristol at 303-678-7711 or Norm Haubert at 303-774-8239 for information and cost for the club.

**Support Groups**
Several support groups are available for interested persons. Many are open for drop-in participation. See the Resource Guide for a list or call Brandy at 303-651-8414.

**Swingin’ Seniors Rhythm Band**
Begins, Monday, September 9 and then the 1st Monday, Oct-May, 1:00 – 2:30 pm
This group performs regularly at senior residences and organizations in the community. Traditional and homemade instruments are welcome. The ability to read music is not required. Call Mori Glidewell at 303-651-0960 for more information.

**Table Tennis & Volleyball**
see page 44 for details

**Women’s Social Group**
1st, 3rd, and 5th Tuesdays, 11:30 am – 1:00 pm
Are you looking for a way to make new friends? Come have lunch with us and enjoy socialization with other supportive women. You can either bring your lunch or buy lunch from Meals on Wheels here at the Senior Center. If you have questions, you can call Wilma at 303-485-7044.

**Woodcarving**
Fridays, 8:00 am -11:30 am
Beginner and experienced woodcarvers meet weekly to work on projects, offer advice on techniques or equipment, and share their enjoyment of this lifelong hobby. All carvers are welcome. Call John at 303-772-2007 or Bob at 303-435-9505 for more information. On the first Friday of each month, carvers do a “show and tell” that is open to anyone who would like to see their work.
The Gift of Home Christmas Tour
See page 58.

The 19th Annual Lavender Gala
Celebrating the LGBTQ+ older adult community on Sunday, Dec. 1 from 1-4 p.m. at Nissi’s Entertainment Venue, 2675 Northpark Drive in Lafayette. Guests can expect a delicious meal of diverse cuisine; an entertaining line-up of musician Patty Jackson and DJ Susie Pringle; a festive community gathering of friends and family and of course, door prizes donated from generous community members. Link to register will go live and be shared by Nov. 1 and you can call Michael at 303-441-4518 for more information.

Holly Jolly Holiday Party!!
Date: Friday, December 20
Time: 11:30-1:00pm  Registration #183000.19
Cost: Early Sign up: $3.00 resident, $4.00 non-resident
     Day of: $5.00
The elves from the Senior Center and Meals on Wheels invite you to have a jolly good time at our 2019 Ho-Ho-Holiday bash! Join us for a delicious holiday meal, dessert, gifts, give-a-ways, and live music entertainment by “The Take Note Singers”. Please be sure to register ahead of time to secure a seat and pay the lower cost!

Out Boulder County is Expanding Programs to 50+ Older LGBT Adults.
A weekly newsletter goes out each Thursday with information on upcoming activities including the monthly supper club and so much more. Visit www.outboulder.org From the homepage you can sign up for the newsletter and link to program information.

Supper and a Surprise with UCHealth Physicians
Join UCHealth physicians and staff for a light supper and shared conversation on a variety of health-related topics from head to toe. Because it’s the winter season, we won’t be strolling after supper, but join us for a fun indoor surprise. Maybe we’ll stretch, or play a game, or demo some new activity or device... whatever it is, plan for an interactive hour of fun and helpful health information.
Time: 5:30-6:30 pm
Cost: Free, but please register in advance
Date: Tuesday, January 14  Reg. #183700.01
The Skinny on Counting Calories
Presenter: Kimberly Jordan, Longmont Registered Dietitian

Date: Tuesday, February 11  Reg. #183700.02
His and Hers Heart Health – Is there a difference?
Physicians to be announced

Tai Chi Workshop
Date: Saturday, January 25
Registration #186037.01
Morning session; 9:00 am - noon:
   Shibashi Qi Gong for Vitality:
   $70.00 resident, $90.00 non-resident
Registration # 186037.02
Afternoon session; 2:00 pm - 5:00 pm:
   Tai Chi Ruler:
   $70.00 resident, $90.00 non-resident
Both sessions: $125.00 resident, $150.00 non-resident
Registration # 186037.00

Steve Elliott and Blue Heron Tai Chi invite you to join Master Jesse Tsao, PhD, for a day of energy and rejuvenation. Master Tsao returns to Longmont with his own brand of joy and instruction to present the Shibashi Qi Gong for Vitality and the healing aspects of the Tai Chi Ruler.

The morning session will consist of Qi Gong (energy work) practice. This is a series of 18 exercises which generate energy throughout the body with relaxed, flowing movements. These exercises can be done standing or sitting.

The afternoon session will focus on the Tai Chi Ruler, a wooden instrument that helps focus attention on breathing and regular movement to increase flexibility, energy, and moving meditation. $35 additional cost for the ruler.

Master Tsao is an internationally known Tai Chi Master. He holds a PhD in Wushu from Shanghai Sport University.
CULTURAL ENRICHMENT PROGRAMS

Sponsored by the Friends of the Longmont Senior Center, there will be engaging speakers and music this quarter. The programs will be educational, insightful, and intriguing. We hope you enjoy the variety we have scheduled for this quarter.

Cost: **FREE**, and please register in advance

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**Dude, It’s Boulder!**

Registration #183008.12  
**Date:** Sunday, December 8  
**Time:** 2:00 - 4:00 pm

“Dude, It’s Boulder” is an original theater piece by Boulder native Jane Shepard and was first performed by Viva Theater to sold out audiences in 2013 - including at the Longmont Senior Center. The show is a history of Boulder told through story, song, and dance. This history of Boulder includes some of the more unsavory characters who settled in the 1800’s, touches on conflicts of the past such as farmers vs scientists and Native Americans vs White settlers, and includes little known incidents such as the Women’s Temperance League March. Both humorous and poignant, this special performance for the Longmont Senior Center, with a look at Boulder’s folklore from past to present (hippies, Coot Lake, Shep the Toll Road dog), promises to be an informative and enjoyable experience.

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**Enos Mills: Champion for the Wisdom of Wilderness**

Registration #183008.01  
**Date:** Friday, January 31  
**Time:** 1:30-2:30pm

Celebrate the 150th Anniversary of the birth of one of the most famous and fascinating naturalists of our region. For his tireless efforts, Enos Mills (1870-1922) is remembered as the father of Rocky Mountain National Park and a visionary who heralded the modern field of guided nature interpretation. His 1884 arrival in Colorado at age 14 was the start of an abiding reverence for the mountains and nature. Five years later, a chance encounter with John Muir inspired him to wonder: could he do for the Rocky Mountains what Muir did for Yosemite? Hear the dramatic story of Enos Mills in this first-person narrative evoking a time when grizzlies still roamed Colorado and a national park was an elusive dream. Mills will be brought to life in a costumed portrayal by actor Kurtis Kelly, a performer also known for his portrayals of many other Colorado legends.

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**The Deborah Stafford Quartet**

Registration #183008.02  
**Date:** Friday, February 14  
**Time:** 2:30 - 3:30 pm

Celebrate Valentine’s Day in style with one of the best Jazz, Blues & Big Band Singers around. Enjoy an ultimate afternoon of Jazz & love songs from the Great American Songbook.

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**Longmont Lights!**

Once again Roosevelt Park will come alive with lights and sounds of the holidays. **Friday night, December 13** come and enjoy hot cocoa, beautiful lights, outdoor music, and fireworks. On Saturday night, **December 14 the holiday lights parade** begins at 5:00 pm. (Please note that there will be no indoor concerts this year.)
Porcelain Art
Date: Mondays, January 6 – February 24
Time: Mornings
Porcelain or China painting classes for beginning and advanced students, learn to make beautiful hand-painted porcelain or china for yourself or others. If you would like to sign up, please put your name on a list at the Senior Center front desk, and the instructor, Alna Hiel, will contact you for your class registration, cost, and times.

Alcohol Ink Workshop
Registration #184138.00
Date: Wednesday December 11
Time: 1:30-4:00pm
Cost: $37.00 resident, $45.00 non-resident
Join me while we create wispy, ethereal, magical creations that have the look of translucent cloth. We will work on different non-absorbent surfaces, including ceramic and Yupo paper, and practice on freezer paper. Alcohol inks, as you might guess, have rubbing alcohol in them; we will be using straight 99% rubbing alcohol as well. We will use straws, hair dryers, metal ball styluses/embossers to move the inks around. This is a really fun medium! I will supply ceramic tiles, Yupo paper, and straws. $7 supply fee payable to teacher. Instructor: Donna Clement

Oil Painting for All Levels
Time: 1:30 – 4:00 pm
Dates: Tuesdays, December 3, 10, 17
Registration #184103.12
Cost: $36.00 resident, $45.00 non-resident
Dates: Tuesdays, January 7, 14, 21 28
Registration #184103.01
Cost: $36.00 resident, $45.00 non-resident
Dates: Tuesdays, February 4, 11, 18, 25
Registration #184103.02
Cost: $48.00 resident, $57.00 non-resident
Come and learn to paint with oils. It is the most forgiving of all mediums. I patiently help my students one on one. You will learn painting techniques such as; impasto, knife painting, scumbling, and dry brush. You will learn composition and color theory and how to choose the correct paint brush. Most of all you will learn to see the nuances in color and how to mix those colors correctly. This class is for all levels of painters from beginners to experienced. Instructor: Donna Clement

Beginning Drawing
Registration #184129.00
Date: Wednesdays, January 8, 15, 22, 29
Time: 1:30-3:30pm
Cost: $45.00 resident, $53.00 non-resident
Anybody can draw; it’s just a matter of learning to see like an artist. You will learn this by way of some fun drawing exercises. You will learn about contour drawing, negative space, perspective, and shading in different ways. By the end of the class you will be able to draw whatever you wish. But most of all you will learn to see. The act of creating art has many health benefits. You CAN draw! Instructor: Donna Clement

Pastel Class for all levels
Date: Wednesdays, January 8, 15, 22
Registration #184139.01
Wednesdays, February 12, 19, 26
Registration #184139.02
Time: 1:30 – 3:30 pm
Cost: $30.00 resident, $36.00 non-resident
Pastels are easy to work and travel with. We will work a little on designing the picture you want to paint and then transfer the image to the Pastel paper and paint it. Bring photos of what you want to paint to class – best to start with landscapes or flowers or fruits or vegetables. A supply list is available at the front desk. Instructor: Hanlie Wessels.

Please Note: All classes and programs with a Registration number require advance registration.
“Make a Point” Writing Salon

Dates: Monday, December 9
Registration #184436.12
Monday, January 13
Registration #184436.01
Monday, February 10
Registration #184436.02

Time: 11:00 am - 12:30 pm
Cost: Free, and please register in advance

Want to explore your writing skills? Want help prompting ideas from your brain to paper? All you need is paper and pen/pencil, and an open mind. Spend the time writing and encouraging each other. The salon is facilitated by Debbie Noel. Previously an award winning reporter, marketing director, executive director and project manager, her talents were used in various ways to fulfill her dream of writing. Debbie held a writing salon in Pennsylvania and now brings her writing and organizational skills to Colorado with this salon and her blog “Drop in With Debbie” at longmontcolorado.gov/ownit.

Studio Time with Donna Clement

Dates: Mondays, December 2, 9, 16
Registration #184100.12
Mondays, January 6, 13, 27
Registration #184100.01
Mondays, February 3, 10, 24
Registration #184100.02

Time: 1:30 – 4:00 pm
Cost: $42.00 resident, $50.00 non-resident

If you have ever taken a class from Donna Clement you can take this class. You can work on drawing whatever project you wish, using mediums such as colored pencil, graphite, pen & ink, oil paint, watercolors, etc. I will be there to guide you throughout. You will have use of my supplies as usual. This will not be a class where I lecture; I will simply be there to help and guide you when it is needed. Supplies: bring supplies needed for your project. Instructor: Donna Clement

Continuing Graphite Drawing

Registration #184130.00
Date: Wednesdays, February 5, 12, 19, 26
Time: 1:30-3:30pm
Cost: $45.00 resident, $53.00 non-resident

Prerequisite: Beginning Drawing made Easy class taught by Donna Clement

In this class we will continue to learn drawing techniques started in Beginning Drawing. You will be doing portraits from photos, drawing hair, the way fabric drapes, and perspective will be discussed. Bring a photo of someone you would like to draw; make sure the face in the photo is large enough to see detail. You know you can do this!

Creative Card Making

Dates: Monday, January 27
Registration #184126.01
Monday, February 24
Registration #184126.02

Time: 2:00-4:00 pm
Cost: $12.00 Resident, $14.00 non-resident

You will make 4 Projects in each class – seasonal cards as well as general purpose cards (e.g. Thank you, Birthday). Chris Pereira will be leading these classes and is so very excited to share with you her love of paper crafting. All paper supplies are included and extra kits will be available for $3.00 each. You need only bring your smile, scissors, and your favorite adhesive.

This is your time.
OWN IT
Through Creative Pursuits!
Senior Computer Tech Center – A Peer to Peer Learning Opportunity

This ALL VOLUNTEER program includes both formal instruction and one to one individual assistance for those 50+ regarding a wide variety of technology devices (examples include laptops, cameras, phones, tablets, eReaders) and various applications and software.

**ONE great program, THREE wonderful locations!**
Be sure to note where the program or class you are interested in is being held.

Longmont Senior Center: 910 Longs Peak Ave  (blue in the table)
Lashley St Station: 1200 Lashley Street  (yellow in the table)
Front Range Community College: 2190 Miller Drive, Administration Bldg A1444
(See the front desk or online at our website (www.longmontcolorado.gov/senior-services) for a map and driving directions to FRCC.)  (white in the table)

Through classes, lectures, demonstrations and one to one assistance, there are many ways to learn and stay current on the ever-changing world of technology. **Activities and programs are held at the Senior Center, Lashley St. Station and at Front Range Community College.**

Look for these opportunities in the following tables:

- **Drop-In Labs** – drop-in, all devices, several locations
- **Workshop** – register in advance, specific topics, all devices
- **Cell and Smart Phone Tutoring** – register in advance, phones only
- **Personal Coaching** – make an appointment, all devices, occurs in various locations and manners
- **Please register as early as possible in order for instructors to fully prepare**

### Drop-In Labs

Visit us at one of our 3 Computer Lab locations as we are a great resource for all of your technology needs. Our peer Coaches offer one-on-one assistance. Any device. Any question. No registration required.

**Locations to choose from:**
- Front Range Community College, 2190 Miller Drive, Room A1444
- Longmont Senior Center, 910 Longs Peak Ave.
- Lashley Street Station, 1200 Lashley St.

**Dates and Times:** Vary by location. See the detailed schedule on pages 15-17.

**Cost:** $2. Pay at the door or purchase a 5-session punch card at the Senior Center for $10.00.

*No FRCC lab on all Fridays in December 2019 and no lab on Friday, January 3*

### Computer Club:

This group shares the exchange of information and knowledge relating to technology, personal computers, and smart devices.

- **Free, no registration required.**
- **Drop in at the Longmont Senior Center**
- **Mondays:** Jan 13, Feb 10
- **Time:** 9:30 – 11:30 am

### Personal Coaching Appointment:

Are you new to smart devices or computers? Do you need help with a special project? The Personal Coaching program is for those who need some one-on-one assistance outside of the classroom environment. We can provide technical assistance on most devices and consult with you to help get you started.

- **Cost is $5.00 per hour**
- **Call the Longmont Senior Center 303-651-8411 to request a Coach**
- **A SCTC Volunteer will contact you to discuss your particular needs and schedule a day, time and location to meet**

**Registration:**
Please register in advance for all offerings with a Registration number by calling the Senior Center, 303-651-8411.

Join the SCTC group on Facebook!
Find us at SCTC Digital Neighborhood
# LOCATIONS

for Senior Computer Tech Center Activities include 3 local facilities.

The location for the programs listed below are color coded to denote at which facility the activity is being held.

- **Front Range Community College** | 2190 Miller Drive – Classroom A1444
- **LONGMONT SENIOR CENTER** | 910 Longs Peak Ave
- **LASHLEY ST. STATION (LSS)** | 1200 Lashley St.

<table>
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<tr>
<th>Topic</th>
<th>Registration#</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
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<td>Thursday Dec 5</td>
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<td><strong>Lashley St Station Drop-In Lab</strong></td>
<td>No Registration required</td>
<td><strong>Thursday Feb 20</strong></td>
<td>9:30 – Noon</td>
<td>Lashley St Station</td>
<td>$2.00</td>
</tr>
<tr>
<td><strong>Your Digital Footprint</strong></td>
<td>182044.00</td>
<td><strong>Thursday Feb 20</strong></td>
<td>1:00 – 3:00 pm</td>
<td>Senior Center</td>
<td>$2.00</td>
</tr>
<tr>
<td><strong>FRCC Drop-In Lab</strong></td>
<td>No Registration required</td>
<td><strong>Friday Feb 21</strong></td>
<td>1:00 – 4:00 pm</td>
<td>FRCC</td>
<td>$2.00</td>
</tr>
<tr>
<td><strong>Google Photos</strong></td>
<td>182537.20</td>
<td><strong>Monday Feb 24</strong></td>
<td>9:30 – 11:30 am</td>
<td>Senior Center</td>
<td>$2.00</td>
</tr>
<tr>
<td><strong>Senior Center Drop-In Lab</strong></td>
<td>No Registration required</td>
<td><strong>Tuesday Feb 25</strong></td>
<td>9:30 – Noon</td>
<td>Senior Center</td>
<td>$2.00</td>
</tr>
<tr>
<td><strong>Genealogy Research Drop-In Lab</strong></td>
<td>No Registration required</td>
<td><strong>Wednesday Feb 26</strong></td>
<td>1:30 – 4:00 pm</td>
<td>FRCC</td>
<td>Free</td>
</tr>
<tr>
<td><strong>FRCC Drop-In Lab</strong></td>
<td>No Registration required</td>
<td><strong>Friday Feb 28</strong></td>
<td>1:00 – 4:00 pm</td>
<td>FRCC</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

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

If you are interested in volunteering with the Senior Computer Tech Center, please contact Larry at 303-774-3533 or larry.holtgrewe@longmontcolorado.gov
Cell and Smart Phone Tutoring
A one-on-one Tutoring Session with a peer Coach. Registration required. For an hour, a Coach will help you with your phone. Please bring your phone, the charger, and the manual. This is not a structured class with lecture. Location: Senior Center

Computer Club
A forum for the exchange of information and knowledge relating to technology, personal computers and smart devices. No meeting in December. Computer Club will meet on Mondays January 13 and February 10. Free, no registration required. Drop in. Location: Senior Center

Drop-In Lab
Visit us at one of our 3 Computer Lab locations as we are a great resource for all of your technology needs. Our peer Coaches offer one-on-one assistance. Any device. Any question. No registration required. Pay at the door.

• Front Range Community: 2190 Miller Drive, Room A1444
• Longmont Senior Center: 910 Longs Peak Ave
• Lashley Street Station: 1200 Lashley Street
See the schedule on page 15-17 for exact dates, times and locations.

File Management Workshop
This is a 1 session Workshop where you will work one-on-one with a Coach to address your specific needs. Your Coach will help you with safely storing your important documents and photos in an organized way so you can easily and reliably find them. Recommend you bring your laptop computer or device to best assist you. This is not a structured class with lecture. Location: FRCC

Genealogy Research Drop-In Workshop
Do you have a question about personal genealogy software, online resources, a research problem, or just a how-to question? Have you made a new discovery or have a hint you’d like to share? Bring your issue or question and your expertise and work together with other genealogists including members of the Longmont Genealogical Society to find answers. Sessions may start with a short ‘how-to’ tutorial on a genealogy related topic. Bring your question/issue and information you have already gathered, or a discovery you’d like to share. Bring your laptop or use one of the lab computers. Remember to bring user-IDs and passwords for any online genealogy accounts you may have and want to use! Location: FRCC

Google Docs and Sheets
These free tools from Google allow you to create, store and share ‘office’ like word processing documents (Docs) and spreadsheets (Sheets). You can also use Sheets and Docs to work with existing Microsoft Word and Excel documents. Learn the basics of these two FREE tools and take advantage of cloud based storage that makes your creations available to you on any of your devices. Location: FRCC

Google Photos
Google Photos is a great way to collect, organize, edit and share your photos. Your photos and videos are automatically backed up and organized in one place, accessible from any computer and smart device. Your photos are safe, secure, and private to you. Moving your photos to Google Photos allows you to free up space on your smart device. This lecture demonstrates the capabilities. Location: Senior Center

Smart Devices for Your Health and Fitness
There are many new smart devices out there to guide you on the road to staying fit. Wearing a fitness band, carrying your smartphone and other health accessories can provide accurate and timely health information you need to monitor your daily activities. Bring your device to this session. We will share and demonstrate features and learn how to put your device to good use. Location: Lashley Street Station

NEW WASTE SERVICES APP
Make trash day easier than ever with a free mobile app. Search “Longmont Waste Services” in the app store or Google Play Store.

Questions can be directed to 303-651-8416 or serviceworks@longmontcolorado.gov
New TV Watching with YouTube
For many years YouTube has provided free video viewing. No matter your interests. YouTube gives individuals the opportunity to upload and share videos with friends, family and the world. From "how do I...?" to "did you see that...!" videos with instructional and educational channel subscriptions to keep you entertained and informed. YouTube is an Internet institution.

Now YouTube TV (a subscription service) offers a cable-free live-TV alternative to traditional cable, dish, and other streaming options. Come with your questions to see live demonstrations of YouTube and YouTube TV. **Location: Senior Center**

New What are Instagram & Pinterest
You’ve heard about Instagram and Pinterest; now come learn about these visually oriented social media platforms. This lecture offers an overview of some of Instagram’s and Pinterest’s more popular features and will give you a taste for what all the fuss is about. Please note that this lecture serves as an introduction—attendees will not be asked to sign up for these services. **Location: Senior Center**

New Windows 7 Demise: What Should I do?
Windows 7 operating system will reach the end of its life on January 14, 2020. Your computer will still run. BUT it may not be safe. Your computer will be at increased risk for viruses and other forms of malware. Because Microsoft will no longer provide updates of any kind; including critical security updates, the Windows 7 computer should not be connected to the Internet.

There are a few factors to consider before you decide: can you update your current computer; should you buy a new computer; do I have to use Windows 10 – is there something else I can use?

The sky is not falling!! You have options. We will share what we know and suggest alternatives for you to consider. Join us for one of the following:

- Lecture with Question and Answer
- Personalized Workshop to meet with a Coach

See the table on page 15-17 for the dates, times, and location. Registration is required.

Windows 10 and You Workshop
For New and Experienced Windows 10 users. In this one session Workshop, you will work one-on-one with a Coach who will answer your specific Windows 10 questions and help you personalize your computer. Bring all necessary user names and passwords with your Windows 10 laptop. Or you can use a classroom computer. This is **not** a structured class with lecture. **Location: FRCC**

Windows 10 Basics Class
This is a 2 session Class. Windows is here to stay. Microsoft continually updates the operating system and adds new features. Are you new to Windows 10? Are you a current user surprised by a recent update? This class will guide you through the basics, the latest updates, and the most useful features. There is always something new to learn. If you have a Windows 10 laptop, please bring it to class with your power cord. You can use a classroom computer. **Location: FRCC**

Your Digital Footprint: Getting Your Digital Ducks in a Row
Do you know what happens to your “digital assets” when you no longer have the capacity to access them? There is a raft of important details that can be overlooked. In particular, your “online afterlife” requires advance planning and some important decisions. We will discuss types of information you should gather, decisions you should make, and forms and processes to support them. Stephanie Heacox is founder and CEO of Orderly Estates, LLC. She knows the ins and outs of documenting all relevant aspects of the electronic world for a future personal representative so that accounts and estates can be resolved more smoothly. **Location: Senior Center**

Income Tax and Rebate Assistance
See page 52.
Thursday, December 5 – Double Feature
Registration #184201.12
Christmas Tree in Olde Town Longmont
This film features more than a century of glass Christmas ornaments on one family’s tree in Olde Town Longmont. Ornaments range from 17 countries and four continents, making the tree a true sampling of worldwide craftsmanship. A wide variety of Bubble Lites are also displayed, including strings from the 1930’s. (32 min) (first aired in 2015)

Extra: Gypsy Christmas Campsite SHORT (15 min)
A short film featuring a Gypsy Christmas Campsite. This is a model of a “vardo” Romani, living in wagons whose design is also shared by Irish Travelers and Welsh Kale. (15 min)
Producer Ike Ikelman

Thursday, January 9
Registration #184201.01
Longmont Symphony Orchestra and the Performing Arts in Longmont
The Longmont Symphony Orchestra is a jewel of enrichment to our community, providing a full concert series every season, chamber music, and outreach to schools. Today’s “Big Picture” includes an introduction by conductor and music director, Elliot Moore. In his third season as music director, Elliot has elevated the orchestra to a new level of excellence. Come enjoy film highlights from last year’s season and learn about exciting opportunities to experience the LSO upcoming performances, with a peek into future aspirational plans for the performing arts in Longmont.
Producer Debbie Arnold (60 Min)

Thursday, February 6
Registration #184201.02
Longmont Electric Aircraft Flyers (LEAF)
LEAF (Longmont Electric Aircraft Flyers) organization is dedicated to the building and flying of battery powered model aircraft. One of the largest remote-control flying clubs in the state of Colorado, it is dedicated to the safe flying of RC airborne devices. In addition, LEAF supports the community by raising money for local charities and non-profits. In this film we see their dedicated runway and drone/helicopter flying areas both outdoor and indoor. Meet some of the members and learn how you can join the fun building and flying RC devices.
Producer Preston Newell (45 min)

AARP Driver Safety Class
Wednesday, December 11 Registration #184431.12
Wednesday, January 8 Registration #184431.01
Wednesday, February 12 Registration #184431.02
Time: 8:30 am – 12:30 pm
Cost: $15.00 AARP members, $20.00 non-members, payable to AARP and accepted at class.
AARP’s fast-paced format of a half-day session is designed to sharpen driving knowledge and skills and to develop strategies for adjusting to accelerated changes in 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 for this class is required.
Medicare Basics Classes
Registration #184507.12 Monday, December 16
Registration #184507.01 Tuesday, January 21
Registration #184507.02 Wednesday, February 19
Time: 10:00 am – noon
Cost: FREE, and please register in advance

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. Call the Senior Center at 303-651-8411 to register.

Willmaker Legal Seminars
In a single easy session, complete a will, a financial power of attorney, and a combined medical directive (including living will, medical power of attorney, and organ donation), all with the help of a licensed attorney Rebecca L. Bennetti and her staff. Includes all materials, witnessing, notarizing, individual review, and plenty of time for discussion and questions. Couples must have individual wills. A $30 materials fee payable to the instructor at the beginning of class.

Transportation 101
Registration #184508.20
Date: Friday, December 13
Time: 9:00 am – 10:00 am
Cost: Free, and please register in advance

We want to help you get out and about in the community! Please join Via to learn about local transportation services.

Guardianships and Capacity Evaluations
Registration #184514.00
Date: Thursday, January 16
Time: 10:00 am – 11:30 am
Cost: Free, and please register in advance

Join us to learn more about guardianships and decisional capacity. We will discuss capacity evaluations and what may happen legally after a medical determination of lack of decisional capacity has been made. This program is open to older adults as well as family members/caregivers of any age. Presented by David Kalis, LCSW, Ph.D, and Brandon Fields, Esq. Brandon is an elder law attorney in practice for 20+ years with expertise in guardianships, conservatorships, and long term care & estate planing.

Death Café
Registration #184411.20
Date: Wednesday, January 15
Time: 2:00 – 3:30 pm
Cost: Free, and please register in advance

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 bereavement or grief counseling group. Discussion will be confidential and facilitated by senior-to-senior peer counselors. Tea and sweets will be offered.

Fireside Stories
Registration #184537.20
Date: Monday December 9
Time: 10:00-11:30 am
Cost: Free, and please register in advance

It’s almost Christmas, and Dave’s driving his family across Canada to his mother’s home in Cape Breton, Nova Scotia. Daughter Stephanie’s boyfriend, Tommy (who’s never been on a family car trip before), is tagging along, and family dog, Arthur, settles in for the ride. Find out what happens along the way–especially when a blizzard hits.

Dave agreed to help wife Morley with Christmas dinner preparation this year. His job was to fix the turkey. Things are never easy with forgetful Dave. With the family tucked into bed Christmas Eve, he suddenly realizes that “fixing the turkey” also meant BUYING it. Can he get himself out of this one?

The stories were written by Stuart McLean, Canadian humorist/philosopher and will be read by Anne Rothschadl.

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

FILM SERIES

Cost: FREE, and please register in advance
Do you enjoy hearing others’ ideas and sharing your thoughts? Almost daily, we may be faced with situations that are interesting, confusing, or complicated. The intent of this program is to explore different perspectives and gain understanding of topics on aging-related through discussion and illustrative films. The discussion will be led by our Seniors Counselor, Brandy Queen.

The Museum of Four in the Morning (2014)
Registration #184220.01
Date: Friday, January 24
Time: 1:00–2:00 pm
This short Ted Talk examines the curious appearance of the time of 4 am in art, media, and literature. We’ll discuss what’s on your mind at 4 am as well. Run times: 13 min.

Life’s Waltz (2008)
Registration #184220.02
Date: Friday, February 28
Time: 1:00–2:00 pm
This documentary follows a number of older adults discussing life, loss, love, and aging. Run times: 16 min.

Social Security 101
Registration #184515.01
Thursday, January 16, 2:00–3:30pm
Registration #184515.02
Wednesday, February 5, 10:30am–12:00pm
Cost: FREE, and please register in advance at 303-651-8411

Josh Weller, 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 is a webinar, and Josh Weller is present via phone to answer questions.

Tax Return Planning: Open House
Date: Friday, January 31
Time: 9:00 am – 12:00 pm
Cost: Free

Come learn about the free AARP Tax Aide program. Drop in to get your tax questions answered and to receive an individual assessment of your tax return needs. An individual from AARP Tax Aide program will review your documents and determine if you need to file a Tax Return. If you need to file, we will:

- Determine if your situation is in-scope for the AARP TaxAide program
- Make an appointment to have an AARP Tax Aide prepare your federal and state tax returns.
- Provide our Intake sheet for you to complete so you have one less thing to do at your scheduled appointment. We can assist with completing the Intake form if you like.
- Get a list of what to bring to your appointment.

If you don’t need to file a tax return, we will determine if you may be eligible for Colorado or Longmont Rebates, and provide a list of what to bring to apply for Rebates.

Celtic Content - 2 Performance Programs
Date: Friday February 7
Registration #183020.07
Friday February 21
Registration #183020.21
Time: 1:00–2:30pm
Cost: $3.00 resident, $4.00 non-resident

Back by popular demand, Anne Rothschadl on fiddle and Mike Hendricks on mandolin/guitar will liven up your winter day with Cape Breton Celtic, New England, and original jigs, slow airs, reels, waltzes. Celtic Content will get your toes tapping and bring a smile to your face. You might even want to get up and dance! A brief history or story of each tune (as best as we can determine it) will be shared.

Your Digital Footprint: Getting your Digital Ducks in a Row
See page 19 for information on this program regarding taking care of your digital assets now and later.

Genealogy - Collaborative Research Workshops
The Longmont Genealogical Society (LGS) and the City’s Senior Computer Technology Center (SCTC) are organizing a series of workshops where interested family history researchers can meet to work together to solve individual genealogy research issues and answer questions of common interest.

Please see page 18 in the Computers and Technology section for more information.
Evolution of Human Consciousness

Registration#184300.00
Date: Wednesday, December 4
Time: 1:00-2:30pm
Cost: $2.00 resident, $3.00 non-resident

What do we mean when we say something is ‘conscious’ vs ‘unconscious’? How have we arrived at the current situation for humans from a mainstream biological point of view? Do dogs and cats recognize ‘consciousness’?

There is much we do not know but we now know enough to be very intrigued about this fascinating element of being a human.

Presented by: Michael Grant

Greek Mythology: From Creation to Legacy

Registration #184301.00
Date: Friday December 6
Time: 1:00-2:30pm
Cost: $5.00 resident, $6.00 non-resident

In this presentation we overview the nature of mythology, and cover categories including Creation, Olympians, Monsters, Geography, Heroes, Tragic Figures, and Legacy. Mythology cuts across many disciplines including anthropology, sociology, psychology, political science, literature, philosophy, and religious studies. It has enduring appeal: whatever modern variations there may be, it continues to this day. Presented by: Mark Coffey

Peter Pan, A Christmas Story

Registration #184302.00
Date: Wednesday, December 11
Time: 1:00-2:30pm
Cost: $5.00 resident, $6.00 non-resident

Peter Pan first premiered in London on December 27, 1904 and has been a Christmas tradition ever since. The idea of a “boy who never grew up” has engaged generations around the world. Elizabeth Nosek of iCurate4u shares the history of this beloved fairy tale.

Ukraine

Registration #184304.00
Date: Thursday, December 19
Time: 1:00-2:00pm
Cost: $2.00 resident, $3.00 non-resident

Seventy years of Soviet control of Ukraine ended in 1991 with the collapse of the Soviet Union. During that time Ukraine suffered extensive famines, deportation of its citizens, and repopulation of its country by ethnic Russians. After independence, Ukraine aligned more with the west, resulting in escalating tension between ethnic Russians and Ukrainians. In 2014, Russia annexed the Crimea region of Ukraine, fueling an ongoing low-level civil war fed by Russian influence. This past April Ukraine’s President Petro Poroshenko was defeated by Volodymyr Zelensky, an actor/comedian who played the President in a popular television show. Join Active Minds as we review the history, present issues, and future challenges of this former Soviet satellite country.

Space Exploration: From the Moon Landing to Today and Beyond

Registration #184305.00
Date: Wednesday, January 29
Time: 1:00-2:00pm
Cost: $2.00 resident, $3.00 non-resident

Fifty years ago this past summer, the United States landed the first manned space mission on the moon. Join Active Minds as we reflect on President Kennedy’s challenge, the space race, the Apollo Mission, and the role NASA has played since the lunar landing. We will bring the topic up to date by discussing the current political context for NASA and the rise of private space companies such as SpaceX, Blue Origin, Virgin Galactic, and others.

We are What We Eat – A Diet Over Time

Registration #184306.00
Date: Wednesday, January 8
Time: 1:00-2:30pm
Cost: $5.00 resident, $6.00 non-resident

The definition of what the ideal diet is has changed numerous times over the years. Fads, religion, and science have all played a part. Join Elizabeth Nosek of iCurate4u as we take a closer look at what is and isn’t good for you.

Why Men Love War

Registration #184303.00
Date: Wednesday Dec. 18
Time: 1:00-2:00pm
Cost: $2.00 resident, $3.00 non-resident

Evolutionary psychologists have studied war and conflict with the assumption that a predisposition for warfare has evolved in males because it has historically (and prehistorically) enhanced their reproductive success. This Paul Flanders talk will assess this and other theories on why war appears to have a strong emotional appeal.
Sleep: Patterns Through the Centuries
Registration #184307.00
Date: Friday January 10
Time: 1:00-2:30pm
Cost: $5.00 resident, $6.00 non-resident

In modern industrial societies, continuous nightly sleep is usually the necessary norm. However, in past centuries, including the medieval period, bimodal sleep, occurring in two shifts, was typical. Sleep onset was determined not by a set bedtime, but by whether there were things to do. Among other topics in this presentation, we consider biological rhythms, the stages and functions of sleep, and sleep habits through the centuries. Presented by Mark Coffey.

The Great Society
Registration #184311.00
Date: Wednesday February 5
Time: 1:00-2:30pm
Cost: $2.00 resident, $3.00 non-resident

Lyndon Johnson said America could become a Great Society if it would eliminate racial discrimination and poverty. He set about, trying to accomplish these goals except the Vietnam War tended to derail these efforts. Paul Flanders will lecture on this topic.

Cinderella, More Than A Love Story
Registration #184312.00
Date: Wednesday February 12
Time: 1:00-2:30pm
Cost: $5.00 resident, $6.00 non-resident

Most Cultures have a Cinderella story. In fact, there are more than 500 versions of Cinderella from all over the world with the earliest version over 2000 years old. ICurate4u explores the story of this heroine who overcomes the odds to make a better life for herself.

Why Are Flowers So Beautiful?
Registration #184313.00
Date: Wednesday, February 19
Time: 1:00-2:30pm
Cost: $2.00 resident, $3.00 non-resident

Statistical analyses have become a very widespread phenomenon over the last 3-4 decades yet it seems pretty clear that many people are not well prepared to understand polls or weather forecasts or stock market fluctuations. Statistical thinking plays a vital role in our individual lives, our communities, our nation and our world; we need to be clear on what that type of thinking can and cannot do for us. Presented by: Michael Grant

Quaking Aspen: North American Wonder Tree
Registration #184308.00
Date: Wednesday, January 15
Time: 1:00-2:30pm
Cost: $2.00 resident, $3.00 non-resident

This aspen species (there are others) has been so successful ecologically that it can be found from coast to coast in the contiguous U.S. and from Alaska well down into Mexico in the south. No other tree species has had such tremendous geographic success. Aspen, although deciduous, photosynthesizes in the winter! And Pando, a male clone in South Central Utah currently stands as the most massive living single entity on earth. Presenter: Michael Grant

Political Machines in the Gilded Age
Registration #184309.00
Date: Wednesday January 22
Time: 1:00-2:30pm
Cost: $2.00 resident, $3.00 non-resident

Political Party operations in big cities during the Industrial Age often resembled Mafioso gangs which provided immigrants with an array of services in exchange for their votes. Paul Flanders will review the pros and cons of the common practice.

The Civil Rights Act
Registration #184310.00
Date: Friday, February 14
Time: 1:00-2:00pm
Cost: $2.00 resident, $3.00 non-resident

The Civil Rights Act of 1964 was a landmark piece of federal legislation that outlawed major forms of discrimination against minorities and women. Join Active Minds as we examine the act over 50 years later and evaluate its impact on civil rights in the United States today.

Rainbows in Art, Religion, Mythology, and Science
Registration #184314.00
Date: Wednesday February 26
Time: 1:00-2:30pm
Cost: $5.00 resident, $6.00 non-resident

The atmospheric phenomenon of the rainbow has been a favored component of art and religion throughout history. The rainbow has a place in legend owing to its beauty and mystery. We survey the presence of rainbows in cultural history, and discuss some of the physics of this colorful natural wonder. Presented by Mark Coffey.
Rediscovering Your Personal Value System
Registration #184440.01
Date: Tuesdays, January 7, 14, 21, 28
Time: 10:00-11:30am
Cost: $15.00 resident, $18.00 non-resident

We make dozens of decisions on a daily basis. Whether or not we make the time to think seriously about the outcome of those personal decisions is up for grabs. When we look at choices today, it seems easier to “go with the flow” rather than buck the system – be it family, friends, play, health or politics. How often do we examine our inner values? How did we learn those values? Do they serve us now as in the past? Are they a proven asset to our current values or do we desire to change them and cannot figure out which direction to take? Values provide guidance to a life well lived. Exploring our own and how they fit into our current life situation is both rewarding and liberating. Join us as we explore hidden internal values, learn how to let go of the ones that no longer work well, and how to dust and shine the ones that bring us joy.

Presented by Bobbi Nesheim, Ph.D., MFT

LOVE! How Do We Love?
Let Us Count the Ways!
Registration #184440.02
Date: Tuesdays, February 4, 11, 18, 25
Time: 10:00-11:30am
Cost: $15.00 resident, $18.00 non-resident

I love my new car. I love the way my dog learns his tricks. I love to go on cruises. I love the way the sun sets at night. Love is in the air, especially in February as we celebrate Valentine’s Day. But what does all this love mean and how do we distinguish one kind of love from another? Do we love football season the way we love our kids, our folks, or our next-door neighbor? Is love an emoticon or an action word? Is it both? Does our background and our love ‘models’ provide guidance for us in a world that wallows in derision, exclusion, fear and indecision? Exploring love can be the first step in the triad of the true and beautiful. Learning how to accept and give love freely provides a basis for self-love without barriers. Giving love (the kind we talk about here) makes accepting love a piece of cake. Make mine Chocolate! Presented by Bobbi Nesheim, Ph.D., MFT

Housing Information Session for Older Adults
Date: 1st and 3rd Tuesday each month
Time: 1:00 – 3:00 pm

This session provides information on affordable and subsidized housing in Longmont. One of our Longmont Senior Services Resource Specialists, Amy Payan and Veronica Garcia, will discuss the reality of current housing, availability and affordability, and how to get started. At the end of the presentation, there will be time to look over the applications and get assistance from the resource specialist. No registration is required.

“For the Times They Are A’ Changin...” 1968-1972
Registration #184441.00
Date: Wednesday, February 5
Time: 4:30 - 6:00 pm
Cost: Free, and please register in advance

Where were you during this time and what were you feeling? Many significant events happened during this time that changed the country forever: the assassination of Martin Luther King & Robert Kennedy; Woodstock; the war in Vietnam and related demonstrations; the Civil Rights movement, the killing of students at Kent State, etc. This will be a respectful discussion focused on older adults now (no matter where you were from or what your opinions were) who were young adults during those times.

Words Made Out of Paint,
Made Out of Words
Wednesdays, December 4, 11, 18
Registration #184438.12
Wednesdays, January 8, 15, 22, 29
Registration #184438.01
Wednesdays, February 5, 12, 19, 26
Registration #184438.02
Time: 3:30-5:00pm
Cost: Dec. $22.50 resident, $25.50 non-resident
Jan. & Feb.: $30.00 resident, $33.00 non-resident

If a painter, as Paul Valery said, “takes his body with him,” do not some poets also follow suit? Beginning with the poetry of Hilda Morley and the cut-outs of Matisse, each month we will explore the relationship between one poet and one visual artist, exploring the techniques of each, and bringing our discoveries to the composition of our own poetry. Other poets included are Anne Lauterbach, Elizabeth Bishop and John Ashberry, as well as the painting of Vermeer, Cezanne, and Velasquez. Instructor: Jack Greene, poet and visual artist.

Please Note: All classes and programs with a Registration number require advance registration.
InterGenerational Philosophy: Civil Discourse

Registration #184427.20  
Date: Saturday, January 18  
Time: 2:00-4:00 pm  
Cost: $4 Res, $5 Non-Res

Last quarter, we had a great discussion about how hard it can be to engage in civil discourse. What is it that stands in our way as individuals? As a society? Why is it so hard to listen to opposing points of view and converse in a respectful manner? This winter, join middle and high school students from Grey Havens Philosophy for an interactive conversation on how we can grow as better thinkers and why philosophy brings communities together. Facilitated by Kelly Cowling and Robyn Bosica.

For more philosophy discussions, see page 27.

InterGenerational Philosophy: Civil Discourse

The Weight of Water

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. A BIFF representative will present each film and facilitate a brief discussion. The films are projected onto a screen so that they are larger and easier to see.

Time: begins at 5:30 pm  
Cost: Free, and please register in advance

The Weight of Water

Registration #184415.01  
Date: Tuesday, January 14

Making your first solo kayak run of the Grand Canyon is daunting, particularly if you are totally blind. Erik Weihenmayer has already overcome some stunning challenges for both sighted and blind people, including summiting Mount Everest. But whitewater kayaking is different; the water moves unpredictably, the rocks that make up the canyon walls are absolutely unforgiving, and the roar cuts Weihenmayer off from his guide’s voice and threatens his kayak. How will Erik react when disaster strikes on Lava Falls, the most dangerous rapid on the Colorado River? The Weight of Water is the story of a blind man balancing fear in the midst of chaos, and the powerful desire to be free from a prison of darkness. Directed by Michael Brown. USA, Feature Documentary, 2018, 79 minutes

The Great Ideas - Reading and Discussion Group

Dates: Thursdays  
Time: 3:00 – 4:30 pm

Cost: FREE, donations accepted for cost of copying materials for class. Great ideas discussion group, led by Brian Hansen, uses reading and discussing specific topics from the “Great Ideas: A Lexicon of Western Thought,” by Mortimer Adler. Reading materials are provided.

Dec. 05, 2019  Great Treasury of Western Thought, pp 530-534  (reading and discussion) Habit  
Jan. 16, 2020  Great Treasury of Western Thought, pp 469-478  (reading and discussion) Reasoning, Demonstration, Disputation  

Boulder International Film Festival (BIFF)

Dates: March 5-8

BIFF will once again bring wonderful films and filmmakers from around the world to a four-day celebration of the art of cinema in Boulder. The cost for shows will vary. BIFF may provide some FREE tickets to specific shows. Please check with Larry (303-774-3533) mid-February for more information. Come and enjoy the shows!
This discussion series is based on the belief that philosophy can and should be practiced by anyone, anywhere! Using the Geek Philosophy method created by Kelly Cowling and Robyn Bosica, film and television clips serve as inspiration for fascinating conversations. Discussions are led by trained facilitators from Grey Havens Philosophy, a local non-profit and part of the Philosophy Learning and Teaching Organization. All ages welcome—bring your kids and grandkids! Get ready #ToBoldlyThink.

**Time:** 6:00-7:30 pm  
**Cost:** $4.00 resident, $5.00 non-resident

**Music, Media, & Philosophy**
Registration #184437.12  
**Date:** Thursday, December 12

What is it about music that captivates us? What makes a collection of sounds a piece of music as opposed to just noise? Can music teach us anything? Join us as we consider these questions and more while watching a few clips to get us started.

**Fantasy, Story, & Philosophy**
Registration #184437.01  
**Date:** Thursday, January 9

Fantasy author J.R.R. Tolkien wrote that fantasy stories can help us to recover something that we’ve lost, to awaken our senses from dull monotony. Seeing an ordinary thing in an extraordinary setting can help us to see the world anew. Do you agree? What is the power of story? Join us as we consider these questions and more while watching a few clips to get us started.

**Games, Sports, & Philosophy**
Registration #184437.02  
**Date:** Thursday, February 13

Both Western philosophy and the Olympic-style sport originated in Ancient Greece. Now, Philosophy of Sport is a recognized part of modern studies. What is the nature of sport? Why are human beings drawn to games and competition? Do sports make us better or is there a harmful aspect to games? Join us as we consider these questions and more while watching a few clips to get us started.

**Impressions by Dave Haney**
Registration #184442.00  
**Date:** Friday January 17  
**Time:** 1:00-2:00pm  
**Cost:** Free, and please register in advance

Join traveler Dave Haney in this presentation on his impressions and insight into the Australian culture during his recent visit. This version of armchair travel will include photos and stories of Dave’s travels.

Travel with a fellow Senior sharing the experience of Australia’s land, history, and people through pictures of his journey. We can learn a few things about a similar culture that may surprise us in this enjoyable visit. Presented by Dave Haney

**How Scammers Fake Numbers on Your Caller ID!**
Here are two links that contain information on how scammers are using phone numbers to confuse and mislead people. These links are provided by staff in the Boulder County Community Protection Division.

https://www.consumer.ftc.gov/blog/2016/05/scammers-can-fake-caller-id-info  
https://www.fcc.gov/consumers/guides/spoofing-and-caller-id

**German Language Conversation Group**
**Date:** Thursdays  
**Time:** 1:00 – 2:15 pm  
**Cost:** FREE, drop-in

If you are a native speaker or if you have studied German, but lack someone to practice the language with to keep your speaking skills up to date, come to this group to practice with others who also speak some German and are looking to enhance their skills with conversation with others. Contact Julia Jordan 720-333-2318 or Jim Petri for more information, 303-772-6048

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**Conversation Group**
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SENIOR SERVICES RESOURCE STAFF

Seniors Resource Specialists are available 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 and appropriate.

Veronica Garcia
303-651-8716
veronica.garcia@longmontcolorado.gov

Amy Payan
303-774-4372
Amy.payan@longmontcolorado.gov

SENIOR SERVICES COUNSELING STAFF

Brandy Queen, a licensed professional counselor, is available for:

- Individual, 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 a Senior-to-Senior Peer Counselor volunteer who also offers individual counseling and a variety of support groups. Peer Counselors are experienced, trained, and supervised volunteers who provide support and understanding from one senior to another.
- Facilitating or coordinating a number of support groups.
- Managing dementia-friendly educational activities and programs.
- Organizing a variety of education programs about resources.

Brandy Queen, LPC
303-651-8414
brandy.queen@longmontcolorado.gov

Visit the comprehensive website at www.BoulderCountyHelp.org or call the Aging and Disability Resource Line at 303-441-1617 (Bilingüe) or Email: infoADRC@bouldercounty.org

View Categories at the website to explore options such as:

- Services at Home
- Legal Support
- LGBTQ+ services and programs
- Transportation and Driving
- Caregiver Resources
- Health & Medical
- And many more!

On the website scroll down to the box labeled AGENCY PUBLICATIONS. You will find a link to the Housing Guide, Care Connections newsletter, and other helpful information.

ADRC - BOULDER COUNTY AREA AGENCY ON AGING

Also: Weld County Area Agency on Aging (AAA)
General AAA information: 970-346-6950
Information and Assistance: 970-346-6952
Website: www.weldaaa.org

Larimer County Area Agency on Aging (AAA)
Helpline: 970-498-7750
Website: www.lcoa.networkofcare.org
CAREGIVER SERVICES
for friends or family members caring for an older adult include:

Call Brandy Queen at 303-651-8414 for information about the following:

- **Caregiver consultations and family meetings:** Referrals & information about adult day programs, home health care, long-term care, counseling, caregiver self-care, etc.
- **Respite & Companion Volunteer Program and Respite Assistance referrals:** Volunteers matched with older adults who live alone or with a family caregiver provide respite, a friendly visit, and a caring connection. Respite Assistance funds can help pay for respite care for a caregiver.
- **Social Groups and Educational Programs** for family caregivers and those living with dementia (see Health & Wellness section of the GO).
- **Caregiver Support Groups** provide information and support for family caregivers; no registration required:
  - 1st Monday, 6:00 – 7:30 p.m. at Senior Center
  - 2nd Tuesday, Noon – 1:30 p.m. (Alzheimer’s Assn. group) at Senior Center
  - 4th Tuesday, 1:00 – 2:30 p.m. (Alzheimer’s Assn. group, meets at Longs Peak United Methodist Church at 1421 Elmhurst Dr, Longmont)
  - LGTB Support Group for Caregivers is forming – If you are interested please contact Michael at mchifalo@bouldercounty.org or 303-441-4518.

### EMPLOYMENT

The Longmont Workforce Boulder County office is located at 515 Coffman Street. Hours are 8:30 a.m. to 3:00 p.m., Monday – Friday. After you have registered, you can access other services and programs, Call 720-864-6600.

### FINANCIAL

**Medicare Counseling**
Medicare Counselors provide objective information and assistance regarding Medicare benefits, HMOs, supplemental policies, rights, and appeals. For assistance or to schedule an appointment, call 303-441-1546. Medicare Counselors also offer monthly Medicare Basics classes at the Longmont Senior Center. Call the Senior Center at 303-651-8411 to sign up. Current dates are listed in the General Interest section of The GO. You can learn more about Medicare at www.medicare.gov or 1-800-633-4227.

**Social Security**
Social Security – http://ssa.gov/ or 1-800-772-1213; for claims, please call 1-877-405-5872. The local office is located at 480 West Dahlia St, Louisville, CO 80027. Their office hours are 9:00 a.m. – 4:00 p.m Monday, Tuesday, Thursday, and Friday. Wednesday hours are 9:00 a.m. – 12:00 p.m.

**Reverse Mortgage Information**
Call the Boulder County Housing and Financial Counseling Program at 720-564-2279

**Money Management Program**
Money Management Program (MMP) volunteers help you sort through your mail, organize your bills, develop a budget, write your checks, manage your monthly expenses, and work on your debts. To find out more about the program, call Amy 303-774-4372.

**Home Foreclosure Prevention**
Call Boulder County Housing Authority at 720-564-2279 or Colorado Foreclosure Prevention Hotline at 1-877-601-4673.

**Tax Help**
Call Colorado Taxpayer Advocate Service at 303-603-4600.

**Fraud, Financial Abuse, & Consumer Complaints**
Call Boulder County District Attorney at 303-441-3700, Adult Protection at 303-441-1309, and/or Longmont Police at 303-651-8555. For more information, see www.bouldercounty.org/district-attorney/community-protection
RESOURCE INFORMATION, PROGRAMS & SERVICES

HOUSING INFORMATION

For information and referral regarding senior, affordable, and other housing programs, call Veronica at 303-651-8716 or Amy at 303-774-4372, or come to a housing information session. On the 1st and 3rd Tuesday each month from 1:00 – 3:00 pm the Senior Center.

**A Boulder County Senior Housing Guide**
is available at the Senior Center front desk or online at www.bouldercountyhelp.org; includes all cost levels for independent assisted living, and long term care.

**Housing Rehabilitation Programs**
The City offers several programs for home improvement and access. Call Molly McElroy at 303-774-4648. Some programs require owner occupancy.
- **The General Rehab Program & Weatherization**
  Makes repairs to bring your home up to code, correct health and safety issues, or make your home more energy efficient.
- **The Accessibility Program**
  - gives you or a family member full access to your home by installing ramps, widening doorways, lowering cabinets, etc.
- **The Emergency Grant Program**
  - helps with emergency repair to major systems that unexpectedly fail, including furnaces and/or water heaters.
- **Mobile Home Repair Program**

**Landlord-Tenant Services**
The City of Longmont’s office of Community and Neighborhood Resources provides information to both landlords and tenants on all aspects of the landlord/tenant relationship, including law and legal process and general guidance on how to create successful tenancies. Call 303-651-8444 or email cnr@longmontcolorado.gov.

**FOOD ASSISTANCE**

**Carry-Out Caravan** - A free grocery shopping & delivery service for people 60+.
- To place your order, call 303-241-4426 on MONDAY between 8:00 a.m. and 3:00 p.m. Cultivate volunteers deliver to you on TUESDAY. Before calling in your order, you must enroll by calling 303-443-1933 ext.414.

**Eldershare** - Adults 60+ can receive supplemental food items twice a month at the Longmont YMCA. Maximum income of $1,354 per month for a family of one, $1,832 for two. Call 303-652-3663 for an application and information.

**Home-delivered Meals** - Meals on Wheels delivers meals to the homebound Monday – Friday. Call 303-772-0540 one day in advance and for information on fees and menus.

**Lunch at the Senior Center** - Meals are served Monday – Friday, 11:30 a.m. – noon. Call 303-772-0540 for menus and fees. Reservations are not required.

**LEGAL**

**Law Clinics** – There are free legal clinics at the Longmont Senior Center with attorneys available to answer questions about family law, bankruptcy, probate, and more. The next clinics will be **November 19 and February 25** from 5:30 – 7:30 pm. No registration required.

Call Susan Spaulding at 303-651-8444 if you have questions.

**Advance Directives Planning** (Living Will, 5 Wishes, MDPOA, etc.) See the Health and Wellness section of The GO catalog for a listing of monthly classes.

**In-home Services** – a list of in-home providers of both medical home health care and non-medical personal care is available online at www.bouldercountyhelp.org. You can also ask for a copy at the Senior Center front desk.

**Audio Information Network of Colorado** - Provides blind, visually impaired, and print-disabled persons with free audio access to magazines, grocery ads, calendars of events, public service notices, and nearly 100 CO newspapers. Listeners choose what type of device they want to use to access programming. Call 303-786-7777.

**Book Delivery Service** – If you or someone you know is homebound and interested in receiving books or if you are interested in being a volunteer to deliver books, please call Debbie Puzo at 303-651-8795 (Longmont Library).

**Fix-It Folks** – Volunteers are available to come to your home to make minor repairs and install grab bars. Call Cultivate at 303-443-1933 ext. 414.

**Well Connected** is an award-winning program of Covia offering activities, lifelong learning, friendly conversation, and support groups. Each week, seniors can access over 70 groups by phone or online, all from the comfort of home. Please contact them at 877-797-7299 or www.covia.org/services/well-connected.

**FREE Medical Equipment Loan** – See telephone referral list on the back inside cover of The GO for a list of local organizations who may be able to provide you with a free walker, wheelchair, raised toilet seat or other equipment.

**Telephone Check-in Service** – Always InTouch provides free daily telephone call for check-ins and socialization for isolated or homebound older adults. Call **Always Best Care at 1-855-710-2255**

**VETERANS SERVICES**

**Veterans Service Office** - The Boulder County Veterans’ Service Office offers assistance to veterans in determining for which benefits they may be eligible. Call 720-864-6663.

**Boulder Vet Center** - Counseling, substance abuse assessments and referrals, and benefits assistance for veterans. Call 303-440-7306 or visit 4999 Pearl East Cir, Ste 106, Boulder CO 80301.

**Cultivate Veteran’s VetsGO Program** – Volunteers pick up veterans or their family members who are 60+ and escort them to and from medical appointments, including to VA facilities, in and beyond Boulder County. To enroll call (303) 443-1933 ext. 414.

**Book Spaulding at 303-651-8444 if you have questions.**

**Advance Directives Planning** (Living Will, 5 Wishes, MDPOA, etc.) See the Health and Wellness section of The GO catalog for a listing of monthly classes.

**Boulder County Legal Services** is available to assist those Boulder County residents 60+ with legal issues. For appointments, call 303-449-7575 or visit their website www.ColoradoLegalServices.org

**Rocky Mountain Legal Center** – A non-profit organization providing free civil legal representation, mediation, and counseling services to qualifying low-income families, singles, parents, and seniors. Sliding scale fees available. Please call 720-242-8642.
SAFETY

City of Longmont Emergency ALERT -
If police & fire had to reach you in an emergency, could they? Anyone living within Longmont city limits who no longer has a landline in their home and wants to receive police and fire emergency notifications (known as reverse 9-1-1) must register. You can sign up yourself at http://longmontcolorado.gov/news/city-emergency-alert.

Long Term Care Ombudsman
Help and information for residents of nursing homes and personal care facilities and their families to address concerns, compare facilities, and resolve problems. Call 303-441-1173.

Frauds and Scams – see the Financial section of this Resource Guide for more information.

Report Elder Abuse – The County’s Adult Protection Unit and the local police respond to reports of physical, emotional, financial, and sexual abuse, neglect, and self-neglect. Call 303-441-1309 for APS or 303-651-8555 for Longmont Police non-emergency dispatch; in an emergency call 911. For more information, you can also see https://www.bouldercounty.org/families/seniors/adult-protection-senior-services/

File of Life - If a medical emergency occurs at home or while you are in the car, how would the paramedics know how best to help you? First responders are trained to look for a File of Life on your refrigerator or in your wallet or purse. This card contains information that details your medical conditions, allergies, and medications. See your pharmacy for safe drug disposal.

Lockbox Program - Longmont Meals on Wheels, in partnership with Longmont Fire Department, can provide a free lockbox to Longmont residents who live alone and are age 65+ or younger with a disability or major medical issue. The program allows Fire, Police, and Emergency Medical Services to access your residence in the event of an emergency preventing you from opening your door. Call Meals on Wheels at 303-772-0540 for an application or further information.

Prescription Drug Disposal - Do not flush unused medications. See your pharmacy for safe drug disposal.

Do Not Call Registry: Consumers may register online at The National Do Not Call Registry, www.donotcall.gov, or by calling toll-free, 1-888-382-1222 (TTY 1-866-290-4236), from the number that is to be registered. Registration is free. Numbers are downloaded from the National Do Not Call Registry on a quarterly basis and included in the Colorado No-Call List.

Longmont Fire Department Smoke Detector Program – Crews can provide smoke detectors for low income seniors. They will also install and change batteries in smoke detectors for anyone unable to do so. Call 303-651-8501 for more information.

TRANSPORTATION

A full list of Transportation resources can be found at www.bouldercountyhelp.org Resource Guide, Transportation & Driving Issues section. If you are concerned about someone's driving or would like driver training, please see the Mature Driver Training listing on that site.

Transportation Services
Via – provides many transportation-related services:
• Door-to-door, wheelchair accessible transportation in Longmont and surrounding communities. Ride requests can be made from 1 to 7 days in advance. Fares within Longmont are $5 one-way; from Longmont to other towns $10. Same-day rides may be possible if space is available. To schedule a ride:
  o New riders: Call 303-447-2848, press 1 to register and schedule your first ride with Via.
  o Current riders: Call 303-447-9636, or go to www.viacolorado.org for information on how to request your ride on-line.
  o Reduced-fare options are available for those who meet income guidelines. Call 303-447-2848, ext 1014.
  o Mobility Specialists can help you understand the best services for your needs and create an individualized travel plan. Call 303-447-2848, ext. 1014
• Mileage Reimbursement Program reimburses trips provided by family, friends, and neighbors for rides outside Via’s service area or service hours. Trips must be preauthorized for registered Via riders by calling 303-447-9636.
• Travel Training: One-on-One, comprehensive individual and group instruction prepares seniors and people with disabilities to safely and confidently use RTD and Call-n-Ride buses. Call 303-447-2848, ext. 1048 to learn more.

FlexRide (formerly Call-n-Ride) Longmont
For Longmont FlexRide information, to schedule a ride, or to register as a new rider call 303-994-3551 or 303-994-3552. Once you are registered as a rider you can also schedule your rides on line at www.rtd-denver.com. Reservations may be requested three days to two weeks in advance. Rides are within Longmont, scheduled on a first come-first served basis, and cost $1.30 each way for seniors. For more information regarding FlexRide or RTD bus routes call 303-299-6000.

Ride RTD - Local RTD routes can get you across Longmont (323, 324, 326, & 327). RTD also has routes available from Longmont to Denver, Fort Collins, and Boulder.
• For trip planning go to LongmontBus.com or call RTD at 303-299-6000. For a video about riding RTD in Denver, visit https://youtu.be/nFv_jESdYo
• To learn about the RTD Special Discount card visit www.RTD-Denver.com or call 303 298-2667.

Car Sharing: call 303-720-1185 or email info@carshare.org

GO GO Grandparent - Concierge service to help utilize transportation services like Lyft and Uber without the use of a smartphone. Call 1-855-464-6872 to request and schedule rides. There is a concierge fee of $0.27 a minute in addition to the cost of the ride.

Transportation for Veterans - See Cultivate’s VetsGO program in the Veteran’s Services section of this Resource Guide.

Transportation in other areas:
• Berthoud Area Transportation: call 970-532-3049 for BATS or visit www.berthoud.org. For rural Berthoud transportation, call 970-532-0808 or www.berthoudraft.org.
• Weld County Transportation: visit https://www.weldgov.com/departments/human_services/area_agency_on_aging and view the Helpsource Directory.
¡Llega el Censo en 2020!
Por qué llevamos a cabo este conteo
Este conteo está estipulado en la Constitución y es llevado a cabo por la Oficina del Censo de los EE. UU. Cada hogar recibirá una invitación para responder a un breve formulario por internet, por teléfono o por correo. Este año será la primera vez que usted podrá responder por internet.

El censo proporciona información esencial para los legisladores, propietarios de empresas, maestros y muchos otros. Los resultados determinan su representación en el Congreso, así como la distribución de fondos federales para los estados y las comunidades. Basados en los datos del censo, cada año, miles de millones de dólares se destinan a escuelas, clínicas de salud, transporte público, carreteras y otros recursos.

Los resultados del censo también determinan el número de asientos que recibe cada estado en el Congreso y se usan para trazar los distritos legislativos y estatales.

Cómo la Oficina del Censo protege su información personal
La Oficina del Censo de los EE. UU. está obligada por ley a proteger sus respuestas y mantenerlas estrictamente confidenciales. De hecho, todos los empleados hacen un juramento para proteger su información personal de por vida.

Fechas importantes
Para el 1 de abril del 2020, usted recibirá una invitación para participar en el Censo del 2020. En cuanto llegue la invitación, debe responder ya sea por internet, por teléfono o por correo, e incluir a todas las personas que viven en su hogar. Solo tomará 10 minutos para completar las preguntas.

Para más información sobre el censo haga clic aquí: https://2020census.gov/es/what-is-2020-census.html

¿Becas quien Califica?
A través del generoso apoyo de Los Amigos del Longmont Senior Center, Inc., hay fondos reservados para ayudar a las personas de bajos ingresos a participar en varias actividades organizadas por el centro. Mientras los fondos estén disponibles, un individuo puede usar hasta $150 por año (empezando en enero hasta diciembre) para actividades que se ofrecen en el Senior Center. Igualmente, se ofrece $150 por año (empezando en enero hasta diciembre) específicamente para programas de ejercicios ofrecidos por el Senior Center. Las cancelaciones no se devuelven. Personas 55 años y más que viven dentro del distrito escolar St. Vrain Valley con un ingreso anual de $20,000 o menos para una sola persona y $30,000 o menos para una pareja pueden calificar para becas. Comuníquese con Monica al 303-651-8411 para más información.

Bailes por la noche
Venga a bailar una variedad de música cada jueves del mes de 7:00 pm a 10:00 pm
Costo: $6.00 para la admisión, solteros y parejas bienvenidos a bailar.
Cuando: Cada jueves de mes de 7:00 pm a 10:00 pm

Coro
¿Te gusta cantar? Acompáñanos, cantamos canciones Mexicanas clásicas y mucho más cada lunes a la 1:00 pm en el Senior Center.
Cuando: Cada lunes del mes a la 1:00 pm

Billar
Juegue billar por solamente una donación de .50 centavos.
Cuando: lunes a viernes de 8:00 am - 4:45 pm jueves 6:00 pm - 8:45 pm

Para más información sobre recursos para Adultos Mayores en la Internet, vea la pagina de red www.BoulderCountyAyuda.org o teléfono 303-774-4452
El Grupo de Conversación en Español
Vamos a divertirnos hablando español. Acompáñenos a desarrollar amistades interculturales y ayudar a otros a mejorar su español.

Tiempo: Viernes, 1:30-3:00 pm
Costo: Gratis, No es necesario registrarse

Bailes de Mi Tierra
Las bailarinas practican y realizan varios bailes y canciones de las Américas. Si está interesada/o o desea más información, llamele a Monica a 303-774-4452 o a Veronica a 303-651-8716.

Círculo de Apoyo
Fecha: El primer jueves de cada mes
Tiempo: 10:00 a.m. – 11:30 am
Costo: GRATIS
Registrar: no es necesario

¿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. Igualmente se habla sobre problemas de salud relacionados con el envejecimiento. Al participar en un grupo de apoyo usted puede:
• Sentirse menos solo al encontrar consuelo y apoyo en otras personas con experiencias similares
• Ayudar a otros relatando y compartiendo tus experiencias
• Aprender a expresar tus sentimientos, temores y frustraciones
• Aprender a lidiar con las situaciones difíciles y planear estrategias para enfrentar los problemas.
• Mantener una conexión con la familia y la comunidad.

Grupo de Apoyo Mutuo
Fecha: El primer lunes de cada mes
Tiempo: 6:00 – 7:30 pm
Costo: GRATIS
Registrar: Para más información y/o para reservar su asiento, llame a Maria Guerrero al 303-441-1038

Para Abuelo/as, Tío/as, y otros que están criando a un menor que no es su hijo biológico.
Ofrecemos:
• Educación, apoyo, y información sobre recursos en la comunidad
• Cuidado de los niños durante el grupo
• Cena (burritos o pizza)
• Una buena oportunidad para conocer a otros como usted en su comunidad

Come Saludable y Rico
# de Registración: 184601.00
Fecha: miércoles, 11 de diciembre
Tiempo: 9:00 – 10:00 am
Costo: GRATIS, pero por favor registrese con Monica

Acompáñe a la enfermera de Centura Health, Marisol Zavala, RN, BSN, para aprender cómo hacer cambios saludables a nuestra dieta para que sea más saludable. Vamos a platicar sobre que alimentos nos hacen dano y que alimentos no deven faltar en nuestra mesa.

Opciones Alternativas de Transporte
# de Registración: 184602.00
Fecha: viernes, 13 de diciembre
Tiempo: 10:30 – 11:30 am
Costo: GRATIS, pero por favor registrese con Monica

Acompáñenos para aprender las opciones de transportación en Longmont, como los programas de Vía, el programa de millaje Friends and Family, y más.

La Planificación de Nuestro Funeral
# de Registración: 184603.00
Fecha: viernes, 17 de enero
Tiempo: 10:00 – 11:30 am
Costo: GRATIS, pero por favor registrese con Monica

¿Cuántas horas y cuánto dinero invertimos en un bautismo, una quinceañera, o una boda? ¿Cuánto tiempo invertimos en dejar un regalo de paz a nuestros seres queridos al final de nuestra vida? Acompáñenos a platicar sobre opciones para un plan funeral. Al planificar con la debida anticipación, usted puede estar seguro que sus decisiones van a ser respetadas y que estas decisiones van ser más fáciles para sus seres queridos en momentos de crisis o dolor. Carmen Mireles es Directora de Funeral Bilingüe para la funeraria local Carroll-Lewellen. Ella ayuda a las familias de habla hispana con arreglos funerarios y nos dará más información sobre este tema importante.
Evitar Fraudes y Estafas
# de Registración: 184604.00
Fecha: viernes, 24 de enero
Tiempo: 10:00 – 11:30 am
Costo: GRATIS, pero por favor regístrese con Monica
Venga a una mesa redonda con representantes de la Fiscalía de Boulder, División de Protección Comunitaria. La charla tiene la meta de empoderar a la comunidad hispana para detectar y detener el fraude y las estafas. Venga con sus preguntas y para conocer las últimas herramientas y consejos.

Cafecito, Películas, y Conversación
# de Registración: 184605.00
Fecha: viernes, 7 de febrero
Tiempo: 9:00 – 11:30 am
Costo: GRATIS, pero por favor regístrese con Monica
Acompáñenos a ver películas y tener discusiones acerca de las mismas. Exploraremos diferentes perspectivas y obtendremos una mejor comprensión sobre temas relacionados con el envejecimiento a través de interesantes discusiones y películas ilustrativas. Xóchitl Lopez será nuestra moderadora para las discusiones.

Meals on Wheels
(un programa de alimentos)
Es un programa sin fines de lucro, diseñado para proveer un almuerzo caliente y nutritivo para sus participantes. Las comidas son preparadas de lunes a viernes por un Chef profesional. La misión principal de este programa es ayudar a los adultos mayores, gente incapacitada o personas que se están recuperando de una enfermedad para que continúen siendo independientes a través de una buena nutrición e interacción social. Las comidas se pueden entregar en casa o los participantes están invitados a comer en el comedor “Parkview Café” ubicado en el Senior Center de Longmont. 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 ingresos mensuales del participante. Si gusta más información sobre este programa comuníquese con Veronica Garcia al 303-651-8716 o Monica Bautista al 303-651-8411.

¡Duplicar sus beneficios de asistencia alimentaria en el mercado!
Personas que reciben asistencia para alimentos pueden usar su tarjeta de SNAP para comprar comida elegible en el Mercado de Agricultores en Longmont. Por cada dólar que gasta usando su tarjeta de SNAP, recibirá un dólar en Double Up Food Bucks (hasta $20 por visita al mercado) para comprar frutas y verduras cultivadas localmente. Para más información, visite bouldercountydoubleup.org o llame al 303-441-1330.

¡Conéctate con Cultivate!
Si tienes más de 60 años, inscríbete para recibir servicios gratis para ir al médico, recibir pedidos del supermercado, reparar cosas en tu casa, limpiar tu jardín, y charlar con nosotros. Para más información sobre estos programas y como inscribirse venga y conozca a Ruby Zavala estará en el Senior Center el segundo Lunes de cada mes entre 1:00-2:30 pm. Una cita no es necesaria.

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. Si necesita ayuda o para una cita llame al 303-678-6113. Si le gustaría hablar directamente con Guio Bravo (consejera de Medicare) puede venir al Centro (Senior Center) el tercer lunes de cada mes entre la 1:00 pm hasta las 2:30 pm, una cita no es necesaria.

Clases de Ciudadanía de los Estados Unidos
El Comité de Longmont ofrece clases de Ciudadanía cada jueves. Las clases ayudan a estudiar, practicar y prepararse para la entrevista de ciudadanía. Son GRATIS y en inglés solamente. Debe ser capaz de escuchar, hablar, leer y escribir en inglés en el nivel 3 o superior para estudiar en nuestro programa. Si su nivel de inglés es bajo, pueden recomendar las clases de inglés para determinar su nivel alfabetización. Adultos edad 17 y mayores pueden asistir. Por favor llame a 303-651-6125 para obtener más información. Clases son los jueves y hay 3 opciones; 10 am - 12:00 pm, 1:00 - 3:00 pm o 6:00 – 8:00 pm El Comite es localizado en 455 Kimbark St., Longmont.

Marisol Zavala Sardina, RN, BSN – NUEVA ENFERMERA en la oficina de AgeWell
El segundo jueves de cada mes, 9:00 – 11:00 am; una cit no es necesaria. Marisol lleva sus habilidades de enfermería y cultura al equipo de AgeWell ubicado en el Longmont Senior Center. Como enfermera, pertenece al equipo de transición de cuidados de Longmont United Hospital. Marisol ensenara una clase. Igualmente, ofrecerá una clínica por mes en español a partir de febrero 2019. En su función aquí coordinará sus esfuerzos con Verónica García.
Relaciones Seguras y Saludables
El personal de Safe Shelter of St. Vrain Valley estará en el Senior Center el primer y tercer viernes de cada mes de 11am-12pm. Puede visitarnos (no se requiere cita) y reunirse con su personal si le gustaría hablar sobre la relación con su pareja, u otros miembros de la familia. Puede hablar sobre preocupaciones de seguridad en sus relaciones, o simplemente tener una discusión sobre qué hace que las relaciones se sientan saludables o no para 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

Bi-língual, Voluntarios de habla hispana
¡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 Karri al 303-651-8495 o si solamente habla español contacte a Monica al 303-651-8411.

¡Ayúdanos a enriquecer la vida de los adultos mayores!
Muchas personas, incluyendo adultos mayores, enfrentan desafíos día a día que no les permite florecer en su comunidad. Al ser parte de nuestro cuerpo de voluntarios puedes ayudar a los adultos mayores a sentirse acogidos y apoyados dentro de su comunidad. Contamos con diferentes oportunidades de voluntariado que se cuadran a tus intereses, habilidades y horario.

Te invitamos a que te conectes con los adultos mayores de tu comunidad. Visita nuestro sitio web https://cultivate.ngo/engage/volunteer e ¡inscríbete ya!

INFORMACIÓN SOBRE LA PARTICIPACIÓN EN PROGRAMAS EN EL SENIOR CENTER:
Contacte a Monica al 303-774-4452 o 303-651-8411

- **No hay membresía** para participar en actividades o para recibir servicios del Senior Center
- **Adultos mayores de 55 años son la primera prioridad**: sin embargo, las personas menores de 55 años pueden participar en ciertas actividades si hay espacio disponible y / o en ciertas circunstancias. Los requisitos varían según la actividad. Póngase en contacto con la recepción para más detalles. La información sobre los participantes no se proporciona a, ni se comparte con otros individuos.
- **Listas de espera**: las listas de espera se mantienen para actividades que requieren registro. El personal procesa todas las cancelaciones y los participantes en la lista de espera se les dan prioridad para llenar las aperturas.
- **Necesidades especiales**:  
  - Haremos nuestro mejor para acomodar sus necesidades especiales. Por favor manténganos informados sobre cómo podemos ayudarle. Por favor, especifique su necesidad y escribalo en su formulario de inscripción en el momento de registrarse para cada actividad o viaje para que necesitará alojamiento.
  - Dispositivos de escucha están disponibles para las actividades.
  - Las actividades están dirigidas a adultos independientes que son capaces de manejar su propio cuidado, toma de decisiones y seguridad. Los acompañantes pueden participar y pagar todos los honorarios asociados con la actividad. No se proporciona personal, líder o supervisión de escoltas de individuos.

# De Registración: Los programas, las clases y los eventos que requieren registración, trae un número de registro asignado y deben de registrarse antes de tiempo. REGISTRACIÓN PARA LOS PROGRAMAS DE INVIERNO COMIENZA EL 13 DE NOVIEMBRE.

- Puede registrarse en la recepción con Monica, de Lunes a Viernes, de 8:00 am - 5:00 pm
- Por teléfono con una tarjeta de crédito a 303-651-8411, de Lunes a Viernes, de 8:00 am - 5:00 pm
- En línea en www.longmontcolorado.gov para la mayoría de las actividades después de la fecha de registro se abre y para viajes el Lunes después del registro de la lotería.

- **Pago**: Se aceptan tarjetas de crédito, dinero en efectivo, cheques, certificados de regalo y becas del Senior Center. El pago completo se requiere en el momento de la registración.
  - **Recibos** contienen información adicional. Revise y retenga para referencia.
  - **Residente/No-residente/No-mayor precio**: El primer precio indicado es para aquellos que viven dentro de los límites de la Ciudad de Longmont según lo requerido por el Código Municipal, el segundo precio es para aquellos que residencia está fuera del límite y para los menores de 55 años de edad.

- **Cancelaciones**:
  - La ciudad se reserva el derecho de cancelar una actividad si el número mínimo de participantes no se ha registrado. Los participantes serán notificados inmediatamente si una actividad cancela.
  - Un reembolso / crédito total será dado si el Senior Center cancela la actividad.
  - Un reembolso / crédito total será dado si el participante cancela una clase o evento especial tres (3) o más días hábiles antes de la actividad. Cada viaje tiene una fecha límite de cancelación específica.
  - Si un individuo cancela una actividad que fue pagada por una beca, esos fondos serán perdidos.
  - Un crédito debe utilizarse dentro de los 12 meses siguientes a la fecha de emisión
Wellness Clinic -
The Nurse Is In!  FREE
When: 1st and 3rd Mondays
Time:  9:00 am – noon
When: 2nd Thursday (bilingual nurse)
Time:  9:00 – 11:00 am

Walk-in, open to all, no appointment necessary
This clinic is a brief visit to assess your health and vital signs. We focus with you on your wellness goals and support you in achieving them. Be proactive and preventive about your health care by stopping by our office to explore the possibilities with our nurse. Please call 303-649-3617 to schedule a wellness consult or for further information.

Advance Planning Assistance Services
We can help you review and update your advance medical directives (living will, medical power of attorney, Five Wishes) or provide you with new documents. We can also discuss ethical wills and other forms of personal legacies, if you wish. Call 303-651-5080 for an appointment with the AgeWell Program Coordinator.

Foot Care Clinic
Date:  2nd and 4th Fridays
Time:  8:30 am – 4:30 pm
Cost:  $48.00 for first Assessment
       $38.00 for follow up visits
       $12.00 for fingernails and extra charge
          for home visits and special needs

Foot care is offered by a registered nurse and includes a short foot massage, foot bath, and nail and callus care. Call Summer Cares LLC at 303-651-5224 for an appointment.

Free MEDICAL EQUIPMENT
Several local organizations manage loan closets that include walkers, canes, wheelchairs and other medical equipment. See page 59 for loan closet contact information.

Therapeutic Services
Various forms of massage therapy to meet your unique needs are available at the AgeWell office. Detailed information describing the therapies, fees, and schedules is available there. Please stop by or call 303-651-5188 to schedule an appointment.

Medicare Basics, monthly classes see page 21
**Meditation**

**Time:** 10:00 – 11:30 am  
Registration #185001.12  
**Thursdays, December 5, 12, 19, 26**  
Cost: $40.00 resident, $48.00 non-resident

Registration #185001.01  
**Thursdays, January 2, 9, 16, 23, 30**  
Cost: $50.00 resident, $60.00 non-resident

Registration #185001.02  
**Thursdays, Feb 6, 13, 20, 27**  
Cost: $40.00 resident, $48.00 non-resident

*Please note: You also have a drop-in option - $10.00 resident, $12.00 non-resident.*

Yogacharya Dharmananda has been conducting meditation classes at the Longmont Senior Center for the past five years. Swamiji is a preeminent scholar and teacher of the Science of Yoga, Hindu Philosophy and Comparative Religion. He brings a wide understanding and perspective about the purpose and benefits of meditation, drawing on ancient Indian Yogic philosophy and psychology. While based in the Hindu form of meditation, this class is not limited to that tradition, and he offers a variety of techniques, both basic and advanced, to suit individual needs. Please note that you have the option of registering for four-week sessions or on a drop-in basis. Any questions about the class, even before registering, can be directed to Swamiji at sdharmananda@yahoo.co.in.

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**Nursing Your Health Series**

Our AgeWell nurses Renita Henson, RN, BSN, NRPC, CCCTM and Marisol Zavala, RN, BSN, Community Nurse Navigators, continue to offer their informative programs to support senior health and wellness during the cold winter months.

**The Chronic Disease Carousel**

Registration #185073.00  
**Date:** Thursday, December 12  
**Time:** 9:00 – 10:30 am  
Cost: FREE, and please register in advance.

Chronic disease can take you for quite a ride or send you spinning. This class will help you sort out the things that make your disease chronic. We will talk about and find ways to help you stay in control of your chronic disease. We will talk about how to best work with your doctor to manage care. It’s your choice to get on or off the carousel, but life is short so let’s find a way to enjoy the ride.

**Wonder Which Water Keeps Kidneys Kicking?**

Registration #185012.20  
**Date:** Thursday, January 30  
**Time:** 9 – 10:30 am  
Cost: FREE, and please register in advance.

Water comes in many different varieties such as: tap, bottled, fruit, mineral, vitamin, alkaline or sparkling water. How do you know which ones add value to your body and your health? This class will evaluate the different types of water and discuss what types are useful. Speaking of useful, the kidneys are the water organ and water is the winter season. This class will also talk about helping keep your kidneys happy and healthy through the cold winter months.

**Eating Good and Healthy**

Presented by Marisol Zavala, RN in Spanish only; please see pg. 30 for further information.

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

Thursday, December 12  Registration #185002.12
Thursday, January 9  Registration #185002.01
Thursday, February 13  Registration #185002.02

Time: 9:30 – 11:00 am
Cost:  $5.00 resident, $6.00 non-resident

Please note: These are separate classes, not a series.

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 your physician, relieving them of the uncertainty of how you want to be treated. In this class, we will review the various documents related to advance planning (medical power of attorney, living will, Five Wishes) and provide you with the necessary materials. Facilitated by Meghan Weese, AAS, AgeWell Program Coordinator

Caregiver Support Groups

The Senior Center offers multiple Caregiver Support Groups that are a free, confidential, drop-in 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 the other group is open to any family caregiving situation—please see page R2 of the GO for time/location information. 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. Please see page R2 of the GO for more information.

Older Adult Sexual Violence Survivor Support Group

Cost: Suggested donation of $10 per session, and please register in advance (contact information below)

Moving to End Sexual Assault (MESA) presents a support group on Wednesday afternoons for older adults who have experienced sexual violence of any kind. This 12-week group will provide a warm, safe, private setting with 3 to 6 members, understanding how trauma has affected you, tools to help manage difficult thoughts and feelings and a chance to connect with others who have experienced sexual violence. Intake required: call MESA at 303-443-0400 or email info@movingtoendsexualassault.org.

Lunch & Learns

Join us on the 2nd Tuesday of each month for a SilverSneakers® educational class! You don’t need to be a SilverSneakers® member to attend. Bring a lunch or snack. Meals on Wheels is also available prior to the classes. Please register in advance.

Time: Noon – 1:00 pm
Cost: Please register in advance
  SilverSneakers® Members: free
  Non-SilverSneakers® Members: $2.00 resident, $2.50 non-resident

How To Create New Lifestyle Habits

Registration #113401.2

Date: Tuesday, Jan 14th
Time: Noon – 1:00 pm
Learn why it’s so hard to keep New Year’s resolutions, along with tips for success and avoiding common pitfalls with your goals.

Instructor: Jennine Amato

What Personal Training Can Do For You

Registration #113401.3

Date: Tuesday, Feb 11th
Time: Noon – 1:00 pm
Come meet and talk with one of our certified personal trainers about how working with a professional one on one can help you meet your specific fitness needs and goals. Get tips on how to start a program, tailor it to your needs and stick with it. Instructor: Brian Governson

Improve Your Posture

Registration #113401.1

Date: Tuesday, Dec 10th
Time: Noon – 1:00 pm

Did you just correct your posture upon seeing the word POSTURE? Improve lower back, hip, and neck pain, balance, and more by correcting your posture in 5 easy steps and learn how to keep it.

Instructor: Jennine Amato

Tai Chi Workshop

See page 10

Supper and a Surprise with UCHealth Physicians

See page 10
Lunch Bunch
Mondays, 11:00 am – 1:00 pm
Wednesdays, 11:00 am – 1:00 pm
Cost: FREE, and please register in advance with Elaine Keiser at 303-335-6933

This weekly 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. Family caregivers also attend along with those with memory loss. Call Elaine Keiser at 303-335-6933 to discuss joining the Lunch Bunch. Thanks to: Atria Longmont, Friends of the Longmont Senior Center, Longmont Meals on Wheels, Life Care Center of Longmont, and our other volunteer facilitators.

Music Therapy Singing Group
Date: Thursdays, 2:00 - 3:00 pm
Lashley Street Station, 1200 Lashley St
Cost: $6.00 resident, $7.00 non-resident (each week)

This group is for those living with dementia and their caregivers, partners, or family. Group singing can improve physical and mental health and promote social bonding. Join board certified music therapist Leah Quiller for an hour of singing familiar songs along with keyboard or guitar. Lyrics may be provided upon request. All are welcome to share stories, feelings, and memories brought up by the songs we sing.

Heck..A Hernia!
Registration #185074.00
Date: Thursday, December 5
Time: 9:30 – 11:00 am
Cost: FREE, and please register in advance

Hernias are a very common diagnosis in the U.S. with almost one million hernia repairs performed annually, yet there are still misconceptions about what hernias are and how to treat them. Join us in this presentation offered by Surgical Specialists of Colorado to learn about the different types of hernias, causes, and treatment options including surgical and non-surgical interventions.

Self-Care for the Caregiver
Registration #185075.00
Date: Thursday, December 5
Time: 1:00 – 2:30 pm
Cost: Free, and please register in advance

Caring for yourself is considered the “golden rule” of caregiving, yet it is often forgotten, overlooked, or misunderstood. Come discover the meaning of self-care, why it is so important, and explore some of the essential components of holistic self-care that will allow you to nurture your mind-body-spirit while increasing your caregiving effectiveness, happiness, and longevity. Presented by Jim Macris, a Licensed Clinical Social Worker who specializes in working with caregivers of the aging population.

Coping with the Holidays When You are Grieving
Registration #185076.00
Date: Thursday, December 5
Time: 3:00 – 4:30 pm
Cost: Free, and please register in advance

The holidays can present challenges for those who are grieving a loss. Learning to trust your grief, restructure expectations, and understand how grief may be affecting family members can help navigate what can be a challenging time. In this interactive workshop we will explore the tools necessary to take good care of yourself during the winter holidays. This program is open to the bereaved as well as their friends and family. Presented by Patti O’Rourke, Grief Counseling Intern, and Charley Rosicky, LCSW, of TRU Community Care.

Legal & Financial Planning for Alzheimer’s Disease
Registration #185077.00
Date: Tuesday, December 10
Time: 2:00 – 5:00 pm
Cost: Free, and please register in advance

The diagnosis of Alzheimer’s disease makes planning for the future more important than ever. Legal and Financial Planning for Alzheimer’s Disease is an interactive program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. Presented by the Alzheimer’s Association.
Healthy Relationship Dynamics
Registration #185078.00
Date: Thursday, December 12
Time: 10:00 – 11:30 am
Cost: Free, and please register in advance

In this class we will be talking about healthy relationship dynamics and support systems. We will discuss a range of relationships, from intimate partners to friends and other family. We will also learn about how to identify unhealthy or abusive signs and resources of who and where to reach out if needed. Presented by Melissa Arredondo from Safe Shelter of St Vrain Valley.

The ABCs of Alzheimer’s
Registration #185079.00
Date: Thursday, January 9
Time: 3:00 – 4:30 pm
Cost: Free, and please register in advance

Join us for an entertaining, heart-felt explanation of the range of experiences one goes through when diagnosed and living with Alzheimer’s or other forms of dementia. Presented by Todd Ballantine, an environmental scientist, author, illustrator, musician, and public speaker. Todd’s own diagnosis of Alzheimer’s inspires him to share his message of hope and empowerment. Even though life may give us a hard turn, he says, it also presents beautiful opportunities and soul-enriching experiences. Don’t miss this unique, enriching viewpoint of living with Alzheimer’s.

Everyday Mindfulness
Registration #185080.00
Date: Tuesday, January 21
Time: 1:00 – 2:30 pm
Cost: Free, and please register in advance

This experiential workshop is an engaging introduction to mindfulness practice. Come discover simple, proven, and effective techniques to help: quiet the overactive mind & increase focus, turn on the body’s relaxation system, retrain the mind from autopilot, improve physical/mental/emotional well-being, and gain greater fulfillment & happiness in daily life. This class is for older adults and family caregivers of any age. Presented by Jim Macris, a Licensed Clinical Social Worker who specializes in working with caregivers of the aging population.

Finding Light in the Midst of Grief
Registration #185081.00
Date: Thursday, January 23
Time: 9:30 – 11:00 am
Cost: FREE, and please register in advance

Have you found yourself struggling with grief after the holidays and are trying to find hope during the cold winter months? Please join us in this thoughtful discussion to learn about coping with the various aspects of grief including: loss, death, suicide, and major life transitions to find new thoughts of hope in the new year. Panel discussion hosted by Halcyon Hospice Grief Support Director, Julie Thomas, MA, LPC, Suicide Grief Counselor, Jay Valusek, M.Ed. & Seniors Counselor, Brandy Queen, LPC.

Safe and Healthy Relationships
Safe Shelter of St. Vrain Valley staff will be at the Senior Center on the first and third Fridays each month from 11:00 am to noon. You can drop-in (no appointment required) and meet with their staff if you would like to talk about relationships with either an intimate partner or other family members. You can discuss safety concerns in relationships or even just have a discussion about what makes relationships feel healthy or not for you.

Please Note: All classes and programs with a Registration number require advance registration.
Early Stage Dementia Support Group
**Date:** Mondays, January 27 – March 23  
**Time:** 10:00 – 11:30 am  
**Cost:** Free, and please register in advance with Ralph Patrick (see contact below)

**Presented by the Alzheimer’s Association.**
This group provides an excellent opportunity for people to discuss topics such as receiving and disclosing a diagnosis, changing relationships, future planning, legal and financial matters, and much more! The support groups are a safe and supportive environment where those sharing this journey can connect and offer emotional support to one another. Sometimes the entire group meets together, and at other times caregivers meet separately from those with the diagnosis. Group will not meet February 17 due to President’s Day. This group fills up quickly, so if you are interested in attending please contact Ralph Patrick at 303.813.1669 x362 or rpatrick@alz.org to schedule an initial consultation.

Supper and a Surprise with UCHealth Physicians
Join UCHealth physicians and staff for a light supper and shared conversation on a variety of health-related topics from head to toe. Because it’s the winter season, we won’t be strolling after supper, but join us for a fun indoor surprise. Maybe we’ll stretch, or play a game, or demo some new activity or device... whatever it is, plan for an interactive hour of fun and helpful health information.

**Time:** 5:30-6:30 pm  
**Cost:** Free, but please register in advance

Registration #183700.01  
**Date:** Tuesday, January 14  
**The Skinny on Counting Calories**  
**Presenter:** Kimberly Jordan, Longmont Registered Dietician  
Registration #183700.02  
**Date:** Tuesday, February 11  
**His and Hers Heart Health – Is there a difference?**  
Physicians to be announced

Understanding and Responding to Dementia Related Behaviors
**Registration #185061.20**  
**Date:** Tuesday, January 28  
**Time:** 3:00 – 4:30 pm  
**Cost:** Free, and please register in advance

This interactive class provides caregivers and other persons concerned for someone who has dementia with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease. This class is intended for those without memory loss. Presented by the Alzheimer’s Association.

Adjusting to Life’s Changes
**Dates:** Thursdays, January 16 – March 5  
**Time:** 3:30 – 5:00 pm  
**Cost:** FREE, and please call Brandy Queen, 303-651-8414, to register and to make an appointment prior to joining the group. Space is limited.

Adjusting to life’s changes can involve many kinds of loss. If you are struggling with retirement, beginning or ending a caregiver role, decreased independence, changes in your abilities, or an accumulation of losses over the years, this is the group for you. We can work together to find a “new normal” in life. Our sessions are all confidential. Peer Counselors Nancy Beaudrot and Deborah Holmes will facilitate this group.

Women’s Heart Health—What You Need to Know
**Registration #185082.00**  
**Date:** Thursday, February 27  
**Time:** 9:30 – 11:00 am  
**Cost:** FREE, and please register in advance

The American Heart Association states that nearly 80% of cardiac events can be avoided yet heart disease remains one of the greatest health threats to women in the United States. In honor of the women’s heart health month and the national movement to raise awareness about women’s heart disease, please join us in this informative discussion lead by Dr. Ahmad Alqaqaa, Interventional Cardiologist from Colorado Heart and Vascular to learn about the risk factors, treatment options and ways women can prevent heart disease.

Please Note: All classes and programs with a Registration number require advance registration.
Stepping On Workshop for Fall Prevention

Sponsored by: City of Longmont Senior Services, Longmont United Hospital/Centura Health, and UC Health Longs Peak Hospital

One in four people age 65 or older has a fall each year. Don’t be one of them. Join a Stepping On workshop this spring. The programs run once a week for seven weeks and subjects covered include:

• Strength and balance exercises
• Home modifications
• Community Safety
• Medication Review
• Vision
• Presentations by a pharmacist, community mobility expert, vision expert and a physical therapist.

Each workshop is co-sponsored by the City of Longmont, UCHealth Longs Peak Hospital and Longmont United Hospital.

Dates: Thursdays, January 9-February 20, 10am-12pm
Location: Mountain View Fire Protection District Administration Office
Time: 1:00 – 3:00 pm
Cost: $15.00 suggested donation
Registration: Please call 720-819-6855 to register.

Care Connections Newsletter

Care Connections, a bimonthly newsletter published by Boulder County Area Agency on Aging, is written with the family caregiver in mind. We search out local caregivers and aging services professionals who share their expertise with you. Every issue provides information about local resources as well. To subscribe, please contact: 303-678-6116 or InfoCaregiver@bouldercounty.org

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. Please check page 32 if you would like to consult with a nurse at the senior center for free.

Fitness Passes

Senior Services Passes
• Purchase at the Senior Center.
• 10 visits or 18 visits, for use ONLY at the Senior Center.

SilverSneakers® Passes
• May be obtained at the Senior Center or Recreation Center

Learn How a Personal Trainer Can Help You

Registration #486028.00
Date: Tuesday, September 24
Time: 1:00-2:00 pm

This program will not be offered in the Winter Quarter, but we have a SilverSneakers Lunch & Learn on the same topic. See page 34 for more info.
SILVERSNEAKERS® FITNESS PROGRAM

- **Non-SilverSneakers Passholders** may take SilverSneakers® Classes and Educational Programs at the Senior Center for a drop-in fee of $2.00 for residents and $2.50 for non-residents (or purchase a Senior Center Fitness Pass).
- **Designed for**: Medicare participants with select insurance plans.
- **Includes**: a variety of SilverSneakers®-designated classes offered at the Senior Center, Lashley St Station, Recreation Center, St. Vrain Memorial Building, and Centennial Pool.

**Access**: A SilverSneakers® Pass also allows for unlimited access for daily admission at the Longmont Recreation Center and use of all amenities at Centennial Pool, and St Vrain Memorial Building.

**Sign-up**: You may sign up for SilverSneakers® at the Senior Center, Recreation Center, Memorial Bldg, or Centennial Pool.

**Orientations** involve a tour of the Recreation Center and an overview of fitness equipment. They are held on the 1st Thursday at 9:00 am and the 3rd Thursday at 2:00 pm. Please call 303-774-4752 to sign-up.

**Lunch and Learns** are educational programs held on the 2nd Tuesday of each month. See page 34.

**Limited class size**: Please note that due to SilverSneakers® safety concerns, classes may be limited to 34 students. Numbers can be picked up at the front desk 30 minutes before class begins. You must have a number to enter the class and you cannot pick up numbers for other people. Thank you for your understanding.

**Additional information**: please call 303-774-4752.

### SILVERSNEAKERS® CLASSES BY FACILITY

#### Longmont Senior Center, 910 Longs Peak Ave

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-8:45 am <strong>Classic</strong></td>
<td>11:00-11:45 am <strong>Yoga</strong></td>
<td>8:00-8:45 am <strong>Circuit</strong></td>
<td>11:00-11:45 am <strong>Yoga</strong></td>
<td>8:00-8:45 am <strong>Classic</strong></td>
</tr>
<tr>
<td>11-11:45 am <strong>Circuit</strong></td>
<td></td>
<td></td>
<td>11:15am-Noon <strong>Stability</strong></td>
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#### Lashley St Station, 1200 Lashley St

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:15 am <strong>Classic</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30-10:15 am <strong>Yoga</strong></td>
<td></td>
<td></td>
<td>9:30-10:15 am <strong>Yoga</strong></td>
<td></td>
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#### St. Vrain Memorial Building, 700 Longs Peak Ave

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-9 am <strong>Circuit</strong></td>
<td></td>
<td></td>
<td></td>
<td>9:15-10:15 am <strong>Classic</strong></td>
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#### Longmont Recreation Center, 310 Quail Road

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-10 am <strong>Yoga</strong></td>
<td>8:45-9:30 am <strong>Classic</strong></td>
<td>9:00-10 am <strong>Yoga</strong></td>
<td>8:45-9:30 am <strong>Classic</strong></td>
<td>9:00-10 am <strong>Yoga</strong></td>
</tr>
<tr>
<td>9:15-10 am <strong>Boom</strong></td>
<td>9:35-10:20 am <strong>Circuit</strong></td>
<td>10:15-11 am <strong>Yoga</strong></td>
<td>9:35-10:20 am <strong>Circuit</strong></td>
<td>10:15-11 am <strong>Yoga</strong></td>
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<tr>
<td>10:15-11 am <strong>Yoga</strong></td>
<td></td>
<td>1:30-2:30 pm <strong>Cardio</strong></td>
<td></td>
<td>10:15-11 am <strong>Splash</strong></td>
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<tr>
<td>11:15-Noon <strong>Stability</strong></td>
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**Exercise Scholarship Funds are Available**
The Friends of the Senior Center provide up to $150 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 3 for more information.
## EXERCISE & FITNESS CLASSES

<table>
<thead>
<tr>
<th>Class</th>
<th>Days/Times</th>
<th>Dates</th>
<th>Registration#</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
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<td><strong>Awareness Through Movement</strong></td>
<td>Tuesdays 10:00 – 10:45 am</td>
<td>Dec 3 – 17</td>
<td>186023.12</td>
<td>$27 (R) $32 (NR)</td>
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<tr>
<td></td>
<td></td>
<td>Jan 7 – 28</td>
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<td></td>
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<td>Feb 4 – 25</td>
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<td>$9 (R) $11 (NR)</td>
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<tr>
<td><strong>Awareness Through Movement</strong></td>
<td>Thursdays 10:30 – 11:15</td>
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<td>$9 (R) $11 (NR)</td>
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<td><strong>Core Strengthening</strong></td>
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<tr>
<td><strong>Core Strengthening</strong></td>
<td>Thursdays 8:30 – 9:15 am</td>
<td>Dec 5 – 26</td>
<td>186026.12</td>
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<td>at Lashley St. Station</td>
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<td>186026.01</td>
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<td><strong>Foundations Class</strong></td>
<td>Thursdays, 11:30 am – 12:30 pm</td>
<td>Dec 5 – 26</td>
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<td><strong>Gentle Yoga for Bone Strength and Balance</strong></td>
<td>Thursdays 1:00 – 1:45 pm</td>
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<td>186028.12</td>
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<td>$9 (R) $11 (NR)</td>
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<td><strong>Line Dance, Beginning</strong></td>
<td>Wednesdays 1:45 – 2:45 pm</td>
<td>Dec 4 – 18</td>
<td>186029.12</td>
<td>$27 (R) $32 (NR)</td>
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<td>Feb 5 – 26</td>
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<td><strong>Line Dance, Advanced</strong></td>
<td>Tuesdays 1:30 – 2:30 pm</td>
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<td>$9 (R) $11 (NR)</td>
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<tr>
<td><strong>Pilates</strong></td>
<td>Mondays 12:30 – 1:30 pm</td>
<td>Dec 2 – 30**</td>
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<td>$9 (R) $11 (NR)</td>
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<tr>
<td><strong>SilverSneakers® Circuit</strong></td>
<td>Mons, 11-11:45 am, Weds, 8-8:45 am</td>
<td>Dec 2 – 30</td>
<td>186032.12</td>
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<td>Feb 3 – 24*</td>
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<td>$9 (R) $11 (NR)</td>
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<tr>
<td><strong>SilverSneakers® Classic</strong></td>
<td>Mons, 8-8:45 am</td>
<td>Dec 2 – 30</td>
<td>Non-SS Members</td>
<td>$2 (R) $2.50 (NR) daily</td>
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<td>Friday, 8-8:45 am</td>
<td>Jan 3 – 27*</td>
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<td>$2 (R) $2.50 (NR) daily</td>
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<td>Feb 3 – 24*</td>
<td></td>
<td>$2 (R) $2.50 (NR) daily</td>
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</table>

**No Fitness classes 12/24, 12/25, 12/31, 1/1, 1/20 & 2/17**
<table>
<thead>
<tr>
<th>Class</th>
<th>Days/Times</th>
<th>Dates</th>
<th>Registration#</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SilverSneakers® Classic</strong></td>
<td>Tuesdays 8:30-9:15 am</td>
<td>Dec 3 – 17</td>
<td></td>
<td>Drop In (limited number)</td>
</tr>
<tr>
<td></td>
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<td>Jan 7 – 28</td>
<td></td>
<td>Non-SS Members $2 (R) $2.50 (NR) daily</td>
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<td></td>
<td>Feb 4 – 25</td>
<td></td>
<td>SilverSneakers® Free</td>
</tr>
<tr>
<td><strong>SilverSneakers® Stability</strong></td>
<td>Wednesdays 11:15 am – noon</td>
<td>Dec 4 – 18</td>
<td></td>
<td>Drop In (limited number)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jan 8 – 29</td>
<td></td>
<td>Non-SS Members $2 (R) $2.50 (NR) daily</td>
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<td>Feb 5 – 26</td>
<td></td>
<td>SilverSneakers® Free</td>
</tr>
<tr>
<td><strong>SilverSneakers® Yoga</strong></td>
<td>Tues, 11-11:45 am Thurs, 11-11:45 am</td>
<td>Dec 3 – 17</td>
<td></td>
<td>Drop In (limited number)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jan 7 – 28</td>
<td></td>
<td>Non-SS Members $2 (R) $2.50 (NR) daily</td>
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<td>Feb 4 – 25</td>
<td></td>
<td>SilverSneakers® Free</td>
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<tr>
<td><strong>SilverSneakers® Yoga</strong></td>
<td>Tues, 9:30-10:15 am Thurs, 9:30-10:15 am</td>
<td>Dec 3 – 19</td>
<td></td>
<td>Drop In (limited number)</td>
</tr>
<tr>
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<td></td>
<td>Jan 2 – 30</td>
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<td>Non-SS Members $2 (R) $2.50 (NR) daily</td>
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<tr>
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<td></td>
<td>Feb 4 – 27</td>
<td></td>
<td>SilverSneakers® Free</td>
</tr>
<tr>
<td><strong>Social Dance Lessons</strong></td>
<td>Thursdays 5:30-6:30 pm</td>
<td>Single Class Fee</td>
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<td>Drop In</td>
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<td>$5 (R/NR) Cash, payable to the instructor</td>
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<tr>
<td><strong>Tai Chi - Ruler</strong></td>
<td>Mondays 9:30-10:30 am</td>
<td>Dec 2 – Feb 10</td>
<td>186034.00</td>
<td>$35 (R) $41 (NR) Plus $35 Ruler</td>
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<td></td>
<td></td>
<td></td>
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<td>Class is 10 weeks</td>
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<tr>
<td><strong>Tai Chi – Ruler</strong></td>
<td>Tuesdays 1:45 – 2:45pm</td>
<td>Dec 3 – Feb 25</td>
<td>186035.00</td>
<td>$35 (R) $41 (NR) Plus $35 Ruler</td>
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<tr>
<td>Location: Lashley St. Station</td>
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<td>Class is 10 weeks</td>
</tr>
<tr>
<td><strong>Wu Tai Chi, Beginning</strong></td>
<td>Wednesdays 4:00-5:00 pm</td>
<td>Dec 4 – 18</td>
<td>186009.12</td>
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<td>Jan 8 – 29</td>
<td>186009.01</td>
<td>$32 (R) $38 (NR)</td>
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<td>$9 (R) $11 (NR)</td>
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<tr>
<td><strong>Wu Tai Chi, Advanced</strong></td>
<td>Wednesdays 5:00–6:00 pm</td>
<td>Dec 4 – 18</td>
<td>186010.12</td>
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<td><strong>Yoga for Active Adults</strong></td>
<td>Mondays 2:00–3:00 pm</td>
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<td>$9 (R) $11 (NR)</td>
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<tr>
<td><strong>Zumba Gold</strong></td>
<td>Tues &amp; Wed 12:15 - 1:15 pm</td>
<td>Dec 3 – 18</td>
<td></td>
<td>Single class fee or Senior Center Pass</td>
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<tr>
<td></td>
<td></td>
<td>Jan 7 – 29</td>
<td></td>
<td>$2.00 for 1 class</td>
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<tr>
<td></td>
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<td>Feb 4 – 26</td>
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<td>$20 for 10 classes</td>
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<tr>
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<td></td>
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<td>$36 for 18 classes</td>
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</tbody>
</table>

**No Fitness classes 12/24, 12/25, 12/31, 1/1, 1/20 & 2/17**
Awareness Through Movement
You can learn to move more comfortably through Awareness Through Movement lessons from the Feldenkrais® Method. Learn to improve your balance for greater ease and safety of movement. Taught by Rita Dewold and Gary Mass, alternating weeks. Location: Senior Center, Lashley St Station

Core Strengthening
Using a variety of equipment such as balls, bands, steps, mats on the floor and standing. You will learn ways to strengthen and stretch core muscles which keep us upright, walking, bending, and moving in a healthy manner. No aerobics, just working on muscles, alignment, and being strong for our daily chores and routines. Location: Senior Center, Lashley St Station

Foundations Class
This new fitness class has come about from the support of the Parkinson's Network and their desire to improve the quality of life for people with neurological diseases such as Parkinson's. This class is science-based physical and cognitive drills specifically tailored to target eight specific deficits: rigidity, hand dexterity, akinesia, bradykinesia, postural stability, balance, cognition, and gait. As with all exercise classes, we recommend checking with your doctor first. Location: Lashley St Station

Gentle Yoga for Bone Strength and Balance
This class will focus on specific exercises to increase bone density, improve balance, build core strength and extend range of movement. Some poses will be done seated, some standing, and some on floor mats. A chair will always be available for balance and safety. Gentle Yoga is suitable for all ages and levels of ability, but is focused on moves that may be especially beneficial to people concerned about osteopenia and osteoporosis. As with all exercise classes, we recommend checking with your doctor first. Location: Lashley St Station

Line Dance (Beginning)
Are you looking for fun? Look no further. Join Terry Wallace, your instructor, in this wonderful form of exercise. For those who love music and want to learn some dance steps for their repertoire, this is for YOU! The benefits of line dancing are many — control high blood pressure and cholesterol, manage stress, strengthen bones and muscles without hurting your joints, and improve your balance. Not only is it a physical activity, it will keep your brain active, and you get to socialize and have a lot of fun all at once. Location: Senior Center

Line Dance (Advanced)
If you have been taking Terry's line dance for some time, or are experienced at line dance steps and can move along to the faster tunes, this is for you. Terry will continue some of the group favorites and teach new dance steps to keep you motivated. This is one of the greatest forms of exercise for all the reasons listed above in the beginner class. Location: Senior Center

Pilates
Are you craving a sweeter connection with your body? Enhanced comfort, space, strength and an overall improved sense of well-being? Come practice mat Pilates with Kathy Kerr, a certified Pilates instructor. You will learn about your body and mindful movement. Your Pilates practice will help you cultivate overall body strength, flexibility, balance, focus, awareness and more. We enjoy the process and always have great laughs as a group. Are you feeling drawn to try it? Just come. We welcome you! Location: Lashley St Station

SilverSneakers® Boom
This is a fast-paced challenging workout developed to improve strength, flexibility, and endurance. Location: Recreation Center

SilverSneakers® Cardio
Get Up & Go with an aerobics class for you-safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Location: Recreation Center

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 chair is used for seated and/or standing support. Location: Senior Center, Lashley St Station, Memorial Bldg or Recreation Center
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 Silver Sneakers® ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching, and relaxation exercises. Location: Senior Center or Memorial Bldg or Recreation Center

SilverSneakers® Stability
Maintaining balance and preventing falls are critical factor in staying healthy. Improve your balance and maintain or regain confidence, strength and independence. Come learn exercises that will help with daily activities and keep you steady on your feet. Location: Senior Center

SilverSneakers® Yoga
YogaStretch 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. Location: Senior Center or Lashley St Station or Recreation Center

SilverSneakers® Splash
Activate your aqua urge for variety! SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance, and coordination. Location: Recreation Center

Social Dance Lessons
Come for a refresher or for your first time. Instructor, Greg Wendling, offers a variety of couples social dance classes – foxtrot, country two step, swing, cha cha, waltz, and more (the students pick the monthly style). Couples and individuals welcome. Following the lesson, we hope you will reinforce your memory and try your new moves at the Thursday Night Dance. See page ___ for details. Location: Longmont Senior Center

Tai Chi Ruler
For beginners or experienced students. This Tai Chi class focuses on the Tai Chi Ruler, a wooden stick with rounded ends that fit nicely into the palms of your hands. We will learn exercises that build energy and help it move throughout your body to increase stamina, keep your body limber and improve circulation and balance. Anyone can follow these simple, flowing moves. A ruler is required and the cost of a ruler is separate; you may use your ruler from a previous class. Your instructor for this class is Steve Elliott. Location: Senior Center, Lashley St Station

Wu Tai Chi (Beginning)
Tai Chi is an ancient Chinese art consisting of relaxed, slow movements that serve to release tension in the body and enhance posture, balance, and strength. In the beginning level you’ll learn the basic movements to achieve good body alignment, balance, and coordination. Taught by Lillian Koenigsberg. Location: Longmont Senior Center

Wu Tai Chi (Advanced)
At the advanced level, you’ll learn movements that will challenge your coordination and mental, emotional, and physical balance. In addition to that, you’ll learn techniques that require the relaxation of the large outer muscles and the use of smaller inner or structural muscles. Previous enrollment in Wu Tai Chi required. Lillian Koenigsberg will advise you if you have the skills to enroll in the advanced lessons. Location: Longmont Senior Center

Yoga for Active Adults
This alignment based yoga class offers clear instructions and careful sequencing to guide you through your yoga experience. Yoga improves body awareness, flexibility, strength, balance, and relaxation. Participants must be able to get up and down off the floor, since we explore reclining, sitting, and standing poses. Please bring 1 sturdy blanket or 2 large beach towels and a yoga mat, if you have one. New students please come to the first class 10 minutes early. Instructor: Gwyn Cody, RYT; Diana Shellenberger teaching in December. Location: Longmont Senior Center

Zumba Gold
This easy to follow program gets you moving to the beat of invigorating music. Get rid of stress and improve your cardio fitness and balance. Location: Longmont Senior Center
Eldora Ski Area with RTD Senior Ride
Eldora Mountain Resort collaborates with RTD SeniorRide to offer seniors skiing on Tuesdays. This is a comfortable and easy way to get to the mountains and back. There are discount options for Alpine and Nordic skiing available at the Longmont Senior Center. Discount vouchers are available for purchase the day you will go and are good only for that day.

Dates: Tuesdays, January 7 through the month of March as weather allows.

Time: Please check in by 8:45am inside the Longmont Senior Center. The bus will depart shortly after its arrival at 9:05am, arrive at Eldora at approximately 10:30am then departs Eldora at 2:15pm and returns to the Longmont Senior Center at approximately 3:00pm.

RTD Fee: The cost for the round-trip RTD SeniorRide to Eldora is $5.25 for seniors and $10.50 for all other ages. Paid to driver. Cash or check ONLY; no credit cards.

Eldora Discounted Fees:
- Nordic: 55-69 = $18.00  
  70+ = $10.00
- Alpine: 55-69 = $89.00  
  70+ = $39.00

Payment for lift ticket voucher: Cash or check made out to City of Lontmont, no credit cards. There is an RFID (radio frequency identification) card that will be issued the first time you go to the mountain and will act as your lift ticket for the season. There is a one time $5.00 fee for the card. For questions please call Larry Holtgrewe at (303)774-3533

Drop-In Volleyball
Days: Fridays
Time: 12:30 – 2:30 pm
Location: St. Vrain Memorial Building  
700 Longs Peak Ave.
Cost: $2.00 per session (each afternoon) or use a Senior Center Activity Card (10 or 18 uses).

All levels of players are welcome! You don’t have to be a great player or in great shape to play. Enjoy the camaraderie of other volleyball enthusiasts and get some exercise too. This is an ongoing activity.

Table Tennis at the Senior Center
Date: Wednesdays and Fridays
Time: 9:15 – 11:00 am
Cost: 50¢ per session
Join other table tennis enthusiasts for some friendly competition. Equipment provided.

Pickleball
Indoors
Location: Longmont Recreation Center, 310 Quail Rd  
Mon- Thurs, 2:00-4:00 pm; Sun 1-3:30 pm
Fee: Your SilverSneakers® pass will work for payment for pickleball. If you prefer, use an activity card or pay the daily drop-in fee; payable at the front desk of the Recreation Center.

Outdoors – Courts are available during the spring, summer, and fall as long as weather permits. No charge for the outdoor parks and courts.

Hover Acres Park – located at 1361 Charles Drive
Collyer Park – located at 6th & Collyer.

Volleyball Teams
The Colorado Senior Volleyball Association began competition in September. This league is for age 50+ Coed volleyball teams throughout the Front Range metro area. If you’d like more information about drop-in volleyball or the league please call Larry Holtgrewe 303-774-3533 or email larry.holtgrewe@longmontcolorado.gov.

Senior Softball
Will begin in the Spring.
If you are interested in learning more, contact Larry Holtgrewe 303-774-3533 or email larry.holtgrewe@longmontcolorado.gov.

Longmont Lightening Legends
Won the 70s Gold Division Tournament
The best 70+ team out of the 17 teams competing in that age group in the CSSA across all of the Front Range. We were the only 70+ team in the End of Season Tournament to play-thru to the Championship undefeated. (4-0)

Six of the players pictured live in the Longmont City Limits.
First Row, L to R: #1 Wes Evans, #3 Marcy Leija,
Second Row, L to R: #2 Pat Haagensen, #3 Mike Edwards
Third Row, L to R: #1 Dennis Lutz, Manager, #2 Don Carpenter
Snowshoe Outings

Registration begins by Lottery at Trip Registration November 15 at 3pm

This is a great way to enjoy the outdoors, meet people, develop friendships, learn about the surrounding areas, and enjoy the fresh air and exercise! Snowshoe outings are led by volunteers who are the authority on the trip. We emphasize safety first for each snowshoe participant, the group, and the leaders. Snowshoeing is a fun group activity, but is also a strenuous outdoor exercise at a higher elevation and in cold weather. Each person is responsible for bringing and carrying their own equipment (snowshoes and poles are required), supplies, appropriate weather gear, and accurately assessing their ability to participate. An ability readiness assessment will required prior to any individual's participation. Based on the snow conditions, destinations may change up to the day of trip. Refunds are not given for a change of location. If you are unfamiliar with snowshoeing, equipment, or would like a refresher, we highly recommend our Snowshoe Workshop and the first outing of the season which is designed for Beginner/Entry level participants. Outings will get progressively more difficult. The distance traveled each outing is determined by the groups’ progress and is also based on time and conditions. Two volunteer leaders are on every snowshoe trip. Please read our snowshoe Newsletter (available at the front desk and lobby) for more information.

Are You Ready For Snowshoe Outings?

Requires an ability to put on, adjust, and take off equipment (demonstrate at 1/6 Workshop)
Requires an ability to tolerate cold and winter conditions (2-3 hours outside on the trail with variable temperatures, moisture (snow), altitude, and wind)
Requires an ability to get up and down off the ground without help (demonstrate at 1/6 Workshop)
This is a group activity and participants are expected to stay with the group for safety purposes. This is not just transportation so that you can snowshoe on your own.
Recommend no fear of heights
Recommend an ability to sustain continuous exercise in order to stay with the group
Recommend acclimation to altitude and elevation gain in order to stay with the group
Recommend an ability to go uphill and downhill readily in order to stay with the group
Recommend no recent illness, injury or surgery
Recommend familiarity with snowshoes and equipment

**ENTRY LEVEL/BEGINNER**
January 9 Bear Lake to Nymph Lake **
(Elevation: 9180-9600) Registration #187001.01

**EXPERIENCED**
January 23 Bear Lake to Alberta Falls/Glacier Gorge **
(Elevation: 9180-9600) Registration #187001.02
February 13 Sprague Lake Outer Loop **
(Elevation: 8,700-8,900) Registration #187001.07
February 27 Wild Basin **
(Elevation: 8,600-9,600) Registration #187001.04

*REQUIRED ATTENDANCE for participants new in 2019.

Snowshoe Workshop
Activity #187000.20
Date: Monday, January 6
Time: 9:00-10:00 am
Cost: FREE

Join us at the annual snowshoe workshop!
• For all new and experienced snowshoe enthusiasts
• Learn about the Senior Center’s snowshoe program
• Get pointers on how to snowshoe and have a safe experience
• Review different types of snowshoes, what to wear, gear to pack, etc.
• Learn about new cancellation plan
• Question and answer time, plus more

*Questions or concerns about the workshop please call Karri at 303-651-8407

Cancellations are required by the Monday prior to the trip. No shows on the day of will result in removal from the next Snow Shoe Trip you are signed up for.

**Rocky Mountain National Park (National Parks Pass Required) Location of snowshoe trips may change depending on snow conditions. Bring your National Parks pass or be prepared to pay for a one-day entrance fee on EVERY trip. Snowfall is always better in Rocky Mountain National Park due to elevation.
Each month, visit a different restaurant for fine dining, casual lunch or brunch/breakfast, depending on the restaurant and dining style. Seating is limited to Senior Services minibus.

Saltgrass Steak House, Westminster

- **Tuesday, December 3**  
  Check-in: 10:15 am  
  Depart: 10:30 am  
  Return: 1:30 pm  
  Cost: $9.00 resident, $10.00 non-resident  
  Transportation: Senior Services minibus  
  Includes: Trip escort and transportation  
  Sign-up: Begins November 15, cancel by November 26, December 3, December 10, respectively, for full refund  
  Check-in: 10:15 am  
  Depart: 10:30 am  
  Return: 1:30 pm  
  Cost: $9.00 resident, $10.00 non-resident  
  Transportation: Senior Services minibus  
  Includes: Trip escort and transportation  
  Sign-up: Begins November 15, cancel by November 26, December 3, December 10, respectively, for full refund

- **Tuesday, December 10**  
  Registration #181121.10

- **Tuesday, December 17**  
  Registration #181121.17

Join us today for a wonderful lunch at one of Colorado’s newest steak houses. Saltgrass has a wide variety of choices on their lunch menu: soup & sandwich combos, chicken fried steak or chicken, chopped steak, fried shrimp, BBQ baby back ribs, tenderloin tips, tacos, and a variety of steak platters and sides. Menu prices range from $11-$20, 20% gratuity added to all checks.

BJ’s Restaurant | Brewhouse, Boulder

- **Tuesday, January 7**  
  Check-in: 10:15 am  
  Depart: 10:30 am  
  Return: 1:30 pm  
  Cost: $9.00 resident, $10.00 non-resident  
  Transportation: Senior Services Minibus  
  Includes: Trip escort and transportation  
  Sign-up: Begins November 15, cancel by December 31, January 7, January 14, January 21, respectively, for full refund

- **Tuesday, January 14**  
  Registration #181059.14

- **Tuesday, January 21**  
  Registration #181059.21

- **Tuesday, January 28**  
  Registration #181059.28

Join us today for lunch at the “Best Joint” (BJ) in town. The menu is full of choices, including appetizers, salads, Piadinas, grilled cheese, pasta, chicken, burgers, and much more. Before you leave you might want to order one of their famous “Pizookies” for dessert - $3 Special on Tuesdays! Lunch entrée prices range from $8-$14.

California Pizza Kitchen, Broomfield

- **Tuesday, February 4**  
  Registration #181143.04

- **Tuesday, February 11**  
  Registration #181143.11

- **Tuesday, February 18**  
  Registration #181143.18

- **Tuesday, February 25**  
  Registration #181143.25

Seek the unique at California Pizza Kitchen! CPK is a casual dining experience that specializes in California-style pizzas and much more. Founded in Beverly Hills, it is known for its innovative and non-traditional pizzas. They also serve a wide variety of pastas, salads, soups, sandwiches, and desserts. Lunch menu duo prices range from $9 - $12.

- **Tuesday, February 4**  
  Check-in: 10:15 am  
  Depart: 10:30 am  
  Return: 1:30 pm  
  Cost: $9.00 resident, $10.00 non-resident  
  Transportation: Senior Services Minibus  
  Includes: Trip escort and transportation  
  Sign-up: Begins November 15, cancel by January 28, February 4, February 11, February 18, respectively for full refund
Please Note: All classes and programs with a Registration number require advance registration.

Grand Z Casino
Registration #181005.20
Date: Wednesday, January 15
Check-in: 8:40am
Depart: 9:00am
Return: 5:00pm
Cost: $15.00 resident, $18.00 non-resident
Transportation: Coach Bus
Includes: Trip Escort and Transportation
Sign-up: Begins Nov 15, cancel by January 8 for a full refund.

Century Casino
Registration #181003.20
Date: Thursday, February 6
Check-in: 8:40am
Depart: 9:00am
Return: 5:00pm
Cost: $15.00 resident, $18.00 non-resident
Transportation: Coach Bus
Includes: Trip Escort and Transportation
Sign-up: Begins Nov 15, cancel by January 30 for a full refund.

Mardi Gras Casino
Registration #181006.20
Date: Tuesday, December 17
Check-in: 8:40am
Depart: 9:00am
Return: 5:00pm
Cost: $15.00 resident, $18.00 non-resident
Transportation: Coach Bus
Includes: Trip Escort and Transportation
Sign-up: Begins Nov 15, cancel by December 10 for a full refund.
Explore Colorado through the fascinating lectures at History Colorado in Denver. At the time of printing, we only have the titles to the lectures; closer to the time of the trip, you can check at the front desk for full descriptions. Remember to eat lunch prior to going.

La Cultura y El Movimiento
Registration #181084.02
Date: Monday, February 17
Check in: 11:15am
Depart: 11:30am
Return: 3:30pm
Cost: $22.00 resident, $25.00 non-resident
Transportation: Senior Services Mini Bus
Includes: Trip escort, lecture, and transportation
Sign-up: Begins Nov 15, cancel by January 13 & February 10 for a full refund.

Sweet Tomatoes and Zoo Lights
Registration #181044.20
Date: Wednesday, December 11
Check-in: 4:00 pm
Depart: 4:15 pm
Return: 10:30 pm
Cost: $42.00 resident, $46.00 non-resident
Transportation: Coach Bus
Includes: Trip escort, Zoo Lights, and transportation
Sign-up: Begins Nov 15, cancel by December 4 for a full refund.

The Other Slavery
Registration #181084.01
Date: Monday, January 20

Cherry Creek Mall
Registration #181144.00
Date: Wednesday, December 4

Today we’ll be taking a drive to the Cherry Creek Mall in the historic Cherry Creek Neighborhood of Denver. While there you’ll have the opportunity to check out the 100+ stores including Ann Taylor, ALDO, Apple Store, Nordstrom, and many, many more! Don’t forget the 20 food and drink options they have to offer. Feel free to ‘shop till you drop’ or just grab a hot cocoa and take in the beautiful holiday décor.

Check in: 9:30am
Depart: 9:45am
Return: 3:00pm
Cost: $15.00 resident, $17.00 non-resident
Transportation: Senior Services Mini Bus
Includes: Trip escort and transportation
Sign-up: Begins Nov 15, cancel by November 27 for a full refund.

HISTORY COLORADO LECTURE SERIES

Explore Colorado through the fascinating lectures at History Colorado in Denver. At the time of printing, we only have the titles to the lectures; closer to the time of the trip, you can check at the front desk for full descriptions. Remember to eat lunch prior to going.

Please Note: All classes and programs with a Registration number require advance registration.
Manheim Steamroller Christmas by Chip Davis at the Buell Theater

Date: Saturday, December 14

The program celebrates the group’s recent anniversary of 30 years since the first Christmas album and 40 years since the first Fresh Aire album and includes dazzling multimedia effects performed in an intimate setting. Experience the magic as the spirit of the season comes alive with the signature sound of Mannheim Steamroller. Their holiday CDs have become synonymous with Christmas and continue to occupy top spots on Billboard’s Seasonal Charts every year!

Check in: 2:00pm  
Depart: 2:15pm  
Return: 7:30pm  
Cost: $90.00 resident, $100.00 non-resident  
Transportation: Coach Bus  
Includes: Trip escort, ticket, transportation  
Sign-up: Begins Nov 15, cancel by December 6 for a full refund

Jimmy Buffett Escape to Margaritaville at the Buell Theater

Date: Sunday, January 5

Get ready for a hilarious and heartwarming musical with the most unforgettable songs from one of music’s greatest storytellers. USA Today calls it “A little slice of paradise!” and Entertainment Weekly raves, “It will knock your flip-flops off!” So don’t let the party start without you.

Check in: 12:00pm  
Depart: 12:15pm  
Return: 5:30pm  
Cost: $75.00 resident, $85.00 non-resident  
Transportation: Coach Bus  
Includes: Trip escort, ticket, transportation  
Sign-up: Begins Nov 15, cancel by December 27 for a full refund

Colorado Cowboy Poetry Gathering, Golden

Date: Friday, January 17

The Colorado Cowboy Poetry Gathering is a festival of western song, poetry and storytelling. If you enjoyed the Flying Wranglers, and the western shows at Barbed Wire Books, you are going to love this gathering. For over 30 years, this event has featured some of the finest humorists, singers, poets, and yodelers from all over the country, plus Canada and Australia. Two stages provide a variety of themed sessions such as “Women of the West”, “Seemed Funny at the Time”, “Good Ol’ Days”, “Up North and Down Under”, “Songs of the Plains”, “Yodeling” and many more. Cowboy Gathering runs the full range from hilarious to poignant, and celebrates ranch life and the West. There will be a chuck-wagon lunch available on site for $12, or you can “bring yer own biscuit!” The venue has an elevator and is handicap accessible. For more information on 2020 featured performers and event please visit: www.ColoradoCowboyGathering.com.

Please Note: Lunch is not included in price of trip.

Check-in: 7:30 am  
Depart: 7:45 am  
Return: 6:30 pm  
Cost: $42.00 resident, $49.00 non-resident  
Transportation: Senior Services minibus  
Includes: Trip escort, entrance to the Cowboy Gathering, and transportation  
Sign-up: Begins November 15, cancel by January 10 for full refund
National Western Stock Show and Pro-Rodeo
Registration #181012.20
Date: Thursday, January 23

Cowboys, Cowgirls, Shoppers, and Rodeo Fans, today you are headed to an annual Colorado tradition that attracts thousands of competitors and ranches from all over the world.
Today's trip includes General Admission to the National Western Stock Show grounds where you will have time to stroll around, shop, take in exhibits, explore the stock yards and grab a bite to eat at one of the many food vendors before making your way to the Coliseum for the Pro-Rodeo.

Check-in: 8:00 am
Depart: 8:15 am
Return: 3:00 pm
Cost: $34.00 resident, $39.00 non-resident
Transportation: Senior Services minibus
Includes: Trip escort, grounds admission, Pro Rodeo ticket, and transportation.
Sign-up: Begins November 15, cancel by January 15 for a full refund.

Denver Curling Club
Registration #181147.00
Date: Wednesday, January 22

Today's adventure will take you to Golden CO for curling action as teams compete. One of the curlers will be on hand to explain the rules of the game. There are beverages available at the Curling Club, however there is no food for sale, bring a snack if you wish, no meals are included with this trip.

Check-in: 9:00 a.m.
Depart: 9:15 a.m.
Return: 1:00 p.m.
Cost: $24.00 resident, $28.00.00 non-resident
Transportation: Coach Bus
Includes: Trip escort and transportation
Sign-up: Begins Nov 17, cancel by Jan. 20 for a full refund.

International Snow Sculptures, Breckenridge
Registration #181107.00
Date: Monday, January 27

Today's trip will take you to the mountains for a very special event, the famous International Snow Sculpting Championships! For the past week teams of sculptors have been working around the clock, to create a winning snow sculpture. See if you agree with the judges on the champion. Did they really pick the best of the bunch? Some sculptures are whimsical, some dramatic and others just amazing! You'll also have time to walk a couple of blocks up or down Main Street to find a restaurant and enjoy a tasty high country lunch. Altitude of Breckenridge is 9,600 feet and this may affect people with breathing issues. Please keep in mind, this is an outdoor event for most of the day, and the high country weather can be much colder than in Longmont. Bring appropriate outdoor clothing and boots for walking in snow and wintery conditions.

Check-in: 8:40 a.m.
Depart: 9:00 a.m.
Return: 6:00 p.m.
Cost: $36.00 resident, $41.00 non-resident
Transportation: Coach Bus
Includes: Trip escort and transportation
Sign-up: Begins Nov 17, cancel by Jan. 21 for a full refund.
Ballet Folklorico at the Lincoln Center
Registration #181148.00
Date: Sunday, February 9
Witness all the beauty, tradition and pageantry of this long-standing Mexican institution. With an artistic career spanning over 56 years, the mission of the Ballet Folclórico Nacional de México is to preserve and promote the culture of Mexico. Their vibrant and virtuosic performances reflect the work of some of Mexico’s leading experts of folklore, dance, music and costumes.
Check in: 6:00pm
Depart: 6:15pm
Return: 10:15pm
Cost: $40.00 resident, $45.00 non-resident
Transportation: Senior Services Mini Bus
Includes: Trip escort, ticket, transportation
Sign-up: Begins Nov 15, cancel by January 31 for a full refund.

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

National Geographic: Capturing the Impossible at the Lincoln Center
Registration #181149.00
Date: Thursday, February 13
For extreme filmmaker Bryan Smith, the line between going for it and going too far is often blurry—especially when you’re exploring the earth’s most remote environments. In this edge-of-your-seat presentation, Bryan shows you what it means to adventure with purpose, and why he believes the best expeditions are the ones with a healthy chance of failure. He’s faced machete-wielding locals in Papua New Guinea, suffered frostbite during the first-ever ice climb of Niagara Falls, explored the South Pacific’s deepest canyons, and scaled North America’s tallest mountains to bring you behind the scenes and capture the impossible.
Check in: 6:00pm
Depart: 6:15pm
Return: 10:15pm
Cost: $40.00 resident, $45.00 non-resident
Transportation: Senior Services Mini Bus
Includes: Trip escort, ticket, transportation
Sign-up: Begins Nov 15, cancel by February 6 for a full refund.

Adams Mystery Playhouse: A Monster Murder, They Came from Below
Registration #181150.00
Date: Sunday, February 16
In 1954, throughout the desert in New Mexico there has been a series of unexplained deaths. The minimal data sent to the FBI in Washington has brought two scientists, Dr. Braintree & Professor Medford, to the town of Radium Springs — with a most startling theory! Wildcat Drilling! Lost Gold Mines! Entomologists! — What is going on here? Dress like a 1950’s scientist!
Italian lunch buffet included. If you have any dietary restrictions, let us know at the time you register.
Check-in: 11:15 a.m.
Depart: 11:30 a.m.
Return: 4:00 p.m.
Cost: $64.00 resident, $74.00 non-resident
Transportation: Coach Bus
Includes: Trip escort, lunch, show, and transportation
Sign-up: Begins Nov 17, cancel by Feb. 11 for a full refund.
Museum of Boulder
Registration #181151.00
Date: Wednesday, February 19

The Museum of Boulder provides engaging experiences that celebrate the spirit of Boulder. Through dynamic exhibits and captivating programs, visitors discover the stories of our past, explore the creativity and innovation of the present, and envision the future of our community. The Museum of Boulder is a catalyst for conversation and a welcoming place in which to explore, discover, reflect, and have fun.

We will have a guided tour at 10am.

Check in: 8:45am
Depart: 9:00am
Return: 1:00pm
Cost: $12.00 resident, $14.00 non-resident
Transportation: Senior Services Mini Bus
Includes: Trip escort, ticket, transportation
Sign-up: Begins Nov 15, cancel by February 12 for a full refund.

RENT 20th Anniversary Tour at the Buell Theater
Registration #181152.00
Date: Saturday, February 29

In 1996, an original rock musical by a little-known composer opened on Broadway... and forever changed the landscape of American theatre. Two decades later, Jonathan Larson's RENT continues to speak loudly and defiantly to audiences across generations and all over the world. And now, this Pulitzer Prize and Tony Award®-winning masterpiece returns to the stage in a vibrant 20th anniversary touring production.

A re-imagining of Puccini’s La Bohème, RENT follows an unforgettable year in the lives of seven artists struggling to follow their dreams without selling out. With its inspiring message of joy and hope in the face of fear, this timeless celebration of friendship and creativity reminds us to measure our lives with the only thing that truly matters—love.

Check in: 12:15pm
Depart: 12:30pm
Return: 5:45pm
Cost: $80.00 resident, $90.00 non-resident
Transportation: Coach Bus
Includes: Trip escort, ticket, transportation
Sign-up: Begins Nov 15, cancel by February 21 for a full refund.

INCOME TAX AND CITY OF LONGMONT/STATE OF COLORADO REBATE PREPARATION

Income Tax: Two sites in Longmont provide free income tax preparation and e-filing for low-to moderate income residents, senior citizens, and disabled taxpayers. Both sites are IRS sponsored and are staffed by fully trained and certified volunteers who can prepare Colorado state and federal income tax returns.

- TCE (Tax Counseling for the Elderly) is an AARP sponsored program that focuses on those who are 60 and older and disabled persons.
- VITA provides tax returns for those with income up to $60,000.

TCE site at the Longmont Senior Center
910 Longs Peak Avenue
February 4 – April 9
Tuesdays and Thursdays, 9:00 am – 1:00 pm

Tax returns are by appointment only. You can make an appointment on-line at http://cotaxaide.org or for a recorded message including general information and appointment requests, you may call 303-774-4429 beginning January 21. Make your appointment early as appointment times fill up quickly. If you have broker statements (1099B or K-1) we recommend that you request a March appointment, to allow time for the receipt of those statements. If you call, please leave your name and a phone number where we can reach you.

VITA Longmont site
2050 Terry Street, Suite 101
(please do not disturb other building occupants)
Begins January 29 through April 15
Wednesdays and Thursdays, 6:00 pm – 8:30 pm
Saturdays, 9:00 am – 1:00 pm
Walk-ins only. No appointments are taken.

For information on tax preparation sites that are located outside of Longmont, or for more information on the VITA program, visit www.ColoradoVITA.org. Longmont residents can visit any site in Colorado.

Rebates at the Longmont Senior Center: State of Colorado and City of Longmont
Volunteers at the Senior Center will assist individuals in preparing the Colorado 104PTC rebate form and with the City form if needed. Longmont CARES is the new City of Longmont rebate program. More information is available about the city’s program at: www.longmontcolorado.gov/LongmontCares
February 6 – April 9
Thursdays ONLY, 8:30 – 11:00 a.m.
No appointment is necessary.

The City of Longmont has changed the city’s rebate program. More information is available at www.longmontcolorado.gov
CANADIAN ROCKIES AND RAIL - Fly into Vancouver B.C. then take a ferry to the world famous Butchart Gardens and the charming city of Victoria. After a city tour of Vancouver, embark on a timeless rail journey as you climb aboard VIA Rail’s “The Canadian” that takes you to Jasper on a once-in-a-lifetime overnight train journey. Relax in the dome car and experience panoramic views of snow-capped mountains, glacial lakes, waterfalls, rushing rivers and the sheer unspoiled wilderness of Canada. In Jasper, see the dramatic Maligne Canyon and its picture-perfect lake, where you enjoy breakfast with a view! Journey along the unforgettable Icefields Parkway, with a stop at the Athabasca Falls and Glacier. Then enjoy the splendid allure of Lake Louise and Banff as well as the natural beauty of Moraine Lake, the powerful Bow Falls and impressive Hoodoos.

Reservations are currently available by calling Gold Key Travel at 303-776-7024. Per person sharing a room $5,395. Single rate $6,895. Space is filling quickly and the prices are subject to change after 11/26/19. Included in the price: roundtrip air from Denver International Airport, air taxes and fees/surcharges (subject to change until paid in full), all transfers (including roundtrip transfer from Longmont to DIA provided by Gold Key Travel), independent travel/cancellation insurance provided by Collette, gratuities to Collette tour manager/driver/local guides, baggage handling tips, cocktail party provided by Gold Key Travel and services of a Travel Host from Longmont Senior Center/ Gold Key Travel.

Detailed itineraries are available at the Longmont Senior Center and Gold Key Travel or call 303-776-7024 for more information or to register for the trip.

GREEK ISLES & ADRIATIC COASTAL CRUISE | OCTOBER 14 – 25, 2020

Oct 14  Fly Denver to Athens
Oct 15  Arrive Athens – overnight hotel
Oct 16  Athens, Greece - board the ship
Oct 17  Rhodes, Greece
Oct 18  Ephesus, Turkey
Oct 19  Santorini, Greece
Oct 20  Katakolon, Greece
Oct 21  Corfu, Greece
Oct 22  Kotor, Montenegro
Oct 23  Zadar, Croatia
Oct 24/25 Venice, Italy - return to Denver

Don’t delay - very limited space is left!
Call Gold Key Travel at 303-776-7024 if you want to hold a room.

Join us on this outstanding 12-day itinerary and sail to the idyllic Greek Isles as well as the historical UNESCO World Heritage site of Ephesus, Croatia, Montenegro, and Italy. Your home will be the elegant Oceania Cruises Marina, a premium mid-size ship (1250 guests) with exceptional food, service and activities. You will love sailing on this luxurious ship with country club casual ambiance and open seating dining! It is the perfect time to visit Greece, a country that is steeped in history and with the longest coastline in Europe, you will be surrounded by the beauty of the Mediterranean and Adriatic Seas. With our one pre-cruise hotel night in Athens, you will be able to relive history as you witness the ancient archaeological sites in this capital city, then sail to Rhodes with its dazzling medieval ruins and spectacular beaches.

Next stop is the awe-inspiring Ephesus, one of the world’s largest open air museums with its unique biblical history in early Christianity, followed by everyone’s favorite Greek island, Santorini. With two more ports in Greece (Katakolon and Corfu) plus the charming town of Kotor, Montenegro and the natural allure surrounding Zadar, Croatia, this itinerary truly has something for everyone! The cruise ends with an overnight in fascinating Venice, Italy.

See the flyer found in the lobby of the Senior Center or at Gold Key Travel for the pricing. Our special group rates also include pre-paid gratuities, $100 shipboard credit per stateroom, free WiFi, free dining at all specialty restaurants, and a group cocktail party. You will also have the choice of one of these: complimentary beverage package, 2 shore excursions or a $200 shipboard credit. We are currently taking reservations for this trip. Sign up today if you are planning on this “bucket list” trip!
Call Gold Key Travel at 303-776-7024.
Looking for a fabulous getaway to escape the craziness of the holiday season? Join Theresa Schulte on the elegant American Queen sailing from New Orleans to Memphis.

The steamboat will be glittering with magical decorations and you will be immersed in the Southern holiday traditions and Cajun/Creole cultures. Embark on a unique shopping spree at festive Christmas Markets visiting Nottoway Plantation and stunning Rosalie Mansion, with thoughtfully handcrafted gifts by regional artists. This lively experience is a delight for all senses.

Spend one night in New Orleans, then embark on the American Queen, the only authentic steam-powered overnight paddlewheel boat in the world. Experience the best of the antebellum South during a magical time of year. Delight in all your favorite holiday treats while becoming acquainted with the classic traditions of the Cajun and Creole cultures. At the center of our thoughtfully designed holiday cruises is an enchanting gala at Nottoway Plantation, complete with live music. Watch each skillfully rehearsed footstep of costumed dancers, indulge in scrumptious hors d’oeuvres or decadent desserts and witness the ceremonial lighting of the bonfires on the levee.

More details and pricing will be available in November. If you would like to be notified as soon as the flyer is ready, please call Gold Key Travel at 303-776-7024 to add your name to the “interest” list.

**ITINERARY:**
- Day 1  New Orleans, Overnight Hotel Stay
- Day 2  New Orleans, Depart port 5 p.m.
- Day 3  Nottoway Plantation in LA
- Day 4  St. Francisville, LA
- Day 5  Natchez, MS
- Day 6  Vicksburg, MS
- Day 7  Greenville, MS
- Day 8  River Cruising
- Day 9  Memphis, TN

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**Just announced**

**PLANTATIONS HOLIDAYS, DECEMBER 6 – 13, 2020**

ON THE BEAUTIFUL AMERICAN QUEEN PADDLEWHEEL STEAMBOAT

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**Information presentation:**

**Wednesday, November 20, 12:30 p.m.**

This is your time.

**OWN IT**

Through Extended Group Travel
Information Presentation:
Wednesday, November 20th at 1:45pm

Sailing on a river boat through southern France will be a delightful journey in one of the most beautiful regions in the world. People love the convenience of river travel, sailing into a port and walking into the towns to experience the culture and cuisine, or joining one of the guided walking or bicycle tours, or explore on your own.

Join us on the Rhone River (from Lyon, France to Arles) and experience sailing through the magnificent region of Provence. Just the name conjures up images of famous artists like Vincent van Gogh and Paul Cezanne, adorable hill-top villages, vineyards with fine wines and of course, picturesque scenery. Enjoy all of this and more as you sail on the AmaKristina. Your lovely “floating hotel” for 7 nights. You will feel like royalty with the excellent service and inclusions such as:

- Complimentary Happy Hour before dinner including cocktails, wine/beer
- Complimentary Wi-Fi onboard the ship and bottled water in your stateroom
- Expertly guided shore excursions in each port, with choices to tailor your experience as you like
- Adventurous guided biking and hiking tours (with complimentary bicycles and walking sticks)
- Onboard lectures, theme dinners, cooking demonstrations and music performances, and movies in your room
- Sun Deck with heated pool, walking track and fitness center … massage and hair services available

A three night pre-cruise Paris hotel package will be included as well.

Pricing and more details will be available in November. Please call Gold Key at 303-776-7024 to put your name on the “interest” list. You will be contacted as soon as the flyers are available.

MORE Extended Travel –

We have had requests for an Active Tour, such as a week-long bicycling tour in the U.S., where bicycles would be provided by the tour operator. These tours are for smaller groups (20 max), so it is difficult to hold space for very long. If this sounds like something you would like to do, please call Gold Key Travel at 303-776-7024 to get on the interest list for the Active Cycling Tour, and also share your destination "wish list". This will help us to gauge the amount of interest. We will then contact you with the proposed itinerary, dates and pricing.
**AARP Tax Aide Assistance**

A Partnership of AARP, the IRS, the City, and Longmont Senior Services

We are recruiting volunteers to help prepare tax returns and review rebate applications for the 2019 tax season. Special training is required and provided at no cost. Volunteer now to be part of the team that helps hundreds of senior individuals and low to moderate income persons. Different positions include: tax preparers, greeters, screeners, rebate form reviewers, and appointment schedulers. Call Larry at 303 774 3533 for more information.

**Statistics!**

Do you love numbers and details? Are you comfortable working in Excel? If so, this may be an interesting ongoing project for you. Please call Karri at 303-651-8407 for more information.

**Lashley St Station Ambassadors**

We are looking for some people to help welcome customers to our new classroom location - Lashley St Station. Depending on the class, this may include guiding people to the correct room, answering questions, checking names on rosters, or taking payments. For more information, please call Larry at 303-774-3533.

**Computers & Technology**

We welcome new coaches and instructors to assist with computer and technology classes that are designed for and led by older adults. Call Larry at 303-774-3533.

**Bilingual, Spanish-speaking Volunteers**

We have a variety of opportunities, especially for those who enjoy teaching! From the arts to history to technology to peer counseling – we’d love to hear your ideas! Call Larry at 303-774-3533.

**Lunch Bunch**

Lunch Bunch is a social, supportive group for those in the early to moderate stages of memory loss and their family caregivers. It is an opportunity for engaging in conversation, socializing, and completing stimulating activities led by Lunch Bunch volunteers. Volunteers can come biweekly, as a substitute, or once or twice per year to share a special talent. Contact Brandy Queen at 303-651-8414.

**Are you looking to give back to the community?**

Are you looking to give back to the community? A small investment on your part can make a world of difference in someone else’s life. Longmont Meals on Wheels is looking for volunteers to help deliver meals to our homebound clients and to help in our kitchen serving our clients. If interested, please contact Meghan at 303-772-0540 or meghan@lmow.org
Homebound Book Program at the Longmont Library
Is seeking volunteers to help pick up and deliver books to locally homebound individuals. If you appreciate the love and/or importance of reading and are willing to bring the world to someone who may be unable to get out and get their own good “reads”, please consider being a volunteer for this program. Call 303- 651-8795 for more information.

Reading Tutors for Children
Join The Reading League. Share books and games with children in grades K-3. Tutors meet students at their schools once a week during the school year. Materials are provided. If interested, please contact karen.moreno@longmontcolorado.gov 303-774-3755.

Longmont Library Spellbinders Storytelling Group
Become a Volunteer Storyteller! Join Spellbinders. For more information, go to www.spellbinders.org and look for the Longmont Library further down on the page.

Make a Difference for an older person living in a local long term care facility –
If you have some time and a smile to share please consider volunteering at one of Longmont’s care facilities. There are many older adults living there who would enjoy and benefit from one-on-one visiting and attention or you might assist with one of the many coordinated activities that are planned for residents.
Life Care Center – contact Julie Wilson at 303 684 5522 or julielcca@gmail.com
The Peaks – contact Carrie Sladek at 303 776 2814 or csladek@peakscare.com

Volunteer through Cultivate
Many older people face challenges that can make life difficult. When you join Cultivate’s team of volunteers you can help older adults feel supported; shop for or deliver groceries, provide transportation, be a handyman, and much more. With a wide variety of volunteer opportunities, you can find something that suits your interests, skills, and schedule. Visit www.cultivate.ngo/engage/volunteer or call 303-443-1933 to volunteer.

Boulder County American Red Cross
Consider volunteering for local, state, or out of area Red Cross work. The American Red Cross has four Chapters in Colorado and numerous sites where they offer classes or have disaster staff and resources. Call 303-722-7474 for more information.

Rainbow Connections
Boulder County Area Agency on Aging LGBT (lesbian, gay, bisexual, transgender) program is piloting a program to create connection and combat social isolation for LGBT older adults. If you are interested please contact Michael at mchifalo@bouldercounty.org or 303-441-4518.

Longmont Senior Center Dance Committee
Do you enjoy Dancing? Party Planning? Socializing? The Longmont Senior Center is looking for volunteers to join our Dance Committee and assist in Thursday Night Dances. If interested, or for more information, call Larry Holtgrewe at 303-774-3533.

Silver Stirrups
Equine-assisted activities for older adults is looking for volunteers. Please call Susan at 720-233-0059 for more information.
The Gift of Home Christmas Tour
December 5-7, 2019
Call 303-772-0540 or visit www.thegiftofhome.org to register.

You are invited to The Gift of Home Tour, a benefit for Longmont Meals on Wheels! The Gift of Home Tour is a self-guided tour of three beautifully decorated homes with decorations available for purchase, running December 5, 6 & 7. Expect plenty of extra festivities, including a luncheon on Friday or Saturday 11am-2pm, drawings and a silent auction, which is open to the public (not just ticket holders)!

The Opening Night, December 5th, 5-9pm, includes dinner at one of four local restaurants and an opportunity to view the homes that evening or through Saturday. Tickets are $45. General Admission hours are December 6th, 10am-7pm and December 7th, 9am-3pm. Tickets are $20 in advance and $25 at the door. For more information, to purchase tickets or to volunteer, please visit www.TheGiftofHome.org or call 303-772-0540.

Dementia-Friendly Community Calendar
In an effort to become a more dementia-friendly community, a number of businesses and organizations are extending a special welcome to people with dementia and their family caregivers. Brandy at 303-651-8414 has a calendar for the City of Longmont.

St Vrain Valley School District (SVVSD) GOLDEN AGE Pass
The local school district provides admission at no charge to SVVSD activities such as regular season athletic events, music performances, and cultural events. The pass is for verified residents of SVVSD who are 62 years of age or older. It does not include playoff and state championship athletic events. You can pick up a pass at the Senior Center front desk. Please bring age and residency verification.

Free Law Clinics
November 19 & February 25 from 5:30 – 7:30 pm
There will be a free law clinic held at the Senior Center, 910 Longs Peak Ave. Open to all community members. For questions please call Susan Spaulding at 303-651-8444. Registration is not required.

VOLUNTEER DRIVERS:

VI A Transit
Service has a volunteer-based driving program to augment their existing transportation service and to meet the growing demand. Please contact Lianne at VIA for more information, 303-447-2848.

CULTIVATE
Provides medical transportation services for veterans and their family members. Call 303-443-1933 or visit https://cultivate.ngo/engage/volunteer.

60+ Ride
Based in Greeley, is in need of volunteer drivers for Weld County. Please call 970-352-9348.

Parks, Open Space and Trails Launches JoinUs Volunteer Portal
Volunteering just got easier.

The portal helps users register and track volunteer events quickly, allowing more time for volunteering and building relationships. Users also can access the handy calendar tool to register for educational programs, trainings and special events in addition to volunteer opportunities. JoinUs is easy to learn, with built-in support provided.

POST Volunteer Coordinator Danielle Levine encourages those interested in volunteering to explore JoinUs and register for upcoming events. POST volunteer programs include Adopt-a-Park; Adopt-a-Rose Garden; efforts at Button Rock Preserve; Clean Up, Green Up; photography; raptor monitoring; restoration crew efforts and more. See all the opportunities available and learn more at bit.ly/post-volunteer.

Questions about the JoinUs volunteer portal can be directed to the PWNR Customer Service Center at 303-651-8416 or ServiceWorks@LongmontColorado.gov.
TeleReferral Sheet

AARP (Colorado Office) ............................................ 1-866-554-5376
Abuse of older persons – Longmont Police ........... 303-651-8555
or Adult Protection ............................................. 303-441-1309
ACMI - Nursing Home Diversion (HCBS) .......... 303-439-7011
AgeWell Located at the Sr. Ctr. ......................... 303-651-5080
Alzheimer’s Assoc. 24-Hr Helpline ................. 1-800-864-4404
Audio Information Network ............................. 303-786-7777
Better Business Bureau .................................... 303-327-4500
Center For People With Disabilities ................. 303-772-3250
Centura Health Integrative Medicine (CHIM) ........ 303-651-5188
Colorado Division of Insurance ....................... 303-894-7499
Colorado No-Call Program ............................... 1-800-309-7041
Colorado Talking Books Library ...................... 303-727-9277
Community Protection ........................................ 303-441-3700
(Boulder County)
Cultivate .......................................................... 303-443-1933
Dental Aid-Longmont ........................................ 303-682-2619
El Comité .............................................................. 303-651-6125
Elder Care National Locator ............................. 1-800-677-1116
Elder Watch Fraud Hotline .............................. 1-800-222-4444
Employment Workforce Boulder County ............ 720-864-6600
Foot Care Clinic .................................................. 303-651-5224
Food Programs
- Carry Out Caravan ......................................... 303-241-4426
- Eldershare ....................................................... 303-652-3663
- Meals on Wheels ............................................. 303-772-0540
Fraud - Attorney General Hotline ................. 1-800-222-4444
Inspector General Hotline .............................. 1-800-447-8477
Health Department, Longmont ....................... 303-678-6166
Housing: Longmont Housing Authority .......... 303-651-8581
Legal Services of Boulder County .................. 303-449-7575
Legal Services AARP ........................................ 1-888-887-2277
LifeLine .............................................................. 303-441-2200
Loan Closet Medical Equipment - FREE
- American Legion (Marilyn) .......................... 720-771-2676
- Elks ................................................................... 303-776-1055
- Moose ............................................................ 303-776-4911
Long Term Care Ombudsman ......................... 303-441-1173
Medicaid (BCDHH) ............................................ 303-678-6000
Medicare .......................................................... 1-800-633-4227
Medicare Counselor ........................................ 303-441-1546
Mental Health Partners .................................... 303-413-6263
Mental Health Crisis Line 24/7 ...................... 1-844-493-8255
Nursing Home Monitoring .............................. 303-441-1173
OUR Center ....................................................... 303-772-5529
Parkinson’s Association of the Rockies .......... 303-830-1839
Poison - Rocky Mt. Poison Control .............. 1-800-332-3073
Police, Longmont non-emergency ................. 303-651-8501
Reverse Mortgages - Boulder County .......... 303-441-1544
Rocky Mountain Legal Center ....................... 720-242-8642
Safe Shelter (Domestic Violence) ................. 303-772-0432
Salud Clinic ....................................................... 303-776-3250
Senior Centers in the area
- Berthoud ....................................................... 970-532-2730
- Boulder (East) ............................................... 303-441-4150
- Boulder (West) 3 ......................................... 303-441-3148
- Lafayette ...................................................... 303-665-9052
- Longmont ..................................................... 303-651-8411
- Louisville ....................................................... 303-666-7400
- Loveland ....................................................... 970-962-2783
Senior Reach (counseling) ......................... 1-866-217-5808
Social Security ................................................ 1-800-772-1213
Social Services (BCDHH) ............................ 303-678-6000
Stroke - Rocky Mt. Association ............. 303-730-8800
Suicide Prevention Hotline ...................... 1-800-273-8255
Transportation
- Access-A-Ride ............................................... 303-292-6560
- Berthoud Area Transportation .................. 970-532-3049
- RTD ............................................................. 303-299-6000
- RTD Call-n-Ride (East) ............................... 303-994-3552
- RTD Call-n-Ride (West) .............................. 303-994-3551
- Via ............................................................. 303-447-9636
- VetsGO .................................................... 303-443-1933 ext.414
Veteran Services - Longmont ............. 720-864-6663
Weatherization ............................................... 720-864-6401
www.bouldercountyhelp.org ................ 303-441-1617

The Census is coming in 2020 — IT’S SAFE AND EASY TO RESPOND!

By law, your responses cannot be used against you. Not by the Federal Bureau of Investigation (FBI), not by the Central Intelligence Agency (CIA), not by the Department of Homeland Security (DHS), and not by U.S. Immigration and Customs Enforcement (ICE). The law requires the Census Bureau to keep your information confidential and use your responses only to produce statistics.

Title 13 makes it very clear that the data collected can only be used for statistical purposes.

It’s easy and it’s YOUR CHOICE how you would like to respond.
You will have the option of responding online, by mail, or by phone. Households that don’t respond in one of these ways will be visited by a Census taker to collect the information in person.
- March 23 - Census Mails Forms and Online Responses Open
- April 1 - Census Day!
- Mid-April - Reminder Postcards Mailed to Non-Responsive Households
- Early May - Response Follow-Up Begins via Phone and Door-to-Door Visits
- August - Data Collection Ends

There’s HELP if you need it.
Information regarding assistance centers and other resources will be available as Census Day approaches.
Hi Maggie, thank you for sharing some of your story with us today. I understand you’ve been a dedicated volunteer here for over ten years. Can you tell me a bit about how you got started?

Well, you know, I had a long career as a financial analyst. In 2008, I found I was feeling ready to leave the corporate life and got the itch to retire, so I crunched some numbers and left the working world. Of course, I thought it would be like a permanent weekend but after a couple of months I found that I missed the deadlines and feeling of accomplishment. I needed to do something with more purpose, so I approached the folks at the Senior Center to see if they needed volunteers. With my background in finance, I joined the Money Management program and also started doing taxes for fun. Now I’m the district coordinator for the AARP Tax Aide program that helps 600-700 people in Longmont get their taxes done for free each year.

Ha! Well that’s something you don’t hear every day! What is it you love about taxes, about numbers?

I suppose I grew up with concepts of numbers and math was really easy for me in high school. Then, when I went to college I was originally planning on being an engineer like my dad. It’s much different now, but you know back in those days it was all geeky boys and I felt out of place so I went with something else. Eventually I got my graduate degree in statistics and that’s kind of where my career came from. I think sometimes when you find something you’re good at, you just naturally gravitate towards it and I did.

So what else do you do for fun?

I have three beautiful grandchildren that I babysit for and that’s a lot of fun. And I like to garden; I have roses and vegetables—it’s funny, by the time I spend all the time and money in the vegetable patch I end up with a $60 tomato, you know?! And I like to read and to cook. I’d like to travel more. But my guilty pleasure is probably investing in the stock market. I get such a thrill out of researching economics, doing my own data analysis, picking investments and following the news on companies and industries throughout the world.

So do you have any hot stock tips for us?

When I first got started with it, I wasn’t ready to put real money behind it, so I investigated and picked ten or so companies to track on a spreadsheet just to see how my picks would do. My kids were still at home at the time so my 16 year old daughter walked by, I asked her what companies she would invest in (I think the iPod had just come out) and she said “Apple!”. Without a second thought I added it to the bottom of my list and of course it did better than any of the others. So I guess I’d say no one can predict the future, but ask your teenagers what they’re going to be spending their money on the next 10-20 years and buy that! Haha!

Are there any words of wisdom you want to leave us with or anything you want folks to know about the senior center and Longmont Senior Services?

They really treat us well here at the Senior Center. It’s just a fabulous place and you can’t go wrong volunteering here. They do a lunch for the AARP Tax Aide volunteers at the end of the season, and just really make us feel welcome. For me, it feels like I get to do something meaningful and purposeful and I still have time to spend with grandkids and grow my $60 tomato in the summer!

Thanks again for chatting today, Maggie! I hope folks take your lead and sign up with Larry at 303-774-3533 to volunteer for any of our program needs.
ABOUT THE SENIOR CENTER:

**City of Longmont Facebook**
Join now.
www.facebook.com/cityoflongmontco/

**Via the internet**
at www.LongmontColorado.gov/senior-services

**KGUD 90.7** – listener-supported community radio, playing music with you in mind. “Senior Moments” hosts an interview with a Senior Services staff person on **Saturdays at 8:00 am**, giving information on upcoming events and activities at the Longmont Senior Center. Listen to “K-Good” throughout the week for updates and service announcements from the Senior Center.

**50+ Marketplace News**
available at the Senior Center monthly.

**Longmont eAlerts**
This is an e-mail 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 e-mail, phone, cell, or fax. Visit www.ci.longmont.co.us/selectalert/index.htm to sign up.

**Longmont Channel 8**
(Government Access Channel) or Comcast Cable Channel 16.

**Room Temperatures**
The room temperatures can vary in the building. You might consider dressing in layers if you are going to be here for a while.

**Handicap Parking**
Please remember to always display your handicap placard when parking in one of these spaces.

**Get the Email Newsletter and GO Catalog!**
Never miss a special event, LSC news alert, or featured class again: join our email list and get regular updates in your inbox twice a month. We’ll also email you when the GO Catalog is ready to view electronically. Visit www.longmontcolorado.gov/senior services, **text SENIORCENTER to 42828**, or sign up at the front desk.

GO SUBSCRIPTION FORM - 2020

If you would like the convenience of having **all 4 issues** of The **2020 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, $5.00 for non-residents. Note: Due to the bulk mailing process, the catalog will arrive in the mail one to two weeks after being made available online and at the Senior Center. Check out www.longmontcolorado.gov/senior-services

Name (Please Print) ____________________________________________________________

Address ___________________________ City __________________ Zip Code _____________

Phone _______________________________
Registration Information

For classes, films, special events, outdoor programs, cycling, athletics, and all non-day trip programs begins **Tuesday, November 12**. Register at the Senior Center, online, or over the phone.

**For all day-trip activities** listed on pages 46-52, registration begins with a lottery-style sign-up at the Senior Center on **Friday, November 15 from 3:00 – 5:00 pm**. Participants can register for themselves and one other person.

All activities with a registration number require advance registration. For your convenience, registration forms are available at the Senior Center. Payment is due at time of registration.

If you require a disability accommodation or have a special request, please complete a yellow request form available at the Senior Center Front Desk when you register.

See page 1 for more information regarding registration and participation in services and programs.