



SENIOR SERVICES

is a Division of the City's Community Services Department

910 Longs Peak Ave | 303-651-8411
Office Hours: Monday - Friday, 8 am - 5 pm
LongmontColorado.gov/senior-services
email: senior@LongmontColorado.gov



Don't miss our 60+ page GO Magazine! Register online at www.longmontcolorado.gov/senior-services.
Registration for classes and all non-day trip programs begins **Monday, August 12.**

FITNESS | DAY TRIPS | INT'L TRAVEL | CLUBS | LIFELONG LEARNING | WELLNESS

See the GO Magazine for the full list of offerings.

Volunteer Opportunities!

Looking for a way to get involved and help at the same time? Consider being a volunteer. We are currently seeking volunteers to help with:

- Snowshoeing
- Hiking
- Biking
- Tax Aide
- Technology
- Data Entry

TRAVEL

Whether you like to walk, bike, ride, sail, or fly, we have it all!

Outdoor Excursions:

- Hike along the Front Range and in RMNP every Thursday through October.
- Bike rides in the local area.

Day Trips:

Lottery registration for all day trips is taken in person at the Senior Center Fri, Aug 16, 3-5pm.

- Boulder Valley Velodrome, Sept 12
- Artwear Fashion Show at the Lincoln Center, Oct 18
- History Colorado Lecture on the Denver Broncos History, Oct 21
- Blue Man Group at the Buell, Oct 26
- Denver Art Museum Monet Exhibit, Nov 2
- Paula Poundstone at the Lincoln Center, Nov 8
- plus more; over 25 trips each quarter

Short Extended Travel:

- New Mexico, Santa Fe to Taos, Sept 15-19

Extended Travel:

- Canadian Rockies and Rail, June 3-10, 2020
- Greek Isles & Adriatic Coastal Cruise, Oct 14-25, 2020



CULTURAL ENRICHMENT PROGRAMS:

Ptarmigan String Quartet

Enjoy an afternoon of live music with this talented, diverse, and energetic quartet.

Sept 28, Sat, 1-2:30pm 483000.09



Hawkquest!

HawkQuest is a nonprofit organization dedicated to preserving and protecting raptor and their habitat. They will bring raptors to the center for an up close look at these inspiring creatures.

Oct 18, Fri, 1-2:30pm 483000.10



Kaia's Story: "Trial by Fire: A Personal Journey of Consciousness, Power & Freedom"

Join us as award-winning author Kaia Anderson shares her remarkable true story of the ruthless hunt of a deranged stalker, her fight for safety and justice, and how, with the guidance of a counselor, she worked with her experience to be transformed by it.

Co-sponsored by Longmont AAUW.

Date: Nov 8, Friday, 1:30-3pm 483000.11

Fee: FREE, and please register in advance



Great Issues in American Life 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. Reading materials provided. Schedule available at <https://great-ideas-roup.weebly.com/schedules.html>

Dates: **Sept 5-Nov 14, select Thursdays, 3-4:30pm**
 Fee: **FREE**, donations accepted for cost of copying materials for class

HISTORY & SCIENCE CLASSES:

- 5 Most Influential Women in American History, Sept 4
- Fraud, Self-deception, and Plagiarism: Voodoo Science and Engineering, Sept 18
- London: Biography of a City, Sept 25
- Fluids that Whirl: Tornadoes, Dust Devils, Water Spouts, Hurricanes, Fire Tornadoes, Whirl Pools, and Rotating Galaxies, Oct 16
- China's Human Rights Struggle, Oct 23
- The Legacy of World War I: A Flawed Peace, Nov 27

Resources and Supportive Services

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

Senior Computer Technology Center

A computer and technology learning program for adults 50+. Group classes and one on one support are both available for a wide variety programs in Microsoft products, Windows, Genealogy, Apple products, e-readers, tablets, cell phones, and other new and emerging products and software. The quarterly GO catalog details opportunities.

FITNESS & HEALTH

If the weather outdoors drives you indoors, you can still find a variety of fitness classes and health services to meet your needs. September is Falls Prevention month and we have special offers, including some free classes. Check with the senior center front desk for more information.

Classes:

- SilverSneakers® - Circuit, Classic, Stability, Yoga, Boom
- Zumba Gold
- Yoga – Yoga for Active Adults, Gentle Yoga for Bone Strength & Balance
- Wu Tai Chi and Tai Chi Ruler
- Social Dance Lessons
- Pilates
- Awareness Through Movement - Feldenkrais®
- Meditation
- Parkinson's Fitness
- And more

Health Services:

Call 303-651-5080 for more information and appointments.

- LUH *AgeWell* Wellness Clinic – meet with a nurse for free. 1st & 3rd Wed, 9am-noon, and 2nd Thurs, 9-11am
- LUH *AgeWell* Therapeutic Services – i.e. acupuncture, massage
- LUH *AgeWell* Advance Planning Assistance
- Foot Care
- And more



ARE YOU LOOKING FOR RENTAL SPACE? MEETINGS OR SPECIAL EVENTS

The Longmont Senior Center rooms that can accommodate 10-200 people for a variety of occasions. Contact Robyn at 303-774-4714 for more information