



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.

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

See the GO Magazine for the full list of offerings.

TRAVEL...

Quarterly trip registration dates: May 15 & Aug 14. To register, contact the Longmont Senior Center at 303-651-8411.

Extended Trips: Canadian Rockies and Rail, Jun 3-10, 2020
I Santa Fe and Taos, Sept 14-18, 2020 I American Queen Paddlewheel Holidays trip on the Mississippi, Dec 6-13, 2020
IFrance River Cruise, May 2-13, 2021
Great Trains and Grand Canyons, coming in 2021

ADVENTURE...

Longmont Senior Cyclers - **FREE**

• **Ride the Greenway to SSR & Stop at Red Frog Coffee.**
Fri, Apr 24, 10am 287007.04

Wild Side 4x4 Tours – This unique 4x4 adventure takes you into the wilds with unparalleled view of the majestic Rockies. Lunch on your own in Estes Park. Registration begins May 15.

55 & up: **Jun 5 or 12, Fri, 8am-3pm**
Fee: \$114 resident/\$119 non-resident

CULTURAL ENRICHMENT PROGRAMS

Sponsored by the Friends of the Longmont Senior Center, these programs are educational, insightful, and intriguing.

Fee: **FREE** – but please register in advance

Paris to Pittsburgh

Co-sponsored by Longmont Chapter of Citizens' Climate Lobby (CCL). From coastal cities to America's heartland, Americans are demanding and developing real solutions in the face of climate change.

55 & up: **Apr 17, Fri, 1:30-3pm** 283000.04

Denver Zoo: Animal Expeditions

Celebrate the wonder and awe of animals through interactive and fun activities and amazing live animals.

55 & up: **May 8, Fri, 1-1:45pm** 283000.05

DROP IN...

A sample of our many drop-in programs: Mah Jongg | Bridge | Pickleball | Billiards | Scrapbooking | Table Tennis | Woodcarving | Quilting by Hand | Great Ideas Reading & Discussion Group

FITNESS & HEALTH...

Classes: SilverSneakers® Fitness Classes | Beginner Square Dance | Pilates | Tai Chi | Yoga Classes | Social Dance Lessons | Zumba® | Parkinson's Foundations

AgeWell Health Services

Call 303-651-5080 for more information

Wellness Clinic – The Nurse Is In!

1st & 3rd Mondays, 9am-noon. Drop-In. **FREE**

Meditation Class

Learn a variety of techniques, both basic and advanced, to suit individual needs. Fee varies with number of classes in month.

55 & up: **Thursdays, 10-11:30am**

April or May 285002 **June or July** 385001

Caregiver Support Groups

Contact Brandy Queen at 303-651-8414,
Brandy.Queen@longmontcolorado.gov

HISTORY, SCIENCE, HUMANITIES...

The Calendar and Time

Journey through our reckoning of time, ranging from the earliest recorded calendars to atomic clocks.

55 & up: **May 20, Wed, 1-2:30pm** 284377.00

Fee: \$2 resident/\$3 non-resident

Hong Kong

A British colony until 1997, Hong Kong has recently erupted into violent conflict between the Chinese government and protesters.

55 & up: **May 27, Wed, 1-2:30pm** 284378.00

Fee: \$2 resident/\$3 non-resident

Awakening the Sage Within

Sage-in is a model for engaging the elder years more deliberately, joyfully, and compassionately.

55 & up: **Apr 26, Sun, 9am-4:30pm** 284435.20

Fee: \$75 – includes course materials & lunch.

COMPUTER ASSISTANCE

This all-volunteer program includes both formal and informal instruction and 1:1 individual assistance for seniors 50+ regarding a large variety of technology devices (laptops, cameras, phones, tablets, eReaders); various applications; and software.

Drop in Labs | Workshops | Cell Phone/Smart Phone Tutoring | Personal Coaching **Register by calling 303-651-8411**

Locations: Longmont Senior Center, 910 Longs Peak Ave
Lashley St Station, 1200 Lashley St
FRCC, 2190 Miller Dr, Admin Bldg A1444