

# THE GO

This is your time.  
**OWN IT.**  
(Online)

Vol. 2020 No. 4 **Fall** (September-November 2020)

**see  
inside**

**Class & Trip Registration  
Community & Special Events  
Resource Guide**

CITY OF  
**Longmont**  
Senior Services

**55+ | No member fee!**  
Call us at **303-651-8411**

[www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)  
vea páginas 26-29 en Español.



**FACILITY CLOSURES:**

**Monday, September 7, Wednesday, November 11, and Thursday and Friday, November 26 and 27**

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Senior Services is a Division of the City's Community Services Department

*Our Mission*

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

*Our 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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# 2020 FALL PROGRAMS ARE SUBJECT TO CHANGE

**All programs are occurring online and/or via phone.**  
**Most online programs all have a call-in option available.**  
If we open our building and make any programs happen in-person,  
we will notify everyone registered for those programs.

Please note the registration details in each activity, as some  
programs have special registration instructions.

Due to the unpredictability of the pandemic, we are opening  
registration for activities one month at a time:

Registration for  
**September activities**  
**begins Monday, August 31**

Registration for  
**October activities**  
**begins Monday, September 21**

Registration for  
**November activities**  
**begins Monday, October 19**



## Weather Activity Cancellation Information

For up-to-date information about program cancellations  
due to inclement weather, please call **303-774-4447**.



*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](http://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](mailto:monica.bautista@longmontcolorado.gov) (se habla español)*

- City of Longmont information can be found at: <https://www.longmontcolorado.gov/departments/departments-n-z/public-information/coronavirus-disease-2019-information>
- Boulder County Public Health: <https://www.bouldercounty.org/families/disease/covid-19/> has Boulder County Public Health orders and other related information.
- **Boulder County Housing and Human Services Call Center: 720-776-0822**  
**Press 1 for Public Health**  
**Press 2 for Workforce Boulder County**  
**Press 3 for Humans Services public benefits**  
**Press 4 for Area Agency on Aging**
- Colorado Department of Public Health and Environment and the Colorado State Emergency Management Operations information is listed at: <https://covid19.colorado.gov> lists orders from the Governor and State Public Health.



## Senior Services Seniors Resource Specialists

Call 303-651-8411 to connect with Amy, Veronica, or Melissa to find out about a wide variety of resources available for older adults and caregivers of older persons. This includes assistance in accessing services, financial assistance, and much more.

## Audio Information Network

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.

## Boulder County Area Agency on Aging (BCAAA)

Serves older adults, people living with disabilities, family and informal caregivers, and veterans across the county. The BCAA provides resource information, health and wellness tips, and tips on combatting social isolation on their Facebook page in English and Spanish. See page R1.

## Caregiver Support

**Alzheimer's Support Hotline**- Caregiver support is available at the 24/7 Alzheimer's Association hotline at 1-800-272-3900.

**WellMed Charitable Foundation**- Free online Caregiver Support available at <https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/>

\*See page R2 for a list of additional support groups and emotional support resources\*

## Public Benefits

**Low-Income Heating Assistance Program (LEAP)**- Need help with your heating bill? You can apply for LEAP starting November 1st, 2020.

**Medicaid, Food Stamps, and/or Old Age Pension**- During building closures, you can contact Boulder County Housing and Human Services by calling or texting at 303-441-1069 or emailing [HHSCallCenter@BoulderCounty.org](mailto:HHSCallCenter@BoulderCounty.org). To apply for benefits you can create a Colorado PEAKS account at <https://coloradopeak.secure.force.com/> or call 303-651-8411 to request a paper application. If you need to submit documentation, you can email it to [imaging@bouldercounty.org](mailto:imaging@bouldercounty.org) or there is a drop box at 515 Coffman St. near the entrance off of Terry St.

## Food and Delivery

**Carry-Out-Caravan** – A free grocery shopping and delivery service for people 60+. See R3 of the GO for more information.

**Longmont Meals on Wheels** – Meals delivered to your home. Contact for 303-772-0540 for information on fees and to sign-up.

**OUR Center** – Has a drive through food pantry and hot meals. OUR Center is located at 220 Collyer St. Contact OUR Center at 303-772-5529 for details on food pantry and meal schedule.

**Via Mobility Services** – Via is delivering groceries and assisting with medication pick-ups. Via has increased frequency of cleaning and sanitizing vehicles and is trying to keep trips to one passenger at a time. Call 303-447-2848 for more information.

**RTD Access-A-Ride** – If you are a current Access-A-Ride customer, you can contact 303-292-6560 for grocery pick-up and delivery from your grocer or food bank.

## Legal

**Free Landlord-Tenant Mediation** is available for COVID-19 Related Issues; you can contact the Longmont Mediation services at 303-651-8444.

**Free Virtual Legal Clinic**- The Boulder County Bar Association has created a resource for the many people affected by the current pandemic who may need legal help. If you would like to request help from an attorney, visit [www.boulderbar.org](http://www.boulderbar.org) and complete the Virtual Legal Clinic registration form or call 303-440-4758. Once your request is received, you will be contacted to set an appointment with a volunteer attorney.

## Low Vision Services

The Beyond Vision Program at the Center for People with Disabilities (CPWD) is a program that assists people in our community with visual impairment or blindness to achieve and maintain independence. CPWD has made great efforts to continue Beyond Vision services while keeping with safe distance guidelines during the pandemic. All Beyond Vision services have gone online, including peer support groups, independent living skills training, education, and assistive technology training. Please contact [beyondvision@cpwd.org](mailto:beyondvision@cpwd.org) or 720-526-2804 for more information about connecting with these services.

## LGBTQ Services

Out Boulder is closing their Longmont office but are holding programs virtually at this time. A calendar of their events can be found at [www.outboulder.org/programs-calendar](http://www.outboulder.org/programs-calendar). The Lavender Gayla will be held virtually this year as well (see Community Events section for more information).

## Social Connections

**Kind Connections** provides a friendly phone call to seniors in need of connection during the COVID-19 social isolation. You can reach out for a friendly call at <https://www.sparkthechangecolorado.org/kindconnection> or call 303-282-1234

**Well Connected** offers activities, lifelong learning, friendly conversation, and support groups. You can contact them at 877-797-7299 or [www.covia.org/services/well-connected](http://www.covia.org/services/well-connected)

## Unemployment

Workforce Boulder County has Career Support Specialists that are available to help navigate the Unemployment Insurance system. They can be reached at 720-776-0822. You can also contact the Unemployment Insurance Call Center for questions around unemployment. The Call Center is available Monday - Friday: 8AM to 4PM at 303-318-9000 or at the Deaf and Hard of Hearing (TTY) line 303-318-9016.



Longmont  
**Meals**  
on  
**Wheels**

Plan to re-open  
**September 8**

*You're Invited to Lunch!*

Monday - Friday, 11:30 am - noon

**Great meals are available.**

Longmont Meals on Wheels prepares nutritious meals and delivers each day, Monday through Friday.

**Call 303-772-0540**

for information on menus and meal costs.  
[www.longmontmeals.org](http://www.longmontmeals.org)

## ⚠️ SCAM ALERT ⚠️

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>

**For additional resources on COVID-19 and how you can help or get help, please visit** <https://www.longmontcolorado.gov/departments/departments-n-z/public-information/coronavirus-disease-2019-information>.

## Introduction to Virtual Programs

- Most programs and activities will be conducted using Zoom Teleconferencing on your computer or smart device, or you may phone into the program.
- When you register, you will be asked for your email address. The evening before the activity date, you will receive an email that contains the Join Zoom Link. You can think of this as your "ticket" to the activity.
- To participate by phone, call the number on the link or call 720-707-2699 for Zoom based programs, and enter the Meeting ID number and Password. The Senior Center will provide you with this information.
- The Senior Center Zoom tech hotline help number is 303-834-7703.
- For programs not using Zoom, Senior Services staff will provide correct teleconferencing information

## Registration:

- Is underway and details are on page 1.
- Please call or email the Senior Center to register. Information is below.

## Participation:

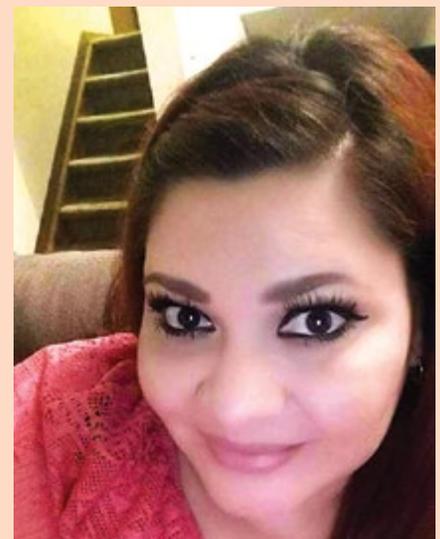
- Once you have registered you will be sent information via email or a phone call to let you know how to get "into" the activity for which you have registered.

Please let us know how we can keep you informed about registration and the eventual reopening of the Senior Center by doing one of the following:

- a. **Call the front desk at 303-651-8411.** Leave your name and phone number to request an update via a phone call.
- b. **Email [senior@longmontcolorado.gov](mailto:senior@longmontcolorado.gov)** to be added to regular email updates.
- c. **Check out our website** at [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services) regularly for updates.

# Please welcome Senior Services' newest staff member, Melissa Losino.

She is our unmasked cover photo and is a Seniors Resource Specialist working with Amy Payan and Veronica Garcia.



## FROM THE FRIENDS

PO Box 313, Longmont, CO 80502 | [www.friendslongmont.org](http://www.friendslongmont.org)

President, Ruth Waukau; Co -Treasurers, Jane Cox and John Shetter; Secretary, Ruth Rosenblum; with Chuck Allen, Mary Blue, Julie Burrows, Linda Fetterman, Roger Jurgens, Karan Michael, and Rick Stewart.



*The Friends of the Longmont Senior Center, Inc. is a 501©3 non-profit organization registered with the State of Colorado. The Board meets the fourth Tuesday from 3:00 – 4:30 pm at the Senior Center. If you would like more information, please contact Michele at 303-651-8415.*

Dear Friends,

We have been dealing with COVID 19 for more than six months. It is affecting every aspect of our lives. I am struck by the impact this is having on every one of us and the entire world. Though at the time I write this, the Senior Center is closed to the public, it does not mean the Senior Center has gone dormant. There are lots of “happenings” to bring variety to your life. Many exciting programs are available outside, in person, and virtually, and supportive services remain in tact.

Here are some highlights to stay active, have fun, learn and challenge your mind, body and soul, and across supportive services if needed. Call the front desk at 303-651-8411 for more information.

- Counseling and resource services remain available by phone, FaceTime and Zoom.
- Returning to work, Staying Safe Online, Rights and Resources of Older Adults
- SPEAKER SERIES: offerings include: Astra Taylor: So What is Democracy Anyway; Richard Bell: Hamilton; The Founders and Democracy; and several from History Colorado
- Boulder International Film Festival Series
- Writing classes
- Conversation groups: Morning Chats with Grey Havens, Current Events, Friday Civic Forum, German Conversation Group, Friday Conversation Series.
- Longmont United Hospital programs: Dentures, Implants Crowns? What is Right for Me, and Diabetes is a Word Not a Sentence
- Senior Computer Tech programs: guidance for beginners, personal troubleshooting and more
- Exercise programs will be available virtually and in the park.
- History and Science Presentations

Ruth Waukau, President

## THANK YOU TO OUR RECENT DONORS:

Craig Orbanosky

William Bradley

R.C. & Martha Allison

Sarah Jane Snyder

Vicki Peluse

Linda Fetterman

Longmont Community Foundation

## A Grand *Thank You...*

- To the Friends of the Longmont Senior Center for sponsoring virtual programs so they can be free for our customers during the pandemic.
- 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 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**: Friends of the Longmont Senior Center, The Bridge, Longmont Meals On Wheels, Life Care Center of Longmont, and our other volunteer facilitators;
- 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 the Royal Neighbors 4825 for their support of the Tuesday Lap Robes group; and
- To **The Sunshine Club of Longmont** for their initiation and continued financial support of The Sunshine Senior Smiles Program offered in cooperation with the Friends of the Senior Center;

# Friends

OF THE LONGMONT SENIOR CENTER

## *Thank you to the Friends of the Longmont Senior Center, Inc.*

Board members and donors for supporting these virtual programs and services. The Friends have provided funding which has allowed staff to offer interesting and helpful virtual connections and programs. The Friends ongoing support of funds to assist with necessary basic needs for low income older adults has been critical during this pandemic as well.

**THANK YOU!**





## Drop-In Programs, Groups & Clubs

Are currently not happening onsite at the Senior Center, but may be happening virtually. Please check our webpage, sign up for the weekly email for updates, or call the front desk at 303-651-8411, or email us at [senior@longmontcolorado.gov](mailto:senior@longmontcolorado.gov)

### Bailes de Mi Tierra

### Billiards

### 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 p.m. 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

### Coffee in the Café

### Computers for Public Use

### Computer Club

*offered virtually*

**2nd Monday, 10:00 – 11:30 am**

A forum for the exchange of information and knowledge relating to technology, personal computers, and smart devices. See page 11 for more information.

### Current Events *offered virtually*

Registration #483020.1Z

**Date: Beginning on September 15, 2020**

**Time: Tuesdays, 10:15 - 11:30 am**

Cost: Free, but please register in advance so we can send you the Zoom link. Participants can register at any time throughout the Fall, and you do not need to attend every week.

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. **Moderated by Tom McCoy.**

### Creative Stitches

### Drop-in Handwork Group Dances

### Dulcimer Group - Singin' Strings



### “Eyes on Longmont” Video/Film Club

**Mondays, 9:15 - 10:30 am**

*(Currently conducting virtual meetings)*

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 as able.

See page 15 for additional information. **Barbara Hau** is the contact person for the group: [bhau1379@gmail.com](mailto:bhau1379@gmail.com) or 575-770-6483.



**DROP-IN** PROGRAMS,  
GROUPS & CLUBS

## Friday Citizens' Open Forum

*offered virtually*

Registration #: 483030.1Z

**Date: Fridays, beginning on September 18**

**Time: Fridays, 1:30 - 4:00 pm**  
**(excluding November 27)**

Cost: FREE but please register in advance to receive the Zoom link. *Participants can register at any time throughout the Fall, and you do not need to attend every week.*

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 kickoff 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.**

## Friends

OF THE LONGMONT SENIOR CENTER

### Friends of the Longmont Senior Center, Inc.

**4th Tuesday, 3:00 - 4:30 pm**

This nonprofit board seeks to enhance the services and programs of the Longmont Senior Center through fundraising activities. See page 5.

## LGBT Supper Club

### Longmont Kiwanis Club

*Is temporarily meeting elsewhere*

### Senior Citizens Advisory Board

is meeting virtually. If you would like information about this, please contact Michele

**1st Wednesday, 10:00 am - noon**  
*meeting virtually*

The City Council appointed board meets the first Wednesday of the month from 10:00 am to noon. The 2020 members are: Susan Alling, Sara Beery, Jack Belchinski, Prudence Carter, Michelle Cregut, Sheila Conroy, Art Quintana, and Jeanine Tarrant. Please contact **Michele** at 303-651-8415 for more information.

### Singing for Well-Being

*Currently on hold*

**2nd Tuesday, 11:00 am – 12:00 pm**

Cost: \$5.00 resident, \$6.00 non-resident

Please see the Health and Wellness section of the GO for more information about this drop-in group for anyone living with neurological challenges and their caregivers, partners, or family.

### Support Groups

**Many support groups are meeting virtually and are listed on page R2. Contact Brandy at 303-651-8414 for more information**

## German Language Conversation Group

*Offered Virtually*

Registration #: 483010.1Z

**Date: Beginning September 10**

**Time: Thursdays, 1:00 – 2:15pm**

Cost: Free, and please register in advance to receive the Zoom link. *Participants can register at any time throughout the Fall, and you do not need to attend every week.*

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 or for more information.



## Get Acquainted

Registration #483006.1Z **Friday, September 4**  
**Time: 9:00 – 10:30 am**

Registration #483006.2Z **Monday, November 2**  
**Time: 4:00 – 5:30 pm**

Cost: FREE, and please register in advance  
at 303-651-8411

Get acquainted with others who are new to the Senior Center or new to the area. Join us online via Zoom to learn more about various programs, opportunities, and resources at the Senior Center. Facilitated by Senior Services staff.

## Senior Law Day

**Tuesdays and Thursdays,**  
**September 8 – October 1**

**Time: 12:00 – 1:00 pm**

Cost: FREE, and please register in advance at  
[www.bouldercountyseniorlawday.org](http://www.bouldercountyseniorlawday.org)

2020 Senior Law Day will be presented virtually in a series of webinars with topics ranging from the justice system to guardianships and fiduciaries. To see a full program of events or to register, visit [www.bouldercountyseniorlawday.org](http://www.bouldercountyseniorlawday.org)

## Pharmaceutical Take Back Event

**Saturday, October 24**  
**8:00 am – 2:00 pm**

Longmont United Hospital 1950 Mountain View Ave at the circular front drive of the hospital. Do not park your vehicle, simply enter the front drive, then stop, and hand your items to the volunteer.

## Senior Appreciation Drive Through

**Date: Friday, September 18**

**Time: 9:30 – 11:30 am**

Place: Westview Presbyterian Church,  
1500 Hover Street, Parking Lot off 15th

Cost: Free, no registration required

We missed hosting the Senior Day at the Fair 2020. We want to acknowledge you, our seniors. We needed to find a new way to do this. Please join Longmont United Hospital (LUH) and Longs Peak Hospital (LPH) in a celebration of you. Let us say thank you to our Age Well, Aspen Club and Senior Center members. **Julie Adams, Manager, Volunteer Services, Retail and Aspen Club, UCHealth; Melody Mills, Physician Relations Manager, UCHealth; and Renita Henson, RN Age Well Program Coordinator and Nurse LUH/Centura Health invite you.** Come for a drive through the church parking lot. Get a goodie bag. Enjoy several surprises we have waiting for you. We ask that you stay in your vehicle and not stop to congregate and visit. It is very important that we take good care of you by asking you to remain separated. We will be happy to see you, share a treat with you and wave you on your way.



**SPECIAL EVENTS**

## Get Out & GO Scavenger Hunt

### LSC (Longmont Senior Center) Scavenger Challenge!

Cost: Free, and please register in advance

Registration #483008.00

Your chance to get out and explore the City of Longmont. See new things, go new places, learn new things, get moving, and have fun! The Scavenger Hunt is structured like the game of Jeopardy with categories and clues. Your challenge is to:

- Register and receive official Rules and Scavenger Hunt Question grid.  
- **Attend Zoom Scavenger Hunt Session Monday, September 14, 6:00-7:00pm**
- Find the Answers (think Jeopardy)
- Take a photo/selfie in front of the answer (if you can)
- Submit your Answer Sheet/Poster to the Senior Center using your photos (if you can)

#### **BE CREATIVE!**

Posters will be judged by the Senior Center Recreation staff to determine winners

**Final scavenger hunt answers/posters due by Friday Oct. 30**



## NO 'IN PERSON' ART CLASSES FOR FALL.

Please see page 24 for information on our 2 writing programs:

**"Make a Point" Writing Salon**

**New! A Place to Write**



This is your time.  
**OWN IT**  
Through Creative Pursuits!



From a recent  
SCTC customer:

*"Just a note to thank you and the other volunteers for all you are doing for us technically challenged seniors. The Friday sessions have solved several problems I had been struggling with and the educational programs like Debbie's are very helpful."*

VISIT THE SCTC WEBSITE AT  
<https://sites.google.com/friendslongmont.org/sctc/home>

### Senior Computer Tech Center – A Peer to Peer Learning Opportunity

With social-distancing as a way of life for the near future, we are now reliant on technology more than ever before. Our ALL VOLUNTEER coaches are available to help you use technology confidently to perform your day-to-day activities and stay connected with your family, friends, and community. Since we cannot meet with you in person, we have set up learning and fun activities using the Internet and the telephone.

#### Contact SCTC

- Via email: [infosctc@friendslongmont.org](mailto:infosctc@friendslongmont.org)
- HOTLINE: 303-834-7703
- Senior Center Front Desk: 303-651-8411
- Visit the SCTC website: <https://sites.google.com/friendslongmont.org/sctc/home>

**All SCTC classes and activities are FREE  
and conducted via Phone or Zoom Video  
Conferencing through November 2020**

- Lectures require registration with the Longmont Senior Center.
- Recurring Activities (Game Time, Virtual Drop-In Lab, Computer Club)  
DO NOT require registration





## Personal Coaching Appointment:

Are you new to smart devices or computers? Do you need help using Zoom? Is something wrong with your computer or smart device. Do you have a new device? We can provide technical assistance on most devices.

- Submit a request via the **Request Remote Help** button on our web site or call the HOTLINE or the Senior Center Front Desk.
- A Coach will contact you directly.
- A Coach will help you via phone and with your permission remote access into your computer.
- A Coach cannot meet with you in person!!

## RECURRING ACTIVITIES

Go to our website Longmont Senior Computer Technology Center, click on **Sign Up for Emails**. You will receive an invitation email on the day before the activity.

### Computer Club

**2nd Monday of the month at 10:00am**

A forum for the exchange of information and knowledge relating to technology, personal computers, and smart devices.

### Game Time

**Every Thursday afternoon at 1:00pm**

Join in the fun using technology to play some of your favorite games! Each week we will choose a different game to play. Make new friends, and learn new games. Invite your family and friends - the more the merrier!

### Virtual Drop-In Lab

**Every Friday Afternoon from 2:00-3:00pm**

. Coaches are available to help you one-on-one with any question on any device. A great resource for your technology needs.

### Genealogy Research Workshop

**Once a Month on Wednesday Afternoon at 1:30pm: Sept 23, Oct 28, Nov 18**

Registration is required on the Longmont Genealogical Society web site.

Have you made a new discovery or have a hint you would like to share? Do you have a question about on-line resources, a research problem, or just how-to-questions? Bring your issue or question and work together with other genealogists from the Longmont Genealogical Society to find answers.

ACTIVITY	DAY	TIMES
Computer Club	Monday	10:00 – 11:30 am
Genealogy Research Lab	Wednesday	1:30 – 4:00 pm
Game Time	Thursday	1:00 – 2:00 pm
Virtual Drop-In Lab	Friday	2:00 – 3:00 pm

### Chromebook Basics

What is a Chromebook computer? How does it differ from a Windows or Apple computer? Chromebooks are becoming more popular and are reasonably priced. Might you want to buy a Chromebook. Join us for this lecture with demonstration to clear up some of the mystery.

**Presented by: Daryl Goodman**

### Cloud Storage

In this lecture, you will learn the basics of cloud storage – a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We will discuss what it is, why it's the future of data storage, and demonstrate a few of the most popular services currently available to consumers. **Presented by: Senior Planet**

### Filtering Fake News

Many of today's technological advances are supposed to make our lives easier; however, with the advent of fake news, annoying and illegal robocalls, social media tracking, computer privacy issues, and deep fake videos, how are we supposed to figure what is true and what is fake? The presentation will give you some ways to research or combat such intrusions and to filter out the noise. **Presented by: Bruce Armstrong**

### 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. **Presented by: Bruce Armstrong**



## Health Information and Monitoring Apps

Depending on which type of phone you have, join us for one of the lectures with demonstration for the use of the appropriate Health app for your device.

**For Apple Devices: Health app**

**For Android Devices: Samsung Health app**

Learn to set up the app on your phone. Enter your personal information so it can be accessible in case of emergency. Explore the features to keep track of your steps, activity, weight, calorie counters, stress levels, sleep patterns and more all in one place.

**Presented by: Dan More and Tech Pals**

## Instagram Basics

Learn what Instagram is, the terminology and settings. Learn how to set up an account on your mobile device, how to share your photos with friends and family, and how to like and comment on photos. **Presented by: Tech Pals**

## Let's Talk TV Streaming

Join us for this round table discussion about TV Streaming. We grew up with just 3 TV channels. Now we are in overload with so many choices of channels, shows, and devices. Let's learn from each other! **Presented by: Dan More, Daryl Goodman**

## Mobility for All: Technology Workshop Series

Take Control of Your Mobility and Independence! Free Virtual Workshops: Google Maps, Transit, Uber & Lyft. **Please see page 18 for more details**

## Online Libraries

Learn where to find books online for free using your library card. Learn how to download books for free and for purchase using Amazon and Libby. Learn where to find free audiobooks online to play on your devices. Introduction to LibriVox, Open Culture, and Project Gutenberg. **Presented by: Tech Pals**

## Podcasts

Podcasts are an increasingly popular form of entertainment and a great source of information on all kinds of topics. In this lecture, you will learn more about these audio programs available on the internet: why people listen to them, where you can find them, and what the most popular ones are.

**Presented by: Senior Planet**

**Twitter** Twitter is seemingly unavoidable these days – and for good reason! It's become one of the most reliable sources for on-the-ground, breaking news coverage. Come learn about Twitter's important features as well as the social importance the service has gained over the last ten years and how you can access breaking news and important information even without signing up for a Twitter account. **Presented by: Senior Planet**

## What's New in Windows 10

Windows 10 is continually updating. This lecture will summarize the changes that have occurred over the past few months. Identifying some of the most useful new features. There is always something new to learn. **Presented by: Paul Kruse**

## Windows 10 New Edge Browser

In January 2020, Microsoft started rolling out its Edge browser. It is a total redesign with speed, performance, extensions, privacy and security features. This lecture will be a demonstration of the new look and explanation of the features.

**Presented by: Paul Kruse**

## YouTube Basics

YouTube is a video sharing website. It's the destination to watch videos, everything from movie trailers and music videos to vlogs and even news. We will explore the YouTube library. **Presented by: Debbie Arnold**

## 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.

## Zoom Advanced

Now that you know how to attend a Zoom meeting, learn more about the settings and features that you can use. To name a few: how to set up a meeting, how to share screen, how to set up Breakout rooms. **Presented by: Daryl Goodman, Bruce Armstrong**

## Zoom Q&A Workshop

As a result of us "staying at home", many of us are now using Zoom on a daily basis. In this Question and Answer Workshop, we will focus on your specific needs. **Presented by: Daryl Goodman, Bruce Armstrong.**

Please Note: All lectures require registration. **Cost: FREE**

VIRTUAL ACTIVITY	REGISTRATION NUMBER	DAY	DATE	TIMES
<b>Zoom Advanced</b>	482156.1Z	Tuesday	Sept 8	10:00 – 11:30 am
<b>Filtering Fake News</b>	482157.1Z	Wednesday	Sept 9	10:00 – 11:30 am
<b>Your Digital Footprint</b>	482170.1Z	Friday	Sept 11	10:00 – 11:00 am
<b>Mobility for All: Google Maps</b>	See Page 18	Monday	Sept 14	10:00 – 11:30 am
<b>Windows 10: New Edge Browser</b>	482519.1Z	Wednesday	Sept 16	10:00 – 11:30 am
<b>Zoom Q&amp;A Workshop</b>	482158.1Z	Wednesday	Sept 23	10:00 – 11:30 am
<b>Instagram</b>	482159.1Z	Thursday	Sept 24	10:00 – 11:30 am
<b>Mobility for All: Accessing RTD</b>	See Page 18	Monday	Sept 28	10:00 – 11:30 am
<b>Cloud Storage</b>	482160.1Z	Wednesday	Sept 30	10:00 – 11:30 am
<b>Chromebook Basics</b>	482161.1Z	Tuesday	Oct 6	10:00 – 11:30 am
<b>Health App – on Apple Devices</b>	482162.1Z	Wednesday	Oct 7	10:00 – 11:30 am
<b>Health App – on Android Devices</b>	482162.2Z	Thursday	Oct 8	10:00 – 11:30 am
<b>Twitter</b>	482117.1Z	Wednesday	Oct 14	10:00 – 11:30 am
<b>Mobility for All: Using Lyft</b>	See Page 18	Monday	Oct 19	10:00 – 11:30 am
<b>YouTube Basics</b>	482155.1Z	Tuesday	Oct 20	10:00 – 11:30 am
<b>Google Photos</b>	482563.1Z	Wednesday	Oct 21	10:00 – 11:30 am
<b>What's New in Windows 10</b>	482141.1Z	Wednesday	Oct 28	10:00 – 11:30 am
<b>Mobility for All: Using Uber</b>	See Page 18	Monday	Nov 2	10:00 – 11:30 am
<b>Let's Talk TV Streaming</b>	482539.1Z	Wednesday	Nov 4	10:00 – 11:30 am
<b>Podcasts</b>	482163.1Z	Wednesday	Nov 11	10:00 – 11:30 am
<b>Online Libraries</b>	482164.1Z	Thursday	Nov 12	10:00 – 11:30 am
<b>Filtering Fake News</b>	482157.2Z	Wednesday	Nov 18	10:00 – 11:30 am





## What is the CSU Extension and its History?

Registration #484266.1Z

**Date: Thursday, September 17**

**Time: 11:30am - 12:30pm**

Cost: FREE, and please register in advance

Most people have heard of the 4-H Youth Development or the Master Gardener program, but they do not know that they are both a program under the CSU Extension umbrella. The system of land-grant colleges and universities and county Extension offices was created through two congressional acts. You'll learn about these acts and Extension and its 106-year history in Boulder County in this presentation. **Presented by: Sharon Bokan, Small Acreage Coordinator, CSU Extension Boulder County**

## Native Plants and Pollinators

Registration #484266.2Z

**Date: Thursday, September 24**

**Time: 10:00am - 11:00am**

Cost: FREE, and please register in advance

Come learn about pollinators such as bees, birds and butterflies that you find in your garden. In this class you will learn how to identify common pollinators with an emphasis on those that pollinate native plants. You will also be introduced to ways to create habitat for these important members of our Colorado ecosystems. **Presented by: Deryn Davidson, CSU Horticulture Extension Agent**

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



## Living with Wildlife

Registration #484266.3Z

**Date: Monday, October 5**

**Time: 10:00am - 11:00am**

Cost: FREE, and please register in advance

You got a bird feeder to attract birds to your yard, but you attract birds you don't want, or the squirrels are attacking your feeder and the neighborhood skunk is feeding on the spilled bird food. We love seeing wildlife but sometimes conflict with them. How do learn to live with them, attract only those we want or deter them from entering our space? We'll discuss what wildlife needs and how we can use their needs to attract or deter them. **Presented by: Sharon Bokan, Small Acreage Coordinator, CSU Extension Boulder County**

## Xeriscaping and Native Plants

Registration #484266.4Z

**Date: Wednesday, October 14**

**Time: 10:00am - 11:00am**

Cost: FREE, and please register in advance

You are tired of mowing the grass every week and want to add more color and interest to the yard. You've thought about xeriscaping but don't want the rock with a few plants in it look (zeroscaping). Xeriscaping principles will be presented and the advantages of using native plants to create a colorful landscape the you will enjoy. **Presented by: Sharon Bokan, Small Acreage Coordinator, CSU Extension Boulder County & Deryn Davidson, CSU Horticulture Extension Agent**

## Kew Gardens

Registration #484266.5Z

**Date: Thursday, November 12**

**Time: 11:00am**

Cost: FREE, and please register in advance

The Royal Botanic Gardens, Kew in London, England is one of the oldest botanic gardens in the world. Deryn Davidson spent three months working at the gardens and engaging in horticulture alongside some of the most premier horticulturists. Join us as she shares stories about her experience, including taking care of the Queen's roses. **Presented by: Deryn Davidson, CSU Horticulture Extension Agent**



GENERAL INTEREST



The Senior Center's TV Production Club, "Eyes on Longmont," and its members have been busy exploring Longmont and surrounding areas – capturing the stories, history, events, and more, ALL on VIDEO! We are fortunate to show and enjoy some of their work. For information regarding becoming a part of the Video Production Club see page 7.

Rather than meeting in person for the Fall "Big Pictures", enjoy a variety of the many videos produced by the group "Eyes On Longmont" since 2012. Catch a variety of films with topics including but not limited to:

- Rocky Mt. National Park
- Local artists & photographers
- Numerous local musicians are spotlighted
- 'Love You Longmont' series
- Many familiar faces telling 'spellbinding' stories!
- Plus so much more!



Watch the films via the "Eyes On Longmont" YouTube Channel: Simply search for "The Longmont Channel" once on the YouTube site.

## AARP Driver Safety Class

*\*\*\*No in-person programs occurring at this time. However, you can reference the below information and link for a special 25% discount:*

### AARP Smart Driver online course alternative:

We are extending our special 25% off discount through the end of the year.

Website: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

Promo code for 25% discount: DRIVINGSKILLS

Good through: December 31, 2020

## Medicare Basics Classes

**Monday, September 21, 10:00 am – 11:30 am**

**Wednesday, September 23, 6:00 – 7:30 pm**  
(evening class)

**Monday, October 12, 10:00 am – 11:30 am**

**Tuesday, November 17, 10:00 am – 11:30 am**

Cost: FREE, and contact our front desk at 303-651-8411 for registration information; please ensure we have your correct email address if you leave a message.

**Registration ends 7 days before program begin date.**

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.

## Medicare Open Enrollment

There will be no in-person appointments for the **Annual Open Enrollment Period from October 15 – December 7, 2020.**

Beginning September 15th, beneficiaries should begin calling 303-441-1546 or email [medicarecounseling@bouldercounty.org](mailto:medicarecounseling@bouldercounty.org) and simply request a PART D or Advantage Plan appointment.

Appointments will begin on October 20th via telephone, video calls, or email. Appointments will be made through December 3rd during normal business hours.

**Only under extreme circumstances, a very limited number of in-person appointments at a Boulder County facility will be considered.**





## Aging Solo Series

**Friday, September 4** Registration #484255.1Z  
**Friday, September 11** Registration #484255.2Z  
**Friday, September 18** Registration #484255.3Z  
**Friday, September 25** Registration #484255.4Z  
**Time: 12:00 – 1:00 pm**  
 Cost: FREE, and please register in advance

Join local professionals from Next Phase Living for this free online series to discuss subjects that concern older adults who are “aging solo” without local supports. You are welcome to sign up for the entire series or just for the topics that interest you:

- Sept. 4: Elements of a Successful ‘Aging Solo’ Plan
- Sept. 11: Growing/Developing Your Social Network & Support System
- Sept. 18: Residential Housing Decisions
- Sept. 25: Financial/Legal Preparedness & How to Choose a Fiduciary

## Estate Planning

Registration #484507.1Z  
**Date: Friday, September 11**  
**Time: 9:00 – 10:30 am**  
 Cost: FREE, and please register in advance

Join local attorneys to learn more about wills, trusts, powers of attorney, advance directives, and what happens if planning isn’t done in time. We will also touch on estate administration/probate and what you can do to insure your documents work when you and your loved ones need them. Family lawyer **Pete Rogers** and elder law attorney **Sarah Pheral** will each lend their expertise to this discussion and will also be available for question-and-answer. This program will be presented online.

## Ageism and Managing Bias in the Job Search

Registration #484555.1Z  
**Date: Tuesday, September 15**  
**Time: 4:30 – 5:30 pm**  
 Cost: FREE, and please register in advance

Many older adults report struggling with ageism in the job market as they try to return to or continue work in their later years. This program will help you feel better prepared for/during the job search. We will assist you in finding inner confidence and empowerment to move forward with realistic expectations about ageism in the job search (which you can overcome by using creative job search strategies). Presented online and over the phone by **Sheila Clemenson, GCDF, PHR**, Certified Career Coach & HR Consultant.

## Returning to Work

Registration #484252.1Z  
**Date: Wednesday, September 23**  
**Time: 9:00 – 10:30 am**  
 Cost: FREE, and please register in advance

Workforce Boulder County offers a variety of career services, community learning, business services, and empowerment tools. Join **Claire Benton**, Community Educator at Workforce to learn how Workforce can help you with coaching, resources, workshops, resume reviews, self-directed computer labs, and more. Presented online and over the phone.

## Long-Term Care Financial Planning

Registration #484516.1Z  
**Date: Monday, October 5**  
**Time: 10:00 – 11:30 am**  
 Cost: FREE, and please register in advance

Planning for long-term care can be complex and can appear daunting. Our panel would like to help you learn the basics of long-term care options and financial planning. Please join us to learn about: benefits from the Veteran’s Association, the difference between Medicaid and Medicare coverage, how long-term care insurance policies work, and the logistics of applying for Long-Term Care Medicaid and how its coverage and spousal allowance work. The session will include a question-and-answer segment with our panelists **Karen Townsend** from Veteran’s Services, **Veronica Molina** from the Boulder County Long-Term Care Medicaid team, and a long-term care insurance professional, **Gail Longenecker**. This program is open to seniors and their family members and will be presented online.

## Staying Safe Online

Registration #484501.1Z  
**Date: Tuesday, October 6**  
**Time: 3:00 – 4:00 pm**  
 Cost: FREE, and please register in advance

According to research, nearly two-thirds of Americans over age 65 in 2018 were Internet users. That number is getting bigger all the time, as the COVID-19 pandemic is motivating many older adults to use the internet, mobile technologies and social media for the first time. The internet is a great way to read the latest news, stay in touch with family and friends, and shop and bank without leaving home. But as older adults’ use of technology increases, so do online scams and fraud. Join the **Community Protection Division of the District Attorney’s Office** to hear about these risks of internet and mobile technology use, and learn some precautions that will help keep you safe online. Participants can join online or over the phone.

## AARP HomeFit

Registration #484556.1Z

**Date: Wednesday, October 21**

**Time: 3:00 – 4:00 pm**

Cost: FREE, and please register in advance

Is your home fit for a lifetime of living? 89% of homeowners have told AARP that they would like to remain in their home as they age. This free education event with AARP Colorado will teach practical methods to make your home more livable by incorporating design principles and products that are adaptable, safe, and easy to use. Discover smart solutions for making your home comfortable, safe, and a great fit! **Presented online by Nichole Kain, OTR/L, MA, CAPS.**

## BeReady Longmont

Registration #484262.1Z

**Date: Tuesday, October 27**

**Time: 5:30 – 6:30 pm**

Cost: FREE, and please register in advance

Winter storms, flood, and fire are Longmont's greatest natural hazards. These can result in severe disruptions in utilities and services that we all rely on daily. How would you and your family handle the challenge? Come learn how to prepare yourself, your family, and your neighbors! **Presented online by City of Longmont Office of Emergency Management.**

## The 12 Scams of Christmas

Registration #484520.1Z

**Date: Thursday, November 5**

**Time: 10:00 – 11:30 am**

Cost: FREE, and please register in advance

Scammers would love a seat at your holiday table. Join us online or over the phone to learn about the scams and frauds that pop up this time of year, whether they're coming our way by phone, email, popup, or mail, or even at the door. Learn about the latest call-blocking features that our landline and cellphone companies now provide to reduce the number of scam calls. We will also talk about identity theft and how to keep your personal information and money safe in this technological age. **Presented by the Community Protection Division of the Boulder County District Attorney's Office.**

## Rights and Resources for Older Adults

Registration #484557.1Z

**Date: Friday, November 6**

**Time: 9:00 – 10:30 am**

Cost: FREE, and please register in advance

Join Boulder County Elder Rights Coordinator, Erica Corson, and Longmont Senior Services Manager, **Michele Waite**, in a virtual presentation about the rights of and resources available for older adults. Information about assessing capability, understanding the importance of knowing and using your connections, and both the opportunities and responsibilities of various community resources will be presented and discussed. Learn how you can use and strengthen your connections and resources to protect yourself from being taken advantage of or in the event your health may change.

## Reverse Mortgages

Registration #484517.1Z

**Date: Tuesday, November 10**

**Time: 2:00-3:30 pm**

Cost: FREE, and please register in advance

This virtual workshop is presented by HUD-approved reverse mortgage counselors from the **Boulder County Personal Finance Program**. We will present objective information on how a reverse mortgage works and its advantages and drawbacks so you can make an informed decision about whether it is right for you.

## Need Help with Your Heating Costs?

Registration #484504.20

**Date: Thursday, November 12**

**Time: 10:00 – 11:30 am**

Cost: FREE, and please register in advance

Is your heating bill out of control? It might be time for you to find out if you are eligible for LEAP (Low-income Energy Assistance Program). Staff will be available to assist with completing LEAP applications. Ask the front desk for a list of items you need to bring to the presentation in order to complete the paperwork.



GENERAL INTEREST

## 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 11 in the Computers and Technology section for more information.

## MOBILITY FOR ALL TECHNOLOGY WORKSHOP SERIES

*Presented virtually*

Transportation Credits: Workshop attendees will receive 10 RTD Mobile Passes, \$50 Uber Voucher, or \$50 Lyft Credits to practice using their new skills.

### Week 1: Your Mobility and Google Maps

Registration #484201.1Z

**Date: Monday, September 14, 2020**

**Time: 10:00 – 11:30am**

Cost: Free, and register in advance

Get directions, see transportation options, and search for sites near you all with the Google Maps app! In this workshop, you will get an overview of smartphone applications that exist and demonstrations on how people use the applications. You'll learn how to download and use Google Maps to get directions using your preferred transportation method, be it foot, car, bicycle, public transportation, or ridesharing service. Please bring your smartphone and your Apple ID or Google Play Store password so that you can download the app.

### Week 2: Accessing RTD Using Smartphone Apps

Registration #484201.2Z

**Date: Monday, September 28, 2020**

**Time: 10:00 – 11:30am**

Cost: Free, and register in advance

Buy your tickets on the go! This hands-on workshop will help you to download and use RTD's convenient mobile ticketing app to purchase bus and transit tickets while you're on the go. You'll learn how to download and use the Transit app, which presents your city's available bus options in one convenient place. Please bring your smartphone and your Apple ID or Google Play Store password so that you can download the app.

### Week 3: Using Lyft

Registration #484201.3Z

**Date: Monday, October 19, 2020**

**Time: 10:00 – 11:30am**

Cost: Free, and register in advance

Learn to use one of the most popular ride sharing apps! Lyft finds available drivers near you and even lets you know if there are scooter-sharing options nearby! During this hands-on workshop, you'll learn to download the app, book a ride, pay with your credit card through the app, and understand important ride-sharing safety tips. Please bring your smartphone and your Apple ID or Google Play Store password so that you can download the app.

### Week 4: Using Uber

Registration #484201.4Z

**Date: Monday, November 2, 2020**

**Time: 10:00 – 11:30am**

Cost: Free, and register in advance

During this hands-on workshop, you'll learn how to download and use the popular ride-sharing app, Uber. Uber finds available drivers near you and even lets you know if there are bike or scooter-sharing options nearby! In addition to learning to book a ride and to pay with your credit card through the app, you'll also learn important ride-sharing safety tips. Please bring your smartphone and your Apple ID or Google Play Store password so that you can download the app.

## Housing Information Session for Older Adults

*On hold at the moment, but please call the front desk for an appointment with our resource specialists.*

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.



GENERAL INTEREST

## FRIDAY CONVERSATION SERIES:

Join us every other **Friday** through November for intriguing conversations via Zoom on a variety of topics.  
Cost: Free and please register in advance to receive the Zoom link.

### **Megan Quitter – Greatest Travel Story**

Registration #484265.2Z

**Date: Friday, September 25, 2020**

**Time: 10:00 - 11:00am**

Megan has traveled to Peru, Honduras, Belize, New Zealand, and Australia. Hear a bit about her adventures and share some of yours!

### **Larry Holtgrewe – Bob Dylan's Music and Influence**

Registration #484265.3Z

**Date: Friday, October 9, 2020**

**Time: 10:00 – 11:00am**

Join Larry in talking about one of his favorite artists and why – we encourage you to share some of your own stories or memories, too.

### **Brandy Queen – Death Café**

Registration #484265.4Z

**Date: Friday, October 23, 2020**

**Time: 10:00 – 11:00am**

Let's talk about death! Join Brandy at Death Café, a salon for those who wish to engage in thoughtful, respectful, and sometimes provocative conversation about death.

### **Veronica Garcia – Epoca de Oro Cinema in Spanish translation**

Registration #484265.5Z

**Date: Friday, November 6, 2020**

**Time: 10:00 – 11:00am**

Join Veronica for a (Spanish) conversation about the golden age of Spanish cinema – in the 1940s and 50s.

### **Theresa Schulte – "T" Time**

Registration #484265.6Z

**Date: Friday, November 20, 2020**

**Time: 10:00 – 11:00am**

Theresa shares one of her favorite scuba dive adventures. Please come with stories of your own to share!



GENERAL INTEREST

**Longmont Senior Services staff are  
responding to emails and phone calls**



**Monday through Friday, 8 a.m. to 5 p.m.**

**Email:** [senior@longmontcolorado.gov](mailto:senior@longmontcolorado.gov)

**Phone:** 303-651-8411



Sign up for the weekly email updates by visiting [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services) or emailing [Deanne.Kear@longmontcolorado.gov](mailto:Deanne.Kear@longmontcolorado.gov).

Senior Services is developing additional virtual programs and will be offering ways to receive computer and technology assistance from our Senior Computer Tech Center volunteers. Sign up for the biweekly email newsletter to keep up to date on what is happening. Resource and counseling staff are providing assistance via the telephone. Please call the main number if you need assistance.

**For more information on Longmont's COVID-19 closure page**

<https://www.longmontcolorado.gov/departments/departments-n-z/public-information/coronavirus-disease-2019-information/how-to-access-city-services-during-facility-closures-due-to-covid19>

**Need an activity at home? Check out Restorative Yoga from Longmont Senior Services!**

For further updates, visit the City of Longmont COVID-19 webpage or the city's Facebook page.

Explore Colorado through the fascinating lectures brought to you by the History Colorado Center in Denver. Feel free to explore the other online/digital options History CO has to offer:  
<http://exhibits.historycolorado.org> | <https://www.historycolorado.org>



## Voces en Arte (Voices in Art)

Registration #484300.1Z

**Date: Wednesday, September 16**

**Time: 6:00-7:00pm**

Cost: FREE, please register in advance with our front desk.



Native, Mexicano, and Chicano art in the state of Colorado. This program coincides with the museums latest exhibit, Hecho en Colorado.

**Featured artists: Karma Leigh & Arlette Lucero**  
 Moderated by exhibit curator and Latino Cultural Arts Center founder Adrianna Abarca. This series generously sponsored by AARP.

This program will be conducted via Zoom, and consist of conversation between the two artists and the curator, with a 10-15 minute Q&A session at the end. A Spanish interpreter will be available on Zoom as well.

History Colorado is thrilled to bring together well-established and new-to-the-scene artists in conversation about the importance of

## Bold Women. Change History.

**Lisa Kathleen Graddy**

Registration #484300.2Z

**Date: Wednesday, September 23**

**Time: 6:00 - 7:00pm**

Cost: FREE, and please register in advance

How have American women built--and have been built by---our two-party political system? And what happens when women wield political power? Smithsonian Institute Historian and archivist **Lisa Kathleen Graddy** charts the birth of American suffrage to the heady days of women running for president.

## THIS IS WHAT DEMOCRACY LOOKS LIKE SPEAKER SERIES:

### Astra Taylor: So, Just What Is a Democracy Anyway?

Registration #484301.1Z

**Date: Tuesday, September 15**

**Time: 7:00-8:00pm**

Cost: FREE, and please register in advance

**Astra Taylor**, an acclaimed essayist (The New York Times, The New Yorker, The Nation) and filmmaker (Zizek!, Examined Life, What Is Democracy?), discusses our hopes for a democratic future in our unsettled present.

comes together in Lin Manuel Miranda's Broadway blockbuster. Dr. Richard Bell is Associate Professor of History at the University of Maryland. He is a fellow of the Royal Historical Society and holds a PhD from Harvard University.

### Juston Cooper: Justice & Democracy

Registration #484301.3Z

**Date: Thursday, November 19**

**Time: 1:00-2:00pm & 7:00-8:00pm**

Cost: FREE, and please register in advance

### Richard Bell: Hamilton, the Founders, and Democracy

Registration #484301.2Z

**Date: Thursday, October 1**

**Time: 1:00-2:00pm & 7:00-8:00pm**

Cost: FREE, and please register in advance

Not only is it everyone's favorite musical, Hamilton says plenty about how we think—and how \*we think\* the Founders thought—about democracy. University of Maryland historian **Richard Bell** reads between the lines and tells us how it all

**Juston Cooper**, deputy director of the Colorado Criminal Justice Reform Coalition, talks about what democracy actually means once you've been incarcerated. A Denver native, Cooper received his Bachelor's degree from Metropolitan State University and holds a Master's in Public Administration from the University of Colorado at Denver. Having been directly impacted by the criminal legal system himself, Cooper believes it's essential to understand the systemic issues and barriers that contribute to oppressing communities in order to truly promote public health and safety.

## Impeachment of Andrew Johnson

Registration #484354.1Z

**Date: Wednesday, September 2**

**Time: 1:00-2:30pm**

Cost: FREE, and please register in advance

After Lincoln's assassination, the southern Democrat Johnson had a difficult time working with the Congress, filled with radical Republicans, and with Lincoln's cabinet. Consequently, the Congress tried to throw him out of office, via impeachment. **Presenter: Paul Flanders.** Participants can join online or over the phone.

## Westward in the Age of Rail

Registration #484355.1Z

**Date: Monday, September 14**

**Time: 1:00-2:30pm**

Cost: FREE, and please register in advance



Westward expansion in the 1870's took on a decidedly Ironhorse look. Adventure, health, fortune, and farmland were only a few of the reasons people ventured west to Colorado by rail. Join **Elizabeth Nosek** of iCurate4u to explore what it took to come west in the age of rail. Participants can join online or over the phone.

## The Calendar and Time: What Time is it, What Day is it, What Month is it?



Registration #484356.1Z

**Date: Wednesday, September 16**

**Time: 1:00-2:30pm**

Cost: FREE, and please register in advance

From the earliest recorded date (4236 B.C.), people have tried to organize their lives according to the movements of the sun, moon and stars—and have, for the most part consistently gotten it wrong. This presentation takes the listener on an extraordinary journey through man's reckoning of time, ranging from one of the earliest calendars (a series of markings gouged into an eagle bone 13,000 years ago) to the atomic clocks of today, which measure time too well for an ever slowing earth. The adventure spans the world from Stonehenge to astronomically aligned pyramids of Giza, from Mayan observations at Chichen Itza to the atomic clock in Washington, the world's official

## Artificial Intelligence

Registration #484357.1Z

**Date: Wednesday, September 23**

**Time: 1:00-2:30pm**

Cost: FREE, and please register in advance

Join **Active Minds** for an overview of the development of Artificial Intelligence, computer systems capable of performing tasks typically done by a human brain, such as optical recognition, complex decision-making, voice recognition, learning, language translation, and more. We will review the evolution of this field as well as current and future applications and issues. Participants can join online or over the phone.

## 18th & 19th Century Immigration

Registration #484358.1Z

**Date: Wednesday, October 7**

**Time: 1:00-2:30pm**

Cost: FREE, and please register in advance



On a plaque on the Statue of Liberty invites "the poor and wretched" to come to America, but in fact, did most Americans at the time the statue was erected disagree with one of our most treasured symbol of freedom? **Presenter: Paul Flanders.** Participants can join online or over the phone.

## Kitchen Gadgets

Registration #484359.1Z

**Date: Monday, October 12**

**Time: 1:00-2:30pm**

Cost: FREE, and please register in advance

Gadgets have been fascinating humans since the beginning of time and kitchens seem to have a special place for these imaginative doohickies that make our lives easier. Join Elizabeth Nosek of iCurate4u as we explore toasters to waffle irons, spoons to egg beaters and mix masters, and more. Human ingenuity truly knows no bounds! Participants can join online or over the phone.

timekeeper since the 1960's. We visit cultures from Vedic India and Cleopatra's Egypt to Byzantium and the Elizabethan court; and meet an impressive cast of historic personages from Julius Caesar to Charlemagne, and giants of science such as Galileo and Copernicus. Our present calendar system predates the invention of the telescope, the mechanical clock, and the concept of zero—and its development is one of the great untold stories of science and history. **Presenter: Robert Meroney.** Participants can join online or over the phone.





## Gravestones, Tombs, Urns, & Caskets

Registration #484360.1Z

**Date: Wednesday, October 14**

**Time: 1:00-2:30pm**

Cost: FREE, and please register in advance

Gravestones exist to document the life statistics and passing of an individual. Sometimes they are an opportunity for a memorial or prayer. But frequently they are the last opportunity for a person to make a personal statement, complaint, or remark that denotes their unique character and personal life interpretation. This presentation looks at some of the strange, thoughtful and often humorous final last words of our predecessors. The headstones chosen range from the rich and famous to the dark and infamous personalities. Twenty five individuals are featured, but there are also a list of great epitaphs, and photos of creative caskets, unusual urns and strange grave markers.

**Presenter: Robert Meroney.** Participants can join online or over the phone.



## Ballot Issues

Registration #484361.1Z

**Date: Wednesday, October 21**

**Time: 1:00-2:30pm**

Cost: FREE, and please register in advance

Join **Active Minds** for an objective review of the current issues on the Colorado ballot this fall. We will review each proposal, presenting the arguments on both sides. We will also review the referendum and initiative process in Colorado, including its history, pros and cons, and significant legislation that has resulted from this process in the past. Participants can join online or over the phone.

## Jeffersonian Democracy

Registration #484362.1Z

**Date: Wednesday, November 4**

**Time: 1:00-2:30pm**

Cost: FREE, and please register in advance

Thomas Jefferson called his election, "the Revolution of 1800," because the United States changed its government leaders from Federalists to Republicans. In this talk, **Paul Flanders** will explore what Jefferson envisioned as the ideal form of government, and what he did to try to enact it. Participants can join online or over the phone.

## Thanksgiving: Fact or Fiction

Registration #484363.1Z

**Date: Monday,**

**November 9**

**Time: 1:00-2:30pm**

Cost: FREE, and please register in advance



Explore this uniquely American holiday immortalized in art, school reenactments, and Hallmark. Join **Elizabeth Nosek** of iCurate4u as we examine the foods, footballs, parades, and other traditions of this special American holiday. Participants can join online or over the phone.

## Charlie Brown Theology

Registration #484364.1Z

**Date: Wednesday, November 18, 2020**

**Time: 1:00-2:30pm**

Cost: FREE, and please register in advance

The cartoonist Charles Schulz said "...if you do not say anything in a cartoon, you might as well not draw it at all. Humor, which does not say anything, is worthless humor. So I contend that a cartoonist must be given a chance to do his own preaching." (1963). Just like your own family and relatives, each Peanuts character brings a special humor and insight to life. This presentation draws together those strips which reflect on the best things you can do for yourself and others, the most important questions, the best way to help the world, and what are difficult concepts in the Bible. It speaks to God's mercy and love, God's protective arms, how to respond to wrong doing, the meaning of Xmas, and who take away sins. Participants can join online or over the phone. **Presenter: Robert Meroney**

## History of Spices

Registration #484365.1Z

**Date: Wednesday,**

**November 25**

**Time: 1:00-2:30pm**

Cost: FREE, and please register in advance



From the bland diets of Europeans in the early 16th century to the myriad of culinary flavors available today, spices have had a huge impact on the world. Join **Active Minds** as we trace the rise of spices from colonialism and the spice trade to the hundreds of varieties that are commonly stocked in nearby supermarkets. Participants can join online or over the phone.

## Universal or Cosmic Laws

Registration #484470.1Z

**Date: Tuesdays, September 1, 8, 15, 22**

**Time: 10:00-11:30am**

Cost: Free, and please register in advance

What is the meaning of LAW? When we say Universal or Cosmic, does that mean something more than the laws that govern our states and countries or they all the same? By what 'rights' do people govern others and who provides them those rights? We have already spoken about the idea for free will. Do we lay claim to that proposition or do laws stand in our way? Let's have some fun and discuss how far we can go to understand cosmic laws where they originate and how overshadowing they are in our individual lives. Participants can join online or over the phone.

**Presenter: Bobbi Nesheim, Ph.D., MFT**

## Reality!

Registration #484470.2Z

**Date: Tuesdays, October 6, 13, 20, 27**

**Time: 10:00-11:30am**

Cost: Free, and please register in advance

What is real? What makes it real – or unreal? What concepts are acceptable and profitable for us to use in accepting 'real' things or ideas? If things are real for some people, how is it they are unreal for others?

What measurement do we use in determining the 'realness' of reality? Is reality a concept, a principle, a program or a thought process? We are told that our individual realities may differ – one from another or class from another class or experience from another's experience. Is that a fact or simply a way to keep us guessing? Join in this lively discussion and discover your 'truth'. Participants can join online or over the phone.

**Presenter: Bobbi Nesheim, Ph.D., MFT**

## What Are 'Group Dynamics'?

Registration #484470.3Z

**Date: Tuesdays, November 3, 10, 17, 24**

**Time: 10:00-11:30am**

Cost: Free, and please register in advance

We are currently dealing with a world pandemic, anger and fighting across towns, states, and countries.

From around the world we see fighting, anger, worry, inequality, despair, as well as sacrifice, honor, blessings and hope. How do we learn what to do in situations that seem unreal and frightening? When does logic, clear thinking, and problem solving return to bring back normality? What is normal? How does the 'group mind' begin to sort out issues and plan way to resolve the problems? We long for creative ideas, well formulated alternatives, strong leadership, and many volunteers to shoulder responsibility and lead the way. Can we do that through group dynamics? How? Join in the discussion and help us find solutions. Participants can join online or over the phone.

**Presenter: Bobbi Nesheim, Ph.D., MFT**



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

## "Make a Point" Writing Salon

**Monday, September 14** Registration #484137.1Z  
**Monday, October 12** Registration #484137.2Z  
**Monday, November 9** Registration #484137.3Z  
**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](http://longmontcolorado.gov/ownit).



**\*\*\*Debbie will be teaching classes online with Zoom. She will help you get to her online class with easy steps.**

## New! A Place to Write

**Wednesday, September 2** Registration #484472.1Z  
**Wednesday, October 7** Registration #484472.2Z  
**Wednesday, November 4** Registration #484472.3Z  
**Time: 10:00 - 11:30 am**

Cost: Free, and please register in advance

### \*Meeting on Zoom\*

Writers old and new wanted. You are a natural storyteller, poet, and author of your life. Come to class ready to exaggerate, be silly or tell the truth. Bring your favorite object, souvenir, recipe, war medal, or photo, etc. Let's have fun. Connect with others through your writing and sharing in class. No experience necessary. Nothing you will write is wrong.

**Mary McFerren Stobie**, facilitator, is a rodeo buckle winning author of the memoir *You Fall Off, You Get Back On*. She is a syndicated columnist for Colorado Community Media, Senior Wire News Service and a YouTube storyteller. [www.marystobie.com](http://www.marystobie.com)

## Morning Chats – Philosophy Buffet with Grey Havens

Connect with others and expand your mind by joining Grey Havens Philosophy for fascinating conversations online every other week via Zoom. This is the perfect chance for you to talk deeply about things that matter to you and your community. Feel free to bring a question, issue, or idea to discuss related to the main topic of the week (see below). We will discuss as many as we can in the time allotted. If no one brings a topic, we can choose from our own buffet of philosophical questions! These discussions are part of the **Grey Havens Philosophy 2020-2021 Ethics Initiative** and are facilitated by **Kelly Cowling** and **Robyn Bosica**. All generations welcome, invite your kids and grandkids!

**Dates: Ever Other Friday**  
**(September 4 – November 13)**

**Time: 11:00 am – 12:00 pm**

Cost: Free, and please register in advance

We chose our umbrella topics to correspond with the Branches of Philosophy, and all the branches relate to one another, so don't be surprised if we end up talking about two weeks at once. You never know what might come up!

## Philosophy Buffet



Registration #484450.1Z

**Date: September 4 – Beauty**

Registration #484450.2Z

**September 18 – Truth**

Registration #484450.3Z

**October 2 - Knowledge**

Registration #484450.4Z

**October 16 - Power**

Registration #484450.5Z

**October 30 - Ethics**

Registration #484450.6Z

**November 13 – Metaphysics**

## German Language Conversation Group

See page 8 for details regarding this opportunity to meet with others and strengthen your language skills.



## BIFF FILMS



### BOULDER INTERNATIONAL FILM FESTIVAL

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. We are excited to be able to offer these 2 ONLINE opportunities! Prior to the showing you will receive an email with the necessary link for the Short Films (which will include the required password). The link/virtual option will expire at midnight the evening of the showing.

Please call **Larry Holtgrewe** at (303)774-3533, or email [Larry.Holtgrewe@longmontcolorado.gov](mailto:Larry.Holtgrewe@longmontcolorado.gov) with any questions pertaining to this unique BIFF Films opportunity.

**Time:** begins from the time the link is sent until midnight on the date of the showing

**Cost:** Free, and please register in advance.  
Call the Longmont Senior Center at 303-651-8411

### Return To Mount Kennedy

Registration #484405.9Z

**Date: Tuesday, September 8**

*"Solid rock fist up! A Gonzo-esque documentary with a grunge anthem in its heart."*  
–Seattle International Film Festival

In 1965, Jim Whittaker, the first American to summit Mt. Everest, invited Senator Robert Kennedy to the highly publicized first ascent of a remote mountain in the Yukon named after the late president, JFK. Jim and RFK became great friends, and Jim gave the eulogy at Bobby Kennedy's funeral. Fifty years later, the sons of the original climbing team - Bob Whittaker, the former hard-partying road manager of Mud Honey and R.E.M, and Chris Kennedy, son of Bobby - embark on an expedition to climb the mountain for the 50th anniversary of the famous original climb. Though admittedly, they are not in great shape. Featuring interviews with, and wild instrumentals by Eddie Vedder, and never-before-seen footage of Robert Kennedy, this climbing film really rocks!

*Directed by Eric Becker; USA,  
Feature Documentary, 2018, 80 min*

### BIFF Shorts Program 1, 2020

Registration #484405.11

**Date: Tuesday, November 10**

Numerous shorts from BIFF 2020 have been compiled into one evening's showing. Many of these shorts will go on to win awards and propel their makers to even greater projects. These shorts represent very different parts of the world; some are funny, some are sad, all are incredibly well done. You won't want to miss these crowd favorites.

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



## Becas para uso en el Senior Center

A través de Los Amigos del Longmont Senior Center, hay fondos reservados para ayudar a las personas de bajos ingresos a participar en varias actividades organizadas por Senior Center. Un individuo puede usar hasta \$150 por año para actividades y se ofrece \$150 específicamente para programas de ejercicios ofrecidos por el Senior Center. Comuníquese con Monica a 303-774-4452 para más información sobre becas.

**Para los siguientes grupos no se requiere registración puede venir a conocer y reunirse con personas de intereses similares.**

## 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.

## Grupo de Apoyo

**Fecha:** El primer jueves de cada mes  
**Tiempo:** 10:00 – 11:30 am  
**Costo:** GRATIS  
**Registración:** 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 sus 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.

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

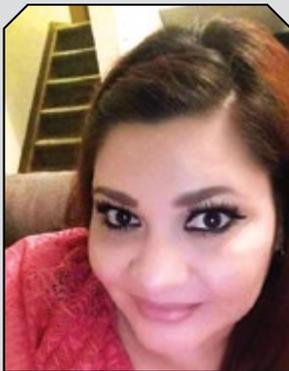
## Grupo de Apoyo Mutuo

**Fecha:** El primer lunes de cada mes  
**Tiempo:** 6:00 – 7:30 pm  
**Costo:** GRATIS  
**Registración:** no es necesario por favor regístrese con Monica a 303-651-8411

**¡Regístrate para recibir correos electrónicos cada mes!**



Nunca más se pierde una clase o un evento especial y le avisamos cuando hay una nueva revista del GO. Regístrese con Monica.



Le damos la bienvenida a **Melissa Losino** a nuestro equipo de Especialista de Recursos para Personas adultas. Ella se une de Amy y Veronica que proveen servicios para adultos mayores y las personas que cuidan de ellos. Ella va promover en la comunidad los servicios y programas que ofrecemos.

**Los siguientes programas, clases y eventos requieren registración y traen un número de registro asignado y deben de registran antes de tiempo con Monica en la recepción.**

## Pan, Café, y la Muerte

**viernes, 11 de septiembre**

**viernes, 9 de octubre**

**viernes, 6 de noviembre**

**Tiempo: 10:00 – 11:30 am**

Costo: GRATIS, y por favor regístrese con Monica

¡Hablemos de la muerte! Únase con nosotros en el Café de la Muerte, una reunión para aquellos que desean ser parte de una conversación reflexiva, respetuosa y, a veces provocativa, sobre la muerte. Nuestro objetivo es aumentar la conciencia de la muerte mientras ayudamos a las personas a sacar el máximo provecho de sus vidas finitas. Este no es un grupo de apoyo en el duelo. La discusión será confidencial. Se ofrecerá café y pan.

## Voces en Arte

**Fecha: miércoles, 16 de septiembre**

**Tiempo: 6:00 – 7:00 pm**

Costo: GRATIS, y por favor regístrese por llamando Monica a 303-651-8411 o a [https://docs.google.com/forms/d/e/1FAIpQLSfsi0uRVW9fXSTZDgwBH1\\_BKPyvQuwOV3JXZHvz9r40\\_Frz5A/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfsi0uRVW9fXSTZDgwBH1_BKPyvQuwOV3JXZHvz9r40_Frz5A/viewform)

Acómpañenos en Zoom para Voces en Arte, una nueva serie de charlas por artistas, que coincide con Hecho en Colorado, nuestra más reciente exposición. History Colorado se complace en reunir tanto a artistas ya establecidos como a artistas nuevos en la escena, a fin de analizar la importancia del arte indígena, mexicano y chicano en el estado de Colorado. Generosamente auspiciada por AARP, este serie de siete partes será moderada por curadora Adrianna Abarca, fundadora del Latino Cultural Arts Center.

## ¡Haga su Chequeo Contra Caídas!

**Fecha: martes, 22 de septiembre**

**Tiempo: 1:00 – 2:00 pm**

Costo: GRATIS, y por favor regístrese con Monica

COVID-19 ha cambiado muchas cosas, pero hay algo que sigue igual: Las caídas NO son una parte normal del envejecimiento. Acompaña a BCAA (la Agencia de Programas y Servicios para Adultos Mayores del Condado de Boulder) para aprender más sobre los recursos locales el 22 de septiembre a la 1pm en un esfuerzo nacional para prevenir las caídas. Utilice el Chequeo #ContraCaídas (Falls Free CheckUp), la herramientas del Consejo Nacional del Envejecimiento, que ofrece una mirada personalizada sobre los factores de riesgo de las personas y explica cómo abordarlos. Luego corra la voz entre sus amigos y familiares ¡Es una buena manera de acercarse a los demás y demostrar que le importa!

## La Función de la Vejiga

**Fecha: miércoles, 30 de septiembre**

**Tiempo: 9:00 – 10:00 am**

Costo: GRATIS, y por favor regístrese con Monica

Vamos a hablar de cómo mantener la función de la vejiga y sobre la retención. Vamos a hablar sobre cómo mantener la salud de nuestra vejiga a según envejecemos. Presentado por Marisol Zavala Sardina, RN, BSN.

## Testamentos y Poderes

**Fecha: miércoles, 14 de octubre**

**Tiempo: 2:00 – 3:30 pm**

Costo: GRATIS, y por favor regístrese con Monica  
Hablamos sobre que es un testamento, en que debes pensar cuando estas creando su testamento, y el proceso de planificación. Hablamos sobre los diferencias entre un testamento y fideicomiso, y situaciones cuando necesitas mas que un testamento. También, hablamos sobre los poderes y quien debe ser su agente si necesitas ayuda con decisiones de finanza o medico. John Estes es un abogado en Longmont, donde ha practicado desde 2014. Su práctica se centra en la planificación patrimonial y los procedimientos de protección.

## ¿Necesita Ayuda con su Calefacción?

**Fecha: viernes, 13 de noviembre**

**Tiempo: 10:00 – 11:30 am**

Costo: GRATIS, y por favor regístrese con Monica

Su cuenta de la calefacción esta fuera de control? Es hora que descubra si es elegible para LEAP. Habrá empleados que le ayudaran a completar la aplicación. Pídale a Monica una lista de artículos que necesitara traer para terminar el formulario del programa antes de la presentación.

## Lo Básico: La Pérdida de Memoria, La Demencia, y La Enfermedad de Alzheimer

**Fecha: 12 de noviembre**

**Tiempo: 10:00 am**

Costo: GRATIS, y por favor regístrese con Monica

Los síntomas del Alzheimer generalmente se confunden con ser una parte normal del envejecimiento. Si usted nota síntomas de pérdida de memoria o cambios de comportamientos en usted o en otros, es conveniente aprender acerca de la Demencia y el Alzheimer. La detección temprana le da a usted una oportunidad de empezar un tratamiento temprano y planear para el futuro de forma que se tomen en cuenta sus deseos acerca de su cuidado. Participe en esta clase para que aprenda más acerca de los síntomas del Alzheimer y otras demencias y cuáles son los pasos a seguir si usted o un ser querido recibe un diagnóstico de Alzheimer.

## Inscripción Abierta de Medicare

No habrá citas en persona para el Período Anual de Inscripción Abierta de Medicare, del 15 de Octubre hasta el 7 de Diciembre de 2020. A partir del 15 de Septiembre, los beneficiarios deben comenzar a llamar a Karen Herrera al 303-678-6113 o enviar un correo electrónico a [kherrera@bouldercounty.org](mailto:kherrera@bouldercounty.org) y solicitar una cita para revisar su programa de Medicare para la PARTE D o del Plan de ventaja. Las citas comenzarán el 20 de Octubre por teléfono, video llamadas o correo electrónico. Las citas se realizarán hasta el 3 de Diciembre durante el horario comercial normal y excluyendo los días festivos del Condado de Boulder. Sólo en circunstancias extremas, y muy limitas se pueden considerar citas en persona en el condado de Boulder.



Para más información sobre recursos para Adultos Mayores en la Internet, vea la pagina de red [www.BoulderCountyAyuda.org](http://www.BoulderCountyAyuda.org) o teléfono 303-441-1617, (marque 2 por español).

### **Meals on Wheels (un programa de alimentos)**

Ofrece un almuerzo caliente y nutritivo preparado de lunes a viernes por un Chef. Por lo pronto las comidas se están entregando en casa solamente. El costo es determinado por una escala a base de los ingresos mensuales del participante. Si gusta más información sobre este programa comuníquese con Monica al 303-774-4452.



### **¡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 [bouldercountydoubling.org](http://bouldercountydoubling.org) o llame al 303-441-1330.

### **¡Conéctate con Cultivate!**

El programa Carry-Out Caravan de Cultivate conecta a los miembros de la comunidad con personas mayores de 60 años de edad o más que tienen dificultades para obtener acceso fiable a los comestibles. En Longmont, los pedidos se toman los lunes y los voluntarios compran los comestibles en el supermercado King Soopers ubicado en 17th Avenue y Pace, y los llevan los martes a las casas de los clientes. Este es un servicio gratuito, pero se requiere una tarjeta de crédito o de débito del cliente para pagar por las compras. Se ofrecen también otros recursos para más información llame a **Ruby Zavala a 303-443-1933.**

### **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 a **Karen a 303-678-6113.**

### **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 Comité es localizado en 455 Kimbark St., Longmont.

### **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

### **Voluntarios Bi-lingual**

¡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 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 ayudarlo. Por favor, especifique su necesidad y escríbalo en su formulario de inscripción en el momento de registrarse para cada actividad o viaje para el 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 registran antes de tiempo.**

- 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](http://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





# HEALTH & WELLNESS SERVICES PROVIDED BY AgeWell



Office Hours: Tuesday: 9:30 am – 12:30 pm  
 Wednesday & Thursday: 9:00 am - Noon & 1:00 - 4:00 pm  
 Closed: Friday  
 Telephone: 303-651-5080  
 Location: Longmont Senior Center, 910 Longs Peak Ave.

## 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.

## 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.

Free

MEDICAL EQUIPMENT

Several local organizations manage loan closets that include walkers, canes, wheelchairs and other medical equipment. See page 48 for loan closet contact information.

## FALLS PREVENTION WEEK: SEPTEMBER 21 - 25



September 21 – 25 is Falls Prevention Week and while things may differ this year, we still will be offering a variety of opportunities to learn how Boulder County residents can reduce their risk of falling. You'll be able to follow along with step-by-step instructions for getting down and up from the floor in both English and Spanish, participate in a virtual Tai Chi class, attend a virtual lecture on Hearing Loss and Balance, watch a demo of home safety and assistive devices and much more. The full schedule of events will be available after Labor Day at: [www.bouldercountyfallsprevention.org](http://www.bouldercountyfallsprevention.org)

## Flu Season is coming to our town this fall. Are you ready?

But wait...We also have COVID-19 to contend with. What do we do? How do you know if it is the flu or COVID-19? Should we still take the flu shot? Will the flu shot give us protection from COVID-19? Will the flu shot make us more susceptible to COVID-19? Both the flu and COVID-19 are a respiratory disease. Both are a virus. Both can have limited spread using face masks and hand washing.



Protect yourself. The CDC is recommending that everyone receives a flu shot. There are a couple main reasons. First, when you receive a flu shot you decrease your risk of getting the flu or, should you do get it, you have a better chance for less severe symptoms. Second, is to reduce the burden on the health care system with flu related admissions. Another potential benefit is that, by reducing the number flu cases, there will be fewer people that present with symptoms that might be confused with COVID-19. My recommendation is that you work with your doctor for what is best for your health and wellbeing AND wash your hands and face, wear your mask when you need to be closer than 6 feet to someone, get adequate sleep, eat nutritious food and stay hydrated.

Watch the weekly Senior Center emails for more information on this exciting subject by your Age Well Nurse, Renita Henson, RN BSN.



This LOGO denotes programs from our onsite partner, Longmont United Hospital Call 303-651-8411 to register; 303-651-5080 for further information.

AgeWell  
Longmont United Hospital  
Centura Health.



## + Meditation

Due to the Health and Wellness considerations involved around COVID – 19 and the upcoming Flu season, Swamiji has made the difficult decision to wait a little longer before having Meditation sessions. Please continue to practice your own Meditation.

## + Advance Directives

Registration #485018.09 **Thursday September 10**  
 Registration #485018.10 **Thursday October 8**  
 Registration #485018.11 **Thursday November 12**  
 Time: 9:30-11:00 am  
 Cost: Free and please register in advance

Please Note: These are separate classes, not a series. Class will be online and via phone. If we can open our building and make any programs happen in-person, we will notify everyone registered for those programs.

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 **Renita Henson, RN BSN**, AgeWell Program Coordinator.

## + Planting and Harvesting With Seeds of Story

Registration #485128.1Z  
**Date: Friday, November 6**  
**Time: 2:00-3:30 pm**  
 Cost: Free and please register in advance

Autumn is a time for stories that celebrate the harvest. From seeds come young growth, then blossoms, then fruit. Stories can provide the seeds, scattered by storytellers and sown with engaging plots surrounding rich characters and insightful messages. Professional Storyteller, **Kathy Santopietro** will take us to fields, farms and gardens to gather and glean the spirit of the earth's gifts of the season.

## + Endocrinology Updates and Impact on Potential Falls

Registration #485087.1Z  
**Date: Thursday, September 24**  
**Time: 9:00-10:30 am**  
 Cost: Free and please register in advance

There is a new endocrinologist in town. Dr. Gillian Ditton, MD works with Longmont United Hospital through Boulder Medical Center. With attention on fall prevention, you will receive tips on how to reduce the risk of falls when living with endocrine disorders. What are endocrine disorders? Glad you asked. The endocrine system includes several of our organs (pancreas, thyroid, etc.) but it impacts most of our systems. During this class you will receive updates on Dr. Ditton's specialty areas: diabetes, thyroid disorders, osteoporosis and more. Please come and welcome Dr. Ditton while learning another way to prevent potential falls and stay safe and well.

## + Dentures, Implants, Crowns? What is Right for Me?

Registration #485088.1Z  
**Date: Thursday, October 22**  
**Time: 9:30-11:00 am**  
 Cost: Free and please register in advance

Please join **Dr. Matt Kovach, DMD** from Mertz Family Dentistry in this informative discussion online about the various types of dentistry services available in our area including dentures, implants, crowns, bridges and more! Come and learn which options are the best match for your specific health and dental needs. Please note this class was brought to us through cooperation with the Sunshine Club.



## **+ Diabetes is a Word Not a Sentence**

Registration #485090.1Z

**Date: Monday November 9**

**Time: 9:30-11:00 am**

Cost: Free and please register in advance

“Diabetes” is a very scary thing to hear. There are so many things to know and remember! How can you possibly manage it and still have time to live your life? What can you do to support those around you that are managing their lazy Pancreas? **Rodney Diffendaffer, RPh** from Flatirons Family Pharmacy and Gifts is going to talk with you about what Diabetes is, ways to prevent Diabetes in the first place. The good and the bad of food, what and how of exercise, and monitoring your sugars will be discussed. Rodney will also explain the things to watch for and what to do when you see them. Should we be together this day you may receive a free finger stick blood sugar test. Join us online or over the phone to learn about this scary disease that can be managed well.

## **+ Skin Cancer Screening**

**Date: Tuesday October 6 and Wednesday October 7**

**Time: 1:00 – 5:00 pm**

Cost: Free and must register in advance

**Dr. Maura Caufield and Dr. Sarah Bair** have both agreed that even though COVID – 19 is around us, it is still very important to have a Dermatology skin assessment. The Screening will be a short assessment. Screening events are not designed to be a full comprehensive head to toe assessment; however, both doctors will look very closely for any spots that look out of the ordinary. If you have not had a skin check this year, please register and come on over.

The clinic will be held at the Community Wellness Center at 1380 Tulip Street. Appointments will be taken by the Senior Center registration desk at 303-651-8411. We are not able to do scheduling online this year.

We will do everything in our power to protect you as well as the doctors and nurse. That includes asking you to wear a mask and wash your hands. Thank you for helping yourself and others stay well. Thank you for taking time to be sure your skin – your largest organ – is healthy.

## **+ NURSING YOUR HEALTH SERIES**

Our AgeWell nurses and Community Nurse Navigators, **Renita Henson, RN, BSN, NRPC, CCCTM** and **Marisol Zavala, RN, BSN**, are offering ongoing classes to encourage health and wellness during these ever changing fall months. These classes will be presented online, but you can also call in to listen over the phone.

## **+ Falling From a Nurse Eye View**

Registration #485105.1Z

**Date: Thursday, September 17**

**Time: 9:00 - 10:30 am**

Cost: Free and please register in advance.

Falling is not a normal part of aging, or at least it is not supposed to be. There are so many reasons that lead up to a fall that include your health, vision, hearing, and maybe even that rug that just reached up and grabbed your foot. Together we will look at the most common disease processes and health issues that increase fall risk. We will discuss how medication plays its role in the subject and we will narrow the view down to scope out your prevention opportunities. **Renita Henson, RN-BSN, CCCTM, NRPC** along with **Julie Blaser, PT at LUH** will help you see your way through this journey.

## **+ Lungs Let Us Live Fully**

Registration #485105.2Z

**Date: Thursday, October 15**

**Time: 9:00 – 10:30 am**

Cost: Free and please register in advance.

COVID-19 is on everyone mind. There has been so much information thrown out there and so much of it conflicts. How do you know what to believe? More important – how do you know what to do to protect yourself and to keep your lungs hardy and healthy as this virus lingers on and the flu is lurking around the corner? **Tara Horne, BHS, RRT, Supervisor, Respiratory Services** and **Renita Henson, RN-BSN, CCCTM, NRPC** will talk about the facts of what we know and share our experience and knowledge on staying hale and strong with a good respiratory status.

## LUNCH AND LEARNS- FALL 2020

Join us on the 2nd Tuesday of each month for a SilverSneakers® educational class! You do not need to be a SilverSneakers® member to attend.

**Time: Noon – 1:00 pm**

Cost: Online classes are FREE, thanks to the Friends' of the Longmont Senior Center  
Please register in advance.

### Intermittent Fasting:

Registration #413401.1

**Date: Tuesday, September 15**

**Time: 12-1pm**

Intermittent Fasting is an increasingly popular way of eating. Come Join Personal Trainer, Trish Hetherington, as she discusses the "who, what, when and whys" of Intermittent fasting.

**Instructor: Trish Hetherington**

### Why Exercising NOW Matters More Than Ever.

Registration #413401.2

**Date: Tuesday, October 13**

**Time: 12-1pm**

Do you know WHY exercise is good for you? Let's dig deeper into the specifics and why it is critical in helping us through tough times.

**Instructor: Jennine Amato**

### Fitness for Parkinson's

Registration #413401.3

**Date: Tuesday, November 10**

**Time: 12-1pm**

Come find out some information about ways to help improve the quality of life for people with neurological diseases such as Parkinson's. We will give you some information about the benefits of exercise and show you some of the physical and cognitive drills performed in the class to help with rigidity, hand dexterity, postural stability, balance, gait and much more! Have a sturdy chair and shoes so you can participate in some of the demonstrated exercises if desired.

**Instructor: Margie Welsh**

## 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 mo. 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.

## Alzheimer's Association Classes

The Alzheimer's Association is offering their variety of classes online at this time. Please contact Brandy Queen at 303-651-8414 or [brandy.queen@longmontcolorado.gov](mailto:brandy.queen@longmontcolorado.gov) for a current class listing with descriptions of each course. Options include:

- COVID-19 and Caregiving
- 10 Warning Signs of Alzheimer's
- Dementia Conversations
- Effective Communication Strategies
- Legal and Financial Planning for Alzheimer's
- Understanding Alzheimer's and Dementia
- Understanding and Responding to Dementia-Related Behavior
- Advancing the Science: Alzheimer's and Dementia Research
- Healthy Living for Your Brain and Body: Tips from the Latest Research
- Living with Alzheimer's: For Younger-Onset Alzheimer's
- Living with Alzheimer's: For Middle-Stage Care Partners
- Living with Alzheimer's: For Late-Stage Care Partners



This is your time.  
**OWN IT.**



## 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: Friends of the Longmont Senior Center, Longmont Meals on Wheels, Life Care Center of Longmont, The Bridge, and our other volunteer facilitators.

## Singing for Well-Being

*Will resume after mask-wearing restriction is lifted*

**Times: 11:00 am – 12:00 pm**

Cost: \$5.00 resident, \$6.00 non-resident

This drop-in group is for anyone living with neurological challenges and their caregivers, partners, or family. Join us to experience the pleasure of singing no matter your singing experience, skill level, or medical condition. Music therapist **Faith Halverson-Ramos, LPC, MT-BC**, will lead the group on this musical journey.

## Meditation for Grief

Registration #485014.1Z

**Date: Thursday, September 3**

**Time: 10:00 – 11:00 am**

Cost: Free, and please register in advance.

The death of a loved one is hard and many grievers experience anxiety and restlessness. Join us for a guided meditation that will help promote relaxation and healing in your grief journey. We will also provide education on the benefits of meditating in grief. No prior experience with meditation necessary. Presented online or over the phone by **Marissa Watson-Bane**, Bereavement Coordinator for AccentCare Hospice. Marissa has over 10 years of experience providing individual and group grief support to the bereaved in our community.

## Conversation on COVID-19

Registration #485100.1Z

**Friday, September 4, 11:00 am – 12:00 pm**

Registration #485100.2Z

**Tuesday, October 6, 2:00 – 3:00 pm**

Registration #485100.3Z

**Monday, November 9 3:00 – 4:00 pm**

Cost: Free, and please register in advance.

Join us online or over the phone for a candid, caring, small group conversation on the impact of the COVID-19 virus in our lives. You are welcome to talk about any ways in which you, your family, or your community have been affected; there are no right or wrong points of discussion. The conversation will be facilitated by staff member **Brandy Queen, LPC**, our Seniors Counselor and Resource Education Coordinator.

## A Life Well Lived

Registration #485112.1Z

**Dates: Thursdays, September 10 – October 1**

**Time: 3:30 – 5:00 pm**

Cost: Free, and please register in advance.

Join us online or over the phone for a series exploring what it means to have a Life Well Lived. We will cover a new topic each week, including:

- How to discover gratitude in everyday life
- Mindfulness made simple: how to find balance in small moments
- Roads to happiness: the new science of living well
- Your personal roadmap for a life well lived

Presented by local psychotherapist

**Janaki LeFils, LCSW.**

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uhealth

## Senior Appreciation Drive Through

**Date: Friday, September 18**

**Time: 9:30 – 11:30 am**

Place: Westview Presbyterian Church,  
1500 Hover Street, Parking Lot off 15th

Cost: Free

**Please see page 9 for additional information**



## You Can Become a Savvy Caregiver

Registration #485043.1Z

**Dates: Tuesdays, September 15 – October 20**

**Time: 9:00 – 11:00 am**

Cost: Free, and please register in advance

This online training program teaches an understanding of dementia and strives to increase caregiver confidence while reducing the adverse effects of caregiving. It focuses on helping caregivers to acquire and strengthen their knowledge, skills and attitudes for this role and teaches caregivers how to manage and care for themselves day-to-day. This is a 6-week course is led by **Jessica O’Leary, MA, CVW**, a gerontologist and specialist in dementia. Please note that this course is for those taking care of a loved one and not for professional caregivers; it is also for caregivers of those with early- or mid-stage dementia. Attendance at all classes is required, and class size is limited.

## Memorial Rituals

Registration #485091.1Z

**Date: Thursday, September 17**

**Time: 10:00 – 11:00 am**

Cost: Free, and please register in advance

Rituals give us special ways to remember our loved ones, to celebrate their lives and to recall special memories. Love lives on through grief rituals! Join us for an online presentation about the importance of using rituals in our grief journey and some ideas on creating your own personal rituals to memorialize and honor your loved one who has died. Presented by **Marissa Watson-Bane**, Bereavement Coordinator for AccentCare Hospice. Marissa has over 10 years of experience providing individual and group grief support to the bereaved in our community.

## Everyday Mindfulness

Registration #485092.1Z

**Date: Friday, September 18**

**Time: 10:00 – 11:30 am**

Cost: Free, and please register in advance

This experiential online 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.

## Self-Care for the Caregiver

Registration #485082.1Z

**Date: Friday, October 9**

**Time: 10:00 – 11:30 am**

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 online or over the phone by **Jim Macris**, a Licensed Clinical Social Worker who specializes in working with caregivers of the aging population.

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

## HOSPICE CARE

Quality, compassionate care for people facing a life-limiting illness or injury. Hospice and palliative care involve a team-oriented approach to expert medical care, pain management, and emotional and spiritual support expressly tailored to the person’s needs and wishes. Support is provided to the person’s loved ones as well. Hospice care is covered under Medicare, Medicaid, most private insurance plans, HMOs, and other managed care organizations. Information regarding all hospice providers may be found at [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org)



## How to Support a Grieving Person

Registration #485093.1Z

**Date: Tuesday, October 27**

**Time: 1:00 – 2:00 pm**

Cost: Free, and please register in advance.

Do you ever struggle with knowing what to say to someone who is grieving? Join us to explore tools for supporting people who are grieving, whether it is a recent or long-past loss. We will also discuss the differences that can appear with grief after suicide, child loss, spouse loss, loss after caregiving experience, and more. Presented online or over the phone by **Charley Rosicky, LCSW**, of TRU Community Care.

## Navigating the Emotional Minefields of Caregiving

Registration #485094.1Z

**Date: Thursday, October 29**

**Time: 3:00 – 4:00 pm**

Cost: Free, and please register in advance.

There are a number of potential emotional hazards on the caregiver's journey. Changing family dynamics and roles can be less stressful if we anticipate and communicate about them. In this program we will address guilt, balancing care recipient's and one's own needs, uncooperative or distant relatives, abusive care recipients, and more. Presented online or over the phone by **Brandy Queen, LPC**, Longmont Senior Services staff.

## Coping with the Holidays When You are Grieving

Registration #485095.1Z

**Date: Thursday, November 5**

**Time: 1:00 – 2:00 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 you 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 friends and family. Presented online or over the phone by **Charley Rosicky, LCSW**, of TRU Community Care.

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



## 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 30 if you would like to consult with a nurse at the senior center for free.



### Feldenkrais Zoom Class - Regain Your Youthful Movement

Date: **Tuesdays, October 6, 13, 20, 27**  
 Registration #486019.1Z  
**Tuesdays, November 3, 10, 17, 24**  
 Registration #486019.2Z  
**Time: 10:00-11:00am**  
 Cost: FREE, and please register in advance and the Zoom link will be sent to you.

As we age, our abilities decline compromising our balance, range of motion and our adaptability to new situations. Turn back the clock with Feldenkrais exercises. Each class explores a new movement sequence that invigorates your brain and nervous system with new ways of organizing and sensing your movement. The result? A more youthful feeling of movement improved balance and a better outlook on life. Experience the benefits of Feldenkrais exercises in the comfort of your own home. **Taught by Al Wadleigh, Guild Certified Feldenkrais Practitioner**

### Feldenkrais in the Park - Sit, Stand, Walk

Registration #486003.10  
**Date: Thursdays, October 1, 8, 15, 22, 29**  
**Time: 11:00am – 12:00pm**  
 Location: Outdoor on Senior Center North Patio  
 Cost: \$9.00 resident and \$10.00 non-resident

Do not let age keep you from doing what you want to do. We will explore a wide range of movements that improve walking, balance, orientation, and transitioning from sitting to standing. These Feldenkrais exercises will be done outside with the use of a chair for a prop and resting. Look forward to a fun, light-hearted, and deeply moving learning experience. **Taught by Al Wadleigh, Guild Certified Feldenkrais Practitioner**

## FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chair Yoga</b> 10:30 - 11:30am in Rec Center Studio or via Zoom	<b>Gentle Strength</b> 9:00 - 10:00am in Rec Center Studio or via Zoom	<b>Power of Three</b> 9:00 - 10:00am in Rec Center Studio or via Zoom	<b>Feldenkrais</b> in Roosevelt Park 10:00 - 11:00am Senior Center	<b>Chair Yoga</b> 9:15 - 10:15am Memorial Bldg Gym or outside weather permitting
<b>Chair Yoga</b> 11:30 - 12:30pm in the Rec Center Gym	<b>Chair Yoga</b> 9:00 - 10:00am outside weather permitting	<b>Gentle Yoga</b> at Willow Farm Park 9:00 - 10:00am outside through Sept.	<b>Gentle Fitness</b> 4:00 - 5:00pm in Rec Center Studio or via Zoom	<b>Stability and Balance</b> 10:30 - 11:30am Memorial Bldg Gym or outside weather permitting
<b>Zumba Gold</b> 4:00 - 5:00pm in Rec Center Studio		<b>Stability and Balance</b> 10:30 - 11:30am in Rec Center Studio or via Zoom		<b>Zumba Gold</b> 10:30 - 11:30am in the Rec Center Gym

**Classes in the Recreation Center**  
 Please call 303-774-4800 to register and for fee information

**Recreation Studio** Registration #400112  
**Classes in the gym** Registration #400114  
**Zoom classes for Sept** Registration #413500  
 (Sign up for the entire week. PDF will be sent with individual link to register for the class of choice.)

**Classes are located in the Memorial Building**  
 Please call 303-651-8404 to register and for fee information

**Friday: Chair Yoga** Registration #400414  
**Stability and Balance** Registration #400414

**Classes are located at or near Senior Center**  
 Please call 303-651-8411 to register.  
 See above information for details.



## SilverSneakers® & Renew Active™ Fitness Programs

Are you a United Healthcare customer? Did your SilverSneakers® pass change to Renew Active™ by Optum? Don't worry! Our new pass works just like the SilverSneakers® pass.

Non-SilverSneakers®/Renew Active™ 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® or Renew Active™ Pass also allows for unlimited access for daily admission at the Longmont Recreation Center, Centennial Pool, and St Vrain Memorial Building.

- **Sign-up:** You may sign up for SilverSneakers® or Renew Active™ at the Senior Center, Recreation Center, Memorial Building, and Centennial Pool if you have SilverSneakers as a benefit through your health insurance.
- **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 35.
- **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.**

# Stay Fit

## With Virtual Fitness Classes



The Longmont Recreation Center is offering more than 20 interactive, online classes each week for one low price. These classes are not recorded – they are taught by “streaming” the class from the instructor’s computer to yours. Say “hello” to your favorite teachers who are leading the classes at the time you are watching. Try Zumba, Barre, Sculpt and Tone, Pilyoga, Gentle Fitness, Senior Fitness and more for \$10 per week for Longmont residents and \$12.50 for non-residents. After registering for the week, you will receive an email with the full schedule and links for each class.

To register for weekly Zoom classes with the Longmont Recreation Center for \$10/\$12.50  
<https://rec.ci.longmont.co.us/wbws/wetrac.wsc/search.html?module=AR&primarycode=313500>

Or follow along with Recreation’s free fitness videos: View the full Fitness & Wellness playlist on Youtube at: <https://www.youtube.com/playlist?list=PLT4mGecvWdxcBbZa4g8tgnN9DUS9H9sJ4>

## LONGMONT SENIOR CYCLERS:

Enjoy the beautiful Colorado outdoors! Glide on 2 wheels, and feel the wind on your face while exploring various bike friendly destinations and getting insight into navigating a variety of bike lanes, greenways, and shared roads while practicing proper riding etiquette and safety along the way.



### Ride the Greenway to Sandstone Ranch

Registration #487002.01

**Date: Friday, September 11**

We will be heading out to Sandstone Ranch in east Longmont. Sandstone Ranch dates back to the late 1800's and has been converted into a multi-use park complete with ballfields, playgrounds, and the original farm house built in 1860. The property the house sits on gets its name from the surrounding sandstone bluffs that act as a natural barrier from Colorado's strong winds. That very sandstone was quarried onsite to build the home, which also has the original barn on site. At the highest point of the Ranch/park there is a 360 degree view and on a clear day you can see for miles in every direction. This ride will start on quiet streets and bike lanes, but the majority will be on the paved Longmont greenway paths. Approximate distance 10-15 miles.

Check-in: 9:00 am

Depart: 9:30 am

Return: 11:30 am

Cost: FREE, MUST register in advance



### Ride the Longmont Loop

Registration # 487002.02

**Friday, September 18**

Ever take a look at the Longmont Bike Map? There's a whole perimeter of town ride called "The Longmont Loop". It conveniently takes you around the edge of town while staying on bike lanes and bike paths.

Check-in: 9:00 am

Depart: 9:30 am

Return: 11:30 am

Cost: FREE, MUST register in advance

**Senior Cyclers:** All riders are required to wear a mask, helmet, bring a water bottle, and encouraged to bring sunscreen, an extra layer, spare tube, safety lights, and a lock to secure bike while exploring/shopping/touring at our destinations. We will ride as a Senior Center group. We ride at a comfortable pace and check in with riders as we go. We ask that you are able to ride roughly 8-10 miles within an hour time frame. We generally take a water break at the half way points. All attempts are made to avoid significant hills when deciding routes, however these rides are not intended for single speed/cruiser style bicycles due to distance. Be aware that riding a bicycle, especially at higher elevations, can be strenuous. We ask that you please consider your ability level prior to riding, and be sure to check with your physician regarding this program to make sure you are in good health. Feel free to contact Larry Holtgrewe at 303-774-3533, or [Larry.Holtgrewe@LongmontColorado.gov](mailto:Larry.Holtgrewe@LongmontColorado.gov) if you have any questions or concerns regarding the rides or your ability level.



**SPORTS**  
AND  
OUTDOORS





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, joining one of the guided walking or bicycle tours or hiking, biking or exploring on your own. You can be as active as you choose on this cruise.

Join us on the Rhone River (from Lyon to Avignon, France) 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:

- Gourmet dining experiences in two different restaurants
- All day tapas menu and afternoon tea in the main lounge
- Complimentary wine, beer and soft drinks with every lunch and dinner onboard
- Complimentary Happy Hour before dinner including cocktails, wine and 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.**

Flyers with pricing are available at the Longmont Senior Center. Since the ship only sails with 156 passengers, space is very limited... so don't delay!

Please call Theresa at 303-651-8578 to make your reservations for this marvelous adventure.





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.

Detailed itineraries are available at the Longmont Senior Center or by email, contact [theresa@gktravel.net](mailto:theresa@gktravel.net)

Reservations are currently available by calling Theresa Schulte at 303-651-8578, email [Theresa@gktravel.net](mailto:Theresa@gktravel.net) or Karen Wood, at [Karen@gktravel.net](mailto:Karen@gktravel.net).

**Per person sharing a room \$5,495.  
Single rate \$6,995. Space is limited!**

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.



TRIPS  
AND  
TRAVEL



This is your time.  
**OWN IT.**

## BLUEGRASS COUNTRY AND THE SMOKY MOUNTAINS OCTOBER 28 – NOVEMBER 5, 2021

From Louisville, Kentucky to Asheville, North Carolina ... immerse yourself in the heart of Appalachia. From thoroughbreds and art, to Bourbon and baseball, enjoy all of this plus the stunning fall foliage of the Great Smoky Mountain National Park.

The tour starts in Louisville, Kentucky with a visit to Churchill Downs, the Thoroughbred racetrack famous for hosting the pinnacle of all U.S. horse races: the Kentucky Derby. Then a visit to Old Louisville, a historic neighborhood of Victorian mansions. Later, head to "Museum Row" where it's your choice! Visit the Louisville Slugger Museum & Factory for an All-Star baseball experience -OR- explore the Frazier Kentucky History Museum, and its new Spirit of Kentucky exhibit, the official start of the Bourbon Trail.

Then traveling from Louisville to Lexington, visit Buffalo Trace, the oldest continuously operating Bourbon distillery in America. Stop in the quaint, historic town of Midway before exploring Kentucky's horse country. Hear about time-honored traditions during visits to private horse farms before settling into Lexington for a 2-night stay. Travel to Berea, the historic college town known as the arts-and-crafts center of Kentucky. Meet a few artisans while they demonstrate their craft. Enjoy lunch at Boone Tavern, where Bluegrass Country meets the rolling hills of Appalachia.

Then we are off from Lexington, Kentucky to Gatlinburg, Tennessee via the Daniel Boone National Forest. Arrive in the lively mountain resort of Gatlinburg, gateway to the Great Smoky Mountains National Park and your home for a 2-night stay. The rest of the day is yours, perhaps you will go to Dollywood, Dolly Parton's theme park or enjoy time in downtown Gatlinburg.

Explore the Great Smoky Mountains National Park (UNESCO) – the United States' most visited national park. Stop at various lookouts on your way to Newfound Gap, which boasts views of both Tennessee and North Carolina. Continue through the park to Cherokee and spend time at Qualla, the oldest Native American arts cooperative where you'll learn about traditional crafts and customs. Afterwards, tour the Ole Smoky Moonshine Distillery with a tasting.

Leaving Gatlinburg, travel to Asheville, North Carolina this morning, your Blue Ridge Mountains home for 2 nights. Upon arrival in Asheville,



embark on an orientation walking tour with a local guide and discover the neighborhood around your downtown hotel. Then we will look back in time to 1895, when George Vanderbilt II decided to build himself a "little mountain escape" in the Blue Ridge Mountains of North Carolina. The result was the impressive and decadent grandeur of the Biltmore Estate. Today, tour the sprawling mansion and the manicured grounds, enjoy a wine-tasting at the historic Biltmore Winery and experience what it was like to be a wealthy tycoon in the Gilded Age of America. The following day, we will pack up and head back to our home sweet home.

Detailed itineraries are available at the Longmont Senior Center or by email, contact [theresa@gktravel.net](mailto:theresa@gktravel.net)

Reservations are currently available by calling Theresa Schulte at 303-651-8578, or email [Theresa@gktravel.net](mailto:Theresa@gktravel.net) or Karen Wood, at [Karen@gktravel.net](mailto:Karen@gktravel.net)

**Per person sharing a room \$3,590**  
**Single rate \$4,490**

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), 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.

Cancellation waiver and insurance is an additional \$299 per person.



## 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.

## After School Tutors Needed

Kids at the Youth Center need Homework Help from awesome adult mentors – like you!! Mondays-Thursdays, 4-5pm (School Days) For more information or to sign up, please call (303)774-3770 or email [Kyl.Caragol@longmontcolorado.gov](mailto:Kyl.Caragol@longmontcolorado.gov)

## Dementia-Friendly Dinner Volunteers

Around October, 2020, we will start a new dementia-friendly dinner partnership with Balfour Longmont. Volunteers will help serve dinner once or twice per month at Balfour to families living with dementia. Please contact Brandy Queen at 303-651-8414 or [brandy.queen@longmontcolorado.gov](mailto:brandy.queen@longmontcolorado.gov) for more information or to sign up.



## 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 Monica at 303-774-4452.



## OUR PARTNERS SERVING LONGMONT NEED LOCAL VOLUNTEERS!



## 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](mailto: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 Kirsten at 303 – 774 – 4439 or email program staff at library\_homebound@longmontcolorado.gov 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](http://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](mailto:julielcca@gmail.com)

**The Peaks** – contact Carrie Sladek at 303-776-2814 or [csladek@peakscare.com](mailto: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](http://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

The Boulder County Area Agency on Aging is seeking LGBTQ+ (lesbian, gay, bisexual, transgender, queer, +) volunteers or Allies to provide meaningful connection on a weekly basis for socially isolated LGBTQ+ older adults. If you are interested, please contact Michael at [mchifalo@bouldercounty.org](mailto:mchifalo@bouldercounty.org) or 303-441-4518.

## Silver Stirrups

Volunteers needed for equine-assisted activities for older adults. Please call Susan at 720-233-0059 for more information.

## Be a friend to an older adult!

Boulder County Area Agency on Aging seeks volunteers to provide companionship to older adults (age 60 and over) who are experiencing isolation or to give a break to a caregiver. Volunteers are matched with an older adult whom they visit for two hours once a week. Volunteers serve as companions; they do not provide hands-on care. Volunteers must pass a criminal background check, and make a 6-month commitment.

Apply at [BoulderCountyVolunteers.org](http://BoulderCountyVolunteers.org).

For more information call 720-864-6526 or email [infoRespite@bouldercounty.org](mailto:infoRespite@bouldercounty.org).



## VOLUNTEER DRIVERS:

### VIA 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. Visit <https://cultivate.ngo/engage/volunteer> or call 303-443-1933.

### 60+ Ride

based in Greeley, is in need of volunteer drivers for Weld County. Please call 970-352-9348

**OUR Center** assists individuals and families in the St. Vrain Valley in need of food, clothing, rent & utility assistance, transportation, medical needs, budget & life skills, and other resources to help people through short-term crises and to develop vital lifelong skills to enable self-sufficiency.



**OUR CENTER**

*Paving the Road to Self Sufficiency*

**OUR Center serves over 100 families per day.** Each week we need 350 volunteers to provide the services we offer. Please consider helping the following positions as a regular or substitute volunteer:

- Community Market - sort and distribute groceries, assist in grocery market
- Community Café – prepare, serve and clean up breakfast and lunch
- Community Closet - sort and distribute clothing and toiletries
- Intake, gardening, clerical, special events and more!

Our volunteers are dedicated, compassionate, hardworking and fun! We'd love to have you join our volunteer team. To apply, go to our website - [www.ourcenter.org](http://www.ourcenter.org) and click on the Volunteer page. For more information, contact Julie, our Director of Volunteer Services, at [julie@ourcenter.org](mailto:julie@ourcenter.org) or 303-772-5529 x 235.

### 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](http://bit.ly/post-volunteer).

Questions about the JoinUs volunteer portal can be directed to the PWRN Customer Service Center at 303-651-8416 or [ServiceWorks@LongmontColorado.gov](mailto:ServiceWorks@LongmontColorado.gov).

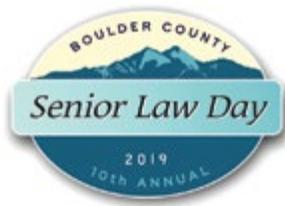
**JOIN US!**



**VOLUNTEER**  
OPPORTUNITIES

## Senior Law Day

2020 Senior Law Day will be presented virtually in a series of webinars from Tuesday, September 8, through Thursday, October 1. Webinars will occur each Tuesday and Thursday from 12:00 – 1:00 pm. For a program schedule and registration link, please visit [www.bouldercountyseniorlawday.org](http://www.bouldercountyseniorlawday.org).



## Longmont Community Memorial Project

Longmont Senior Services staff recognizes that the pandemic has impacted people's ability to memorialize lost loved ones in many ways. Also, the pandemic has disproportionately affected older adults in our community. We would like to offer the community a variety of ways to both digitally and in-person to memorialize loved ones lost during the pandemic. We are coordinating with the Longmont Museum to have a Longmont Community Memorial for Día de los Muertos this fall. Our hope is that this project creates ways for the community to join together in socially-distant public space to honor all those who have died during this time, be it to COVID-19 or from any cause. Submissions may include photographs, poetry, art, and/or other writings. Submissions will not be returned, so please keep your originals and only submit copies. To obtain a submission form and information about how to drop off your submission, please contact Brandy Queen at [brandy.queen@longmontcolorado.gov](mailto:brandy.queen@longmontcolorado.gov) or 303-651-8414.

## FREE LAW CLINICS

Law Clinics are cancelled until further notice. For further information, call Community and Neighborhood Resources at 303-651-8444.



## 2020 Out Boulder GAYLA

Due to the pandemic, this year the 2020 Gayla will be held virtually on **Saturday, October 31.**

For any questions or concerns, please email Juan Moreno (he/him) at [jmoreno@outboulder.org](mailto:jmoreno@outboulder.org). Thank you for understanding, and we hope that you all stay healthy as the next few months pass.

*We hope to see you at  
The GAYLA in October!*



**Watch Longmont City Council Live:**

<https://www.youtube.com/c/cityoflongmont/live>

## ! SCAM ALERT !

### 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>





## Do You Want to Connect with Technology?

Longmont Senior Services, The Friends of the Longmont Senior Center, Senior Computer Tech Center and Boulder County Area Agency on Aging are here to help.

Financial assistance is available for qualified older adults to help with:

- Acquiring Devices
- Connecting to Internet Providers
- Set-up, Education, and Technical Support

**Call 303-651-8411 to get an application.**

**Longmont Senior Services staff are responding to emails and phone calls**



**Monday through Friday, 8 a.m. to 5 p.m.**

**Email:** [senior@longmontcolorado.gov](mailto:senior@longmontcolorado.gov)

**Phone:** 303-651-8411



Sign up for the weekly email updates by visiting [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services) or emailing [Deanne.Kear@longmontcolorado.gov](mailto:Deanne.Kear@longmontcolorado.gov).

Senior Services is developing additional virtual programs and will be offering ways to receive computer and technology assistance from our Senior Computer Tech Center volunteers. Sign up for the biweekly email newsletter to keep up to date on what is happening. Resource and counseling staff are providing assistance via the telephone. Please call the main number if you need assistance.

**For more information on Longmont's COVID-19 closure page**

<https://www.longmontcolorado.gov/departments/departments-n-z/public-information/coronavirus-disease-2019-information/how-to-access-city-services-during-facility-closures-due-to-covid19>

**Need an activity at home? Check out Restorative Yoga from Longmont Senior Services!**

For further updates, visit the City of Longmont COVID-19 webpage or the city's Facebook page.



TELEPHONE REFERRAL SHEET

AARP (Colorado Office) .....	1-866-554-5376	Medicare .....	1-800-633-4227
Abuse of older persons – Longmont Police .....	303-651-8555	Medicare Counselor .....	303-441-1546
or Adult Protection at .....	303-441-1309	Mental Health Partners .....	303-413-6263
ACMI - Nursing Home Diversion (HCBS) .....	303-439-7011	Mental Health Crisis Line 24/7 .....	1-844-493-8255
AgeWell Located at the Sr. Ctr. ....	303-651-5080	Nursing Home Monitoring .....	303-441-1173
Alzheimer’s Assoc. 24-Hr Helpline .....	1-800-864-4404	OUR Center .....	303-772-5529
Audio Information Network .....	303-786-7777	Parkinson’s Association of the Rockies .....	303-830-1839
Better Business Bureau .....	303-327-4500	Poison - Rocky Mt. Poison Control .....	1-800-332-3073
Center For People With Disabilities .....	303-772-3250	Police, Longmont non-emergency .....	303-651-8501
Centura Health Integrative Medicine (CHIM) ....	303-651-5188	Reverse Mortgages - Boulder County .....	303-441-1544
Colorado Division of Insurance .....	303-894-7499	Rocky Mountain Legal Center .....	720-242-8642
Colorado No-Call Program .....	1-800-309-7041	Safe Shelter (Domestic Violence) .....	303-772-0432
Colorado Talking Books Library .....	303-727-9277	Salud Clinic .....	303-776-3250
Community Protection .....	303-441-3700	Senior Centers in the area	
(Boulder County)		-Berthoud .....	970-532-2730
Cultivate .....	303-443-1933	-Boulder (East) .....	303-441-4150
Dental Aid-Longmont .....	303-682-2619	-Boulder (West) 3.....	03-441-3148
El Comité .....	303-651-6125	-Lafayette .....	303-665-9052
Elder Care National Locator .....	1-800-677-1116	-Longmont .....	303-651-8411
Elder Watch Fraud Hotline .....	1-800-222-4444	-Louisville .....	303-666-7400
Employment Workforce Boulder County .....	720-864-6600	-Loveland .....	970-962-2783
Foot Care Clinic .....	303-651-5224	Senior Reach (counseling) .....	1-866-217-5808
Food Programs		Social Security .....	1-800-772-1213
- Carry Out Caravan .....	303-241-4426	Social Services (BCDHHS) .....	303-678-6000
- Eldershare .....	303-652-3663	Stroke - Rocky Mt. Association .....	303-730-8800
- Meals on Wheels .....	303-772-0540	Suicide Prevention Hotline .....	1-800-273-8255
Fraud - Attorney General Hotline .....	1-800-222-4444	Transportation	
Inspector General Hotline .....	1-800-447-8477	-Access-A-Ride .....	303-292-6560
Health Department, Longmont .....	303-678-6166	-Berthoud Area Transportation .....	970-532-3049
Housing: Longmont Housing Authority.....	303-651-8581	-RTD .....	303-299-6000
Legal Services of Boulder County .....	303-449-7575	-RTD Call-n-Ride (East) .....	303-994-3552
Legal Services AARP .....	1-888-687-2277	-RTD Call-n-Ride (West) .....	303-994-3551
<b>Loan Closet Medical Equipment FREE</b>		-Via .....	303-447-9636
-American Legion (Dee) .....	720-961-2233	-VetsGO .....	303-443-1933 ext.414
-Elks .....	303-776-1055	Veteran Services - Longmont .....	720-864-6663
-Moose .....	303-776-4911	Weatherization .....	720-864-6401
Long Term Care Ombudsman .....	303-441-1173	www.bouldercountyhelp.org .....	303-441-1617
Medicaid (BCDHHS) .....	303-678-6000		

## SENIOR SERVICES RESOURCE STAFF



*Se habla español*

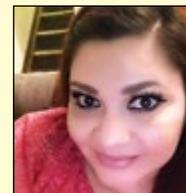
**VERONICA GARCIA**  
**303-651-8716**

veronica.garcia@longmontcolorado.gov



**AMY PAYAN**  
**303-774-4372**

amy.payan@longmontcolorado.gov



*Se habla español*

**MELISSA LOSINO**  
**303-651-8654**

Melissa.Losino@longmontcolorado.gov

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

## 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.



*Seniors Counselor and Resource Education Coordinator*  
**BRANDY QUEEN, LPC**  
**303-651-8414**

brandy.queen@longmontcolorado.gov

- Facilitating or coordinating a number of support groups
- Managing dementia-friendly educational activities and programs
- Organizing a variety of education programs about resources

## BOULDER COUNTY AREA AGENCY ON AGING

Visit the comprehensive website at **www.BoulderCountyHelp.org** or call the Aging and Disability Resource Line at **303-441-1617** (Bilingüe) press #4 for the Area Agency of Aging, and then press 3 for information & resources or Email: **infoADRC@bouldercounty.org**



**Also: Weld County Area Agency on Aging (AAA)**

General AAA information: **970-346-6950**

Information and Assistance: **970-346-6952**

Website: **www.welddaa.org**

**Larimer County Area Agency on Aging (AAA)**

Helpline: **970-498-7750**

Website: **www.lcoa.networkofcare.org**

View Categories at the website to explore options such as:

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

# RESOURCE INFORMATION, PROGRAMS & SERVICES

## 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)**
  - **LGBT 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](http://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

## SUPPORT GROUPS

*Please contact us for any updates*

### Adjusting to Life's Changes:

Contact Brandy if you'd like to know when this group will be offered next. 303-651-8414

### Alcoholics Anonymous (open meeting)

Tuesdays, 7:30-8:30 pm Triple S Group

### Congestive Heart Failure Support Group

4th Tuesday, 5:00 – 6:00 pm at the Senior Center. Monthly meetings with topics for those with heart failure and their loved ones. Call Renita Henson for questions, 303-651-5080.

### Grandparents Raising Grandkids Kinship Support Group

1st Monday, 6:00-7:30 p.m.

Call Martha Wilson at 303-441-1205

### Grief Recovery Support Group

Contact Brandy if you'd like to know when this group will be offered next. 303-651-8414

### LGBT Older Adults in Boulder County

Social and aging resources for LGBT (lesbian, gay, bisexual and transgender) older adults, includes a monthly newsletter, regular groups (Coffee Klatch and Supper Club), and an annual holiday celebration. Call Boulder County Area Agency on Aging, 303-441-4518, or [infoLGBTelders@bouldercounty.org](mailto:infoLGBTelders@bouldercounty.org). Confidentiality maintained.

### Low Vision

2nd Friday, 10:30 – 11:30 a.m.

Contact: CPWD at 303-790-1390

### Multiple Sclerosis Group

2nd Monday  
Self Help Group: 6:00 – 7:30 p.m. Call 970-482-5016

### Parkinson's

2nd Wednesday, 10:00 - 11:30 a.m.

Meets at Longs Peak United Methodist Church,

1421 Elmhurst Dr., Longmont

Contact: Parkinson's Association at 303-830-1839

### 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](http://www.bouldercounty.org/district-attorney/community-protection)

## 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](http://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](mailto: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

**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](http://www.ColoradoLegalServices.org)

**Law Clinics** – Law Clinics are cancelled until further notice. For further information, call Community and Neighborhood Resources at 303-651-8444

## IN-HOME SERVICES

**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](http://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 Kirsten at the Longmont Library 303 – 774 – 4439 or email program staff at [library\\_homebound@longmontcolorado.gov](mailto:library_homebound@longmontcolorado.gov) for more information.

**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](http://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's VetsGO Program** –Volunteers provide rides to and from medical appointments, including to VA facilities, in and beyond Boulder County. Services are for those 60+ who are either a veteran themselves or who have a family member (parent, child, spouse) who served in the armed forces. To enroll call 303-443-1933 ext. 414

**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.

**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.

# RESOURCE INFORMATION, PROGRAMS & SERVICES

## 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. It also lists your emergency contacts and insurance information. You can get your free cards at the Senior Center front desk.

**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](http://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](http://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:
  - ▶ **New riders:** Call 303-447-2848, press 1 to register and schedule your first ride with **VIA**.
  - ▶ **Current riders:** Call 303-447-9636, or go to [www.viacolorado.org](http://www.viacolorado.org) for information on how to request your ride on-line.
  - ▶ **Reduced-fare options** are available for those who meet income guidelines. Call 303-447-2848, ext 1014.
  - ▶ **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](http://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](http://LongmontBus.com) or call RTD at 303-299-6000. For a video about riding RTD in Denver, visit [https://youtu.be/nFv\\_jESDcYo](https://youtu.be/nFv_jESDcYo)
- To learn about the RTD Special Discount card visit [www.RTD-Denver.com](http://www.RTD-Denver.com) or call 303 298-2667.

**Car Sharing:** call 303-720-1185 or email [info@carshare.org](mailto: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](http://www.berthoud.org). For rural Berthoud transportation, call 970-532-0808 or [www.berthoudraft.org](http://www.berthoudraft.org).
- Weld County Transportation: [https://www.weldgov.com/departments/human\\_services/area\\_agency\\_on\\_aging](https://www.weldgov.com/departments/human_services/area_agency_on_aging) and view the Helpsource Directory. Also check out 60+ Ride which is based in Greeley, 970-352-9348 or [SRSweld.com](http://SRSweld.com)

## ABOUT THE SENIOR CENTER:

### 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](http://www.ci.longmont.co.us/selectalert/index.htm) to sign up.



### Information and More...

Off of the lobby, there is a small room that contains current magazines, information on Senior Services programs, resources for older adults and caregivers, and city and partner agencies information. Near the dining room there are a number of free publications available for pickup in the magazine rack.

### Handicap Parking

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

### Via the internet

at [www.LongmontColorado.gov/senior-services](http://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 Channel 8

(Government Access Channel) or Comcast Cable Channel 16.

### 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](http://www.longmontcolorado.gov/senior-services), **text SENIORCENTER to 42828**, or sign up at the front desk.

### ¡Regístrate para recibir correos electrónicos cada mes!

Nunca más te pierdas una clase o un evento especial y le avisamos cuando hay un nuevo catálogo de GO. Regístrese con Monica o envíe un mensaje de texto a SENIORCENTER al 42828.

## GO SUBSCRIPTION FORM - 2020

If you would like the convenience of having **the last issue** 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 \$1.00 for residents, \$2.00 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](http://www.longmontcolorado.gov/senior-services)*

Name (Please Print) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Senior Center  
10505600 62170



10505600 62170  
**Division of Senior Services**  
 Longmont Senior Center  
 910 Longs Peak Avenue  
 Longmont, CO 80501

PRSR STD  
 U.S. Postage Paid  
 Longmont, CO  
 Permit #19

**RETURN SERVICE REQUESTED**



## 2020 fall programs are **SUBJECT TO CHANGE**

All programs are occurring online and/or via phone. Most online programs all have a call-in option available. If we can open our building and make any programs happen in-person, we will notify everyone registered for those programs.

Please note the registration details in each activity, as some programs have special registration instructions.

Due to the unpredictability of the pandemic, we are opening registration for activities one month at a time:

Registration for **September** activities begins  
**August 31**

Registration for **October** activities begins  
**September 21**

Registration for **November** activities can begins  
**October 19**

