



## SENIOR SERVICES 910 Longs Peak Ave | 303-651-8411

Offering recreation, informational programs, resource guidance, and services for those 55 years plus and their family caregivers.

Office Hours: Monday-Thursday: 8 am-8 pm  
Friday: 8 am-5 pm  
Saturday: 8 am-Noon

Closed: Sept 2, Nov 28-30, Dec 25

email: [senior@LongmontColorado.gov](mailto:senior@LongmontColorado.gov)  
[LongmontColorado.gov/senior-services](http://LongmontColorado.gov/senior-services)



“GO” Catalog and Resource Guide with over 60 pages of activities and information can be found online at [www.LongmontColorado.gov/senior-services](http://www.LongmontColorado.gov/senior-services) or you may pick one up at the Longmont Senior Center or recreation centers and the library. Items listed below are just a few of the many offerings.

The catalog includes more complete information about the programs listed here. Please register in advance for all programs, classes, events, and trips.

## RESOURCES AND SUPPORTIVE SERVICES

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

Professional counseling staff and peer support volunteers provide one on one and group support.

Resource staff: **Veronica Garcia** at 303-651-8716 or **Amy Payan** at 303-774-4372  
**Melissa Losino** at 303-651-8654

Counseling staff: **Brandy Queen** at 303-651-8414  
**Kayleigh Schernbeck** at 303-774-4497

## PROGRAMS & ACTIVITIES

### Deck the Halls

It's time to light up the Longmont Senior Center with our 2nd annual Deck the Halls event! If you are a part of a Senior Center group, a local business, family, or individual bring in your tree and decorate it with a theme to be voted on by our aging community. After registration closes on Nov 20, registered participants will receive communication on tree set up to take place Nov 22-27. Participants are responsible for tree set up, decorating, and take down. The Longmont Senior Center will provide power for your tree.

**Registration Deadline: Nov 20, Wed**

Location: Longmont Senior Center, 910 Longs Peak Ave  
Fee: Free! To register your groups' tree please contact Amy at 303-651-8495 or email [amy.hodge@longmontcolorado.gov](mailto:amy.hodge@longmontcolorado.gov)

### Caregiver Stress and Burnout

Caregiving can be difficult, tiring, and wearing. Brenda Gurung will share several tools to manage stress and burnout - to keep organized, to identify resources and help, and to transform your caregiving work. *“caregiver”*

18 & up: **Oct 12, Sat, 10-11am** 485161  
**Oct 14, Mon, 4-5pm** 485161

Location: Longmont Senior Center, 910 Longs Peak Ave  
Fee: Free, please register in advance

### Native American Heritage Month

Celebrate Native American Heritage Month with traditional food, dancing, games, and storytelling. Enjoy authentic fry bread, watch vibrant tribal dances and drumming, participate in crafts, and listen to captivating stories that highlight the rich cultural heritage of Native American communities. Join us for an unforgettable experience!

18 & up: **Nov 2, Sat, 11am-4pm** 483000

Location: Longmont Senior Center, 910 Longs Peak Ave  
Fee: Free, please register in advance

### Canned Food Drive

In December, now that our “Halls have been Decked” with an assortment of beautiful holiday tree decorations, come on in and vote for your favorite tree. To vote, bring non-perishable food items in and place them in the box that corresponds to your favorite tree. Items are counted throughout the event and all donations are sent to the Table of Hope Food Pantry. The winning tree will be announced during early January 2025.

**Display & Voting Dates: December 1-31**

Location: Longmont Senior Center, 910 Longs Peak Ave  
Fee: Free, vote with a non-perishable food item