



**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
vea páginas 28-31 en Español.



Celebrating new,
ongoing, and retired
Peer Support Volunteers

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

FACILITY CLOSURES:

» **December 25, January 1,
January 15, February 19**

SENIOR SERVICES STAFF

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303-651-8411
- General Information**
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will be available
after February 3, 2024

Class and special event registration beginning
Monday, February 12 and trip registration
will kick off on Friday, February 16.



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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Welcome to The Longmont Senior Center and Longmont Senior Services

Many new and some repeated activities, events, trips, and services are offered each quarter. Many activities require registration and a fee to be paid. You will see a Registration # listed with the activity and these are in various sections throughout the catalog. Resources and Supportive Services are detailed in the Resource Guide located in the center of each catalog. Registration kickoff dates and information are located below.

PARTICIPATION IN GENERAL:

- **There is no membership fee** to participate in activities or receive services from the Division of Senior Services.
- **Adults 55+ are first priority**; however, people under 55 may participate in certain activities if space is available and/or in certain circumstances. Contact the front desk for details.
- **Caregivers of older adults** are welcome to attend programs in order to provide assistance to someone. In that case, please inform our front desk when the care recipient registers. If a caregiver wishes to participate in the program him/herself, then the caregiver should also register and pay for the program.
- **Wait Lists:** Wait Lists are maintained for activities requiring registration. Staff process all cancellations and waitlisted participants are given first priority to fill openings. If the activity is occurring the next day or next business day, staff process the waitlist quickly and cannot wait for call backs.
- **Special Requests & Reasonable Accommodations:**
 - **Senior Services activities** are geared toward independent adults who are able to manage their own care, decision making, and safety. Staff and leaders cannot provide supervision of individuals.
 - Please note that personal or individual listening devices are available for activities occurring in the Senior Center.
 - **DISABILITY ACCOMMODATIONS:** In compliance with the Americans with Disabilities Act (ADA), we will do our best to make reasonable accommodations to ensure our activities are accessible for the widest range of participants. Please be specific with the accommodation you need. Please let us know at the time of registration or prior to your planned participation in a program that does not require registration. The earlier we know, the better we may be able to accommodate your request. Non-ADA requests may be made at the time of registration as well and are considered on a case-by-case basis.

Winter Programs are Subject to Change
Registration for activities begins
Monday, November 13

Trip Registration Kick-Off:
Friday, November 17
from 3–5 pm in person at the Senior Center.

Need help with online registration?

Check out our updated how-to video at www.longmontcolorado.gov/senior-services



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. Onsite meals in the Senior Center Park View Café (dining room).

For information on menus and meal costs,
Call 303-772-0540 or visit www.longmontmeals.org



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
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910 Longs Peak Avenue, Longmont, CO 80501
Phone: 303-651-8411 | Fax: 303-651-8413
www.LongmontColorado.gov/senior-services
Regular Operating Hours: 8 am - 5 pm, Monday - Friday
Para información en español llame al 303-774-4452

REGISTRATION AND PAYMENT INFORMATION

Registration

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

See Page 1 for Registration date information.

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

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

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

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

Cancellations:

- The City reserves the right to cancel an activity if the minimum number of participants has not registered. Participants will be notified by phone immediately if an activity cancels.

**Amounts of \$10 or less will be credited to the payer's City activity account. Payer will not receive a refund check or a credit back to their credit card for amounts of \$10 or less.*

- A full refund/credit will be given if Senior Services cancels the activity.
- A full refund/credit will be given if the participant cancels a class or special event three (3) or more business days prior to the activity. Each trip has a specific cancellation date deadline.
- A credit must be used within 12 months of the issue date.
- Wait Lists are maintained for classes, special events, and trips.

DAY TRIP-SPECIFIC INFORMATION

Trip Registration Lottery (for 1st day of trip registration only) In fairness to all and to eliminate the need to arrive early, a lottery format for the first day of trip registration is used. Numbers are distributed to participants as they arrive and corresponding numbers are placed in a tumbler and drawn randomly throughout the assigned time frame. ***When your number is called, you will have the opportunity to register for trips for yourself and one other eligible person.*** An activity registration form is required, one form per person. After the trip registration lottery, you may register for trips at the front desk, over the phone, or online. ***The quickest way to complete the registration process is to pay by cash or check.***

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

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

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

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

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

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

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



Friends

OF THE LONGMONT SENIOR CENTER

FUNDING OUR FUTURE.

FROM THE FRIENDS

PO Box 313, Longmont, CO 80502 | www.friendslongmont.org

President: Linda Fetterman; Vice President: Chuck Beehler;
Treasurer: Michelle Cregut; Secretary: Amy Hunter; with Laura Ambler,
Julie Burrows, Brenda Hotchkiss, Roger Jurgens, Ray Ramirez,
Ruth Rosenblum, Theresa Schulte, and Ruth Waukau.



FRIENDS OF THE LONGMONT SENIOR CENTER

Dear Friends,

In 2021, in an historic first, under the leadership of then mayor, Brian Bagley, the city of Longmont and the Northern Arapaho Tribe from the Wind River Reservation in Wyoming established the first sister city relationship between a Sovereign Tribal Nation and a US city. Longmont has sister city relationships with Chino, Japan, Ciudad Guzman, Mexico, and now with the Northern Arapaho Tribe. The Longmont Sister Cities Association has hosted numerous student exchanges over the years. There have also been some elder exchanges sponsored by the Longmont Senior Center.

Ronnie Maynes, manager of the Longmont Senior Center, is exploring the possibility of some elder exchanges and educational/cultural exchanges between Longmont elders and Northern Arapaho elders. Ray Ramirez, board member of The Friends of the Longmont Senior Center has been providing guidance as he has been involved in this collaboration from the beginning. A showing of the film Little by Little was arranged at the Longmont Senior Center in July for interested board members. You, too, can see the film online at https://www.youtube.com/watch?v=_OKVqjt8ilQ.

The Friends of the Longmont Senior Center Board is interested in collaborating with the staff of the Longmont Senior Center and the elders of the Northern Arapaho Tribe to encourage friendships, cooperation and educational opportunities between elders. Watch the GO catalog for further information as relationships are formed and opportunities unfold.

The Longmont Senior Center is excited to announce new additions to our staff of Amy Hodge (Seniors Recreation Program Supervisor), Ariana Heter (Seniors Therapeutic Recreation Coordinator), and Valerie Rodriguez (Seniors Recreation Program Coordinator). Our newest staff members are excited to be here and describe the current program as a “well-oiled machine.” They are all excited to maintain consistency for customers and to add to the programs from their own unique backgrounds in recreation and working with older adults. Thanks also goes to Terri Calvin from the City of Longmont Recreation division who aided us during the transition and pitched in as needed to help ensure continuity.

Brenda Hotchkiss, Board Member

THANK YOU TO OUR RECENT DONORS:

Thank you to all who have donated to the Friends via PayPal and through Colorado Gives as well as directly to the Friends through cash and estate gifts.

Gail Lewis

Delores Abrams

Marilyn Akeson

Marjorie Logan

Patricia Boutelle

Linda Fetterman

Mike Kelly

Elaine Nave

GIFTS IN MEMORY OF:

Robert Eugene Schwartz Jr.

A Grand *Thank You...*

- To our sponsors of the **Lunch Bunch** group: Friends of the Longmont Senior Center, Longmont Meals on Wheels, Life Care Center of Longmont, The Bridge at Longmont, and our volunteer facilitators;
- To the **Boulder International Film Festival (BIFF)** organization for sponsoring the BIFF films, and especially Ann Moss, Jerry Shapins, and Shawna Sprowls
- To the **Woodcarving** volunteers for carving Comfort Birds we can offer to customers in need;
- To **Bruce Armstrong** for coordinating the Friends of the Senior Center monthly meetings via Zoom;
- To the **St. Vrain Valley School District Innovation Center Students** for sharing their enthusiasm and expertise in technology.

» 2023 scholarships expire on December 11, 2023. Participants can reapply for 2024 on January 2.

Scholarship Funds –

The Friends of the Longmont Senior Center, Inc., have set aside funds to assist older adults in participating in various activities organized by Senior Services. As long as funds are available, in 2023 an individual may use up to \$250 a year towards Senior Services activities of his or her choice and up to \$250 per calendar year specifically to assist participation in Senior Services exercise/wellness programs.

Persons who live within the St. Vrain Valley School District with a total annual income (from all sources) of \$43,900 or less for a single person and \$50,200 or less for a couple can qualify for scholarships. Call the front office at 303-651-8411 for more information.

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.

Bailes de Mi Tierra

Mondays and Fridays, 3:15-4:45 pm

You do not need to be Latino to participate in this Latino activity. The dancers practice and perform various dances and songs from Central and South America, and perform at various events throughout the year. If you are interested or want more information, please call 303-651-8411.

Billiards – 6 Great Tables!

50¢ donation suggested for play

Monday through Friday, 8 am - 4:45 pm

Wednesdays and Fridays from 9 am to Noon, is a time designated for women who want to meet and play with other women.

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 \$10.25 for 3 games. This is come-as-you-can, no commitment for regular attendance. Sponsored solely by Centennial Lanes. Call 303-651-3800 for the most up to date information.

Bridge (Open)

Mondays, 12:30 - 4 pm

Partners are not necessary. Individuals are rotated into games. New players are welcome. Contact **Kristen Rounds** at 401-486-7546 or ktgroundsg@gmail.com

Bridge - Duplicate Bridge

Wednesdays, 1 pm – 4:30 pm

Please email **Mona Lilien** at mona.bob@comcast.net or **Beth Stahlman** at bethstahlman@gmail.com if you have any questions or would like to join the group. Newcomers welcome, however, you must have a partner and experience playing duplicate bridge. *This is not an ACBL Sanctioned game. Please meet in the lobby by no later than 12:50 pm for registration.*



Canasta

Mondays, 1 pm – 4:30 pm

Leaders: **Bill and Jean Bradley**, 303-772-9804 or email: Billb111@att.net

Mainly play Hand and Foot Canasta. Beginners and newcomers welcome.

Coffee Nook in the Lobby

Each morning, **Monday through Friday**, there will be coffee set up along the west wall of the lobby. Regular coffee is available, at no charge, from **8 am to 11:30 am** for anyone who'd like a place to sit, visit, read a magazine, or just enjoy the space. Decaf coffee and tea options are available in the Dining Room, also at no charge. Courtesy of the Friends of the Longmont Senior Center and Longmont Meals on Wheels.

Computers for Public Use

Two public access computers with a black and white printer are available on a first-come, first-served basis. Time is limited to 30 minutes, and a guest pass is required and available at the Front Desk. Printing of the first five pages is free, then 10¢ per page after that, payable at the front desk. Computer room hours are **Monday – Friday 8:15 am – 4:45 pm.**

Creative Stitches

Drop-in Handwork Group

Fridays, 1 – 4 pm

Bring your own quilting (or other small handwork) and enjoy conversation and help with your project. Newcomer's welcome. If interested, please contact **Sharon Peterson** by email: smp1951@hotmail.com.



Current Events *currently inactive*

Meet for an hour or more to review local, national, and international events. Share views and analyses from wide-reading and often personal and professional experiences.

Seeking a new facilitator - contact amy.hodge@longmontcolorado.gov if interested.



Dulcimer Group - Singin' Strings 2nd & 4th Thursdays, 2 - 3:30 pm

The mountain dulcimer, also known as the lap or Appalachian dulcimer, is an intriguing instrument developed in America. It is an increasingly popular musical instrument known for its sweet lilting qualities. "Singin' Strings" is a group of dulcimer players meeting at the Senior Center to work on their skills and share music. All levels of dulcimer players are welcome to join in. Call **Nancy Beaudrot** at 303-772-2094 for more information or before dropping by the group as they may be in the community performing during practice time. Cost: 50¢ per session.

Friday Citizens' Open Forum *currently inactive*

Topic leaders get up to 20 minutes to share their views and initiate a conversation. Other attendees typically get two, five-minute slots to air their views, hold the floor, and direct the discussion. Topics are suggested and chosen by participants through a vote the week before. Curious newcomers are welcome and need not participate at their first meeting. **Seeking a new facilitator. If interested, contact: amy.hodge@longmontcolorado.gov.**

Friends of the Longmont Senior Center, Inc.

Friends
OF THE LONGMONT SENIOR CENTER

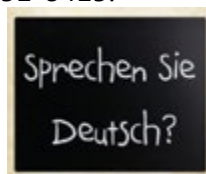
4th Tuesday, 3 - 4:30 pm » *Online OR in-person*

This non-profit board seeks to enhance the services and programs of the Longmont Senior Center through fundraising activities. See page 3.

For more information contact the Senior Services Manager, **Ronnie Maynes**, at 303-651-8415.

German Language Conversation Group

Date: Thursdays
Time: 12:15 - 1:30 pm



If you are a native German speaker or learned some German in the past, come to this group to practice and enhance your German language skills in conversation with others. Along with the German language, the group believes that humor, social contact and friendship are equally important. It is not a class but we help each other. Contact **Jim Petri** at 303-772-6048 or for more information.



"Eyes on Longmont" Video/Film Club

Mondays, 9:30 - 11 am

We are a volunteer group who has fun producing in-depth documentaries to educate, entertain, and inform residents of the Boulder County area. Join us and learn every aspect of video production in a supportive atmosphere. Videos are uploaded to YouTube and shown at monthly "Big Picture" programs at the Senior Center. **Debbie Arnold** is the contact person for the group: darnold@mail.com or 720-453-7098.

The Longmont Channel » Find us on YouTube
or visit <https://bit.ly/eyesonlongmont>



See page 20 for dates when we are showing their productions.

Knit and Purl

Wednesdays, 9 - 11 am

Join us on Wednesday mornings. While working on a knit or crochet project we share informal instruction, tips and tricks, patterns and lots of friendly chatter. Over the last 20 years we have created and donated over 40,000 items to local charities. Donations of 100% acrylic yarn, especially #4 worsted, are always appreciated and put to good use. Email **Margaret Lindblom** at marglindblom@gmail.com with questions or if you are interested in joining.

Lap Robes

Tuesdays, 8 – 10:30 am

This Senior Center–sponsored all volunteer sewing group creates quilts and lap robes for non-profit agencies in the community to be distributed to those in need and for disaster relief locally, nationally, and internationally. Email **Diane Gamble** at dianegamble77@comcast.net to find out about joining this group and helping to cut blocks, piece tops, or tie quilts. New batting material as filler is needed; if you have any to donate, please drop it off at the front desk.

LGBTQ+ Supper Club/Teatime

Rainbow Elders of Boulder County provides a social opportunity for LGBTQ+ (lesbian, gay, bisexual, transgender, queer+) older adults to gather for connection and community. On a monthly basis (4th Thursday of the month), they sponsor a Supper Club or Teatime that alternates between in-person Supper Clubs scheduled in different locations on even-numbered months and virtual Teatimes through Zoom held on odd-numbered months. Call the **Area Agency on Aging** at 303-441-4518 for more information or email infoLGBTelders@bouldercounty.org.

Library (Senior Center)

Books are available for checkout every day. Please return them within three weeks. No late fees are charged.

Kiwanis Club

Fridays, 9:25 - 10:25 am

New members are always welcome. Call **Marv Van Peursem** 303-774-0734 for information. Additional monthly meetings will be held on the first Wednesday of each month.

Mahjong

Fridays, 1 – 4 pm

If you love to play Mahjong, please join our Friday group! Email **Diane Gamble** at dianegamble77@comcast.net to find out about joining this group.

NARFE

2nd Friday, noon - 2 pm at Perkins.

The National Active and Retired Federal Employees meet regularly at Perkins for a lunch. Call **Larry Schluntz** at 303-772-6419.

Pickleball » See page 42



Quilting (By Hand)

Thursdays, 1 - 4 pm

Community members bring their treasured unfinished quilt tops to be hand quilted using old-fashioned quilting techniques like “grandma”. Funds raised are donated to the Friends of the Longmont Senior Center. Hand-quilting experience is required, NO instruction is provided. Newcomers please call **Joan Ellis** at **303-775-7339** before dropping-in and for more information.

Saturday Potluck & Games

4th Saturday of the month, noon – 4 pm

Older adults meet for a potluck, cards, Mahjong, and games. We have a variety of games available! It’s a great way to have fun and socialize. Contact **Diane Gamble** for information dianegamble77@comcast.net

Scrapbooking & Paper Crafts

Wednesdays, 9 am – noon

This is an ongoing drop-in group, meeting weekly–come as you can. Work on your scrapbook project, family history journals, greeting cards, and other paper crafts. All levels of skills are welcome as we share ideas and inspiration. If you are new to this hobby or just want to explore how to get started, drop-in and visit with others to see what supplies you will need. Call **Marty Baker** at 303-931-9199 for more information.



Senior Citizens Advisory Board

1st Wednesday, 10:00 am - noon

The City Council appointed board meets the first Wednesday of the month from 10:00 am to noon. The 2023 members are: **Beth Bowles, David Brenna, Sheila Conroy, Lonnie Dooley, Art Quintana, and Arlene Zortman.** Please contact the Senior Services Manager, **Ronnie Maynes**, at 303-651-8415.



Shuffleboard

Thursdays, 8:30 – 10:30 am

Beginners welcome, no experience needed. The group will play a few games and socialize. Participants will have a chance to play with a variety of people. A donation of \$1.00 is asked for supplies and the annual group brunch.

Spanish Conversation Group

Fridays, 1:30 – 3 pm

Develop cross-cultural friendships and cultural understanding while improving your Spanish. All levels are welcome; however, there is no instruction, and all conversation is in Spanish. Contact **Maria** at mariaveche@gmail.com

Spanish Chorus Group - Canciones de Mi Tierra

Mondays, 1 – 2:30 pm

Do you like to sing in Spanish? If so, we are the group for you. Please join us as we sing to classic Mexican songs, have fun, and share stories. For more information call 303-651-8411.

Support Groups

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

LOCO Motion Band

(formerly Swingin' Seniors Rhythm Band)

Mondays, 10 am - Noon

This group performs regularly at senior residences and organizations in the community. Traditional and homemade instruments are welcome. The ability to read music is not required. If you are interested in this group, please email **Joe Mattis**, jdmattis@gmail.com.

Table Tennis » see page 42

Texas Hold 'Em

Thursdays, 1:30 – 4:30 pm

Facilitated by **Paul Lohr**. Call Paul at 513-238-5243 to reserve a seat or if have any questions about the game, rules, or etiquette.



Woodcarving

Fridays, 8 – 11am

Beginner and experienced woodcarvers meet to work on projects, offer advice on techniques or equipment, and share their enjoyment of this lifelong hobby. Visitors are welcome to stop by any Friday morning. All carvers are welcome. Call **Kurt Kelley** at 303-776-8866 or **Pat Tubaugh** at 720-843-9588 for more information.

Animals

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CULTURAL ENRICHMENT PROGRAM

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



Holiday Soiree

Registration #183000-00

Date: Friday, December 15

Time: 11:15 am – 2 pm

Cost: Free, and please register in advance

Celebrate with us and “sing” in the season! Good food, good friends and good music will make for a festive event. The meal consists of warm comfort foods of the season - pot roast, vegetables, salad and pie. Lunch provided by our own Meals on Wheels, and entertainment provided by Colorado Spirit Chorus.

Happy “Noon-Year!”

Music & Mocktails

Registration #183008-12

Date: Friday, December 29

Time: 10 am - Noon

Cost: Free, and please register in advance

Does your bedtime arrive before midnight, but you still want to celebrate the New Year? If so, join us for a rockin’ “Noon-Year’s Eve” party featuring entertainment from the **Responders Oldies Band** who will play tunes from the fabulous 50’s and swingin’ 60’s. Including a light snack, countdown to 2024, and a “noon-year” toast, this is one celebration you won’t want to miss!

The Responders Oldies Band is a delightful 3-piece vocal band featuring guitar, bass guitar and percussion, all three members are seasoned musicians each lending their talents to create beautiful sounds of music from the 50’s and 60’s. The band includes:

- **Rick Nelson** - has been playing and teaching guitar for over 40 years. He plays jazz, classical, and of course old Rock n’ Roll. Lending his voice to the group helps create beautiful harmonies which the Responders are known for.
- **Sam Rangell** - The “tasteful drummer” that knows how to play with style and precision, his abilities are just the right touch for the sound of an oldies band, and his vocals fit the band’s style perfectly.
- **Wayne Henggeler** - Forming the Responders in 2012, Wayne’s vision was to create authentic sounding original Rock ‘n Roll. As lead singer and bass guitarist, Wayne has successfully taken the Responders through countless engagements including parties, picnics, receptions, and fairs.

Today the Responders are Colorado’s Front Range premier oldies band, playing selections from such artists as: Elvis, Dion and the Bellmonts, Ricky Nelson, and the Drifters to mention a few. The Responders Oldies band is proud to keep original sounding “Golden Oldies” alive and available.

Sister Cities: Little by Little

Registration #183008-01

Date: Thursday, January 11

Time: 2:30 - 4 pm

Cost: Free, and please register in advance

In 2021, in an historic first, under the leadership of then mayor, Brian Bagley, the city of Longmont and the Northern Arapaho Tribe from the Wind River Reservation in Wyoming established the first sister city relationship between a Sovereign Tribal Nation and a US city. Longmont has sister city relationships with Chino, Japan, Ciudad Guzman, Mexico, and now with the Northern Arapaho Tribe. The Longmont Sister Cities Association has hosted numerous student exchanges over the years. There have also been some elder exchanges sponsored by the Longmont Senior Center.

Join **Ronnie Maynes**, Manager of the Longmont Senior Center, as well as other members of City of Longmont leadership in exploring the possibility of elder exchanges and educational/cultural exchanges between Longmont elders and Northern Arapaho elders. A showing of the film Little by Little will be included in this very special event. The **Friends of the Longmont Senior Center Board** is interested in collaborating with the staff of the Longmont Senior Center and the elders of the Northern Arapaho Tribe to encourage friendships, cooperation and educational opportunities between elders.



Swoonin’ Sounds & Sweet Treats

Registration #183008-02

Date: Wednesday, February 14

Time: 1:00 – 3:00 pm

Cost: Free, and please register in advance

Grab your sweetheart or favorite friend and celebrate love with our Valentine’s Day cookie exchange celebration! Attendees are encouraged to bring 2-dozen cookies to exchange at the event, which will feature entertainment by the Young Heart Dance Band. Get ready for some Oldies and Country with DeeJay Johnson and Mark Jenkins of the Young Heart Dance Band! Joining us is the 2022 inductee to the Colorado Country Music Hall of Fame for 20 years of playing continuous Country Music in Colorado, Mark Jenkins (guitar and vocals)! DeeJay is the 2019 Female Vocalist of the Year and 2019 Entertainer of the Year by the Colorado Country Music Hall of Fame (on keyboard and vocals). The Young Heart Dance Band includes 3 additional members that perform locally with the duo for select shows. Their style includes Oldies, Country music and everyone’s favorite dance songs. The group celebrates 10 years together in February 2024!

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



SPECIAL EVENTS

Get Acquainted

Dates: **Thursday, December 7**
Registration #183012-12

Thursday, February 1
Registration #183012-02

Time: **9 – 10:30 am**

Get acquainted with others who are new to the Senior Center or new to the area. Join us to learn more about various programs, opportunities, and resources at the Senior Center. Facilitated by Senior Services staff. Please arrive by start time, as program begins promptly.

NEW! Deck the Halls

Date: **December 1-31**

Cost: FREE, and please register in advance with Amy Hodge at 303-651-8495 or amy.hodge@longmontcolorado.gov

We are seeking local businesses, community groups, or families interested in lighting up the Longmont Senior Center. Beginning November 27 trees may be set up in their designated locations and decorated to be displayed throughout the month of December. The Longmont Senior Center will provide all power. Tree decorating deadline is November 30. Registration is required by November

20 (space is limited!) by contacting Amy Hodge at amy.hodge@longmontcolorado.gov or 303-651-8495, who can also answer additional questions.

FREE to enjoy and FREE to enter.

Canned Food Drive: December 1 - 31

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 will be counted throughout the event and all donations will be sent to the Table of Hope Food Pantry. The winning tree will be announced during early January 2024.

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

Sip-N-Paint

Registration #184133-01

Date: **Tuesday, December 12**

Time: **3 – 5 pm**

Cost: \$5 resident,
\$6 non-resident



Join us for a guided painting with hot cocoa and apple cider. You will leave the class with a completed reindeer painting, which is a great holiday gift for yourself or someone else!

Instructor: Senior Services staff Amy Payan.

Creative Card Making

Dates: **Monday, January 22**
Registration #184104-01

Monday, February 26
Registration #184104-02

Time: **2 – 4 pm**

Cost: \$16 resident, \$18 non-resident

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

ART CLASSES WITH DONNA CLEMENT

Studio Time with Donna Clement

Registration #184100-12

Date: **Mondays, December 4, 11, 18**

Time: **1:30 – 4 pm**

Cost: \$28 resident, \$31 non-resident

Registration #184100-02

Date: **Mondays, February 5, 12, 26**

Time: **1:30 – 4 pm**

Cost: \$28 resident, \$31 non-resident

This is an informal laidback class where you can work on whatever project you wish, using mediums such as colored pencil, graphite, pen & ink, oil paint, watercolors, acrylics, etc. I will be there to guide you throughout, as needed.

Supplies: Bring ALL the supplies you need for your project. **Instructor: Donna Clement**

NEED HELP WITH ONLINE REGISTRATION?

Check out our updated how-to video at www.longmontcolorado.gov/senior-services



A Peer-to-Peer Learning Community

For 20+ years, this all-volunteer program continues to help seniors in our community learn and stay current with technology. We are a great resource for all of your technology needs. Our peer Coaches provide formal instruction and individual assistance in a comfortable and supportive environment. We offer lectures, tech help labs, and one-on-one assistance on a variety of devices. Join us In-Person and Online via Zoom.

HOW TO CONTACT SCTC

- » Via email: infosctc@friendslongmont.org
- » By phone: SCTC Hotline **303-834-7703**
- » Visit the SCTC website: longmontSCTC.org
- » Call Senior Center Front Desk: **303-651-8411**
- » Sign up for emails from SCTC; go to bit.ly/sctc-signup
- » Find us at the SCTC Digital Neighborhood

PERSONAL COACHING

SCTC Volunteer Coaches can meet with you in person or virtually to provide technical assistance on your device. It's simple to request a Personal Coach:

- » Submit a Personal Coaching request, go to bit.ly/sctc-help
- » OR - Call the Senior Center front desk at 303-651-8411

A volunteer Coach will reach out to provide assistance.

COSTS

- » All Online via Zoom activities are FREE.
- » In-Person activities:
 - Lectures: \$2 resident, \$3 non-resident
 - Smartphone Tutoring: \$2 resident, \$3 non-resident
 - Tech Labs: \$2, pay at the door or purchase a 5-session punch card at the Front Desk for \$10.00.



SCTC VOLUNTEERS ARE NEEDED:

Visit bit.ly/volunteersctc or call the Senior Center for more information at **303-774-3533**

New coaches and instructors to assist with computer and technology education and assistance are needed. Please consider sharing your time and knowledge with other older adults in this volunteer peer-to-peer program.



SCTC ACTIVITIES

Activities are color coded to denote In-Person or Online via Zoom.

- In-Person at Longmont Senior Center.** Register at the Senior Center Front Desk or call 303-651-8411.
- In-Person at Lashley Street Station.** Register at the Senior Center Front Desk or call 303-651-8411.
- Online via Zoom.** Sign up for SCTC email list at bit.ly/sctc-signup. Once on the email list, no other action is needed. A Zoom link email is sent to you the day before the activity.

See pages 14-16 for Activity Descriptions.

Topic	Registration	Dates	Times	Location	Res/Non Res
Senior Center Tech Lab	Drop-in	Friday, Dec 1	1 – 3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	182011-1A 182011-1B	Monday, Dec 4	9:30 – 10:30 am 11 am – noon	Senior Center	\$2.00 \$3.00
Cutting the Cord	Online	Wednesday, Dec 6	10 – 11:30 am	Zoom	Free
Online Tech Lab	Online	Friday, Dec 8	1 – 2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday, Dec 12	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
Managing Photos on Your iPhone & iMac	182026-00	Thursday, Dec 14	2 – 4 pm	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Friday, Dec 15	1 – 3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	182011-2A 182011-2B	Monday, Dec 18	9:30 – 10:30 am 11 am – noon	Senior Center	\$2.00 \$3.00
Managing Google Photos	Online	Wednesday, Jan 3	10 – 11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday, Jan 5	1 – 3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	182011-3A 182011-3B	Monday, Jan 8	9:30 – 10:30 am 11 am – noon	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Tuesday, Jan 9	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
Password Management	182006-00	Thursday, Jan 11	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday, Jan 12	1 – 2:30 pm	Zoom	Free
I Just Got a New Mac, Now What?	182033-00	Tuesday, Jan 16	1 – 3 pm	Senior Center	\$2.00 \$3.00
Office 365 Highlights	Online	Wednesday, Jan 17	10 – 11:30 am	Zoom	Free
Genealogy Research Workshop	Online	Wednesday, Jan 17	1:30 – 3:30 pm	Zoom	Free



Topic	Registration	Dates	Times	Location	Res/Non Res
Senior Center Tech Lab	Drop-in	Friday, Jan 19	1 – 3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	182011-4A 182011-4B	Monday, Jan 22	9:30 – 10:30 am 11 am – noon	Senior Center	\$2.00 \$3.00
Senior Center Tech Lab	Drop-in	Tuesday, Jan 23	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
Cybersecurity Fundamentals	182043-00	Tuesday, Jan 23	3:30 – 5:00 pm	Senior Center	\$2.00 \$3.00
Windows Backup Strategies	182007-00	Thursday, Jan 25	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday, Jan 26	1 – 2:30 pm	Zoom	Free
Where's My Stuff on My Apple Mac?	182055-00	Tuesday, Jan 30	10 am – Noon	Lashley Street Station	\$2.00 \$3.00
Getting the Most Out of Your iPhone	Online	Wednesday, Jan 31	10 – 11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday, Feb 2	1 – 3 pm	Senior Center	\$2.00 \$2.00
Cell & Smartphone Tutoring	182011-5A 182011-5B	Monday, Feb 5	9:30 – 10:30 am 11 am – noon	Senior Center	\$2.00 \$3.00
Demystify Artificial Intelligence	182048-00	Tuesday, Feb 6	3:30 – 5:00 pm	Senior Center	\$2.00 \$3.00
Stay Safe in Cyberspace	182100-00	Thursday, Feb 8	1 – 3 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday, Feb 9	1 – 2:30 pm	Zoom	Free
Lashley Tech Lab	Drop-in	Tuesday, Feb 13	9:30 – 11:30 am	Lashley Street Station	\$2.00 \$2.00
I Just Got a New Mac... Now What?	Online	Wednesday, Feb 14	10 – 11:30 am	Zoom	Free
Senior Center Tech Lab	Drop-in	Friday, Feb 16	1 – 3 pm	Senior Center	\$2.00 \$2.00
Genealogy Research Workshop	Online	Wednesday, Feb 21	1:30 – 3:30 pm	Zoom	Free
Where's My Stuff on My Windows PC?	182019-00	Thursday, Feb 22	2 – 4 pm	Senior Center	\$2.00 \$3.00
Online Tech Lab	Online	Friday, Feb 23	1 – 2:30 pm	Zoom	Free
Senior Center Tech Lab	Drop-in	Tuesday, Feb 27	9:30 – 11:30 am	Senior Center	\$2.00 \$2.00
AI: What's the Hype & What's Real?	Online	Wednesday, Feb 28	10 – 11:30 am	Zoom	Free



SCTC ACTIVITIES DESCRIPTIONS

See Pages 12-13 for Dates, Times, and Cost.

For In-Person, register at the Senior Center Front Desk or call 303-651-8411.

For Online, sign up for SCTC email list at bit.ly/sctc-signup.

Once on the email list, no other action is needed. A Zoom link email is sent to you the day before the activity.



AI: What's Hype & What's Real? - Online

We hear a lot about artificial intelligence (AI) these days. Is it real or is it just hype? We will take a look at what we mean by AI, look at some real-world examples, and discuss whether it really will take over the world! **Presented by: Bobski Masson.**

Cell & Smartphone Tutoring

A one-on-one tutoring session with a peer Coach. **Please register at least 3 days prior.** For an hour, a Coach will help you with your phone. Bring your phone, charger, and passwords. This is not a structured class with lecture.

Cutting the Cord - Online

TV Streaming has exploded during the past year. So many options. We are overloaded with choices of devices, channels, shows, and movies. Let's take a fresh look. **Presented by: Daryl Goodman.**

I Just Got a New Mac, Now What? - Online and In-Person

Congratulations! This beginner-friendly presentation explores why Macs are increasingly popular. We'll delve into tips and tricks for maximizing your Mac's potential, covering the basics of navigation and synchronization with your iDevices. Gain confidence in using Finder, Photos, and iCloud to kickstart your Mac journey, making your digital life safer, more efficient, and more enjoyable. **Presented by: Bobski Masson.**

Getting the Most Out of Your iPhone - Online



Everything your iPhone does is managed by a program called iOS — from configuring your home screen to which ringtone to use. In this session, we will highlight some lesser-known features of iOS that add value to your iPhone investment. We will focus on features that enhance your safety, help you get the most out of your camera and effectively share information with friends and family.

Presented by: Karen Rademacher.

Online Tech Lab - Online

On Friday afternoons, using Zoom, our peer Coaches are available to help you one-on-one with any question on any device.

Managing Google Photos - Online

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.

Managing Photos on Your iPhone & iPad

The Photos app on your iPhone or iPad makes it easy to keep your photos and videos organized and accessible. We will cover all the features that help you organize and share those photos. For this hands-on session, please bring your iPhone and iPad. **Presented by: Dan More.**

See Pages 12-13 for Dates, Times, and Cost.

SCTC ACTIVITIES DESCRIPTIONS

See Pages 12-13 for Dates, Times, and Cost.

For In-Person, register at the Senior Center Front Desk or call 303-651-8411.

For Online, sign up for SCTC email list at bit.ly/sctc-signup.

Once on the email list, no other action is needed. A Zoom link email is sent to you the day before the activity.



Office 365 Highlights - Online

This lecture with demonstration will introduce you to Microsoft Office 365 with general information about what it is and how it is different from other alternatives. **Presented by: Debbie Arnold.**

Password Management

Are you constantly forgetting passwords? Resetting passwords? Forgetting the answers to security questions? There are many tools and methods out there to help you organize your passwords. We will talk about the whole spectrum — manual paper-based systems, third-party apps, add-ins, and password managers built into your browser or your device's operating system. We will help you figure out a plan to finally get those passwords organized. **Presented by: Karen Rademacher.**

Senior Center Tech Lab

Drop-in at the Senior Center on Tuesday morning or Friday afternoon. Our Coaches are available to help you one-on-one with any question on any device.

Stay Safe in Cyberspace

Recently we have seen an increase in seniors being targeted by scams on the Internet and over the phone. Many have lost money or had to pay experts to fix their devices as a result of these scams. This workshop will introduce attendees to tips and warnings about how to avoid Internet scams and protect yourself from financial losses.

Presented by: Bruce Armstrong.

Where's My Stuff on My Windows PC?

File Management is the art of safely storing your important documents and photos in an organized way so you can easily and reliably find them, and, when necessary, recover from disaster. Using the Windows File Explorer, we will show how to navigate directories, create new folders, save files, delete files, and backup files for safe keeping.

Presented by: Debbie Arnold.

Windows Backup Strategies

What does backup mean for you and your Windows PC and peace of mind? This lecture will address the what, when, and how of using Windows tools. In addition, online cloud-based options will be discussed. **Presented by: Paul Kruse.**

Genealogy Research Workshop

Registration: register at www.longmontgenealogicalsociety.org or email to PresidentLGS@gmail.com

Dates: Wednesdays, January 17 and February 21
(NO December workshop)

Time: 1:30 – 3:30 pm

Cost: Free

Location: Online/Zoom

Fellow genealogists will be available to help with your questions, whether it's finding a lost relative or a "how-to" question about software or websites. And, we are always happy to help those just getting started. If you have a topic that might be helpful to others, we would welcome your contributions also. Come join in on this most interesting hobby.





COLLABORATION WITH SVVSD INNOVATION CENTER

Join us for the St Vrain Valley School District Innovation Center high school students' intergenerational perspective on Cybersecurity and Artificial Intelligence (AI).



Cybersecurity Fundamentals

Registration #182043-00
Date: Tuesday, January 23
Time: 3:30 – 5:00 pm
Cost: \$2 resident, \$3 non-resident
Location: Longmont Senior Center

Did you know that 2,200 people are hacked every day worldwide? About 80% of all Senior Citizens have been targeted by a cyberattack. The Cyber Team high school students will teach the fundamentals to help you be more cyber safe! We will discuss why cybersecurity is important, how to protect your personal information, and how to avoid scams.

Demystify Artificial Intelligence (AI)

Registration #182048-00
Date: Tuesday, February 6
Time: 3:30 – 5:00 pm
Cost: \$2 resident, \$3 non-resident
Location: Longmont Senior Center

In this introduction to artificial intelligence (AI), we will cover the core concepts and applications of AI. Presentations with real-world examples (an AI "playground") will help demystify the computer science behind these new intelligent systems. We'll discuss AI applications in various domains such as robotics, healthcare, customer service, and more.

SCTC LECTURES AT LASHLEY STREET STATION

1200 Lashley Street

In order to provide you more opportunities to stay current with technology, we are expanding to offer you lectures at the City's Lashley Street Station facility. Easy to find and lots of parking. Hope to see you there. Register at the Senior Center Front Desk or call 303-651-8411.

Where's My Stuff on My Apple Mac?

Registration: #182055-00
Date: Tuesday, January 30
Time: 10 am – noon
Cost: \$2 residents, \$3 non-residents
Location: Lashley Street Station

Working with your Mac is generally pretty easy—but when it comes to saving files and figuring out where they went, it seems a little more complicated. We're going to explore where to put stuff, where stuff might end up on its own, and how to find it once it's been saved.

Presented by: Bobski Masson.

Lashley Tech Lab - Drop-In

Date: Tuesday, February 13
Time: 9:30 – 11:30 am
Cost: \$2 residents, \$3 non-residents
Location: Lashley Street Station

Drop-in at the Lashley Street Station on Tuesday morning. Our Coaches are available to help you one-on-one with any question on any device.

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

NEED HELP WITH ONLINE REGISTRATION?
Check out our updated how-to video at www.longmontcolorado.gov/senior-services

Book Club - We be Bookin'

Registration #184232-00

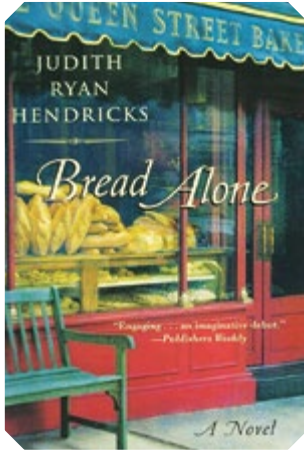
Date: Wednesdays, December 20,
January 17, and February 21

Time: 1:30 – 3 pm

Cost: Free, please register in advance

Location: Longmont Senior Center

Join our book club for a fun way to meet people and have stimulating conversations! The first book to kick off the winter season is "Bread Alone" by Judith Hendricks. At the December book discussion, the group will choose the book for January and in January for February. Space is limited. Please contact **Cecelia Jones** at 303-746-2573 for more information about this class.



Will-Maker Legal Seminars

Registration #184516-12

Date: Thursday, December 7

Registration #184516-01

Date: Thursday, January 4

Registration #184516-02

Date: Thursday, February 1

Time: 12:30 – 4:30 pm

Cost: \$100 resident, \$110 non-resident, plus a \$30 materials fee paid at time of class.

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

Fun with Singing

Registration #184231-00

Date: Tuesdays, December 5, 12, 19,
January 2, 9, 16, 23, 30

Time: 2 – 3:30 pm

Cost: \$32 resident, \$35 non-resident; cost is for 8 weeks, must sign up for all dates.

If you enjoy singing and want to have some fun, this is the class for you! No experience required. In this 90-minute class learn vocal exercises for conditioning and strength as well as learn how to sing in a group learning parts, harmonies, counter melodies, and blending. This class is a secure, private, supportive, and safe environment where FUN is the focus! Instructor: **Wayne Henggeler**. Wayne studied under the renowned Leslie "Divy" Nelson and certified as a vocal coach in 1995. Currently, he is the lead singer and bass guitarist for "The Responders Oldies Band." As the former owner of "You Can Sing" a school for teaching voice, Wayne has been teaching voice to hundreds of students over the last 27 years.

What is a Living Donor?

Registration #184235-00

Date: Friday, December 8

Time: 10 – 11 am

Cost: FREE, and please register in advance

Overall introduction of the Colorado Learning Center of Human Anatomy, what they do and the educational impact of the living donor's unique health history and lifestyle. The Colorado Learning Center has been in Longmont since 2014. Learn how they educate the community from high school students to medical professionals or anyone who wants to understand human anatomy and how it relates to themselves. A living donor has committed to become a teacher upon death. These teachers are used as a valuable teaching modality. Come learn about the impact the center has had in the community. **Presented by Bev Boyer and other living donors.**

For City and State Rebates, refer to page R-2 under Financials.

Need help filling out a Longmont Cares Assistance Application? Reserve a time to sit with the administrator and go over what rebates you may qualify for.

Appointments will be held at the Longmont Senior Center on the second Tuesday of each month by appointment only. To reserve an appointment time, please email longmontcares@longmontcolorado.gov, or call 303-774-4707.



GENERAL INTEREST

Walk the 'Camino de Santiago' with Cindy Maynard

Registration #184236-00

Date: Tuesday, December 5

Time: 1 – 3 pm

Cost: FREE, please register in advance

This power point presentation is no ordinary travelogue. It is a personal recounting of the life lessons learned while walking the Camino de Santiago, 500 miles across northern Spain from the Pyrenees to the Atlantic Ocean. Cindy describes the 38-day trek, walking in the footsteps of saints and celebrities, as one of the most enriching experiences of a lifetime.

Registration #184237-00

Date: Thursday, December 21

Time: 1 – 3 pm

Cost: FREE, please register in advance

Book Talk presentation inspired by Cindy's walk across Spain along the Camino de Santiago, prize-winning local author imagines, in these two historical fiction novels, what life along the Camino would have been like 800 years ago. Finding the Way and Esperanza's Way have earned five-star ratings from Readers Favorite.



City of Longmont Sustainability **Travel Green**

Registration #184230-01

Date: Wednesday, December 13

Time: 1:30 – 3 pm

Cost: Free, please register in advance

Haste makes waste! Attend this presentation from the City of Longmont and learn how you can waste less, save more, and make your community a better place to live.

Advanced Directives

Registration #185002-12

Date: Thursday, December 14

Registration #185002-02

Date: Thursday, February 8

Time: 9:30 – 11 am

Cost: \$5 resident, \$6 non-resident

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 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, and Five Wishes) and provide you with the necessary materials.
Facilitated by Renita Henson, RN BSN.

AARP Driver Safety Class

Registration #185042-01

Date: Wednesday, January 10

Time: 8:30 am - 12:30 pm

Cost: \$20 AARP members,
\$25 non-members, payable to
AARP and accepted at class.

Free to individuals with an AARP Medical Supplemental insurance plan identification card with their name on the card.



AARP's fast-paced format of a half-day session is designed to sharpen driving knowledge and skills and to develop strategies for adjusting to accelerated changes in technology, vision, hearing, reaction time, and other elements that relate to our abilities to be safe drivers. Graduates may be able to qualify for a discount on auto insurance. Registration for this class is required.

Death Café

Registration #184411-23

Date: Wednesday, January 17

Time: 2 – 3:30 pm

Cost: FREE, and please register in advance

Let's talk about death! Join us at Death Café, a salon for those who wish to engage in thoughtful, respectful, and sometimes provocative conversation about death. Our objective is to increase awareness of death and dying while helping people make the most of their finite lives. This is not a bereavement or grief counseling group. Discussion is facilitated by **Senior-to-Senior Peer Support volunteer Nancy Beaudrot**. Tea and sweets will be offered.

Medicare Basics Classes

Registration #184507-00

Date: Wednesday, January 24

Time: 10:30 am – noon

Cost: FREE, and please register in advance

Medicare Basics classes are offered by the **Boulder County Area Agency on Aging Medicare Counselors.**



The classes provide unbiased, up-to-date information about Medicare enrollment, benefits, costs, what and how Medicare pays, choices under Medicare plans, how they work, and prescription drug coverage. Everyone is welcome: pre-enrollees, people with Medicare, caregivers, family members, staff and service providers, and community members. Note: more class options are available ONLINE at www.boco.org/Medicare

Senior Services' Library

You may have noticed the books in our lobby. Our library consists of donated fiction paperbacks in good shape. We have one bookcase of westerns, one of romance, one of novels, and three of mystery, intrigue, horror & mayhem! There is no check-out procedure; just return books within three weeks to the basket by the computer room or the office. Our volunteers clean all the books and reshelve them almost daily. Enjoy good reading! If you wish to donate, non-fiction and hard-cover books are gladly accepted at Longmont Library.

NEED HELP WITH ONLINE REGISTRATION?
Check out our updated how-to video at www.longmontcolorado.gov/senior-services



GENERAL INTEREST

INCOME TAX AND REBATE PREPARATION 2024

Longmont Senior Center will host TCE (Tax Counseling for the Elderly), an AARP sponsored program for free income tax preparation and electronic filing of federal and Colorado tax returns. This is the only free in-person option in Longmont that we know of at this time. However, our resource staff will be compiling an informational handout with additional filing options later.

» The AARP program focuses on those age 50+ with low to moderate income. These weekday appointments are designed for simple tax returns such as those with retirement income – complex tax issues are out of scope. **Appointment line opens January 16.**

TCE site at the Longmont Senior Center | 910 Longs Peak Ave

February 1 to April 11, Tuesdays and Thursdays by appointment only, call 303-774-4429.

You can make an appointment on-line at <https://cotaxaide.org> or for a recorded message including general information and appointment requests, please call 303-774-4429 **beginning January 16.**

Please make your appointment early as appointment times fill up quickly! If you have broker statements (1099B or K-1) we recommend that you request a March appointment to allow time for the receipt of those statements. When you call, please leave your name and a phone number where we can reach you.

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



The Senior Center's Video 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 6.

Documentary: Longmont's Toy Box

Registration #184201-12
Date: Thursday, December 7
Time: 1 – 2:30 pm
 Cost: FREE, please register in advance

Did you know that Longmont has a "Toy Box"? For the past 13 years this Longmont organization has made over 200,000 wooden toys. Using donated lumber, volunteer toymakers have been hard at work delighting children and adults with over 200 different designs of handmade wooden toys. The toys are donated to children in need through various family/child welfare organizations locally and worldwide. This film describes how the toy project started and follows the toys from beginning ideas and templates, to community events where the toys are distributed. Just in time for the holidays, this film will inspire you to choose a favorite toy for a special child this season. All attendees will be eligible for a toy raffle following the film! *Run time: 45 min.*



Producers: Barbara Hau and Bill Decker

Documentary: Elite Barber Shop 1872 – The Oldest Continuously Operating Business in Longmont

Registration #184201-01
Date: Thursday, January 4
Time: 1 – 2:30 pm
 Cost: FREE, please register in advance

Join us for a look into the past as we visit the Elite Barber Shop, the oldest continuously operating business of any kind in Longmont. Located in the 300 block of Main Street this shop has operated since 1872, one year after Longmont became a city. We will talk to Orville and Jeff Christianson, two of the three generations of barber owners who will help us take a look at how the men's haircuts and shaves have evolved during the past one hundred and fifty plus years. This will not only be an historical visit to this old barbershop but will also be entertaining as well, with some old-time Barbershop music to accompany the documentary. *Run time: TBA.* Producers: Homer Rail and Debbie Lee.



Documentary: Talk Tech with Glenn Sherwood

Registration #184201-02
Date: Friday, February 9
Time: 1 – 2:30 pm
 Cost: FREE, please register in advance



TV Production Club member Glenn Sherwood is known for making video programs, for writing a book on a female sculptor, for city and county preservation involvement, for playing and

recording symphony concerts, but he also had a technical career of 33 years. His experience ranges from training in local schools to working in local tool and die shops to work at Hewlett-Packard for 8 years in parts inspection and process engineering to working 16 years at the National Bureau of Standards as an engineering technician. He talks about his training & experience. *Run time: 60 min.* Producer: Glen Sherwood.

NEED HELP WITH ONLINE REGISTRATION?
 Check out our updated how-to video at www.longmontcolorado.gov/senior-services



GENERAL INTEREST

CONVERSATION STARTER FILM SERIES

Cost: FREE, and please register in advance

Do you enjoy hearing others' ideas and sharing your thoughts? Almost daily, we may be faced with situations that are interesting, confusing, or complicated. The intent of this program is to explore different perspectives and gain understanding on topics of aging-related through discussion and illustrative films. The discussion will be led by our Supportive Services Supervisor, **Brandy Queen**.

US AND THEM

Registration #184220-01

Date: Friday, January 12

Time: 1 – 3 pm

Filed over a decade, US & THEM is a visceral documentary that explores homelessness, addiction, and transformation through human connection. Punctuated with First Nations under the mentorship of Hereditary Chief Phil Lane Jr. and Dr. Gabor Maté's insight into the root causes of addiction, the film shows there is no difference between 'us' and 'them'. *Run time: 80 minutes.*

LONGMONT GENEALOGICAL SOCIETY

The Longmont Genealogical Society's goal is to promote an interest in genealogy research. Learning about your family history can be one of the most interesting and rewarding hobbies you'll ever find.

Ever wonder about your ancestor's arrival in this country? Are there stories that have been passed down in your family for which you would like to learn the truth? Genealogy research can answer your questions.



A Tour of Online Genealogy Sites

Registration #184234-01

Date: Friday, January 19

Time: 1:30 - 3:30 pm

Cost: \$2 resident, \$3 non-resident

This introductory class is a tour of two major genealogy sites—Family Search and Ancestry.

There will also be tips on exploring other areas, including maps, local repositories, wikis, census information and more.

A great class for those new to genealogy or those looking for more ancestral leads. You will leave class with the skills to start uncovering the mysteries of your ancestors.

Family Tree Maker - Assistance Workshop

Registration #184234-02

Date: Tuesday, February 13

Time: 1:30 - 3:30 pm

Cost: \$2 resident, \$3 non-resident

If you use Family Tree Maker (FTM) to save and record your family tree on your computer and you would like to learn more about the benefits and all those Icons and how to use them, bring your laptop/iPad downloaded with the Family Tree Maker software. In a very hands-on environment, we will try to address all your questions and expand your use of this most popular software. There are so many advantages to using FTM and we hope to share as many with you as possible.

This is a "participation" Workshop, NOT a class.

LOCKBOX PROGRAM

If you are 65 or older and have a disability or major medical issue, Longmont Meals on Wheels can help you with peace of mind that Emergency Services can enter if you can't open the door. You do not need to be participants in the Meals on Wheels program to have this service.

If you, your Longmont Meals on Wheels driver, a family member, or neighbor thinks you need help, the Lockbox Program gives Emergency Services access to you day or night! Firefighters from the Longmont, Mountain View, or Hygiene Fire Departments install the lockbox containing a key to your house, and they store your access code in the secure 9-1-1 database.

This program is FREE. Please contact Longmont Meals on Wheels at 303-772-0540 or go to their website: www.longmontmeals.org to get more information or sign up for this program.



GENERAL INTEREST

Ecology of Fires

Registration #184301-00

Date: Friday, December 1

Time: 1-1:50 pm

Cost: \$5 resident, \$6 non-resident

Michael Grant

dives into more than spectacular videos of raging forest fires and will examine fire in the Western US, Nationally and Globally.

We will recognize key roles fire played for the indigenous peoples of N.A. and, to a small extent, in Australia. We will explore some amazing consequences of airborne fire particulates.



The Stormy 1960s

Registration #184302-00

Date: Wednesday, December 6

Time: 1 – 2 pm

Cost: \$2 resident, \$3 non-resident

Paul Flanders is back presenting on perhaps the next most divisive period in American history after the Civil War era. The turbulent 1960s brought protests over racial civil rights and an unpopular war in Southeast Asia which often turned violent. Guaranteed to leave attendees reflecting on our past and more enlightened, this talk is a can't miss.

Gingerbread, A History

Registration #184303-00

Date: Monday, December 11

Time: 1 – 2 pm

Cost: \$5 resident, \$6 non-resident

Gingerbread has a long and storied history. From a sweet treat or building material, gingerbread has long been more than just a popular treat at fairs or holiday celebrations. Learn more about this traditional sweet with **Elizabeth Nosek of iCurate4u**.

Things That People Believe That Are Not So

Registration #184304-00

Date: Tuesday, December 12

Time: 1:30 – 2:30 pm

Cost: \$5 resident, \$6 non-resident

We are all gullible about some issues. We have favorite beliefs we learned at our mother's apron strings. Other beliefs are held tightly because they support ideas and prejudices that we are reluctant to change. Most of these beliefs can be related to subject areas like i) Food preferences, ii) health solutions, iii) political preferences, iv) religious biases, or v) just plain ignorance! Some beliefs are tied to popular conspiracy theories, and they are believed so strongly facts make no impression on the believer. Some beliefs are tied to conventional wisdom which most people never examine critically, E.g., Lightning never strikes the same place twice, or bulls are enraged by the color red. True or False: There are 50 states in the United States of America? This is a fun lecture intended to entertain and educate.

Instructor: Robert Meroney

Native Grass Basics

Registration #184224-12 (English)

Registration #184224-SP (Español)

Date: Monday, December 18

**Time: 10:30-Noon (English);
1-2:30 pm (Español)**

Cost: Free, and please register in advance by December 11

Led by **Lyndsay Gonzalez, Small Acreage Management Coordinator, CSU Extension, Boulder County**.

We will discuss the basics of native grasses, why they are important, and how they grow and respond to defoliation whether it be grazing, mowing, clipping, or trampling. We will also look briefly at how to identify common grasses and practice with real grass samples.

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

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.



A Short History of the West, Part 1

Registration #184305-00

Date: Wednesday, December 20

Time: 1 – 2 pm

Cost: \$2 resident, \$3 non-resident

Tracy Perry shares stories of Western History including Cattle Kate, Alfred (Alferd) Packer, Pope John Paul II in Colorado, and Chainsaw Maggie of Allenspark, CO.



Birds of Prey in the Skies Above Boulder County

Registration #184306-00

Date: Wednesday, January 3

Time: 1 – 2 pm

Cost: FREE, and please register in advance

Birds of prey are a group of bird characterized by keen vision, sharp beaks, and sharp talons. This allows them to catch prey from insects to large mammals. Learn how to recognize birds of prey, including hawks, eagles, and falcons in the skies above Boulder County. Tips will be shared on how to distinguish among different raptors by identifying field marks, behavior, location, and time of year. Also discover the habitat requirements and ecology of these magnificent birds. Join local Longmont resident **Dave Fletcher** and his fellow Boulder County Parks and Open Space Volunteer Naturalists.

A Curator's Cookbook

Registration #184307-00

Date: Monday, January 8

Time: 1 – 2 pm

Cost: \$5 resident, \$6 non-resident

Using the old maxim - you are what you eat, join **Elizabeth Nosek of iCurate4u** to explore her life and life's work as a museum curator with a look at the foods consumed and the objects used to consume it. Dishes as simple as peanut butter and jelly to more intricate foods like Maryland's famous stuffed ham or Hawai'i's plate lunch will be discussed.

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

Early American Humor

Registration #184308-00

Date: Tuesday, January 9

Time: 1:30-2:30 pm

Cost: \$5 resident, \$6 non-resident



What is humor? How does it differ from irony, jokes, slapstick, clowning, anecdotes, or sarcasm? What makes American humor different from other nations? Let's examine how the American style of humor has changed from the time of the American revolution to today. Benjamin Franklin could be identified as the first "American" humorist. Mark Twain gave American humor a uniquely American "Voice". American political humor may be defined by the work of Thomas Nast in the late 1800s. Some even suggest (falsely) that the word "nasty" originated from Thomas Nast's last name. The introduction of radio, movies, Sunday comics, and television broadened the scope for American Humor.

Instructor: Robert Meroney

Separation of Church and State

Registration #184309-00

Date: Wednesday, January 10

Time: 1 – 2 pm

Cost: \$2 resident, \$3 non-resident

The First Amendment to the Constitution protects the people from the government establishing a state religion as well as preventing the government from interfering with an individual's free exercise of faith. **Paul Flanders** speaks on how courts have had to walk the fine line between these two limitations.

Intro to Houseplant Care

Registration #184224-01

Date: Monday, January 29

Time: 10:30 am - noon

Cost: Free, and please register by January 22.

Led by **Tommy Roth, Home Horticulture Program Coordinator, CSU Extension, Boulder County.**

In this hands-on class you will learn the basics of caring for your houseplants. You will learn watering techniques, how to tell if a plant is being over or under watered, how to fertilize, and how to propagate houseplants. Please bring your houseplants that you would like to learn to care for and house plants that you would like to learn to propagate.

Space is limited to 30 participants.



A Short History of the West, Part 2, Ludlow

Registration #184310-00

Date: Wednesday, January 24

Time: 1 – 2 pm

Cost: \$2 resident, \$3 non-resident

Tracy Perry returns for part 2 of his "Short History" series which highlights the bloodiest labor strike in state history – Ludlow, CO.

Deception Ecology

Registration #184311-00

Date: Friday, February 2

Time: 10 – 11 am

Cost: \$5 resident, \$6 non-resident

Michael Grant returns to discuss the complex ecological world we live in. It is common knowledge that animals in nature do not have the ability to be deceptive; only humans can be deliberately deceitful. Nonsense! We will examine multiple situations where deception is a key element of evolutionary success, including Homo sapiens.



U.S. Relations with South America in the 20th Century

Registration #184312-00

Date: Wednesday, February 7

Time: 1 – 2 pm

Cost: \$2 resident, \$3 non-resident

Paul Flanders discusses how early in the century the United States exercised a rather imperialistic policy or suzerainty over its South American neighbors. Suzerainty definition: the right of a country to partly control another. Later, the USA became more amicable.

Cabinets of Curiosity

Registration #184313-00

Date: Monday, February 12

Time: 1 – 2 pm

Cost: \$5 resident, \$6 non-resident

Like stuff? An early form of museums, cabinets of curiosities provided the early collectors the opportunity to better understand, learn, and define man's place within our universe. Today, we continue to use collections of objects to help us understand our place in the universe. **Elizabeth Nosek of iCurate4u** shares this museum origin story.

Vegetable Garden Design

Registration #184224-02

Date: Wednesday, February 21

Time: 10:30 am - noon

Cost: Free, and please register by February 14

Led by **Micaela Truslove, Commercial Horticulture Specialist, CSU Extension, Boulder County**

Learn how to plan for and prepare a vegetable garden or raised beds, just in time for spring! This class will cover the basics of creating a vegetable garden plan, different growing methods, how to prepare the soil, vegetable garden irrigation needs, what to grow, and more. Participants are encouraged to bring a basic garden design, sketch, or a photo of a potential garden location so we can talk through some real-world garden design examples.

Space is limited to 30 participants.

Presidential Anecdotes

Registration #184314-00

Date: Tuesday, February 20

Time: 1:30-2:30 pm

Cost: \$5 resident, \$6 non-resident

There have been 44 past presidents of the United States. Some are well remembered for what they did and a few for what they said. Sometimes what they said or what was said about them was witty and inciteful. Let's look at all 44 presidents and learn more about their character, their humor, and sometimes their verbal blunders. We will also look at a Periodic Table of the Presidents, and how various historical pundits have ranked their influence on the American way of life.

Instructor: Robert Meroney

A Short History of the West, Part 3

Registration #184315-00

Date: Wednesday, February 21

Time: 1 – 2 pm

Cost: \$2 resident, \$3 non-resident

Tracy Perry concludes his Short History series with conversation on Longmont's triple murder! Topics discussed will include Amache Detention Camp, IMB/FAA, and accidental aircraft deaths.

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



The Writing Circle - Online

Dates: **Monday, December 11**
Registration #184436-12

Monday, January 8
Registration #184436-01

Monday, February 12
Registration #184436-02

Time: 11 am – 12:30 pm

Cost: Free, please register in advance

Location: Zoom/online/call-in

Do you want a fun and supportive place to share your thoughts, memories, and ideas in writing? Do you crave a community where you can explore unusual and inspiring prompts and develop your creativity? All you need is paper, a pencil/pen, and an open heart. Three years ago, Laura joined Debbie Noel's Writing Salon. Because of Debbie's encouragement, Laura started writing every day, improved her podcast (Living in the Lightning Strike, formerly Creating Your Community), and gained creative courage in her art. This writing group will follow Debbie's format and, Laura hopes, pay homage to her legacy!



Instructor: Laura Ambler

The Last Tourist in Bali

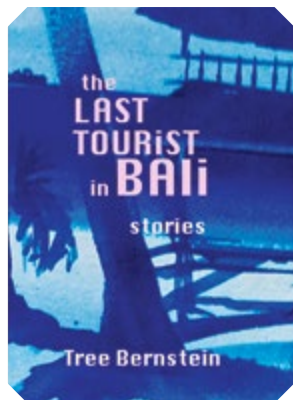
Registration #184447-00

Date: Thursday, January 11

Time: 1-2 pm

Cost: Free, and please register in advance by January 8

Bali, through the expat, painterly eyes of **Tree Bernstein**, flows from colorfully strange into a suite of real lives—Balinese villagers, Muslim teak smugglers, gay expats, murdered divas—lives full and lost, ugly and rich, passionate and bored—real differences. And always, art. Like Gauguin, the lost search for it among clove-scented air and nuclear sunsets, when it was everywhere all along. A remarkable remaking of the exotic into the true.



Tree Bernstein and Jennifer Heath will discuss the process of launching a book through small press connections, and how authors, editors, and publishers work together. Bernstein will read short selections from the book.

Hero's Journey of the Older Adult

Registration #184448-00

**Date: Fridays, January 12, 19, 26;
February 2, 9**

Time: 1:30 – 3 pm

Cost: \$100 (5-weeks, includes course workbook); space is limited!

In his book, *The Hero with a Thousand Faces*, Joseph Campbell describes the processes and stages that all human beings experience when they embark on the journey to find meaning in their lives. With the help and guidance of their Inner Hero, the journey requires them to:

1. Answer the call to adventure
2. Cross the threshold of the known into the unknown
3. Meet one's mentors, allies, and encounter tests, foes, and challenges
4. Face setbacks, confront dragons, and
5. Go through a transformation where a new self emerges

As we venture through the stages of the Hero's Journey as outlined by Campbell, the Hero's Journey course will give you a new way to understand, and articulate your journey as an Older Adult. Through guided self-reflection questions and weekly discussions this course will give you the opportunity to:

1. Learn what is expected and required on the journey
2. Befriend your Inner Hero
3. Integrate a new narrative into your experience
4. Meet people who are on similar journeys and develop support and connection

**Facilitator: JoAnn Dorio
Burton, CLC, CPRP**

**Learn more about
JoAnn on her website:
herosjourneycoaching.org
or contact her at
Joann.hjw@gmail.com**



**NEED HELP WITH ONLINE
REGISTRATION?**

**Check out our updated how-to video at
www.longmontcolorado.gov/senior-services**

The Nature of True Happiness According to Story

Registration #184449-00

Date: Thursday, February 22

Time: 2:30 – 3:45 pm

Cost: \$2 resident, \$4 non-resident

What makes us happy, truly? Where do smiles, laughter, and contentment come from? And how do we keep joy in the presence of obstacles?

Local storyteller, **Kathleen Santopietro** will introduce characters who discover answers to these questions. Amidst the stories, **Amy Hodge** will share thoughts about the connection between joy and physical well-being. Enjoy the folk tales and classics; who knows, you might walk away smiling! Storytelling "just happened" to Kathleen along her journey as an award-winning adult educator and it has continued to

be her passion for 27+ years. She has come to appreciate applied storytelling in areas of health, spirituality, community, and lifelong learning. She is a member of and has performed for the Northern Colorado Storytellers, Rocky Mountain Storytellers, and the National Storytelling network.

Amy Hodge is a Certified Personal Trainer, Wellness Coach, Registered Yoga Teacher (RYT500), and Certified Therapeutic Recreation Specialist with a Master of Science degree in Kinesiology. She has been working in the wellness and aging industries in clinical, community, and corporate recreation professionally for 14 years with a focus on holistic health and inclusion for people of all ages.

GERMAN AND SPANISH LANGUAGE CONVERSATION GROUPS

See page 6 and page 8 for more details regarding these two free opportunities to meet with others and strengthen your language skills.

POP CULTURE & PHILOSOPHY DISCUSSIONS

This discussion series is based on the belief that philosophy can and should be practiced by anyone, anywhere! Using the Geek Philosophy method created by **Grey Havens Philosophy**, pop culture clips and excerpts serve as inspiration for fascinating conversations. Grey Havens Philosophy is a local non-profit and part of the Philosophy Learning and Teaching Organization. **Discussions are facilitated by Robyn Bosica**, and all ages are welcome- bring your kids and grandkids! Get ready #ToBoldlyThink.

Mermaids, Sirens, & Philosophy

Registration #184437-01

Date: Tuesday, January 16

Time: 5 – 6:30 pm

Cost: \$5 resident, \$6 non-resident

Humans have been telling tales about mermaids since the beginning of written history. In some cultures, mermaids symbolize the life and fertility of the sea, while others see them as chaotic forces, as cruel and destructive as the sea. In another vein, mermaids can symbolize transformation. The mythical sirens (tempting monsters disguised as beautiful women) are not exactly mermaids, but we often conflate them, why? Join us as we look at how mermaids have been portrayed in story and why the myth lives on, even today. All views welcome.

Clones, Droids, & Philosophy

Registration #184437-02

Date: Tuesday, February 20

Time: 5 – 6:30 pm

Cost: \$5 resident, \$6 non-resident

Are clones the same as droids or robots? Would you feel different, ethically, about the life of a clone versus a robot? In the major sci-fi fantasy series Star Wars, there's an entire 3-year war (the Clone Wars) fought mainly between the Separatist droids and the Republic clones led by the Jedi. Is that a convenient way to minimize human casualties, or is it more complicated than that? Are clones people too? What about droids that have all the characteristics, memories, and personalities of a human? Join us as we dive into the ethics of our favorite sci-fi stories and explore what it truly means to be human. All views welcome.





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. The films are projected onto a screen so that they are larger and easier to see.

BIFF – Short Films Series #2

Registration #184415-01

Date: Tuesday, January 9

Time: 5:30 – 7 pm

Cost: Free, and please register in advance

NIGHT RIDE

Norway, Short Film, 2022, 16 min Subtitled
Nominated for a 2023 Academy Award

It's freezing, and Ebba's tram finally arrives, but the driver gets off, telling her it's his half-hour break. Desperately cold, Ebba pries open the door, sits down in the driver's seat and the night takes an unexpected turn. Directed by Eirik Tveiten

SHOWER BOYS

Sweden, Short Film, 2021, 10 min Subtitled

After training, young friends Viggo and Noel go home to Noel's house and have a sauna. Who is most manly? Directed by Christian Zetterberg

LOUIS I. KING OF SHEEP

Germany, Short Animation, 2022, 9 min Subtitled

One windy day, Louis the sheep finds a paper crown and becomes Louis I. King of Sheep. He becomes power-mad. Things go his royal way... until the next windy day. A parable.

Directed by Markus Wulf

THE RED SUITCASE

Luxembourg, Short Film, 2022, 18 min Subtitled
Nominated for a 2023 Academy Award

A veiled 16-year-old Iranian girl, Ariane, is leaving customs at Luxembourg Airport when she sees an older man far away with a bouquet of flowers. Now she must escape her future and a man who only knows Ariane through her red suitcase. Directed and produced by Cyrus Neshvad

DEERWOODS DEATHTRAP

USA, Short Documentary, 2022, 9 min

Memories can become muddled over time and they certainly have for Jack and Betty who, 50 years ago, were hit by a train and survived. This is their story - or each of their stories.

Directed by James P. Gannon

GOODBYE JEROME!

France, Short Animation, 2021, 8 min Subtitled
Winner of many film festival audience awards

Arriving in heaven, Jerome immediately searches for his wife, Maryline...but does she want to be found? Directed by Adam Sillard, Gabrielle Selnet, Chloé Farr

DON VS LIGHTNING

UK, Short Film, 2021, 13 min

Winner of Best Comedy at Flickers' Rhode Island IFF

When Don, an elderly Scot, finds himself the victim of several lightning strikes, he wonders which is worse...frequent assaults by the universe, or the people in town trying to help him. Directed by Big Red Button



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Animals

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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 el Senior Center. Un individuo puede usar hasta \$250 por año para actividades y/o \$250 específicamente para programas de ejercicios ofrecidos por el Senior Center. Comuníquese con la recepcionista a 303-774-4452 para más información sobre becas.

La beca termina el 11 de Diciembre. La solicitud para el proximo año empieza el 2 de Enero.

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



Billar

Juegue billar por .50 centavos.

Cuando: lunes a viernes de 8:00 am - 4:45 pm

El Grupo de Conversación en Español

Vamos a divertirnos con conversaciones en español. Acompáñenos a desarrollar amistades interculturales y ayudar a otros a mejorar su español.

Fecha: Cada viernes

Tiempo: 1:30-3 pm

Costo: Gratis

Registración: No es necesario registrarse

Bailes de Mi Tierra - Grupo de Baile

Las bailarinas practican y realizan varios bailes y canciones. Si está interesada/o o desea más información, llámeme a la recepcionista al 303-774-4452.

Coro "Canciones de Mi Tierra"- Grupo de Canto

Fecha: Cada lunes

Tiempo: 1 - 2:30 pm

Costo: Gratis

Registración: No es necesario registrarse

¿Le gusta cantar o convivir en canto? Acompáñenos para disfrutar en escuchar o cantar canciones clásicas mexicanas. Nos reunimos cada lunes de 1:00 pm a 2:30 pm en el Senior Center.



¡Suscríbete 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 la recepcionista.

Círculo de Apoyo

Fecha: El primer jueves de cada mes pero hay no grupo en enero

Tiempo: 10 - 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.

Lotería

No es necesario registrarse.

Fechas: El segundo y cuarto martes de cada mes

Tiempo: 2 - 3:30 pm

Costo: GRATIS

Nos reuniremos dos veces al mes para jugar juegos de mesa, tales como lotería, baraja, o el dominó. Todos son bienvenidos y si no saben jugar les enseñaremos. Si hay un juego que ustedes disfrutan, no duden en traerlo para compartirlo con el grupo. ¡Los esperamos, no se lo pierdan!



Los siguientes programas, clases y eventos requieren registraci3n y tienen un n3mero de registro asignado. Reg3strense antes de tiempo con la recepcionista en la recepci3n.

Las Reuniones

Fechas: los mi3rcoles

13 de diciembre # de Registraci3n: 184619-12

10 de enero # de Registraci3n: 184619-01

14 de febrero # de Registraci3n: 184619-02

Tiempo: 3:30 – 5 pm

Costo: GRATIS, y por favor reg3strense

Es usted un participante de Conversaciones Frescas o consejer3a nutricional? Las Reuniones es un grupo que puede ayudarle a mantener su independencia mediante a la nutrici3n. Aprenda con otros, comparta recetas y discuta temas actuales de nutrici3n y salud. Acomp3n3enos para disfrutar de actividades divertidas y apoyo adicional que le ayudaran a fomentar sus h3bitos saludables.

Vida Creativa

Fechas: los viernes

15 de diciembre

de Registraci3n: 184614-12

19 de enero

de Registraci3n: 184614-01

16 de febrero

de Registraci3n: 184614-02

Tiempo: 9:30 – 11 am

Costo: GRATIS, y por favor reg3strense

El Centro AMISTAD te invita a nuestro programa Salud y Sabidur3a para que nos acompa3nes en una actividad art3stica. Haremos un collage en relieve para tener un recuerdo especial de una persona o un momento que amas y que te gustar3a recordar para siempre. ¡3nete a nosotros y deja que tu creatividad te gu3e! No necesitas tener ninguna habilidad especial, si puedes usar tijeras y pegamento, ¡puedes hacer arte!

Conversaciones con Satya

Fechas: los mi3rcoles

24 de enero

de Registraci3n: 184615-01

28 de febrero

de Registraci3n: 184615-02

Tiempo: 1 – 2:30 pm

Costo: GRATIS, y por favor reg3strense

Acomp3n3enos para una conversaci3n amigable sobre la nutrici3n para aprender m3s sobre c3mo mantener su salud e independencia. **Satya Williams** es un Dietista Registrado biling3e orientado e instructor de Nutrici3n de Salud y Bienestar, con m3s de 13 a3os de experiencia en diet3tica cl3nica y comunitaria. Adem3s, Satya esta entrenado y certificado como profesional de Nutrici3n Funcional e Integradora y se especializa en la prevenci3n de enfermedades cr3nicas.



Pinte una Maravilla del Bosque

de Registraci3n: 184133-02

Fecha: martes, 12 de diciembre

Tiempo: mediod3a – 2 pm

Costo: \$5 pero pueden usar su beca

Venga a pintar con nosotros. Esta clase de pintura estar3 guiada por **Amy Payan**. Los invitamos a una taza de chocolate caliente o sidra de manzana. En clase vamos a pintar una imagen de un venado navide3o que puede usar para regalo o quedarse con 3l.

Los Pastos Nativos

Registration #184224-SP

Date: lunes, 18 de diciembre

Time: 1 - 2:30 pm

Costo: GRATIS, y por favor reg3strense antes de 11 de diciembre

Discutiremos conceptos b3sicos de los pastos nativos, porque son tan importantes y c3mo crecen y como responden a la perdida de hojas, ya sea pastando, podando, recortando o pisoteando. Tamb3n identificaremos brevemente c3mo identificar pastos comunes y practicaremos con muestras de pastos reales. **Lyndsay Gonzalez** es Coordinadora de gesti3n de Peque3as Superficies, Extensi3n de CSU, Condado de Boulder.

Lo Que Necesitas Saber sobre Robo de Salario

de Registraci3n: 184620-00

Fecha: viernes, 9 de febrero  fecha nueva y hora

Tiempo: 10 – 11:30 am

Costo: GRATIS, y por favor reg3strense

En esta presentaci3n aprender3 qu3 es el robo de salario, sanciones, extorsi3n. Al igual saber cuales pasos seguir si cree que es v3ctima de robo de salario. Presentado por la divisi3n de protecci3n comunitaria - **Oficina del Fiscal del Distrito del Condado de Boulder.**



INFORMACI3N Y PROGRAMAS EN **ESPA3OL**

Regalo de Paz

de Registración: 184618-00

Fecha: **jueves, 18 de enero**

Tiempo: **1 – 2:30 pm**

Costo: GRATIS, y por favor regístrese

Preparando Mi Regalo de Paz es un programa educacional gratuito acerca de cómo proporcionarle a usted y a sus seres queridos, el regalo de paz mental, sabiendo que sus deseos e intenciones se conocen para el final de su vida. Acompáñenos a una presentación y discusión informal sobre los pasos para asegurarse que sus deseos sean comprendidos y honrados, en caso de que no pueda valerse por sí mismo. Cada sesión/clase es seguida por una segunda: en la cual el personal y los notarios pueden ayudarle a completar, de manera gratuita, los documentos de directivas anticipadas (carta poder medica). Para más datos contacte a la recepcionista al 303-774-4452.

Estafas Románticas

de Registración: 184621-00

Fecha: **martes, 6 de febrero**

Tiempo: **1 – 2:30 pm**

Costo: GRATIS, y por favor regístrese

Los estafadores hacen un perfil falso para ganarse el afecto y la confianza de la víctima con el fin de enamorar a una persona y después manipulara y robarles. Aprenda señales para detectar un estafador en esta presentación. Presentado por la división de protección comunitaria - **Oficina del Fiscal del Distrito del Condado de Boulder.**

Sexualidad en los Adultos Mayores

de Registración: 184622-00

Fecha: **martes, 13 de febrero**

Tiempo: **9 – 10:30 am**

Costo: GRATIS, y por favor regístrese

Ven a esta charla para conocer como va cambiando nuestra sexualidad mientras avanza nuestra edad. Presentado por **El Centro AMISTAD.**

¡Ayuda Gratis con sus Impuestos!

AARP voluntarios que están entrenados para llenar las formas de los Impuestos (Income Tax) estarán disponibles para ayudar compensando 1 de Febrero y cada martes y jueves hasta el 11 de abril de 9am a la 1pm. Para una cita, puede llamar empezando el 16 de enero. Para más información por favor llame al 303-774-4452 se habla español.



RECURSOS

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

Meals on Wheels (un programa de alimentos)



Un almuerzo caliente y nutritivo preparadas de lunes a viernes por un Chef profesional. Las comidas se pueden entregar en casa o en el Senior Center en el comedor "Parkview Café". Las comidas en el comedor se sirven de 11:30 am a 12:00 pm. El costo es determinado por una escala a base de los ingresos. Si gusta más información comunicase con la recepcionista al 303-774-4452.

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.

Reembolsos: Reembolsos de la ciudad de Longmont y del estado de Colorado

La ciudad de Longmont y el estado de Colorado tiene diferente tipos de reembolsos para las personas que cumplen con los requisitos de elegibilidad. Las especialistas de recursos, Melissa y Veronica están disponibles para asistir con la aplicación. Se requiere hacer una cita. Para obtener información sobre el reembolso de la ciudad de Longmont (Longmont CARES) y / o el reembolso del estado (104PTC), llame a la recepcionista al 303-774-4452 para una cita o visite <https://www.longmontcolorado.gov/community/financial-assistance-and-rebate-programs> y <https://tax.colorado.gov/PTC-rebate>.

¡Conéctate con Cultivate!

Si tienes más de 60 años, inscríbete para recibir servicios gratis para ir al médico, recibir pedidos del supermercado, arreglar cosas en tu casa, limpiar su jardín. Para más información sobre estos programas y como inscribirse llama a 303-443-1933.



Clases de Ciudadanía de los Estados Unidos

El Comité de Longmont ofrece clases de Ciudadanía. Por favor llame a 303-651-6125 para obtener más información. 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 la recepcionista al 303-774-4452.

¡La Ciudad de Longmont está reclutando miembros nuevos para su grupo de voluntarios: El Equipo de Acción Climática Equitativa (ECAT por sus siglas en inglés)!

Esta es una oportunidad genial de liderazgo -voluntario y una excelente forma de involucrarse directamente con la Municipalidad revisando programas de Sostenibilidad. Gracias por aplicar. Favor de enviar su solicitud a sustainability@longmontcolorado.gov o a 1100 S. Sherman Steet con la Oficina de Sustentabilidad. Para preguntas contactar al (303)651-8416.

INFORMACIÓN SOBRE LA PARTICIPACIÓN EN PROGRAMAS EN EL SENIOR CENTER:

- **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. Póngase en contacto con la recepción para más detalles.
- **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 esfuerzo para acomodar sus necesidades especiales.
 - Dispositivos de escucha están disponibles para las actividades.
- **# De Registración: Los programas, las clases y los eventos que requieren registración, traen un número de registro asignado y deben de registrarse antes de tiempo.**
 - Puede registrarse en la recepción con la recepcionista, de Lunes a Viernes, de 8:00 am - 5:00 pm
 - Por teléfono con una tarjeta de crédito a 303-651-8411, de Lunes a Viernes, de 8:00 am - 5:00 pm
 - En línea en www.longmontcolorado.gov para la mayoría de las actividades después de la fecha de registro se abre y para viajes el Lunes después del registro de la lotería.
- **Pago: Se aceptan tarjetas de crédito, dinero en efectivo, cheques, certificados de regalo y becas del Senior Center.** El pago completo se requiere en el momento de la registración.
 - **Recibos** contienen información adicional. Revise y retenga para referencia.
 - **Residente/No-residente:** El primer precio indicado es para aquellos que viven dentro de los límites de la Ciudad de Longmont.
- **Cancelaciones:**
 - La ciudad 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.
 - Un crédito debe utilizarse dentro de los 12 meses siguientes a la fecha de emisión





Caregiver Support Groups

The Senior Center offers multiple Caregiver Support Groups that are a free, confidential, drop-in space to talk with other family members caring for a loved one. We discuss resources, self-care, coping methods, and more. One group is specifically for those caring for someone with dementia, and the other group is open to any family caregiving situation- please see **page R2** of the GO for time/ location information. For more information, please call **Brandy Queen** at 303-651-8414.

Anticipatory Grief Group

3rd Tuesday each month, 1 – 2:30 pm

Cost: FREE, and advance registration is not required

This drop-in group is for anyone who has a loved one experiencing a terminal illness. We often begin to experience grief as soon as we hear about the diagnosis, and in this group you will find support with coping with that anticipatory grief. Those who are caregivers for family or friends may find this support particularly helpful. The group will be facilitated by Senior Services staff counselor **Brandy Queen, LPC, and peer support volunteer Ruth Waukau**. You may contact Brandy if you have questions 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.

Memory Café

2nd Wednesday each month, 2 – 3:30 pm

Cost: FREE, and advance registration is not required

A Memory Cafe is an opportunity for people living with dementia in the early stages and their care partners to join with others on the same journey for socialization, cognitive stimulation, inspiration, and education. Presented by the **Alzheimer’s Association**. Please contact **Meg Donahue** mmdonahue@alz.org if you have questions.

Lunch Bunch

Biweekly, Wednesdays, 11 am – 1 pm

Cost: FREE, and please register in advance with Elaine Keiser at 303-335-6933

This biweekly 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 at Longmont, and our volunteer facilitators.

Free MEDICAL EQUIPMENT

Several local organizations manage loan closets that include walkers, canes, wheelchairs and other medical equipment. See page 52 for loan closet contact information.

OFFERINGS FROM THE AREA AGENCY ON AGING

Information and Wellness:

Please visit www.boco.org/AAALearns to learn more about the wellness offerings through the Boulder County Area Agency on Aging. We update this page regularly with new classes! Please email us at infohealthyaging@bouldercounty.org with any questions, or you may call us at: 303-441-1546 for Medicare, 303-441-4583 for Wellness, or 303-441-4995 for Nutrition.

Online Caregiver Education Series:

The Boulder County Area Agency offers a variety of online classes for family caregivers. To see a full description of programs and to find a link to sign up for the Caregiver Educational Series classes, visit www.boco.org/Caregiving.

« Medicare Basics monthly classes see page 19



Caregiving Best Practices

Registration #185096-00

Date: Monday, December 4

Time: 1 – 2 pm

Cost: Free, and please register in advance

This workshop will feature best practices for caregivers of people living with dementia, mild cognitive impairment or memory loss. We'll review methods and insights developed by Teepa Snow (her Positive Physical Approach, Hand Under Hand and other insights and best practices), Naomi Feil (her Validation Method is transformative) and the Montessori Method (which is especially helpful in identifying simple, meaningful engagements for your person). Presented by **Brenda Gurung**, credentialed dementia specialist, founder of Be Growth Dementia Education, Forbes Health Advisory Board Member, and national senior living leader.

Effective Communication Strategies

Registration #185089-00

Date: Tuesday, December 5

Time: 1 – 2:30 pm

Cost: Free, and please register in advance

Presented by the **Alzheimer's Association**. This class teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle, and late-stage dementia.

Conversation on Loneliness

Registration #185060-00

Date: Thursday, December 7

Time: 1 – 2:30pm

Cost: Free, and please register in advance

Join Senior Services' staff, **Brandy Queen, LPC**, for a guided conversation about loneliness. We will have a number of discussion questions on topics such as the difference between loneliness and isolation, what "creates" a sense of loneliness, and what happens for you when you feel lonely or when you see someone who seems lonely. There are no right or wrong answers; this is simply a space to discuss our inherent needs to connect and disconnect from others.

Advanced Directives

Date: Thursday, December 14

Registration #185002-12

Date: Thursday, February 8

Registration #185002-02

Time: 9:30 – 11 am

Cost: \$5 resident, \$6 non-resident

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 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, and Five Wishes) and provide you with the necessary materials. Facilitated by **Renita Henson, RN BSN**.



Make Your Own Vision Board

Registration #185008-00

Date: Friday, January 5

Time: 10 – 11:30 am

Cost: Free, and please register in advance

Are you entering the New Year with hopes of change? Do you hope to cultivate relationships, hobbies, positive emotions, a different mindset and/or growth? If so, we invite you to come and create your own vision board. This tool can help you focus your time/energy and provide a visual reminder of your values, intentions, goals and desires for your life. No experience necessary and there is no right or wrong way to do this. Bring your own: canvas, magazines, printouts, quotes, photos, crafting/art supplies or use our limited supply. Senior Services' staff **Kayleigh Schernbeck, LCSW** will guide the group through the process.

NEED HELP WITH ONLINE REGISTRATION?

Check out our updated how-to video at www.longmontcolorado.gov/senior-services



Tips and Tools for Coping with Anxiety

Registration #185087-00

Date: Monday, January 8

Time: 10 – 11:30 am

Cost: Free, and please register in advance

While some degree of anxiety can be helpful and adaptive, anxiety is one of the most common mental health concerns. Research finds that 10-20% of older adults struggle with anxiety, which often goes unrecognized and undertreated. Anxiety can have a major impact on one's quality of life. We will explore proven tips and tools to help yourself, others, and your community manage anxiety and stress and live with an improved sense of well-being. Presented by Licensed Psychologist **Mary Sean O'Halloran**, a retired psychology professor at the University of Northern Colorado who has a small practice in Longmont.

Understanding Alzheimer's and Dementia

Registration #185079-00

Date: Wednesday, January 10

Time: 2 – 3:30 pm

Cost: Free, and please register in advance

Alzheimer's is not normal aging. It is a disease of the brain that causes problems with memory, thinking, and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources. Presented by the **Alzheimer's Association**.

Living with Alzheimer's: For People with Early Stage Alzheimer's and Care Partners

Registration #185049-00

Dates: Tuesdays, January 16 and 23

Time: 9:30 – 11 am

Cost: Free, and please register in advance

In the early stage of Alzheimer's Disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis. Presented by the **Alzheimer's Association**.

The Power of Gratitude

Registration #185016-00

Date: Wednesday, January 17

Time: 1 – 2:30pm

Cost: Free, and please register in advance

Saying "thank you" is nothing new, but practicing GRATITUDE is about more than having good manners. In gratitude practice, we regularly focus on the positive things in our lives. It can be a powerful health habit with documented physical, emotional, and spiritual beliefs. Please join us as we explore these benefits and learn some tools to develop a regular practice of gratitude in our lives. Co-facilitated by Peer Support Volunteers **Lois Ellison and Beth Bowles**.

New Ways to Improve Your Caregiving Moves

Registration #185098-00

Date: Thursday, January 18

Time: 10:30 am – noon

Cost: Free, and please register in advance

Ever wonder if you are doing things the best way when you need to lift or move someone? Ever wonder if there is an easier way to accomplish bathing tasks? Come join us in a session about safe lifting, moving, physical adjustments and activities of daily living skills. We will show you techniques and practice them with you so you can be comfortable when and if you ever need to use them. We will discuss various methods of performing or assisting with eating, dressing, bathing, etc. without the struggle. Let us help you be your most comfortable self as you provide care for others. Presented by **Renita Henson, RN**.



Adjusting to Life's Changes Support Group

Dates: Mondays, January 22 – March 4
(no class February 19)

Time: 1:30 – 3 pm

Cost: FREE, and call Kayleigh Schernbeck, 303-774-4497, to register and make an appointment prior to joining the group. Space is limited.

Adjusting to life's changes can involve many kinds of loss. If you are struggling with retirement, beginning or ending a caregiver role, decreased independence, changes in your abilities, or an accumulation of losses over the years, this six-week group is for you. We can work together to find a "new normal" in life. Our sessions are all confidential. Peer Support Volunteers will facilitate this group.

Speed Friending!

Registration #185088-00

Date: Tuesday, January 30

Time: 2 – 3:30pm

Cost: Free, and please register in advance

Like speed dating but for finding local friends! New to the area? Feeling alone? Looking for friendships? Struggling to find people with shared interests? Join us for a fast moving afternoon where you will get to quickly meet and connect with other seniors who are in similar

situations. Question prompts will be provided to facilitate conversation and when the buzzer goes off, you're on to the next potential friend! Low risk with potential for high reward. If you are looking to find another human to connect with, this one is for you. Senior Services' staff **Kayleigh Schernbeck, LCSW** will serve as your speed friending facilitator.

Living with Alzheimer's: For Late Stage Caregivers

Registration #185037-00

Date: Wednesdays, February 7 and 14

Time: 2 – 3:30 pm

Cost: Free, and please register in advance

Those caring for someone with any stage of dementia are welcome to join this class. In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us for this two-part class to hear from caregivers and professionals about resources, monitoring care, and providing meaningful connection for the person with late-stage Alzheimer's and their families. Presented by the **Alzheimer's Association**.

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

UCHEALTH ASPEN CLUB

Osteoporosis and How it Impacts Your Facial Skeleton

Registration #183700-01

Date: Tuesday, January 16

Time: 5:30 - 6:30 pm

Cost: Free, and please register in advance

Osteoporosis is a common medical condition which frequently develops as we age. It often results in broken hips and other bones and may significantly decrease our quality and length of life. In this talk, we will discuss what osteoporosis is, how it (and medications used to treat it) may impact the bones of the face, and the resultant functional and cosmetic consequences. We will also review methods used to help prevent osteoporosis of the facial bones. A light dinner will be provided. Seating is limited. Presented by **Eve Bluestein, MD, DDS, FAACS**.

Aspen Club

uhealth

Talk with a Healthcare Professional

Registration #183700-02

Date: Tuesday, February 20

Time: 5:30 - 6:30 pm

Cost: Free, and please register in advance

Join UHealth physicians and staff for a shared conversation on a variety of health-related topics from head to toe. Plan for an interactive hour of fun and helpful health information. A light dinner will be provided. Seating is limited. Call 303.651.8411 to register.





Windows to Wellness

Date: Saturday, February 10
Time: 9 am - 2 pm
Location: Longmont Senior Center

Free event! Meet and learn about health and wellness providers as well as practices in our community. Get a massage, meet a local chiropractor, try out a new fitness class, experience yoga... define your wellness in the New Year! Visit vendors, attend free workshops, and sign up for sessions with professionals. 10-minute sessions for \$10 - cash only please.

LUNCH AND LEARNS

Bring a lunch and join us on the 2nd Tuesday of each month for an educational wellness class!
Cost: \$2.00 resident, \$3.00 non-resident; **FREE for SilverSneakers® and Renew Active™**

Holiday Social and Cookie Exchange

Registration #113401-1
Date: Tuesday, December 12
Time: noon - 1 pm

Join Longmont Recreation Staff/Instructors for a fun Holiday Social and Cookie exchange. Bring a batch of your favorite cookies to share and copies of your recipe to exchange if desired. Festive attire encouraged but not required. Let's celebrate a great year coming to a close.
Instructor: **Recreation Staff**

Feed Your Gut and Stay Healthy From the Inside Out

Registration #113401-2
Date: Tuesday, January 9
Time: noon - 1 pm

We all have billions of microorganisms living in our guts. This gut microbiome is a community that helps our bodies in many ways. A healthy gut microbiome is essential for our mental and physical well-being. Join our Registered Dietitian to learn how to feed your gut for optimal health.
Instructor: **Jessica Greenlee, RDN**



Heart Healthy Nutrition

Registration #113401-3
Date: Tuesday, February 13
Time: noon - 1 pm

What's more important than a healthy heart? The foods we eat every day can affect our heart health. Spend an hour with our Registered Dietitian to learn about the foods that help protect our hearts and the foods that may contribute to heart disease.
Instructor: **Jessica Greenlee, RDN**

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.

Feldenkrais Floor Class- Regain Your Youthful Movement – Online “Zoom” class

Registration #186001-12

Date: Tuesdays, December 5 - 26

Cost: \$36 resident, \$40 non-resident

Registration #186001-01

Date: Tuesdays, January 9 - 30

Cost: \$45 resident, \$50 non-resident

Registration #186001-02

Date: Tuesdays, February 6 - 27

Cost: \$36 resident, \$40 non-resident

Time: 10 - 11 am

Location: ***A Zoom link will be sent the night before class. Please keep the Zoom link for each month.***

As we age, our abilities decline, compromising our balance and range of motion. 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 feeling of movement improves balance and a better outlook on life. Experience the benefits of Feldenkrais exercises in the comfort of your own home. The lessons will be done lying on the floor and taught by **Al Wadleigh, Guild Certified Feldenkrais Practitioner.**

Feldenkrais Chair Class – Sit, Stand, and Walk – Online “Zoom” class

Registration #186023-12

Date: Thursdays, December 7 - 28

Cost: \$36 resident, \$40 non-resident

Registration #186023-01

Date: Thursdays, January 11 – February 1

Cost: \$36 resident, \$40 non-resident

Registration #186023-02

Date: Thursdays, February 8 - 29

Cost: \$36 resident, \$40 non-resident

Time: 11 am – noon

Location: ***A Zoom link will be sent the night before class. Please keep the Zoom link for each month.***

We will explore a wide range of movements that improve balance, orientation, coordination, and transitioning from sitting to standing. We will do movements that free your spine, soften your chest and ribs, improve your breathing, and mobilize your pelvis. These Feldenkrais exercises will be done sitting in a chair. A dining chair with a flat seat is ideal. Look forward to a fun, lighthearted, and deeply moving learning experience. **Al Wadleigh, Guild Certified Feldenkrais Practitioner,** teaches the class.

NEED HELP WITH ONLINE REGISTRATION?

Check out our updated how-to video at www.longmontcolorado.gov/senior-services

Line Dance (Beginning)

Registration #186003-12

Date: Tuesdays, December 5 – January 2

**no class December 26*

Cost: \$20 resident, \$25 non-resident

Registration #186003-01

Date: Tuesdays, January 9 - 30

Cost: \$20 resident, \$25 non-resident

Registration #186003-02

Date: Tuesdays, February 6 - 27

Cost: \$20 resident, \$25 non-resident

Time: 2 – 3 pm

Single class fee: \$8 resident, \$10 non-resident
Are you looking for fun? Look no further! Join instructor, Marilene Sisco, in this wonderful form of exercise. For those who love music and want to learn some dance steps for their repertoire, this is for YOU! The Benefits of line dancing are many – control high blood pressure and cholesterol, manage stress, strengthen bones and muscles without hurting your joints, and improve your balance. Not only is it a physical activity, it will keep your brain active, and you get to socialize and have a lot of fun all at once!

Line Dance (Continuing)

Registration #186012-12

Date: Tuesdays, December 5 – January 2*

**no class December 26*

Cost: \$20 resident, \$25 non-resident

Registration #186012-01

Date: Tuesdays, January 9 - 30

Cost: \$20 resident, \$25 non-resident

Registration #186012-02

Date: Tuesdays, February 6 - 27

Cost: \$20 resident, \$25 non-resident

Time: 3:15 - 4:15pm

Single class fee: \$8 resident, \$10 non-resident

If you have taken line dance classes or can move along to the faster tunes, this is for you. Marilene Sisco will continue some of the group favorites and teach new dance steps to keep you motivated. This is one of the greatest forms of exercise for all the reasons listed above.

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.

Pilates

Registration #186004-12

Date: Tuesdays, December 5, 12, 19

Time: Noon – 1 pm

Cost: \$36 resident, \$43 non-resident

Registration #186004-01

Date: Tuesdays, January 2, 9, 16, 23, 30

Time: Noon – 1 pm

Cost: \$60 resident, \$72 non-resident

Registration #186004-02

Date: Tuesdays, February 6, 13, 20, 27

Cost: \$48 resident, \$57 non-resident

Time: Noon – 1 pm

Single class fee: \$15 resident, \$18 non-resident

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

Alignment Based Yoga for Active Seniors

Registration #186011-12

Date: Mondays, December 4, 11, 18

Cost: \$30 resident, \$36 non-resident

Registration #186011-01

Date: Mondays, January 8, 22, 29

Cost: \$30 resident, \$36 non-resident

Registration #186011-02

Date: Mondays, February 5, 12, 26

Cost: \$30 resident, \$36 non-resident

Time: 10:30 – 11:30 am

Single class fee: \$12 resident, \$14 non-resident

This class offers clear instruction in alignment aimed at the health of the spine and joints. Careful sequencing will guide you through your yoga experience. Practicing yoga improves body awareness, flexibility, strength, balance, and relaxation. Participants must be able to get up and down off the floor safely since we explore reclining, sitting, and standing poses. Please bring 1 or 2 sturdy blankets or 2 large beach towels and a yoga mat. New students please come to the first class 10 minutes early. **Instructor: Gwyn Cody, RYT** Questions? Call 970-669-1574

Seniors on Weights – At the Memorial Building

This small group program, taught by certified personal trainer, is designed for older adults who like to get more comfortable in the weight room, learn to use the equipment, and properly warm up and cool down for safe execution of the strengthening exercises. Senior Center Scholarship may be available to help cover the cost.

Instructor: Kenya Taylor, CPT

Sessions

Date: Tuesdays and Thursdays

Dec 5 - 28 Registration #113303-A

Jan 4 - 30 Registration #113303-B

Feb 6 - 29 Registration #113303-C

Time: 1:30 – 3 pm

Location: Memorial Building

Cost per Session: \$120 residents,
\$150 non-residents

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



Exercise Scholarship - Funds are Available



The Friends of the Senior Center provide up to \$250 a calendar year for each qualified individual to use toward exercise and fitness classes offered at the Longmont Senior Center. See the front desk staff to complete a brief application. See **page 3** for more information.

TAI CHI

Steve Elliott has been studying Tai Chi for over 40 years and teaching for over 18 years. He is certified by Dr. Lam's Tai Chi for Health Institute to teach Tai Chi for Arthritis and Fall Prevention.

Tai Chi for Fall Prevention

Registration #186007-00

Dates: Mondays, December 4, 11, 18;
January 8, 22, 29; February 5, 12

Time: 9 – 10 am

Cost: \$80 resident, \$88 non-resident (8-weeks)

Falls are a major concern for elderly folks. Hospitals see up to one million patient falls per year and spend an average of \$14,000 on each one. Tai Chi has been proven in scientific studies to help prevent falls. The slow, mindful movements result in more energy, looser joints, and better balance. This class is modeled on the Centers for Disease Control STEADI programs which are designed and tested to reduce falls in seniors. Instructor: **Steve Elliott**, stevekelliott@gmail.com

Tai Chi for Arthritis – Part 1

Registration #186006-00

Dates: Mondays & Wednesdays,
December 4, 6, 11, 13, 18, 20;
January 8, 10, 17, 22, 24, 29, 31;
February 5, 7, 12

Time: Noon – 1 pm

Cost: \$160.00 resident, \$175.00 non-resident
(8-weeks)

This program was developed by Dr. Paul Lam who created a program that is proven in scientific studies to diminish pain, increase muscle strength, extend range of motion, and improve overall health. The integration of mind/body movement with slow continuous movements reduces stress and relaxes both the body and the mind. Throughout the exercises there is a focus on weight transference which improves balance and reduces falls. Instructor: **Steve Elliott**, stevekelliott@gmail.com



Tai Chi Ruler

Registration #186034-00

Dates: Wednesdays, December 6, 13, 20, 27;
January 3, 10, 17, 24

Time: 1:15 - 2:15 pm

Cost: \$80 residents, \$88 non-residents
(8-weeks)+ Ruler cost (additional \$45,
if needed – purchased from instructor)

For beginners or experienced students. This Tai Chi class focuses on the Tai Chi Ruler, a wooden stick with rounded ends that fit nicely into the palms of your hands. We will learn exercises that build energy and help it move throughout your body to increase stamina, keep your body limber and improve circulation and balance. A ruler is required for the course. You may use your ruler from a previous class or purchase one for \$45 from the instructor at the first class. Instructor: **Steve Elliott**, stevekelliott@gmail.com

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



EXERCISE
AND
FITNESS

This is your time.

OWN IT.



SilverSneakers® & Renew Active™ Fitness Programs

Designed for Medicare participants with select insurance plans. Are you a United Healthcare customer? Did your SilverSneakers® pass change to Renew Active™ by Optum? Don't worry! Your new pass works just like the SilverSneakers® pass. Both programs include use of facility amenities and group fitness classes with unlimited daily admission at the Longmont Recreation Center, Centennial Pool, and the St Vrain Memorial Building.

Both programs are also valid for admission for the SilverSneakers® classes held at the Senior Center. To find out more, call 303-774-4800 or stop in at the Longmont Recreation Center and get signed up!

SilverSneakers® Fitness Classes

- Choose from these 45 to 60 minute classes geared specifically for the unique fitness needs of older individuals.
- There are no fees for individuals with a SilverSneakers® or Renew Active™ pass.
- Non-SilverSneakers®/Renew Active™ Pass holders may attend these classes for a fee – see below for more information.
- Be sure to update us if your insurance plan has changed.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with

handles, and a ball are offered for resistance, and chair is used for seated and/or standing support.

SilverSneakers® Yoga

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers® Enerchi

Perform modified Tai Chi forms in a slow, flowing sequence to progress balance and focus. A chair is offered for standing support.

SilverSneakers® Stability

Focusing on specific exercises to improve strength and power around the ankles, hips and knees, balance and reaction time.

SilverSneakers® Cardio

A cardio class that is gentle on the joints. Includes upper body strengthening, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Zumba® Gold

A modified Zumba® class that uses easy to follow dance choreography to Latin inspired music, and focuses on coordination, range of motion and fun!

PASSES FOR FITNESS CLASSES:

- SilverSneakers and Zumba classes are free for individuals with a SilverSneakers® or Renew Active™ membership.

	RESIDENT	NON-RESIDENT
Daily	\$5.50	\$6.25
30-day	\$28.50	\$35.75
3-month	\$75	\$93.75
Annual	\$260	\$325

- Non-SilverSneakers®/Renew Active™ Pass holders may attend these classes for a fee. See table below.

Get more out of your fitness pass! Your daily, monthly, quarterly, or annual pass will gain you access to:

- SilverSneakers/RenewActive sponsored classes at all City of Longmont Facilities (see the blue-shaded classes on page 41)
- Access to the Recreation Center amenities including: Pool, Weight Room, Dry Sauna & Steam Room, Indoor Track
- Amenities at the St. Vrain Memorial Building and Centennial Pool

CLASSES AT THE SENIOR CENTER | WINTER 2023-24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 - 8:45 am SilverSneakers® Classic Drop-in class	10 - 10:45 am SilverSneakers® Yoga Drop-in class	8 - 8:45 am SilverSneakers® Circuit Drop-in class	11 - 11:45 am SilverSneakers® Yoga Drop-in class	8 - 8:45 am SilverSneakers® Classic Drop-in class
9 - 10 am Tai Chi For Falls Prevention Register for 8 weeks	11 am - noon Zumba Gold® Drop-in	Noon - 1 pm Tai Chi for Arthritis Part 1 Register for 9 weeks	11 am - noon *Feldenkrais Online Register by month	
10:30 - 11:30 am Yoga with Gwyn Cody Register by month or drop-in	Noon-1 pm Pilates Kathy Kerr Register by month or drop-in	1:15 - 2:15 pm Tai Chi Ruler Register for 8 weeks	<div style="border: 1px solid orange; padding: 5px; text-align: center;"> For full descriptions, dates, and prices, please see pages 37-40. </div>	
Noon - 1 pm Tai Chi for Arthritis Part 1 Register for 9 weeks	2 - 3 pm Beginner Line Dance Register by month or drop-in			
	3:15 - 4:15 pm Continuing Line Dance Register by month or drop-in			
	10 - 11 am *Feldenkrais Online Register by month	<div style="display: flex; flex-direction: column; gap: 10px;"> <div style="display: flex; align-items: center;"> <div style="width: 20px; height: 20px; background-color: #fce4d6; border: 1px solid #ccc; margin-right: 5px;"></div> Online </div> <div style="display: flex; align-items: center;"> <div style="width: 20px; height: 20px; background-color: #bbdefb; border: 1px solid #ccc; margin-right: 5px;"></div> SilverSneakers/RenewActive sponsored </div> <div style="display: flex; align-items: center;"> <div style="width: 20px; height: 20px; background-color: #e2efda; border: 1px solid #ccc; margin-right: 5px;"></div> Senior Services sponsored </div> </div>		



EXERCISE AND FITNESS

SilverSneakers® Classes at the Longmont Recreation Center, 310 Quail Rd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 am* SilverSneakers® Yoga	8:45 am SilverSneakers® Classic	9 am* SilverSneakers® Yoga	8:45 am SilverSneakers® Classic	9 am* SilverSneakers® Yoga
10:15 am SilverSneakers® Yoga	9 am* SilverSneakers® Enerchi	10:15 am SilverSneakers® Yoga	9:35 am SilverSneakers® Circuit	10:15 am SilverSneakers® Yoga
	9:35 am SilverSneakers® Circuit		10:15 am SilverSneakers® Splash	11:15 am SilverSneakers® Enerchi
	10:15 am SilverSneakers® Splash	SilverSneakers® Classes are 45 minutes *1 Hour Classes		

For all 55+ fitness options, please see the Recreation Center schedule

SilverSneakers® Classes at the Memorial Building, 700 Longs Peak Ave

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 am SilverSneakers® Stability	9:30 am SilverSneakers® Cardio Fit	10:30 am SilverSneakers® Stability	9:15 am SilverSneakers® Enerchi	10:45 am Advanced Senior Strength

Schedule is subject to change. Visit www.longmontcolorado.gov/fitness for up to date schedule.

Volleyball Teams

Colorado Senior Volleyball Association (CSVA) is a Co-ed league for people ages 50+ and plays teams throughout the Front Range.

- » We currently host two teams through CSVA, and both teams have full rosters.
- » At this time, we do not have openings for more teams.
 - If you are interested, please contact the Senior Center in June of 2024 to see if we are able to host another team.



Pickleball

Lessons are available through the Longmont Recreation Center, please call 303-774-4800 for more information.

Outdoors – Drop in, open play for older adults occurs on weekday mornings, weather permitting. Courts are available during the spring, summer, and fall as long as weather permits. No charge for the outdoor parks and courts.

Hover Acres Park – 6 dedicated lighted courts located at 1361 Charles Drive.

Collyer Park – 2 lighted **lined** tennis courts located at 6th & Collyer.

Clark Centennial Park – 10 courts, (2 **lined** tennis courts, 8 taped courts) located at 1100 Lashley

Lefthand Creek Park – 4 taped courts located at 1800 Creekside Dr.

Nets at Clark Centennial and Lefthand Creek Park available to members of Longmont Pickleball Club. Become a member by contacting LPC at www.longmontpickleballclub.com.

Indoors – Drop in, at the Recreation Center, 310 Quail Road

All ages – 2 courts Mondays/Wednesdays/Fridays 7-9 am, 1 court Sundays, 2 – 5 pm

Older adults only (55+) Mondays, Tuesdays, Wednesdays, and Thursdays 2-4 pm

Cost: Daily admission or SilverSneakers card

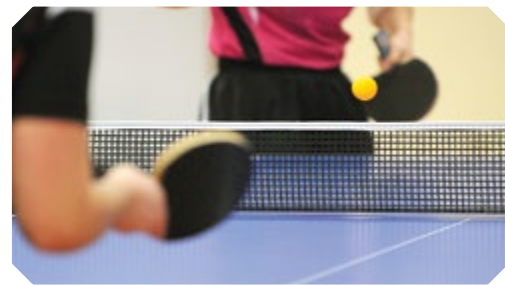


Table Tennis at the Senior Center

Date: Wednesdays and Fridays

Time: 9:15 – 11:00 am

Cost: 50¢ per session

Join other table tennis enthusiasts for some friendly competition. Equipment provided.

Snowshoe Workshop

Registration #187000-00

Date: Thursday, January 11

Time: 1:00 to 2:30 pm

Cost: Free

Join us for this snowshoe workshop. For all new and experienced snowshoe enthusiasts. Learn about snowshoeing in our area, where and when to go. Get pointers on how to snowshoe and have a safe experience. Review different brands of snowshoes & poles and where to rent and/or buy them. Learn about what to wear and gear & supplies you should bring along. There will be time for questions during the program.

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



TRIP REGISTRATION IS NOVEMBER 17 AT 3 PM IN-PERSON

At Registration, you may sign up yourself and one other person for trips (You +1).

LUNCH WAGON

Each month, visit a different restaurant for fine dining, casual lunch or brunch/breakfast, depending on the restaurant and dining style. Seating is limited to Senior Services minibus.

Great Scotts Eatery, Broomfield

Tuesday, Dec. 5	Registration #181007-05
Tuesday, Dec. 12	Registration #181007-12
Tuesday, Dec. 19	Registration #181007-19
Tuesday, Dec. 26	Registration #181007-26

Taste The Memories at this locally owned operated restaurant that strives to serve fresh, local products with fast and friendly services. They partner with other local favorites such as Aspen baking who delivers their bread fresh daily. Come enjoy a meal in the vintage/retro atmosphere which celebrates time periods from the 1950's thru the 1980's. Lunch costs on your own, prices range from \$10 – \$18.



Check-in:	10:15 am
Depart:	10:30 am
Approx. Return:	3:00 pm
Cost:	\$13 resident, \$15 non-resident
Transportation:	Senior Center Mini Bus
Includes:	Trip leader and transportation
Sign-up:	Begins November 17, cancel by November 28, December 5, 19 respectively for a full refund.



Lazy Dog Restaurant & Bar, Westminster

Tuesday, Jan. 2	Registration #181008-02
Tuesday, Jan. 9	Registration #181008-09
Tuesday, Jan. 16	Registration #181008-16
Tuesday, Jan. 23	Registration #181008-23

Join us at the relaxed, lodge-chic restaurant serving global comfort fare, including stir-fries, pot roast and pastas. Lunch costs on your own, prices range from \$10 - \$26.

Check-in:	10:15 am
Depart:	10:30 am
Approx. Return:	2:00 pm
Cost:	\$13 resident, \$15 non-resident
Transportation:	Senior Center Mini Bus
Includes:	Trip leader and transportation
Sign-up:	Begins November 17, cancel by December 26, January 2, 9, 16, respectively for a full refund.



Cheddar's Scratch Kitchen, Thornton

Tuesday, Feb. 6	Registration #181009-06
Tuesday, Feb. 13	Registration #181009-13
Tuesday, Feb. 20	Registration #181009-20
Tuesday, Feb. 27	Registration #181009-27

"Cheddar's" was suggested by a 5th grade class when the founders Aubry Good and Dough Rogers asked for restaurant names. At Cheddar's they're all about good food, made well, for a good price. Lunch costs on your own, prices range from \$10 - \$23.

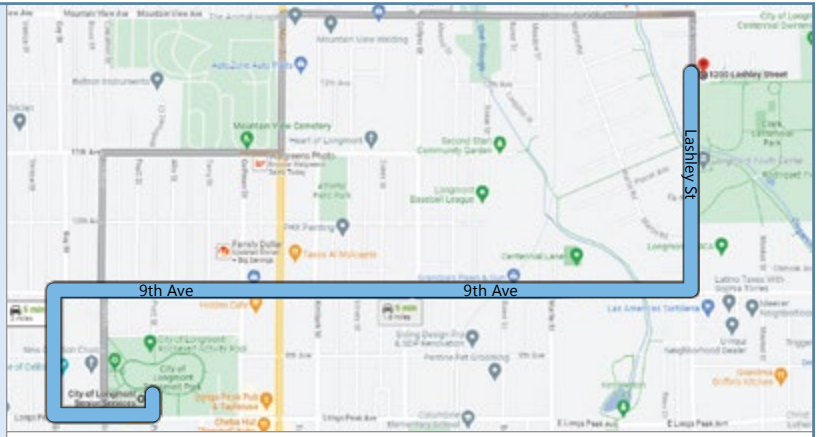
Check-in:	10:15 am
Depart:	10:30 am
Approx. Return:	3:00 pm
Cost:	\$13 resident, \$15 non-resident
Transportation:	Senior Center Mini Bus
Includes:	Trip leader and transportation
Sign-up:	Begins November 17, cancel by January 30, February 6, 13, 20 respectively for a full refund.





NEW! Trip Departure & Return at Lashley Street Station begins this December!

Kicking off with our Winter GO (DEC-FEB) program cycle this December, all trip/travel pick-up and drop-off will now take place at Lashley Street Station (1200 Lashley St.). Our new trip hub location will assist in reducing congestion at the Longmont Senior Center and provide more accessible parking to our guests. We look forward to transitioning travel arrivals and departures to our partner City of Longmont facility just 5-minutes from the Longmont Senior Center!



CASINO TRIPS



A Day in Black Hawk

Registration #181003-01

Date: Wednesday, January 17

Enjoy a day in Black Hawk! The day is yours to choose what casino(s) you want to win at! Shuttles are available from the gazebo area so you will have many options!

The coach will Drop Off and Pick Up at the Gazebo in Black Hawk

• **Meet the coach back at the Gazebo at 3:15 pm**

Please join us, get the word out and invite friends.

- Check-in:** 8:40 am
- Depart:** 9 am
- Approx. Return:** 5 pm
- Cost:** \$25 resident, \$27 non-resident
- Transportation:** Coach Bus
- Includes:** Trip leader and transportation
- Sign-up:** Begins November 17, cancel by January 10 for a full refund.

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

Downtown Central City

Date: Wednesday, December 20

Registration #181003-12

Wednesday, February 28

Registration #181003-02

Enjoy a day in Downtown Central City. The day is yours to choose the casino(s) you want to win at!



Century Casino, The Famous Bonanza Casino, Dragon Tiger Casino, Grand Z, just to name a few.

The coach will drop off at a designated area and pick you up at that same area.

• **Meet the coach at the designated area by 3:15 pm.**

Please join us, get the word out and invite your friends!

- Check-in:** 8:40 am
- Depart:** 9 am
- Approx. Return:** 5 pm
- Cost:** \$25 resident, \$27 non-resident
- Transportation:** Coach Bus
- Includes:** Trip leader and transportation
- Sign-up:** Begins November 17, cancel by December 13 and February 21 respectively for a full refund.

Celestial Seasoning Tea Tour and Lunch

Registration #181161-12

Date: Wednesday, December 6

Registration #181161-01

Date: Thursday, January 11



Take a stroll down Sleepytime Drive in Boulder. Join us for the always popular tea tour at Celestial Seasoning. From raw ingredients to finished products, you'll learn all about the wonderful world of tea and see how our wholesome products are blended, packaged and shipped. You'll never look at tea the same way again! While you're there, we'll have time to visit the Tea Shop, featuring Celestial Seasonings teas and gifts plus healthful foods and personal care products from the Hain Celestial family of brands. There's even FREE TEA SAMPLING at the tea bar. Lunch stop is scheduled before the tea tour at a local restaurant so bring your appetite and a little extra spending money, lunch is on your own.

Check In: 10:30 am
 Depart: 10:45 am
 Approx. Return: 2:30 pm
 Cost: \$16 resident, \$18 non-resident
 Transportation: Senior Mini Bus
 Includes: Trip escort, transportation and tour ticket
 Sign up: Begins November 17, cancel by November 29 & January 4 for a full refund

Denver Brass: Christmastime in the City

Registration #181020-00

Date: Saturday, December 16

Christmas is a special time in the City, join us this season as Denver Brass brings the magical music of triumphant trumpets, resounding horns, and enthusiastic tubas to the heart of Denver to share a favorite holiday tradition with you. Melodious baritone Steve Taylor and silvery soprano Aubrey Jacobs join the Denver Brass in playing some of our favorite melodies- from the warm and nostalgic, to the bright and joyful. Join us as we celebrate Christmastime in the City with The Denver Brass. Cost of meals is on your own.

Check In: 5:15 pm
 Depart: 5:30 pm
 Approx. Return: 10 pm
 Cost: \$53 resident, \$58 non-resident
 Transportation: Coach Bus
 Includes: Trip escort, transportation and event ticket
 Sign up: Begins November 17, cancel by December 9 for full refund

Meow Wolf and Lunch

Registration #181023-00

Date: Monday, December 11

The Denver exhibit from Meow Wolf will bring out the kid in the adult, and the adult in the kid. Whether it's the jaw-dropping cosmic scenery, narrative mysteries, engaging interactivity, or the transformative journey once you step inside



Convergence Station, it's a staggering triumph of art that speaks to every person that enters in unique ways. Meow Wolf's Convergence Station is a grandiose piece of compelling architecture. Standing tall and gleaming at the convergence of three highway viaducts, the superstructure contains four floors, 80 installations by 300 artists. Please note: this venue has bright and neon lights, may not be appropriate for some. We stop for lunch at the historic Old Brooklyn restaurant in Denver.

Check In: 10:15 am
 Depart: 10:30 am
 Approx. Return: 4 pm
 Cost: \$46 resident, \$50 Non-resident
 Transportation: **Senior Center Mini Bus**
 Includes: Trip escort, transportation and event ticket, lunch on your own.
 Sign up: Begins November 17, cancel by December 4 for full refund

Six the Musical at the Buell Theater

Registration #181162-00

Date: Sunday, December 17

Whether you are a fan of musical theater, pop music, or are just looking for a fun night out, you won't want to miss the hit Broadway musical SIX at the Buell Theatre. This glitzy, high-energy musical is a modern retelling of the lives of the six wives of King Henry VIII presented as a pop musical. Each Queen takes a turn singing and telling their story to see who suffered the most due to Henry and should, therefore, become the group's lead singer. With a stunning stage design, a talented all-female company, and an unforgettable score, SIX is a must-see spectacle that has won 23 awards in the 2021/2022 Broadway season including the Tony Award for Best Original Score. Cost of meals is on your own.



Check In: 5:15 pm
 Depart: 5:30 pm
 Approx. Return: 10 pm
 Cost: \$115 resident, \$126 Non-resident
 Transportation: Coach Bus
 Includes: Trip escort, transportation and event ticket
 Sign up: Begins November 17, cancel by December 10 for full refund



TRIPS AND TRAVEL



Adams Mystery Playhouse: Dinner and a Mystery



Registration #181150-00

Date: Friday, December 22

Back by popular demand. Join us at this live, fun impromptu theater, Adams Mystery Playhouse in Denver. After a scrumptious meal, the professional actors create a story, that is comedy and mystery all in one. This play will have you laughing as you help solve the crime with the interactive detective. It's no wonder that Adams Mystery Playhouse is rated in the Top 10 Things To Do in Denver. Title of the performance is Made for TV Homicide. We encourage you to wear your favorite ugly holiday sweater!



Check In:	4:30 pm
Depart:	4:45 pm
Approx. Return:	9:30 pm
Cost:	\$91 resident, \$100 non-resident
Transportation:	Coach Bus
Includes:	Trip escort, transportation and event ticket
Sign up:	Begins November 17, cancel by December 14 for full refund

Seed & Smith Dispensary Tour & Lunch, Denver



Registration #181163-00

Date: Thursday, Jan. 11

Join us at Seed & Smith for a 40-minute guided grow tour in their state-of-the-art cannabis cultivation facility. You'll get the chance to look behind the curtain at how cannabis is grown, harvested, extracted, processed, and packaged.



We will stop at Bar Louie at The Shops at Northfield. *Please note - cost of lunch is on your own and not included in trip fees.*

Check-in:	9:30 am
Depart:	9:45 am
Approx. Return:	3:00 pm
Cost:	\$13 resident, \$15 non-resident
Transportation:	Senior Center Mini Bus
Includes:	Trip leader and transportation
Sign-up:	Begins November 17, cancel by January 4, for a full refund.

Colorado Indian Market and Southwest Art Fest



Registration #181166-00

Date: Friday, January 12

For its 42nd year, this festival is back in Denver at the Colorado Convention Center. Join us at this colorful authentic celebration of Native American artwork and heritage that feature 150 renown juried artists, craftsmen alongside tribal dancers, award winning entertainers, culinary booths and interactive special attractions. Stroll through booths of pottery, jewelry, paintings, fiber art, photography & so much more. Tribes gather in intricate historic regalia to dance together to the beats of century-old songs. Western singer-songwriters perform, storytellers share tales passed down through generations, and a dazzling lineup of award-winning Native American entertainers will perform from across the United States. Lunch is on your own during the event.



Check In:	11:00 am
Depart:	11:15 am
Approx. Return:	4:30 pm
Cost:	\$37 resident, \$41 non-resident
Transportation:	Coach Bus
Includes:	Trip escort, transportation and event ticket
Sign up:	Begins November 17, cancel by January 5 for full refund

Boulder County Birds of Prey Driving Tour



Registration #181167-00

Date: Thursday, January 18

Winter is the ideal time of year to see and learn about our birds of prey that live in our own backyard throughout Boulder County. Join Boulder County volunteer naturalists for a driving tour of some of the best areas to view birds of prey. You don't need to be a birding expert to enjoy this trip. We will drive in search of raptors, learn about habitat, and work on identification skills. Bring binoculars and a bird field guide, if you have one.

Check-in:	12:30 pm
Depart:	12:45 pm
Approx. Return:	3:30 pm
Cost:	\$10 resident, \$12 non-resident
Transportation:	Senior Mini Bus
Includes:	Trip leader and transportation
Sign-up:	Begins November 17, cancel by January 11 for a full refund.

Denver Mob Tour & Lunch LOW

Registration #181168-01

Date: Wednesday, January 24

Registration 181168-02

Date: Wednesday, February 7



Join Denver mob expert Tom Hackett, as you travel through the streets of North Denver to learn about the mobsters that lived and worked there. You will see locations that were crime scenes and other historic sites on this driving tour. Following the tour, you'll have a 1 pm lunch at Gaetano's; and Tom will continue with some wrap up information with time for questions. The cost of lunch is on your own (\$15+).

Check-in: 9:30 am
Depart: 9:45 am
Approx. Return: 3 pm
Cost: \$42 resident, \$46 non-resident
Transportation: Senior Services Mini Bus
Includes: Guided tour, trip escort and transportation
Sign-up: Begins November 17, cancel by January 17 and January 31, for a full refund.

Candlelight Dinner Theater – Crazy For You MODERATE - LOW

Registration #181169-00

Date: Thursday, February 15

A zany rich-boy-meets-hometown-girl romantic comedy, Crazy For You® tells the story of young New York banker Bobby Child, who is sent to Deadrock, Nevada, to foreclose on a rundown theatre. Bobby falls for spunky Polly Baker, the theatre owner's daughter but she takes an instant dislike to the city slicker, so Bobby vows – through cunning, razzmatazz, and a hilarious antics – to win Polly's heart and save the theatre. Memorable Gershwin tunes from the score include "I Got Rhythm," "Naughty Baby," "They Can't Take That Away from Me," "Embraceable You," and so many more. Select entree's and tip are included with the show. You may pay for upgraded meal options, dessert, and drinks at your discretion.

Check-in: 4:30 pm
Depart: 4:45 pm
Approx. Return: 10 pm
Cost: \$99 resident, \$109 non-resident
Transportation: Coach Bus
Includes: Trip leader, dinner, tickets, and transportation.
Sign-up: Begins November 17, cancel before February 8 for a full refund.

GINGER *and* BAKER

Ginger & Baker, Ft. Collins MODERATE - LOW

Registration #181164-00

Thursday, January 25

Ginger & Baker's kitchen table is dedicated to play, community, and learning! Join us in making sweet hand pies then enjoy lunch at the Café! Lunch is on your own.

Check-in: 9:30 am
Depart: 9:45 am
Approx. Return: 3:00 pm
Cost: \$92 resident, \$97 non-resident
Transportation: Senior Center Mini Bus
Includes: Trip leader and transportation
Sign-up: Begins November 17, cancel by December 20 for a full refund



Colorado Avalanche vs. Los Angeles Kings, Denver MODERATE

Registration #181165-01

Friday, Jan. 26

Join us at Ball Arena as the Colorado Avalanche enter their 28th season where they will face off with the Los Angeles Kings. The Avalanche organization holds decades of history. They were the first Denver-based professional sports team to win a championship when they won the Stanley Cup in 1996.



Reminders: Bring your own dinner or visit one of the many food vendors in the stadium. Wear comfortable shoes for walking and bring adequate clothing for a full evening at the stadium. No bags larger than 4in x 6 in x 1.5 in will be permitted. You will need to be able to walk several blocks to and from the bus drop-off area to your seats. Ball Arena is a No Cash Venue. Please plan accordingly.

Check-in: 4:45 pm
Depart: 5:00 pm
Approx. Return: 11:00 pm
Cost: \$80 resident, \$85 non-resident
Transportation: Senior Center Mini Bus
Includes: Trip leader and transportation
Sign-up: Begins November 17, cancel by January 5 for a full refund

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





Colorado Avalanche vs. Dallas Stars, Denver



Registration #181165-02 **Tuesday, Feb. 27**

Join us at Ball Arena as the Colorado Avalanche enter their 28th season where they will play the Dallas Stars. The Avalanche organization holds decades of history. They were the first Denver-based professional sports team to win a championship when they won the Stanley Cup in 1996.

Reminders: Bring your own dinner or visit one of the many food vendors in the stadium. Wear comfortable shoes for walking and bring adequate clothing for a full evening at the stadium. No bags larger than 4in x 6 in x 1.5 in will be permitted. You will need to be able to walk several blocks to and from the bus drop-off area to your seats. Ball Arena is a No Cash Venue. Please plan accordingly

Check-in:	5:15 pm
Depart:	5:30 pm
Approx. Return:	11:30 pm
Cost:	\$85 resident, \$90 non-resident
Transportation:	Senior Center Mini Bus
Includes:	Trip leader and transportation
Sign-up:	Begins November 17, cancel by February 6 for a full refund

Lift Chocolate



Registration #181170-21

Date: Wednesday, February 21

Registration #181170-28

Date: Wednesday, February 28



Chocolate is special and affects people with joy in a way that no other food does. Join us as we travel to Boulder's Lift Chocolate where chocolate is uniquely fashioned into delicious, totally unique items. Lift Chocolate takes its name from owner Brandon Busch's background as a CH-53 Heavy 'Lift' helicopter pilot in the United States Marine Corps. Come learn about Brandon's fascinating story "from military to chocolate" and how he was able to build a business that 5280 magazine lists as one of the best chocolate brands in Denver area. Trip fee includes a full chocolate tasting (value \$20). Don't miss this one!

Check-in:	9:15 am
Depart:	9:30 am
Approx. Return:	noon
Cost:	\$27 resident, \$29 non-resident
Transportation:	Senior Mini Bus
Includes:	Trip leader, chocolate tasting and transportation
Sign-up:	Begins November 17, cancel by February 14 and February 21 for a full refund.



TRIPS AND TRAVEL

INTEGRATIVE HEALING THROUGH EDUCATION AND KNOWLEDGE



Colorado Learning Center of Human Anatomy

Our Mission: To Be A Community Center of Excellence for Teaching Human Anatomy in Structure, Form, and Function, with its Integrated Systems, Through the Experience of Anatomical Cadaveric Dissection.

Colorado Learning Center of Human Anatomy allows individuals to witness the physical results of the many experiences of bodies, such as joint replacements, pacemakers, arthritis, emphysema and other various expressions of health and disease.

Focus: Digestive System



Registration #181156-01

Date: Wednesday, January 10

Overall introduction of the Colorado Learning Center of Human Anatomy and Carroll Lewellen Funeral Home followed by an in-depth class on the digestive system in the downstairs lab. You will be able to meet the living donors and study the deceased donors of the Center. This is an opportunity for hands-on experience with cadavers (donors) to see the anatomy of the digestive system. You will also witness the intricate design of our digestive system. You will view the omentum, which is a wonderful immunological system.

Check-in:	9:15 am
Depart:	9:30 am
Approx. Return:	12:15 pm
Cost:	\$10 resident, \$11 non-resident
Transportation:	Senior Center Mini Bus – all participants required to take the bus.
Includes:	Trip leader, presentation, and transportation
Sign-up:	Begins November 17, cancel by January 3 for a full refund.

Focus: Heart and Lungs



Registration #181156-02

Date: Wednesday, February 14

Overall introduction of the Colorado Learning Center of Human Anatomy and Carroll Lewellen Funeral Home followed by an in-depth class on the heart and lungs. Classes may be held downstairs in the lab. You will be able to meet the living donors and study the deceased donors of the Center. This is an opportunity for hands-on experience with cadavers (donors) to see the anatomy of human hearts and lungs. You will also witness examples of COPD and emphysema as well as view a pacemaker and healthy heart and lungs.

Check-in:	9:15 am
Depart:	9:30 am
Approx. Return:	12:15 pm
Cost:	\$10 resident, \$11 non-resident
Transportation:	Senior Center Mini Bus – all participants required to take the bus.
Includes:	Trip leader, presentation, and transportation
Sign-up:	Begins November 17, cancel by February 7 for a full refund.



Senior Services has been very fortunate to receive a landslide of volunteer applications post-pandemic. At this time, we are not accepting new volunteer applications. Check with us again in Spring of 2024!

Computers & Technology

SCTC VOLUNTEERS are NEEDED:

New coaches and instructors to assist with computer and technology education and assistance are needed. Please consider sharing your time and knowledge with other older adults in this volunteer peer-to-peer program.

Visit bit.ly/volunteersctc or call Senior Services at 303-651-8411 for more information.

City of Longmont is recruiting new members for our **Equitable Climate Action Team volunteer (ECAT) volunteer group!**

This is an awesome volunteer-leadership opportunity that is a great way to have direct involvement with the City reviewing Sustainability programs. The application is open to all people over 18 years old living in Longmont regardless of status. Please contact sustainability@longmontcolorado.gov for a link to our application or pick up an application at 1100 S. Sherman Street with the Sustainability Office. For questions contact us at (303)651-8416.

OUR PARTNERS SERVING LONGMONT NEED LOCAL VOLUNTEERS!



Longmont Meals on Wheels Needs Volunteers



Longmont Meals on Wheels prepares and delivers more than 425 meals a day and checks on its participants daily. Can you help? Kitchen volunteers prepare, cook and package meals, serve them in the Parkview Café and help with cleanup. Kitchen helpers are needed one day per week, 8am – 12:30pm. Delivery drivers pick up the meals for their routes around 10:45, and routes take 1 – 1.5 hours to complete. Most delivery volunteers volunteer once per week. Long-term substitutes are always needed as well. Call 303-772-0540 or go to longmontmeals.org volunteer to get started.

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. For more information call 720-864-6526 or email infoRespite@bouldercounty.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 Devon at 303-651-8789 or email program staff at library_homebound@longmontcolorado.gov for more information.

St. Vrain Valley Storytellers

Become a Volunteer Storyteller for kids pre-K – grade 5 in the schools of the St. Vrain Valley School District. For more information, contact Marianne Balin at 510-326-2398 or mbalinhome@gmail.com



VOLUNTEER OPPORTUNITIES

Connect with Cultivate

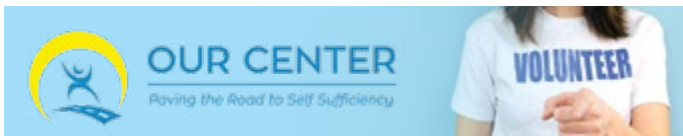
Cultivate volunteers support our older adults through programs such as rides to medical appointments for military veterans and their senior family members; phone check-ins for social support; grocery shopping and delivery; minor home repairs; snow shoveling and yard cleanup. By providing services at no cost, Cultivate helps seniors remain independent, yet connected, within their communities. If you are interested in volunteering or receiving services please visit our website at cultivate.ngo or call us at 303-443-1933.

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 or 303-441-4518.



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 serves over 100 families per day. Each week we need 350 volunteers to provide the services we offer.

We'd love to have you join our volunteer team. To apply, go to our website -

www.ourcenter.org and click on the Volunteer page. For more information, contact Julie, our Director of Volunteer Services, at julie@ourcenter.org or 303-772-5529 x235.

Parks, Open Space and Trails Launches JoinUs Volunteer Portal



Volunteering just got easier.

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

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

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



VOLUNTEER DRIVERS:



Via Mobility Services



Help older adults and people with disabilities maintain their independence and connections in the community as a volunteer driver. Training provided. Contact **Chris Baker** at Via Mobility Services at 303-447-2848.

60+ Ride

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



A Day Place: Volunteers Needed

Do you like to play games, read stories, and have a lot of laughter? A Day Place is looking for volunteers to assist our staff with daily activities, games, and snack time. You will be working with adults that have some form of memory loss, but the most physical thing you are asked to do is wipe off the tables after lunch. If this sounds like a perfect opportunity for you, call 303-435-9948 and ask for **Melanie**. You may also email adayplace2017@gmail.com.

THE LONGMONT MUSEUM



Location: Longmont Museum, 400 Quail Rd
www.longmontcolorado.gov/museum

June 10, 2023 – January 7, 2024

“agriCULTURE: Art Inspired by the Land”

A large-scale contemporary art exhibit, "agriCULTURE: Art Inspired by the Land," pairs local and national artists with farmers throughout Boulder County to create new visual works. Experience multi-media artwork that explores how farming is connected to issues such as climate change, water rights, ancestral lands, local history, environmental impacts, and more. The exhibit also features hands-on exploration activities for families including digital microscopes, a farm tractor sandbox, and an interactive magnetic mural. Learn more at longmontmuseum.org or by calling 303-651-8374.



Watch Longmont City Council Live:

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

INCOME TAX AND REBATE PREPARATION 2024



CITY OF
Longmont
Senior Services

Longmont Senior Center will host TCE (Tax Counseling for the Elderly), an AARP sponsored program for free income tax preparation and electronic filing of federal and Colorado tax returns. This is the only free in-person option in Longmont that we know of at this time. However, our resource staff will be compiling an informational handout with additional filing options later.

- » The AARP program focuses on those age 50+ with low to moderate income. These weekday appointments are designed for simple tax returns such as those with retirement income – complex tax issues are out of scope. **Appointment line opens January 16.**

TCE site at the Longmont Senior Center | 910 Longs Peak Ave

February 1 to April 11, Tuesdays and Thursdays by appointment only, call 303-774-4429.

You can make an appointment on-line at <https://cotaxaide.org> or for a recorded message including general information and appointment requests, please call 303-774-4429 **beginning January 16.**

Please make your appointment early as appointment times fill up quickly! If you have broker statements (1099B or K-1) we recommend that you request a March appointment to allow time for the receipt of those statements. When you call, please leave your name and a phone number where we can reach you.

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



COMMUNITY NEWS



TELEPHONE REFERRAL SHEET

<p>AARP (Colorado Office) 1-866-554-5376</p> <p>Abuse of older persons – Longmont Police 303-651-8555 or Adult Protection at 303-441-1309</p> <p>ACMI - Nursing Home Diversion (HCBS) 303-439-7011</p> <p>Alzheimer’s Assoc. 24-Hr Helpline 1-800-864-4404</p> <p>Audio Information Network 303-786-7777</p> <p>Better Business Bureau 303-327-4500</p> <p>Center For People With Disabilities 303-442-8662 <i>For new inquiries select extension 250</i></p> <p>Colorado Division of Insurance 303-894-7499</p> <p>Colorado No-Call Program 1-800-309-7041</p> <p>Colorado Talking Books Library 303-727-9277</p> <p>Community Protection 303-441-3700 (Boulder County)</p> <p>Cultivate 303-443-1933</p> <p>Dental Aid-Longmont 303-682-2619</p> <p>El Comité 303-651-6125</p> <p>Elder Watch Fraud Hotline 1-800-222-4444</p> <p>Employment Workforce Boulder County 720-864-6600</p> <p>Food Programs</p> <ul style="list-style-type: none"> - Carry Out Caravan 303-241-4426 - Eldershare 303-652-3663 - Meals on Wheels 303-772-0540 <p>Fraud - Attorney General Hotline 1-800-222-4444 Inspector General Hotline 1-800-447-8477</p> <p>Health Department, Longmont 303-678-6166</p> <p>Housing: Longmont Housing Authority..... 303-651-8581</p> <p>Legal Services of Boulder County 303-449-7575</p> <p>Legal Services AARP 1-888-687-2277</p> <p>Loan Closet Medical Equipment FREE</p> <ul style="list-style-type: none"> -American Legion 303-961-2233 -Elks 303-776-1055 -Moose 303-776-4911 <p>Long Term Care Ombudsman 303-441-1173</p> <p>Medicaid (BCDHHS) 303-678-6000</p> <p>Medicare 1-800-633-4227</p> <p>Medicare Counselor 303-441-1546</p>	<p>Mental Health Partners 303-413-6263</p> <p>Mental Health Crisis Line 24/7 1-844-493-8255</p> <p>Nursing Home Monitoring 303-441-1173</p> <p>OUR Center 303-772-5529</p> <p>Parkinson’s Association of the Rockies 303-830-1839</p> <p>Poison - Rocky Mt. Poison Control 1-800-332-3073</p> <p>Police, Longmont non-emergency 303-651-8501</p> <p>Reverse Mortgages - Boulder County 303-441-1544</p> <p>Rocky Mountain Legal Center 720-242-8642</p> <p>Safe Shelter (Domestic Violence) 303-772-0432</p> <p>Salud Clinic 303-776-3250</p> <p>Senior Centers in the area</p> <ul style="list-style-type: none"> -Berthoud 970-532-2730 -Boulder (East) 303-441-4150 -Boulder (West) 303-441-3148 -Lafayette 303-665-9052 -Longmont 303-651-8411 -Louisville 303-666-7400 -Loveland 970-962-2783 <p>Senior Reach (counseling) 1-866-217-5808</p> <p>Social Security 1-800-772-1213</p> <p>Social Services (BCDHHS) 303-678-6000</p> <p>Stroke - Rocky Mt. Association 303-730-8800</p> <p>Suicide Prevention Hotline Simply dial 988</p> <p>Transportation</p> <ul style="list-style-type: none"> -Access-A-Ride 303-292-6560 -Berthoud Area Transportation 970-532-3049 -RTD 303-299-6000 -Via Mobility Services 303-447-2848 -VetsGO 303-443-1933 ext.414 <p>Veteran Services - Longmont 303-441-3890</p> <p>Weatherization 720-864-6401</p> <p>www.bouldercountyhelp.org 303-441-1617</p>
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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 to sign up.



Longmont Channel 8

(Government Access Channel) or Comcast Cable Channel 16.



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

50+ Marketplace News

available at the Senior Center monthly.

Get the Email Newsletter and GO Catalog!

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



¡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. Regístrate con Monica o envíe un mensaje de texto a **SENIORCENTER** al **42828**.

GO SUBSCRIPTION FORM - 2024

The GO Catalog is always available online or to pick up at the Senior Center. If you would like the convenience of having having all **4 issues** of **The 2024 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 **\$8.00 for residents, \$10.00 for non-residents**. *Note: 2024 mailing cost has increased due to rising costs. Due to the bulk mailing process, the catalog will arrive in the mail one to two weeks after being made available online and at the Senior Center.* Check out www.longmontcolorado.gov/senior-services

Name (Please Print) _____

Address _____ City _____ Zip Code _____

Phone _____

Senior Center
10464620 62170



SENIOR SERVICES RESOURCE STAFF

Se habla español



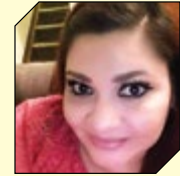
VERONICA GARCIA
303-651-8716

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



Supportive Services Supervisor

BRANDY QUEEN, LPC
303-651-8414

brandy.queen@longmontcolorado.gov



Seniors Counselor

KAYLEIGH SCHERNBECK, LCSW
303-774-4497

kayleigh.schernbeck@longmontcolorado.gov

Kayleigh Schernbeck, a licensed clinical social worker, 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 Peer Support volunteers who offer individual counseling and a variety of support groups. Peer volunteers are experienced, trained, and supervised volunteers who provide support and understanding from one senior to another.
- » Facilitating or coordinating a number of support groups
- » Managing dementia-friendly educational activities and programs
- » Organizing a variety of education programs about resources

Brandy Queen, a licensed professional counselor, is also available for limited individual, couples, and family counseling for older adults age 55+ and for family caregivers of older adults. Additionally, Brandy provides support groups and caregiver consultations and manages programs about resources, emotional wellness, dementia, and caregiving.

BOULDER COUNTY AREA AGENCY ON AGING



Visit the comprehensive website at www.BoulderCountyHelp.org or call the Boulder County Area Agency on Aging Resource Line at **303-441-1617** (Bilingüe) or email: infoADRC@bouldercounty.org

View Categories at the website to explore options such as:

- » Services at Home
- » Legal Support
- » LGBTQ+ services
- » 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!

Also: Weld County Area Agency on Aging (AAA)

General AAA information: **970-346-6950**
Information and Assistance: **970-346-6952**
Website: www.weldaaa.org

Larimer County Area Agency on Aging (AAA)

Helpline: **970-498-7750**
Website: www.lcoa.networkofcare.org

CAREGIVER SERVICES

for friends or family members caring for an older adult include:

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

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

SUPPORT FOR PEOPLE WITH DISABILITIES

The mission of the Center for People with Disabilities (CPWD) is to provide resources, information, and advocacy to assist people with disabilities in overcoming barriers to independent living. In addition, CPWD provides Peer Support and works with people in navigating the Social Security Disability application process. Their phone number is: 303-442-8662; new inquiries can contact extension 250, or you may email CPWD at info@cpwd.org.

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. Current dates are listed in the General Interest section of The GO. You can learn more about Medicare at www.medicare.gov or 1-800-633-4227.

Social Security

Social Security – <http://ssa.gov> or 1-800-772-1213; for claims, please call 1-877-405-5872. The local office is located at 480 West Dahlia St, Louisville, CO 80027. Their office hours are 9 am – 4 pm Monday-Friday.

Reverse Mortgage Information

Call the Boulder County Housing and Financial Counseling Program at 720-564-2279

Home Foreclosure Prevention

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

SUPPORT GROUPS

(meet at the Senior Center unless otherwise noted)

For information about other emotional and diagnosis-specific support groups, call Brandy at 303-651-8414

Adjusting to Life's Changes:

Mondays, January 22 – March 4, 1:30 – 3pm. Call Kayleigh at 303-774-4497 for an intake appointment or for more info.

Anticipatory Grief Group

For those who have a loved one experiencing a terminal illness. **3rd Tuesday each month, 1:00 – 2:30 pm,** drop-in group. Call Brandy Queen if you would like more information, 303-651-8414.

Grandparents Raising Grandkids Kinship Support

Call Alicia Corso at 303-514-7745 for information.

LGBTQ+ Older Adults in Boulder County

Social and aging resources for LGBTQ+ (lesbian, gay, bisexual, transgender, queer+) older adults, includes a monthly newsletter, regular gatherings, and an annual holiday celebration. For information, contact Boulder County Area Agency on Aging at 303-441-4518 or infoLGBTelders@bouldercounty.org. Confidentiality maintained.

Low Vision 3rd Thursday, 10:30 am - noon.

Contact: CPWD at 720-526-2804

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

EMPLOYMENT

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

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.

Tax Help

Call Colorado Taxpayer Advocate Service at 303-603-4600.

State and City Rebates

State of Colorado and City of Longmont offer rebates on a number of resident expenses for low-income individuals. For eligibility criteria and applications, visit <https://www.longmontcolorado.gov/community/financial-assistance-and-rebate-programs> and <https://tax.colorado.gov/PTC-rebate>. Resource Specialists available for application assistance, contact 303-651-8411.

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

HOUSING INFORMATION

For information and referral regarding senior, affordable, and other housing programs, call the Senior Center at 303-651-8411 to connect with a resource specialist.

A Boulder County Senior Housing Guide

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

Housing Rehabilitation Programs

The City offers several programs for home improvement and access. Call 303-651-8444 for more information.

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.

LEGAL

Colorado Legal Services- Boulder 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

Law Clinics - For information about online legal clinics, see <https://www.boulder-bar.org>.

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, simple wills, mediation, and counseling services to qualifying low-income families, singles, parents, and seniors. Sliding scale fees available. Please call 720-242-8642.

Bridge to Justice - A non-profit organization providing reduced-fee civil legal services to low- and moderate-income Coloradans who do not qualify for free legal aid. Please call 303-443-1038.

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 am and 3 pm.

Cultivate volunteers deliver to you on TUESDAY. Before calling in your order, you must enroll by calling 303-443-1933 ext. 414.

Eldershare - If you are a senior who needs help getting healthy food, Community Food Share is here to help. Elder Share provides free groceries to adults ages 60+ in Boulder and Broomfield Counties twice per month via residential sites, community sites, and home delivery routes. Call (303) 652-3663 and ask for our Elder Share Manager or email eldershare@communityfoodshare.org to sign up for the program..

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. 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 for more information.

Phone Buddies, Fix-It Folks, Yard Busters & Ice Busters - Volunteers are available to provide regular phone check-ins or to come to your home to make minor repairs, install grab bars, clear snow, and provide yard work. 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 <https://covia.org/programs/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 1-855-710-2255 or visit <https://alwaysbestcare.com/always-in-touch/>

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 303-441-3890 or email vso@bouldercounty.org.

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

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 Mon-Fri, 11:30 am-noon. Call 303-772-0540 for menus and fees. Reservations are not required.

Nutrition Line - The Area Agency on Aging offers two free nutrition counseling sessions per year to Boulder County residents age 60+. For information or to schedule an appointment, call 303-678-6115 and leave your contact information.

SAFETY

Longmont Emergency Reverse Notification Sign Up - *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 longmontcolorado.gov and search "reverse notification."

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

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

TRANSPORTATION

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

Transportation Services

Via – provides many transportation-related services:

- **Door-to-door, wheelchair accessible transportation in Longmont and surrounding communities.** Ride requests can be made from 1 to 7 days in advance. Fares within Longmont are \$6 one-way; from Longmont to other towns \$12. 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 for information on how to request your ride online.
 - » **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. 1047
- **Mileage Reimbursement Program** reimburses trips provided by family, friends, and neighbors for rides outside Via's service area or service hours. Must be preauthorized for registered rides. Call 303-447-9636.

FlexRide (formerly Call-n-Ride) Longmont

For Longmont FlexRide information, to schedule a ride, or to register as a new rider call 303-299-6000. Once you are registered as a rider you can also schedule your rides online at www.rtd-denver.com. Reservations may be requested three days to two weeks in advance. Rides are within Longmont, scheduled on a first come-first served basis, and cost \$1.50 each way for seniors. For more information regarding FlexRide or RTD bus routes call 303-299-6000.

Ride RTD - Local RTD routes can get you across Longmont (323, 324, 326, & 327). RTD also has routes available from Longmont to Denver, Fort Collins, and Boulder.

- For trip planning go to LongmontBus.com or call RTD at 303-299-6000. For a video about riding RTD in Denver, visit https://youtu.be/nFv_jESDcYo
- To learn about the RTD Special Discount card visit www.RTD-Denver.com or call 303 298-2667.

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

Mobility For All - Want to feel more confident using smartphone apps that help you get around? Call 720-564-2218 or visit boco.org/M4AEvents for details. Mobility for All is collaborating with community partners throughout Boulder County to offer transportation-related technology workshops to help community members of all ages and abilities feel more comfortable using transportation apps such as: Google Maps, Transit App, Lyft, Uber

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

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

Transportation in other areas:

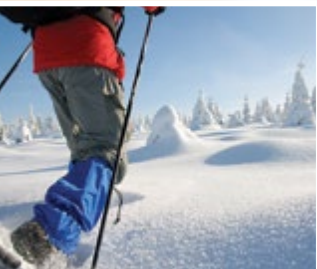
- **Berthoud Area Transportation:** call 970-532-3049 for BATS or visit www.berthoud.org. For rural Berthoud transportation, call 970-532-0808 or www.berthoudraft.org.
- **Weld County Transportation:** https://www.weldgov.com/departments/human_services/area_agency_on_aging and view the Helpsource Directory. Also check out 60+ Ride which is based in Greeley, 970-352-9348 or SRSweld.com



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 Longmont Senior Center
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RETURN SERVICE REQUESTED



WINTER PROGRAMS

All programs are occurring at the Senior Center unless stated otherwise. Online programs have a call-in option available. Please note the registration details in each activity, as some programs have special registration instructions.

Registration for classes and special events begins on

Monday, November 13

— & —

Friday, November 17

from 3 - 5 pm for Trips

Trip Registration occurs in-person at the Senior Center

