

Let's Age Well!

March 2023 Program Guide



Pottery instructors Rachel Baring-Gould and Ellen Spiller with two class participants



City of Boulder
Housing and Human Services
Older Adult Services
www.boulderolderadultservices.com

OLDER ADULT SERVICES

Welcome!

Older Adult Services mission:

To inspire and empower older adults to age well through community connection, learning, and play.



West Age Well Center

909 Arapahoe Ave. Boulder, CO 80302

303-441-3148

Monday - Friday, 9:00 a.m. - 3:00 p.m.



East Age Well Center

5660 Sioux Drive, Boulder, CO 80303

303-413-7290

Monday - Friday, 8:00 a.m. - 4:30 p.m.



Meals on Wheels Eat Well Café

Inside the West Age Well Center

Open for lunch

Monday - Friday

11 a.m. - 1 p.m.

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Weekly Newsletter

Sign up at <https://bouldercolorado.gov/lets-age-well-newsletter> to start receiving our weekly "Age Well" email newsletter.

STAFF CONTACT INFORMATION

City of Boulder Older Adult Services

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Older Adult Services Manager

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Sr. Program Manager

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Lifelong Learning and Social Programs Manager

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Older Adult Services Case Managers

Ashley Fowler, Emma Gooding-Lord, 303-441-4388

Facilities Operations Specialist

Cody Carlough, carloughc@bouldercolorado.gov

Program Support Specialist

Lorna McClanahan, mcclanahanl@bouldercolorado.gov

Customer Service Representatives

Karen Maye, Belen Carmichael, Suzanne Michot, Saara Inskeep

Fitness/Dance Instructor Judy Kreith


Fitness/Yoga Instructor Peter Michaelson

Older Adult Services Case Managers

Older Adult Services provides case management through a continuum of support to meet an older adult's comprehensive needs to ensure safety, quality of life, and effective outcomes.

Counseling on options for housing, transportation, healthcare, food assistance and more are available for City of Boulder residents age 60 and older and their family caregivers.

Drop-in hours for the Older Adult Services Case Managers at the West Age Well Center are Tuesdays and Thursdays, 10:00 a.m. - 2:00 p.m.

 303-441-4388

HEALTH AND WELLNESS APPOINTMENTS

Individual appointments are available for the following selected health supportive programs at the Age Well Centers:



Foot Care Appointments Provided by Visiting Nurses Association

Now two locations!

Medical foot care is provided by a registered nurse and includes toenail trim, corns and calluses filed, sensation check and blood pressure check.

- **East Age Well Center: 1st Wednesdays**
- **West Age Well Center: Mondays**

Cost is \$55. Cash not accepted, credit card preferred but checks welcome and possibly no copay with some Kaiser plans.

Call 303-698-6496 to schedule an appointment, to check your Kaiser benefits, or for additional information.

Monthly Hearing Clinics with Family Hearing

Family Hearing offers free monthly hearing clinics by appointment at West Age Well Center to provide free audiology services such as hearing screening, ears checked and cleaned, and hearing aids inspected and cleaned. Family Hearing staff can also provide a full hearing test and/or hearing aid adjustment and bill Medicare or your health insurance.

By appointment only. **Next Hearing Clinics: Wednesdays, March 8 and April 5.** To schedule an appointment call 303-441-3148 or [register online](#).

Schedule an appointment today!

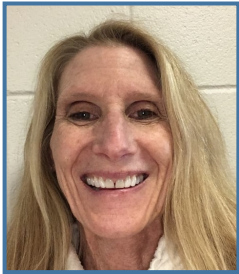
MASSAGE AND REFLEXOLOGY

Massage Therapists at East Age Well Center



Lynn Swearingen is a Licensed Massage Therapist in Colorado who has bodywork experience practicing acupressure, massage, Comfort Touch, and intuitive counseling with clients of all ages. She creates space for clients to experience deeper communication with mind, body and spirit.

Available Tuesdays



Sue Turner is a Licensed Massage Therapist in Colorado who offers an integrative massage therapy style that incorporates body, mind and spirit. Her customized massage may include several styles of bodywork for relaxation, stress release, or health condition relief.

Available Wednesdays

Please inform the massage therapist when you arrive for your appointment which of the following services you prefer, or a combination is also acceptable:

Therapeutic Massage: promote good health and a sense of well-being with a therapeutic massage. Certified massage therapists offer Swedish and Integrative Massage.

Hand and Foot Reflexology: a combination massage and acupressure treatment on the feet and hands, based on the principle of reflex areas that relate to every organ and to all parts of the body.

Massage Appointment Information

- All massage appointments are now held at the East Age Well Center
- Massage fees are \$60/Resident and \$75/Non-Resident
- Appointments are available on Tuesdays, Wednesdays, and 1st and 3rd Fridays
- Massage registration opens at 9:00 a.m. on the first business day of the preceding month. **April massage registration opens on Wednesday, March 1 at 9:00 a.m.**
- Registrations are limited to one appointment per month, per person
- Appointments are limited to one 1-hour appointment per day
- When a massage practitioner is unavailable for a scheduled massage, the customer will be notified and offered a substitute therapist, if available
- See page 25 for Registration, Payment, Cancellation and Refund Policies

HEALTH AND WELLNESS PROGRAMS

Ballroom Dancing

Course #32293

Where: East Age Well Center

**Dates: Thursdays, March 2–23
(4 classes)**

Time: 12:45 - 1:45 p.m.

Fees: R/NR \$32/\$40

Learn ballroom dance fundamentals including techniques for leading and following, creating a solid dance frame and traveling around the floor with dance steps and patterns of Waltz and Swing. Smooth soled shoes highly recommended. Individuals welcome, no partner required. Instructor: Judy Kreith.



Jazz Dance Series

Course #32294

Where: East Age Well Center

**Date: Fridays, March 3–24
(4 classes)**

Time: 12:30 - 1:30 p.m.

Fees: R/NR \$32/\$40

Jazz is a fun, invigorating dance style with movements like Jazz Slides, Jazz Squares, Ball Change, Pivot Turns, Chasse, 3-Step Turns and Body Isolations. It is designed to show stylish expression with enjoyable music while participants dance combinations both in the center of the room and traveling across the floor. All levels welcome! Instructor: Judy Kreith.



Private Dance Lessons

Private Dance Lessons are available through Older Adult Services for individuals or couples (maximum 2 people). Styles of dance may include swing, salsa, foxtrot, waltz, line dancing, jazz and more.

Dance Instructor: Judy Kreith received her MA in Dance Education from Stanford University and has been teaching older adults for over ten years. Her classes emphasize the joy and connection of social dancing.

East or West Age Well Center by appointment. Fees: R/NR \$50/\$63 per hour. For more information contact Maureen Dobson, Sr. Program Manager, at 303-441-3012 or email dobsonm@bouldercolorado.gov.



Popular Line Dances

Course # 32295

Where: West Age Well Center

**Dates: Tuesdays, March 7–28
(4 classes)**

Time: 1:00 - 2:00 p.m.

Fees: R/NR \$32/\$40

Learn popular line dances including the Double D and Bring on the Good Times, and take a stroll down memory lane with the Madison, Cotton Eye Joe and a Cha Cha Cha/ Rumba from the 1940's. Line dancing is a fun and invigorating activity that utilizes music from around the world. Individuals and beginners welcome, no partners required. Instructor: Judy Kreith.



HEALTH AND WELLNESS PROGRAMS

NEW! Community Protection Division Drop-in Office Hours

Where: West Age Well Center

Dates: 1st Mondays
starting March 6

Time: 10:30 a.m. - 12:30 p.m.



Purchased a used car recently and the dealership is not honoring the warranty? Hired a contractor to do some work on the home and the work is not as expected? Unsure about all the emails and phone calls you get? These are just a few issues the Community Protection Division at the Boulder County District Attorney's Office can help find answers to. Older adults can meet with a Community Protection Specialist at West Age Well Center one time a month for 15-30 minutes to discuss personal situations and ask questions. **Drop-in, no registration required. Customers must check in at front desk.**

NEW! Move With Ease: A Series to Introduce Feldenkrais

Course #32298

Where: East Age Well Center

Dates: Tuesdays, March 7 - 28
(4-week series)

Time: 2:30–4:00 p.m.

Fees: R/NR \$40/\$50

The Feldenkrais Method of Somatic Education® helps participants learn to move with ease using slow, mindful movements to achieve powerful effects in terms of balance, flexibility, and coordination. Feldenkrais relates directly to functional movements of daily life.

Instructor: Gil Kelly personally trained with Dr. Moshe Feldenkrais, and has been teaching the Feldenkrais Method for 40 years.



Progressive Meditation

Course #31416

Where: Online

Dates: Each Wednesday through March 29

Time: 10:30 - 11:30 a.m.

Meditation increases focus and mindfulness through different techniques that help participants experience a calm and peaceful state. This virtual class will begin with a 20–30 minute muscle relaxation using guided meditation, breath and imagery, and will also include time for Q&A at the end of class. Sponsored in partnership with Boulder Community Health. Instructor: Joan DePuy, RN, BSN, is the Trauma Outreach/Injury Prevention Coordinator for BCH and a Certified Reiki Master Level Practitioner.

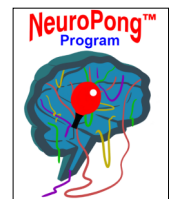
NeuroPong™ Table Tennis

Where: West Age Well Center

Dates: Each Thursday

Time: 12:45 - 2:45 p.m.

NeuroPong is a table tennis program organized by Table Tennis Connections for people living with neurodegenerative diseases such as Parkinson's, Multiple Sclerosis and early-stage dementia. Registration required, contact Antonio Barbera, MD at 303-667-1735 or abarbera@tabletennisconnections.org



HEALTH AND WELLNESS PROGRAMS

NEW! Chair Yoga and Balance Series

Course #32296

Where: West Age Well Center

Dates: Fridays, March 10 - 31

Time: 10:00 - 10:45 a.m.

Fees: R/NR \$32/\$40

This class brings together postures and techniques of yoga with the support of a chair. Participants will work together on seated postures, balancing, and more. All levels of experience welcome. Instructor: Peter Michaelsen.



NEW! Coffee and Conversation for People Living with Parkinson's



Where: East Age Well Center

Dates: 3rd Tuesdays, March 21

Time: 10:00 – 11:30 a.m.

Come enjoy the expertise, knowledge and fellowship of members of our community living with Parkinson's Disease. In a relaxed atmosphere with coffee and snacks this group elicits topics from attendees for shared and open discussion. Topics may include medications, feelings, doctors, accomplishments, challenges, research or other topics of interest. No speakers, just group members, here for each other. Contact Ilse at ibleck@yahoo.com for more information.

Brain Awareness Week March 13 - 19

10 Warning Signs of Alzheimer's

Course #31828

Where: West Age Well Center

Date: Wednesday, March 15

Time: 11:00 a.m. - 12:30 p.m.

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources. Sponsored and presented by the Colorado Alzheimer's Association.



Aging and the Brain

Course #32317

Where: Online

Date: Thursday, March 16

Time: 10:00 - 11:00 a.m.

As older adults age memory capacity can change, and many older adults also experience chronic pain. In this program, Dr. Kevin F. Reichlin will explore whether memory capacity may be something other than normal aging and whether chronic pain may exist in the body or the brain. Instructor: Kevin F. Reichlin, DC has been a Doctor of Chiropractic for 39 years, and is author of a book soon to be published, titled "Your Pain is a Superpower, Learn to Use It Wisely".



Alzheimer's Association Dementia Caregiver Support Group

Where: West Age Well Center

Date: 1st Thursday, March 2

Time: 12:00 - 1:30 p.m.

Alzheimer's Association support groups meet on an ongoing basis the first Thursday of each month and are available for family or friends who have a loved one with Alzheimer's disease or another form of dementia. Facilitated by volunteers who are screened, trained, and supervised by the Alzheimer's Association, these groups are a safe place to receive support for the difficult journey of dementia. [Click here to register](#) or call Ralph Patrick at 720-699-9319 for more information.



Alzheimer's Association Men's Dementia Caregiver Support Group

Where: West Age Well Center

Dates: 1st and 3rd Wednesdays, March 1 and March 15

Time: 1:00 - 2:30 p.m.

This group meets on an ongoing basis the third Wednesday of each month and is for men who have family or friends who are experiencing Alzheimer's disease or another form of dementia. The groups are facilitated by volunteers who are screened, trained, and supervised by the Alzheimer's Association. These groups are a safe place to receive support in the difficult journey of dementia. [Click here to register](#) or call Ralph Patrick at 720-699-9319 for more information.

BCH Parkinson's Fitness: PWR! Exercise4BrainChange®

Where: West Age Well Center

Days: Fridays

Time: 11:00 a.m. - noon

Sponsored by Boulder Community Hospital, this dynamic class targets the motor and non-motor symptoms of Parkinson's Disease that interfere with everyday movement. Join in the action to increase balance, flexibility and posture, improve gait, prevent falls and optimize brain health with PWR!Exercise4BrainChange using PWR!Moves™, created by neuroscientist Dr. Becky Farley. Instructors: Nancy Hillmer, OT and Mary Richardson, PT, PWR!Therapists™ trained by Parkinson Wellness Recovery.

Class requirements: able to stand independently at least 2 minutes, able to walk independently at least 200 feet with or without an assistive device. Written clearance from physician is recommended.

For more information and/or to register, contact 303-415-4408 and leave a message, or email Mary Richardson at mrichardson@bch.org.



Parkinson's Music Therapy Research Project

The University of Colorado is conducting a study that is researching the rehabilitative power of music on fine motor skills by comparing Music Therapy versus regular Occupational Therapy in people diagnosed with Parkinson's Disease. You may be eligible to participate if you are between 45 and 85 years old, have been diagnosed with Parkinson's Disease, and have some difficulties with fine motor skills. For information, email neurologyresearchpartners@ucdenver.edu or call 303-724-4644.

SPECIAL EVENT



Presented by TRU Community Care and City of Boulder Older Adult Services

Thursday, March 30, 2023

East Age Well Center, 5660 Sioux Dr., Boulder, CO 80303

In 2021, Colorado established Welcome Home Vietnam Veterans Day on March 30th. This recognized day is in response to the unfortunate way many Veterans of the Vietnam era were treated when they came home from duty. TRU Community Care and City of Boulder Older Adult Services would like to honor all Veterans, and on this day especially Vietnam Veterans. Join us for any or all of the following events:

11:00 a.m. — 1:30 p.m. Healing Warriors Pop-up

Veterans from any era and service branch, as well as Veterans' partners and parents, are invited to stop by anytime between 11:00 a.m. and 1:30 p.m. to receive acupuncture, craniosacral, and/or healing touch therapy at NO COST, no appointment necessary. The Healing Warriors Program provides no cost, integrative, non-narcotic treatments for PTSD, TBI, interpersonal trauma, sleep disorders, chronic pain, cancer support, and more. More at www.healingwarriorsprogram.org/

11:00 a.m. — 1:00 p.m. Veteran to Veteran Café

Veterans from any era and service branch are invited to enjoy a free lunch. Stop by any time between 11:30 a.m. and 1:00 p.m. for good food and conversation. We hope you stay for the Welcome Home Vietnam Veterans Commemoration.

1:30 p.m. — 2:30 p.m. Welcome Home Vietnam Veterans Commemoration

- A Vietnam Era Veteran commemorative pinning by members of the American Legion Post 32 Honor Guard
- A word from Boulder Mayor, Aaron Brockett
- Music, refreshments and stories

Please RSVP at [TRU Community Care \(givesmart.com\)](https://givesmart.com). RSVP requested, but not required.






Affirming life at every step of your journey with illness and loss.

FITNESS CO-SPONSORED WITH PARKS & REC

March Drop-in Fitness Schedule

All fitness classes below are held in East Age Well Center Ballroom. Additional drop-in classes at East Boulder Community Center may be found here: www.bprfitness.org. Fees: There is no cost for SilverSneakers®, Silver&Fit® and Renew Active™ passholders for ANY class listed below. All other participants may purchase a variety of pass packages from any Parks and Rec Center or the East Age Well Center.

Monday	Tuesday	Wednesday	Thursday	Friday
	 8:30 - 9:30 a.m. Fit & Strong / SS Boom Stephanie	 9:00 – 9:45 a.m. SS Classic Terry 	 8:30 – 9:30 a.m. Fit & Strong / SS Boom Stephanie	
 10:00 – 10:45 a.m. SS Yoga Andrea 	9:45 – 10:30 a.m. Core and More for Older Adults Colleen	10:00 - 10:45 a.m. Chair Yoga and Balance Peter 	9:45 – 10:30 a.m. Core and More for Older Adults Colleen	
11:00 – 11:45 p.m. Zumba Gold Lidia		11:00 - 11:45 a.m. Zumba Gold Lidia		 11:00 - 11:45 a.m. SS Classic Terry 
		12:00 – 1:00 p.m. Restorative Yoga for Older Adults Teresa		

Fitness Class Descriptions

Chair Yoga and Balance

This class brings together postures and techniques of yoga with the support of a chair. We will work together on seated postures, balancing, and more. All levels of experience welcome.

Core and More

Functional core training and abdominal exercises designed to improve inner core stability by strengthening abdominal and back muscles, tonight glutes, conditioning inner and outer thighs, and improving balance and flexibility. Ideal for anyone starting an exercise routine and those wanting to improve their strength and fitness. This class uses body weight and occasionally weights, bands and stability balls. All fitness levels welcome, modifications are provided.

Fit and Strong / SilverSneakers® BOOM

The class is perfect for the beginner and veteran exerciser and emphasizes cardiovascular fitness, muscular strength and flexibility. Core strength is emphasized in all movements. This class includes a cardiovascular warm up, a relaxing cool down, and constant attention to balance. Equipment used in class may include hand weights, resistance tubing and fitness balls. Exercises can be done standing, on a mat, or seated in a chair. All levels welcome. Please wear footwear appropriate for a low-impact aerobics class and bring a water bottle.

FITNESS CO-SPONSORED WITH PARKS & REC

Restorative Yoga

With personal attention to comfort and deep relaxation, participants are invited to explore through breath the ease and joy of Restorative Yoga. Postures are done on the mat and held for 10-12 minutes with props for support. Props are a primary part of the class and the focus is on total relaxation.

SilverSneakers® Classic

Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

SilverSneakers® Yoga

Seated and standing yoga poses to increase flexibility, balance and range of motion.

Zumba Gold

Zumba Gold is perfect for active older adults, people who are new to Zumba, or anyone needing a fun, safe, effective workout without the high impact. Take a musical trip around the world with easy-to-follow choreography that focuses on balance, range of motion, flexibility, and coordination. No dance background is required. If you can march in place, you can enjoy Zumba Gold.

March Water Fitness Drop-in Schedule

All classes below held in East Boulder Community Center (EBCC) Pool. Additional drop-in classes and open pool times through EBCC Aquatics may be found here: www.bprfitness.org.

FEES: There is no cost for SilverSneakers®, Silver&Fit®, and Renew Active™ passholders for ANY class listed below. All other participants may purchase a variety of pass packages from any Parks and Rec Center or the East Age Well Center.

Monday	Tuesday	Wednesday	Thursday	Friday
		8:00 – 8:50 am HydroFit Shallow Leisure Pool <i>Soraya</i>		8:00 – 8:50 am HydroFit Shallow Leisure Pool <i>Soraya</i>
9:00 – 9:50 am Hydrofit Deep Deep Water Pool <i>Soraya</i>		9:00 – 9:50 am Hydrofit Deep Deep Water Pool <i>Soraya</i>		9:00 – 9:50 am Hydrofit Deep Deep Water Pool <i>Soraya</i>

HydroFit Shallow

This warm water workout includes intervals, circuits, river running, strength training and balance work for a fun, varied full body wake up workout. This drop-in class is held in the shallow, warm water leisure pool.

HydroFit Deep

Jump in for a refreshing deep-water challenge. Boot camp, interval, circuit, endurance and strength training elements help improve cardiovascular fitness, endurance, flexibility, and balance with a splash of morning fun and laughter. This drop-in class is held in the deep-water pool.

LIFELONG LEARNING PROGRAMS

Beginning Bridge

Course #31541

Where: East Age Well Center

Dates: Wednesdays, March 1 - May 10

Time: 10:00 a.m. - 12:30 p.m.

Fees: R/NR \$55/\$69

Bridge is a social game, a game of problem-solving with a partner. This class is designed for the beginning bridge player. The basics of bridge will be taught one bidding principle and one playing technique at a time over 10 weeks. The updated version of the Standard American Bidding System will be used as a guide. A \$10 materials fee is paid to the instructor on the first day of class. Instructor: Sandy Koller.



Facilitated Dialogue: Presence and Well-Being

Course #31406

Where: West Age Well Center

Date: 1st Thursdays, March 2

Time: 10:00 – 11:30 a.m.

This class meets the first Thursday of each month and was formerly called Cultivating Well-Being. Come with the intention of being open, present, willing to share, and listening to one another. Group leaders will utilize whole-group and small-group activities and dialogues on topics identified by both participants and facilitators. Topic for the winter is "Presence and Well-Being". Group Leaders: Jim Kettering, Jackie Nelson, John King, and Glen Ehler bring a wide variety of skills and experience in group facilitation. **Registration required.**

NEW! Social Knitting Group

West Age Well Center

Tuesdays, 10:00 – 11:00a.m.

Join this weekly knitting group to work on any knitting or crocheting project while socializing with peers. Contact Vincent at 303-362-0152.



Meetup: "Carving Joy" Film Screening & Discussion

Course #32261

Where: Boulder Main Library,
Mt. Sanitas Room

Date: Saturday, March 11

Time: 11:00 a.m. - Noon

"Carving Joy" is an award-winning short documentary film about the origins of the Carousel of Happiness in Nederland and its founder, Scott Harrison. Upon attending this free event, complimentary tickets to the Carousel of Happiness are also provided courtesy of the Boulder Library Foundation. After the event, stay for an optional lunch in the library's new café, Tonantzin Casa de Café (self-pay). **Spaces very limited! Registration deadline March 8.**



Sans Souci Dance Film Screening, Discussion, Class

Course #32260

Where: West Age Well Center

Date: Monday, March 13

Time: 1:00 - 2:30 p.m.

Sans Souci Festival of Dance Cinema presents an in-person screening of the dance documentary "Trax", which chronicles the history of tap dance, the Harlem Renaissance, and the great migration of 1910 when many African Americans emigrated to Canada. Following the film, Michelle Bernier, Co-Director of the Festival will facilitate a discussion, and then lead an optional dance class inspired by the film. Modifications for functional limitations that affect dance movement will be provided. No dance experience required.

LIFELONG LEARNING PROGRAMS

SPARK and Studio Arts Boulder Pottery Class

Course # 31426

Where: West Age Well Center

Dates: 2nd Tuesday, March 14

Time: 1:00 - 2:30 p.m.

This program is designed for individuals with neurodegenerative diseases, including dementia, Alzheimer's and Parkinson's, who are accompanied by their caregiver or partner.

Join SPARK and Studio Arts Boulder for a monthly hand building class at the West Age Well Center. Participants will learn about the fundamentals of pottery to make functional and whimsical pieces. Studio Arts Boulder will supply all materials and tools, and all work will be processed at their Pottery Lab facility. Information will be given during the class about how to collect finished pieces. No experience necessary.



Studio Arts Boulder Pottery Class

Course #31411

Where: West Age Well Center

Date: Wednesday, March 15

Time: 1:30 - 3:00 p.m.

Studio Arts Boulder was founded in 2009 and its pottery lab is located in the lower Chautauqua neighborhood of Boulder. Older Adult Services is partnering with Studio Arts Boulder to offer a free monthly hand building class at the West Age Well Center. Participants will learn about the three fundamentals of pottery to make functional and whimsical pieces: pinch pots, coils, and slabs. Studio Arts Boulder will supply all materials and tools, and all work will be processed at their Pottery Lab facility. Information will be given during the class about how to collect finished pieces. No experience necessary. **Spaces limited, register by March 13.**



Journaling

Course # 31408

Where: West Age Well Center

Date: 3rd Thursdays, March 16

Time: 10:00 - 11:30 a.m.

Through internal dialogue, inquiry, poetry, writing from flow or expressing what is present, from the superficial to the profound, practice using the written word as a tool to uncover patterns and seek personal insight. In this monthly journaling group, come prepared to write, listen, and share inner wisdom through humor, truth telling and spirit. Group leader Jim Kettering holds a BA in Social Science, an MA in Psychology. **Registration is required.**



The Canterbury Tales by Geoffrey Chaucer

Course #32262

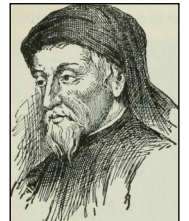
Where: Online

Dates: Wednesdays and Fridays,
March 15 – April 7

Time: 10:00 - 11:00 a.m.

Fees per household: R/NR \$60/\$75

Lori Lucas will lead discussion on the first collection of short stories in English, The Canterbury Tales by Geoffrey Chaucer, in a series of 8 online classes. Lori is a long-time resident of Boulder and teacher of composition and literature, currently teaching at the University of Colorado, Boulder.



Pottery Recycling Policy

In the spirit of sustainability and limiting waste, Older Adult Services has a policy that any personal pottery pieces not taken home by the end of the following month will be taken to Studio Arts for recycling.

LIFELONG LEARNING PROGRAMS

Tea Dance

Where: East Age Well Center

Dates: Fridays, March 3 and 24

Time: 2:00 - 4:00 p.m.

Drop-in fee: \$5 per person

Dance to live music provided by Tom Yook, a favorite of Boulder dancers. Tom plays ballroom, rhythm, and Latin dance styles. Afterwards, a buffet style potluck snack is provided by the attendees. **Individuals welcome, no partner or registration required.**



Living History Performance: Legendary Ladies

Course #32253

Where: West Age Well Center

Date: Wednesday, March 22

Time: 1:00 - 2:00 p.m.

In honor of Women's History Month, the Legendary Ladies share struggles and triumphs while living in the American West. Presented in first-person living history through several vignettes, learn about extraordinary women who have made significant contributions to the history of the West.

2023 Older Adult Services Scholarship Program

The Older Adult Services Scholarship Program provides eligible applicants a \$25 credit that can be used to register for Older Adult Services registered fitness, health and wellness classes, lifelong learning, trip, and massage for older adults.

Limited scholarships are available on a first-come, first-served basis beginning March 1, 2023. No application will be accepted after November 30, 2023. Funds must be used within the 2023 calendar year.

To be eligible, applicants must be 60 years of age or older, a resident of the City of Boulder, and meet financial eligibility requirements. For more information, call 303-441-4388. Scholarship application forms are available at East and West Age Well Centers.

The Death Café

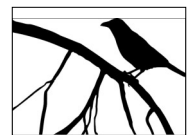
Course #31415

Where: Online

Date: 4th Tuesday, March 28

Time: 10:00 - 11:15 a.m.

At some time or other many of us wish or need to talk about death. A Death Café is a place to do this in a relaxed and agenda-free setting. It's a place for respectful, serious, meaningful, tender, and funny conversations. Facilitated by Diane Hullett.



LIFELONG LEARNING PROGRAMS

Meet-up: Tour of Boulder Museum with Art Class followed by lunch

Course #32020

Where: Boulder Museum of Contemporary Art, 1750 13th St., Boulder

Date: Tuesday, March 28

Time: 10:00 a.m. - 1:00 p.m.

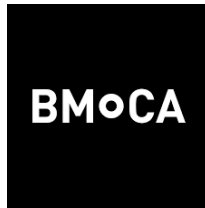
Fee: \$5 payable at the museum

Join a BMoCA educator to tour the current exhibition. Participants will tour the current exhibition (title "4"), featuring four artists from the Roaring Fork Valley. Following the tour, participants will create their own small artwork inspired by themes in the exhibition using drawing, painting and collage.

All art materials included with the \$5.00 museum admission fee.

After the museum, walk 0.2 mile to T/aco for an optional lunch (self-pay) with the group.

No transportation is provided for this meet-up. The closest bus stops are Arapahoe Ave. and 14th St. (JUMP), and Broadway and Canyon Blvd. (204 & 225).



Meet-up: Facility Tour and Lunch at Meals on Wheels

Course #32286

Where: 3701 Canfield St., Boulder

Date: Thursday, March 30

Time: 10:30 a.m.—12:15 p.m.

Fees: R/NR \$5/\$6.25

Meals on Wheels Boulder has been serving meals in Boulder since 1969. Meet staff and tour the Meals on Wheels building facility where meals are prepared for delivery each weekday and home of the Niche Market. Afterwards in the Community Room, enjoy lunch together which will include a freshly prepared hot entrée, side salad, and dessert. Vegetarian option available.

No transportation is provided for this meet-up trip. The closest bus stop is Hwy 119 & 47th St. (BOLT). Spaces limited. Registration by March 22.



Keep your stuff safe and secure - A message from City of Boulder

When you visit a city recreation center, library branch or Age Well Center, you want your car or bike or personal items to be there when you get back, right? We encourage you to lock your car or bike when you leave it behind. And never leave anything of value inside or in sight...even if it's just for a few minutes. At our recreation centers, you can bring your valuables inside and safely keep them in a locker. Boulder's Police Department reminds you that your valuables make for a good target, so lock your vehicle and/or bike. You should also [register your bike](#) so law enforcement can more easily contact you and prove ownership if it's recovered. If a crime occurs please contact the police department non-emergency line at 303-441-3333 or [fill out a report online](#). We hope you and your valuables stay safe all year round when visiting city facilities.



Technology Coaching—March

Where: West Age Well Center

Dates/Times: Fridays March 17 and 31, 10:00 a.m. – 12:30 p.m., 30-minute timeslots

A tech coach is available at the West Age Well Center to provide one-to-one technology assistance for older adults on various topics and devices. Topics include file organization, email and settings on smartphones/computers, text messages and emojis, Google and frequently used websites (i.e. YouTube), account and password management, Google apps, popular apps/games, Apple/Samsung/Android products, and managing, sending, taking and deleting photos.

To be eligible for this technology assistance program funded through a grant from Frasier Retirement Community, customers must be at least 60 years old and residents of the City of Boulder. Participants must bring their own device. Registration required for a specific 30 minute timeslot. Participants will not be contacted by the tech coach.

Tech Assistance with Boulder Universal Students

Course #31435

Where: West Age Well Center

Date: Wednesday, March 8

Time: 2:00 - 3:00 p.m.

In this in-person class, Boulder Universal students will provide one-to-one technology assistance for older adults on various topics and devices. Topics include file organization, email and settings on smartphones and computers, text messages and emojis, Google and frequently used websites (i.e. YouTube), account and password management, Google apps, popular apps/games, iPhone/Apple products, Samsung/Android products, and managing, sending, taking and deleting photos. Participants must bring own device.

Spaces limited, register by March 6.

Boulder Universal (BU) is Boulder Valley School District's online school, offering virtual classes for K-12 to a wide variety of students.

Disclaimer: Participating in programs that utilize internet technology such as social media, email and accessing the internet through tablet computers, iPhones, iPads, and other personal computer devices, may present risk of loss, damage, and annoyance including but not limited to identity theft, malware, viruses, unsolicited email, theft of data, passwords, and financial information, inappropriate content, and scams.

BOULDER INTERNATIONAL FILM FESTIVAL

Boulder International Film Festival 2023

Free Tickets for Older Adults with Lower Incomes

Older Adult Services would like to thank the Boulder International Film Festival who has generously donated a limited number of free tickets for older adults who might not otherwise be able to afford attending the films. The selected films will be showing March 3–5, 2023.

Ticket reservations are limited in quantity and available on a first-come, first-served basis.

Each person may reserve up to 2 tickets for ONE or TWO movies: a total of 4 tickets may be reserved for each person. Registration opens February 27 at 9:00 a.m. and will remain open while supplies last. Click on a film link to reserve your desired tickets online or call 303-413-7290 to reserve tickets while supplies last.

Reserved tickets will be available for pickup at the West Age Well Center (909 Arapahoe Ave.) Wednesday March 1 through Friday March 3, between 9:00 a.m. and 3:00 p.m.

Go to <https://biff1.com/> to find the entire program. The program includes a map that shows where downtown venues and parking garages are located. The City of Boulder is again offering FREE HOP bus rides during the Festival. Just flash your BIFF ticket stub or BIFF Festival pass.

FILMS

***Path of the Panther* (#32302)** Friday, March 3, 3:15 p.m. Boulder Theater, 100 minutes
http://apm.activecommunities.com/boulderparksrec/Activity_Search/30038

***PASANG: In the Shadow of Everest* (#32308)** Friday, March 3, 12:30 p.m., Grace Commons Church, 71 minutes
http://apm.activecommunities.com/boulderparksrec/Activity_Search/30044

***Desperate Souls, Dark City and The Legend of Midnight Cowboy* (#32309)** Friday, March 3, 3:15 p.m., Boulder Theater, 101 minutes
http://apm.activecommunities.com/boulderparksrec/Activity_Search/30045

***Elephant Mother* (#32305)** Saturday, March 4, 10:00 a.m., Boulder High Auditorium, 84 minutes
http://apm.activecommunities.com/boulderparksrec/Activity_Search/30041

***Afghan Dreamers* (#32306)** Saturday, March 4, 2:45 p.m., Boulder High Auditorium, 72 minutes
http://apm.activecommunities.com/boulderparksrec/Activity_Search/30042

***On the Line: The Richard Williams Story* (#32303)** Saturday, March 4, 5:00 p.m., Boulder High Auditorium, 90 minutes
http://apm.activecommunities.com/boulderparksrec/Activity_Search/30039

***The Thief Collector* (#32304)** Sunday, March 5, 10:00 a.m., Boulder High Auditorium, 95 minutes
http://apm.activecommunities.com/boulderparksrec/Activity_Search/30040

***Case for Kindness* (#32307)** Sunday, March 5, 3:15 p.m., Boulder High Auditorium, 99 minutes
http://apm.activecommunities.com/boulderparksrec/Activity_Search/30043

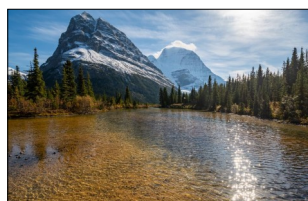
The City of Boulder Older Adult Services partners with Collette Travel to offer domestic and international trips in 2023 and 2024. For information about itineraries and prices, click on the trip links below or contact Whitney Garcia, Program Manager, at garciaw@bouldercolorado.gov.



Exploring Greece and its Islands

June 8 - 23, 2023

<https://gateway.gocollette.com/link/1072321>



Montana: Exploring Big Sky Country

June 22 - July 2, 2023

<https://gateway.gocollette.com/link/1101721>



Discover California Dreamin' Monterey, Yosemite and Napa

August 28 - September 4, 2023

<https://gateway.gocollette.com/link/1101723>



Essence of France

October 20 - 27, 2023

<https://gateway.gocollette.com/link/1101717>



Machu Picchu & Galapagos Wonders

January 22 - February 4, 2024

<https://gateway.gocollette.com/link/1101719>

Save \$200/person if booked by May 22, 2023

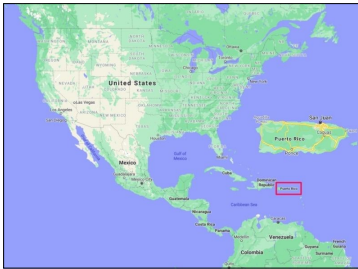
For more trip information, visit: <https://bouldercolorado.gov/media/964/download?inline>

Interested in the U.S. National Parks? Inquire with [Whitney Garcia](#) about the many tours Collette Travel offers: garciaw@bouldercolorado.gov



Active Minds for Life with Older Adult Services

In-Person and Online Formats



Active Minds: Puerto Rico

Course #31636

Where: West Age Well Center (**In-Person**)

Date: Wednesday, March 8

Time: 1:00 - 2:00 p.m.

U. S. territory Puerto Rico has been repeatedly devastated by hurricanes in recent years. Join Active Minds to review the history of Puerto Rico, including how U.S. policies have impacted its economy and its people over the past century, and explore what the future may hold for the island as it continues to rebuild. Please register to attend.

Active Minds: Iran

Course #31637

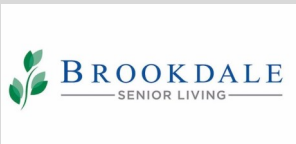
Where: **Online**

Date: Monday, March 27

Time: 3:00 - 4:00 p.m.

Join Active Minds for an in-depth look at the country of Iran including its nuclear program, the relationship between its religious and political leadership, and challenges presented by regional turmoil.

No registration is required for this online presentation. Use this link for all Boulder Active Minds programs: <https://tinyurl.com/sh7fka7m> Meeting ID: 814 4945 5373; Passcode: 366555)



These Active Minds programs
are sponsored by
Brookdale Meridian Boulder and
The Carillon at Boulder Creek



VOLUNTEER-LED GROUPS

Group	Where	Day(s)	Time	Contact
American Mahjong	West	Mondays	11 a.m. - 2:30 p.m.	Donna: 303-444-1513
American Mahjong	West	Tuesdays	Noon - 3 p.m.	Madelyn: 303-521-5854
American Mahjong	East	Fridays	10 a.m. - 1:30 p.m.	Madelyn: 303-521-5854
Art Journals Group	Online	Fridays	12:30 – 1:30 p.m.	Judith: 303-817-4599
Chinese Classical Mahjong	West	Wednesdays	1 – 3 p.m.	Jeanny: 720-436-5361
Community Book Group	Online	3rd Thursdays (4th Thursdays in March)	2 – 3:30 p.m.	Cheryl: 303-949-0764
Creative Snapper Photography Group	Online	2 nd Thursdays	11 a.m. – 12:30 p.m.	Pat:
	West	4 th Thursdays	11 a.m. – 12:30 p.m.	720-435-0506
Cribbage Group	West	Tuesdays	12:30 – 2:30 p.m.	Delphia : 720-757-7732
Easy Rider Bike Group	West	Seasonal, weather-dependent		Sandy: 970-584-0311
Hand and Foot Canasta Group	East	Tuesdays	10 a.m. - Noon	Susan: 303-494-7912
In-Person Book Group	West	2 nd Thursdays	1:30 – 3 p.m.	Debra: 303-440-4148
Older Adult Open Mic	West	Fridays	1 – 3 p.m.	Margaret: margaretwildflower@gmail.com
Poetry and Storytelling Circle	West	Thursdays	12:30 – 3:00 p.m.	Margaret: margaretwildflower@gmail.com
Rubber Bridge	East	Mondays	12:30 – 4:00 p.m.	Vicki: vicki_schilling@hotmail.com
Social Bridge	East	Wednesdays	1:00 - 3:00 p.m.	Charlene: 303-817-9635
Social Knitting Group	West	Tuesdays	10:00 – 11:00 a.m.	Vincent: 303-362-0152
Table Tennis East	East	Mon., Wed., Fri.	2:15 - 4:15 p.m.	Dan: 720-8867743
Table Tennis West	West	Tues. Thurs.	9:30 – 11:30 a.m.	Diana: 303-241-5133
Texas Hold 'Em Game Group	West	Fridays	1 – 3 p.m.	Joan: 303-938-1333
Write On! Writers Group	East	2 nd Thursdays	1:00 - 2:30 p.m.	Jacqui: 303-447-2931

Interested? For a detailed description of each Volunteer-Led Special Interest Group, please visit: <https://bouldercolorado.gov/media/965/download?inline>

ANNOUNCEMENTS

2023 Food Tax Rebate Program

Each year, the City of Boulder provides rebates to help compensate residents living with lower incomes for the city sales tax they pay on food. Those eligible for the program include older adults aged 62 or older for the entire 2022 calendar year; persons with; and families with children under 18 years of age in the household for the entire 2022 calendar year. Those seeking a rebate must be income eligible and fill out an application documenting their eligibility. Applications can be picked up starting Wednesday, March 1, 2023, at either of these locations:



New Britain Building, 1101 Arapahoe Ave, Boulder, CO 80302.
Tuesday – Friday 10:00 a.m. – 4:00 p.m.

West Age Well Center, 909 Arapahoe Ave., Boulder CO 80302
Monday – Friday 9:00 a.m. – 3:00 p.m.

Applicants from 2022 who applied for the 2021 rebate will automatically receive an application in the mail. Applications must be dropped off at one of the two sites above by Friday, June 30, 2023 or postmarked by Friday June 30, 2023. For more information, call the Food Tax Rebate Program Manager Milly Malloy at 720-955-8486 or visit bouldercolorado.gov/services/food-tax-rebate-program.

AARP Foundation Tax-Aide Program

The AARP Foundation Tax-Aide Program will offer free tax preparation and assistance on **Fridays at the East Age Well Center through April 7, 2023**. This program serves taxpayers with low and middle incomes with an emphasis on older adults and is supported through a partnership with the IRS and the AARP Foundation. Returns will be prepared by appointment only and will be completed on site at the Age Well Center during your scheduled appointment.



Appointments can be made online at <https://cotaxaide.org/appt/> or by phone at 720-327-3363 for times between 9 am and 2 pm. Questions about the AARP Tax-Aide Program in Boulder can be directed to 303-440-8104.

Boulder County Healthy Aging Programs and Medicare Basics Classes

Boulder County Area Agency on Aging has programs that support and encourage healthy lifestyle choices. Participants can learn how to manage chronic health problems like heart disease, arthritis, chronic pain and diabetes; reduce the fear of falling; eat healthier; and increase physical activity: <https://www.bouldercounty.org/families/seniors/services/healthy-aging-programs/>

Medicare Basics Classes are designed for anyone wanting to understand Medicare enrollment, plans, benefits, and costs. Medicare Counselors provide guidance in the appeal process and information about resources for financial help with Medicare Costs. Follow this link for more information: <https://www.bouldercounty.org/families/seniors/services/medicare-counseling/>.



Welcome to Older Adult Services

- Our centers are a safe and welcoming environment. Older Adult Services supports equity, diversity, and inclusion.
- Older Adult Services provides services and programs for adults age 60 and older.
- Client Services Coordinator consultations on options for housing, transportation, healthcare, food assistance and more are available for City of Boulder residents age 60 and older and their family caregivers.
- There is no membership fee to participate in programs and services.
- Some Older Adult Services classes and activities are offered free of charge, and others have a registration fee. Participants living inside the City of Boulder limits are charged a Resident Fee, and participants living outside of city limits are charged a Non-Resident Fee.
- Parking is free at both East and West Age Well Centers for our customers. See below for more information.

Safety Guidelines for Customers

Masks are optional for all indoor public spaces for everyone regardless of vaccination status.

For more information on how to stay safe, visit Boulder County Public Health's COVID information page at <https://bouldercounty.gov/families/disease/covid-19-information/>

Accommodations

The [Americans with Disabilities Act \(ADA\)](#) requires that the City of Boulder make city facilities, programs, and services accessible to persons with disabilities in accordance with the standards of the ADA. More information can be found here: bouldercolorado.gov/services/Americans-Disabilities-Act. Questions and concerns can be directed to James Brown at riskmanagement@bouldercolorado.gov or 303-441-3075.

Specific Requests

If a participant does not have a disability as defined by the ADA but would like to make a special request, it should be specified at the time of registration and before participating. Although reasonable accommodations will be made upon request, Older Adult Services programs, trips and massages are geared toward older adults who are able to manage their own care, decision making, and safety. Staff cannot provide assistance to individuals who require additional care. If a caregiver is needed, the caregiver may participate regardless of age, and must pay all fees associated with the activity.

Discrimination Policy

In accordance with the Civil Rights Act, the City of Boulder prohibits discrimination against its customers, employees and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, marital status, familial status or sexual orientation. For question and assistance please contact the Office of Community Relations at 303-441-3141.

West Age Well Center Parking

Parking is free at the West Age Well Center for our customers. Day and Annual parking passes are available at the front desk. Customers who park at the West Age Well Center must have either a Day Pass or Annual Parking Decal to park in the lot Monday – Friday from 8:00 a.m. to 5:00 p.m. and be participating in services or programs at the Center. For questions about parking at the West Age Well Center, call 303-441-3148.

PROGRAM GUIDELINES

Older Adult Services offers two types of programs:

Online: Participants register for the program in advance and receive the link to participate online or a phone number to call in for audio-only.

In-Person: Participants register for the program in advance and join in person at the West Age Well Center or an exterior location.

Online Program Guidelines

Welcome to Older Adult Services online programs! Our mission is to inspire and empower older adults to age well through community connection, learning, and play. In order to ensure a quality experience for all, we will be using the following guidelines:

- Keep your microphone muted unless you are speaking, then mute yourself again
- Position your camera properly so that it is showing your face
- Turn off your camera if you are walking around, eating or doing any other activity than full participation in the program
- Follow the presenter's rules for participation such as using the raised hand icon or chat feature
- To protect the privacy of all participants, no recordings, photographs, or copies of transcripts from online programs may be made, permitted or distributed by program instructors, volunteer group leaders or attendees.

To ensure a quality experience participants may be muted by the host and/or have video turned off, or participants might be designated as listening mode only if their online behavior is disruptive or inappropriate. Thank you for your support and your participation!

NOTE: Unfortunately some online programs can be hijacked by internet trolls, also known as "zoombombing" or "zoom raiding". In this event Older Adult Services may suspend or cancel a program.

Rules and Regulations

Although Older Adult Services has facility [rules and regulations](#) for behavior, individual programs may also have additional rules or requirements for participation. Please read program descriptions carefully and make sure you connect with the instructor on the first day of the program to inquire about any expectations for participation to ensure a positive experience.

Inclement Weather Policy

Your safety is important to us. The City Manager, in consultation with public safety and transportation staff, determines if a weather-related city closure is warranted. If the city offices close due to inclement weather, the city will post this information in a red banner on the top page of its website www.bouldercolorado.gov. Older Adult Services staff will make every attempt to let customers who have registered for older adult massage, trips or programs, whether they be in-person or online, know about the facility closure. Older Adult Services staff will send an email to customers registered for programs whether they are in person or online, to let them know about the facility closure.

REGISTRATION, PAYMENT AND CANCELLATION

Registration

- Program registration is open to older adults 60 and older.
- **Online registration requires an Active® account. Update or create your account today!** To register for a class, trip or massage, go to <https://bouldercolorado.gov/services/older-adult-services-and-programs>, click on “Register for Upcoming Events”, and then search for the program title or course code. Payment must be completed at the time of registration.
- **In-person:** at East and West Age Well Center during open office hours except holidays and closures.
- **By phone:** Call 303-441-3148 during open office hours except holidays and closures.
- For online programs, please register by noon the day before the program.
- Some individual programs are advertised with specific registration deadlines.
- Late registrations are only accommodated as staff time and availability allow.
- A caregiver for an older adult may register for programs at the same time as the older adult and pay the same fee.

Payment

- For programs or massage appointments requiring a fee, payment must be made at the time of registration. Cash, checks, or Visa, Master Card, American Express and Discover are all accepted. Confirmation receipts are given or emailed upon registration.
- A \$25 fee will be charged for returned checks.

Cancellations and Refunds

- All programs, trips and massages are subject to cancellation if minimum enrollment is not met.
- No cancellations can be made online. All cancellations must be made in person at the Age Well Center or by phone during open office hours except holidays and closures.
- If a program, massage or trip is cancelled by Older Adult Services, a full refund will be processed according to the initial method of payment.
- If a program or massage is cancelled by a registered participant **three or more business days prior to the event**, a full refund will be processed according to the initial method of payment. If a refund check is requested, please allow two weeks for processing.
- If a program or massage is cancelled by a registered participant **less than three business days prior to the event**, no refund will be given unless the cancellation is due to illness, or if the opening can be filled with another participant.
- If a day trip is cancelled by a registered participant **ten or more business days prior to the event**, a full refund will be processed according to the initial method of payment. If a refund check is requested, please allow two weeks for processing.
- If a day trip is cancelled by a registered participant **less than ten business days prior to the event**, a refund will not be processed unless the opening is filled with another waitlisted participant.

Wait Lists

- Wait Lists are maintained for programs and trips requiring registration, and waitlisted participants are given first priority to fill openings. The waitlist is managed by Older Adult Services staff.
- For cancellations made **4 business days or more**, waitlisted participants will be notified in order and provided 24 hours to respond before staff notifies the next person. Payment is required at the time of confirmation to secure enrollment.
- For cancellations made **3 business days or less** before a program or trip, waitlisted participants will be notified in order and the first person reached by staff is eligible for the opening. Payment is required at the time of confirmation to secure enrollment.

ACKNOWLEDGEMENT OF RISK/WAIVER OF LIABILITY

City of Boulder Older Adult Services Acknowledgment of Risk and Waiver of Liability

City of Boulder Older Adult Services provides a variety of programs both online and in person in which members may participate, including but not limited to drop-in fitness, registered fitness, massage, reflexology, enrichment and day long and overnight trips. These programs all involve degrees of physical activity and can occur indoors or outdoors. Older Adult Services encourages participants to consult a medical professional before engaging in any activity that involves physical exertion. By participating in these and other Older Adult Services programs, I acknowledge that my participation carries certain risks. These risks may include, but are not limited to:

- Heart attack, stroke and circulatory problems
- Food-borne illness
- Head, neck and spinal injuries
- Heat stroke and heat exhaustion
- Altitude sickness, dizziness and dehydration
- Bone and joint injury
- Back or foot strain injury
- Slipping, tripping, falling
- Muscle strain and other muscle injuries
- Exposure to COVID-19

I have been provided, or may request, materials and additional information related to any Older Adult Services program I participate in (including the activity level required and materials/equipment needed to access and participate in online programs), I have considered the risks of participation, and have chosen to participate in the programs with full knowledge and acceptance of the risks. I have not been advised by a medical professional to not participate in any of my chosen activities, I have no known health-related issues or concerns which preclude my participation, and I believe I have sufficiently prepared or trained for participation in the programs.

Further, I may be photographed while utilizing the facility or while participating in the City of Boulder's programs, and said photographs or likeness of me may be used to publicize activities as the City deems appropriate, including use by third party partners of the City.

Therefore, having read and understood this acknowledgement and waiver, and in consideration of the City accepting my entry into an Older Adult Services facility or program, I for myself and my executors, administrators, heirs, next of kin, successors, and assigns, do waive and release the City of Boulder and its elected officials, employees, and volunteers from all claims or liabilities of any kind arising out of my participation in (or as a spectator of) any activity or use of any facility. I further agree to indemnify, hold harmless and defend the City of Boulder and its elected officials, employees, and volunteers from any and all claims by other parties resulting from injuries, damages, and losses caused in whole or in part by me arising out of, connected with, or in any way associated with the activities of the programs or use of the facilities. I acknowledge that the City of Boulder and its elected officials, employees, and volunteers are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

Project Homecoming:

Discharged from a hospital or rehabilitation facility recently? You are eligible to receive 5 free meals, delivered right to your home. Available for all ages!

To enroll, please call us at (720) 780-3380, send us an email at info@mowboulder.org, or visit our website, mowboulder.org.



Calendar of Events for the Niche Market at Meals on Wheels of Boulder!



March 10-17: **St. Patrick's Day Corned Beef & Cabbage Meal!**

Order your corned beef and cabbage with potatoes and a slice of soda bread for only \$14.99 + tax. Visit the Niche Market or order online at mowboulder.org/cornedbeefcabbage

3701 Canfield Street, Boulder, CO 80301

Monday – Friday, 9 a.m. – 6 p.m., Saturday, 10 a.m. – 4 p.m.



The Eat Well Café, located in the West Age Well Center

Mondays - Fridays the Café is open to community members of all ages from 11 a.m. to 1 p.m. For \$6.99 (plus tax), enjoy: Choice of two entrees, side salad, dessert, and beverage

Other menu items:



- Paninis, Pitas, Sandwiches, Wraps
- Salads
- Delectable desserts

Punch cards are available. Buy 9 meals and get the 10th meal for free!

Home Delivered Meals: Providing fresh, nutritious meals and daily well-being checks to Boulder residents, regardless of age or income.

- Meals are made by professional chefs and will meet many specialized diets.
- Friendly volunteers deliver healthy, fresh, and tasty meals to your door.
- Fees on a sliding scale based on monthly income.
- Meals delivered as often as every weekday, with frozen options for the weekend.
- Call 720-780-3380 or complete our online intake form at mowboulder.org.

Support: Meals on Wheels of Boulder is locally and independently funded to serve any age and income. **We do not take Federal or State Funding to remain flexible for whom we serve. Your donations matter!** Please donate on our website, mowboulder.org, or call (720) 780-3382. Thank you to all our amazing volunteers and donors!

Meals on Wheels

3701 Canfield St., Boulder, CO 80301

Phone: 720-780-3380 • Email: info@mowboulder.org • Website: mowboulder.org

PARKS & RECREATION

City of Boulder Parks & Recreation Memberships

Boulder Parks and Recreation provides drop-in and registered fitness and mind body classes. For more information visit: <https://bouldercolorado.gov/government/departments/parks-recreation>.

Classes and programs are subject to change or cancellation at any time. SilverSneakers®, Silver&Fit® and Renew Active™ memberships are offered, confirm your eligibility by calling any of Boulder's three recreation centers: EBCC at 303-441-4400, NBRC at 303-413-7260, or SBRC at 303-441-3448. Other participants may purchase a variety of pass packages including annual membership, punch pass or drop-in visit. For appointments with a Personal Trainer or for weightroom orientation, please fill out a [Private Session Request Form](#).



Free Member Orientation

These 30-minute orientations provide an opportunity to teach members how to use the weight room equipment safely and weight training policies and protocols. Following the orientation, members will have the knowledge and tools to safely and effectively utilize our weight and cardio equipment on their own to achieve their fitness goals. Contact Janelle Mistarz at MistarzJ@bouldercolorado.gov.

Access for All

Boulder Parks and Recreation is committed to supporting people of all abilities in recreation through both specialized and inclusive programs. We strive to exceed the requirements set forth in the Americans with Disabilities Act and to create a welcoming and supportive community. If you require an accommodation, please notify us at least two weeks in advance. For more information, contact Lori Goldman at 303-413-7256.

Older Adult Functional Fitness Assessment

Consider a fitness assessment designed to provide feedback to older adults regarding their current health and fitness status. Led by a fitness professional, the basic functional assessment consists of evaluating cardiovascular conditioning, strength, flexibility and balance. Activity and program recommendations will be given based on the results.

Cost is \$15 per person, assessments are limited to 3 registered participants at a time. Register at any Boulder Age Well Center, Parks and Recreation center front desk or call 303-441-3148. Scheduled every two weeks, so please call for available dates.



Older Adult Services would like to say, "Thank you" !

- Boulder Universal Students for helping older adults with technology in the class "1-1 Tech Help with Boulder Universal Students"
- Boulder Public Library and art educator Shawn Bowman of Two Bee Industries for hosting an applique craft workshop.
- Boulder International Film Festival (BIFF) for providing online access to six short films and discussion with BIFF representative and for donating a limited number of free tickets for older adults who might not otherwise be able to afford attending the film festival in March
- Gil Kelly for offering "Move With Ease: A Series to Introduce Feldenkrais"
- Mary Ann Wilner and Emily Meyer, volunteer facilitators for hosting CircleTalk™
- Michele Seipp from the Colorado Alzheimer's Association for presenting "Understanding Alzheimer's and Dementia"
- Tim O'Neil, registered dietician and nutrition coach with Parks and Rec for presenting "Nutrition for Stroke Prevention"
- Frasier Retirement Community for providing grant funds to offer Technology Coaching services for city residents 60 years and older
- Volunteer Special Interest Group Leaders
- Members of the Age Well Advisory Committee

Age Well Advisory Committee

Older Adult Services has an Age Well Advisory Committee. Committee members provide information regarding the quality of life and needs of older adults through lived experience within the city with a focus on diversity, inclusion, and equity. In addition, the Committee provides input on strategic planning; contributes to the development of programs and services; and provides outreach to the community on the services and programs provided by Older Adult Services.

Committee Members and Areas of Expertise

- Alice Lansky: Behavioral Health
- Charlie Erdrich: Transportation, Continuing Education, Elder Abuse/Fraud and Scams
- Barbara Middleton: Behavioral Health, End of Life Issues
- Sandra Reynolds: Court Appointed Advocate, Red Cross Volunteer
- Debra Stein: Social Work
- Stephen Topping: Publishing, Boards and Commissions, Arts & Culture



Older Adult Fitness Classes at
East and West Age Well Centers



East Age Well Center
Table Tennis Group



Dance class after Sans
Souci Dance Film

City of Boulder Older Adult Services offers a variety of online and in - person programs and services for older adults 60+, including, but not limited to:

- Health & Wellness Programs
- Aging in Place Programs
- Lifelong Learning Classes
- Meet-up Outings
- Travel Opportunities
- Special Interest Groups
- Wellness Appointments
- Referrals and counseling on available options for housing, transportation, healthcare, food assistance and more!

Join us!



Older Adult Services

www.boulderolderadultservices.com