

Let's Age Well!

May 2023 Program Guide



Technology class with Tech Pals



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. - 4:00 p.m.

Expanded hours!



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.

Table of Contents

Older Adult Services	2
Staff Information	3
Health & Wellness Appointments.....	4
Massage and Reflexology	5
Resource Programs	6
Dance Programs	7
Health and Wellness Programs.....	8
Parks & Rec Fitness	10
Lifelong Learning Programs.....	12
Technology Programs	15
Travel	16
Active Minds	17
Volunteer-Led Groups.....	18
Announcements.....	20
General Information.....	21
Program Guidelines	22
Registration/Cancellation.....	23
Waiver of Liability.....	24
Meals on Wheels	25
Parks & Recreation	26
Thank You's.....	27
Join Us!.....	28

**The Age Well Centers will be CLOSED on
Monday, May 29, Memorial Day**

STAFF CONTACT INFORMATION

City of Boulder Older Adult Services

Email: OlderAdultServices@bouldercolorado.gov

Older Adult Services Manager

Eden Bailey, baileye@bouldercolorado.gov

Sr. Program Manager

Maureen Dobson, dobsonm@bouldercolorado.gov

Lifelong Learning and Social Programs Manager

Whitney Garcia, garciaw@bouldercolorado.gov

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, Melody Salazar, Jessika Hardin, Brooke Crocker, Belen Carmichael, Suzanne Michot, Saara Inskeep

Fitness/Dance Instructor Judy Kreith


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

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

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

Audiologist, Georgianna Hearne of Family Hearing, holds a monthly hearing clinic at West Age Well Center to provide free services such as ear wax removal, hearing device cleanings, hearing screenings, tinnitus support, and can answer any questions related to hearing.

Next Hearing Clinics: Wednesdays, June 7 and July 5, by appointment only. To schedule an appointment call 303-441-3148 or [register online](#).

Schedule an appointment today!

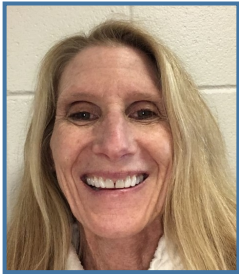
MASSAGE AND REFLEXOLOGY

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. **Registration for June massage appointments opens on Monday, May 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 23 for Registration, Payment, Cancellation and Refund Policies

RESOURCE PROGRAMS

Community Protection Division Drop-in Office Hours

Where: West Age Well Center

Dates: 1st Monday, May 1

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.**



Effective Communication Strategies for Caregivers

Course #32076

Where: West Age Well Center

Date: Wednesday, May 17

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

This program 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. Sponsored and presented by Colorado Alzheimer's Association. Presenter: Hallie Pasko, Alzheimer's Association Community Educator.

NEW! MHP Peer Counseling: Women's Support Group

Where: West Age Well Center

Dates: 1st and 3rd Wednesdays,
May 3 and 17

Time: 2:00–3:30 p.m.

This group is comprised of 4 to 8 women, aged 60+, that meet twice monthly for a confidential, emotionally supportive conversation about the challenges associated with aging. Discussion topics may include loneliness, loss of family, loss of partner or friends, physical changes, family relations, moving or changing living arrangements, retirement, and isolation. Led by two experienced Senior Peer Counselor volunteers, also women aged 60+, and is offered free of charge through Mental Health Partners Senior Peer Counseling Program and City of Boulder Older Adult Services. **For more information or to join, contact MHP Senior Peer Counseling Program at 303-402-8022.**



The Death Café

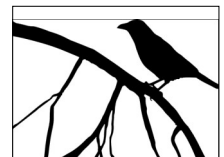
Course #32246

Where: Online

Date: 4th Tuesday, May 23

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.



Popular Line Dances

Course # 32101

Where: West Age Well Center

Dates: Tuesdays, May 2–23

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.



Dance for Parkinson's with 3rd Law Dance Theater

Course #32097

Where: West Age Well Center

Dates: Thursdays, May 4 - 25

Time: 1:00–2:00 p.m.

Gentle movement classes for people living with PD or other mobility considerations. Classes welcome and include people of all abilities, as well as families, friends and care-partners. Over 45 peer reviewed studies have proven the benefits of dancing for people living with Parkinson's. Dance improves quality of life by increasing mobility, endurance, balance and cognitive function. In chairs or standing, this class will explore elements of different dance styles accompanied with energizing and inspiring music. No experience necessary, prior registration preferred, please come early if dropping in.

Instructors: 3rd Law Dance for Parkinson's instructors trained in the Mark Morris Dance for PD® method, part of a global network in 300+ communities.

Ballroom Dancing

Course #32096

Where: East Age Well Center

Dates: Thursdays, May 4–25

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

Course #32099

Where: East Age Well Center

Dates: Fridays, May 5–26

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.



Tea Dance

Where: East Age Well Center

Dates: Fridays, May 5 and 19

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.**



HEALTH AND WELLNESS PROGRAMS

Move With Ease: A Series to Introduce Feldenkrais

Course #32401

Where: East Age Well Center

Dates: Tuesdays, May 2–23

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. Lessons will be done seated, standing, and lying on a mat. Instructor: Gil Kelly personally trained with Dr. Moshe Feldenkrais, and has been teaching the Feldenkrais Method for 40 years.



Chair Yoga and Balance Series

Course #32464

Where: West Age Well Center

Dates: Fridays, May 5–26

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.



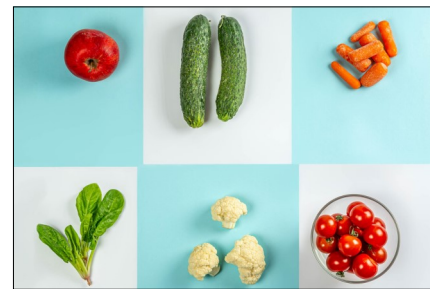
2023 Older Adult Services Scholarship Program

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 programs, trips, and massage for older adults.

Limited scholarships are available on a first-come, first-served basis. 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.



Exploring Plant-Based Diets

Course #32504

Where: Online

Date: Thursday, May 11

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

Increasing research shows that plant-based diets offer many benefits that compliment health across the lifespan. This presentation will address how to meet protein needs in a plant-based diet, micronutrients of concern, risks and benefits, and where to find tasty and easy recipes to get started. Instructor: Tim O'Neal is a registered dietitian and nutrition coach for the City of Boulder.

Progressive Meditation

Course #32240

Where: Online

Dates: Tuesdays, through May 30

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.



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.

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.

NeuroPong™ Table Tennis Update










**NeuroPong has moved to a new location:
3950 Baseline Rd., Boulder 80303
Congregation Har Hashem.**

For information about new days, times and to register, contact Antonio Barbera at abarbera@tabletennisconnections.org.

FITNESS CO-SPONSORED WITH PARKS & REC

May 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 		10:00 - 10:45 a.m. Chair Yoga and Balance Peter 		
11:00 – 11:45 a.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.

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.

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.

FITNESS CO-SPONSORED WITH PARKS & REC

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.

May 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



Facilitated Dialogue: Walking Together Alone

Course #32083

Where: West Age Well Center

Dates: 1st Thursday, May 4

Time: 10:00 – 11:30 a.m.

Come with the intention of being open, present, willing to share and listen 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 spring is “Walking Together Alone”. **Please note this is not a walking class.** Group Leaders: Jim Kettering, Jackie Nelson, John King, Sally King, and Rennie Zapp.

SPARK and Studio Arts Boulder Pottery Class



Course # 32091

Where: West Age Well Center

Dates: 2nd Tuesday, May 9

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 #32093

Where: West Age Well Center

Date: Wednesday, May 17

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

Fees: R/NR \$10/\$13

Older Adult Services is partnering with Studio Arts Boulder to offer a 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. Registration required for this class each month.

NEW! Chess Group



West Age Well Center

Thursdays, starting May 25

11:00 a.m. – 12:00 p.m.

Join this chess group to play for fun. All levels welcome, no timeclocks used unless desired. Participants may bring their own chess set, one set is provided.

Contact Allan at 720-985-4109 for more information and to join.

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.

Shakespeare's "The Two Noble Kinsmen"

Course #32437

Where: Online

**Dates: Wednesdays and Fridays,
May 17–June 7**

(No class on May 19)

Time: 10:00 a.m. – 11:00 a.m.

Household fees: R/NR \$60/\$75

This series of 7 online classes will review "The Two Noble Kinsmen" by John Fletcher and William Shakespeare based on "The Knight's Tale" in Chaucer's Canterbury Tales. Participant discussion is encouraged, and no prior knowledge of these literary works are required. Lori Lucas will lead the study of this tragicomedy. Lori is currently a Lecturer at CU Boulder and is a long-time resident of Boulder.



"Open Mic is the highlight of my week! Margaret creates a non-judgmental space which stimulates our creativity, and we have the wonderful opportunity to collaborate with other musicians. I'm so grateful!"

Open Mic Participant

Older Adult Open Mic **Expanded Hours!**

West Age Well Center

Fridays, 12:30 – 3:30 p.m.

This group format invites individuals to sing and/or play instruments in 15-minute time slots, or just come enjoy the music and meet people every Friday afternoon.

Contact Margaret Wildflower, facilitator, at margaretwildflower@gmail.com.

OSMP Meet-Up: Spring Wildflower Hike

Where: Meet at Picnic Shelter on West side of Chautauqua Auditorium

Date: Tuesday, May 16

Time: 1:00 – 3:00 p.m.

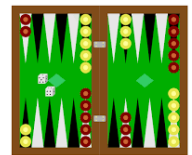
Enjoy a springtime afternoon with OSMP naturalist Brigid Sanner to discover some of the beautiful wildflowers in Boulder's Open Space and Mountain Parks. Discuss plant habitats, pollinators, and how plants have been used as food or medicine in the past.

[Register online with OSMP here.](#) For help with online registration or to register by phone, call (720) 765-2722.



NEW!

Backgammon **Drop-in Group**



East Age Well Center

Wednesday, May 17

11:45 a.m. – 12:45 p.m.

Join this new monthly group. Bring a board if you have one. Beginners welcome!

Contact Susan at 303-641-2622 for more information.

NEW! Pinochle Group

Begins Thursday, May 4, 1:00–3:00 p.m.

East Age Well Center

Beginners and Advanced players welcome. Lessons will be provided for new players. **Contact Harvey at 303-250-3497 for more information.**

LIFELONG LEARNING PROGRAMS

Journaling

Course # 32085

Where: West Age Well Center

Date: 3rd Thursday, May 18

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.

Boulder Walks: Older Adult Walk Leader Training

Course #32467

Where: West Age Well Center

Date: Wednesday, May 24

Time: 9:00 a.m.—12:30 p.m.

Boulder Walks is a city program that provides opportunities for neighbors to connect with each other and with local places, and provides community members an active way to engage in pedestrian planning activities. Share an interest in walking, connecting with neighbors, learning about the community, and promoting health and well-being by becoming a volunteer Older Adult Walk Leader with Boulder Walks.

This half-day training will provide skills to design and lead meaningful and safe walks and includes a short walk to help build experience as a leader, followed up with post-training support. Attending this training does not obligate participants to become a volunteer leader. For questions contact Ericka Amador, coordinator of Boulder Walks programs, at amadore@bouldercolorado.gov or 720-968-1500



"Cuba's Forgotten Jewels: A Haven in Havana" Film Screening, Discussion, and Dance Demonstration

Course #32490

Where: West Age Well Center

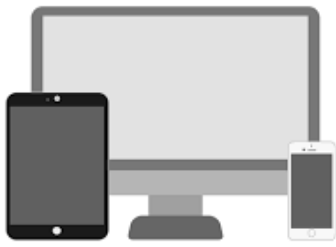
Date: Tuesday, May 23

Time: 2:30—4:00 p.m.

View a screening of the documentary film, "Cuba's Forgotten Jewels: A Haven in Havana", the story of World War II Jewish refugees escaping Nazi-occupied Europe who found safety and acceptance on the Island of Cuba". After the film (46 minutes), participate in a discussion and see a brief demonstration of a 1940's style Cuban dance.

Marion Kreith, the inspiration for the film, and her daughter co-director Judy Kreith will facilitate the questions/answers after the film. Judy Kreith, MA, is a dance and fitness instructor with Older Adult Services.

Special thanks to the film's distributor The National Center For Jewish Film.



"Speaking, hearing, and learning how to use technology is like learning any spoken language. The Tech Pals programs help me learn the language."

Older Adult Services & Tech Pals
Workshop participant

Technology Coaching—May

Where: West Age Well Center

Dates: Fridays, May 5 and 26

Time: 10:00 a.m. – 12:30 p.m.

30-minute appointments

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 30-minute timeslot.** Participants will not be contacted by the tech coach.

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.

Tech: Using Internet Tools

Course #32599

Where: Online

Date: Thursday, May 18

Time: 2:00–3:15 p.m.

Join this small-group online class to learn techniques for navigating the Internet more efficiently. Topics will include Google search engine, Google Maps, Google quick facts and images, searching news, flights and package tracking, and an introduction to YouTube using TED Talks. This class is for beginning to intermediate-level Internet users. Participants already familiar with these topics may learn additional methods and tools. Instructors: Tech Pals, a non-profit technology training organization based in Boulder.

Tech: Accessing Digital Library Books, Movies and Magazines

Course #32481

Where: Meadows Branch Library

Date: Saturday, May 20

Time: 1:00 – 2:30 p.m.

Many of the collections available at the Boulder Library can also be accessed online. In this 90-minute in-person class students will learn how to access their favorite books, magazines or movies from anywhere with internet access or directly from the comfort of their home for free. Please bring library card to class. Instructors: Gina Scioscia and Terzah Becker. Space is limited, registration required.

TRAVEL

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.



Essence of France, Sept. 21 - Oct. 1, 2023

Paris, Provence & the French Riviera

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



Southern Charm, April 21-27, 2024

Charleston, Savannah & Jekyll Island

<https://gateway.gocollette.com/link/1170056>

Book by Oct 21, 2023 and save \$400



Memorials of World War II, July 1 - 10, 2024

80th Anniversary of the D-Day Landing

<http://gateway.gocollette.com/link/1170052>

Book by Nov 2, 2023 and save \$350



Machu Picchu & Galapagos Wonders, January 22 - February 4, 2024, Featuring a 4-Night Cruise

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

Book by May 22, 2023 and save \$200



Explore Tuscany, May 22 - 30, 2024

Optional: pre-tour of Rome or post-tour of Bologna

<https://gateway.gocollette.com/link/1176646>

Book by Nov 23, 2023 and save \$50/person

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

Now on-site at City of Boulder Age Well Centers!



Active Minds: The Great Depression

Course #32375

Where: East Age Well Center

Date: Monday, May 22

Time: 3:00 – 4:00 p.m.

In 1929 a crash of prices on Wall Street triggered a global economic contraction. Join Active Minds to examine the origins and impact of the Great Depression and review it through the lens of the current economic environment.

Active Minds: Plastics

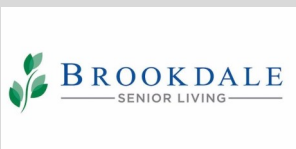
Course #32078

Where: West Age Well Center

Date: Wednesday, May 10

Time: 1:00 – 2:00 p.m.

Plastics are an essential part of lives and they also fill landfills, pollute oceans, and contribute to climate change. Join Active Minds to discuss the story of plastics, including ongoing research of materials that may be possible replacements for plastics.



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



VOLUNTEER-LED GROUPS

Older Adults 60 and over may participate in a variety of volunteer-led special interest groups. For more information about a group, visit <https://bouldercolorado.gov/media/965/download?inline> or contact the volunteer group leader listed below.

Interest Group	Where	Day(s)	Time	Contact
American Mahjong	West	Mondays	11:00 a.m. – 2:30 p.m.	Donna: 303-444-1513
American Mahjong	West	Tuesdays	12:00 – 3:00 p.m.	Madelyn: 303-521-5854
American Mahjong	East	Fridays	10:00 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
Backgammon Group	East	Wednesdays	11:45 a.m. – 12:45 p.m.	Susan: 303-641-2622
Chess Group	West	Thursdays starting May 25	11:00 a.m. – 12:00 p.m.	Allan: 720- 985-4109
Chinese Classical Mahjong	West	Wednesdays	1:00 – 3:00 p.m.	Jeanny: 720-436-5361
Coffee and Conversation for People Living with	East	3 rd Tuesdays	10:00 – 11:30 a.m.	Ilse: ibleck@yahoo.com
Community Book Group	Online	3 rd Thursdays	2:00 – 3:30 p.m.	Cheryl: 303-949-0764
Creative Snapper Photography Group	Online	2 nd Thursdays	11:00 a.m. – 12:30 p.m.	Pat: 720-435-0506
	West	4 th Thursdays	11:00 a.m. – 12:30 p.m.	
Cribbage Group	West	Tuesdays	12:30 – 2:30 p.m.	Delphia: 720-757-7732
Easy Rider Bike Group	Various Boulder	Mondays	10:00 a.m. – 12:00 p.m.	Sandy: 970-584-0311
Hand and Foot Canasta Group	East	Tuesdays	10:00 a.m. – 12:00 p.m.	Susan: 303-494-7912
In-Person Book Group	West	2 nd Thursdays	1:30 – 3:00 p.m.	Debra: 303-440-4148
Older Adult Open Mic	West	Fridays	12:30 – 3:30 p.m.	Margaret: margaretwildflower@gmail.com
Pinochle Game Group	East	Thursdays	1:00 – 3:00 p.m.	Harvey: 303-250-3497

More on next page



VOLUNTEER-LED GROUPS

Older Adults 60 and over may participate in a variety of volunteer-led special interest groups. For more information about a group, visit <https://bouldercolorado.gov/media/965/download?inline> or contact the volunteer group leader listed below.

Interest Group	Where	Day(s)	Time	Contact
Poetry and Storytelling Circle	West	Thursdays	12:30 – 3:30 p.m.	Margaret: margaretwildflower@gmail.com
Rubber Bridge	East	Mondays	12:30 – 4:00 p.m.	Vicki: vicki_schilling@hotmail.co
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: 720-886-7743
Table Tennis West	West	Tues., Thurs.	9:30 – 11:30 a.m.	Diana: 303-241-5133
Texas Hold 'Em Game Group	West	Fridays	1:00 – 3:00 p.m.	Joan: 303-938-1333
Write On! Writers Group	East	2 nd Thursdays	1:30 – 3:00 p.m.	Jacqui: 303-447-2931

SUPPORT GROUPS

Support Group	Where	Day(s)	Time	Contact
Alzheimer's Association Men's Dementia Caregiver Support Group	West	1st and 3rd Wednesdays	1 :00 – 2 :30 p.m.	Register here or call Ralph Patrick at 720- 699-9319
MHP Peer Counseling : Women's Support Group	West	1 st and 3 rd Wednesdays	2:00 – 3:30 p.m.	MHP Senior Peer Counseling Program: 303-402-8022
Alzheimer's Association Dementia Caregiver Support Group	West	1st Thursdays	12 :00 – 1 :30 p.m.	Register here or call Ralph Patrick at 720- 699-9319

ANNOUNCEMENTS

Be a *safety* Maker.

Now hiring YOU!

Have a great time making memories and experiences for our community this summer.

Positions open for:
Lifeguards | Camp staff
Cashiers | Park operations and more!

 **City of Boulder
Parks & Recreation**




Scan here or apply
at [BPRjobs.org](https://www.bprjobs.org)

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 seeking a rebate must be income eligible and fill out an application documenting their eligibility. Applications can be picked up 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.**

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.

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.
- Case Manager 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 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.

No recordings or photographs are permitted in any class held at the Age Well Centers without management approval.

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

Think Goodness Foods Quiche Promotions!

May 8 - 13: Quiche your Mom - Plan your brunch featuring our delicious quiches.

Handcrafted, freshly frozen, ready-to-bake! 6 Flavors to choose from: Mexicana (Meatless), Ham and Cheese, Italiano with Italian Sausage, Florentine (Spinach and Bacon) Mediterranean (Meatless) Margherita (Meatless) **Only \$15 each, while supplies last.**



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.

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.

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

- 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
- Desiree Firlie from the Community Protection Division at the Boulder County District Attorney's Office for offering "Staying Safe Online"
- Gil Kelly for offering "Move With Ease: A Series to Introduce Feldenkrais"
- Andrew Allen, DC with Spruce Heath Group for offering "Osteoarthritis and Joint Care"
- Susan Hillman for offering the new Backgammon Drop-in Group
- Harvey Rieger for offering the new Pinochle Drop-in Group
- Boulder Universal Students for helping older adults with technology in the class "1-1 Tech Help with Boulder Universal Students"
- Matthew Lehrman, City of Boulder Policy Advisor, Energy Utilities, for presenting "Electric Vehicles in Boulder" online program.
- Staff at Nude Foods Market for providing a tour to participants of the "Meetup: Nude Foods Market Tour" and Ellen Orleans, Sustainability Programs Manager, for assisting and providing information about city of Boulder Climate Initiatives programs.
- Boulder International Film Festival (BIFF) and for online access to two films and Pam Hoge, "Mighty Oak" film co-director for facilitating an online discussion.
- Open Space and Mountain Parks volunteer naturalist Linda Gerstle for leading the Pencil and Watercolors: Spring Flowers class

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

Join us!



Happy Memorial Day!
The Age Well Centers will be
CLOSED
Monday, May 29
in observance of the holiday

City of Boulder Older Adult Services offers a variety of in-person and online 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!



Older Adult Services
www.boulderolderadultservices.com

Weekly Newsletter

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