

# Let's Age Well!

## May 2024 Program Guide



Older Adults enjoy a live performance by The Legendary Ladies

**City of Boulder**  
**Housing and Human Services**  
**Older Adult Services**  
**[www.boulderolderadultservices.com](http://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 a.m. - 4 p.m.



### East Age Well Center

5660 Sioux Drive, Boulder, CO 80303

303-413-7290

Monday - Friday, 8 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.....	5
Feldenkrais Sessions.....	6
Resource Programs .....	7
Dance Programs .....	8
Health and Wellness Programs.....	9
Older Adult Drop-in Fitness .....	10
Warm Water Fitness .....	12
Lifelong Learning Programs.....	13
Technology Programs .....	17
Active Minds .....	18
Volunteer Led Groups .....	19
Support Groups .....	21
General Information.....	22
Program Guidelines .....	23
Registration/Cancellation .....	24
Waiver of Liability .....	25
Meals on Wheels .....	26
Parks & Recreation .....	27
Community Resources .....	28
Thank You's.....	29

East and West Age Well Centers

**CLOSED**

Monday, May 27

**Memorial Day**

# STAFF CONTACT INFORMATION

## City of Boulder Older Adult Services

Email: [OlderAdultServices@bouldercolorado.gov](mailto:OlderAdultServices@bouldercolorado.gov)

### Older Adult Services Manager

Eden Bailey, [baileye@bouldercolorado.gov](mailto:baileye@bouldercolorado.gov)

### Sr. Program Manager

Maureen Dobson, [dobsonm@bouldercolorado.gov](mailto:dobsonm@bouldercolorado.gov)

### Older Adult Services Case Managers

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

### Facilities Operations Specialist

Cody Carlough, [carloughc@bouldercolorado.gov](mailto:carloughc@bouldercolorado.gov)

### Program Support Specialist

Lorna McClanahan, [mcclanahanl@bouldercolorado.gov](mailto: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 a.m. – 1:30 p.m. **Check in at the front desk no later than 1:15 p.m. to be seen.**

 303-441-4388

# HEALTH AND WELLNESS APPOINTMENTS

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

## **Dental Aid Appointments at the West Age Well Center**



Dental Aid, the first nonprofit, stand-alone, comprehensive dental clinic in Colorado, offers comprehensive oral health care services at the West Age Well Center that are competitively priced and on par with private dentists in the area. On-site dental outreach services consist of preventive and diagnostic care and basic restorative procedures for older adults aged 60 and older. To schedule a Dental Aid appointment at the West Age Well Center or review questions regarding dental insurance coverage and payment options, please contact Dental Aid directly at **303-499-7072** and please mention this advertisement. **This program is supported through grant funds to Dental Aid from Frasier Retirement community.**

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## **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: Wednesdays, May 1 and June 5**

**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.

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## **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.



**Please Note:** Based on professional audiology recommendations and a limited availability of appointments, Older Adult Services must now limit customer appointments for ear wax removal and hearing device cleanings to once every 3 months. Next Hearing Clinics: **Wednesdays, May 1 and June 5**, by appointment only. To schedule an appointment call 303-441-3148 or visit the [Activity Search webpage](#).



## Massage Therapists



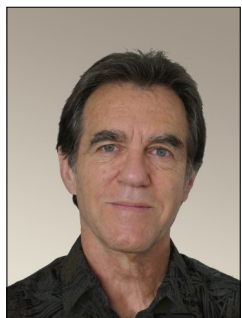
### Lulu Delphine

Lulu draws from years of tuning into and guiding people into their bodies, and weaving in other modalities such as Swedish massage, myofascial release, deep tissue, sports, acupressure, energy medicine, vibrational healing using tuning forks, and guided visualization and breathwork. In addition to being a Licensed Massage therapist, she holds a Master of Education, several yoga certifications, and is a Body Now facilitator and Conscious Body Coach. Lulu is available on Wednesdays.



### Heather Neher

Licensed Massage Therapist since 2009 and graduate of Healing Spirits Massage Training Program and prior massage therapist with Older Adult Services, Heather's specialties include integrative, deep tissue, specific pain and injury treatment, and neuromuscular massage therapy. She is certified in Comfort Touch®, lymphatic massage and other modalities, and has also practiced and taught yoga and meditation for over twenty years. Heather is available on Tuesdays.



### Stan Zweber

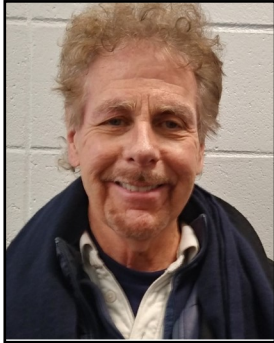
Stan has had a private massage practice in Boulder since 1997 and is a graduate of Colorado School of Healing Arts, where he is now a faculty member. He has also completed advanced studies in Visionary Craniosacral Work™ (VCSW™) with Scottish Osteopath Hugh Milne and is a graduate of Milne Institute. Stan is available on Mondays.

## Massage Appointment Information

- All massage appointments take place at the East Age Well Center
- Appointments are currently scheduled for Mondays, Tuesdays, and Wednesdays
- Massage fees are \$80/Resident and \$100/Non-Resident
- Payment must be made at the time of registration
- Massage registration opens at 9 a.m. on the first Wednesday for appointments the following month. **Registration for June appointments opens Wednesday, May 1 at 9 a.m.**
- Register in-person, on the [Activity Search webpage](#) or call the East or West Age Well Center
- Appointments are limited to one 1-hour appointment per day
- Registration is limited to one appointment per month per person
- When a massage practitioner is unavailable for a scheduled massage, the customer will be notified and offered a substitute therapist, if available
- For cancellation and refund policies, see page 24

# FELDENKRAIS SESSIONS

## **NEW!** Feldenkrais® Method Functional Integration: Private Sessions



The Feldenkrais® Method of private sessions are known as Functional Integration. The Feldenkrais® practitioner will guide a client through movements using gentle, non-invasive touch. With guidance, the client learns where they hold specific patterns of tension, effort and pain, and how to develop new patterns that can be more comfortable, efficient and useful in daily life. Clients are fully clothed during each session while lying on a table, sitting or standing.

Instructor: Gil Kelly personally trained with Dr. Moshe Feldenkrais and has been practicing Functional Integration and teaching Awareness Through Movement for 40 years.

**Where: East Age Well Center**

**Dates: Tuesdays**

**Time: 1 - 2:15 p.m.**

**Fees: R/NR \$100/\$125 (75-minute session)**

### **Feldenkrais Private Sessions**

- All Feldenkrais sessions take place at the East Age Well Center
- Fees are \$100/Resident and \$125 Non-Resident for each 75-minute session
- Payment must be made at the time of registration
- Registration opens 9 a.m. the first Wednesday for appointments the following month:  
**Registration for June appointments will open Wednesday, May 1 at 9 a.m.**
- Register in-person or call the East or West Age Well Center or visit the [Activity Search webpage](#)
- Registration is limited to one appointment per month per person
- For cancellation and refund policies, see page 24

## Community Protection Division Drop-in Office Hours

**Where:** West Age Well Center

**Date:** Monday, May 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 one time a month for 15-30 minutes to discuss personal situations and ask questions. Drop-in on a first-come, first-served basis, no registration required. Customers must check in at front desk. **The Community Protection Specialist is not able to answer legal questions or provide legal advice.**

## Compassionate Choices at the End of Life: Voluntary Stopping of Eating and Drinking (VSED)

**Course #36291**

**Where:** Online

**Date:** Tuesday, May 14

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

Voluntary Stopping of Eating and Drinking (VSED) is often misunderstood. Join this program to learn more about what this statute covers, and what it does not cover. This program will begin with a 30-minute film titled "Dying Wish: A Doctor's Decision to Stop Eating and Drinking". Participants will leave with information and resources, including websites and book titles for further information. This is an educational program and no opinions, counseling, or recommendations will be offered. The program will be facilitated by Diane Hullet and Margaret Kane, end-of-life educators and doulas who create conversations about death and dying. **Register by May 12.**

## Downsizing Presentation

**Course #35311**

**Where:** West Age Well Center

**Date:** Friday, May 17

**Time:** 1:30 – 2:30 pm



Downsizing may feel overwhelming, whether or not a move is involved. Sorting through a household of possessions can be challenging for older adults and caregivers alike. Luann Pesonen, Owner of PeopleHelpers Ltd. will provide some helpful tips and resources to make the process easier.

## Conversations about Death

**Course #36289**

**Where:** Online

**Date:** 4th Tuesday, May 28

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



Join end-of-life educators Diane Hullet and Margaret Kane for an open-ended conversation about death, dying and the end of life. Confidentiality and respectful discussion are the hallmarks of this monthly online program. Bring curiosity, concerns and questions. **Registration required.**

## Disaster Preparedness Basics

**Course #36620**

**Where:** West Age Well Center

**Date:** Wednesday, May 29

**Time:** 1:30 – 3 p.m.



Being prepared for disasters can help save lives and alleviate anxiety. Being prepared in an emergency helps communities get through times of disaster and build resilience. Join Boulder Office of Disaster Management to discuss disaster preparedness. During this 90-minute workshop participants will learn about Boulder County hazards, how to receive and understand emergency alerts, how to assess risk, and how to create a disaster preparedness plan.

# DANCE PROGRAMS

## Popular Line Dances

**Course #35835**

**Where: West Age Well Center**

**Dates: Tuesdays, May 7 - 28**  
**(4 classes)**

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

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



Learn some new dances this month including Double D, Bring On The Good Times and a Latin Cumbia called Juana La Cubana. The instructor will also review some favorites including Sweet Caroline, The Electric Slide, The Cowboy Cha cha and The Madison. Line dancing is a fun and invigorating activity that incorporates music from around the world. Individuals and beginners welcome, no partner required. Instructor: Judy Kreith.

## Ballroom Dancing - Cha-Cha-Cha

**Course #35899**

**Where: East Age Well Center**

**Dates: Thursdays, May 9 - 30**  
**(4 classes)**

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

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



Learn the lovely and versatile Latin dance the Cha-cha-cha while refining ballroom dance fundamentals of musicality, rhythm, leading and following. Individuals welcome, no partner required. Instructor: Judy Kreith.

## Tea Dance

**Where: East Age Well Center**

**Dates: Fridays, May 3 and 17**

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

**Drop-in fee: \$5 per person**



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

## 3rd Law Dance/Theater's In Motion Project

**Course #35831**

**Where: West Age Well Center**

**Dates: Weekly on Thursdays**

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

These movement classes are for people living with Parkinson's, but benefit anyone with mobility concerns. Classes welcome and include people of all abilities, as well as families, friends and care-partners. No dance experience required, class may be enjoyed seated or standing.

Discover diverse dance styles to energizing and inspiring music and practical movement methods that address balance, flexibility, and confidence. Prior registration preferred, but drop-ins welcome.

Instructors: Taught by dance professionals trained in the Mark Morris Dance for PD® method, part of a global network in 300+ communities.

## Dance Lessons with Judy Kreith

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.

**Where: East or West Age Well Center, by appointment. Fees: R/NR \$50/\$63 per hour.**

For information contact Maureen Dobson, Sr. Program Manager: 303-441-3012 or [dobsonm@bouldercolorado.gov](mailto:dobsonm@bouldercolorado.gov).





# HEALTH & WELLNESS PROGRAMS

## Chair Yoga and Balance

These classes bring 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.

### Monday Series

**Course #36293**

**Where: West Age Well Center**

**Dates: Mondays, May 6 - 20**

**(3 classes, NO class 5/27)**

**Time: 10 – 10:45 a.m.**

**Fees: R/NR \$24/\$30**



### Friday Series

**Course #35839**

**Where: West Age Well Center**

**Dates: Fridays, May 3 - 31 (5 classes)**

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

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

## Strength and Alignment - Wednesdays

**Course #35900**

**Where: West Age Well Center**

**Dates: Wednesdays, May 8 - 29**

**(4 classes, NO class 5/1)**

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

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

Using breath for increased self-awareness, this chair fitness class focuses on body alignment to increase bone density without injury by using resistance training with hand-held weights, resistance bands and isometric exercises using balls. Core strength is emphasized in all movements. This class includes a cardiovascular warm-up, a relaxing cool-down, and constant attention to balance. Exercises can be done standing or seated in a chair, all levels welcome. Instructor: Judy Kreith.



## Feldenkrais: Move With Ease

The Feldenkrais Method® of somatic education uses gentle movement and directed attention to help people learn new and more effective ways of living. Increase ease and range of motion, improve flexibility and coordination, and rediscover an innate capacity for graceful and efficient movement. By improving quality of movement, unnecessary muscular tensions throughout the body can reorganize and release.

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

### Feldenkrais: Move With Ease - Chair Based Series

**Course #36509**

**Where: West Age Well Center**

**Dates: Mondays, May 6 - June 17 (6 classes, NO class 5/27)**

**Time: 2 - 3:30 p.m.**

**Fees: R/NR \$60/\$75**

Participants will walk, stand or sit in a chair for all movements during this series.

### Feldenkrais: Move With Ease - Mat Based Series

**Course #35820**

**Where: East Age Well Center**

**Dates: Tuesdays, May 7 - June 18 (6 classes, NO class 5/28)**

**Time: 2:30 - 4 p.m.**

**Fees: R/NR \$60/\$75**

Participants must be able to get up and down from a mat safely to join this series.

















# OLDER ADULT DROP-IN FITNESS SCHEDULE

City of Boulder Parks & Recreation partners with Older Adult Services to provide drop-in fitness classes specifically designed for older adults 60 years and over.

SilverSneakers®, Silver&Fit® and Renew Active™ memberships accepted or purchase a daily, monthly, 10-visit, or annual pass. For schedule information, see the Parks & Recreation [Drop-in Fitness Schedule](#).

## MAY 2024 DROP-IN FITNESS SCHEDULE

All fitness classes below are held in the  
East Age Well Center ballroom

Monday	Tuesday	Wednesday	Thursday	Friday
	 8:30 - 9:30 a.m. Fit & Strong / SilverSneakers Boom <i>Stephanie</i>	 9 - 9:45 a.m. SilverSneakers Classic <i>Terry</i> 	 8:30 - 9:30 a.m. Fit & Strong / SilverSneakers Boom <i>Stephanie</i>	
 10 - 10:45 a.m. SilverSneakers Yoga <i>Andrea</i> 	 9:45 - 10:30 a.m. SilverSneakers Classic <i>Stephanie</i> 	10 - 10:45 a.m. Chair Yoga and Balance <i>Peter</i> 	 9:45 - 10:30 a.m. SilverSneakers Classic <i>Stephanie</i> 	
11 - 11:45 a.m. Zumba Gold <i>Lidia</i>	10:45 - 11:45 a.m. Healing Qigong <i>Nancy</i> 	11 - 11:45 a.m. Zumba Gold <i>Lidia</i>	11 - 11:45 a.m. Yoga for Strength, and Balance <i>Teresa</i> 	 11 - 11:45 a.m. SilverSneakers Classic <i>Terry</i> 
<b>NEW!</b> 1:15 - 2 p.m. Chair Yoga and Balance <i>Peter</i> 				12:15 - 1 p.m. Joy of Movement Dance Fitness <i>Judy</i>

# OLDER ADULT DROP-IN FITNESS CLASSES

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## Drop-in 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.

**Healing Qigong** Qigong is a self-healing, Chinese/Taoist exercise that includes meditation, breathing, and movement forms designed to move the qi, or energy of the body. Healing qigong is a gentle and powerful way to heal the body and mind. This class is fun and feels good, all levels welcome!

**Joy of Movement Dance Fitness** Enjoy low-impact, easy-to-follow dance routines with music from around the world. This class is a great way to improve flexibility, agility and balance, strengthening the body while exploring different dance styles in a fun and friendly environment.

**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.

**Yoga for Strength and Balance** Breath, balance, strength, and flexibility are the fundamental building blocks for this exhilarating yoga class. Through use of a chair, yoga blocks straps, and supported standing methods, students will enjoy postures for gaining strength and flexibility, better balance and steadiness, and breathing practices for relaxation and a calmer clearer mind.

**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.

# WARM WATER FITNESS

## Warm Water Fitness Drop-in Schedule

Additional drop-in classes and open pool times through EBCC Aquatics may be found here: [www.bprfitness.org](http://www.bprfitness.org). SilverSneakers®, Silver&Fit® and Renew Active™ memberships accepted or purchase a daily, monthly, 10-visit, or annual pass.

### MAY 2024 Warm Water Fitness Drop-in Classes

**All classes below held in East Boulder Community Center (EBCC) Pool**

Monday	Tuesday	Wednesday	Thursday	Friday
		8 - 8:50 a.m. HydroFit Shallow Leisure Pool <i>Soraya</i>		8 - 8:50 a.m. HydroFit Shallow Leisure Pool <i>Soraya</i>
9 - 9:50 a.m. Hydrofit Deep Deep Water Pool <i>Soraya</i>		9 - 9:50 a.m. Hydrofit Deep Deep Water Pool <i>Soraya</i>		9 - 9:50 a.m. Hydrofit Deep Deep Water Pool <i>Soraya</i>

## Warm Water Fitness Class Descriptions

**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.







"I look forward to class!!"  
Shakespeare class participant

## Shakespeare: "Twelfth Night"

**Course #35876**

**Where: Online**

**Dates: Wednesdays and Fridays. May 1 - 22  
(7 classes)**

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

**Fees: R/NR \$70/\$88 per household**

In this series of seven online classes, read and review Shakespeare's comedy "Twelfth Night" or "What You Will". Join this group to review the history, characters, themes and language of this play. Participant discussion is encouraged and no previous knowledge of the play is required. Instructor: Lori Lucas is a lecturer at CU Boulder and long-time resident of Boulder.

## May Day Social with Hula Lesson

**Course #36307**

**Where: East Age Well Center**

**Date: Wednesday, May 1**

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



The State of Hawaii has a long relationship with May Day. In 1929, then Governor Wallace R. Farrington declared the first of May as Lei Day as a cultural and historical celebration. The lei is a symbol of hospitality and greeting and a celebration of the spirit of aloha – a sense of harmony and unity. Join Older Adult Services for a May Day celebration in the aloha spirit with an optional hula workshop with Shireen Malik. Snacks and drinks are provided.

**Hula Instructor: Shireen Malik** is an instructor, performer, choreographer, and producer. She holds a B.A. from UC California, Berkely. While living on the island of Hawaii, Shireen studied with hula master Katherine Keko'olani Dambley.



## Facilitated Dialogue: "Infinite Potential"

**Course #35818**

**Where: West Age Well Center**

**Dates: 1st and 3rd Thursdays, May 2 and 16**

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

Join this bi-monthly dialogue group at the West Age Well Center. Come with the intention of being kind, open, honest, 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. The topic for the spring is "Infinite Potential". Group Leaders: Jim Kettering, Jackie Nelson, John King, and Julie Keith bring a wide variety of skills and experience in group facilitation. **Registration required. Register once per session (Winter, Spring, Summer, Fall).**

## Write a Compelling Memoir

**Course #37143**

**Where: East Age Well Center**



**Dates: Tuesdays, May 7 – June 4 (5 classes)**

**Time: 10 a.m. - noon**

This writing class will enable participants to identify significant life experiences, describe them, and share them in small groups. Gradually the writers will transform influential life circumstances into compelling memoirs to share with friends and family, including grandchildren. Instructor: Nan Phiher is the author of "Memoirs of Your Soul, a Writing Guide". She has made conference presentations throughout the U.S., and taught at Lane Community College in Eugene, Oregon.

# LIFELONG LEARNING PROGRAMS

## Experimental Techniques in Transparent and Opaque Watercolor

**Course #37152**

**Where: East Age Well Center**

**Dates: Wednesdays, May 8 - June 12 (6 classes)**

**Time: 1 - 4 p.m.**

**Fees: R/NR \$60/\$75**

Learn a variety of experimental techniques using transparent and opaque watercolor, including pen and ink techniques, mono-printing, and using sand and dyes, saran wrap, gauze and collage. Participants can work in both types of watercolor to develop a personal style using images or abstractions. This class is designed for all levels of experience. Instructor Sally Elliott was a professor at the University of Colorado at Boulder and Denver in drawing and painting. She has been exhibiting locally and nationally for over 40 years and has earned numerous awards and honors.

## Connecting to Nature Through Art with OSMP

**Where: Flagstaff Summit**

**Date: Thursday, May 9**

**Time: 9 a.m. - noon**

Join volunteer naturalists Bev and Linda for an outdoor program focusing on heightening our senses in nature in the present moment (aka Forest Bathing). During this event participants will become immersed in the beauty of nature through solitude, sensory awareness and creative art experiences. A variety of art materials will be provided.

Please wear sturdy shoes suitable for a one-mile hike on a rocky trail with some elevation gain. Bring water and snacks, appropriate clothing for weather conditions, sun protection and a sit-upon. Instructors: Bev Halwa and Linda Gerstle, Open Space and Mountain Parks (OSMP) Naturalists. [Register online with OSMP](#). Meeting location details will be provided upon registration.

## SPARK and Studio Arts Boulder Pottery Class

**Course #35826**

**Where: West Age Well Center**

**Date: 2nd Tuesday, May 14**

**Time: 1 - 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. No experience necessary. **This program is sponsored through generous community donations.**



### **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.

## Sans Souci Dance Film Screening, Discussion and Optional Dance Class

**Course #37176**

**Where: West Age Well Center**

**Date: Tuesday, May 14**

**Time: 2:30 - 4 p.m.**

Sans Souci Festival of Dance Cinema presents "Dance is Like a Fine Wine": a series of short films featuring dance from around the world, followed by discussion and ending with an optional dance class. Dance instructors will offer modifications for physical limitations, and movement at any level is welcome. No dance experience required. Festival Staff will facilitate the discussion, and dance class will be taught by Megan Roney, a certified DanceAbility teacher. [View a trailer](#) that represents films that will be shown and discussed in this program.



## Walk-n-Roll: An Accessible Spring Adventure at White Rocks with OSMP

**Where:** [White Rocks Trail \(Accessible Parking\)](#)

**Date:** Thursday, May 16

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

Join Open Space and Mountain Parks (OSMP) staff for a leisurely stroll through the serene beauty of the White Rocks trail, carefully selected for its accessibility and natural splendor. Search for birds, wildlife, even a beaver from the trail as a naturalist helps guide connection and exploration. These outings are tailored to accommodate varying pace and abilities, including wheelchair and walker accessibility, fostering connections with both fellow older adults and the surrounding environment.

Hike/Stroll Details: Starting at the handicap-only parking lot on Valmont Road, the group will follow a five-foot wide path to Heatherwood Pond, where wildlife sightings abound. Rest stops and refreshments provided. Max one-way mileage is 0.5 miles. Transportation to the starting point of each outing is the responsibility of participants. Please plan accordingly. Location and parking details provided in your confirmation email.

**Space is limited, registration required.**

[Register online with OSMP.](#)

## Journaling

**Course #35822**

**Where:** West Age Well Center

**Dates:** 3rd Thursday, May 16

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

In this monthly journaling group, come prepared to write, listen, and share inner wisdom through humor, truth-telling and spirit with group leader Jackie Nelson. **Registration required.**



"I have been delighted with how my 'creations' turn out."

- A pottery class participant

## Studio Arts Boulder Pottery Classes

Older Adult Services partners with Studio Arts Boulder to offer monthly hand building classes. Participants will learn about the three fundamentals of pottery to make functional and whimsical pieces: pinch pots, coils, and slabs. All materials and tools provided, and all work will be processed at the Pottery Lab facility. No experience necessary. **Spaces limited, registration required.**

### Pottery Class EAST

**Course #35829**

**Where:** East Age Well Center

**Date:** Monday, May 13

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

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



### Pottery Class WEST

**Course #35830**

**Where:** West Age Well Center

**Date:** Wednesday, May 15

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

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

### 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

## MEET-UP: Street Wise Arts Tour of Downtown Boulder Murals

Course #37213

Where: Exterior mural at Pearl and 17th St.  
(1647 Pearl St.)

Date: Saturday, May 18

Time: 10 a.m. - noon (tour)

Noon - 2 p.m. (optional lunch)

Explore the street art of Downtown Boulder with Street Wise Arts. This walking tour will review murals created by local and national artists during the annual mural festival. Learn about the organization, street art culture, and the various social justice causes championed by Street Wise artists. Bonus: many murals are activated in augmented reality, the tour guide will also demonstrate how to bring the murals to life using an iPad. The tour includes 1.5 – 2 miles of walking for approximately 2 hours. Following the tour, participants may gather at Avanti Collective Eatery at 1401 Pearl St. for an optional lunch (self-pay). **Register by May 13.**

**No transportation is provided for this Meetup.**

## **NEW!** Purple Art - Creative Expression

Course #36431

Where: West Age Well Center

Date: Wednesday, May 22

Time: 1 - 2:30 p.m.

Fee: **No charge for this introductory class!**

Purple Art classes focus on expressive, intuitive art making with no experience necessary. Each session will guide participants to complete a different project using various media such as paint, collage, found objects and more. These creative projects will include lots of support and humor, and a fun and safe environment for everyone. Instructors: Abby Sivy and Cindy Parker are the owners of Bohemia, LLC, a local art studio that provides innovative, expressive art programs across the Front Range with older adults. **Spaces limited, registration required.**

## New Payment System in City Parking Garages

Course #37191

Where: East Age Well Center

Date: Tuesday, May 28

Time: 10 - 11 a.m.



The city's five downtown parking garages have moved to a new, gateless operations and touchless payment system. Join Maria Katka, Community Vitality Access Services Coordinator, to review how to use this new system. Aspects of the system include registering with Metropolis through a smart phone or computer, validating the account with a text message, scanning a QR code, and setting up payment to be used for each time using a downtown parking garage.



## Drawing Colored Pencil Flowers with OSMP

Course #37190

Where: East Age Well Center

Date: Thursday, May 30

Time: 9 a.m. - noon

Colored pencils are a wonderful medium for capturing the beauty of flowers. Everyone is welcome to join this class as we learn techniques to accurately draw flowers. Materials are provided including flowers, graphite pencils, and colored pencils. Participants may also bring materials, no experience necessary. Instructor: Open Space and Mountain Parks (OSMP) Naturalist Linda Gerstle.



## 1 - 1 Technology Assistance

A tech coach is available 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. **Participants must bring their own device and topics or questions. Registration required for 30-minute timeslot.**

**Registration is limited to one technology assistance appointment per month, per person.**

### Tech Coaching - EAST

**Where:** EAST Age Well Center

**Dates:** Wednesdays, May 8 and 22

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

**(30-minute appointment)**

**Tech Coach:** Mary Haley



**Mary Haley** has been a technology class instructor and is currently a volunteer for City of Boulder Older Adult Services.

### Tech Coaching - WEST

**Where:** WEST Age Well Center

**Dates:** Tuesdays, May 14 and 28

**Time:** 1 - 3 p.m.

**(30-minute appointment)**

**Tech Coach:** Lucy Kuchta



**Lucy Kuchta** is the owner of the technology company Quinsight and has partnered with Boulder County Area Agency on Aging and the Empower with Tech program.

### Tech Coaching - West

**Where:** West Age Well Center

**Date:** Friday, May 17

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

**(30-minute appointment)**

**Tech Coach:** Chris Frank



**Chris Frank** has extensive technology product design and tech coaching experience and is currently a volunteer for City of Boulder Older Adult Services.

**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.



## Active Minds for Life with Older Adult Services

In-person Active Minds presentations  
at East and West Age Well Centers

### Active Minds: North Korea

Course #35817

Where: West Age Well Center

Date: Wednesday, May 8

Time: 1 – 2 p.m.



Tensions between North Korea, the United States, and much of the East Asian region are longstanding. This program will review recent developments and North Korean history, including the dynastic leadership of the Kim family and the country's ongoing development of nuclear weapons. North Korea's place in the world relative to global issues such as international trade and human rights issues will also be addressed, as well as what the future may hold as this situation unfolds.

**This Program is sponsored by Brookdale Meridian Boulder and The Pearl at Boulder Creek.**

### Active Minds: The History of Minstrel Songs

Course #35816

Where: East Age Well Center

Date: Monday, May 20

Time: 3 – 4 p.m.

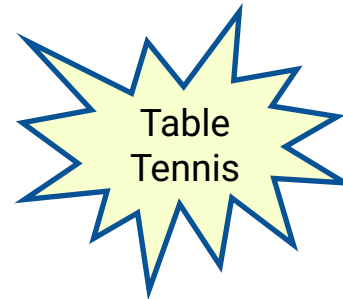


This class will examine the history of minstrelsy in American popular music from its origins in the 1830s. By looking at familiar songs many schoolchildren learned as folk songs, we will examine the use of racist stereotypes as well as performances by white entertainers in blackface in so-called "minstrel shows".

**This program is sponsored by Brookdale Meridian Boulder.**

# VOLUNTEER-LED GROUPS

Check out Older Adult Services volunteer-led groups!



See a list of groups on pages 20 - 21

## Easy Rider Bike Group Rides Begin in May!

This social cycling group offers an opportunity for riders age 60+ of all levels to join an organized ride. Gentle to moderate paced bike rides are offered on Monday mornings at 10 a.m., May – September. Rides may move to 9 a.m. in hotter months. One group leader will lead the route on bike paths and some quiet streets (no busy street riding) and one leader will follow the last rider as a “sweep.” No riders are left behind. “Pop up rides” may occur on other days, as weather and leaders permit.  
**Contact Sandy for information and to join the group at 970-584-0311.**

For technical assistance or any issues getting out on a bike, our bike consultant and co-leader, Jeff, can assist with buying, repairing, or riding technique. Leave Jeff a voicemail at 303-817-4995 so we can get you out riding with us!

Location: Rides leave from various locations around Boulder, Louisville or Longmont; communicated weekly by group leader. Rest stops are always included, usually at a place to get snacks and beverages (self-pay). Routes are typically between 8-12 miles. Electronic bikes (E-Bikes) are welcome but must ride at the group pace.



# 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	East	Fridays	10 a.m. – 12:15 p.m.	Anne: 516-316-7569
Art Journals Group	Online	Fridays	12:30 – 1:30 p.m.	Judith: 303-817-4599 <a href="mailto:judith.king199@gmail.com">judith.king199@gmail.com</a>
Chess	West	Thursdays	11 a.m. – 12 p.m.	Allan: 720-985-4109
Chinese Classical Mahjong	West	Wednesdays	1 – 3 p.m.	Jeanny: 720-436-5361
Coffee and Conversation for People Living with Parkinson's	East	3 <sup>rd</sup> Tuesdays	10 – 11:30 a.m.	Ilse: <a href="mailto:ibleck@yahoo.com">ibleck@yahoo.com</a>
Community Book Group	Online	3 <sup>rd</sup> Thursdays	2 – 3:30 p.m.	Cheryl: 303-949-0764 <a href="mailto:cheryl.k.appell@gmail.com">cheryl.k.appell@gmail.com</a>
Cribbage	West	Tuesdays	1 – 3 p.m.	Jan: 541-254-0325
Easy Rider Bike Group	Various Boulder locations	Mondays	9 – 11 a.m.	Sandy: 970-584-0311
Hand and Foot Canasta	East	Tuesdays	10 a.m. – 12 p.m.	Susan: 303-494-7912
In-Person Book Group	West	2 <sup>nd</sup> Thursdays	1:30 – 3 p.m.	Debra: 303-440-4148
Knitting Group	West	Tuesdays	10 – 11 a.m.	Vincent: 303-362-0152
Open Mic	West	4 <sup>th</sup> Fridays	12:30 – 3:30 p.m.	Margaret: <a href="mailto:margaretwildflower@gmail.com">margaretwildflower@gmail.com</a>
Pinochle	East	Thursdays	1 – 3 p.m.	Harvey: 303-250-3497
Poetry and Storytelling Circle	West	2 <sup>nd</sup> Thursdays	12:30 – 3:30 p.m.	Margaret: <a href="mailto:margaretwildflower@gmail.com">margaretwildflower@gmail.com</a>

Continued





# VOLUNTEER-LED GROUPS

Interest Group	Where	Day(s)	Time	Contact
Scrabble	East	Wednesdays	1 – 3 p.m.	Pat: <a href="mailto:patdawson7@comcast.net">patdawson7@comcast.net</a>
Scrabble	West	Thursdays	1 – 3 p.m.	Paula: <a href="mailto:Paulapreston8@hotmail.com">Paulapreston8@hotmail.com</a>
Table Tennis East	East	Mon., Wed., Fri.	2:15 – 4:15 p.m.	Dan: 303-886-7743
Table Tennis West	West	Tues., Thurs.	9:30 – 11:30 a.m.	Diana: 303-241-5133
Texas Hold 'Em	West	Fridays	1 – 3:30 p.m.	Joan: 303-938-1333
American Mahjong	West	Mondays	11 a.m. – 2:30 p.m.	Donna: 303-444-1513
American Mahjong	West	Tuesdays	12 – 3 p.m.	Anne: 516-316-7569
Write On! Writers Group	East	2 <sup>nd</sup> Thursdays	1:30 – 3 p.m.	Jacqui: 303-447-2931 <a href="mailto:jrgoeldner@mac.com">jrgoeldner@mac.com</a>

## SUPPORT GROUPS

Support Group	Where	Day(s)	Time	Contact
Alzheimer's Association Men's Dementia Caregiver Support Group	West	1st and 3rd Wednesdays	1 – 2 30 p.m.	<a href="#">Register here</a> or call Meghan Donahue at 303-813-1669
Alzheimer's Association Dementia Caregiver Support Group	West	1st Thursdays	12 – 1 :30 p.m.	<a href="#">Register here</a> or call Meghan Donahue at 303-813-1669
MHP Peer Counseling: Women's Support Group	East	Tuesdays	12:30 – 2:30 p.m.	Call MHP Senior Peer Counseling Program to register: 303-402-8022
MHP Peer Counseling: Women's Support Group	West	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays	2 – 3:30 p.m.	Call MHP Senior Peer Counseling Program to register: 303-402-8022

# GENERAL INFORMATION

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## 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](https://bouldercounty.gov/families/disease/recommended-covid-19-precautions/) (<https://bouldercounty.gov/families/disease/recommended-covid-19-precautions/>)

Use Common Sense : Stay home if you are sick. Use a disinfecting wipe on common surfaces you have touched or are going to touch. Wash your hands with soap for 20 seconds or use hand sanitizer. Masks are available at front desk upon request.

## 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. Visit the city website [Notice Under the Americans with Disabilities Act \(ADA\)](https://bouldercolorado.gov/services/notice-under-americans-disabilities-act) (<https://bouldercolorado.gov/services/notice-under-americans-disabilities-act>). Questions and concerns can be directed to [riskmanagement@bouldercolorado.gov](mailto: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.

## 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 East or West Age Well Centers or an exterior location. This includes volunteer led special interest groups.

## 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 of the [City of Boulder website](#) ([www.bouldercolorado.gov](http://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

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## 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, visit the [Older Adult Services and Programs webpage](https://bouldercolorado.gov/services/older-adult-services-and-programs) (<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.
- **For online programs**, please register by noon the day before the program, unless otherwise stated in program description.
- **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.
- 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, massage, or Feldenkrais 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.

## Cancellations and Refunds

- All programs and trips 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, trip, massage or Feldenkrais appointment is cancelled by Older Adult Services, a full refund will be processed according to the initial method of payment.
- If a program, massage or Feldenkrais appointment 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, massage or Feldenkrais appointment 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**, no refund will be given unless the cancellation is due to illness, or if the opening can be filled with another 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**

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## **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.

# MEALS ON WHEELS



**Special Announcement:** Register for Pickleball Palooza at [mowboulder.org](http://mowboulder.org)!



## Project Homecoming

Discharged from a hospital or rehabilitation facility recently? 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](mailto:info@mowboulder.org), or visit our website [mowboulder.org](http://mowboulder.org).

**"The program was a real help when I got home from the hospital! Wonderful service!" – A., client**



## The Niche Market at Meals on Wheels of Boulder

3701 Canfield Street, Boulder, CO 80301  
Monday – Friday, 9 a.m. – 5 p.m.  
Saturday, 10 a.m. – 4 p.m.

Quiche Your Mom! May 4 - 11  
While supplies last

- *Think Goodness Foods:* Quiches, Pies and Soups
- Grab & Go for breakfast, lunch, and dinner.
- Convenience items



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

The Café is open to community members of all ages  
Monday - Friday, 11 a.m. - 1 p.m.



For \$7.99 (plus tax), enjoy:

Choice of two entrees, side salad, dessert, and beverage

Other menu items: Paninis, Pitas, Sandwiches, Wraps, Salads, Delectable desserts

Contact [Sara@mowboulder.org](mailto:Sara@mowboulder.org) for groups/parties.

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

**Home Delivered Meals:** Providing fresh, nutritious meals and daily well-being checks to Boulder residents, regardless of age or income. Call 720-780-3380 or complete our online intake form at [mowboulder.org](http://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](http://mowboulder.org), or call (720) 780-3382. Thank you to all our amazing volunteers and donors!

**Volunteer:** We are growing and now deliver 300 plus meals per day. Volunteer Manager: [kelley@mowboulder.org](mailto:kelley@mowboulder.org)

**Meals on Wheels of Boulder:** 3701 Canfield Street, Boulder, CO 80301. Phone: 720-780-3380  
Email: [info@mowboulder.org](mailto:info@mowboulder.org) Website: [mowboulder.org](http://mowboulder.org)

## Play here, work here, and grow here. Our friends in Boulder Parks and Recreation are hiring for this summer!

Maybe you've played at a Boulder Parks and Recreation facility and you're thinking, "How can I get a job there?" Now is the time! They are hiring for their summer positions. From lifeguards to camp counselors to parks maintenance crew, they want you to join them and, hopefully, grow your career there! If interested, see open jobs and apply now at [BPRjobs.org](https://bprjobs.org).



## City of Boulder Parks & Recreation Memberships

Boulder Parks and Recreation provides drop-in and registered fitness and mind body classes. For more information visit the [Parks & Recreation website](https://bouldercolorado.gov/government/departments/parks-recreation) (<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 Kat Frazier at [frazierk@bouldercolorado.gov](mailto:frazierk@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 \$16 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 303-413-7290. Scheduled every two weeks, so please call for available dates.

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

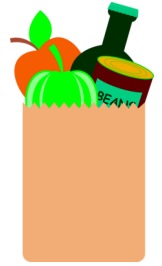
When you visit a city recreation center, library branch or Age Well Center, you want your car or bike or personal items to be there when you get back, right? We encourage you to lock your car or bike when you leave it behind. And never leave anything of value inside or in sight...even if it's just for 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.

# COMMUNITY RESOURCES

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## 2024 Food Tax Rebate Program

Each year, the City of Boulder provides rebates to help compensate community members 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 2023 calendar year; or a person living with a disability; or a family with children under 18 years of age in the household for the entire 2023 calendar year. Applicants must complete an application and meet financial eligibility guidelines and have resided in Boulder for the entire 2023 calendar year. Applications can be picked up at either of these locations:



**New Britain Building, 1101 Arapahoe Ave, Boulder, Tuesday - Friday, 10 a.m. – 4 p.m.**

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

Applicants who applied for the 2022 rebate will automatically receive an application in the mail. Applications must be dropped off at one of the two sites above by Friday, June 28, 2024, or postmarked by Sunday, June 30, 2024. For more information, call 303-441-4261 or email questions to: [foodtaxrebateprogram@bouldercolorado.gov](mailto:foodtaxrebateprogram@bouldercolorado.gov)

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## Boulder County Healthy Aging and Medicare Basics Classes

Boulder County Area Agency on Aging has programs that support and encourage healthy lifestyle choices. Learn how to manage 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/>.



Learn about Medicare enrollment, plans, benefits, and costs. Medicare Counselors provide guidance in the appeal process and information about resources for financial help with Medicare costs: <https://www.bouldercounty.org/families/seniors/services/medicare-counseling/>.

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## Boulder Public Library Home Delivery Program

Home delivery of library materials to patrons who are unable to get to the library because of age, disability or illness. Patrons are paired with trained volunteers who deliver and pick up library materials on a regular basis, typically every two to three weeks. In some cases, volunteers can also assist in the selection of materials and management of library accounts. Learn more at <https://boulderlibrary.org/services/homebound-delivery/>.

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## 2024 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, 2024. 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.

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

- Frasier Retirement Community for providing grant funds
- Volunteer Special Interest Group Leaders
- Members of the Age Well Advisory Committee
- Diane Hullet and Margaret Kane for facilitating the monthly Conversations about Death group
- Desiree Firlie for offering the monthly *Community Protection Division Drop-in Hours*
- Workforce Boulder County for helping host the 55+ Job Fair
- AARP Foundation Tax-Aide Program for providing free tax preparation and assistance
- Diana Walley, Board-Certified Nutritionist and Kat Frazier, Certified Personal Trainer with Boulder Parks and Recreation for providing "Bone Health"
- Mary Richardson, PT and Nancy Hillmer, OT for providing "BCH Parkinson's Fitness: PWR ExerCie4BrainChange®" class weekly over the past few years
- Gil Kelly for offering "Feldenkrais: Move With Ease" chair-based and mat-based classes
- Maria Katka, Community Vitality Access Services Coordinator, and Scott Oetting, Metropolis Technology Manager for offering the "New Payment System in City Parking Garages" program
- Megan Roney, certified DanceAbility teacher and Sans Souci Festival Staff for providing "Sans Souci Film Screening, Discussion, and Optional Dance Class"
- Studio Arts Boulder for providing monthly pottery classes
- Lori Lucas for providing monthly online Shakespeare classes
- BIFF and Laura Thielen, Facilitator, for offering BIFF Film and Discussion: "A Case for Kindness"
- Cindy Parker and Abby Sivy from Bohemia, LLC for offering the new art class "Purple Art: Creative Expression"
- Chandra Valenza, Community Outreach Manager from Boulder County Public Works Dept and Ellen Orleans, Sustainability Programs Manager with City of Boulder Climate Initiatives for hosting the Boulder County Recycling Center and Hazardous Materials Management Facility Tour
- Bev Hlawa for offering "OSMP Forst Bathing: Connection in Nature"





Strength and Alignment  
Fitness Class



Pencil and Watercolors  
with OSMP



Ballroom Dance Class

## Join us!

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
- 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](http://www.boulderolderadultservices.com)

### Older Adult Services Newsletter

Sign up and start receiving the Age Well newsletter by email each week!

<https://bouldercolorado.gov/lets-age-well-newsletter>