

Let's Age Well!

July 2024 Program Guide



Meet-up participants tour downtown Boulder murals

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 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	11
Warm Water Fitness.....	13
Lifelong Learning Programs	14
Technology Programs.....	18
Volunteer Led Groups	19
Support Groups	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

East and West Age Well Centers

CLOSED

Thursday, July 4 Holiday

West Age Well Center

CLOSED

Friday, July 5, Annual Maintenance

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

Hales Brown (they/them) brownh@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

Program Support Specialist

Lorna McClanahan, mcclanahanl@bouldercolorado.gov

Customer Service Representatives

Karen Maye, Melody Salazar, Jessika Hardin, Brooke Crocker, Belen Carmichael, Suzanne Michot

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

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, a nonprofit dental clinic 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.**



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, July 3 and August 7

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.



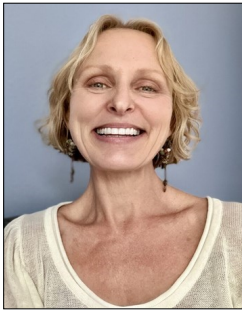
Monthly Hearing Clinics with Family Hearing

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.



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. Hearing Clinics scheduled on the **first Wednesdays, next clinic is on August 7** by appointment only. To schedule an appointment call 303-441-3148 or visit the [Activity Search webpage](#).

Massage Therapists



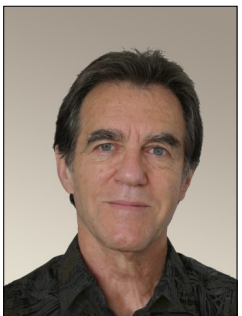
Lulu Delphine

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.



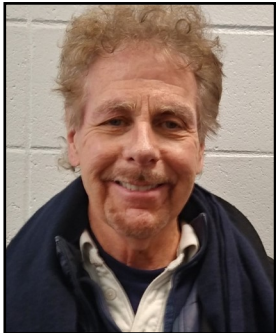
Stan Zweber

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 August appointments opens Wednesday, July 3 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 23

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 August appointments will open Wednesday, July 3 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 23

Community Protection Division Drop-in Office Hours

Where: West Age Well Center

Date: Monday, July 8

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.

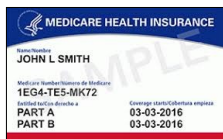
Medicare Basics

Course #37381

Where: East Age Well Center

Date: Wednesday, July 10

Time: 1 – 2:30 p.m.



This class will provide unbiased, up-to-date information about Medicare enrollment, benefits, costs, what and how Medicare pays, choices under Medicare plans, how the plans work, and prescription drug coverage. This presentation is offered through the Boulder County Area Agency on Aging Medicare Counseling Program. Everyone is welcome including pre-enrollees, people with Medicare, caregivers, family members, service providers, and community members. Visit [the enrollment webpage](#) to register or call 303-441-1546.

Colorado Legal Services

Course #37384

Where: West Age Well Center

Date: Wednesday, July 17

Time: 10 – 11 a.m.



Colorado Legal Services offers a variety of low-cost legal services including Wills, Power of Attorney, Advance Medical Directive, Family Law (Pre-Decree), Notary Services, Eviction Defense, Subsidized Housing Defense, Public Benefits (TANF, Social Security, Medicaid, Medicare, & SNAP), Bankruptcy, and many other services. In this presentation, participants will learn more about these services and how to access them as well as have the opportunity to ask questions. **Please note:** The presenters cannot answer specific legal questions or provide legal advice.

Conversations about Death

This monthly online program is CANCELLED for July and August and will resume in September.

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.

DANCE PROGRAMS

Popular Line Dances

Course #36876

Where: West Age Well Center

**Dates: Tuesdays, July 2 - 23
(4 classes)**

Time: 1 - 2 p.m.

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

Continue to learn fun line dances this month including Double D, Bring on The Good Times, a Latin Cumbia called Juana La Cubana, and other favorites including Sweet Caroline, The Electric Slide, The Cowboy Cha Cha and The Madison. Line dancing is a fun, invigorating activity and utilizes music from around the world. Individuals and beginners welcome, no partner required. Instructor: Judy Kreith.



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.



Ballroom Dance

NO Ballroom Dance series is scheduled in July. A new series will begin in August. Details will be advertised in the August Program Guide.

Tea Dance

Where: East Age Well Center

Dates: Fridays, July 5 and 19

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 #36871

Where: West Age Well Center

Dates: Weekly on Thursdays (NO class 7/4)

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.

Folk Dance

NO Folk Dance series is scheduled in July and August. A new series will begin in September and will be advertised in the September Program Guide.

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 Michaelson.

Monday Series

Course #36882

Where: West Age Well Center

Dates: Mondays, July 1 - 29 (5 classes)

Time: 10 – 10:45 a.m.

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



Friday Series

Course #36880

Where: West Age Well Center

Dates: Fridays, July 12 and 19 (2 classes)

Time: 10 - 10:45 a.m.

Fees: R/NR \$16/\$20

Feldenkrais: Move with Ease - Mat Based Series

Course #36858

Where: East Age Well Center

Dates: Tuesdays, July 2 - August 6 (6 classes)

Time: 2:30 - 4 p.m.

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

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. Participants will walk, stand, or sit in a chair, and also lie on the floor in a variety of comfortable positions on the back, front, or side. **Participants must be able to get up and down from a mat safely to join this series.** Instructor: Gil Kelly personally trained with Dr. Moshe Feldenkrais, and has been teaching the Feldenkrais Method for 40 years.

Strength and Alignment - Wednesdays

Course #36885

Where: West Age Well Center

Dates: Wednesdays, July 3 - 17 (3 classes)

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

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

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.



Strength and Alignment
Wednesdays

HEALTH & WELLNESS PROGRAMS

NEW! FREE Introduction to Croquet

Course #37867

Where: Grass field just west of the East Boulder Community Center Dog Park, near shelter with bench seating and restrooms

Dates: Tuesdays, July 2 -30 (NO class 7/16)

Time: 10 – 11 a.m.

Learn croquet rules, techniques, and strategies using state-of-the-art equipment in the park near East Age Well Center. Playing croquet can help improve eye-hand coordination, strategic thinking, and problem-solving skills, all while enjoying a fun outdoor game. Interact with others, engage in friendly competition, and build relationships through shared experiences while exercising a competitive outdoor spirit. **Shelter with seating is provided, please bring a hat, water, and sunscreen.** Participants are welcome to bring their own folding chair, if desired.

Join Boulder LongGrass Croquet's founder, Todd Marshall, for lessons and games of 9-Wicket 'Backyard' Croquet and 6-Wicket Golf Croquet on Tuesday mornings in July. No charge, fun guaranteed! **Registration required.**

Managing Insulin

Course #37667

Where: East Age Well Center

Date: Tuesday, July 9

Time: 10 - 11:30 a.m.

This session will review how nutrition impacts energy utilization, metabolic rate and insulin. Learn how cortisol and glucose are related and how time-restricted eating, intermittent fasting, carb-cycling and exercise can be used to optimize fat burning and insulin resistance. This program will also review how Ozempic and other GLP-1 weight loss and insulin lowering drugs work. Instructor: Erin Williams, MSN CN LMP, is the founder of EZBalance, a health and wellness company.

SPARK and Studio Arts Boulder Pottery Class

Course #36866

Where: West Age Well Center

Date: 2nd Tuesday, July 9

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.

ThinkFirst to Prevent Falls

Course #37291

Where: West Age Well Center

Date: Wednesday, July 31

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

ThinkFirst to Prevent Falls is a class facilitated by injury prevention professionals from Intermountain Health, Boulder Fire-Rescue, and Boulder Community Health to review best practice strategies to prevent falls. Following the class, an occupational therapist will be available to provide individualized balance screenings (spaces limited), and a pharmacist will be present to answer medication questions (spaces limited), please bring a list of medications with questions.

Disclaimer: Health & Wellness programs are for educational and informational purposes only. Always seek the advice of your doctor or other qualified health provider regarding a medical condition.

















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](#).

JULY 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. Chair Yoga and Balance <i>Teresa</i> 	 11 - 11:45 a.m. SilverSneakers Classic <i>Terry</i> 
1:30 - 2:15 p.m. Chair Yoga and Balance <i>Peter</i> 				12:15 - 1 p.m. Joy of Movement Dance Fitness <i>Judy</i>

Program descriptions on next page ➡

OLDER ADULT DROP-IN FITNESS CLASSES

Drop-in Class Descriptions

Chair Yoga and Balance Breath, balance, strength, and flexibility are the fundamental building blocks for this exhilarating Yoga class. Through use of a chair, practice seated and standing postures. Students will enjoy methods for gaining strength and flexibility, better balance and steadiness, and breathing practices for relaxation and a calmer clearer mind.

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.

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. SilverSneakers®, Silver&Fit® and Renew Active™ memberships accepted or purchase a daily, monthly, 10-visit, or annual pass.

JULY 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.



LIFELONG LEARNING PROGRAMS

New Payment System in City Parking Garages

Course # 37191

Where: East Age Well Center

Dates: Tuesday, July 2

Time: 10 a.m. – 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.

Shakespeare Series: "As You Like It"

Course #37166

Where: Online

Dates: Wednesdays and Fridays,
July 3, 5, 17, 19, 24 and 26
(NO classes 7/10 and 7/12)

Time: 10 a.m. – 11 a.m.

Fees: R/NR \$70/\$88



Join this series of six online classes for a closer look at Shakespeare's pastoral comedy "As You Like It". Participant discussion is encouraged, and no previous knowledge is required. Class is open to older adults 60+. Instructor: Lori Lucas is a lecturer at CU Boulder and long-time resident of Boulder. **Fee is per household, contact Program Manager, Hales Brown, at 303-441-1976 to register a household member.**

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 #36869

Where: East Age Well Center

Date: Monday, July 8

Time: 1 – 2:30 p.m.

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

Pottery Class WEST

Course #36870

Where: West Age Well Center

Date: Wednesday, July 17

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.

Sans Souci Dance Film Screening, Discussion and Optional Dance Class

Course #37230

Where: West Age Well Center

Date: Tuesday, July 9

Time: 2:30 - 4 p.m.



Sans Souci Festival of Dance Cinema presents Dance is Like a Fine Wine: a monthly workshop series where each event includes screening short films featuring dance from around the world, followed by a facilitated discussion and ending with an optional dance class. No dance experience is required. Dance instructors will offer modifications for physical limitations, and movement at any level is welcome, including observation. Dance class will be taught by a rotating roster of experienced local teaching artists.

Experimental Techniques in Transparent and Opaque Watercolor

Course #37233

Where: East Age Well Center

Dates: Wednesdays, July 10 – August 14

Time: 1 – 4 p.m.

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

NOTE: Each participant will receive a materials list to purchase prior to class (approx. \$60), and the instructor will provide some materials.

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 exhibited locally and nationally for over 40 years and has earned numerous awards and honors.



Active Minds with Older Adult Services

Active Minds: Paris - Biography of a City

Course #36851

Where: West Age Well Center

Date: Wednesday, July 10

Time: 1 - 2 p.m.



In preparation for hosting the 2024 Summer Olympics, Paris will be in the spotlight. Active Minds offers a journey through the city's history, from its Celtic origins to its status as a cultural and political hub of France. This program includes explorations of notable places and colorful historical figures, including the Eiffel Tower, initially unpopular among Parisians but now a symbol of one of the world's great cities. **This Program is sponsored by Brookdale Meridian Boulder and The Pearl at Boulder Creek.**

Active Minds: The Olympic Games

Course # 36850

Where: East Age Well Center

Date: Monday, July 22

Time: 3 - 4 p.m.



As the 2024 Paris Olympics approach, Active Minds presents an exploration of the rich history of the Olympic Games and their involvement in various international political issues over the years. **This program is sponsored by Brookdale Meridian Boulder.**

LIFELONG LEARNING PROGRAMS

OSMP Walk-n-Roll: Made-in-the-Shade Summer Roll

Where: Bobolink Trail, meet at East Boulder Community Center

Date: Thursday, July 11

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



Enjoy a 1.4 mile stroll through the serene beauty of the Bobolink trail, carefully selected for its accessibility and natural splendor. Search for birds and wildlife 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: Meet at the East Boulder Community Center parking lot and roll along South Boulder Creek in cool shade on a smooth, crusher fines path with a slight slope, optional is a parallel concrete path. Restrooms are available at the Community Center.

Transportation to the starting point of each outing is the responsibility of participants. Location details provided in your confirmation email. **Space is limited, registration required.** [Register online with OSMP.](#)

Journaling

Course #36860

Where: West Age Well Center

Date: Thursday, July 18

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 leaders Jim Kettering and Jackie Nelson. **Registration is required. Register once per session (Winter, Spring, Summer, Fall)**



Facilitated Dialogue: Near Death / Near Life

Course #36856

Where: West Age Well Center

Date: 1st and 3rd Thursdays, July 18
(NO class 7/4)

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 summer is "Near Death/Near Life". 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).

NEW! Purple Art - Creative Expression

Course #36863

Where: West Age Well Center

Date: Monday, July 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.** **This program is sponsored through generous community donations.**



Broadway Musical Lecture: “Carousel”

Course # 37675

Where: West Age Well Center

Dates: Friday, August 2

Time: 1 – 2 p.m.

Join New York City-based actress Belle Goodman for a discussion about Rodger and Hammerstein’s seminal classic, “Carousel”. Enjoy stories about the show’s inception and continuing cultural relevance alongside videos from the star-studded casts, and a live performance from Belle, as you learn why “Carousel” continues to be a favorite of musical lovers worldwide.

This program is sponsored by generous community donations.



Meet-up: Opera in the Park - “A Royal Affair”

Course # 37674

Where: Boulder Bandshell, 1212 Canyon Blvd.

Date: Saturday, August 3 (Registration opens Monday, July 8 at 9 a.m.)

Time: 7 - 9 p.m.

Fees: FREE

Boulder Opera, a local nonprofit dedicated to enriching the community through the art form of opera, has generously donated a limited number of free tickets for older adults for the 2024 “Opera in the Park” outdoor concert.

The concert will feature selections from Handel’s Giulio Cesare, Strauss’s Der Rosenkavalier, Verdi’s Nabucco and Macbeth, and Iphigenie en Tauride by Gluck. Ticket reservations are limited in quantity and available on a first come, first served basis.

Each person may reserve up to 2 tickets.

Registration opens Monday, July 8 at 9 a.m..

Register for tickets online or visit or call the East or West Age Well Center between 9 a.m. - 4 p.m. to reserve admission while supplies last. Deadline to register for tickets is 4 p.m. on Wednesday, July 31.

Note: Tickets will be available at the entrance. No trip escort or transportation will be provided. The closest bus stops are Canyon Blvd. and 11th St., Broadway & Walnut St. (SKIP), and Broadway & Canyon Blvd. (204, 225, 225D, 225T).

TECHNOLOGY PROGRAMS

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.

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, July 17 and 24

Time: 1 - 3:30 p.m.

(30-minute appointment)

Tech Coach: Mary Haley



Tech Coaching - West

Where: WEST Age Well Center

Dates: Mondays, July 15 and 29

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.



Tablet Computer



Smartphone



Laptop Computer

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/older-adult-services-volunteer-led-special-interest-groups> or contact a volunteer group leader listed.

Interest Group	Where	Day(s)	Time	Contact
Art Journals Group	Online	Fridays	12:30 – 1:30 p.m.	Judith: 303-817-4599 judith.king199@gmail.com
Chess	West	Thursdays	11 a.m. – 12 p.m.	Jeffrey 719-685-1451
Coffee and Conversation for People Living with Parkinson's	East	3 rd Tuesdays	10 – 11:30 a.m.	Ilse: ibleck@yahoo.com
Community Book Group	Online	3 rd Thursdays	2 – 3:30 p.m.	Cheryl: 303-949-0764 cheryl.k.appell@gmail.com
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 nd Thursdays	1:30 – 3 p.m.	Debra: 303-440-4148
Knitting Group	West	Tuesdays	10 – 11 a.m.	Vincent: 303-362-0152
Mahjong - American	West	Mondays	11 a.m. – 2:30 p.m.	Elizabeth: 303-946-2426
Mahjong - American	West	Tuesdays	12 – 3 p.m.	Anne: 516-316-7569
Mahjong - American	East	Fridays	10 a.m. – 12:15 p.m.	Anne: 516-316-7569
Mahjong - Chinese Classical	West	Wednesdays	1 – 3 p.m.	Jeanny: 720-436-5361
Open Mic	West	4th Fridays	12:30 – 3:30 p.m.	Margaret: margaretwildflower@gmail.com

Continued



VOLUNTEER-LED GROUPS

Interest Group	Where	Day(s)	Time	Contact
Pinochle	East	Thursdays	1 – 3 p.m.	Harvey: 303-250-3497
Poetry and Storytelling Circle	West	2 nd Thursdays	12:20 – 3:30 p.m.	Margaret: margaretwildflower@gmail.com
Scrabble	East	Wednesdays	1 – 3 p.m.	Pat: patdawson7@comcast.net
Scrabble	West	Thursdays	1 – 3 p.m.	Paula: Paulapreston8@hotmail.com
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
Write On! Writers Group	East	2 nd Thursdays	1:30 – 3 p.m.	Jacqui: 303-447-2931 jrgoeldner@mac.com

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.	Register online or call Meghan Donahue at 303-813-1669
Alzheimer’s Association Dementia Caregiver Support Group	West	1st Thursdays (July 4 meeting CANCELLED)	12 – 1 :30 p.m.	Register online 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

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 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 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 the [City of Boulder 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, 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.
- A \$25 fee will be charged for returned checks.

Cancellations and Refunds

- All programs and trips are subject to cancellation if minimum enrollment is not met, instructor or practitioner absence, or for safety reasons.
- 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

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.



Join us at [Reels for Meals](#) a fundraiser on Thursday, July 18, 5 – 9:30 pm at eTown Hall! Featuring “The Taste of Things,” a French film feast starring Juliette Binoche.



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, or visit our website mowboulder.org.

“Thank you. Your service was there when I needed it.” – 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.

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

American as Apple Pie
Through July 3
While Supplies Last



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 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.

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!

Volunteer: We are growing and now deliver 300 plus meals per day. Volunteer Manager:
kelly@mowboulder.org

Meals on Wheels of Boulder: 3701 Canfield Street, 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 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.

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.

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
- Desiree Firle for hosting the monthly Community Protection Division Drop-ins
- City of Boulder Police Department for partnering with OAS to offer Coffee with a Cop
- Family Hearing and Dr. Anu Sharma from Colorado University for offering "How Hearing Loss Affects Your Brain"
- Boulder Fire-Rescue, Intermountain Health, and Boulder Community Health for offering "ThinkFirst to Prevent Falls"
- Laura Thielen and BIFF for offering the BIFF Film and Discussion program
- Mary Haley and Chris Frank for providing 1-1 Technology Assistance
- Lucy Kutcha from Quinsight and Boulder County Area Agency on Aging for providing "Innovative Technologies to Empower Older Adults 60+ with Disabilities"
- Gina Scioscia and Terzah Becker from Boulder Library District for providing "Accessing Digital Library books, Movies and Magazines"



Happy July 4th from the staff at
Older Adult Services



Purple Art - Creative Expression Class



Mah Jongg Group at East Age Well Center



East Table Tennis Group

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

Older Adult Services Newsletter

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

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