

Let's Age Well!

November 2024 Program Guide



Purple Art class participant paints with watercolors

City of Boulder
Housing and Human Services
Older Adult Services
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.

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East and West Age Well Centers CLOSED

Monday, November 11, Veterans Day

Thursday, November 28, Thanksgiving

Friday, November 29

STAFF CONTACT INFORMATION

**Older Adult Services is a division of City of Boulder
Housing and Human Services Department**



General Information

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

Facilities Operations Specialist

Cody Carlough

carloughc@bouldercolorado.gov

Program Support Specialist

Lorna McClanahan

mcclanahanl@bouldercolorado.gov

Customer Service Representatives

West: Jessika Hardin, Melody Salazar-Halterman

East: Karen Maye, Brooke Crocker

Subs: Suzanne Michot, Belen Carmichael

Fitness/Dance Instructor

Judy Kreith

Yoga Instructor

Peter Michaelsen

Older Adult Services

Case Management

Case Managers assist City of Boulder residents 60+ and their caregivers with information and assistance referrals and options counseling for community resources, short-term case management, and financial assistance for eligible clients.

Case Managers

Wade Branstetter

Ashley Fowler

Emma Gooding-Lord

Helpline: 303-441-4388

Case Manager Drop-in Hours

Where: West Age Well Center

Days: Tuesdays and Thursdays

Time: 10 a.m. - 1:30 p.m.

No appointment necessary, must check-in at the front desk no later than 1:15 p.m. to be seen.

HEALTH AND WELLNESS APPOINTMENTS

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

Foot Care Appointments Provided by Visiting Nurses Association



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

Two locations available:

East Age Well Center: Wednesday, November 6

West Age Well Center: Thursday, November 21 and Monday, November 25

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

Licensed Hearing Instrument Specialist Tyana Bruso 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 are Wednesdays, November 6 and December 4 by appointment only. To schedule an appointment call 303-441-3148 or visit the [Activity Search webpage](#).

COMMUNITY RESOURCES

Transportation Options: Mobility for All

The Mobility for All (M4A) program promotes accessible, affordable, and equitable multimodal transportation options such as transit, biking, and rideshare programs for residents of all ages and abilities. Affordable transportation options empower individuals of all income levels, abilities, and ages to access essential services, work, education, and social opportunities. Discover the various transportation options by booking an online appointment, emailing mobilityforall@bouldercounty.gov or calling 720-564-2218 to connect with a M4A Mobility Specialist.



Massage Therapists



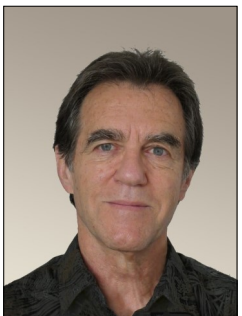
Lulu Delphine

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.



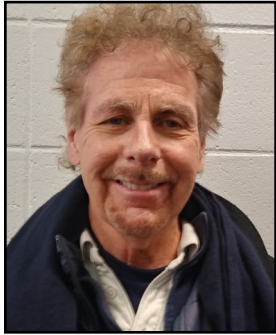
Stan Zweber

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 December appointments opens Wednesday, November 6 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 25

Feldenkrais Method Functional Integration: Private Sessions



The Feldenkrais® Method 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 at 9 a.m. the first Wednesday for appointments the following month: **Registration for December appointments will open Wednesday, November 6 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 25

Community Protection Division Drop-in Office Hours

Where: West Age Well Center

Date: Monday, November 4

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

No Fee

Drop-in on a first-come, first-served basis.

Customers must check in at front desk.

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. The Community Protection Specialist is not able to answer legal questions or provide legal advice.



Aging Solo

Course #37908

Where: West Age Well Center

Date: Wednesday, November 6

Time: 1 – 2:30 p.m.

No Fee

In the United States, there is an increasing number of older adults who, for a variety of reasons, consider themselves as "solo agers". End-of-life educators and doulas Diane Hullet and Margaret Kane will share research, resources and thoughts on solo aging strategies for planning ahead.

Conversations about Death

Course #38194

Where: Online

Date: 4th Tuesday, November 26

Time: 10 – 11:15 a.m.

No Fee

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.



NEW! TALK LIFE: Drop-In Coaching for End-of-Life Discussions

Where: East Age Well Center

Date: Wednesday, November 20

Time: 10 a.m. - noon

Drop-in on a first-come, first-served basis.

Customers must check in at front desk.

No Fee

The Conversation Project in Boulder County (TCPBC) can assist with advance care planning through confidential, free coaching. Many people wait for a health crisis to have a conversation about end-of-life wishes. TCPBC advocates for conversations to start early and be revisited often. TCPBC coaches are knowledgeable in advance directives and resources to communicate personal considerations and compassionate end-of-life planning. This program is offered on a monthly basis.

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

Course #37909

Where: East Age Well Center

Date: Thursday, December 5

Time: 2:30 – 4 p.m.

No Fee

Voluntary Stopping of Eating and Drinking (VSED) is often misunderstood. Join this program to learn more about what this statute does and does not cover. This program will begin with a 30-minute film titled "Dying Wish: A Doctor's Decision to Stop Eating and Drinking", and 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.

DANCE PROGRAMS

Popular Line Dances

Course #38184

Where: West Age Well Center

**Dates: Tuesdays, November 5 - 26
(4 classes)**

Time: 1 - 1:45 p.m.

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

Learn new popular line dances this month including the Hustle, Do You Love Me, Cowboy Boogie, and a Cha-cha-cha. Line dancing is a fun, invigorating social dance activity and incorporates music and dance from around the world. Individuals and beginners welcome, no partner required. Instructor: Judy Kreith.



Ballroom Dancing Foxtrot and Waltz

Course #38186

Where: East Age Well Center

**Dates: Thursdays, November 7 - 21
(3 classes, NO class 11/28)**

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

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

This class will review the travelling steps and techniques for Foxtrot and Waltz. These dances are versatile and popular for a variety of social occasions. Smooth soled shoes highly recommended. Individuals welcome, no partner required. Instructor: Judy Kreith.



Dance Lessons with Judy Kreith

Where: East or West Age Well Center

Date/Time: By appointment

Fees: R/NR \$50/\$63 per hour

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



3rd Law Dance/Theater's In Motion

Course # 38257

Where: West Age Well Center

Dates: Weekly on Thursdays

Time: 1 - 2 p.m.

No Fee

These movement classes for people living with Parkinson' but benefit anyone with mobility concerns. Classes welcome and include older adults 60+ of all abilities and care-partners. No dance experience is 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.

Tea Dance

Where: East Age Well Center

Dates: Fridays, November 1 and 15

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.



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 #38235

Where: West Age Well Center

**Dates: Mondays, November 4 - 25
(3 classes, NO class 11/11)**

Time: 10 – 10:45 a.m.

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

Friday Series

Course #38238

Where: West Age Well Center

Dates: Fridays, November 1 - 22 (4 classes)

Time: 10 - 10:45 a.m.

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

Strength and Alignment Wednesdays

Course #38242

Where: West Age Well Center

**Dates: Wednesdays, November 6 - 27
(4 classes)**

Time: 10:15 - 11 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 Mat Based Series

Course #38256

Where: East Age Well Center

**Dates: Tuesdays, November 5 - December 10
(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.

CU Boulder Physiology of Aging Clinical Trials: From Initial Insights to Impact

Course #38940

Where: East Age Well Center

Date: Wednesday, November 6

Time: 2 - 3 p.m.

No Fee

Researchers from CU Boulder's Integrative Physiology of Aging (IPA) Lab will present findings from past studies that have informed current National Institute of Health funded trials. Attendees will learn about the established and potential impacts of MitoQ (an antioxidant), Fisetin (a compound found in strawberries), heat therapy, and inspiratory muscle strength training on blood vessel and brain function. Presenters: Dr. Brendan Kaiser, Research Associate and Morgan Berryman-Maciel, Senior Professional Research Assistant. The IPA Lab researches lifestyle interventions to maintain and improve cardiovascular health throughout the lifespan.

HEALTH & WELLNESS PROGRAMS

SPARK and Groundworks Art Lab Pottery Class

Course #38255

Where: West Age Well Center

Date: 2nd Tuesdays, November 12

Time: 1 - 2:30 p.m.

No Fee



This program is designed for individuals living with neurodegenerative diseases, including dementia, Alzheimer's and Parkinson's, and accompanied by a caregiver or partner. Join SPARK and Groundworks Art for a monthly hand building class. Participants will learn the three fundamentals of pottery to make functional and whimsical pieces: pinch pots, coils, and slabs. Groundworks Art will supply all materials and tools, and all work will be processed at their Pottery Lab facility. Information will be given during the class about how to collect finished pieces. No experience necessary. **This program is sponsored through generous community donations.**

Early Dementia and Alzheimer's Disease

Course #38464

Where: East Age Well Center

Date: Thursday, November 14

Time: 10 - 11 a.m.

No Fee



Participants will learn about some of the latest research focusing on the 2024 study by Dr. Ornish. Discover the key modifiable lifestyle factors to improving conditions of early dementia and Alzheimer's Disease. Learn how factors like plant-based diets, stress reduction, movement, and staying mentally and socially active contribute to improved cognitive functioning. Instructor: Ann Thomasset holds a certificate in Plant-Based Nutrition through eCornell, and is a Building Healthy Communities leader with the Physicians Committee for Responsible Medicine.

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.

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.



















**Daylight Saving Time ends
Sunday, November 3
Set your clocks back one hour.**

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](#).

NOVEMBER 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.

NOVEMBER 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

Experimental Techniques in Transparent and Opaque Watercolor

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 watercolors 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.



Thursday Series

NEW! Series added due to popular demand



Course # 38946

Where: East Age Well Center

Dates: Thursdays, Nov. 7 - Dec. 19

(6 classes, NO class on 11/28)

Time: 1:00 – 4:00 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.

Wednesday Series

Course # 38491

Where: East Age Well Center

Dates: Wednesdays, Nov. 13 – Dec. 18

(6 classes)

Time: 1:00 – 4:00 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.



“Sally loves art and inspires her students to play in their exploration of many techniques. She freed me from feeling I could not create to enjoying whatever my mind and hands chose to do. Just plain fun.”

Watercolor and Gouache participant

LIFELONG LEARNING PROGRAMS

Facilitated Dialogue: Near Death / Nearer Life

Course #38252

Where: West Age Well Center

Dates: 1st and 3rd Thursdays, Nov. 7 and 21

Time: 10 - 11:30 a.m.

No Fee

The fall theme, "Near Death/Nearer Life" of this bi-monthly dialogue group invites a deeper exploration initiated in the prior "Near Death/ Near Life" series. 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. Group Leaders: Jim Kettering, Jackie Nelson, John King, and Julie Keith bring a wide variety of skills and experience in group facilitation.

Meet-up: Ranger Walk Louisville During the Great War

Course # 39146

**Where: Meet at Kerr Gardens,
100 Courtesy Rd. Louisville**

Date: Sunday, November 10

Time: 10 a.m. – 12:30 p.m.

No Fee

Join a guided walking tour on Louisville Open Space to explore how The Great War of 1914-1918 affected people, coal, agriculture, and mining in Boulder County and the Louisville area. A Ranger Naturalist and staff from the Louisville Historical Museum will guide participants over approximately 2 miles of packed gravel trail. The walking tour departs from Kerr Gardens. At the end of the walk, guides will shuttle participants back to Kerr Gardens in a City of Louisville van. Closest bus access to Kerr Gardens is via DASH from Downtown Boulder to South Boulder Rd & Hwy 42, requiring approximately 5 minutes of walking. Note: There is no sidewalk on the short stretch from South Boulder Road down Courtesy Road to the entrance of Kerr Gardens.



Philharmonic Ensemble Performance

Course #38837

Where: West Age Well Center

Date: Friday, November 8

Time: 1 - 2 p.m.

No Fee

Enjoy a live musical ensemble performance featuring Ryan Jacobsen, Boulder Philharmonic Orchestra's seating concert master and violinist, and Fernanda Nieto, pianist and Director of Education. This program will explore dynamic repertoire for violin and piano, including stories in music ranging from Beethoven to tango.



Sans Souci: Dance is Like a Fine Wine - Film Screening, Discussion and Optional Dance Class

Course #37377

Where: West Age Well Center

Dates: Tuesday, November 12

Time: 2:30 – 4 p.m.

No Fee

Sans Souci Festival of Dance Cinema presents "Dance is Like a Fine Wine," a monthly workshop series featuring screenings of short dance films, followed by facilitated discussion and optional dance class. In November, participants will screen "Walks with Me" (Finland), "JOAN" (Ireland), "Moutya Lapoud" (Seychelles), and "What Continues to Be" (USA). No dance experience required, modifications provided for physical limitations, and observation is welcome. November Instructor: Anna Pillot. This event is supported by grants from the City of Boulder's Human Relations Fund and Arts Commission.

This event is supported by grants from the City of Boulder's Human Relations Fund and Arts Commission.



LIFELONG LEARNING PROGRAMS



Active Minds with Older Adult Services

Active Minds: Hawaii

Course #38245

Where: West Age Well Center

Date: Wednesday, November 13

Time: 1 - 2 p.m.

No Fee

Join Active Minds to explore the history and culture of this Pacific paradise first settled by Polynesian sailors 1,000 years ago. British explorer James Cook's arrival in 1778 led to colonization and Hawaii's eventual statehood as the 50th U.S. state in 1959. In more recent years, Hawaii has been in the news for erupting volcanoes and devastating wildfires.

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



Active Minds: Taiwan

Course #38244

Where: East Age Well Center

Date: Monday, November 25

Time: 3 - 4 p.m.

No Fee

Join Active Minds as we look at the history of Taiwan and what the future may hold. Over centuries, various entities have claimed control of Taiwan, including the Portuguese, Dutch, Japanese and Chinese. In 1949, with the victory of Mao's Chinese Communist Party, US-supported Chiang Kai-Shek and his Kuomintang (KMT) Party fled China to Taiwan, where the US provided ongoing protection. Today, as China increases its global power, it poses a growing challenge for Taiwan.

This program is sponsored by Brookdale Meridian Boulder.



NEW! Groundworks Art Lab Printmaking Class

Course #38793

Where: West Age Well Center

Date: Friday, November 15

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

No Fee

Explore the art of printmaking in this introductory class. Each monthly session features a different print project, such as printing on paper, creating cards, or printing on fabric. Class includes instructor demonstrations and hands-on assistance designed for all levels of experience.

This program is sponsored through generous community donations.



Meet-up: Movie at Canyon Theater in Boulder Library

Course #38861

Where: Boulder Library, 1000 Canyon St.

Date: Friday, November 15

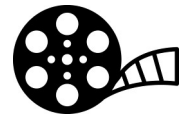
Time: 1 - 3:30 p.m.

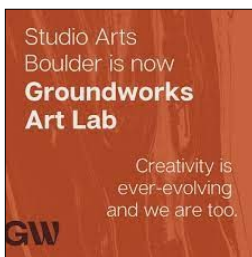
No Fee

"Singin' in the Rain", 1952, 103 minutes

This 1952 American musical romantic comedy film is directed and choreographed by Gene Kelly and Stanley Donen, starring Kelly, Donald O'Connor and Debbie Reynolds. It offers a lighthearted depiction of Hollywood in the late 1920s, with the three stars portraying performers caught up in the transition from silent films to "talkies".

Co-sponsored with Boulder Public Library District. Please arrive early to get settled and find a seat, coffee will be provided by library staff prior to the film. No escort will be provided, library staff will check-in registered participants. Doors open at 12:30, movie begins at 1 p.m.





Groundworks Art Lab Pottery Classes

Groundworks Art Lab Boulder offers 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 Groundworks Art Lab facility. No experience necessary.

Pottery Class EAST

Course #38796

Where: East Age Well Center

Date: Monday, November 18

Time: 10 – 11:30 a.m. Note time change

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

Pottery Class WEST

Course #38799

Where: West Age Well Center

Date: Wednesday, November 20

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 Groundworks Art Lab for recycling.

SmARTEE Virtual Tours Presents: “The Art of Trader Joe’s”

Course #38450

Where: Online

Date: Tuesday, November 19

Time: Noon - 1 p.m.

No Fee

Each Trader Joe's store is filled with art, from eye-catching product packaging to hand-painted signs and murals. This tour places Trader Joe's in an art history context, inspiring participants to find beauty in everyday items and discover art in daily surroundings.

This virtual tour will be led by Julie Averbach, founder of smARTEE, a nonprofit organization that promotes access to the arts and encourages positive well-being. **This program is funded by generous community donations.**

Living History Performance: Memories of Queen Eleanor

Course # 39144

Where: West Age Well Center

Date: Tuesday, November 19

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

No Fee



Attend this live reading of a memoir by Eleanor of Aquitaine, one of the most influential women of the Middle Ages. A symbol of power, strength, and influence for women in the medieval period, Eleanor was the mother of several children, including King Richard the Lion-Hearted. Reading performed by Paula Preston, retired from acting on stage and in film, and continues to write and perform at several Fringe festivals.

LIFELONG LEARNING PROGRAMS

Journaling

Course #38251

Where: West Age Well Center

Date: 3rd Thursday, November 21

Time: 1 - 2:30 p.m.

No Fee

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, experienced teacher with an MFA in fine arts and a lifelong practice of journal writing.



Holiday Iris Folding Card Making Class

Course #38859

Where: West Age Well Center

Date: Monday, November 25

Time: 1 - 3 p.m.

Fees: R/NR \$15/\$19

Participants will learn an intricate paper folding technique from early 20th century Holland called "Iris Folding" to create a holiday card. Colored paper strips will be folded in half and placed one by one on the inside of a numbered pattern. The card will be complete when reaching the center of the pattern, known as the "iris."

Instructor Joy Weinstein, a former art teacher for Denver Public Schools, continues to teach locally and participate in art events and festivals.



Thanksgiving Day
Thursday, November 28

Purple Art Creative Expression

Course #39156

Where: West Age Well Center

Date: Tuesday, November 26

Time: 2 - 3:30 p.m.

Fees: R/NR \$15/\$19

Purple Art invites participants to explore creativity through a series of mixed media art projects, encouraging free expression without judgment or prior experience. Guided by Cindy and Abby, participants receive support and enjoy a welcoming environment filled with humor and fun. 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.



TRIP: Cherokee Ranch and Castle Holiday Tea and Tour

Course #38416

Where: Meet at East Age Well Center

Date: Friday, December 20

Registration deadline is Friday, December 13

Time: 10:45 a.m. - 5 p.m.

Fees: R/NR \$75/\$94

Immerse yourself in the holiday ambiance in the grand hall of this 1450's Scottish-style mountaintop castle built in the 1920s. Participants will enjoy a selection of teas, finger sandwiches and sweet treats followed by a one-hour tour of the history and architecture of Cherokee Castle. Semi-formal attire is recommended. The tour takes place primarily on the ramp-accessible main level, however, access to the second floor requires the use of stairs. **The cost of this trip is subsidized through generous community donations.**



1-1 Technology Assistance

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

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.**

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



Tech Coaching - EAST

Where: EAST Age Well Center

Dates: Wednesdays, November 13 and 27

Time: 1 - 3:30 p.m. (30-minute appointment)

Tech Coach: Mary Haley

No Fee

Tech Coaching - WEST

Where: WEST Age Well Center

Dates: Mondays, November 4 and 25

Time: 1 - 3:30 p.m. (30-minute appointment)

Tech Coach: Mary Haley

No Fee



1-1 Technology Assistance with Boulder Universal Students

Course #38499

Where: West Age Well Center

Date: 2nd Wednesday, November 13

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

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

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

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

TECH: Cyber Security Workshop Series

Phishing, Smishing and Vishing

In this presentation, participants will learn the dangers of phishing (fraudulent emails), vishing (fraudulent phone calls); and smishing (deceptive text messages), as well as other common scams. Learn how to spot these scams and how to protect personal information to stay safe in the digital world. Instructor: North Rittner.

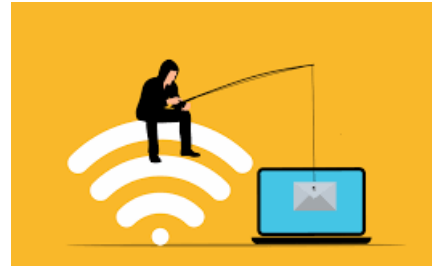
Course #38804

Where: West Age Well Center

Date: Monday, November 4

Time: 1:30 - 3 p.m.

No Fee



Password Managers: A Beginner's Guide

In this fun and friendly class, participants will learn how password managers can make online life easier and more secure. No more sticky notes or forgotten passwords. Review the secrets of password managers to safely manage one's online identity. Instructor: North Rittner.

Course #38805

Where: West Age Well Center

Date: Monday, November 18

Time: 1:30 - 3 p.m.

No Fee



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.

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
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
Mahjong - American	West	Mondays	11:30 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
Musical Open Mic	West	Fridays	12:30 – 3:30 p.m.	Margaret: margaretwildflower@gmail.com

Continued 

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
Pinochle	East	Thursdays	1 – 3 p.m.	Harvey: 303-923-7875
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

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	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](#) (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.
- Registration is required to participate in programs at the Age Well Centers. Exceptions include drop-in fitness and resource programs which only require check-in at the front desk.
- For online programs, please register by noon the day before the program, unless otherwise stated in program description.
- 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.

How to Register

- **Online:** Online registration requires an Active® account. To register for programs, 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 search for the program title or course code.
- **In-person:** at East and West Age Well Center during open office hours except holidays and closures.
- **By phone:** Call East or West Age Well Center during open office hours except holidays and closures.

Payment

- For all programs 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 is cancelled by Older Adult Services, a full refund will be processed according to the initial method of payment.
- If a program 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 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 bus 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 bus 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 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, waitlisted participants will be notified in order and the first person reached by staff is eligible for the opening. Payment is required at the time of confirmation to secure enrollment.

ACKNOWLEDGEMENT OF RISK/WAIVER OF LIABILITY

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

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

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

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

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

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



Project Homecoming

Discharged from a hospital or rehabilitation facility recently? 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 for helping in my recovery.” -A client



The Niche Market at Meals on Wheels of Boulder

3701 Canfield Street, Boulder
Monday – Friday, 9 a.m. – 6 p.m.

- *Think Goodness Foods*: Quiches, Pies and Soups. Handcrafted, freshly frozen, ready to bake/heat!
- Grab & Go for breakfast, lunch, and dinner.
- Convenience items

Pumpkin Pie Promotion:

November 18-27, 15% off our *Think Goodness Foods*

Pumpkin Pies while supplies last! Proceeds benefit

Meals on
Wheels of
Boulder!



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

Monday - Friday the Café is open to community members of all ages from 11 a.m. to 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!

We are growing and now deliver 300 plus meals per day. To volunteer: 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.

Forever Fit Classes

CHANNEL 8 WEBSITE: View Forever Fit classes designed for older adults through the Channel 8 website at <https://bouldercolorado.gov/boulder8/forever-fit>

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 (AWAC)
- Robert Borgess and Steve Orr from Boulder Fire-Rescue, Grace Greathouse from Intermountain Health and Sadie Marthaller from Boulder Community Health for offering the "Stepping On – Falls Prevention Series"
- Ann Thomasset for offering the presentation on "Blue Zones"
- Kara Traikoff from Boulder County Area Agency on Aging and Sadie Marthaller from Boulder Community Health for offering "A Mindful Approach to Falls Prevention"
- VIVA Theater for their generosity in donating 40 FREE theater tickets to older adults with low incomes to attend the performance "The Man Who Came to Dinner"
- TRU Community Care for offering monthly drop-in End of Life Coaching sessions – Talk Life! with volunteers Jean Manifesto and Eben Carsey
- Dr. Jessica Villena-Sánchez for offering the presentation on "Transportation 101"
- Diane Hullet for facilitating "Introduction to MAID and VSED"

Notice

Older Adult Services Recruiting for Age Well Advisory Committee (AWAC)

AWAC Committee members provide information regarding the quality of life and needs of older adults through lived experience within the City with a focus on diversity, inclusion, and equity. In addition, the Committee may also provide input on strategic planning, contribute to the development of programs and services, and provide outreach to the community on the services and programs provided by Older Adult Services. Learn more about AWAC's role on the [Age Well Advisory Committee website](#). To apply, [complete the application form](#). Accepting applications through December 13, 2024.



**Purple Art - Creative Expression
participants get creative with
watercolors**

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-ups & Trips
- Special Interest Groups
- Wellness Appointments
- Referrals and counseling on available options for housing, transportation, healthcare, food assistance and more!



Older Adult Services

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>