

Let's Age Well!

December 2024 Program Guide



Laura Olinger presenting "Foundational Strength for Falls Prevention"

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

December 24 and 25

Christmas

December 31 at noon through January 1

New Year

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

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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: 1st Wednesdays, December 4

West Age Well Center: 3rd Thursdays and 4th Mondays, December 19 and 23

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 Brusco 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.



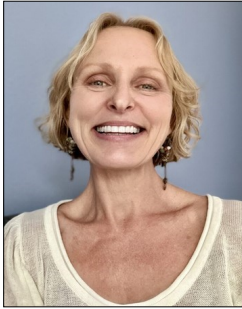
Please note: Based on professional audiology recommendations and a limited availability of appointments, Older Adult Services must now limit customer appointments for ear wax removal and hearing device cleanings to once every 3 months.

Next Hearing Clinics are Wednesdays, December 4 and January 8 by appointment only. To schedule an appointment call 303-441-3148 or visit the [Activity Search webpage](#).



Happy New Year 2025
from Older Adult Services

Massage Therapists



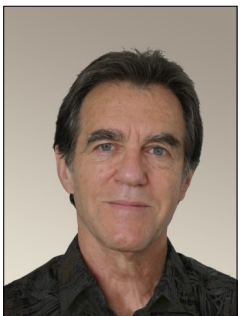
Lulu Delphine

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.



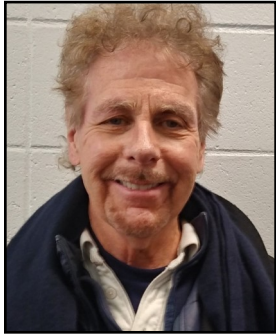
Stan Zweber

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 January appointments opens Wednesday, December 4 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: Mondays

Time: 1 - 2:15 p.m. (one appointment each Monday)

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 January appointments will open Wednesday, December 4 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, December 2

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.



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.

AARP Driver Safety Course

Course #38935

Where: East Age Well Center

Date: Thursday, December 12

Time: 8:15 a.m. – 12:30 p.m.

Fees: \$20 for AARP members and \$25 for non-members is paid directly to the instructor the day of the class. Cash or check only. No credit cards.

Participants will learn the current rules of the road, defensive driving techniques, and how to operate their vehicles more safely in today's increasingly challenging driving environment. Registration is required and space is limited. Register now by calling 303-413-7290.

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

Where: East Age Well Center

Date: Wednesday, December 18

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.

Conversations About Death

No meeting in December, the program will start again in January 2025.

RESOURCE PROGRAMS

City of Boulder Utility Billing: Learn About the New Self-Service Billing Portal



On November 25, 2024, the City of Boulder Utility Billing launched a new [customer self-service billing portal](#). This change will improve customer experience through streamlined payment options and an enhanced customer portal. **All customers will need to re-register on the new customer website.** In February of 2025 there will be an additional system change to paperless billing.

Staff from Utility Billing will be onsite at the Age Well Centers to answer questions about both the new portal and the paperless billing process.

Two drop-in dates available:

- **West Age Well Center: December 10 10 a.m. - 1 p.m.**
- **East Age Well Center: December 12 10 a.m. - 1 p.m.**

These are drop-in sessions and customers will be seen in order of signing up at the front desk. Upon arrival, please check in at the front desk to put your name on the drop-in list.

COMING SOON!

AARP Foundation Tax-Aide Program



The AARP Foundation Tax-Aide Program will offer free tax preparation and assistance on Tuesdays and Fridays at the East Age Well Center beginning **February 4 through April 11, 2025**. This program serves taxpayers with low and middle incomes with an emphasis on older adults and is supported through a partnership with the IRS and the AARP Foundation. Returns will be prepared by appointment only and will be completed on site at the East Age Well Center during your scheduled appointment. Please bring photo ID, a checkbook for routing and account numbers for direct deposit, Social Security cards or other documents that list full Social Security numbers for every person on your return, and all current-year tax documents (W-2, 1099, Social Security statements, year-end bank and broker statements, etc.). Last year's tax return is very helpful but not required.

Starting January 6, 2024, appointments can be made online at <https://cotaxaide.org/appt/> or by phone at 303-884-0610 for times between 9 a.m. and 1 p.m. Questions about the AARP Tax-Aide Program in Boulder can be directed to 303-440-8104.

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

Popular Line Dances

Course #38188

Where: West Age Well Center

Dates: Tuesdays, December 3 - 17
(3 classes)

Time: 1 - 1:45 p.m.

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

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 #38187

Where: East Age Well Center

Dates: Thursdays, December 5 - 26
(4 classes)

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

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

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.



Tea Dance

Where: East Age Well Center

Dates: 2nd & 3rd Fridays
December 13 and 20

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

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.



HEALTH & WELLNESS PROGRAMS

Chair Yoga and Balance

These classes bring together postures and techniques of yoga with the support of a chair. Participants will work together on seated postures, balancing, and more. All levels of experience welcome. Instructor: Peter Michaelson.



Monday Series

Course #38236

Where: West Age Well Center

Dates: Mondays, December 2 - 30 (5 classes)

Time: 10 - 10:45 a.m.

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

Friday Series

Course #38239

Where: West Age Well Center

Dates: Fridays, December 6 - 27 (4 classes)

Time: 10 - 10:45 a.m.

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

Strength and Alignment

Wednesdays

Course #38243

Where: West Age Well Center

Dates: Wednesdays, December 4 - 18 (3 classes)

Time: 10:15 - 11 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.

Mindfulness Meditation

Course #40068

Where: West Age Well Center

Date: Wednesday, December 4

Time: 1-2 p.m.

Fee: No Fee

Mindfulness meditation is a practice of encouraging attention to the present moment. By allowing for awareness of what is most present now, participants will develop the capacity for increased focus, openness, and peace. Each session will include guided meditation, with emphasis on bringing purposeful and kind attention to the experience, followed by time for reflections and questions about the practice. Beginners and experienced meditators welcome. Facilitator: Kara Traikoff is the Wellness Program Specialist with Boulder County Area Agency on Aging. She has a background in offering Mindfulness-Based Stress Reduction (MBSR) and adapted mindfulness courses.



SPARK and Groundworks

Art Lab Pottery Class

Course #38255

Where: West Age Well Center

Date: 2nd Tuesdays, December 10

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.




















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](#).

DECEMBER 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 Stephanie	 9 - 9:45 a.m. SilverSneakers Classic Terry 	 8:30 - 9:30 a.m. Fit & Strong / SilverSneakers Boom Stephanie	
 - 10:45 a.m. SilverSneakers Yoga Andrea 	 9:45 - 10:30 a.m. SilverSneakers Classic Stephanie 	10 - 10:45 a.m. Chair Yoga and Balance Peter 	 9:45 - 10:30 a.m. SilverSneakers Classic Stephanie 	
11 - 11:45 a.m. Zumba Gold Lidia	10:45 - 11:45 a.m. Healing Qigong Nancy 	11 - 11:45 a.m. Zumba Gold Lidia	11 - 11:45 a.m. Chair Yoga and Balance Teresa 	 11 - 11:45 a.m. SilverSneakers Classic Terry 
1:30 - 2:15 p.m. Chair Yoga and Balance Peter 				12:15 - 1 p.m. Joy of Movement Dance Fitness Judy

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

DECEMBER 2024 Warm Water Fitness Schedule Drop-in Classes

All classes below held in East Boulder Community Center (EBCC) Pool. Additional drop-in classes and open pool times through EBCC Aquatics may be found here: <https://bouldercolorado.gov/services/fitness-and-mind-body>

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

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 9:00 am Aqua Yoga Shallow Leisure Pool Soraya		8:00 - 9:00 a.m. HydroFit Shallow Leisure Pool Soraya		8:00 - 9:00 a.m. HydroFit Shallow Leisure Pool Soraya
9:00 - 10:00 a.m. Hydrofit Deep Deep Water Pool Soraya		9:00 - 10:00 a.m. Hydrofit Deep Deep Water Pool Soraya		9:00 - 10:00 a.m. Hydrofit Deep Deep Water Pool Soraya

Warm Water Fitness Class Descriptions

Aqua Yoga Shallow Aqua yoga provides a supportive environment to improve your flexibility, range of motion and balance. Traditional yoga poses are modified for the shallow warm water leisure pool. Cooldown after a morning water workout or start the day with a relaxing yoga session.

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

Shakespeare Series: “The Tempest”

Course # 38261

Where: Online

Dates: Wednesdays and Fridays
December 4 - 27 (7 classes)

Time: 10 – 11 a.m.

Fees: R/NR - \$70/\$88 (Fee is per household, contact Program Manager, Hales Brown, at 303-441-1976 to register a household member.)

This online series studies “The Tempest”, a blend of comedy, tragedy, and fantasy. Open to adults aged 60 and older, the class encourages participant discussion and requires no prior knowledge. Instructor: Lori Lucas is a lecturer at CU Boulder and long-time resident of Boulder.



Meet-up: Japanese Oubaitori Flower Exhibition and Ikebana Demonstration

Course #40090

Where: Boulder Library Canyon Gallery
1000 Canyon Blvd., Boulder

Date: Sunday, December 7

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



No Fee

The Japanese concept of Oubaitori observes the qualities of plants, fruits, and flowers. The Boulder Library Canyon Gallery will feature over 50 live ikebana flower arrangements, Edo Period scrolls and Japanese artworks to browse. An ikebana flower arrangement demonstration will also be held in the Boulder Canyon theater. Self-pay coffee and refreshments are available at the Library Café.



Facilitated Dialogue: Near Death / Nearer Life

Course #38252

Where: West Age Well Center

Dates: 1st and 3rd Thursdays
December 5 and 19

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 and Sally King bring a wide variety of skills and experience in group facilitation.

“Linda Gerstle is an inspiration and is a helpful and effective teacher.”

Participant in previous drawing class with OSMP Naturalist Linda Gerstle

Watercolor Basics with OSMP: Fruits and Vegetables

Course #40103

Where: West Age Well Center

Date: Monday, December 9

Time: 9 a.m. - noon

No Fee

Receive instruction in watercolor basics to paint fruits and vegetables. Basic art materials provided. No experience necessary. Participants may bring personal materials including paper, pencils, watercolor paint, brushes, and fruits or vegetables. Instructor: OSMP Naturalist Linda Gerstle.



Purple Art Creative Expression

Course #40086

Where: West Age Well Center

Date: Monday, December 9

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. In December, create a colorful project inspired by Friedensreich Hundertwasser's unruly and vibrant artistic style and rejection of straight lines.

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.

NEW! Life Stories by Pat Peterson

Course #40064

Where: West Age Well Center

Date: Tuesday, December 10

Time: 11 a.m. – noon

No Fee

Pat Peterson has lived a life of adventures and amazing encounters. In December, Pat's stories will range from the history of a North African stuffed elephant received for Christmas in 1943, falling off Longs Peak while rock climbing in the 1950s, an Eldora moose encounter while cross-country skiing, and a rowboat rescue on the Atlantic Ocean. Pat Peterson is an author and a Boulder native and former Fulbright Teaching Fellow with a lifetime of stories to share.



Active Minds with Older Adult Services

Active Minds: South China Sea

Course #38254

Where: West Age Well Center

Date: Wednesday, December 11

Time: 1 - 2 p.m.

No Fees

The South China Sea, a vital and strategic waterway between China, Vietnam, Malaysia, Indonesia, and the Philippines, holds key trade routes, oil reserves, and fishing rights. Join Active Minds for an in-depth look at the South China Sea and its history in trade routes.

This program is sponsored by Brookdale Meridian Boulder.

Active Minds: Dmitri Shostakovich

Course #38253

Where: East Age Well Center

Date: Monday, December 16

Time: 3 - 4 p.m.

No Fees

Dmitri Shostakovich created music that ranged from experimental to deeply emotional. This music often responded to Soviet political pressures, balancing fear of censorship with reward. Join Active Minds to explore Shostakovich's impact on 20th-century classical music.

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

LIFELONG LEARNING PROGRAMS

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 #38797

Where: East Age Well Center

Date: Monday, December 9

Time: 10 – 11:30 a.m.

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



Pottery Class WEST

Course #38800

Where: West Age Well Center

Date: Wednesday, December 18

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.

Journaling

Course #38251

Where: West Age Well Center

Date: 3rd Thursday, December 19

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.



Meet-up: Hotel Boulderado Tour

Course #40104

Where: Hotel Boulderado, 2115 13th St Boulder

Date: Tuesday, December 10

Time: 10:15 a.m. – 11:30 a.m.

(Tour starts at 10:30 a.m.)

Fee: \$20 per person to be paid at Hotel Boulderado

Get a taste of Boulder history on this guided 45-minute tour during the holiday season. Since 1909, Hotel Boulderado has offered Rocky Mountain elegance in the heart of downtown Boulder. Participants will experience the charm of an historic landmark with Victorian heritage and extensive holiday decorations including a 28-foot Christmas tree in the lobby. Following the tour, participants may attend lunch on their own (self-pay), lunch reservations not included in tour registration.

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

Course #37378

Where: West Age Well Center

Date: Tuesday, December 10

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 December, participants will screen holiday/winter-themed films – "Radiobody" (USA), "Refuge" (Canada) and "When Snow Falls" (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.



[BIFF Films and Online Discussion: Short Films #2](#)

Course #39828

Where: Online

Date: Monday, December 16

Time: 2-3 p.m.

No Fees

Boulder International Film Festival (BIFF) brings independent films and discussion to older adults. One week prior to the online facilitated discussion, participants will receive an email with an online link to view the short films. Please watch the films beforehand, as the film will not be viewed during the December 16 online discussion facilitated by Patti Bruck.

"Yellow" Afghanistan/UK, Short Film, 13 minutes, 2023, subtitled; "Dead Cat" Canada, Short Film, 13 minutes, 2023; "Bienvenidos a Los Angeles" US, Short Film, 17 minutes, 2022; "We Have Notes" US, Short Film, 14 minutes, 2024; "The One Note Man" UK, Short Film, 21 minutes, 2023



NEW! [CRAFTS: Dichroic Fused Glass Art Workshop](#)

Course #40094

Where: West Age Well Center

Date: Monday, December 16

Time: 2 – 3:30 p.m.

Fee: \$20 per person

Create unique fused glass art using pre-cut bases and colorful dichroic glass embellishments. Dichroic refers to objects that show two different colors depending on angle or lighting. Each participant will be guided to create two one-of-a-kind pendants or magnets. Finished pieces are kiln fired at the SweetArts Glass Studio and returned to the Age Well Center for pickup. Instructor: Melissa Sweetser is a longtime Boulder resident with over 10 years experience in glass art and a passion for bringing workshops to older adults in the Front Range.

NEW! [Groundworks Art Lab Printmaking Class](#)

Course #38794

Where: West Age Well Center

Date: Friday, December 20

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 Boulder Library Canyon Theater](#)

Course #38862

Where: Boulder Library Canyon Theater

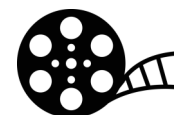
1000 Canyon Blvd, Boulder

Date: Friday, December 20

Time: 1:00 – 3:30 p.m.

No Fee

"White Christmas" is a 1954 American musical film directed by Michael Curtiz. Two WWII veterans become entertainers and team up with a sister act to save a failing inn in Vermont, owned by a former commander. Full of romance, humor, and famous songs like Irving Berlin's "White Christmas," the movie celebrates loyalty and holiday spirit. Co-sponsored by Boulder Older Adult Services and the 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. Doors open at 12:30, movie begins at 1:00 p.m.



TECHNOLOGY PROGRAMS

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, December 11 and 18
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, December 9 and 16
Time: 1 - 3:30 p.m. (30-minute appointment)
Tech Coach: Mary Haley
No Fee

TECH: Building an Online Community to Stay Connected

Digital communities on social media and other platforms help people stay connected, share interests, and provide social support. This workshop covers how to be a part of these communities and shares examples of successful online communities involving older adults.

Instructor: Lucy Kuchta is the owner of the technology company Quinsight and has partnered with BCAA and the Empower with Tech program.

This is a Boulder County Area Agency on Aging (BCAAA) sponsored class, available to Boulder County residents aged 60 and over.

TECH: Building an Online Community - IN-PERSON

Course #38271
Where:: West Age Well Center
Date: Tuesday, December 3
Time: 10 a.m. – noon

Tech: Building an Online Community - ONLINE

Course #38273
Where: Online
Date: Wednesday, December 4
Time: 10 a.m. – noon
No Fees

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.	Cindy: 248-633-4567
Mahjong - Chinese Classical	West	Wednesdays	1 – 3 p.m.	Jeanny: 720-436-5361
Pinochle	East	Mondays Thursdays	10 a.m. – 12 p.m. 1 - 3 p.m.	Harvey: 303-923-7875
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

GENERAL INFORMATION

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.

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.

MEALS ON WHEELS



Colorado Gives Day is December 10: [Make an early gift today! coloradogives.org/mowboulder](https://coloradogives.org/mowboulder)



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

Merry Quiche-mas is December 9-23

Choose from 7 Fabulous Flavors!

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

 Check out our Gift Guide with gifts that benefit Meals on Wheels of Boulder 

<https://mowboulder.org/give/gift-guide/>

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>

THANK YOU'S

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)
- TRU Community Care for offering monthly drop-in End of Life Coaching sessions – Talk Life! with volunteers Jean Manifesto and Eben Carsey
- Diane Hullet and Margaret Kane for offering a presentation on solo aging
- Morgan Berryman-Maciel, Senior Professional Research Assistant and Dr. Brendan Kaiser, Research Associate from the CU Boulder's IPA Lab for presenting "CU Boulder Physiology of Aging Clinical Trials: From Initial Insights to Impact"
- Ann Thomasset, Building Healthy Communities Leader with the Physicians Committee for Responsible Medicine for presenting "Early Dementia and Alzheimer's Disease"
- Paula Preston for performing "Memories of Queen Eleanor"
- Todd Marshall for escorting the group for the "Ranger Walk Louisville During the Great War"
- North Rittner for presenting a 3-part cybersecurity workshop series
- Ryan Jacobsen and Fernanda Nieto of Boulder Philharmonic for playing an ensemble performance
- Boulder Universal students for providing 1 to1 technology assistance

ANNOUNCEMENTS

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.**

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.

A LOOK BACK AT 2024!



Legendary Ladies
History Performance



Technology Coaching



Strength and Alignment



May Day Celebration
Hula Dance Lesson



Tom Yook plays
for Tea Dance



StreetWise
Boulder Murals Tour



Tech Help with
Boulder Universal Students



East Table Tennis
Group



Mahjongg 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:

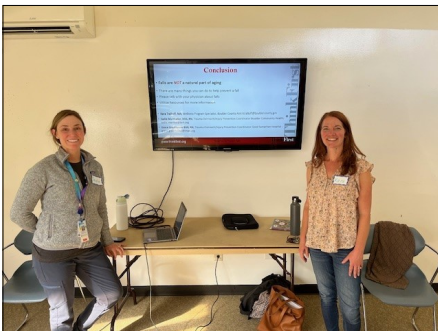
- Health & Wellness Programs
- Aging in Place Programs
- Lifelong Learning Classes
- Meet-ups & Trips
- Special Interest Groups
- Wellness Appointments
- Referrals and counseling on available options for housing, transportation, healthcare, food assistance and more!



Ann Thomasset presents on the Blue Zones



Enjoying the Halloween Spirit



A Mindful Approach to Falls Prevention instructors



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>