

Let's Age Well!

November 2023 Program Guide



Open Dance Special Event at East Age Well Center



City of Boulder
Housing and Human Services
Older Adult Services
www.boulderolderadultservices.com

OLDER ADULT SERVICES

Welcome!

Older Adult Services mission:

To inspire and empower older adults to age well through community connection, learning, and play.



West Age Well Center

909 Arapahoe Ave. Boulder, CO 80302

303-441-3148

Monday - Friday, 9:00 a.m. - 4:00 p.m.



East Age Well Center

5660 Sioux Drive, Boulder, CO 80303

303-413-7290

Monday - Friday, 8:00 a.m. - 4:30 p.m.



Meals on Wheels Eat Well Café

Inside the West Age Well Center

Open for lunch

Monday - Friday

11 a.m. - 1 p.m.

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East and West Age Well Centers CLOSED

Friday, November 10 - Veterans Day

Thursday, November 23 - Thanksgiving

Friday, November 24

STAFF CONTACT INFORMATION

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Older Adult Services Case Managers

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Facilities Operations Specialist

Cody Carlough, carloughc@bouldercolorado.gov

Program Support Specialist

Lorna McClanahan, mcclanahanl@bouldercolorado.gov

Customer Service Representatives

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

Fitness/Dance Instructor Judy Kreith


Yoga Instructor Peter Michaelson

Older Adult Services Case Managers

Older Adult Services provides case management through a continuum of support to meet an older adult's comprehensive needs to ensure safety, quality of life, and effective outcomes.

Counseling on options for housing, transportation, healthcare, food assistance and more are available for City of Boulder residents age 60 and older and their family caregivers.

Drop-in hours for the Older Adult Services Case Managers at the West Age Well Center are Tuesdays and Thursdays, 10:00 a.m. – 1:30 p.m.

 303-441-4388

HEALTH AND WELLNESS APPOINTMENTS

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

NEW! Dental Aid Appointments at the West Age Well Center

Older Adult Services is excited to announce a new partnership with Dental Aid as part of the Health and Wellness services hosted onsite at the West Age Well Center. Dental Aid offers



comprehensive oral health care services that are competitively priced and on par with private dentists in the area. Onsite dental outreach services will consist of preventive and diagnostic care and basic restorative procedures for older adults aged 60 and older. **Services with a Dental Hygienist will be scheduled on Tuesdays and Thursdays beginning December 5.** To schedule a Dental Aid appointment at the West Age Well Center or review questions regarding dental insurance coverage and payment options, please contact Dental Aid directly at **303-499-7072** and please mention this advertisement.

Foot Care Appointments Provided by Visiting Nurses Association

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



East Age Well Center: 1st Wednesdays

West Age Well Center: Mondays

Cost is \$55.

Cash not accepted, credit card preferred but checks welcome and possibly no copay with some Kaiser plans. Call 303-698-6496 to schedule an appointment, to check your Kaiser benefits, or for additional information.

Monthly Hearing Clinics with Family Hearing

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



Please Note: Based on professional audiology recommendations and a limited availability of appointments, Older Adult Services must now limit customer appointments for ear wax removal and hearing device cleanings to once every 3 months. Next Hearing Clinics: **Wednesdays, November 1 and December 6**, by appointment only. To schedule an appointment call 303-441-3148 or [register online](#).

UPDATE! Older Adult Services Massage Program

As many customers are aware, Older Adult Services (OAS) sponsored a robust Massage Program prior to the COVID-19 pandemic with eight contracted therapists providing weekly massage appointments for ages 60 and older at a reasonable rate.

From 2021 through 2023, OAS chose to resume offering massage. During this time OAS has made numerous attempts to hire new therapists to rebuild the program with no success. Post-pandemic, there is not only a national shortage of massage therapists, but our current model to keep massage prices low for customers is also no longer working to attract new therapists. We have been so grateful to Lynn Swearingen and Sue Turner for working with us during this time.

In November and December 2023, OAS will be working with one massage therapist and minimal appointments, as we explore a new program model which will be changing after the end of 2023. We appreciate your patience and understanding as we work on creative ways to rebuild our massage program.



Lynn Swearingen is a Licensed Massage Therapist in Colorado who has bodywork experience practicing acupressure, massage, Comfort Touch, and intuitive counseling with clients of all ages. She creates space for clients to experience deeper communication with mind, body and spirit. **Available Tuesdays and 1st and 3rd Fridays**

Please inform the massage therapist when you arrive for your appointment which of the following services you prefer, or a combination is also acceptable:

Therapeutic Massage: promote good health and a sense of well-being with a therapeutic massage. Certified massage therapists offer Swedish and Integrative Massage.

Hand and Foot Reflexology: a combination massage and acupressure treatment on the feet and hands, based on the principle of reflex areas that relate to every organ and to all parts of the body.

Massage Appointment Information

- All massage appointments are now held at the East Age Well Center
- Massage fees are \$60/Resident and \$75/Non-Resident
- Appointments are available on Tuesdays and some Fridays
- Massage registration opens at 9:00 a.m. on the first business day of the preceding month. **Registration for December massage appointments will open on Wednesday, November 1 at 9:00 a.m.**
- Registrations are limited to one appointment per month, per person
- Appointments are limited to one 1-hour appointment per day
- When a massage practitioner is unavailable for a scheduled massage, the customer will be notified and offered a substitute therapist, if available
- See page 24 for Registration, Payment, Cancellation and Refund Policies

RESOURCE PROGRAMS

Community Protection Division Drop-in Office Hours

Where: West Age Well Center

Date: 1st Monday, November 6

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



Purchased a used car recently and the dealership is not honoring the warranty? Hired a contractor to do some work on the home and the work is not as expected? Unsure about all the emails and phone calls you get? These are just a few issues the Community Protection Division at the Boulder County District Attorney's Office can help find answers to. Older adults can meet with a Community Protection Specialist one time a month for 15-30 minutes to discuss personal situations and ask questions. Drop-in on a first-come, first-served basis, no registration required. Customers must check in at front desk. **The Community Protection Specialist is not able to answer legal questions or provide legal advice.**



Holiday Scams

Course #33906

Where: Online

Date: Tuesday, November 7

Time: 1:00 - 2:00 p.m.

In this program, participants will learn about scams and frauds that often appear this time of year, whether by phone, email, popup, mail, or even at the door. Additional topics covered will include identity theft and how to keep personal information and money safe in this technological age. Presented by Desiree Firle, Community Protection Specialist with the Community Protection Division, Boulder County District Attorney's Office.

Understanding Alzheimer's and Dementia



Course #34274

Where: West Age Well Center

Date: Wednesday, November 15

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

Alzheimer's disease is not a normal part of aging. In this program, participants will learn about the impact of Alzheimer's, the difference between Alzheimer's and other dementias, stages and risk factors, current research, treatments available for some symptoms, and Alzheimer's Association resources. Presenter: Don King, Alzheimer's Association Community Educator. Sponsored and presented by Colorado Alzheimer's Association.

Conversations about Death (previously called Death Café)

Course #33425

Where: Online

Dates: 4th Tuesday, Nov. 28

Time: 10:00 - 11:15 a.m.



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

Cultivate Information Table

Where: West Age Well Center Lobby

Dates: 4th Tuesday, November 28

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

Cultivate is a non-profit organization that connects older adults with volunteers to assist with a variety of needs including home repairs, grocery delivery, lawn care, and snow removal. Stop by the information table in the lobby staffed by Cultivate's Outreach Specialist, Virginia Bryan.

DANCE PROGRAMS

Ballroom Dancing - Waltz

Course #33413

Where: East Age Well Center

Dates: Thursdays, November 2 - 30
(4 classes, NO class 11/23)

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

Fees R/NR \$32/\$40

Learn ballroom dance fundamentals including techniques for leading and following, creating a solid dance frame and traveling around the floor with dance steps and patterns of Waltz. Smooth soled shoes highly recommended. Individuals welcome, no partner required. Instructor: Judy Kreith.



Jazz Dance Series

Course #33417

Where: East Age Well Center

Dates: 2 classes on Fridays,
November 3 and 17
(NO class 11/10 and 11/24)

Time: 12:30 - 1:30 p.m.

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

Jazz Dance incorporates elements of technique from many other dance styles. This class will include movements like Chasses, Jazz Squares, Slides, Kick Ball Change, Pivot Turns, Syncopated Rhythms and Body Isolations. Designed to show stylish expression with a variety of musical styles, participants will dance these combinations in the center of the room and traveling across the floor. All levels welcome! Instructor: Judy Kreith.



Popular Line Dances

Course # 33415

Where: West Age Well Center

Dates: Tuesdays, November 7 - 28 (4 classes)
Time: 1:00 - 2:00 p.m.

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

Learn fun line dances including The Madison, Mama's Stew, La Fiesta Cubana and Ain't Misbehavin'. Other favorites will include Jeruselema, Mardi Gras Mambo and Dance With Everybody. Line dancing is a fun, invigorating activity and utilizes music from around the world. Individuals and beginners welcome, no partner required. Instructor: Judy Kreith.



Tea Dance

Where: East Age Well Center

Dates: Fridays, November 3 and 17

Time: 2:00 - 4:00 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.**



Private Dance Lessons with Judy Kreith

Private dance lessons are available through Older Adult Services for individuals or couples (maximum 2 people). Styles of dance may include swing, salsa, foxtrot, waltz, line dancing, jazz and more. East or West Age Well Center, by appointment. Fees: R/NR \$50/\$63 per hour. For information contact Maureen Dobson, Sr. Program Manager, at dobsonm@bouldercolorado.gov or call 303-441-3012.



3rd Law Dance/Theater's In Motion Project

Course #33708

Where: West Age Well Center

Dates: Weekly on Thursdays

Time: 1:00 - 2:00 p.m.

These movement classes are for people living with Parkinson's, but benefit anyone with mobility concerns. Classes welcome and include people of all abilities, as well as families, friends and care-partners. No dance experience required, class may be enjoyed seated or standing. Discover diverse dance styles to energizing and inspiring music and practical movement methods that address balance, flexibility, and confidence. **Prior registration preferred, but drop-ins welcome.** Instructors: Taught by dance professionals trained in the Mark Morris Dance for PD® method, part of a global network in 300+ communities.



HEALTH AND WELLNESS PROGRAMS

Progressive Muscle Relaxation Meditation Series

Course # 33356

Where: Online

Dates: Meets weekly on Tuesdays

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

Meditation increases focus and mindfulness through techniques that help participants experience a calm and peaceful state. Increased focus and mindfulness may also help to decrease fall risk. This online class is tailored for those 60 years and older. Breath work is followed by a 20–30 minute progressive muscle relaxation using guided meditation, breath, and imagery. There is Q&A time at the end of class. Sponsored in partnership with Boulder Community Health.

Instructor: Joan DePuy, RN, BSN, is the Trauma Outreach/Injury Prevention Coordinator for BCH and a Certified Reiki Master Level Practitioner.



Managing Holiday Treats and Stress

Course #34250

Where: East Age Well Center

Date: Thursday, November 16

Time: 10:00 - 11:30 a.m.

During the holidays it's hard to avoid a celebration without an abundance of cookies, pies, cakes, party food, and alcohol. This presentation will review ways to create a mind-body approach to better health and how to enjoy the holidays with foods that stabilize instead of increase blood sugar. The instructor will discuss how stress and blood sugar are connected, how to lower blood sugar, the inflammation it causes, disease risks, and functional age. Instructor: Erin Williams, MSN CN LMP, is the founder of EZBalance, a health and wellness company.



Chair Yoga and Balance Series

Course #33420

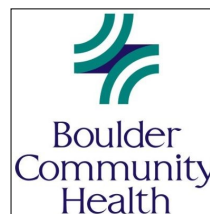
Where: West Age Well Center

Dates: 2 classes on Fridays, Nov. 3 and 17
(No class 11/10 and 11/24)

Time: 10:00 - 10:45 a.m.

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

This class brings together postures and techniques of yoga with the support of a chair. Participants will work together on seated postures, balancing, and more. All levels of experience welcome. Instructor: Peter Michaelsen.



BCH Parkinson's Fitness: PWR Exercise4BrainChange®

Where: West Age Well Center

Days: Each Friday

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

Sponsored by Boulder Community Hospital, this dynamic class targets the motor and non-motor symptoms of Parkinson's Disease that interfere with everyday movement. Join in the action to increase balance, flexibility and posture, improve gait, prevent falls and optimize brain health with PWR Exercise4BrainChange using PWR!Moves™, created by neuroscientist Dr. Becky Farley. Instructors: Nancy Hillmer, OT and Mary Richardson, PT, PWR!Therapists™ trained by Parkinson Wellness Recovery.

Class requirements: able to stand independently at least 2 minutes, able to walk independently at least 200 feet with or without an assistive device. Written clearance from physician is recommended. **For more information and/or to register, contact 303-415-4408 and leave a message, or email Mary Richardson at mrichardson@bch.org.**

Feldenkrais: Move With Ease

The Feldenkrais Method® of somatic education uses gentle movement and directed attention to help people learn new and more effective ways of living. Increase ease and range of motion, improve flexibility and coordination, and rediscover an innate capacity for graceful and efficient movement. By improving quality of movement, unnecessary muscular tensions throughout the body can reorganize and release. Instructor: Gil Kelly personally trained with Dr. Moshe Feldenkrais, and has been teaching classes for 40 years.

Chair-Based Series



Course #34251

Where: West Age Well Center

Dates: Mondays, November 6 - December 18
(NO class 11/20)

Time: 1:00 - 2:30 p.m.

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

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

Mat-Based Series



Course #34252

Where: East Age Well Center

Dates: Tuesdays, November 7 - December 12

Time: 2:30 - 4:00 p.m.

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

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.

“This is a life changing experience. I leave each class with new expectations about moving with ease and joy.”

- Feldenkrais program participant

2023 Older Adult Services Scholarship Program

The Older Adult Services Scholarship Program provides eligible applicants a \$25 credit that can be used to register for Older Adult Services registered fitness, health and wellness classes, lifelong learning programs, trips, and massage for older adults. Limited scholarships are available on a first-come, first-served basis.










No application will be accepted after November 30, 2023. Funds must be used within 6 months from the date of approval within the 2023 calendar year. To be eligible, applicants must be 60 years of age or older, a resident of the City of Boulder, and meet financial eligibility requirements.

For more information, call 303-441-4388. Scholarship application forms are available at East and West Age Well Centers.

FITNESS CO-SPONSORED WITH PARKS & REC

November Drop-in Fitness Schedule

All fitness classes below are held in East Age Well Center Ballroom. Additional drop-in classes at East Boulder Community Center may be found here: www.bprfitness.org. Fees: There is no cost for SilverSneakers®, Silver&Fit® and Renew Active™ passholders for ANY class listed below. All other participants may purchase a variety of pass packages from any Parks and Rec Center or the East Age Well Center.

Monday	Tuesday	Wednesday	Thursday	Friday
	 8:30 - 9:30 a.m. Fit & Strong / SS Boom Stephanie	 9:00 - 9:45 a.m. SS Classic Terry 	 8:30 - 9:30 a.m. Fit & Strong / SS Boom Stephanie	
 10:00 - 10:45 a.m. SS Yoga Andrea 		10:00 - 10:45 a.m. Chair Yoga and Balance Peter 		
11:00 - 11:45 a.m. Zumba Gold Lidia		11:00 - 11:45 a.m. Zumba Gold Lidia		 11:00 - 11:45 a.m. SS Classic Terry 
		12:00 - 1:00 p.m. Restorative Yoga for Older Adults Teresa		

Fitness Class Descriptions

Chair Yoga and Balance This class brings together postures and techniques of yoga with the support of a chair. We will work together on seated postures, balancing, and more. All levels of experience welcome.

Fit and Strong / SilverSneakers® BOOM The class is perfect for the beginner and veteran exerciser and emphasizes cardiovascular fitness, muscular strength and flexibility. Core strength is emphasized in all movements. This class includes a cardiovascular warm up, a relaxing cool down, and constant attention to balance. Equipment used in class may include hand weights, resistance tubing and fitness balls. Exercises can be done standing, on a mat, or seated in a chair. All levels welcome. Please wear footwear appropriate for a low-impact aerobics class and bring a water bottle.

Restorative Yoga for Older Adults With personal attention to comfort and deep relaxation, participants are invited to explore through breath the ease and joy of Restorative Yoga. Postures are done on the mat and held for 10-12 minutes with props for support. Props are a primary part of the class and the focus is on total relaxation.

FITNESS CO-SPONSORED WITH PARKS & REC

SilverSneakers® Classic Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

SilverSneakers® Yoga Seated and standing yoga poses to increase flexibility, balance and range of motion.

Zumba Gold Zumba Gold is perfect for active older adults, people who are new to Zumba, or anyone needing a fun, safe, effective workout without the high impact. Take a musical trip around the world with easy-to-follow choreography that focuses on balance, range of motion, flexibility, and coordination. No dance background is required. If you can march in place, you can enjoy Zumba Gold.

November Water Fitness Drop-in Schedule

All classes below held in East Boulder Community Center (EBCC) Pool. Additional drop-in classes and open pool times through EBCC Aquatics may be found here: www.bprfitness.org.

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

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 8:50 a.m. River Water Mondays Leisure Pool Nonie		8:00 - 8:50 a.m. HydroFit Shallow Leisure Pool Soraya		8:00 - 8:50 a.m. HydroFit Shallow Leisure Pool Soraya
9:00 - 9:50 a.m. Hydrofit Deep Deep Water Pool Soraya		9:00 - 9:50 a.m. Hydrofit Deep Deep Water Pool Soraya		9:00 - 9:50 a.m. Hydrofit Deep Deep Water Pool Soraya
		10:00-10:50 a.m. Aqua Yoga Leisure Pool Soraya		

Aqua Yoga Improve range of motion, core strength, and balance in a supportive warm water pool-based Yoga class. Traditional yoga poses are modified for the pool, take some time to focus after a morning 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.

River Water Mondays Join this warm water river workout to build strength, endurance, and stamina while getting the heart pumping alongside great community. Move against the river current for an excellent whole-body workout. No experience necessary. All equipment provided.

LIFELONG LEARNING PROGRAMS

Introduction to Shakespeare's Sonnets

Course #34198

Where: Online

Dates: Wednesdays and Fridays, November 1 - 29

(7 classes, NO class 11/10 and 11/24)

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

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

This series of seven online classes will introduce the history, themes, structure, and pattern of Shakespeare's sonnets, examining them as puzzles. Instructor Lori Lucas is a long-time teacher of literature both in the US and abroad.



Experimental Techniques in Watercolor and Gouache

Course #34381

Where: East Age Well Center

Dates: Wednesdays, November 1 – December 6

(6 classes)

Time: 1:00 – 4:00 p.m.

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

Learn a variety of experimental techniques in both watercolor and gouache, including ink techniques, mono-printing, and using sand, dyes, gauze, plastic wrap and fibers. Work in both mediums to develop a personal style and select the choice of imagery or abstraction. This class is designed for ALL levels. Each participant will receive a materials list to purchase prior to class (approx. \$50), and the instructor will provide some materials. Instructor Sally Elliott was a professor at the University of Colorado at Boulder. She has been exhibiting locally and nationally for over forty years and has earned numerous awards and honors.



Facilitated Dialogue: “Being-Receiving-Sharing”

Course #33258

Where: West Age Well Center

Dates: 1st and 3rd Thursdays, Nov. 2 and 16

Time: 10:00 - 11:30 a.m.

Join this bi-monthly dialogue group at the West Age Well Center. Come with the intention of being kind, open, honest, present, willing to share and listen to one another. Group leaders will utilize whole-group and small-group activities and dialogues on topics identified by both participants and facilitators. The topic for the fall is “Being-Receiving-Sharing”. Group Leaders: Jim Kettering, Jackie Nelson, John King, and Julie Keith bring a wide variety of skills and experience in group facilitation.

Registration is required. Register once per session (Winter, Spring, Summer, Fall).

Prepare for New Payment System in City Parking Garages

Course: #34195

Where: Online

Date: Monday, November 6

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



The city's five downtown parking garages moved to gateless operations and touchless payment on Oct. 1, 2023. Join Samantha Bromberg, Community Vitality Senior Project Manager, and Matt Gambardella of Metropolis gateless parking, to learn what changes have occurred and how to be prepared to use the new system. Aspects of the new system include registering with Metropolis through a smart phone or computer, validating the account with a text message, scanning a QR code, and setting up payment to be used for each time using a downtown parking garage. Older adults are invited to attend this online presentation to learn how the new system works and to ask questions.

LIFELONG LEARNING PROGRAMS

Drawing Native Grasses with Open Space & Mountain Parks (OSMP)

Course #33264

Where: East Age Well Center

Date: Tuesday, November 7

Time: 9:00 a.m. - 12:00 p.m.

Discover the importance of the grassland ecosystem and types of grasses found there. Using pencils and colored pencils, participants will draw several species of native grasses found on the open space system. Grass samples and drawing materials will be provided, participants may also bring personal materials. No experience necessary. Instructor: OSMP Naturalist Linda Gerstle.



Poetry Reading and Discussion with Colorado Poet Laureate Andrea Gibson

Course #34196

Where: Online

Date: Tuesday, November 14

Time: 1:00 - 2:15 p.m.

In September 2023, Governor Jared Polis introduced award-winning poet Andrea Gibson as Colorado's new Poet Laureate. Gibson's poems center around love, spirituality, feminism, mental health, LGBTQ issues and social justice. Gibson is best known for live performances and has authored seven books, most recently "You Better Be Lightning". Presenter: Andrea Gibson (they/them/theirs) Poet, Writer, Activist, Author, Performer.

Journaling

Course #33259

Where: West Age Well Center

Date: 3rd Thursdays, November 16

Time: 1:00 - 2:30 p.m.

In this monthly journaling group come prepared to write, listen, and share inner wisdom through humor, truth-telling and spirit with group leaders Jim Kettering and Jackie Nelson. Registration is required. Register once per session (Winter, Spring, Summer, Fall).



Sans Souci Dance Film Screening, Discussion and Optional Dance Class

Course #34073

Where: West Age Well Center

Date: Tuesday, November 14

Time: 2:30 - 4:00 p.m.

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



Performance: "Moment in Time"

Course #34089

Where: West Age Well Center

Date: Friday, November 17

Time: 2:00 - 3:30 p.m.

Theater artists Betsy Tobin and Michael Gunst tell stories with puppets, masks, movement, and imagery. Music by Jesse Manno.

This program is sponsored by generous community donations, and partially funded by grants secured by Betsy Tobin, the Boulder County Arts Alliance, the Puffin Foundation, and the Boulder Arts Commission, a division of the City of Boulder.



LIFELONG LEARNING PROGRAMS

Studio Arts Boulder Pottery Classes



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

Studio Arts Boulder Pottery Class EAST

Course # 33399

Where: East Age Well Center

5660 Sioux Drive, Boulder

Date: Monday, November 13

Time: 1:00 – 2:30 p.m.

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

Studio Arts Boulder Pottery Class WEST

Course #33686

Where: West Age Well Center

909 Arapahoe Ave., Boulder

Date: Wednesday, November 15

Time: 1:30 – 3:00 p.m.

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

SPARK and Studio Arts Boulder Pottery Class



Course # 33266

Where: West Age Well Center

Dates: 2nd Tuesday, November 14

Time: 1:00 - 2:30 p.m.

This program is designed for individuals with neurodegenerative diseases, including dementia, Alzheimer's and Parkinson's, who are accompanied by their caregiver or partner.

Join SPARK and Studio Arts Boulder for a monthly hand building class at the West Age Well Center. Participants will learn about the fundamentals of pottery to make functional and whimsical pieces. Studio Arts Boulder will supply all materials and tools, and all work will be processed at their Pottery Lab facility. Information will be given during the class about how to collect finished pieces. No experience necessary.

Living History Performance: “Michael Mooney”

Course #33697

Where: West Age Well Center

Date: Monday November 20

Time: 1:00 – 2:00 p.m.

In this living history performance learn about the 1880 Leadville Miners’ Strike led by Dublin-born Michael Mooney. This monologue references issues of the time including immigration, xenophobia, socioeconomic class issues, workers’ rights, and the role played by government in labor strikes.

James Walsh is an Associate Professor in the Political Science Department at the University of Colorado Denver, specializing in Labor, Immigration, and the Irish Diaspora, and founded the Romero Theater Troupe, a community theater that uses the stage to educate about history.



Pottery Recycling Policy

In the spirit of sustainability and limiting waste, Older Adult Services has a policy that any personal pottery pieces not taken home by the end of the following month will be taken to Studio Arts for recycling.

Meet-up: Meals on Wheels Facility Tour and Lunch

Course #34191

Where: 3701 Canfield St, Boulder

Date: Tuesday, November 7

Time: 11:00 a.m.- 12:45 p.m.

Fees: R/NR \$6.50/\$8.00

Meals on Wheels has been serving meals in Boulder since 1969. Meet staff and tour the Meals on Wheels facility where meals are prepared for home delivery each weekday, and home of the Niche Market. Afterwards, enjoy lunch together with a freshly prepared hot entrée, side salad, and dessert in the Community Room. Vegetarian option available. No transportation is provided for this meet-up trip. The closest bus stop is Hwy 119 & 47th St. (BOLT). **Spaces limited. Register by Friday, November 3.**



Meetup: Midday Music Meditation

Course #34261

Where: Meadows Branch Library, 4800 Baseline Rd., Boulder

Date: Wednesday, November 8

Time: 12:00 – 1:00 p.m.

Join this meditation for relaxation while listening to improvised music. Victor Mestas, Dexter Payne, James Hoskins, and Michael Stanwood offer a musical soundscape created by instruments from around the world. No transportation or escort provided. Please register to attend. Closest bus stops: Baseline Rd. and Mohawk Dr. (225, 225D, 225T, eastbound and westbound)

Meet-up- Movie at Meadows Library: “Fantastic Fungi”

Course #33755

Where: Meadows Branch Library
4800 Baseline Rd., Boulder

Date: Saturday, November 18

Time: 2:00 - 4:00 p.m.



Watch a matinee screening of the "Fantastic Fungi" film, 80 min. and learn about the beauty, intelligence, and solutions that the fungi kingdom offers the planet. This event is for adults. Snacks provided. Closed captions will be used. No transportation provided. Closest bus stops: Baseline Rd. and Mohawk Dr. (225, 225D, 225T, eastbound and westbound).

Meetup: Hotel Boulderado Holiday Tour and Lunch

Course #33735

Where: Hotel Boulderado
2115 13th St Boulder

Date: Tuesday, November 28

Time: 11:00 a.m. - 1:00 p.m.

Tour Fee: \$22 per person



Get a taste of Boulder history on this guided 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 this 45-minute tour, join the group for lunch (self-pay) at Spruce Farm and Fish restaurant within the hotel.

No transportation is provided for this Meetup. The closest bus stop is Broadway & Spruce St. (SKIP) (208).

Register by November 22, Confirm intention to stay for lunch with registration.

TECHNOLOGY PROGRAMS

1-1 Technology Assistance with Boulder Universal Students

Course #33683

Where: West Age Well Center

Date: Wednesday, November 8

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

In this IN-PERSON program, Boulder Universal students will provide one-to-one technology assistance for older adults. Participants must bring own device and topics or questions. Financial and health information topics not addressed.

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



Boulder Universal students help older adults learn to use technology devices

To be eligible for the following technology assistance programs funded through a grant from Frasier Retirement Community, customers must be at least 60 years old and have a city of Boulder address.

Technology Workshop: Podcasts

Course #33447

Where: East Age Well Center

Date: Monday, November 13

Time: 11:00 a.m. - 12:15 p.m.

In this IN-PERSON workshop at EAST Age Well Center, discuss what podcasts are and how to access them. In addition to examples from Google Play Music, Apple Podcasts, and Spotify, learn how to access the city of Boulder's two podcasts: "Let's Talk Boulder" and "Somos Boulder". Instructors: Tech Pals, a non-profit technology training organization in Boulder. Participants must bring their own device. **Spaces limited, registration required by November 8.**

Online Technology Class: Using Food Delivery Apps

Course #33455

Where: Online

Date: Thursday, November 30

Time: 2:00 – 3:15 p.m.

In this ONLINE small-group class, discuss how to access food delivery services online or through apps. Learn how to order and get groceries delivered, and how to use Grubhub, Postmates, Hungry Buffs, and Uber Eats for delivery of restaurant meals. Instructors: Tech Pals, a non-profit technology training organization in Boulder. **Spaces limited, registration required by November 27.**

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.



Technology Coaching

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. **To be eligible for this technology assistance program funded through a grant from Frasier Retirement Community, customers must be at least 60 years old and have a city of Boulder address.**

IN-PERSON Appointments

Where: West Age Well Center

Dates: Thursdays, November 9 and 30

Time: 10:00 a.m. – 12:30 p.m.

(30-minute appointments)

Participants must bring own device.

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: How to Access Health Accounts and Medicare/ Medicaid Information on a Computer or Mobile Phone

Most healthcare, Medicare/Medicaid, and insurance providers require utilization of online systems. This workshop will help participants access online healthcare accounts and systems. The first hour will address security concerns and recommendations, advantages of online access, convenience, data accuracy and security. Accessing health systems online or meeting health professionals remotely for routine appointments will also be demonstrated. The second hour of the workshop will provide time for participant questions and specific issues about healthcare system access. **Technology Workshops sponsored by Boulder County Area Agency on Aging.**

IN-PERSON Tech Class

Course #33758

Where: West Age Well Center

Date: Tuesday, November 14

Time: 10:00 a.m. - 12:00 p.m.

ONLINE Tech Class

Course #33893

Where: Online

Date: Wednesday, November 15

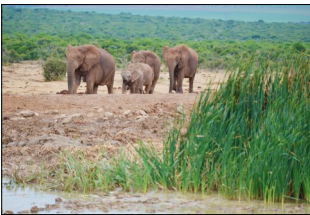
Time: 10:00 a.m. - 12:00 p.m.

TRAVEL

The City of Boulder Older Adult Services partners with Collette Travel to offer domestic and international trips in 2023 and 2024. For information about itineraries and prices, click on the trip links below or contact Whitney Garcia, Program Manager, at garciaw@bouldercolorado.gov.



Explore Tuscany, May 22 - 30, 2024
Optional: pre-tour of Rome or post-tour of Bologna
<https://gateway.gocollette.com/link/1176646>
Book by November 23, 2023 and save \$50/person



Exploring South Africa, Victoria Falls & Botswana
September 17 - October 1, 2024
<https://gateway.gocollette.com/link/1176581>



NEW! Journey Through Egypt and Jordan
November 10 — November 23, 2024
<https://gateway.gocollette.com/link/1176720>



NEW! European Christmas Markets
featuring Prague, Vienna & Budapest
December 9 — December 17, 2024
<https://gateway.gocollette.com/link/1169724>
Book by June 10, 2024 and save \$250/person



NEW! Costa Rica: A World of Nature
February 15 — February 26, 2025
<https://gateway.gocollette.com/link/1169731>
Book by July 14, 2024 and save \$100/person

For more trip information, visit: <https://bouldercolorado.gov/media/964/download?inline>

Interested in the U.S. National Parks? Inquire with [Whitney Garcia](#) about the many tours Collette Travel offers: garciaw@bouldercolorado.gov



Active Minds for Life with Older Adult Services

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



Active Minds: Water in Colorado

Course #33742

Where: West Age Well Center

Date: Wednesday, November 8

Time: 1:00 - 2:00 p.m.

Population growth, climate change, urbanization and other factors have put increasing pressure on this finite resource. Competing water interests have affected Colorado's history for over 100 years. Join Active Minds to discuss its water history, current challenges, and what the future holds for human use of this resource.

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



Active Minds: John F. Kennedy

Course #33739

Where: East Age Well Center

Date: Monday, November 27

Time: 3:00 - 4:00 p.m.

This November marks the 60th anniversary of John F. Kennedy's assassination. Kennedy's brief presidency coincided with dramatic foreign policy events of the time including the construction of the Berlin Wall, the Cuban Missile Crisis, and the escalation of the Vietnam War. Join Active Minds for a discussion of JFK's life and legacy.

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

VOLUNTEER LED GROUPS

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

Interest Group	Where	Day(s)	Time	Contact
American Mahjong	West	Mondays	11:00 a.m. – 2:30 p.m.	Donna: 303-444-1513
American Mahjong	West	Tuesdays	12:00 – 3:00 p.m.	Anne: 516-316-7569
American Mahjong	East	Fridays	10:00 a.m. – 12:15 p.m.	Anne: 516-316-7569
Art Journals Group	Online	Fridays	12:30 – 1:30 p.m.	Judith: 303-817-4599
Chess	West	Thursdays	11:00 a.m. – 12:00 p.m.	Allan: 720-985-4109
Chinese Classical Mahjong	West	Wednesdays	1:00 – 3:00 p.m.	Jeanny: 720-436-5361
Coffee and Conversation for People Living with Parkinson's	East	3 rd Tuesdays	10:00 – 11:30 a.m.	Ilse: ibleck@yahoo.com
Community Book Group	Online	3 rd Thursdays	2:00 – 3:30 p.m.	Cheryl: 303-949-0764
Cribbage	West	1 st and 3 rd Tuesdays	1:00 – 3:00 p.m.	Delphia: 720-757-7732
Easy Rider Bike Group	Various Boulder locations	Mondays	9:00 – 11:00 a.m.	Sandy: 970-584-0311
Hand and Foot Canasta	East	Tuesdays	10:00 a.m. – 12:00 p.m.	Susan: 303-494-7912
In-Person Book Group	West	2 nd Thursdays	1:30 – 3:00 p.m.	Debra: 303-440-4148
Knitting Group	West	Tuesdays	10:00 – 11:00 a.m.	Vincent: 303-362-0152
Open Mic	West	Fridays	12:30 – 3:30 p.m.	Margaret: margaretwildflower@gmail.com
Pinochle	East	Thursdays	1:00 – 3:00 p.m.	Harvey: 303-250-3497

VOLUNTEER LED GROUPS

Interest Group	Where	Day(s)	Time	Contact
Poetry and Storytelling Circle	West	Thursdays	12:30 – 3:30 p.m.	Margaret: margaretwildflower@gmail.com
Scrabble	East	Wednesdays	1:00 – 3:00 p.m.	Pat: patdawson7@comcast.net
Scrabble	West	Thursdays	1:00 – 3:00 p.m.	Paula: Paulapreston8@hotmail.com
Table Tennis East	East	Mon., Wed., Fri.	2:15 – 4:15 p.m.	Dan: 720-886-7743
Table Tennis West	West	Tues., Thurs.	9:30 – 11:30 a.m.	Diana: 303-241-5133
Texas Hold 'Em	West	Fridays	1:00 – 3:30 p.m.	Joan: 303-938-1333
Write On! Writers Group	East	2 nd Thursdays	1:30 – 3:00 p.m.	Jacqui: 303-447-2931

SUPPORT GROUPS

Support Group	Where	Day(s)	Time	Contact
Alzheimer's Association Men's Dementia Caregiver Support Group	West	1st and 3rd Wednesdays	1 :00 – 2 :30 p.m.	Register here or call Meghan Donahue at 303-813-1669
Alzheimer's Association Dementia Caregiver Support Group	West	1st Thursdays	12 :00 – 1 :30 p.m.	Register here or call Meghan Donahue at 303-813-1669
MHP Peer Counseling: Women's Support Group	East	Tuesdays	12:30 – 2:30 p.m.	Call MHP Senior Peer Counseling Program to register: 303-402-8022
MHP Peer Counseling: Women's Support Group	West	1 st and 3 rd Wednesdays	2:00 – 3:30 p.m.	Call MHP Senior Peer Counseling Program to register: 303-402-8022

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 at <https://bouldercounty.gov/families/disease/recommended-covid-19-precautions/>

Accommodations

The [Americans with Disabilities Act \(ADA\)](#) requires that the City of Boulder make city facilities, programs, and services accessible to persons with disabilities in accordance with the standards of the ADA. More information can be found here: bouldercolorado.gov/services/Americans-Disabilities-Act. Questions and concerns can be directed to riskmanagement@bouldercolorado.gov or 303-441-3075.

Specific Requests

If a participant does not have a disability as defined by the ADA but would like to make a special request, it should be specified at the time of registration and before participating. Although reasonable accommodations will be made upon request, Older Adult Services programs, trips and massages are geared toward older adults who are able to manage their own care, decision making, and safety. Staff cannot provide assistance to individuals who require additional care. If a caregiver is needed, the caregiver may participate regardless of age, and must pay all fees associated with the activity.

Discrimination Policy

In accordance with the Civil Rights Act, the City of Boulder prohibits discrimination against its customers, employees and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, marital status, familial status or sexual orientation. For question and assistance please contact the Office of Community Relations at 303-441-3141.

West Age Well Center Parking

Parking is free at the West Age Well Center for our customers. Day and Annual parking passes are available at the front desk. Customers who park at the West Age Well Center must have either a Day Pass or Annual Parking Decal to park in the lot Monday – Friday from 8:00 a.m. to 5:00 p.m. and be participating in services or programs at the Center. For questions about parking at the West Age Well Center, call 303-441-3148.

PROGRAM GUIDELINES

Older Adult Services offers two types of programs:

Online: Participants register for the program in advance and receive the link to participate online or a phone number to call in for audio-only.

In-Person: Participants register for the program in advance and join in person at the 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 top page of its website www.bouldercolorado.gov. Older Adult Services staff will make every attempt to let customers who have registered for older adult massage, trips or programs, whether they be in-person or online, know about the facility closure. Older Adult Services staff will send an email to customers registered for programs whether they are in person or online, to let them know about the facility closure.

REGISTRATION, PAYMENT AND CANCELLATION

Registration

- Program registration is open to older adults 60 and older.
- **Online registration requires an Active® account. Update or create your account today!** To register for a class, trip or massage, go to <https://bouldercolorado.gov/services/older-adult-services-and-programs>, click on “Register for Upcoming Events”, and then search for the program title or course code. Payment must be completed at the time of registration.
- **In-person:** at East and West Age Well Center during open office hours except holidays and closures.
- **By phone:** Call 303-441-3148 during open office hours except holidays and closures.
- For online programs, please register by noon the day before the program.
- Some individual programs are advertised with specific registration deadlines.
- Late registrations are only accommodated as staff time and availability allow.
- A caregiver for an older adult may register for programs at the same time as the older adult and pay the same fee.

Payment

- For programs or massage appointments requiring a fee, payment must be made at the time of registration. Cash, checks, or Visa, Master Card, American Express and Discover are all accepted. Confirmation receipts are given or emailed upon registration.
- A \$25 fee will be charged for returned checks.

Cancellations and Refunds

- All programs, trips and massages are subject to cancellation if minimum enrollment is not met.
- No cancellations can be made online. All cancellations must be made in person at the Age Well Center or by phone during open office hours except holidays and closures.
- If a program, massage or trip is cancelled by Older Adult Services, a full refund will be processed according to the initial method of payment.
- If a program or massage is cancelled by a registered participant **three or more business days prior to the event**, a full refund will be processed according to the initial method of payment. If a refund check is requested, please allow two weeks for processing.
- If a program or massage is cancelled by a registered participant **less than three business days prior to the event**, no refund will be given unless the cancellation is due to illness, or if the opening can be filled with another participant.
- If a day trip is cancelled by a registered participant **ten or more business days prior to the event**, a full refund will be processed according to the initial method of payment. If a refund check is requested, please allow two weeks for processing.
- If a day trip is cancelled by a registered participant **less than ten business days prior to the event**, no refund will be given unless the cancellation is due to illness, or if the opening can be filled with another participant.

Wait Lists

- Wait Lists are maintained for programs and trips requiring registration, and waitlisted participants are given first priority to fill openings. The waitlist is managed by Older Adult Services staff.
- For cancellations made **4 business days or more**, waitlisted participants will be notified in order and provided 24 hours to respond before staff notifies the next person. Payment is required at the time of confirmation to secure enrollment.
- For cancellations made **3 business days or less** before a program or trip, waitlisted participants will be notified in order and the first person reached by staff is eligible for the opening. Payment is required at the time of confirmation to secure enrollment.

ACKNOWLEDGEMENT OF RISK/WAIVER OF LIABILITY

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

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

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

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

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

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

MEALS ON WHEELS

Project Homecoming



Discharged from a hospital or rehabilitation facility recently? You are eligible to receive 5 free meals, delivered right to your home. Available for all ages!

To enroll, please call us at 720-780-3380, send us an email at info@mowboulder.org, or visit our website mowboulder.org.

The Niche Market at Meals on Wheels of Boulder



Sweeter than Pumpkin Pie! November 13-22

Our seasonal pumpkin pies are back and 15% off during November 13-22.



 Order your **Thanksgiving Feasts** online at mowboulder.org or 
at the Niche Market through November 10th - \$15.99/each (+ tax)

3701 Canfield Street, Boulder, CO 80301,
Monday – Friday, 9 a.m. – 6 p.m., Saturday, 10 a.m. – 4 p.m.

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



Mondays - Fridays the Café is open to community members of all ages from 11 a.m. to 1 p.m.

For \$6.99 (plus tax), enjoy: Choice of two entrees, side salad, dessert, and beverage.

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

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

Home Delivered Meals: Providing fresh, nutritious meals and daily well-being checks to Boulder residents, regardless of age or income.

- Meals are made by professional chefs and will meet many specialized diets.
 - Friendly volunteers deliver healthy, fresh, and tasty meals to your door.
 - Fees on a sliding scale based on monthly income.
 - Meals delivered as often as every weekday, with frozen options for the weekend.
 - Call 720-780-3380 or complete our online intake form at mowboulder.org.
-

Support: Meals on Wheels of Boulder is locally and independently funded to serve any age and income. **We do not take Federal or State Funding to remain flexible for whom we serve. Your donations matter!** Please donate on our website, mowboulder.org, or call (720) 780-3382. Thank you to all our amazing volunteers and donors! **We are growing and now deliver 270-300 meals per week. To volunteer:** kelly@mowboulder.org

Meals on Wheels of Boulder: 3701 Canfield St., Boulder, CO 80301
Phone: 720-780-3380 • Email: info@mowboulder.org • Website: mowboulder.org

City of Boulder Parks & Recreation Memberships

Boulder Parks and Recreation provides drop-in and registered fitness and mind body classes. For more information visit: <https://bouldercolorado.gov/government/departments/parks-recreation>.



Classes and programs are subject to change or cancellation at any time. SilverSneakers®, Silver&Fit® and Renew Active™ memberships are offered, confirm your eligibility by calling any of Boulder's three recreation centers: EBCC at 303-441-4400, NBRC at 303-413-7260, or SBRC at 303-441-3448. Other participants may purchase a variety of pass packages including annual membership, punch pass or drop-in visit. For appointments with a Personal Trainer or for weightroom orientation, please fill out a [Private Session Request Form](#).

Free Member Orientation

These 30-minute orientations provide an opportunity to teach members how to use the weight room equipment safely and weight training policies and protocols. Following the orientation, members will have the knowledge and tools to safely and effectively utilize our weight and cardio equipment on their own to achieve their fitness goals. Contact Janelle Mizarz at MizarzJ@bouldercolorado.gov.

Access for All

Boulder Parks and Recreation is committed to supporting people of all abilities in recreation through both specialized and inclusive programs. We strive to exceed the requirements set forth in the Americans with Disabilities Act and to create a welcoming and supportive community. If you require an accommodation, please notify us at least two weeks in advance. For more information, contact Lori Goldman at 303-413-7256.

Older Adult Functional Fitness Assessment

Consider a fitness assessment designed to provide feedback to older adults regarding their current health and fitness status. Led by a fitness professional, the basic functional assessment consists of evaluating cardiovascular conditioning, strength, flexibility and balance. Activity and program recommendations will be given based on the results.

Cost is \$15 per person, assessments are limited to 3 registered participants at a time. Register at any Boulder Age Well Center, Parks and Recreation center front desk or call 303-441-3148. Scheduled every two weeks, so please call for available dates.

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

When you visit a city recreation center, library branch or Age Well Center, you want your car or bike or personal items to be there when you get back, right? We encourage you to lock your car or bike when you leave it behind. And never leave anything of value inside or in sight...even if it's just for a few minutes. At our recreation centers, you can bring your valuables inside and safely keep them in a locker. Boulder's Police Department reminds you that your valuables make for a good target, so lock your vehicle and/or bike. You should also [register your bike](#) so law enforcement can more easily contact you and prove ownership if it's recovered. If a crime occurs please contact the police department non-emergency line at 303-441-3333 or [fill out a report online](#). We hope you and your valuables stay safe all year round when visiting city facilities.

ANNOUNCEMENTS

Age Well Advisory Committee Recruiting for New Members

The Age Well Advisory Committee makes recommendations to the city via the Manager of Older Adult Services to help city staff be more informed in matters of particular concern and impact to older adults. Applications are being accepted for vacant positions through December 15, 2023.

Use the [online form](#) to apply. Visit <https://bouldercolorado.gov/age-well-advisory-committee>.

RTD Bus Pass Financial Assistance

Adults 60+ who meet residency and financial eligibility requirements may be eligible for support with RTD bus passes. Call the Older Adult Services Case Management Team for more information at 303-441-4388.

Boulder County Healthy Aging Programs and Medicare Basics Classes

Boulder County Area Agency on Aging has programs that support and encourage healthy lifestyle choices. Participants can learn how to manage chronic health problems like heart disease, arthritis, chronic pain and diabetes; reduce the fear of falling; eat healthier; and increase physical activity: <https://www.bouldercounty.org/families/seniors/services/healthy-aging-programs/>



Medicare Basics Classes are designed for anyone wanting to understand Medicare enrollment, plans, benefits, and costs. Medicare Counselors provide guidance in the appeal process and information about resources for financial help with Medicare Costs. Follow this link for more information: <https://www.bouldercounty.org/families/seniors/services/medicare-counseling/>.



**East and West Age Well Centers
CLOSED
Thursday, November 23
Friday, November 24**

**Happy
Thanksgiving
from Older
Adult Services**

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
- Nan Phifer for offering "Write A Compelling Memoir"
- 3rd Law Dance/Theater's In Motion Project for providing free weekly dance classes
- Becki Parr for offering the program "Introduction to the Conversation Project in Boulder"
- Don King, Alzheimer's Association Community Educator, for offering the program "Healthy Living for Your Brain and Body"
- Members of the Boulder Police Department and the Housing and Human Services' Crisis Intervention Response Team (CIRT) for participating in "Coffee with a Cop"
- Boulder Universal Students for helping older adults with technology in the class "1-1 Tech Help with Boulder Universal Students"
- Margaret Wildflower for volunteering time to deejay and Judy Kreith for leading the dance lesson for the Open Dance Special Event
- Samantha Bromberg, Community Vitality Senior Project Manager, and Matthew Gambardella, Metropolis Market Leader, for presenting on the new parking payment system changes in downtown Boulder parking garages.
- Sans Souci Festival of Dance Cinema for providing the program "Dance is Like a Fine Wine" monthly program including film screening, discussion, and dance class
- Boulder International Film Festival (BIFF) for providing access to a film and discussion with BIFF representative Shay Wescott
- Boulder County Area Agency on Aging (BCAAA) and Lucy Kuchta, owner of technology company Quinsight, for providing a monthly in-person and online class to Boulder county residents age 60+ through the Empower with Tech program

Age Well Advisory Committee

Older Adult Services has an Age Well Advisory Committee. Committee members provide information regarding the quality of life and needs of older adults through lived experience within the city with a focus on diversity, inclusion, and equity. In addition, the Committee provides input on strategic planning; contributes to the development of programs and services; and provides outreach to the community on the services and programs provided by Older Adult Services.

Committee Members and Areas of Expertise

- Alice Lansky: Behavioral Health
- Charlie Erdrich: Transportation, Continuing Education, Elder Abuse/Fraud and Scams
- Barbara Middleton: Behavioral Health, End of Life Issues
- Sandra Reynolds: Court Appointed Advocate, Red Cross Volunteer
- Debra Stein: Social Work
- Stephen Topping: Publishing, Boards and Commissions, Arts & Culture

**Open Dance Special Event
East Age Well Center October 13, 2023**



Dance Instructor Judy Kreith demonstrates classic rock and roll steps



Music DJ Margaret Wildflower



Participants practice dance steps

Join us!

City of Boulder Older Adult Services offers a variety of in-person and online programs and services for older adults 60+, including, but not limited to:

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



Older Adult Services

www.boulderolderadultservices.com

Older Adult Services Newsletter

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

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