Meet-up participants learn about sustainable practices at Boulder Blooms

June 2022 Program Guide

www.boulderolderadultservices.com
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
Monday - Friday, 8:30 a.m. - 4:30 p.m.
☎ 303-441-3148

Meals on Wheels Eat Well Café
Inside the West Age Well Center
Open for lunch
Monday - Friday
11:00 a.m. to 1:00 p.m.

Stay Connected!
Learn more about upcoming classes, meet-ups, special interest groups, health and wellness appointments, and more. Sign up at the West Age Well Center or visit boulderolderadultservices.com to start receiving our weekly “Age Well” email newsletter.
West Age Well Center
909 Arapahoe Ave. Boulder, CO 80302 | 303-441-3148
Monday - Friday, 8:30 a.m. - 4:30 p.m.
Email: OlderAdultServices@bouldercolorado.gov

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Clara Castro
Karen Maye
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Fitness/Dance Instructor, Judy Kreith

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Client Services Coordinators,
Jacki Myers and Myrna Cuevas
☎️ 303-441-4388

Client Services Coordinators for Older Adults

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.

Walk-in Hours for Client Services Coordinators at the West Age Well Center are Mondays and Tuesdays from 1:00 - 4:00 p.m. and Wednesdays and Thursdays from 9:00 a.m.-12 noon.

Jacki Myers
Myrna Cuevas
English/Español ☎️ 303-441-4388
Foot Care Appointments Provided by Visiting Nurses Association
Medical foot care at the West Age Well Center is provided by a registered nurse which includes toenail trim, corns and calluses filed, sensation check and blood pressure check. Cost is $45. Cash not accepted, credit card preferred but checks welcome and possibly no copay with some Kaiser plans. Appointments are currently being scheduled on Mondays. Call 303-698-6496 to schedule an appointment, to check your Kaiser benefits, or for additional information.

Monthly Hearing Clinics with Family Hearing
Family Hearing offers free monthly hearing clinic by appointment at West Age Well Center to provide free audiology services such as hearing screening, ears checked and cleaned, and hearing aids inspected and cleaned. Family Hearing staff can also provide a full hearing test and/or hearing aid adjustment and bill Medicare or your health insurance. Appointments at the West Age Well Center are the first Wednesdays of each month, 1:00 - 3:00 p.m. by appointment only. Next Hearing Clinics: Wednesdays, June 1 and July 6. To schedule an appointment call 303-441-3148 or register online.

Parkinson’s Music Therapy Research Project
Do you have Parkinson’s Disease and limitations with fine motor skills? The University of Colorado is conducting a study that is researching the rehabilitative power of music on fine motor skills by comparing Music Therapy versus regular Occupational Therapy in people diagnosed with Parkinson’s Disease. You may be eligible to participate if you are between 45 and 85 years old, have been diagnosed with Parkinson’s Disease, and have some difficulties with fine motor skills (such as buttoning, cutting food, or typing on a keyboard).

Want to learn more about this clinical trial? Please contact:
Email: neurologyresearchpartners@ucdenver.edu
Phone: 303-724-4644
Location: West Age Well Center by appointment.
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.

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**West Age Well Center Massage Therapists**

**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*

**Sue Turner** is a Licensed Massage Therapist in Colorado who offers an integrative massage therapy style that incorporates body, mind and spirit. Her customized massage may include several styles of bodywork for relaxation, stress release, or health condition relief.

*Available Wednesdays*

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**Massage Appointment Information**

- Appointments are available on Tuesdays and Wednesdays
- Registration for June is now open, July registration opens June 1
- Registrations are limited to one appointment per month, per person
- Appointments are limited to one 1-hour appointment per day
- Massage fees are $50/Resident and $63/Non-Resident
- When a massage practitioner is unavailable for a scheduled massage, the customer will be notified and offered a substitute therapist, if available
- See page 23 for Registration, Payment, Cancellation and Refund Policies
**Strength and Alignment**

Using breath for increased self-awareness, this 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, on a mat, or seated in a chair, all levels welcome. Instructor: Judy Kreith.

**Strength and Alignment Wednesdays**

Course #29938
Where: West Age Well Center
Dates: Wednesdays, June 1 - August 24 (13 classes)
Time: 10:15 - 11:15 a.m.
Fees: R/NR $66/$83

**Strength and Alignment Mondays**

Course #29937
Where: West Age Well Center
Dates: Mondays, June 6 - August 22 (11 classes, no class on July 4)
Time: 10:15 - 11:15 a.m.
Fees: R/NR $55/$69

**NeuroPong™ Table Tennis**

Course #29928
Where: West Age Well Center
Date: Thursday, June 2*
Time: 2:15 - 4:15 p.m.

NeuroPong is a table tennis program organized by Table Tennis Connections for people living with neurodegenerative diseases such as Parkinson’s, Multiple Sclerosis and early stage dementia. Registration required, contact Antonio Barbera, MD at abarbera@tabletennisconnections.org.

*NeuroPong will resume its Monday, Tuesday, and Thursday 2:15 - 4:15 p.m. from July 11 through August.

**Progressive Meditation**

Course #29767
Where: Online
Dates: Wednesdays, June 1 - August 31 (summer session)
Time: 10:30 - 11:30 a.m.

Meditation increases focus and mindfulness through different techniques that help participants experience a calm and peaceful state. This virtual class will begin with a 20–30 minute muscle relaxation using guided meditation, breath and imagery, and will also include time for Q&A 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.
Alzheimer’s Association
Friends and Family Support Group
Course #299950
Where: Hybrid*
Date: Thursday, June 2
Time: Noon - 1:30 p.m.
Alzheimer’s Association support groups meet on an ongoing basis the first Thursday of each month and are available for family or friends who have a loved one with Alzheimer’s disease or another form of dementia. Facilitated by volunteers who are screened, trained, and supervised by the Alzheimer’s Association, these groups are a safe place to receive support for the difficult journey of dementia. Click here to register or call Ralph Patrick at 720-699-9319 for more information. *Participants have the option to meet in person at the West Age Well Center or online from home.

Alzheimer’s Men’s Caregiver Support Group
Course #29951
Where: Hybrid*
Date: 3rd Wednesday, June 15
Time: 1:00 - 2:30 p.m.
This group meets on an ongoing basis the third Wednesday of each month and is for men who have family or friends who are experiencing Alzheimer’s disease or another form of dementia. The groups are facilitated by volunteers who are screened, trained, and supervised by the Alzheimer’s Association. These groups are a safe place to receive support in the difficult journey of dementia. Click here to register. *Participants have the option to meet in person at the West Age Well Center or online from home.

Tai Chi Level I - Beginning
Course #29770
Where: West Age Well Center
Dates: Fridays, June 3 - August 19
Time: 8:45 - 9:40 a.m.
Fees: R/NR $90/$113
Learn and review the basics, including breath, mental focus, postural awareness and correct mechanics of each move. Attention is given to relaxation, mind-body connection, and the first third of the 37-posture Yang short form. Instructor: Steve Arney.

Tai Chi Level II/III - Intermediate/Advanced
Course #29769
Where: West Age Well Center
Dates: Fridays, June 3 - August 19
Time: 9:45 - 10:45 a.m.
Fees: R/NR $90/$113
The Level II/III Intermediate/Advanced class will review and complete the entire 37-posture Yang short form. Students must have completed Level I or been given instructor approval to enroll at this level. Instructor: Steve Arney.
Popular Line Dances
Course # 29755
Where: West Age Well Center
Dates: Tuesdays, June 7 - 28 (4 classes)
Time: 1:00 - 2:00 p.m.
Fees: R/NR  $24/$30
Learn popular line dances including Rock Me, Cowboy Boogie, and a Mambo Line Dance. Review other favorites including the Electric Slide, Sweet Caroline, Cowboy Cha Cha, and a Waltz selection. Line dancing is a fun and invigorating activity that utilizes music from around the world. Individuals and beginners welcome, no partners required. Instructor: Judy Kreith.

Eating for a Healthy Heart
Course #30009
Where: Online
Date: Tuesday, June 14
Time: 10:00 - 11:30 a.m.
This talk will cover new research concerning saturated fat and salt in a diet, why sugar matters, and important nutrients to keep the heart and body healthy. Learn how to read labels and determine which ingredients matter, and gain the necessary tools to improve heart health for a lifetime. Erin Williams, MSN CN LMP, is the founder of EZBalance, a health and wellness company established in 2001. Erin enjoys sharing her love of natural health and wellness with people through lectures, blogs and individual consultations.

Social Dancing
Course #29758
Where: West Age Well Center
Dates: Thursdays, June 9 - 30 (4 classes)
Time: 1:00 - 2:00 p.m.
Fees: R/NR  $24/$30
Continue to experience the joy and connection of social dancing while maintaining safety precautions. Learn social dance fundamentals including the rock back with triple step, crossover breaks, pivot turns, and the versatile box step. Practice partner dance techniques including lead and follow, mirror imaging, body communication, cues, and creative play. Participants will also learn popular dances of Cuba including Mambo, Rumba and Cha-cha-cha, as well as some folk dance selections and dance techniques. Individuals welcome, no partners required. Instructor: Judy Kreith.

Cannabis - Friend or Foe for Older Adults
Course #30005
Where: Online
Date: Tuesday, June 21
Time: 10:00 - 11:00 a.m.
Dr. Fixen will review different cannabis products including side effects and drug interactions, as well as current cannabis research and regulatory information. Presenter: Dr. Fixen serves as a clinical pharmacy specialist for the Seniors Clinic at University of Colorado Hospital and an Assistant Professor at the University of Colorado School of Pharmacy. She was recently involved in the first study to characterize marijuana use of older adults in a state where it is legal for medical and recreational use.
HEALTH AND WELLNESS PROGRAMS

The Death Café

Course #29979
Where: Online
Date: Tuesday, June 28
Time: 10:00 - 11:00 a.m.
At some time or other many of us wish or need to talk about death. A Death Café is a place to do this in a relaxed and agenda-free setting. It’s a place for respectful, serious, meaningful, tender, and funny conversations. The Death Café is held on the fourth Tuesday of each month on-line. Facilitated by Diane Hullett.

BCH Parkinson’s Fitness: PWR!
Exercise4BrainChange®

Where: West Age Well Center
Days: Fridays
Time: 11:00 a.m. - noon
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.

Cardiovascular Health and Passive Heat Therapy

Course #30012
Where: Online
Date: Tuesday, June 28
Time: 1:00 - 2:00 p.m.
As the body ages, systolic blood pressure typically increases and blood vessels become stiffer and do not function as well, which can increase the risk of cardiovascular diseases. Recent studies have shown an association between chronic passive heat therapy (use of hot baths and saunas) and decreased risk of cardiovascular disease. These studies have found improvements in blood pressure and blood vessel function following chronic hot water immersion, and the Integrative Physiology of Aging Laboratory at CU Boulder is conducting a study in middle-age and older adults to confirm these initial results. Heat therapy may elicit these improvements by stabilizing important proteins in the cells, altering certain cellular components in the blood, and raising body core temperature and heart rate, providing several effects similar to those of exercise.
Presenter: Abigail Casso is a PhD candidate at CU Boulder investigating how blood vessels are impaired with aging and interventions to prevent or reverse these impairments.
**Bridge and The Art of Defense**

Course #29659  
Where: West Age Well Center  
Dates: Wednesdays, June 1 - August 3 (makeup day Aug. 10)  
Time: 1:00 - 3:30 p.m.  
Fees: R/NR $55/$69  

In this class, participants will learn that defense is one of the most difficult but rewarding aspects of bridge, from opening leads, to signals, to reading the dummy. A good defender is almost always a winning player. This class is for intermediate to advanced bridge players. A $10 Material fee is paid to the instructor on the first day of class. Instructor: Sandy Koller.

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**Get Acquainted!**

Course #29656  
Where: West Age Well Center  
Date: Friday, June 3  
Time: 10:00 - 11:00 a.m.  

Get acquainted with others who are new to the area, new to Older Adult Services, or interested in making new connections with others. Meet in the front lobby of the West Age Well Center for a short tour with Older Adult Services staff, stop in the Eat Well Cafe for information about meal services, then hear about the many programs and resources offered by Older Adult Services. Facilitated by Older Adult Services staff members. There is no charge, but please pre-register to reserve your space.

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**Cultivating Well-Being**

Course #29836  
Where: West Age Well Center  
Dates: 1st Thursdays, June 2, July 7, August 4 (summer session)  
Time: 10:00 - 11:30 a.m.  

This class meets the first Thursday of each month to explore experience-based approaches for developing and cultivating well-being in daily life. Extensive research demonstrates that happiness and well-being may emerge out of facing anger, depression, and grief. Come with an open mind and a willingness to listen and share. Group leader: Jim Kettering holds a BA in Social Science, an MA in Psychology and Counseling, and an EdD from the UNC School for Educational Change and Development, and volunteers locally and internationally. **Registration is required.**

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**Tea Dance**

Where: West Age Well Center  
Dates: Fridays, June 3 and 17  
Time: 1:00 - 3:00 p.m.  

Drop-in fee of $5 per person  
Dance to live music provided by Tom Yook, a favorite of Boulder dancers. Tom plays ballroom, rhythm, and Latin dance styles. Afterwards, a buffet style potluck snack is provided by the attendees. **Individuals welcome, no partner or registration is required.**
Tour of Resource Central, CHaRM, followed by lunch at Pica’s

Course #29695  
Where: 6400 Arapahoe Rd., Boulder  
Date: Monday, June 6  
Time: 10:30 a.m. - 1:30 p.m.  

Tour two environmental centers in the City of Boulder. Learn about the tool rental program, warehouse, and showroom featuring salvaged materials at the newly remodeled Resource Central.

Next door to Resource is CHaRM, Eco-Cycle’s Center for Hard-to-Recycle Materials. At this location learn about recycling appliances, Styrofoam, bubble wrap, and more.

Following the tours, the group will have lunch (self-pay) at Pica’s Mexican Taqueria.

Closest bus stops to Resource & CHaRM: Arapahoe Ave. and 63rd St. Eastbound (JUMP) and 6400 Block Arapahoe Rd. (JUMP). Closest bus stops to Pica’s: Arapahoe Ave. & 55th St. (JUMP Westbound) or Arapahoe Ave. & Conestoga St. (JUMP Eastbound)

Spaces limited to 10, register by 4:30 p.m. Thursday June 2.

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**Letter-Writing as a Contemplative Practice**

Course #29845  
Where: Online  
Date: Thursday, June 9  
Time: 10:00 - 11:30 a.m.

Throughout history, letter-writing has been an important contemplative practice. In this online workshop, Brother Paul Quenon, OCSO, and author Judith Valente will share part of their journey in letters to one another in their book, “How to Be: A Monk and a Journalist Reflect on Living & Dying, Purpose & Prayer, Forgiveness & Friendship”. The letters cover such topics as knowing when to leave a job, struggles with prayer and meditation, coping with disappointment, and the importance of leisure. The presenters will guide participants in exploring how to start their own letters.

Judith Valente is a former reporter for PBS-TV, staff writer for The Wall Street Journal and The Washington Post, NPR correspondent, poet, and author of multiple spirituality books.

Brother Paul Quenon entered monastic life as a novice under Thomas Merton and has been a monk of the Abbey of Gethsemani for more than 60 years. He is the author of multiple books. His religious order, The Cistercians of the Strict Observance (OCSO, also known as “Trappists”) is a Roman Catholic contemplative order.
**Studio Arts Boulder Pottery Class**

Course #29934  
Where: West Age Well Center  
Date: Friday, June 10  
Time: 2:00 – 3:30 p.m.

Studio Arts Boulder was founded in 2009 and its pottery lab is located in the lower Chautauqua neighborhood of Boulder. Older Adult Services is partnering with Studio Arts Boulder to offer a free monthly hand building class at the West Age Well Center. Participants will learn about the three fundamentals of pottery to make functional and whimsical pieces: pinch pots, coils, and slabs. 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. **Spaces limited, register by 4:30 p.m. Wednesday, June 8.** This program is sponsored by the generous support of Boulder Seniors Foundation.

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**SPARK and Studio Arts Boulder Pottery Class**

Course #29754  
Where: West Age Well Center  
Date: 2nd Tuesdays, June 14, July 12, August 9 (summer session)  
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. This program is sponsored by Boulder Seniors Foundation, Studio Arts Boulder and City of Boulder Older Adult Services.

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**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.

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**Sans Souci Dance Film Screening, Discussion, Optional Dance Class**

Course #29690  
Where: West Age Well Center  
Date: Monday, June 13  
Time: 12:00 - 2:00 p.m.

Sans Souci Festival of Dance Cinema is presenting "Dance is Like a Fine Wine" events, occurring the second Monday of each month, May through August. Each event will show a dance film followed by discussion with a local filmmaker, and end with an optional dance class. Modifications for functional limitations that affect dance movement will be provided. No dance experience required, register for each monthly event separately. Michelle Bernier, Co-Director of the Festival, will facilitate the discussion with featured local artists, and dance teachers will rotate monthly. [View a short trailer](#) of the films that will be shown on June 13.
Journaling

Course # 29933
Where: West Age Well Center
Date: 3rd Thursdays, June 16, July 21, August 18 (summer session)
Time: 10:00 - 11:30 a.m.
Through internal dialogue, inquiry, poetry, writing from flow or expressing what is present, from the superficial to the profound, practice using the written word as a tool to uncover patterns and seek personal insight.
In this monthly online journaling group, come prepared to write, listen, and share inner wisdom through humor, truth telling and spirit.
Group leader Jim Kettering holds a BA in Social Science, an MA in Psychology and Counseling, and an EdD from the UNC School for Educational Change and Development, and volunteers locally and internationally.
Registration is required.

Older Adult Hike with an OSMP Naturalist

Where: Chautauqua Ranger Cottage
Date: Monday, June 20
Time: 10:00 a.m. - 11:30 a.m.
Enjoy an easy hike on Baseline trail with Open Space and Mountain Parks (OSMP) naturalist Ellen Steiner, and learn about the history, geology, flora and fauna of open space. Max 12 participants. Register online here. For help with registration or to register by phone, call 303-517-3472.

1-1 Assistance with Tech Coach

Where: West Age Well Center
Date: Friday, June 17
Time: 10:00 a.m. - 12:30 p.m.
(30-minute appointments)
A volunteer tech coach is available to provide one-to-one 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.
Registration required.

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.
Older Adult Services thanks the following individuals and organizations for volunteering their time or support in May:

- Sans Souci Festival of Dance Cinema for providing the program “Dance is Like a Fine Wine” monthly program including film screening (with popcorn!), discussion, and dance class.
- Julia Beems, MA, of the Center for Inclusive Design and Engineering, UC Denver, for presenting “Assistive Devices to Make Life Easier for Older Adults and Caregivers”
- Volunteer Tech Coach Chris Frank for assisting older adults in 1-1 tech assistance sessions at the West Age Well Center
- Senior Planet, for providing the “Tech Series: Tech Tips for Saving Money” classes
- Dr. Curtis Walker, a Project Scientist for the National Center for Atmospheric Research (NCAR), for presenting an NCAR Explorer Series: “Improving Travel Safety Using Technology”
- Antonio Barbera, MD, and CEO of Table Tennis Connections for hosting NeuroPong™, a table tennis program for people living with neurodegenerative diseases including Parkinson’s, Multiple Sclerosis and early stage dementia
- Joycelyn Fankhauser, Emergency Management Coordinator with Boulder County, for her presentation on Practical Preparations for Disasters.
- Volunteer Special Interest Group Leaders
- Boulder Seniors Foundation
- Members of the Age Well Advisory Committee

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**An Experience of Havana, Cuba: May 2022**

Course #30014  
Where: West Age Well Center  
Date: Thursday, June 30  
Time: 2:30 - 3:30 p.m.

Judy Kreith traveled to Havana, Cuba in May 2022 to study Cuban dance and music as well as delivering donations of over-the-counter medicines, reading glasses and dental products. This program will include vibrant photos, videos and descriptions of current events and experiences Judy had during this recent trip. Presenter: Judy Kreith, MA, is a dance and fitness instructor with Older Adult Services.

**Personal Pronouns and Why They Matter: She/her/hers; he/him/his; they/them theirs**

Course #30020  
Where: Online  
Date: Thursday, June 30  
Time: 3:00 - 4:00 p.m.

It has become increasingly more common for people to use their personal pronouns when introducing themselves, on a signature line, or in other ways. If curious about this practice and why it is important, please join the Boulder County Area Agency on Aging's LGBTQ+ Program Specialist, Michael Chifalo, MSW, for a presentation on gendered language and pronoun usage. There will be discussion on how our use of language impacts others and which practices are best for creating inclusive communities.
TRIP: Denver Botanic Gardens Tour and Dinner

Course #30025
Where: Meet and park at the West Age Well Center, 909 Arapahoe Ave. Via transportation is provided for this trip. Participants will be picked up and dropped off at the Center.
Date: Tuesday, June 21
Time: 1:45 p.m. – 7:15 p.m.
Fees: $48/Resident, $60/Non-resident
During this guided tour, participants will learn about the climate, beauty, ecology, and horticulture of the Rocky Mountain region. Gain practical knowledge about water-smart gardening and take a closer look at the science and contemporary issues surrounding Colorado plants. Following the tour, meet in the onsite Offshoots Café for a meal (self-pay).

Note: this trip requires some walking. There are locations for sitting and resting, and some shade. Please wear comfortable walking shoes and sun protection and be prepared to be on foot during the tour for about an hour.

Register by 4:30 p.m. on Wednesday, June 15.
Please note: Masking is highly recommended and encouraged on the bus due to lack of ability to social distance while riding the bus.

Meet-up: The Boulder Pioneers Project: Lessons in Community-Wide Genealogical Research

Course #29775
Date: Tuesday June 28
Workshop: George Reynolds Branch Library
657 S. Broadway, 3:00 - 4:30 p.m.
Optional Meal: Murphy’s South 3595 Table Mesa Dr., 4:30 - 6:00 p.m.
Join this workshop to learn the importance of examining an entire community and discover how people lived and how a community-wide search is conducted. The Boulder Pioneers Project explores original source materials for Boulder County to discover people who arrived before Colorado statehood in 1876.
Instructor Dina Carson, coordinator of the Boulder Pioneers Project, has been involved in genealogy for over three decades and lectures to genealogical societies throughout Colorado.

No transportation is provided for this meet-up trip. Free parking is available, and the closest bus stops are S. Broadway & Table Mesa Drive (206) (SKIP), and Gillaspie Ave. & Armor Ave. (206). Spaces limited. Register by 4:30 p.m. on Thursday June 23.
The City of Boulder Older Adult Services partners with Collette Travel to offer domestic and international trips in 2022 and 2023. For information about itineraries and prices, click on the trip links below:

**Croatia and Its Islands**  
September 13 - 24, 2022  
Please contact Whitney Garcia, Program Manager, for information regarding this trip: garciaw@bouldercolorado.gov

**Roaming Coastal Maine featuring Portland, Acadia & Penobscot Bay**  
October 4 - 10, 2022  
https://gateway.gocollette.com/link/1072367

**Spotlight on New York City**  
October 20 - 24, 2022  
https://gateway.gocollette.com/link/1090304

**Shades of Ireland**  
March 20 – April 1, 2023  
https://gateway.gocollette.com/link/1072635  
Save $150/person if booked by September 21, 2022

**NEW! A trip to Greece will also be offered in 2023, details to come.**  

For more information about Older Adult Services travel opportunities, please contact Whitney Garcia, Program Coordinator, at garciaw@bouldercolorado.gov.
Active Minds for Life with Older Adult Services

Go to https://tinyurl.com/sh7fka7m to join on the day and time of the program.
(Meeting ID: 814 4945 5373; Passcode: 366555)

For info on dialing in using your phone for audio only dial-in instructions: https://www.activeminds.com/dial_in.html

Buddhism

Where: Online
Date/Time: Wed., June 8, 1:00 - 2:00 p.m.
Buddhism is the fourth largest religion in the world. Join Active Minds for a discussion of the life and teachings of Siddhartha Gautama (Buddha) and the various types of Buddhism.

China’s Belt & Road Initiative

Where: Online
Date/Time: Mon. June 27, 3:00 - 4:00 p.m.
China’s 2013 Belt and Road Initiative aims to finance, build, and supply material for roads, bridges, tunnels, railway lines, seaports, and airports for over 100 countries in the world. Join Active Minds to explore the history of the Silk Road as it informs an understanding of this contemporary effort.

These Active Minds programs are sponsored by Brookdale Meridian Boulder and The Carillon at Boulder Creek
Cribbage Group
West Age Well Center, each Tuesday, 1:00 - 3:00 p.m.
Join this weekly opportunity to meet with other cribbage lovers and play for fun. The group is non-competitive and welcoming to all skill levels. Participants may bring cards, pegs and a board for 2, 3, or 4 players. Some cribbage boards and cards will also be available if needed. Contact Jan at 541-254-0325 for more information.

Table Tennis
West Age Well Center, Tuesdays and Thursdays, 9:30 - 11:30 a.m.
Beginning and intermediate level play. For more information, contact Anna at 303-402-1620.

Western Classical Mahjong
West Age Well Center, each Tuesday 1:00 - 4:30 p.m.
This game group meets Tuesdays in the West Age Well Center lobby from 1:00 - 4:30 p.m. Knowledge of how to play the game is required. Contact Donna at 303-444-1513 for more information and to join this group.

Easy Rider Bike Group
Currently recruiting volunteers for Assistant Bike Group Leaders!
West Age Well Center or other Boulder locations, each Wednesday, meet at 9:45 a.m.
This social cycling group offers an opportunity for riders age 60+ of all levels to join an organized ride on a weekly basis. A rest stop will always be included, usually at a coffee shop or place to get snacks and beverages (self-pay). Route mileage will typically be between 12-20 miles. Electronic bikes (E-Bikes) are also welcome but must ride at the group pace. Contact Sandy at 970-584-0311. For information about becoming a volunteer assistant leader for this group contact Whitney Garcia, Program Manager, at 303-441-4915.

Chinese Classical Mahjong
West Age Well Center, each Wednesday, 1:00 - 3:00 p.m.
Chinese Classical Mahjong is known to be the oldest version of the game. This was the first mahjong game version introduced in America and became the model for many forms that were created since then. This social game group is open to players of all skill levels including beginners. Players may play open-handed to help new players learn. Contact Jeanny at 720-436-5361 for information and to join the group.
SPECIAL INTEREST GROUPS

Creative Snapper Photography Club
Online, 2nd and 4th Thursday of each month, 11:00 a.m. - 12:30 p.m.
Join others interested in photography for this bi-monthly online group to share photos, tips, ideas, and occasionally hear from a guest presenter. All levels and styles, and any camera or smartphone cameras are welcome. Contact Whitney at 303-441-4915 or email garciaw@bouldercolorado.gov.

Write On! Writer’s Group
Online, 2nd Thursday of each month, 1:30 - 3:00 p.m.
This monthly writing group comes together to provide encouragement, support and sharing for each other. Contact Jacqui at 303-447-2931 or by email at irgoeldner@mac.com.

Poetry and Lyrics Circle
West Age Well Center, each Thursday 1:00 p.m. to 2:30 p.m.
Come read your own poetry or read your favorite poet. Musicians are asked to read song lyrics as a poem and then perform as a song. Visitors welcome. Call Margaret at 303-513-2426 for more information.

Older Adult Open Mic
West Age Well Center, each Thursday 2:45 to 4:15 p.m.
Come and perform your original music, or just come and listen. 15-minute time slots. Call Margaret at 303-513-2426 for more information.

Community Book Club
Online, 3rd Thursday of each month, 2:00 - 3:30 p.m.
This club chooses a book as a group and meets for discussion. Contact Cheryl at 303-949-0764 or email c.appell@yahoo.com.

Art Journal Group
Online, each Friday, 12:30 - 1:30 p.m.
Participants make simple books out of bags or other basic materials, then collage, draw, or depict at home using a weekly theme. NO art or craft experience is required, and examples of past creative explorations will be shared. Contact Judith at 303-817-4599 or judith.king199@gmail.com if interested.

Texas Hold ‘Em Game Group
West Age Well Center, each Friday, 1:00 - 3:00 p.m.
This group meets weekly to play and socialize. Some knowledge of the game is necessary to join this group. Call Joan at 303-938-1333 for information.
COVID Test Kits Available at West Age Well Center
For a limited time, there are free at-home test kits available to adults 60 and older at the front desk of the West Age Well Center at 909 Arapahoe. Please ask at the front desk if you would like a kit, which contains two tests.

Older Adult Services Releases 2021 Annual Report
Please click here or visit the Older Adult Services website to read the Older Adult Services 2021 Annual Report.

Park-to-Park Free Shuttle to Chautauqua Program
The Park-to-Park shuttle provides satellite parking and free shuttle service to and from beautiful and popular Chautauqua Park on summer weekends and holidays.

Hop 2 Chautauqua
Leave the hassle of parking and catch a ride with Hop 2 Chautauqua, a free transit service to the Colorado Music Festival and Chautauqua Summer Series events.

City of Boulder Food Tax Rebate
Each year, the City of Boulder provides rebates to help community members with lower incomes pay for food. Eligibility information and applications can be found on the city’s website. Application forms are also available at West Age Well Center front desk. Applicants from 2021 will automatically receive an application in the mail. Completed applications must be received or be postmarked by June 30, 2022.

2022 Flexible Scholarship Program for Older Adults
The Boulder Seniors Foundation Scholarship Fund provides eligible applicants a $50 credit that can be used to register for West Age Well Center fitness classes, health and wellness classes, lifelong learning, trips, and massage for older adults. Limited scholarships are available per year on a first-come, first-served basis. To be eligible, applicants must be at least 60 years old, a resident of the City of Boulder, and have an income that does not exceed 50% of the HUD Very Low Income in the year of application. documentation will be required. For more information call 303-441-4388. Scholarship application forms are available at the West Age Well Center, 909 Arapahoe Ave. Boulder, CO 80302.

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/ .
GENERAL INFORMATION

Welcome to Older Adult Services
- The West Age Well Center is a safe and welcoming environment. Older Adult Services supports equity, diversity, and inclusion.
- Older Adult Services provides programs for adults age 60 and older. A caregiver for an older adult may register for programs at the same time as the older adult and pay the same fee.
- Client Services Coordinator 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 the West Age Well Center 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. Boulder County Public Health continues to recommend that masks are worn by individuals age 2+ when around others while the county remains at a level of substantial or high transmission. Continuing recommendations include social distancing, frequent handwashing, disinfecting touchable surfaces, and staying home if sick. Masks are available at the front desk.

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 James Brown at 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.

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, contact Brian Reimel, Facility Supervisor, at 303-441-4438 or email at: reimelb@bouldercolorado.gov.
The West Age Well Center 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 West Age Well Center or an exterior location.

### Older Adult Services 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 the West Age Well Center 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.

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**Inclement Weather Advisory**

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.
REGISTRATION, PAYMENT AND CANCELLATION

Registration
- **Online**: click on the program or trip title; to register for massage click here
- **In-person**: at the 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.

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.
- The Boulder Seniors Foundation Scholarship Fund provides eligible applicants a $50 credit that can be used to register for West Age Well Center massage, trips or programs.

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**, a refund will not be processed unless the opening is filled with another waitlisted 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.
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 likenesses 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.
City of Boulder Parks & Recreation

City of Boulder Parks and Recreation provides drop-in and registered fitness and mind body classes. NEW registered classes this summer include Functional Fitness and Strength, Gentle Yoga and Kriya Yoga, plus a Pilates Mat drop-in class. For more information and class schedules, which include both online and in-person, aquatics and warm water fitness, 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.

Older Adult Functional Assessments
This fitness assessment is 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. Register at any recreation center front desk or call 303-441-3148. Scheduled every two weeks, so please call for available dates.

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 Kaylee at BibaK2@bouldercolorado.gov.

City of Boulder Parks & Recreation now hiring for year-round and seasonal part-time positions:
Pools and Reservoir • Summer Camps • EXPAND (serving people with disabilities) • Youth Services • Parks • Recreation Centers • Sports Leagues • Programs

Apply online at BPRjobs.org
Donate to the Boulder Seniors Foundation!

The Covid-19 pandemic has created incredibly difficult circumstances for many local older adults. A donation to the Boulder Seniors Foundation is the most impactful way to help older adults in the Boulder community. The need is now greater than ever. There are 3 ways to donate to the Boulder Seniors Foundation:

1. Write a check to Boulder Seniors Foundation, P.O. Box 19721, Boulder, CO 80308
2. Through Colorado Gives (www.coloradogives.org/BoulderSeniorsFoundation)
3. By participating in AmazonSmile (get started at smile.amazon.com/ch/74-2156867 to confirm "Boulder Seniors Foundation Inc." as your charity of choice)

Thank you for your support!

Connect with the Boulder Seniors Foundation!
Find us on Facebook & Instagram at @boulderseniorsfoundation
Send us an email: info@boulderseniorsfoundation.org
Piernicma! Independence Day Celebration: June 27 – July 2

Our 12" Think Goodness Pies are 15% off! Choose from Cherry, Dutch Apple, Blueberry, and Strawberry-Rhubarb.

3701 Canfield Street, Boulder
M-F 9 a.m. – 6 p.m., Sat. 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, or just a few days a month.
Call 720-780-3380 or complete our online intake form at mowboulder.org.

Support: Meals on Wheels of Boulder is locally and independently funded, so we can serve any age and income level. Your donations matter! Please donate on our website, mowboulder.org, or call 720-780-3380. Thank you to all our amazing volunteers and donors!

Meals on Wheels
3701 Canfield St., Boulder, CO 80301 Phone: 720-780-3380
Email: info@mowboulder.org  Website: mowboulder.org
City of Boulder Older Adult Services offers a variety of online and in-person 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!

Join us!

West Age Well Center
909 Arapahoe Ave.
Boulder, CO 80302