

Let's Age Well!

April 2024 Program Guide



Tech coach Lucy Kuchta provides one-to-one technology assistance for older adults

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



OLDER ADULT SERVICES

Welcome!

Older Adult Services mission:

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



West Age Well Center

909 Arapahoe Ave. Boulder, CO 80302

303-441-3148

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



East Age Well Center

5660 Sioux Drive, Boulder, CO 80303

303-413-7290

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



Meals on Wheels Eat Well Café

Inside the West Age Well Center

Open for lunch

Monday - Friday

11 a.m. - 1 p.m.

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STAFF CONTACT INFORMATION

City of Boulder Older Adult Services

Email: OlderAdultServices@bouldercolorado.gov

Older Adult Services Manager

Eden Bailey, baileye@bouldercolorado.gov

Sr. Program Manager

Maureen Dobson, dobsonm@bouldercolorado.gov

Older Adult Services Case Managers

Ashley Fowler, Emma Gooding-Lord, Wade Branstetter 303-441-4388

Facilities Operations Specialist

Cody Carlough, carloughc@bouldercolorado.gov

Program Support Specialist

Lorna McClanahan, mcclanahanl@bouldercolorado.gov

Customer Service Representatives

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

Fitness/Dance Instructor Judy Kreith


Yoga Instructor Peter Michaelsen

Older Adult Services Case Managers

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

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

Drop-in hours for the Older Adult Services Case Managers at the West Age Well Center are Tuesdays and Thursdays, 10 a.m. – 1:30 p.m. **Check in at the front desk no later than 1:15 p.m. to be seen.**

 303-441-4388

HEALTH AND WELLNESS APPOINTMENTS

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

Dental Aid Appointments at the West Age Well Center



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, the first nonprofit, stand-alone, comprehensive dental clinic in Colorado, offers comprehensive oral health care services that are competitively priced and on par with private dentists in the area. On-site dental outreach services consist of preventive and diagnostic care and basic restorative procedures for older adults aged 60 and older. To schedule a Dental Aid appointment at the West Age Well Center or review questions regarding dental insurance coverage and payment options, please contact Dental Aid directly at **303-499-7072** and please mention this advertisement. **This program is supported through grant funds to Dental Aid from Frasier Retirement community.**

Foot Care Appointments Provided by Visiting Nurses Association

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

Two locations available:

East Age Well Center: Tuesday, April 30 and Wednesday, May 1

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, April 3 and May 1**, by appointment only. To schedule an appointment call 303-441-3148 or [register online](#).

Massage Therapists



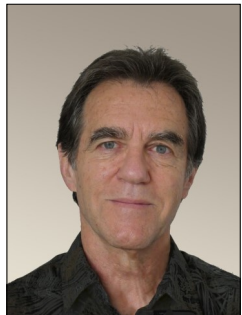
Lulu Delphine

Lulu draws from years of tuning into and guiding people into their bodies, and weaving in other modalities such as Swedish massage, myofascial release, deep tissue, sports, acupressure, energy medicine, vibrational healing using tuning forks, and guided visualization and breathwork. In addition to being a Licensed Massage therapist, she holds a Master of Education, several yoga certifications, and is a Body Now facilitator and Conscious Body Coach. Lulu is available on Wednesdays.



Heather Neher

Licensed Massage Therapist since 2009 and graduate of Healing Spirits Massage Training Program and prior massage therapist with Older Adult Services, Heather's specialties include integrative, deep tissue, specific pain and injury treatment, and neuromuscular massage therapy. She is certified in Comfort Touch®, lymphatic massage and other modalities, and has also practiced and taught yoga and meditation for over twenty years. Heather is available on Tuesdays.



Stan Zweber

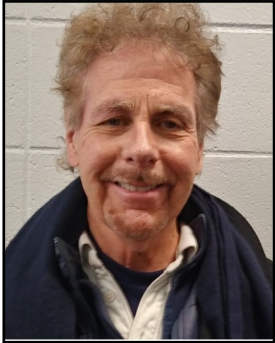
Stan has had a private massage practice in Boulder since 1997 and is a graduate of Colorado School of Healing Arts, where he is now a faculty member. He has also completed advanced studies in Visionary Craniosacral Work™ (VCSW™) with Scottish Osteopath Hugh Milne and is a graduate of Milne Institute. Stan is available on Mondays.

Massage Appointment Information

- All massage appointments take place at the East Age Well Center
- Appointments are currently scheduled for Mondays, Tuesdays, and Wednesdays
- Massage fees are \$80/Resident and \$100/Non-Resident
- Payment must be made at the time of registration
- Massage registration opens at 9 a.m. on the first Wednesday for appointments the following month. **Registration for May appointments opens Wednesday, April 3 at 9 a.m.**
- Register in-person or call the East or West Age Well Center or [register online](#)
- Appointments are limited to one 1-hour appointment per day
- Registration is limited to one appointment per month per person
- When a massage practitioner is unavailable for a scheduled massage, the customer will be notified and offered a substitute therapist, if available
- For cancellation and refund policies, see page 25

FELDENKRAIS SESSIONS

NEW! Feldenkrais® Method Functional Integration: Private Sessions



The Feldenkrais® Method of private sessions are known as Functional Integration. The Feldenkrais® practitioner will guide a client through movements using gentle, non-invasive touch. With guidance, the client learns where they hold specific patterns of tension, effort and pain, and how to develop new patterns that can be more comfortable, efficient and useful in daily life. Clients are fully clothed during each session while lying on a table, sitting or standing.

Instructor: Gil Kelly personally trained with Dr. Moshe Feldenkrais and has been practicing Functional Integration and teaching Awareness Through Movement for 40 years.

Where: East Age Well Center

Dates: Tuesdays, 1 - 2:15 p.m.

Fees: R/NR \$100/\$125 (75-minute session)

Feldenkrais Private Sessions

- All Feldenkrais sessions take place at the East Age Well Center
- Fees are \$100/Resident and \$125 Non-Resident for each 75-minute session
- Payment must be made at the time of registration
- Registration opens 9 a.m. the first Wednesday for appointments the following month:
Registration for May appointments will open Wednesday, April 3 at 9 a.m.
- Register in-person or call the East or West Age Well Center or [register online](#)
- Registration is limited to one appointment per month per person
- For cancellation and refund policies, see page 25

RESOURCE PROGRAMS

Community Protection Division Drop-in Office Hours

Where: West Age Well Center

Date: Monday, April 8

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

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

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



What Matters Most: Conversations for the End of Life

Course #36290

Where: Online

Date: Thursday, April 11

Time: 10 – 11:30 a.m.

End-of-life educators and doulas Diane Hullet and Margaret Kane will share a presentation and lead a discussion about why conversations about death and dying can make a difference. Topics covered in this presentation will include how to start conversations about the end of life, frameworks for making hard decisions, such as CPR, intubation, and feeding tubes, and what conversations need to be had ahead of time and with whom. Participants will be invited to create their own to-do list and take away resources for further exploration. **Register by April 9.**

Conversations about Death

Course #36289

Where: Online

Date: 4th Tuesday, April 23 -May 28

Time: 10 - 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.

Registration required.

2024 Food Tax Rebate Program



Each year, the City of Boulder provides rebates to help compensate community members with lower incomes for the city sales tax they pay on food. Those eligible for the program include older adults aged 62 or older for the entire 2023 calendar year; or a person living with a disability; or a family with children under 18 years of age in the household for the entire 2023 calendar year. Applicants must complete an application and meet financial eligibility guidelines and have resided in Boulder for the entire 2023 calendar year. Applications can be picked up at either of these locations:

**New Britain Building, 1101 Arapahoe Ave,
Boulder, CO 80302, Tuesday - Friday,
10 a.m. – 4 p.m.**

**West Age Well Center, 909 Arapahoe Ave.,
Boulder CO 80302, Monday – Friday,
9:00 a.m. – 3:00 p.m.**

Applicants who applied for the 2022 rebate will automatically receive an application in the mail. Applications must be dropped off at one of the two sites above by Friday, June 28, 2024, or postmarked by Sunday, June 30, 2024.

For more information, call 303-441-4261 or email questions to:

foodtaxrebateprogram@bouldercolorado.gov

RESOURCE PROGRAMS

Older Adult Services 55+ Job Fair

Course #35786

Where: East Age Well Center

Date: Thursday, April 25

Time: 12:30 – 3:30 p.m.



The 55+ Job Fair is an opportunity for older adult job seekers to meet with potential community employers that are actively seeking to fill open positions. This event is sponsored by City of Boulder Housing & Human Services/ Older Adult Services and Workforce Boulder County. Workshops and resume critiques are available during the event. Local nonprofits and other human services agencies will also be onsite with information on additional community supports and resources.

Registration is encouraged but not required.

Registration opens April 1, 2024.

Strategies for Job Seekers 55+

Course Code: 36619

Where: East Age Well Center

Date: Thursday, April 25

Time: 1 – 2 p.m.

This workshop will explore myths & truths about older workers, the range of programs and training available through federally funded workforce centers, strategies for showcasing strengths, and how to put together a compelling resume. **Registration required.**

Resume Reviews

Where: East Age Well Center

Date: Thursday, April 25

Time: 12:30 – 3 p.m.

10-minute reviews and support around developing, updating, and tailoring a professional resume. Please bring a hard copy of a current resume if available. **Sign up for an appointment at the event, first come, first served.**

AARP Foundation Tax-Aide Program

The AARP Foundation Tax-Aide Program offers free tax preparation and assistance for taxpayers with low and middle incomes on Tuesdays and Fridays at the East Age Well Center through April 12, 2024. Returns will be prepared by appointment only and will be completed on site at the Age Well Center during your scheduled appointment. **Appointments can be made online at <https://cotaxaide.org/appt/> or by phone at 303-884-0610 for times between 9 a.m. and 1 p.m.** Questions about the AARP Tax-Aide Program in Boulder can be directed to 303-440-8104.

Low-income Energy Assistance Program (LEAP)

The Colorado Low-income Energy Assistance Program (LEAP) is a federally funded program that helps eligible hard-working Colorado families, seniors and individuals pay a portion of their winter home heating costs. LEAP accepts applications through April 2024. [Visit the website](#) to learn more about applying for LEAP benefits, including a checklist to help you prepare your application. Please call 1-866-HEAT-HELP (1-866-432-8435) for more information.

Boulder County Healthy Aging and Medicare Basics Classes

Boulder County Area Agency on Aging has programs that support and encourage healthy lifestyle choices. Learn how to manage 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/>.

Learn about Medicare enrollment, plans, benefits, and costs. Medicare Counselors provide guidance in the appeal process and information about resources for financial help with Medicare costs: <https://www.bouldercounty.org/families/seniors/services/medicare-counseling/>.

Popular Line Dances

Course #35834

Where: West Age Well Center

Dates: Tuesdays, April 2 - 23
(4 classes)

Time: 1 - 2 p.m.

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

Learn some new, fun line dances this month including Double D, Bring on The Good Times, a Cha-cha-cha, The Waves of Tory and The Southwind Waltz. Line dancing is a fun, invigorating activity and utilizes music from around the world. Individuals and beginners welcome, no partner required. Instructor: Judy Kreith.



Ballroom Dancing - The Rumba

Course #35832

Where: East Age Well Center

Dates: Thursdays, April 4 - 25
(4 classes)

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

Fees R/NR \$32/\$40

Learn the fundamentals of the Rumba. Participants will practice leading, following, and understanding the music, flow and style of this dance. Smooth soled shoes highly recommended. Individuals welcome, no partner required. Instructor: Judy Kreith.



Tea Dance

Where: East Age Well Center

Dates: Fridays, April 5 and 19

Time: 2 - 4 p.m.

Drop-in fee: \$5 per person

Dance in a spacious ballroom to live music provided by Tom Yook, a favorite of Boulder dancers. Tom plays ballroom, rhythm, and Latin dance styles. A buffet style potluck snack is provided by the attendees. **Individuals welcome, no partner or registration required.**



3rd Law Dance/Theater's In Motion Project

Course #35831

Where: West Age Well Center

Dates: Weekly on Thursdays

Time: 1 - 2 p.m.

These movement classes are for people living with Parkinson's, but benefit anyone with mobility concerns. Classes welcome and include people of all abilities, as well as families, friends and care-partners. No dance experience required, class may be enjoyed seated or standing.

Discover diverse dance styles to energizing and inspiring music and practical movement methods that address balance, flexibility, and confidence. Prior registration preferred, but drop-ins welcome.

Instructors: Taught by dance professionals trained in the Mark Morris Dance for PD® method, part of a global network in 300+ communities.



NEW! Folk Dance Series

Course # 36294

Where: East Age Well Center

Dates: Wednesdays, April 17 – May 22
(5 classes, NO class on 5/1)

Time 1:15– 2:15 p.m.

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

Join this new social dance series and enjoy the many health benefits of dancing. Folk dance lessons will include line or circle dances from around the world including Greece, Sweden, Finland, Ireland, Romania, Croatia, Ukraine and many other countries. Individuals and beginners welcome, no partner required. Instructor: Ruth Thomson.

HEALTH & WELLNESS PROGRAMS

Dance Lessons with Judy Kreith



Private dance lessons are available through Older Adult Services for individuals or couples (maximum 2 people). Styles of dance may include swing, salsa, foxtrot, waltz, line dancing, jazz and more.

Where: East or West Age Well Center, by appointment. **Fees:** R/NR \$50/\$63 per hour.

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

Strength and Alignment - Wednesdays

Course #35840

Where: West Age Well Center

Dates: Wednesdays, April 3 - 24 (4 classes)

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

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

Using breath for increased self-awareness, this chair fitness class focuses on body alignment to increase bone density without injury by using resistance training with hand-held weights, resistance bands and isometric exercises using balls. Core strength is emphasized in all movements. This class includes a cardiovascular warm-up, a relaxing cool-down, and constant attention to balance. Exercises can be done standing or seated in a chair, all levels welcome. Instructor: Judy Kreith.



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

Chair Yoga and Balance

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

Monday Series

Course #36292

Where: West Age Well Center

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

Time: 10 - 10:45 a.m.

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



Friday Series

Course #35838

Where: West Age Well Center

Dates: Fridays, April 5 - 26 (4 classes)

Time: 10 - 10:45 a.m.

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

Bone Health

Course #36642

Where: East Age Well Center

Date: Thursday, April 11

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

Both exercise and nutrition are essential for maintaining bone density, strength and stability in the aging process, while also supporting physical well-being. Learn how to create a nutritious, balanced diet to stay strong, active and independent from a certified nutritionist. Then review the correlation between exercise and bone health with a certified personal trainer and practice some bodyweight exercises to improve muscle and joint strength. Instructors: Diana Walley, Board-Certified Nutritionist and Kat Frazier, Certified Personal Trainer with Boulder Parks and Recreation.



HEALTH & WELLNESS PROGRAMS

FREE Introduction to Tai Chi

Course #36601

Where: East Age Well Center

Date: Tuesday, April 2

Time: noon – 1 p.m.

NO FEE

Tai Chi is a mind-body exercise utilizing slow, relaxed movement, a quiet mind, and deep, natural breathing that stimulates the flow of qi or chi (intrinsic energy). Join Older Adult Services Instructor, Steve Arney, for an introduction to Tai Chi, emphasizing balance, and including time for questions and answers. No charge, registration required.



Tai Chi Level I: Beginning

Course #35841

Where: East Age Well Center

Dates: Tuesdays, April 9 - May 21 (7 classes)

Time: noon - 1 p.m.

Fees: R/NR \$ \$63/\$79

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. The instructor has given full permission for participants to photograph or video each new, weekly move as long as it is for personal use. Instructor: Steve Arney.

Tai Chi Level II: Intermediate

Course #35842

Where: East Age Well Center

Dates: Tuesdays, April 2 - May 21 (8 classes)

Time: 1:15 – 2:15 p.m.

Fees: R/NR \$72/\$90

This class expands on what was learned in Level I Beginning class by continuing with the 37-posture Yang short form. Students must have completed Level I or been given instructor approval to enroll at this level. Instructor: Steve Arney.

Tai Chi Level III: Advanced

Course #34843

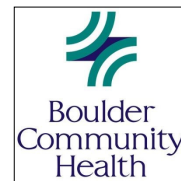
Where: East Age Well Center

Dates: Fridays, April 5 - May 24 (8 classes)

Time: 9:45 – 10:45 a.m.

Fees: R/NR \$72/\$90

The Level III Advanced class will review and complete the entire 37-posture Yang short form. Students must have completed Level II or been given instructor approval to enroll at this level. Instructor: Steve Arney.



BCH Parkinson's Fitness: PWR Exercise4BrainChange®

Where: West Age Well Center

Days: Weekly on 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 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! Therapist 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.

Registration: For more information or to register online go to www.bch.org/therapyclass, or call 303-415-4408 or email Mary Richardson at mrichardson@bch.org.
















OLDER ADULT DROP-IN FITNESS SCHEDULE

City of Boulder Parks & Recreation partners with Older Adult Services to provide drop-in fitness classes specifically designed for older adults 60 years and over.

SilverSneakers®, Silver&Fit® and Renew Active™ memberships accepted or purchase a daily, monthly, 10-visit, or annual pass. For schedule information, see the Parks & Recreation [Drop-in Fitness Schedule](#).

APRIL 2024 DROP-IN FITNESS SCHEDULE

All fitness classes below are held in the
East Age Well Center ballroom

Monday	Tuesday	Wednesday	Thursday	Friday
	 8:30 - 9:30 a.m. Fit & Strong / SilverSneakers Boom <i>Stephanie</i>	 9 - 9:45 a.m. SilverSneakers Classic <i>Terry</i> 	 8:30 - 9:30 a.m. Fit & Strong / SilverSneakers Boom <i>Stephanie</i>	
 10 - 10:45 a.m. SilverSneakers Yoga <i>Andrea</i> 	 9:45 - 10:30 a.m. SilverSneakers Classic <i>Stephanie</i> 	10 - 10:45 a.m. Chair Yoga and Balance <i>Peter</i> 	 9:45 - 10:30 a.m. SilverSneakers Classic <i>Stephanie</i> 	
11 - 11:45 a.m. Zumba Gold <i>Lidia</i>	10:45 - 11:45 a.m. Healing Qigong <i>Nancy</i> 	11 - 11:45 a.m. Zumba Gold <i>Lidia</i>	11 - 11:45 a.m. Yoga for Strength, and Balance <i>Teresa</i> 	 11 - 11:45 a.m. SilverSneakers Classic <i>Terry</i> 
				12:15 - 1 p.m. Joy of Movement Dance Fitness <i>Judy</i>

OLDER ADULT DROP-IN FITNESS CLASSES

Drop-in 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.

Healing Qigong Qigong is a self-healing, Chinese/Taoist exercise that includes meditation, breathing, and movement forms designed to move the qi, or energy of the body. Healing qigong is a gentle and powerful way to heal the body and mind. This class is fun and feels good, all levels welcome!

Joy of Movement Dance Fitness Enjoy low-impact, easy-to-follow dance routines with music from around the world. This class is a great way to improve flexibility, agility and balance, strengthening the body while exploring different dance styles in a fun and friendly environment.

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

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

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

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

WARM WATER FITNESS

Warm Water Fitness Drop-in Schedule

Additional drop-in classes and open pool times through EBCC Aquatics may be found here: www.bprfitness.org. SilverSneakers®, Silver&Fit® and Renew Active™ memberships accepted or purchase a daily, monthly, 10-visit, or annual pass.

APRIL 2024 Warm Water Fitness Drop-in Classes

All classes below held in East Boulder Community Center (EBCC) Pool

Monday	Tuesday	Wednesday	Thursday	Friday
		8 - 8:50 a.m. HydroFit Shallow Leisure Pool <i>Soraya</i>		8 - 8:50 a.m. HydroFit Shallow Leisure Pool <i>Soraya</i>
9 - 9:50 a.m. Hydrofit Deep Deep Water Pool <i>Soraya</i>		9 - 9:50 a.m. Hydrofit Deep Deep Water Pool <i>Soraya</i>		9 - 9:50 a.m. Hydrofit Deep Deep Water Pool <i>Soraya</i>

Warm Water Fitness Class Descriptions

HydroFit Shallow This warm water workout includes intervals, circuits, river running, strength training and balance work for a fun, varied full body wake up workout. This drop-in class is held in the shallow, warm water leisure pool.

HydroFit Deep Jump in for a refreshing deep-water challenge. Boot camp, interval, circuit, endurance and strength training elements help improve cardiovascular fitness, endurance, flexibility, and balance with a splash of morning fun and laughter. This drop-in class is held in the deep-water pool.



LIFELONG LEARNING PROGRAMS

Shakespeare Series: The Tragedy of Macbeth

Course #36643

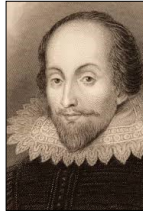
Where: Online

Dates: Wednesdays and Fridays, April 3 - 24
(6 classes, NO class April 5)

Time: 10 – 11 a.m.

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

In this series of SIX online classes, review Shakespeare's tragedy "Macbeth" and the language and themes of this play. Come enjoy the witches, ghosts and especially Lady Macbeth. Participant discussion encouraged and no previous knowledge of the play is required. Fee is per household, class is open to older adults 60+. Instructor: Lori Lucas is a Lecturer at CU Boulder and long-time resident of Boulder.



Facilitated Dialogue: "Infinite Potential"

Course #35818

Where: West Age Well Center

Dates: 1st and 3rd Thursdays, April 4 and 18

Time: 10 - 11:30 a.m.

Join this bi-monthly dialogue group at the West Age Well Center. Come with the intention of being kind, open, honest, present, willing to share and listen to one another. Group leaders will utilize whole-group and small-group activities and dialogues on topics identified by both participants and facilitators. The topic for the spring is "Infinite Potential". Group Leaders: Jim Kettering, Jackie Nelson, John King, Julie Keith and Sally King bring a wide variety of skills and experience in group facilitation. **Registration required. Register once per session (Winter, Spring, Summer, Fall).**

New Payment System in City Parking Garages

Course #36420

Where: West Age Well Center

Date: Tuesday, April 9

Time: 10 - 11 a.m.

The city's five downtown parking garages have moved to a new gateless operations and touchless payment system. Join Maria Katka, Community Vitality Access Services Coordinator, and Scott Oetting, Metropolis Technology Manager, to review how to use this 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.



Sans Souci Film Screening, Discussion, and Optional Dance Class

Course #35651

Where: West Age Well Center

Date: Tuesday, April 9

Time: 2:30 – 4 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. Festival Staff 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.



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.**

Pottery Class EAST

Course #35827

Where: East Age Well Center

Date: Monday, April 8

Time: 1 – 2:30 p.m.

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

Pottery Class WEST

Course #35828

Where: West Age Well Center

Date: Wednesday, April 17

Time: 1:30 – 3 p.m.

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

SPARK and Studio Arts Boulder Pottery Class

Course #35826

Where: West Age Well Center

Date: 2nd Tuesday, April 9

Time: 1 - 2:30 p.m.



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

Join SPARK and Studio Arts Boulder for a monthly hand building class at the West Age Well Center. Participants will learn about the fundamentals of pottery to make functional and whimsical pieces. No experience necessary. **This program is sponsored through generous community donations.**

"Participating in the discussions adds a lot to my world. Thank you."
BIFF Film and Discussion Online Participant

BIFF Film and Discussion: "A Case for Kindness"

Course #36644

Where: Online

Date: Tuesday, April 23

Time: 2 - 3 p.m.



Performing acts of kindness, even anonymously, releases endorphins that makes people feel good and increases self-esteem. This film (feature documentary, 98 min, 2022) reviews the far-reaching impact of kindness on recipients too, with personal stories from His Holiness the Dalai Lama and 100-year-old Norman Lear, along with Ben Affleck, Garth Brooks, Lady Gaga, Trisha Yearwood, Luis Miranda and others regarding real life moments where kindness made a huge difference. Directed and produced by Steven Sawalich. Participate in the online discussion on April 23 led by Laura Thielen with BIFF.

Journaling

Course #35822

Where: West Age Well Center

Dates: 3rd Thursdays, April 18 and May 16

Time: 1 - 2:30 p.m.



In this monthly journaling group, come prepared to write, listen, and share inner wisdom through humor, truth-telling and spirit with group leader Jackie Nelson. **Registration required.**

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.

LIFELONG LEARNING PROGRAMS

NEW! Purple Art - Creative Expression

Course #36430

Where: East Age Well Center

Date: Thursday, April 18

Time: 1 - 2:30 p.m.

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

Purple Art classes focus on expressive, intuitive art making with no experience necessary. Each session will guide participants to complete a different project using various media such as paint, collage, found objects and more. These creative projects will include lots of support and humor, and a fun and safe environment for everyone. Instructors: Abby Sivy and Cindy Parker are the owners of Bohemia, LLC, a local art studio that provides innovative, expressive art programs across the Front Range with older adults.

Meet-up: Tour of Boulder County Recycling Center and snack at Ozo Coffee

Course #36076

Where: 1901 63rd St., Boulder

Date: Monday, April 22

Time: 1 - 2:30 p.m. (tour)

2:45 - 3:45 p.m. (optional - Ozo Coffee)

Visit Boulder County's recycling center and observe the state-of-the-art conveyor belt sorting equipment in action. Most of this guided tour is indoors. Afterwards, walk across the street for a quick visit and information about the Hazardous Materials Management Facility. Chandra Valenza with Boulder County will lead the tour. Ellen Orleans, Sustainability Program Manager at City of Boulder Climate Initiatives will also be available for questions. After the tours, enjoy an optional beverage and snack while socializing at Ozo Coffee (self-pay).

Register by Thursday, April 18.

No transportation is provided for this Meetup. Closest bus stop to the recycling center is Arapahoe Ave. & 63rd St. (JUMP). Closest bus stop to Ozo Coffee Company is Arapahoe Ave. & Conestoga St. (JUMP) (206 westbound).



OSMP Forest Bathing: Connection in Nature

Where: Shanahan Ridge

Date: Wednesday, April 24

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



Join OSMP Volunteer Naturalist Bev Halwa for three hours of connection with nature (AKA Forest Bathing), with yourself, and/or with other participants. This event will not be an information-filled hike; instead, the group will playfully focus on just being in nature using all our senses. The time will include a short hike in the beginning and end, to move away from trailhead traffic, and physical exertion will be minimal. Wear shoes suitable for walking a short distance off-trail that may include cactus, uneven terrain, and animal holes. Bring water and snacks, appropriate clothing for weather conditions, sun protection, insect repellent, and a sit-upon. Total trail walking distance will be about 1 mile. **Register online with OSMP here:**

<https://countmein.bouldercolorado.gov/>

call 720-765-2722. Meeting location details will be provided upon registration.

May Day Celebration with Hula Lesson

Course #36307

Where: East Age Well Center

Date: Wednesday, May 1

Time: 2 - 4 p.m.



The State of Hawaii has a long relationship with May Day. In 1929, then Governor Wallace R. Farrington declared the first of May as Lei Day as a cultural and historical celebration. The lei is a symbol of hospitality and greeting and a celebration of the spirit of aloha – a sense of harmony and unity. Join Older Adult Services for a May Day celebration in the aloha spirit with an optional hula workshop with Shireen Malik. Snacks and drinks are provided.

Hula Instructor: Shireen Malik is an instructor, performer, choreographer, and producer. She holds a B.A. from UC California, Berkeley. While living on the island of Hawaii, Shireen studied with hula master Katherine Keko'olani Dambley.

Register by April 26.

TECHNOLOGY PROGRAMS

1 - 1 Technology Assistance

A tech coach is available to provide one-to-one technology assistance for older adults on various topics and devices. Topics include file organization, email and settings on smartphones/computers, text messages and emojis, Google and frequently used websites (i.e. YouTube), account and password management, Google apps, popular apps/games, Apple/Samsung/Android products, and managing, sending, taking and deleting photos. **Participants must bring their own device and topics or questions. Registration required for 30-minute timeslot.**

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

Tech Coaches

Tech Coaching - EAST

Where: EAST Age Well Center

Dates: Wednesdays, April 3 and 17

Time: 1 - 3:30 p.m.

(30-minute appointment)

Tech Coach: Mary Haley



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

Tech Coaching - WEST

Where: WEST Age Well Center

Dates: Tuesdays, April 2, 16 and 30

Time: 1 - 3 p.m.

(30-minute appointment)

Tech Coach: Lucy Kuchta



Lucy Kuchta is the owner of the technology company Quinsight and has partnered with Boulder County Area Agency on Aging and the Empower with Tech program.

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

1-1 Technology Assistance with Boulder Universal Students

Course #35609

Where: West Age Well Center

Date: Wednesday, April 10

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

In this IN-PERSON program, Boulder Universal students are available to provide one-to-one technology assistance for older adults on various topics and devices. Financial and health information topics not addressed. **Participants must bring own device and topics or questions. Spaces limited, register by April 8.**

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



Boulder Universal students volunteer to assist older adults with technology.

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

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



Embracing Smart Home Technology - Create a More Simple and Secure Life

This workshop will review smart home devices like voice assistants, smart speakers, thermostats, lights, security cameras, smart doorbells and related technologies, with an emphasis on user-friendly features and benefits tailored for older adults 60+. The discussion will include common concerns such as privacy, security, complexity, cost and learning curve, and will offer solutions and insights to mitigate these concerns. Several popular smart devices will be demonstrated using actual devices and short video clips. The first hour will cover content and discussion, the second hour will address participants' specific smart home technology requirements.

In-Person: Smart Home Technology

Course #35647

Where: West Age Well Center

Date: Tuesday, April 16

Time: 10 a.m. - noon

Online: Smart Home Technology

Course #35648

Where: Online

Date: Wednesday, April 17

Time: 10 a.m. - noon



Active Minds for Life with Older Adult Services

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

Active Minds: Renewable Energy

Course #35815

Where: West Age Well Center

Date: Wednesday, April 10

Time: 1 – 2 p.m.



Renewable energy sources such as solar, wind, geothermal, hydro, etc. is an important part of the energy future in the U.S. and the world. The issues are complex, involving technical challenges, economic issues, and environmental, political and social factors. Join Active Minds to review the current state of renewable energy and the various forces that will influence how these resources will evolve into the future. Please register to attend. **This Program is sponsored by Brookdale Meridian Boulder and The Pearl at Boulder Creek.**

Active Minds: Greece

Course #35814

Where: East Age Well Center

Date: Monday, April 22

Time: 3 – 4 p.m.



Join Active Minds to explore the story of Greece, from ancient times to the present, including monumental contributions to art, architecture, philosophy, politics, and more. The story will also cover how Greece, one of the smallest European Union nations to adopt the Euro, fits into the larger puzzle of modern Europe. **This program is sponsored by Brookdale Meridian Boulder.**

2024 Older Adult Services Scholarship Program

The Older Adult Services Scholarship Program provides eligible applicants a \$25 credit that can be used to register for Older Adult Services registered fitness, health and wellness classes, lifelong learning programs, trips, and massage for older adults. Limited scholarships are available on a first-come, first-served basis. No application will be accepted after November 30, 2024. To be eligible, applicants must be 60 years of age or older, a resident of the City of Boulder, and meet financial eligibility requirements. For more information, call 303-441-4388. Scholarship application forms are available at East and West Age Well Centers.

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	East	Fridays	10 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 judith.king199@gmail.com
Chess	West	Thursdays	11 a.m. – 12 p.m.	Allan: 720-985-4109
Chinese Classical Mahjong	West	Wednesdays	1 – 3 p.m.	Jeanny: 720-436-5361
Coffee and Conversation for People Living with Parkinson's	East	3 rd Tuesdays	10 – 11:30 a.m.	Ilse: ibleck@yahoo.com
Community Book Group	Online	3 rd Thursdays	2 – 3:30 p.m.	Cheryl: 303-949-0764 cheryl.k.appell@gmail.com
Cribbage	West	Tuesdays	1 – 3 p.m.	Jan: 541-254-0325
Easy Rider Bike Group	Various Boulder locations	Mondays	9 – 11 a.m.	Sandy: 970-584-0311
Hand and Foot Canasta	East	Tuesdays	10 a.m. – 12 p.m.	Susan: 303-494-7912
In-Person Book Group	West	2 nd Thursdays	1:30 – 3 p.m.	Debra: 303-440-4148
Knitting Group	West	Tuesdays	10 – 11 a.m.	Vincent: 303-362-0152
Open Mic	West	4 th Fridays	12:30 – 3:30 p.m.	Margaret: margaretwildflower@gmail.com
Pinochle	East	Thursdays	1 – 3 p.m.	Harvey: 303-250-3497
Poetry and Storytelling Circle	West	2 nd Thursdays	12:30 – 3:30 p.m.	Margaret: margaretwildflower@gmail.com

Continued



VOLUNTEER LED GROUPS

Interest Group	Where	Day(s)	Time	Contact
Scrabble	East	Wednesdays	1 – 3 p.m.	Pat: patdawson7@comcast.net
Scrabble	West	Thursdays	1 – 3 p.m.	Paula: Paulapreston8@hotmail.com
Table Tennis East	East	Mon., Wed., Fri.	2:15 – 4:15 p.m.	Dan: 303-886-7743
Table Tennis West	West	Tues., Thurs.	9:30 – 11:30 a.m.	Diana: 303-241-5133
Texas Hold 'Em	West	Fridays	1 – 3:30 p.m.	Joan: 303-938-1333
Western Classical Mahjong	West	Mondays	11 a.m. – 2:30 p.m.	Donna: 303-444-1513
Western Classical Mahjong	West	Tuesdays	12 – 3 p.m.	Anne: 516-316-7569
Write On! Writers Group	East	2 nd Thursdays	1:30 – 3 p.m.	Jacqui: 303-447-2931 jrgoeldner@mac.com

SUPPORT GROUPS

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

Welcome to Older Adult Services

- Our centers are a safe and welcoming environment. Older Adult Services supports equity, diversity, and inclusion.
- Older Adult Services provides services and programs for adults age 60 and older.
- Case Manager consultations on options for housing, transportation, healthcare, food assistance and more are available for City of Boulder residents age 60 and older and their family caregivers.
- There is no membership fee to participate in programs and services.
- Some Older Adult Services classes and activities are offered free of charge, and others have a registration fee. Participants living inside the City of Boulder limits are charged a Resident Fee, and participants living outside of city limits are charged a Non-Resident Fee.
- Parking is free at both East and West Age Well Centers for our customers. See below for more information.

Safety Guidelines for Customers

Masks are optional for all indoor public spaces for everyone regardless of vaccination status. For more information on how to stay safe, visit Boulder County Public Health's COVID information page at <https://bouldercounty.gov/families/disease/recommended-covid-19-precautions/>. Use Common Sense : Stay home if you are sick. Use a disinfecting wipe on common surfaces you have touched or are going to touch. Wash your hands with soap for 20 seconds or use hand sanitizer. Masks are available at front desk upon request.

Accommodations

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

Specific Requests

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

Discrimination Policy

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

West Age Well Center Parking

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

PROGRAM GUIDELINES

Older Adult Services offers two types of programs:

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

In-Person: Participants register for the program in advance and join in person at the East or West Age Well Centers or an exterior location. This includes volunteer led special interest groups.

Online Program Guidelines

Welcome to Older Adult Services online programs! Our mission is to inspire and empower older adults to age well through community connection, learning, and play. In order to ensure a quality experience for all, we will be using the following guidelines:

- Keep your microphone muted unless you are speaking, then mute yourself again
- Position your camera properly so that it is showing your face
- Turn off your camera if you are walking around, eating or doing any other activity than full participation in the program
- Follow the presenter's rules for participation such as using the raised hand icon or chat feature
- To protect the privacy of all participants, no recordings, photographs, or copies of transcripts from online programs may be made, permitted or distributed by program instructors, volunteer group leaders or attendees.

To ensure a quality experience participants may be muted by the host and/or have video turned off, or participants might be designated as listening mode only if their online behavior is disruptive or inappropriate. Thank you for your support and your participation!

NOTE: Unfortunately some online programs can be hijacked by internet trolls, also known as "zoombombing" or "zoom raiding". In this event Older Adult Services may suspend or cancel a program.

Rules and Regulations

Although Older Adult Services has facility [rules and regulations](#) for behavior, individual programs may also have additional rules or requirements for participation. Please read program descriptions carefully and make sure you connect with the instructor on the first day of the program to inquire about any expectations for participation to ensure a positive experience.

No recordings or photographs are permitted in any class held at the Age Well Centers without management approval.

Inclement Weather Policy

Your safety is important to us. The City Manager, in consultation with public safety and transportation staff, determines if a weather-related city closure is warranted. If the city offices close due to inclement weather, the city will post this information in a red banner on the 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.
- **For online programs**, please register by noon the day before the program, unless otherwise stated in program description.
- **In-person:** at East and West Age Well Center during open office hours except holidays and closures.
- **By phone:** Call 303-441-3148 during open office hours except holidays and closures.
- Some individual programs are advertised with specific registration deadlines.
- Late registrations are only accommodated as staff time and availability allow.
- A caregiver for an older adult may register for programs at the same time as the older adult and pay the same fee.

Payment

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

Cancellations and Refunds

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

Wait Lists

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

ACKNOWLEDGEMENT OF RISK/WAIVER OF LIABILITY

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

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

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

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

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

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



Project Homecoming

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

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

"The program was a real help when I got home from the hospital! Wonderful service!" – A., client



The **Niche Market** at Meals on Wheels of Boulder

3701 Canfield Street, Boulder, CO 80301

Monday – Friday, 9 a.m. – 5 p.m.

Saturday, 10 a.m. – 4 p.m.

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



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

The Café is open to community members of all ages

Monday - Friday, 11 a.m. - 1 p.m.



For \$7.99 (plus tax), enjoy:

Choice of two entrees, side salad, dessert, and beverage

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

Contact Sara@mowboulder.org for groups/parties.

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

Home Delivered Meals: Providing fresh, nutritious meals and daily well-being checks to Boulder residents, regardless of age or income. Call 720-780-3380 or complete our online intake form at mowboulder.org.

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

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

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

PARKS & RECREATION

Play here, work here, and grow here. Our friends in Boulder Parks and Recreation are hiring for this summer!

Maybe you've played at a Boulder Parks and Recreation facility and you're thinking, "How can I get a job there?" Now is the time! They are hiring for their summer positions. From lifeguards to camp counselors to parks maintenance crew, they want you to join them and, hopefully, grow your career there! If interested, see open jobs and apply now at [BPRjobs.org](https://bprjobs.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 Mistarz at MistarzJ@bouldercolorado.gov.

Access for All

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

Older Adult Functional Fitness Assessment

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

Cost is \$16 per person, assessments are limited to 3 registered participants at a time. Register at any Boulder Age Well Center, Parks and Recreation center front desk or call 303-441-3148. 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.

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
- Diane Hullet and Margaret Kane for facilitating the *Conversations about Death* group
- Sans Souci Festival Staff and Megan Roney for offering the Film Screening, Discussion and Dance Class
- Legendary Ladies for providing the Living History Performance "Unconventional Women of the West" in honor of Women's History Month
- Mary Haley, Volunteer Tech Coach for providing 1-1 Technology Assistance
- Lucy Kutcha with Quinsight and Boulder County Area Agency on Aging for providing 1-1 Technology Assistance
- Julie Graff and Boulder Universal Student Volunteers for providing 1-1 Technology Assistance
- Brookdale Meridian Boulder and the Pearl at Boulder Creek for sponsoring the monthly Active minds programs

April 21 - 27 is National Volunteer Week!





Older Adult Fitness



Tour of Boulder County
Recycling Center



OSMP Drawing Native Grasses

Join us!

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

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



Older Adult Services

www.boulderolderadultservices.com

Older Adult Services Newsletter

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

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