

## Older Adult Services Volunteer Led Special Interest Groups

If interested in participating, contact the Volunteer Leader listed below.

### Rubber Bridge Group

**East Age Well Center, Mondays, 12:30 - 4:00 pm**

Meets weekly on Mondays at East Age Well Center. Contact Vicki at [vicki\\_schilling@hotmail.com](mailto:vicki_schilling@hotmail.com) to reserve a space with this group.

### Table Tennis East

**East Age Well Center, Mondays, Wednesdays, and Fridays, 2:15 - 4:15 p.m.**

An older adult (age 60+) Table Tennis group meets to play at the East Age Well Center. SilverSneakers®, Silver&Fit® and Renew Active™ memberships apply. Contact Dan at 303-886-7743 for more information.

### Table Tennis West

**West Age Well Center, Tuesdays and Thursdays, 9:30 - 11:30 a.m.**

Beginning and intermediate level play. To join, contact Diana at 303-241-5133.

### Coffee and Conversation for People Living with Parkinson's

**East Age Well Center, 3<sup>rd</sup> Tuesdays 10:00 - 11:30 a.m.**

Come enjoy the expertise, knowledge and fellowship of members of our community living with Parkinson's Disease. In a relaxed atmosphere with coffee and snacks this group elicits topics from attendees for shared and open discussion. Topics may include medications, feelings, doctors, accomplishments, challenges, research or other topics of interest. No speakers, just group members, here for each other. Contact Ilse at [ibleck@yahoo.com](mailto:ibleck@yahoo.com) for more information.

### Knitting Group

**West Age Well Center, Tuesdays, 10:00 - 11:00 a.m.**

Join this weekly knitting group to work on any knitting or crocheting project while socializing with peers. Contact Vincent at 303-362-0152

### Cribbage Group

**West Age Well Center, Tuesdays, 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. Cribbage boards and cards available if needed. Contact Jan at 541-254-0325 if interested in joining.



### Hand and Foot Canasta Drop-in

**East Age Well Center, Tuesdays, 10:00 a.m. - noon**

Join this weekly opportunity to meet with other canasta players and play for fun. This group is open to new players. Contact Susan at 303-494-7912.

### American Mahjong

American (Western Classical) Mahjong was revised from Chinese Classical Mahjong and introduced in America. Knowledge of how to play the game is required to join this group.

**West Age Well Center, Mondays 11:00 a.m.- 2:30 p.m.**

Contact Donna at 303-444-1513.

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**West Age Well Center, each Tuesday 12:00 am - 3:00 pm**

**East Age Well Center, each Friday 10:00 a.m. - 12:15 p.m.**

Contact Anne at 516-316-7569

### NEW! Scrabble Group

**East Age Well Center, Wednesdays, 1:30 - 3:30 p.m.**

This new Scrabble group meets weekly on Wednesdays at the EAST Age Well Center, all levels welcome! Contact Pat at [patdawson7@comcast.net](mailto:patdawson7@comcast.net) if interested.

### NEW! Scrabble Group

**West Age Well Center, Thursdays, 1:00 - 3:00 p.m.**

This Scrabble group meets weekly on Thursdays at the WEST Age Well Center, all levels welcome! Contact Paula at [Paulapreston8@hotmail.com](mailto:Paulapreston8@hotmail.com) if interested.

### 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.

### Chess Group

**Thursdays, 11:00 a.m.- noon**

**West Age Well Center**

Join this chess group to play for fun. All levels welcome, no timeclocks used unless desired. Participants may bring their own chess set, one set is provided. Contact Allan at 720-985-4109 for more information.



### Pinochle Drop-in

**East Age Well Center, Thursdays 1:00 - 3:00 p.m.**

Weekly group meets and plays for fun. Contact Harvey at 303-250-3497 if interested. Beginners and advanced players welcome, lessons provided for new players.

### **NEW! Beading Group**

**East Age Well Center, Thursdays, 1:30 - 3:30 p.m.**

Join this weekly group to work on beading projects while socializing with peers. Participants bring own materials. Contact Patsy at [patsy@ubbrew.com](mailto:patsy@ubbrew.com)

### In-Person Book Group

**West Age Well Center, 2nd Thursday of each month, 1:30 - 3:00 p.m.**

Join peers to read and discuss a book each month. Monthly participation is encouraged, though the group is open to those who cannot attend regularly but may have read the book selection and would like to attend the discussion. Contact Debra at 303-440-4148.

### Write On! Writer's Group

**East Age Well Center, 2<sup>nd</sup> Thurs of each month, 1:30 - 3:00 p.m.**

This monthly writing group comes together to provide encouragement, support for and sharing with each other. Contact Jacqui at 303-447-2931 or [jrgoeldner@mac.com](mailto:jrgoeldner@mac.com)

### Poetry and Storytelling Circle -

**West Age Well Center, Thursdays, 12:30 -3:30 p.m.**

This group is a place to read one's own poetry or poetry by others or tell a favorite story. Each participant receives a 15 minute time slot. Contact Margaret Wildflower, facilitator, at [margaretwildflower@gmail.com](mailto:margaretwildflower@gmail.com)

### Older Adult Open Mic

**West Age Well Center, Fridays, 12:30 -3:30 p.m.**

Gather from 12:30 - 1 p.m. for signup and chat, music 1:00 - 3:30 p.m. This group format invites individuals to sing and/or play for 15-30 minutes at a time. Some lyrics will be provided for the sing along, or bring your own lyrics. All are invited to enjoy the music and meet people every Friday afternoon. Contact facilitator Margaret at [margaretwildflower@gmail.com](mailto:margaretwildflower@gmail.com).



### **Community Book Group (online)**

**Online**, 3rd Thursday of each month, 2:00-3:30 p.m.

This club chooses a book as a group and meets online. Book authors occasionally scheduled to join discussion. Contact Cheryl at 303-949-0764 or [cheryl.k.appell@gmail.com](mailto:cheryl.k.appell@gmail.com)

### **Art Journals Group - NEW Description**

**Online**, each Friday, 12:30 - 1:30 p.m.

Each week a word or phrase is drawn from a compilation of participant suggestions. Participants use creativity as a guide to journal, collage, assemblage, paint, draw, photograph a response to the selected theme. Each participant's results and process are shared during online meetings. NO art or craft experience is required, and exploring is welcomed. Join this group to have fun discovering the results of contemplating the weekly themes. Contact Judith at 303-817-4599 or [judith.king199@gmail.com](mailto:judith.king199@gmail.com) to see examples of past themes, and to join the group.

### **Texas Hold 'Em Game Group**

**West Age Well Center**, each Friday 1:00 - 3:30 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.

### **Easy Rider Bike Group -**

**Mondays, 9:00am - 11am-ish**

**Location:** Rides leave from various locations around Boulder, communicated weekly by group leader. This social cycling group offers an opportunity for riders age 60+ of all levels to join an organized ride. Rest stop always included, usually at place to get snacks and beverages (self-pay). Routes typically between 8-15 miles. Electronic bikes (E-Bikes) welcome but must ride at the group pace. Contact Sandy to join the group, 970-584-0311.

