

Let's Age Well!

October 2023 Program Guide



Meetup Tour of Community Cycles



**City of Boulder
Housing and Human Services
Older Adult Services**

www.boulderolderadultservices.com

OLDER ADULT SERVICES

Welcome!

Older Adult Services mission:

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



West Age Well Center

909 Arapahoe Ave. Boulder, CO 80302

303-441-3148

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



East Age Well Center

5660 Sioux Drive, Boulder, CO 80303

303-413-7290

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



Meals on Wheels Eat Well Café

Inside the West Age Well Center

Open for lunch

Monday - Friday

11 a.m. - 1 p.m.

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STAFF CONTACT INFORMATION

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Older Adult Services Case Managers

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Facilities Operations Specialist

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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, 10:00 a.m. — 1:30 p.m.

 303-441-4388

HEALTH AND WELLNESS APPOINTMENTS

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



Foot Care Appointments Provided by Visiting Nurses Association

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

East Age Well Center: 1st Wednesdays

West Age Well Center: Mondays

Cost is \$55.

Cash not accepted, credit card preferred but checks welcome and possibly no copay with some Kaiser plans.

Call 303-698-6496 to schedule an appointment, to check your Kaiser benefits, or for additional information.

Monthly Hearing Clinics with Family Hearing

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

NEW: 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, October 4 and November 1**, by appointment only.

To schedule an appointment call 303-441-3148 or [register online](#).

Schedule an appointment today!

Massage Therapists at East Age Well Center



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

Available Tuesdays and 1st and 3rd Fridays



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

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

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

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

Massage Appointment Information

- All massage appointments are now held at the East Age Well Center
- Massage fees are \$60/Resident and \$75/Non-Resident
- Appointments are available on Tuesdays, Wednesdays, and some Fridays
- Massage registration opens at 9:00 a.m. on the first business day of the preceding month. **Registration for November massage appointments will open on Monday, October 2 at 9:00 a.m.**
- Registrations are limited to one appointment per month, per person
- Appointments are limited to one 1-hour appointment per day
- When a massage practitioner is unavailable for a scheduled massage, the customer will be notified and offered a substitute therapist, if available
- See page 25 for Registration, Payment, Cancellation and Refund Policies

RESOURCE PROGRAMS

Coffee with a Cop: Building Relationships One Cup at a Time

Course #33721

Where: West Age Well Center

Date: Wednesday, October 4

Time: 9:30 – 11:00 a.m.



Join staff from the City of Boulder's Police Department, Boulder County Community Protection Division, and Housing and Human Services' Crisis Intervention Response Team (CIRT) for Coffee with a Cop.

Coffee with a Cop is an opportunity to break down the barriers between police officers and the community members they serve by creating space to ask questions, voice concerns, and get to know the officers in your community.

Community members are invited to drop by the West Age Well Center located at 909 Arapahoe Ave. to participate in this program. **Registration is not required but strongly encouraged. For more information or to register call 303-441-3148.**

Community Protection Division Appointments

Where: West Age Well Center

Date: Monday, October 9

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

by 20-minute appointment



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 at West Age Well Center one time a month for a 20-minute appointment to discuss personal situations and ask questions. Registration required. **Customers must schedule an appointment to be seen. The Community Protection Specialist is not able to answer legal questions or provide legal advice.**

the conversation project
in boulder county

a program of **TRU** | COMMUNITYCARE

CELEBRATING 10 YEARS OF CONVERSATIONS 2013-2023

Introduction to The Conversation Project in Boulder County: Identifying and Communicating End-of- Life Wishes

Course #33688

Where: Online

Date: Friday, October 13

Time: 10:00 – 11:30 a.m.

Participants will gain insights into conversations about healthcare preferences and the best ways to ensure that personal wishes for care through the end of life are honored. This program will explore topics such as identifying a healthcare agent, how to have "the conversation", basic advance care planning, building a support network, and accessing community resources. Fifty percent of people will need another person to make medical decisions on their behalf through the end of life. Do you know who that person would be? The Conversation Project in Boulder County wants to help.

Healthy Living for Your Brain and Body

Course #33700

Where: West Age Well Center

Date: Wednesday, October 18th

Time: 11:00 a.m. – 12:30 p.m.

This program will provide information on how to make lifestyle choices that may help keep the brain and body healthy. Participants will learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to incorporate these recommendations into a plan for healthy aging. Presenter: Don King, Alzheimer's Association Community Educator. Sponsored and presented by Colorado Alzheimer's Association.



2023 Older Adult Services Scholarship Program

The Older Adult Services Scholarship Program provides eligible applicants a \$25 credit that can be used to register for Older Adult Services registered fitness, health and wellness classes, lifelong learning programs, trips, and massage for older adults. Limited scholarships are available on a first-come, first-served basis. No application will be accepted after November 30, 2023. Funds must be used within 6 months from the date of approval within the 2023 calendar year. To be eligible, applicants must be 60 years of age or older, a resident of the City of Boulder, and meet financial eligibility requirements. For more information, call 303-441-4388. Scholarship application forms are available at East and West Age Well Centers.

Conversations about Death (previously called Death Café)

Course #33425

Where: Online

Dates: 4th Tuesday, October 24

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

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



Cultivate Information Table

Where: West Age Well Center Lobby

Dates: 4th Tuesday, October 24

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

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



DANCE PROGRAMS

Popular Line Dances

Course # 33275

Where: West Age Well Center

**Dates: Tuesdays, October 3 - 31
(4 classes, NO class 10/10)**

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

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

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



Ballroom Dancing: Cha Cha Cha

Course #33270

Where: East Age Well Center

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

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

Fees R/NR \$32/\$40

Learn the lovely and versatile Latin dance the Cha-cha-cha while refining ballroom dance fundamentals of musicality, rhythm, leading and following. Individuals welcome, no partner required. Instructor: Judy Kreith.



Jazz Dance Series

Course #33273

Where: East Age Well Center

**Dates: Fridays, October 13 - 27
(3 classes)**

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

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

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



Tea Dance

Where: East Age Well Center

Dates: Fridays, October 6 and 20

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

Drop-in fee: \$5 per person

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



Private Dance Lessons with Judy Kreith

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



3rd Law Dance/Theater's In Motion Project

Course #33708

Where: West Age Well Center

Dates: Weekly on Thursdays

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

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



HEALTH AND WELLNESS PROGRAMS

Progressive Muscle Relaxation Meditation Series

Course # 33356

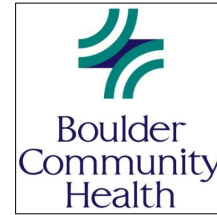
Where: Online

Dates: Meets weekly on Tuesdays

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

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

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



BCH Parkinson's Fitness: PWR Exercise4BrainChange®

Where: West Age Well Center

Days: Each Friday

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

Sponsored by Boulder Community Hospital, this dynamic class targets the motor and non-motor symptoms of Parkinson's Disease that interfere with everyday movement. Join in the action to increase balance, flexibility and posture, improve gait, prevent falls and optimize brain health with PWR

Exercise4BrainChange using PWR!Moves™, created by neuroscientist Dr. Becky Farley. Instructors: Nancy Hillmer, OT and Mary Richardson, PT, PWR!Therapists™ trained by Parkinson Wellness Recovery.

Class requirements: able to stand independently at least 2 minutes, able to walk independently at least 200 feet with or without an assistive device. Written clearance from physician is recommended.

For more information and/or to register, contact 303-415-4408 and leave a message, or email Mary Richardson at mrichardson@bch.org.

Chair Yoga and Balance Series

Course #33419

Where: West Age Well Center

**Dates: Fridays, October 6 - 27
(4 classes)**

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

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

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



HEALTH & WELLNESS PROGRAMS

Feldenkrais: Move With Ease

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

Chair-Based Series

Where: West Age Well Center

Dates: Mondays, October 9 - 30

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

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

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

Mat-Based Series

Where: East Age Well Center

Dates/Time: Tuesdays, October 10 - 31

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

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

Participants will walk, stand, or sit in a chair, and also lie on the floor in a variety of comfortable positions on the back, front, or side. Participants must be able to get up and down from a mat safely to join this series.

Fall Prevention Needs Your Attention

NEW DATE AND TIME

Course #33022

Where: East Age Well Center

Date: Monday, October 30

Time: 2:30 – 4:00 p.m.

There is a relationship between cognition and falls for older adults. Speech Language Therapist, Michelle Becker, will describe how cognition impacts fall risk, and will share strategies to increase cognitive fitness and decrease fall risk. Occupational Therapist, Karen Stanisich, will discuss practical matters in the home and adaptive equipment to help older adults to stay healthy and safe.

Following this presentation, BCH therapists will be available to answer individual questions surrounding fall prevention and ways to minimize fall hazards in the home.

This program is sponsored by Boulder Community Health, in partnership with City of Boulder Older Adult Services.










Presenters: Michelle Becker, MS, CCC-SLP, BCH Outpatient Rehabilitation, and Karen Stanisich, Occupational Therapist.



FITNESS CO-SPONSORED WITH PARKS & REC

October Drop-in Fitness Schedule

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

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

Fitness Class Descriptions

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

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

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

FITNESS CO-SPONSORED WITH PARKS & REC

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

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

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

October Water Fitness Drop-in Schedule

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

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

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

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

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

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

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

LIFELONG LEARNING PROGRAMS

Get Acquainted!

Course #33661

Where: West Age Well Center

Date: Tuesday, October 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 refreshments and information about meal services, then learn about the many programs and resources offered by Older Adult Services.

Facilitated by staff members. No charge, please pre-register to reserve your space.



Facilitated Dialogue: “Being-Receiving-Sharing”

Course #33258

Where: West Age Well Center

Dates: 1st and 3rd Thursdays, Oct. 5 and 19

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

Join this bi-monthly dialogue group at the West Age Well Center. Come with the intention of being kind, open, honest, present, willing to share and listen to one another. Group leaders will utilize whole-group and small-group activities and dialogues on topics identified by both participants and facilitators. The topic for the fall is “Being-Receiving-Sharing”.

Group Leaders: Jim Kettering, Jackie Nelson, John King, Rennie Zapp, and Julie Keith bring a wide variety of skills and experience in group facilitation. **Registration is required. Register once per session (Winter, Spring, Summer, Fall).**

NEW! Write a Compelling Memoir

Course #34095

Where: East Age Well Center

Dates: Tuesdays, October 10 - 31

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

This writing class will enable participants to identify significant life experiences, describe them, and share them in small groups. Gradually the writers will transform influential life circumstances into compelling memoirs to share with friends and family, including grandchildren.

Instructor: Nan Phifer is the author of *Memoirs of Your Soul*, a Writing Guide. She has made conference presentations throughout the U.S., and taught at Lane Community College in Eugene, Oregon.



Special Event: Dance Lesson and Open Dance

Course #33664

Where: East Age Well Center

Date: Friday, October 13

Time: 1:45 – 4:00 p.m.

Join Older Adult Services dance instructor Judy Kreith for a 6-count swing dance lesson, followed by time for open dance to music from the 1950s – 1970s, or just stay and enjoy the music and socialize. Stimulate brain and body in a fun, social environment.

Welcome and refreshments at 1:45 p.m., dance instruction at 2:00 p.m., open dance 3:00 – 4:00 p.m. **Registration required, please register by Tuesday, October 10.**



LIFELONG LEARNING PROGRAMS

Studio Arts Boulder Pottery Classes



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

Studio Arts Boulder Pottery Class EAST

Course # 33398

Where: East Age Well Center

5660 Sioux Drive, Boulder

Date: Monday, October 9

Time: 1:00 – 2:30 p.m.

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

Studio Arts Boulder Pottery Class WEST

Course #33685

Where: West Age Well Center

909 Arapahoe Ave., Boulder

Date: Wednesday, October 18

Time: 1:30 – 3:00 p.m.

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

SPARK and Studio Arts Boulder Pottery Class

Course # 33266

Where: West Age Well Center

Dates: 2nd Tuesdays, Oct. 10 - Dec. 12

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.



American Mah Jongg for Beginners

Course #33766

Where: West Age Well Center

Dates: Mondays and Wednesdays, Oct. 16 - 25

Time: 10:00 a.m. - 12:30 p.m.

Fees: R/NR \$105/\$131

Learn to play American Mah Jongg, a game of both skill and luck. Gain a basic understanding of the game's fundamentals and some basic strategies to enjoy the game. Participants pay an \$8 materials fee to the instructor on the first class. Instructor: Donna Mayo.



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.

Journaling

Course #33259

Where: West Age Well Center

Date: 3rd Thursdays, October 19

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



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

Broadway Musical Lecture

Course #34081

Where: East Age Well Center

Date: Thursday, October 19

Time: 10:30 – 11:30 a.m.



“My Fair Lady” is a musical based on George Bernard Shaw's 1913 play “Pygmalion”, book and lyrics by Alan Jay Lerner and music by Frederick Loewe. The musical's 1956 Broadway production won six Tony Awards including Best Musical and set a record for the longest run of any musical on Broadway up to that time. Join this lecture to discuss aspects of the play that led to its popularity and many revivals of the original. Video clips and live vocals will be shared by the presenter, Belle Goodman, actress and singer.

Living History Performance: Marion Woodman

Course #33660

Where: West Age Well Center

Date: Wednesday October 25

Time: 1:00 – 2:00 p.m.



Marion Woodman (1928-2018) became a guiding light of Jungian studies through struggles to heal anorexia nervosa in herself and eating disorders in others.

This living history program presents Marion's ideas and personal stories and allows time for audience questions. Performer Laura Deal is a scholar and storyteller with a Ph.D. in History from the University of Colorado at Boulder.

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

Course #33728

Where: West Age Well Center

Date: Tuesday, October 24

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



Sans Souci Festival of Dance Cinema presents "Dance is Like a Fine Wine": a series of short dance films followed by discussion and ending with an optional dance class. Dance instructors will offer modifications for physical limitations, and movement at any level is welcomed. No dance experience required. Michelle Bernier, Co-Director of the Festival, will facilitate the discussions, and dance classes will be taught by Megan Roney, a certified DanceAbility teacher.

BIFF Short Films and Discussion

Course #33340

Where: Online

Date: Friday, October 27

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



Older Adult Services and Boulder International Film Festival (BIFF) are partnering to bring independent films to older adults online. Prior to the program, participants will receive an email with online links to view a compilation of short films. Discussion Facilitator Shay Wescott is the Development Manager at the Dairy Arts Center, has experience with film festivals and discussions, and is a new BIFF film committee participant.

“**Dream on Leon**”, Canada, short film, 2022, 8 min.

“**Stained Skin**”, Germany, short film, 2021, 9 min.

“**High Noon on the Waterfront**”, USA, short documentary, 2022, 14 min .

“**Adjustment**”, Iran, short film, 2022, 17 min.

“**The Originals**”, USA, short animated documentary, 2022, 10 min.

“**An Irish Goodbye**”, Ireland/UK, short film, 2022, 23 min.

TRIPS & MEETUPS



TRIP: Fall Colors & Elk Viewing Tour

Course #33662

Where: Meet in East Age Well Center lobby, round-trip transportation provided by Via

Date: Tuesday, October 10

Time: 10:00 a.m. – 4:00 p.m.

Fees: R/NR \$43/\$54

Join this bus tour led by a Treasure Box tour guide (formerly Denver History Tours) to view the colors of autumn and bull elk as they seasonally venture out to attract female elk by making a “bugling” sound. It is not assured the group will see or hear the elk bugle, but Estes Park provides a good possibility.

Stop for lunch in Estes Park (self-pay), then continue back to Boulder via the Peak to Peak Highway for more views of fall foliage.

Register by Wednesday, October 4.

The transportation cost of these two bus trips has been subsidized through generous community donations and additional grant funds from Frasier Meadows to make these trips more financially accessible.

Meetup: Midday Music Meditation

Course #33698

Where: Meadows Branch Library

Date: Wednesday October 11

Time: 12:00 – 1:00 p.m.

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



TRIP: Theater: "Cinderella"

Course #33845

Where: East Age Well Center lobby, round-trip transportation provided by Via

Date: Wednesday November 29

Time: 12:00 – 4:15 p.m.

Fees: R/NR \$46/\$58

Join peers for a matinee performance of the Rogers and Hammerstein classic, “Cinderella”, at the Arvada Center this holiday season. A contemporary take of the fairy tale classic displays fantastical costumes, humorous dialogue, and playful music. **Register by Friday, October 27 .**



1-1 Technology Assistance with Boulder Universal Students

Course #33682

Where: West Age Well Center

Date: Wednesday, October 11

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

In this IN-PERSON program, Boulder Universal students will provide one-to-one technology assistance for older adults. Participants must bring own device and topics or questions. Financial and health information topics not addressed. Boulder Universal (BU) is Boulder Valley School District's online school, offering virtual classes for K-12 to a wide variety of students. **Register by October 9.**

Technology Workshop: Google Docs, Sheets, and File Management

Course #33446

Where: West Age Well Center

Date: Tuesday, October 17

Time: 3:00 - 4:15 p.m.

Join this IN-PERSON workshop to learn the basics of using Google Docs (word processing), dictation to text, Google Drive, Google Sheets (spreadsheets), how to organize and find files, internal and external storage, and locating saved items on the computer.

To be eligible for this technology assistance program funded through a grant from Frasier Retirement Community, customers must be at least 60 years old and have a city of Boulder address. Participants must bring their own device. **Spaces limited, register by Oct. 13.**



Online Technology Class: Podcasts

Course #33453

Where: Online

Date: Tuesday, October 24

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

In this ONLINE small-group class, discuss what podcasts are and how to access them. In addition to examples from Google Play Music, Apple Podcasts, and Spotify, learn how to access the city of Boulder's two podcasts: "Let's Talk Boulder" and "Somos Boulder". Instructors: Tech Pals, a non-profit technology training organization in Boulder. **Register by Oct. 19.**

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

TECHNOLOGY PROGRAMS

Technology Coaching

A tech coach is available to provide one-to-one technology assistance for older adults on various topics and devices. Topics include file organization, email and settings on smartphones/computers, text messages and emojis, Google and frequently used websites (i.e. YouTube), account and password management, Google apps, popular apps/games, Apple/Samsung/Android products, and managing, sending, taking and deleting photos. **To be eligible for this technology assistance program funded through a grant from Frasier Retirement Community, customers must be at least 60 years old and have a city of Boulder address.**

IN-PERSON Appointments

Where: West Age Well Center

Dates: Fridays, October 6 and 13

Time: 10:00 a.m. – 12:30 p.m.

(30-minute appointments)

Participants must bring their own device.

ONLINE Appointments

Where: Online

Dates: Thursdays, October 19 and 26

Time: 10:00 a.m. - 12:30 p.m.

(30-minute appointments)

Customer must be able to use own device and access Zoom.

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.

Mobility for Many - How to Use Technology to Enhance Transportation Accessibility, Convenience, and Safety

Discuss safe and accessible transportation options with the goal of maintaining independence, social engagement, and quality of life. In this interactive workshop participants learn how to use GPS technology on a mobile phone to obtain directions and access public transit options such as RTD, Via Mobility Services, Uber, Lyft, and other rideshare options including electric bike and scooter rental services in the city of Boulder. The first hour of class will be interactive discussion followed by an hour for participants to receive assistance and practice accessing mobility and transportation apps on personal technology devices.

Instructor: Lucy Kuchta is the owner of the technology company Quinsight and has partnered with Boulder County Area Agency on Aging (BCAAA) and the Empower with Tech program. This BCAA-sponsored program is available to Boulder County residents aged 60 and over.

IN-PERSON Class

Course #33757

Where: West Age Well Center

Date: Tuesday, October 31

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

ONLINE Class

Course #33892

Where: Online

Date: Wednesday, October 25

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

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



Southern Charm, April 21 - 27, 2024
Charleston, Savannah & Jekyll Island
<https://gateway.gocollette.com/link/1170056>
Book by October 21, 2023 and save \$400



Memorials of World War II, July 1 - 10, 2024
80th Anniversary of the D-Day Landing
<http://gateway.gocollette.com/link/1170052>
Book by November 2, 2023 and save \$350



Machu Picchu & Galapagos Wonders, January 22 - February 4, 2024, Featuring a 4-Night Cruise
<https://gateway.gocollette.com/link/1101719>



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



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

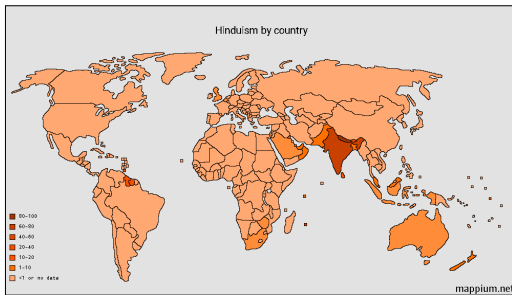
For more trip information, visit: <https://bouldercolorado.gov/media/964/download?inline>

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



Active Minds for Life with Older Adult Services

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



Active Minds: Hinduism

Course #33741

Where: West Age Well Center

Date: Wednesday, October 11

Time: 1:00 – 2:00 p.m.

Hinduism is the third largest religion in the world with over a billion followers, most who live in India. Join Active Minds for a discussion of its origins, teachings, beliefs and practices.

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

Active Minds: Orchestra Section - The Piano

Course #33738

Where: East Age Well Center

Date: Monday, October 23

Time: 3:00 – 4:00 p.m.

The piano has played a vital role in classical music, a favorite instrument of composers. Join Active Minds in a discussion about the piano and orchestras as both soloist and part of the orchestra. The presentation will include listening to music by Bach, Saint-Saens, Copland, and Respighi.

This Active Minds program is sponsored by Brookdale Meridian Boulder.

VOLUNTEER LED GROUPS

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

| Interest Group | Where | Day(s) | Time | Contact |
|--|---------------------------|---------------------------|-------------------------|---|
| American Mahjong | West | Mondays | 11:00 a.m. – 2:30 p.m. | Donna: 303-444-1513 |
| American Mahjong | West | Tuesdays | 12:00 – 3:00 p.m. | Anne: 516-316-7569 |
| American Mahjong | East | Fridays | 10:00 a.m. – 12:15 p.m. | Anne: 516-316-7569 |
| Art Journals Group | Online | Fridays | 12:30 – 1:30 p.m. | Judith: 303-817-4599 |
| Chess Group | West | Thursdays | 11:00 a.m. – 12:00 p.m. | Allan: 720-985-4109 |
| Chinese Classical Mahjong | West | Wednesdays | 1:00 – 3:00 p.m. | Jeanny: 720-436-5361 |
| Coffee and Conversation for People Living with Parkinson's | East | 3 rd Tuesdays | 10:00 – 11:30 a.m. | Ilse: ibleck@yahoo.com |
| Community Book Group | Online | 3 rd Thursdays | 2:00 – 3:30 p.m. | Cheryl: 303-949-0764 |
| Cribbage Group | West | Tuesdays | 1:00 – 3:00 p.m. | Jan: 541-254-0325 |
| Easy Rider Bike Group | Various Boulder locations | Mondays | 9:00 – 11:00 a.m. | Sandy: 970-584-0311 |
| Hand and Foot Canasta Group | East | Tuesdays | 10:00 a.m. – 12:00 p.m. | Susan: 303-494-7912 |
| In-Person Book Group | West | 2 nd Thursdays | 1:30 – 3:00 p.m. | Debra: 303-440-4148 |
| Knitting Group | West | Tuesdays | 10:00 – 11:00 a.m. | Vincent: 303-362-0152 |
| Open Mic | West | Fridays | 12:30 – 3:30 p.m. | Margaret: margaretwildflower@gmail.com |

VOLUNTEER LED GROUPS

| Interest Group | Where | Day(s) | Time | Contact |
|--------------------------------|-------|---------------------------|-------------------|---|
| Pinochle Game Group | East | Thursdays | 1:00 – 3:00 p.m. | Harvey: 303-250-3497 |
| Poetry and Storytelling Circle | West | Thursdays | 12:30 – 3:30 p.m. | Margaret: margaretwildflower@gmail.com |
| Rubber Bridge | East | Mondays | 12:30 – 4:00 p.m. | Vicki: vicki_schilling@hotmail.com |
| NEW! Scrabble | East | Wednesdays | 1:00 – 3:00 p.m. | Pat: patdawson7@comcast.net |
| 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 Game Group | West | Fridays | 1:00 – 3:30 p.m. | Joan: 303-938-1333 |
| Write On! Writers Group | East | 2 nd Thursdays | 1:30 – 3:00 p.m. | Jacqui: 303-447-2931 |

SUPPORT GROUPS

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

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/covid-19-information/>

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: boulder.colorado.gov/services/Americans-Disabilities-Act. Questions and concerns can be directed to riskmanagement@boulder.colorado.gov or 303-441-3075.

Specific Requests

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

Discrimination Policy

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

West Age Well Center Parking

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

PROGRAM GUIDELINES

Older Adult Services offers two types of programs:

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

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

Online Program Guidelines

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

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

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

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

Rules and Regulations

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

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

Inclement Weather Policy

Your safety is important to us. The City Manager, in consultation with public safety and transportation staff, determines if a weather-related city closure is warranted. If the city offices close due to inclement weather, the city will post this information in a red banner on the top page of its website www.bouldercolorado.gov. Older Adult Services staff will make every attempt to let customers who have registered for older adult massage, trips or programs, whether they be in-person or online, know about the facility closure. Older Adult Services staff will send an email to customers registered for programs whether they are in person or online, to let them know about the facility closure.

REGISTRATION, PAYMENT AND CANCELLATION

Registration

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

Payment

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

Cancellations and Refunds

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

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:

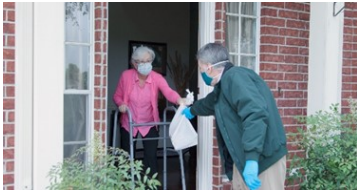
- Heart attack, stroke and circulatory problems
- Food-borne illness
- Head, neck and spinal injuries
- Heat stroke and heat exhaustion
- Altitude sickness, dizziness and dehydration
- Bone and joint injury
- Back or foot strain injury
- Slipping, tripping, falling
- Muscle strain and other muscle injuries
- 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? You are eligible to receive 5 free meals, delivered right to your home. Available for all ages! To enroll, please call us at (720) 780-3380, send us an email at info@mowboulder.org, or visit our website mowboulder.org.

The Niche Market at Meals on Wheels of Boulder



It's Souptober at the Niche Market, all month long!

10% off 5 varieties of soups: Vegetable Stew, New England Clam Chowder, Rocky Mountain Beef Barley, Colorado Green Chili Stew, and a seasonal Butternut Squash. All proceeds benefit Meals on Wheels of Boulder. Shop for good!

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



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



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

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

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

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

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

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

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

Meals on Wheels of Boulder: 3701 Canfield St., Boulder, CO 80301

Phone: 720-780-3380 • Email: info@mowboulder.org • Website: mowboulder.org

PARKS & RECREATION

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

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

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

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
- Paula Preston for the dramatic reading, “Memories of Queen Eleanor” at the West Age Well Center
- Boulder Public Library Staff and volunteers for leading the class Accessing Digital Library Resources
- Main Library staff for hosting the evening movie “Selena” and providing refreshments
- Open Space & Mountain Parks (OSMP) naturalist Ellen Steiner for leading the “Bears of Boulder” hike
- Boulder County Area Agency on Aging (BCAAA) and Lucy Kuchta, owner of technology company Quinsight, for providing a monthly in-person and online class to Boulder County residents age 60+
- Peter Michaelsen for offering Introduction to Chair Yoga for Fall Prevention
- Steve Arney for offering Introduction to Tai Chi for Fall Prevention
- Teresa Lieberman for offering Pelvic Power for Fall Prevention
- Joan DePuy from BCH for offering Introduction to Progressive Muscle Relaxation Meditation
- Gil Kelly for offering Move With Ease: A Series to Introduce Feldenkrais
- Erin Williams for offering Bone Appetite: A Holistic Approach to Rebuilding Bone Health
- Laura Olinger for offering Fall Prevention and the Feet-Brain Connection
- Kat Frazier for offering Core and Agility for Fall Prevention
- The Colorado Trauma Network for offering the Mugs for Rugs program for Fall Prevention
- 3rd Law Dance/Theater’s In Motion Project for offering weekly dance classes and an additional class in Spanish for Falls Prevention Month
- Boulder County Area Agency on Aging for offering a nutrition class in Spanish for Falls Prevention Month
- Virginia Bryan from Cultivate for offering an information table at the West Age Well Center
- Desiree Firle from the Community Protection Division of the Boulder County District Attorney’s Office for offering monthly drop-in office hours at the West Age Well Center to review personal situations and questions from older adults
- Diane Hullet and Margaret Kane for facilitating the “Conversations about Death” monthly program and presenting the MAID and VSED program

Age Well Advisory Committee

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

Committee Members and Areas of Expertise

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



Older Adult Services
Open House and Social
September 18, 2023

Join us!

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

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



Older Adult Services

www.boulderolderadultservices.com

Older Adult Services Newsletter

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

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