

Let's Age Well!

City of Boulder Older Adult Services



June 2021 Program Guide
bouldercolorado.gov/older-adults

OLDER ADULT SERVICES

TABLE OF CONTENTS

Older Adult Services	2
Age Well Center Information.....	3
Program Information.....	5
Acknowledgement of Risk/Waiver	6
Meals on Wheels	7
Boulder Seniors Foundation.....	8
Health and Wellness	9
Volunteer-Led Online Groups	12
Online Programs.....	13
Travel	20
Active Minds	21
Technology Support	22
Boulder County Area Agency on Aging....	23
Parks & Rec Fitness Schedule.....	25
Community Resources	27
Announcements.....	31
Thank-You's	32

Weekly Newsletter

To receive our weekly email newsletter, visit: bouldercolorado.gov/older-adults.

CLIENT SERVICES

City of Boulder Client Services offers support, information and community programs to help you age well in Boulder, or as a local or long-distance caregiver.

**Client Services Helpline:
English/Español 303-441-4388**

OLDER ADULT SERVICES STAFF

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AGE WELL CENTER INFORMATION



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

The West Age Well Center is open for individual appointments only and will remain closed for other general purposes until further notice.

Age Well Center Guidelines

Individuals may participate in Older Adult Services programs at age 60. Client Services consultations are available for those ages 60 and older and their caregivers.

A caregiver for an older adult may register for programs at the same time as the older adult and pay the same fee.

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 questions and assistance please contact the Office of Community Relations at 303-441-3141.

AGE WELL CENTER INFORMATION

Appointments at West Age Well Center

Individual appointments are being taken for the following selected health supportive programs at the West Age Well Center:

- Therapeutic Massage
- Visiting Nurses Association (VNA) Foot Care
- Family Services Hearing Screening
- Ensign Low Vision Evaluation and Occupational Therapy
- CU Parkinson's Disease Research Clinic Study

Call 303-441-3148 or go [online](#) to make an appointment for Massage or a Hearing Screening. For all other appointments, refer to descriptions in this program guide.

There will be no other onsite programs or services at this time and the West Age Well Center will continue to be closed for general purposes until further notice. The West Age Well Center will be following all federal, state, county, and city guidelines for safety during the pandemic.

Instructions for customer appointments:

All customers making individual appointments at West Age Well Center are required to follow these safety instructions:

- Stay home if you feel sick.
- Review the COVID-19 symptom checker [here](#) for the best practices to follow before participation.
- Wear a face covering in accordance with community guidelines, as appropriate.
- Wash hands or use hand sanitizer after touching surfaces.
- Arrive at the facility no more than ten minutes before your program or service. Customers will not be admitted into the facility if they arrive earlier.
- Customers are encouraged to maintain a 6-foot distance from others while in the building when appropriate, based on appointment type.

We urge our customers, staff, practitioners, and instructors to exercise personal responsibility to protect public health. Working together we can:

- Reduce the number of people who get COVID-19 before an effective treatment or vaccine is available.
- Protect those most likely to experience severe symptoms.
- Preserve and protect our health care system so they can continue to care for all people in the community.
- Minimize the social and economic impacts of COVID-19 over the long run.

PROGRAM INFORMATION

Program and Massage Payment and Registration Policies

Click on program title for online registration information, or call 303-441-3148 by noon the day before the program to register. Late registrations are only accommodated as staff time and availability allows.

For programs or massage requiring a fee, online payment must be made at the time of registration.

Visa, Master Card, American Express and Discover are all accepted. Confirmation receipts are emailed upon registration.

All programs or massage appointments are subject to cancellation if minimum enrollment numbers are not met.

If a program or massage is cancelled by Older Adult Services, the registrant will receive a full refund according to the initial method of payment.

Program and Massage Refund and Cancellation Policies

If a registrant cancels a program or massage three or more business days prior to the event, a full refund will be given according to the initial payment method.

If a refund check is requested, please allow two weeks for processing.

If a registrant cancels a program or massage fewer than three business days prior to the event, no refund will be given unless the cancellation is due to illness.

A credit balance on the registrant's account may be applied if registering for another program at the same time as the cancellation and may be used to pay for another program in the program guide.

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.

Inclement Weather Advisory

Your safety is important to us. The City Manager, in consultation with public safety and transportation staff determines if a weather-related city closure is warranted. If the city offices close due to inclement weather, the city will post this information in a red banner on the top page of its website www.bouldercolorado.gov. Older Adult Services staff will make every attempt to let customers who have registered for programs know about the closure.

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.

COVID-19 Safe Meal Delivery

Meals on Wheels of Boulder is still delivering delicious, nutritious meals through the pandemic. **If you need or want a meal** to stay safer at home, for financial reasons, or because you have difficulty preparing healthy meals, **we can help!**

You can have a meal delivered as often as every weekday, with frozen options for the weekend, or as rarely as a few days a month. Our volunteers practice socially distanced, masked deliveries, and we are committed to protecting the health of our community and clients.



If you are interested in getting a healthy, tasty meal delivered to your door by our friendly (socially distanced and mask-wearing) volunteers, give us a call at 720-780-3380 or complete our online intake form at mowboulder.org.

Recently released from a hospital? Need help with a new medical diet? Project Homecoming is here to help! If you have recently been released from a medical facility for any reason (including, but not limited to a surgery, illness, injury, new baby, etc.) you are eligible to receive **five free meals delivered to your door**.

These meals are completely free, no strings attached, to help you make a fast and full recovery. They are crafted to be balanced, full of nutrients, and delicious!

Our professional chefs can cater to most special diets, too, so if you need assistance adjusting to a new medically recommended diet, Project Homecoming can help.

If you are interested in learning more or joining Project Homecoming today, call 720-780-3380.

What else is cooking at Meals on Wheels of Boulder: The Niche Market, our neighborhood corner market, is open for business! We've added a grab-and-go for fast lunch and dinner options that includes quiche and pie by the slice, roasted half-chickens, and a variety of snacks and desserts. The Niche Market is located in the corner of our new building at 3701 Canfield St.

The Niche Market is also the new, convenient home for our Think Goodness Foods products! We are open daily 9:00 a.m. - 6:00 p.m. Come by today and see all the delicious treats and grocery essentials we offer!

All proceeds from The Niche Market and Think Goodness Foods sales benefit Meals on Wheels of Boulder, so you can do good and grocery shop at the same time.



Support: Meals on Wheels of Boulder is locally and independently funded, so we can serve any age and income level. We rely on our community for funding and need your help to make sure that everyone who wants a healthy meal delivered to their door can get one. If you want to support Meals on Wheels of Boulder today, please donate on our website, mowboulder.org, or call 720-780-3382. We cannot say *thank you* enough to all our amazing volunteers and donors. Your tireless energy and generosity bring healthy, delicious meals to those who need them.

Meals on Wheels

3701 Canfield St., Boulder, CO 80301

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

Website: mowboulder.org

BOULDER SENIORS FOUNDATION



**BOULDER
SENIORS
FOUNDATION**

Boulder Seniors Foundation

www.boulderseniorsfoundation.org

BSF, a registered non-profit organization founded in 1980, is managed by a board of local volunteers.

Since its inception, BSF has worked in partnership with Older Adult Services of Boulder to assist older adults with lower incomes. Assistance may include help with maintenance, rent, moving expenses, food purchases, or medical and dental expenses. We also sponsor programs for older adults and contribute to the Age Well Center.

Donate to the Boulder Seniors Foundation!

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

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

Thank you for your support!

Connect with the Boulder Seniors Foundation!

Find us on Facebook & Instagram at [@boulderseniorsfoundation](https://www.facebook.com/boulderseniorsfoundation)

Send us an email: info@boulderseniorsfoundation.org

Massage Services at West Age Well Center

Two Certified Massage Therapists are available :



Barbara Ross

Barbara Ross is a Licensed Massage Therapist in Colorado and New Mexico, and graduated from Boulder's Healing Spirits Massage Training Program in 2015. She has additional certifications in Thai Mat, Thai Table, and Thai Tok Sen (vibrational therapy technique using wooden tools). She was born in New Mexico and grew up in Longmont. She utilizes her hands, presence, and knowledge of healing to help customers restore their Mind/Body/Spirit connection through massage.



Lynn Swearingen

Lynn Swearingen is a Licensed Massage Therapist in Colorado who graduated from the Acupressure Institute in Berkeley, CA and trained in Acupressure and Holistic Health in the San Francisco Bay area. She has over 25 years of bodywork experience practicing acupressure, massage, Comfort Touch, and intuitive counseling with clients of all ages. For the past ten years, she has studied various healing techniques and creates space for customers to experience deeper communication with their own mind, body, and spirit.

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.

Comfort Touch Massage

Comfort Touch Massage is a nurturing form of acupressure for older adults designed to promote relaxation, pain relief, easier breathing, and improved sleep. Comfort Touch Massage can be performed on a massage table, a chair, or wheelchair.

Hand and Foot Reflexology

Reflexology is a combination massage and acupressure treatment on the feet and hands. It is based on the principle of reflex areas in the feet and hands that relate to every organ and to all parts of the body. Properly stimulating these areas can have a beneficial effect on your energy level and general health. Reflexology can be performed on a massage table, a chair, or a wheelchair.

HEALTH AND WELLNESS

Massage Registration:

- Appointments available on Mondays and Tuesdays
- Registration is currently open for June and July appointments
- Participants may schedule appointments online at <https://apm.activecommunities.com/boulderparksrec/> or call 303-441-3148 to register by phone
- Registrations are limited to one appointment per month, per person
- Appointments are limited to one 1-hour appointment per day
- Massage fees are \$50/Resident and \$63/Non-Resident
- Payment must be made in full at time of registration
- Older Adult Services reserves the right to provide a substitute therapist for a scheduled massage session
- All massage customers are required to follow COVID safety guidelines outlined on page 4 of the June 2021 Let's Age Well program guide

Massage Cancellations and Refunds (see page 5 for full policy):

- No cancellations can be made online
- All cancellations must be made by calling 303-441-3148
- If a registrant cancels a massage fewer than three business days prior to the event, no refund will be given unless the cancellation is due to illness.



Foot Care Appointments with Visiting Nurse Association

Medical foot care at the West Age Well Center is provided by a registered nurse which includes toenail trim, corns and calluses filed, sensation check and blood pressure check. Cost is \$40 plus possibly no copay with some Kaiser plans. **Appointments are currently being scheduled on Mondays. Call 303-698-6496 to schedule an appointment,** to check your Kaiser benefits, or for additional information. Provided by Colorado Visiting Nurse Association.

Monthly Hearing Clinics

Family Hearing offers free monthly hearing clinic by appointment at West Age Well Center to provide free audiology services such as hearing screening, ears checked and cleaned, and hearing aids inspected and cleaned. Family Hearing staff can also provide a full hearing test and/or hearing aid adjustment and bill Medicare or your health insurance.

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

Monthly Hearing Clinic: First Wednesday of each month.

Location: West Age Well Center.

Dates: Wednesday, June 2, July 7 and August 4

Time: 1:00 - 3:00 p.m. by appointment only.

Parkinson's Music Therapy

Research Project

Do you have Parkinson's Disease and limitations with fine motor skills? The University of

Colorado is conducting a study that is researching the rehabilitative power of music on fine motor skills by comparing Music Therapy versus regular Occupational Therapy in people diagnosed with Parkinson's Disease.

You may be eligible to participate if you have been diagnosed with Parkinson's Disease, are between 45 and 85 years old and have some difficulties with fine motor skills (such as buttoning, cutting food, or typing on a keyboard)

Want to learn more about this clinical trial? Please contact:

Email: neurologyresearchpartners@ucdenver.edu

Phone: 303-724-4644

Location: West Age Well Center by appointment



VOLUNTEER-LED ONLINE GROUPS

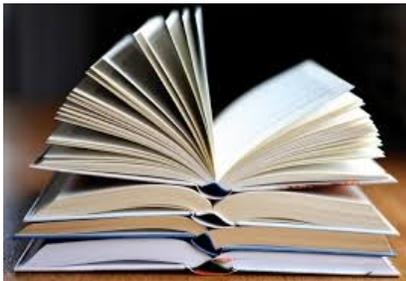


Creative Snapper Photography Club

Join others interested in photography for this bi-monthly online group to share photos, tips, ideas, and occasionally hear from a guest presenter. All levels and styles, and any camera or smartphone cameras are welcome. Group meets the 2nd and 4th Thursday of each month from 11:00 – 12:30. New participants will be contacted by the group leader to complete a survey about photography interests. Contact Pat at 720-435-0506 or creativesnapper2021@gmail.com.

Write On! Writer's Group

This monthly writing group comes together to provide encouragement, support and sharing for each other. Group meets online the 2nd Thursday of each month. Contact Jacqui at 303-447-2931 or by email at jrgoeldner@mac.com if interested.



Community Book Club

This club chooses a book as a group and meets online for discussion the 3rd Thursday of each month. Contact Cheryl at 303-949-0764 or c.appell@yahoo.com if interested.

Art Journal Group

Participants make simple books out of bags or other basic materials, then collage, draw, or depict at home using a weekly theme. Group meets online weekly on Fridays, 12:30 – 1:30 pm. NO art or craft experience is required, and examples of past creative explorations will be shared. Contact Beth at 650-804-0270 or bethhillblair@gmail.com if interested.



Online Program Guidelines

Welcome to online programs! In order to ensure a quality experience for all, please follow these 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.

In order to assure 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 the online behavior is disruptive or inappropriate.

Progressive Meditation

Meditation increases focus and mindfulness through different techniques that help participants experience a calm and peaceful state. This virtual class will begin with a 20 - 30 minute muscle relaxation using guided meditation, breath and imagery, and will also include time for Q&A at the end of class. Sponsored in partnership with Boulder Community Health.

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

Course Code: 25552

Dates: Wednesday, June 2 and each Wednesday through August 25

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

Although the Age Well Center has rules and regulations for behavior, individual programs may also have 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.



ONLINE PROGRAMS

Get Reacquainted

Kate Houlik, Program Coordinator with Parks and Recreation will review current onsite and online fitness programs and aquatics for older adults, and the registration process during COVID with time for Q&A. Please register by noon the day before the program. Participants will receive a link to this online program after registration via email, or a call-in number if you prefer to participate by phone.

Course Code: 25882

Date: Wednesday, June 2

Time: 1:00 – 2:00 p.m.



Cultivating Well-Being

This class meets the first Thursday of each month to explore evidence and experience-based approaches for developing and cultivating well-being in daily life. Extensive research demonstrates that happiness and well-being may emerge out of facing anger, depression, and grief. Healthy communities have been studied for decades, providing guidance toward healthier cultural, psychological, and physiological lifestyle choices throughout the life span. Come with an open mind and a willingness to listen and share. Facilitator: Group leader Jim Kettering holds a BA in Social Science, an MA in Psychology and Counseling, and an EdD from the UNC School for Educational Change and Development, and volunteers locally and internationally.

Registration is required. Register once per season and receive the link to participate online or a number to call in each month during that season.

Course Code: 25573

Date: Thursdays June 3, July 1, and Aug. 5

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



An Introduction to Shakespeare's Tragedy: "Othello"

In this six-session series, review Shakespeare's tragedy "Othello" by examining aspects of a play that has kept audiences and readers fascinated for over four hundred years. Participant discussion encouraged and no prior knowledge of Shakespeare's work is required.

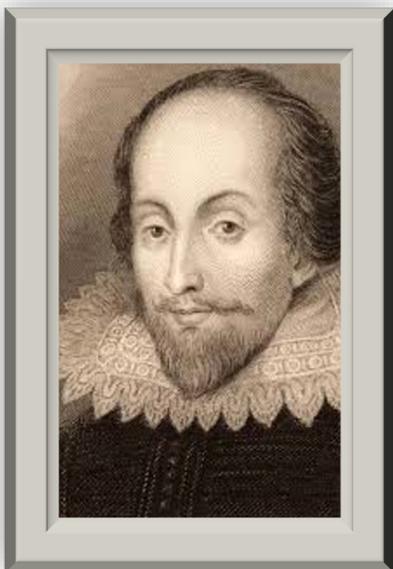
Lori Lucas is a long-time resident of Boulder and teacher of literature and composition, both abroad and in the U.S. where she currently teaches Shakespeare at the University of Colorado, Boulder.

This program is sponsored by the generous support of Boulder Seniors Foundation.

Course Code: 25885

Date: Wednesdays and Fridays, June 9 - 25

Time: 9:30 - 10:30 a.m.



CircleTalk™

CircleTalk programs offer a comfortable and fun space to meet new people, have interesting conversations, share experiences and learn about others, fostering deeper relationships through lightly constructed dialogues. CircleTalk Leaders guide each group (8 people, approx.) to interact with each other by creating a positive, safe space for sharing, and discussing insights and feelings through evocative, creative prompts like quotes and short stories.

A full nine week commitment is requested, and reliable home internet service is required. Groups will be held online on Wednesdays from 2-3 pm beginning June 9. Participants without access to a digital device may be eligible to receive one for the program. Please call 303-441-4388 for more information about devices. Register online or call 303-441-3148.

Course Code: 25905

Date: Each Wednesday, June 9 - August 4

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

ONLINE PROGRAMS

Getting ready to move: Downsizing

Downsizing may feel overwhelming, whether or not a move is involved. This panel of professionals will provide some helpful tips and resources to make the process easier.

Course Code: 25678

Date: Thursday, June 10

Time: 10:30 a.m. - noon



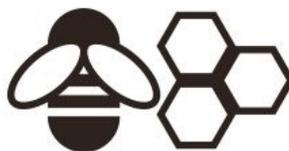
Bees

Join beekeeper John Balassa for an online discussion about honey bees, social insects that contribute to the pollination of one-third of consumable fruit and vegetables. Learn about bee lifestyle, the variety of products produced by bees, and facts about their diminishing numbers. There will be time for questions.

Course Code: 25887

Date: Monday, June 14

Time: 11:00 a.m.- noon



Older Adult Services Website User Feedback Session

Join this program to see a demonstration of how to navigate the new Older Adult Services webpages which will be released to the public in July. Participants will be asked to give feedback during the demonstration, so that website administrators can understand how to create a positive user experience for older adults.

Course Code: 25910

Date: Wednesday, June 16

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



Journaling

Through internal dialogue, inquiry, poetry, writing from flow or expressing what is present, from the superficial to the profound, practice using the written word as a tool to uncover patterns and seek personal insight. In this monthly online journaling group, come prepared to write, listen, and share inner wisdom through humor, truth-telling and spirit.

Group leader Jim Kettering holds a BA in Social Science, an MA in Psychology and Counseling, and an EdD from the UNC School for Educational Change and Development, and volunteers locally and internationally.

Registration is required. This group is being offered online until further notice. Register once per quarter and receive the link to participate online or a number to call in each month during that quarter.

Course Code: 25893

Dates: Every third Thursday, June 17, July 15, and August 19

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

A Virtual Tour of the CU Museum's "Fossils: Clues to the Past"

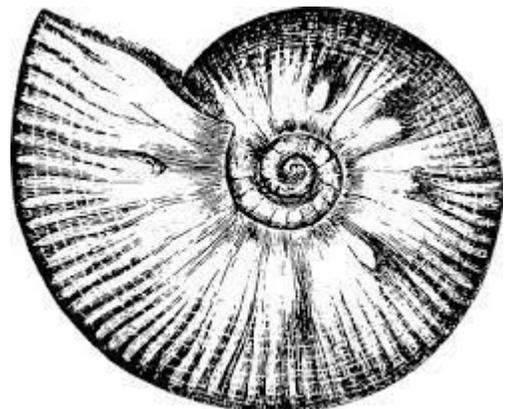
This online program will explore the exhibit Fossils: Clues to the Past, including a 3D version of the CU Museum Paleontology Hall featuring images, text, a short video, and live demonstrations of fossils from the Rocky Mountain region and other parts of the world.

James S. Hakala, Senior Educator at CU Boulder Museum of Natural History specializes in interpretation, museum education, and program development. James has held education and administrative positions with National Air and Space Museum, American Association (now Alliance) of Museums, and National Park Service, and earned a Master of Arts in Teaching (MAT) from George Washington University.

Course Code: 25886

Date: Monday, June 21

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





10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that can interfere with daily life. Learn about 10 common warning signs, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process, and resources. Presented by the Alzheimer's Association.

Course Code: 25769

Date: Tuesday, June 22

Time: 11:00 a.m. - noon

Key Pillars of Overall Health and Wellness

This online conversation with Gina A. Simmering, Registered Nurse and Certified Health and Wellness Coach at Boulder Community Health, will explore four key pillars of health which include medicine, nutrition, movement and mind/body wellness.

Course Code: 25883

Date: Thursday, June 24

Time: 9:30 – 10:30 am

Discover the Healing Power of Emotional Freedom Techniques (aka EFT or Tapping)

Emotion Freedom Technique (EFT) is an evidence-based mind and body approach to help release emotional and physical stress. Simple and easy to use, quick to learn and free, EFT utilizes percussive tapping over the Traditional Chinese Medicine major meridian points, and creates positive affirmations to work through current emotions. EFT provides the opportunity to bring life back into balance and reduce stress. This program will demonstrate how to tap, how to formulate personal affirmations for the most powerful impact, and the Instructor will guide participants through a few tapping sessions together. Instructor Erin Williams, MSN, CN is a Certified Nutritionist, Licensed Massage Therapist, Reiki master, and Cranial Sacral Therapist.

Course Code: 25884

Date: Friday, June 25

Time: 10:30 a.m. - noon



Virtual Travel Training Series

Tuesdays June 8, 15, 22, 10:00 - 11:00 a.m.

Transportation can be a challenge and local resources are available to assist public transportation riders in understand options, traveling safely, and building confidence. Join a trainer from the Denver Regional Mobility & Access Council to learn how to use local RTD and Lyft app services. A series of three different trainings will be offered with time for questions. **Register for any or all classes offered below.**

[Travel Training 101: Introduction to RTD and Lyft](#)

Learn helpful tips for using RTD and Lyft apps, planning a trip, finding buses and bus stops, trains, and platforms, reading schedules, and traveling safely during COVID.

Course Code: 25907

Date: Tuesday, June 8

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

[Travel Training 102A: RTD Fares and Ticketing](#)

Learn about the RTD mobile ticketing app, various ways to purchase tickets, RTD fees and how to apply for discounts.

Course Code: 25908

Date: Tuesday, June 15

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

[Travel Training 102B: How to Ride RTD](#)

Learn about RTD bus and train boarding, fare inspections, bike racks, and safety.

Course Code: 25909

Date: Tuesday, June 22

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



Collette Travel

The City of Boulder Older Adult Services partners with Collette Travel to offer domestic and international trips in 2021 and 2022. For information about itineraries and prices, click on the links for the following trips:

- **Costa Rica**, November 3 – 11, 2021: <https://gateway.gocollette.com/link/1042582>
- **Iceland's Magical Northern Lights Discovery**, February 20 - 26, 2022: <https://gateway.gocollette.com/link/1049448>
- **Sunny Portugal**, April 30 – May 9, 2022: <https://gateway.gocollette.com/link/1049443>

For more information about [additional Collette trips](#), registering for information sessions, and what this travel company is doing to keep their guests safe, contact [Whitney Garcia](#), Program Coordinator, 303-441-4915.



Tamarindo, Costa Rica



Rykjavik, Iceland



Lisbon, Portugal

What's NEW with Collette Travel: Croatia

Meet Collette representative Mandy McCarthy, hear what this travel company is doing to keep their guests safe during trips, and learn about a small ship cruise to Croatia and its islands offered through Older Adult Services in 2022. Questions about other travel destinations also welcome. Enjoy this opportunity to connect with other travel-minded peers and Program Coordinator Whitney Garcia.

Course Code: 25913

Date: Tuesday June 22,

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

Travel Discussion

Boulder Older Adult Services partners with Collette Travel to offer domestic and international trips. Join Whitney Garcia, Program Coordinator, for a discussion group where interested travelers can meet each other, ask questions, share helpful travel information, and inquire about destinations of interest.

Course Code: 25930

Date: Wednesday, June 30

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

ACTIVE MINDS



Active Minds for Life with Older Adult Services

[Click here](#) to join on the day and time of the program

(Meeting ID: 814 4945 5373; Passcode: 366555)

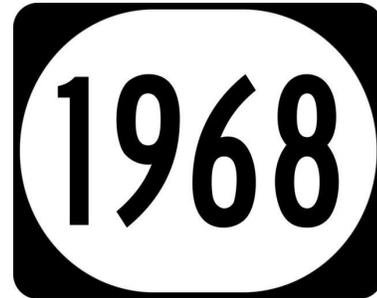
For info on dialing in using your phone [click here for audio only dial-in instructions](#).

Active Minds: Myanmar

In February 2021 the government of Myanmar was overthrown in a military coup. Since achieving independence in 1948, Myanmar's post-colonial history has often been characterized by military rule and human rights violations. Join Active Minds to explore the history and current situation of this Southeast Asian country, formerly known as Burma.

Date: Wednesday, June 9

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



Active Minds: The Year 1968

The year 1968 brought chaos, conflict and change into America's living rooms through television. Join Active Minds to explore this specific year in history which included completion of the Apollo 8 moon orbit mission, civil rights struggles, political upheaval, and the assassination of both Martin Luther King, Jr. and Robert F. Kennedy.

Date: Monday, June 28,

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

These Active Minds programs are sponsored by Brookdale Meridian Boulder and The Carillon at Boulder Creek.

Technology Support

[Boulder Public Library](#)

- [Sign up here](#) for free 1-on-1 virtual tech help, service in Spanish available
- [Teach Yourself Tech](#) on the library website with links for specific learning areas.

[Senior Planet](#)

- Senior Planet Colorado local tech hotline: 720-776-0233, Monday-Friday, 9:30 a.m. – 4:30 p.m.
- “Apple Addicts”: Receive assistance in a small group online. Click this [link](#) to join. No registration required.
 - ⇒ 9:30 a.m. - Tuesdays - iPhones & iPad
 - ⇒ 9:30 a.m. - Thursdays - Mac laptops & desktops
- Other Topics (Google, Gmail, PC laptops & desktops, phones): Receive individual assistance during a 30-minute appointment on Fridays between 10 a.m. and noon. Email colorado@seniorplanet.org for an appointment.

[Aging Connected](#)

Aging Connected is a national campaign to help older adults obtain affordable internet and online access to essential public health information, social services, and online community. Click on the title for more information, or call 1-877-745-1930.



BOULDER COUNTY AREA AGENCY ON AGING



Boulder County Healthy Aging Programs Online and Phone-in Offerings

Regular monthly programs

Fresh Conversations, Diabetes Support Group, Medicare Basics, Medicare Cafecitos, and Wellness Social Hour. For questions, please email infohealthyaging@bouldercounty.org. More information can be found [here](#).

Fresh Conversations

Fresh Conversations is an evidence-based nutrition education program focused on timely nutrition topics presented monthly by Patti Murphy, RDN.

May topic: Know Your Heart Signs

When: 2nd Mondays of the month, 1:00 - 2:00 p.m.

Register: [Fresh Conversations June 14, 1:00 - 2:00 p.m.](#)

Please email us at infohealthyaging@bouldercounty.org for questions.

AAA Wellness Social Hour

The AAA Wellness Social Hour is a platform that encourages social engagement and ongoing learning that is open to past, current and future wellness program participants. Participants can share experiences, support and continue expanding on the skills learned in the programs. New or incoming participants can connect with our community and meet the Wellness Programs team. Come join us for sharing and learning from each other! To learn more about the AAA Wellness Social Hour, please email us at infohealthyaging@bouldercounty.org.

BOULDER COUNTY AREA AGENCY ON AGING



Boulder County Healthy Aging Programs Online and Phone-in Offerings

Diabetes Support Group

Each online meeting has a topic with additional time for questions and for receiving support from the group. Facilitated by a Registered Dietitian who is also a Certified Diabetes Educator.

Topic: Fruits and Veggies: Information and Recipes

When: June 21, 11:00 a.m. – noon

Register: Please email infohealthyaging@bouldercounty.org or 303-678-6115 and leave a message with your contact information.

Medicare Basics Classes

Participants will learn about how and when to enroll, how to avoid financial penalties, the different parts of Medicare, what is covered and what is not, Medicare fraud, and other information related to Medicare. Visit BoulderCountyMedicareHelp.org for more information.

[Tuesday, June 1, 10 - 11:30 a.m. p.m. Online Medicare Basics Class](#)

[Wednesday, June 9, 6 - 7:30 p.m. Online Medicare Basics Class](#)

[Thursday, June 17, 1:30 - 3:00 p.m. Online Medicare Basics Class](#)

Medicare Cafecitos

El “Medicare Cafecito” en línea usará la plataforma de equipos de Microsoft (MS Teams) y por la línea de conferencia. El Cafecito ofrece información imparcial y actualizada.

Acompáñenos para conversar sobre sus preguntas del Medicare. Todos son bienvenidos – beneficiarios, familiares, empleados/proveedores de servicios, y miembros de la comunidad.

Cuando: martes, 15 de junio, 11:00 a.m.

Para registrarse: [martes, 15 de junio, 11:00 Medicare Cafecito](#)

BOULDER PARKS & RECREATION FITNESS CLASSES

All fitness classes below require a membership and class reservation to attend. FEES: There is no cost for SilverSneakers®, Silver&Fit® and Renew Active™ passholders. All other participants may purchase a monthly virtual membership for online classes. Visit bouldercolorado.gov/parks-rec/drop-in-schedules or call NBRC at 303-413-7260 or EBCC at 303-441-4400 for onsite class reservations and/or to confirm membership status. Classes are subject to change or cancellation at any time.

ONLINE CLASSES

7:45am	Gentle Yoga (Andrea A.)		Gentle Yoga (Andrea A.)				
8am		Fit and Strong (Stephanie B.) 45 min class		Fit and Strong (Stephanie B.) 45 min class			
9am	Strength and Tone (Dora)		Core and Stretch (Dora)	Strength and Tone (Dora)		Strength and Tone (Dora)	
9am		Gentle Yoga (Kerry M.)			Yoga Flow (Monica N.) 50 min class		
10am					Zumba (Lidia T.)		
10:45am		Booty Sculpt (Nonie R.)		Yoga Sculpt (Nonie R.)			
11:00am						All levels Yoga (Andrea A.)	
12pm		Cardio Express (Nonie R.) 30 min class		Cardio Express (Nonie R.) 30 min class			
1:30pm	Zumba™ Gold (Leslie D.)		Gentle Nia (Leslie D.)				
3pm							
4pm			Yin Yoga (Karen C.)				Rest and Re- store Yoga (Sandi H.)
5:30pm	Bolly X™ Dance Fitness (Sandi H.)	Zumba (Lidia T.)		Zumba (Lidia T.)			

BOULDER PARKS & RECREATION FITNESS CLASSES

IN-PERSON CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location	PLEASE NOTE
7:30am	Ashtanga Yoga (Sandi H.) NBRC	Outdoor Bootcamp (Michael B.) EBCC	Ashtanga Yoga (Sandi H.) NBRC	Outdoor Bootcamp (Michael B.) EBCC			SBRC	Face covering required for all indoor classes
8am						Outdoor Bootcamp (Michael B.) EBCC	EBCC	Outdoor classes will be moved inside for inclement weather
8am							NBRC	*Fit and Strong in person class: chair option available
9am					Yoga Flow (Monica N.) 50 min class			
9:15am		The Ride (Tom C.) SBRC		The Ride (Tom C.) SBRC				
10am	10:45am Barre Fusion (Monica N.)	Zumba/ Zumba Gold (Lidia T.) EBCC		Gentle Nia (Leslie D.) EBCC		Bolly X™ (Sandi H.) EBCC		
11:00am	Fit and Strong (Michael B.) NBRC	Fit and Strong (Terry T.) SBRC*	Fit and Strong (Michael B.) NBRC	Fit and Strong (Terry T.) SBRC*				
12pm	Total Body Fitness (Rotating) SBRC		Total Body Fitness (Rotating) SBRC		Total Body Fitness (Rotating) SBRC			
12pm	Core Express (Monica N.) Yoga Flow (Sandi H.) NBRC	Yoga Flow (Shawna S.) NBRC	Yoga Flow (Monica N.) NBRC	Yoga Flow (Shawna S.) NBRC	Yoga Flow (Angel L.) NBRC			

Visit the Boulder Parks & Recreation website to view program or schedule updates:

Bprfitness.org

WARM WATER FITNESS

For schedule and updates for warm water fitness, visit the Parks and Recreation website: <https://apm.activecommunities.com/boulderparksrec/Home>

COMMUNITY RESOURCES

COMMUNITY RESOURCES:

The following is a partial list of the many resources available to older adults in Boulder.

For more information and additional resources, contact Older Adult Client Services:

English/Español 303-441-4388

OASClientServices@cityofboulder.onmicrosoft.com



Jacki Myers and Myrna Cuevas,
Client Services Coordinators

Caregiver Resources

Boulder County Respite & Companion Volunteer Program volunteers are matched with older adults and a family caregiver to provide respite. Call 303-441-4388 for more information.

Respite Assistance funds can help pay for respite care for a caregiver. Call 303-441-4388 for more information.

Cell Phones

Free cell phones are available for households with limited income. Check here to get information and to apply: <https://www.assurancewireless.com/lifeline-services/states/colorado-lifeline-free-government-phone-service>



Counseling Services

There are options in Boulder County for various types of mental health counseling. Call a **Client Services Coordinator** at 303-441-4388 to confidentially discuss what free services are available.

Colorado Crisis Line is available 24 hours a day, 7 days a week: 844-493-8255

Education

The CU Boulder Alumni Association offers a special Senior Auditors Program for Colorado residents age 55 or older. Contact the CU Boulder Alumni Association by phone at 303-492-8484 or email at seniorauditors@colorado.edu for more information.



Masterclass is an online global platform of arts, cultural, entertainment and educational offerings where people learn from experts in their field. Please Contact Joan Raderman at 303-358-4300 or office@circleofcareproject.org for more information.

AARP offers an on-line Driver Safety Course: <https://www.aarpdriversafety.org> and Car Fit, a program to help older adults adjust their car for the safest fit. For information, go to: <https://www.car-fit.org/>

COMMUNITY RESOURCES

Elder Abuse

Boulder County's Adult Protection and the local police respond to reports of physical, emotional, financial, and sexual abuse, neglect, and self-neglect. Call 303-441-1309 for Adult Protective Services or 303-441-3333 for Boulder Police Department; in an emergency call 911.

Employment

Workforce Boulder County provides information, assistance, resources and training regarding employment in Boulder County. Call 720-776-0822 or go to <https://www.bouldercounty.org/departments/community-services/workforce-boulder-county>.

Financial

Boulder County's Personal Finance Program provides free and confidential individual counseling to achieve goals specifically in the areas of money management, housing (including reverse mortgages) and employment. Go to <https://www.bouldercounty.org/families/housing/personal-finance-coaching> or call 720-564-2279.



Boulder County Housing and Human Services provides applications and information for benefits such as SNAP, Medicaid, Old Age Pension. Call 303-441-1062 or email hhscallcenter@bouldercounty.org

Medicare Counselors provide objective information and assistance regarding Medicare benefits, HMOs, supplemental policies, rights, and appeals. For assistance or to schedule an appointment, call 303-441-1546. Medicare Basics classes are offered here: <https://www.bouldercounty.org/families/seniors/services/medicare-counseling>

Social Security can answer questions and provide information. Go to <http://ssa.gov> or call 1-800-772-1213. For claims, call 1-877-405-5872.

City of Boulder Food Tax Rebate Program has been extended to July 31 and provides rebates to help compensate residents with lower incomes for the city sales tax they pay on food. Go to <https://bouldercolorado.gov/older-adults/food-tax-rebate-program> for more information.

Colorado Taxpayer Advocate Service can provide assistance with tax questions and stimulus payments. Call 303-603-4600.

Property Tax Programs and Property Tax/Rent/Heat Rebates are available to qualifying older adults including Homestead Exemption, Tax Deferral and Tax Work-off programs. Contact Older Adult Services at 303-441-4388 to learn more.

COMMUNITY RESOURCES

Food

Meals on Wheels – Meal delivery Monday-Friday 720-780-3380

Emergency Family Assistance Association (EFAA) Food Bank Monday-Friday. Call 303-442-3042

Harvest of Hope Food Pantry is available on walk-in basis Monday-Friday. Location is 2960 Valmont Road, Boulder, CO. Or call 720-382-1971 for more information. <https://hopepantry.org/>

Eldershare can provide groceries to qualifying older adults, free of charge twice per month. Go to <https://communityfoodshare.org/get-food/senior-food> or call 303-652-3663.

Carry out Caravan - Free grocery delivery once per week. Call 303-443-1933 or go to: <https://cultivate.ngo>



Housing

For more detailed information on housing options contact Older Adult Services at 303-441-4388 for an appointment.

Boulder Housing Partners has affordable and market rate properties in the City of Boulder. Go to <https://boulderhousing.org> or call 720-564-4610

Boulder County Housing and Human Services for affordable and subsidized housing throughout Boulder County <https://www.bouldercounty.org/families/housing> or call 303-441-1069

Boulder County Housing Helpline provides financial assistance and other supports to help the community safely endure and recover from the impacts of COVID-19 public health emergency. Call 303-441-1206.



Landlord/Tenant

The City of Boulder Community Mediation can help with landlord/tenant disputes. Call 303-441-4364 or go to: <https://bouldercolorado.gov/community-relations/mediation-program>

Legal

Boulder County Legal Services is available to assist those Boulder County income eligible residents 60+ with legal issues. For appointments, call 303-449-7575 or visit their website www.ColoradoLegalServices.org

Rocky Mountain Legal Center – A non-profit organization providing free and sliding scale legal services. Please call 720-242-8642.

LGBTQ+

Boulder County Area Agency On Aging: LGBTQ+ Programs is responsible for coordinating community events, such as the Lavender Gala, and social support group for older lesbian, gay, bisexual, transgender, and questioning adults, friends and caregivers. Phone: 303-441-4518 or go to: <https://www.bouldercounty.org/families/seniors/services/lgbt/>



Safety

In the event of a life or limb threatening situation **call 911**.

Boulder County Emergency Mass Notification System allows residents of the county to be notified of emergency situations. <https://www.bouldercounty.org/safety/emergency/emergency-mass-notification-system>

Scams/Fraud Resources

Boulder County District Attorney's Office of Community Protection provides support and information on how to handle a fraud or scam, and how to prevent them from happening. They also provide an avenue to report a scam and file consumer complaints. Call 303-441-3700 or go to: www.bouldercounty.org/district-attorney/community-protection.

AARP Elderwatch Go to: <https://www.aarp.org/money/scams-fraud/elderwatch> to learn more or call 877-908-3360 to report a scam.

Support Groups

Alzheimer's Association support groups are available online at https://www.alz.org/co/helping_you/support_groups or contact the helpline at 1-800-272-3900.



Moving Beyond Trauma Support Groups led by Mental Health Partners' clinicians are available. For more information and registration call 303-413-6353.

Technology Assistance

See **page 22 of this program guide** for one-on-one technology support, classes, and information about access to low-cost internet options.

Additional resources for older adults and adults with disabilities in Boulder County can be found at BoulderCountyHelp.org .



COMMUNITY RESOURCES/ANNOUNCEMENTS

Transportation

Mobility For All is collaborating with community partners in offering workshops to help residents of all ages and abilities feel more comfortable using transportation apps such as Google Maps, Transit App, Lyft, Uber, and RTD Mobile Tickets. Call 720-564-2218 for more details. Virtual workshops can be found at boco.org/M4AEvents.

Via Mobility provides transportation throughout Boulder County. For more information and to register go to <https://viacolorado.org> or call 303-444-3043.

Colorado Car Share provides opportunities for car sharing. Call 303-720-1185 or email info@carshare.org.

Cultivate provides transportation for veterans. Call 303-443-1933.

GO GO Grandparent service to help utilize transportation services like Lyft and Uber without use of a smartphone. Call 1-855-464-6872 for more information and to schedule rides.

June is Pride Month

Please join Out Boulder County and the Boulder County Area Agency on Aging for the 50+/LGBTQ+ Mixer to be held in person for the first time since 2019. Enjoy the company of fellow members of the LGBTQ+ and Allied Community while having food and refreshments.

Wednesday, June 9th from 5:30-7 PM St. Julien Hotel Patio, Boulder

This event is open to LGBTQ+ folks and allies. There will be a special shout out for those 50 years and older but per usual everyone is welcome. Since space is limited, **please RSVP via this link:** <http://bit.ly/50-lgbtq-mixer>. For questions, please email Juan Moreno (he/him) at jmoreno@outboulder.org.

Boulder International Film Festival, June 24-27

The Boulder International Film Festival (BIFF) will take place June 24-27 with the main venue at Chautauqua Auditorium and special events held on Chautauqua green. Films will also be held at Boulder High School, Boulder High soccer field, and Century Theaters. Some films will also be available online. Visit the [BIFF website](http://biffwebsite.com) to learn about purchasing festival tickets, to sign up to be notified when tickets for specific films go on sale, and to stay up to date on the festival. A limited number of free tickets will be available for older adults who might not otherwise be able to afford attending the films. This information will not be available until after June 1 and will be advertised through the Let's Age Well email newsletter. Sign up for the e-newsletter at <https://bouldercolorado.gov/older-adults>



THANK-YOU'S

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

Online Programs:

- Lyndall Ellingson from Boulder Housing Partners and Edy Urkin, Homeownership Coordinator with the City of Boulder, for their presentations on Affordable Housing.
- Teri Crocker and Mike Homier for their talk on “Planning for Long Term Care”
- Betty Naughton, Naturalist with Open Space and Mountain Parks, for presenting “Bats”
- Wayne Seltzer, Boulder U-Fix-It Clinic founder, for a presentation and demonstration
- Dan More, Senior Computer Tech Center volunteer, for presenting “Using Zoom on an iPad”
- Senior Planet, for providing the “Tech Series: Online Basics” classes
- Ellen Orleans, Sustainability Coordinator, for presenting “Sorting Out Recycling in Boulder County”
- Celine Cooper, Library Assistant, for leading “Decorating Pots and Planting Seeds”, and the Boulder Library Foundation for funding the craft kit supplies
- Miriam Murcutt and Richard Starks, travel writers, for sharing stories and photos in “Travel Discussion: Balancing Risk and Reward”
- Joan DePuy, Trauma Outreach and Injury Prevention Coordinator for BCH for leading “Progressive Meditation”
- Kate Houlik, Program Coordinator and Tim Stabbe, Aquatic Supervisor with Parks and Recreation for leading “Get Reacquainted – What’s NEW With Fitness”
- Zach Clayton, PhD and Abigail Casso, MS from CU Boulder’s Integrative Physiology of Aging Laboratory for presenting “Interventions for Improving Vascular Aging”
- Chelsey Vasquez, PT, DPT from Mend in Boulder for presenting “Impact and Resistance Training for Bone Health”
- Ralph Patrick of the Alzheimer’s Association for his presentation on “Understanding Alzheimer’s and Dementia”

Volunteer Special Interest Monthly Group Leaders:

- Elsie Wood for leading the Creativity and Wisdom Circle
- Pat Thomas for leading the Creative Snapper Photography Club
- Jim Kettering for leading Cultivating Well-Being and Journaling Group
- Cheryl Appel for leading the Community Book Club
- Jacqui Goeldner for leading the Write on! Writer’s Group
- Beth Hill-Blair and Judith King for leading the Art Journal Group

Boulder Seniors Foundation

Members of the Age Well Advisory Committee