

Classes

Adult General Interest

Ballroom

Why should celebrities have all the fun? With the popularity of TV dance shows these days there is no better time to put on your dance shoes. In this class we will be learning the elegant Waltz, smooth Foxtrot, and the romantic Tango. Dancing can be a heart healthy workout. Come join the fun.

| Code | R/NR | Day | Time | Date |
|----------|----------------------|-----|--------|------------|
| 241400-A | \$65/\$75 per couple | Wed | 7-8 pm | 9/19-10/10 |

Latin

Come experience the culture of Latin America through their lively dances. We will be learning the Tango, romantic Rumba, and Merengue. This is a fun way to work out with a partner.

| Code | R/NR | Day | Time | Date |
|----------|----------------------|-----|--------|------------|
| 241404-A | \$65/\$75 per couple | Wed | 8-9 pm | 9/19-10/10 |

Salsa

Salsa is fun, easy, and a great work out! This class will get you ready to get out on the dance floor with confidence truly a dance of the people. Dance to uplifting music in celebration of life. Come on out and dance!

| Code | R/NR | Day | Time | Date |
|----------|----------------------|-----|--------|------------|
| 241401-A | \$65/\$75 per couple | Wed | 7-8 pm | 10/17-11/7 |

Swing

Swing is an up-beat dance that has been popular for decades. It can be done to a wide variety of music including Big Band, Jazz, Contemporary, and Country. This is a fun class and great exercise.

| Code | R/NR | Day | Time | Date |
|----------|----------------------|-----|--------|------------|
| 241402-A | \$65/\$75 per couple | Wed | 8-9 pm | 10/17-11/7 |

New! BBRC Dudes & Darlin's Fall Dance

Gather your friends and family and head out for an evening of some boot scootin' fun! Enjoy learning popular line dances!! Brooke Underbrink, Founder & Instructor of Brooke and Company has taught thousands of people to line dance! Brooke's easy to follow instruction and ability to connect with all ages and abilities will assure everyone a fantastic time! Not a country music lover? Brooke will have you dancing to some of your favorite dance tunes from a variety of music genres! Her DVDS sell all over the world to even the most skeptical beginner! Bring your family and friends! This is a fantastic event to get out, have some fun and get some exercise! Light refreshments will be served.

| Code | R/NR | Day | Time | Date |
|----------|-----------------------|-----|--------|-------|
| 244120-A | \$7 per person | Sat | 6-8 pm | 10/13 |
| 244121-A | \$25 for family of 4* | Sat | 6-8 pm | 10/13 |

Please note: Pre registration is required. *\$5 for each additional family member over 4

SMALL STEPS TO HEALTH & WELLNESS

A new program by Colorado State University Extension that addresses how financial problems can affect your health and how poor health can affect your finances. Sign up for one or all three.

Get Fit in Minutes a Day

Adding even small amounts of physical activity can add up to big health benefits. Discover ways to fit exercise into your busy schedule in short bursts.

Register by: 8/7.

| Code | R/NR | Day | Time | Date |
|----------|------|-----|-------------|------|
| 249202-1 | FREE | Tue | 1:30-2:30pm | 8/14 |

A Penny Saved

Learn how easy it can be to start a savings plan by just making a few simple changes in your daily life. Just as little as \$5.00 per day can add up to \$1,000 per year. Sign up and start saving now.

Register by: 8/14.

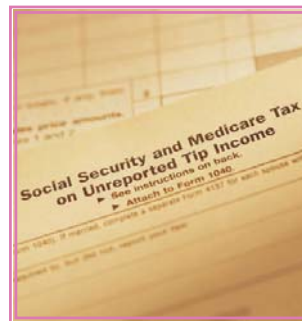
| Code | R/NR | Day | Time | Date |
|----------|------|-----|-------------|------|
| 249203-1 | FREE | Tue | 1:30-2:30pm | 8/21 |

Eat Your Veggies!

Trying to get more veggies into your diet but the cost for fresh vegetables is too high? Learn some simple ways to include more vegetables without breaking the bank.

Register by: 8/21.

| Code | R/NR | Day | Time | Date |
|----------|------|-----|-------------|------|
| 249204-1 | FREE | Tue | 1:30-2:30pm | 8/28 |



Medicare Basics Class

Are you turning 65 and on Medicaid? Did you know Medicare will become your primary health insurance and you must choose a Medicare Drug Plan to continue to have your medications covered once you are on Medicare? Before you turn 65 make sure you learn more about Medicare. This class is for anyone wanting to learn about benefits,

costs, and choices under Medicare. Classes are conducted by Medicare Counselors, brought to you free of charge by Boulder County Area Agency on Aging. **Register by: 8/22 & 11/7**

| Code | R/NR | Day | Time | Date |
|----------|------|-----|-------------|------|
| 249205-1 | FREE | Fri | 1:30-3:30pm | 8/24 |
| 249205-2 | FREE | Fri | 1:30-3:30pm | 11/9 |

*see page 86 for additional Medicare workshops

COMPUTER WORKSHOPS

Class Instructor: Padriac "Paddy" Fowler
All workshops will be held at Lafayette Senior Services.

Microsoft Office Word

Looking to improve your computer skills to compete in the current job market? This 4 week course is designed to teach the basic operations of Microsoft Word in creating, editing, formatting, and printing documents. You will also learn how to create margins, headers, footers and tabs that will make your documents look like they were professionally done. If you have been looking for a class that will offer more than the one day quick review this four week course is for you! **You must have some computer experience.**

Register by: 8/13

| Code | R/NR | Day | Time | Date |
|----------|-----------|-----|-------|------------|
| 249211-1 | \$40/\$45 | Wed | 6-8pm | 8/22-9/12* |

*No class September 3rd Labor Day

Microsoft Office Powerpoint

Looking to improve your computer skills to compete in the current job market? This 4 week course will teach you the basics of using Microsoft PowerPoint to create and deliver a great presentation and/or slide show. PowerPoint can help you to integrate graphics, tables, text, sound, pictures, and much more. If you have been looking for a class that will offer more than the one day quick review this four week course is for you! **You must have some computer experience.**

Register by: 9/17

| Code | R/NR | Day | Time | Date |
|----------|-----------|-----|-------|------------|
| 249212-1 | \$40/\$45 | Wed | 6-8pm | 9/26-10/17 |

Excel Spreadsheets

Looking to improve your computer skills to compete in the current job market? This 4 week course will help you to create spreadsheets, charts, graphs, and tables. The class will tour the menus and demonstrate setting up and editing spreadsheets and more. If you have been looking for a class that will offer more than the one day quick review this four week course is for you! **You must have some computer experience.**

Register by: 10/15

| Code | R/NR | Day | Time | Date |
|----------|-----------|-----|-------|-------------|
| 249213-1 | \$40/\$45 | Wed | 6-8pm | 10/24-11/14 |



COMPUTER CLASSES

Class instruction: Peet James,
All classes will be held at Lafayette Senior Services.

Introduction To Computers I

This course is designed for students with little or no computer experience. You will practice using the mouse and the keyboard, gain familiarity with computer hardware, and software, the Windows desktop, and the program Windows.

Register by: 8/20 & 10/22

| Code | R/NR | Day | Time | Date |
|----------|----------|-----|-------|-------|
| 249209-1 | \$8/\$13 | Mon | 6-8pm | 8/27 |
| 249209-2 | \$8/\$13 | Mon | 6-8pm | 10/29 |

Introduction To Computers II

This course is designed for students who have some computer experience. Familiarity with using the mouse and the keyboard are required. You will learn how to enter and edit text using Microsoft Word, how to add graphics, how to save and manage your data files, how to send and receive e-mail and how to access and search the Internet.

Register by: 9/17 & 11/13

| Code | R/NR | Day | Time | Date |
|----------|----------|-----|-------|-------|
| 249210-1 | \$8/\$13 | Mon | 6-8pm | 9/24 |
| 249210-2 | \$8/\$13 | Mon | 6-8pm | 11/19 |

Classes

Oil Painting

Susannah Vandyke is an accomplished artist as well as an experienced teacher. Susannah teaches classes that stress the arrangement of shapes, values, colors and edges. Planned lessons will help you create a beautiful painting. Supply list available at time of registration or on our website. www.cityoflafayette.com/seniors

Register by: 8/6, 8/31, 10/8, & 11/5

| Code | R/NR | Day | Time | Date |
|----------|-----------|-----|-------------|------------|
| 249200-1 | \$36/\$41 | Tue | 1:30-3:30pm | 8/7-8/28 |
| 249200-2 | \$36/\$41 | Tue | 1:30-3:30pm | 9/4-9/25 |
| 249200-3 | \$36/\$41 | Tue | 1:30-3:30pm | 10/9-10/30 |
| 249200-4 | \$36/\$41 | Tue | 1:30-3:30pm | 11/6-12/11 |



Monthly Legal Questions & Answers (Age 55+)

Do you have a legal question or concern? Attorney Sharon Svendsen will be here the second Tuesday of each month to answer simple legal questions. If you need further assistance, Sharon will be able to refer you for more detailed legal help. **Register by: 9/10, 10/8, & 11/12.**

| Code | R/NR | Day | Time | Date |
|----------|------|-----|------------|-------|
| 249201-1 | FREE | Tue | 11-11:45am | 9/11 |
| 249201-2 | FREE | Tue | 11-11:45am | 10/9 |
| 249201-3 | FREE | Tue | 11-11:45am | 11/13 |

Adult General Interest

Polymer Clay

Donna Flebbe will share basic information about using polymer clay. We will have fun learning several techniques creating canes, checkerboard designs, Mokume-Game (a adaptation of a Japanese technique) and an imbedded method for making pins using polymer clay. You will go home with a stamped item, learn different techniques for & make beads, make a flat surface decoration and others. \$15 supply fee paid to instructor the day of class includes all materials.

Register by: 8/29 & 9/26.

| Code | R/NR | Day | Time | Date |
|----------|-----------|-----|--------|------------|
| 249206-1 | \$33/\$38 | Wed | 9-11am | 9/5-9/26 |
| 249206-2 | \$33/\$38 | Wed | 9-11am | 10/3-10/24 |

Beginning Class Piano

Have you always wanted to play the piano? Here's your chance to learn in fun, supportive small groups, of 5-8 students, from an experienced teacher. No music background is required for this class! Course fee includes instruction book with CD and all materials.

Register by: 8/30.

| Code | R/NR | Day | Time | Date |
|----------|-----------|------|--------|-----------|
| 249208-1 | \$84/\$89 | Thur | 9-10am | 9/6-10/25 |



**Buy local
FIRST
and take
advantage of
all the benefits
your
community
has to offer!**

Supporting local business means:

- Keeping dollars circulating in our local economy
- Investing in our Parks and Open Spaces
- Maintaining vital services like Fire and Police
- Supporting City amenities such as the Recreation Center, Golf Course and Library
- Protecting the local character of Lafayette

***It's your choice!
Use your dollars
to strengthen our
community!***

Adult General Interest

Classes

Level I & Level II Spanish Class

Have you always wanted to learn Spanish for business, travel or simply to speak with your neighbors? This class offers practical vocabulary and conversational skills utilizing a variety of non-threatening, creative methods. You will be surprised how much fun Spanish Class can be. A \$10 fee for handouts will be payable to the instructor at first class.

Register by: 8/30.

| Code | R/NR | Day | Time | Date |
|-------------------|-----------|-----|-------------|----------|
| Level 1: 249207-1 | \$50/\$55 | Wed | 6-7:15pm | 9/5-11/7 |
| Level 2: 249207-2 | \$50/\$55 | Wed | 7:15-9:15pm | 9/5-11/7 |

Technology For Low-Vision

Age-related vision loss is on the rise, and so are solutions for every day challenges for people with vision loss. Advances in high tech products can help with work, leisure reading and other activities. Beth Gustin, counselor with the Center for People with Disabilities will demonstrate equipment used to accomplish household routines. Francey Liefert, product representative for NanoPac, will invite you to try out some of the technology available to make life easier for people who have vision loss. **Register by: 9/10**

| Code | R/NR | Day | Time | Date |
|----------|------|-----|-------------|------|
| 249216-1 | FREE | Wed | 4:30-6:30pm | 9/12 |

Transportation 101: Staying Informed of your options

There are many transportation services in Boulder County. Come find out about the options available in your community. Following the presentation, mobility specialists from Via will be available to answer questions regarding your individual needs.

ENGLISH Register by: 9/5

| Code | R/NR | Day | Time | Date |
|----------|------|-----|--------------|------|
| 249214-1 | FREE | Fri | 10:30am-12pm | 9/7 |

SPANISH Register by: 9/20

| Code | R/NR | Day | Time | Date |
|----------|------|-----|--------------|------|
| 249214-2 | FREE | Fri | 10:30am-12pm | 9/21 |



55 Alive Mature Driving (Age 55+)

This class, sponsored and conducted by AARP, is an excellent way to improve your skills, increase safety, and be eligible for a premium discount on your insurance. Open to all individuals 50 years of age and over. Certification is valid for three years. A \$12 Fee for AARP members & \$14 Non-members fee will be paid to instructor at first class.

Register by: 9/7 & 11/16

| Code | Day | Time | Date |
|----------|-----|-----------|-------|
| 249215-1 | Mon | 12-4:30pm | 9/10 |
| 249215-2 | Mon | 12-4:30pm | 11/19 |









Classes

Adult General Interest

Intergenerational Music Together



Lafayette Senior Services and Rocky Mountain Center for Musical Arts is please to offer an intergenerational opportunity! Join children of all ages in a family-style class of singing and movement to music. In these classes infants, toddlers, and preschoolers will have the chance to participate and form bonds with older adults in the community, besides their own grandparents, while singing and moving to live piano music.

Register by: 9/10

| Code | R/NR | Day | Time | Date |
|----------|------|-----|------------|-----------|
| 249217-1 | FREE | Mon | 10:15-11am | 9/17-11/5 |



National Fall Prevention Week

September 17th-21st

Join Lafayette Senior Services for a week of special programs that will address the issues of fall prevention. Fall risks in older adults increase with age. These programs will address these risks and how to prevent them. Programs will be offered daily from 12:15-1:15pm.

Come for lunch and learn from these experts!

MONDAY: Access Your Home Safely! Grab bars, and porch rails made easy.

Presented by: Lorna Beard and The CareConnect Handyman Fix-it staff.

TUESDAY: Fall Prevention Staff Skit and Prizes.

Presented by: Lafayette Senior Services Staff

WEDNESDAY: Medication Management to Prevent Falls.

Presented by: Colorado Center for Nursing Excellence

THURSDAY: Home Modification Slide Show

Presented by: Louie Delaware Safe Home Modifications, LLC

Eating Right!

Operation Frontline is hands-on class designed especially for older adults to help with ideas for planning and cooking a variety of nutritious meals. You will take home food after every class and one class will include a field trip to a grocery store. Space is limited to the first 15 people.



Register by 9/25

| Code | R/NR | Day | Time | Date |
|----------|------|-----|--------|-----------|
| 249218-1 | FREE | Tue | 9-11am | 10/2-11/6 |

Ebooks & Coffee

Have you been thinking about buying an electronic reading book? Can't decide what the difference is between all the devices? Come to this hands-on session and try out some of the new technology available today or bring your own and learn how to use it.

Register by: 10/22

| Code | R/NR | Day | Time | Date |
|----------|------|-----|---------|-------|
| 249219-1 | FREE | Fri | 10-11am | 10/26 |

Hearing Loss Solutions Workshop

Presented by Rebecca Herr & ALDA (Association of Late Deafened Adults) Hearing loss has many real life impacts and challenges for adults. Come explore how to manage hearing loss and find real life solutions. In this workshop you will learn about:

1. The Hearing Loss Transition, how it happens, how it affects you and how you can adapt.
2. The Tools & Techniques to Restore Communication. Learn to use listening devices, hearing aids, implants, home devices, telephone alternatives and entertainment options.

Register by: 10/8

| Code | R/NR | Day | Time | Date |
|----------|------|------|-------------|-------|
| 249220-1 | FREE | Thur | 1:30-3:30pm | 10/10 |

For more information

on Senior Services Drop-in Programs, trips, special events, fitness and wellness classes, Mon-Fri lunch and the many resources available to adults 55 +, their families and caregivers,

check out the Senior Services section of the Recreation Guide.



Charlie Chaplin & The Silent Film Era

Join Active Minds for a journey to the era of the silent film and a visit with one of its greatest stars, Charlie Chaplin. We will explore the unique artistic elements that make silent films appreciated by audiences young and old.

Register by: 8/2

| Code | R/NR | Day | Time | Date |
|----------|------|-----|---------|------|
| 249221-1 | FREE | Fri | 10-11am | 8/3 |

Aviation

Join Active Minds for a review of aviation in the United States. We will begin with the Wright Brothers and end with a look at the airline industry today. **Register by: 9/6**

| Code | R/NR | Day | Time | Date |
|----------|------|-----|---------|------|
| 249222-1 | FREE | Fri | 10-11am | 9/7 |

Saudi Arabia

Join Active Minds as we tell the story of Saudi Arabia. We will cover Saudi history, the impact of the Arab Spring, and the complicated role played by Wahhabi Islam and Sunni Islam in the country and the region. **Register by: 10/4**

| Code | R/NR | Day | Time | Date |
|----------|------|-----|---------|------|
| 249223-1 | FREE | Fri | 10-11am | 10/5 |

History of Denver

Come learn the stories of the Mile High City. You will learn how our city was founded and the roles played by James Denver, Robert Speer, Ben Stapleton, and others. Bring your favorite Denver trivia to share! **Register by: 11/1**

| Code | R/NR | Day | Time | Date |
|----------|------|-----|---------|------|
| 249224-1 | FREE | Fri | 10-11am | 11/2 |



Fall Lecture Series

LEARN HOW TO PROTECT YOURSELF FROM FRAUDS AND SCAMS

Detective Raelyn Karlstrum, of Lafayette Police Department and Deputy District Attorney Jane Walsh, Director of the Boulder District Attorney's Office Community Protection Division, will provide practical information on how to prevent yourself, family and friends from becoming victims of crime and financial exploitation.

Register by: 9/17

| Code | R/NR | Day | Time | Date |
|----------|------|-----|-----------|------|
| 249225-1 | FREE | Wed | 3-4:40 pm | 9/19 |

ENERGY SMART

Are you looking for ways to save money and be energy smart? Energy Smart makes it easy to put your money back into your pocket. Come to this informative lecture and stop throwing money down the drain. **Register by: 10/5**

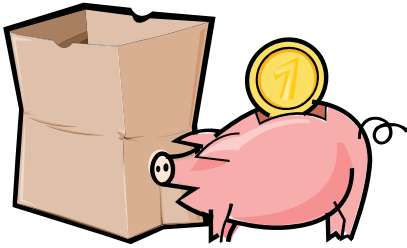
| Code | R/NR | Day | Time | Date |
|----------|------|-----|-------------|------|
| 249226-1 | FREE | Mon | 10:30-11:30 | 10/8 |

"WHEN TO HANG UP THE KEYS"

At what point should you be thinking about hanging up the keys and locating other transportation resources. Detective Karlstrum from the Lafayette Police Department will discuss this important subject. **Register by: 10/12**

| Code | R/NR | Day | Time | Date |
|----------|------|-----|-------------|-------|
| 249227-1 | FREE | Mon | 3:00-4:30pm | 10/15 |

Registration required by deadline dates above. Snacks will be provided!



BROWN BAG FINANCIAL SERIES

Bring your dinner, we will provide the drinks and dessert, learn about important financial decisions you need to make for your future in this four part financial series. Sign up for one or all four.

I. Asset Protection and Long Term Care

When planning for the future it is important to think about long term care options and how it affects your finances. Phyllis Postlewait, a financial advisor, will discuss long term care options and insurance, annuities and life insurance. **Register by: 9/2**

| Code | R/NR | Day | Time | Date |
|----------|----------|------|-------------|------|
| 249228-1 | \$7/\$12 | Thur | 5:30-7:30pm | 9/6 |

II. INCOME IN RETIREMENT

Economic changes have made retirement investment income decline. This class will offer suggestions about the best times to withdraw from social security, IRA's and which investments to make. Phyllis Postlewait, a financial advisor, will have advice to assist you in planning. **Register by: 9/16**

| Code | R/NR | Day | Time | Date |
|----------|----------|------|-------------|------|
| 249229-1 | \$7/\$12 | Thur | 5:30-7:30pm | 9/20 |

III. TAX PLANNING

Tax laws are always changing and it can be difficult to know how to best plan for the upcoming tax season. Marthann Simpson, a tax advisor, will discuss which records to keep, changes in the tax laws and which deductions are available. **Register by: 9/30**

| Code | R/NR | Day | Time | Date |
|----------|----------|------|-------------|------|
| 249230-1 | \$7/\$12 | Thur | 5:30-7:30pm | 10/4 |

IV. ESTATES

Planning your estates, trusts and wills can be complicated. This class looks in-depth into how to write wills, trusts and plan for your future. Join Sharon Svendsen, an elder law attorney, as she discusses these topics. **Register by: 10/14**

| Code | R/NR | Day | Time | Date |
|----------|----------|------|-------------|-------|
| 249231-1 | \$7/\$12 | Thur | 5:30-7:30pm | 10/18 |

WILLS AND ADVANCED DIRECTIVES

An attorney from Rocky Mountain Legal Center will help you complete 4 important estate planning documents in one class session. Many law firms charge \$500 for these full estate plans. In this session you will complete these documents:

Will – A Legal declaration for managing your affairs, estate and transfer of property.

Living Will – A legal document to make wishes known regarding life prolonging medical treatment.

Medical Power of Attorney – A legal document that gives another person decision making authority if you become incapacitated.

Financial Power of Attorney – A legal document used when someone must step in to handle financial decisions.

Register by: 11/1

| Code | R/NR | Day | Time | Date |
|----------|-------------|-----|-------------|-------|
| 249232-1 | \$130/\$135 | Mon | 5:30-8:00pm | 11/15 |



Training Courses for Family Caregivers

Boulder County Area Agency on Aging offers Training programs for Boulder County residents caring for a loved one age 60 or over (or any age if the person has dementia). There is no charge for either class, but donations are appreciated. Respite care assistance is available.

Pre-registration is required: Call 303-678-6116 or email ecooper@bouldercounty.org

1. The National Caregiver Training Program

This program helps family caregivers acquire the skills needed to provide safe, confident care for loved ones. Topics include: caring for someone on bed rest, personal care, infection control, medication management, taking vital signs, wheelchair use, fall prevention, resources and more.

Thursdays

October 4-November 15 1:30-4:30pm

Location TBA

2. Powerful Tools for Caregiver.

Reduce personal stress, change negative self talk, communicate more effectively in challenging situations, deal with difficult feelings, make tough caregiving decisions and more.

Wednesdays

October 4-November 15 1:30-4:30pm

Location TBA