

SENIORS



WELLNESS CLASSES

All Wellness & Creative Classes are located at the Lafayette Senior Center, 103 S. Iowa Ave.

TAI CHI

Tai Chi is exercise that is easy and gentle. It's exercise that is great for newbies, older people, and people who don't like to sweat too much. Tai chi develops body awareness that can help seniors to keep their balance. It can also keep seniors healthy and mobile so that they can maintain their independence and lead full lives. Last but not least, tai chi is a great tool to help with the "sageing" process, a time in life when self-reflection and experience can lead to growing in wisdom and love.

CODE	R/NR	DAY	TIME	DATES	DEADLINE
819600-1	\$30/\$40	Thur	11-12PM	1/4-1/25	12/28
819600-2	\$30/\$40	Thur	11-12PM	2/1-2/22	1/25

NEW MINDFULNESS, MEDITATION AND HEALTH

Join us and experience the benefits of mindfulness that can decrease anxiety, enhance sleep, strengthen the immune system, reduce chronic pain and help ward off the effects of aging on the brain. Current research is very encouraging about our own ability to literally change our brains and significantly improve the quality of our lives.

CODE	R/NR	DAY	TIME	DATES	DEADLINE
819500-1	\$15/\$20	Mon	10-11AM	1/8-2/5*	12/22
819500-2	\$15/\$20	Mon	10-11AM	2/12-3/12**	2/5
819500-3	\$15/\$20	Mon	10-11AM	3/19-4/9	3/12

▶ * No class on 1/15 ▶ * No class on 2/19

ACTIVE LIVING EVERY DAY!

Is a 12 week, evidenced based behavior-change program that helps sedentary people become and stay physically active by incorporating activity into everyday lifestyle. The program promotes goal setting and social support. If you or a friend or family member needs to improve personal health with additional activity, check this program out. Instruction is free; the only cost is for the workbook that participants keep at the end of the session.

CODE	R/NR	DAY	TIME	DATES	DEADLINE
819501-1	\$24/\$36	Wed	11-12PM	1/24-4/11	1/18

DROP-IN WELLNESS CLASSES

NEW LATIN DANCE - FUN FITNESS CLASS

This Latin-Inspired fitness class is a great, unique and effective approach to exercise. Imagine getting fit while having fun!! Come, join us! You'll Love It!

Day: Thursdays Time: 9:15-10:15AM

Starting January 4, 2018

NEW AGELESS GRACE

Timeless fitness for the body and brain! Learn and enjoy the 21 movement tools that stimulate all five functional areas of the brain to increase brain and body health with fun and gentle exercise. Appropriate for all levels of ability.

Day: Wednesdays Time: 10-10:30AM

Starting January 8, 2018

Sister Carmen
COMMUNITY CENTER
Thrift Store and Donations Center

Open Sun-Sat | Shop 9am-6pm | Donate 9am-5pm
701 W. Baseline Road, Lafayette, CO
SisterCarmen.org Sister Carmen Thrift Store

When you shop in our thrift store or donate gently used items, you are supporting your neighbors in need right here in your own community!

One piece of clothing purchased in our thrift store affords one meal for someone in need.