



SENIORS

Our Weekly and Monthly Activities are available except when the Senior Center is closed for a Holiday or Event. Location: Lafayette Senior Center, 103 S. Iowa

WEEKLY ACTIVITIES CALENDAR

DAY	TIME	FEATURED ACTIVITY	DROP IN	REGISTER	COST
MONDAYS	10-11:30AM	Pinochle	x		
	11:30AM-12:15PM	SilverSneakers® Classic	x		\$4.00
	1-3PM	Shanghai Rummy	x		
	1:15-2:15PM	NEW DAY & TIME Latin Dance	x		See Page 42/Drop-in Fee
TUESDAYS	10-11AM	Toy Building	x		
	10-11:30AM	Singing	x		
	1-3PM	Bowling at Coal Creek Bowling Center	x		\$TBD for 3 games & shoes
WEDNESDAYS	8:45AM-12:15PM	Transportation Loop		x	See Page 54 \$2/round trip
	9-10:30AM	Whatever's (Crafts)	x		
	10:30AM	Panera Bread Distribution	x		
	1-2:30PM	Help Fight Cancer (Crafters for Charity)	x		
	1-4PM	Bridge	x		
THURSDAYS	10AM-12PM	Lap Robes	x		
	1-4PM	Shanghai Rummy	x		
FRIDAYS	10AM-3PM	Fun Friday	x		
	1-3PM	Bowling at Coal Creek Bowling Center	x		TBD \$ for 3 games & shoes

MONTHLY ACTIVITIES CALENDAR

DAY	TIME	FEATURED ACTIVITY	DROP IN	REGISTER	COST
MONDAYS	11AM-12PM	EVERY THIRD Diabetes Support Group		x	
TUESDAYS	9-11:30AM	EVERY FIRST Basic Foot Care		x	\$14R/\$24NR
	1-2:30PM	EVERY SECOND Hearing Clinic		x	No Fee, registration required
	1-2:30PM	EVERY FOURTH Educational Videos	x		No Fee or registration
	9-11:30AM	EVERY THIRD Basic Foot Care		x	\$14R/\$24NR
	12:30-4PM	EVERY THIRD Table Massage		x	\$60/Hour
WEDNESDAYS	8:45-9:30AM	EVERY LAST Coffee Connect	x		No Fee or registration
	9-10:30AM	EVERY FIRST & THIRD Rainbow Elders LGBT+ Coffee Klatch	x		No Fee or registration
	1:30-4:30PM	EVERY THIRD Tenderfoot Care (see page 50)		x	\$28R/\$38NR
FRIDAYS	10-11:30AM	EVERY FIRST Murder Mystery Book Club	x		No Fee or registration
	9-10AM	EVERY SECOND Book Club	x		No Fee or registration
	11:30AM-12:30PM	EVERY FIRST Blood Pressure Screening	x		No Fee or registration
	1-3PM	MOST FRIDAYS Computer Assistance		x	No Fee, registration required
	8:45AM-3:30PM	EVERY THIRD Tender Footcare		x	\$28R/\$38NR

SENIORS



WEEKLY ACTIVITIES DESCRIPTIONS

► **DAILY** We have coffee and tea ready all day, and often other treats to enjoy, too. While you are here, check out the Daily Activities and see what your friends are doing. The Billiards table is also available on a first come basis during normal business hours.

► **BY REQUEST** Lafayette has a variety of interesting walking tours. Senior Services staff is happy to coordinate walks around town when requested by 3 or more people. Please ask at the front desk and then bring water and wear your walking shoes for the walk.



DVD and VHS movies are available from the City Library as well as from private collections. Senior Services staff is happy to schedule the conference room at a set time for a selected movie or set up the room for 3-12 viewers to watch a movie when the room is not otherwise scheduled.

► **BOWLING** Need some fun and exercise? It's time to join the Lafayette Senior Bowling Group. No need to register, just go to Coal Creek Bowling Center, 550 W. South Boulder Rd.

► **BRIDGE** Every bit as strategic and intellectually demanding as chess and also an inherently social game. Come have fun playing with us!

► **FUN FRIDAY** Come by to learn a new game or break out one that you already love and find someone to join you!! Bring a dish to share for potluck.

► **HELP FIGHT CANCER** (formerly Crafters for Charity) Get involved in various aspects of making and selling crafts - all profits go to fight Cancer. Can you: knit, crochet, sew, set up and maintain a simple web site, mail orders, help locate and maintain sale venues? Come join us and help in the fight against Cancer.

► **LAP ROBES** Join our dedicated group of volunteers who sew small quilts (lap size) that are donated to nursing facilities and other agencies. Even if you don't sew, you can help by ironing, cutting, tying or delivering items.

► **PANERA BREAD** Free bread courtesy of Panera Bread is distributed on a first-come, first-served basis. The amount per person is determined by the amount received from Panera Bread and is generally limited to one or two bags per person. Amount may vary week to week.

► **PINOCHLE** This trick-taking card game for typically two to four players is a popular and fun game!

► **SHANGHAI RUMMY** Beginners are welcome to play this new rummy game and meet new friends.

► **SILVERSNEAKERS® CLASSES** Variety of fun and safe exercise classes at the BBRC and the Senior Center. See page 39 for details.

► **SINGING** If you have music in your heart and a song on your lips, then join the Lafayette Singing Group. No experience needed.

► **TOY BUILDING** Assemble simple wooden cars for distribution to children all over the world. All materials and social interaction provided.

► **WHATEVER GROUP** Catch up with your friends and make new ones while working on "whatever" craft you have. Bring any materials you have and join the fun.

MONTHLY ACTIVITIES DESCRIPTIONS

► **BASIC FOOT CARE 25 MINUTES** Foot care for those who want just the basics: foot soak, lotion massage and nail file pedicure. Disposable files and towels are used.

Those with medical conditions should register for Tender Foot Care (see page 52).

Arrive 10 minutes prior to appointment. Payment is due at time of registration.

Registration required with Senior Services.

Offered by: Bonnie Miller, CNA

CODE	R/N	DAY	TIME	DATE
839400-1	\$14/\$24	Tue	9-11:30AM	4/3
839400-2	\$14/\$24	Tue	9-11:30AM	4/17
839400-3	\$14/\$24	Tue	9-11:30AM	5/1
839400-4	\$14/\$24	Tue	9-11:30AM	5/15
839400-5	\$14/\$24	Tue	9-11:30AM	6/5
839400-6	\$14/\$24	Tue	9-11:30AM	6/19
839400-7	\$14/\$24	Tue	9-11:30AM	7/3
839400-8	\$14/\$24	Tue	9-11:30AM	7/17
839400-9	\$14/\$24	Tue	9-11:30AM	8/7
839400-10	\$14/\$24	Tue	9-11:30AM	8/21

SENIORS



▶ BLOOD PRESSURE SCREENINGS

A registered nurse will be available on the First Friday of the month from 11:30 – 12:30 to provide free blood pressure checks. She'll also be able to answer questions you may have about your health or medications. Service is provided on a first come, first served basis. **No appointment required.**

Dates: 4/6, 5/4, 6/1, 7/6, 8/3

Time: 1st FRI 11:30AM – 12:30PM

▶ **BOB L BURGER RECREATION CENTER FITNESS ORIENTATIONS** Learn to use the equipment. Register at the Bob L. Burger Recreation Center front desk.

Dates/Time: 2nd & 4th MON each month, 1-2PM.

▶ **BOOK CLUB** Meet once a month to talk about a pre-selected book. Come even if you have not finished it!

Dates: 4/13, 5/11, 6/8, 7/13, 8/10

Time: 2nd FRI 9-10AM.

▶ **COFFEE CONNECT** Provide feedback directly to your Senior Services full time staff and have the opportunity to share concerns, ideas and interests.

Dates: 4/25, 5/30, 6/27, 7/25, 8/29

Time: Last WED of each month, 8:45-9:30AM

▶ COMPUTER HELP AT THE LAFAYETTE SENIOR CENTER

The Lafayette Senior Center is offering computer software assistance in our computer lab once a month. See page 52 for more details.

Time: Most FRI, 1-3PM

▶ **EAST COUNTY DIABETES EDUCATION & SUPPORT** This monthly meeting provides education about diet, exercise, sleep and the effect of each on Diabetes. For questions, call 303-441-4995. Sponsored by Boulder County Area Agency on Aging. **Instructor: Lindsay Lawes MS, RD**

Dates: 4/16, 5/21, 6/18, 7/16, 8/20

Time: 3rd MON 11AM-12PM

▶ EDUCATIONAL DVDS

We will show the *Wonders of The National Parks: A Geology of North America* by National Geographic series. a fascinating introduction to geology that forged North America's national parks. These half-hour lectures take you to more than a hundred spectacular sites guided by geologist and former college professor Ford Cochran. He is a storyteller and an explorer at heart who specializes in interpreting landscapes for a variety of audiences

Times: 4th TUE in April & May, 1-2:30PM

▶ FAMILY HEARING CENTER HEARING CLINIC

Free hearing evaluation provided by a representative from Family Hearing Centers. Consultation is provided on the best solution for any hearing troubles you may be having. **Appointment required. Sign up at the Lafayette Senior Center or call 303-661-1492.**

Dates: 4/10, 5/8, 6/12, 7/10, 8/14

Times: 2nd TUE each month, 1-2:30PM

▶ MURDER MYSTERY BOOK CLUB

Meet monthly to discuss a pre-selected murder mystery book. Come even if you haven't finished it!

Dates: 4/6, 5/4, 6/1, 7/6

Times: 1st FRI each month, 10-11:30AM

▶ RAINBOW ELDERS LGBT COFFEE KLATCH

A drop-in social group, open to all LGBT+ persons and allies. Come and meet for hot coffee, sweet pastries, and pleasant conversation.

Dates: Meets 1st and 3rd WED of each month, 9-10:30AM.

▶ **TENDERFOOT CARE** Includes whirlpool foot bath, a foot and leg massage, corn & callus treatment, toenail cutting and filing. Service provided by a registered nurse.

Those with medical conditions should register for this option, rather than the Basic Foot Care.

Please arrive 10 minutes prior to appointment time. *Payment is due at time of registration.*

Registration required with Senior Services.

Offered by: Marianne Kuhns, R.N.

CODE	R/N	DAY	TIME	DATE
839401-1	\$28/\$38	Wed	1:30-4:30PM	4/18
839401-2	\$28/\$38	Fri	8:30AM-3:30PM	4/20
839401-3	\$28/\$38	Wed	1:30-4:30PM	5/16
839401-4	\$28/\$38	Fri	8:30AM-3:30PM	5/18
839401-5	\$28/\$38	Wed	1:30-4:30PM	6/13
839401-6	\$28/\$38	Fri	8:30AM-4:30PM	6/15
839401-7	\$28/\$38	Wed	1:30-4:30PM	7/18
839401-8	\$28/\$38	Fri	8:30AM-4:30PM	7/20
839401-9	\$28/\$38	Wed	1:30-4:30PM	8/15
839401-10	\$28/\$38	Fri	8:30AM-4:30PM	8/17

SENIORS



► 30 & 60 MINUTE TABLE MASSAGE FOR ADULTS

30 or 60 minute table massage appointments for adults age 18+. Massage encourages well-being and optimum functioning by improving circulation.

To register, call Lafayette Senior Services at 303-661-1492 or stop by the front desk at least 1 week in advance. Payment is due at time or registration. Please arrive 10 minutes prior to appointment.

Offered by: **Charlene Schik, CMT (Certified Massage Therapist)**

CODE	R/N	DAY	TIME	DATE
839402-1	\$60/hour	Tue	12:30-4:30PM	4/17
839402-2	\$60/hour	Tue	12:30-4:30PM	5/15
839402-3	\$60/hour	Tue	12:30-4:30PM	6/19
839402-4	\$60/hour	Tue	12:30-4:30PM	7/17
839402-5	\$60/hour	Tue	12:30-4:30PM	8/21

COMPUTER LAB

COMPUTER LAB OPEN 8:30AM-4:30PM

Lafayette Senior Services has computers and a printer available. There is no charge for the use of the computer lab. We do ask that you provide your own printer paper and limit printing to 10 pages per week.

COMPUTER LAB ETIQUETTE

- Please use headphones if you are using sound while others are in the computer lab.
- Please move conversations to an unoccupied area of the Senior Center while others are in the computer lab.
- Please keep food and uncovered drinks out of the computer lab.
- Space permitting, youth may accompany their elders in the computer lab, but may not use a separate computer than the elder without prior approval and arrangement from staff.
- As in any part of the Lafayette Senior Center, conversations will be respectful with and towards all of our members, visitors, instructors and staff, and the community in general.

Dates Closed: 5/28 & 7/4, as well as on the 3rd Tuesday of each month in the afternoon. The Computer Lab may close at other times for programs that have not yet been advertised, as well as for special wellness and education events. Every effort will be made to notify users in advance.

COMPUTER HELP

COMPUTER HELP AT THE LAFAYETTE SENIOR CENTER

Need a little guidance around Excel? Is a web site driving you nuts? We have the help that you may need. The Lafayette Senior Center offers computer software assistance most Friday afternoons in our computer lab. Hours are 1-3PM.

This is for software questions only.

Please call a week in advance to make an appointment.

Help is available for Word 2007, Excel 2007, Powerpoint 2007, Internet Explorer, Email and Web Site navigation. Any questions or to sign up, please call 303-661-1492. Register by the previous Friday.



Lafayette Senior Services is wired and a great place to relax and use your own computer. Bring your laptop or tablet and connect here.

COMPUTER HELP AT THE LAFAYETTE PUBLIC LIBRARY Lafayette Library, 775 W. Baseline Road

► COMPUTER SERVICE COACHING

Need one-on-one help with your computer, tablet, e-reader or phone?

Our computer coach is happy to help! Weekly sessions are drop in, first come first served, no registration required. Please contact the Lafayette Library at 303-665-5200 for current days and times.

► GET TO KNOW YOUR IPHONE & IPAD CLASS

Bring your iphone or ipad and learn how powerful these devices can be!! Learn tricks and tools you need to get the most benefit from this technology. Staff and a Computer coach will be on hand to guide participants. Registration required. Sign up online at www.cityoflafayette.com/library or call 303-665-5200.

Times: 3rd WED of Every month, 10:30-11:30AM

