

SENIORS



WELLNESS CLASSES

TAI CHI

Tai Chi is exercise that is easy and gentle. 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. It is exercise that is great for newbies, older people and people who don't like to sweat too much. 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. **Instructor: Saba Obika**

CODE	R/NR	DAY	TIME	DATES	DEAD LINE	LOCATION
839600-1	\$30/ \$40	Thr	11AM- 12PM	4/5- 4/26	3/29	Senior Center
839600-2	\$30/ \$40	Thr	11AM- 12PM	5/3- 5/24	4/26	Waneka Lake
839600-3	\$30/ \$40	Thr	11AM- 12PM	6/7- 6/28	5/31	Waneka Lake
839600-4	\$30/ \$40	Thr	11AM- 12PM	7/5- 7/26	6/28	Waneka Lake

DROP-IN WELLNESS CLASSES

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

MATTER OF BALANCE

Because a fall can have devastating consequences, it is not surprising that many older adults become quite afraid of falling. A Matter of Balance is an eight-week program designed to help you reduce your fear of falling and increase your physical activity. Classes include discussions on how to view falls as controllable, set goals for increasing physical activity, make changes in your home to reduce your risk of falling and practice exercise to increase strength, balance and flexibility.

Program sponsored by Boulder County Area Agency on Aging. Please call 303-441-3599 to register. No charge to Boulder County residents 60 and over and their caregivers.

Day: Thursdays Time: 1-3PM

Dates: May 10 - June 28, 2018 Cost: FREE

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!

NEW DAY & TIME Day: Mondays Time: 1:15-2:15PM

\$4 Drop-In Fee or Silver Sneakers pass

LATIN DANCE



**\$4
DROP-IN OR
USE YOUR
SILVER
SNEAKERS
PASS**

GET FIT WHILE HAVING FUN!

MONDAYS 1:15-2:15PM

Lafayette Senior Center, 103 S. Iowa Ave.

www.cityoflafayette.com/Seniors

GENERAL INTEREST CLASSES

THE INDUSTRIAL CITY UNDER YOUR FEET: MAPPING LAFAYETTE'S LONG ABANDONED COAL MINE PASSAGES

Coal production from Lafayette's mines peaked about 1909. Simpson Mine, at the time the largest coal mine in Northern Colorado, produced over 200,000 tons of coal in 1906. The Simpson's underground passageways also connected to the Cannon, Strathmore, Mitchell, Excelsior and Gladstone mines and allowed miners to travel underground from one end of town to the other. Larger passageways, called haulage ways, had their own names — Wabash, Timberline and Broadway. Discover the history of the long gone tunnels under your feet, and the formerly thriving industrial city of sorts under Old Town Lafayette.

CODE	R/NR	DAY	TIME	DATE	DEADLINE
839300-1	FREE	Fri	11:30AM- 12:30PM	5/18	5/11