

Health & Wellness Services

BLOOD PRESSURE SCREENING

Monitor your health with monthly blood pressure screenings provided by a retired RN. No appointment needed, just drop by the Lakewood Room.

Time & Date: 10-11:45 a.m., every second and fourth Wednesday of the month

HOT MEAL DEAL

Volunteers of America dining room offers hot, nutritious meals for people age 60 or older and includes fun activities for socializing and wellness before and after the meal. These socializing activities may change monthly. Wellness activities before lunch include the following:

MONDAYS

SilverSneakers® Yoga

WEDNESDAYS

SilverSneakers® Yoga

SECOND AND FOURTH WEDNESDAYS

Blood pressure checks

TUESDAYS AND THURSDAYS

SilverSneakers® Classic

FIRST FRIDAY

Piano music and First Friday Tea Dance

Meals are served Monday-Thursday at noon and the first Friday of each month at 11:30 a.m. Come eat, enjoy and socialize! A \$2.50 contribution (\$7.25 charge for those under age 60) is requested for meals. Please reserve meals two business days in advance by calling **303.987.4833** before 11 a.m.

LOW VISION SUPPORT GROUP

The Jefferson County Senior Low Vision Program, funded by a state grant, offers free information, referral, education, training, support and advocacy to persons with macular degeneration or other low-vision conditions and to persons who are blind. For more information, contact Lisa Nelson at **720.308.3087**.

Time & Date: 10:30-11:30 a.m., Thursday

April 21

May 19

June 16

REACHOUT OFFICE

The Reachout Office provides information for older adults on the following topics:

- Housing
- Transportation
- Legal assistance referrals and much more

Contact David Appel for information, **303.987.4838** or DavApp@Lakewood.org



MASSAGE THERAPY

Let the skilled hands of a trained massage therapist work the kinks out! By appointment only. To schedule an appointment, visit the Clements Center front desk or call **303.987.4820**. Payment is required at the time you schedule your appointment.

Therapist: Karen Woodcock
\$30/30-minutes
\$42/60-minutes
\$60/90-minutes

SUPPORT GROUP FOR CHANGE, LOSS & GRIEF

Have you experienced a major change that you feel saddened by? Would you like to talk about it? Feel free to drop in to participate in this ongoing free service.

Time & Date: 10-11 a.m., Thursday
April 14 & April 28
May 12 & May 26
June 9 & June 23

VISITING NURSES SUPPORT SERVICES

Treat yourself to some important health screenings. Services available are blood pressure checks, toenail clipping, blood sugar checks, health history and examinations, health education, flu shots and referrals as needed to other community and health care services. To schedule an appointment or for more information, call the Clements Center front desk at **303.987.4820**.

Time & Date: 9 a.m.-3 p.m., Thursday
April 7
May 5
June 2



Transportation Services

TRANSPORTATION TO MEET SPECIAL NEEDS

Lakewood Rides offers door-through-door transportation to Lakewood's residents who are 60 years or older and persons with disabilities of any age. We provide transportation for medical and personal appointments, group and individual grocery shopping, employment and social trips. We also provide rides to the Clements Center for the many services offered: activities, classes and Volunteers of America dining. Destination points can be anywhere within Lakewood as well as east to University Boulevard, west to Golden proper, north to 49th Avenue and south to Quincy Avenue.

All rides are scheduled upon availability on a first-come, first-served basis.

For questions and to have information mailed to you, please call **303.987.4826** or email questions to LakewoodRides@Lakewood.org.