

# Services

## INCLUSION & ACCESSIBILITY SERVICES

Clements Community Center welcomes individuals of all abilities into our programs and activities. In order to provide a successful experience, we invite you to call **303.987.4823** or **TDD 303.987.7057** or email [RoxJoh@Lakewood.org](mailto:RoxJoh@Lakewood.org) to discuss any reasonable accommodations you may need at least two weeks before the class, activity or trip is scheduled to begin. If you need a sign language interpreter, we request at least 72 hours notice. This service will be provided with the following exception: If the request is made later than 72 hours in advance, we are unable to provide this service. Cancellations of this service must be made 48 hours ahead of the start date, or you will be charged for this service.

## DONATIONS

Our donation program provides a way for you to honor someone special. Look at our memorial wall of special people remembered.

## LOST & FOUND

The Clements Community Center has a lost-and-found collection. If you are missing an item, please check at the front desk. Items not retrieved are given to a local charity.

## NEED A NOTARY?

The Clements Center offers free notary service to participants. Contact Lynnette Schear at **303.987.4824** to schedule an appointment.



## LAKWOOD POSSIBILITIES FUND

All residents should have access to the City of Lakewood's programs and facilities regardless of income. If you are in need of financial assistance in order to participate, submit an easy application online, at Clements Community Center or at any Lakewood recreation center to check your eligibility. Possibilities Fund scholarships are awarded based on household income, and a portion of the registration fee is always paid by the participant. Residents are eligible for up to \$300 scholarship assistance per year, based on need and available funding.

### Guidelines:

- Financial assistance is based on a first-come, first-served basis.
- Reduced fees are contingent upon available funds in the Possibilities Fund.
- The fund is for class fees only, not the supplies, which are the responsibility of the participant.

For more information, visit [Lakewood.org/PossibilitiesFund](http://Lakewood.org/PossibilitiesFund), call or visit Clements Community Center or email [Possibilities@Lakewood.org](mailto:Possibilities@Lakewood.org).

# Health & Wellness Services

---

## 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 (\$8.50 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.

## BLOOD PRESSURE SCREENING

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

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

## 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., Thursdays

April 20

May 18

June 15

## 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](mailto:DavidAppel@Lakewood.org)

The VOA dining center at the Clements Community Center is looking for volunteers. If you would like to help older adults, provide a meaningful service and work with a great team, we're looking for you! Shifts include check-in, kitchen help, plating, serving and cleanup. The VOA dining center is open 9 a.m. to 1 p.m. Monday through Thursday and the first Friday of the month. We can work with your schedule and all training is provided. We are looking for reliable, customer service oriented individuals. Please call Jean at **303.987.4833**, or stop by the dining center.

## MASSAGE THERAPY

Massage can increase flexibility and range of motion, improve muscle/tendon/ligament elasticity and enhance circulation. Massage can help bring oxygen and nutrients to tissues for reduced risk of injury and a quicker recovery.

Types offered:

Cranial Sacral Therapy | Deep Tissue Massage | Lymphatic Drainage | Neuromuscular Massage | Reflexology | Soft Tissue Massage | Sports Massage | Swedish Massage | Unwinding

**Therapist:** Cayla Pierce  
\$35/30-minutes  
\$48/60-minutes

**Time & Date:** 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.

## REIKI

Reiki is a gentle healing technique that uses a light touch to balance the human energy system. Reiki promotes relaxation, reduces stress and anxiety, relieves pain, balances energy and increases the body's natural ability to heal. The energy therapy works not only on the physical body, but also on the mind, emotions and spirit to promote overall health. Reiki is a complementary therapy that is often used in conjunction with medical techniques to promote recovery. Relax, fully clothed, on a comfortable massage table, and enjoy a revitalizing and peaceful experience!

**Reiki Practitioner:** Stephanie Franco  
\$35/30-minutes  
\$48/60-minutes

**Time & Date:** 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.

## 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 13 & April 27  
May 11 & May 25  
June 8 & June 22

## COLORADO VISITING NURSES ASSOCIATION

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 call the Clements Center front desk at **303.987.4820**. For more information about the Colorado Visiting Nurse Association, call **303.698.6496**.

**Time & Date:** 9 a.m.-3 p.m., Thursdays  
April 6  
May 4  
June 1



**Registering online or in person is easier than ever!**

**Use the activity number to search for a class or program through the website, or give the number to front desk staff when you register.**

Activity #	Day	Dates	Time
------------	-----	-------	------

# Transportation Services

# Art & Craft Classes



## 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](mailto:LakewoodRides@Lakewood.org).

## ALTERNATIVE TECHNIQUES IN WATERCOLOR

Pour, spray and spatter your way to successful and fun watercolor painting using a variety of alternative techniques. Some painting experience required. Create unusual effects with spray webbing, resists and learning to carve images out of negative space. Bring your painting supplies to the first class. Supply list: palette with paints, brushes, water bowl, paper towels, sponge, spray bottle, 140 lb. watercolor paper 1/4 sheet size, gatorboard or support, masking tape, drawing pencil, kneaded eraser, masking fluid and salt.

**Instructor:** Gail Firmin

**Fee:** \$43.50/\$45.50 nonresident

#680000-01	Tue	Apr 4-May 23	1-3:30 pm
------------	-----	--------------	-----------

## ART AND SOUL

Learn techniques and colors using watercolor. Co-sponsored by the Developmental Disabilities Resource Center.

**Mentors:**

Gail Firmin, Myron Eckberg,  
Jim Rothrock, Andrew Dubois

**Fee:** \$19/\$21 nonresident

#680003-01	Tue	Apr 4-May 23	10:15-11:45 am
------------	-----	--------------	----------------



Check out the interactive version of this guide at [Lakewood.org/OlderAdults](http://Lakewood.org/OlderAdults)