



TABLE OF CONTENTS

| | |
|---------------------------------|----|
| LOCATION, HOURS & STAFF | 2 |
| SERVICES | 3 |
| HEALTH & WELLNESS SERVICES | 4 |
| TRANSPORTATION SERVICES..... | 6 |
| ART & CRAFT CLASSES | 7 |
| COMPUTER CLASSES | 10 |
| FITNESS & WELLNESS CLASSES .. | 13 |
| SPECIAL INTEREST CLASSES | 15 |
| OUTDOOR RECREATION..... | 17 |
| TRAVEL..... | 19 |
| DROP-IN ACTIVITIES..... | 22 |
| FREE ACTIVITIES | 23 |
| ONGOING ACTIVITIES..... | 24 |
| EVENT RENTALS | 25 |
| INFORMATION & REGISTRATION .. | 26 |
| REGISTRATION FORM..... | 27 |



Live the Life!

October-December 2016
Programs & Services

For Anyone Age 55 and Better!
*Programs so engaging, you'll
want to lie about your age!*

Live the Life! is the magazine of the Lloyd G. Clements Community Center, City of Lakewood. It is distributed free of charge throughout the community. All rights reserved, including the right to reproduce in whole or in part.

Editor: **Roxy Johnson**

Editing & Design: **Kimberly Palmer**

Printing & Design: **Signature Offset**

Primary Photography: **Todd Pierson**

The older adult programs available through the Clements Center offer a wide variety of activities and services that emphasize social, mental and physical wellness, all in an attractive, healthy and enjoyable environment.

Register for classes and programs:

By phone: **303.987.4820**

TTY: **303.987.4840**

By fax: **303.987.4841**

By email: **Clements@Lakewood.org**

Online: **Lakewood.org/OlderAdults**

The Clements Center, its services, classes, activities, meal site and Lakewood Rides will be closed on the following days:

Friday, November 11, Veterans Day

Thursday, November 24, Thanksgiving Day

Friday, November 25,

Day after Thanksgiving Day

Monday, December 26,

Day after Christmas Day

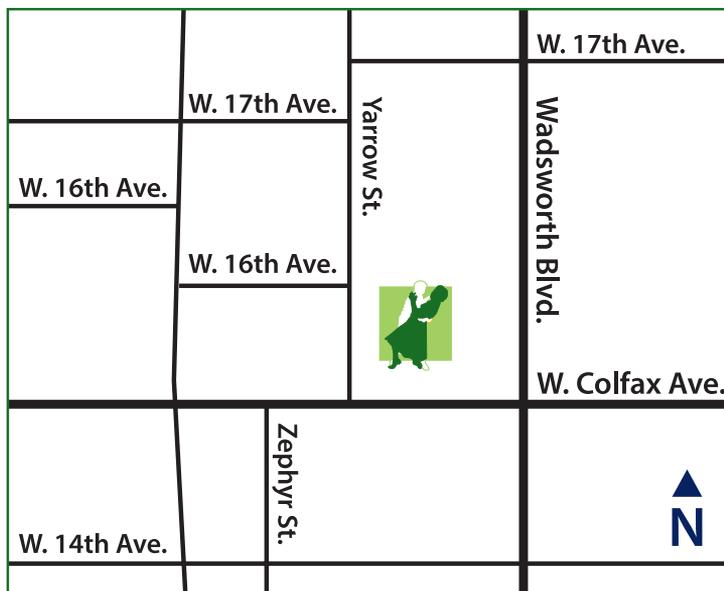


LOCATION AND HOURS

8 a.m.-5 p.m., Monday-Friday

1580 Yarrow St., Lakewood, CO 80214

303.987.4820 | Lakewood.org/OlderAdults



STAFF

Older Adult Staff

Dawn Sluder, Older Adult and Transportation Supervisor

Roxy Johnson, Class and Travel Coordinator

David Appel, Senior Services Specialist

Jayne Willis, Business Support Specialist

Lynnette Schear, Business Support Specialist

Jean Engstrom, Older Adult Nutrition Coordinator

TBA, Facility Coordinator

Jonathan Armenta, Assistant Facility Specialist

Transportation Staff

Mark Poirier, Transportation Services Coordinator

Kim Manfrin, Dispatcher

Maria Vergano, Business Support Specialist

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 303.987.4840** or email 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.

Look for New
weekend activities



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, in person at Clements Community Center or at any Lakewood recreation center. 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.

Program Guidelines:

- Must be a Lakewood resident to qualify for assistance.
- Supporting funds in the amount of 25-75% of the total fee are available.
- The fund is for class fees only, not the supplies, which will be the responsibility of the participant.
- Funds may not be applied to Lakewood Rides, Volunteers of America meal site programs or room rentals.

Ask at the front desk for an applications today!

For more information, visit Lakewood.org/PossibilitiesFund, visit your local Lakewood Facility, or email Possibilities@Lakewood.org.

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
October 20
November 17
December 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)



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

Therapists: Karen Woodcock/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.

NEW!



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
October 13 & October 27
November 10
December 8 & December 22

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
October 6
November 3
December 1



Check out the interactive version of this guide at Lakewood.org/OlderAdults



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.

Art & Craft Classes

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

| | | | |
|------------|-----|--------------|----------------|
| #880003-01 | Tue | Oct 18-Dec 6 | 10:15-11:45 am |
|------------|-----|--------------|----------------|

DRAWING

Learn the basic techniques for drawing a variety of subjects. Lessons will include elements of design, line control, highlights, shadows and perspectives. You will create a final drawing having depth and character or create a foundation for another medium such as watercolor. Lessons are tailored to satisfy needs and preferences of students.

Instructor: Marcia Brill

Fee: \$43.50/\$45.50 nonresident

| | | | |
|------------|-----|---------------|------------|
| #880011-01 | Fri | Oct 14-Dec 16 | 9-11:30 am |
|------------|-----|---------------|------------|

GLASS FUSING

Learn the techniques of making fused-glass pieces for your home or for gifts. No prior glass or fusing experience is needed. Students will complete five exciting projects. Glass, tools, supplies and firings are included for all projects.

Instructor: Joan Paschall

Fee: \$140/\$142 nonresident

| | | | |
|------------|-----|--------------|---------------|
| #880014-01 | Thu | Oct 27-Dec 8 | 9:15-11:45 am |
|------------|-----|--------------|---------------|

GREET THE SEASON IN WATERCOLOR



Create a seasonal painting and greeting card using a variety of alternative techniques in watercolor. Bring your watercolor painting supplies to class.

Instructor: Gail Firmin

Fee: \$21 / \$23 nonresident

| | | | |
|------------|-----|-------|-----------|
| #880015-01 | Sat | Dec 3 | 9 am-noon |
|------------|-----|-------|-----------|

JAPANESE BUNKA EMBROIDERY

Sometimes called thread painting, this is a needlework art form done with a punch needle and a unique rayon thread from Japan. Kits are sold in class. A sample is in the front lobby of the Clements Center.

Instructor: Mary Edwards

Fee: \$20/\$22 nonresident

| | | | |
|------------|-----|--------------|---------|
| #880018-01 | Wed | Oct 26-Dec 7 | 9-11 am |
|------------|-----|--------------|---------|

OIL PAINTING

In this great class for all abilities, venture into new techniques with our award-winning instructor. Supplies will be discussed in the first class.

Instructor: Joyce Hollandsworth

Fee: \$49/\$51 nonresident

| | | | |
|------------|-----|--------------|-----------|
| #880022-01 | Mon | Oct 17-Dec 5 | 1-3:30 pm |
|------------|-----|--------------|-----------|

PEN AND INK WITH WATERCOLOR

Expand on your watercolor experience by adding various techniques using pen and ink to create different effects in your paintings. Bring your watercolor supplies, your reference photos and a black Ultra-fine Sharpie to class.

Instructor: Gail Firmin

Fee: \$46 / \$48 nonresident

| | | | |
|------------|-----|--------------|------------|
| #880025-01 | Wed | Oct 19-Dec 7 | 10 am-noon |
|------------|-----|--------------|------------|

POTTERY ALL LEVELS

Do you enjoy using your hands to create beautiful items? Join new friends in this fun class in which you'll use the potter's wheel and do hand-building. Glazes included. Additional cost of \$17.50 for 25 pounds of clay and firing fees.

Instructor: Carla Thorpe

Fee: \$58/\$60 nonresident

| | | | |
|------------|-----|---------------|-----------|
| #880031-01 | Mon | Oct 17-Dec 5 | 9 am-noon |
| #880031-02 | Wed | Oct 19-Dec 7 | 9 am-noon |
| #880031-03 | Sat | Oct 22-Dec 17 | 9 am-noon |



POTTERY LAB

You must register for pottery lab at the same time you register for your class. Pottery lab is for pottery students only. You cannot attend a lab if you are not enrolled in a pottery class.

Fee: \$10 / \$12 nonresident

| | | | |
|------------|-----|--------------|-----------|
| #880032-01 | Mon | Oct 17-Dec 5 | noon-2 pm |
| #880032-02 | Wed | Oct 19-Dec 7 | noon-2 pm |

SILVERSMITHING ALL LEVELS

For beginners, sequential projects will bring a basic understanding of metal working. Advanced students will choose their own project and work at their own pace. Supply cost will be kept to a minimum.

Instructors: Marie Quinn/Anne Reichel

Fee: \$45/\$47 nonresident (8 weeks)

\$68/\$70 nonresident (12 weeks)

| | | | |
|------------|-----|---------------|--------------|
| #880034-01 | Mon | Oct 17-Dec 5 | 12:30-3 pm |
| #880034-02 | Mon | Oct 17-Dec 5 | 3:15-5:45 pm |
| #780036-03 | Tue | Sep 13-Nov 29 | 1-3:30 pm |
| #780036-04 | Thu | Sep 15-Dec 8 | 6:30-9 pm |

STAINED GLASS

Learn the copper foil and lead method of stained glass art. Learn glass identification, glass handling, cutting and how to choose your project. New students are encouraged to join the all-levels class.

Instructor: Joan Paschall

Fee: \$48/\$50 nonresident

ALL LEVELS

| | | | |
|------------|-----|--------------|---------------|
| #880038-01 | Tue | Oct 18-Dec 6 | 9:15-11:45 am |
|------------|-----|--------------|---------------|

INTERMEDIATE/ADVANCED

| | | | |
|------------|-----|---------------|---------------|
| #880037-01 | Mon | Oct 17-Dec 5 | 9:15-11:45 am |
| #880036-01 | Thu | Oct 20-Dec 15 | 12:15-2:45 pm |

WATERCOLOR

INTERMEDIATE / ADVANCED

Lots of demonstrations will help the student who has been painting in watercolor for at least a year.

Instructor: Jay O'Shea

Fee: \$43.50/\$45.50 nonresident

| | | | |
|------------|-----|--------------|-----------|
| #880046-01 | Wed | Oct 19-Dec 7 | 1-3:30 pm |
|------------|-----|--------------|-----------|

WATERCOLOR ESSENTIALS

ALL LEVELS

Students at all levels of skill are invited to learn something new and refresh basics. Other water media will be introduced and added to current knowledge. Emphasis is on assisting each individual student to progress beyond his or her present level of skill and on having fun.

Instructor: Marcia Brill

Fee: \$43.50/\$45.50 nonresident

| | | | |
|------------|-----|---------------|-----------|
| #880042-01 | Fri | Oct 14-Dec 16 | 1-3:30 pm |
|------------|-----|---------------|-----------|



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 |
|------------|-----|-------|------|
|------------|-----|-------|------|

WOODCARVING

Join this group of talented carvers and have fun! Carve your own walking stick or turn a block of wood into anything you can imagine. Beginners are welcome.

Fee: \$16/\$18 nonresident

| | | | |
|------------|-----|--------------|------------|
| #880048-01 | Wed | Oct 19-Dec 7 | 9-11:30 am |
| #880048-02 | Wed | Oct 19-Dec 7 | 1-3:30 pm |

WOODWORKING ALL LEVELS

Learn the use, setup and maintenance of basic woodworking hand and power tools. Create a basic project or overhaul an existing wood item that needs some tender loving care. Discussion of the different materials and finishes will be covered. Supply costs vary with project.

Instructor: Jack Krueger

Fee: \$49/\$51 nonresident

| | | | |
|------------|-----|---------------|---------------|
| #880050-01 | Fri | Oct 14-Dec 16 | 9:15-11:45 am |
| #880050-02 | Fri | Oct 14-Dec 16 | 12:45-3:15 pm |

Computer Classes

APPLY FOR JOBS

Bring your digital resume so you can find and respond to online employment opportunities.

Instructor: Shawn Winchester

Fee: \$16/ \$18 nonresident

| | | | |
|------------|-----|-------|-----------|
| #880101-01 | Tue | Nov 1 | 9 am-noon |
|------------|-----|-------|-----------|

BACK UP YOUR COMPUTER

Don't get caught losing your valuable pictures and documents. Learn to put them on an external drive. Bring an external hard drive or a USB drive (one can be purchased from instructor). Learn the built-in backup methods for windows and how to pick the files you wish to save.

Instructor: Shawn Winchester

Fee: \$16/\$18 nonresident

| | | | |
|------------|-----|-------|-----------|
| #880102-01 | Tue | Dec 6 | 9 am-noon |
|------------|-----|-------|-----------|

BASICS OF A MAC COMPUTER

This beginner class that teaches you to startup/ turn off your Mac, open various programs, adjust the settings of your computer, adjust your dock area, view folders, startup and work various apps such as Mail, Safari and Calendar.

Prerequisites: Mastery of basic computer skills (mouse and keyboard)

Required: Bring your Mac Computer

Instructor: Makan Tabrizi

Fee: \$41/\$43 nonresident

| | | | |
|------------|---------|--------------|---------|
| #880111-01 | Mon/Wed | Oct 31-Nov 2 | 9-11 am |
|------------|---------|--------------|---------|



BEGINNER IPAD

Learn how to make the most of your iPad! There are over 700,000 apps out there that can help you do everything from learning about your iPad to reading a book on it. Bring your iPad or if you're still contemplating purchasing one, just come and learn about the hottest tablet out there.

Required: iPad if you already have one

Instructor: Makan Tabrizi

Fee: \$41/\$43 nonresident

| | | | |
|------------|---------|-----------|---------|
| #880114-01 | Tue/Thu | Oct 11-13 | 9-11 am |
|------------|---------|-----------|---------|

COMPUTER BASICS LEVEL 1

Learn the basics of the Microsoft Windows environment including using the mouse, starting programs, saving files, basic text editing, closing, opening, sizing windows and file management.

Instructor: Dale Harrington

Fee: \$42/\$44 nonresident

| | | | |
|------------|-----|--------------|------------|
| #880118-01 | Wed | Oct 19-Nov 9 | 10 am-noon |
|------------|-----|--------------|------------|

| | | | |
|------------|-----|--------------|------------|
| #880118-02 | Wed | Nov 16-Dec 7 | 10 am-noon |
|------------|-----|--------------|------------|

COMPUTER BASICS LEVEL 2

This class will cover the following topics: file/search, opening and saving files, customizing the desktop, recycle bins and shortcuts.

This class will also cover basic maintenance, troubleshooting and upgrade or purchase guidelines. Must have Computer Basics Level I or fundamental computer skills.

Instructor: Dale Harrington

Fee: \$42/\$44 nonresident

| | | | |
|------------|-----|--------------|--------|
| #880120-01 | Wed | Oct 19-Nov 9 | 1-3 pm |
|------------|-----|--------------|--------|

| | | | |
|------------|-----|--------------|--------|
| #880120-02 | Wed | Nov 16-Dec 7 | 1-3 pm |
|------------|-----|--------------|--------|

CRAIGSLIST SELLING

Do you have something someone else might like to buy? We'll get you signed up for Craigslist, an online local marketplace. Bring: one or two smaller objects to sell or photos of larger items, your phone, camera or tablet so we can take and edit photos that you can use, your email address and password.

Instructor: Shawn Winchester

Fee: \$16/\$18 nonresident

| | | | |
|------------|-----|--------|-----------|
| #880123-01 | Tue | Oct 25 | 9 am-noon |
|------------|-----|--------|-----------|

CREATE AN ADDRESS LIST

Just in time for mailing cards! Bring your address book and we'll transfer these addresses to a spreadsheet, sort them out and even make labels with a picture on it.

Instructor: Shawn Winchester

Fee: \$16/ \$18 nonresident

| | | | |
|------------|-----|--------|-----------|
| #880126-01 | Mon | Nov 28 | 9 am-noon |
|------------|-----|--------|-----------|

CREATE AN ORIGINAL CHRISTMAS CARD

The instructor will help you design a great Christmas card using your photos. Bring photos you might like to use, either on a USB drive or we can scan the original photo and add text. You will be able to see one printed in class then we'll look at an online method of printing, and if you bring your credit card we can order them in class, or you can take them to a print shop on a USB drive. Paper materials fee of \$5, USB drive \$8.

Instructor: Shawn Winchester

Fee: \$16/\$18 nonresident

| | | | |
|------------|-----|-------|-----------|
| #880131-01 | Sat | Dec 3 | 9 am-noon |
|------------|-----|-------|-----------|



MORE IPAD

This is for those of you who know the basics but want to know more. Your iPad has so much potential, so learn to take advantage of it! You will learn keyboard tips and shortcuts; how to get on the Internet with Safari, download and uninstall apps; about available eBooks; how to take photos and videos and manage them and tips on troubleshooting and care.

Prerequisites: Beginner iPad class or basic skills would be helpful

Required: iPad

Instructor: Makan Tabrizi

Fee: \$41/\$43 nonresident

| | | | |
|------------|---------|-----------|---------|
| #880145-01 | Tue/Thu | Oct 18-20 | 9-11 am |
|------------|---------|-----------|---------|

NAVIGATING WINDOWS 10

Bring your own Windows 10 laptop and learn how to navigate and customize it for your own use. We will review the new "start menu" and toolbar, customize and review programs. You will be able to do what you want on your new operating system.

Instructor: Shawn Winchester

Fee: \$16/\$18 nonresident

| | | | |
|------------|-----|--------|-----------|
| #880148-01 | Thu | Nov 10 | 9 am-noon |
|------------|-----|--------|-----------|

ORGANIZING YOUR PICTURES

This class helps you to organize your pictures. Bring your camera, tablet or phone and all cables that go with it. You will learn how to get the pictures you choose onto your computer, or how to back them up somewhere else. Also you will organize them into folders to find them more easily, size and crop, and save them in more than one place.

Instructor: Shawn Winchester

Fee: \$31.50/\$33.50 nonresident

| | | | |
|------------|-----|--------------|-----------|
| #880149-01 | Thu | Oct 27-Nov 3 | 9 am-noon |
| #880149-02 | Sat | Dec 10-17 | 9 am-noon |

RESUME UPDATE

Bring all of your addresses, dates and experience and we'll put it together on one or more resumes to attract the employment you want.

Instructor: Shawn Winchester

Fee: \$16/\$18 nonresident

| | | | |
|------------|-----|--------|-----------|
| #880156-01 | Fri | Oct 28 | 9 am-noon |
|------------|-----|--------|-----------|

PRIVATE COMPUTER LESSONS

Bring your Kindle, iPhone, iPad, Android tablet or laptop, or use our Windows 8 or Windows 7 computers and bring your list of questions. For more information or to schedule a lesson, please contact the Clements Center front desk at **303.987.4820**.

Instructor: Shawn Winchester

Fee: \$35 for one 60-minute session
Payment is required at the time you schedule your appointment.

Keep current, it's easy and it's FREE!

Do you want to receive *Live the Life* in the mail?
Call the front desk at 303.987.4820
email: Clements@Lakewood.org or just drop by!



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 |
|-------------------|-----|-------|------|

Instructor Spotlight

APRIL BOND

April Bond grew up on a farm near a very small town in western Kansas. She dreamed of moving to the city and



becoming a ballerina. At 13, in pursuit of that dream, she left Kansas to study at a reputable ballet school in Fort Worth, TX. In her new environment, her ballet training and conversion to a vegetarian diet, greatly improved her health, and she danced her way through six states and three countries.

Shortly thereafter, April moved to the Satchidananda Ashram ("Yogaville"), where she was introduced to and fell in love with yoga. Yoga provided her with a path to heal her relationship with her body and greatly aided in her recovery from bulimia. After 15 years of regular yoga practice, she became a certified Integral Yoga teacher and began teaching the gentle style she had come to love. She has continued her fitness education, completing certifications as a wellness coach, personal fitness chef, and Silver Sneakers instructor.

April currently works as a personal chef, writes, performs, and records folk rock and Sanskrit chant music and teaches yoga and Silver Sneakers. She currently enjoys writing and teaching about yoga, health and ethics. A gypsy at heart, she currently lives in Denver, Colorado, with her bookworm husband and two affectionate cats.

Fitness & Wellness Classes

BALLROOM DANCE

Learn the basics and beyond of popular ballroom dances with emphasis on proper dance technique. The October session will feature the Waltz and the November session will feature East Coast Swing. No partners required - singles will rotate partners.

Instructor: Maryann Dicke

Fee: \$16/four-week session or \$5/class

| | | | |
|------------|-----|--------------|--------|
| #880203-01 | Thu | Oct 6-Oct 27 | 2-3 pm |
| #880203-02 | Thu | Nov 3-Dec 1 | 2-3 pm |

CARDIO BALLROOM

Join us for a fun aerobic workout through ballroom dance. Class will include waltz, swing, cha cha, foxtrot, salsa, tango, merengue, rumba, line dance and more. No partners needed.

Instructor: Maryann Dicke

Fee: \$16/four-week session or \$5/class

| | | | |
|------------|-----|--------------|--------------|
| #880213-01 | Thu | Oct 6-Oct 27 | 3:15-4:15 pm |
| #880213-02 | Thu | Nov 3-Dec 1 | 3:15-4:15 pm |

BRAIN GYM

Increase clarity, coordination and memory through simple Brain Gym movement, games, exercises and activities. Other benefits are improved reading skills, math skills, following calendar dates, following instructions, remembering medications, fall prevention, speech, having fun and enjoying life. Come each week and see the improvement. This will be fun!

Instructor: Debra Smith

Fee: \$36/\$38 nonresident

| | | | |
|------------|-----|---------------|------------|
| #880216-01 | Fri | Oct 14-Dec 16 | 9-10:30 am |
|------------|-----|---------------|------------|

ESSENTRICS

The Essentrics technique, as seen on Miranda Esmonde-White's PBS fitness show Classical Stretch and the PBS special Aging Backwards, strengthens and stretches every muscle in the body eccentrically, rebalancing the muscular structure in continuous rotational movements. This one-hour, dynamic, full-body, low-impact workout can help you slenderize and tone your entire body, gain strength and flexibility, eliminate joint pain, improve posture, reduce back pain, improve balance and most importantly, have fun!

Instructor: Ellen Thompson

No fee for SilverSneakers® members

Fee: \$36 / \$38 nonresident or \$5/ class

| | | | |
|------------|-----|---------------|-----------|
| #880217-01 | Thu | Oct 20-Dec 15 | noon-1 pm |
|------------|-----|---------------|-----------|



HATHA YOGA

Hatha Yoga is a great way to stay fit and mobile. Release your stress and tension while gaining strength, flexibility and balance! This class will focus on breath awareness and help your mental concentration.

Instructor: Sondi Wright Wakefield

Fee: \$7/class or \$60/10-class punch card

Time & Date: 9-10:30 a.m., Monday/Wednesday
Ongoing

Not sure which fitness class is a good fit for you?

Try your first class FREE!

QI GONG

These energy cultivation movement patterns have been refined through thousands of years of popular practice. They are gentle meditative exercises that improve the flow of internal energy and promote health, vitality and a sense of balance. Qi Gong is a good complement to any exercise routine for students of all abilities and capabilities.

Instructor: Steve Bradley

Fee: No fee for SilverSneakers® members

Fee: \$36 / \$38 nonresident or \$5/ class

| | | | |
|------------|-----|---------------|--------|
| #880220-01 | Tue | Oct 18-Dec 6 | 4-5 pm |
| #880220-02 | Thu | Oct 20-Dec 15 | 4-5 pm |

SILVERSNEAKERS® CLASSIC

This class is designed to increase strength, range of movement, agility, balance and coordination and to improve participant's functional capacities, physical fitness level and sense of well-being.

Instructors: Lauren Ersland/April Bond

Fee: No fee for SilverSneakers® members or \$15/10-class punch card

Time & Date: 9:30-10:30 a.m., Tuesday/Thursday
Ongoing

Time & Date: 11-11:45 a.m., Tuesday, Ongoing
10:45-11:30 a.m., Thursday, Ongoing

SILVERSNEAKERS® YOGA

SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Instructor: Karen Kirby

Fee: No fee for SilverSneakers® members or \$15/10-class punch card

Time & Date: 10-10:45 a.m., Monday, Ongoing

Time & Date: 9-10 a.m., Wednesday, Ongoing

TAI CHI

Reach a higher level of well-being with the flowing movements of this gentle mind-body exercise. Try Tai Chi to reduce stress, improve your balance and to gain a centered mind.

Instructor: Mike Sanin/John Huddle

Fee: No fee for SilverSneakers® members
\$36/\$38 nonresident or \$5/class

BEGINNER

| | | | |
|------------|-----|---------------|--------------|
| #880224-01 | Thu | Oct 20-Dec 15 | 8:30-9:30 am |
|------------|-----|---------------|--------------|

INTERMEDIATE

| | | | |
|------------|-----|---------------|---------------|
| #880225-01 | Thu | Oct 20-Dec 15 | 9:30-10:30 am |
|------------|-----|---------------|---------------|

ADVANCED

| | | | |
|------------|-----|---------------|----------------|
| #880226-01 | Thu | Oct 20-Dec 15 | 10:30-11:30 am |
|------------|-----|---------------|----------------|

ALL LEVELS

| | | | |
|------------|-----|---------------|------------|
| #880229-01 | Sat | Oct 22-Dec 17 | 11 am-noon |
|------------|-----|---------------|------------|



TAI CHI CAMP

Tai Chi Camp will focus on detailed form work on Yang style long form. Camp will be beneficial to students of all levels.

Instructor: Tim Murphy

Fee: \$21 / \$23 nonresident

| | | | |
|------------|-----|--------|--------|
| #880227-01 | Thu | Dec 15 | 6-9 pm |
|------------|-----|--------|--------|

ZUMBA GOLD®

Zumba Gold® is an easy-to-follow class that lets you move to the beat at your own speed. Zumba Gold® is done at a lower intensity than Zumba® but is still an invigorating, community-oriented dance-fitness class.

Instructor: Leslie Doyle

Fee: No fee for SilverSneakers® members
\$36 / \$38 nonresident or \$5/ class

| | | | |
|------------|-----|---------------|---------------|
| #880232-01 | Sat | Oct 22-Dec 17 | 9:30-10:30 am |
|------------|-----|---------------|---------------|



Special Interest Classes

AARP SMART DRIVER



This driving course is specially designed for motorists age 50 and older. The course helps drivers refine existing skills and develop safe, defensive driving techniques. Upon successful completion of the course you may be eligible to receive a discount on your auto insurance premium. Preregistration is required.

Information: 303.987.4820

Fee: \$15/AARP member,
\$20/nonmember per class
Bring your AARP card. Please make checks payable to AARP.

Time & Date: 5:30-9:30 p.m., Thursday
October 20, November 17, December 15

BEGINNING MAH JONGG

Learn to play the latest game-craze of Mah Jongg. No prior experience necessary. You'll learn what those funny-looking tiles are all about and



how to make sense of the Mah Jongg playing card. Bring a pen and paper for taking notes. A handout of rules will be made available at the end of the first class.

Instructor: Mary Edgar

Fee: \$20/\$22 nonresident

| | | | |
|------------|-----|--------------|-----------|
| #880401-01 | Tue | Nov 1-Nov 22 | 1-3:30 pm |
| #880401-02 | Tue | Dec 6-Dec 27 | 1-3:30 pm |

BRIDGE ADVANCED

This class is designed for those who have played for a while and are interested in improving their bridge skills. We will review some bidding and play of the hand techniques, as well cover a few conventions such as Unusual No-Trump, Michael's Cue Bid and Splinter Bids. Takeout, Negative and Support doubles will also be covered.

Instructor: Gerald Mitchell, ACBL Certified

Fee: \$27/ \$29 nonresident

| | | | |
|------------|-----|---------------|--------------|
| #880407-01 | Mon | Nov 14-Dec 19 | 9:30 am-noon |
|------------|-----|---------------|--------------|

CREATIVE WRITING

Find your inner voice and develop inspiration, motivation and confidence while gaining skills that reflect your own style. Topics



will vary depending on class needs, including composition, editing and reading techniques. Bring your creativity and laughter.

Instructor: Troy Seate

Fee: \$30/\$32 nonresident

| | | | |
|------------|-----|---------------|---------------|
| #880411-01 | Tue | Oct 18-Dec 6 | 2-3:30 pm |
| #880411-02 | Wed | Oct 19-Dec 7 | 2-3:30 pm |
| #880411-03 | Sat | Oct 22-Dec 17 | 10:30 am-noon |



**New
Weekend
Activity**

NATIVE AMERICAN FLUTE LEVEL 1

This class will provide an introduction to playing the Native American flute, an easy instrument that does not require the ability to read traditional sheet music. Participants can bring their own six-hole Native American flute in the key of A or use a loner flute for class and at home practice. This fun and easy course will include breathing techniques, the basic scale, simple embellishments and tips on selecting a good flute.

Instructor: JD Barber

Fee: \$55/\$57 nonresident

| | | | |
|------------|-----|---------------|---------------|
| #880413-01 | Sat | Oct 22-Nov 12 | 9:30-11:30 am |
|------------|-----|---------------|---------------|

NATIVE AMERICAN FLUTE LEVEL 2

This class is for participants who have taken Level I or who have previous experience playing the Native American Flute. Participants bring their own six-hole Native American flute, preferably in the key of A or G, or use a loner flute. The class will cover simple song notation as well as enhancements and improvisation.

Instructor: JD Barber

Fee: \$55/\$57 nonresident

| | | | |
|------------|-----|---------------|---------------|
| #880414-01 | Sat | Nov 19-Dec 17 | 9:30-11:30 am |
|------------|-----|---------------|---------------|



LEARNING AT LUNCH AT CLEMENTS CENTER

Information: 303.987.4820

Ages: 55 and up

Fee: Free for SilverSneakers®, Silver&Fit® & Senior All-access members must register to reserve your place \$2/person (per event)

BARRIERS AND SOLUTIONS IN HOMES

presented by Accessible Systems

Medical conditions can affect your mobility in and around your home. Learn ways to overcome these barriers and a variety of adaptations that can make life easier.

| | | | |
|------------|-----|--------|-------------|
| #780430-03 | Fri | Oct 14 | 11-12:30 pm |
|------------|-----|--------|-------------|



LEARNING AT LUNCH AT LAKEWOOD LINK

Information: 720.963.5362

Ages: 55 and up

Fee: Free for SilverSneakers®, Silver&Fit® & Senior All-access members must register to reserve your place \$2/person (per event)

BARRIERS AND SOLUTIONS IN HOMES

presented by Accessible Systems

Medical conditions can affect your mobility in and around your home. Learn ways to overcome these barriers and a variety of adaptations that can make life easier.

| | | | |
|------------|-----|--------|------------|
| #322303-02 | Fri | Oct 21 | 12:30-2 pm |
|------------|-----|--------|------------|



AGELESS
Lakewood

The City of Lakewood has created an email newsletter just for you! It'll keep you up-to-date on all of the great social, arts, recreation and volunteer opportunities available through the Community Resources Department. Sign up to receive Ageless Lakewood by going to Lakewood.org/Newsletters and providing your email address.

Outdoor Recreation

THURSDAY WALKS IN THE WOODS

Thursday walks are planned for folks who want to enjoy great scenery in Colorado without a difficult climb or too much altitude gain. The walks will range 2-5 miles with an altitude gain not over 700 feet. An information packet with more details on each walk as well as what to bring, wear, etc., is available at the Clements Community Center front desk.

Fee: \$15 for each walk includes leader and transportation

Time & Day: Walks will depart from the Clements Center Thursdays, at 8 a.m. and return approximately 3 p.m.

To sign up for any of these walks, call the Clements Center at **303.987.4820**.

| | | |
|------------|--------|--------------------|
| #780504-03 | Sep 29 | Pine Valley Ranch |
| #780504-04 | Oct 20 | Garden of the Gods |



**Outdoor Recreation
Hotline: 303.987.4831**

In the event of inclement weather, please call the hotline the morning of the trip.

MODERATE & UPPER LEVEL HIKES

Come join our fun, friendly group for moderate level hikes at a variety of beautiful Colorado locations. An information packet with more details on each hike as well as what to bring, wear, etc., is available at the Clements Community Center front desk. In the event of inclement weather, please call the outdoor recreation hotline the morning of the trip to check the trip status.

Fee: \$17 for each hike includes leader and transportation

Time & Day: Hikes will depart from the Clements Center on Thursdays, at 7:30 a.m. and return approximately 5 p.m.

To sign up for any of these hikes, call the Clements Center front desk at **303.987.4820**.

| | | |
|------------|--------|------------------------|
| #780503-07 | Sep 1 | Staunton State Park |
| #780503-08 | Sep 8 | Hermit Park |
| #780503-09 | Sep 15 | *Bierstadt Lake |
| #780503-10 | Sep 22 | Golden Gate State Park |
| #780503-11 | Oct 6 | Castlewood Canyon |
| #780503-12 | Oct 13 | White Ranch Park |

Clements Community Center is an equal opportunity service provider and a permittee of the Arapaho and Roosevelt National Forests.

**Please bring your Golden Age Pass, Golden Eagle Pass, Golden Access Pass or \$10 for park entrance fee on all Rocky Mountain National Park hikes.*

CAN'T WAIT TO SKI OR SNOWSHOE

The wonders of winter will be here before you know it! We are planning downhill ski trips to Ski Cooper, Copper Mountain, Loveland Basin and a wide variety of nordic centers for cross-country skiing and snowshoeing. Let us do the driving and come join our fun, friendly group! For a complete list of ski trips and what to pack, call the Clements Center front desk at **303.987.4820**.



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 |
|------------|-----|-------|------|
|------------|-----|-------|------|

WANT TO LEARN MORE ABOUT THE CLEMENT'S SKI PROGRAM?

Clements Community Center will be hosting an informational meeting for anyone who would like to participate in skiing/snowshoeing this season. For more information and to sign up for this meeting, please call the Clements Center front desk at **303.987.4820**.

Fee: Free

| | | | |
|------------|-----|--------|--------|
| #880503-01 | Fri | Oct 21 | 2-3 pm |
|------------|-----|--------|--------|



Check out the interactive version of this guide at Lakewood.org/OlderAdults

SUNSET DINNER AT ECHO LAKE

Sunsets at Echo Lake can be spectacular! So what better way to end a fall day than an evening meal by the lake. You may even encounter early fall pageantry among the aspens on your ride over Squaw Pass. Trip includes transportation, meal and motor coach driver gratuity.

| | | | | |
|------------|-----|-------|--------|------|
| #880656-01 | Sat | Oct 1 | 4-8 pm | \$69 |
|------------|-----|-------|--------|------|

FALL FOILAGE FLING

Fall is a beautiful time in Colorado, particularly in the foothills and high country. Join us as we enjoy the fall colors and lunch at the Black Forest Inn. This trip will continue up the Peak-to-Peak Highway to Estes Park. Trip includes transportation, meal and motor coach driver gratuity.

| | | | | |
|------------|-----|-------|-----------------|------|
| #880608-01 | Sat | Oct 8 | 8:15 am-4:15 pm | \$89 |
|------------|-----|-------|-----------------|------|

EVITA

CANDLELIGHT DINNER THEATER

Heralded for its rich score and explosive plot, this legendary Tony® Award-winning musical tells the story of Argentina's passionate political figure Eva Perón, whose love for her country's working class was surpassed only by her ambition. Known for its anthem, "Don't Cry for Me Argentina," Evita will stun and delight in this epic but intimate version of the musical that ensures you'll hear every note and feel every heartbeat. Trip includes transportation, event, meal and motor coach driver gratuity.

| | | | | |
|------------|-----|--------|---------------|------|
| #880614-01 | Sat | Oct 29 | 10:45 am-5 pm | \$89 |
|------------|-----|--------|---------------|------|

LAKWOOD HISTORY TOUR

Join us as we discover more about Lakewood at our own Lakewood Heritage Center. We will visit historic structures



decorated in Halloween decor, several galleries with a special exhibit about historic Lakewood houses and there's the 20th Century Emporium Museum Store which features unique and retro products popular in the twentieth century. Then if you feel adventuresome, there's the opportunity to take a hayride. Afterwards we will have lunch and a chance to browse before heading back to the center. Trip includes travel leader, transportation, tours, ride and lunch. Moderate walking and some stairs are involved.

| | | | | |
|------------|-----|--------|--------------|------|
| #880655-01 | Tue | Oct 25 | 9:45 am-2 pm | \$27 |
|------------|-----|--------|--------------|------|



24-Hour

Travel Hotline:
303.987.7011

This line is always updated with newly scheduled trips.

LIFETIME CANDLES

This trip will light up your life and put you in a holiday mood. You will find new holiday gifts and ideas at this unique location. Trip includes transportation, meal and motor coach gratuity.



| | | | | |
|------------|-----|-------|-----------------|------|
| #880631-01 | Tue | Nov 1 | 8:30 am-3:30 pm | \$59 |
|------------|-----|-------|-----------------|------|



**24-Hour
Travel Hotline:
303.987.7011**

This line is always updated with newly scheduled trips.

WARREN TECH-LUNCH AND TOUR

Warren Tech is the premier Career and Technical Education center for Jeffco Public Schools. They are widely recognized as an educational and technological leader, with students who competitively meet the challenges of the global community. So join us as we enjoy lunch and then tour the main building of Warren Tech. Moderate walking is involved.

| | | | | |
|------------|-----|-------|------------------|------|
| #880657-01 | Tue | Nov 8 | 11:45 am-2:30 pm | \$27 |
|------------|-----|-------|------------------|------|



HOLIDAY DELIGHT

A great way to herald the holiday season is to listen to inspiring music by a youthful choir. Enjoy a late afternoon performance by the University of Colorado Chorale at the Macky Auditorium on the CU campus in Boulder. Trip includes admission to performance, transportation, evening meal at White Fence Farm restaurant and motor coach driver gratuity.

| | | | | |
|------------|-----|-------|-----------|------|
| #880639-01 | Sat | Dec 3 | 2:15-8 pm | \$89 |
|------------|-----|-------|-----------|------|

IT'S A WONDERFUL LIFE CANDLELIGHT DINNER THEATER

Frank Capra's classic holiday film is brought to vibrant theatrical life in an uplifting musical that is perfect for the entire family. The story of George Bailey and his wonderful life remains a timeless tale of dreams, cynicism and the power of love that exhilarates the mind and heart and celebrates the kindness in us all. A Wonderful Life features a dazzling score by Sheldon Harnick, composer of Fiddler on the Roof. Trip includes transportation, event, meal and motor coach driver gratuity.

| | | | | |
|------------|-----|--------|------------|------|
| #880649-01 | Sat | Dec 10 | 10:45-5 pm | \$89 |
|------------|-----|--------|------------|------|



Check out the interactive version of this guide at Lakewood.org/OlderAdults



**New
Weekend
Activites**

A DECEMBER CELEBRATION IN THE SPRINGS

Enjoy the wonders of a true Victorian holiday experience at the Miramont Castle in Manitou Springs followed by dinner and musical entertainment at the Edelweiss. We will end our evening at the Broadmoor in Colorado Springs where the holiday illuminations will fill your heart with joy. Trip includes transportation, meal and motor coach driver gratuity.

| | | | | |
|------------|-----|--------|-----------|------|
| #880654-01 | Tue | Dec 13 | noon-9 pm | \$99 |
|------------|-----|--------|-----------|------|

HOLIDAY LIGHTS



Drive by the impressive annual display at the Denver City and County Building. The massive outdoor holiday lights display consists of more than 20,000 lights and five miles of electrical wire. You'll also get to see the festive lights at Union Station, Larimer Square and Windsor Gardens. On this short trip, we will drive by locations but not get off the bus.

| | | | | |
|------------|-----|-----|--------|------------------|
| #880648-01 | TBA | TBA | 7-9 pm | \$3 + \$2.60 RTD |
|------------|-----|-----|--------|------------------|



**24-Hour
Travel Hotline:
303.987.7011**

This line is always updated with newly scheduled trips.

Volunteer Spotlight

FRANA KOUDELKA

I come from a family full of volunteers. I started volunteering at 16 by helping to teach swimming lessons with the Red Cross. Before helping at the Clements Center



I volunteered by tutoring reading and math, teaching Sunday school classes and leading worship for youth and adults.

The Clements Center is wonderful! I help serve with the VOA lunch program where I enjoy talking to the participants and the other volunteers.

I have also taken several classes including carving, stained glass, Silver Sneakers yoga, Qi Gong and I especially love the pottery class.

I enjoy working in the yard and painting or remodeling. My dog Kooper keeps me busy the rest of the time.

Drop-in Activities

All drop-in activities require a payment of \$2 for each meeting or the purchase of a passholder card. A passholder card is good for one year from the date of purchase and good for all drop-in activities.

Fee: No fee for SilverSneakers® members | Passholder card is \$30/\$35 nonresidents.

***NOTE: Wednesday Duplicate Bridge is a separate drop-in and charges \$3 per person.**

MONDAY

CLEMENTS MENS CLUB

Men over age 55 are cordially invited to attend weekly meetings where fellowship and helping the community are important. Drop in and meet some new friends! Meets every Monday except on holidays, 9-11 a.m.

RADIO CLUB

Come join other amateur radio enthusiasts for a weekly discussion. Meets every Monday except holidays, 9-11 a.m.

MAH JONGG

Experienced players are invited to come to play this ancient game. Meets every Monday except holidays, noon-4 p.m.

WEDNESDAY

DUPLICATE BRIDGE*

Drop in with your partner for an afternoon of duplicate bridge. You must have a partner to play! \$3 per person. Meets every Wednesday except holidays, 11:45 a.m.-3:30 p.m.



Check out the interactive version of this guide at Lakewood.org/OlderAdults

NEEDLECRAFT SOCIAL

If you like to do handwork, share time with others and enjoy a comfortable, friendly atmosphere, please join us on Wednesday mornings. We cross-stitch, crochet, knit and tat. Meets every Wednesday except holidays, 9-11:30 a.m.

TABLE TENNIS

Follow the bouncing ball to a friendly game of table tennis. All experience levels are welcome. Meets every Wednesday except holidays, 1-4 p.m. and Fridays except first Fridays and holidays, 1-3 p.m.

FRIDAY

FRIDAY AFTERNOON SOCIAL BRIDGE

Contract bridge is played with a change of partners every four hands. You will meet a host of new friends with a strong common bond: the game of bridge. No partner necessary. Passholder card or a \$2 drop-in fee is required. Beverages will be provided for a donation. Give it a try! Meets every Friday except holidays, noon-3:30 p.m.

GRANDTIMERS

Have a grand time meeting weekly with friends. Enjoy such activities as cribbage, sewing, bridge, mah jongg, pinochle, scrabble or just socializing. Meets every Friday except holidays, 9 a.m.-noon.

Free Activities

LOUNGE ACTIVITIES

The free senior lounge is always open for friendly board games or cards. Work on a needlecraft project or a jigsaw puzzle. A lending library of books and magazines is available as well as vending machines.

SEWING GROUP

This group makes items for nursing homes such as adult clothing protectors, walker bags and lap robes, plus layette items such as receiving blankets, gowns and pajamas. Donations of fabric and yarn are welcome. For more information, call Arlene at **303.986.7921**. Meets every Tuesday except holidays, 9 a.m.-1 p.m.

HORSESHOE PITS

Clements Center has two horseshoe pits ready for action. Shoe rental is free. See the front desk to check out the equipment.

Community Groups

The City of Lakewood does not endorse or promote any community group or activity. This listing is intended for informational purposes only.

JEFFERSON COUNTY COUNCIL ON AGING

500 Jefferson County Parkway
Golden, CO 80401

JeffcoCouncilonAging.org

Meets in Golden on the second
Thursday of each month, 2-4 p.m.

Contact: 303.271.3487



MONDAY AFTERNOON MOVIES

Join us at 1 p.m. on the second and fourth Mondays of the month. Preregistration is required; please call **303.987.4820** or stop by the front desk. Movies that reach full capacity will be scheduled for a second showing.

OCTOBER 10 "Eddie the Eagle"

105 minutes, PG-13, Comedy

Starring: Hugh Jackman, Taron Egerton

OCTOBER 24 "My Big Fat Greek Wedding 2"

106 minutes, PG-13, Comedy

Starring: John Corbett, Nia Vardalos

NOVEMBER 14 "THE 33"

120 minutes, PG-13, Drama

Starring: Rebecca Hall, Bill Hader

NOVEMBER 28 "Miracles From Heaven"

117 minutes, PG, Drama

Starring: Jennifer Garner, Bill Hader

DECEMBER 12 "Florence Foster Jenkins"

110 minutes, PG-13, Comedy

Starring: Meryl Streep, Hugh Grant

Ongoing Activities

SIDPOCKETS/BILLIARDS

Everyone age 55 and older is welcome to drop in for a game of billiards. Enjoy a friendly game of pinochle or poker.



Fee: No fee for SilverSneakers® members or \$2/day, \$15/month, \$60/year
Hours: 8 a.m.-5 p.m., Monday-Friday

SENIOR SPORTS

Anyone interested in playing 50-plus, slow-pitch softball, volleyball or basketball, contact Kyle Parker at **303.987.4804**.

FIRST FRIDAY AFTERNOON TEA DANCE

Come listen to live music and dance the afternoon away!

Fee: \$5/person or \$3/SilverSneakers® member
Time & Date: 1-3:15 p.m., first Fridays

BANDS BY DATE

| | |
|------------|------------|
| October 7 | Tom Yook |
| November 4 | Jim Erlich |
| December 2 | Lois Lane |

Lunch will be served at 11:30 a.m. before the dance for people age 60 or older through the Volunteers of America dining room. 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.

SATURDAY NIGHT DANCE

Enjoy three hours of dancing to a live band and refreshments. Meet new people and have a good time. Listed below is the schedule for bands that will be playing.

Fee: \$7/person
Time & Date: 7-10 p.m., second, third and fourth Saturdays of each month (Doors open at 6 p.m.)

BANDS BY DATE

| | |
|-------------|------------------------|
| October 8 | Memories |
| October 15 | Blue Notes |
| October 22 | Terry Norona |
| November 12 | Perfect Harmony |
| November 19 | Tom Allan Variety Band |
| November 26 | Lois Lane |
| December 10 | Memories |
| December 17 | Perfect Harmony |
| December 24 | NO DANCE |



Event Rentals



FocusTree Photography



Host your next party, meeting or monthly ongoing group function with us. The Clements Center has rental rooms perfect for functions of almost any size and budget. Rooms vary in size from a large dance hall to smaller classrooms. A hardwood floor with an elevated stage is available for dances or receptions. A commercial kitchen is available for wedding receptions, catered events or other private meetings.

Rental Fees: \$30/hr Classrooms
\$65-\$75/hr Larger rooms
Deposits: \$100/Classrooms
\$200/Larger rooms

Events with alcohol require a permit and \$500 deposit.

Information: 303.987.4820

Information & Registration

GET CONNECTED...

SUBSCRIBE FOR PROGRAM UPDATES

Find out the details on our latest programs through a quarterly update of classes, activities and services provided by the City of Lakewood's Older Adult Programs and Services. To subscribe, please call the Clements Center at **303.987.4820**.

SUBSCRIBE TO THE TRAVEL BROCHURE

Get on the travel brochure mailing list by calling **303.987.4820**.

CHANGE OF ADDRESS

Please note: If your address, email or phone number changes, please notify the Clements Center front desk.

SEE OUR VIDEO ONLINE

Hear from participants about Clements Center programs and services, and see participants in action, Lakewood.org/OlderAdults.

VOLUNTEER...

WE ARE IN SEARCH OF VOLUNTEERS

to help in the office and dining room, as well as to lead and drive outdoor recreation trips. Give the office a call and let us know what you would like to do.

Thanks to all the volunteers who have kept everything going. All of you are so very special and appreciated. Call Roxy Johnson at **303.987.4823** for more information.

REGISTRATION OPTIONS

ONLINE REGISTRATION — It's easy!

- 1 Log on to www.Lakewood.org/Register
- 2 Enter your account information or browse as a guest.
- 3 Find the category "All Ages" and select the link "Older Adults-Clements" below.
- 4 Search for the class/program you want using the activity number or keyword.
- 5 Select your class; add it to your cart.



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 |
|------------|-----|-------|------|
|------------|-----|-------|------|

BY MAIL OR IN PERSON

Mail the registration form (on the opposite page) to the Clements Center, 1580 Yarrow St., Lakewood, CO 80214. **If you mail your form, payment must be made by check.** If you bring in your form to the Clements Center, then payment may be made by check or credit card.

PHONE-IN REGISTRATION

303.987.4820 (must use credit card)

FAX

303.987.4841

Registration Form Please print and complete all fields.

| NAME OF CLASS | DATES | DAY OF CLASS | TIME OF CLASS | FEE |
|---------------|-------|--------------|---------------|-----|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Name _____

Address _____

City _____ Zip Code _____

Phone _____ Email _____

Lakewood resident Nonresident

IF MAILING THIS FORM, SUBMIT PAYMENT BY: Check payable to City of Lakewood

IF BRINGING THIS FORM IN TO THE CLEMENTS CENTER, YOU MAY PAY BY:

Check MasterCard Visa Card Discover Card

Please bring your card with you. Card will be swiped by front desk staff.

Alternative formats of this publication available upon request.

REFUND, CREDIT & TRANSFER POLICY

We reserve the right to cancel or combine classes. A full refund will be issued if the Recreation Division cancels a class. Your payment will be credited to your household account, and you will be notified to discuss your options. All refund requests must go through the program staff. Requests for refund/transfer must be made no later than three days in advance of the start of an activity. Refund/transfer requests after the start of an activity will be prorated accordingly. There is a \$5 processing fee for all refunds. Please allow three weeks to receive a refund.

SIGN UP EARLY!!

Don't let a good program pass you by! Please use a check or money order payable to the City of Lakewood. Checks returned due to insufficient funds will be assessed a \$20 processing fee. Discover, MasterCard and Visa are accepted for all activities.



CIDER DAYS 2016
OCTOBER 1 & 2
 10 a.m.-5 p.m.

Adult \$7 Child \$4

Cider pressing • Organic cider • Apple bake-off
 Historic demonstrations • Live entertainment
 Antique tractor pull • Vintage farm machinery
ADMISSION INCLUDES UNLIMITED KIDS' AMUSEMENTS!

 **Lakewood**
 Heritage, Culture & the Arts

 **SCFD** Scientific & Cultural Foundation
 CITIZENS MAKING IT POSSIBLE

Lakewood.org/CiderDays
LAKWOOD HERITAGE CENTER
 801 S. Yarrow St. | 303.987.7850

Has it been a long time since you exercised?
Have you had a recent medical change?
Do you need more socialization in your life?

Our **Community Wellness Advisor** can help direct you to the wellness opportunities offered through the City of Lakewood.

- Fitness classes and personal training
- Arts and crafts
- Cultural events
- Outdoor adventures
- Clements Community Center for older adults
- Volunteer opportunities

Call 720.963.5362 or email ShaLub@Lakewood.org to set up your appointment today!



 **Lakewood**
 Recreation



 **LCC PRESENTS**
 2016/2017 SEASON

VITALY: EVENING OF WONDERS
 Friday-Saturday, October 7-8

JAMES AND THE GIANT PEACH
 CO-PRESENTED BY
PHAMALY THEATRE COMPANY
 Friday- Saturday, October 21-22

ALICIA OLATUJA
 Friday, November 4

AQUILA THEATRE PRESENTS WILLIAM SHAKESPEARE'S
MUCH ADO ABOUT NOTHING
 Friday, November 18

AGATHA CHRISTIE'S MURDER ON THE NILE
 Saturday, November 19

TIMOTHY P. & THE ROCKY MOUNTAIN
STOCKING STUFFERS
 Friday-Sunday, December 2-4

BRUBECK BROTHERS QUARTET
 Saturday, February 4

PROJECT TRIO
 Friday, February 17

THIRD COAST PERCUSSION
 Thursday, March 2

CIRK LA PUTYKA: SLAPSTICK SONATA
 Saturday-Sunday, March 1-12

HELLO, DOLLY! CO-PRESENTED BY
PERFORMANCE NOW THEATRE COMPANY
 Friday, March 24 - Sunday, April 9

CHE MALAMBO
 Tuesday, April 11

LAS CAFETERAS
 Friday, May 5

LAKWOOD CULTURAL CENTER
 Tickets start at \$20.
Lakewood.org/LCCPresents | 303.987.7845

 **SCFD** Scientific & Cultural Foundation
 CITIZENS MAKING IT POSSIBLE

THE DENVER POST
 COMMUNITY

5280
 THE DENVER MAGAZINE