



Live the Life!

January - March 2017

Programs so engaging, you'll want to lie about your age!



For Anyone Age 55 and Better
CLEMENTS COMMUNITY CENTER



Lakewood
Full of Possibilities.



Mahlon, 87

Some people are lucky enough to spend their weekends fishing. Mahlon's lucky enough to spend his life that way.

While a lot of things change over the years, some things don't. And getting older doesn't mean you have to stop doing what you love. So we encourage our residents to keep on doing their thing while we take care of the rest.



LakeviewSeniorLiving.com | Lakewood, Colorado | (303) 848-8374

A SPECTRUM RETIREMENT COMMUNITY



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Live the Life!

January - March 2017
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.

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Printing & Design: **Signature Offset**

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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:

Monday, January 2,

Day after New Year's Day

Monday, January 16,

Martin Luther King Day

Monday, February 20, Presidents Day



LOCATION AND HOURS

8 a.m.-5 p.m., Monday-Friday
1580 Yarrow St., Lakewood, CO 80214
303.987.4820 | Lakewood.org/OlderAdults

			W. 17th Ave.
	W. 17th Ave.	Yarrow St. 	Wadsworth Blvd.
W. 16th Ave.			
	W. 16th Ave.		
			W. Colfax Ave.
	Zephyr St.		
W. 14th Ave.			

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
- John Lyon**, 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
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:

- Financial assistance is based on a first-come, first-served basis.
- The fund is for class fees only, not the supplies, which will be the responsibility of the participant.
- Lakewood Rides, Volunteers of America meal site programs and room rentals are excluded.

Ask at the front desk for an application today!

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

Health & Wellness Services

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.

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
January 19, February 16, March 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

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

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.



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!

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
January 12 & 26
February 9 & 23
March 9 & 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
January 5
February 2
March 2



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

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, 140lb 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

#580007-01	Tue	Jan 17-Mar 7	1-3:30 pm
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ART AND SOUL

Learn techniques and colors using watercolor. Cosponsored by the Developmental Disabilities Resource Center.

Mentors: Gail Firmin, Myron Eckberg, Jim Rothrock, Andrew Dubois

Fee: \$19/\$21 nonresident

#580005-01	Tue	Jan 17-Mar 7	10:15-11:45 am
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Discover a new sense of freedom with

AQUA ARTHRITIS CLASSES

at Lakewood Link & Charles Whitlock
Recreation Centers

Contact Us!

Online at Lakewood.org/AquaFitness

By email at NatAli@Lakewood.org

By phone at **720.963.5368**

INTRODUCTION TO WATERCOLOR

Come join us for this fun workshop designed for beginning painters. We will explore different techniques used in watercolor painting: wet in wet, dry brush, flat and graded washes, scumbling, scraping, etc. We will complete a simple scene using these effects. Supplies will be provided.

Instructor: Gail Firmin

Fee: \$26/\$28 nonresident

#580019-01	Sat	Feb 11	9 am-noon
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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

#580015-01	Fri	Jan 20-Mar 10	9-11:30 am
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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

#580017-01	Thu	Jan 26-Mar 2	9:15-11:45 am
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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

#580020-01	Wed	Jan 4-Feb 8	9-11 am
#580020-02	Wed	Mar 15-Apr 19	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

#580022-01	Mon	Jan 23-Mar 20	1-3:30 pm
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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

#580025-01	Wed	Jan 18-Mar 8	10 am-noon
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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
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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

#580028-01	Mon	Jan 23-Mar 20	9 am-noon
#580028-02	Wed	Jan 18-Mar 8	9 am-noon
#580028-03	Sat	Jan 21-Mar 11	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

#580030-01	Mon	Jan 23-Mar 20	noon-2 pm
#580030-02	Wed	Jan 18-Mar 8	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

#580033-01	Mon	Jan 23-Mar 20	12:30-3 pm
#580033-02	Mon	Jan 23-Mar 20	3:15-5:45 pm
#580033-03	Tue	Jan 17-Mar 7	1-3:30 pm
#580033-04	Thu	Jan 19-Mar 9	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

#580038-01	Tue	Jan 17-Mar 7	9:15-11:45 am
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INTERMEDIATE/ADVANCED

#580037-01	Mon	Jan 23-Mar 20	9:15-11:45 am
#580037-02	Thu	Jan 19-Mar 9	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

#580041-02	Wed	Jan 18-Mar 8	1-3:30 pm
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Check out the interactive version of this guide at Lakewood.org/OlderAdults

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

#580045-01	Fri	Jan 20-Mar 10	1-3:30 pm
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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

#580051-01	Wed	Jan 18-Mar 8	9-11:30 am
#580051-02	Wed	Jan 18-Mar 8	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

#580052-01	Fri	Jan 20-Mar 10	9:15-11:45 am
#580052-02	Fri	Jan 20-Mar 10	12:45-3:15 pm

Computer Classes

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

#580109-01	Wed/Fri	Feb 22-24	noon-2 pm
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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: \$45 for one 60-minute session



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

PLEASE EXCUSE OUR DUST!

Due to remodeling our normally scheduled computer classes will be limited. Our classes will return starting in April 2017.

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

#580141-01	Mon/Wed	Mar 6-Mar 8	noon-2 pm
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BASICS OF A MAC COMPUTER

This is a 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

#580106-01	Mon/Wed	Feb 27-Mar 1	noon-2 pm
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Instructor Spotlight

JD BARBER

JD first heard the Native American flute live at a friend's studio opening a few years ago. Mesmerized with its haunting and enchanting sound, he instantly connected with it and decided right then to start working on fulfilling a lifelong dream of being a professional musician someday. A week later he bought his first Native American flute. Within two months he was showing others how to play it and taking Native American flute classes offered by the City of Lakewood at the Cultural Center. Several months after that he attended his first Native American Flute & Leadership School outside Valley Forge, Pa, where he learned more about the flute and how to host flute meetings and teach classes. Throughout the next year he enrolled in workshops with internationally known flute players such as Scott August and Mark Holland. In the summer of 2016 he attended the Solstice Flute School outside of Park City, Utah, where he learned from flute playing greats such as Arvel Bird, Joe Young and Susan Teng. JD currently works part-time for the City of Lakewood and is working parttime on his dream of professionally playing the Native American flute. He also hosts a local monthly Native American flute player's meeting and teaches the Native American Flute Level 1 & 2 classes at the Clements Community Center. He lives in the Denver area with his dog, Lucy, and about two dozen wooden flutes he calls "friends."



Fitness & Wellness Classes

BALLROOM DANCE

Learn the basics and beyond of popular ballroom dances with emphasis on proper dance technique. The January session will feature the foxtrot, the February session will feature cha cha and the March session will feature the West Coast swing. No partners required; singles will rotate partners.

Instructor: Maryann Dicke

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

#580204-01	Thu	Jan 5-Jan 26	2-3 pm
#580204-02	Thu	Feb 2-Feb 23	2-3 pm
#580204-03	Thu	Mar 2-Mar 23	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

#580208-01	Thu	Jan 5-Jan 26	3:15-4:15 pm
#580208-02	Thu	Feb 2-Feb 23	3:15-4:15 pm
#580208-03	Thu	Mar 2-Mar 23	3:15-4:15 pm

ROCK & ROLL DANCE PARTY

Be there or be square! Join us for a fun afternoon of dancing to music of the 50s and 60s. Please bring a snack to share.

Instructor: Maryann Dicke

Fee: \$5 per person or
\$3 SilverSneakers® members

Time & Date: 2-4 p.m., Thursday, March 30

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

#580213-01	Fri	Jan 20-Mar 10	9-10:30 am
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ESSETRICS

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

#580214-01	Thu	Jan 19-Mar 9	noon-1 pm
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Not sure which fitness class is a good fit for you?

Try your first class FREE!



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
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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

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

#580219-01	Tue	Jan 17-Mar 7	4-5 pm
#582019-02	Thu	Jan 19-Mar 9	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.

Instructors: Mike Sanin/John Huddle

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

BEGINNER

#580221-01	Thu	Jan 19-Mar 9	8:30-9:30 am
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INTERMEDIATE

#580222-01	Thu	Jan 19-Mar 9	9:30-10:30 am
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ADVANCED

#580223-01	Thu	Jan 19-Mar 9	10:30-11:30 am
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ALL LEVELS

#580226-01	Sat	Jan 21-Mar 11	11 am-noon
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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

#580227-01	Thu	Mar 29	6-9 pm
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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

No fee for SilverSneakers® members

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

#580230-01	Sat	Jan 21-Mar 11	9:30-10:30 am
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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
January 19, February 16, March 16

BEGINNING BRIDGE

If you'd like to play and don't know how, come and join this friendly group. Learn the basic mechanics and vocabulary. Suit and no trump bids and responses, scoring and opening leads and basic play of the hand will be taught. Books are available at the front desk for \$5.95.

Instructor: John Balzer

Fee: \$27/\$29 nonresident

#580403-01	Mon	Jan 23-Mar 20	10 am-noon
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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

#580417-01	Tue	Jan 17-Mar 7	2-3:30 pm
#580417-02	Wed	Jan 18-Mar 8	2-3:30 pm
#580417-03	Sat	Jan 21-Mar 11	10:30 am-noon



LEARNING AT LUNCH AT CLEMENTS CENTER

Information: 303.987.4823

Ages: 55 and up

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

POSTURE AND MOVEMENT

presented by Patti Hutt DPT from Fit Physical Therapy

Learn about the biomechanics of your posture and how it can affect your balance and movement.

#580430-01	Fri	Jan 13	11-12:30 pm
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THE BENEFITS OF MASSAGE

*presented by City of Lakewood Massage Therapists
Lorraine Bright and Cayla Pierce*

Learn how massage can be a tool in helping stress, pain and muscle tension. The City of Lakewood's professional therapists will share the multiple benefits of massage and specifics on different types of treatments.

#580430-02	Fri	Feb 10	11-12:30 pm
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LAUGHACEUTICALS

presented by Kaiser Permanente

This interactive workshop will engage you in improvisational techniques and exercises to raise awareness about the importance of laughter for our well-being. Laughter is medicine.

#580430-03	Fri	Mar 10	11-12:30 pm
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KNOW THE 10 SIGNS OF ALZHEIMER'S: EARLY DETECTION MATTERS

presented by the Alzheimer's Association

#580430-04	Fri	Apr 14	11-12:30 pm
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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)

COMMON CAUSE FOR JOINT PAIN

presented by Dr. Jeremy Kinder

Causes for joint pain and surgical and non-surgical treatment options presented by a physician from Stryker Orthopedics.

#122303-01	Fri	Feb 17	12:30-2 pm
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KNOW THE 10 SIGNS OF ALZHEIMER'S: EARLY DETECTION MATTERS

presented by the Alzheimer's Association

#122303-02	Fri	Mar 17	12:30-2 pm
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LAUGHACEUTICALS

presented by Kaiser Permanente

This interactive workshop will engage you in improvisational techniques and exercises to raise awareness about the importance of laughter for our well-being. Laughter is medicine.

#580430-03	Fri	Apr 21	12:30-2 pm
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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

#580421-01	Sat	Jan 21-Feb 11	9:30-11:30 am
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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

#580422-01	Sat	Feb 18-Mar 11	9:30-11:30 am
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Volunteer Spotlight

KAREN BROWN

I have worked in the medical field for 35 years. I found a passion for elder care that led me to start my own business, Warm Hearts Elder Care, two years ago. I grew up in a family of volunteerism. My experience as a military wife resulted in volunteering for the Red Cross focusing on military families. Almost two years ago I was asked to take over doing the blood pressure twice a month here at the Clements Center. I am finding I REALLY enjoy doing it! In September I was excited to join the kitchen crew. I have found my niche!



Outdoor Recreation

GREAT DOWNHILL SKIING IN THE MOUNTAINS

Ride the ski bus up the mountain, enjoying one of Colorado's finest ski resorts. Sit back and relax, leaving the driving to us. This year, we are going to Ski Cooper, Copper Mountain and Loveland Basin. If the weather/road conditions warrant a change, we will switch the destination to Loveland Basin. The ski bus departs the Clements Center at 7:30 a.m. with a pickup at the Morrison Exit 259, Woolly Mammoth lot, the northwest lot off I-70 West at approximately 7:45 a.m., returning around 5 p.m. Please designate while registering where you want to be picked up. Plan your skiing schedule early and take advantage of early season lift ticket prices.

Fee: \$18 for each cross-country/snowshoe trip includes round-trip transportation and escort. The price does not include lift tickets or ski rentals. In the event of inclement weather, please call the Outdoor Recreation hot line at **303.987.4831** between 6 and 6:30 a.m. the morning of the trip.

Wednesday - 7:30 a.m.-5 p.m.

#880502-01	Dec 7	Loveland Basin
#880502-02	Dec 14	Copper Mountain
#580502-01	Jan 4	Ski Cooper (Senior Day)
#580502-02	Jan 11	Loveland Basin
#580502-03	Jan 18	Ski Cooper (Senior Day)
#580502-04	Jan 25	Copper Mountain
#580502-05	Feb 1	Loveland Basin
#580502-06	Feb 8	Copper Mountain
#580502-07	Feb 22	Loveland Basin
#580502-08	Mar 1	Ski Copper (Senior Day)
#580502-09	Mar 15	Loveland Basin

CROSS-COUNTRY SKIING & SNOWSHOEING AT NORDIC EVENT CENTERS

Take the ski bus to the mountains and let us do the driving. Enjoy one of Colorado's finest nordic centers for both cross-country skiing and snowshoeing activities. The ski bus departs the Clements Center at 7:30 a.m. with a pickup at the Morrison Exit 259, Woolly Mammoth lot, the northwest dinosaur lot off I-70 West at approximately 7:45 a.m., returning around 5 p.m. Please designate when registering where you would like to be picked up. To sign up for any of these ski trips, call the Clements Center front desk at **303.987.4820**.

Fee: \$18 for each cross-country/snowshoe trip includes round-trip transportation and escort. The price does not include lift tickets or ski rentals. In the event of inclement weather, please call the Outdoor Recreation hot line at **303.987.4831** between 6 and 6:30 a.m. the morning of the trip.

Thursday - 7:30 a.m.-5 p.m.

#880501-01	Dec 8	Snow Mountain Ranch
#880501-02	Dec 15	Frisco Nordic Center
#580501-01	Jan 5	Devil's Thumb Nordic Ctr
#580501-02	Jan 12	Breckenridge Nordic Ctr
#580501-03	Jan 26	Snow Mountain Ranch
#580501-04	Feb 2	Frisco Nordic Center
#580501-05	Feb 9	Gold Run Nordic Center
#580501-06	Feb 16	Grand Lake Nordic Center
#580501-07	Feb 23	Breckenridge Nordic Ctr
#580501-08	Mar 2	Frisco Nordic Center
#580501-09	Mar 9	Snow Mountain Center



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

BRECKENRIDGE ICE SCULPTURES

Come see the unique Breckenridge ice sculptures right after the carving is finished and before the spring melt. You will have a little time to shop or browse in Breckenridge. Trip includes transportation, meal and motor coach driver gratuity.

#580615-01	Mon	Jan 30	9:15 am-4 pm	\$84
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NATIONAL WESTERN STOCK SHOW NATIONAL WESTERN COMPLEX

Join us for the National Western Family and Seniors Day! Bulls and broncs, cowboys and cowgirls, rodeo's biggest superstars perform amazing feats of athleticism during each performance of the professional rodeo. Whether you prefer thrills and spills or speed and agility, the National Western's Pro Rodeo is the event for you. Trip includes grounds admission, travel leader and access to great food and shopping.

#580613-01	TBA	TBA	TBA	
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**24-Hour
Travel Hotline:
303.987.7011**

This line is always updated with newly scheduled trips.

FOREVER PLAID CANDLELIGHT DINNER THEATER

Once upon a time there were four guys who discovered they shared a love for music and then got together to form a close harmony group. But on the way to their first big gig in 1964, their careers were cut tragically short by a freak accident with a school bus. Now the heaven-sent quartet is finally getting the chance to come back to earth and perform the show that should have been and they're doing it just for you! "Forever Plaid" is a funny, nostalgic romp that features some of the best pop songs from the 1950s, including "Three Coins in a Fountain," "Heart and Soul," "Catch a Falling Star," "Rags to Riches," and "Love is a Many-Splendored Thing". The Plaids are sure to please you, charm you and tickle your funny-bone. Trip includes transportation, meal and motor coach driver gratuity.

#580607-01	Sat	Feb 11	10:45 am-5 pm	\$89
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SAINT VALENTINE'S DAY MASSACRE

While the Saint Valentine's massacre didn't occur in Denver, a lot of underworld activity did take place in the north Denver area—the mafia, the Smaldone's Al Capone's visit, just to name a few! We will shoot back in time with a live narrative of some of the locations where it all happened. Trip includes guided tour, lunch, a special ice cream treat, transportation and motor coach driver gratuity.

#580623-01	Tue	Feb 14	9 am-4 pm	\$89
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NATIONAL WORLD WAR II AVIATION MUSEUM

The National Museum of World War II Aviation promotes a deeper understanding of the importance of American aviation in World War II and its role in shaping the world in which we live. The museum does this to preserve and strengthen the best traditions of American's aviation past and inspire new generations of leaders and innovators in the future. After our guided tour of the museum, we will continue our aviation theme and drive to the Airplane Restaurant for lunch. Trip includes transportation, tour, meal and motor coach driver gratuity.

#580646-01 Sat Feb 25 7:30 am-4:30 pm \$89



TOUR AND TEA AT CASTLE MARNE

At the corner of 16th and Race on Denver's Capitol Hill, this famous old mansion is celebrating its second century, lovingly restored to its original splendor. The rusticated lava stone house was built in 1889, amidst the greatest construction boom in Denver's history. The architect was William Lang, the most eclectic architect of the time and creator of the Unsinkable Molly Brown House. This castle is an exciting part of Denver's history, so first we will have a historic tour then relax with an afternoon tea. Stairs and walking are involved.

#580647-01 Fri Mar 24 11:45 am-3:30 pm \$52

MYSTERY TRIP

Get under the radar and sneak away on this mystery trip where we promise you'll have a "howling" good time! Trip includes transportation, event, meal and motor coach driver gratuity. Please be aware that the destination does have an altitude of 9,165 feet and some walking is planned.

#580642-01 Sat Mar 25 8:15 am-5:15 pm \$79



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.



24-Hour

Travel Hotline:

303.987.7011

This line is always updated with newly scheduled trips.

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.

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.



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

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.

JANUARY 9 "Florence Foster Jenkins"

110 minutes, PG-13, Comedy
Starring: Meryl Streep, Hugh Grant

JANUARY 23 "Sully"

96 minutes, PG-13, Drama
Starring: Tom Hanks, Laura Linney

FEBRUARY 13 "The Dressmaker"

118 minutes, PG-13, Drama
Starring: Kate Winslet, Liam Hemsworth

FEBRUARY 27 "Jason Bourne"

123 minutes, PG-13, Drama
Starring: Matt Damon, Julia Stiles

MARCH 13 "Wild Oats"

96 minutes, PG-13, Comedy
Starring: Shirley MacLaine, Jessica Lange

MARCH 27 "The Cobbler"

98 minutes, PG-13, Comedy
Starring: Adam Sandler, Dustin Hoffman

Ongoing Activities

SIDEMARKETS/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

January 6	Jim Kurty
February 3	Jim Erlich
March 3	Terry Norona

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

January 14	Blue Notes
January 21	Lois Lane
January 28	Memories
February 11	Tom Allan Variety Band
February 18	Perfect Harmony
February 25	Terry Norona
March 11	Dixie Leadfoot & Chrome Struts
March 18	Blue Notes
March 25	Lois Lane



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 TO 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
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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.



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INCLUDING: MEDICARE, MEDICAID & TRICARE



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CALL: 720-214-7330 VISIT: MWHSOLUTIONS.ORG

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- Craft room
- Daily continental breakfast
- Elevators
- Fitness center and yoga studio
- Garages available
- Guest suite available
- Heated saltwater pool
- Luxury theater
- Outdoor jacuzzi
- Pet spa and park
- Private patios/balconies
- Resident gardens
- Salon
- Sky lounge
- Social events and activities
- Workshop

MAKE YOUR RESERVATION TODAY.

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