

## Northglenn Senior Center

*There's always a pot of coffee on so stop by and visit a while!*

**Telephone:** 303.450.8801

**Hours:** Monday - Friday | 9 a.m. - 4 p.m.

**Closures:** Sep 3, Nov 22-23, Dec 24-26, Dec 31



### General Info

The Northglenn Senior Center offers a variety of social, recreational, and educational programs and services for persons 55 and older. The center is located on the second floor of the Northglenn Recreation Center and is accessible by elevator.

### Information and Referral

Need assistance locating an agency or service in the area? Either call us at 303.450.8801 or the Senior Hub at 303.426.4408. The Senior Hub aids Adams County residents with information and referrals for:

- Housing
- Legal services
- Home repair needs
- Respite care
- Meals on Wheels

### Transportation: A-LIFT

A-LIFT offers free transportation to Adams County residents who are age 60 and over, or who are mobility impaired regardless of age. Rides are available to the senior center and the following locations:

- Medical and dental appointments
- Adult day and respite programs
- Grocery stores
- Congregate meal sites
- Trips within five miles of residence

Donations are accepted to defray costs.

To schedule a trip, call 303.235.6972 weekdays from 8 am to 4 pm.

### RTD Call-N-Ride

Call-n-Ride is a personalized bus service that travels within select RTD service areas. One phone call can connect you to bus routes, Park-n-Rides, rail stations or to work, school and appointments. Make your reservation and we'll provide an estimated pickup time. When the bus arrives, pay your exact cash fare. It's that simple.

For residents **east of I-25**  
call 303.591.1389 or 303.434.4247

For residents **west of I-25**  
call 303.434.3472

### AARP Driver Safety Program

Improve your driving skills while cutting your driving costs. People 50 and over can learn about:

- Driving hazards
- The effect of medications
- Local driving conditions
- Rules of the road

All insurance companies are required to provide a discount for completing the class, per Colorado law. **Reservations required. Fee payable to AARP.**

#### Monday

|             |        |             |           |
|-------------|--------|-------------|-----------|
| 30527003-01 | Sep 17 | 12:45-5:00p | \$15/\$20 |
| 30527003-02 | Oct 15 | 12:45-5:00p | \$15/\$20 |
| 30527003-03 | Nov 19 | 12:45-5:00p | \$15/\$20 |

### Northglenn Senior Book Club

**4th Tuesday of the month at 1 p.m.**

See the list below for up-coming titles. Be ready to discuss what you like or dislike about each. Sign up early to reserve your copy! A limited number are provided.

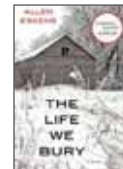
#### Sep 25

*The Girls of Atomic City* by Denise Keernan



#### Oct 23

*The Life We Bury* by Allen Eskens



#### Nov 27

*A Gentleman in Moscow* by Amor Towles

#### Dec 18

Potluck Lunch  
(No book this month)



**FREE blood pressure checks every third Wednesday  
in the lobby 9:30-10 am**



## SilverSneakers® includes:

- Free use of pool facilities, weight room, and participation in fitness classes and other educational programs.
- Senior-friendly SilverSneakers fitness classes that are easy on your joints and help improve balance, muscle strength, and coordination - whatever your fitness level.
- Senior Advisor: your contact for information and personalized, friendly service.
- Opportunities to meet people and participate in fun promotions and social activities!

## SilverSneakers® Splash

SilverSneakers SilverSplash® offers fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. Swimming ability is not required, and a SilverSneakers kickboard is used to develop strength, balance and coordination.

Monday, Wednesday & Friday  
9:30-10:30 a.m.

## SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated or standing support.

Tuesday and Thursday 8:45-9:30 a.m.  
9:45-10:30 a.m.

Wednesday 9:45-10:30 a.m.

## SilverSneakers® Cardio Fit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Monday and Friday 8:45-9:30 a.m.

*SilverSneakers® membership is free for select Medicare beneficiaries through their health insurance provider. Check with the senior center staff to see if you qualify. Classes are open to other seniors via a recreation center drop-in fee or punch pass card.*

| Monday                                                         | Tuesday                                                   | Wednesday                                    | Thursday                                                                                        | Friday                                                         |
|----------------------------------------------------------------|-----------------------------------------------------------|----------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| <b>Weight Training</b><br>Annette<br>8:30-9:30a<br>9:30-10:30a |                                                           | <b>Weight Training</b><br>Annette<br>8-9:15a |                                                                                                 | <b>Weight Training</b><br>Annette<br>8:30-9:30a<br>9:30-10:30a |
| <b>Cardio Fit</b><br>Karen<br>8:45-9:30a                       | <b>Classic</b><br>Karen<br>8:45-9:30a                     |                                              | <b>Classic</b><br>Karen<br>8:45-9:30a                                                           | <b>Cardio Fit</b><br>Karen<br>8:45-9:30a                       |
| <b>T'ai Chi</b><br>9:30-10:30a                                 |                                                           | <b>T'ai Chi</b><br>9:30-10:30a               |                                                                                                 | <b>T'ai Chi</b><br>9:30-10:30a                                 |
| <b>Splash®</b><br>Doreen<br>9:30-10:30a                        | <b>Arthritis Aquatics</b><br>Doreen<br>9:45-10:30a        | <b>Splash®</b><br>Doreen<br>9:30-10:30a      | <b>Arthritis Aquatics</b><br>Doreen<br>9:45-10:30a                                              | <b>Splash®</b><br>Doreen<br>9:30-10:30a                        |
|                                                                | <b>Classic</b><br>Karen<br>9:45-10:30a                    | <b>Classic</b><br>Karen<br>9:45-10:30a       | <b>Classic</b><br>Karen<br>9:45-10:30a                                                          |                                                                |
| <b>Yoga</b><br>Lacey<br>10:30-11:45a                           | <b>Water Walking</b><br>Doreen<br>10:30-11:15a            | <b>Yoga</b><br>Melissa<br>10:30-11:45a       | <b>Water Walking</b><br>Doreen<br>10:30-11:15a                                                  | <b>Yoga</b><br>Lacey<br>10:30-11:45a                           |
| <b>Dance Fitness</b><br>Annette<br>1:30-2:15p                  | <b>Stability®</b><br>Annette<br>11:30a-12:15p<br>12:15-1p |                                              | <b>Stability®</b><br>Annette<br>11:30a-12:15p<br>12:15-1p<br><b>BOOM!</b><br>Annette<br>2:30-4p |                                                                |

## BOOM™

Brought to you by SilverSneakers, BOOM™ is a three-class series that meets the needs of Baby Boomers and beyond. Three 30-minute classes can be done individually or in pairs to provide cross-training within a 60-minute block.

Thursday 2:30 - 4 p.m.

## SilverSneakers® Stability

Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.

Tuesday & Thursday  
11:30 a.m. – 12:15 p.m.  
12:15 – 1 p.m.

## Senior Weight Training Class

Gain strength and endurance through proper instruction on weight machines and hand weights.

Monday and Friday 8:30-9:30 a.m.  
9:30-10:30 a.m.  
Wednesday (gym) 8-9:15 a.m.

**Fee:** \$2.50 Resident/\$3.50 Non-Resident or SilverSneakers® swipe

## Senior Yoga Classes

Find balance, enhanced breathing, strength, vitality and more. This class is designed for seniors and taught by a certified instructor.

Monday, Wednesday & Friday  
10:30-11:45 a.m.

*No class Labor Day, Sep 3*

**Fee:** \$5, punch pass available or SilverSneakers® swipe

## T'ai Chi Club in the Senior Center

Known as the gentlest of the martial arts, T'ai Chi is an ancient practice that helps keep the body healthy and strong. Most anyone can do the flowing movements.

Monday, Wednesday & Friday 9:30 a.m.

**Fee:** Free

## Wellness Program

The Visiting Nurses Association operates a monthly health clinic for seniors. They check blood pressure, provide nail and foot care for diabetics and more. You must schedule an appointment by stopping at the senior center or calling 303.450.8801.

Third Thursday of the month  
Sept 20, Oct 18, Nov 15, Dec 20  
9 a.m. - 2:30 p.m.

**Fee:** Free to nominal

## Games/Cards

Cost is free for all these activities

### Adult Coloring

**1st Monday of the month at 1 p.m.**

Adult coloring can relieve stress and anxiety, promote focus and concentration, improve mood, and provide a sense of accomplishment. We will have a variety of templates and colored pencils.

### Shuffleboard

**1st Monday of the month at 1:30 p.m.**

No need to find a partner, just spend a morning with us playing shuffleboard. We'll roll out the court and provide refreshments.

### Bunco

**Monday at 9:45 a.m.**

No skill necessary ... it's just a lot of fun! Throw the dice, shout "Bunco" and earn a chance to win a prize.

### Bingo

**Tuesday at 9:45 a.m.**

Enjoy fun, fellowship and refreshments in a not-so-serious morning of bingo. Maybe you'll win a prize!

### Cards

**Wednesday 12:30-4 p.m.**

Take part in a friendly game of bridge or pinochle each week. No partners are needed. New attendees, familiar with the game, are encouraged to arrive by 12:20 p.m. to meet other players.

### Games

**Thursday 9-11 a.m.**

Bring a friend and play Mexican Train dominos, cribbage or your favorite game.

**CALL THE SENIOR CENTER IF YOU  
ARE INTERESTED IN PLAYING  
MAHJONG 303.450.8801**



## Veterans Day Lunch

**SUNDAY  
NOVEMBER 11 at 11 AM**

We will meet at the Northglenn Veterans Memorial for the ceremony at 11 am and have lunch afterwards at the Senior Center. Sponsored by the NSO.

**RSVP required by November 8  
Free!**

## Festive Fridays

### Fall Fiesta Potluck

Join us as we bid summer goodbye with fun and food. Please bring a dish to share.

30530001-01 Sep 14 12:00p  
Register by Sep 12 FREE

### Miniature Golf

We will meet at Boondocks for a round of miniature golf. Prizes for the best score and any hole in one. **Payment is on your own at Boondocks.**

30530002-01 Sep 21 12:15p  
Register by Sep 19 \$8.50

### Oktoberfest Potluck

A fall tradition at the Senior Center. The NSO provides the brats and sauerkraut, and you provide the side dish or dessert.

30530004-01 Oct 5 12:00p  
Register by Oct 3 FREE

### Pie Bake-Off

Who will be Queen or King of Pies this year? Do you have what it takes to wear the crown? Enter your homemade pie for a chance to win prizes. After judging, we'll all sample the entries.

30530003-01 Oct 19 1:00p  
Register by Oct 17  
\$3 (If you don't make a pie.)

### Dia de Los Muertos (Day of the Dead)

Celebrate Dios Los Muertos or the Day of the Dead at the Senior Center, complete with sugar skulls and more.

30530006-01 Nov 2 1:00p  
Register by Oct 31 FREE

### Holiday Tea Party

Celebrate the start of the Holiday season in style with afternoon tea at the Senior Center, entertainment included.

30530005-01 Nov 30 1:00p  
Register by Nov 28 \$10

### National Chocolate Day

End the year right with National Chocolate Day at the senior center. Join us in celebration of everyone's favorite — chocolate! Tasting is mandatory.

30530007-01 Dec 28 1:00p  
Register by Dec 26 FREE





### Veterans Coffee

Wednesdays at 9 a.m.

For all Veterans and their supporters. Get together for coffee and conversation at this weekly gathering. Refreshments are provided. Drop in.

### Lunch Bunch Potlucks

3rd Tuesday of the month at 11:30 a.m. Lunch will follow bingo. We'll provide the main dish, you bring a side or dessert for these potluck lunches.

Sept 18, Oct 16, Nov 20, Dec 18

### Restaurant Roundup

Join us as we explore a new or unique restaurant. **Cost of the meal is on your own.** Contact the senior center for each month's destination.

Transportation provided.  
**RSVP early** because trips will fill up.

#### Thursday

|             |         |        |
|-------------|---------|--------|
| 30528001-01 | Sept 13 | 11:00a |
| 30528001-02 | Oct 11  | 11:00a |
| 30528001-03 | Nov 8   | 11:00a |
| 30528001-04 | Dec 13  | 11:00a |

### Gambling Trip

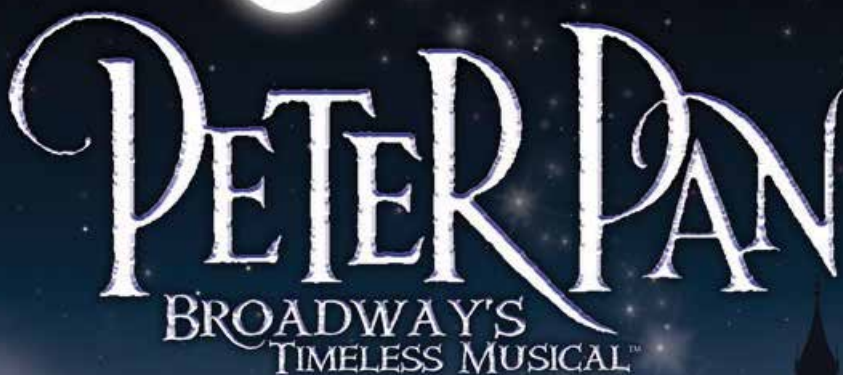
Fee includes round-trip transportation to and from Mardi Gras Casino. Players will receive a \$10 food coupon, \$5 in Quick Play and lucky Mardi Gras beads.

Participation at Mardi Gras Casino is mandatory.

#### Wednesday

|                   |        |
|-------------------|--------|
| 30528002-01       | Oct 10 |
| 9:00a-3:00p       | \$8    |
| Register by Oct 8 |        |

### Senior Dinner Theatre



#### Presented by NORTHGLENN YOUTH THEATRE

Enjoy a live theatre performance followed by lunch catered in the senior center.

#### Thursday

|                    |      |      |
|--------------------|------|------|
| Nov 15             | 10am | \$20 |
| Purchase by Nov 12 |      |      |

**Tickets available in the Senior Center**

### Excursions

#### Benson Sculpture Garden

Pack a lunch to enjoy on a walking tour of Benson Sculpture Garden in Loveland. This is a self-paced tour of 158 sculptures on permanent display. Please bring a water bottle.

#### Wednesday

|                   |       |              |
|-------------------|-------|--------------|
| 30528007-01       | Sep 5 | 11:30a-4:00p |
| Register by Sep 3 |       | FREE         |

#### Grand Lake/Rocky Mountain National Park

Our local guide, Dave Lively, will give special insight to the best of Rocky Mountain National Park, Grand Lake and Grand County. Entrance to the park and lunch at the Sagebrush Grill is included. Register by September 18, there are no refunds for this event. Chartered coach.

#### Wednesday

|                    |       |             |
|--------------------|-------|-------------|
| 30528007-02        | Oct 3 | 7:00a-6:00p |
| Register by Sep 18 |       | \$85        |

#### Colorado Center for Women's History

The Byers-Evans House hosts the Center for Colorado Women's History and connects local stories to the broader stories of women's history in Colorado and worldwide.

#### Wednesday

|                   |       |             |
|-------------------|-------|-------------|
| 30528007-03       | Nov 7 | 12:15-3:45p |
| Register by Nov 5 |       | \$5         |

#### State Capitol Historical Tour

This is a 45-minute guided walking tour of the Capitol. The tour includes information about its early construction, stained glass artwork, wainscoting, murals and more. An optional tour of the 99-step dome and observation area is available. For those not wishing to make the climb, a video tour is available.

#### Wednesday

|                   |       |             |
|-------------------|-------|-------------|
| 30528007-04       | Dec 5 | 12:15-3:45p |
| Register by Dec 3 |       | FREE        |

## Educational Programs

## Healthy Living Series

Educational Programs and Healthy Living Series are free and open to all ages.

### Adams County Assessor

Learn some important facts about the history of Adams County and the process and procedures to value your property from Assessor Patsy Melonakis.

#### Monday

30527001-02 Sep 24 1:00-3:00p  
Register by Sep 20

### Medicare Monday

#### Updates & Changes for 2019

Enrolling in Medicare and keeping up with the changing policies and guidelines can seem overwhelming. To learn more and receive guidance through the process, join the Colorado Gerontological Society at an informative Medicare Monday workshop to learn about changes to Medicare for 2019.

The Medicare Monday program includes information on the changes, updates and requirements for Medicare Parts A, B, C and D. Learn how these changes may affect you and your health care in the coming year.

#### Monday

30527001-01 Oct 15 9:30-11:30a  
Register by Oct 12

### Knifty Knitter Class

Join Mary Murphy and learn how to knit your own hats. This class is for anyone who has wanted to learn how to knit but struggled with the needles. Now you will be able to knit with a loom and a hook. No knitting needles required! Loom and materials included in cost.

#### Monday

30527001-03 Nov 12 1:00-3:00p \$8  
Register by Nov 8

### Senior Reach

Topics will range from health issues, suicide prevention, decluttering and recognizing the signs of hoarding and more. This is a 2-part series.

#### Monday

30527002-01 Oct 8 1:00-3:00p  
Register by Oct 4  
30527002-02 Nov 5 1:00-3:00p  
Register by Nov 1

### Breaking the Arthritis Pain Chain

When you're in pain, it's hard to believe there's a way to live without daily discomfort. But by knowing what causes your pain and how to manage it, you can break the pain chain to live your life to the fullest. Presented by the Arthritis Foundation.

#### Tuesday

30527002-04 Dec 11 1:30p  
Register by Dec 7

### Low Vision Peer Group

#### Meets every 2nd Tuesday

11 am to 12 pm

*Facilitated by the Center for People with Disabilities*

This free class promotes independence for adults 55 and over who are blind or visually impaired. Families and caregivers are welcome to attend.



## Northglenn Senior Organization

The Northglenn Senior Organization (NSO) plans activities for its members and provides input for the planning of city senior programs. The NSO holds monthly business luncheons at various locations. Membership is open to anyone 55 and older, resident and non-resident, and offers the opportunity to participate in NSO-sponsored functions.

Membership is \$8 per year or \$15 for two years. Benefits include: recognition as a new member, name badge, and participation in NSO-sponsored programs, trips, events, cards and bingo.

### Luncheon & Meeting

Join the Northglenn Senior Organization (NSO) for the following Friday luncheons/meetings. Reservations and payment are required in advance. Meetings begin at Noon.

30529001-01

**Sept 28 Rositas**

30529001-02

**Oct 26 Cracker Barrel at Senior Center**

30529001-03

**Nov 16 Thanksgiving at Senior Center**

30529001-04

**Dec 21 Christmas at Senior Center**

### Community Crafts

2nd and 4th Mondays at 1 pm

Items made are donated to the Platte Valley Children's Alliance and the Northglenn Police Department victim's assistance program. Help make something for traumatized kids to hold or hug.

### Birthday Parties

2nd Friday monthly at 1 pm

The NSO sponsors and organizes monthly birthday parties. The parties feature entertainment and refreshments. Reservations required only of birthday "celebrants" ~ all other party-goers are invited to join in the fun.

**Sep 7, Oct 12, Nov 9, Dec 14**