



COMMUNITY & DAY TRIPS

All trips are subject to cancellation or change and require advance registration. You must register at the front desk, online, or by calling 719-955-3400 or 719-209-1717. Accessibility note: All Day Trip transportation is provided by a standard school bus unless otherwise noted. Round Trip transportation provided from the Cottages at Westside Community Center (1616 West Bijou). Transportation is NOT included for Forest Bathing.

Class Name	Description	Date	Time	Cost	Level
Forest Bathing	When was the last time you felt a sense of awe in nature?	Sunday, Sep 3	8:30-10:30	\$7	 Uneven Terrain for outdoor spaces
	Also known as forest therapy, forest bathing is the practice of immersing yourself in nature. Awaken your senses through a series of guided invitations for interacting with nature. Join Serena Vogel, MA, Certified Nature and Forest Therapy Guide for two-hour guided forest therapy walks in North Shooks Run Park . This is not a time of exercise or hiking. In fact, we will be moving less than ¼ mile over the two hours. At the end of our walk, we will have an informal tea ceremony with a small snack. Note: No two forest bathing walks are alike. Each walk has unique invitations.	Sunday, Nov 5	8:30-10:30	\$7	
	Please Register by 4 p.m. the Friday prior to the walk.	Sunday, Dec 3	8:30-10:30	\$7	
50 + Yoga Retreat: Nurturing in Nature	Take a step away from the busy weekend, treat yourself, and find nurturing in nature at our annual yoga retreat located at Camp Shady Brook in beautiful Deckers, Colorado! Many different classes will be offered such as Vinyasa Flow & Hatha yoga, yoga for stress management, and breathing techniques. All levels of experience are welcome. Cost includes round-trip transportation, a healthy lunch, giveaways, and a wonderful community. Space is limited; register early. This retreat is in partnership with AARP. Registration begins Monday, August 7th at 8 a.m.	Saturday, October 28th	8-4	\$60	 Some stairs, Uneven Terrain for outdoor spaces



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= cost of meal IS included



= bring spending money for shopping or cost of meal on your own.



ONE BOOT = Minimal walking involved



TWO BOOTS = Moderate distance walking involved



THREE BOOTS = Lengthy walking, good physical health is recommended.

Registering for day trips

- Call 719-955-3400 or 719-209-1717, register online, or at the front desk. Registration is done on a first come, first served basis.
- No group registrations are allowed, each person must register individually.
- If there is a cancellation, we will call patrons on the waiting list in order of registration. If your spouse or travel partner cancels, you must notify the Center. You cannot fill the vacancy yourself. We need to respect those customers on the waiting list.
- If you require assistance, you must notify staff at the time of registration. Caregivers or assistants must also register.
- Round Trip Transportation provided from the Westide Community Center Cottages unless otherwise noted.
1616 W. Bijou St., Colorado Springs, CO 80904.

Trip Payment & Refund Policy

- Payment must be made at the time of registration.
- Refunds are only offered if you cancel one week before the trip date or if the Senior Center cancels the trip.
- **If canceling less than a week before the trip, the total trip cost is forfeited.**
- **Tickets to shows or events cannot be refunded or credited.**