

DOWNTOWN YMCA

Registration begins Monday, August 7th at 8 a.m.

- **By Phone:** (719) 955-3400 or (719) 209-1717
- **On-line:** csseniorcenter.com
- **In person:**
Westside Community Center (1616 W Bijou St): Mon-Fri, 9-4
Downtown YMCA (207 N Nevada Ave): Mon-Fri, 8-5
(Please note: No in-person registration at YMCA at First & Main or Southeast YMCA)

All classes require registration and are subject to cancellation or change.

LIFELONG LEARNING & SPECIALS

Class Name	Description	Instructor	Date	Day	Time	Cost
Identifying and Avoiding Scams	This class aims to help consumers understand, recognize, and avoid financial fraud. In addition, why seniors are targeted by scammers, the warning signs of scams, and how you can protect yourself.	Poe	Sep 6	W	10-11	FREE
Newcomers Orientation	Whether you've already started taking classes or are brand new, come and learn more about the Senior Center and all it has to offer. Learn about class registration, volunteer opportunities, clinic services and much more.	STAFF	Sep 6	W	2-3	FREE
Tunes on Tuesday: Blue Moon Lawrence	Lawrence plays guitar, trombone, and sings songs that span many decades. Listen to some favorites for a wonderful afternoon of tunes.	Shiroma	Sep 19	T	1:30-2:30	FREE
Proactive Living Series: My Medicare Community	Learn about the ins and outs of Medicare in a community-focused event. Our experts will guide you through the intricacies of Medicare plans, answer your questions, and provide valuable insights to help you make informed healthcare decisions. Join us for a supportive gathering where we prioritize your well-being.	Ryan	Sep 21	Th	1:30-3:30	FREE
Mark Twain Today!	Everybody knows Mr. Twain. You've probably read one of the books he wrote – like Tom Sawyer or Huckleberry Finn – but here are a few things you probably don't know. One, he's 187 years old – most of the time spent somewhere else...not here. Have no idea where. Two, he is one of the world's greatest humorists, writers, and speakers we've ever known. And, yes, he still exists... as in being reincarnated! Mark will entertain us with his combination of usual wit, wisdom, and humor – along with stirring the pot a bit regarding current events. Please join us...if you can. Remember, he's a Hell of a lot older than we mere mortals.	Mark Twain Performer	Oct 5	Th	2-3	\$5
Tunes on Tuesday: Cultural Didgeridoo	Come experience the essence and vibrations of the Australian Aboriginal instrument, the didgeridoo. Includes playing of cultural elements and a brief lesson to those interested.	Skrivan	Oct 17	T	1:30-2:30	FREE
Learning to Play Bridge	Improve your bridge game! These are informal classes that will work on better bidding, play & defense. Learn to play bridge or refresh your past skills with an ACBL accredited teacher.	Dukellis	Sep 20 - Oct 25	W	1:30-3:30	FREE
Proactive Living Series: Planning for the End	In this essential event, we'll address important end-of-life planning topics. From estate planning and wills to advanced directives and funeral planning, our expert speakers will offer guidance and resources to ensure your preferences are honored. It's never too early to prepare, and we're here to help you navigate this crucial aspect of life.	Ryan	Oct 19	Th	1:30-3:30	FREE

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Class Name	Description	Instructor	Date	Day	Times	Cost
Mediterranean Diet Workshop	Colorado State University Extension has created a workshop focusing on the Mediterranean diet. This workshop will answer questions about key characteristics of the Mediterranean lifestyle and how foods in the diet contribute to health. Plus, you will learn how to make fresh home-made hummus and try a delicious sample. After attending this workshop, you will have strategies to incorporate these foods and habits into your life.	Lucero	Oct 30	M	10-11:30	\$5
Trick or Treat Senior Style!	Trick or Treating is not just for kids! Bring your Halloween bag to get treats and learn about organizations that serve seniors in our community. We encourage you to come dressed up in your Halloween costume! It will be spookily fun!	STAFF	Oct 31	T	1:30-2:30	FREE
Learning to Play Bridge	Improve your bridge game! These are informal classes that will work on better bidding, play & defense. Learn to play bridge or refresh your past skills with an ACBL accredited teacher.	Dukellis	Nov 8 - Dec 13	W	1:30-3:30	FREE
Newcomers Orientation	Whether you've already started taking classes or are brand new, come and learn more about the Senior Center and all it has to offer. Learn about class registration, volunteer opportunities, clinic services and much more.	STAFF	Nov 1	W	2-3	FREE
Pumpkin Pie and Cider Social	Pumpkin pie is sugar and spice and everything nice! Spend your Friday afternoon enjoying a generous slice of pumpkin pie and a warm cup of apple cider. And yes we have whipped cream for your pie. Stay and play a few friendly games of Autumn theme bingo (no money will be exchanged), a few rounds of trivia and of course win prizes!	STAFF	Nov 14	T	1:30-2:30	\$5
Proactive Living Series: Downsizing and Finding Senior Living	Downsizing can be a significant life transition, and we understand the importance of making informed choices. Join us for a comprehensive session on downsizing tips, decluttering strategies, and exploring senior living options. Let's embrace the new possibilities that come with this chapter and support each other through the process.	Ryan	Nov 16	Th	1:30-3:30	FREE
Heritage Ringers	Heritage Ringers is a community handbell choir that was formed in November 2021. Come and enjoy a joyful holiday handbell performance that will be sure to get you in the festive spirit. Familiar songs will be rung by the sweet pure sounds of the handbells. You will not want to miss out on the enjoyment of live and unique handbell music!	Special Group Performance	Dec 7	Th	2-3	FREE
Colorado Springs Senior Chorale of the Rockies Holiday Show	Be filled with the Christmas spirit while listening to the classics of the holiday! Please register for this free concert online or at the front desk.	Special Group Performance	Dec 12 Dec 13	T W	1:30-3 6:30-8	FREE FREE
Fall Ping Pong & Pizza Tournament	Grab a partner and sign up by Friday, December 8th to play in our Double Elimination Ping Pong Tournament. The first team to 15 points per game advances to the next round. \$5 fee includes your choice of delicious pepperoni, cheese, or supreme pizza. Let the front desk know when you register the type of pizza you'd like.	STAFF	Dec 15	F	1:30-3	\$5
Proactive Living Series: Holiday Party	Join us for a heartwarming and joyous holiday party to celebrate the end of a wonderful year. We'll gather with our favorite speakers from throughout the year, enjoy engaging games, and savor delightful refreshments together. It's a time to reflect on the meaningful connections we've made and to cherish the sense of community we've built.	Ryan	Dec 21	Th	1:30-3:30	FREE

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FITNESS

Class Name	Description	Instructor	Date	Day	Time	Cost
TaijiFit	TaijiFit is a mind/body workout that combines the best of traditional Tai Chi with modern Western fitness. This class is designed to improve overall fitness emphasizing balance, mobility, stability and timing of movement. No prior exercise is required. Equipment of any kind will not be required nor provided, if you need any for the class please bring your own.	Crawford	Sep 5 - Oct 17	T	8:30-9:30	\$35
			Sep 5 - Oct 17	T	9:30-10:30	\$35
			Oct 31 - Dec 12	T	8:30-9:30	\$35
			Oct 31 - Dec 12	T	9:30-10:30	\$35
Juggling	Juggling has been scientifically proven to improve cognition and increase hand-eye coordination! Come learn juggling techniques and have some fun!	Anthony	Sep 5 - Oct 17	T	2:15-3	FREE
			Oct 31 - Dec 12	T	2:15-3	FREE
Posture, Balance, and Core	Train your body to stand taller and walk with more confidence and stability! Chair-based and standing work is incorporated and can be adapted to various fitness levels. This class has a drop-in option. NO CLASS Thursday, November 23rd.	Mariska	Sep 7 - Oct 23	MTh	2:45-3:30	\$50
			Oct 30 - Dec 18	MTh	2:45-3:30	\$50
Gentle Yoga	We will explore the benefits of yoga practice within a positive, supportive environment. We begin seated in a chair for warm-up, transitioning to standing postures using chair support if needed. Range of motion, physical strength, stamina and mental acuity will improve with a focus on adapted yoga postures and proper breathing. We end class with seated postures on the floor and a short relaxation. Open to all students of varying abilities. NO CLASS Thursday, November 23rd.	Mariska	Sep 7 - Oct 23	MTh	3:45-4:45	\$55
			Oct 30 - Dec 18	MTh	3:45-4:45	\$55
Fly Swatter Volleyball	Are you ready for some FUN?! Try sitting in a chair and using a fly swatter to volley a balloon over a net. Volleyball rules apply. Compete with one another in a fun and friendly atmosphere! First team to reach 15 points WINS! We play the FOURTH Tuesday of every month! (Not meeting in Dec)	STAFF	Sep 26	T	1:30-2:30	FREE
			Oct 24	T	1:30-2:30	FREE
			Nov 28	T	1:30-2:30	FREE

DANCE

Class Name	Description	Instructor	Date	Day	Time	Cost
Tap Dance	This class will go over the basics of tap and is open to all levels of students! If you can walk, you can tap! There is no jumping or hopping required to dance. Please wear hard sole shoes and avoid black sneaker style soles.	White	Sep 5 - Oct 17	T	1-2	\$35
			Oct 31-Dec 12	T	1-2	\$35
Jitterbug & East Coast Swing	Jitterbug is an upbeat swing style dance. It is a general term that includes elements of lindy hop, jive, east coast, and other swing dances. Partner not needed. Come swing with us!	Hoffner	Sep 6 - Oct 18	W	1:30-2:15	\$35
Country Two Step	Two-step dancing is the most popular country dance. It's simple to learn and fun to dance! Partner not needed. Let's get two-stepping.	Hoffner	Sep 6 - Oct 18	W	2:15-3	\$35
Senior Dance Team	A continued offering for those who may have been on or would like to be part of our performing team. Get moving and grooving while having fun, making dance friends, learning choreography and keeping in shape! Learn a Christmas routine and more! Dance moves for all levels of dance abilities. Come dance with us!	Hoffner	Sep 6 - Oct 18	W	3-3:45	FREE
			Nov 1-Dec 13	W	3-3:45	FREE
Dance Review Party!	This session will review our previous sessions. We will reinforce moves from jitterbug, country two-step, cha-cha, and foxtrot. If you don't use it, you'll lose it! Perfect for previous participants or folks who want a refresher. Let's get this party started!	Hoffner	Nov 1 - Dec 13	W	1:30-2:15	\$35
West Coast Swing	Let's get swinging. West Coast swing is a style that fits with many popular genre of music. The movements do not travel around the floor rather stay in one place (called a slot dance)	Hoffner	Nov 1 - Dec 13	W	2:15-3	35

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HEALTH

Class Name	Description	Instructor	Date	Day	Time	Cost
Jeopardy with Rocky Mountain PACE	Join in a fun game of Jeopardy with PACE themed prizes for people who want to learn about the PACE program and have fun at the same time.	Wilson	Sep 8	F	11-12	FREE
Dementia Conversations	This workshop offers tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving, and making legal and financial plans.	Jaramillo	Sep 19	T	10-11:30	\$1
Managing Money: A Caregiver's Guide to Finances	Managing Money: A Caregiver's Guide to Finances is an evidence-based education program, which teaches caregivers about: the costs of caregiving and the benefits of early planning; avoiding financial abuse and fraud; starting a conversation about finances; assessing financial and legal needs and finding support	Jaramillo	Oct 19	Th	10-11:30	FREE
Healthy Living for the Brain and Body	Learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age, learn to use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.	Jaramillo	Nov 14	T	9-10:30	FREE
Understanding Alzheimer's and Dementia	Learn about the difference between Alzheimer's and dementia, stages, risk factors and more.	Jaramillo	Dec 14	Th	10-11:30	FREE

TECHNOLOGY

Class Name	Description	Instructor	Date	Day	Time	Cost
Android Phones and Tablets	Learn how to use your phone more effectively. From a basic overview to more involved functions, this class will unpack the features of your phone. (Not for Jitterbug phones)	Spadafora	Sep 5	T	1:30-3:30	\$15
			Oct 3	T	1:30-3:30	\$15
			Oct 31	T	1:30-3:30	\$15
			Nov 28	T	1:30-3:30	\$15
Computer Basics	This course is an introduction to all parts of a computer. Discussion will include hardware, shortcuts, settings, the Windows operating system, and common elements of software programs. Computer terminology and symbols will also be explained.	Spadafora	Sep 12	T	1:30-3:30	\$15
			Oct 10	T	1:30-3:30	\$15
			Nov 7	T	1:30-3:30	\$15
			Dec 5	T	1:30-3:30	\$15
Browsing the Internet	This computer-based class will enhance one's ability to search and bookmark websites. Copying site material and downloading of files will also be demonstrated.	Spadafora	Sep 19	T	1:30-3:30	\$15
			Oct 17	T	1:30-3:30	\$15
			Nov 14	T	1:30-3:30	\$15
			Dec 12	T	1:30-3:30	\$15
Technology Questions 1:1	Schedule your 30-minute one-on-one appointment with a technology specialist. Bring your questions regarding android phones/tablets, windows-based computers, and other tech devices and we'll get them answered.	Spadafora	Sep 26	T	1:30-3:30	\$18
			Nov 21	T	1:30-3:30	\$18
Apple Help 1:1	Schedule your 15 minute one-on-one appointment with a technology pro! We can answer questions and give how tos with iPhones, iPads, and apps. You've got questions, and we've got answers!	STAFF	Oct 20	F	2-3	\$10
			Nov 17	F	2-3	\$10
			Dec 15	F	2-3	\$10
The Internet of Things	This class is all about the internet. What is it and how is it used? How can you use it better? Are you eligible for the Affordable Connectivity Program?	Spadafora	Oct 24	T	1:30-3:30	\$15