

YMCA at First & Main

Health & Lifelong Learning Classes

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. Partial funding for these classes is provided by the Pikes Peak Area Council of Governments Area Agency on Aging. **Most Health & Education classes are free**, but we appreciate your \$1 donation for attending these classes offered under the guidelines of the Older Americans Act/Older Coloradans Act. Ages 55+

Class Name	Description	Instructor	Date	Day	Time
Medicare and Medicaid	Do you need help navigating the Medicare maze and keeping costs down? Medicare options get more and more competitive every year. Let's sort through your options together!	Hennessy	Sep 13	W	1:30-2:30
Everyday Essential Oils for Health	Essential oils are enjoyable, versatile, and natural products with a multitude of uses beyond their scents alone. Discover the basics of how essential oils support health and learn how to build your own essential oil kit.	Carlson	Sep 21	Th	1:30-2:30
Getting Long-Term Planning Right	Long Term Care costs are increasing and are likely the largest cost seniors may face in retirement. In this class, we'll discuss the options available to receive care and the pros and cons of each. We'll also discuss the various options on how to pay for care and the pros and cons of each. Students will be given the opportunity to help design a long-term care plan specifically for them and their loved ones.	Naseman	Sep 27	W	1:30-3:30
Preparing for Medicare Enrollment	Reviewing Medicare options every year is critical! Identify key factors for comparing Medicare plans going into 2024.	Hennessy	Oct 11	W	1:30-2:30
Understanding Retirement Risks	Nobody likes unpleasant surprises. Seniors face different risks in retirement than they encountered during their working years. Understanding these risks and how to mitigate them will lead to a more fulfilling retirement experience. We will identify the various risks associated with retirement and discuss strategies to lower the chances of failure.	Naseman	Oct 18	W	1:30-3:30
Dysbiopis and Digestive Discomfort	We know the importance of beneficial bacteria in our gut, but when we have too many, or the wrong types of gut bugs, we can experience digestive discomfort and gut dysfunction. In this class, you'll discover the importance of having microbial balance in the gut.	Carlson	Oct 19	Th	1:30-2:30
Medicare for Veterans and their Spouses	Are you a Veteran or the spouse of a Veteran? Do you have Medicare or are you applying soon? Learn how CHAMPVA, VA Healthcare and Tricare function with Medicare.	Hennessy	Nov 1	W	1:30-2:30
Natural Hacks for Memory Support	While age-related cognitive decline might seem inevitable, it doesn't have to be! The formula for supporting our brain and our memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan.	Carlson	Nov 2	Th	1:30-2:30
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	Nov 7	T	1:30-2:30

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The Psychology of Scams - The Mind Games of Fraudsters	Scammers are using more sophisticated methods to separate victims from their money. In this class, you'll learn how potential victims are identified and techniques used by scammers and fraudsters. We'll dive into the methods of manipulation criminals use to steal your identity and/or your assets. You'll receive checklists on steps to take if you've become a victim of identity theft or a scam. You'll also receive information on the most common scams: how to identify them and prevent them.	Naseman	Nov 8	W	1:30-3:30
So You Love Your Home But... The Stairs, Doors, and Hallways	According to AARP Research, 8 out of 10 adults will experience future special housing needs. Aging in place should be an enriching lifestyle – not just marking time on the calendar and ignoring the deferred maintenance. Let us help you answer the question: "What will it take for you to age in the community?" The list might include minor remodeling for safety, property tax assessments, and the inflationary time of the present.	Brown	Nov 15	W	11-12
Top 7 Housing Wealth Strategies to Retire More Freely	Your story of housing wealth and the decisions on how to use it could never be more important than they are today. Come and learn the top 7 housing wealth strategies that mature homeowner like you are utilizing today to retire more freely. We will also discuss the wrong financial tools used at the wrong time; how to start using the right tools for your retirement, and how to utilize your home as a buffer asset in any market condition.	Johnson	Nov 15	W	1-2
Boomers Can Live Well While Aging in Place	This class will explore the amazing FHA loan program that can put you in a new home to maximize "aging in place." A one-level home? A multi-family/Multigenerational home? A no maintenance single family home? Dream of the ideal location and floor plan with no mortgage payments for the rest of your life! Too good to be true? There really is a "free lunch" once in your life. Come hear about this FHA government program for people over 62 years of age.	Rush	Dec 6	W	11-12
Thrive at 65!	Make the most of your Medicare choices from sign-up to utilization and everything in between. Most importantly, know that you are not alone in the process.	Hennessy	Dec 6	W	1:30-2:30
Immune Support 101	The immune system requires optimal nutrition to work at its best. Keeping your immune system fed with the right stuff will ensure that your body is ready to handle whatever comes its way during the winter months.	Carlson	Dec 7	Th	1:30-2:30
Estate Planning Basics	In this class, you'll learn the foundations of a solid estate plan. We'll discuss common estate planning mistakes and how to avoid them, tips to avoid probate, and how to disinherit Uncle Sam. You'll receive checklists on issues to consider when reviewing our planning documents and before updating your estate plan. You'll also receive a guide to passing on your legacy.	Naseman	Dec 13	W	1:30-3:30