

# Westside Community Center Cottages ART Classes

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

- **By Phone:** (719) 955-3400 or (719) 209-1717
- **On-line:** [csseniorcenter.com](http://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 Armed Services YMCA)**

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

Class Name	Description	Instructor	Date	Day	Time	Cost
<b>Gemstone Faceting</b>	Students will learn the basics of gemstone faceting including cutting and polishing transparent gemstones and learn a variety of cuts and shapes. The meet point method will be taught. Up to 2 additional students with their own equipment; please inform staff at time of registration if you will be using your own machine.	Quin/Massie	Sep 5 - Oct 17	T	1-3:30	\$47
<b>Watercolor Painting Techniques (1)</b>	In this painting class, Techniques, you will gain an understanding and be directed toward the importance of designing before the first brush stroke lands on your paper. The goals of this class are to assist you in setting a design path for each of your paintings and then to incorporate timeless painting techniques to create successful paintings. Combining these critical design steps along with introducing primary and secondary focal points will strongly enhance the success rate of your paintings. Attendance in both sessions is recommended, but not required.	Bustamante	Sep 5 - Oct 3	T	9-11:30	\$55
<b>Oil Painting: Understanding the Process (1)</b>	Learn to understand the technical aspects of the process of painting in this medium. This class is for two types of students, those who are brand new to oil painting and those students that might have gaps in their understanding of oil painting from informal teaching, multiple methods or teachers. This class is taught using your own materials where slides are used as a teaching aid. Note-taking is encouraged as well as the practical component of how to best apply paint to canvas. Beginner-Intermediate levels. Attendance in both sessions is recommended, but not required.	Bustamante	Sep 5 - Oct 3	T	12:30-3	\$55
<b>"Control the Water, Not the Paint" and other Watercolor Secrets (1)</b>	This class is designed for students who want to rapidly excel in the art of Watercolor painting. A heavy emphasis on artistic concepts of the medium will be covered, such as Transparency, Composition, Basic Color Theory, and most importantly Value. Emphasis will be placed on problem-solving, skill-building, and helping students develop a personal style. Students will be given a variety of reference photos for regular weekly homework! Attendance in both sessions is recommended, but not required.	Bustamante	Sep 6 - Oct 4	W	9-11:30	\$55
<b>Fixing and Repairing Watercolor Paintings (1)</b>	Watercolor painting can indeed be fixed! One often hears artists say that you cannot fix a watercolor painting once you have painted it in part or as an entire painting. In this class, we will be exploring all the modern methodologies and techniques in this corrective process. This "watercolor fix it class" will teach you how to prevent problems in a watercolor painting and repair many mistakes that might seem hopeless. Come bring your painting to repair or painting to complete. Attendance in both sessions is recommended, but not required.	Bustamante	Sep 6 - Oct 4	W	12:30-3	\$55
<b>Exploring Gouache</b>	Students will learn techniques in working with this versatile and ancient cousin of the watercolor. Gouache is making an amazing comeback!	Marquis	Sep 7 - Oct 12	Th	9-11	\$53
<b>Drawing and Painting Exotic Animals</b>	Students will explore the world of wildlife art in a variety of techniques and styles.	Marquis	Sep 8 - Oct 13	F	9-11	\$53
<b>Painting with the Masters</b>	Students will be exposed to the techniques of the masters. Every week we will be working in the style of a new artist.	Marquis	Sep 7 - Oct 12	Th	1-3	\$53
<b>Open Studio Painting</b>	Bring your own supplies and your works in progress for open studio painting. Get suggestions from other artists and socialize!	Marquis	Sep 8 - Dec 15	F	1-4	FREE
<b>Pyrography</b>	Learn the art of pyrography, the art or technique of decorating wood by burning a design on the surface with a heated metallic point. Class fee includes materials. **Please bring your own woodburner**	Noble	Oct 2 - Oct 23	M	9-11:30	\$60
<b>Mending Without a Sewing Machine</b>	Ever wonder how to fix a frayed buttonhole, fix a seam you can't get to, or make a seam stronger when you don't have a sewing machine? Come learn various stitches done by hand solving these and other issues. First class will go over all needed supplies. Demos of individual stitches as well as project samples you do in class.	Dowling	Oct 9 - Nov 6	M	1-4	\$43
<b>Beginning Sewing</b>	Learn basic sewing techniques and reading instructions. Three projects will be completed. This class is designed for someone who doesn't know how to sew, or hasn't in many years and wants to get back into it. Will cover new machines and notions available, measuring, laying out fabric/pattern, marking tools, etc. Supplies will be discussed in the first class. Please inform us at the time of registration if you intend to bring your own machine.	Dowling	Oct 11 - Nov 22	W	1-4	\$47

# Westside Community Center Cottages ART Classes

Class Name	Description	Instructor	Date	Date	Times	Cost
<b>ALLA Prima: the Art of the Impressionist</b>	Students will create one painting a week in the style and techniques of the impressionists. <b>No class on Nov 2nd, Nov 9th, or Nov 23.</b>	Marquis	Oct 19 - Dec 14	Th	9-11	\$55
<b>Painting from the Heart – The Art of the Portrait</b>	Learn methods of adding emotion and mood to your paintings of people. Color, composition, and technique will be explored. <b>No class on Nov 2nd, Nov 9th, or Nov 23rd.</b>	Marquis	Oct 19 - Dec 14	Th	1-3	\$55
<b>Glazing Techniques in Watercolor</b>	Learn the technique of glazing color over color to add light and depth to your watercolors. <b>No class on Nov 3rd or Nov 10th.</b>	Marquis	Oct 27 - Dec 15	F	9-11	\$55
<b>Watercolor Painting Techniques (2)</b>	In this painting class, Techniques, you will gain an understanding and be directed toward the importance of designing before the first brush stroke lands on your paper. This formal planning stage has proven to be an essential part of the painting process and is greatly overlooked by many beginning artists. This strategy for producing repeatedly consistent quality painting will serve you well in your painting journey. Come prepared to paint every class. The goals of this class are to assist you in setting a design path for each of your paintings and then to incorporate timeless painting techniques to create successful paintings. Combining these critical design steps along with introducing primary and secondary focal points will strongly enhance the success rate of your paintings. Attendance in both sessions is recommended, but not required. <b>No Class on Tuesday, November 21st.</b>	Bustamante	Oct 31 - Dec 5	T	9-11:30	\$55
<b>Oil Painting: Understanding the Process (2)</b>	Understanding the technical aspects of the process of painting in this medium. This class is for two types of students, those who are brand new to oil painting and those students that might have gaps in their understanding of oil painting from informal teaching, multiple methods or teachers. Knowing the best practices frees the student to derive joy in the process of this traditional centuries-old discipline. This class is taught using your own materials where slides are used as a teaching aid. Note-taking encouraged as well as the practical component of how to best apply paint to canvas. Beginner-Intermediate levels. Attendance in both sessions is recommended, but not required. <b>No Class on Tuesday, November 21st.</b>	Bustamante	Oct 31 - Dec 5	T	12:30-3	\$55
<b>Gemstone Faceting</b>	Students will learn the basics of gemstone faceting including cutting and polishing transparent gemstones and learn a variety of cuts and shapes. The meet point method will be taught. Up to 2 additional students with their own equipment; please inform staff at time of registration if you will be using your own machine.	Quin/Massie	Oct 31 - Dec 12	T	1-3:30	\$47
<b>“Control the Water, Not the Paint” and other Watercolor Secrets (2)</b>	This class is designed for students who want to rapidly excel in the art of Watercolor painting. A heavy emphasis on artistic concepts of the medium will be covered, such as Transparency, Composition, Basic Color Theory, and most importantly Value. Emphasis will be placed on problem-solving, skill-building, and helping students develop a personal style. Specific techniques will be addressed to help students make good decisions and work through the process of painting in this medium. Students will be given a variety of reference photos for regular weekly homework! Attendance in both sessions is recommended, but not required. <b>No Class on Wednesday, November 22nd.</b>	Bustamante	Nov 1 - Dec 6	W	9-11:30	\$55
<b>Fixing and Repairing Watercolor Paintings</b>	Watercolor painting can indeed be fixed! One often hears artists say that you cannot fix a watercolor painting once you have painted it in part or as an entire painting. In this class, we will be exploring all the modern methodologies and techniques in this corrective process. There are many things you can do to repair a painting or part of it. This “watercolor fix it class” will teach you how to prevent problems in a watercolor painting and repair many mistakes that might seem hopeless. Come bring your painting to repair or painting to complete. Also, daily reference photos will be provided to paint in class. Attendance in both sessions is recommended, but not required. <b>No Class on Wednesday, November 22nd.</b>	Bustamante	Nov 1 - Dec 6	W	12:30-3	\$55
<b>Intermediate Sewing</b>	Learn to make a blouse and shirt using easy fabrics. Bring your own machine or use one of the Center’s. Also learn more advanced pattern adjustments, pockets, different collars, and attaching sleeves. This class is intended for those that already know how to sew, cut fabric, and read a pattern. Supplies will be discussed in the first class.	Dowling	Nov 3 - Dec 15	F	1-4	\$47
<b>Woodcarving</b>	Learn the art of woodcarving! This is a beginner and intermediate skill-level class. Materials provided, please bring your own carving tools. Some loaners for new students are available.	Noble	Nov 6 - Nov 27	M	9-11:30	\$60
<b>Fitting a Pattern to Your Body</b>	Learn to make a blouse and shirt using easy fabrics. Bring your own machine or use one the Center’s. Also learn more advanced pattern adjustments, pockets, different collars, and attaching sleeves. This class is intended for those that already know how to sew, cut fabric, and read a pattern. Supplies will be discussed at first class.	Dowling	Nov 13 - Dec 11	M	1-4	\$43

# WESTSIDE COMMUNITY CENTER COTTAGES

## LIFELONG LEARNING & SPECIALS

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

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**(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	Cost
<b>So You Love Your Home but... Stairs, Doors, and Hallways!</b>	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 it 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 remodel for safety, property tax assessments, and the inflationary time of the present.	Brown	Sep 6	W	1-2	FREE
<b>Beginning Ukulele</b>	Need a new & fun pastime that just may improve your brain? Ukulele is easy and fun. You will learn to tune the instrument, play basic chords and sing familiar songs with senior friends. You do not need to have your own Ukulele and can use one of the Senior Center’s during class time.	Wells	Sep 8 - Oct 20	F	11-12	\$35
<b>Learn and Play: Fun &amp; Easy Games</b>	Learn and play Racko, Golo, Golf and Phase 10. All skill levels and experience are welcome!	Toney	Sep 13	W	9:30-11	FREE
<b>Indoor Plants for a Colorado Home</b>	This class presents you with over 100 slides of beautiful foliage. Learn about the blooming and succulent plants that will grow in your home. Door prizes included!	Markley	Sep 13	W	1-2:30	FREE
<b>Annuities: To Have or Have Not</b>	Annuities can help solve problems or create new ones. We will discuss the various types of annuities, their uses and misuses.	Michels	Sep 20	W	10-11:30	FREE
<b>Boomers Can Live Well While Aging in Place</b>	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	Sep 27	W	1-2	FREE

# LIFELONG LEARNING & SPECIALS

Class Name	Description	Instructor	Date	Day	Times	Cost
<b>Silent Auction</b>	Active Aging is all about doing what you love often! Let's "Ignite Your Passions" by showing items of interest in our Annual Silent Auction. The auction and bidding will begin Monday, October 2nd at 9:00 am and will end Friday, October 6th at 3:00 pm. We will call the winners of the bidding on Friday. All proceeds will benefit the Senior Center. Items will be located in the center cottage at Westside Community Center. Keep your eye on items often so you don't get outbid!	STAFF	Oct 2 - Oct 23	M - F	9-3	FREE
<b>Let's Play Dominoes!</b>	Learn and play Mexican Train and Chicken Foot. All skill levels are welcome.	Toney	Oct 3	T	1-2:30	FREE
<b>Newcomers Orientation</b>	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	Oct 4	W	2-3	FREE
<b>Coffee with a Cop</b>	A fun hour of coffee and conversation with CSPD! Coffee with a Cop brings police officers and the community members they serve together over coffee to discuss issues and learn more about each other.	Wachs	Oct 6	F	9:30-10:30	FREE
<b>Have a Better Garden Next Year</b>	Colorado winters are unique with special challenge. What you can do now to help your garden grow better next year.	Markley	Oct 11	W	1-2:30	FREE
<b>Learn and Play: Easy Dice Games</b>	Learn dice games such as Farkle, Tensi, Quixx, and Roll for it. We will also learn games that only require a set of dice. All are welcome!	Toney	Oct 12	Th	10-11:30	FREE
<b>Wills Vs. Trusts</b>	What is the difference between a will and a trust and which one do you need? This class is taught by an attorney.	Morey	Oct 16	M	1-2:30	\$5
<b>Open Game Day</b>	We will play games such as Sequence, Rummikub, Skipbo, as well as card and dice games. All skill levels welcome. Rules taught as needed.	Toney	Oct 24	T	10-11:30	FREE
<b>Mediterranean Diet Workshop</b>	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 25	W	10-11:30	\$5
<b>Learn to Play Popular Card Games</b>	Learn and play card games such as whist, hearts, rummy, canasta and euchre! All skill levels welcome.	Toney	Nov 16	Th	1-2:30	FREE
<b>Avoid Becoming a Target - Personal Safety for Seniors</b>	A presentation on the recognition of possible dangers and preparedness tips to help older adults maintain a feeling of safety in home and community. This class is taught by a CSPD Detective who is part of the Crimes Against Older Adults Unit.	Wachs	Nov 20	M	1-2	FREE
<b>Let's Play Dominoes!</b>	Learn and play Mexican Train and Chicken Foot. All skill levels welcome.	Toney	Nov 29	W	9:30-11	FREE
<b>Learn and Play: Easy Dice Games</b>	Learn dice games such as Farkle, Tensi, Quixx, and Roll for it. We will also learn games that only require a set of dice. All are welcome!	Toney	Dec 1	F	9:30-11	FREE
<b>Newcomers Orientation</b>	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	Dec 6	W	2-3	FREE
<b>Open Game Day</b>	We will play games such as Sequence, Rummikub, Skipbo, as well as card and dice games. All skill levels welcome. Rules taught as needed.	Toney	Dec 11	M	1-2:30	FREE

# Westside Community Center

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## HEALTH

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+

All Classes located in the Cottages (1616 W. Bijou) unless otherwise indicated

Class Name	Description	Instructor	Date	Day	Time	Cost
<b>Thrive at 65!</b>	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	Sep 11	M	1-2	FREE
<b>Journey to Grief Recovery</b>	Our losses in life can be devastating and confusing, both those that are old and those that are recent. What do we do to cope or even run away from our grief? Losses affect us all whether from death, divorce, health, relationships, and more. Come face unresolved grief, begin to let go of the pain and move towards a better life. This class is facilitated by a Certified Grief Recovery Specialist.	Myers	Sep 25 - Nov 27	M	11-12	FREE
<b>Medicare 101 for Spanish Speaking People</b>	Navegar por Medicare no debería ser un viaje épico si conoces los conceptos básicos. Ven y únete a nuestra clase. Navigating Medicare should not be an epic journey if you know the basics. Join our class in Spanish.	Lopez	Sep 18	M	1-1:30	FREE
<b>Nurse Chats: Normal Aging</b>	What is considered normal aging with your body? Come ask questions and hear what you can expect with you body as you age.	Bakken	Sept 20	W	1-2	FREE
<b>Jeopardy with Rocky Mountain PACE</b>	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	Sept 22	F	1-2	FREE
<b>Preparing for Medicare Annual Enrollment</b>	Reviewing Medicare options every year is critical! Identify key factors for comparing Medicare plans going into 2024.	Hennessy	Oct 10	T	1-2	FREE
<b>Medicare 101</b>	Your Medicare choices are many and maybe to the point of confusion! We will explore the various forms of Medicare with an emphasis on the consumer.	Michels	Oct 11	W	10-11:30	FREE
<b>Medicare Coverage for Cancer Treatments</b>	According to the American Cancer Society, 40% of men and 39% of women will develop cancer in their lifetime and 80% of new cancer cases in the United States are diagnosed in people over the age of 55. Understanding how Medicare covers cancer screening and treatment can help protect you from unexpected costs so you can focus on recovery.	Lopez	Oct 18	W	1-1:30	FREE
<b>Nurse Chats: Blood Pressure 101</b>	Learn the normal blood pressure reading that is recommended and what it means. If you have equipment or want to check the accuracy of your machine, bring it in and we'll assess at the end of the class.	Bakken	Oct 25	W	1-2	FREE
<b>Medicare &amp; Women's Health</b>	Acting as a safety net, Medicare provides essential healthcare benefits to all eligible individuals regardless of gender, race, sex, religion, or financial status. Comprising over half of eligible beneficiaries, since Medicare began in 1966, women can take advantage of expanded coverage and benefits including access to preventive care, routine checkups, screenings and exams that are vital to their overall health.	Lopez	Nov 6	M	1-1:30	FREE
<b>Medicare for Veterans and their Spouses</b>	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 13	M	1-2	FREE

# Westside Community Center HEALTH

Class Name	Description	Instructor	Date	Day	Time	Cost
<b>Nurse Chats: 6 Warning Signs</b>	6 common warning signs that should not be ignored. Learn what you may need to report to your healthcare provider.	Bakken	Nov 22	W	1-2	FREE
<b>Medicare and Home Health Care</b>	While recovering from an illness or injury, your doctor may recommend that you receive some form of rehabilitation – this could be done in a nursing home, through outpatient therapy or by receiving health care services in the comfort of your home. Learn what is covered and what is not covered.	Lopez	Dec 6	W	1-1:30	FREE
<b>Nurse Chats: Polypharmacy</b>	Why am I taking all these medications? This class will discuss the risk of taking too many pills and supplements and potential side effects that could occur.	Bakken	Dec 13	W	1-2	FREE
<b>Medicare and Medicaid</b>	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	Dec 13	W	1-2	FREE

## FITNESS

Drop-in option available as space allows for \$10.

Class Name	Description	Instructor	Date	Day	Time	Cost
<b>Yoga Flow</b>	Flow with your breath from posture to posture beginning with centering and warm-up, a standing sequence to tone and strengthen, followed by seated postures and ending with deep relaxation. Build more awareness, strength, and flexibility. No experience is necessary, gentle enough for beginners with variations for those who are more advanced. Please bring your own yoga equipment. Please note, this is a mat-based class and requires the ability to get up and down off your mat without assistance.	Kleiner	Sep 5 - Oct 20 Oct 31 - Dec 15	T/F T/F	9-10:15 9-10:15	\$60 \$60
<b>Breathwork, Meditation and Chair Yoga</b>	Explore a well-rounded yoga practice with Brian! We will start with some gentle breathing exercises for calm and focus followed by some yoga poses to create space and comfort within the body. The last part of the class will be devoted to short meditation experiences designed to encourage the beginner and sustain the seasoned practitioner.	Kleiner	Sep 5 - Oct 17 Oct 31 - Dec 12	T T	10:30-11:30 10:30-11:30	\$35 \$35
<b>Zumba Toning</b>	Zumba Toning mixes low and high-intensity moves for an interval-style, calorie-burning dance fitness party with the addition of optional toning sticks for added weight training. This is a total workout, combining all elements of fitness -- cardio, muscle conditioning, balance and flexibility. The toning sticks are maraca style hand weights that serve two purposes in class: to provide mild resistance while training the participant, and to provide participants with an "instrument" to create sound and music to accompany the rhythms. Come ready to sweat, and prepare to leave empowered and feeling strong!	Borchers	Sep 11 - Oct 23 Oct 30 - Dec 13	M M	9:30-10:15 9:30-10:15	\$30 \$30
<b>Zumba Gold</b>	Zumba Gold® is an exhilarating, effective, easy-to-follow fusion of Latin and international music. You will combine low and high-intensity moves for an interval-style, calorie-burning dance fitness party! You will have a serious dose of positive energy and good vibes every time you leave the class. <b>This class is located in Hughes Hall. (1628 W. Bijou)</b>	Borchers	Sep 11 - Oct 23 Oct 3 - Dec 13	M/W M/W	10:30-11:30 10:30-11:30	\$55 \$55

## SILVERSNEAKERS CLASSES

SilverSneakers Classes are free for SilverSneakers and Renew Active members, but registration and scanning in is still required. Non-SilverSneakers members must pay for the class at registration. Drop-in option available as space allows. \$10 for Non-SilverSneakers or Non-Renew Active members. Located in Hughes Hall (1628 W. Bijou).

Class Name	Description	Instructor	Date	Day	Time	Cost
<b>SilverSneakers Classic</b>	Move to the music through exercises designed to increase muscle strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance training. A chair is used for support. This class is suitable for beginning to intermediate skill levels. <b>No class Thursday, Nov 23rd.</b>	Lord	Sep 5 - Oct 19 Oct 31 - Dec 19	T/Th T/Th	9-9:45 9-9:45	\$50 \$50
<b>Silver Sneakers Circuit</b>	This workout offers standing, low-impact choreography combined with standing full body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants. <b>No class Thursday, Nov 23rd.</b>	Lord	Sep 5 - Oct 19 Oct 31 - Dec 19	T/Th T/Th	9:55-10:40 9:55-10:40	\$50 \$50