

DOWNTOWN YMCA

207 N. Nevada Ave

Registration begins Monday, August 5th at 8 a.m.

- **By Phone:** (719) 955-3400 or (719) 209-1717
- **On-line:** csseniorcenter.com
- **In person:**
Westside Community Center East Cottages (1616 W Bijou St): Mon-Fri, 8-4
Downtown YMCA (207 N Nevada Ave): Mon-Fri, 8-4

Please note: No in-person registration at Southeast YMCA

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

LIFELONG LEARNING

Class Name	Description	Instructor	Date	Day	Time	Cost
Continuing Bridge	Improve your bridge game! These are informal classes that will work on better bidding, play & defense for those already familiar with the game of Bridge. Refresh your past skills with an ACBL-accredited teacher.	John	Sep 11-Oct 23	W	1:30-2:30	FREE
Learning to Play Bridge	This class is designed for those new to the game of Bridge. Learn how to play Bridge with an ACBL-accredited teacher.	John	Sep 11-Oct 23	W	2:30-3:30	FREE
How to apply for LIS to lower your Medications	This Extra Help program helps people with limited income and resources to lower or cut Part D costs. Medicare Part D provides drug coverage. The Extra Help program helps with the cost of your prescription drugs, like deductibles and copays. You can apply for Extra Help before or after enrolling in Part D.	Floribel	Sep 12	Th	2:00-3:00	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 26	Th	1:30-2:30	FREE
Medicare 101 and Changes for 2025	An explanation of all the Medicare components and changes for 2025	Floribel	Oct 8	T	2:00-3:00	FREE
You're Not Stuck	If you are 62+, the Federal Housing Authority has amazing programs for you. Forget everything you knew about home ownership when you were younger. Come hear why you're not stuck if you want to move up, move down, downsize or upsize.	Julie	Oct 18	F	2:00-3:00	FREE

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TECHNOLOGY

Taught by SENIOR PLANET certified instructors.

SENIOR PLANET

FROM AARP®

Class Name	Description	Instructor	Date	Day	Time	Cost
Finding Information Online	Take advantage of the power of the internet to find information, search topics, and more! The internet is an incredible resource, but finding what you're looking for can sometimes be daunting or time-consuming. That's why finding what you're looking for online is such an important skill. This hands-on workshop will review helpful tips for using effective search terms, evaluating your search results, and searching within a reliable site for accurate information.	Pam	Sep 9	M	1:00-3:00	FREE
Ridesharing Apps	Have you ever needed a ride somewhere but couldn't find anyone to help? In this class you will learn the basics for using ride sharing apps so you won't be left without transportation when you need it!	Ila	Sep 10	T	1:00-2:00	FREE
Online Tools for Contacting Lawmakers	Learn how to get your opinions in hands of right lawmaker Online tools that can help people identify and find contact information for their local, county, state, and federal elected officials.	Ila	Oct 15	T	1:00-2:00	FREE
Streaming & Smart TVs	Back By Popular Demand! Are you paying for TV channels you don't watch? Learn why people are "cutting the cord" and using streaming services instead!	Tom	Oct 17	Th	2:00-3:00	FREE

SENIOR PLANET

FROM AARP®