

WESTSIDE COMMUNITY COTTAGES

1616 W. Bijou St.

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 (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 Armed Services YMCA)

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



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. If you are NOT registered for the class a Drop-in option available as space allows for \$10.

FITNESS

Class Name	Description	Instructor	Date	Day	Time	Cost
Silver Sneakers Stability	To help you become stronger and improve balance, this class teaches specific exercise to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention; a standing endurance of 30 minutes is needed.	Suzanne	Sep 9-Oct 24	M/Th	9:00-9:45	\$50
Silver Sneakers Yoga	Move your whole body through a complete series of seated and standing yoga poses. Chair support if offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.	Suzanne	Sep 9-Oct 24	M/Th	10:-10:45	\$50
Silver Sneakers Classic	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.	Staff	Sep10-Oct 24	T/Th	9:00-9:45	\$50
Silver Sneakers Circuit	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..	Staff	Sep10-Oct 24	T/Th	9:55-10:40	\$50
Zumba Gold®	Zumba Gold® is perfect for active older adults who are looking for a modified class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba Gold® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!	Wilma	Sep 9-Oct 21	M	10:30-11:30	\$45
Breathwork, Meditation, and Chair Yoga	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.	Brian	Sep10-Oct 22	T	10:30-11:30	\$40
Yoga Flow	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 note this is a mat-based class and requires the ability to get up and down off your mat without assistance.	Brian	Sep10-Oct 25	T/F	9:00-10:15	\$60
Mat Pilates	Strengthen deep muscles of abdomen, hips and spine. Improve flexibility, balance, and mobility while working to build bone density. This is a mat-based pilates class. This class has a Drop-In option.	Suzanne	Sep 12-Oct 24	Th	11:00-11:45	\$35

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HEALTH

Class Name	Description	Instructor	Date	Day	Time	Cost
Dementia Bootcamp 101- Education for Family & Support	This course is for family caregivers who want to gain knowledge about dementia and strategies that can be used when providing care. We will also focus on the person experiencing this disease as well as self-care aspects for the caregiver.	James	Sep 9	M	11:15-12:45	FREE
Culinary Series - Mediterranean Lifestyle Cooking	Exploring the regional style with focus on dishes of Greece, Italy and Spain. Delve into why the Mediterranean diet supports a healthy lifestyle and ways to incorporate this cooking style into your daily life. We will prepare a sample culinary dish with the group. Culinary Dish - Zesty Lemon and Tomato Chicken	Lisa	Sep 11	W	10:00-11:30	FREE
Medicare 101	Medicare 101: Feeling overwhelmed by Medicare? Join this "Medicare 101" class to get clear, expert guidance on understanding your options and maximizing your benefits. Learn about the different parts of Medicare and how to choose the best plan for your needs.	Sean	Sept 11	W	11:30-1:00	FREE
Nurse Chats	Thyroid, learn why this gland is so important in overall health	Anne	Sep 18	W	12:00-1:00	FREE
Culinary Series Seasonal Eating	Summer is not the only time for vegetables. 7 ways to add more vegetables to your diet. A review of seasonal eating and introduction to cooking with seasonal fruits & vegetables all year long. Recipe suggestions and handouts will be included. We will prepare one culinary dish as a group: Chicken & Zucchini meatballs with Feta Cheese.	Lisa	Sep 25	W	10:00-11:30	FREE
Demystifying Fats	Discover why fats are essential for health and learn why nutrient-dense high-fat foods should be part of a healthy diet	Kat	Sept 25	W	12:00-1:00	FREE
Diabetes/ Hypertension Self-Management Workshop	This workshop is designed to provide a basic understanding of diabetes and hypertension to people who want to learn how to successfully self-management their chronic diseases. This class is provided for educational purposes.	Gloria	Oct 2	W	11:30-12:30	FREE
Culinary Series: Sipping Smarter	Fresh new drink trends for healthier drink options including kombucha, antioxidant teas, flavored waters, non-alcoholic and low alcohol alternatives for cocktails and beers. Group culinary choice: Small bite choices including fruits and vegetables to accompany non-alcoholic selection of beverages.	Lisa	Oct 9	W	10:00-11:30	FREE
Nurse Chats	How to be your own advocate for medical appointments, use questions and notes to make your appointments go smoothly	Anne	Oct 23	W	1:00-2:00	FREE
Culinary Series Super Foods For Seniors	Energy & Immune boosting foods to add to your meals. What are superfoods and why do they matter? Creative recipes including plant forward meal ideas. As a group we will cook 1 dish. Culinary option - Salmon with honey citrus glaze.	Lisa	Oct 23	W	10:00-11:30	FREE