

# 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 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
<b>Learn to Make Beautiful Paper Flowers</b>	Using coffee filters, wooden skewer, floral tape and a little paint or glitter, create a beautiful life like flower. Make a group of flowers, add some greenery in a container and make a lovely bouquet to take home. \$5 for supplies.	Susan	Sep 9	M	10:30-12:00	\$5
<b>Learn to Play Chess</b>	This class is for those brand new to chess or those wanting to learn some strategies and techniques. Stay after class to practice your skills in chess club!	Jerry	Sep 13-Oct 25	F	11:00-12:00	FREE
<b>Ukulele Level 1</b>	Need a new & fun pastime that just may improve your brain? Ukulele is easy and fun. This introductory course is intended to teach you to tune the instrument, play basic chords, and sing familiar songs with senior friends. You do not need to have your own Ukulele or you can check out one of the Senior Center's during class time.	Lynn	Sep 13-Oct 25	F	1:00-2:30	\$40
<b>Ukulele Level 2</b>	Do you know the main chords and your able to strum a few songs? Are you ready to learn more, like tablature and melody playing? Great fun to sing and play with your friends.	Lynn	Sep 13-Oct 25	F	2:45-4:00	\$40
<b>Getting Long-Term Care Planning Right</b>	Long Term Care costs are increasing and are likely the largest cost seniors may face in retirement. In this class, we'll discuss the common 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 get help designing a long-term care plan specifically for them and their loved ones.	Nick	Sep 16	M	1:00-2:30	FREE
<b>Macrame Keychain</b>	Discover the art of macramé and fashion your own stylish keychain in this immersive workshop. Learn essential knotting techniques, allowing you to create intricate designs and personalize your accessory. Bring home not just a keychain, but a newfound skill and a keepsake that reflects your unique style.	Briana	Sep 17	T	1:00-3:00	\$3
<b>Aging In Place</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 responding to a health event or crisis, but with a plan. Let us help you answer the question: "What will it take for you to age-inplace in your home and within your community?"	Charlie	Sep 23	M	1:00-2:30	FREE
<b>Macrame Halloween Ghost</b>	Elevate your Halloween decoration with a charming touch of macramé magic by crafting your own ghostly companion. Join our workshop to master macramé techniques tailored to create adorable ghost designs perfect for the spooky season. Transform simple cords into hauntingly beautiful decorations that will enchant any space with their spectral charm.	Briana	Oct 8	T	10-12:00	\$3

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Class Name	Description	Instructor	Date	Day	Time	Cost
<b>Thrive at 65</b>	Thrive at 65: Gain expert insights and clear guidance to confidently navigate your healthcare options and all medicare plans have to offer Sign up today and thrive at 65!	Sean	Oct 9	W	11:30-1:00	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, senior services and much more.	Staff	Oct 11	F	11:00-12:00	FREE
<b>Beginners Sewing</b>	Learn basic sewing techniques and reading instructions. Bring your own machine or use one of the center's 5 machines. Three projects to be completed. For someone who doesn't know how to sew or hasn't in many years and wants to get back into it this course will bring you up-to-date on latest new resources. Will cover new machines and notions available, measuring, laying out fabric/pattern, marking tools, etc. Supplies will be discussed at first class.	Barbara	Oct 14-Nov 25	M	1:00-3:30	\$25
<b>Learn to Make Unique Bookmarks</b>	Using waxed cotton twine, beads, and charms, make bookmark for yourself, friends and family. The twine lays down the inside spine and the charms and beads extend over the top and bottom of your book to mark your place. \$5 for supplies.	Susan	Oct 15	T	1:00-2:30	\$5
<b>Learn to sew a Market Bag</b>	The goal of this class is to start from the bottom up and get one comfortable with how to use a sewing machine. Each student will make a market bag during this class as a result of learning (or relearning) how to thread machine, wind bobbins, machine maintenance, sewing techniques and sewing skills.	Peg	Oct 15-Oct 29	T	12:45-3:15	\$20
<b>Assisted Living-Is It Time?</b>	Making the choice to move to senior assisted living can be difficult and confusing. When is the right time? Where do I (we) start? We will discuss these matters to simplify this life changing decision.	James	Oct 16	W	11:00-12:30	FREE
<b>Understanding Retirement Risks</b>	Seniors face different risks in retirement than they encountered during their working years. Understanding these risks and how to mitigate them may lead to a much better retirement experience. We will discuss the various risks associated with retirement and strategies to lower the chances of failure.	Nick	Oct 18	F	1:00-2:30	FREE
<b>Traveling with Collette</b>	Learn more about Traveling with Collette on a guided tour that provides extraordinary travel experiences to must see destinations. Experience what other travelers have enjoyed for over 100 years with Collette, an unforgettable experience while traveling with your fellow community members. Hear about our new trips that we are offering in 2025!	Robin	Oct 23	W	11:30-12:30	FREE
<b>Tie Dye Your Holiday Gifts</b>	Great for any skill level - extraordinary results guaranteed! We'll review the basics of tie dye and help you fulfill your holiday gift list. We'll have lots of samples and ideas for a variety of results. Bring any items that are 100% cotton that have been prewashed and dried without fabric softener for best results. (Synthetic fibers will not take the dye.) All other supplies are included. There will be time to complete at least two or three projects in this 3-hour workshop. For T-shirts, we recommend Gildan brand available at Hobby Lobby, Walmart and other craft suppliers for around \$5 each. These stores also have good selections of other projects you can tie dye, like hats, backpacks, shopping bags, aprons, kids stuff and more. Solid white will work best, but lighter solid colors will work great, too. Wear clothes you won't mind getting splattered with dye, or bring an apron to wear.	Dawnie	Oct 29	T	9:00-12:00	\$10