

WESTSIDE COMMUNITY COTTAGES

1616 W. Bijou St.

Registration begins Monday, October 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, 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 is 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	Nov 4-Dec 19	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 is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.	Suzanne	Nov 4-Dec 19	M/Th	10:-10:45	\$50
Silver Sneakers Classic	Move to the music through exercises designed to increase muscle strength and range of movement for activities of 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	Nov 5-Dec 19	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	Nov 5-Dec 19	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	Nov 4-Dec 16	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	Nov 5-Dec 17	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	Nov 5-Dec 20	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	Nov 7-Dec 19	Th	11:00-11:45	\$35

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HEALTH

Class Name	Description	Instructor	Date	Day	Time	Cost
Culinary Series: Holiday Healthy Cooking	Holiday cooking ideas to incorporate great tasting, healthier choices into your holiday meals. As a group we will prepare one item and taste another. Culinary dishes - Squash Macaroni & Cheese and Roasted Veggie Salad	Lisa	Nov 6	W	10:00-11:30	FREE
Feed your Brain	Is your brain starved for better nutrition? Do you find it hard to focus or concentrate? This is a class for you! Learn the secrets of a better brain at any age.	Kat	Nov 13	W	2:00-3:00	FREE
Veterans and Medicare	Veterans and Medicare: Attention veterans! Learn how Medicare works with VA, Tricare, and CHAMPVA benefits. Get expert guidance on maximizing your healthcare options and understanding how to coordinate your coverage effectively. Sign up today to make the most of your benefits.	Sean	Nov 15	F	11:00-12:30	FREE
Nurse Chats	Chest pain versus Indigestion, How do I know if I'm having a heart attack	Anne	Nov 20	W	12:00-1:00	FREE
Culinary Series Pan Meals, Soups and Stews	The end of the year is always a busy time. Make the most of your meals with simple, tasty one pan meals that can be enjoyed by you and your crew. As a group we will make one dish. Culinary dish - Pasta Fagioli.	Lisa	Nov 20	W	10:00-11:30	FREE
Culinary Series Grocery Tips to Shop and Save	A fun and engaging look at updating your grocery shopping experience. Ideas to maximize your food budget with variety and healthy choices. Review tips for shopping as a single or couple and ways to shop to reduce food waste. Culinary Dish - Cashew Pork Stir Fry-will offer dish without nuts	Lisa	Dec 4	W	10:00-11:30	FREE
Nurse Chats	Winter Health tips for Seniors, learn ways to be more healthy during the winter months.	Anne	Dec 4	W	1:00-2:00	FREE
Culinary Series Holiday Ready Recipes & Cookies	Explore fun recipes to make and share during the holidays without spending hours in the kitchen. Culinary dishes - Pepper Jack Spinach Dip & Icebox cookies.	Lisa	Dec 18	W	10:00-11:30	FREE