

# 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 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 Crochet a Scarf</b>	This is a beginners crochet class, but all are welcome! By the end of the seven weeks, you will have a beautiful scarf and a lifelong skill.	Maisie	Nov 6-Dec 4	W	12:30-3:00	\$10
<b>Emergency Preparedness for Seniors</b>	Emergencies often do not tell you they are coming. What do you do when it suddenly occurs? What steps can we take to prepare ourselves and be ready? Do not be scared, be prepared!	James	Nov 7	Th	10:00-11:30	FREE
<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	Nov 8-Dec 20	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 you can check out one of the Senior Center's during class time.	Lynn	Nov 8-Dec 20	F	1:00-2:30	\$40
<b>Ukulele Level 2</b>	Do you know the main chords and are able to strum a few songs? Are you ready to learn more, like tablature and melody playing? Great fun to sing and play with friends.	Lynn	Nov 8-Dec 20	F	2:45-4:00	\$40
<b>Macrame Plant Hanger</b>	Unravel the art of macramé and elevate your indoor jungle with our plant hanger workshop. Join me to learn the intricate knotting techniques that will transform humble cords into stylish hangers for your favorite green companions. Bring nature indoors in style and leave with not just a beautiful hanger, but the skills to adorn your space with personalized botanical accents.	Briana	Nov 12	T	10:00-12:00	\$3
<b>Reviewing Long Term Care</b>	We will explore the various forms of care, care venues, their costs and how to plan for this type of care.	Pat	Nov 13	W	11:30-1:00	FREE
<b>The Psychology of Scams</b>	Scammers are using more sophisticated methods to separate victims from their money. In this class, you'll learn ways potential victims are identified and techniques used by scammers and fraudsters. We'll dive into the common methods of manipulation criminals use to steal your identity and/or your assets. You'll receive checklists on steps to take if you've become a victim of identity theft or a scam. We'll also discuss the most common scams: how to identify them and help prevent them.	Nick	Nov 22	F	11:00-12:30	FREE
<b>Choosing a financial Caregiver</b>	What is a financial caregiver? What are their responsibilities and how do I choose the right person?	Kelly	Nov 22	F	10:30-11:30	FREE
<b>Fitting a Pattern to Your Body</b>	Learn how to select the correct size to a pattern so you always look proportioned to your body. Then learn how to adjust patterns to look like they were designed specifically for you. Come prepared to be measured so wear good fitting foundation garments. Supplies needed are two different colored pencils, an eraser, a booklet for note taking, and a seam gauge.	Barbara	Dec 2-Dec 30	M	10-12:30	\$25
<b>How to Make Greeting Cards</b>	This class is for beginners only, and will teach instructions for making adorable, handmade greeting cards. You will learn how to cut, decorate and make your own cards to give for Birthday, Mother's Day or any occasion. Once you learn the basics, you will explore hours of fun and creativity!	Jennifer	Dec 2-Dec 16	M	12:00-2:00	\$10

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### LIFELONG LEARNING

Class Name	Description	Instructor	Date	Day	Time	Cost
<b>Macrame Reindeer Tree Ornament</b>	Embark on a festive journey into the world of macramé as we craft charming reindeer tree ornaments together. Delve into the art of knotting and weaving to create adorable miniature reindeer adorned with holiday cheer.	Briana	Dec 3	T	10:00-12:00	\$3
<b>Understanding Annuities</b>	An annuity can solve a problem or create a new one. We will review the various types of annuities available, their uses and how to be a wise consumer when shopping for one.	Pat	Dec 11	W	9:30-11:00	FREE
<b>Low Income and Medicare</b>	Low Income and Medicare: Navigating Medicare on a budget? Join us to learn how to maximize your Medicare benefits, especially for low-income individuals. Discover programs and options that can help reduce costs and provide comprehensive coverage.	Sean	Dec 13	F	11:00-12:30	\$25
<b>Learn to Make Beautiful Paper Flowers</b>	Using coffee filters, wooden skewers, 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.	Susan	Dec 13	F	11:00-12:30	\$5
<b>A Million Thanks</b>	The "We Honor Veterans" program proudly supports the A Million Thanks initiative, which aims to honor both veterans and active-duty military personnel. A Million Thanks focuses on sending letters of gratitude to these brave individuals for their service. Envision Hospice is dedicated to this cause by helping to facilitate the program, providing stationery, and managing the collection and distribution of these heartfelt letters. Both We Honor Veterans and Palliative Hospice National organizations are committed to addressing the unique needs of our veterans and their families	Julie	Dec 17	T	10:00-11:00	FREE
<b>Basic Estate Planning</b>	In this class, we'll cover the foundations of an estate plan. We'll discuss common estate planning mistakes and ways to help avoid them, tips that may help avoid probate, and how to potentially disinherit Uncle Sam. You'll receive checklists on issues to consider when reviewing your planning documents and before updating your estate plan. You'll also receive a guide to help organize your important assets.	Nick	Dec 18	W	1:00-2:30	FREE
<b>Understanding Powers of Attorney</b>	In this class we will discuss what a financial caregiver is and the responsibilities of choosing the right person.	Kelly	Dec 19	Th	11:30-1:00	FREE

### SPECIALS

Class Name	Description	Instructor	Date	Day	Time	Cost
<b>Bingo!</b>	Come play Bingo with us! Bingo is an enjoyable game of chance and a way to socialize and have fun with friends. There will be no exchange of money or cash prizes, but winners will get some prize swag!	Staff	Nov 14 Dec 11	Th W	10:00-11:00 9:00- 10:00	\$1
<b>Pancake Breakfast</b>	It's pancake time! You will get pancakes, juice/coffee, and fruit for a great price. Come and eat breakfast with friends. Registering in advance is preferred so we are well prepared. Mark your calendars for the 3rd Friday of every month!	Staff	Nov 15 Dec 20	F F	9:00-10:00 9:00-10:00	\$3 \$3
<b>Gift Wrapping Event</b>	We have Kaiser Permanente here to do a gift wrapping event to help our patrons wrap up those goodies you bought at the Craft Fair (or any other place) for the holidays! Limit 3 gifts per person please.	Kaiser Permanente	Dec 11	W	10:00-12:00	\$2
<b>Gingerbread House Building and Decorating Competition</b>	We supply the gingerbread house, you supply your skills! Even if this is your first time building and decorating a gingerbread house, we want you to join! Tis the season! We will display all the houses here and everyone can vote. At the end of the week, we will tally up the votes and whomever gets the most votes wins the prize! Happy Holidays.	Community	Dec 9	M	1:00-3:00	\$10
<b>Mix and Mingle-Cookie Swap + Ugly Sweaters</b>	Holiday cookies are everyone's favorite, and who doesn't have an ugly Christmas sweater? Let's mix the two! Bring two dozen of your favorite holiday cookie wrapped in twos. Everyone will swap, and you will leave with a variety of delicious cookies. Wear your "best" ugly Christmas sweater, and get a laugh when you see what everyone else is wearing!	Community	Dec 12	Th	11:00-12:30	FREE