

LIFELONG LEARNING

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| Class Name | Description | Instructor | Date | Day | Time | Cost |
|--|--|---------------------------|----------------|-----|------------|------|
| Indoor Plants for Health & Beauty | Indoor plants purify the air, provide aesthetic beauty, make great "pets" and grow in the winter when nothing outside will! Learn skills that will help you select plants to grow and thrive in your home. | Markley | August 27 | F | 1-2:30 | \$3 |
| Essence of Panama | The diversity of Panama unfolds as you discover the colonial architecture of Panama City and the UNESCO World Heritage Site of Casco Antiguo. Witness the engineering marvel that is the Panama Canal while sailing to the Pacific Ocean on a partial transit. Immerse yourself in the local customs and craftsmanship from traditional dresses and sandals to the nation's famous rum. Experience Panama's beautiful beaches with a two-night stay at an all-inclusive resort. You'll experience it all on this tour of Panama. | Kreisher | September 13 | M | 10-11 | FREE |
| Dining with Diabetes | Class location offsite at: Colorado State University Extension El Paso County – 17 North Spruce Street, Colorado Springs, CO 80905. Dining with Diabetes is a Colorado State University Research and Extension health and wellness program that consist of a series of four in-person classes that includes learning, demonstrations, physical activity and how to prepare healthy foods. The program's focus is to help individuals learn strategies to lessen the health risks of diabetes. You will eat meals in every class that you have helped prepare. Participants receive: professional handouts, laminated handouts, cooking utensils, cook book, CSU Certificate, and meals. | Lucero | Sep. 13-Oct. 4 | M | 10-12 | \$30 |
| Preventing Falls this Fall Season | Safety First! Learn how an occupational therapist can identify, prevent and help you to avoid falls in your home and community. | Albert | September 14 | T | 1-2 | FREE |
| Solving the Social Security Puzzle | Social Security is a major source for most couple's retirement income. In this class, you'll learn the basics of how to get the most from your benefits. We'll discuss when it makes sense to claim at a later age and when it makes sense to claim early. We'll also cover how a PERA pension impacts Social Security benefits. You'll learn how to coordinate your Social Security with your other sources of income. | Naseman | September 16 | Th | 1-2:30 | FREE |
| Wills & Trusts | Learn from an Attorney what is the difference from wills and trusts. Find out which option is best for you. | Morey | September 20 | M | 1-2:30 | \$3 |
| Indoor Plants for Health & Beauty Part II | Brief review of selecting and growing plants that will fit for your home. Plus, when and how to replant (with a demonstration), how to make plants attractive as well as growing and blooming plants. Attending Part I is not required. | Markley | September 24 | F | 1-2:30 | \$3 |
| The Magic of Bees | Join us and learn everything you ever wanted to know about bees from local experts Dolly and Leonard, owners of the Rocky Mountain Bee Supply.. | Rocky Mountain Bee Supply | September 28 | T | 1-2 | FREE |
| Mountain Metro City Buses | Come and learn about our great city's bus transportation routes! Learn to make connections without waiting 45 minutes in between. Did you know that you might be able to ride for FREE? | Anderson | October 11 | M | 10-11:30 | FREE |
| Long Term Care Planning | Long Term Care costs are increasing and are likely the largest cost seniors may face in retirement. In this class, we'll discuss the 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. | Naseman | October 19 | T | 1-2:30 | FREE |
| A Jewel in Our Midst - Sisters of Mount St. Francis | We, the Colorado Springs Franciscans, are the Saint Joseph Province of an international congregation, the Sisters of Saint Francis of Perpetual Adoration. Our Congregation was founded in Olpe, Westphalia, Germany, in 1863, by Maria Theresia Bonzel. The life vision and charisma of Saints Francis and Clare so inspired Maria Theresia that she founded her new community as a Third Order Franciscan Congregation. | Leich | October 20 | W | 9:30-10:30 | \$5 |
| Learn to Play Bridge | Improve your bridge game! These are informal classes that will work on better bidding, play & defense. Learn to play bridge or refresh your past skills with an ACBL accredited teacher. | Bridge Center | Oct. 20-Dec 2 | W | 10-11 | FREE |
| Improve Your Garden For Next Year | Simple things to do that will protect your garden over the winter and give it a better start in the spring. Gain knowledge on how to make decisions about when, how and why to water, trim, mulch, cover and/or fertilize. | Markley | October 22 | F | 1-2:30 | \$3 |

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| What Happens To My Stuff When I Die? | A step by step explanation of how different assets are transferred upon death. | Morey | October 26 | T | 1-2:30 | \$3 |
| Harley's Hope | Join us for an overview of the wonderful organization called Harley's Hope, Colorado's only multi-service, safety net charity focused on keeping pets and people together since 2010. Topics will include our mission and programs, with particular emphasis on our Older Pet Parent Services (OPPS), the need to prepare when you live alone with your pet, and how to create a simple pet trust to ensure your pet's health and safety. | Bullock | October 25 | M | 10-11 | FREE |
| Elections in America | The complexity of U.S. elections, types of elections, and impact of Supreme Court decisions. Some of the major problem areas in U.S. elections: who is allowed to vote; impact of religion and regionalism, mass political party and elections, hyper-partisan tribalism; gerrymandering, ever-escalating costs of elections, campaign Finance reforms, the mechanics of voting." | LeMay | November 9 | T | 9:30-10:30 | \$5 |
| Brainstorming Tea | You give us your ideas and we'll give you tea and treats - heck of a deal, right?!?! Please join us for an afternoon and bring your ideas and suggestions for a class, trip or whatever! Your suggestions have been invaluable in helping us plan programs for you, so keep your ideas coming! | Pouncey | November 16 | T | 1-2 | FREE |
| Colorado's Jekyll & Hyde: Jim Chivington | Chivington was not alone when it came to orchestrating the Sand Creek Massacre. There's speculation that Major General Samuel Curtis was just as culpable as Chivington and that Sand Creek had more to do with achieving manifest destiny than punishing hostile Indians. Join us for this one of a kind history lecture! | Leich | November 17 | W | 9:30-11 | \$5 |
| Basic Estate Planning | In this class, you'll learn the foundations of a solid estate plan. We'll discuss common estate planning mistakes and how to avoid them, tips to avoid probate, and how to 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 passing on your legacy. | Naseman | November 19 | F | 1-2:30 | FREE |
| Mexican Bingo | Hola! Join us for a fun game of Mexican bingo! Instead of numbers on the card you will find pictures, we will use beans as our markers and once your card is full, you win! (no money will be exchanged) | Staff | November 30 | T | 1:30-2:30 | \$1 |
| The Joy of Geocaching | Join the world's largest treasure hunt! There are millions of geocaches hidden around the world - there are probably some near you right now. Equipped with GPS devices or smartphones, players use coordinates to locate strategically placed hidden containers called geocaches. Geocaches hold written logs and small prizes. The idea is that you take the prize and leave a new trinket, but of course, the real prize is the scenery along the way. Sound like a challenge? With more than 22,000 geocaches in Colorado, you're sure to find one! | Pouncey | December 2 | Th | 1-2 | \$3 |
| The Transformative Presidents | The concepts of transformative presidents, realigning elections and seven examples of transformative presidents: Thomas Jefferson, Andrew Jackson, Abraham Lincoln, William McKinley, Franklin Delano Roosevelt, Ronald Reagan, and Barack Obama. | LeMay | December 7 | T | 9:30-10:30 | \$5 |
| Holiday Jam | Holiday jam is like the ultimate holiday treat! One of those scrumptious pleasures that only comes around once a year! Join us for this fun class and make your very own holiday jam! Supplies are provided in class and you will have a jar of jam to take home! | Lucero | December 7 | T | 1-3 | \$8 |
| The Psychology of Scams | Scammers are using more sophisticated methods to separate victims from their money. In this class, you'll learn how potential victims are identified and techniques used by scammers and fraudsters. | Naseman | December 14 | T | 1-2:30 | FREE |