

LIFELONG LEARNING

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Class Name	Description	Instructor	Date	Day	Time	Cost
Astronomia: Astrology, Astronomy & Mythology	Astrology reflects your weather; you decide your actions. Astronomia is an ancient term that combines astronomy, astrology, mythology and more. Our modern world includes recent space discoveries. Much has been discovered since the 1960's about these planets. We now know of Centaurs (planets with very eccentric orbits), the asteroid belt and with dwarf planet Ceres, beyond Neptune and the Kuiper Belt with more dwarf planets.	Smith	Jan 4 - Feb 15	T	10-11	\$1
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.	Dukellis	Jan 5 - Feb 16	W	10-11	FREE
History of Fabric	Learn when fabric was developed and how man has progressed with all kinds of new products to clothe us, decorate and furnish our homes, and well as outdoor and specialized fabrics.	Dowling	Jan 10 - Jan 24	M	12:30-3:30	\$5
Clash of Empires	We will cover the concept of hegemony and the rise and decline of the Greek and then the Roman Empires in the then known-world of major powers. It focuses on the "philosophical" Greeks vs. the "engineering" Romans.	LeMay	January 12	W	9:30-10:30	\$5
Eating Smart, Cooking Smart	Eating Smart Cooking Smart is a fun and hands-on introductory nutrition education program that focuses on health eating, keeping your food safe, and cooking simple healthy meals. A healthy recipe will be prepared and sampled at each class. If you would like to eat healthier and learn how to prepare some healthy recipes these classes are for you. What participants will receive: Eating Smart, Cooking Smart cookbook, an Eating Smart, Smart Certificate from Colorado State University, a sampling of recipes at each class and cooking utensils.	Lucero	Jan 18- Feb 8	T	1-3	\$20
Annuities: To Have or Not	We will explore the various types and uses of annuities; their advantages and disadvantages.	Michaels	January 19	W	10-11:30	FREE
Financial Self Defense: 7 Documents You Need to Protect Yourself	Learn how to get the 7 documents to protect you and your loved ones. Most people forget the most important part of their medical POA, make sure you don't! We will go over how to pass on something even more important than money, how to prevent your loved ones from going on a wild goose chase after you pass away and a federal document to help prevent a disruption in your Social Security benefits.	Naseman	January 20	Th	1-2:30	FREE
With A Fistful of Worms	You can turn kitchen scraps into compost for plants! A live demonstration of a home compost system that you can have in your house or basement.	Markley	January 21	F	1-2:30	\$3
Ways to Protect Your Kids from Their Inheritance	We will be covering different ways to give your heirs their inheritance in ways other than all at once. Taught by a local attorney!	Morey	January 24	M	9:30-10:30	\$3
From Open Door to Revolving Door: The Eras of US Immigration	This class distinguishes 5 cycles or eras of U.S. immigration policy. It discusses the push and pull factors that drove waves of immigration to the United States, and how the immigration flow resulted in changes in U.S. immigration law and policy.	LeMay	February 9	W	9:30-10:30	\$5
Indoor Plants for a Colorado Home	A beautiful slide presentation of plants that can grow in a Colorado home will be given. There will be handouts of all the plants and their special needs. Discussion and shared experiences are welcome!	Markley	February 15	T	1-2:30	\$3
Making Your Money Last in Retirement	You've worked and saved for decades preparing for retirement. How do you turn your nest egg into a sustainable income stream without worrying about running out of money? In this class, we'll discuss how your finances need to be viewed differently in retirement vs your working years. We'll cover some of the unique risks retirees face and how to mitigate those risks. There is no 'One-size-fits-all' in retirement and your retirement plan needs to be tailored to your unique situation.	Naseman	February 17	Th	1-2:30	FREE

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Class Name	Description	Instructor	Date	Date	Times	Cost
Your Legacy - My Legacy	Your legacy is what you pass on to your descendents as well as your personal contribution to all mankind in the future. Your legacy to your family is your monetary possessions, but more importantly it is your values, ethics, accomplishments and your dreams. It is time to focus on the meaning of your life. Join us to learn about legacy planning and where to start.	Stanley	February 22	T	9:30-10:30	\$3
Waist Deep in Waste	Waste can be defined and looked at in many ways. For most of human history, the trash we produced was organic and so decomposed. That which didn't (stone tool debris for example) left valuable records of our past. All this began to change about 500 years ago as we entered the industrial revolution and saw steadily increasing human populations.	Nowak	Feb 28 - Mar 21	M	12-2	\$15
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.	Dukellis	Mar 2 - Apr 13	W	10-11	FREE
German & Irish Immigrants in the U.S. Civil War	Join us as we discuss the waves of German and Irish immigration to the U.S. focusing on why they came, where they settled, and their significant roles in the U.S. Civil War and how many of them earned the Congressional Medal of Honor for valor in that war.	LeMay	March 8	T	9:30-10:30	\$5
What is Probate?	Why do I want to avoid it? We will have a discussion of the purpose of probate, the probate process and how to avoid it.	Morey	March 10	Th	10-11	\$3
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	March 22	T	1-2	FREE
Planning Your Legacy	Most well-prepared retirees have a will and maybe even a trust to ensure their assets are passed on to the right people when they pass away. But what about those things you can't put a price tag on? In this class, we'll discuss how to pass on your experiences, values and wisdom to those you care about.	Naseman	March 24	Th	1-2:30	FREE
There's Proof We Live Forever	Learn to tune into your spiritual and mental realms of your life tree. This is an engaging and interactive class taught by a local licensed psychologist. All supplies for class are provided.	Dr. Ambrose	March 24	Th	9:30-10:30	\$5
Spring into Spring Gardening	Work less and enjoy your garden more by planning for an easy care garden and yard. Think of your outdoor as rooms without ceilings and how they can fit your needs.	Markley,	March 25	F	1-2:30	\$3
Gardening Club Interest	Come one, come all those who love to garden and/or would like to learn! Bring your lunch or a snack and let's discuss ideas and dream up some plans for the Senior Center patio. Let's add to the fun, if you have a plant that you can propagate, bring the potted cutting (new baby plant) and we will make a swap and all leave with something new to add to our homes. Please register in advance. See you there!	Markley	April 1	F	11-1	FREE
Immigration and the Transformation of Passenger Ships	This presentation covers changes in passenger vessels associated with rising waves of immigration. It discusses and presents exemplary ships of four eras of ship design: the sailing ship era, the paddle-wheel steam vessel era, the steamship era, and the luxury liner era.	LeMay	April 5	T	9:30-10:30	\$5
Finger Knitting	Finger knitting is the act of casting thread to knit but instead of using the traditional needles, you use your hands and fingers. Typically when finger knitting you will use a heavy gauge yarn, please bring your own to class.	Pouncey	April 19	T	1-3	\$5
Cybersecurity for Seniors	With more and more data breaches being disclosed, cybersecurity has become a major concern. It's highly probable that your private data has been exposed and may be exploited by criminals. In this class, we'll discuss common internet threats and how to fight them.	Naseman	April 21	Th	1-2:30	FREE
From Blue Ridges to Blue Grass	Informational Meeting: Let's travel! Embark on a journey from the Blue Ridge Mountains, including the Biltmore Estate, to the verdant Blue Grass pastures of the Kentucky Horse Park. Included are The Great Smoky Mountains, Pigeon Forge entertainment, My Old Kentucky Home and Nashville, the Home of Country Music.	Kreisher	April 26	Th	10-1	FREE
ProActive Living Series	Join Journey Care Coordinating and the Seniors Blue Book for our monthly ProActive Living Series. Aging is not easy, but there is help and hope available. Through this monthly education series, you will learn tips and tricks from local experts on aging and discover the resources available in our community. We will help guide you to a proactive approach to aging!	Crandall	January 20 February 17 March 17 April 21	Th	10-11:30	FREE