

Class Name	Description	Instructor	Date	Day	Time	Cost
Private Music Lessons	Beginning music lessons in voice, piano, guitar, ukulele, mandolin, banjo or bass are available and include learning to read music and simple music theory. Cost is \$70 for four 30-minute sessions or \$140 for four 1-hour sessions. See the front desk to schedule an appointment.	Gardino	On Going	T	Appointment Only	See Front Desk
Transportation: How Do We Get Ourselves & Our Things Around?	Explore the history of transportation. For millions of years we walked and carried any goods or objects we took along with us. Today we can encircle the globe and have access to goods from all over the world. Learn and discuss this fascinating topic with a retired Colorado College anthropology professor.	Nowak	April 29-May 20	M	1-3	\$25
Knowing Your Burial Benefits at a National Cemetery	Pikes Peak National Cemetery was dedicated in May, 2018. Representatives from the cemetery and Swan Law Funeral Home will provide information and answer questions about burial in national cemeteries.	Theresa	April 30 June 11	T T	10-11 1-2	FREE FREE
Songs on Ukulele	Continue learning to play the ukulele by learning a variety of songs in a range of styles. Having your own ukulele is recommended but not required.	Gardino	April 30-May 21 June 25-July 16	T T	10-11 10-11	\$35 \$35
Maximize the Value of Your Home When Selling	What are the key factors that go into a home sale? Learn tricks of the trade from a Senior Real Estate Specialist that will help maximize the return on investment at minimal cost.	Randazzo	May 1 July 10	W W	9:30-11 1-2:30	FREE FREE
Protect Yourself Against Scams	Technology changes rapidly and it can be difficult to keep up and stay protected. We will talk about the basics of how to avoid scams when using computers and smartphones.	Rincon	May 2	Th	1-2	FREE
Cuba Travelogue	Bill and Rita Stanley visited Cuba in November 2013 when travel for US citizens was highly restricted and required a special license. Come hear about and see photos of their experiences!	Stanley	May 6	M	9:30-11	\$3
A Gift to Your Loved Ones	Many people worry about the emotional and financial burden that their family and other loved ones will face at the end of their life. Learn the value of documenting your final wishes and how to prevent emotional overspending during a difficult time.	Allison	May 7	T	1-2	FREE
What Matters As We Age?	This class will discuss some of the major concerns of aging, from maintaining your independence and freedom to assessing your needs, setting goals and more.	Hodges	May 8	W	9:30-11:30	FREE
Make Your Own Bath Teas	Learn about different salts, herbs and oils that can help your body detoxify, relax, energize, sleep better and more. Make your own Mother's Day bath tea—for yourself or to give as a gift!	Kentof	May 9	Th	10-11	\$5
CarFit	CarFit's trained professionals take older drivers through a 12-point checklist with their vehicle, recommending minor adjustments that help make their cars "fit" better for comfort and safety. This is not a driving evaluation nor is it behind-the-wheel training. We teach you how to make your car work better for you.	Gray	May 9 August 8	Th Th	1-3 9:30-11:30	FREE FREE
Truth About Transitions for Seniors	This class is designed to give participants the truth about preparing for downsizing and moving.	Sims	May 14 July 25	T T	9:45-10:45 9:45-10:45	FREE FREE
Hike for Life	Hike for Life exists to nurture community, inspire exploration and preserve the great outdoors. Join us for monthly guided group hikes designed to be educationally-enhanced, environmentally-aware, and safety-conscious. Carpool or meet at the trailhead. Directions to trailheads are available at the front desk. May 15: Black Forest Section 16; June 12: Paint Mines; July 10 Lazy Land; August 14: Red Rocks Campground.	McClintock	May 15 June 12 July 10 August 14	W W W W	12-2 12-2 12-2 12-2	\$15 \$15 \$15 \$15
Aging Mastery Program	The Aging Mastery Program® provides a comprehensive and fun approach to positive aging. Central to its philosophy is the belief that modest lifestyle changes can produce big results. Mastery comes from turning these changes into habits that lead to improved health, stronger economic security, enhanced well-being and increased societal participation.	Clayton	May 17-July 19	F	2-3:30	\$25
Old Fashioned Superstitions	Do you believe in superstitions or in luck? Do your actions reflect your beliefs in the power of religious beliefs or bad omens? Learn about beliefs that have been passed down through generations.	Hartmann	May 21-May 28	T	10-11:30	\$12
Downsizing	Got stuff? Overwhelmed by it all? Do you have a plan? Learn key initiatives to get started. Leave with a plan	Randazzo	May 22 July 31	W W	1-2 1-2	FREE FREE
Cooking for One...or Two	Ideas and recipes for cooking for one or two people while staying on a budget and not wasting food.	Duval	May 22	W	9:30-10:30	\$5
Annuities: Making the Right Choice	A review of the various types of annuities, their uses and misuses; giving you the tools to make an informed decision.	Michels	May 22	W	10-11:30	FREE

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Cooking Demonstrations	Try something new, learn new cooking and baking skills, or just come to sample the goodies! Led by a trained chef, the class will discuss ingredients, techniques, kitchen tools, and enjoy the finished product! May 28: Fancy Breakfast Pastries; June 25: Compound Butters; July 15: Best Coffee Cake Ever; August 13: Mile High Meringue	Pouncey	May 28	T	1:30-2:30	\$10
			June 25	T	1:30-2:30	\$10
			July 15	M	1:30-2:30	\$10
			August 13	T	1:30-2:30	\$10
I Am The Executor, Now What?	Have you been named the executor in a loved one's estate or are you trying to choose someone to be in charge of your estate? Learn what being an executor entails.	Morey	May 29	W	1-2	\$5
AARP HomeFit	Is your home fit for a lifetime of living? This free education event with AARP Colorado will teach practical methods to make your home more livable by incorporating design principles and products that are adaptable, safe, and easy to use.	Kain	June 3 August 1	M Th	1-2 9:30-10:30	FREE FREE
Improv Comedy – Confidence Building for Play & Public Speaking	No experience needed, just be willing to have fun! You will learn the basics rules of improvisation comedy and you will have a chance to play and laugh. This class offers an opportunity to build courage that can translate into daily life.	Scott	June 4	T	1-3	\$10
Let's Talk Baseball	Let's talk baseball from 1939 to the present with an emphasis on 1949-1964. We will cover everything from ball parks to artifacts like scorecards and autographed items, and even baseball related movies!	Schaller	June 6	Th	1-2	\$3
			August 8	Th	1-2	\$3
Pickling for Beginners	Learn how to safely water bath can and pickle vegetables. This is a hands-on workshop where you will water bath can a jar of green beans to take home with you!	Lucero	June 10	M	1:30-3:30	\$15
Zero-Based Budget	Learn the Dave Ramsey way to control your expenses. Find ways to trim your bills and reduce your financial stress.	Staples	June 10	M	10-11:30	FREE
			August 9	F	10-11:30	FREE
Make Your Own Healthy Herbal Teas	Teas have been used for thousands of years to help with sleep, inflammation and pain, anxiety, depression, controlling blood pressure and much more. Join us to learn about different herbs and make your own herbal teas!	Kentof	June 13	Th	10-11	\$5
Feng Shui Chic	Use feng shui in a new and trendy way that achieves wellness through internal as well as external health. A body bagua will be used as your personal compass to center yourself.	Hartmann	June 18-June 25	T	10-11:30	\$12
Legal & Financial Planning for Alzheimer's	Presented by an attorney who volunteers for the Alzheimer's Association, this workshop is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place.	Barker	June 19	W	9:30-11:30	FREE
Beginning Bridge	Learn to play this popular card game in a relaxed and informal setting. We will cover bidding, play and defense and answer all of your questions.	Somppi	July 2-July 30	T	9:30-11:30	\$40
Firearm Safety	Discuss the laws and duties related to keeping and carrying a firearm in Colorado. No weapons of any kind are allowed in the building.	Morey	July 19	F	9:30-10:30	\$5
A Short, Colorful History of Colorado Springs	Local history buffs will love this class! The author of "Insider's Guide to Colorado Springs" talks about our city's fascinating history with some really fun facts thrown in.	Duval	July 22	M	1-2	\$5
The Power of Myth	A scholar, writer and teacher, Joseph Campbell is the world's foremost authority on mythology. The legendary journey, sacrifice, bliss, and the hero's adventure will be discussed.	Hartmann	July 23-July 30	T	10-11:30	\$12
Income In Retirement	Learn about options to create a distribution plan with your investments through retirement. What are some options with Social Security I didn't know about? How could I leave a legacy to my family with less of a tax burden? Find out about what options are out there and some basics about how they work.	Lathrop/ Owens	July 29	M	9:30-11	\$3
TedTalks on Aging & Discussion	The extra candles on the birthday cake, the little lines you notice in the mirror—aging doesn't always feel good. But age also brings wisdom and balance. Watch these reminders of the benefits that come with age.	Staff	August 5	M	1:30-3	\$5
Mysterious Signs, Sequences & Synchronicities	Look at the symbols and synchronicities as hints to a deeper meaning to the universal structure. Do you notice strange and repeated associations? Become aware of number-based patterns in nature.	Hartmann	Aug. 6-Aug. 13	T	10-11:30	\$12
Decluttering	Decluttering can be an overwhelming chore. With these easy steps you will learn how to organize with ease. Class is led by staff from A Call to Order.	Caughey	August 9	F	9-11	\$3

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