

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.	Gardino	On Going	T	Appointment Only	See Front Desk
Collette Travel: Spain's Classics & Portugal	Get your passport ready, we're going to Spain and Portugal! Sit in and listen to trip details, ask questions and let's travel! Travel dates are April 15-28, 2020.	Swantek	August 21	W	11-12:30	Free
Conversational German	This is a beginner's course to learn the foundations of German and a great refresher for those that would love to start speaking it again. A course book will be provided, and the instructor is a native German speaker!	Henson	Aug. 28-Oct. 9	W	1-2:30	\$40
Moving to a Senior Community?	Learn what you should be aware of when contemplating a move to a senior living community. Bring your questions!	Santos	August 27 November 14	T Th	1-2 1-2	Free Free
Burial Benefits at a National Cemetery	Burial in a National Cemetery is open to all members of the armed forces and veterans who have met minimum active duty services requirements. Come learn more.	Wiederspahn	August 29	Th	1-2	Free
Bad Girls Throughout History	Many women throughout history have been leaders and revolutionaries. Their acts of defiance and courage give hope and support to all women (young and old!) to be unique and bold!	Hartmann	Sept. 3-Sept. 10	T	10-11:30	\$12
Guitar 101	We will learn how to tune guitars, play chords and play melodies in this is a beginner to intermediate class. If that guitar has been taking up space in the closet, it's time to dust it off!	Gardino	Sept. 10-Oct. 1	T	10-11	\$35
To Catch a Thief	A workshop that centers around a 12 question quiz about investing and fraud. Everyone will leave with tools to protect their and their loved one's savings.	Naseman	September 5	Th	3-4:30	Free
Aging Mastery Program	Have you mastered the art of aging? The Aging Mastery Program® is a fun program that can help you improve your health, financial security, and overall well-being. The Aging Mastery Program® can help you take small steps that result in lifelong rewards.	Kyle	Sept. 5- Nov. 7	Th	1:30-3	\$25
Legendary Lifesavers	Four dramatic, inspiring stories of epic rescues: PT 109, a lighthouse keeper's daughter, bugling whales, and the townsfolk of Robin Hood's Bay, shared by travel writer Ann Williams.	Williams	September 6	F	10-11	\$5
Drumming for Fun & Good Health	Students will learn how drumming improves health and sense of well-being. We will explore the basics of hand drumming with fun and simple rhythms.	Shapiro	Sept. 6-Sept. 27 Oct. 25-Nov 15	F F	1:30-2:30 1:30-2:30	\$25 \$25
Mindfulness and Stress Reduction	This program is helpful for managing medical, job or family-related stressors. Throughout the course you will gain a deeper understanding of how body, mind and emotions influence health.	Ciambrone	Sept. 9-Oct. 28	M	10:45-11:45	\$25
It's Simply a Gift	How to prevent emotional overspending during the most difficult day of ones life. Learn the value of documenting your final wishes and planning your permanent party.	Allison	September 10	T	1-2	Free
Maximize the Value of Your Home	No one wants to dump money into a home they are selling. Learn to maneuver through the 6 key factors that sell a home. Gain valuable information, obtain resources and trade secrets.	Randazzo	September 11 October 29	W T	1-2:30 1-2:30	Free Free
All-Things Senior Transitions	This class is designed to give participants THE TRUTH about prep for downsizing and moving. Step by step downsizing guidelines will be given.	Sims	September 12	Th	9-10:30	Free
Foster Grandparent Program	A 51 year tradition of Seniors in schools - find out how low-income seniors can earn a nontaxable income, volunteer 15+ flexible hours a week, and become a valued team member for teachers and children in our community.	Roeckel	September 13	F	9:30-10:30	Free
The Vikings in Ireland	Traverse the 200 year span of Viking incursions into Ireland and their impact on Irish cities, the island's economy and on the culture of Ireland. An abundance of photographs of ruins and Celtic crosses will be shown.	LeMay	September 17	T	9:30-11:30	\$5
Real Estate & Probate	Learn about how to avoid probate with real estate and some situations where probate is okay.	Morey	September 18	W	9:30-11	\$5
Hike For Life	Hike For Life exists to nurture community, inspire exploration and preserve the great outdoors. Hikes are designed to be educationally enhanced, environmentally aware, and safety conscious. Stop by the front desk and pick up a map and details about each hike. Sept. 18- Fox Run, Oct. 9-Bear Creek Park, Nov. 13- Yucca Flats, Dec. 11-Ute Valley Park	Pouncey	September 18 October 9 November 13 December 11	W W W W	12-2 12-2 12-2 12-2	\$15 \$15 \$15 \$15
Adult Protective Services	Colorado operates as a state supervised, county administered system. County Adult Protective Services (APS) programs provide for the safety and protection of at-risk adults. Learn who they are, services provided and when you should contact them.	Conner	September 24	T	10-11	Free
Downsizing!	Do you have a bunch of stuff that is overwhelming you? Set the steps in motion to get started.	Randazzo	September 25	W	1-2:30	Free
Burial in National Cemetery	Staff at the Pikes Peak National Cemetery will explain what you will need to do to determine eligibility.	Wiederspahn	September 26 October 22	Th T	9-10 1-2	Free Free

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Outside the Box	This workshop presents the latest research on how to keep our minds young and is chockfull of fun optical illusions, puzzles, and hilarious videos.	Naseman	October 3	Th	3-4:30	Free
Columbus and the Culture of the Sea	Voyages to the New World contributed much to maritime as well as Old World traditions, including mermaids, hammocks, and syphilis. Travel writer Ann Williams shares lingo, chanties, folk arts, tales and superstitions of sailing men.	Williams	October 3	Th	10-11	\$5
A Cross Culture Examination of End of Life Beliefs & Rituals	Take a look at some phenomena that seem to be widespread and also will examine death in some specific cultures. Just looking at death's role in world history provides us with an idea of how important it is.	Nowak	Oct. 7-Oct. 28	M	1-3	\$25
Keys to Financial Success	Basic, common-sense financial advice for your family finances. Share the information with your kids or your grandkids who may be struggling with money issues.	Stanley	October 7	M	9:30-10:30	\$5
Mars	For students of astrology, understanding Mars' traits and characteristics in your natal chart demonstrates the importance of its power to affect your personality.	Hartmann	Oct.8-Oct. 15	T	10-11:30	\$12
History of Japanese Kimonos	The iconic and traditional kimono has had many changes and influences over the years. Learn about Japanese culture and see display of beautiful Japanese kimonos.	Lehman	October 8	T	1:30-2:30	\$5
Getting Your Affairs in Order	Receive information to help educate you on some of the important documents that seniors often need concerning health and financial matters.	McKenzie	October 10	Th	2:30-3:30	\$5
A Twist on Grandma's Peanut Brittle	A treat of salty-sweet perfection, peanut brittle is surprisingly easy to make. Switch it up with pecans or cashews and a few holiday spices! Taste testers wanted!	Pouncey	October 21	M	1:30-3	\$10
Info on the City Bus System	Learn about our great city's bus transportation routes! Learn to make connections without waiting 45 minutes in between.	Anderson	October 22	T	10-11:30	FREE
Conversational German	Willkommen! Learn conversational German with us! This is a beginner's course to learn the foundations to speak German and a great refresher for those that would love to start speaking it again. A course book will be provided and the instructor is a native German speaker!	Henson	Oct. 23-Dec.4	W	1-2:30	\$40
Christmas & Ukuleles	Now is the time to practice our Christmas tunes on the ukulele! We will try to cover as many favorites as we can. Bring your ukulele and favorite holiday songs!	Gardino	Oct. 29-Nov. 19	T	10-11	\$35
DIY: Cranberry Sauce	Homemade cranberry sauce! The boiling water canning method can be used to not only preserve cranberry sauce but also salsa, jellies and more. You will take home your own canned cranberry sauce!	Lucero	November 1	F	9:30-11:30	\$12
Viking Legends of the Heroes & Gods	Discover the Norse gods Thor, Odin and Loki along with elves, dwarves, and undead warriors rising from the grave.	Hartmann	Nov. 5-Nov. 12	T	10-11:30	\$12
Creative Writing for Beginners	This class is intended for those who have a passion for good stories and story-telling but may have never taken a class before!	Huff	Nov. 5-Dec. 5	T\Th	8:30-10	\$30
Financial Self Defense	There are 7 essential documents to keep your family safe...you get them for free at this community service workshop!	Naseman	November 7	Th	3-4:30	Free
Downsizing 101	Participants will learn a 5-step downsizing process, engage in conversations to help identify stumbling blocks to starting the downsizing process, and learn ways to overcome them.	Sims	November 7	Th	9-10:30	Free
Veteran's in Charge: Veteran Direct Care Program	The Veteran in Charge (VIC) program is The Independent Center's Veteran Directed Care (VDC) program that gives eligible Veterans of all ages the opportunity to self-direct the services they need in their home and community in order to live independently.	Unruh	November 12	T	1-3	Free
Wine Pairing with Chocolates	Wine and chocolate have a lot of similarities, but it's somewhat challenging to pair wine and chocolate together. Learn about several wines that make great pairings with chocolate.	Pouncey	November 12	T	1:30-3	\$15
Understanding Annuities	Annuities can be very complicated. We will discuss how annuities work and how to be a wise annuity shopper.	Michels	November 13	W	10-11:30	Free
The Southwest Border Wall	A discussion of the southern border wall proposal of the Trump administration. It covers eight other nations' use of border barriers (including the Great Wall of China).	LeMay	November 19	T	9:30-11:30	\$5
It's Simply a Gift	How to prevent emotional overspending during the most difficult day of ones life. Learn the value of documenting your final wishes and planning your permanent party.	Allison	November 19	T	1-2	Free
Should I buy a home after 50?	Whether you are relocating, downsizing, upsizing or if this is your first home purchase or your third, let's chat!	Randazzo	November 20	W	9:30-11	Free
The Freemasons	Freemasonry is part of the long tradition of western mysticism and steeped in a long-standing mixture of historical fact and legend.	Hartmann	Dec. 3-Dec. 10	T	10-11:30	\$12
Social Security	Simple and easy-to-follow tips and tricks for getting the most from Social Security.	Naseman	December 5	Th	3-4:30	Free
Holiday Chocolate Truffles	With holiday festivities just around the corner, these are the perfect edible gift, or addition to any family get together, or an easy-to-transport dessert.	Pouncey	December 17	T	1:30-2:30	\$10