

DOWNTOWN YMCA

207 N. Nevada Ave

Registration begins Monday, April 8th 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

All classes require registration and are subject to cancellation or change. Partial funding for these classes is provided by the Pikes Peak Area Council of Governments Area Agency on Aging. **Most Health & Lifelong Learning classes are free**, but we appreciate your \$1 donation for attending these classes offered under the guidelines of the Older Americans Act/Older Coloradans Act.

Class Name	Description	Instructor	Date	Day	Time	Cost
Continuing Bridge	Improve your bridge game! These are informal classes that will work on better bidding, play & defense for those already familiar with the game of Bridge. Refresh your past skills with an ACBL-accredited teacher.	Dukellis	May 8 - Jun 19	W	1:30-2:30	FREE
			Jul 10- Aug 21	W	1:30-2:30	FREE
Learning to Play Bridge	This class is designed for those new to the game of Bridge. Learn how to play Bridge with an ACBL-accredited teacher.	Dukellis	May 8 - Jun 19	W	2:30-3:30	FREE
			Jul 10 - Aug 21	W	2:30-3:30	FREE
Newcomers Orientation	Whether you've already started taking classes or are brand new, come and learn more about the Senior Center and all it has to offer. Learn about class registration, volunteer opportunities, senior services and much more.	Lathrop	May 13	M	2-3	FREE
Proactive Living	Come hear from industry experts on options, resources and ideas on how to age well and remain in your home for as long as possible. From in home care to home modifications, come see what might be possible.	Crandall	May 16	Th	1:30-3:30	FREE
You're not stuck	Are you feeling stuck because your home no longer fits you or your needs? Remodel? Downsize? Upsize? And now you're faced with navigating the increases in property taxes and homeowner's insurance. Come learn how the Federal Housing Authority has programs for persons at least 62 years old.	Rush	Jun 11	T	1-2:30	FREE
Identifying and Avoiding Scams	This class aims to help consumers understand, recognize and avoid financial fraud and in addition why seniors are targeted by scammers, the warning signs of scams and how you can protect yourself.	Poe	Jun 12	W	10-11	FREE
Proactive Living	Healthy Eating as We Age: You are what you eat! Come learn tips and tricks to improve overall health through eating the right foods. Our nutritionist will talk about healthy habits, cooking for one, budget friendly ideas, over all nutrition and so much more!	Crandall	Jun 20	Th	1:30-3:30	FREE
Aging in Place	According to AARP Research, 8 out of 10 adults will experience future special housing needs. Aging in place should be an enriching lifestyle – not responding to a health event or crisis, but with a plan. Let us help you answer the question: "What will it take for you to age-in-place in your home and within your community?"	Brown	Jul 10th	W	10-11:30	FREE
Proactive Living: Volunteer Fair	Looking for something to do? For ways to engage and create meaning? Or ways to give back? We invite you to explore ways to spend some quality time helping out in the community. Our "Fair" will bring community agencies together that seek volunteers.	Crandall	Jul 18	Th	1:30-3:30	FREE

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Estate Planning Basics	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	May 24	F	10:30-12:00	FREE
Downsizing Seminar	Are you wondering how to kickstart your downsizing journey? Join us to take the overwhelm out of the process! Learn about the smart legal options, the downsizing roadmap, and financing/moving with little stress!	Weimer	May 29	W	1:00-2:30	FREE
Schemes, Scams, and Scum	Scams are becoming a part of everyday life. In this class, we'll review common tactics used by criminals to conduct fraud and how to identify them. We'll discuss scams impacting local seniors and what could've been done to prevent losses. I'll cover resources to verify legitimate professionals and offers. We'll discuss steps to take if you've been a victim of fraud. You'll receive the guide 'Identity Theft: A Recovery Plan'	Naseman	Jul 19	F	10:30-12:00	FREE
Fueling For Fitness	This sports nutrition seminar will give you the tools you need to keep you at the top of your game-whatever that may be. Learn how to support your body's optimal energy levels and improve your fitness and recovery time with food and supplements.	Carlson	Jul 24	W	1:00-2:00	FREE
You're not stuck	Are you feeling stuck because your home no longer fits you or your needs? Remodel? Downsize? Upsize? And now you're faced with navigating the increases in property taxes and homeowner's insurance. Come learn how the Federal Housing Authority has programs for persons at least 62 years old.	Rush	Aug 6	T	1:00-3:00	FREE
Making Your Money Last	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	Aug 7	W	1:00-2:30	FREE
Learn to Play Chess	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 with the Chess Club!	Santiago	Jul 12-Aug 23	F	1:00-3:00	FREE

DOWNTOWN YMCA LIFELONG LEARNING

Class Name	Description	Instructor	Date	Day	Times	Cost
Who Gets Grandma's Yellow Pie Plate?	Who Gets Grandma's Yellow Pie Plate provides research-informed practical strategies to protect your family relationships when passing on personal possessions. Who Gets Grandma's Yellow Pie Plate offers a range of free research-informed resources to help address common inheritance decision making challenges.	Lucero	Jul 18	Th	1:30-3	FREE
Senior Center Project Updates	Join us as we give you the most up-to-date information regarding the renovation of the Senior Center. Ask your questions, learn about the process of the project and the exciting things to come!	Lathrop	Aug 1	Th	1:30-2:30	FREE
Proactive Living	Cyber Security and Scams: Criminals are more inventive than ever! Join us to learn about current scams targeting seniors, find out how to protect yourself, and what to do if you have been a victim.	Crandall	Aug 15	Th	1:30-3:30	FREE

SPECIALS

Class Name	Description	Instructor	Date	Day	Time	Cost
Heritage Ringers	The Heritage Ringers is a community handbell choir whose goal is to bring beautiful and unique handbell music to the community. This performance will have moving, uplifting, fun, and emotional pieces, many that were performed at the Southern Colorado Handbell Festival. You will not want to miss out on hearing this group ring for you!	Community Group	May 2	Th	2-3	FREE
Tunes on Tuesday: The Ukulele Ladies	The Ukulele Ladies are a group of retirees who decided to continue our love of music and love of singing now that we have the time to perform. We choose familiar songs from the last hundred years that are fun to sing along with and embellish with harmony and humor. From jazz standards to rock n roll to cowboy classics to Hawaiian melodies we do it all on ukuleles.	Community Group	May 14	T	2-3	FREE
Mayflower Tours Informational Meeting	Come travel with us in 2025! Come learn all about both our Domestic and International Trips! From Blue Ridges to Blue Grass: Departure date, May 17th 2025. 9 day Tour. Treasures of the Pharaohs: Departure Date, October 16th 2025. 10 day tour.	Kreishner	May 16	Th	1:30-3	FREE
Colorado Springs Senior Chorale Concert	From the Beatles to the Beach Boys. From Simon and Garfunkle to Gloria Estefan. Come rock and remember with the Senior Chorale to the songs of our youth. A little bit of Rock, Folk and a touch of Disco and even a few surprises in-between will carry you back to the summer of love and the advent of the mirror ball. Can't wait to see you!!	CSSC Chorale	Jun 11 Jun 12	T W	1:30-3 6:30-8	FREE FREE
Independence Day Tribute	Celebrate the 4th of July with the crowd favorite Oasis Band when it brings everyone's sing-a-long favorite patriotic tunes to the Downtown Y! You'll know the words to lots of familiar songs. A fun time for all!	Oasis	Jul 2	T	2-3	\$3
Tunes on Tuesday: Cultural Didgeridoo	Come experience the essence and vibrations of the Australian Aboriginal instrument, the didgeridoo. Includes playing of cultural elements and a brief lesson to those interested.	Skrivan	Aug 6	T	2-3	FREE
Summer Ping Pong and Pizza Tournament	Grab a partner and register by August 21st to play in our Double Elimination Ping Pong Tournament! First team to 11 points per game advances to the next round. \$5 fee includes your choice of delicious pepperoni, cheese, or supreme pizza. Please let the front desk know when you register the type of pizza you'd like.	Staff	Aug 23	F	1:30-3:30	\$5