

WESTSIDE COMMUNITY COTTAGES

1616 W. Bijou St.

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 (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 Armed Services YMCA)

All classes require registration and are subject to cancellation or change.

HEALTH

Class Name	Description	Instructor	Date	Day	Time	Cost
Nurse Chats	Healthy Tips for Safe Travel: If I am dealing with chronic health issues, what should I pack for my trip?	Bakken	May 15	W	1:00-2:00	FREE
Medicare 101	We will explore the various components of Medicare and private insurance discussing how to arrange them to meet your medical and financial preferences.	Michels	Jun 12	W	10:00-11:30	FREE
Benefit BINGO: Understanding Benefits and Improving Financial Well-Being	Benefits in Action (BIA) is thrilled to present an engaging and informative educational class for seniors at the Colorado Senior Center – “Benefit Bingo.” This innovative class aims to make learning about public benefit programs not only educational but also fun and interactive. Our approach involves combining a comprehensive PowerPoint presentation with lively discussions, real-life scenarios, and the exciting twist of a Benefit Bingo game.	McEntire	Jun 18	T	1:00-2:30	FREE
Diabetes and Hypertension Self-Management Workshop	This workshop is designed to equip you with basic knowledge and understanding of how to manage your diabetes or hypertension effectively. It includes a disease overview, signs/symptoms and complications if not managed well. This workshop is for educational purposes only and facilitated by a licensed nurse.	Irmo	Jun 19	W	9:30-11:00	FREE
Alzheimer’s Brain Awareness Month: Let’s Talk Healthy Living for your Brain and Body	This program is intended for healthy individuals of any age who are looking for ways to age well. It is not designed for individuals with Alzheimer’s disease or dementia. This program is designed to offer you research-based recommendations about taking care of our brains and our bodies in order to age as well as possible. Identify the reasons for taking care of yourself as you age. List strategies to age well in the following areas: Cognitive activity; Physical health and exercise; Diet and nutrition and Social engagement. Make your own plan for healthy aging using the ‘Healthy Habits for a Healthier You’ workbook.	Jaramillo	Jun 25	T	10:00-11:30	FREE
Nurse Chats	Gastrointestinal Problems: What does GERD mean and explain what a Hiatal Hernia is?	Bakken	Jun 26	W	1:00-2:00	FREE
Nurse Chats	Sudden Cardiac Death: Why did my loved one just pass away when they just received a “Clean Bill of Health”?	Bakken	Jul 17	M	1:00-2:00	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
Nurse Chats	Nocturnal Hypoxia: I can breath OK but why do I need oxygen only at night?	Bakken	Aug 21	M	1:00-2:00	FREE

WESTSIDE COMMUNITY COTTAGES

1616 W. Bijou St.

SILVERSNEAKERS CLASSES



SilverSneakers Classes are free for SilverSneakers and Renew Active members, but registration and scanning in is still required. Non-SilverSneakers members must pay for the class at registration. Drop-in option available as space allows. \$10 for Non-SilverSneakers or Non-Renew Active members.

FITNESS

Class Name	Description	Instructor	Date	Day	Time	Cost
Silver Sneakers Stability	To help you become stronger and improve balance, this class teaches specific exercise to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention; a standing endurance of 30 minutes is needed. No class on Monday, May 27th in observation of Memorial Day.	Mariska	May 6-Jun 27	M/Th	9:00-9:45	\$50
Silver Sneakers Yoga	Move your whole body through a complete series of seated and standing yoga poses. Chair support if offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. No class on Monday, May 27th in observation of Memorial Day.	Mariska	May 6-Jun 27 Jul 8- Aug 22	MTh M/h	10:-10:45	\$50
Silver Sneakers Classic	Move to the music through exercises designed to increase muscle strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance training. A chair is used for support. This class is suitable for beginning to intermediate skill levels.	Lord Miller/ Greenbaum	May 7- Jun 20 Jul 9 - Aug 22	T/Th T/Th	9:00-9:45 9:00-9:50	\$50 \$50
Silver Sneakers Circuit	This workout offers standing, low-impact choreography combined with standing full body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants..	Lord Miller/ Greenbaum	May 7- Jun 20 Jul 9 - Aug 22	T/Th T/Th	9:55-10:40 1000-10:50	\$50 \$50
Silver Sneakers Stability	To help you become stronger and improve balance, this class teaches specific exercise to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention; a standing endurance of 30 minutes is needed.	Mariska	Jul 8- Aug 22	M/Th	9:00-9:45	\$50
Zumba Gold®	Zumba Gold® is perfect for active older adults who are looking for a modified class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba Gold® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! No class on Monday, May 27th or Wednesday, June 19th due to City Holidays.	Miller	May 6-Jun 26 Jul 8 - Aug 21	M/W M/W	10:30-11-30 10:30-11:30	\$60 \$60
Breathwork, Meditation, and Chair Yoga	Explore a well-rounded yoga practice with Brian! We will start with some gentle breathing exercises for calm and focus followed by some yoga poses to create space and comfort within the body. The last part of the class will be devoted to short meditation experiences designed to encourage the beginner and sustain the seasoned practitioner.	Kleiner	May 7-Jun 25 Jul 9 - Aug 20	T T	10:30-11:30 10:30-11:30	\$40 \$40
Yoga Flow	Flow with your breath from posture to posture beginning with centering and warm-up, a standing sequence to tone and strengthen, followed by seated postures and ending with deep relaxation. Build more awareness, strength, and flexibility. No experience is necessary, gentle enough for beginners with variations for those who are more advanced. A drop-in option is available as space allows. Please bring your own yoga equipment. Please note this is a mat-based class and requires the ability to get up and down off your mat without assistance.	Kleiner	May 7- Jun 21 Jul 9- Aug 23	T/F T/F	9:00-10:15 9:00-10:15	\$60 \$60
Mat Pilates	Strengthen deep muscles of abdomen, hips and spine. Improve flexibility, balance, and mobility while working to build bone density. This is a mat-based pilates class. This class has a Drop-In option. No class on Monday, May 27th in observation of Memorial Day.	Mariska	May 9-Jun 27 Jul 11-Aug 22	Th Th	11:00-11:45 11:00-11:45	\$35 \$35