

# 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.**

## LIFELONG LEARNING

Partial funding for these classes is provided by the Pikes Peak Area Council of Governments Area Agency on Aging. **Most Health & some 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.

**All Classes located in the Cottages (1616 W. Bijou St.) unless otherwise indicated**

Class Name	Description	Instructor	Date	Day	Time	Cost
<b>Intro to Sewing</b>	The goal of this class is to start from the bottom up and get one comfortable with how to use a sewing machine. We will learn to: wind a bobbin, thread your machine, trouble shoot problems, machine maintenance, and so much more! Each student will make a market bag during class using learned sewing techniques. Cost of class includes all supplies including fabric, thread, and webbing to construct the market bag! Please bring your own machine if you have one. The Senior Center has a few extra machines to borrow during class if you do not have your own machine. Please ask Senior Center Staff for full description.	Kohl	May 6-May20 (3 classes)	M	9:00-11:30	\$20
<b>Learn to Sew PJ Pants</b>	This class is designed to help one learn: how to read a readymade pattern, how to make simple adjustments to a premade pattern or to the garment before finishing, how to attach an elastic waistband. Please know the basics of how to wind a bobbin, thread a machine, have an understanding of grain and cross grain and how to sew a straight and curved seam. Supplies will be discussed during the first class. Please bring your own machine if you have one. The Senior Center has a few extra machines to borrow during class if you do not have your own machine. Please ask Senior Center Staff for full description.	Kohl	May 6-Jun 24 (8 classes)	M	1:00-3:00	\$40
<b>Aging in Place</b>	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	May 8	W	1:00-2:30	FREE
<b>Learn to Play Chess</b>	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	May 10-Jun 21	F	11:00-12:00	FREE
<b>Ukulele Skills and Songs</b>	Need a new & fun pastime that just may improve your brain? Ukulele is easy and fun. This introductory course is intended to teach you to tune the instrument, play basic chords, and sing familiar songs with senior friends. You do not need to have your own Ukulele and can use one of the Senior Centers during class time.	Wells	May 10-Jun 21	F	1:00-2:30	\$40
<b>Macrame Flower</b>	Make a beautiful flower out of cotton string with a few simple knots and twists. All supplies included with <b>\$15 material fee due to instructor at start of class.</b>	Dorsett	May 14	T	12:30-2:30	FREE

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Class Name	Description	Instructor	Date	Day	Time	Cost
<b>Learn to Crochet a Coaster</b>	In this class you will learn to crochet in rows. Bring at least one skein of worsted weight cotton yarn in your choice of color, and learn to make coasters perfect for gifting or using in your home. Please also bring a 5 mm crochet hook. No prior crochet experience is required for this class.	Schulz	May 21	T	1:00-3:00	\$3
<b>Bone Builders and Bone Breakers</b>	Unfortunately, drinking milk is not enough to keep bones healthy. Perhaps that's why 10 million Americans have osteoporosis. Support lifelong bone health by knowing how to get all the nutrients your bones need.	Carlson	May 22	W	1:00-2:00	FREE
<b>Solving the Social Security Puzzle</b>	Social Security is a major source for most couple's retirement income. In this class, you'll learn the basics of how to get the most from your benefits. We'll discuss when it makes sense to claim at a later age and when it makes sense to claim early. We'll also cover how a PERA pension impacts Social Security benefits. You'll learn how to coordinate your Social Security with your other sources of income. Every attendee will get a personalized Social Security analysis.	Naseman	Jun 19	W	1:00=2:30	FREE
<b>Learn the Basics of the Art of Tie Dye!</b>	This easy art expression is great for any skill level – extraordinary results guaranteed! We will provide a bandana for you to tie dye to show you how to get started... then we'll work on a project or two that you want to do. We'll have lots of samples and ideas for a variety of results. Please bring any items that are 100% cotton and have been prewashed without fabric softener for best results. All other supplies are included. There will be time to complete at least two projects in class. For T-shirts, we recommend Gildan brand available at Walmart and other craft suppliers for around \$10 each. Solid white will work best. Wear clothes you won't mind getting splattered with dye, or bring an apron to wear.	Baldo	Jun 25	T	9:00-11:00	\$10
Class Name	Description	Instructor	Date	Day	Time	Cost
<b>Learn to Crochet a Water Bottle Holder</b>	In this two day workshop, you will learn to crochet in rounds. The Water Bottle for this class will be provided by the Senior Center! Bring at least one skein of worsted weight cotton yarn in your choice of color and a 5 mm crochet hook and learn to make a water bottle holder. No prior crochet experience is required for this class.	Schulz	Jun 25-Jul 2	T	1:00-3:00	\$12
<b>Alzheimer's Brain Awareness Month: Let's Talk Healthy Living for your Brain and Body</b>	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 26	T	11:15-12:45	FREE
<b>Newcomers Orientation</b>	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.	Hazlett	Jun 26	W	10:00-11:00	FREE
<b>Long Term Care 101</b>	We will review the various types of care and the local facilities that are available to provide Long Term Care, including current cost structures and the ways to help offset those expenses.	Michels	Jul 3	W	10:00-11:30	FREE

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<b>You're Not Stuck</b>	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
Class Name	Description	Instructor	Date	Day	Time	Cost
<b>Learn the Art of Tie Dye Using the Ice Dye Method!</b>	This easy art expression is great for any skill level – extraordinary results guaranteed! We will provide a bandana for you to tie dye to show you how to get started... then we'll work on a project or two that you want to do. We'll use the ice dye method and have lots of samples and ideas for a variety of results. Please bring any items that are 100% cotton and have been prewashed without fabric softener for best results. All other supplies are included. There will be time to complete at least two projects in class. For T-shirts, we recommend Gildan brand available at Walmart and other craft suppliers for around \$10 each. Solid white will work best. Wear clothes you won't mind getting splattered with dye, or bring an apron to wear.	Baldo	Aug 27	Th	1:00-3:00	\$10
<b>The Annuity Decision: To Have or Have Not</b>	An annuity can solve/ease a problem or cause new ones. We will consider the various forms of annuities and how they can be used giving you the information you need to make an informed decision.	Michels	Aug 28	W	10:00-11:30	FREE