

DOWNTOWN YMCA  
207 N. Nevada

Registration begins Monday, December 11th 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, 9-4  
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. Ages 55+

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	Jan 10 - Feb 21	W	1:30-2:30	FREE
			Mar 13 - Apr 24	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	Jan 10 - Feb 21	W	2:30-3:30	FREE
			Mar 13 - Apr 24	W	2:30-3:30	FREE
So You Love Your Home but... Stairs, Doors, and Hallways	According to AARP Research, 8 out of 10 adults will experience future special housing needs. Aging in place should be an enriching lifestyle – not just marking it on the calendar and ignoring the deferred maintenance. Let us help you answer the question: “What will it take for you to age in the community?” The list might include minor remodel for safety, property tax assessments, and the inflationary time of the present.	Brown	Jan 10	W	2-3:30	FREE FREE
Knot Your Ordinary Keychain	Join in and unravel the art of creating a stunning keychain through the ancient craft of macramé. Learn essential knotting techniques, and craft your very own personalized keychain to showcase your creativity and style wherever you go. Please bring \$15 cash to the instructor to cover the material costs of this project.	Dorsett	Jan 16	T	1-2:30	\$1
Proactive Living	Aging in Place has its challenges, but there is help and hope available. Through this monthly education series, you will learn tips and tricks from local experts and discover the resources available in our community. Topics will include everything from exploring the 5 Pillars of Health (Sleep, Nutrition, Physical Movement, Purpose, and Community) to Medicare information, and discovering different in-home services.	Ryan	Jan 18	Th	1:30-3:30	FREE
			Feb 15	Th	1:30-3:30	FREE
			Mar 21	Th	1:30-3:30	FREE
			Apr 18	Th	1:30-3:30	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	Feb 1	Th	1:30-2:30	FREE
Heartfelt Knots: Valentine's Heart Wall Hanging	Indulge in a macramé affair infused with love and creativity in my 'Heartfelt Knots: Macramé Valentine's Wall Hanging Workshop.' Join me as I guide you through crafting a beautiful heart-themed wall hanging, perfect for adorning your space with a touch of romance and showcasing your affection for the craft this Valentine's season. Please bring \$15 cash to the instructor to cover the material costs of this project.	Dorsett	February 6	T	1-2:30	FREE
You're Not Stuck!	You want to remain independent in your own home with some amendments or in a different home with a better floor plan? Downsizing and upsizing? If you are over 62, there are amazing programs available to answer these concerns and more. Come hear some real life stories about how seniors thought they were stuck and found out they definitely were not stuck!	Rush	Feb 21	W	2-3:30	FREE

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## LIFELONG LEARNING

Class Name	Description	Instructor	Date	Day	Times	Cost
Chasing Rainbows: Macrame Meets St Patty	Join in to explore the magic of crafting a vibrant rainbow using the delightful colors of St. Patrick’s Day. Learn to weave the luck of the Irish into your macramé artistry as you create a stunning rainbow charm that’s sure to bring a splash of festive cheer to any space. Please bring \$15 cash to the instructor to cover the material costs of this project.	Dorsett	March 12	T	1-2:30	FREE
Hang in Style: Macrame Plant Hanger	Discover the joy of combining natural elements and creative design. Learn the art of macramé knotting techniques to create a stylish plant hanger that will not only elevate your plants but also enhance the aesthetic of your living space, adding a touch of greenery to brighten your day. Please bring \$15 cash to the instructor to cover the material costs of this project.	Dorsett	Apr 9	T	1-2:30	FREE
Today's Reverse Mortgage	Today's Reverse Mortgage has come a long way in 30 years. Come learn about the basic and advanced strategies this Home Wealth Financial Tool can offer.	Johnson	April 11	Th	10-11:30	FREE

## SPECIALS

Class Name	Description	Instructor	Date	Day	Time	Cost
Tunes on Tuesday: Gus Meza	Please give Gus Meza a warm welcome back to the Colorado Springs Senior Center! Gus will entertain us with hits from the golden era of American Music; from Gospel to Spanish love songs, Motown to Johnny Cash, Elvis to Frank Sinatra. His live performances are truly entertaining as he connects to the audience with humor, life's sorrows, and inspiring messages in-between	Meza	Jan 16	T	2-3	FREE
Tunes on Tuesday: The Jerry Galloway Show	The show includes hits from Frank Sinatra, Dean Martin, Bobby Darin, and Tom Jones, Ricky Nelson, Elvis Presley and Roy Orbison, and Gary Allen, George Strait, Alan Jackson, Garth Brooks, Michael Buble' and many more. ALWAYS a wide variety!	Galloway	Feb 6	T	2-3	FREE
Tunes on Tuesday: Bagpipes and Hot Cocoa!	Enjoy the magical sound of this unique woodwind instrument most associated with the Scottish Highlands while sipping on yummy hot cocoa from our hot chocolate bar, mmmm!	Farquharson	Mar 12	T	2-3	FREE
Senior Spring Showcase!	Due to popular demand, we are bringing back our showcase! Did you know that the Senior Center has plenty of talented folks? Cheer on our friends as they show off unique talents like tap and music! Do you have a talent or skill you would like to share? Contact Sara at <a href="mailto:stucker@ppymca.org">stucker@ppymca.org</a> to be included in the program. Please register in advance!	Variety	Apr 30	T	2-3:30	FREE

## TECHNOLOGY

Class Name	Description	Instructor	Date	Day	Time	Cost
Android Phones and Tablets	Learn how to use your phone more effectively. From a basic overview to more involved functions, this class will unpack the features of your phone. (not for Jitterbug phones)	Spadafora	Jan 9	T	1:30-3:30	FREE
			Feb 6	T	1:30-3:30	FREE
			Mar 5	T	1:30-3:30	FREE
			Apr 2	T	1:30-3:30	FREE
Apple Help 1:1	Schedule your 15 minute one-on-one appointment with a technology pro! We can answer questions and give how to's with iPhones, iPads, and apps. You've got questions, and we've got answers!	Lathrop	Feb 12	M	2-3	\$10
Computer Basics	This course is an introduction to all parts of a computer. Discussion will include hardware, shortcuts/settings, the Windows operating system, and common elements of software programs. Computer terminology and symbols will also be explained.	Spadafora	Mar12	T	1:30-3:30	FREE