

Southeast Armed Services YMCA

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.

Class Name	Description	Instructor	Date	Day	Time	Cost
Fitness Drumming	Drum away the stress while improving coordination, range of motion, rhythm, strength, and mental clarity. All levels choreographed drumming done on stability balls. Come have FUN moving to the music!	Mariska	Jan 9 - Feb 20	T	9:15-10:15	\$35
			Mar 12 - Apr 23	T	9:15-10:15	\$35
50+ Yoga Retreat	Take a step away from the busy weekend and treat yourself to this special yoga retreat. Many different classes and formats will be offered. All levels of experience are welcome. Cost includes a healthy lunch, giveaways, a culinary nutritionist presentation, and a full day of wonderful yoga experiences. Space is limited, please register by Friday, February 16th. Retreat is in partnership with AARP.	Various	Feb 24	S	8-2	\$25
Older Adult Education Day	Join us for a morning of education on a variety of topics. We will have presentations on the Senior Center Renovation Project, Cybersecurity for Seniors, and Thrive at 65! Medicare information will be discussed.	Various	Mar 6	W	9-12	FREE
Mountain Harmony Music	Formed in 2023, Mountain Harmony Music consists of a unique instrumentation variety including dulcimers, stringed instruments, a flute, and more! Join a fun Celtic-themed set perfect for a St. Patrick's Day celebration!	Mountain Harmony	Mar 11	M	2-3	FREE
All About Space and Astronomy	This presentation/discussion will focus on the explanation of new discoveries by space probes and astronomers. We will discuss the technology of satellites and telescopes and how they are used to expand human knowledge. When practical, will we provide hands-on instruction on how to enjoy the night sky, how to use binoculars and telescopes, and taking/appreciating astronomical images.	Koster	April 19	F	1-2	\$3

COMMUNITY/DAY TRIPS

Class Name	Description	Instructor	Date	Day	Time	Cost
Forest Bathing	When was the last time you felt a sense of awe in nature? Also known as forest therapy, forest bathing is the practice of immersing yourself in nature. Awaken your senses through a series of guided invitations to interact with nature. Join Serena Vogel, MA, Certified Nature and Forest Therapy Guide for two-hour guided forest therapy walks in North Shooks Run Park . This is not a time of exercise or hiking. In fact, we will be moving less than ¼ mile over the two hours. At the end of our walk, we will have an informal tea ceremony with a small snack. Note: No two forest bathing walks are alike. Each walk has unique invitations.	Vogel	Jan 6	Sa	8:30-10:30	\$7
			Feb 3	Sa	8:30-10:30	\$7
			Mar 2	Sa	8:30-10:30	\$7
			Apr 6	Sa	8:30-10:30	\$7
Women's Retreat at Camp Shady Brook	<p>This retreat is for women only! We will be heading to the beautiful Camp Shady Brook in Deckers for an overnight stay. Cost includes 4 meals, transportation from the Westside Cottages (1616 W. Bijou), lodging, and two days of fun camp activities. Come join the sisterhood!</p> <p>Accessiblity note: Some stairs and uneven terrain for outdoor spaces. Good physical health and shoes with tread recommended.</p> <p>Please register by Friday, April 12th.</p>	STAFF	Apr 22 - 23	M-T	9 a.m Monday - 5 p.m Tuesday	\$145