

WESTSIDE COMMUNITY COTTAGES
1616 W. Bijou St.

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 Armed Services YMCA)

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

HEALTH

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+

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

Class Name	Description	Instructor	Date	Day	Time	Cost
Nurse Chats: Dry Skin	Dry skin could signify underlying medical problems and is important to monitor carefully. Learn about how to monitor and care for your dry skin from a Registered Nurse.	Bakken	Jan 17	W	1-2	FREE
The Ayurveda Way	Learn about Ayurvedic health and your Dosha (body type) We will learn how to keep our Dosha in balance for optimal health.	Carlson	Jan 24	W	1-2	FREE
Long Term Care Workshop	This class will review the various types of long term care, the costs, availability and how to pay for it.	Michels	Jan 29	M	10-11:30	FREE
Mediterranean Diet Workshop	Colorado State University Extension has created a workshop focusing on the Mediterranean diet. This workshop will answer questions about key characteristics of the Mediterranean lifestyle and how foods in the diet contribute to health. Plus, you will learn how to make fresh home-made hummus and try a delicious sample. After attending this workshop, you will have strategies to incorporate these foods and habits into your life.	Lucero	Jan 31	W	1-2:30	\$5
Nurse Chats: Boost Your Immune System	Learn to keep your immune system balanced and in harmony. This class is facilitated by an RN.	Bakken	Feb 21	W	1-2	FREE
Healthy Cooking Class	Colorado State University Extension is bringing us a fun hands-on introductory nutrition and cooking education program which focuses on the following topics: preparing a healthy recipe; learning about healthy fats in the diet. Sign up early to reserve your place!	Lucero	Feb 27	T	1-2:30	\$5
The War on Salt	We have all seen the headlines on reducing salt for good health. In this class, we will discuss how for most Americans, adding salt to your diet can support overall health, including heart health, exercise performance and healthy weight maintenance.	Carlson	Mar 6	W	1-2	FREE
Nurse Chats: Urinary Incontinence	Urinary incontinence is a common, but not inevitable part of aging. Learn simple lifestyle and dietary changes to treat this problem. This class is facilitated by an RN.	Bakken	Mar 20	W	1-2	FREE
Medicare 101	Your Medicare choices are many and may be to the point of confusion! We will explore the various forms of Medicare with an emphasis on the consumer.	Michels	Apr 16	T	10-11:30	FREE
Nurse Chats: Peripheral Vascular Disease	Why do my legs ache? Why can't I walk very far? Peripheral Vascular Disease is prevalent in around 20% of adults older than 70. Learn about signs, symptoms, treatments, and more from a Registered Nurse.	Bakken	Apr 17	W	1:30-2:30	FREE

Westside Community Cottages

All Classes located at 1616 W. Bijou unless otherwise indicated

FITNESS

Drop-in option available as space allows -- \$10
All classes require registration and are subject to cancellation or change.

Class Name	Description	Instructor	Date	Day	Time	Cost
Zumba Gold®	Zumba Gold® is an exhilarating, effective, easy-to-follow fusion of Latin and international music. You will combine low and high-intensity moves for an interval-style, calorie-burning dance fitness party! You will have a serious dose of positive energy and good vibes every time you leave the class. No class on Monday, Jan 15th or Monday, Feb 19th due to City Holidays. (East Cottages remain open) This class is located in Hughes Hall. (1628 W. Bijou)	Miller	Jan 8 - Feb 28	M/W	10:30-11:30	\$55
			Mar 11 - Apr 24	M/W	10:30-11:30	\$55
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	Jan 9 - Feb 23	T/F	9-10:15	\$60
			Mar 12 - Apr 26	T/F	9-10:15	\$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. This class has a drop-in option as space allows.	Kleiner	Jan 9 - Feb 20	T	10:30-11:30	\$35
			Mar 12 - Apr 23	T	10:30-11:30	\$35
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 as space allows.	Mariska	Jan 11 - Feb 22	Th	11-11:45	\$30
			Mar 14 - Apr 25	Th	11-11:45	\$30



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.

Class Name	Description	Instructor	Date	Day	Time	Cost
SS 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. This class is located in Hughes Hall. (1628 W. Bijou)	Lord	Jan 9 - Feb 22	T/Th	9-9:45	\$50
			Mar 12 - Apr 25	T/Th	9-9:45	\$50
SS 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, but a standing endurance of 30 minutes is needed. This class is located in Hughes Hall. (1628 W. Bijou).	Lord	Jan 9 - Feb 22	T/Th	9:55-10:40	\$50
			Mar 12 - Apr 25	T/Th	9:55-10:40	\$50
SS 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	Jan 8 - Feb 29	M/Th	9-9:45	\$50
			Mar 11 - Apr 25	M/Th	9-9:45	\$50
SS Yoga	Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.	Mariska	Jan 8 - Feb 29	M/Th	10-10:45	\$50
			Mar 11 - Apr 25	M/Th	10-10:45	\$50