



## Northglenn Senior Center

There's always a pot of coffee on so stop by and visit a while!

**Telephone:** 303.450.8801

**Hours:** Monday - Friday from 9 am - 4 pm

**Holiday Closures:** December 24-26, December 31, and January 1

### General Info

The Northglenn Senior Center offers a variety of social, recreational, and educational programs and services for persons 55 and older. The center is located on the second floor of the Northglenn Recreation Center and is accessible by elevator.

### Information and Referral

Need assistance locating an agency or service in the area? Either call us at 303.450.8801 or the Senior Hub at 303.426.4408. The Senior Hub aids Adams County residents with information and referrals for:

- Housing
- Legal services
- Home repair needs
- Respite care
- Meals on Wheels

### Transportation: A-LIFT

A-LIFT offers free transportation to Adams County residents who are age 60 and over, or who are mobility challenged regardless of age. Rides are available to the senior center and the following locations:

- Medical and dental appointments
- Adult day and respite programs
- Grocery stores
- Congregate meal sites
- Trips within five miles of residence

Donations are accepted to defray costs. To schedule a trip, call 303.235.6972 weekdays from 8 am to 4 pm.

### RTD Call-N-Ride

Call-n-Ride is a personalized bus service that travels within select RTD service areas. One phone call can connect you to bus routes, Park-n-Rides, rail stations or to work, school and appointments. Make your reservation and we'll provide an estimated pickup time. When the bus arrives, pay your exact cash fare. It's that simple.

For residents **east of I-25**  
call 303.591.1389 or 303.434.4247

For residents **west of I-25**  
call 303.434.3472

### RTD Trips

Take an exciting day trip to a variety of locations throughout the metro area with the RTD Senior Ride Program. Find out about upcoming excursions, make reservations and purchase tickets at the senior center. The cost varies based on the destination. There is an additional \$2.60 to \$4.50 bus fare, depending on distance.

### AARP Driver Safety Program

Improve your driving skills while cutting your driving costs. People 50 and over can learn about:

- Driving hazards
- The effect of medications
- Local driving conditions
- Rules of the road

All insurance companies are required to provide a discount for completing the class, per Colorado law.

**Time/Dates:** Mondays 12:45-5 pm  
Jan 16, Feb 20, March 20 and April 17

**Fee:** \$15 for AARP members  
\$20 for non-members

Reservations required.



### SENIOR DINNER THEATRE PACKAGE

**April 27 at 10 am**  
Followed by lunch in the Senior Center

**Cost: \$20**

Tickets only available in the Senior Center until April 24 or until sold out.

### Northglenn Senior Book Club

**4th Tuesday of the month at 1 pm**

See the list below for up-coming titles. Be ready to discuss what you like or dislike about each book. Sign up early to reserve your copy! A limited number are provided.

**Jan 24**

*A Man Called Ove* by Fredrik Backman

**Feb 28**

*Mr. Penumbra's 24-Hour Bookstore*  
by Robin Sloan

**March 28**

*I Am Malala* by Malala Yousafzai

**April 25**

*Our Souls at Night* by Kent Haruf



**FREE blood pressure checks every third Wednesday in the lobby 9:30-10 am**

# Senior Health & Well-Being

## SilverSneakers® includes:

- Free use of pool facilities, weight room, and participation in fitness classes and other educational programs.
- Senior-friendly Silver Sneakers fitness classes that are easy on your joints and help improve balance, muscle strength, and coordination whatever your fitness level.
- Senior Advisor: your contact for information and personalized, friendly service.
- Opportunities to meet people and participate in fun promotions and social activities!

## SilverSneakers® Splash

SilverSneakers SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. Swimming ability is not required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

**Days:** Monday/Wednesday/Friday

**Time:** 9:30-10:30 am

## SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated or standing support.

**Days and Times:**

Tu/Th, 8:45-9:30 am & 9:45-10:30 am

Wednesday, 9:45-10:30 am

## SilverSneakers® Cardio

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

**Days:** Monday & Friday

**Time:** 8:45-9:30 am

*SilverSneakers® membership is free for select Medicare beneficiaries through their health insurance provider. Check with the Senior Center staff to see if you qualify. Classes are open to other seniors via a Recreation Center drop-in fee or punch pass card.*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weight Training</b> Annette 8:30-9:30 am 9:30-10:30 am		<b>Weight Training</b> Annette 8-9:15 am		<b>Weight Training</b> Annette 8:30-9:30 am 9:30-10:30 am
<b>Cardio</b> Karen 8:45-9:30 am	<b>Classic</b> Karen 8:45-9:30 am		<b>Classic</b> Karen 8:45-9:30 am	<b>Cardio</b>  8:45-9:30 am
<b>T'ai Chi</b> 9:30-10:30 am		<b>T'ai Chi</b> 9:30-10:30 am		<b>T'ai Chi</b> 9:30-10:30 am
<b>Splash*</b> Doreen 9:30-10:30 am	<b>Arthritis Aquatics</b> Doreen 9:45-10:30 am	<b>Splash*</b> Doreen 9:30-10:30 am	<b>Arthritis Aquatics</b> Doreen 9:45-10:30 am	<b>Splash*</b> Doreen 9:30-10:30 am
	<b>Classic</b> Karen 9:45-10:30 am	<b>Classic</b> Karen 9:45-10:30 am	<b>Classic</b> Karen 9:45-10:30 am	
<b>Yoga</b> Lacey 10:30-11:45 am	<b>Water Walking</b> Doreen 10:30-11:15 am	<b>Yoga</b> Angie 10:30-11:45 am	<b>Water Walking</b> Doreen 10:30-11:15 am	<b>Yoga</b> Lacey 10:30-11:45 am
<b>Dance Fitness</b> Annette 1:30-2:15 pm			<b>BOOM</b> Annette 2:30-4 pm	

## Senior Weight Training Class

Learn proper and safe instructions on weight machines and hand weights. Gain strength and increase endurance.

**Days:** M/F (weight room) 8:30-9:30 am or 9:30-10:30 am & Wed (gym) 8-9:15 am

### Daily Admission Fee:

\$2.50 Resident/\$3.50 Non-Resident or SilverSneakers® swipe

## T'ai Chi Club

Known as the gentlest of the martial arts, T'ai Chi is an ancient practice that helps keep the body healthy and strong. Most anyone can do the flowing movements.

**Days:** M/W/F 9:30 am in the Senior Center

## Foot Massage

Improve your circulation, help prevent foot and leg cramps, and just feel good! Mary is available first-come, first-served. Cost is free.

**Days:** Thursdays 9:30 to 11:30 am

## BOOM™ NEW!

Brought to you by SilverSneakers, BOOM™ is a three-class series that meets the needs of Baby Boomers and beyond. Three 30-minute classes can be done individually or in pairs to provide cross-training within a 60-minute block. Drop-in fee or SilverSneakers swipe required.

**Days:** Thursdays 2:30 - 4 pm

## Senior Yoga Classes

Yoga helps to find balance, breathing techniques, strength, vitality and more. This class is designed for seniors and taught by a certified yoga instructor.

**Days:** M/W/F 10:30-11:45 am

**Drop-in Fee:** \$5, punch pass available or SilverSneakers® swipe

## Wellness Program

The Visiting Nurses Association operates a monthly health clinic for seniors. They check blood pressure, provide nail and foot care for diabetics and more. You must schedule an appointment by stopping at the center or calling 303.450.8801.

**Date:** Third Thursdays

Jan 19, Feb 16, Mar 16, Apr 20

**Time:** 9 am - 2:30 pm

**Fee:** Free to nominal

## Dance Fitness: Line Dancing Class

Get up and moving with Annette. No partners are needed for this fun group fitness class that features country line and ballroom/social music.

**Days:** Mondays (Senior Center) 1:30-2:15 pm

### Daily Admission Fee:

\$2.50 Resident/\$3.50 Non-Resident or SilverSneakers® swipe

# Games/Cards

**Cost is free for all these activities**

## Wheel of Fortune

**1st Monday of the month at 1 pm**

Come on down, take a spin and solve the puzzle for a chance to win a prize and have a “wheel-y” good time.

## Memory Mondays

**4th Monday of the month at 1 pm**

Give your memory a boost by working on memory training exercises.

## Bunco

**Mondays at 9:45 am**

No skill necessary ... it's just a lot of fun! Throw the dice, shout “Bunco” and earn a chance at winning a prize.

## Bingo

**Tuesdays at 9:45 am**

Enjoy fun, fellowship and refreshments in a not-so-serious morning of bingo. Maybe you'll win a prize!

## Cards

**Wednesdays 12:30-4 pm**

Take part in a friendly game of bridge or pinochle each week. No partners are needed. New attendees, familiar with the game, are encouraged to arrive by 12:20 p.m. to meet the other players.

## Games

**Wednesdays 12:30-4 pm**

Bring a friend and play Mexican Train dominos, cribbage or your favorite game.

## Shuffleboard

**Thursdays at 10 am**

No need to find a partner, just spend a morning with us playing shuffleboard. We'll roll out the court and provide refreshments.

# Festive Fridays

## New Year, New You

**January 6 at Noon**

Get a healthy start to 2017! Learn about resources to help you achieve your New Year's resolutions, including the center's new fitness class, BOOM™. You don't need to RSVP – just stop by.



## 12th Annual Chili Cook-Off Potluck

**January 20 at Noon**

Think you make the best chili? Enter it in the Northglenn Senior Organization's 12th Annual Chili

Cook-Off. Red and green chili are judged in separate categories. Bring your chili entry or a complementary side dish for this potluck. A sign-up list is available at the center. Cost is free. Please RSVP by Jan. 17.

## Souper Bowl Lunch

**February 3 at Noon**

Are you ready for some football ... and a bowl of soup? Show your team spirit by wearing your favorite team's colors while participating in football-themed events. The Northglenn Senior Organization will provide the soup - you bring the side dishes and desserts. Cost is free. Please RSVP by Feb. 1.

## Hoodie Hoo Day Potluck

**February 17 at Noon**

Help chase away the winter and have some silly fun! We'll follow that up with a potluck, so bring a side dish or dessert. Cost is free. Please RSVP by Feb. 15.



## National Pig Day Potluck

**March 3 at Noon**

Celebrate National Pig Day with pig races and everything bacon. Bring a potluck dish that includes bacon or pork – even dessert! Cost is free. Please RSVP by March 1. *Oink oink.*

## St. Patrick's Day Potluck

**March 17 at Noon**

Get your Irish on for this fun annual event. Bring a favorite side dish or dessert and the Northglenn Senior Organization will provide corned beef, cabbage, rolls, tea and coffee. Cost is free. Please RSVP by March 14.

## Shuffle Board Tournament

**March 31 at 10 am**

Shuffle on down for this friendly tournament. Who knows – you could be our next champion! If you don't have a partner, we'll find one for you. In between play, we'll take a time-out for lunch. Cost is free. Please RSVP by March 28.



## Easter Breakfast and Egg Hunt

**April 7 at 9 am**

Enjoy a hot breakfast before heading out to the backyard to see what the Easter Bunny left. The cost for food and the Easter egg hunt is \$7. Please RSVP by April 4.

## Garden Tea Party

**April 21 at 1 pm**

After enjoying a pleasant afternoon tea, learn about planting from master gardener Rosie Garner. Cost is \$7. Please RSVP by April 18.

# Lunch/Potlucks

## Lunch Bunch Potlucks

**Third Tuesday of the month at 11:30 am (or following bingo)**

Bring a dish for one of our monthly potlucks  
**Jan 17, Feb 21, March 21, April 18**

## Restaurant Roundup

**2nd Thursday of the month at 11 am**

We'll take the city van to explore restaurants throughout the metro area. The ride is free, but you pay for your meal. Space is limited, so sign up early. Destination will be revealed on the day of the trip.

**Jan 12, Feb 9, March 9, April 13**



## Northglenn Senior Organization

The Northglenn Senior Organization (NSO) organizes activities for its members, including trips, programs, events, cards and bingo. They also provide input on senior programs in the city. Membership is open to anyone 55 and older, resident or non-resident. Cost is \$8 per year or \$15 for two years

### Luncheon & Business Meeting

Fourth Friday of the month at 12 p.m.  
Join the Northglenn Senior Organization (NSO) for these luncheons/meetings. Reservation and payment are required in advance.

Jan 27	Texas Roadhouse
Feb 24	Saigon Basil
March 24	Red Lobster
April 28	Golden Corral

### Community Crafts

Second and Fourth Thursdays at 1 pm

Help make something for traumatized kids to hold or hug, such as blankets or stuffed animals. They'll be donated to the Thornton-Northglenn Victim Services Unit or to Ralston House. Located in Northglenn, Ralston House aids children who are victims or witnesses of crime.

### Birthday Parties

2nd Friday monthly at 1 pm

The NSO sponsors and organizes monthly birthday parties. The parties feature entertainment and refreshments. Reservations required only of birthday "celebrants" ~ all other party-goers invited to join in the fun.

Jan 13
Feb 10
Mar 10
Apr 14



## Need help filing your taxes?

Adams County Tax Assistance will assist low-income residents with tax filing from Jan 30 through Apr 11 on a first-come, first-served basis. Participants must have a combined income of less than \$56,000. Please bring all tax forms from this year and last, as well as Social Security cards. Electronic filing is available. For more information, call 720.523.6163.

**Mondays from 1-6 pm**  
**Tuesdays from 9 am-2 pm**

### Low Vision Peer Group

Facilitated by the Center for People with Disabilities  
Meets every 2nd Tuesday  
1:30 to 2:30 pm

This free class promotes independence for adults 55 and over who are blind or visually impaired. Families and caregivers are welcome to attend.

**Stop by early!** Low vision products will be available to review at 12:30 pm.



## Gambling Trips

### Bull Durham at Blackhawk

Thursday April 6 9 am - 3 pm

Take a luxury coach up to the mountains for four hours of fun in Mardi Gras Casino in Blackhawk. Cost is \$10.

Classes are free and open to all ages

## Healthy Living Series

### Pain-Free Posture

Monday, Jan 16, 1 pm  
Stasia Humphrey with Pain Free Clinic will discuss how a good posture can help alleviate pain. Please RSVP by Jan 13.

### Northglenn Smiles

Monday, Feb. 27, 1 pm  
Dental professionals from Northglenn Smiles will talk about how to maintain a healthy mouth and smile and when to consider dentures. Please RSVP by Feb 24.

### Stop Diabetes

Thursday, March 30, 1:30 pm  
Discover how blood sugar and nutrition helps control diabetes. Presented by Fallon Rhodes, nutrition coach at Natural Grocers. Please RSVP by March 28.

## Educational Programs

### Stay Safe

Monday, Jan 23, 1 pm  
Find out from the Police Department about the latest scams and things to avoid. Afterward, they'll answer any questions you may have.

### Downsizing Made Easy

Tuesday, Feb 21, 1 pm  
Learn the five steps to making downsizing easy, including:

- What to consider before you move
- Senior living options in the area
- Questions when touring a senior living community
- Tips for hiring moving professionals
- Guidance on estate sales and auctions

### Senior Hub 101

Monday, March 13, 1 pm  
The nonprofit Senior Hub serves seniors in Adams County. Find out what they can do for you! Please RSVP by March 10.