*Ballroom

Why should celebrities have all the fun? With the popularity of TV dance shows these days there is no better time to put on your dance shoes. In this class we will be learning the elegant Waltz, smooth Foxtrot, and the up-beat Swing. Dancing can be a heart healthy workout. Come join the fun.

Code	R/NR	Day	Time	Date
314100-A	$65/$75 per couple	Wed	7-8 pm	1/23-2/13

*Latin

Come experience the culture of Latin America through their lively dances. We will be learning the Tango, romantic Rumba, and Merengue. This is a fun way to work out with a partner.

Code	R/NR	Day	Time	Date
314101-A	$65/$75 per couple	Wed	8-9 pm	1/23-2/13

*Salsa

Salsa is fun, easy, and a great work out! This class will get you ready to get out on the dance floor with confidence truly a dance of the people. Dance to uplifting music in celebration of life. Come on out and dance!

Code	R/NR	Day	Time	Date
314103-A	$65/$75 per couple	Wed	7-8 pm	2/20-3/13

*Swing

Swing is an up-beat dance that has been popular for decades. It can be done to a wide variety of music including Big Band, Jazz, Contemporary, and Country. This is a fun class and great exercise.

Code	R/NR	Day	Time	Date
314104-A	$65/$75 per couple	Wed	8-9 pm	2/20-3/13

LOOKING FOR OUR OTHER GENERAL INTEREST CLASSES?

Our General Interest classes are now located in the Lively Adults section of the brochure, starting on page 63.

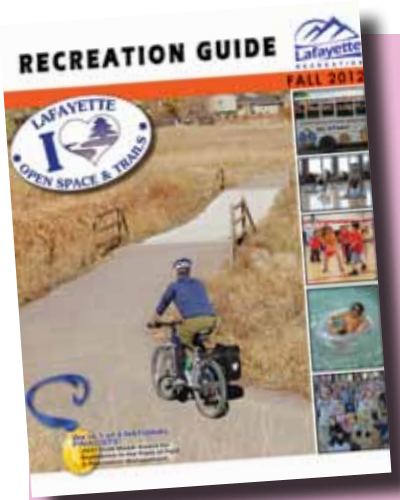
SHOP DONATE SUPPORT

Did you know when you **shop** in our Thrift Store or **donate** gently used items, you *support families in need who live right here in your own community*?

- servicing over 1,400 families annually
- the only comprehensive center for basic needs in East Boulder County
- provide self-sufficiency services
- all donations are tax-deductable

Sister Carmen COMMUNITY CENTER

701 W. Baseline Rd
Lafayette
(303)665-4342
www.sistercarmen.org



OUR BROCHURE IS NOW AVAILABLE FOR EASY ONLINE VIEWING!

No more downloading PDF's. You can view our entire brochure in a user-friendly, digital format.
www.cityoflafayette.com/Recreation

LIVELY ADULT GENERAL INTEREST PROGRAMS

If you're looking to increase your skills or gain some new ones, check out our general interest programs. We try to keep the costs low. Some are offered at no cost. Want something you don't see? Call us at 303-665-9052.

New!

TECHNOLOGY for Beginners

Intimidated by all the new devices? Can't keep up with the grandkids? These informative classes will get you rolling in no time!

NOOKS & BOOKS

Get with the times and come and learn about the one of the newest gadgets-The Nook. This little wonder will save you money and make you the envy of all your friends.

Class Instructor Jeff Oliver

Register by: 1/14.

Location: Senior Center **Min/Max 5/12**

Code	R/NR	Day	Time	Date
319200-1	$0/$0	Wed	10-11am	1/23

E-BOOKS

Have you been thinking about buying an electronic reading book? Can't decide what the difference is between all the devices? Come to this hands-on session. Try out some of the new technology available today or bring your own and learn how to use it.

Instructor: Claudia Tomass

Register by: 2/4.

Location: Senior Center **Min/Max 5/12**

Code	R/NR	Day	Time	Date
319201-1	$0/$0	Tue	10-11am	2/12

INTRODUCTION TO SMART PHONES BY AT&T

Have your kids talked you into a smart phone and now you don't know what button to push or when? Smart Phones can make your life easier if you just know how to use them. Join us and take the mystery out of your new phone.

Class Instructor: AT &T associate

Register by: 3/4.

Location: Senior Center **Min/Max 5/12**

Code	R/NR	Day	Time	Date
319202-1	$0/$0	Wed	10-11am	3/13

GETTING TO KNOW YOUR LAPTOP

Are you the lucky owner of one of those new "fandandled laptops" but don't know how to use it? Bring your laptop to this class to gain knowledge and tips on getting started.

Class Instructor Joann Vanhorn

Register by: 3/18.

Location: Senior Center **Min/Max 5/12**

Code	R/NR	Day	Time	Date
319203-1	$0/$0	Wed	10-11am	3/27

COMPUTER WORKSHOPS

If you have been looking for classes that will offer more than a one day quick review then these four week courses are for you!

MICROSOFT OFFICE WORD

Learn the basic operations of Microsoft Word in creating, editing, formatting, and printing documents; learn how to create margins, headers, footers, and tabs that will make your documents look like they were professionally done. You must have some computer experience to take this class.
Class meets one time per week.
Class Instructor: Padriac (Paddy) Fowler

Register by: 1/2.

Location: Senior Center Min/Max 3/4

Code	*R/NR*	*Day*	*Time*	*Date*
319204-1	$40/$45	Wed	6-8pm	1/9-1/30

MICROSOFT OFFICE POWERPOINT

This 4 week course will teach you the basics of using Microsoft PowerPoint to create and deliver a great presentation and/or slide show. PowerPoint can help you to integrate graphics, tables, text, sound, pictures, and much more. You must have some computer experience to take this class. Class meets one time per week.
Class Instructor: Padriac (Paddy) Fowler

Register by: 1/28.

Location: Senior Center Min/Max 3/4

Code	*R/NR*	*Day*	*Time*	*Date*
319205-1	$40/$45	Wed	6-8pm	2/6-2/27

EXCEL SPREADSHEETS

This 4 week course will help you to create spreadsheets, charts, graphs, and tables. The instructor will tour the menus and demonstrate setting up and editing spreadsheets and more. You must have some computer experience to take this class. Class meets one time per week.
Class Instructor: Padriac (Paddy) Fowler

Register by: 2/25.

Location: Senior Center Min/Max 3/4

Code	*R/NR*	*Day*	*Time*	*Date*
319206-1	$40/$45	Wed	6-8pm	3/6-3/27

CREATIVE ARTS

Art, music and Dance can enrich your life and add joy to your day. Check into the classes we offer!

ART

Develop new skills and express yourself. Art classes are also great for developing/improving coordination and manual dexterity.

New!

WATER COLOR

Class Instructor: Donna Flebbe

Our instructor will assist you in everyway to have a positive experience with watercolor as a beginner or an advanced painter. Her experience as a teacher will help you progress in your art. This class will allow time for individual help and gentle critiques. Supply list available at time of registration or on our website.
www.cityoflafayette.com/seniors

Register by:1/2, 1/28, & 2/25.

Location: Senior Center Min/Max 5/10

Code	*R/NR*	*Day*	*Time*	*Date*
319207-1	$33/$38	Tues	1:30-3:30pm	1/8-1/29
319207-2	$33/$38	Tues	1:30-3:30pm	2/5-2/26
319207-3	$33/$38	Tues	1:30-3:30pm	3/5-3/26

MUSIC

Communicate through the joy of sound. Learn a new skill or just have fun!

BEGINNING PIANO

Have you always wanted to play the piano? Here's your chance to learn in a fun, supportive small groups, of 5-8 students, from an experienced teacher. No music background is required for this class! Course fee includes instruction book with CD and all materials. ***Register by: 1/2.***

Location: Senior Center Min/Max 4/8

Code	R/NR	Day	Time	Date
319208-1	$85/$105	Mon	8:30-9:30am	1/7-3/11

No class 1/21 & 2/18

INTERGENERATIONAL MUSIC TOGETHER

The City of Lafayette Senior Services and Rocky Mountain Center for Musical Arts is please to offer an intergenerational opportunity! Join children of all ages in a family-style class of singing and movement. In these classes infants, toddlers, and preschoolers will have the chance to participate and form bonds with older adults in the community while singing and moving to live piano music.

Register by: 1/7.

Location: Senior Center Min/Max 6/12

Code	R/NR	Day	Time	Date
319209-1	$0/$0	Mon	10:30-11:30am	1/14-3/18

DANCE

Please check page 35 for information on Ballroom, Latin, Salsa and Swing dance classes.

BE MINE VALENTINE'S DAY DANCE

sponsored by Lafayette Senior Services!

Come alone or with your sweetheart and dance the night away. All ages welcome. Check the Special Events, Lively Adults section for more information on this fun activity! ***Register by: 2/5.***

Location: Lafayette TBA

Min/Max 25/75

Code	R/NR	Day	Time	Date
319702-1	$12/$14 per person	Tue	6-8:30pm	2/12

BBRC DUDES & DARLIN'S DANCE

Gather your friends and family and head out for an evening of some boot scootin' fun! Enjoy learning popular line dances. More information on this fantastic event is on page 28.

Location: Bob L. Burger Recreation Center

Code	R/NR	Day	Time	Date
314120-A	$7 per person	Sat	6-8 pm	3/16
314121-A	$25 for family of 4*	Sat	6-8 pm	3/16

Please Note: Pre registration is required.

****$5 for each additional family member over 4***

Lafayette Senior Services partners with ***Active Minds*** to bring to you educational programs to expand your life and mind. The sessions are thought-provoking in content and objectively presented. They are offered by expert teachers who are extensively trained. These programs offer facilitated discussions that promote community, positive energy and fun!
Phone registration accepted or register online at www.cityoflafayette.com/senior. Walk-ins the day of may be accommodated if maximum is not met by deadline. Please call for availability.

PEARL HARBOR: The Day that Lives in Infamy
December 7, 1941 brought an attack upon the United States the likes of which had never been seen before. We tell the story from both the Japanese and the U.S. perspective. We will cover not only how the Japanese planned and executed such a bold attack, but also how the U.S. could have been caught so completely unaware. We will also examine the impact this had on World War II and the American psyche.
Register by: 12/6.
Location: Senior Center Min/Max 2/20

Code	R/NR	Day	Time	Date
319210-1	$0/$0	Fri	10-11am	12/7

A CENTURY OF WOMEN'S PROGRESS
It's been 40 years since Title IX became a law prohibiting gender discrimination in any educational institution receiving federal funds. We use this anniversary to reflect on a century of women's progress in the US. From women's suffrage to the Women's Liberation movement of the 1960's to the role of women in the workforce today and the serious consideration of a woman for President, we will examine how far women have come as well as what many claim remains undone. ***Register by: 1/3.***
Location: Senior Center Min/Max 2/20

Code	R/NR	Day	Time	Date
319211-1	$0/$0	Fri	10-11am	1/4

THE AMERICAN WEST
As we mark the 150th anniversary of the Homestead Act of 1862, join Active Minds for an exploration of how the West was opened and won. We'll tell the story from a variety of perspectives--from the early explorers who ventured into the unknown to the fortune seekers who raced to the Gold Rush. We'll also include the often brutal elements of what was known at the time as "Manifest Destiny" including conflicts with Native Americans as well as Spanish Mexico, all of which added significant territory to the United States.
Register by: 1/31.
Location: Senior Center Min/Max 2/20

Code	R/NR	Day	Time	Date
319212-1	$0/$0	Fri	10-11am	2/1

THE HISTORY OF DENVER
Come learn the stories of the Mile High City. You will learn how our city was founded and the roles played by James Denver, Robert Speer, Ben Stapleton, and others. We will cover the booms and the busts and the story of why the 1976 Winter Olympics were not held here. Bring your favorite Denver trivia to share!
Register by: 2/28.
Location: Senior Center Min/Max 2/20

Code	R/NR	Day	Time	Date
319213-1	$0/$0	Fri	10-11am	3/1