VOLUNTEER

THERE ARE DIFFERENT WAYS TO VOLUNTEER

Whether it is as a front desk person, helping with a Center project, volunteering in the lunch program, or sharing your skills with a drop-in group, everything you do adds to the richness and quality of our programs and services. Think about what your interest area is and contact us for more information or an application!

Visit www.cityoflafayette.com/senior or call 303-665-9052 ext. 0.

SENIOR ADVISORY BOARD

The Senior Advisory Board meets the 2nd Wednesday of each month from 3:30-5:30pm at the Lafayette GO! Center 103 S. Iowa Ave. The Board provides support, expertise and guidance for issues of concern to older adults in the City of Lafayette.

COMMUNITY SUPPORT CLASSES

AARP SMART DRIVER COURSE

This class, sponsored by AARP, is an excellent way to improve your skills, increase safety and be eligible for a premium discount on your insurance. Open to all individuals 50 years and over. Certification is valid for 3 years.

Location: Lafayette GO! Center, 103 S. Iowa Ave. Min/Max 5/15

Code	Fee	Day	Time	Date	Deadline
439800	$15/$20*	Mon	12:00-4:00pm	5/12	5/5

***$15 fee is for AARP members; the $20 fee is for non-member AARP participants. Payment is made to instructor at 1st class.**

MEDICARE BASICS CLASS

Are you turning 65 and on Medicaid? Did you know Medicare will become your primary health insurance and you must choose a Medicare Drug Plan to continue to have your medications covered once you are on Medicare? Before you turn 65 make sure you learn more about Medicare benefits, costs, and choices. **Instructor: Medicare Counselors,** Boulder Cty Area Agency on Aging
Location: Lafayette GO! Center, 103 S. Iowa Ave.
Min/max 5/15

Code	R/N	Day	Time	Date	Deadline
439801	$0/$0	Fri	1:30-3:30pm	5/16	5/9

Registration with Lafayette GO! Center is required.

MONTHLY LEGAL QUESTIONS & ANSWERS

Do you have a legal question or concern? An attorney will be here each month to privately answer simple legal questions. If you need further assistance, the attorney will be able to refer you for more detailed legal help. **Instructor: Attorney Sharon Svendsen**
Location: Lafayette GO! Center, 103 S. Iowa Ave.
Min/Max: 1/3

Code	R/N	Day	Time	Dates	Deadline
439802-1	$0/$0	Tue	11:00-11:45am	4/8	4/1
439802-2	$0/$0	Tue	11:00-11:45am	5/13	5/6
439802-3	$0/$0	Tue	11:00-11:45am	6/17	6/10
439802-4	$0/$0	Tue	11:00-11:45am	7/8	7/1

Registration with Lafayette GO! Center is required.

DIABETES SUPPORT AND EDUCATION

Need help learning to control your Diabetes? This class provides education about diet, exercise, sleep and the effect of each on Diabetes. For questions call: 303-441-4995. **Instructor: TBA**
Location: Lafayette GO! Center, 103 S. Iowa Ave.
Register by: class day

Code	R/N	Day	Time	Dates
439803-1	$0/$0	Mon	11:00am-12:00pm	4/21
439803-2	$0/$0	Mon	11:00am-12:00pm	5/19
439803-3	$0/$0	Mon	11:00am-12:00pm	6/16
439803-4	$0/$0	Mon	11:00am-12:00pm	7/21

Registration with Lafayette GO Center is required.

LOW VISION GROUP

Learn about resources and products for independent living with low vision. Home visits by a low vision specialist may also be an option.
Instructor: The Center for People with Disabilities
Location: Lafayette GO! Center, 103 S. Iowa Ave.
Register by: class day

Code	R/N	Day	Time	Dates
439804-1	$0/$0	Fri	10:30-11:30am	4/25
439804-2	$0/$0	Fri	10:30-11:30am	5/23
439804-3	$0/$0	Fri	10:30-11:30am	6/27
439804-4	$0/$0	Fri	10:30-11:30am	7/25

Registration with Lafayette GO Center is required. Class meets the fourth Friday of each month.

ALZHEIMER'S DISEASE AND DEMENTIA SERIES

Location: Lafayette GO Center, 103 S. Iowa Ave.

PART I THE BASICS: ALZHEIMER'S, ALZHEIMER'S DEMENTIA AND MEMORY LOSS

This is a good overview for those who have a diagnosis of dementia, those who want to learn about Alzheimer's disease and the services of the Colorado Chapter of the Alzheimer's Association.
Min/Max 5/25

Code	R/N	Day	Time	Date	Deadline
439805	$0/$0	Mon	5:30-7:00pm	5/19	5/12

PART II CAREGIVING TIPS: SUCCESSFUL COMMUNICATION

This class covers successful communication skills for interacting with someone with dementia, as well as how to assess and respond to behaviors. Learn how to recognize triggers which may result in challenging interactions. **Min/Max 5/25**

Code	R/N	Day	Time	Date	Deadline
439806	$0/$0	Mon	5:30-7:00pm	6/9	5/30

RESPITE CARE RESOURCES PART 2

Information and assistance for caregivers of older adults or spouses in Lafayette. This class includes assessment of need/eligibility for programs as well as help with paperwork and program enrollment applications. Find out more about respite and long term care. **Min/Max 3/10**

Code	R/N	Day	Time	Date	Deadline
439807	$0/$0	Mon	3:45-4:45pm	6/2	5/28

ONGOING COMMUNITY SERVICE ACTIVITIES

MORNING COFFEE AT THE LAFAYETTE GO CENTER

In the morning, we have the coffee ready and we often have something to enjoy it with! On Wednesdays, we provide samples of Panera Bread treats and a coffee bar with some extras! While you're here check out our Drop-In programs and see what your friends are doing. Fun things are going on Monday-Friday!
Location: Lafayette GO! Center, 103 S. Iowa Ave.

BIRTHDAY CELEBRATIONS

Stay after the Nutrition Lunch Program at Josephine Commons or stop by for our once a month birthday celebration! Everyone is welcome to enjoy birthday treats and congratulate the birthday gals and guys! If your birthday is in the month we're celebrating, we'll have something special for you! The Birthday Celebrations will start at 1:15pm in the dining room.

Sponsored by: Humana

Location: Josephine Commons Dining Room
Min/Max N/A

Code	R/NR	Day	Time	Birthday Month	Date
439203-1	$0/$0	Tue	1:15-1:45pm	April	4/15
439203-2	$0/$0	Tue	1:15-1:45pm	May	5/13
439203-3	$0/$0	Tue	1:15-1:45pm	June	6/10
439203-4	$0/$0	Tue	1:15-1:45pm	July	7/8

Panera BREAD

FREE BREAD courtesy of Panera Bread will be available every WEDNESDAY MORNING AT 10:30AM

- **Bread is handed out on a first-come, first-served basis.**
- **The amount per person is determined by the amount received from Panera Bread.**
- **Amount may vary from week to week.**
- **We ask that each person limit their selection to two bagged items of their choice.**