

### NIA

Explore the movement principles and choreography of NIA. This class will focus on some of the basic NIA moves and the self healing practice that comes from dance, martial and healing arts. This is a special opportunity to explore movement and wellness. Come to one class or come to all.

**Instructor: Lorna Beard (NIA White Belt) Min/Max 3/10**  
**Location: Lafayette GO Center, 103 S. Iowa Ave.**

Code	R/NR	Day	Time	Dates	Deadlines
439411-1	\$30/\$40	Thur	3:45-4:30pm	4/24-5/15	4/22
439411-2	\$8/\$10 per class	Thur	3:45-4:30pm	4/24	4/22
439411-3	\$8/\$10 per class	Thur	3:45-4:30pm	5/1	4/24
439411-4	\$8/\$10 per class	Thur	3:45-4:30pm	5/8	5/1
439411-5	\$8/\$10 per class	Thur	3:45-4:30pm	5/15	5/8

### TAI-CHI FOR HEALTH

#### SMALL-SEMI-PRIVATE CLASS

This class is an adaptation of Tai-Chi by Dr. Paul Lam. Tai-Chi is low-impact, slow movement exercise that accommodates all mobility levels ranging from those with good balance to those limited to walkers and wheelchairs. The objectives are to increase mobility, strength and balance, while lessening joint pain and stiffness. Tai-Chi helps reduce blood pressure and improve cardio-respiratory fitness. Learn the basics, including breath, mental focus, postural awareness and correct mechanics of each move.



**Instructor: Choo Perumainar**  
**Location: Lafayette GO Center, 103 S. Iowa Ave.**  
**Min/Max 4/10**

Code	R/NR	Day	Time	Dates	Deadline
439500-1	\$30/\$40	Mon	3 : 3 0 - 4:30pm	4/7-4/28	3/31
439500-2	\$23/\$30	Mon	3 : 3 0 - 4:30pm	5/5-5/19*	4/28
439500-3	\$30/\$40	Mon	3 : 3 0 - 4:30pm	6/23-7/14	6/16

\* 3 class session

### FREE BLOOD PRESSURE CHECKS



Having high blood pressure puts you at risk for heart disease and stroke, the first and third leading causes of death in the United States. People of all ages and backgrounds can develop high blood pressure and it's preventable! Having your blood pressure checked regularly is an important step. You can get your blood pressure checked while enjoying our lunch program.

### NO APPOINTMENT NECESSARY FOR EITHER OPTION

**City of Lafayette Fire Dept. Emergency Medical Technicians**  
**Location: Josephine Commons,**  
**455 N. Burlington Ave.**

**Min/Max N/A**

Code	R/N	Day	Time	Dates
439502-1	\$0/\$0	Tue	11 : 30 a m - 12:15pm	4/1
439502-2	\$0/\$0	Tue	11 : 30 a m - 12:15pm	5/6
439502-3	\$0/\$0	Tue	11 : 30 a m - 12:15pm	6/3
439502-4	\$0/\$0	Tue	11 : 30 a m - 12:15pm	7/1

First Tuesday of every month

**Claudia Johnson, RN**

**Location: Josephine Commons,**  
**455 N. Burlington Ave.**

**Min/Max N/A**

Code	R/N	Day	Time	Dates
439502-5	\$0/\$0	Tue	11 : 30 a m - 12:30pm	4/15
439502-6	\$0/\$0	Tue	11 : 30 a m - 12:30pm	5/20
439502-7	\$0/\$0	Tue	11 : 30 a m - 12:30pm	6/17
439502-8	\$0/\$0	Tue	11 : 30 a m - 12:30pm	7/15

Third Tuesday of every month

# Adult Programs

Wellness

## THE BUCKET LIST

The spirit behind a bucket list is the desire to overcome fears, achieve goals, explore your dreams or just find ways to live your best life ever. As adults, it's time to go outside the box and dream big. The Denver metro area is a great place



The Denver metro area is a great place to fulfill your list, and we're ready to help you get started. Look for our bucket list suggestions throughout the Guide. Maybe you'll remember something you want to do but have been putting it off. Why not get started on your list and maybe add to it! **NOT EVEN THE SKY IS THE LIMIT!**

Email your bucket list ideas to [rfabini@cityoflafayette.com](mailto:rfabini@cityoflafayette.com) for future publications.

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- BUCKET LIST**
- Sculpt with a Well-Known Artist **PAGE 62**
  - Go Hot Air Ballooning **PAGE 67**
  - Parachute in a Wind Tunnel **PAGE 67**
  - Ride the Zip Line **PAGE 68**
  - Raft down a River **PAGE 68**
  - Wineries of the Front Range Tour **PAGE 68**



## LAFAYETTE COLLECTIBLES AND FLEA MARKET

*Named the 12th-Best Flea Market in the Country by Good Housekeeping Magazine!*

- 20,000 Square Feet with Over a Half a Million Items!
- Antiques, Collectibles, Secondhand Items, New Items, Furniture, Clothing, Lots More!
- Monday-Saturday: 10am - 6pm  
Sunday: 11am - 5pm



130 E. Spaulding Street • Lafayette, CO 80026  
Just East of S. Public Rd. • (303) 665-0433

### ALTERNATIVE HEALTH CARE SOLUTIONS: MEDICINAL MARIJUANA

Join us as we uncover, explore, and inform the public regarding alternative health care options which impact our families and the communities in which we live. Get ahead of the 'hype' and learn how to discern between fact and fiction when it comes to the "ins & outs" of medicinal marijuana. Get the facts on health care options; it can save a life. Price includes three week class with a light meal during each class.



**ADULTS 18+ ONLY.**

**Instructor:** Michael Sanicola with Dr. Eric Eisenbud  
**Register by:** 4/11 **Min/Max** 20/40

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

Code	R/NR	Day	Time	Dates	Weekly Topics
439501-1	\$50/ \$65	Fri	6:00- 7:30pm	4/18	The History of Hemp
				4/25	Research, Rethink, Readjust
				5/2	Understanding the business of Drugs

## TABLE MASSAGE FOR ADULTS

Lafayette GO! Center offers low cost massage for adults. Massage encourages well-being and optimum functioning by improving circulation. Relax and enjoy its many therapeutic benefits. Massage time includes your choice of relaxing or therapeutic massage, preparation time and education. **Offered by Lowell Aird, CMT - Certified Massage Therapist.**

**To schedule an appointment:** Call Lafayette GO! Center at 303-665-9052 ext.0 or stop by the front desk at the GO Center. Payment is due when appointment is made. Please arrive 15 minutes prior to appointment time. **You must be 21 or older.**



**TABLE MASSAGE 60 MINUTES**  
**Location:** Lafayette GO! Center, 103 S. Iowa Ave.  
**Register by: Monday at 3pm**  
**Min/Max:** Limited by Availability of Appointment times

Code	R/NR	Day	Time	Dates
POS	\$35/\$45	Tue	1:00-4:30pm (last appt. is 3:30pm)	4/1-7/29

## TABLE MASSAGE 30 MINUTES

**Location:** Lafayette GO! Center, 103 S. Iowa Ave.  
**Register by Wednesday at 3pm**  
**Min/Max:** Limited by Availability of Appointment times

Code	R/NR	Day	Time	Dates
POS	\$20/\$30	Thu	1:00-4:30pm (last appt. is 4:00pm)	4/3-7/31

## WANT TO BE THE FIRST TO KNOW?

Visit the City of Lafayette's website at [www.cityoflafayette.com/notifyme](http://www.cityoflafayette.com/notifyme) and select Senior Services News Flash

Sign up to receive notices about our Classes, Wellness program, Day trips, Upcoming events, Special events and New programs!



## TENDERFOOT CARE

**Offered by: Marianne Kuhns, R.N.**

Includes preparation time, whirlpool foot bath, a foot and leg massage, corn & callus treatment, toenail cutting & filing. **Those with medical conditions should register for this option.**

**To schedule an appointment for TenderFoot care:** call Lafayette GO! Center at 303-665-9052 ext.0 or stop by the front desk at the Center. Payment is due when appointment is made. Please arrive 10 minutes prior to appointment time.

**Location:** Lafayette GO! Center, 103 S. Iowa Ave.  
**Min/Max:** Limited by Availability of Appointment times

Code	R/NR	Day	Time	Dates
POS	\$28/ \$38	Wed	1:30-4:30pm (last appt. is 3:45pm)	4/16, 5/14, 6/18, 7/16
POS	\$28/ \$38	Fri	8:45am-3:30pm (last appt. is 2:45pm)	4/18, 5/16, 6/20, 7/18

**Third Friday of the month and the Wednesday before in the same week.**

## BASIC FOOT CARE CLINIC

**Offered by: Bonnie Miller, CNA**

### BASIC FOOT CARE: 25 MINUTES

Foot care for those who want just the basics-foot soak and nail file manicure. Disposable files and towels used.



**To schedule an appointment for Basic Foot Care:**

call Lafayette GO! Center at 303-665-9052 ext.0 or stop by the front desk at the Center. Payment is due when appointment is made. Please arrive 10 minutes prior to appointment time.

**Register by Mondays at 3pm.**

**Location:** Lafayette GO! Center, 103 S. Iowa Ave.  
**Min/Max:** Limited by Availability of Appointment times

Code	R/NR	Day	Time	Dates
POS	\$14/ \$24	Tue	9-11:30am (last appt is 11am)	4/1, 4/15, 4/29, 5/13, 5/27, 6/10, 6/24, 7/8, 7/22

**Appointments are available on the 1st and 3rd Tuesday of each month.**