

# SENIORS



## EXTENDED TRAVEL

### COLLETTE VACATIONS

Collette Vacations is a proud partner of Lafayette Senior Services for extended trips for the Winter-Spring 2018. These trips are open to Lafayette Residents or Non Residents age 20+. For more information and a list of trips, contact the Recreation Coordinator via email at [heideb@cityoflafayette.com](mailto:heideb@cityoflafayette.com) or at 303-661-1491.

### ROME AND THE AMALFI COAST OCTOBER 2019 DEPARTURE

Your adventure begins with an overnight flight to Italy. Journey through southern Italy and experience its rich scenery, art, culture, food and wine. Attend the informational presentation given by Collette representative regarding this trip.

### FREE INFORMATION SESSION-REGISTRATION REQUIRED

Location: Lafayette Senior Center

919107-1 Tue 02/05 1:00PM-3:00PM

### PREMIERE TRAVEL

Premier Travel is a proud partner of Lafayette Senior Services for extended trips. For more information and a list of trips, contact the Recreation Coordinator via email at [heideb@cityoflafayette.com](mailto:heideb@cityoflafayette.com) or at 303-661-1491. Attend the informational presentation given by a Premier Representative regarding the following trips.

- TREASURES OF IRELAND April 2020
- OREGON TRAILS FEATURING PORTLAND ROSE FESTIVAL June 2020
- CLASSIC NEW ENGLAND October 2020
- NEW ORLEANS HOLIDAY December 2020

### FREE INFORMATION SESSION- REGISTRATION REQUIRED

Location: Lafayette Senior Center

919108-1 Thr 03/28 1:00PM-2:00PM

## WELLNESS CLASSES

### **fun** LATIN DANCE - FITNESS CLASS

This Latin-Inspired fitness class is a great, unique and effective approach to exercise. Imagine getting fit while having fun!! Come, join us! You'll Love It!

Location: Lafayette Senior Center

Fees: \$4 Drop-In Fee - Mondays From 1:15PM-2PM

### TAI CHI (BEGINNER)

Tai Chi is exercise that is easy and gentle. Tai Chi develops body awareness that can help seniors to keep their balance. It can also keep seniors healthy and mobile so that they can maintain their independence and lead full lives. It is exercise that is great for newbies, older people and people who don't like to sweat too much.

Fees: \$30 Residents/\$40 Non-Residents  
Thursdays, 11:00AM-12:00PM

919600-1	12/06-12/27
919600-2	01/10-01/31
919600-3	02/07-02/28
919600-4	03/07-03/28
919600-5	04/04-04/25

### TAI CHI (INTERMEDIATE)

Intermediate Tai Chi is for people who want more...They've taken the first Tai Chi course and have gotten a taste of basic Tai Chi movements and the form and are now ready to go deeper. This course offers deep bending and more complex movements, as well as more of the Simplified 37 Posture Forms.

Location: Lafayette Senior Center

Fees: \$30 Residents/\$40 Non-Residents  
Wednesdays, 11:00AM-12:00PM

919601-1	12/05-12/26
919601-2	01/09-01/30
919601-3	02/06-02/27
919601-4	03/06-03/27
919601-5	04/03-04/24



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## REIKI AND VOICE YOGA

Be Well with Reiki & Voice yoga. This class will offer Reiki Meditation and vocal sound exploration to:

Develop the power of your presence, assist you in de-stressing and relaxing, aid you with more easeful communication with

family and friends, help you speak up from your heart with confidence and deepen your emotional intelligence.

Location: Lafayette Senior Center

**Fees: \$30 Residents/\$40 Non-Residents**  
Tuesdays, 1:00PM-2:00PM

919500-3	03/05-03/26
919500-4	04/02-04/23

## WELLNESS SERVICES

### BASIC FOOT CARE AGES 55+

Foot care for those who want just the basics: foot soak, short lotion massage and nail file pedicure. Service provided by Bonnie Miller, Certified Nursing Assistant.

Location: Lafayette Senior Center

**Fees: \$18 Residents/\$28 Non-Residents**

Tuesdays, 9:00AM-11:30AM

919400-1	01/08
919400-2	02/05
919400-3	03/05
919400-4	04/02

### MEDICAL FOOT CARE AGES 55+

Includes warm towel wrap, foot massage, corn and callus treatment, toenail cutting and filing. Service provided by Lynette Mauge-Marsharll, RN.

Location: Lafayette Senior Center

**Fees: \$38 Residents/\$48 Non-Residents**

Wednesdays, 9:00AM-4PM

919401-1	01/16
919401-2	02/20
919401-3	03/20
919401-4	04/17

**FREE**

## MONTHLY HEARING CLINIC

The staff of Family Hearing provide free audiology services such as ears checked and cleaned, hearing aids inspected and cleaned, and hearing screenings.

**Appointment required. Sign up through Lafayette Senior Services at 303-661-1492.**

**Dates: January 8, February 12, March 12 and April 9**

**Time: 2nd TUE each month, 1-2:30PM**

## ENRICHMENT PROGRAMS

### WINE GLASS PAINTING

Join Bohemia for a fun workshop in painting your own wine glasses! We provide the supplies, pictures for inspiration, instruction and FUN! You can bring your own glasses or use ours for \$5 each. Great gift ideas for birthdays and Valentine's Day.

Location: Lafayette Senior Center

**Fees: \$30 Residents/\$40 Non-Residents**  
Tuesday, 6:00PM-8:00 PM

919200-1	02/12
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### MULTICULTURAL POTLUCK

This event is kicking off a series of Multicultural Potlucks occurring at Senior Centers around the county. Join us to celebrate friendship and a variety of fabulous food. Please bring a favorite dish to share that will serve 4-6 people that represents your heritage. The Senior Center will provide a main dish, drinks, plates, cups and utensils. Transportation provided or drive yourself. **Fee is waived for those who drive themselves.**



### CONVIVIO MULTICULTURAL

Este evento está dando inicio a una serie de convivios multiculturales que se llevan a cabo en los Centros para personas mayores en todo el condado. Acompañenos a celebrar la amistad y una variedad de comida fabulosa. Por favor traiga un plato favorito para compartir que servirá a 4-6 personas y que represente su país de origen. El Senior Center proporcionará un plato principal, bebidas, platos, tazas y utensilios. **Location: Longmont Senior Center**

**Fees: \$5 Residents/\$10 Non-Residents**

919817-1	Fri	02/08	12:30PM-2:00PM
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