

Class Name	Description	Instructor	Date	Day	Time	Cost
Private Music Lessons	Beginner lessons are available for the following: singing, learning to read music /simple theory. Instruments such as piano, guitar, ukulele, mandolin, banjo, or bass. Lessons are \$70 for four 30 minutes sessions or \$140 for four 1 hour sessions. See the front desk to schedule an appointment.	Gardino	See Front Desk	T		
Simple Signing	Learn to talk with your hands! Communicate through windows & across the room without shouting. Make friends with Deaf People. Maybe you're losing your hearing and need an alternative way to communicate. Come join this fun class and keep your brain active.	Price	May 1-June 19	T	2-4	\$25
Community through Drumming	Using various drums and percussion instruments, learn simple fun rhythms that will put a smile on your face and a lift in your step. We will create community! Drums are provided.	Shapiro	May 4-May 25 July 6-July 27	F F	3-4 3-4	\$25 \$25
Emergency Preparedness	Are you ready for an emergency? Do you have a support network set up and exchanged important keys? Do they know where you keep emergency supplies and copies of critical documents? This class will definitely help you get ready for anything.	Martinez	May 7	M	1-3	FREE
Beginning Bridge	Learn to play bridge or refresh your past skills. Six 2-hour lessons with Bob Somppi, an ACBL accredited teacher. Class meets on May 7 & 21, June 4 & 25, July 9 & 23.	Somppi	May 7-July 23	M	9-11	\$40
Maximize the Value of Your Home	Learn valuable information about preparing your home to sell. You'll be introduced to available resources that can help ease the process of selling. Refreshments provided. Bring questions!	Randazzo	May 9	W	10-11	FREE
Consumer Rights Talk	This talk from Colorado Legal Services focuses on potential remedies for consumers who have complaints about products and services they have purchased. Includes filing complaints with BBB, FTC, Attorney General's office, Small Claims Court, etc. Also includes discussion of debt relief options and how to correct errors on credit reports.	Koerner	May 10	Th	9-11	\$5
Dying is Expensive	How much are final expenses? Can you afford it? Learn how you can be prepared and eliminate surprises for your family.	Hops	May 16	W	9-10:30	FREE
Be a Better Bridge Player	Improve your bridge game! These are informal classes that will work on better bidding, play and defense. Each class is different. Come to one or to all. Note: For this class you must already know how to play bridge.	Somppi	May 16 June 20 July 11 August 8	W W W W	9-11 9-11 9-11 9-11	\$5 \$5 \$5 \$5
Shakespearean Tragedy Series - Othello	Learn the tragedy of Othello, a noble black warrior in the Venetian army that secretly married a beautiful white woman called Desdemona, the daughter of a prominent senator named Brabantio. Read or reread or watch the play in advance of this discussion.	Mauch	May 15 & 17	TTh	9-11	\$10
Pros and Cons of Reverse Mortgages	Learn from a DORA-licensed trainer how to eliminate your house payment and create a line of credit for medical bills, travel, or retirement. This will be an educational discussion about reverse mortgages. Come with questions.	Campbell	May 17 August 9	Th Th	10-11 10-11	FREE FREE
The Celtic Lunar Zodiac	The Celtic Lunar Zodiac can reveal many aspects of your fate & character that is not evident with the zodiac alone. Lunar signs will explore personality traits and positive and negative aspects.	Hartmann	May 22-May 29	T	10-11:30	\$12
High Altitude Baking with The Muffin Lady	High altitude can wreak havoc on a baker's effort when they are new to the Pikes Peak Region. Colorado's own Randi Levin, aka The Muffin Lady, can help. The longtime caterer and author of several books on baking will share tips and funny stories.	Levin	May 24	Th	1-2:30	\$10
How to Declutter and Downsize	Staying or moving, there are plenty of reasons to downsize, but if you're not doing it in a timely manner it can really take a toll on you and your family "someday when." Learn the Top 9 Reasons to "Let Go of Your Stuff."	Wolinski	May 23	W	12-2	\$10
Navigating Colorado Spring's Metro Bus System	Metro Senior Ambassador Ron Anderson, who has ridden every bus route in town, will share all of the new route changes that take effect on April 29. He will also discuss volunteer opportunities. Maybe you will become an Ambassador and travel the metro for free!	Anderson	May 24	Th	9-10:30	FREE
Planning for Social Security	If you are getting close to retirement and wondering about your options with Social Security, this class is for you. When do you sign up? What are the benefits? How will it affect your future?	Cornell	May 24	Th	2-3	FREE
NORAD and USNORTHCOM: Two Commands with a Common Purpose	North American Aerospace Defense Command celebrates its 60th anniversary on May 12. Co-located with United States Northern Command, the two commands protect our way of life. Please join us as Mr. Jim Jenista from the Commands' HQ talks about the history of NORAD and the establishment of USNORTHCOM after 9/11 and the complementary missions of these organizations in the current global environment.	Jenista	May 30	W	1:30-3	\$3

Class Name	Description	Instructor	Date	Day	Time	Cost
Landlord Tenant Talk	This talk by Colorado Legal Services focuses on the rights of tenants in Colorado, including those who live in public housing or who own homes in mobile home parks. Topics include rent, security deposits, no written lease/verbal agreements and non-habitable conditions.	Koerner	May 31	Th	9-11	\$5
Car Fit	Trained professionals take older drivers through a 12-point checklist with their vehicle, recommending minor adjustments that help make their cars "fit" better for comfort and safety. This is not a driving evaluation nor is it behind the wheel training.	Gray	June 5 August 7	T T	1-3 9:30-11:30	FREE FREE
Who Get's Grandma's Yellow Pie Plate?	A discussion on the ways to distribute family items, both valuable heirlooms and sentimental objects. This estate planning class deals with personal items, not money.	Sullivan	June 5	T	10-11:30	\$5
Paper Management & Memorabilia Org.	Learn how to manage receipts, bills, important documents, photos, mail, everyday paper piles, and those boxes filled with memorabilia.	Wolinski	June 7	Th	12-2	\$10
Powers of Attorney: What to Know	Attorney Ryan Morey will answer your questions. Why do I need a Powers of Attorney? Why are they called Powers of Attorney? When do they expire? And more.	Morey	June 7	Th	10 -11:30	\$5
Living Mediterranean Habits	Learn the key characteristics of the Mediterranean diet, how foods contribute to health, and strategies for incorporating Mediterranean foods into your life. Enjoy a demonstration and taste on how to make hummus. Supply Fee \$1 to teacher.	Lucero	June 18	M	1-2:30	\$5
Foster Grandparent Program	A 51-year tradition of seniors in schools - find out how low-income seniors can earn a nontaxable income, volunteer 15+ flexible hours a week, and become a valued team member for teachers and children in our community.	Roeckel	June 19	T	1-2	FREE
Revealing Teachings of the Medicine Wheel	Learn to walk the Native American's wheel of life in time with the rhythms of the earth. Using the medicine wheel provides a shamanic way to self-discovery.	Hartmann	June 19-June 26	T	10-11:30	\$12
Understanding Annuities	We will discuss the various forms of annuities and their pros and cons giving you the knowledge to make an informed decision about owning an annuity.	Michels	June 20	W	10-11:30	FREE
Shakespearean Tragedy Series - Macbeth	A Scottish soldier, Macbeth, and his friend Banquo are met by three strange witches bearing prophetic greetings - that he will become king. The rest of the play follows Macbeth into the depths of darkness and despair as he seeks the crown regardless of the consequences. Read or watch the play in advance of this discussion.	Mauch	June 19 & 21	TTh	9-11	\$10
Beginning Genealogy	Build your family tree. Instructor will demonstrate research techniques and secrets for researching using the internet. Computer skills are useful but not necessary.	Erickson	June 29-August 10	F	9-11	\$25
How to Let Go of Your Past & Simplify	This class is a discussion format to share the struggles and grief in letting go and moving forward to pass on your legacy of possessions and documents to your children and beyond.	Wolinski	July 11	W	12-2	\$10
True Colors: Personal Success	What if you gained a new perspective that allowed people around you to be themselves and you to be you? Discover your true colors so you can better know yourself and other.	Cimoch	July 17	T	10:30-11:30	\$3
Prevent Family from Fighting Over Your "Stuff"	Attorney Ryan Morey will offer methods to reduce fights and strife among the loved ones and loved possessions you leave behind.	Morey	July 18	W	10-11:30	\$5
Shakespearean Tragedy Series - Hamlet	Summoned home to Denmark from school in Germany to attend his father's funeral, Prince Hamlet is shocked to find his mother, Gertrude, already remarried. To Hamlet, the marriage is "foul incest." Read or watch the play in advance of this discussion.	Mauch	July 17 & 19	TTh	9-11	\$10
Life Cycles and Destiny Number	Combining life cycles and stages with your personal destiny number will provide guidance and direction for living your life. It is a road map of your life and can help improve relationships, health, career, creativity and fulfillment.	Hartmann	July 24-July 31	T	10-11:30	\$12
Planning for Long Term Care	We will review the aspects of managing chronic illness and aging, Focusing on the care options available, the cost, and the means to help pay for care.	Michels	July 25	W	10-11:30	FREE
Not all Real Estate Agents are Equal	Come get a glimpse into the world of a real estate agent - what makes them different - what to look for - questions to ask. We will end with refreshments and time for questions.	Randazzo	August 8	W	10-11	FREE

WORKSHOP

New at the Senior Center in 2018! Workshops are dedicated time to complete a project or course in one week's time.

Improv Comedy - Confidence for Play & Public Speaking	Learn the basics rules of improvisation comedy and have a chance to play, laugh, play, fail, laugh, fail, play and laugh. This one-day workshop offers an opportunity to build courage that can translate into daily life.	Nowlin	August 20	M	9-11:30	\$10
Intro to Water-bath Canning & Jam Making	Water-bath canning is the easiest method for preserving high-acid foods like fruits, tomatoes, and pickled vegetables. You will get an overview of the water-bath canning process and tips that will have you preserving your own healthful fruits and vegetables. Learn how to make jam and take home a jar to enjoy! Note: \$8 supply fee to be paid to the instructor at the first class.	Lucero	Aug.21-Aug. 23	TTh	1:30-3:30	\$12