

Class Name	Description	Instructor	Date	Day	Time	Cost
Thinking of Moving to a Senior Community?	Learn about the different levels of care in senior living— independent, assisted and memory care—as well as the cost comparison of remaining in your home versus moving into a community.	Santos	January 3 April 11	Th Th	1-2 1-2	FREE FREE
Goal Partners	Goals are not just physical but also social or educational. SYNERGY Home Care will bring goal books and a long list of ideas for setting goals to inspire you to start 2019 on the right foot.	McClintock	January 7	M	9:30-10:30	FREE
Improving Personal Health Each Season	Learn how to use a seasonal approach to health, coupled with Feng Shui and astrological elements.	Hartmann	Jan. 8-Jan. 15	T	10-11:30	\$12
Introduction to Ukulele	In four sessions, we will equip you to start strumming and playing the ukulele. Bring a folder to hold sheet music. There will be ukuleles available for in-class practice, but bring your own instrument if you plan on practicing at home.	Gardino	Jan. 8-Jan. 29	T	10-11	\$35
Hike For Life	Hike for Life exists to nurture community, inspire exploration and preserve the great outdoors. Join us for monthly guided group hikes designed to be educationally-enhanced, environmentally-aware, and safety-conscious. Carpool or meet at the trailhead. Directions to trailheads are available at the front desk. Jan. 9: Yucca Loop Trail; Feb. 13: Fox Run Park; March 13: Edna Mae Bennet Trail; April 10: Ute Valley Park.	McClintock	January 9 February 13 March 13 April 10	W W W W	12-4 12-4 12-4 12-4	\$15 \$15 \$15 \$15
Beginning Bridge	Improve your bridge game! These are special informal classes that will work on better bidding, play and defense. Learn to play bridge or refresh your past skills with an ACBL-accredited teacher.	Somppi	Jan. 9-Feb. 13	W	9-11	\$40
History of Fabric	The history of man and fabric stretches back thousands of years. Learn about fabrics old and new, their historic uses, and what we can do with them now.	Dowling	Jan. 9-Jan. 23	W	1-3	\$5
Big Doings in the Deep	Undersea mountains are movers and shakers, and the mind-boggling goings-on around them took the scientific community by storm. Now that submersibles make oceans more fathomable, those mountains have opened a portal to the workings of the earth. Learn about what is happening in the deep blue oceans.	Williams	January 9	W	10-11	\$5
Connectivity Thru Activity	Learn how to stay connected with being active. Get ideas on activities you can do at minimal cost and tips for healthy living. Remember, you're never too old to try something new!	Elderry	January 9 February 13 March 13	W W W	1-2 1-2 1-2	FREE FREE FREE
Colorado End of Life Options	Passed in 2016, the Colorado End-of-Life Options Act authorizes medical aid in dying in certain circumstances. Learn about the specific requirements for patients, health care providers and medical facilities who may choose to participate in this option.	Folsom	January 10	Th	10-11:30	FREE
Let's Ride the Bus!	Learn more about our city's bus system, how to get where you want to go most efficiently, and make connections without a long wait. Did you know that you might be able to ride for free?	Anderson	January 14	M	9-10:30	FREE
The Mediterranean Diet	Learn how to get started on The Mediterranean Diet—sometimes called the healthiest diet in the world—and how you can improve your health eating like a Mediterranean!	Lucerno	January 17	Th	10:30-12	\$10
How to Turn Your Mortgage From a Liability into an Asset	There is a special program for seniors that helps them unlock the equity in their home. Learn how to make your home equity work for you.	Guttman	January 17 March 21	Th Th	1-2 1-2	\$3 \$3
Discover the Joy of Hand Drums	Discover the fun and creativity of hand drums playing a djembe, timbau, tubano or doumbek. Enjoy playing simple to complex rhythms with others. We will add fun percussion like the triangle, shakers, and a cow bell! No experience necessary. Drums will be provided.	Shapiro	Jan. 18-Feb. 15 March 22-April 12	F F	1:30-2:30 1:30-2:30	\$25 \$25
Aging Mastery Program	The Aging Mastery Program® provides a comprehensive and fun approach to positive aging. Central to its philosophy is the belief that modest lifestyle changes can produce big results. Mastery comes from turning these changes into habits that lead to improved health, stronger economic security, enhanced well-being and increased societal participation.	Clayton	Jan. 18-March 22	F	12:30-2	\$50
Maximize Value of Your Home When Selling	When preparing to sell your home, you want to maximize its value. Learn how to do home improvements at minimal cost, and discover the six key factors that affect the sale of a property.	Randazzo	January 23	W	1-2:30	FREE
Cooking for One...or Two	A class that is good for your waistline and your wallet! Let's talk about ideas and recipes for cooking for one or two while staying on a budget and not wasting food.	Duval	January 23	W	9:30-10:30	\$5
Cooking Demos	Try something new, learn new cooking and baking skills, or just come to sample the goodies! Led by a trained chef, the class will discuss ingredients, techniques, kitchen tools, and enjoy the finished product! Jan. 29: vanilla bean panna cotta; Feb. 26: chocolate-dipped fruits; March 26: pastry cream & fruit tarts; April 30: baklava.	Pouncey	January 29 February 26 March 26 April 30	T T T T	1:30-2:30 1:30-2:30 1:30-2:30 1:30-2:30	\$10 \$10 \$10 \$10

Class Name	Description	Instructor	Date	Day	Time	Cost
Zero-Based Budget	Learn the Dave Ramsey way to control your expenses every month. Find ways to trim your bills and reduce your financial stress.	Staples	January 30	W	10-11:30	FREE
			April 24	W	10-11:30	FREE
BINGO & Home Care Lingo!	Bingo cards with home care information. A fun way to learn about home care services and win a few prizes. (No money will be exchanged.)	Budnack	February 4	M	10-11	FREE
Soul Searcher's Guide	As we live life we have individual paths on our personal journey. It is time to explore practices that integrate body, mind, spirit and yield to peace. Includes chakras, gemstones, dreams and traditions from other cultures.	Hartmann	Feb. 5-Feb. 12	T	10-11:30	\$12
Long-Term Insurance 101	Learn the ins and outs of long-term care insurance, how it works and/or how to use your existing policy.	Jensen	February 11	M	10-11	FREE
Continuing Education-Pikes Peak Community College	Do you consider yourself a professional student and always have a hunger for learning? This is an informational lecture about what PPCC has to offer for non-traditional students that have the itch for continued education!	Cornelius	February 11	M	9:30-10:30	FREE
Planning for Long-Term Care	We will explore the various care avenues available, their costs and means to obtain this care.	Michels	February 13	W	10-11:30	FREE
CarFit & Driving Safety for Seniors	CarFit's 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. We teach you how to make your car work better for you.	Gray	February 14	Th	1-3	FREE
			April 10	W	1-3	FREE
Civic Superhero Training	You care about what happens in your city. You're an engaged citizen, but it's time to put your cape on and become something bigger-- a Civic Superhero! In this training you will learn tools and resources available to you to be more connected to Colorado Springs.	Anderson	February 19	T	10-11	FREE
Ukulele - Continued	This class builds on the fundamentals learned in the Intro to Ukulele class.	Gardino	Feb. 26-March 12	T	10-11	\$30
Bringing Health & Wellness to Your Relationships	Have you ever wanted your relationships with friends, family, loved ones and other to improve? Filled with more love and respect? This class will focus on identifying, defining and practicing personal and interpersonal boundaries.	Myers	Feb. 28-April 11	Th	12:30-2	\$25
Pickling for Beginners	Learn how to safely water-bath can and pickle vegetables. This is a hands-on workshop where you will water-bath can a jar of green beans to take home with you!	Lucero	March 4	M	1:30-3:30	\$15
A Short, Colorful History of Colorado Springs	Local history buffs will love this class! The author of "Insider's Guide to Colorado Springs" talks about our city's fascinating history with some really fun facts thrown in.	Duval	March 4	M	9:30-10:30	\$2
Different Ways to Pay For Long-Term Care	Join us to discuss the different ways to pay for long-term care, including VA benefits, Medicaid, long-term care insurance and private pay.	Morey	March 5	T	10-11:30	\$5
What to Look For in Your Realtor	Not all agents are created equal. Get a glimpse into the world of real estate presented by a Seniors Real Estate Specialist (SRES). Learn what makes them different, what to look for and questions to ask.	Randazzo	March 7	Th	10-11:30	FREE
Social Security	Whether you are newly-enrolled or a long-time recipient, join us for a discussion of Social Security now and in the future.	Cornell	March 8	F	9:30-10:30	\$5
Energy Secrets	Understanding the importance of energy is vital in healing our bodies, minds and emotional experiences. Energy is the key to existence. Balancing and increasing energy creates a fulfilling and satisfying life.	Hartmann	Mar. 12-Mar. 19	T	10-11:30	\$12
Humane Society of Pikes Peak Region	Calling all animal lovers! Join us to learn about the Humane Society of the Pikes Peak region and all of the services that they provide for our community.	Bird	March 19	T	1-2:30	FREE
Annuities	Considering purchasing an annuity? This class will give you basic knowledge and some consumer tips before you buy.	Michels	March 20	W	10-11:30	FREE
Safe Place for Pets Volunteer Opportunities	A brief overview of Safe Place for Pets, a non-profit that finds forever homes for pets of terminally ill people in El Paso and Teller counties. Learn different volunteer opportunities available and how community support helps.	Jones	April 4	Th	9:30-10:30	FREE
Resisting Happiness	Are you searching for "more" in your life although not sure what? This class will analyze our life's path and see if new direction and acceptance brings additional satisfaction.	Hartmann	April 9-April 16	T	10-11:30	\$12
Vikings: Legends and Legacies	Norwegian ruler Olaf Tryggvason is remembered for his bloodlust and his ability to leap from oar to oar as his men rowed. He's one of a legion of colorful Viking warriors who blazed a murderous trail, yet left a surprisingly orderly, prosperous, and sophisticated wake.	Williams	April 10	W	10-11	\$5
Getting Your Affairs in Order	Knowing what documents you need regarding health and financial matters is often confusing and dependent on individual situations. This class provides information to help guide your decisions.	McKenzie	April 11	Th	2:30-3:30	\$2