

Class Name	Description	Instructor	Date	Day	Time	Cost
Private Music Lessons	Beginner lessons on the following; singing or playing music by ear, learning to read music/simple theory, lap dulcimer, piano, guitar, ukulele, accordion, folk harp (harps available). Intermediate/advanced lesson on the following instruments: harp dulcimer, and piano. Lessons are \$17.50 for 30 minutes session or \$35 for 1 hour. Packages are sold in 4 sessions. Piano will be provided here at the Senior Center.	McKee	Semester Long	T	Make An Appointment	
Social Security Basics	Getting close to retirement and wondering about your options with filing for Social Security? Find out answers to your questions and more.	Cornell	Aug. 30	W	10-11	\$5
			Dec. 12	T	2-3	\$5
State Flowers	A slide show of the 50 official state flowers as chosen by each state's legislatures.	Gibson	Aug. 31	Th	12:30-1:30	\$5
Declutter & Downsize	There are plenty of reasons to downsize, but if you're not doing it in a timely manner then it can really take a toll. Learn 9 Reasons to Let Go of Your Stuff Now; find out how and where to move your stuff; and learn how this can all be a less painful and actually enjoyable experience!	Wolinski	Sept. 11	M	12-2	\$10
Numerology 101	Discover the science that studies the hidden correlation between numbers and life. Learn how to use numerology in your life.	Johnson	Sept. 5	T	11-12	\$5
Family History & Military Service	You will learn how to research your ancestor's military service and life events that happened during that time. The information you will discover will deepen and enrich your family stories.	Wickman	Sept. 7-Oct. 12	Th	10-11	\$50
Drumming Rhythms for Fun and Joy	Using various of drums and percussion instruments, you will learn simple fun rhythms that will surely put a smile on your face and a lift in your step. Drums are provided.	Shapiro	Sept. 8-Oct. 6	F	1:30-2:30	\$25
Curious Castles & Mysterious Mansions of Colorado	Stories about the famous owners of magnificent buildings in Colorado. Learn about the Red Baron, the castle built for a person's wife who never lived there, and about the man who not only built a great mansion but a whole town around it.	Weising	Sept. 11	M	1-2:30	\$10
History & Art In Pueblo	Find out everything you didn't know about Pueblo's history and its contributions to the Colorado psyche and art scene.	Alvarez	Sept. 11	M	10:30-11:30	\$5
Real Estate: Maximize The Value Of Your Home	Learn valuable information about preparing your home to sell and maximize its value. We will maneuver through the pieces of the home selling process and learn resources available that will help ease the burden.	Randazzo	Sept. 13	W	10-11:30	FREE
Simplify Cooking for 1 or 2	Tired of cooking every night but don't want to rely on eating out? Learn how easy it is to maximize time and energy in the kitchen with make-ahead meals for smaller/fewer servings. Pay instructor \$10 for supplies.	Purcell	Sept. 13	W	2:30-4:30	\$15
Don't Get Scammed	Class lead by the Better Business Bureau. Learn about scams and how to avoid them. Discover what is Age Friendly certification and how businesses can receive this award.	Vehlewald	Sept. 14	Th	9-10	FREE
			Nov. 9	Th	9-10	FREE
In the Cards	Ever wondered about Tarot cards? Come and learn their history and how they may provide guidance in life.	Hartmann	Sept. 19-Sept. 26	T	10-11:30	\$12
CarFit	CarFit's trained professionals take older drivers through a 12-point checklist with their vehicle, recommending minor adjustments that help make their cars "fit" for better comfort and safety.	Gray	Sept. 20	W	9:30-11:30	FREE
German/Irish Immigrants In The U.S. Civil War	A historical discussion of the role German and Irish born immigrants played in the Civil War. It details numbers, the precedent set for future wars, military service speeding up to naturalization, and the impact that service in the war had on assimilation into American society.	LeMay	Sept. 22	F	9:30-11:30	\$5
Hands on the Harp	If you ever wanted to try the dulcet sounds of the harp, here is your chance! No previous music experience necessary, harps are provided.	McKee	Sept. 25-Oct. 30	M	2:30-3:30	\$60
Senior Fraud Prevention	Information will be provided on how to prevent fraud and scams for seniors. Senior fraud packets will be provided.	Turgeon	Sept. 29	F	1-2	\$5
Get Creative with Vegetables	Taste and see the secrets for creatively using vegetables in lower- carb cooking. We'll make pizza, rice and spaghetti noodles. Pay instructor \$10 for supplies	Purcell	Oct. 4	W	2:30-4:30	\$15
Exploring the Dimensions Of Anthropology	We will examine the four fields that make up modern anthropology. Devoting sessions to archaeology, biological, anthropology, cultural and linguistics.	Nowak	Oct. 5-Oct. 26	Th	1-3	\$20
Women of Vision In Colorado History	Learn about early Colorado women who transformed our culture, managed business empires, wrote the book on compassion, and became known all over the world for their abilities and vision.	Weising	Oct. 9	M	1-2:30	\$10
The World of Druids	Who were the Druids? Barbaric headhunters or benevolent healers? Explore evidence, commentaries, myths, and decide for yourselves.	Hartmann	Oct. 10-Oct.17	T	10-11:30	\$12
Bothy Ballads of Scotland	This class will include a brief background of kilts, songs of the landless lads, and a slide presentation of Aberdeenshire, NE Scotland.	McKee	Oct. 11	W	1-2	\$5

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America's Own: Art & Music of the 1920's/30s	In the 20th century, NY replaced Paris as the new center of the world art scene. Together this a new vitality, sound and energy forever changed the image of the arts in America.	Alvarez	Oct. 16	M	10:30-11:30	\$5
Mapping Family History	Learn to use mapping tools and historical maps to discover and enrich your family history.	Wickman	Oct. 19-Nov. 30	Th	10-11	\$50
Creepiest Sea Creatures	An array of bizarre creatures kicks this picture show off with unholy adaptations to make even scales crawl. Calling them squid changes none of the monstrous and terrors.	Williams	Oct. 23	M	2-3	\$5
Liberty: The Power Of An Idea	This presentation examines the nature of our perception of Liberty and the Statue of Liberty, and how that perception has changed since 2001.	LeMay	Oct. 25	W	9:30-11:30	\$5
Reverse Mortgage-Pro's & Con's	Learn how to eliminate your house payment, create a line of credit for medical bills, travel or retirement. An educational discussion about reverse mortgage - come with questions!	Campbell	Oct. 26	Th	10-11	\$5
			Dec. 14	Th	10-11	\$5
Hair Raisers From the Deep	Things are different in the deep. Eyes are optional. Slime is good. Beauty equals toxicity. Learn more about hair raisers in the deep.	Williams	Oct. 30	M	2-3	\$5
Paper Management	Learn how to manage receipts, bills, important documents, photos, mail, everyday paper piles, heaps and those boxes filled with paper plus memorabilia.	Wolinski	Nov. 2	Th	12-2	\$10
America's Own: Art & Music of the 1940's	In the 20th century, NY replaced Paris as the new center of the world art scene. Together this a new vitality, sound and energy forever changed the image of the arts in America.	Alvarez	Nov. 6	M	10:30-11:30	\$5
Learn to Play the Dulcimer	If you took the dulcimer building class, or have a dulcimer collecting dust... come take a group class with others. No previous music experience required.	McKee	Nov. 6-Dec. 11	M	2:30-3:30	\$50
Salad in a Jar	We will learn how to make your salad lunches ahead of time, up to a week of lunches. Please bring a 1 quart canning jar with lid and \$5 for food supplies	Johnson	Nov. 7	T	11-12	\$5
Real Estate: How to Choose Your Realtor	Not all agents are created 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 a light lunch.	Randazzo	Nov. 8	W	10-11:30	FREE
Healthier Desserts For the Holidays	Make healthier desserts with high fiber flours, healthy fats, and less sugar. All are gluten free and guilt free. Pay instructor \$10 for supplies.	Purcell	Nov. 8	W	2:30-4:30	\$15
Vikings: Legends & 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 Viking warriors who blazed a murderous trail, yet left a surprisingly orderly, prosperous, and sophisticated wake.	Williams	Nov. 13	M	2-3	\$5
Annuities 101	We will discuss the various form of annuities, their pros and cons, giving you the knowledge to make a good decision about the suitability of owing an annuity.	Michels	Nov. 15	W	10-11:30	FREE
Uncovering Ancient History	This class will cover how archaeological digs have shed dramatic new light on their lives in Ancient times.	LeMay	Nov. 20	M	9:30-11:30	\$5
Spiritual Passages	Loving life's journey is sacred and unique. Phases will included awareness, acceptance, wisdom, service and joy.	Hartmann	Nov. 21-Nov. 28	T	10-11:30	\$12
Pikes Peak On The Cheap	Pikes Peak on the Cheap is a Web site that tells people about freebies, deals and bargains. Information will be shared about saving money in our area.	DuVal	Nov. 30	Th	10-11	\$5
Organize Your Life	Ideas, techniques, and actions which everyone can use to simplify their lives.	Bolduc	Dec. 4	M	10-11:30	\$5
Sacred Geometry	The beauty in nature, music, art & architecture is based on underlying geometry. Ancient cultures identified repeating patterns and harmoniously proportioned shapes in nature. After this class you will view the world with fresh eyes.	Hartmann	Dec. 5-Dec. 12	T	10-11:30	\$12
State Capitols	Enjoy an entertaining slide show of our nation's 50 state capitols including breathtaking photos of the interior and exterior of the buildings.	Gibson	Dec. 7	Th	12:30-1:30	\$5
America's Own: Art & Music of the 1950's	In the 20th century, NY replaced Paris as the new center of the world art scene. Together this a new vitality, sound and energy forever changed the image of the arts in America.	Alvarez	Dec. 11	M	10:30-11:30	\$5
Stop Procrastinating	Learn how procrastinating affects our peace of mind, limits our choices and stops positive growth and change.	Wolinski	Dec. 15	F	12-2	\$10
Viking Mythology	Learn who were the Norse Vikings, their age and expansion, their religion, and their mythology. Compare Viking mythology with "modern mythology" in recent films.	LeMay	Dec. 18	M	9:30-11:30	\$5