



## Town of Estes Park — Senior Services

Estes Park Senior Center, 220 Fourth Street, Estes Park, Colorado 80517

[www.estes.org/seniorcenter](http://www.estes.org/seniorcenter) (970) 586-2996

Look online for menus, monthly fliers, program updates, rental info & more!

**January 2015 CLOSED Thursday, January 1**

Monthly Coffee Chat with Estes Park

**Mayor Bill Pinkham**

**Wednesday - January 7**

**8:00 a.m.**

**at the Senior Center**

The holidays are over and it is time to...  
**UN-decorate the Senior Center.**  
Friday - January 2 - 9:00 a.m. *Your help is greatly appreciated.*



## Enlight Skills Center

**Wednesday - January 7 - 1:00 p.m. - Room 102**

Are you dealing with the loss of your vision? Learn more about Enlight's Low Vision Rehabilitation program from Outreach Manager, Penn Street. Penn's personal experiences with visual impairment and her quest for independence will inspire attendees. Free program. Drop in.

## Estes Park Senior Citizen's Center, Inc.

### 2014 Annual membership meeting

**Tuesday - January 13 - 1:00 p.m. - Tebow room**



## iPad - an Introduction Class

**Tuesday - January 13 - 1:00 p.m. to 3:00 p.m.**  
Room 102 - Senior Center

Cost: \$15.00 EPSCC, Inc. member / \$19.00 non-member

Registration now open - deadline: Tuesday - January 6

This class is for those who already own an Apple iPad and have some experience with iPad features. Participants will learn overall functions, features and settings that will allow them to see, hear and do tasks easier. Participants will also learn how to connect to the internet and with others as well as accessing different applications. This class will focus specifically on iPad 2 running operating system iOS 8+.

This one session class is taught by the Estes Park Internet Computer Users Group (EPICUG)

## Blood pressure clinic

**Monday - January 19 - 12:30 p.m. - Room 109**

Free - no reservations needed - just drop-in  
By Estes Park Home Care / Hospice



## The Great Courses® Art Lecture Series 30 Masterpieces of the Ancient World

Mondays - 10:00 a.m. to 11:30 a.m.

January 26 through May 18, 2015 **NEW**

Drop in for any or all lectures

Free DVD lectures by Professor Diana K. McDonald, Ph.D.

Boston College Faculty, B.A in Fine Arts - Harvard University and

Ph.D. Columbia University -Ancient Near Eastern and Pre-Columbian Art

Facilitated by Betty Dutton, artist and EPSCC, Inc. board member

## Saturday - January 31 Valentine Fun with Friends!

**Drop In! 2:00 p.m. to 4:00 p.m.**

Fun for all ages! Food! Card Crafts!

**Let's Celebrate the Joys (and Challenges!) of Youth and Age! - Together!**

Event sponsored by F.A.S.T - Families and Seniors Together, Estes Park Senior Citizens Center, Inc. & Town of Estes Park - Senior Services

*The F.A.S.T. mission: Support & promote inter-generational, meaningful & FUN events that foster learning opportunities & an understanding across generations.*



## iPad or iPhone 45-minute sessions

### One-on-one tutoring

**Thursday - January 8 or 15**

**12:30 p.m., 1:15 p.m., 2:00 p.m. or 2:45 p.m.**

Cost: \$3.00 EPSCC, Inc. member / \$5.00 non-member

To register, call or stop by the Senior Center 220 Fourth Street - 586-2996

Individual instruction co-sponsored by Town of Estes Park Senior Services and Estes Park Internet Computer Users Group (EPICUG)



## THE MUSIC OF BRAHMS

Meets weekly on Tuesdays - Jan.13 through Feb. 17  
Estes Valley Library - Hondius room

AM session 10:00 a.m. to 12:00 p.m.

PM session 1:00 p.m. to 3:00 p.m.

Class is free but prior registration is required for one session time only.  
Call or stop by the Senior Center - 220 Fourth Street - 586-2996

*Taught by Dr. Derald DeYoung, Professor of Music, Emeritus from Calvin College in Grand Rapids, Michigan*



## iPhone - An Introduction Class

**Tuesday - January 20 - 1:00 p.m. - 3:00 p.m.**

Room 102 - Senior Center

Cost: \$15.00 EPSCC, Inc. member \$19.00 non-member

*Registration now open - deadline: Tuesday - January 6*

This class is for those who already own an Apple iPhone and have some experience with iPhone features. This class will focus specifically on iPhone 4, 4s, 5, 5c, and 5s running operating system iOS 8+.

This one session class is taught by the Estes Park Internet Computer Users Group (EPICUG)



## AARP Smart Driver Course

**Thursday - January 22 - Meeting room 102**  
10:00 a.m. to 3:30 p.m.

(lunch break 12:00 p.m. to 1:00 p.m. - lunch **not** provided)

\$15.00 AARP members / \$20.00 non-member

(pay by check day of class)

Advance registration required. Stop by or call 586-2996

## Need help with Medicare?

Free Medicare Counseling and Assistance

**Wednesday - January 28 - 9:15 a.m. to 3:30 p.m.**

**Call or stop by Senior Center to sign up 586-2996**

Sponsored by Estes Park Senior Services & the Aspen Club University of Colorado Health

## Shakespeare's The Henriad, Part 1: I Know You All

Taught by Dr. Robert Burkhardt, Jr.

**Thursdays - January 29 through March 12**

(no class February 19)

**9:30 a.m. to 11:00 a.m. - Room 102**

Cost: \$56.00 EPSCC Inc. member / \$68.00 non-member

*Registration deadline: Thursday, January 22*

Co-sponsored by Town Estes Park Senior Services and Park School District Adult Outreach Program



**Thursday - January 22**

**Stock Show Rodeo and Behind the Scenes Tour**

**Registration deadline: Wednesday, January 6**

# ONGOING OR DROP-IN EVENTS

**Supreme Court Discussion Group** every Tuesday – 10:30 a.m. to 12:00 p.m. - Room 102  
Call to confirm Supreme Court group dates - Drop-in - No registration required

**Religion and Philosophy Group**  
Third Wednesday - 9:30 a.m. - Room 102 - Drop-in - No registration required

**Monthly citizen meeting with County Commissioner Tom Donnelly**  
Second Wednesday - 9:00 a.m. - Room 102 - Drop-in

**A.A.R.P. Driver Safety Course - Registration and fee required**  
Call Senior Center to check on next course date - 10:00 a.m. to 3:30 p.m. - Room 102  
(Lunch break 12:00 –1:00 p.m. - lunch is not provided) Sign up for lunch separately from course registration

**Rocky Rollers Wii Bowling** every Monday - 10:00 a.m. - The Gathering Place  
Free - Drop in - No reservation needed

## TECHNOLOGY

**FREE** Wi-Fi in the Senior Center building - Bring your own laptop, notebook or other devices!

## THE GATHERING PLACE

**A place to relax and/or visit with friends** - enjoy a cup of coffee, read books, magazines, Watch TV, Wii, puzzles, Cribbage, Dominos, Checkers and Scrabble - Free - Drop in anytime

## CARDS and GAMES

Pinochle 1:00 p.m. to 4:00 p.m. - Mondays and Fridays - Drop-in  
Bridge 12:30 p.m. - Thursdays - \$1.25 - Call Lloyd Parker, Chairman 581-3505 to play  
Bridge Lessons 11:15 a.m. - Thursdays - Free - Drop in - Call Lloyd Parker with questions - 581-3505  
Mah-jongg 12:30 p.m. to 4:00 p.m. - Mondays & Fridays - Free - Drop in and out anytime in the afternoon!

## POOL

**Open Monday through Friday – 9:00 a.m. to 4:00 p.m. – Drop-in anytime**

## BLOOD PRESSURE CHECKS

Drop-in third Monday each month - 12:30 p.m. – by Estes Park Home Care / Hospice

## ARTS AND CRAFTS

**Open Art Studio /The Palette Pals Group** - Mondays - 9:00 a.m. to 12:00 p.m.  
Drop-in - Bring your own materials

**“The Friday Fireplace Flames”** - a clever group of crafters meets each Friday  
9:30 a.m. - Create seasonal décor for the Senior Center - No fee - Drop-in

**FREE** coffee/ tea daily at the Senior Center - **Sponsored by Estes Park Medical Center**  
Drop in anytime for a visit, **use the WI-FI** and meet new folks.

## SENIOR SERVICES - FITNESS FOR LIFE CLASSES

**Access fitness classes by using your Fit-Plus Pass - available for purchase at the Senior Center**

**TRI-FIT** Tri-Fit is a Silver Sneakers class! An excellent workout featuring components of Pilates, Yoga, weights, Thera-bands and more! - 11:00 a.m. - Mondays, Wednesdays, Fridays - Arrive 10:50 a.m. - Room 114  
No advance sign-up required

**ZUMBA** Latin-inspired dance and fitness movements - fun and anyone can do it!  
9:00 a.m. - Tuesdays and Thursdays - Arrive 8:50 a.m. - Room 114 - Sign-up at Senior Center

**CHAIR YOGA** Low-impact fitness focusing on body, mind & spirit while having the support & comfort of sitting on a chair. 9:00 a.m. - Mondays - Arrive at 8:50 a.m. - Room 114 - No advanced sign-up required.

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**TAI CHI** Strengthening, balance, coordination, meditative movements. Free - No formal instruction provided.  
9:00 a.m. - Wednesdays - Room 114 - Drop in and practice the Tai Chi forms on your own.