



### Little Climbers 1

Are your kids climbing the walls at home? Then this course is a great chance for your child to learn the basics of rock climbing! We will cover technique, gear, commands and safety.

6 to 11 years: 10-11:30am  
 Saturdays: Dates: Code: Dates: Codes:  
 Sep 10 4151.400 Oct 8 4151.401  
 Nov 5 4151.402 Dec 3 4151.403  
 Sundays: Dates: Code: Dates: Codes:  
 Aug 21 4151.313 Sep 18 4151.410  
 Oct 16 4151.411 Nov 13 4151.412  
 Dec 11 4151.413  
 Location: Longmont Recreation Center Climbing Wall,  
 310 Quail Rd  
 Fee: \$10 resident/\$12.50 non-resident

### Little Climbers 2

This class is for those who know the basics of proper harness use and other beginner climbing techniques. You will develop technique, movement and balance through instructional rock climbing. Completion of Little Climbers 1 is recommended.

6 to 11 years: Saturday, 10-11:30am  
 Dates: Sep 17 Code: 4152.400; or Oct 15 Code: 4152.401  
 Nov 19 Code: 4152.402; or Dec 10 Code: 4152.403  
 Location: Longmont Recreation Center Climbing Wall,  
 310 Quail Rd  
 Fee: \$10 resident/\$12.50 non-resident

### Belay Clinic

This introductory 2-4 hour class includes belay techniques, gear use, commands, bouldering and safety. Please sign up with a partner.

15 to Adult: Thursdays, 6-9pm  
 Dates: Code: Dates: Code:  
 Sep 8-15 4153.400; or Oct 6-13 4153.401  
 Nov 3-10 4153.402; or Dec 1-8 4153.403  
 Location: Longmont Recreation Center Climbing Wall,  
 310 Quail Rd  
 Fee: \$24 resident/ \$30 non-resident

### Intro to Skateboarding

Come learn and practice basic skateboard moves. Balance, kick turns, ollies, manuals as well as other street and ramp tricks will be covered. Small classes ensure attention to students. NO experience necessary. Please bring skateboard, helmet, knee and elbow pads and a water bottle.

6 to 12 years: Monday  
 Times: Date: Code: Date: Code:  
 5:30-7pm Aug 22 4767.401; or Aug 29 4767.402  
 5-6:30pm Sep 12 4767.403; or Sep 26 4767.404  
 5-6:30pm Oct 10 4767.405  
 Location: Longmont Recreation Center Skate Park,  
 310 Quail Rd  
 Fee: \$16 resident/\$20 non-resident

### Intermediate Skateboarding

For those who have progressed from our Intro to Skateboarding classes to those wanting to expand on current skills. Pre-requisite: Basic skills and competency on all parts of the Recreation Center skate park. Please bring skateboard, helmet, knee and elbow pads and a water bottle.

8 to 14 years: Wednesday Code:  
 Date/Time: Aug 17, 5:30-7pm 4767.316  
 Sept 7, 5-6:30pm 4767.411  
 Oct 5, 5-6:30pm 4767.412  
 Location: Longmont Recreation Center Skate Park,  
 310 Quail Rd  
 Fee: \$16 resident/\$20 non-resident



### Tree Climbing

Tree Climbing Colorado offers introductory recreational tree climbing lessons using fun, easy-to-learn arborist rope techniques, stressing both safety for climbers and protection of trees. Certified facilitator provides all instruction and equipment. All minors must have parent/guardian present. Important info: Wear long pants and sturdy shoes.

7 to Adult: Saturday, 12:30-3pm  
 Dates: Sept 10 Code: 4783.400  
 Oct 8 Code: 4783.402  
 Location: Thompson Park, 4th & Bross  
 Fee: Youth: \$26 resident / \$33.25 non-resident  
 Adult: \$29 resident / \$36.25 non-resident

### Intro to Dog Training

Become the "pack leader" so that your dog will naturally follow you. Learn various types of equipment and approaches to dog training. All dogs are welcome. We will discuss any behavioral problems you may be having with your dog, such as barking, jumping up, pulling on the leash, aggression, etc.



12 to Adult: Sept 17, Sat, 9-10:30am Code: 4500.420  
 Instructor: Happy Tails Dog Ranch  
 Location: Sun Pony Ranch, 18490 County Rd 1  
 Fee: \$45 resident/ \$56.25 non-resident

### Beginning Dog Obedience

Designed for dogs 4 months old and up to learn beginning level obedience skills. Praise and affection, not treats, are used in this training program. Please bring your dog, a 6-foot leash (leather or nylon) and an appropriate sized corrective collar or head halter. Please bring proof of all current immunizations to the first class (including distemper, leptospirosis, parvo).

14 to Adult: Oct 13-Nov 17, Thurs, 7-8pm Code: 4500.400  
 Instructor: Bill Eyl  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$75 resident/\$93.75 non-resident

### The Art of Canine Massage

Create a deeper connection with your dog. Does your dog have cabin fever? Did you know that 10 minutes of massage equals 30 minutes of aerobic activity? Give your furry friend the physical and emotional benefits of massage. Please bring your dog, a dog bed or small rug, as well as proof of immunizations.

14 to Adult: Thursday, 7-8:30 pm  
 Dates: Sept 29 Code: 4501.400  
 Dec 1 Code: 4501.401  
 Instructor: Lisa Simmerman  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$25 resident/\$31.25 non-resident

### Hunter Safety

If you want to hunt in Colorado, you need a Hunter Registration Card. This class provides students with a solid foundation in shooting sports and emphasizes safety, ethics and care of wildlife. Non-hunters welcome. Children must be accompanied by an adult. Contact instructor to register: Michael Hora at (303) 747-2827 or mehdch@aol.com.

Day/Times: M/W/F, 5:15-8pm, and Sat, 9am-4pm  
 Dates: Sept 26, 28, 30, Oct 1  
 Location: Longmont Senior Center, 910 Longs Peak Ave  
 Fee: \$10

### Harmony with Horses

Relax and enjoy the power and beauty of horses. Learn what makes these regal animals tick, how they communicate and how to gain their trust and appreciation. This is not a riding class, spend time getting to know the herd in a peaceful relaxing way. Part natural horsemanship clinic, part life coaching session. www.briargatefarm.com

18 to Adult: Sept 8, Thurs, 10am-2pm Code: 4735.411  
 Instructor: Kate Johnson, Owner Briar Gate Farm & Life Coach  
 Location: Briar Gate Farms, 11227 N 66th St, Longmont  
 Fee: \$75 resident/ \$93.75 non-resident

### Fly Fishing 101

Learn the elements of casting, fly selection and techniques for reading water and stalking wild trout in RMNP. Gear is provided; the only extra expense is your license. Trips have a one-to-three guide to client ratio! Directions/ location will be provided after enrollment.

14 to adult:  
 Sept 10, Sat, 8am-12pm or 8am-4pm Code: 4783.401  
 Fee: (full day) \$140 resident / \$175 non-resident  
 (half day) \$89 resident / \$111.25 non-resident

### Women's Guided Day Hike

Stroll through gold-leafed aspen with your girl friends or make some new ones on this guided hike. This hike is timed to make the most of the beautiful mountain leaf change season. Wear sturdy shoes and layers in case of wet or chilly weather. Bring a water bottle and snacks or a bagged lunch. Transportation is provided to and from the trailhead in RMNP.

14 to Adult: Oct 15, Sat, 8am-2pm Code: 4783.403  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$45 resident / \$56.25 non-resident

### Denver Roller Dolls Trip

Let us drive you for an evening watching Denver's premier roller derby league. See why roller derby is America's fastest-growing female sport complete with extreme athleticism and full-on fun. Trips leave from and return to the St Vrain Memorial Building. Registration ends 3 days prior to trip.

13 to adult: Saturday, 5:30-11:30pm  
 Date: Sept 17 Code: 5009.401  
 Oct 15 Code: 5009.402  
 Meet at: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$25 resident/ \$31.25 non-resident

**Alive at 25**

The "Alive at 25" course is a national program designed to be an early intervention program to help prevent traffic violations, collisions, and /or fatalities among young motorists. For more information call 1-866-605-3900. Registration is taken at [www.aliveat25.us](http://www.aliveat25.us).

15 to 24 years: Saturdays, 8am-12:45pm  
 Dates: Sept 10, Oct 8, or Nov 12  
 Location: St Vrain Memorial building, 700 Longs Peak Ave  
 Fee: \$30/\$75 court ordered

**Gardening: Pruning, Deadheading and Dividing**

Give your plants a little nip and tuck to improve the look of your yard and garden spaces. Join us we discuss best methods and techniques for maintaining your shrubs, trees, annuals and perennials. Bring your hand pruners if you have one. Taught by Evelyn Freytag, Master Gardener

16 to Adult: Sept 24, Sat, 1-3:30pm Code: 4145.430  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$12.50 resident/\$15.75 non- resident

**Getting To Know Your Digital Camera**

This course will help owners of digital cameras get more out of their equipment. The second session applies the lessons learned. Topics covered will include automatic vs. manual control, white balance, file formats, ISO ratings and reducing red eye. **REQUIRED EQUIPMENT:** Digital Camera and camera manual.

14 to Adult: Wednesday, 7-9 pm and Saturday, 10-11:30 am  
 Dates: Sept 14 & 17 Code: 4512.400  
 Oct 19 & 22 Code: 4512.401  
 Dec 7 & 10 Code: 4512.100

Instructor: John Lovell, Visual Impact Photography  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$35 resident/\$43.75 non-resident

**Shooting Pictures Like a Pro**

Improve the quality of their photographs by understanding what makes a great photo and how it got that way. The second session will be held at Sandstone Ranch. Topics covered will include posing subjects, lighting, depth of field, stop action, and composition. **REQUIRED EQUIPMENT:** 35mm or Digital Camera with the ability to manually change aperture and shutter speed.



14 to Adult: Wednesday, 7-9pm and Saturday, 10-11:30am  
 Dates: Sept 21 and 24 Code: 4511.401  
 Oct 26 and 29 Code: 4511.402

Instructor: John Lovell, Visual Impact Photography  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$35 resident/\$43.75 non-resident

**Drumming for Health & Therapy**

If you can talk- you can drum. These classes are fun, easy and accessible to anyone regardless of age or physical condition. The Djembe drum from West Africa is the drum of choice and drums are provided.



Instructor: Gregg Hansen  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Drop In Fee: \$12 resident/ \$15 non-resident  
 (Drop In available for beginning/continuing during first two classes of the month)

**Beginning Drumming**

Simple rhythms will be presented slowly and patiently. \*No class on Nov 22.

16 to Adult: Tuesdays, 6:30 -7:30 pm Code:  
 Dates/Fee: Sept 6-27 \$35 res/\$43.75 non-res 4299.400  
 Oct 4-25 \$35 res/\$43.75 non-res 4299.401  
 Nov 1-29\* \$35 res/\$43.75 non-res 4299.402  
 Dec 6,13,27 \$26.50 res/\$33 non-res 4299.100

**Continuing Drumming**

Now that you've learned the basics, it is time to go deeper. Pre-requisite: Beginning Drumming. Drums are provided. \*No class Nov 22, 23, or 24.

16 to Adult: Beginner-Thursdays, 12-1pm Code:  
 Dates/Fee: Sept 8-29 \$35 res/\$43.75 non-res 4298.400  
 Oct 6-27 \$35 res/\$43.75 non-res 4298.401  
 Nov 3-Dec 1\* \$35 res/\$43.75 non-res 4298.402  
 Dec 8,15,29 \$26.50 res/\$33 non-res 4298.100

16 to Adult: Beginner -Mondays, 7:15-8:30pm  
 Dates/Fee: Sept 12- Oct 3 \$35 res/\$43.75 non-res 4299.424  
 Oct 10-31 \$35 res/\$43.75 non-res 4299.430  
 Nov 7- 28 \$35 res/\$43.75 non-res 4299.431  
 No classes in December.

16 to Adult: Intermediate-Tues, 11:30am-12:30pm Code:  
 Dates/Fee: Sept 6-27 \$35 res/\$43.75 non-res 4299.410  
 Oct 4-25 \$35 res/\$43.75 non-res 4299.411  
 Nov 1-29\* \$35 res/\$43.75 non-res 4299.419  
 Dec 6,13,27 \$26.50 res/\$33 non-res 4299.120

16 to Adult: Intermediate - Wed,7:45 -9 pm Code:  
 Dates/Fee: Sept 7-28 \$35 res/\$43.75 non-res 4299.413  
 Oct 5-26 \$35 res/\$43.75 non-res 4299.414  
 Nov 2-30\* \$35 res/\$43.75 non-res 4299.415  
 Dates: Dec 7,14,28 \$26.50 res/\$33 non-res 4299.105

**Advanced Drumming**

Must get permission from Gregg at [communitydrum@earthlink.net](mailto:communitydrum@earthlink.net). No class Nov 22.

16 to Adult: Tuesdays, 7:45-9 pm Code:  
 Dates/Fee: Sept 6-27 \$35 res/\$43.75 non-res 4298.420  
 Oct 4-25 \$35 res/\$43.75 non-res 4298.421  
 Nov 1-29\* \$35 res/\$43.75 non-res 4298.422  
 Dec 6,13,27 \$26.50 res/\$33 non-res 4298.123

**Basic Beading-Bracelet and Earrings**

Learn the basics of stringing using bead wire, crimps, jump rings, wire covers and clasps. You will make a simple beaded bracelet and earrings from pearls, crystal, glass and metal beads to compliment any outfit from casual to dressy. \$3 material fee payable to instructor at class.

13 to Adult: Wednesday, 6:30-8:30 pm  
 Date: Sept 7 Code: 4627.401  
 Oct 5 Code: 4627.404  
 Nov 2 Code: 4627.407  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Date: Dec 7 Code: 4627.101  
 Location: Senior Center, 910 Longs Peak Ave  
 Instructor: Susan Eaton  
 Fee: \$20 resident/\$25 non-resident + materials fee

**Basic Beading-Necklace**

Learn the basics of stringing using bead wire, crimps, jump rings, wire covers and clasps. You will make a 3-strand necklace and matching earrings using a variety of glass beads and pearls. \$3 material fee payable to instructor at class.

13 to Adult: Wednesday, 6:30-8:30 pm  
 Dates: Sept 14 Code: 4627.402  
 Oct 12 Code: 4627.405  
 Nov 9 Code: 4627.408  
 Dec 14 Code: 4627.102

Instructor: Susan Eaton  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$20 resident/\$25 non-resident + materials fee

**Basic Beading-Pearl or Crystal Bracelet**

Learn the basics of stringing using bead wire, crimps, jump rings, wire covers and clasps. You will create an elegant pearl or crystal and seed bead bracelet. \$3 material fee payable to instructor at class.

13 to Adult: Wednesday, 6:30-8:30 pm  
 Sept 28 Code: 4627.403  
 Oct 19 Code: 4627.406  
 Nov 16 Code: 4627.409

Instructor: Susan Eaton  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$20 resident/\$25 non-resident + materials fee

**Colored Pencil Drawing-Plants & Flowers**

Colored pencil drawing techniques have changed and become more exciting. Learn these techniques while learning to draw flowers, vegetables, and other plants. We will use burnishing and no-odor solvents to create very realistic botanical illustrations. We will also go over composition, texture, color, and mixing colors. See supply list on-line or on receipt.

16 to Adult: Oct 6-27, Thurs, 7-9 pm Code: 4660.400  
 Instructor: Donna Clement  
 Location: Senior Center, 910 Longs Peak Ave  
 Fee: \$35 resident/\$43.75 non-resident

**Self Expression Mandalas**

Hindus use mandalas for meditation, others use them for healing; we will use them to express ourselves through art. Acrylic paints, colored pencils, and natural objects will be some of the mediums used; many others will be available. Supplies needed: 20" x 30" foam core board, and any other small natural or personal objects you may wish to add.

16 to Adult: Nov 23-Dec 14, Wed, 7-9pm Code: 4660.401  
 Instructor: Donna Clement  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$35 resident/\$43.75 non-resident

**Portrait Drawing**

Whether you are a beginner or experienced artist, learn how to capture the likeness of a person in graphite. By studying the anatomical structure of the head, identifying key shapes of the face, and applying classical measurements and shading, your drawing will come to life. Bring a large photograph (or enlarged photocopy) of a face looking straight ahead. All other supplies provided.

16 to Adult: Oct 5-26, Wed,7 -8:30 pm Code: 4629.401  
 Instructor: Amy Pallas  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$35 resident/\$43.75 non-resident

**Beginning/Intermediate Pastel Painting**

Enjoy creativity with a medium that is fun and easy to use, easy to transport and offers wonderful results. Most of all, the intent is to introduce you to the pleasures of creating art using this friendly medium. Beginners and Intermediate levels welcome. Students must provide materials at first session. Supply list available at time of registration or on-line.



16 to Adult: Sept 12-Oct 3, Mon, 10am-12pm Code: 4659.411  
 Instructor: Diane Wood  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Fee: \$75 resident/ \$93.75 non-resident

**Color- Emotion and Light**

Explore the power of color! Why and how do we react emotionally to different colors and how can we use that to communicate with our art? Mix colors to create realistic effects, and learn how to use color when designing your composition. Supply list available on-line and on receipt.

18 to Adult: Sept 20-Oct 11, Tue, 7-9 pm Code: 4661.400  
 Instructor: Tiffany Miller  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$70 resident/\$87.25 non-resident

## Knitting

Materials fee is payable to instructor at first class and covers supplies (yarn, etc., and needles) necessary to complete project. Unless otherwise noted, recent previous knitting experience is required.



Instructor: Gail Sundberg-Douse  
Location: St Vrain Memorial Building, 700 Longs Peak Ave

### Adults Learn to Knit

This course is for absolute beginners. By the end of the two classes, you will have a warm luxurious alpaca scarf that you will be proud to wear. Plan on knitting between classes.

14 to Adult: Sept 15 & 29, Thurs, 7-9pm Code: 4655.400  
Nov 15 & 29, Tues, 7-9 pm Code: 4655.402  
Fee: \$30 resident/\$37.50 non-resident plus \$37 materials fee

### Baby Surprise Sweater

Elizabeth Zimmerman is known for her inventiveness in creating patterns. We will use her Baby Surprise Sweater pattern to create a sweater that will be treasured by the receiver. Allow knitting time between classes to finish the project. Supply list will be available at registration.

14 to Adult: Sept 6-20, Tue, 7-9 pm Code: 4655.401  
Fee: \$40 resident/\$50 non-resident plus \$5 materials fee

### Beyond Scarves- Knitting a Hat

Ready to branch out from rectangles? In this class you will learn how to knit with circular needles and double pointed needles and how to follow a pattern to make a warm, soft alpaca hat! Experience on double pointed needles helpful but not required.

14 to Adult: Aug 23-30, Tue, 7-8:30 pm Code: 4655.311  
Fee: \$20 resident/\$25 non-resident plus \$38 materials fee

### Cabled Hat and Scarf Set

This cute set will allow you the opportunity to learn or reinforce pattern reading and making cables. The hat is knit in the round using circular and double pointed needles. 100% alpaca yarn is soft and warm and a treat to knit with.

14 to Adult: Oct 6, Thurs, 7-9pm & Oct 10, Mon, 7-9pm Code: 4655.414  
Fee: \$30 resident/\$37.50 non-resident plus \$65 materials fee

### Fair Isle Hat

Learn Fair Isle technique knitting a unisex alpaca hat knit in the round using double pointed and circular needles. I-cord tassel and bind off covered as well.

16 to Adult: Nov 1-8, Tue, 7-9pm Code: 4655.413  
Fee: \$40 resident/\$50 non-resident plus \$32 materials fee

### Felted Pouch

Using double knit technique and alpaca yarn, knit a pouch that is the perfect size for cell phones, cameras with l-cord strap. Each student gets a stone button of your choosing to finish your pouch. Felting is completed at home.

14 to Adult: Dec 13, Tue, 7-9pm Code: 4655.114  
Fee: \$18 resident/\$22.50 non-resident plus \$32 materials fee.

### Knit an Alpaca Vest

You will want to make yourself one in every color once you find out how cozy and soft this vest is. Ribbed pattern flatters every body type.

16 to Adult: Nov 22, Tue, 7-9pm Code: 4655.440  
Fee: \$18 resident/\$22.50 non-resident plus \$70 materials fee

### Knit Some Mittens

Using double pointed needles and bulky yarn these knit up quickly. Mittens make a great portable knitting project. Make one mitten and the second at home. Plan to knit for 3 hours straight.

14 to Adult: Oct 27, Thurs, 6-9pm Code: 4655.423  
Fee: \$20 resident/\$25 non-resident plus \$28 materials fee



### Knit Yourself Some Socks!

Socks make a great portable knitting project. Knit from the cuff down using double pointed needles and washable wool. Experience on double pointed needles is helpful but not required.

16 to Adult: Oct 4-18, Tuesdays, 7-9pm Code: 4655.412  
Fee: \$40 resident/\$50 non-resident plus \$24 materials fee

### Lace Cowl

Yummy lace cowl knit from warm alpaca yarn will keep your neck warm in style. Knit in the round.

14 to Adult: Nov 10, Thurs, 7-9pm Code: 4655.415  
Fee: \$18 resident/\$22.50 non-resident plus \$22.50 materials fee

### Triangle Scarf

In this class you will make a warm triangle scarf using alpaca, wool and silk yarn. Rich shades of yarn colors will make this one of your favorite cool weather accessories.

14 to Adult: Dec 8 & 15, Thurs, 7-9pm Code: 4655.104  
Fee: \$20 resident/\$25 non-resident plus \$35 materials fee

### Make Felted Soap

If you've ever accidentally shrunk a wool sweater in the laundry, then you have felted! Experience felting in a fun and intentional way. Using raw wool and a bar of soap, students will make their very own washcloth and soap in one! Wear clothing that can get wet and plan to go home with very clean hands and 2 bars of felted soap.

14 to Adult: Dec 1, Thurs, 7-8:30pm Code: 4655.103  
Fee: \$12 resident/\$15 non-resident plus \$7 materials fee

### Wristlet

Need to liven up your knitting? Experiment with textured knitting, knitting a gusset, and using double pointed needles, and soft, warm, alpaca yarn. Great gift idea!

14 to Adult: Sept 1 & 8, Thurs, 7-8:30pm Code: 4655.403  
Fee: \$20 resident/\$25 non-resident plus \$22 materials fee



### Sewing Fundamentals for Adults

Sewing is not complicated when you know the basics. Choose a pattern and complete a project from start to finish. You will learn to cut out and read a pattern, sew basic machine stitches and how to use different functions on your sewing machine. Machines provided. Supply list available online and on your receipt.

16 to Adult: Nov 8-10, Tue/Thurs, 6:30-8:30pm Code: 4901.450  
Instructor: Ann Poindexter  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$40 resident/ \$50 non-resident

### Sewing Machine Basics

Learn how to use your sewing machine. We will thread a machine and bobbin, learn about tensions, stitches, and sewing on various fabrics. This is a hands-on class, bring your machine and owners manual or use one of ours. Supply list on receipt.

16 to Adult: Dec 12, Mon, 6:15-8:30pm Code: 4901.3451  
Instructor: Ann Poindexter  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$20 resident/ \$25 non resident

### Crochet

Materials fee is payable to instructor at first class and covers supplies (yarn, crochet hook, and pattern) necessary to complete project.

Instructor: Debby Telfer  
Location: Senior Center, 910 Longs Peak Ave

### Learn to Crochet

This course is for the absolute beginner. There is no better way to learn to crochet than to crochet a sampler hand bag. Please plan on crocheting between the two classes so you are ready to finish off your purse including the handle in the second class.

16 to Adult: Oct 5 & 19, Wed, 7-9pm Code: 4618.400  
Fee: \$30 resident/\$37.50 non-resident plus \$16.50 materials fee

### Crochet a Spiral Boa Scarf

Create a one of a kind scarf that is a spiral boa that is warm and stylish. This course is for anyone who knows how to do basic crochet stitches: chain and single crochet. You will have a good start on the scarf so you can complete it at home.

14 to Adult: Sept 19, Mon, 6-9pm Code: 4618.401  
Fee: \$24 resident/\$30 non-resident plus \$16.50 materials fee

### Crochet a Ripple Scarf

Create a ripple scarf which will give you foundational experience to make into a ripple or wave afghan. This course is for anyone who knows how to do basic crochet stitches: chain and single crochet. You will have a good start on the scarf so you can complete it at home.

14 to Adult: Oct 17, Mon, 7-9pm Code: 4618.402  
Fee: \$15 resident/\$18.75 non-resident plus \$16.50 materials fee

### Crochet Placemats & Table Runner

Crochet placemats and a matching table runner that are durable and washable as they are made of all cotton. This course is for anyone who knows how to do basic crochet stitches: chain and single crochet. Materials fee covers yarn for 4 placemats, crochet hook and pattern for placemats and, for \$10 more, the table runner. You will complete one placemat in between classes so you can learn how to do the border in the second class plus start the table runner.



14 to Adult: Nov 7 & 14, Mon, 7-9pm Code: 4618.403  
Fee: \$30 resident/\$37.50 non-resident plus \$25-\$35 materials fee

## No Fear Oil Painting

Whether you are a beginner or have some experience, come and develop your painting skills in a nurturing environment. Enjoy the pleasurable experience of working with this forgiving medium. Learn how to mix and apply color to create a glowing painting. Students must have materials at first session. Supply list available at time of registration or on City of Longmont/Recreation website.

18 to Adult: Mondays, 9-11 am  
 Dates: Oct 3-24 Code: 4613.411  
 Oct 31-Nov 21 Code: 4613.412  
 Nov 28-Dec 19 Code: 4613.413

18 to Adult: Mondays, 7-9 pm  
 Dates: Oct 3-24 Code: 4613.401  
 Oct 31-Nov 21 Code: 4613.402  
 Nov 28-Dec 19 Code: 4613.403

18 to Adult: Wednesdays, 1-3 pm  
 Dates: Oct 5-26 Code: 4613.420  
 Nov 2-30 Code: 4613.421  
 Dec 7-Jan 4 Code: 4613.423

Instructor: Dorothy Pecina  
 Location: Carriage House Art Studio, 11938 Oxford Rd  
 Fee: \$49 resident/\$61 non-resident

## Cooking

### Canning Basics

Learn how to can your own food. Use your garden all year long. Information and instruction for you to can anything from meat to fruits and veggies. Save time and money.



16 to Adult: Sept 13, Tue, 6-9pm Code: 4652.423  
 Instructor: Robin Wyrick  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$12.50 resident/\$15.75 non-resident

### Beginning Cheesemaking

Think cheesemaking is too complicated for the home kitchen? Well, think again! Learn how to make soft goat cheeses (Chevre and Fromage Blanc) including recipes for several gourmet varieties using fresh or store-bought goat's milk with minimal time and equipment. We'll also use store-bought cow's milk to make delicious fresh ricotta and mozzarella cheese. Samples provided.

14 to Adult: Sept 19, Mon, 11am-1pm Code: 4652.410  
 Location: Longmont Recreation Center, 310 Quail Rd  
 14 to Adult: Sept 22, Thurs, 6-8:30pm Code: 4652.411  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$35 resident/ \$43.75 non-resident

### Cool Refreshing & Delicious Cold Soups

Learn to make Chilled Spice Fruit Soup, a delicious fruit based soup that can be eaten as a snack, dessert or even for breakfast! It is a healthy balance of protein to carbohydrate. Other cold soup recipes provided. \$5 food and materials fee payable to the Instructor at the class.

14 to Adult: Sept 26, Mon, 6-7:15pm Code: 4652.411  
 Instructor: Pam Vagnieres  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$25 resident/ \$31.25 non-resident  
 + \$5 materials fee

### Pasta Making

Learn to pasta from scratch. We will cover various dough recipes, cutting, drying and cooking techniques.

16 to Adult: Oct 17, Mon, 6-9pm Code: 4652.421  
 Instructor: Robin Wyrick  
 Location: Longmont Senior Center, 910 Longs Peak Ave  
 Fee: \$12.50 resident/ \$15.75 non-resident

### Bread Making

Start with wheat seeds and end up with 3 loaves of bread and a loaf of Focaccia and a pan of Cinnamon rolls fresh out of the oven. Discover the nutritional benefits of grinding your own wheat. Go Organic, Buy in Bulk and save time and money. Let us show you how.

16 to Adult: Oct 10, Mon, 6-9pm Code: 4652.420  
 Instructor: Robin Wyrick  
 Location: Longmont Senior Center, 910 Longs Peak Ave  
 Fee: \$12.50 resident/ \$15.75 non-resident

### Creative Fun No-Cook Snacks

These creative-no cook snack ideas are easy, healthy and nutritionally balanced with the right amount of carbs and protein. They will keep your energy up and your weight down. Come learn new ideas that will get you out of your "snack rut!" \$5 food and materials fee payable to the Instructor at the class.

14 to Adult: Oct 24, Mon, 6-7:15pm Code: 4652.412  
 Instructor: Pam Vagnieres  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$25 resident/ \$31.25 non-resident  
 + 5 materials fee

### Once a Month Cooking

Spend one day cooking, and save many, many hours of stress and fuss later. Go organic, buy in bulk and save time and money. Let us show you how. Taught by Robin Wyrick, OurDailyKneads.com

16 to Adult: Oct 25, Tue, 6-9pm Code: 4652.422  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$12.50 resident/\$15.75 non-resident

## 10 Ways to Manage Low Thyroid Symptoms

Over 23.5 million Americans suffer from thyroid problems: hyperthyroidism, Graves Disease, hypothyroidism and Hashimoto's Disease- mostly women. Fatigue, "fog brain", muscle pain, cold feet, weight fluctuations and other symptoms aren't your fault. Learn how to manage them in this program.

18 to Adult: Sept 1, Thurs, 6:30-8:30pm Code: 4251.400  
 Instructor: Kim Wolinski  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$16 resident/\$20 non-resident

## Organizational Strategies

Join "Dr DeClutter" for these informational workshops.

Instructor: Kim Wolinski  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$16 resident/\$20 non-resident

## How to Organize Paper Piles, Files Photos & More

Got paper? If you're overwhelmed with, or stuck due to paper overload, sign up for this class. Receipts, piles of bills, photos, kid's art and schoolwork, stacks and heaps need attention. BONUS! Receive "Dr. DeClutter's Important Documents Location List".

16 to Adult: Sept 14, Wed, 6:30-8:30pm Code: 4241.400

## Get Organized Before the Holidays Set In!

Where do I start? Do you get overwhelmed when you try to declutter? This workshop is for you! Learn how to decide, sort and clear out the clutter from your life on every level to enjoy the upcoming months more!

18 to Adult: Oct 19, Wed, 6:30-8:30pm Code: 4248.400

## How to Downsize Your Home with Flow & Ease

Whether you want to downsize because you're tired of maintaining a big house, or because you physically can't take care of the big house and all your stuff anymore, you will learn the steps that will help you let go and enjoy the move into a lighter life!

16 to Adult: Oct 27, Thurs, 6:30-8:30pm Code: 4241.401

## Take Control of Your Life: Set Healthy Boundaries

Do you suffer from bad experiences caused by inappropriate boundaries? Are you over-responsible for the behavior of others? Being a doormat creates anger, resentment or silence and robs you of personal power. Leave this class with knowledge about boundaries, how to set them and what to do when others cross them.

16 to Adult: Nov 3, Thurs, 6:30-8:30pm Code: 4241.402



## Computers

### Backing up your Data

Come join us as we learn why it is important to back up your data on your computer. Learn the "how to's" before it's too late. Questions and answers time after class.

16 to Adult: Sept 28, Wed, 5:30-8:30pm Code: 4545.420  
 Instructor: Bob Dornan  
 Location: Longmont Senior Center, 910 Longs Peak Ave  
 Fee: \$20 resident/\$25 non-resident

### Safe Computing Practices

Learn about safeguarding your data and privacy while doing email and using the Internet. This seminar is for intermediate users. Topics include data backup, viruses, virus protection, computer hoaxes, firewalls, spyware and cyberstalking.

16 to Adult: Oct 7, Fri, 9am-12pm Code: 4545.401  
 Instructor: Henry Spencer  
 Location: Longmont Public Library, 409 4th Ave  
 Fee: \$20 resident/ \$25 non-resident

### Getting to know your PC

Get to know your PC and learn about operating systems, processors, memory, hard drive space, defrag, peripherals and more. Find out why computers slow down, what routine maintenance you should perform and how often, what you should and shouldn't do and why. Learn about viruses, worms, spyware and how to protect yourself. Questions and answers time after class.

16 to Adult: Oct 19, Wed, 5:30-7:30pm Code: 4545.400  
 Instructor: Bob Dornan  
 Location: Longmont Senior Center, 910 Longs Peak Ave  
 Fee: \$20 resident/ \$25 non-resident

### Conflict: Helping Children Work It Out

Research shows that in homes where parents mediate conflicts, children fight less and are better able to resolve conflicts on their own. Parents learn and practice the basic mediation steps and positive communication skills to more effectively resolve conflict in your home.

18 to Adult: Sept 21-28, Wed, 6-8pm Code: 4501.411  
 Instructor: Carin Armstrong, MSW  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$25 resident per person/ \$40 resident couple fee  
 \$31.25 non-resident per person  
 \$40 non-resident couple fee

**Will Maker Legal Seminar**

A wonderful way to get a tough job finished in a single, easy and enjoyable session. You will complete a will, living will, medical power of attorney, financial power of attorney, and organ donor request, all with the help of licensed attorney, Rebecca Bennetti and her staff. Cost of the class is per person and includes all materials, witnessing, notarizing, individual review and plenty of time for discussion and questions.

18 to Adult: Sept 17, Sat, 10am-1pm Code: 4537.400  
 Oct 13, Thurs, 6-9pm Code: 4537.401  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 18 to Adult: Nov 5, Sat, 10am-1pm Code: 4537.402  
 Location: Senior Center, 910 Longs Peak  
 Fee: \$99 resident/\$124 non-resident

**Mandarin Chinese**

Learning to speak Mandarin Chinese is fun! Learning to write Chinese characters is cool! Don't know how to pronounce the Chinese symbols? We offer Pin Yin, the Chinese phonetics course. Interested in Chinese cultures? Come and enjoy the Mandarin Chinese class step by step. Learn dates, months, years and time, as well as going to Chinese restaurants/ hobbies and some Chinese calligraphy.

17 to Adult: Saturdays, 1-1:45 pm  
 Dates: Sept 24-Oct 15 Code: 4586.401  
 Oct 29-Nov 19 Code: 4586.402  
 Instructor: Juli Armas  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$35 resident/\$43.75 non-resident

**Introduction to Voiceovers**

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, "I could do that"? This fun and empowering 2 hour introductory workshop covers the different types of voiceovers and what tools are needed in order to find success in the industry. You'll be coached as you perform a real voiceover script and be recorded so that you can receive a professional voiceover evaluation later. After class you will have the knowledge necessary to help you decide if this is something you'd like to pursue. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All.

18 to Adult: Oct 3, Mon, 6-8pm Code: 4691.400  
 Location: Senior Center, 910 Longs Peak Ave  
 Fee: \$25 resident/\$31.25 non-resident



**Beginning Astronomy**

In this class you will become familiar with bright stars and constellations and how to locate many beautiful objects in the winter sky. Sept 30 & Oct 14 you'll learn the basics of how to locate objects using a star chart and how to set up and use a telescope indoors. Oct 7 & 21 will be held outdoors-weather permitting- at Sandstone Ranch. Telescopes provided or you may bring your own. No restrooms available at the outdoor classes.

18 to Adult: Sept 30-Oct 21, Fri, 7-8pm Code: 4588.400  
 Instructor: Longmont Astronomical Society  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$20 resident/\$25 non-resident

**Just Once Piano for Busy People**

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Regular piano teachers teach note reading, piano professionals use chords. This is an online class. You need a computer, web cam, microphone, high speed internet and piano or keyboard. Fee includes workbook and practice CD.

16 to Adult: Oct 23, Sun, 5-8pm Code: 4699.400  
 Instructor: Craig Coffman  
 Location: Online Class  
 Fee: \$54 resident/ \$67.50 non-resident

**Beginning Guitar for Adults**

This course is geared towards the absolute beginner and will start with the basics. Learn how to tune the guitar, play basic chords and accompaniment patterns in a fun, relaxed group setting. Students are to furnish their own acoustic guitar.

18 to Adult: Sept 12-Oct 17, Mon, 8-9pm Code: 4502.400  
 Instructor: Mike Tolle  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$48 resident/\$60 non-resident plus \$5 materials fee

**Intermediate Guitar for Adults**

This class is a continuation of beginning guitar and is open to anyone wanting to improve their basic skills. Register in person or over the phone for beginning guitar and intermediate guitar and save \$6.

18 to Adult: Oct 31-Dec 5, Mon, 8-9pm Code: 4503.401  
 Instructor: Mike Tolle  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$48 resident/\$60 non-resident



**Division of Senior Services offers programs and services for those 55 years plus.**

**Longmont Senior Center**

910 Longs Peak Ave  
 303-651-8411  
 Office Hours: Monday - Friday, 8 am - 5 pm

Call for classes and event registration, or on line at [www.ci.longmont.co.us/sen\\_ctr/index.htm](http://www.ci.longmont.co.us/sen_ctr/index.htm)

**Resources & Services:**

Senior Services Division staff is available to provide information about housing concerns or referrals to other resources such as Medicare, social security, document filing with agencies, or information regarding low income assistance. They are also available to meet with family members of older adults if there are questions about safety or health issues. Call 303-651-8414 or 303-651-8716 to visit with one of our resource staff.

**Get Acquainted**

Get acquainted with others who are new to the Senior Center, new to the area, or interested in making some new connections with others. Join us to learn about various opportunities, possibilities and resources. Facilitated by Senior Services staff members. Please RSVP to 303-651-8411. FREE.

Date/Time: Oct 6, Thurs, 9am

**Thursday Dances**

Dances are held at the Longmont Senior Center. Both singles and couples enjoy the fun.

Day/Time: Thursdays, 7-10pm  
 Fee: \$4 per person.



**Friday Afternoon Concerts and Art Shows**

Performances will take place at the Senior Center, Tickets are \$8 at the door for each concert. Art Exhibit opens at 1:30pm, and concerts begin at 2:30pm

**Friday, October 21**

A Timeless Music Travelog with Dale Bruning and Jude Hibler Jazz Link Enterprises partners Dale Bruning and Jude Hibler present "The Timeless Music Travelog" with Mark Simon, bass, and Paul Romaine, drums.

**Friday, November 18**

"Schubert, Strauss, Spirituals, and Songs from the Stage" Lyric Soprano Kara Guggenmos will be joined by Robert Spillman on piano for a fun and eclectic afternoon of show-stopping music.

**Senior Fitness Classes Available:**

Yoga, Pilates, Strength Conditioning, Tai Chi....and more!  
**Visit us at 910 Longs Peak Avenue.**

**Lifelong Learning Opportunities**

Try classes such as:

- Oil Painting
- Watercolor Painting
- Colorado History
- Learning Spanish
- Astrology
- Irish History....and more!

See our catalog called the "Go" available for pick up at the Longmont Senior Center.



**Sandstone Visitor Center**

3001 E Ken Pratt Blvd • 303-774-4692

The Sandstone Visitor Center includes hands-on displays on environmental features of the area, as well as history of the Coffin family who homesteaded the site, and other early Longmont history. The 1880's era homestead includes historical and environmental hands-on displays in the Visitor Center, as well as educational exhibits in the ice house, tool shed and barn.

**There is no admission fee to the Visitor Center.**



**Programs at Sandstone Visitor Center**

To register for seasonal programs, please call 303-774-4692 or e-mail [ann.turbine@ci.longmont.co.us](mailto:ann.turbine@ci.longmont.co.us) at least two days in advance.

Location: Sandstone Visitor Center, 3001 E Ken Pratt Blvd