

DROP-IN ACTIVITIES/ONGOING GROUPS

Bailes de Mi Tierra

Dancers are wanted to join this Latino outreach activity. The dancers practice and perform various dances and songs from Central and South America. If you are interested or want more information, call Veronica Garcia at 303-651-8716.

Billiards

Open

25¢ Donation suggested for play

Monday, Tuesday, Thursday

8:00 a.m. - 4:45 p.m.

Wednesday & Friday

Noon - 4:45 p.m.

Wednesday and Friday (Women ONLY)

8:00 a.m. - noon

Senior Bowling

Tuesday & Wednesday afternoons at Centennial Lanes. Practice begins at 12:45 p.m. and games begin at 1:00 p.m. The cost is \$7.50 for 3 games. This is come-as-you-can play.

Bridge (Open)

Mondays, 12:30 p.m. - 4:00 p.m.

Partners are not necessary. Individuals are rotated into games. New players are welcome. Call Jay Wikholm at 720-891-0222 or Eileen Treichel at 303-499-1876 for more information.

Cards and Games

Mondays, 12:30 p.m. - 4:00 p.m.

Leader: Ruth. Mainly play Hand and Foot Canasta. Beginners and newcomers welcome.

Wednesdays, 12:30 p.m. - 4:00 p.m.

Generally for established groups.

Thursdays, 12:30 p.m. - 4:00 p.m.

Drop-In Cards. Newcomers welcome.

Fridays, 1:00 p.m. - 4:00 p.m. Mah Jong.

Experienced players.

Last Saturday of the Month, noon -

4:00 p.m. Saturday Potluck and Games.

City of Longmont Retirees

A group of retired City of Longmont folks meet regularly. Call Gussie Sowa at 303-776-2578 for meeting time and location.

Coffee in the Café

Monday - Friday Mornings

Coffee may be purchased through Meals on Wheels each day for 50¢ for a bottomless cup.

Computers

Two Public Access computers are available in the computer room off the atrium. Printing of the first five pages are free then 10¢ per page after that. Free Internet. Use is time limited to 60 minutes.

Conversations and Cuisine Club (formerly the Cooking Club)

1st Friday, 11:30 a.m. - 1:00 p.m.

This group of cooking enthusiasts meets regularly to bring and share homemade dishes and enjoy novel and delicious meals with a theme. Guests are welcome. Call Harriet Bissell at 303-652-2430 for more information and the next month's menu.

Current Events

Tuesdays, 10:15 a.m. - 11:30 a.m.

For years, older adults have been meeting for an hour or more to review local, national, and international events which affect them. They share their views and analyses arrived at from wide reading and often personal and professional experiences. Many meet a bit earlier to share coffee and conversation. Moderated by Tom McCoy.

Dulcimer Group - Singin' Strings

2nd & 4th Thursdays, 2:00 p.m. - 3:30 p.m.

A newly organized group of dulcimer players that welcomes players and would-be players of all skill levels. It is an increasingly popular musical voice beloved for its sweet, lilting qualities. Call Nancy Beaudrot at 303-772-2094 for more information.

Cost: 50¢



Longmont Senior Center
Photo courtesy of Sandra Jensen

Support Groups Listed on Page R5

DROP-IN ACTIVITIES/ONGOING GROUPS

Dances

Thursday evenings, 7:00 p.m. - 10:00 p.m.
Dances are held at the Longmont Senior Center.
Both singles and couples enjoy the fun. Price is \$4.00 per person.

September 2	Ray Cox
September 9	Darrell Sullivan/Western Dance
September 16	Tom Yook
September 23	C.C. Collier
September 30	Jim Ehrlich
October 7	Harris and Harris
October 14	Darrell Sullivan
October 21	Colorado Sunshine Band
October 28	Tom Yook/Halloween Dance
November 4	Darrell Sullivan
November 11	Jim Ehrlich/Red, White & Blue
November 18	Colorado Sunshine Band
November 25	NO Dance

Friday Economic Study Group

Fridays, 2:00 p.m.- 4:00 p.m.
A study group to explore the causes and possible remedies of the financial collapse now impacting the world, as well as the USA. It is open to any interested person. Bob Zimmerer, host.

Friends of the Longmont Senior Center, Inc.

4th Tuesday, 3:00 p.m. - 4:30 p.m.
This non-profit board seeks to enhance the services and programs of the Longmont Senior Center through fundraising activities.

Golden K Kiwanis

Fridays, 9:15 a.m. - 10:30 a.m.
New members are always welcome.
Call George Chandler 303-776-7545 or
Virg Friebe 303-678-7355 for information.

Grandparents Raising Grandkids

1st Monday (2nd Mon. if 1st Mon. is a holiday)
6:00 p.m. - 7:30 p.m.
Share and learn from others who are involved in raising their grandchildren. Childcare provided.
Call Ruth 303-651-8414 or Wilma 303-485-7044.

Harmonica Band

Fridays 10:00 a.m. - 11:00 a.m.
You will learn songs and refine your skills as a harmonica player and member of the band. This group goes out into the community to provide free entertainment in a variety of venues. Call Ted Karr at 303-834-2953.

Hix-N-Chix Square Dance Club

2nd and 4th Wednesdays (Sept. - May)
7:00 p.m. - 10:00 p.m.
Dances are held each month, excluding holiday periods. For information, please call Joan Bristol at 303-678-7711 or Audrey Rowe at 303-772-7394.
New dancers are always welcome!
See p. 19 for lesson information.

Knit and Purl

Wednesdays, 9:00 a.m. - 11:00 a.m.
This group is continuing under the expert guidance of Becky Williamson. Knit your own project or, if you'd like, knit for local charities in the area. Yarn and needles are available for the charity knitting. Donations of needles and yarn are appreciated. All levels of knitters are welcome.

LARQs

Tuesdays, 9:00 a.m. - 10:30 a.m.
This sewing group of CareConnect volunteers creates quilts for non-profit agencies in the community and for disaster relief locally, nationally and internationally. Call 303-772-2262 to find out about joining this group and helping to cut blocks, piece tops, or tie quilts.

Library

Books are available for checkout every day. Please return them within three weeks. Limit 5 books per checkout. Due to an overabundance of books, we are not accepting any book donations at this time. No magazines, please.

Lunch Bunch at The Regent

Mondays, 11:00 a.m. - 1:00 p.m.
This group is for those in the early stages of diagnosed memory loss who are beginning to have some difficulties with the complexities of everyday living. It is an opportunity for socializing and enjoying games to sharpen the brain. The group meets at 2210 Main St. Bring your lunch.
Call Ruth at 303-651-8414 to RSVP.

Mah Jong

See "Cards" on p. 7 for ongoing group information and p. 18 for upcoming class information.

Multicultural Potluck Exchange

See p. 12 for the Fiesta Vaquera.

NARFE

2nd Friday, noon - 2:00 p.m.
The National Association of Retired Federal Employees meets regularly for a potluck lunch and program. Call Jerry Seguin at 303-651-0917.

DROP-IN ACTIVITIES/ONGOING GROUPS

Quilting (By Hand)

Thursdays, 1:00 p.m. - 4:00 p.m.

Be part of an old-fashioned quilting bee! Local residents bring in quilt tops to be quilted and made into beautiful, treasured heirlooms. Some quilting experience desired. Call Joan at 303-485-5734 for more information.

Rainbow Elders of Boulder County

A social and support group for 55+ gay, lesbian and transgender people. Call Nancy Grimes at Boulder County Aging Services at 303-441-3583 for the schedule.

St. Vrain Valley Retired School Employees

This group of retired St. Vrain Valley School District employees meets quarterly. Call Will Zulauf at 303-776-6330 for more information.

Saturday Potluck & Games

Last Saturday of the month, noon - 4:00 p.m.

Older adults meet for a potluck, cards, games, and socialization. Call Ruth Dodds at 303-678-0502 for information.

Senior Center Singers

Tuesdays, Sept. 21 - May, 1:00 p.m. - 2:30 p.m.

All voices, soprano, alto, and tenor are welcome. Since fall 2001, this group has performed at various sites as well as at the Senior Center. Music, laughter and socializing are just a few of the benefits.

Scrapbooking

Wednesdays, 10:00 a.m. - noon

This is an ongoing work group, come as you can. Bring your pictures and craft tools and work with others to gain new ideas, tips and suggestions on how to organize and create beautiful scrapbooks. If you are new to this hobby or just want to explore how to get started, drop in and visit with others to see what supplies you will need. Call Marty Baker at 303-776-8835 for more information.

Shuffleboard

Thursdays, 9:00 a.m. - 11:00 a.m.

Beginners welcome. The group will play several games and then have coffee and snacks. Participants will have a chance to play with a variety of people.

Single Women's Social Group

Tuesdays, 11:30 a.m. - 1:30 p.m.

An opportunity to share with other women. Bring your lunch or buy it in the Park View Café (dining room). Call Wilma at 303-485-7044 or Ruth at 303-651-8414 for information about attending.

Spanish Club

Fridays, 2:00 p.m. - 3:00 p.m.

Converse in Spanish and develop friendships. This group unites people interested in improving their language skills and cultural understanding. Both entry level and more experienced levels are encouraged. No instruction is provided. All conversation is in Spanish.

Support Groups

Several support groups are available for interested persons. Many are open for drop in participation. See p. R5 for a list or call Ruth at 303-651-8414.

Stained Glass Work Group

Wednesdays, 9:00 a.m. - 11:30 a.m.

Members work on individual projects. If you need assistance getting started in this wonderful hobby, stop by and meet the people currently working on their art. You are responsible for your own materials and supplies.

Swingin' Seniors Rhythm Band

1st Monday, Sept.- May, 1:00 p.m. - 2:30 p.m.

This group performs regularly at senior residences and organizations in the community. Traditional and homemade instruments are welcome. The ability to read music is not required. Call Mori Glidewell at 303-651-0960 or Bernie Schuyler at 303-776-0680.

Tap Group

Thursdays, 1:00 p.m. - 2:00 p.m. (*new time*)

Carolyn Hanson will share her video tapes to teach new people and encourage those who have "tapped" before to share their enthusiasm and knowledge with others. This group meets weekly to practice, learn and have fun. Call Carolyn at 720-684-6827 for more information. If you have fun with this class, be sure to check out our Line Dance class on Tuesdays in the Exercise section.

Wii Play

Thursdays, 1:30 p.m. - 3:30 p.m.

The "Wii" is an interactive game using a remote control to move your character on the screen. You can bowl, play tennis, baseball or golf. All you have to do is show up and give it a try. Most games are played standing, swinging your arm or moving your body in some fashion. That's what makes it fun. You are "virtually" playing the game.

Woodcarving

Fridays, 8:00 a.m. - noon

Beginner and experienced woodcarvers meet to work on projects, offer advice on techniques or equipment and share their enjoyment of this lifelong hobby. All carvers are welcome. Call John at 303-772-2007 or Bob at 303-435-9505 for more information.