

# LIFELONG LEARNING

## AARP Driver Safety Class

AARP's unique 8-hour refresher course for drivers age 50+ provides information and lively illustrations to help you learn how to improve driving skills and to drive more safely. Graduates may be able to qualify for a discount on auto insurance. Registration for this class is required. Cost is \$12.00 for AARP members, \$14.00 for non-members, payable to AARP and will be accepted at the first class. Please call 303-651-8411 for more information. This class is taught by **AARP Volunteer of the Year, Max Fuller.**

Monday	Sept. 20	12:15 p.m. – 4:45 p.m.
Tuesday	Sept. 21	12:15 p.m. – 4:45 p.m.
Saturday	Sept. 25	12:15 p.m. – 4:45 p.m.
Saturday	Oct. 2	12:15 p.m. – 4:45 p.m.
Friday	Oct. 15	12:15 p.m. – 4:45 p.m.
Monday	Oct. 18	12:15 p.m. – 4:45 p.m.
Monday	Oct. 25	12:15 p.m. – 4:45 p.m.
Wednesday	Oct. 27	12:15 p.m. – 4:45 p.m.
Monday	Nov. 8	12:15 p.m. – 4:45 p.m.
Tuesday	Nov. 9	12:15 p.m. – 4:45 p.m.
Friday	Nov. 19	12:15 p.m. – 4:45 p.m.
Saturday	Nov. 20	12:15 p.m. – 4:45 p.m.

## Watercolor Painting & Drawing

Activity # 7201.400

Date: Wednesdays, September 8 – October 6

Activity # 7201.401

Date: Wednesdays, October 20 – November 17

Time: 1:30 p.m. – 3:30 p.m.

Cost: \$35.00 resident, \$42.00 non-resident per session

All levels of students are welcome to experience the exciting medium of watercolor, drawing and the underlying structure of painting. You will learn by working from “wet” to “dry” to “detailed” learning about colors, composition and subject matter. Hanlie Wessels, a local watercolor artist and teacher, will be instructing the class.

## Drumming Class

Activity # 7200.400

(September)

Cost: \$28.00 resident,  
\$33.00 non-resident

Activity # 7200.401

(October)

Cost: \$28.00 resident,  
\$33.00 non-resident

Activity # 7200.402

(November)

Cost: \$35.00 resident,  
\$42.00 non-resident

Date: Tuesdays

Time: 9:15 a.m. - 10:30 a.m.

Along with all the different types of fitness programs to choose from one of them is drumming. The classes are fun, easy and accessible to anyone, regardless of age or physical condition. It offers many health benefits, including boosting the immune system, improves circulation, reduces stress, produces endorphins, and right/left brain stimulation.

You may bring your own djembe drum or one will be provided for you.



## Oil Painting

Activity # 7202.400

Date: Tuesdays, September 7 – November 16

Time: Noon - 3:00 p.m.

Cost: \$48.00 resident, \$58.00 non-resident

Enjoy painting in this no pressure environment, where students work at their own pace and on their chosen subject. There are discussions on colors, techniques, portraits, landscapes and a variety of topics. Geared for the experienced painter, join others in creating things you can be proud of and stimulate your creativity. New painters are also welcome; the teaching method will be modified to your skill level. All participants are required to provide their own supplies. Non-toxic solvents must be used. Register in advance for this class as there is limited space. Norma Rhoades is the instructor.

## **Beliefs and Practices of the Irish Druids**

Activity # 7203.400

Date: Thursdays, September 9 and 16

Time: 10:00 a.m. – 11:00 a.m.

Cost: \$4.00 resident, \$5.00 non-resident

Both male and female acted as counselors, philosophers, shape shifters, diviners, and magicians of rulers. For instance, we'll consider shamanism, the tree alphabet, and the druid as the guardian of the memory. Francis Lovett will be presenting these classes.

## **Great Conversation of Great Ideas**

Activity # 7204.400

Date: Thursdays, September 9, 23; October 7, 21; November 4 and 18

Time: 9:30 a.m. – 11:00 a.m.

Cost: Donations accepted for copies of the readings

This thought-provoking discussion group on the 103 Great Ideas that are the core of everybody's thinking will be led by facilitator Brian Hansen, who has extensive experience in the "Great Books and Great Ideas" curriculum. He will present the themes which come from philosopher Mortimer Adler. There are brief reading materials intended to accompany the discussions, copies can be downloaded from Brian's website <http://home.comcast.net/~pamjhansen/site/?/home/>. or will be provided at the meetings. This class is continuous, each week is a new topic.

## **Porcelain Art**

Date: Mondays, September 13 – November 15

Time: Mornings

China painting classes for beginning and advanced students. Learn to make beautiful hand-painted china for yourself or others. If you would like to sign up please put your name on a list at the Senior Center front desk and the instructor, Alna Hiel, will contact you for your class registration, cost and times.

## **Crocheting**

Activity # 7205.400

Date: Mondays, September 13, 20, 27; October 4

Time: 10:00 a.m. - 11:30 a.m.

Cost: \$8.00 resident,  
\$10.00 non-resident

Join Rose Jahnke in this handy craft. If you are already experienced, it is the opportunity to work with others, share patterns, and socialize. If you are new, Rose can teach you the basics and get you on your way. You will need to provide your own hook (H or I) and yarn (Peaches & Cream).

## **Human Migration Out of Africa**

Activity # 7211.400

Date: Wednesdays, September 15 – October 13

Time: 1:00 p.m. – 3:00 p.m.

Cost: \$40.00 resident, \$48.00 non-resident

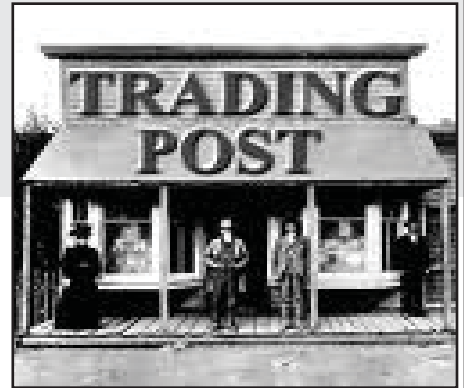
All non-African humans can be traced to a single woman, and a single man, who left Africa around 85,000 years ago in a group of about 250 persons. And ALL modern humans can be traced to a single woman and a single man 70,000 years earlier in Africa. By combining genetic, archeological, paleontological, tectonic, geographic, and linguistic research, Stephen Oppenheimer, author of *The Real Eve*, has shown there was a single departure across the southern tip of the Red Sea that peopled the rest of the world. John Hitchcock, Professor Emeritus, will present material from *The Real Eve* and other sources showing how all these facts come together to build a comprehensive picture of the world population. Taught by John Hitchcock.

**Be sure and read about our educational programs on pages 21 and 22 that are sure to make a difference!**

# LIFELONG LEARNING

## Colorado History Series

Presenter Larry Ralston has a wonderful ability to research and create interesting presentations. You can see and hear his passion for history in these presentations and learn more about each topic.



### Trading Posts

Activity # 7212.400

Date: Thursday, September 16

Time: 10:00 a.m. – 11:30 a.m.

Cost: \$4.00 resident, \$5.00 non-resident

On a nearby portion of the South Platte River, trading posts may have had a short tenure, but their names live on. Four competing sites were built and abandoned between 1836 and 1845. Forts Lupton, Vasquez, St. Vrain and Jackson were already relics when the gold seekers followed the Platte River Road to Colorado in 1859. These commercial enterprises were part of the much larger and highly competitive North American fur trade.

### Women's Suffrage

Activity # 7213.400

Date: Thursday, October 21

Time: 10:00 a.m. – 11:30 a.m.

Cost: \$4.00 resident, \$5.00 non-resident

The women's movement has a proud history in the west. Colorado is the first state where women were enfranchised by popular vote. Wyoming had included women as voters in their territorial constitution from the beginning. Colorado men (the only eligible voters) approved this proposal more than a quarter century before the U.S. Constitution was amended. Women were voted into the state legislature the next year. Colorado continues to be a leader in the percentage of female legislators.



### Nathan Meeker

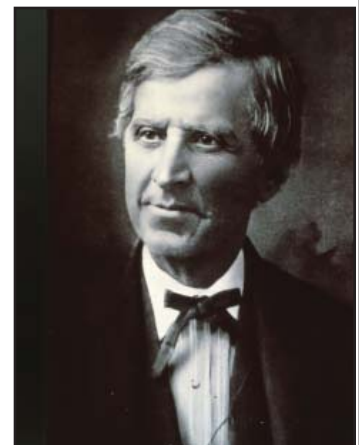
Activity # 7214.400

Date: Thursday, November 18

Time: 10:00 a.m. – 11:30 a.m.

Cost: \$4.00 resident, \$5.00 non-resident

Nathan Meeker founded the Union Colony which would become the present day city of Greeley. Before coming to Colorado he was the agricultural writer for Horace Greeley's newspaper. Following his success with the Union Colony he was appointed agent at the White River Agency on the Ute Reservation in western Colorado. He was often in conflict with the Ute people and was killed in what became known as the Meeker Massacre. It was this event which resulted in the Utes losing most of their remaining land in Colorado.



## Beginning MAH JONG

Activity # 7215.400

Date: Mondays, September 20 – October 25

Time: 9:00 a.m. – 11:00 a.m.

Cost: \$32.00 resident, \$38.00 non-resident

Learn the basics of this fascinating and stimulating game. There will be several sessions where the rules for the game are explained. Then you will put your knowledge to work by playing the game. This class is being taught by Sandy Allen and Ginger Martinez. Current Mah Jong cards included. Every player is required to have their own card, minimum of 8 and maximum of 12 students.

## Cell Phone Basics

Activity # 7216.400 Monday, September 20

Activity # 7216.401 Monday, October 18

Activity # 7216.402 Monday, November 15

Time: 10:00 a.m. – 11:30 a.m.

Cost: **FREE**, registration required

Cell phones have become an essential tool for many people. Sign up for a one-on-one session with a coach to help you learn the basics. Bring your phone, the charger, and the manual, along with a couple of phone numbers to program into the phone. Call to register for a 30-minute session with a coach.

## Worlds in Collision

Activity # 7217.400

Date: Thursday, September 23

Time: 10:00 a.m. – 11:00 a.m.

Cost: \$2.00 resident, \$2.50 non-resident

Certain beliefs and problems are endemic to the Western world. These issues underpin our culture, making it one in which enlightenment and oppression can thrive together. The burning of Bridget Cleary is a stark illustration of our moral world in collision with the spirit world of the ancient Irish traditions. Terrorism comes in assorted guises. Presented by Fancis Lovett.

## No Fear Oil



Activity # 7218.400

Date: Thursdays, September 23 – November 18

(No class November 11 or 25)

Time: 9:30 am – noon

Cost: \$50.00 resident, \$60.00 non-resident

Painting is fun and relaxing. Dot Pecina will assist you in learning techniques to help you create beautiful oil paintings whether you are a beginner or intermediate oil painter. Enjoy developing your skills in a very nurturing environment. Oil is a very forgiving medium and you will see your skills blossom with each painting you complete. Watch the artist in you flourish as you enjoy this wonderful medium. See your class receipt for material list.

## How to Use EFT to Literally “Tap” Your Problems Away

Activity # 7219.400

Date: Thursday, September 30

Time: 10:00 a.m. – noon

Cost: \$16.00 resident, \$20.00 non-resident

Where do you lack focus and sharpness in your life? Fear, anxiety, pain, extra weight, procrastination and other “baggage” keeps us from our potential and natural joy. Let go of negative emotions and struggles, become mentally available to experience life with more power and purpose simply with EFT - Emotional Freedom Technique. Use it daily to eliminate negative influences that limit your dreams and freedom. Instructor: Kim Wolinski, MSW

## The Ins and Outs of Music

Activity # 7220.400

Date: Wednesdays, October 6 – November 17

Time: 10:00 a.m. – 11:30 a.m.

Cost: \$18.00 resident, \$21.00 non-resident

“Music is universal!” is something we all say but what does that mean? Exploring different styles of music and their meaning, music from different times, places and peoples, through listening, discussing, and perhaps guest performances will be the focuses of class meetings. Come with open ears and open minds and expect to hear many musically expressive forms. We are excited to have Professor Emeritus Gretchen Beall back in the classroom sharing her knowledge and enthusiasm for music with you. Thank you Gretchen!

# LIFELONG LEARNING

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## **Gentle Self-Expression Using Collage**

Activity # 7221.400

Date: Wednesdays, October 6 – November 17

Time: 10:00 a.m. – 11:30 a.m.

Cost: \$18.00 resident, \$21.00 non-resident

Express yourself while learning different types of collage and a variety of art materials. This is a gentle, non-threatening art class for beginners primarily, but all levels are welcome. Your instructor, Donna Clement, will awaken the joy of creativity in you. Bring personal objects that you like such as: fabric swatches, buttons, ribbons, seashells, and dried flowers or leaves. Use your imagination. Art supplies such as acrylic paint, pastels, markers, etc. will be provided. We will be making mandala and a torn paper collage.

## **Fundamentals of Poetry**

Activity # 7222.400

Date: Thursdays, October 7 and 14

Time: 10:00 a.m. – 11:00 a.m.

Cost: \$4.00 resident, \$5.00 non-resident

Verse forms; devices of sound; devices of sense; stanza forms; special stanza forms - a nostalgic look at what makes traditional poetry so attractive. These two sessions will be presented by Francis Lovett.

## **Burn Your House Down! Get Organized Before the Holidays Set In!**

Activity # 7227.400

Date: Thursday, October 14

Time: 10:00 a.m. - noon

Cost: \$16.00 resident, \$20.00 non-resident

Materials included

“Where do I start?!” Do you get overwhelmed when you try to declutter? This workshop is for you! Whether you’re downsizing, want a better organized home or getting ready for the holidays, learn how to decide, sort and clear out the clutter from your life on every level to enjoy life now!

## **Mislaid 20th Century Poets**

Activity # 7223.400

Date: Thursdays, October 21 and 28

Cost: \$4.00 resident, \$5.00 non-resident

Amy Lowell, Edwin Markham, Edna St. Vincent Millay, Edwin Arlington Robinson, to name but a few among the crowd of poets who graced the literary scene of the last century – let’s not overlook John Neihardt, Wilbert Snow, Edgar Lee Masters, and Vachel Lindsay while we are at it. There was vibrant poetic life before, during and after Robert Frost; we’ll view some of the highlights. Presented to you by Francis Lovett.

## **The New Physics: Science and Spirituality**

Activity # 7224.400

Date: Wednesdays, October 27 – November 17

Time: 1:00 p.m. – 3:00 p.m.

Cost: \$32.00 resident, \$38.00 non-resident

Atoms are not particles of “matter,” they are “spirit-matter” and they point to freedom as an essential quality of the universe. Discover fundamental patterns in physical reality, and explore how atoms come together to form complex figures such as snowflakes, and ultimately ourselves. Wholeness patterns shape our being and our aspirations, and are part of nature’s healing process. The fact that we are here at all means that we must rethink the roots of physical being to include “inwardness” and, ultimately, spirituality. Taught by John Hitchcock.

## **Awakening the Sage Within Free Introduction**

Activity # 7225.400

Date: Wednesday, October 27

Time: 9:30 a.m. – 11:30 a.m.

Cost: **FREE**, registration required

Sage-ing® affirms the importance of our elder years as a time for deep reflection, continued learning and personal growth. Sage-ing® encourages us to appreciate our life wisdom, and transform it into a legacy for future generations. Come learn more about an exciting new paradigm for aging well.

## Rubber Stamping

Activity # 7226.400

Date: Friday, October 29

Time: 10:00 a.m. – 1:00 p.m.

Cost: \$10.50 resident, \$12.50 non-resident

Are you ready to have some fun learning the easy art of rubber stamping? Then give this beginner's class a try. It's wonderful for card making as well as scrapbooks. Pat Journeay has been a Stampin' Up demonstrator for seven rewarding years. She loves to see the faces light up as students create their own works of art. Three projects will be completed in this session. All materials included in your fee. Sign up early for this popular class.

## Awakening the Sage Within: A Five Part WisdomWork Series

Activity # 7231.400

Date: Wednesdays, November 3 – December 8

(No class on November 24)

Time: 9:30 a.m. – 11:30 a.m.

Cost: \$50.00

Join us for this exciting new series as we explore a new view of aging as a journey to deepening wisdom, continued learning and personal growth. This five week series is designed for people of all ages who are interested in enriching their life experience through conscious living and conscious aging. It is based on the book, "From Age-ing to Sage-ing: A Profound New Vision of Growing Older," by Zalman Schachter-Salomi. We will explore the following topics: Life Review: Doing Life Repair and Forgiveness Work: Looking Death in the Eye: Sharing My Gifts With the World (Leaving a Legacy). Facilitators: Maureen Dobson, MSW, and Rosemary Williams, MSW; Certified Sage-ing Leaders.

## Square Dance Lessons

Beginning Wednesday, September 15 at 7:00 p.m.

For more information,  
please contact Angela at 303-702-0555.

## "The Cure at Troy" after "Philoctetes"

Activity # 7232.400

Date: Thursday, November 4

Time: 10:00 a.m. – 11:00 a.m.

Cost: \$2.00 resident, \$2.50 non-resident

We shall discuss this translation by Seamus Heaney to point out how he and other modern Irish poets used Greek Tragedy as a vehicle for projecting the outrage that became a national preoccupation after centuries of British exploitation of Ireland and the Irish. Presented by Francis Lovett.

## Organize and Maintain Important Documents, Office Paper, Photos, Memorabilia and more!

Activity # 7228.400

Date: Tuesday, November 9

Time: 10:00 a.m. - noon

Cost: \$16.00 resident, \$20.00 non-resident

Materials included

Got paper? Receipts, bills, important documents, taxes, photos, mail, everyday paper piles, stacks, heaps, boxes and grocery bags filled with accumulated mail and paper all need to be controlled! Learn how to manage it all. BONUS! Each participant will receive "Dr. DeClutter's Important Documents Location List."

## Old World and New

Activity # 7233.400

Date: Thursday, November 18

Time: 10:00 a.m. – 11:00 a.m.

Cost: \$2.00 resident, \$2.50 non-resident

The Irish in the American Revolution; Irish soldiers of Mexico; the Choctaw tribe and the Irish famine. Some of this early United States history echoes into today. Presented by Francis Lovett.

# LIFELONG LEARNING



## Fall 2010 Film Series – Two Experimental Movies Plus Two

All films have been selected by our host, Joseph Maxner. The films are projected onto a screen so they are larger and easier to see.

Time: 6:00 p.m. Cost: **FREE**

### Time Code

Activity # 7300.400

Date: Tuesday, September 7

Director Mike Figgis shoots this movie in one day using four digital video cameras and 28 actors to tell four inter-connected stories. Various producers, directors, and actors pitch ideas or audition. How does Figgis do four stories? It will be on the screen! (2002, R, runtime 97 minutes)

### Memento

Activity # 7301.400

Date: Tuesday, September 14

In the opening credits, Leonard Shelby kills Teddy for the rape and murder of his wife based on information from a woman called Natalie. The movie's events unfold in two separate, alternating narratives. The black and white sections are told in chronological order, first showing Leonard conversing with an anonymous phone caller. Leonard's investigations are in color that are in reverse chronological order. As each sequence begins you are unaware of the preceding events, making you as confused as Leonard. He is also hindered by short-term amnesia which prevents him from remembering anything for more than 5-10 minutes. At the film's end, the two narratives converge and we understand the investigation and Teddy's death. Take the challenge! (2000, R, runtime 113 minutes)

### I Have Never Forgotten You

Activity # 7302.400

Date: Tuesday, September 21

Nicole Kidman narrates the remarkable true story of architect Simon Wiesenthal turned Nazi hunter. After losing nearly 90 family members in the Holocaust, Wiesenthal volunteered to help the American War Crime Unit track down more than 1000 war criminals. Wiesenthal himself appears in this epoch. (2006, PG-13, runtime 105 minutes)

### Georgie Girl

Activity # 7303.400

Date: Tuesday, September 28

The song "Georgie Girl" at the beginning says it all. The song says to Georgie, "nobody you meet could ever see the loneliness inside you" and "it's time for jumping down from the shelf" and "bring out all the love you hide and, oh, what a change there'd be, the world would see a new Georgie girl." Lynn Redgrave plays Georgie in a touching and funny portrayal of a plump and plain but somewhat vivacious woman. (1966, NR, runtime 99 minutes)



## Book Discussion and Film

### Silas Marner

Activity # 7304.400

Date: Tuesday, October 5

Cost: \$2.50 (fee includes the book)

In this 1985 film, Ben Kingsley plays Silas Marner, a friendless weaver who cares only for his cache of gold. Shortly after being robbed he is redeemed through his discovery of and love for Eppie, an abandoned baby girl, and rears her as his own child. (film runtime 90 minutes)

## Doing Business with Contractors

Activity # 7206.400

Date: Tuesday, September 14

Time: 1:00 p.m. – 2:00 p.m.

Cost: **FREE**, registration required

Do you want to make some home improvements, but hiring a contractor seems intimidating? Do you know what to ask? What is required on the contractor's part, or what to expect from them? Learn how to make good decisions regarding hiring for home improvements. City employee, Randy McKee who works with the economic development department, wants to share with you information you should know.

## How to Compile Important End of Life Decisions

Activity # 7229.400

Date: Thursday, October 28

Time: 10:00 a.m. - noon

Cost: \$16.00 resident, \$20.00 non-resident. Materials included.

If you died today, is your family prepared to deal with it? Compiling documents and discussing choices now for End of Life decisions blesses us and our family later. Learn how, complete it, file it and enjoy life!

### New to Medicare?

Activity # 7814.400, Monday, September 20, 1:00 p.m. - 3:00 p.m.

Activity # 7814.401, Monday, October 18, 1:00 p.m. - 3:00 p.m.

Activity # 7814.402, Monday, November 15, 10:00 a.m. - noon

Cost: **FREE**, registration required

Location: Longmont Senior Center

New to Medicare classes, presented by the Boulder County Aging Services Division Medicare Ombudsman Program. Information is provided about Medicare enrollment, what and how Medicare pays, types of Medicare plans and how they work, and prescription drug coverage. There is time for both a group presentation and an individual meeting with a Medicare Ombudsman to answer your questions. Call the Senior Center at 303-651-8411 or contact the front desk to sign up.

### Medicare Part D Counseling

Date: Mondays, November 1 - December 13

Time: 9:00 a.m. - noon

One-on-one counseling sessions are provided free of charge by the Medicare Ombudsman program of Boulder County Aging Services Division. Please call 303-651-8411 to schedule an appointment.

## Need Help with your Heating Costs?

Activity # 7230.400

Date: Friday, November 5

Time: 11:30 a.m. – 12:30 p.m.

Cost: **FREE**, registration required

Is your heating bill out of control? It might be time for you to find out if you are eligible for the following programs. There will be a representative from the LEAP and the Longs Peak Weatherization programs providing a 15 minute presentation. Ask the front desk for a list of items you need to bring in order to complete the LEAP paperwork immediately after the presentation.

# MISCELLANEOUS

## Living Well with Hearing Loss

Hearing loss is the most common disability in America. And yet, many people don't know where to turn for information on how to adapt. Today's technology offers a wide variety of tools that help with hearing loss. Sharing experiences with others with hearing loss has proven to be helpful to successfully adapting... and thriving. If hearing loss is new to you, join us and learn from people who have been down this road. Co-facilitated by Rebecca Herr, MA, and Lynne Langmaid.

## How Do You Live Well with Hearing Loss?

Activity # 7208.400

Date: Monday, September 13, *Deaf Awareness Month*

Time: 9:30 a.m. – 11:30 a.m.

Cost: \$5.00 resident, \$7.00 non-resident

Explore how hearing loss affects everyone. We'll talk about interactions in various settings, including home and public gatherings. You will learn ways of managing your listening environment for best results.

## Hearing Loss: How it Happens and What to Do Next

Activity # 7209.400

Date: Monday, October 11, *Disability Awareness Month*

Time: 9:30 a.m. – 11:30 a.m.

Cost: \$5.00 resident, \$7.00 non-resident

We'll cover how hearing works, how it goes wrong, types and degrees of loss, and how this affects us. You'll learn what hearing tests measure, how to understand audiograms, what to discuss with audiologists, share views on adjusting to hearing aids, adapt to challenging environments, and find financial help with costs.

## Keeping in Touch: Great Telephone Alternatives for People with Hearing Loss

Activity # 7210.400

Date: Monday, November 8

Time: 9:30 a.m. – 11:30 am

Cost: \$5.00 resident, \$7.00 non-resident

Come learn about your options for keeping in touch by phone. Find out about types of amplified phones and text phones from ADCO Hearing in Englewood, and see the captioned telephone (CapTel), cell phones, text devices, and computer-based options from Sprint Relay Colorado.

## Paint-A-Thon

We did it again! With the generous volunteer support and leadership from New Creation Church and sponsorship from Diamond Vogel Paints, we painted 4 homes belonging to seniors in just half a day! We are grateful to them for their support. *Call Longmont Senior Services at 303-651-8716* if you are a senior and are interested in having your home painted. Applications are available year-round.

