

SPECIAL EVENTS

Pharmaceutical Takeback Day at Longmont United Hospital

Date: Saturday, September 25

Time: 8:00 a.m. – 2:00 p.m.

Location: Longmont United Hospital, 1950 Mountain View Avenue

You can return your old/expired/discontinued medication and over the counter pharmaceuticals. Take your items to Longmont United Hospital, directly inside the main hospital entrance-just outside of the therapy gym entrance. This is for **MEDICATIONS ONLY**. Please **DO NOT** bring in needles/glucometers/medical supplies/shampoos/cosmetics/lotions etc. The purpose is to dispose of medications in an environmentally friendly way and to keep the medications out of our water and soil.

Fall Harvest Cooking Demonstration & Lunch & Herbology Presentation

Activity #7001.400

Date: Saturday, October 9

Time: 11:45 a.m. cooking demo, 12:00 p.m. lunch served, 1:00 p.m. presentation

Cost: \$7.00 resident, \$9.00 non-resident

Bring your family and friends for a short cooking demo and tasty lunch featuring seasonal foods from some local growers. Chef Deb Traylor is sure to leave you full and thinking about what you might cook next.

Includes Herbology: A Sensible Approach - see p. 11.

Project Visibility Training

Date: Thursday, November 4

Time: 9:00 a.m. - 11:00 a.m.

Location: Longmont Senior Center, 910 Longs Peak Avenue

Participants will view and receive a short award-winning film and presentation and receive a manual that brings awareness and a face to the issues of aging as a Lesbian/Gay/Bisexual/Transgender person. To register, contact Nancy Grimes, LGBT Program Specialist, Boulder County Aging Services, at 303-441-3583 or ngrimes@bouldercounty.org

Homelessness Awareness Event

Date: Wednesday, November 17

Location: Longmont Senior Center, 910 Longs Peak Avenue

Time: TBA (will be an evening event)

Homelessness is a growing concern in Longmont and throughout the nation and many more older persons are finding it difficult to get into and maintain affordable housing. Please join the Longmont Housing Opportunities Team for their annual educational event. The details for this evening event are still being worked out, but watch local media, the lobby of the Senior Center, or contact Michele at 303-651-8415 for more information. In addition, watch for the Longmont Reads book selection choice or call Michele.

LifeLongmontLearning website

Check out Longmont's own website regarding community education and volunteer opportunities at www.LifeLongmontLearning.com

Author Open House

Longmont Public Library will host its first ever author open house this fall. Local authors will be available to chat and sign copies of their books. Books will be for sale with proceeds to benefit the Friends of the Longmont Library. Watch for details.

CULTURAL EVENTS PROGRAM

*Co-sponsored with the Friends of the Longmont Senior Center, there will be 4 engaging speakers this quarter. The programs will be educational, insightful, and intriguing. We hope you enjoy the variety. Cost: **FREE**, registration required.*



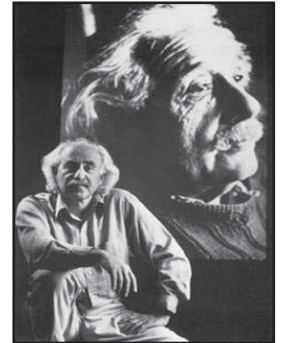
Einstein and Niels Bohr...A Fairy Tale

Activity # 7002.400

Date: Thursday, September 2

Time: 9:00 a.m. – 10:00 a.m.

Einstein and Niels Bohr, the two giants of 20th century physics, are celebrated for their mighty minds, but their lives are far richer. They were both reared with fairy tales so they learned at an early age to believe impossible things. That faith in wonder carried over to their work in physics and nurtured a sensibility that found expression in things large and small over the course of their lives. Since creating the Einstein theatre piece, Len Barron has also given talks and workshops for students and faculty, at all levels, sharing Einstein's perspective on education and making a life.



Elk Echoes

Activity # 7003.400

Date: Wednesday, September 22

Time: 1:30 p.m. – 2:15 p.m.

Join RMNP Ranger, Richard Boyer, as he shares his stories of this majestic creature. His presentation will include a short history of the elk and the latest information regarding the culling of the elk which is part of a much larger management plan. Much of the program will be about the elk rut (mating season) which is taking place now. Additionally, he will have antlers, teeth, a coat, hoof and pictures to further explain this graceful animal.



Herbology: A Sensible Approach

Activity # 7004.400

Date: Saturday, October 9

Time: 1:00 p.m. – 2:00 p.m.

This presentation offers a practical introduction to the ancient traditions and modern practices of herbology. You will learn how to use herbs safely, with emphasis on the therapeutic benefits of herbs used in everyday cooking, as well as the use of nourishing tonic herbs. Identify common herbs that grow in the wild, or can easily be cultivated in the garden. Enjoy samplings of herbs that delight the senses of sight, taste and smell. The presenter is, Mary Kathleen Rose, a certified massage therapist, with a B.A. in Integrative Healing and has studied nutrition and herbs since "living on the land" in the 1970's in western Montana.



Mixing Cultural Identities Through Transracial Adoption

Activity # 7005.400

Date: Friday, November 5

Time: 2:00 p.m. – 3:00 p.m.

Cultural anthropologist Susan Harness, will present her research on American Indian transracial adoption. As an American Indian adoptee, Ms. Harness is able to provide a rich description of this "social experiment", which began as a government assimilation program in 1958 and continued through 1967. Using her own experiences, as well as the stories of other adoptees, she presents the cultural, and sometimes challenging perspective of growing up as an American Indian in a colonized world.



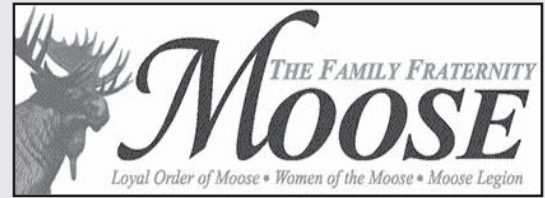
SPECIAL EVENTS

Moose Luncheon

Date: Tuesday, November 9

Time: Noon

The Moose Lodge will again sponsor and host its annual lunch for seniors! The Lodge offers this free lunch as a community service to the local seniors in recognition of all seniors who give and have given so much to our community. Starting Monday, October 4, you may pick up a ticket for yourself and one other senior from the Longmont Senior Center. Tickets must be picked up in person (no phone reservations) and at that time you'll select your entrée (beef or chicken, quantities are limited). **A ticket is required.**



Fiesta Vaquera

Activity # 7006.400

Date: Friday, September 24

Time: 6:00 p.m. - 9:00 p.m.

Cost: **FREE**, registration required

For the sixth year, the Senior Center has sponsored an annual Cultural Celebration. This year, we'll do it up with a cowboy theme. We will have music and entertainment including our very own Bailes de Mi Tierra. Bring your favorite dish to share and your cowboy boots, it's Western Night at the Senior Center. Don't miss out on this GREAT event to celebrate our friends of all cultures. For more information contact Veronica Garcia at 303-651-8716.

Dia de los Muertos - Day of the Dead

Date: Saturday, October 30

Time: 10:00 a.m. - 5:00 p.m.

This annual cultural event is sponsored by the Longmont Museum and honors this traditional festival. Don't miss the museum exhibit on display from October 9 through November 7 at the Longmont Museum, 400 Quail Road.

Caregivers Programs - see pp. 31 and 32

Wellness Education and Activities begin on p. 27



Friday Afternoon Concerts and Art Shows

Sponsored by the Longmont Council for the Arts with generous funding by the Boulder County Cultural Committee Tier III, The Cultural and Scientific District, the Friends of the Longmont Senior Center, the City of Longmont Division of Senior Services, and many generous audience members. Thanks to each of you.



Series performances will take place at the Senior Center, 910 Longs Peak Ave., Longmont. Tickets are \$7.00 at the door for each concert. Art Exhibit opens at 1:30 p.m. and concerts begin at 2:30 p.m. There is a reception after each concert to enable the audience to meet and visit with the performers and artists. Call 303-651-8411 or 303-678-7869 for information or stop by the Senior Center to purchase your tickets in advance. General public is invited, too. Bring your friends of all ages!

It Takes Three to Tango

Friday, October 15

This program will feature piano solos and chamber music for violin, cello and piano by Latin American composers. Enjoy a musical journey through exotic rhythms and melodies! Local favorite Alejandro Cremaschi has performed solo and chamber piano programs all over the world. For this month's program he will be joined by Thomas Heinrich on cello, and Elizabeth Kipper on violin, in an exuberant and colorful program of chamber music.



Guest Artist: Niwot based oil painter Carolyn Bradley will be October's featured artist.

Jeff Jenkins Does Jazz

Friday, November 19

The Jeff Jenkins Trio, featuring vocalist Terri Jo and bassist Ken Walker, will bring to audiences a unique mixture of classic jazz and modern music. The trio will feature repertoire from the great American song book including Broadway tunes from the golden era of music along with original tunes composed this year, and even some pop classics from the 60's and 70's! Sit back and let the trio take you through a journey of musical variety in the great jazz tradition. It will be a swinging great time!



Guest artist: Local oil and pastel artist Rick Stoner will be November's featured artist.