

2012

Colorado Springs Senior Center

1514 N. Hancock Ave., Colorado Springs, CO 80903

Welcome!



The Colorado Springs Senior Center offers classes in the arts, general education, computers, fitness, health, dance and personal business. These classes are for all adults, with a priority to those 55 years of age or older. We now print individual schedules of each class area. These schedules will be available every December, May and August. Along with classes, you will also find numerous day trips that are reasonably priced and include local, Front Range and mountain destinations. The special events presented monthly cover a wide range of entertainment, from music and dancing to humor and history!

Groups and clubs of all types meet at the Senior Center and this is another way to get involved and find new friends. We have lists of these groups, and you are invited to call their coordinators to inquire about their activities.

There are many other ongoing activities that require no registration. Among which are lunch served Monday-Friday, live band music with dancing every Thursday afternoon, a movie on Fridays, coffee and conversation in the lobby, a jigsaw puzzle always in process, the lending library, card games and dominoes. The Bookmobile makes a stop weekly at our front door, making it easy to check out materials.

Many of our programs are conducted by volunteers and working professionals or sponsored by business partners and volunteer professionals in our community. We want to thank them because we could not offer all that we do without their ongoing support. We want to recognize the businesses who have ads in this publication and for helping us print our class schedules and this informational tabloid. Please read on page 2 about what you can do to help the Senior Center in the future.

Come by and be surprised!
.....

Lunch

provided by

Golden Circle Nutrition Program

M - F 11:30 - 12:15

Anyone 60 years or older is eligible to participate; a \$2 donation is suggested. Guests are welcome for \$6.50 per person. Lunch is available until 12:15 pm or until all the food has been served. The program needs volunteers to help set-up, serve, and clean-up. Please contact the Golden Circle Nutrition Program to volunteer or for more information call 387-6758.



FRIENDS CS SENIOR CENTER



The Friends of the Colorado Springs Senior Center was founded in 2010 with the mission to support, serve and enhance the Colorado Springs Senior Center. Members support the Center through their annual membership, monetary donations and with their time and talents toward fundraising and grant writing. We invite you to join us. Please call the Senior Center for the current Friends contact information. Watch for the 2012 Fifth Friday Night Fundraising events at the Center with the Black Rose Acoustic Society. Find the Friends on Facebook! Contributions can be made at any time and are tax deductible to the extent allowed by law. The Friends group is a component fund of the Pikes Peak Community Foundation, a charitable 501(c)(3) organization. www.ppcf.org

HOURS OF OPERATION

8:00 am - 5:00 pm; Monday-Friday
Evening and weekend hours as scheduled.
Facility and room rental available for special events.

HOLIDAY DATES

The Center will be CLOSED on:
Monday, January 2
Monday, January 16
Monday, February 20
Monday, May 28
Wednesday, July 4
Monday, September 3
Veteran's Day, November 12
Thursday & Friday, November 22/23
Tuesday, December 25

SNOW POLICY

The Senior Center will cancel classes if District 11 closes because of snow. If District 11 declares a two hour delay, morning classes will be cancelled and afternoon classes will take place as scheduled. You may also call 387-6000 after 6 am and listen to the recorded announcement regarding cancellations and closures.

MISSION STATEMENT

The CSSC provides quality of life experiences for older adults.

387-6000



our website

www.csseniorcenter.com

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Newcomers Information Get Connected!

Newcomer's Orientation

Are you new to the Senior Center or new to the Springs? These orientations are designed to inform you about Senior Center programs and services. Learn about class registration, volunteer opportunities, clinic services, and more.

- Thursday, Jan. 5 1-3 pm
- Thursday, Mar. 1 1-3 pm
- Thursday, May 3 1-3 pm
- Tuesday, July 10 10-11:30am
- Thursday, Sept. 6 1-3 pm
- Tuesday, Oct. 23 10-11:30pm

Meet & Greet

Would you like to rejuvenate your social life, find a friend to go to the movies, coffee or just out to eat? This event is designed for you to get to know others looking for the same thing! Register at the front desk. Event cost is \$2 per person.

March 20, 6:30-8:30 pm or July 31, 6:30-8:30 pm.

Endowments & Legacy Gifts

The Colorado Springs Senior Center operates entirely on endowments that were left to the program in the 1980's. Those funds have slowly depleted over the years due to the downturn in the market and investment returns. Housing Authority of Colorado Springs accepted the responsibility for the center in 2011 when the City could no longer support the operations of the Center. However, Housing Authority does not have a large fund balance to be used for the Center.

Currently, with the present endowments and the revenue raised by the Human Service Complex rentals, the Senior Center has funds available to operate for a few more years. Housing Authority is helping with administrative support, along with looking at ways and means for the Center to become sustainable. A community-wide effort is needed toward a capital fundraising campaign in order to sustain the Center in the future. By 2013, it is our hope that NEW endowments would be established to prosper and grow toward supporting future operations of the Center.

YOU can help, if you would please consider the following Legacy Gift options. Talk to your family about memorial donations coming to the center in your name in lieu of flowers. Talk to your financial advisor about setting up a trust or endowment in your name for the interest to be used toward programs for seniors in the future. Make a donation to honor a family member or friend. Make an end-of-year tax-deductible donation. Consider an IRA Charitable Rollover to the Friends of the Colorado Springs Senior Center, a 501(c)(3) charitable organization. As you can see, there are many ways YOU can assist with this fundraising campaign. You can donate any amount at any time of the year with your check, credit card or cash.

Help us create a sustainable future for the next generation of older adults looking for those quality of life experiences and a place to make new friends. **You CAN make a difference!**

For questions or more information, please contact the Colorado Springs Senior Center Director at 387-6000.

AARP Tax Assistance

Feb. 2-Apr. 13 M & W 1 - 5 pm

We will begin taking appointments on Tuesday, Jan. 17. Each year AARP volunteers provide free confidential tax return preparation and answer tax questions for low to middle income persons, with special attention to those 60 and over. Volunteers prepare returns based on guidelines provided by the IRS and AARP. Pick up a copy of the AARP Tax Preparations Guidelines at the Senior Center prior to your appointment. Packets will be available for pick up beginning Tuesday, Jan. 17.

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Pikes Peak Area Council of Governments
Area Agency on Aging



Helping seniors maintain independence

Our programs include:

- SENIOR INFORMATION & ASSISTANCE CENTER
471-2096
- SENIOR INSURANCE ASSISTANCE • 635-4891
- LONG-TERM CARE OMBUDSMAN SERVICES
471-7080 x113
- FAMILY CAREGIVER SUPPORT CENTER • 886-PLAN (7526)
- TRANSPORTATION INFORMATION & REFERRAL
471-7080

Visit www.ppacg.org



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COLORADO SPRINGS SENIOR HEALTH CENTER

ACCEPTING NEW MEDICARE PATIENTS

Our Senior Health Centers serve patients 60 years and older in a welcoming environment. Our compassionate clinical and support staff take pride in delivering the one-on-one attention needed for senior health issues and concerns. We have 12 exams rooms and more than 14,200 square feet of beautiful space dedicated to providing medical and behavioral health services to the senior population. **Located at 722 S. Walsatch Avenue.**

Call today for an appointment.
(719) 329-7100 www.peakvista.org



Clinic Services - 387-6000

Acupuncture & Acupressure for Pain Relief

Second Thursday of the month, 9-11:30 am Call for appointment
 Free 15 minute treatments in a chair and fully clothed are available.
 Provided by Na Zhai, a licensed Acupuncturist and Dr. of Acupuncture and Chinese Medicine with more than 20 years experience.

Blood Pressure Check

Monday 9:30-10:30 am; Claire Donovan, R.N.
 Thursday 12:30-1:30 pm; Human Touch Home Health Care. No appointment necessary

Body Massages

Available on Tuesdays - Half hour hand/foot, chair or table massages are \$25.00. Full hour table massages are \$45.00. Clients choosing the option of a table massage will have adequate time and privacy for dressing before and after the massage. Theresa Carel-Useldinger, registered massage therapist with the state of Colorado, is certified in Neuromuscular (trigger point) Therapy, Swedish and deep tissue (relaxation) massage. Call for appointment

Hearing Screening

Fourth Monday of each month; 1:00-2:00 pm Call for appointment
 A certified hearing specialist will be available to screen for hearing impairments. Service provided by Colorado Springs Audiology.

Senior Mobile Dental

Once a month screenings, consultations and dental cleanings will be performed by a licensed dental hygienist. Patients must meet certain guidelines to qualify. Call for guidelines and dates. Call for appointment

SET Senior Wellness Program

Starting in Spring of 2012, SET Family Medical Clinics will be hosting monthly wellness clinics at the Colorado Springs Senior Center. The clinics will be staffed with nurses, pharmacists, dietitians and social workers. The clinics will review your history and current health, answer questions regarding medications and provide education and referrals. Contact Tina at 776-8850 ext. 1104 for additional information.

Toenail Trimming Clinic

Monday/Thursday/Friday Call for appointment
 Service provided by Visiting Nurses Association.

Personal Services

AARP Driver Safety Program

This four-hour course is designed for people over 55 years of age. Cost is paid to the instructor; \$12.00 for AARP members and \$14.00 for non-members. Bring your membership card with you. Call to register.

Grandparents/Relatives Raising Grandchildren

Grandparent Advocate services are provided by El Paso County Department of Human Services for grandparents and relatives currently raising their grandchildren or other related children from birth to 18 years. **Please call** (719)444-5226 for more information.

Legal Counseling

Provided by Colorado Legal Services. Call for appointment
 First and third Wednesday of each month; 2-4 pm
 This service includes legal advice, counseling, negotiation, advocacy and litigation. You will be required to complete an intake form that includes providing financial information.

Magnification Station

A Magnisight magnification machine is available for public use. The machine is donated by Vision Services and is located in the library.

Notary Public Services

M-F, 8-4 pm. A \$5 donation is suggested Call for appointment

Real Estate Assistance

Adrian Reed, Relocation Specialist - ReMax Properties - 332-5707
 Third Wednesday of each month; 9:30-10:30 am.
 Free, no obligation, answers to questions on buying and/or selling.

Senior Insurance Assistance

Third Wednesday of each month: 9 am - Noon Call for appointment
 Consultations to assist with medical billings, insurance claims, Medicare, and Medicaid.

Farmer's Market

Tuesdays & Thursdays on the Senior Center patio
 Mid-July to Mid-October, 9am-1pm.
 Watch for signs at the Center for the start date. Find fresh produce grown by local youth from BizKids of Colorado.



We will keep your family informed, remind you of your next appointment, or help you organize your medications.

Appointment Advocates

A team of professionals, including an RN, to help manage your family member's medical appointments, and transportation.

- * An experienced RN will confirm, collect and communicate current medications at physician appointments.
- * We will provide transportation to and from medical appointments. We will help with the check-in and check-out process.
- * Communicate in lay-men's terms to your family members with updates on physician decisions and recommendations.
- * Coordinate laboratory testing so duplicate testing can be avoided.
- * Need help with your medical bills? We can help answer questions, communicate and help understand your benefits.

P. O. Box 50574
 Colorado Springs, CO 80949
www.appointmentadvocates.com 719-592-1154

Behind each person's story are many choices...

Solutions for Seniors

Aging in Place

We believe in the dignity of choosing how and where to grow old. With this in mind, we offer two life solutions for Aging in Place:



Aging in Place: Growing older without leaving home allows loved ones to live near family, stay connected to their community and continue sharing their legacy.

Life at the Bluffs

- ✓ Social interaction
- ✓ Stimulating games, activities and community outings
- ✓ Peace of mind for caregivers

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- ✓ Assistance with errands, grocery shopping, meal preparation, medication reminders, housekeeping, and personal hygiene.

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info@goodwill-colosprings.org



AARP ElderWatch

1-800-222-4444

- Report Fraud or Financial Elder Abuse
- Seek Consumer Information
- Obtain Referrals and Assistance
- Learn About Current Scams



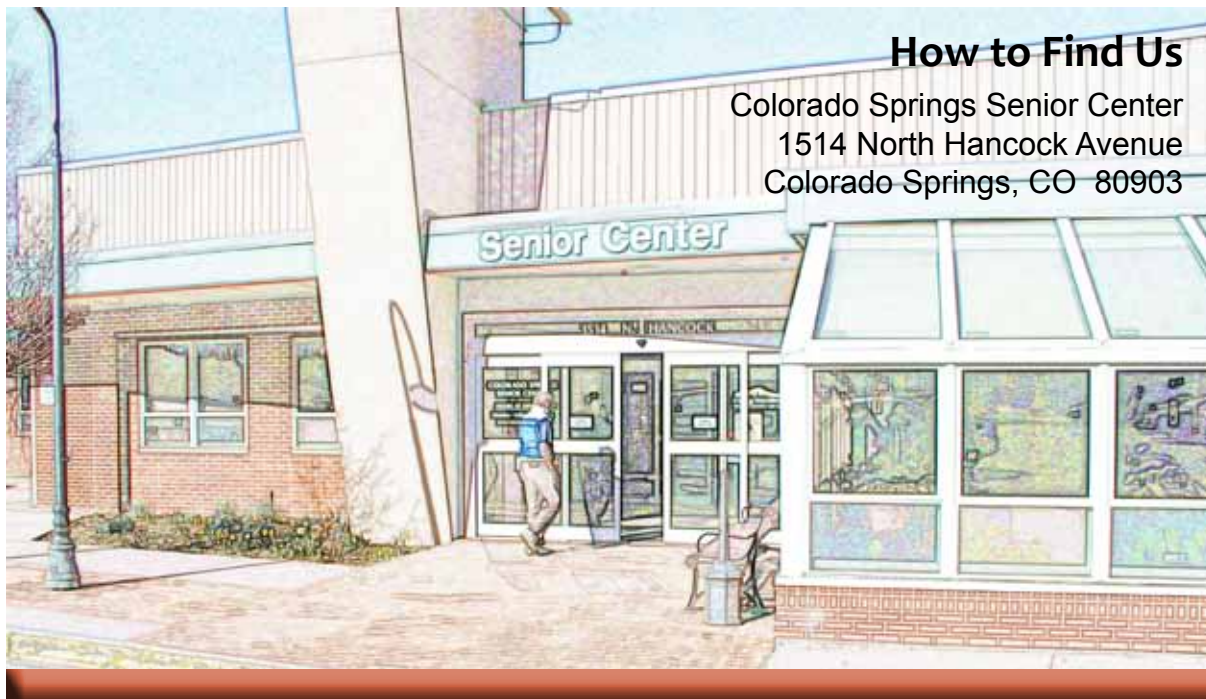
Denver Metro
303-222-4444

Toll Free
800-222-4444

www.aarpelderwatch.org

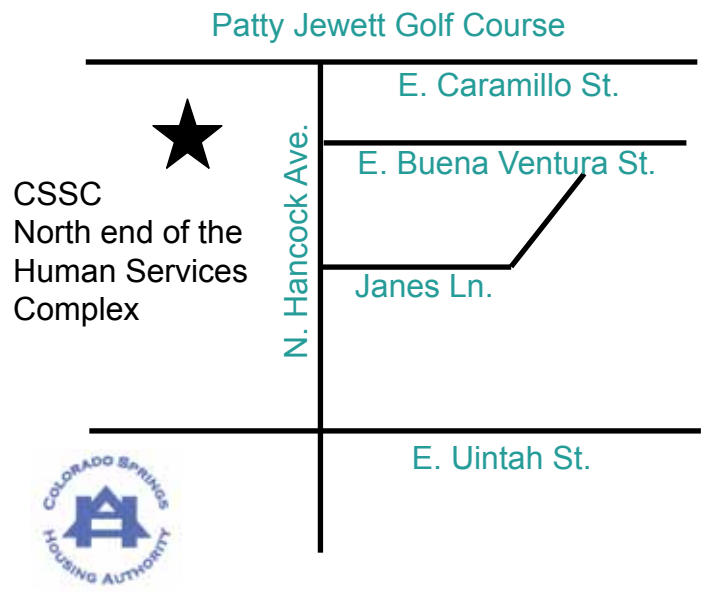



A Program with the Colorado Attorney General and the AARP Foundation



How to Find Us

Colorado Springs Senior Center
1514 North Hancock Avenue
Colorado Springs, CO 80903



New Century Big Band Dances

The Senior Center is the new home of the New Century Big Band dances. Come enjoy the big band sounds and dance the afternoon away! Cost is \$8 per person 65 and older, \$10 for those 64 and younger. Bring a food donation for Care and Share and receive a \$2 discount. **Third Sunday of the month, 3-5pm.**

Thursday Live Band Dances

Join the action every Thursday afternoon from 1:30-3 pm for live music provided by several local bands. Music ranges from rock-n-roll to big band. Cost is a suggested \$3 per person to the band. Don't miss out on the fun!



Americans with Disabilities Act (ADA)

The Colorado Springs Senior Center complies with the ADA and will make reasonable accommodations (i.e., sign language interpreter, Braille format, adaptive equipment) to enable people with disabilities to participate and enjoy recreation programs.

Adjusted Fees

Adjusted Fees are available for classes that cost more than \$10. Trip fees are not eligible. To participate, please speak with a staff person to request a form.

Volunteering

We need your help teaching classes, serving meals, or working at the front desk! Volunteers at the Colorado Springs Senior Center are the most valued and essential part of our program. Thanks to all of our volunteers for sharing their time and talents so generously. Please contact the front desk if you are interested in volunteering.

Wheelchair Accessible Bus

Please note that all of the buses used for field trips are wheelchair accessible; however, if you need additional assistance on the trip or are in a wheelchair, please notify the Senior Center when registering.

Bookmobile - Pikes Peak Library District

Located in the front parking lot.
Pick up a schedule at the front desk.
Every other Wednesday; 9:45 a.m.-12:15 p.m.
Every other Thursday; Noon-1:00 p.m

Large Type Brochures

A copy of this tabloid or any of the class schedules is available in large type upon request. Please contact the Senior Center at 387-6000. Three to five days notice is required.

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Kaiser Permanente is a health plan with a Medicare contract. Eligible Medicare beneficiaries enrolling in a Medicare Advantage Health Plan may do so only during specific times of the year. For more information, please contact Kaiser Permanente. You must reside in the Kaiser Permanente Senior Advantage service area in which you enroll.
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Senior Resource Council
Sharing Strengths & Supporting Seniors

Offering **FREE**, fun and educational events to seniors for more than 20 years.

Look for our updated Senior Housing Directory and Resource Guide out in January 2012 for information on senior housing options and a list of businesses that serve the senior community.

Grandparents and Relatives Raising Kids Forum - April TBD

Boomer and Beyond Senior Expo
June TBD 9:00 am to 2:00 pm
The World Arena - Admission and Parking are FREE

15th Annual S.A.F.E. Conference
September 2012

Holiday Dinner Dance
November 17, 2012
City Auditorium 5:00 to 8:30 pm

For more information on resources and events visit us at www.srccos.org or call 260-0744