

2023



Colorado Springs Senior Center



52 WEEKS OF IMPACT



An Innovative Partnership with



719.955.3400

1514 N. Hancock Avenue
Colorado Springs, CO 80903

csseniorcenter.com • ppymca.org

WELCOME!

Our Mission in Action



Mission Statement

Our mission is to offer quality of life experiences to adults 55 years of age and older through programs, events and possibilities revisiting a past time or trying something new!

2023 Holiday Closure Dates

Memorial Day

Monday, May 29

Labor Day

Monday, September 4

Christmas Week

December 25-29

Independence Day

Tuesday, July 4

Thanksgiving Day

Thursday, November 23

New Year's Day 2024

Monday, January 1, 2024

Stay Connected, We Want to Hear From You!

Active Adult Newsletter

Each month the Active Adult newsletter is emailed out to our patrons on the first Wednesday of each month. The newsletter highlights upcoming programs, special announcements, member spotlights and more. Want to receive the newsletter? Contact the front desk or provide your email at the time of registration.



Follow us on Facebook

Check out the Colorado Springs Senior Center Facebook page at facebook.com/ColoradoSpringsSeniorCenter for pictures and events promotions.

Submit your Photos

Have you taken great photos from Senior Center events or programs? Share with us by emailing them to stucker@ppymca.org

Class Ideas

Do you have a great idea for a class offering or day trip? Share with us so we can make it happen by emailing stucker@ppymca.org.

Check out our class schedules online or in-house to see what other classes are available.

Exercise Classes

Art Classes

Lifelong Learning
Classes

Dance Classes

Day Trip Outings

And More!

Health Lectures

Groups/Clubs

Special Events

Technology Classes

Learn more at

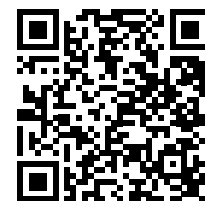
ppymca.org/colorado-springs-senior-center/events-programs



Updates on Senior Center project

Learn more at

coloradosprings.gov/SeniorCenterRenovation



Colorado Springs Senior Center Staff



Sara Tucker

I love working at the Senior Center because every day I get to see people finding their community, discovering new passions, and living life to the fullest. I continue to work at the Senior Center because I've learned we are more than just a community, we are a family. I do not have family in Colorado, so I love that the Senior Center has provided me with many adopted parents and grandparents."

Tom Lathrop

"The Senior Center is a place to connect. It's a place to learn and a place to be challenged. So many are discovering this special place each day and many are being saved from loneliness and depression. There is life here and an abundance of energy that affects everyone in a positive way. I am here to serve and my life is so much better because I work here."



Shelia Woolwine

"I love working at the CSSC because it allows me to satisfy my passion to help seniors stay active and engaged. I get to interact with and be a resource for seniors and their families and to end every single day knowing I've made a difference in someone's life!"



Kris Jasperse

"I love teaching yoga to such wonderfully dedicated students that attend my classes at The Senior Center!! I learn so much from them every day - they are truly one of my life's greatest blessings!"



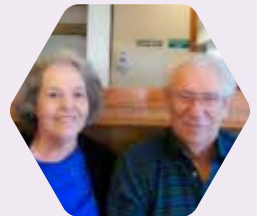
Darcy Marquis

"The Senior Center is the most dynamic and lively place that I've ever taught. My students are creative, artistically fearless and open to new ideas and learning the classics."



Colleen & Buzz Weis

"Our greatest joy comes from the friendships we get from the line dance classes we teach at the Colorado Springs Senior Center. The Center is always a fun place to hang out. For us it is the "hot spot" for all sorts of activities."



Dottie White

"Tap dancing is fun and therapeutic! When I put on my tap shoes and dance.... I Tap My Troubles Away!"





Chris Spadafora

"I like working here because I enjoy sharing my interests with others and I am very grateful it is beneficial to them as well. I have heard that one is most happy when doing God's work."

Christi Borches

"Teaching classes at the Senior Center allows me to witness connections being made and friendships built. These relationships bring my heart so much joy!"



Anna Lord

"I have loved working with and teaching Seniors since I first got certified to teach SilverSneakers over 20 years ago. The Senior Center is a perfect atmosphere to do this work, with wonderful, caring staff and upbeat, happy atmosphere."

Dan Noble

"I have been developing my skills with wood art for the past 40 years. I love to share my knowledge with my students so they may develop their own art skills and passion."



Steve Bustamante

"I absolutely love teaching at the senior Center. What an absolutely fantastic place for people to learn the skill of painting and enjoy it with like-minded friends."

Suzanne Mariska

"I love working at the Senior Center because it is such a positive, welcoming, and vibrant community. Everyone is so kind to each other, and there are always fun things going on. There really is something for everyone here, and it's absolutely inspiring to participate in a senior community that is active, connected, and thriving!"



Jan Crawford

"I love working at the Senior Center because of the members. Being able to have a positive impact on someone else's health and wellness and see them get stronger is a wonderful feeling!"

IMPORTANT INFORMATION

CSSC Scholarship Program

Reduced fees are available for low-income seniors through our scholarship program. If you need financial assistance to take a class, please request an application at the front desk.

Patron Cards

There are no membership fees at the Senior Center. We have patron cards for those who attend regularly. Please stop by the front desk to get your card. We ask that you scan your card each time you visit the center to allow us to accurately track the number of people taking advantage of our services and to demonstrate to grant funders and donors the positive impact we have on seniors' lives and well-being. The first card is free; there is a \$3 replacement fee for lost cards.



Snow Policy

In case of weather-related Senior Center closures or delayed openings:

- Call 719.955.3400 by 7:00 a.m. for a recorded message
- Check our website: csseniorcenter.com
- Watch local TV news stations

We will attempt to make up cancelled classes. Day trips and meal service are evaluated on a case-by-case basis.

Americans with Disabilities Act (ADA)

The 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 and education programs. All buses used for day trips are wheelchair accessible; however, if you need additional assistance on the trip or are in a wheelchair, you must notify the Senior Center when registering. Some trip destinations may not be fully accessible, and staff will share what they know to help you make an informed decision.

REFUND POLICY

The Colorado Springs Senior Center depends on class fees to pay instructors and to provide a variety of classes and activities. For this reason, classes may be cancelled due to low enrollment. Our refund guidelines ensure that we can retain quality instructors and not cancel classes unnecessarily.

Please review the guidelines below and ask questions before cancelling your registration.

- Payment in full is required at registration. A full refund or credit will be issued if you cancel more than one week prior to the start of the class or if the Senior Center cancels the class.
- Please let a staff member know if you want a refund or credit. If your original payment was made by credit card, a refund can be made to that card. If payment was made by cash or check, please allow 2-3 weeks for a refund check to be mailed to you.
- No refund or credit is given if notification is made less than one week before the class start date or after the class has started. EXCEPTION: A 50% credit will be issued if the cancellation is for a medical reason. The cancellation must be made within the time frame of the class.
- Credits must be used within 12 months of the issue date.
- Class fees cannot be prorated.
- Class registration closes 24 hours before the class begins.



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- Hot & Cold Packs
- CBD Products

Rentals Available

AffordableMedMart.com • 719-632-4036

1833 N CIRCLE • COLORADO SPRINGS, CO 80909



“They say navigating this thing called “aging” can be stressful ...

NOT FOR ME, I’VE GOT THE *BLUE!*”

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- Local Events for Seniors & Caregivers
- Educational Library with 1,000’s of Articles
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SENIORS BlueBook
RESOURCES FOR AGING WELL



IT'S TIME TO LIVE YOUR BEST LIFE



SliverSneakers® & Renew Active Offerings

SilverSneakers® & Renew Active is a benefit offered by some Medicare supplement plans. SilverSneakers® members can attend any SilverSneakers® exercise class free of charge.

In addition, SilverSneakers® & Renew Active members receive a 15% discount on all Senior Center programs and activities except for day trips and personal training. With this benefit you have free access to any YMCA facility (listed on next page), including classes, pools and strength and conditioning centers.



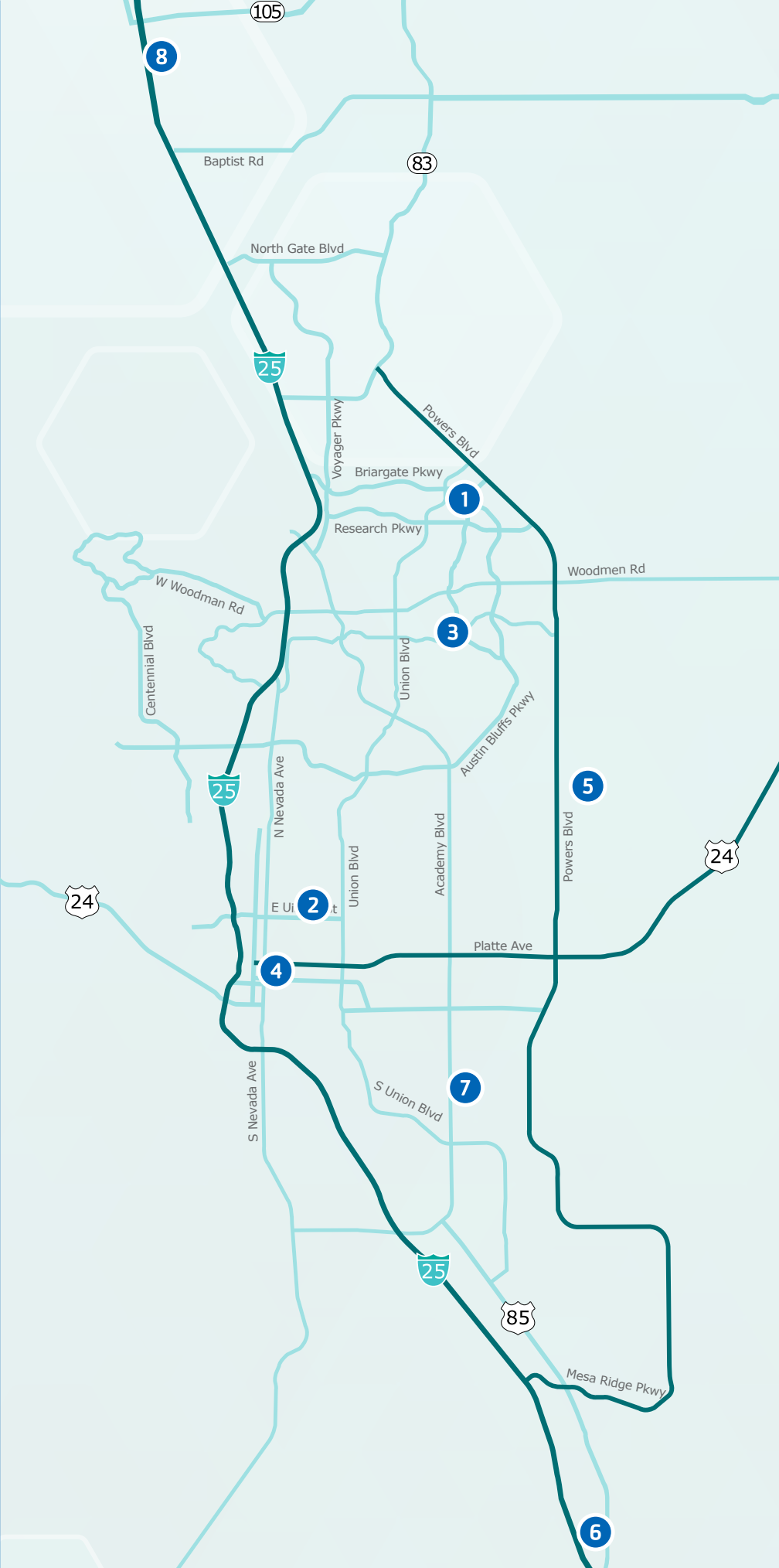
Registration is required for all participants. Non SilverSneakers members must pay at the time of registration. Space is limited.

YMCA OF THE PIKES PEAK REGION LOCATIONS

Association Offices

207 North Nevada Avenue
Colorado Springs, CO 80903
719.471.9799

- 1 Briargate**
4025 Family Place
Colorado Springs, CO 80920
719.282.9622
- 2 Colorado Springs Senior Center**
1514 N Hancock Avenue
Colorado Springs, CO 80903
719.955.3400
- 3 Cottonwood Creek**
3920 Dublin Boulevard
Colorado Springs, CO 80918
719.385.6508
- 4 Downtown**
207 North Nevada Avenue
Colorado Springs, CO 80903
719.473.9622
- 5 The YMCA at First & Main**
3035 New Center Point
Colorado Springs, CO 80922
719.574.2878
- 6 Fountain Valley**
326 West Alabama Avenue
Fountain, CO 80917
719.884.2198
- 7 Southeast & Armed Services**
2190 Jet Wing Drive
Colorado Springs, CO 80916
719.622.9622
- 8 Tri-Lakes**
17250 Jackson Creek Parkway
Monument, CO 80132
719.481.8728



PROFESSIONAL SERVICES

Visiting Nurse Association Footcare Clinic

Call 719.577.4448 for appointment. A cost is involved.



Counseling Services

Do you sometimes find yourself anxious? Or weighed down by life circumstances? Are you looking to improve your relationships/connections? Or maybe you are just wondering who you are now? Service provided by Wholehearted Counseling Licensed Professional Counselor. Ask the front desk for an appointment.



ML MOREY LAW

RYAN N. MOREY
ESTATE PLANNING ATTORNEY
(719) 465-4324
www.moreylawpc.com

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Colorado Springs, CO 80909

The Justice Center Free Legal Services

Free legal clinics, representation, and advice for issues ranging from family law to probate issues. Call 719.473.6212 for more information about upcoming clinics or to request a Pro Bono or Modest Means application. Information can also be found online at elpasocountybar.org



The Justice Center

Legal Counseling

Colorado Legal Services provides free legal assistance for those who qualify. This includes advice, brief services, negotiation, and full representation. Colorado Legal Services attorneys specialize in providing high quality civil legal services to low-income and senior clients. Applicants are asked to complete an intake which includes providing financial information and information about the nature of your legal need. You can apply by calling 719.471.0380, visiting our website at coloradolegalservices.org, or by completing a paper application at the front desk of the Colorado Springs Senior Center.



PIKES PEAK
AREA AGENCY ON AGING
Answers • Assistance • Advocacy



Pikes Peak Area
Council of Governments
Communities Working Together

WE'RE HERE TO HELP!

Our mission is to help older area residents remain in their own homes by removing barriers to independent living.

Our staff offer services and programs in:

- Senior Insurance Assistance
- Senior Information & Assistance Center
- Family Caregiver Support Center
- Ombudsman Program



14. S. Chestnut St., Colorado Springs, CO 80905
(719) 471-2096 - www.ppacg.org/aging
Monday through Friday - 9 a.m. - 4 p.m.

ONGOING PROGRAMS

Newcomer's Orientation

Whether you've already started taking classes or maybe not quite yet, learn more about the Senior Center and all it has to offer. We would be thrilled to meet you and make connections! Register by calling us or signing up online for this monthly offering which takes place on the last Thursday of every month from 1:00-2:00 p.m.

Thursday Dances

Join the action every The 2nd and 4th Thursdays of each month from 1:30-3:00 p.m. 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! Pick up a band schedule at the front desk or check the schedule at csseniorcenter.com.

Ping Pong Fridays

Open gym style, tables are set up from 1:30-2:30 p.m. most Fridays. Paddles and balls are available. Find a partner and let the fun begin!



Movie Fridays

It's movie time every Friday at 1:00! Enjoy comedies, dramas, thrillers and action flicks—get lost in an onscreen adventure! Pick up a schedule at the front desk.

Open Studio Painting

Do you have an art project you are working on? Why do it alone? Bring your project and supplies in on Fridays from 1:00-4:00 p.m. and join others in a fun, creative environment.

Classes In the Park

This Summer keep your eyes out for some class offerings to be held at the Nancy Lewis Park. Breathe in the fresh air, hear the ducks talking, alongside the backdrop of the mountain all while being in your favorite exercise class!



Recycle Your Old Cell Phones Here

Every phone donated earns funds for the Senior Center! In partnership with Cellular Recycler, you can recycle your old cell phones at the Senior Center. Cellular Recycler is an organization that will safely destroy and recycle old phones while donating funds back to the Senior Center. Cell phones are either recycled for their precious metals or are refurbished for use in developing countries. During the refurbishing process, the memory of each cell phone is flashed to wipe out any previous information store on the phone. If you have questions about this program ask one of the Senior Center Staff.



SilverKey Connections Café

Is there anything better than sharing a meal with others? At SilverKey Connections Café, anyone 60 and older can enjoy hot, nutritious meals five days a week for a suggested donation of \$3.50 per meal. Lunch is served Monday - Friday from 11:30 a.m. - 12:15 p.m. Lunch is served until 12:15 p.m. or until meals run out. Guests younger than 60 are welcome to eat for \$7.50 per person. Meal reservations are required 24 hours in advance. To reserve a meal please call 719.884.2300 or do so online at silverkey.org.



CALLING ALL VOLUNTEERS!

BENEFITS OF VOLUNTEERING

- Connects you with the community
- Good for your mind and body
- Provides a sense of purpose
- Make new friends and contacts
- Increase your social and relationship skills

Wendy

"I enjoy being part of what I believe is a very valuable resource in our community. Access is key to the senior population and this center provides a large number of resources and opportunities to connect and engage.

Plus it's fun! "



Call, email or stop by and ask for Tom for further details if you are interested in volunteering.

719.955.3405 or tlathrop@ppymca.org



SERVICES

- End of Life Documentation
- Resource Exploration & Access
- Vigil Planning
- Legacy Planning
- MAID & VERSA Support
- Difficult Conversation Facilitation
- Alternative Funeral Arrangements

END OF LIFE GUIDANCE, SUPPORT, RESOURCES

Lucy Crandall - EOL Doula
719-641-6850

Lucy@GoodMorningsCo.com
GoodMorningsCo.com



Empowering independence at home.

- Meal preparation, personal hygiene, housekeeping, medication reminders and errands
- In-Home Support Services (IHSS)
- Independent Life Skills Training (ILST) for those with brain injury
- Companion Care and Support

719-635-4483
*Licensed, Insured and Bonded
Medicaid*



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State-of-the-art adult day care center offering a journey of discovery & activities.

- Daily stimulating activities
- Affordable and personalized care
- Peace of mind for caregivers
- Engaging exercise programs

719-596-2010
*Medicaid and VA verified
Private Pay*



Goodwill
of
COLORADO

GoodwillColorado.org



We transport anyone, anywhere

- Rides to locations that are important to you like medical appointments, errands, and community outings
- Options for those who use standard or bariatric-sized wheelchairs as well as those who are fully ambulatory
- Licensed and insured professional drivers following guidelines around social distancing and preventative hygiene measures

719-442-2077
Medicaid and Private Pay



Colorado Springs Senior Center



The Colorado Springs Senior Center provides critical services to ensure all seniors can live fulfilled happy lives. The Senior Center is a community educational and recreational facility where all seniors have the opportunity to increase their social connectedness while staying mentally and physically active with little to no cost to them.

Come visit us to see the difference we make. You will be surprised.

We are family. We are fun. We are fellowship.

- **Donate \$150 to help a senior participate in programming for one whole year.**
- **Donate \$75 and help a senior take an exercise class for the semester.**
- **Donate \$55 to help a senior take an art class.**

52 WEEKS OF IMPACT



"I've been coming to the Colorado Springs Senior Center for over a year and really enjoy visiting with all of folks that join the 'coffee circle' every morning. The topics of conversation are always changing and you get to meet some really neat people. I am a retired RN and the Senior Center keeps me social."

- Joyce B., 68 years young

**2023-2024
Annual Support Campaign**

ppymca.org/donate-senior-center



Thank you for supporting the Colorado Springs Senior Center where seniors' lives are touched, changed and impacted for the better every single day!

LOCAL RESOURCES

- **AARP Employment Services “SCSEP”**
719.635.3579
- **Alzheimer’s Association**
719.266.8773
- **Apply for Medicaid / Health First Program**
800.221.3943
- **Area Agency On Aging**
719.471.2096
- **Colorado Gerontological Society**
303.333.3482
- **Colorado Legal Services**
719.471.0380
- **Council of Neighbors & Organizations**
719.471.3105
- **Department of Human Services**
719.636.0000
- **Dial 211 for Community Resources / Option 5 for a Community Navigator**
- **Greccio Housing**
719.475.1422
- **Home Repair: Number One Sons**
719.203.6603
- **Housing: Brothers Redevelopment**
719.888.9134
- **The Independence Center**
719.471.8181
- **The Justice Center**
719.473.6212
- **Kelly’s Golf Acres Optical**
719.471.7347
- **LEAP – Low Income Energy Assistance Program**
866.432.8435
- **Medical Supplies: Affordable Medical Supply**
719.632.4036
- **New Vision Professionals Services LLC**
719.634.1851
- **Non-Emergency Police Line**
719.444.7000
- **Pike Peak Library District**
719.531.6333
- **Safe Place For Pets**
719.359.0201
- **Seniors’ Blue Book – Resources for Aging Well**
800.201.9989
- **Social Security Office**
888.880.0688
- **Toe Nail Clinic**
719.577.4448
- **Transportation/Meals on Wheels: SilverKey**
719.884.2300
- **University of Colorado – Aging Center**
719.255.8002



Colorado Springs Senior Center

Location

1514 North Hancock

North end of the Senior Services Complex

Hours of Operation

Monday-Friday, 8:00 a.m. - 5:00 p.m.

Facility and room rental available for special events.

