



# Colorado Springs Senior Center

2024



THE  
JOURNEY  
CONTINUES  
HERE

An Innovative Partnership with



CONNECT | DISCOVER | ENJOY

719.955.3400 & 719.209.1717 • [csseniorcenter.com](http://csseniorcenter.com) • [ppymca.org](http://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!

## 2024 Holiday Closure Dates

### Memorial Day

Monday, May 27

### Labor Day

Monday, September 2

### Christmas Week

December 23-27

### Independence Day

Thursday, July 4

### Thanksgiving Day

Thursday, November 28

### New Year's Day 2024

Wednesday, January 1, 2025

# Stay Connected, We Want to Hear From You!

## Active Adult Newsletter

Each month the Active Adult newsletter is emailed out to our patrons. 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](https://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](mailto: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](mailto: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](http://ppymca.org/colorado-springs-senior-center/events-programs)



## \$5 Day pass

If you are a patron of the Senior Center, we are offering the option to purchase a day pass at the following YMCA's: Downtown YMCA, and the Southeast Armed Services YMCA. Contact us for more details.



# Colorado Springs Senior Center Staff



## 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.

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## Sara Tucker

At the Senior Center, I get to see people finding their community, discovering new passions, getting healthier, and living life to the fullest. I've learned that we are so much more than just a place to recreate. We are family, friends, a strong community, support for each other, and so much more. Everyone deserves the right to age with dignity and respect, and my goal is for everyone to feel that the Senior Center programming provides them with the opportunity to do just that!

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## Shelia Woolwine

Working at the Senior Center 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!

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## Sharon Elstad

Working at the Colorado Springs Senior Center brings me joy and inspiration. The wonderful people, the life stories and experiences, the commitment to staying active, and the love and kindness that abound are priceless treasures.

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## Christy Olsen

The Senior Center offers a chance to be a part of helping older people enjoy their post-career years to the fullest. Some find new hobbies and develop new skills. Some revive amazing talents they had laid aside for decades. And some just love the camaraderie. I have been blessed by the opportunity to meet so many great people and hear some of the incredible things they've seen and lived through.

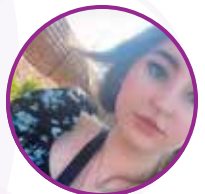
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## Maisie Schulz

While working at the Senior Center, I love being able to interact with our members and get to know them more. I love seeing how many different activities they participate in and classes they enjoy!

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### **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.

### **Brian Kleiner**

It is very satisfying to teach programs which help to facilitate mental and physical wellness and to be a part of creating community for the local senior population.



### **Chris Spadafora**

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

### **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.



### **Kara Miller**

Movement and mobility are important in everyone's later years. I've seen first hand how lack of moving and exercise can affect quality of life the older one gets. If I can help just one person to keep moving and have a better quality of life then I've done my job.

### **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!



### **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**

The Senior Center 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!



# 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 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. If you require a wheelchair-accessible bus to participate in a day trip, please contact the Senior Center to arrange accommodations. 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.

**Visit Us at Silver Key!**  
Two locations to serve you.



- Reserve & Ride
- Companionship
- Thrift Stores
- Programs & Activities at our Monument location
- Behavioral Health Case Management
- Connections Cafés
- Home-Delivered Meals



1625 S. Murray, Colorado Springs &  
66 Jefferson St., Monument

Silver Line                      Email  
719-884-2300           info@silverkey.org  
SilverKey.org

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**Rentals Available**

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1833 N CIRCLE - COLORADO SPRINGS, CO 80909



# Beneficent.

— Meaning Doing Good For Others —

Discover how to get home care, assisted living, or skilled nursing paid for through Long-term Care Medicaid or VA Aid and Attendance.

Most people think they don't qualify - there are more options available than you think!



SCAN ME  
719.645.8350



**IF YOU ARE 62 OR OLDER,  
THE DOORS JUST OPENED FOR  
YOU!!!**

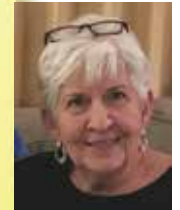


- ♦ No mortgage payments
- ♦ Money for improvements
- ♦ UP to 50% equity at closing
- ♦ Access to your equity without moving or payments



Charlie Brown, SRES

CALL US FOR  
INFORMATION  
719-572-1234



Julie Rush, SRES





# 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.



## SENIOR CENTER PROGRAMING LOCATIONS

- 4 Downtown**  
207 North Nevada Avenue  
Colorado Springs, CO 80903  
719.955.3400
- 7 Southeast & Armed Services**  
2190 Jet Wing Drive  
Colorado Springs, CO 80916  
719.955.3400
- 9 Westside Community Center**  
1616 West Bijou  
Colorado Springs, CO 80903  
719.209.1717

## YMCA OF THE PIKES PEAK REGION LOCATIONS

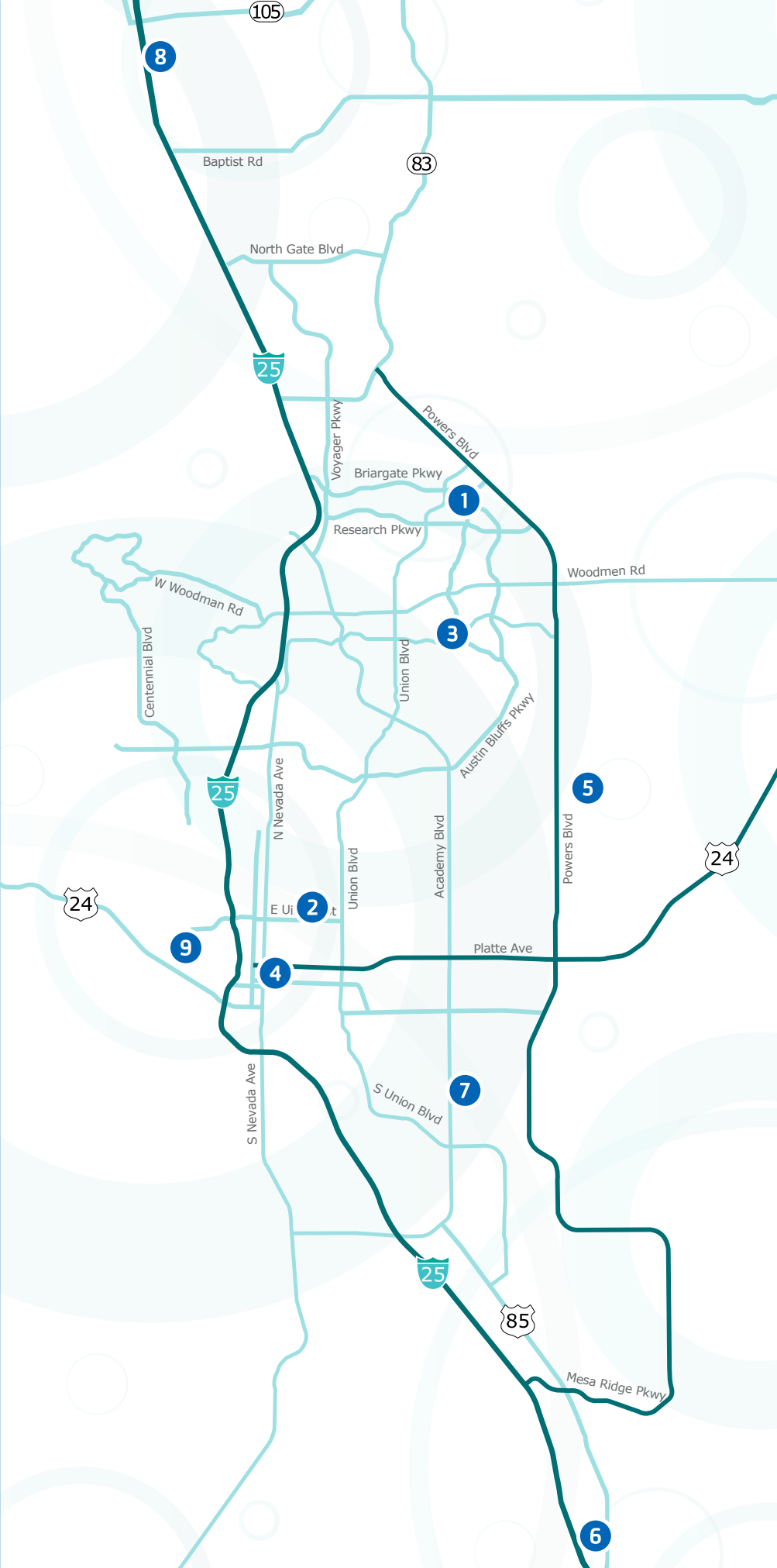
### Association Offices

207 North Nevada Avenue  
Colorado Springs, CO 80903  
719.471.9799

- 1 Briargate**  
4025 Family Place  
Colorado Springs, CO 80920  
719.282.9622
- 3 Cottonwood Creek**  
3920 Dublin Boulevard  
Colorado Springs, CO 80918  
719.385.6508
- 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
- 8 Tri-Lakes**  
17250 Jackson Creek Parkway  
Monument, CO 80132  
719.481.8728

## CURRENTLY UNDER RENOVATION FUTURE PROGRAMING

- 2 Colorado Springs Senior Center**  
1514 N Hancock Avenue  
Colorado Springs, CO 80903  
719.955.3400



# PROFESSIONAL SERVICES

## Visiting Nurse Association Footcare Clinic

Call 719.577.4448 for appointment. Services currently provided at Westside Community Center. A cost is involved.



Colorado  
Visiting Nurse  
Association  
Care, Quality and Comfort Since 1889

• HOME HEALTHCARE • HOSPICE • PALLIATIVE CARE • WELLNESS

## Pikes Peak Area Agency on Aging YOUR FIRST CALL FOR SENIOR SERVICES

Your Area Agency on Aging focuses on providing services that help older adults stay independent and secure. Our services are available to anyone over 60 years of age in El Paso, Teller or Park counties.

### Your First Call for Senior Services

Senior Information and Assistance

Family Caregiver Support Center

Medical Alert Systems

Mobility Coordination

Senior Insurance Assistance

Homemaker and Personal Care Services

(719) 471-2096

[www.ppacg.org/aging](http://www.ppacg.org/aging)

14 S. Chestnut St., Colorado Springs, CO 80905



**PIKES PEAK**  
AREA AGENCY ON AGING  
Answers • Assistance • Advocacy



**MOREY  
LAW**

**RYAN N. MOREY**

ESTATE PLANNING ATTORNEY

(719) 465-4324

[www.moreylawpc.com](http://www.moreylawpc.com)

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Colorado Springs, CO 80919



## 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](http://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](http://coloradolegalservices.org), or by completing a paper application at the front desk of the Colorado Springs Senior Center.

# ONGOING PROGRAMS

## Thursday Dances

Join the action every The 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month from 2:00–3:00 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 **(at the Downtown YMCA)** or check the schedule at [csseniorcenter.com](http://csseniorcenter.com).



## Ping Pong Fridays

Open gym style, tables are set up from 1:30–2:30 p.m. most Fridays **(at the Downtown YMCA)**. Paddles and balls are available. Find a partner and let the fun begin!



## 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. **(at the Westside location)** 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 Drop off at the Westside Cottages, 1616 W. Bijou. 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.



## Silver Key Connections Café

Is there anything better than sharing a meal with others? At Silver Key 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. **Check with Silver Key for locations available.** 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](http://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 Sharon for further details if you are interested in volunteering.

719.955.3405 or [selstad@ppymca.org](mailto:selstad@ppymca.org)



# Rocky Mountain PACE

Rocky Mountain PACE (*Program of All-inclusive Care for the Elderly*), provides innovative, coordinated healthcare for seniors, assisting participants so they can live enjoyable and independent lives.



Transportation from home to medical appointments and our adult day health center.



Coordinated care plans that make it easy to access qualified doctors, nurses, and specialists.



Our staff and other seniors create a caring network helping you or your loved one thrive.



A wide variety of exciting activities and events to stay active and engaged.

*Live Life Live Healthier  
Live Happier Live Independently*

**Live Better**

**Contact Us Today for Lunch and a Tour:**

(719) 314-2327 ext. 878 or RMPace.org



**Your Life Your Way**  
Empowering Independence

### 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*



**Voyages**  
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### Senior day program offering socialization and recreation

- Newly renovated facility
- Fun daily activities
- Affordable, personalized care
- Peace of mind for caregivers
- Engaging exercise programs

**719-596-2010**

*Medicaid and VA verified  
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### Colorado's Premier Door-through-Door Transportation Service

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*Medicaid Preferred  
Private Pay options*



**Scan the QR code to learn more!**



# Colorado Springs Senior Center

YMCA  
ANNUAL SUPPORT  
CAMPAIGN

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.**



"I have been coming to the Colorado Springs Senior Center for 15-16 years. Before I moved here, a friend told me about the Senior Center and how it was so dynamic. She was right! I have gone on many trips and attended many classes. Mostly, I play Hand a Food, a card game. I did yoga for several years and played poker. I love the Arts and Crafts Show in the fall. I love the spirit of community we have here. It offers a variety of options for all. The staff is wonderful! They all feel like friends. I feel safe at the Colorado Springs Senior Center. Several people have said to me, "this has saved my life." It is always the highlight of the week for me."

- Joyce, 82 years young

**2024-2025  
Annual Support Campaign**

[ppymca.org/donate-senior-center](http://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

- **Alzheimer's Association**  
719.266.8773
- **Apply for Medicaid / Health First Program**  
800.221.3943
- **Area Agency On Aging**  
719.471.2096
- **Beneficent**  
719.645.8350
- **Colorado Gerontological Society**  
303.333.3482
- **Colorado Legal Services**  
719.471.0380
- **Department of Human Services**  
719.636.0000
- **Dial 211 for Community Resources / Option 5 for a Community Navigator**
- **Goodwill of Colorado**  
Your Life Your Way 719.635.4483  
Voyages 719.596.2010  
Good Wheels 719.442.2077
- **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
- **LEAP - Low Income Energy Assistance Program**  
866.432.8435
- **Medical Supplies: Affordable Medical Supply**  
719.632.4036
- **Morey Law**  
719.465.4324
- **Non-Emergency Police Line**  
719.444.7000
- **Pike Peak Library District**  
719.531.6333
- **Remax Properties - Senior Real Estate Specialists**  
719.572.1234
- **Rocky Mountain Pace**  
719.314.2327 ext. 878
- **Seniors' Blue Book - Resources for Aging Well**  
800.201.9989
- **Silver Key**  
719.884.2300
- **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

# NEW SENIOR CENTER COMING IN 2025!



- More accessible to North Hancock Avenue
- Increase in square footage from 17,000 to 23,000
- Triple the amount of parking spaces available
- Covered drop off at the front door
- Added pickleball courts
- Open area for cooking classes and demonstrations
- A place for all of your favorite classes, groups and a daily meal

**LEARN MORE  
HERE**

