

DOWNTOWN YMCA
207 N. Nevada Ave.

Registration begins Monday, April 7th at 8 a.m.

- **By Phone:** (719) 955-3400 or (719) 209-1717
- **On-line:** csseniorcenter.com
- **In person:**
Westside Cottages (1616 W Bijou St): Mon-Fri, 8:00-4:00 p.m.
Downtown YMCA (207 N Nevada Ave): Mon-Fri, 8:00-4:00 p.m.

All classes require registration and are subject to cancellation or change.

LIFELONG LEARNING

Class Name	Description	Instructor	Date	Day	Time	Cost
You’re Not Stuck	Stay in your own home! Catch up on deferred maintenance! Use your equity without selling your home or paying it back! Move up or move down. Come hear about these FHA programs specially designed for persons over 62 years old.	Julie	May 6	T	1:30 – 2:30	\$2
Continuing Bridge	Improve your bridge game! These are informal classes that will work on better bidding, play & defense for those already familiar with the game of Bridge. Refresh your past skills with an ACBL accredited teacher.	John D.	May 7 – Jun 18 Jul 9 – Aug 20	W W	1:30 – 2:30 1:30 – 2:30	\$2 \$2
Learn to Play Bridge	This class is designed for those new to the game of Bridge. Learn how to play Bridge with an ACBL-accredited teacher.	John D.	May 7 – Jun 18 Jul 9 – Aug 20	W W	2:30-3:30 2:30-3:30	\$2 \$2
Mayflower Cruises and Tours	Learn about the new destinations we have planned for 2025! Greece, Portugal and Egypt.	Nancy	May 13	T	1:30 – 2:30	FREE
Housing Wealth and the 4 L’s of Retirement	Your Home Wealth is an important part of your retirement. As a Home Wealth Advisor for over 16 years, I have met with hundreds of mature homeowners who tell me they are concerned about Longevity, Lifestyle, Liquidity, and Legacy. Come and learn more about: Programs and Strategies that can help you safely activate and conservatively manage your Home Wealth. Your Home Wealth Assets Can Power a More Secure Retirement.	Nathan	May 20	T	1:30 – 2:30	\$2
Basic Estate Planning	In this class, we’ll cover the foundations of an estate plan. We’ll discuss common estate planning mistakes and ways to help avoid them, tips that may help avoid probate, and how to potentially disinherit Uncle Sam. You’ll receive checklists on issues to consider when reviewing your planning documents and before updating your estate plan. You’ll also receive a guide to help organize your important assets.	Nick	May 22	Th	1:30 – 2:30	\$2
Senior Living Simplified: Making the Right Choice’	This class will guide seniors and their families through the key factors to consider, from levels of care and amenities to financial planning and emotional readiness. We’ll discuss how to identify the right community, what questions to ask, and how to navigate the transition with confidence. Whether you’re planning ahead or facing an urgent decision, this session will provide clarity, peace of mind, and practical steps to make the best choice for you and/or your loved one.	James	May 27	T	1:30 – 3:00	\$2
Thriving in Senior Living: Making the Most of Your New Community’	This session will provide practical tips for settling in, building meaningful social connections, and making full use of available services and amenities. Participants will also learn strategies for advocating for care, maintaining independence, and addressing any concerns that may arise. Whether you’re preparing for a move or have recently transitioned, this class will empower you to embrace this new chapter with a positive and proactive mindset.	James	June 10	T	1:30 – 2:30	\$2
Solving the Social Security Puzzle	Social Security is a major source for most couple’s retirement income. In this class, we’ll cover the basics of how to get the most from your benefits.	Nick	Jun 12	Th	1:30 – 3:00	\$2

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Aging Happily	Embracing the gifts of aging	Rick	Jun 16	M	1:30 – 2:30	\$2
Collette Tours and Travel	Join us to hear about the exciting trips for 2026 to Quebec, Canada, Switzerland, Austria and Bavaria and last but not least, Hawaii!	Robin	Jun 20	F	1:30 – 2:30	FREE
Aging in Place	According to AARP research, 8 out of 10 adults will experience future special housing needs. Successful aging in place is a process of taking stock of current and future needs, thinking through the options, evaluating the house and the community, and developing strategies.	Charlie	Jun 26	Th	1:30 – 2:30	\$2
Fall Prevention	Explore all of the reasons why fall prevention should be a top priority in your life and how actively incorporating balance exercises into your daily routine can help. We'll spend some time discussing general fall prevention tips and tricks, what to do if you do suffer a fall, and, lastly, you'll be invited to participate in a quick 5-10 minute balance routine that you can easily do at home.	Kelsey	Jul 8	T	1:30 – 2:30	\$2
Downsizing, Rightsizing, and Relocating	Today's Lifestyle Home Loan (HECM for Purchase) is one of the most underutilized home transition loan strategies. It can help you move to the home you have always wanted and save you the cash that you need for retirement. We will review the 4 P's (Purpose, People, Process, and Program) so you know how to successfully plan your next lifestyle move.	Nathan	Jul 10	Th	1:30 – 2:30	\$2
Planning For Long Term Care	We will review the available types of long term care, the costs and ways of funding them.	Pat	Jul 17	M	1:30 – 2:30	\$2
Scams, Schemes, and Scum: How Not to Become a Fraud Victim	In this class, we'll review common tactics used by criminals to conduct fraud and how to identify them. We'll discuss scams impacting local seniors and what could've been done to reduce the chance of losing your money. I'll cover resources to help verify legitimate professionals and offers. We'll discuss steps to take if you've been a victim of fraud.	Nick	Jul 22	T	1:30 – 2:30	\$2
The Power of Positivity: When Life Gives You Lemons	The power of positivity and how to keep a positive attitude	Rick	Aug 5	T	1:30 – 2:30	\$2
Aging in Place	According to AARP research, 8 out of 10 adults will experience future special housing needs. Successful aging in place is a process of taking stock of current and future needs, thinking through the options, evaluating the house and the community, and developing strategies.	Charlie	Aug 7	Th	1:30 – 2:30	\$2
You're Not Stuck	Stay in your own home! Catch up on deferred maintenance! Use your equity without selling your home or paying it back! Move up or move down. Come hear about these FHA programs specially designed for persons over 62 years old.	Julie	Aug 15	F	1:30 – 2:30	\$2
Dementia Bootcamp 101: Understanding Memory Care	This session will cover what to expect from specialized care, the services and programs available and how staff support residents with cognitive decline. Families will gain insight into daily life, safety measures, and ways to stay engaged in their loved one's care. Whether you are exploring options or preparing for a transition, this class will provide clarity and peace of mind.	James	Aug 19	T	1:30 – 2:30	\$2
Understanding Annuities	An annuity can either solve a problem or create new ones. We will review the various types of annuities, their best uses and consumer awareness tips.	Pat	Aug 21	Th	1:30 – 2:30	\$2