

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.

\$10 Drop-In option available as space allows.

## FITNESS

Class Name	Description	Instructor	Date	Day	Time	Cost
Posture, Balance, and Core	Train your body to stand taller and walk with more confidence and stability! Chair-based and standing work is incorporated and can be adapted to various fitness levels.	Suzanne	May 5 – Jun 19	M/Th	2:45–3:30	\$60
			Jul 7 – Aug 21	M/Th	2:45–3:30	\$60
Gentle Yoga	We will explore the benefits of yoga practice within a positive, supportive environment. Range of motion, physical strength, stamina and mental acuity will improve with a focus on adapted yoga postures and proper breathing. We end class with seated postures on the floor and a short relaxation. This class will be done with mats on the floor, <b>if you are unable to get up and down off the floor, this class is not a good fit for you.</b>	Brian	May 5 – Jun 19	M/Th	3:45–4:45	\$60
			Jul 7 – Aug 21	M/Th	3:45–4:45	\$60
Taiji Fit @ Nancy Lewis Park	We’re back at the Park for the Summer! TaijiFit is a mind/body workout that combines the best of traditional Tai Chi with modern Western fitness. This class is designed to improve overall fitness emphasizing balance, mobility, stability and timing of movement. No prior exercise is required.	Jan/Russ	May 6 – Jun 17	T	8:30–9:30	\$45
			May 6 – Jun 17	T	9:30–10:30	\$45
			Jul 8 – Aug 19	T	8:30–9:30	\$45
			Jul 8 – Aug 19	T	9:30–10:30	\$45
Pound Gold®	Drum away the stress while improving coordination, range of motion, rhythm, strength, and mental clarity. All levels choreographed drumming done on stability balls. Come have FUN moving to the music!	Wilma	May 7 – Jun 18	W	1:30–2:30	\$40
			Jul 9 – Aug 20	W	1:30–2:30	\$40
Fly Swatter Volleyball	Are you ready for some FUN?! Try sitting in a chair and using a fly swatter to volley a balloon over a net. Volleyball rules apply. Compete with one another in a fun and friendly atmosphere! First team to reach 15 points WINS!	STAFF	May 27	T	1:30–2:30	FREE
			Jun 24	T	1:30–2:30	FREE
			Jul 29	T	1:30–2:30	FREE
			Aug 26	T	1:30–2:30	FREE

## HEALTH

Class Name	Description	Instructor	Date	Day	Time	Cost
Joint Pain Seminar	Is joint pain keeping you from activities you love? Then take the first step towards recovery. Attend this free educational event with Dr. Forrester, MD. Dr. Forrester will discuss causes and treatments of joint pain as well as new advances in technology.	Caleigh	May 15	Th	1:30- 2:30	\$2
Rockstar Lung and Respiratory Health	Our Respiratory system is hard at work every day, supplying the body with the oxygen it needs to function and carry out living processes. Learn how diet, lifestyle, and supplements can help support healthy lungs!	Kat	May 16	F	1:30- 2:30	\$2
General Strength Training Principles	One of our clinical exercise physiologists will guide you through an optional demonstration of how to use resistance bands for easy and affordable resistance training.	Kelsey	Jun 5	Th	1:30- 2:30	FREE
Where to Start to Love your Heart	Taking care of your heart doesn’t have to be complicated. We will uncover some common heart care myths and begin your journey towards heart health with 3 simple dietary strategies and 3 supplements that will pump up your heart health	Kat	Jul18	F	1:30- 2:30	\$2
Label Reading and General Nutrition Tips	Reading nutritional labels can be intimidating! Sit in on a quick overview of what to focus on and what to avoid to help optimize your health. Choosing healthy products in the grocery store does not have to be scary.	Kelsey	Aug 12	T	1:30- 2:30	\$2
Joint Pain Health	Discuss joint pain health along with surgical and non-surgical treatment options	Caleigh	Aug 14	Th	1:30- 2:30	\$2

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DANCE

Class Name	Description	Instructor	Date	Day	Time	Cost
Dance Lessons: Rumba	Come join in the razzle of Rumba, (partner not needed.) This romantic, sensual ballroom dance comes from Cuba and brings wonderful rhythms in a slow Latin beat. Learn basic moves (Slow, Quick, Quick), technique, and combinations to use in your social dancing.	DeLene	May 7 - Jun 18	W	1:00-1:45	\$45
Night Club Two Step	Night Club is a dance with a waltz feel but in 4/4 timing and staying in a small area on the dance floor. The basic of slow, quick, quick is characterized by a relaxed feel, smooth side-to-side gliding steps, and full motions to various styling. (Partner not needed.)	DeLene	May 7 - Jun 18	W	1:45-2:30	\$45
Dance Team	A continued offering for those who may have been on the team or want to join. We learn new dances all the time and even have chances to perform (optional). From Charleston to waltz, we have fun getting to move and groove while learning fun choreography and building our fitness.	DeLene/ Adele	May 7 - Jun 18 Jul 9 - Aug 20	W W	2:30-3:30 2:30-3:30	FREE FREE
Country Swing (Like the Kids Do!)	Country swing will get you moving and grooving with basic footwork and fancy turns and wraps. This high energy social dance is all the rage at the country bar scenes. You will see moves from country two step combined with jitterbug to create a whole new style. Come give it a try! Let’s get swinging!	DeLene	Jul 9 - Aug 20	W	1:00-1:45	\$45
West Coast Swing Continued	We just got started learning West Coast Swing. Let’s continue advancing our dance skills with the next level of moves from West Coast Swing.	DeLene	Jul 9 - Aug 20	W	1:45-2:30	\$45

SPECIALS

Class Name	Description	Date	Day	Time	Cost
Tunes on Tuesday-Lost Joe	Lost Joe, an acoustic Folk and Country singer, will be performing at the Senior Center, bringing a blend of heartfelt melodies and timeless tunes to the audience. His soulful voice and genuine storytelling are sure to create a warm, nostalgic atmosphere, offering a delightful experience for all who attend.	Staff	May 13	T	2:00-3:00 \$2
Tunes on Tuesday-Tony Zain	Tony Zain, a retired senior is an international award-winning vocalist hailing from Amsterdam and more recently from Nashville. He has performed at over two hundred fifty senior/assisted living facilities. His entertainment service is appropriately known as “the Golden Age of Music, consisting of old familiar tunes ranging from Sinatra, Nat King Cole, Tony Bennett as well as those 50’s & early 60’s classics; songs we grew up with.	Staff	Jun 17	T	2:00-3:00 \$2
Mountain Harmony: Patriotic Tribute	Mountain Harmony, the dulcimer band that brings a lively twist to traditional Irish tunes! With their enchanting melodies and joyful spirit, this talented group will have you tapping your feet and singing along in no time..	Staff	Jun 30	M	2:00 - 3:00 \$2
The Oasis Band: Independence Day Tribute	Celebrate the 4th of July with the crowd favorite Oasis Band when it brings everyone’s sing-a-long favorite patriotic tunes to the Downtown Y! You’ll know the words to lots of familiar songs. A fun time for all!	Staff	Jul 3	Th	2:00-3:00 \$2
Tunes on Tuesday: Rick Blessing	Over the years, Rick Blessing has performed with a number of Jazz groups across the United States, Europe, and the South Pacific. His love of Frank Sinatra really shows in all of his performances. Come and enjoy the music of Rick Blessing!	Staff	Jul 15	T	2:00-3:30 \$2

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TECHNOLOGY

Class Name	Description	Instructor	Date	Day	Time	Cost
Finding Info Online	Take advantage of the power of the internet to find information, search topics, and more!	Wendy	May 8	Th	1:30-3:30	FREE
Internet of Things at a Glance	Hearing a lot about “smart” devices? We’ll explain how it’s all connected!	John M.	May 12	M	1:30-3:00	FREE
Affordable Home Internet	Don’t overpay for internet. Learn about programs offering low-cost home internet that can help save you money.	Ila	May 13	T	1:30-3:00	FREE
Protecting Your Personal Info Online	Learn how to stay safe while you surf the web	Brian	May 19	M	1:30-3:00	FREE
Podcasts at a Glance	Learn what Podcasts are and where to find them!	Tom	May 29	Th	1:30-3:00	FREE
How to Choose a New Computer	Overwhelmed by the choices of a new computer? We’ll help you simplify so you can decide.	Wendy	Jun 3	T	1:30-3:00	FREE
Video Chat	See who you are talking to with video chat apps!	John	Jun 9	M	1:30-3:00	FREE
Intro to Managing Your Privacy	Come learn about some essential internet privacy tips!	Brian	Jun 14	M	1:30-3:00	FREE
Digital Legacy at a Glance	Will your digital content and social media pages live on forever? Come learn about your digital legacy options!	Ila	Jun 17	T	1:30-3:00	FREE
Streaming & Smart TVs	Are you paying for TV channels you don’t watch? Learn why people are “cutting the cord” and using streaming services instead!	Murry	Jun 19	Th	1:30-3:00	FREE
Introduction to Selling Online	Make money while decluttering with online marketplaces!	Ila	Jul 15	T	1:30-3:00	FREE
Ridesharing Apps	No car? No problem! Use these apps to help you get around!	John	Jul 21	M	1:30-3:00	FREE
Using Google Calendar	In this session, you’ll learn how to create an event, share events with others, set reminders, import events from across the web, and more!	Murry	Jul 31	Th	1:30-3:30	FREE

SENIOR PLANET

FROM AARP®

Taught by SENIOR PLANET certified instructors.

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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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LIFELONG LEARNING

Class Name	Description	Instructor	Date	Day	Time	Cost
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