

WESTSIDE COTTAGES

1616 W. Bijou St.

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.



SILVERSNEAKERS CLASSES



SilverSneakers Classes are free for SilverSneakers, Renew Active and One Pass members, but registration and scanning in are still required. Non-SilverSneakers members must pay for the class at registration. If you are NOT registered for the class, a Drop-in option is available as space allows for \$10. WE WILL DO MAKE-UP CLASSES FOR THE HOLIDAY DURING BREAK WEEK.

FITNESS

Class Name	Description	Instructor	Date	Day	Time	Cost
SilverSneakers Stability	To help you become stronger and improve balance, this class teaches specific exercise to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention; a standing endurance of 30 minutes is needed.	Suzanne	May 5 - Jun 19	M/Th	9:00 - 9:45	\$60
			Jul 7 - Aug 21	M/Th	9:00 - 9:45	\$60
SilverSneakers Yoga	Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.	Suzanne	May 5 - Jun 19	M/Th	10:00 - 10:45	\$60
			Jul 7 - Aug 21	M/Th	10:00 - 10:45	\$60
SilverSneakers Circuit	This workout offers standing, low-impact choreography combined with standing full body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.	Layla	May 6 - Jun 19	T/Th	10:00 - 10:45	\$60
			Jul 8 - Aug 21	T/Th	10:00 - 10:45	\$60
SilverSneakers Classic	Move to the music through exercises designed to increase muscle strength and range of movement for activities of daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance training. A chair is used for support. This class is suitable for beginning to intermediate skill levels.	Layla	May 6 - Jun 19	T/Th	10:55 - 11:40	\$60
			Jul 8 - Aug 21	T/Th	10:55 - 11:40	\$60
Zumba Gold®	Zumba Gold® is for active older adults who are looking for a modified class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.	Wilma	May 5 - Jun 16	M	10:30 - 11:15	\$40
			Jul 7 - Aug 18	M	10:30 - 11:15	\$40
Breathwork, Meditation, and Chair Yoga	Explore a well-rounded yoga practice with Brian! We will start with some gentle breathing exercises, followed by some yoga poses to create space and comfort within the body. The last part will be devoted to short meditation experiences designed to encourage the beginner and sustain the seasoned practitioner.	Brian	May 6 - Jun 17	T	10:30 - 11:30	\$45
			Jul 8 - Aug 19	T	10:30 - 11:30	\$45
Yoga Flow	Flow with your breath from posture to posture beginning with centering and warm-up, a standing sequence to tone and strengthen, followed by seated postures and ending with deep relaxation. Build more awareness, strength, and flexibility. No experience is necessary, gentle enough for beginners with variations for those who are more advanced. Please note this is a mat-based class and requires the ability to get up and down off your mat without assistance.	Brian	May 6 - Jun 20	T/F	9:00 - 10:15	\$60
			Jul 8 - Aug 22	T/F	9:00 - 10:15	\$60
Zumba Gold®	Zumba Gold® is for active older adults who are looking for a modified class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.	Wilma	May 7 - Jun 18	W	11:15 - 12:00	\$40
			Jul 9 - Aug 20	W	11:15 - 12:00	\$40
Mat Pilates	Strengthen deep muscles of the abdomen, hips and spine. Improve flexibility, balance, and mobility while working to build bone density. This is a mat-based pilates class.	Suzanne	May 8 - Jun 19	Th	11:00 - 11:45	\$45
			Jul 10 - Aug 21	Th	11:00 - 11:45	\$45

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LIFELONG LEARNING

Class Name	Description	Instructor	Date	Day	Time	Cost
Beginner Ukulele	Looking for a new and enjoyable hobby that could boost your brainpower? The ukulele is a simple and fun instrument to learn! This introductory course will guide you through tuning the ukulele, playing basic chords, and singing familiar songs with fellow seniors. You don't need to bring your own ukulele; one will be provided at the Senior Center during class	Lynn	May 9 - Jun 20	F	12:00 - 1:00	\$40
			Jul 11 - Aug 22	F	12:00 - 1:00	\$40
Intermediate Ukulele	Do you know the main chords and can strum a few songs? Are you ready to dive deeper into tablature and melody playing? Join us for a great time singing and playing alongside your friends!	Lynn	May 9 - Jun 20	F	1:10 - 2:10	\$40
			Jul 11 - Aug 22	F	1:10 - 2:10	\$40
Advanced Ukulele	Join us for the Advanced Ukulele class, where passionate players come together to enhance their skills! This class delves into more complex techniques, including advanced strumming patterns, fingerpicking, and improvisation. You'll have the chance to explore a variety of musical styles and collaborate with fellow ukulele enthusiasts on exciting group projects. Whether you're looking to refine your playing or learn new songs, this class promises to be both challenging and enjoyable!	Lynn	May 9 - Jun 20	F	2:20 - 3:20	\$40
			Jul 11 - Aug 22	F	2:20 - 3:20	\$40

SPECIALS

Class Name	Description	Instructor	Date	Day	Time	Cost
Summer Speed Dating!	Join us for a fun and friendly Seniors Speed Dating Event at the Senior Center! Whether you're looking for companionship, friendship, or you just have fun meeting new people, this event is the perfect opportunity to connect with others in a relaxed and welcoming environment.	Staff	May 19	M	4:30 - 6:00	\$10
55+ Yoga Retreat	The Senior Center Yoga Retreat at the park promises a day of relaxation and rejuvenation. Attendees will enjoy several yoga sessions amidst nature, followed by a delicious lunch prepared by our very own Lisa with: "Chefs for Seniors" to refuel. Throughout the day, there will be five different events designed to inspire mindfulness and wellness, from gentle stretching to guided meditation. It's an opportunity to connect with others, unwind, and embrace a calm, centered mindset in the beautiful surroundings of Fox Run Park! Retreat is in partnership with AARP.	Staff	Jun 17	T	8:30 - 2:30	\$50



The Westside Cottages Schedule has Decreased for the Summer Due to the YMCA Summer Camp Being Held Here Like it has in Previous Years. You will Find More LifeLong Learning, Health and Technology Classes at our Downtown Location During this Time. Thank you for your Patience and Understanding.
AND...

THANK YOU FOR SUPPORTING THE COLORADO SPRINGS SENIOR CENTER!

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ART

Class Name	Description	Instructor	Date	Day	Time	Cost
Simple Perspective Drawing	Perspective is the interpretation of objects going back into space on a flat surface. Students will learn basic one, two, and (if time allows) three point perspective. Aerial perspective, visual interpretation, and some shading/highlighting will be discussed and/or applied. Application of these perspectives in different mediums will also be covered. Students should bring a 18-24" ruler (cork backed is best), pencil, eraser, and a 90 degree triangle (If you have it.) Drawing paper, backing paper, masking tape, and some 90 degree triangles will be provided.	Theresa	May 5 - May 19	M	9:00 - 11:30	\$35
			Jul 7 - Jul 28	M	9:00 - 11:30	\$45
Crochet Fun	This course is an introduction to crocheting or a great review if you haven't done it in a while. You will learn how to crochet a pot holder, wash cloth, or scarf, hand mitts or an amigurumi animal plus some fancy stitches.	Jenna	May 5 - Jun 16	M	12:30 - 2:30	\$40
Discover the Magic! Watercolor for Beginners	No experience necessary to learn a successful, repeatable process that is easily built upon. A fun, exciting class to learn about supplies, color & mixing, the tea/milk/honey process, brushwork & shape making. Please email or call the Senior Center for a supply list to bring the first day!	Kim	May 6 - Jun 3	T	9:00 - 11:30	\$55
Intermediate Watercolor	This class will introduce students to various techniques such as wet in wet, dry brush, gradated washes, soft/hard edges, lifting, and masking. Students will be applying these techniques to complete images. Some presentation and finishing suggestions will be taught as well.	Theresa	May 6 - Jun 3	T	12:30 - 3:00	\$55
			Jul 8 - Aug 5	T	12:30 - 3:00	\$55
Draw Like You Paint and Paint Like you Draw	In this drawing class we will focus on how to best serve painters of all media. Often artists learn two separate methods drawing and then they learn to paint in their chosen media (Oil, Gouache, Pastel, Watercolor etc). We will learn only one system that will guide us through the stages of idea, thumbnail, value strengthening composition, layout, all the way through to final painting. This super fun and efficient methodology is one of the best consolidated artistic skill classes for emerging artists I am aware of. Please sign up early as space is limited to only 16 students.	Steve	May 7 - Jun 4	W	9:00 - 11:30	\$55
			Jul 9 - Aug 6	W	9:00 - 11:30	\$55
Painting Gouache-The Other Water Media	Gouache is a fantastic medium that offers the vibrancy of acrylics; in addition you'll have the re-wettability of watercolors. This class will serve as a comprehensive guide to get you started with gouache painting, Gouache, pronounced gwash, is an opaque watercolor paint. It's made from natural pigment, water, a nonfood grade binder and uses no toxic solvents. Unlike traditional watercolors, gouache has larger pigment particles and a higher pigment-to-binder ratio, making it more opaque and reflective. This media can render similar results as an oil painting with the ease and simplicity of water only clean up. This is a great pre-step to painting in oils or transitioning from acrylic to watercolor. It's completely safe, fast drying and extremely fun while giving you a quick payout of a highly desirable painting.	Steve	May 7 - Jun 4	W	12:30 - 3:00	\$55
			Jul 9 - Aug 6	W	12:30 - 3:00	\$55
Textures and Reflections in Watercolor	Learn the steps and techniques involved in creating special effects in watercolor.	Darcy	May 8 - Jun 12	Th	9:00 - 11:00	\$55
Nature Journaling	Love nature? Fascinated by the natural world around us? Follow in the footsteps of the great artists and learn how to create a nature journal of observations, written text and just plain beautiful art.	Darcy	May 8 - Jun 12	Th	1:00 - 3:00	\$55
Indigenous Art	Covered in this fast paced art will be the art of cultures from all over the world, including Native American, African and European Asian art. Techniques and materials will be explored as well as their influence on present day art.	Darcy	May 9 - Jun 13	F	9:00 - 11:00	\$55

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ART

Class Name	Description	Instructor	Date	Day	Time	Cost
Pyrography	Learn the art of pyrography, the art or technique of decorating wood by burning a design on the surface with a heated metallic point. Class fee includes materials. **Please bring your own woodburner**	Dan	Jun 2 - Jun 23	M	9:00 - 11:30	\$60
Textile Mixed Media	This course will explore the wonderful world of fiber art. From knitting and crochet to embroidery, painting on fabric, adding beads and ribbon come explore the possibilities. Projects will include textile embellishments to clothing and knitted works.	Jenna	Jul 7 - Aug 11	M	12:30-2:30	\$40
More Magic! Continuing Watercolor for Beginners	Review basic skills and dive into value, aerial perspective, texture and experimenting with watercolor to build a base of knowledge. Please email or call the Senior Center for supply list of what to bring to first class.	Kim	Jul 8 - Aug 5	T	9:00 - 11:30	\$55
Sky and Weather Effects	The most challenging and spectacular ingredient in landscape is often in capturing the clouds, skies and lighting. This class will cover the techniques valuable in achieving these sometimes subtle or dramatic effects.	Darcy	Jul 10 - Aug 14	Th	9:00-11:00	\$55
Expressive Portraiture	This class will help the artist to analyze and create express likenesses and personalities.	Darcy	Jul 10 - Aug 14	Th	1:00-3:00	\$55
Birds in Motion	Flying/swimming or running, we will be exploring the wonderful world of our feathered friends.	Darcy	Jul 11 - Aug 15	F	9:00 - 11:00	\$55

COMMUNITY-DAY TRIPS

**All Day Trips will meet at the Armed Forces YMCA Parking Lot for the Bus!!
2190 Jet Wing Dr.**

Class Name	Description	Instructor	Date	Day	Time	Cost
Forest Bathing	Forest bathing is the practice of immersing yourself in nature. Awaken your senses through a series of guided invitations for interacting with nature. Join Serena Vogel, MA, Certified Nature and Forest Therapy Guide for a two-hour guided forest therapy walk in North Shooks Run Park. Please Register by 12 p.m. the Friday prior to the walk.	Serena	May 3 Jun 7 Jul 5 Aug 2	Sa Sa Sa Sa	8:30-10:30	\$8 \$8 \$8 \$8
Colorado Rockies vs SF Giants	The Colorado Rockies vs. San Francisco Giants baseball game is an exciting matchup that brings together two competitive teams from the National League. Fans flock to Coors Field in Denver to watch the Rockies, known for their powerful offense and high-altitude home field.	Tom	Jun 12	Th	10:00 - 6:00	\$65
Denver Museum of Nature and Science + Planetarium	The museum showcases fascinating exhibits on everything from ancient dinosaurs to space exploration, and features hands-on activities that engage visitors in science and discovery. A highlight is the planetarium, where you can embark on a captivating journey through the cosmos with immersive shows. There are Cafes in the Museum where you can purchase lunch.	Staff	Jun 19	Th	9:00 - 4:00	\$60
Denver Aquarium	The Denver Aquarium features over 500 species of aquatic life, from colorful fish to majestic sharks, all housed in impressive, life-like exhibits. The aquarium also offers interactive experiences, including a touch tank and a 4D Theater. There are cafe's there to purchase lunch.	Staff	Jul 10	Th	9:00 - 4:00	\$70
Colorado Rockies vs St. Louis Cardinals	The Colorado Rockies vs. St. Louis Cardinals game is a thrilling baseball showdown that highlights two teams with rich histories in Major League Baseball.	Tom	Jul 23	W	10:00-6:00	\$65
Breckenridge Art Festival	The Annual Breckenridge Art Festival is a vibrant celebration of creativity set in the picturesque mountain town of Breckenridge, Colorado. This event showcases the work of talented local and national artists, offering everything from paintings and sculptures to jewelry and handcrafted goods, plus you can take a walk to see Isak the troll!	Staff	Aug 7	Th	8:30 - 6:00	\$60
Antiquing, Pueblo Riverwalk & Lunch.	The Pueblo Riverwalk is a charming area that offers a peaceful stroll along the Arkansas River in downtown Pueblo. The area is lined with beautiful walkways, bridges, and vibrant public art. Visitors can explore a variety of antique shops that add to the area's appeal. These cozy stores are filled with unique treasures, vintage finds and one-of-a-kind collectibles. Several restaurants are close by for lunch.	Staff	Aug 12	T	9:00 - 4:00	\$55