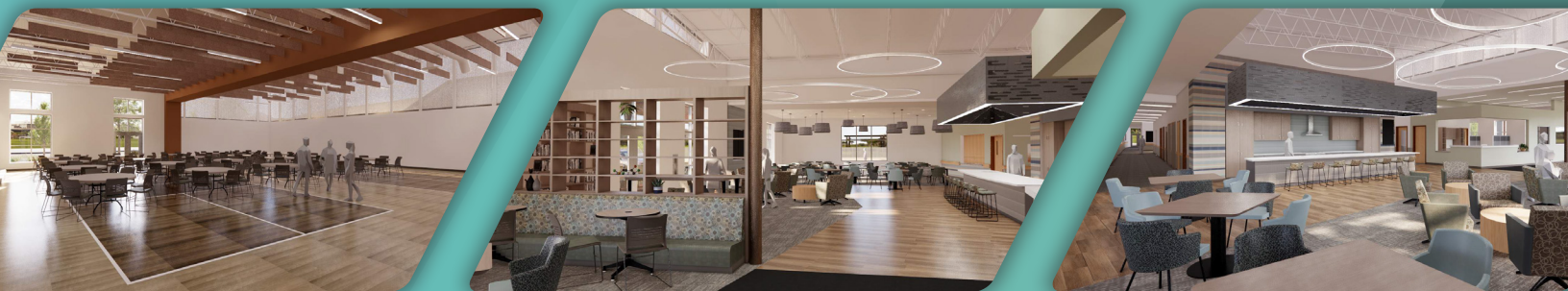


2025



Colorado Springs Senior Center

New Senior Center
Coming 2025!



An Innovative Partnership with



CONNECT | DISCOVER | ENJOY

719.955.3400 & 719.209.1717 • 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!

2025 Holiday Closure Dates

Memorial Day

Monday, May 26

Labor Day

Monday, September 1

Christmas Week

December 22-26

Independence Day

Friday, July 4

Thanksgiving Day

Thursday, November 27

New Year's Week

December 29 - January 2

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 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 chazlett@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 chazlett@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

Health Lectures

Groups/Clubs

And More!

Special Events

Technology Classes

Learn more at

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 YMCAs: Downtown YMCA, and the Southeast Armed Services YMCA. Contact us for more details.



Colorado Springs
Senior Center

\$5
DAY PASS

Day pass for Senior Center Patrons to use in only in the Healthy Living Area & Pool. Excludes Group Ex. Classes.

Valid on day of purchase during facility hours at the Downtown Y, Southeast Y and Y at First & Main.
Exact change or credit card only please.



Please stop by the welcome center desk to purchase.

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.

.....

Christa Hazlett

I am proud to work at the Senior Center, driven by my passion for supporting and enhancing the lives of older adults. I have observed the profound impact that care, companionship, and engagement in meaningful activities can have on seniors' well-being. I have witnessed the remarkable benefits that come from older adults staying active through exercise, expressing their creativity through art, and participating in the diverse classes offered. It is a true blessing to be part of the Colorado Springs Senior Center.

.....



Sheila 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!

.....

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.

.....



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!

.....

Dan Noble

I have been teaching woodcarving and pyrography at the Senior Center for the past 13 years. I Started wood carving in 1983 and have been teaching it since 1990. I enjoy my students very much and watching them develop their own artistic skills. I like hearing their stories and love to share my knowledge with them.





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.

Wendy Novotny

I enjoy being able to contribute in many ways at the Senior Center! Whether it's as a volunteer, instructor or participant, it is a privilege to be part of such an amazing community. I've met so many wonderful people and try to make a difference every day!



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.

Wilma Lumpkin

Being a senior myself, I like that there are activities, classes, workshops, trips, all sorts of things for seniors to get involved in and interact to be a part of a caring community. My passion is teaching Zumba gold and Pound gold classes. Making the classes fun and effective, bringing positive energy to each class participant.



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 8:00 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.

Can't afford Dental Care?

COMMUNITY DENTAL HEALTH covers what MEDICARE doesn't

We offer reduced fees for quality, **ethical** dental care for all ages. Medicaid, Medicare and various insurances accepted.

Our dental services include:

- Denture relines & repairs
- Custom dentures
- Exams
- X-Rays
- Cleanings
- Fillings, Crowns
- Extractions



719-310-3315 3650 Rebecca Lane. COS



EVERY JOURNEY MATTERS

*Supporting seniors in enjoying
life to the fullest by providing:*

- Affordable Housing
- Meals on Wheels
- Food Pantry
- Connections Cafés
- Reserve & Ride
- Companionship

silverkey.org

info@silverkey.org

719-884-2300



**PROUDLY SERVING
OUR COMMUNITY
SINCE 1988.**

WHO WE ARE.

Senior Resource Council is an organization where collaborative companies unite to passionately serve the best interests of seniors.

- Events
- Connection
- Community

SAVE THE DATE!

*Senior Holiday
Dinner Dance*

11.8.25



VISIT OUR WEBSITE OR EMAIL TO LEARN MORE!
INFO@SENIORRESOURCECOUNCIL.ORG

SENIORS Blue Book
RESOURCES FOR AGING WELL

FREE

**AGE GRACEFULLY
AND WITH
PURPOSE.**



Navigate the aging process.

Compare local 55+ living communities.

Explore different in-home care options.

Discover community businesses to help you age.

GET EDUCATED. BE PREPPARED.

ORDER NOW

SeniorsBlueBook.com/Book-Order
Or Call 800-201-9989

For more information, please visit:
SeniorsBlueBook.com



IT'S TIME TO LIVE YOUR BEST LIFE



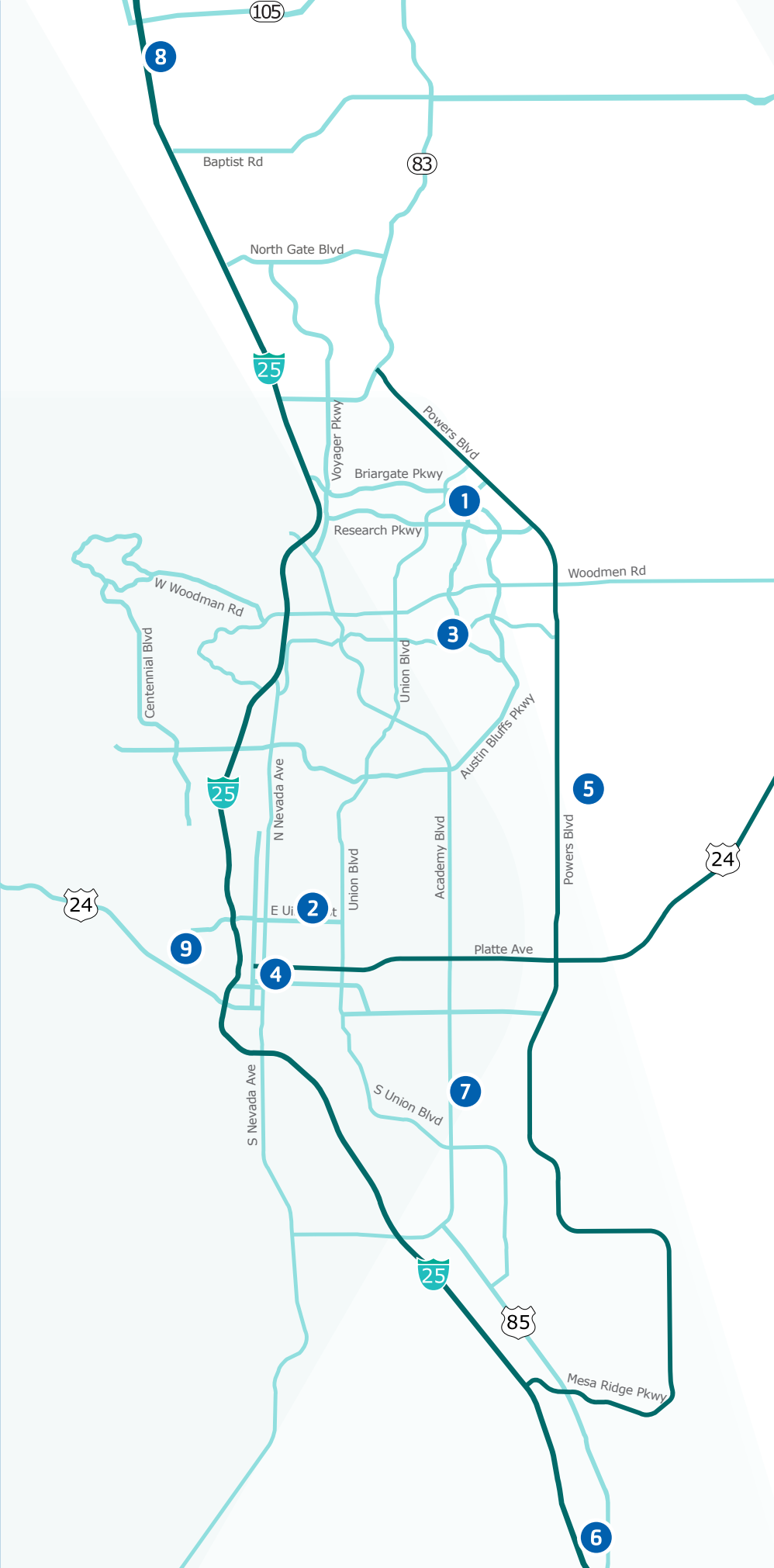
SilverSneakers® & Renew Active Offerings

SilverSneakers® & Renew Active are benefits 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 or Renew Active
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
- 9 Westside Cottages**
1616 West Bijou Street
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
- 7 Southeast & Armed Services**
2190 Jet Wing Drive
Colorado Springs, CO 80916
719.955.3400
- 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

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

REVOCABLE LIVING TRUSTS
GUARDIANSHIPS / CONSERVATORSHIPS
WILLS
PROBATE
SPECIAL NEEDS TRUSTS
BUSINESS PLANNING

LOOK, WE'VE MOVED!

5125 Centennial Blvd #200
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



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 coloradollegalservices.org.

ONGOING PROGRAMS

Thursday Dances

Join the action every 2nd and 4th Thursday of each month from 2:00-3:15 p.m. for live music provided by 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 cs.seniorcenter.com.



Ping Pong Fridays

Open gym style, tables are set up from 1:30-3:30 p.m. most Fridays **(at the Downtown YMCA)**. Paddles and balls are available. Find a partner and let the fun begin!



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!



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.

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.



**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

SRES



RE/MAX properties, inc.

CALLING ALL VOLUNTEERS!

WE WILL NEED YOU NEXT FALL AS WE MOVE INTO
THE NEW SENIOR CENTER

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

Sue

"As a retired elementary school teacher, I've really enjoyed working with the other end of the age spectrum. While the children were inquisitive, the seniors have so much wisdom to share. I love when they stop by the desk for some conversation, and I can't wait for the new Senior Center to open!"



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

719.955.3401 or tlathrop@ppymca.org



Rocky Mountain
PACE

Rocky Mountain PACE (Program of All-inclusive Care for the Elderly) is here to provide innovative, coordinated healthcare, socialization opportunities, and support for older adults in the Pikes Peak region.

Contact Us Today for Lunch and a Tour:
(833) 401-PACE(7223) or RMPace.org




All-inclusive health care service that makes it easy to access qualified doctors, nurses, and specialists.


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


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


Our staff and other seniors create a caring community that will help you or your loved one thrive.

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 stored on the phone. If you have questions about this program ask one of the Senior Center Staff.



cellular recycler

We're honored to join you in supporting Your Senior Center.

Thanks for standing with the Colorado Springs community.

Ready to learn more about Humana plans?
Get in touch with a licensed Humana sales agent.



RICK UMSTED
719-663-9463 (TTY: 711)
Monday – Friday, 8 a.m. – 5 p.m.
rumsted@humana.com

Humana®

Y0040_GHHKGJWEN1_C





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 since 2006! I was married for 55 years to the love of my life, who also came to the Senior Center until he passed. I participate in line dance, flyswatter volleyball, and play cards. I enjoy the friendships that I have made over the years, the camaraderie and the food."

- Gwendoline, 79 years young.

**2025
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

- **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
- **Community Dental Health**
719.310.3315
- **Department of Human Services**
719.636.0000
- **Dial 211 for Community Resources / Option 5 for a Community Navigator**
719.955.0742
- **Foot Care Clinic**
719.577.4448
- **Home Repair: Number One Sons**
719.203.6603
- **Housing: Brothers Redevelopment/ Colorado Connects**
719.888.9134/ 844.926.6632
- **The Independence Center**
719.471.8181
- **The Justice Center**
719.473.6212
- **LEAP – Low Income Energy Assistance Program**
866.432.8435
- **Morey Law**
719.465.4324
- **Non-Emergency Police Line**
719.444.7000
- **Pikes 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
- **Transportation/Meals on Wheels: SilverKey**
719.884.2300
- **University of Colorado – Aging Center**
719.255.8002

NEW SENIOR CENTER COMING SOON!



- 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**

