

Registration begins Monday, August 4th 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.  
**Starting September 2nd**  
Senior Center(1514 N. Hancock Ave.): Mon-Fri, 8:00–5:00 p.m.



There will NOT be make-up classes for snow days that occur Nov-Dec!  
All classes require registration and are subject to cancellation or change.  
\$10 Drop-In option available as space allows.

The Colorado Springs Senior Center and the PILLAR Institute for Lifelong Learning have joined forces to enrich the lives of adults aged 55 and over by offering engaging education classes tailored to the interests and needs of older learners. PILLAR, a volunteer-driven nonprofit in the Pikes Peak region, delivers high-quality liberal arts and science courses—over 150 each year—designed to keep minds sharp, spark curiosity, and foster community among participants. Together, we aim to offer a variety of classes making accessible learning opportunities that promote mental well-being, social engagement, and intellectual fulfillment for local seniors.


# LIFELONG LEARNING

| Class Name  | Description  | Instructor | Date                              | Day    | Time                         | Cost         |
|---|--|------------|-----------------------------------|--------|------------------------------|--------------|
| Space & Astronomy Update  | This class will describe recent fascinating events related to space and astronomy. You will learn which stars and planets will be in *your* night sky. There will be ample opportunity to ask questions on any science topic. Your instructor is a systems engineer, former satellite operator, and experienced outreach teacher with the Colorado Springs Astronomical Society. | David      | Sep 9                             | T      | 1:00 - 3:00                  | \$2          |
| Sewing With Directional Prints, Stripes, Plaids, And Napped Materials | This is for Intermittent and Advanced Sewers. Learn next level sewing with prints, Stripes, Plaids, Napped Materials with your choice of a project for class. Learn different in Directional, Non Directional, and repeat patterns. Bring your own machine or use one of the Center’s 5 machines. Supplies will be discussed at first class.                                     | Barbara D. | Sep 8 - Oct 20                    | M      | 1:30 - 3:30                  | \$30         |
| History Of Man Through Textiles                                       | Come listen to the history of Textiles and when Homo species started making textile for clothing as well as other useful items. learn new and old methods used in animal, plant, and synthetic fibers as well as different weaves and when they appeared.  | Barbara D. | Sep 9 - Sep 23                    | T      | 9:00-11:30                   | \$5          |
| 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 to ensure safety, comfort, and accessibility.   | Charlie    | Sep 9<br>Nov 11                   | T<br>T | 9:00 - 10:30<br>9:00 - 10:30 | \$2<br>\$2   |
| Understanding Annuities   | An Annuity can solve a problem or create a new one. We will discuss the uses and types of annuities and how to determine if one is right for your situation.   | Pat        | Sep 10                            | W      | 9:00-10:00                   | \$2          |
| Beginner Bridge 1   | This class is an introduction to bridge for the students. History, Opening bids of notrump, and suits will be discussed. This class is for students who have never played bridge.  | John D.    | Sep 10 - Oct 22<br>Nov 5 - Dec 17 | W<br>W | 9:00-10:00<br>9:00-10:00     | \$10<br>\$10 |
| Beginner Bridge 2   | This class is the second session of a 2-part series of classes on beginning bridge. The topics covered include The Stayman convention, Jacoby transfers, preemptive bids, scoring. The student is encouraged to participate in ‘Assisted Play’ at the bridge center to complement things learned in class.   | John D.    | Sep 10 - Oct 22<br>Nov 5 - Dec 17 | W<br>W | 10:10-11:10<br>10:10-11:10   | \$10<br>\$10 |
| Intermediate Bridge   | This class is for the Intermediate beginner student who has taken the Beginner 1 and Beginner 2 sessions. Topics covered include, Declarer play, Defense and Defense. Students are highly recommended to partake in the ‘assisted play’ sessions at the bridge center to complement topics taught in class.  | John D.    | Sep 10 - Oct 22<br>Nov 5 - Dec 17 | W<br>W | 11:20-12:20<br>11:20-12:20   | \$10<br>\$10 |
| Culinary Series: Mediterranean Cooking 1                              | Our cooking class will focus on dishes inspired by the Mediterranean diet. We will be cooking grilled salmon skewers, Greek-style green beans, a cucumber-radish salad, and fresh tzatziki. We will cover tips on how to incorporate the Mediterranean cooking style into your diet.   | Lisa       | Sep 11                            | Th     | 10:00-11:30                  | \$10         |





# LIFELONG LEARNING

| Class Name                              | Description   | Instructor  | Date                             | Day    | Time                        | Cost         |
|---|---|---|----------------------------------|--------|-----------------------------|--------------|
| Energy Wise                             | This class is designed to help Colorado Springs Utilities customers learn more about the Energy Wise rates, how to manage their energy needs and different assistance programs that exist.  | Admar/CS Utilities  | Sep 11                           | Th     | 10:00-11:00                 | FREE         |
| 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.  | Lynn  | Sep 12- Oct 24<br>Nov 7 – Dec 19 | F<br>F | 12:00-1:15<br>12:00-1:15    | \$45<br>\$45 |
| Intermediate Ukulele                    | Do you know the main chords and your able to strum a few songs? Are you ready to learn more, like tablature and melody playing? Great fun to sing and play with your friends.   | Lynn  | Sep 12- Oct 24<br>Nov 7 – Dec 19 | F<br>F | 1:30 – 2:30<br>1:30 – 2:30  | \$45<br>\$45 |
| Beginner Ukulele                        | Need a new & fun pastime that may improve your brain? Ukulele is easy and fun. This introductory course is intended to teach you to tune the instrument, play basic chords, and sing familiar songs with friends. You do not need to have your own Ukulele.                 | Lynn  | Sep 12- Oct 24<br>Nov 7 – Dec 19 | F<br>F | 2:45 – 3:45                 | \$45<br>\$45 |
| Learn To Play Chess                     | This class is for those brand new to chess or those wanting to learn some strategies and techniques. Stay after class to practice your skills in chess club!  | Jerry   | Sep 12- Oct 24<br>Nov 7 – Dec 19 | F<br>F | 11:00-12:00                 | \$5          |
| Getting Long Term Care Planning Right   | Long Term Care costs are increasing and are likely the largest cost seniors may face in retirement. In this class, we'll discuss the common options available to receive care and the pros and cons of each. We'll also discuss the various options on how to pay for care. | Nick  | Sep 15                           | M      | 10:00-11:30                 | \$2          |
| How to Avoid Probate With Real Estate   | Discussing estate planning basics and the ways that real estate transfers on death. We will cover each method and its pros and cons.  | Ryan  | Sep 16                           | T      | 10:00-11:00                 | \$2          |
| Pillar Institute For Lifelong Learning: | <b>Finding Life’s Purpose:</b> When we were younger, we often defined our life’s purpose by our work or our families. This presentation will provide you with insights on how to define your life’s purpose as you continue to age.   |  | Sep 17                           | W      | 10:00-12:00                 | \$10         |
| Easy Plants For An Indoor Winter Garden | How to grow plants that will add beauty and health to your home. Including information on lighting, watering and soil needs.  | Joan  | Sep 17                           | W      | 1:30 – 2:30                 | \$2          |
| Aging Happily                           | We'll focus on simple yet effective tweaks to your daily routine, shopping list, and frame of mind to help boost your spirits, energy, and attitude! Refreshments and summary handouts will be provided, in a fun and supportive atmosphere. All are welcome!               | Lauren  | Sep 22                           | M      | 10:00-11:00                 | \$2          |
| Newcomers Orientation                   | Whether you’ve already started taking classes or are brand new, come and learn more about the Senior Center and all it has to offer. Learn about class registration, volunteer opportunities, clinic services and much more.  | Staff   | Sep 23<br>Nov 18                 | T<br>T | 10:00-11:00<br>9:00 – 10:00 | FREE<br>FREE |
| Collette Travel Tours                   | Collette Travel Tours offers exciting upcoming trips to Hawaii, Quebec, and Switzerland, Austria, and Bavaria.  | Robin   | Sep 24                           | W      | 10:00-11:00                 | FREE         |
| Culinary Series: The Whole Chicken      | Continuing to explore new and unique ways to prepare Rotisserie meals. We will prepare Roasted Chicken with Lemon Rosemary Potatoes, chicken quesadillas, chicken salad, chicken soup.  | Lisa  | Sep 25                           | Th     | 10:00-11:30                 | \$10         |
| Mediterranean Diet Workshop             | This workshop will answer questions about key characteristics of the Mediterranean lifestyle and how foods in the diet contribute to health.  | Michael   | Sep 29                           | M      | 10:00-11:30                 | \$5          |
| Mayflower Cruises And Tours             | Come learn about the trips in 2026!   | Nancy   | Sep 30                           | T      | 1:00-2:00                   | FREE         |
| Indoor Plants For A Colorado Home       | Beautiful slides of foliage, succulents, blooming plants, and how to grow them.   | Joan  | Oct 1                            | W      | 1:00-2:30                   | \$2          |
| Culinary Series: Farmer’s Market Meals  | Create tasty vegetable-forward meals using seasonal and local produce. Menu- Stuffed Acorn Squash with Strawberry Mint Salad with Goat Cheese.  | Lisa  | Oct 9                            | Th     | 10:00-11:30                 | \$10         |
| Understanding Retirement Risks          | We will discuss the various risks associated with retirement and strategies to lower the chances of failure.  | Nick  | Oct 13                           | M      | 10:00-11:30                 | \$2          |
| Using Technology To Stay Connected      | Learn to master the most common platforms on your devices! From FaceTime to social media, we'll review and help simplify the apps and make them more accessible on your devices, as well as highlight some of the potential risks and scams associated with their usage.    | Lauren  | Oct 14                           | T      | 9:00-10:00                  | \$45         |



# LIFELONG LEARNING




| Class Name  | Description   | Instructor         | Date           | Day | Time        | Cost |
|---|---|--------------------|----------------|-----|-------------|------|
| Electricity & Natural Gas Safety                      | This class is designed to help identify and mitigate some hazards pertaining to electricity and natural gas utilities.  | Admar/CS Utilities | Oct 16         | Th  | 10:00-11:00 | FREE |
| Mobility Equipment And Wheelchair Accessible Vehicles | Learn more about the mobility equipment available to support your comfort, safety, and independence.  | Michelle           | Oct 20         | M   | 10:00-11:00 | \$2  |
| Culinary Series: Cooking Techniques                   | Wondering about the difference between braising and blanching? We will practice cooking techniques that will elevate your meals! Sauté, Blanching, Steaming, Searing, Skillet Roasting and Braising are just some of the techniques reviewed. We will prepare Skillet roasted chicken with mustard rosemary sauce and Spinach e Aglio salad.  | Lisa               | Oct 23         | Th  | 10:00-11:30 | \$10 |
| Using Housing Wealth To Improve Retirement            | Making your money last in retirement is the first and most important step...but it is not as easy as it sounds. Retirement can be unpredictable, expensive, and difficult to navigate. This is why it is essential to remain curious about the options available within your home and budget. Register today for this insightful discussion and workshop-based classroom experience...and bring a friend.                           | Nathan             | Oct 24         | F   | 10:00-11:00 | \$2  |
| Sewing With Stretch Fabric                            | Learn the different types of stretch fabrics and how to test the percentage of stretch in a fabric, Find out how to use a pattern for woven fabric with Stretch Fabric. Bring your own machine or use one of the Center’s machines.   | Barbara D.         | Nov 3 - Dec 15 | M   | 1:00-3:30   | \$30 |
| Fitting A Pattern To Your Body                        | Learn how to adjust any pattern to your body and not the general size most manufacturers think we all fit. Learn about how sizing is used with different types of fabric, what fabric works with what pattern. Supplies needed, two different colored pencils,a note book, and a measuring tape. Remember wear good foundation undergarments.   | Barbara D.         | Nov 4- Dec 2   | T   | 9:00-11:30  | \$20 |
| Making Sense Of Medicare                              | From turning 65/retiring, to veteran benefits, to annual plan switches (and everything in between!), we will navigate the maze together. No questions are silly, and there is no one-size-fits-all approach to Medicare!. Refreshments and summary handouts provided. All are welcome!  | Lauren             | Nov 4          | T   | 9:00-10:00  | \$2  |
| Music Theatre (Senior Center Community Theater)       | The first time being offered! This class will include singing, dancing & ACTING! From readers theater to excerpts from Broadway musics, we will explore our inner performer. (but not required to perform) Bring your ideas for favorite stage or movie numbers like Singing in the Rain, Grease Lightning, Cats, Mama Mia, and more! Escape your reality and join us in the fantasy of creating scenes and using our imaginations! | DeLene             | Nov 5 - Dec 17 | W   | 10:45-11:45 | \$45 |
| Culinary Series: Mediterranean Favorites              | The second part of the Mediterranean meal series. Sauces, pesto and meal ideas for one or two people. Tilapia with lemon caper sauce and Pesto and Mozzarella pizza.  | Lisa               | Nov 6          | Th  | 10:00-11:30 | \$10 |
| From Service To Coverage: Medicare For Veterans       | If you’re a veteran or a family member with VA, TRICARE, or CHAMPVA benefits, understanding how Medicare fits in can help you avoid costly mistakes and get the most from your coverage.  | Sean               | Nov 6          | Th  | 10:00-11:00 | \$2  |
| The Psychology Of Scams                               | Scammers are using more sophisticated methods to separate victims from their money. In this class, you’ll learn ways potential victims are identified and techniques used by scammers and fraudsters. You’ll receive checklists on steps to take if you’ve become a victim of identity theft or a scam.   | Nick               | Nov 10         | M   | 10:00-11:30 | \$2  |
| Do I need A Will Or A Trust?                          | We will discuss the pros and cons of Wills and Trusts.  | Ryan               | Nov 11         | T   | 9:00-10:00  | \$2  |
| Finding Joy In The Holiday Season With Dementia       | Learn Modifications to celebrate the holidays with your person living with dementia. List several tips for traveling with someone living with dementia and explain the process for assessing and identifying behavioral expressions.  | Rosemary           | Nov 12         | W   | 1:00-2:00   | \$2  |
| Have A Better Garden Next Year                        | What to do now to help your garden and lawn grow better next year.  | Joan               | Nov 19         | W   | 1:00-2:30   | \$2  |
| Culinary Series: Charcuterie For Every Occasion       | Create unique charcuterie boards for every occasion. Weekends, holidays and parties. Everyone will participate and create a personal charcuterie board to enjoy. Grandma’s Chicken soup & personal charcuterie boxes.   | Lisa               | Nov 20         | Th  | 10:00-11:30 | \$10 |





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| Class Name                              | Description  | Instructor  | Date   | Day | Time        | Cost |
|---|--|---|--------|-----|-------------|------|
| Scams, Fraud & Imposters                | This class is designed to inform Colorado Springs Utility customers regarding some common scams pertaining to the utilities.   | Admar/CS Utilities  | Nov 20 | Th  | 10:00–11:00 | FREE |
| Pillar Institute For Lifelong Learning  | <b>Gen. Albert Clark: The True Story of the Great Escape!</b><br>Gen. Albert Clark was a former superintendent of the Air Force Academy in the 1970s. As a fighter pilot in WWII, he was shot down over France and spent 3 years in Stalag Luft III, the infamous prison camp where “The Great Escape” occurred.   |  | Dec 2  | T   | 10:00–12:00 | FREE |
| 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  | Dec 8  | M   | 10:00–11:00 | \$2  |
| Culinary Series: Holiday Favorites      | Twists on the classics! Have fun with new flavors this season! Introducing new ingredients and healthier options for some of your favorites. Stuffed Mushrooms, Roasted Beet Salad, and Warm Farro with Cranberries.   | Lisa  | Dec 11 | Th  | 10:00–11:30 | \$10 |
| Estate Planning Basics                  | 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  | Dec 15 | M   | 10:00–11:30 | \$2  |
| Fight Back Against Stress               | Learn to incorporate some specific nutrients and lifestyle changes to support our ability to adapt and cope with stress  | Kat   | Dec 17 | W   | 1:00–2:00   | W    |
| Culinary Series: This For That          | New choices, not resolutions! Get ready for 2026 by making the switch to healthier options! Small changes can make a big difference in your health. Oatmeal bake, Baked Blueberry French Toast.  | Lisa  | Dec 18 | Th  | 10:00–11:30 | \$10 |
| Water Wise                              | This class is designed to inform Colorado Springs Utilities customers about the water wise rules and our water system.   | Admar/CS Utilities  | Dec 18 | Th  | 10:00–11:00 | FREE |

## COMMUNITY – DAY TRIPS

| Class Name  | Description  | Instructor | Date                    | Day            | Time       | Cost |
|---|--|------------|-------------------------|----------------|------------|------|
| Forest Bathing  | When was the last time you felt a sense of awe in nature? Also known as forest therapy, 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 two-hour guided forest therapy walks in North Shooks Run Park. This is not a time of exercise or hiking. In fact, we will be moving less than ¼ mile over the two hours. At the end of our walk, we will have an informal tea ceremony with a small snack. Note: No two forest bathing walks are alike. Each walk has unique invitations. Please Register by 12 p.m. the Friday prior to the walk. | Serena     | Oct 4<br>Nov 1<br>Dec 6 | Sa<br>Sa<br>Sa | 8:30–10:30 | \$8  |
| Butte Theater Cripple Creek Presents: White Christmas | Based on the beloved movie of the same name! Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters enroute to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil’s former army commander. <b>We’ll meet the Ramblin Express shuttle off 8th Street 15 minutes before departure. You’re welcome to bring a lunch or grab a quick bite in Cripple Creek before the 1 p.m. show.</b>  | Staff      | Dec 6                   | Sa             | 10:45–5:00 | \$60 |