

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.

SENIOR PLANET

FROM AARP

Taught by SENIOR PLANET
certified instructors.



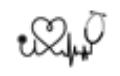
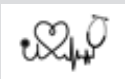
TECHNOLOGY

Class Name	Description	Instructor	Date	Day	Time	Cost
Understanding Frauds & Scams	Are you scam savvy? Come to this lecture to learn about fraud and scams and how to protect yourself against them.	Brian	Sep 9	T	1:30-3:00	Free
Passwords, Passkeys And More	Tired of resetting your password all the time? Join this lecture to discover password alternatives and different ways to manage your passwords.	Ila	Sep 16	T	1:30-3:00	FREE
Wearables At A Glance	Learn about tech you can wear and what it can do for you!	Murry	Sep 25	Th	1:30-3:00	FREE
Technology For Aging In Place	Come learn how smart technology can help you maintain your independence in your own home.	Charlie	Sep 29	M	1:30-3:00	FREE
A.I. And Disinformation	Seeing might not mean believing anymore. Come learn how to identify deepfakes and cloned voices so you don’t fall for digital deception.	Wendy	Oct 2	Th	1:30-3:00	FREE
Antivirus & Malware Removers At A Glance	Concerned about viruses and malware? Attend this lecture to learn how to keep your device safe!	Brian	Oct 7	T	1:30-3:00	FREE
Streaming And 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	Oct 9	Th	1:30-3:30	FREE
Understanding Internet Plans	Faster is not always better! Come learn about home internet options so you only pay for what you need.	Charlie	Oct 13	M	1:30-3:00	FREE
Staying Safe Online	Learn how to protect your personal information online while doing research, using email, and more.	Ila	Oct 14	T	1:30-3:30	FREE
Digital Genealogy Tools	Curious about your family’s history? Fill in the gaps using digital genealogy resources!	John	Oct 20	M	9:30-11:00	FREE
Using Google Calendar	Still using an appointment book? Come learn about the benefits of a using an online calendar.	Wendy	Oct 23	Th	1:30-3:00	FREE
Digital Legacy At A Glance	In this lecture, we’ll explore this relatively new concept regarding what will happen to your digital content after you’re gone.	Ila	Oct 28	T	1:30-3:00	FREE
Google Maps	Learn how Google Maps can help you get from point A to B with confidence!	Murry	Oct 30	Th	1:30-3:00	FREE
Intro To A.I.	Curious about AI? Come learn the basics, including how it works and considerations to keep in mind.	Tom	Nov 4	T	1:30-3:00	FREE
Finding Information Online	Take advantage of the power of the internet to find information, search topics, and more!	Brian	Nov 6	Th	1:30-3:30	FREE
Intro To Sleep Technologies	Learn about devices and apps that can help you get more Zzz’s	John	Nov 10	M	1:30-3:00	FREE
Gmail Tips And Tricks	Go beyond sending and receiving with this hands-on workshop about Gmail features!	Murry	Nov 13	Th	1:30-3:30	FREE
Getting Started With Venmo	Venmo is a popular peer-to-peer payment system that allows you to send and receive money.	Ila	Nov 18	T	1:30-3:30	FREE
Affordable Home Internet	Don’t overpay for internet. Learn about programs offering low-cost home internet that can help save you money.	Wendy	Nov 20	Th	1:30-3:00	FREE
Intro To Managing Your Privacy	Come learn about some essential internet privacy tips!	Charlie	Dec 1	M	1:30-3:00	FREE
Intro To Translation Tools	Leave the dictionary at home and start using digital tools that can translate on the go.	Murry	Dec 4	Th	1:30-3:00	FREE
Protecting Your Personal Info Online	Learn how to stay safe while you surf the web!	Brian	Dec 9	T	1:30-3:00	FREE
Getting Started With Spotify	During this hands-on workshop, you’ll learn how to download and use the Spotify app, a popular music service allowing users to listen to millions of songs	Wendy	Dec 11	Th	1:30-3:30	FREE
Virtual Museum Tours	Tour world famous museums from the comfort of your home!	Ila	Dec 16	T	1:30-3:00	FREE



HEALTH

FALL 2025 (September – December)

Class Name	Description	Instructor	Date	Day	Time	Cost
Medicare Made Simple	In this introductory session, we’ll break down the basics—Parts A, B, C, and D—so you can make informed decisions about your healthcare coverage. Whether you’re approaching 65 or helping a loved one, this class is designed to give you clarity and confidence.	Sean	Sep 8	M	10:00-11:00	\$2
Moving Beyond The Pain Of Grief	Our grief is as unique and individual as we are. Whether we’re grieving due to the death of a loved one, the ending of a relationship/marriage, loss of mobility and the health we have always enjoyed, retirement changes and at least one of 40+ other reasons why we humans grieve, this class of education and support can help grieverers move beyond the pain that accompanies our losses. While we may still miss our loved one or situation, the pain that catches us unaware and takes our breath away can become a thing of the past.	Barbara M.	Sep 8 – Oct 20 Nov 3 – Dec 15	M	11:00-12:30 11:00-12:30	\$5 \$5
Simple Steps To Boost Your Immune System	We'll explore simple, effective tips to stay healthy and energized.	Rick	Sep 9	T	9:00-10:00	\$2
Blood Pressure Clinic	ANOVA CARE is hosting a blood pressure clinic at The Senior Center, offering free checks and health guidance to support senior wellness and heart health.	Lisa	Sep 9 Oct 14 Nov 11 Dec 9	T	1:00-3:00	FREE
Nurse Chats: Hydration/ Dehydration	How much is too much water and too little water? With our altitude both are very important.	Anne 	Sep 10	W	1:00-2:00	FREE
Joint Pain Health	Dr. Forrester will discuss joint pain health, along with advancements in technology.	Dr. Forrester	Sep 11 Nov 14	Th	1:00-2:00 1:00-2:00	\$2 \$2
Stand Strong: Balance & Nerve Check-Up	Join Dr. Harold Salob for a free clinic focused on evaluating neuropathy and balance	Dr. Salob	Sep 11	Th	1:00-3:00	FREE
Aerobic Exercise Principles with Rocky Mountain PACE	Do you have questions about how you should be structuring your exercise routine? Do you want to figure out how to safely implement exercise into your life? Rocky Mountain PACE’s professionals can help you get jump started with this presentation on aerobic/cardiovascular exercise.	Kelsey	Sep 12	F	10:30-11:30	FREE
Healthy Sleep	Healthy sleep helps your body recharge, boosts your immune system, and keeps your mind sharp and mood balanced.	Rick	Oct 6	M	9:00-10:00	\$2
Medicare On A Budget	Medicare may offer more help than you realize. This class will walk you through programs like Medicaid, Medicare Savings Programs, and Extra Help with prescription costs. We’ll show you how to qualify and apply so you can get the care you need without breaking the bank.	Sean	Oct 7	T	9:00-10:00	\$2
Nurse Chats: 6 Warning Signs	Come learn what these 6 warning signs may mean for your health and what you should react to.	Anne 	Oct 8	W	1:00-2:00	FREE
The Basics Of Cardiac Anatomy With Rocky Mountain PACE	Did you know the human heart beats more than 100,000 times per day?! Join us to learn all about how this amazing part of your body works and things we can do to help keep it safe.	Kelsey	Oct 10	F	10:00-11:30	FREE
Planning for Medicare	We will explore the choices of Medicare options, when to apply for them and the cost involved.	Pat	Oct 15	W	9:00-10:00	\$2
Natural Hacks for Memory Support	Discover how good nutrition and healthy habits can support our memory throughout our lifespan	Kat	Oct 22	W	1:00-2:30	\$2
10 Tips To Boost Your Energy	10 energy boosting tips for health and happiness	Rick	Nov 3	M	9:00-10:00	\$2
The Gift Of Hospice	Learn about Hospice care and when to seek it out for yourself or a loved one. You will gain an understanding of what to expect from your Hospice team.	Nita	Nov 3	M	1:00-2:00	FREE
Planning For Long Term Care	We will review the types of long term care, the providers and facilities available and ways to cover the cost.	Pat	Nov 5	W	9:00-10:00	\$2
Nurse Chats: Normal Aging	We will discuss what is normal aging and how this affects your body. We will suggest when to see a doctor.	Anne 	Nov 5	W	1:00-2:00	FREE
Hypertension/ High Blood Pressure	Why is high blood pressure referred to as “The Silent Killer” in healthcare? Answers to this and many more questions in this presentation.	Kelsey	Nov 7	F	10:00-11:30	FREE
Nurse Chats: Sleep Apnea	Why do I wake up after a night’s sleep feeling foggy and exhausted. Learn who is at risk for sleep apnea and how to help treat it.	Anne 	Dec 3	W	1:00-2:00	FREE
Medicare: Benefits You Might Be Missing	This session will walk you through the hidden perks and how to actually use them. Learn how to get the most out of your plan and make sure you’re not leaving benefits on the table	Sean	Dec 9	T	9:00-10:00	\$2
Stress Management	Your level of stress and what you do to control it can be hugely impactful on your overall health. Come	Kelsey	Dec 12	F	10:00-11:30	FREE
Sneaky Sodium	Tips and tricks to reduce sodium	Rick	Dec 15	M	9:00-10:00	\$2