

DOWNTOWN YMCA

207 N. Nevada Ave.

Registration begins Monday, December 2nd 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	Jan 6 - Feb 20 Mar 3 - Apr 17	M/Th M/Th	2:45-3:30 2:45-3:30	\$60 \$60
Gentle Yoga	We will explore the benefits of yoga practice within a positive, supportive environment. We begin seated in a chair for warm-up, transitioning to standing postures using chair support if needed. 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. Open to all students of varying abilities.	Brian	Jan 6 - Feb 20 Mar 3 - Apr 17	M/Th M/Th	3:45-4:45 3:45-4:45	\$60 \$60
Taiji Fit	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. Equipment of any kind will not be required nor provided.	Jan/Russ	Jan 7 - Feb 18 Jan 7 - Feb 18 Mar 4 - Apr 15 Mar 4 - Apr 15	T T T T	8:30-9:30 9:30-10:30 8:30-9:30 9:30-10:30	\$45 \$45 \$45 \$45
Juggling	Juggling has been scientifically proven to improve cognition and increase hand-eye coordination! Come learn juggling techniques and have some fun!	Scott	Jan 7 - Feb 18 Mar 4 - Apr 15	T T	2:15-3:15 2:15-3:15	FREE FREE
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	Jan 8 - Feb 19 Mar 5 - Apr 16	W W	1:30-2:30 1:30-2:30	\$40 \$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	Jan 28 Feb 25 Mar 25 Apr 29	T T T T	1:30-2:30 1:30-2:30 1:30-2:30 1:30-2:30	FREE FREE FREE FREE

HEALTH

Class Name	Description	Instructor	Date	Day	Time	Cost
Joint Pain Health	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	Jan 15	W	1:30- 2:30	FREE
Steps to Boost your Immune System	Simple steps you can take to help your body's first line of defense against germs and viruses.	Rick	Jan 22	W	1:30- 2:30	FREE
Understanding Alzheimers & Dementia	ALZHEIMER'S IS NOT NORMAL AGING. It's a disease of the brain that causes problems with memory, thinking and behavior. Learn about: the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors.	RoseMary	Feb 12	W	1:30- 2:30	FREE FREE
The Mediterranean Diet Workshop	Colorado State University Extension has created a workshop focusing on the Mediterranean diet. This workshop will answer questions about key characteristics of the Mediterranean lifestyle and how foods in the diet contribute to health. Plus, you will learn how to make fresh home-made hummus and try a delicious sample. After attending this workshop, you will have strategies to incorporate these foods and habits into your life.	Michael	Apr 23	W	1:30- 2:30	\$5

DOWNTOWN YMCA

207 N. Nevada Ave.

DANCE

Class Name	Description	Instructor	Date	Day	Time	Cost
Dance Review-Country Two Step, Fox Trot, Salsa & Jitterbug!	This session will review our previous sessions. We will reinforce moves and techniques from Country Two Step, Fox Trot, Salsa & Jitterbug! If you don't USE it, you LOSE it! Perfect for refreshing what you've learn or start learning more about 4 styles of dance. All are welcome!	DeLene	Jan 8 - Feb 19	W	1:00-1:45	\$45
Waltz Your Way into the New Year!	Come join us in learning the basics of the waltz dance moves and techniques. Waltz is a smooth dance performed in a 3/4 timing. It is perfect for ballroom, country dance, and competitive dance as well. This class will accomodate a range from beginners to experienced.	DeLene	Jan 8 - Feb 19	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	Jan 8 - Feb 19 Mar 5 - Apr 16	W W	2:30-3:30 2:30-3:30	FREE FREE
West Coast Swing Dancing	West Coast Swing is a style of dance that fits with most popular genres of music. The movements do not travel around the floor rather stay in one place (a slot dance). Let's get swinging!!	DeLene	Mar 5 - Apr 16	W	1:00-1:45	\$45
Cha Cha Dance Class	Come get sassy with the latin groove of Cha Cha! Fun, sharp, and sultry, Cha Cha is perfect for social dancing. It doesn't travel around the room but stays in a "slot" with your partner. Of course, we will also work on the line dance "Cowboy Cha-Cha!" Partner isn't needed.	DeLene	Mar 5 - Apr 16	W	1:45-2:30	\$45

SPECIALS

Class Name	Description	Date	Day	Time	Cost
Tunes on Tuesday-Uku:Stik Vibes	A performance featuring a Chapman Stick and ukulele can be a captivating blend of rich textures and melodies. The Chapman Stick, with its unique tapping technique, offers deep, resonant bass lines and intricate harmonies, while the ukulele brings a bright, cheerful quality to the mix.	Jan 14	T	2:00-3:00	\$2
Tunes on Tuesday-Ukulele Ladies	The Ukulele Ladies are a group of retirees who decided to continue their love of music and love of singing, now that they have the time to perform. They chose familiar songs from the last hundred years that are fun to sing along with and embellish with harmony and humor. From jazz standards to rock -n- roll to cowboy classics to Hawaiian melodies they do it all on ukuleles.	Feb 18	T	2:00-3:00	\$2
A Night of Music and Celebration!	Come hear from Colorado Springs' own Joe Uveges along with his daughter Katie for a night of music and refreshments. Joe has been a regular at many venues around the city as well as the Senior Center. This evening will be a celebration about the new Senior Center coming in the Fall and to give you an opportunity to support our cause. Partner with us as we make an impact for seniors in the community. This event will take place at The Peel House, 1515 N. Cascade Ave. Ticket Price will be \$25 at the door.	Mar 13	Th	6:30-8:30	\$20
Mountain Harmony-St. Patty Day	Get ready to celebrate St. Patty's Day with 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.	Mar 17	M	2:00-3:00	FREE
Senior Spring Showcase	The Senior Talent Showcase is a delightful celebration of creativity and accomplishment, bringing seniors together to share their unique talents with the community. From enchanting musical performances and moving poetry readings to stunning dance routines, each act showcases the diverse skills and passions developed over a lifetime. This event not only highlights the remarkable abilities of the seniors but also fosters connections between participants and the audience, creating an atmosphere filled with joy, pride, and inspiration that resonates throughout the room.	Apr 18	F	2:00-3:30	\$2

DOWNTOWN YMCA

207 N. Nevada Ave.

Registration begins Monday, December 2nd 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.

LIFELONG LEARNING

Class Name	Description	Instructor	Date	Day	Time	Cost
1 on 1 Medicare Help	Schedule your 15 minute one-on-one Medicare help from a professional. It can be invaluable for individuals navigating the complexities of Medicare coverage. Professionals who specialize in Medicare can provide personalized guidance tailored to your unique healthcare needs and financial situation.	Sean	Jan 6	M	1:30 - 2:30	\$3
Medicare 2025 Changes	Medicare 2025 Changes is an informational session designed to educate people about the Medicare program and the new legislation that affects how drug coverage will be managed, also, its various parts, and how to navigate the options available.	Floribel	Jan 7	T	1:30 - 2:30	FREE
Tax Planning in Retirement	With the increased spending by our Federal Government, future tax rates are on most peoples' minds. In this class, we'll discuss how new legislation may impact tax planning.	Nick	Jan 8	W	1:30 - 2:30	\$2
1 on 1 Apple Questions	Schedule your 15 minute one-on-one appointment with a technology wiz! We can answer questions and give how-tos with iphones, ipads and apps!	Tom	Jan 9	Th	2:00 - 3:00	\$10
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 and much more.	Staff	Jan 10	F	1:30 - 2:30	FREE
Solutions to Pay for the High Cost of Long-Term Care	We provide trustworthy long-term care guidance for deeply caring family members facing a critical long-term care financial crisis. We help clients understand, prepare, and qualify for programs covering high costs of Long-term Care including • adult day care • home care • assisted living • memory care • nursing homes.	Kim	Jan 15	W	1:30 - 2:30	\$2
Aging in Place	Life-enriching aging in place is not a passive activity. It doesn't result from just staying put and adding up the years, 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. The process starts with asking the question, what will it take for you to age comfortably and safely in this house and in this community?	Charlie	Feb 5	W	1:30 - 3:00	\$2
Financial Self Defense	Learn how to get these 7 documents to help protect you and your loved ones, to include: the federal document to help prevent a disruption in your Social Security benefits; what may be the most important part of your Medical POA that most people forget; how to pass on something even more important than money; and how to help prevent your loved ones from going on a wild goose chase after you pass away.	Nick	Feb 13	Th	1:30 - 2:30	\$2
Taking Advantage of your Medicare Advantage!	Learn the do's and don'ts of Medicare Advantage in this educational class focused on optimizing all of your medicare benefits!	Sean	Mar 3	M	1:30 - 3:00	\$2

DOWNTOWN YMCA

207 N. Nevada Ave.

LIFELONG LEARNING

Class Name	Description	Instructor	Date	Day	Time	Cost
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.	Mar 5-Apr 16	W	1:30 - 2:30	\$2
Learning 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.	Mar 5-Apr 16	W	2:30 - 3:30	\$2
Making Your Money Last in Retirement	You've worked and saved for decades preparing for retirement. How do you turn your nest egg into a sustainable income stream without worrying about running out of money? In this class, we'll discuss how your finances should be viewed differently in retirement vs your working years. We'll cover some of the unique risks retirees face and how to mitigate those risks. There is no 'one-size-fits-all' in retirement and your retirement plan should be tailored to your unique situation.	Nick	Mar 13	Th	1:30 - 2:30	\$2
Today's HECM Reverse Mortgage- 3 Proven Home Asset Strategies To Retire More Freely	Today's HECM Reverse Mortgage has come a long way since 1987. However, many Americans are still fearful or reluctant to look at the program because of what they hear. We will discuss the myths, understandings, the facts about the program to relieve fears, and open the conversation to consider 3 proven strategies to retire more freely.	Nathan	Apr 4	F	1:30 - 2:30	\$2
1 on 1 Apple Questions	Schedule your 15 minute one-on-one appointment with a technology pro! We can answer questions and give how-to's with iphones, ipads	Tom	Apr 7	M	2:00 - 3:00	\$10
Cyber Security for Seniors	Cyber-attacks are increasing, and the stakes are getting higher. In this class, we'll discuss threats seniors face and steps you can take to help fight them. I'll cover how prepared you are for a cyber-attack and identify areas of potential cyber weakness. We'll cover cyber security rules and you'll receive an action plan to help secure your electronic devices and information.	Nick	Apr 10	Th	1:30 - 2:30	\$2
The Latest in Space and Astronomy News	This session will describe recent fascinating events related to space and astronomy. This will be an opportunity to learn about the latest discoveries in mankind's examination of the cosmos. In addition, there will be ample opportunity to ask YOUR science questions! Your instructor is a systems engineer, former satellite operator, and experienced outreach teacher with the Colorado Springs Astronomical Society.	David	Apr 15	T	1:00 - 2:30	\$3
You're not stuck!	As Seniors in retirement, we often worry about maintaining our lifestyle. Fixed incomes may clash with rising costs. Come hear how FHA programs exclusively for the 62+ population can diminish those fears and concerns. Staying in your home or moving to something more appropriate can be the answer.	Julie	Apr 18	F	1:30 - 2:30	FREE

DOWNTOWN YMCA

207 N. Nevada Ave.

Registration begins Monday, December 2nd. 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.

TECHNOLOGY

Class Name	Description	Instructor	Date	Day	Time	Cost
Using Fact-Checking Sites	This interactive workshop will review the ways you can identify misinformation online. You'll get hands-on practice using fact checking sites to evaluate and debunk false news.	Brian	Jan 6	M	1:30-3:00	FREE
Google Maps	Visit sites around the world from the comfort of your home; get a bird's-eye-view of your childhood neighborhood; or simply get directions to your friend's house! Google Maps is a mapping application that offers satellite imagery, street maps, and street-view perspectives. During this lecture, you'll get an introduction to the platform and a demonstration of how to use it.	Murry	Jan 9	Th	1:30-2:30	FREE
Person to Person Payment Services	Since PayPal debuted over twenty years ago, person-to-person payments have become commonplace. In this lecture, you'll learn about some of today's most popular P2P payment services, including PayPal, Venmo, and CashApp. We'll cover some of the basic functions of these services, how they compare, and tips for using them safely.	Ila	Jan 14	T	1:30-2:30	FREE
How to Choose a New Computer	Looking for a new computer? This informational session addresses some of the most common questions surrounding how to choose a new computer: Where to start? What's a reliable brand? How much should you budget? What technical specifications? We will also cover operating systems and compare alternatives to the traditional computer, e.g. tablets and Chromebooks.	Wendy	Jan 23	Th	1:30-2:30	FREE
Learn What Podcasts are and Where to Find Them!	Podcasts are an increasingly popular form of entertainment and a great source of information on all kinds of topics. In this lecture, you'll learn more about these audio programs available on the internet: why people listen to them, where you can find them, and what the most popular ones are.	Tom	Jan 30	Th	1:30-2:30	FREE
Intro to Photo Editing Tools	In this lecture, you'll get an overview of what photo editing tools can do as well as an introduction to easy-to-use photo editing apps. You'll be on your way to "photoshopping" with these popular free apps!	John M.	Feb 3	M	1:30-2:30	FREE
Messaging Apps	Text Messaging has become one of the primary ways we communicate. Learn about three ways to communicate for free over the internet.	Laura	Feb 6	Th	1:30-2:30	FREE
Staying Safe Online	This hands-on workshop reviews important tips for keeping your personal information safe while enjoying the benefits of the internet. Learn how to recognize suspicious emails, tips for safe browsing and the best practices for shopping online.	Brian	Feb 10	M	1:30-3:00	FREE

SENIOR PLANET
FROM 

Taught by SENIOR PLANET certified instructors.

DOWNTOWN YMCA

207 N. Nevada Ave.

TECHNOLOGY

Class Name	Description	Instructor	Date	Day	Time	Cost
Digital Wallet	What item can you not leave home without? If you said your phone, this lecture is for you! If you said your wallet, you should probably come too! The digital wallets on our smartphones allow us to go about our daily lives without ever needing to pull out our actual wallets.	Ila	Feb 11	T	1:30-2:30	FREE
Everyday Uses of AI	Everyone is talking about AI. Come to this class to be a part of the conversation! This lecture will show you the ways AI is already present in everyday tasks and how it is used in everything from voice assistants to customer service and healthcare. We'll look at common applications of AI across multiple industries and discuss ways you too can take advantage of this influential technology.	Christy	Feb 19	W	1:30-2:30	FREE
Streaming and Smart TVs	This presentation will introduce streaming: what it is, how to use it, and the variety of content available. You'll also learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the Internet on your television	Tom	Mar 6	Th	1:30-2:30	FREE
Tech Tips for Disaster Preparedness	Did you know that technology is an essential part of being prepared for emergencies and natural disasters? In this session, we'll explain how technology can help you prepare. We'll discuss and demonstrate useful features of the FEMA and Red Cross apps, including setting alerts.	Ila	Mar 11	T	1:30-2:30	FREE
My Chart	Come learn about MyChart, the electronic health record that works in both a web browser and in an app. You will learn how My Chart can help you keep your records secure and in one place, allow you to communicate with your health care providers, and to facilitate an online appointment. We'll also discuss privacy and safety features.	Laura	Mar 20	Th	1:30-2:30	FREE
If You Love Music, You'll Love Spotify	Spotify is a great digital music service for enjoying millions of songs, podcasts, and videos for free! In this lecture, you'll learn about Spotify's important features, including how to search for songs and create your own playlists.	Tom	Apr 3	Th	1:30-2:30	FREE
Gardening Tech At a Glance	Do you want to improve your green thumb or just make gardening easier? Technology may be the answer. Join us in this introductory lecture to learn about different types of gardening tech. You'll also learn about outdoor smart irrigation systems and sensors, as well as indoor gardening devices.	Christy	Apr 8	T	1:30-2:30	FREE
Intro to Smartphone Photography	Come to this lecture to explore your smartphone's camera. We'll discuss common camera icons on Android and iPhone devices, simple editing tools, managing and sharing your photos, and editing date and location details on your phone. We'll also go over how to check your camera settings so that it can scan QR codes.	John M.	Apr 14	M	1:30-2:30	FREE
Smart Phone Camera Uses Beyond Photography	Join us to learn about additional ways you can use your smartphone's camera. We'll explore a variety of fun and useful features made possible by apps, such as scanning QR codes, translating text and measuring objects.	Ila	Apr 15	T	1:30-2:30	FREE
Affordable Home Internet	This lecture goes over basic information you need to know when signing up for home internet service, so that you can understand all your options. You'll also learn about resources for finding low-cost programs from internet service providers across the country.	Wendy	Apr 24	Th	1:30-2:30	FREE

SENIOR PLANET

FROM AARP

Taught by SENIOR PLANET certified instructors.

207 N Nevada Ave, Colorado Springs, CO 80903 • 719.955.3400 719.209.1717 • csseniorcenter.com