



# November / December

2018 Newsletter

Congratulations to **Barbara Mejer!** She was the winner of the SilverSneakers **August Challenge!**

The next SilverSneakers challenge begins **November 1.**

Visit 10 times during the month of November and you will automatically be entered into a drawing for a Prize! All you have to do is swipe your SilverSneakers membership card at each visit. At the end of the month, your name will be entered into a drawing. It's that easy, 10 visits and 10 swipes enters you into the drawing. There will be only one winner.

For more information on SilverSneakers contact Colleen Dame at 303.926.2569.

## Did you Know?

There are several activities going on within our Active Adults community in the Erie Community Center. There is something for everyone and you will be welcomed in any, and all, of these activities:

**Hand & Foot Canasta – M, W, F @ 1:00 pm, Columbine Lounge**

**Party Bridge – Tue @ 12:30 pm, Columbine Lounge**

**Duplicate Bridge – Wed @ 12:30 pm (must make reservation), Columbine Lounge**

Are you looking for new friends who are easy going and like to play cards? Hand & Foot Canasta is simple to learn and fun to play...you can be sure no one will frown if you make a mistake! Come and join us on Monday, Wednesday, and Fridays at 1:00 p.m. in the Columbine Lounge. Even shy people will love this fun bunch of card players!

**Morning Coffee – M & F @ 8:30 am, Columbine Lounge**

Join us for coffee, good conversation, and a lot of laughs! Visit with your old and new friends twice a week. More often than not, your coffee turns into lunch and before you know it, you are going to a restaurant to continue on in friendship, laughter and some sustenance!

**Busy Fingers & Needlework – Thu @ 1:00 pm, Columbine Lounge**

This group has a lot of fun working on several different crafts together at the same table. Wonderful projects are happening along with growing friendships!

**Miscellaneous Games – Fri @ 1:00 pm, Columbine Lounge**

We usually have Canasta players, but we have a lot of different games and puzzles on hand. Come and join us for canasta or something new!

**Drop In Painting – Fri @ 9:00 am, Party Room**

Along with the above activities, we offer painting on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of each month. If you see painted pictures hanging on the walls in the Erie Community Center, you might find some beautiful art created by our participants!

We always enjoying seeing you and your friends!

For more information, contact

Cindy Hickman, Active Adults Coordinator

303.926.2795

chickman@erieco.gov

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## COLUMBINE LOUNGE

The Columbine Lounge is open Monday - Friday, 8:00 a.m. - 4:00 p.m. You are welcome to stop by for a cup of coffee, join others who are playing a variety of games, log on to one of our computers, read a book, or enjoy visiting with others. Participation in the lounge is free of charge to residents and non-residents.

Did you know we have a book and movie exchange? If you have a book or movie you would like to recycle, please leave it on the bookshelf in the Lounge for someone else's enjoyment.

## DROP-IN ACTIVITIES

Join us in the Columbine Lounge (unless otherwise indicated) during these times when others will be participating in the following activities. These scheduled times are ongoing.

Mon & Fri	9:00 am	Coffee Group
M, W, & Fri	1:00 pm	Hand and Foot Canasta
Tuesday	12:30 pm	Party Bridge
Wednesday	12:30 pm	Duplicate Bridge
Thursday	1:00 pm	Busy Fingers
1st & 3rd Fri	9:00 am	Painting in Party Room
Friday	1:00 pm	Miscellaneous Games

## COMMUNITY RESOURCE PROGRAM

If you need information or a referral connecting to local resources for seniors (60+) and their families residing in Erie, please call 303.926.2795.

## THURSDAY LUNCHES

Lunches are provided by The Friendly Fork: Weld County Senior Nutrition program every Thursday at noon. Join us for the social hour beginning at 11:00 a.m. **Reservations are required no later than Tuesday evening by calling 303.926.2793.**  
**\$4.00 - Suggested Donation for 60+**  
**\$12.00 - Fee for under 60**

## LUNCH ENTERTAINMENT

Entertainment is open to anyone, whether you eat lunch with us or not. Entertainment will not be scheduled for every lunch.

November 8	Anthem Tappers
November 15	Local World War II Veterans' Stories
November 22	<b>NO WELD CTY LUNCH</b>
December 6	David Potter, musician
December 20	<b>NO WELD CTY LUNCH</b>
December 27	<b>NO WELD CTY LUNCH</b>

## Hearing Assistance Available



This facility is *equipped* with a hearing assistance system. If you need hearing assistance, please ask for a receiver.

**Trip Physical Activity Levels:**

This is a generalization for trips.

**Easy:** Ability to board the bus, easy, mostly sitting

**Light:** Mostly sitting, with some walking

**Moderate:** Some walking, possible stairs

**High:** Lots of walking, stairs, elevation

Please contact the Active Adults Coordinator prior to registration for any questions regarding accessibility. **Not all venues are accessible.** For more information on day trip registration, accessibility, etiquette, cancellations and refunds see the trip brochure posted online or pick up a hard copy in the Columbine Lounge.

**CASINO TRIPS**

**Mardi Gras Casino - Light**

The casino package includes \$5 free play on card, free drinks while gambling and \$5 food voucher and when 200 points are earned or 1 hour of tracked table play another \$5 food voucher. You must use your player card to earn points and receive package. Meals are on your own. Fee includes charter bus transportation. Registration deadline is two weeks prior to date.

Day	Date	Time	Activity #
Mon	Nov 26	8:30 a.m. - 4:30 p.m.	5360.301
Mon	Dec 17	8:30 a.m. - 4:30 p.m.	5360.401
<b>Fee:</b>	R \$5 / NR \$6		

**DAY TRIPS**

**Denver Art Museum, Dior - Moderate**

See a collection of 150 couture dresses, as well as accessories, costume jewelry, photographs, drawings, runway videos, and other archival material. Trace the history of the iconic haute couture fashion house, and the subsequent artistic directors who carried Dior's vision into the 21st century. Fee includes transportation and exhibit. Lunch on your own. Registration deadline is November 27.

Day	Date	Time	Activity #
Tue	Dec 11	8:30 a.m. - 3:30 p.m.	5374.101
<b>Fee:</b>	R \$34 / NR \$43		

**SUPPER CLUB**

**Price Range for Restaurants**

\$ = Inexpensive - Under \$10

\$\$ = Moderate - \$11-\$30

\$\$\$ = Pricey - \$31-\$60

\$\$\$\$ = Ultra High-End - Above \$61



**Lunada Eatery and Cantina \$\$ - Easy**

Lunada is dedicated to serving delicious southwest cuisine with a Colorado twist. They strive to give their customers the best culinary experience

possible. Lunada uses fresh ingredients and prepares each meal to order. Their staff strives to create a pleasurable experience in a warm and comfortable atmosphere. Fee includes transportation. Meal on your own. Registration deadline is November 6.

Day	Date	Time	Activity #
Tue	Nov 20	4:30 - 7:30 p.m.	5382.101
<b>Fee:</b>	R \$9 / NR \$11		



bistro & sushi

**95 Bistro \$\$ - Easy**

95 Bistro serves as a great eatery as well as a neighborhood gathering place where folks from all walks of life feel welcome.

To achieve this, they use a family-like approach to express care and concern for all their

guests, along with offering a great menu! Fee includes transportation. Meal on your own. Registration deadline is December 4.

Day	Date	Time	Activity #
Tue	Dec 18	4:30 - 7:30 p.m.	5383.101
<b>Fee:</b>	R \$9 / NR \$11		



**Notable Neighbors**

The Erie Community Center and Erie Community Library joined forces to bring you a unique opportunity to meet our Notable Neighbors! Accomplished Coloradans including a nationally-known photographer, Vietnam combat nurse, world-touring musician, and Emmy award winning sports anchor are coming to Erie! Join us at the Erie Community Center for an exciting series on the 1st Wednesday of each month, September - December, 6:30pm.



**Nov 7 Patricia Walsh**, a volunteer civilian nurse during the Vietnam War, cared for injured civilians during the Tet Offensive, and has chronicled her experiences in her book and documentary.



**Dec 5 Susie Wargin**, DJ at 103.5 The Fox, Emmy Award winning TV sports anchor for 9News, and RE/MAX Realtor. Susie has covered events such as the Vancouver Olympics, 2007 World Series, and Super Bowl 48!



**Veterans Day Celebration**

The celebration begins with a catered meal sponsored by Chick-fil-A. The ceremony includes a flag ceremony, and a choral performance by the Erie High School Choir. Registration deadline November 4. Past and current members of the military are welcomed to wear their uniforms. All ages welcome. This event is sponsored by Chick-fil-A.

Day	Date	Time	Activity #
Mon	Nov 12	12:00 - 1:30 p.m.	5353.101
<b>Fee:</b>	FREE		



**Holiday Lunch & Ugly Sweaters**

Enjoy lunch with friends at the Erie Community Center and wear your ugly sweater. A prize will be awarded for the best ugly sweater. Meal includes rotisserie turkey, cornbread, gravy,

green beans, vegetable stuffing and dessert. After lunch enjoy the musical sounds of Albert Galli. Registration deadline December 13. Doors open at 11:00 a.m. for social hour.

Day	Date	Time	Activity #
Thu	Dec 20	11:00 a.m. - 1:00 p.m.	5354.101
<b>Fee:</b>	R \$4/ NR \$5		

**Breakfast with Santa (ages 3-5)**

Santa Clause is coming to the Town of Erie! Enjoy a light breakfast, holiday crafts and letters to the North Pole. Be sure to bring your camera to take a photo with Santa! Children 2 and under are free, but must register.

Day	Date	Time	Activity #
Sat	Dec 15	8:00 - 9:30 a.m.	8301.101
Sat	Dec 15	10:00 - 11:30 a.m.	8301.102
<b>Fee:</b>	R \$15 / NR \$19		



**SilverSneakers**

The Tivity

SilverSneakers® Fitness

Program is an innovative

health, exercise and wellness program helping older adults live healthy, active lifestyles. Your SilverSneakers fitness membership includes: access to our basic amenities such as our heated pool, private locker rooms, indoor track, fitness equipment, racquetball courts, Columbine Lounge and SilverSneakers fitness classes. Your membership is available to you at no cost through your health plan.



**SilverSneakers New Member Meeting**

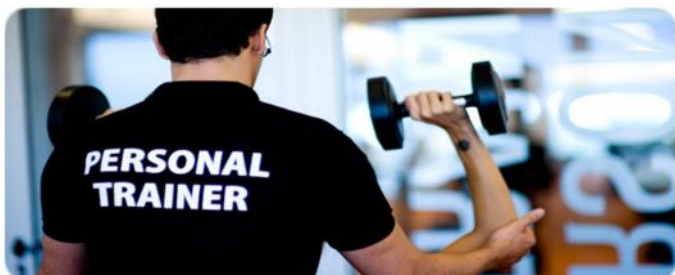
Meet your SilverSneakers Program Advisor<sup>SM</sup> and learn about the many benefits of your SilverSneakers membership, Active Adult programs and the Erie Community Center in general.

Day	Date	Time	Activity #
Wed	Nov 21	10:00 - 11:00 a.m.	5340.301
Wed	Dec 19	10:00 - 11:00 a.m.	5340.401
<b>Fee:</b>	Free		

**Personal & Partner Training (ages 18+)**

Your Certified Personal Trainer will teach you how to get the most of each workout. Work one-on-one or bring a friend and we'll help you reach your fitness goals.

For more information about personal training or to inquire about small group training, please contact: Dianne Bornhoft at [dbornhoft@erieco.gov](mailto:dbornhoft@erieco.gov) or 303.926.2557.



**Pilates Reformer (ages 18+)**

The Pilates

Reformer

safely and

effectively

improves

strength,

flexibility

and balance

by

developing

long, lean muscles. Pilates Reformer training can

also restore postural alignment, increase joint range of motion and correct over-training of muscle groups.

Sessions are by appointment only. Please register in

person at Guest Service. All packages are non-

transferable and expire one year after date of

purchase. For more information, contact Guest

Service.



**Wellness Coaching (ages 18+)**

Find the motivation and learn the tools to achieve your physical and emotional health goals. Your wellness coach will help you make better choices to improve your lifestyle.

**Fitness Equipment Orientations (ages 15+)**

Learn how to safely and effectively use the cardio and Life Fitness™ strength equipment with a free, 30-minute orientation. Contact a Fitness Attendant upstairs to schedule an appointment.

**Body Fat & Lean Body Mass Testing (ages 18+)**

We offer two different methods of body composition testing to give you the most accurate information possible. The first method is through bioelectrical impedance. This test is quick, noninvasive and comprehensive. The second method is skinfold thickness measurements with calipers to calculate body fat percentage.

**Fee:** R \$15 / NR \$19



## EXTENDED TRAVEL

Flyers are available on all trips in the Columbine Lounge or for more information or to register for the trip, call 303.926.2795.

### Rose Parade New Year's - December 30, 2018

Celebrate New Year's day watching the Tournament of Roses Parade from your reserved grandstand seating. This trip will depart December 30 and return January 4 staying in Orange County California. Along with seeing the parade we will also see the floats up close at the showcase of floats and make visits to San Diego, Beverly Hills, San Juan Capistrano, Newport Beach and the Richard Nixon Library.

### Colonial Columbia - January 25, 2019

Your trip starts in the capital city of Bogota where you will tour the historic colonial quarter and visit the markets. Next you will fly to Medellin. A highlight is sure to be a tour to a coffee plantation and learn about Colombia's process of producing the world's finest coffee. Trip ends with three nights in Cartagena with its walled old town and colorful Colonial buildings and cobblestone streets.



### Tropical Costa Rica - February 16, 2019

Lush forests and stunning waterfall, rumbling volcanoes and endless coastlines.

Costa Rica is a paradise teeming with exotic plants and incredible animals. Visiting Tamarindo Beach, known for its breathtaking beauty and fine sandy beaches, Monteverde's lush cloud forest, nature preserve of Cano Negro on a river boat adventure, San Jose's Plaza de Cultura. For trip information go to <https://gateway.gocollette.com/link/876221>.

### Amsterdam & Water Ways of Holland - April 2, 2019

Travel to Netherlands where we will enjoy two nights in the quaint village of Valkenburg before boarding your seven night River Boat Cruise aboard the Amadeus Star. Your journey will cruise the canals and waterways from Amsterdam to Arnhem, Middleburg, Ghent, Antwerp and Rotterdam where you will enjoy the Tulips at Keukenhof Gardens.

### Discover Washington D.C. - April 25, 2019

The story of American democracy comes to life. Visit monuments throughout the National Mall including World War II Monument, Vietnam Veterans Memorial, and Korean War Memorial. Wander Mt. Vernon's plantation grounds. Tour the home of George Washington. Visit the Smithsonian Institution. Tour Washington National Cathedral, and learn about Ford's Theater where President Abraham Lincoln was assassinated. For trip information go to <https://gateway.gocollette.com/link/876210>.

### Canadian Rockies - June 19, 2019

Travel to the Canadian Rockies and Glacier National Park. This 7 day trip starts in Calgary and travels to Waterton Lakes and Glacier National Parks where you will travel the Going-to-the-Sun highway in a 1930's red jammer touring car. Continue into the heart of the Rockies for a three night stay in the resort town of Banff. Spend time exploring the Icefields parkway and the beauty of Lake Louise.





**GENERAL INTEREST**

**Card Making**

This class consists of several optional projects using mainly rubber stamping, but also incorporates other techniques to create cards. Card options include holiday, birthday, get well, hello, sympathy or blank. Please bring adhesive and scissors. Glue is provided. You must register one week in advance by emailing [cards@stearmanpress.com](mailto:cards@stearmanpress.com).

Registration limited to 12 spots. You pay the instructor the day of class, located in the Columbine Lounge.

**Day Date Time**

Sat Nov 3 10:00 a.m. - 12:00 p.m.

Sat Dec 1 10:00 a.m. - 12:00 p.m.

**Fee:** \$2.50 per card

**Youth and Adult Karate Class (ages 7+)**

This class is intended for students 7 yrs old and above, adults, seniors and families. Students will work on etiquette, discipline, communication skills, and working well with others. Classes will focus on form, kicking and punching correctly, prearranged fighting drills, and technical application. Both entry level and advanced drills and exercises will be used to challenge and engage students of all ability levels. Additional payments for testing, memberships, and uniform costs may apply.

**Day Date Time**

Mon & Wed Nov 5 - 28 6:00 - 7:15 p.m.

Mon & Wed Dec 3 - 26 6:00 - 7:15 p.m.

**Fee:** R \$49 / NR \$59 - Sibling Fee \$45



**Belay Skills Training Course (ages 15+)**

Are you new to climbing and want to learn how to safely and properly belay? In this course, you will also learn various climbing techniques, equipment options, and Erie Community Center policies so you can climb anytime, not just during supervised hours! The course generally takes two hours to complete and is valid for two years.

**Day Date Time Activity #**

Mon Nov 5 7:00 - 9:00 p.m. 3345.301

Mon Dec 3 7:00 - 9:00 p.m. 3345.401

**Fee:** R \$29 / NR \$36

**Belay Skills Assessment (ages 15+)**

If it has been more than two years since you last completed the Belay Skills Training Course or you have experience climbing and just need to demonstrate your skills so you can climb during unsupervised climbing wall hours, this is the course for you! These assessments are conducted during supervised climb times, no appointment necessary.

**Private Climbing Lessons (ages 15+)**

Are you an experienced climber looking to improve your climbing skills, or are you a new climber looking for the one-on-one attention with one of our certified and skilled instructors? Check out our new private climbing classes! Private climbing lessons are made by appointment only and will not take place during regularly scheduled climbing classes. Please register at Guest Service.



**SESSION RESIDENT NON-RESIDENT**

1 Session \$45 \$56

3 Sessions \$125 \$156

### Blood Pressure Checks

Blood pressure checks are a free service offered by the Mountain View Fire Department. They are offered on the 1st Thursday of every month from 11:00 am – Noon. There is no need to make a reservation, just stop in the Briggs room for a free check.

### Alzheimer's Association Caregiver Support Group

This support group, conducted by trained facilitators, is a safe place for current or former caregivers, family, and friends of persons with dementia to exchange practical tips, talk through issues, develop coping mechanisms, share feelings, and learn about community resources. Meeting is held at the Erie Community Center, Columbine Lounge, the first Thursday of every month, 4:00 p.m. To register or for more information, call 303.813.1669.

### Loan Closet

If you are in need of non-medical equipment, such as a walker or shower stool, on a temporary basis, the Erie Rotary Club may be able to help. Call 303.926.2795, Monday - Friday, for more information.

### Via Mobility

Via Mobility Services provides accessible on-demand transportation and mobility options information and referral for older adults, people with disabilities, and others living with mobility limitations. Via provides transportation in Erie, Louisville and Lafayette Monday - Friday, 7:30 a.m. - 5:00 p.m. Service is available in Boulder and Longmont upon request. Ride requests may be made up to seven days in advance by calling 303.447.9636.

### Nutrition Counseling

Lorrie Wellman, the Registered Dietitian for the Friendly Fork, provides nutrition counseling at no cost. Lorrie makes one on one appointments for all those interested in discussing any issues, concerns, or questions regarding their nutrition and health. Please contact Lorrie at 970.346.6950 ext. 6118 if you are interested.

### Hearing Screenings

Award-Winning Family Hearing Centers is "HEAR" for you from 9:00 - 11:00 a.m. in the Lehigh Room. Complimentary services include wax removal, hearing screenings, as well as hearing aid maintenance and repairs. Sign up for a consultation for your EAR-related needs and/or questions, 303.926.2795. If you cannot make these times, Family Hearing can book a complimentary appointment in their office as a member of the Erie Community Center. Please call 303.665.0454 for an appointment at their location.

### Coal Creek Meals on Wheels

We deliver high-quality, nutrient-dense meals every weekday to individuals limited in physical capacity due to illness, age and/or disability. Menus are created by our staff, who are conscious of the many health issues faced by the populations we serve. Daily meals are delivered by screened and trained volunteers, many of whom have worked with us for years. This service assists our clients in living independently and maintaining a quality of life that is better than they would otherwise experience. For more information, call 303.665.0566.

### Erie Community Food Bank

635 Pierce Street

Erie, CO 80516

720.383.4865

ErieCommunityFoodBank@gmail.com

#### Hours:

Thursdays, 12:00-2:00 pm

Thursdays, 5:30-7:30 pm

2nd Saturday of each month, 8:00-11:00 am