



May/June 2017 Newsletter

Welcome Back Colleen Dame

Hey Colleen, WOULD YOU RATHER...

Just to get to know Colleen a little bit better, we asked her to answer the following questions.

Fulfill your biggest wish OR resolve your biggest regret?

Be 3 ft tall OR 8 ft tall?

Read minds OR see the future?

Be covered in hair OR completely bald?

Stop war OR stop world hunger?

Go to the past OR the future?

Go deep sea diving OR bungee jumping?

Live in constant winter OR constant summer?

Be fluent in all languages OR master all instruments?

Be Batman OR Spiderman?

Have unlimited money OR unlimited time?

(Colleen's answers are hidden somewhere in the newsletter.)

- Active Adult Fitness Classes**
- Water Aerobics**
M-F, 8:00-9:00 am
- Low Impact Water**
M-F, 9:00-10:00 am
- Gentle Yoga**
M & W, 11:00 am-12:15 pm
- SilverSneakers Classic**
Monday, 1:30-2:30 pm
Tuesday, 8:45-9:45 am
- Zumba Gold**
M & W, 4:15-5:15 pm
- Yoga**
Monday, 5:30-6:30 pm
T & F 9:15-10:15 am
Thursday, 6:45-8:00 pm
Saturday, 10:30 am-12:00 pm
Sunday, 9:30-10:30 am
- Cardio, Strength, Stretch**
Tuesday, 1:30-2:30 pm
- Nia**
T & Th, 4:15-5:15 pm
Sunday, 10:45-11:45 am
- Barre Fusion**
Tuesday, 6:45-7:45 pm
Saturday, 8:30-9:30 am
- SilverSneakers Circuit**
Wednesday, 1:30-2:30 pm
Thursday, 8:45-9:45 am
- Dance Fitness**
Wednesday, 8:45-9:45 am
- Pilates**
Thursday, 10:30-11:30 am
- Gentle Movement**
Friday, 9:00-10:00 am

Musical Improv Comedy Show and Dinner

The performers of Hit and Run: Musical Improv create an unscripted Broadway-style comedy musical using suggestions from the audience. The show features live accompaniment, dancing, soaring ballads, and more emotional outbursts than Rent and Phantom of the Opera combined. Brought to you by Pop-Up Culture LLC. Rated PG-13. Catered dinner included. To purchase tickets, go to popupculturemusicalimprov.eventbrite.com or call 303-518-4172. For more information, please visit www.popupproduction.com.

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Day: Saturday

Date: June 3

Time: 6:00 - 8:00 p.m.

Fee: \$35



For more information, contact
 Cindy Hickman,
 Active Adults Coordinator,
 303.926.2795
chickman@erieco.gov

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, play a game of pool, or enjoy visiting with others. Participation in the lounge is free of charge to residents and non-residents. Did you know we have many board games and puzzles available for your use? Also, 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 a.m.	Coffee Talk
Mon & Wed	1:00 p.m.	Hand and Foot Canasta
Tuesday	12:30 p.m.	Party Bridge
Wednesday	12:30 p.m.	Duplicate Bridge
Thursday	1:00 p.m.	Busy Fingers
1st & 3rd Fri	9:00 a.m.	Painting in Lehigh Room
Friday	1:00 p.m.	Drop-In Games

COMMUNITY RESOURCE PROGRAM

If you need information or assistance 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 12:15 p.m. Join us for the social hour beginning at 11:00 a.m. Reservations are required no later than Tuesday at 5:00 p.m. by calling 303.926.2795.
 \$3.00 - Suggested Donation for 60 +
 \$10.00 - 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.

- May 4 Blood Pressure Check
 EHS Choir
- May 11 Paula Mehle, Town of Erie Economic
 Development
- June 1 Blood Pressure Check



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

Mardi Gras Casino - Light

Sit back and relax as you are comfortably taken to the Mardi Gras Casino. The casino package

includes \$10 food credit, \$5 free play on card, and free drinks while gambling. You must use your player card to earn points and receive package. You must be age 21 to enroll for these trips. **Meals are on your own. Fee includes transportation.**

Registration deadline is two weeks prior to date.

Day	Date	Time	Activity #
Mon	May 22	8:30 am-4:30 pm	5160.501
Mon	Jun 26	8:30 am-4:30 p.m.	5260.101

Fee: R \$5 / NR \$6



DAY TRIPS

42nd Street, Candlelight - Easy

The quintessential backstage musical comedy classic is a song and dance fable of Broadway with an American Dream story that includes some of the greatest songs ever written. Peggy Sawyer, a chorus girl from PA steps into the starring role to save the show when its star breaks her leg. Fee includes show, dinner, coffee, tea, soda, tip and transportation. Upgrades to menu items are extra. Registration deadline May 18.

Day	Date	Time	Activity #
Sun	Jun 4	12:00 - 6:00 p.m.	5261.101

Fee: R \$58 / NR \$73



Waneka Lake Cookout – Easy/Moderate

This is not your ordinary cookout. Waneka Lake offers panoramic views of Boulder's Front Range and Continental Divide, is adjacent to the Greenlee Wildlife Preserve, has a 1.2 mile trail around the lake, and water activities on the lake. You not only get a cookout but you can have fun playing with the kayaks, canoes, paddleboats and paddleboards. Fee includes lunch, all water sports and transportation. Registration deadline May 29.



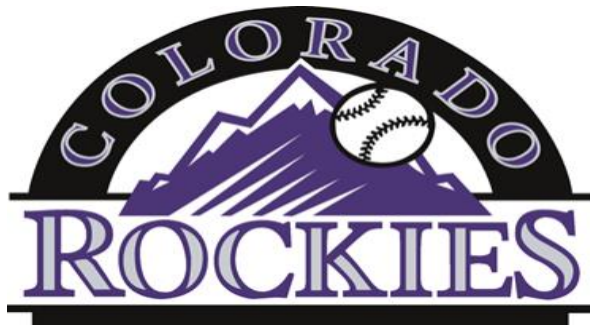
Day	Date	Time	Activity #
Tues	Jun 13	10:30 am-1:30 pm	5262.101

Fee: R \$23 / NR \$29

Rockies vs. Diamond Backs - Moderate

Take me out to the ball game and watch the Rockies play the Diamond Backs! Enjoy a summer afternoon in the ballpark with a cold drink in one hand and hotdog in the other. Seats are in section 118 under cover. Fee includes game and transportation. Food is on your own. Registration deadline is June 7.

Day	Date	Time	Activity #
Thurs	Jun 22	12:00 - 6:00 p.m.	5263.101
Fee:	R \$33 / NR \$41		

**Carbon Valley Wine Festival - Moderate**

Sample some of the best Colorado Ciders, Meads and Wines in one location! Local artists and food vendors from all over Colorado will be at the festival selling their wares! You will also experience The Wild Animal Sanctuary Beer Garden (included in price) and live entertainment stages of Blue Grass, Folk and more! Be prepared for the Colorado weather. Fee includes festival and transportation. Food is on your own. Registration deadline is June 8.

Day	Date	Time	Activity #
Sat	Jun 24	12:30 - 4:30 p.m.	5264.101
Fee:	R \$27 / NR \$34		

*Supper Club***Price Range for Restaurants**

\$ = Inexpensive - Under \$10

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

\$\$\$ = Pricy - \$31-\$60

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

**Praha Restaurant, Longmont \$\$\$ - Easy**

Savor the gourmet European, Czech and American dishes that world-renowned chef, Monica, has prepared for you. The dining room is bathed in candlelight, perfect for any fine dining experience and the wine list is exquisite. The experienced and friendly staff help you make any ordinary night into a special evening! Fee includes transportation. Meal is on your own. Registration deadline is May 23.

Day	Date	Time	Activity #
Wed	Jun 7	4:30 - 7:30 p.m.	5280.101
Fee:	R \$9 / NR \$11		

Gold Hill Inn, Boulder \$\$\$ - Easy

Nestled beneath the Continental Divide, The Gold Hill Inn is remote from the city lights and city noise of the Twenty-first Century. Things haven't changed much since Frank and Barbara Finn opened the Gold Hill Inn in 1962. A generous six course meal is served, or a lighter three course meal. Fee includes transportation. Meal is on your own. Registration deadline is June 27.

Day	Date	Time	Activity #
Wed	Jul 12	4:30 - 9:00 p.m.	5281.101
Fee:	R \$9 / NR \$11		

Extended Travel

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



Fall Colors & Lighthouses of the Great Lakes - September 28

Trip starts with two nights in Chicago. Then Grand Rapids to see the Gerald Ford Museum. Then Mackinac Island for two nights. Next Green Bay, Door County and Wisconsin Dells. Included, a tour of Chicago, the quaintness of Mackinac Island, carriage tours, lighthouses, a Door County Fish Boil, a boat cruise, all while experiencing beautiful fall colors. Call 303.926.2795 to register.

Discover Cuba – October 11

October 11 step back in time with us as we travel to Cuba. Spend two nights at the beach in Varadero before traveling to Havana where you will spend four nights. During your trip you will experience the food, Culture and People of Cuba while visiting schools, enjoying dance groups, visits with retired baseball players, art galleries and much much more. **Trip presentation June 21, 11:30 a.m., in the Columbine Lounge. Call 303.926.2795 to register for the trip presentation.**

General Interest

American Mah Jongg for Beginners

Learn to play American Mah Jongg, a game of both skill and luck. Gain a basic understanding of the game’s fundamentals: the tiles, the card, the mechanics of playing, and some basic strategies to enjoy the game. Registration deadline is June 19.

Instructor: Susan Simpson.

Day	Date	Time	Activity #
Sun	Jun 25	1:00 - 4:00 p.m.	5235.101
Fee:	R \$20 / NR \$25		

Coffee and Canvas

Gallery On The Go events are fun canvas painting parties! Don't worry, art smarts are not needed. You don't need to be an artist to have fun...it's the Art of



Socializing! An experienced guide gives you easy step by step instructions as you paint your very own version of one of our beautiful gallery selections in just two hours' time. All supplies are included and you will take your completed MYsterpiece home after the class.

Day	Date	Time	Activity #
Tues	May 16	12:30 - 2:30 p.m.	5138.501
Tues	Jun 20	12:30 - 2:30 p.m.	5234.101
Thurs	May 25	6:00 - 8:00 p.m.	5139.501
Fee:	R \$30 / NR \$37		

Card Making

This drop-in 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. A non-card project will also be available, such as a gift bag. Please bring adhesive and scissors. Glue is provided. You must register one week in advance by emailing cards@stearmanpress.com. **Registration limited to 12 spots. You pay the instructor the day of class.**

Day	Date	Time
Sat	May 6	10:00 a.m.-12:00 p.m.
Sat	June 3	10:00 a.m. - 12:00 p.m.
Fee:	\$2.50 per project	



What the App? Using Apps for your Smartphone and Tablet

Easy to download and often free, mobile apps for smartphones and tablets can be fun and convenient. This class will explore mobile app basics for both Apple and Android devices and will include an overview of popular apps for seniors. Class style is demonstration; handouts are provided.

Day	Date	Time	Activity #
Wed	Jun 14	8:30 - 10:30a.m.	5231.101
Fee:	R \$17 / NR \$21		

Everything You Wanted to Know about Outdoor Cooking But are Afraid to Ask

Tired of eating over cooked food? Does your BBQ taste like lighter fluid? Are you convinced the McRib sandwich is real BBQ? Let pit master and outdoor chef, Lew Miller, help you become a cookout king in your back yard. He has been cooking since he was born so he knows his way around smokers and grills. Areas covered will include equipment, grills, sauces, meats, fish, cheese, and more...plus samples and recipe book included!

Day	Date	Time	Activity #
Thurs	Jun 15	6:00 - 8:00 p.m.	5230.101
Fee:	R \$50 / NR \$63		

Special Events

Older Americans Month Free Lunch

MAY is Older Americans Month! It is an opportunity to recognize and celebrate the value that elders contribute to our communities. The Erie Active Adult program honors older adults for their contributions and sacrifices by helping them stay connected, active and healthy. Jeannie Hulse Insurance & Financial Services is sponsoring a free lunch to celebrate You! Registration for lunch is required by calling 303.926.2795 by May 16th. Lunch is held at the Erie Community Center.

Day	Date	Time
Thurs	May 18	doors open at 11:00 a.m., lunch is served at 12:15 p.m.
Fee:	Free for anyone 60+, \$10 charge for anyone 59 or less	

DAY HIKES

Hike Trip Physical Activity Levels:

This is a generalization for hikes.

Green: Someone in fair hiking condition, very little elevation gain.

Blue: Someone in good hiking condition, increased mileage, moderate elevation gain.

Black: Someone in good hiking condition, increased mileage, significant elevation gain

Please contact the Active Adults Coordinator prior to registration for any questions regarding hikes.

Hiking Equipment: day backpack, footwear with good support and lugged soles for traction, rain gear or poncho, snacks/lunch, at least one quart of water, clothing for the time of year and varying weather, hat, sunglasses and sunscreen.

Hiking Orientation

Get ready for hiking season with our orientation that gives a complete overview of equipment recommendations, clothing, nutrition and safety. We'll also answer questions for the upcoming hiking schedule. Whether you are a new hiker or a veteran, this is a great clinic to attend.

Day	Date	Time	Activity #
Fri	Jun 9	11:00 am - 12:30 pm	5241.101
Fee:	Free		

Three Sisters, Evergreen - Blue

Distance: 2.8 - 3.2 miles

Elevation: 6,500 feet to no more than 7,450 ft

Near the heart of Evergreen, Three Sisters Park abounds with stunning vistas, landmark rock formations and beautiful old stands of ponderosa pine. "The Three Sisters" and "The Brother" are the landmarks of the terrain. Meadows burst with wildflowers in late spring and early summer. . Fee includes transportation and hike, bring sack lunch and water. Registration deadline June 13.

Day	Date	Time	Activity #
Wed	Jun 28	9:00 a.m. - 1:30 p.m.	5290.101
Fee:	R \$9 / NR \$11		

Fitness & Wellness

DIY Time for Home and Body Wellness Series

These classes are fun and educational, hands on experiences. Each class you will go home with six handmade items. Learn how to reduce chemicals and toxins in your life and improve wellness through the use of natural ingredients. All supplies provided.
Instructor: Jessica Schlesinger.



Fun in the Sun

Enjoy your outside time with your friends and family and stay protected from the elements! Learn how to enjoy the summer chemical free and with nourishing ingredients. Make and take home one of each of the following: Bite Buster Roller, Bug Away Spray, After Sun Spray, Sneezzy Roller, Face Wash, and Face Serum.

Day	Date	Time	Activity #
Tues	Jun 20	4:00 - 5:00p.m.	5238.201
Mon	Jun 26	10:30 - 11:30 a.m.	5238.101
Fee:	R \$40 / NR \$50		

Ask the Doctor Health Series

Speak to a health care professional from St. Anthony Hospital, Centura Health about the questions you have, to get the answers you need for healthy living. There will be food and drinks served so you have a chance to reflect and discuss.

Exercise and Nutrition and Effects on Urinary Health

This month you will be able to connect with Erin Balcerzak, PA from Alpine Urology, to learn about the importance of exercise and nutrition and what a successful program would look like.

Day: Tuesday
Date: June 27
Time: 11:00 am - 12:00 pm
Activity #: 5236.101
Fee: Free



Erie Never Stops Walking

You will receive a log to record your weekly indoor walking. Total laps will be recorded weekly on a group chart. The group progress will then be tracked on a map as we walk around the United States. After each session we celebrate our successes at a lunch. Registration is not required.

Let's take the walking outdoors this summer. Every Monday we will meet at a different location to walk outdoors. Each location will have a different distance. You can walk the whole thing or walk what you like. A staff member or volunteer will be on every outdoor walk. All outdoor walks will be announced on the bulletin board at the top of the stairs in the community center.

Date: Jun 18 - Aug 12

Fee: Pass punch for SilverSneakers members and ECC Pass holders. Daily admission for all others per walk, indoor or outdoor.

SilverSneakers New Member Meeting

Meet your SilverSneakers Program AdvisorSM and learn all about the many benefits of your SilverSneakers membership and fitness classes offered.

Day	Date	Time	Activity #
Wed	Jun 14	10:00 - 11:00a.m.	5240.101
Fee:	Free		

Would Colleen Dame rather.... ANSWERS:

Fulfill your biggest wish OR **resolve your biggest regret?**

Be 3 ft tall OR 8 ft tall?

Read minds OR see the future?

Be covered in hair OR **completely bald?**

Stop war OR stop world hunger?

Go to the past OR the future?

Go deep sea diving OR **bungee jumping?**

Live in constant winter OR constant summer?

Be fluent in all languages OR **master all instruments?**

Be Batman OR **Spiderman?**

Have unlimited money OR **unlimited time?**



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.

Medicare Counseling

Free counseling is available for help with Medicare issues. Reserve a 45 minute, one-on-one appointment with a SHIP counselor, specially trained on Medicare insurance. They can help you navigate through your Medicare choices and provide objective answers to your questions. To speak to a counselor or to set an appointment, call the University of Colorado Health Senior Services at 970.313.2796.

Alzheimer's Association Caregiver Support Group

Build a support system with people who understand. 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 on caregiving, talk through issues, develop coping mechanisms, share feelings, and learn about community resources. Meetings held at the Erie Community Center on the 1st Thursday of every month at 4:00 p.m. To register or for more information, call 970.392.9202.



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. to 5 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.

Hearing Screenings

Award-Winning Family Hearing Centers is "HEAR" for you from 9:00-11:00 AM in the Lehigh Room. Complimentary services provided include wax removal, hearing screenings, as well as hearing aid maintenance & 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.
May 18

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.

