



- Active Adult Fitness Classes**
- Water Aerobics**
M-F 8:00-9:00 am
M & W 6:00-7:00 pm
- 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 9:00-10:00 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 10:00-11:15 am
Sunday 9:30-10:30 am
- BOOM Muscle/Mind**
Tuesday 1:30-2:30 pm
- Nia**
T & Th 4:15-5:15 pm
Sunday 10:45-11:45am
- 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 9:00-10:00 am
- Pilates**
Thursday 10:30-11:30 am
- Gentle Movement**
Friday 9:00-10:00 am

Longest Running Active Adults Couple—Doug and Cleo Miller



Cleo and Doug first met while attending High School in Ogden, Utah. However, she had a boyfriend! Upon graduation, Cleo enrolled at the University of Utah to pursue a teaching career. After her college graduation, she moved to Pasadena, California where she obtained a job teaching 3rd grade in Santa Marina, CA.

When Doug graduated from High School, he went to work at a men’s clothing store where he worked part-time while in school. Then the Korean war started and his draft status was IA, so rather than get drafted, he joined the Navy. Upon completing boot camp, he ended up on the Agana, Guam. Doug was attached to a Seabee unit that was building Quonset huts to house soldiers. He was assigned to the Public Works office as a dispatcher. After two years, he was sent to San Diego, CA to attend Personnel Man School. When Doug finished, he was assigned to a destroyer escort in Hawaii, which of all places, we ended up in Guam. After completing his enlistment, he decided to use the G.I. bill to attend college. While waiting for the fall quarter to begin, Doug worked a temporary job delivering appliances. While helping to deliver a refrigerator to a house in Ogden, Doug had a big surprise...Cleo answered the door! She was home for the summer from her teaching job and was not seeing anyone. So they started dating over the summers and holidays when she came home. After graduating from the University of Utah, Doug got a job as an interviewer with the Utah State Employment Service and then Doug and Cleo were married.

Doug retired in 1969 and they moved to southern Utah to get out of the snow and cold, and to do some traveling. Their travels took them on six ocean cruises and one riverboat cruise to France. In Utah, Cleo liked walking around their neighborhood in Kayenta. Doug spent his time working part-time at a health spa, playing tennis, and running a few 5k and 10k races. In 1982, Doug ran in, and finished, the St. George Marathon in a little over four hours. He also spent some time with their daughter, hiking to the bottom, and back to the top, of the Grand Canyon on the North Rim Trail.

In 2009, Doug and Cleo moved to Erie to be close to their daughter, Deedre, and son-in-law Paul, their caregivers.

Cleo and Doug were some of the first to join Wendy’s exercise class in the new Community Center, and are the longest running members in the Active Adults group. It’s been a wonderful life!

Columbine Lounge & Drop-In Activities

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

Lynn Millane, Active Adults Rec Attendant
 303.926.2793
 lmillane@erieco.gov

Colleen Dame, Active Adults Rec Specialist
 303.926.2569
 cdame@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.**

\$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.

- September 7 Aimee - talk on hearing loss
- September 14 CarFit
- September 21 Talk on Fall Prevention & Medication Awareness
- September 28 Wranglerettes
- October 12 Erie High School Choir
- October 19 Safety Talk by Sgt. Nevarez
- October 26 Spellbinder

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

Cripple Creek - High

Ride in comfort on a charter bus with friends from Lafayette. The restored Bennett Avenue, surrounded by majestic mountains, boast casinos, restaurants, shops and hotels. You will have plenty of time to take in the sites, shop, eat, try your luck at one of the 9 casinos or ride the Cripple Creek and Victor Narrow Gauge Railroad. Meals and train are on your own. Fee includes transportation. Registration deadline September 10.

Day	Date	Time	Activity #
Mon	Sep 25	7:30 a.m. - 6:00 p.m.	5361.101
Fee: R \$24/ NR \$30			

Mardi Gras Casino - Light

Sit back and relax as you are comfortably taken to the Mardi Gras Casino in a charter bus. 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	Oct 30	8:30 a.m. - 4:30 p.m.	5360.101
Fee: R \$5 / NR \$6			

DAY TRIPS

Rockies vs. Marlins - Moderate

Take me out to the ball game and watch the Rockies play the Marlins! 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 September 12.

Day	Date	Time	Activity #
Wed	Sep 27	12:00 - 6:00 p.m.	5365.101
Fee: R \$33 / NR \$41			

Indoor Skydiving - High

Get ready to be blown away. It's thrilling. It's amazing. Experience the feeling of freefall as you float on a smooth cushion of air. There's no parachute, no jumping, and nothing attaching you to planet Earth. It's just you FLYING in the air. Super fun, super safe and super cool! After you will have lunch at a local restaurant. Fee includes indoor skydiving and transportation. Meal is on your own. Registration deadline is September 20.

Day	Date	Time	Activity #
Sat	Oct 7	9:00 a.m. - 2:30 p.m.	5366.101
Fee: R \$55 / NR \$69			

Little Women Opera, Union Colony - Easy

Follow the beloved March sisters as they grow from childhood to womanhood in this hit contemporary opera. The quintessential American story is based on the classic best-selling book and set to beautiful music by Mark Adamo. Since its premiere in 1998, Little Women has become one of the most celebrated American operas. The Greeley Philharmonic Orchestra is proud to present this American classic! Fee includes play and transportation. Registration deadline is October 17.

Day	Date	Time	Activity #
Fri	Nov 17	5:00 - 10:30 p.m.	5370.101
Fee: R \$29 / NR \$36			

SUPPER CLUB

Price Range for Restaurants

\$ = Inexpensive - Under \$10

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

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

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

Maggiano's Little Italy, Englewood \$\$ - Easy

Maggiano's Little Italy restaurants have been serving up authentic Italian-American meals. Influenced by decades-old recipes and cooking techniques borrowed from Nonna's kitchen, dishes include all of your home cooked Italian favorites, plus specialty dishes. Hungry for more? No meal is complete without a tasty Italian dessert and freshly brewed coffee or tea! Fee includes transportation. Meal is on your own. Registration deadline is October 2.

Day	Date	Time	Activity #
Tue	Oct 17	4:00 - 8:00 p.m.	5381.101
Fee:	R \$9 / NR \$11		

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.

Mt Rushmore & Black Hills South Dakota Trip October 9 - 13, 2017 Cost: \$459

Includes: Motorcoach Transportation, 4 nights lodging, breakfasts and dinners, guided tours, Deadwood, Crazy Horse Memorial, Wildlife Loop at Custer State Park, Journey Museum and Mt Rushmore! Its not too late to add yourself to this great 5 day trip! **Call 303.665.3298 to register.**

Discover Panama - February 23, 2018

Experience Rainforests, beaches and cities of Panama during this six night vacation, traveling from the Pacific Ocean through the locks of the Panama Canal to Gatun Lake and then the Gamboa rainforest. Take a step back in time and experience the lifestyle of the Emberas Tribe and visit ruins of Panama Vieja. Your trip will be filled with culture and relaxation.

Country Roads of Tuscany - March 13, 2018

Enjoy five nights in the Tuscan resort town of Montecatini where you will explore Lucca, Sienna, San Gimignano and Pisa to see the Leaning Tower. In Florence you will visit the Academy Gallery to see Michelangelo's David and other wonderful sights. The last two nights are in Rome where you will see the Colosseum, Circus Maximus, the Pantheon and St. Peters Basilica in the Vatican City.

Great Trains & Grand Canyons - May 6, 2018

Spend five nights amongst the red rocks at a resort in beautiful Sedona, Arizona. You will enjoy a nostalgic train ride to the south rim of the Grand Canyon as well as a train ride on the Verde Canyon Railroad. Spend time exploring Sedona as well as visiting the old mining town of Jerome and Montezuma Castle National Monument.

Trip presentation October 16, 11:30 a.m., in the Columbine Lounge. Call 303.926.2795 to register.

GENERAL INTEREST



Facebook 101

Facebook provides an excellent way to stay connected to family and friends online. But getting started can be frustrating and intimidating.

Learn the basics of setting up and using a personal Facebook account including posting and sharing photos, finding friends, commenting on posts, online chatting and managing your privacy settings. You can bring your smartphone, tablet or laptop to follow along, but a device is not required. A handout with detailed instructions is provided.

Day	Date	Time	Activity #
Wed	Sep 13	8:30 - 10:30 a.m.	5331.101
Fee:	R \$17 / NR \$21		

Facebook 101 for Business

In this beginner class we'll cover the basics of setting up a Facebook business page, optimizing the page for SEO, developing a content calendar, free tools for creating great content and understanding where Facebook fits in your overall social media marketing. It is recommended that you have a basic understanding of Facebook before taking this class as personal Facebook accounts are required to set up and operate business pages.

Day	Date	Time	Activity #
Wed	Sep 27	6:00 - 8:00 p.m.	5332.101
Fee: R \$27 / NR \$34			

Facebook 201

This two-day class will be a combination of hands-on and demonstration. Topics include posting photos and videos, friending/following, commenting on and sharing friends' or Page posts, online chatting and video calls with Facebook Messenger, setting up events and groups, and managing your account settings. You should have a Facebook account and know how to login for this class. Bring a device for hands-on application; you should know how to use the device confidently.

Day	Date	Time	Activity #
W & F	Oct 25 & 27	8:30 - 10:30 a.m.	5333.101
Fee: R \$45 / NR \$56			



Much Have I Traveled in Realms of Gold - How Poetry Brings us into Time

Poets have an agenda, to enter time more deeply. Each month we will study a selection of poems that allow the poet as the creator, and the reader, as a passionate participant, to live more fully into the rhythms of life. We will also spend time writing your own poetry.

Day	Date	Time	Activity #
Tue	Oct 3 - 24	4:00 - 5:30 p.m.	5335.201
Fee: R \$30 / NR \$37			

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. Registration limited to 12 spots. You pay the instructor the day of class.

Day	Date	Time	Location
Sat	Sep 9	10:00 am-12:00 pm	Columbine
Sat	Oct 14	10:00 am-12:00 pm	Columbine
Fee: \$2.50 per project			

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. This class is open to anyone 13 years of age and older.

Day	Date	Time	Activity #
Wed	Sep 13	6:00 - 8:00 p.m.	5337.101
Wed	Oct 11	6:00 - 8:00 p.m.	5337.201
Fee: R \$30 / NR \$37			

Medicare 101

An overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug plans, preventive services and how Medicare works with employer health insurance will be discussed. Eileen Hendee, Medicare Counseling Coordinator from UCHealth's Aspen Club, will outline options and provide information on signing up for benefits.

Day	Date	Time	Activity #
Tue	Oct 3	5:00 - 7:00 p.m.	5338.101
Fee: Free			

AARP Smart Driver Class

This course teaches valuable defensive driving strategies, provides a refresher of the rules of the road, offers research-based tips to adapt driving to compensate for physical and cognitive changes that may occur with aging, and you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details). You will pay the instructor the day of the class.

Day	Date	Time	Activity #
Sat	Oct 14	8:30 a.m. - 1:00 p.m.	5339.101
Fee:	AARP Member \$15/ Non Members \$20		

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.

Hike, Fowler Trail - Green, Distance: 1.4 miles

Elevation: 5,685 feet, elevation gain less than 400 ft

You will wind through open space at the mouth of Eldorado Canyon. Watch skilled rock climbers braving the cliff faces above you. View Birds of Prey and other wildlife. After hiking, enjoy sack lunches along beautiful South Boulder Creek. Visitor Center includes restrooms. Fee includes transportation and hike, bring sack lunch and water. Registration deadline August 28.

Day	Date	Time	Activity #
Tue	Sep 12	8:30 a.m. - 1:00 p.m.	5391.101
Fee:	R \$12 / NR \$15		

Hike, Marshall Mesa Trail - Green

Distance: 2.4 miles

Elevation: 5390 feet, elevation gain 239 feet

Be ready for a hike that is both relaxing and invigorating. Marshall Mesa is a free-flowing trail that provides the perfect balance – stunning autumn views of the Flatirons and peaceful views of rolling hills, grasslands with cattle, horses and wildlife. Information at the trailhead will walk you through interesting accounts of coal mining at the Mesa, from the 1860’s through the early 1900’s. Bring a sack lunch to enjoy at picnic tables at end of hike. Fee includes transportation and hike, bring sack lunch and water. Registration deadline October 9.

Day	Date	Time	Activity #
Tue	Oct 24	9:30 a.m. - 1:00 p.m.	5392.101
Fee:	R \$12 / NR \$15		

FITNESS & WELLNESS

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 AdvisorSM 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	Sep 13	10:00 - 11:00 a.m.	5340.101
Wed	Oct 11	10:00 - 11:00 a.m.	5340.201
Fee:	Free		



Erie Never Stops Walking

You will receive a log to record your weekly indoor walking (Sunday-Saturday).

Total laps will be recorded on a group chart. The group progress will then be tracked on a map as we walk around the United States. A staff member will be on every Monday walk. After each session we celebrate our successes at a potluck. Registration is not required. For more information on the walking program, call 303.926.2795.

You can also take your walking outdoors this fall. 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. All outdoor walks will be announced on the bulletin board at the top of the stairs in the community center.

Date: Sep 10 - Nov 4

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

COAW: Living a Healthy Life with Chronic Conditions

This 7-week class helps you deal with the challenges of living with chronic conditions. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Program includes 4 visits with a self-management coach. To register, call 303.984.1845 or email maripat@coaw.org.

Day	Date	Time
Mon	Sep 11 - Oct 23	5:30 - 8:00 p.m.

Fee: Free

SPECIAL EVENTS

Wild Mountain Concert and Dinner



Wild Mountain is a six piece Folk-Rock Bluegrass band with Irish/Celtic influences delivering an acoustic-based Americana/Celtic/Bluegrass sound that touches a lot of stylistic bases. By mixing Celtic-Irish melodies and rhythms with American heartland Bluegrass music, Wild Mountain's "Greengrass" songs will excite both young and old alike. Taco bar provided by Miner's Tavern. Cash bar available through the Erie Rotary Club. Registration deadline, September 10. Event sponsored by Summit Vision Care.

Day	Date	Time	Activity #
Fri	Sep 15	6:00 - 8:00 p.m.	5351.101

Fee: R \$13 / NR \$16

Casino Royale

Join the Erie Active Adults and enjoy a night in Erie's Casino Royale held at the Erie Community Center. There will be casino games and a chance to win fabulous prizes! We will have Black Jack, Roulette, Craps and Bingo. Everyone has a chance to win a prize during the raffle. Heavy hors d'oeuvre will be served. Registration deadline is October 15. This event is sponsored by Homeowners Concerns.

Day	Date	Time	Activity #
Fri	Oct 20	6:00 - 8:30 p.m.	5352.101

Fee: R \$13 / NR \$16

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

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.

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. 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.

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.

Boulder County ADRC

ADRC stands for Aging and Disability Resources Center. You can look for resources on your own by visiting Boulder County ADRC or talk with an ADRC Counselor by calling 303.441.1617 or by visiting BoulderCountyHelp.Org. The resource you're looking for might be right at your fingertips!

Weld County ADRC

The Senior Information and Assistance (I&A) Program provides a single point of entry into the aging network and offers convenient access to information on services and benefits for older persons, their families and caregivers. For inquiries or assistance, please contact the Weld County AAA information and assistance line at 970.346.6952.

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 p.m.

Thursdays, 5:30-7:30 p.m.

2nd Saturday of each month, 8:00-11:00 a.m.