

Health and Wellness Programs



CITY OF FORT COLLINS RECREATION

- ✓ Officially formed in 1965
- ✓ Over 1.4 million participants in 2013
- ✓ Operation and management of 8 facilities
- ✓ 88% rate Recreation “good or very good”
- ✓ The Senior Center opened in 1995

COLUMBINE HEALTH SYSTEMS

- ✓ Opened in 1971
- ✓ Locally owned and operated
- ✓ Operates 11 health care facilities
- ✓ 5-star rated nursing facilities
- ✓ Top Home Care Elite Agency in USA

UNIVERSITY OF COLORADO HEALTH

- ✓ Locally owned, not-for profit organization
- ✓ Poudre Valley Hospital built in 1925
- ✓ Top 100 Hospital
- ✓ Aspen Club created in 1989
- ✓ Aspen Club serves over 22,000 members

THREE ORGANIZATIONS. ONE GOAL.

A PARTNERSHIP INSPIRED BY OUR COMMUNITY’S HEALTH AND WELLNESS.

A new era in community health and wellness begins this summer in Fort Collins. A partnership between the City of Fort Collins Recreation Department, Columbine Health Systems (Columbine) and University of Colorado Health (UCHealth) will create a unique and comprehensive public health and wellness program housed at the Fort Collins Senior Center.

The recently expanded Senior Center will feature new health and wellness programs provided exclusively by two highly regarded local healthcare leaders. Columbine is the Program Manager, serving the Senior Center. In collaboration with UCHealth, mutual strengths of existing programs, new offerings, and shared resources will be a focus.

Health and wellness programmatic offerings will be placed into three broad categories to meet the needs and interests of members of the Senior Center and the local community, those categories include: **Health Awareness, Lifestyle Management, and Wellness & Education.**



UNIVERSITY
of COLORADO HEALTH

ENHANCING A TRADITION OF SERVICE

The City of Fort Collins Recreation Department provides recreational opportunities throughout the community. The Department serves all ages, abilities, and skills with programs at the Senior Center focused on community members who are 50 years of age or older. The Fort Collins Senior Center is a multipurpose facility that provides adults access to diverse recreational programs.

The Senior Center opened to the public in 1995 and quickly became an important part of our community's recreational and social landscape. The Senior Center's \$6.8 million expansion features outstanding new health and wellness amenities and spaces. The expansion enables Recreation to provide a broad range of health and wellness services and programs.

Recognizing the value of community collaboration, Recreation, Columbine Health Systems and UCHealth have launched a partnership that will enhance health and wellness offerings and increase opportunities. This partnership will benefit the community and have a direct effect on the community's health.

The programs provided through this partnership will address our community's needs while responding to the lifestyles of a growing population. Many older adults are active and health-minded. This population realizes the value of health and wellness and understands that Recreation's goal is to provide opportunities to help them remain healthy.

MORE INFORMATION?

970.221.6644 OR [FCGOV.COM/SENIORCENTER](https://fcgov.com/seniorcenter)

LEADERS IN HEALTH & WELLNESS

Columbine Health Systems and University of Colorado Health (UCHealth) are local leaders in community health and wellness. A shared focus on health and wellness drives their dedication throughout the community.

Decades of experience and access to top health and wellness experts provides both organizations a strong foundation to create and deliver high quality programs.

Combining strengths and sharing resources will ensure health and wellness programs offered at the Senior Center will benefit the community and will appeal to a growing population.

Columbine and UCHealth believe community health and wellness is a priority. They chose to partner with Recreation to further support their ability to serve the public and help create a healthier community.

In collaboration with the City of Fort Collins Recreation Department, Columbine, and UCHealth will develop a wide variety of accessible health and wellness programs for adults. This community partnership will enable Recreation to increase service levels and enhance offerings while utilizing the expertise of Columbine and UCHealth. All three organizations will cooperate to build a solid, community inspired health and wellness program that benefits the community.

This exciting partnership will allow us the ability to innovate and redefine health and wellness for the citizens of northern Colorado together. We believe that agility, thoughtful planning, customer feedback, and then adjusting course to pro actively meet market needs will move us forward into a successful future.



ACCESSIBLE, INNOVATIVE AND UNIQUE

WHAT HEALTH AND WELLNESS PROGRAMS WILL BE AVAILABLE?

HEALTH AWARENESS

- ✓ Chat with a Pharmacist
- ✓ Talk with a Nurse
- ✓ Balance Awareness
- ✓ Senior Fitness Know-How
- ✓ Cholesterol/Blood Pressure Check
- ✓ Physical Therapy

LIFESTYLE MANAGEMENT

- ✓ Physician Referred Exercise Program
- ✓ Arthritis Foundation Exercise Program
- ✓ Women on Weights
- ✓ Tai Chi Chih
- ✓ Massage (full and chair)
- ✓ The "Power of Food"

WELLNESS AND EDUCATION

- ✓ Memory Fitness
- ✓ Foot Care Clinics
- ✓ Audiology Screening
- ✓ Group Nutritional Counseling
- ✓ Respiratory Education
- ✓ Nurse-led Education

Health & Wellness

Adult

Classes are for ages 18 years and up and are located at the Senior Center, 1200 Raintree Drive, unless otherwise noted.

Acupuncture

Learn how acupuncture helps you feel better: postponing surgeries; Post-operative, acute and chronic pain-relief; quicker healing times; increased energy; balance; stamina; improved memory; facial rejuvenation; arthritis; allergies; asthma; digestion and more. Acupuncture balances the mind and body, allowing optimal health.

9/16	Tu	10:00–11:00 AM	No Fee	425480-01
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Establishing Healthy Boundaries

Boundaries are essential to healthy relationships: romantic, professional, or family. They allow us to keep kind, affectionate, loving attitudes even when others push our buttons. Buddhist monk Gen Rinzin will teach how we can set and keep boundaries that are best for all. Guided meditation and refreshments included.

9/6	Sa	9:30 AM–1:00 PM	\$24	425489-01
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Stress & Anxiety: A Yoga Perspective

Do you know someone suffering with anxiety or depression? Are you a professional in stress management, psychology, teaching, social work? Join us for a powerful, revealing discussion on the origins of anxiety and 12 steps to overcome. Based on yoga philosophy and teachings of great masters. Lecture. **Note:** Bring a yoga mat, cushion if you wish.

10/24	F	6:00–9:00 PM	\$25	425490-01
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Memory Loss & Alzheimer's

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, possible causes and risk factors, stages of the disease, treatment, and much more.

9/11	Th	Noon–1:30 PM	No Fee	425481-01
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Courage Takes Guts

Published writer and speaker, Lois Fink, will share her 19 year battle with Crohn's disease, how it impacted her life, the path she traveled since the diagnosis, and the individuals she met along the way that enriched her life.

9/11	Th	6:00–7:30 PM	No Fee	425482-01
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2015 Medicare Update

You can make changes to your Medicare Prescription Drug Plan (PDP) and Medicare Advantage Plan from Oct. 15 to Dec. 7. This presentation will prepare you by providing an overview of changes to plans and to Medicare in general. This is presented by UC Health Aspen Club and Medicare Counselors.

10/24	F	10:00–11:30 AM	No Fee	425483-01
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Holiday Ho-Ho-Ho's

Along with laughter exercises from the World Laughter Tour, get your creative juices flowing with imaginative captioning activities, mental exercises, fun videos, and more. We'll take a humorous look at the holiday's with this "just have fun" get-together. **Note:** Register with Aspen Club at 970.495.8560. Led by Jill Taylor, Certified Laugh Leader with UC Health's Aspen Club

11/20	Th	10:00–11:30 AM	No Fee	425484-01
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The Power of Food for Health & Longevity

You will learn how a low fat, plant-based diet can be effective in weight loss and help prevent diabetes, heart disease, cancer and other chronic diseases. This 21-day Kickstart program, which helps people achieve healthy weights with an abundance of grains, fruits, legumes and vegetables.

9/26–11/14	F	11:30 AM–1:00 PM	\$160	425485-01
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Do You Have A Bossy Bladder?

Do you have a bossy bladder or bowel? Krista Covell-Pierson, Occupational Therapist certified in pelvic disorders and Michelle Conlin, Pelvic Floor Specialist and Physical Therapist will present a four-week series of lecture and exercise for individuals looking to improve bladder and bowel control. Supplies included. **Note:** Classes can be attended individually at a \$10/session fee. Fee includes take home equipment.

9/9–9/30	Tu	10:00–11:00 AM	\$30	425486-01
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Tai Chi Chih Beginner Class

An inner discipline focusing on circulating and balancing your body's natural energy, this slow-moving meditation is fun, easy and enjoyable. Benefits include reduced stress, strengthened immune system, weight and blood pressure control, and better balance and flexibility. Can be done by anyone regardless of age and physical ability.

9/9–10/28	Tu	1:00–2:00 PM	\$80	425476-01
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Do You Wear Your Health On Your Face?

Energy Light Facial Rejuvenation promotes healthy and vibrant skin on the face without surgery, chemicals, needles or downtime. Encourages collagen production, smooths fine lines and wrinkles, firms skin, improves texture, diminishes breakouts and blemishes, and minimizes puffiness.

10/29	M	10:00 AM–Noon	No Fee	425487-01
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Medicare & Medicaid-What's the Difference

Columbine Health System discusses the general tenets of Medicare, followed by answers to common questions, and myths about how Medicaid works. Learn about eligibility guidelines, what assets are considered countable, what constitutes an exempt resource, and the appropriate time to plan for and apply for Medicaid.

11/4	Tu	Noon–1:00 PM	No Fee	425464-01
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Myth of Hospice Care – Setting the Record Straight

Truth or Myth: Hospice is a place; hospice is only for people with cancer; hospice is for old people; hospice care is expensive. There are many commonly held misconceptions regarding the nature of hospice care, even by medical professionals. This presentation will set the record straight about hospice myths.

9/9	Tu	6:30–7:30 PM	No Fee	425477-01
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Honoring Veterans by Pathways Hospice

About 38000 veterans live in Larimer and Weld counties and many face unique challenges at end of life as a result. This program provides respectful and compassionate care to those who have served. Get information on our Veteran-to-Veteran volunteer program and capturing Veteran Life Stories.

9/23	Tu	6:30–7:30 PM	No Fee	425478-01
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Consider the Conversation

“Consider the Conversation” is a powerful and inspiring film on the struggle with communication and preparation for end-of-life. This 55-minute PBS film combines personal stories and interviews along with opinions of experts in hospice care. Discussion held following video.

10/7	Tu	6:30–7:30 PM	No Fee	425489-01
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Take Control of Your End of Life Decisions

By planning ahead and preparing just a few documents, you can take control of your end-of-life wishes. You will leave with a clear understanding of what is a living will; a medical power of attorney, and when these documents are implemented. The well-known 5 Wishes brochure is part of the discussion.

10/21	Tu	6:30–7:30 PM	No Fee	425488-01
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Balance & Fall Prevention Strategies

Specialists from UC Health Rehabilitation Services will discuss basic fall prevention strategies including how medications, vision, and hearing impact potential for falls. Hear about the advantages of assistive devices. You'll also learn about specific gait and balance training, along with physical therapy options.

9/17	W	9:00–10:00 AM	No Fee	425491-01
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The Science & Practice of Medication with Swamiji Dharmananda

The physical, psychological and spiritual benefits of various types of meditation will be explained and practiced. Meditation has been shown to have significant health benefits for such things as stress, lowering blood pressure, decreasing pain, and more.

10/31–11/21	F	10:00–11:30 AM	\$40	425492-01
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A Better Night's Sleep...If Only It Were That Easy

About 50% of us suffer from sleep disturbance. Learn how sleep apnea is linked to many health issues and what healthy habits you should adopt to help you fall and stay asleep. Presented by Cindy Crosby, MS, RPSGT, Sleep Services the allied health professionals at UC Health Rehab Services and Sleep Labs.

12/2	Tu	5:30–7:30 PM	No Fee	425493-01
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It's All About Keeping Your Bones & Joints Healthy!

UC Health and the Orthopedic and Spine Center of the Rockies

A physician from the Orthopedic and Spine Center of the Rockies (OCOR) will discuss the latest advancements in knee replacement and UC Health fitness and nutrition specialists will share strategies that help your bones stay stronger longer for your active lives. **Note:** A bone density screening (from the Aspen Club) will be available as well – call for appointment. 970.495.8560.

10/22	W	5:30–7:30 PM	No Fee	425494-01
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Exercise the Age Away

Aging doesn't mean you have to give up doing all the activities you love. A certified personal trainer will explain how to help keep your body strong and mobile. Learn why activity is important as we age, and ask questions on what may be holding you back.

9/17	W	12:00–1:00PM		425495-01
10/15	W	12:00–1:00PM		425495-02
11/19	W	12:00–1:00PM		425495-03

Pantry Makeover

Dr. Kim Bruno, DC, CCN will share the top 10 ingredients to eliminate from your kitchen and why. Learn specific ingredients to look for on labels when you grocery shop and how to recognize their different names. Discuss what staples you should have and easy ways to prepare them.

9/24	W	4:00–5:00 PM	\$10	425496-01
11/5	W	5:00–6:00 PM	\$10	425496-02

How to Find the Information You Need for the Wellness You Want

Studies show that improving our health knowledge improves our health, reduces doctor visits and saves money. Explore how to find reliable info even on the internet; how to make the most of your visit to the doctor, and how to keep track of your health information. Presented by Dianne Grimmer, RN, M.Ed.

9/25	Th	3:00–4:00 PM	No Fee	425497-01
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Symptoms of Influenza

Join Marlene Sinclair, RN as she reviews symptoms of actual influenza vs “GI bug”. Go over general ideas for treatment of influenza, including when to see a doctor. Receive current handouts from the CDC reviewing Q and A from the CDC as related to the 2014/15 influenza. Learn about Communicable Disease Prevention.

10/7	Tu	Noon–1:00 PM	No Fee	425498-01
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Wounds & Skin Tears – How to Treat

Pam James, RN, Wound and Ostomy nurse will present how to treat basic skin tears and blisters, discuss what some causes of wounds could be, when to call the doctor, some basic First Aid. (She will not be doing any actual hands on wound care, but could take a look at a wound to see if the person needs to see a doctor).

11/11	Tu	Noon–1:00 PM	No Fee	425499-01
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Congestive Heart Failure

Marlene Sinclair, RN will go over signs and symptoms of CHF, what causes might lead up to it, suggestions on how to monitor it at home. And when to call the doctor. She will also go over food choices (sodium, etc.) and how to read a food label in searching out healthy choices.

12/5	F	11:00 AM–Noon	No Fee	425465-01
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Aging Conversations

Do you know the difference between independent living, assisted living, skilled nursing, rehabilitation, home care and non-medical home care? You will come away from the discussion with a full understanding of the levels available to you and your loved ones.

9/16	Tu	5:30–6:30 PM	No Fee	425470-01
10/21	Tu	9:30–10:30 AM	No Fee	425470-02

Thinking of Quitting Tobacco?

Get answers about how to quit smoking or chewing. Discuss strategies on how to prepare yourself for your quit date. Learn how counseling can quadruple your chances of success when combined with nicotine replacement products. Explore options on quitting and staying quit. Open to tobacco users, their family and friends.

9/3	W	6:00–7:00 PM	No Fee	425475-01
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Small Steps to Health & Wealth™ – September

In this class, compare your position with recommended benchmarks, then track behaviors to accomplish goals leading to both better health and wealth. Also learn the strategy of stepping up/stepping down to change. This program from CSU Extension provides hands-on activities and resources that can be used immediately.

9/10	W	5:30–6:30 PM	\$5	425908-01
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Small Steps to Health & Wealth™

The strategies learned in this month's class are to use easy frames of reference, convert consumption of labor, and think balance, not sacrifice.

9/8	M	5:30–6:30 PM	\$5	425908-02
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Small Steps to Health & Wealth™ – December

The strategies learned in this month's class are to consider outside influences, automate good habits, and live the power of ten.

12/3	W	5:30–6:30 PM	\$5	425908-03
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Estate Planning Tool Box

Discussion regarding basic estate planning tools that everyone should consider adding to their tool box for ultimate preparedness. We will review each tool; explain what they do, and how you can put them to work for you. Presented by Cheryl Lee Van Ackern of Wolfe, Van Ackern and Cuypers, LLP, Attorneys at Law.

11/13	M	10:00–11:00 AM	No Fee	425911-01
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Estate Planning for the Sandwich Generation

You're raising your children, caring for aging parents, and looking at your own needs. What approach should you take to planning for this increasingly complex situation? Presented by Cheryl Lee Van Ackern of Wolfe, Van Ackern and Cuypers, LLP, Attorneys at Law.

11/3	Th	5:00–6:00 PM	No Fee	425413-01
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Home Safety

Get tips from a Physical Therapist at Columbine Health Systems regarding fall hazards in your home and how to prevent them. Hear about recommendations, modifications, and helpful adaptive equipment that can aid in fall prevention.

10/2	Th	9:30–10:30 AM	No Fee	425415-01
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Osteoporosis

Get a basic overview from a Physical Therapist from Columbine Health Systems regarding osteoporosis education, exercise, and prevention.

11/6	Th	2:00–3:00 PM	No Fee	425430-01
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CPAP

Transform your sleep experience by joining a Columbine Medical Equipment expert to learn about CPAP. Learn how it works, its effectiveness and how to choose the right mask. Also if you've had difficulty using one before, now's your chance to ask questions.

9/3	W	4:00–5:00 PM	No Fee	425432-01
10/28	Tu	5:00–6:00 PM	No Fee	425432-02

Menopause & Weight Gain

Have a registered dietician discuss what happens to the metabolism when going through menopause and how to deal with body changes due to changing hormones. Learn proper eating techniques and tips to help prevent unwanted pounds.

9/5	F	Noon–1:00 PM	No Fee	425434-01
11/17	M	5:00–6:00 PM	No Fee	425434-02

Eating Healthy on A Budget

Does it seem like it's too expensive to eat all the right foods? Learn from a registered dietician how to keep your waist line and your budget in check.

9/18	Th	Noon–1:00 PM	No Fee	425436-01
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DASH Diet

Dietary Approaches to Stop Hypertension. This is one of the most medically recommended diets in America. Come learn about DASH and its benefits from a registered dietician.

10/6	M	9:00–10:00 AM	No Fee	425437-01
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Food & Medicine Interaction

Not feeling so great after you take a certain medication? Could it be your food (or lack of it) that is interfering with your ability to feel good? Learn how certain medications may be more or less effective depending on the food you eat.

10/15	W	10:00–11:00 AM	No Fee	425438-01
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Antioxidants & Health

Learn what antioxidants are, what foods contain them and how they affect your overall long-term health.

11/6	Th	4:00–5:00 PM	No Fee	425439-01
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Eye Center of Northern Colorado

Optometrists from the Eye Center of Northern Colorado will share their expertise on Laser Cataract Surgery/Lens options, Glaucoma Management, Macular Degeneration and other retinal conditions, Droopy Eye lids, Common conditions of the aging eye. And many more!

9/27	Sa	9:00–11:00 AM	No Fee	425440-01
10/25	Sa	9:00–11:00 AM	No Fee	425440-02
11/15	Sa	9:00–11:00 AM	No Fee	425440-03

Services Procedures

Payment is required in advance for services. Services will include, but are not limited to, foot care and full body massage. A service reservation must be canceled at least 24 hours in advance. If not, the fee for this service will not be refunded. Following three missed appointments, the participant will no longer be able to schedule that service at the Senior Center.

Acupuncture*

Acupuncture and Oriental Medicine successfully treats modern day health conditions. Acupuncture stimulates the best use of the body's natural resources, supporting optimal health and well-being – keeping us strong and energetic; eliminating acute and chronic pain and illness. Stay balanced and live life to its fullest.

9/2–12/9	T	11:30AM–1:30PM	\$100 initial, then \$75
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Arthritis Support Group

This group meets quarterly. This group is designed to offer information and support for those who have arthritis, their family members, friends and/or caregivers. Every meeting provides an opportunity to learn more about arthritis and related resources to meet other people with the condition, network, and share common experiences. Bring your lunch.

11/10	M	11:00 AM–12:30 PM	No Fee
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Audiology Screens – MO

A certified audiologist from All About Hearing will be available for hearing screenings, cleaning of hearing aids and to check hearing aids and do simple maintenance.

Audiologist: Brenna Whittey

10/8	W	8:30–9:30 AM	
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Blood Pressure Checks* – MO

This is an opportunity for seniors to sit down with a registered nurse on a one-to-one basis to get blood pressures taken and ask any health-related questions.

Age: All

Care Provider: Health District Nurse

9/15, 10/20, 11/17	W	10:00 AM–Noon	No Fee
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Chair Massage

Receive a therapeutic chair massage to increase circulation, reduce stress, and provide relief from muscle tension and fatigue. No clothing removed. Care provider is a certified massage therapist.

Call for more information 970.221.6644.

Chat With A Pharmacist

Confused about your medications, side effects, interaction with supplements? This is a chance to sit and discuss any questions or concerns you may have. **Note:** Schedule 20 minute appointments.

10/9	Th	Noon–1:00 PM	No Fee
11/3	M	2:00–3:00 PM	No Fee

Fitness Check-Up*

It only takes a half-hour to see how you're doing! Learn your body fat percentage and BMI – then by performing a simple strength, cardio, and flexibility test, you can find your strengths and weaknesses. Take periodically to see any changes. **Note:** schedule 40 minute appointments.

9/3, 10/1, 11/5, 12/3	W	10:00 AM–1:00 PM	No Fee
9/15, 10/20, 11/17	M	1:00–4:00 PM	No Fee

Cholesterol Clinics*

Blood pressure, cholesterol and glucose screenings are provided along with counseling and recommendations within 20 minutes by registered nurses. Clients are requested to fast 12 hours before the screenings (water and medications can be taken) to get complete results. Appointments are required. Please call the Health District at 970.224.5209.

Care Provider: Health District Nurse

9/3	W	8:30–10:30 AM	\$15 or sliding scale available
9/13	Sa	8:30–10:30 AM	\$15 or sliding scale available
10/7, 11/4	Tu	8:30–10:30 AM	\$15 or sliding scale available
9/18, 10/16, 11/20	Th	8:30–10:30 AM	\$15 or sliding scale available

Converse With A Nurse

Need clarification, guidance, basic info? This is your chance to sit down with a nurse and get some answers plus have your blood pressure checked.

9/26	F	9:00–10:00 AM	No Fee
10/15	W	Noon–1:00 PM	No Fee
11/7	F	2:00–3:00 PM	No Fee
12/9	Tu	4:00–5:00 PM	No Fee

Foot Care Clinics

The visit starts with a foot soak followed by an assessment of your feet. Your nails are then trimmed, corns and/or calluses are addressed, a skin sloughing treatment is given and a light massage concludes the visit. Call 970.221.6644 for more information.

“Group” Ear Acupuncture

Auricular (ear) acupuncture stimulates points on the ear that correspond to bodily part and organs. Stimulating these points has been known to help with stress reduction, relaxation and general well-being. These sessions are done in a group setting, generally ten people at a time.

9/18, 10/16, 11/20	Th	2:00–4:00 PM	\$15
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Get Fit For Golf: Golf Assessments

This mini-assessment is designed to help improve your overall golf game by assessing strength and flexibility components specific to golf. Based on the results of the assessment, exercises and suggestions will be shared to help you become a stronger golfer (hopefully with lower scores!) **Note:** Appointments scheduled in 40 minute increments. Must bring your own clubs.

9/4, 10/9	Th	8:00 AM–Noon	\$20
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Hand & Foot Reflexology

In these relaxing sessions, your hand and feet will be massaged, paying special attention to pressure points that connect with organ and glands throughout the body. For an additional treat consider adding an aromatherapy sugar scrub. Sugar scrubs are good for skin softening and removing dry skin from hands and feet.

Note: Appointments scheduled in 30 minute increments.

9/23, 10/7, 10/21, 11/4, 11/18	Tu	2:00–5:00 PM	\$35/\$40 sugar scrub
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Hearing Screenings & Wax Removal

Ringing in the ears? Frequently exposed to loud noises? Ears feel clogged? Difficulty following conversations in noisy restaurants? Come check your hearing and talk with a licensed audiologist from Hearing Rehab Center of Fort Collins, Dr. Stuart Tomlin, an expert in hearing and tinnitus issues.

Every other Monday (9/8–12/29)	11:00 AM–1:00 PM	No Fee
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Legal Services – MO

Free half-hour sessions every first Thursday of the month provided by Marla Hehn. Please call the Senior Center at 970.221.6644 to schedule an appointment.

9/4, 10/2, 11/6	Th	1:00–5:00 PM	No Fee
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Massage Therapy

Swedish, integrative and deep tissue massage. **Note:** Payment due when appointment is made (at least 24 hours in advance). Cancellation must be made 24 hours in advance in order to receive a refund. Call for more information 970.221.6644.

Mastectomy Support Group

Join us for E.M.B.R.A.C.E: Empower, Me, Breather, Rest, Accept, Courage, Engage. Ask and feel better, group discussions, healthy recipes, stretching/breathing, and hugs. Call 970.221.6644 to speak with the wellness coordinator.

9/8, 10/13 11/10	M	6:00–7:00 PM	No Fee
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Medical Equipment Repair

Come have an expert from Columbine Medical Equipment take a look at your medical apparatus for a quick checkup and easy repair – or referral for a major overhaul. Malfunctioning equipment can be dangerous, so have it checked out.

9/25	Th	9:00–10:00 AM	No Fee
11/11	Tu	11:00 AM–Noon	No Fee

Quarterly Balance Assessments*

UC Health Rehab staff will assess participants' balance, using the Tinetti, Berg and TUG assessments. From the results, fall prevention strategies will be suggested, dependent if you are a low, moderate or high risk for falls. **Note:** Appointments scheduled in 20 minute increments.

10/29	W	9:00 AM–1:00 PM	\$15
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Rossiter*

Restore connective tissue to its natural, healthy state creating freedom from pain and increased mobility. Relieve back pain, sciatica, knee pain, hip pain, tennis elbow, plantar fasciitis, and more. Rossiter is done fully clothed and takes about ½ hour. You must be able to get up and down from the floor. **Note:** Scheduled in 30 minute sessions.

9/9–11/8	Tu	10:00 AM–1:00 PM	\$45
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Step Free From Tobacco – Thinking of Quitting?*

The Health District of Northern Colorado Larimer County offers individual and group sessions for those who want to quit tobacco. A certified tobacco treatment specialist will help you at every step. This program offers: free nicotine, patches, gum and/or lozenges, 1st free visit, positive supportive approach that works. **Note:** Register by calling 970.224.5209

9/10–10/15	W	6:00–7:30 PM	Sliding Scale
10/29–12/10	W	6:00–7:30 PM	Sliding Scale

VOA Senior Nutrition Program

Senior nutrition is a service of Volunteers of America in cooperation with the City of Fort Collins Recreation Department. A hot lunch is provided at the Northside Aztlan Center on Tuesdays, Wednesdays, and Thursdays at noon and at the Senior Center on Monday, Tuesday, Thursday, and Friday at noon. A suggested donation of \$2.50 is requested. Call 970.472.9630 for more information and reservations.

*** Evidence Based Programs: These programs have been developed using current research studies and clinical expertise.**

A Commitment to Health and Wellness



Meet Diane Horak Health and Wellness Program Manager

Diane has ten years of experience in the Health and Wellness business. Beginning her career as a Personal Trainer at Miramont Lifestyle Fitness, she quickly became certified in nutrition

and weight loss counseling. After working as a Wellness Manager and Director at Miramont, Diane began her career with Columbine Health Systems in 2007 as a Wellness Coordinator. While at that position, in addition to corporate and workplace wellness, Diane earned her Fitness Therapy Certification and began to help those (particularly 50+) who required specific wellness strategies to regain or attain their health.

Diane is married to Todd and they have two sons. One studies dance at Butler University in Indianapolis, and the other is a mechanical engineering major at CSU and is on the track team. A very large two year old golden retriever rounds out the family.



UNIVERSITY
of COLORADO HEALTH

City Of Fort Collins Recreation

ENHANCING A TRADITION OF SERVICE

- The Senior Center opened to the public in 1995 and quickly became an important part of our community's recreational and social landscape.
- The Senior Center's \$6.8 million expansion features outstanding new health and wellness amenities and spaces.
- The expansion enables Recreation to provide a broad range of health and wellness services and programs.

Columbine Health and University of Colorado Health

LEADERS IN HEALTH & WELLNESS

- Columbine Health Systems and University of Colorado Health (UCHealth) are local leaders in community health and wellness. A shared focus on health and wellness drives their dedication throughout the community.
- Combining strengths and sharing resources will ensure health and wellness programs offered at the Senior Center will benefit the community and will appeal to a growing population.

Accessible, Innovative, and Unique

WHAT HEALTH & WELLNESS PROGRAMS WILL BE AVAILABLE?

HEALTH AWARENESS

- Chat with a Pharmacist
- Converse with a Nurse
- Balance Awareness
- Fitness Check-up
- Cholesterol/Blood Pressure Check
- Bone and Joint Health

LIFESTYLE MANAGEMENT

- Massage (full or chair)
- Financial Health
- Stress Management
- Tai Chi Chih
- Arthritis Support Group
- Mastectomy Support Group

WELLNESS AND EDUCATION

- Memory Fitness
- Foot Care Clinics
- Audiology Screening
- Group Nutritional Counseling
- Nurse-led Education
- Tobacco Cessation