

SENIOR CENTER GRAND OPENING

FREE CLASSES & DEMOS

FOR CLASS DESCRIPTIONS, SEE PAGES 6-9

Thursday, July 10

Pre-Register for these great classes!

4:00 PM–5:00 PM	Swiss Theraball (509443-01)	Yarrow Fitness Center
5:30 PM–6:30 PM	Fitness Discovery (509402-01)	Yarrow Fitness Center
6:00 PM–8:30 PM	Thai Cooking (307433-01 \$35)	Kitchen
6:30 PM–8:30 PM	<i>Observation Only:</i> Cartooning Made Easy	Sand Lily
6:30 PM–8:30 PM	<i>Observation Only:</i> Beginning Acrylic Painting	Indian Paintbrush Art Center
6:30 PM–7:30 PM	Belly Dance Beginning (506427-01)	Yarrow Fitness Center
7:30 PM–8:30 PM	Belly Dance Intermediate (506427-02)	Yarrow Fitness Center
8:30 PM–9:30 PM	Belly Dance Advanced (506427-03)	Yarrow Fitness Center

Try it out! Just drop-in to these classes. (Based upon space availability)

4:00 PM–5:00 PM	Classics	Pool
4:00 PM–5:00 PM	Beginning Yoga	Windflower Room
4:00 PM–7:00 PM	Pool & Snooker	Goldenrod Pool & Snooker Center
5:15 PM–6:15 PM	Beginning Yoga	Windflower Room
5:30 PM–6:30 PM	Aqua Box	Pool
6:00 PM–8:30 PM	Thursday Night Cards	Prairie Sage 3
6:00 PM–10:00 PM	Open Shop	Sumac Studio
6:30 PM–9:30 PM	Pickleball	Gym
7:00 PM–8:00 PM	Classics	Pool

FREE CLASSES & DEMOS

Friday, July 11

Pre-Register for these great classes!

9:00 AM–7:00 PM	Massage (by appointment)	Wellness 1, 2, 3
9:00 AM–10:00 AM	Back & Body (509437-02)	Prairie Sage 2,3
9:00 AM–10:00 AM	Beginning Scroll Saw (503492-01)	Sumac Studio
9:30 AM–10:30 AM	Line Dance (506436-01)	Yarrow Fitness Center
9:30 AM–10:30 AM	Beginning Watercolor (503480-01)	Indian Paintbrush Art Center
10:00 AM–11:30 AM	Gold & Silver Hallmark Appraisals (507465-01)	Foxtail 1
10:00 AM–11:00 AM	Beginning Scroll Saw (503492-02)	Sumac Studio
10:00 AM–Noon	Indian Spices 101 (507425-01)	Kitchen
10:30 AM–11:30 AM	Beginning Watercolor (503480-02)	Indian Paintbrush Art Center
10:30 AM–11:30 AM	Ballet (506402-01)	Yarrow Fitness Center
11:30 AM–1:00 PM	MS Dryland Fitness (509438-01)	Yarrow Fitness Center
Noon–1:00 PM	VOA Café (register by calling 472-9630)	Purple Sage 3
12:30 PM–1:30 PM	Kripalu Yoga (509468-01)	Windflower Room
1:00 PM–2:00 PM	Belly Dance (506427-04)	Yarrow Fitness Center
1:00 PM–3:30 PM	Beginning Porcelain Painting (503470-02)	Indian Paintbrush Art Center
2:00 PM–3:00 PM	Swiss Theraball (509443-02)	Yarrow Fitness Center
2:00 PM–3:00 PM	Before You Yoga (509466-01)	Windflower Room
3:00 PM–4:00 PM	Wood Carving Class (503493-01)	Sumac Studio
3:30 PM–4:30 PM	Swiss Theraball (509443-03)	Yarrow Fitness Center
3:30 PM–4:30 PM	Ageless Grace (509436-01)	Windflower Room
4:00 PM–5:00 PM	Wood Carving Class (503493-02)	Sumac Studio
5:00 PM–6:00 PM	Nia (509411-01)	Yarrow Fitness Center
5:00 PM–6:00 PM	Wood Working Hand Tools (503494-01)	Sumac Studio
6:00 PM–7:00 PM	Italy & Autumn East Trip Previews (505490-01)	Twinberry Auditorium

Friday, July 11, Continued

Try it out! Just drop-in to these classes. (Based upon space availability)

6:00 AM–8:00 AM	Open Gym	Gym
6:00 AM–8:00 P.M.	Drop-In Swim	Pool
6:15 AM–7:15 AM	Classics	Pool
7:30 AM–8:30 AM	Fitness & Fun	Pool
8:00 AM–10:00 AM	Adult Badminton & Demos	Gym
9:00 AM–11:00 AM	Front Range Forum	Foxtail 2
9:30 AM–10:30 AM	Classics	Pool
10:00 AM–11:30 AM	Donut Make You Wonder	Prairie Sage 1
10:00 AM–Noon	Movie Enough Said (PG13)	Twinberry Auditorium
10:30 AM–11:30 AM	Tai Chi	Gym West
11:30 AM– 3:30 PM	Duplicate Bridge	Prairie Sage 2
Noon–3:30 PM	Pickleball	Gym
12:15 PM–1:15 PM	Twinges Plus	Pool
1:00 PM–3:00 PM	Quilting Quorum	Lupine
1:00 PM–3:00 PM	<i>Observation Only: Watercolor</i>	Sumac Studio
1:30 PM–2:30 PM	Twinges Plus	Pool
3:00 PM–6:00 PM	SOAP Troupe performances	Prairie Sage 1
3:00 PM–4:00 PM	Metal Forming Demo	Sumac Studio
3:00 PM–4:00 PM	Basketry Demo	Sumac Studio
3:30 PM–5:00 PM	Badminton	Gym
4:00 PM–5:00 PM	Metal Forming Demo	Sumac Studio
4:00 PM–5:00 PM	Basketry Demo	Sumac Studio
4:00 PM–6:00 PM	Bob Ross Demonstrations	Indian Paintbrush Art Center
4:00 PM–7:00 PM	Pool & Snooker	Goldenrod Pool & Snooker Center
4:15 PM–5:15 PM	Aqua-Natal	Pool
5:15 PM–6:15 PM	Classics	Pool
6:15 PM–7:15 PM	Basic H2O Workout	Pool

FREE CLASSES & DEMOS

Saturday, July 12

Pre-Register for these great classes!

9:00–10:00 AM	Line Dance (506436-04)	Yarrow Fitness Center
9:00 AM–7:00 PM	Massage (by appointment)	Wellness 1, 2, 3
9:00 AM–Noon	Supersize your Summer Salad (307431-01, \$39)	Foxtail 1
9:00–10:30 AM	<i>Observation:</i> Make your Website in 30 Minutes	Foxtail 2
9:00–10:00 AM	Beginning Scroll Saw (503492-03)	Sumac Studio
9:30–10:30 AM	Stroke Clinic (500438-01)	Pool
9:30–11:30 AM	Chinese Painting (503440-01)	Prairie 3
9:30–10:30 AM	Beginning Watercolor (503480-03)	Indian Paintbrush Art Center
10:00–11:00 AM	Beginning Scroll Saw (503492-04)	Sumac Studio
10:00–11:00 AM	Chair Yoga (509465-01)	Windflower
10:00 AM–Noon	Food for Life: Cancer Project (507426-01)	Lupine
10:00–11:00 AM	Community Gardening (511452-01)	Twinberry Auditorium
10:30–11:30 AM	Beginning Watercolor (503480-04)	Indian Paintbrush Art Center
10:30–11:30 AM	Zumba Toning (509417-01)	Yarrow Fitness Center
10:30–11:30 AM	Gold & Silver Hallmarks Appraisals (507465-02)	Foxtail 2
11:00 AM–NOON	Community Gardening (511452-02)	Twinberry Auditorium
11:00 AM–Noon	Classics (500422-01)	Pool
11:30 AM–12:30 PM	RIPPED (509418-01)	Yarrow Fitness Center
Noon–4:00 PM	8-Ball Tournament (506401-01)	Goldenrod Pool and Snooker Center
12:30–1:30 PM	Twinges Plus (500416-01)	Pool
12:30–1:30 PM	Social Media Lightning Round (507405-01)	Foxtail 1
12:45–1:45 PM	Beginning Tai Chi (509428-02)	Yarrow Fitness Center
1:00–2:00 PM	Travelogue–Emerald Isle (506402-01)	Twinberry Auditorium
1:00–3:00 PM	Cartooning Made Easy (503407-01)	Lupine Room
1:00–2:30 PM	Felting (503436-01)	Indian Paintbrush Art Center
1:00–2:00 PM	Beginning Wood Carving Class (503493-03)	Sumac Studio
2:00–3:00 PM	Travelogue–Machu Picchu (506403-01)	Twinberry Auditorium
2:00–3:00 PM	Beginning Wood Carving Class (503493-04)	Sumac Studio
2:00–3:00 PM	Tai Chi Continuing (509429-02)	Yarrow Fitness Center
2:00–3:00 PM	Stretch & Tone (500410-01)	Pool
2:00–2:45 PM	Before You Yoga (509466-02)	Windflower
3:00–4:00 PM	Paper Marbling (503410-02)	Indian Paintbrush Art Center
3:00–3:45 PM	Beginning Yoga (509463-03)	Windflower
3:30–4:30 PM	Basic H2O Workout (500412-01)	Pool
4:00–5:00 PM	Woodworking Hand Tools (503494-02)	Sumac Studio
4:00–5:00 PM	Belly Dance (506427-05)	Yarrow Fitness Center
4:00–5:30 PM	Restorative Yoga (509467-01)	Windflower
4:30–5:30 PM	Paper Marbling (503410-01)	Indian Paintbrush Art Center
5:00–6:00 PM	Nia (509411-02)	Yarrow Fitness Center

Saturday, July 12

Try it out! Just drop-in to these classes. (Based upon space availability)

9:00–10:30 AM	Senior Basketball Demo & Drop-in	Gym
9:00 AM–Noon	Pool & Snooker	Goldenrod Pool and Snooker Center
10:00–10:30 AM	Harmonettes	Prairie Sage 1
10:30 AM–Noon	Adaptive Opportunities	Gym
11:00 AM–12:45 PM	Rock Cutting Demo	Sumac Studio
11:00 AM–2:00 PM	PC Users	Lounge
11:30 AM–3:30 PM	Front Range Forum	Foxtail 2
12:30–3:00 PM	Table Tennis Demos & Play	Gym
1:00–3:00 PM	Bridge Mentoring	Sand Lily
1:00–2:00 PM	Metal Forming Demo	Sumac Studio
2:00–3:00 PM	Metal Forming Demo	Sumac Studio
3:00–4:00 PM	Karate Demo	Yarrow Fitness Center
3:30–4:30 PM	Badminton Demos & Play	Gym
4:00–7:00 PM	Pool & Snooker	Goldenrod Pool and Snooker Center

*Displays will be posted and information available on membership opportunities, travel opportunities, volunteer opportunities, and rental opportunities. Additionally our rental coordinators will be available to speak to those interested (by appointment) at any time during the opening event.

**View a presentation in the auditorium at any time during the opening event (unless a program is scheduled) to see what capabilities this state-of-the-art venue has to offer.

8-Ball Tournament

Compete with others just for fun. Rules proved at registration. Prizes and snacks provided.

Acrylic Painting

For opening celebration you can drop in to observe this class as they learn and work on their acrylic paintings.

Adaptive Opportunities

Learn about the City of Fort Collins Adaptive Recreation Opportunities (ARO) program! ARO will highlight our Paralympic Sports Club and programs for people with disabilities!

Ageless Grace

Ageless Grace® teaches 21 Simple Tools for Lifelong Comfort and Ease. Movements come naturally, stimulate the body, and initiate a mind-body link, providing anti-aging exercises almost anyone can do! Usually practiced in a chair. Take the tools home, benefit from practicing only 10 minutes every day.

Aqua Box

Punch and kick your way to fitness. Blast your muscles with this power trend in fitness. Mix kickboxing moves with aerobics for a fast, effective workout.

Aqua-Natal

Low and medium impact exercises that will help maintain muscle tone and cardiovascular fitness during pregnancy.

Back & Body

Strengthen and stretch the major muscle groups of the body. Physical conditions like back, hip, knee and neck problems can be alleviated through a holistic training routine.

Ballet

Ballet is a "classical" way to stay physically fit in a slow, precise set of movements that allow you to stretch and tone every muscle group of the body.

Basic H2O Workout

Class designed for people new to water exercise, recovering from an injury or with physical limitations. Range-of-motion, stretching and cardiovascular is emphasized.

Basketry Demo

See the process of the creating baskets in the original historical patterns as they have been made for centuries.

Before You Yoga

Basic poses broken down, phrases explained. Get the most out of yoga by learning the basics in a relaxed environment.

Belly Dance Beginning, Intermediate & Advanced

Watch and learn the exotic movements of one of the most beautiful forms of dance. Nancy Montgomery will have her students and you perform some of the basic movements from Hip Lifts and Drops, Slides to Undulations.

Bob Ross Demonstrations

Watch the certified Bob Ross instructor demonstrates how to paint a picture similar to what they do on television.

Bridge Mentoring

Nila Hobbs will coach American Standard Bridge players to learn to make a better plan on how to make your tricks and to develop skills.

Cartooning Made Easy

Instructor will assist you to experiment with drawing skills as you create comic strips or cartoon story boards.

Chair Yoga

Relaxing body and mind while improving your musculoskeletal fitness and flexibility, and elevates overall health and well-being. Adaptation uses chair support.

Chinese Painting

Experiment with some of the brush techniques that are used for creating beautiful calligraphic paintings in the nature of Chinese painting.

Classics

Enjoy the classic blend of aerobics, toning and stretching. This is the right place to begin an exercise program, maintain your fitness level or add a challenging workout!

Community Gardening

Learn about the many options throughout the City of Fort Collins for community gardening with some specifics about the new garden at the Senior Center.



Donut Make You Wonder

Weekly discussion group. Donuts and coffee provided.

Duplicate Bridge

Drop-in and play for free. Find out if this type of Bridge competition is for you.

Fitness Discovery

Slightly fast-paced with routines designed to work specific muscle groups. Includes floor exercise and weight training. (Low to High Impact...your choice!) Targeted for active, heart-healthy individuals.

Felting

Learn a basics of the felting process while creating a small project that you can take with you.

Food for Life: Cancer Project

The Power of Food for Cancer Prevention and Survival Studies have shown that a diet built from plant foods offers the most cancer-fighting protection of any. This class is an Introduction to How Foods Prevent and Fight Cancer while enjoying a cooking demonstration and tasting delicious, healthful dishes.

Front Range Forum

Front Range Forum is an organization serving the residents of Northern Colorado's Front Range who are intellectually curious and dedicated to enriching their daily lives with the joy that comes with life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions. The Forum offers 8 -10 classes 3 times a year; classes meet two hours a week for up to eight weeks. Topics for study have varied from the Vikings to the Movies; from the Civil War to Science; and from Van Gogh to Broadway Musicals. In addition the Forum sponsors lectures, and a summer program. Stop by to visit with some of the current members to learn more.

Gold & Silver Hallmark Appraisals

Silver is the new gold! So whether you are a collector, dealer, or just holding a garage sale, this hands-on class arms you the with the basics you need to identify sterling silver (and gold) and helps you determine the value, age, and quality of the silver you purchase or sell. Gold welcome as well.

Harmonettes

Performance by the Harmonettes, the longest existing volunteer chorus in Fort Collins who perform seasonal and themed programs of popular music from years past for local assisted living facilities and for special events.

Indian Spices 101

Join Chef Sapna Von Reich for an informative introduction to the exquisite spices and flavors of India. Participants will learn how to incorporate Indian flavors into their foods repertoire as well as learn about current and traditional healing properties of herbs and spices.

Italy & Autumn East Trip Previews

Trip leaders will present power point previews on two of the upcoming exciting 10 day trips coming up this fall. Come see pictures and ask questions.

Karate Demo

Karate is a well-rounded exercise and defense sport that teaches discipline and respect while gaining self-esteem and better fitness. Observation only.

Kripalu Yoga

Kripalu Yoga is a form of Hatha Yoga using inner focus, meditation, standard yoga poses, breathwork, "development of a quiet mind", and relaxation. Kripalu emphasizes "following the flow" of prana, or "life-force energy, compassionate self-acceptance, observing the activity of the mind without judgment, and taking what is learned into daily life.

Line Dance

Line dance is one of the best forms of exercise in which you can engage. It stimulates the mind, body and soul with the challenging choreography and motivating music.

Make your Website in 30 Minutes

Your own website can be a reality—and you can do it yourself! If you can use MS Word, you have the skills to create your own blog. We'll review the steps to create your WordPress site and develop your very own presence on the web.

Metal Forming Demo

The instructor will bend and forms metal to create kinetic sculptures similar to what you would make if you register for the full Metal Forming class.

MS Dryland Fitness

Designed for persons with Multiple Sclerosis to maximize strength and endurance through chair exercises.

Movie Enough Said (PG13)

A masseuse unwittingly falls for the ex-husband of her new friend and client. Film wondrously warm due to a revelatory turn by Julia Louis-Dreyfus and a tender, funny performance by the late James Gandolfini. The duo gleams. Their later-in-life romance feels like first love.

Nia

Discover joy and pleasure with this sensory-based, non-impact, aerobic fusion of dance, healing and martial arts. Nia connects body, mind, emotions and spirit for wellness and fitness. For everybody and all fitness levels.

Open Shop

Drop in to see the shop at a time when the shop is open to complete work started in class or other projects you may be working on.

Paper Marbling

Learn about the process of paper marbling while creating a small project that you can take with you.

PC Users

Drop in to learn about this exciting computer club. They offer low cost classes, free hands on instruction every Saturday, and learn about joining the club as well.

Pickleball

A paddle game usually played in doubles on a badminton sized court. All skill levels welcome.

Pool & Snooker

With four pool tables and one snooker table the Senior Center is the place to play. There are people in the room all day and this is a great time to pick-up a game with someone new.

Porcelain Painting

Discover what is involved with painting imagery on a glazed porcelain surface. There will not be a finished product.

Quilting Quorum

Anyone interested in quilting or fibers can work on their projects or participate with the group to create gift quilts.

Restorative Yoga

Restorative Yoga is a form of practice directed towards students who are injured, stressed or ill, who need a very gentle practice and who are looking to regain the quality of life that they used to have, but have lost.

RIPPED

Experience this total body "plateau proof fitness formula" workout, using resistance & cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, and extremely effective.

Rock Cutting Demo

Opportunity to view rock cutting which is basis for Lapidary Jewelry classes.

Scroll Saw

You can create and experiment with the saw while cutting wood and creating a project that you can take with you.

SOAP Troupe performances

The Slightly Older Adult Players will entertain you with skits, dancing, music and more.

Social Media Lightning Round

Why are there so many social networks and what's the difference between them all? We'll review the most common and up & coming networks and highlight the features of each. Come learn how people are enjoying social media and maybe even discover one that's just your style!

Stretch & Tone

Increase body strength, improve flexibility, and tone up with rhythmic weight lifting and challenging abdominal workouts set to lively music.

Stroke Clinic

Get in a swimming workout and advice on your strokes.

Supersize your Summer Salad

Learn how a diet high in raw foods can benefit your health and vitality in this introductory level class. Boost the nutritional value and fill factor of your summer salad while learning basic raw food preparation techniques. Class includes food demos and tasting, as well as complete recipe packet.

Swiss Theraball

Enjoy gentle, effective low-impact exercises on the Theraball. You can improve balance, endurance, flexibility, and strength with this relaxing routine. Please dress in comfortable fitness or dance attire. Theraballs are provided.

Tai Chi

Orthodox internal martial art from China focused on low impact, meditative repeating movements.

Thai Cooking

Cooking Thai food is not that complicated. Come learn from a Thai person cooking tips and tricks, and how to choose quality ingredients to make your meals taste great.

Thursday Night Cards

Join either Bridge or Pinochle games

Travelogue–Emerald Isle

World traveler and photographer Marjorie Morningstar will present the “Emerald Ile” – a beautiful picture collage of Ireland, the people and the landscapes.

Travelogue–Machu Picchu

World traveler and photographer Marjorie Morningstar will present on her travels to the “Peak of Peru”. She fell in love with the tremendous contrasts found at Machu Picchu also known as the 15th century icon of the Inca civilization. Morningstar has a unique photographer’s eye for the places she travels.

Twinges Plus

Excellent fitness for joint-related conditions with range-of-motion exercise and low impact cardiovascular work.

Watercolor

For the opening celebration you are welcome to drop in and observe this class as they learn and work on their watercolor paintings.

Wine Tasting and Entertainment

Bottoms Up will host a traditional wine tasting event in the lobby of the Senior Center with music provided by the Off the Clock Band.

Wood Carving Class

Try carving while working in Bass wood or carving soap.

Wood Working Hand Tools

Learn about the variety of wood working hand tools and how they operate.

Yoga

Beginning to low intermediate level yoga. Basic practice that most can do. Practice yoga breathing and physical exercises to enjoy strength and flexibility. Stress management can also often be enjoyed with a regular practice. Encouraged to bring your own mat.

Zumba Toning

30 minutes of Zumba toning and 30 minutes of high energy Zumba. After a great toning session enjoy great Latin music and have fun dancing while burning calories and improving cardio fitness!