

# EXPLORATIONS



### TRIPS

*Registration: Thu, Dec 6 at 8 a.m. for Residents;  
9:30 a.m. for Non-Residents*

**Quaker Oatmeal Festival** (432101-A)  
Sat, Jan 12, 7:45 a.m. Fees: \$14R/\$16NR

**Stock Show** (432102-A)  
Thu, Jan 24, 9:15 a.m. Fees: \$29R/\$31.50NR

**Thompson House Inn** (432104-A)  
Sat, Jan 26, 10:45 a.m. Fees: \$32R/\$34.50NR

**Snow Sculptures** (432103-A)  
Mon, Jan 28, 9 a.m. Fees: \$18.50R/\$23.50NR

**Feel The Beat** (432107-A)  
Mon, Feb 11, 10:45 a.m. Fees: \$15R/\$17NR

### HOLIDAY CLOSURES

**HOLIDAY HOURS**  
New Years Eve, December 31, 8 a.m.-1:30 p.m.  
*\*check fitness class details on back*

**HOLIDAY CLOSURES**  
Christmas Eve, December 24  
Christmas Day, December 25  
New Years Day, January 1

### MEDICARE TUESDAYS

**Medicare Plan & Prescription Drug Plan Assistance**  
Tue, Dec 4, 3- 6 p.m. AAC

**Medicare Counseling**  
Tue, Dec 11, 10 a.m.-2 p.m. AAC

**Medicare 101**  
Tue, Dec, 18, 6:30 p.m. CRC

### UPCOMING EVENTS

**55+ Open House & Christmas Party**  
Wed, Dec 5, 1 p.m. *Free!*

**55+ Holiday Gift & Bake Sale**  
Fri, Dec 7, 9 a.m.-2 p.m.

**Breakfast With Santa**  
Sat, Dec 8, 7:30-10:30 a.m.  
Fees: \$4 adults/\$2.50 kids 12 and under.

**Christmas Lunches**  
Wed, Dec 19 & Thu, Dec 20, 12p.m. Fees: \$4R/\$4.50NR  
*Registration: Dec 5-18*

### DROP-IN ACTIVITIES

<b>Tuesday Afternoon at the Movies</b> Dec 11: <i>Nine to Five</i> Dec 18: <i>The Christmas Candle</i>	<b>Poker</b> Tue-Thu 1:15-4:30 p.m. (need poker players)	<b>Bean Bag Baseball</b> Wed, Dec 12 12:45-1:45 p.m.	<b>Bunco</b> Mon, Dec 17 1-3:30 p.m.
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## DECEMBER LECTURES & WORKSHOPS

*All workshops and lectures are free unless otherwise noted.*

### Lighting Up Christmas

**Fri, Dec 14, 1 p.m.**

Museum curator Elizabeth Nosek will talk about the evolution of holiday lights with special attention given to the Christmas tree.

## COMPUTER CLASSES

### Cell Phone Videos (331152-A)

**Tue, Dec 4, 9 a.m. -12 p.m.**

Create lasting memories by using your smartphone to take videos. Learn how to edit them and how to share them with friends. Bring your cell phone and charger to class. Fees: \$24R/\$26NR

### Computer Basics For Windows Computers (431102-A)

**Tue, Jan 8 and Thu, Jan 10 at 10 a.m.-12p.m.**

In two part series, will receive an introduction of programs that are available to you. Learn how to access files and save what you have created as well as discover how to find tutorial on anything you want to learn. Fees: \$33R/\$36NR

## ADULT ENRICHMENT CLASSES

### Wilderness & Remote First Aid & CPR (336327-B)

**Sat , Dec 1, 9 a.m.-5:30 p.m.**

Wayne Smart, EMT, will teach you how to respond to a medical emergency in a remote or wilderness location. This class will satisfy OSHA and Fish and Wildlife Division certification requirements for two years and covers CPR, choking and use of tourniquets. There will be a half hour break for lunch. Fees: \$61R/\$63NR

### Healthy Mexican Cuisine (336818-A)

**Wed, Dec 5, 6-7:30 p.m.**

Do you enjoy Mexican food and wish you knew how to make simple, healthier versions at home? Learn about Mexican cuisine and how to prepare several easy, healthy and delicious recipes. Samples provided. Fees: \$32R/\$34NR

### Vinyasa Yoga (636701-D)

**Thu, Dec 6, 6-7:30 p.m.**

Enjoy Hatha Yoga poses presented in a flowing Vinyasa-style to enhance your mind-body connection. This class is designed for all levels and abilities. Fees: \$19.50R/\$21.50NR

### CPR, AED & First Aid Training (336326-B)

**Sat , Dec 15, 10 a.m.-3 p.m.**

Learn the latest techniques for CPR and the use of an AED, plus standard first aid. Taught by EMT Wayne Smart, this course satisfies OSHA and Colorado fish and Wildlife certification requirements for two years. Bring a sack lunch. Fees: \$41R/\$43NR

### Drawing Into Painting (431203-A)

**Thu, Jan 10-Feb 14, 10 a.m.-12p.m.**

Experience drawing as a way to map out a painting. Apply the colors, shades or values and textures right over the drawing to paint using acrylics on either canvas or panel. All materials are provided. Taught by Janet Woelfle. Fees: \$60R/NR

\*In Observance of New Years Eve we will not be having fitness classes on December 31.

Sorry for the inconvenience.



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