

Wednesday Evening Programs

Registration for all evening programs will start on Thurs. Oct 31 at 8:00 a.m.
Register in person at Eagle View Adult Center or register by calling 303-655-2075.

| November & December Classes | November Happenings | |
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| <p>TED Talk Thinkers TED started presenting educational and informative videos in the early 90s and has since expanded their content to include scientific, cultural, political, and academic topics. The videos will range from 5 to 20 minutes in length and each one will provoke personal analysis of the subject at hand. Each month will feature a different topic and at the end of each video, Larry Baker will encourage discussion. Please see flyer at front desk for more details on each video. Free, but please register. 5:15 p.m. Wednesdays Free</p> <p>Session 1: Seize the Day Nov 6 & 20 Deadline: Mon. Nov 4</p> <p>Session 2: Dream of Sleep Dec 4 & 18 Deadline: Mon. Dec 2</p> <p>Tai Chi - Beginner Discover the benefits of this ancient form of movement which can improve balance, agility, strength, and coordination as well as reduce stress. Tai Chi is easy and enjoyable to learn. There will be lots of repetition so you can master the moves that can then be done at home. Instructor: Saba Obika. 6:00 - 7:00 p.m. Wednesdays</p> <p>Session 1: Nov 6 - 20 Deadline: Tues. Nov 5 \$15 (3 wks)</p> <p>Session 2: Dec 4 - 18 Deadline: Mon. Dec 2 \$15 (3 wks)</p> | <p>Watercolor Painting In this beginner-intermediate class, participants will all work on the same painting to learn new skills and techniques. Non-beginners wishing to hone their skills are welcome. Get supply list at registration - paper is available through Instructor Sharon Krohn. 5:30 - 7:30 p.m. Wednesdays</p> <p>Session 1: Holiday Cards Nov 13 & 20 \$26 (2 wks) Deadline: Fri. Nov 8</p> <p>Session 2: Polar Bear Dec 4 - 18 \$38 (3 wks) Deadline: Mon. Dec 2</p> <p>Zumba Gold® Zumba is a Latin-inspired workout that is part dance, part fitness. Zumba Gold is a modified class that uses easy-to-follow Zumba choreography that focuses on balance, range of motion, coordination, and fun. Instructor: Rosalie Farrer. 4:00 - 5:00 p.m. Wednesdays</p> <p>Session 1: Nov 6 - 27 \$20 (4 wks) Deadline: Mon. Nov 4</p> <p>Session 2: Dec 4 - 18 \$15 (3 wks) Deadline: Mon. Dec 2</p> | <p>Paint your own Ornament Are you looking for a unique holiday gift for your family or friends? In this fun art class, you will paint one holiday glass ornament and take it home with you. All supplies are included. If you would like to paint an additional ornament please contact the instructor, Judy Schissler at 303-659-3436. 5:30 - 7:30 p.m. Wed. Nov 6 \$20 Deadline: Mon Nov 4</p> <p>Delicious & Nutritious Desserts <i>By Request</i> Do you love desserts? Do you find yourself wishing that you could indulge more in those after-dinner holiday treats? Certified Nutrition Therapy Practitioner, Stephanie Ashby, is back by demand to teach us methods and tricks to modernize unhealthy desserts. She will demonstrate in the kitchen how to make a few different dishes with recipes to take home. Be the highlight of your holiday gathering with these delicious dessert ideas! 5:45 p.m. Wed. Nov 6 \$10 Deadline: Mon. Nov 4</p> <p>Staying Social: How to do it Right Staying connected as you age can be challenging, especially after retirement. As we undergo significant changes in our lives, we find ourselves presented with social hurdles to overcome. In this class you'll explore new ways of finding friends, what to do in awkward moments, and using the virtual world as your friend. Program developed by Humana and presented by retired teacher, Lisa Asmussen. 5:30 p.m. Wed. Nov 13 Free Deadline: Fri. Nov 8</p> |
| <p style="text-align: center;">Flip Page for more Happenings </p> | | |

November Happenings

Tabletop Succulent Terrarium

By Request

Succulents are easy to care for and make the perfect addition to your home. CSU master gardener, Tina Jachetta, is returning to help you construct a small succulent garden in a glass tabletop container. Learn how to care for your succulents and take home the terrarium you make. These little gems are not only decorative but are good for your overall health by making the air healthier and increasing humidity. All supplies are included in the fee.

5:45 p.m.

Wed. Nov 13

\$17

Deadline: Mon. Nov 4

Movie: *Grizzly Man*

This 2005, Werner Herzog documentary chronicles the life and death of bear enthusiast, wildlife activist, and aspiring documentarian Timothy Treadwell. Treadwell, a self-taught bear researcher, spent fourteen summers of his life on Alaska's Kodiak Island, in close proximity to grizzly bears. Things ended horribly, however, on Treadwell's last trip among the bears. 1hr/45mins. Free, but please register.

5:30 p.m.

Wed. Nov 27

Deadline: Mon. Nov 25

December Happenings

Senior Safety & Self Defense

Are you interested in learning valuable techniques to avoid danger? Or what to do if danger presents itself? This introductory class will teach you what to look out for, how to avoid dangerous situations, and what to do if you do find yourself faced with immediate danger. Carl Craigle from Platte Valley Ambulance will demonstrate different tactics in safely removing yourself from the situation. Free, but please register.

5:30 p.m.

Wed. Dec 11

Deadline: Wed. Dec 4

Movie: *The Santa Clause*

In this hilarious comedy, Scott, a busy toy company executive and his son Charlie hear a noise on the roof on Christmas Eve. Scott goes out to investigate and accidentally kills Santa Claus. Because of "the Santa clause," Scott inherits the job of Santa. As the next year passes, Scott rapidly gains weight, grows a white beard, and meets the elf Bernard. Starring Tim Allen. 1h/40mins. Free, but please register.

5:45 p.m.

Wed. Dec 18

Deadline: Tues. Dec 17

Trip Program Guidelines & Information

- On most trips, the meal cost is in addition to the event cost and is your responsibility.
- All trips depart from and return to EVAC.
- No following the van or meeting at venue.
- Participants are expected to fully participate in all aspects of trips, including the tours.
- Please read trip specifics such as amount of walking, stairs, or altitude. Staff reserves the right to prohibit participation if safety is an issue.
- No food or beverages (except bottled water) are allowed on vans.
- Trips do not have a scheduled return time so plan accordingly.
- Inappropriate behavior towards participants or staff is not allowed and will not be tolerated.
- Arrive at Eagle View 15 minutes before the departure time. The drivers will leave Eagle View no later than five minutes after the scheduled departure time.
- Check in with the driver or escort before boarding.
- The driver will assist with loading and unloading passengers, but only to the extent of hand-to-hand or hand-to-back contact.
- Drivers are not responsible for providing ongoing personal assistance during the trips. Companions Assistants may participate at participants' expense.
- All drivers are volunteers. Please be courteous and treat them with respect. No unscheduled stops. At times the drivers may alter the trip itinerary. You will be advised when this occurs. **Please no back-seat driving or shouting out to the drivers.**
- Many people have allergies to perfumes, please be courteous.
- Please remember that you are a representative of the Eagle View Adult Center when you are on our trips.



For more information, please review the On the Road Again brochure.