



Eagle View Adult Center

March & April 2025



Lottery Registration
Call EVAC at
303-655-2075
with your name and
phone number no later
than Thurs. Feb 27
at 4:00 p.m.

See page 2 for more
details.

Spaghetti Luncheon - Sat. Mar 22

Legendary Ladies - Fri. Mar 28

Community Gardens Sign-up

Tues. Apr 1



1150 Prairie Center Parkway, Brighton, CO 80601
303-655-2075 ~ evacinfo@brightonco.gov
www.brightonco.gov

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Registration Procedures for All Programs

- To lessen the number of people entering EVAC at one time, we will hold a lottery registration, which will begin in-person on Mon. Mar 3 at assigned times.
- **To be included, call EVAC at 303-655-2075 with your name and phone number no later than Thurs. Feb 27 at 4:00 p.m.**
- All names will be entered in the lottery and chosen randomly. You will receive a phone call on Fri. Feb 28 with your assigned registration time for Mon. Mar 3. See instructions below.
- **To make Mar 3 registration run efficiently:**
 - * Arrive on time.
 - * Registration form must be completed before meeting with staff.
 - * Payment is due at the time of registration.
 - * Do not fill out checks in advance.
 - * You can sign up for yourself and one other person for the **same trip**.
 - * You can sign up yourself and one other person for any happening or class.
 - * When registering, you can sign up for all activities listed in the newsletter (both months). Note: limit of two trips on Mar 3.
 - * Only those with appointments will be registered on Mar 3.
- **On Tues. Mar 4, registration will open on a first-come, first-serve basis.**

Online Registration

- If you have registered for programs at Eagle View in the past and have a “household account” with us, you will have or already have been assigned a unique username and password. Call the center at 303-655-2075 for your temporary login information. If new to the Center and not needing help, you can visit <http://evac.brightonco.gov> to create an account.
- **Online registration will begin on Tues. Mar 4 at 8:00 a.m.**

Program and Activity Policies

- Anyone 55 years of age or older is given priority to participate in all center activities and programs.
- If adults age 40 - 54 want to attend a class or program they will be added to a waitlist. Inquire at the EVAC front desk.
- Payment is due at registration. Cash, checks, or credit cards accepted. Keep your receipt.
- The Center reserves the right to cancel any activity if minimum registration is not met.
- **Refund Policy for Cancellations:**

If the CENTER cancels the activity/trip:

Full refunds will be given.

If YOU cancel BEFORE the deadline date:

Refund of cost, minus a \$4 cancellation fee. If activity charge is \$4 or less, NO refund is given. **Allow 1 - 2 weeks to process refunds.** You can also apply your refund as a “household” credit for future use at Eagle View.

If YOU cancel AFTER the deadline date:

NO REFUND IS GIVEN unless we can sell your spot. If you can’t go on a ticketed trip, **DO NOT** give your space to anyone before checking with Eagle View to see if there is a waiting list. If there is NO wait list, you may give away or sell your trip space. The person taking your spot must go on the van. Tell EVAC **BEFORE** the trip if someone is taking your place; one-day notice preferred.

Hours: Monday - Friday 8:00 a.m. - 4:00 p.m.

Phone: 303-655-2075

Location: 1150 Prairie Center Parkway
Brighton, CO 80601

Eagle View Center Staff

- Sue Corbett - Director
- Calvin Perdue - Program Coordinator
- Evon Benitez - Information & Referral
- Lucy Martinez - Front Desk Specialist
- Barbara McCoy - Front Desk
- Madison Westmoreland - Program Coordinator
- Fabiola Benitez - Custodian
- Eleanor Maestas - VOA Meal Site Coordinator
- Judy Walters - Front Desk
- Deb DenBleyker & Carolyn Stone - VNA Nurses

On The Cover:

Left Photo: Volunteers at the Spaghetti Luncheon.
Right Photo: Trip participants.

Billiards

We have two tables that are first-come, first-serve during business hours. 25¢ per day

Bingo In-Person

Join us in the dining room every Thursday with Barbara as our caller. One card per player. Win gift cards! Free to play.

12:15 p.m.
Thursdays

Computers Available

Computers with free internet are available when the Falcon Room is unoccupied. Ask the front desk for assistance. A cleaned and sanitized keyboard will be checked out for you to use.

Free Wi-Fi

Free Wi-Fi is available throughout EVAC. Inquire at front desk.

Ladies Billiards

This is “women only” time to enjoy the pool tables.

1:00 - 4:00 p.m.
Mondays
25¢ per day

Lending Library

Borrow books from the library for free and keep them as long as you need. Do NOT re-shelve books - our volunteer librarians do that for us. We accept donations of large print and paperback books only. We are especially needing more large print books.

Knit & Crochet Drop-in

Drop in to knit or crochet with others. No instructor.

10:00 - 11:30 a.m.
Wednesdays
Peer Room
25¢ per day

Mexican Train Dominos

This is an easy game to learn - it’s regular dominos with a fun twist.

12:30 - 3:30 p.m.
Wednesdays

Scrabble

Play Scrabble with others who enjoy the game.

12:30 - 3:30 p.m.
Wednesdays

Tech Tuesdays

Need help with your laptop, tablet, or smart phone? Whether it is setting up a Gmail account or getting to know Zoom, we will do our best to help you become more comfortable using your device. Schedule an appointment with Calvin at 303-655-2187.

Toys for God’s Kids

Make and/or assemble wooden cars to distribute to kids around the world through “Toys for God’s Kids.” Call Dave at 303-503-4926 for details.

8:15 - 10:15 a.m.
Tuesdays
25¢ per day

Wood Carving Drop-in

Learn to carve wood or work on an existing project. Call Norm at 978-568-1191 to arrange free instruction.

8:15 - 10:15 a.m.
Tuesdays



Barbara Dedecker is our wonderful knitting and crochet instructor.

Cards, Cards, Cards!

New players welcome. Call the listed volunteer.

Hand and Foot

12:30 - 3:30 p.m.
Mondays & Fridays
Room: Falcon

Pinochle Pals

12:30 - 3:30 p.m.
Tuesdays
Room: Falcon

Cribbage

12:30 - 3:30 p.m.
Wednesdays
Room: Peer
Shirley: 720-685-3369
Tournament: \$4
Wed. Mar 26, Apr 30

Bridge

12:30 - 3:30 p.m.
Fridays
Room: Talbot
Judy: 303-378-5226
Please call if new

Monday	Tuesday	Wednesday	Thursday	Friday
12:30 Hand & Foot 1:00 Ladies Billiards	8:15 Toys for God’s Kids 8:15 Wood Carving 12:30 Pinochle Pals	10:00 Knit & Crochet 12:30 Dominos 12:30 Scrabble 12:30 Cribbage	12:15 Bingo	12:30 Bridge 12:30 Hand & Foot

To be included in the initial registration, call EVAC at 303-655-2075 with your name and phone number by Thurs. Feb 27 at 4:00 p.m.

Hair Sparkles

Silk hair tinsel is tied onto hair strands and can stay in for weeks. Hair must be clean, straight or slightly wavy and at least 4 inches long. Make an appointment at the front desk and pay Rosalie Farrer directly, cash only.

Tuesdays and Thursdays
\$32 for 30 minutes
Deadline: 2 days ahead

Grief Support Group

No one grieves in quite the same way! Come join us to talk about debunking the myths associated with loss and learn about the process of healing in this confidential four-week class. Facilitated by Pennock Center for Counseling.

10:15 - 11:15 a.m.
Thursdays
Mar 6 - 27
\$2 (4 wks)
Deadline: Tues. Mar 4

Streaming Services:

How to Cut Costs

Back by Demand

This workshop explores streaming services like Netflix, Hulu, and Amazon Prime, offering tips on setup, choosing devices, managing subscriptions, and finding content. Whether you're ready to cut the cord or just explore new options, this session will help you maximize your streaming experience. Presentation by Derek Taniguchi of Rescue Geek.

1:30 p.m.
Thurs. Mar 6
\$5
Deadline: Tues. Mar 4

Feathered Friends:

Peregrine Falcon

This month's Feathered Friends features the fastest animal in the

world, the peregrine falcon. These raptors are found worldwide and have a storied history as one of the great successes of saving an endangered species. Enjoy close-up views of this speedy aerial predator.

1:00 p.m.
Tues. Mar 11
\$5
Deadline: Fri. Mar 7

Kindness Counts

Ever wish you could make a difference in Brighton? You can! This group is about fun, easy ideas for spreading a little kindness throughout the community. Each month we pick a project. Call Sue at 303-655-2076 for information.

11:00 a.m.
Wed. Mar 12

Duplicate Bridge

In Duplicate Bridge, two-player teams compete against each other using predetermined hands. Teams earn points by outbidding and outplaying their opponents, with the highest-scoring team receiving recognition. Players must have a partner and use the same partner throughout a two-month challenge. Facilitator: Bobbi Jo Unruh.

11:30 a.m. - 3:30 p.m.
Wed. Mar 12 & 26
\$10 (2 wks)
Deadline: Mon. Mar 10

Book Club

Books are chosen at the previous meeting. If you missed it, call the front desk for the title. Please read the book before the meeting to be ready for discussion. It's available at libraries, Amazon, or bookstores. Facilitated by Gayle Wudarczyk.

1:00 p.m.
Wed. Mar 12
Free
Deadline: Mon. Mar 10

Bunco

Bunco is an easy and fun game of dice. Enjoy an afternoon of fun,

laughter, and prizes.

1:15 p.m.
Thursdays
Mar 13 & 27
\$4 (each)
Deadline: Wed. before

The Internment of Japanese Americans *EVAC & Zoom*

Japanese internment camps were established during World War II by President Franklin D. Roosevelt through his Executive Order 9066. From 1942 to 1945, it was the policy of the U.S. government that people of Japanese descent, including U.S. citizens, would be incarcerated in isolated camps. Presenter: Paul Flanders.

1:30 p.m.
Thurs. Mar 13
\$4
Deadline: Tues. Mar 11

Learn the Truth about Reverse Mortgages

If you're 62+ and own a home, you may qualify for a Reverse Mortgage to pay off your mortgage, gain extra retirement income, or buy your dream home. Learn about your options. Instructor: Jackie Hahn.

2:00 - 3:00 p.m.
Thurs. Mar 13
Free
Deadline: Tues. Mar 11

Blood Pressure Screening

The firefighters from the Brighton Fire Department will perform FREE blood pressure checks for one hour. Stop by!

Fri. Mar 14 @ 10:30 a.m.
Thurs. Mar 27 @ 10:30 a.m.

Friday Feast

Walker Williams will be performing today. He's a county music singer and is well known throughout the area. We'll be serving chicken casserole, salad, and cookies.

12:00 noon
Fri. Mar 14
\$6
Deadline: Wed. Mar 12

Medicare Counseling

Receive one-on-one assistance on Medicare issues from Rosemary Evans. She is specially trained on Medicare insurance programs, including Medicare Part D. Call Evon at 303-655-2079 to make an appointment. For general Medicare questions you can also call Benefits in Action at 720-221-8354. Counseling by appointment only.

10:00 a.m. - 12:15 p.m.

Tues. Mar 18

Deadline: Thurs. Mar 13

Active Minds:

It's All about the Bassoon

EVAC & Zoom

Learn about the history of this double reed instrument, how it works, and listen to examples of bassoon music written by Bach, Ravel, John Williams, and more. Start 2025 off right with an Active Minds presentation about the best instrument in the orchestra - the bassoon. Taught by Colorado's own renowned bassoonist, Dr. Brian Jack, who is not biased at all.

1:30 p.m.

Wed. Mar 19

\$5

Deadline: Tues. Mar 18

The Depths of Courage

The U.S. Navy Submarine Force was America's smallest branch during WWII, yet it played a crucial role in holding back Japan until the nation could rebuild its arsenal. Author and military historian Flint Whitlock will share incredible true sea stories, including the tale of a Colorado sailor who was one of only nine men to escape their sinking sub - only to be immediately captured by the Japanese.

1:30 p.m.

Thurs. Mar 20

\$5

Deadline: Tues. Mar 18

The Emerald Isle

Today, we explore the enchanting Emerald Isle, Ireland following in St. Patrick's footsteps. We'll visit Slemish in County Antrim, where he was

enslaved, the Rock of Cashel with its Celtic graveyard, the Hill of Slane in County Meath where he lit the Paschal Fire, and Downpatrick in County Down, his final resting place. Presenter: Travel with Toni.

1:30 p.m.

Fri. Mar 21

\$5

Deadline: Wed. Mar 19

Spaghetti Luncheon

For 34 years we have hosted this great community event! We would love it if you bring your family and friends for spaghetti, salad, bread, and dessert. Advance ticket purchase encouraged but tickets will be for sale at the door as well. Takeout available. This is a fundraiser for EVAC.

11:00 a.m. - 2:00 p.m.

Sat. Mar 22

\$8 adults

\$5 children 12 & under

Movie:

The Six Triple Eight

During WWII, the only US Women's Army Corps unit of color overseas tackled a three-year mail backlog. Despite racism, sexism, and harsh conditions, they served with honor. Tyler Perry's drama tells the story of these unsung heroes who delivered hope and broke barriers. Rated PG-13. 2hr/9 min. Free, but please register.

1:00 p.m.

Tues. Mar 25

Deadline: Mon. Mar 24

Low Vision Peer Group

Join in community with other peers experiencing low vision, vision loss, and blindness. Receive peer support and learn new skills, technology, and resources for living with low vision from each other and occasional guest speakers. Facilitated by Sherry Miller.

1:00 p.m.

Wed. Mar 26

Free

Deadline: Mon. Mar 24

Cribbage Tournament

Our monthly cribbage tournament is lots of fun and includes prize winnings. Just drop-in and pay fee to the tournament volunteer.

12:30 p.m.

Wed. Mar 26

\$4

Tree Planting

In this presentation, you'll learn essential steps for planting and caring for trees - from digging the right hole to nurturing growth - ensuring your tree thrives for years to come! Presentation by a CSU Master Gardener.

1:30 p.m.

Wed. Mar 26

\$4

Deadline: Fri. Mar 21

Silver Tongue

Players Present...!

The Silver Tongue Players, EVAC's Readers Theatre troupe, performs a 15-30 minute play the last Thursday of each month. Enjoy heartwarming or comedic performances! See posted flyers for details.

11:00 a.m.

Thurs. Mar 27

Free

Legendary Ladies

It's Women's History Month and "Making History Come Alive" is what the Legendary Ladies do best. Come and watch as performers portray unique historical women who have made significant contributions: Merle Eagan Anderson ("Hello Girls" Operator WWI), Hedy LaMarr (movie star and inventor of WiFi), Miriam Davis Colt (pioneer), and Molly Brown (philanthropist).

2:00 p.m.

Fri. Mar 28

\$5

Deadline: Wed. Mar 26

Community Gardens Sign-Up

Eagle View has 14 raised planting beds to lease to seniors wanting to garden who don't have a space at home. Beds are raised 24" to allow easy access for planting, weeding, and watering without excessive bending and stooping. Center will provide the beds, hose, and water. Participants bring their own tools, seeds, and organic fertilizer. Participants must agree to maintain their bed through the season. Registration begins April 1. After April 8, you can buy one additional bed for \$10.

\$25 per garden bed

What is Happening with the Housing Market***EVAC & Zoom***

Linda Jones, Five Star Professional Realtor and Connie Oller, Certified Mortgage Planning Specialist will discuss and answer questions about the current state of the housing market.

1:30 p.m.

Tues. Apr 1

Free

Deadline: Fri. Mar 28

Stress Management for Caregivers

Join an Area Agency on Aging representative from DRCOG for an overview of their Powerful Tools for Caregivers Program. This will cover challenges of acute vs. chronic illnesses, identifying and managing stress, taking action with stress reducers, and a guided relaxation exercise.

1:30 p.m.

Thurs. Apr 3

Free

Deadline: Tues. Apr 1

Billiards Tournament

Join us in the pool room for a friendly pool tournament. Rules will be clearly listed. Prizes are dictated by the size of the tournament.

10:00 a.m.

Fri. Apr 4

\$5

Deadline: Wed. Apr 2

Understanding Internet Services

In this class, you'll learn how to choose the right internet plan by understanding key features like speeds, data limits, and costs. You'll also discover how to evaluate your bills for potential savings and explore alternative options such as mobile hotspots, fiber, or satellite services. Additionally, we'll guide you through navigating contracts, bundles, and avoiding hidden fees to ensure you're getting the best deal. Presentation by Derek Taniguchi of Rescue Geek.

1:30 p.m.

Tues. Apr 8

\$5

Deadline: Thurs. Apr 3

Girding for War, 1860-61***EVAC & Zoom***

Abraham Lincoln said of the chaotic months between his election in 1860 and the shots fired on Fort Sumter that the trials "were so great that, could I have anticipated them, I would not have believed it was possible to survive them." Presented by Paul Flanders.

1:30 p.m.

Thurs. Apr 10

\$4

Deadline: Tues. Apr 8

Friday Feast

The Change are our musical performers today. This duo plays everything from Patsy Cline to Elvis! We'll be serving minestrone soup, sandwich, and cookies.

12:00 noon

Fri. Apr 11

\$6

Deadline: Wed. Apr 9

Active Minds: Nuclear Power
EVAC & Zoom

As society faces increased challenges associated with climate change

caused by the consumption of fossil fuels, some experts are arguing that nuclear energy offers a reliable and plentiful source of zero carbon energy. Nuclear power, however, presents its own challenges, including a history of accidents at Chernobyl, Three Mile Island, and Fukushima Daichi. Join Active Minds as we evaluate the pros and cons of this controversial source of energy.

1:30 p.m.

Wed. Apr 16

\$5

Deadline: Tues. Apr 15

Feathered Friends: Broad-Winged Hawk

Join us for Feathered Friends as we welcome spring. See the diminutive cousin of the red-tailed hawk, the Broad-Winged Hawk. This raptor migrates through our state during the spring and fall but usually doesn't nest here. Weighing as little as ten ounces, they are the smallest members of the soaring hawk family and are challenging to spot in Colorado.

1:30 p.m.

Thurs. Apr 17

\$5

Deadline: Tues. Apr 15

This Planet That We Call Home

Did you know the garbage trucks Americans fill each year would stretch halfway to the moon? Or that plastic bottles take 450 years to decompose? Earth needs our help! That's why over a billion people celebrate Earth Day on April 22 to protect our planet. First celebrated in 1970, today we continue to learn and act for a healthier Earth in 2025. Presented by Travel with Toni.

1:30 p.m.

Fri. Apr 18

\$5

Deadline: Wed. Apr 16

Key

EVAC & Zoom - Attend in person at EVAC or at home through Zoom. To register for in-person attendance see the enclosed registration sheet. Zoom classes require a membership. See page 15 for more details.

***Programs with NO designation are at Eagle View. Register by the deadline listed.

Emergency Preparedness

Learn about what hazards we have in Brighton and how to prepare with your family, friends, and neighbors. Learn about preparing for and staying safe in hazardous spring weather and how to get emergency information and alerts. Optional time at the end for assistance in signing up for Code Red Emergency Alerts.

1:30 p.m.
Tues. Apr 22
Free
Deadline: Fri. Apr 18

Pruning Shrubs & Trees

Trees and shrubs are key to a stunning landscape, and with the right pruning, they can truly thrive! In this class, you'll learn essential pruning techniques to enhance the health, shape, and beauty of both trees and shrubs, transforming your outdoor space into something remarkable! Presentation by a CSU Master Gardener.

1:30 p.m.
Wed. Apr 23
\$4
Deadline: Fri. Apr 18

Crimes at 10,000 Feet

In the winter of 1873, 21 gold hunters from Provo, Utah, ventured into Colorado's San Juan Range, where a blizzard trapped them. Six weeks later, Alferd Packer emerged as the sole survivor, revealing a chilling tale of murder and

cannibalism. Kurtis Kelly portrays General Charles Adams, who first investigated this bizarre Old West crime saga.

1:30 p.m.
Thurs. Apr 24
\$5
Deadline: Mon. Apr 21

AARP Car Fit

Small adjustments to things like mirrors, seat belts, and seat position can make a big difference in safety. Experts will make adjustments to optimize the safety of your personal vehicle. Visit or call the front desk to schedule an appointment.

9:00 a.m. - 12:00 noon
Fri. Apr 25
Free
Deadline: Wed. Apr 23

Pollinator Gardening

Did you know that one in three bites of food we take is because of pollinators? Did you know that inviting them into your garden improves the health of your plants and makes less work for you? These forgotten little creatures are not only responsible for a large portion of our diets but serve as the very backbone of our natural spaces - by supporting them in your garden, they will support you! Join Butterfly Pavilion Horticulturists and Educators in learning all about the relationships between plants and pollinators and learn some tips for keeping them happy and healthy in your garden. Fee includes a free pass to visit the Butterfly Pavilion.

1:30 p.m.
Mon. Apr 28
\$2
Deadline: Thurs. Apr 24

Movie: Queen Bees

While her house undergoes repairs, fiercely independent senior Helen (Ellen Burstyn) temporarily moves into a nearby retirement

community. There she encounters lusty widowers, cutthroat bridge tournaments, and a hotbed of bullying "mean girls." Rated PG-13. 1 hr/41 min. Free but please register.

1:00 p.m.
Wed. Apr 30
Deadline: Tues. Apr 29

April Happenings

Descriptions: Pages 4 & 5

Hair Sparkles

By appointment
Tuesdays & Thursdays

Kindness Counts

11:00 a.m.
Wed. Apr 9

Duplicate Bridge

11:30 a.m. - 3:30 p.m.
Wed. Apr 9 & 23
\$10

Book Club

1:00 p.m.
Wed. Apr 9

Bunco

1:15 p.m.
Thurs. Apr 10 & 24

Learn the Truth about Reverse Mortgages

2:00 p.m.
Thurs. Apr 10

Blood Pressure Screening

10:30 a.m.
Fri. Apr 11 & Thurs. Apr 24

Medicare Counseling

10:00 a.m. - 12:15 p.m.
Tues. Apr 15

Low Vision Peer Group

1:00 p.m.
Wed. Apr 23

Silver Tongue Players Present...

11:00 a.m.
Thurs. Apr 24

Cribbage Tournament

12:30 p.m.
Wed. Apr 30
\$4

Denver Mob Tour

Join Denver Mob historian, Tom Hackett, on this exciting bus tour through North Denver's Little Italy! Explore former social clubs, homes, and haunts of some of Denver's most influential Denver crime families, while uncovering the truth behind many of these legends. Lunch after at Gaetano's.

10:15 a.m.

Thurs. Mar 6

\$31 (plus meal \$15+)

Deadline: Tues. Mar 4

Gamble: Grand Z

We're going up the hill to Grand Z in Central City. Relax and enjoy the ride as you'll be driven by motor coach to one of the best casinos. Don't forget your player's card and your \$1 for the raffle on the way up. Bus will head home at 3:00 p.m.

8:45 a.m.

Tues. Mar 11

\$28

Deadline: Thurs. Mar 6

Cathedral Basilica of Immaculate Conception **Back by Demand**

Join us for a tour of the Cathedral Basilica of the Immaculate Conception in Denver, a stunning Gothic landmark that began as a small chapel in 1860. Admire its soaring spires, intricate Munich stained-glass windows, and Carrara marble. Learn about its rich history, from its 1912 completion to its role as a spiritual beacon in the community. Don't miss this chance to explore this architectural gem! Lunch after at Denver Central Market.

9:00 a.m.

Wed. Mar 12

\$4 (plus meal \$15+)

Deadline: Wed. Mar 5

Clancy's Irish Pub

Celebrate St. Patrick's Day early with us! Clancy's Irish Pub is Colorado's oldest and longest-running Irish Pub, serving the greater Wheat Ridge and

Denver communities with exceptional food and drinks.

10:30 a.m.

Thurs. Mar 13

\$4 (plus meal \$15+)

Deadline: Tues. Mar 11

Dreamcatchers

Cleo II (the 2nd company of Cleo Parker Robinson Dance) blends the traditions of historic and cultural preservation with those of myth and legend through music, dance, and spoken word.

"Dreamcatchers" shares stories of iconic African American historic figures of the West including Clara Brown and James Beckwourth as well as indigenous and African leaders of the Americas such as Ximalma and Yanga. Performance at Lone Tree Arts Center.

12:00 noon

Wed. Mar 19

\$43

Deadline: Wed. Mar 5

Colorado Model Railroad Museum 

The Colorado Railroad Museum in Greeley took over five years to complete with 280,000 volunteer hours. This 5,500 sq. foot masterpiece has more than 500 scale locomotives, 80 scale miles of train tracks, thousands of other handmade artifacts including around 28,000 handmade trees and a real caboose. They just added a new area called the Dickens' Village! We'll be taking a 90-minute private tour of the museum. Lunch after at The Country Inn Restaurant.

9:00 a.m.

Thurs. Mar 20

\$15 (plus meal \$14+)

Deadline: Wed. Mar 12

Denver March Powwow 

Join us for the Denver March Powwow at the Denver Coliseum, one of the largest Native American powwows in the U.S., celebrating native traditions with

vibrant dance competitions, drumming, and cultural performances. Experience the beauty of traditional regalia, shop at arts and crafts vendors, and learn about the rich heritage of indigenous peoples. Lunch on your own at the Denver Coliseum.

9:30 a.m.

Fri. Mar 21

\$10 (plus meal \$15+)

Deadline: Thurs. Mar 6

Billy's Inn

Billy's Inn has been a staple in North Denver since 1933, offering a delicious Baja-style menu that includes fresh fish tacos, hearty salads, savory sandwiches, and classic dishes. Popular favorites are the famous burgers, nachos, wings, and homemade green chili.

11:00 a.m.

Mon. Mar 24

\$4 (plus meal \$15+)

Deadline: Thurs. Mar 20

State Capitol 
By Request

The Colorado State Capitol in Denver is the seat of state government. Join us for a 1-hour guided tour, including stairs and walking. A government-issued photo ID is required. The tour features a visit to the dome observation area which involves 99 steps. A closed-captioned video tour is available for those unable or unwilling to climb. Lunch after at Smokin' Dave's BBQ.

9:45 a.m.

Wed. Mar 26

\$7 (plus meal \$15+)

Deadline: Wed. Mar 19

Trip Allotment

On Mon. Mar 3 you are allowed to sign up for a maximum of two trips per month. On Tues. Mar 4 you may register for other trips that have space available.



Denotes lots of walking

Adam's Mystery Playhouse

In 1888, the quiet town of Leadwood is on the verge of chaos. A ruthless outlaw terrorizes the once-peaceful community, trampling the rights of law-abiding citizens. As fear and frustration mount, the townspeople's patience begins to fray. With tensions escalating, one haunting question lingers: how far will they go before their desperation leads them down a dark path... to murder? Performance held at the Adams Mystery Playhouse in Denver. Meal included.

4:45 p.m.

Thurs. Mar 27

\$64

Deadline: Thurs. Mar 6

Celestial Seasonings



By Request

Join us on a drive to Boulder for a factory tour of Celestial Seasonings. From raw ingredients to finished products, you'll learn all about the wonderful world of tea and see how their wholesome products are blended, packaged, and shipped. After the tour enjoy free tastings of their teas or maybe even try blending different ones. No meal.

12:45 p.m.

Fri. Mar 28

\$11

Deadline: Fri. Mar 21

Snowshoe - Rocky Mountain National Park



Rating: Moderate

Embark on a captivating snowshoe

adventure in Rocky Mountain National Park guided by experienced Park Rangers. Explore both education and breathtaking beauty on a 2-mile, 2.5-hour roundtrip snowshoe hike, featuring 250 ft. elevation gain and ample opportunities to savor stunning views. While snowshoe poles are not provided or available for rent, they are recommended for those seeking extra balance. **Dress for winter hiking, pack your lunch, and bring plenty of water. Please see front desk for recommended list of supplies.**

8:00 a.m.

Mon. Mar 31

\$7

Deadline: Wed. Mar 26

April Trips

Blue Bonnet Restaurant

The Blue Bonnet Restaurant is one of the oldest family-run restaurants in the Mile High City. The same family has been making great Mexican food at The Blue Bonnet for more than 40 years. Enjoy homemade salsa, tasty tacos, and other Mexican fare. Now, second-generation family members run this iconic Denver establishment.

10:30 a.m.

Thurs. Apr 3

\$4 (plus meal \$15+)

Deadline: Tues. Apr 1

Bowles House Museum



Back by Demand

The Bowles House, a striking red brick and gray shingle is a historic icon in Westminster. Built in 1876 by pioneering settler Edward Bruce Bowles, the Italianate-style home reflects both the area's agricultural roots and Bowles' cosmopolitan tastes, featuring ornate details uncommon in rural farmhouses. Now a museum, the restored Bowles House invites visitors to explore its

rich history, from its role as a community church to its connection with local pioneers and the early days of Colorado's settlement. Lunch after at Los Arcos Mexican Restaurant.

11:45 a.m.

Sat. Apr 5

\$4 (plus meal \$15+)

Deadline: Wed. Apr 2

Champions of Magic: Chasing the Unbelievable

After a decade of touring the world, the Champions of Magic team is bringing their explosive, ALL NEW show to Greeley's Union Colony Civic Center. With thrilling illusions, grand-scale magic, and undeniable showmanship, this high-energy, interactive performance is perfect for the whole family. Combining signature humor and groundbreaking magic, this brand-new production is unlike anything before. Don't miss the show that Broadway World calls

“a dazzling experience like no other!” No meal.

5:30 p.m.

Tues. Apr 8

\$55

Deadline: Tues. Mar 18

Baskerville:

A Sherlock Holmes Mystery

Join Sherlock Holmes and Dr. Watson in a comedic twist on The Hound of the Baskervilles, where the Baskerville heirs are mysteriously being killed off one by one. To solve the case, Holmes and Watson must navigate the moors, face a family curse, and tackle a web of clues, accents, and disguises. With five actors portraying over forty characters, this thrilling mystery unfolds in hilarious fashion. Can they uncover the truth in time? Performance at Lone Tree Arts Center.

12:00 noon

Wed. Apr 9

\$48

Deadline: Thurs. Mar 20

To be included in the initial registration, call EVAC at 303-655-2075 with your name and phone number by Thurs. Feb 27 at 4:00 p.m.

Gamble: Bally's

We're going up the hill to Bally's in Black Hawk. Relax and enjoy the ride as you'll be driven by motor coach to one of the best casinos. Don't forget your player's card and your \$1 for the raffle on the way up. Please bring Bally's player card number at time of registration. Bus will head home at 3:00 p.m.

8:45 a.m.

Wed. Apr 9

\$28

Deadline: Thurs. Apr 3

Denver POPS

Think classical music is all soothing and



calm? Think again! Get ready for an adrenaline-pumping experience with the Denver Pops Orchestra as they unleash the power and intensity of epic pieces like Sibelius' Finlandia, Grieg's In the Hall of the Mountain King, thrilling movements from Holst's The Planets, and Respighi's Pines of Rome. These electrifying masterworks will leave you on the edge of your seat! Performance held at Wheat Ridge Center for Music and Arts. No meal.

3:00 p.m.

Sat. Apr 12

\$29

Deadline: Mon. Mar 24

Rolling Smoke BBQ

Rolling Smoke BBQ is renowned for its authentic, down-home barbecue, with a strong focus on Southern-style comfort food. With four convenient locations across Denver, we'll be visiting the Wheat Ridge location.

10:30 a.m.

Tues. Apr 15

\$4 (plus meal \$15+)

Deadline: Fri. Apr 11

Pro Rodeo Hall of Fame & Museum of the American Cowboy

The Pro Rodeo Hall of Fame and Museum of the American Cowboy in Colorado Springs is a combined museum and hall of fame that celebrates the rich history and tradition of professional rodeo and cowboy culture in America. Established in 1979, the museum honors the people, animals, and events that have shaped the sport of rodeo. Learn about the rich history of this sport on a 1-hour guided tour. Lunch after at ViewHouse.

9:00 a.m.

Thurs. Apr 17

\$13 (plus meal \$15+)

Deadline: Fri. Apr 11

Antiquing in Lafayette

Get ready for a treasure hunt like no other with an exciting outing to Lafayette! Your adventure begins at The Lafayette Flea where every corner is bursting with hidden gems and timeless treasures. Afterwards, you'll walk two blocks to Noble Treasures Antiques and The Tin Rabbit of Lafayette. Lunch on your own in Old Town Lafayette.

10:00 a.m.

Wed. Apr 23

\$4 (plus meal \$15+)

Deadline: Mon. Apr 21

Bright Star

Inspired by a true story and featuring a Tony®-nominated score by Steve Martin and Edie Brickell, Bright Star is a powerful tale of love and redemption set in the American South. When Alice

Murphy meets a young World War II soldier, their connection awakens memories of a lost child, setting her on a transformative journey. With beautiful melodies and moving characters, Bright Star is an uplifting story of hope and emotional depth. Performance held at Candlelight Dinner Theater in Johnstown. Meal included.

4:45 p.m.

Thurs. Apr 24

\$81

Deadline: Fri. Apr 4

USAF Academy Planetarium and B-52

The United States Air Force Academy Planetarium in Colorado Springs recently went through a multi-million dollar renovation which included new state-of-the-art projection and immersive surround sound. We will be visiting to watch the film *D-Day: Normandy 1944*. The trip will also stop at the visitor center and at an actual B-52 Bomber that served in the Vietnam War. Must bring government-issued photo ID. Lunch after at Vaquero's Mexican Restaurant.

8:30 a.m.

Tues. Apr 29

\$5 (plus meal \$15+)

Deadline: Tues. Apr 22

Rockies vs. Braves

Watch the Rockies take on the Atlanta Braves in a shaded seat. Pack your lunch or buy food on site at the many vendors. Dress for the weather. There are two handicap and two aisle seats available. Let us know if you need one at registration.

11:00 a.m.

Wed. Apr 30

\$20 (plus food \$10+)

Deadline: Thurs. Apr 10

AARP Smart Driver Course

Take AARP's driving refresher course of safe driving practices and road rules. Most companies offer a discount off auto insurance for course completion.

Instructor: Dennis Gibbons.

11:30 a.m. - 4:00 p.m.

Wed. Mar 12

\$20 - AARP member

\$25 - Non-member

Deadline: Mon. Mar 10

Breathworks & Meditation

Explore breathing techniques, mindfulness, and guided meditation. At the end of class, there is the option to share experiences within our safe space.

Instructor: Lewis Ortiz.

9:00 - 9:30 a.m.

Fri. Mar 21

\$10

Deadline: Wed. Mar 19

Bridge: Beginning

Beginning bridge is for newcomers to learn the basics, with practice included. No prior knowledge is needed, and hand evaluation and scoring will be covered. Instructor: Bobbi Jo Unruh.

11:45 a.m. - 1:45 p.m.

Thursdays

Mar 6 & 20, Apr 3 & 17

\$12 (4 wks)

Deadline: Tues. Mar 4

Bridge: Intermediate

This class is for those with a solid grasp of bridge basics, covering hand evaluation, bidding, conventions, play, scoring, and reinforcing fundamentals.

Instructor: Bobbi Jo Unruh.

9:30 - 11:30 a.m.

Thursdays

Mar 6 & 20, Apr 3 & 17

\$16 (4 wks)

Deadline: Tues. Mar 4

Charcuterie Boards

Make meat and cheese flowers, and fill in your board with fruit and other treats. Bring your own board or platter. All food provided. Instructor: Amy Wilson.

10:00 a.m. - 12:00 noon

Fri. Apr 18

\$40

Deadline: Mon. Apr 14

Cricut 101

Learn the basics of the Cricut Explore Air II with Karen Kloberdans. You will receive handouts with tips and ideas to get you confident and comfortable.

Bring your tablet or laptop, a notebook, and a pencil.

9:30 - 11:30 a.m.

Mon. Apr 14

\$10

Deadline: Thurs. Apr 10

Diamond Dots

Diamond Dots is a fun and easy craft, similar to Paint by Numbers, but using colorful gems instead.

No experience is necessary.

Instructor: Linda Addison.

1:00 - 3:00 p.m.

Tuesdays

\$16

Session 1: Wind Chime

Mar 18

Deadline: Fri. Mar 14

Session 2: Compact Mirror

Apr 15

Deadline: Fri. Apr 11

Easter Decor

Create a decorative hoop that can be used for Easter and Spring. All supplies included. Instructor: Linda Addison.

10:00 a.m. - 12:00 noon

Fri. Mar 28

\$16

Deadline: Wed. Mar 26

Easter Jewelry Set

Learn techniques for making your own handmade Easter jewelry set with a variety of beads and designs. All supplies included.

Instructor: Grace Yu.

11:00 a.m. - 12:00 noon

Mon. Apr 7

\$21

Deadline: Thurs. Apr 3

Four Leaf Clover Bracelet

Design and make your own St. Patrick's bracelet. Learn techniques for making a handmade bracelet with a variety of beads.

All supplies included.

Instructor: Grace Yu.

11:00 a.m. - 12:00 noon

Mon. Mar 10

\$17

Deadline: Thurs. Mar 6

Genealogy

Research your ancestors using computers and resources. Basic computer skills required. Bring a flash drive and pencil. Facilitators: Fred Trail and Sheryl Johnson.

9:00 - 10:30 a.m.

Fridays

Mar 7 - Apr 25

\$20 (8 wks)

Deadline: Wed. Mar 5

Greeting Cards

Learn techniques in card making with a variety of occasions to choose from.

You will make four cards; all supplies included in fee. Instructor: Linda Addison.

10:00 a.m. - 12:00 noon

Fridays

\$16

Session 1: Mar 14

Deadline: Wed. Mar 12

Session 2: Apr 11

Deadline: Wed. Apr 9

Iris Folding: Holiday

Learn a simple folding technique to create two holiday-themed cards. All materials provided; bring a tape dispenser and small scissors. Instructor: Karen Kloberdans.

9:30 - 11:30 a.m.

Mon. Mar 17

\$10

Deadline: Thurs. Mar 13

Knitting: Beginning

Learn basic knitting stitches while making a simple scarf. Supply list at registration. Instructor: Barbara Dedecker. No class Mar 20 and Apr 17.

10:30 a.m. - 12:00 noon

Thursdays

Mar 6 - Apr 24

\$21 (6 wks)

Deadline: Tues. Mar 4

Please see display case for class examples.

Learn to Crochet

Learn basic crochet stitches while making a scarf and a granny square. Supply list at registration.

Instructor: Barbara Dedecker.

1:00 - 2:30 p.m.

Mondays

Mar 10 - Apr 14

\$21 (6 wks)

Deadline: Thurs. Mar 6

Tabletop Frame

Create a unique scene on a 6"x6" wood square that can stand or be hung, using flowers, rocks, decorative paper, and other materials. All supplies provided.

Instructor: Linda Addison.

10:00 a.m. - 12:00 noon

Fri. Apr 25

\$16

Deadline: Wed. Apr 23

Oil Painting

Instructor Carol Obenchain welcomes all levels of artists including watercolor painters. Beginners will select from pre-chosen paintings to learn basic skills, while veterans work on their own projects. Bring your own supplies. Beginners will receive a supply list upon registration.

1:00 - 3:30 p.m.

Fridays

\$20 (4 wks)

Session 1: Mar 7 - 28

Deadline: Wed. Mar 5

Session 2: Apr 4 - 25

Deadline: Wed. Apr 2

Origami: Easter

Learn to make origami bunnies and eggs for Easter. All supplies included. Instructor: Grace Yu.

11:00 a.m. - 12:00 noon

Mon. Mar 24

\$16

Deadline: Thurs. Mar 20

Polymer Clay Sculpture

Learn the basics of polymer clay and sculpt a simple decoration. All skill levels welcome. Supplies included.

Instructor: Tammi Williams.

9:30 - 11:30 a.m.

Thursdays

\$21

Session 1: Lion Head

Mar 20

Deadline: Fri. Mar 14

Session 2: Gnome

Apr 17

Deadline: Fri. Apr 11

Quilting

Make a table runner/wall hanging with an Easter theme. The pattern, instruction, and demonstration will be provided. Supply list available at registration. Instructors: Cheryl Stoddard and Wilma Laughlin.

1:00 - 2:30 p.m.

Thursdays

Mar 13 - Apr 17

\$20 (6 wks)

Deadline: Tues. Mar 11

Readers Theatre

Join the Silver Tongue Players to practice and perform short plays, no memorization needed! Bring a pencil, yellow highlighter, and a small black 3-ring binder to class. If unable to attend the first day, call Eagle View. Performance on the last Thursday of the month. Instructor: Dolly Garcia.

12:15 - 1:15 p.m.

Tuesdays

\$3

Session 1: Mar 11 - 25

Deadline: Fri. Mar 7

Session 2: Apr 1 - 22

Deadline: Fri. Mar 28

Scrapbooking

Bring your photos to life by creating beautiful albums to showcase and preserve memories. Kits provided for 4 double-sided pages. Instructor: Linda Addison.

1:00 - 3:00 p.m.

Tuesdays

\$16

Session 1: Mar 11

Deadline: Fri. Mar 7

Session 2: Apr 8

Deadline: Fri. Apr 4

Sugar Cookie Decorating

Join Teresa Samson for an introduction to sugar cookie decorating. Learn the basics, decorate four cookies, practice piping, and explore dough and icing concepts. Bring an apron.

10:00 - 11:30 a.m.

Wednesdays

\$36

Session 1: Luck of the Icing

Mar 19

Deadline: Thurs. Mar 13

Session 2: Spring Has Sprung

Apr 16

Deadline: Thurs. Apr 10

Sugar-Free Treats

Learn sugar-free, gluten-free baking. In March, make mini butter cakes, lemon scones, and coconut macaroons. In April, make carrot bundt cakes, cranberry orange scones, and shortbread cookies. Bring a rolling pin, mixer, and an apron. Instructor: Rosalind Lowen.

9:00 a.m. - 12:00 noon

Fridays

\$36

Session 1: Mar 7

Deadline: Tues. Mar 4

Session 2: Apr 4

Deadline: Tues. Apr 1

Taste of India: March

We will be making mint pulao (a fragrant one pot rice dish), bhindi riata (fried okra slices in a creamy yogurt sauce), and palak paneer (cottage cheese cubes in spinach puree).

Instructor: Akila Arumugam.

10:30 a.m. - 12:30 p.m.

Tues. Mar 11

\$35

Deadline: Fri. Mar 7

Taste of India: April

We'll be making kachumber salad (zesty fresh veggies), batura (soft, fluffy fried bread), and chole (tangy chickpea curry). Plus, a surprise dessert for Tamil New Year to top off a satisfying meal! Instructor: Akila Arumugam.

10:30 a.m. - 12:30 p.m.

Tues. Apr 22

\$35

Deadline: Fri. Apr 18

Back to Balance

Learn what can be done to prevent falls and support balance challenges. Posture, flexibility, and movement are key elements of this class. We sit, stand, move, and walk. Canes and walkers are welcome. Instructor: Dottie LaFleur.

9:45 - 10:45 a.m.
Mondays
\$20 (4 wks)

Session 1: Mar 10 - 31
Deadline: Thurs. Mar 6

Session 2: Apr 7 - 28
Deadline: Thurs. Apr 3

Be Fit Through Movement *EVAC & Zoom*

Improve your fitness level through movement and exercises designed to stimulate both brain and body. Exercise can be done seated or standing. Improve your leg and upper body strength, balance, and posture. Instructor: Rosalie Farrer.

9:00 - 10:00 a.m.
Tuesdays

Session 1: Mar 11 - 25
\$15 (3 wks)
Deadline: Fri. Mar 7

Session 2: Apr 1 - 29
\$25 (5 wks)
Deadline: Fri. Mar 28

Chair Yoga Beginning

Recovering from an injury or surgery? This gentle class helps you reconnect with your body, mind, and spirit - all without leaving your chair. You'll feel better than when you arrived. Instructor: Dottie LaFleur.

12:15 - 1:00 p.m.
Mondays
\$20 (4 wks)

Session 1: Mar 10 - 31
Deadline: Thurs. Mar 6

Session 2: Apr 7 - 28
Deadline: Thurs. Apr 3

Chair Yoga Intermediate - 1

Enjoy all the healthy benefits of yoga without getting on the floor! Targeted stretching releases tension

in the body returning it to proper alignment, as well as increasing range of motion and building strength. Yoga exercises are done with the support of a chair to improve posture, flexibility, and strength which means more freedom of movement and less pain. Instructor: Dottie LaFleur.

10:30 - 11:30 a.m.
Tuesdays

Session 1: Mar 11 - 25
\$15 (3 wks)
Deadline: Fri. Mar 7

Session 2: Apr 1 - 29
\$25 (5 wks)
Deadline: Fri. Mar 28

Chair Yoga Intermediate - 2

11:45 a.m. - 12:45 p.m.
Tuesdays

Session 1: Mar 11 - 25
\$15 (3 wks)
Deadline: Fri. Mar 7

Session 2: Apr 1 - 29
\$25 (5 wks)
Deadline: Fri. Mar 28

Heart Healthy Trio - 1

In this combination class, you will experience low-impact cardio for your heart health, balance exercises for fall prevention, and stretching movements for mobility and flexibility. All for fun, health, and well-being. Instructor: Dottie LaFleur.

11:00 a.m. - 12:00 noon
Mondays
\$20 (4 wks)

Session 1: Mar 10 - 31
Deadline: Thurs. Mar 6

Session 2: Apr 7 - 28
Deadline: Thurs. Apr 3

Heart Healthy Trio - 2

10:00 - 11:00 a.m.
Wednesdays

Session 1: Mar 5 - 26
\$20 (4 wks)
Deadline: Mon. Mar 3

Session 2: Apr 2 - 30
\$25 (5 wks)
Deadline: Mon. Mar 31



Line Dance

EVAC & Zoom

Get moving and have fun by line dancing in this one-hour class for those who have line danced before – intermediate and advanced beginners. You know the basic steps so now it's time to put it all together and just have fun! Instructor: Rosalie Farrer.

9:00 - 10:00 a.m.
Fridays
\$20 (4 wks)

Session 1: Mar 7 - 28
Deadline: Wed. Mar 5

Session 2: Apr 4 - 25
Deadline: Wed. Apr 2

Line Dance: Introduction

EVAC & Zoom

This introduction class is for those who have never line danced before. You will learn the basic steps and the dances using those steps! It's all about having fun! Instructor: Rosalie Farrer.

10:15 - 11:15 a.m.
Fridays
\$20 (4 wks)

Session 1: Mar 7 - 28
Deadline: Wed. Mar 5

Session 2: Apr 4 - 25
Deadline: Wed. Apr 2

Move It or Lose It - 1

EVAC & Zoom

This 45-minute class is perfect for beginners or those getting back into fitness. Focused on strength, flexibility, alignment, and balance, it can be done seated or standing. We'll use a sturdy chair, hand weights (or water bottles), and a fitness band to keep it fun and effective. Instructor: Rosalie Farrer.

10:15 - 11:00 a.m.
Thursdays
\$20 (4 wks)

Session 1: Mar 6 - 27
Deadline: Tues. Mar 4

Session 2: Apr 3 - 24
Deadline: Tues. Apr 1

Move It or Lose It - 2

See page 13 for description.

11:15 a.m. - 12:00 noon

Thursdays

\$20 (4 wks)

Session 1: Mar 6 - 27

Deadline: Tues. Mar 4

Session 2: Apr 3 - 24

Deadline: Tues. Apr 1

Salsa

Learn hot Latin rhythm with fun and easy footwork. No partner or previous experience needed.

Instructor: Rosalie Farrer.

1:00 - 2:00 p.m.

Mondays

Apr 7 & 14

\$10 (2 wks)

Deadline: Thurs. Apr 3

Sit and Stay Fit - 1**EVAC & Zoom**

The exercises in this low-level class are designed to improve core strength, flexibility, balance, coordination, and circulation. You will be seated for the entire class.

Instructor: Rosalie Farrer.

11:30 a.m. - 12:00 noon

Tuesdays

Session 1: Mar 11 - 25

\$15 (3 wks)

Deadline: Fri. Mar 7

Session 2: Apr 1 - 29

\$25 (5 wks)

Deadline: Fri. Mar 28

Sit and Stay Fit - 2**EVAC & Zoom**

No class Mar 14 or Apr 11.

11:30 a.m. - 12:00 noon

Fridays

\$15 (3 wks)

Session 1: Mar 7, 21, 28

Deadline: Wed. Mar 5

Session 2: Apr 4, 18, 25

Deadline: Wed. Apr 2

Yin Yoga

Take a peaceful moment for yourself to unwind, reconnect, and

cultivate mindfulness. This class invites you to slow down with gentle, restorative movements, allowing your body to release tension and your mind to find stillness. Instructor: Dottie LaFleur.

11:15 a.m. - 12:00 noon

Wednesdays

\$5

Deadline: Mon. before

Session 1: Mar 5

Session 2: Mar 19

Session 3: Apr 2

Session 4: Apr 16

Session 5: Apr 30

Yoga Beginning

Learn a lifetime skill for health and relaxation. This basic beginning class focuses on relaxation and breathing, as well as increased range of motion and flexibility. You must be able to get onto and off the floor.

Monday instructor: Shannon Cunningham. Wednesday instructor: Paula Beacom.

Yoga Beginning - Mondays

9:45 - 10:45 a.m.

\$20 (4 wks)

Session 1: Mar 10 - 31

Deadline: Thurs. Mar 6

Session 2: Apr 7 - 28

Deadline: Thurs. Apr 3

Yoga Beginning - Wednesdays

9:45 - 10:45 a.m.

Session 1: Mar 5 - 26

\$20 (4 wks)

Deadline: Tues. Mar 4

Session 2: Apr 2 - 30

\$25 (5 wks)

Deadline: Mon. Mar 31

Yoga Intermediate

Start your morning off right with Yoga for advanced beginning and intermediate-level participants. No new beginners. The ability to get on the floor is required. Monday instructor: Shannon Cunningham. Wednesday instructor: Paula Beacom.

Yoga Intermediate - Mondays

8:30 - 9:30 a.m.

\$20 (4 wks)

Session 1: Mar 10 - 31

Deadline: Thurs. Mar 6

Session 2: Apr 7 - 28

Deadline: Thurs. Apr 3

Yoga Intermediate - Wednesdays

8:30 - 9:30 a.m.

Session 1: Mar 5 - 26

\$20 (4 wks)

Deadline: Tues. Mar 4

Session 2: Apr 2 - 30

\$25 (5 wks)

Deadline: Mon. Mar 31

Zumba Gold®**EVAC & Zoom**

Get fit to a Latin beat and have fun doing it! Zumba® is a Latin-inspired workout that is part dance, part fitness. Zumba Gold® is a modified class that uses easy-to-follow moves focusing on balance, range of motion, and fun.

Instructor: Rosalie Farrer.

9:00 - 10:00 a.m.

Thursdays

\$20 (4 wks)

Session 1: Mar 6 - 27

Deadline: Tues. Mar 4

Session 2: Apr 3 - 24

Deadline: Tues. Apr 1

Zumba Toning**EVAC & Zoom**

This class focuses on strength training exercises (using light weights or toning sticks) while dancing to the rhythm of fun Latin-based music. It is a low to moderate-intensity workout designed to reduce the loss of muscle mass/strength that often comes with aging. Instructor: Rosalie Farrer.

10:15 - 11:15 a.m.

Tuesdays

Session 1: Mar 11 - 25

\$15 (3 wks)

Deadline: Fri. Mar 7

Session 2: Apr 1 - 29

\$25 (5 wks)

Deadline: Fri. Mar 28

Senior Advisory Board

The purpose of the Advisory Board is to advise and assist in the needs and operations of Eagle View. The Board meets Tues. Mar 18 and Apr 15 at 1:00 p.m. Members are: Dave Thomas, Peggy Jarrett, Lou Ellen Bromley, Dan Buckner, Karen Swaithes, Steve Yarish, Bill Alsdorf, Heidi Storz, Gayle Shiba, Barbara Spakoski, Janet Olivieri, and Randy Thornton. Visitors are welcome.

Charitable Contributions

Together we can continue to enhance the great programs and services offered for active adults in the Brighton area. Your financial support will be recognized on the donor wall at Eagle View. Donations are tax-deductible. Make donations payable to: Brighton United Senior Citizens, 1150 Prairie Center Parkway, Brighton, CO 80601. Donor Opportunities for Wall Recognition:

Friend: \$100 - \$499
 Memorial: \$100+
 Sponsor: \$500 - \$999
 Benefactor: \$1000+

VOA Lunch

A hot, nutritious lunch is provided by Volunteers of America, Mondays and Thursdays at 11:30 a.m. Please reserve your meal in advance. For Mondays, reserve the Thursday before; for Thursdays, reserve the Monday before. Call Eleanor at 303-655-2271 between 10:00 a.m. - 2:00 p.m. Mon. & Thurs. to make a reservation.

Daily meal donations are appreciated.
 \$2.50 Donation per meal if age 60+
 \$11 Mandatory charge if under 60

Senior Wellness Clinic

The Clinic focuses on health promotion and disease prevention for seniors 55+. Operated by Visiting Nurses Association (VNA), services include foot care, health checks, and blood pressure checks. The fee for foot care is \$40 payable at the time of your appointment. Foot care may be Kaiser covered with pre-approval. Reduced fee available upon approval. Masks required for everyone. Call 303-655-2075 for appointment.

Clinic hours: 9:00 a.m. - 2:30 p.m.
 Fridays: Mar 7, 14, 21, Apr 4, 11, 18
 Monday: Mar 24, Apr 28

Massage

Feel great with a massage by our certified therapist, Laurie Lozano Maier. She has over 15 years of massage therapy experience. Call 303-655-2075 to make a one-hour appointment. Pay Laurie at the time of service - check or cash.

Tuesdays and Wednesdays
 \$60 for 1 hour
 Deadline: Two days ahead

Outreach & Referral

Do you need help and are unsure where to turn? Evon Benitez will assist you with completing forms and finding needed services. You'll need to make an appointment to see Evon as she's often meeting with others. To make an appointment, call Evon at 303-655-2079. Leave a message.

Zoom Membership

You will need to purchase a Zoom membership for each newsletter in order to participate online. Purchasing a membership will give you access to all EVAC's programs that are being offered on Zoom for two months. Only Zoom members will receive the E-Blast with Zoom links. To register, see page 1 on the registration sheet. Cost: \$20 for two months.

Mar Apr Membership
 \$20
 Deadline: Ongoing

Transportation

Via Mobility - provides specialized transportation within the **City of Brighton**. Via can take you to medical appointments, grocery shopping, and Eagle View, to name just a few of the places you can go in Brighton. New Via users, call 303-447-2848 ext. 1014 to get started. To schedule rides, call 303-447-9636. **Free rides to and from Eagle View to seniors living in the Brighton Via service area are provided by funding from the Senior Advisory Board.**

FlexRide - This is an RTD service. Call 303-299-6000 for reservations. The driver will pick up and deliver you anywhere within Brighton, Mon - Fri. 6:00 a.m. - 7:00 p.m. Cost is the local RTD bus fare.

Cancellations Due to Weather

In the occurrence of bad weather, the decision to cancel a class, trip or event will be made by the staff upon the recommendation of the instructor or driver. Trip and class participants will be called if the decision is made to cancel. Watch TV news for VOA lunch cancellations. The decision to close the Center will be made by the City Manager.

When EVAC cancels a trip you will receive a full refund. Trips will not be rescheduled. Please note: **If you decide to cancel BEFORE a decision is made by EVAC**, normal cancellation policies apply.

Help for Homes Teams

Help for Homes brings volunteers and neighbors together to paint or fix up Brighton homes needing minor exterior repairs and perform general yard clean-up for senior and disabled homeowners. We are currently recruiting teams of volunteers to help. Teams may consist of 8 - 10 volunteers. Teams will paint, repair, clean yards, or whatever else is slated for the homes selected. Your team can be from your church, neighborhood, club, or even your family! Don't have a team? We will place individuals who want to work on a team.



Work day is Sat. May 3.
Interested?
Contact Sue at 303-655-2076.



Spaghetti Luncheon

For 34 years we have hosted this great community event! We would love it if you bring your family and friends for spaghetti, salad, bread, and dessert. Advance ticket purchase encouraged but tickets will be for sale at the door as well. Take out available. This is a fund raiser for EVAC.

11:00 - 2:00 p.m.
Sat. Mar 22
\$8 adults
\$5 children 12 & under



Tax Assistance

Tax season is upon us and Eagle View has your back! Swing by the front desk and grab our handy 'tax flyer' listing locations ready to assist with your filings. All locations are income qualified. Rest assured, Eagle View isn't affiliated with any listed locations, and none are in Brighton. We're here to make tax time a breeze!



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