

# Eagle View Adult Center

## May & June 2016



Class & Event  
Registration begins  
Friday, April 29

Trip Registration begins  
Monday, May 2  
See pages 2 & 19 for  
details!

Birthdate information  
is needed at  
registration

1150 Prairie Center Parkway  
Brighton, CO 80601  
303-655-2075

Center Closed  
Mon. May 30  
for Memorial Day

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**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
- Donna Singer - Program Coordinator
- Ermie Marquez - Information & Referral
- Gayle Martinez - Administrative Assistant
- Becky Eiche - Front Desk Receptionist
- Christina Harris - Trip Coordinator
- Eleanor Maestas - VOA Meal Site Coordinator
- Lucy Castro - Custodial Staff
- Sue Wingen - VNA Nurse

**On The Cover: Hikers (from L-R)**

Alice Nap, Pricilla Foos, Sandy Probasco,  
Kristyne Hernandez

**VOA Lunch**

A hot, nutritious lunch is provided by Volunteers of America, **Monday - Thursday**. Lunch is served at 11:30 a.m. Reserve your meal 2 working days in advance by calling 303-655-2271 (Mon - Thurs, 10 a.m. - 1 p.m.)  
Daily meal donations are appreciated.  
\$2.50 Donation per meal if age 60+  
\$7.25 Mandatory charge if under 60

**REGISTRATION PROCEDURES**

**CLASSES & HAPPENINGS REGISTRATION begins on Friday, April 29 at 8:00 a.m.**

- Registration is on a first-come, first-serve basis. You can register for yourself and one other person. Cash or checks only, no credit cards accepted. No trip registration.

**TRIP REGISTRATION starts Monday, May 2 and is held as a LOTTERY.**

- Doors open at 8:00 a.m. to fill out your registration form. Breakfast refreshments provided by **Ashley Manor Care Centers**.
- To be in the first round of trip registration, be in the dining room between **8:00 - 8:25 a.m.** to draw a number. Numbers are randomly drawn, so there is no advantage to picking first.
- **Registration begins at 8:30 a.m.** for people with lottery numbers. During this time, **you can register for yourself and only one other person**. You may also register for classes and happenings at this time. No credit cards.
- When lottery registration is over (approximately 11:00 a.m.), we will re-open registration on a first-come, first-serve basis.
- **After May 2**, register for all activities and trips at the front desk during business hours.
- Registration is taken until the deadline date listed for each activity OR until all spaces have been filled. Don't wait - activities fill fast!

**Senior Wellness Clinic**

The Wellness 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. Appointments are required - call 303-655-2075. Please note: Fee increase in June to \$30 for foot care, \$40 for first visit new patients - payable at the time of your appointment. Foot care is Kaiser covered with pre-approval.

Clinic hours: 9:00 a.m. - 3:00 p.m.  
Thursdays May 5 - 26, June 2 - 23  
Fridays May 20 & June 17

## Cards, Cards, Cards!

Come to the center for a morning or afternoon of fun. New players welcome. Have questions? Call the listed senior volunteer.

## Hand and Foot

1:00 - 3:30 p.m.  
Mondays  
Room: Hawk/Heron  
Linda 303-910-4221  
Center closed May 30

## UNO

10:00 - 11:30 a.m.  
Tuesdays  
Room: Brown

## Pinochle Pals

12:30 - 3:30 p.m.  
Tuesdays  
Room: Hawk/Heron  
Sandy 303-288-1489  
Chama 720-244-6216

## Cribbage

12:30 - 3:30 p.m.  
Wednesdays  
Room: Falcon  
Shirley/Chuck 720-685-3369

## Bridge

12:30 - 3:30 p.m.  
Fridays  
Room: Hawk/Heron  
Judy 303-378-5226

## Pitch

12:30 - 3:30 p.m.  
Fridays  
Room: Falcon  
Shirley 720-685-3369

**Bob Ellis teaches our history classes.  
You are never too old to learn  
something new!**



## Bingo

No fee - just fun! Play immediately following VOA lunch. Prizes vary from bakery goods to “white elephant” gifts. If you have items to donate for bingo, drop them off at the front desk. Closed May 30.  
12:00 - 12:45 p.m.  
Mondays & Thursdays

## Computers Available

Computers with free internet are available when the Falcon Room is not occupied. See front desk to use the free Wi-Fi.

## Color Me Drop-in

Drop-in time for our patrons to color together! You provide your own supplies - pencils, markers, coloring pages, etc. Closed May 30.  
1:00 - 2:30 p.m.  
Mondays  
25¢ per day

## Ladies Billiards

Ladies, do you like to play pool? This is a special “women only” billiards time. No men please. Closed May 30.  
1:00 – 4:00 p.m.  
Mondays  
25¢ per day

## Police Time

Sharon Wazny from Brighton Police Dept. is here to answer safety or police questions.  
11:30 a.m. - 12:30 p.m.  
Tuesdays

## Wood Carving Drop-in

Learn to carve wood for the first time, or work on an existing project. Learn new techniques from experienced carvers. Call Tony Dill 303-775-2256 to arrange free beginning instruction. Join anytime.  
8:00 - 10:00 a.m.  
Tuesdays  
May 3 – June 28  
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.  
1:00 - 3:30 p.m.  
Wednesdays

## Knit & Crochet Drop-in

Drop-in to knit or crochet. No instructors, but friendly help available. **Note: Time change.**  
10:00 - 11:30 a.m.  
Thursdays  
25¢ per day  
Copies cost 10¢ per page

## Lending Library

Borrow books from the library for free.

Do NOT re-shelve books; our great volunteer librarians do that!

**No hard back books accepted unless they are Large Print!**

Rocky Mountain Senior  
Games Registration Forms  
& Payment DUE MAY 3.

### Massage

Massage therapist, Bonita Rose, provides massage services. Call 303-655-2075 for appointment. Pay Bonita at the time of service.

May: 9:30 - 11:30 a.m.

June: 9:00 a.m. - 1:00 p.m.

Wednesdays

½ hour - \$26

1 hour - \$41

Deadline: Two days ahead

### Medicare Counseling

If you need help with Medicare issues, you can receive one-on-one assistance with our SHIP counselor who is specially trained on Medicare insurance programs. Call Ernie at 303-655-2079 to make an appointment. Adams County residents with general questions about Medicare can also call Centura Health Links directly at 720-321-8850.

12:00 noon - 3:30 p.m.

Tuesdays

May 3, 17, 31

### Walk On!

Join us as we explore trails in the Brighton area, socialize and enjoy the first signs of spring. First day meet in the EVAC Lobby. After that we will meet at selected locations. Wear

good walking shoes and bring water. Leader: Olly Ramirez.

8:30 a.m.

Wednesdays

May 4 – June 29

\$4 fee to join

### Dementia Caregiver Support Group

This evening support group gives caregivers the chance to share with each other their concerns, coping techniques, and tips for caring for a loved one with dementia. The group is led by Sue Herzog and sponsored by the Alzheimer's Assoc. Free drop-in program.

6:00 – 7:00 p.m.

Thurs. May 5

### Blood Pressure Screening

The firefighters from Brighton Fire will be here to perform free blood pressure checks. Stop by!

10:30 - 11:30 a.m.

Mon. May 9

Thurs. May 26

### Caregiver Support Group

Are you a caregiver of a loved one or friend? Learn helpful caregiving tips and free or low cost resources to help you. Mary Thatcher from the Senior Hub (303-426-4408) facilitates this free drop-in group.

10:00 – 11:30 a.m.

Thurs. May 12

### Bunco

Bunco is an easy and fun game of dice. Enjoy an afternoon of laughter, refreshments, and prizes. Bunco fills up fast so don't wait to register!

1:00 p.m.

Thursdays

May 12 & 26

\$4

Deadline: Tues. before

### Friday Feast - May

Fiesta Colorado is known for its beautiful and colorful presentations of Mexican folkloric dances. The dance company has over 200 years of dance training and performing experience. Our lunch will be chile rellenos casserole, salad and a dessert by Inglenook.

Fri. May 13

12:00 noon

\$4

Deadline: Wed. May 11

### Outdoor Readiness Class

As we head outside to enjoy the sunshine and the beauty of Colorado we must be prepared. Eagle View is offering an "Outdoor Readiness Class" to our patrons to ensure that YOU are prepared for all of our outdoor adventures. Find out what you should wear, what you should bring, what we expect from you, and what you can expect from us. *All Outdoor Volunteer Leaders are required to take this course.*

9:00 a.m.

Mon. May 16

Deadline: Fri. May 13

See Page 6 for some Brighton City-Wide Events in May!

## Oh My Aching Back

Back pain is virtually epidemic. So if your back hurts you are not alone. Whether the pain is chronic or acute, gentle therapeutic yoga for the back, sciatic, and scoliosis is the go-to system for pain relief. That's because the vast majority of back pain stems from tight muscles in the legs and poor posture. This workshop will leave you with ways to reduce pain and gain better health through proper alignment and mindfulness of your body. You will try out easy yoga postures all done in a chair or standing with a chair for support. Dottie LaFleur has special training in therapeutic fitness and wellness.

1:00 – 2:30 p.m.

Mon. May 16

\$2

Deadline: Thurs. May 12

## Healthy Tips

Betty Stephenson shares the most recent research about nutrition and healthy eating.

10:45 a.m.

Thurs. May 19

## Donor Recognition

If you have contributed to our "Deck the Walls" campaign, you will receive an invitation to this event. We'll also have our Yucca Sculpture Dedication.

Watch the mail!

5:00 – 6:30 p.m.

Thurs. May 19

## "Homesteading & Life on the Ranch"

Gerry Evans is in our "Writing Your Memoirs" class and has some wonderful stories to share. She will be talking about her Black Hills Hereford cattle ranch that was homesteaded in the 1880s and episodes of her ranch life during her marriage of 69 years. Sure to bring back some memories!

1:00 – 2:00 p.m.

Thurs. May 19

Deadline: Tues. May 17

## Healthy Eating & Cooking for One

Do you live alone? Is cooking healthy meals for one person challenging? Join Wellness Dietitian Jenna Allen for some creative ideas, nutrition tips and delicious recipes. She will help you think beyond microwave meals and canned soups. Come get excited to cook again! Sponsored by Platte Valley Medical Center.

12:00 – 1:00 p.m.

Fri. May 20

Deadline: Wed. May 18

## Cribbage Tournament

Our monthly cribbage tournament is very popular! Tournament includes prize winnings, refreshments, and lots of fun. Just drop in and pay fee to the tournament volunteer.

12:30 p.m.

Wed. May 25

\$4

## Low Vision Support Group - May Speaker

The guest speaker for the Low Vision Support Group will be Katie from AKB Vision. She will show us the latest magnifier CCTVs for those with low vision. This drop-in support group is for seniors 55+. For questions call Melanie Shotwell at 720-308-7705.

1:00 - 2:00 p.m.

Mon. May 23

## Low Vision Technology Support

If you have low vision, come learn how new technology like an iPhone or computer can help you in so many ways! Discover tips and techniques to make more use of these devices as your sight is declining. You can also learn how to use specialized low vision technology. Program is led by Petr Kucheryavyy and follows the Low Vision Support Group. Questions call Melanie Shotwell at 720-308-7705.

2:00 – 3:30 p.m.

Mon. May 23

## Reader's Theatre Performance

The Reader's Theatre performances are always a lot of fun and only last about 15-20 minutes - plenty of time to take advantage of the VOA lunch afterwards. Come support our hard-working acting troupe!

11:00 a.m.

Thurs. May 26

**Movie: The Intern (PG13)**

Ben Whittaker (Robert De Niro) is a 70-year-old widower who has discovered that retirement isn't all it's cracked up to be. He gets back in the game by becoming a senior intern at an online fashion site run by Jules Ostin (Anne Hathaway).

1:00 - 3:00 p.m.

Fri. June 3

Free

Deadline: Wed. June 1

**Friday Feast – June**

Our entertainment will be Molly Kaufmann playing ragtime piano and singing a variety of fun music from various decades. She is quirky, fun, and talented. Enjoy a meal of Steak Sauce Sloppy Joes and strawberry/spinach salad. Dessert by Brookdale Assisted Living.

Fri. June 10

12:00 noon

\$4

Deadline: Wed. June 8

**Relay for Life Table**

The American Cancer Society will be here to encourage all Eagle View cancer survivors to attend the FREE survivor event at Brighton's Relay for Life on Friday, June 17. You can also register to be a participant in the relay held from Friday evening, June 17 through Saturday morning at Carmichael Park. A short presentation will be given at lunch by a cancer survivor.

10:00 – 11:30 a.m.

Mon. June 13

**RMSG Team Meeting**

This is a meeting for the 2016 Rocky Mountain Senior Games Brighton team participants. Receive your team shirt and a team schedule so you can cheer on other members of the team.

3:00 p.m.

Mon. June 6



**Sherrie Gossert  
and Dolly Garcia  
at our annual  
volunteer  
recognition.**

**Brighton City-Wide Events****2016 Brighton Fire Rescue Safety Expo - Sat. May 21 10:00 a.m. - 2:00 p.m.**

Join Brighton Fire Rescue District for a day of demonstrations (arson dog, Jaws of Life, kitchen fire, tower ladder rescue) and safety messages, held at the Prairie Center Shopping Center near Ross. Free!

**Brighton Blues Blast 2016 - Sat. May 28 12 noon - 5:00 p.m. + Evening Concert**

Enjoy FREE outdoor Blues concerts on the Armory "Backstage" from 12 -5 p.m. Then enjoy an indoor concert by the Michael Hornbuckle Band and Lionel Young. Tickets are \$25 general/\$35 VIP.

**Elmwood Cemetery Memorial Day Celebration - Mon. May 30 1:00 - 3:00 p.m.**

Plans for the event are still in the works but will include memorial speakers, a program by Hawkquest (birds of prey) and some classic cars. Watch for more details. For info: Aaron (303) 655-2060. Free!

**Summerfest - Sat. June 4 10:00 a.m. – 4:00 p.m.**

Enjoy free musical entertainment, local business promotions, food booths, a carnival, and community, health, and safety expos on Main Street. For info call Susie 303-655-2218. Free!

**Art in the Park at Carmichael Park - Sat. June 25 10:00 a.m. – 4:00 p.m.**

View or purchase artwork, talk with artists, enjoy free performances and artist demos. Food available at "Culinary Avenue" featuring popular local food trucks. For info call David 303-655-2176.

**Registration for ALL Happenings begins Fri. April 29**

## Proactive Medicaid Planning

Are you prepared for the cost of long-term care if you can no longer care for yourself? At this free program an attorney will discuss issues related to planning for Medicaid qualification, what long-term care services are covered by the program, eligibility, and some other possible funding sources.

1:30 p.m.  
Wed. June 15  
Deadline: Mon. June 13

## Foot and Ankle Pain

Don't let foot and ankle pain keep you in your lounge chair, missing out on the summer fun. Join us for an informative free program on the causes, symptoms, and treatment of foot and ankle pain. Platte Valley Medical Center sponsors this program and Dr. Hadley McArthur is the presenter.

12:00 – 1:00 p.m.  
Fri. June 17  
Deadline: Wed. June 15

## Rhino Conservation

Zookeeper and conservationist Dave Johnson is coming back! He will talk about zoo keeping, conservation work, climbing mountains, and writing books for a cause he loves – rhinos! Dave has traveled to Nepal working to save the rhinos. His current

endeavor is “Climbing for Rhinos” where he has climbed Colorado 14ers and is climbing Kilimanjaro in August to raise money and awareness for rhino conservation. The \$3 fee will benefit his efforts.

10:00 – 11:00 a.m.  
Wed. June 22  
\$3  
Deadline: Mon. June 20

## Hidden Sugars Talk

A Volunteers of America (VOA) dietician will be here to do a short presentation on hidden sugars in our food. VOA provides the food for our lunch program and will also be asking for input on the meals.

11:00 - 11:15 a.m.  
Mon. June 27

## Low Vision Support Group - June Speaker

Anyone who is adjusting to vision loss is welcome to attend the Low Vision Support Group. The June speaker is Kelly who has been blind her entire life. She spearheaded a low vision department at Sprint and will talk about the challenges she faces as a person with no vision in the work place. Questions call Melanie at 720-308-7705.

1:00 – 2:00 p.m.  
Mon. June 27



## More June Happenings Descriptions on Page 4 & 5

### Dementia Support Group

Thurs. June 2  
6:00 p.m.

### Blood Pressure Screening

Thurs. June 2  
Mon. June 20  
10:30 a.m.

### Outdoor Readiness Class

Tues. June 7  
Deadline: June 3  
1:00 p.m.

### Caregivers Support Group

Thurs. June 9  
10:00 a.m.

### Bunco

Thurs. June 9 & 30  
1:00 p.m.

### Medicare Counseling

Tues. June 14 & 28  
By appointment

### Healthy Tips

Thurs. June 16  
10:45 a.m.

### Low Vision Support Group

Mon. June 27  
1:00 p.m.

### Low Vision Technology Help

Mon. June 27  
2:00 p.m.

### Cribbage Tournament

Wed. June 29  
12:30 p.m.

**Dave Johnson along with Gayle Martinez and others at the Rhino Sanctuary.**

**Registration for ALL Trips  
begins on Mon. May 2  
See Page 2 for details.**



**Denotes Lots of  
Walking**

### **The Old Stone Church**

#### ***By Request***

Join us for lunch at the Old Stone Church in Castle Rock. It has stood since 1888 and in 1975 it was remodeled to become a restaurant. In 1992 it became what you know it to be today: a warm, inviting refuge from the everyday, the best happy hour in town, and inspired American cuisine to share with family and friends.

10:45 a.m.

Fri. May 6

\$4 (plus meal \$15+)

Deadline: Wed. May 4

### **Brown Palace Afternoon Tea**

#### ***By Request***

Join us as we experience the long-standing tradition of afternoon tea at the Brown Palace in Denver, complete with tea pastries, scones, and tea sandwiches. With Devonshire cream shipped directly from England and the soft sounds of a harpist or pianist floating in the air, this is truly an experience you won't soon forget.

11:15 a.m.

Mon. May 9

\$52

Deadline: Wed. May 4

### **CHaRM**

Join us for an afternoon of recycling and education. We will begin this day with lunch at Efrain's. Then on to a tour of the Boulder County Recycle Center, after which we will tour CHaRM (Center for Hard to Recycle Materials) which is one of the largest non-profit recyclers in the USA and has an international reputation as a pioneer and innovator in resource conservation.

9:45 a.m.

Wed. May 11

\$4 (plus meal \$15+)

Deadline: Thurs. May 5

### **Greeley & the Legendary Ladies**

An expedition to the city of Greeley that will begin at the Colorado Model Railroad Museum where we will tour this one of a kind facility featuring a model railroad that covers over 5,500 square feet. Lunch at the Greeley Senior Center coupled with a presentation by Legendary Ladies of *Unconventional Women of the West*. We will wrap the day up at the Greeley History Museum to learn about some of Greeley's original union colonists.

8:45 a.m.

Thurs. May 12

\$23

Deadline Fri. May 6

### **Bull Durham Gambling**

Bull Durham in Black Hawk is just the place to be to win. Ride with us as we head up the hill to enjoy a day of entertainment! Casino giveaways - \$5 cash, a hot dog and a sweet treat. Bring your player's card because 100 base points will receive an additional \$5. Departure time from Black Hawk is 3:00 p.m.

8:45 a.m.

Thurs. May 12

\$16

Deadline: Mon. May 9  
by noon

### **Rockies vs. Mets**

#### ***Waitlist Only***

12:00 noon

Sun. May 15

### **Longhopes Donkey Shelter**



Join us on a private, interactive tour of the Longhopes Donkey Shelter in Bennett. Learn about the incredible efforts made to improve the welfare of donkeys through rescue, rehabilitation, rehoming, reduced reproduction, and permanent sanctuary of donkeys that would otherwise be at risk for neglect, abuse or death. This is an active outdoor event and uneven ground may be encountered. Wear your walking shoes. Lunch at the High Plains Diner on the way home.

9:00 a.m.

Wed. May 18

\$20 (plus meal \$15+)

Deadline: Wed. May 11

## Outdoor Adventures

The warmer season is upon us and we want you to enjoy the outdoors. We have a variety of outdoor activities tailored to explore the beautiful areas and the diverse selection of things to do in Colorado. Our adventures are volunteer led group activities, so . . . . participants are responsible for staying with their group and being able to maintain a pace appropriate to the group and activity. We emphasize safety first followed immediately by enjoyment!

Participants are responsible for bringing and carrying any necessary personal gear: water/drink, food, outdoor clothing, and equipment. Hike locations and outdoor events may be changed based on unforeseen conditions. Return times will vary. Prior to participating, be sure to check with your physician to make sure you are in good health. Hiking, especially at higher elevations, can be strenuous. If you question your level of endurance or conditioning, we encourage you to speak with EVAC staff prior to signing up.

**Take the Outdoor Readiness Class on May 16 for some great information on preparing yourself for outdoor fun! (Page 4)**

## Hike – Sleepy Lion



Along the river and through the woods to a beautiful lake you go. An exceptional **easy to moderate** 5 mile hike that pleases all the senses, from the thundering sound of water pouring from the dam to the sparkling ripples of the lake to the musky smell of shavings from the tree-thinning area. This hike is near Lyons at 5,900' elevation with 500' elevation gain. Dress in layers, pack your lunch, and bring water.

8:00 a.m.  
 Fri. May 20  
 \$4 (plus ice cream \$5+)  
 Deadline: Fri. May 13

## Erie Balloon Festival



**By Request**  
 Join us for the 20th Annual Erie Town Fair and Balloon Festival. This is one event you won't want to miss. Begin the day at the early morning hot air balloon launch at the Colorado National Golf Club. Then a breakfast buffet at Briggs Café and on to the Town Fair with over 200 vendors and entertainment galore. Lots of walking on this event. Wear layers for morning and afternoon temps.

5:00 a.m.  
 Sat. May 21  
 \$4 (plus buffet \$15+)  
 Deadline: Fri. May 13

## Antiques on Broadway



### By Request

Let's go antique shopping on Broadway in Denver. Join us as we spend a few hours perusing the antique shops along Antique Row. Lunch on your own at any one of the numerous delicious restaurants. Lots of walking.

10:00 a.m.  
 Mon. May 23  
 \$6 (plus meal \$15+)  
 Deadline: Thurs. May 19

## Bowling for Fun

Hey you bowlers! We are headed to Longmont. Enjoy two hours of pure fun. Lunch at the Loaf 'n Ladle on the way home.

9:00 a.m.  
 Wed. May 25  
 \$13 (plus meal \$15+)  
 Deadline: Wed. May 11

## Bishop Castle



Let's talk about being inspired. Young Jim Bishop, in 1959 at the ripe old age of 15, paid \$450 for 2.5 acres of land in southern Colorado (Westcliffe area). He started out building a one room stone cottage and has continued to build a castle! Come hear the story and enjoy a scenic drive. Lots of walking on uneven ground. It's a long drive so bring water and a snack to eat when you get there. We'll grab a late lunch on the way home.

6:30 a.m.  
 Tues. May 31  
 \$15 (plus meal \$15+)  
 Deadline: Wed. May 18

**Registration for ALL Trips  
begins on Mon. May 2  
See Page 2 for details.**

### Three Tomatoes Grill

#### *By Request*

Join us for lunch at Three Tomatoes Grill. They provide authentic American cuisine that will tantalize your senses. Their food and service along with the ambience and spectacular views of Golden and Table Mesa will make you feel at home.

10:00 a.m.

Fri. June 3

\$4 (plus meal \$15)

Deadline: Fri. May 20

### Light Rail & Westin Hotel



#### *By Request*

Have you been wondering about that black wing shaped building attached to the airport? Well, wonder no more. We will begin our day at Union Station to grab lunch at one of many options. At 1:00 p.m. you will catch the A Line of the newly opened Light Rail which will take us to DIA. From there we will enjoy a tour of the incredible new addition of the Westin Hotel and a return trip on the Light Rail. Wear your walking shoes and bring \$9 in exact change for fare and money for lunch.

10:45 a.m.

Mon. June 6

\$7 (plus \$9 LR/meal \$15+)

Deadline: **Fri. May 20**

### Fishing at Red Feathers

It is that time of year again. Join us as we venture to one of our favorite fishing grounds to start the season. We will start at Bellaire Lake at Red Feathers, but if they aren't biting there are several lakes to choose from. Bring your equipment, a chair, your license, and pack a lunch.

6:00 a.m.

Wed. June 8

\$4

Deadline: Wed. June 1

### Beauty and the Beast

#### *By Request*

Disney's *Beauty and the Beast*, the Broadway hit musical, returns to Denver. This classic musical love story is filled with unforgettable characters, lavish sets, costumes, and dazzling production numbers. Experience the romance and enchantment of Disney's *Beauty and the Beast* at The Buell Theatre. Dinner before at The Matador.

4:15 p.m.

Sun. June 12

\$57 (plus meal \$15+)

Deadline: **Thurs. May 5**  
by noon

### Mardi Gras - Gambling

Ride with us to this Black Hawk Casino. Bring your players card for a \$10 food credit, \$5 free play (loaded on player's card – must have a pin number) and a candy bar upon your departure. The bus will

leave Black Hawk at 3:00 p.m.  
8:45 a.m.

Tues. June 14

\$16

Deadline: Thurs. June 9  
by noon

### Hike Silver Dollar



#### Lake

This beginner 2-mile stretch of trail is packed with such beauty that you feel like you hit the Silver Dollar jackpot. Once you start to reach the timberline, you will catch tantalizing views of Naylor Lake. The creek rushing down the mountainside in the distance makes for a great soundtrack to your hike. Experience a little waterfall lined with wildflowers and combined views of both Naylor and Silver Dollar Lakes and Mts. Evans and Bierstadt in the distance! This hike is near Georgetown and is four miles out and back (round-trip) with an elevation gain of 1,060 feet. Pack your lunch, water, and dress in layers.

7:30 a.m.

Wed. June 15

\$4 (plus ice cream \$5+)

Deadline: Fri. June 10

### River Garden Winery

#### *By Request*

Located in historic Fort Lupton, River Garden Winery began in 2005 when Bob and Mary Stahl planted their first vines as an experiment to test growing grapes in Eastern Colorado.



Come with us and learn about this unique estate winery. We will be having lunch at the Huckleberry before the tour. Lots of walking outside so wear comfortable shoes.

10:00 a.m.  
Thurs. June 16  
\$4 (plus meal \$15+)  
Deadline: Thurs. June 2

## Colorado Zip Line Adventure



### By Request

You won't want to miss this adventure in Idaho Springs. By request we are suiting up for a bird's eye view of some of the amazing Rocky Mountain terrain. Experience over one mile of zip lines with eight towers, beautiful views, and an exhilarating rush. Every participant must be over 48" tall, weigh over 65 pounds and under 250 pounds. Thorough training with a professional on-site before we start. We will zip by trees and fly over Clear Creek several times. We will stop for a snack on the way home. Lots of stairs to climb!

1:00 p.m.  
Tues. June 21  
\$75 (plus snack \$5+)  
Deadline: Wed. June 1

## Scandinavian Festival



Come celebrate the 2016 Scandinavian Midsummer Festival. This festival celebrates the summer solstice. The festival is held in downtown Estes Park at Bond

Park. Be entertained and educated about the Scandinavian traditions and culture with fun and lively dancing and exhibits! Wear comfortable shoes and bring money for lunch on your own.

7:30 a.m.  
Sat. June 25  
\$4  
Deadline: Mon. June 20

## Rockies vs Arizona

Play Ball! The Rockies are out to beat the Arizona Diamondbacks. Pack your lunch or buy food on site at the many vendors. Dress for the weather. Two handicap and two aisle seats available.

12:00 noon  
Sun. June 26  
\$16  
Deadline: Mon. June 6

## DCPA Backstage Tour



Explore backstage at the Denver Performing Arts Complex. This four-block, 12-acre site is home to the Denver Center for the Performing Arts, plus the Colorado Ballet, Colorado Symphony, and Opera Colorado. This guided tour is 90 minutes long and will take you backstage, through dressing rooms, into costume and design studios, and on stage. No meal on this trip.

10:00 a.m.  
Tues. Jun 28  
\$13  
Deadline: Tues. June 7

## Greeley Stampede

### By Request

The Greeley Stampede is a celebration rich in tradition and heritage dating back to the late 1800's. This celebration originally started as a community festival to honor local potato farmers and has grown into an internationally acclaimed festival. So many sights to see and a Professional Rodeo to boot. Join us for an evening of fun and excitement.

4:00 p.m.  
Thurs. June 30  
\$17 (plus food \$10+)  
Deadline: **Tues. May 31**

## July Trip with May Deadline

## Beautiful – The Carole King Musical

*Beautiful* — The Carole King Musical tells the inspiring true story of King's remarkable rise to stardom. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation. Featuring a stunning array of beloved songs including "I Feel the Earth Move," "One Fine Day," "(You Make Me Feel Like) A Natural Woman," "You've Got a Friend" and the title song, *Beautiful*. No meal for this DCPA Buell Theater show.

6:00 p.m.  
Wed. July 20  
\$70  
Deadline: **Thurs. May 5**  
by noon

**Registration for  
ALL CLASSES  
begins Fri. April 29**

### AARP Smart Driver Class

Take AARP's driving refresher course of safe driving practices. Most companies offer a discount upon completion of the course.

12:00 - 4:30 p.m.

Thurs. June 23

\$15 – AARP member

\$20 – Non-member

Deadline: Tues. June 21

### Bridge – Beginning

No prior knowledge of how to play bridge is preferred for this beginning class. Learn the fundamentals followed by practice. Evaluation of hands and scoring will be included. Instructor: Bobbi Jo Unruh.

10:00 – 11:00 a.m.

Thursdays

May 12 & 19, June 2 & 9

\$12 (4 classes)

Deadline: Tues. May 10

### Bridge - Level II (Enhancing Your Game)

This class is a review of basic bridge fundamentals followed by expanding your knowledge of bridge playing: evaluating bridge hands through bidding; prominently used conventions; correct scoring; and how to play hands and read game play.

Instructor: Bobbie Jo Unruh

8:45 - 9:45 a.m.

Thursdays

May 12 & 19, June 2 & 9

\$12 (4 classes)

Deadline: Tues. May 10

### Craft Time

We provide space to work on any DRY craft hobby such as tatting, knitting, crocheting, bunka, and jewelry making.

10:00 - 11:30 a.m.

Mondays

May 9 – June 27

\$4 (Join any time)

### Diabetes Prevention

Current Participants only:

1:00 - 2:00 p.m.

Mondays

May 9 & June 13

### Fairy Garden Demo

Terry Clark will demonstrate how to make a "Fairy Garden." These miniature gardens are arranged in broken flower pots, birdbaths, and small containers. They contain dirt, moss, plants, fairy figurines and more. Leave with the knowledge to make a garden on your own.

1:00 p.m.

Wed. May 18

\$2

Deadline: Mon. May 16



### Exercise

Dottie LaFleur leads an exercise class for people of all fitness levels. Exercises are done using a chair for standing support and seated exercises. Dottie is a certified senior fitness instructor.

10:00 - 11:00 a.m.

Mon/Wed/Fri

May 4 – June 29

\$1 daily fee

### Fit Ball Class

Fit balls are a great way to improve balance, flexibility and core strength without expensive equipment. Instructor Marti Duquette is a PVMC physical therapist and can show you how to modify any of the exercises.

10:30 - 11:30 a.m.

Thursdays

Session I:

May 5 - 26

\$20 (4 wks)

Deadline: Wed. May 4

Session II:

June 2 - 30

\$25 (5 wks)

Deadline: Wed. June 1

### Genealogy

Find your ancestors! Facilitators Sheryl Johnson and Fred Trail will show you free/fee websites to research your family history and record what you find. Class limited to 3 people on EVAC computers and 5 students with wireless laptops or I-devices. Some computer ability necessary.

9:00 – 10:30 a.m.

Fridays

May 6 – June 24

\$8 (8 wks)

Deadline: Thurs. May 5

### History: Colorado & Brighton

Colorful Colorado has a rich and vibrant history! Learn amazing facts about this “healthy, wealthy, wonderful state of ours.” We’ll go back to the recognition of Colorado as a land of plenty by trappers to today’s slopes beckoning skiers where trappers once tread. We will discuss the influences of the railroad, mining, and agriculture on our state. Brighton history will be woven throughout. Take an optional field trip on Tues. May 24 to Fort Lupton (\$4 additional cost). Instructor Bob Ellis. No class May 30.

Class A: 9:00 – 10:00 a.m.

Class B: 10:15 – 11:15

Mondays

May 9 – June 27

\$3 (7 wks)

Deadline: Thurs. May 5

### I-Device for Beginners

This class is for Apple iPhone and iPad users with no previous device training. Learn to use all of the basic apps for email, contacts, camera, photos, maps, clock, iCloud, and choose settings that customize your device. Class appropriate for current users who want a review, but we will move slowly enough for new users. Handout available at registration.

Instructor: Lisa Asmussen

8:30 – 10:00 a.m.

Tuesdays

May 10 – 24

\$23 (3 wks)

Deadline: Mon. May 9

### I-Device Advanced

Learn and practice class for current i-Device users. In this class we will pursue tasks that are of interest to participants. Possible topics include digital library book checkout, internet search skills, YouTube, photo editing, Facebook, online journals. Submit requests for other topics at registration.

10:15 - 11:15 a.m.

Tuesdays

May 10 - 24

\$15 (3 wks)

Deadline: Mon. May



### Japanese Bunka Embroidery

Practice the ancient art of Japanese Bunka Embroidery. Make beautiful framed art by “punching” thread through stretched fabric with a special tool. Supplies and kits available for purchase from instructor, Donna Heneger. No new students this last session before summer break. Beginners welcome to join in September. Peer Room available on Wednesdays, June 1 – 15 to finish up projects.

10:00 a.m. – 12:00 noon

Wednesdays

May 4 – May 25

\$20 (4 wks)

Deadline: Tues. May 3

### Line Dance – Beginner

Line dancing is great exercise and its fun! Instructor Judy Yamakishi will teach you basic dance steps. You will then learn 1 or 2 dances per class depending on the group

8:30 - 9:25 a.m.

Fridays

\$20 (4 wks)

Session I: May 6 – 27

Deadline: Thurs. May 5

Session II: June 3 - 24

Deadline: Thurs. June 2

### Line Dance – Level 2

Learn the newest line dance routines! Some experience in line dancing is necessary. Consider moving up to this class if you’ve taken Beginning Line Dancing several times.

9:30 - 10:30 a.m.

Fridays

\$20 (4 wks)

Session I: May 6 – 27

Deadline: Thurs. May 5

Session II: June 3 – 24

Deadline: Thurs. June 2

### Mindfulness for Health and Wellbeing

Develop mindfulness in daily life by learning easy techniques that can alleviate depression and improve your immune system, brain function, and more.

Instructor: Ron Liggett.

1:00 – 2:00 p.m.

Tuesdays

May 3 – 24

\$10 (4 wks)

Deadline: Mon. May 2

**Registration for  
ALL CLASSES  
begins Fri. Apr 29**

### Nordic Walking Beginning

Summer is coming and it's time to get outside and walk. Learn to use Nordic walking poles to increase heart/lung endurance and muscular strength, while increasing mobility in your arms and legs. Great if you have physical challenges in knees or hips. Nordic walking poles can be used on grass and sidewalks. Instructor Sarah Hoskin Clymer provides the poles.

Session I: Cost \$23  
9:00 - 10:00 a.m.  
Mon. & Wed  
May 16, 18, 23  
Deadline: Thurs. May 12

Session II: Cost \$23  
8:30 - 9:30 a.m.  
Tues & Thursday  
June 21, 23, 28  
Deadline: Fri. June 17

### Nordic Walking Intermediate

This class is for students who have taken Nordic Walking before. Hone your skills walking longer distances, learning to use poles on hills, and more. First class meets at EVAC then at various sites in or near Brighton so you can walk longer distances. Poles available if needed. Instructor: Sarah Hoskin Clymer.

Session I: Cost \$23  
10:15 - 11:30 a.m.  
Mon. & Wed  
May 16, 18, 23  
Deadline: Thurs. May 12

Session II: Cost \$23  
9:45 - 11:00  
Tues & Thursday  
June 21, 23, 28  
Deadline: Fri. June 17

### Oil Painting

This May class is for those who have previously taken the Oil Painting class. New beginners will be welcome in September. Instructors: Judy Schissler and Kathy Bolson.  
9:00 a.m. - 12:00 noon  
Tuesdays  
May 3 - 31  
\$15 (5 wks)  
Deadline: Mon. May 2

### Oil Painting - Drop-in

Work independently on the project of your choice. Just drop-in and pay the daily fee.  
8:30 a.m. - 12:00 noon  
Tuesdays  
June 7 - 28  
25¢ per day

### Pewter Hummingbirds/ Butterflies

Learn about the art of pewter casting and then cast your own pewter hummingbird or butterfly by ladling pewter into rubber molds. Make additional castings for \$10.  
Session I: Wed. May 25  
9:00 a.m. - 12 noon  
\$20  
Deadline: Tues. May 24

Session II: Wed. June 22  
1:00 - 4:00 p.m.  
\$20  
Deadline: Tues. June 21

### Pine Needle Necklaces

Cast your own silver pendant by pouring nearly one half ounce of melted pure silver into a bundle of pine needles. Pull away the needles to uncover your unique pendant.

Session I: Wed. May 25  
1:00 - 4:00 p.m.  
\$35  
Deadline: Tues. May 24

Session II: Wed. June 8  
9:00 a.m. - 12 noon  
\$35  
Deadline: Tues. June 7



### Quilting Beginning - UFP & Stippling

Work on any unfinished quilt projects with instructor help. Or learn quilt stippling - a quilting pattern with a series of "S" curves that weave around each other without touching or crossing. You create this on your machine. New beginners can learn a small quilting project - call instructor Teri Hendrickson, before buying any quilt tools.

1:00 - 3:00 p.m.  
Fridays  
May 6 - June 24  
\$15 (8 wks)  
Deadline: Thurs. May 5

### Quilting Intermediate – Old Fashioned Sampler

Join us this session for a salute to quilting history. Each participant will select some quilt blocks from the past to create a quilted sampler. You decide the size of your quilt - from a wall hanging to a king. We'll make 12-inch blocks which can be set with sashing or on point with alternating plain or print blocks. You will be provided with the block patterns as well as the know-how for cutting and piecing. Instructors: Shari Coren and Cheryl Stoddard.

Class A: 12:00 - 2:00 p.m.

Class B: 2:00 – 4:00 p.m.

Thursdays

May 12 – June 23

\$15 (7 wks)

Deadline: Tues. May 10

### Readers Theatre

If you have always wanted to be a performer, Readers Theatre is for you!

Memorization is not needed.

Instructor: Dolly Garcia.

The May skit performance will be Thurs. May 26.

1:30 – 2:30 p.m.

Tuesdays

May 3 - 24

\$3 (4 wks)

Deadline: Mon. Mar 2

### Rock Wrap Wire Jewelry

Learn how to use simple wire bending techniques to make



unique and beautiful jewelry using wire, stones and “Rock Wraps.” Price includes making two sterling silver wrapped pendants, some copper pieces of your choice, and a sterling silver chain for your pendants.

Session I: Wed. May 11

9:00 a.m. – 12 noon

\$30

Deadline: Tues. May 10

Session II: Wed. June 8

1:00 – 4:00 p.m.

\$30

Deadline: Tues. June 7

### Scroll Saw 101

A scroll saw is a small electric saw used for cutting intricate curves - great for making toys, puzzles, and elaborate artwork. In the introductory class you will learn the basic techniques of scroll sawing, machine set-up and safety.

You will get to make a small project. Limited to 4 people.

Instructor: Bob Kellogg.

10:00 a.m. – 12:00 noon

Tuesdays

May 17, 24, 31

\$25 (3 wks)

Deadline: Fri. May 13

### Simple Silver Jewelry

Design your own sterling silver pendant! Create a design, add a stone, and the instructor will solder it together for you. Don Norris has made this process simple enough that if you can write

your name you can do this project. Price includes a 20-inch sterling silver chain.

Session I: Wed. May 11

1:00 – 4:00 p.m.

\$30

Deadline: Tues. May 10

Session II: Wed. June 22

9:00 a.m. – 12 noon

\$30

Deadline: Tues. June 21

### Tatting

Tatting creates a durable lace by handcrafting a series of knots and loops. Instructor: Charlotte Jacobucci. Registration for tatting includes registration in “Craft Time” for no additional charge. No class May 30.

9:15 – 9:45 a.m.

Mondays

May 9 – June 27

\$4 (7 wks)

Deadline: Join any time

### Technology Lessons (Individual)

Do you need one-on-one help with your iDevice, iPhone, tablet, Kindle, Android or other computer device? Lisa

Asmussen provides private and semi-private sessions. Thirty minutes of instruction for \$10 or learn with a friend or spouse for the same price. Book a session at the EVAC front desk and let us know what device/topic you need help on.

By appointment

12:00 noon - 1:30 p.m.

Tuesdays

May 10, 17, 24

\$10 – pay instructor

**Wood Carving**

See page 3 for description.

**Writing What You Know**

Welcome to memoir writing! Write stories as you recall them or start from the beginning to write an autobiography. When you have written as much as you wish you may gather them into a formal or informal publication. You will receive tips to make your writing more interesting, but mostly you will use your own words in your own voice. The best part is listening to the stories of others. Instructor: Shari Coren.

9:30 – 11:00 a.m.

Wednesdays

May 4 – June 29

\$15 (9 wks)

Deadline: Tues. May 3

**Yoga - Adaptive**

Adaptive yoga is designed for people living with mobility impairments. Yoga postures are modified to accommodate your needs. Class size limited to ensure individual attention by Karen Vizyak, physical therapist and certified yoga teacher. People in wheelchairs and walkers are especially encouraged to join. (No class May 17 & June 14)

9:00 - 10:00 a.m.

Tuesdays

\$24 (3 wks)

Session I: May 10, 24, 31

Deadline: Mon. May 9

Session II: June 7, 21, 28

Deadline: Mon. June 6

**Yoga Enthusiasts:**

You can take both a Tues & Thurs class, but both must be beginning or continuing level.

**Yoga – Beginning A.M.**

Are you curious about yoga? This basic class will focus on relaxation and breathing, as well as increased range of motion and improved flexibility. Participants should be able to sit on the floor.

Tuesdays

10:15 – 11:15 a.m.

\$20 (4 wks)

Session I: May 3 – 24

Deadline: Mon. May 2

Session II: June 7 - 28

Deadline: Mon. June 6

**Yoga – Beginning P.M.**

See description above.

Thursdays

1:45 – 2:45 p.m.

\$20 (4 weeks)

Session I: May 5 - 26

Deadline: Wed. May 4

Session II: June 9 - 30

Deadline: Wed. June 8

**Yoga - Continuing A.M.**

Improve your health and flexibility with this class for students who have been in yoga class before. Instructor Carolyn Priola will focus on gentle yoga to increase flexibility, improve range of motion and reduce stress. Must be comfortable getting onto and up from the floor.

Tuesdays

9:00 – 10:00 a.m.

\$20 (4 wks)

Session I: May 3 – 24

Deadline: Mon. May 2

Session II June 7 - 28

Deadline: Mon. June 6

**Yoga - Continuing P.M.**

See description above.

Thursdays

12:30 – 1:30 p.m.

\$20 (4 wks)

Session I: May 5 – 26

Deadline: Wed. May 4

Session II June 9 - 30

Deadline: Wed. June 8



**Wood carvers enjoy a cup of coffee before class. From L-R: Tony Dill, Dave Thomas, Bob Lauer and Roger Barger.**





## Senior Advisory Board

The purpose of the Advisory Board is to advise and assist in the needs and operations of Eagle View. The Board will meet Tues. May 17 & June 21 at 1:00 p.m. Members are: Chuck Phelps, Fran King, Dave Thomas, Peggy Jarrett, Dan Buckner, Lois Burrell, Jane Talbot, Bill Alsdorf, Dave Jacovetta, Heidi Storz, Judy Schissler, and Ellie Davis. JW Edwards is the City Council representative. Visitors are always welcome.

## Charitable Contributions

Together we can continue to enhance the great programs and services offered for seniors and active adults in the Brighton area. Your financial support will be recognized on the donor wall at Eagle View. All 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+

## Service Dogs

Service animals are defined as dogs that are individually trained to do work or perform tasks for people with disabilities. Only dogs are recognized as service animals at Eagle View. Per Center policy, only service dogs are allowed in the building.

## Recycle Aluminum Cans

Bring your aluminum cans to be recycled to the brown bins located just inside the community gardens. Proceeds benefit Eagle View. Thanks to the City of Brighton Parks Department for their assistance with this fundraising project.

## Trip 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, trip, or a space-limited event they will be added to a wait list. Inquire at the EVAC front desk.
- Payment is due at registration. Cash and checks only. 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 one week to process refunds.**

#### 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. Tell EVAC **BEFORE** the trip if someone is taking your place, one day notice preferred.

## Outreach & Referral

Do you need help and don't know where to turn? Ernie Marquez will assist you with completing forms, help you find needed services, and make home visits to assist homebound people! Ernie is very booked up so please make an appointment by calling 303-655-2079.

## Transportation

VIA 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. Call 303-447-2848 x1014 for more information; to schedule rides, call 303-447-9636.

**Call-n-Ride** - The green bus is an RTD service. Call 303-994-3549 to make a reservation. 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.

# Don't Miss This!

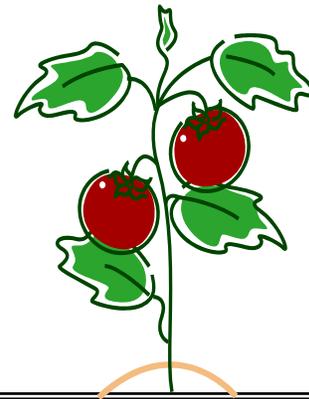
## Rocky Mountain Senior Games June 8 - 12, 2016

If you swim, bowl, walk, run, bike, shoot pool, lift weights, golf, shoot basketball, or participate in another sport, join us at the Senior Games in Greeley on June 8 - 12. The Games provide competition in over 25 sports for adults age 50 - 100, of all abilities. Compete in male or female divisions in 5-year age categories (50-54, 55-59, 60-64, etc.) Registration forms are available at Eagle View if you wish to join the Brighton Team. To receive a team shirt and registration fee assistance, forms are due to the Eagle View Front Desk by Tues. May 3 at 4:00 p.m. Please do NOT register on-line with Senior Games directly! Need more info? Call Donna Singer at 303-655-2077.

**Registration Form & Fees Due: Tues. May 3**  
**Team Send-Off Meeting: Mon. June 6 at 3:00 pm**

## Community Garden Registration

It's planting time again!  
Register now for the Eagle View  
Community Garden beds.  
Cost is \$20.



## Bloomin' Buckets and Ice Cream

The "Bloomin' Bucket Brigade" will be back to distribute "container gardens" to participants of the Eagle View Adult Center. Each bucket contains a tomato plant perfect for a porch or patio.

Sign up by May 25 to reserve your plant! Join us on Mon. June 6 to pick up your bucket and enjoy an ice cream social with some of the volunteers that made this project possible. Thanks to Harmony Angels, Pinnacle Gardens, Brighton Boys & Girls Club, Home Depot, Bill Alsdorf, and others for making this program possible. Note: Only one plant per household please!

1:15 p.m.

Mon. June 6

Deadline: Wed. May 25

PRESORTED STANDARD  
US POSTAGE  
PAID  
BRIGHTON, CO  
PERMIT NO. 31



1150 Prairie Center Parkway, Brighton, CO 80601

Return Service Requested