



# Eagle View Adult Center

## September 2020

### A Message from the Director

**Dear Eagle View Friends,**

Who could ever imagine that Eagle View Adult Center would close its doors 24 weeks ago? We thought when we closed on March 13th it would be for a couple of weeks. We were so wrong! We are now heading into September, and for now, "Safer at Home" dictates that we stay closed. Our staff and volunteers have not stopped working on behalf of the older adults in our community. If anything, we have worked harder to bring you virtual programs, home delivered meals, phone assistance, phone calls, and so much more.

Thank you all for your support, understanding, and positive interactions as we try to figure out a new normal. Thank you to our Senior Advisory Board for their continued support and for funding all the virtual programs. Thank you to the City of Brighton and City Council for their continued support. We will be back! Programs and activities will look different, but with your support and positive interaction, we will continue to be the best center around! Eagle View is "Home Away From Home" for so many and we know you miss us as much as we miss you. Stay safe!

### A Message from the Senior Advisory Board

For safety sake we can't be together in our building yet, but we have a great substitute. The weekly E-blast email from EVAC shows all kinds of activities available. Some are online and some are outside with a group, with their masks in place. There is also a wonderful group of suggestions for stimulating programs on television.

The activities and classes are without charge. The Senior Advisory Board is picking up all of the cost, so our folks can keep their spirits up and their minds and bodies active. The members of the board encourage you to check this out. It's free and fun.

**- Jane Talbot, President -**

### **Household Credit to Check Refund**

When we closed in March and cancelled our remaining programs, you had the option of receiving a refund by either check or household credit. As we continue to stay "Safer at Home" we want you to know that if you ever want your household credit refunded as a check, it is absolutely possible. To do this, please call Eagle View at 303-655-2075.

### **Help Needed with Toys for God's Kids**

The woodcarving group is making wooden cars and trucks to distribute to kids around the world through "Toys for God's Kids." Since we are not open, they have a lot of cars cut out but no one to assemble. You can do this in your own home. To volunteer, please call Eagle View at 303-655-2075. If you are going on a trip or know of a church group, preschool, or other organizations that could use some cars, let us know.



Follow and like us on Facebook to stay up-to-date on what's happening at Eagle View Adult Center. To find our page, please search Eagle View Adult Center on the Facebook app or on any internet browser.

1150 Prairie Center Parkway, Brighton, CO 80601  
303-655-2075      [www.brightonco.gov](http://www.brightonco.gov)

# Eagle View Adult Center's Programs

## Weekly E-Blast

The center has seen a significant change in the way we program for Brighton's active adults. As we continue to adapt, we continue to grow our virtual and outdoor programs. Below you will find our current classes and some upcoming happenings. For more information on what we are offering please sign up for our weekly "E-Blast" email by calling Eagle View at 303-655-2075 or by emailing [evacinfo@brightonco.gov](mailto:evacinfo@brightonco.gov).

## Gmail and Zoom Drive-Thru

Have you been putting off getting your computer/tablet ready for internet, email, and Zoom? Don't wait any longer, the one thing we know for sure, virtual programs are here to stay. Receive one-on-one help with our technology instructors by calling EVAC at 303-655-2075 to schedule an appointment. Each drive-thru appointment will help you set up the app(s) and gain a better understanding of how they work.



### Zoom with Lisa

Lisa will guide you through the steps to load Zoom and teach you how to use it.  
8:30 - 10:30 a.m.  
Tues. Sept 1  
20 min. appt.

### Gmail with Calvin

Learn how to create your own email account, explore settings, and manage your account.  
8:30 a.m. - 12:30 p.m.  
Wed. Sept 2  
20 min. appt.

## Ongoing Free Classes

### Zoom

- Move and Be Fit with Rosalie Farrer (Tuesdays at 9:00 a.m.)
- Yoga All Levels with Carolyn Priola (Tuesdays at 10:30 a.m.)
- Move It or Lose It with Dottie LaFleur (Thursdays at 10:00 a.m.)
- Zumba with Rosalie Farrer (Thursdays at 1:00 p.m.)

### Outdoor

- Walk On! with Olly Ramirez (Wednesdays at 8:00 a.m. - location varies)
- Tai Chi Basics with Saba Obika (Fridays at 8:00 a.m. - Benedict Park)
- Line Dance with Rosalie Farrer (Fridays at 8:30 a.m. - EVAC Front Entrance)

\*\*Keep reading the weekly E-Blast as more programs are added.

## Upcoming Happenings

- Feathered Friends with Ann Price (Raptor Education Foundation)
- Monthly Active Minds Programs (Women's Suffrage, Colorado Ballot Issues 2020)
- Instant Pot Classes
- Nature's Educators and Bird Conservancy Classes
- History Programs with Brighton City Museum
- Writing Group
- Craft Classes
- Alzheimer's Association Classes
- Advanced Directives Program
- Medicare Series by Benefits in Action

# Center & City Information

## Outreach & Referral

Do you need help and unsure where to turn? Evon Benitez will assist you with completing forms and finding needed services over the phone! To make an appointment call Evon at 303-655-2079. Be sure to leave a detailed message as she is often on the phone helping others.

## VOA Food Delivery

Since the center closed, we are not able to offer our Volunteers of America lunch program. Instead, volunteers are delivering boxes of frozen meals to seniors in Brighton. The boxes contain five frozen meals. If you would like to find out how you can receive meals, call the center at 303-655-2075.

## Meals on Wheels

Brighton Meals on Wheels is a local non-profit organization delivering hot, well balanced, noon-time meals to anyone, regardless of age in Brighton. Meals are delivered Monday – Friday and you can choose your days. The cost is \$4.25 per meal, payable at the end of the month. If you simply cannot afford the full amount, adjustments may be made to the cost. To find out more about the program and to see if you live in the area served by Meals on Wheels, call 303-659-0978.

## Via Mobility

These buses provide specialized transportation within the City of Brighton, Mon - Fri. Via can take you to medical appointments and grocery shopping. New Via users - call 303-447-2848 ex 1014 to get started. To schedule rides, call 303-447-9636. Free through 2020.

## FlexRide

This is a RTD service. Call 303-994-3549 for reservations. The driver will pick up and deliver you anywhere within Brighton, Mon - Fri.  
5:00 a.m. - 6:00 p.m. Cost is the local RTD bus fare.

## Almost Home

This Brighton agency provides rental and mortgage assistance to those facing housing instability. They also offer utilities assistance, as well as assistance with paying water bills with the City of Brighton. To find out more, call 303-659-6911. [Almosthomeonline.org](http://Almosthomeonline.org)

## Brighton Weekly

The City of Brighton communications department publishes a weekly email newsletter that highlights information about City updates, programs, and helpful information. You can sign up online:  
<https://brightonco.gov/279/City-Media>.

## Trash Bash

The City of Brighton will be offering Trash Bash drop-off programs for Brighton residents for large item disposal. All items must be brought to the Brighton Wastewater Treatment Facility, 325 N. Kuner Road. You must have proof of residency. A suggested donation of \$5 is requested. The dates will be Sept. 11, 12, 18, 19 from 9:00 a.m. - 5:00 p.m. In addition, the City will provide pick-up service between Sept 9-10 and Sept 16-17 for the elderly or those with special needs. To request pick up or to find out about what items can be disposed, call 303-655-2087.

## Emergency Notifications

The public safety agencies for the City of Brighton are using CodeRED, a high-speed notification system, to keep you safe in the event of an emergency – especially important with weather notifications. The system allows them to deliver emergency messages to you via phone call to your home phone or mobile device and through text and email, based on your preferences. Signing up for CodeRED alerts is free to Adams County residents. You can do this online:  
<https://public.coderedweb.com/CNE/en-US/EA22F5DE3F32>. If you do not have access to the internet, call the center for help.

## COVID-19 Testing

Below you will find where COVID-19 testing sites are currently located. Each have different times and rules. Most will require referrals from your physician. Note that locations may change. The Tri-County Health Department has more information on each of the sites. <https://www.tchd.org/845/Testing-Sites-and-Locations>

### Brighton:

- Salud Family Health Clinic  
303-697-2583
- Advanced Urgent Care  
303-558-0509

### Adams County: (This site is for those without insurance.)

- Water World, 8801 N. Pecos St.  
8:00 a.m. - 4:00 p.m.