There is Something for Everybody!

Thank you for wearing a facial covering!
We have been open since July 1 and are so happy to have you back! We continue to work with State, County and City COVID-19 safety guidelines to provide you with the amenities and services that you know and love in the safest way possible. Please be patient as we are doing the best we can to bring you services as fast as we can.

**New this month:** Open Swim, longer workout times, and extended hours on Tuesday & Thursday.

Come and see us!

**August Program Registration**

<table>
<thead>
<tr>
<th>Registration begins</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Friday, July 31</strong></td>
<td></td>
</tr>
<tr>
<td>12:00 pm</td>
<td></td>
</tr>
</tbody>
</table>

**Reservations are required to use the facility or in-person fitness class. See page 5 for details.**

**Modified Operating Hours**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, Wednesday, Friday</td>
<td>7:00am-5:00pm</td>
</tr>
<tr>
<td>Tuesday, Thursday</td>
<td>7:00am - 6:00pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>7:00am-11:00am</td>
</tr>
<tr>
<td>Sunday</td>
<td>Closed</td>
</tr>
</tbody>
</table>

**Reservations are required. The Senior Center remains closed at this time. Memory Square Pool is closed for the 2020 season.**

**Directory**

<table>
<thead>
<tr>
<th>Code</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>03</td>
<td>Recreation Center Information</td>
</tr>
<tr>
<td>04</td>
<td>Facility Information &amp; Reservations</td>
</tr>
<tr>
<td>05</td>
<td>Pricing &amp; Policies</td>
</tr>
<tr>
<td>08</td>
<td>Aquatics</td>
</tr>
<tr>
<td>12</td>
<td>Fitness &amp; Wellness</td>
</tr>
<tr>
<td>15</td>
<td>Sports</td>
</tr>
<tr>
<td>17</td>
<td>Youth Activities</td>
</tr>
<tr>
<td>20</td>
<td>Senior Services</td>
</tr>
</tbody>
</table>

In accordance with City Ordinance, it is unlawful to enter this premises without wearing a facial covering. The owner or person in responsible control for the premises will be held liable for anyone who does not wear a facial covering while on-site. Exceptions may apply (i.e. children under the age of 2, persons with existing health conditions, etc.). For more information, please review the City Ordinance at LouisvilleCO.gov/COVID19.
Staff

Parks, Recreation & Open Space Director 303-335-4731
Nathan Mosley, nmosley@louisvilleco.gov

Recreation Superintendent 303-335-4903
Kathy Martin, kathym@louisvilleco.gov

Facility Operations Manager 303-335-4910
Julie Seydel, julies@louisvilleco.gov

Facility Assistant 303-335-4907
Pam Lemon, plemon@louisvilleco.gov

Parks & Recreation
Senior Administrative Assistant 303-335-4735
Jim Gilbert, jgilbert@louisvilleco.gov

Marketing Specialist 303-335-4734
Ginger Cross, gcross@louisvilleco.gov

Recreation Supervisor/Sports 303-335-4909
Jesse DeGraw, jessed@louisvilleco.gov

Recreation Supervisor/Aquatics (programs) 303-335-4927
Kate Meyer, katem@louisvilleco.gov

Recreation Supervisor/Aquatics 303-335-4905
Paul Borth, paulb@louisvilleco.gov

Head Guard 303-335-4627
Daniel Bidleman, dbidleman@louisvilleco.gov
Dee Webster, dwebster@louisvilleco.gov

Senior Services Supervisor 303-335-4914
Katie Beasley, katieb@louisvilleco.gov

Community Resources Coordinator 303-335-4919
Katie Tofte, ktofte@louisvilleco.gov

Meal Site Coordinator 303-335-4931
Tricia Morgan, brookscafe@louisvilleco.gov

General Programmer/Rentals 303-335-4920
Peggy Jones, peggyj@louisvilleco.gov

Recreation Supervisor/Youth/Teen 303-335-4902
Mandy Perera, mandyp@louisvilleco.gov

Fitness Supervisor 303-335-4906
Lindsey Witty, lwitty@louisvilleco.gov

Pool Technician 303-335-4913
James Vaughn, jvaughn@louisvilleco.gov

Facility Maintenance 303-335-4957
Brian Garduno, briang@louisvilleco.gov

AQUATICS

• Lap pool (6 lane, 25 meters)-OPEN for lap swim & water aerobics
• Program pool (4 lanes, 25 yards)-OPEN for lap swim & water aerobics
• Lazy river--OPEN (limited times)
• Splash pool-OPEN (limited times)
• Sauna, steam room and hot tub-CLOSED
• Pool party rooms-CLOSED
• Slide-CLOSED (limited times)
• Outdoor splash pad-CLOSED

FITNESS

Reservations are required for each area.
• Circuit and free weight area-OPEN
• Cardio area-OPEN
• Active plyo area-OPEN
• Core and stretching area-OPEN
• Gymnasium-OPEN
• Indoor turf gym-OPEN
• Two racquetball courts-OPEN
• Indoor track (10 laps=1mile)-OPEN
• Two group exercise studios-CLOSED
• Dedicated spin studio-OPEN

SENIOR CENTER

The senior center is currently closed.
• Games room-CLOSED
• Library and computer area-CLOSED
• Lounge-CLOSED
• Billiards-CLOSED

OTHER

• Indoor play area-CLOSED
• Outdoor playground-OPEN
• Youth program rooms-OPEN
• Multi-purpose rooms-CLOSED
• Conference rooms-CLOSED
• Family change-OPEN (Dry change only. No lockers/showers/restrooms)
• Locker rooms-OPEN (No lockers. Restrooms & showers available.)
• Assessment rooms-CLOSED

Due to strict COVID-19 guidelines and reduced staffing levels some amenities are unavailable or have modified use.
COVID-19 SAFETY GUIDELINES:
• Facial coverings are required while in the facility and while waiting outside to enter. Per Colorado State orders and a Louisville City Ordinance facial coverings must be worn at all times while inside the facility including when you are working out. The only exception where a facial covering is not required is when you are in the pool.
• Stay home if you are symptomatic, don’t feel well, have been around someone who tested positive for COVID-19 in the last 14 days, or are at risk for a severe illness.
• Maintain 6ft social distancing upon entering and exiting, as well as when in the facility. Compliant floor markers are in place to guide you to your space.

VISITING THE FACILITY:
• There are now THREE different entrances to encourage social distancing:
  • Fitness Amenities (second floor)- enter through front doors
  • Pool- enter through west entrance up the ramp
  • Youth Area- enter through west entrance by each room (Moose & Bear)
• Please do not enter the facility or line up outside more than 5 minutes before your scheduled time.
• No towel service is available. Bring your own towels.
• Water fountains are not available. Bottle fillers are available so please bring a water bottle.
• No shared equipment.
• Strive for contactless transactions.
• Members will be required to know their pass number. If you enter and have an expired pass, we will ask that you wait until all guests have entered, then a renewal can be processed.

CLEANING & SANITIZATION:
• You will receive a cleaning rag and cleaner upon entry into the facility.
• Wipe down each piece of equipment before and after use, including but not limited to machines, dumbbells, weight plates, belts, bands, benches, etc.
• Increased cleaning and sanitization of high touch-points such as handrails, water fountains, bathroom fixtures, equipment stands, glass, doorknobs, etc. is scheduled.
• Strength and cardio equipment is spaced out to allow for recommended social distancing
• Additional hand sanitizer stations are available throughout the center.
• No social spaces are available.

LOCKER ROOMS:
• Locker rooms are available but we highly encourage you come dressed in suitable wear for your reserved activity: swimsuit for the pool, workout clothes for the fitness area or class.
• Lockers will not be available for use, so please leave valuables at home.
• Family change area is available for changing only.
• Men’s and Women’s Locker rooms are open with restrooms and showers. Lockers are not available.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, persons sixty-five (65) years of age or older and those with underlying medical conditions are especially vulnerable.

The Louisville Recreation & Senior Center is implementing reasonable measures to limit exposure, including restricting the number of visitors, requiring facial coverings and hand sanitizer for visitors and employees, requiring daily health screenings for employees, and regularly disinfecting high-touch surfaces. These actions may not be adequate to eliminate the risk for all visitors. By visiting the Louisville Recreation & Senior Center you voluntarily assume all risks related to exposure to COVID-19.

In accordance with City Ordinance, it is unlawful to enter this premises without wearing a facial covering. The owner or person in responsible control for the premises will be held liable for anyone who does not wear a facial covering while on-site. Exceptions may apply (i.e. children under the age of 2, persons with existing health conditions, etc.).
For more information, please review the City Ordinance at LouisvilleCO.gov/COVID19.
HOW TO MAKE A RESERVATION TO USE:
THE FACILITY, POOL, & GROUP EXERCISE CLASSES

Reservations are required.
Reservations can be made 7-days in advance.

MAKE A RESERVATION
Reservations will be required to use the facility in order to adhere to state and local maximum capacity guidelines.

You must have an account to login to register.
To cancel a reservation email reservation@louisvilleco.gov or call 303-666-7400

MEMBERSHIPS
Everybody must have an active membership, pass or pay daily fee admission to use the facility.
Please call 303-666-7400 for assistance.

• Auto Debits
  • Memberships with an auto-debit payment are active and will continue on the 15th of each month.
  • If you wish to stop further payments, email julies@louisvilleco.gov to stop payment.

• Renew Online
  • Current punch passes or individual monthly passes can be renewed online, as well as in person or over the phone. To renew, login to the online portal, click SEARCH, click Membership Renewal. All eligible renewable passes for your account will populate.

• Renew On the Phone or In-Person
  • Couple and Family one-month passes must be renewed over the phone or in-person so that dependents can be attached to those types of memberships.

New Memberships
• New memberships must be purchased in-person so that a waiver can be signed.

MAKE A RESERVATION
Reservations are required to use the facility or in-person fitness class.

Open Swim >
Lap Swim >
River Walking (age 14+) >
In-Person Fitness Class >
Racquetball >

Weight Room >
Cardio Area >
Track/Stretching >
Turf Gym >
Gymnasium >

Reservations are required to use the facility or in-person fitness class.
Facilities

Recreation Center Policies

- Children ages 9 and under must be directly supervised by an individual 12 or older at all times unless the child is participating in a center supervised program.

- Please dress appropriately when in the center. Shoes and shirts are required at all times, unless in pool area.

- Smoking, chewing tobacco, drugs or alcoholic beverages are not allowed in the center.

- The Recreation Center is not responsible for guest’s personal belongings. Lockers are not available. Please leave valuables at home.

- Weapons are prohibited at the center.

- Cell phone usage is restricted to the lobby areas only.

- All guests must be 14+ years of age to be on the track, unless participating in a center sponsored program or with an adult 18+.

- Individuals must be at least 14 years of age to use equipment in the weight room or any cardio equipment. Training is available for those 11-13 years of age who wish to use the equipment.

- Strollers or car seats are not permitted on the track or in any fitness area. Front or back carriers are permitted on the track.

- Disruptive or inappropriate behavior may result in suspension of privileges.

Racquetball/Wallyball

Guests may reserve courts seven days in advance. Courts can be reserved for a maximum of a two hour block. Play is limited to two players per court.

Pickleball

Outdoor Pickleball

- Five courts at the Inline Rink
- Pickleball only during designated times
- Nets provided
- BYOB&P (Bring your own Balls & Paddles)

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday &amp; Thursday*</td>
<td>7:00am-12:00pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:00-8:00pm</td>
</tr>
<tr>
<td></td>
<td>8:30am-12:30pm</td>
</tr>
</tbody>
</table>

*The City of Louisville will set up nets at 8:30am on Tuesday & Thursday (due to limited staffing). If you would like to use the courts before 8:30am you will need to set the nets up on your own. Evening times participants will need to set up, and take down, nets on their own. Nets are in a large orange storage box on south side of rink. To access the code to box please email jessed@louisvilleco.gov

Indoor Pickleball is currently not available.

Permits

HARPER LAKE BOAT PERMITS | Ages 12+

Harper Lake Boat Permits are sold online through the Louisville Recreation & Senior Center Online Registration process is May 1st through September 1st. The boating season on Harper Lake begins May 1 of each year and ends when the first ice forms. Boat Permits are only valid for use in the calendar year(s) selected in the registration process. Visit www.LouisvilleCO.gov/boatrental for more information or call 303-335-4735 with questions.

<table>
<thead>
<tr>
<th>CODE</th>
<th>BOATS/YEARS</th>
<th>R/NR</th>
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</thead>
<tbody>
<tr>
<td>20000-1</td>
<td>One Boat, One Year</td>
<td>$20/$40</td>
</tr>
<tr>
<td>20000-2</td>
<td>One Boat, Two Years</td>
<td>$35/$70</td>
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<tr>
<td>20000-3</td>
<td>Two Boats, One Year</td>
<td>$40/$80</td>
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<tr>
<td>20000-4</td>
<td>Two Boats, Two Years</td>
<td>$70/$140</td>
</tr>
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</table>

No electioneering and/or petitioning of patrons within City buildings is allowed. Such activities may occur on public sidewalks outside the City building but shall not block passage by other users of the sidewalk and shall be conducted in accordance with applicable laws.
2020 Pricing

| Facilities |

<table>
<thead>
<tr>
<th><strong>Resident</strong></th>
<th><strong>Non-Resident</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>DAILY ADMISSION</strong></td>
<td></td>
</tr>
<tr>
<td>Youth (3*-17) / Senior (60+)</td>
<td>$5.25</td>
</tr>
<tr>
<td>Adult (18-59)</td>
<td>$7.25</td>
</tr>
<tr>
<td>Youth Group (10 or more)</td>
<td>$3.75</td>
</tr>
<tr>
<td>Adult Group (10 or more)</td>
<td>$5.75</td>
</tr>
<tr>
<td>Family (2 adults + kids)</td>
<td>$15.00</td>
</tr>
<tr>
<td><strong>10 VISIT PASS</strong> <em>Save money each visit!</em> (non-refundable)</td>
<td></td>
</tr>
<tr>
<td>Youth (3*-17) / Senior (60+)</td>
<td>$37.50</td>
</tr>
<tr>
<td>$3.75/visit</td>
<td>$75</td>
</tr>
<tr>
<td></td>
<td>$7.50/visit</td>
</tr>
<tr>
<td>Adult (18-59)</td>
<td>$57.50</td>
</tr>
<tr>
<td>$5.75/visit</td>
<td>$97.50</td>
</tr>
<tr>
<td></td>
<td>$9.75/visit</td>
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<tr>
<td><strong>20 VISIT PASS</strong> <em>Save money each visit!</em> (non-refundable)</td>
<td></td>
</tr>
<tr>
<td>Youth (3*-17) / Senior (60+)</td>
<td>$75</td>
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<tr>
<td>$3.75/visit</td>
<td>$75</td>
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<tr>
<td></td>
<td>$7.50/visit</td>
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<tr>
<td>Adult (18-59)</td>
<td>$115</td>
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<tr>
<td>$5.75/visit</td>
<td>$97.50</td>
</tr>
<tr>
<td></td>
<td>$9.75/visit</td>
</tr>
<tr>
<td><strong>MONTHLY PASS</strong> <em>Auto pay available</em></td>
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</tr>
<tr>
<td>Youth (3*-17) / Senior (60+)</td>
<td>$25</td>
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<tr>
<td>Adult (18-59)</td>
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</tr>
<tr>
<td>Couple</td>
<td>$63</td>
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<tr>
<td>Family</td>
<td>$78</td>
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<tr>
<td>Non-Resident Louisville Business Pass</td>
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<tr>
<td>Non-Resident Louisville Business Pass Senior</td>
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<tr>
<td><strong>ANNUAL PASS</strong> <em>Paid in Full (discount given when paid in full)</em></td>
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</tr>
<tr>
<td>Youth (3*-17)</td>
<td>$239</td>
</tr>
<tr>
<td>Senior (60+)</td>
<td>$239</td>
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<tr>
<td>Adult (18-59)</td>
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<td>Couple</td>
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</tr>
<tr>
<td>Non-Resident Louisville Business Pass Senior</td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Children under 3 years of age are admitted at no charge with an adult.

See page 5 for membership/pass details.
Email julies@louisvilleco.gov with questions.
AMENITIES & ACTIVITIES
Reservations are required to use the pools.

**Lap Pool (25 M, 82°-83°)**
- 6 lanes available for lap swimming (12 spots)
- Water aerobics (Max of 30 participants per class)

**Program Pool (25 Y, 84°-85°)**
- 4 lanes available for lap swimming (8 spots)

**Lazy River (89°-90°)**
- 5 spots available for Water Walking (age 14+)

Not Available:
- Splash Pad, Hot Tub, Sauna, Steam Room, Lockers, Drinking Fountains
- Swim Lessons
- Towels and Pool Deck furniture
- Lost and Found

ENTERING/EXITING THE POOL AREA:
- **New entrance:** Patrons will enter from the parking lot, up the ramp, to the exterior side door closest to the slide.
- **Arrive Swim Ready:** Patrons get 45-minutes in the building. Come to the pool swim ready so that the time allotted can be used primarily for in-water time.
- **Exiting:** Patrons will now exit out onto the patio and into the parking lot. Do not exit through the locker rooms.
- Swimmers will not have access to other areas of the facility.

LANE USAGE GUIDELINES:
- There are 10 lanes (20 spots) available per time slot
  - **Lap Pool:** 6 lanes (12 spots)
  - **Program Pool:** 4 lanes (8 spots)
- Lanes are first come, first served.
- Two swimmers per lane. Expect to share a lane.
- Swimmers will enter on opposite sides of each lane, on the right side of their lane.
  - **Lap Pool:** 6 enter on the deep end, 6 enter on the shallow end.
  - **Program Pool:** 4 enter on the deep end, 4 enter on the shallow end
- Please choose a deep end spot if one is available and you are physically able. This will allow those needing to enter from the shallow end to have access.
- Swimmers will be notified of time with the usage of colored cones.
  - A **yellow cone** signals that you have 15 minutes left to exit the building.
  - A **red cone** signals that you have 5 minutes left to exit the building and you must exit the pool when the red cone is displayed.

Memory Square Outdoor Pool is closed for the 2020 Season.

Visit www.louisvillerecreation.com for all reopening guidelines. Follow us on Facebook for updates!
AQUATICS SOCIAL DISTANCING GUIDELINES AND EXPECTATIONS:
• Facial coverings required at all times, unless in the water. Patrons will need to wear a mask to the pool edge and immediately reapply mask as soon as they leave the pool edge.
• 6ft distancing will be required at all times.
• Patrons will be given routes to follow to get to the pool that they plan to use for their time slot.
• Swimmers will be expected to enter at opposite sides of the pool.
• Two swimmers per lane. When using the lap lanes patrons will be expected to swim with one other swimmer. Please respect each other a

LAZY RIVER USAGE:
• The lazy river will be available for water walking.
• All walkers will be expected to collectively decide if they will walk with or against the current.
• The space is limited to 5 people at a time.

EQUIPMENT USAGE AND RETURN:
• Bring your own equipment if possible.
• Sanitized kickboards and pool buoys will be available for use if needed.
• Used equipment should be placed in the bin on the path when exiting the pool. Staff will disinfect used pool equipment at the end of each workout session.

LOCKER ROOM/ SHOWER USAGE:
• Lockers are not available. Please leave all valuables at home.
• Where to put your belongings: A tables and a chair will be at the end of each lane to put personal belongings. These tables will be sanitized after usage.
• Family Changing Area:
  • Only available for changing stall use.
  • No restrooms or showers available.
  • No lockers available.
• Men’s & Women’s Locker Rooms
  • Available for changing.
  • Restrooms and showers available.
  • No lockers available.
• On-deck showers available. We encourage all swimmers to shower prior to using the pool.
• Please arrive swim ready. Amenities are available but keep in mind the usage of these areas does cut into your allotted 45 minute time in the building.

NEW OPEN SWIM
• Reservations Required for everyone in the pool area.
  - Watch Reservation Tutorial Video here >
• Space is limited to 20 people at a time.
• Areas Available: Splash Pool (89°-90°), Pool Patio (splash pad still closed), Lazy River, Water Features, Basketball Hoop and Slides
• Masks will need to be worn at all times unless in the water.
• All families will be expected to maintain 6ft distancing while using the pool.
• Patrons can bring their own noodles and soft balls for use while visiting. These items will not be provided.
• Tables and chairs will be provided around the pool to place items on. The patio will also be available for use. Patio furniture is not available.
• Lockers are not available. Please leave valuables at home.
• Come swim ready! Locker rooms are available but we encourage you to arrive in your swim attire and shower at home.
• Child supervision rules still apply.
  • Children ages 9 and under must be directly supervised by an individual 12 or older at all times
  • Children 6 and under must be accompanied by an adult who is actively supervising in the water.

WAYS WE ARE KEEPING PATRONS SAFE:
• Facial coverings are required for staff and patrons while in the facility, except when in the water.
• We are following current CDC and Boulder County Health Guidelines for sanitization, water chemistry, and air circulation.
• The doors and windows for the pool patio will be open at all times to allow for an increase in fresh air circulation.
• Areas of usage will be disinfected by staff after each time slot. Staff will also disinfect used pool equipment at the end of each workout session.

Watch our video!
Aquatics

Water Aerobics Programming

**HIIT WATER AEROBICS**
Get ready to power it up! This class incorporates high-intensity intervals throughout the bulk of the class and finishes with a focus on core and upper body strength work.

<table>
<thead>
<tr>
<th>CODE</th>
<th>CLASS</th>
<th>DAY/TIME</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>81001-3</td>
<td>Shallow (22 spots)</td>
<td>9:00-9:45am</td>
<td>Anastasia</td>
</tr>
<tr>
<td>81001-4</td>
<td>Deep (4 spots)</td>
<td>9:00-9:45am</td>
<td>Anastasia</td>
</tr>
</tbody>
</table>

Classes will be offered in all lanes of the lap pool. Class is limited to 26.

**DEEP WATER H2O**
Get ready to power it up! This class incorporates high-intensity intervals throughout the bulk of the class and finishes with a focus on core and upper body strength work.

<table>
<thead>
<tr>
<th>CODE</th>
<th>CLASS</th>
<th>DAY/TIME</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>81001-1</td>
<td>Deep (14 spots)</td>
<td>4:00-4:45pm</td>
<td>Anastasia</td>
</tr>
<tr>
<td>81001-2</td>
<td>Shallow (4 spots)</td>
<td>4:00-4:45pm</td>
<td>Anastasia</td>
</tr>
</tbody>
</table>

Classes will be offered in all lanes of the program pool. Limited to 18.

**SWIM LESSON PROGRAMMING:**
We are working with current state and county health guidelines. As of right now 6ft social distancing is still required so we are limited in our ability to offer swim lesson programming as it is a close contact activity. We are also limited in our staffing and pool usage options. We are working on programming ideas that address these concerns while still maintaining the safety needed for a swim lesson and are hopeful to have some kind of distanced swim lesson option in the future. We will continue to provide communication to the public about evolving programs and offerings via email, our online monthly catalog, social media, and our website.

American Red Cross Online

**VIRTUAL-COMMUNITY FIRST AID/ CPR/ AED**
This is a blended online and in-person learning opportunity. Within 48 hours of registering you will receive an email with a link for the online simulation course.

1. Complete online 2.5 hour, self-paced course where you will gain the knowledge needed to successfully perform the required skills in the class. Upon successful completion of the online portion you will receive a 90 day provisional certification.
2. You will be contacted to schedule an in-person skills check at the Louisville Recreation/ Senior Center.
3. Complete the 1 hour in-person practical, instructor led portion where you put your skills to use in a real life setting. Upon completion of the in person skills session you will receive a 2 yr certification for Adult Pediatric First Aid/ CPR/ AED through the American Red Cross.

Please email katem@louisvilleco.gov with any questions.

<table>
<thead>
<tr>
<th>CODE</th>
<th>R/NR</th>
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</thead>
<tbody>
<tr>
<td>23208-2</td>
<td>$50/$63</td>
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</tbody>
</table>

**CAT AND DOG FIRST AID**
In this 35-minute online course, you will learn the basics of providing first aid care for your cat or dog, and will learn how to best give care for common emergency situations including understanding your pet’s vital signs, breathing and cardiac emergencies, wounds and bleeding, seizures, and preventative care. This course is desktop and tablet compatible.

<table>
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<tbody>
<tr>
<td>23213</td>
<td>$28/$35</td>
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</table>

**RETURNING TO WORK DURING COVID-19: SAFE WORK PRACTICES**
The COVID-19 Pandemic is challenging employees and businesses in new ways. The Red Cross offers an online course designed to help individuals review measures that employees and employers can take to continue to prevent a resurgence in cases of COVID-19 and keep individuals, families and communities safe as businesses reopen and workers return to workplaces.

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<tbody>
<tr>
<td>23219</td>
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As of right now lifeguard training is not being offered and we are currently not hiring lifeguards.
POOL CLOSED
August 12-August 26th

Due to contractual obligations the Louisville Recreation Center will be having the main lap pool resurfaced August 12-August 26th. This work will require the entire aquatics area to be closed due to construction dust and debris. We realize this will be a disappointment to have the pool area closed. This work was originally scheduled to occur during our annual closure time but due to COVID the center will not be doing an annual closure in August 2020. The funds for this project were part of a 5 year Capital Improvement Projects and contracts were awarded and signed in early 2020. We apologize for this inconvenience.

Bob L. Burger in Lafayette will be available for swimmers August 17 - 26

- Reservations are required as is a valid Louisville pass.
- Lafayette pool users will be using the Recreation & Senior Center Pool July 31- August 11 (note we will have more users for those few days.)
- Lafayette has similar mask, lane usage, locker room usage, and social distancing protocols.
- To make a reservation at Bob L. Burger:
  2. Scroll down a little and click on Recreation
  3. Click Schedules
  4. Click Online Drop In Fitness Schedule
  5. Scroll down to the calendar
  6. Go to the drop down menu called category and choose the activity you would like to be in at the rec center
  7. Locate the date and time that you would like to reserve a spot for
  8. Click on sign up - make sure to click the words “sign up”
  9. Create a log in using your email address and a password that you will remember
  10. Once you have created the log in you will not need to do it again
  11. For each day that you want to log in you will need to click Sign Up

Now Offering Open Swim!

OPEN SWIM FOR AUGUST:
Tuesday, Thursday, Friday | 10:45am-12:00pm, 12:15-1:30pm, 1:45-3:00pm
Tuesday | 4:45-6:00pm
Saturday | 8:15-9:30am, 9:45-11:00am

Reservations Required. Limited Availability.

- Reservations Required for everyone in the pool area.
  - Watch Reservation Tutorial Video here>
- Space is limited to 20 people at a time.
- Areas Available: Splash Pool (89°-90°), Pool Patio (splash pad still closed), Lazy River, Water Features, Basketball Hoop and Slides
- Masks will need to be worn at all times unless in the water.
- All families will be expected to maintain 6ft distancing while using the pool
Su 8/9-8/30 5:00-6:00pm
5
TIME
SESS
Tu 8/4-8/25
F 8/7-8/28
8:00-9:00am
81000 5
Su 8/9-8/30
8:00-9:00am
Included with membership, pass, or daily fee.

Les Mills BODYPUMP™ | Age 16+
Les Mills BODYPUMP™: is a barbell workout for anyone looking to get lean, toned and fit – fast. This class is held outside in the South lot, by Turf Gym. Max 24 participants. Instructor: Nicole.

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<tr>
<td>81000</td>
<td>5</td>
<td>Su 7/8-7/30</td>
<td>8:00-9:00am</td>
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</tbody>
</table>

**LIVE classes**:
- please visit the Registration webpage (link is below) then search the code 81000 to pre-register for LIVE classes OR 81005 for LIVE WATER classes.
- Classes & Instructors are subject to change.
- If Hybrid (Zoom & Live), there is an additional fee of $5 per class. If only Zoom, there is no additional fee. This fee is inclusive with membership, pass, or daily fee.
- A Recreation & Senior Center pass will be required to register for any July ZOOM classes. Passes include: Punch passes, Monthly, Annual, SilverSneakers, and Renew Active passes.
- All participants are required to enter Pass ID to register for a ZOOM class. Your pass ID is the number you use to enter the Recreation & Senior Center.

**Zoom Class Information**
- Please see details on how to register for LIVE classes on page 5.
- Facial coverings are required entering and exiting the facility, while inside the building, including during class. Facial coverings are not required while in the pool.
- Classes will be held in the South Gym, Pool Patio, Cycling Studio or Lap Pool. The Grays and Mt. Elbert fitness rooms are closed.

**Live IN-Person Class Information**
- Please visit the links under each class to pre-register for ZOOM classes.
- Please visit the Registration webpage (link is below) then search the code 81000 to pre-register for LIVE classes OR 81005 for LIVE WATER classes.
- A Recreation & Senior Center pass will be required to register for July ZOOM classes. Passes include: Punch passes, Monthly, Annual, SilverSneakers, and Renew Active passes.
- All participants are required to enter Pass ID to register for a ZOOM class. Your pass ID is the number you use to enter the Recreation & Senior Center.

**Live Water Class Information**
- Please see details on how to register for LIVE classes on page 5.
- Facial coverings are required entering and exiting the facility, while inside the building, including during class. Facial coverings are not required while in the pool.
- Classes will be held in the South Gym, Pool Patio, Cycling Studio or Lap Pool. The Grays and Mt. Elbert fitness rooms are closed.

**Zoom Class Information**
- Please see details on how to register for ZOOM classes on page 5.
- Facial coverings are required entering and exiting the facility, while inside the building, including during class. Facial coverings are not required while in the pool.
- Classes will be held in the South Gym, Pool Patio, Cycling Studio or Lap Pool. The Grays and Mt. Elbert fitness rooms are closed.
CARIBBEAN FITNESS PARTY | AGES 4+
Join us for a family friendly event with a traveling celebration of dance & fitness! A fun workout with family & friends where you move from station to station and participate in different fitness classes with music & glow accessories! Warm up in the Recreation Center parking lot then be lead to a station to exercise then cool down back in the parking lot!

Instructors: Nicole, Laura, Anastasia, Joy, Helene, Molly

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<td>2</td>
<td>Sa 8/15</td>
<td>7:15-8:45pm</td>
<td>see below</td>
</tr>
</tbody>
</table>

Fee: Use pass or $10/family
Location: Louisville Arboretum

TRY ONE OF OUR OUTSIDE CLASSES!

Sunrise Yoga  
M/W/F  6:30-7:30am
Cycle  
Tu/Th  7:00-8:00am
Sa  8:00-8:45am
Bootcamp  
M/W/F  7:00-8:00am
BLOOD DRIVE
Friday, August 7
9:30 am – 1:30 pm
Located in the CROWN MINE ROOM

To MAKE AN APPOINTMENT
- Visit www.donors.vitalant.org
- Search by Blood Drive Code 5552
- Or call 303.363.2300 or visit www.donors.vitalant.org and use Blood Drive Code 5552 to schedule.

Appointments required. Facial coverings required. Use Blood Drive Code 5552 to schedule.

About Our Heating Ventilation and Air Conditioning (HVAC) Systems

The recent expansion and renovation of the RSC includes several improvements to the Heating Ventilation and Air Conditioning (HVAC) systems. The HVAC systems meet current code requirements that assure adequate ventilation and climate control for the specific needs of this facility. The HVAC air flow was tested and adjusted by an independent contractor in 2019 to assure that all areas had adequate air flow in the amounts specified by the mechanical engineers.

The supply air provided throughout the RSC is a combination of recirculated and outside air. As recommended by the CDC, in the summer months the HVAC units bring in 100% outside air in the early morning to pre-cool and freshen the facility. Once occupied, the HVAC units supply continuous outside air as per the engineered design and code requirements. Carbon dioxide monitors are used to monitor air quality and bring in additional outside air in response to increased activity in an area. When outside conditions are favorable, the HVAC system uses outside air to cool.

Operation of the HVAC systems is monitored through a Building Automation System (BAS). The BAS not only controls the HVAC systems but also alerts staff to any problems.

The RSC air filtration efficiency is at the maximum recommended by the equipment manufacturer for each HVAC unit. Although high efficiency filtration is desirable, HVAC equipment must be designed for such filtration, which adds additional resistance to the air flow. RSC filters are changed quarterly to assure proper filtration and air flow.

Questions: contact David Szabados, Louisville Facilities Manager, at dszabados@louisvilleco.gov
Sports

Flag Football

Designed to teach football fundamentals in a fun and safe environment where contact is limited and participation is stressed. This Co-ed League is for 1-8th graders. VOLUNTEER COACHES are needed.

- Teams will consist of up to 8 players
- Divisions, within the age groups, will be limited to 25 kids only. These 25 kids will be split into 4 teams and only play each other for the season.
- Teams will be created by the school players attend and practices times available
- Practices are once a week with games on Fridays.
- Coaches and players will be required to wear a mask at all times. Players will be required to wear gloves
- No snacks, no shared water, bring your own balls, no practice jerseys
- Flags will be disinfected by coaches before and after each use
- This is a 5 on 5 league on a 60 yard field.

<table>
<thead>
<tr>
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<th>PRACTICE BEGINS</th>
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<td>1st-3rd</td>
<td>9/7</td>
<td>9/11</td>
<td>$50/$63</td>
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<tr>
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<td>4th-5th</td>
<td>9/7</td>
<td>9/11</td>
<td>$50/$63</td>
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<tr>
<td>26421</td>
<td>6th-8th</td>
<td>9/7</td>
<td>9/11</td>
<td>$50/$63</td>
</tr>
</tbody>
</table>

SOCCER

4 v 4 SOCCER | Grades K-8

Come check out our NEW 4 v 4 soccer leagues. The Louisville Recreation Center will continue to offer fun, safe and fair play in our new format while stressing participation, development of skills and enjoyment. Both Girls and Boys in grade K-8th grade will be encouraged to sign up. VOLUNTEER COACHES are needed.

- Teams will consist of 6 to 7 players and a volunteer coach
- Divisions, within the age groups, will be limited to 25 kids only. These 25 kids will be split into 4 teams and only play each other for the season. Each age group can have up to 4 divisions.
- Teams will be created by schools and practices times available.
- One practice a week for 45 minutes
- Games will be Saturdays for 45 minutes
- This will be a coach refereed league
- Coaches and players will be required to wear a mask at all times.
- No goalies
- No snacks, no shared water, bring your own balls, no practice jerseys
- No throw ins. Ball is kicked in
- This is a 6 week long season

BOYS

<table>
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<tr>
<th>CODE</th>
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<td>9/12</td>
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<tr>
<td>26422</td>
<td>Boys 2nd/3rd</td>
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<td>$47/$59</td>
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<tr>
<td>26423</td>
<td>Boys 4th/5th</td>
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<tr>
<td>26424</td>
<td>Boys 6th-8th</td>
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GIRLS

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<td>9/7</td>
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<td>9/12</td>
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<tr>
<td>26427</td>
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<td>9/7</td>
<td>9/12</td>
<td>$47/$59</td>
</tr>
<tr>
<td>26428</td>
<td>Girls 6th-8th</td>
<td>9/7</td>
<td>9/12</td>
<td>$47/$59</td>
</tr>
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</table>
Sports Action
These fun-filled courses are designed to introduce your sports star to the basic rules of the sports and exercise, including more specialized skills necessary for game time. We develop your child’s athletic and social skins in a fun and encouraging atmosphere. This is a co-ed camp. Masks will be required by instructors and participants at all times. Equipment will be disinfected before and after each use. Sharing of equipment will be limited as much as possible. Distance of greater than six feet will be maintained when possible.

KICKBALL/TBALL | Ages 4-7
<table>
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<td>9/8-10/1</td>
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BROOMBALL/SOCCER | Ages 4-7
<table>
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<tr>
<td>36030</td>
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<td>10/6-10/29</td>
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<td>$60/$75</td>
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BASKETBALL (2-WEEKS) | Ages 4-7
<table>
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<tr>
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<td>11/3-11/12</td>
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GYM GAMES | Ages 4-7
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<tbody>
<tr>
<td>36030</td>
<td>5</td>
<td>11/17-12/17*</td>
<td>9:30-10:30am</td>
<td>$60/$75</td>
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</table>

*No camp 11/24, 11/26

Youth Tennis

LOBBERS | Ages 4-7
This program is designed for young children with activities geared towards movement skills such as running, chasing, balancing, transferring weight, jumping and swinging. In addition, leadup skills to the game of tennis such as pre-striking and striking will be taught in order to work on the child’s movement and coordination skills.

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<td>26261</td>
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<td>4:30-5:00pm</td>
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HITTERS | Ages 8-10
Before entering the class, students should be able to toss and catch a tennis ball and have some success with movement skills using the tennis racket and ball.

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<tr>
<td>26265</td>
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<td>Tu Th 8/4-8/27</td>
<td>5:00-5:45pm</td>
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<td>26265</td>
<td>2</td>
<td>Tu Th 8/4-8/27</td>
<td>5:45-6:30pm</td>
<td>$51/$64</td>
</tr>
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</table>

ACERS | Ages 11-18
Teens with little or no experience with the game of tennis. The basic skills and terminology of the game will be taught.

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<tr>
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<td>Tu Th 8/4-8/27</td>
<td>6:30-7:15pm</td>
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</table>

Skyhawks Outdoor Camps
Please check online for future Skyhawks Sports camps. Call Jesse DeGraw at 303-335-4909 or visit www.skyhawks.com for more information.

Adult Tennis

BEGINNING TENNIS | Ages 18+
<table>
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INTERMEDIATE | Ages 18+
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<td>$35/$42</td>
</tr>
</tbody>
</table>

NOTE: All tennis classes will be held at the Louisville Recreation & Senior Center Courts. In the event of inclement weather, please call the RAIN line at (303) 335-4998 to find out the status of lessons. Lessons cannot be held on wet courts, even if the sun is out. An attempt will be made to make up rain-outs if time and court availability permit.
Youth

KARATE

Brought to you by International Martial Arts (303) 665-0339. www.imakarate.com

LITTLE DRAGONS | Ages 6-8
Introduce your child to the sport of self-discipline and concentration. This class promotes coordination, self-esteem, and increased attention in the young child. And, this class is a lot of fun! Children must earn their “gi” through active listening and participation.

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<td>W 8/5-8/26</td>
<td>5:00-6:00pm</td>
<td>$51/$64</td>
</tr>
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</table>

KARATE | Ages 9–adult
This introductory class is designed for those who are interested in karate techniques. The class promotes coordination, self-defense, self esteem, respect, increased attention, confidence levels and FUN!! Hanshi Cyrus Madani, a 8th degree Black Belt, and his instructors, have been teaching all the Karate classes at the Louisville Recreation Center since 1990. His 50+ years martial arts experience and special instruction method helps you succeed from the very first class. Parents, we encourage you to sign up for this class with your child and make karate a family event!

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IN PERSON
Many programs are now able to meet in person. We are excited to see you all soon!

COVID-19 Safety Modifications
Youth programs will follow state and local regulations and guidance for programs including:
• Health screenings for all staff prior to work
• Health screening for participants prior to drop off
• Outside class time and check-in/out whenever possible
• Smaller group sizes
• Consistent teachers and groups
• Experienced and trained teachers
• Hand washing
• Easily cleanable supplies and toys
• Disinfecting of high-touch surfaces
• Masks for teachers
• Masks for parents/children
• Please register early to ensure adequate time for communication. Classes that do not meet the minimum enrollment will be canceled approximately one week before start date.
• Participants with COVID-19 symptoms must stay home or provide an alternative diagnosis in writing from a medical provider.

Attend in person at the dojo (1340 Main St, Louisville) or virtual by contacting madani@imakarate.com
Youth Activities

## Little Yogis

**Brought to you by Haley Shapiro**
haley@thepurplepiano.com

**LITTLE YOGIS ELEMENTARY - OUTDOOR CAMP | Ages 5-11**

This camp introduces children to the fundamentals of meditation, mindfulness, and yoga through dramatic play, games, music, art, and literature. It is a great opportunity for kids to build both bodily and social awareness, while also cultivating inner peace and kindness. Children will refine their gross motor skills while increasing strength, flexibility, and endurance. Camp will be held distanced and outdoors at the shelter at the Louisville Arboretum (next to the skate park). Please apply sunscreen and use the restroom adjacent to the shelter before dropping off. Bring a yoga mat or towel.

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<td>M-F 8/10-8/14</td>
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There is a $10 fee for materials due on the first day of class. Materials will be packaged and distributed to children individually, ensuring proper distancing and non-sharing of supplies.

## Jump Rope

**JUMP ROPE-INDIVIDUAL | Ages 7+**

Jump Rope is recommended by the World Health Organization as one of the best ways to stay social distant and stay fit! In this one hour session, jumpers will have fun jumping “with” their friends and learning new skills in their own 8’ x 8’ space. Class will be held outside so jumpers are not required to wear masks while jumping. In case of bad weather, class will be held inside where face protection may be required.

Each jumper will receive a new, individually wrapped, jump rope. Jumpers are welcome to bring their own as well. This class will focus on individual jump rope skills only. All levels welcome as jump rope can be modified to challenge the athlete both physically and mentally. Athletic shoes, sunscreen, and water bottles encouraged!

<table>
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Location: Turf gym, south east lot

## Mini-Camp

**NATURE | Ages 6-10**

Let’s get outside and use nature as we create art, explore, and play together. This class will be based out of the shelter at the Louisville Arboretum. Please use the parking lot next to the skate park and access the path over the bridge. Bathrooms and running water are available.

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<td>22018</td>
<td>1</td>
<td>MW 8/3 &amp; 8/5</td>
<td>1:30-4:30pm</td>
<td>$68/$85</td>
</tr>
</tbody>
</table>

Apply sunscreen before dropping off and send a labeled water bottle and snack.

## Twoodles | Ages 2 by 9/30/20

This is the ideal class for any youngster ready to explore on their own! The class offers a variety of materials and activities giving children an opportunity to assert their budding independence by making choices based on interest. Inherent in this setting is the opportunity to develop and practice social skills in a supportive and nurturing atmosphere. Circle time for stories, singing, dancing, and sharing enhance the fun and learning! Twoodles students will receive priority registration for our licensed preschool program. Caregiver must stay on site during class time.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>R / NR</th>
</tr>
</thead>
<tbody>
<tr>
<td>32003</td>
<td>1</td>
<td>TuTh 9/15-12/18</td>
<td>8:45-9:45am</td>
<td>$260/$325</td>
</tr>
<tr>
<td>32004</td>
<td>1</td>
<td>TuTh 9/15-12/18</td>
<td>10:45-11:15am</td>
<td>$260/$325</td>
</tr>
</tbody>
</table>

No class 11/24 or 11/26

All COVID-19 safety guidelines will be followed for in person classes. See page 17 for details.
Youth Activities

PlayWell

Brought to you by PlayWell
shay@play-well.org
970-645-6075


MINECRAFT ENGINEERING WITH LEGO | Ages 5-7
Bring Minecraft to life using tens of thousands of LEGO® parts! Build engineer-designed projects such as a Creeper, a Lava Trap, and a MincArt. Create your favorite Minecraft mobs, tools, and objects with the guidance of an experienced Play-Well instructor.

CODE SESS DAY/DATE TIME R / NR
22174 1 M-F 8/10-8/14 9:30am-12:30pm $193/$242

MINECRAFT MASTER ENGINEERING WITH LEGO | Ages 7-12
 Bring Minecraft to life using LEGO® parts! Build an Iron Golem, the Nether Portal, and the Ender Dragon. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects.

CODE SESS DAY/DATE TIME R / NR
22175 1 M-F 8/10-8/14 1:30-4:30pm $193/$242

CodeSpire

Brought to you by CodeSpire
303-381-3741
CodeSpireInfo@gmail.com
www.CodeSpire.org

GAME DESIGN CODING | Ages 7-14
Students will work on computers, learning how to build characters, actions, backgrounds, leveling up, timers, interactive characters and more. First-time coders start with block-based coding building animated games. Software varies between several programs depending on students’ prior knowledge and functions necessary to challenge students at age and skill-appropriate levels. Advanced coders will work in Python or JavaScript line-coding, learning real-world languages while building game coding.

CODE SESS DAY/DATE TIME R / NR
22151 1 M-F 8/17-8/21 9:30am-12:30pm $340/$425

Babysitting

Brought to you by Advanced Care CPR
advancedcarecpr@comcast.net

BABYSITTING COURSE | Ages 11-13
This course is designed for 11-13 year olds, to give them the knowledge necessary for the first time babysitting. Bring a lunch and a pen. Instructor: Advanced Care CPR Training The skills covered are:
- Basic First Aide/Pediatric CPR 2-year certification
- Personal Safety
- Growth and Development
- Discipline
- Prevention
- Basic Childcare

CODE SESS DAY/DATE TIME FEE
22031 2 F 8/14 9:30am-3:30pm $78/$97

BUILDING BLOCKS | Age 3 by 9/30/20

<table>
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<tr>
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<th>DAY/DATE</th>
<th>TIME</th>
<th>ENROLL R/NR</th>
<th>DEPOSIT R/NR</th>
<th>TUITION R/NR</th>
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<tbody>
<tr>
<td>62000</td>
<td>1</td>
<td>MWF</td>
<td>8:15am-11:00am</td>
<td>Waitlist</td>
<td>$280/$350</td>
<td>$280/$350 per month</td>
</tr>
<tr>
<td>62000</td>
<td>2</td>
<td>MWF</td>
<td>11:30am-2:15pm</td>
<td>$75/$94</td>
<td>$280/$350</td>
<td>$280/$350 per month</td>
</tr>
</tbody>
</table>

STEPPING STONES | Age 4-5 by 9/30/20

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<th>TIME</th>
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<th>DEPOSIT R/NR</th>
<th>TUITION R/NR</th>
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<tbody>
<tr>
<td>62000</td>
<td>3</td>
<td>MWF</td>
<td>8:15am-11:00am</td>
<td>Waitlist</td>
<td>$280/$350</td>
<td>$280/$350 per month</td>
</tr>
<tr>
<td>62000</td>
<td>4</td>
<td>MWF</td>
<td>11:30am-2:15pm</td>
<td>$75/$94</td>
<td>$280/$350</td>
<td>$280/$350 per month</td>
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</tbody>
</table>

PRESCHOOL REGISTRATION IS IN PROCESS!

Contact: Mandy Perera
p:303-335-4902
e:mandyp@louisvilleco.gov
www.louisvilleco.gov/preschool

www.LouisvilleRecreation.com | AUGUST 2020 19
There is no staff, leader or supervision provided for individuals. The Senior Center and its activities are geared toward independent adults who are able to manage their own care, decision making, and safety. No personal care or personal care assistance is provided. Companions may participate at participant’s expense.

Registration Information

Program registration begins at:

**12:00pm on Friday, July 31**
(Louisville Resident & Non-Resident)

**ONLINE:** at www.LouisvilleSeniorServices.com
**MAIL:** Mail form with check or credit card payment to:
Louisville Recreation Center
900 West Via Appia Way
Louisville, CO 80027

**POLICIES:** Activities that are canceled for low enrollment will be given a full refund or credit. No refunds or credits for cancellations made less than 3 working days before the start of activity. Special circumstances may be considered. Exceptions: if the event is a ticketed activity, no refunds will be given unless we can resell your ticket.

If you see a class or program offered in the catalog and would like to participate but need specialized assistance, please let us know. A minimum of four weeks is needed to allow us time to support your needs to attend. We do our best to accommodate requests for extra assistance.

Welcome our new Community Resource Coordinator, Katie Tofte.
Katie has worked with us in Senior Programs over the past year and a half and brings a background in Human Services. She’s excited for her new role as the Community Resource Coordinator. Please contact Katie if you are a Louisville senior resident and have resource needs. Ktofte@louisvilleco.gov or 303-335-4919.

The Safer at Home order recommends that vulnerable individuals, including those ages 65+ continue to stay at home. Therefore, the Senior Center and most of its programs will remain closed until we are in a lower risk phase of the order.
WEEKLY VIRTUAL ZOOM CALLS

THURSDAY

Coffee Club
1st & 3rd Thursdays at 9:00am, 8/6 & 8/20
Join us for a virtual Social Coffee Club with others.
Register at: https://us02web.zoom.us/meeting/register/vpEl-deutqjojQuBQbuY3fUsKq9gbKlbspg

FRIDAY

Art Club
Fridays at 10:00am
Join us on Zoom to share or work on your latest art projects.
Register at: https://us02web.zoom.us/meeting/register/tZQtf-CrqD0uFRCrp1-423snnch8r8xvHg

SPECIAL VIRTUAL EVENTS IN AUGUST

12
Bloomin Seniors Garden Club meeting
Wednesday, August 12 from 1:30-2:30pm
Bloomin Seniors Garden Club will be meeting to check in on August 12. Hope to see you there!
Register at: https://us02web.zoom.us/meeting/register/tZcrdOmqrDgi-HdGUMCIAXn4g2FxFz0MRQHU

13
RESOURCE TALK: Communications Technology
Thursday, August 13 from 10:00-11:30am
JoAnne Hirsch, the Communications Technology Program Manager with the Colorado Commission for the Deaf, Hard of Hearing, and DeafBlind’s Communications Technology Program, will explain specialized equipment and devices for deaf and hard of hearing, such as amplified and captioned phones, signalers, mobile devices, and other technology.
Link: https://meet.google.com/xaf-ehhv-csz
or call +1 929-277-5785 PIN: 924 504 224#
ICE CREAM

Drive in Social

Let’s get together safely! Join us for a curbside Ice Cream Social from the comforts of your car. We’ll serve up a summertime treat and have entertainment. Please drive in the Recreation & Senior Center parking lot and park in the spots closest to the building and we will serve you through your window. We will feature local artist Jonah Werner at the front of the building, to enjoy while you have your treat.

Sponsored by: Flatirons Health and Rehab and Sweet Cow.

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<tbody>
<tr>
<td>28144-1</td>
<td>W 8/19</td>
<td>6:00-6:30pm</td>
<td>FREE</td>
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</table>

The U.S. Census Bureau through census takers will begin going door to door starting July 30 to contact households who have not responded to the 2020 Census Survey. Households can still respond now by completing and mailing back the paper questionnaire they received, by responding online at 2020census.gov, or by phone at 844-330-2020. Those that respond will not need to be visited to obtain their census response. We encourage Coloradans to cooperate with census takers and ensure that everyone who was living in their household as of April 1, 2020 is counted.

Census takers can be easily identified by a valid government ID badge with their photograph, a U.S. Department of Commerce watermark, and an expiration date on the badge. To confirm a census taker’s identity, the public may contact the regional census center at (972) 510-1800 to speak with a Census Bureau representative.
BROOKS CAFÉ
MONDAY-FRIDAY AT NOON

Pick up a delicious and nutritious lunch at noon, Monday-Friday at the Louisville’s Senior Center. Reservations required. See below for more information.

RESERVATIONS:
- Advanced reservations required.
- Call Tricia at 303-335-4931 or email at BrooksCafe@louisvilleco.gov to make a reservation.
- Reservations must be made by 1:30pm the business day before.
- If a participant arrives after 12:30pm they are not guaranteed a meal.

LUNCH PICK UP:
While social distancing restrictions are in place, we will continue to offer curbside lunch pickup 5-days a week in August, at the Turf Gym entrance (South side of building).

NUTRITIONAL COUNSELING:
See page 29 for more information.

COST:
- Suggested donation for 60+: $3.50, milk is included.
- For 59 and under, cost is $12.00.
Due to the need for contactless payment, please mail your donation check in to Louisville Recreation & Senior Center
ATTN: Brooks Cafe
900 W Via Appia Way, Louisville, CO 80027

MENU:
- Call 303-335-4931 to request a hard copy of the menu for pickup curbside.
- Chef salad, grilled chicken salad, or vegetarian salad available upon advanced request.

NEED A FREE PICKUP/DELIVERY?
VIA is available to pick up your lunch and deliver it to your door, Monday-Friday. Call VIA 303-447-2848.

BIRTHDAY DAY!
WEDNESDAY, AUGUST 26
Celebrate this month’s birthdays with a cupcake.

RSVP: call 303-335-4931 or email BrooksCafe@louisvilleco.gov
Seniors

Classes/Workshops

TAI CHI 1
Tai Chi is a self-healing exercise focusing on the essence of our life. This is an outdoor beginning class for all ages who have no or very little exposure to Tai Chi. Class will be held outside in August and the instructor will email participants location. Class time may change due to weather. Please email instructor at rtsui11@gmail.com for availability prior to registration.

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</thead>
<tbody>
<tr>
<td>28101-3</td>
<td>Sa 8/1-8/29</td>
<td>8:30-9:30am</td>
<td>$50/$63</td>
</tr>
</tbody>
</table>

Virtual Classes/Workshops

SMART TABLETS AND PHONES
Bring your questions to this informal virtual session. This workshop is sponsored by the Center for People with Disabilities. For more information, please contact David Law, Beyond Vision Skills Trainer, at David@cpwd.org or 303-442-8662 x 249.

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<tbody>
<tr>
<td>Tu 8/18</td>
<td>11:00am-12:00pm</td>
<td>Free</td>
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</table>

This program will be held virtually. A few minutes before the start of the program, either log into the website or call and use the pin number to access the class.

https://meet.google.com/wkh-kzpb-kym
tel:+1-863-866-7466 PIN 829873872#

Virtual Support Groups

ALZHEIMER’S CAREGIVERS
This group is composed of trained facilitators from the Alzheimer’s Association and other caregivers who care for people with Alzheimer’s disease.

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<tbody>
<tr>
<td>Th 8/13</td>
<td>6:00–7:30pm</td>
<td>Free</td>
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</table>

To join the meeting on a computer or mobile phone:
https://bluejeans.com/106799049?src=calendarLink

A few best practices will ensure your meeting is a success:
1. Use a headset or earbuds for the best audio experience and mute yourself when not speaking.
2. Make sure you have a solid internet connection.
3. Ensure you have good camera angle and adequate lighting… and don’t forget to smile!

Phone Dial-in
+1.408.740.7256 (US (San Jose))  
+1.408.317.9253 (US (Primary))  
+1.855.203.2730 (US (Toll Free))
Meeting ID: 106 799 049
Room System
199.48.152.152 or bjn.vc

Soul Massage
Soul massage involves energy work and is not a traditional massage

Seniors (60+)
$35/half hour session. $55/one hour session.
Non-seniors (under 60)
$50/half hour session. $85/one hour session

Appointments
Mondays & Wednesdays, 1-4 pm

Do you have anxiety, stress, aches, and pains?

Make 2020 your most soulful year yet! Stephen Wurzel, ECP (Emergence Care Practitioner), is a longtime healer and Zen practitioner.

Make an appointment: Call: 615-767-6551 email: stephenwurzel@gmail.com www.stephenwurzel.com
Boulder County Housing & Human Services

Boulder County Housing and Human Services offers a variety of programs, including Food Assistance, Medicare Savings, Old Age Pension and Long Term Nursing Home Care. All programs are based on income eligibility and may include a review of assets. For information and applications, please call 303-441-1000.

OLD AGE PENSION INCOME & MEDICAID:
Income under $788, assets below $2,000 (couple: income $1,576, assets $3,000). Age 60+, CO resident. Spouses qualify separately.

SSI INCOME & MEDICAID:
Income under $771, assets below $2,000 (couple $1,157, assets below $3,000). Age 65+, blind, or disabled.

FOOD ASSISTANCE (FOOD STAMPS):
Age 60+ or 18+ with a disability, gross income under $1,316 (couple $1,784).

LONG TERM CARE:
In-home and nursing home. Age 65+ or disabled. Income of $2,250 or less, or set up an income trust. Must meet functional ability requirements.

EDUCATION AND SKILLS BUILDING
The Housing & Community Education Programming’s mission is to provide our community with innovative (and fun!) educational opportunities to grow individuals and families toward a brighter future. Through free individual counseling and group workshops, we aim to help you build your skills, knowledge base, and confidence level to achieve the life you want, specifically in the areas of money management, housing and employment. For more information, see www.bouldercountyhc.org

Volunteer Opportunities

RSVP
Retired Senior Volunteer Program, coordinated through Cultivate. Join a diverse and talented team of volunteers who are making this community safe and comfortable for seniors and adults with disabilities. Volunteers are needed for: Carry-Out Caravan, grocery shop, deliver groceries, or take call-in orders; and Fix-It, minor home repairs. For more information call 303-443-1933.

SENIOR PEER COUNSELING
Peer to peer volunteer program offering individual and group support to adults over 60 living in Boulder County. Peer counselors participate in an 8-week training and on going supervision. Peer counselors are warm and caring men and women with a special ability to listen and care and a desire to help others. For more information call 303-413-6377.

LOOKING FOR A FRIEND – RESpite AND COMPANION PROGRAM
Visit an older adult two hours a week. Help ease isolation, give a break to a caregiver, and make a new friend. Volunteers serve as companions; they do not provide hands-on care. Call 303-441-1543, email infoRespite@bouldercounty.org or visit BoulderCountyVolunteers.org for more information.

Emergency Information

FILE OF LIFE
The File of Life is a free program, designed to help our Fire Department Paramedics obtain your necessary medical history and emergency contact information in an emergency... it could help save your life. The card, which is kept in a red plastic pocket labeled FILE OF LIFE, lists the patient’s name, emergency medical contacts, other vital information, medications, dosages, allergies, recent surgeries, religion, doctor’s name and a health care proxy. Pick yours up today in the resource rack at the senior center. Sponsored by Cultivate, 303-443-1933.
Seniors

Legal Services

BOULDER COUNTY LEGAL SERVICES
Boulder County Legal Services is available to assist those Boulder County residents 60+ with legal issues. For appointments, call 303-449-7575 or visit their website at www.ColoradoLegalServices.org.

BOULDER COUNTY DISTRICT ATTORNEY’S COMMUNITY PROTECTION DIVISION
The Community Protection Division (CPD) responds to consumer complaints and works to resolve disputes between consumers and businesses. CPD provides information and resources on many consumer protection issues. CPD also investigates complaints and prosecutes cases involving abuse or exploitation of elder and vulnerable members of our community. Call: 303-441-3700.

BOULDER COUNTY BAR ASSOCIATION
The Boulder County Bar Association can provide referrals to attorneys who practice in specific areas. They have developed a list of attorneys who will provide lower cost assistance. Call: 303-440-4758.

BOULDER COUNTY FREE LEGAL CLINICS
Free legal clinics are offered every month in Boulder County: in Boulder, Longmont, or Lafayette. You can spend approximately 15 minutes with a lawyer talking about your legal issue. No pre-registration is required. Dates, times, and locations vary. For Boulder clinic dates and times, call: 303-441-4741; Longmont clinic: 303-651-8444; Lafayette clinic: 303-449-8623.

BOULDER COUNTY COMBINED COURT CLINICS
Several free clinics relating to a variety of legal matters are offered each month at the Justice Center on 6th & Canyon in Boulder. The court hosts monthly clinics on procedures involving small claims court, collections, divorce and family proceedings, and probate matters. Call 303-441-4741 or go to www.courts.state.co.us/Courts/District/Custom.cfm?District_ID=20&Page_ID=519 for more information and clinic dates and times.

ELDER ABUSE
Boulder County Adult Protective Services responds to reports of physical, emotional, or sexual abuse, neglect and self-neglect, and financial abuse or exploitation. 303-441-1000.

BOULDER COUNTY ADULT PROTECTIVE SERVICES
Boulder County Adult Protective Services investigates reports of abuse, neglect, self-neglect, and financial exploitation of at-risk adults who are unable to protect themselves due to a physical or mental limitation. 303-441-1000.

BRIDGE TO JUSTICE
Bridge to Justice provides civil legal services to low- and moderate-income Coloradans who do not qualify for free legal aid. They deliver legal advice and services at significantly reduced rates in the areas of family law, landlord-tenant and consumer protection. 303-443-1038.

ROCKY MOUNTAIN LEGAL CENTER
Rocky Mountain Legal Center is a non-profit community service organization with a primary mission of providing free or low-cost (starting at $30/hr.) civil legal representation, mediation, and counseling services to qualifying low-income families, single parents, and seniors. Call: 720-242-8642.

SCAMS, FRAUDS AND FINANCIAL EXPLOITATION
The Community Protection Division of the Boulder County District Attorney’s office responds to reports of scams, frauds and financial exploitation, and provides tips on how to avoid becoming a victim. 303-441-3700.

Boulder County

AREA AGENCY ON AGING
www.bouldercountyhelp.org
(303) 441-1617

For more resources, contact Aging and Disability Resource Center (ADRC), a program of the Boulder County Area Agency on Aging (BCAAA). Visit their comprehensive online resource directory, and view additional resource publications at www.BoulderCountyHelp.org or the ADRC Resource Line: 303-441-1617.
**Financial Assistance**

**SENIOR ASSISTANCE PROGRAM**
For information on local financial assistance options, please call 303-335-4919.

**VETERANS’ SERVICES**
Assistance with benefits, insurance, homecare, widow’s benefits, medical claims, and other concerns - 303-441-3890.

**COLORADO PROPERTY TAX/RENT/HEAT REBATE (PTC REBATE)**
Available to full-year CO residents, age 65 or older, or a surviving spouse age 58 or older or disabled – regardless of age. CO residents who meet the requirement for the rebate should submit the rebate application, Form 104 PTC, available at the Colorado Department of Revenue Division of Taxation website [www.colorado.gov/tax](http://www.colorado.gov/tax).

**TAX DEFERRAL PROGRAM**
The senior tax deferral program is offered by the State of Colorado. It allows you to postpone your tax payments until you sell your property, or your estate is settled after your death. Interest is applied to the amount you defer. You can defer either the whole amount of your taxes, or half your taxes. Call the Boulder County Treasurer’s office 303-441-3520 for more information and an application.

**TAX WORK-OFF**
Program Applications are due June 15 for Boulder County property owners age 60 and over to work for county departments to earn a portion of their property taxes. Call 303-441-3500 for an application or information.

**SENIOR WATER REBATE**
Available to qualifying applicants who are residents of the City of Louisville. Pick up forms at City Hall or the Senior Center. Applications accepted July 1-Nov. 30.

**PROPERTY TAX EXEMPTION**
The Colorado Constitution establishes a property tax exemption for qualifying senior citizens, surviving spouses of senior citizens who previously qualified, and for disabled veterans. For those who qualify, 50 percent of the first $200,000 in actual value of their primary residence is exempted, for a maximum exemption amount of $100,000 in actual value. Senior exemption applications must be filed no later than July 15th to have the exemption apply to your tax bill the following year. Application forms are available at Boulder County Assessor website or you can call 303-441-3530. The filing deadline for the veteran exemption with the Department of Veteran Affairs is July 1, 303-284-6077. [www.bouldercountyseniorexemption.org](http://www.bouldercountyseniorexemption.org).

**Employment**

**WORKFORCE BOULDER COUNTY**
Workforce provides job seekers a Computer Resource Center, Career Counseling, Career Development Workshops, and self-directed training. The Boulder office is located at 2520 55th St., Suite 101. Call 303-413-7555 for more information.

**Housing**

**AFFORDABLE AND SUBSIDIZED HOUSING**
Boulder County Housing Authority, 303-441-3929. [www.co.boulder.county.org](http://www.co.boulder.county.org)

Boulder Housing Partners, 720-564-4610. [www.boulderhousing.org](http://www.boulderhousing.org)

Longmont Housing Authority, 303-651-8581. [www.longmonthousing.org](http://www.longmonthousing.org)

Thistle Communities, 303-443-0007. [www.thistle.us](http://www.thistle.us)

**The Energy Resource Center**
Provides improvements to safety, energy efficiency, comfort and general repair of the homes of eligible clients through a variety of different programs. Programs include Energy Conservation / Weatherization, Housing Rehabilitation. For more information, call 970-617-2801.
Seniors

At Home Services

**BOOKS ON WHEELS**
The Louisville Public Library offers a service delivering books to homebound individuals. For more information, call 303-335-4820.

**YARDBUSTERS**
Volunteers help with occasional spring cleanup, gardening, shrub-trimming, raking, and general yard cleanup. Call 303-335-4919.

**FIX-IT HANDY SERVICES**
Cultivate offers volunteer-powered minor home repair services, such as grab bar installation, leaky faucets, minor plumbing repairs, hanging mirrors and pictures, weather stripping doors, smoke alarm installation/detectors, changing light bulbs, and much more. Call 303-443-1933 for more information.

**MEDICAL EQUIPMENT LOANS**
Basic medical equipment for Louisville residents by appointment only. Includes wheel chairs, knee scooters, front wheel walkers, crutches, toilet seat risers, commodes, bath benches. Call 303-335-4919 for more information.

**CARRY OUT CARAVAN**
Grocery and delivery service for homebound seniors. Call Cultivate at 303-443-1933

Transportation

**FLEXRIDE LOUISVILLE**
The RTD FlexRide is a door-to-door transportation service that takes you anywhere in Louisville. Call 303-434-8960 or visit http://www.rtd-denver.com/callNRide.shtml for more information on schedules, fares, and to make your appointment.

**FLEXRIDE SUPERIOR**
RTD FlexRide provides door-to-door transportation service that takes you anywhere in Superior and to key locations in Louisville. The service provides Superior residents with the ability to easily travel from their homes to places such as the Louisville Recreation & Senior Center and Post Office. Call 720-645-5128 or visit www.rtd-denver.com/callNRide.shtml for more information.

**VIA MOBILITY SERVICES**
VIA is a full-spectrum mobility manager providing accessible on-demand transportation, individual and group travel training and mobility options, information and referral for older adults, people with disabilities, low-income individuals and others living with mobility limitations. To get started with any of VIA’s services or to find out more information, please call 303-447-2848 and ask to speak with one of our mobility specialists.

**MEDICARE COUNSELING**
Through Boulder County Area Agency on Aging; provides objective information and assistance regarding Medicare benefits, HMO’s, supplemental policies, and rights and appeals. For assistance or to schedule an appointment, call 303-441-1546.

**FAITH IN ACTION**
Serving older adults and people with disabilities for rides within Boulder County. Volunteers do not have wheelchair-accessible vehicles. Call 303-666-9312 or visit http://www.abilityconnectioncolorado.org/faithinactionco/
Seniors

Nutrition

**BROOKS CAFÉ (SEE PAGE 23)**
Lunch is served at noon at the Louisville Recreation/Senior Center.

**COAL CREEK MEALS ON WHEELS**
Serving Louisville, Lafayette, Erie & Superior
Josephine Commons, 455 N. Burlington Ave., Lafayette, CO 80026. Offering hot lunch congregate and delivery services to homebound seniors and individuals with disabilities or illnesses (any age). Monday-Friday, 11:30 am -12:30 pm. Cost for congregate meal: $3.50 for 60+ adults; Cost for delivery: Sliding scale. Call 303.665.0566. Español: Llame al 303.946.8159

**SISTER CARMEN COMMUNITY CENTER FOOD BANK**
655 Aspen Ridge Dr., Lafayette. Residents of East Boulder County may receive emergency food assistance up to two times per month in a calendar year. 303-665-4342.

**CARRY OUT CARAVAN**
Grocery and delivery service for homebound seniors. Call Cultivate at 303-443-1933

**COMMUNITY FOOD SHARE**
Emergency food boxes available from the warehouse in Louisville. Call 303-652-3663 for more information.

**ELDER SHARE PROGRAM**
Supplemental groceries twice monthly to qualifying low income, 60+ senior. Call 303-652-3663x233

**LOUISVILLE COMMUNITY FOOD BANK**
At United Methodist Church, 741 Jefferson. Hours: Tuesday 9am – 12pm. Call 303-666-8812

**NUTRITIONAL COUNSELING**
To give you the support you need, up to two free nutrition counseling sessions are available to you if you are an older adult (60+ years) or are a family caregiver for an older adult. Please call the Boulder County Older Adult Nutrition Line at 303-678-6115 and leave your name and phone number. You will soon be contacted by a Registered Dietitian to schedule an appointment.

Mental Health Services

Through Mental Health Partners at 303-443-8500
- Senior Reach
- Support Groups
- Older Adult Specialized Services Team
- Peer Counseling 303-413-6377

Hearing

**FREE COMMUNICATIONS TECHNOLOGY OFFERED TO QUALIFIED RESIDENTS**
Coloradans who are deaf, hard of hearing or deafblind may be eligible to receive free technology to make communication more accessible. Colorado Commission for the Deaf, Hard of Hearing, and DeafBlind (CCDHHDB), through its Communications Technology Program (CTP), provides free devices, such as amplified and captioned phones, wireless devices, ring signalers and amplified accessories, as well as specialized equipment for the deafblind to those who qualify. For more information go to https://ccdhhdb.com/index.php/ctprogram/ or contact JoAnne Hirsch, CTP Manager, at (303) 866-2097 (voice), (720) 949-7457 (videophone) or email joanne.hirsch@state.co.us.

Respite Assistance

**RESPITE ASSISTANCE FOR CAREGIVERS**
Call 303-335-4919 for details and qualification information to access financial assistance to pay for care.

**RESPITE AND COMPANION PROGRAM**
Are you a caregiver looking for a break, or an older adult looking for a friend? The Respite & Companion Volunteer Program matches a trained volunteer with an older adult who is experiencing isolation or compromised health. Through two-hour weekly visits, volunteers provide companionship to the older adult and, when there is a caregiver, respite to the caregiver. No personal care is provided by the volunteer. For more information, contact the program coordinator at 720-864-6526 or infoRespite@bouldercounty.org
Seniors

Long Term Care

LONG TERM CARE OMBUDSMAN
Help and information for residents of nursing homes and personal care facilities and their families to address concerns, compare facilities, and resolve problems. Call 303-441-1173 for details.

Support Groups

ALZHEIMER’S CAREGIVERS
See page 24.

Other Support Groups

In the Louisville area: If you are interested in a support group that is not listed, please call 303-335-4919.

RAINBOW ELDERS OF BOULDER COUNTY
Provides connection for gay, lesbian, bisexual and transgender people aged 55+. Sponsored by the Boulder County Area Agency on Aging. For further information, contact infoLGBTelders@bouldercounty.org or 303-441-3583.

EAST BOULDER COUNTY DIABETES EDUCATION & SUPPORT
11:00am - 12:00pm
Third Monday
This monthly meeting provides education about nutrition, exercise, sleep and the effect of each on Diabetes. For questions, call 303-441-4995. Sponsored by Boulder County Area Agency on Aging. Instructor: Lindsay Francis, MS, RD. Location: Lafayette Senior Center, 103 S Iowa Ave.

COPD SUPPORT GROUP
2nd Thursday, 2:00-3:00pm
The meetings will include an educational presentation (a different topic each meeting), followed by open discussion of any topic. This monthly event takes place at the National Jewish Health Main Campus (Room A01b, 1400 Jackson Street). For information, please call Elizabeth Langhoff, LCSW, at 303-270-2743

KINSHIP SUPPORT SERVICES
Our community is seeing a growing number of grandparents, aunts, uncles and other family members raising relative children. Caring for these children can be a rewarding and sometimes challenging experience. Through community resources and education, Kinship Support Services strives to strengthen and empower these families, helping to create a secure, safe and stable home. For more information about support groups and services, contact Kinship Support Specialists: Suzanne Daniels, 303-441-1533; Elaine Purdy-Chivers; 303-441-1028; Angela Paras (Spanish Speaking), 303-441-1428 or e-mail: pssfrsvps@bouldercounty.org

EGSMC STROKE SUPPORT GROUP
2nd & 4th Thursdays, 10:00-11:00am
for those who have recovered from a stroke. The group is a great resource for information and encouragement. They provide support, help you problem solve, learn about stroke and recovery issues, help you find local resources, or just have fun. 2nd & 4th Thursdays, 10 – 11 a.m. at the Exempla Good Samaritan Conference Center in Lafayette. For more information, call 303-689-4000.

PARKINSON’S SUPPORT GROUP
2nd Tuesday, 2:30pm
Helping people navigate the journey of Parkinson’s Disease. Current and newly diagnosed patients and their care partners come together to share their experiences and learn from community and medical experts. The group meets the 2nd Tuesday of the month at 2:30 pm, at Exempla Good Samaritan Medical Center (200 Exempla Circle in Lafayette). Contact Tenaya Pieper, Group Facilitator, at 303-689-5214 or Tenaya.Pieper@sclhealth.org for more information.
Caregiving

**TRAINING COURSES FOR FAMILY CAREGIVERS**
Boulder County Area Agency on Aging offers two training programs for family caregivers of older adults, each held three times per year.

**Powerful Tools for Caregivers:** Caregivers is a 15-hour course, held over six weeks, that gives family caregivers the “tools” to ensure they take care of themselves while caring for others. Taught by trained leaders, the course helps caregivers learn to reduce stress, improve self-confidence, communicate their feelings, and more.

**The National Caregiver Training Program:** Acquire the practical skills to provide safe, confident home care for a frail older loved one. Learn to provide personal care, take vitals, manage medications, lift and transfer, use a wheelchair safely, and more. Book and resource info included.

Both courses are open to Boulder County residents caring for a relative, partner, or friend who is 60 or over, or of any age if the person has dementia. There is no charge, but donations are appreciated. Financial assistance for respite care (substitute elder care) during class periods is available. For class dates and locations or to register, call 303-678-6116 or email InfoCaregiver@bouldercounty.org

Foot Care

**FOOT CARE**
**Tuesday, August 25**

Medical Foot Care provided by a Registered Nurse from the Visiting Nurse Association (VNA) is offered the 4th TUESDAY of every month. Toenails trimmed, calluses filed, foot sensation, circulation and overall foot health checked. Blood Pressure checked. Cost: $45 first extended visit only, $35 returning visits. Fingernails $15. Credit cards preferred, cash and checks accepted. Call the Colorado Visiting Nurse Association at 303-698-6496 to schedule an appointment, for any questions, or to check if this is covered as a benefit of your Kaiser plan.