



Town of Estes Park – Estes Park Senior Center

220 4th Street–Estes Park, Colorado 80517

www.estes.org/seniorcenter (970) 586-2996

Look online for menus, activities catalog, updates, rental info and more!

NOVEMBER 2009

*Monthly Coffee Chat
with Estes Park*

Mayor Bill Pinkham

November 4

8:00 a.m.

At the Senior Center

Annual Thanksgiving FEAST

Tuesday - November 24, 2009 - Noon

Advance tickets required - on sale after November 2

\$6.50 EPSCC Inc. member / \$8.50 non-members

Menu:

Appetizers & punch

Turkey & dressing

Mashed potatoes & gravy

Green beans almandine

Cranberry walnut salad

Pies & more!

Table serving by Park School District students



A Silent Auction of pies / baked goods

Begins at 11 a.m. and concludes at 1:00 p.m.

Bring your donations of baked goods by 10:30 a.m. or before

Proceeds benefit special projects of
Estes Park Senior Citizens Center Inc.

Religion and Philosophy Group

Wednesday - November 18 - 9:30 a.m. - Room 102

Low Vision Support Group

Tuesday - November 10 - 1:00 p.m. - Room 102

Stay N' Balance

Presented by Deb Holmes

Med X of Estes

Wednesday - Nov. 4, 2009 - 1:00 p.m. - Tebow Room

FREE program - no reservations needed

**Learn practical and easy to remember tips to help
reduce your risk of falls and improve your balance.**

**Dress comfortably. The class will feature both
demonstration and participation.**

Deb Holmes is the co-owner of MedX of Estes. Deb has a Bachelor's in Exercise Science and a Masters in Health Science Education from the University of Florida. She has operated and instructed adult fitness programs throughout her career.

Veteran's Day Events

Wednesday - November 11, 2009

Noon - lunch

with extended serving time to 1 p.m.

Sign up now - reservations accepted by phone or in person

Special lunch price \$3.00 and Veterans FREE!

Sloppy Joes, Pasta Salad, Chips and Cookies

12:30 p.m. - Patriotic songs by young Estes Park students



The Senior Center is closed
Thursday - November 26, 2009

and

Friday - November 27, 2009

Do you have Medicare or Prescription Drug Plan questions ?

Medicare counseling appointments

3rd Wednesday of each month

November 18, 2009 & December 16, 2009

9:00 a.m. - 3:30 p.m.

Prescription Drug Plan counseling appointments
Thursdays

November 19 and December 10, 2009

9:00 a.m. to 3:30 p.m.

**Call 586-2996 to schedule
an appointment**

U.S. Supreme Court Series

by Eric Waples

Tuesdays - October 27 through December 1, 2009

10:30 a.m. to Noon - Tebow Room

This 6-week course focuses on the Supreme Court's significant role in our democracy, how cases get to the Court, constitutional interpretation and interaction with other branches of government.

Register now at the Senior Center - 6-week series total
\$10.00 - EPSCC, Inc. members / \$24.00 - non-members

ZUMBA Dance Fitness Classes

Tuesdays and Thursdays

9:00 a.m. - Tebow room

\$3 per class or 2-punches on the Fit Plus Pass for

EPCCC, Inc. or MedX members

\$5.00 per class - non-members (advance sign up required -
5 student minimum per class)

Decorate for the Holidays

9:30 a.m. Friday, December 4

Baked goods and coffee



Travel with Us!

Registration deadlines apply

Thur. Nov 12

Sun. Jan. 31

World War II - revisited in story &
song @ Loveland Senior Center
Boulder Dinner Theatre
"Singin' In the Rain"

ONGOING OR DROP-IN EVENTS

CARDS and GAMES:

Pinochle 12:45 to 4:00 p.m. - Mondays and Fridays - drop-in
Variety Card Games 12:45 p.m. - Mondays - drop in
Bridge 12:30 p.m. - Thursdays -\$1.25 - call Don Kayser, Chairman 586-5983 to play
Mahjongg 1:00 p.m. - Mondays - call to see if group needs a player

POOL /BILLIARDS:

Pool Room Open Monday through Friday – 9:00 a.m. to 4:00 p.m. – drop in
Ladies Pool 1:00 p.m. – Wednesdays and 9:00 a.m. Thursdays – drop in
Open Pool 9:00 a.m. – Monday, Tuesday, Wednesday and Friday – drop in
1:00 p.m. – Tuesday – drop in
Pool Tournaments 9:00 a.m. – Inquire to confirm dates

EXERCISE AND FITNESS:

TRI-FIT CLASS

An excellent workout featuring components of Pilates, Yoga, Weights, Thera-bands and more!
11:00 a.m. - Monday, Wednesday, Friday - arrive 10:45 a.m. - Room 114

Fit-Plus Passes:

Members \$27.00 for 18 punches
Non-members \$36.00 for 18 punches
Drop-in or Single Class fee \$2.00

TAI CHI CLASS

Strengthening, Balance, Coordination, Meditative movements
11:00 a.m. - Thursday - arrive 10:50 a.m. - Room 114
Use your Fit-Plus Pass or \$2.00 drop-in fee

ZUMBA CLASSES

Latin inspired dance and fitness movements - fun and anyone can do it!
Use a double punch on your Fit-Plus Pass or \$3.00 drop in fee for members of Med X or the Senior Center or \$5.00 for non-members
Advance sign up required to meet minimum of 5 students per class

Qi Gong at Med X

9:00 a.m. – Thursday at Med X - 577-0174 to sign up
Free to Senior Center / MedX members—advance sign up required

BLOOD PRESSURE CHECKS Drop-in third Monday each month - 12:30 p.m. -Estes Park Home Care, Room 102 - Senior Center

ARTS AND CRAFTS

Open Art Studio /The Palette Pals Group—Mondays and Fridays; \$1.00 per per day studio fee; 9:00 a.m. to 12:00 - just drop in! Bring your own materials
“The Friday Fireplace Flames” - a clever group of crafters meets each Friday
9:30 a.m. - create holiday décor for the Senior Center - no fee - just drop in!

Senior Center Radio News

1. Senior Center member Ned Linegar hosts “*Senior Focus*” radio talk show with guests on **KEPL 1470 AM** every 1st and 3rd Wednesday at 9:05 a.m.
2. Lori Mitchell, Senior Center Director hosts Senior Center spotlight the 3rd Monday **KEPL 1470 AM** – 8:15 a.m.
3. **Daily** Senior Center News and Announcements
8:45 a.m. each weekday

SOCIAL

FREE coffee/ tea always - daily at the Senior Center
Sponsored by Wayne Newsom /Coldwell Banker
Cinnamon Rolls each Tuesdays 9:00 a.m.
\$1.00 for a freshly baked cinnamon roll (free conversation!)

Low Vision Support Group

Second Tuesday of each month - 1:30 p.m.at the Senior Center

