

HEALTH & WELLNESS SERVICES

BLOOD PRESSURE SCREENING

Monitor your health with monthly blood pressure screenings provided by a retired RN. No appointment needed, just drop by the Lakewood Room.

Time & Date: 10-11:45 a.m., every second and fourth Wednesday of the month



HOT MEAL DEAL

Volunteers of America dining room offers hot, nutritious meals for people age 60 or older and includes live music and other fun activities before and after the meal.

Activities before lunch include:

- Mondays: SilverSneakers® Yoga, Bingo, Scrabble and Wii bowling
- Wednesdays: SilverSneakers® Yoga, and entertainment
- Second and fourth Wednesdays: blood pressure checks
- Tuesdays and Thursdays: SilverSneakers® Classic
- First Friday: piano music and first Friday tea dance

Meals are served Monday-Thursday at noon and the first Friday of each month at 11:30 a.m. Come eat, enjoy and socialize! A \$2.50 contribution (\$7.25 charge for those under age 60) is requested for meals. Please reserve meals two business days in advance by calling **303.987.4833** before 11 a.m.

LOW VISION SUPPORT GROUP

The Jefferson County Senior Low Vision Program, funded by a state grant, offers free information, referral, education, training, support and advocacy to persons with macular degeneration or other low vision conditions and to persons who are blind. For more information, contact Beth Gustin at **720.308.3087**.

Time & Date: 10:30-11:30 a.m., Thursday
October 16, 2014
November 20, 2014
December 18, 2014

REACHOUT OFFICE

The Reachout Office provides information for older adults on the following topics:

- Housing
- Transportation
- Legal assistance referrals
- and much more

Contact David Appel for information:
303.987.4838 or DavApp@Lakewood.org.



SENIOR MASSAGE THERAPY

Let the skilled hands of a trained massage therapist work the kinks out! By appointment only.

Therapist: Karen Woodcock

\$30/30-minutes

\$42/60-minutes

\$60/90-minutes

Time & Date: To schedule an appointment, visit the Clements Center front desk or call **303.987.4820**. Payment is required at the time you schedule your appointment.

SUPPORT GROUP FOR CHANGE, LOSS & GRIEF

Have you experienced a major change that you feel saddened by? Would you like to talk about it? Feel free to drop in to participate in this ongoing free service.

Time & Date: 10-11 a.m., Thursday
October 9 & October 23, 2014
November 13, 2014
December 11, 2014

Time & Date: 10-11 a.m., Monday
November 24, 2014

VISITING NURSES SUPPORT SERVICES

Treat yourself to some important health screenings. Services available are blood pressure checks, toe-nail clipping, blood sugars, health history and examinations, health education, flu shots and referrals as needed to other community and health care services.

Time & Date: 9 a.m.-3 p.m., Thursday
October 2, 2014
November 6, 2014
December 4, 2014

ART & CRAFT CLASSES

ART AND SOUL

Learn techniques and colors using watercolor. Co-sponsored by the Developmental Disabilities Resource Center and Clements Community Center.

Instructors: Marje Walsh, Gail Firmin, Myron Eckberg, Jim Rothrock, Andrew Dubois and Paul Gesso

Price: \$19 / \$21 nonresident

Time & Date: 10:15-11:45 a.m., Tuesday
October 21-December 16, 2014

BEGINNING BRAZILIAN EMBROIDERY

Learn to create beautiful three-dimensional Brazilian embroidery. Use a variety of rayon threads to add stunning color to designs we will work on. The stitches are easy and fun to learn. The kit will provide everything you need to get started. Students have an option of selecting a variety of project kits by contacting the instructor at **303.727.8500** prior to the first class. Bring a small six-inch embroidery hoop. For more information, visit www.ChristineHause.com and click on "Class Samples."

Instructor: Christine Hause

Price: \$15.50 / \$17.50 nonresident

Time & Date: 9:30-11:30 a.m. Tuesday
October 14 & October 21, 2014
November 4 & November 18, 2014

