

## 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](http://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

