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 July 10 & July 24, 2014 August 14 & August 28, 2014 September 11 & September 25, 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

July 3, 2014 August 7, 2014 September 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

August 12-September 30, 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

July 1 & July 15, 2014

August 5 & August 19, 2014

September 2 & September 16, 2014

