DOG TRAINING
Ages 16 & older

BEGINNING DOG TRAINING
Dogs 5 months & older. Have the dog you want to live with! Teach the six basic commands (heel, sit, down, come, stand & stay), good manners & work on behavioral problems. Do not bring dog to first class. No chain or retractable leashes. Bring proof of shots to first class.
248262 Sept. 5-Oct. 10
● Tue., 6-7 p.m.
● $109 ($89 Resident)
● Beck
● Dirza Dittberner

PUPPY KINDERGARTEN I
For puppies 9-weeks to 5-months-old. Start shaping your puppy for a lifetime of good manners. This class emphasizes socialization & training basic skills. Do not bring dog to first class. No chain or retractable leashes. Bring proof of shots to first class.
248264 Sept. 7-Oct. 12
● Thu., 6-7 p.m.
● $109 ($89 Resident)
● Beck
● Dirza Dittberner

PRIVATE BEHAVIOR MODIFICATION TRAINING
Does your dog need a little one-on-one training? Private dog training lessons may be just what you are looking for. Call 303.326.8630 for more information.

WELCOME TO ACAA PROGRAMS
Aurora Center for Active Adults (ACAA) is open to all adults.
Mon.-Thu., 7 a.m.-8 p.m.
Fri., 7 a.m.-5 p.m.
Sat., 8 a.m.-3:30 p.m.
or at the conclusion of scheduled activities.
Sept. 4, Nov. 10, 8 a.m.-noon
Nov. 23 closed
Nov. 24, 8 a.m.-3 p.m.

FALL QUILT SALE
● Thu., Oct. 5, noon-6 p.m.
● Fri., Oct. 6, 9 a.m.-5 p.m.
● Sat. Oct. 7, 9 a.m.-1 p.m.
Beautiful homemade quilts made by talented members of the ACAA Quilting Bee volunteer group. Proceeds benefit special projects at the ACAA. Call for more information 303.739.7950.

WELCOME COFFEE
246660 Sept. 29
● Fri., 9:30 a.m.

WELCOME TO ACAA PROGRAMS
Aurora Center for Active Adults (ACAA) is open to all adults.
Mon.-Thu., 7 a.m.-8 p.m.
Fri., 7 a.m.-5 p.m.
Sat., 8 a.m.-3:30 p.m.
or at the conclusion of scheduled activities.
Sept. 4, Nov. 10, 8 a.m.-noon
Nov. 23 closed
Nov. 24, 8 a.m.-3 p.m.

NEW LOOK COMING!
Beginning in the winter Aurora Recreation Guide, some of your favorite Fifty Plus programs will be found in these new sections:
● Crafts
● Excursions (all Day Trips, Dining Adventures, Extended Travel)
● Fitness & Wellness
● Lifetime Learning
● Brain Boosters & More
● Computers
● Language classes
● Wills & Trusts
● Outdoor Recreation
● Hiking Trips
● Senior Services
● AARP
● Caregiver Support
● VNA Lunch Program
● VNA Health Clinics

RENTALS
The ACAA is a great place to host your next event! The center features two, 100-person seating rooms, one with a stage, stage lighting, a PA system, full kitchen and a lobby reception entrance. For more information or rates, visit the center during business hours or call 303.739.7951.

WELCOME COFFEE
246660 Sept. 29
● Fri., 9:30 a.m.

KNITTER & CROCHETERS
Aurora Community Knitters & Crocheters Socialize & make garments for charities.
● ACAA
● 2nd Tue., 7-8:30 p.m.
● Aurora History Museum
● Every Wed., 1-3 p.m.

QUILT BEE VOLUNTEERS
Handmade Quilts
● Every Wed., 1-3 p.m.

RED HAT CRAFTERS
● Every Tue., 9-11 a.m.

WRITERS SUPPORT GROUP
Come, join other writers dedicated to supporting, encouraging & helping each other reach their writing goals.
● Sept. 15, Oct. 20, Nov. 17
● Fri., 1-3 p.m.
ARTISTIC EXPRESSIONS

*Request Supply List at Registration

**ART OF WRITING**
Explore writing strategies & sharpen your creative writing skills.

- **246565** Oct. 12-Nov. 2
  - Thu., 1-3 p.m.
  - $33 ($25 Resident)
  - Carol Justman

**COLOR PENCIL TECHNIQUE**
Study the principles of color pencil. Classes are beginner-friendly.

- **246575** Sept. 8-Oct. 13
  - Fri., 10 a.m.-noon
  - $59 ($45 Resident)
  - Paul Birchak
  - No class Nov. 10 & 24

**DRAWING**
Learn how to draw using basic drawing method, measurement, basic volumes, rendering light & shadow using paper, graphite pencil & eraser.

- **246604** Sept. 8-Oct. 13
  - Fri., 1-3 p.m.
  - $59 ($45 Resident)
  - Paul Birchak
  - No class Nov. 10 & 24

**MIXED MEDIA**
Enjoy creative experimentation using mixed media’s while trying new & varied techniques. Students may work in their favorite media.

- **247616** Sept. 7-Oct. 12
  - Thu., 1-3 p.m.
  - $59 ($45 Resident)
  - Paul Birchak
  - No class Nov. 23

**WATERCOLOR**
Unlock the mystery of color when mixed with water.

- **246656** Sept. 12-Oct. 17
- **246657** Oct. 31-Dec. 12
  - Tue., 9:30-11:30 a.m.
- **246658** Sept. 12-Oct. 17
  - Tue., 12:30-2:30 p.m.
  - $59 ($45 Resident)
  - Penny Lager
  - No class Nov. 21

CRAFTS & HOBBIES

**CROCHET & KNITTING**
Ages 16 & older

- **246558** Sept. 11-Oct. 16
- **246559** Oct. 30-Dec. 4
  - Mon., 9:30-11:30 a.m.
  - ACAA
  - No class Nov. 23

**DIGITAL CAMERAS**
Learn how to utilize all the functions of your digital camera, taking better pictures, downloading photos, files & folders, scanning & more.

- **246593** Sept. 21-Oct. 12
  - Thu., 1-3 p.m.
  - $59 ($45 Resident)

**METAL ARTS**
Learn about metals, how they are mined & used. Students will then make a metal work of art. Supplies are included in fee. Instruction by Don Norris.

- **Rock Wraps**
  - Make a simple pendant or necklace using wires, stones & copyrighted Rock Wraps.
  - **246623** Sept. 18
    - Mon., 1-4 p.m.
    - $55 ($42 Resident)

- **Pine Needle Casting**
  - Cast a pure silver pendant using nature to help configure your one-of-a-kind design!
  - **246622** Oct. 16
    - Mon., 1-4 p.m.
    - $64 ($49 Resident)

- **Pewter Casting**
  - Cast your own pewter hummingbird & flower or rose & butterfly.
  - **246621** Nov. 13
    - Mon., 1-4 p.m.
    - $55 ($42 Resident)

**WELCOME COFFEE**

- **246660** Sept. 29
  - Fri., 9:30 a.m.
RUBBER STAMPING
Spend the afternoon making cards or scrapbooking. Use our supplies while being creative. No instruction, volunteers are available for assistance.
247640 Sept. 26
247641 Oct. 24
247642 Nov. 28
  ● Tue., 1-3 p.m.
  ● $5 ($3 Resident)

SIMPLE JEWELRY *
Learn techniques to make your own jewelry. Instruction will include the correct way to string & weave the beads to create jewelry for yourself or gifts.
247619 Sept. 25-Oct. 9
  ● Mon., 1-3 p.m.
  ● $39 ($30 Resident)
  ● Nancy Noah

JAPANESE BUNKA *
This needlework art form is completed with a punch needle & a unique thread from Japan. Kit needs to be ordered prior to class. Call for information.
246612 Sept. 5-26
246613 Oct. 3-31
246614 Nov. 7-28
  ● Tue., 10 a.m.-noon
  ● $13 ($10 Resident)
  ● Pat Ritchie

THE BUNKA BUNCH
If you can’t make every class, just drop in. $3/session if not enrolled.

PAINTING SILK SCARVES
Have fun painting & creating your own hand painted silk scarf.
247620 Sept. 14
247621 Nov. 9
247622 Dec. 7
  ● Thu., 9:30 a.m.-12:30 p.m.
  ● $35 ($27 Resident)
  ● Rae Richey
  ● Supplies included in fee

QUILTING*
Learn an art that lasts a lifetime & create beautiful pieces. Learn & develop your skills as you work on a different quilt block & technique each month. You will soon have a quilt ready to finish. Join the class at any month. Supply list provided with registration.
Monday Quilt Block
246628 Sept. 11
246629 Oct. 2
246630 Nov. 6
  ● Mon., 1-4 p.m.
  ● $16 ($12 Resident)
Saturday Quilt Block
246632 Sept. 9
246633 Oct. 7
246634 Nov. 4
  ● Sat., 9 a.m.-noon
  ● $16 ($12 Resident)

UFO Quilt Class
246635 Oct. 7
  ● Sat., 12:30–3 p.m.
  ● $13 ($10 Resident)

Quilt for the Day
Join in on the fun making a simple project in this all day class.
246631 Oct. 21
  ● Sat., 8 a.m.-3 p.m.
  ● $27 ($21 Resident)
  ● Diane Henderson

BRAIN BOOSTERS
ALZHEIMER’S EDUCATION
Presented by the Alzheimer’s Association
Each month various topics related to Alzheimer’s disease are discussed.
Understanding & Responding to Dementia Related Behaviors
246570 Sept. 7
The Basics, Memory Loss, Dementia & Alzheimer’s
246571 Oct. 5
Healthy Living for Your Brain & Body: Tips from the Latest Research
246572 Nov. 2
  ● Thu., 10-11:30 a.m.
  ● Rosalyn Reese
  ● No fee, registration required.
BRIDGE
Carl Dixon will lead you through the intricacy of playing bridge.
- $55 ($42 Resident)

Bridge Basics
Bridge is one of the world’s most popular card games. Challenge your mind as you start to learn this game.
247623 Sept. 13-Oct. 18
- Wed., 10 a.m.-noon
- ACA

247627 Sept. 11-Oct. 16
- Mon., 6-8 p.m.
- Meadowood

Beyond the Basic
Continue learning the game of bridge to take your level of play beyond the basics. Learn advanced bidding, how to lead, play of the hand & conventions.
247624 Nov. 1-Dec. 13
- Wed., 10 a.m.-noon
- ACA
- No class Nov. 23

Bridge for Play
Each week you will play a game of bridge, while being able to ask questions while in play, in order to improve your game.
247630 Oct. 30-Dec. 11
- Mon., 6-8 p.m.
- Meadowood
- No class Nov. 20

Bidding & Response 1
Learn the basics of bidding, what to lead in trump & no trump.
247637 Sept. 13-Oct. 18
- Wed., 2-4 p.m.
- ACA

Bidding & Response 2
Continue to learn advanced bidding, responses & conventions.
247638 Nov. 1-Dec. 13
- Wed., 2-4 p.m.
- ACA
- $55 ($42 Resident)
- No class Nov. 22

Sign up for both Bidding & Response classes
247639 Session 1 & 2
- $90 ($70 Resident)

LINE DANCE SOCIAL
Enjoy an afternoon of line dancing at the ACA! Two separate rooms available to accommodate beginners & more advanced dancers. Light refreshments served. Please call 303.739.7950.
247886 Sat., Oct. 28
- $12
- Pre-registration required

INTRO TO LINE DANCE
Learn popular basic steps used in line dance.
247885 Sept. 14-Nov. 2
- Thu., 10:45-11:45 a.m.
- $42 ($32 Resident)

247887 Nov. 16-Dec. 21
- Thu., 10:30-11:45 a.m.
- $42 ($32 Resident)
- No class Nov. 23

MAH JONGG
Learn to play Mah Jongg or refresh your skills. Mah Jongg is a game of skill, strategy & calculation. It also involves a certain degree of chance. Student may need to purchase annual game card.
246615 Oct. 5-Nov. 9
- Thu., 1-3 p.m.
- $59 ($45 Resident)
- Karen Willner

SPANISH
Learn Spanish, communicate with new people & strengthen your brain – all at the same time! Purchase required text book at Barnes & Noble or online & bring to the first class.

Spanish – Beginner 1
246643 Sept. 12-Oct. 17
246644 Oct. 31-Dec. 5
- Tue., 10-11:30 a.m.

Spanish – Beginner 1
246649 Sept. 13-Oct. 18
246650 Nov. 1-Dec. 13
- Wed., 6-7:30 p.m.
- No Class Nov. 22

Spanish – Beginner 2
246645 Sept. 13-Oct. 18
246646 Nov. 1-Dec. 6
- Wed., 12:30-2 p.m.

Spanish – Intermediate 1
246647 Sept. 11-Oct. 16
246648 Oct. 30-Dec. 4
- Mon., 10-11:30 a.m.
- ACA
- $68 ($52 Resident)

SENIORS ’88
FALL VARIETY SHOW
- Fri. & Sat., Oct. 20 & 21
Please call the ACA at 303.739.7950 for more information regarding show dates & times.

www.AuroraGov.org/Recreation, click on adults 50+ | 35
DAY TRIPS

DHT: MYSTERY TRIP
247838 Sept. 11
● Mon., 8 a.m.-5 p.m.
● $87 ($67 Resident) Menu: $8-$15

THE GABRIEL FOUNDATION
247839 Sept. 12
● Tue., 8:30 a.m.-2:30 p.m.
● $43 ($33 Resident) Menu: $8-$15

ECHO LAKE LODGE & RESTAURANT
247840 Sept. 14
● Thu., 9:15 a.m.-4 p.m.
● $46 ($35 Resident) Menu: $10-15

ELK BUGLING RMNP
247841 Sept. 21
● Thu., 1-9 p.m.
● $55 ($42 Resident) Menu: $10-20

DHT: COLORADO WINERY OVERNIGHT TOUR*
247842 Sept. 23
● Leave Sat., Sept. 23 at 8 a.m.
● Return Sun., Sept. 24 at 7 p.m.
● $175 double occupancy; $250 single
● Last day to register/cancel: Aug. 25

ROCKIES VS MIAMI MARLINS*
247843 Sept. 27
● Wed., 11:30 a.m.-5:30 p.m.
● $44 ($34 Resident) Menu: $8-$14
● Last day to register/cancel: Sept. 12

PIKES PEAK COG RAILWAY*
247844 Sept. 28
● Thu., 8 a.m.-4 p.m.
● $112 ($92 Resident)
● Last day to register/cancel: Sept. 6

THE MUSIC MAN @ CANDLELIGHT THEATER*
247845 Sept. 30
● Sat., 11 a.m.-5:30 p.m.
● $98 ($78 Resident)
● Last day to register/cancel: Aug. 28

FALL COLORS SCENIC DRIVE ESTES PARK/PEAK TO PEAK HWY
247846 Oct. 2
● Mon., 8:45 a.m.-3:30 p.m.
● $51 ($39 Resident) Menu: $10-$15

■ SENIORS ON THE MOVE, GO WHEREVER LIFE TAKES YOU---ON RTD
248270 Sept. 19
247848 Oct. 6
● Fri., 10:30 a.m.-5:30 p.m.
● $21 ($16 Resident) Menu: $10-$20

■ ARGO GOLD MINE/IDAHO SPRINGS*
247849 Oct. 9
● Mon., 8:45 a.m.-2:45 p.m.
● $68 ($52 Resident) Menu: $10-$15
● Last day to register/cancel: Sept. 18

■ RED ROCKS TOUR/GOLDEN
247850 Oct. 10
● Tue., 8:45 a.m.-2:30 p.m.
● $35 ($27 Resident) Menu: $10-$15

VEHICLE VAULT/HICKORY PIT*
247851 Oct. 18
● Wed., 9:30 a.m.-2:15 p.m.
● $40 ($31 Resident) Menu: $10-$15
● Last day to register/cancel: Oct. 5

ROCK OF AGES @ BOULDER DINNER THEATER*
247852 Oct. 22
● Sun., 11 a.m.-5:15 p.m.
● $95 ($75 Resident)
● Last day to register/cancel: Sept. 13

THOMAS & TELLER HOUSE CENTRAL CITY & IDAHO SPRINGS*
247853 Oct. 25
● Wed., 8:45 a.m.-3:45 p.m.
● $59 ($45 Resident) Menu: $10-$15
● Last day to register/cancel: Oct. 18

DHT: HAUNTED DENVER TOUR
247854 Oct. 26
● Thu., 10 a.m.-3 p.m.
● $53 ($41 Resident) Menu: $9-$15

■ UNION STATION TOUR*
247855 Nov. 7
● Tue., 10:45 a.m.-2:30 p.m.
● $53 ($41 Resident) Menu: $10-$15
● Last day to register/cancel: Oct. 24

MARDI GRAS CASINO
247856 Nov. 13
● Mon., 9:30 a.m.-5:30 p.m.
● $9 ($7 Resident)

ACAA 8 PIN BOWLING TOURNAMENT
247857 Nov. 14
● Tue., noon-3:15 p.m.
● $27 ($21 Resident)

■ LIFE TIME CANDLES*
247858 Nov. 21
● Tue., 10:15 a.m.-3 p.m.
● $25 ($19 Resident)
● Last day to register/cancel: Nov. 15

BASS PRO SHOP/ISLAMORADO FISH & CO
247859 Nov. 28
● Tue., 10:15 a.m.-3 p.m.
● $21 ($16 Resident) Menu: $10-$20
BROWN PALACE TOUR & TEA*  
247860 Nov. 30  
- Tue., 10:30 a.m.-3:30 p.m.  
- $110 ($92 Resident)  
- Last day to register/cancel: Sept. 25

DINING ADVENTURES

SEASONS 52  
247861 Sept. 7  
- Thu., 10:45 a.m.-2:15 p.m.  
- $21 ($16 Resident) Menu: $10-$18

CHEESECAKE FACTORY  
247862 Sept. 18  
- Mon., 10:45 a.m.-2:15 p.m.  
- $21 ($16 Resident) Menu: $9-$16

THE BROKER RESTAURANT*  
247863 Sept. 25  
- Mon., 4:15-7:30 p.m.  
- $105 ($85 Resident)  
- Last day to register/cancel: Sept. 18

HIGH TEA @ THE SWAN HOUSE*  
247864 Oct. 6  
- Fri., 10:15 a.m.-3 p.m.  
- $64 ($49 Resident)  
- Last day to register/cancel: Sept. 22

THE WINES OF COLORADO*  
247865 Oct. 12  
- Thu., 9:15 a.m.-5:15 p.m.  
- $59 ($45 Resident) Menu: $9-$16  
- Last day to register/cancel: Oct. 5

DICICCO’S ITALIAN RESTAURANT  
247866 Nov. 6  
- Mon., 11 a.m.-2 p.m.  
- $20 ($15 Resident) Menu: $11-$16

MYSTERY JAPANESE MEAL  
247867 Nov. 16  
- Thu., 11 a.m.-2 p.m.  
- $17 ($13 Resident) Menu: $10-$16

EXTENDED TRAVEL

Collette Slide Show  
A Collette representative will be doing a free slide show presentation at the Aurora Center for Active Adults on the upcoming extended travel trips. The presentation will be free, but please call 303.739.7950 to register so we know how many people will be in attendance.  
- Free; registration required

CHARMING FRENCH CANADA & ALPINE LAKES & SCENIC TRAINS  
248291 Aug. 1, 2 p.m.

ALASKA & THE YUKON, GERMANY’S ROMANTIC & FAIRY TALE ROAD & PERU: ANCIENT LAND OF MYSTERIES  
248292 Sept. 19, 2 p.m.

DAY TRIPPER SOCIAL  
Fri., Oct. 16  
9-11 a.m.  
SAVE THE DATE! Pick up the Winter Day Tripper newsletter with detailed information about day trips & extended travel for Winter 2017. The Day Tripper Social gives you the opportunity to meet with friends & make plans over coffee & refreshments provided by Harvard Square.

HIGH COUNTRY HIKES

Hiking Information: For detailed information about hiking trips see the Day Tripper newsletter or view online at AuroraGov.org/Recreation, click on adults 50+. Call 303.739.7957 to have one mailed to you. New hikers are required to fill out a hiking readiness assessment form & return it at least one week prior to your first hike.  
- All hikes leave at 7:15 a.m.  
  Return at 5:30 p.m.  
- $31 ($24 Resident)  
- Min. 10/Max. 13 for all hikes except Diamond Lake and Blue Lake which max. 11.  
The ACAA is in an equal opportunity service provider and operates under special-use permits from the USDA Forest Service. Arapahoe/Roosevelt, Pike and White River National Forest.

BLUE LAKE  
247875 Tue., Sept. 5

DIAMOND LAKE  
247876 Tue., Sept. 12

PTARMIGAN TRAIL  
247877 Tue., Sept. 19

MERIDAN TRAIL  
247878 Tue., Sept. 26

FERN LAKE  
247879 Tue., Oct. 3

OUIZEL FALLS  
247880 Tue., Oct. 10

KRUGER ROCK/HERMIT PARK  
247881 Tue., Oct. 17

Carpenter Park  
247882 Tue., Oct. 24

GOLDEN GATE CANYON FRAZER MEADOWS  
247883 Tue., Oct. 31

CT @ LITTLE SCRAGGY PEAK  
247874 Thu., Nov. 7

HIDDEN MESA  
247873 Tue., Nov. 14

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www.AuroraGov.org/Recreation, click on adults 50+
FITNESS

FALL WELLNESS EXTRAVAGANZA AT THE ACA

Expand your fitness Horizons! Enjoy free class demonstrations, recharge with healthy refreshments, visit with sponsors who have great giveaways & enter to win great prizes!
- Sept. 17
- Fri., 10 a.m.-2 p.m.
- Free

STAY SHARP, MOVE SMART

Presented by Meredith Roberts

Better balance & body control for the active adult. Unsteady on your feet? Difficulty walking over pavement & grass? Fearful of falling? Worried about becoming forgetful or developing dementia? That’s ok, you are not alone & there is something you can do about it!
248277 Sept. 15
- Fri., 10-11 a.m.
- Free, Pre-registration required.

WALKTOBER

The ACA will be teaming up with the Henrietta, NY recreation center this fall for our Walktober event. We will be having a six-week walking challenge where we will walk from Aurora, CO to Henrietta, NY sightseeing along the way & stopping at points of interest! Each participant will receive a pedometer to track their progress as well.
247786 Oct. 2-Nov. 10
- $7 ($5 Resident)
- Pre-registration required.

SUCCESSFUL JOINT REPLACEMENT

Sponsored by St. Andrew’s Village

Sean Cook, Doctor of Physical Therapy, shares strategies you can use before joint replacement to ensure the best outcome for your joint replacement & overall health.
248276 Tue., Oct. 17
- Tue., 10-11 a.m.
- Free, Pre-registration required.

MONSTER MASH

No tricks, all treats here for the Halloween Monster Mash. If your dance moves are scary don’t worry! Come get some exercise, dance & laugh as we learn the dance moves to Michael Jackson’s Thriller!
247672 Oct. 27
- Fri., noon-2 p.m.
- Room 105
- Drop-in fee, pre-registration required

YOGA FOR ARTHRITIS & BACK CARE

This mat yoga class offers gentle, mindful movement to ease muscular tension & reduce joint stiffness & other chronic pain & discomfort. Intended to promote overall well-being with practices to calm the mind, improve posture & balance, increase flexibility & build strength, this class is suitable for anyone who prefers a relaxed pace & a quiet, mindful yoga practice.
247890 Sept. 5-26
247891 Oct. 3-31
247892 Nov. 7-28
- Tue., 10:15-11:15 a.m.
- $33 ($25 Resident)
- ACA

SPECIALTY FITNESS CLASSES

ADVANCED TAI CHI CHU’UAN
247662 Sept. 1-Dec. 29
- Fri., 8:30-9:15 a.m.
- $140 ($120 Resident)
- ACA

BASIC TAI CHI CHU’UAN
247663 Sept. 1-Dec. 29
- Fri., 9:30-10:15 a.m.
- $140 ($120 Resident)
- ACA

INTERMEDIATE TAI CHI CHU’UAN
244886 Sept. 5-Dec. 26
- Tue., 4:15-5:15 p.m.
- $100 ($80 Resident)
- ACA

BEGINNING PILATES
247667 Sept. 7-28
247666 Oct. 5-26
247665 Nov. 2-30
- Thu., 10:15-11:15 a.m.
- $33 ($25 Resident)
- ACA

HATHA YOGA
247671 Sept. 11-25*
247670 Oct. 2-30
247669 Nov. 6-27
- Mon., 9:15-10:45 a.m.
- $48 ($36 Resident)
- $36 ($28 Resident)*
- Smoky Hill Library

38 | Aurora Center For Active Adults • 303.739.7950
FIFTY PLUS | for active living

ACAA DROP-IN & ACTIVITY PASS
Includes use of:
- Weight & Exercise Room featuring weights, treadmills, NuStep, the Wave, bikes, stepper & elliptical machines. Free orientation required before first visit.
- Drop-in Fitness Classes
- Billiards

WEIGHT & EXERCISE ROOM HOURS
- Mon.-Thu., 7 a.m.-8 p.m.
- Fri., 7 a.m.-5 p.m.
- Sat., 8 a.m.-3:30 p.m.
Free weight room orientations by appointment.

DROP-IN FITNESS CLASS SCHEDULE
ADULTS 18 & OLDER
Pay Drop-in Fee or Purchase Activity Pass
Free if you swipe your SilverSneakers® or SilverFit membership card.
See the Fit & Well newsletter for complete class descriptions.
Pick up at ACAA or online at AuroraGov.org/Recreation, adults 50+

<table>
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<th>Class</th>
<th>Day</th>
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<td>BELLY DANCE</td>
<td>Tue.</td>
<td>3-4 p.m.</td>
<td>Rm. 103</td>
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<tr>
<td>BETTER BALANCE &amp; STRENGTH-BEG.</td>
<td>M/W</td>
<td>12:30-1:25 p.m.</td>
<td>Rm. 103</td>
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<tr>
<td>CIRCUIT TRAINING</td>
<td>T/Th</td>
<td>4-5 p.m.</td>
<td>Weight Rm.</td>
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<td>CORE &amp; BACK</td>
<td>Mon.</td>
<td>10:15-11 a.m.</td>
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<td>GOLDEN BARRE</td>
<td>Fri.</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>Rm. 103</td>
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<tr>
<td>ESENTRICS</td>
<td>T/Th</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>Rm. 103 &amp; 105</td>
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<tr>
<td>LINE DANCE -BEGINNER I</td>
<td>Thu.</td>
<td>noon-1 p.m.</td>
<td>Rm. 105</td>
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<tr>
<td>LINE DANCE -BEGINNER II</td>
<td>Wed.</td>
<td>12:30-1:30 p.m.</td>
<td>Rm. 105</td>
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<tr>
<td>LINE DANCE -INTERMEDIATE</td>
<td>Wed.</td>
<td>1:45-2:45 p.m.</td>
<td>Rm. 105</td>
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<tr>
<td>DANCE, DRUM &amp; JAM</td>
<td>Mon.</td>
<td>10:15-11 a.m.</td>
<td>Rm. 103</td>
</tr>
</tbody>
</table>

SILVERSNEAKERS® (SS)

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Rm./Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>SS CLASSIC</td>
<td>Mon.</td>
<td>8:30-9:30 a.m.</td>
<td>Rm. 111</td>
</tr>
<tr>
<td>SS CLASSIC W/F</td>
<td>Wed.</td>
<td>10:15-11:15 a.m.</td>
<td>Rm. 105</td>
</tr>
<tr>
<td>SS CLASSIC M/W/F</td>
<td>Mon.</td>
<td>1:30-2:30 p.m.</td>
<td>Rm. 105 &amp; 111</td>
</tr>
<tr>
<td>SS CIRCUIT</td>
<td>T/Th</td>
<td>1:30-2:30 p.m.</td>
<td>Rm. 105</td>
</tr>
<tr>
<td>QI GONG</td>
<td>Tue.</td>
<td>10:15-11:15 a.m.</td>
<td>Rm. 103</td>
</tr>
<tr>
<td>STRENGTH TRAINING M/W/F</td>
<td>Wed.</td>
<td>7:30-8:30 a.m.</td>
<td>Weight Rm.</td>
</tr>
<tr>
<td>STRENGTH TRAINING M/W</td>
<td>Wed.</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>Weight Rm.</td>
</tr>
<tr>
<td>TAI CHI FOR ARTHRITIS M/W/F</td>
<td>Sat.</td>
<td>11:15 a.m.-12:15 p.m.</td>
<td>Rm. 105</td>
</tr>
<tr>
<td>TOTAL FITNESS M/W/F</td>
<td>Mon.</td>
<td>8-9 a.m.</td>
<td>Rm. 105</td>
</tr>
<tr>
<td>TOTAL FITNESS M/F</td>
<td>Wed.</td>
<td>9-10 a.m.</td>
<td>Rm. 105</td>
</tr>
<tr>
<td>TOTAL FITNESS Sat.</td>
<td>Sat.</td>
<td>10:15-11:15 a.m.</td>
<td>Rm. 105</td>
</tr>
<tr>
<td>YOGA - GENTLE &amp; MINDFUL</td>
<td>Sat.</td>
<td>9-10 a.m.</td>
<td>Rm. 103</td>
</tr>
<tr>
<td>YOGA -CHAIR T/Th</td>
<td>Mon.</td>
<td>8:30-9:30 a.m.</td>
<td>Rm. 103</td>
</tr>
<tr>
<td>YOGA -CHAIR M/W</td>
<td>Wed.</td>
<td>2:30-3:30 p.m.</td>
<td>Rm. 103</td>
</tr>
<tr>
<td>YOGA FOR FLEXIBILITY &amp; BALANCE Mon.</td>
<td>11:15 a.m.-12:15 p.m.</td>
<td>Rm. 103</td>
<td></td>
</tr>
<tr>
<td>YOGA STRETCH &amp; BALANCE</td>
<td>Wed.</td>
<td>10-11 a.m.</td>
<td>Rm. 103</td>
</tr>
<tr>
<td>ZUMBA® M/W</td>
<td>Mon.</td>
<td>5:30-6:20 p.m.</td>
<td>Rm. 105</td>
</tr>
<tr>
<td>ZUMBA® &amp; TONING</td>
<td>Wed.</td>
<td>5:30-6:45 p.m.</td>
<td>Rm. 105</td>
</tr>
<tr>
<td>GLOBAL ZUMBA®</td>
<td>Fri.</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>Rm. 111</td>
</tr>
<tr>
<td>ZUMBA CIRCUIT</td>
<td>Thu.</td>
<td>5:15-6:15 p.m.</td>
<td>Rm. 105</td>
</tr>
<tr>
<td>ZUMBA STEP® Tue.</td>
<td>Tue.</td>
<td>5:30-6:15 p.m.</td>
<td>Rm. 105</td>
</tr>
<tr>
<td>ZUMBA® GOLD-BEGINNERS</td>
<td>Wed.</td>
<td>9:05-9:50 a.m.</td>
<td>Rm. 103</td>
</tr>
</tbody>
</table>
FUN & INFORMATIVE

BINGO
● Every Thu., 12:30-2 p.m.

PINOCHLE
● Drop-in Wednesday & Friday 1-3 p.m.

COFFEE WITH A COP
Join Aurora’s Senior Resource Officer, Jim Seneca, for a cup of “joe”. Learn valuable safety tips & the latest on crimes targeting older adults in Aurora.
246609 Oct. 25
● Wed., 10-11 a.m.
● No fee, registration required.

MEDICARE BENEFITS
Each month a new topic concerning Medicare Benefits will be presented.

Updates to Medicare Part D
246618 Sept. 14
Enrollment Part D
Will have ability to review various plans Part D & pre-enroll.
246617 Oct. 12
Medicare Advantage & Open Enrollment
Great time to learn about advantage plans & Medigap before open enrollment.
246619 Nov. 9
Medicare 101
247643 Dec. 14
● Thu., 10-11:30 a.m.
● No fee, registration required.

SOCIAL SECURITY
Join a Social Security Administration Public Affairs Specialist, for an informational session on Social Security benefits. Program set to include information on the application process, including availability of online services & other topics.
246641 Sept. 21
● Thu., 10-11:30 a.m.
● No fee, registration required.

WILLS, TRUSTS & POWER OF ATTORNEY
Presented by Wayne Stewart, Elder Law Attorney
Find out what you need to know. Lots of time for questions & answers!
246662 Sept. 13
246663 Oct. 11
246664 Nov. 8
● Wed., 10 a.m.-noon
● $7 ($5 Resident)

SERVICES

AARP - SAFE DRIVING COURSE
● Sept. 1, Oct. 6, Nov. 3
● Fri., 9 a.m.-1 p.m.
● 1.888.227.7669/register

COMMODITIES
Rocky Mountain Food Bank
● 1st Tue. of month, 9-11 a.m.
● 720.473.6323/info

FAMILY CAREGIVER SUPPORT GROUP
● 2nd Fri., 1:30-3:30 p.m.
● Morning Star
● 303.326.8323/register

LOW VISION SUPPORT
Colorado Council of the Blind
● Sept. 18, Oct. 16, Nov. 20
● Mon., 10 a.m.
● 303.831.0117/info

MEDICARE COUNSELING BY S.H.I.P.
By appointment at the ACAA
● 720.321.8850/appt.

POLICE ACADEMY
● September class
● 303.739.6346/register

SENIOR RESOURCES
This service connects seniors to needed resources. Call Senior Solutions at 303.426.4408

VOA LUNCH PROGRAM
Hot meals served to seniors 60+ by the Volunteers of America.
● Mon.-Thu., 11:45 a.m.
● Donations requested

VNA HEALTH CLINICS
Sept. 11 & 25
Oct. 9 & 23
Nov. 13 & 27
● Mon., 9 a.m.-noon
● To schedule an appointment, call VNA, 303.698.6496

FLU SHOT CLINIC
● Oct. 23, 12:30-1 p.m.