



# Winter 2011 Programs

## **Advance Directives Workshops**

Activity #7802.100 Friday, December 9

Activity #7802.101 Friday, January 13

Activity #7802.102 Friday, February 10

Please note: These are separate workshops, not a series. No charge, but please register. There is no better time than the present to consider and clarify your wishes for medical treatment in the event you become incapacitated. Preparing documents expressing those wishes ahead of time is a true gift to yourself, as well as your loved ones and your physician, relieving them of the uncertainty of how you want to be treated. In this workshop, we will review the various documents related to advance planning (medical power of attorney, living will, Five Wishes) and provide you with the necessary materials. Facilitated by Peggy Arnold, M.A., Program Coordinator of PrestigePLUS.

**Register Now: 303.651.8411**

**PrestigePLUS at Longmont Senior Center  
910 Longs Peak Avenue  
Information: 303.651.5080**

## A World of Wellness: Exploring Different Healing Traditions

We are now living in a global society and are being exposed to more and more options when it comes to our health and well-being. The internet and books are wonderful sources of information about the many choices available to us, but this is your opportunity to learn more about some of those options directly from practitioners of selected healing traditions.

### Health and Wellness in the Yogic Tradition

Activity #7805.100

Date: Monday, December 12

Time: 9:30 – 11:00 am

Cost: FREE, registration required

This class will cover the different layers of our personality—physical, energetic, emotional, intellectual and spiritual. Each level needs its own health requirements, right food, right exercises, right rest and relaxation, as well as methods of cleansing, so that the various levels can become integrated in their functions.

There will also be instruction on how to develop each of these levels to reach the greatest satisfaction in life. Swami Dharmananda is a preeminent scholar and teacher of the Science of Yoga, Hindu Philosophy and Comparative Religion. Swamiji comes to us from Rishikesh, India, but is currently based in Longmont, where he teaches the Science of Yoga and offers yoga and meditation classes, as well as one-on-one spiritual counseling. A purpose of his teaching is to show that modern science, modern psychology and ancient wisdom are not contradictory, but complimentary to each other. His lectures—especially his mode of presentation with humor, stories and anecdotes—have earned him wide acclaim. See below for the meditation class Swamiji is offering.

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## Homeopathy in an Integrative Health Environment

Activity #7806.100

Date: Monday, January 9

Time: 9:30 – 11:00 am

Cost: FREE, registration required

Homeopathy is a natural form of treatment that assists the body in healing itself with gentle, non-toxic and non-invasive remedies. It was created 200 years ago and is now used in combination with conventional medicine in many parts of Europe and Asia, as well as many other countries around the world. This talk will focus on 2-3 remedies that are useful to have on hand for treating yourself in minor acute situations and when to call for a professional homeopathic consultation. Christina Richmond is a classical homeopath with 10 years of experience treating women, children and the elderly. Her goal is to empower and educate her clients and the public on how the lay person can benefit from homeopathy.

## Curanderismo in the Modern World

Activity #7807.100

Date: Monday, February 13

Time: 9:30 – 11:00 am

Cost: FREE, registration required

Curanderismo is a holistic system of Latin American folk medicine practiced throughout Mexico, Latin America, and the southwestern United States. It can be defined as a set of traditional beliefs, rituals, and practices that address the physical, spiritual, psychological, and social needs of the people who use it. Sofia Chavez Frederick will discuss the origin of Curanderismo and how it is currently practiced. The presentation will include a short ceremony and Curanderismo experience using Sound and Healing, Agua Florida (flower waters and essential oils) and ancient Raspada Technique. Sofia is founder of Estara Health & Wellness in Lakewood, CO. Her focus is on community health education and preventive care from the Curanderismo perspective, as well as developing partnerships to facilitate integration of Curanderismo with Primary Care.

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## Meditation Activity

#7803.100 Thursdays, January 5-26

Cost: \$40.00 resident, \$48.00 non-resident Activity

#7803.101 Thursdays, February 2-23 Cost: \$40.00

resident, \$48.00 non-resident

Time: 9:30 – 11:00 am

This class is taught by Swami Dharmananda (see p. 1 for bio information). The purpose of the meditation instruction will be:

- Rest and relaxation
- Clarity and focus of the mind
- Releasing suppressed/repressed emotions from the mind
- Experiencing peace, love and joy within.

In each session Swamiji will offer different techniques for meditation, to help you discover which one suits you best. The techniques will generally include one breathing exercise, one visualization exercise, one memory stimulating exercise, one exercise to transform negative emotions to positive ones, one devotional exercise and silent observation of the activities of the mind.

## “I Am” – Film

Activity #7804.100

Date: Monday, January 23

Time: 9:00 – 11:00 am

Cost: FREE, registration required

A look at how we are all connected. “The latest entry in a growing subgenre that might be called the what’s-it-all-about documentary, ‘I Am’ comes from an unlikely source: Tom Shadyac, director of such box-office-gold comedies as “Ace Ventura” and “Bruce Almighty.” He’s not joking in this semi-deep inquiry, a philosophical quest punctuated by face time with scientists, poets and elder statesmen including Archbishop Desmond Tutu, Noam Chomsky and the late Howard Zinn.

After a bicycle accident left Shadyac with debilitating post-concussion syndrome, the Hollywood player did some serious rethinking about success, status and stuff. When he’d recovered enough to begin making his first nonfiction film, he set out to answer two questions: What’s wrong with our world? What can we do about it?”

(Los Angeles Times review, March 11, 2011)

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## An Inside Look at the FDA

Activity #7808.100

Date: Monday, February 27

Time: 9:30 – 11:00 am

Cost: FREE, registration required

From August, 1998, to December, 2002, Robert Dacey served as the Consumer Representative on the Circulatory System Devices Panel of the Medical Devices Advisory Committee at the FDA's Center for Devices and Radiological Health (CDRH). Mr. Dacey is not a spokesperson for the FDA, but he will share his experience in the role of a Consumer Representative, which gave him a first-hand opportunity to understand the process by which the FDA evaluates applications for medical device and medication marketplace approval.

## It's a Wonderful Life

Activity #7001.100

Date: Saturday, December 10

Time: 10:00 am – noon

Cost: FREE, but please register

This heartwarming, timeless classic performed as an old-time radio show by the Society for Creative Aging and the Boulder Fringe Festival has been adapted by Tony Palermo. The performance is directed by Steve Grad, who has taught popular meditation classes at the Senior Center.

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If you haven't visited the Longmont Senior Center yet, please step out of your comfort zone and give it a try. We are fortunate to have one of the finest senior centers ANYWHERE. Come see for yourself! Be sure to check out the Longmont Senior Center's spring schedule in The GO for a wealth of exciting opportunities too numerous to list here. [Click here](#) to visit GO.

See The GO for descriptions of the following class samples:

### **Aging as a Spiritual Journey**

Activity #7809.100

Dates: 5 sessions held on the third Thursday of each month, January-May  
(1/19, 2/16, 3/15, 4/19, 5/17)

Time: 9:30 – 11:30 am

Cost: \$50.00, participation will close after first session – no refunds after January 31

### **Technology Update – Feeling Left Behind?**

Activity #7114.100 Friday, February 3

Activity #7115.100 Friday, February 24

Time: 2:00 – 4:00 pm

Cost: FREE

### **Chocolate (Part of the Active Minds Presentations)**

Activity #7004.100

Date: Tuesday, February 14

Time: 3:00 – 4:00 pm

Cost: FREE, but please register in advance

### **13 Tips for Reducing Forgetfulness**

Activity #7110.100

Date: Tuesday, February 28

Time: 1:00 – 3:00 pm

Cost: \$16.00 resident, \$19.00 non-resident  
(materials included)

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