

WESTSIDE COTTAGES

1616 W. Bijou St.

Registration begins Monday, December 2nd at 8 a.m.

- **By Phone:** (719) 955-3400 or (719) 209-1717
- **On-line:** csseniorcenter.com
- **In person:**
Westside Cottages (1616 W Bijou St.) Mon-Fri, 8:00-4:00 p.m.
Downtown YMCA (207 N Nevada Ave.) Mon-Fri, 8:00-4:00 p.m.

All classes require registration and are subject to cancellation or change.



SILVERSNEAKERS CLASSES



SilverSneakers Classes are free for SilverSneakers, Renew Active and One Pass members, but registration and scanning in is still required. Non-SilverSneakers members must pay for the class at registration. If you are NOT registered for the class a Drop-in option is available as space allows for \$10.

FITNESS

Class Name	Description	Instructor	Date	Day	Time	Cost
SilverSneakers Stability	To help you become stronger and improve balance, this class teaches specific exercise to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention; a standing endurance of 30 minutes is needed.	Suzanne	Jan 6 - Feb 20	M/Th	9:00 - 9:45	\$60
			Mar 3 - Apr 17	M/Th	9:00 - 9:45	\$60
SilverSneakers Yoga	Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.	Suzanne	Jan 6 - Feb 20	M/Th	10:00 - 10:45	\$60
			Mar 3 - Apr 17	M/Th	10:00 - 10:45	\$60
SilverSneakers Classic	Move to the music through exercises designed to increase muscle strength and range of movement for activities of daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance training. A chair is used for support. This class is suitable for beginning to intermediate skill levels.	Staff	Jan 7 - Feb 20	T/Th	9:00 - 9:45	\$60
			Mar 4 - Apr 17	T/Th	9:00 - 9:45	\$60
SilverSneakers Circuit	This workout offers standing, low-impact choreography combined with standing full body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.	Staff	Jan 7 - Feb 20	T/Th	9:55 - 10:40	\$60
			Mar 4 - Apr 17	T/Th	9:55 - 10:40	\$60
Zumba Gold®	Zumba Gold® is for active older adults who are looking for a modified class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.	Wilma	Jan 6 - Feb 17	M	10:30 - 11:15	\$40
			Mar 3 - Apr 14	M	10:30 - 11:15	\$40
Breathwork, Meditation, and Chair Yoga	Explore a well-rounded yoga practice with Brian! We will start with some gentle breathing exercises, followed by some yoga poses to create space and comfort within the body. The last part will be devoted to short meditation experiences designed to encourage the beginner and sustain the seasoned practitioner.	Brian	Jan 7 - Feb 18	T	10:30 - 11:30	\$45
			Mar 4 - Apr 15	T	10:30 - 11:30	\$45
Yoga Flow	Flow with your breath from posture to posture beginning with centering and warm-up, a standing sequence to tone and strengthen, followed by seated postures and ending with deep relaxation. Build more awareness, strength, and flexibility. No experience is necessary, gentle enough for beginners with variations for those who are more advanced. Please note this is a mat-based class and requires the ability to get up and down off your mat without assistance.	Brian	Jan 7 - Feb 21	T/F	9:00 - 10:15	\$60
			Mar 4 - Apr 18	T/F	9:00 - 10:15	\$60
Zumba Gold®	Zumba Gold® is for active older adults who are looking for a modified class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.	Wilma	Jan 8 - Feb 19	W	11:15 - 12:00	\$40
			Mar 5 - Apr 16	W	11:15 - 12:00	\$40
Mat Pilates	Strengthen deep muscles of the abdomen, hips and spine. Improve flexibility, balance, and mobility while working to build bone density. This is a mat-based pilates class.	Suzanne	Jan 9 - Feb 20	Th	11:00 - 11:45	\$45
			Mar 6 - Apr 17	Th	11:00 - 11:45	\$45

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HEALTH

Class Name	Description	Instructor	Date	Day	Time	Cost
Nurse Chats- Restless Leg Syndrome	Join us at the Senior Center for an informative session with a nurse specializing in Restless Leg Syndrome (RLS). It is a neurological disorder characterized by an uncontrollable urge to move the legs, often accompanied by uncomfortable sensations. These feelings typically occur during periods of inactivity, especially at night, making it difficult for individuals to relax or sleep.	Anne	Jan 15	W	1:00 - 2:00	FREE
Journey to Grief Recovery	Our losses in life can be devastating and confusing, both those from long ago and those that are recent. What do we do to cope? Why do we even run away from our grief? Losses affect us all whether from death, divorce, health, relationships, and more. Come face unresolved grief, begin to let go of the pain and move towards a better life. This class is facilitated by a Certified Grief Recovery Specialist.	Barbara M.	Feb 10 - Apr 21	M	11:00 - 12:00	FREE
Nurse Chats: Chronic Illness	Join us for an engaging session on "Living with Chronic Illness," where you can discover practical tips and suggestions for managing a chronic disease diagnosis. Empower yourself with the tools and knowledge to navigate your journey with greater confidence and resilience. Don't miss out on this opportunity to enhance your well-being!	Anne	Feb 19	W	1:00 - 2:00	FREE
Magnesium: The Missing Link To Your Health	Did you know that over half of Americans are not getting enough magnesium? This essential master mineral is crucial for more than 300 enzymatic reactions in the body and is vital for its overall function. In this class, you'll learn how adequate magnesium intake supports vibrant, head-to-toe health and explore effective strategies for reaching optimal levels through diet, supplements, and topical products.	Kat	Feb 19	W	2:30 - 3:30	FREE
Mediterranean Diet Workshop	Colorado State University Extension has created a workshop focusing on the Mediterranean diet. This workshop will answer questions about key characteristics of the Mediterranean lifestyle and how foods in the diet contribute to health. Plus, you will learn how to make fresh home-made hummus and try a delicious sample. After attending this workshop, you will have strategies to incorporate these foods and habits into your life.	Michael	Feb 26	W	1:00 - 2:30	FREE
Nurse Chats: Common Lab Values	Join us for an informative discussion on "Common Lab Values," where we'll delve into the meanings of CBC and CMP, which stand for Complete Blood Count and Comprehensive Metabolic Panel, respectively. This session will cover the significance of these common blood tests, what the results can reveal about your health, and how they help guide medical decisions.	Anne	Mar 19	W	1:00 - 2:00	FREE
Natural Tips to Support Healthy Sleep	Are you dreaming of a good night's sleep? There are a variety of natural sleep solutions that can support you in making sound, restful, and rejuvenating sleep a reality. This includes increasing the nutrient density in your diet, practicing proper sleep hygiene, and adding sleep-supportive supplements that can help you achieve those z's. Join us and discover the steps to foster quality, healthy sleep every night.	Kat	Apr 9	W	1:30 - 2:30	FREE
Nurse Chats: Carotid Arteries	The carotid arteries, located on each side of the neck, play a crucial role in supplying oxygen-rich blood to the brain and face. These arteries are essential for maintaining proper brain function, as any disruption in blood flow can lead to serious health issues, such as strokes or transient ischemic attacks (TIAs). Understanding the importance of carotid health is vital.	Anne	Apr 16	W	1:00 - 2:00	FREE

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LIFELONG LEARNING

Class Name	Description	Instructor	Date	Day	Time	Cost
Radio Drama and Creative Memoir	Storytelling, Memoir and Performance. In these sessions participants will share stories, create connections and learn the basics of acting and performance. Games and exercises will intermingle with enjoyable life review, creative writing and storytelling exercises. No experience necessary!	Joye	Jan 6 - Feb 17	M	2:00 - 3:15	\$20
Intermediate Sewing	Explore advanced techniques in pattern adjustments, pockets, sewing curves, installing zippers, creating different collar styles, attaching sleeves, adding facings, and making buttonholes and fasteners. We'll cover the necessary supplies in the first class. Please note, this course is designed for those who already know how to sew, cut fabric, and read patterns. Bring your own sewing machine or use one of the three available at the center.	Barbara D.	Jan 7 - Feb 18	T	12:30 - 3:30	\$25
Mediterranean Lifestyle Cooking	Explore the regional styles with focus on dishes of Greece, Italy and Spain. Explore why the Mediterranean diet supports a healthy lifestyle and ways to incorporate this style of cooking into your daily life. Preparing- Creamy Zucchini Pasta. Brought to you by "Chefs for Seniors."	Lisa	Jan 8	W	10:00 - 11:30	\$7
Beginner Ukulele	Looking for a new and enjoyable hobby that could boost your brainpower? The ukulele is a simple and fun instrument to learn! This introductory course will guide you through tuning the ukulele, playing basic chords, and singing familiar songs with fellow seniors. You don't need to bring your own ukulele; one will be provided at the Senior Center during class	Lynn	Jan 10 - Feb 21 Mar 7 - Apr 18	F F	12:00 - 1:00 12:00 - 1:00	\$40 \$40
Learn To Play Chess	This class is for those brand new to chess or those wanting to learn some strategies and techniques. Stay after class to practice your skills in chess club!	Jerry	Jan 10 - Feb 21 Mar 7 - Apr 18	F	12:00 - 1:00 12:00 - 1:00	\$5 \$5
Intermediate Ukulele	Do you know the main chords and can strum a few songs? Are you ready to dive deeper into tablature and melody playing? Join us for a great time singing and playing alongside your friends!	Lynn	Jan 10 - Feb 21 Mar 7 - Apr 18	F F	1:10 - 2:10 1:10 - 2:10	\$40 \$40
Advanced Ukulele	Join us for the Advanced Ukulele class, where passionate players come together to enhance their skills! This class delves into more complex techniques, including advanced strumming patterns, fingerpicking, and improvisation. You'll have the chance to explore a variety of musical styles and collaborate with fellow ukulele enthusiasts on exciting group projects. Whether you're looking to refine your playing or learn new songs, this class promises to be both challenging and enjoyable!	Lynn	Jan 10 - Feb 21 Mar 7 - Apr 18	F F	2:20 - 3:20 2:20 - 3:20	\$40 \$40
Medicare For Veterans	Have Tricare for Life, or VA Healthcare? Learn how your benefits combine with Medicare and learn how to make them work for you.	Sean	Jan 13	M	9:00 - 10:30	\$2
Mediterranean Lifestyle Cooking 2	Exploring regional styles and menus of the Mediterranean region. We will review ways a Mediterranean diet supports a healthy lifestyle and how to incorporate this into your daily life. Preparing- Chicken Pesto Pasta. Brought to you by "Chefs for Seniors"	Lisa	Jan 22	W	10:00 - 11:30	\$7
Long Term Care Options	We will review the various types of Long Term Care services available, their costs and how to pay for them.	Pat	Jan 22	W	1:30 - 2:30	\$2

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LIFELONG LEARNING

Class Name	Description	Instructor	Date	Day	Time	Cost
Medicare 101	Are you getting ready to approach 65? In this class learn the benefits of Medicare and the choices to make to optimize your benefits!	Sean	Feb 3	M	9:00 - 10:30	\$2
Grocery Tips to Shop & Save	We will review ways to update and improve your grocery experience and save money; maximize your shopping with a variety of healthy choices and a plan to create more meals each week; tips for shopping as a single or couple and reduce food waste. Preparing- Balsamic Mushrooms with spinach salad. Brought to you by "Chefs for Seniors."	Lisa	Feb 5	W	10:00 - 11:30	\$7
My Loved One Passed Away, Now What?	Losing a loved one is a profoundly challenging experience, and navigating the practical steps that follow can feel overwhelming. In this discussion, we will go over the "Now What" to help clarify it further.	Ryan	Feb 6	Th	9:30 - 10:30	\$2
1 on 1 Medicare Help	Schedule your 15 minute One-on-one Medicare help from a professional can be invaluable for individuals navigating the complexities of Medicare coverage. Professionals who specialize in Medicare can provide personalized guidance tailored to your unique healthcare needs and financial situation	Sean	Feb 10	M	9:30 - 10:30	\$3
Tie Dye Workshop	Bring your projects for standard tie-dye with liquid dyes or try the ice dye method with dry dyes. We'll review both techniques and assist you with the tying and dyeing process in this open workshop—no experience needed for fantastic results! For best results, use 100% cotton items that have been pre-washed and dried without fabric softener. (Synthetic fibers won't take dye).	Dawnie	Feb 11	T	12:00 - 3:00	\$15
The Latest in Space and Astronomy News	This monthly session will describe recent fascinating events related to space and astronomy. This will be an opportunity to learn about the latest discoveries in mankind's examination of the cosmos. In addition, there will be ample opportunity to ask YOUR science questions! Your instructor is a systems engineer, former satellite operator, and experienced outreach teacher with the Colorado Springs Astronomical Society.	David	Feb 13	Th	1:00 - 2:30	\$3
Newcomers Orientation	Whether you've already started taking classes or are brand new, come and learn more about the Senior Center and all it has to offer. Learn about class registration, volunteer opportunities, and much more.	Staff	Feb 18	T	10:00 - 11:00	FREE
Medicare 101 Spanish	Si es beneficiario de Medicare y necesita un repaso o está en proceso hacia Medicare. Lo invito a aprender los fundamentos de Medicare, Partes A, B, C y D, Suplementos de Medicare, además de cierta terminología de Medicare, como cargos excesivos, copagos, coseguro, deducibles y más.	Myriam	Feb 18	T	1:00 - 2:00	GRATIS
Cooking Proteins 101	Join us for a requested class that focuses on mastering the art of cooking proteins. Learn how to determine the appropriate cooking times and methods to ensure your meats are cooked to perfection. Preparing-Citrus Salmon. Brought to you by: "Chefs for Seniors".	Lisa	Feb 19	W	10:00 - 11:30	\$7
Estate Planning & Elder Law	If you don't have a will, the state of Colorado has one for you, it probably doesn't do what you want it to. Elder Law - As the population grays, there are several with their hands out trying to get your hard-earned assets. Plan ahead to preserve your personal AND your financial well-being. Maintain what you worked so hard to achieve.	Brandon	Feb 20	Th	10:00 - 11:00	\$2
Downsizing, Rightsizing, and Relocating	Today's Lifestyle Home Loan (HECM for Purchase) is one of the most underutilized home transition loan strategies. It can help you move to the home you have always wanted and save you the cash that you need for retirement. We will review the 4 P's (Purpose, People, Process, and Program) so you know how to successfully plan your next lifestyle move.	Nathan	Feb 21	F	10:00 - 11:30	\$2
Understanding Annuities	An annuity can solve a problem or create new ones. This class will give you the info you need to determine if an annuity is right for you.	Pat	Feb 26	W	9:30 - 11:00	\$2

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LIFELONG LEARNING

Class Name	Description	Instructor	Date	Day	Time	Cost
Pikes Peak Trolleys: Past, Present, and Future	Join us for an engaging presentation exploring the rich history of the area’s streetcar system, with a special focus on the Pikes Peak Trolley Museum & Restoration Shop. Attendees will discover how the streetcar network shaped local communities, facilitated transportation, and influenced urban development. The presentation will highlight the museum’s collection of vintage trolleys and the dedicated efforts of volunteers who work tirelessly to restore and preserve these historical gems.	John H.	Feb 27	Th	10:00 - 11:00	FREE
Making a Pair of Pants, Slacks, or Jeans	Learn how to make a pair of pants, slacks, or jeans. Learn more advanced pattern adjustments, pockets, lining, attaching zippers, or flies. Supplies will be discussed at first class. This is a class for Intermediate and above level students. Bring your own machine or use one of the center’s machines.	Barbara D.	Mar 4 - Apr 15	T	12:30 - 3:30	\$25
Meal Planning, Healthier Eating Habits!	Explore the benefits of meal planning and preparation each week. Learn more about ways to utilize similar ingredients to create more variety and nutrition in your meals. Preparing-Cacio E Pepe with chicken. Brought to you by, “Chefs for Seniors.”	Lisa	Mar 5	W	10:00 - 11:30	\$7
Almost Vegetarian	Seven ways to add more vegetables to your diet any time of the year! Review seasonal eating and cooking with seasonal vegetables all year long! Preparing-Ravioli w/ snap peas and mushrooms. Brought to you by, “Chefs for Seniors.”	Lisa	Mar 19	W	10:00 - 11:30	\$7
Medicare and Low Income	Are healthcare expenses a struggle to pay for? Do you find yourself struggling to make it month to month? In this class, learn options and support available to you through LIS/Medicaid and how it relates with Medicare.	Sean	Apr 8	T	9:00 - 10:30	\$2
Medicare 101	There are many options available for Medicare beneficiaries. We will review these choices to provide attendees the knowledge to choose the coverage best suited to their needs.	Pat	Apr 9	W	9:00 - 10:30	\$2
Super Foods For Seniors	Energy & Immune boosting foods to add to your meals. Review what are super foods and why do they matter? Receive creative recipes including plant forward meal ideas. Preparing- Mandarin Orange Tarragon chicken salad. Brought to you by, “Chefs for Seniors.”	Lisa	Apr 9	W	10:00 - 11:30	\$7
1 on 1 Medicare Help	Schedule your 15 minute One-on-one Medicare help from a professional. It can be invaluable for individuals navigating the complexities of Medicare coverage. Professionals who specialize in Medicare can provide personalized guidance tailored to your unique healthcare needs and financial situation	Sean	Apr 14	M	9:00 - 10:30	\$3
Medicare 101 - How the 2025 Changes Affect You!	“Medicare 2025 Changes” is an informational session designed to educate people about the Medicare program and the new legislation that affects how drug coverage will be managed. Also, learn about its various parts and how to navigate the options available.	Floribel	Apr 15	T	1:00 - 2:00	\$2
Aging in Place	Life-enriching aging in place is not a passive activity. It doesn’t result from just staying put and adding up the years. According to AARP research, 8 out of 10 adults will experience future special housing needs. Successful aging in place is a process of taking stock of current and future needs, thinking through the options, evaluating the house and the community, and developing strategies. The process starts with asking the question, what will it take for you to age comfortably and safely in this house and in this community?.	Charlie	Apr 17	Th	1:00 - 2:30	\$2

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SPECIALS

Class Name	Description	Instructor	Date	Day	Time	Cost
This Day in History	Join us at the Senior Center for our exciting new event, "This Day in History"! Each month, we'll explore fascinating events that happened on this date, from quirky milestones to major breakthroughs. It's a chance to reminisce, share stories, and maybe even learn something new about the past. Bring your favorite memories and let's celebrate the moments that shaped our world together! Coffee/Tea and snacks provided. The 2nd Tuesday every month.	Staff	Jan 14	T	10:00 - 11:00	FREE
			Feb 11	T	10:00 - 11:00	FREE
			Mar 11	T	10:00 - 11:00	FREE
			Apr 08	T	10:00 - 11:00	FREE
BINGO!	Come play Bingo with us! Bingo is an enjoyable game of chance and a way to socialize and have fun with friends. There will be no exchange of money or cash prizes, but winners will get some prize swag!	Staff	Jan 16	Th	10:00 - 11:00	\$1
			Feb 13	Th	10:00 - 11:00	\$1
			Mar 13	Th	10:00 - 11:00	\$1
			Apr 17	Th	10:00 - 11:00	\$1
Pancake Breakfast	It's pancake time! You will get pancakes, juice/coffee, and fruit for a great price. Come and eat breakfast with friends. Registering in advance is preferred so we are well prepared. Mark your calendars for the 3rd Friday of every month!	Staff	Jan 17	F	9:00 - 10:00	\$3
			Feb 21	F	9:00 - 10:00	\$3
			Mar 21	F	9:00 - 10:00	\$3
			Apr 18	F	9:00 - 10:00	\$3
Lots of Love Food Drive	The Lots of Love Food Drive is a community initiative aimed at collecting non-perishable food items to support local families in need. Through the generosity of donors, this drive seeks to alleviate hunger and promote food security in the area. Participants are encouraged to contribute by dropping off items at designated locations or hosting their own collection events. By coming together, the community not only provides essential nourishment but also fosters a spirit of compassion and support for those facing challenging times.	Patrons	Feb 3 - Feb 14	M-F	8:00 - 4:00	FREE
You're Somebody's Type - Blood Drive	All the blood donated to Vitalant stays right here in El Paso County! Each year more than 12,000 units of blood are needed to help those who have lost blood due to an accident, surgery or illness. When you donate blood, you are helping your neighbors, friends and family! Please sign up for a time slot to ensure we are prepared and well equipped to accommodate all of our donors	Patrons	Feb 17	M	10:00 - 2:00	FREE
 Speed Dating!	Looking to make new connections and perhaps meet someone special? Join us for a fun and friendly Seniors Speed Dating Event at the Senior Center! Whether you're looking for companionship, friendship, or just a fun time meeting new people, this event is the perfect opportunity to connect with others in a relaxed and welcoming environment.	Staff	Feb 28	F	1:00 - 3:00	\$10
What Do You Collect and Why?	Collecting has always been a fascinating pursuit, allowing individuals to curate items that resonate with their interests and passions. Come share what you collect and why with us, bring examples, or pictures. Coffee/Tea and snacks will be provided!	Staff	Mar 6	Th	10:00 - 11:30	FREE
Hello Spring-Bake Sale!	Join us for delicious treats, friendly faces, and community spirit. Our patrons will showcase their baking skills, offering a delightful selection of cookies, pies, cakes, and more. Whether you're a fan of classic chocolate chip cookies or a delightful treat of your favorite cupcake, there's something for everyone! All proceeds go to the Senior Center!	Staff	Mar 17	M	1:00 - 2:30	FREE
Document Shredding MONTH!	This year, we're shaking things up! Instead of our usual one-hour document shredding event, we've arranged for three locked shredding bins to be dropped off here at the Westside Cottages for the WHOLE MONTH! Feel free to bring your documents and deposit them in the bins at your convenience. At the end of the month, the shredding company will collect the bins and shred everything. This gives you more time to securely dispose of your sensitive documents throughout April! Cost is \$5 per banker sized box . Shredding will be done by Shred Nation.	Staff	April	M-F	8:00 - 4:00	\$5 Per Box

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ART

Class Name	Description	Instructor	Date	Day	Time	Cost
Palette Knife Oil Painting	Palette knife oil painting is a vibrant and expressive technique that utilizes a palette knife instead of traditional brushes. This method allows for unique textures and bold strokes, making it popular among artists who wish to create dynamic and energetic works.	Jenna	Jan 6-Feb 10	M	1:00 - 3:00	\$55
Continuing Beginner Watercolor	This class focuses on key artistic concepts, including Transparency, Composition, Basic Color Theory, and Value. Students will gain hands-on knowledge of the medium and equipment, emphasizing problem-solving, skill-building, and developing a personal style. Specific techniques will be taught to aid decision-making in the painting process.	Steve	Jan 7-Feb 4 Mar 4-Apr 1	T T	9:00 - 11:30 9:00 - 11:30	\$55 \$55
Oil Painting Beginner-Intermediate	This class is designed for student artists who might have gaps in their oil painting knowledge. It aims to clarify the technical aspects of oil painting, helping students understand essential do's and don'ts for a more enjoyable painting experience. Instruction includes materials usage, reference photos, and the practical art of mark making (painting) on canvas, with a strong emphasis on creativity and self-expression. Note taking is encouraged.	Steve	Jan 7-Feb 4 Mar 4-Apr 1	T T	12:30 - 3:00 12:30 - 3:00	\$55 \$55
Resetting Watercolor Techniques for Highest Efficiency. Intermediate	In this painting class, you'll learn the crucial importance of design before starting your artwork. Students will be encouraged to paint in every class, focusing on setting a design path for their work. The class will incorporate timeless techniques and emphasize the use of primary focal points and secondary focal points to enhance the success of each painting by the use of translucency, granulation and textural mark making.	Steve	Jan 8-Feb 5 Mar 5-Apr 2	W W	9:00 - 11:30 9:00 - 11:30	\$55 \$55
Visual Pathways and Forgotten Spaces in Watercolor. Intermediate	This class emphasizes the importance of designing visual paths in painting, particularly focusing on often neglected aspects like negative spaces, balance, and effective shape-making strategies. It assumes students have a basic understanding of watercolor techniques and aims to boost confidence in creativity. Key topics include laying down shadows, textures, and atmosphere, as well as mastering the soft skills essential for creating outstanding watercolor paintings.	Steve	Jan 8-Feb 5 Mar 5-Apr 2	W W	12:30 - 3:00 12:30 - 3:00	\$55 \$55
Gemstone Faceting	In this exciting workshop, students will learn the basics of gemstone faceting. Participants will gain hands on experience with essential tools and techniques, understanding how to create precise angles and symmetrical designs that enhance a stone's brilliance and color. Whether you're a beginner or looking to refine your skills, this session will provide valuable insights into the intricacies of faceting and ignite your passion for gemstones.	John/Ray	Jan 8-Feb 19 Mar 5-Apr 16	W W	11:00 - 1:30 11:00 - 1:30	\$50 \$50
The Art of Acrylic Painting	This class runs from 9-11 a.m. , followed by a break then the class resumes from 1-3 p.m. Acrylic painting is a vibrant and versatile medium that uses fast-drying acrylic paints. These paints are made of pigment suspended in an acrylic polymer emulsion, which gives them a unique quality. They can mimic the appearance of both watercolor and oil paints, depending on how they are used.	Jenna	Jan 9-Jan 23	Th	9:00 - 11:00 1:00 - 3:00	\$55
Art Composition	Art composition refers to the arrangement of visual elements within a work of art. It's a crucial aspect of creating effective and engaging artwork, guiding the viewer's eye and conveying the intended message or emotion. Elements include areas such as: Balance, Symmetrical, Asymmetrical Contrast, Emphasis, Movement, Rhythm and Unity.	Jenna	Jan 10-Jan 24	F	9:00-11:00	\$40

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ART

Class Name	Description	Instructor	Date	Day	Time	Cost
Women Artists Through History-Workshop	Learn and be inspired by the often forgotten women in art.	Darcy	Jan 30 & Feb 6	Th	9:00 - 11:00	\$20
Creative Media in Watercolor	Learn and use a variety of techniques and strategies to create a variety of results in watercolor.	Darcy	Jan 30 & Feb 6	Th	1:00 - 3:00	\$20
Water Color Materials and Their Uses	Confused by the materials and the medias for water color? This class will explore the new and old mediums and tools available in water color.	Darcy	Jan 31 & Feb 7	F	9:00 - 11:00	\$20
Pyrography	Learn the art of pyrography, the art or technique of decorating wood by burning a design on the surface with a heated metallic point. Class fee includes materials. **Please bring your own woodburner**	Dan	Feb 3 - Feb 24	M	9:00 - 11:30	\$60
Knit, Pearl, What?	Learn the basics of knitting in a fun interactive way. This is a short "get your feet wet" class. Good as a refresher or if you've never knitted before.	Jenna	Mar 3-Mar 31	M	9:00-11:00	\$35
Colored Pencils	Learn color pencil techniques for shadows and highlights, textures, color blending, and shading. Learn how to incorporate color pencils with other mediums such as watercolor and oil pastels.	Jenna	Mar 3-Apr 7	M	1:00-3:00	\$50
Animal Portraits	Create portraits of your favorite critters. Class is welcoming to all levels and abilities.	Darcy	Mar 6-Apr 10	Th	9:00 - 11:00	\$55
Techniques of the Masters	Work in the styles of the masters. Every week will be a different artist and the student will create a painting in that artist's style.	Darcy	Mar 6-Apr 10	Th	1:00-3:00	\$55
Architectural Painting and Drawing	Explore techniques involved in creating buildings and structures of all types.	Darcy	Mar 7 - Apr 11	F	9:00 - 11:00	\$55

Ramblin Express Pick-up.

525 South 8th Street, Colorado Springs, CO 80906

COMMUNITY-DAY TRIPS

Class Name	Description	Instructor	Date	Day	Time	Cost
Forest Bathing	When was the last time you felt a sense of awe in nature? Also known as forest therapy, forest bathing is the practice of immersing yourself in nature. Awaken your senses through a series of guided invitations for interacting with nature. Join Serena Vogel, MA, Certified Nature and Forest Therapy Guide for a two-hour guided forest therapy walk in North Shooks Run Park. Please Register by 12 p.m. the Friday prior to the walk.	Serena	Jan 4 Feb 1 Mar 1 Apr 5	Sa Sa Sa Sa	8:30-10:30 8:30-10:30 8:30-10:30 8:30-10:30	\$8 \$8 \$8 \$8
Ice Festival in Cripple Creek	This renowned festival, set in the picturesque town of Cripple Creek, is a celebration of creativity and artistry carved out of ice. You can purchase lunch in Cripple Creek. We will meet at the Ramblin Express pick-up on 8th Street the bus leaves at 9:15 a.m.	Staff	Feb 19	W	9:00-3:50	\$55
Meow Wolf	Meow Wolf Denver, known as the "Convergence Station," is an immersive art installation that opened in 2021. Part of the Meow Wolf collective, it features a blend of interactive art, vibrant environments, and narrative-driven experiences. There is a cafe in the venue where you can purchase lunch or you can bring your own on the bus!	Staff	Mar 4	T	10:00 - 5:00	\$70
Botanic Gardens-Tulip Time!	Presenting a wide range of gardens and collections on 24 acres. In April, you can see tulips, hellebores, fritillaria raddeana, sweet woodruff, Siberian bugloss, primroses, barrenwort, bleeding heart, and Spanish bluebells. You can purchase lunch there or bring your own on the bus!	Staff	Apr 23	W	9:00 - 4:00	\$60