

EXPLORATIONS



LECTURES

The History of Political Parties	(631411-A)
Wed, Nov 12, 1 p.m.	Fees: \$5R/\$7NR
Posture by Laura Brieser-Smith	(631413-A)
Wed, Nov 19, 1 p.m.	Fees: \$5R/\$7NR

EVENTS

Thanksgiving Trivia	(639102-A)
Fri, Nov 21, 2-4 p.m.	Fees: \$5R/\$7NR

TRIPS

Registration November 6

Hammonds Candy Factory Tour	(632114-A)
Tue, Dec 2, 10:30 a.m.-1:30 p.m.	Fees: \$9.50R/\$11.50NR
Candlelight Dinner Theater	(632115-A)
<i>Million Dollar Quartet</i>	
Sun, Dec 14, 11 a.m.-4 p.m.	Fees: \$97R/\$100NR
Chez Lizbeth	(632117-A)
Sat, Dec 20, 8-11:30 a.m.	Fees: \$11R/\$13.50NR

The Active Adult Center will be closed on Monday, November 11 in observance of Veterans Day.

The Active Adult Center will also be closed, Thursday, November 28 and Friday, November 29 for Thanksgiving.

ACTIVE ADULT CENTER DROP-IN ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Woodcarvers 9 a.m. Weekly	TOPS 9 a.m. Weekly	Bingo 10 a.m. Nov 5 & 26		Bingo 10 a.m. Weekly
Bunco 1 p.m. Nov 24	NEW Chess 10 a.m.-12 p.m. Weekly	Bean Bag Baseball 10 a.m. Nov 19		Bocce Ball 1 p.m. Nov 28
	Puzzle Club 1-4 p.m. Weekly	Mahjong AM & CH 1 p.m. Nov 5, 12 & 19		Scrabble 1-3 p.m. Weekly
	Cards & Games 1 p.m. Weekly	*Friendship Club groups meet in our Lounge by invite only. For other drop in offerings, visit or call the Trail Winds Active Adult Wing at 720-977-5777.		

SEE OTHER SIDE

ENRICHMENT

Exploring with Grandkids (607930-C)

Sat, Nov 1, 8 a.m.-1 p.m.

Central City Cemeteries

These trips are designed to bring grandparents and grandkids closer together by exploring various interesting locations around the state. Price is per person and van departs from the Active Adult Center. Please plan to bring food and drink, return times can vary depending on traffic. Fees: \$15R/\$18NR

Photography with Bruce (636320-C) | Ages 18+

Tue, Nov 4, 8 a.m.-1 p.m.

Old Brighton/Ft. Lupton

Bruce will guide you through taking beautiful pictures with tips on subject selection, lighting, focus, and other helpful pointers. Don't have an expensive camera? Don't worry! You can even use your cellphone camera. Be prepared to photograph for about 1½ hours. Many of these trips will involve extensive walking on uneven terrain. Fees: \$15R/\$18NR

Falafel (636822-C) | Ages 18+

Sat, Nov 8, 12-2 p.m.

In this cooking class, Sima will guide you as you craft a fresh and nutritious spread featuring classic Israeli cooking that is ready fast. We will learn how to make Falafel, tahini in a few ways, spicy green paste, fresh Israeli salad and roasted pepper salad from scratch using fresh ingredients, ending with making a fun dessert. Fees: \$45R/\$54NR

Marzipan Class (636823-C) | Ages 18+

Wed, Nov 12, 6-8 p.m.

This workshop is all about almonds! You will learn how to make marzipan dough to create pralines and truffles, and for a whimsical twist, model marzipan potatoes and braid a traditional marzipan challah. Enjoy your creations with a cup of homemade hot chocolate drink using almond milk to have with the marzipan. Each guest will take home a box of marzipan they made and the knowledge to make it themselves at home. Fees: \$45R/\$54NR

Stamp Collection Q&A (631703-A)

Thu, Nov 13, 1-2 p.m.

Are you a senior (55+) stamp collector in the north area? Are you new to the hobby and would like to learn more? Are you interested in meeting fellow philatelists and forming a club? Join retired Thornton Fire Battalion Chief John Longnecker in an informal setting to share your thoughts. Free

Chocolate Making with Sima (636821-C) | Ages 18+

Thu, Nov 13, 6-8 p.m.

Join Sima for two hours of sweet fun and learn the history and process of making chocolate while discovering tricks for smoothing, texturing, and shaping chocolate. You'll make delicious pralines, truffles, and ganache as well as temper chocolate, getting creative with the "leftovers" and how to roll and dip your own truffles. Each guest will take home a box of yummy chocolate. Fees: \$45R/\$54NR

Sugar Cookie Decorating (636217-C)

Wed, Nov 19, 6-8 p.m.

Ready to unleash your inner cookie artist? Each month, we'll dive into a new seasonal theme and decorate six cookies using four colorful icings. You'll also pick up some handy tips on royal icing and cookie dough, so you can continue this sweet hobby at home. It's a great way to be creative and enjoy some tasty treats! All supplies are included, just bring your enthusiasm. Fees: \$36R/\$43NR

Come Enjoy the Elixir of Life (636818-B)

Wed, Nov 19, 6-8 p.m.

Join Akila and learn the tips and tricks in preparing tandoori roti at home without a tandoor oven while enjoying Tulsi tea, kosambari salad, tandoori roti, and baingan bharta. Tulsi tea is often referred to as the "Elixir of life" and is thought to boost immunity and help with stress. Fees: \$41R/\$49NR

Gourmet Ghost Charcuterie (636880-B) | Ages 18+

Thu, Nov 20, 6:30-8:30 p.m.

Learn how to fold meats, create roses, make lovely cheese creations, strawberry roses, tomato, and cucumber flowers all on a solid wooden board while sipping specialty drinks and enjoying delicious snacks. Ingredients are provided. You'll be able to take your creation home to your family or friends! Fees: \$45R/\$54NR



TWAAC HOLIDAY CLOSURES

Trail Winds Active Adult Wing will be closed:

Tuesday, November 11 in observance of Veterans Day.

Thursday, November 28 and Friday, November 29 for Thanksgiving.

LECTURES

What is Dry Needling? ! Ages 18+

Activity # (631431-A)

Join Annie Fox to learn about the technique of Dry Needling. Based in Western Medicine and used to evaluate pain patterns, postures and orthopedic testing.

Tuesday, November 4, 12:30-2 p.m.

Fees: Free

CONCERT

Baroque Gems Concert! Ages 18+

Activity # (631421-A)

Join us for a free concert Telemann in Paris performed by groups from the Colorado Chambers Players.

Monday, November 10, 4-5 p.m.

Fees: Free

55+ DROP IN ACTIVITIES

Pinochle	Chinese Mahjong	Rummikub	Hand & Foot	Book Club
Mondays 1 p.m.	Tuesdays 1 p.m.	Wednesdays 1 p.m.	Thursdays 1 p.m.	Second Fridays, 1 p.m.
		Euchre Second Wednesdays 1 p.m.		American Mahjong Every Friday, 1 p.m.

WELLNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Massage	Podiatry 4th Tuesday	Acupuncture 2nd and 3rd Wednesdays	Massage	Reiki 2nd, 3rd and 4th Fridays
		Podiatry-1st Wednesday		
		VNA-4th Wednesday		

NOVEMBER CLASSES

Easy Sewing Projects (Pie Carrier) | Ages 18+ (636291-B)

Tue, November 4, 9 a.m.-12 p.m.

These beginning sewing projects are so much fun to try! All sewing classes are taught by Cathy Georgerian at Trail Winds. Sewing machines will be supplied or bring your own! All supplies will be provided unless noted. Fees: \$25R/\$28NR

What is Probate | Ages 18+ (636602-A)

Thu, November 6, 5:15-6:30 p.m.

Learn how to avoid the Probate process, protect your family, and get your hard-earned assets to the people you want to inherit them. You'll learn about the main estate planning documents, strategies to avoid tax, and how to keep the government from deciding where your things go when you pass. Free!

Learn the truth about Reverse Mortgage | Ages 18+ (636291-B)

Thu, November 6, 10-11 a.m.

Are you or a family member turning 62 soon? If you own your home, there are many variations and options to learn about within the reverse mortgage. Fees: \$5R/\$6NR

Intermediate Crochet Classes (Granny Squares) | Ages 18+ (636250-B)

Sat, November 8, 9:30 a.m.-12 p.m.

Enjoy crocheting with others who want to learn more about this creative art! Crochet classes will be taught by Dinah Rivera. Basic knowledge of crochet will help or take the INTRO class for fundamentals. Fees: \$30R/\$32NR

Denver History Presentations | Ages 18+ (631434-B)

Thu, November 13, 10-11 a.m.

Delve into the quirky, strange and offbeat aspects of Centennial State. Learn about eccentric characters and unusual landmarks. Led by Michael Vincent from Denver History Tours. Fees: \$5R/\$6NR

Art Conversation & Supported Art Making | Ages 18+ (631213-A)

Thu, November 13, 1-3 p.m.

This Denver Museum of Art program titled "Clay Connects", introduces three generations of women from the Naranjo family of Kha'po Owingeh (Santa Clara Pueblo) in northern New Mexico, whose shared tradition of storytelling through clay spans generations. Enjoy an accessible, open-ended artmaking activity that highlights exploration, materials and process, using a packet of air-dry clay for each participant, shared tools for the group and additional prompts and inspiration to help the creativity flow. Fees: \$14R/\$17NR

Treating Joint Pain | Ages 18+ (631435-B)

Tue, November 18, 5-6 p.m.

Discover practical arthritis management strategies and intervention techniques designed to enhance joint health, empowering you to lead an active and fulfilling life in your older years! Light lunch will be served. Fees: Free.

U.S Indian Relations History | Ages 18+ (631444-A)

Thu, November 20, 10-11 a.m.

In this talk, Paul Flanders will examine how American Indians influenced the early governments of colonial America and of the early Republic. Fees: \$5R/\$6NR

FITNESS

Tai Chi Drop-in Classes | Ages 55+

Mon & Fri, 10-11 a.m.

Tai Chi is a perfect program for anyone because balance is key to living a confident, active and independent life. You will learn balance skills through flowing easy-to-learn Tai Chi movements. Fees: Fitness pass required.

TECH DAYS

CALL FOR APPOINTMENTS:

Android Assistance

Free half-hour appointments with Nha Lam to provide assistance with and answer questions about your smartphone.

Friday, November, 14 | TWAAC

TWAAC - 720-977-5777

iPhone Help

Free half-hour appointments with Barb Smith to provide assistance with and answer questions about your iPhone.

Tuesday, November, 4 | TWAAC