

EXPLORATIONS



EVENTS

Square Dancing Social (539106-C)

Fri, Sep 26, 2 p.m. Fees: \$6R/\$7.50NR

Nick at Night Trivia (639101-A)

Fri, Sep 19, 2-4 p.m. Fees: \$5R/\$7NR

TRIPS

Registration September 4

Community Center Makerspace & Tour (632105-A)

Tue, Oct 7, 1:30-4:30 p.m. Fees: \$7R/\$9NR

NCAR Tour (632107-A)

Tue, Oct 21, 11 a.m.-3:30 p.m. Fees: \$12.50R/\$15.50NR

Dark Side Ghost Tour (632108-A)

Tue, Oct 14, 4-8 p.m. Fees: \$36R/\$38.50NR

Haunts Tour (632109-A)

Fri, Oct 24, 6-9:30 p.m. Fees: \$29R/\$31.50NR

LECTURES

Armchair Travel | Switzerland (631401-A)

Wed, Sep 3, 1 p.m. Free

Collette Tours Information (631314-A)

Canada by Rail

Wed, Sep 17, 1 p.m. Free

Sleep Talk (631426-A)

Mon, Sep 22, 2 p.m. Free

Understanding the Hospice Team Role (631312-A)

Dignity Hospice

Wed, Sep 24, 1 p.m. Free

HOLIDAY

**The Active Adult Center will be closed Monday,
September 1 in observance of Labor Day.**

ACTIVE ADULT CENTER DROP-IN ACTIVITIES

Woodcarvers

Mondays
9 a.m.

Bunco

Mon, Sep 22
1 p.m.

Taking Off Pounds Sensibly

Tuesdays
9 a.m.

Cards & Games

Tuesdays
1 p.m.

Puzzle Club

Tuesdays
1-4 p.m.

Bean Bag Baseball

Wed, Sep 17
10 a.m.

Mahjong AM & CH

Wed, Sep 3,
10 & 17
1 p.m.

Bingo

Sep 3, 24 &
Every Friday
10 a.m.

Bocce Ball

Fri, Sep 26
1 p.m.

Scrabble Group

All Abilities Welcome!
Fridays
1-3 p.m.

MURDER MYSTERY DINNER THEATER

Red Hot Murder

Registration Opens Wednesday, September 10 at 8:30 a.m.

You are invited to the first annual crowning of 'Miss High Hat', the highest honor given in the Plaid Hat Society. The pageant is underway when someone turns up dead-who would do such a dastardly deed at a Society function?! That's where you come in...and solve the crime! Fee includes dinner, drinks, dessert, and entertainment.

Friday, October 10, 6 p.m. \$35R/NR AAC

Saturday, October 11, 6 p.m. \$35R/NR AAC

ENRICHMENT

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

Wed, Sep 3, 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

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

Tue, Sep 9, 4:30-9:30 p.m.

Mystery Night

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 spend about 1½ hours photographing. Many of these trips will involve extensive walking on uneven terrain. Fees: \$15R/\$18NR

Falafel (636822-A) | Ages 18+

Sat, Sep 13, 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-A) | Ages 18+

Wed, Sep 17, 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 made with almond milk to enjoy 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

Exploring with Grandkids (607930-A)

Sat, Sep 20, 8 a.m.-1 p.m.

Old Historic Golden

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

Sugar Cookie Decorating (636217-A)

Wed, Sep 24, 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

TRAIL WINDS ACTIVE ADULT CENTER September

EXPLORATIONS AT THE WING 2025



Trail Winds Active Adult Lecture

History of National Football League | Activity # (631412-A)
It's Football Season! Get ready to learn interesting facts and history about the National Football League from Scott Perry.

Thursday, September 4, 9:30-10:30 a.m. Fees: \$5R/\$7NR

Holiday Closure

Labor Day

The Active Adult Center and Trail Winds Active Adult Wing will be closed Monday, September 1st for the Labor Day Holiday.

Active Adult Lecture

Sleep Talk | Ages 55+ | Activity # (631426-A)
Dr. Hernandez from Kaiser Permanente will discuss how to get your best sleep, answer your sleep questions, and address any of your sleep concerns.

Monday, September 22, 2 p.m. (AAC) Fees: Free

Veterans Education | All Ages

How to Obtain your Military Records | Drop-in
With years of experience Retired Veterans Service Officer, Peter Mortaro is ready to help you navigate the system and get the answers you need—no red tape, just real support.

Wednesday, September 24, 10 a.m. Fees: Free

55+ DROP IN ACTIVITIES

Pinochle	Ticket to Ride	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.
	Chinese Mahjong Tuesdays, 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 4 th Tuesday	Acupuncture 2nd and 3rd Wednesdays	Massage	Reiki 2nd, 3rd and 4th Fridays
		Podiatry-1st Wednesday		
		VNA-4th Wednesday		



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SEPTEMBER CLASSES

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

Mon, September 8, 10:30 a.m. -12 p.m.

Join Orthopedic Surgeon, for an informative talk related to the aging patient. 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! You need to register; a light sandwich lunch will be served. Fees: Free.

Grandparent/Family Member Scams | Ages 55+ (631119-A)

Tue, September 9, 10 a.m.-11 a.m.

The Colorado Department of Regulatory Agencies' Securities Division will be here to educate on how grandparent/family member scams are becoming increasingly elaborate! Fees: Free.

Decluttering and Downsizing | Ages 18+ (636225-A)

Tue, September 9, 10-11 a.m.

Simplifying your life should leave you overjoyed, not overwhelmed. Anne Shaw, Downsizing Consultant, is providing fantastic tips on how to simplify your life by following the five easy steps to downsizing! Learn practical decluttering techniques, best practices for hiring estate liquidators, movers and more! Fees: \$5R/\$6R

Brass Quest Concert |Ages 18+ (639404-A)

Tue, September 9, 5:30-6:30 p.m.

Join Brass Quest for an evening filled with great music! This Horn and Tuba Brass Duo are a married couple, DeAunn Davis (Boulder Philharmonic) and Adam Snider (Boise Philharmonic, Central City Opera). Fess: Free.

Practical Tips to Prepare your home to Sell | Ages 18+ (636256-A)

Thu, September 11, 5:30-6:30 p.m.

You will learn about a list of the top things you can take care of to help your home make a great impression to entice buyers. Fees: \$5R/\$6NR

Intermediate Crochet Classes | Ages 18+ (636250-A)

Sat, September 13, 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. Fees: \$30R/\$32NR

Greeting Card Creations | Ages 18+ (636216-A)

Tue, September 23, 10-11:30 a.m.

Come join us and see how easy it can be to create beautiful handmade greeting cards. Each class includes materials needed to make three unique seasonal or all-occasion greeting cards. Bring your own scissors and adhesives to class. Fees: \$18R/\$20NR

Learn the Truth about Reverse Mortgage | Ages 18+ (636921-A)

Thu, September 25, 5:30-6:30 p.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

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.

