

brations Of Our Lives

... drum circles help participants connect with deeper rhythms, thus releasing "feel good" chemicals. Our life enrichment coordinator, Jen Justice has made this experience fun, energizing and enlightening for residents and staff alike.

Historically, drums have played a major role in the lives of people for thousands of years, in war chants, funerals, weddings, rights of passage, sporting events, parades and more. Recently, this practice has been used for stress management in the workplace, improving health in medical environments and developing overall community.

Villas at the Atrium is an independent living community located at 3350 30th St in Boulder, 303-444-0200.

Cinnamon Park Places in Top 5 Assisted Living Communities

Cinnamon Park Assisted Living Residence was recently named Longmont's number 2 assisted living community in a Times Call reader's poll. Located at 1335 Cinnamon, just off of Main St. the residence placed behind the Bridge Assisted Living. Cinnamon Park, however, distinguishes itself by providing caring, home-like environments for a low income population, most of whom are on Medicaid. Cinnamon Park is also placed in a park-like setting

with traditional architecture, natural light and comfortable furnishings provide the look and feel of a large, single family home. For more information about Cinnamon Park contact Deborah

Cameron, Director of Community Relations at 303-595-4464 x14. You can also learn more by visiting www.seniorhousingoptions.org. ❖



Deborah Cameron

Director of Community Relations, Senior Housing Options

Housing Options

Longmont Senior Center

303-651-8411

Please register for all classes and events at the Senior Center.

Walking For Good Health

Mon, June 2, 11:30 - 1:30 pm. 10-week walking program. Studies show that walking 30 min. a day significantly reduces the risk of cardiovascular disease, diabetes, obesity, osteoporosis, arthritis and some cancers. Receive a pedometer, walking workbook, guide book, and

anxiety, and physical pain.

Digital TV - What do I need?

Mon, June 9, 9 - 10 am. There are changes to how your TV works in February, 2009. Find out if your current TV receives the "newsignals"? Janet Ranaldi, with Comcast Cable, explains the changes.

AARP Driver Safety Class

AARP's updated 8-hour refresher

ING POST

o Wanted

obs/Jobs...

PT employment opportunity with

Marketplace

Wanted

OLD GUITARS & AMPLIFIERS

I buy old Fender, Gibson and Martin guitars and amps for cash.