



Stress, Depression & the Holidays

Stress & depression can ruin your holidays. Being realistic, planning ahead & seeking support can help. When stress is at its peak, it's hard to stop & regroup. Try to prevent stress & depression in the first place, especially if the holidays have taken an emotional toll on you in the past.



WINTER BREAK:
DEC 23-JAN 1
[Modified fitness schedules](#) —pick up at any of the front desks.

Tips for Coping with Stress

1. **Acknowledge your feelings.** If you've recently lost or can't be with a loved one, realize it's normal to feel sadness & grief. It's OK to take time to cry or express your feelings.
2. **Reach out.** If you feel lonely, seek out community or social events.
3. **Be realistic.** The holidays don't have to be perfect or like last year. As families change, traditions often change. Be open to creating new ones like sharing pictures, emails or videos.
4. **Set aside differences.** Try to accept family members & friends as they are, setting aside grievances. Be understanding if others get upset; they may feel the effects of holiday stress & depression, too.
5. **Stick to a budget.** Before you go gift & food shopping, decide how much money you can afford to spend; then stick to your budget.
6. **Plan ahead.** Set aside specific days for shopping, baking, visiting friends & other activities. Plan your menus & make lists to prevent last-minute scrambling. Recruit help for party prep & cleanup.
7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful & overwhelmed.
8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all or excuse. Avoid overindulgence by having healthy snacks prior to parties, get plenty of sleep & incorporate regular physical activity into each day.
9. **Take a breather.** Make time for yourself. Spending just 15 minutes without distractions may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing & restoring inner calm like taking a walk, listening to music, getting a massage or reading.
10. **Seek professional help if you need it.** Despite your best efforts, if you find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable & hopeless or unable to face routine chores, talk to your doctor or a mental health professional.

FRI 11/30
9am-7pm
&
SAT 12/1
8am-5pm



Holiday Celebration with Bob's Big Band

FRI 12/7 6:30-9pm
Register online, at any of our
front desks or call
303.409.2264



Active & Senior Adult Updates

All programs are at Peak Community & Wellness Center
—unless otherwise designated.

FITNESS HIGHLIGHTS & LINKS

WINTER BREAK: DEC 23-JAN 1

[Modified fitness schedules](#) —
pick up at any of the front desks.

[Drop-in Aqua Fitness Updates](#)

Unfortunately due to lifeguard shortages we are unable to host Monday, Wednesday & Friday Lilley Gulch Splash Aerobics classes at 8:35am. We apologize for the inconvenience & will be offering the following Splash Aerobics class options instead:

- Monday/Wednesday at Lilley Gulch 11:35am-12:30pm
- Friday at **Ridge Recreation Center** 8:35-9:30am

[Now Hiring Lifeguards!](#) Call 303.409.2333 for details, fill out an [application online](#), take [lifeguarding classes](#) or share the information with potential guards.

[Personal & Group Training](#) - call 303.409.2263
Discounted rate for AO/SS/S&F: \$35 (ND: \$46)

[Specialty & Workshops](#) - Defer the Disease Chronic Conditions Programs: programs for adult cancer survivors, neurological disorders & a variety of conditions affecting joints, muscles, mobility & balance.

[Massage & Alternative Therapies](#) - Deep Tissue, Swedish, Sports & Chair Massage, Reflexology, Reiki & Craniosacral Therapy. *AO/SS/S&F: 10% discount*

[Registration Classes](#)-new sessions begin JAN 2

- [Strength Training for Senior Adults](#)
- [Strength Training Orientations](#)
- [Pilates Orientations](#)
- [Pilates Reformer](#)
- [FREE Health Talks](#)
- [Beginning Tai Chi](#)
- [Intro to Tai Chi](#)
- [Body and Brain Healing Yoga](#)
- [Yin Yoga and the Enneagram: A Study of Self](#)



FREE HEALTH TALK

THU 12/6 11:30am



[Staying Strong & Steady this Winter](#)

presented by [Fit Physical Therapy](#)

Learn about functional strengthening & body mechanics to reduce the risk of falls in the winter months including home exercises, posture tips, proper lifting techniques, body mechanics for shoveling, and more. [Click here](#) to register or call 303.409.2264

EXCURSIONS

*Trips include transportation & depart from Peak.
NO refunds after deadline dates.
Register for the waitlist for full trips!*

[BDT Stage \(Boulder Dinner Theatre\) - A Christmas Story: The Musical](#)

THU 12/20 4:45-10:15pm \$79 ND: \$91

We still have a few spots available; sign up today!

[Brown Palace Holiday Tea](#)

WED 1/9 or
THU 1/17
11:15am-
2:30pm
\$84 ND: \$97
Additional
dates added so
more can enjoy
the holiday
décor.



EVENTS & ACTIVITIES

Registration required for FREE events!

[2019 FREE Lunch-n-Learns](#)-topics vary

[Holiday Celebration with Bob's Big Band](#)

FRI 12/7 6:30-9pm \$12 ND: \$18 AO/SS/S&F: 20% discount

Baked potato bar with all the fixings including green chili, salad, wine, dessert & great music by Bob's Big Band. Optional activities: dancing, cookie & \$10 gift exchange.

CLUBS Monthly fee: \$5 (ND: \$7)

[Bridge](#) [Knit & Crochet](#) [Mahjong](#)