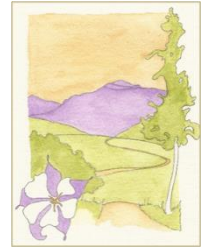


PRESS RELEASE

For release: February 8, 2021
Pagosa Springs, CO



NEWS FROM THE COMMUNITY CAFÉ

Join lectures, seminars, topical discussions, world class performances, and much more

Here are some of the fun, educational, and social opportunities that you can access through our website this month. There are options for both online Zoom and telephone only events. No need to register in advance.

- Active Adult Exercise options: Tai Chi, Yoga, and Ballet – 45-minute sessions of seated and standing exercises.
- Hear about the lives and careers of the Dave Clark Five, an English rock-and-roll band formed in 1957 famous for hits including "Glad All Over."
- "Collage Along" guided exercise and create a Valentine collage.
- "Fit Feet" Barefoot Training & Fall Reduction with a certified instructor.

You can look through the whole month's offerings here on [our site](#). You can also browse and register through [Mather's website](#). Mather provides support to ASI that links our community to their Ways to Age WellSM Resources and the Chautauqua Institution (CHQ), the esteemed arts and education organization. CHQ offers unique access to:

- The Arts – Theatre, Music, Dance, Symphonies.
- Speakers, Sermons, and Interfaith Dialogue.
- Lectures, Courses, Book Clubs, Discussions.

You can sign up for free for Telephone Topics and can try out CHQ for free for 90 days (no need to provide any credit information for that trial period). Professional Caregiver, Family Caregiver, and other up-to-date information is available on both ASI and Mather websites.

You can learn more about The Community Café, take out and Meals on Wheels reservations, and other ASI programs on our website: <http://www.psseniors.org/>.

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