

Senior Service Finder

The new Edora Pool Ice Center has something for everyone. With the new ten-lane lap pool, warm water pool, handicap ramp, and classes, EPIC is making a big splash with Fort Collins senior citizens.

According to Elva Alden, an instructor for Twinges in the Hinges and Senior Aquarobics, water exercise is a safe and fun way to keep fit.

Twinges in the Hinges uses gentle motions to exercise the muscle groups from the "feet to the head." Flexibility and motion are greater in water, Alden said.

Certified by the Arthritis Foundation and YMCA, "Twinges" helps arthritis victims, post-surgical patients, and others who need exercise that isn't strenuous. Poudre Valley Hospital has referred several patients to Alden's classes.

Any age can participate. 4-year-olds as well as adults have benefited from Alden's classes. But seniors especially enjoy the safe exercises.

The warm water pool, designed after a similar pool at Boulder Memorial Hospital, contains whirlpools. The 94-degree water is ideal for Alden's "Twinges" classes.

While Twinges classes exercise muscle groups, Senior Aquarobics uses aerobic activity to increase the heart rate. Like land aerobics, the exercises begin with walking stretches, then 25 to 30 minutes of heart-pumping exercises in water. Afterwards, participants cool down with more stretching exercises.

In Aquarobics, water supports the joints and protects participants from jarring movements.

Immersed up to shoulders in water, a person's joints only feel ten percent of his or her total body weight. Because aquarobics uses the water's resistance, the exerciser's maximum pulse rate can be 10 beats lower than in land aerobics to achieve the same healthy benefits.

According to Alden, the social aspects are as important as the exercise. Participants make friends and have fun, and so does Alden. She says that they "have such a good outlook on life, the enthusiasm is contagious."

Other water activities are available, also. For those who are nervous about being around water, an Aquaphobia class may help. Participants overcome their fears through non-threatening movements in water and water games.

Lap swimming is open to the public between 6:30 a.m. and 10 p.m. weekdays, 10 a.m. to 10 p.m. Saturdays, and noon to 8 p.m. Sundays. And, Senior Swim is still available between 8 a.m. and 9 a.m. at the Community Pool. Many use the lanes to train for the Senior Games in the fall.

Older Adult pool admission is \$1.25 for one visit. Lower rates are available for 30-admission passes.

On the ice skating rink, older adults enjoy "Lap skating," or "Fitness skating," 11:15 a.m. to 1:00 p.m. when the rink is less crowded and skaters skate at their own pace. A single admission for an adult over 50 is \$1.50, with special rates for 30-admission passes.

Anyone interested in EPIC programs can call 221-6684 for class times and fees. Also, new classes or class times can be arranged by popular demand. Or visit the facilities at 1801 Riverside Avenue. Turn south on Riverside from Prospect at the stop light.

If you have kept up with Senior Service Finder since its resumption in Front Range Today, you have noticed the writing of the column is being shared by Yvonne Barth and Marsha Talley. Both writers have a keen interest in senior citizens and their concerns.

Yvonne is a freelance writer whose articles have appeared in both national and local publications. She has worked as a newspaper reporter, and as an instructor of writing classes at Community College of Denver and Denver Woman's Press Club. She is a past president of Denver Woman's Press Club, and Writers of the Round, a Fort Collins writer's organization. She currently instructs writing classes through CSU's Adult Education Department.

Marsha holds a B.A. in English from CSU, where she also studied journalism and creative writing. She owns Wordcraft, a word processing business that specializes in thesis editing and resume design. A 15-year resident of Fort Collins, she's looking forward to bringing seniors useful ideas for enjoying the Choice City.

This article was written by Marsha Talley on behalf of the city of Fort Collins volunteer office.