** Connections for Independent Living**

November/December 2011 Newsletter

**\*Free Computer Tutoring on Fridays!\***

Don’t miss this amazing opportunity for free computer help on our brand new computers! Every Friday, from 10:00 to 11:00, Rosa Granado from High Plains Library is available to help with all your computer needs, from email, to word processing, to learning to use the Internet or low-vision software.

Whether you are a complete beginner, or need help with a project, you will get patient, one-on-one assistance.

Drop ins are welcome.

As the days grow shorter and the weather colder, you may feel a bit isolated. Come join us for our holiday party, for computer tutoring, game day, support and education, assistive technology webinars, or yoga. Check our calendars and \**brand new website\**  for other events.

**\**Annual Holiday Party on Thursday*,**

**December 15, noon to 3:00 pm\***

Lunch buffet, Santa visit, and more! For more information, call Connections at 970-352-8682

**Happy**

**Holidays!!**

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**AT Webinars**

**AT Webinars at Connections**

Come join us the second Wednesday of each month, 10:00 to 11:00 am for a webinar on assistive technology. November is on AT for travel, December on grooming.

**Community Medicare Meeting**

Come to Connections to learn about Medicare options December 5, 10 to noon. Join us in the conference room; refreshments will be provided. RSVP (970) 352-8682.

**Hippotherapy on the Colorado State Campus in Fort Collins**

My Heroes in Fort Collins, is providing hippotherapy (physical, occupational, and speech therapy on horses). For information, call Brett Appelgate at (678) 984-7774.

**Fifth Annual Veterans Stand Down**

Thursday, November 10, from 9:00 am to 1:00 pm, The Mission, 460 Linden Center, Fort Collins. Pick up at 1830 8th Ave, Greeley, 8:00 am. Includes meals, flu shots, oral cancer screening, suicide prevention, clothing, and other services. For more information, call (970) 335-3800, ext. 6712.

**Free Wellness Class at the Greeley Recreation Center!**

**Healthy and Delicious Meals on a Budget,** Thursday, November 10, 7:00 pm.

Learn to plan and create inexpensive healthy, delicious meals. Call (970) 350-9400.

 