

Mugs for Rugs for Fall Prevention



Reduce your risk of falling. Bring a throw rug to a participating location this fall and receive a FREE mug!

***mugs will be distributed on a first-come, first-serve basis while supplies last**

- Rugs must be 4 ft. by 6 ft. in size or smaller and clean
- All rugs will be donated to local animal shelters

Did you know? 1 in 4 older adults report falling each year, but most falls are preventable. Loose throw rugs are a common tripping hazard in homes and can easily be removed to reduce your risk of tripping and falling.

Event details on second page

Lafayette Senior Center

103 S. Iowa Ave, Lafayette, CO 80026
(303)-665-9052

Louisville Recreation & Senior Center

900 Via Appia Way, Louisville, CO 80027
(303)-335-4919

Superior Community Center

1500 Coalton Rd, Superior, CO 80027
(303)-554-9005

Erie Community Center, Active Adults

450 Powers Street, Erie, CO 80516
(303)-926-2795

Boulder East Age Well Center

5660 Sioux Drive, Boulder, CO 80303
(303)-441-4150

Boulder West Age Well Center

909 Arapahoe Ave, Boulder, CO 80302
(303)-441-3148

Lyons Redstone Café

Walt Self Building, 355 Railroad Ave, Lyons, CO 80540 | (303)-441-1415

Community Services Dept.

Sundquist Building, 3482 Broadway, Boulder, CO 80304 (303)-441-1617

Highlands Presbyterian Camp & Retreat Center

1306 Highway 7, Allenspark, CO 80510 | (303)-747-2888

Tabled Events

Monday September 11, 2023

Louisville Recreation & Senior Center:
10:00am-11:00am

Tuesday September 12, 2023

Louisville Recreation & Senior Center:
10:00am-11:00am

Lyons Redstone Café: 11:30am-3:30pm

Wednesday September 13, 2023

Louisville Recreation & Senior Center:
10:00am-11:00am

Thursday September 14

Erie Community Center:
11:00am-12:30pm

Tuesday September 26, 2023

Boulder County AAA Community Services
Department, Sundquist Building:
2:00pm-4:30pm

Thursday October 26, 2023

Allenspark Lunch Bunch, Highlands
Presbyterian Camp & Retreat Center:
10:00am-1:30pm



**COLORADO
TRAUMA NETWORK**
CARE • PREVENTION • EDUCATION

Drop By Events:

Lafayette Senior Center

Monday Sept. 18-Friday Sept. 22
9:00am - 4:00pm

Louisville Senior Center

Thursday Sept. 14-Friday Sept. 15
Tuesday Sept. 19-Friday Sept. 22
9:00am-1:30pm

Boulder West Age Well Center

Monday Sept. 18-Friday Sept. 22
9:00am-4:00pm

Boulder East Age Well Center

Monday Sept. 18-Friday Sept. 22
8:00am-4:30pm

Superior Community Center

Monday Sept. 25-Friday Sept. 29
1:00pm-4:00pm



**AREA AGENCY
ON AGING**

Community Services Department