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About the Front Porch
The Front Porch area of the Golden Community Center offers a special place for Active Adults. Located on the upper floor of the Center, just off 8th Street, the Front Porch is a perfect place to meet new people, gather with friends, enjoy a cup of coffee, read a magazine, relax and just enjoy “being.” Make a point to stop in, and socialize a bit.

Hours of Operation
8 a.m. to 2 p.m.
Monday - Friday

Holiday Closures
Thanksgiving Day - Thursday, Nov. 24
Thanksgiving Friday - Friday, Nov. 25

Staff
Kristi Marosy, Guest Services/ Front Porch Supervisor
Brian Braunagel, Guest Services
Diane Sauter, Guest Services

ANNOUNCEMENTS

Golden Book Club
This group meets in the Front Porch the fourth Tuesday of each month at 6:30 p.m. The book list that has been announced is as follows:

   October - The River of Doubt, Candace Millard
   November - Go Set a Watchman, Harper Lee
   December - Travels to Alaska, John Muir

If you are interested in joining, please email Jan Bradbury, bobjanbradbury@comcast.net.

Celebrate Health!
Celebrate Health! is a monthly wellness program featuring a variety of healthy living opportunities for adults of all ages. We offer appointments for chair massages, hand and foot reflexology for nominal fees. Celebrate Health! is held upstairs at the Front Porch of the Golden Community Center. For more information or to make an appointment for one of our services, please call 303-384-8130.

Celebrate Health Dates – Fall/Winter 2016
Fridays: Oct. 7 & Nov. 4
Chair Massages & Reflexology Sessions . . . . . . $13 for 15 mins.
Call 303-384-8130 to make your appointment.

A Gathering to Celebrate the Holidays
In December, in lieu of Celebrate Health, we will be having a Holiday Potluck on Friday, Dec. 2 at 11 a.m. Start thinking today about your favorite healthy dish that you would like to share. Meal sign-ups will be available at the Front Porch desk starting mid-November. More information to come.
Fall is the perfect time to take care of the little things that can make a big difference for you and your home. Most of the tasks listed below are well within the average person's ability. But even if you choose to have a professional handle them, it's worth the expense. You'll save money – and maybe even your life. More information and other tips can be found on the Better Homes and Gardens website, www.bhg.com.

1. Get your mind in the gutters. Inspect and clean gutters and downspouts.
2. Button up your overcoat. Seal gaps and cracks around windows and doors with weather-stripping and caulk.
3. Get on top of roof problems. Inspect your roof for damaged or curled shingles, corroded flashing, or leaky vents.
4. Walk the walks (and drives). Take steps to repair damaged sidewalks, driveways, and steps.
5. Chill out. Drain and winterize outdoor faucets and irrigation systems.
6. Freshen your filter. Clean or replace dirty furnace filters.
7. Give your furnace a physical. Have a professional inspect your heating system.
8. Gather round the hearth. Check fireplaces for soot or creosote build-up. Better yet, schedule a visit from a reputable chimney sweep.
9. Keep the humidifier humming. Clean the plates or pads to ensure efficient operation.
10. Head-off gas problems. If you have a gas-fired room heater, have it inspected by a pro. Also, perform any routine maintenance recommended by the maker.
11. Keep the wood fires burning brightly. Wood stoves are making a comeback. To avoid a deadly situation, be sure to inspect yours before firing it up.
12. Keep your family safe at home. A home safety check should be an annual ritual in every household. Test smoke and CO monitors, inspect (or install) fire extinguishers, review fire escape plans, and rid your home of old newspapers and other fire hazards.
Trips for October

Georgetown Loop Railroad and Lebanon Silver Mine Tour #354000-1

Wednesday, Oct. 5 - $45
9 a.m. - 5 p.m. Exertion Level 3.

Train departs at 1:35 p.m. Transportation, train ticket and tour included. Bring money for lunch.

The Georgetown Loop Railroad® was one of Colorado’s first visitor attractions. Completed in 1884, this spectacular stretch of three-foot narrow gauge railroad was considered an engineering marvel for its time.

In 1973, the Colorado Historical Society began restoring the railroad as part of its 978-acre Georgetown Loop Historic Mining & Railroad Park. The Lebanon mine tour is a guided walking tour, and involves about 3/4 of a mile of walking. Guests wear a hard hat and go about 540 feet into the mine.

Colorado Wolf and Wildlife Center #354100-1

Wednesday, Oct. 19 - $30
9 a.m. - 4 p.m.
Exertion Level 3.
Transportation and tour included. Tour begins at noon. Please bring a sack lunch, beverage and snacks.

Located about two hours outside of Denver, near Colorado Springs in a scenic mountain setting, awaits a unique and educational wildlife experience. The Colorado Wolf and Wildlife Center is home to wolves, coyotes and foxes that each live and thrive in large wooded enclosures that provide privacy, sanctuary and stimulation for these amazing and beautiful animals. Colorado Wolf and Wildlife Center visitors can take an hour tour to meet all of the resident animals, learn their histories and gain a better understanding of how they and their habitat are being threatened and what people can do to help. Each tour culminates with a group "wolf howl." Your tour guide starts the howl, you join in, and with luck all the wolves soon begin to howl, creating a magical and serene experience for everyone.

TRIPS & TOURS INFORMATION

Registration Information

Registration is open for both resident and non-resident participants. Trips and Tour activities will be processed on a first come, first served basis. Registrations are accepted online, by phone or in person. Payment is due at the time of registration.

- Online: Register at rec.cityofgolden.net
- Phone-In: 303-384-8100
  Please have class selections and credit card information ready. Visa, MasterCard, Discover, and American Express are accepted.
- In Person: at the Golden Community Center, 1470 10th St.
  All registrations can be completed at the front desk.

Front Porch Cancellation Policy - The Golden Community Center will retain funds that have been committed to the trips that require advanced reservations, tickets and for transportation. However, if the Front Porch makes the cancellation, all monies paid will be refunded.

Please refrain from wearing perfume or cologne for the health and comfort of those with allergies, asthma or other health issues. Thank you.
Trips for November

Wings Over the Rockies Air and Space Museum #354200-1
Wednesday, Nov. 16 - $20
“Lest We Forget: The Mission”
9 a.m. - 4 p.m. Exertion Level 3. Transportation and museum admission included. Bring money for lunch.

The remarkable sculpture by World War II aviator Major Fredric Arnold, USAAC (Ret.) – “Lest We Forget: The Mission” – honors, preserves and promotes the heritage of the American combat pilots for future generations.

The statues were sculpted by Major Arnold and fellow artist, Sutton Betti, using 3,000 pounds of clay, then cast in bronze; a process that took more than four years to complete. The figures depict a group of fighter pilots in a pre-flight briefing before yet another of the war’s seemingly endless critical missions. The artwork is inspired by the deaths of 12 fellow pilots in Arnold's class of 42-J. But they represent the 88,000 airmen who died in WWII combat.

The briefing scene and the 12 life-size sculptures capture the valor and spirit of loyalty, sacrifice and fellowship that motivated these young men to come to the defense of our country and preserve our freedom. The size, scale and scope of the overall exhibit enable Maj. Arnold (Ret.) to share his message so others can learn from his experience.

Denver 29th Annual Food and Holiday Gift Festival at the Colorado Convention Center #354300-1
Friday, Nov. 18 - $10
9 a.m. - 5 p.m. (doors open at 10 a.m.) Exertion Level 3. Transportation included. Bring money for admission, food and gifts.

The 29th Annual Holiday Food & Gift Festival returns to the Colorado Convention Center in downtown Denver. This festival is the largest holiday celebration in the west, drawing many shoppers annually who happily complete their holiday shopping early. With over 400 exhibitors, the festival will provide shoppers with one-of-a-kind gifts that cannot be found anywhere else. Featuring art, crafts, jewelry, clothing, wood, music, photography, toys, Christmas décor, and much more makes this a gift buyer's delight. There is a large gourmet food area where you can sample and purchase a wide range of food items including toffee, tea, chocolates, pasta, soups, dips, meats, coffee, jams, shortbread, chili, sauces and many more delights!

Trips for December

Colorado Symphony Orchestra - A Colorado Christmas #354400-1
Saturday, December 10 - $40
1:15 - 6 p.m. Exertion Level 2. Symphony begins at 2:30 p.m. Transportation and admission included.

The warm sounds of the holidays fill Boettcher Concert Hall in this annual Christmas spectacular full of new surprises. This season’s celebration focuses on the music and magic of the season, showcasing the Colorado Symphony’s annual collaboration with the Colorado Children’s Chorale and the Colorado Symphony Chorus.

Exertion Levels:
Day Trips & Tours
Level 1 = Walking short distances of only one or two steps (in and out of restaurant and program location).
Level 2 = Requires some additional walking; minimal steps encountered. (Short tour or to get into program).
Level 3 = Longer periods of walking, mostly on even surfaces. Stairs may be encountered.
Level 4 = Requires extensive walking and/or walking on uneven surfaces. Be prepared to walk up stairs and/or be on your feet for most of the outing. May apply to high altitude situations.
Level 5 = Requires good physical condition and the ability to walk with moderate to strenuous elevation gain. High altitude situations likely.

Please be aware of the noted exertion level and match this with your own ability level to ensure an enjoyable experience.