In This Issue:
General News...... pp 1-2
Trips & Tours...... pp 3-4

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. 23
• Thanksgiving Friday - Friday, Nov. 24
• Christmas Day - Monday, Dec. 25
• New Year’s Day - Monday, Jan. 1

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: Among the Ruins: A Mystery by Ausema Zehanat Khan
   November: The Soul of an Octopus: A Suprising Exploration into the Wonder of Consciousness by Sy Montgomery
   December: TBA

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

Celebrate Health!
This is a monthly wellness program featuring a variety of healthy living opportunities for adults of all ages. The first Friday of each month we offer healthy refreshments and 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 2017
Fridays: Oct. 6 and Nov. 3
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. 1 at 11 a.m. Start thinking today about your favorite healthful dish that you would like to share. Meal signups will be available at the Front Porch desk starting mid-November. More information to come.
10 Reasons Older People Need Pets

By Philip Moeller

1. Companionship
Loneliness can become an unwelcome companion as we get older and can lead to depression as well as physical problems. Dogs mold their schedule and personality to you. They are never unavailable or off duty. Smaller dogs, in particular, can easily travel with you wherever you go.

2. Having a Routine
Having a pet is a responsibility but need not be taxing. The routine of caring for a pet can give structure and purpose to daily life. Maybe you don’t always want to get out of bed, but your pet wants you to, and isn’t that a good thing?

3. Exercise
People benefit from regular physical exercise regardless of their age. But, it is hard to get into a regular exercise routine and so very easy to skip it. Having a dog can be a great way to make walking a regular part of your permanent daily plans.

4. Stress
Older people with pets exhibit less stress than their pet-less counterparts. Maybe it’s those regular walks or the sense that you have a friend to share life’s challenges. Or, maybe it’s that tail wagging every day when you wake up.

5. Getting Out
Having a pet, and particularly one that requires regular outdoor activity, helps you stay involved and connected to life.

6. Making New Friends
There are many shared activities with pet owners, ranging from communal walks to charitable events and projects run by organizations that cater to animals and the environment. It can be hard to meet new people, but pets are an easy icebreaker.

7. New Interests
Having a pet can expose you to a lot of new interests and activities. Maybe it’s cleaning up the neighborhood park where you walk your dog. Some hospitals seek pet owners who will volunteer to bring in their pets to spend time with patients.

8. Protection
Having a dog can provide significant security. Potential thieves will stay away from a home with a barking dog, even if they are only 12 pounds.

9. Taking Care of Something
Sure, you need your pet. But, your pets need you too. The desire to be useful and of value doesn’t magically disappear when your career ends or your kids grow up and build their own independent lives. It is very satisfying to take care of another living thing.

10. Investing in Life
At the end of the day, having a pet means that you have made a promise to continue being involved in another life. This commitment is one of the most positive decisions you can make as you grow older.
Trips for October

Glen Eyrie Castle - Colorado Springs, CO #354000-01

Wednesday, Oct. 11 - $40
8:30 a.m. - 5 p.m. Exertion Level 4. Transportation and tour included. Bring money for lunch.

Glen Eyrie Castle is a 67-room English Tudor-style castle built by General William Jackson Palmer, the founder of Colorado Springs in 1871. This house was his dream home and is located in the northwest Colorado Springs foothills north of the Garden of the Gods Park. Today the castle serves as a retreat location and convention center.

Longhopes Donkey Shelter - Bennett, CO #354100-01

Wednesday, Oct. 25 - $35
9 a.m. - 4 p.m. Exertion Level 4. Transportation and tour included. Bring money for lunch.

Longhopes is a sanctuary for donkeys that is dedicated to improving their welfare through rescue, rehabilitation, rehoming, and reduced reproduction. This facility is a place for those that would otherwise be at risk for neglect, abuse or death.

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

Clyfford Still Museum - Denver, CO #354200-01
Wednesday, Nov. 8 - $25
9:30 a.m. - 4 p.m. Exertion Level 3. Transportation and tour included. Bring money for lunch.

Considered one of the most important painters of the 20th century, Clyfford Still (1904–1980) was among the first generation of Abstract Expressionist artists who developed a new and powerful approach to painting in the years immediately following World War II.

The Clyfford Still Museum opened in 2011 and is the newest addition to Denver’s burgeoning Cultural Arts District located adjacent to the Denver Art Museum in the city’s Civic Center Cultural Complex. The two-story, 28,500-square-foot building was designed by Brad Cloepfil of Allied Works Architecture specifically to display Still’s work. The museum allows visitors the unique experience to understand the legacy of Clyfford Still, an artist whose life has been shrouded in mystery and the bulk of whose work has been hidden from public view for more than 30 years.

Brown Palace High Tea and Tour - Denver, CO #354300-01
Wednesday, Nov. 29 - $60
10 a.m. - 4 p.m. Exertion Level 3. Transportation, Tea and Tour included. Must sign up/cancel by Oct. 1.

Celebrating 125 years of excellence, the Brown Palace Hotel and Spa has been open every day since August 12, 1892. It is one of the most beloved hotels in the world. Many changes have taken place over the years, but one thing remains constant: the grandeur and grace of one of the city's most elegant hotels.

Trips for December

Stranahan’s Distillery - Denver, CO #354400-01
Thursday, Dec. 14 - $20
11 a.m. - 4 p.m. Lunch will be before tour. Tour begins at 1 p.m. Exertion Level 3. Transportation and tour included. Bring money for lunch.

Stranahan’s whiskey is crafted in small batches. Using only the finest resources, Stranahan’s whiskey is made from four ingredients: 100% malted barley, yeast, Rocky Mountain water and time in the barrel. The barrels are then hand-selected by our Master Distiller, ensuring that every batch of Stranahan’s Colorado Whiskey is of the highest quality and distinction.

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.