Walking for Fitness and Social Engagement

Walk2Connect in Golden is a group of folks who are delighted to host a weekly opportunity for walking through the downtown Golden neighborhood and talking with each other about everything under the (Golden) sun! Come alone or with friends, or make new friends! Please feel free to “drop-in” anytime. We will cover a gentle route at a conversational pace with an emphasis on easy movement and pleasant company. Feel free to RSVP on the Golden Walks MeetUp group page (web address listed below). If you have any questions, contact Golden Walks Coordinator, Saoirse Charis-Graves by email at saoirse03@mac.com or by phone at 303-709-7529.

Mileage: 2-3 (depends on each group’s desires)
Difficulty: Easy conversational pace
Weather: We are in very changeable weather, so please come prepared with enough layers and/or waterproof gear to keep yourself comfortable. Hand warmers will be provided!

Schedule Note: We will gather at 10 a.m. for introductions and easy warm-up and leave NO LATER than 10:10 a.m. We should return by 11:15 a.m. You can, of course, leave early if you need to.

Restroom: Public restrooms are available at the beginning and end of the walk. Others may be available along the route.

Note: These walks are very informal and give us all unique opportunities to connect with one another, with ourselves and with our surroundings.

For more information please visit www.walk2connect.com/golden or www.meetup.com/Golden-Walks.
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:

March: *The Great Gatsby*  
by F. Scott Fitzgerald

April: *The Boys in the Boat*  
by Daniel Brown

May: *Main Street*  
by Sinclair Lewis

*Future titles 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 presentations on a variety of wellness topics. In addition, 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! Spring/Early Summer 2015
Fridays: April 3, May 1, June 5
Chair Massages & Reflexology Sessions ........ $13 for 15 mins.
Call 303-384-8130 to make your appointment.

AARP Driver’s Safety Program
#15118-1
Sign up at the front desk. Payment is due to the instructor the day of the class. Monday, April 20 from 9 a.m. to 1 p.m. with Min/Max 10/25. Class is $15 for AARP members and $20 for non-AARP members. Register at the Front Desk or the Front Porch. Payment to be made directly to the instructor.

SEMINARS & CLASSES

TRIPS & TOURS

*Future titles TBA.*

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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.

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 April

Leanin’ Tree #15033-1
Wednesday, April 8
FACTORY TOUR: Watch as flat sheets of blank paper are transformed into beautiful, full-color cards. You’ll feel the roar of printing presses, each the size of a school bus, as they crank out two sheets per second. (Tour 45 minutes.)

MUSEUM: A private collection, a public treasure. The Leanin’ Tree Museum of Western Art in Boulder, CO, exhibits the private art collection of Ed Trumble, Founder and Chairman of Leanin’ Tree, publisher of fine art greeting cards since 1949.

9 a.m. to 2 p.m.
Tour starts at 10 a.m.
$10 (Transportation included. Bring money for lunch and shopping. Lunch location TBD.)

Exertion Level: 4
Register/Cancel by April 1.

TRIPS & TOURS INFORMATION
Register by phone: 303-384-8100
Register online: rec.cityofgolden.net
We accept VISA, MasterCard, American Express, and Discover.

Boulder Dinner Theatre
#25011-01 - Forever Plaid
Sunday, April 26
Forever Plaid is one of the most popular and successful musicals in recent memory. This deliciously goofy revue centers on four young, eager male singers killed in a car crash in the 1950s on the way to their first big concert, and now miraculously revived for the posthumous chance to fulfill their dreams.

10:30 a.m. to 5 p.m.
Show starts at 10 a.m.
$57 (Transportation, show and meal included.)

Exertion Level: 2
Register/Cancel by April 17.

Trips for May

Dinosaur Ridge and Lunch at the Morrison Inn #25012-01
Wednesday, May 6
Explore and see what Dinosaur Ridge has to offer! The 1.5 hour tour is designed to allow us to explore ancient Colorado and the creatures that once lived here. Walk with 90-foot, long necked giants across a floodplain lined with streams, ponds and watering holes. Trace the ripple patterns left by Colorado’s ocean on Morrison’s sandy beaches. Dinosaur Ridge is one of the world’s most famous dinosaur fossil locations.

10:30 a.m. to 3 p.m.
Tour starts at 1 p.m.
$15 (Transportation and admission included. Bring money for lunch.)

Exertion Level: 3
Register/Cancel by April 29.
Miner’s Alley Playhouse
#25003-1 - Brighton Beach Memoirs
Sunday, May 31
The first in Neil Simon’s "Eugene Trilogy" (Followed by Biloxi Blues & Broadway Bound).
Meet Eugene Jerome and his family, fighting the hard times and sometimes each other—with laughter, tears, and love. It is 1937 in Brooklyn, during the heart of the Depression. Fifteen-year-old Eugene Jerome lives in Brighton Beach with his family. Eugene is witty, perceptive, obsessed with sex, and forever fantasizing his baseball-diamond triumphs as star pitcher for the New York Yankees.
6 p.m. - meet at the Miner's Alley Playhouse
$20 for show only
Exertion Level: 2
Register/Cancel by May 18.

Trips for June

Colorado School of Mines Geology Museum #25004-1
Wednesday, June 10
The Colorado School of Mines Geology Museum, home to one of the state's two Goodwill moon rocks collected during the Apollo 17 mission, was started in 1874 and displays mineral, fossil, gemstone, meteorite and historic mining artifact exhibits on two floors. The museum serves as the state repository for Colorado's mineral heritage and promotes its importance and understanding to the university community and the public. It aims to inspire scientific curiosity through education and research while encouraging appreciation of the earth and responsibility for its mineral, fossil, meteorite and historic mining treasures.
9:30 a.m. to 3 p.m.
Tour begins at 10 a.m.
$10 (Admission and tour included. Meet at museum and bring money for lunch, location TBD. Transportation not included.)
Exertion Level: 3/4
Register/Cancel by June 28.

Town of Nederland Walking Tour #25005-1
Monday, June 22
Nederland, Colorado is a town like no other. Tucked in the Rocky Mountains just west of Boulder, Nederland has a history rich in mining and music and a future as the hub of the Peak to Peak Community. With its unique shops, amazing outdoor beauty, friendly locals, and vibrant music scene, Nederland is definitely not your average small town. Whether you live there, work there, or play there, you're sure to discover that life’s better up there!
9 a.m. to 4 p.m.
$10 (Transportation included. Bring money for lunch, shopping, etc. Lunch location TBD.)
Exertion Level: 3/4
Register/Cancel by June 15.

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.