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

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

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

April: Snow in August by Pete Hamill
May: Liars Club by Mary Karr
June: My Beloved World by Sonia Sotomayor

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 - Spring 2018
Fridays: April 6, May 4, June 1
Chair Massages & Reflexology Sessions.....$13 for 15 mins.
Call 303-384-8130 to make your appointment.

ANNOUNCEMENTS

Inaugural Meeting of the Golden Town and Gown Book Club
Professor Robert M. Hazen will discuss his widely acclaimed book The Story of Earth at a noon luncheon on Thursday, April 26 from 11:30 a.m. - 2 p.m., in the Boettcher Room of the Arthur Lakes Library of the Colorado School of Mines (CSM). Dr. Hazen is Senior Staff Scientist at the Carnegie Institution’s Geophysical Laboratory, and the Clarence Robinson Professor of Earth Sciences at George Mason University.

Dr. Hazen will pause on the second day of his two-day CSM workshop tour, to inaugurate the Golden Town and Gown Book Club with a discussion of his book The Story of Earth. A free buffet lunch will be provided, but you must register by emailing Gyasi Evans (gevans@mines.edu) to reserve your place. Limited space is available.

Registration for this luncheon event commits you to purchase The Story of Earth ($15.18 from Amazon) and to read it, in preparation. Dr. Hazen will lead an informal discussion, answer any questions, and sign copies for attendees. After Dr. Hazen’s portion of the program is concluded, attendees will have a short meeting to discuss the Town and Gown Book Club meeting frequency, topics, potential discussion leaders, etc.

Transportation is available from the Golden Community Center for this event. Please inquire at the Front Porch.
Spring Cleaning Safety Tips for Seniors

by Kimberly Johnson of Senior.com

With the spring season officially underway, we all know what that means: it’s time to do some spring cleaning! This is a great time of year to get organized, especially after spending the chilly winter months indoors, but the key focus when spring cleaning is safety. If you’re wondering how you can go about completing your spring cleaning list safely, be sure to follow these spring cleaning safety tips for seniors.

TOP TIPS

There’s nothing quite like the sunny weather to motivate us to get organized this spring, and to help you get started, here’s our top five spring cleaning safety tips for seniors:

1. Take your time.
Set plenty of time aside to do some spring cleaning. The key is finding a balance: do not let tasks drag on and do not feel like you have to get everything done in one weekend either.

2. Check the fridge and medicine cabinet.
Although they are easy to overlook, both the refrigerator and medicine cabinets can be hotspots for expired products. Be sure to throw away all expired food items and medications, especially those that are no longer prescribed to you.

3. Double-check smoke and carbon monoxide detectors.
Smoke and carbon monoxide detectors are easy to ignore until there is an emergency. Make sure that there are fresh batteries in all of your smoke and carbon monoxide detectors.

4. Prep for emergencies.
It is a good idea to go over what to do in case of an emergency every spring to help keep the plan fresh in your mind; such as a power outage or a house fire.

5. Make it fun!
Enlist the help of your children, grandchildren or friends to add a social component. Not only can they help you move heavy objects and furniture, but they can also make tasks seem less tedious and more fun.

Fall-proofing Your Home

While spring cleaning, it’s important that you check your home for anything that may increase your risk of falling. A startling 60 percent of falls happen within the home, but luckily, many of these falls can be prevented by fall-proofing your home:

1. Clear out the clutter.
Especially after being cooped up during the long winter months, there could be a lot of overlooked clutter in your home. Clear each room of clutter or anything else that could trip you, such as electrical cords and area rugs. Consider doubling your space by adding storage racks if applicable.

2. Add safety supports.
Non-slip mats are probably the easiest and most affordable way to reduce your risk of falls, especially in the bathroom where most in-home falls occur. The kitchen is another great place to have these mats in case any water gets onto the slippery floor.

3. Check your stairs for safety.
If you cannot have all the essential rooms on a single floor, attach non-slip treads to each step in your home and add sturdy handrails so you have plenty of support when going up and down the stairs.

4. Refurbish furniture and flooring.
Replace any unsteady furniture and rearrange the layout of each room so that you can easily move around your home. Make sure that all the floors are even and that carpets are securely attached to the floor.

5. Improve lighting.
Dim lighting greatly increases your risk of falling, so replace dim bulbs with brighter, more efficient bulbs. It is also a good idea to add night lights to the hallways so you can safely move around your home during the night.

It is important to remember that spring cleaning isn’t just about cleaning. Just follow these tips and your home will be both clean and safe in no time!

ANNOUNCEMENT

AARP’s Drivers Safety Course #352000-01
Tuesday, May 1, 9 a.m. - 1 p.m.
Golden Community Center
Min/Max: 10/25 participants
$15 for AARP members, $20 for Non-AARP Members.
Payment is given directly to the instructor on the day of the class. Sign up at the Golden Community Center Front Desk or at the Front Porch.
Trips & Tours

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 April

Denver Museum of Nature and Science - Creatures of Light Exhibit and IMAX movie America’s Musical Journey #352100-01

Wednesday, April 18 - $35
10 a.m. - 4:30 p.m. Exertion Level 3
Transportation and admission ticket for museum and movie included. Bring money for lunch.

In Creatures of Light, you will move through a series of luminous environments, from familiar grassy meadows to the deepest parts of the ocean. Earth is home to a diverse collection of organisms that glow, and this exhibition explores how and why they do. You will discover the ways light is used to attract a mate, lure unsuspecting prey, and defend against predators.

Then watch the IMAX movie, America’s Musical Journey. Tap your toe across America as you experience the sounds of jazz, blues, zydeco, and old-time country music and see how they have shaped our nation’s distinctive musical heritage. In America’s Musical Journey, singer-songwriter Aloe Blacc takes you to vibrant places where American music was born, from New Orleans to New York City. Meet artists, music makers, and innovators who are shaping culture today with the creative risk-taking spirit that has always characterized America.

Denver Art Museum - Degas: A Passion for Perfection #352200-01

Wednesday, April 25 - $35
10:30 a.m. - 4 p.m. Exertion Level 3
Transportation, admission and tour included. Bring money for lunch.

Degas: A Passion for Perfection showcases prolific French artist Edgar Degas’ works from 1855 to 1906. More than 100 works consisting of paintings, drawings, pastels, etchings, monotypes, and sculptures in bronze are on view.
The exhibition focuses on the most prominent and recurring themes throughout Degas’ 60-year career. These include his interest in learning from the art of the past and from that of his contemporaries, a lifelong fascination with the nude, a passion for horses, and his strong interest in opera and dance.

**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.

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**Trips for May**

**Garden of the Gods**

#352300-01

**Tuesday, May 15 - **$45

8 a.m. - 5 p.m. Exertion Level 4

**weather dependent**

Transportation and walking tour included. Bring money for lunch.

Explore this Colorado Springs paradise in one magical stop. Garden of the Gods is a registered National Natural Landmark. Imagine dramatic views, 300 ft. towering sandstone rock formations against a backdrop of snow-capped Pikes Peak, and brilliant blue skies.

**Day trip to Vail** #352400-01

**Thursday, May 24 - **$30

8:30 a.m. - 4 p.m.

**weather dependent**

Exertion Level 4

Transportation included. Bring money for lunch and souvenirs.

A little getaway for the day. Walk around the town to shop, eat and relax in the historic mountain town.

**Trips for June**

**Day trip to Glenwood Springs Hot Springs Pool** #352500-01

**Monday, June 11 - **$45

8 a.m. - 5 p.m. Exertion Level 4

Transportation included. Bring money for lunch, souvenirs and other misc. items.

A little getaway for the day to soak in the world’s largest hot springs pool. Exciting visitors since 1888.

**Denver Botanic Gardens**

#352600-01

**Friday, June 15 - **$25

9 a.m. - 4 p.m. Exertion Level 3

Transportation and docent-lead tour included. Bring money for lunch.

Denver Botanic Gardens is a living museum with over 300,000 plants. The horticulturists that care for these plants have a wealth of knowledge about gardening in Colorado. We will be taking a tour with one of the resident horticulturists.