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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

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

ANNOUNCEMENTS

Facility Closure
The Golden Community Center will be closed Monday, Aug. 22 through Sunday, Aug. 28 for annual cleaning and renovation. The Mon/Wed/Fri Aqua Aerobics class will be held outside at the Splash Aquatic Park during this time. The Front Porch will also be closed on Labor Day Monday, Sept. 5.

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:

July - West with the Night by Beryl Markham
August - The Paris Wife by Paula McLain
September - H is for Hawk by Helen McDonald

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

Golden Street Fair
Fridays: June 3rd, July 1st, Aug.12
On Washington Avenue in Downtown Golden

Golden Farmers Market
Saturdays, June 4 - Oct. 1 (except July 30)
8 a.m. to 1 p.m.
Located in the Golden Public Library parking lot.

Golden Chamber of Commerce - 26th Annual
Golden Fine Arts Festival
Saturday, Aug. 20 - Sunday, Aug. 21
10 a.m. to 5 p.m.

Golden Community Center • Front Porch • 1470 10th St., Golden, CO 80401
303-384-8130 • www.cityofgolden.net/links/FrontPorch
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ummertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that everyone can use to make sure they have a fun, safe summer.

1. Stay Hydrated
Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.

2. Talk to Your Doctor
Check with your medical team to make sure any medications you are on won't be affected by higher temperatures – especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.

3. Keep Your Cool
Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air conditioned. They also afford a great opportunity to get out of the house and get some exercise, without the exhaustion of the heat.

4. Stay in Touch
High temperatures can be life-threatening, so communication plays an important role in ensuring your safety. For seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening.

5. Meet Your Neighbors
Get in touch with those who live in your neighborhood and learn a bit about them and their schedules. See if a younger neighbor – perhaps even one of their kids – can come by and check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus!

6. Know Who to Call
Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly, preventing any further issues or preventing medical problems from getting worse.

7. Wear the Right Stuff
Everyone, including older adults, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loosefitting clothes to help feel cooler and more comfortable.

8. Protect Your Eyes
Too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

9. Know the Risks of Hyperthermia
During the summer, be particularly cautious about abnormally high body temperatures – a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:

- Body temperature greater than 104 degrees
- A change in behavior, such as acting confused, agitated or grouchy
- Dry, flushed skin
- Nausea and vomiting
- Headache
- Fainting
- Heavy breathing or a rapid pulse
- Not sweating, even if it's hot out

If you, or anyone you know, start to feel any of these symptoms, ask for medical help immediately.

10. Rub on Sunscreen and Wear Hats
Everyone, young and old, should wear sunscreen when outdoors. Hats are also a great idea, especially for those with light colored hair.
Trips for July

Day in Breckenridge and Frisco - #353000-1
Friday, July 15 - $15
9 a.m. - 4 p.m. Exertion Level 3.
Transportation included.
Bring money for lunch.
Escape the summer heat for a day trip to the towns of Breckenridge and Frisco. Walk around the historic towns to shop, eat and relax in the beauty of the mountains.

Mt. Evans and the El Rancho Brewing Company - #353100-1
Friday, July 29 - $10
9 a.m. - 4 p.m. Exertion Level 3.
Transportation included.
Bring money for lunch.
Let’s take a drive up to Mount Evans. Another great trip to beat the summer heat. We will pass through three life zones, passing ancient trees, lakes and forest to the land above timberline. It can be 90 degrees in Denver and 40 degrees at the top of the mountain.

From there we will head to the newly renovated El Rancho Brewing Company for some great eats!

Trips for August

Shambhala Mountain Center and the Great Stupa - #353200-1
Friday, Aug. 12 - $45
8 a.m. - 5 p.m. Exertion Level 4.
Transportation, admission, tour and lunch included.
Nestled high in the Colorado Rockies, Shambhala Mountain Center is a six-hundred-acre mountain valley retreat surrounded by native forests, gentle meadows and rocky peaks.

Rising among wooded hillsides, The Great Stupa of Dharmakaya crowns a meadow at the upper end of Shambhala Mountain Center’s main valley. Standing 108 feet tall, it is one of the most significant examples of sacred Buddhist architecture in North America.

Please plan accordingly for the elements. We will be at high altitude where there will be a lot of walking.

The Colorado Rockies vs. The Los Angeles Dodgers - #353300-1
Wednesday, Aug. 31 - $35
11:30 a.m. - 6 p.m.
(game starts at 1:10 p.m.)
Exertion Level 2.
Transportation and admission included. Bring money for food and souvenirs.

Watch our own Colorado Rockies take on the L.A. Dodgers at Coors Field. Please plan accordingly for the elements.

Trips for September

National Mining Hall of Fame and Museum with the Matchless Mine Tour - #353400-1
Thursday, Sept. 15 - $35
8:30 a.m. - 4 p.m. Exertion Level 2. Transportation, admission and tours included.

The National Mining Hall of Fame and Museum is a monument to the memory of the men and women who pioneered the discovery, development and processing of our nation's natural resources.

Known as the "Smithsonian of the Rockies" and the "Premier Showcase of American Mining," the National Mining Hall of Fame and Museum came to be in 1987.

The Matchless Mine is on the National Register of Historic Places and is located on the fabulously mineral-rich, Fryer Hill in Leadville's Historic Mining District.

The Matchless mining claim, estimated to have produced 7.5 million dollars, contributed greatly to the wealth of its owner, silver baron Horace Tabor and his wife Elizabeth "Baby Doe" Tabor.

World War II Aviation Museum - #353500-1
Thursday, Sept. 29 - $35
8:30 a.m. - 4 p.m. Exertion Level 2. Transportation and tour included. Bring money for lunch.

Opened to the public in 2012, the National Museum of World War II Aviation documents the role that military aviation played in the emergence of our nation as a world power during the Second World War. Through a combination of its aircraft collection, exhibits, interactive displays, and docent led tours, the museum tells the story of our nation's tremendous technological advancements during the War, and describes the lasting social and economic changes that were essential to the success of the Allied war effort.

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.