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About the Front Porch
The Front Porch area of the Golden Community Center is 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
8 a.m. to 4 p.m.
Monday through Friday*
*Closed at 2 p.m. on Fridays and major holidays.

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

GENERAL 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:
January: Ordinary Grace by William Kent Krueger
February: New York by Edward Rutherfurd
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.
Slips, Trips and Falls for the Older Population

Seniors cannot recover from a fall trauma as quickly or effectively as a younger person might. Besides the possibility of serious injury, there is the risk of serious psychological impact from a fall. According to the CDC, when an elderly person falls, it can lead them to develop a fear of falling. This fear causes them to limit their physical activity, which can in turn cause them to fall again.

Schedule a professional in home assessment to determine elderly fall risk and specific home care needs.

Elders and their caregivers can also take the following measures:

• Consult doctors or pharmacists to identify medications that may cause falls related to balance and dizziness, and discuss treatment options.
• Exercise regularly. Physical activities such as dancing, water activities, Tai Chi, and walking can help keep up balance and coordination.
• Wear sensible shoes such as tennis. House slippers are floppy and smooth-soled.
• Add lamps and nightlights to corners, bathrooms and stairways. If you can see it, you probably won’t trip over it.
• Install grab bars in bathrooms, and double handrails on stairways.
• Reduce hazards around the house such as raised carpet edges, magazine stands, coffee tables, and plants that can be tripping hazards.
• Use non-slip mats in the bathtub and shower, and non-slip treads on wooden stairs.
• Visit the doctor regularly to check for glaucoma, hearing loss, foot pain, or other problems that can cause balance problems. Read more: www.griswoldhomecare.com.

Computer Training for Life-long Learning
For more information, please contact the Golden Library at 303-235-5275.

Senior Dance Classes
Registration will be available online Dec. 24. Call Joy at 303-795-3183 for questions or to purchase shoes.

Adult Ballet
This class is designed for adults with no previous ballet training or those who have studied in the past and wish to pick it back up. Emphasis is on posture, correct body alignment, proper technique, toning and stretching. Dress comfortably in yoga pants, tights, leotards and/or warm ups.

Age: 18 years and older
Mondays, 12 to 1 p.m.

Adult Jazz
If you are looking for an energetic and fun way to learn dance, try Jazz. This class will improve your flexibility, strength and balance through this upbeat dance style. Open to all levels including beginners.

Age: 18 years and older
Mondays, 10 to 11 a.m.

Adult Tap Beginners
This class is designed for everyone that danced as a kid or never had the opportunity to participate in a class. Now’s the time to get a great workout and make some noise. The warm and friendly atmosphere makes this a fun and memorable experience for all participants. Classes are ongoing and can be joined any time.

Age: 18 years - Adult
Tuesdays, 7 to 8 p.m.

Adult Tap Beginners/Intermediate
This is a great class for those who want to learn to tap, brush up on your skills, or just want to get started. Tap shoes required. Performance opportunities are available for this class (see Adult Tap Beginners above).

Age: 18 years - Adult
Tuesdays, 1:45 to 2:45 p.m.

Adult Tap Intermediate/Advanced
If you are comfortable tapping and would love to get together with other tappers, this is the class for you. Dust off those tap shoes and come on in. Performance opportunities are available for this class (see Adult Tap Beginners above).

Age: 18 years - Adult
Mondays, 7 to 8 p.m.

Adult Clogging
This is a high energy tap that guarantees a workout you won’t forget. Basic steps are repeated to fun, upbeat music. Just like all of our classes, we offer optional performance opportunities (see Adult Tap-Beginners/Intermediate). Tap shoes are required.

Age: 18 years - Adult
Tuesdays, 3 to 4 p.m.
Trips for January

Denver Art Museum - Cartier and Matisse Exhibits #15028-1
Cartier-The DAM will host the world-exclusive exhibition of Brilliant: Cartier in the 20th Century, featuring stunning jewelry, timepieces, and precious objects created between 1900 and 1975. 
Matisse-The exhibition's gallery setting draws inspiration from Matisse’s studio, employing vibrant walls, colorful rugs, and plush couches that encourage visitors to sit back and savor the details.

Tuesday, Jan. 13
9 a.m. to 4 p.m.
Tour starts at 10 a.m.
$30 (Includes exhibit with audio tour and transportation. Bring money for lunch.)
Exertion Level: 3
Register/Cancel by Dec. 30.

Celestial Seasonings Tour and Lunch on Pearl St. Mall #15027-1
The Celestial Seasonings factory tour is not your average tour experience. We take you into our manufacturing facility itself – so you get to be in the heart of the action! Free samples at the end of tour!

Wednesday, Jan. 21
9 a.m. to 2 p.m.
Tour starts at 10:30 a.m.
$10 (Includes transportation. Bring money for lunch and shopping.)
Exertion Level: 3
Register/Cancel by Jan. 15.

Trips for February

Molly Brown House Museum #15029-1
Denver’s Molly Brown House Museum is among the most visited historic sites in the state of Colorado, and one of only a handful of sites nationally dedicated to the interpretation of a woman’s story. Open for more than 43 years, the Museum serves nearly 50,000 people every year, including 10,000 youth, successfully achieving its mission to enhance the city’s unique identity by telling the story of Margaret “Molly” Brown’s activism, philanthropy and passion through educational programs, exhibits and stewardship.

Tuesday, Feb. 17
9 a.m. to 3 p.m.
Tour starts at 10:30 a.m.
$15 (Transportation and admission included. Bring money for lunch. Location TBD.)
Exertion Level: 4
Register/Cancel by Feb. 5.
Highlands Ranch Mansion Tour and Lunch #15030-1

The 121-year old building, known as the Highlands Ranch Mansion, is a namesake of the 30-year-old community of Highlands Ranch, is open to the public for community and private events, conferences, tours and education programs. After an 18-month renovation, the Mansion is a focal point in the community where residents can gather, celebrate and experience the lifestyle of years gone by at this western estate.

Thursday, Feb. 26
10 a.m. to 3 p.m.
Tour starts at 11 a.m.
$15 (Transportation and admission included.
Bring money for lunch.
Location TBD.)
Exertion Level: 2
Register/Cancel by Feb. 13.

Four Mile House Historic Park and Lunch #15032-1

The Four Mile House, a Denver Landmark, is the centerpiece of the Park and is listed on the National Registrar of Historic Places. Visitors can tour the historic house, say hello to our horses, goats, and chickens, learn about the craftsmanship of the historic barns and outbuildings, or just spread a blanket under a shady tree and enjoy a beautiful day.

Thursday, March 26
10:30 a.m. to 3 p.m.
Tour starts at noon.
$15 (Transportation and admission included.
Bring money for lunch.
Location TBD.)
Exertion Level: 4
Register/Cancel by March 16.

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 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.