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 GCC, 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
The Front Porch will be closed on the following days in observance of the upcoming holidays:
• New Years Eve - Thursday, Dec. 31
• New Years Day - Friday, Jan. 1

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

ANNOUNCEMENTS

Rocky Mountain Ramblers
Did you know that for fifteen years in the both spring and fall, the members of this hiking group have picked up trash on Easley Road from 54th Ave. to 60th Ave under the group name of “Colleen Faust and Associates”? Their last ever pick up was done this past September. You wouldn’t believe the random things they found, but they always had fun doing this! Many thanks to all of you who were members of the group at various times and who helped keep that stretch of community clean!

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 - The Grass Harp (& other stories) by Truman Capote
• February - The Metamorphosis by Franz Kafka
• March - Julius Caesar by William Shakespeare

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

Front Porch Library
We are pleased to announce that our library is full and thriving! Because we have so many books, please be so kind to relocate them to their proper place. They are organized on each shelf by the author’s last name. Thank you for your assistance with this!
Seven Tips for Winter Health

While many people wish for a “White Christmas,” the reality is that snow and ice can be a painful one-two punch, especially for seniors who have arthritis or difficulty walking due to a previous stroke or other illness. A single fall can cause debilitating and costly injuries, but a few simple tips can help us adults stay safe and healthy through the winter months.

1. Tread carefully
   To help avoid falls, wear appropriate shoes outdoors and put road salt, sand or kitty litter on sidewalks and driveways. Better yet, if the walks haven't been cleared, ask friends or relatives for help with errands such as grocery shopping.

2. Avoid overwork
   Find someone to handle snow shoveling and other strenuous outdoor tasks. Cold weather causes blood vessels to constrict, which increases the risk of heart attack for people with heart disease or other conditions that strain the heart's ability to pump blood.

3. Exercise indoors
   Staying indoors does not mean being inactive. Keep in shape by walking in place, using a stationary bike or working out with a friend at the Golden Community Center. Daily stretching exercises can help maintain flexibility. Check with your physician before beginning any exercise program.

4. Bundle up
   Cold temperatures are a serious threat to seniors, especially those with Alzheimer's disease or dementia. A person who wanders from home without proper clothing in the winter can quickly fall victim to frostbite or hypothermia. Families should consider installing alarm systems that signal whenever an outside door is opened.

5. Keep the heat on
   Inadequate indoor heat also can cause hypothermia. Keep home temperatures above 65 degrees and dress in layers to maintain body temperature. If you have difficulty paying the heating bill, contact your gas or electric utility about ways to continue service through the winter.

6. Clear the air
   If you heat your home with a fireplace, gas furnace or gas-powered space heater, invest in carbon monoxide detectors, which can be purchased at a home improvement store for as little as $30. Carbon monoxide in the air can displace the oxygen in your blood stream and cause headache, dizziness, nausea, convulsions and even death within two hours. The effects can be even faster for people with heart or respiratory illnesses.

7. Socialize
   Depression is more common in the winter months, and bad weather can mean social isolation for many. Make efforts to spend time with family, friends and neighbors, and when weather makes visiting difficult, pick up the phone for a chat. If possible, make sure to visit the Front Porch at the Golden Community Center for your daily dose of goodies.

Can Recycling
We are saddened to say that Shirley Vincent and Ron Burroughs are retiring from managing this great program. We would like to say thank you to them for their support in handling this program for so many years. Their contribution to the Front Porch is immeasurable! Until we are able to find a replacement, we ask that you no longer bring in your aluminum to be recycled, and instead utilize the mainstream recycling that your waste company offers.

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.

Celebration Health Dates – Winter/Spring 2016
Fridays:
Jan. 8, Feb. 5, March 4
Chair Massages & Reflexology Sessions..............$13 for 15 mins.
Call 303-384-8130 to make your appointment.
Trips for January

Sports Authority Field at Mile High – #351000-1
Thursday, Jan. 14 - $25
9:15 a.m. - 2 p.m. Tour starts at 10:30 a.m. Exertion Level 3.
Transportation and museum ticket included. Bring money for lunch, location TBD.

Your opportunity for a private "behind the scenes" glimpse into areas rarely seen by the public and some of the unique operations & inner workings of one of the most state-of-the-art stadiums in North America.

Public tours of Sports Authority Field at Mile High are professionally guided by knowledgeable and friendly tour guides from the Colorado Sports Hall of Fame and Museum.

Stadium tours are informative, educational, insightful and enjoyable for sports fans and non-fans alike and for locals or visitors from out of town. The walking tour includes stops at:
• Colorado Sports Hall of Fame Museum
• Executive Suites
• United Club Level
• NFL Visiting Team Locker Room Facilities
• Keg Room
• Thunder's Stall
• Team Field Entrance Tunnel
• Field Level from the End Zone Area
• Network Television Production Compound
• TV & Radio Broadcast Facilities & Writing Press Center

Trips for February

Denver Art Museum – Wyeth Exhibit #351200-1
Wednesday, Feb. 3 - $25
9:15 a.m. - 3 p.m. Exertion Level 3.

The Boulder Dushanbe Teahouse – #351100-1
Wednesday, Jan. 27 - $10
10 a.m. - 3 p.m. Exertion Level 1.
Transportation included. Bring money for lunch and souvenirs.

The Boulder Dushanbe Teahouse is nestled against the Rocky Mountain Foothills in Boulder Colorado. Sitting alongside Boulder Creek in Central Park, the Teahouse is considered one of Boulder’s most attractive and popular tourist attractions, as well as being a local favorite for great food, tea, and atmosphere.

Completely built by hand without the use of any power tools, the Teahouse was constructed in Dushanbe, Tajikistan as a gift to their sister city, Boulder. It was disassembled, crated up, and sent halfway around the world to be rebuilt in Boulder as a symbol of friendship and cultural exploration. The elaborate and creative teahouse now sits as a reminder to the citizens of Boulder to value cultural diversity, global cooperation, and international friendship.

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.
Transportation and exhibit ticket included. Bring money for lunch, location TBD.

The Denver Art Museum presents a groundbreaking exhibition exploring the art of Andrew Wyeth and his son Jamie. Wyeth: Andrew and Jamie in the Studio is organized by the Denver Art Museum and will feature more than 100 works created in a variety of media, including pen and ink, graphite, charcoal, watercolor, dry brush, tempera, oil, and mixed media.

This exhibition explores the connection between two American artists who shared artistic habits of mind while maintaining their own unique artistic voices. Never before has an exhibition displayed Andrew Wyeth's and Jamie Wyeth’s work on this scale and in the shared context of their autobiographies, studio practices, and imaginations.

The Buckhorn Exchange – #351300-1
Tuesday, Feb. 23 - $10
10 a.m. - 2 p.m. Exertion Level 2. Roundtrip light rail ticket is included. Bring money for lunch.

Meet at the Jefferson County light rail station, there will not be transportation from the Golden Community Center.

Denver, Colorado's most historic eating and drinking establishment, located at 1000 Osage Street in Denver, Colorado, is now in its second century of operation. The Buckhorn Exchange, which has liquor license Number One in the State of Colorado, was founded on November 17, 1893 by Henry H. "Shorty Scout" Zietz, easily recognized as one of the most colorful figures of the Old West.

Denver’s original steakhouse, The Buckhorn Exchange is located in the city’s oldest neighborhood, just 5-minutes from downtown Denver -- with a light-rail stop right across the street. This National Historic Landmark and Western Museum has been serving the finest in Old West fare since 1893.

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.

Trips for March

Boulder Dinner Theatre – Peter and the Star Catcher #351400-1
Sunday, March 6 - $46
11 a.m. - 6 p.m. Exertion Level 1. Transportation, show and meal included.

A wildly theatrical, hilarious and innovative retelling of how a miserable orphan came to be The Boy Who Never Grew Up, Peter And The Star Catcher upends the century-old legend of Peter Pan.

History Colorado Center – #351500-1
Wednesday, March 16 - $18
9:15 a.m. - 3 p.m. Exertion Level 3. Transportation and admission included. Bring money for lunch, location TBD.

The History Colorado Center is a dynamic tourist destination, a hub for learning, a thought-provoking center for civic conversation, and an environment that encourages an inspirational journey into the future by understanding the past. History Colorado is a Smithsonian Affiliate, and Smithsonian Affiliations Director Harold Closter described the History Colorado Center as “the first great history museum of the twenty-first century.” The building houses core and traveling exhibitions, education and public programs, the Office of Archaeology and Historic Preservation, the State Historical Fund, the Stephen H. Hart Research Library, and other History Colorado functions.