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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

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 Leisure Seeker* by Michael Zadoorian
- **February** - *Away* by Amy Bloom
- **March** - *Dead Wake* by Eric Larson

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

Donations at the Front Porch
The Front Porch is a hub for various charitable organizations that accept donations of materials that are used for projects. We are proud to have so many talented and giving participants here at the Front Porch. However, we do have limited space to accommodate all of the materials that are dropped off. In order to manage the amount of material that is received we will ask that all donations need to be arranged with the leader of the organization directly. Call the Front Porch at 303-384-8130 for that appropriate phone number.

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 – Winter 2017/Spring 2018
Fridays: Jan. 6, Feb. 3 and March 3
Chair Massages & Reflexology Sessions. . . . . $13 for 15 mins.
Call 303-384-8130 to make your appointment.
Falls are the third leading cause of unintentional death in the U.S., accounting for nearly 32,000 deaths in 2014, according to Injury Facts 2016®. The risk of falling rises with age.

- Plan ahead and give yourself sufficient time.
- When walking on steps, always use the hand railings and plant your feet firmly on each step.
- When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction.
- Bending your knees a little and taking slower and shorter steps increases traction and can greatly reduce your chances of falling. It also helps to stop occasionally to break momentum.
- Streets and sidewalks that have been cleared of snow and ice should still be approached with caution. Look out for "black ice." Dew, fog or water vapor can freeze on cold surfaces and form an extra-thin, nearly invisible layer of ice that can look like a wet spot on the pavement. It often shows up early in the morning or in areas that are shaded from the sun.
- Carrying heavy items can challenge your sense of balance. Try not to carry too much—you need to leave your hands and arms free to better balance yourself.
- Be prepared to fall and try to avoid using your arms to break your fall. If you fall backward, make a conscious effort to tuck your chin so your head doesn't strike the ground with a full force.
- When entering a building, remove as much snow and water from your boots as you can. Take notice that floors and stairs may be wet and slippery—walk carefully.
- Use special care when entering and exiting vehicles—use the vehicle for support.

**Common locations for falls:**
- Doorways
- Ramps
- Cluttered hallways
- Areas with heavy traffic
- Uneven surfaces
- Areas prone to wetness or spills
- Ladders
- Stairs
Trips for January

National Western Stock Show - Grounds Admission #351000-01
*Thursday, Jan. 12 - $25*
*Time: TBA. Exertion Level 3.*
*Transportation and admission ticket included. Bring money for lunch and souvenirs.*

The National Western Stock Show, established in 1906, is the premier livestock, rodeo, and horse show in the nation, serving agricultural producers and consumers throughout the world. A nationally recognized western heritage and entertainment event, the stock show hosts one of the world’s richest regular season professional rodeos, one of the country’s largest horse shows and Colorado’s largest western trade show, attracting attendance numbers over 650,000 visitors each year.

Denver Botanic Gardens Orchid Showcase #351100-01
*Monday, Jan. 23 - $20*
*9 a.m. - 4 p.m. Exertion Level 3.*
*Transportation and admission ticket included. Bring money for lunch.*

Enjoy a winter escape with a stroll through the annual Orchid Showcase in the Orangery and Marnie’s Pavilion. Hundreds of exotic blooms are featured from common specimens to rare orchids that are part of the Gardens’ living collection.

Trips for February

International Snow Sculpting Championships in Breckenridge #351200-01
*Wednesday, Feb. 1 - $15*
**Weather Dependent**
*9 a.m. - 5 p.m. Exertion Level 4.*
*Transportation included. Bring money for lunch and souvenirs.*

Snow artists from around the world will compete at the International Snow Sculpture Championships. The sculptures start as 12-foot-tall, 20+ ton blocks of snow and are transformed into beautiful displays of art. Teams from all over the world will compete to create their art using only hand tools. This is a one of a kind event that is not to be missed.
Forever Plaid

Forever Plaid at the Candlelight Dinner Theatre #351300-01
Saturday, Feb. 11 - $65
10:30 a.m. - 6 p.m. (Lunch begins at 12 noon, show begins at 1 p.m.)
Exertion Level 1. Transportation, show and meal included. Please bring money for gratuity.

Once upon a time there were four guys who discovered they shared a love for music, and then got together to form a close harmony group. But on the way to their first big gig in 1964, their career was cut tragically short by a freak accident with a school bus. Now the heaven-sent quartet is finally getting the chance to come back to earth and perform the show that should have been—and they’re doing it just for you! Forever Plaid is a funny, nostalgic romp that features some of the best pop songs from the 1950s, including “Three Coins in a Fountain”, “Heart and Soul”, “Catch a Falling Star”, “Rags to Riches”, and “Love is a Many-Splendored Thing”. The Plaids are sure to please you, charm you, and tickle your funny-bone.

Trips for March

Tour of the Rocky Mountain Raptor Facility #351400-01
Wednesday, March 8 - $25
8:30 a.m. - 4 p.m.
Exertion Level 2.
Transportation and tour included. Bring money for lunch

For 33 years, the Rocky Mountain Raptor Program has served the northern Colorado community through rescue, rehabilitation and release of injured birds of prey.

Our community-based team of veterinary experts and specially trained volunteers provides all aspects of raptor care ranging from compassionate medical care to constructing cages that serve as temporary homes for recovering birds. The Rocky Mountain Raptor Program (RMRP) also plays a vital role in community education and outreach, providing hands-on learning about raptor species and the environment.

Tour of UCAR Center for Science Education in Boulder #351500-01
Tuesday, March 21 - $10
10 a.m. - 4 p.m.
Tour begins at 2 p.m.
Exertion Level 2. Transportation and tour included. Bring money for brunch.

The University Corporation for Atmospheric Research (UCAR) is a consortium of universities and colleges offering degrees in the atmospheric sciences and operates the National Center for Atmospheric Research.

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.

Exploring UCAR’s Mesa Laboratory and Visitor Center is a wonderful way to spend some time in the Denver metro area.