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
8 a.m. to 4 p.m. Monday through Friday*
5 to 8 p.m. Monday and Thursday
*Closed at 2 p.m. on Fridays and major holidays due to inactivity.

Staff
Becky Richmond, Guest Services Supervisor
Terry Sanchez, Coordinator
Diane Sauter, Guest Services

GENERAL ANNOUNCEMENTS

Flu Shots will be available at the Golden Community Center on Wednesday, Oct. 2 from 7 to 10 a.m. and 3:30 to 5:30 p.m. Fee is $25, payment can be made by cash, check or participating insurance. Insurance accepted: Medicare Part B (as primary insurance), UHC AARP (formerly Secure Horizons), Rocky Mountain Health Plan, Aetna and Humana Gold. Kaiser Permanente cannot be accepted at this clinic.

AARP Driver’s Safety Program - #15118-2 Sign up at the front desk. Payment is due to the instructor the day of the class. Monday, Oct. 7 from 9 a.m. to 1 p.m. with Min/Max: 10/25. Class is $12 for AARP members, and $14 for non-AARP members.

Pedicures The Front Porch has obtained a contact for those needing pedicures! Her name is Sandy and she will perform your pedicure at the Ford St. Salon at Ford and 23rd. Call Sandy at 303-521-6887 to schedule your appointment. The fee is $20.
**Golden Book Club**  Sponsored by the Golden Library, this group meets in the Front Porch the fourth Tuesday of each month. If you are interested in joining, please call 303-384-8130.

**October**  – “Crooked Letter, Cooked Letter” by Tom Franklin

**November**  – “Quiet: The Power of Introverts” by Susan Cain

**Puzzle Books in the Front Porch**  
**Provided by Aluminum Can Recycling Program.**  
Keep those cans coming to the center to recycle! Shirley Vincent and Ron Burroughs devote their time to collecting aluminum cans from the Community Center and taking them to the recycling center. The money collected is donated to the Front Porch. Thank you Shirley and Ron!

**Celebrate Health!**  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 free blood pressure screenings, healthy refreshments and presentations on a variety of wellness topics. In addition, we offer appointments for chair massages, and 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 - Fall 2013**

**Fridays: Oct. 4, Nov. 1, Dec. 6**

Chair Massages...... $13 for 15 min.  
Reflexology Sessions  $13 for 15 min.  

**Call 303-384-8130 to make your appointment.**

**Celebrate Health Recipe**  
**Sweet Potato Bowl**

- 1 large sweet potato cooked, skin removed and diced
- 1 red bell pepper, seeded and chopped
- 1 can black beans, rinsed and drained
- 1 avocado, peeled and chopped
- 1 cup chopped cilantro
- Juice of 1 lime
- Balsamic vinegar to taste

Warm sweet potatoes in microwave if using chilled leftovers. Place generous portion of sweet potatoes into large serving bowl. Top with bell pepper, black beans, avocado, and cilantro. Drizzle with lime juice and vinegar, stir gently, and serve.

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**SEMINARS & CLASSES**

**FREE! Monthly Health Series**  
Join us for this special series sponsored by Senior Reach. Sign up for any of these classes in the Front Porch.

**Awakening to Joy: A series class**  
Focuses on how to live our daily lives more “mindfully.”

**Tuesdays, 1 to 2:30 p.m.**

**October 8, 15, 22, 29**

**November 5, 12**

**Into the Stillness**  
During the holidays, taking some time through meditation, journaling, and ritual to be just “be still.”

**Tuesday, Dec. 10, 1 to 2:30 p.m.**

**Computer Training for Life-long Learning**  
These introductory computer classes are presented for FREE by the Jefferson County Public Library. Each class is designed to accommodate all skill levels. Space is limited, sign up in the Front Porch or call 303-384-8130. Classes are held in the library’s book mobile in the Golden Community Center’s 8th St. parking lot.

**Min/Max: 4/8**

**Mondays, 1 to 3 p.m. on the E-Train**

**Oct. 7 - Intro to using a Computer**

**Oct. 14 - Intro to using the Internet**

**Oct. 21 - Microsoft Word Basics**

**Oct. 28 - Email Basics**

**Nov. 4 - Excel Basics**

**Nov. 18 - iPad Basics**

**Nov. 25 - Social Networking Basics**

**Dec. 2 - Managing your Digital Photos**

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**Leadville, National Mining Museum.**
Trips for October

Kenosha Pass Fall Colors Hike - #35000-1
Hike a Kenosha Pass trail to view the fall colors and enjoy your own packed lunch. We will stop for coffee or ice cream on the way home.

*Thursday, Oct. 3*
9 a.m. to 2:30 p.m.
$17 (van, hike)
Exertion Level: 5
Register/Cancel by Oct. 1.

Trips for November

Terry Bison Ranch - #35004-1
It's the West the way you want it! Visit a 27,000 acres, family owned and operated Bison ranch along the Colorado-Wyoming border. Tour the Ranch and see a bison herd by train. Lunch at the Senator’s Steakhouse featuring the Food Network's “Best Burger in Wyoming”.

*Wednesday, Nov. 6*
8:30 a.m. to 4 p.m.
$55 (van, tour, lunch with drink tax and gratuity all included)
Exertion Level: 3
Register/Cancel by Nov. 1.

History Colorado Lecture: Denver Mountain Parks - 100 years of the Magnificent Dream - #35001-1
Enjoy a tour of the museum followed by a fantastic presentation of Denver Mountain Parks by Author Wendy Rex-Atzet and photographer John Fielder. The History Center Café is available if you would like to purchase lunch. The lecture is at 1 p.m.

*Tuesday, Oct. 15*
10 a.m. to 2:30 p.m.
$24 (van, lecture and museum entrance)
Exertion Level: 2
Register/Cancel by Oct. 10.

Black American West Museum and Heritage Center and Lunch at the Welton Café - # 35002-1
This museum is dedicated to collecting, preserving and disseminating the contributions of black Americans in the old west. After enjoying the museum we will have lunch at the highly rated Welton Café.

*Tuesday, Oct. 22*
10 a.m.- 2:30 p.m.
$20 (van, museum included, bring money for lunch)
Exertion Level: 2
Register/Cancel by Oct. 18.

Registration Information

Registration begins on Sept. 1 for both resident and non-resident participants. Trips and Tours 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.

Please refrain from wearing perfume or cologne for the health and comfort of those with allergies, asthma or other health issues. Thank you.

TRIPS & TOURS INFORMATION

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Exertion Level: 2
Register/Cancel by Oct. 10.

Black American West Museum and Heritage Center and Lunch at the Welton Café - # 35002-1
This museum is dedicated to collecting, preserving and disseminating the contributions of black Americans in the old west. After enjoying the museum we will have lunch at the highly rated Welton Café.

*Tuesday, Oct. 22*
10 a.m.- 2:30 p.m.
$20 (van, museum included, bring money for lunch)
Exertion Level: 2
Register/Cancel by Oct. 18.

Trips for November

Terry Bison Ranch - #35004-1
It's the West the way you want it! Visit a 27,000 acres, family owned and operated Bison ranch along the Colorado-Wyoming border. Tour the Ranch and see a bison herd by train. Lunch at the Senator’s Steakhouse featuring the Food Network's “Best Burger in Wyoming”.

*Wednesday, Nov. 6*
8:30 a.m. to 4 p.m.
$55 (van, tour, lunch with drink tax and gratuity all included)
Exertion Level: 3
Register/Cancel by Nov. 1.
**Heritage Square - Sweeney Todd (to say so-long) - #35003-1**

On New Year’s Eve, the Heritage Square Music Hall & Dinner Theater will take a final bow as the curtain closes for the last time. We will make one final trip to enjoy the hilarious spoof of the classic “Sweeney Todd” with brunch in the dining room before the show.

*Sunday, Nov. 10, 12 to 4:30 p.m.*

**Exertion Level: 2 (because of the long walk to the theatre)**

$48 (van, show and brunch included)

**Register/Cancel by Oct. 16.**

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**The Cell - #35005-1**

The Counterterrorism Education Learning Lab’s (CELL) exhibit is a dynamic, interactive experience that is a great educational tour on the prevention of terrorism. We will visit this state of the art exhibit located in the heart of Denver and have lunch downtown.

*Wednesday, Nov. 20*

10:30 a.m. to 2:30 p.m.

$14 (van, tour included; bring money for lunch)

**Exertion Level: 2**

**Register/Cancel by Nov. 13.**

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**Trips for December**

**Passport to Paris at the DAM - #35006-1**

Passport to Paris brings together works from the rock stars of the art world—Claude Monet, Edgar Degas, Camille Pissarro, Henri de Toulouse-Lautrec, and more. This exhibition’s trio of shows focuses on French art from the late 1600s to early 1900s and explores changes in art and society during three important centuries in art history. We will have lunch prior to our docent led tour in the afternoon. Early registration is required for this trip as this special exhibit will sell out!

*Tuesday, Dec. 3*

11 a.m. to 4 p.m.

$34 (van, tour included, bring money for lunch)

**Exertion Level: 3**

**Register/Cancel by Nov. 4.**

**Wildflowers Tea Room - #35007-1**

This boutique hotel in Broomfield is home to an authentic English tea room under the helm of Maureen Odde, an avid tea lover from Northhampton, England. We’ll have an authentic English tea and enjoy the holiday décor.

*Thursday, Dec. 12*

11 a.m. to 2:30 p.m.

$10 (van included, bring money for the tea - $21.95 not including tax and gratuity)

**Exertion Level: 1**

**Register/Cancel by Dec. 1.**

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**Saturday Night Dance at the Clements Center - #35008-1**

Enjoy three hours of dancing to a live band and refreshments at our neighboring community center. We will stop for dinner on the way and arrive early enough to secure a table before we dance the night away. Please bring $7 cash for your entrance fee.

*Saturday, Dec. 21*

4:45 to 10 p.m.

$9 (van, bring money for dinner and $7 entrance fee)

**Exertion Level: 4**

**Register/Cancel by Dec. 18.**

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**Exertion Levels: Day Trips & Tours**

**Level 1** = Walking short distances 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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**Trip: Passport to Paris at the DAM.**

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