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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

20 Year Anniversary Celebration of the Golden Community Center
The Community Center is turning 20! We will be celebrating Oct. 20-24. We are focusing on Individual, Family and Community Wellness with activities throughout the week. More information can be found at www.cityofgolden.net.

Golden Book Club
This group meets in the Front Porch the fourth Tuesday of each month at 6:30 p.m. If you are interested in joining or would like the reading list for October-December, please email Jan Bradbury at bobjanbradbury@comcast.net.

AARP Driver’s Safety Program #15118-2
Sign up at the front desk. Payment is due to the instructor the day of the class on Monday, Oct. 6 from 9 a.m. to 1 p.m. with Min/Max 10/25. Class is $15 for AARP members and $20 for non-AARP members.
Music Therapy and Dementia
Music therapists work directly with family members, caregivers, and patients to find the best music for a desired goal of dementia therapy, such as to "improve memory," "lower agitation," or "improve cognitive skills." Music can be used mnemonically to "retune" the brain to remember certain tasks during early stages of Alzheimer's and dementia. But in later stages, music is most helpful in maintaining motor skills. In all cases, music is known to reduce anxiety and stress while increasing attention, motivation, and focus.

To read more about this therapy, visit www.aplaceformom.com/senior-care-resources/articles/dementia-therapy-and-music.

To find a musical therapist in your area, contact the American Music Therapy Association, www.musictherapy.org.

Flu Shots Available
Get your flu shot at the Golden Community Center on Wednesday, Oct. 1 from 7 to 10 a.m. and 3:30 to 5:30 p.m. New this year…. 4 strain vaccine, offering one extra influenza strain of protection.

Fee is $27, payment can be made by cash, check or participating insurance including Medicare Part B (as primary insurance). Other insurances are accepted; please check the day of for more information.

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 healthy refreshments and presentations on a variety of wellness topics. In addition, appointments for chair massages and hand/foot reflexology are available for a nominal fee. Celebrate Health! is held upstairs at the Front Porch of the Golden Community Center.

Celebrate Health! - Fall 2014
Fridays: Oct. 3, Nov. 7, Dec. 5
Chair Massages
.......................... $13 for 15 mins.
Reflexology Sessions
.......................... $13 for 15 mins.
Call 303-384-8130 to make your appointment.

Computer Training for Life-long Learning
The Jefferson County Public Library has discontinued this service here at the Golden Community Center Front Porch. If you are still interested in this program, please contact the Golden Library at 303-235-5275.

Mahjong (Mah-Jongg)
Learn the game that originated in China and now has followings throughout Asia and the West. Similar to the Western card game rummy, mahjong is a game of skill, strategy and calculation while still involving a degree of chance. Classes will be held on Tuesdays from 9 to 11:45 a.m. at the Front Porch starting Oct. 7 and continuing for six weeks. There is a one time fee of $8 for this hands-on instruction. Once you learn to play, be sure to join us each week for our regular Mahjong games! For more information, and to sign up, contact Eve at 303-424-0134 or Sharon at 303-343-6002.
TRIPS & TOURS INFORMATION

Registration Information

Registration is now open 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 for October

**Chihuly at Night - Denver Botanic Gardens - #35026-1**

By popular demand! The great artistry of Dale Chihuly will be illuminated for a unique nighttime perspective. Even if you had the opportunity to visit during the day, you will not want to miss this magical experience!

* Thursday Oct. 16
  * 4:30 to 8 p.m.
  * $18 (van, driver, exhibit)

**Arvada Center for the Performing Arts - The Last Romance - #35027-1**

A delightful comedy about love in the golden years. Ralph, an elderly widower, feels young again all thanks to an unexpected second chance at love. Relying on a renewed boyish charm, Ralph attempts to woo the elegant but distant Carol. Up against Carol’s reluctance and his domineering sister’s meddling, Ralph embarks on the challenge of a lifetime, and regains a happiness that seemed lost.

* Wednesday, Oct. 22
  * 12 to 5 p.m.

**Historic Tour of the Colorado State Capitol Building and Mr. Brown’s Attic - #35028-1**

The Capitol Building and Mr. Brown’s Attic Tour will begin on the first floor and move to the third floor. These tours are devoted to Colorado’s early history, capitol construction, the famed stained glass windows and legislative process.

* Tuesday, Nov. 4
  * 8:45 a.m. to 2:30 p.m.
  * $10 (van, escort, bring money for lunch)

Exertion Level: 3
Register/Cancel by Oct. 8.

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TRIPS & TOURS

Register by phone: 303-384-8100
Register online: rec.cityofgolden.net
We accept VISA, MasterCard, American Express, and Discover.

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Chihuly at Night - Denver Botanic Gardens. Photo courtesy of Dale Chihuly.
Morrison Natural History Museum - #35029-1
Discover Colorado's dinosaurs with expert guides and hands-on exhibits at Jefferson County's original paleontology museum. Encounter historic and modern fossil finds and see research in progress at the Paleo Lab. A visit is the perfect orientation to the Red Rocks and Dinosaur Ridge areas.

**Thursday, Nov. 13**
**11:30 a.m. to 3 p.m.**
**$15 (van, tour included, bring money for lunch)**
**Exertion Level: 3**
**Register/Cancel by Nov. 5.**

**Trips for December**

**Candlelight Dinner**
**Playhouse - Miracle on 34th St. - #35031-1**
Kris Kringle takes on the cynics among us in this musical adaptation of the popular holiday favorite. In his inimitable style, Meredith Willson (*The Music Man, The Unsinkable Molly Brown*), tells us the classic story of the year. A white-bearded gentleman claiming to be the real Santa Claus brings about a genuine *Miracle on 34th Street*. Spreading a wave of love throughout New York City and fostering camaraderie between Macy's and Gimbel's Department stores, the real miracle is convincing a divorced, cynical single mother, her somber daughter and the entire state of New York that Santa Claus is no myth.

**Saturday, Dec. 6**
**11 a.m. to 6 p.m.**
**$60 (van, driver, show, dinner, beverage and gratuity included)**

**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.

**Holiday Tea at the Briarwood Inn - #35032-1**
Come see the Briarwood all decorated for the holiday and enjoy some tea and snacks.

**Saturday, Dec. 13**
**9:45 a.m. to 12 p.m.**
**$0 (Meet at the Briarwood Inn. Tea is $35, not including tax and gratuity.)**
**Exertion Level: 2**
**Register/Cancel by Dec. 3.**