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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
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

The Bighorn Sheep at the Rocky Mountain Arsenal National Wildlife Refuge.

GENERAL ANNOUNCEMENTS

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 303-384-8130 for that appropriate phone number.

Golden Book Club  The group that originated in the Golden Library is moving to the Front Porch. If you are interested in joining, please call 303-384-8130. The group will meet the fourth Tuesday of each month.

July – “A Covert Affair” by Jennet Conant

Can Recycling  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 - Summer 2013
Fridays: July 12, Aug. 2, Sept. 6
Chair Massages ...... $13 for 15 min.
Reflexology Sessions ........................................ $13 for 15 min.
Call 303-384-8130 to make your appointment.

Celebrate Health Recipe
Zucchini & Corn Salad
• 2 small zucchini, diced
• 2 fresh ears of corn. I used good quality frozen corn and lightly cooked it in the microwave.
• 1 red bell pepper, diced
• 1 bag of frozen edamame. I let it thaw.
• 1 jalapeno seeded and minced
Dressing:
- Zest of 1 lime
- Juice of one lime
- ½ cup of minced cilantro
- 2 tbls olive oil
• Salt and pepper to taste
• **As you know, when I prepare salads I just eyeball everything. This is a close approximation as I prepared a much larger quantity.

"Laughter is timeless. Imagination has no age. And dreams are forever”
- Walt Disney
TRIPS & TOURS
Register by phone:
303-384-8100
Register online:
rec.cityofgolden.net
We accept VISA, MasterCard,
American Express, and Discover.

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 July

H Mart, Bombay Bazaar, and Indian Lunch - #15018-1
We’ll drive to Aurora to enjoy an international lunch and then continue our tour to the international supermarket H Mart and the Bombay Bazaar. This trip will be led by our friend Pravina Mehta!

Monday, July 8
10:30 a.m. to 3:30 p.m.

$11 (van included; bring money for lunch)
Exertion Level: 3
Register/Cancel by July 3.

The Rock Ledge Ranch in Colorado Springs - #15019-1
The Rock Ledge Ranch Historic Site is an educational, non-profit living history farm and museum that depicts life in the Pikes Peak region in four time periods: 1775, 1860’s, 1880’s and 1907.

Friday, July 19
9 a.m. to 4:30 p.m.
$28 (van & admission included; bring money for lunch)
Exertion Level: 4
Register/Cancel by July 17.

Colorado Rockies vs. Milwaukee Brewers on the West Line - #15020-1
Take me out to the ballgame via the West Line rail! Park at the Jeffco West Line rail station and meet your group at the light rail ticket kiosk to purchase passes with the help of the group leader.

Sunday, July 28
11:45 a.m. to 6:30 p.m.
$19 (game tickets included; Bring cash or credit card for light rail passes & incidentals)
Register/Cancel by July 15.

Trips for August

Colorado Renaissance Festival - #15021-1
Wander back in time through Renaissance Village where you will be entertained by authentically costumed merrymakers, artisan crafters, and food vendors. The shows are spectacular and quite impressive. Be prepared for fun and all weather conditions.

Sunday, Aug. 4
9 a.m. to 5 p.m.
Exertion Level: 4
$40 (van, admission included; bring money for food, incidentals)
Register/Cancel by Aug. 1.

There are always a lot of laughs on a Front Porch Day Trip!
Beat the heat and head for the hills! We will visit the National Mining Hall of Fame & Museum where mining’s colorful history is showcased. The museum is a monument to the memory of the men and women who pioneered the discovery, development and processing of our nation’s natural resources. We will tour the museum, go to lunch and enjoy the scenery.

**Friday, Aug. 16**
8 a.m. to 5 p.m.
$34 (van, tour included; bring money for lunch)

**Exertion Level:** 3
**Register/Cancel by Aug. 14.**

**Boulder Farmers Market and NCAR (National Center for Atmospheric Research) – #15023-1**
We will enjoy the morning at the Boulder Farmers Market and then go on a tour of NCAR.

**Wednesday, Aug. 21**
8 a.m. to 2:30 p.m.
$11 (van, tour included; bring money for food & incidentals)

**Exertion Level:** 3
**Register/Cancel by Sept. 12.**

**Trips for September**

**Agricultural Heritage Center of Boulder County and Redstone Meadery - #15024-1**
Experience the history of agriculture in Boulder County with a visit to the Agricultural Heritage Center which focuses on the years 1900 to 1925 when local families prospered as farmers. Enjoy barns, livestock, a farmhouse, and interactive exhibits. Then it’s on to the Redstone Meadery where the “Spirit behind the world’s first beverage is still alive!”

**Friday, Sept. 13**
8:30 a.m. to 4 p.m.
$15 (van included; bring money for lunch)

**Exertion Level:** 3
**Register/Cancel by Sept. 11.**

**The Full Monty - Boulder Dinner Theatre - #15026-1**
There is great heart to The Full Monty and the ultimate themes expressed in the show of taking charge of one's life and following one's dreams. Seeing how much their wives enjoy watching male strippers during their "Girls' Night Out," unemployed steelworkers in Buffalo, New York come up with a bold way to make some quick cash. In the process they find renewed self-esteem, the importance of friendship and the ability to have fun. This show is rated “R”.

**Sunday, Sept. 22**
11:30 a.m. to 5 p.m.
$37 (van, show and dinner included; bring money for gratuity)

**Exertion Level:** 1
**Register/Cancel by Sept. 6.**

Enjoy the scenic drive to Rocky Mountain National Park as we take a day hike and then make our way to Estes Park before our trip home. Please bring snacks, food to enjoy, plenty of water, and sun protection!

**Tuesday, Sept. 17**
9 a.m. to 5 p.m.
$21 (van included, bring money for food & incidentals)

**Exertion Level:** 5
**Register/Cancel by Sept. 14.**

**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.