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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

GENERAL ANNOUNCEMENTS

A Special Thank You! The Front Porch would like to extend a special thank you to Irene Obermeyer and Carol Youman for their dedication in preparations for Celebrate Health! each month. Your contributions make the popular event possible. In addition, thank you to our volunteers who staff the Front Porch in the afternoons: Reva Hamm, Beverly Rollag, and Ruby Stephens. Your contribution to this community is very much appreciated!

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 last Tuesday of each month beginning January 22 from 6 to 8 p.m. January’s book: Saint Maybe by Anne Taylor.

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!
The Hands & Hearts club with a full batch of new yarn. That yarn will make many items that will be donated to local hospitals, hospices and to others in need.

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**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.

**Peace Mandala**
We will work on a group Peace Mandala exploring what personal and communal peace is and express it through watercolor.
*Thursday, Jan. 31
10:30 a.m. to noon*

**Nurturing the Brain**
This class provides some practical ways to improve your mental abilities along with a small cookbook of "brain" recipes.
*Thursday, Feb. 28
10:30 a.m. to noon*

**Computer Training for Life-long Learning**
These introductory computer classes are presented for FREE by the Jefferson County Public Library. Each four week series is designed to accommodate all skill levels! Space is limited, sign up in the Front Porch.

**Celebrate Health Dates - Winter 2013**
Fridays: Jan. 4, Feb. 1, & March 1
Chair Massages ...$13 for 15 min.
Reflexology Sessions
..........................$13 for 15 min.
Call 303-384-8130 to make your appointment.

**Celebrate Health Recipe**
**Salmon-Veggie Party Dip**
- 1 can or pouch (6 to 7.5 oz.) Alaska salmon, drained and chunked
- 1 package (10 oz.) frozen chopped spinach, thawed, drained, and pressed
- ¼ cup light sour cream
- ½ cup low-fat mayonnaise
- ½ cup each chopped parsley and chopped green onion
- 1 small jalapeño pepper, seeded and minced, if desired
- 1½ teaspoons seafood seasoning or mesquite chicken seasoning
- Juice of ½ small lime

**Preparation:** Combine all ingredients. Chill several hours for flavors to blend. Serve dip with assorted raw vegetables and crackers.
TRIPS & TOURS INFORMATION

Registration Information
Registration begins on Dec. 1, 2012 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 January

Becoming Van Gogh - Denver Art Museum - #15000-1
www.denverartmuseum.org/exhibitions/becoming-van-gogh
The Denver Art Museum is the ONLY venue showing this exhibition of more than 70 paintings and drawings examining the critical steps in his artistic evolution. This will be a must see! We will have lunch before heading to the museum.

  Thursday, Jan. 10
  10:30 a.m. to 3:30 p.m.
  $30 (van, audio tour included, bring money for lunch)
  Exertion Level: 2
  Register/Cancel by Jan 8.

History Colorado Lecture - #15001-1
www.historycolorado.org
“And many wore moccasins”: The Ute, Navajo, and Blackfoot Nations in World War I: We will join Colorado Mesa University's Dr. Timothy Winegard as he describes the events that led to citizenship for the Native population in 1924 and highlights the wartime experiences of the Ute, Navajo, and Blackfoot Confederacy. We will have lunch before the 1 p.m. lecture.

  Tuesday, Jan. 15
  10:30 a.m. to 3 p.m.
  $20 (van and admission, bring money for lunch)
  Exertion Level: 2
  Register/Cancel by Jan 13.

Breckenridge Snow Sculptures - #15002-1
Back by popular demand! Enjoy the day in beautiful Breckenridge viewing magnificent snow sculptures, enjoying lunch, and have some time for shopping on your own.

  Monday, Jan. 28
  9 a.m. to 4 p.m.
  $24 (van, bring money for lunch)
  Exertion Level: 4
  Register/Cancel by Jan. 24.

Trips for February

Snowshoe Trip #15003-1
By Request! Join Mike O’Dorisio as he takes us on a snowshoe adventure! Snowshoe rentals are available for an additional fee for those who do not bring their own. Please pack your lunch and bring plenty of water.

  Monday, Feb. 4, 9 a.m. to 3 p.m.
  $12 (van only – bring money for snowshoe rental)
  Exertion Level: 5
  Register/Cancel by Jan. 30.
**History Colorado Lecture - #15004-1**

www.historycolorado.org

A Misplaced Massacre: Sand Creek in History and Memory. For nearly a century and a half, the Sand Creek Massacre has been at the center of struggles over history and memory in the West, from government investigations launched in the massacre's aftermath to the recently opened Sand Creek Massacre National Historic Site. Join Dr. Ari Kelman as he discusses this controversial chapter of Colorado’s history in the History Colorado Center.

*Tuesday, Feb. 19.*

10:30 a.m. to 3 p.m.

$20 (van and lecture, bring money for lunch)

Exertion Level: 2

Register/Cancel by Feb. 15.

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**The Denver Center for the Performing Arts Tour - #15005-1**

www.denvercenter.org

Explore backstage at the Denver Performing Arts Complex, the world’s largest performance facility! This four-block, 12-acre site is home to our Theatre Company and Broadway tours plus the Colorado Ballet, Colorado Symphony and Opera Colorado. The 90-minute guided tour takes you backstage, through dressing rooms, into costume and design studios, and on stage. We will have lunch after the tour.

*Monday, Feb. 25*

9 a.m. to 2 p.m.

$18 (van, tour included, bring money for lunch)

Exertion Level: 4

Register/Cancel by Feb. 20.

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**Trips for March**

**Candlelight Dinner Playhouse - The Unsinkable Molly Brown - #15006-1**

www.coloradocandlelight.com

Booking return passage on the fateful Titanic, Molly becomes a national hero – and the rest is history. With a rousing score from the composer of The Music Man, you’ll cheer for one of Broadway’s great ladies!

*Sunday, March 10*

1 to 5 p.m.

$54 (van, show and dinner, beverage and gratuity included)

Exertion Level: 1

Register/Cancel by Feb. 15.

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**History Colorado Center Visit and Lecture - #15007-1**

We’ll visit the History Colorado Center, tour their exhibits, and attend March’s lecture on John Otto: A Man of Many Letters. A National Park Service custodian, John Otto promoted many ideals before their time including the eight hour workday, transcontinental highways and equal rights for women. His flamboyant manner of addressing current issues led to the establishment of the Colorado National Monument in 1911.

*Tuesday, March 19*

9 a.m. to 3 p.m.

$24 (van, lecture and museum entrance, bring money for lunch)

Exertion Level: 4

Register/Cancel by March 14.

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**Glen Eyrie Castle - #15008-1**

www.gleneyrie.org

What is the story behind this magnificent estate north of Colorado Springs? Immerse yourself in the history of Glen Eyrie, from General Palmer to The Navigators, with a guided walking tour of the castle. After the tour we will enjoy a lovely English Cream Tea. This place looks quite fascinating!

*Thursday, March 28*

11 a.m. to 5:30 p.m.

$40 (van, tour of castle, English Cream Tea included)

Exertion Level: 4

Register/Cancel by March 15.

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Save paper and receive the Front Porch News by email!

The Front Porch news is available by email. Stay up to date with all Front Porch activities, classes and day trips from your own computer. Send an email to frontporchnews@cityofgolden.net to receive your newsletter by email.