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*
*Closed at 2 p.m. on Fridays and major holidays due to inactivity.

Staff
Kristi Marosy, Guest Services/ Front Porch Supervisor
Terry Sanchez, Coordinator
Diane Sauter, Guest Services

GENERAL ANNOUNCEMENTS

Welcome Kristi Marosy to the Front Porch – She is the new Guest Services Supervisor. Kristi is not a stranger around here, she was previously the Aquatics Supervisor and we are happy to have her join us!

Computer Training hours have changed from 2 - 4 p.m.

Summer Van Trips – During the summer we share the vans with the summer camp kids. Therefore, our days to have access to the vans are Mondays and every other Friday.

Mah Jongg Lessons
6 week class starts March 11, 9 to 11:30 a.m.
Lessons take place every Tuesday in the Front Porch. The cost of the lessons are $10 (a one time fee). You must call the Front Porch at 303-384-8130 to sign up as space is limited.
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 or learning about future book titles, call 303-384-8130.

**April 22 – The Bookman’s Tale**  
by Charlie Lovett

**Puzzle Books in the Front Porch**  
– Provided by Coors Can Recycling Program. These books are provided by the 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. Celebrate Health! is held upstairs at the Front Porch of the Golden Community Center.

**Celebrate Health! Dates - Spring 2014**

**Fridays: April 4, May 2, June 6**

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

Call 303-384-8130 to make your appointment.

**Make Your Home Safer: Preventing Falls**

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Have grab bars put in next to your toilet and in the tub or shower.
  - Keep items you use often in cabinets you can reach easily without using a step stool.

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**SEMINARS & CLASSES**

**The Basics of Alzheimer’s**  
Come learn about typical age-related changes and what is not typical. Learn about types of dementia including those that are reversible and those that are not. Learn how the disease progresses and gain a better understanding of treatments and the importance of early diagnosis.

**Thursday, April 24, 1 to 2:30 p.m.**

**AARP Driver Safety**

**Activity #15118-2  Registration at the Front Desk is required.**  
**Monday, April 7, 9 a.m. to 1 p.m.**  
$15 AARP member/ $20 Non-Member  
Fee is payable to the instructor.

**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 Street parking lot.

**Mondays, 2 to 4 p.m. on the E-Train**

April 7 - Intro to using a Computer  
April 14 - Intro to using the Internet  
April 21 - Microsoft Word Basics  
April 28 - Email Basics  
May 5 - Microsoft Word 2  
May 12 - Downloadable Books (ebooks) and eReaders  
May 19 - Buying Online (eBay and Craigslist)  
June 2 - Online Searching  
June 9 - iPad Basics  
June 16 - Managing Digital Photos  
June 23 - Personal Security Online
Trips for April

Trader Joe's - # 15000-1
The wait is over. They have 2 buck chuck! Let’s make a fun day trip to explore our state's first Trader Joe’s. The back of the van has room for grocery bags! Lunch will be decided.

Thursday, April 10
11 a.m. to 2:30 p.m.
$10 (van, driver)
Exertion Level: 3
Register/Cancel by April 8.

Museum of Nature & Science – Maya: Hidden Worlds Revealed #15001-1
The largest exhibition about the ancient Maya ever to be displayed in the United States. Through a combination of never-before-seen artifacts, hands-on activities, and immersive environments—including re-creations of an underworld cave, the starry night sky, and a vibrantly colored mural room—visitors will explore the rise and eventual decline of this fascinating culture’s ancient cities. The café is available for a meal or snack.

Tuesday, April 15
10 a.m. to 2:30 p.m.
$27 (van, driver, exhibit, museum entrance, food is on your own)
Exertion Level: 3
Register/Cancel by April 7.

Michael Ricker Design Studio and Museum - # 15002-1
Michael established himself as an internationally recognized pewter artist and sculptorist and was regarded as one of the most collected artists in the world. These accomplishments were enhanced through a number of commissions and presentations of his unique works-of-art. We will enjoy a tour of the gallery/museum and have lunch.

Wednesday, April 23
10 a.m. to 3:30 p.m.
$24 (van, driver, tour, lunch is on your own)
Exertion Level: 2
Register/Cancel by April 17.

Trips for May

Rocky Mountain Arsenal National Wildlife Refuge - #15003-1
The Rocky Mountain Arsenal National Wildlife Refuge is one of the largest urban refuges in the country and is home to more than 330 species of migratory and resident wildlife. We will enjoy the visitors center, take in some hikes and drive the wildlife loop trail. This will all be on our own and in our van. After the refuge we can go to lunch. Please pack water and be prepared for various weather conditions.
Tuesday, May 6
9 a.m. to 1:30 p.m.
$12 (van, tour included.
Bring money for lunch)
Exertion Level: 4
Register/Cancel by May 2.

Cake Crumbs Tour & Snooze, an A.M. eatery - #15004-1
First we will hit the trendy, well-reviewed Snooze eatery for breakfast and then we will tour the Cake Crumbs bake shop and see how they make their tasty cupcakes and wedding cakes. They sell their cupcakes out of the Denver Cupcake Truck.
Thursday, May 15
9 a.m. to 1:30 p.m.
$10 (van, tour included, bring money for breakfast and cupcakes!)
Exertion Level: 2
Register/Cancel by May 12.

Runway Grill at Jeffco Airport - #15005-1
Watch the airplanes arrive and takeoff with a beautiful view of the mountains while enjoying your lunch.
Wednesday, May 21
11 a.m. to 2 p.m.
$10 (van, bring money for lunch)
Exertion Level: 2
Register/Cancel by May 19.

Trips for June

Rambler Ranch - #15007-1
Rambler Ranch is part of a 165 acre estate owned by Terry Gale and Greg Kissinger. Rambler Ranch is a car lovers dream to visit. In addition to the 600 cars, there are thousands of different types of car memorabilia to see. A tour through the Nash building brings back memories for many visitors. There are five major buildings on the grounds plus a number of outbuildings and garages. This trip is by request. We will order catered sandwiches to take with us. Please bring $10.00 cash or check to get in.
Monday, June 9
9 a.m. to 3 p.m.
$30 (van, driver, catered lunch)
Exertion Level: 4
Register/Cancel by June 5.

The Boulder Dushanbe Teahouse - #15006-1
Enjoy the magnificent beauty of this teahouse. We will have lunch and then stroll the Boulder Creek and Pearl Street Mall.
Friday, June 20
10:30 a.m. to 2:30 p.m.

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.

$10 (van, bring money for lunch and incidentals)
Exertion Level: 3
Register/Cancel by June 18.

Rocky Mountain National Park – #15008-1
We didn’t make it last year because of the big flood so let’s try it again!
Monday, June 30
8 a.m. to 4:30 p.m.
$28 (van, escort included bring money for your lunch)
Exertion Level: 5
Register/Cancel by June 25.