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

Intergenerational Barbeque
We will celebrate the summer with the camp kids and have a barbeque in the park. Games, food and great intergenerational fun! You must sign up for this event in the Front Porch.

The Splash at Fossil Trace
Did you know you can use your Silver Sneaker pass at the outdoor pool? Stop by the Front Desk for a schedule of open times.

20 Year Anniversary Celebration of the Golden Community Center
The Community Center is having a big celebration in October to celebrate 20 years. If you have any photos, news clips, or particular memories of the Grand Opening please pass along to Kristi Marosy. She will scan and return the items to you. Thank you.
Golden Book Club
Sponsored by the Golden Library, this group meets in the Front Porch the fourth Tuesday of each month at 6:30 p.m. If you are interested in joining, please call 303-384-8130.

July 22 – *The Love of a Good Woman*, by Alice Monroe
August 26 – *Fahrenheit 451*, by Ray Bradbury
September 23 – *The Leopard*, by Giuseppe Di Lampedusa

Facility Maintenance Closure
The entire Golden Community Center will be closed from August 18 - 24 for maintenance. The Splash outdoor pool will be open and available for water aerobics and lap swimming. The specifics of open times will be available as the date gets closer. Silver Sneaker pass holders may utilize other Community Centers in the area that accept the Silver Sneaker cards.

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! - Summer 2014
Fridays: July 11, Aug. 1, Sept. 5
Chair Massages
......................... $13 for 15 mins.
Reflexology Sessions
......................... $13 for 15 mins.
Call 303-384-8130 to make your appointment.

Are Grapes Good For Your Heart?
Whether you eat the fruit, seeds or skin; drink the juice; or sip on red wine, grapes can help reduce the risk of heart disease. These bright fruits are rich in polyphenols (naturally occurring plant compounds known to have antioxidant activity and other health benefits) including resveratrol, phenolic acids, anthocyanins, and flavonoids, which help to:
1. Slow or prevent cell damage caused by oxidation, which is an important step in deterring the development of atherosclerosis.
2. Reduce blood clotting and abnormal heart rhythms.
3. Lower blood pressure in patients with hypertension.

Choose the darker colored varieties of grapes for the most polyphenol benefits and opt for eating the fruit or skins over juice when able.

SEMINARS & CLASSES
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, Min/Max: 4/8. 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.

*Mondays, 2 to 4 p.m. on the E-Train*
July 7 - Intro to using a Computer
July 14 - Intro to using the Internet
July 21 - Microsoft Word Basics
July 28 - Email Basics
Aug. 4 - Microsoft Word 2
Aug. 11 - Downloadable Books (ebooks) and eReaders
Aug. 25 - Buying Online (eBay and Craigslist)
Sept. 8 - Online Searching
Sept. 15 - iPad Basics
Sept. 22 - Managing Digital Photos
Sept. 29 - Personal Security Online

*Lenora’s water walking class.*
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

Colorado Rockies vs. Minnesota Twins #25001-1
Take me out to the ballpark!
Sunday, July 13
12:30 p.m. – till end of game
$23 (van, driver, parking, ticket into the game)
Exertion Level: 2
Register/Cancel by July 1.

West Line to the New Union Station #25002-1
Let’s take the West Line Rail to the new Union Station and poke around the new eateries, ice creameries, and shops. Meet at the Jefferson County Rail Station and you will have an escort for the trip.
Friday, July 18
11 a.m. to 4 p.m.
$5 (Escort only. Bring money for the Light Rail and for food.)
Exertion Level: 4
Register/Cancel by July 15.

Candlelight Dinner Playhouse: Peter Pan #25003-1
The High-flying Broadway classic is a timeless masterpiece where magic and wonder abound. This spectacular production about ‘the boy who refused to grow up’ will transport you like never before into J.M. Barrie’s beloved tale of lost boys, pirate rogues and a mischievous fairy! Highlighted with dazzling flying effects, your heart will take flight with such musical favorites as “I’m Flying,” “I Won’t Grow Up,” “Never-Never Land” and so many more.
Sunday, July 27
11:15 a.m. to 5:15 p.m.
$60 (van, driver, show, dinner, beverage and gratuity included)
Exertion Level: 2
Register/Cancel by July 16.

Trips for August

Thoroughbred Horse Racing: Arapahoe Park #25004-1
Enjoy the excitement of thoroughbred horse racing and a VIP table in the clubhouse at Arapahoe Park Racetrack in Aurora. The fee includes admission, program, tip sheet, betting seminar, clubhouse seating, box lunch, escort and van.
Sunday Aug. 10
11:30 a.m. to 5:30 p.m.
$40 (see above)
Exertion Level: 2
Register/Cancel by Aug. 4.
Boulder Agricultural & Heritage Center and Redstone Meadery - # 25005-1
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, Aug. 15
9:30 a.m. to 3:30 p.m.
$16 (van, tour included, bring money for lunch)
Exertion Level: 4
Register/Cancel by Aug.11.

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.

Trips for September

Colorado Rockies vs San Francisco Giants -# 25007-1
Rockies Baseball!
Wednesday, Sept. 3
11:30 a.m. – till end of game
$23 (van, game, bring money for incidentals)
Exertion Level: 2
Register/Cancel by Aug. 19.

Chihuly Denver Botanic Gardens - # 25008-1
Denver Botanic Gardens presents the Rocky Mountain Region's first major outdoor exhibition of artwork by celebrated American artist, Dale Chihuly. Chihuly’s sculptures – ranging in size and form – add bold colors and dramatic beauty to the Gardens' 24-acre urban oasis.
Tuesday, Sept. 16
9 a.m. to 2:30 p.m.
$23 (van, exhibit entrance, bring money for lunch)
Exertion Level: 4
Register/Cancel by Sept. 10.

Wild Animal Sanctuary – #25009-1
We need to return and visit the “Mile into the Wild Walkway” look down into the natural habitats of the wild animals. The walkway was a well thought out answer to keeping the animals content and happy while allowing the humans to observe them.
Thursday, Sept. 25
8:30 a.m. to 3:30 p.m.
$30 (van, entrance included bring money for your lunch)
Exertion Level: 4
Register/Cancel by Sept. 22.

Cherokee Ranch - #25006 -1
Cherokee Ranch and Castle is a beautiful historic destination for cultural events and the discovery of Western heritage. This tour covers details of the Castle's history and architecture, as well as its unique furnishings and collections of art from around the world. We will stop for lunch. This is a must see!
Thursday, Aug. 21
8:15 a.m. to 2:30 p.m.
$30 (van, tour, bring money for lunch)
Exertion Level: 3
Register/Cancel by Aug.13.

Irene Celebrates her 90th with family and friends.