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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 of Operation
8 a.m. to 2 p.m.
Monday - Friday

Staff
Kristi Marosy, Guest Services/ Front Porch Supervisor
Brian Braunagel, Guest Services
Diane Sauter, Guest Services

ANNOUNCEMENTS

Golden Book Club
This group meets in the Front Porch the fourth Tuesday of each month at 6:30 p.m. The book list has been announced as follows:

January:  The Reivers by William Faulkner
February: The Righteous Mind: Why Good People are Divided by Politics and Religion by Jonathan Haidt
March: Outliers by Malcom Gladwell

If you are interested in joining, please email Jan Bradbury, bobjanbradbury@comcast.net.

Celebrate Health!
This 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 appointments for chair massages, 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 - Winter/Spring 2018
Fridays: Jan. 5, Feb. 2 & March 2
Chair Massages & Reflexology Sessions. . . . $13 for 15 mins.
Call 303-384-8130 to make your appointment.
Tips for Picking Healthy Food as You Get Older by NCOA

Here are six tips to help you find the best foods for your body and your budget.

1. Know what a healthy plate looks like
You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It’s called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.

2. Look for important nutrients
Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:

   • Lean protein (lean meats, seafood, eggs, beans)
   • Fruits and vegetables (think orange, red, green, and purple)
   • Whole grains (brown rice, whole wheat pasta)
   • Low-fat dairy (milk and its alternatives)

Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

3. Read the Nutrition Facts label
The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.

4. Use recommended servings
To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+.

5. Stay hydrated
Water is an important nutrient too! Don’t let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

6. Stretch your food budget
Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. Over four million older Americans use SNAP to buy food, and the average senior receives $113 each month.

Visit BenefitsCheckUp.org/getSNAP to see if the program can help you.
TRIPS & TOURS INFORMATION

Registration Information
Registration is open for both resident and non-resident participants. Trips and tour 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.

Front Porch Cancellation Policy - The Golden Community Center will retain funds that have been committed to the trips that require advanced reservations, tickets, and for transportation. However, if the Front Porch makes the cancellation, all monies paid will be refunded.

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

Fleece Factory of the Rockies #351000-01
Monday, Jan. 15 - $20
8:30 a.m. - 3 p.m. Exertion Level 3.
Transportation and admission ticket included. Bring money for lunch.

The Fleece Factory of the Rockies is Northern Colorado’s premiere fiber mill and boutique. They are Colorado’s newest mini fiber mill where they process fiber from many animals and specialize in felted fabric, yarn and rug yarn. The store and mill are located at the Sandwalker Ranch outside of LaSalle, Colorado, which has over 60 alpacas and llamas that are cared for.

International Snow Sculpting Championships in Breckenridge #351200-01
Monday, Jan. 22 - $25
**Weather Dependent**
9 a.m. - 5 p.m. Exertion Level 4.
Transportation included. Bring money for lunch and souvenirs.

Snow artists from around the world will compete at the International Snow Sculpture Championships. The sculptures start as 12-foot-tall, 20+ ton blocks of snow and are transformed into beautiful displays of art. Teams from all over the world will compete to create their art using only hand tools. This is a one of a kind of event that is not to be missed.
Trips for February

Boulder Museum of Contemporary Art #351100-01
Wednesday, Feb. 7
$10
10 a.m. - 3 p.m. Exertion Level 3. Transportation and admission included. Bring money for lunch.
Founded in 1972 by a group of local artists, Boulder Museum of Contemporary Art (BMoCA) is one of Colorado's premier venues for the exploration of contemporary art. BMoCA provides enriching experiences for nearly 30,000 regional, national, and international visitors annually through innovative exhibitions and engaging programs for all audiences.

Bookcliff Vineyards - A Boulder Colorado Winery #351300-01
Wednesday, Feb. 21 - $30
12 - 6 p.m. (Tour begins at 3:30 p.m.) Exertion Level 3. Transportation and tour included. Lunch before tour at a Boulder location.
A guided tour offering wine tasting and tastes of chocolate and cheese, including a tour of the winery and virtual tour of the vineyard. Get a taste of the life in a family-owned Colorado vineyard and winery.

Trips for March

Denver Museum of Nature and Science - The Dead Sea Scrolls Exhibit #351400-01
Monday, March 19 - $35
9 a.m. - 4 p.m. Exertion Level 3. Transportation and tour included. Bring money for lunch.
The Dead Sea Scrolls represent one of the most significant archaeological discoveries of the 20th century. In 1947, a Bedouin goat herder stumbled upon a hidden cave along the shore of the Dead Sea. Concealed within were scrolls that had not been seen for 2,000 years. After extensive excavation, 972 remarkably preserved scrolls were uncovered, leading to decades of extraordinary scrutiny, debate, and awe.

Tour of the Colorado State University Football Stadium #351500-01
Wednesday, March 21 - $15
10 a.m. - 4 p.m. Exertion Level 4. Transportation and tour included. Bring money for lunch.
In 2017, Colorado State University opened its doors to the new Sonny Lubick field at Colorado State Stadium. With an estimated cost of $220 million dollars, it can hold over 41,000 fans and is the first on-campus stadium since 1967.

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.