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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
Charlotte Allen, Coordinator
Terry Sanchez, Coordinator

A full house at the Front Porch for the monthly Celebrate Health Event!

GENERAL ANNOUNCEMENTS

COORS CAN RECYCLING
Keep those cans coming to the center to recycle! Shirley Vincent and Ron Burroughs devote their time to collecting 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!

HOLIDAY PARTY
This year's Holiday Party will have a different spin...catered dinner, music, dancing..hope that sounds good. Details to come.

SILVER SNEAKER CARDS
Don’t let those new Silver Sneaker cards you received in the mail confuse you! They only state your eligibility for Silver Sneakers. You still need to use the Silver Sneaker Pass you received from the Golden
GREAT DECISIONS GROUP
The Great Decisions Discussion Program is designed to encourage discussion and debate of the important global challenges of our time. This group will be meeting after the first of the year. The group meets on Fridays at 1 p.m. for approximately 2 hours.

NORTHGLENN FILM SERIES
This will be a trip in January and possibly in February. Tour guides are professional film makers who personally narrate their films. The film on January 18th is Wales, Land of Song. Mark it on your calendar and look for it in the next newsletter.

Wii DAYS!
The Front Porch has purchased a Wii gaming system. You’ve enjoyed this activity at other rec centers and now we have it here! We will bowl and play other games right here in the Front Porch every Monday at 11 a.m.

SHARE YOUR IDEAS!
Please share your ideas on trips you would like to take and activities that you would like to participate in with the staff at the Front Porch.

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, hand and foot reflexology and medical foot care 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 - Fall 2011
Fridays: Oct. 7 • Nov. 4 • Dec. 2
Chair Massages ....$13 for 15 mins.
Reflexology Sessions ..................$13 for 15 mins.
Footcare with Chalyce ..........................$20 per 15 mins.
Call 303-384-8130 to make your appointment.

Celebrate Health Recipe
Mediterranean Orzo or Quinoa Salad
2 cups Orzo pasta, cooked or use Quinoa cooked for added protein
1 pint grape tomatoes – cut in half
1 bag spinach, baby leaf
1/3 c. feta cheese crumbled
Combine all the above ingredients and toss with the following dressing:
3 Tbls. Coconut or Olive Oil
2 Tbls Fresh Lemon juice
Salt and Pepper to taste

Jefferson County Depository Library
The Front Porch is proud to be an official depository library for Jefferson County. They will bring in books to the Front Porch for our patrons to read and rotate our selection throughout the year. Please give a warm Front Porch welcome to our friends at the Jefferson County Library and be sure to let us know if there is a particular genre you would like to see represented in our selection. Happy reading!

GAMES & CLUBS
New participants welcome!

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<td>11 a.m. Wii</td>
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<td>12 - 4:30 p.m.</td>
<td>Mah Jongg</td>
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<td>Dominoes</td>
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<td>Social Bridge</td>
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<td>Ladies Billiards</td>
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<td>5 - 8 p.m.</td>
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<td>11 a.m. Golden Tones Band**</td>
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*Intermediate only. Although if you can bring 4 people, beginners are welcome as well.
**Practice is held the first and third Tuesdays of each month. Listeners are welcome!
The Golden Community Center is a proud member of the SilverSneakers® network. SilverSneakers® is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. Unlock the door to greater independence and a healthier life with SilverSneakers®. Health plans around the country offer this award-winning program to people who are eligible for Medicare or to group retirees. Visit us at the Front Porch or call your health plan provider to see if you are eligible for a free membership to the Golden Community Center!

Membership includes: all facility amenities at the Golden Community Center and all drop-in fitness classes. Many classes that are offered are specially designed for our friends in the 50+ age group. These classes include:

Fees for these classes are included in Silver Sneakers® Membership, facility membership, daily admission, or with a punch card.

SilverSneakers® Cardio Circuit
Increase your cardiovascular and muscular endurance with this high energy circuit workout. You’ll use hand-held weights, elastic tubing with handles and a ball to increase upper body strength. The equipment-based work is alternated with non-impact aerobics. Complete your total body workout with a cool down of stretching and relaxation.
(1) 8 to 8:55 a.m. Mondays
(2) 11 to 11:55 a.m. Tuesdays and Thursdays

Easy Yoga for 60+
This class is designed for the older adult who wishes to improve their general health and well being through stretching and balance exercises. In this class we will use the chair and wall, as well as do some mat work to help build strength, increase mobility and improve lifestyle.
11 to 11:55 a.m. Monday, Wednesday, Friday

SilverSneakers® Cardio Circuit class surprising their instructor, Alison, for her birthday.

Aqua Aerobics
An aerobic exercise class designed to improve cardiovascular endurance, strength, and muscle tone. No swimming skill required. Non-swimmers are encouraged to work in water depth where they are most comfortable. A great exercise program for all levels of fitness.
9 to 10 a.m. Monday, Wednesday, Friday

Water Walking
One of the best forms of exercise you can do just gets better in the pool! A great class for anyone wanting a low-impact, high resistance workout. Non-swimmers are welcome.
10 to 11 a.m. Tuesday, Thursday

Arthritis Foundation Aquatics Program
Open to anyone with arthritis.

This program is designed to help relieve pain and joint stiffness caused by arthritis. Non-swimmers are welcome.
(1) 8 to 9 a.m.
(2) 9 to 10 a.m.
Monday, Tuesday, Thursday

Line Dancing
11 a.m. to 12 p.m. Fridays
Sustainable Wellness by Chalyce McCoskey
4-Week series where Chalyce will discuss how to take a new approach with mind, body, and spirit through nutrition and positive thinking. Please join and take advantage of her great knowledge and resources. She is a Certified Aromatherapy Coach, a Certified Holistic Health Coach. Refreshments provided.

Min/Max: 8/15
#37003-01
Thursdays, Oct. 20 - Nov. 10
10 - 11 a.m.; $45

Just Desserts! You May Be Aging But Your Tastebuds Aren’t!
Aging is an unavoidable fact of life. Many pivotal decisions affect both adult children and their parents. Hear industry professionals share need-to-know information on Dementia and Alzheimer’s disease, palliative and hospice care, 5 Wishes and senior assistance and housing options. Indulge in decadent desserts, exotic teas and yummy coffee. Learning never tasted so good! This event is free, but pre-registration is required.

Min/Max: 10/20

Ladies Basketball
Play 3-on-3 half-court basketball with women in your age group. Drop-ins are welcome at general admission fee. For more information, call Cathy Stokan at 303-933-8509, or Joy Kaylor at 303-582-5815.

Practice sessions:
9 - 11 a.m. Fridays
9:30 - 11:30 a.m. Sundays

Golden Pacers Walking Group
Please wear comfortable shoes, bring snacks and a full water bottle. See Front Porch staff for more information and a complete schedule.

9 a.m. Tuesdays, 8 a.m. departure between July and August. Van trips are $9.
Carpooling $3-5.
VOLUNTEER OPPORTUNITIES

Call 303-384-8130 for more information. Sign up at the Front Porch if you would like to get involved.

The Front Porch is always looking for volunteers to help with the Front Desk administration, potlucks, and other events. This is a great way to get involved and meet new friends!

The Golden Needlecrafters
The group meets at the Community Center to make bedding, lap robes and other handmade items for our friends in need. Recipients include residents of local nursing homes and shelters. Please note: the group welcomes donations of unfinished quilt tops and blocks, fabric, flat sheets and 4-ply yarn. They also need dolls, which are given a new wardrobe and donated to children’s charities.

1:15 - 3:30 p.m. Wednesdays

The Front Porch Sew and Sews
We need talented volunteers to help cut, assemble and sew.

For more information, contact Mary Kuhns at 303-278-2058.

Hands and Hearts
This is a program for individuals who crochet, knit or sew. Members make lap robes, baby blankets, hats, scarves, and other items to be given to others in need. If you wish to get involved, we meet every first and third Tuesday of the month, at 12p.m. in the Front Porch. For more information, call Carol Youman at 303-278-9972, or Willetta Beaty at 303-279-7097.

TRIPS & TOURS
Register by phone: 303-384-8100
Register online: rec.cityofgolden.net
We accept VISA, MasterCard, American Express, and Discover

Trips for October

Golden Pacers Hiking Trip - #15220-9
Cataract Lake, Silverthorn
Tuesday, Oct. 4
9 a.m. - 3 p.m.
$9 (van provided; bring a sack lunch, plenty of water plus money for refreshment stops)
Exertion Level: 5
Register/Cancel by Oct. 3.

Brown Palace Hotel Ghost Tour and Tea - #35011-01
Many guests have checked into the Brown Palace and some have never checked out! Enjoy a guided ghost tour of the Brown Palace and then an afternoon tea. Enjoy scones, tea pastries and tea sandwiches artfully prepared by the chefs of the Brown Palace.

Tuesday, Oct. 18
9 a.m. - 3 p.m.
$60 (van, guided tour, afternoon tea included. Bring money for gratuity.)
Exertion Level: 3
Register/Cancel by Oct. 5.

Rocky Mountain Arsenal - National Wildlife Refuge #25024-01
www.fws.gov/rockymountainarsenal
Wildlife you may see on the tour include bison, coyotes, raptors, mule and white-tailed deer and many song birds. Cameras, binoculars, and video cameras are welcome. The tour is a guided bus tour provided by the Arsenal or you may be welcome to hike on your own.

Wednesday, Oct. 26
8:30 a.m. - 2 p.m.
$10 (van only; bring money for lunch)
Exertion Level: 2
Register/Cancel by Oct. 12.

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Trips for November

Celestial Seasonings Teas and Leanin' Tree Museum - #35013-01
www.leanintreemuseum.com
Don't miss your chance to see the world's most advanced tea production plant. You can see first-hand how the finest all-natural ingredients from around the world become your favorite Celestial Seasonings teas. After the tour visit the beautiful and plentiful gift shop and get a bite to eat in their café. Then we will venture down the road to the Leanin' Tree Museum.

Thursday, Nov. 3
9 a.m. - 3 p.m.
$10 (van; bring money for lunch and shopping)
Exertion Level: 2
Register/Cancel by Oct. 28.

Trips and Tour Waitlist Procedure
Trips and Tours will sometimes fill prior to the registration deadline. We accept waitlist registrations and do not charge fees for waitlist entries. If a space becomes available or a second van is added you will be contacted prior to the trip with the option to pay the fee and join the activity. If you do not hear from us, we have not been able to accommodate additional registrations. Please call 303-384-8130 if you have further questions regarding wait lists or day trips.

Trips and Tours Refund Policy
After the Registration/Cancellation deadline refunds will only be given if the ticket can be sold. Maximum refunds will only be issued to participants cancelling before the registration deadline. Please note that you may still sign up for a trip after the deadline, provided there is additional space.

Please refrain from wearing perfume or cologne for the health and comfort of those with allergies, asthma or other health issues.

Thank you.

Bronze sculpture of a cowboy at the Leanin' Tree Museum and Sculpture Garden of Western Art Media Center. Photo courtesy of Leanin' Tree, Inc. Cowboy© - Buck McCain.
6:30 p.m. the doors open and the mystery begins!
$47 (includes dinner, show, tax, and servers gratuity.
Bring money for cocktails and actor gratuity if you choose to do so.)
Exertion Level: 1
Register/Cancel by Oct. 21.

Kirkland Museum of Fine and Decorative Art - #35017-01
www.kirklandmuseum.org
Kirkland Museum of Fine & Decorative Art has a nationally important display of international decorative art. More than 3,300 works are on view of Arts & Crafts, Art Nouveau, Glasgow Style, Wiener Werkstätte, De Stijl, Bauhaus, Art Deco, Modern and Pop Art. This collection concentrates on a period from the 1860s to about 1980. The museum also shows a retrospective of Colorado's distinguished painter, Vance Kirkland (1904-1981). We will stop for lunch at the Panera Bread located by the museum.
Tuesday, Dec. 6
10 a.m. - 3 p.m.
$15 (van and admission included; Bring money for lunch)
Exertion Level: 3
Register/Cancel by Nov. 28.

Governor's Mansion Holiday Tour - #35019-01
Governor John Hickenlooper and First Lady Helen Thorpe encourage you to come visit this elegant house, known fondly as "Colorado's Home." The mansion will be decorated with elegantly appointed holiday décor. We will stop for lunch along the way.
Wednesday Dec. 14
10 a.m. - 3 p.m.
$9 (van and admission included; Bring money for lunch)
Exertion Level: 3
Register/Cancel by Dec. 12.

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 December

Georgetown Loop Railroad Holiday Cheer Train! - #35016-01
Join us for live music aboard our decorated and lighted enclosed heated coaches. Come and relax from your shopping endeavors and enjoy complimentary wine glow, eggnog and hot spiced cider along with a great selection of appetizers and snacks - a mini-holiday feast to resurrect your Christmas spirit.
Saturday, Dec.3
5 - 10 p.m.
$55 (van, train, drinks, appetizers, and snacks included)
Exertion Level: 1
Register/Cancel by Nov. 16.

Pravina and Bonnie riding the Carousel of Happiness on a trip to Nederland.
Lions Club
Glasses Donations
Please donate your old specs – we have a box in the Front Porch for your contributions.

Golden VOA Mealsite
Weekly meals at the Golden Presbyterian Church, 17707 W. 16th Ave. - Wednesdays between 11:30 a.m. to 12 p.m. 10 Cent Bingo from 11 to 11:30 a.m. Meal fee is on a donation basis for people age 60 and over. Please make a reservation two days in advance by calling Irene at 303-279-2094. Community Wheels transports folks to this VOA site – also on a donation basis. To schedule a ride, call 303-235-6972.

Christ the Answer Church
Collect a box of food from 1:30 to 5 p.m. Mondays at Christ the Answer Church, 705 Ulysses St.; no restrictions. For more information, call 303-279-3663.

SilverSneakers®
www.silversneakers.com

Benefits CheckUp
For information about Medicare and financial pharmaceutical help, visit www.benefitscheckup.org.

For information about housing, transportation, in-home care services, respite, job training, legal referral, tax help and care management, contact:

Senior Resource Center
303-238-8151
www.srcaging.org

Seniors, Inc.
1-866-432-9696
www.seniorsinc.org

Senior Reach
Emotional support, community resources referral and education
1-866-217-5808
www.senioreach.org

Save paper and receive the Front Porch News online!
The Front Porch News is now available on our website, and you can also receive the newsletter via email! Save yourself $8 per year and check your email instead. Stay up-to-date with Games, Classes & Clubs, Volunteer Activities, Wellness, Trips & Events.
• Visit us online at www.cityofgolden.net (Active Adults)
• Or send an email to frontporchnews@cityofgolden.net to receive your newsletter via email.