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50 Plus Marketplace

NEWS



Local News, Profiles, Events & Resources For 50 Plus Adults

August 2024 • Volume 30 • Issue 8

Littleton Hosts Free Concerts in Clement Park

Foothills Park & Recreation District is proud to offer Concerts in Clement Park free to the public and put on for the benefit of District residents and South Jefferson County residents. This outdoor series of concerts incorporates community collaborations and grant funded performances which are free, open to the public and family friendly. Performances are held at the Grant Family Amphitheater in Clement Park.

August 1 – SoundTrack Chamber Orchestra – orchestral movie soundtrack at 7 pm at Clement Park.

The SoundTrack Chamber Orchestra was established in early 2021 by David Mejia. Our group consists of players from throughout the Denver Metro area. We strive for our concerts to be engaging and for our audience to feel part of our music by adding in theatrical elements and musical features the

audience might not expect. Since most of our pieces are uniquely arranged by David we are able to highlight instruments such as the melodica, recorder, voice, and more! Our repertoire focuses on music from the stage and screen, but we enjoy playing almost anything!

August 8 – Julia Kirkwood – alternative pop, rock at 7 pm

Now at age 18, Julia Kirkwood has performed at many prestigious venues such as Washington’s, The Aggie, Mission Ballroom, and Buffalo Rose. She can often be spotted at summer music festivals such as Bohemian Nights, Sounds Like Summer Lakewood, focomx, and Boulder’s Bands on the Bricks festivals. Julia’s music is soulful and unique:

combining sounds of Indie and Alternative pop with Rock themes and Americana rhythms. This young artist has dedicated her life to music and will continue to do so in the years to come. She hopes to use her music to spread inspiration and a sense of self through



Julia Kirkwood

her music. She often says that she hopes her music, “gives people the words to express how they feel when they don’t know which words to express.””



SoundTrack Chamber Orchestra

Denver’s Botanic Gardens, Art Collection, & Concerts

A very dynamic, 24-acre urban oasis in the heart of Denver, offering unforgettable opportunities to flourish with unique garden experiences for the whole family as well as world-class exhibitions, education, and plant conservation research programs. There are more than 50 curated gardens that feature native and adapted plants that thrive in the Rocky Mountain region. The three-acre Mordecai Children’s Garden is a green roof garden atop the parking structure. The Boettcher Memorial Tropical Conservatory and Marnie’s Pavilion feature an extensive tropical plant and tree collection.

liance of Museums, the Gardens has a robust living plant collection, natural history collection and art collection along with temporary art exhibitions.

Besides their wonderful gardens, they also have an art collection. Home to over 1,300 unique art objects, the collection is full of hidden treasures, from historical botanical illustrations to contemporary pieces exploring natural themes. Visitors have the rare opportunity to see behind the scenes and experience our art collection first-hand during their Vault tours about their art collection and what makes it so special.

Their entire collection is visible online through their website, and if you ever want to see a piece in person, we’re always more than happy to book a tour!

Admission Fees: \$15.75 for adults; \$12 for Seniors & Military (w/ ID); \$11.50 for Students & youth 3-15 (w/ ID); and Free for Members & children 2 and under. Summer hours through the end of August are 9 am to 8 pm. The Botanic Gardens is located at 1007 York Street in Denver. Contact them at 720-865-3500.

The Gardens also has a summer concert series. Visit their website to learn more at <https://www.botanicgardens.org/events>.

Their oldest works are lithographs dating to the 1740s. The

newest works were added to the collection this year from exhibiting artists and Land Line artists in residence.



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AUGUST Calendar

Saturday/10

The Colorado Genealogical Society presents a free class on Beginning Genealogy on Zoom from 10 am to noon. Beginning Genealogy is an introductory genealogy class that will introduce you to U.S. census records and basic record groups such as birth and death records, marriage records. Please register online at <https://cogensoc.us>.

Saturday/24

The Colorado Gerontological Society presents their 35th annual Salute to Seniors Expo at the Greek Events Center at 4610 E. Alameda Ave. in Denver (located on the property of the Assumption Cathedral). A farmer's market, bingo, ice cream bars, mini-health fair, classic car show, oral health care, photo booths, and assistance with genealogy searches will all be part of the fun. Over 60 vendors will display their products and services. Many educational classes, local entertainment, and a grand prize are included during the event. Can't join us in person, zoom in on August 25, 2024, from 11:30 am to 1:00 pm for some great presentations, online trivia, prizes, and an "ask the experts" session. To register for in-person or virtual, visit www.senioranswers.org. For more information, call 1-855-293 6911.

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at www.aarp.org to learn more about their online classes.

The Alzheimer's Association presents free online classes including warning signs, financial and legal support, and caregiver helps on their website at <https://training.alz.org>.

Check individual venues for current information

We Care

Ron Stern's Travel Series Loveland's Da Big Kahuna Tiki Bar & Grill

Although Denver and Boulder have several tiki bars, I have been waiting for someone to open one in Loveland. Having lived in Hilo,



Hawaii, Erynn and Jimmy Helenihi longed for the type of street food they had back home. After gaining experience with a food truck, they opened Da Big Kahuna Tiki Bar and Grill on Lincoln Ave in November 2023.

Located on the lower level of the Lincoln Place Apartments, the ambiance is casual and family-friendly with tropical décor, tiki mugs, and live music. The wood floors, open ceiling and pool table all add to the island atmosphere.

Serving authentic "Hawaiian-style" food, the menu includes a variety of appetizers, bowls, and small plates along with daily specials. Options include Spam Musubi cooked in teriyaki sauce with rice and wrapped in nori. Additionally, they offer hard-to-find smoked wings that have been lightly fried and served with a variety of sauces. I tried

their "Kalua Moco Loco", a traditional dish with pork, fried egg, cabbage, white rice and brown gravy with a side of macaroni salad. The portion was large, tasty and satisfying. There is also a kid's menu featuring "kalua" sliders and nachos.

They can make all your favorite fruity drinks from Mai Tais to Rum Runners. More sophisticated options include the Aloha Loveland prepared with white gin, guava juice, pink guava liqueur, and soda. Then there's the Da Colorado Colada with Parrot Bay Coconut Rum, coconut cream, pineapple juice and soda.



Choose from around 30 colorful cocktails while enjoying some tropical tunes and friendly conversation.

The happy hour is from 4-6 pm and all day Sunday. Follow them on social media for the latest information and offerings. Come by for some great food and experience the true "Aloha Spirit!"



Technology is Hip!

Why Are Times Zones Different Across the USA?



Bob Larson

In the United States, time is divided into nine standard time zones covering the states, territories, and other US possessions, with most of the

country observing daylight saving time (DST) during the spring, summer, and fall months. The time zone boundaries and DST observance are regulated by the Department of Transportation, and highly precise timekeeping services (clocks) are provided by two federal agencies: the National Institute of Standards and Technology (NIST) operating WWV radio, and the United States Naval Observatory (USNO). The clocks run by these services are kept synchronized with each other as well as with those of other international timekeeping organizations.

Here's why we have different time zones:

1. Earth's Rotation: As the Earth rotates, different regions enter and exit daylight at varying times. To account for this, we divide the world into time zones.

2. Historical Complexity: In the past, every US city used its own local time standard, resulting in over 300 local sun times. Time zones were a compromise, balancing geographic variations while still approximating mean solar time.

3. Scientific Basis: Earth completes one full rotation (360 degrees) in approximately 24 hours. Each hour corresponds to about 15 degrees of rotation, forming the basis for assigning time zones.

4. Economical Reasons: Farming, manufacturing, and other industries profit from DST with safer and longer daylight hours.

The four main U.S. time zones are: Eastern Time Zone, Central Time Zone, Mountain Time Zone, & Pacific Time Zone plus Alaska and Hawaii have their own unique time zones.

Originally DST ran from the last Sunday in April until the last Sunday in October. Two subsequent amendments, in 1986 and in 2005 have shifted these days so that daylight saving time now runs from the second Sunday in March until the first Sunday in November. This is another great technology beneficial to humanity. *Bob Larson is a technologist and marketing director for 50 Plus.*

33 Years of Service Providing
Information for the 50+ Community

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50 Plus Marketplace News, Inc. encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material 300 words or less are to be emailed to sales@50plusmarketplace.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) and also emailed.

DEADLINE

10th of the Preceding Month

Advertising supports all publication efforts. Call 303-694-5512 to request a media kit. Ads are accepted until the 16th of the month, provide by email in PDF, or JPG files. Ad space is provided in column-inches, equating to fractions of a page, up to a full page, with many sizes to choose from. We have an excellent graphics design team by request.

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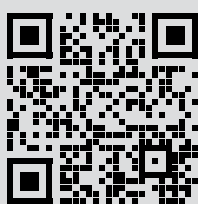
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Social Security Today

Accessing Your Personal My Social Security Account

For over 10 years, my Social Security has helped many people access our programs and services online. Soon, we will change the way you sign in to all our online services - including my Social Security. You will no longer be able to sign in to your personal my Social Security account using your username and password. Instead, you'll need to use one of our credential service providers, Login.gov or ID.me. If you already have a Login.gov or ID.me account, and can sign in to our online services, please continue using that account.

If you only have a Social Security username, our screens will guide you through the process to transition your account to Login.gov. Login.gov provides enhanced online security, helps protect you from identity theft, and allows you to create an account that can be used across other agencies. It will only take a few minutes to create a new Login.gov account.

How to transition your Social Security username account to Login.gov

To transition your account, please go to www.ssa.gov/myaccount and select 'Sign In'. On the next page, select 'Sign in with Social Security Username'. After you successfully sign in with your Social Security username and password you will receive a prompt to create an account with Login.gov. You will then be taken to the Login.gov website.

Once you successfully link your Social Security username with your new Login.gov account, you will see a confirmation screen. You can start using your new Login.gov account to access our online services immediately. You will no longer be able to sign in with your personal my Social Security account using your Social Security username. Login.gov has 24/7 customer support through phone and chat at www.login.gov/help to help you set up an account, if needed.

If you're not receiving benefits, you can use your personal my Social Security account to:

- Request a replacement Social Security card.
- Get estimates for future

benefits.

- Get your Social Security Statement instantly.
- Get proof that you do not receive benefits.
- Check your application status.

If you're receiving benefits, you can use your personal my Social Security account to:

- Request a replacement Social Security card.
- Get an instant benefit verification letter.
- Start or change your direct deposit. (Social Security beneficiaries only)
- Change your address. (Social Security beneficiaries only)
- Get a replacement SSA-1099 or SSA-1042S instantly for tax season.
- Opt out of mailed notices for those available online.

For more information, please read our publication my Social Security: How to Create an Online Account at www.ssa.gov/pubs/EN-05-10540.pdf. Please share this information with your loved ones.

Governor Polis, CDPHE Discuss Efforts to Strengthen Colorado's Healthcare Workforce

In July, Governor Jared Polis and Colorado Department of Public Health and Environment (CDPHE) Executive Director Jill Ryan discussed Colorado's efforts to strengthen the healthcare workforce through the Practice-Based Healthcare Education grants. The Governor visited the Lowry Family Health Center, which received a grant for the Colorado Works for International Physicians program, an innovative effort to enhance the state's health care workforce. During his visit, Governor Polis met with physicians participating in the program.

"In Colorado, we are committed to ensuring everyone has access to the affordable and quality healthcare they need. By investing in healthcare training and education, we are connecting Coloradans with the skills they need to build careers and get good-paying jobs while expanding our healthcare workforce and saving people money on healthcare," said Governor Polis.

Jill Hunsaker Ryan, executive director of the Colorado Department of Public Health and Environment, echoed the sentiment. "Colorado has a tradition of attracting the best and brightest to our health care workforce, but that doesn't just happen by accident. We need to be intentional about providing opportunities, which

will ultimately serve the people of Colorado."

The Colorado Works for International Physicians program trains international medical graduates to enter primary care physician residency programs and obtain medical licenses to practice in the United States.

With 123 areas in Colorado experiencing health care shortages and a projected deficit of 3,000 physicians by 2030, efforts like the Practice-based Health Education Grant Program are essential. Each licensed international medical graduate physician may care for up to 2,000 patients annually, helping to bridge the gap in physician capacity.

capacity.

According to the Colorado 2022 Talent Pipeline Report, the health care sector has the highest demand for people to fill jobs, with more than 887,865 unique job postings between August 2021 and 2022.

The Colorado Department of Public Health and Environment recently announced 23 grant awards from the Practice-based Health Education Grants Program, which aims to increase the capacity to train students to join the healthcare workforce in Colorado. CDPHE has awarded more than \$18.8 million to 17 organizations to fund 23 programs reaching people across Colorado.



Governor Jared Polis



35th Annual COLORADO GERONTOLOGICAL SOCIETY

Salute to Seniors Colorado's leading Seniors' Expo is back, bigger than ever!

SCHEDULE

Live & In-Person Event
Saturday, August 24th
9:30 A.m. To 3:00 P.m.

Greek Events Center,
4610 E Alameda Ave,
Denver CO 80246

(Located On The Property Of The Assumption Cathedral)

Bring a friend!

Join us for a day of fun, learn more about issues facing older adults and families through education, awareness, and many resources. Lots of drawings and giveaways

Information
 303-333-3482

9:30 AM
Doors Open

Senior Expo And Resource Fair

How To . . . Sessions

Entertainment

Farmer's Market

Auto Show By Forney Museum Of Transportation

Swag And Goodie Bags
 Free snacks throughout the day

3:00 P.M.
Adjourn

Registration For In-Person Event

Free Admission

Free Parking
(watch for signs to park at the Center or in nearby lots)

Reservations suggested
www.senioranswers.org

Food

Coffee and Donuts
courtesy of Seniors Helping Seniors

Free food samples
Courtesy of Sam's Club, Costco and Sprouts

Entertainment

10:30 am
 Eddie Kendrick
 Real Country Music

10:30 am
 Tour of Assumption Cathedral

11:30 am
 The Fasaria Trio

12:30 pm
 Belly Dancing

1:45pm
 The Fasaria Trio

Grand Prize

Two pre-season Denver Bronco ticket
courtesy of Ron Wright



HISPANIC
 CHAMBER OF COMMERCE OF METRO DENVER



Membership

JOIN US!

Hispanic Chamber membership is open to small businesses and non-profit organizations as well as small, mid-sized and large corporations. For more information about Hispanic Chamber membership

please contact us at **303.534.7783** or e-mail us at

info@hispanicchamberdenver.org

Denver Regional Mobility & Access Council (DRMAC)



Denver Regional Mobility & Access Council (DRMAC) is a non-profit organization that addresses transit needs for all by coordinating, advocating, and educating to achieve our mission of mobility & access for all! DRMAC serves the following Colorado counties: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Gilpin, and Jefferson

Getting There Travel Training

DRMAC provides a FREE multi-modal transit training course, teaching individuals in our community how to use a variety of mobility options other than SOV. To register for a travel training email sonell@drmac-co.org

Information & Assistance Line

The DRMAC Transportation I&A Center is a free, live-line resource to help users identify transportation options in the Metro Denver area. The I&A line is open Monday-Friday from 8:30am to 5:00pm. Call 303-243-3113

Getting There Travel Guide

Our Getting There Guide is a printed guide to transportation services for the Denver Metro area. To download a PDF version of the guide, or to request a paper copy please visit our website at www.drmac-co.org or call us at 303-243-3113.

Getting There Travel App

The Getting There app is a great tool to use when looking for transit options on the go! Our app provides transit options tailored to location, accommodations, age, and more! It is free to download, easy to use, and can be downloaded on to apple and android devices

Monthly Meetings & Events

DRMAC hosts monthly meetings, events, and trainings in partnership with the community to share information and resources. The overall goal is to make transportation accessible and affordable for all

Membership

The support of our members and community partners is crucial to our mission. Membership helps us continue our work from a four-pronged approach: advocacy, coordination, education, and information.

For more info about DRMAC programs please email info@drmac-co.org or call 303-243-3113





The 35th Annual Salute to Seniors Welcome Back

Emcee:



Adam Morgan
Emcee

Adam Morgan will emcee this year's event. He is a broadcast media professional in the Denver area. Adam hosts a number of radio shows including "Groove Jazz Rendezvous" every Saturday night at 8 pm on KUVO. A baby boomer himself, Adam is active in a number of senior organizations in Denver and Colorado looking always for ways to bring more inspiration to older adults, especially baby boomers.

Things To Enjoy

Mini Health Fair

Sponsored by Optum

- Balance Testing
- Fall Management Planning
- Blood Pressure and Weight
- Body Mass Index

Tips for Emotional Well-Being

sponsored by We Work for Health

- Take a Happiness Quiz
- Assess your own well-being

Classic Car Show

sponsored by Forney Museum of Transportation
Visit the classic cars from their world-renowned collection

Searching for Your Family History

Sponsored by Denver Public Library
Help to guide your search for ancestors and using library resource

Farmer's Market

sponsored by Devoted Health
Shop for Fresh fruits and vegetables

Bingo

sponsored by Devoted Health
Play four games and win prizes

Oral Care

sponsored by Comfort Dental
Pick Up Tips and Your Oral Hygiene Kit

Ask-A-Doc (tentative)

sponsored by Devoted Health
Spend 10 minutes with a doc, asking those special questions

Triangles

sponsored by CIGNA
A math/card game, win prizes

Photo Booth

sponsored by CIGNA
Take a moment to dress up, put on a hat, or add some jewelry and take some fun pictures

Tie-Dye

sponsored by CIGNA
Try your hand at tie-dye

Meet Addison, a 3D Virtual Caregiver

Sponsored by Electronic Caregiver
How to Make Your Home a Smart Health home

Presentations

10:00 am
Avoiding Email and Other Scams

10:30 am
Reduced Out-of-Pocket Maximums on Medicare Part D

11:00 am
Learn how to do Self Care and Take Care of Yourself

11:30 am
Reduce Property Taxes – Register for the Senior Homestead Exemption

12:00 pm
Options for Missing Teeth

12:30 pm
How To Apply for the Senior Housing Income Tax Credit

1:00 pm
Property Insurance and Replacing Your Roof

1:30 pm
Getting Rid of Your "Precious Stuff The Kids Don't Want"

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The Merry Wives of Windsor
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The 35th Annual Salute to Seniors Welcome Back

Resource Fair (partial listing)

- ACOYA Cherry Creek Senior Community
- ADT Medical Alert Systems
- Aetna –Appiani Agency
- American Vein & Vascular Institute
- Anthem Blue Cross Blue Shield
- Apollo TeleCare
- Axios Financial Services, LLC
- Bath Fitter
- Benefits in Action
- Blossoms Senior Placement and Consulting
- Brothers Redevelopment
- Care Matters and Care Matters Registry
- Centers for Medicare and Medicaid Services
- CIGNA
- Clear Spring HealthCare
- Colorado Physician Partners
- Comfort Dental
- Costco
- Denver Human Services
- Denver Public Library
- Denver Office on Aging

- Devoted Health
- Electronic Caregiver
- End of Life Options Colorado
- Fairmount Funeral Home and Cemetery
- Family Tree Private Care
- 50+ Marketplace News
- Forney Museum of Transportation
- Fox31 and Channel2
- Guiry's Color Source
- Harris Law Firm
- Home Care RN
- Humana
- I Place Seniors
- InnovAge
- Kaiser Permanente
- Natural Grocers
- Optum United Health
- Orion Mortgage
- Podiatry Associates
- Prime Time News
- Renewal by Anderson
- Sam's Club
- Select Health
- Seniors Helping Seniors
- State of Colorado, Department of Human Services, State Unit on Aging
- United Healthcare
- We Work for Health

Colorado Gerontological Society

Visit Experts and Pick Up Resources

- Complete your dental application
- Counseling Services
- Register for Medicare Monday
- Get your personal copy of Senior Resource Guidebook
- Search our Housing and Homecare Locator
- Sign up to have a Telephone Buddy call you
- Volunteer to be a Telephone Buddy
- Pick up applications for tax rebates/credits
- Get your Advance Care Planning Tools



Colorado Gerontological Society
Leaders in aging

Virtual Salute To Seniors

August 25, 2024
11:30 am - 1:00 pm

Online Via Zoom

Free Admission

Register online at www.senioranswers.org

Emcee:
Adam Morgan, freelance broadcaster



Schedule

11:00 am
Getting Rid of the "Precious Stuff Your Kids Don't Want"

11:20 am
Filing for the 2024 Senior Housing Income Tax Credit

11:45 am
Online Trivia

12:15 pm
Happiness . . . A Basic to Emotional Wellbeing

12:30 pm
Ask the Experts . . . An Open Forum for Participants to Share and Get More Information

12:55 pm
Door Prizes



Walk with a Doc

Take a Step Toward Better Health

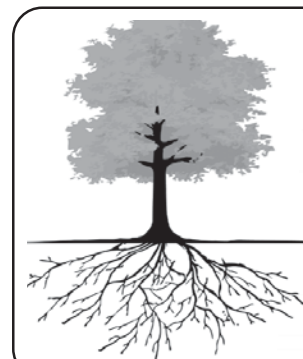
In light of frequent changes due to COVID-19,
Check NJHEALTH.ORG/WWAD
for the latest schedule

MEET NEW PEOPLE • LEARN ABOUT HEALTH • WALK AND GET FIT WITH DOCTORS
FREE BLOOD PRESSURE CHECKS, GIVEAWAYS, COFFEE, AND BREAKFAST.

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NJHEALTH.ORG/WWAD



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The 35th Annual Salute to Seniors Welcome Back

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Understanding The Energy Employees Occupational Illness Compensation Program Act

The Department of Energy (DOE) and various agencies employed thousands to perform hazardous work in nuclear weapons production. This exposed many employees to toxic substances. The Energy Employees Occupational Illness Compensation Program Act (EEOICPA), administered by the Department of Labor (DOL), provides compensation and medical benefits to current and former nuclear and uranium workers for illnesses they have developed that are linked to occupational exposures. EEOICPA benefits are divided into two main programs – Part B and Part E.

Available Compensation for Workers Under Part B

One-time payment of \$150,000, full medical coverage related to your DOL approved condition/s. Qualifying conditions under Part B include; Chronic Beryllium Disease and Cancers, including, Leukemia, Lung, Bone, Renal, Myeloma, Lymphoma (non-Hodgkins), Thyroid, Breast, Esophagus, Stomach, Pharynx, Small Intestine, Pancreas, Bile Duct, Liver, Gallbladder, Salivary Gland, Urinary Bladder, Brain, Colon, and Ovary

Available Compensation for Workers Under Part E

Up to \$250,000, full medical coverage related to your DOL approved condition/s. Qualifying conditions include, but are not limited to; COPD, Interstitial Lung Disease, Asbestosis, Coronary Artery Disease, Atrial Fibrillation, High Blood Pressure, Kidney Disease, Obstructive Sleep Apnea, Diabetes II, Arthritis, and more.

Medical Benefits Covered

Medical benefits for specific covered conditions include; no cost for doctor visits, medical treatments, consultations, inpatient and outpatient hospital charges (including ER visits), prescriptions prescribed by a physician, durable medical equipment (DME), and more.

Let Giving Home Health Care help you understand and maximize this program. Simply give us a call at 720.612.4708.

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720.612.4708 / stephend@givinghnc.com



Colorado's Largest Timber Dan Fall Collectible, Vintage, & Antique Toy Show & Sale

Saturday October 5, 2024
9 A. M. To 4 P. M. - Loveland, CO
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North & South Halls, At "The Ranch"
(Larimer County Fairgrounds), Loveland Co

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Early Bird or Floor Rights \$10
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For Details.

Colorado Gerontological Society

Salute to Seniors Brings Back Some Favorites and Lots of New Programming



Eileen Doherty

A farmer's market, bingo, property taxes, getting rid of your ice cream bars, mini-health fair, china and that stuff your kids don't want, emotional well-being, and oral health.

classic car show, oral health care, photo booths, and assistance with genealogy searches will all

be part of the fun at the Salute to Seniors on August 24, 2024, from 9:30 am to 3:00 pm at the Greek Events Center, 4610 E Alameda Av, Denver.

Hundreds of experts that offer home repairs, legal services, Medicare, home care, and health care services, paint for your home, advance care planning, and reverse mortgages will be on hand to give you the most current information about their products. Shop and collect information without the pressure of a salesperson in your home. The title sponsor this year is Cigna.

Educational offerings include: major changes to Medicare Part D in 2025, filing for the senior income tax credit of \$800 in 2025, understanding property and casualty insurance of your hail damaged roof, avoiding email and other scams, claiming your senior homestead exemption on your

property taxes, getting rid of your china and that stuff your kids don't want, emotional well-being, and oral health.

Tour the awe-inspiring murals and ornate statuary in the Greek Orthodox Assumption Cathedral. Belly dancing, country music, and impersonators round out the day's entertainment.

Begin the morning with doughnuts and coffee and enjoy other healthy (and non-healthy) snacks, and other treats throughout the day. Grand prize is 2 free tickets to a pre-season Denver Broncos home game.

Can't join us in person, zoom in on August 25, 2024, from 11:30 am to 1:00 pm for some great presentations, online trivia, prizes, and an "ask the experts" session.

To register for in-person or virtual, visit www.senioranswers.org. For more information, call 1-855-293-6911.

Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society.



Genealogy Rocks!



Carol Darrow

In mid-July, my sister in Houston was impacted by Hurricane Beryl. She lost electricity and air conditioning for more than a week.

Have you encountered any stories of natural disasters that affected one of your ancestors? Hurricanes and tornados must have been terrifying when they appeared without warning on the horizon.

Were your ancestors near Chicago from October 8-10, 1871? The fire killed approximately 300 people and left more than 100,000 residents homeless.

Did you have family in San Francisco on April 18, 1906 when an earthquake and resulting fire disrupted life from southern Oregon to Los Angeles?

How about the tornado that struck LeMars, Iowa, on June 17, 1885 causing great loss of life in Plymouth and Cherokee Counties in the state? Names of the dead were printed in the newspaper.

Newspapers are a great source of news after the event. Checking on

a death date for an ancestor may lead you to surprising circumstances. People died by suffocation during the worst of the Dust Bowl storms. Riverboats exploded, drowning hundreds. Railroad accidents resulted in mass tragedies.

Did you see the story in the newspaper and then move on? Or did you consider the consequences to the family? Did they lose the breadwinner of the family? Did they move away to try to avoid the next disaster? Or did they just rebuild in the same place?

These are the headlines in the lives of our ancestors. What happened? Who was affected? How did they cope with the results? It is your job to capture the information about the event and preserve it in a page of storytelling. The story might lead you into asking questions about weather forecasting or railroad fatalities in that historical period. Research about local disasters may help you understand how your ancestor faced the challenges in his life.

Carol Cooke Darrow teaches a free CGS Zoom Beginning Genealogy class on the second Saturday of the month. Register at cogensoc.us.

Reflections

Putting On Change



Martha Coffin Evans

What if instead of "Puttin' on the Ritz," in 1929 sophisticated, impeccable style, we changed to something different? What would happen if that became something else?

While still involving a "putting on" action, emotions, words or attitudes

become that something different. The costs might vary; the response certainly will!

If we put on kindness, what response will that evoke? Might another respond in kind, especially if our action is random. There's something about "one good deed deserves another."

Putting on compassion might result in a heartfelt response from the recipient. The benefit would be immeasurable while the cost - negligible. When we're hurt physically or emotionally, knowing others care goes beyond measure.

Adding a smile could brighten another's day. That frown might keep others more than an arm distance away. "Misery loves company," I was told years ago. Her frown and sad face expressed that too. I didn't buy into that sentiment then nor do I now!

Layer on some laughter for good measure. Cranky and glum days come with or without the weather to augment the feeling. Laughter can buoy the spirits even if temporarily. Usually there's a little

something which can be funny enough to bring about some levity.

Sometimes we may need to put on patience, or so we were told years ago when traveling. That's probably true when our patience is tried.

We can't forget to add love. Putting on love every day can attract others, help our heart health and bring about more enjoyment.

This different dress style may seem a little "Polly Anna-ish," and could well be. I'd say it brings about more fun, friendship and an all-round sense of well-being.

What will it be today - jeans, windbreaker, tee? I'll choose to put on love and let the rest of the layers emerge. What about you?

Martha (Marty) Coffin Evans, Ed.D., freelance writer with MACE Associates, LLC, can be reached at itsmemartee@aol.com or martycoffin-evans.com



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Older Adults Invited to Attend Seniors' Council Meetings

Seniors' Council of Douglas County (SCDC) promotes Living Well/Aging Well. We are a group of older adults and service providers coming together to enhance the quality of life through advocacy, education, and collaboration. Older adults are invited to attend monthly meetings in various locations throughout Douglas County. SCDC meetings provide an opportunity to learn, to be heard, and to make a difference.

Monthly meetings begin at 10 am with announcements followed by a presentation from 10:15 - 11:15 am. The meetings conclude with conversation from 11:15 - 11:30 am. Detailed, updated information on meetings and events is available at www.douglas.co.us --- search for Seniors' Council. Monthly meetings are free and open to the public.

Our August 1 meeting will feature Jason Hopcus, president and CEO of the National Association for Mental Illness (NAMI) for Arapahoe and Douglas Counties.

Good mental health is important at all stages of life. There are resources available for adults as well as youth. We will meet at Seven Stone Botanical Cemetery in an outdoor shaded area.

The September 5 meeting, presented by a Douglas County Health Department representative, will cover the vaccines most suggested for older adults. We will meet at the library in Castle Pines.

A special half day morning program is planned for Tuesday, September 24. The Aging Well/Finishing Strong interactive workshop topic is Legacy Binder preparation. Imagine how helpful a binder of important information prepared for loved ones for use at the time of death or in case of serious disability would be. Creating such a binder is a gift. Registration will begin on August 15. Please go to www.douglas.co.us and search for Seniors' Council to register. There is a \$10 fee.

Let's come together each month -- we are stronger and better together!

Celebrate Centennial Under the Stars

Experience the magic with the City of Centennial at the 18th Annual Centennial Under the Stars event! Join us Saturday, August 10 at Centennial Center Park, 13050 E. Peakview Avenue, from 5 - 9 p.m. for live music, food trucks and activities for the family to enjoy.

A community favorite for the past 18 years, Centennial Under the Stars promises all the makings of a memorable summer celebration for the whole family. The event brings vendors, musicians, and community organizations to Centennial Center Park's award-winning amphitheater—kicking off with live tunes from Pandas and People, performing unique Americana songs with layers of upbeat pop sounds, followed by Nothing But Nineties, the event's headliner and Colorado's premier 90s cover band. Families and friends won't run out of things to enjoy throughout the evening, with the variety of family activities available, including free face painting, Ninja Nation's ob-

stacle course and more. Food and beverages will be available for purchase.

Parking at Centennial Center Park may be limited. Additional parking will be available in nearby lots. Due to the anticipated crowd at the event, pets are not recommended. Please keep the following in mind when attending the event:

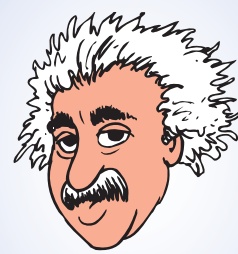
- No outside alcohol is permitted at any event in the park.
- Tents, canopies, and oversized umbrellas are not allowed in the park.
- Blankets and chairs are welcome.
- No ATM is available onsite for the event. Most vendors accept credit/debit cards.

Thank you to event sponsors: Jacobs and Big Blue Swim School, and Centennial Center Park Wi-Fi partner, Ting. Visit centennial-co.gov/events to view additional upcoming Signature Events hosted by the City of Centennial.



We Care

Find Einstein



Can you find the hidden Einstein in this paper?

TRADING POST

Wanted

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I am over 50 yr old, seeking nice lady bet 30 to 85

Only sincere persons should contact me via my email: peterhappinesxbox1@gmail.com

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Become a Cherry Creek Storyteller!

Storytellers TELL stories to Cherry Creek elementary school children.

Volunteer storytellers enhance literacy, stimulate imagination, and broaden multicultural understanding. Pus: It's fun and rewarding, For information and to sign up for training contact drpbusch42@aol.com

Wanted

Buying Old Baseball and Sportscards and memorabilia.

I'm also buying Vinyl Albums. Cash paid. For an honest offer feel free to call CJ at 303-916-8143

Help Wanted

Sales and Marketing Assistant to call on Weld County Businesses. A passion to help Seniors is a plus. Call Michael Buckley, Associate Publisher at 970-673-5918 for more details.

Wanted

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Pets Are Family Keeping Dogs Safe In Hot Weather



Judy Calhoun

We've already experienced heavy heat waves in Colorado this summer, and while knowing that these hot temps will continue in the next couple of months, here are some reminders to ensure your dog remains safe and comfortable.

First and foremost, always provide plenty of fresh, cool water. Dehydration can occur quickly in hot weather, so make sure your dog has access to water both indoors and outdoors. Consider adding ice cubes to their water bowl to keep it cool for longer periods.

Avoid strenuous exercise during the hottest parts of the day, typically between 10 a.m. and 4 p.m. Instead, schedule walks and playtime for early mornings or late evenings. Pay attention to your dog's behavior; if they seem tired or are panting heavily, it's time to head indoors.

If your dog spends time outside, ensure they have access to shade. Trees, umbrellas, or specially designed dog tents can provide much-needed relief from direct sunlight. Additionally, make sure there's proper ventilation in their resting area.

Never leave your dog in a parked

car, even for a few minutes. The temperature inside a vehicle can skyrocket within moments, posing a deadly risk.

To help your dog cool down, use damp, cool towels on their body or provide a kiddie pool for them to splash in. Avoid

using ice-cold water, as it can cause shock. Cooling mats and vests are also effective tools to help regulate your dog's body temperature.

Be aware of the symptoms of heatstroke, including excessive panting, drooling, lethargy, and vomiting. If you suspect your dog is suffering from heatstroke, move them to a cool area immediately and contact your veterinarian.

By following these tips, you can help ensure your furry friend stays safe and comfortable, even on the hottest days. Learn more at noco-humane.org.

*Help us
Help the 50+
Community*

In The Spirit Compromising God's Word

*"Heaven and earth will pass away, but my words will never pass away."
Matthew 24:35 (NIV)*



Dr. Armington

I see so many Christians compromising the word of God today in order to gain acceptance from the world. While it is nice to have a big church, when we compromise God's word in order to build one, we are displeasing God and misleading a lot of people. As a matter of fact, we will be held accountable if we don't preach the truth because the truth is what sets people free.

So what if people get offended by the truth! I would rather kick them into heaven than pat

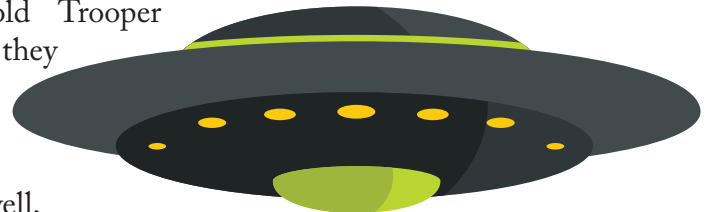
them into hell! When you are focused on being a God-pleaser, you will never be focused on trying to win men's approval! Either you will offend God and please the world or you will offend the world and please God! So what's more important to you?

For more inspirational nuggets, you may purchase a copy of the Author's gentry of writing via www.DrArmington.com at your convenience.

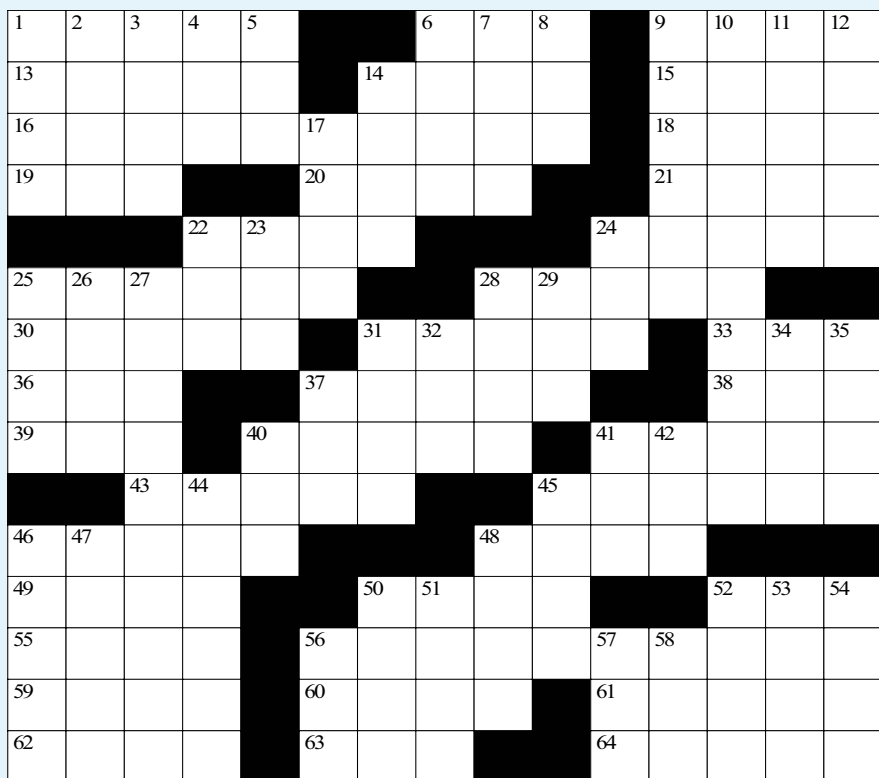
This Ufo Got A Pass

Oklahoma Highway Patrol trooper Ryan Vanvleck had no choice recently but to pull over a UFO on the highway because it had an "obstructed tag." The vehicle's two occupants got a pass when they told Trooper Vanvleck that they were on their way to the annual UFO Festival in Roswell, N.M. The Sherriff's

Office explained that the driver was warned "about our strict enforcement of warp speed on the interstate and to keep his phasers on stun-only while traveling."



50 Plus Marketplace News Crossword Puzzle



ACROSS

- 1 Alchemist's mercury
- 6 Spun by spiders
- 9 Goad
- 13 Water wheel
- 14 Admirable
- 15 Inheritor
- 16 Transference
- 18 Capital of Norway
- 19 Help
- 20 Consumes
- 21 Fastens a knot
- 22 Having wings
- 24 Grasps
- 25 Little flap
- 28 Small yeast-raised pancake
- 30 Farewell

- 31 Contradict
- 33 7th letter of the Greek alphabet
- 36 Metal container
- 37 Dish of raw vegetables
- 38 Gist
- 39 Before
- 40 Indian form of address
- 41 Money
- 43 Modify
- 45 Deprived
- 46 Glum
- 48 Seize
- 49 Mountains
- 50 Portico
- 52 Exclamation of surprise
- 55 Doing nothing
- 56 Sequence

August 2024
Answers page 9

- 59 Never
- 60 Lively
- 61 Lying flat
- 62 Formerly
- 63 Vessel built by Noah
- 64 Confronts

DOWN

- 1 Rectangular pier
- 2 Japanese sandal
- 3 Toward the mouth
- 4 Metallic element
- 5 Possesses
- 6 Skin growth
- 7 Periods of history
- 8 Ten decibels
- 9 Quantum of electromagnetic energy
- 10 Buoyancy
- 11 Greased
- 12 Refuse
- 14 The back of
- 17 Noteworthy achievement
- 22 Monkey
- 23 Monetary unit of Romania
- 24 Hasten
- 25 Ornamental fabric
- 26 6th month of the Jewish calendar
- 27 Tropical fruit
- 28 Reveal indiscreetly
- 29 Cover
- 31 Monetary unit of Thailand
- 32 Biblical high priest
- 34 Sod
- 35 Encourage in wrongdoing
- 37 Plant juice
- 40 Speak
- 41 Meadow
- 42 An urban area
- 44 Barren place
- 45 Small nail
- 46 State in the NE United States
- 47 More mature
- 48 Departed
- 50 Fly
- 51 Inhabitant of Turkey
- 52 Musical instrument
- 53 Clue
- 54 Singles
- 56 Handwoven Scandinavian rug
- 57 Rotational speed
- 58 Metal-bearing mineral



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Senior Answers and Services provides counseling and consulting for seniors and their families as well as information, resources, and services to improve quality of life for older adults.

Queen's Tea

The "Age of Elegance". Bring your Sweetie, Mother or Father, Aunt or Uncle, Daughter or Son, Granddaughter and your Grandson to the Queen's Tea!

The Ms. Colorado Senior America Pageant is hosting their Annual "Queen's Tea" on Sunday, September 22, from 2:00 p.m.-5:00 p.m. The event will be held at Heritage Eagle Bend, Antero Ballroom, 23155 E. Heritage Pkwy, Aurora, CO 80016.

It will be a fun afternoon of sipping tea and tasting the delights of an assortment of finger sandwiches, canapés, appetizers, and desserts. You will be entertained by the Ms. Colorado Senior America Pageant Queen 2024 Andrea Kehmeier and club members including the dance group, The Bella Donna's!

Bring your check book, credit card, or cash so you can bid on amazing items to start your holiday or gift shopping...or for yourself. Don't miss the Live Auction items you will surely want to bid on these treats. All proceeds go towards the support of the organization and our next Pageant. Details of how to support or become a contestant in our Spring 2025 Pageant will be available at the Tea. You could be the next Ms. Colorado Senior America!

Tickets for the Queen's Tea are \$45 for VIP seating, and \$35 for general seating. For more information or purchase your tickets in advance, contact Cyndy at

720-217-3560 or email cyndyo8@gmail.com.

COLOSARAMERICA.COM

The Ms. Colorado Senior America Pageant is an annual event hosted by members of this 501(c)3 status organization. Our club members are spirited volunteer women who have reached the "Age of Elegance" 60+ years of age, who continue to thrive and work within the Denver Metro area to bring a bit of encouragement and lively entertainment to various venues such as nursing homes, assisted living, senior centers, and the community.



Queen Andrea



Bellas

Companion Plants for the Vegetable Garden

What are the benefits of companion plants? Two different plants that can be neighbors can contribute nitrogen to the soil, shade to their companion, weed suppression, pest control, attract beneficial pollinators, enhance flavor and so much more. Here are a few companion plants to consider when you start your vegetable garden. And why not add some to your flower garden as well?

Marigolds can add color to the vegetable garden and be a companion plant. Marigolds have nematocidal compounds called alpha-terthienyl. These are root exudates or fluids that are released in the soil. This disrupts the life cycle of nematodes. These are a lot of beneficial nematodes, but there are also plant parasitic root-knot nematodes and disease-promoting bacteria, fungi, and insects which damage the root system and affect the plant's ability to absorb water and nutrients from the soil. It doesn't matter if the marigolds are French or African. A study titled, "Marigolds (*Tagetes* spp.) For Nematode Management" by R. Krueger, K. E. Dover, R. McSorley, and K. H. Wang proved that 29 varieties helped control soil nematodes of different kinds and levels.

Aside from that marigolds deter pests such as aphids, whiteflies, and tomato hornworms for tomatoes. Marigolds attract lace bugs and ladybugs, both very beneficial predatory insects. Marigolds are good companions for honeybees and butterflies for better pollination. Marigolds protect cucumbers from squash bugs. Marigolds can repel bean beetles and thrips.

Another good garden companion is onions. The strong scent of onions deters aphids and thrips away from tomatoes. Onions deter pests from strawberries, lettuce, parsnips, and carrots. With strawberries, the strong scent deters ants and fungal diseases. Strawberries can be good companions to leaf lettuce. The mature leaf lettuce can hide the strawberries from birds. Onions keep insects and rodents away from lettuce. The strong scent of onions masks the smell of parsnips and confuses pests, but onions also improve soil structure and nutrient uptake. Carrots and onions help each other deter carrot flies and onion maggots are attracted to both crops.

Herbs such as sage, parsley, and dill attract bees and pollinators. The strong scent of oregano repels slugs, nymphs, and fruit flies which attack strawberries. Oregano can keep the moisture level just right for strawberries. Parsley and dill are biennial, while sage and oregano are perennials. Crop rotation and companion planting techniques work well together. Rotating different companion vegetable plants around the perennial herbs each season works. Crop rotation is beneficial in keeping disease and pests down and companion planting enhances plants with added protection.

Linda Langelo is a Colorado State University Extension horticulture specialist, member of Garden Communicators International, and regular contributor to MarthaStewart.com gardening articles. She also produces The Relentless Gardener Podcast. She is a guest blogger for AARP Colorado.



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 6363 W. 35th Avenue - Wheat Ridge, CO 80033
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Please pre-register where necessary. All events and classes are held at the AAC unless otherwise noted.

For additional info on our programs, visit www.rootedinfun.com
Wheat Ridge Carnation Festival
 Join your friends and family at the Wheat Ridge Carnation Festival held at Anderson Park (44th & Field) on August 9th - 11th. This fun annual event includes midway booths, carnival rides, live music, food vendors and events, a car show, art show, parade, circus, fireworks & more! Stop by the AAC Cookie Booth to purchase delicious cookies and brownies! Visit thecarnationfestival.com for more information!

Acting for Adults 50+
 Acting classes for beginners – come learn the basics of acting and performance through monologues, dialogues, scene work, & improv. The class culminates with a showcase of performance pieces presented by the students. Monthly session cost is \$43; classes are held Mondays from 6:45 -8:15pm, call 303-205-7500 to register.

Movie Matinee
 Enjoy the movie “The Color Purple” on Thursday, August 22nd at 1pm, the movie is free but pre-registration is required, call 303-205-7500 to register. Bring \$1 for pop & popcorn, if you like!

Gentle Yoga - Evening Classes
 In these yoga classes, you will develop core strength, improve flexibility, and become more centered through a series of yoga asanas (poses). Bring your yoga mat and join instructor Mari McKinny on Mondays from 6-7pm; Lisa Toyne on Tuesday evenings from 6-7pm and Pamela Ewald on Wednes-

days from 6-7pm. Cost for each monthly session is \$25, call 303-205-7500 to register.

Trips
 We have numerous outings planned each month, stop by the AAC to pick up the latest copy of the trip guide. We also offer easy and more difficult hiking trips and weekly walking outings. Call 303-205-7500 to register or register online at: rootedinfun.com

Special Interest Drop-In Groups
 (Drop-in fees \$4.50 paid for with an Electronic Enrichment Pass)

Train Dominoes - 2nd and 4th Mondays, 1pm
 Silversmith Lab – Every Wednesday, 9am - noon

Booktalk – Thursday, Sept. 23rd – Book: “The Right Mistake” by Walter Mosley - 10am (No August meeting)

Pastel Painting – 2nd Thursdays, 10am
 Maj Jong – Wednesdays, 9-11am
 Canasta - 1st and 3rd Fridays, 1-3pm

Fitness and Dance
 The AAC offers a variety of fitness and dance classes, stop by the AAC and pick up a schedule. More information on all AAC activities offered are available in the printed Rooted in Fun Guide or online at: www.rootedinfun.com. You can also pick up a copy at the AAC or the Wheat Ridge Recreation Center.



Apex Community Recreation Center
 303.424.2739 • apexprd.org

Below is a sampling of Apex’s upcoming Active Adult program. You can stay updated on all the latest offerings by visiting ApexPRD.org. The following activities are all hosted at the Community Recreation Center, 6842 Wadsworth Blvd., Arvada, unless otherwise noted. Please register in advance for all programs by visiting online or calling 303.425.9583.

The Community Recreation Center will be closed August 5-9 for their annual shut down. Please visit our other facilities during this time.

Did you know?
 The Community Recreation Center offers great rental opportunities for small gatherings, HOA meetings, retirement celebrations, birthday parties, memorials, and any other groups as little as 5 and up to 250! Contact Michelle at 303.467.7197 for more information.

GrEighties – Advanced Planning: Monday, August 12, 1 pm
 Are you great and over eighty? Learn how to pre-plan for end of life by learning the ins and outs of funeral and cremation planning. Introductions and some social time will be included. A light snack will be served. Please register in advance. \$5 (\$7 non-res.)

Hike – Caribou Ranch:
 Tuesday, August 13, 7:30 am
 Join us for a hike at Caribou Ranch. The easy-moderate trail is 4.7 miles round trip with 200’ elevation gain, starting elevation 8600’. \$27 (\$33 non-res.)

Creative Writing:
 Thursday, August 15, 11 am
 Beginning and advanced writers are welcome to work on what

interests them—memoirs, poems, short stories, essays. Writing is done at home and shared in the classroom in the supportive atmosphere of fellow writers. \$46 (\$57 non-res.).

Puzzle Hustle:
 August 17, Saturday 10 am
 Puzzlers, get your team together and join us for the Apex Puzzle Hustle jigsaw puzzle challenge. Teams of two to four people will compete to finish a 500-piece puzzle in the shortest amount of time. This event is for ages 12+. Puzzle is provided. A limited number of teams will be accepted so register early. Prizes for first, second, third and fourth place finishers. Registration price is per team. \$35 (\$40 non-res.).

Cooking with Friends - Lunch:
 Wednesday, August 21, 11:30 am
 Join us as we prepare, clean up, and say goodbye to summer together in the Community Recreation Center’s fabulous kitchen. On the menu: Greek chicken pasta salad and peach crisp. \$45 (\$54 non-res.).

Active Adult Informational Session:
 Thursday, August 22, 9:30 am
 Whether new to the district or ready to try new activities, discover the many diverse opportunities across Apex Park and Recreation District. Enjoy a little snack while you learn about various social activities, education, arts and crafts, fitness, aquatics, trips, hikes, clubs, volunteering, and how to get involved. We will also be discussing the benefits of insurance-based memberships. Free, but advanced registration is appreciated.

Uniquely Bea

Grandparents Journal or Memory Books



Bea Bailey

A few years ago, I found a grandparent’s memory journal at a gift shop. It was great. The book had various snippets of the grandparent’s life from being a toddler to an adult.

The journal lists the grandparents’ childhood friends; their hopes and fears and even little-known facts about themselves. It served as a trip down memory lane for me. Today with far too many children hooked up to their digital devices, this information is just slipping away. You can create a thoughtful record of your special memories and be able share them

with your grandchildren. You can add to this by digging out some old photos and including them with the narrative.

If you do a quick search on Amazon or at your local bookstore, you will find some delightful options to choose from. I am sure that there is one that will appeal to you. There are a variety of price options as well.

You can close your eyes to reality but not to memories. My memories mean a lot to me, and I hold them close to my heart. Memories are the key not only to the past, but to the future. It’s great to reminisce about good memories of my past. I owe it to my grandchildren to share these memories. You might be pleasantly surprised about your grandchildren’s response.

Pet Partners

Were on hand to greet and welcome vendors and visitors at the recent ADAMS AND BROOMFIELD COUNTIES SENIOR LAW DAY held in Thornton. The greeting and welcome was well received and appreciated.

Pet Partners makes it possible for volunteers to share their amazing pets with people in need to improve human health and well-being.

Sharing the pet’s special love with others brings the vital connection of the human-animal bond to all the people who can and will benefit. If interested, learn how to become a Pet Partners therapy animal team with your pet visit: petpartners.org/volunteer.



*Pet Partner Teams (l-r)
 Golden Doodle Jack & Sandi;
 Australian Shepherd Maverick & Brenda*

We Care