



## Honoring World War II Veterans At Aurora's Veterans Salute

*By Diane Henderson, Lieutenant Colonel, U.S. Army Nurse Corps, Retired.*

The 10th Mountain Division was a highly specialized Army Division that fought in Italy during World War II. The Division started out as an experiment to train skiers and climbers to fight in the most difficult, mountainous terrain in Europe. This division of light infantry men on skis is one of the many who will be honored at the 21st City of Aurora Veterans Salute on November 4, 2015 at the Wings Over the Rockies Museum.

In July 1943, at the age of 18, Hugh Evans enlisted in the United States Army in San Francisco, California Because of the "serious situation with Japan and Germany and out of patriotism," according to Evans. He joined the army to serve in the 10th Mountain Division. He trained for over a year at Camp Hale, near Pando, Colorado. Training included skiing, snowshoeing, rock climbing and winter survival in altitudes up to 13,500 feet, in 5 to 6 feet of snow and in temperatures 20 degrees below zero at night. He later trained at Camp Swift, Texas prior to being



Hugh Evans

deployed to Italy in January 1945.

Major campaigns in which he fought include Italian battles like the capture of Riva Ridge on 18 February 1945 and the capture of Mount Belvedere which was the highest peak in the Apennines Mountains of Italy; upon which the Germans had fought off the U. S. Army for over six months.

He received the Silver Star for gallantry by taking out two machine gun nests on Mt. Gorgelesco at the young age of 19. He was wounded in April 1945 only to rejoin the Division three months later. With the surrender of Germany May 8, 1945, he returned to the United States with the Division.

Technical Sergeant Hugh Evans was discharged from the Army in November 1945 and attended the Colorado School of Mines on the GI Bill. As a mining engineer, and with his wife and four children, he worked all over the United States and the World. Now residing in Boulder, at the age of 91, he is enjoying retirement and his large extended family.

The terrain of the Apennine Mountains in Italy was well suit-

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## Medicare & Medicaid: 50 Years of Keeping Colorado Healthy

*By Jeff Hinson, Regional Administrator, Centers for Medicare & Medicaid Services*

July 30, 2015 marked the 50th anniversary of the date on which President Lyndon Johnson signed into law the bill creating both the Medicare and Medicaid programs. We were honored to be able to mark the date with a celebration at the Blair-Caldwell Library in Denver, and to have Governor John Hickenlooper join us in the celebration.

Medicare and Medicaid now serve over 110-million Americans, including about 2 million in Colorado alone. This alone shows how much the programs have meant; before Medicare, more than half of all Coloradans over 65 had no health insurance, and no way to get it – even if they could afford it – because insurance companies could and often did refuse to cover them at all.

Now, Medicare is evolving again, to keep Coloradans healthy, while keeping the ever-rising cost of health care in check. We increasingly reward quality of care, not quantity. We are taking aggressive action against fraud. And we provide preventive services to beneficiaries with no out of pocket cost, to encourage people to be screened



Governor John Hickenlooper

for illness before it reaches an advanced stage.

And Medicare will be there for the future. The latest analysis of our Trust Fund shows an expected life of 2030. That's 13 years longer than it was as recently as 2009. We've slowed the rate that our spending is growing, even though more people are on Medicare now, and are living longer.

That's why we are celebrating. It's not just a date on a calendar. It's a recognition that Medicare, which we operate, and Medicaid, which states operate with our funding and oversight, are among the most trusted, valued, and important programs serving our nation, and we are extremely proud to provide them.

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## Warbirds Over The Rockies

Warbirds Over The Rockies is a fun, educational, family oriented 'end of summer' event. Entry is \$10 with children under 13 Free. There is a noon airshow all 3 days that begins with showing of Full-Size aircraft piloted by local air show pilots. Immediately following the full size fly-overs, the remote controlled model Air pilots re-create a history of military aviation beginning with WWI bi-planes.

This is followed by a re-enactment of a WWII air battle complete with bombers and fighters.

The high bombers are bombarded with flack and the fighters respond with strafing runs that culminate in 30ft. high fireballs! (Our crack pyro-technics team Angel Light Pyrotechnics, Inc. provides a spectacular pyro show that will literally shake you. You can feel the heat.) All of the model planes flown at Warbirds Over The Rockies are exact replicas of a full size military aircraft that flew during wartime. That is one of the requirements for pilot participants.

Next up are the jets! If you love

the smell of jet fuel this airshow is for you. All of the jets have turbine engines fueled by kerosene or jet-A fuel. The engines are small replicas of their full size counterparts found in full size commercial airliners. You have to see them to believe them! They look and sound like the real deal. Come join the WarBirds over the Rockies. Air Show entrance is off of Hwy. 93 just north of Golden about 8 miles look for signs along Hwy. 93. The spectacular 3 Day Event is September, 11, 12 and 13.

# September CALENDAR

## Healthy Aging® World Alzheimer's National Preparedness

### Wednesday/2

Dementia Caregiver Support, 10-11:30am, 1st Wed monthly, The Center, 1301 E Colfax Ave. Denver. Free. [www.CapitolHillCareLink.org](http://www.CapitolHillCareLink.org)

### Wednesday/19

Clear Creek Church, 10555 W. 44th Ave. Senior Lunch, 3rd Wed. monthly, 11:30 am. Lunch & program. Info: 303-424-3031.

### Friday/19 & Saturday/20

Parker Oktoberfest 2015! F: 10-8 pm, S: 10-5pm, O'Brien Park, 10795 Victorian Dr. Music, foods, beer, wine, dancers & vendors.

### Monday/21

Stroke Support Group, 6-8pm, Swedish Medical Center, 501 E. Hampden Ave. Englewood, 3rd Mon. monthly, Info: Rebecca. [Gloyd@riaco.com](mailto:Gloyd@riaco.com) or [tlcdenver@comcast.net](mailto:tlcdenver@comcast.net)

### Tuesday/22

TRIAD 1:30 pm, JffCo District Attorney, 500 Jefferson Cty Pkwy, Golden. Seller Beware: Estate Sales & More, by Pete Schmidt, BTS Estate Liquidators. Free & open to public. Info: 303-271-6980.

### Every Monday

Forest Street Care Center, 3345 Forest St., 10-noon. Free Info. Reg: [www.alz.org](http://www.alz.org) or 720-877-3474.

### Every Friday

The Toast of Inverness Toastmasters club, noon-1pm, Koelbel Library, 5955 S. Holly St, Centennial. Info: [www.toastofinverness.org](http://www.toastofinverness.org)

### Dates Vary

Original Ports of Call, singles club Info: 303-751-5195 membership.

### October 9-10

Elder-Corps Wisdom Series, The Enlivened Living Conference 2015. Denver's Mile-Hi Campus Conference, Festival & Expo. Mile-Hi Campus, Lakewood. Register: [www.enlivenedliving.com/](http://www.enlivenedliving.com/) email: [info@agenation.com](mailto:info@agenation.com) or call (505) 982-5754.

### October, 2015

LearnOn, continuing education at MSU Denver, has 7 classes. Low cost, no credit, adult classes. Info: [www.msudenver.edu/learnon/](http://www.msudenver.edu/learnon/).

Calendar sponsored by...

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# Jump On The 50 Plus Coupon Express

September is National Coupon Month. Millions of Americans grab their coupon caddies, their meticulously alphabetized three-ring coupon binders and set off to score money saving deals.

Coupons are everywhere today. You get them in the mail, the Sunday paper, on the back of your receipt at the grocery store, by email and text message. If you are a credit card holder at one of the national department store chains, you receive one in your monthly statement. Now if you are like me, why pass up a great deal when I know at some point in time I will need that "I can't live without" item because of the coupon. And since my husband and I like to dine out from time to time, I have squirreled away restaurant coupons by the dozens.

More and more Americans are using coupons to save money. In fact, statistics show that affluent consumers that make more than \$70,000 a year are the highest users of coupons. And why not...in this economy, it's not only out of necessity but the pure satisfaction of saving money.

Not many people know the first coupon invented was by marketing genius and Atlanta businessman Asa Chandler. In 1887 he offered "certificates" to try the new soda



pop which we now know as Coke. Well, I don't need to inform you of how successful that was.

In October, we launch "50 Plus Coupon Express." Look for money saving coupons from businesses that you, our readers, frequent. Everything from donuts shops, to restau-

rants to your favorite retail store. We welcome ideas and requests of businesses you would like to have featured with a coupon. Email [Darcy50plus@yahoo.com](mailto:Darcy50plus@yahoo.com). Happy couponing!

## Better Business Bureau

### Avoiding Money Wiring Scams

Imposters. Impersonators. Fakes. Frauds. Phonies. You might call them by different names but these scam artists have one thing in common: they pretend to be someone they aren't and tell you a bogus story to con you into wiring them money.



Erin O'Neill

The crooks give a pretty convincing reason to wire money. They might say you owe the IRS taxes and you'll be arrested if you don't pay up. Or that you won a federal

grant and have to pay a processing fee to get your money. Some even tell you a loved one's in trouble and needs your help.

They might tell you to use a money wiring service to add funds to a 16-digit account number they give you—they say it's your case number or account number, but it's not. Once the transfer goes through, the money's gone and you can't get it back.

Government agencies will never ask you to pay by wiring money. Neither will legitimate businesses. If someone insists you pay by wiring money, it's a scam. Don't do it. Instead, report it to the Federal Trade Commission at [ftc.gov/complaint](http://ftc.gov/complaint) or 1-877-FTC-HELP.

## Salute from page 1

ed for the specialized and unique skills of the 10th Mountain Division. While conducting one of the fastest advances through enemy territory of any other division in the war, it would suffer one of the highest rates of casualties in the war. The Division was deactivated on November 30, 1945.

Honoring all veterans is the ultimate goal of the event. This year's focus is recognizing our World War II veterans. Come take this opportunity to honor these veterans during the 70th anniversary of the end of World War II. Call 303-739-7950 for more information and to register.

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**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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l-r: Dr. Reverend Jonathan Ellerby, Executive Director & Lead Minister of the Althea Center for Engaged Spirituality; Reverend Amanda Henderson, Executive Director of Interfaith Alliance of Colorado; Mohamed Jodeh, Founder of the Colorado Muslim Society; David Loy, Buddhist Zen teacher and author; Father Eustace Sequeira, instructor at Regis University.

## Colorado Forum Of Interfaith Religious Leaders Reviews Pope's Encyclical On Climate Change

Pope Francis' recent encyclical – On Care of Our Common Home – has sparked a global conversation about the health and well-being of Earth and challenged humanity to have a more sustaining relationship with the planet.

In Denver, nonprofit Alliance for Sustainable Colorado hosted a panel discussion on the encyclical, moderated by Governor Bill Ritter and featuring leaders of Colorado's religious and spiritual communities.

Ritter shared that as the only encyclical devoted to environmentalism, it calls on the global community to come together and discuss the state of our environment, the changing climate and the impact it has on all of us - especially the most vulnerable and impoverished among us.

Panel member Father Eustace Sequeira, instructor at Regis University, discussed the pope's history of service to the poor as Jesuit priest - a male religious congregation of the Catholic Church known as the Society of Jesus. He explained that Jesuits are called to serve the poor in any work they do, and must always "take the side of the poor".

David Loy, Buddhist Zen teacher and author, highlighted the encyclical's message of stewardship to

the earth as it relates to Buddhism's recognition of the interconnectedness of all humanity. He pointed out the pope's sense of urgency in dealing with climate change as a "separation" between earth and its people saying, "the ecological crisis is a symptom of a civilization that seems to have lost its way".

Reverend Amanda Henderson, Executive Director of Interfaith Alliance of Colorado, discussed the challenges of church leaders encouraging their congregations to make changes to their lifestyles, especially when their survival and success is dependent on an industry that plays a large part in climate change, like the coal industry in Kentucky. Henderson acknowledged, "This is hard, and anybody who thinks otherwise hasn't actually contemplated the changes that will need to be made."

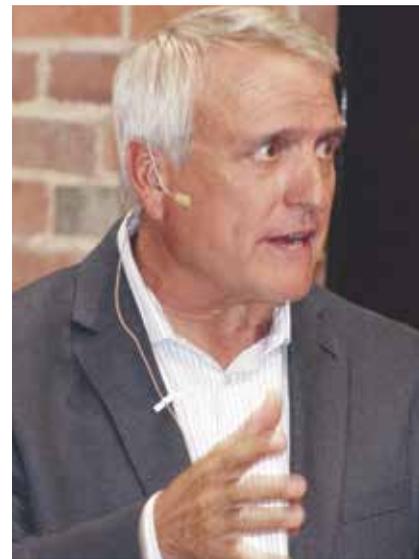
Mohamed Jodeh, Founder of the Colorado Muslim Society, expressed concern over the threat of climate change specifically for Muslims, who are called to be

trustees of the earth.

The encyclical also resonated strongly among spiritual leaders, with Dr. Reverend Jonathan Ellerby, Executive Director and Lead Minister of the Althea Center for Engaged Spirituality, praising its call toward collaboration and altruism as "fundamental to evolution, humanity and the survival of virtually all species."

"As Colorado's Hub of Sustainability, we are excited to continue Pope Francis' dialogue in our own community," said Anna Zawisza, Executive Director of Alliance for Sustainable Colorado. "This was a wonderful opportunity to bring together both the faith and environmental communities in a conversation about how we can work together to preserve our beautiful state."

Alliance for Sustainable Colorado will continue to host additional panel discussions on various topics as a part of the Sustainability Series at The Alliance Center. For more information, visit [www.sustainablecolorado.org](http://www.sustainablecolorado.org).



Bill Ritter

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## In The Spirit

### Pray On

“Always be joyful. Keep on praying”. 1 Thessalonians 5:16-17

Our joys and prayers should not fluctuate with our circumstances or feelings. When we do God's will, we will find it much easier to



Henry Armington

be joyful and thankful for everything in life. So keep working in your divine purpose while smiling extremely hard. This action really terrorizes your enemies and puts each of them at a state of uneasiness, causing them to become ex-

cessively angered and frightened of your productivity since they can't figure out whose working on your behalf from behind the scene.

Even though people have been manipulated by the Head Enemy himself (Satan and his demonic spirits) in placing strategic traps out and plotting your demise - just remember this one thing... “No weapon formed against you shall prosper”. God has you in his possession with hedges of protection surrounding you. Now go on and shout in Jesus Christ name!

❖ For more inspirational nuggets; purchase a copy of “How To Get Your Hands Out The Lion Mouth” via Amazon.com or pay a visit to DrArmington.org at your convenience.

## Accessory Dwelling Units, A Housing Option

Recent changes in zoning regulations in much of Jefferson County allow homeowners to add an ad-

ditional unit to their single family homes. These units are commonly called Accessory Dwelling Units (ADU) but are also known as Alley Houses, Carriage Houses, Mother-in-Law Suites or Granny Flats. Typically these units are limited in size



to between 400 and 800 sq ft and require the property owner to reside in either the ADU or the primary residence. The ADU can include a separate kitchen and bath and can either be built in existing space, such as a walkout basement, or as a detached cottage in the backyard.

An ADU provides an opportunity for a homeowner to capitalize on the greatly increased home prices and rents without selling their property. An ADU can help

a homeowner age in place by providing rental income, or provide a place for a family member or care-

giver, or the homeowner can move in to a single floor cottage while renting out the primary home. Two big gaps in the real estate market are the lack of small, detached, affordable homes and the lack of multi-generational housing. ADUs can fill

both these gaps. Even if an ADU is allowed by zoning, they can be restricted by a HOA, restrictive covenants, utility providers or by practical considerations such as house or utility locations on the lot. To find out if an ADU would work for your property, contact Richard Patterman at 303-589-3021 rpatterman@msn.com.

❖ Richard Patterman, Housing Solutions, LLC, has been a builder/ developer in Colorado for 35 years.

# 21st Annual AURORA VETERANS SALUTE 2015 WEDNESDAY, NOVEMBER 4

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Celebrating the 70th anniversary of the end of WWII

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### REGISTRATION:

- Begins Aug. 5, 2015
- \$22 per person, #227952
- Groups of 10 or more: \$20 per person, #227955

- Group registration deadline: Sept. 25
- After Oct. 1: \$27 per person

- WWII Veterans complimentary, ask for details when registering.



FOR INFORMATION & TO REGISTER: 303.326.8650 OR 303.739.7950





## Wish of a Lifetime

Everyone has a dream, something they wish they could do for the first time, one more time, or perhaps the last time. Wish of a Lifetime is a non-profit organization that fulfills these dreams for our oldest generations. From taking veterans to see the memorials in their name to providing the opportunity for a 100-year-old to see the ocean for the first time, Wish of a Lifetime aims to foster respect for seniors by helping them, and individuals who hear their stories, to recognize that it's never too late to realize a dream.

This past June, 90-year-old Wish Recipient and Brookdale resident Lou Weiske took to the skies in a B-24 aircraft, the same model he flew in as he valiantly served our country in World War II. Memories from his service remain bold in his memory, despite his battle with Alzheimer's disease. The fulfillment of this wish allowed Lou to celebrate and honor his service through an afternoon of reliving some of his most salient memories. "It was interesting to fly in a B-24 again," Lou said following his flight. "I never thought I would get the opportunity." After Wishes are fulfilled, recipients and family members comment they feel happier, healthier, and more valued by their community. "It was very important to him...even though he flew on a lot of other planes, this was the one he remembered a lot of," Lou's wife mentioned following the flight.

Wish of a Lifetime is excited and honored to share Lou's special story and the stories of many other seniors who have fulfilled lifelong dreams, celebrated passions, and commemorated service through the organization. To learn more, please visit [www.seniorwish.org/](http://www.seniorwish.org/).

## Train Your Brain

Memory is key to our survival. We learn from both our mistakes and our successes. Without a good memory, our very safety and independence are jeopardized beyond the telling. Last month's column focused on when it is OK and understandable to forget. This month's column will focus on when an individual should become concerned about forgetting. The following examples should be read carefully and taken seriously if they occur on an ongoing basis. They are as follows: Difficulty with memory as it relates to common day-to-day events and routines, higher level executive reasoning skills like planning and organizing, following through with multi-step processes that were once easy, remembering where someone is and the people they are with, understanding or naming visual objects and/or elab-



Torsten C. Jess

orating on such, one or multiword receptive and or expressive ability as it relates to functional wants and needs, what one was doing, making wise decisions pertaining to safety and independence in their environment, participating in activities with family and friends that were once done without much thought, inhibiting verbal responses and exercising self-control as it may pertain to thoughts and concerns, and with focus and attention with regards to functional tasks. If you are concerned with either one of these or a few, it is highly recommended that you begin with your primary physician. They can often determine the cause of these occurrences, prescribe worthy medications to alleviate or even remedy such and may even recommend cognitive training. In short, the sooner you can determine the root of the problem, the better!

❖ For professional cognitive training, contact Torsten Jess M.S.CCC-SLP, [BrainFunctionOptimization@yahoo.com](mailto:BrainFunctionOptimization@yahoo.com), 303-658-9868, [www.BrainFunctionOptimization.Com/](http://www.BrainFunctionOptimization.Com/).

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On Saturday August 22, at the JeffCo Fairgrounds, Jefferson's County District Attorney's Office hosted the annual Learn Safety Fair. Almost 90 vendors offered free information and services to the public. l-r: Jane Runge, Regional Director Community Relations, American Baptist Homes of the Midwest and Jefferson County Commissioner Don Rosier.



Saturday, August 22, the Colorado Senior Lobby held their annual meeting at Wind Crest Independent Living, Highlands Ranch. Congressman Mike Coffman spoke, plus a question and answer panel. l-r: Ed Shackelford, President of the Senior Lobby, Rep. Dianne Primavera, District 33, Rep. Steve Lebsok, District 34, Rep. Kit Rouse, District 17, Bob Epstein, Chairman; were honored by the Lobby for their hard work in fighting for legislation that supports Senior issues.

## Technology is Hip!

### The Future of Shopping!

Something new will be arriving at several grocery store chains this year, and eventually at local retail stores. A new smart shopping cart can talk or text you, even let you know when you last bought an item, give you prices, provide appealing recipes and digital coupons for the purchased items, and some carts will even follow you. All this to make your trip to grocery stores more pleasant, efficient, and keep you coming back! Whole Foods and others have been using these carts on a trial basis since ten years ago, but today are more user friendly. More grocery chains are expected to implement the smart carts to increase the overall shopping experience.



**Bob Larson**

According to Forrester Research, "Many of the new smart cart applications can be used in any retail setting, but grocers are under tremendous pressure to create a better in-store experience for their

customers or they're going to lose them on price to Wal-Mart." IBM, one of the cart developers, states that the shopping experience will see more changes in the next five years than in the last 20.

The smart shopping cart looks like a normal cart except for an interactive screen and scanner mounted on the cart as shown here. Once shoppers swipe their personal store card on the display, their shopping history is available from presenting a suggested shopping list to providing weekly discounts on selected items, track your purchases, to checking out without stopping at a checkout stand. The scanners can even tell the difference between the individual veggies and fruits during checkout.

It's rumored staffed grocery checkout stands will be history within five to ten years, which means you may have to bag your own groceries. Homemakers should love this! Robots for your personal shopping concierge or home servant within 20 years!

❖ *Bob Larson is a technologist and Marketing Director for 50 Plus Media Solutions. Contact Bob at Marketing@50plusmediasolutions.com*



# 2ND ANNUAL SENIORS IN SEPTEMBER

SHINING A LIGHT ON SERVICES FOR OLDER ADULTS IN THE COMMUNITY





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For information, please contact Amanda Gregg, Director of Office on Aging at 720.913.8456 or visit denvergov.org/aging

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KEYNOTE BY MAYOR MICHAEL B. HANCOCK

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## Genealogy Rocks!

### Research Must Include Documented Sources

Research is the gathering of data, information and facts to build knowledge of your family history. The word 'research' is sometimes a stumbling block for people new to genealogy. They have been told by TV ads that they just have to look for a leaf and all will be revealed.



**Carol Cooke Darrow**

Often the leaf takes you to a family tree posted by someone in Ohio or Iowa or California. It lists David and Susannah Wilson, who were born in South Carolina but living in Indiana in 1910 with their children Manny, Hiram, John, and Richard. It states that David and Susannah Wilson were married on 6 June 1879 in Indiana although all of the children were born in South Carolina. That alone should set off alarm bells. It is unlikely that a South Carolina couple would be in Indiana getting mar-

ried and then move back to South Carolina to have all their children. The family tree lists a source for the marriage information. You click on the source and it tells you that the information came from "My Auntie's Family Tree." Someone - perhaps unknown to the current family tree maker - has created her own family tree. When you look at that tree, you see David and Susannah's children listed as Herman, James, Richard and William. "Sort of like" what you found in the census records but not quite. Do you go with the leaves waving in the breeze or do you collect your own facts from documents such as the census and actual marriage documents?

It's very tempting to just take the information from the family trees. But it will lead you astray almost every time. To be sure you are connecting to the right ancestors, you must collect facts and documents created at or near the time of the event.

❖ *Carol Cooke Darrow, CG, is a member of the Colorado Genealogical Society.*

## Uniquely Bea

### Getting Back Into the Dating Game!

OK...you now find yourself a 50+ widow/widower with a bit of living left to do. You enjoy your time with family and friends. Your



**Bea Bailey**

days are full with trips to the gym, taking a Tai Chi class, knitting or tutoring grandchildren. Yet, something was missing.

Ah, yes... companionship was what was missing for me. "No", I did not need a man to build my life around, but I knew that I wanted a man in the building of my new life.

Where the devil do you start? There ain't a "Safe Man/Woman for the New Widow/Widower Store!" My suggestion is that you start with yourself. You have to make sure that you are "whole" before you attempt to become "part" of someone else. Examine your

motives for starting a relationship. Do you want one because you are lonely? If so, if that person doesn't work out, you will just find yourself lonely again.

Firmly decide on your wants vs your needs in a relationship and try not to compromise. You may have to tweak what you want in an ideal partner, but there may be some deal breakers. Financial and health concerns are key considerations in evaluating a new relationship. At this point in our lives, we shouldn't knowingly take on a lot of weight in a new relationship.

Take your time and form a friendship. A strong friendship will outlast any romantic relationship. If you find out along the way that you are in love with a friend, it is a win-win relationship for everyone.

We are in the prime of our lives and the best is yet to come.

❖ *Beatrice Toney Bailey, TV Host, Author & Lecturer, farewellmyfriend.net*

# Achieve Maximum Independence

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- Home assessment
- Adaptive aids distribution/training
- Orientation and mobility training
- Low vision specialist OD exams
- In-home Volunteers with background checks
- Computer & technology assistance
- Support groups

All services are available upon request and we are proud to provide them free of charge. Donations to offset the cost of services for future clients are encouraged. Think of it paying it forward to the next person in need.

**We welcome the opportunity to assist you in the comfort of your home to remain independent and empowered.**



**303-831-0117**

**www.a3colorado.org**

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## Climb the Stairway to Heaven with **GET THE LED OUT: The American Led Zeppelin**

It's time to wake up and rock the house with GET THE LED OUT - The American Led Zeppelin. Relive the passion and fury of the timeless rock anthems and intimate melodies that spans the mythic career of rock 'n' roll royalty that is Led Zeppelin.

The Get The Led Out phenomenon, embraced by critics and fans alike, heads west to conquer the rest of the country and take its place as the foremost Led Zeppelin tribute. This 6-piece band takes you back to the '60s and '70s as they re-create the legendary British group's distinct studio sound, with all the bells and whistles, and brings the Led Zeppelin experience to the big stage.

With a whole lotta love, Get The Led Out has established themselves as professional musicians, whose passion for the classic Led Zeppelin song catalog, brings to the stage a stunning two-and-a-half hour concert, performing with all the grandeur and flash such hits as Rock and Roll, Black Dog, Since I've Been Loving You, Ramble On, Babe, I'm Gonna Leave

You, Dazed and Confused, Your Time is Gonna Come, Going to California, Battle of Evermore, Heartbreaker, Kashmir, Stairway to Heaven, and many more.

Come celebrate the music that defined the rock era, through their acclaimed note-for-note scrambling on the solos and fills, frenetic soloing, impeccable harmonies, pitch-perfect vocals complete with spot-on wailing, staging, state-of-the-art quadraphonic sound and lighting, all coming together to create a genuine reincarnation of Led Zeppelin.

For more information, and to sample music and video on the band, visit: [www.gtlorocks.com](http://www.gtlorocks.com)

This concert benefits Colorado Public Television 12. On Thursday, September 24, 7:30 p.m. Gates open at 6:00 p.m. At Red Rocks Amphitheatre. \$38 GA Tickets, plus service charges, available on [www.ticketmaster.com](http://www.ticketmaster.com) and all Ticketmaster centers. To charge by phone, call 1-800-745-3000. Also available through Channel 12 online at [www.cpt12.org/](http://www.cpt12.org/) or call 303-296-1212, M-F 9 am-5 pm.

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Sunday, August 16th at the Forney Museum of Transportation, Colorado Public Television 12 (CPT12) in conjunction with Cowan's Auctions held "Colorado Collectibles Appraisal Fair"! People from across the State attended with their prize antique collectibles ranging from art, silver, gold, you name it they bought it!



# Dublin, Ireland Adventure

By Ron Stern, Travel Photojournalist.



If you've never been to Ireland, now is the perfect time for a visit. With daily route from San Francisco and other cities on Aer Lingus, you can conveniently pop over for a visit to Dublin and get a slice of the Irish life in under a week.

Here are some of the best things to see and do:

Start at Saint Stephen's Green and stroll around its lovely manicured grounds and fountains. You'll find that the Irish are friendly and engaging and don't be surprised if you hear the common phrase céad míle fáilte (a hundred thousand welcomes).

The ninth century Book of Kells located in the Library of Trinity College is one of the oldest books in the world and is a major tourist draw. A short walk from there will also take you to the Christchurch Cathedral and the parish church of St. Patrick.

Grafton Street is a beehive of activity with street musicians (some of whom are quite good) entertaining passersby, loads of retail shops as well as pubs and restaurants. One of the notable landmarks is a life-sized bronze statue of Molly Malone, reputed to be a fish monger by day and lady of the

night in the evening, pulling her cart along the Dublin streets.

The Temple Bar is famous for its bright red façade and cool pints of Guinness. It was originally owned by Lord Temple and was where merchants offloaded their ships by the River Liffey.

The Guinness Storehouse® is one of the most popular sites in Dublin. With seven stories of history, the storehouse is a must-see. The Gravity® Bar on the top floor with spectacular views of Dublin is the perfect spot to enjoy a pint of what is arguably one of the most famous brews in the world.



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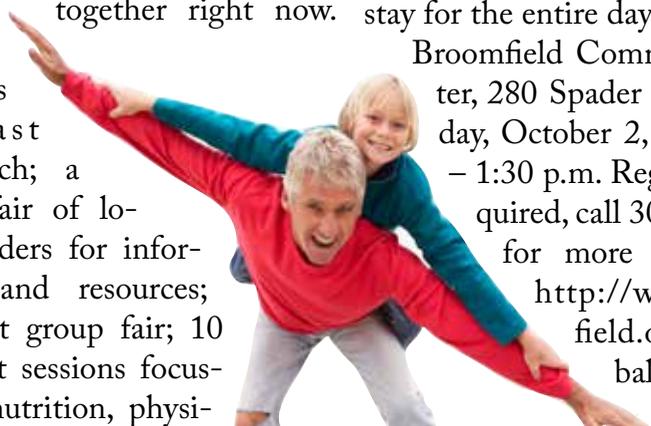
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# Living in Balance Resource Fair!

An event addressing all aspects of successful aging. Open to adults planning for the future or piecing it together right now. The day includes breakfast and lunch; a vendor fair of local providers for information and resources; a support group fair; 10 break-out sessions focusing on nutrition, physi-

cal fitness, and lifelong learning; keynote speaker; and door prizes. Come for what interests you or stay for the entire day.

Broomfield Community Center, 280 Spader Way on Friday, October 2, from 8 a.m. – 1:30 p.m. Registration required, call 303-464-5526 for more information. <http://www.broomfield.org/livinginbalance/>.



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**Saturday, September 12<sup>th</sup> 8am**  
**Bible Park**

Off of Yale Between Monaco and Quebec in Denver  
Meet near the Baseball Diamond

TOPIC: Anemia

**Saturday, October 3<sup>rd</sup> 8am**  
**Crestmoor Park**

Off of S. Locust and Cedar (Near Alameda) in Denver  
Meet near the Tennis Courts

TOPIC: Memory & Aging

**Saturday, November 7<sup>th</sup> 8am**  
**Bible Park**

Off of Yale Between Monaco and Quebec in Denver  
Meet near the Baseball Diamond

TOPIC: Why Do I Have Shortness of Breath

**Saturday, December 5<sup>th</sup> 8am**  
**Crestmoor Park**

Off of S. Locust and Cedar (Near Alameda) in Denver  
Meet near the Tennis Courts

TOPIC: Smart Holiday Eating

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# 2016 Ms. Colorado Senior America Pageant Call for Contestants

By Shari Ortiz, MCSA Pageant, [sharimcsap@q.com](mailto:sharimcsap@q.com)

9News morning show with TaRhonda Thomas, and performing at showcases at local nursing homes.



Buddi Boryla

She is also preparing to fly to Atlantic City, NJ, in October to compete for the national title of Ms. Senior America 2015.

Contestants are scored by a panel of judges looking for the lady who best exemplifies the inner beauty and dignity of a Ms.

Applications for contestants are now being accepted for the 2016 Ms. Colorado Senior America Pageant. Don't miss out on this exciting event which will be held at the Lakewood Cultural Center, 470 S. Allison Parkway, Lakewood, Colorado on Sunday, April 17, 2016. The theme of the upcoming pageant is "A Portrait of Elegance."

Ms. Colorado Senior America Pageant, Inc. is a non-profit organization created to emphasize and give honor to women with extraordinary talents and achievements who have reached the "Age of Elegance" (age 60 plus). Through its supporting arm, the Colorado Cameo Club, these vibrant, youthful senior women continue voluntarily showcasing their talents year around performing at various venues in the Colorado Region and serving as role models to inspire and enrich the lives of other Senior Americans, as well as our nation's youth.

Senior America. Criteria used is based on a private interview, an evening gown competition which displays poise and gracefulness, a statement that conveys her "philosophy of life," and a talent presentation that demonstrates that a woman's accomplishments in music, art, dance, or other talent need not diminish with maturing age.

If you would like to be a part of this exciting organization and Pageant, you are encouraged to apply. Please call Pageant Recruiters: Nancy Pulc, 720-220-8368, Shari Ortiz, 303-410-1604 or State Pageant Administrator, Debbie Buczkowski, 303-570-5394. For more information on the Pageant, application process and forms, or to consider being a sponsor or supporter of this worthwhile organization, please visit our website at [www.colosramerica.com/](http://www.colosramerica.com/).

The 2015 Ms. Colorado Senior America, Buddi Boryla, has been busy giving back to her community by appearing in Colorado parades, being featured on the

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## Looking for a Dynamic Speaker for your Next Meeting?

**Michelle Rahn**, Ms. Senior America 2004, is an innovating and enthusiastic speaker available to instill in your group momentous ways to improve well-being in ourselves and those around us. Her topics include: "Aging with Attitude to Make a Difference", "Becoming Significant," "Whose Crown Are We Really Wearing?" and "All In God's Perfect Time."

Call Michelle at 720-289-8398

## Mile High United Way: Ensuring Everyone Can Thrive

Mile High United Way, founded in 1887, is one of the oldest non-profits in Denver and the first United Way in the country. Yet the mission, uniting people, ideas, and resources to advance the common good, is as relevant as ever.

The Mile High United Way 2-1-1 Help Center is a free and confidential community referral service that connects callers with more than 3300 services that support the fundamental building blocks for a good quality of life-- food, housing specifically for seniors or families, rent and utility assistance, senior-specific needs such as help with snow removal, household chores, paying for prescriptions, and more. These services are provided by the numerous organizations in Metro Denver, and are available to people who live throughout the Greater Denver area.

To call, simply dial 2-1-1, or 303-561-2111, between 8 a.m. and 5 p.m. Monday through Friday. In addition to our friendly and helpful call center specialists, the

2-1-1 database is available online 24 hours a day, 7 days a week, at [www.211colorado.org](http://www.211colorado.org). Whether you have questions about services as varied as Meals on Wheels, medical care, or transportation for seniors, you may call or go online to help you find the answers.

Since its beginning in 2003, 2-1-1 has received more than 1.2 million calls from Metro Denver residents who needed referrals to resources, and we ensure that clients receive the most relevant information by continuously updating our database of community services.

In addition to finding resources, if you're interested in volunteering, you may call Mile High United Way at 303-433-8383 or visit [www.unitedwaydenver.org/volunteer](http://www.unitedwaydenver.org/volunteer).

*Say You Saw It in*  
**50 Plus Marketplace News**

## Wag `N Trail

The Dumb Friends League Wag `n Trail is Saturday, Sept. 19, from 8 a.m. to noon at Glendale Farm Open Space, Douglas County. The event is a fundraiser to benefit the homeless pets at the League's south location, the Buddy Center, Castle Rock.

Wag `n Trail starts with a leisurely 1.6-mile hike through scenic rolling hills and features dozens of vendors, demonstrations, a beer garden, food trucks, music, and adoptable dogs. Fido can also enjoy the five-acre, off-leash dog park located near the trailhead.

Registration is free, but attendees are encouraged to fund-raise to receive event perks. Participants who raise at least \$75 receive an

official Wag `n Trail event T-shirt, GoodTimes ice cream, and a commemorative family photo. All the money raised helps the Dumb Friends League provide shelter, medical care, behavior training, foster care and other services to homeless pets at the Buddy Center.

As the only animal shelter serving Douglas County, the Buddy Center plays a vital role in reuniting owners with lost pets and finding homes for 1000's of small pets each year.

The 2015 Wag `n Trail is sponsored by Hill's Science Diet®, HomeAgain, Frontline Plus and Heartgard Plus. For more information visit [ddfl.org/WNT](http://ddfl.org/WNT), or call 303-751-5772, Ext. 1378.



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## Aurora Center for Active Adults

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**21st annual Veterans Salute.** The Aurora Veterans Salute is Wed., Nov. 4, 9-1:30 pm. and includes a special tribute to WWII Veterans. Hosted by the Wings Over the Rockies Air and Space Museum. Tour the Museum, enjoy coffee and doughnuts and visit sponsors from 9-11:30 am. Catered lunch by Carrabba's Italian Grill, served by cadets. Program is a thoughtful and ceremonial tribute to veterans with special recognition of WWII Veterans. Info: www.auroragov.org/salute.

**Fall Fitness Extravaganza.** Free for all drop-in classes! Experience demos, win prizes & enjoy healthy refreshments! Fri, Sep. 18, 10-1 pm.

**Welcome Coffee.** Fri, Sep. 25, 9:30 am. Meet staff and new participants. Tour the Center and discover the wide range of activities offered. Free, registration required.

**Goal Setting & Budget Planning.** Lay your financial foundation by identifying realistic personal goals & learn how budgeting & financial tools can help achieve them. Thu, Sep. 17, 5:45-7:15 pm. No fee, registration required.

**Computers.** Classes of all levels are

offered. Ongoing, at various times. One on one instruction is available. Call for schedules and fees.

**DHT: DIA Walking Tour.** There's a great deal to see at the city's showcase, Denver International Airport. With art, innovation, and the promise of connectivity shepherding us into the future, the possibilities beneath the canvas are numerous. Tour includes a break for lunch, \$8-\$14 on own. Fri, Sep. 4, 10-3 pm.

**Arts at Four Concert Series.** The Armory, Brighton celebrating the final Arts at Four Concert featuring, "After Midnight," a popular swing band. Lunch at Pinocchio's Italian Restaurant, Brighton. Sun, Sep. 20, 12:45-5:30 pm. \$22 /\$17

**North Fork Guest Ranch & Relaxation.** You are in for a treat as we visit the North Fork Guest Ranch ten miles west of Bailey. With an exceptional buffet style lunch with views of 12,000 snowcapped peaks nearby. The ranch takes great pride in feeding you well with an exceptional dining opportunity with gourmet flair is sure to satisfy every appetite. Thu, Sep. 11, 10:30-4 pm. \$72/\$55.

## Community Recreation Center of Apex

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**Art Classes.** Knitting & Crochet: Tue, Sep. 15-Oct. 20, 10:30-12 pm, \$29/\$35. Pastels & Drawing Studio: Mon, Sep. 14-Oct. 5, 6:30-8:30 pm, \$52/\$62. Watercolor Studio: Thurs., Sep. 17-Oct. 8, 6:30-8:30 pm, \$52/\$62. Mixed Media Painting: Tue, Sept. 22-Oct. 27, 12:30-3 pm, \$45 /\$54. Bob Ross Painting: Thu., 12-5 pm, Sep. 24, \$57/\$69, plus \$5 materials. Art Basics 101: Frid Sep. 25-Oct. 30, 1-3 pm, \$39/\$47.

**Welcome Meet & Greet.** Wed, Sep. 2, 9:30 am. Enjoy refreshments and discover the diverse opportunities at Apex. Free; reserve. Bring friends!

**Computer Classes.** Learn basic to advanced use of the computer in a small class setting. Sep. topics include iPad, Computer Basics, Windows, Word Processing, & One-on-One Personal Training. Call for times & fees.

**Genealogy.** It's More Fun to Seek Than File. Mon, Sep. 21, 10-11:30 am. Pat Roberts shows how to organize and file data. A little work now can save you time and effort later. Register by 9/16, \$4/\$5.

**Self-Publishing for Beginners.**

Thu, Sep. 17, 1-2 pm. Explore helpful and basic tips to get started publishing your own book. Learn about CreateSpace, formatting, book cover design and how to choose a ISBN. Register, \$10/\$12.

**Intro to Line Dance.** Thu, Sep. 10-Oct. 29, 2-3 pm. Is a rocking chair just a piece of furniture and a vine something that creeps up the side of the house? If you did not know that those are also line dance steps, you are not alone! Learn all the basics. \$32/\$38.

**Charlie's Dance.** Tue, Sep. 8, Oct. 20, 7-8:30 pm. Learn two-stepping, waltzing & swing dancing in no time with fun and encouraging style. Singles \$42/\$50 & couples \$63/\$76.

**Volunteer Opportunities.** Wed, Sep. 16, 10-11:30 am. Learn how to become a valuable volunteer team member of the Center. Register in advance, free.

**Craft Carousel Gift Shop.** 303-467-7198. Open Mon-Fri, 9:30-3:30 pm. Visit the Gift Shop at Apex, featuring a variety of handmade items from 100+ artisans, including scarves, hats, jewelry, aprons, quilts, baby gifts & much more.

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## Thornton Senior Center

303-255-7850

**Harvestfest Pancake Breakfast.** Sat, Sep. 12, 7:30-9:30 am. A part of the Thornton Harvest Fest celebration, the Thornton Senior Center hosts an all-you-can-eat pancake breakfast for the community. The menu includes pancakes, bacon, sausage, scrambled eggs, juice and coffee. \$4 adults; \$2.50 seniors 55+ and children 12 & younger.

**Active Aging Week.** Sep. 28-Oct. 2. Mon, Sep. 28: Your Food Affects Your Mood, 12:45 pm. There is evidence that what you eat can influence your mood, stress level, energy level and mental function. Learn the specific food to choose and those to avoid to keep you feeling relaxed and happy.

### Active Minds®

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**Cuba: Past, Present & Future.** Tue, Sept. 1, 10:15-11:15 am. Covers Castro's revolution, the Bay of Pigs, the Cuban Missile Crisis, Guantanamo Bay and ongoing property disputes. Jewish Community Center, 350 S. Dahlia St, Denver, Free. Info: 303-316-6359

**Nigeria.** Tue, Sept. 8, 12:30-1:30 pm. Explore the past, present, and future of this important country. Tattered Cover, 2526 E Colfax, Denver, Free. Info: 303-322-7727

**Yemen.** Wed, Sept. 9, 2-3 pm. Understanding Yemen's current situation and the broader implications for the region. Heather Gardens, 2888 S Heather Gardens Way, Aurora, Free. RSVP: 303-751-1811

**Renewable Energy.** Wed, Sept. 9, 3-4 pm. Survey the current state of renewable energy and look at the various forces that will influence how these resources will evolve in the future. RiverPointe, 5225 S Prince St, Littleton, Free. RSVP: 303-797-0600.

**Napoleon.** Thu, Sept. 10, 6:45-7:45 pm. Review the life and legacy of this important leader. Understand the man and his impact plus how his leadership changed the world. Sam Gary Library, 2961 Roslyn St, Denver, Free.

**ISIS.** Fri, Sept. 11, 11-noon. Trace

Presented by Registered Dietician Laura Brieser-Smith. Free!

**Build Better Balance.** Tue, Sep. 29, 10:45-11:45 am. Does fear of falling prevent you from doing activities you enjoy? Learn exercises that help to improve your balance. Wear comfortable shoes. Presented by Laura Brieser-Smith. FREE!

**Self Care Massage.** Wed, Sep. 30, 12:45 p.m. Massage Therapist Sherrill Gallegos explains the benefits of self-care massage and gives strategies for massaging your own back and hands and how to provide reflexology to your feet even if you have a hard time reaching them! Free!

the rise of this group and seek to understand the challenge this represents to the region and the world. Eugene Field Library, 810 S University Blvd, Denver, Free.

**Turkey.** Mon, Sept. 14, 11-noon. Explore Turkey's past and current challenges, including its struggles with its Kurdish minority and its role in the rise of the terrorist organization ISIS. West Boulder Senior Center, 909 Arapahoe Ave, Free. RSVP: 303-441-3148.

**Putin's Russia.** Wed, Sept. 16, 1:30-2:30 pm. Examine the story of Russia under the influence of Vladimir Putin, including Russia's involvement in the current situation in Ukraine. Washington S. Community Center, 809 S Washington St, Denver, Free. RSVP: 303-733-4643.

**Water in Colorado.** Wed, Sept. 16, 1:45-3:30 pm. Understand our water history, the current challenges, including the drought in California, and what the future holds for our use of this precious resource. Covenant Village of Colorado, 9153 Yarrow St, Westminster, Free. RSVP: 303-515-6351.

**The Story of Beer.** Sat, Sept. 19, 2-3 pm. Discuss the origins and history, how it is made, different types of beer, and the rise of American brewers. With the current trends of microbrews and their strong Colorado connections. Ross-University Hills Library, 4310 E Amherst Ave, Free.

**O Canada!** Fri, Sept. 25, 10-11 am. Learn what makes Canada unique and special, including their history and current challenges. Malley Senior Center, 3380 S Lincoln St, Englewood, Free. RSVP: 303-762-2660.



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## We Need to Talk Seminar Offers Tips

A free seminar, hosted by Seniors' Resource Center, helps participants learn to talk with loved ones about remaining active when it is time to limit or stop driving. Among the topics covered: identifying opportunities to begin a dialogue, recognizing the warning signs, and developing a plan using local alternate transportation so the older driver can stay connected to their community.

Free seminar for families and friends of older drivers at Seniors' Resource Center 3227 Chase St., Denver, on Tues., Sept. 22, at 6 p.m. or Thurs., Sept. 24, at 9 a.m.

By 2030, 1 in 4 drivers will be

age 65 and older. More than 30 million older drivers will be on our roads. Their ability to remain safe on the road and mobile in their community can be compromised by changes in their health. The seminar is designed to assist people to have successful conversations about how an older person can stay mobile when it is time to limit or stop driving.

Space is limited, RSVP. 303-807-1763. More information is available at: [www.aarp.org/we-needtotalk/](http://www.aarp.org/we-needtotalk/), <http://hartfordauto.thehartford.com/Safe-Driving/Car-Safety/Older-Driver-Safety-Conversations/>.

## The MAC

303-426-4310

**Introduction to Facebook.** See how this social networking tool can help you stay connected. Covers how to navigate, post, comment, upload photos, and set security settings. Bring your fully charged laptop to class if you have one. \$27/\$32. Wed, Sept. 9-5:45-8 pm.

**Bravo Avocado.** Wed, Sept. 9, 6-7:30 pm. Rich in nutrients and healthy fats, the avocado is surprisingly versatile. Use it to make creamy avocado soups, appetizers, cornbread, waffles and treats like ice cream. Recipes and samples are included. \$13/\$15. Wed, Sept. 9, 6-7:30 pm.

**Tai Chi Chih.** This 10 week progressive class covers beginner Tai Chi Chih. Gentle, slow motion movements improve balance, strength, flexibility, and mental fo-

cus. \$49/\$59. Fri, Sept. 11-Nov. 13, 9-10:30 am.

**Fantastic Flavors with Vinegars & Oils.** Discover how to use flavored vinegars and oils to add new dimensions of flavor to your cooking. Samples are provided. \$13/\$15. Wed, Sept. 16, 6-7:30 pm.

**Oktoberfest Celebration.** Register today! Lunch menu: soft pretzel, salad, bratwurst, apple strudel pie, sauerkraut, and non-alcoholic beer. Entertainment by The Heartlanders. \$12/\$15. Thur, Sept. 24, 12-2 pm.

**Can You Hear Me?** Gain a better understanding of how your ears and auditory system work, what happens when hearing loss occurs, and what solutions are available. This seminar is presented by a local doctor of audiology. \$3/\$4. Tues, Sept. 29.

## TRADING POST

### General

#### BOOKS.

"Freedom to Choose" -true and compelling stories about interracial relationships. A must read. Available @ Tattered Cover, Book Bar Denver & Aurora B&N. Online @ Amazon, B&N Xlibris.

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#### VOLUNTEERS NEEDED:

Open World Learning needs volunteers in their 17 program locations in Denver-Metro area after school and during the summer. As well as our Technology and leadership program for at risk 3rd - 8th grade Students in Denver-Metro area. Call Lea Ann at 303-832-0066.

#### Caregivers Needed

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#### HELP WANTED:

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For Rates

#### VOLUNTEERS WANTED

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303-762-2660

**Get Connected with the Computer.** Take it to the next level and learn about the desktop, saving files, and the connection of various programs loaded on a computer. Explore the internet and email. Getting a tablet or smartphone? Understand how gadgets and computers are similar or different. Tue, Oct. 13-Nov. 10, 10-11:30am, \$57/\$52

**Creative Writing & Memoirs Workshop.** Remembering, organizing and writing out the stories about you and your family brings the past back to life. Use photos, music, holidays, locations and almost anything to recall your personal history. Enjoy the process with this enthusiastic group. Continues year-round. Wed, Sept. 2-Oct. 7, 1-2:30pm, \$36/\$33

**Improv for Fun Workshop.** Spend the morning laughing until your cheeks hurt! This workshop uses fun vocal exercises and games to get you thinking outside the box, energized, connecting with others and laughing. Give it a try, there are no mistakes in improv! Info: [www.improv-maven.com](http://www.improv-maven.com). Thu, Sept. 24, 10-Noon, \$15/\$12

**"Oktoberfest" Lunch.** Tue, Sep. 22, 11:30am. Help kickoff the world's

largest celebration and it's not just for German's anymore. Celebrate this traditional 16-day autumn festival Malley style! Enjoy a warm chef-made catered lunch of warm German stew, squash soup, rolls and warm apple strudel. Then get your dancing shoes on for a little polka music with musician "Jim Ehrlich". Don't miss out on the fun afternoon! Tickets are \$8 in advance, \$10 the day of the event. Sponsored in part by Colorado Access

**"Fun with Celebrities."** Wed, Sep. 23, 1:30-2:30pm, \$5. Master storyteller, humorist, and author Max Donaldson is back! Max will entertain, educate and inspire you while bringing history to life! His personality delights audiences and he will have you laughing as her reveals little-known facts and foibles about the lives of famous & infamous characters such as Lucille Ball, Liberace, Buffalo Bill, Neil Armstrong, the Pony Express and others! Come enjoy "the fasted hour in show business." Max has a background in music and show business, has played with Lawrence Welk, Ran Zappa and had his own show in Vegas. Refreshments included. \$5, Front Desk or 303-762-2660, use a credit card and pick up your ticket at will call.

## Wheat Ridge Active Adults

303-205-7500

**September Sneak Peek.** Enjoy lunch and check out the art class demos and displays plus fitness and computer class demos. Tues. Sept. 1, 12:30 pm, \$5, call to register.

**Bridge Class on Defense.** Everything from opening leads, to signals, to reading the dummy is covered. A good defender is almost always a winning player. Taught by Sandy Koller. For the intermediate to advanced player. 10 classes, Th, Sept. 17, Call to register, \$48.

**Estate Planning 101.** Learn why estate planning is important for everyone, what happens when there is no will or trust, how to properly plan an estate and the goals of the estate planning process. Learn the pros and cons of wills and trusts, how to avoid probate, consideration of heirs, long term health care concerns and tax reduction planning. Wed. Sept. 16, \$5, call to register.

**Movie Matinee.** Free: "Woman in Gold" starring Helen Mirren, on Thur. Sept. 24, 1pm. No RSVP needed, just show up!

**Roll Your Way to Fitness.** Body rolling, also known as self-massage or myo-fascial release, is a vital com-

ponent to anyone's exercise, rehabilitation or training program. Try this tool for 6 weeks and notice the difference. Fri, Sept. 11, noon; \$39, call to register.

**Improv for Better Communication.** (and fun!) A great class for those who struggling with memory issues or simply want to live in the moment! Spur-of-the-moment dialogue is completed without use of a written script. Discover your inner thespian. 6-weeks, Mon. Sept. 21, \$24; call to register.

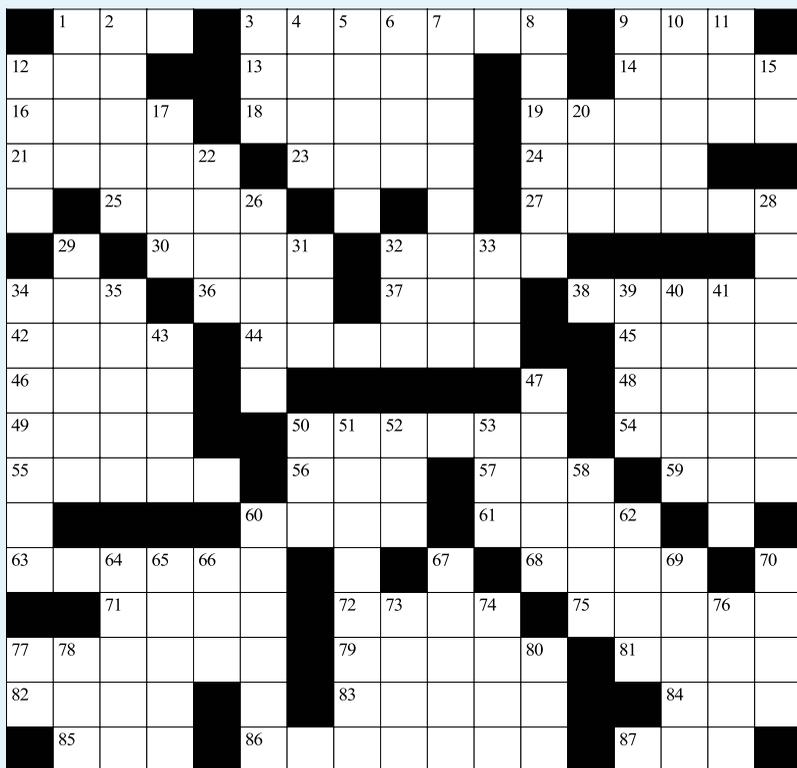
**Computer and Technology.** A wide variety of classes from basic info to learning about a tablet or phone. Call for a schedule.

**Art Classes.** Just Drawing: 6-weeks, Fri, Sept. 4, 9:30-11:30am; \$45 + \$15 supplies. Beginning Pastel: 6-weeks, Fri, Sept. 4, 1-3pm; \$50 + \$30 supplies. Continuing Pastel: 6-weeks, Mon, Sept. 14, 1-3pm; \$50 + \$15 supplies. Japanese Bunka: 6-weeks Thur, Sept. 3, 1-3pm; \$29 + kit. Pottery: 8-weeks, Tues, Sept. 8, 1-3pm, \$61 + \$15 supplies. Cards with Karen: Sat, Sat. Sept. 12 10-12pm; \$10 + \$10 supplies. Call for more info or to register.

# Crossword Puzzle

50 Plus Marketplace News

September 2015 • Denver Metro  
Answers page 13

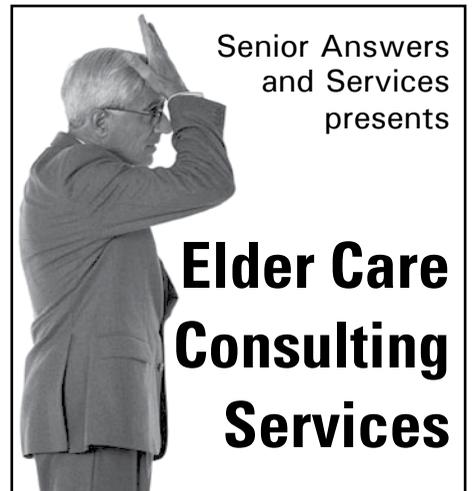


**ACROSS**

- 1 Extinct flightless bird
- 3 Form of bowling
- 9 Roman goddess of plenty
- 12 Organ of hearing
- 13 Body of salt water
- 14 Slovenly person
- 16 Deep hollow
- 18 Femoral region
- 19 Reject
- 21 Garlic-flavored mayonnaise
- 23 Double curve
- 24 Officiating priest of a mosque
- 25 Agreement
- 27 Freshwater cod
- 30 Cut made by a saw
- 32 Network of nerves
- 34 Small child
- 36 Indian dish
- 37 Single unit
- 38 Hebrew school
- 42 First man

**DOWN**

- 1 Island in central Hawaii
- 2 Lowermost deck
- 3 Small child
- 4 Reflected sound
- 5 Sound of a horse
- 6 Leaf of a book
- 7 Innate
- 8 Writer
- 9 Academy award
- 10 Exactly
- 11 Distress signal
- 12 Mild oath
- 15 To exist
- 17 Antiaircraft fire
- 20 Large flightless bird
- 22 Chilled
- 26 Trudge
- 28 Small-time
- 29 Needlelike instrument
- 31 Influenza
- 32 Fish eggs
- 33 Light meal
- 34 Sampling
- 35 Mock
- 39 English court
- 40 Having a specified pace
- 41 Ancient district in S Greece
- 43 Spouse
- 47 Tendency
- 50 Room within a harem
- 51 High temperature thermostat
- 52 Snakelike fish
- 53 North American deer
- 58 Exclamations of surprise
- 60 Register
- 62 Composition in verse
- 64 Elector
- 65 Elude
- 66 Soak
- 67 Tree insect
- 69 Inflict
- 70 Unit of force
- 73 Roundish projection
- 74 Festive occasion
- 76 Suggestive
- 77 The ratio between circumference and diameter
- 78 Wood sorrel
- 80 Norse goddess



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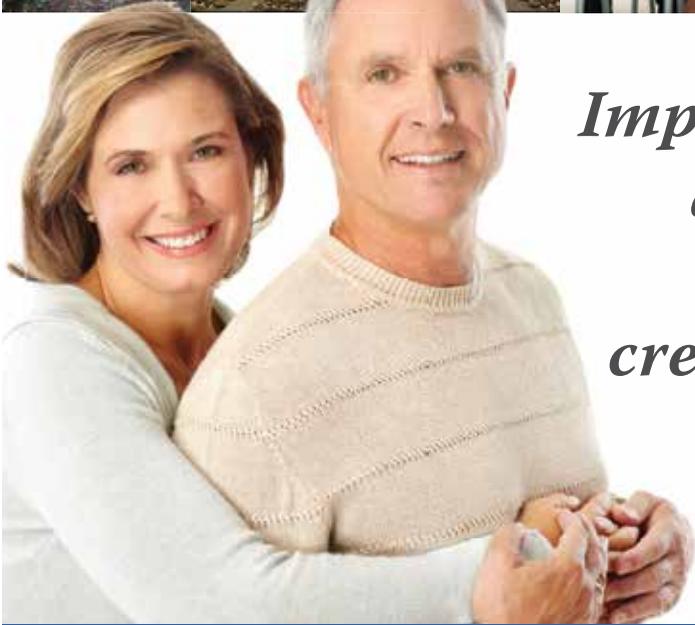
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