

# 50 Plus Marketplace

NEWS



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

August 2025 • Volume 31 • Issue 8

## Tourism Industry Contributes \$28.5 Billion to Colorado Economy

In July, the Colorado Tourism Office (CTO) announced that tourism contributed \$28.5 billion to the Colorado economy and supported 188,510 jobs across the state in 2024. Annual research compiled by Dean Runyan Associates and Longwoods International Travel USA shows that tourism continues to be an important economic driver across Colorado, however combined with early 2025 data, indicators suggest that increasing competition and uncertainty related to federal policy changes are putting pressure on Colorado's thriving tourism industry.

"Colorado's unparalleled beauty, endless adventure, and rich arts and culture offer something for everyone to love. When we welcome visitors to our state, we support the state's thriving economy and the livelihoods of Coloradans," said Governor Polis. "Despite the dangerous federal tariffs and inconsistent federal policies, Colorado is open for business and visitors from across the world."

According to Dean Runyan Associates, traveler spending in Colorado

increased from \$28.4 billion in 2023 to \$28.5 billion in 2024. Direct travel-generated employment created approximately 4,020 new jobs. Additionally, state, and local tax revenue grew to a combined \$1.9 billion in 2024, a 1.3% increase from the previous year. According to Longwoods International Travel USA, visitation to Colorado increased by 2.3%, from 93.3 million in 2023 to 95.4 million visitors in 2024. That growth is primarily attributed to day travelers.

Leading travel and market research company SMARI found that Colorado's 2024 winter marketing campaign earned the highest return on investment ever for a winter campaign when compared to all destinations they evaluate across the United States.

At the same time, competition for travelers and the associated traveler spending is increasing across the U.S. While travel-related spending increased 0.3% in Colorado in 2024, the same metric increased 4.2% nationally. Colorado's market share has also decreased in recent years, dropping from a high of 2.1% in 2019

to 1.8% in 2024. And visitors who stayed overnight in a hotel, motel, or short-term vacation rental spent a combined \$17.6 billion in 2024, a decrease of 0.4% compared to 2023. Additionally, federal policy changes in 2025 have created uncertainty related to the tourism industry.

So far, 2025 numbers indicate that the increasing competition and uncertainty are impacting the tourism industry. Year to date through June 2025, hotel occupancy has declined 2%, while total hotel revenues have decreased 2.7%. Short-term rental occupancy also decreased nearly 10% during the first quarter of the year.

"Colorado's 2024 tourism numbers demonstrate the strength of our industry and its importance to our economy," said Timothy Wolfe, Colorado Tourism Office Director. "However, we

recognize that increased competition and uncertainty are impacting communities across our state in varied ways. We are committed to bringing forward innovative ways to mitigate these changes while continuing to inspire the world to explore Colorado responsibly and respectfully."

To view the full reports for Colorado Travel Impacts 2024 (Dean Runyan Associates) and Colorado Travel Year Report 2024 (Longwoods International), visit <https://oedit.colorado.gov/tourism-research>.



## Alumni Host High School Reunions

Up and down the Front Range these summer months, high school reunions fill the calendars. From Fort Collins to Boulder, Arvada and beyond, alums from numerous graduation years celebrate getting together.

Quite possibly 10 years becomes the first high school class reunion. Soon, 15, 20, 25 years and more occur. For those around, 50th and 65th reunions happen.

Having those yearbooks help attendees recognize each other. Noticeable changes begin to occur from changing hair (color or loss) along with weight gains more likely than losses.

Stories about marriage and families add to the discussions. Frequently asked questions possibly include "What are you doing these days?" "What was your career?" "Where are you living now?" "What happened to your parents, siblings?"

For those on Facebook, these questions have been answered. Recognizing each other without the assistance of the yearbook may provide a challenge even when the names are included.

During these reunions, planning committees may have created con-

test questions. While generic (traveled the farthest, longest marriage or number of children, most unusual occupation) others might be unique to the high school. Favorite teachers, most impactful time, special memories, become localized. Some somber moments may happen when thinking about classmates, teachers, and coaches who are no longer living.

Regardless the years, gratitude for a good education exists along with the ability to travel down memory lane with laughter. Stories remembered, or slightly exaggerated, add to the amusement of all attending. Possibly an enthusiastic round of

the high schools' fight song might close the reunion time. That is if those words can be remembered!

For educators, being invited to a reunion for classes they taught can be as important as attending their own. Such was this writer's experience when invited back years later.

One attendee noted we must be very old if attending that reunion. Yes, yearbooks helped show the student-teacher relationship from yesteryear!

Check your local high school to see if there's a reunion for you to attend. Google provides more information about high school reunions in and out of state.



"Reflections Columnist Marty Coffin Evans, sitting lower left, at a 2022 Class Reunion in California as the students' former English/Journalism teacher and newspaper advisor."

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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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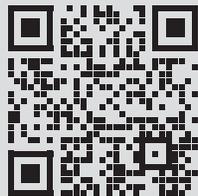
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# AUGUST

## Calendar

# BOULDER

### Tuesday/5

The Boulder Genealogical Society presents a free hybrid program on "Researching the History of Your Home" by Sara Dawson at 7 pm at the Calvary Bible Church, 3245 Kalmia Ave in Boulder or on Zoom. Learn how to trace the story of your house—its past owners, architectural changes, and hidden secrets. Please register online at [www.bouldergenealogy.org/](http://www.bouldergenealogy.org/).

### August 1 to 10

CU Boulder presents Colorado Shakespeare Festival Series with "Richard II." at the Roe Green Theatre (Indoors) in the University Theatre Building, 1515 Central Campus Mall in Boulder. When corrupt, despotic King Richard II ventures off to wage war, the banished Bolingbroke invades to reclaim his stolen inheritance. Embraced by an angry populace and co-opted by self-righteous, greedy nobles, he takes the throne and sets the stage for 32 years of civil war. Tickets vary from \$22 to \$89 per person plus taxes. Purchase tickets online at <https://tickets.cupresents.org/3177/3197> or call 303-492-8008 between 10 am to 5 pm weekdays.

### Wednesday/13

The Longmont Genealogical Society presents a free program on "Locating your Ancestral Records in the National Archives" by Glenn York at 1 pm at the 1st Lutheran Church Friendship Room, 3rd and Terry Sts. In Longmont. This presentation provides information on the preservation of these records by the federal government, where to find the types of information and how you can locate and access them. Please register online at <https://longmontgenealogicalsociety.org/>

**AARP** presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> 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

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## Mental Health On Retirement

Ah, retirement. A day we work and save our whole lives for. But are we really prepared for the lifestyle changes that usher us into a more sedentary and quiet existence?



**Dr. David Remmert**

One in three retirees experience some form of depression and 29% of elders in retirement communities report feelings of loneliness, according to the National Institutes of Health. The loss of social connectedness and financial strain are powerful drivers of emotional and behavioral illness. The surplus time we now have for family and enjoyable activities can be offset by the loss of purpose and meaning to our lives. For some, the loss is equal to the gain, resulting in no meaningful effect to emotional health. Some thrive, while others struggle.

Just as we spend our lives planning financially for retirement, we should plan emotionally and behaviorally for it. Define your vision for your retirement. What interests and hobbies do you want to cultivate? Do you aspire to travel? If so, to where and to see who? Are there new interests and hobbies you want to explore?

It's important to stay connected to family, friends, and community during retirement. Develop new relationships with other retirees. Volunteering can revive the sense of purpose that was lost. If you're still working,

consider a gradual transition by cutting back on work hours or taking a different role. Take care of your health and nutrition and stay active. Have honest discussions with your partner about how to negotiate the change to their life in light of your retirement.

The transition into retirement is a substantial identity shift - from "what do you do" to "who are you now". Take time to reflect on this important question: "Who am I now?"

*Dr. David Remmert is a Longmont-based psychologist at Clinica Family Health & Wellness (formerly Mental Health Partners), a nonprofit community health center serving Adams, Boulder, Broomfield and Gilpin counties.*

*We Care*

## Intrepid Fiber Network Installation in Lafayette & Other Colorado Cities

This project is being conducted under the Telecommunications Act and is NOT a City of Lafayette project. The project will increase access to next-generation multi-gigabit high speed internet services for Lafayette residents and businesses. Intrepid Fiber doesn't provide internet service directly to consumers but rather builds out fiber networks then partners with leading internet service providers.

As part of the project, Intrepid will be working in the right-of-way throughout Lafayette neighborhoods. As Intrepid moves around the city, Lafayette residents will be notified of any work by no parking signs and door hangers. Residents can also anticipate the following as Intrepid arrives in their neighborhood:

- Preliminary survey – Before construction, crews will conduct area surveys (including potholing), mark utility locations, and communicate with residents through door-knocking and door hangers.
- Installation – During the installation phase, crews will prioritize community safety and minimize

disruption while installing fiber along designated routes, using either existing utility poles or underground conduits.

- Cleanup – Restoring landscaping to its former or improved state is essential during construction. Crews will provide watering instructions to nurture any new seed or sod.

Other Intrepid cities in Colorado include Broomfield, Columbine Valley, Dacano, Fort Lupton, Frederick, Greenwood Village, Louisville, Littleton, Northglenn, Superior, Thornton, & Westminster.

For more information on what to expect, visit Intrepid's Construction page. Intrepid has also established a Lafayette map on its website, which will detail the areas where work is planned and underway, as well as where service is available following the network expansion.

If residents have questions or comments, please contact Intrepid via its website, via email at [Construction@IntrepidFiber.com](mailto:Construction@IntrepidFiber.com), or by phone at 1-844-380-8090.

### 34 Years of Service Providing Information for the 50+ Community



## Reflections

### Traveling Life's Highway



**Martha Coffin Evans**

"Let's go get lost," I remember my parents saying when they lived abroad. Taking a driving trip on various highways might be fun. Having no destination could be adventurous.

I wonder if my parents thought about life as a highway. We never talked about that concept although it certainly brings many images to mind.

As I've traveled down many highways, I've encountered detours, off/on ramps and speed limits. I've seen construction signs and more.

Sometimes, I've tried to drive to a destination knowing exactly how to get there. Other times, Waze, or some other navigational system, has provided different routing. Ok, I've been known to try to override the suggested route. Yep, I'd soon hear the expected, and repeated, response - "Recalculate!"

I know I've taken detours in my life's journey. Sometimes, my choices haven't been the best. Perhaps they made sense at the time and not now.

In detouring around life's highway, I've taken off ramps. After a while, I've realized the need to return to the highway using a different on ramp. In the interim, be-

tween those ramps, I've learned about the importance of friendships, faith, community, and what's really important to me.

If I'm in a hurry, I may miss the beauty outside my car windows. Slowing down, or even relinquishing the wheel, I can savor a rainbow or unusual cloud formations.

Those construction signs get my attention. I remember a dear friend saying we're all in the act of becoming. Translation – we're all undergoing some type of construction or reconstruction whether we know it or not. Maybe we'll get it right sometime. Or, will we ever?

"Still there?" has been the Waze question. Although in reference to something on the highway ahead, it could pertain to my life. Where am I on the highway of life? Am I lost, missing road signs or content to "go get lost"? What about you?

*Martha (Marty) Coffin Evans, Ed.D, freelance writer with MACE Associates, LLC., can be reached at [itsmemartee@aol.com](mailto:itsmemartee@aol.com) or [www.martycoffinevans.com](http://www.martycoffinevans.com).*

## Now Hear This

### Hearing the Call—Colorado: Local Humanitarian Work Worth Hearing About



**Dr. D'Anne Rudden**

World Humanitarian Day, observed every August 19, honors those who dedicate their lives to helping others. While many think of aid workers abroad, humanitarian work also happens right here at home—thanks to organizations like Hearing the Call—Colorado.

Hearing the Call—Colorado is a nonprofit initiative that provides hearing health care to Coloradans who can't otherwise afford it. Through a partnership with volunteer audiologists and clinics across the state—including in Longmont, Lafayette, Denver, Arvada, Littleton, Burlington, and Durango—it delivers hearing aids, fittings, and follow-up care to those in need.

Each "clinic day" is more than just an appointment—it's a community event. Qualified individuals receive low-cost care and, in return, give back by volunteering in their communities. This model fosters a cycle of compassion, dignity, and shared purpose. It's about more

than better hearing—it's about belonging and connection.

World Humanitarian Day commemorates aid workers around the globe, but it also encourages everyday people to act with compassion. The volunteers, donors, and staff who power Hearing the Call—Colorado exemplify this spirit by helping restore not just hearing,

but quality of life.

Untreated hearing loss can lead to social isolation, depression, and reduced job opportunities. When someone can hear again, they're empowered to engage with loved ones, contribute to the community, and live more fully. That's a humanitarian act with ripple effects.

Dr. D'Anne Rudden, a Doctor

of Audiology, has been in practice for over 30 years in Longmont and is board-certified by the American Board of Audiology. Dr. Rudden is also one a founding member for Hearing the Call—Colorado; to date, the organization has helped more than 250 people across Colorado, including more than 50 right here in Longmont.



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**SNAP** USDA Supplemental Nutrition Assistance Program  
Putting Healthy Food Within Reach

**This institution is an equal opportunity provider.**

## Pets Are Family Why Microchipping Your Pet Matters

Losing a pet is every owner's worst fear—but microchipping offers peace of mind and a much higher chance of a happy reunion.



**Judy Calhoun**

A microchip is a tiny electronic chip, about the size of a grain of rice, implanted just under your pet's skin between the shoulder blades. It's quick, safe, and no more uncomfortable than receiving a vaccine. Once in place, the chip lasts for your pet's entire life and requires no maintenance.

Each chip holds a unique ID number linked to your contact info in a secure registry. If your pet is found and taken to a shelter or veterinary clinic, staff can scan the chip and contact you—but only if your information is registered and up to date.

Microchips are not GPS trackers—they don't show your pet's location, but they do prove ownership and help get pets home. According to the American Animal Hospital Association (AAHA), dogs and cats with microchips are much more likely to be reunited with their owners. For cats, the difference is especially significant.

If you've adopted a pet from NOCO Humane, great news—they're already microchipped! For

owned pets that aren't chipped yet, you can typically receive this service through your local shelter (including us!), or your veterinarian can do this during a regular check-up visit.

Microchipping your pet provides several important benefits—it greatly increases the chance of being reunited if they're lost, helps prevent ownership disputes, and offers peace of mind during emergencies. Keep in mind that microchips should not replace ID tags—be sure to also license your pets. Ensure the contact information on the chip is kept up to date. Microchipping is a simple step that can make a huge difference, protecting the pets we love and bringing them home. Learn more at [noco humane.org](http://noco humane.org).

*Help us  
Help the 50+  
Community*

### Retirement Quotes

"Don't simply retire from something; have something to retire to."  
– Harry Emerson Fosdick

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."  
– Jimmy Dean

"The great thing in this world is not so much where we stand, as in what direction we are moving."  
– Oliver Wendell Holmes

"Retirement is the only time in your life when time no longer equals money."  
– Unknown

"What lies behind us, and what lies before us are tiny matters compared to what lies within us."  
– Ralph Waldo Emerson

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will."  
– Vince Lombardi

"You've got to keep willing to have your own dreams come true."  
– Leonard Nimoy

"If at first the idea is not absurd, then there is no hope for it."  
– Albert Einstein

"The journey of a thousand miles begins with one step. So does falling in love and so does running away from home."  
– Chinese proverb

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking.

Don't let the noise of other's opinions drown out your own inner voice. And most importantly, have the courage to follow your heart and intuition."  
– Steve Jobs

## GO FURTHER WITH PACE –

*Independence Starts Here!*

Are you or a loved one 55+ and looking for extra support to stay **independent, active, and healthy at home?**

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• Visit [www.PACE.trucare.org](http://www.PACE.trucare.org)



### Why Choose PACE?

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Social Engagement

Transportation Services

Support for Caregivers



## Join Longmont's Public Safety's Citizen Academy in September

Curious how heavy firefighting gear is, how it's decided when to send out the SWAT team, or why firefighters drive the fire engine to buy groceries? Learn these answers and much more at the Longmont Public Safety's Citizen Academy; you'll enjoy an experience you won't soon forget. Included are classroom presenta-

tions and discussion (every Wednesday in September) and a hands-on day for Public Safety at the Fire Training Center on Saturday, September 27. You must attend all sessions to participate. For details, [Citizen Academy](#) online or call 303-651-8424.



## Technology is Hip! The Benefits of Straw Based Buildings

On a recent Deutsche Welle TV science show, a new building concept using straw-based building materials was designed instead of using standard based building materials. A German architect started with using standard 3-foot straw bales, then later using compressed straw bricks!



Bob Larson

Several of the major benefits of straw based materials are: 1) Eco-Friendly & Renewable: straw is an agricultural byproduct, making it a low-impact, biodegradable material that reduces waste and carbon emissions, 2) Excellent Insulation: straw bricks offer high R-values (thermal resistance), often ranging from R-30 to R-54 depending on the type and thickness. This means better energy efficiency and lower heating/cooling costs, 3) Fire Resistance: surprisingly, tightly packed straw bricks are highly fire-resistant due to limited oxygen between fibers, 4) Soundproofing: their density provides strong acoustic insulation, ideal for quiet indoor environments, and 5) Cost-Effective: straw is inexpensive and widely available. Construction can be faster and cheaper than traditional methods.

Other benefits include 6) Aesthetic Appeal: thick walls allow for deep window seats and niches, and the natural texture adds rustic charm, 7) Durability: when properly built and maintained, straw brick homes can last over 100 years, 8) Excellent Load

Bearing capabilities using either straw bales or bricks, & 9) Calculations indicate over 7 million tons of straw is unused in the farming community in Germany each year, thus 50 tons of straw can make one home making it very affordable in creating over 140,000 homes annually!

Building material engineers created straw bricks, which are even more beneficial: 1) twice the size of standard bricks, 2) better insulation and energy efficiency, and 3) lower cost than the standard materials.

Straw bricks are made with lignite and straw in an oven for better energy efficiency, reliability, easy to install, and longer lasting materials. The German architects are planning to create multi condominium housing projects using the straw brick designs.

*Bob Larson is a technologist and Marketing Director for 50 Plus!*

## Boulder City Releases 2024 Older Adult Services Annual Report

The city of Boulder has released the 2024 Older Adult Services (OAS) Annual Report. Older Adult Services (OAS) aims to inspire and empower older adults to age well through community connection, learning and playing. OAS provides a continuum of services from health and wellness to lifelong learning, case management and supportive services.

“It’s an honor to serve the city’s older adult community with such an amazing array of services and programs,” said Eden Bailey, Older Adult Services Manager. “From wellness and fitness classes to technology resources, our team is dedicated to meeting people where they are and helping them thrive at every stage of aging.”

Key highlights of the report include:

- 7,440 community members enrolled in programs.
- Offered a total of 1,410 programs including 1,364 onsite and 46 online programs.
- Served 749 clients through

case management and information/assistance services.

- OAS distributed over \$100,000 to support basic needs including transportation, rental assistance, food insecurity and healthcare needs.

- 74 volunteers contributed 1,681 hours to support OAS programming.

In 2025, OAS launched a comprehensive technology education plan in collaboration with Senior Planet to empower older adults to utilize various technologies. In September, OAS will honor Falls Prevention Awareness Month by hosting creative and educational classes on fall prevention. Older adults interested in these or other fitness, wellness and lifelong learning opportunities can find current program offerings on the [Let’s Age Well program guide website](#).

To learn more about the programs and services offered by Older Adults Services and to read the full report, visit the [city’s website](#).

### 34 Years of Service Providing Information for the 50+ Community

## St. Paul’s Senior Services and TRU Community Care Unite to Expand Services!

St. Paul’s Senior Services, a leading nonprofit provider of comprehensive senior care through PACE (Program of All-Inclusive Care for the Elderly) and multilevel senior living services in Southern California, and TRU Community Care, a respected nonprofit PACE, hospice, and palliative care provider in Colorado, proudly announce the completion of a strategic affiliation designed to expand access to compassionate, high-quality care for older adults and their families in both states.

This strategic affiliation brings together two mission-driven organizations with decades of experience in senior services and end-of-life care. By joining forces, St. Paul’s and TRU aim to strengthen services across the care continuum—from independent and assisted living to memory care, PACE, home-based hospice, palliative, and advanced illness care—while remaining committed to serving middle- and low-income older adults in their communities.

“Our organizations share a deep commitment to dignity, quality of life, and meeting the needs of aging adults with compassion,” said Michael McHale, who will serve as President and CEO of the newly affiliated organization. “This af-

filiation allows us to extend our reach and strengthen the support systems available to seniors, individuals facing serious illness, and their caregivers across California, Colorado, and beyond.”

The affiliation preserves each organization’s nonprofit status, names, and missions, while creating new opportunities for collaboration, innovation, and shared leadership. TRU Community Care maintains its strong local presence in Colorado with Samantha Black, previous TRU PACE Executive Director, now serving as Executive Vice President and TRU’s top local executive leader. Several TRU executive team members have assumed leadership positions across the affiliated organization, including Scott Gresser, who has transitioned into the role of Chief Financial Officer.

Together, the affiliated organizations will serve more than 5,000 people annually, employ approximately 1,130 staff, and operate with a combined budget of \$264 million. They will focus on developing new healthcare delivery models, expanding telehealth capabilities, and investing in person-centered, community-based care that adapts to the evolving needs of aging populations.

## MAJOR MEDICARE PROGRAM CHANGES

**Starting Jan. 1, 2025**

**Caused by the  
Inflation Reduction Act  
EVERYBODY**

**Needs to review how what  
they have now is going to change.  
We will be holding group,  
information only presentations.  
Contact us for information about  
the upcoming dates.**



Ron



Brie

**303-776-0867**

**455 Weaver Park Rd. Ste. 100C  
(south side of building)**

# AUGUST Calendar

## DENVER-METRO

### Saturday/9

Colorado Genealogical Society presents a free Zoom only class on "Beginning Genealogy" at 10 am. Join Professional Genealogist Carol Cooke Darrow as she guides you to search techniques that will allow you to discover your roots. Register online at <https://cogensoc.us/cgs-events/beginning-genealogy-14/>.

**Sunday/September 21,** The Ms. Colorado Senior America Club is hosting their Annual "Queen's Tea" on Sunday, September 21, 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. Please join us for a beautiful afternoon of tradition, elegance, and celebration at the Annual Queen's Tea, hosted by the Ms. Colorado Senior America Pageant.

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> 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>.

## Littleton's Western Welcome Week Returns on August 8-17

Western Welcome Week (WWW), Littleton's signature community celebration, returns for its 97th year August 8 to 17. Founded in 1928, Western Welcome Week is a 10-day extravaganza celebrating Littleton's community spirit with dozens of family-friendly events and activities. WWW is a wonderful way to meet neighbors, have fun, and deepen appreciation for Littleton's friendly spirit. Many events are free to attend.

The festivities kick off with the Opening Night Concert with Little Jam featuring That Eighties Band, followed by the WWW Drone Show at Sterne Park on

Friday, August 8. Events continue throughout the week, including a kids' fishing derby, pancake breakfast, duck race, craft fair, car show, pig roast, art exhibits, and more. The Grand Parade, the celebration's main event, steps off at 10 a.m. Saturday, August 16.

WWW is a 501(c)3 nonprofit relying on the generosity of donors and volunteers who work hard to keep Littleton's hometown spirit alive. Residents and businesses who want to see this hometown tradition continue to thrive are invited to take part!

For more information, visit [WesternWelcomeWeek.org](http://WesternWelcomeWeek.org).



**34 Years of Service Providing Information for the 50+ Community**



**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](mailto:info@hispanicchamberdenver.org)

**Benefits in Action**

**Struggling to buy food? WE CAN HELP!**

**Call now: 720-826-6989**

**USDA Supplemental Nutrition Assistance Program**  
 Putting Healthy Food Within Reach

**This institution is an equal opportunity provider.**



36th Annual COLORADO GERONTOLOGICAL SOCIETY

# Welcome to the 36th Annual Salute to Seniors!

## SCHEDULE

The Salute to Seniors is returning for the 36th year to bring you some summer fun, learning, resources, and more.

The Salute is the longest-running senior expo in Colorado.

**Date & Time (In-Person)**  
**August 23, 2025**  
**9:30 am to 3:00 pm**  
**Virtual**  
**August 24 from**  
**11:30-1:00 p.m.**

**Greek Events Center**  
**4610 E. Alameda Ave.,**  
**Denver**

**Admission is FREE**  
**RSVP - Pre-Registration suggested, but not required.**

**9:30 AM**  
**Doors Open**

**Senior Expo And Resource Fair**

**How To . . . Sessions**

**Entertainment**

**Classic Car Show**

**Musical Bingo**

**Ice Cream Truck**

**Mental Health and Wellness Checks**

**Photo Booth**

**Swag And Goodie Bags**  
 Free snacks throughout the day

**3:00 P.M.**  
**Adjourn**

### Registration For In-Person Event

Free Admission

Free parking at Greek Events Center lower lot, Jewish Community Center lot, and Augustana Lutheran Church lot. Shuttle service provided by InnovAge buses.

Pre-Registration suggested, but not required.  
[www.senioranswers.org](http://www.senioranswers.org)

### Food

Complimentary Snacks & Drinks sponsored by

- Denver Water
- Sam's Club
- Sprouts Farmers Market
- Target
- Natural Grocers

### Prizes & Drawings

Enstrom's Gift Baskets  
 Target Gift Card  
 Zaidy's Gift Card  
 Sam's Club Gift Card  
*And many more...*

### Entertainment

**10:00**  
 5280 Line Dancer Crew & 5280 Line Dance Crew Sassy Silvers  
**11:00**  
 Greek Farsia Trio  
**12:00**  
 Soft Guitar Music  
**01:00**  
 Greek Farsia Trio  
**02:00**  
 5280 Line Dancer Crew & 5280 Line Dance Crew Sassy Silvers

### Senior Resources

More than 75 vendors with free info on:  
 Home repair  
 Primary health care  
 Home-delivered meals  
 Care in your home  
 Medicare & health insurance  
*And more!*

**Rollator/Wheelchair Tune Up**  
 Free Tune-Up to inspect brakes, tighten bolts and ensure everything moves smoothly for your safety and comfort. Visit the Home Care RN and MedStuff booth for your on-site tune-up.

Colorado Gerontological Society presents

## 36th Annual Salute to Seniors

August 23, 2025 · 9:30 am to 3:00 pm (in-person)  
 Greek Events Center, 4610 E Alameda Av, Denver

RSVP Suggested  
[www.senioranswers.org](http://www.senioranswers.org)

Information 303-333-3482

Join Us for Summer Fun, Learning, Resources, and More



### More Things to Do . . .

- Educational Programs
- Well Being Services
- Tax Credit/Rebate Clinic
- Greek Church Tours
- Drawings, Prizes
- And Much More



**75+ VENDORS**

Talk to Experts, Get Information, Win Prizes

**Can't Join In-Person**  
**We Will See You on Zoom**

August 24, 2025 · 11:30 am to 1:00 pm  
 Register at [www.senioranswers.org](http://www.senioranswers.org)



### COMPLIMENTARY SNACKS AND DRINKS

Sam's Club, Sprouts Farmers Market, Target, Natural Grocers, Denver Water



# 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

### Classic Car Show:

Hosted by the Forney Museum of Transportation.

### Ice Cream Truck:

Six flavors available! Sponsored by Devoted Health Care.

### Musical Bingo:

Win fun prizes! Sponsored by Devoted Health Care.

### Photo Booth:

Take home a fun photo strip!

### Mental Health & Well-Being Checks:

Screenings, counseling, and Telephone Buddy sign-up (statewide). Denver residents may qualify for ongoing mental health support.

### Tour of Assumption Cathedral:

Admire stained glass and art. Tour times: 10:30 AM and 01:30 PM

## Senior Housing Income Tax

### Clinic

Brokers will assist with completing tax forms for the Senior Housing Income Tax Credit, PTC 104, and Homestead Exemption.

### What to Bring

- Colorado ID or Driver's License
- Your Social Security Number
- Proof of 2024 income
- Rent receipts or 2024 property tax statements
- Heat bills (if income < \$18,704 single / \$25,261 couple)
- Parcel # (if homeowner)

Senior Housing Income Tax Credit Resource Event (Denver) If you've already filed, no need to make an appointment.

## Presentations

### 10:00 AM

Have An Extra Room – Learn About Home Sharing

### 10:30 AM

What To Do With All Your Stuff – Downsizing Tips

### 11:00 AM

We All Want to Be Healthy – What Can We Do?

### 11:30 AM

Spotting and Avoiding Scams

### 12:00 PM

Caregivers: Avoid Compassion Fatigue

### 01:00 PM

Are VENMO, CASH APP and Other Apps Safe?

### 01:30 PM

Apply for Veterans Aid & Attendance Benefits

**FREE**



**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.**

Many more walks all over the Denver metro region! See the full list at:  
**NJHEALTH.ORG/WWAD**



Generously Sponsored By:



## 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

<p><b>Getting There Travel Training</b></p> <p>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 <a href="mailto:soneill@drmac-co.org">soneill@drmac-co.org</a></p>	<p><b>Information &amp; Assistance Line</b></p> <p>The DRMAC Transportation I&amp;A Center is a free, live-line resource to help users identify transportation options in the Metro Denver area. The I&amp;A line is open Monday-Friday from 8:30am to 5:00pm. Call 303-243-3113</p>
<p><b>Getting There Travel Guide</b></p> <p>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 <a href="http://www.drmac-co.org">www.drmac-co.org</a> or call us at 303-243-3113.</p>	<p><b>Getting There Travel App</b></p> <p>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</p>
<p><b>Monthly Meetings &amp; Events</b></p> <p>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</p>	<p><b>Membership</b></p> <p>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.</p>

For more info about DRMAC programs please email [info@drmac-co.org](mailto:info@drmac-co.org) or call 303-243-3113







# The 35th Annual Salute to Seniors Welcome Back

## Resource Fair

(partial listing)

- A Little North Insurance, LLC
- Aetna
- All American Gutter Protection
- Archwell Health
- Bath Fitter of Colorado
- Bok Financial
- Brothers Redevelopment
- Carepatrol of Denver
- Chefs for Seniors
- Cogir Senior Living
- ComForCare NE Denver
- Deeper Dive Horizons
- Denver Springs Hospital
- Elevate Eyecare
- Encompass Health Rehabilitation Hospital
- Home Care RN
- Home Instead Caregivers
- Homewatch CareGivers
- Horan & McConaty Funeral Service & Cremation
- Humana - Ben Torrez
- iGo Realty & Edge Home Finance
- Lifetime Home Remodeling

- Medride & Metro One Ambulance
- Medstuff
- Nationwide Medicare Help/ United Healthcare
- Next Day Access South Denver
- Nicole Lerous Independent Medicare Insurance Broker
- Nourish Meals on Wheels
- Optum
- Orion Mortgage
- Perfect Teeth
- Regan Hansen Realtor
- Relay Colorado
- Renewal by Anderson
- Room Redefined
- Select Health
- Seniors Helping Seniors
- State of Colorado State Unit on Aging
- Supreme Realty Group
- The Harris Law Firm
- The Natural Funeral
- TRU Community Care

## 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
- Sign up to have a Telephone Buddy call you
- Volunteer to be a Telephone Buddy
- Pick up applications for tax rebates/credits
- Sign up for mental health counseling services.



Colorado Gerontological Society  
Leaders in aging



## Active Minds

Expanding lives and minds with community-based educational programs.  
**Call us at: 303-320-7652**  
[www.activeminds.com](http://www.activeminds.com)

## Caregivers need a break.




### Caregiver Respite

The Caregiver Respite program offers caregivers valuable information and referrals to trusted respite providers. Eligible caregivers can gain access to respite services, offering a well-deserved opportunity to recharge and step away from caregiving duties. If approved, a one-time voucher can provide 32 hours of in-home care to be used within 90 days from award. The program is a free service for eligible caregivers.

#### Caregiver Respite voucher eligibility

**Caregivers** must be either an unpaid adult (18-plus) informal primary family caregiver or an older adult (55-plus) who is living with and caring for an adult with a disability who's between the ages of 18 and 59.

**Care recipients** must be either an adult (age 18-59) with a disability or an older adult (60-plus) who is unable to perform at least two activities of daily living, or an adult of any age (18-plus) who requires supervision due to dementia or another organic brain dysfunction. Care recipients cannot be receiving care or support services through Medicaid waivers, Veterans Affairs or other respite programs.

*If you need digital accessibility assistance, submit a request at [drcog.org/access](http://drcog.org/access) or call 303-455-1000. Please expect a response within 72 hours (three business days).*

Find out more or sign up today:  
303-480-5656  
[caregiversvcs@drcog.org](mailto:caregiversvcs@drcog.org)

DRCOG area agency on aging+  
Service | Support | Advocacy

AAA-FL-RESPITE-EN-ACC-85x11-25-04-22-V1



Senior Answers and Services presents

## Elder Care Consulting Services

- On-Site Counseling for Employees
- Lunch and Learn Seminars at the Workplace
- Senior Resource Guidebook
- Information Resources at [www.senioranswers.org](http://www.senioranswers.org)
- Discussion Roundtables in Community Locations

Sponsored by  
Senior Answers and Services  
3006 East Colfax  
Denver CO 80206  
303-333-3482  
303-333-9112 (fax)  
[www.senioranswers.org](http://www.senioranswers.org)

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.

[windspritecreative@gmail.com](mailto:windspritecreative@gmail.com)



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Custom Design  
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Product Photography

Photo Retouching

And More

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970-215-2034



# The 36th Annual Salute to Seniors Welcome Back

## TITLE SPONSOR



## EVENT SPONSOR



## FOOD SPONSOR



## MEDIA SPONSORS



## Denver's Public Safety Leader Announces Transition

Denver's Executive Director of Public Safety, Armando Saldate, is stepping down from his role with the City and County of Denver today to lead the Colorado Bureau of Investigation. Director Saldate has served as the city's Executive Director of Public Safety for more than three years. He was first nominated for the role by Mayor Michael Hancock in January 2022 and was nominated again by Mayor Mike Johnston in November 2023.

"We extend our heartfelt congratulations to Armando Saldate and our deepest thanks for his years of dedicated service to the City of Denver," said Mayor Mike Johnston. "Armando has led the Department of Public Safety with integrity, steady leadership, and a deep commitment to our community. His impact will be felt for years to come, and we wish him all the best in this next chapter."

"After spending a decade with this remarkable department, I can truly say that serving as Denver's Executive Director of Public Safety has been one of the great-

est privileges of my career," said Executive Director Saldate. "I've had the honor of working alongside passionate public safety staff who have faced immense challenges with strength and integrity, and I am most proud of their unwavering resilience. Their courage, compassion, and tenacity continue to inspire me. Though I am stepping away from this role, my support for this team and this community remains as strong as ever. I look forward to watching Denver's public safety evolve and thrive in this next chapter."

Department of Public Safety Chief of Staff Jeff Holliday will serve as the acting Executive Director as the process to appoint the department's next leader begins.



## Vintage & Vibrant 2025

Please save Wednesday, September 17 for Vintage & Vibrant 2025 presented by Seniors' Council of Douglas County (SCDC). Registration will begin in August. The fee for this signature interactive event is \$20 -- scholarships are possible. The program includes breakfast, lunch, keynotes, and more. Call Douglas County Community Services at 303-663-7681 with questions.

Older adults and those who support them are invited to SCDC monthly educational meetings covering a wide variety of subjects at various locations in Douglas County. The SCDC meetings are the first Thursday morning of each month from 10 to 11:30 am. The format consists of announcements, a presentation by an expert, and community conversation. The meetings are free and open to the public.

The June meeting took place at the Douglas County School District (DCSD), Legacy Campus in Parker off Lincoln and east of I-25. Superintendent Erin

Kane explained what our Douglas County youth are experiencing and learning.

School district residents age 60 and older are encouraged to apply for a free Senior Gold Card that offers seniors free admission to DCSC home athletic events and many fine-arts performances. Contact Amy Pfister, community relations coordinator, at 303-387-0044.

Child Care Opportunities for Older Adults is the topic for the meeting on August 3 at the Douglas County Philip S. Miller Building, 100 Third St. Castle Rock CO 80104 in Conference Rooms A&B. It will begin at 10 am and conclude at 11:30 am.

Hat's off to two of our outstanding leadership team volunteers, Mike Drake, who recently won an award for service, and Gretchen Lopez, our administrative chair who leads the volunteer leadership team.

Call Douglas County Community Services at 303-663-7681 with questions.



# AUGUST Calendar

# WELD

**Thursday to Sunday**  
Tiggs Farm offers Pumpkin Patch, Chile Roasting, Scavenger Hunts, Barn Quilt Gallery, Rocking Horses & Tractors, and Farm Equipment Guided Tours for free from 10 am to 6 pm. Visit them at 12404 County Road 64 1/2 or call them at 970-686-7225.

**Dementia Together** presents free programs on their Memory Cafe series in Greeley. Visit their online calendar at <https://dementiatogether.org/>.

AARP presents many free online classes on senior related topics

such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> 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>.



## Tigges Farm

Open Thursday, Friday, Saturday, Sunday  
Aug 14 thru Oct 31  
10am - 6pm  
August, September, October  
Fire Roasted Green Chile & Fresh Produce

12404 County Road 64 1/2, Greeley, CO 80631  
970-686-7225 (call during open hours & no messages)  
970-576-8970 (text or leave message)  
School, Child & Adult Day Care Field Trips can be scheduled  
Thursdays & Fridays in October.

### FREE August & September Family Fun!

Scavenger Hunts & Farm Equipment Museum  
Family Homemade Craft & Gift Shop

### October - You Pick 'em Pumpkin Patch

### October FREE Family Fun!

Every October Weekend sponsored by Tigges Farm  
Conestoga Wagon Rides, 1-4pm  
Petting Zoo - 10am - 5pm  
Co-sponsored by Points West Bank, Windsor, CO  
Unicorn Visit, Oct 11-12 only, 1-4pm  
Co-sponsored by Colorado Costume Castle, Greeley



The Blue Trolley Bistro, Penny's, Katie's Bakes and Slawpy Barn Food Trucks will take turns on weekends (Sat & Sun), starting Sept 27th.

## RESEARCH ROADSHOW



FRIDAY, AUGUST 15, 2025 10AM - 2PM FREE!  
LINC LIBRARY INNOVATION CENTER | 501 8TH AVE, GREELEY, CO 80631

Learn about research studies, health screenings, local health resources and more. **Free lunch provided!**  
Get a free bus ride with Greeley Evans Transit, right to the library!



Join researchers from the University of Colorado Anschutz and our Northern Colorado academic and community partners for this highly interactive research and health-oriented event.

- Experience fun and free health-related activities like:
- Do yoga with Ryan the Robot
  - Improve your sleep
  - Grab dental supplies
  - Get a hearing test
  - And much more!**

**Everyone is welcome to attend this healthy aging event. Register ahead of time or walk-in.**

Register here!  
<https://bit.ly/44iEjBp>

Take a picture of the QR code with your smartphone to access the registration form.

## Weld Area Agency on Aging

### Stay Hydrated This Summer

Did you know about 60% of your body is made of water? Staying hydrated is essential for overall health, as water supports many important body functions. It helps lubricate joints, regulate body temperature, transport nutrients, and remove waste. Water also plays a key role in maintaining blood pressure and volume with the help of electrolytes like sodium and potassium.

Since our bodies constantly lose water, we need to replenish it regularly. The general recommendation is for men to drink about 13 cups (104 ounces) and women about 9 cups (72 ounces) of fluids daily. In addition to drinking water, many foods also help with hydration. Fruits and vegetables like cucumbers, peaches, and pineapples contain high water content. Other hydrating foods include yogurt, milk, soups, and stews.

Dehydration can occur when you lose more water than you take in. Risk factors include heat, illness, and aging. Older adults are especially at risk because their

thirst signals weaken over time. Signs of dehydration include headaches, dizziness, dry skin, dark or infrequent urine, constipation, and fatigue.

To stay hydrated, try carrying a reusable water bottle—especially on hot days. Choose bottles with measurement markers to track your intake. Snack on juicy fruits like watermelon, and limit caffeinated drinks, which can increase fluid loss. Drink a glass of water when you wake up, take medications, or between caffeinated beverages. Swapping a sandwich for a salad or soup is another easy way to add fluids.

With summer temperatures rising, it's especially important to keep hydration in mind. Listen to your body and try different strategies to increase fluid intake. Staying on top of hydration will help you feel better, stay cool, and support your health all season long.

To learn more about hydration please contact our Registered Dietitian, Jessi Like at 970-400-6118 or email [jlike@weld.gov](mailto:jlike@weld.gov).

## 34 Years of Service Providing Information for the 50+ Community

## GO FURTHER WITH PACE -

# Independence Starts Here!

Are you or a loved one 55+ and looking for extra support to stay **independent, active, and healthy at home?**

With PACE (Program of All-Inclusive Care for the Elderly), you don't just get care—you gain a partner in living life to the fullest.

### Ready to go further with PACE?

• TRU PACE 303-665-0115  
 • Visit [www.PACE.trucare.org](http://www.PACE.trucare.org)



### Why Choose PACE?

Comprehensive Medical Care

Social Engagement

Transportation Services

Support for Caregivers



## Senior Complex

62 and better

**Housing Units Available in Dacono and La Casa Rosa**  
 Wheel chair accessible

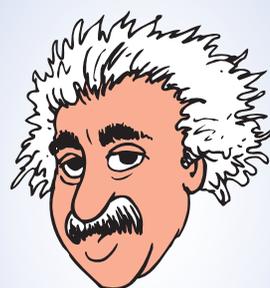
Rent varies on income

Call **970-353-7437**  
 ext. 1005



**Greeley Housing Authority**

## Find Einstein



Can you find the hidden Einstein in this paper?

S	T	A	G	S	T	R	A	W	B	E	A	U
T	A	L	A	A	W	A	S	H	U	S	E	R
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D	R	E	G	A	R	B	O	R	A	C	N	E
A	L	S	O	L	E	A	K	Y	N	E	E	R



### Healthy Foods at Low prices

Also! fresh produce & bread

913 Carbondale Dr., Dacono Mon-Fri 9-7, Sat 9-7  
 Closed Sunday

## Summer Cowboy Roundup Branded A Success



(l-r) Featured Artist Vic Anderson, MC Michael Buckley, Special Guest Ray Delgado

Windsor Community Playhouse was recently all western & cowboy on stage - saddles, cowboy hats, holstered six guns, lariats, chaps and to boot, entertaining cowboy western music, song, whistling, yodeling, stories, fun & laughter.

This was all to the genuine appreciation and pleasure of the

sizable audience that gather for the performances of Featured Artist Vic Anderson and Special Guest Ray Delgado. Michael Buckley enjoyed the opportunity to MC the show. Yes, the Cowboy Summer Roundup carried the Success Brand in the true Cowboy Western spirit.



Audience settling in for the opening of the Summer Cowboy Round-up.

# SAVE THE DATE!



## Weld Senior SYMPOSIUM

Navigating Legal Issues & Area Resources

**Thursday, October 2, 2025**  
 Island Grove  
 425 N 15th Avenue • Greeley, CO 80631

For more information:  
 Please Call (970) 400-6950  
[www.weldseniorsymposium.org](http://www.weldseniorsymposium.org)





**Fairacres Manor is a Name to Trust for Rehabilitation and Nursing Care in Greeley!**

Recover with confidence and reclaim your independence. Whether you're planning surgery or healing from an illness or injury, our skilled rehabilitation team is here to support you every step of the way—with **personalized therapy, exceptional nursing care, and a track record of successful outcomes.**

- **Compassionate Care**
- **Experienced Rehab Professionals**
- **Exceptional Outcomes**
- **Great Customer Service**

**Have questions about rehab after surgery?**  
Stop by and talk with our expert therapy team.

I would recommend Fairacres— go and check it out. Everybody is friendly from the therapists to the laundry crew! You could walk around the whole building—it is clean, bright and everyone is cheerful!" *D.Y., Family Member, May 2025*

**Fairacres Manor**  
1700 18th Ave., Greeley, CO  
Call Today to Schedule a Tour:  
**970-353-3370**



**MEDICARE MADE EASY**

Tired of phone calls and letters offering to help with Medicare when they are really trying to sell you something?

The State Health Insurance Assistance Program (SHIP) office for Northern Colorado is the only place staffed by Medicare experts who aren't selling.

We offer Medicare 101 classes, one-on-one counseling sessions, assistance during open enrollment and, new this year, a class on how to review your own Medicare options during open enrollment.

Call 970.495.8558 for schedules and additional information.



**Friendly Forks Daily Menu August 2025**

Friday, August 1	Chicken Fried Steak & Mashed Potatoes with Gravy, Roasted Brussels Sprouts, Diced Cantaloupe
Monday, August 4	Chicken Alfredo over Penne Pasta, Breadstick, Farmer's Market Vegetable Medley, Diced Honeydew
Tuesday, August 5	Krautburger with Side of Mustard, Cucumber Salad, Fresh Strawberries
Wednesday, August 6	Shepherd's Pie, Wheat Roll with Butter, Side Salad with Low-Fat Ranch Dressing, Pear
Thursday, August 7	Pork Loin with Red Pepper Sauce, Roasted Red Potatoes, Three Bean Salad, Fresh Pineapple, Gelatin
Friday, August 8	Roasted Turkey Breast with Gravy, Baked Sweet Potato with Butter, BLT Side Salad, Grapes
Monday, August 11	Hamburger on Wheat Bun with Lettuce, Onion, Tomato, Pickles, Ketchup, Mayo & Mustard, Broccoli Slaw, Orange Slices
Tuesday, August 12	Pork Pozole with a Corn Tortilla, Refried Beans, Cucumber Sticks with Red Pepper Hummus, Watermelon
Wednesday, August 13	Salmon with Lemon Basil Tartar Sauce, Orzo, Italian Vegetable Blend, Fresh Pineapple
Thursday, August 14	Chicken Caesar Wrap, Chicken Tortilla Soup, Coleslaw, Fresh Peach
Friday, August 15	Pork Schnitzel & Mashed Potatoes with Mushroom Gravy, Braised Red Cabbage, Cinnamon Applesauce
Monday, August 18	BBQ Pulled Pork Sandwich, Baked Beans, Avocado Tomato Salad, Watermelon
Tuesday, August 19	Meatloaf, Mashed Potatoes & Gravy, Sautéed Broccoli & Carrots, Pear
Wednesday, August 20	White Chicken Chili, Chicken Taco with Salsa & Sour Cream, Cilantro Coleslaw, Fresh Peach
Thursday, August 21	Chicken Parmesan over Penne with Marinara, Cheesy Breadstick, Kale Caesar Salad, Grapes
Friday, August 22	Tuna Salad Sandwich on Wheat with Lettuce & Tomato, Harvard Beets, Pickled Vegetable Salad, Orange Slices, Blueberry Cheesecake Bar
Monday, August 25	Beef Lasagna, Garlic Green Beans, Fresh Strawberries, Peach Crisp
Tuesday, August 26	Spinach & Mandarin Orange Salad with Chicken & Italian Dressing, Lentil Soup with Crackers, Diced Cantaloupe, Blueberry Coffee Cake
Wednesday, August 27	Sesame Ground Pork over Fried Rice, Side of Low Sodium Soy Sauce, Bok Choy Vegetable Blend, Melons & Blueberries, Almond Cookie*
Thursday, August 28	Beef Tacos with Lettuce, Cheese & Guacamole, Seasoned Black Beans, Honey Lime Coleslaw, Strawberry Fruit Salad
Friday, August 29	Chicken Breast with Gravy, Biscuit with Butter & Honey, Seasoned Cauliflower Rice Blend, Fresh Peach

**Windsor Community Playhouse**  
Fridays and Saturdays at 7 pm  
Sundays at 2pm

*Over the River*  
**AND THROUGH THE WOODS**  
by Joe DiPietro

**September 12 - 28, 2025**

561 E. Garden Dr.  
Unit A  
Windsor CO 80550  
Info@windsorplayhouse.org  
970-674-1794



**Life Care Center of Greeley**  
**SKILLED NURSING SHORT-TERM THERAPY**

*Care WITH Confidence*

No matter where you are in life, we will be here to provide the care you need with the compassion you deserve.

**970.330.6400**

4800 25th St. • Greeley, CO 80634  
 LifeCareCenterOfGreeley.com

## Growing a Healthy Aging Community

### Research Roadshow

Join researchers from the University of Colorado Anschutz and our Northern Colorado academic and community partners for this highly interactive research and health-oriented event.

Experience fun and free health-related activities like:

- Yoga with Ryan the Robot
- Grab dental supplies
- Improve your sleep
- Get a hearing test
- And much more!

Friday, August 15th • 10am-2pm  
 LINC Library Innovation Center  
 501 8th Ave., Greeley, CO 80631

**Admission: Free!**

Get a free bus ride with Greeley Evans Transit, right to the library

## Hands In Praise

American Sign Language Christian Choir

**“Community Concert”**

**September 7, 2025, 6:30pm**

**Bethel Lutheran Church, Windsor, CO**

[www.HandsInPraiseASL.com](http://www.HandsInPraiseASL.com)

Benefiting Weld Food Bank

No admission fee A financial or non-perishable food donation is appreciated.

**Public Invited!**

**“A spiritual experience for the hearing and non-hearing.”**



## A Spiritual House, A Holy Priesthood

In 1 Peter 2:5, Peter refers to a follower of Jesus Christ as a “living stone” upon which a spiritual house is built. As it takes many stones mortared together to build a physical house, so does it take many believers mortared together by faith in Christ, the Son of God, to build a spiritual house. He goes on to refer to the occupants of this spiritual house as a “holy priesthood”. However, how is the strength of this spiritual house revealed to the world around it?

Over the past month, a serious illness has stopped Nancy, my wife, and me in our tracks. We had been very busy doing what we felt God leading us to do. Then we had to bow out of our duties, unplugging from doing ministry that has been the mortar of our relationship for so many years. We have experienced ministry hardships before, but they were never as personal as having a life-threatening illness come live with us. That is when I realized that the strength of our faith was increased by the strength of the holy priesthood with whom we were ministering. The holy house of the Christian Church of Windsor showed why it has been so resilient these past 127 years. It is not the mortar between the bricks of the building, but the mortar between the living stones who reside there.

The congregation has been fantastic! They have offered faith, love, and prayers and for those Nancy and I are enormously grateful. They have stepped up to continue the ministry even when the pastor must step aside for a while. The Elders came together and scheduled the next month’s sermon speakers. Others have taken over the duties that keep a ministry humming along. A new sound and audio tech was born! Within this priesthood of believers many have come forward to speak and give their testimonies. This is what a spiritual house, a holy priesthood looks like.

Thank you, Christian Church of Windsor!



*Bob Pittman, Interim Pastor  
 Christian Church of Windsor  
 website: [www.ccwin.org](http://www.ccwin.org)  
 email: [ccwinchurch@gmail.com](mailto:ccwinchurch@gmail.com)  
 phone: 970-686-2958*



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## Annual Flowers that Make for Great Pollinator Plants

Most of us consider perennials when we think of plants that are great pollinators. Several annuals make great pollinator plants. There is a wide selection in both color and variety to satisfy almost any gardener. Some reseed themselves.

Cosmos is a popular annual for the middle or back of your garden. The foliage is feathery. It comes in shades of pink, white, and orange. Cosmos attracts butterflies, moths, bees, syrphid flies, and beetles. These annuals grow in full sun and well-drained soils. Place the seed in the ground after all danger of frost or purchase small plants at your local greenhouse or nursery.

Zinnias are a popular annual that comes in almost every color of the rainbow. Most zinnias can be placed in the front of a garden because they grow to a foot tall. It is

best to grow these in full sun and well-drained soils. Zinnias attract butterflies, moths, bees, syrphid flies, and beetles.

Petunias are great for ground-cover plants as well as pollinators. Petunias come in many combinations of colors. The New Wave and other varieties need no deadheading. They can be placed in front of a garden or grown in mass in a section of the garden. Petunias attract butterflies, bees, bee flies, and hummingbirds.

Annual Daisies are great as a showy annual with yellow flowers. These will bloom from May through October. They like well-drained, average soils and full sun. These do equally

well in containers and garden beds. They make a great showy border of yellow.

*Linda Langelo is a Colorado State University Extension Horticultural Specialist, a member of Garden Communicators International, and a regular contributor for AARP Colorado.*

well in containers and garden beds. They make a great showy border of yellow.



### 34 Years of Service Providing Information for the 50+ Community

## Eaton Colorado Days

This annual celebration was a full weekend of family-friendly events and community activities. Some of the highlights included a parade, fireworks, a 5K run, a pancake breakfast, a car show, and an arts and crafts fair. All coming to-

gether for a great time.

Families, friends, neighbors, vendors, just everyone had fun and enjoyed themselves at Eaton Days 2025... The community is looking forward to the 2026 edition!



*Leading the way! The parade is soon to follow. Parade watchers are waiting... Photo copyright: Liberty Rich*

## Lots of Fun At Brookdale Greeley



*(l-r) Elder Angels' Patty Brown and her top notch volunteer car washing team.*

A Car Wash Fundraiser was hosted by Brookdale Greeley and Elder Angels. The weather cooperated. Folks stopped by to take advantage & have their cars washed by a fun group of volunteers who made sure each car received their special attention. Drivers drove away happy and satisfied. Some returned with a 2nd car.

The event called for a \$5.00 donation which included a raffle ticket

to win a 50"4K SMART TV. A scrumptious hot dog lunch kept drivers around to enjoy and chat. All the proceeds benefitted Furry Angels Pet Foundation which helps pets find loving homes. Fun! Successful! A Good Time!... added up to the Car Wash Fundraiser hosted by BROOKDAY GREELEY & ELDER ANGLES.



*At the hot dog stand (l-r) Dom, Jonathon, Victor, Chance and Angie, Brookdale Greeley Executive Director.*

## Noise Of Advancement

Its amazing really! And we're lucky to have it. Little compares with the grandure of those Rockies reflecting off the Pudre, the sun setting as the line goes taught with one for the record books, yet how many of us seek that serenity in the natural state of our State.

To think this abundant beauty, but for scattered towns and cities, has been as God made it, forever. Wild, unforgiving, a real untamed wilderness, and left on our own without convienice, we'd soon find out how wild it is, and frail we are. Cruising through blurred scenery between waypoints we feel safe, and yes if our horses let us down, we could end up like our forfathers in Conestoga wagons. That's when wagon wheels met the road, just as it could be today if the wheels of our society run a foul.

Beyond our beloved chargers, computers and entertainment systems, without electricity and its infrastructure, pumps can't sup-



**Steve Anderson**

ply water or feed vehicles hauling food and supplies, and with that, we're back to 1725. We have a hard enough time discovering our phone's at home as we get for work, so imagine when there's no way to call. Unfortunatly, too many of us don't think beyond the immediate, never considering the options were calamity to arise. Do we have important information on paper, contacts, printed photos and accessable documents within reach?

It seems society, for all its advances and might, has lost touch with hands-on reality. Building and maintaining something with our hands, securing our possibilities, spending time face to face and learning from it with family and others in our lives. Its vital to celebrate the real world around us, the wildlife and scenery, our glorious Rockies, and the simple things that help us flourish through the noise of advancement.

## The Host with the Most THE BRIDGE



*P4S members listening to intoductions and announcements*

The Professionals For Seniors were treated to an enjoyable, good time and fun get together at the The Bridge in Greeley. The host provided and out-door setting, an Aloha theme, tasty breakfast with beverages. All & all most appreciated by the P4S.

P4S were invited to introduced themselves, share their business

affiliations and speak about any special events, programs, other activities that they wanted everyone to know about.

Professionals For Seniors is an active group of individuals, agencies, companies and various businesses dedicated to serving the senior adult population.



*The Bridge at Greeley Team. (l-r) Michael Ebbs, Dietary Services Director; Brandie Jackson, Resident Care Coordinator; Shelby Singleton, Executive Director; Dani Travis, Concierge; Cydney Martin, Lifestyles Director; Brooke Crisler, Business Office Director; Phil Castillo, Lifestyles Coordinator & Resident Assistant*

## Timnath Hires New Chief of Police

In late July, the Town of Timnath welcomed Laurie Scott as the new Chief of Police. Chief Scott brings more than 30 years of distinguished law enforcement experience, and a strong record of leadership grounded in public service and community partnership.

Most recently, she served as Assistant Chief of Police for the City of Loveland, where she led two of the department's three divisions. Prior to her service in Colorado, she spent over 28 years with the Omaha Police Department, rising to the rank of Captain and leading both Patrol Operations and Support Services.

A graduate of the FBI National Academy and the Senior Management Institute for Police, Chief Scott is known for her steady leadership, approachable style, and deep commitment to public safety.

"Chief Scott brings a proven track record of leadership, integrity, and transparent community-focused policing," said Mayor Robert Axmacher.

"She has earned the respect of colleagues and residents in both Colorado and Nebraska. We are thrilled to welcome her to Timnath, and I'm confident she will lead our department with strength and focus as Timnath continues to grow."

Chief Scott shared her gratitude for the opportunity to serve the Town of Timnath and its residents, "With sincere gratitude for the opportunity to serve, I'm humbled to lead the men and women of the Timnath Police Department and to partner with this incredible community!"



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**EXCEPTIONAL ASSISTED LIVING**

# AUGUST Calendar

# LARIMER

## Saturday/2

The Fort Collins Symphony Orchestra presents a musical program on “The Music of Billy Joel with Michael Cavanaugh” at 6 pm at the Gardens on Spring Creek. Handpicked by Billy Joel to star in *Movin’ Out*, Cavanaugh evokes a style rivaling the Piano Man. He appeared in the show for three years with over 1,200 performances and received multiple accolades from Grammy and Tony award nominations. Tickets range from \$73 to \$88 and can be purchased at the Lincoln Center Box Office (417 W. Magnolia in Fort Collins) on Tuesday–Friday 1–6 pm or call 970-221-6730.

## Friday/8

The town of Berthoud invites you to their End of Summer Bash! Join us at the Berthoud Recreation Center from 6:00 PM to 8:00 PM for an evening of fun, food, and great community vibes! Groove to live music and don’t forget to bring your lawn chair, along with friends and family, as we

come together to celebrate the final days of summer!

## Saturday/16

Larimer County Genealogical Society presents a free program on “What Are Your Brickwalls in Genealogy Research” by all attendees at the Harmony Library in their main community room at 10 am. Register online at [www.lcgsc.org](http://www.lcgsc.org) to receive the Zoom info.

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> 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>.

## Veterans Echoes

### Forever Grateful: Saying Goodbye To The Greatest Generation



**Brad Hoopes**

On August 15th and officially on September 2nd, 80 years ago, a long and brutal 16-year nightmare finally came to an end for an extraordinary generation—aptly named the “Greatest Generation”. No one promised life would be easy or fair, and for this group, it was anything but.

Their ordeal began with the Great Depression—years of hardship, hunger, and hopelessness. For those living on the Plains, the Dust Bowl added an additional cruel blow. Just as they began to get up off their knees from this, they were thrown into the deadliest conflict the world had ever known—World War II. It was as if the world had gone mad.

While it’s likely America would have been eventually pulled into this madness, Japan made it inevitable with the attack on Pearl Harbor on December 7th, 1941. Within days, this generation answered the call. Recruitment lines wrapped around the block. By war’s end, 16.4 million Americans had served.

They fought across two vast fronts—Europe and the Pacific—and what they accomplished is nothing short of astonishing. But this incredible feat came at a terrible cost: over 405,000 killed and more than 670,000 wounded. These are staggering, heartbreaking numbers.

When they came home, they brushed themselves off and right away got to work, driven by a desire to make sure their children never went through what they did. This resulted in building the most powerful economy the world has ever known.

Now, time has been quietly stealing these national treasures from us. Of those 16.4 million who served, only about 66,000 remain. Of the 400+ WWII veterans I’ve interviewed here in Northern Colorado, just five are still with us.

I will be forever grateful for their sacrifice, strength, and spirit—and I often despair that we’ll never see their kind again. I will miss them.

Brad Hoopes has a passionate project of preserving the stories of our veterans. Visit: [www.youtube.com/@rememberandhonorstories](http://www.youtube.com/@rememberandhonorstories) to view these stories.

## Flourishing FoCo: Downtown Flower Project

While wandering downtown Fort Collins this summer, you may have noticed the abundance of freshly potted flowers and plants. You can thank the Fort Collins Parks Department for those colorful displays!

Each year, the Park Dept. team refreshes the flowers in Downtown Fort Collins through their Flourishing FoCo project, sourcing flowers and plants from local growers and designing the landscapes with sustainability and community in mind.

About 45,000 flowers and greenery are planted each summer by Parks staff, spanning 270 different species. Last year, the project established the “Pollinator Parkway,” transforming downtown into a haven for bees and butterflies alike by adding perennials like the Sapphire Blue Aster, Alaska Shasta Daisy and more to the mix.

Flowers are sourced locally from nearby greenhouse, Plantorium. A few common species of flowers included in displays are Dahlias, Petunias, Coleus, Calibrachoa, Petchoa, Zinnia, Strawflower, Canna, Verbena, and Gomphrena.

The Parks Department works diligently to provide and maintain the flower beds in Downtown Fort

Collins. The beautiful and memorable displays take a great deal of planning, partnerships with local organizations, sustainable and environmentally friendly efforts, and provide a sense of place for the Fort Collins community.

The Parks Department collaborates with Colorado State University’s Horticulture and Landscape Architecture team to select the best varieties of plants. Each season, staff from the Parks Department visit the nearby Annual Flower Trial Garden and choose flowers that are grown for optimum performance in Colorado’s climate.

While wandering downtown you’ll notice a strong resemblance to Disneyland’s Main Street USA. We’re proud to say that it is modeled after our very own Downtown Fort Collins. If you haven’t already, head Downtown to experience the beautiful floral displays – and don’t forget to stop and smell the flowers!



### Veterans Plaza of Northern Colorado

### Heroes Foursome Scramble Golf Tournament

September 5 at Mariana Butte in Loveland

**Gold Sponsor**



**Silver Sponsor**



**Lunch Sponsor**



**Hole Sponsor**



**Media Sponsor**



\$175 Singles or \$650 Foursomes. Fees include breakfast burrito, golf cart, practice balls, lunch, goody bag, & green fees!

1st & last place trophies with men’s and women’s drive & putting awards. Extras include mulligans plus our popular crazy putting contest & pro golfer par 3 challenge!

Various sponsorships from \$300 to \$5,000 are available on our website!

Rosie the Riveter will be there taking photos with the golfers and handing out awards after lunch!

All proceeds benefit our Vet2Vet Fund!

Veterans Plaza is a 501c3 non-profit organization.

Register by August 25 at [www.veteransplazanoco.org](http://www.veteransplazanoco.org)!

**Windsor Community Playhouse**  
 Fridays and Saturdays at 7 pm  
 Sundays at 2pm



**AND THROUGH THE WOODS**

by Joe DiPietro

**September 12 - 28, 2025**



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## 34 Years of Service Providing Information for the 50+ Community

### Larimer County Health Officials Report First West Nile Virus Case

In late July, Larimer County Health officials confirmed the first reported case of West Nile virus in the county this year. The individual resides in Fort Collins and is currently recovering.

Recent data shows there is a higher proportion of infected mosquitoes. This means the risk of infection from a single mosquito bite is greater now compared to recent years.

People ages 55 and older are at higher risk for serious symptoms including tremors, numbness, vision loss, and paralysis if they

get West Nile virus. People with health conditions such as cancer, diabetes, hypertension, and weakened immune systems are also at risk.

Officials urge all residents to adopt effective protective measures such as 1) regularly use an EPA-registered insect repellent, 2) wear loose-fitting long-sleeved shirts and pants for long walks, gardening, and other times outside, & 3) avoid outdoor activities during peak biting times around dawn and dusk.



## Call for a Tour. Lunch is on us!

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## Better Business Bureau

### BBB Scam Alert: Be Careful If Offered A “Free Roof Inspection” - Look For The BBB Seal



**Shelley Polansky**

#### How the scam works

You receive a call, or someone shows up at the door claiming to represent a roofing company that is working in your area.

Note: BBB Accredited Businesses promise to adhere to BBB’s Standards for Trust, so look for the BBB Accredited Business Seal when hiring a roofer.

If you accept the free inspection from a con artist, the dishonest “inspector” shows up at your house. If they don’t find enough wear and tear to merit a whole new roof, they may fabricate it, by tearing off shingles to mimic wind damage (so pay attention and watch what they do). Or they may show you pictures of someone else’s damaged roof. Repairs from such a dishonest business are not likely to be high quality.

#### How to avoid roofing scams

Beware of unsolicited offers. Many scams begin with a contractor who “just happens to be in the area” and notices your roof or home appears to need repairs from the outside. Roofing scams typically increase in frequency after a powerful

storm, so stay alert. Legitimate roofers may also be in the area, so be savvy enough to check BBB.org and do your homework before hiring.

Get your insurance company to inspect your roof, and/or get a second opinion. Filing a claim with your insurance company will be reflected on your record and may impact future claims or your continued coverage. Before signing any paperwork or contracts with a roofing company, you can have your insurance company come out for an inspection to verify the need for repairs or replacements. You can also call another reputable roofing company to take a look.

Research roofing companies before you hire. Look at a company’s business rating on BBB.org. Keep a close eye on previous reviews and any complaints other consumers might have had. Doing your own research is one of the best ways to know if a roofing company is reputable or just a cover for a scam



## MEDICARE MADE EASY

Tired of phone calls and letters offering to help with Medicare when they are really trying to sell you something?

The State Health Insurance Assistance Program (SHIP) office for Northern Colorado is the only place staffed by Medicare experts who aren’t selling.

We offer Medicare 101 classes, one-on-one counseling sessions, assistance during open enrollment and, new this year, a class on how to review your own Medicare options during open enrollment.

Call 970.495.8558 for schedules and additional information.



## Larimer County Office on Aging Powerful Tools for Caregivers



**Mark Sleeter**

We’ve all heard the airplane safety instruction: “Put on your own oxygen mask before helping others.” This wise advice is based on the premise that if you don’t take care of yourself first, you won’t be able to care for those around you. In many ways, this idea is at the heart of our Powerful Tools for Caregivers (PTC) classes. To effectively care for another person, we must ensure we are also caring for ourselves.

PTC is a free, six-week, evidence-based program designed to equip family caregivers with 35 tools that help them avoid burn-out, reduce stress, stop negative self-talk, strengthen communication, convey needs, and manage difficult emotions. The Larimer County Office on Aging Family Caregiver Support Program offers two distinct tracks: PTC and PTC for Grandfamilies. Powerful Tools for Caregivers is

for individuals caring for someone aged 60 or older, and/or someone diagnosed with Alzheimer’s disease or a related neurocognitive disorder.

Grand Family Powerful Tools for Caregivers is specifically for caregivers aged 55 or older who provide informal in-home care to a child, by blood, marriage, or adoption, who is 17 years old or younger.

An incredible benefit of taking these courses is the connection and camaraderie that develops among participants. A common observation in most classes is that by the end of the six weeks, participants are making plans to stay connected and support each other throughout their caregiving journeys.

If you’re interested in learning how to better care for yourself and connect with others who are on a similar path, reach out to the Family Caregiver Support Program. Call or text us at 970-498-7758. You can also send us an email at [Aging@larimer.gov](mailto:Aging@larimer.gov). To register for an upcoming class, visit [www.larimer.gov/caregiver](http://www.larimer.gov/caregiver).

## SAVE THE DATE!



### Weld Senior SYMPOSIUM

Navigating Legal Issues & Area Resources

**Thursday, October 2, 2025**

**Island Grove**

**425 N 15th Avenue • Greeley, CO 80631**

**For more information:**

**Please Call (970) 400-6950**

**[www.weldseniorsymposium.org](http://www.weldseniorsymposium.org)**





See menu and class dates for 2025 below:

**Chicken Spinach Burgers + Kale Chips**  
July 10, 2025  
Basic knife skills, MyPlate method for balanced meal building

**Chickpea Kale Shakshuka + Chocolate Dipped Fruit**  
October 9, 2025  
Nutritional value of eggs, natural vs. added sugar, adequate fiber and fiber benefits

**Sweet Potato and Black Bean Chili + Corn Bread Muffins**  
January 22, 2026  
Short ingredient list, easy swaps for versatility, cooking oils and fats

**Pesto Protein Pasta + Brussels Sprout Arugula Salad**  
April 9, 2026  
Plant-based proteins, seasonal produce, easy homemade salad dressing

Inquiries: [ahwc.community@cuanschutz.edu](mailto:ahwc.community@cuanschutz.edu)

Join our culinary educators and registered dietitians for the **CU Anschutz Health and Wellness Center Cooking Series: Cooking for Healthy Aging!**

This virtual cooking class series features recipes and ingredients focused on brain and heart health. Throughout the series, participants will build confidence in the kitchen through culinary basics, cooking techniques, and nutrition education. A grocery shopping list and recipes are provided in advance to cook alongside the instructors from home if desired.

<https://Cookingforhealthyaging.eventbrite.com>

All classes are held virtually via Zoom on select Thursdays from 4-5 p.m.

Cost: FREE



scan to register!

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## Apex Community Recreation Center

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.

**Craft Fair Registration Dates:** Reserve your table beginning August 11 for residents, August 12 for non-residents. 8' x 2.5' tables. You must register in person at the Community Recreation Center. Vendors must have appropriate sales tax licenses by the date of the fair. Wall spaces have access to electricity. Craft fair hours are from 9 am-3 pm on Sat., Nov. 2. You may begin setting up at 7 am on Sat., Nov. 1. At least 70% of items sold must be handmade locally, to be eligible for the reduced "craft" vendor fee. Commercial and import vendors must pay the "commercial" vendor fee. Commercial vendors must have craft or gift products.

**Free Hearing and Wax Screening:** Wednesday, August 6, 9 am – 12 pm HearingLife is offering free hearing and wax screenings at the Community Recreation Center. To make an appointment, please call 303.953.5976 or email [WheatRidge@HearingLife.com](mailto:WheatRidge@HearingLife.com). Appointments are 10 minutes long, and walk-ins will be accepted.

**Grief Support Group:** Wednesday, August 6, 1-2 pm This group is designed to support those grieving the loss of a loved one. Supplemental resources will be provided if needed. It is free, but advanced registration is appreciated.

**Caring for a Loved One with Dementia:** Monday, August 11, 11:30 am This class provides practical caregiving tips for dementia patients, focusing on communication, behavioral challenges, and stress management. Learn the importance of family

involvement and how to share caregiving responsibilities. We'll discuss resources like support groups and respite care options for those who are providing care without family support. \$6 (\$8 non-res.).

**Pastels and Drawing Studio:** Monday, August 11 – August 25, 6:30 pm Explore the techniques of charcoal or pastels. Themed demonstrations, tips, tricks, and projects teach useful techniques to help artists of all levels improve their work. James Pyott, instructor. \$54 (non-res. \$70).

**Hike Benjamin Loop - LOE 1-2:** Wednesday, August 20, 7:30 am – 1:30 pm Join us for an easy hike on Benjamin Loop, rated as a level of exertion 1-2 with a starting elevation of 6600 feet. Adventurers hiking this trail will complete 4 miles and ascend over 630 feet of elevation. You will also see some views of Sugarloaf Mountain before finishing the trail and enjoying your well-earned lunch. \$27 (\$35 non-res.).

**Connected Nation: Phone and Computer Basics** Monday/Tuesday, August 25/26 Computer basics, internet basics, email basics, internet safety, video conferencing, and mobile device basics. Sign up for one class or the entire series. Free, but advanced registration is required.

**Upper Colorado Adult Rafting Trip:** Wednesday, August 27, 9:30 am – 6 pm This full-day trip is the perfect rafting experience for first-time rafters. Please bring a bag lunch to enjoy prior to disembarking. Registration ends August 10, after which no refunds will be given. \$139 (non-res. \$179).

**Rental Opportunities:** Looking to host your next event? We've got you covered from groups of 5 up to 250!

## Boulder Older Adult Services

West Age Well Center: 909 Arapahoe Ave. 303-441-3148, Mon. – Fri., 9 a.m. – 4 p.m.  
East Age Well Center: 5660 Sioux Dr. 303-413-7290 Mon. – Fri., 8 a.m. – 4:30 p.m.  
For information about programs and services: <https://bouldercolorado.gov/lets-age-well-program-guide>. Weekly newsletter sign-up: <https://bouldercolorado.gov/lets-age-well-newsletter>

### Massage

One-hour massage appointments with a professional massage therapist are available on Mondays, Tuesdays, and Wednesdays. Schedule a massage in person, online, or by calling the East or West Age Well Center. East Age Well Center, Mondays, Tuesdays and Wednesdays by appointment, Fees: R/NR \$80/\$100

### Understanding Hearing Loss and Management Strategies

During this two-part course, learn about different types of hearing loss, the impact on communication, and how to maintain brain health through wellness approaches. Review different treatments, including hearing aids, cochlear implants, assistive listening devices, and a variety of techniques for improving communication and managing stress. East Age Well Center, Tuesdays, August 12 and 19, 1 – 2:30 p.m. No Fee

### Qi Gong

Practice simple, yet effective Qi Gong exercises to re-establish strong circulation, improve range of movement, balance, and reinvigorate all major body systems, creating a general sense of well-being. West Age Well Center, Wednesdays, August 13, 20 and 27, 11:15 a.m. – noon. No Fee

### Downsizing

Downsizing can feel overwhelming, whether a move is involved or not. Sorting through a household of possessions can be challenging for older adults and caregivers alike. Morgan Holliday, with Morganize It, will provide some helpful tips and resources to make the process easier. West Age Well Center, Friday, August 22, 1 – 2:30 p.m.

### NEW! Intro to Improv Class

Through different games and easy exercises, participants will learn and practice different Improv techniques which can help promote spontaneity and courage and improve creativity and positivity. Laugh, connect with others, and try something new in this beginner-friendly Improv workshop. West Age Well Center, Friday, August 27, 1:30 – 3:30 p.m. No Fee

*We Care*

## Lafayette Senior Services

Programs offered by Lafayette Senior Services  
Call 303-665-9052 or email [olderadults@lafayetteco.gov](mailto:olderadults@lafayetteco.gov) to register.

**Ice Cream Social** August 21, 2-3pm  
Beat the summer heat with ice cream and good company! Join us for a refreshing treat and connect with friends while savoring the delicious flavors of ice cream on a warm summer day. Special thanks to TRU PACE for supporting this event!

**Medicare 101** August 7, 1-2pm  
Are you turning 65 soon or just turned 65? Do you have questions about Medicare? This class is for you! It will answer common Medicare questions. This class is offered by the Medicare Teachers Inc. They will be available after the class to meet one on one if you have more specific questions.

**Chautauqua Lunch and History** August 4, 9:15am-2pm  
Join us for a walking tour of the Colorado Chautauqua National Historic Landmark. This quarter-mile stroll covers the central

public buildings and cottages, including the iconic Chautauqua Auditorium, Missions House Lodge, Rest Cottage, Community House, and Galey Cottage. Then we will head over to the dining hall for lunch. Trip includes Transportation and tour, lunch is on your own.

**Pontoon Ride on Horsetooth Reservoir** August 19, 9am-5pm  
Relax and unwind aboard a pontoon boat as you soak up the sun and enjoy the water. We'll start at the Marina at Horsetooth Reservoir, where you can pick up some treats from the shop before setting out on the lake. Spend a couple of hours cruising the water, taking in the beautiful scenery and sunshine. After the boat ride, we'll stop for lunch on the way back. Don't forget to bring sunscreen, hats, water bottles, snacks, and money for lunch! Note: Shade is minimal.

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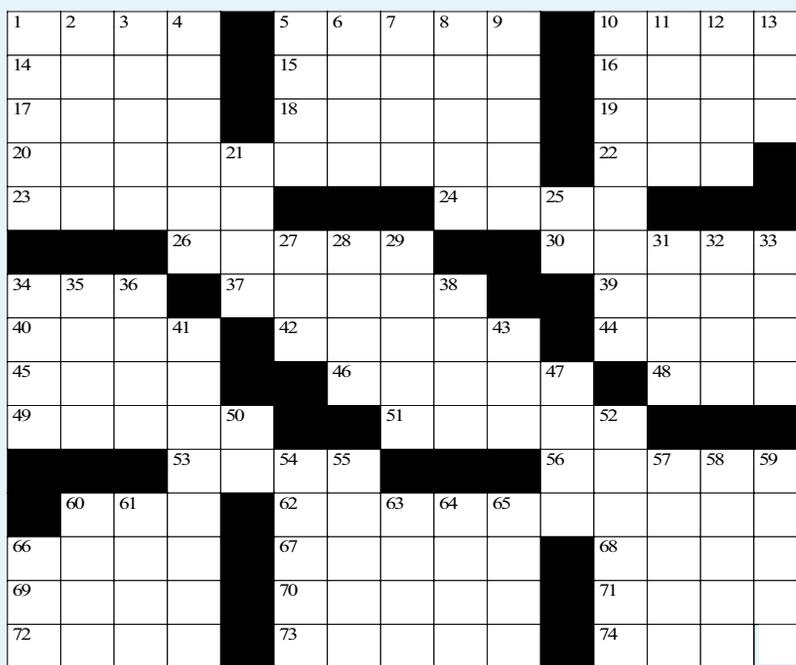
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## 50 Plus Marketplace News Crossword Puzzle

August 2025  
Answers page 12



### ACROSS

- 1 Male deer
- 5 Dry stalks
- 10 Sweetheart
- 14 Monetary unit of Western Samoa
- 15 Covered with water
- 16 A person that uses
- 17 Image
- 18 Wash lightly
- 19 Sharp bristle
- 20 Finger next to the little finger
- 22 Purchase
- 23 Refined iron
- 24 Authenticating mark
- 26 Letter cross-line
- 30 Nickel-cadmium battery
- 34 Donkey
- 37 Lofty nest
- 39 Soft lambskin leather

- 40 Capital of the Ukraine
- 42 Pools
- 44 Metrical romance
- 45 Monetary unit of Peru
- 46 Desert region in S Israel
- 48 Born
- 49 Bird homes
- 51 Lure
- 53 Charged particles
- 56 Rigid
- 60 Girl or woman
- 62 Pain-killers
- 66 Hawaiian honeycreeper
- 67 Set apart as sacred
- 68 Overly submissive
- 69 Lees
- 70 Shady recess
- 71 Skin eruption

- 72 Too
- 73 Allowing liquid to escape
- 74 Never

### DOWN

- 1 Agitates
- 2 Implied
- 3 Isolated
- 4 Sacred river of India
- 5 Worn by women in India
- 6 One of a matching pair
- 7 Tolled
- 8 Donkeys
- 9 In what place
- 10 Effervescent
- 11 Son of Isaac and Rebekah
- 12 Ethereal
- 13 An urban area
- 21 Bloodsucking insect
- 25 Prefix meaning without
- 27 Corded cloth
- 28 Metallic element
- 29 Penalised
- 31 City in NW France
- 32 Church recess
- 33 The day of the month
- 34 Related by blood
- 35 Trigonometric function
- 36 Hardens
- 38 Verge
- 41 Skin disorder
- 43 Not sweet
- 47 Ballot choice
- 50 Therefore
- 52 Sycophant
- 54 Pertaining to birth
- 55 Trap
- 57 Daughter of one's brother or sister
- 58 View
- 59 Gravel ridge
- 60 Female child
- 61 Inspires dread
- 63 Title of respect for God
- 64 Watch
- 65 Bloody
- 66 Highest mountain in Crete

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