

# 50 Plus Marketplace

**NEWS**



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

December 2025 • Volume 31 • Issue 12

## Origins & Traditions of Christmas

Christmas or Feast of the Nativity is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. Christmas Day is a public holiday in many of the world's nations is celebrated religiously by a majority of Christians as well as culturally by many non-Christians and forms an integral part of the holiday season centered around it.

In the 2nd century, the "earliest church records" indicate that "Christians were remembering and celebrating the birth of the Lord," an "observance that sprang up organically from the authentic devotion of ordinary believers"; although "they did not agree upon a set date". The earliest document to place Jesus's birthday on December 25 is the Chronograph of 354 (also called the Calendar of Filocalus), which also names it as the birthday of Sol Invictus (the 'Invincible Sun')

Although the month and date of Jesus' birth are unknown, the church in the early fourth century fixed the

date as December 25, which has been adopted almost universally throughout the world.

In 1843, Charles Dickens wrote the novel *A Christmas Carol*, which helped revive the "spirit" of Christmas and seasonal merriment. Its instant popularity played a major role in portraying Christmas as a holiday emphasizing family, goodwill, and compassion.

Dickens sought to construct Christmas as a family-centered festival of generosity, linking "worship and feasting, within a context of social reconciliation." Superimposing his humanitarian vision of the holiday, Dickens influenced many aspects of Christmas that are celebrated today in Western culture, such as family gatherings, seasonal food and drink, dancing, games, and a festive generosity of spirit. It has been said that Dickens' breakthrough with *A Christmas Carol* was his "ingenious pairing of seasonal fiction and seasonal [book] sales." A prominent phrase from the tale, "Merry Christmas", was popularized following the appearance of the story.

The Christmas tree was first used by German Lutherans in the 16th century, with records indicating that a Christmas tree was placed in the Cathedral of Strassburg in 1539. In the United States, these "German Lutherans brought the decorated Christmas tree with them; the Moravians put lighted candles on those trees". When decorating the Christmas tree, many individuals place a star at the top of the tree symbolizing the Star of Bethlehem, a fact recorded by *The School Journal* in 1897.

The celebratory customs associated in various countries with Christmas have a mix of pre-Christian, Christian, and secular themes and origins. Popular modern customs of the holiday include gift giving; completing an Advent calendar or Advent wreath; Christmas music and caroling; viewing a Nativity play; an exchange of Christmas cards; church services; a special meal; and the display of various Christmas decorations, including Christmas trees, Christmas lights, nativity scenes, garlands, wreaths, mistletoe, and holly.

In addition, several closely related and often interchangeable figures, known as Santa Claus, Saint Nicholas, and Christkind, are associated with bringing gifts to children during the Christmas season and have their own body of traditions and lore. Because gift-giving and many other aspects of the Christmas festival involve heightened economic activity, the holiday has become a significant event and a key sales period for retailers and businesses. The economic impact of Christmas has grown steadily over the past few centuries in many regions of the world. Article courtesy of Wikipedia.



3 Shepherds Witnessing Birth of Jesus

## Visit the Governor's Mansion on December 12 & 13!

It's beginning to look a lot like Christmas at the Governor's Residence and Governor Polis invited Coloradans to join in the holiday cheer this year during the public holiday tours of the Governor's Residence.

"Come rock around the Christmas Trees at the Governor's Residence Holiday Tours on December 12th and 13th from 10am to 2pm. I invite you to come tour the historic home adorned in trees, ornaments, and holiday cheer. Free for all, these holiday tours are the best time of the year to visit Colorado's Home. Happy Holidays Colorado!" said Governor Jared Polis.

The **Colorado Governor's Mansion**, also known as the **Cheesman-Boettcher Mansion**, is a historic U.S. mansion in Denver, Colorado. It is located at 400 East 8th Avenue. On December 3, 1969, it was added to the U.S. National Register of Historic Places.

The building was built in 1908 after a design by Denver architects Willis A. Marean and Albert J. Norton. The house was originally built as a residence for the widow and the daughter of Denver real estate tycoon Walter Cheesman.

The mansion was designed to accommodate two families. On November 8, 1908, Cheesman's daughter,

Gladys, married John Evans II, the grandson of John Evans, the second territorial governor of Colorado. The widowed mother and young couple lived together until the birth of the Evans' first child, after which they relocated. On January 2, 1923, Alice Foster Sanger Cheesman died.

Claude K. Boettcher purchased the mansion on February 23, 1923. Boettcher was the head of a financial empire that eventually included sugar, livestock, cement, potash, steel, securities, utilities, and transportation. Boettcher was famous for his lavish parties which included President Dwight D. Eisenhower in 1952. Boettcher died on June 9, 1957, and his wife in 1958.

The house was inherited by the [Boettcher Foundation](#). The foundation offered the house to the State of Colorado as an Executive Residence. The building needed a great deal of work, and its fate remained uncertain for nine months in 1959 as three agencies of the State rejected the offer. On the last day of 1959, Governor Stephen McNichols ac-

cepted the building as a gift to the state.

From then until January 2011, it has been the residence of Governors Stephen L. R. McNichols, John Love, John D. Vanderhoof, Richard D. Lamm, Roy R. Romer, William Owens, and William Ritter. The building was restored in the 1980s under the direction of Edward D. White Jr.

Upon taking office in January 2011, Governor John Hickenlooper and his family decided to maintain their private residence in Denver instead of moving to the Governor's Mansion, though Hickenlooper did move into the mansion on a part-time basis after he separated from his wife in 2012. Hickenlooper's successor, Jared Polis, also chose to only live in the mansion on a part-time basis, staying there during legislative sessions while retaining his home in Boulder as his primary residence.



Colorado Governor's Mansion

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# CONTACT

## How To Reach Us

**email**  
robert@50plusmarketplaceneews.com

**phone**  
303-694-5512

**mailing address**  
4400 Sioux Dr.  
Boulder, CO 80303

**website**  
www.50plusmarketplaceneews.com

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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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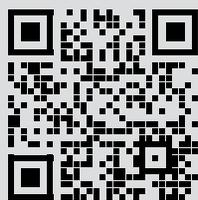
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Front Range Senior Centers,  
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# BOULDER

## Calendar

### Tuesday/2

The Boulder Genealogical Society presents a free program on "Researching Graphically – Expanding Your Research with Timelines, Charts, Spreadsheets and Diagrams" by Ari Wilkins at 7 pm on Zoom. The presentation will include charting your thoughts; composing hypotheses; mind mapping; creating timelines, spreadsheets and diagrams. Register online on their website at <https://www.bouldergenealogy.org/> to receive the Zoom info.

**Friday/5 at 7:30 pm**  
**Sat/6 or Sun/7 at 4 pm**

CU Boulder Music Dept. presents 2025 Holiday Festival at the Macky Auditorium, 1595 Pleasant Street in Boulder. CU Boulder's Holiday Festival offers an enchanting annual tradition for all ages brings together student ensembles and soloists, and world-class faculty performers for a winter concert featuring both holiday favorites and new delights. Cost ranges from \$25 to \$90. Register online at [Holiday Festival 2025 | Dec 5-7, 2025 | CU Presents.](https://www.cuboulder.edu/holiday-festival-2025)

### Wednesday/10

The Longmont Genealogical Society presents a free program and lunch on "Entertainment: Take Note Singers present "Tell The Christmas Story" at noon at the 1st Lutheran Church Friendship Room, 3rd and Terry Sts. in Longmont and on Zoom. A musical celebration of the holiday season featuring the Take Note Singers. Please register online on their website at [LGS Index](https://www.lgsindex.com).

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*

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

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## MEDICARE ADVANTAGE OPEN SEASON

**OCT. 15TH – DEC. 7TH**

**Many big changes this year**

Some companies are discontinuing  
Some of their plans and they will **not**  
Automatically enroll you in a new plan  
Some are totally pulling out of  
Certain counties.

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## Mental Health On The Holiday Season



**Dr. David Remmert**

Most of us will have a holiday season filled with mirth, joy, and goodwill. Most of us will host or be hosted by our families and loved ones.

Most of us will bask in the warm glow of our partner's embrace and celebrate the successes of our babies who grew magnificently into adulthood.

Most of us...

If you haven't noticed, an enduring theme for me is loneliness. Human connection and belonging is so important. Without it, despair and lack of meaning snowball into an abject feeling of lonely isolation from which it feels there is no escape.

Studies suggest that 1 in 4 older adults will be alone for the holidays, while others claim that nearly half of people over 70 will be alone. Nearly half (44%) of us report feeling lonely during the holidays. Reasons include sons and daughters moving away, loss of a spouse, and declining health making travel unrealistic.

This holiday season, look for

the signs that someone you know might be experiencing loneliness. These include social withdrawal, neglecting personal care or hygiene, changes in appetite and sleep patterns, and expressing feelings of sadness or emptiness. Other indicators can be a decline in interest in hobbies, physical health problems like headaches or fatigue, and changes in daily habits such as increased time spent at home or a rise in certain spending habits like online shopping.

Look around your community. Is there a neighbor who was out in their driveway on Thanksgiving cleaning their car? Is there someone at work who isn't taking time off and you know their family live elsewhere? Do you have room at your table and a compassionate heart? Even seemingly small actions – like sharing holiday leftovers with someone who is lonely – can be an important reminder that they are not alone.

*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*

## Boulder Announces Snowplow Fleet Naming Contest Winners!

For the fifth year in a row, Boulder students named the city's snowplow fleet. This winter, 17 winning names were selected to be featured on city snowplows. Name submissions featuring a "five" theme were encouraged this year to help celebrate the fifth consecutive year of the contest.

Here is the full list of winning names: Cocoa, Lollaplowloozza, Apollo Five, 5now Worries, Fast and Flurrious 5, Austin Powers, Buzz Iceclear, Snowy, Sleetwood Mac, High Five, Sugar Plum, Slushmaker, Flake Flinger 5, Life of a Snowgirl, Snow2D2, Sleet Dreams, & Coldspot

"Our team looks forward to

seeing these submissions all year, and this year didn't disappoint," said City of Boulder Transportation Maintenance Senior Manager Rene Lopez. "Thanks to all the students who participated for their wonderful entries. We appreciate you being part of this important work and hope this contest helps make you feel more connected to your community."

Pre-K through 12th grade students in Boulder were invited to craft and submit their favorite names for the city's snowplows. Those who submitted winning names were given the opportunity to take a photo with the snowplow they named.



## Christmas, Texas style

'Tis the season to get jolly, big time -- especially in Texas where everything is bigger. Take the gigantic inflatable Santa that mysteriously showed up in a vacant lot in Tyler, TX in time for the holiday season.

Resident Marsha Daugherty told KETK-TV, "Nobody lives on this lot, so we don't know who installed Santa. But isn't that fun?"

Locals will tell you that whoever is responsible for the gigantic Christmas present made the

holiday all the better. It's estimated that he or she who came up with the idea spent a thousand dollars or more to arrange the special holiday event.



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## Poetry Rising

It's time to celebrate the Holy – Dayze. So many faith communities, so many different religions, celebrating around the winter solstice. Celebrating light, traditions, family... if we are lucky. So many dichotomies... The holy land is a desert, and yet it doesn't seem like the December holiday if we are not covered with snow. A white man with a red hat breaks through the cold to celebrate a black baby in a manger, and so many differing faith traditions are actually focused on the growing light and the promise of the new year.

### NO MATTER

No matter your family,  
no matter your place,  
no matter your gender,  
no matter your race.

Share joy in the music,  
the new morning light.  
Appreciate the stars  
that add awe to the night.

Welcome to music,  
welcome to snow,  
treasuring them,  
as they come and go.

Pray for the lonely  
and for those who mourn.  
Welcome to children  
and the blessed newborn.

And if you are lucky,  
give thanks for your health  
Take joy in the bird song,  
no matter your wealth.

So no matter your faith,  
bring on the grace.  
And no matter the rhyme,  
may we have peace in our time,  
please...?

(c) Barbara Wood Gray

<https://www.youtube.com/@SharingTheSong/videos>  
[BarbaraWoodGray@gmail.com](mailto:BarbaraWoodGray@gmail.com)

## Technology is Hip!

### Be Aware of Christmas Scams!

According to AARP in 2024, about 89 percent of U.S. consumers have experienced or been targeted by at least one form of fraud that can be tied to the holidays, including requests from fake charities, online shopping scams and fraudulent communications about shipping problems.

Card declined scams. Melanie McGovern with BBB, says the agency is seeing a relatively new scam: You pay for a purchase online and receive a message stating that your card has been declined. The transaction did go through, but they're trying to get more information out of you.

Charity scams. Sham charities exploit Americans' goodwill during the giving season using fake websites and other tactics.

Online shopping scams. Criminals use fake posts and social media campaigns sometimes impersonate major brands or tout products they never intend to ship. Be careful when you see an item offered at below market price.

Gift card scams. "Gift card draining is still very popular," says Amy Nofziger with AARP. Criminals steal gift cards in bulk from the racks, collect the information



Bob Larson

from the card, and return it to the in-store rack for unsuspecting buyers. Once you load money on there, the criminal will drain the money before you leave the store. It's safest to buy cards that are kept behind the counter, or directly from the retailer's site.

Delivery scams. As holiday packages appear to be from UPS, FedEx, or the U.S. Postal Service, notifying recipients about incoming or missed deliveries. Links lead to fake sign-in pages that request personal information, or to sites that may be infected with malware.

Travel scams. Some criminals send scam emails and texts offering deals such as free flights to get you to share credit card information or click on links that download malware. Also be wary of the many spoofed websites pretending to be legitimate hotels, airlines and other travel-related businesses. Bob Larson is a technologist and Marketing Director for 50 Plus!

*Help us  
Help the 50+  
Community*

## Reflections

### Count Down

Just when we finished one holiday, the count-down began for another. More specifically, once August arrived, so too did the Halloween decorations in different stores. Think Costco, World Market or Michaels/Hobby Lobby???

Not long after Labor Day, Christmas decorations began appearing to bump out those Halloween displays. Actually, Hallmark offered a "Christmas in July" series. Oh wait, in October, Hallmark programs started "Countdown to Christmas" on Saturdays for the next two and a half or three months or close to 12 Saturdays full of different stories all headed toward December 25.

Okay, what about those special calendars. Advent calendars with little pictures and even candy help those wanting a different form of counting down.

I admit as a child, I no doubt counted down the days until my birthday. Did you do that too? Do your children, grands, nieces or nephews do that as well? Why not? It's our special day and way of looking forward to when party time begins along with some special presents. Of course, we can always celebrate the entire month!



Martha Coffin Evans

I do.

This year when a friend celebrated her January 18 birthday, she decided to do so throughout the year. She did her best to have parties on the 18th of each month with family members, friends or gatherings in different

places special to her. I remember going to a quite different countdown some years ago in Florida. This countdown involved the launch of the MAVEN Mission from Cape Canaveral. We were told the last seconds before liftoff were the most critical for a Go or Scrub. We saw the liftoff from our observation area some miles away. We heard car alarms go off and felt the building shake from where we watched.

Holidays, birthdays, and space launches all have some connections to counting down. I know I look at upcoming events with anticipation and begin counting the number of days or months until they happen. It's only \_\_\_more \_\_\_until\_\_\_.

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).

# DECEMBER Calendar

## DENVER-METRO

### Thursday/4

The Castle Rock Genealogical Society presents a free class on “New Research Technology on FamilySearch.org” by Barb Elliott from 10:00 am to 12:00 pm on Zoom only! We will cover some of the new Tech that FamilySearch has added to their website in 2025. Please register online at <https://crcgs.org/>.

### Saturday, 6

Highlands Ranch has their free annual holiday celebration at 10 a.m.-3 p.m. at the Highlands Ranch Mansion, 9950 E. Gateway Drive. Guests will enjoy horse-drawn hay rides, Santa visits, face painting, caricature artist, local business vendors, gift and craft vendors, and fun games with prizes. A coffee truck and a food truck will be on site with refreshments for purchase. Entertainment includes performances by local elementary school choirs and a holiday story time with Douglas County Libraries at 10:30 and 11:30 a.m.

The Colorado Genealogical Society invites you to their free

class on Intro to Genetic Genealogy by Anna Phillips at the Hoffman Library, 1298 Peoria St in Aurora. Learn how to cluster DNA matches using the Leeds Method, or in Ancestry and GEDMatch, and the next steps to figuring out unknown DNA matches, find biological parents for adoption cases and mis-attributed parentage cases, and how the process is used in law enforcement cold cases. Register online at [Intro to Genetic Genealogy In Person Only](https://local.aarp.org/virtual-community-center).

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>.

## Colorado Gerontological Society

### Smile and Bring Holiday Hope

The holidays are a time of celebration, a time to smile, and a time to hope for a brighter future. The holidays are a time to reflect where we have been. They are a time to dream about where we want to go. While some will try to hold us back as older adults, we need to go forward to realize our future hopes and dreams to find meaning.



Eileen Doherty

Some might say the “holidays are a time of sadness” as they have lost loved ones who are not with them. I understand as I buried my father the day before Thanksgiving more than 30 years ago. That same year my grandmother died two days after Christmas. My brother, at the age of 21 months died of the measles because there was not a vaccine. He was buried on my 8th birthday.

We can live in sadness or we can start each day with a smile and a positive attitude. I invite you, in this very turbulent time of disruption, cutbacks, and major changes to find ways every single day to be kind. I invite you to use the holidays as a time to do kind things for your loved ones, your friends, and strangers in the world.

A kind word or smile to someone in the grocery line, or a clerk at

the pharmacy, or frustrated stocker at the department store, often brings a return smile.

A smile costs you nothing. Kindness is free. It improves your mental health and makes you feel good because you brought joy to someone. Kindness, smiles, and accepting people as good, human beings helps us contribute to the betterment of humanity.

Do your part and spread “holiday hope”.

For more information visit [www.senioranswers.org](http://www.senioranswers.org) or call 303-333-3482.

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

## Find Einstein



Can you find the hidden Einstein in this paper?

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# Walk with a Doc

## Take a Step Toward Better Health

In light of frequent changes due to COVID-19, Check [NJHEALTH.ORG/WWAD](http://NJHEALTH.ORG/WWAD) for the latest schedule

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## Denver Regional Mobility & Access Council (DRMAC)



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

### Getting There Travel Training

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

### Information & Assistance Line

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

### Getting There Travel Guide

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

### Getting There Travel App

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

### Monthly Meetings & Events

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

### Membership

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

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



## 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.



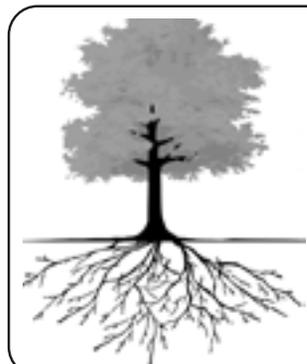
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## Aurora's Holiday Tree Lighting

Get ready to light up the night with joy and cheer! Join us for the city of Aurora's annual Holiday Tree Lighting, taking place from 5 to 7 p.m. Tuesday, Dec. 2, at the Aurora Municipal Center, 15151 E. Alameda Parkway. Celebrate the most wonderful time of the year with luminescent sights, merry sounds, and festive tastes to ring in the holiday season.

Experience the magic of live performances by Aurora Dance Hearts, the Wicked Pitches, and the Timberline Elementary School Choir, and don't forget to share the holiday wonder with the one and only Santa Claus! Wander through Santa's workshop, glowing with thousands of lights, and treat yourself to hot chocolate, cookies, and other delightful surprises

from our special guests.

Visit the Merry Makers Market from 4 to 8 p.m. inside the Aurora Central Library for a festive holiday shopping experience featuring a unique selection of products from local and regional vendors. The Aurora History Museum will also be open from 5 to 7 p.m., welcoming visitors to its 26th Festival of Wreaths exhibit.

This FREE event will have holiday-themed activities, sweet treats, magical light displays, performances from Aurora Dance Hearts and the one and only Santa Claus.

[Merry Makers Market - City of Aurora](#)

Get your holiday shopping done early from 4 to 8 p.m. inside [Auro-](#)

## Centennial's Jingle Jam Brings Holiday Cheer!

The City of Centennial warmly invites families and neighbors to join us for a festive holiday afternoon packed with cheer at Jingle Jam! This free, family-friendly celebration will be held from 1-4 p.m. on Saturday, December 6 at Centennial Center Park (13050 E. Peakview Ave.). Stop by for a delightful afternoon, where the park will be brimming with holiday spirit! Dancers will kick off the event with their magical moves, followed by Centennial elementary and middle school choirs performing timeless holiday favorites that are sure to make hearts merry and bright with the sounds of the season.

Along with spirited performances, kids and adults can enjoy free holiday cookies, hot chocolate and cider, write letters to Santa and step inside a magical snow globe for a fun photo opportunity. And don't forget your cameras—there will be plenty of photos to capture joyful memories with Santa and

Mrs. Claus. Grab a bite at one of the food trucks and visit our vendor booths.

Holiday Show Lineup: Amplified Arts, Dry Creek Elementary, Homestead Elementary

Isaac Newton Middle School, Goddard Middle School, Indian Ridge Elementary, & Walnut Hills Elementary School

A special thanks to our title sponsor Commerce Bank, along with Jacobs, 303 Pediatric Dentistry, Waste Management, Craftsman Touch, Champion Windows, and Ameritech, who help make Centennial's holiday celebration possible. Mark your calendars and bring the whole family for an afternoon filled with joy, laughter, and holiday magic at Jingle Jam.



## Denver Celebrates the Holiday Season!

The annual Light the Lights Celebration will take place on Friday, November 21, 2025, at 5:00 PM on the plaza and steps of the City and County Building. Mayor Mike Johnston will officially kick off Denver's holiday season by flipping the switch to illuminate the building for the first time this year!

This year's opening ceremony will be about 15 minutes long, featuring remarks from Mayor Mike Johnston and the first lighting of the season. While there will be no amenities or programming beyond the ceremony, the event will be streamed live on Denver 8 TV and the City's Facebook page. Visitors who wish to see the lights in person can come down

any evening during the season to enjoy the nightly light and music show.

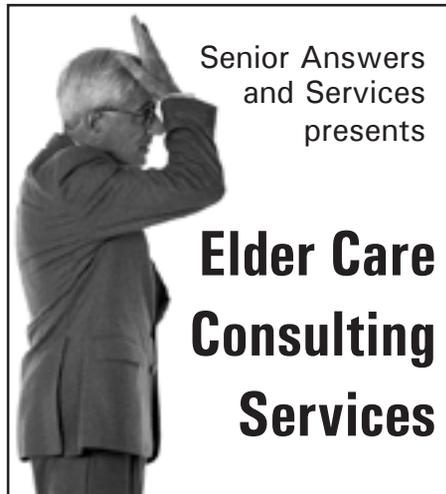
The Denver Christkindlmarket is an authentic, German-style holiday market, which is host to local and European craft and food vendors, and tons of magical entertainment for everyone to enjoy. The Denver Christkindlmarket is a must-see (and must-taste!) holiday experience. Free and open to the public.

Operating hours are November 21 to December 23 at Auraria Campus, Tivoli Quad 1000 Larimer St, in Denver. New Hours: Monday - Thursday 1:00 pm - 9:00 pm; Friday - Sunday & Last Week (Dec. 15 - 23) 11:00 am - 9:00 pm ; Festival Hall Hours: Open until 10:00 pm (ven-

dors closing at 9 pm); Exceptions: Thanksgiving Day: 11 am - 4 pm.

Another longstanding Denver tradition for one night only! The 9News Parade of Lights holiday spectacular features more than 40 parade entries including extravagantly illuminated floats, giant helium-filled character balloons, magnificent marching bands, traditional equestrian groups, and vibrant cultural displays. And of course, special appearances by Major Waddles the Penguin and Santa!

The parade takes place on Saturday, Dec. 6, starting at 6 pm at Denver's City and County Building and winding through downtown.



Senior Answers and Services presents

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

# DECEMBER Calendar

# WELD

## Friday/5

The University of Northern Colorado presents "Twas the Night: A Holiday Extravaganza featuring the UNC Symphony Orchestra, Bands & Choirs at the Campus Commons Performance Hall & Online. Conducted by Andrés Felipe Jaime, Wesley J. Broadnax, Fredrick Brown, Jill Burgett, Clelyn Chapin & Jeff Talley, UNC Symphony Orchestra, Bands and Choirs bring you the magic of the season with a night of epic music, special narration and festive cheer for the whole family. Cost ranges from \$5 for children to \$24 for adults. Buy tickets at the box office at 1051 22nd Street in Greeley or phone (970) 351-4849.

## Saturday/6

The Centennial Village Museum presents Homesteaders Holiday from 10 am to 4 pm at 1475 A St in Greeley. Spend the day exploring the village's historic buildings, making seasonal crafts and dipping candles. Enjoy live music, caroling and visits with Cowboy Santa, and shop for handmade gifts and local treasures in the museum gift shop. Bring a canned

food item for free admission or \$4 for adults. Buy tickets at the door or register in advance at [app.amilia.com](http://app.amilia.com).

## Friday/12 at 6:30 p.m. or Saturday/13 at 3 p.m.

Greeley Recreation Centers presents their [Winter Wonderland Ice Show](#). Bring your friends and family to this exciting figure skating exhibition at the Greeley Ice Haus, 900 8th Ave. Prepare to be dazzled by Learn to Skate and Mountain View Skating Club skaters in the perfect holiday event for the whole family. Admission: \$10, children 2 & under free.

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>.

## Welcome To Academy Of Natural Therapy



We invite you to take full advantage of  
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Close out 2025 in better health  
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Massage offers numerous physical and mental benefits, including stress reduction, pain relief, and improved sleep. It can help with conditions like lower back pain, headaches, and anxiety by increasing circulation, boosting mood-regulating hormones, and easing muscle tension.



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**Academy of Natural Therapy**  
625 8th Avenue  
Greeley, CO  
Phone: (970) 352-1181

## Greeley Chorale Invites You To "Gather In Light"

YOU are invited to join the Greeley Chorale for a program of holiday music as the Chorale presents "Gather in Light", Sunday, December 14, at 4:30 p.m. in the UNC Campus Commons Performance Hall, 1051 22nd Street in Greeley.

"Gather in Light" is tied to our overarching season theme of Illuminating Connections", explained Dr. Clelyn Chapin, Artistic Director "In this concert, we explore the many different sources of light that bring us together. The stars, firelight, and of course Christmas lights give us focal points to gather around over the holidays. We fea-

ture both traditional choral music, holiday favorites, and solos from the the musicians in the choir."

Tickets are \$22 for adults, \$10 for students, plus applicable UNC ticket fees. Tickets are available at [greeleychorale.org/tickets](http://greeleychorale.org/tickets), 970-351-4849, at the UNC Ticket Office at UNC Campus Commons, or at the door. Groups of 10 or more from the same purchaser are \$18 each. (Advance sales only)

"Gather in Light" is sponsored in part by Weld Community Credit Union and Allo Fiber, and by in-kind media sponsors The Greeley Tribune, and KUNC and KFKA radio

**Windsor Community Playhouse**  
Fridays and Saturdays at 6pm  
Sundays at 1pm



## ONE CHRISTMAS EVE AT EVERGREEN MALL

By Lynne Holiday, James Hindman,  
Arlene Hutton, and Craig Pospisil

**Nov. 21 - Dec. 14, 2025**

Annual dinner theatre, reservations are required



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



## Gather In Light

Gather Together with Holiday Favorites!  
The Christmas Song, Joy to the World,  
Holiday Spirituals and more!

**Sunday, Dec. 14, 4 p.m.**  
**UNC Campus Commons, 1051 22nd St. Greeley**

**TICKETS: \$22\* Adults, \$10\* Students**  
\$18\* ea. for a group of 10 from a single purchaser (advance sales only)  
\* plus UNC Ticketing Fees  
greeleychorale.org, 970-351-4849 or UNC Campus Commons

**The Greeley Chorale**

Everyday People.  
Amazing Music!



## Caregiver Appreciation Day

Just recently a day was set for “A TIME OF PAMPERING” for caregivers. Because they deserve it! A caregiver is defined as family members or an unpaid helper who regularly looks after an elderly or disabled person. The day was dedicated to honoring such caregivers.

The day was one of celebration and was held at the Academy Of Natural Therapy in Greeley and sponsored by: Recreation City of Greeley, Dementia Together, Home Instead, Weld County Area Agency on Aging and Pathways.



*The Caregiver Appreciation Day Team  
(l-r) Lara, Kelsea, Sheri, Sharon, Jillian*

## Christmas Quotes

“My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?” – Bob Hope

“May you never be too grown up to search the skies on Christmas Eve.”

“I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph.” – Shirley Temple

“Christmas is a piece of one’s home that one carries in one’s heart.” – Freya Stark

“City sidewalks, busy sidewalks, dressed in holiday style. In the air, there’s a feeling of Christmas.” – Ray Evans, “Silver Bells”

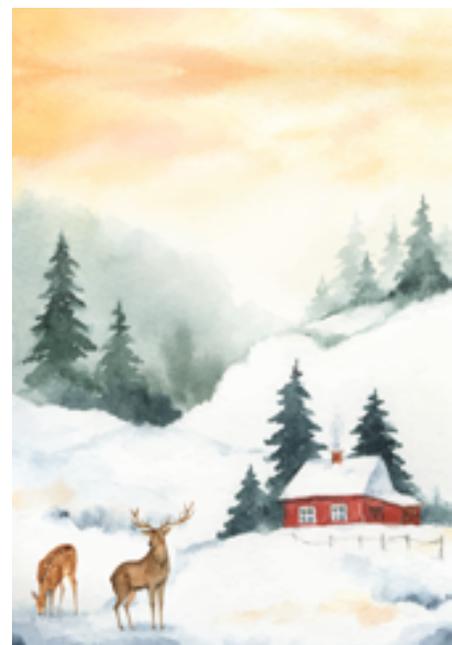
“I will honour Christmas in my heart, and try to keep it all the year.” – Charles Dickens, A Christmas Carol

“Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas.” – Calvin Coolidge

“Peace on earth will come to stay, when we live Christmas every day.” – Helen Steiner Rice

“One of the most glorious messages in the world is the mess created in the living room on Christmas Day. Don’t clean it up too quickly.” – Andy Rooney

And so I’m offering this simple phrase to kids from one to 92. Although it’s been said many times, many ways, merry Christmas to you.” – Robert Wells, “The Christmas Song”



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## Windsor Community Playhouse (WCP) Annual Dinner Theater

Windsor Community Playhouse is finishing their 2025 Season with the entertaining, laugh-filled, Christmas Eve setting “One Christmas Eve at Evergreen Mall.”

A story that follows eight connected stories in a the mall on the last day of shopping before the Christmas Holiday. A diverse cast of characters wraps up the joys and sorrows of the season into on festive package. The show is being directed by Brian and Nathalie Carr.

Show patrons enjoy a full course

turkey dinner with all the trimmings. Cracker Barrel in Loveland is the caterer and to the satisfaction of those in attendance.

The show runs through Sunday, December 14, 2025.

Fridays and Saturdays at 6PM, Sundays at 1PM.

Tickets are available by calling WCP 970-674-1790 or visit [www.windsorplayhouse.org](http://www.windsorplayhouse.org)

Plan to attend. Have some Christmas Fun!



The outstanding “One Christmas Eve At Evergreen Mall.” cast



WCP guests having a turkey dinner before the show.



### A Season of Waiting

We are in the season of Advent. The English word, advent, comes from the Latin word, adventus, meaning “arrival” or “coming”. Many Christians observe Advent at this time of year as a time of waiting in anticipation for the celebration of Jesus birth on Christmas day. Biblical support for observing the Season of Advent is found in the Old and New Testaments. Most notably Isaiah 7:14, “Behold, the virgin shall conceive and bear a son...”, Micah 5:2 where the birth of Jesus in Bethlehem is foretold by the prophet, and Luke 1:26-38 with the angel Gabriel’s announcement to Mary.

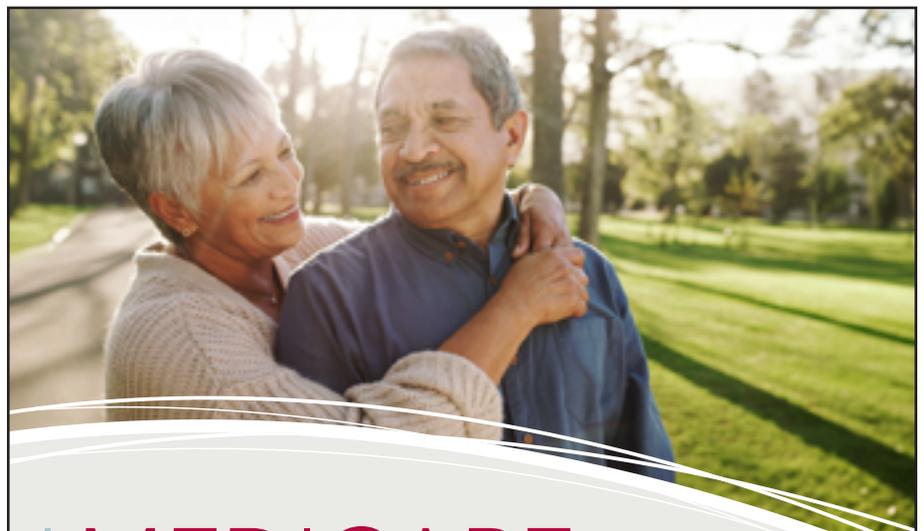
There is a second advent: Jesus’ return. Acts chapter 1, verses 9 to 11 reveals that Jesus will one day return to earth just as he left it when he ascended into heaven. The length of time between Jesus’ birth and this second advent may be referred to as liminal space. We are witnesses to Christ’s birth but have not yet witnessed his return. We live our lives in this in between time waiting with anticipation, while struggling to keep our faith strong. And within the larger lim-

inal space of waiting for Christ’s return, we experience smaller moments the test us, like the loss of a job or the death of a loved one.

Seasons of waiting for the advent of some situation in our lives to reveal itself can stretch our patience and faith to the breaking point. It is not the waiting or the situation that tests us as much as our doubting that God really cares. We can find ourselves hiding in Elijah’s cave. May this be a time for us to stop long enough to hear God’s still, small voice calling us to follow him.



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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# Weld Senior Symposium



*Weld Senior Symposium Team (l-r) Meredith Skoglund, Holly Darby, Sandra Acevedo, Sheri Lobmeyer, Michael Buckley, Payton Richter, Michelle Shepard. Missing from the photo: Kyla Brubeck, Kathryn Hall, Valeria Ortiz, Nichole Seward.*

The recent 11th year edition of the symposium was an impressive success thanks to the hard work of the WSS Committee, over 250 attendees and nearly thirty vendors providing products and services to the senior community.

Attendees had their choice of

several educational and informative seminars to sit in on. Presentations were given by experts in the field. Q&A sessions followed. All and all the WSS was helpful and more than worth attending.

The 2026 WSS Edition is now in the planning stages.

# They Are Ready To Help Seniors

And, “THEY ARE” the Professionals For Seniors (P4S). An active organization of individuals, agencies, companies and businesses focused on providing a wide range of products and services to assist the senior population with their needs and life and living requirements. “THEY ARE READY!”

Their recent gathering was hosted, in a superb manner, by MeadowView Assisted Living & Memory Care in Greeley.

For additional information about P4S, please call Kelsea Bigelow, HomeInstead 970-494-0289 or Michael Buckley, 50 Plus Marketplace News 970-673-5918.



*MeadowView Team: (l-r) Stacy Marley-Regional Sales Specialist, Kendrick Hamilton-Life enrichment coordinator, Maurisa Moet-Chef, Nikki Roberts-Wellness director, Brenda Widener-Resident Director, Mandy Meyer-Sales Director*



*Lunchtime at the WSS*

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

## Weld Area Agency on Aging Helping Loved Ones Stay Independent: Weld County’s ADRC is Here to Help



**Donnica Fagan**

As our loved one’s age, navigating the maze of community resources can become overwhelming. Across the country, Aging and Disability Resource Centers (ADRCs) are working to simplify this process, ensuring that older adults and individuals with disabilities can access the support they need to remain independent and in their homes for as long as possible.

In Weld County, the Area Agency on Aging’s Information and Assistance line is a vital resource for residents aged 60 and older, as well as adults 18 and over living with a disability. This non-emergency phone line connects individuals and caregivers with a wide range of services and supports tailored to meet their unique needs.

As you visit family and friends this holiday season, you may notice signs that a loved one is struggling, perhaps with mobility, managing daily tasks, or accessing basic necessities. The Information and Assistance line is here to help. With just one call, you can be connected to services such as transportation, home-delivered meals, in-home Medicaid programs, caregiver support, legal assistance, housing options, food and financial aid, Medicare counseling, and referrals to veteran services, among many others.

The goal is simple: to make it easier for individuals to find the help they need, when they need it, without unnecessary stress or confusion. Whether you’re a caregiver, a concerned neighbor, or someone seeking support for yourself, the ADRC/Information and Assistance team is a trusted partner in promoting independence and well-being.

For more information, call the Weld County Area Agency on Aging Information and Assistance line at 970-400-6952 or email [AAAinfo@weld.gov](mailto:AAAinfo@weld.gov).



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Vortiz Insurance LLC is not connected to the federal Medicare program. This is a solicitation for insurance

## Friendly Forks Daily Menu December 2025

Monday, December 1	Pork Green Chili Stew with Wheat Tortilla, Pinto Beans, Sautéed Squash, Apricots
Tuesday, December 2	Cranberry Harvest Chicken Breast & Mashed Potatoes with Gravy, Braised Cabbage with Apples, Orange Slices
Wednesday, December 3	Beef & Turkey Spaghetti Bolognese with Parmesan Cheese, Brussels Sprouts with Cranberries, Fruit Salad
Thursday, December 4	Pork Spare Ribs, Baked Sweet Potato with Butter, Collard Greens, Pineapple
Friday, December 5	Cheeseburger on Wheat Bun with Lettuce, Tomato, Onion, Ketchup, Mustard & Mayo, Spiced Winter Vegetables, Pears
Monday, December 8	BBQ Chicken Sandwich on Wheat Bun with Tomato & Pickles, Coleslaw, Peas with Mushrooms & Bacon, Strawberries & Blueberries
Tuesday, December 9	Salmon with Lemon Caper Sauce, Brown Rice Pilaf, Cheesy Cauliflower, Apple Slices with Peanut Butter
Wednesday, December 10	New England Clam Chowder with Crackers, Herb Breadstick, Tossed Salad with Chicken & Raspberry Vinaigrette, Banana
Thursday, December 11	French Dip with Side of au Jus, Mashed Potatoes, Italian Vegetable Blend, Apple/Beet/Walnut Salad*
Friday, December 12	Chicken Thigh with Gravy, Wheat Roll with Butter, Quinoa & Kale Sauté with Almonds*, Lemon Garlic Broccoli, Orange Slices
Monday, December 15	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Roasted Winter Vegetables, Apple Crisp
Tuesday, December 16	Prime Rib with Horseradish Sauce, Roasted Red Potatoes, Wheat Roll with Butter, Green Beans with Bacon, Cranberry Dream Salad
Wednesday, December 17	Prime Rib with Horseradish Sauce, Roasted Red Potatoes, Wheat Roll with Butter, Green Beans with Bacon, Cranberry Dream Salad
Thursday, December 18	Chicken & Dumplings, Spinach & Mushroom Salad with Balsamic Vinaigrette, Banana, Blueberry Cheesecake Bar
Friday, December 19	Glazed Ham, Barley & Butternut Squash Pilaf with Almonds*, Roasted Carrots & Parsnips, Mandarin Oranges & Grapes, Pumpkin Bar

## Tis The Season To Sing

### Christmas Merriment

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### Come Join Us! It's Christmastime.







Jonah Scott   Kelsey Jo Bascom   Steve Feinstein   Wendy Russell   Craig Nelsen

## Sunday, December 21, 2025

### 2:00 P.M.

**\$22.00 Per Person**

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**Call (970)-674-1790**

**Windsor Community Playhouse**  
**561 East Garden Drive, Unit A • Windsor, CO 80550**

## Windsor Wonderland Returns on December 6!

Step into a magical holiday experience at the annual Windsor Wonderland, held in the heart of Windsor at Boardwalk Park. This enchanting event promises complimentary festive activities for all ages, including photos with Santa, live music, food, and so much more. Celebrate the joy of the season with family and friends at the Windsor Wonderland, where holiday magic comes to life!

The Town of Windsor is hosting its annual Windsor Wonderland event on Saturday, Dec. 6, located at Boardwalk Park, 100 N. 5th St. The event will take place from 4 to 7 p.m.

“Santa is set to arrive just in time for the annual holiday tree-lighting proclamation, presented by Windsor Mayor Julie Cline,” said Recreation Coordinator Step-

nie Laub. “We’re thrilled to host an evening full of festive fun, including a visit with Santa, face painting, live ice-sculpture carving and so much more.”

Schedule of Events:

- 4 p.m. Santa arrives on the Great Western Train
- 4 - 7 p.m. Food vendors open for sales, Bounce house open
- 4:30-7:00 p.m. Visit with Santa, Face Painting at Art & Heritage Center \*must be in line by 6:30 p.m.
- 6:30-Parade

Windsor Wonderland is sponsored in part by State Farm Insurance-Heidi Washburn, ReMax Alliance, AIMS Community College, Renewal by Andersen, ENT Credit Union, Great Western and Sprout Goose Travel. Happy Holidays!



## Give today to change someone's tomorrow.






## Have Christmastime Fun!

You are invited to the Johnstown Senior Center Christmas Boutique Saturday, December 6, 2025, 9:00 AM to 3:00 PM. It's Free!

Enjoy the craft fair, food, drinks. Be sure to look at the Radio Flyer Wagon of Toys. Tickets will be available...The Silent Auction 9:00 AM - 2:00 adds to all the fun. A special guest will be there. Guess who! Yes, SANTA CLAUS.

A time for the camera.... We hope to see you!



## Veterans Echoes

### Service, Loss, And Giving Back: The Legacy Of John And Jeanne Perrine



**Brad Hoopes**

Handing out candy to children is far easier today for John Perrine than it was in 1968. During the Vietnam War, while serving as a riverboat skipper, he tried to deliver candy to children at a remote Catholic school deep in the jungle. The nuns warned him not to, as accepting anything from Americans would get the children killed by the Viet Cong.

After returning home, John married his lovely wife Jeanne, started a family, and began what became a 40-year career with the City of Loveland. They bought their first home, a cabin along the river in Drake. Their new life was abruptly shattered when the 1976 flood hit. They barely escaped and lost everything.

Slowly, they rebounded. In the late 1990s, John began volunteering with the Larimer County Sher-

iff's Posse. One year, when the undersheriff who played Santa for the Santa Cops program fell ill, John stepped in. He continued portraying Santa for the next 16 years. With his white hair and beard, coupled with his jolly disposition, he fit the role perfectly.

While in Home Depot one day, a woman approached him, saying he looked just like Santa. She asked if he would visit her grandson. John hesitated, until she explained that the boy had leukemia. He agreed, and the child passed away the day after Christmas.

From that emotional encounter, John and Jeanne (Mrs. Claus) began years of volunteer appearances for countless events and organizations. "It's one way we try to give back for all the help we received after the flood," John says.

*Brad Hoopes has a passionate project of preserving the stories of our veterans. You can watch these stories at: [www.youtube.com/@rememberandhonorstories](http://www.youtube.com/@rememberandhonorstories)*

## By Giving We Receive



**Steve Anderson**

Generosity. For many it is a difficult concept to think outside of oneself, but for those who are generous, it's easy. The rewards are numerous and bountiful in ways that cannot be imagined until generosity is realized. It comes in many forms, such as kindness, thoughtfulness, gratitude and charity, each enabled through the free spirit of giving.

While generosity is beneficial throughout the year, the Christmas season certainly provides an ideal time to celebrate the ones who have provided so much by happily giving to others. It's a win-win all around, seeing the surprise and smiles on people's faces as they receive something truly special from the heart. By giving, we receive, reaching out purely for the enjoyment of it, expressing our concerns for, and appreciation of others.

Generosity is highly rewarding, as anyone who has shared it realizes. The good feelings last, unlike the momentary joy of items on our wish lists, most forgotten by

the time we've nodded off during the parades and big game. That is, unless what is given, or received, truly improves the well-being of others, which comes back to us most of the time.

Thinking back over decades past brings back memories of all kinds, each unique to those who recall them. While some are more endearing than others, the best of them center around emotions rather than things received, for through forgiveness and understanding, we are freed of negativity over things better forgotten.

Yes, through generosity we receive what everyone needs most, joyful emotions, selfless understanding and the rewards of seeing others experience wonderful feelings of their own. Love in its truest form, kindness that builds families, relationships and heart-felt unity that nothing else can match. Give with a joyful heart and that joy will come back ten-fold to you and others! Happy Holidays and Merry Christmas to everyone!



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Community*



**50 Plus Marketplace**



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Program of All-Inclusive Care for the Elderly

# DECEMBER Calendar

# LARIMER

## All Month December

The Colorado Youth Outdoors presents NoCo Winter Wonderland at 4927 County Road 36 in Fort Collins. Enjoy the magic from the comfort of your car! From sparkling tunnels of lights to larger-than-life holiday scenes, the one-mile journey through NoCo Winter Wonderland is an experience that delights kids and adults alike. Cost is \$25 per vehicle.

## Saturday/6

The Larimer County Genealogical Society presents a free class on "Intermediate Genealogy" at 9:30 am to 12:30 pm in the main community room at the Harmony Library in Fort Collins. This class will teach you how to access and use the following records in depth: directories, land records, immigration, passenger, and naturalization records, court records, sources, lineage societies, DNA testing, DAR, SAR, and other esoteric terms that tend to confuse novice record users and where to find these records. Please register online at [Class: Intermediate Genealogy Part 2 - Larimer](#)

## [County Genealogical Society.](#)

## Monday/8

The CSU Music Dept. presents a free program on "Rocky Mountain Rhapsody: Poetry and Music for Colorado Soundscapes" in the Griffin Concert Hall at the University Center of Arts at 1400 Remington Street in Fort Collins. Experience the breathtaking landscapes of Colorado through a harmonious fusion of music and poetry. No reservations are needed!

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>.

*We Care*

# Fonay Family Donates 800-Acre Ranch

In partnership with local landowner Gary Fonay, Larimer County Natural Resources has conserved an 800-acre ranch via conservation easement in northern Larimer County. The conservation easement acquisition is made possible due to a generous donation from the Fonay family.

The Fonay Ranch boasts high quality, intact native foothills grassland, shrubland and ponderosa pine woodlands, rimrock outcroppings, and protects key wildlife habitat west and adjacent to Red Mountain Open Space.

The Fonay family purchased the property in tracts beginning in 2023. Gary Fonay when asked about the conservation easement said, "Conservation is important to our family. It was great to work with Larimer County to preserve this special property, protecting important wildlife habitat forever."

"It's been an honor to work with the Fonay family to ensure this property will remain as a key wildlife and habitat buffer to Red Mountain Open Space, their generous donation of the conservation easement is a tremendous gift to the community," said

Meegan Flenniken, Land Conservation, Planning & Resource Division Manager, Larimer County Natural Resources. "We sincerely thank them for partnering with us."

Besides the above spaces, several other parks & open spaces include Carter Lake, Flatiron Reservoir, Horsetooth Reservoir, & Pine-wood Reservoir.

Larimer County Department of Natural Resources' mission is to connect people, nature, and place. Since 1954, Larimer County has acquired and conserved a vast network of public and private lands. Today, thirteen public properties are available for recreational access and enjoyment, and over 57,000 acres of land within its boundaries have been conserved. For more information, visit [larimer.gov/naturalresources](http://larimer.gov/naturalresources).



# 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 Intergenerational Engagement: Bridging Generations for a Brighter Future



Erin Alt

In our rapidly changing society, intergenerational engagement has become increasingly vital. It refers to the collaboration and interaction of individuals from different generations, fostering connections that can enhance communal bonds and promote mutual understanding. As populations age and life expectancy increases, the necessity for cultivating relationships across all age groups is more pressing than ever.

Intergenerational engagement is essential for a variety of reasons. Firstly, it encourages knowledge sharing; younger generations can benefit from the wisdom and experiences of older individuals, while older adults can gain insights into contemporary trends and technologies from youth. This reciprocal relationship can lead to innovative solutions for community problems, ultimately enriching lives across the lifespan.

Moreover, fostering these relationships combats social isolation, especially among older adults. By creating opportunities for social interaction through volunteer programs, mentorship initiatives, or

community gatherings, we can help reduce feelings of loneliness and enhance emotional well-being. Meaningful connections across generations promote empathy and understanding, which are crucial for building harmonious communities.

Additionally, intergenerational engagement cultivates a sense of legacy and responsibility. Younger individuals learn the value of social responsibility and the importance of giving back, while older adults feel recognized, valued and appreciated for their contributions. This mutual respect strengthens community ties and encourages active participation, leading to a vibrant and interconnected society.

Nurturing relationships across generations is vital for personal growth and societal development. As we embrace the diversity of experiences and perspectives that different age groups bring, we lay the foundation for a more inclusive, resilient, and united community. Investing in intergenerational engagement today will yield benefits that resonate for generations to come.

To learn more about opportunities in your area, consider reaching out to local libraries, schools, recreation/senior centers, faith based communities, volunteer organizations, or your local Area Agency on Aging at [Larimer.gov/seniors](http://Larimer.gov/seniors).

## Pets Are Family

### Keeping the Holidays Safe and Fun for Pets



Judy Calhoun

The holiday season is in full swing! As you rush to finish cooking and turn your home into a winter wonderland, it's equally important to keep your pets safe and happy!

Make sure your tree is well secured and can't tip over easily. Once the tree is ready to be decorated, skip the tinsel and keep ribbons and ornaments, especially those that can shatter, out of reach to avoid mishaps.

Always keep lights on the tree out of reach of pets and unplug them when away. The same goes for other lights and candles around the home: make sure they are kept out of reach of furry friends!

Ensure your furry friends stay physically and mentally stimulated with fun and safe play options around the home. The holiday season often breaks normal

routines, which can be unsettling to our pets. Try to maintain your typical schedule as much as possible and provide your pet with fun enrichment activities and TLC during significant schedule changes.

It's always best to stick with your pet's normal diet to avoid any unwanted trips to the veterinarian. However, you can include your pets in on the fun by providing dog and cat treats themed for the holidays!

Even if it's wrapped, pets can still smell edible gifts, so keep them out of reach. If you plan on stuffing stockings with sweet treats, ensure stockings are kept in a place where pets cannot reach.

Not sure what's best for your pet? Consult with your veterinarian to ensure your pet's emotional and physical needs are met. The holidays are a bright time of year for many, and by staying diligent, you can ensure that your furry friends stay safe and happy during the festivities.

## View the Sky Inside Rocky Mountain National Park

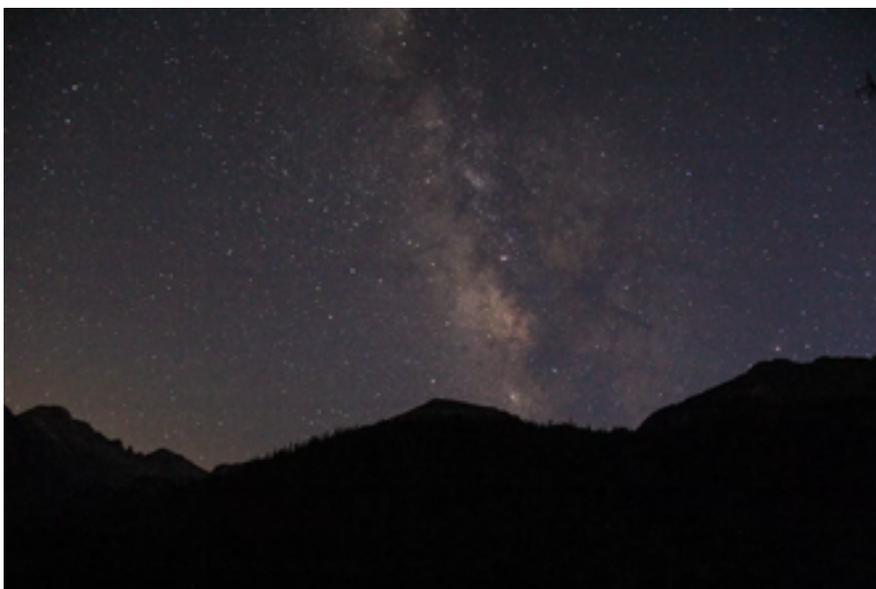
There are countless precious natural resources and species in Rocky Mountain National Park (RMNP) that NPS staff prioritize for preservation. An essential time for park rangers, volunteers, and visitors to protect these resources and species takes place after dark. Supported in part by the Rocky Mountain Conservancy, RMNP runs numerous night sky and astronomy ranger-led programs each summer.

Led by the park's interpretation division with volunteers who donate their personal telescopes for visitor use, these programs are an ideal time for people of all ages to not only gaze up in wonder at the stars, constellations, and galaxies all night long, but learn just how important dark night sky conditions are for the species they are excited to see during the daytime.

RMNP Night Sky Ranger Lead Danielle York's goal for these programs is for visitors to not only have a positive, inspiring experience under the night sky in Rocky, but use what they learn to protect

night skies in their home areas. In Rocky, "dark night skies are critical to the ecology of a particular area," said York. "When species have access to dark night skies, it helps maintain their natural rhythms of getting food, migrating, and mating."

Although the 2025 ranger-led night sky programs in Rocky have concluded, you can still stargaze in the park at any point during the year. To have a safe and enjoyable evening under the stars, arrive at your night sky viewing location before twilight to orient yourself with a star map or app, and to make sure the location is safe for you in the dark. Use a red-light flashlight so your eyes can adjust to dark conditions quicker than if you use a white light, and don't forget to bring extra layers! Next time you gaze up in wonder at the stars in Rocky, remember that while many views of the park have changed throughout time, the night sky has not!



## Downtown Loveland Hosts Festival of Lights!

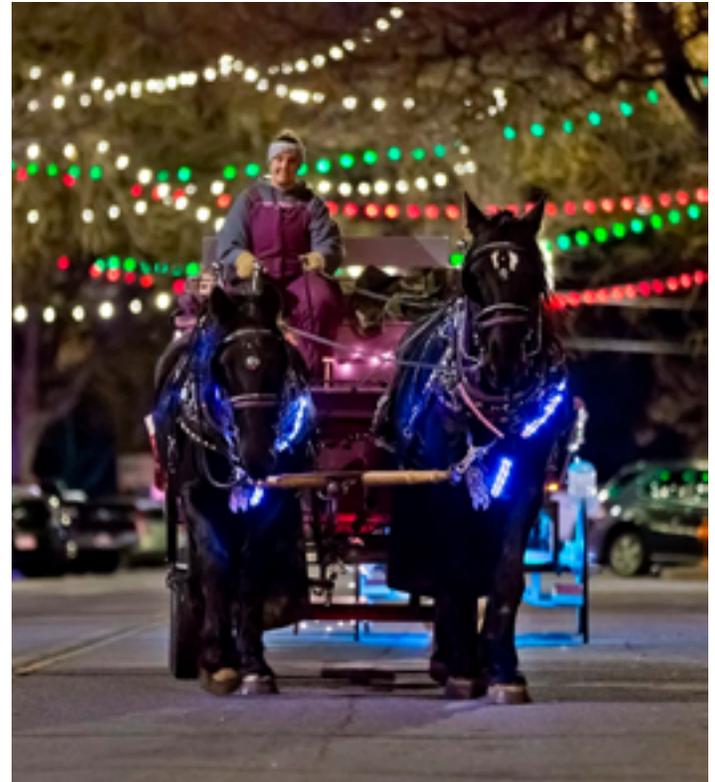
The Festival of Lights ceremony started on Friday, Nov. 21, from 5-8 p.m. on 4th Street between Washington and Railroad Avenues, as well as the Foundry Plaza. Parking is available at 5th Street and Railroad Avenue lots and the Foundry Parking Garage. On-street parking is also available throughout downtown.

A hometown tradition, our Festival of Lights signature event draws local crowds into Downtown Loveland for the debut of holiday lighting along 4th Street.

Celebrate the holiday season with live music and entertainment, a tree lighting ceremony, live reindeer, holiday market, carriage rides, meet Mr. & Mrs. Claus and more! The Festival of Lights will be located on 4th Street and in The Foundry Plaza this year!

For the second year, Floats on

4th is returning to the Festival of Lights, expanding the celebration by two blocks. This stationary parade will feature floats parked along the sides of the street, creating a festive, immersive experience for visitors. The center of the street will be kept open allowing people to walk through and enjoy the floats up close. Throughout the evening, performers like marching bands, dancers and entertainers will move through the crowd, bringing the parade to life. Visit their website at [Festival of Lights](#).



Loveland Festival of Lights

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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



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## Apex Community Recreation Center

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

### Did You Know Apex has Scholarships and Grant Money?

Apex PRD has been awarded the Colorado Gives Grant to provide scholarships to support our Active Adults' health. If you have not tried our fee-based fitness classes, hikes, art or education classes, now is your time. Contact Michelle at [MichelleS@ApexPRD.org](mailto:MichelleS@ApexPRD.org) for more information.

### Volunteering and Finding a Purpose in Retirement:

Monday, December 8, 11:30 am  
Discovering Purpose in Retirement is a transformative class designed to help uncover what excites you in this next chapter of life. You'll create a clear, personalized roadmap toward a more fulfilling retirement. Walk away feeling energized, confident, and ready to embrace each day with renewed meaning and connection. This class is free and sponsored by a Colorado Gives Foundation Grant.

### Holiday Cookie Exchange:

Wednesday, December 10, 11:30 am - 1 pm  
Join us at our Cookie Exchange. Bake up a batch or two of your favorite holiday treats and bring a few dozen to share. You'll leave with a box of assorted, homemade cookies—perfect for gifting, entertaining, or enjoying at home. \$5 if you bring homemade cookies to share. \$10 if you prefer to skip the baking and take a box of cookies home. Register for this activity if you wish to bake and share. \$5/10.

### Discover Indian Cooking with Akila:

Thursday, December 11, 11:30 am -1:30 pm  
Join Akila in transforming this classic Naan bread into a spicy Bullet Naan. Bullet naan: a fiery boost to your favorite

naan bread using jalapenos. Restaurant-style creamy Delhi butter chicken and Shahi Tukda. \$45 (non-res. \$58).

### Bunco Bash – White Elephant Exchange:

Thursday, December 11, 1-3 pm  
Enjoy an afternoon playing this easy, fun game. Light refreshments and prizes are included. Experienced and new Bunco players are welcome. Register by the Monday prior. Please bring a wrapped white elephant gift for an exchange. \$6 (non-res. \$8).

### Adult Trip – ICE! At Gaylord Rockies:

Monday, December 15, 2-7 pm  
Come along for some frigid fun as we visit ICE! at Gaylord Rockies featuring Dr. Seuss' "How the Grinch Stole Christmas." Experience the classic holiday story in real life through larger-than-you-can-believe ice sculptures. Wander through awe-inspiring tunnels and capture the coolest pictures throughout this frozen attraction. After, the group will stop at Panera Bread for some warm food and beverages. \$39 (non-res. \$50).

### Matinee Movie Club:

Wednesday, December 17, 1-3:15 pm  
Do you love watching movies? Join us for a showing of "National Lampoon's Christmas Vacation" Register by the Tuesday prior. Snacks are available for purchase with cash only. Free event, but advance registration is appreciated.

### AARP Smart Driver Course:

Friday, December 19, 12-4 pm  
Brush up on safe, defensive driving skills; learn how to avoid accidents and handle adverse traffic conditions and hazards. This DMV approved course was designed for ages 50 and over. Insurance companies offer discounts to those who complete it. Class registration is free. There is a \$20 material fee for AARP members (\$25 for non-AARP members) due on the day of class. Make checks payable to AARP (checks or exact cash only). Classes often fill, so sign up early.

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

## Lafayette Senior Services

Programs offered by Lafayette Senior Services

Call 303-665-9052 or email [olderadults@lafayetteco.gov](mailto:olderadults@lafayetteco.gov) to register.

### Holiday Dinner and Concert December 19, 12-2pm

Celebrate the holiday season with friends and loved ones! Enjoy an early holiday lunch with delightful entertainment. Don't miss this wonderful opportunity to create lasting memories together.

### White Elephant Bingo December 5, 1:30-3:30pm

Celebrate the season with a festive round of BINGO – bring a wrapped gift to join the fun! We'll play until every gift is claimed. Registration encouraged; are all

welcome!

### Medicare Plan Help Center December 4, 2-4pm

Get one-on-one help with Medicare billing, claims, applications, and understanding your benefits—personalized support to navigate your coverage with confidence.

### Death Cafe December 8, 2-3:30pm

At a Death Cafe people, often strangers, gather to drink tea and discuss death. Our objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'. A Death Cafe is a group directed discussion of death with no agenda, objectives or themes.

## 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.

### Memoir Writing: Encountering the Numinous

WEST | Mondays, December 1 – 29 | 9:30 – 11:30 a.m. | Fees: R/NR \$50/\$62

This engaging group offers a supportive, non-judgmental space to reflect on early life experiences through the art of writing and sharing. Facilitator: Robin Collins, MA, has over 15 years' experience working with memoirs.

### Breast Cancer and Osteoporosis

EAST | Friday, December 5 | 10 – 11 a.m. | No Fee

This class will review strategies to decrease the chance of developing breast cancer, how to prevent fractures, and additional time for Q&A on both topics. Instructor: Dr. Kallos was founder and director of the Breast Health Center and Diagnostic Ultrasound in Florida, and Associate Director of the Women's Breast Center at University of Miami.

### Groundworks Art Lab Pottery Class

EAST | Monday, December 8 | 1 – 2:30 p.m. | Fees: R/NR \$10/\$13

Participants will learn about the fundamentals of pottery to make functional and whimsical pieces. All materials and tools provided. No experience necessary. All items will be processed at Groundworks Art Lab facility and available for a later pickup.

### Language, Symbols and Meaning at the End of Life

WEST | Wednesday, December 10 | 9:30 – 11 a.m. | No Fee

End-of-life educators and doula Diane Hullet and Margaret Kane will share a presentation and lead a discussion about experiences at the end of life. What are some of the metaphors and symbolic language used by the dying? How might these experiences shift thoughts about dying? Participants explore these questions and more and leave with meaningful resources for continued reflection.

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>

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### San Antonio, TX December 11-19th, 2025

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## Support Groups

### Sky Cliff Center Stroke Support

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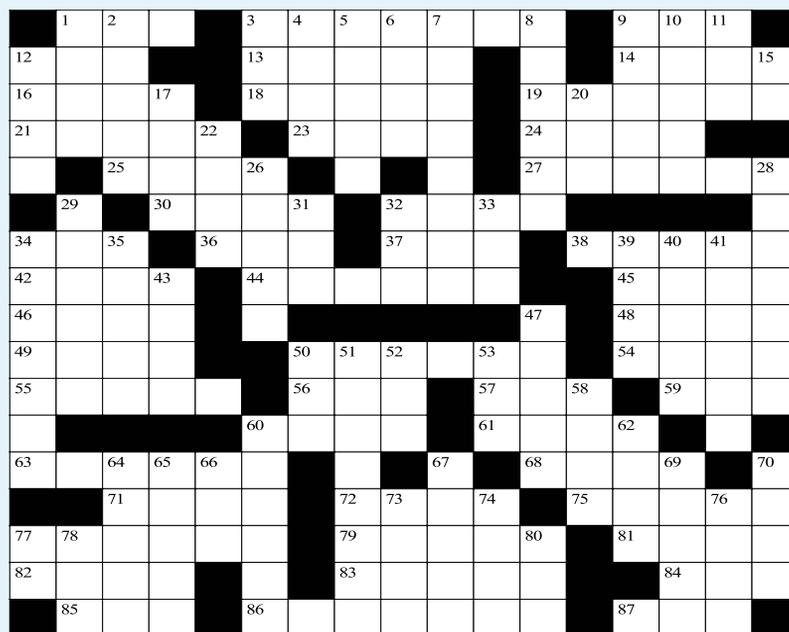
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December 2025  
 Answers page 3

## 50 Plus Marketplace News Crossword Puzzle



### ACROSS

- 1 Kernel
- 3 Clay products
- 9 Long-sleeved linen vestment
- 12 Transgression
- 13 Last letter of the Greek alphabet
- 14 Quantity of paper
- 16 Sour
- 18 Prone
- 19 Scrape off
- 21 Toast
- 23 Spawning area of salmon
- 24 Upper covering of a house
- 25 Russian no
- 27 Person who saws
- 30 Stated
- 32 Act of despoliation
- 34 Floor covering
- 36 24 hours
- 37 Supplement
- 38 Encroach
- 42 Ardent
- 44 Person who reads
- 45 A person that uses
- 46 The villain in Othello

- 48 Speed contest
- 49 Mortgage
- 50 Matter ejected
- 54 Matures
- 55 Lineage
- 56 Pull laboriously
- 57 Insect
- 59 Abstract being
- 60 Boss on a shield
- 61 Clock face
- 63 Former province in W China
- 68 Dressed
- 71 Exclamation to express sorrow
- 72 Leap
- 75 Pains
- 77 Summerhouse
- 79 Equipped
- 81 Overhanging lower edge of a roof
- 82 Scent
- 83 Set apart as sacred
- 84 New Zealand parrot
- 85 Speck
- 86 Soon
- 87 Pallid

### DOWN

- 1 Small notch
- 2 Conjunction
- 3 Gear tooth
- 4 Islamic chieftain
- 5 Make merry
- 6 Old
- 7 Narcotic plant
- 8 Unrefined
- 9 Shaft shot from a bow
- 10 Covered with leaves
- 11 Not good
- 12 Scarf
- 15 Objective case of I
- 17 24 hour periods
- 20 Fur scarf
- 22 Metal
- 26 Ornamental coronet
- 28 Inhibit
- 29 Island in Western Samoa
- 31 Coloring material
- 32 Color
- 33 For each
- 34 Letterbox
- 35 Large cat
- 39 Chapter of the Koran
- 40 Long-continued practice
- 41 Of late occurrence
- 43 Do not
- 47 Overwhelming fear
- 50 Tree
- 51 Rejoice
- 52 Self-Esteem
- 53 Small child
- 58 Monetary unit of Western Samoa
- 60 Loathsome
- 62 Ornamental fabric
- 64 Musical toy
- 65 Wide-awake
- 66 Arrest
- 67 Very large
- 69 Bangladesh
- 70 Seaward
- 73 Spoken
- 74 Unskilled laborer
- 76 Level
- 77 Depart
- 78 Find the sum of
- 80 Domesticated canid

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