

50 Plus Marketplace

NEWS



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

July 2025 • Volume 31 • Issue 7

US Aging Organization for Older Adults Celebrates 50 Years!

USAging is celebrating 50 years as the national organization that represents Area Agencies on Aging (AAAs) and Title VI Native American Aging Programs at your local county. As part of the 50th anniversary, USAging has launched a new public awareness campaign called “Area Agencies on Aging: Helping You Live Long and Stay Strong.”

The goal of this campaign is to make the public aware of AAAs as a vital community resource and to educate consumers about the range of important services that AAAs offer to older adults, people with disabilities and caregivers. There are more than 600 AAAs serving every community across the country ready to help them to age well where most want—at home and in their community.

“Research has shown that two-thirds of older adults will need some support to age well at home,” said USAging CEO Sandy Markwood. “But people often don’t know about AAA services or seek them

out until they are in crisis—thereby missing the opportunity to connect to the range of services that are available to help them age well. By 2035, older adults are expected to outnumber children under age 18 for the first time in the history of this country. By 2040, a full 22 percent of the American population will be 65 years or older. Currently, there are more than 53 million unpaid family caregivers in the United States. There has never been a more crucial time for people to learn about AAAs and the services that are available to them to help them live long and stay strong.”

Services provided by most AAAs for older adults: 1) Home-delivered and congregate meals: Nutritious meals at home or in group settings, 2) In-home support: Assistance with daily tasks like bathing, cleaning and dressing, 3) Transportation: Rides to medical appointments, stores and community activities, 4) Health and wellness programs: Fall prevention, chronic disease man-

agement fitness classes, & 5) Benefits counseling: Help understanding and enrolling in Medicare, Medicaid and more. Services for caregivers include 1) Respite care: Short-term relief to prevent burnout, 2) Training and support: Educational tools and support groups for caregivers, & 3) Information and referral: Guid-

ance to local programs, services, and community resources.

For more information, visit www.usaging.org/livelongstaystrong or connect with your local AAA by contacting the Eldercare Locator at 1-800-677-1116 or eldercare.acl.gov.



Get the Facts on Healthy Aging

Nearly 58 million older Americans are 65 and older, with projections estimating that the population of older adults will grow to 88.8 million in 2060. On average, a 65-year-old can expect to live another 18.9 years.

For most of us, good health ensures independence, security, and productivity as we age. Yet millions of older adults are living with such challenges as chronic diseases, falls, physical inactivity, oral health concerns, and behavioral health issues, all of which can severely impact quality of life.

Sadly, older Americans over 65 years have various chronic diseases as noted below:

- Older adults are disproportionately affected by chronic conditions, such as diabetes, arthritis, and heart disease. About 93% have at least one chronic condition, and nearly 80% of have two or more.
- The leading causes of death among older adults in the U.S. are heart disease, cancer, COVID-19, stroke, chronic lower respiratory diseases, Alzheimer’s disease, and diabetes.
- Chronic diseases can limit a person’s ability to perform daily activities, cause them to lose their independence, and result in the need for institutional care, in-home caregivers, or other long-term services and support.

Falls are a leading cause of injuries for older adults:

- 3 million adults 65+ are treated in emergency departments for unintentional fall injuries each year.
- Falls are the leading cause of fatal and nonfatal injuries among older adults, causing hip fractures, head trauma, and death.
- The nation spends \$50 billion a year treating older adults for the effects of falls, 75% of which is paid for by Medicare and Medicaid.¹¹ If falls rates are not reduced, direct treatment costs are projected to reach \$101 billion by 2030.

Older Americans need more physical activity:

- Regular exercise can help older adults stay independent and prevent many health problems that come with age. According to the 2018 Physical Activity Guidelines for Americans, older adults should do two types of physical activities each week to improve their health— aerobic and muscle-strengthening.
- These guidelines recommend that older adults engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous aerobic activity a week and muscle strengthening activities on two or more days a week.
- Oral health is very important for older Americans:
 - Oral health is important for

overall health and well-being, but in 2022, 36.3% of older adults had not seen a dentist in the last year.

- Older adults with diabetes, heart disease, and poor health were less likely to have had a dental visit in the past year.
- Poor oral health can negatively impact nutrition and proper management of chronic conditions. Behavioral health problems cause increased health issues:
 - One in four older adults experiences a behavioral health problem such as depression, anxiety, or substance abuse.
 - People age 85+ have the highest rates of suicide compared to any other age group. Men die by suicide four times more often than women.
 - Deaths caused by excessive alcohol use are on the rise; in 2020, over 11,000 adults age 65+ died from alcohol-induced causes.
- Infectious disease prevention
 - As of August 2024, 76.3% of all deaths from COVID-19 were among those age 65+, and 70-85% of seasonal flu-related deaths occur in adults over age 65. N
 - While lifesaving vaccines are available, research shows COVID vaccine uptake has slowed among older adults.
 - New research shows that older adults may be at a higher risk of Long COVID, a post-COVID

condition in which virus symptoms persist, return, or develop more issues.

Sources: CDC, National Center for Health Statistics, National Institute of Health, & US Health & Humans Services. Condensed article courtesy of National Council on Aging.

INSIDE

Boulder County
Page 2

Metro Denver Counties
Page 6

Weld County
Page 10

Larimer County
Page 14

Classifieds
Page 18

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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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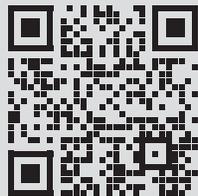
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JULY

Calendar

BOULDER

Tuesday/1

Boulder Genealogical Society presents a free program on "Revolutionary Choices: Exploring Loyalist and Patriot Roots at 250 Years" by Kathryn Lake Hogan at 7 pm on Zoom. Many who remained loyal to the British Crown found refuge in what would become Canada, communities in Nova Scotia, New Brunswick, Quebec, and Upper Canada. Please register online at www.boulder-genealogy.org for the Zoom link.

Friday/4

Join the Boulder Symphony for their annual July 4th Concert Celebration at the Boulder Bandshell at 1212 Canyon Blvd from 7 to 9 pm. Tickets range from \$7.50 for youth to \$15 for general admission.

Wednesday/9

Longmont Genealogical Society presents a free program on "The LGS Education Committee will hold a series of 4

Round Table Discussions" at 1 pm held at 1st Lutheran Church Friendship Room, 3rd and Terry Sts. in Longmont and on Zoom. Four sessions will last 25 minutes each on Vertical Files, Reserching Before 1850, AI, & LGS Listening Station. Please register online at LGS Index.

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

Fireworks and PTSD

Ah, July. The month we recognize independence with an endless barrage of fireworks. They're so correlated with July 4th that we can't think of one without the other. But it doesn't seem to end on July 5th, does it? No, many people set off fireworks all-month-long.

Though they probably won't tell you, many people become highly stressed during July anticipating the sudden and jarring POP that always seems to happen at the end of an emotionally evocative movie. The dogs go scrambling for safety under the bed and won't even come out for bacon. The cat does that funny four-legged hop of horror. Even the fish seem to dart around their tank in frenzied stress.

For humans who have been in an active harmer situation or in combat, the sound can evoke emotions and reactions of terror - and even cause flashbacks and intrusive memories. The sulfur aroma that permeates the neighborhood can also have this effect. If you are this person, take caution. Fireworks will happen on July 4th, so here are some tips for managing.



Dr. David Remmert

Remind yourself that the memories evoked are your past and not the present. Exercise good self-care prior to the 4th and make sure you are well rested. Surround yourself with safe people who are aware of your trauma. Have citrus on

hand to cut the smell of sulfur. Practice your breathing techniques and above all else, invest in earplugs or headphones.

If you are planning to celebrate the holiday with fireworks, please be considerate of your neighbors. Consider going to a nearby park with wide open space to have your fun. Be safe and only use them on July 4th. Don't worry, New Years is right around the corner.

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

Poetry Rising

Welcome to July and time to celebrate our country and our freedoms. With mixed emotions this year and varying definitions of what liberty and freedom mean, we can agree on the fact that all of us are troubled by the divisions not only in our country but in in our world.

The following poem is not intended to make light of the troubles and hardships and confusion, but it is intended to provide us with a way to nourish our souls and give us hope about the future of our precious United States of America. The newscasters have set the stage, exclaiming that we cannot make this stuff up. The good news is there are a lot of ways to look at that statement.

And we can pray. As our marvelous poet, Mary Oliver, has said: "I may not know how to pray, but I do know how to pay attention."

MAKING STUFF UP

You can't make this stuff up, the newscaster laments.
Actions are being taken
and decisions being made
with no apparent reason...
breaking down our trust and belief
in the very goodness of humankind.

But is it not true,
"You can't make this stuff up,"
applies as well
to the bird song in the morning,
and the shafts of light seen by you
when no one else seems to care.

Stop.
Focus.
Listen.
Smile again.

Remember,
the sunrise and the moonglow
are calling your name.
Treasure the sounds of your baby's laugh
and allow it to have its way with you

Remember,
we cannot make these things up either
and rejoice.

(c)Barbara Wood Gray

<https://www.youtube.com/@SharingTheSong/videos>
BarbaraWoodGray@gmail.com

Reflections

This Ole House



Martha Coffin Evans

In a recent trip from Colorado to Texas, through a little tip of Oklahoma, we traveled through many small towns. In Texas, you could count on some every four miles or so. I don't remember their names except for "Turkey" which seemed a little unusual for a town.

Regardless the states, many had a Main Street. Where once banks, cafes, laundromats, service stations and small businesses flourished, boarded windows now indicate their demise. Vacant motels and hotels had experienced the economic impact even though they were located on well-traveled highways. I chuckled at the name of a surviving motel - "It Will Do." Don't we often say that?

What happened to these towns, I wondered. How did once thriving communities now remain lost in time with only a modest number of habitants calling them home. In one small town with a two-digit population, a trailer size Post Office insured those residents would not be totally forgotten

Some homes with weathered siding, no windows or doors had

totally fallen down. I thought of an old song from the mid-1950s, now re-arranged/re-released in 1981 and 2005, "This Ole House." Who had lived in these old houses? What stories could they tell?

The song's lyrics speak to this. "This old house once rang with laughter. This old house heard many shouts."

Now forsaken, these homes once held families. Perhaps that home became the first one where a young couple raised their children. Through life's gains and losses, they might have grown through time together. Did the children leave home and their small community? Did they look back as their parents, now aging in place, remained in their "old house"?

These old houses and small towns have their own legacy known mostly to their residents and families. I hope laughter and shouts of joy fill their stories.

Martha (Marty) Coffin Evans, Ed.D, freelance writer with MACE Associates can be reached at itsmem-arte@aol.com or www.martycoffinevans.com

Now Hear This Summer Sounds and Hearing Protection



Dr. D'Anne Rudden

Summer brings sunshine, outdoor fun—and a surprising number of loud sounds that can damage your hearing. While we often associate hearing loss with noisy workplaces, everyday summer activities can be just as harmful without proper protection.

Lawn and yard equipment, like lawnmowers, leaf blowers, and weed trimmers, often produce noise levels over 90 decibels—enough to cause hearing damage with prolonged exposure. Even a few hours of yard work without hearing protection can lead to temporary or permanent hearing changes.

Outdoor concerts and local festivals are another common source of high-volume sound. Live music events can easily reach 100–110 decibels, which can cause hearing damage in as little as 15 minutes. Foam earplugs or high-fidelity earplugs designed for music lovers can reduce the risk while still allowing you to enjoy the performance.

Boating and water sports also pose risks. Engine noise from powerboats or jet skis can exceed safe levels, especially when sustained over a long day on the water. Add in wind and water noise, and your ears are under serious stress.

Protecting your hearing is simple:

- Wear properly fitted earplugs or earmuffs during loud activities.
- Use noise-reducing earmuffs when operating loud tools.
- Take listening breaks during

long exposure.

- Educate family and friends—especially kids—on the importance of hearing safety.

Hearing loss from noise exposure is permanent but preventable. A little awareness and the right hearing protection goes a long way toward protecting your hearing for many summers to come.

Dr. D'Anne Rudden, a Doctor of Audiology, has been in practice for over 30 years in Long-

mont and is board-certified by the American Board of Audiology. Dr. Rudden is also one of the six founding members for Hearing the Call-Colorado, a non-profit dedicated to providing hearing healthcare to qualified individuals. To date, the organization has helped more than 250 people across Colorado, including more than 50 right here in Longmont.

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Pets Are Family

Hit the Road: Tips for a Fun and Safe Summer Trip with Your Dog

Ready for a summertime outing with your pup? Whether you're heading to a local trail or packing for a full-day trip, a little planning goes a long way to ensure a safe and comfortable outing.



Judy Calhoun

Before you head out, make sure you've got everything your dog needs. Stick to their regular food and treats to avoid any stomach issues. Bring plenty of fresh water and a collapsible bowl to keep them hydrated, especially in the heat. Don't forget the basics: a leash, secure harness, and waste bags for clean-up. And just in case of minor injuries, a pet-specific first aid kit with bandages, tweezers, and any necessary medications is always smart to have on hand.

Car rides can be fun, but safety should come first. Use a crash-tested harness or a secured crate to keep your dog safe while in motion. Never leave your dog alone in the car—even for a short time—as temperatures can rise dangerously fast. While driving, make sure your car is well-ventilated to keep your pup cool and comfortable. It's also a great time to double-check that your dog's ID tags and microchip information are current, just

in case they wander off in unfamiliar surroundings.

Just like us, dogs need regular breaks during long trips. Stop every two to three hours so your pup can stretch their legs, go potty, and recharge. Look for pet-friendly parks, rest stops, or open green spaces where they can sniff and explore.

During your adventure, pay attention to signs of stress such as heavy panting, whining, or unusual lethargy—these may indicate that your dog needs a break or some extra comfort.

With a little preparation, your summer road trip can be a safe, fun adventure you and your dog will remember for years to come. Happy travels!



July 4th Quotes

Thomas Paine "Those who expect to reap the blessings of freedom, must, like me, undergo the fatigue of supporting it."

Ronald Reagan "All great change in America begins at the dinner table."

Wendell L. Wilkie "I believe in America because we have great dreams, and because we have the opportunity to make those dreams come true."

George Washington "Liberty, when it begins to take root, is a plant of rapid growth."

Dwight D. Eisenhower "The history of free men is never really written by chance but by choice; their choice!"

Benjamin Franklin "Where freedom is, there is my nation."

Irving Berlin "God Bless America, my home, sweet home."

Mark Twain "Patriotism is supporting your country all the time and your government when it deserves it."

Abraham Lincoln "Government of the people, by the people, for the people, shall not perish from the earth."

Robert Frost "Freedom lies in being bold."

Ralph Waldo Emerson "America is another name for opportunity."

Sgt. Major Bill Paxton "May we never forget our fallen comrades. Freedom isn't free."

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Boulder County Urges Caution During Summer Heat

During the summer, temperatures in the Denver metro area and surrounding counties are expected to reach 100 degrees, with some areas on the eastern plains reaching much higher. Boulder County Public Health urges the community to take precautions to stay safe and avoid heat-related illnesses.

Extreme heat can be dangerous for anyone, but certain groups are

more at risk, including older adults, infants and children, people with chronic medical conditions, those without air conditioning, and people who work or exercise outdoors.

Air conditioning is the most effective protection against extreme heat. Fans alone are not enough to prevent heat-related illness. If your home does not have air conditioning, try to spend time in public places that do, such as shopping

centers, movie theaters, or libraries, if open and accessible in your area.



Technology is Hip!

Why Engineers Are Important in Designing Technology!

You have heard the word STEM (Science, Technology, Engineering, & Mathematics) used at many job fairs and schools to encourage students to apply for engineering degrees as we have a shortage of engineers in many industries today!



Bob Larson

Engineers are the architects behind every technological idea they created from designing electronic devices and software that keeps them running smoothly. Here's why they're so important in technology:

- **Problem Solvers:** Engineers tackle real-world challenges by designing systems and solutions that are both efficient and practical.

- **Innovation Drivers:** Engineers bridge between abstract ideas and tangible products such as the smartphone and how it has transformed many lives today!

- **System Thinkers:** Engineers must think holistically. They need to understand how every cog in the machine interacts: software, hardware, networks, and everything in between.

- **Scalability, Sustainability & Reliability:** Engineers design systems that are secure, energy-efficient, cost-effective, and reliable!

A good example is the microprocessor chip industry used in many industries today! Gordon Moore, the former CEO, engineer, and founder of Intel Corporation, manufacturer of today's microprocessor chips, stated back in 1965 that the number of

transistors on a microchip, and the overall processing power of computers tend to double every two years. A transistor is a very small semiconductor device that can amplify or switch electrical signals. Back then, a microprocessor chip had millions of transistors, whereas today it's now billions of transistors. Can you imagine that many transistors in a small 2-inch square by ¼ inch microprocessor chip?

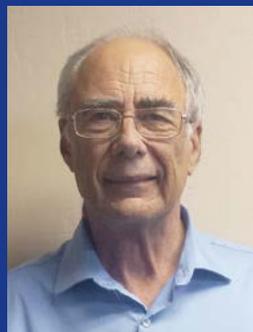
As the number of transistors on a microchip increases, computers become smaller, faster, and more powerful. Several years ago, engineers discovered Moore's Law was at its limit. Recently, several engineers discovered making the chips much thinner in design, they can add many more transistors and increase the computing power. And that is why engineers are important in creating new technology products. Bob Larson is a former electronics engineer, technologist, and our Marketing Director at 50 Plus!

MAJOR MEDICARE PROGRAM CHANGES

Starting Jan. 1, 2025

**Caused by the
Inflation Reduction Act
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**Needs to review how what
they have now is going to change.
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information only presentations.
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the upcoming dates.**



Ron



Brie

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Veterans Honoring Veterans Presents Their 1,000th Veteran's Statue Award

In May, the Veterans Honoring Veterans (VHV) founder and president Bart Bartholomew (a Navy veteran) and his staff presented their major milestone of 1,000th veteran statue award at the PAMVETS breakfast club at the Golden Corral Restaurant in Loveland. In June, Bart and 50 Plus News visited the 1,000th award winner Navy Seal veteran Gil Espinoza to reveal his past Navy service and career with the Boulder Fire Department. Gil's story is both heartwarming, inspiring, and overcoming challenges in his life!

Incidentally, Bart and his VHV staff have been providing the military statues to the many veterans in Northern Colorado and Southern Wyoming since 2018.

During high school, Gil won the Colorado state championship twice in wrestling. After graduating from Boulder High School, Gil's wrestling coach was an Underwater Demolition Team member in the Navy and recommended Gil to become a frogman.

Gil joined the Navy to become a frogman. Back then, there were only two active seal teams, so the selection process was very intense and limited during the nine-month training program. About 20% of the Navy seal candidates actually become a frogman.

Gil's father encouraged him to represent the family name be the best he could be, no matter what the obstacles were!

Being part of Seal class #41, Gil remembered being asked by his training instructor, "What is the temperature of the ocean?" The answer is it didn't matter! Gil almost didn't graduate from the program. He and 20 others were accused of failing a training evolution. He and five of his teammates made a request to the commanding officer (CO) to be reconsidered to finish their Seal training. The CO expressed a condition, "If

anyone of you quit or gets hurt, all of you would be out of the program." The five candidates agreed to the condition and continued their training with the next Seal training class. They finally graduated as part of Seal class #42.

Gil served in Seal Team One for 4 years and was deployed in Vietnam for 8 months. He and his Navy Seal teammates endured some challenging times during their warfare in Vietnam! Gil finished his Navy career as a Petty Officer 4 and received the purple heart from his wounds in Vietnam.

After leaving the Navy, Gil Received a wrestling scholarship with CU Boulder and graduated in 1975. He decided he wanted to try something different and heard the Boulder Fire Department was hiring and saw that as a challenge. Ever since he was in the first grade, Gil dreamed of being a firefighter. He joined the Boulder Fire Department for 37 years. As Gil remembered being hired by the Boulder FD, his team leader said do as I tell you and you'll be OK! Gil felt the training with the Boulder FD was minimal compared to his Navy Seal training program.

With his former Navy background and skills, Gil eventually became the Battalion Chief (BC) for 21 years before retiring. As the BC, he started a new training program as he had learned from his Navy service. As a BC, he felt the new training program would make his team more proficient and cohesive as firefighters. Gil explained, "The true gauge of a leader is they are willing to train their people to eventually take over his job."

I know Gil's father would be very proud of his service in the Navy and as a firefighter too! Congratulations to Gil for being the 1,000th recipient of the veteran's statue program and for his service in the Navy! Article and photo courtesy of Bob Larson.



VHV President Bart Bartholomew Presents the 1,000th Veteran's Statue Award to Navy Seal Veteran Gil Espinoza.

JULY Calendar

DENVER-METRO

Friday/4

Denver will have its annual Independence Day Parade marching along 23rd Avenue from Dexter St. to Krameria St. in Denver. This year's parade will include more than 50 groups, including floats, marching bands, costumed characters, classic cars, and more! The Park Hill Parade starts at 1:30 p.m.

Saturday/12

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

The Broomfield Genealogical Society presents a free pro-

gram on "The Gnadenuhuten Massacre of 1782" by: Steve Lake at 6:30 pm at the Brunner Farmhouse or on Zoom. The Gnadenuhuten Massacre on March 8, 1782 was a very sad and dark event in our early history, near the end of our Revolutionary War. Please register online at www.broomfieldgensoc.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>.

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 July 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.



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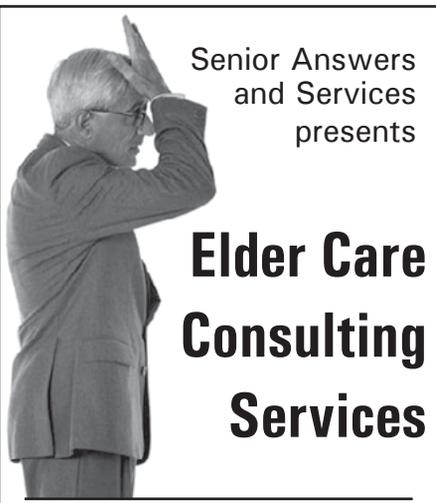


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www.senioranswers.org

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.

windspiritcreative@gmail.com



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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

Information & Assistance Line

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

Getting There Travel Guide

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

Getting There Travel App

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

Monthly Meetings & Events

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

Membership

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

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



Active Minds

Expanding lives and minds with community-based educational programs.
Call us at: 303-320-7652
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 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
caregiversvc@drcog.org



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

Colorado Gerontological Society Salute to Seniors Returns August 23

Are you looking for a day of fun, information, and resources? Grab a friend and join us at the 36th Annual Salute to Seniors on August 23, 2025. The Salute provides a great opportunity for you to learn more about programs and services that can make your life easier. You can talk to experts about remodeling, downsizing, legal questions, Medicare, and more.



Eileen Doherty

Whether you are looking for help managing your medications, home care, a phone system with captions to converse with family and friends, finding a broker to sell your home, or help filing for senior tax credits/rebates, experts will be on hand to provide more in-depth information and help to get you connected to the right resources and services.

Back by popular demand are the educational programs. Sessions will cover travel tips, scams, healthy lifestyles, home sharing, managing a move to a new home, and how to avoid compassion fatigue.

And if you are looking for snacks and beverages visit booths sponsored by Target, Sam's Club, Nat-

ural Grocers, Sprouts, and Denver Water. The Forney Museum of Transportation will be showcasing classic cars, Assumption Cathedral will be giving tours of the awe-inspiring church, and you can play musical bingo.

Cigna is returning as the title sponsor. Other major sponsors are Devoted, Comfort Dental, 50+ Marketplace News, and Fox31/Colorado's own Channel 2.

The Salute will be held at the Greek Events Center, 4610 E Alameda Av, Denver from 9:30 am to 3:00 pm. Admission is free, but registrations are suggested at www.senioranswers.org. Parking is free in nearby parking lots with shuttle services.

For those not able to join us in-person, the Salute will be held virtually on August 24, 2025, from 11:30 am to 1:00 pm.

For more information, call 303-333-3482.

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

We Care

More Support, Services And Connections For Douglas County's Older Adults

Are you over the age of 60? If so, you are part of the fastest-growing population in Douglas County, and we know you want to remain in the community you know and love.

That's why your Board of Douglas County Commissioners has invested \$1.5 million into solutions that address service gaps identified during dozens of public meetings and your direct feedback to Commissioners as part of their Older Adult Initiative.

"In 2023 and 2024, we went on the road to listen to our older adults. We heard they need more resources for housing and transportation and help inside their homes," said Commissioner George Teal. "We're thrilled to invest in new resources for a community that has invested so much in Douglas County."

These services were designed with input from local older adults, so they're built around what matters most to you.

Explore the new offerings announced at the June 11 Live Town Hall:

Housing Navigator

Provided by Douglas County Housing Partnership, the navigator helps older residents identify and secure housing that meets their needs

Older Adult Housing Needs Assessment

Conducted by Douglas County Housing Partnership, this assessment will quantify the type and need of housing for older adults

Meal Delivery

Nourish Meals on Wheels provides nutritious meals delivered directly to homes

Help At Home Homemaker and Chore Services

Aging Resources of Douglas County can assist with light-duty chores, including yard work, snow shoveling, minor repairs and home maintenance

Connect & Care Calls

Castle Rock Senior Activity Center is offering social check-ins and companionship calls for older adults who are feeling isolated

CAPABLE Accessibility Services

Brothers Redevelopment will help older adults age in their home with personalized support to improve mobility and self-sufficiency with minor home modifications

Door-to-Door Rides and Vehicle Expansion

Aging Resources of Douglas County and Castle Rock Senior Activity Center provide door-to-door rides for medical appointments, essential errands and quality-of-life trips. Castle Rock Senior Activity Center also received funding for new vehicles to meet rising demands!

Circulator Pilot Program

Aging Resources of Douglas County will be piloting a transit program serving older adult housing communities in Castle Rock (The Meadowmark, Reyn Rock, and Oakwood) with stops at groceries, shopping and medical facilities

Highlands Ranch expansion of Link On Demand

Link on Demand is now available in Highlands Ranch and Lone Tree. This is a free, app-based ride service that connects users to key destinations within the service area

Dougnad Community Event

Older residents in need of yardwork will be able to sign up to receive assistance from volunteers. To stay updated, please sign up to receive email updates

Online Resource Search

Working together, the Department of Community Services, the Health Department, Department

of Human Services and Mental Health Collaborative joined forces to collect the resources included in this tool to connect you with resources close to home.

The Older Adult Initiative helps residents stay independent and thriving in Douglas County in their golden years.

To stay updated on the Douglas County Older Adult Initiative, please sign up to receive email updates or visit our Resources for [Older Adults webpage](#).

NOW IS OUR MOMENT.

Now is the moment we've been waiting for. With new treatments emerging in the fight against Alzheimer's and all other dementia, now is the time for hope. Now is the time for action.

Help us keep the momentum going in your community at the Alzheimer's Association Walk to End Alzheimer's®, the world's largest fundraiser to fight the disease. Register today at alz.org/walk.

Walk to End Alzheimer's – Denver

Saturday, September 20th, 2025
Denver City Park

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WALK TO END ALZHEIMER'S
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Rev. Jan 25 219-10-0153

CU AHWC Cooking Series

HEALTHY EATING
on a budget

See class dates for 2025 below:

Class 1: Shopping on a Budget
May 22, 2025

Class 2: Make Half Your Plate Fruits and Vegetables
June 26, 2025

Class 3: Healthy Snacks for a Busy Lifestyle
July 24, 2025

Class 4: Quick Seasonal Meals
August 21, 2025

Class 5: Leftover Makeovers
September 25, 2025

Class 6: Switch It Up
October 23, 2025

Inquiries: ahwc.community@cuanschutz.edu

Join our culinary educators and registered dietitians for the **CU Anschutz Health and Wellness Center Cooking Series: Healthy Eating On a Budget**

Learn how to prepare delicious, nutritious, and cost-effective meals. Each session will teach you budget-friendly tips, tricks, and simple recipes that you can easily incorporate into your daily routine, all while keeping your health and wallet in mind.

<https://healthy-eating-on-budget.eventbrite.com>

All classes are held virtually via Zoom on select Thursdays from 5-5:30 p.m.

Cost: FREE



Scan to register!

Littleton Adds Public Art Murals

Littleton is bursting with new public art following the completion of four murals funded by the City of Littleton's Mural Program! The Mural Program offers funding to property owners and artists

looking to beautify walls in Littleton. Here is an example of one of the latest creations: "Flowers of Film," by artist Grow Love, at the Alamo Drafthouse Cinema, 7301 S. Santa Fe Drive.



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
Information 303-333-3482

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



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- 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

Lakewood Named Climate Action Leader Second Year in a Row

Lakewood is one of a select group of cities internationally that has been recognized for its work on sustainability, climate change, resiliency, and environmental transparency, demonstrating that local leadership drives climate innovation, infrastructure investment and economic opportunity.

Named to the 2024 CDP A list for the fourth time overall and second year in a row, Lakewood is among 112 cities across the globe and 29 in the U.S. to achieve this ranking. To earn an A, cities must publicly disclose their efforts through the climate reporting platform CDP-ICLEI Track and meet rigorous criteria, including having a citywide emissions inventory, a climate risk and vulnerability assessment and a published climate action plan. Earning this recognition is a significant achievement that reflects the highest standard of local climate leadership.

"I am extremely proud that Lakewood is among this prestigious list for the second consecutive year," said Lakewood Mayor Wendi Strom. "It highlights the depth of our commitment to ensuring that sustainability plays a central role in Lakewood's ongoing story."

Gov. Jared Polis recognized Lakewood recently as among the cities in the state to achieve this ranking along with Colorado, one of only two states on the A list.

Lakewood's recent work includes the following projects:

- Climate Hazard & Social Vulnerability Study:

The city assessed 10 climate-related hazards and identified five top priorities: hailstorms, extreme heat, extreme cold, flooding and wildfires.

- Whitlock Recreation Center Solar Installation:

Lakewood is designing and constructing its first on-site solar installation at the Whitlock Recreation Center. The rooftop and parking canopy solar project will offset 100 percent of the center's expected electricity use.

CDP is a global nonprofit that runs the world's only independent environmental disclosure system. More than 24,800 companies and almost 1,000 cities, states and regions disclosed their environmental impacts through CDP in 2024.

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Walk with a Doc

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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:



JULY Calendar

WELD

Friday/4

The City of Greeley will have its annual Greeley Stampede Independence Day Parade at 9 a.m. The parade starts on the University of Northern Colorado campus at 10th Avenue and Crawford Place and runs east along 10th Avenue to 7th Street just past Lincoln Park. The parade will have more than 120 floats, marching bands and equestrians from around Colorado and surrounding states. The parade will be televised on Channel 20 KTVD in Denver.

Thursday/3 to Sunday/13

The Little Theatre of the Rockies presents "Dear Jack, Dear Louise" at the Norton Theatre, 1051 22nd Street in Greeley at 2:30 pm or 7:30 pm. When two strangers meet by letter during World War II, a love story begins. U.S. Army Captain Jack Ludwig, a military doctor stationed in

Oregon, writes to Louise Rabiner, an aspiring actress and dancer in New York, which tells the joyous, heart-warming story of his parents' unconventional courtship during World War II. Buy tickets at their box office or call (970) 351-4849. Tickets vary from \$24 to \$30. Buy tickets online at [Get Seats!](#).

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>.

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ALL PROCEEDS BENEFIT FURRY ANGELS PET FOUNDATION HELPING PETS FIND LOVING HOMES

**RAFFLE BEGINS AT 1:45PM
MUST BE PRESENT TO WIN!**

Saturday July 12th	1999 38th Ave Greeley, CO 80634
10:00am - 2:00pm	Hot Dogs, Drinks, Raffle Ticket & Community

**Contact Victor for more information:
970-301-2138 or email
vicsep@brookdale.com**



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Present...

Summer Cowboy Roundup Featuring Vic Anderson & Special Guest Ray Delgado



Top 20 Melodic Whistlers
Yodeling Champion



Singer of classic, traditional
western & country music.

2 P.M. Sunday July 20, 2025

**\$22.00 Per Person
Order Online:
windsorplayhouse.org
or Call (970)-674-1790**



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

Weld Area Agency on Aging

The Importance of Getting Outdoors During The Summer Months for Older Adults



Donnica Fagan

As summer unfolds, the warm weather and extended daylight hours present an ideal opportunity for older adults to embrace the outdoors.

Engaging in outdoor activities during this season offers a multitude of physical, mental, and social benefits that contribute to overall well-being.

Spending time outdoors encourages physical activity, which is essential for maintaining health in older age. Activities such as walking, gardening, or light hiking help preserve muscle mass, improve cardiovascular health, and enhance flexibility. Regular outdoor exercise can also reduce the risk of chronic conditions like heart disease, diabetes, and arthritis. Exposure to natural sunlight is another significant advantage. Sunlight stimulates the production of vitamin D, which plays a crucial role in bone health, immune function, and reducing inflammation.

There are numerous mental health benefits for older adults

who spend time in nature. Outdoor environments have been shown to reduce stress, anxiety, and depression. The calming effects of natural settings promote relaxation and emotional balance. An added benefit, engaging with nature can enhance cognitive functions such as attention, memory, and problem-solving skills.

Participating in outdoor activities also provides valuable opportunities for social interaction. Whether it's joining a walking group, attending a community event, strolling through a farmers' market or simply enjoying a conversation in a park, these interactions help combat loneliness and encourage a sense of community.

Incorporating outdoor activities into daily routines during the summer months offers older adults a holistic approach to health. The combination of physical exercise, mental stimulation, and social engagement contributes to a vibrant and fulfilling lifestyle. Embracing the outdoors not only enhances quality of life but also supports longevity and well-being.

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



Why Choose PACE?

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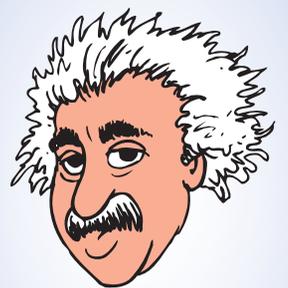
Rent varies on income

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



Greeley Housing Authority

Find Einstein



Can you find the hidden Einstein in this paper?

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Don't Miss the Cowboy Summer Roundup at Windsor Community Playhouse

Featuring....

Vic Anderson is a Western/Cowboy Entertainer, singer/songwriter, humorist, columnist and author. Raised in Montana, he cowboied on ranches, rodeo'd and played music around the state. He was a guitar sideman behind Tex Williams of Western swing Music fame. Now living in Colorado, he sang with the Lazy B Wranglers for 6 years, won the International Western Music Association's male yodeling Championship in 2003, held it in 2004, won it in 2010 and 2018. He is a member of ORAwhistle, a worldwide organization of professional whistlers who have listed him in the top 20 melodic whistlers. Vic has entertained throughout Western U.S.A. including a summer at Roosevelt Ranch in Yellowstone Park, where he drove stagecoaches and entertained. He has also entertained in Germany and Canada.

And special guest

Ray is a singer of classic and

traditional western music and country music, accompanying himself on guitar. It started back in high school when he and his brother formed a rock-n-roll band. Now he entertains mostly by himself and is a member of the International Western Music Association and the Colorado Chapter of same. He's also a member of the Colorado Cowboy Gathering, based in Golden, Colorado. He has performed in several places including Colorado, Wyoming, Montana, and New Mexico, mostly in the Greeley, Colorado area. Ray's home is in Greeley Colorado, and he is married to wife Connie and has two grown children and one grandson.

Windsor Community Playhouse and 50 Plus Marketplace News have saddle up together to bring you the Cowboy Summer Roundup. Don't miss it! For more information and to purchase tickets, please call 970-674-1790 or visit www.windsorplayhouse.org



Vic Anderson



Ray Delgado

A Candid Camera Moment

Imagine the jolt of stepping up to an ATM machine and, instead of seeing the computer menu on the screen in front of you, you see a man desperately pressing a handwritten note against the screen with the plea, "help me," says the Association of Mature American Citizens.

It happened recently in Corpus

Christi, TX. It seems the guy who was repairing the money machine got himself stuck with no way to extricate himself from his awkward situation. He was released from bondage, thanks to the quick thinking of a customer who flagged down a police officer who came to the rescue.

Windsor Community Playhouse Deathtrap Cast & Crew

Windsor Community Playhouse finished its 2024 -2025 Season and was pleased to host their DEATHTRAP DINNER THEATRE. WCP appreciated everyone who attended their evening

and matinee performances.

For more information about the 2025-2026 SEASON, please call 970-674-1790 or visit www.windsorplayhouse.org



DeathTrap cast & crew: seated (l-r) Scott McCoppin, Dario Correa; standing (l-r) Kaylee Waldman, Savannah Hendrick, Brayden Sasse, Kevin Nolan, Teresa Stockley, Phillip Muniz, Director Missing from photo Eric Delagardelle, Shanna Louise.



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**
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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 July 2025

Tuesday, July 1	Salmon with Lemon Basil Tartar Sauce, Diced Sweet Potatoes, Steamed Carrots, Fresh Strawberry Fruit Salad, Banana Chia Pudding
Wednesday, July 2	Krautburger with Side of Mustard, Spinach & Mushroom Salad with Balsamic Vinaigrette, Fresh Strawberries
Thursday, July 3	Closed
Friday, July 4	Closed – Happy Independence Day!
Monday, July 7	Austrian-Style Pork over Mashed Potatoes, Green Bean Almondine*, Fresh Pineapple
Tuesday, July 8	Hamburger on Wheat Bun with Onion, Lettuce, Tomato, Mustard, Mayo, Ketchup, Broccoli Sundried Tomato Salad, Diced Cantaloupe
Wednesday, July 9	Chicken & Mushroom Stroganoff, Cheesy Breadstick, Roasted Brussels Sprouts, Side of Malt Vinegar, Fresh Melons & Blueberries
Thursday, July 10	Chicken Breast with Gravy, Baked Sweet Potato with Butter, Farmer's Market Vegetable Medley, Diced Honeydew
Friday, July 11	Beef Pot Pie, Corn, Steamed Zucchini, Orange Slices, Gelatin Parfait*
Monday, July 14	Chicken Salad on Sunflower Panini Bread* with Lettuce & Tomato, Caribbean Pasta Salad, Apple & Beet Salad with Walnuts*
Tuesday, July 15	Sloppy Joe on Wheat Bun, German Potato Salad, Asparagus with Parmesan Cheese, Fresh Strawberries
Wednesday, July 16	Beef Meatballs & Gravy over Egg Noodles, California Blend Vegetables, Diced Cantaloupe, Blueberry Cheesecake Bar
Thursday, July 17	Pork Carnitas on a Wheat Tortilla with Slaw, Salsa & Guacamole, Kale / Sweet Potato / Corn Salad, Diced Watermelon
Friday, July 18	Turkey & Cheese Sandwich on Wheat with Mustard & Mayo, 3 Bean Salad, Kale & Butternut Squash Salad, Apricots
Monday, July 21	Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Italian Vegetable Blend, Apple Slices with Peanut Butter*
Tuesday, July 22	New England Clam Chowder, Wheat Roll with Butter, Tossed Vegetable Salad with Chicken & Caesar Dressing, Orange Slices
Wednesday, July 23	Diced Lemon Chicken Thigh with Gravy, Vegetable Lentil Pilaf, Roasted Zucchini / Mushroom / Peppers, Banana
Thursday, July 24	Kansas City BBQ Beef, Baked Beans, BLT Side Salad, Mandarin Oranges & Grapes
Friday, July 25	Chicken Teriyaki, Fried Rice, Asian Vegetable Blend, Low-Sodium Soy Sauce, Fresh Pineapple, Almond Cookie*
Monday, July 28	Chicken Fajitas on a Wheat Tortilla with Sour Cream & Pico de Gallo, Peppers & Onions, Diced Watermelon, Pumpkin Sugar Cookie
Tuesday, July 29	Spaghetti Bolognese with Beef, Pork, Mushrooms & Parmesan, Herb Breadstick, Green Beans with Bacon, Diced Honeydew
Wednesday, July 30	Pork Loin with Parmesan Sage Sauce, Scalloped Potatoes, Sautéed Cabbage, Orange Slices
Thursday, July 31	Tilapia with Pineapple Pico de Gallo, Brown Rice with Pepitas*, Creamy Cilantro Coleslaw, Watermelon & Feta Salad, Apple Crisp

All meals include 2% milk.

Observe National Parks and Recreation Month with this community-wide celebration.

Touch a TRUCK and CAR SHOW

Sat, July 19 | 9 a.m. - 12 p.m.
Sensory-Free Hour 9 a.m. - 10 a.m.
Historic Downtown Greeley, 8th and 9th Street Plazas

Tour trucks, classic cars, food vendors, and more!



GreeleyRec.com
970-350-9440

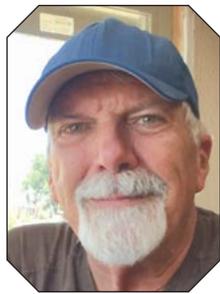
America's Renews Independence

As this audience knows, gaining real understanding, and in turn, appreciation of life, opportunity, experience, achievement and works in progress built on what's come before. Nowhere is this clearer than in this nation's celebration of Independence Day.

Every Forth of July, patriots are reminded of what makes our nation great, as we celebrate liberties never realized before the Declaration of Independence clarified this nations unique status in the world. While is hasn't always gone smoothly, it cannot be denied our nation is on the right path once again.

Yes, it seems as if patriotism, in the United States of America at least, is on the rise, as the world looks on in disbelief as turmoil engulfs other nations. Meanwhile, the United States is brokering deals never imagined, both in terms of alliances, and efficiency lost in recent years. Call it a new beginning, this fresh approach counters a well established bureaucracy, thereby increasing productivity and faith in the American way.

It's refreshing to re-



Steve Anderson

alize opportunities that have come about, seemingly overnight, and the positivity that's resulting from it. In looking back over several decades, its hard to think of a time when people were more inspired than today, as new possibilities give us all, young and old, hope for the future.

Its essential in these turbulent times for our citizens to step away from previous regimes and unite to overcome negativity born of false naritives and misinformation intended to undermine the fabric of our nation. We have the capability of leading the world to a new understanding, if they simply follow the examples we set.

Independence is hard to come by, and considering the costs of enabling it since 1776, every patriot needs to unite as one and celebrate this Forth of July like never before. All the best!



What Do You See?

The sound grabbed his ear, jerking his head around to peer out his office window. Perched two-stories up, surveying the terrain below, his eye caught sight of someone lying in the street. The details were fuzzy, but the sound and the sight made his mind conjure up a picture of a speeding car and a jogger, both occupying the same place and space in time. At first there was no movement, then people started to run toward the motionless lump. The man could barely hear the screaming, "Call 911, it's a hit and run! I think he's dead".

The man spun around in his office chair to get a better vantage point for viewing the scene below. Sirens rang out, people began scurrying toward the collapsed figure. He could see someone leaning over blowing into the mouth. He thought, "mouth-to-mouth resuscitation. That should work", as vague visions of 30-second public service announcements streamed past his mind's eye. There was movement and people started to cheer. "He's breathing!". Then the paramedics showed up.

The jogger was whisked away to a local hospital, sirens blaring, as the ambulance weaved its way down the street. The man watched and listened as the sight and sounds of the drama drifted away, bur-

ied in his mind's treasure trove of distant memories. The excitement faded and he went back to his spreadsheet, ticking away at the little cells, filling them with useful numbers that would help him move his business forward. As he worked, he wondered what was for dinner. He hoped it wasn't lasagna again. He hates lasagna.

An "expert" in religious law asked Jesus which commandment is the most important. Jesus said, "You must love the LORD your God with all your heart, all your soul, and all your mind. This is the first and greatest commandment. A second is equally important: Love your neighbor as yourself." How do we see ourselves in this story?



*Bob Pittman, Interim Pastor
Christian Church of Windsor
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all about happiness and our coffee. Windsor Lake Coffee, 430 Main Street, Windsor.



(l-r) Charlotte, Claire (Owner), Venice

JULY Calendar

LARIMER

Friday/4

The City of Fort Collins will have its Independence Day Parade at 10 am. The annual parade will travel west-bound on Mountain Avenue between Howes Street and Jackson Avenue.

There will be fireworks at the City Park at Sheldon Lake starting at 8:35 pm.

Saturday/19

Larimer County Genealogical Society presents a free hybrid program on "Travel Your Tree: Walking in Your Ancestor's Footsteps" by professional genealogist Lisa Vogele at 10 am in person at the Fort Collins Senior Center in the Prairie Sage One room and on Zoom. Join us and learn expert tips for planning travel, important research tips, and making connections on your unique journey. Register at www.lcgsc.org to receive the handout and Zoom info.

Thursday/24

The Global Village Museum at 200 W. Mountain Ave. in Fort Collins presents a

paid program on "A Journey Through Losel Dolls" at 6 pm. Did you know the Global Village Museum of Arts & Cultures houses the second largest collection of Losel dolls in the world? The presentation will be led by longtime Museum staff member Leisa Taylor, who brings a decade of experience and deep knowledge to this fascinating topic. Admission is \$10 per person, and light refreshments will be provided.

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

From Living Under Japanese Occupation To U.S. Air Force Colonel

If you've attended any veteran-focused events or ceremonies over the years, chances are you've seen Jim Ling playing the bagpipes.



Brad Hoopes

Born in China to a Chinese father and an American mother, Jim lived through four harrowing years of Japanese occupation during World War II. After the war, he came to the United States to pursue his education, eventually earning multiple postgraduate degrees. He went on to serve a distinguished 21-year career in the U.S. Air Force, retiring with the rank of Colonel. His assignments included the Army Nuclear Power Program, the Joint Staff Strategic Mobility Organization, a tour in Vietnam, the Naval War College, and the Office of the Secretary of Defense Energy Office.

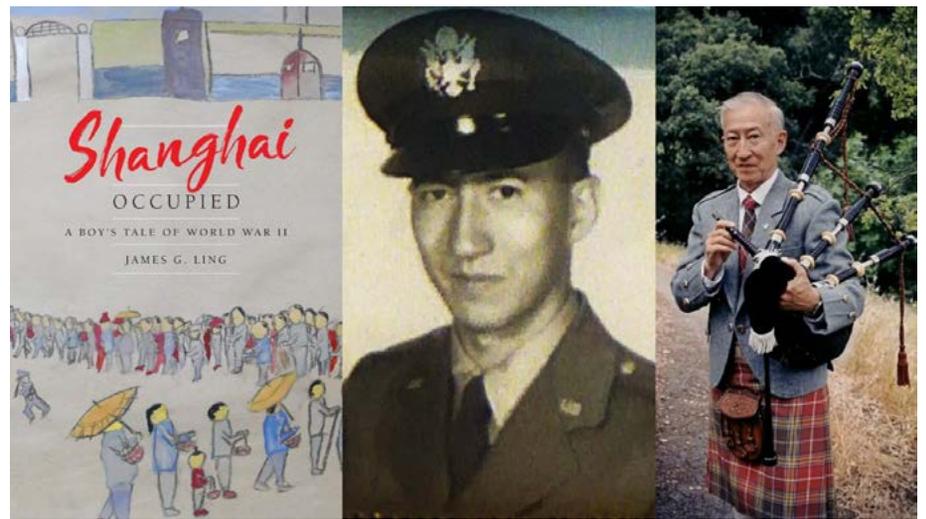
Following his military service, Jim embarked on an equally impressive

second career. He worked for the Department of Energy, held roles in the Reagan and George H.W. Bush administrations, and spent time at MIT.

Finally in full retirement, Jim turned his energy to community service. He served on the South Fort Collins Sanitation District board, volunteered in the Pathways Hospice We Honor Veterans Program, and is active with the WY-CO Border Chapter of MOAA. And of course, he continued to honor fellow veterans through his piping at countless events and ceremonies.

Now 94, Jim Ling is a WWII survivor, public servant, lifelong learner, husband, father, grandfather—and author. His compelling memoir, "Shanghai Occupied: A Boy's Tale of World War II", recounts his childhood under Japanese occupation.

Brad Hoopes has a passionate project of preserving the stories of veterans. Please visit: www.youtube.com/@rememberandhonorstories to view these stories.



The 'Husband Storage Pod'

Husbands who take their wives shopping in Shanghai don't find it as an onerous task. Many of them look forward to spending some quality time in the local mall's "husband storage pod," reports the

Association of Mature American Citizens. After all, it gives them a chance to play their favorite video games without that nagging feeling of guilt.



Spotting a Shooting Star

It's not often one can see a meteor entering earth's atmosphere: the sun gives them cover in daytime, if it happens too late at night most of us are sleeping or they make entry where few people live, explains the Association of Mature American Citizens [AMAC]. But the large

green fireball that fell in Hungary recently made its way across the country early at night, giving witnesses a show they won't soon forget, although you can bet that that many of them quickly reached for their iPhone's to video the event.



Caregivers

More than 40 million Americans are caregivers for elderly relations, according to the Association of Mature American Citizens. A Pew Research study shows that

most of them look after aging parents. And, the great majority of them don't look at it as a burden. Rather, they see it as a rewarding opportunity.

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Loveland Artist Rosetta to Showcase Wildlife at the Loveland Museum

Beginning on June 27th, Rosetta: Animal Artistry, a 40-Year Journey exhibition will be on view in the Main Gallery of the Loveland Museum. Inspired by her lifelong love of animals, Rosetta's sculptures capture the grace, power, and spirit of wildlife, blending hard edges with fluidity in a distinctive style. She has exhibited nationally and internationally, completing numerous public and private commissions and earning multiple awards.

In the 1990s, she and her photographer husband, Mel Schockner, moved to Loveland, drawn by its renowned bronze foundries and skilled artisans. Loveland's resources enabled her to refine her craft, and it became the place she would call home as her career soared to international heights.

Known for her unique minimalism, her art reflects a deep respect for the animals she portrays. With subtle yet powerful lines, Rosetta captures the essence of her subjects, conveying their behavior and spirit. Her artistry mirrors the

strength and purpose with which she has defined her distinguished career.

Exhibition details include Rosetta: Animal Artistry, a 40-Year Journey in the Main Gallery from June 27 – September 20, 2025

Tours by Rosetta: July 17, 5:30 - 6:30 pm & Aug. 30, 1 - 2 pm

Wild Animal Sanctuary Program: July 19, 2 - 3 pm

Free Admission Days: July 23rd, August 21st, September 17th

About the Loveland Museum
The Loveland Museum is open Tuesdays & Wednesdays 11:00 am - 5:00 pm; Thursdays & Fridays 12:00 - 7:00 pm; Saturdays 10:00 am - 4:00 pm; closed Sundays & Mondays (subject to change). Admission is \$7 for Loveland Residents and \$10 for Non-Residents; The Loveland Museum is located at 503 N Lincoln Avenue, the corner of 5th and Lincoln, in Loveland, Colorado. Website: www.thelovelandmuseum.org/rosetta.



Professionals For Seniors

Look closely! You will find someone you know. Perhaps, personally or businesswise. The group prides themselves as professionals serving the 50 plus senior community.

They are known as Professionals For Seniors (P4S) providing a wide range

of products, services, special events and programs addressing the needs & issues facing the senior community.

P4S meet monthly. Brookdale at Marianna Butte served as the perfect host at their last meeting. In July they will meeting at The Bridge in Greeley.



Wellington Announces Veterans Garden Project

The Town of Wellington, American Legion Wellington post 176, the Town's Parks, Recreation, Open Spaces, and Trails Advisory Board (PROST), and Friends of Wellington are stepping up efforts to raise money for the Veterans Garden project.

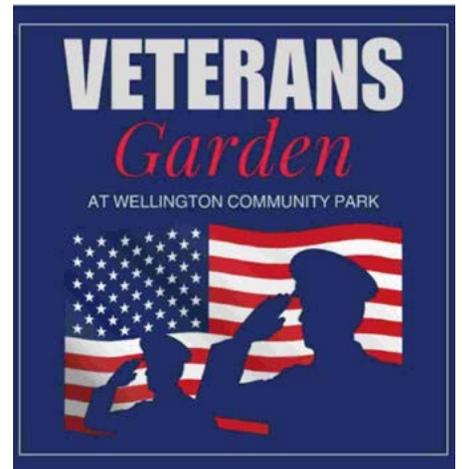
Veterans Garden is a tribute to local residents who served in the armed forces that's planned for the east side of Wellington Community Park. The garden will include a display of flags from each branch of the military set behind a serene walkway with benches and scenic landscaping.

"The Veterans Garden project presents a unique opportunity to use Wellington's rich history as way to help move forward and stay aligned with the goals we have in our Strategic Plan," Wellington Parks and Recreation Manager Billy Cooksey said. "Our aim with the project is to create a space that unites the community while honoring the valor and sacrifices made by our veterans."

In addition to the flags and walkway, the Garden will also feature a plaque or plaques containing the names of past residents that served in any branch of the military along with a flag retirement and ceremonial fire pit.

While the project is still in the fundraising stage and has yet to break ground, there is a proposed site for the Garden at Wellington Community Park, which is located at 8760 Buffalo Creek Parkway. The site is positioned near the dog park, on the east side of the trail, with ADA accessible parking located in the park lot to the south and to the west along Buffalo Creek Parkway.

Anyone who would like to sponsor the project or contribute through volunteering or donating goods can email the Parks and Recreation Department at recreation@wellingtoncolorado.gov, call (970) 568-7410 during normal business hours, or go to <https://wellingtoncolorado.gov/611/Veterans-Garden-at-Wellington-Community-> to learn how to help or make a donation.



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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



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Larimer County Office on Aging Reclaiming Independence: Community Transition in Colorado

Are you or someone you know interested in transitioning from a nursing facility to community-based living? Colorado’s Community Transition Services Program helps individuals move from institutional settings, like nursing homes, back to their communities. This initiative empowers individuals to regain independence with support for a smooth, sustainable transition.

This program is particularly valuable for Health First Colorado members (Colorado’s Medicaid Program) who wish to return home after long-term care. The services bridge the gap between institutional care and independent living, offering resources to address unique challenges during this transition.

Key services include Transition Coordination and Transition Benefits. Transition Coordination provides personalized case management, guiding individuals through the complex move to a community-based environment. Transition Benefits, available through adult Home and Community-Based Services (HCBS)



Carol Seest

waivers, support individuals post-transition. These cover needs such as exploring housing, managing moving expenses, securing utility deposits, and furnishing new homes. Financial management, meal preparation, home organization, and training in independent living skills (like budgeting and self-care) are also available to help individuals adapt and thrive.

HCBS Waivers provide ongoing care at home, ensuring individuals receive the support needed to live independently while maintaining health and well-being. Community settings for these services include family homes, individual homes, assisted living residences, group homes, host homes, or supportive living programs.

In Larimer County, the Office on Aging’s Aging and Disability Resource Center is the first point of contact for Community Transition Services information. We offer one-on-one consultations to discuss the program, services, and benefits. For more information or to inquire about services, please contact us at 970-498-7750 or adrc@larimer.gov.



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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

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

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.

Concerts in the Park: Thursdays, June 19, June 26, July 10, July 17, July 24, 7-8:30 pm

Join us for a Thursday evening concert for the whole family at McIlvoy Park, 5750 Upham Street. Canned goods will be collected during all concert events.

In case of rain, the concerts move to the Community Recreation Center, 6842 Wadsworth Blvd.

Active Adult – Foot Care Clinic: Wednesday, July 2, 9 am

Visit certified foot care specialist Marilyn RN, CFCS, on the first Wednesday of each month to receive routine foot care and toenail care. Appointments are 25 minutes long, call 720.512.9445 to reserve your timeslot from 9 am-12 pm. Payment is due at the time of appointment.

Adult Trip – US Olympic and Paralympic Museum: Monday, July 7, 9 am

Experience the U.S. Olympic and Paralympic Museum. We'll tour interactive exhibits. We will stop at Scileppi's in Castle Rock for lunch. Registration closes June 30, after which no refunds will be given. \$52 (\$60 non-res.).

Adult Trip – Mystery Trip: The Golden Ticket: Friday, July 11, 2-6 pm

Join us for the first-ever Mystery Trip - The Golden Ticket. This trip includes bus transportation and involves some standing but is

rated as a low activity level event. Registration closes on July 7, after which no refunds will be given. \$38 (non-res. \$49).

Adult Sewing – Tote Bag: Saturday, July 12, 1-4:30 pm

In this hands-on session, students will build on basic sewing skills from the Sewing 101 class and create a custom tote bag. The material fee of \$10 is due to instructor Jenn B. on the day of class. \$35 (\$45 non-res.).

Staying Connected – Overcoming Isolation: Monday, July 14, 11:30 am

Explore ways to stay socially active, including joining clubs, using technology to connect, and volunteering. \$6 (\$8 non-res.).

Writing – Creative Writing: Thursday, July 17-31, 11 am
Beginning and advanced writers are welcome to work on what interests them. Writing is done at home and shared in the classroom. Janet Audette, instructor. \$36 (non-res. \$47).

Active Adult – Summer Flamingo: Wednesday, July 23, 10 am
Join us for a flamingo-themed summer event, including games, light refreshments, and prizes from our Active Adult sponsors. Please wear pink or a flamingo-themed outfit.

Discover Indian Cooking with Akila: Friday, July 25, 5:30 pm
Vegetarian and gluten-free. South Indian breakfast/dinner combo. \$50 (non-res. \$65).

Rental Opportunities: Looking to host your next event? We've got you covered from groups of 5-10 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

Feldenkrais: Move With Ease
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Learn to move with ease using slow, mindful movements to achieve powerful results in terms of balance, flexibility, and coordination. East Age Well Center, Tuesday, July 1, 2:30 - 4 p.m.

Share Ideas About the Future of Robots

How could robots assist older adults in activities of daily living?

Work alongside robotics researchers to develop ideas and receive \$10 in compensation in the form of an Amazon gift certificate.

East Age Well Center, Tuesdays, July 15, 22, and 29, 1 – 2:30 p.m.

Shakespeare: Julius Caesar

In this online class, read and discuss “Julius Caesar”, a historical tragedy which recounts the fall of one of Ancient Rome’s most famous generals. Online class, Wednesdays and Fridays, July 16 - August 1, 10 - 11 a.m. Fees: R/NR \$70/\$88

Stress Management for Caregivers

Review the signs of caregiver burnout and the role stress plays in life and learn strategies to effectively care for oneself, while caring for others. Online, Wednesday, July 23, 1 – 2 p.m.

TECH: Senior Planet Lecture: Cloud Storage Demystified

Learn the basics of cloud storage - a technology that allows documents, images, and other media files to be stored remotely while offering greater accessibility, reliability, and protection for your important data. West Age Well Center, Wednesday, July 23, 2 – 3:30 p.m.

Lafayette Senior Services

Programs offered by Lafayette Senior Services
Call 303-665-9052 or email olderadults@lafayetteco.gov to register.

Great American Picnic

July 11, 12-2pm

Enjoy delicious BBQ hamburgers and hotdogs, along with tasty sides, prepared by our staff. Try your hand at a game of cornhole or relax with some card games. A big thank you to Seniors Helping Seniors® for sponsoring the meats. Pre-register today and help us kick off the summer in style!

Stress Management

July 17, 3-4pm

Managing stress is crucial for older adults as it significantly impacts their overall health and well-being. Chronic stress can exacerbate existing health conditions and lead to new concerns. Register to attend a 60-minute talk and activity session that address Seniors and Stress - Beat It! Provided by AdventHealth Avista with certified stress management consultant Johnathan Ward, M.Div, CSMC, CWPC.

Stepping On – Fall Prevention Class

July 8-August 19, 1-3pm

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ries that has been proven to reduce your risk for falls. This weekly class is led by health professionals and teaches fall prevention strategies to help you maintain an active and independent life. This class meets weekly for 2 hours and is provided by Boulder Community Health and Intermountain Health Good Samaritan Hospital.

Cheyenne Frontier Days & Rodeo

July 21, 9am-5pm

Join us for a memorable trip to Cheyenne, Wyoming, to experience the legendary Cheyenne Frontier Days—known as “The Daddy of ‘Em All” Rodeo! Enjoy an exciting day watching world-class rodeo events and exploring the bustling grounds filled with vendors, activities, and local attractions. Be sure to dress the part with your favorite western wear, comfortable walking shoes, a hat, sunglasses and be prepared for July’s summer heat!

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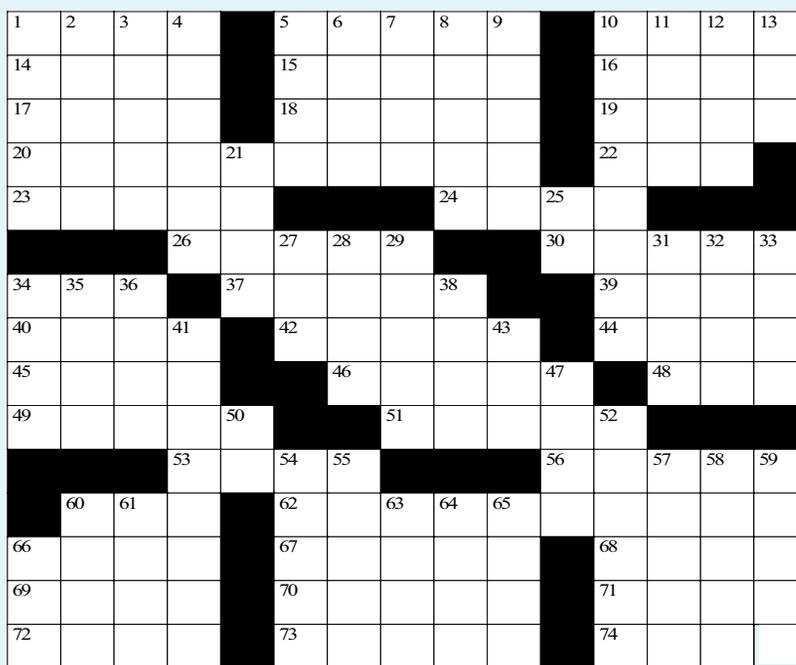
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50 Plus Marketplace News Crossword Puzzle

July 2025
 Answers page 11



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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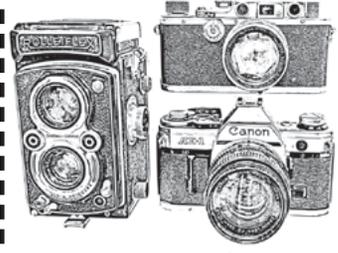
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