

50 Plus Marketplace

NEWS



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

May 2025 • Volume 31 • Issue 5

America is Not an Accident!

How did we get here? Why do we have what we have? Freedom to speak, travel, read, iPhones? Why does the world look to us for security, innovation, relief in crisis, peace, and stability? Why are we the “go to” where everyone wants to go to? Because America is not an accident.

If you could wave a wand and suddenly teach all those high school and college kids to appreciate America, to cherish America, to understand how lucky they are, what would that act be?

We cannot show them how our Founders lived, fought, and wrote the Constitution, and carried on with no electric heat or light, no air conditioning, no cars, trucks, buses, trains, planes, telephones, let alone iPhones, no antibiotics, no Advil or aspirin, no pain relievers in surgery or childbirth. Yet, they pressed on, gave their all for our freedom!

We cannot relive before them Lincoln’s endless ailments, the stress of knowing he and our soldiers and their nerve-wracked families lay the survival during the Civil War. We cannot

show them how Lincoln wrote and delivered the Gettysburg Address fevered with smallpox, honoring 51,000 casualties from the battle.

We cannot take them back to the fierce fighting of the Normandy invasion during WWII, as they fought to liberate Europe, the fear as they hit Sicily or rescued their fellow soldiers at Bastogne, both under General Patton.

We cannot show them the horror of freezing to death, fighting to their death, being overrun at the Chosin Reservoir in Korea, the jungle peril, disease, and daily death encountered in Vietnam, wounds, visible and invisible that shattered the sensitive, calloused, and mental scars that live on today!

We cannot show them how Black Americans rose with force of will, patience, strength, faith and confidence from the Tuskegee Airmen to Colin Powell, Chairman of the Joint Chiefs and Secretary of State, or how millions of Americans of every ethnic battled poverty, eyes on the far horizon, dreamed, worked, fought, and

never gave up their dream!

So, you may ask, what can we do? How do we convey that America is not an accident, that it is the product of incalculable, unimaginable faith, bravery, risk, and the courage to fight, fall, rise, and fight some more, never giving up, suffering with selflessness, risking all, losing it, yet rallying?

The answer is without reading, watching, talking, thinking, praying, and wishing to grasp the great, truly exceptional history of this nation, appreciation for where we are, what we enjoy, why we have it, and what is thus expected of us in our time.

With close relatives buried at Arlington, Memorial Day not so far off, and one for teaching, consider just offering to take a class of fifth, eighth, or eleventh graders, or maybe college freshmen on a walk with a veteran through a veterans’ cemetery or even the veteran’s monuments in Washington DC.

A walk with a young person through a military cemetery, at first mysterious and uncom-

fortable, becomes reflective, inquiring, understanding, and appreciative. We know how it works. They must, too. So wave the wand, find time to go and teach our children that America is not an accident. Remember to honor our veterans on Memorial Day!

Condensed article courtesy of AMAC and author Robert Charles, a former Assistant Secretary of State under Colin Powell, attorney, and naval intelligence officer (USNR). Robert released his new book, “Cherish America: Stories of Courage, Character, and Kindness” (Tower Publishing, 2024).



Veterans Plaza Announces Memorial Weekend Event!

Each year, the Veterans Plaza of Northern Colorado holds their annual event during the Memorial Day weekend to honor a different group of veterans. This year, as done several times in the past, the Plaza brings in the traveling Vietnam Memorial Wall to honor our Vietnam veterans. The Wall is an 90% scale version of the Vietnam Memorial Wall on the Mall in Washington DC. The wall will arrive on Thursday May 22nd at 12:30 pm escorted by Police and Veterans motorcycles. The Wall will be assembled with the help of volunteers that afternoon and will remain open for viewing until late Monday, May 26th.



Travelling Vietnam Wall at the Plaza

Starting at 7am on Friday, the reading of all 58,282 names on the Wall begins and continues through the weekend until all names have been read. The entire weekend centers around the main event on Sunday the 25th from 10am to 4pm with sign displays, booths of veteran oriented

organizations, food vendors, a field of flags, Huey helicopter display and a 12-noon ceremony.

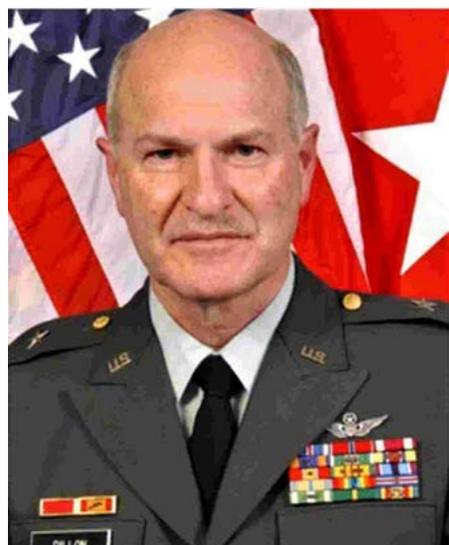
Our keynote speaker at the Sunday ceremony will be retired Army Brigadier General Art Dillon. Art served in both the U. S. Army and the National Guard, starting as a private and eventually retiring as a Brigadier General. His service included a tour in Vietnam, where he was highly decorated, and a long tenure in the Wyoming National Guard. He also was involved with both Colorado State University and University of Northern Colorado.

Included in the Sunday ceremony will be an introduction of our local politicians and dignitaries, bag piper, color guard, raising of the American Flag, singing of our National Anthem, daily prayer, our keynote speaker, reading of the names of our local fallen Vietnam heroes and the adding of new soil samples from Vietnam to our victory garden.

The Veterans Plaza of Northern Colorado was established in 2011 to honor, support all past and present service personnel who have served our country and educate the younger generation of the sacrifices that our Veterans have made to secure our freedoms.

Among the numerous features found in the beautiful three-acre plaza are the new flag display, new

entrance sign, an amphitheater and stage, a back drop of our military branch logos etched in sandstone, two stunning statues entitled “On Strong Shoulders,” the founder’s dog named “Arthur,” a Victory Garden that holds soil samples of over 125 battle sites, cemeteries and bases from around the world, and two interactive computer monitors. One monitor scrolls the name of over 8,000 names of veterans (any veteran who has honorably served can be listed at no charge) and the other monitor lists the history of the Veterans Plaza. For more information on their many events, please visit their website at www.veterans-plazanoco.org.



Retired Army General Art Dillon

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

DEADLINE
10th of the Preceding Month

Advertising supports all publication efforts. Call 303-694-5512 to

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

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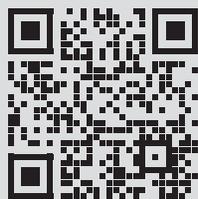
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MAY

Calendar

BOULDER

Tuesday/6

The Alzheimer's Association presents a free webinar program on "Family History, Genetics, Dementia, & Alzheimer's Disease" at 11:30 am MT on Zoom. The instructors will explore how family history and genetics influence risk of developing dementia and the role that these are playing in advancements in diagnostics, treatment, and care. Please register online to receive the Zoom info at https://alz-org.zoom.us/webinar/register/WN_vfVpyiYKSoKt7In-9ImYUvA#/registration.

The Boulder Genealogical Society has a free hybrid program on "Ancestors Lurk in Unlikely Places" by Dina Carson at 6:45 pm at the Calvary Bible Church, 3245 Kalmia Ave. in Boulder and on Zoom. There's so much to search, you could spend a lifetime looking. Why not come and get a few shortcuts? Please register online at <https://www.bouldergenealogy.org/> for the Zoom info.

Wednesday/14

The Longmont Genealogical

Society has a free program on "Opening Up the Bureau of Land Management" by Carol Cooke Darrow, CG at 1 pm at the 1st Lutheran Church in the Friendship Room, 3rd and Terry Sts., in Longmont. Land records account for one-fourth of most family histories. Please register online at <https://longmontgenealogicalsociety.org/> for the Zoom info.

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

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

Check individual venues for current information

Calendar sponsored by

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Mental Health

Navigating Differences with an Open Mind

Sharing common ground brings people closer together. When opinions are polarized, navigating these differences can be difficult. Conflicts may arise when there is a strongly held difference of opinion. To maintain a good connection with others – regardless of their views - it is helpful to consider the saying: "We meet at our differences." This saying honors diversity and acceptance.



Kirsten Carlson

To truly get to know another person involves recognizing their shared and differing opinions, preferences, learning styles, and values. Learning to allow others to hold their point of view and seek understanding with open-minded curiosity can strengthen relationships, especially when you do not agree. What's more, modeling open-minded curiosity encourages other people to do the same with you and others.

We do not have to agree on everything to have a relationship. We can build a relationship based on our common ground, and we can show up authentically when we disagree. In contrast, combative arguing with others rarely changes minds because it is perceived as a threat to one's integrity.

Navigating value differences requires open and honest communication, active listening, and a willingness to understand a different perspective. This month, I encourage you to foster stronger relationships by finding common ground and practicing open-minded inquiry.

Kirsten Carlson is a Licensed Professional Counselor at Clinica Family Health & Wellness who specializes in working with adults over 40 years of age. Kirsten is passionate about people having access to quality mental health care in the community where they live.

34 Years of Service
Providing Information
for the 50+ Community



Boulder Eats! Food Traditions Along the Front Range

Boulder Eats! Food Traditions Along the Front Range is a vibrant celebration of Boulder's food history, past and present!

The Exhibit runs November 14, 2025 - July 26, 2026

Boulder Eats! is an upcoming exhibition at the Museum of Boulder focusing on food traditions along the Front Range, with a special emphasis on our community's restaurants, farms, and kitchens. Over 300 objects from the Museum's historic collection featuring kitchens, health food businesses, orchards, schools and restaurants will be on view. Programs including cooking classes, demonstrations, nutrition workshops and more will also be available to our visitors making this a can't miss experience.

Using objects from the Museum's permanent collection, the exhibit tells Boulder's story through the foods we eat. Exploring our farms and gardens, the evolving technology in our kitchens, the

impact Boulder's natural food businesses have had on our own and our nation's health, as well as the cultural stories reflected at our dinner tables both at home and in local restaurants come together to tell and even shape our community's history. Boulder Eats! Food Traditions along the Front Range explores Boulder and how the food we consume energizes, celebrates, and reflects our traditions, who we have become, and what we value today.

The exhibit tells the story of Boulder through the food we eat (how, what and why) by:

- Using the subject of food to create a space provoking thought
 - Encouraging the multiple stories/voices found in our Museum's collection to be seen and heard.
 - Ensuring that all those who settled in today's Boulder region see their food stories told together.
- Information courtesy of Museum of Boulder.

34 Years of Service Providing Information for the 50+ Community



Reflections Circles And Wheels



Martha Coffin Evans

We often talk about the "circles of life." Think of Simba's musical number from "The Lion King."

Seems to me, our circles transform into wheels from an early age onward. Most likely, my parents pushed me in a stroller or something during my infancy.

As I grew, so did my independence with a tricycle, maybe with training wheels. Next, I took off on my two-wheeled scooter.

What about that first bike? Remember those designer wheels, colors, ribbons, and maybe cards in the spokes? I rode helmet free and survived. I was temporarily sidelined after my father took my bike for a spin and the tire blew out.

Eventually, I grew enough to learn how to drive our family's trusted black Buick. How my friends and I cherished those early four wheels as we traveled far and wide in our parents' cars.

My first cars belonged to others – my Gramma June's Chevy coupe and Nash Rambler from an estate sale. Finally, I bought my own brand new blue Buick. I've cruised

the highways and byways in my Dodges, Jeeps and Audis.

Over the years, wheels have taken on a different meaning. After mother gave up her keys and quit driving, she eventually had her own wheels – a walker. Following hip

surgery, I used a walker temporarily. If needed again I'd go for a red "chariot" – AKA walker with seat, basket and horn.

I realize there could be another set of wheels in my life in the form of a wheel chair. Although not necessarily equipped for racing others in the hallways, should I live in a retirement facility, it could be a kick to try!

There you have it from strollers to wheelchairs. Maybe it's a cycle vs circle of life.

I still have my car keys. Do you have yours?

Martha (Marty) Coffin Evans, Ed.D. free-lance writer with MACE Associates, LLC, can be reached at itsmemartee@aol.com or www.martycoffinevans.com.

Now Hear This

May is Better Hearing and Speech Month: Why Your Hearing Health Matters



Dr. D'Anne Rudden

Every May, we recognize Better Hearing and Speech Month, a time dedicated to raising awareness about

communication disorders and the importance of hearing health. If you're over 50, now is the perfect time to prioritize your hearing and take steps to protect it for years to come.

Hearing loss is a common part of aging, but it shouldn't be ignored. Research shows that untreated hearing loss is linked to cognitive decline, social isolation, and even an increased risk of falls. Addressing hearing issues early can improve your quality of life, keeping you engaged with loved ones and your favorite activities.

Hearing loss can be gradual, so you may not notice it right away. Some common signs include:

- ✓ Frequently asking people to repeat themselves
- ✓ Struggling to hear conversations in noisy settings
- ✓ Turning up the TV or radio louder than others prefer
- ✓ Feeling exhausted after social interactions.

What You Can Do

- ❖ Get a Hearing Exam – A hearing evaluation with a licensed audiologist can determine if you have hearing loss and what solutions may help.
- ❖ Protect Your Hearing – Avoid prolonged exposure to loud noises, and wear hearing protection in noisy environments.
- ❖ Stay Connected – If hearing aids are recommended, using

them consistently can improve your ability to communicate and enjoy daily life.

We're here to support your hearing health journey. Schedule a Comprehensive Hearing Exam and take the first step toward better hearing and a better life!

Dr. D'Anne Rudden, a Doctor of Audiology, has been in practice for over 30 years in Longmont and is board-certified by

the American Board of Audiology. Dr. Rudden is also one 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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Kong Toys – Enrichment for Dogs



Judy Calhoun

Kong toys are an invaluable tool you can use to support your dog in numerous beneficial ways. Crafted from durable, nearly indestructible rubber, Kongs provide a safe and satisfying outlet for dogs' natural chewing instincts, helping to alleviate boredom, reduce separation anxiety, assist with puppy teething, and manage weight.

One of the greatest advantages of Kong toys is their versatility. When stuffed with tasty ingredients and frozen, they transform into a stimulating puzzle that help keep dogs mentally engaged and entertained. The act of licking the stuffed Kong activates the reward center in a dog's brain, which can alleviate boredom, and encourage positive behaviors and emotional well-being.

Kongs are particularly effective in addressing separation anxiety, which typically peaks within the first 20 minutes after a dog is left alone. Offering your dog a treat-stuffed Kong creates a positive association with alone-time, turning a potentially stressful period into an enjoyable one. The challenge provided by a well-stuffed Kong typically occupies dogs through this critical time frame, and freez-

ing the Kong extends the activity even further.

For puppies experiencing teething discomfort, specially designed puppy Kongs made from softer rubber provide soothing relief while keeping them happily occupied. Additionally, Kong toys support dental health by helping to clean teeth and maintain strong jaws through regular chewing. Kong toys also assist in managing weight by slowing down rapid eaters. Filling a Kong with food creates a slower, more mindful eating process, helping dogs feel fuller longer. Furthermore, the unique, unpredictable bounce of a Kong toy makes it perfect for dogs who love a challenging game of fetch.

Level up your enrichment game! Kong toys can enhance your dog's physical, emotional, and mental health, making them an essential addition to any dog care routine. Learn more at noco humane.org.

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Help the 50+
Community*

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

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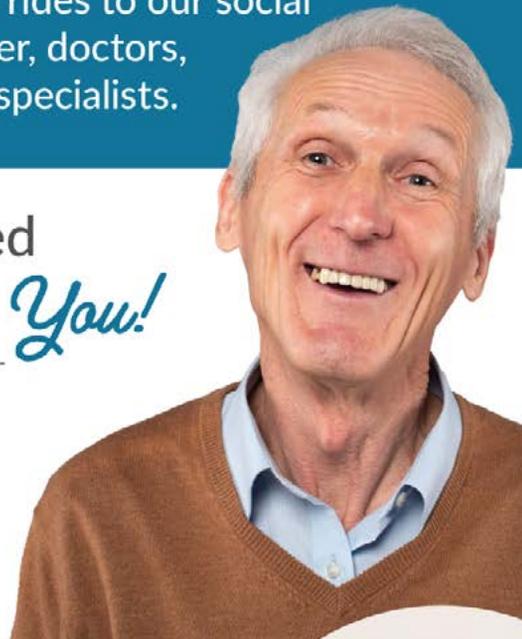
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Technology is Hip!

The Next Generation of Artificial Intelligence



Bob Larson

In my past columns, I have commented on the many benefits of Artificial Intelligence (AI), although some pundits are concerned about its consequences. Recently, on the 60 Minutes TV program, the annual Consumer Electronics Show in February, and at RootTech's international genealogy conference in March, many new and existing products involving AI were introduced in helping humans with faster and innovative solutions.

However, AI is transforming from generative AI (creating documents from existing data) to the new generation of AI called Artificial General Intelligence (AGI). From the recent 60 Minutes TV program, Nobel prize winner and British neuroscientist Dennis Hassabis, CEO of Google's DeepMind, explained this new concept of general intelligence is leading computers in learning on their own with the capability of almost duplicating human intelligence in providing new solutions.

Hassabis claims this new form

of AGI will be able to book tickets for travel or entertainment to shopping online for users within 5 years. However, AGI is getting more sophisticated with robotics. Robots can identify mixing colors or results, the meaning of various paintings, or the intended uses of different products. This new AGI concept is because of advanced machine learning.

Older adults probably remember the classic sci-fi film 2001: A Space Odyssey. The on-board computer HAL was designed to assist the crew aboard their spacecraft, but it begins to act against them in a chilling display of artificial intelligence gone rogue. Hassabis explains guardrails will need to be implemented to prevent the possible negative consequences of AGI.

What does the future hold for advanced AGI? Hassabis explains he feels the future of AGI will lead to advances in the medical industry by identifying the different diseases by their protein structures using DNA and finding a solution within 20 to 30 years. This is another benefit of technology for our human race using AGI.

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

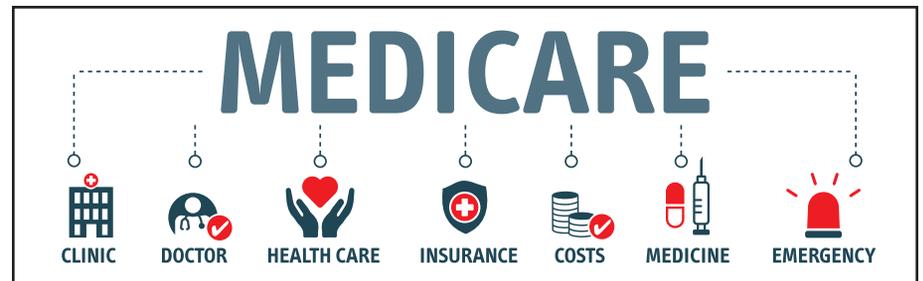
Medicare Basics Classes

Presented by our SHIP Medicare Counselors

Our Medicare Basics Classes, live via Zoom, are designed for anyone wanting to understand Medicare enrollment, plans, benefits, and costs. Our program provides up-to-date, objective information and guidance when comparing and enrolling in Prescription Drug plans (Medicare Part D), Advantage Plans, and information about Supplemental insurance plans (Medigaps). We also provide guidance in the appeal process and information about resources for financial help with Medicare costs.

- Wednesday, May 14, 6-7:30 p.m.
- Thursday, May 22, 10-11:30 a.m.
- Wednesday, June 11, 6-7:30 p.m.
- Thursday, June 12, 1:30-3 p.m.
- Wednesday, July 9, 6-7:30 p.m.
- Thursday, July 17, 10-11:30 a.m.
- Wednesday, Aug. 13, 6-7:30 p.m.
- Thursday, Aug. 21, 1:30-3 p.m.
- Sept.-Dec. 2025
- Wednesday, Sept. 10, 6-7:30 p.m.
- Thursday, Sept. 18, 10-11:30 a.m.
- Wednesday, Oct. 8, 6-7:30 p.m.
- Thursday, Oct. 16, 1:30-3 p.m.
- Wednesday, Nov. 12, 6-7:30 p.m.
- Thursday, Nov. 20, 10-11:30 a.m.
- Wednesday, Dec. 10, 6-7:30 p.m.

Questions? Contact us at medicare@bouldercounty.gov or 303-441-1546.



Take a walk with a Boulder County Commissioner

Join a commissioner and county ranger on a beginner-level hike to chat about county happenings

Each county commissioner welcomes up to 30 residents for a 1-hour, beginner level hike on a Parks and Open Space property this coming May and June.

These walks are a chance to chat with a commissioner in a less formal way and have one on one conversation (time permitting).

Participants must make their own travel arrangements to the walks.

Register to join a hike with a commissioner.

To receive this information in another language, contact Jennifer Churchill

The Boulder County Commissioners invite residents to take a walk with them at the county's beautiful Parks & Open Space properties this May and June.

Scheduled for three different Friday mornings around the county, the commissioners look forward to getting out of the office and onto the trails with up to 30 residents for a one-hour stroll and chat. Please register to join them:

[Register](#) to walk with Commissioner Marta Loachamin Friday, May 2, 9 – 10 a.m. at Pella Crossing (11600 N 75th Street, Longmont) Please note: A bilingual park ranger will be on hand to chat with Spanish-speaking residents at this walk.

[Register](#) to walk with Commissioner Claire Levy Friday, May 16, 9 – 10 a.m. at Walden Ponds Wildlife Habitat (3893 N 75th Street, Boulder).

[Register](#) to walk with Commissioner Ashley Stolzmann Friday, June 6, 9 – 10 a.m. at Stearns Lake

(Parqueadero, 2190 S 104th St, Broomfield)

Before you visit county open space, please review the POS guidelines on recreating responsibly:

- “Know before you go.” Remember to plan ahead, know your limits, and do not take unnecessary risks.

- Enjoy and protect shared public lands. Remember to “Leave No Trace” and pack out all trash and dog waste.

- Be courteous and inclusive. People have different reasons for visiting shared public lands and everyone deserves respect and courtesy while recreating outdoors.

- Do not park illegally at trailheads. If trailhead is full, make sure to park only on roads where parking is permitted.

If you have questions about the walks, please contact Jennifer Churchill in the Commissioners' Office.

Can't join the board for one of these walks? Please know there are several ways you can always engage with them.

- Sign up at boco.org/bocc to receive the board's 2-week schedule of public meetings and hearings (Advance Agenda), as well as the Commissioners' News, which includes updates on policies and county business, opportunities to provide public comment, notices of board and commission vacancies, and details of Town Halls.

- Email them at commissioners@bouldercounty.gov

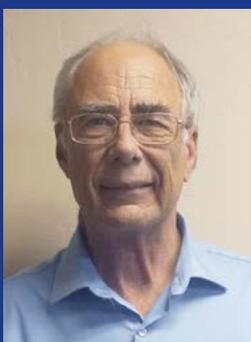
- Sign up to speak at Public Comment, the first Thursday of each month at 9 a.m. (virtually or in-person).

MAJOR MEDICARE PROGRAM CHANGES

Starting Jan. 1, 2025

Caused by the Inflation Reduction Act EVERYBODY

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



Ron



Brie

303-776-0867

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

MAY Calendar

DENVER-METRO

Tuesday/6

The Alzheimer's Association presents a free webinar program on "Family History, Genetics, Dementia, & Alzheimer's Disease" at 11:30 am MT on Zoom. The instructors will explore how family history and genetics influence risk of developing dementia and the role that these are playing in advancements in diagnostics, treatment, and care. Please register online to receive the Zoom info at https://alz-org.zoom.us/webinar/register/WN_vfVpyiYKSoKt7In9ImYUvA#/registration.

Saturday/17

The Colorado Genealogical Society has a free program on "Hook 'Em and Reel 'Em In: Getting Your DNA Matches to Respond" by Sylvia Tracy-Doolos at 9:30 am on Zoom only. How do we get our family tree or DNA relatives to bite when we cast a hook into their genealogy pond? Giving them enough information to show you are worth their time but not so much that you get nothing in return is a balancing act. Please register online at <https://cogensoc.us/> to receive the Zoom info.

Monday/26

The 10th Mountain Division Foundation invites veterans and the public to their 67th Annual 10th Mountain Division Memorial Day Ceremony at 11 am at Tennessee Pass on US Highway 24, between Leadville and Minturn at the 10th Mountain Division Monument. The cost is \$15. A special program will be provided with a guest speaker. Because of limited seating, attendees are encouraged to bring lawn chairs. After the ceremony, lunch will be available at Ski Cooper.

Tuesday/27

The Aurora Genealogical Society has a free program on "Writing Your Own Obituary" by Melanie Golden at 1 pm in the Aurora Public Library Hoffman Heights Branch Basement Community Room at 1298 Peoria Street in Aurora. Have you ever thought about writing your own obituary to make things easier for those left behind? Please register online at <https://www.auroragenealogicalsociety.com/> to receive the Zoom info.

2025 Douglas County Fair & Rodeo!

Discover a place where tradition meets excitement and community spirit thrives. Your award-winning Douglas County Fair & Rodeo starts in less than 100 days!

Kick-off concert: Country music star Dustin Lynch kicks off the fun with a headlining concert that will rival any show along the Front Range. Lynch has nine No. 1 hits and a host of awards since his breakout "Cowboys and Angels" album in 2012. Country rock band Lakeview opens the show. Don't miss this experience at 7:30 p.m. Friday, July 25. Tickets are on sale now!

Farm-to-Table: Dining becomes an experience for the senses at our Farm-to-Table brunch. Here, the true spirit of freshly grown and prepared food shines as Coast2Coast presents a one-of-a-kind, locally sourced brunch where flavor takes center stage. Join us from 10 a.m. to noon on Sunday, July 27. Tickets available now.

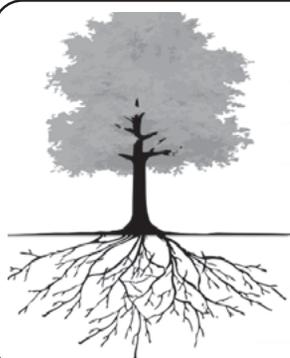
The 2025 Fair & Rodeo wouldn't be complete without the great Western tradition of ProRodeo. Get up close as professional cowboys from every corner of the U.S. come together to rope, wrangle and hold on for 8 seconds. Tickets for the ProRodeo weekend, July 31 – Aug. 3, are on sale, get yours before they sell out.

"The Douglas County Fair &

Rodeo is more than a celebration of our western heritage. Douglas County Fair & Rodeo is the can't-miss, countywide event of the year where we invite everyone from Lone Tree to Larkspur, Parker to Roxborough, to join together as friends and family to both honor our western heritage and celebrate everything that makes our entire community special," said Commissioner Abe Laydon.

"One of the biggest perks of being a County Commissioner is getting to experience the Douglas County Fair & Rodeo alongside our residents," said Commissioner George Teal. "There's a reason we beat out Cheyenne Frontier Days and even the Greeley Stampede for Large Rodeo of the Year and Best Ground of the Year at the Mountain States Circuit Finals in 2024."

"The Douglas County Fair and Rodeo is a blast of pure joy—there's fun for all ages!" said Commissioner Kevin Van Winkle. There's a whole lineup of exciting events for everyone: the Hometown Rodeo, Accessible Rodeo, live entertainment, 4-H exhibits, a carnival, mouth-watering food and so much more. It's the perfect place to embrace the heart and soul of our community while creating lasting memories with friends and family.



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Help Us Build A Home For All Our Heroes

You are, or likely know, a current or former service member and have immense pride in their service. Our Veterans are always looking out for us. Now, we can give something back to these men and women who are the backbone of our county and our nation.

That's why Douglas County Commissioner George Teal, the Douglas County Veteran Service Office, and the leadership of other Veteran-focused organizations in Douglas County, including Castle Rock Veterans of Foreign Wars, Douglas County Veterans Monument Foundation and Castle Rock American Legion created the new Heroes Hall Foundation, dedicated to building the Douglas County Heroes Hall.

At its April 8 Business Meeting, the Board of Douglas County Commissioners approved the Heroes Hall Lease Agreement, allowing the Foundation to continue moving forward with plans to

fundraise and eventually construct Heroes Hall.

"On active duty, we were like a family. And then, that connection is gone," said Commissioner George Teal, an Army Veteran of Operation Desert Storm and Operation Pacific Haven. "Our Veterans need this space to reconnect. You can help make it happen."

The Heroes Hall will be a gathering place for our local Veterans to meet and enjoy the camaraderie they once experienced on active duty. It consolidates the support functions of the founding organizations, which can help Veterans receive additional assistance and support. Furthermore, it allows Veterans to pursue community engagement and advocate for Veteran causes. The Heroes Hall building will include event space and a conference center in a 14,000-square-foot building with a 7,000-square-foot basement.

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SATURDAY, MAY 10, 2025
10AM-NOON

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AND

SATURDAY, JULY 19, 2025
10AM-NOON

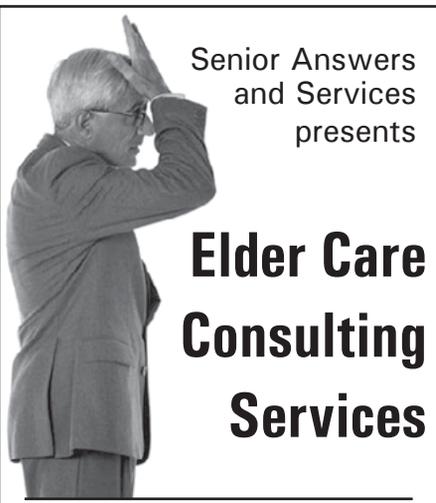
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Denver Regional Mobility & Access Council (DRMAC)



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



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:



Colorado Gerontological Society Sharing Your Wishes for End-of-Life



Eileen Doherty

Many individuals are not sure about discussing end-of-life wishes with family, their health care team and those who matter most to them. While this may seem like a conversation to avoid, it is a very important conversation to have.

Oftentimes, older adults tell me that their family does not understand them and what they want or what would bring quality of life. When I ask the elder if they have discussed their preferences, they shyly tell me “no”.

Every year, April 16 is National Health Care Decisions Day. The Colorado Gerontological Society takes part in this national event to encourage older adults to act.

Taking action includes: a) being reflective about “you” and “writing down” your preferences, b) starting conversations with those important individuals in your life about your wishes, preferences, and where you keep important documents; c) completing a medical and financial power of attorney;

d) purchasing a pre-need funeral, including a plot and tombstone if you are considering a traditional burial and/or burying your ashes and e) making a last will and testament.

Not everything needs to happen on the same day, but you should have a plan and carry it out. None of us know when the day will come, and we are not able to “speak” for ourselves. Our loved ones will be guessing about our wishes. Even worse they will not be asked because we have not legally given them permission to make decisions.

The Society has a tool kit at our website at www.senioranswers.org. Copies of pre-printed forms can be mailed with a simple phone call. There is also an extensive playlist of videos on the different aspects of advance care planning on our YouTube channel. Call 303-333-3482 for more information. Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society.



What You Need To Know About TEETH IN A DAY

People suffering from severe tooth loss or denture discomfort are often drawn to "Teeth in a Day" procedures that are marketed as offering immediate teeth. Depending on your implant provider, your initial teeth may be made of acrylic and could be a temporary solution before getting a more permanent set. In some cases, this process may take several months.



The Truth About Traditional Implant Procedures

The typical "Teeth in a Day" process follows a 3-step approach.

First, implant placement with temporary acrylic teeth. Second, 4-6 months of healing while wearing breakable temporary teeth. Third, several more months of fittings and adjustments before receiving permanent teeth.

Some patients find that wearing temporary acrylic teeth for several months may require extra care and adjustments before receiving their permanent set.



Nuvia's 24-Hour Permanent Teeth Alternative

Nuvia Dental Implant Center's process is designed to provide eligible patients with permanent teeth in as little as 24 hours. Without requiring a temporary step, custom-fitted, permanent zirconia teeth are delivered within 24 hours of implant placement. Zirconia is known for its durability compared to acrylic, and some tests have shown it withstands up to 10x greater force. Many patients report feeling comfortable eating and speaking sooner than expected.

No second set of teeth or multiple procedures—the process is done in one step with a 99.13% implant success rate*.

A Patient's Success Story

Scott, who suffered from a severe double bone infection making it painful to eat and speak, found Nuvia after realizing traditional "Teeth in a Day" could require months of waiting with temporary teeth.

"I was dreading the thought of dentures," Scott recalls. With Nuvia, he received his permanent zirconia teeth within 24 hours. For the first time in years, he could eat, speak, and smile without hesitation.

Are You A Candidate?

If you are missing five or more missing teeth or struggle with uncomfortable dentures, you may qualify for Nuvia's revolutionary dental implant procedure. Take their quick 60-second quiz or call today to discover if this solution could transform your smile in just 24 hours.

Take the quiz on your phone:

1. Open the camera on your phone
2. Point it at the QR code below
3. Tap the link that appears (No QR app needed!)



Visit nuviasmiles.com/1 OR Call 614-768-7348
(live agents between 10 AM - 7 PM)

From 2022 through 2024 Nuvia had a documented 99.13% dental implant success rate. During a documented pressure test Nuvia's 24Z teeth withstood 2330 Newtons of Force before breaking. *Strength and durability of monolithic zirconia: an update to current knowledge: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6872834/> Scott is an actual NUVIA patient(s) who may have been compensated for sharing their story. Not all those who come in for a consultation are eligible for this treatment. Results may vary in individual cases. Nuvia Dental Implant Centers are locally owned and operated by licensed dental practitioners. Nuvia Dental Implant Centers are locally owned and operated practices are part of a professional network of dental implant centers operated by prosthodontists, oral surgeons, and restorative dentists. Each Nuvia Dental Implant Center has an affiliation with Nuvia MSO, LLC, a Dental Support Organization that provides non-clinical support to each center. *Nuvia Dental Implant Centers are able to provide patients with a bridge made with an approved permanent material, zirconia, in 24-hours. No temporary denture. Not all those who come in for a consultation are medically cleared to receive permanent zirconia teeth in 24-hours. Follow up appointments are required to confirm implant integration and make adjustments if necessary. Results may vary in individual cases. Patients represented in videos are actual NUVIA patient(s) and may have been compensated for their time in telling their story. Licensed in "Management Services For Dental Company" license number: 5509C. Dr. Preston Hansen | license number: 9924

Have a pair of old crutches that you'll (hopefully) never use again?

Donate them!

Through May 14, drop your second-hand mobility devices at the Miller or Wilcox Buildings in Castle Rock to help African communities in need.

Have you ever had a broken bone, a sprained ankle, or another injury that left you dependent on mobility devices to get around? Were you glued to your crutches, brace, or wheelchair for weeks until you were finally healed? Those mobility devices are probably sitting somewhere in your home and will (hopefully) never be used again.

Here's your chance to put those mobility devices to good use once again. Now through Wednesday, May 14, the Rotary Club of Castle Rock is partnering with Crutches 4 Africa to host a mobility device collection drive and distribute second-hand devices to people in need throughout Africa.

Drop your used mobility devices (crutches, canes, walkers, wheelchairs, braces, mobility scooters, etc.) in one of the collection barrels located in the lobbies of the Miller and Wilcox Buildings. Doors will be open 8 a.m. to 5 p.m. Monday through Friday.

Mobility Device Collection Drive

When: 8 a.m. – 5 p.m., weekdays through May 14.

Where: The lobby of the Miller Building, 100 Third St, Castle Rock. OR the lobby of the Wilcox Building, 100 Wilcox St, Castle Rock.

What: Drop your used mobility devices in the barrel located in the lobby.

Crutches 4 Africa, a Denver-based organization, has been in operation for several years and has partnered with local communities to collect used mobility devices for individuals experiencing mobility barriers in Africa. The Rotary Club of Castle Rock has generously committed \$4,000 to cover the cost of shipping donated devices.

Declutter your home while helping those in need by donating your used mobility devices today.



34 Years of Service Providing Information for the 50+ Community

ACSO Annual Fishing Festival

Ready. Set. Cast! The Adams County Sheriff's Office 29th Annual Senior and Youth Fishing Festivals will take place on Saturday, June 7, at Riverdale Regional Park. Seniors 55+ start the day first

at 5:30 a.m., while youth (17 and younger) will start at 1 p.m. This event is FREE, but registration is needed to plan for prizes and food. Join us for a day of food, fun, and fishing! [Sign up here.](#)



Festival Schedule

Seniors 55+

5:30AM
6 - 11 AM
9:30 AM
11 - NOON

Senior Check In & In Person Registration
Senior Fishing Casting Competition
Senior Fishing Awards & Prizes

Youth 17 & under

1PM
1 - 4PM
4-4:30PM

Youth Check-in & in person registration
Youth Fishing
Youth Fishing Awards & Prizes



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Closed Sunday



CU AHCW Cooking Series

Cooking FOR HEALTHY AGING

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

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.



Scan to register!

Cost: FREE



CU AHCW 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.



Scan to register!

Cost: FREE

MAY calendar

WELD

Thursday/1

Weld County Genealogical Society presents a free program on genealogy research on Zoom at 6:30 pm. Please register to obtain the Zoom access info at email: wccgs.gene@yahoo.com.

Tuesday/6

The Alzheimer's Association presents a free webinar program on "Family History, Genetics, Dementia, & Alzheimer's Disease" at 11:30 am MT on Zoom. The instructors will explore how family history and genetics influence risk of developing dementia and the role that these are playing in advancements in diagnostics, treatment, and care. Please register online to receive the Zoom info at https://alz-org.zoom.us/webinar/register/WN_vfVpy-iYKSoKt7In9ImYUvA#/registration.

Monday/12

The Town of Timnath is excited to announce its first-ever Project Fair, an interactive, open-house style event designed to give residents the opportunity to learn more about current and upcoming projects shaping the community. The Project Fair will take place on May 12 from 5-7

p.m.at the Timnath Town Center (4750 Signal Tree Drive, Timnath). Community members are invited to explore a series of information booths highlighting key infrastructure efforts, ask questions, and share feedback directly with Town staff and project representatives.

Thursday/15

The University of Northern Colorado Music Dept. presents the Frontier Academy High School Orchestra Concert at the Campus Commons Performance Hall at 6 pm. Tickets are \$6 for general admission. Order tickets online at <https://tickets.unco.edu/online/seatSelect.asp>.

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>.

May Might Be Busy

If we look in the right places, we're likely to discover something new, something fun and unexpected just up the road and around the corner in the weeks to come. Beyond all of the great places we're familiar with already, Greeley is welcoming other celebrations that are not to be missed!



Steve Anderson

Of course, Cinco de Mayo is central to celebration throughout our community, where a mix of traditional music and culture calls on the past and sets the mood, starting with the food! As part of the fun you can also check out great entertainment and rides at Mega Jaripeo, The Great Frederick Fair on Friday, May 2nd.

If you're looking for something a little more sporting, the Fishing Derby at Sanborn Park always promises to bring in some real woppers, and a few fish for the anglers! Of course the real 'catches' are chance meetings with old

friends, and new ones, taking in the day and letting go of the week.

Still hungry, the Ultimate Bread Experience is a safe way to get toasted, celebrating the music of Bread, the band, on May 30th at the Union Colony Civic Center. Then again,

if you fancy tunes from across the pond, A Taste of Ireland will be serving up rich Irish music and song that'll have you dancing a jig, also at the Union Colony Civic Center on May 18th!

Island Grove Regional Park Event Center will be hosting the Colorado Classic Car Auction on May 8th, and shouldn't be missed, with cars of every description and price on the block and ready to roll. Add in the Spring Motorcycle Event for two- & three-wheeled enthusiasts, and still more gatherings every weekend, and there's good reason to move other plans to June, because May is packed full of fun and excitement!

34 Years of Service Providing Information for the 50+ Community



For a Moment

Imagine, if you will, when you encountered something that made you lose all sense of time and space. A moment when you looked out at God's creation and became frozen, gazing, in awe, at what you were experiencing. All five senses were involved. What you smelled and touched, what you heard, saw, and tasted exploded in your mind as you were immersed in that single moment.

It might have been a moment while you were wandering through a forest, headed for your favorite fishing spot. As you approached the shoreline, emerging from the shade of the trees, the sheer majesty before you caused you to freeze. All you saw was the beauty of the lake and how the sun seemed to race along its surface as the water moved back and forth in a rhythmic pattern that your heartbeat began to imitate. The smell of the pine forest and the coolness of the soft breeze kissing your face overwhelmed you. For a moment, you saw your favorite fishing hole transformed into a place where time stopped. A special place given to you by the Creator himself. A holy place where the Holy and the ordinary meet, like the finger of God reaching down to touch

His creation. Have you ever experienced such a timeless moment like this?

I tried to create such an experience in our kitchen last month. I ordered some spiked nard and mixed it with olive oil and cloves. I was trying to recreate the scent that Mary would have encountered when she opened her bottle of spiked nard perfume. Our house was filled with a scent I had never experienced before. For a moment I sat and smelled as the air became infused with the scent. For a moment I was sitting around the table where Jesus reclined as Mary anointed his feet. For a moment I sat at the feet of my Savior.



Bob Pittman, Interim Pastor
Christian Church of Windsor
website: www.ccwin.org
email: ccwinchurch@gmail.com
phone: 970-686-2958

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Social Security Today

Social Security Administration Implements New Anti-Fraud Measures to Enhance Telephone Claim Processing

The Social Security Administration (SSA) recently announced the implementation of enhanced fraud prevention tools for claims filed over the telephone, further modernizing the agency's services and strengthening program integrity. Beginning April 14, 2025, SSA will allow individuals to complete all claim types via telephone, supported by new anti-fraud capabilities designed to protect beneficiaries and streamline the customer experience.

The enhanced technology enables SSA to identify suspicious activity in telephone claims by analyzing patterns and anomalies within a person's account. If irregularities are detected, the individual will be asked to complete in-person identity proofing to continue processing their claim. These advancements allow SSA to maintain the security of its services while continuing to expand access for customers who may be unable to file online or visit an office in person. The agency will continue to conduct identity verification for all in-person claims.

"We are modernizing how we serve the public—enhancing both security and accessibility," said Leland Dudek,

Acting Commissioner of Social Security. "These updates improve our ability to detect and prevent fraud while providing more flexible options for people to access their benefits."

The updated policy reflects SSA's broader commitment to customer service, program integrity, and responsible stewardship of taxpayer resources. SSA has worked around the clock to develop and deploy these improvements, driven by the return of employees to full-time in-office operations.

Surge capacity is being put in place to support higher demand starting on the 14th and last month, SSA spent \$16.5 million to modernize telephone services nationwide.

This update supports the Administration's broader efforts to protect Social Security and ensure higher take-home pay for seniors by ending the taxation of social security.

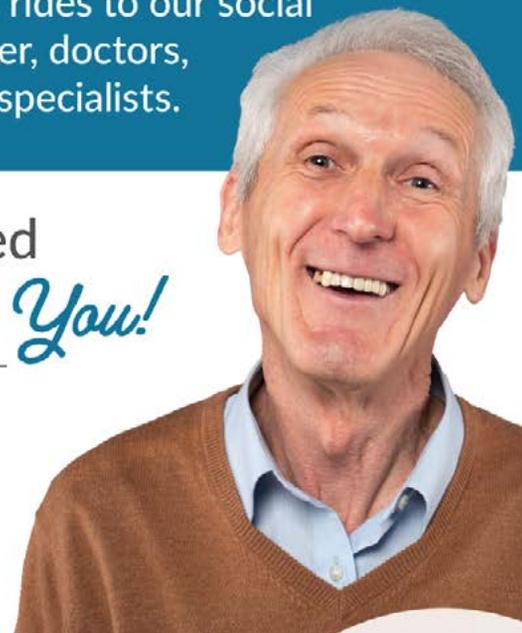
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303.665.0115 or visit www.PACE.trucare.org

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Health & Community Resource Fair 2025

Hosted by Johnstown Senior Center attracted a large number of area residents and others interested in a wide variety of products and services.

This event featured lots a great

vendors with important and helpful information such as getting chores done around your home, how to stay safe in your home, transportation, veteran services, hearing assistance, food resources,

and much more!!

Pictured are vendors chatting in between greeting and conversing with the attendees.



(L-R) Kyla Brubeck, HomeInstead Business Development Representative; Karen Price, Good Day Pharmacy Public Relations Manager. All Smiles!



Haley Harrison with Covell Care & Rehabilitation at her computer in between greeting fair guests.



(L-R) Tom Gonzales, Weld County Veterans Service Officer, Holly Darby, Johnstown Senior Center Coordinator taking a break and chatting about the success of the event.

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**THE GREELEY/WELD SENIOR FOUNDATION
PRESENTS THE ANNUAL**



Hall of Fame

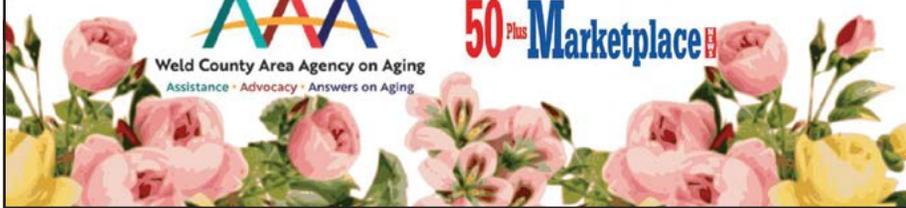
**Wednesday, May 28th, 2025
2:00pm**

**Aims Community College Welcome Center
4901 W 20th St Greeley CO 80634**

**Suggested Donation of \$5
Refreshments provided by Chicken Salad Chick**

**Reservations Required by May 19th to Meredith Skoglund
at 970-400-6200 or mskoglund@weld.gov**

Parking map for event on back


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.



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Greeley Housing Authority

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Friendly Forks Daily Menu May 2025

| | |
|-------------------|--|
| Thursday, May 1 | Spinach & Mushroom Frittata, Side of Ham, Tomato Bisque, Breadstick, Apple |
| Friday, May 2 | Krautburger with Side of Mustard, Vegetable Olive Salad, Strawberries & Blueberries |
| Monday, May 5 | Beef Taco on Wheat Tortilla with Lettuce, Cheese, Salsa & Guacamole, Aztec Corn, Creamy Cilantro Coleslaw, Pineapple |
| Tuesday, May 6 | Beef Goulash over Egg Noodles, Peas/Mushroom/Bacon Sauté, Diced Cantaloupe, Apricot Walnut Bar* |
| Wednesday, May 7 | Chicken Caesar Wrap, Deviled Egg Salad with Crackers, Pickled Beets, Orange Slices |
| Thursday, May 8 | Roasted Chicken Breast with Gravy, Au Gratin Potatoes, Balsamic Brussels Sprouts, Banana |
| Friday, May 9 | Austrian-Style Pork over Mashed Potatoes, Asparagus, Apricots, Apple Crisp |
| Monday, May 12 | Italian Pork Loin with Marinara, Wheat Roll with Butter, Sautéed Cabbage, Applesauce |
| Tuesday, May 13 | Tuna Salad Sandwich on Wheat with Lettuce & Tomato, Spinach & Mandarin Orange Salad* with Italian Dressing, Apple |
| Wednesday, May 14 | Chicken Fried Steak & Mashed Potatoes with Country Gravy, Farmer's Market Vegetables, Diced Pears |
| Thursday, May 15 | Beef & Pork Spaghetti Bolognese with Parmesan Cheese, Sautéed Squash, Fruit Salad, Strawberry Basil Cheesecake Bar |
| Friday, May 16 | Italian Braised Chicken, Lentil Pilaf, Marinated Eggplant Vegetable Blend, Orange Slices |
| Monday, May 19 | Hamburger on Wheat Bun with Lettuce, Tomato, Onion, Pickles, Ketchup, Mustard & Mayo, Creamed Spinach, Banana |
| Tuesday, May 20 | Chipotle Pork with Honey BBQ Sauce, Broccoli & Cheese Stuffed Potato, Steamed Carrots, Cinnamon Applesauce |
| Wednesday, May 21 | Tilapia with Red Pepper Sauce, Orzo & Rice Pilaf with Almonds*, Spinach & Mushroom Salad with Balsamic Vinaigrette, Apricots |
| Thursday, May 22 | Roasted Turkey & Sage Stuffing with Gravy, Zucchini / Mushroom/ Pepper Blend, Pear |
| Friday, May 23 | Chicken & Spinach Casserole with Penne Pasta, Caesar Side Salad, Carrot Sticks with Spinach Artichoke Dip, Pineapple |
| Monday, May 26 | Closed in Honor of Memorial Day |
| Tuesday, May 27 | Honey Ginger Chicken Thigh, Vegetable Fried Rice, Side of Soy Sauce, Edamame & Corn Salad, Diced Mango |
| Wednesday, May 28 | Kansas City BBQ Beef, Baked Beans, Broccoli/Olive/Sundried Tomato Salad, Diced Honeydew, Chocolate Peanut Butter Cookie* |
| Thursday, May 29 | Pork Loin with Gravy, Half Sweet Potato with Butter, Italian Vegetable Blend, Sliced Peaches, Blueberry Coffee Cake |
| Friday, May 30 | Roast Beef & Mashed Potatoes with Gravy, Green Beans with Bacon, Pear |




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Why Supporting U.S. Military Members Matters

(StatePoint) Military Appreciation Month, celebrated in May, is the perfect time to show service members they are valued and appreciated for the sacrifices they make every day.

According to advocates, individual actions, no matter how big or small, strengthen service members in the challenges they face each day, showing them they matter to the people they protect.

Military Appreciation Month was designated by Congress in 1999. Although the entire month of May is dedicated to honoring past and present military members and their families, there are several holidays throughout the month that honor specific service members and other members of the military community, including Military Spouse Appreciation Day on May 9, Mother's Day on May 11, Armed Forces Day on May 17 and Memorial Day on May 26.

Every May, Military Appreciation Month reminds us of the men and women who serve in our military. While there often are public events, real appreciation is deeper—it's about understanding, connection and action. Less than 1% of Americans serve in the military, and they take on unique challenges from which all Americans benefit.

Since 1941, the USO has been the leading nonprofit dedicated to strengthening the well-being of the people serving in America's military and their families. The USO goes where service members go throughout their time in uniform and beyond, providing support

through a wide range of programs, including care packages, entertainment, military spouse and youth programming and a canine program.

Given their decades of expertise on the subject, the USO is offering Americans ideas for how to best celebrate the people who serve during Military Appreciation Month:

Send a Message of Support: The USO is collecting 2 million messages of support this year to honor the more than 2 million people serving in the U.S. military and their families. Send a message now at USO.org/2MillionMessages.

Show Your Support With a USO T-Shirt: The USO's annual t-shirt campaign, launching in late April, is a way to show support for service members and the USO's programs. To order a t-shirt, visit USO.org.

Become a USO volunteer: More than 20,000 USO volunteers contributed 1.2 million hours last year. Whether you're welcoming service members and their families at the airport, assembling care packages, or offering a helping hand at a USO location or event, your time and involvement can make a lasting impact on service members and their families. To learn more and sign up to volunteer, visit uso.org/volunteer.



No Fooling! Great Show! Great Cast!

"FOOLS" a Neil Simon's comic play was recently presented and performed at Windsor Community Playhouse to the appreciation and entertaining delight of the audiences that attended over a three weekend period.

Ten very talented performers characterized the "FOOLS" in a convincing manner. The characters

came alive and easily caught the attention of the audiences.

The Windsor Community Playhouse, once again, presented to the community an exceptional show which is indicative of its growing reputation.

To learn more about WCP call 970-674-1790



See someone you know? The "FOOLS" cast and crew. A Great job they all did!

Weld Area Agency on Aging Older Americans Month



Donnica Fagan

Each May, Weld County comes together to celebrate Older Americans Month. This is a month to recognize the invaluable contributions that

older adults make to our communities and our society. For 2025, the theme of Older Americans Month is "Flip the Script on Aging," urging communities to challenge and change the stereotypes and misconceptions that surround growing older.

Flipping the Script on Aging, encourages us to reconsider the negative stereotypes often associated with aging. Too often, aging is portrayed as a time of decline, dependence, and lost potential. These outdated notions can create barriers to older adults fully engaging in life, whether in their families, careers, or communities. This theme shifts the focus from limitations to the strengths that come with growing older. It's a call to spotlight the ways older individuals continue to contribute to society, whether through their careers, volunteering, or caregiving roles. Many older adults remain active, healthy, and engaged in their communities, showcasing resilience, resourcefulness, and wisdom gained from years of ex-

perience.

When we embrace a new, more positive perspective on aging, everyone benefits. Here are some key reasons to "flip the script" on aging:

1. Empowerment: When older adults are encouraged to continue pursuing their passions and dreams, they feel empowered and motivated to live fulfilling lives. Age should not be a barrier to personal development or achieving new goals.

2. Health and Well-Being: A positive outlook on aging can improve mental and physical health. Older adults who are encouraged to stay active and engaged tend to have better outcomes in terms of both longevity and quality of life.

3. Social Connection: When older Americans are viewed as vital, active members of society, it fosters a sense of community. Breaking down stereotypes allows for deeper connections across generations, strengthening the fabric of society.

4. Economic Contribution: Older Americans make significant contributions to the economy, whether by remaining in the workforce longer, volunteering, or supporting local businesses.

5. Reinforcing Intergenerational Relationships: By challenging the misconceptions surrounding aging, we promote more collaboration between generations.

GREELEY ACTIVE ADULT CENTER MEMBERSHIPS



Join and open a world of opportunities!

Members receive discounts on trips, programs, priority registration, monthly newsletters, a parking permit, and the option of renting a locker.

Membership Fee

\$35 resident, \$50 non-resident

Drop-in fee \$4/per day non-members



Greeley Active Adult Center
1010 6th Street | 970-350-9440
GreeleyActiveAdultCenter.com

MAY Calendar

LARIMER

Friday/2

The Global Village Museum of Arts and Cultures presents a program on "Live Jazz Music with Lorna's Swingset." Visitors will enjoy live music from Colorado's popular gypsy jazz band from 5:30-7 pm. The Museum is open with free admission from 5-8 pm for First Friday Art Walk. Visit their website at <https://globalvillagemuseum.org/> for more info.

Tuesday/6

The Alzheimer's Association presents a free webinar program on "Family History, Genetics, Dementia, & Alzheimer's Disease" at 11:30 am MT on Zoom. The instructors will explore how family history and genetics influence risk of developing dementia and the role that these are playing in advancements in diagnostics, treatment, and care. Please register online to receive the Zoom info at https://alz-org.zoom.us/webinar/register/WN_vfVpy-iYKSoKt7In9ImYUvA#/registration.

Saturday/17

The Larimer County Genea-

logical Society has a free program on "My Honor Flight Experience" by member and Navy veteran Del Ritchhart at 10 am in the Prairie Sage One room at the Fort Collins Senior Center. Del attended the annual Honor Flight to Washington D.C. last year to view all the local military and national memorials with 119 other veterans. Please register online at our website at <https://lcsco.org/events/program-my-honor-flight-experience/> to receive the Zoom info.

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

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

Check individual venues for current information

High Plains Honor Flight Benefits 120 Veterans!

In late April on its sixth annual honor flight, the High Plains Honor Flight organization flew 120 veterans (some in wheelchairs) and their guardians, and staff to Washington D.C. for a two-day round trip from the Northern Colorado Regional Airport in Loveland. The veterans viewed many of the military and other national memorials in D.C. in honor of their past service.

The original Honor Flight of Northern Colorado organization began in 2008 under Army Col. Stan Cass and achieved 21 honor flights for WWII and Purple Heart veterans to D.C. In 2019, the High Plains Honor Flight under Army veteran and President Matt Voris took over the honor flight organization and extended the veteran's coverage to Wyoming and Nebraska. This organization is part of the National Honor Flight Network with the mission of giving veterans from WWII, Korean War, and Vietnam War the opportunity to visit their memorial in Washington, D.C.

The two-day trip starts off with a send-off by several hundred past honor flight recipients, veteran's families, and

local veterans with introductions by the staff, retired pastor David Meek giving the invocation, keynote speaker retired USAF Col. Skip Johnson, and several veterans giving appreciation speeches or poetry in honor of the veterans.

The veterans tour many of the D.C. memorials including the Vietnam Wall, Korean War memorial, WWII memorial, Arlington National Cemetery, and take a group photo in front of the Lincoln Memorial.

Upon returning to Colorado, the veterans are given letters from local school students thanking them for their service! Many thanks go to the donors, guardians, and staff who help achieve the honor flight veterans' mission of seeing their memorial one last time! For info on their next honor flight, visit their website at <https://highplains-honorflight.org>.



Keynote Speaker Skip Johnson



330 E. Mulberry Street,
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Caring for a loved one is stressful, and often times mentally and physically draining.



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Every Memorial Day weekend, the Plaza hosts its largest free event of the year, bringing in thousands of people. Visit the Traveling Vietnam Memorial Wall. Wall Viewing Starts on May 22 at 3 pm. Our Sunday event on May 25th starts at 10 am includes:

- Local Veteran Related Booths
- Historical Flag Displays including Field of Flags
- Military Equipment & Vehicle Displays
- Honors Ceremony at 12 Noon
- Military Flyover
- Dignitary Personnel Introductions
- Missing Man Table
- A Battlefield Soil Ceremony
- Color Guard with Bagpiper Medley
- Awards Ceremony
- Reading of Names on Wall Each Day
- Keynote Speaker:
Retired US Army Brigadier General Art Dillon

The Plaza is located at 2626 W Horsetooth Road in Spring Canyon Park in Fort Collins. Visit our website at www.veteransplazanoco.org to learn more about our organization and events!



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.



Information for the 50+ Community

Assisted Living Locators



Mother & Daughter team, (l-r) Maureen Walker & Megan Slusser. Your local senior living advisors. Together they are changing lives one senior at a time, one family at a time. For the best-in-class customer services, call Assisted Living Locators 970-660-8898.

Larimer County Office on Aging Mental Health Awareness for Older Adults: An ADRC Specialist's Perspective

May is Mental Health Awareness Month, a time to reflect on the importance of mental well-being for people of all ages. As an Adult and Disability Resource Center (ADRC) Specialist at The Office on Aging, I work closely with older adults to help them maintain their independence and quality of life. While physical health is often the focus, mental health is equally vital, particularly for seniors, who may face unique challenges that affect their emotional well-being.

Depression is a common but often overlooked concern for older adults. Many seniors experience feelings of hopelessness or isolation due to factors such as limited mobility, loss of social connections, or financial stress. Unfortunately, these feelings are sometimes dismissed as a normal part of aging, which can make depression harder to diagnose. During Mental Health Awareness Month, it's crucial to highlight the importance of recognizing these signs and encouraging seniors to seek support when needed. Talking openly about mental health can help reduce stigma and ensure those who



Jennifer Lynn

need help get it.

Anxiety is another significant issue for older adults, with worries about health, finances, and maintaining independence often leading to chronic stress. This anxiety can prevent seniors from enjoying life and

can worsen physical health issues. Access to counseling services, peer support groups, and community programs that promote social connection are essential in reducing anxiety and supporting mental well-being.

Cognitive decline, including Alzheimer's disease and other forms of dementia, also affects many seniors. Although these conditions may not always be preventable, there are resources available to help manage symptoms and provide support for both the individual and their caregivers.

As we observe Mental Health Awareness Month, let's remember that mental health is just as important as physical health. By fostering open conversations and providing accessible resources, we can ensure that older adults lead fulfilling, independent lives.

Veterans Echoes

No Veteran Should Ever Eat Alone

“No Veteran Should Ever Eat Alone.” That was the philosophy of Virgil Horton and the foundation for the Pamvet Breakfast.



Brad Hoopes

Horton and Ron Garretson, both WWII Veterans, met for coffee at the west Loveland McDonald’s in 2008. Whenever they saw a Veteran sitting alone, they invited the vet over to join them. What started with just two Veterans has blossomed into a weekly gathering of 150–200+ at the Golden Corral every Saturday.

The beauty of the Pamvet (Proud American Military Veteran) Breakfast is its informal structure—no elected officials, no rules, and no fees (just the cost of breakfast). You come and go as you please, with the mission being to enjoy camaraderie with fellow Veterans over breakfast. Many new friendships have formed,

and countless shared service experiences and common connections have been discovered. Laughter fills the room. More often than not, the conversations push the needle on the Bravo Sierra meter into the red zone—but that’s half the fun.

Doors open at 8 a.m. Jane, a feisty WWII nurse, rings the bell to start the gathering once everyone is in, followed by the Pledge of Allegiance, a prayer, announcements, and introductions of first-time visitors. On the 1st and 3rd Saturdays, Veterans Honoring Veterans conducts a statue ceremony. Then, it’s off to the chow line.

The Golden Corral is located at 1360 Sculptor Dr., Loveland, which is right east of Lowes off Eisenhower (Hwy 34). The all-you-can-eat breakfast is \$13 & tax, plus a tip for the wonderful servers Sarah and Sue. See you there!

Brad Hoopes has a passionate project, Remember and Honor. www.youtube.com/@rememberandhonorstories



Photo by Jeff Fenske

Memorial Day 2025

No words are enough to thank the wonderful military men and women who lived for the country and died for the countrymen..... Heartfelt thanks to all those who sacrificed themselves for our survival!

Let us remember those who courageously gave their lives for their country and countrymen.

The brave hearts never die... they sleep in the embrace of the soil.

Salute to the heroes who gave their lives for something bigger... the nation.

They never came back...their sacrifice lives on!

Remembering those who gave their blood, sweat, and life in the line of duty.

Let us celebrate Memorial Day to honour and salute each and every life we lost on the battlefield.

The time has come to thank our army men and women who were the real heroes..... Happy Memorial Day!

They are not there with us, but they will always live in our memories. Memorial Day is a sweet way to remember those who did not hesitate to give away their lives for our freedom.

“Joy on the Journey”



The Dementia Together “JOY ON THE JOURNEY” team (l-r) Meghan Wall, Esther Gowin, Meaghan Williams, Agostina Bezek, Cyndy Luzinski, Sarah Arnold, Robin Westcott, Sharon Keay, Moe Reuter, Claire Richardson. They did an outstanding job presenting the fund raising event. The entire team was on hand to warmly greet and welcome guests as they arrived and to answer any questions.

The Dementia Together 2025 CEO of Blue Bell and Lon La Fundraiser was an impressive and successful event drawing an attendance in excess of 450 guests.

The 10 member “Joy on the Journey” team did an outstanding job is planning and hosting the event. They were active through-out the evening carrying out their respective jobs and duties. In addition, guests were offered and warm and caring welcome.

The event included a silent auction, buffet dinner, even a Root Beer Float Station. Two featured speakers, Ricky Dickson, former

CEO of Blue Bell and Lon La Bey, international advocate and founder of Alzheimer’s Speaks gave very moving and inspiring talks to an attentive audience.

The “Good Ol’ Days” themed event was held at The Ranch Events Complex, Pederson Toyota Center, Loveland, CO.

Dementia Together is celebrating ten years of impacting the transformation of dementia care from crisis to contentment. No one has to walk the dementia journey alone. For more information, please call 970-305-5271.



Guests enjoying their buffet dinner selections and an evening speaker.



Larimer County Office on Aging

Answers on Aging Resource Fair

- **Over 80 Community Resources**
- **Relaxation for Caregivers**
- **Older American Month Awards**
- **Educational Sessions**

larimer.gov/LCOAfair

May 13 | 12:30-4pm | The Ranch Events Complex

The History of Cinco de Mayo

Cinco de Mayo, meaning “Fifth of May” in Spanish, is often mistakenly thought to be Mexico’s Independence Day. In reality, it commemorates a significant but smaller military victory: the Battle of Puebla, fought on May 5, 1862. While not a major holiday in Mexico, Cinco de Mayo has evolved into a celebration of Mexican culture and heritage, particularly in the United States.

The roots of Cinco de Mayo trace back to a turbulent time in Mexican history. Following years of internal conflict, including the devastating Mexican-American War (1846–1848) and the Reform War (1857–1861), Mexico was left deeply in debt to several European countries. In 1861, President Benito Juárez suspended foreign debt payments for two years, angering Britain, Spain, and France. Although Britain and Spain negotiated settlements and withdrew their forces, under Emperor Napoleon III, France saw an opportunity to establish a stronghold in North America.

In late 1861, French troops landed in Veracruz and began ad-

vancing toward Mexico City. The French army was considered one of the most powerful in the world at the time, well-trained, well-equipped, and confident. However, Mexican forces were smaller, poorly supplied, and facing internal divisions. On May 5, 1862, near the small town of Puebla, General Ignacio Zaragoza and his troops managed to repel the French forces. The Mexican army’s stunning victory became a powerful symbol of resistance and patriotism.

In Mexico, Cinco de Mayo is not a national holiday and is often overshadowed by Mexico’s actual Independence Day, celebrated on September 16. Cinco de Mayo took on a different life in the United States, especially starting in the 20th century. Mexican-American communities embraced the day to honor their heritage and celebrate cultural pride. During the civil rights movement of the 1960s, Cinco de Mayo became a symbol among U.S. Latinos. It serves as a day to recognize the rich contributions of Mexican culture to American society.

New G.M. At IHOP in Fort Collins

IHOP right here in Fort Collins has a new General Manager Zeus Reynolds Wind. Zeus has been a valued IHOP employee for fourteen years. The last two years at the

and other American breakfast and diner fare. And, of course, be sure to say “Hi” to Zeus. Get ready for a warm, friendly welcome. One with a SMILE too!

Harmony Road location. Her work performance has allowed her to progress to being the new General Manager. And, very excited and pleased about her new position she is.

Zeus and her husband Kyle have three daughters and live in Fort Collins. The family enjoys jig saw puzzles time together, enjoying and caring for ten pets. When time permits, Zeus finds pleasure and personal rewards in her garden.

Make a point of stopping in at IHOP located at 1502 Oakridge Drive, FTC for a wide variety of pancakes



Zeus Reynolds Wind, Ihop New G.m. Stands Ready To Welcome You.

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TruBlue Home Service Ally® is your trusted partner for handyman services, home maintenance, and senior home modifications. Whether you’re a busy adult, a growing family, or an aging loved one, our mission is to make home upkeep simple, safe, and stress-free.

Our professional, background-checked and insured technicians are committed to helping you maintain your home inside and out. We specialize in small to mid-sized projects, offering dependable service and lasting results.

For seniors, fall prevention and safety are at the heart of what we do. We begin with a comprehensive Home Safety Assessment to identify common hazards, such as poor lighting, loose flooring, or missing handrails, that could put a loved one at risk. Based on this evaluation, our team recommends and completes customized home modifications designed to enhance safety and independence. These may include installing grab bars, updating stair railings, mod-

ifying bathrooms, and improving accessibility throughout the home.

To help maintain a safe environment long-term, we offer our Home Ally Maintenance Plan—a recurring service that handles routine upkeep and seasonal tasks. It’s all about giving families peace of mind while helping seniors remain comfortably and confidently at home.

In addition to senior-focused services, TruBlue takes care of your everyday handyman needs and preventative maintenance, saving you time, money, and stress. From tackling to-do lists to prepping your home for changing seasons, we’re here to help you enjoy worry-free living.

TruBlue is the only national provider focused on complete home care for seniors and busy adults. When you need trusted, reliable service, call the team that treats your home like it’s our own.

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34 Years of Service Providing Information for the 50+ Community

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. 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.

Tea with the Legendary Ladies:

Thursday, May 15, 1:30 pm
The Legendary Ladies are back. This year's guests include Merle Eagan Anderson, Miriam Davis Colt, and Mabel Dodge Luhan. Come dressed in your favorite hat and enjoy tea sandwiches, scones, desserts, and delicious tea. Register by May 12. \$16 (\$20 non-res.).

Save the Date – Strawberry Brunch:

Thursday, June 5, 10 am
The ever-popular Strawberry Brunch and Fashion Show returns. We serve a wonderful brunch followed by the fashion show brought to us by Cato Fashions. Friends from the Community Recreation Center will model the fashions. The fee includes the brunch and fashion show. Register by June 2. \$19 (\$25 non-res.).

Foot Care Clinic:

Wednesday, May 7, 9:30 am
Visit certified foot care specialist Marilyn RN, CFCS, on the first Wednesday of each month to receive routine foot care and toenail care. Geared towards people with diabetes, arthritis, loss of strength and mobility, low vision, or those with physical or mental disabilities. Appointments are 25 minutes long and are first come, first served by calling 720.512.9445 to reserve your timeslot. Timeslots are from 9 am-12 pm. Payment is due at the time of appointment.

Reconnect With Your Rhythm:

Wednesday, May 7-28, 10:30 am
Delight in drumming with others in a relaxed and fun group setting. Percussion instruments (shakers, maracas, etc.) and drums are provided. Bring your own percussion instrument if you'd like and reconnect with your rhythm. No experience necessary, just come and enjoy. \$40 (\$52 non-res.).

Beginning Quilting: Make a Lap Rag Quilt:

Wednesday, May 7-28, 6-8 pm
Join us for a fun and beginner-friendly quilting class where you'll create a 34" x 44" small lap rag quilt. All squares will be the same size, making this a perfect first project. You'll learn the basics of cutting, sewing, quilting, and finishing your own quilt. No prior experience is needed. The instructor will have all the materials needed for this project. A material fee (\$30) is due to the instructor on the day of class. Instructor Jenn B. \$60 (\$78 non-res.).

Dance Basics for Couples:

Thursday, May 8, 7 pm
Are you getting ready for a wedding or reunion? Join us for dance fundamentals. Learn about dance holds, posture, footwork, and working together as leader and follower. In this class you will learn four different dance styles, including the basic steps, turns and patterns of each style. No previous dance experience is needed. Singles, couples, and groups are welcome. \$40 (\$52 non-res.).

Adult Trip – Jurassic Oceans:

Thursday, May 20, 10 am
Come along as we explore the Denver Museum of Nature and Science and its special exhibit, Jurassic Oceans: Monsters of the Deep. Travel back in time to experience a prehistoric underwater world as you've never seen before. Lunch is on your own after the event. Registration closes on May 13, and there will be no refunds after that. Please be prepared to walk at least a mile during the event. \$47 (\$55 non-res.).

AARP Smart Driver Course:

Thursday, May 22, 12 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).

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: www.boulderolderadultservices.com

Weekly newsletter sign-up:

<https://bouldercolorado.gov/lets-age-well-newsletter>

Early Childhood Service Corps Workforce Information Session

The Early Childhood Service Corps (ECSC) provides individuals 50+ free training and placement in volunteer or paid positions supporting children aged 0 – 5 and strengthening community ties. West Age Well Center, Monday, May 5, 1 – 2 p.m. No Fee

NEW! Qi Gong

Practice simple, yet effective Qi Gong exercises that improve range of movement and balance and that create a general sense of well-being. May be done standing or seated. All levels welcome. West Age Well Center, Wednesday, May 7 – 28, 11:15 a.m. – noon
Fees: R/NR \$32/\$40

CarFit

CarFit's professionals take older drivers through a 12-point checklist with a personal vehicle and recommend minor adjustments that make the car "fit" better for

comfort and safety. East Boulder Community Center Parking Lot 3, Monday, May 12, 9 a.m. – noon. No Fee. Register for 30-minute appointment.

Senior Planet Lecture: Smartphone Camera Uses
Explore a variety of fun and useful features such as scanning QR codes, translating text, measuring objects, and even using augmented reality. West Age Well Center, Monday, May 12, 10 – 11 a.m. No Fee

Coffee with a Cop

Join this opportunity to ask questions, voice concerns, and get to know the officers in City of Boulder. Drop-in: West Age Well Center, Thursday, May 15, 9 – 11 a.m. No Fee

CU Boulder Physiology of Aging Clinical Trials: From Initial Insights to Impact

Researchers from CU Boulder's Integrative Physiology of Aging Lab will present findings from past studies on lifestyle interventions to maintain and improve cardiovascular health. West Age Well Center, Wednesday, May 28, 1 – 2 p.m. No Fee



Lafayette Senior Services

Programs offered by Lafayette Senior Services

Call 303-665-9052 or email olderadults@lafayetteco.gov to register.

Protect Yourself from Home Contractor Fraud

May 14, 2-4pm
Homeowners often need contractors for repairs or renovations, from licensed plumbers to remodeling companies. Learn what to know before signing a contract in this presentation, offered in partnership with the Boulder County District Attorney's Office.

Planning the Care You and Your Loved Ones Deserve

May 20, 3-4pm
Navigating care options can be overwhelming, especially during health challenges. This workshop breaks down local resources, when to use them, and how to plan. Gain the knowledge and confidence to make informed decisions for yourself and your loved ones.

Colorado Rockies Game

May 22 (vs Phillies) and June 22 (vs Diamondbacks), 11:15am-5:30pm

Cheer on the Colorado Rockies! Enjoy the game from shaded seats, relax with friends, and soak in the

ballpark atmosphere. Dress for the weather, wear comfortable shoes, and get ready to support the team. Transportation and game tickets are included for a seamless, fun-filled day of baseball!

Olympic and Paralympic Training Center

May 15, 8:30am-4:30pm
Join us for a 0.5-mile walking tour of the Colorado Springs Olympic & Paralympic Training Center, where Team USA trains at 6,100 feet! Explore world-class facilities, including an Olympic-size pool, shooting range, velodrome, and more. Dress for both indoor and outdoor sections. After the tour, we'll enjoy a relaxing lunch. Trip includes transportation and guided tour.

Casino Trip to Bally's

May 29, 9am-5pm
Head to Bally's in Blackhawk with us and enjoy a \$10 play voucher! Explore the town, visit other casinos, and soak in mountain views. Transportation included meals are on your own. Don't forget water and comfy shoes!

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MONTH**



FLIP THE SCRIPT ON AGING: MAY 2025

TRADING POST

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San Antonio, TX
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67th Annual Plant & Bake Sale
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a head start on your spring shopping or grab a gift for Mother's Day. Proceeds to benefit community beautification projects managed by the Greeley Morning Garden Club. For more info follow the club on social media or visit the website
 Event date: Saturday, May 10, 2025
 Event Time: 8 am - 2 pm
 Event Address: Sanborn Park, 2031 28 Street, Greeley, Co, 80634
 Club web address: greeleygardenclub.com

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May 2025
 Answers page 17

Crossword Puzzle

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 |
| 14 | | | | | 15 | | | | | | 16 | | | |
| 17 | | | | | 18 | | | | | | 19 | | | |
| 20 | | | | 21 | | | | | | | 22 | | | |
| 23 | | | | | | | | 24 | | 25 | | | | |
| | | | 26 | | 27 | 28 | 29 | | | 30 | | 31 | 32 | 33 |
| 34 | 35 | 36 | | 37 | | | | 38 | | | 39 | | | |
| 40 | | | 41 | | 42 | | | | 43 | | 44 | | | |
| 45 | | | | | | 46 | | | | 47 | | 48 | | |
| 49 | | | | 50 | | | 51 | | | | 52 | | | |
| | | | 53 | | 54 | 55 | | | | 56 | | 57 | 58 | 59 |
| | 60 | 61 | | | 62 | | 63 | 64 | 65 | | | | | |
| 66 | | | | | 67 | | | | | | 68 | | | |
| 69 | | | | | 70 | | | | | | 71 | | | |
| 72 | | | | | 73 | | | | | | 74 | | | |

ACROSS
 1 Swindle
 5 8th letter of the Greek alphabet
 10 Limbs
 14 Conclusion
 15 External
 16 Fencing sword
 17 6th month of the Jewish calendar
 18 Dried plum
 19 Grape plant
 20 Put in a new position
 22 Frozen water
 23 Laud
 24 Soft lambskin leather
 26 Negates
 30 Norwegian dramatist
 34 Ocean
 37 Act in response

39 Traditional knowledge
 40 Nimbus
 42 City in Nebraska
 44 Relaxation
 45 Above
 46 Braid
 48 For each
 49 Molars
 51 Guide
 53 Steering wheel
 56 Hindu religious teacher
 60 Monetary unit of Vietnam
 62 34th president of the U.S
 66 Exude slowly
 67 Of an axis
 68 Indonesian resort island
 69 Fall
 70 Inward feeling

71 Greek goddess of the rainbow
 72 Covetousness
 73 Having an edge
 74 Technician

DOWN
 1 Frighten
 2 Manuscript volume
 3 Modify
 4 Dark brownish red color
 5 Pith helmet
 6 Injure
 7 Sewing case
 8 Join securely
 9 Area used for sports
 10 Subject to a levy
 11 Heroic
 12 Basic unit of heredity
 13 Perceive with the eyes
 21 Insult
 25 The ratio between circumference and diameter
 27 The Lion
 28 Torch
 29 Skin of the upper part of the head
 31 Lather
 32 Scottish Gaelic
 33 Never
 34 Discharge of a firearm
 35 Overhanging lower edge of a roof
 36 On sheltered side
 38 Native of Thailand
 41 Study of correct pronunciation
 43 To be unwell
 47 Nonsense
 50 Masculine pronoun
 52 Small-time
 54 Contract
 55 Formed by mixing
 57 Alert
 58 Pertaining to song
 59 Inhabitants of Ireland
 60 Wind instrument
 61 Northern arm of the Black Sea
 63 Vocalize melodically
 64 Otherwise
 65 Requirement
 66 Lyric poem

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