

50 Plus Marketplace

NEWS



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

November 2025 • Volume 31 • Issue 11

CU Anschutz's Annual 2025 Geriatrics Symposium

In October, Colorado University's Anschutz's Medical Center held their annual all-day Geriatrics Symposium at their Aurora campus. Over 250 people and multiple vendors in many medical and healthcare professions attended the event! After the light breakfast, host and Geriatrics Chair **Cari Levy, MD & PhD**, provided the welcome introduction followed by the opening keynote speaker, **Dr. Kerri Moreau**, geriatrics professor at Anschutz.

Kerri spoke about Vascular Aging from Head to Toe! She explained that most seniors over 60 years have arterial stiffness and thickness of their blood vessels, that affects women after menopause usually after 40 years of age. Reversing artery hardening is difficult to do, however exercise and proper nutrition help to reduce artery thickness!

Alzheimer's and kidney disease, bone deterioration also affects more women more than men, whereas muscle deterioration affects more men! Women taking hormonal therapy will last 15 years longer than average. Statin prescriptions do improve blood pressure by reducing cholesterol levels in both sexes. Interesting, she elaborated that testosterone therapy treatment didn't improve aging for men!

The conference had multiple breakout sessions throughout the day, which I only attended several sessions that interested me. Other breakout sessions not attended included your feet, ears, retinal aging, cancer in older adults, oral health, knees, caregiving tips, weighted vests, skin issues, and arthritis,

Dr. Victoria Pelak, professor of Neurology & Ophthalmology at Anschutz, discussed vision & cognitive issues! She indicated age related ocular changes causes presbyopia, which is the age-related loss of the eye's ability to focus on nearby objects, typically beginning after age 40. It's caused by the gradual stiffening of the lens inside the eye, making close-up tasks like reading more difficult! Diabetes and cardio effects make it even worse!

Certain drugs such as antidepressants, antihistamines, and diuretics are causes, but several



Anschutz's Conference Speakers: (l-r) Jodi Waterhouse, MHA, Dr. Nicole Ehrhart, MD & Veterinarian with her therapy dog Mammoth, Dr. Kerrie Moreau, MD, & Dr. Cari Levy, MD.

treatments include reading glasses: either bifocals or progressive lens or contact lens too!

Victoria mentioned 25% of the brain is dedicated to your vision. It also controls your physical movement, recognition & memory, and decision making! Several eye defects include cataracts, macular degeneration, glaucoma, but are treatable!

Eye diseases affects understanding (comprehension) and dementia, however routine annual testing can maintain a healthy lifestyle with diet, exercise, socializing, and intellectual stimulation!

Lauren Beenken & Catherine O'Hara, graduate audiologist students at Anschutz, discussed how diabetes and hearing affect lifelong health. Sadly, 38.4 million Americans have diabetes, while 98 million Americans are near diabetic stages. Diabetes is the 8th leading cause of death, and most cases can be treated or reversed in some cases.

Diabetes affects many parts of the body including the heart, eyes, feet, nerves, blood vessels, stomach, brain, skin, kidneys, sexual habits, mouth, and hearing including your balance! Other causes are neuropathy, high blood sugar, speech effects, falling down, impaired visual acuity, diminished posture, increased risk of noise exposure and using ototoxic drugs.

Expect higher frequency loss in hearing from noise levels greater than 60 decibels (db), but low-

er than 60 db results in normal hearing! The effects of hearing loss includes social isolation and loneliness in most Americans, decreased mental health and higher cognitive decline problems, fatigue, and decreased memory. Dementia increases hearing loss of 200 to 500% in many Americans. Healthcare providers refer patients to audiologists for a hearing evaluation and likely will need hearing aids as needed.

Both students recommended regular hearing screenings and protect your hearing in noisy areas, which can cause tinnitus (constant buzzing) from constant high levels of noise such as loud music or construction in any environment!

Dr. Samantha Farro, PhD and assistant professor in Geriatrics, discussed issues from stress during challenging times. A 2024 survey of 3300 adults on the stress topic affected 77% of our nation, 73% of our economy, and 69% of the 2024 election results. 4 of 5 adults felt the last election was a rollercoaster ride with 25% of Americans losing sleep over the election results.

She elaborated on the fact that 50% of adults were less likely to connect with people due to stress! For example, 30% of family members didn't interact with each other due to differences in values, especially politics! Over 70% felt there was too much misinformation in today's world, while 80% lost the ability to have civil disagreements and were emotionally stressed!

However, there are three components: 1) self kindness, 2) common humanity interaction, & 3) mindfulness (a relaxing technique) that has positive health benefits for reducing stress!

Dr Hilary Lum, MD & PhD, professor of Geriatrics, provided tips for navigating caregiving for others and ourselves. She explained caregiving is hard, complex, and very common for most adults! 51% of caregivers felt a sense of purpose as a caregiver! Caregiving affects psychological social, spiritual, emotional, and educational needs!

Always ask for caregiving help through a friend or a coalition group referrals or from your local Area Agency on Aging (AAA) facilities including online help! Many coalition groups and AAAs offer caregiving classes to prevent or reduce stress as a caregiver!

In 2024, 6.9 million Americans had Alzheimer's Disease (in various stages), while 1 million Americans had severe dementia of other types! These types of dementia cost our nation over \$215 billion annually! Just in Colorado, 159 thousand professional and personal caregivers provided over 184 million hours of caregiving services! Sadly, over 64% of caregivers have high stress and need help!

Visit our website at 50plus.news for the remainder of this beneficial article by photojournalist Robert Larson

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DEADLINE
10th of the Preceding Month

Advertising supports all publication efforts. Call 303-694-5512 to request a media kit. Ads are accepted until the 16th of the month, provide by email in PDF, or JPG files. Ad space is provided in column-inches, equating to fractions of a page, up to a full page, with many sizes to choose from. We have an excellent graphics design team by request.

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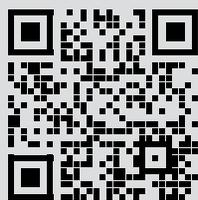
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BOULDER

Calendar

Tuesday/4

Boulder Genealogical Society presents a free program on “Women of Letters: Frontier Women Wrote, and We Benefit from What They Shared ” by Sylvia Tracy Doolos on Zoom only at 7 pm. Women wrote in diaries, newspapers, magazines, and letters to family and friends. Learn about the joy, heart-break, and determination it took to be a frontier woman. Please register to receive the Zoom info and handout on their website at <https://www.bouldergenealogy.org/>.

Tuesday/11

The local VFW will present their annual Veterans Day parade starting at 11:11 am. The parade route starts on Longs Peak Ave to Main Street to 4th Avenue and includes nearly 100 entries featuring military color guards, floats, military vehicles, bands, and local vendor entries.

Wednesday/12

Longmont Genealogical Society presents a free hybrid program on “After You’re Gone:

Future Proofing Your Genealogy Research” by Thomas McEntee at 1 pm at the 1st Lutheran Church Friendship Room, 3rd and Terry Sts. in Longmont. Through a combination of planning, common sense, and new technologies, we’ll review how to create an action plan for preserving your genealogy research. Please register to receive the handout or Zoom info on their website at <https://longmontgenealogicalsociety.org> to receive any handout or Zoom info.

AARP presents many free on-line 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 on-line classes.

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

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Social Security Today

Social Security Announces 2.8 Percent Benefit Increase for 2026

The Social Security Administration announced today that Social Security benefits, including Old-Age, Survivors, and Disability Insurance (OASDI), and Supplemental Security Income (SSI) payments for 75 million Americans will increase 2.8 percent in 2026. On average, Social Security retirement benefits will increase by about \$56 per month starting in January.

Over the last decade the cost-of-living adjustment (COLA) increase has averaged about 3.1 percent. The COLA was 2.5 percent in 2025.

Nearly 71 million Social Security beneficiaries will see a 2.8 percent COLA beginning in January 2026. Increased payments to nearly 7.5 million people receiving SSI will begin on December 31, 2025. (Note: Some people receive both Social Security benefits and SSI).

“Social Security is a promise kept, and the annual cost-of-living adjustment is one way we are working to make sure bene-

fits reflect today’s economic realities and continue to provide a foundation of security,” said Social Security Administration Commissioner Frank J. Bisignano. “The cost-of-living adjustment is a vital part of how Social Security delivers on its mission.”

Other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) is slated to increase to \$184,500 from \$176,100.

Social Security begins notifying people about their new benefit amount by mail starting in early December 2025.

Similar to last year, Social Security beneficiaries will receive a simplified, one-page COLA notice, which uses plain and personalized language, and provides exact dates and dollar amounts of an individual’s new benefit amount and any deductions.

Individuals who have my Social Security accounts can view their COLA notices online, which is secure, easy, and faster than receiving a letter in the mail. Account holders can set up text or email alerts when they receive a new message, such as their COLA notice.

To receive a COLA notice online, individuals will need to create or sign in to their personal my Social Security account and opt out of paper notices by November 19, 2025. Go Digital! Create an account today at www.ssa.gov/myaccount.

An online my Social Security account also gives individuals access to request a replacement Social Security card, view their claim status and benefits, and view their SSA-1099.

Information about Medicare changes for 2026 will be available at www.medicare.gov. For Medicare enrollees, the 2026 premium amount will be available via my Social Security Message Center starting in late November. Individuals who have not opted to receive messages online will receive their COLA notice by mail in December.

The Social Security Act provides for how the COLA is calculated. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) as determined by the Department of Labor’s Bureau of Labor Statistics.

[For additional information, visit www.ssa.gov/cola.](http://www.ssa.gov/cola)

Mental Health

To Our Veterans on November 11th



Dr. David Remmert

To have served your country with distinction and honor is one of the most noble pursuits I know. To subject oneself to overseas deployment and potential active combat must be terrifying. To suffer from the trauma inflicted by combat is debilitating. I know this not from personal experience, but because I’ve listened to countless stories as vets have shared their horrors and their pain. With inspiring vulnerability, vets have given me a glimpse into some of their worst days and worst experiences, and allowed me to grieve and process alongside them.

No, I don’t claim to know what it’s like to be ‘outside the wire,’ and I wouldn’t dishonor you by reducing your experiences to a cluster of symptoms. What I do know is that many veterans suffer from these experiences and might benefit from the care we provide. I understand the reluctance that comes from a ‘you weren’t there’ mentality, but there are people who do what I do and were there. Don’t hold onto your pain like a warm blanket if you suffer. Seek out someone(s) you can unburden yourself with and know that you are not the sum total of your trauma.

We owe our veterans a huge debt of gratitude. At some time in their

lives, they experienced a proscribed period where they voluntarily separated themselves from their families and communities. In many cases, they entered very dangerous areas of the world and risked their lives so that we might freely live ours. We thank all veterans for their service, and we offer ours in return.

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

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Thanksgiving

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Technology is Hip!

Be Aware of Internet User Security Devices!

A recent Deutsche-Welle TV science program indicated that hackers could compromise many Internet user security devices. These Internet user devices include remote controlled door locks and video



Bob Larson

cameras, computers, smartphones, security systems, email systems, and many more devices! However, there are many advantages and disadvantages of these types of Internet devices as follows:

Advantages of Internet-related security devices include 1) Protection of sensitive data which includes strong security measures (encryption, firewalls, antivirus) reducing risks of identity theft and fraud., 2) Business continuity & reliability such as cybersecurity tools help prevent downtime caused by malware or ransomware, 3) Compliance with regulations involving many industries (healthcare, finance, government) that require strict data protection, 4) Prevention of malware & spyware using antivirus and intrusion detection systems, 5) User & client trust using secure systems reassure customers and user confidence, & 6) Safeguarding IoT devices with smart homes, wearables, and connected appliances, security prevents hackers from exploiting vulnerabilities in everyday devices.

Several Disadvantages of these devices include 1) Cost of implementation using high-quality security solutions (firewalls, intrusion detection, endpoint protection) can be expensive, 2) Performance impact of security software may slow down devices by consuming memory, processing power, or bandwidth, 3) Complexity & maintenance of security systems require regular updates, monitoring, and skilled management, 4) False sense of security may assume they are fully protected and engage in risky behavior by clicking suspicious links, 5) User inconvenience using strong security often requires multi-factor authentication, frequent password changes, or restricted access, which can frustrate many users, & 6) Evolving threat issues from cybercriminals constantly develop new attack methods.

The bottom line of these security Internet-related devices is essential, but not absolute. It provides critical protection for data, privacy, and system stability, but it comes with financial, technical, and usability trade-offs. The most effective approach is combining technical defenses with user awareness and regular software updates. Bob Larson is a technologist and Marketing Director for 50 Plus!

Poetry Rising

Ah, November. The time of acceptable and sanctioned moments of gratitude. Perhaps eating a little too much... Yet never accused of being too grateful. Here we sit with the luxury of being able to read the newspaper in the comfort of our homes. Some of us have friends or family who can touch and hug and some may not. And graciously, no matter where you are or who you are, there are always the magic moments... Unscheduled... Unexpected...

THE POET WAITS

In all the world
there is this thing called waiting.

Everyone knows the stillness of the photographer
spending hundreds of hours
waiting for the magic moment...
they hope will come.

The poet, on the other hand,
is waiting for the words
because nature has already called their name.

We know that this spectacular show that nature puts on for us
might only be seen by a few.

If the poet can remember,
they wait for the words they know will come.

And even if it's only quiet, and silence is the gift, even then
it is worth waiting for.
Even then.
Even then.

(c) Barbara Wood Gray

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

Reflections

Welcome To Your Second Home

Years ago when I first moved to California for my teaching job, I knew one couple friend of my parents. They lived in Riverside, about an hour or so away from me.



Martha Coffin Evans

They were kind enough to give me a second home during those early years. I'd call the Sayers and go for a visit along with a meal with them. How special that became for me and my parents too.

Soon teacher friends would invite me to join them at their family's homes in Northern California for Thanksgiving. I came home to Boulder for Christmas but, sharing that second home with them during that holiday helped close the distance.

Some years ago, I learned how much our home meant to another who moved here. "I can't imagine how different my life would have been had I not known you and become part of your family," commented Emily.

Coming here from Illinois to college, she knew no one except us from my cousin's family friend. She noted how important the years have been from her collegiate times, to when Emily lived with us for a few months and since her return to Colorado for a job.

She recalled special Sunday evening dinners with "60 Minutes."

"My mom always asks about you," Emily continued. "She's so grateful you gave me a second home." Our second home meals have continued as she's now part of

our family members as they plan the holiday ones starting with Thanksgiving through Easter and beyond.

Sometimes, we don't realize how we've helped others when they've moved into our schools or communities. Hearing that importance is most gratifying.

I remain grateful for the gift of that second home years ago. I still cook Alice Sayer's Tamale Pie recipe and remember their kindness to this family friend from Colorado.

Have you had the opportunity to share your home with another? It could be the best gift you give.

Martha (Marty) Coffin Evans, Ed.D., is a freelance writer with MACE Associates, LLC. She can be reached at itsmemartee@aol.com or martycoffinevans.com.

We Care

NOVEMBER Calendar

DENVER-METRO

Tuesday/2

Aurora Genealogical Society presents a free hybrid program on "Opening Up the BLM of Land Management" by Carol Darrow, Professional Genealogist on Zoom only at 1 pm. Genealogists can benefit immensely from using BLM GLO records, as these documents offer valuable insight into land ownership and family history. Please register online at <https://www.auroragenealogicalsociety.com/> to receive the Zoom info and any handout.

Saturday/8

The Denver Veterans Day Parade will occur at 9 am starting at the City Park will feature marching bands, floats, military vehicles, and historical reenactments, representing Different conflicts in military history.

Colorado Genealogical Society presents a free class on "Beginning Genealogy" by instructor Carol Darrow at 10 am on Zoom. Beginning Genealogy is an introductory genealogy class that will introduce you to U.S. census records and basic record groups such as birth and death records, marriage records. You will learn how

to record information on pedigree charts and family group sheets. Please register online at <https://cogensoc.us/>.

Douglas County Veterans Service Office and the Douglas County Veterans Monument Foundation invite you to a Veterans Day ceremony to honor our American heroes. The event begins at 11 am at the Veterans Monument Plaza, 301 Wilcox St. in Castle Rock. This year, the program will feature former Navy SEAL and current motivational and leadership speaker, Phillip Koontz.

Thursday/13

Aurora's annual Veterans Salute will take place from 10 am to 1 pm at the Hyatt Regency Aurora-Denver Conference Center, 13200 E. 14th Place. At 11:30 am begins the main program featuring a patriotic luncheon, live entertainment by the Victory Three singers plus heartfelt stories from local veterans, the Mission Viejo Elementary School Choir, and a formal recognition ceremony for military veterans. Tickets are \$15 per person and available for purchase through Wednesday, Oct. 29 online at [Ticket - Veterans Salute 2025 - Eventyeny](https://www.eventyeny.com/ticket/veterans-salute-2025).

City of Littleton Celebrates Cutting Edge Award Winners!

The City of Littleton created the Cutting-Edge Awards this year to celebrate Littleton businesses that demonstrate innovation, creativity, sustainability, and community involvement. There are four winners, one in each city council district!

District 1 — Town Hall Arts Center

Town Hall Arts Center was recognized for its role as a cultural cornerstone in Littleton. With more than 35,000 visitors annually, Town Hall Arts Center drives economic activity, partners with local schools and businesses, and encourages community engagement. Their continued innovation and resilience, now entering their 43rd season, make them a leader in arts and downtown vibrancy.

District 2 — Doctors Care

Doctors Care was honored for its commitment to delivering affordable, high-quality healthcare to underserved populations. For over 35 years, they have supported the health and stability of Littleton's workforce, children, and families. Their programs help clients navigate complex healthcare systems, ensuring access and well-being for all.

ing for all.

District 3 — AdventHealth Littleton

AdventHealth Littleton earned recognition for redefining cardiac care with its Heart & Vascular Institute, which brings advanced procedures and cutting-edge technology to the region. As one of Littleton's largest employers, AdventHealth continues to grow jobs, expand care, and invest in sustainability, while remaining a trusted healthcare and community leader.

District 4 — Ted's Montana Grill

Ted's Montana Grill was recognized for more than two decades of innovation in sustainable dining. Their efforts have reduced plastic and food waste, supported bison conservation, and advanced farm-to-table practices. With over 1,000 Littleton residents employed since opening and more than 2 million guests served, Ted's has made a lasting economic and community impact. Congratulations to the first winners of Littleton's Cutting-Edge Award!



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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



Your Generosity and Time Can Make a World of Difference!

The need for support is growing. If you're able to provide resources or your time, you can help us make a real difference in Arapahoe and other Colorado counties for those navigating hardship. Please consider the following opportunities.

Local food banks under strain

Even before the government shutdown local food banks were already experiencing increased demand. Monetary donations can help them quickly buy in bulk to meet this unprecedented need. Please consider donating to your local food bank or to Feeding Colorado.

(through Nov. 7), money, or your time. Learn more at arapahoeco.gov/thanksgivingfooddrive.

Dig out a neighbor this winter

For individuals with physical limitations, snowy walkways and driveways can create serious safety hazards. This program will match you with a neighbor in need within a short distance from your home. Volunteers especially needed in Aurora, Greenwood Village, and Centennial. Learn more at arapahoeco.gov/digout.

Partnering for the Holidays Through Dec. 4, Arapahoe County Human Services is col-



Help make Thanksgiving special

Every year, Human Services staff brings complete Thanksgiving meals to more than 500 Human Services clients who would otherwise go without on the holiday. You can help by donating food

lecting new, unwrapped gifts to help provide client families facing hardship a holiday shopping experience and the simple joy of choosing meaningful gifts for their loved ones. Learn more at arapahoeco.gov/partnering.

They Left The Door Open

The town of Yemassee, SC, with its population of slightly more than 1,000 residents, has quite a population of monkeys—some 3,500 rhesus monkeys housed at the Alpha Genesis research facility. And so, it created quite a stir when 43 of the chimps escaped and the Yemassee Police Department issued a warning “strongly” advising residents “to keep doors and windows secured to prevent these animals from entering homes.” CBS News reported that someone “failed to secure a door at

the enclosure, allowing the monkeys to roam free.” Authorities have been successful in slowly recovering the monkeys.



Find Einstein



Can you find the hidden Einstein in this paper?

G	R	A	B		M	O	T	T	E		A	V	O	W	
R	O	L	E		E	R	R	O	R		E	A	V	E	
I	N	T	I		N	A	I	R	A		R	A	I	D	
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N	A	S	A		S	E	A	R	S		Y	A	R	D	

Dragonfly-mania

Sand Fleas, Sand Flies and Horse Flies can disturb your day on the beach. In August and September, it's not unusual to encounter Dragonflies, as well. Despite their names, Dragonflies are harmless. But they can ruin a day at the beach when they gather en masse like they did recently on Misquamicut Beach in Westerly, Rhode Island where hundreds of thousands of them gathered in swarms all at once. It was like

a scene from a horror movie, according to one reporter.



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Colorado Gerontological Society

Funds to Help With Utilities Available November 1

As of this writing and assuming the government shut-down is solved, Colorado's older adults can expect to have LEAP funds available to help pay upcoming utility bills. If the shutdown continues past November 1, there may be delays or changes to the program.



Eileen Doherty

If you currently pay for utilities either directly to a utility company or as part of the rent, and your household income is less than \$3,607 per month for a single individual or \$4,717 per month for a couple.

When you apply, you will need to complete and sign the application, include a copy of lawful documentation, such as a Colorado ID or Driver's license. You will also need Social Security numbers and birth dates for all members of the household, as well as copies of household income and a recent heating bill.

Applications can be submitted online at Colorado Peak (CDHS. colorado.gov/leap); click on the Energy icon to complete your application. You can also apply at www.senioranswers.org. Apply between November 1, 2025 and April 30, 2026.

If you choose to submit a paper application, most forms need to be mailed to LEAP, PO Box 39200, Colorado Springs CO 80949. The exceptions are Alamosa, Gilpin, LaPlata, Mineral, Montrose, Pueblo, and Rio Blanco counties. You can request a paper application at 1-866-432-8435 or 303-333-3482.

Most benefits are paid within 10-25 days in non-emergency cases. If you have a shut-off notice from your utility company, call 1-866-432-8435 and they may be able to expedite your payments.

LEAP does not pay the full cost of your utility payment. You should continue to pay your utility bill. Your LEAP payment will be sent directly to your utility company, unless your utilities are included in your rent, then funds will be loaded on your EBT card. This is the same as your SNAP card if you have one.

For more information visit www.senioranswers.org or call 303-333-3482.

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

Denver Parks & Recreation Opens Gates to Park Hill

In late October, Denver Parks & Recreation (DPR), alongside Mayor Mike Johnston, Councilwoman Shontel M. Lewis, and Councilman Darrell Watson, celebrated the initial opening of Park Hill Park. Thanks to a historic land exchange, the city now owns this site, which is open to the public for passive recreation from sunrise to sunset, seven days a week. Visitors can enjoy existing trails, natural scenery, and wildlife viewing, though amenities are minimal at this stage.

"Today has been years in the making, and we are here only because of the tireless efforts of community advocates and city employees who want to see this land transformed into Denver's next great park," said Mayor Mike Johnston.

This opening marks the first step in a long-term process; the full vision and framework for the park are still in development, guiding future design and features. DPR will continue to engage the community in shaping the park's future, ensuring it reflects the needs and values of the community. In the meantime, the site will continue to be maintained by DPR and managed as open space.

"Voters made it clear; they want to keep green space in the Park

Hill neighborhood," says Councilwoman Shontel M. Lewis. "As we move forward with designing and building this regional park, my goal is to ensure the final design is driven by the surrounding community."

The land on which Park Hill resides can be traced back to the tribal lands of the Hinono'eiteen (Arapaho), Nuuchu (Ute), and Tsistsistas (Cheyenne) and carries a historical significance within the Black community and the fight for social justice.

"This is only the beginning," said DPR Executive Director Jolon Clark. "This park will be a living representation of our city's love of the outdoors. We will keep involving residents through the design process to turn this beautiful natural space into a lasting community asset."

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Caregivers need a break.



Caregiver Respite

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

Caregiver Respite voucher eligibility

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

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

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

Find out more or sign up today:
303-480-5656
caregiversvcs@drcog.org



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NOVEMBER Calendar

WELD

Thursday/6

The 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.

Saturday/8

The University of Northern Colorado Music Dept. features the 41st Annual Western States Honor Orchestra Festival Concert will be held at the Campus Commons Performance Hall at 3:00 PM. Tickets range from \$5 to \$17 and can be purchased online at <https://tickets.unco.edu/Online/seatSelect.asp>.

Tuesday/11

The annual free Veterans Day parade usually oc-

curs in downtown Greeley at 10 am. Visit the Internet on this date to see the details.

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

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

We Care



Christmas Boutique

Saturday, December 6, 2025

9:00 AM - 3:00 PM
FREE ENTRY

- Craft Fair, Food & Drinks
- Radio Flyer Wagon of Toys!
- Tickets Available Now or at the Event
- Silent Auction 9:00 - 2:00 pm
- Santa Claus 11:30 - 1:30 pm (bring your camera!)



Windsor Community Playhouse

Fridays and Saturdays at 6pm
Sundays at 1pm



ONE CHRISTMAS EVE AT EVERGREEN MALL

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Nov. 21 - Dec. 14, 2025
Annual dinner theatre, reservations are required



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970-674-1794



Christmas Boutique 2025

The Johnstown Senior Center is excited to once again offer its annual Christmas Boutique! This long-standing tradition brings local area crafters into a one-stop shopping experience. Shop craft vendors offering items such as candles, homemade breads, unique jewelry and holiday décor, distinctive resin and 3D printed items, hats, quilts and much more!

While you are here, be sure to buy tickets for a chance to win a Radio Flyer Wagon full of toys valued at over \$500! We also have two rooms dedicated to silent auction items such as gift cards to local restaurants, retail shopping,

local coffee shops, or handmade items. You don't want to miss out on the great deals and the thrilling rush of out bidding the previous person.

And whether you have kids with you, or you're just a kid at heart, come take your picture with Santa Claus! And to satisfy that appetite, we will also have a small concession stand.

This exciting event will be on Saturday, December 6th. Craft event and wagon is from 9:00 - 3:00 pm, Silent Auction is from 9:00 - 2:00 pm, and Santa Claus is from 11:30 - 1:30 pm. Hope to see you there!



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Honoring Veterans!

Join us for a heartfelt Veterans Day Celebration on Tuesday, November 4, from 10–11 a.m. at the Greeley Active Adult Center- 1010 6th Street, Greeley Colorado.

Enjoy a special light breakfast, live entertainment, and help us honor those who have served.

Veterans are invited to sign up to have their photo added to our veterans wall. (photos taken December 9) Let's come together in gratitude and celebration. This free program requires reservations by November 3. For more information, please call 970-350-9440.



Thanksgiving Day Quotes

“Gratitude is happiness doubled by wonder.” — G.K. Chesterton

“There is always, always something to be thankful for.” — Unknown

“In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich”.

“Gratitude can transform common days into Thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings” — William Arthur

“An optimist is a person who starts a new diet on Thanksgiving Day”.

“I come from a family where gravy is considered a beverage”.

“Thanksgiving, man. Not a good day to be my pants”.

“May your Thanksgiving be full of happy moments, good food, and great company”.

“Wishing you a bountiful Thanksgiving”.

“Happy Thanksgiving! I'm thankful for every moment”.

“Hope your day is filled with warm memories, delicious meals, and lots of joy”.



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Her Career In Now Building A Business

Mary Kay Malcom's (MBA) new career path is now focused on Business Development for “Seniors Helping Seniors” in Northern Colorado. Mary Kay's background is extensive in ten different clinical fields with Pfizer Pharmaceuticals, including Alzheimer's and Dementia. Her mission is fueled by her passion to honor Seniors' desires to remain independent at home and provide the resources they need. If you think Mary Kay might be of assistance to you, please call her at Seniors Helping Seniors (970) 631-8251



Thank You Veterans

Honoring Those Who Have Served

The U.S. Department of Veterans Affairs (VA) offers various programs to veterans and their families to help pay for in-home care. Millions of qualifying veterans and their surviving spouses do not access these programs simply because they are not aware of them. **Call us to find out if you qualify.**

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**Sunday, December 21, 2025
2:00 P.M.**

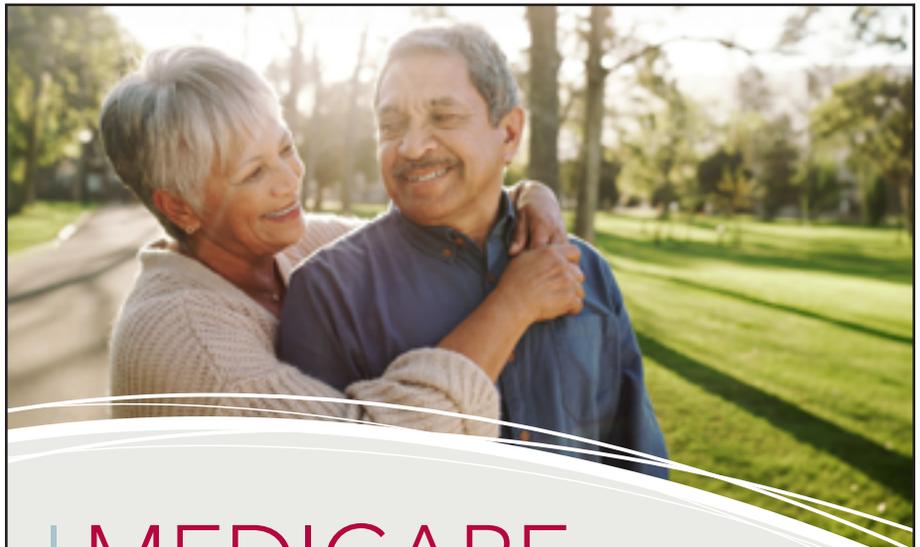
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Tired of phone calls and letters offering to help with Medicare when they are really trying to sell you something?

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.



Having a Farmer's Heart

It's that time of year again. Farmers are wrapping up their harvesting chores, preparing for the winter, and reflecting on last year's harvest. While some years are plentiful, and some years are lean, a wise farmer always examines his harvest and plans for the adjustments needed next year so that the yield may be higher. A foolish farmer ignores such an examination. The process of examination begins with gratitude for the provision. Without the land, the soil, and the nourishment provided from above, there could be no harvest to enjoy. I thank God for the farmers who provide for us and pray that they thank Him too.

Generosity follows close behind gratitude. Farmers are some of the most generous people I know. Whether plentiful or lean they are always ready to help those in their community. They are generous with all their resources. I recently officiated at a farmer's memorial service that was attended by many fellow farmers. One of the most significant things that struck me about the group, including the deceased, was their willingness to drop what they were doing and assist a fellow farmer with whatever they needed. Their time, talents, and resources were a gift. And they honored God by making themselves and their gifts available to others in need. That is the true

definition of generosity.

Jesus said, "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your hearts will be also" (Matthew 6:19-20, ESV). At the beginning of chapter six, Jesus explains that giving so others will honor you and your gift is your earthly reward, but it does not honor God. Giving to those in need, in secret, without fanfare, is the God-honoring way to give.

This is a farmer's heart. Grateful for what has been received from God, and generous with God's gifts. May we all strive to be the same kind of giver.



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

HEAL WITH CONFIDENCE. RECOVER WITH GRATITUDE. THRIVE WITH US!

This season of thanks reminds us how precious healing truly is. Whether you're preparing for surgery or recovering from an illness or injury, our skilled rehabilitation team is here to support you every step of the way — with personalized therapy, exceptional nursing care, and heartfelt encouragement. At our community, we're thankful for every success story, every small victory, and every resident who inspires us daily.

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Caregiver APPRECIATION DAY

A Time of Pampering

Join us for an event dedicated to honoring our incredible caregivers! This appreciation is all about relaxation, self-care, and gratitude for the hard work and dedication you show every day. Take this time to recharge, connect with fellow caregivers, and let us pamper you — because you deserve it! We appreciate all that you do, and we can't wait to celebrate you!

WHAT TO EXPECT

- **Chair & Table Massage**
Enjoy soothing massages to ease tension and promote relaxation.
- **Manicures**
Treat yourself to a fresh and polished look.
- **Foot Reflexology**
Rejuvenate your feet with targeted pressure therapy.
- **Refreshments & Hot Coffee/Tea**
Relax and unwind with a warm cup of comfort and a snack

Date: November 7, 2025 | Time: 10-11:30 a.m.

Location: Academy of Natural Therapy, 625 8th Avenue (on street parking only)

FREE

Reservation required by November 1 call 970-350-9440

Please note: A caregiver is defined as a family members or an unpaid helper who regularly looks after an elderly (50 and older), or disabled person. There will be no respite care provided at this event.



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

Weld Area Agency on Aging A Season of Gratitude: Thank You from Weld County Area Agency on Aging



Weld Area Agency On Aging Staff

As we enter the month of November, a time of reflection and gratitude, the Weld County Area Agency on Aging (AAA) extends heartfelt thanks to the incredible network of partners, volunteers, and staff who make our mission possible.

To our valued community partners, Peer Counseling, Colorado

Legal Services, Meals on Wheels, Catholic Charities, and 60+ Ride, thank you for your unwavering dedication to serving older adults in our region. Your collaboration ensures that vital services reach those who need them most, with compassion and dignity.

We are equally grateful for the many volunteers who give their time and energy to programs like The Friendly Fork, Weld Aging Well classes, and beyond. Your kindness and commitment bring connection, nourishment, and joy to so many lives.

A special thank you goes to our Advisory Board Members, whose insights and guidance help shape programs that are responsive, inclusive, and impactful. Your voices are essential to our continued growth and success.

And finally, to the AAA employees, the heart of our operations, thank you for your tireless work behind the scenes. Your dedication keeps every program running smoothly and ensures that older adults in our community are supported, respected, and empowered.

This November, we celebrate each of you. Your contributions make a lasting difference, and we are deeply grateful to walk alongside you in service.

*With gratitude,
The Area Agency on Aging*

GO FURTHER WITH PACE - *Independence Starts Here!*

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

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

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Senior Complex

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Wheel chair accessible

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Greeley Housing Authority

Friendly Forks Daily Menu November 2025

Monday, November 3	Pork Carnitas on a Wheat Tortilla topped with Red Cabbage Slaw & Salsa, Black Bean / Corn / Jicama Salad, Orange Slices
Tuesday, November 4	Chicken Breast & Mashed Potatoes with Gravy, Coleslaw, Banana
Wednesday, November 5	Beef Goulash with Egg Noodles, Lima Beans with Bacon, Honeydew & Cantaloupe
Thursday, November 6	Krautburger with Mustard, Marinated Kale Salad, Pineapple
Friday, November 7	Chicken Parmesan over Wheat Penne with Marinara, Caesar Side Salad, Diced Pears, Gelatin Parfait*
Monday, November 10	Beef Stew, Cheesy Breadstick, Tossed Salad with Low-Fat Ranch Dressing, Banana
Tuesday, November 11	Closed in Honor of Veteran's Day
Wednesday, November 12	Pork Spare Ribs, Roasted Red Potatoes, Asparagus, Peas, Orange
Thursday, November 13	Chicken a La King with Mushrooms over a Biscuit, Balsamic Roasted Brussels Sprouts, Kiwi, Peach Crisp
Friday, November 14	Chicken Salad on Sunflower Panini Bread* with Lettuce & Tomato, Broccoli Pasta Salad, Mixed Fruit
Monday, November 17	Cranberry Harvest Chicken Breast with Gravy, Brown Rice Pilaf, Lemon Garlic Broccoli, Apple Slices
Tuesday, November 18	Spaghetti with Beef & Pork Bolognese & Parmesan Cheese, Italian Blend Vegetables, Apricots
Wednesday, November 19	Roast Beef & Mashed Potatoes with Gravy, Kale Caesar Salad, Banana
Thursday, November 20	Tilapia Provencal, Macaroni & Cheese, Wheat Roll with Butter, Maple Glazed Carrots, Fruit Salad
Friday, November 21	Sweet & Sour Pork over Basmati Rice, Side of Light Soy Sauce, Asian Vegetable Blend with Edamame, Orange Slices
Monday, November 24	Glazed Ham, Sweet Potato Casserole, Wheat Roll with Butter, Brussels Sprouts with Cranberries, Pumpkin Spice Cookie
Tuesday, November 25	Roasted Turkey Breast & Sage Stuffing with Gravy, Wheat Roll with Butter, Roasted Beets, Cranberry Relish
Wednesday, November 26	Roasted Turkey Breast with Gravy, Cheesy Broccoli & Rice Casserole, Wheat Roll with Butter, Green Beans with Bacon, Cranberry Relish
Thursday, November 27	Closed for Holiday – Happy Thanksgiving!
Friday, November 28	Closed

Celebrating Twenty Years Of Service To The Community

Northern Colorado Rehabilitation Hospital provides specialized rehabilitative services to patients throughout Northern Colorado who are recovering from disabilities caused by injuries, illnesses or chronic medical conditions. Management & staff were on hand to

warmly greet and welcome the guests.

The hospital is top in its field. Its reputation supports just that!

No. Co. Rehab Hospital is located at 4401 Union Street, Johnstown, Colorado.



Kristin Klipp, Marketing Coordinator; Arba Boci, Director Of Marketing And Business Development; Christina Salas, Chief Executive Officer.



Invited guests enjoying the Twenty year Anniversary Celebration

Veterans Echoes

From 0-Dark-30 To 11:11...

Loveland's Unique Veterans Day Tradition



Brad Hoopes

Loveland has a proud and time-honored tradition of celebrating our veterans every Veterans Day, a tribute unlike any other.

The day begins in true military fashion... at 0-Dark-30. Head down to the Associated Veterans Club at 3:30 a.m., and you'll witness dozens of vehicles, each mounted with a bell, lined up in the darkness. The city is grid-ded out, and every driver receives their assigned area. At 4 a.m., they begin ringing their bells throughout every street in Loveland, a joyful wake-up call to remind citizens that it's Veterans Day. This tradition began in the mid-1950s when the Bath brothers mounted an old school bell on their truck and drove through town.

Later, at exactly 11:11 a.m., the moment marking the end of WWI on the 11th hour of the 11th day, the Veterans Day Parade begins.

With a thunderous boom, Lee Cooper, dressed in full Revolutionary War garb, fires his musket to start the procession. According to parade coordinator Brian Brakke, Loveland's parade is one of only 56 Veterans Day observances officially recognized nationwide by the VA.

The parade starts at 4th and Railroad and marches north up Garfield Avenue. A heartwarming moment along the route is seeing the children of Truscott Elementary, waving flags and cheering proudly for our heroes. The procession concludes at Dwayne Webster Park, named in honor of Loveland's first WWII casualty, where a ceremony follows. This year's keynote speaker is Navy veteran Phyllis Minch, who will talk about our nation's female veterans.

Hope to see you somewhere along the route!

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



Veterans' Day Quotes

"Courage is contagious. When a brave man takes a stand, the spines of others are often stiffened." — Billy Graham

"Never give in—never, never, never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy." — Winston Churchill

"Courage is resistance to fear, mastery of fear—not absence of fear." — Mark Twain

"The soldier above all others prays for peace, for it is the soldier who must suffer and bear the deepest wounds and scars of war." — Douglas MacArthur

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." — John Fitzgerald Kennedy

"Some people live an entire lifetime and wonder if they have ever made a difference in the world, but the Marines don't have that prob-

lem." — Ronald Reagan

"Honor to the soldier and sailor everywhere, who bravely bears his country's cause. Honor, also, to the citizen who cares for his brother in the field and serves, as best he can, the same cause." — Abraham Lincoln

"The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the veterans of earlier wars were treated and appreciated by their nation." — George Washington

"We don't know them all, but we owe them all." — Unknown

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." — John Fitzgerald Kennedy



NOVEMBER Calendar

LARIMER

Thursday/6

Alzheimer's Assn. Presents a free program on "Responding to Dementia-Related Behaviors"

at 1 pm at the Chilson Senior Center, 700 E 4th St. in Loveland. Learn how dementia can change a person's behavior, possible triggers and person-centered care approaches to address behaviors. To register, please call 800.272.3900.

Tuesday/11

The local VFW presents their annual Veterans Day parade at 11:11 am in Loveland. The parade route starts on Railroad Street at 4th Ave. and includes nearly 100 entries featuring military color guards, floats, military vehicles, bands, and local vendor entries.

Saturday/15

Larimer County Genealogical Society presents a free hybrid program on "Finding William C Glasgow" by speaker Andy Glasgow on Zoom

at 10 am held in the Prairie Sage I room at the Fort Collins Senior Center. In 2013, sixty-eight years after pilot William C. Glasgow's death in 1945, first cousin Andrew Glasgow started working on his Glasgow family tree. Please register online at www.lcgsc.org to receive the handout and 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>.

We Care

Its Edward Bernays fault!

Don't know about you, but I rarely need to be sold on my favorite things, be it food, entertainment, vehicles, electronics or tools. Its what I don't need, or want, or think about, ever, that seems to flood the air waves, from medicines with 18 disclaimers to personal products at dinner time. After Fauchi's Flu numbed most of the world, except for those who realized its affront to liberty, a power shift in big pharma and insurance also took place, as if part of the plan to make money while further eroding America's fabric.

Funny enough, ads selling what we don't care about, with the dumbest marketing in the history of dumb, use some new form of negative response nutcase propaganda, or other such nonsense. Crafted by limitless pharmaceutical companies protected by equally enormous insurance groups, both set new lows in communication & sales methodology.

Then again, as we're forced to buy both products, bilked by one to keep us alive, the other to instill wellbeing neither can provide, why advertise at all? Another tax writeoff? Leverage through "Ok, OK, I'll buy it, just stop with reptile-ostriches and numbskull



Steve Anderson

sidekicks!", or something intended to cleverly alter our perceptions? Edward Bernays would be baffled!

Known as "the father of public relations", Bernays was one of the most influential men of the early 20th century, authoring books about controlling the "irrational masses", those "subject to herd instinct", while creating demand for bacon and eggs, cigarettes, toiletries and endless other products through slogans and campaigns.

Bernays went on to enable presidents and topple foreign regimes, with quotes like, "People want to go where they want to be led.", "Propaganda is the executive arm of the invisible government", and who could forget, "The best defense against Propaganda is more propangda!", which leaves one to wonder if instinct is lost forever?



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.



uhealth

Larimer County Office on Aging National Family Caregivers Month



Mark Sleeter

Each November, we observe National Family Caregivers Month, a dedicated time to honor the millions of Americans who provide essential care and support to loved ones facing illness, disability, or aging. These caregivers—often family members or close friends—play a truly critical role in maintaining the health and well-being of those they care for, frequently while juggling their own significant responsibilities at work and home.

The scope of this commitment is vast. According to AARP, over 63 million Americans serve as unpaid caregivers. Their daily roles are incredibly diverse, ranging from managing complex medication schedules and coordinating numerous appointments to providing vital emotional and physical support. While caregiving can be a deeply rewarding experience, it often demands extraordinary personal sacrifice. Many caregivers face significant challenges, including physical and emotional exhaustion, severe stress, burnout, and considerable financial strain.

This month-long observance shines a much-needed light on both the profound sacrifices and the remarkable resilience of the caregiving community. It's an important time to raise widespread awareness of the difficulties they face and to vigorously advocate for better support systems. These essential supports include accessible respite care, financial assistance programs, and robust mental health resources tailored to their unique needs. The central goal for this month is simple: to fully acknowledge the vital role caregivers play in our society and ensure they receive the appreciation and tangible support they deserve year-round.

This November, you can make a difference. Take a moment to genuinely thank a caregiver you know, share helpful resources, or simply offer a listening ear. Every small act of kindness and recognition can provide meaningful relief. If you are a family caregiver in Larimer County who wants to learn more about the resources specifically available to you, contact the Office on Aging at 970-498-7750 or email aging@larimer.gov. ¡Hablamos Español!

We Care

Holiday Lights Sparkles Downtown Fort Collins!

The annual Downtown Holiday Lighting Ceremony, sponsored this year by Fort Collins Connexion, is set to kick off the holidays in Old Town Square on Friday, November 7 when the light display will illuminate for the first time this season.

Live music will be performed by Guerilla Fanfare Brass Band on the stage in Old Town Square from 5:30-7 p.m., with a short ceremony taking place at 6:30 p.m. before the lights turn on.

“The annual tradition of turning on the lights downtown is the unofficial kick off to the holiday season in Fort Collins,” said director of Community Services, Dean Klingner. “The holiday lighting program is a unique feature of the Fort Collins community. We’re fortunate to live in a place that truly values creating spaces for people to gather and enjoy being together, while also supporting local businesses and restaurants.”

The lighting program, which is collaboratively funded by the City of Fort Collins, the Downtown Development Authority, and the Downtown General Improvement District, provides the ideal backdrop for residents as they enjoy all the amenities of the downtown area throughout the winter season. This year’s lighting ceremony is sponsored by City partner, Fort Collins Connexion.

“Fort Collins Connexion is proud to serve as the event sponsor for the Downtown Holiday Lighting Ceremony this year,” says Chad Cramer, executive director of Connexion. “As Fort Collins’ community-owned fiber optic internet provider, Connexion is dedicated to supporting local initiatives, strengthening Fort Collins’ economy and fostering connection throughout the community.”

Street Closures and Business Access

Street closures near the event zone will be in place starting at

3:30 p.m. on Friday, November 7. The closures include: 1) Walnut St. (between College Ave. and Mountain Ave.), 2) 200 block of Linden St. (between Walnut St. and Jefferson St.), 3) Mountain Ave. (eastbound and westbound, between College Ave. and Remington St.), & 4) Remington St. (between Mountain Ave. and Oak St., parking garage access will remain open)

Event Location and Parking

The holiday lighting ceremony occurs on the stage in Old Town Square, with lights turning on throughout Downtown Fort Collins. Event attendees should expect a high volume of both vehicle and pedestrian traffic before and after the event.

Parking garages are located at the following locations:

- 1) · 209 E. Mountain Ave. (Old Town Garage)
- 2) · 120 N. Mason St. (Civic Center)
- 3) · 165 Chestnut St. (Firehouse Alley)

Additionally, attendees are encouraged to use public transportation (MAX This link opens in a new browser tab), walk or bike to the event.

The downtown lights are funded and installed each year as part of a collaborative effort between the City’s Parks Department, the Downtown Development Authority, and the Downtown General Improvement District. Contract partner SavATree, LLC helps to install and remove the lights from more than 334 trees in the downtown area.

The installation of the holiday lights begins in September and takes about six weeks to complete. There are more than 65,000 individual lights placed in trees throughout Old Town, which will be illuminated each evening from November 7 through February 14, 2026.



Downtown Fort Collins Holiday Lights

Answers on Aging Resource Guide Available Online!

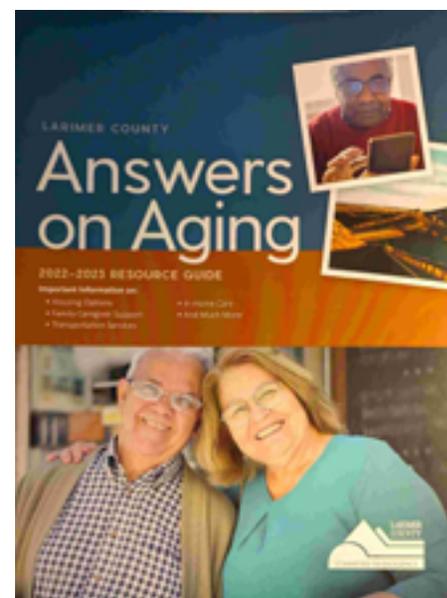
A new, updated, and online Answers on [Aging Resources Guide](#) from the Larimer County Office on Aging is available in both English and Spanish. The change to an online guide, available in Google Doc format, increases online community access from any online device and allows real-time updates to the guide as they happen instead of a yearly printed version.

Real-time updates keep our community abreast of the latest information on aging resources, programs and services. Funds once earmarked for costly printing have now been directed to the services our aging community needs by the Larimer County Office on Aging [LCOA].

The Answers on Aging Resource Guide serves as a comprehensive directory of community resources for older adults, adults with disabilities, family caregivers, community members and service providers in Larimer County. Although the LCOA guide strives for helpful and relevant information, it is not exhaustive and inclusion does not imply endorsement, nor does exclusion from the guide indicate disapproval.

Take a look at the new Answers on Aging Resource Guide, which users can both print sections of or download an entire copy. Share the link with those who could benefit from the information contained in the guide.

Community members who have difficulty locating information in the guide are encouraged to contact the LCOA staff at 970-498-7750 or via email at aging@larimer.gov to connect them with relevant programs and resources. Specialists are available to help from 9 a.m. to 4:30 p.m., Monday through Friday.



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See menu and class dates for 2025 below:

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

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

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

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

Inquiries: ahwc.community@cuanschutz.edu

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.

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Apex Community Recreation Center

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

Did You Know Apex has Scholarships and Grant Money?

Apex PRD has been awarded the Colorado Gives Grant to provide scholarships to support our Active Adults' health. If you have not tried our fee-based fitness classes, hikes, art or education classes, now is your time. No requirements necessary. Contact Michelle at MichelleS@ApexPRD.org for more information.

Craft Fair:

Saturday, November 1
Browse the unique seasonal wares of over 50+ talented artisans and visit the Craft Carousel Gift Shop, featuring more handmade treasures. Refreshments available for purchase. \$2 admission at the door or free if you bring new school supplies for our local student outreach. Craft fair hours are from 9 am-3 pm Saturday, November 1. Vendors call 303.425.9583 for booth information.

Drumming – Reconnect with your Rhythm:

Wednesday, November 5, 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.).

Spirit of America – John Philip Sousa Band of CO:

Wednesday, November 5, 3:30-5:00 pm
In honor of Veterans Day, join us for root beer floats and patriotic tunes provided by the John Philip Sousa Band of Colorado. Free for Veterans. Register by Nov. 3. \$6 (\$7 non-res.).

Adult Trip – Wild Animal Sanctuary:

Thursday, November 6, 10:30-5:00 pm

Join us for an adventure into the wild as we bus over to the Wild Animal Sanctuary. This active trip requires 2-3 miles of walking on the Mile Into The Wild walkway, a 1.5-mile elevated boardwalk that allows safe viewing of rescued lions, tigers, wolves, bears and other wild animals. Mobility assistance devices are available to rent. Lunch and ice cream options are available on-site to purchase on your own during our visit. \$30 discount for those over the age of 70. \$72 (non-res. \$94).

Nutrition – Natural Hacks for Memory Support:

Thursday, November 13, 1-2:30 pm
While age-related cognitive decline might seem inevitable, it doesn't have to be. The formula for supporting our brain and our memory is simple. Discover how good nutrition and healthy habits can help our memory throughout our lifespan. \$6 (non-res. \$8).

Speed Friending:

Wednesday, November 19, 1:30-3:30 pm
Looking to make new friends? Join us for speed friending. Like speed dating but strictly focused on forming friendships. Enjoy chatting one-on-one with others using conversation starters. After a few minutes, rotate to meet someone new. Light refreshments will be provided. \$9 (non-res. \$13).

Cooking with Friends - Lunch:

Wednesday, November 19, 11:30 am-1 pm
Learn some fresh new flavors and join us as we prepare, cook, eat, and clean up in the Community Recreation Center's fabulous kitchen. On the menu: eggroll in a bowl made with ground turkey, Jasmine rice, and spicy garlic edamame. \$22 (\$29 non-res.).

Bunco Bash: Thursday,

November 20, 1-3 pm
Enjoy an afternoon playing this easy, fun game. Light refreshments and prizes are included. Experienced and new Bunco players are welcome. Register by the Monday prior. \$7 (non-res. \$9).

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

Origins of Thanksgiving

The Thanksgiving holiday's history in North America is rooted in English traditions dating from the Protestant Reformation in the early 1500s. It includes the harvest festival in New England that occurs well before the late-November date on which the modern Thanksgiving holiday is celebrated.

Pilgrims and Puritans who emigrated from England in the 1620s and 1630s, carried the tradition of Days of Fasting and Days of Thanksgiving with them to New England. The modern Thanksgiving holiday tradition is a well-recorded 1619 event in Virginia and a sparsely documented 1621 celebration at Plymouth, Massachusetts. The 1621 Plymouth feast and thanksgiving were prompted by a good harvest, which the Pilgrims celebrated with Native Americans, who helped them get through the previous winter by giving them food during that time of scarcity.

Thanksgiving proclamations were made mostly by church leaders in New England until 1682, and then by both state and church leaders through the American Revolution. Our first President George Washington proclaimed the first nationwide thanksgiving celebration in America

marking November 26, 1789 as a day of public thanksgiving and prayer.

Since then, Thanksgiving in the United States has been observed on different dates. The final Thursday in November had become the customary date in most U.S. states by the beginning of the 19th century. In 1939, President Franklin D. Roosevelt signed a presidential proclamation changing the holiday to the next to last Thursday in November for business reasons. However in 1941, he signed a joint resolution of Congress changing the national Thanksgiving Day back to the fourth Thursday in November.

The "Holiday Season" generally begins with Thanksgiving. Currently, the first day after Thanksgiving Day, Black Friday, marks the start of the Christmas shopping season followed by Cyber Monday for the online shoppers. Enjoy for the holidays! Article courtesy of Wikipedia.



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.

Groundworks Art Lab Printmaking

EAST | Monday, November 3 | 11 a.m. – 12:30 p.m. | R/NR \$10/\$13

WEST | Friday, November 21 | 10:30 a.m. – noon | R/NR \$10/\$13
Explore unique and experimental art forms of monotype and relief printmaking techniques.

Feldenkrais: Move With Ease – Mat Based Series

EAST | Tuesday, November 4 – December 16 (6 classes) | 3 – 4 p.m. | Fees: R/NR \$60/\$75

Increase ease and range of motion, improve flexibility and coordination, and rediscover an innate capacity for graceful and efficient movement with the Feldenkrais Method® of somatic education. Participants will walk, stand, or sit in a variety of comfortable positions on the back, front, or side. Participants must be able to get up and down from a mat safely to join this series.

Building A Personal Cyber Security Plan Lecture

EAST | Thursday, November 13 | 1:30 – 2:30 p.m. | No Fee

Learn to build a robust cyber security plan using antivirus, password management, system backups, scam identification, multifactor authentication, and support resources.

Purple Art November EAST: Mandalas

EAST | Friday, November 14 | 2 – 3:30 p.m. | \$20 per person
Circles symbolize all aspects of human and planetary existence - from profane to profound. Learn about this ancient tool and using collage materials to create a unique mandala.

Art & Travel Journaling: A Creative Journey

WEST | Tuesday, November 18 | 1:30 – 3:30 p.m. | No Fee
Go beyond traditional journaling and explore a vibrant, personal way to capture travels, thoughts, and memories.

For information about programs and services:

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

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



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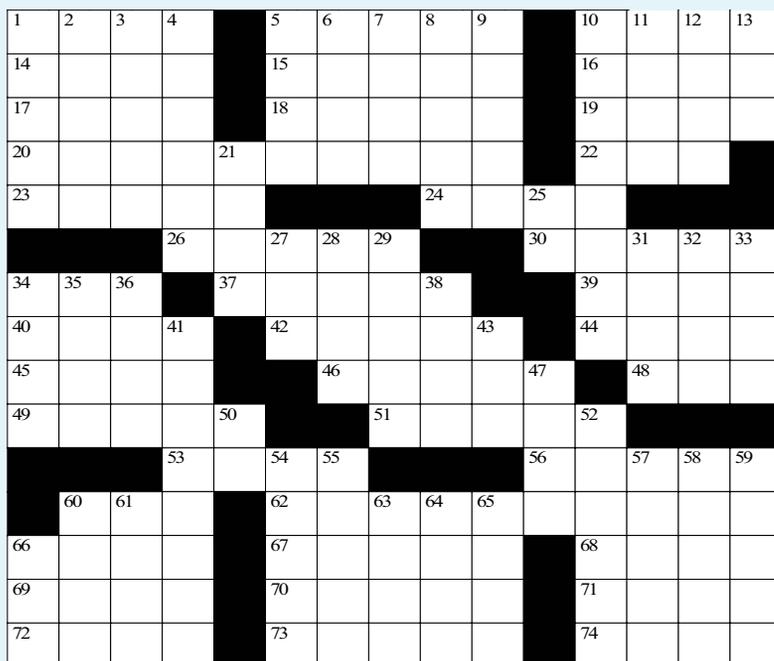
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50 Plus Marketplace News Crossword Puzzle

November 2025
 Answers page 6



ACROSS

- 1 Seize
- 5 Clump of trees
- 10 Acknowledge
- 14 Acting part
- 15 Mistake
- 16 Overhanging lower edge of a roof
- 17 Monetary unit of Peru
- 18 Monetary unit of Nigeria
- 19 Sudden assault
- 20 Lacking teeth
- 22 Advanced in years
- 23 Renounce
- 24 Authenticating mark
- 26 Employees
- 30 Which is the sixth of the twelve Minor Prophets of the Old Testament
- 34 Monkey
- 37 Timid
- 39 Commotion
- 40 Narcotics agent
- 42 Trudge
- 44 Fencing sword
- 45 Sicilian volcano
- 46 Pungent bulb
- 48 Abstract being
- 49 Engulf
- 51 Weeps
- 53 Abominable snowman
- 56 Collection of maps
- 60 Cut off
- 62 Stoutness
- 66 Clue
- 67 From the beginning
- 68 Prison
- 69 Which river forms much of the eastern border between Russia and China

- 70 Subdued
- 71 Leg joint
- 72 US space agency
- 73 Sings
- 74 Unit of linear measure

DOWN

- 1 Sorrow
- 2 Musical composition
- 3 Change
- 4 Entities
- 5 List from which to choose
- 6 Spoken
- 7 Group of three persons
- 8 Doughnut-shaped surface
- 9 Efface
- 10 This is an alternative name for a meteorite
- 11 South African river
- 12 Roman poet
- 13 Marry
- 21 Small children
- 25 Part of the verb "to be"
- 27 Statute
- 28 Gambling game
- 29 Monetary unit of France
- 31 Priests cloak
- 32 Capital of Yemen
- 33 Garden tools
- 34 Once more
- 35 Route
- 36 Sea eagle
- 38 Primordial giant in Norse myth
- 41 Root cap
- 43 Hawaiian food
- 47 Tides that attain the least height
- 50 Objective case of I
- 52 Thickset
- 54 Crews
- 55 Inspire profoundly
- 57 Woody vines
- 58 Wrath
- 59 Horse
- 60 Capital of Peru
- 61 Responsibility
- 63 Goatskin bag for holding wine
- 64 Above
- 65 Lets head fall wearily
- 66 A dynasty in China

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