

50 Plus Marketplace



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

February 2026 • Volume 32 • Issue 2

Get Ready for the 2026 Winter Olympics!

For Coloradans Ellie Kam and Danny O'Shea, who are headed to Italy in February for the biggest competition of their lives, the costumes symbolize a remarkable journey! Ellie Kam and Danny O'Shea started skating together in 2022. They were an unlikely duo since they had a big age and experience gap. But "Team KamO," as they are known, forged a great connection that is obvious in their athleticism and artistry on the ice.



Photo courtesy of Dr. Benjamin Kam

At 34, Danny is a veteran figure skater, both in singles and in pairs, and he's a pro at complex throws, jumps and navigating global competitions. But Danny happened to be scrolling online while recovering from an injury one day last year when he came across posts about a special type of Japanese pottery called kintsugi.

Both Ellie and Danny had faced health challenges, including literal broken bones for him and tough concussions for her. They were an unlikely duo, and yet, they were succeeding with beautiful athleticism and artistry on ice. Plus, Ellie, now 21, has deep ties to Japan. Her mother grew up in Japan, and Ellie was born there while her dad, Dr. Benjamin Kam, served as a surgeon for the U.S. Air Force.

Just like Danny knew kintsugi was a perfect metaphor for the duo, he also had a powerful feeling four years earlier when he skated with Ellie for the first time at Colorado Springs' famous [Broadmoor](#)

[World Arena.](#)

In pairs figure skating, commentators talk about the woman being "a rose," and the man being "a stem" because the male skater does so many lifts that showcase the woman high in the air, Ellie Kam says Danny O'Shea is far more than a strong "stem." She says he's one of the world's best pairs skaters and makes her feel beautiful and powerful.

And as soon as the duo took to the ice in 2022, Danny felt a jolt of something special. Danny didn't want to overwhelm Ellie at the time, so he didn't tell her about a strong premonition he felt. But a four-year plan took hold in Danny's mind. He pictured the two of them getting stronger year after year and making it to Italy this year. Since then, the duo has brought that exact arc to life.

Ellie and Danny now have ascended to the highest levels of competition in figure skating and are [headed to Italy to represent Team USA](#). Then they'll compete in the [World Championships](#) in the Czech Republic in March.

Ellie Kam started ice skating at age 4 and soon was competing as a singles skater. She transitioned to pairs skating when she was a teen and now is ranked seventh in the world with her partner, Danny O'Shea.

Danny was an early standout in figure skating and became the novice men's national champion in singles in 2008. Danny and his former partner became U.S. champions in 2016. In 2018, they endured a painful narrow miss when they were first alternates for to compete on the world stage in South Korea. Danny kept skating with his former partner until the COVID-19 pandemic sent them in different directions. He wasn't sure whether he wanted to keep competing.

Pairs figure skating involves huge throws and jumps. For that reason, the risk of injury can be higher than in singles skating. Ellie Kam and Danny O'Shea both have faced injuries over the years, including broken bones and concussions. But their trust and support for one another have made their partnership and their skating even better!

"We were not initially sold on the idea of doing pairs skating be-

cause it's the most dangerous of all of the skating disciplines," Dr. Benjamin Kam said.

In pairs, men throw their partners as high as eight or nine feet in the air, and Ellie's dad worried about the impact that the landings would have on his daughter's feet and legs.

"Over the years, they've developed a mutual respect for each other, despite the age difference, and I really credit them both for that. And Danny is really a stand-up gentleman," Dr. Benjamin Kam said.

By September of 2022, Ellie and Danny decided to go all in as a new pairs team. Danny instantly knew that Ellie had very special qualities. He envisioned their future success. They're now ranked seventh in the world and hope to medal at figure skating's biggest competitions in February and March.

And for [Team KamO](#), as they soon came to be known, the successes racked up quickly:

- Just four months after joining forces, Ellie and Danny won a medal at the U.S. Nationals and earned a spot on the World team.
- During their second season, the duo won the U.S. National Championship in pairs skating and made their second consecutive World Championship appearance.
- During their third season, Danny and Ellie medaled at all four of the early competitions and ranked in the top 6 in the world for the first half of the season. Then Danny suffered injuries and battled through World Championships on a broken foot. Despite the challenges, Team KamO finished the season ranked fifth in the world.

This year, Ellie and Danny won medals at both Grand Prix competitions, silver medals at the 2026 U.S. Championships and are focused on competing next on the world's biggest stage. Currently, they are ranked seventh in the world.

For Ellie, the biggest adjustment after switching from singles to pairs was learning to fly higher than she ever could on her own. "I had a lot of injuries as a singles skater. That was part of the reason why I switched to pairs," Ellie said. "It was a new opportunity for me,

and I ended up loving it.

Danny O'Shea brought years of skating experience in both singles and pairs to his partnership with Ellie Kam. Their talents and strong partnership have put them in contention to win medals in Milan, Italy, this year, then at the World Championships in March. And now, they've achieved the biggest goal of their career: heading to Italy for the pinnacle of international competitions.

Fourteen members of the Kam family are preparing to support Ellie and Danny in Italy, and Dr. Kam's co-workers in Pueblo have been decorating his office and their Pueblo clinic as the excitement builds.

"I have the greatest coworkers," Dr. Kam said of the thoughtful supporters who are rooting for Ellie and Danny's success in Milan.

Many UCHHealth co-workers and supporters gathered with Ellie and Danny for a sendoff celebration on Jan. 24 at the [United States Olympic & Paralympic Museum in Colorado Springs](#).

UCHHealth is designated as a national medical center within the U.S. Olympic and Paralympic Medical Network. Article courtesy of Joanna Bean & Katie Kerwin McCrimmon with UCHHealth. 50 Plus will update the Olympic medal awards on a weekly basis for the top 10 countries on our website! Watch the Winter Olympics starting on February 6 thru 22 on NBC-TV & support our USA athletes!

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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
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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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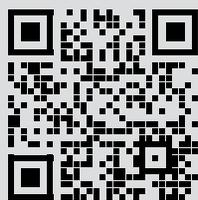
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FEBRUARY

Calendar

BOULDER

Monday/2

CU Boulder Music presents Philharmonia Orchestra: First Spring 2026 Concert at 7:30 pm at the [Imig Music, Grusin Music Hall at 1020 18th Street](#), in Boulder. Program includes Ludwig van Beethoven's tragic "Coriolan Overture," Antonín Dvorák's folk-inspired "American Suite" and Louise Farrenc's Symphony No. 1. Free to public & no registration is required!

Tuesday/3

Boulder Genealogical Society offers a free program on "A Systematic Approach to Validating Ancestry DNA ThruLines: The Good, The Bad, and the Ugly" by Diana Elder at 7 pm on Zoom.

Diana will explore how ThruLines helps you identify potential relatives through shared DNA segments and visualize genetic connections. Please register online at "[A Systematic Approach to Validating Ancestry DNA ThruLines: The Good, The Bad, and the Ugly](#)" – By Diana Elder | [Boulder Genealogical Society](#).

Wednesday/11

Longmont Genealogical Society offers a free hybrid program on "New Year, New (and old) Ancestors" by Mark Fearer at 1 pm at the 1st Lutheran Church Friendship Room, 3rd and Terry Sts. in Longmont and on Zoom. Mark will review the Do Over Movement, Educational Plans, Research Plans, Research Logs, Writing Your Family History and the taboo subject of money and genealogy. Please register online at <https://longmontgenealogicalsociety.org/>.

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

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

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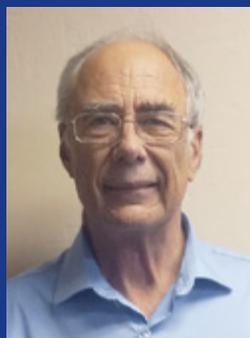
MEDICARE ADVANTAGE OPEN SEASON

OCT. 15TH – DEC. 7TH

Many big changes this year

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

DON'T BE LEFT WITHOUT COVERAGE



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Mental Health On Hallucinations



Dr. David Remmert

We celebrated my father's 89th birthday in January. He reported having "visions" of his mother (gone for 45 years) and his wife (my mother, who passed 3 years ago) milling about his condo engaging in mundane tasks and occasionally addressing him directly. My father was a lawyer, a person who looked for facts and believed in the truth they revealed. Even he asserts that he would be the last person to have visitations from beyond and he intellectually knows that his visitors are figments of his failing mind. Nonetheless, he insists they are very much in his life in a real way. He does not want them to go away and doesn't want to make them vanish with medication.

As many as 29% of older adults (and at least 1 in 10) have visual or auditory hallucinations, which can be caused by medications: interactions or side effects from various drugs; dementia: especially Lewy Body Dementia (LBD), which often involves vivid visual hallucinations; infections: Urinary Tract Infections (UTIs)

can cause sudden confusion and hallucinations; dehydration/malnutrition: electrolyte imbalances can trigger sensory changes; vision/hearing loss: the brain may "fill in" missing sensory input (Charles Bonnet Syndrome); neurological issues: stroke, Parkinson's disease, or brain lesions' or stress & isolation.

My father doesn't drive, has no consequential responsibilities, and his finances are managed. So rather than rush him to a psychiatrist or medical professional, we've decided to allow his visitations to remain and provide him with comfort. We will stay calm and reassure him, provide him with a routine and schedule, create a safe environment for him, and make sure he stays nourished and hydrated. We will have discussions driven by curiosity, not skepticism and scorn. At the end of the day, perhaps they are there to invite him into their new reality.

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

Boulder County Awards \$540K for Climate Projects

Boulder County Commissioners have approved \$540,510 in Environmental Sustainability Municipal Matching Grants to eight cities and towns across the county. These funds will support local governments in advancing climate action through residential energy efficiency and electrification, climate resilient landscaping, tree planting, solar and improved streetlighting. Municipalities committed an additional \$135,128 in matching funds.

"The sustainability matching grant program is a collective effort to address the climate crisis," said Commissioner Claire Levy. "This investment across eight communities signifies our shared commitment to a sustainable future. Together, we're building a healthier and more resilient community for all."

"The cities and towns in Boulder County have all undertaken meaningful efforts to address climate change," said Lea Yancey, grant program manager. "This program is designed to give communities additional resources to accelerate their climate work."

The Environmental Sustainability Matching Grant Program, funded by the voter-approved Sustainability Tax, supports projects and policies that reduce greenhouse gas emissions or improve climate resiliency.

Grant awards by municipality population:

- Longmont – \$199,235: Whole Home Health Program for efficiency, electrification, and health/safety upgrades for low-income households.
- Boulder – \$168,000: Climate resilience initiatives, including resilient landscaping showcase and workshops.
- Lafayette – \$61,965: Urban tree canopy protection and expansion, plus first comprehensive tree inventory.
- Louisville – \$40,344: Support for existing sustainability coordinator position to implement the Sustainability Action Plan.
- Superior – \$25,966: Replacement of solar inverters to restore pool solar array functionality.
- Jamestown – \$15,000: Solar-powered emergency communication equipment and waste diversion.
- Lyons – \$15,000: Conversion of streetlights to energy-efficient LED fixtures.
- Nederland – \$15,000: Support for existing part-time sustainability coordinator for program management and communication to advance sustainability goals.

In 2019, Boulder County voters approved a 15-year extension of the Sustainability Tax, a 0.125% sales and use tax that funds local sustainability initiatives through 2034.

We Care



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Boulder City Parks Announces 2025 Annual Achievements!

A new year's tradition we hold tightly here at the City of Boulder is celebrating and sharing the accomplishments of the past year while also sharing all that we have planned for the year ahead.

One of our proudest moments happened in September 2025 when we earned national accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA). Less than 2% of parks and recreation agencies nationwide have achieved accreditation, a recognition of operational excellence and continuous improvement. We also continued expanding access to parks and facilities through initiatives such as the development of a Community Access Framework and NatureEverywhere Initiative. The recreation system transition to SmartRec by Amilia encourages more equitable, efficient, and user-friendly experiences.

We have also made significant progress on improving our parks and recreation facilities as noted below. In this report you can read about projects completed, such as the renovation of tennis courts at several sites, as well as those underway, like work planned in the Civic Area and at North Boulder Park.

This is just a portion of what we are celebrating in 2025. Thank you for taking a moment to learn more about what we achieved this year and what's to come in 2026. We are grateful to serve a community that cares so deeply about parks, recreation, and well-being.

2025 Boulder Parks & Recreation Highlights:

Five Recreational Facilities, 86 Parks and 155 Outdoor Spaces, & Recreational Programming Covering 8 Categories, & 15 Historic and Cultural Resources

Boulder Parks and Recreation is committed to providing a parks and recreation system for our community that provides opportunities for healthy fun now and in the future.

Employee Operations included 189,445 employee hours worked in 2025 (non-standard employees), 153.25 standard full-time employees in 2025, and hired over 200 seasonal employees to support our summer operations...for maximum and safe summer fun! Overall, Boulder Parks & Recreation had a very beneficial 2025 year!

WE ARE LOCAL!

Technology is Hip!

US Presidents Who Promoted Our Space Program!

Since 1950s, U.S. presidents played pivotal roles in creating and advancing the U.S. space program as follows:

Dwight D. Eisenhower (1953–1961), created NASA in 1958 in response to the Soviet launch of Sputnik, prioritized unmanned scientific missions, & oversaw the first successful U.S. satellite in 1958.

John F. Kennedy (1961–1963), set the historic goal to land a man on the Moon by the end of the 1960s, & launched the Apollo program.

Lyndon B. Johnson (1963–1969), maintained strong support for Apollo program, & supported the Gemini space program.

Richard Nixon (1969–1974), President during the Apollo 11 Moon landing in 1969, & initiated the Space Shuttle program.

Gerald Ford (1974–1977), continued the first U.S.–Soviet joint mission (launched 1975), & oversaw post-Apollo science missions.

Jimmy Carter (1977–1981), prioritized Earth science, environmental monitoring, and weather satellites, & approved continued development of the Space Shuttle.

Ronald Reagan (1981–1989), presided over the first Space Shuttle flights, & approved the creation of the International Space Station.

George H. W. Bush (1989–



Bob Larson

1993), proposing a return to the Moon and human missions to Mars, & continued Shuttle operations and early ISS planning.

Bill Clinton (1993–2001), formally created the International Space Station partnership with Russia, Europe, Japan, and Canada, & the first ISS construction missions.

George W. Bush (2001–2009), announced the vision for space exploration in 2004, retire the Shuttle, & oversaw Mars rovers Spirit and Opportunity.

Barack Obama (2009–2017), set NASA's long-term goal for Mars, & extended ISS operations.

Donald Trump (2017–2021), created the U.S. Space Force (2019), & launched the Artemis program to return astronauts to the Moon.

Joe Biden (2021–2025), strengthened commercial space-flight and Earth science missions. & supported long-term ISS operations.

Donald Trump (2025–present), continues to support Space Force expansion and lunar/Mars exploration goals, & commercial space partnerships.

All these presidents promoted our space program using the latest technologies!

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

Reflections

Fill Your Heart

“Take care of your heart,” a friend encouraged me. She knew I was headed into an emotionally-charged, unusual experience.

When I thought about her suggestion, I remembered something we've done in our TRU Writing through Grief group. Everyone has a piece of paper with the outline of a heart in the center. Their charge is to fill their hearts with people, places and things they have loved.

Sometimes, we've referenced the movie “Mr. Rogers.” There's a scene where Mr. Rogers encourages the person, who's trying to interview him, to think of all the people who have loved him in his life. That list can be very large if we think about it.

With our group, as might be expected, the names of deceased loved ones, family members, friends, and pets populate their hearts. So to do special locations – mountains, oceans, vacation spots and more.

I took this idea and created a little 2” by 3” manila card. On one side, I drew a heart inside a cir-



Martha Coffin Evans

cle where I'd added the names of those I call my caring support team. The other side of the card has a circle with more names of family, friends, and organizations.

My pets or favorite locations didn't make it into my heart or support circle although all matter and could be easily added. Many of those named in my heart and circle are local while others are elsewhere in the country. Regardless, I know they're with me no matter what event I'm experiencing.

Who would you add to fill your heart? Might you be in another's heart or circle of support? It does make your wonder when we stop to think of the circle of love whether in February or the other 11 months of the year. Maybe you can do that for yourself this year.

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

FEBRUARY Calendar

DENVER-METRO

Saturday/14 to 22

The Colorado Convention Center (700 14th Street in Downtown Denver) hosts this nine-day event on the most prestigious garden and home show. This year's highlights include immersive feature gardens, 500 home and garden experts, hands-on plant workshops, local garden centers, and family-friendly fun in the Kids Zone - plus exclusive show-only deals for homeowners and gardeners. Tickets are Adults(13+)\$15; Seniors(65+)\$12 & Children(12 and under) are free!

Saturday/21

The Colorado Genealogical Society presents a free program on "Johnson, Jones, or James: English Roots in America" presented by Sylvia Tracy-Doolos at 9:30 am on Zoom only. As a result of the Revolutionary War, our ancestors often identified as less English and more as American patriots. Take a fresh look at lingering English identity. Please register online at [February Program: Johnson, Jones, or James: English Roots in America | The Colorado Genealogical Society. Tuesday/27](https://www.auroragenealogicalsociety.com/)

The Aurora Genealogical Society presents a free hybrid program on "Fair Work: Labor Unions and Your Ancestor" presented by: Jen Baldwin, Professional Genealogist at 1 pm on Zoom only! Jen will discuss developing a greater understanding for how labor unions affected American history - and your ancestor - can lead to highly valuable genealogical material. Please register online at <https://www.auroragenealogicalsociety.com/>.

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 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

Colorado's Population Exceeds 6 Million!

Governor Polis celebrated the [Census Bureau vintage population estimates](#) showing that Colorado's population exceeded 6 million for the first time ever by July 2025.

"The secret is out, Colorado is the best place to live, work, play, start a family, and grow a business. The numbers don't lie, and I am excited to see Colorado's population grow despite trends across the nation. Here in Colorado, we are focused on investing in our communities by breaking down barriers to housing, expanding workforce and job opportunities, and investing in families and schools.

The actions we are taking to make it easier to build new homes are effective in keeping rents and home prices stable while building more housing people can afford. More Coloradoans helps bolster our economy, expand business ventures, and bring fresh ideas to our great state. I look forward to welcoming even more people to Colorado as we move further into the new year," said Governor Polis.



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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



Caregivers need a break.



Caregiver Respite

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

Caregiver Respite voucher eligibility

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

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

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Colorado Gerontological Society Legislators Want To Expand Enrollment In Medicare Supplements

For years, Medicare beneficiaries have made decisions regarding their health insurance at the time they turn 65 or when they first become eligible for Medicare if they have been enrolled in an employer health insurance plan after age 65.



Eileen Doherty

Making these lifelong decisions is complex and often fraught with limited knowledge about your own health conditions and what they will be in the future. As a Medicare beneficiary, you don't know if you will be very healthy and need a limited number of health care services, or if you will have health conditions that require a high use of health care services.

Medicare beneficiaries choose to enroll in a Medicare Supplement Plan, also known as MediGap, or a Medicare Advantage Plan based on personal decisions. Each type of plan has advantages and disadvantages.

Current federal legislation allows beneficiaries to enroll in and/or change enrollment in Medicare Advantage Plan annually. Enrollment in a MediGap plan is usually limited to your initial enrollment following enrollment in both

Medicare Part A and B, with few exceptions.

The purpose of the proposed legislation is to allow Medicare beneficiaries to expand enrollment periods, by allowing enrollment in a Medi-Gap plan annually during the Medicare Open Enrollment period from October 15 to December 7. The second feature is to allow enrollment without underwriting, regardless of pre-existing conditions. The third feature is that premiums will be comparable to other enrollees and beneficiaries cannot be penalized if they have a previous history of high utilization of health care services.

Rep Karen McCormick and Rep Kyle Brown are the prime sponsors. Efforts are being coordinated through the Chronic Care Collaborative. For more information, call 970-599-1342 to share your interest in getting involved or your story

If you still have questions, you can call 303-333-3482.

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

Denver Mayor Mike Johnston Announces 2025 Achievements!

Mayor Mike Johnston today released a report documenting the city's successes in 2025 as well as its progress toward making Denver the safest, most affordable, and most vibrant city in the country.

First announced by Mayor Johnston in early 2025, Denver set ambitious goals that included reducing gun violence, bringing thousands of individuals inside and into permanent housing, and adding and preserve affordable housing. Highlights include:

- Decreased shootings by 37%, more than doubling the initial goal of 15%. Denver also reported 37 homicides in 2025, the third lowest figure since 1990 and one of the lowest rates in modern history when adjusted for population.
- 2,584 individuals brought homelessness inside, outpacing the 2,000-person goal.
- Housed 1,744 individuals. Though this falls below the initial goal, it also represents the city's best ever effort at helping individuals secure housing.
- Fully reopened 16th Street to the public and revitalized downtown through key investments. Downtown foot traffic up to 99% of pre-pandemic levels as of Dec. 2025.
- Passed all five Vibrant Denver Bond measures, paving the way for

significant and vital infrastructure improvements across the City and County of Denver.

- Addressed climate resilience by adding 2,000 clean energy systems, planting more than 5,000 trees, and cutting municipal water usage by 21 million gallons.

- While funding cuts at the federal and state level impacted the city's ability to hit its goal of adding or preserving 3,000 affordable units including a partnership with the Denver Housing Authority to create affordable housing for middle-income families.

- Connected 6,348 kids to out-of-school programming and placed 4,366 young adults in jobs, far outpacing both initial goals.

In addition to the listed goals, Denver is celebrating incredible wins. We acquired the site of the former Park Hill Golf Course and opened it as Park Hill Park, secured the Denver Summit to the benefit of South Broadway businesses, helped bring the world-renowned Sundance Film Festival to Colorado, and launched a process with the Denver Broncos to keep them in Denver for another 50+ years at their new stadium site at Burnham Yard. These achievements prove what's possible when Denver comes together to tackle big challenges with bold solutions.

Valentine's Day Special With "Love is in the Air" in Northglenn

Northglenn Arts presents the Colorado Jazz Repertory Orchestra and Stories on Stage production of "Love is in the Air!" – a sweetheart evening of stories and song. The performance takes place at 7:30 p.m., Saturday, Feb. 14, at the Parsons Theatre, 1 E. Memorial Parkway in Northglenn.

Join us for an unforgettable evening of live jazz and compelling storytelling, celebrating the beauty of love through timeless melodies and heartfelt tales in a single, immersive experience.

"Stories on Stage has done love shows before, but this is the first time with music!" said Stories on Stage artistic director Anthony Powell. "We are very excited for this event and thrilled to be working with such great collaborators." Powell will moderate the evening, which features actors Jessica Austgen and Leigh Miller. They will be joined by the CJRO quartet: Gavin Allen-Dunne (piano/bandleader), Eirik Haugbro (bass), Gabe Mangione (drums), and Marion Powers (vocals).

"The CJRO is looking forward to this partnership with the critically acclaimed Stories on Stage,"

remarked CJRO Artistic Director Drew Zaremba. "The program we're putting together will give audiences an evening of romance, featuring both familiar and lesser-known songs. Love will be in the air at the Parsons Theatre on Valentine's Day!"

This special performance marks a rare and meaningful collaboration between three Scientific and Cultural Facilities District (SCFD)-funded organizations — Northglenn Arts, the Colorado Jazz Repertory Orchestra, and Stories on Stage. Each organization brings its unique artistic voice to the evening. Together, these partners exemplify the spirit of collaboration encouraged by SCFD, expanding access to high-quality arts programming and creating innovative performances that enrich audiences across the metro area.

This evening is made possible by Northglenn Arts, the Colorado Jazz Repertory Orchestra, Stories on Stage, and the SCFD. Saturday, Feb. 14, 7:30 p.m. Parsons Theatre 1 E. Memorial Parkway, Northglenn, Colo., 80233 Tickets: Purchase online or call the box office: 303.450.8888



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FEBRUARY Calendar

WELD

Thursday/5

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/28

The Greeley Symphony Orchestra presents "A Night with John Williams" featuring his musical hits from blockbuster movies such as Indiana Jones, Jaws, and Star Wars. Tickets range from \$25 to \$60 and can be purchased at their box office at 1051 22nd Street or online at <https://tickets.unco.edu/Online/seatSelect.asp> or call 970-351-4849.

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>.

Dementia Together presents free programs on their Memory Cafe in Greeley. Visit their online calendar at <https://dementiatogether.org/> to learn more about their many events.

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Low-income Energy Assistance Program (LEAP)

As winter approaches, keeping your home warm shouldn't mean choosing between heating and other essentials like food or medicine. In Colorado, the Low-income Energy Assistance Program (LEAP) is here to help you do just that. LEAP is a federally funded program that provides heating support to eligible individuals, families, and older adults who need a little help covering their winter energy costs.

If you pay for heat in your home — whether directly to a utility company or as part of your rent — and your household income falls below the income guidelines, you may qualify for LEAP assistance. LEAP runs each year from November 1 through April 30.

This support comes as a one-time payment made directly to your heating vendor on your behalf, helping reduce the burden of

high winter energy bills. In some cases, LEAP can also help with repair or replacement of primary heating systems if you experience an emergency.

Applying is easier than you might think. Between November and April, you can apply online at the Colorado PEAK website, or call the HEAT HELP line at 1-866-HEAT-HELP (1-866-432-8435) to request a paper application by mail or email. You can also pick up or drop off an application at your local county human services office — support is available to help you complete your application if you need it.

Don't wait until the cold weather sets in. Applying for LEAP now can mean extra peace of mind and real financial relief this winter. If you or someone you know needs help staying warm, LEAP may be the support you're looking for.

Pets Are Family

Pet Ownership Habits to Master in the New Year

Maintaining a healthy weight is very important to ensure your furry friend lives a happy life. Whether you have a pup at home or feline friends, factors such as breed, activity level and size play important factors in determining what type of food to purchase.



Judy Calhoun

preference, you may feed them a mix of both. Your cat's unique preferences will decide which is best, and when in doubt, consult with your veterinarian.

Changing Diets

Avoid upset stomachs by slowly introducing

new food. Many experts recommend a seven-day program, where the new food is mixed in with the old - increasing the ratio in favor of the new food every day.

Every cat should see a switch to a food blend designed for seniors when they reach age seven.

Feeding Habits

Never provide milk as a treat or as a water substitute. While kittens crave milk from their mother, cow's milk and other milks can cause upset stomachs.

While we all love to spoil our feline friends, it is important to limit treats to no more than 5% of their daily food intake to prevent weight gain.

Dog Owners

Changing Diets

While every pet is unique, a diet change usually occurs over a four-day process, mixing in the new food with the old and increasing the ratio in favor of the new food every day.

Every dog should change to a recipe specifically designed for seniors when they become advanced in age, according to their breed.

Feeding Habits

It is important to not overdo the treats: try to limit them to no more than 5% of your dog's daily nutrition. If treats are being used to train, consider ones intended for training or healthier options such as carrots and snap peas.

Cat Owners

Factors to Consider

Struggling to choose between wet and dry food? Both have benefits, and depending on your cat's

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LEAP provides energy assistance to lower home heating costs.

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Do you need help with winter heating costs?

Colorado's Low-Income Energy Assistance Program (LEAP) can help families, individuals, older adults, and people with disabilities pay part of their heating bills.

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Happy Valentine's Day

"I look at you and see the rest of my life in front of my eyes."
 "Every love story is beautiful, but ours is my favorite."
 "I've fallen in love many times ... always with you."
 "Forget love—I'd rather fall in chocolate."
 "Love is like a good business deal: it's all about compromise."
 "Being with you feels like coming home."
 "Love doesn't need to be perfect. It just needs to be true."
 "You're my today and all of my tomorrows."
 "You are the reason I believe in love."
 "You are my favorite hello and my hardest goodbye."
 "In your arms, I've found my forever."
 "Love is a language spoken by everyone but understood only by the heart."
 "You're the best thing I never planned."
 "You're the first and last thing on my mind every day."
 "Love is the thread that ties our hearts together."
 "Every moment with you is a treasure."

Happy Valentine's Day





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Four Tips to Save Money & Your Health!

(StatePoint) 2026 is a natural time for a reset, especially when it comes to budgets and healthy habits. With cold and flu season still in full swing, it's also a time when many people start thinking about how to stay healthy without spending more than they planned as follows:

Choose generic and save. Many everyday health essentials don't require paying extra for a name on the label. Store brand over-the-counter (OTC) products offer a more affordable option for common needs, including pain relief and cough and cold care.

Walmart, Costco, or Amazon, leading providers of store brand OTC products, make trusted alternatives to name brands across key self-care categories, including ibuprofen, acetaminophen, cough suppressants, decongestants, and multi-symptom relief. These store brand OTC products contain the same active ingredients and meet the same FDA standards as national name brands, but at a lower cost.

Shop ahead. Most people don't think about cold and flu products until they actually need them.

Stocking up ahead of time can help ensure quick access to relief while making it easier to take advantage of savings. Using coupons, price-saving apps and shopping for store promotions can help bring down the cost of everyday health essentials.

Stay active. Research published in the National Library of Medicine suggests that moderate amounts of exercise can help reduce stress and support immune function. Walking, running, free online workout classes or body-weight exercises at home are all accessible ways to stay active throughout the season.

Adopt healthy habits. Small, everyday habits can also make a difference during cold and flu season. Washing your hands, staying hydrated, and getting plenty of sleep are simple steps that support overall wellness and help reduce the risk of getting sick.

As consumers settle into their New Year routines, combining smart shopping choices with healthy habits can help them feel prepared and more in control throughout cold and flu season.

The Greeley Chorale Presents "Cabaret & Cabernet!"

Some songs make you laugh. Some songs make you swoon. Some songs make you think, "Did they really just do that?" That's Cabaret & Cabernet! The Greeley Chorale presents Cabernet & Cabernet!

This intimate, cabaret-style evening is where the Greeley Chorale steps out of formation and lets individual voices, personalities, and stories take center stage. Come at 5:30 and enjoy our pre-show reception, featuring heavy hors

d'oeuvres, wine, beet and non-alcoholic beverages, plus our Silent Auction, Wine Pull and Whiskey Drawing.

Then at 7:00, we'll usher you into the Performance Hall, where you see the Greeley Chorale as you never have before! It's relaxed. It's funny. It's full of moments you won't see at a traditional concert.

This year's theme leans into Anti-Valentine's Day energy, because love (and life) is messy, complicated, hilarious, and sometimes de-

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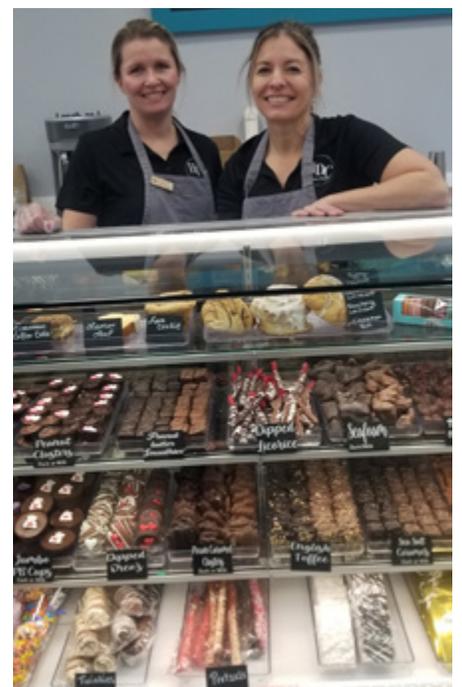
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Veterans Echoes

Standing Nuclear Watch: A Cold War Missileman's Story



Brad Hoopes

In the early 1960s, the Cold War between the United States and the Soviet Union stood on a razor's edge. Had it turned hot, it could have ended civilization, as missiles armed with nuclear warheads were pointed at each other and on constant alert. One of the front lines of that standoff ran through northern Colorado and southern Wyoming, where missile silos still dot the landscape.

Among the airmen guarding that line was Jim Widlar, who served with the 389th Strategic Missile Wing at F.E. Warren Air Force Base. Jim worked in missile maintenance and in preparing them for launch. It's a duty which seemed to be akin to handling a powder keg, as the missiles were complex systems with volatile fuels and pressurized gases. Case in point, Jim tells

of a time once when [bH1], during one test firing, a missile exploded, forcing him to dive beneath a bus as burning debris rained down.

If his duties during his Air Force service weren't already interesting enough, it was compounded by being in the thick of historic moments such as the Cuban Missile Crisis, the assassination of President John F. Kennedy, and the Gulf of Tonkin incident, which placed U.S. missile forces on high alert. Jim believes it is very important that this history is never forgotten. Now semi-retired from a successful career in electrical construction, Jim volunteers at the F.E. Warren Museum and speaks to schools and community groups to help keep this history alive. He welcomes speaking requests and can be reached at jimwidlar@gmail.com

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



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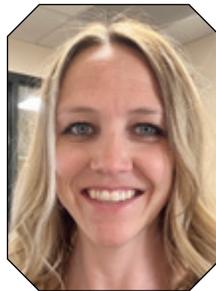
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Weld Area Agency on Aging

Weld Aging Well



Donnica Fagan

The Weld County Area Agency on Aging has been offering wellness classes since 2008 as guided by the Older Americans Act Disease Prevention and Health Promotion section.

The Weld Aging Well program encompasses evidence-based workshops and classes to promote health and prevent disease among older adults. They are based on research and provide documented health benefits, so you can be confident they work.

The percentage of older individuals in the population has increased with each decade, and the proportion of persons 75 years and older has grown even faster. As a result, chronic diseases and falls have increased and are now the leading causes of death and disability among older Americans.

Fortunately, both chronic diseases and falls are highly preventable. The Weld Aging Well programs can help turn the tide and raise older adults' quality of life by improving health behaviors, health and functional status, and overall well-being. Older adults that attend a full workshop are more likely to produce positive changes or outcomes. Some of the benefits of attending include:

- Improved quality of life
- Increased self-efficacy in managing one's health
- Increased or maintained independence, positive health behaviors, or mobility
- Reduced disability (fewer falls, later onset or fewer years of disability, etc.)
- Reduced pain
- Improved mental health (including delays in loss of cognitive function and positive effects on depressive symptoms)

The Weld Aging Well program relies on peer volunteers to lead the workshops and classes. For more information about the various workshops and classes or to volunteer, please visit www.weldaaa.org and click on Weld Aging Well, or contact Gabi Snyder at (970) 400-6117 or gsnyder@weld.gov.

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What's on Your Mind?

What is going through your mind when you walk into a room of strangers? Remember a time when you were new to a company and had to meet everyone in your division. A time when you moved into a new community and were invited to the annual picnic. Or a time when you met your fiancée's family for the first time. What were you thinking, feeling, and how did it affect you?

Carly Simon released a song in 1972 called "You're so vain". She was singing about a self-absorbed man who knew when he walked into a room, all eyes were on him. The man saw himself as handsome and charming with a magnetic personality that drew people to him. A line in the chorus summed up what Carly Simon was trying to say: "You're so vain, you probably think this song is about you".

In Luke chapter 7, verses 36 to 50, the author relates a similar entry into a space full of strangers with an entirely different perspective. Jesus had forgiven a woman of her past sins. She heard he was dining at the house of one of the religious leaders and planned to go there to be with Jesus. Jesus' forgiveness and his extravagant love for her changed her life forever. Her repentance drew her to him, and nothing could keep her

away. She entered that room with humility and gratitude. There was no vanity in her, only thankfulness for what Jesus had done. There was no vanity in Jesus. He was there to reach those who might believe in him. He knew his fate was set by his Father. He knew he would bear a cross and die on it for the forgiveness of sins.

There is no room for vanity in a person who knows that death is the only option for them. Notice that I said, "who knows". One who does not believe that death is a total separation from God, has no need for humility or forgiveness.

If you enter a room where the Son of God resides, what goes through your mind?



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

Friendly Forks Daily Menu February 2026

Monday, February 2	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Roasted Zucchini / Mushrooms / Peppers, Apple Slices
Tuesday, February 3	Pork Carnitas on Wheat Tortillas with Slaw & Salsa, Black Bean / Corn / Jicama Salad, Honeydew, Pumpkin Sugar Cookie
Wednesday, February 4	Beef Enchilada Casserole, Refried Beans, Peppers & Mushrooms, Pineapple
Thursday, February 5	Beef Meatballs over Egg Noodles with Gravy, Creamed Spinach, Apricots
Friday, February 6	Honey Ginger Chicken, Fried Rice, Side of Soy Sauce, Edamame & Corn Salad, Banana
Monday, February 9	Pork Spare Ribs, Tropical Pasta Salad, California Vegetable Blend, Mandarin Oranges
Tuesday, February 10	Tilapia with Lemon Butter Sauce, Roasted Red Potatoes, Peas & Mushrooms with Bacon, Coleslaw, Pears
Wednesday, February 11	Beef Pot Pie, Garlic Green Beans, Pickled Beets, Orange Slices
Thursday, February 12	Lemon Chicken with Gravy, Rice & Orzo Pilaf with Almonds*, Balsamic Brussels Sprouts, Apple Slices
Friday, February 13	Roast Turkey Breast with Gravy, Smashed Yams, Broccoli & Sun-Dried Tomato Salad, Fruit Salad, Chocolate Peanut Butter Cookie*
Monday, February 16	Closed in Honor of President's Day
Tuesday, February 17	Split Pea & Ham Soup, Garden Salad with Chicken & Balsamic Dressing, Wheat Roll with Butter, Pineapple
Wednesday, February 18	Cheeseburger on Wheat Bun with Lettuce, Tomato, Onion, Ketchup, Mustard & Mayo, Mixed Vegetables, Grapes
Thursday, February 19	Chicken Alfredo over Wheat Penne, Breadstick, Farmer's Market Vegetable Medley, Kiwi
Friday, February 20	Chicken Noodle Bake, Sourdough Bread with Butter, Broccoli & Cauliflower, Strawberries & Blueberries
Monday, February 23	Beef & Turkey Bolognese over Wheat Spaghetti, Mandarin Orange & Spinach Salad with Italian Dressing, Orange Slices, Blueberry Cheesecake Bar
Tuesday, February 24	Roast Beef & Mashed Potatoes with Gravy, Corn Muffin with Butter, Green Bean Almondine*, Cantaloupe
Wednesday, February 25	Chicken a La King over Wheat Penne, Roasted Winter Vegetables, Fruit Salad, Apricot Walnut Bar*
Thursday, February 26	Lentil & Sausage Soup, Turkey & Cheddar Sandwich on Sunflower Bread* with Tomato, Mustard & Mayo, Carrots, Grapes
Friday, February 27	Kalua Pork, Baked Beans, Corn & Lima Bean Succotash, Banana

Windsor Community Playhouse

Fridays and Saturdays at 7 pm
Sundays at 2pm

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Professionals For Seniors Off To A Great 2026 Start

P4S has a sizeable members of professionals serving the senior community. They meet monthly to network and exchange ideas about how to best accomplish it's mission.

Most recently Jacobs Meadows in Windsor, CO hosted the gathering in quite a welcoming manner. The team was on hand to greet P4S members. A brunch was served to the appreciation of the membership. Each member introduced them-

selves; along with their business association and the products & services they offer.

Jacobs Meadows is a brand new, affordable senior com-apartment community for adults aged 55+. Tours of the community were available after the get together.

Several P4S opted for the tour and found the community impressive and took note of amenities offered.



(l-r) Michael Buckley, 50 Plus Marketplace News; Jacoby Meadows Team Taelynn Cain, Taylor Lange, & Jenny Bowman), Kelsea Bigelow & Ricky Anderson with HomeInstead.

Windsor Lake



Where the geese meet! Several hundred of them. The photo shows only a portion of the flock on a sunny afternoon taking advantage of unseasonably warm weather.

One topic of discussion: "How do we best greet each other?"

The best answer: "With a big

honk and a wing bump."

Overheard about one of the flock celebrating a birthday.

"Happy Birthday! May your celebration be honktastic and full of feathered festivities." So much for the geese on

Windsor Lake...

Another Hit at Windsor Community Playhouse



SCREWBALL COMEDY cast, co-directors and crew.

A must see! WCP is presenting Norm Foster's SCREWBALL COMEDY a subgenre of the romantic comedy that emerged in the early 1930s and thrived until the early 1950s, popular for its fast-paced, witty dialogue, farcical situations and battle of-the-sexes themes.

The local production is directed

by Shanna Friedli and Kevin Nolan. The show is an entertaining masterpiece and is being thoroughly enjoyed by attending audiences.

Screwball Comedy can be seen Friday & Saturday February 6th & 7th, 7 p.m. and Sunday February 8th at 2 p.m. For tickets, please call WCP 970-674-1790 or visit www.windsorplayhouse.org

Norm Foster's
SCREWBALL COMEDY

Jan 23 - Feb 8, 2026

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Growing Up in the Olden Days

Our grandchildren often ask what it was like growing up in the olden days. First, we have to define "olden days." Was it 1980 when everyone had a color TV and MTV was blasting out music. Or was it 1955 when some people were lucky enough to have a large black-and-white TV in their living room?

It's sometimes difficult to cast your thoughts back to an unfamiliar time. Did your grandparents finish just the 8th grade according to the 1940 U.S. census? Did they have a radio as asked in the 1930 census? Was your family affiliated with a particular religion? Iowa assumed most people were and asked them to name their religion in the 1925 state census. Did your great-grandparents bury children who died before the age of three? What diseases caused death to young children?

What sort of housing did your ancestors live in? During the 1930s, people were sometimes forced to shelter in a lean-to, a barn, a cave, or a shanty. In the 1910s, people frequently lived in a rented room or apartment. In the 1850s, most people in the U.S. were farmers. They built their own houses and barns, often with help from family or neighbors. Family members often lived close to each

other so that they could "exchange" work. Have you tracked the land to see who lived near each other in that place?

How did your ancestors get to that particular county? Were they part of a neighborly group who traveled together from New York to Iowa in the 1850s and settled as neighbors in the new place?

People always want to know the story beyond the records. They may have found records but haven't given much thought to how those records reflect the time and place where people lived.

Carol Cooke Darrow is a Certified Genealogist, Speaker, and Instructor at the Denver Public Library.



WE ARE LOCAL!

Presidents' Day Quotes

"It is the American sound. It is hopeful, big-hearted, idealistic, daring, decent, and fair. That's our heritage, that's our song. We sing it still." — Ronald Reagan

"This is a time when the future seems a door you can walk right through into a room called tomorrow." — George H.W. Bush

"Your voice, your hopes, and your dreams, will define our American destiny. And your courage and goodness and love will forever guide us along the way." — Donald J. Trump

"Let us learn together and laugh together and work together and pray together, confident that in the end we will triumph together in the right." — Jimmy Carter

"And so, my fellow Americans: ask not what your country can do for you—ask what you can do for your country. My fellow citizens of the world: ask not what America will do for you, but what together we can do for the freedom of man." — John F. Kennedy

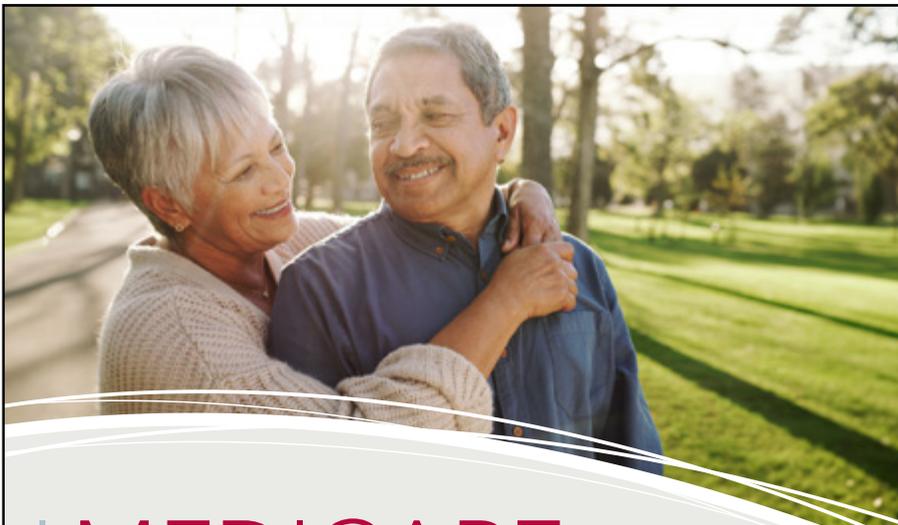
"Be courteous to all, but intimate with few, and let those few be well tried before you give them your confidence; true friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to the appellation." — George Washington

"I would rather belong to a poor nation that was free than to a rich nation that had ceased to be in love with liberty." — Woodrow Wilson

"Strong hearts and helpful hands are needed, and, fortunately, we have them in every part of our beloved country." — William McKinley

"National character cannot be built by law. It is the sum of the moral fiber of its individuals." — Herbert Hoover

"Whatever America hopes to bring to pass in the world must first come to pass in the heart of America." — Dwight D. Eisenhower



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.



Valentine's Day History & Traditions

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14. It originated as a Christian feast day honoring a martyr named Valentine. Through later folk traditions, it has also become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

who were forbidden to marry by the Roman emperor; an 18th-century embellishment to the legend claims he wrote the jailer's daughter a letter signed "Your Valentine" as a farewell before his execution.

While the custom of sending cards, flowers, chocolates, and other gifts originated in the UK, Valentine's Day still remains connected with various regional customs in England. In Norfolk, a character called 'Jack' Valentine knocks on the rear door of houses leaving sweets and presents for children. Although he was leaving treats, many children were scared of this mystical



person. There are a number of martyrdom stories associated with various Saint Valentines connected to February 14, including an account of the imprisonment of Saint Valentine of Rome for ministering to Christians persecuted under the Roman Empire in the third century. According to an early tradition, Saint Valentine restored sight to the blind daughter of his jailer.

Numerous later additions to the legend have better related it to the theme of love: tradition maintains that Saint Valentine performed weddings for Christian soldiers

Today, according to Hallmark, an estimated 150 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year (more cards are sent at Christmas).

Valentine's Day is the perfect opportunity to let that special someone know how you feel about them. Whether it be a spouse, a new boyfriend or girlfriend, or a best friend, let these thoughtful. Courtesy of Statepoint & Wikipedia.

Welcome To Academy Of Natural Therapy



We invite you to take full advantage of Better Health Services

Massage offers numerous physical and mental benefits, including stress reduction, pain relief, and improved sleep. It can help with conditions like lower back pain, headaches, and anxiety by increasing circulation, boosting mood-regulating hormones, and easing muscle tension.



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 Licensed Therapists • 30 min – \$45 • 60 min – \$75 • 90 min – \$110



Academy of Natural Therapy

625 8th Avenue

Greeley, CO

Phone: (970) 352-1181

Saturday/21

The Larimer County Genealogical Society presents a free hybrid program on “Locating Your Ancestral Records at the National Archives” presented by Glenn York at 10 am in the Fox-tail II room at the Fort Collins Senior Center (1200 Raintree Dr). Glenn will discuss the types of information in these records along with how you can locate and access them. Please register online at Program: Locating Your Ancestral Records at the [National Archives - Larimer County Genealogical Society](https://nationalarchives.gov/locations/locations.aspx?lat=40.583333&lon=-105.083333)

Wednesday/25

CSU Music Dept presents a FREE program on “Found Sanctuaries Concert” at 7:30 pm in the Griffin Hall at the University Center for the Arts at 1400 Remington in Fort Collins. The University Chorus with the Concert Orchestra for an evening of sonic soul-searching and discovery. From the radiant light of Elaine Hagenberg’s *Illuminare*, Wolfgang Amadeus Mozart’s *Ave Verum Corpus*, & Ola Gjeilo’s *The City from Sun-*

rise Mass, each work reveals a different kind of sanctuary. No registration is required!

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>.

Dementia Together presents free programs on their Memory Cafe in Estes Park, Fort Collins, & Loveland and their Veterans with Dementia fourth Monday monthly series in Fort Collins. Visit their online calendar at <https://dementiatogether.org/> to learn more about their many events.

Larimer County Offers Free Caregiving Classes!

The Larimer County Office on Aging has a variety of classes throughout the year to help caregivers. The classes can help you focus on your well-being while caring for someone else. Classes are free, but registration is required. Check out the schedule below for dates and locations.

In this six-week, Powerful Tools for Caregivers evidence-based class, family caregivers will learn 35 tools to avoid burnout, lessen stress, stop negative self-talk, strengthen communication, convey needs, and deal with difficult emotions.

For all classes below, except where noted otherwise, use this Google Form to register.

In-Person

Wednesdays, April 1 - May 6
9:30 - 11:30 a.m.

Fort Collins: Harmony Library, 4616 S. Shields St.

Virtual (Zoom)

Mondays, June 1 - July 6
2:30 - 4:30 p.m.

In addition, Larimer County also offers their Stress Busting Program.

In this nine-week class, caregivers learn about stress and its effects, practice stress management techniques, and develop problem-solving skills. The course is shown to improve the quality of life for family caregivers and help them manage stress and cope better with their lives.

In-Person

Tuesdays, March 31 - May 26
9:30 - 11:30 a.m.

Loveland: Larimer County Department of Human Services - 200 Peridot Ave.

Register using [this Google Form](#)

These classes have been offered for over 20 years and are well received by their attendees!



Larimer County Office on Aging Aging Resources, Now Just a Click Away!



Erin Alt

The Larimer County Office on Aging has moved its popular [Answers on Aging Resource Guide](#) to a new, online format. You can now find this helpful

directory at larimer.gov/answer-sonaging.

For years, the county printed a paper version of this guide once a year. However, printing costs recently doubled to \$50,000. By moving the guide online, the county can save that money and spend it directly on services for seniors.

What are the benefits of the new digital guide?

It’s always up-to-date!

In the past, information often became outdated shortly after the guide was printed. Now, staff can update provider information the moment it changes.

It’s easier to scan through and read!

The guide is available in both English and Spanish. It also works better with screen readers and other tools for people with disabilities.

It’s easier to search for what you need quickly! You no longer have to flip through hundreds of pages. You can now search for specific keywords like “housing” or “transportation” to find exactly what you need in seconds.

It’s still printable! If you still prefer a physical copy, you can easily print the sections you need from your home computer.

The guide is a vital tool for older adults, people with disabilities, and family caregivers. It lists local resources for healthcare, housing, and daily support.

The Office on Aging is urging the community to help spread the word about the new, continuously updated resource.

Need Help? If you have trouble using the [online guide](#) or need help finding a specific service, experts are ready to assist you. You can call or text the Aging & Disability Resource Center at (970) 498-7750 or email aging@larimer.gov. Staff are available Monday through Friday, from 9 a.m. to 4:30 p.m.

Find Einstein



Can you find the hidden Einstein in this paper?



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.



Estes Park's Wine & Chocolate Festival on February 7

The 2026 Wine & Chocolate Festival returns to Estes Park on Saturday, Feb. 7, from noon to 6 p.m. at the Estes Park Events Complex, 1125 Rooftop Way, offering a full day of indulgence, entertainment, and community celebration. This all-ages premier event brings together fine wines, decadent chocolates, beer options, gourmet vendors, and local businesses, all set against the stunning backdrop of the Rocky Mountains. Guests will also enjoy live performers, including stilt walkers, contortionists, and aerial artists, along with kids' activities and interactive entertainment for all ages.

Attendees can sip and savor a curated selection of wines from local wineries and vineyards while sampling sweet treats from artisanal chocolatiers and gourmet vendors. The festival also features unique goods and handcrafted items from local businesses, making it the perfect place to shop, taste, and explore. Guests can enjoy a one-of-a-kind keepsake with a caricature drawn by talented local artist Jason Sauer. New this year, beer options will also be available, expanding the festival's offerings for a wider range of tastes. This year, we're opening the event to all ages and inviting breweries,

sweet treats, baked goods, and other delicious vendors to join us.

The Quality Inn Estes Park is a proud sponsor of the Wine & Chocolate Festival and is offering discounted hotel rates for attendees. Visitors are encouraged to turn the festival into a weekend getaway and enjoy the comfort and convenience of local lodging while experiencing everything Estes Park has to offer.

General admission tickets, excluding Designated Driver tickets, include 10 chocolate sampling tickets, complimentary pours, a souvenir wine glass, and a tote bag for carrying home your favorite bottles. Early access receives an additional 5 chocolate tickets. Designated Driver tickets do not include pours/glass. Tickets are expected to sell out quickly. Tickets range from \$5 for kids to \$50 for adults. For event details and ticket purchases, visit eventsinestes.com/wine-chocolate-festival/.



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Fort Collins Museum of Art Hosts 3 Exhibitions

Fort Collins Museum of Art will host three new exhibitions through March 15. The museum will feature Installation Nation in the main gallery and Lynnette Jung-Springberg Gallery. Installation Nation features the work of five regional artists: Nicole Banowetz (Denver), Ashley Hope Carlisle (Laramie, WY), Chelsea Gilmore (Fort Collins), Katelynn Mai-Fusco (Greeley), & Abbie Powers (Loveland). Installation Nation explores the intersection of installation art, nature, and our environment.

The second exhibition will showcase Gretchen Marie Schaefer and Derrick Velasquez with A Pendulum Oscillates About Its Lowest Point, curated by Ilan Gutin and Jenny Nagashima; hosted by Dinghy Rig. Having worked as studio mates for many years, Gretchen Marie Schaefer and Derrick Velasquez share a sustained exchange that has shaped both practices through proximity, generosity, and ongoing critique. Dinghy Rig is a collaborative artist-run art production and exhibition program launched by artists and Colorado State University Art Professors, Aitor Lajarin-Encina and Marius Lehene.

The third exhibition in our lobby gallery, In My Eye, will highlight

the detailed, energetic, and colorful landscapes of Gina Blickenstaff (Fort Collins, CO). The striking and unique landscape paintings of Fort Collins-based artist Gina Blickenstaff show nature in all of its glorious moods and textures. From close up views of grasses and leaves to far away vistas and changing light, Blickenstaff's landscapes hone in on the elegant details and design of nature.

The mission of the Museum of Art Fort Collins is to boldly explore contemporary society through art—enlightening, educating, and providing arts leadership for our region. The museum is open Wednesday/Thursday from 10 am to 5 pm; Friday from 10 am to 7 pm, Saturday from 10 am to 5 pm and Sunday from noon to 5 pm. Admission is \$10.00 for adults; \$8.00 for students with ID and seniors (over 65). Youth 18 and under and museum members are always free as are PSD, Front Range and CSU students. For more information, visit www.moafc.org.

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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.

Cost: FREE



Scan to register!

Anschutz Health and Wellness Center
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

12348 E. Montview Blvd., Aurora, CO 80045
anschutzwellness.com | @cuanschutzwell

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Apex Community Recreation Center

Stay updated on all the latest offerings by visiting ApexPRD.org. Activities are 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.

We're Changing Software Systems: If you are a current member, please contact Guest Services at 303-424-2739 to claim your account before going live on February 4.

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. No requirements necessary. Contact Michelle at MichelleS@ApexPRD.org for more information.

Art Show - Art for the Young at Heart: February 9-March 25 Showcasing Community artists age 50+ and area schoolchildren. Opening reception is Wednesday, Feb 11 from 4-6 pm, with awards at 5 pm. Show Dates: Feb. 9-Mar. 25. Register at the Community Recreation Center. and you must register by Feb. 4. The participating schools' art instructors select children's work. \$13 (non-res. \$15).

Free Hearing and Wax Screening: Wednesday, February 4, 9:00-11 am HearingLife is offering free hearing and wax screenings at the Community Recreation Center. To make an appointment, please call 303.953.5976 or email WheatRidge@HearingLife.com. Walk-ins will be accepted. Free, but advance registration is appreciated.

Drumming - Reconnect with Your Rhythm: Wednesday, February 4-February 25, 10:30-11:30 am Delight in drumming with others in a relaxed and fun group setting. Percussion instruments (shakers, maracas, etc.) and drums are provided or bring your own. No experience necessary, just come and enjoy. \$42 (non-res. \$55).

Adult Trip - Sandwiches and Sweets: Thursday, February 12, 11am-3 pm Lunch at Off Broadway Cafe followed by a 30-minute tour of Hammond's Candies in Denver. As a special treat, you will receive a complimentary delight from the factory to take home. \$20 (non-res. \$26).

Active Adults - Facebook 101: Tuesday, February 23 and March 2, 1-2:30 pm

This two-week hands-on class starts with the basics of connecting with others while using your smartphone. We'll cover safety, privacy settings, messaging, and tips for navigating groups and pages. \$18 (non-res. \$23).

Active Adult - Snack Attack: Wednesday, March 4, 9:30-11:30 am Celebrate National Snack Day with a variety of delicious snacks while connecting with our community sponsors and fellow members. We thank our Active Adult sponsors. Free, but advance registration is appreciated.

Blood Drive: Thursday, March 5, 8:30 am-2 pm Join the American Red Cross by giving blood. Walk-ins are welcome, but appointments are appreciated. To schedule an appointment, visit the American Red Cross https://www.redcrossblood.org/give.html/find-drive?cid=bio_og&med=social&source=social or call 1.800.733.2767.

Bridge - Defense: Friday, March 6-May 8, 9:30 am-12 pm Defense is one of the most difficult but rewarding aspects of bridge. This class is for intermediate to advanced bridge players. Sandra Koller, instructor. \$80 (non-res. \$103).

No Place Like Home Expo: Thursday, March 19, 9am-12 pm Learn about in-home services and products and explore senior housing options. Participants are entered in a drawing for prizes. Free to the public, but advance registration is appreciated. Vendors call 303-467-7197 for vendor information and fees.

Intergenerational Climb and Hike Adventure: Wednesday, March 25, 11 am-5 pm Take a short hike out of Crown Rock Trailhead on Flagstaff Mountain. This intergenerational trip is meant for pairs. Pairs will register together, and climbing is optional. Gear and instruction are provided by Rope Wranglers. \$110 (non-res. \$130).

Save the Date: 50+ Job and Volunteer Expo: Thursday, April 30, 9am-1pm Local employers will provide information for volunteer and paid positions and take job applications for persons aged 50 and over. This event is free to the public, but please register in advance. Vendors call 303.467.7197 for information and fees.

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

Rocky Mountain National Park Hosts 2026 Winter Programs

For many, winter is their favorite time of year to visit Rocky Mountain National Park (RMNP). The park is less crowded and for those who are prepared, winter is an enchanting time to explore the scenic beauty of the southern Rocky Mountains. Weather and snow conditions permitting, RMNP will be offering a variety of ranger-led walks, talks and activities this winter through mid-March. Programs offered on the East Side of RMNP Include: Kid-Friendly Snowshoe Walks: These beginner walks are perfect for the whole family. Snow and weather conditions permitting, these programs will take place on Saturdays at 2 p.m. and they are 1-hour in length. No previous snowshoe experience is needed. Beginner snowshoe walks are free to attend (park entrance fees are required). Space is limited and advanced reservations are required.

Programs Offered on the West Side of RMNP this Winter Include: West Side Kid-Friendly Snowshoe Walks: Join a park ranger for an easy, kid-friendly snowshoe walk on Fridays at 1:30 p.m. and are great for participants ages 5 and older. On west-side snowshoe walks, snowshoes are provided. For your comfort and

safety, all participants must wear appropriate winter clothing, including waterproof boots. Snowshoe hikes are moderately strenuous, and participants should be in good physical condition. All participants must bring their own snowshoes or rent snowshoes outside of the park. For your comfort and safety, appropriate clothing is essential. Recommended items include waterproof winter jacket, snow pants, warm socks, waterproof boots, gloves/mittens, a hat, and sunglasses or goggles. Other essential items include water and sunscreen. Hiking poles are helpful.

For your comfort and safety, all participants must wear appropriate winter clothing, including waterproof boots. Advanced reservations are required. To make a reservation, call 970-627-3471.

To see a list of all available programs and activities RMNP is offering this winter, visit us online at <https://go.nps.gov/romo/winter-programs> or on the NPS App. These programs and activities are made possible by the Rocky Mountain Conservancy.

WE ARE LOCAL!

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.

Purple Art: Pissarro-Inspired Landscapes

WEST | Friday, February 27 | 2 – 3 p.m. | Fees: R/NR \$20.40/\$24 Inspired by Pissarro, create colorful landscape paintings that capture light and movement like the famous Impressionist artist.

Reclaim Stability: A Vestibular Workshop for Older Adults

EAST | Wednesday, February 11 | 11 a.m. - noon | No Fee

Learn about the various causes of dizziness, how the vestibular system works, why these symptoms can happen, and what can be done to begin feeling steady and confident again. Instructor: Tim Schulte, Physical Therapist specializing in treating dizziness and vestibular conditions.

The Art of Dying Well: How to Approach Change

WEST | Friday, February 13 | 1:30 - 3:30 p.m. | No Fee Based on ideas from the book "The Art of Dying Well: A Practical Guide to a Good End of Life"

by Katy Butler, end-of-life doula and educators Diane Hullet and Margaret Kane present key points from the book and offer additional resources, discussion and ideas. No need to read the book to participate.

All About Pronouns Workshop & Improv

EAST | Wednesday, February 18 | 11 a.m. – 1 p.m. | No Fee Participants will join a fun and interactive class to learn all about pronouns and gender diversity. Instructor: Val Ponce Najera (he/they) is an LGBTIQ+ educator in partnership with Boulder County Public Health.

Massage at the Age Well Centers Promote good health and well-being with a therapeutic massage. Massages are limited to those age 60+ for one one-hour appointment per month. Schedule an appointment online. R/NR: \$85/\$100.

For information about programs and services and to register: <https://bouldercolorado.gov/lets-age-well-program-guide>.

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

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Watches: Pocket and wrist watches, watch chains and memorabilia. Also Costume jewelry. Call or text Jeff (970)-217-3065



Volunteer

Become a Cherry Creek Storyteller! Storytellers TELL stories to Cherry Creek elementary school children.

Volunteer storytellers enhance literacy, stimulate imagination, and broaden multicultural understanding. Pus: It's fun and rewarding, For information and to sign up for training contact drpbusch42@aol.com

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4 Groups, 3 locations: Wheat Ridge, Franktown, Lone Tree (lunch at Franktown) FREE. Call for more information: 303-814-2863/ skycliffctr@aol.com

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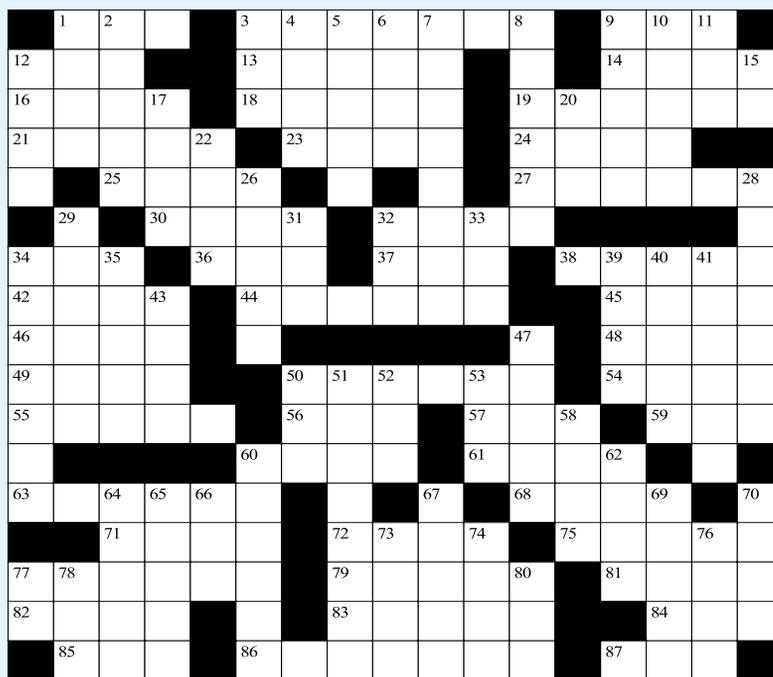
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50 Plus Marketplace News Crossword Puzzle

February 2025
 Answers page 3



- 81 Having a sound mind
- 82 Yellow cheese coated with red wax
- 83 Go into
- 84 Posed
- 85 Lyric poem
- 86 Rapturous delight
- 87 For each

DOWN

- 1 Crack
- 2 Savory jelly
- 3 Fem. pronoun
- 4 Chinese secret society
- 5 Interior
- 6 Oaf
- 7 Preliminary test
- 8 Dual
- 9 Boatswain
- 10 Fragrant resin
- 11 Decease
- 12 Mild oath
- 15 Not off
- 17 British nobleman
- 20 Not
- 22 Naive person
- 26 Confused mixture of sounds
- 28 Young noble
- 29 Corporal
- 31 Curved bone
- 32 Law enforcement agency
- 33 Ovum
- 34 Picky
- 35 Arising from a gene
- 39 Boss on a shield
- 40 Not easily broken
- 41 Consecrated
- 43 Repast
- 47 What are the large, level basalt plains on the surface of the moon called
- 50 Gone by
- 51 Pet birds
- 52 Printer's measures
- 53 Electrically charged atom
- 58 Reveal indiscreetly
- 60 Demented
- 62 Periods of history
- 64 Nickel-cadmium battery
- 65 Clotted fluid
- 66 Petroleum
- 67 4th letter of the Greek alphabet
- 69 Efface
- 70 Russian no
- 73 Is not
- 74 Dreg
- 76 Knot in wood
- 77 Objective case of I
- 78 Fuss
- 80 Attempt

ACROSS

- 1 Sink or bend downward
- 3 Pompous
- 9 Used for resting
- 12 Abstract being
- 13 High public esteem
- 14 Potpourri
- 16 Stare with open mouth
- 18 Boredom
- 19 Unobserved
- 21 Pertaining to bees
- 23 Japanese wooden clog
- 24 Children's book author
- 25 Crustacean
- 27 Lenient act
- 30 Person who lies
- 32 Gratis
- 34 Cloudlike mass
- 36 Law enforcement agency
- 37 Insect
- 38 Representation of the Buddha

42 As previously given

- 44 Reluent
- 45 Grumble
- 46 Baseball team
- 48 Male of the deer
- 49 Hip bones
- 50 Apathy
- 54 Barbarous person
- 55 Recurring series
- 56 Leg
- 57 Globe
- 59 Pronoun
- 60 Charged particles
- 61 Egypt's river
- 63 Capital of Burma
- 68 River in central Switzerland
- 71 Greek goddess of the rainbow
- 72 Monetary unit of Cambodia
- 75 Covered with bark
- 77 Spot on the skin
- 79 Very small island

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