

50 Plus Marketplace



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

January 2026 • Volume 32 • Issue 1

Cheers to the New Year!

Welcome to 2026 and all the new beginnings! With 365 days to fill, how will they be spent?

Is this the year to move from waiting to action? Is this the year to reconnect with friends and/or family members, especially those not seen recently?

Perhaps this is the year to stop waiting for what seems to be “the right time” whatever that might be. We expect to wait for some things of our choosing while others are out of our control.

Occasionally decisions need to be made whether to repair, remodel or buy new. Such might be the case with vehicles and houses. Waiting might be sensible depending on vehicle safety or the housing market.

Some may hold off or wait to travel. While saving money for such an adventure becomes financially a good idea, would future health challenges preclude travel? Perhaps one family member or traveling companion could make the trip; another might not be so able. What about visiting family members or friends elsewhere? Why not book now?

What about saving those special dishes or glasses for a special occa-

sion? If that special occasion doesn't arrive in a timely manner, those beautiful cherished items might remain dusty or tarnished. What happens if something breaks, becomes mangled in the disposal or tossed out by mistake? There's always the possibility of replacement or setting the table in a differently.

Some might think waiting for more time to volunteer, take up a new hobby or sport would make sense. It might but, why not venture out now? What about taking a class

to learn a new skill?

Volunteer opportunities abound in most areas. Sampling a few or gravitating to a potential area of interest enables volunteers to find just the right niche. Is being part of a service project something of interest?

Does helping others locally appeal? Many opportunities exist from working in a local food bank to reading to homebound adults. Some schools collaborate with area service clubs in journaling projects.

If older students present more interest, collaborations exist between college students and area seniors. Professors connect the two thus providing an intergenerational learning opportunity.

English language learners benefit from volunteers who help them with this acquisition. Sharing their different culture while helping another navigate our systems becomes a great gift in assimilation.

Tangible waiting happens in saving a new clothing item. Save it for a special occasion might be the thinking. What happens if that occasion never arrives, it no longer fits or the event is cancelled? Who enjoys it then?

Waiting for medical or dental visits may be more costly if we wait too long. Make that appointment and enjoy more comfortable health.

With the different sporting events, festivals and celebrations in the area, it's possible to miss out by not getting tickets soon enough. Make a commitment, buy tickets and avoid disappointment later.

Embrace this New Year with all its surprises and challenges! Don't wait to make it happen!

By Marty Coffin Evans



Doctors' Tips to Stay Healthy and Safe in 2026!

(StatePoint) The holiday season is a joyous time to reconnect with family and friends, but it can also throw your wellness routines out of alignment. Doctors advise prioritizing healthy choices now so you can start 2026 feeling your best.

“Amid the hustle and bustle of the holidays, it's easy to lose sight of our well-being, overindulge in food and drink, and feel stressed. A little awareness and a few healthy habits can go a long way in helping you and loved ones enjoy the season in good health,” says Dr. Bobby Mukkamala, president of the American Medical Association (AMA).

For a healthy and happy holiday season, the AMA recommends the following tips:

1. Watch what you eat. Pay attention to labels and avoid ultra-processed foods, especially those high in added sodium, saturated fats, and sugar. Consider having a healthy snack before the big meal or offer to bring a healthier dish for the holiday spread. Drink water instead of sugar-sweetened beverages, and eat nutritious, whole foods such as fresh fruits and vegetables alongside richer holiday dishes.

2. Prioritize your mental health. Factors such as holiday spending

and navigating time with extended family can bring on extra seasonal stress. Get sufficient sleep and exercise, and don't hesitate to talk to a mental health professional when you need help managing stress.

3. Prioritize physical activity during this busy time of year. A good rule of thumb for adults is at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week. Brisk walks, bike rides, hikes and family-friendly sports like basketball and touch football can provide easy, fun ways to get off the couch and elevate your heart rate.

4. Be prepared when traveling. Whether you're flying or taking a road trip, you might be tempted to grab convenient yet unhealthy food for the journey. Consider packing your own snacks, such as fresh fruits and vegetables or small portions of dried fruits and nuts. When flying, pack your medication in your carry-on bag instead of your checked luggage so it's easily accessible. Keeping medication handy will help you avoid missing a dose on busy travel days, especially amid flight delays. Stay hydrated and drink plenty of water during your flight as air travel can cause dehydration.

And keep your body moving to avoid blood clots on long flights!

5. Make smart choices and plan ahead if you're driving. In December 2023 alone, 1,038 people died in alcohol impaired-driving crashes in the United States. If you plan to drink, always arrange for a sober driver or alternative transportation. Also make sure to get plenty of sleep before your road trip as drowsy driving is responsible for an estimated 100,000 car crashes each year nationwide.

6. Vaccination remains the best protection against several serious respiratory viruses circulating this fall and winter, particularly as people are spending more time indoors and gathering for the holidays. The AMA encourages you to speak with your physician or other health care professional to determine which vaccines are best for you.

7. Start New Year's resolutions early. Speak with your doctor or other health care professional about quitting tobacco, nicotine, and e-cigarettes, and declare your home and car smoke-free to protect loved ones from secondhand smoke exposure.

“While you're celebrating this holiday season and reconnecting

with family and friends, remember to take care of your health. Eating well, staying active, and taking precautions to prevent the spread of respiratory viruses can help you enjoy the season and start the new year strong,” says Dr. Mukkamala.

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

DEADLINE
10th of the Preceding Month

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

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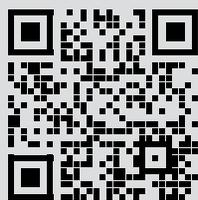
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BOULDER

Calendar

Tuesday/6

The Boulder Genealogical Society presents a free program on "The Robot Genealogist: Separating Fact from Fiction in AI-Assisted Research" by Judy Russell, JD, CG, CGL on Zoom only at 7 pm. Judy presents a practical guide to understanding the limitations of AI, ensuring that we remain critical thinkers when using this new technology. Please register online on their website at <https://www.boulder-genealogy.org/>.

Sunday/11 to Wednesday/14

The University of Colorado in Boulder presents the popular Grammy-winning Takács Quartet in the Grusin Music Hall at 1020 18th Street in Boulder. Their dynamic and insightful performances have established the ensemble as one of the most sought-after chamber music groups of our time. Tickets are \$46-\$58 in person \$22+ for online performances. Register at [Takács Quartet | Jan 11-19, 2026 | CU Presents](https://www.cu.edu/presents/takacs).

Wednesday/14

The Longmont Genealogical Society presents a free hybrid

program on "Is This the Right Record? Let's Find Out — Step by Step" by Sylvia Tracy Doolos at 1 pm at the Longmont First Evangelical Lutheran Church, 3rd and Terry Streets in Longmont. Sylvia will tell if a record truly supports your research? Let's break it down together, one simple step at a time! Please register online on their website at [Future Programs](https://www.future-programs.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>.

Check individual venues for current information

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Many big changes this year

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Mental Health The Holiday Sahara



Dr. David Remmert

Now that the holidays are over and your hearts and stomachs are full, we're looking at a few months that I call the Holiday Sahara. Sure, we have Martin Luther King Jr. day on January 19th and Presidents' Day on February 16th but not every employer observes those days. Our next major holiday isn't until Memorial Day on May 25th.

I bring this up to highlight the importance of 'down time,' extended time you take to recharge, rejuvenate, and recover. Research shows that in 2022, American workers left an average of 9.5 vacation days unused and most of us worked while on vacation with 55% reporting that they responded to work-related communication. Research is also clear that taking time away from work is beneficial to our physical and mental health. Our time and energy are valuable, but finite and limited. We must learn to give some of that time and energy back to ourselves so that we can be our best and have a joyful and healthy life. Signs of 'burn out' include difficulty concentrating,

exhaustion, irritability, and lower productivity. Physical symptoms can include headaches, muscle ache, gastrointestinal issues, and sleep deprivation.

The first step is to identify when you lack balance in your life. Admitting this to yourself is not easy but you must first recognize the problem and understand that balance is in your best interest. Next, prioritize your wellbeing - for instance, by scheduling vacation time. Importantly, use this time away to truly disconnect and avoid the temptation to 'check-in' with work. Don't be afraid to say "no" when unreasonable demands are being made of you. Set healthy boundaries with your supervisors and managers, and help them understand that you are a better performer when you're fresh. Finally, consider changing jobs, teams, or employers if you don't get the support you need to prioritize self-care.

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.

Longmont's Fiber Internet Service That Counts!

Pardon the musical interlude. But for NextLight customers, there's been a lot to sing about this year and more than a few blessings to count. So, with the holidays coming close and 2025 almost at an end, here's a few numbers to unwrap.

83 percent of our NextLight customers have speeds of one gigabit or faster, letting all of you rock the internet while playing Fortnite, holding a seven-state video conference for work, or downloading every Hallmark Christmas movie ever. That's especially impressive since ...

67 percent of Longmont currently gets NextLight's fiber goodness. That's a lot of homes and businesses, including some folks who normally wouldn't be able to afford internet,

1,034 Internet Assistance Program customers that we celebrated in April, one year after launching that locally funded discount as a helping hand. We see a lot of those folks at the...

20 different community events we sponsored, including the awe-

some Day of the Dead festivities that celebrated their 25th anniversary this year. Those enthusiastic crowds are also a big part of the ...

20 awards that NextLight has won in its history, including five new ones this year! Awesome customer support helped gain NextLight a number of Reader's Choice honors such as the best municipal provider and the best internet provider for home offices, along with an overall Best ISP ranking of no. 3 in the nation. That's a lot for a provider that's just ...

11 years old this year, thanks to ...

13,316 long-ago voters, who gave us permission to build out from Longmont's ...

17-mile-long core fiber loop and create a ...

742-mile (and counting) network that's still ...

No. 1 in the hearts of Longmont.

All that we're missing is a partridge in a pear tree. But there's always 2026. We'll see you in the new year, with still more NextLight goodness to share.



We Care



Cheers to 2026! May it be your best year yet.

Happy New Year! Here's to new beginnings and endless possibilities.

Wishing you health, happiness, and prosperity in 2026.

May your 2026 be filled with adventure, laughter, and growth.

May our friendship grow stronger in 2026! Happy New Year.

Wishing you and your family a year brimming with good health,

wealth, and happiness.

Here's to making 2026 a year of unforgettable memories and shared victories.

May this New Year bring fresh opportunities and continued success in all your endeavors.

Wishing you a year of courage, creativity, and big wins!

Let 2026 be the year you create your own success and find joy in the journey.

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Boulder Announces First Community Assembly

The City of Boulder and Boulder County are celebrating the completion of Boulder's first Community Assembly. Forty-three randomly selected members of the Boulder community met over seven Saturdays between May and October to examine and discuss 15-minute neighborhoods in the Boulder Valley. A Community Assembly is a structured public process in which a randomly selected group of community members study an issue, deliberate and develop recommendations for decisionmakers. Members bring their perspectives and lived experiences and typically meet over several weeks or months. Their final recommendations aim to reflect the community's best interests.

Boulder's first Community Assembly was tasked with learning about the potential benefits and trade-offs of 15-minute neighborhoods, developing a collaborative definition of these neighborhoods for the Boulder Valley and identifying challenges and opportunities presented working to implement the concept. They were also asked to recommend whether 15-minute neighborhoods should be proactively pursued in Boulder – and if not, why not, and if so, how and where.

The assembly provided a unique opportunity for community members to help shape the future of the Boulder Valley and was an innovative part of community engagement for the once-in-a-decade Boulder Valley Comprehensive Plan update. The plan includes wide-ranging policies and a future land use map.

The Community Assembly presented a written report of its recommendations, supported by the facilitation team from the University of Colorado, Boulder. The report includes a Boulder specific definition of 15-minute neighborhoods, 15 majority recommendations, a set of principles for prioritizing locations and one minority report on a single issue. The recommendations focused on Inclusive Local Economy, Housing Choice and Opportunity and various challenges and opportunities. Themes included creating a sense of belonging and social connection and increasing accessibility for people of all abilities.

Read the full recommendation or watch assembly members' presentation of their recommendations to City Council at ABoulderFuture.org.

Technology is Hip!

New Battery Technology for Homes and Buildings

The Massachusetts Institute of Technology (MIT) is working on new battery technology that could be used for homes, buildings, or streets! The new battery technology is a concrete battery comprised of mixing cement with carbon black and electrolyte material. This creates a conductive nano-network inside the concrete, turning it into a functional battery.

Two slabs of this carbon-enhanced concrete, separated by a porous electrolyte-soaked separator, form a supercapacitor cell.

Carbon black is a fine black powder made by the incomplete combustion of heavy petroleum products or other organic materials. The result is a large-scale super capacitor that can store large amounts of electricity much like a standard electrolytic capacitor used for power supplies. When used as a storage battery, it can improve in electrical conductivity, charge acceptance, & overall efficiency!

The proposed supercapacitors will be relatively cheap and can last a very long time when compared to lithium ion or cobalt batteries. Due to its larger size in a standard concrete block used for home or other buildings, the super capacitors will charge much faster than



Bob Larson

standard rechargeable batteries!

The supercapacitors will be used in new or existing homes or even for streets in supplying power. Other applications could be 1) heatable sidewalks, 2) buildings could store their own solar energy, 3) roads could power sensors or charge Electric Vehicles, 4) bridges could monitor their own structural health, & 5) energy storage becomes "hidden" inside infrastructures.

According to MIT, one cubic meter of concrete battery can store approximately two kilowatts per hour of energy. However, five cubic meters (a basement wall) can store a full day's energy for an average home!

Costs would be cheaper than lithium ion or cobalt batteries, but would cost 50% more than regular concrete. Over time, the costs would be reduced with higher volumes in manufacturing! This is another great use of technology for improving our planet.

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

We Care

Reflections

Filling The Calendar

Here we go again with filling our new calendars. My guess is yours already has dates marked for scheduled appointments, circled special days and more for 2026. I know ours does.

"See you in 3 or 4 or 6 months," comment schedulers when making different appointments whether for us or our furry friends. With that, we're often given a card noting time, date and place. Eventually text, email or phone messages will follow these dates just to be sure we arrive at the right place and time. "Be sure to fill out this information ahead of time," we're reminded!

We have special birthdays noted in our calendar too. One is for a little fellow Liam who will turn ONE in March. Later that month, another friend, John, will celebrate 100 years around the sun! Both are most worthy of celebration in their own special way with or without hats and noise makers.

Several transitions fill our calendar this year. One involves a step-granddaughter Madi's graduation from high school. Depending on the state and academic calendars, high school as well as college graduations begin taking place from May into mid-June.



Martha Coffin Evans

Summer may bring wedding bells for some families. It will for ours at Red Rocks when daughter Ali marries Dan in August. We keep blending our families all the while expanding our circle of support.

Does your calendar have some dates marked out for vacations? Whether short or long, time away refreshes and helps keep us all recharged. Vacation days are "given" for exactly those reasons.

May your calendar be filled with what brings you joy, fresh new ideas, along with times to connect with family and special friends. Of course, leaving many open days within your allocation of 365, allows for the unexpected which will most likely happen. Just wait and see!

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

*Help us
Help the 50+
Community*

JANUARY Calendar

DENVER-METRO

Saturday/10

The Colorado Genealogical Society presents a free class on "Beginning Genealogy" On Zoom at 10 am to noon. Beginning Genealogy is an introductory genealogy class that will introduce you to U.S. census records and basic record groups such as birth and death records, marriage records. You will learn how to record information on pedigree charts and family group sheets. Register online at [Meeting Registration - Zoom](#).

Saturday/17

The Castle Rock Genealogical Society presents a free program on "How to Save Your Research from Destruction & Ensure Its Future Survival" by Lisa Louise Cook at 10:00 am to 12:00 pm on Zoom only! Lisa will teach you the 7 key strategies to securing the future of your research including designating a "research keeper," setting up a Genealogy Materials Directive, and making donations with a Deed of Gift. Please register online at [Castle Rock Colorado Genealogical Society - Programs / Events](#).

Tuesday/27

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

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

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

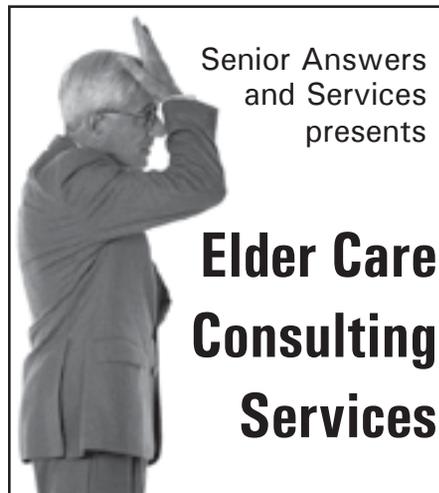
We Care

Denver Zoo Announces New Lion Cubs

Following a 115-day pregnancy, African lion Araali gave birth to four feisty cubs on Wednesday, August 13, after laboring for nearly 18 hours. The newborns' father, Usiko, joined the Denver Zoo in 2016 after being transferred from the Lee Richardson Zoo in Garden City, Kansas, the zoo said.



Due to Usiko and Araali's compatible genetics, the Association of Zoos and Aquariums' African Lion Species Survival Plan recommended they breed last year. The zoo said its growing lion coalition represents its continuing conservation efforts, which extend beyond lions in human care. The institution is also helping wild lions through joining efforts like the Kyambura Lion Monitoring Project, a partnership the zoo announced earlier this year, which includes helping protect the declining lion population in Uganda.



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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.

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).



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Colorado Gerontological Society

Colorado Legislature Convenes January 14, 2026

When the legislature convenes, with less expected revenue, legislators are going to have to find more cost savings to balance the 2026-27 budget that starts July 1. Older adult services will again be subject to review.



Eileen Doherty

The PTC 104 tax rebate, the Senior Housing Income Tax Credit approved in 2024 will be available for those who did not claim it in 2025, and the Old Age Pension cost-of-living increase should be stable.

The Senior Property Tax Homestead Exemption, State Services for Seniors which funds meals on wheels, transportation and home care, as well as the Low Income Senior Dental Program may all see 2026-27 budget reductions. Tabor refunds will be much less.

Medicaid services are especially vulnerable for long-term care such as home care, assisted living, and nursing homes. We may see reimbursement cuts, caps on number of visits for home and community-based services, and the creation of waiting lists for some services.

Legislators will be looking to

run bills that have no or a very limited fiscal note.

One such consumer protection bill is being sponsored by Rep Karen McCormick and Rep Kyle Brown to make it easier for Medicare beneficiaries who leave a Medicare Supplement

and enroll in a Medicare Advantage Plan to be able to return to the Medicare Supplement without underwriting. There are sure to be more consumer protection bills as well that usually have a low or no budget impact.

The voice of older adults has always been important at the Colorado legislature. Consider ways to have your voice heard including: getting to know your legislator, joining advocacy groups such as AARP or the Center on Aging, or volunteering to help with some of the Society's advocacy efforts.

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

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

Northglenn Hosts Art on Parade

Launched in 2001, Northglenn's Art on Parade program is a unique one-year outdoor sculpture-on-loan program that features the work of up to six professional sculptors in our outdoor gallery at EB Rains Jr. Memorial Park. Residents and park visitors representing various cultures, age, backgrounds, and neighborhoods meet with the Northglenn Arts and Humanities Foundation (NAHF) to select the sculptures that are installed around Webster Lake.

Through the summer and into the fall, Northglenn residents and park visitors are asked to vote on the sculpture they would like to see purchased. The artist of the winning piece, the "People's Choice," receives a \$1,000 cash award. The NAHF then, with funding through grants and fundraising, purchase the People's Choice winner and gift it back to the community as part of the City of Northglenn's permanent art collection.

The 2025/2026 Art on Parade program featured six sculptures installed at E.B. Rains Jr. Memorial Park. Voting has ended and "Red Rover" is the 2025/26 People's Choice Award.

This bronze sculpture depicts a soaring red-tailed hawk placed on a flowing pedestal. The piece was selected by the public as part of Northglenn's Art on Parade program, which features on-loan,

outdoor sculptures exhibited at E.B. Rains, Jr. Memorial Park for one year.

"I volunteered for 20 years with outreach programs using raptors to teach about biodiversity and the environment," said Stajcar, of Golden, Colo. "I love seeing a hawk on the wing—the glint of a red tail in the sun makes them easy to identify as they rove the sky."

"Red Rover," along with the other 2025/26 Art on Parade program sculptures, will remain on display through May 2026. In June, six new sculptures will be installed.

For more information about Art on Parade or NAHF, please go to www.northglenn.org/artonparade or contact Michael Stricker at 303.450.8727 or mstricker@northglenn.org.



Douglas County & Aurora Propose New BioChar Facility

Douglas County will soon become home to the nation's first county-operated biochar facility, an achievement that places our community at the leading edge of wildfire mitigation technology. This bold initiative continues to attract attention across the region as partners step forward to support the County's innovative approach.

Biochar is a carbon-rich material created by heating woody plant waste in a low-oxygen environment. The process transforms fire-prone vegetation into a valuable resource that improves soil health, filters contaminants, and reduces water use in agriculture and gardening.

In December, the Board voted to approve an Intergovernmental Agreement (IGA) between the City of Aurora and Douglas County to support the development and operation of the County's future regional biochar and waste diversion site.

Under the terms of the IGA, Aurora Water will contribute \$100,000 toward the establishment of the facility. This agreement reflects a shared commitment to wildfire mitigation, watershed

protection, and sustainable land management.

"Douglas County is proud to lead the nation with the first county-operated biochar facility, a milestone that reflects our commitment to innovation in wildfire mitigation and land stewardship," said Commissioner Abe Laydon, Founder and Chair of the Douglas County Wildfire Action Collaborative. "This partnership with the City of Aurora demonstrates how regional collaboration can produce meaningful, lasting benefits for our residents and our natural environment."

"Watershed health is a critical issue of our time. Healthy watersheds are vital because they naturally filter and store clean drinking water while helping reduce the risk of catastrophic wildfire," said Alex Davis, Assistant General Manager of Water Supply and Demand at Aurora Water. "Aurora is extremely pleased to be working with Douglas County on a facility that will further our watershed health efforts and support clean drinking water for our community." The facility is expected to open in 2026.



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JANUARY 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.

Tuesday/27 to Thursday/29

The FREE admission Colorado Farm Show will be held at the Island Grove Exhibition Center in Greeley starting at 9:30 am. It is one of the largest and oldest farm shows in the nation. The annual three-day event features almost 350 ag-related exhibits, free classes, and draws more than 30,000 visitors from throughout the region interested in learning more about ag products, services, and machinery. \$5 parking fee supports scholarships!

Saturday/31

The Greeley Philharmonic Orchestra presents a fee-based program on "Stars

& Stripes Forever" at 7 pm at their Campus Commons Performance Hall. Celebrate nearly 250 years of American music includes the patriotic "Liberty Fanfare" and "Stars and Stripes Forever." Ticket prices range from \$25 to \$60. Purchase tickets at their box office at 1051 22nd Street in Greeley or call 970-351-4849.

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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Jan 23 - Feb 8, 2026



34 Years of Service Providing Information for the 50+ Community

A Huge Success!

A very successful four weekend run ended at Windsor Community Playhouse. "One Christmas Eve At Evergreen Mall" played to near capacity audiences. The show and dinner was presented on Friday and Saturday evenings and Sunday matinees.

The show and its cast provided pure enjoyment fun. The crew sup-

porting the show was often recognized and thanked.

The Cracker Barrel catered dinner was well portioned and delicious.

Once again, the Windsor Community Playhouse experience was entertaining and audience appreciated....



A cast party after the final performance was great fun. Mixed emotions! A near banquet sized was made available to all who attended.



Nathalie and Brian Carr... Two quite pleased and proud directors of their show "ONE CHRISTMAS EVE AT EVERGREEN MALL" They and their cast made a unique team.



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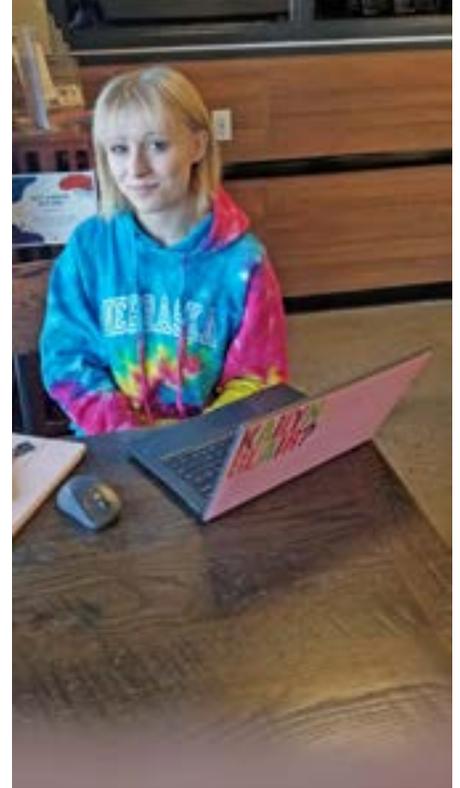


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Windsor Community Portrait & Caricature Artist

Kailyn Blair is only 17 years old, she has done many events over the past 3 years, she has been recognized by the Denver Art Museum at the Larimer County 4-H Carnival. Everywhere she goes she takes just a few minutes to make a portrait of strangers to brighten their day. She also finds interest in Face Painting, which she also does for events in Colorado. She can be reached at blairkailyn@gmail.com, or (970)-888-1403.



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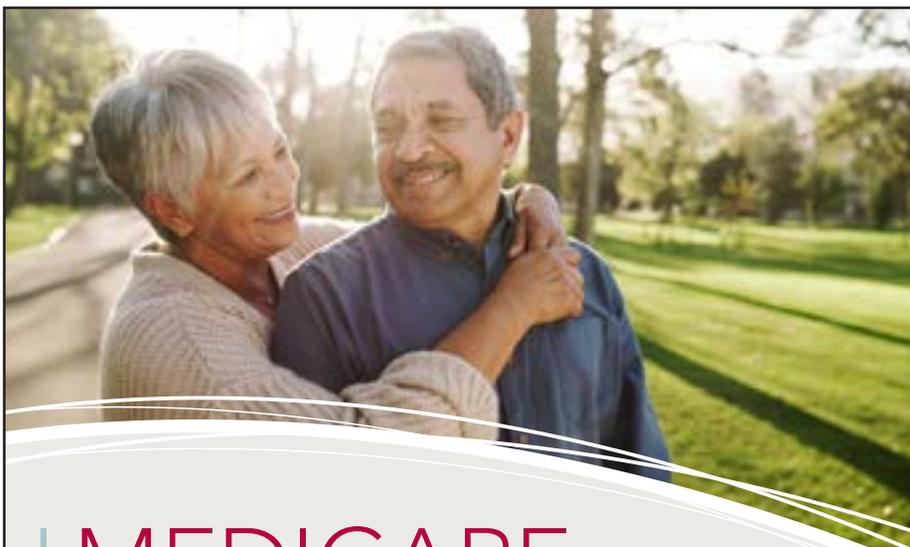


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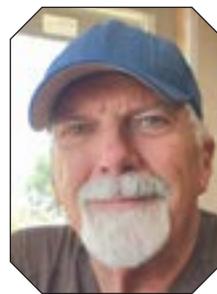
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Part Of The Positive

Discover the reality of a better future

It's exciting, isn't it?! To know we're heading into this New Year empowered through incredible vision as our nation, our Constitutional Republic moves onward and upward again, despite those who still envision evil!



Steve Anderson

Led by people with a proper understanding of and approach to liberty seemingly lost just a short time ago, our nation has an amazing opportunity to realize great capabilities like never before.

Sadly, this isn't the case in many regions around the world, from Australia to Arminia, across Europe, the Middle East and Asia. It seems that while new hopes and dreams are within the grasp of so many, the same ill will and denigration that has plagued society forever is raising its vile intent yet again.

It's almost as if powers beyond our knowledge or control seek to counter whatever goodness comes along to improve the quality of life. Nations once thought to be free of judgement and bigotry are, despite all logic, faced with dictators, fascists, communists and monarchists doing as it was done just over 80 years ago, and long before.

People believing they were beyond persecution and violence, Christians, Jews and others, are suddenly being victimized through evil rhetoric and the violence that comes with it, in places thought beyond bias.

As a Judeo/Christian nation, we should be appalled at the violence taking place here and abroad, as lessons learned at the cost of countless lives over decades seem forgotten by too many, too often! Whether by way of ignorance or indoctrination, they refuse to believe what is happening.

While it's time to celebrate the possibilities of the coming year, we also need to realize there are those among us who seemingly fled the worst, only to come here and derail the nation that enabled their liberty. So be kind, be generous and be happy you are part of the positive.



The Post-Christmas Blues

We celebrated Christmas last month. What Christmas means varies from person to person. It may have been a time of following treasured family traditions, cooking special meals together with friends, or exchanging gifts. Many people may have travelled to distant places to visit relatives they had not seen for a while. And some people viewed Christmas as just another commercial holiday created by merchants to make ends meet at the end of the year. Too many times, Christmas is not as joyful as all the TV ads. Interactions with old friends and family members can be joyless.

The New Testament does not paint Christ's Mass (Christmas) as a grand holiday. The gospels tell the story of two poor, young people trying to make their way to Bethlehem for a census

ordered by the secular government. Joseph and Mary walked 80 miles from Nazareth to

Bethlehem. They had no money, Mary was pregnant and accommodation was scarce. However, they knew that a greater purpose informed their journey. Mary was carrying the Messiah,

Emmanuel, God who would come to be with us.

As Christians, we should grasp

the greater purpose of Christmas. Christ's coming to earth marked the beginning of God's promise to restore all His creation. Emmanuel, God with us, came to dwell within us. We are not to sit and wait for Christ's return. We are to make God's kingdom on earth a reality today. But how do we do that? Consider what Jesus said: "When I was hungry, thirsty, a stranger, naked, sick, or in prison, you came to me." (Mt. 25:35, paraphrased). God's kingdom is revealed today when we do for the least of these because Jesus said it is as if "you did it to me" (v40). Where do you find the least of these? Do likewise.

Bob Pittman, Interim Pastor



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Veterans Echoes

Service And Sacrifice Beyond The Uniform



Brad Hoopes

Randy and Angela Isaac are excellent examples that while discharge papers may list an end date, service and sacrifice often continues long after uniformed life is over.

The Isaacs met while both were serving in the Air Force, a story Angela treasures even more because her parents met while serving together in the Navy. Military life often brings periods of separation. Angela deployed to Kuwait during Operation Enduring Freedom, and later, when their first son was just one, Randy deployed to Iraq during Operation Iraqi Freedom. This was the first of many challenges they navigated together.

After leaving the military, more obstacles followed. When Randy's mother passed, they moved to Colorado to be near Angela's mother and to give their sons time with their grandmother. At that point

Randy, who had excelled in previous jobs, decided to strike out on his own. Together, they launched their home inspection company, Catalyst Inspections, just shortly before COVID-19 brought an economic downturn!

A devastating blow soon followed. Angela experienced a severe health crisis and was, at one point, told she had only a year to live. The condition was linked to burn pit exposure during her deployment...a stark reminder that military sacrifice does not always end on the battlefield.

Through resilience and hard work, the Isaacs have built a thriving business and life is good. Their service continues on as they use their business as a catalyst (pun intended) to support numerous community and veteran organizations.

Isaacs, deep respect for both your past and present service and sacrifice!

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



Quite An Entertaining Show At Windsor Community Playhouse

The "Tis The Season To Sing Christmas Merriment hosted by Windsor Community Playhouse and 50 Plus Marketplace News played to a sell out crowd.

Old Christmas song favorites highlighted the program.

Cute jokes, funny stories kept

the audience laughing. In addition, other favorite and familiar songs were heard and found favor with those in attendance. The show was a delightful way to add merriment to the Christmas Season and boost spirits leading into the New Year 2026.



Show cast (l-r) Diane Thornton, Jeanne Nott, Steve Feinstein, Kelsey Jo Bascom, Craig Nelsen, Michael Buckley, Jonah Scott, Talented Young Man In Front is Kelsey Jo's Son Westy.

Year End Celebration!

The Professional For Seniors gathered for their annual Christmas/Holiday After Hours get together. There was fun to be had, engaging conversations and plenty of laughter. A drawing for great door prizes was held.

The After Hours was superbly hosted by Northern Colorado Rehabilitation Hospital in Johnstown. The P4S get together helped to put everyone in the Christmas/Holiday Spirit.



Weld Area Agency on Aging

Scam Awareness: Common Frauds Targeting Older Adults in the New Year



Donnica Fagan

As we step into 2026, it's important for older adults to stay alert to the growing threat of scams. Each year, millions of older adults fall victim to fraud.

Scammers are becoming more sophisticated, often targeting older adults due to their accumulated savings, home ownership, and trusting nature.

Here are some of the most common scams currently affecting older adults:

- Text Message Scams: Fraudulent texts may appear to come from UPS, FedEx, or USPS, claiming a package is delayed and prompting you to click a link. These links can steal personal information or install malware. Another rising trend is fake toll road alerts, warning of unpaid fines from recent travel, often including a link to "pay now." Always verify messages directly with a service provider.

- Investment Scams: Promising high returns with little risk, these

scams often involve cryptocurrency or fake financial advisors. If it sounds too good to be true, it probably is.

- Tech Support Scams: A pop-up or call claims your computer has a virus. The scammer offers to "fix" it remotely, often stealing data or demanding payment.

- Government Impersonation: Scammers pose as IRS, Medicare, or Social Security officials, threatening arrest or benefit loss unless you pay immediately.

- Romance & Grandparent Scams: These emotionally manipulative scams involve fake relationships or urgent pleas from "grandchildren" in trouble.

Awareness is the first step to prevention of fraud. Remember to never share personal or financial information with unknown callers. Don't hesitate to hang up on suspicious calls, especially those demanding immediate action. Verify any requests with a trusted family member or friend. If you do fall victim to a scam, report scams to the FBI's Internet Crime Complaint Center (IC3) at www.ic3.gov to help others stay informed.





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**Friendly Forks Daily Menu
 January 2026**

Monday, January 5	Baked Tilapia with Parmesan Sage Sauce, Wheat Roll with Butter, Macaroni & Cheese, Maple Glazed Carrots, Fruit Salad
Tuesday, January 6	Krautburger with Side of Mustard, Marinated Kale Salad, Pineapple
Wednesday, January 7	Italian Braised Chicken with White Wine Mushroom Sauce, Lemon & Herb Orzo, Asparagus & Corn, Fruit Salad
Thursday, January 8	BBQ Pulled Pork Sandwich on Wheat Bun, Cucumber Salad, Orange Slices, Gelatin Parfait*
Friday, January 9	White Chicken Chili with Tortilla Strips, Corn Muffin with Butter, Refried Beans, Sauteed Squash, Cantaloupe
Monday, January 12	Sloppy Joe on Wheat Bun, Balsamic Brussels Sprouts, Apple Slices with Peanut Butter*
Tuesday, January 13	Austrian Style Pork over Mashed Potatoes, Peas & Carrots, Banana
Wednesday, January 14	Beef Lasagna, Herb Breadstick, Side Salad with Low-Fat Ranch Dressing, Apricots
Thursday, January 15	Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Zucchini / Peppers / Mushrooms, Cantaloupe, Morning Glory Muffin*
Friday, January 16	Chicken Breast with Gravy, Buttermilk Biscuit with Jelly & Butter, Mixed Vegetables, Mandarin Oranges & Grapes
Monday, January 19	Closed in Honor of Martin Luther King Jr Day
Tuesday, January 20	Salisbury Steak with Mashed Potatoes & Gravy, Green Beans with Bacon, Pears
Wednesday, January 21	Chicken Salad on Wheat with Lettuce & Tomato, Italian Vegetable Medley, Orange Slices, Apricot Walnut Bar*
Thursday, January 22	Salmon with Lemon Basil Tartar Sauce, Orzo, California Blend Vegetables, Strawberries & Blueberries
Friday, January 23	Chipotle Shredded Pork with BBQ Sauce, Baked Beans, Coleslaw, Pineapple
Monday, January 26	Chicken Stroganoff, Lemon Garlic Broccoli, Apricots, Pumpkin Spice Sugar Cookie
Tuesday, January 27	Beef & Black Bean Chili, Broccoli / Olive / Sundried Tomato Salad, Mixed Fruit, Cinnamon Roll
Wednesday, January 28	Sweet & Sour Pork Stir Fry over Rice, Side of Soy Sauce, Bok Choy & Edamame Vegetable Medley, Mango
Thursday, January 29	Cheeseburger on Wheat Bun with Lettuce, Tomato, Onion, Mustard, Mayo & Ketchup, Lima Beans with Bacon, Pears
Friday, January 30	Roasted Turkey Breast with Gravy, Baked Sweet Potato with Butter, BLT Side Salad, Cinnamon Applesauce

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 Help the 50+
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Find Einstein



Can you find the hidden Einstein in this paper?

Weld County Commissioners Recognize Employees

The Weld County Board of Commissioners proudly recognizes county employees who reached significant service milestones in 2025, honoring the people whose experience, professionalism, and passion help keep Weld County Government running strong.

“These milestones represent more than years of service, they reflect the experience, institutional knowledge, and public-service commitment that keep Weld County Government strong,” said Perry Buck, Weld County Com-

missioner Chair. “We are grateful for the work these employees do



*30 Year Weld County Employees
 Kyle Ragland & Bryan Garcia*

every day on behalf of our community.”

Employees from 14 departments were recognized for their years of service, with department supervisors sharing remarks about the individual contributions and day-to-day impact each employee has within their teams. Before presenting commemorative pins, supervisors highlighted how these employees support county operations and serve residents in meaningful ways, with each set of remarks reflecting a shared sense

of appreciation for the work being done across the organization.

“Weld County employees are the key to our success,” Brenda Dones, Weld County Assessor, told her employees during the recognition. “The people are the heart, the soul, the way we get things done here.”

Seventy-six employees received 10-year pins, 27 received 20-year pins and 2 received 30-year pins. The 30-year employees were Kyle Ragland and Bryan Garcia.

JANUARY Calendar

LARIMER

Saturday/17

The Larimer County Genealogical Society presents a free program on a Legacy Family Tree video on genealogy research at 10 am on Zoom. Please register online on their website at www.lcgsc.org.

Everyday

Morning Fresh Dairy Farm invites you for a farm tour of their facility plus a free tasting! Tours are \$6 per person and last 60-90 minutes. They will start and end in our new Tour Room just inside our Howling Cow Café. The cows don't expect you to dress up, so wear comfortable shoes and be ready for a walking tour of our farm! Private tours are \$120 for up to 20 guests. Contact events@morningfresh-dairy.com for information and availability.

Sunday/18

The Fort Collins Sympho-

ny Orchestra presents a fee-based family concert on "Adventures in Sound & Imagination" at the Lincoln Center Performance Hall in Fort Collins at 3 pm. This family-friendly concert brings stories to life through vivid orchestral music, sparking imagination and fun for all ages. Tickets are \$9 for students to \$20 for adults. To register, call the box office at 970-221-6730.

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>.

Larimer County Deputy District Attorneys Win State and Regional Awards

In the final quarter of the year, two of our Deputy District Attorneys were honored for their outstanding prosecution of two recent cases. The first is Deputy District Attorney Brianna Bowker. She was selected as the Colorado Cattlemen's Association Law Officer of the Year. She was chosen for her efforts in *People v. Michael Lee Hester* (24CR487). This was an aggravated animal cruelty case where the defendant killed several cattle in unincorporated Larimer County.

Brianna worked closely with the Colorado brand inspector and the victims to understand the impact of these crimes. She successfully secured a resolution in which Mr. Hester pleaded guilty to six class four felonies and agreed to pay over \$27,000 to compensate victims who suffered significant financial losses as a result of his actions. The wanton killing of livestock was incredibly harmful to members of our ranching community, and the Colorado Cattlemen's Association commended DDA Bowker and our DA team for the significant efforts to hold the defendant accountable for a crime that is rarely able to be prosecuted in Colorado.

Additionally, Deputy District Attorney Lane Bubka, our dedicated Northern Colorado Drug

Task Force (NCDTF) prosecutor, was selected for Outstanding Investigation Collaboration by the Rocky Mountain High Intensity Drug Trafficking Area (RMHIDTA). RMHIDTA is dedicated to providing law enforcement training for the effective investigation of drug trafficking. DDA Bubka serves as the primary prosecutor for the NCDTF and works to prosecute those who are responsible for significant drug distribution in Larimer County.

"I am so incredibly proud of both Brianna and Lane for their hard work in these cases," said District Attorney Gordon McLaughlin. "Our office is made up of incredibly talented, dedicated public servants who believe in bettering our communities, and I am grateful that these organizations have recognized the work they have done going above and beyond to seek justice."



Larimer Deputy DA Brianna Bowker



MEDICARE MADE EASY

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

The State Health Insurance Assistance Program (SHIP) office for Northern Colorado is the only place staffed by Medicare experts who aren't selling.

We offer Medicare 101 classes, one-on-one counseling sessions, assistance during open enrollment and, new this year, a class on how to review your own Medicare options during open enrollment.

Call 970.495.8558 for schedules and additional information.



Larimer County Office on Aging Staying Active When Winter Arrives



Nicole Limoges

Colorado winters are truly stunning, with white snow blanketing the landscape under clear blue skies. But beneath that beautiful snow lies ice, which often covers sidewalks and can make walking outside dangerous. If the thought of bundling up for a careful walk in the cold isn't appealing, getting daily exercise can feel like a major challenge. But it doesn't have to be! There are several ways to stay active indoors to get the benefits of daily movement.

Here are some great options:

Mall Walking: A convenient and safe indoor alternative to walking outside, mall walking provides the same health benefits in a temperature controlled, well lit environment. This reduces the risk of injury from uneven or icy outdoor terrain. Plus, you can enjoy some window shopping, and restrooms and seating are always nearby for a quick break. Grab a friend and get moving!

Online Exercise Classes: Today, numerous apps offer fitness classes directly on your phone or tab-

let. You can access a wide variety of classes, personalized workout plans, and exercise demonstrations. Some even include motivational features like social sharing and games.

Chair Exercises: These basic, low-impact exercises are highly accessible and adaptable, often requiring little to no equipment. They are excellent for strengthening muscles, improving flexibility, and enhancing posture.

Resistance Bands: Don't have space for weights or need exercise gear that travels easily? Resistance bands are portable, versatile, and joint-friendly. They allow you to work out anywhere and are a fantastic tool for stretching, building range of motion, and increasing strength.

If none of these options appeals to you, remember that exercise doesn't have to follow a fixed routine. Everyday activities can count! Household chores like vacuuming, sweeping, or doing laundry can increase your steps and movement. You can also get your heart rate up by putting on music and dancing, or by trying active video games that get you moving along with the kids. The key is to just keep moving!

Pets Are Family

Pet Ownership Habits to Master in the New Year



Judy Calhoun

A new year comes with new resolutions, and teaming up with a friend can greatly improve your chances of keeping them. Getting your furry friends involved, here are several pet ownership habits to master in 2026.

Consistency is King

When it's time for meals, stick to a feeding schedule tightly. This consistency ensures that your furry friend maintains a healthy appetite and can properly regulate digestion.

At night, make sure quiet hours happen at the same time to give your pet a routine sleeping schedule, promoting relaxation and reducing anxiety and stress.

Expect the Unexpected

Ensure you and your furry friends are always prepared by staying on top of emergency preparations.

Secure a first aid kit for your pets and make sure necessary supplies, including food, water, and medications are available at a moment's notice. Know where your closest

24-hour veterinary options are and make sure to have an emergency contact for someone who can take care of your furry friend if you are away.

Provide a Happy and Healthy Lifestyle

Is your pet bored of its toys? Change it up by introducing new ones, or rotating out the ones you have, creating a feeling of newness for your pet.

Chat with your pet regularly as the sound of your voice can be a source of comfort for your furry friend. Secure regular time at a park for social dogs to meet other animals. For social pets who prefer staying in, allow them to meet new guests at home at their own pace.

Promote Pet Wellness

By keeping up with your pet's health, you can ensure they remain happy and healthy for a lifetime. Schedule regular health checkups for your furry friend, and don't forget to clean their teeth and trim those nails regularly.

While you may already exercise many of these habits, make it a resolution to pick up some new healthy pet ownership skills in the new year.

Third Annual First Peoples Festival in Estes Park

The First Peoples Festival will return to Estes Park on January 17 and 18 from 9 a.m. to 5 p.m. at the Estes Park Events Complex, 1125 Rooftop Way. This annual event brings together Indigenous communities, residents, and visitors to celebrate and honor Native American cultures through art, music, dance, film, fashion, and storytelling. This is a free festival for all.

The festival will feature an Indigenous vendors and artists Marketplace, showcasing exceptional craftsmanship from prestigious Native artists representing 15 different federally recognized tribes. The First Peoples Festival began with this marketplace at its core and continues to welcome outstanding Native artists year after year. The vendor selection includes master silversmiths, pottery artists, painters, ledger artists, and other Indigenous creatives offering finely crafted handmade jewelry, original artwork, contemporary and traditional clothing, and distinctive cultural goods.

A cornerstone of the festival is the First Peoples Friendship Powwow, featuring Indigenous dancers and drummers in full regalia will take place in the Pavilion behind the Events Center are scheduled for Saturday, Jan. 17 at 1 p.m. and 7

p.m., and Sunday, Jan. 18 at noon.

The First Peoples Fashion Show takes place Saturday, Jan. 17, 2026, at the Estes Park Events Center. This groundbreaking event will celebrate and amplify Indigenous designers, models, and artists, providing a powerful platform for their creativity and cultural heritage. Tickets for the fashion show are available at eventsinestes.com/first-peoples-festival/. Early ticket purchase is encouraged.

We are honored to have Mariah Gladstone from Indigikitchen as our keynote speaker on Saturday and Sunday at 11 a.m. Mariah Gladstone is the founder of Indigikitchen, a digital platform focused on revitalizing Indigenous foodways through traditional recipes and ancestral ingredients. Mariah is an enrolled member of the Blackfeet and Cherokee Nations.

For additional information and a full schedule of events, visit eventsinestes.com/first-peoples-festival/.

Happy
New Year
2026

Larimer County Announces 2025 Brendan Unitt Community Service Award

Larimer County Office of Emergency Management coordinator Ricardo Perez is the recipient of the 2025 Brendan Unitt Community Service Award. The Board of Larimer County Commissioners celebrated Perez's work in the community, particularly in underserved communities, finding ways to help improve their lives.

With his bilingual language skills, Perez has been able to reach out to those in underserved communities, assess what their needs are, and then work toward fulfilling those needs. He has volunteered in several community projects, including serving on the La Familia Board and working toward improving the lives of youth.

Perez noticed that children in a local mobile home park were playing soccer in a dirt field with no equipment or fencing for their safety. Being a former professional soccer player, he began working with his connections, leaders in the mobile home community and a variety of partners to donate equipment, netting, and other accessories to transform the field into a new soccer park.

"By building the soccer field, you made those kids feel special," said Larimer County Commissioner Jody Shaddock-McNally. "That's

something you can't put a price tag on." "The sense of joy that you gave to the kids to have a real soccer field instead of a flat piece of land" said Larimer County Commissioner Kristen Stephens.

Not being one to slow down, Perez is now working to create the Ricardo Perez Youth Soccer Program that will help pay for soccer supplies and equipment, and build more soccer fields for youth, as well as continuing in philanthropy.

The Brendan Unitt Award is named after a Larimer County Ranger who lost his life attempting to save distressed boaters at Horsetooth Reservoir. In addition to his job as a ranger, Unitt spent many hours volunteering his time in countless public service jobs in the community.



Ricardo Perez

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

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

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

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

Inquiries: ahwc.community@cuanschutz.edu

Join our culinary educators and registered dietitians for the **CU Anschutz Health and Wellness Center Cooking Series: Cooking for Healthy Aging!**

This virtual cooking class series features recipes and ingredients focused on brain and heart health. Throughout the series, participants will build confidence in the kitchen through culinary basics, cooking techniques, and nutrition education. A grocery shopping list and recipes are provided in advance to cook alongside the instructors from home if desired.

<https://Cookingforhealthyaging.eventbrite.com>

All classes are held virtually via Zoom on select Thursdays from 4-5 p.m.

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Apex Community Recreation Center

Below is a small sampling of Apex's upcoming Active Adult program. You can stay updated on all the latest offerings by visiting ApexPRD.org. Please register in advance for all programs by visiting online or calling 303.425.9583.

Propagation Station

Our propagation station is now in the vestibule. Feel free to take a cutting or leave a cutting for your neighbor.

Billiards – One-Hour Private Lessons

For beginning to intermediate players who want to step up their game.

50+ Ongoing Varies M-F
CRC \$45/\$58

Billiards

Start with the basics, then move to include English, strategies, cue ball control, bank shots, and kick shots.

25+ 1/5-1/266:30-8 pm M
CRC \$85/\$110

Billiards Social

Come play and socialize with others

50+ 1/22 6:30-8 pm Th
CRC \$22/\$30

Craft Carousel Gift Shop

One-of-a-kind gifts for every event and budget. For details, call 303-467-7198. Open Monday-Friday: 9 am-3 pm.

Crafty Seniors

If you enjoy crafts and wish to donate time and talent, join us. Wednesdays at the Community Recreation Center from 10 am-12 pm

Art Basics 101

Learn drawing techniques, value, perspective, composition, color mixing/theory, art materials, and framing. Sandra Van Dam, instructor.

18+ 1/9-2/6 1-3 pm F CRC
\$58/\$76

Art Show – Quilts and Wall Hanging Exhibit

Artist's drop off: Dec 31 and Jan 2.

Show dates: Jan 6-Feb 4.

18+ 1/6-2/4 8 am-4 pm M-F
CRC \$9/\$11

Drumming

No experience necessary.

18+ 1/7 10:30-11:30 am W
CRC \$0/\$0

Drumming – Reconnect With Your Rhythm

18+ 1/14-1/28 10:30-11:30 am W CRC \$33/\$43

Needle Crafts & Diamond Dots

Bring your own needle craft or diamond dot project. Cassie Herron, facilitator.

18+ 1/5-1/261:30-3 pm M
CRC \$28/\$36

18+ 2/2-3/2 1:30-3 pm M
CRC \$28/\$36

Pastels and Drawing Studio

Charcoal or pastels studio with demos and projects. James Pyott, instructor.

18+ 1/5-1/196:30-8:30 pm M
CRC \$57/\$74

18+ 2/2-2/166:30-8:30 pm M
CRC \$57/\$74

Tuesday Painting

Bring your own supplies (medium of your choice).

18+ 1/6-2/1012:30-3 pm T
CRC \$76/\$98

Watercolor for Experienced Artists

Intermediate watercolor. Students bring supplies. Questions: Trish Chute (pchute5968@yahoo.com).

18+ 1/8-2/126-8:30 pm Th
Simms \$150/\$180

Watercolor Studio

Watercolor technique studio. James Pyott, instructor.

18+ 1/8-1/226:30-8:30 pm Th
CRC \$57/\$74

Clubs, Cards, and Games

Drop-in activities at the CRC during public hours include billiards and card/game playing in the lobby area; fee is \$4.25 per day.

•Duplicate Bridge: Tuesdays, 12-4 pm at CRC. Fee: \$7 (pay at time of play). Singles call Jim at 720-346-1446.

•Pinochle Drop-In: Most Fridays, 12-4 pm at CRC. Drop-in fee required at time of play.

•Senior Friday Club: Most Fridays, 1-4 pm at CRC.

Program Updates For Access-On-Demand Services

The Regional Transportation District (RTD)'s Board of Directors approved updates to its Access-on-Demand program that provides curb-to-curb service for paratransit customers. Access-on-Demand provides same-day, non-shared trips on each of four RTD-contracted rideshares or taxis. The costs for RTD to provide the Access-on-Demand subsidy continue to increase at a rate of 3% per month, beyond \$1.2 million in August. RTD provides Wheelchair Accessible Vehicles (WAV) from the Access-a Ride fleet to provide service to customers who use wheelchairs. Costs to provide WAV services adds approximately \$1 million monthly. Following an extensive third-party

evaluation in 2024, RTD moved towards restructuring the program to ensure its fiscal sustainability.

Access-on-Demand program changes will include instating a \$4.50 standard fare/\$2.25 fare for LiVE eligible customers per trip. Currently, the agency has been subsidizing service for up to \$25 a trip for up to 60 trips a month; customers pay the amount exceeding \$25. With the program updates, RTD will reduce the subsidy to \$20 and customers will still be able to ride as many as 60 trips a month. Customers are able to book trips with up to two stops without incurring an additional base fare. For more information, Visit our [website](#).

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.

Property Taxes and Tax Remedies for Older Adults

WEST | Friday, January 30 | 1 – 2 p.m. | No Fee

Representatives from the Boulder County Assessor's office will present information on property taxes, how they are calculated, and the property tax relief options for older adults who pay property taxes in Boulder County.

Feldenkrais

Increase ease and range of motion using the Feldenkrais Method® of somatic education. Participants will walk, stand, sit in a chair, or lie on the floor in a variety of comfortable positions. Must be able to get up and down from a mat safely to join this series. Instructor: Gil Kelly.

Feldenkrais: Move with Ease FREE Introduction

EAST | Tuesday, January 6 | 3 – 4 p.m. | No Fee

Feldenkrais: Move with Ease (6 classes)

EAST | Tuesdays, January 13 – February 17 | 3 – 4 p.m. | Fees: R/

NR \$63.75/\$75

Free Introduction to Tai Chi

EAST | Tuesday, January 6 | noon to 1 p.m. | No Fee

Tai Chi is an ancient Chinese martial art that combines mind-body exercise utilizing slow, relaxed movement, a quiet mind, and deep, natural breathing. Join Older Adult Services Instructor, Steve Arney, for an introduction to tai chi, emphasizing balance, and including time for questions and answers.

Massage at the Age Well Centers

Promote good health and well-being with a therapeutic massage. Certified massage therapists are available and offer Swedish and Integrative 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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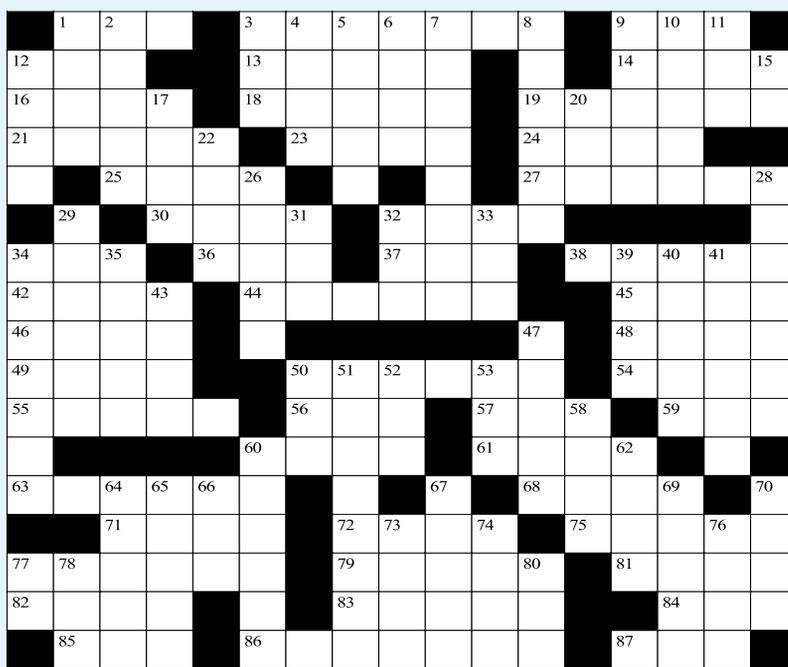
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50 Plus Marketplace News Crossword Puzzle

January 2025
 Answers page 3



ACROSS

- 1 Extinct flightless bird
- 3 Form of bowling
- 9 Roman goddess of plenty
- 12 Organ of hearing
- 13 Body of salt water
- 14 Slovenly person
- 16 Deep hollow
- 18 Femoral region
- 19 Reject
- 21 Garlic-flavored mayonnaise
- 23 Double curve
- 24 Officiating priest of a mosque
- 25 Agreement
- 27 Freshwater cod
- 30 Cut made by a saw
- 32 Network of nerves
- 34 Small child
- 36 Indian dish
- 37 Single unit
- 38 Hebrew school
- 42 First man

44 Matador's red cloth

- 45 Apiece
- 46 Gull-like predatory bird
- 48 Reflected sound
- 49 Hue
- 50 Thing that opens
- 54 Rip
- 55 Bury
- 56 Coloring material
- 57 Meadow
- 59 Lair
- 60 British nobleman
- 61 Summit of a small hill
- 63 Rule
- 68 Arab sailing vessel
- 71 Above
- 72 Long, laborious work
- 75 Crowd together
- 77 Edible tuber
- 79 The Pentateuch
- 81 Intend
- 82 Chilled

- 83 White poplar tree
- 84 Very skilled person
- 85 Part of verb to be
- 86 Actual
- 87 Firmament

DOWN

- 1 Island in central Hawaii
- 2 Lowermost deck
- 3 Small child
- 4 Reflected sound
- 5 Sound of a horse
- 6 Leaf of a book
- 7 Innate
- 8 Writer
- 9 Academy award
- 10 Exactly
- 11 Distress signal
- 12 Mild oath
- 15 To exist
- 17 Antiaircraft fire
- 20 Large flightless bird
- 22 Chilled
- 26 Trudge
- 28 Small-time
- 29 Needlelike instrument
- 31 Influenza
- 32 Fish eggs
- 33 Light meal
- 34 Sampling
- 35 Mock
- 39 English court
- 40 Having a specified pace
- 41 Ancient district in S Greece
- 43 Spouse
- 47 Tendency
- 50 Room within a harem
- 51 High temperature thermostat
- 52 Snakelike fish
- 53 North American deer
- 58 Exclamations of surprise
- 60 Register
- 62 Composition in verse
- 64 Elector
- 65 Elude
- 66 Soak
- 67 Tree insect
- 69 Inflict
- 70 Unit of force
- 73 Roundish projection
- 74 Festive occasion
- 76 Suggestive
- 77 The ratio between circumference and diameter
- 78 Wood sorrel
- 80 Norse goddess

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