

Celebrate 2024!

Welcome to 2024! May this year be one of new beginnings. After all, there are 365 days full of opportunities.

Perhaps this is the year to stop waiting for just “the right time” whatever that might be. Life’s full of needed waiting time some within our control and others not.

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 on travel plans. While saving money for such an adventure becomes financially a good idea, would future health challenges preclude the 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 occasion? If that special occasion doesn’t arrive in a timely manner, those beautiful cherished items might remain dusty, tarnished, or unwanted by the children. 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 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? Area recreation centers offer a variety of sporting experiences with varied pace and enough exercise for enjoyment.

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.

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?

Some may wait this year for a call about a new job. On occasion, the unwanted call comes when not getting the job or being let go.

The arrival of a new family

member, via birth or engagement, often involves waiting. That outcome becomes celebratory for all involved.

With all the exhibits, festivals and performances in the area, it’s possible to miss out by waiting too long to get tickets. The same holds true for sporting events as well.

Enjoy all 2024 has to offer! May the New Year be filled with overflowing opportunities.

By Marty Coffin Evans



Tointon Gallery Features Artist Sarah Nguyen

The Tointon Gallery will feature the work of artist Sarah Nguyen in the exhibit “Shifting the Sun.” The exhibit opens December 15 and will run through January 12. Nguyen is a mixed media artist, working primarily with paper. Storytelling is central to her hand-cut fiber panels and paintings. The intricate compositions found in her work tie to landscapes and are based on and feature symbolic motifs, flora, fauna, and an ever-changing moon to elicit childhood memories of myths, fables, and folklore.

She has taken part in a number of artist residencies from around the world as a visiting artist and teacher including Serbia, Bulgaria, Japan, and France, as well as the United States. Sarah works as the Book Designer for



Pleiades Press and Magazine and as Freelance Illustrator where you can find her work on book covers and children’s books. She is currently the Art Installations Curator for the True/False Film Fest.

Sarah received her BFA in Illustration from Rhode Island School of Design and her MFA in Painting from the University of the Arts in Philadelphia.

Nguyen uses a balance of abstract and representational forms to sever

the connection between shape and meaning, connecting the viewer to the gesture of the brush or cut of the knife, so that they become complicit in the art. Myths, reverence and refinement of nature, and observance of daily life are the concepts behind her work.

As the only city-run gallery in Greeley, the Tointon Gallery provides community members with up to 12 different exhibits each year with opportunities to meet and ask questions of the artists. The gallery is located at 651 10th Avenue and is open Monday - Friday, 9 a.m. to 5 p.m. and Saturday, 9 a.m. to 2 p.m. It’s also open during most Union Colony Civic Center performances. The exhibition is free and open to the public.

INSIDE

Wreaths Across America

Page 3

Colorado Model Railroad Museum

Page 5

The Importance of Volunteering

Page 6

Fitness & Wellness for our Furry Friends

Page 9

JANUARY Calendar

Thursday/4

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/13

Union Colony Civic Center in Greeley presents "The Wizard of Oz" at 2:00 & 5:30 pm at the Montfort Concert Hall. Travel down the yellow brick road on a magical adventure with Dorothy and her friends to the land of Oz! Tickets cost \$13. Register online at <https://ucstars.showare.com/>.

The Colorado Gerontological Society presents many free online programs on Aging in Place, Advance Care Planning, & Assisted Living programs at www.senioranswers.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

Calendar sponsored by:
Beyers Law

We Care

Windsong Joins Greeley Chamber of Commerce

January 18 • 4-5:30 pm - Public Welcome!

The Community at large can come for drinks, appetizers and to celebrate Windsong growing in the Weld community



**No registration required, just
RSVP to Genelle Davis**

970-449-7199 **7010 W. 8th Street in Greeley**

WINDSONG
at Northbridge

A Hungry Thief

Who can resist a plate of lasagna; not this bear. It happened in Barkhamsted, CT at the home of Helena Houlis who was away at the time, but security cameras kept watch while she was out and automatically followed the brash bru-

in as it wandered into the kitchen. The bear went straight to the fridge, opened the freezer and absconded with the frozen, but tasty treat. As Miss Houlis put it to reporters at WVIT-TV, "We have seen a lot of bears in the last few

years, but nothing ever like this."



Bill Beyers

Ten percent of adults 65 and older experience elder abuse each year, according to the US Department of Justice (DOJ).

Abuse of an elder may encompass financial exploitation, caregiver neglect, mental abuse, and physical or sexual mistreatment. An individual may experience multiple forms of abuse at once. Abuse adversely affects the lives of older people, resulting in physical injuries, mental health issues, financial hardship, cognitive decline, and early death.

Of the 10 percent of older adults who experience abuse, roughly half are victims of financial abuse, per the DOJ. Financial abuse occurs when a person takes or misuses a person's assets.

In many cases, the abuser is someone the older adult trusts or expects to act in their best interest, such as a family member or fiduciary. Individuals often rely on others to help manage their finances as they age. Those with health conditions such as dementia that affect personal decision-making and financial planning are particularly at risk. Financial abusers may exploit an older adult's trust in them or misuse their authority as surrogate decision-makers for seniors.

Elder Law Q & A

What is Elder Abuse?

Examples of elder financial abuse include the following:

- Using an invalid or forged power of attorney to get control of an elder's accounts
- Having an older adult with dementia sign an estate planning or financial document that they do not understand
- Taking valuables, such as jewelry, from the home of an older relative during a visit
- Pressuring or coercing a senior to change their will to benefit the abuser
- Denying an older person access to family money or personal resources
- Refusing to provide an older person with money to preserve an estate for others

In a recent example of alleged financial abuse, the late U.S. Sen. Dianne Feinstein sued trustees of a fund set up by her husband. The 90-year-old senator alleged that trustees committed financial abuse by refusing to give her the distributions to which she was entitled in an effort to preserve the amount her husband's children would receive.

In future articles I will look at other types of elder abuse.

Beyers Law LLC is a law firm serving clients throughout Northern Colorado. They specialize in Elder Law, Estate Planning, and Special Needs planning and can be reached at 970-669-1101 or at www.beyerslaw.com.



Will and Bill Beyers

Wills, Trusts & Probate
Medicaid Planning
Powers of Attorney and
Advance Directives
Guardianships &
Conservatorships
Nursing Home Issues
Medicare & Social Security



Representing Seniors and
Disabled Persons and
their Families

Member, National
Academy of Elder Law
Attorneys

970-669-1101
PO Box 1346
Loveland, CO 80539
www.BeyersLaw.com

CONTACT

How To Reach Us

email

robert@50plusmarketplaceneews.com

phone

303-694-5512

mailing address

4400 Sioux Dr.
Boulder, CO 80303

website

www.50plusmarketplaceneews.com
www.facebook.com/50plusnews

Published by
50Plus Media Solutions, Inc.
Ault, Brighton, Erie, Fort
Morgan, Greeley, Sterling, &
Windsor

50 Plus Marketplace News, Inc., is published the first of each month for folks over the age of fifty and dedicated to providing information, programs, matters of interest, and services to Boulder County citizens. 50 Plus has 42,000 county readers monthly. The paper is distributed by free newsstands in businesses that cater to the needs and interests of Agers.

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.

Publisher/Editor

Robert A. Trembly II

Chief Financial Officer

Michael Gumb

Contributing Writers

Boulder County Senior Centers
Boulder County Agencies
& Businesses

Marketing Director

Bob Larson

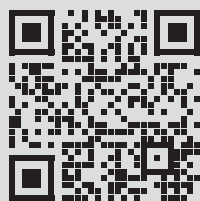
Product Consultants

Michael Buckley
Robert Trembly

Design/Production

Kit Brown

Smart Phone Access



Printed on Recycled Paper

Veterans Echoes

Always Faithful



Brad Hoopes

World War II Marine Corporal Veteran Harry Gunther fought in four battles, his last ending by being medically evacuated off Iwo Jima, and he received two Purple Hearts. While telling his story, he said, "I joined the Marines because I liked the Dress Blues. 2 ½ years, four battles, and two Purple Hearts and I never got a chance to wear those doggone Blues!"

Retired Master Gunnery Sergeant Brian Ivers found out about this and immediately jumped into action.

Brian served in the Marines for 27 years and had 11 deployments. Be-

sides just simply wanting to help a fellow Marine, the connection with Harry ran deeper on so many different levels for Brian. Brian, who has a Purple Heart himself, had decided to become a Marine after seeing the John Wayne movie "Sands of Iwo Jima" as a young lad, served 60 years later in the same regiment as Harry, and his two sons are presently in the Marines and corporals like Harry.

With help from his connections and his sons, Brian purchased a set of Dress Blues. He hired a seamstress to sew everything on and properly tailor it for Harry, and then

researched all of Harry's medals.

Harry wore his Dress Blues with deep pride during the Loveland Veterans Day Parade. Finally, a long-lost dream from 78+ years ago was fulfilled for a Marine by another. "Semper Fidelis" or "Semper Fi" is a Latin phrase that means "always faithful" or "always loyal". It is the motto of the United States Marine Corps.

Brad Hoopes has a project of preserving the stories of Veterans. You can watch Harry's story and learn about more about Brian on: www.youtube.com/@rememberandhonorstories



America Displays Wreaths Across America Day

National Wreaths Across America Day took place at over 4,225 participating locations across the country, including Arlington National Cemetery, on December 16, 2023. Volunteers remembered our nation's heroes as they said their names aloud, honoring over three million veterans this year.

Wreaths Across America would like to thank the communities, dedicated volunteers, and generous sponsors for coming together in unity and supporting those who have protected our freedom. Each

person has played a part in the year-long mission to Remember the fallen, Honor those who serve, and teach the next generation the value of freedom.

"What I love most about this day, and this mission, is that it is so much more than just the placement of a wreath. The wreath is the catalyst, it brings together communities - families and strangers -- to learn about those who have served and sacrificed," said Karen Worcester, executive director, Wreaths Across America. "We have more than three million

volunteers across the country and a third of them are children. This mission and the events happening today provide the opportunity to teach kids about what freedom is."

For centuries, fresh evergreens have been used to symbolize honor and a living tribute renewed annually. Wreaths Across America believes the tradition represents a living memorial that honors veterans, active-duty military, and their families. When volunteers say the name of a veteran aloud while placing a wreath, it ensures they live on in our hearts and memories and are always remembered.

For more information about the year-long mission and ways to get involved in your own community, please visit www.wreathacrossamerica.org. National Wreaths Across America Day 2024 was held on December 14.



WE ARE LOCAL!

Technology is Hip!

Earthworms Benefit Our Ecosystems



Bob Larson

Earthworms may lack the charm or excitement of more familiar animals, but their contribution to our world is significant. These 'lowly creatures' play a vital part within the natural soil ecosystem. They are also valued for their contribution to ecosystem services – ecosystem functions that are of direct benefit to humans through their action on soil processes.

Earthworms influence (and benefit) the soil ecosystem in a number of ways:

Recycling organic material: Earthworms, along with bacteria and fungi, decompose organic material. Most people know about earthworms and compost, but earthworms do the same in pasture soils, decomposing dung and plant litter and processing 2–20 tons of organic matter per hectare each year, and recycling leaf litter under orchards and in other forested areas.

Increasing nutrient availability: This happens in two ways: by incorporating organic materials into the soil and by unlocking the nutrients held within dead organisms and plant matter. Nu-

trients like phosphorus and nitrogen become more readily available to plants after digestion by earthworms and being excreted in earthworm casts.

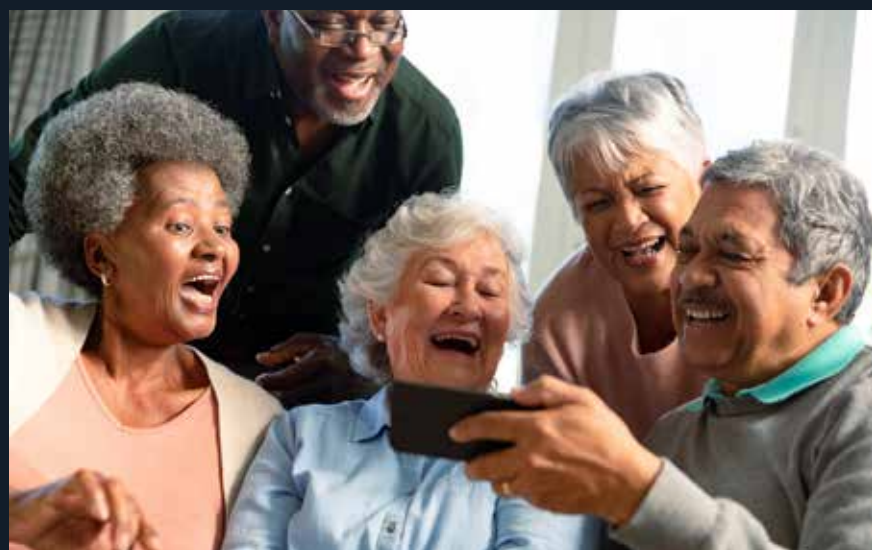
Improving soil structure: Earthworm burrows alter the physical structure of the soil. They open up small spaces, known as pores, within the soil. When earthworms are introduced to soils devoid of them, their burrowing can lead to increases in water infiltration rates of up to 10 times the original amount.

Reduces carbon: Earthworms convert digestible carbon to a form that stays in the soil, trapping carbon dioxide in soil for an overall decrease in emissions¹. Scientists in the US and China discovered that worms, though they release carbon dioxide from the soil into the air, actually capture (sequester) more CO₂ than they release.

Providing food for predators: Earthworms, like all creatures, are part of food webs. Birds are well known predators, but native earthworms are also food for endangered and endemic land snails.

This is another great use of technology on our planet. Bob Larson is a technologist and Marketing Director for 50 Plus!

The Care You Need to Stay in the Community You Love



Call now to schedule lunch and a tour!

- ✓ Transportation to medical appointments and TRU PACE Day Center
- ✓ Coordinated care plans make it easy to access qualified doctors, nurses and specialists
- ✓ Medication delivered to your door
- ✓ Wrap-around support for you or your loved one's health and independence



PACE

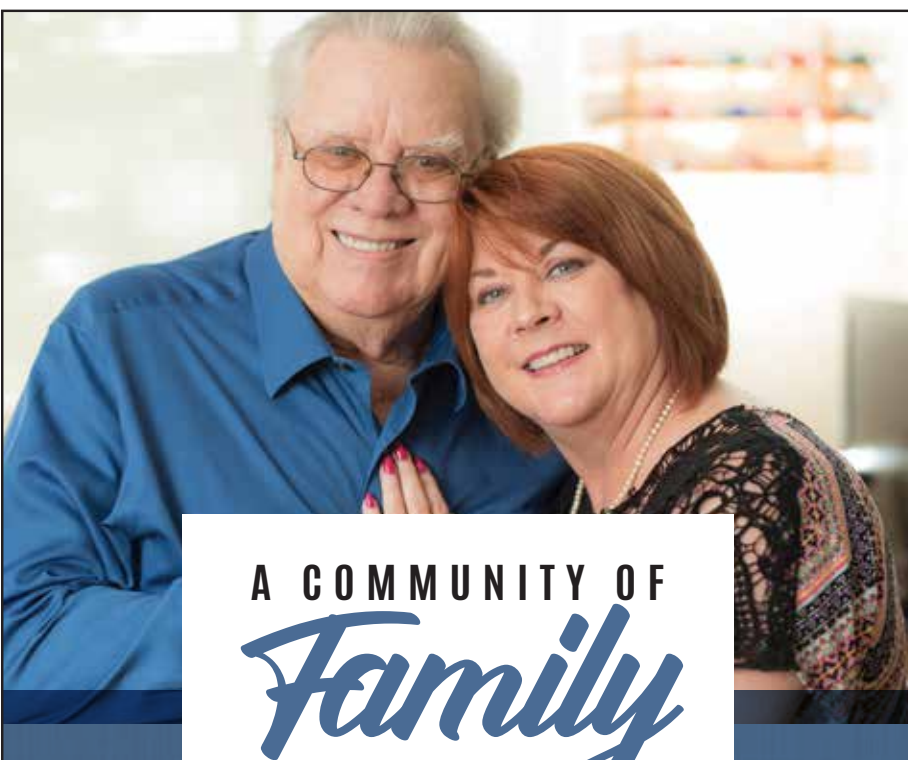
Program of All-inclusive Care for the Elderly

(303) 926-4745 PACE.trucare.org



32 Years of Service Providing Information for the 50+ Community

We Care



A COMMUNITY OF
Family
& FORTITUDE



THE BRIDGE
AT GREELEY

AN ASSISTED LIVING COMMUNITY

970.339.0022 • 4750 25th Street • TheBridgeAtGreeley.com

QUALITY ASSISTED LIVING

142945

Reflections

Serendipity

As we embark on a new year, "Serendipity," seems an appropriate title. After all, it evokes finding something new or unexpected good luck. Doesn't a new year hold that potential?

My early association with serendipity comes from a folk song group years ago. They started in Colorado as the Newport Singers and then began swapping members in/out until they became The Serendipity Singers. Should you need a musical nudge, think "Don't let the rains come down." If that means nothing to you, Google them.

Since not all of us will likely end up with musical fame and fortune, where does serendipity enter into our lives. Originally this idea emanated from a Persian fairy tale. Now, it can mean something found, an unexpected discovery, and finding an item of interest by chance. Finding a \$20 bill lying on the ground – serendipity. Make it \$50 or \$100 for a real Serendipity!

Chance meetings can give us the good fortune of serendipity for years to come. Finding a special vacation location can bring a feeling of serendipity.



Martha Coffin Evans

My artist friend, Donna, described serendipity in her Gouache and Watercolor Pencil painting of the same name. "There are times in our lives when a light seems to glow and gradually emerges out of the darkness and illuminates something, changing it in that moment into something else, something lovely. Let's strive to be open to those unexpected moments of grace."

Isn't that what a new year's all about? It may be a challenge to stay open to the unexpected moments yet to be experienced this 2024.

If you're curious to see an example of "Serendipity," you can find it on our websites – www.martycoffinevans.com or www.donnalyonsfineart.com.

Best wishes as you look for your own serendipity. May your year be filled with the unexpected!

Martha (Marty) Coffin Evans, Ed.D, can be reached at itsmemar-tee@aol.com or on her website martycoffinevans.com

Colorado Model Railroad Museum



A glimpse of the walk-through that awaits you.

Where A Miniature World of Wonder Awaits!

You will marvel as you walk through an immersive miniature world. There are hundreds of mini buildings, High trestle bridges, Mountain scenes, tiny towns, and a 5,500-square foot operating HO scale model railroad. The walk through is a must.

One that you do not want to

miss.

The Model Railroad Mission states: "To provide a model railroading experience that educates, inspires, and brings joy to all ages.

Colorado Model Railroad Museum is located at 680 10th Street, Greeley, Colorado. For more information, please call 970-392-2934 or visit www.cmrn.org

Come Visit for Sure!



Museum Executive Director Michelle Kempema to the right "red shirt" surrounded by the museum's valued, dedicated, appreciated Volunteers.

Ageism Matters

Feeling Bad About Your Age?



Kris & Sara

"I'm too old to try something new." Ever said or thought that? Maybe you've looked at your image in the mirror and thought "Who is that ugly old

person?" well-being. People with negative age beliefs do not live as long and have increased risk for disease and dementia.

Let's not perpetrate discrimination on ourselves. Does looking older mean you are less valuable? Are you contributing, even if it's in different ways than when you were younger? If we question the storylines we've believed about aging, the answers may surprise us.

When we are ageist toward ourselves, we needlessly add more burden to aging. The choice to live up to our potential starts with each of us and that does not diminish with age.

Let's make a resolution in 2024 to stop sabotaging ourselves based on age.


Sara Breindel & Kris Geerken are Co-Directors of Changing the Narrative, www.ChangingtheNarrativeCO.org, the nation's leading effort to change the way we think, talk and act about aging and ageism.

We Care

person?" Our society portrays aging in such negative ways. Yes, aging absolutely comes with challenges. But, it also comes with skills, accomplishments, and insight that only years of living can provide. Yet, the images and messages in advertising and entertainment depict aging as a mostly negative experience, centered around decline and irrelevance.

Sometimes we can be our own worst enemy. We mock our "senior moments", as if we didn't ever forget things when we were younger. We act as if it is impossible to learn something new, even though studies show that older people are very capable of learning new things. When we direct this at ourselves, it's called internalized aging.

Our negative beliefs make aging more difficult. Our beliefs about aging impact our health and




Fridays & Saturdays at 7 pm
Sundays at 2 pm
February 2 - 18
Directed by Abigail Larson

Lucille Fletcher's
Night Watch

Tickets \$ 20
561 E. Garden Dr. Windsor, CO
970-674-1790
www.windsorplayhouse.org

Half Price Tickets Opening Night ONLY



An Entertaining Show!

The Windsor Community Playhouse presentation of the Christmas Cowboy Country Western Show was an entertaining & fun gift all wrapped up for the full-house audience to unwrap as they were treated to music, poetry, songs, one-liners and stories. The show lasted just under two and one-half hours with an intermis-

sion. Everyone including the performers enjoyed the break. The audience returned their seats. The performers back on stage. And, the show went on for the talented performers and delighted audience to finish un-wrapping the Christmas Cowboy Country Western Show Gift.



The show performers: (l-r) Diane Thornton, Bill Brewster, Kelsey Jo Bascom, her son Weston, Ray Delgado, Vic Anderson, Michael Buckley (missing from the photo is Eddie Kendrick).

All's Well That Ends Well

The Richardson family chihuahua, Bean, escaped from his Staten Island, NY home recently and wound up dodging traffic on the busy Staten Island Expressway. It was a close call but drivers slowed down when they saw the pooch.

Kaitlyn McGinley got out of her car and chased Bean on foot. She said "The dog ran under my car and hid under my tire. Someone gave me a bag, and I scooped him up and put him in the car."

Paws for Reading

Britney Mazzer and Renegade are frequent visitors to the Windsor/Severance Library.

The children are thrilled to see them. The library staff always enjoys their visit.

Renegade, Brittney, and the children gather around to have fun and hear a favorite story read.

Renegade's duties are crisis response, therapy and just being a loveable friend.

A gentle giant he is! Oh! You might like to know Renegade never goes to bed without his teddy bear.

A special friend to be sure.



Wanderlust

Renowned author Robert Louis Stevenson put it this way in his book, *Travels with a Donkey*: "For my part I travel not to go anywhere, but to ... travel for travel's sake." For Randy Williams, a San Diego DJ known as Ramblin' Randy, wanderlust motivated his goal of visiting every country on planet Earth and then some. It took him ten years but he finally achieved

his ambition to visit all of the 193 nations recognized by the United Nations plus Vatican City, Palestine and the disputed lands of Kosovo, Western Sahara and Taiwan. Randy completed his bucket list just recently when he finally got to plant his feet on the ground of his final destination, Turkmenistan.

A Scary Dust Devil

"I couldn't breathe ... so I held my breath," said 7 year old Bauer Zoya, the catcher for the little league Ponte Vedra Sharks when a sudden whirlwind encircled him during a recent baseball game in a suburb of Jacksonville, FL. The unexpected dust devil sent the

players running in all directions but Bauer was trapped in the cone. Umpire 17-year-old Aidan Wiles came to the boy's rescue; he told reporters that he was "freaked out" at first but quickly "decided to run in there and grab him out of it."

Weld Area Agency on Aging

The Importance of Volunteering



Meredith Skoglund

There are so many benefits to volunteering. One of the better-known benefits of volunteering is the impact on the community.

Volunteers can be the glue that holds a community together. When you volunteer, you're offering up your time, energy, talents and/or resources in the service of others. Even helping with the smallest tasks can make a real difference to the lives of people and organizations in need. Volunteering can lead to the intrinsic rewards of joy and connectedness, not only for those being served, but just as importantly for those who serve.

Volunteering can also provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. Reducing the risk of depression is another important benefit of volunteering. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system.

Volunteering helps you stay physically healthy. Volunteering is good for your health at any age, but it's especially beneficial for older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when consider-

ing factors like the health of the participants. Volunteering has also been shown to lessen symptoms of chronic pain or heart disease. Helping others sparks happiness and doing interesting and meaningful volunteer work can be a relaxing, energizing escape from your day-to-day routine.

Current volunteer opportunities with the Weld County Area Agency on Aging include learning to lead a Weld Aging Well workshop such as fall prevention, diabetes management, or helping caregivers learn to take care of themselves to name just a few. The Friendly Fork is always looking for friendly volunteers to help serve noon meals at a congregational meal site near you. And I can't miss giving a plug to our partners Meals on Wheels or 60+ Ride, drivers are always needed to help deliver food or take someone to an appointment.

To learn more about the different volunteer opportunities, please call us at (970) 400-6950 or AAAinfo@weld.gov. Volunteer and make a difference in someone's life!

By Meredith Skoglund



BUSINESS PARTNERS

You Thank Our Advertisers For This Newspaper When You Buy Their Products And Services!




Jacob Lehmkuhl
Relocation Specialist
970-580-0488

Packing and Moving Services for Residential and Commercial

PI C Permit no HHG-00525
11329 CR 33 Sterling, CO 80751



BLOSSOM TOGETHER!

Our Aim:
Making A Difference In The Lives Of Seniors.
Designing Personalized Health Coverages.
Medicare Products Our Specialty.
Not Boring! Fun Working Together.

blossom
BROKERAGE

For More Information: Call 970-301-0361
or visit: Shelby@blossombrokerage.com

Lynne's EZ Errands & Estate Sales

Lynne Lechman - (970) 590-4643
Lynelml@comcast.net
www.Lynnesezerrands.com
Trusted and Experienced

ACADEMY of NATURAL THERAPY

1 Hr Massage includes Hot salt water pool.
\$10 off

Please Call
970-353-1047



If you are warm and cozy, know many of our recipients are not... and you can help.

Visit www.efaa.org for more information

IS YOUR HOME SAFE ?

HouseMaster
Home Inspectors. Done Right. Guaranteed™

Radon is the second leading cause of lung cancer in the United States after smoking.

Protect yourself and your family from Radon. The only way to know if you have unsafe levels of Radon in your home is testing. Call today.

Randy Vise
LICENSED AND INSURED

Call for an appointment: 970-674-7495

PC REPAIR MAINTAINANCE & SALES


220 Main Street Unit B
Windsor, CO 80550
Phone: 970-460-7223
E-mail: servicemanager.absolutelyit@gmail.com

ABSOLUTELY I.T.

4 Reasons For Using Mongan's Own Pain Relief Lotion:

1. Relief from achy shoulders & neck
2. Rub on chest & back during colds
3. Gently place a line of Lotion down spine to reinvigorate body
4. Rub on feet before putting on shoes

970-353-1047
625 8th Ave. Greeley



Healthy Foods at Low prices

Also! fresh produce and bread

913 Carbondale Dr., Dacono
Mon-Fri 9-6, Sat 9-6
Closed Sun

Advertise Your Service Here! Call 303-694-5512 for details!

JOHNNY CASH: THE OFFICIAL CONCERT EXPERIENCE

Sunday, February 4, 2024 | 7:00pm

Tickets \$73 – \$43



SEE OUR FULL LINEUP AT UCSTARS.COM
OR CALL US AT **970.356.5000** FOR MORE INFORMATION.

GET YOUR TICKETS TODAY!

WHERE **CREATIVE,**
COLLABORATION AND
COMMUNITY UNITE.



Born And Raised On Minnesota Farm

Ginny Lea Doft is an accomplished poet. Her poems, memories, quotes, and recipes are all presented in her beautifully authored book “Soul Seasons & Seasonings.”

Ginny’s background encompasses teaching, mental health support person, master gardener, being a foster parent, and a wife, mother, and grandmother.

Her kindergarten students truly benefitted from all her teaching and the love she shared with them before retiring.

Ginny’s family and friends are now the benefactors of her love and the wonderful riches of her life she shares every opportunity she has. Ginny loves life!

Ginny and her husband Dave are Windsor residents. They have a son Tony and look forward to

spending family time with him, his wife Julia, and grandchildren Macy Rae and Savannah Grace.

Ginny and her family are wished an abundance of blessings during the new year 2024!



One Cat’s Leap For Life

They say that Coco the cat was spooked by a dog and chased up a utility pole on a roadway in Newfoundland, Canada. He was up there for some two hours as utility workers tried to rescue the frightened feline. Just as they got close enough to grab him, Coco took advantage of his nine lives, jumped for his life, made a soft landing and headed straight for home. His owner, Alice Reid, told reporters, “he’s going to have to get used to

being in the house more.”



Better Business Bureau

BBB Scam Alert: Buying From A Televised Shopping Network? Watch Out For Impostors



Shelley Polansky

BBB Scam Tracker is seeing an influx of scam reports about con artists impersonating networks like QVC and HSN to sell shoppers products that don’t exist.

How the scam works

You come across an ad on Facebook, Instagram, TikTok or another social media network that appears to have been published by QVC, HSN, or another well-known shopping network. The ad may even contain a video of a televised shopping event with hosts you recognize. However, when you click on the link, it takes you to a website that is not the official site. Scammers offer amazing deals on this imitation site, hoping it will distract you from noticing where you’ve landed.

How to avoid online shopping scams

Double-check the URL. Always ensure you are on a company’s official website and not an impostor site. Look at the URL closely to confirm

it contains no minor spelling errors designed to fool less cautious consumers.

Be wary of ads on social media. Scammers use social media ads to trick consumers in a plethora of ways. Research before clicking on an ad with a deal you’re interested in. Search for complaints in the comments section and do a Google search on the business and/or deal.

Search for previous complaints. Do a Google search of the business name followed by “complaints,” “reviews,” or “scam” and see what pops up. If you find this business has cheated other people, steer clear.

Do your research. Before making a purchase, quickly search for the business in question. Do they have valid contact information? Don’t be fooled by professional photography or consumer reviews on their website. These can be lifted from other sites. Check BBB Scam Tracker to see if others have been duped.

Watch out for deals that are too good to be true. Scammers draw people in with deals that sound incredible. Stay skeptical if a deal seems unreasonably good, and think before you buy.

ALTHOFF WELLNESS CLINIC PC

REVERSING NEUROPATHY NATURALLY



DISCOVER THE PATH TO A PAIN-FREE LIFE!

Are you tired of living with the discomfort of neuropathy? Do you long for a natural solution to regain your quality of life? Join us for an exclusive seminar where we reveal THREE groundbreaking secrets to reversing neuropathy naturally!

LEARN ABOUT THIS NEW TECHNOLOGY NERVE PAIN WORKSHOPS

Wednesday
12:00 Noon
January 17, 2024

Wednesday
12:00 Noon
January 31, 2024

At No Cost To You...

Seats are reserved solely for individuals with nerve damage & nerve sensitivity and their guests.

Please register for the Workshops by using our QR code or contact us by calling

970-686-6833






CONTACT US
(970) 686-6833



VISIT OUR WEBSITE
www.drjillalthoff.com

Colorado Gerontological Society

Property Tax Relief for Home Owners and Assistance for Renters



Eileen Doherty

Denver, CO. Individuals who make less than 80% of the area median income and are at risk of eviction are eligible. Assistance is available for rent, utility bills, late fees, court costs, reasonable attorney fees, and any other costs associated with eviction prevention.

The Colorado Legislature passed several bills in November that benefit Coloradans, including older adults. The next bill will increase the state's earned income tax credit from 25% to 50%. Many grandparents who are raising grandchildren, even if they don't have custody may be eligible for this tax credit to help with the costs of raising grandchildren.

Two initiatives will benefit homeowners by changing the residential assessment rate for the 2023 tax year from 6.75% to 6.765%. This small assessment change will not make a big difference. However, homeowners will be able to exempt \$55,000 of the home's value. For older adults, this will be in addition to the \$200,000 exemption, if homeowners receive the Senior Homestead Exemption. Lastly, the legislature created a task force to develop a long-term property tax plan. Senator Chris Hansen, who spoke at the Colorado Gerontological Society Annual Meeting, requested older adults consider participating in the task force. The Society will be working with policy makers and invites everyone to participate.

Similar to the Tabor refunds received previously, all taxpayers 18 and over will receive \$800, thus low-income individuals will receive more, while higher income earners will receive less. The schedule for applying for Tabor refund has not been announced.

The third bill increases emergency rental assistance to \$95 million between now and June 30, 2024. For information, call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish).

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

32 Years of Service Providing Information for the 50+ Community

Genealogy Rocks!



Carol Darrow

It's time to think about making New Year's Resolutions which usually involve fixing some fault you see in yourself. Maybe a better idea is to make New Year's Plans – positive ideas to make your life happier and more productive. In genealogy, there are three main ways to do this: Focus, Organize, Share.

Focus: It's easy to get overwhelmed when your goal is to find out everything you can about everyone in your family tree. Your research can easily just skim the surface without discovering what kind of person your great-grandfather really was. Instead, pick one person or couple and focus your research on a new couple or person in your family tree. the documents for one couple and their children into the binder in chronological order. Add tabs to divide up the generations. Add a table of contents and perhaps a family tree for that couple.

Share: Some of us have close family – a slew of first cousins you grew up with. Some have found genealogy cousins, people working on the same family line whom we've met online. They would all be interested in your findings so you need to find an easy way to keep them involved. Maybe you could work together to solve a mystery about grandma's father.

With a definite plan in mind, you will be amazed at the progress you can make. Instead of trying to dig into the whole family at one time, focus on an area that intrigues you. It's never too late to plan ahead.

Carol Cooke Darrow teaches free Beginning Genealogy on Zoom on the 2nd Saturday of the month, 10 am -noon. Register at cogensoc.us and click on the Beginning Genealogy link.

GREELEY ACTIVE ADULT CENTER MEMBERSHIPS



Join and open a world of opportunities!

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

Membership Fee

\$35 resident, \$50 non-resident

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



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

Attorney General Phil Weiser announces \$700 Million Settlement with Google over Play Store Monopoly

Attorney General Phil Weiser who might have launched rival app stores, created technological barriers to deter consumers from directly downloading apps to their devices, and imposed monopoly prices on in-app purchases. and a bipartisan group of 52 other attorneys general today announced a \$700 million agreement with Google, resolving their lawsuit regarding the company's monopoly tactics with the Google Play Store.

These details come after a settlement in principle was announced in September.

"Google illegally restricted developers and consumers from freely doing business with each other, which harmed everyone who buys and sells apps and in-app products," Weiser said. "After years of the company flouting a core principle of the free market—that consumers should be able to shop around to find the best price—this settlement will hold Google accountable under antitrust laws."

Attorneys general sued Google in 2021, alleging the company unlawfully monopolized the Android app distribution and in-app payment processing market. Specifically, the states claimed that Google signed anticompetitive contracts to prevent other app stores from being preloaded on Android devices, bought off key app developers

Consumers who made purchases on the Google Play Store between August 2016 and September 2023 and were harmed by Google's anticompetitive practices will be eligible for restitution. Eligible consumers do not have to submit a claim. If eligible, consumers will receive automatic payments through PayPal or Venmo or may elect to receive a check or ACH transfer. More details about that process are forthcoming.

Early last week, a jury unanimously found that Google's anticompetitive conduct violated federal antitrust laws. This case parallels separate pending antitrust litigation against Google brought by 38 states and the U.S Department of Justice which went to trial in September. That lawsuit, coled by Weiser, is focused on how Google has abused its dominance in search and search advertising to harm competition and consumers.

Pets Are Family

Fitness & Wellness for our Furry Friends



Judy Calhoun

From your friends at NOCO Humane, we hope your holiday season was wonderful and you're ready to embrace a new year! It's common to make resolutions around health, so this month we are focusing on the physical and mental health of our furry friends. Cold weather can drive us indoors, but that doesn't mean that wellness has to take a break.

When thinking about enrichment and wellness for your pet, it is important to know that 1) dogs thrive best when they have a "job" and 2) cats are always practicing their hunting and stalk-pounce skills, so enrichment along those lines will almost always be a winner!

For dogs motivated by food, consider: snuffle mats or snuffle balls, clicker training, puzzle toys/feeders, slow feeders and "licky" mats. Also, entire meals can be stuffed into a Kong toy (and frozen the night before) to make meal time take longer as well as employ more effort and mental skills.

Sniffing is a great stress reliever for dogs and gives them an outlet for their hard-wired natural behaviors. Consider doing a test with

dog-friendly scents and see what your dog likes and doesn't like, what excites them and what calms them, and use the ones they like for future enrichment.

With cats, active toys are a hit! Encourage self-play with aluminum foil balls, plastic lids, wadded up paper, pipe cleaners, cardboard boxes, etc. Interactive play can also be fun for both of you, just remember to keep your hands and body clear from your kitty's claws as they lunge for their toy.

By prioritizing our companions' health and happiness, we can ensure a fulfilling and joyful year for both pets and their loving owners. Cheers to a paw-some year ahead! Learn more at nocohumane.org.



Find Einstein



Can you find the hidden Einstein in this paper?

Part Time SALES!



Choose Your Own Hours and Serve Seniors.

Call Robert at
303-694-5512
For Details.

Information for the 50+ Community



Healthy Foods at Low prices

Also! fresh produce & bread

913 Carbondale Dr.,
Dacono

Mon-Fri 9-7, Sat 9-7
Closed Sunday

TRADING POST

Travel

TRAVEL WITH ALETA
Motor Coach Tours
Call or email Aleta for information and full details and flyers. 720-382-3814 or blondealeta@msn.com or www.GroupTrips.com/travelwithaleta
Savannah, Jekyll Island and Beauford, SC
April 26 – May 6th, 2024
\$ 1495 for 11 days, 10 nights
Includes, motorcoach transportation, all lodging, 18 meals (10 breakfasts, 8 dinners) Tours and more!
Mackinac Island
August 31 – September 8, 2024
\$1259 for 9 days and 8 nights
Motorcoach, lodging, 14

Travel

meals
All the tours and sight-seeing!
The Ark Encounter
September 28 – October 6, 2024
\$1225 for 9 days and 8 nights
Creation Museum, Ohio River Boat, Cincinnati Museum And more!!
Mt. Rushmore, Black Hills, Crazy Horse, Deadwood South Dakota
October 7 - 11, 2024
\$715 for 5 days
Includes motorcoach, most meals and all ticketed venues
And sights. And fun!
****I can get you colorful flyers for your friends and groups!

Help Wanted

HELP WANTED:
Sales and Marketing Assistant to call on Weld County Businesses. 10 to 15 hours a week and set appointments for the Weld County edition Marketing Team. Experience helpful, but not necessary. A passion to help Seniors is a plus. Call Michael Buckley, Associate Publisher at 970-673-5918 for more details.

Wanted

Wanted to Buy: Vintage and fine wrist and pocket watches and watch-related material. Call Jeff in Windsor for an assessment and offer (970/217-3065).

FRONTIER
ACCESS & MOBILITY

YOUR ONE STOP SHOP
FOR ALL YOUR MOBILITY NEEDS

50 FREE MILES ON YOUR RENTAL WHEN YOU MENTION THIS AD

ACCESSIBLE VAN RENTALS AND SALES

Trading Post ORDER FORM

To advertise in the classified section, email 30 words or less to Robert@50plusmarketplacenews.com or mail this form and a check for \$29 per month made payable to:

50 Plus Marketplace
4400 Sioux Dr.
Boulder, CO 80303

Copy due by the
10th of the preceding month.

August 2024	6/10/2024
August	7/10/2024
January	8/10/2024
August	9/10/2024
August	10/10/2024

ADVERTISER'S INFORMATION

Name _____
Company _____
Address _____
City, State, Zip _____
Phone _____
Email _____

970-223-8267
FRONTIERACCESS.COM

819 E Mulberry Street, Fort Collins, CO 80524
1207 E. Pershing Blvd. Cheyenne, WY 82001

50 Plus Media Solutions

Providing multiple solutions for branding and promoting your business!



50 Plus Marketplace

- Local Events, Interesting Columns, & Lifestyle Articles
- Four Local Community Editions
- Over 200,000 Print Circulation in 100 towns & 16 Counties
- Connecting 50 Plus Adults with Local Businesses
- Effective & Affordable Ad Rates

50 Plus Video Solutions™

- Lower Cost Video Solutions
- Highly Persuasive with Measurable Results
- Multiple Delivery Methods
- More Memorable than other media!



Visit 50Plus.solutions to learn more!

303-694-5512 for more information!

NEED HELP NAVIGATING MEDICARE?



State Health Insurance Assistance Program (SHIP) is a local resource that provides unbiased help with Medicare. SHIP can help with:

- Enrollment.
- Plan comparison.
- Cost and coverage.
- And much more.

SHIP counselors are available in Fort Collins, Loveland, Greeley and Estes Park. All counselors are screened, trained and certified by Centers for Medicare and Medicaid Services (CMS).

Contact the UCHealth Aspen Club for assistance: 970.495.8558 or 970.495.8560.



Healthy Eating Tips for Seniors

The definition of healthy eating does change a little as we age. For example, as we grow older, our metabolism slows down, so we need fewer calories than before. Our body also needs more of certain nutrients. That means it's more important than ever to choose foods that give us the best nutritional value. Explore the materials below to get tips on how to find the best foods for your body and your budget.

the labels to find items that are lower in fat, added sugars, and sodium.

4. Use recommended servings. Eating the right amount of food for your age and body helps you maintain a healthy weight. USDA has some guidance on nutrition and daily activity specifically for adults age 60 and older.

5. Stay hydrated. Water is an important nutrient, too! To keep from becoming dehydrated, drink



Here are six tips for picking healthy food as you get older!

1. Know what a healthy plate looks like. The US Department of Agriculture (USDA) has produced a simple way to help people see what a day of healthy eating looks like. It's called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.

2. Look for important nutrients. Eating at a variety of foods helps us get all the nutrients we need. Think of your plate as looking like a rainbow—bright, colored foods are always the best choice! A healthy meal includes:

Lean protein (lean meats, seafood, eggs, beans)

Fruits and vegetables (think orange, red, green, and purple)

Whole grains (brown rice, whole wheat pasta)

Low-fat dairy (milk and its alternatives)

Choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

3. Read the Nutrition Facts label. The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat processed foods like chips and baked goods, be a smart shopper! Read

small amounts of fluids consistently throughout the day. Water is your best choice. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

6. Stretch your food budget. Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. More than four million older Americans use SNAP to buy food, and the average senior receives \$113 each month. Visit BenefitsCheckUp.org to see if the program can help you.

Another way to eat healthy: Try out a grocery or meal delivery service. Did you know grocery delivery services allow you to select your groceries online and have them delivered to your door, potentially helping you avoid impulse buys? And that meal delivery services can get either healthy prepared meals or whole ingredients with unique recipes delivered to your home?

If you haven't tried out either service yet, consider learning more. While some grocery delivery services can be covered by SNAP benefits, the delivery fee is not. Meal delivery kits generally are not covered by SNAP at this time.

'Tis The Season To Be Grumpy?

For the most part "champions" are acclaimed, cheered and envied. Not so for the Gay family of Union Vale, NY. In 2012 they adorned their home with a record 346,283 Christmas lights. In 2014 they lit up the neighborhood with 601,736 lights. And, this year, they

set a new Guinness Record when they covered their home with 720,426 lights. It's not just the bright lights that are making some of their neighbors grumpy, it's also the tens of thousands of drive-by visitors they attract,

Social Security Today

This New Year, Learn About Social Security Online

Social Security programs touch the lives of more than 71 million people. We work hard to ensure critical benefits and other services are accessible to you. Consider the start of the new year as an opportunity for you to engage with Social Security online. This begins with creating your free and secure personal my Social Security account at www.ssa.gov/myaccount. Once you create an account, you can:

- Apply for retirement, spouses, or disability benefits.
- Apply for Medicare.
- Check your application status.
- Request a replacement Social Security number card.

If you do not receive Social Security benefits, you can use your personal my Social Security account to:

- Get personalized retirement benefit estimates.
- Get your Social Security Statement.
- Get estimates for spouse's benefits.
- Get instant proof that you do

not receive benefits. If you receive benefits, you can use your personal my Social Security account to:

- Change your address (Social Security benefits only).
- Set up or change your direct deposit information (Social Security benefits only).
- Instantly get proof of benefits.
- Print your SSA-1099.

Your personal my Social Security account has a secure Message Center. You can choose to receive the annual cost-of-living adjustments and the Medicare income-related monthly adjustment amount online. Unless you opt-out of receiving notices by mail that are available online, you will receive both mailed and online notices.

Your personal my Social Security account offers easy access to features that save you time when you do business with us online. Check out our other resources available at www.ssa.gov/onlineservices for your convenience.



General Enrollment Period For Medicare Part B

If you did not apply for Medicare Part B (medical insurance) within three months before or after turning age 65, you have another chance each year during the General Enrollment Period. The period runs from January 1 to March 31 every year.

If you don't enroll in Part B when you're first eligible for it, you may have to pay a late enrollment penalty for as long as you have Part B coverage. Your monthly premium will increase 10% for each 12-month period that you were eligible for Part B

but did not sign up for it. Your coverage starts the first day of the month after you sign up.

To learn more about Medicare, please visit our Medicare Benefits page at www.ssa.gov/benefits/medicare. You may also read our publication at www.ssa.gov/pubs/EN-05-10043.pdf.

*Help us
Help the 50+
Community*

Ron Stern's Travel Series Palm Springs Preferred Small Hotels



Ron Stern

I have visited Palm Springs many times over the years and have always been intrigued by the varied architectural styles of the homes, government buildings and small hotels. This became even more apparent during my most recent trip where I had the opportunity to stay at several of the Palm Springs Preferred Small Hotels (PSPSH) in town. Perfect for a long weekend or extended holiday, you can choose between 80 diverse accommodations offering a host of amenities that travelers will love.

If you're a fan of retro architecture, like I am, their website lets you filter among various styles such as mid-century modern, historic, Spanish and Mediterranean. Some of the other options include restaurants on premises, pet friendly, breakfast included, full-service spas, bicycles, swimming pools, and handicap accessible.

You can book directly with the property via the PSPSH platform. Most will price match what you might find on other travel agency (OTA) websites, thus saving money. Also, if any problems arise, you can deal directly with the property who can quickly resolve any issues. If you book with an OTA, they are

essentially your travel agent and you'll have to contact them for assistance.

With less than 50 rooms, you'll find all sorts of retro inns and hotels within easy driving distance of the Greater Palm Springs area. But you can also choose one right in the heart of the city close to many of the main attractions and activities.

My wife and I stayed at three different properties during our visit: The Alcazar, Mahala, and Dive. All three had styles that reflected the personalities of their owners. Alcazar and Mahala had modern vibes while Dive felt like a 60s French Riviera experience.

Some properties have on-site dining such as Alcazar's Cheeky's, serving small farm food and Birba (pizza and pasta) were only steps away. Lounging by the pool is very much of a thing here in Palm Springs and all of our properties had these as well as hot tubs. Complimentary snacks and beverages were also provided.

Many of the hotels in this association have been lovingly renovated and/or restored. With comfortable beds, custom furnishings, and dedication to guest satisfaction, seniors should consider booking with PSPSH during their next getaway to this desert community.

This was a sponsored visit, however, all opinions are based on the author's honest assessment.



Dive courtyard Ron Stern

Shopping for Medicare?
LET OUR TEAM HELP YOU!

MEDICARE FRESH OFF THE VINE **FARM TO TABLE MEDICARE**

Serving Northern Colorado, Denver, and Colorado Springs

Scan below to request a free consultation

VORTIZ
MEDICARE PLANS, HEALTH & LIFE INSURANCE
Not affiliated with or endorsed by any government agency.

To speak with a licensed agent
(970) 347-0394
Visit our local office at:
918 13th St Suite #2, Greeley
¡Hablamos Español!

Not connected to the Federal Medicare Program. This is a solicitation for insurance.

Life Care Center of Greeley
SKILLED NURSING SHORT-TERM THERAPY

Care WITH Confidence

No matter where you are in life, we will be here to provide the care you need with the compassion you deserve.

970.330.6400
4800 25th St. • Greeley, CO 80634
LifeCareCenterOfGreeley.com

City of Greeley Active Adult Center Calendar

The Active Adult Center (AAC) in Greeley offers visitors a chance to connect with friends, make new ones, and participate in a variety of activities, educational classes, sports, and travel opportunities. Our members enjoy discounts on events, classes, and programs, so join today!

Upcoming Events and Classes

Valentine's Day Speed Dating

Monday, February 13 | 4:30 p.m.

Join us for an evening of fun, conversation, and the possibility of finding that special someone. Whether you're looking for love or just looking to meet new people, everyone is welcome!

Greeley Active Adult Center Open House

Tuesday, February 20 | 3-6 p.m.

Stop by and take a tour! This exciting event is the perfect opportunity for active adults to explore and experience all the amenities our center has to offer.

Travel Programs

Cirque Du Soleil: Corteo

Saturday, January 27 | 12 p.m.

Immerse yourself into a theatrical

world of fun, comedy, and spontaneity situated in a mysterious space between heaven and earth.

Loveland

Fee: \$70 member, \$75 non-member

CSU Basketball Game

Saturday, February 17 | 2 p.m.

Come cheer on the Rams as they take on in-conference rivals Utah State in this weekend matchup!

Fort Collins

Fee: \$50 member, \$55 non-member

Colors of New England

October 14-21

Embark on a captivating expedition through the picturesque landscapes and rich cultural tapestry of New England! For more information call 970-350-9426 or bryant.vickroy@greeleygov.com.

Get involved and stay up to date with Greeley City Council Meetings

The Greeley City Council meetings are held in-person or online on the first and third Tuesday of every month. Agendas can be found at <https://greeley-co.municodemeetings.com/>

For more information, about 50+ travel programs and events, visit GreeleyActiveAdultCenter.com

Friendly Fork Daily Menu		
January 2024		
Day	Date	Meal
Wednesday	3	Chicken Breast with Gravy, Bowtie Pasta Salad, Aztec Corn Sauté, Peaches, Molasses Cookie, 1% Milk
Thursday	4	Half Turkey Sandwich with Cheddar, Lettuce, Tomato, Mustard & Mayo, Chicken Noodle Soup with Crackers, Sautéed Broccoli & Carrots, Apricots, Banana Chia Pudding, 1% Milk
Friday	5	Hamburger with Tomato, Onion, Pickles, Mustard, Mayo & Ketchup, BBQ Baked Beans, Pickled Vegetable Salad, Mandarin Oranges & Grapes, 1% Milk
Monday	8	Beef & Bean Chili with Crackers & Cinnamon Roll, Coleslaw, Fruit & Nut Cup*, 1% Milk
Tuesday	9	Sweet & Sour Pork Stir Fry with Vegetables, Basmati Rice, Side of Soy Sauce, Apple Slices, Almond Cookie*, 1% Milk
Wednesday	10	Spinach & Mushroom Frittata, Breakfast Potatoes, Side of Ketchup & Salsa, Vanilla Greek Yogurt Parfait with Blueberries, Strawberries & Granola, 1% Milk
Thursday	11	Spaghetti with Beef, Pork & Mushroom Bolognese Sauce, Garlic Breadstick, Brussels Sprouts with Side of Malt Vinegar, Diced Cantaloupe, 1% Milk
Friday	12	Austrian-Style Pork over Mashed Potatoes, Wheat Roll with Butter, Spinach & Mandarin Orange Side Salad, Apple Slices, 1% Milk
Monday	15	*Closed in Honor of Martin Luther King Jr. Day*
Tuesday	16	Roasted Turkey Breast with Gravy, Mushroom Risotto, Apple/Beet/ Walnut Salad*, Fudge Brownie*, 1% Milk
Wednesday	17	Chicken Caesar Wrap, Garden Vegetable Soup with Crackers, Fresh Fruit Salad, Nut Cup*, 1% Milk
Thursday	18	Beef Enchilada Casserole, Refried Beans, Roasted Zucchini/ Mushroom/ Pepper Blend, Diced Pineapple, 1% Milk
Friday	19	Romaine Entrée Salad with Chicken, Boiled Eggs, Chickpeas & Balsamic Dressing, Macaroni & Cheese, Roll with Butter, Mixed Fresh Fruit, 1% Milk
Monday	22	BBQ Pulled Chicken Sandwich on Whole Wheat Bun with Pickles, Stewed Cannellini Beans, Macaroni Salad, Honeydew Melon, Cherry Crisp, 1% Milk
Tuesday	23	Krautburger with Side of Mustard, Potato Salad, Broccoli & Cauliflower, Orange Slices, 1% Milk
Wednesday	24	Pork Loin with Gravy, Buttery Rice & Orzo Pilaf, Steamed Mixed Vegetables, Mango Cubes, Carrot Cake, 1% Milk
Thursday	25	Roasted Tilapia with Lemon Butter Sauce, Garlic Mashed Potatoes & Gravy, Green Beans, Banana, Chocolate Rice Krispy Treat, 1% Milk
Friday	26	Beef Lasagna, Breadstick, Broccoli/ Olive/ Sundried Tomato Salad, Fresh Fruit Mix, 1% Milk
Monday	29	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Spinach/ Mushroom/ Red Pepper Side Salad with Balsamic Dressing, Apple Slices, 1% Milk
Tuesday	30	Chicken Fajitas with Peppers & Onions, Side of Salsa & Sour Cream, Black Bean/ Corn/ Jicama Salad, Cinnamon Applesauce, Orange Gelatin, 1% Milk
Wednesday	31	Roast Beef with Mashed Potatoes & Gravy, Peas & Pearl Onions, Banana, 1% Milk

Nutrition content of meals is reviewed by Friendly Fork dietitian, Jessi Like. Contact information 970-400-6118 jlike@weld.gov. Detailed nutritional values for the menu, nutrition education, and nutrition counseling can also be provided upon request.

Need to order or cancel?

Please call the designated meal site or the AAA nutrition hotline at 970-400-6955 by 11 am on the business day prior to the meal.



Healthy Foods at Low prices

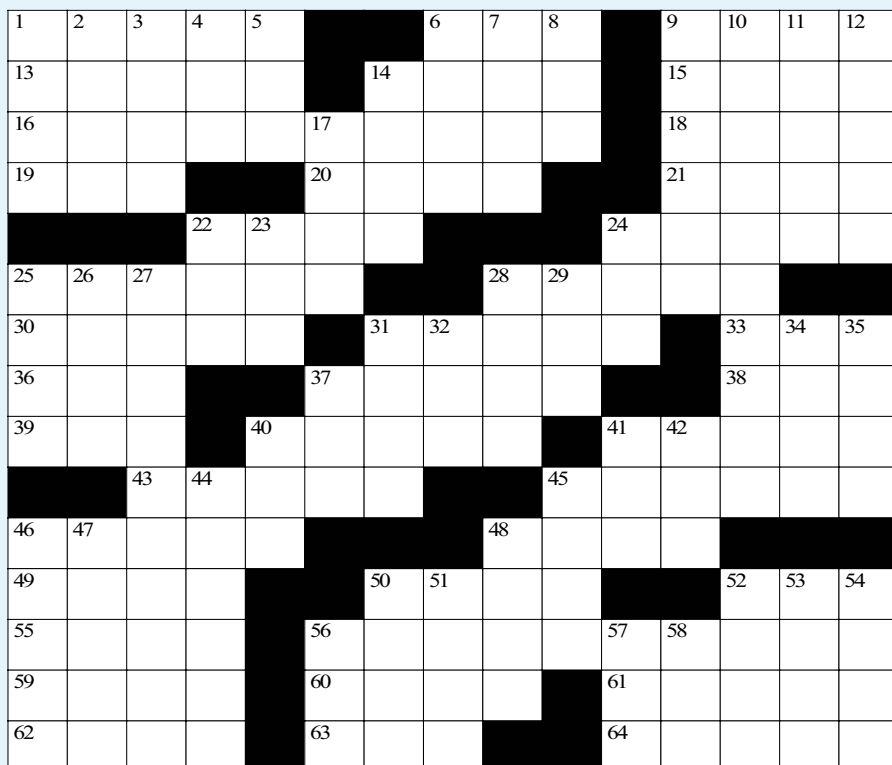
Also! fresh produce & bread

913 Carbondale Dr.,
Dacono

Mon-Fri 9-7, Sat 9-7
Closed Sunday

50 Plus Marketplace News Crossword Puzzle

January 2024
Answers page 9



ACROSS

- 1 Become confused
- 6 Taxicab
- 9 Vice president
- 13 Pertaining to a sovereign
- 14 Command to stop a horse
- 15 Wheel shaft
- 16 Border inspection place
- 18 Short tail
- 19 Did possess
- 20 A single time
- 21 Conceal
- 22 Close
- 24 Speak
- 25 Metallic element
- 28 Damascus
- 30 At right angles to a ships length
- 31 Many times
- 33 Terminal digit of the foot
- 36 Beetle

- 37 Abdomen of a crustacean
- 38 I have
- 39 Antiquity
- 40 Monetary unit of Oman
- 41 Pertaining to warships
- 43 Hives
- 45 Tabs
- 46 Made a hole
- 48 Red variety of corundum
- 49 Wander
- 50 Gull-like predatory bird
- 52 Snow runner
- 55 Log house of rural Russia
- 56 Needle-shaped
- 59 Delicatessen
- 60 People in general
- 61 Develop
- 62 Paradise
- 63 Twain
- 64 Russian liquor

DOWN

- 1 Shrewd
- 2 Qatar
- 3 Coloured
- 4 Resinous deposit
- 5 North American deer
- 6 Stylish
- 7 First-class
- 8 Racket
- 9 Queen of Ahasuerus
- 10 Tending to excite
- 11 Evade
- 12 Become exhausted
- 14 Habit
- 17 Superfuse
- 22 Mineral spring
- 23 Sew
- 24 Vase
- 25 Juniper
- 26 Ancient Greek coin
- 27 Imperishable
- 28 Portico
- 29 Monetary unit of Japan
- 31 Potpourri
- 32 Turkish headwear
- 34 Egg-shaped
- 35 Long fish
- 37 Cushion
- 40 Used for resting
- 41 Arrest
- 42 To endure
- 44 Continue
- 45 Hawaiian outdoor feast
- 46 Newly married woman
- 47 Seeped
- 48 Crease
- 50 Flat-bottomed boat
- 51 Thousand
- 52 Collar fastener
- 53 Show disgust or strong dislike
- 54 Notion
- 56 Toward the stern
- 57 Monetary unit of Bulgaria
- 58 Fuss

Senior Complex

62 and better

Housing Units Available in Peakview Trails

Wheel chair accessible

Rent varies on income

Call
970-353-7437
ext. 1011



Greeley Housing Authority

Senior Complex

62 and better

Housing Units Available in Dacono and La Casa Rosa

Wheel chair accessible

Rent varies on income

Call
970-353-7437
ext. 1005



Greeley Housing Authority